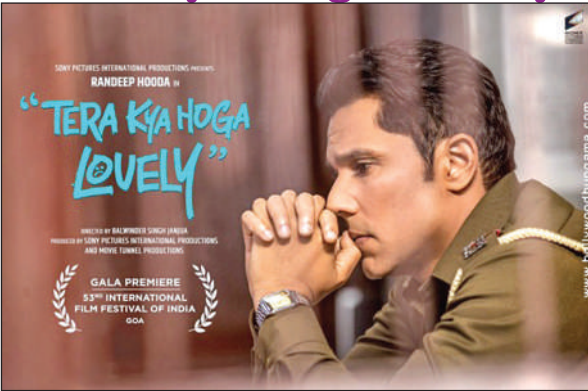


MOVIE REVIEW

Tera Kya Hoga Lovely

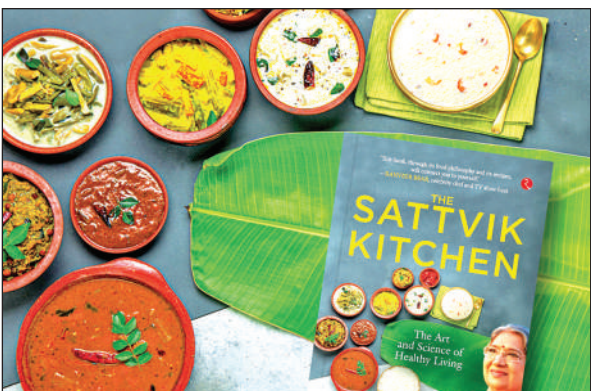


Director: Balwinder Singh Janjua
Cast: Randeep Hooda, Ileana D Cruz, Pavan Malhotra
STORY: After facing rejection for four years, a dark-skinned Haryanvi girl is finally set to marry after her father promises the boy's family double the dowry. When the truck with the dowry items is robbed, a cop who once turned her down helps her find it. Will they get the stuff back so that she can marry?
REVIEW: What price must a dark-skinned girl and her family pay to get her married? A lot of humiliation and double the dowry, as Lovely (Ileana D'Cruz) and her folks do in this social comedy. The movie deals with Indians' obsession with fair skin and how a girl suffers because of it, although she's a principled and bright Ph.D. student of Anthropology. With a formulaic narrative, writer-director Balwinder Singh Janjua's film doesn't break new ground in tackling colourism. But it offers a palatable social commentary wrapped in a fun, albeit lengthy, package. The screenplay loses its tautness as it is overstuffing with characters and situations. However, it is still entertaining and keeps the viewer giggling away for the most part. Despite predictable messages about inner beauty and a familiar trope of road trip romance and family dynamics, the film's charm lies in its distinct Haryanvi flavour. Hilarious characters with their desi wit and twangy language deliver laugh-out-loud moments, keeping you entertained. With a shorter runtime, fresher story, and crisper screenplay, Tera Kya Hoga Lovely would have been a more interesting watch.

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

The Sattvik Kitchen



Title: "The Sattvik Kitchen"
Author: Dr. Hansaji Yogendra
Publisher: Rupa Publications India
Pages: 464
Price: INR 494
Review: In the pages of "The Sattvik Kitchen: The Art and Science of Healthy Living," Dr. Hansaji Yogendra addresses the prevalent issue of nutritional deficiencies in the modern diet by offering a transformative approach based on Ayurvedic and Vedic principles. Hansaji is a brilliant motivational speaker and her skill to engage the audience draws people to The Yoga Institute just to listen to her talks. She uses very simple language with real-life examples to convey the core meaning of Yoga Philosophy. She is also famous on social media for her health tips and tricks. The main theme of the book revolves around restructuring food for a healthy lifestyle, providing readers with a nourishing and comprehensive plan. Dr. Yogendra's careful planning ensures continued engagement and attention throughout the reading experience. The book has ancient wisdom blended with modern scientific ease, resulting in a blend that resonates with modern sensibilities. One notable feature is an in-depth examination of the difference between current eating and actual nutritional intake. Dr. Yogendra deftly bridges this divide using classical techniques, providing readers with steps they can implement to prevent nutrient deficiencies in their diet. A review of Ayurvedic and Vedic practices is not only a theoretical discussion but also a practical guide for those seeking tangible improvements in their well-being. "The Sattvik Kitchen" is a contemporaneous study that easily intertwines traditional awareness with modern-day concerns. Dr. Yogendra's narrative emphasizes the urgency of reassessing our dating with food.

