As many as 118 mobile apps were banned in India on Thursday, a day after a senior Indian official said troops were deployed on four strategic hilltops after what Delhi called an "announced" move by Beijing.

"We have announced that troops have been deployed on four strategic hilltops," the Military Spokesman said."We have also been able to announce the deployment of troops on four strategic hilltops," he added.

The move comes after the Chinese Army occupied several peaks in the region, including an area known as "Ladakh," which the Indian military says is being occupied illegally by Chinese forces.

In addition to the mobile app ban, the Indian government also announced a ban on 43 Chinese apps, including mining, e-commerce, sports, gaming, and others.

A law enforcement officer said that in the past few weeks, several Chinese apps have been banned, including "FareBook," "PUBG," and "Digg." The officer said that the ban on these apps was because of their "infringement of laws and regulations." He added that the ban on these apps was not just about security but also about "cleaning up the internet environment."
Naidu, a Non-Resident Opponent, applies for MLA nomination

Prime Minister Narendra Modi will interact with IPS probationers through video conferencing during the Dalihak Para Station Bag girlfriend “eQuoo (the gamified movement) campaigns. The Environment Minister headed by N

Vizag railway station bags IGBC platinum rating

The Visakhapatnam railway station has received the highest platinum rating by the Indian Green Building Council for sustainable station facility; health, hygiene and sanitation, water efficiency, energy efficiency, smart technologies and innovation and development.

Second trial run of Gita recitation begins

The second trial run of Gita chanting by Mahatma Gandhi College of Music and Dance in Tirumala on Thursday to improve the Gita chanting of the students before the main event and to support the mental and physical

Man held for threatening tribal woman employee

A suspected Maoist was held in Visakhapatnam with police in Bhadrachalam range on Thursday in connection with the ‘Stop Bhramcharis’ case. The police have launched an investigation into the incident.

AP reports 10+ key cases, 75 deaths

After East Godavari, Nellore, Prakasam emerge major contributors to tally

A constable working under the Hyderabad police commisionerate was injured on Thursday after being hit by a vehicle in support of the farmers’ agitation in the Telangana-Rajasth<br>

Hydrostatic weight tests ensure at Vigna Peetham

The improvement and repair works at Vigna Peetham were carried out successfully during the last few months, with the help of the teachers and staff.

Smartphone game may improve mental health: Study

A new study shows that smartphone games can potentially improve mental health in a similar way to traditional games and exercises.

Suspected Maoist killed in police operation

A Maoist cadre was killed in an encounter with police in Srikakulam on Thursday.

High standards of Vedic learning ensured at Vigna Peetham

The Environment Minister headed by N

Registrar Econocrafts Private Limited.

Telugu Forum is a voice of the parents and the students of the students of the Visakhapatnam region. It is a non-profit, non-political organization that aims to promote the welfare of the students in the Visakhapatnam region. It is dedicated to providing a platform for parents and students to come together and discuss issues that affect their daily lives. The organization focuses on promoting values such as teamwork, integrity, and respect, and works to create a supportive and inclusive environment for all members. It is committed to supporting the educational and personal growth of students in the Visakhapatnam region.
**Vijayawada** | **Friday** | **September 4, 2020**

**CHITTAGONG** | **A man and his son were killed in a clash that occurred at an inroad near the village of Akello after two groups of tribesmen exchanged shooting in the region.**

The shooting started on Thursday afternoon when two groups of tribesmen opened fire on each other near Akello, about five miles from here. The tribesmen were said to be involved in a dispute over a grazing land dispute.

According to the police, the two groups were identified by the locals as the Bodo tribe and the Gounder tribe. The police said the two groups have been in conflict over grazing land for the past few years.

**KOLKATA** | **Schools and colleges reopened in Kolkata on Monday after a gap of five months due to the coronavirus lockdown.**

The schools and colleges reopened on Monday, but the students had to follow strict guidelines and protocols to prevent the spread of the virus.

The government had earlier announced that the schools and colleges would be opened from October 15, but the date was later revised to September 1.

The students had to wear masks, maintain social distancing, and follow other safety measures.

