

Baahubali couple back again – Prabhas and Anushka Shetty to reunite but it's neither for Adipurush nor Salaar or Project K



Prabhas and Anushka Shetty remain one of the most loved onscreen couples of the silver screen and not just in Telugu cinema as post the Baahubali movies, their popularity skyrocketed to the extent that their chemistry was adored by the audience in every nook and cranny of the country. It rose to the extent that their other movies like Billa and Mirchi were also being sought after and watched in dubbed versions, not to mention the speculations over their relationship off screen, with tongues wagging to this day that the two may still tie the knot. So, imagine the excitement if the Baahubali couple, Prabhas and Anushka Shetty, were to reunite for an upcoming film.

According to a recent report in Telugu 360, Prabhas and Anushka Shetty will be coming back together on screen, but it's neither for Adipurush nor Salaar or Project K. The leading ladies for all those movie are already finalised, with the shoots, too, all underway. Plus, Anushka Shetty is not even playing a cameo in any of them from what we hear. So, which is this film that'll probably see the much-loved screen jodi reunite. Well, as per the report, Amarendra Baahubali and Devasena are expected to join hands for Director Maruthi, whose film is slated to take off after the aforementioned projects are in their finishing stages – Prabhas is simultaneously juggling multiple projects.

Baahubali couple Prabhas and Anushka Shetty's movie with Director Maruthi is expected to be an out-an-out comedy, the kind the former hasn't done in ages. It's supposed to be titled Raja Deluxe and the announcement is touted to take place around Dussehra this year, with the film itself slated to go on floors by year end. Two other heroines are also expected to be roped in for the project.

Captain Miller: Dhanush to be seen in 1930s-40s biker avatar in director Arun Matheswaran's period filminside



Dhanush has announced his next big film in the lead, Captain Miller, directed by Arun Matheswaran, known for critically acclaimed movies like Rocky and Saani Kaayidham. Captain Miller is being presented by Sathya Jyothi Films, a production house that has created a prestigious yardstick in the Tamil film industry, by never failing to dish out some of the most cherished classics every decade, many of which also went on to become big commercial entertainers. The esteemed studio is now collaborating with National award-winning actor Dhanush for their new project.

Captain Miller is being made on a grand scale, with a mammoth budget, worth of its as a period film. The Dhanush starrer is set against the backdrops of the 1930s-40s and will be released simultaneously in Tamil, Telugu, and Hindi. The team has also done one year of extensive pre-production phase to get every minute detail right.

Vidyut Jammwal fainted while shooting for Khuda Haafiz Chapter 2 Agni Pariksha

Action superstar Vidyut Jammwal lost consciousness while shooting for a scene in Lucknow for his forthcoming film Khuda Haafiz Chapter 2 Agni Pariksha. Known for performing action sequences without a body double, the actor has the reputation of a daredevil, who has persisted unscathed. For the first time, the actor blacked out not while performing an action scene, but an emotionally intense scene that required him to be vulnerable, angry and helpless.

When the Khuda Haafiz actor passed out, it took a while for the rest of the team and crew to recognise that he fainted for real. The realisation that he fainted came to Vidyut after the director of the film rushed to him to check if he was fine. Faruk Kabir said, "It was a dramatic scene and Vidyut had immersed himself in it. He initially didn't realise he fainted. He said to me I don't know what happened out there'. We even considered delaying the shoot, but he being such a committed actor was back on his feet as soon as his health permitted." Khuda Haafiz Chapter 2 is going to release on July 8, 2022. It is a sequel to a film called Khuda Haafiz that had an OTT release in 2020.



Worst weight loss tips that can age you faster



If you are planning to lose some weight, you'll find yourself surrounded by all kinds of weight loss tips. However, some of these tips and advice can be harmful for your health and overall well-being in the long run. Expert dietitians suggest that there are certain weight loss tips that can age your body faster. So instead of blindly following these guaranteed weight loss tips, it is time you take them with a pinch of salt and know how they can impact your overall health, and not just the numbers on the weighing scale.