GADGET REVIEW

Vivo V30



Expected Price	Rs 33,999
Brand	Vivo
Display	6.78-inch
Resolution	(1260x2800)
Refresh Rate	120 Hz
Form factor	Touchscreen
Thickness	7.5
Front Camera	50MP
Rear Camera	50MP + 50MP
RAM	8GB, 12GB
Storage	128GB, 256GB
Battery Capacity	5000mAh
Fast charging	80W Fast Charging
OS	Android 14
Skin	FuntouchOS 14
Wi-Fi	Yes
GPS	Yes
Bluetooth	Yes
USB Type-C	Yes
Colours	Andaman Blue, Classic Black, Peacock Green

Pros	Cons
* Stylish Design.	* No stereo speakers.
* 50MP selfie camera.	* Bloatware.
* Smart Aura ring light.	
* Long-lasting Battery.	
* 80W fast charging.	

VEHICLE REVIEW

Hyundai Creta N Line

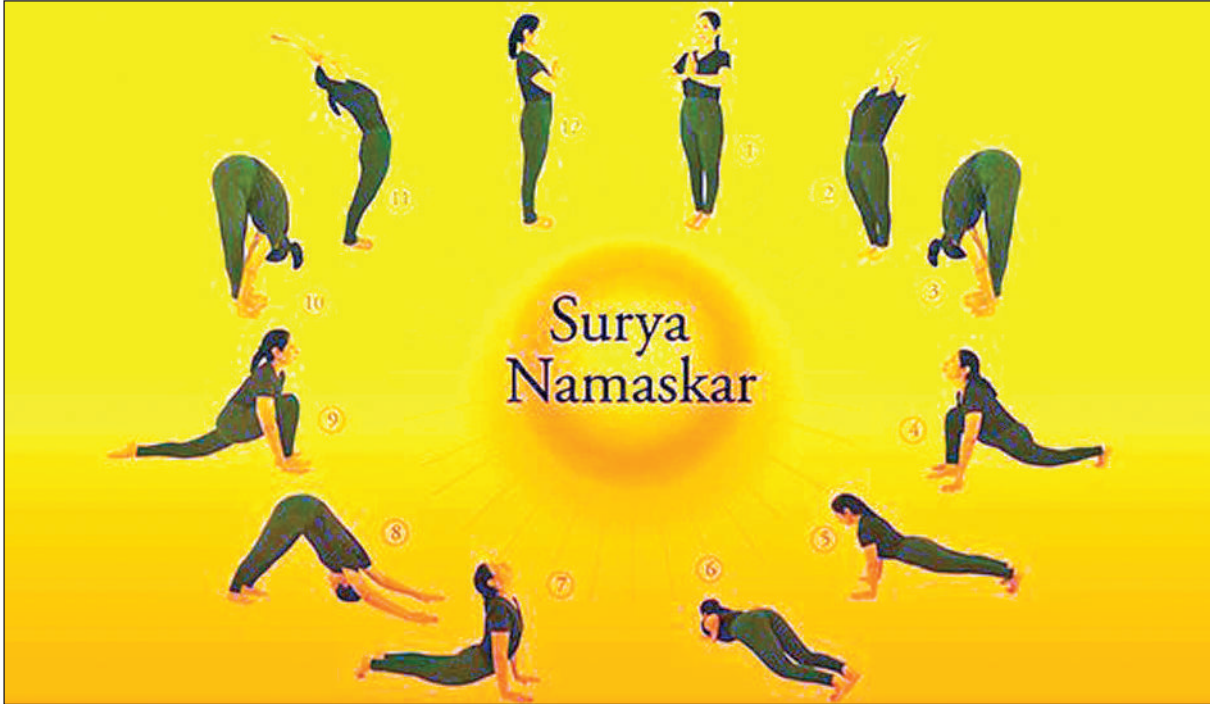


Starting Price	Rs. 16.82 - 20.45 Lakh*
ARAI Mileage	18.2 kmpl
Fuel Type	Petrol
Engine Displacement	1482 cc
No. of Cylinders	4
Max Power	157.57bhp@5500rpm
Max Torque	253Nm@1500-3500rpm
Seating Capacity	5
Transmission Type	Automatic
Fuel Tank Capacity	50 Litres
Body Type	SUV
Gear Box	7-speed DCT
Drive Type	FWD
Front Suspension	McPherson strut with coil spring
Rear Suspension	Coupled torsion beam axle
Steering Type	Electric
Steering Column	Tilt & Telescopic
Front Brake Type	Disc
Rear Brake Type	Disc
Touch Screen size	10.25 Inch
Connectivity	Android Auto, Apple CarPlay