**NEW DELHI** | **The Supreme Court on Thursday directed the states and Union territories to ensure that allretty(just before) those who fall under the definition of “vulnerable” are given the priority vaccination.**

The Supreme Court said that the states and Union territories should ensure that the vulnerable people are registered and vaccinated as per the guidelines.

The court also directed the states and Union territories to ensure that the vaccination is done in a systematic and transparent manner.

**Hyderabad** | **The Telangana government on Thursday approved a proposal to create a new investors’ ecosystem in the state.**

The proposal was approved by the Cabinet during a meeting held earlier in the day.

The government has identified four key areas for the new ecosystem, namely, renewable energy, bioeconomy, data center, and healthcare.

**Chennai** | **The Tamil Nadu government on Thursday announced the introduction of a new policy for the development of the state’s cotton sector.**

The policy, known as the Tamil Nadu Cotton Policy 2021, aims to promote the growth of the cotton sector and increase the income of farmers.

The policy includes measures such as providing incentives for farmers who adopt modern farming practices, setting up cotton ginning factories, and developing a cotton seed bank.
A couple of pictures of an inmate falling in with a talk of arresting their situation. The jail case has gone viral on social media, prompting the Madhya Pradesh prisons department to order an inquiry into the incident and seize the photos.

In the photographs, jailer K Kulshreshta is seen sitting on a bench while an inmate with a mobile phone in hand is looking at him. A senior official of Indore Central Prison was also ordered to conduct a probe into the incident and seize the photos. The photos were secretly clicked inside the prison. Bhangre has been directed to conduct the probe within a week and submit the report, as then only it will be possible to know how the photos were taken in a seized mobile phone and who clicked the photos.

“The photos are circulating on social media, prompting the department to order an inquiry and seize the photos. The photos have been taken illegally and we are investigating the case,” Bhangre said.

The Madhya Pradesh minister for Home,.government spokesperson Naravane rushed off to the police station in Indore after the video of the photos was uploaded on social media, prompting the department to order an inquiry and seize the photos.

The department has decided to conduct the probe within a week and submit the report, as then only it will be possible to know how the photos were taken in a seized mobile phone and who clicked the photos.

In the photographs, jailer K Kulshreshta is seen sitting on a bench while an inmate with a mobile phone in hand is looking at him. A senior official of Indore Central Prison was also ordered to conduct a probe into the incident and seize the photos. The photos were secretly clicked inside the prison. Bhangre has been directed to conduct the probe within a week and submit the report, as then only it will be possible to know how the photos were taken in a seized mobile phone and who clicked the photos.

“The photos are circulating on social media, prompting the department to order an inquiry and seize the photos. The photos have been taken illegally and we are investigating the case,” Bhangre said.

The Madhya Pradesh minister for Home, government spokesperson Naravane rushed off to the police station in Indore after the video of the photos was uploaded on social media, prompting the department to order an inquiry and seize the photos.

The department has decided to conduct the probe within a week and submit the report, as then only it will be possible to know how the photos were taken in a seized mobile phone and who clicked the photos.

In the photographs, jailer K Kulshreshta is seen sitting on a bench while an inmate with a mobile phone in hand is looking at him. A senior official of Indore Central Prison was also ordered to conduct a probe into the incident and seize the photos. The photos were secretly clicked inside the prison. Bhangre has been directed to conduct the probe within a week and submit the report, as then only it will be possible to know how the photos were taken in a seized mobile phone and who clicked the photos.
Covid tally over 38L; record single-day jump of 83,883 cases

Indian Army has clarified that it has never admitted to the death of four Indian soldiers in a militant attack in a clear attempt to downplay the situation.

JUTA urges for autonomy to conduct final semester exams

A teacher body under Jodhpur University has urged West Bengal Chief Minister Mamata Banerjee to conduct final semester exams to ensure the rights of the students as enshrined in the constitution. The West Bengal University Grants Commission (UGC) has directed all the UGC-approved institutions to conduct semester examinations.

SG refuses plea for extension of women army commission

The Supreme Court on Monday refused to grant an extension to the National Security Guard (NSG) women officers in the final semester exams.

Major Manik killed, wife injured in road mishap.

A soldier was killed and his wife was injured when their car was hit by a speeding bus in UP.

MP: Man beholds to appease deity, beats wife to death

Police said a man used a hammer to beat his wife to death in a village in Madhya Pradesh's Khajuraho dist.

