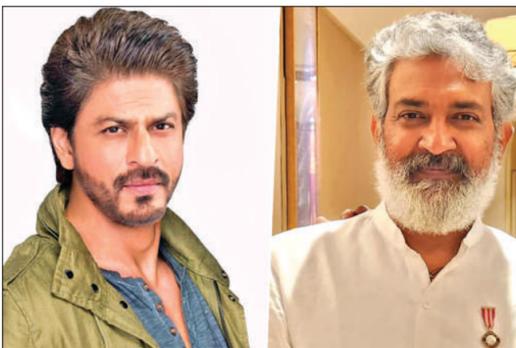


Jawan: SS Rajamouli wishes Shah Rukh Khan, Atlee for 'earth-shattering opening'; superstar's humble response is all heart



Jawan has made Rs 129.06 crores on its opening day. Shah Rukh Khan's movie is behind Adipurush but has surpassed Pathaan with a big margin. Jawan which has King Khan in a double role is loaded with the star's charisma, gripping action sequences, elevation scenes and Anirudh Ravichander's BGM. This is also the debut of Atlee in Bollywood. We have seen filmmakers like Lokesh Kanagaraj and Venkat Prabhu congratulating Atlee and Shah Rukh Khan. Now, SS Rajamouli has also sent his congratulations to the duo for their earth-shattering opening at the box office. Earlier, Mahesh Babu praised the film saying it was pure mass. The filmmaker who has given Indian cinema blockbusters like the Baahubali series and RRR called Shah Rukh Khan the badshaah of the box office. Shah Rukh Khan had warmly congratulated the whole team after Naatu Naatu won the Best Original Song at Oscars. SS Rajamouli has been credited for taking Indian cinema to global level. RRR has been a super hit in countries like the USA, UK and Japan. The success of the movie was unprecedented. SS Rajamouli shared with fans how the likes of James Cameron and Steven Spielberg had seen his movie. MM Keeravani and Chandrabose brought home the Oscars. Fans are thinking what would happen if SS Rajamouli decided to make a film with Shah Rukh Khan. We can only imagine what will happen if Jawan superstar Shah Rukh Khan and SS Rajamouli decide to announce a film together. The box office will combust, and so will social media.

Why is Tiger 3 diva Katrina Kaif hiding away from media glare?

Katrina Kaif recently made news for her changed face, as netizens spotted some difference in her look and reached a conclusion that she had done something to her face. But the diva looked ethereal in every way in the video. However, one thing that everyone is wondering about is, why is Katrina Kaif not making more public appearances? The last time the diva was spotted along with her hubby Vicky Kaushal, it was at the Rocky Aur Rani Kii Prem Kahaani special screening. However, after that, Katrina hasn't been too much out and about. She even missed the Gadar 2 celeb screenings and the recently held success bash, which saw almost the entire industry in attendance, including Vicky. So is this a planned move? An insider reveals that Katrina Kaif has always been a private person so this is nothing unnatural. Talking about why she isn't making as many public appearances as stars are known to, that is because she doesn't want overexposure as she will soon kick start the promotions for Tiger 3 along with Salman Khan. The makers are planning to go



all out and do all the city and global visits to promote the film, says the highly placed source.

Animal: Makers of Ranbir Kapoor starrer planning to drop a special treat for fans on his birthday?

Ranbir Kapoor fans are eagerly waiting for any update on his next, Animal. But after Sandeep Reddy Vanga shared that the new movie has been postponed, there have been no new updates whatsoever. The Animal pre-teaser was released a couple of weeks before the initial release in August. And it had bowled over fans who were looking forward to watching Animal in August. However, it was postponed. But now, we are here with the latest update on Animal starring Ranbir Kapoor, Rashmika Mandanna and more. Animal is reportedly scheduled to release in December this year. And the team are planning to begin their promotional campaigns a good two months in advance. Yes, you read that right. As per a report in an online entertainment news portal, the teaser is being worked on. And they are planning to bring it around on Ranbir Kapoor's birthday. The teaser cut is locked already but it has been sent to polish a bit. And if it gets finished on time, the makers might release it around RK's birthday, which is on, 28th September.



