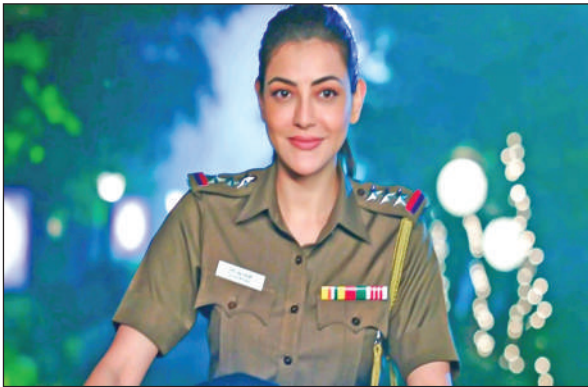


## MOVIE REVIEW

## Ghosty



Director: Kalyaan

Cast: Kajal Aggarwal, Yogi Babu, K.S. Ravikumar

**STORY:** An inspector embarks on a mission to track down a gangster who was once in her father's custody several decades ago. However, her quest leads to a string of absurd events that not only jeopardise her mission but also put her life in danger.

**REVIEW:** The Tamil film industry is in need of fresh talent to revive the dearth of comedians, and director Kalyaan's Ghosty falls short of being even a passable horror comedy. Despite featuring big names like Kajal Aggarwal, Yogi Babu, KS Ravikumar, and Urvashi, the movie fails to engage the audience due to its ineffective one-liners and absurd situations. The story revolves around Inspector Aarti, who accidentally kills an innocent youngster while in pursuit of a deadly gangster, Daas. Meanwhile, three aspiring filmmakers are introduced, whose lives are turned upside down after inhaling a dangerous liquid from a laboratory. What follows are a series of weird events that disrupt Aarti's life, culminating in the reveal of a small girl who escaped from a mental asylum.

The film's poorly written plot proves that even a star-studded cast cannot save a badly written movie. Most of the jokes fall flat, and the situational comedies lack realism. Although the story has potential with the addition of the small girl as a surprise element, the absence of any genuine scare factor makes the film fall short of being a horror thriller.

## In-depth Analysis

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

Direction	<div><div></div><div></div><div></div><div></div><div></div></div>	1.5/5
Dialogues	<div><div></div><div></div><div></div><div></div><div></div></div>	1.5/5
Story	<div><div></div><div></div><div></div><div></div><div></div></div>	1.5/5
Music	<div><div></div><div></div><div></div><div></div><div></div></div>	1.5/5
Visual appeal	<div><div></div><div></div><div></div><div></div><div></div></div>	1.5/5

## BOOK REVIEW

## Kahaani Suni Sanaayi



Title: 'Kahaani Suni Sanaayi'

Writer / Narrator: Jagmohann Sharma.

Matter Compilation: Vijay Bajaj.

Designing: Divyvasu Sharma.

Background Music Composition: Pranav Sharma.

Available on: Kuku FM

Watch O Suno Dogri YouTube channel.

**Review:** Jagmohan Sharma's story book in Dogri 'Kahaani Suni Sanaayi' is providing a unique experience of listening to an e-audio book, and that too in Dogri, the mother tongue of entire Duggar region. The passion behind this attempt of Jagmohann to tempt young Dogra community especially the children to read, listen, speak and understand their own Dogri and feel proud in doing so, can easily be gauged in the stories, and the way these are narrated in a simple but an interesting manner. The voice over narration is given by the writer himself whereasthe soft music in the back ground that takes listeners/viewers to a new world of imagination is composed by Pranav Sharma, a budding singer and music lover.

As one clicks open the link with headphones on and a screen in front, it takes him/her to a totally different world of storytelling. Working at home, on a walk, driving, taking rest in bed, cooking, traveling or at any other chore one can enjoy the charm of these stories anytime anywhere. The script of the stories narrated, available on the screen introduces one to the way of writing Dogri in Devnagri script. The use of unique, simple and typical Dogri words in the stories makes the listener/ reader feel closely associated with the sweetness of the language and a sense of deep bonding with the mother tongue. Released on "Dogri Maanyata Diwas" i.e Dec 22, 2022, the Volume 1 of 'Kahaani Suni Sanaayi' contains a total of seven very commonly heard stories and each one of them has some lessons to learn. This book no doubt is the first step towards modernisation of Dogri literature.