104 of Central forces lost lives in ‘accidents’ in 2014-2019

A total of 104 Central forces personnel lost their lives in six years due to ‘accidents’.

Three died by suicide in AYUSH training in IAF

Three people working as Assistant Medical Officers (AMOs) in the AYUSH training wing of the IAF hospital in Chandigarh, near Punjab, have committed suicide.

Jodhpur: Cong leader murder bid on who got to save the poor

Cong president Rahul Gandhi on Thursday said demonstration is the weapon that the country will have to fight politics.

New Delhi: Congress leader murder bid on who got to save the poor

Cong leader Rahul Gandhi on Thursday said demonstration is the weapon that the country will have to fight politics.

Covid tally over 38L; record single-day jump of 83,883 cases

Indian Army has clarified that it has never admitted to the death of four Indian soldiers in a militant attack in a clear attempt to downplay the situation.

JUTA urges for autonomy to conduct final semester exams

A teacher body under Jodhpur University has urged West Bengal Chief Minister Mamata Banerjee to conduct final semester exams to ensure the rights of the students as enshrined in the constitution. The West Bengal University Grants Commission (UGC) has directed all the UGC-approved institutions to conduct semester examinations.

SG refuses plea for extension of women army commission

The Supreme Court on Monday refused to grant an extension to the National Security Guard (NSG) women officers in the final semester exams.

Man killed, wife injured in road mishap.

A soldier was killed and his wife was injured when their car was hit by a speeding bus in UP.

MP: Man beholds to appease deity, beats wife to death

Police said a man used a hammer to beat his wife to death in a village in Madhya Pradesh's Khajuraho dist.

104 of Central forces lost lives in ‘accidents’ in 2014-2019

A total of 104 Central forces personnel lost their lives in six years due to ‘accidents’.

Three died by suicide in AYUSH training in IAF

Three people working as Assistant Medical Officers (AMOs) in the AYUSH training wing of the IAF hospital in Chandigarh, near Punjab, have committed suicide.

Jodhpur: Cong leader murder bid on who got to save the poor

Cong president Rahul Gandhi on Thursday said demonstration is the weapon that the country will have to fight politics.

New Delhi: Congress leader murder bid on who got to save the poor

Cong leader Rahul Gandhi on Thursday said demonstration is the weapon that the country will have to fight politics.

Covid tally over 38L; record single-day jump of 83,883 cases

Indian Army has clarified that it has never admitted to the death of four Indian soldiers in a militant attack in a clear attempt to downplay the situation.

JUTA urges for autonomy to conduct final semester exams

A teacher body under Jodhpur University has urged West Bengal Chief Minister Mamata Banerjee to conduct final semester exams to ensure the rights of the students as enshrined in the constitution. The West Bengal University Grants Commission (UGC) has directed all the UGC-approved institutions to conduct semester examinations.

SG refuses plea for extension of women army commission

The Supreme Court on Monday refused to grant an extension to the National Security Guard (NSG) women officers in the final semester exams.

Man killed, wife injured in road mishap.

A soldier was killed and his wife was injured when their car was hit by a speeding bus in UP.

MP: Man beholds to appease deity, beats wife to death

Police said a man used a hammer to beat his wife to death in a village in Madhya Pradesh's Khajuraho dist.

104 of Central forces lost lives in ‘accidents’ in 2014-2019

A total of 104 Central forces personnel lost their lives in six years due to ‘accidents’.

Three died by suicide in AYUSH training in IAF

Three people working as Assistant Medical Officers (AMOs) in the AYUSH training wing of the IAF hospital in Chandigarh, near Punjab, have committed suicide.

Jodhpur: Cong leader murder bid on who got to save the poor

Cong president Rahul Gandhi on Thursday said demonstration is the weapon that the country will have to fight politics.

New Delhi: Congress leader murder bid on who got to save the poor

Cong leader Rahul Gandhi on Thursday said demonstration is the weapon that the country will have to fight politics.

Covid tally over 38L; record single-day jump of 83,883 cases

Indian Army has clarified that it has never admitted to the death of four Indian soldiers in a militant attack in a clear attempt to downplay the situation.

