

Pushpa 2: Allu Arjun teases fans with a special announcement about 'something big' coming up; did DSP make the big reveal?



Pushpa 2: The Rule is the next big South movie that the masses are looking forward to watching in cinema halls. Allu Arjun will reprise his role of Pushparaj in the sequel of the much-loved movie, Pushpa: The Rise. Allu Arjun left everyone in awe as Pushpa (shortened name). So much so that he won the National Award for Best Actor. And now, the handsome hunk has teased his fans about something big coming up.

Pushparaj aka Allu Arjun took to his official Instagram handle and shared a story teasing the fans of Pushpa about some big announcement. He wrote, "Something special coming up tomorrow at 9 AM. Stay Tuned." So, finally, it seems all the fans of Allu Arjun and Rashmika Mandanna will get an update on the upcoming new movie.

As soon as Allu Arjun shared the Instagram story, the fans started making wild assumptions about what it could be. A lot of fans feel that Allu Arjun is going to announce the release date of Pushpa 2: The Rule. However, soon, netizens started sharing a message from DSP, the music composer of Pushpa. It seems Devi Sri Prasad revealed on his Instagram Live that the first single from Pushpa 2 will be out soon. Fans are sharing the same in their tweets. Some even speculate that it is not about Pushpa 2.

The Sukumar-directed movie is one of the most talked about South Indian films. It has been in trend and on the list of highly anticipated movies ever since the release of the first movie. Now, amidst the buzz, a report in Indiaherald.com states that Allu Arjun has made a demand of Rs 125 crores for the movie. However, it remains a speculation.

Chandramukhi 2: Kangana Ranaut reveals who helped her ace the role in the horror comedy

The Tamil film industry is buzzing with anticipation as Chandramukhi 2 gears up for its release on September 15th, coinciding with the Vinaygar Chaturthi weekend. The film promises to leave a significant impact, and an extravagant audio launch event recently held in Chennai only added to the excitement.

Kangana Ranaut, who steps into the shoes of the titular character Chandramukhi in this horror drama, has been sharing her experiences while working on the project. Under the guidance of Director P Vasu and renowned choreographer Kala Master, Kangana has delivered what's expected to be one of her most remarkable performances. The director's meticulous attention to detail in enhancing Kangana's appearance has already intrigued fans.

Kala Master, in particular, played a pivotal role in assisting Kangana Ranaut in perfecting her character's body language and expressions, which has been receiving rave reviews, especially in the song Swagathaanjali. The Bollywood sensation is all set to mesmerize audiences with



the Pan-Indian release of Chandramukhi 2.

Hema Malini reveals why Gadar 2 and Pathaan became blockbusters, says ‘OTT is good for time pass’

Shah Rukh Khan and Sunny Deol's films Pathaan and Gadar 2 gave the Indian box office a much-needed boost in 2023. While many Hindi films were struggling to perform at the Indian box office in the past few years, Pathaan and Gadar 2 made the audiences storm into the theatres in big numbers and made these films all-time blockbusters. In a recent interview, veteran actor and MP Hema Malini spoke about the reason why these two films went on to achieve such milestones and emerged as the highest grossing films in the history of Hindi cinema.

Hema Malini recently said that she is happy with the return of Hindi films at the box office. The actor, who is also a film producer and director, said that the audiences want to watch films on the big screen to enrich the cinematic experience. The actor also said the OTT platforms are preferred as "time pass" by the audiences. "Films on the big screen are very different, which we are used to. I'm used to that kind of film, the big screen. So, this OTT and web series are all nice for time pass, but I don't know how wonderful it is," the actor said in an interview.



Recipes

Meethi Seviyan



**Ingredients**

- 145 gm vermicelli
- 3 1/2 tablespoon ghee
- 1 1/4 cup milk
- chopped pistachios as required
- 1 teaspoon rose water
- 1/2 cup sugar
- 1/2 teaspoon powdered green cardamom
- chopped almonds as required
- chopped cashews as required
- 1/2 cup khoya

**Method:**

In a kadhai/ pan, add ghee and fry the vermicelli until it turns golden in color.

