

MOVIE REVIEW

Kuch Khattaa Ho Jaay



Director: G. Ashok
Cast: Guru Randhawa, Anupam Kher, Saiee Manjrekar
STORY: A young couple ties the knot to escape familial pressure. As the girl aspires to be an IAS officer, her husband pledges to support her in every way. However, a misunderstanding makes the family believe she's pregnant, and confusion ensues.
REVIEW: The story is set in Agra, giving the cinematographers Jayesh Sen and R M Swamy an opportunity to show their prowess. From Fatehpur Sikri to the sunset at the Taj Mahal, the duo captures the city's beauty well, along with some wonderfully shot songs. Guru Randhawa, Sachet-Parampara, Meet Bros, Nilesh Ahuja, and Sadhu Sushil Tiwari deliver an eclectic soundtrack with club bangers like Ishare Tere and romantic numbers Jeena Sikhaya.
While Saiee Manjrekar delivers a serviceable performance, Guru Randhawa is likable as a young and goofy guy. The duo has a breezy on-screen chemistry. Although the Punjabi singer is passable in light comedy, he is green behind the ears in emotional scenes. Anupam Kher as a loving and full-of-life grandfather and Ila Arun as a loud and motherly chachi play their parts well. Paritosh Tripathi as a snarky adopted son ably adds to the outrageous comedy. Senior South Indian actor Brahmanandam also makes an appearance as a mafia don and pulls off his role with the slapstick panache he is renowned for.

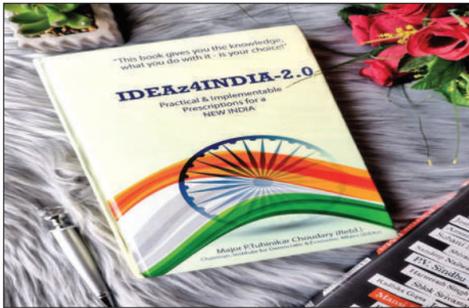
In-depth Analysis

Our overall critic's rating is not an average of the sub scores below.

Direction	██████	3/5
Dialogues	██████	3/5
Story	██████	3/5
Music	██████	3/5
Visual appeal	██████	3/5

BOOK REVIEW

IDEAZ4INDIA 2.0



Title: 'IDEAZ4INDIA 2.0'
Author: Major P. Tuhinikar Choudary
Review: In a world filled with daunting challenges and elusive solutions, 'IDEAZ4INDIA - 2.0' emerges as a beacon of hope and practical thinking. Written by Major P. Tuhinikar Choudary, this collection of articles not only critically analyses India's predicaments but also suggests practical and implementable solutions, aiming to reignite the greatness within the Nation. The primary goal of the book is clear: to help people understand India's rich culture and history while providing a roadmap to make 'Apna Bharat Mahaan' (Our India Great) once again.
An outstanding feature of "IDEAZ4INDIA - 2.0" is its commitment to offer unique perspectives on India's multifaceted challenges. Major Choudary, drawing on his experiences and expertise, provides insights that go beyond conventional narratives. Each article is a thoughtful exploration into the heart of the issues, offering not just a diagnosis but, more importantly, a prescription for solutions.
The book is structured to allow readers to explore various aspects of India's challenges, from economic and social issues to political and cultural nuances. Major Choudary seamlessly weaves together historical context and contemporary realities, creating a comprehensive understanding of the forces at play. This approach not only educates but also empowers readers to think critically about the issues at hand.
A strength of the book lies in its ability to bridge the gap between theory and practice. The proposed solutions are not abstract ideas; they are grounded in a realistic assessment of the current socio-political landscape. Major Choudary's military background adds pragmatism to his suggestions, making them not only feasible but also effective in the real world.

GADGET REVIEW

Redmi A3



Expected Price	Rs 7,299
Display	6.71-inch (700x1600)
Resolution	MediaTek Helio G36
Processor make	Touchscreen
Form factor	5MP
Front Camera	8MP
Rear Camera	3GB, 4GB, 6GB
RAM	64GB, 128GB
Storage	5000mAh
Battery Capacity	Proprietary
Fast charging	Android 13
OS	Yes
Wi-Fi	Yes
GPS	Yes
Bluetooth	Yes
USB Type-C	Yes
4G on both SIM	Yes
Fingerprint sensor	Yes
Accelerometer	Yes
Colours	Midnight Black, Lake Blue, Olive Green

Pros

- * Low-budget smartphone.
- * Long-lasting battery life with 10W fast charging.
- * Android 14 (Go edition) OS with MIUI support.
- * Corning Gorilla Glass 3 protection.