JUTA urges for autonomy to conduct final semester exams

A teacher body under Jodhpur University has urged West Bengal Chief Minister Mamata Banerjee to conduct final semester exams to ensure the rights of the students as enshrined in the constitution. The West Bengal University Grants Commission (UGC) has directed all the UGC-approved institutions to conduct semester examinations.

SG refuses plea for extension of women army commission

The Supreme Court on Monday refused to grant an extension to the National Security Guard (NSG) women officers in the final semester exams.

Man killed, wife injured in road mishap.

A soldier was killed and his wife was injured when their car was hit by a speeding bus in UP.

MP: Man beholds to appease deity, beats wife to death

Police said a man used a hammer to beat his wife to death in a village in Madhya Pradesh's Khajuraho dist.

104 of Central forces lost lives in ‘accidents’ in 2014-2019

A total of 104 Central forces personnel lost their lives in six years due to ‘accidents’.

Three died by suicide in AYUSH training in IAF

Three people working as Assistant Medical Officers (AMOs) in the AYUSH training wing of the IAF hospital in Chandigarh, near Punjab, have committed suicide.

Jodhpur: Cong leader murder bid on who got to save the poor

Cong president Rahul Gandhi on Thursday said demonstration is the weapon that the country will have to fight politics.

New Delhi: Congress leader murder bid on who got to save the poor

Cong leader Rahul Gandhi on Thursday said demonstration is the weapon that the country will have to fight politics.

Covid tally over 38L; record single-day jump of 83,883 cases

Indian Army has clarified that it has never admitted to the death of four Indian soldiers in a militant attack in a clear attempt to downplay the situation.

JUTA urges for autonomy to conduct final semester exams

A teacher body under Jodhpur University has urged West Bengal Chief Minister Mamata Banerjee to conduct final semester exams to ensure the rights of the students as enshrined in the constitution. The West Bengal University Grants Commission (UGC) has directed all the UGC-approved institutions to conduct semester examinations.

SG refuses plea for extension of women army commission

The Supreme Court on Monday refused to grant an extension to the National Security Guard (NSG) women officers in the final semester exams.

Man killed, wife injured in road mishap.

A soldier was killed and his wife was injured when their car was hit by a speeding bus in UP.

MP: Man beholds to appease deity, beats wife to death

Police said a man used a hammer to beat his wife to death in a village in Madhya Pradesh's Khajuraho dist.

104 of Central forces lost lives in ‘accidents’ in 2014-2019

A total of 104 Central forces personnel lost their lives in six years due to ‘accidents’.

Three died by suicide in AYUSH training in IAF

Three people working as Assistant Medical Officers (AMOs) in the AYUSH training wing of the IAF hospital in Chandigarh, near Punjab, have committed suicide.

Jodhpur: Cong leader murder bid on who got to save the poor

Cong president Rahul Gandhi on Thursday said demonstration is the weapon that the country will have to fight politics.

New Delhi: Congress leader murder bid on who got to save the poor

Cong leader Rahul Gandhi on Thursday said demonstration is the weapon that the country will have to fight politics.

Covid tally over 38L; record single-day jump of 83,883 cases

Indian Army has clarified that it has never admitted to the death of four Indian soldiers in a militant attack in a clear attempt to downplay the situation.
Game over
The ban on gaming app PUBG might not make the Modi Govt popular with kids but it can spur local development

The framework of Govt spending now focuses more on increasing consumption and demand instead of reducing the impact of a fall in demand

How to grow green shoots
The citizens need rules and a vision for the future, not more of the same. The good news is that there is an upsurge in local agricultural and institutional businesses in India and those are the main drivers of economic growth. The key is to create a regulatory environment that supports these businesses and ensures that they have access to finance and other resources. The Government needs to provide incentives to these businesses to make them more attractive to investors. This will help to create jobs and support local communities. The Government should also work towards reducing barriers to trade and investment. This will help to create a more open and competitive market.

The Prime Minister Narendra Modi-led NDA Government has done a lot to support local businesses and create jobs. The Government has introduced a number of policies to support small and medium-sized enterprises. These policies include tax incentives, funding, and access to finance. The Government has also launched a number of initiatives to support job creation. The Prime Minister has also made a number of announcements to support local businesses. These announcements include the Make in India initiative and the Digital India initiative.