## GADGET REVIEW

## Poco X5 5G



Expected Price	20,000
Display	6.67-inch
Screen Protection	Corning Gorilla Glass
Resolution	1080x2400 pixels
Processor	Qualcomm Snapdragon 695
Front Camera	16-megapixel
Rear Camera	48-megapixel + 8-megapixel + 2-megapixel

Autofocus	Yes
Flash	Yes, Dual LED Flash
RAM	6GB, 8GB
Storage	128GB, 256GB
Battery Capacity	5000mAh
OS	Android 12
Waterproof	Yes, Splash proof, IP53
Ruggedness	Dust proof

<b>Camera Features</b>	
10 x Digital Zoom	
Auto Flash	
Face detection	
Touch to focus	

## Pros

- \* Excellent display.
- \* Great performance.
- \* Long battery life.
- \* Good main camera performance.
- \* Lightweight design.

## Cons

- \* Still using Android 12.
- \* Average secondary rear cameras.

## VEHICLE REVIEW

## Hyundai Verna



<b>Starting Price</b>	<b>Rs. 10.89 - 17.37 Lakh *</b>
Engine Type	1.5L Turbo GDi Petrol
ARAI Mileage	20.6 kmpl
Fuel Type	Petrol
Body Type	Sedan
Engine Displacement	1482 cc
No. of cylinder	4
Gear Box	6-speed DCT
Max Power	157.57bhp@5500rpm
Max Torque	253Nm@1500-3500rpm
Seating Capacity	5
Transmission Type	Automatic
Fuel Tank Capacity	45.0 L
Body Type	Sedan
Front Suspension	McPherson strut with coil spring
Rear Suspension	Coupled Torsion Beam Axle
Shock Absorbers Type	Gas Type
Front Brake Type	Disc
Rear Brake Type	Disc
Wheel Base	2670 mm
No of Doors	4

## Pros

- \* Looks futuristic with LED-connected DRLs and tail lamps.
- \* Interior looks sober with a minimalistic layout.
- \* Most spacious boot space in the segment.

## Cons

- \* No diesel engine on offer.

## Health and Lifestyle

## 5 common weightlifting mistakes gym-enthusiasts should avoid



Fitness has become one of the top priorities in people's lives. It gained a lot of momentum during the peak pandemic phase and continues to motivate people to stay active and live a wholesome life. While weight loss is a primary goal of many people, strength-building is also what excites a lot of individuals. Men and women have taken to weight training to build muscle strength and tone different areas of the body. However, there are several aspects to consider when it comes to weightlifting. Here are common mistakes people should avoid in order to reduce the risk of injury and maximize benefits.

## Not including warm ups to your routine

Warm up is an extremely essential part of a workout routine. According to NHS Inform, warming up increases a person's heart rate and blood flow, which in turn enables more oxygen to reach the muscles. Furthermore, a warm-up also activates the connections between the nerve and muscles, which improves the efficiency of movement, the health body explains. Having said that, warming up is very important, especially if you're looking to do some heavy lifting. Starting off with weightlifting without a proper warm up can strain muscles and increase your risk of injury.

## Lifting weights too quickly

When it comes to muscle-building, weightlifting can help tremendously. However, the process can be slow and you need to take careful steps. Lifting weight too fast, too quickly can be unproductive. In order to feel the burn, your muscles need



to feel the burn, and that is only possible if the time they're under tension is increased. If you're more focused on doing more reps and lifting weights quickly, then you're not letting the weights perform. The trick is to go slow.

## Not targeting all muscle groups

Isolation exercises can work wonders. However, only focusing on one muscle group may not be beneficial for your overall fitness. Indulge in weight training exercises that target many muscle groups. This is why understanding the role of each exercise, knowing the muscle groups it targets is very important.

## Exercising too much

It is important to work out, depending on the duration of your training and your body's capacity. Weightlifting is a great way to strengthen your muscles and achieve a toned physique. But if you're overtraining or overworking your body to get results, then it could backfire. The key is to get the best outcome regardless of how much time it takes. 'No pain, no gain' - that's true, but do not push yourself beyond limits or it could lead to injury and slow down your progress.