Take another pan, add milk, and then sugar. Let it come to a boil.

Now, pour the roasted vermicelli in sugary milk. Stir to mix everything together.

Let it cook until the vermicelli absorbs the milk. First, add cardamom powder and rose water. Once the vermicelli gets cooked, add khoya.

Mix it well.

Switch off the gas flame and let it cook for a while.

Once cooled, fluff it up with a fork and then add chopped nuts.

Your Meethi Seviyan is ready to serve now.

Enjoy.

Do you get regular headaches in the morning? 8 reasons why this could be happening



Have you ever woken up with a bad headache? There are several reasons why it could be happening to you. Starting a day with a headache is difficult to deal with. The pain consumes your energy and effort that you could have utilized throughout the day for some productive work. People experience different types of headaches like migraines, cluster headaches, hypnic headaches, tension headaches, and paroxysmal hemicrania. In view of the severity of the health condition, one should know the different reasons that can lead to a headache.

**Sleeplessness:** If you don't have enough sleep during the night time, you are likely to wake up with a heavy head. Those who are sleep deprived for a long time and are said to have insomnia can have regular headaches, especially during morning hours. It is important to correct this problem and get medication for it.

**Oversleeping:** Yes, you read that right! Oversleeping can also

cause headaches. While it may look weird because the general perception is that oversleeping helps in sleeping, the fact is oversleeping disturbs the natural circadian rhythm and disturbs the consistent sleep cycle.

**Anxiety:** Depression and anxiety increase the risk of developing migraine. Depression also cuts down adequate sleep hours. Migraines and other intense headaches are directly related to the mood. If you have mental health issues, talk to your doctor and take medications. Make sure that you have plenty of sleep so that you don't wake up with a headache in the morning.

**Sleep apnea:** Awareness is increasing around sleep apnea health conditions. This health complication is characterized by snoring, in which the breathing stops intermittently throughout the night causing disruption in sleep. Less sleep during the night triggers headaches when you wake up.

**Bruxism:** Bruxism or grinding or clenching of the teeth is another reason why people get headaches in the morning. Due to the grinding of the teeth pain is generated from the temporomandibular joint in the jaw and this causes headache.

**Strain in neck muscle:** Improper sleeping position puts extreme pressure on the muscles of the neck. This muscle strain triggers headaches, which are often noticed when one wakes up.

**Dehydration:** Did you know that lack of water also triggers unbearable headaches? If you don't drink sufficient water during the night, you are likely to become dehydrated during the sleeping hours and this can result in a morning headache. It is advisable to drink sufficiently before going to bed.

**Underlying health condition:** Sometimes an undiagnosed health condition can also be the reason why your sleep cycle gets disturbed. For example, studies have found that regular morning headaches can be due to brain tumor if there are other signs associated with it.

How to check if your hair fall is normal or abnormal?



Hair fall is a natural process that occurs as part of the hair growth cycle. It's important to note that it's normal to lose some hair every day. On average, people can lose around 50 to 100 hairs per day. However, the exact amount can vary from person to person. Here are some steps to help you determine if your hair fall is normal or abnormal:

**Observe Your Hairbrush and Shower Drain:** Pay attention to the amount of hair you see on your hairbrush, comb, or in the shower drain after washing your hair. If you notice a small amount, it's likely within the normal range. If you're seeing large clumps or significant amounts of hair, it might be a cause for concern.

**Check Your Scalp:** Look at your scalp in well-lit conditions. If you notice widening parts or thinning areas, it might indicate excessive hair loss. Additionally, if you see a lot of hair follicles on your scalp without new hair growth, it could be a sign of a problem.

**Consider Your Age and Gender:** Hair loss can vary by age and gender. It's normal for both men and women to experience some degree of hair thinning as they age. Male pattern baldness and female pattern hair loss are common conditions that can lead to noticeable hair thinning in certain areas.

