

Adivi Sesh brings Salman Khan, Mahesh Babu and Prithviraj Sukumaran TOGETHER for THIS reason!



This collaboration is special and we will tell you how! Superstars Salman Khan, Mahesh Babu, and Prithviraj Sukumaran are all set to come together for the trailer launch of Adivi Sesh's Major which will release in three languages. The movie is based on the life of Major Sandeep Unnikrishnan. Salman Khan, Mahesh Babu, and Prithviraj Sukumaran will be launching the trailer of Major in Hindi, Telugu, and Malayalam, and the fans cannot wait to watch this magical glimpse.

After much anticipation, the makers of Major are all set to unveil the trailer of the film today. The movie traces the inspirational journey of the army officer and his bravery and sacrifice in the 26/11 Mumbai terror attacks. Giving testimony to the massive scale the film is being mounted upon, the superstars from Bollywood, Tollywood, and Mollywood will come together to launch the trailer. Salman Khan and Prithviraj Sukumaran would unveil the trailer on their social media handles in Hindi and Malayalam respectively, while Mahesh Babu would launch the trailer at the grand trailer release event in Hyderabad.

The trailer promises to offer insight into the varied phases of Sandeep Unnikrishnan's life, offering the audience a deeper insight into his inspirational journey's untold chapters. Slipping into the character of Sandeep Unnikrishnan, Adivi Sesh brings to screen the heroics of the martyr, commemorating the iconic milestones of the army officer's personal as well as professional life.

The film is directed by Sashi Kiran Tikka and features Adivi Sesh, Sobhita Dhulipala, Saiee Manjrekar, Prakash Raj, Revathi, and Murali Sharma in pivotal roles and will be released on June 3, 2022.

Raja Deluxe: Prabhas and Malvika Mohanan starrer to go on the floors in THIS month



Prabhas already has many interesting projects lined up like Adipurush, Salaar, Project K, and Spirit. The shooting of Adipurush has been wrapped up and the film is all set to release in January next year. Salaar and Project K are in production, and Spirit is yet to go on the floors. Meanwhile, there have been reports of Prabhas starring in a supernatural action thriller titled Raja Deluxe. Reportedly, the film will be directed by Maruthi, and it will star Master actress Malvika Mohanan as the female lead.

Earlier, it was supposed to go on the floors in June this year, but now, the film will start rolling in August as Prabhas will be busy with Project K and Salaar. The source told the portal, "Prabhas will be busy shooting for Project K and Salaar over the next two to three months, and hence, it would have been impossible to shoot for another project in the same time frame. Maruthi also needed more time for pre-production since the horror elements require ample visual effects. The team has now decided to start work on the film from the month of August."

Aamir Khan and Ranbir Kapoor teaming up for Anurag Basu's next?

Moviegoers are always excited to watch two-hero films, especially the ones that feature two superstars. Well, there have been reports that Aamir Khan and Ranbir Kapoor will be seen together in a film. The two actors had earlier shared screen space in PK in which Ranbir had a cameo in the climax. Recently, Pinkvilla reported that Anurag Basu might be directing the film and he is working on developing the screenplay. However, the report has turned out to be false. Basu took to Twitter to inform everyone about it.

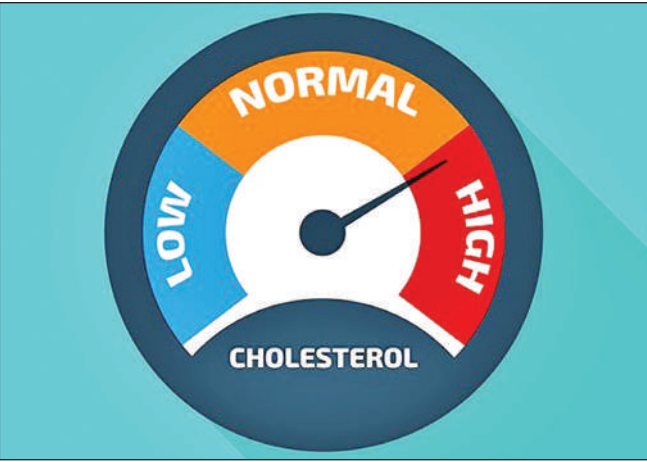
The filmmaker tweeted, "Woke up to the news of my new film with Amir and Ranbir... Wish it was true!" Netizens have mixed reactions to it. While some are heartbroken that they won't get to see Aamir and Ranbir in the film, some are happy that the film isn't happening.