Recipes

Dahi Kebab



Ingredients

- 300 gm hung curd
- 10 gm garam masala powder
- 2 gm white pepper powder
- 10 gm marmalade
- salt as required
- 100 gm grated paneer
- 50 gm chickpeas flour
- 5 gm powdered green cardamom
- ghee as required

Method:

Take hung yogurt in a bowl, add chickpea flour, garam masala, white pepper powder, cardamom powder, marmalade and salt. Give a very good mix. Divide the mixture into equal portions. Now, stuff each portion with paneer. Wet your hands using water, your hands, take a portion and roll lightly in the shape of a kebab (one centimeter thick round). Prepare the other kebabs in the same way. Add some ghee to a pan and let it heat. Place the kebabs in it and pan-roast the kebabs for sometime. Cook from both sides till golden in colour. Serve the kebabs while hot with mint chutney or sauce. Tips To make extra texture to the kebabs, you can stuff them with roasted-crushed peanuts.

Common mistakes after meals that cause poor gut health and weight gain



After enjoying a sumptuous meal, it's natural to unwind and relax. You might feel like hitting the bed right away or sipping that cuppa for better digestion. However, some common post-meal habits can negatively impact digestion, overall health, and well-being. We all make these common mistakes after meals from time to time, but becoming aware of them is the first step towards healthier post-meal habits. By avoiding these pitfalls and making mindful choices, you can support better digestion, overall health, and well-being and can also eventually promote weight loss. **Immediately indulging in vigorous activity** Engaging in vigorous physical activity immediately after eating can disrupt the digestive process. This is because your body directs blood flow to the muscles you're using during those physical activities, diverting it away from the digestive organs. This diversion of blood flow can potentially lead to stomach discomfort, cramping, and sluggish digestion. To promote optimal digestion and avoid these issues, it's advisable to wait at least an hour after

eating before engaging in intense physical activity. During this time, your body can focus on digesting the food you've consumed, breaking it down efficiently, and absorbing essential nutrients. **Drinking too much water** Staying adequately hydrated is undoubtedly essential for overall health, but it's crucial to strike a balance when it comes to water consumption immediately after a meal. Drinking excessive amounts of water right after eating can potentially have adverse effects on your digestion process by diluting stomach acid, which plays a crucial role in breaking down food. Instead of gulping down large quantities of water immediately after a meal, consider adopting a more mindful approach to hydration. Sipping water during your meal can help you stay hydrated without overwhelming your digestive system. This allows your body to maintain an appropriate level of stomach acid concentration for effective digestion. Furthermore, it's recommended to wait approximately 30 minutes after your meal before resuming your regular hydration routine. **Lying Down** Lying down immediately after consuming a meal is a habit that can potentially lead to discomfort, heartburn, and acid reflux, which can disrupt the digestive process. To mitigate these risks and promote optimal digestion, it's advisable to maintain an upright position for an extended period after eating, ideally for at least two to three hours. By staying upright, you allow gravity to assist in moving food through your digestive tract more effectively. This helps prevent stomach acid from flowing back into the esophagus, reducing the likelihood of heartburn and acid reflux. Instead, sitting in a reclined or partially upright position can provide comfort while still minimizing the risk of digestive discomfort.

Can heat damaged hair be reversed?



Due to heat, hair strands start to split at the ends where the hair is oldest and has experienced the most damage, but those splits can move up the hair shaft splitting multiple times, making the damage worse. Because the hair has lost its elasticity, the strands are more susceptible to breakage. When the hair becomes too weak, the ends will snap off, which will eventually lead to flyaways. Heat damaged hair occurs when you blow dry your hair, or use a flat iron, or curler at the highest temperature settings over an extended period while styling your hair. Most hot tools reach temperatures of more than 400°F, which affect all types of hair types starting from pin straight to tightly curled. Each strand of hair is made up of a protein known as keratin that has a natural curve called the alpha helix. This is present in both curly hair and straight hair. High temperatures permanently alter the structures of the pro-