The Government has also taken steps to improve the regulatory environment in India. The Government has introduced a number of reforms to make it easier for businesses to do business in India. The Government has also introduced a number of reforms to reduce the burden of tax compliance.

The Government has also made a number of announcements to support local businesses. These announcements include the Make in India initiative and the Digital India initiative. The Government has also launched a number of initiatives to support job creation. The Prime Minister has also made a number of announcements to support local businesses. These announcements include the Make in India initiative and the Digital India initiative.
The West’s response to the Coronavirus has been so overwhelming that it has become a society engulfed by medieval superstitions.
Sensex to rise 6 per cent more to 4,150 pts by March 2022

Power naps to banks and repos 10 Oct

Global markets mostly higher after Wall Street surge

Power projects bags orders worth Rs 1,311.70 cr

IL&FS to file bankruptcy for its offshoots ILD, IDMC in UAE

BPCL Director Ramachandran Superannuates

38 coal blocks to be auctioned for commercial mining

NCLT clears the air on corporate insolvency proceedings

IPv to launch rupee digital in 2022

Svanick Financial Services rolls out QR code

Swaminarayan Fintech company, which has rolled out QR (quick response) enabled digital payment solutions for merchants in Patna (Bihar) and Cuttack (Odisha) has said that it plans to offer a full-fledged digital payment solution to small and medium enterprises starting next month.

The company has said that it plans to offer QR code based digital payment solutions for merchants starting next month. The QR code based solution offered by the company will allow merchants to accept payments through digital payments interface (UPI) and other digital wallets.

The company has said that its solution will allow small and medium enterprises to accept payments through digital wallets at a low cost and without the need for any investment in infrastructure.

The company has said that its solution will allow small and medium enterprises to accept payments through digital wallets at a low cost and without the need for any investment in infrastructure.

The company has said that its solution will allow small and medium enterprises to accept payments through digital wallets at a low cost and without the need for any investment in infrastructure.

The company has said that its solution will allow small and medium enterprises to accept payments through digital wallets at a low cost and without the need for any investment in infrastructure.
Ahead of his 25th film’s release, actor Nani is all pumped up. He can’t wait to see how his fans and critics will respond to the role of Tuck Jagadish when the film hits the screens. The actor shares his experience working for an international production and talks about the challenges and triumphs of playing a bodyguard in his cinematic journey. Nani adds, “Whenever I meet him, why. I intend to resume working Tallu. I was looking forward to some good periods. But I missed him for a month and guess it would be difficult for both of us to stay apart for a long time. I was feeling some valuable time lost. Since he started doing the film will follow the script and will be the best role of his career. Also, the director sees how his fans and critics will respond to the role of Tuck Jagadish when the film hits the screens. The actor shares his experience working for an international production and talks about the challenges and triumphs of playing a bodyguard in his cinematic journey. Nani adds, “Whenever I meet him, why. I intend to resume working Tallu. I was looking forward to some good periods. But I missed him for a month and guess it would be difficult for both of us to stay apart for a long time. I was feeling some valuable time lost. Since he started doing the film will follow the script and will be the best role of his career. Also, the director

It’s not about being muscular, what contrasts both genders from being a bodyguard are the defensive skills that lead the way! More often than not, what happens is, there is a noticeable distinction to be a bodyguard - which is their physical anatomy, but I know how to multitask half as well. I like to

Based on the description, the document appears to be a mixture of short stories, interviews, and personal reflections. The text touches on themes of personal growth, career development, and the experiences of those involved in the film industry. It highlights the challenges and rewards of being a bodyguard, the importance of personal training, and the transition from acting to producing. The document also includes quotes from individuals who share their experiences and perspectives on various aspects of the film industry.
Before you buy art for your home:

Ensure you set the tone for your dwelling:
Prior to selecting your preferred art, you must first decide whether you want your home to be a casual or formal setting. While light and bright hues lend off a casual feel, precluding a feeling of movement and period to the space. Once you have selected an artwork, you can complement it by adding in fixtures and accessories like upholstery, cushions, rugs, and tableware to create a cohesive look. A framed piece with colors can complement the artwork visually aids in creating a feeling of movement linked to everything else in the room that is different. The artwork should be a statement piece and point to the space.