A netizen tweeted, "Dada we would love it. You and RK are amazing together, and can't wait to watch your next." Another netizen wrote, "Thank you basu saab. we all had a mini heart attack after high VFX was mentioned." One more netizen tweeted, "Even if it was true, the release would



have been sometime in 2032...the speed at which these stars do their films."

Warning signs in your body pointing to high cholesterol



Your body needs cholesterol, a waxy substance found in the blood, to build healthy cells. However, with high cholesterol, you can develop fatty deposits in your blood vessels. Sometimes, these deposits can break suddenly and form a clot that causes a heart attack or stroke. It's crucial to get your cholesterol levels out of the red zone to avoid problems.

While not all cholesterol is bad for your body, the type known as low-density lipoprotein (LDL) is bad cholesterol and can put you at a greater risk of health problems. Therefore, it's important to keep your levels in check through regular blood tests.

**What causes high cholesterol**

High cholesterol can be inherited or result from unhealthy lifestyle choices such as cigarette smoking, inactivity or being overweight or

obese. A healthy diet, regular exercise and sometimes medication can help reduce high cholesterol.

This health condition has a lack of symptoms, due to which it is often dubbed as silent. A blood test is required to identify high cholesterol levels. However, there are some warning signs that might crop up in your body. These may help you spot high cholesterol early on.

**Numbness in legs and feet**

One tell-tale sign of high cholesterol could be the feeling of numbness in your legs and feet. This signals that plaque formation has developed in your arteries and other blood vessels. Interruptions in the blood flow can prevent the oxygen-rich blood from reaching the arms and feet, leading to pain and an uncomfortable, tingling sensation. Other signs and symptoms of the disease on legs and feet include cramping, sores that won't heal, and cold legs or feet.

**Pale nails**

It is this plaque deposited in your arteries that makes the arteries narrow, with large deposits blocking them completely. When the extra cholesterol narrows or blocks your arteries, it limits the blood flow to various parts of your body, including your nails. This can leave your nails with dark lines underneath them. These are thin, red to reddish-brown lines under your nails, as per MedlinePlus. These lines usually run in the direction of nail growth.

**Stroke and heart attacks**

Other major problems signalling the plaque formation can be cases of stroke and heart attacks. A blocked artery to your heart can cause a heart attack. A blocked artery to your brain can cause a stroke. Many people don't discover that they have high cholesterol until they suffer one of these life-threatening events. According to a new Yale-led study, high cholesterol is associated with a greater risk of acute myocardial infarction (AMI) in women.

Protect your eyes from harsh heat waves



Cornea burn, dry eye, tired eyes, pain and allergies are some of the common ophthalmological issues of the summer season. When people think of sunburns, the focus mostly is on skin but very few are aware of the fact that excessive hit and harmful UV rays can also lead to corneal burns, a condition where one gets blurry vision, dryness, and a gritty feeling in the eye. Therefore, it becomes all the more important to adhere to an eyecare regime during summers.

**Here are some essential eye care tips one should religiously follow for healthy eyes:**

**Wear sunglasses when stepping out:** As sunscreens are essential for skin, so do the shades for eyes. When you are stepping out in the peak summers, go for oversized shades as it will provide extra protection to your eyes. Shades protect the eyes from cornea burn from the damaging UV rays. Some of the major symptoms of cornea burn are dryness, discomfort and tearing up.