tein bonds in one's hair. When the keratin is heated to temperatures higher than 400°F, the alpha helix begins melting. Once the alpha helix is melted, the change is permanent, and the hair will retain the shape of the melted keratin bonds. Once the hair starts growing past the follicle, it's made up of dead cells. Because of this, the cells can't adapt, and when they're changed, it's permanent. There are no active cells that can be sent in to repair the damage. The damage done to the hair is cumulative. The chances to experience heat damaged hair after one blow dry or one straightening session are slim. However, using hot tools at high temperatures on a regular basis prolongs the changes to the protein bonds and moisture levels of each strand. If you continue using hot tools, the damage progresses as well. **Signs of heat damaged hair** Dryness and dullness The cuticles of your hair are what make it shiny. When the cuticles are damaged, the hair loses its shine. After the hair wash, the hair should look brighter and shinier than it was. If it's dull, that's one of the first signs of heat damaged hair. Dryness also contributes to dull hair. Damaged hair doesn't properly maintain moisture, leaving the tresses dehydrated and prone to breakage. **Split ends & Breakage** Heat damaged hair loses elasticity because applying heat on a regular basis affects the hair's ability to retain moisture, often resulting in split ends. Split ends weaken the structure of the hair, which increases the chances of hair breakage. Exposing hair to frequent high heat also increases the risk of breakage because it loses its elasticity.

General Knowledge Question Answers

- Who wrote the famous play "Hamlet"?
 - William Shakespeare
 - Samuel Beckett
 - Tennessee Williams
 - Oscar Wilde
- Which country is known as the Land of the Midnight Sun?
 - Norway
 - Sweden
 - Finland
 - Denmark
- Which is the largest bird in the world?
 - Penguin
 - Ostrich
 - Eagle
 - Albatross
- What is the capital of South Africa?
 - Johannesburg
 - Cape Town
 - Pretoria
 - Durban
- Who is the author of the Harry Potter series of books?
 - J.K. Rowling
 - Stephenie Meyer
 - Suzanne Collins
 - Dan Brown
- What is the currency of Switzerland?
 - Euro
 - Swiss Franc
 - Pound
 - Dollar
- What is the capital of France?
 - Berlin
 - Madrid
 - Paris
 - London
- What is the largest continent in the world?
 - North America
 - Europe
 - Asia
 - Australia
- Who is known as the father of the Indian Constitution?
 - Mahatma Gandhi
 - B.R. Ambedkar
 - Jawaharlal Nehru
 - Sardar Vallabhbhai Patel
- Which planet is known as the Red Planet?
 - Venus
 - Mars
 - Saturn
 - Jupiter
- Who wrote the famous novel, "To Kill a Mockingbird"?
 - Harper Lee
 - J.K. Rowling
 - Charles Dickens
 - William Shakespeare
- Which country is known as the Land of the Rising Sun?
 - Japan
 - China
 - Thailand
 - South Korea
- Who discovered the theory of relativity?
 - Isaac Newton
 - Albert Einstein
 - Galileo Galilei
 - Stephen Hawking
- What is the capital of Canada?
 - Toronto
 - Ottawa
 - Vancouver
 - Montreal
- Which is the smallest continent in the world?
 - Europe
 - South America
 - Antarctica
 - Australia
- Who was the first person to walk on the moon?
 - Neil Armstrong
 - Buzz Aldrin
 - Yuri Gagarin
 - Alan Shepard

