

SS Rajamouli to give Mahesh Babu the biggest hit of his career; film is going to be bigger than RRR, reveals writer KV Vijayendra Prasad



All eyes are on SS Rajamouli's next film with Mahesh Babu, and the fans are extremely thrilled to know what they will witness this time as the maestro is planning a bigger and better film than what he made in the past. And now the writer KV Vijayendra Prasad of the Mahesh Babu starrer film claims that Rajamouli is planning to make this film bigger than RRR. SSMB29 is going to be a film that attracts audiences globally as well, and this is what Rajamouli is planning right now. In an interview with a channel, Vijayendra Prasad said, "RRR. "SSMB29 is an adventure movie, and it will be much bigger than RRR".

As per reports in an entertainment news portal, a close source reveals that SSMB29 is inspired by Lord Hanuman, as SS Rajamouli's love for the Ramayana and Mahabharata has been witnessed by all his fans, and he is all set to take inspiration from the mythology as both the actor and director's film are rooted in Indian culture. It is claimed that the film is an African Jungle adventure, and Mahesh Babu's character is going to fight against all the odds just like Lord Hanuman. And after this news development came out, the fans were sure that Rajamouli's vision for SSMB29 was higher and only higher.

Rajamouli and Mahesh Babu have even begun the preparations for the film, as the filmmaker wishes to release it in March next year. Rajamouli has planned to even give a complete makeover to Mahesh Babu for this film, and it is reported that Mahesh Babu will don a raw and rugged look like never before. The source told an entertainment portal down south, "Mahesh could well be sporting a raw and rugged look in the film with long hair and a beard. There is still a lot of time to fixate on the look, though". Rajamouli is yet to zero in on the leading lady in this film, and there were claims that he was planning to have Alia Bhatt in the film.

Stree 2 team begins shooting; after getting Stree on their side, Chanderiwasis have a new evil to battle this time

Stree 2 has made an announcement with a new entrant, Sarkate Ka Atank, who is going to spread all the threats, and it was BollywoodLife that exclusively revealed to you that there will be a new Bhoot in the film who will be extremely evil, and the Stree will also find hard times to protect the villages of Chanderi from this evil purush. But the guarantee is that the entertainment is going to be at its peak, and the teaser that has dropped proves to be scariest and funnier. The part one Stree ended with, Oh stree raksha karna. So now Stree is no more a threat. But will she now become their rakhshak who saves them from Sarkate Ka Aatank? Th sour informed, BollywoodLife, "Stree 2 will be a fight of evil and good, and the script is damn hilarious, and the fans are going to love it". Amar Kaushik's directorial debut, Stree, was a massive hit at the box office, and the fans loved this hood or comedy. Now, with the announcement of Stree 2, the fans are excited to witness the sequel as it looks bigger and better. The film will star Rajkumar Rao, Shraddha Kapoor, Pankaj Tripathi, Aparshakti Khurrana, and Abhishek



Banerjee once again.

Ghoomer: Abhishek Bachchan, R Balki film to debut at the Indian Film Festival of Melbourne

One of the largest film festivals outside of India is the Indian Film Festival (IFF) of Melbourne. It recently revealed details of its 14th edition. This year's IFF will kick off with R Balki's Ghoomer, starring Abhishek Bachchan and Saiyami Kher. The festival will run from August 11 through August 20, 2023. Additionally, it promises spellbinding performances on opening night and will provide an unforgettable cinematic experience.

R. Balki and Abhishek Bachchan opened up about the film and said it is an honour of the team as Ghoomer will be opening the Indian Film Festival of Melbourne. It is a story of innovation and a tribute to sports and the reservoir of human resilience. In Ghoomer, Saiyami Kher plays a paraplegic athlete whose tale is followed. She is tutored by the persona of Abhishek Bachchan and is an excellent cricket player. Important roles are also played by Shabana Azmi and Angad Bedi in the movie. The story, which he co-wrote with Rishi Virmani and Rahul Sengupta, is motivated by the life of the late Hungarian right-handed shooter Karoly



Takaacs, who won two Olympic gold medals with his left hand after suffering a devastating injury to his right hand.