Selecting the artwork style:
There is no hard and fast rule that whatever you pick for your personal space will suit you. Sometimes it’s an individual choice, nevertheless, you must never rush into it. Always take into consideration what actually appeals to you. You must look at the artwork and determine whether it is the shade, the subject or anything else that makes you feel true to you.

Colour selection:
The colour of the art piece can enhance the decor or detract from it. It’s essential to choose art that will complement the rest of your room. Whether it is wall art, prints, or framed photographs, select art that will match the decor and make it feel true to you.

Size of art as opposed to the room size:
By and large, if you have a small room, placing one big piece of art like a sculpture or a painting will overwhelm the room. Similarly, placing too many small pieces can make a small room feel crowded. Incorporating multiple smaller pieces can make a small room feel unified. Choose the room dimensions prior to selecting an art of prime importance. The space between the pieces can make a room look empty. Ensure the pieces you choose to decorate your personal space are of prime importance.

Food to avoid before bedtime:
Being mindful of what you eat before bedtime can help you get a good night’s sleep. The quality of your sleep is greatly affected by what you eat and at what time you eat it. Pooja Banga, Certified Nutritionist and wellness consultant, Founder — Cultivating Health, shares a list of food items which should be avoided before bedtime:

**Ice creams and high sugar**
Eating a bowl of ice cream before bed may feel like a treat, but it won’t make for a good night’s sleep. Like fatty cheese, ice cream can take a while to digest and your body really won’t feel satisfied while you’re still working on digesting.

**Sugar**—can also change your energy spike, keeping you from easily falling asleep. That sugar and fat makes ice cream a sleep destroyer, rather than sleep promoter.

**Candy bars, ice cremes, cakes, etc.** are all big no’s when it comes to eating before bed. Yes it may sound very comforting to have these after dinner but because of the high sugar content, the calories from them cannot be used immediately so it can get stored as fat.

**Caffeinated drinks and chocolate**
We all know why high caffeine drinks should be avoided before bed but it can lead to sleeplessness but the same goes for chocolate.

**Cruciferous vegetables**
Cruciferous vegetables are broccoli, cauliflower, and cabbage. They all are very good for health in general but are probably not the best thing to load up before you head to bed. These veggies can interfere with your ability to sleep simply because you’re likely digesting all that fiber while you’re trying to fall asleep.

**Tomatoes**—good for your skin; drinking alcoholic night before bed can affect quality of sleep. Alcohol might be something before bed, but is actually very disruptive for your sleep cycle and causes negative effects on rapid eye movement. You might fall asleep faster after a glass of wine, but you probably gonna wake up tomorrow still feeling pretty tired.

**Red meat, cured meat and cheese**
Choose might be the worst offender of all the high fat items, high fat foods are not recommended to go to sleep. Meat contains cholesterol which can add to your waist. Cheese has an amino acid tyramine which makes it a sleeper.

**Coffee, tea, and energy booster at night.**
The sum of all numbers in mine which makes you alert. Theophylline in the skin.

**Cheese**—might be the worst offender of all the high fat foods, high fat foods are not recommended to go to sleep. Meat contains cholesterol which can add to your waist. Cheese has an amino acid tyramine which makes it a sleeper.

**Candy bars, ice cremes, cakes, etc.** are all big no’s when it comes to eating before bed. Yes it may sound very comforting to have these after dinner but because of the high sugar content, the calories from them cannot be used immediately so it can get stored as fat.

**Cruciferous vegetables**
Cruciferous vegetables are broccoli, cauliflower, and cabbage. They all are very good for health in general but are probably not the best thing to load up before you head to bed. These veggies can interfere with your ability to sleep simply because you’re likely digesting all that fiber while you’re trying to fall asleep.

**Tomatoes**—good for your skin; drinking alcoholic night before bed can affect quality of sleep. Alcohol might be something before bed, but is actually very disruptive for your sleep cycle and causes negative effects on rapid eye movement. You might fall asleep faster after a glass of wine, but you probably gonna wake up tomorrow still feeling pretty tired.

**Red meat, cured meat and cheese**
Choose might be the worst offender of all the high fat items, high fat foods are not recommended to go to sleep. Meat contains cholesterol which can add to your waist. Cheese has an amino acid tyramine which makes it a sleeper.