**Evaluate Your Lifestyle:** Factors such as stress, poor nutrition, lack of sleep, and certain medical conditions can contribute to increased hair fall. If you've been going through a particularly stressful period or have made changes to your diet, it might be affecting your hair.

**Look for Excessive Shedding:** If you notice that you're shedding a lot of hair consistently for more than a few weeks, it's a good idea to consult a healthcare professional. Sudden or severe hair loss could be a sign of an underlying medical condition, such as hormonal imbalances, thyroid issues, or alopecia.

**Monitor for Thinning Hair:** Gradual thinning of the hair over time, especially at the crown or temples, could be indicative of androgenetic alopecia (male or female pattern baldness). If you're concerned about this, seeking advice from a dermatologist or medical professional is recommended.

**Consult a Professional:** If you're unsure whether your hair fall is normal or abnormal, or if you're worried about the amount of hair you're losing, it's best to consult a dermatologist or a medical professional with expertise in hair and scalp health. They can provide a proper evaluation and recommend appropriate treatments if necessary.

General Knowledge Question Answers

1. Which of the following is an example of a renewable resource?	d) Biomass energy	10. What is the term used to describe the natural process by which water evaporates from the surface of the Earth and returns to the atmosphere as precipitation?
a) Coal	6. What is the term used to describe the variety of life on Earth?	a) Hydrologic cycle
b) Natural gas	a) Sustainability	b) Carbon cycle
c) Solar energy	b) Ecology	c) Nitrogen cycle
d) Petroleum	c) Biodiversity	d) Oxygen cycle
2. What is the term used to describe the process by which natural habitats are restored or created?	d) Conservation	11. Which of the following is a major cause of air pollution?
a) Reforestation	7. Which of the following is a major cause of climate change?	a) Plant respiration
b) Afforestation	a) Natural fluctuations in the Earth's temperature	b) Volcanic eruptions
c) Restoration ecology	b) Changes in the Earth's orbit	c) Industrial emissions
d) Habitat restoration	c) Human activities, such as burning fossil fuels	d) Photosynthesis
3. Which of the following is a major cause of water pollution?	d) Changes in the intensity of the sun's radiation	12. Which of the following is a major cause of ocean acidification?
a) Volcanic eruptions	8. What is the term used to describe the process by which carbon is removed from the atmosphere and stored in vegetation and soil?	a) Volcanic activity
b) Deforestation	a) Carbon sequestration	b) Deforestation
c) Agricultural runoff	b) Carbon capture	c) Burning fossil fuels
d) Plant photosynthesis	c) Carbon footprint	d) Overfishing
4. What is the term used to describe the process by which waste materials are converted into new products?	d) Carbon storage	13. What is the term used to describe the process by which soil becomes degraded and loses its ability to support plant life?
a) Recycling	9. Which of the following is a major cause of deforestation?	a) Erosion
b) Composting	a) Wildfires	b) Desertification
c) Landfilling	b) Urbanization	c) Salinization
d) Incineration	c) Agricultural expansion	d) Soil depletion
5. Which of the following is an example of a non-renewable resource?	d) Earthquakes	14. Which of the following is a major contributor to air pollution?
a) Wind energy	10. What is the term used to describe the natural process by which water evaporates from the surface of the Earth and returns to the atmosphere as precipitation?	a) Burning fossil fuels
b) Geothermal energy	a) Carbon sequestration	b) Plant photosynthesis
c) Coal	b) Carbon capture	c) Volcanic eruptions
	c) Carbon footprint	d) Forest fires
	d) Carbon storage	