ASTRO SPEAK

- ARIES** (MAR 21 - APR 20) Don't feel guilty about sleeping in this morning, dearest Aries, as the Cancer moon faces off with Pluto. This cosmic climate could feel heavy and unmotivating, making the coziness of home far more appealing than errands or socializing. Luckily, you'll perk up by mid-morning when Luna migrates into fiery Leo, putting you in the mood for some last-minute fun before another work week creeps in.
- LIBRA** (SEP 24 - OCT 22) The Cancer moon faces off with Pluto this morning, dear Libra, bringing an emotionally charged energy to the table. Issues you've been bottling up may spill over, though you should be motivated to maintain a sense of diplomacy when confronting others. You'll feel better mid-morning when the moon migrates into Leo, urging you to find support through a sense of community.
- TAURUS** (APR 21 - MAY 20) Your intuition will be heightened this morning when the Cancer moon faces off with Pluto, dear Taurus, though you may not like every message you receive. This cosmic climate will bring reality checks to your situation, as the universe points out any areas of your life that need letting go. Lean into positive change and transformation, giving yourself space to evolve on a soul level.
- SCORPIO** (OCT 23 - NOV 22) The Cancer moon aligns with Pluto heightening your intuition and ability to pick up on what others are thinking. This cosmic climate could lead you down obsessive roads if you cling too tightly to figuring others out, though leaning into your spirituality can help you escape the shadow side of these vibes. You'll sense a shift mid-morning when the moon enters Leo, putting you in a serious and success-hungry mood.
- GEMINI** (MAY 21 - JUN 20) You may feel weighed down by the material realms especially if you've been low on cash or overwhelmed by responsibilities. Frustrations could also emerge within your most intimate relationships, especially if loved ones have been refusing to change habits that upset you. Luckily, the vibe will elevate mid-morning when the moon enters Leo, helping you talk out issues from a heartfelt place.
- SAGITTARIUS** (NOV 23 - DEC 22) The atmosphere will feel thick as the Cancer moon faces off with Pluto this morning, dear Sagittarius, making it a good time to lay low, move slowly, and release what is not serving you. Watch out for stubborn behaviors and power struggles, taking extra steps to ensure harmony. Luckily, the energy elevates mid-morning when Luna enters Leo, activating your house of spirituality.
- CANCER** (JUN 22 - JUL 23) The moon continues its journey through your sign this morning, forming a sweet connection with Neptune that will bring forth spiritually charged and comforting dreams. Consider giving yourself permission to sleep in and relish the lofty vibes Sunday has to offer, especially when Luna faces off with Pluto, reminding you of the importance of self-care. You'll notice a shift mid-morning when the moon enters Leo.
- CAPRICORN** (DEC 23 - JUL 20) You may struggle to balance your needs and those of the people you love, dear Sea-Goat, as the Cancer moon faces off with Pluto. Consider what's important to you under this cosmic climate, letting go of what is not without abandoning grace. You'll sense a shift mid-morning when the moon enters Leo, activating the sector of your chart that governs transformation.
- LEO** (JUL 24 - AUG 23) Try not to read into any strange encounters you had while traversing the astral realms early this morning, dear Leo, as a harsh connection between the Cancer moon and Nodes of Fate threatens to trigger convoluted and emotionally charged dreams. Try focusing on wellness and health goals when you awaken, but try not to put any stress on yourself or your routines as Pluto activates your solar sixth house.
- AQUARIUS** (JAN 21 - FEB 23) The vibe may feel a bit heavy or stressful this morning, dear Aquarius, as the Cancer moon faces off with Pluto. Do your best to support yourself when confronted with tension, taking care to eat well, stretch, and drink plenty of fluids. Luckily, a harmonious ambiance takes hold mid-morning when the moon enters Leo, activating the sector of your chart that governs love.
- VIRGO** (AUG 24 - SEP 23) Avoid the temptation to scroll your social media feeds first thing in the morning, dear Virgo, as the Cancer moon faces off with brooding Pluto. This cosmic climate could bring a cloud to your community, marking the perfect excuse to lay low. Solitude will seem increasingly appealing once the moon enters Leo mid-morning, putting you in a private mood.
- PISCES** (FEB 20 - MAR 20) Be mindful of who you invest your energy into this morning, dear Pisces, as the Cancer moon faces off with brooding Pluto. This celestial clash could lead to malicious intent or jealousy, making keeping a tight and trusted circle important. You'll sense a shift mid-morning when Luna migrates into Leo, urging you to get on track with your chores and errands before yet another work week rolls in.