Recipes

Masala Rice



Ingredients
 1 cup boiled rice
 1 large tomato, 1 capsicum (green pepper)
 3 tablespoon peas, 1 teaspoon garlic paste
 1/4 teaspoon asafoetida, 1/4 teaspoon cumin seeds
 1 teaspoon red chilli powder
 1/4 teaspoon garam masala powder
 2 tablespoon cashews-roasted
 1 medium onion, 1 carrot
 6 green beans, 1 teaspoon ginger paste
 2 tablespoon rice bran oil, 1/2 teaspoon mustard seeds
 1/4 teaspoon turmeric, 1/2 teaspoon coriander powder
 salt as required

Method:
 Firstly chop all the veggies like onion, tomato, capsicum, carrot and green beans. Set them aside.
 Now heat oil in a pan. Add asafoetida, cumin seeds, mustard seeds and let them splutter for a minute. Now add onion, ginger-garlic paste and mix them. Let them saute for another one minute. Now add chopped tomato along with salt. Give them a mix and cook for a few minutes, until they turn mushy.
 Add all the veggies like carrot, capsicum, peas and green beans. Add turmeric, red chilli powder and coriander powder. Give a nice mix and cover the pan with a lid. Let the veggies cook for five minutes.
 Lastly, add cooked rice to the pan and gently mix them with the masala. Add garam masala and give a final mix. Make sure you don't break the rice in the process. Cover the pan with a lid and cook for two more minutes.
 Once cooked, garnish with roasted cashews and serve.

5 cardio workouts to lose belly fat



One can get rid of belly fat only by reducing overall body fat. Try to experiment with a variety of aerobic exercises to lose belly fat to find the one that works best for them. Here are a few cardio workouts to help you in your weight loss efforts and help you lose belly fat.
Running: Running is among the finest cardio workouts for reducing belly fat. It's a wonderful way to burn calories and fat when done at a steady, moderate speed. Your body burns calories while you run, lowering your overall body fat percentage. Running is therefore not only great for burning abdominal fat but also for burning fat throughout the body.
Kettlebell Swing: The kettlebell swing "may be one of the top calorie-torching exercises of all time. This is one of the kinds of core workouts that strengthens your core muscles as well as your glutes, quadriceps, and hamstrings. Be sure to truly engage the rest of your body, especially your hips, even if you are swinging the kettlebell with your arms.



Cycling: It is a cardiovascular activity with little impact that can help you burn a tonne of calories. Cycling for short periods of time on a stationary bike is a wonderful technique to maximise cardio to get rid of abdominal fat quickly. In addition to being a wonderful opportunity to travel and explore the countryside, this aerobic exercise to burn belly fat may also be quite calming for the mind.
Stair Climbing: Stair climbing is another well-liked cardio exercise for burning calories and tummy fat. The exercise assists to strengthen your legs practically by involving higher leg lifts as well. To burn extra calories and fat, combine this cardio for belly fat loss with interval training on the stair climber at 90% effort for 30 seconds followed by a minute or two of active recovery.
Jumping rope: One of the best cardio exercises to burn belly fat is rope jumping, which is a staple of most fitness training programmes. It boosts foot speed, costs little money to do, is simple to do, and burns a lot of calories. For novices, using intervals or quick and slow movements is the best option.