**Remain hydrated:** Yes, intake of good volume of fluids is imperative for your better eye health. Since in summers our eyes' tear film often gets evaporated, therefore drinking more water can help your body produce a

healthy volume of tears. But one should refrain from having alcohol and caffeine because it leads to dehydration.

**Keep your eyes lubricated with eye drops:** Sometimes, remaining hydrated is not sufficient. This is when one should keep an eye drop handy (after consulting with an ophthalmologist) because summer paves way to eye dryness and irritation, which often ends up in pain in the eyes or swelling. To bid adieu to this condition it is recommended to use eye drops on prescription. It will lubricate the eyes and eliminate the pain and dryness.

**Be careful when you are applying sunscreen on your face:** Summer means application of oodles of sunscreen on the face to block the sun damage. But one should be cautious while applying it near and around your eyes and eyelid region. Sunscreens, which are high in SPF, generally cause discomfort to the eyes if it accidentally goes inside. Though it won't lead to permanent eye damage, it can cause chemical burn to the surface of the eyes. It can be a little discomforting and painful for a few days.

**Avoid midday sun:** Restrict your movement in the sun during the later hours of the morning or afternoon, if it's not that essential. This is the time the sun shines bright and UV rays are at peak. Protecting your eyes from dangerous UV rays is essential for optimal eye health and maintaining your vision.

**Always wear eye protection while doing outdoor activities:** Besides protecting the eyes from the UV rays, one should wear eye protection when involved in outdoor activities like swimming, mowing the garden or doing woodwork outside. Ensure to wear protection like glasses, goggles, helmets or shields, or face shields to guard your eyes and face from potential damage.

General Knowledge Question

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| 1. Georgia, Uzbekistan and Turkmenistan became the members of UNO in    | A. 1940<br>B. 1941<br>C. 1942<br>D. 1943   | B. Cell formation<br>C. Relation between organisms and their environment<br>D. Tissues |
| 2. Guru Gobind Singh was  | A. Chemistry in 1958 and 1980<br>B. Physics in 1956 and 1972<br>C. Chemistry in 1954 and Peace in 1962<br>D. Physics in 1903 and Chemistry in 1911 | A. Bacteria<br>B. Mosquito<br>C. Protozoa<br>D. Virus                                  |
| 3. Hermann Scheer (Germany) received right Livelihood Award in 1999 for | A. Visible light<br>B. Infrared radiation<br>C. X-rays and gamma rays<br>D. Ultraviolet radiation  | 12. Goa Shipyard Limited (GSL) was established in                                      |
| 4. Germany signed the Armistice Treaty on ____ and World War I ended    | 8. Eugenics is the study of  | 13. DRDL stands for  |
| 5. During World War II, when did Germany attack France?                 | 9. Euclid was  | 14. Who was the first Indian Chief of Army Staff of the Indian Army ?                  |

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| 1. 1940<br>2. All the above<br>3. His indefatigable work for the promotion of solar energy worldwide<br>4. November 11, 1918 | 5. 1940<br>6. Chemistry in 1958 and 1980<br>7. Ultraviolet radiation<br>8. altering human beings by changing their genetic components<br>9. All of the above | 10. Relation between organisms and their environment<br>11. Mosquito<br>12. 1957<br>13. Defence Research and Development Laboratory<br>14. Gen. K.M. Cariappa |
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ASTRO SPEAK