Pros	Cons
* Sporty looks — 18" wheels, red accents, dual exhaust tips are sure to turn heads.	* Shallow boot is best suited to small bags.
* Good quality interior with ample space for a family of four.	* Fuel efficiency, especially for heavy city usage can be concerning.
* Loaded with features.	

Health and Lifestyle

30-minute morning yoga plan for women who are in their 40s



Yoga holds profound significance for women, offering a holistic approach to physical, mental, and emotional well-being. Its gentle yet powerful practices help women navigate the unique challenges they face, from menstrual health to pregnancy and menopause. Through asanas, pranayama, and meditation, yoga enhances flexibility, strength, and relaxation, promoting hormonal balance and alleviating stress. It empowers women to cultivate self-awareness, confidence, and inner peace, fostering resilience and harmony in their lives. Additionally, yoga fosters community and sisterhood, providing a supportive space for women to connect, share experiences, and celebrate their journey towards wholeness and vitality. Starting the day with a revitalizing yoga routine can be immensely beneficial, especially for women in their 40s who may be seeking to enhance flexibility, promote strength, and cultivate inner balance. Here's a 30-minute morning yoga plan tailored specifically for women in this age group:
Begin with centering (3 minutes)
Start in a comfortable seated position, eyes closed, and focus on deep, mindful breathing. Inhale deeply through the nose, filling the belly with air, and exhale slowly, releasing any tension or stress. Set a positive intention for your practice, such as gratitude or self-care.
Gentle warm-up (5 minutes)
Transition into Cat-Cow Pose to awaken the spine and warm up the body. Move through several rounds of inhaling into Cow Pose (arching the back, lifting the chest), and exhaling into Cat Pose (rounding the spine, tucking the chin). Flow with your breath, allowing each movement to be fluid and gentle.
Surya Namaskar (7 minutes)
Perform a modified version of Sun Salutations to energize the body and cultivate a sense of vitality. Start in Mountain Pose, then inhale to reach the arms overhead, exhale to forward fold, inhale to rise back up to Mountain Pose. Repeat for several rounds, syncing movement with breath.

ward fold, inhale to halfway lift, exhale to fold again, and inhale to rise back up to Mountain Pose. Repeat for several rounds, syncing movement with breath.
Standing poses (8 minutes)
Move into a series of standing poses to build strength and stability. Begin with Warrior II, holding the pose for a few breaths on each side, then transition into Triangle Pose to stretch the sides of the body. Follow with Tree Pose to improve balance and focus, holding for 30 seconds to a minute on each leg.
Seated poses and twists (7 minutes)
Transition to seated poses to promote flexibility and release tension in the spine. Start with Seated Forward Fold, reaching for the feet or shins, and hold for a few breaths. Then, move into a gentle seated twist, such as Ardha Matsyendrasana, twisting to each side while maintaining length in the spine.
Hip openers and pigeon pose (5 minutes)
Open up the hips with poses like Pigeon Pose. From Downward Facing Dog, bring one knee towards the same-side wrist and extend the opposite leg back. Lower the hips towards the mat and breathe deeply into any sensations. Repeat on the other side.
Relaxation and Savasana (5 minutes)
Conclude your practice with a period of relaxation and deep rest in Savasana. Lie on your back, legs extended, arms by your sides with palms facing up. Close your eyes and allow your body to sink into the mat, releasing any remaining tension. Stay in Savasana for at least 5 minutes, focusing on deep, rhythmic breathing.
Closing and gratitude (2 minutes)
Gently awaken the body by wiggling the fingers and toes, then slowly roll onto one side into a fetal position. Take a moment to express gratitude for this time you've dedicated to yourself and for the rejuvenation it brings. When you're ready, slowly come up to a seated position to conclude your practice.