Tips to get fuss-free hair in monsoon



Managing hair during the monsoon season can be a bit challenging due to increased humidity and dampness. However, there are several tips you can follow to maintain fuss-free hair during this time. Here are some suggestions:
Keep your hair clean: Wash your hair regularly with a mild shampoo to remove any excess oil, sweat, or dirt that may accumulate due to humidity. Clean hair is less prone to frizz and tangles.
Condition well: After shampooing, use a good quality conditioner to keep your hair moisturized and manageable. Focus on the lengths and ends while applying the conditioner and rinse thoroughly.
Avoid heavy styling products: During the monsoon, it's best to keep your hair lightweight and avoid heavy styling

products that can weigh it down and make it look greasy. Opt for lighter serums or leave-in conditioners that provide moisture without adding excessive weight.
Minimize heat styling: Excessive heat styling can lead to frizz and damage, so try to minimize the use of heat-based tools like hair dryers, straighteners, and curling irons. Instead, let your hair air dry whenever possible.
Tie up your hair: Keeping your hair tied up in a loose bun, ponytail, or braid can help prevent it from getting excessively wet and tangled in the rain. This can also help reduce frizz and make it easier to manage.
Use anti-frizz products: Invest in anti-frizz hair products such as serums, sprays, or creams specifically designed to control frizz in humid conditions. Apply a small amount to your hair, focusing on the ends and areas prone to frizz.
Regularly trim your hair: Trimming your hair every 6 to 8 weeks helps remove split ends and keeps your hair healthy. This prevents further damage and breakage, making it easier to manage.
Protect your hair from rain: If you know you'll be exposed to rain, consider using a waterproof hat, umbrella, or a rain hood to protect your hair from getting excessively wet. You can also use a scarf or a headband to cover your hair.
Stay hydrated and maintain a healthy diet: Drinking an adequate amount of water and maintaining a balanced diet rich in vitamins and minerals can help improve the health of your hair, making it more resilient to external factors.
Seek professional help: If you're facing persistent hair problems during the monsoon, it may be helpful to consult a professional hairstylist who can recommend personalized solutions based on your hair type and concerns.

General Knowledge Question

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| 1. When is World Environment Day celebrated?
a) June 5
b) April 22
c) September 16
d) October 24 | b) January 1
c) February 14
d) November 19 | 12. When is World Water Day celebrated?
a) 22nd March
b) 2nd March
c) 20th March
d) 10th March |
| 2. When is International Women's Day celebrated?
a) March 8
b) February 14
c) November 19
d) October 31 | 7. When is World Water Day celebrated?
a) March 22
b) April 22
c) May 22
d) June 22 | 13. When is International Women's Day celebrated?
a) 8th March
b) 10th March
c) 12th March
d) 6th March |
| 3. When is International Yoga Day celebrated?
a) June 21
b) July 1
c) May 1
d) August 15 | 8. When is World Food Day celebrated?
a) October 16
b) November 19
c) September 21
d) December 1 | 14. When is World Press Freedom Day celebrated?
a) 3rd May
b) 5th May
c) 7th May
d) 10th May |
| 4. When is World Humanitarian Day celebrated?
a) August 19
b) July 11
c) June 5
d) September 21 | 9. When is Earth Day celebrated?
a) April 22
b) March 22
c) May 22
d) June 22 | 15. When is World Humanitarian Day celebrated?
a) 19th August
b) 20th August
c) 21st August
d) 22nd August |
| 5. When is the International Day of Peace celebrated?
a) September 21
b) July 4
c) October 31
d) December 25 | 10. When is World Cancer Day celebrated?
a) February 4
b) January 1
c) March 8
d) December 25 | 16. When is the International Day of Peace celebrated?
a) 21st September
b) 23rd September
c) 25th September
d) 28th September |
| 6. When is World AIDS Day celebrated?
a) December 1 | 11. When is International Day of the Girl Child celebrated?
a) October 11
b) November 19
c) September 21
d) December 1 | |

