

MOVIE REVIEW

Yodha



Director: Sagar Ambre
Cast: Sidharth Malhotra, Disha Patani

STORY: Special task soldier Arun Katyal (Sidharth Malhotra) is suspended after he fails an important mission. In a shocking twist, he is seen on board a hijacked flight under mysterious circumstances. Is he a traitor or a patriot? That is where the suspense lies.

REVIEW: he story unfolds with Arun Katyal, a proud son determined to carry on the legacy of his father's (Ronit Roy) special task force, Yodha. However, after failing at a critical mission, he is on board a hijacked flight under mysterious circumstances. All evidence points to him being on a revenge mission against the system that has taken everything from him. Is Arun a 'desh ka dushman,' or the patriot like his father was? It all unravels in an action-packed thriller at 15,000 feet above the ground.

Sagar Ambre's screenplay keeps viewers engrossed, drawing them into the tense atmosphere of the aircraft, where the majority of the action unfolds. While the mid-air stunts are thrilling, the film suffers from predictability and clichéd plot twists, lacking depth in exploring themes of courage and patriotism.

After the reel-life portrayal of the war hero Vikram Batra in Shershaah, Sidharth returns as commando Arun Katyal in Yodha, showcasing his competence as an action hero. The movie majorly rests on his shoulders. Raashii Khanna pulls off the part of playing Arun's love interest with ease.

BOOK REVIEW

Welcome to Paradise



Title: 'Welcome to Paradise'
Author: Twinkle Khanna
Publisher: Juggernaut
Pages: 135
Price: INR 494

Review: Twinkle Khanna is out with her fourth book, Welcome to Paradise, a collection of five short stories, each with a central female character. Prepare to sink into their estrogen-laden world and feel feelings. The author has a knack for presenting the deepest thoughts and questionable actions of her characters without judgement, so don't you dare judge either. There is a certain sadness in these stories, the kind that makes you sigh, not cry. The stories are devoid of melodrama, even though there are enough dramatic characters.

The first tale, titled The Man from the Garage, is really Huma's story about the day her mother passes away. There is typical funeral drama, only exaggerated, as her mom was a Muslim woman married to a Hindu man, leading to amusement and odd conversations, which have in all likelihood happened in many family rooms at many funerals. It's all very real and relatable.

Twinkle writes about women who are spunky to the core. She gives a distinct personality even to nine-year-old Sara. The nuances of the shared lives of three generations in this story are so wonderfully sketched. Sara protects her mother Huma, just as Huma's mom did for Adil. Sara gets angry and fights (even bites!)—I did wonder if Sara's violent streak, for which she gets sent to boarding school—was autobiographical. The author has often confessed to using real people and their stories as inspiration, so why wouldn't she borrow from her own, having confessed to being a somewhat violent child. But I digress. Welcome to Paradise says hello to heartache and existential crisis.

GADGET REVIEW

Samsung Galaxy F15 5G



| | |
|--------------------|---------------------------------------|
| Expected Price | Rs 12,999 |
| Display | 6.50-inch |
| Resolution | (2340x1080) |
| Processor make | MediaTek Dimensity 6100+ |
| Front Camera | 13MP |
| Rear Camera | 50MP + 5MP + 2MP |
| RAM | 4GB, 6GB |
| Storage | 128GB |
| Battery Capacity | 6000mAh |
| OS | Android 14 |
| Wi-Fi | Yes |
| GPS | Yes |
| Bluetooth | Yes |
| USB Type-C | Yes |
| Fingerprint sensor | Yes |
| Magnetometer | Yes |
| Proximity sensor | Yes |
| Removable battery | No |
| Fast charging | Proprietary |
| Colours | Ash Black, Groovy Violet, Jazzy Green |

Pros

- * Super AMOLED display.
- * Efficient processing performance.
- * 5G technology support.
- * Excellent battery.

Cons

- * Lack of NFC.