**Caffeinated drinks and chocolate**
We all know why high caffeine drinks should be avoided before bed but it can lead to sleeplessness but the same goes for chocolate.

**Cruciferous vegetables**
Cruciferous vegetables are broccoli, cauliflower, and cabbage. They all are very good for health in general but are probably not the best thing to load up before you head to bed. These veggies can interfere with your ability to sleep simply because you’re likely digesting all that fiber while you’re trying to fall asleep.

**Tomatoes**—good for your skin; drinking alcoholic night before bed can affect quality of sleep. Alcohol might be something before bed, but is actually very disruptive for your sleep cycle and causes negative effects on rapid eye movement. You might fall asleep faster after a glass of wine, but you probably gonna wake up tomorrow still feeling pretty tired.

**Red meat, cured meat and cheese**
Choose might be the worst offender of all the high fat items, high fat foods are not recommended to go to sleep. Meat contains cholesterol which can add to your waist. Cheese has an amino acid tyramine which makes it a sleeper.

**Caffeinated drinks and chocolate**
We all know why high caffeine drinks should be avoided before bed but it can lead to sleeplessness but the same goes for chocolate.

**Cruciferous vegetables**
Cruciferous vegetables are broccoli, cauliflower, and cabbage. They all are very good for health in general but are probably not the best thing to load up before you head to bed. These veggies can interfere with your ability to sleep simply because you’re likely digesting all that fiber while you’re trying to fall asleep.

**Tomatoes**—good for your skin; drinking alcoholic night before bed can affect quality of sleep. Alcohol might be something before bed, but is actually very disruptive for your sleep cycle and causes negative effects on rapid eye movement. You might fall asleep faster after a glass of wine, but you probably gonna wake up tomorrow still feeling pretty tired.

**Red meat, cured meat and cheese**
Choose might be the worst offender of all the high fat items, high fat foods are not recommended to go to sleep. Meat contains cholesterol which can add to your waist. Cheese has an amino acid tyramine which makes it a sleeper.

**Caffeinated drinks and chocolate**
We all know why high caffeine drinks should be avoided before bed but it can lead to sleeplessness but the same goes for chocolate.
The inclination of the parents to Engineering could be very pleasing. “It’s always good when you

Can the Illusionist fly over the moon? from Friday subject to clearance after a second match. The

It is the three-Test series 2-1 and

The former New Zealand
captain seems most impressed by Dhoni’s ability to change
tactics and adopt a new playing style. That was a brilliant
tactic. It was one of the
tactics he was most impressed with.

The seniors team are looking for a

Dhoni has been one of the greatest
captains the country has had. He

I think it is

He has earned the right to
decide for himself: Ramos

Sharan & Cacciowill
drop out

FRENCH OPEN 2019

Meet the Drivers

Sugna & Cacic bow out

As a
dropout from the
tournament.

The wins won’t be

tough task, ” said

The two

The famous New Zealand
captain seems most impressed by Dhoni’s ability to change
tactics and adopt a new playing style. That was a brilliant
tactic. It was one of the
tactics he was most impressed with.

Dhoni has been one of the greatest
captains the country has had. He

I think it is

He has earned the right to
decide for himself: Ramos

Sharan & Cacciowill
drop out

FRENCH OPEN 2019

Meet the Drivers

Sugna & Cacic bow out

As a
dropout from the
tournament.

The wins won’t be

tough task, ” said

The two

The famous New Zealand
captain seems most impressed by Dhoni’s ability to change
tactics and adopt a new playing style. That was a brilliant
tactic. It was one of the
tactics he was most impressed with.

Dhoni has been one of the greatest
captains the country has had. He

I think it is

He has earned the right to
decide for himself: Ramos

Sharan & Cacciowill
drop out

FRENCH OPEN 2019

Meet the Drivers

Sugna & Cacic bow out

As a
dropout from the
tournament.

The wins won’t be

tough task, ” said

The two

The famous New Zealand
captain seems most impressed by Dhoni’s ability to change
tactics and adopt a new playing style. That was a brilliant
tactic. It was one of the
tactics he was most impressed with.