Counting calories
While counting calories, most people believe that they can eat anything and everything, as long as they do not exceed the calorie limits. But this wouldn't really help them, as they'll be allowing a large portion of their diet to consist of foods that are packaged, processed, low in nutrients and not having enough omega-3 fatty acids, unsaturated fats, and fibrous foods.
Research has found that ultra-processed foods can speed up the aging of the cells. This is because these foods contain a high amount

of hydrogenated oils, which are full of trans fats and can promote chronic inflammation in your body that increases the breakdown or aging of the cells.

Not paying enough attention to protein
Since many weight loss approaches focus on calorie intake, people forget to ensure that they're consuming enough protein. Lack of protein intake while losing weight can promote unhealthy aging as well. Therefore, while creating a calorie deficit is important to lose weight, it is also equally important to pay attention to the composition of those calories.

Consuming higher levels of protein will help to preserve more lean body mass. Otherwise, you may lose muscle mass when dieting which can decrease your metabolism, strength, and can also potentially cause bone loss.

Meal replacement products
If you are including meal replacement products in your diet such as shakes or bars, make sure you consume them only occasionally. This is because many of these products are highly processed and contain added sugars. Too much sugar can contribute to chronic disease development and speed up the aging process.

Saying no to carbs
Many people on a weight loss diet start to believe that carbs are evil and cut all regularly consumed rice and rotis from their diet. The truth is, cutting out complex carbs such as fruits, starchy vegetables, and whole grains can even derail your weight loss efforts and contribute to premature aging. These foods are rich sources of fiber which is linked to satiety at meals, weight loss and reducing markers of aging.

Avoiding all fat
Healthy fats can actually be your friend when trying to lose weight as your body needs them to survive. Quit unhealthy, packaged fat foods for weight loss and your overall well-being. However, fats found in nuts, seeds, avocado, extra virgin olive oil, or salmon are necessary for a healthy heart and a healthy brain.

Tips to have a beautiful skin this monsoon



Those first drops of blue, the earthy smell of soil, that vibrant look on trees and that grandeur of thunder and lightning, rainy season is truly a sight to behold. The only problem! Nature blooms with ravishing and radiant pride during monsoons, but our skin retreats to looking like a cluttered mess.

Skincare in monsoon is a very tricky task, especially for people who do not know the intricacies of seasonal skincare. Every type of weather not only needs a separate routine, but also comes with a list of don'ts to stay away from. Here are a few novice mistakes to avoid while pampering our skin this monsoon, as suggested by Mansi Vyas, Co - Founder, Azafran.

Join the scrub!
Scrubbing is certainly an essential part of skincare, but as the wise ones say, "Too much of something can only cause trouble". A lot of individuals, especially the ones

with oily skin, overcompensate by indulging in rough and excessive scrubbing in an effort to scrape out impurities. This unnecessary pressure on skin can lead to damage of the skin barrier. It can also alleviate other problems like irritation, redness and swelling, not to mention unwanted breakouts of small pimples. The truth is a gentle scrub every 7 days is all our face needs to stay clean and clear.

(Moistu)rize to the occasion!
There is this prevalent and dangerous myth that come monsoon, one needs to say goodbye to the moisturizer. Many people feel since this is the season of water, the skin is already as hydrated as it needs to be and the moisturizer can be tucked away in a drawer. This is a big mistake and one that our skin can pay dearly for! Moisturizing is how our skin barrier stays healthy. It also makes sure our oil glands do not secrete more sebum than required, which in turn can serve as a fertile ground for zits and boils. The simple way to prevent this is to always remember: A moisturizer a day keeps acne at bay!

Never forget the screen-ary!
"The sun isn't out much during rains, so why should the sunscreen be?" This is the general thought behind not using sunscreen in monsoons. A very misleading idea that has no real basis, the reason we apply sunscreens even in the rainy season is that UV-A and UV-B rays can attack our skin irrelevant to weather conditions. This can increase chances of pigmentation and wrinkling, apart from also reducing the core elasticity of the skin. None of these issues are conducive to our skin's wellness. Whether one is indoors or outdoors, a good dose of sunscreen is a must to shield our skin at the time of monsoon.

General Knowledge Question

1. The 2002 Commonwealth Games were held in

A. Canada
B. UK
C. Australia
D. Malaysia
2. Profit made when an asset is sold more than the price at which it was bought is called

A. capital
B. capital-gain
C. capitalism
D. None of the above
3. Plorence(Chadwick) is the associated place for which of the following sport?