ASTROLOGY

WEEKLY PREDICTIONS 17TH — 23RD MARCH 2024

<p>ARIES</p> <p>MAR 21 - APR 20</p> <p>This week, a relationship gets interesting. The week begins with the sun entering the sign of Pisces. For the next four weeks, it's time to appreciate the good things in life. Recognize what's within your control, and if something is out of your control, let it go entirely. Allow fate to play its role in your life. Notice what the Universe puts in your path.</p>	<p>LIBRA</p> <p>SEP 24 - OCT 22</p> <p>This week, your plans prove to be good ones. The week begins with the sun entering the sign of Pisces. For the next four weeks, you have an opportunity to establish new routines that can make a profound difference in your life. You might add daily exercise through an app or personal trainer. You could see big changes in your life in a very short time.</p>
<p>TAURUS</p> <p>APR 21 - MAY 20</p> <p>This week, your personal magnetism is high. The week begins with the sun entering the sign of Pisces. For the next four weeks, you could have more interaction with the community. Taurus, you might be involved in charity work or doing something to help a political candidate. There might be an opportunity to work with a religious organization. This is a good time to volunteer some time to a worthy cause.</p>	<p>SCORPIO</p> <p>OCT 23 - NOV 22</p> <p>This week, you are helping and can be helped. The week begins with the sun entering the sign of Pisces. For the next four weeks, you could have a very strong interest in creativity, music, or design. Scorpio, you might study an app for creating pictures or mixing musical scores. This is a good time to show your art to the world through a gallery or website. This is a good time to show the world what you can do.</p>
<p>GEMINI</p> <p>MAY 21 - JUN 20</p> <p>This week, you come into harmony with the energy of action. During this time, you are in harmony with the energy of Mars. This means that the actions you need to take are clear. You know what to do, and now you have a timeline in which to get it done. This is true if you're in school, hoping to travel. Any of these can get a burst of energy from Mars to help you complete it in a satisfactory manner.</p>	<p>SAGITTARIUS</p> <p>NOV 23 - DEC 22</p> <p>This week brings some stimulating activities. The week begins with the sun entering the sign of Pisces. For the next four weeks, you have a great deal of focus on your dwelling. This could indicate that you're moving or doing some major renovations. Or you might decide to declutter and move the furniture around for better feng shui flow. Someone could be moving in or moving out of the house.</p>
<p>CANCER</p> <p>JUN 22 - JUL 23</p> <p>This week, friendships, emotional connections are highlighted. During this time, there are opportunities around giving and receiving. You're an expert at giving to the point of giving too much, but you could get some life lessons about receiving. You might receive things from new sources and new connections, including money, career opportunities, relationship connections, and new friends.</p>	<p>CAPRICORN</p> <p>DEC 23 - JUL 20</p> <p>This week, trying something new brings opportunities. The week begins with the sun entering the sign of Pisces. For the next four weeks, you might be focused on how you get from point A to point B. Capricorn, you could be looking to get your vehicle repaired or upgraded in some way with paint or aftermarket accessories. You might also look at electric bikes, boats, or even flying lessons.</p>
<p>LEO</p> <p>JUL 24 - AUG 23</p> <p>This week, you're making new, important connections. Mars enters the sign of Aquarius, where it will remain until March 22. During this time, you have strong relationship opportunities. These include love relationships, friendships, business partnerships, and work collaborations. Focus on meeting new people and you'll make some great connections. Reach out to people to start a conversation.</p>	<p>AQUARIUS</p> <p>JAN 21 - FEB 23</p> <p>This week, small shifts can lead to valuable insights. The week begins with the sun entering the sign of Pisces. For the next four weeks, you might be very focused on finances. Aquarius, you have more financial opportunities now than you've had in a while. These could indicate an expansion of your business or an opportunity to get a raise at your job.</p>
<p>VIRGO</p> <p>JUL 24 - AUG 23</p> <p>This week, financial gain is possible. Mars enters the sign of Aquarius, where it will remain until March 22. During this time, you might look at changing your routines. Sometimes you can get so caught up in efficiency and productivity that you get stuck in a routine. But doing things differently can be stimulating, interesting, and exciting.</p>	<p>PISCES</p> <p>FEB 20 - MAR 20</p> <p>This week, it's good to trust your instincts. Mars enters the sign of Aquarius, where it will remain until March 22. This is a good time to put the finishing touches on a manuscript, home renovation, school project, or work for your job. Things you've been sitting on for a while can come to a natural conclusion. Pisces, you can see the light at the end of the tunnel.</p>