VEHICLE REVIEW

Volvo XC40



| | |
|-----------------------|-----------------------------|
| Starting Price | Rs. 54.95 - 57.90 Lakh* |
| Charging Time | 28 Min 150 kW |
| Battery Capacity | 78 kw kWh |
| Max Power | 408bhp |
| Max Torque | 660Nm |
| Seating Capacity | 5 |
| Range | 418 km |
| Boot Space | 414 Litres |
| Body Type | SUV |
| Charging Port | CCS-II |
| Transmission Type | Automatic |
| Gear Box | 1-Speed |
| Fuel Type | Electric |
| Front Suspension | Sophisticated Suspension |
| Rear Suspension | Sophisticated Suspension |
| Steering Type | Electric |
| Steering Column | Tilt & Telescopic |
| Steering Gear Type | Rack & Pinion |
| Front/Rear Brake Type | Disc |
| Touch Screen size | 9 |
| Connectivity | Android Auto, Apple CarPlay |

Pros

- * Classy and understated styling.
- * Top-notch interior quality.
- * Loaded with comfort, convenience and safety features.

Cons

- * ADAS features can be tricky to operate in Indian traffic conditions.
- * Spare tyre eats into usable boot space.

Health and Lifestyle

Here's why gluten free grains are great for health



Gluten is a family of proteins mainly found in wheat, barley, rye and triticale (a cross between wheat and rye). It contains gliadin and glutenin. The elasticity of dough is because of its gluten content. Gluten gives a chewy texture and desired shape to the product.

In some people, gluten causes inflammatory and autoimmune reactions, where it mainly destroys the tissue of the small intestine and gut lining. In the human body absorption of nutrients takes place in the small intestine, so in such cases, it is very important to follow a gluten-free diet for good gut health and nutritional status. Now let's know about the two grains which are naturally gluten-free and have many health benefits too:

Millet (Bajra): Millet is one such ancient superfood that gives many health benefits due to its nutritional content. It helps to strengthen the immune system, promote good bone health and aids in weight loss. It contains all potential antioxidants which prevent ageing and metabolic disorders like diabetes, hypertension, dyslipidemia etc. We know that many diseases occur due to our body's acidic pH. Where a diet rich in alkaline foods are required. So this grain is alkaline in nature, preventing acidity and heartburn issues.

Health Benefits of Millet:

- * It's a good source of B vitamins like niacin, folate and pantothenic acid. These nutrients help to perform many enzymatic reactions in our body and are also necessary for the normal functioning of the organs.
- * Millet contains an insoluble fibre known as prebiotics. It supports good bacteria in the gut. Insoluble fibre helps to relieve symptoms like constipation, bloating, gas and cramps.
- * It can be a healthier grain to include in your diet if you want to protect your heart. It contains a good amount of magnesium which helps to control blood pressure. Millets are rich in dietary fibre too (both soluble and insoluble fibre) which makes it a good choice for people who are suffering from high cholesterol levels.
- * It's low in simple carbs and high in complex carbs (a low GI food) and hence its consumption is good to control sugar

levels and aids in weight loss.

* Millets are rich in antioxidants and phenols especially ferulic acid and catechins. Antioxidants help in reducing oxidative stress in the body and boost immune functioning. The darker millets contain more antioxidants compared to the lighter ones.

It is one of the nutrient-rich grains for pregnant women as it is rich in iron, protein, antioxidants, dietary fibre, calcium, magnesium, potassium and folate. All those nutrients are required more during pregnancy. Its high iron content improves haemoglobin levels. Dietary fibre prevents constipation and helps to lower blood sugar levels in gestational diabetes. Calcium and folate help in fetus development. Magnesium and potassium manage blood pressure.

Buckwheat (kuttu): Buckwheat is not a type of wheat, it's a gluten-free grain that comes under the group of cereals commonly called pseudocereals. As it doesn't grow in grass, it's a plant just like quinoa and amaranth. Basically, it is a seed that needs grinding to make its flour. We all include this grain in our diet during fasting days. But do we know its amazing health benefits?