Cons

- * Outdated camera performance.
- * No NFC support.

VEHICLE REVIEW

Tata Nexon EV



Starting Price	Rs. 14.49 - 19.29 Lakh*
Fuel Type	Electric (Battery)
Max Power	142.68bhp
Max Torque	215Nm
Body Type	SUV
Charging Time	(A.C)6H 7.2 kW (10-100%)
Charging Port	CCS-II
Charging Time	(D.C)56 Min-50 kW(10-80%)
Battery Capacity	40.5 kWh
Range	465 km
No. of Airbags	6
Front Suspension	Independent MacPherson strut with coil spring
Rear Suspension	'Twist beam with dual path Strut
Steering Type	Electric
Steering Column	Tilt and Telescopic
Turning Radius	5.3 Metres
Front Brake Type	Disc
Rear Brake Type	Disc
Parking Sensors	Front & Rear
USB Charger	Front & Rear

Pros

- * Loaded with features: larger 12.3" touchscreen, digital driver's display, vehicle-to-load charging.
- * Smoother drive experience.
- * Multiple battery pack options.

Cons

- * Rear seat underhigh support in compromised in Long Range variant.

Health and Lifestyle

Easy ways to increase your child's height

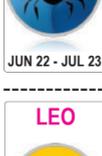
As parents, most of us want our kids to be tall and strong, as both parameters are widely regarded as signs of good health. Thus, we go to lengths to make sure that our kids grow up healthy and tall. Though many kids are taller than what their parents were during their childhood, but there are also some who are not as tall as their peers.
If you are a concerned parent who is looking for ways to increase your child's height, here is some help.
Genes have an important role to play
Genes have an important say in determining the height of the child. However, it is not the only factor which influences the height.
External factors
like the conditions they live in, the kind of food they eat and exercise also play an important role in determining the height of the child.
Here are six easy ways you can increase your kid's height. A balanced diet for overall growth
The best way to ensure that your kid reaches his maximum height is by ensuring that he gets proper nutrition. A balanced diet should be a mix of proteins, carbohydrates, fat and vitamins in the correct proportion.
Also, ensure that your children keep away from junk food and aerated drinks. Once in a while is okay but he should not consume it daily.
Zinc is found to have a huge effect on your child's growth. Thus, it's important to include zinc-rich food like peanuts and squash seeds their diet.
A balanced diet will not only provide your kid with the right nutrients to increase the height but will also make him stronger from inside.
Stretching exercises
Even simple stretching exercises can have a huge impact on your kid's height. Teaching your kid some simple exercises from a young age will facilitate the

process of height growth. Stretching helps elongate the spine and improve your kid's posture. Here are two easy stretching exercises. Make your kid stand on his feet tall with his back against the wall and ask him to strengthen his leg muscles while reaching up on the wall. Another easy stretching exercise involves your child sitting on the floor with his legs wide apart and he trying to reach both the toes with his arms.
Hanging
Hanging for increasing height has been recommended for decades now. Hanging from bars helps to elongate the spine, which is an important part of becoming taller. Apart from regular hanging, you can also ask your kid to do pull-ups and chin-ups. Both the exercises make the muscles of the back and arms stronger.
Make your kid do some yoga
Yoga practice involves a lot of stretching and balance, both of which are great for your kid's height. Make your kid do some yoga asanas like Surya namaskar, chakra asana and tree pose. Try to do the poses along with your kid so that he can get some inspiration from you.
Skipping
Skipping rope is a fun exercise that feels more like a game to kids. It works on the entire body including the heart and increases height. The entire body stretches while skipping the rope, which promotes the vertical growth of the child. It is also an amazing cardio workout, which helps keep your kid active and healthy.
Swimming
Swimming is another healthy and fun exercise that can aid the overall growth of your kid. It's a full-body exercise that works on all the muscles of the body.