ASTRO SPEAK

<b>ARIES</b>  MAR 21 - APR 20	The moon migrates into Pisces and your solar twelfth house, asking you to check in with your deepest desires, emotions, and fears. Saturn steps in to bring structure to this mission, helping you stay composed and in control while swimming through the depths of your soul. Plan for solitude this evening when the full moon emerges, as it would be easy to become emotionally depleted in the company of others.	<b>LIBRA</b>  SEP 24 - OCT 22	Be mindful of supporting your physical self with plenty of water, rest, and foods, as moon enters Pisces and the sector of your chart that governs wellness. Meanwhile, Saturn steps in to bring structure to your routines once afternoon rolls in, helping you get ahead with tasks and chores. Set intentions to shed disorganized or unhealthy habits later tonight when the full moon rises, asking you to make space for better choices.
<b>TAURUS</b>  APR 21 - MAY 20	A sweet yet sensitive energy flows through the collective as the moon enters Pisces. A desire to help others or enrich the community will come into play, causing you to invest emotionally in the people you encounter and your neighborhood. Just remember to implement healthy boundaries when Saturn becomes active this afternoon, especially if you start to feel taken advantage of or emotionally depleted.	<b>SCORPIO</b>  OCT 23 - NOV 22	The morning brings good tidings your way, dear Scorpio, as the moon enters Pisces and your solar fifth house. This luminary placement is all about leaning into friendship, fun, and your passions, so be sure to center your day accordingly. Check in with your aspirations when Saturn becomes active this afternoon, reminding you that it's okay to set goals that are ego-based.
<b>GEMINI</b>  MAY 21 - JUN 20	You'll find yourself in a steady yet sensitive mood as the moon enters Pisces. Though you'll be eager for emotional exchange, a desire to remain professional will help you navigate these watery vibes. You may also feel called to act as a source of support for a peer in need, though a desire to mentor others could also come into play, especially when Saturn becomes active this afternoon.	<b>SAGITTARIUS</b>  NOV 23 - DEC 22	You'll notice your heart opening as the moon enters sensitive Pisces, asking you to get in touch with your emotions. These vibes pair well with nurturing your feelings and the relationships you value most, investing in the health of your private life. Good vibes flow this afternoon when Luna and Saturn join forces, bringing a stabilizing energy to your home that's perfect for implementing new rules.
<b>CANCER</b>  JUN 22 - JUL 23	The vibe will lighten as you emerge from bed and the moon enters Pisces, activating the sector of your chart that governs spirituality. Take a moment to connect with the divine while bringing structure to your practice when Saturn becomes active, reminding you that even meditation require discipline. The Full moon graces our skies tonight, marking one of the most philosophically fulfilling nights of the year.	<b>CAPRICORN</b>  DEC 23 - JAN 20	You'll sense a shift as morning breaks, and the moon enters Pisces, dear Capricorn, putting you in a sentimental and chatty mood. Use this energy as motivation to check in with your friends, especially those who have been having a hard time. Just remember to implement healthy boundaries as afternoon rolls in and Saturn becomes active, urging you to save energy for your own goals and interests.
<b>LEO</b>  JUL 24 - AUG 23	Your moodier side will shine through today, dear Leo, as the moon enters sensitive Pisces and your solar eighth house. This cosmic climate carries an all-or-nothing vibe, leaving you with little patience for people or situations you're not seriously invested in. Consider how you hope to grow when Luna and Saturn join forces this afternoon, asking you to bring structure to the path toward transformation.	<b>AQUARIUS</b>  JAN 21 - FEB 23	The moon departs your sign and drifts into Pisces this morning, dearest Aquarius, putting you in a grounded and emotional headspace. Luckily, Saturn steps in to help you steady your heart this afternoon, though it'll be important that you implement healthy boundaries as a way to stay centered. Consider planning serious conversations for another day, understanding that the vibe will be charged.
<b>VIRGO</b>  AUG 24 - SEP 23	The sweet scent of love will linger in the air as the moon migrates into sensitive Pisces and the sector of your chart that governs romance. Opportunities to create structure in your most valued relationships will come into play when Luna and Saturn join forces this afternoon, though you may need to take initiative when working on strengthening bonds.	<b>PISCES</b>  FEB 20 - MAR 20	The moon migrates into your sign sweet Pisces, supercharging your aura, intuition, and ability to read emotions outside your own. Your empathic abilities will be heightened right now, making it important that you remember to protect your aura. Luckily, Saturn steps in to provide a cosmic shield this afternoon, making it the optimal time to hold important discussions.