Health Benefits of Buckwheat:

- * It is more satiating than any other grain due to its power loaded nutrient and complex carbohydrate content. And this helps to reduce weight as it keeps you full for a longer time and prevent you from binge eating.
- * Iron is very important for our body's normal functioning. Deficiency of this mineral leads to anaemia, weakness and fatigue. Buckwheat is a good source of iron. So make this grain a part of your diet on non-fasting days too.
- * It is rich in magnesium and calcium, minerals that are required for healthy and stronger bones and teeth, promotes growth and development.
- * Among the other pseudocereals, buckwheat is a rich source of rutin antioxidants. It contains other antioxidants too like quercetin. Rutin has anti-inflammatory, anti-cancer and antioxidant properties. Antioxidants help to remove potentially harmful substances called "free radicals" from our bodies.

ASTROLOGY

WEEKLY PREDICTIONS 24TH — 30TH MARCH 2024

ARIES



This week, you're finding your flow. The week begins with Venus in Pisces making a sextile to Jupiter in Taurus and your house of income and spending. Today, you might be spending some money. Aries, you could be buying something beautiful that just makes your heart sing. And it probably isn't cheap, but it might be worth every penny.

LIBRA



This week, you're receiving good impressions. The week begins with Venus in Pisces and your house of credit. Today, you could get credit at a low interest rate. This might come at a perfect time, when you're getting ready to charge airline tickets or buy someone a really nice birthday present. Today, you might do some spending.

TAURUS



This week, you get a pleasant surprise. The week begins with Venus in Pisces making a sextile to Jupiter in Taurus and your house of angels and guides. Today, you could receive spiritual messages whispered in your ear. Or you might choose a particular crystal to wear that is in harmony with the energy you need. Walking in the park might turn into a short vision quest. Or you could gaze at the moon.

SCORPIO



Scorpio This week, you are looking at alternatives. The week begins with Venus in Pisces and your house of relationships. Scorpio, you and your partner could have a very strong connection today. You seem to agree on everything, and you're working in sync together. If you're looking for love, you could find a match today. This is a good day to accept an invitation to a party or event.

GEMINI



This week, you're hearing the right message. The week begins with Venus in Pisces making a sextile to Jupiter in Taurus and your house of spiritual messages whispered in your ear. Or you might choose a particular crystal to wear that is in harmony with the energy you need. Walking in the park might turn into a short vision quest. Or you could gaze at the moon.

SAGITTARIUS



This week, something new brings great benefits. The week begins with Venus in Pisces and your house of gadgets. Today, you could spend some money on a time-saving device or appliance. This might be a robot vacuum or a way to cook chicken in half the time. Or this could be electronics that make your work much easier. Recognize that many people could feel out of balance today.

CANCER



This week, there's talk of adventure. The week begins with Venus in Pisces making a sextile to Jupiter in Taurus and your house of technology. Today, you could have your eyes on a shiny new phone or an exceptionally lightweight laptop. Today, you could be shopping for a new device, such as a watch that reads your email or glasses that play movies. You could spend money on a cutting-edge gadget now.

CAPRICORN



This week, you're finding the power of synergy. The week begins with Venus in Pisces and your house of creativity and art. Today, you might spend money on something beautiful. This could be artwork for your wall or all the tools necessary to create art yourself, and that could include technology like electronic drawing. Today, you're indulging in something that makes your heart happy.

LEO



This week, you find it helpful to connect. The week begins with Venus in Pisces making a sextile to Jupiter in Taurus and your house of reputation. Today, you could be dropping some cash on a designer item that makes you feel spectacular. This might be a great new pair of shoes, a snazzy watch, or even a fine automobile. You could be indulging in something extravagant now.

AQUARIUS



This week, something gets more comfortable. The week begins with Venus in Pisces. You could spend some money to make your home more comfortable. You might buy a sofa, some artwork, or a new bed that helps you sleep through the night. Today, you're making your home life just a little bit better. Now you're going to put things back into balance as you shift your schedule and your priorities.

VIRGO



This week, things are coming into balance. The week begins with Venus in Pisces and your house of travel. If you're planning a trip, you now feel like you want to go first class. If you're buying tickets, you might opt for the extra legroom or the hotel room with a view. Today, you could be spending extra money for a more comfortable excursion.

PISCES



This week, you could receive a blessing. The week begins with Venus in Pisces. Today, you might spend a little money just to have fun. That could mean you're going horseback riding or waterskiing or renting a really nice car to drive up the coast. You're indulging today, and that could mean double desserts. Something feels out of balance.