ASTRO SPEAK

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| ARIES
MAR 21 - APR 20
The Capricorn moon connects with Neptune chipping away at boundaries between the ethereal and material realms. Intuitive dreams could reveal information about fears, hopes, and paths toward success, so be sure to reflect on any meaningful scenes that found you in the astral realm. An empowering energy will keep you professionally motivated when Pluto becomes active, giving you a strong start to the workday. | LIBRA
SEP 24 - OCT 22
The Capricorn moon connects with Neptune asking you to unapologetically embrace wellness. Lean into these vibes by putting your physical and emotional needs first, especially once Pluto becomes active in your solar fourth house, nudging you to nurture yourself. You may also feel inspired to tidy up your space, throwing out unused items that have overstayed their welcome. You'll sense a shift when Luna enters Aquarius, awakening the weirdo that lives within. |
| TAURUS
APR 21 - MAY 20
The Capricorn moon and Neptune align early paving the way for intuitive dreams and signs from beyond. Your spirituality will be particularly empowering when Luna aligns with Pluto, helping you overcome any hurdles that may have found you recently. You'll sense a shift when the moon enters Aquarius, asking you to invest in a future you feel inspired and excited by. | SCORPIO
OCT 23 - NOV 22
Your mind will brim with creative ideas early, thanks to a cosmic alliance between the Capricorn moon and Neptune. Try to do something inventive before clocking in for the day, and be sure to journal any brilliant ideas that land in your head. Your voice will empower you when Luna crosses over Pluto, and speaking pragmatically could gain your peers' respect. |
| GEMINI
MAY 21 - JUN 20
The vibe will feel intense once the Capricorn moon crosses over Pluto making it important to plan your movements wisely. This cosmic climate can be both empowering and destructive, so be sure to choose your highest path, even if doing so requires sacrifice. Luckily, you'll feel much lighter once Luna migrates into Aquarius, activating the spiritual sector of your chart. | SAGITTARIUS
NOV 23 - DEC 22
Try to acknowledge how your heart and body impact one another as the Capricorn moon connects with Neptune. These vibes are perfect for appreciating your physical form and sending yourself some love from head to toe. Consider paying off debts when Luna crosses over Pluto this afternoon, making financial moves that will empower you in the long term. Your mind will feel clear and agile as the moon migrates into Aquarius. |
| CANCER
JUN 22 - JUL 23
The Capricorn join forces to bring you extra love and support, creating a dreamy vibe perfect for morning meditations and quiet tranquility. Good vibes continue to flow as Pluto becomes active, creating a harmonious and stable ambiance that's perfect for connecting deeply with someone you love. You'll sense a shift into Aquarius, strengthening your resolve to maintain meaningful relationships. | CAPRICORN
DEC 23 - JUL 20
Take a moment to appreciate your mind and its ability to think creatively, taking a break from your generally pragmatic disposition as the moon and Neptune join forces. Don't be afraid to seek attention when Luna and Pluto align as doing so will bring forth a transformative sense of empowerment. A grounded yet cerebral energy will come into play once the moon migrates into Aquarius. |
| LEO
JUL 24 - AUG 23
You may become suddenly motivated to declutter your surroundings in an effort to get organized, as the Capricorn moon aligns with Pluto. Make the most of these vibes by reaching for your full potential with all the organization, hard work, and wellness that comes with it. Your focus will shift toward matters of the heart when the moon enters Aquarius, and you'll feel particularly drawn to those with a mind of their own. | AQUARIUS
JAN 21 - FEB 23
Give yourself permission to move slowly to enjoy the scenic route as the Capricorn moon and Neptune join forces. These vibes are ideal for disconnecting from stress and connecting with beauty, especially where nature, music, food, and art are concerned. You'll feel invigorated and popular when Luna migrates into your sign, pushing you to prioritize your personal goals and organic desires throughout the next two days. |
| VIRGO
AUG 24 - SEP 23
A loving, harmonious, and restorative energy will find you, thanks to a sweet exchange between Capricorn moon and Neptune. Good vibes continue as Pluto activates your solar fifth house, nudging you to step into your power while being unapologetically yourself. However, you'll need to focus on staying organized with your to-do list. | PISCES
FEB 20 - MAR 20
You'll have an opportunity to inspire others when the Capricorn moon blows to Neptune nudging you to step into limelight. These vibes are great for advocating for causes you feel passionate about, especially when Pluto becomes active in your house of community. You'll sense a shift when Luna glides into Aquarius, bringing a busy energy to your psyche that's perfect for getting creative. |