ASTROLOGY

WEEKLY PREDICTIONS 25TH - 02ND MARCH 2024

<p>ARIES</p>  <p>MAR 21 - APR 20</p> <p>This week, a bold action could pay off. The week begins with Mars in Aquarius and your house of community making a semisextile to Saturn in Pisces. Today, you're going out of your way to help someone else. Aries, you might offer a hand to a neighbor or do some charity work with a local organization. The emotional rewards could be immense.</p>	<p>LIBRA</p>  <p>SEP 24 - OCT 22</p> <p>This week, you have the answers others are looking for. Libra, you might be a little risk averse today. And this can make creativity a little bland. Instead of trying to paint a great masterpiece, put your paint in order by color, wash the brushes, or assemble frames for the art you've already finished. Completing small, easy tasks can be quite rewarding today.</p>
<p>TAURUS</p>  <p>APR 21 - MAY 20</p> <p>This week, things shift in your favor. The week begins with Mars in Aquarius making a semisextile to Saturn in Pisces. Today, you might have responsibilities to others, but your heart isn't in it. You might feel that it's too much of a burden or you're unappreciated. If you have an opportunity to hand the reins over to someone else, consider doing so at least for today.</p>	<p>SCORPIO</p>  <p>OCT 23 - NOV 22</p> <p>This week, you're focusing on the right things. The week begins with Mars in Aquarius and your house of family making a semisextile to Saturn in Pisces. It might be the questions they ask or the way they address you, but you have little patience for nonsense now. Today, you might want to steer clear of any relatives you find difficult.</p>
<p>GEMINI</p>  <p>MAY 21 - JUN 20</p> <p>This week, you're in the hands of the Universe. The week begins with Mars in Aquarius making a semisextile to Saturn in Pisces. Something you're trying to learn just doesn't make sense. It might be poorly designed, badly explained, or incomplete in some way. Gemini, you might have to put it aside and let your mind work on it for a while to fill in the gaps.</p>	<p>SAGITTARIUS</p>  <p>NOV 23 - DEC 22</p> <p>This week, you're creating good feelings in others. The week begins with Mars in Aquarius making a semisextile to Saturn in Pisces. Today, there is more miscommunication than usual. And while you might be willing to help someone out, it seems like they're trying to take advantage of you. Sagittarius, you might need to make your boundaries very clear, first in your own mind and then out loud.</p>
<p>CANCER</p>  <p>JUN 22 - JUL 23</p> <p>This week, taking a risk could inject some excitement into your life. The week begins with Mars in Aquarius. You can get some help, but it's going to take spending some time on hold or filling out a form in triplicate. Easy things are complicated today, possibly because you're impatient. Cancer, try not to lose your cool today.</p>	<p>CAPRICORN</p>  <p>DEC 23 - JUL 20</p> <p>This week, you could tap into the source. The week begins with Mars in Aquarius and your house of money making a semisextile to Saturn in Pisces. Today is a good day to plug up some of the holes in your finances. This is the time to look at the details that could be draining your money. Consider canceling duplicate apps or services you're not using. Also look for any less expensive services that are available now.</p>
<p>LEO</p>  <p>JUL 24 - AUG 23</p> <p>This week, an opportunity for gain opens up. The week begins with Mars in Aquarius and your house of relationships making a semisextile to Saturn in Pisces. You'll need patience if you want to see your sweetheart. They might be running late or you could be delayed by traffic. Leo, you might arrive at the restaurant to find it's closed for renovations. And if there isn't some external thing irritating you, you could irritate each other.</p>	<p>AQUARIUS</p>  <p>JAN 21 - FEB 23</p> <p>This week, a long-term goal could be within reach. A financial opportunity might be in front of you, but it's going to take a little work to unravel it. There could be some legalese or a loan contract to read. And you have to look at the small details to see if the numbers really do add up. Don't sign anything today without looking at it very carefully first.</p>
<p>VIRGO</p>  <p>JUL 24 - AUG 23</p> <p>This week, some luck comes your way. It's quite possible that what you want to get done will take longer or be more difficult than usual. This could be due to malfunctioning equipment, someone not showing up on time, or the fact that you just don't want to do this task today. Consider rescheduling the task before you aggravate yourself further.</p>	<p>PISCES</p>  <p>FEB 20 - MAR 20</p> <p>This week, a gift might fall into your hands. The week begins with Mars in Aquarius. You have a lot of energy, and this is great for getting things done. You might ignore other people just so you can finish your tasks, which is uncharacteristic of you. And while other people might be surprised you can end the day with every box checked on your to-do list.</p>