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| <b>ARIES</b><br>MAR 21 - APR 20<br>The day will unfold with business as usual while the moon continues its journey through efficient Virgo in the sector of your chart that governs routine. Sticking to a normal schedule will bring you a strange sense of comfort and satisfaction. Just make sure you're cutting out some time to nurture yourself when Luna enters an unbalanced aspect to harmonizing Venus.   | <b>LIBRA</b><br>SEP 24 - OCT 23<br>ry not to let perusal insecurities affect your love life today, dear Libra, as the Virgo moon forms an unbalanced aspect to Venus, your planetary ruler. This cosmic climate could dust up feelings of unworthiness or suspicions around your partner's faithfulness while the reality of the situation is much different than you are imagining it to be. You'll have a chance to connect deeply with your partner later tonight when Luna blows a kiss to revolutionary Uranus. |
| <b>TAURUS</b><br>APR 21 - MAY 20<br>You'll feel fierce and energized this morning, dear Taurus, as the moon continues its journey through Virgo and the sector of your chart that governs ego. Use this energy as an excuse to share your ideas, as doing so can help you get ahead within your goals. Unfortunately, an unbalanced aspect to Venus could threaten to stir up feelings of unworthiness, but try not to let your confidence waver too much. | <b>SCORPIO</b><br>OCT 23 - NOV 22<br>You could wake up feeling a bit dazed or out of sorts today, dear Scorpio, as Mercury begins its journey early this morning. Meanwhile, the moon continues its journey through pragmatic Virgo, helping you hold it together amongst these turbulent vibes. You'll feel a shift this evening when expansive Jupiter enters fiery Aries and the sector of your chart that governs personal organization and wellness.  |
| <b>GEMINI</b><br>MAY 21 - JUN 20<br>The temptation to stay at home today will be real, dear Gemini, as the Virgo moon activates the sector of your chart that governs domestic bliss. If you can convince your boss to let you work remotely right now, you should do so since being surrounded by your own things will bring a sense of peace while elevating your productivity.  | <b>SAGITTARIUS</b><br>NOV 23 - DEC 22<br>You may be in charge of keeping everyone together at work today, dear Capricorn, as Mercury continues to move through the sector of your chart that governs professional matters. Your task could feel like a trying one, as Mercury begins its retrograde motion through Gemini. This planetary backspin is likely to affect your love life the most, making it a good idea to show your sweetie some extra TLC over the next several weeks.                               |
| <b>CANCER</b><br>JUN 22 - JUL 23<br>Your vibe could come off as a little uptight or intense this morning, dear Cancer, as the Virgo moon forms an unbalanced aspect to sweet Venus. Though you'll feel motivated to approach the day with maximum productivity, try not to expect the same level of dedication from your colleagues, giving everyone an opportunity to move at their own pace.   | <b>CAPRICORN</b><br>DEC 23 - JUL 20<br>Don't be surprised if you sleep through your alarm today, dear Capricorn, as Mercury begins its retrograde journey through Gemini and the sector of your chart that governs routine. This planetary backspin could create all kinds of issues with your time management, making it important that you give yourself a few extra minutes between each task.  |
| <b>LEO</b><br>JUL 24 - AUG 23<br>You may feel as though everyone and everything are challenging you today, sweet Lion, as the moon continues to journey through your sign, forming a series of harsh and unbalanced aspects in the sky. If you can manage to fly under the radar, for now, you may want to do so to avoid potential conflict with your loved ones and colleagues.  | <b>AQUARIUS</b><br>JAN 21 - FEB 23<br>You could wake up feeling a bit unlike yourself this morning, darling Aquarius, as Mercury begins its backward journey through the sector of your chart that governs self-expression and ego. This cosmic climate could have you reevaluating everything from your voice to your artwork and what is considered fun, as Jupiter makes a shift as evening rolls in and expansive Jupiter moves into fiery Aries, activating your solar third house.                             |
| <b>VIRGO</b><br>AUG 24 - SEP 23<br>Rocky vibes could find you this morning, your ruling planet begins its retrograde journey. Don't feel bad about prioritizing your own needs right now, as the moon continues to move through your sign, giving you the cosmic green light to put yourself first. An unbalanced aspect to Venus could deviate you from this path.  | <b>PISCES</b><br>FEB 20 - MAR 20<br>Your house may feel chaotic and messy this morning, as Mercury begins its retrograde journey through the sector of your chart that governs domestic matters. Try to schedule some time to reorganize your space over the next several weeks to make the most of this astrological period. You'll feel a shift when evening rolls in, as Jupiter makes its way into fiery Aries and your solar second house.  |