## Starting without a consistent plan

As far as exercising goes, irrespective of whether you're into cardio, bodyweight training or weightlifting, having a training plan is essential. Without it, you can be disorganized and may lose track over time. Planning is the key to consistency and therefore, before you begin your fitness journey, make sure you know what you want to do.

## ASTROLOGY

WEEKLY PREDICTIONS 26<sup>TH</sup> — 01<sup>ST</sup> APRIL 2023

## ARIES



MAR 21 - APR 20

This week, you could be the chosen one. Now you stand out from the crowd. You could be chosen for something exciting and important. Aries, it's likely you are the first to raise your hand to volunteer. This is a time to look at what you want to accomplish and pick some aspect of it to work on today. The momentum alone will carry you forward.

## TAURUS



APR 21 - MAY 20

This week, you receive the information you've been looking for. The information you've been looking for is now coming through. Taurus, this might be related to questions you've been asking for the last few weeks, especially around how to get unstuck or reach a goal. And now a sound in your ear or touch on your shoulder signals that the message is coming through. Watch for answers arriving soon.

## GEMINI



MAY 21 - JUN 20

This week, you're making great connections. Gemini, your circle of friends could widen considerably when you join a special group. You could gather with like-minded film editors, political activists, or environmentalists. You might get together with other motorcycle enthusiasts or people who have been to Burning Man more than once. You're finding your tribe.

## CANCER



JUN 22 - JUL 23

This week, others are cheering you on. Today, you could receive a really positive message that gives your career a boost. This might be a testimonial from a client or patient. Cancer; this could be some recognition from your supervisor or even upper management. What you've been doing is starting to bring you positive notice. If you're looking for a new job, you could get a call today to schedule an interview.

## LEO



JUL 24 - AUG 23

This week, you're finding your way. Leo, you might be on the road today, exploring a new town or getting on a plane. If you're confined to your town because of your schedule, you might take a trip to a neighborhood you don't often visit. You could try a new restaurant or take a new route to work. When you're out walking, you could take a new route just to see something different. This is a good day to make some travel plans.

## VIRGO



JUL 24 - AUG 23

This week, the right way forward is revealed. Today, you might gain a boatload of information about a new type of investment that you're interested in or a more traditional investment that you're learning about. It's possible you're guided by someone who has made a fortune through similar investments. Someone you knew in school might contact you.

## LIBRA



SEP 24 - OCT 22

Libra, this is an excellent day to look for love. You might want to update your profile or post pictures on a dating app. You could engage a matchmaker or let your friends know that they can fix you up on blind dates. If you're already in a love relationship, your ability to communicate and connect with each other is quite strong today.

## SCORPIO



OCT 23 - NOV 22

This week, you're ready to move forward. Today, you could be bitten by the exercise bug. Perhaps a new piece of equipment has arrived and you set it up. Soon, you're pedaling with others via a remote connection. Or perhaps you joined a gym and scheduled a session with a personal trainer. Scorpio, it's possible you've decided to train for a marathon and you're trying on new running shoes.

## SAGITTARIUS



NOV 23 - DEC 22

This week, an adventure awaits. Sagittarius, you and your dating partner could plan a real adventure together. Some hopes and wishes might come out, and now that you know that you're interested in similar things, you might be ready to try something new. And while for some this might be hang gliding, for others, it could involve a couples massage and some warm almond oil.

## CAPRICORN



DEC 23 - JUL 20

This week, you're getting things together. You could be feeling quite responsible as you gather together all of your receipts and paperwork to prepare your taxes. You might hire an accountant to look over your company's books. Capricorn, you might update your passport and then consider putting all your important documents in a fireproof bag to keep them safe.

## AQUARIUS



JAN 21 - FEB 23

This week, a financial opportunity is in front of you. Aquarius, a money opportunity could be available to you. It's a small step outside your comfort zone. Energy like this allows you to skip it if you wish, but if making more money is your goal, this is a real opportunity that you should consider. You might get an invitation to visit siblings who live in a nearby town.

## PISCES



FEB 20 - MAR 20

This week, there are many opportunities around you. Pisces, you might wake up with more energy. You could go to the gym and lift more weight than usual. You might go for a run in the morning. You might be highly productive today and then get home and clean the house. It isn't every day you feel like this, but today you're like the Energizer Bunny.