A. Snooker
B. Racking Horse
C. Skiing
D. Tennis
4. The 2012 Olympics Games were held in

A. London
B. Seoul
C. Sydney
D. Tokyo
5. Rajiv Gandhi, Prime Minister of India, was assassinated in

A. 1961
B. 1971
C. 1981
D. 1991
6. Pan - American Highway, north-west Alaska to Southernmost Chile is the worlds

A. longest road
B. highest road
C. busiest road
D. None of the above
7. Raja Rammohan Roy

A. was a social reformer who tried to eradicate sati, purdah and child marriage
B. advocated widow remarriage and woman's education
C. was the founder of the Brahmo Samaj
D. All of the above
8. South Indian temples have

A. tall towers with curving sides that taper at the top
B. gateway towers shaped like trapezoidal pyramids
C. both are correct
D. None of the above
9. South Africa joined the Commonwealth as 51st member in

A. May 1993
B. May 1994
C. May 1995
D. May 1996
10. Recently lead free petrol was introduced in our country because

A. they are not needed now as anti-knock agents
B. they tower the efficiency of the engine
C. they cause less pollution
D. to reduce the cost of petrol
11. Rabindranath Tagore receive Nobel Prize in 1913 in the field of

A. physics
B. peace
C. literature
D. economy
12. People who secretly indulge in anti-national or anti-government activities and help the enemy are called

A. Second column
B. Third column
C. Fourth column
D. Fifth column
13. Sulphur is not present in

A. iron pyrites
B. gypsum
C. coal
D. chlorapatite
14. Oxygen was independently discovered by

A. Rutherford
B. William Ramsay
C. Joseph Priestley
D. Neils Bohr

Homage to Justice R P Sethi on his birthday

■ **ADVOCATE SHEIKH SHAKEEL AHMED**
Today is the birthday of legendary son of the soil, Justice R P Sethi, who rose up to the

Judge of the Supreme Court of India and contributed a lot towards the growth of law. After superannuation he became the founding Chairperson of the J&K Accountability Commission in which he put life because of his legal acumen and high standards of integrity as a result of which people aggrieved of maladministration, corruption and highhandedness of bureaucrats thronged the State Accountability Commission (SAC) where just issuance of notice moved the wheels towards the redressal of the grievances.

This stalwart of legal profession incorporated suo moto powers in the Regulations framed under the State Accountability Commission Act, 2002 which sparked lot of heat and uncomfortable nights to the tainted politicians/ bureaucrats. This power was exercised by Justice R P Sethi against high-ups accused of siphoning of public funds and with the result many scams were unearthed and it was a daily routine to watch tainted politicians/ bureaucrats pleading innocence before a person most suited for the job.

The growing popularity of this watchdog being chaired by experienced Justice R P Sethi was not taken well by the powers that be and many hands ganged up against this towering personality and the Institution. I am witness to an event in the open Court at Wazarat Road, Jammu where labourers detained by owners of Brick Kiln at outskirts of Jammu for months together, got freedom along with wages, because of the indulgence shown by Justice R P Sethi. Police author-

ities were directed to arrange the travelling of these bonded labourers from different States and this could happen only because of Justice R



P Sethi.
Justice R P Sethi was a great lover of Urdu Literature and was vociferous towards its promotion. Being an alumnus of Aligarh Muslim University, he always admired its cosmopolitan culture and always felt proud to be its alumni which produced and groomed important personalities like Dr Zakir Hussain, Hamid Ansari, Sheikh Mohammad Abdullah, Arif Mohammad Khan etc.

Justice R P Sethi, since his childhood was pro-poor, pro-labour and pro-trade unionist. He had special affection towards Refugees and Displaced persons. Justice Sethi authored several books and delivered Judgments of wide public importance during his career as a Judge. I am very lucky/privileged to had the opportunity to appear before Justice R P Sethi in the State Accountability Commission and learnt words of wisdom from his wonderful experiences of life. Today his Lordships is not with us but his soul and contribution is all around and showering blessings. Justice R P Sethi was a symbol of righteousness and justice and was against corruption at higher places. Being a bold and courageous personality he single handedly fought with tainted system. On his birthday, I extend warmest homage to his departed soul and pray to Almighty to give solace to all his admirers and family members.

(The author is a practicing Lawyer at Jammu).