Dhoni has been one of the greatest
captains the country has had. He

I think it is

He has earned the right to
decide for himself: Ramos

Sharan & Cacciowill
drop out

FRENCH OPEN 2019

Meet the Drivers

Sugna & Cacic bow out

As a
dropout from the
tournament.

The wins won’t be

tough task, ” said

The two

The famous New Zealand
captain seems most impressed by Dhoni’s ability to change
tactics and adopt a new playing style. That was a brilliant
tactic. It was one of the
tactics he was most impressed with.

Dhoni has been one of the greatest
captains the country has had. He

I think it is
SAIF ALI KHAN TO PLAY LANKESH IN ADIPURUSH

The film marks Saif, who of late is on an experimental streak with his choice of roles, teaming up with director Om Raut for the second time. In the film, Saif will be seen as Lankesh, an intelligent demon who is menacing, lethal and brutal, all at the same time.

While announcing Adipurush last month, the makers turned to a Bollywood name to play the film antagonist. Staying true to their word, the makers on Thursday revealed that Bollywood supervisor Saif Ali Khan will be locking horns with Prabhas in the film, a screen-adaptation of a chapter from Indian epic Ramayana and revolves around the life of Lord Rama and Lord Shiva.

The film marks Saif, who of late is on an experimental streak with his choice of roles, teaming up with director Om Raut for the second time. In the film, Saif will be seen as Lankesh, an intelligent demon who is menacing, lethal and brutal, all at the same time.

According to the makers, Saif will be seen as Lankesh, an intelligent demon who is menacing, lethal and brutal, all at the same time. “To play the strongest villain from our epic we needed a Bedazzled actor. Who better than Saif Ali Khan to essay this powerful role? Personally, I enjoyed every day at work with him (Saif).” While shooting Ghati, Saif was looking forward to the most brutal and menacing demon again,” Raut said.

Commenting on his role, Saif said he was thrilled to be working with Raut once again. “He has a great vision and the technical know-how to make Adipurush. It’s a phenomenal project! I look forward to clashes with the mighty Prabhas and to play a role that is electrifying and daunting. He stated Prabhas noted that he “enjoyed working with a pro like Saif.”

To be shot in Hindi and Telugu simultaneously and later dubbed into Tamil, Malayalam, Kannada and other foreign languages, Adipurush, a 100-day venture between Shraib Media (2020), along with FoxStar Studios, will be a joint production venture between Bhushan Kumar, Krishan Kumar, Raut, Pandit and Rajput. Presently in pre-production phase, the film has the cast and crew, with a 2022 big screen release.

Trolls demand Saif’s removal from Adipurush

D

On Tuesday, a few hours after it was announced that Saif Ali Khan has been cast as demon king Lankesh in Ajay Devgn’s epic Ramayana film Adipurush, the makers received a volley of negative comments from fans. The protest immediately spread across social media.

To a question on when did she wept after Saif’s removal, Team Adipurush revealed that they received a volley of negative comments from fans. The protest immediately spread across social media.

Saif’s removal from Adipurush

On Tuesday, a few hours after it was announced that Saif Ali Khan has been cast as demon king Lankesh in Ajay Devgn’s epic Ramayana film Adipurush, the makers received a volley of negative comments from fans. The protest immediately spread across social media.

To a question on when did she wept after Saif’s removal, Team Adipurush revealed that they received a volley of negative comments from fans. The protest immediately spread across social media.

To a question on when did she wept after Saif’s removal, Team Adipurush revealed that they received a volley of negative comments from fans. The protest immediately spread across social media.

On Tuesday, a few hours after it was announced that Saif Ali Khan has been cast as demon king Lankesh in Ajay Devgn’s epic Ramayana film Adipurush, the makers received a volley of negative comments from fans. The protest immediately spread across social media.

To a question on when did she wept after Saif’s removal, Team Adipurush revealed that they received a volley of negative comments from fans. The protest immediately spread across social media.

To a question on when did she wept after Saif’s removal, Team Adipurush revealed that they received a volley of negative comments from fans. The protest immediately spread across social media.

To a question on when did she wept after Saif’s removal, Team Adipurush revealed that they received a volley of negative comments from fans. The protest immediately spread across social media.

To a question on when did she wept after Saif’s removal, Team Adipurush revealed that they received a volley of negative comments from fans. The protest immediately spread across social media.