STATETIMES

MOVIE REVIEW

Ae Watan Mere Watan



Director: Kannan Iyer

Cast: Sara Ali Khan, Emraan Hashmi, Abhay Verma STORY: During the height of Mahatma Gandhi's Quit India movement, a young girl takes on the challenge of uniting freedom fighters by initiating an underground radio sta-

tion to bridge the communication gap. **REVIEW:** The storyline of 'Ae Watan Mere Watan' is rooted in a true account, revolving around the courageous actions of Usha Mehta (Sara Ali Khan), who, at a tender age, embraced celibacy and dedicated herself to India's struggle for independence. The film commences in 1930 Surat before transitioning to Mumbai in 1942, where Usha's father attains the status of a judge in British India. A scene where her father showcases the car gifted by the Britishers reflects Usha's evident disdain towards the British empire. Inspired by Mahatma Gandhi's ideologies, Usha and her circle of friends pledge to contribute to the freedom movement by aligning themselves with the Congress. Upon their association with the Congress, they realize the existence of a communication gap among the freedom fighters, recognizing its urgency in hastening India's liberation. With the assistance of Firdaus Engineer (Anand Tiwari), Usha establishes an underground radio station, bridging the divide among the freedom fighters. In her quest to aid India's independence, she receives support from the likes of Ram Manohar Lohia (Emraan Hashmi). Upon the British authorities' discovery of their plan, a high-

stakes game of cat and mouse ensues. In-depth Analysis

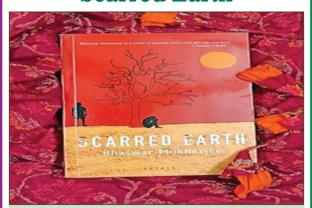
Our averall critic's rating is not an average of the sub scores below.

Direction Dialogues Music

3/5 3/5 3/5 3/5 3/5

BOOK REVIEW

Scarred Earth



Title: 'Scarred Earth' Author: Bhaswar Mukherjee Genre: Fiction Publisher: Petals Publishers & Distributors Pages: 274 Price: INR 350

Review: The backbone of the story is simple. A ruthless cop who has been assigned a special task to be accomplished by virtue of his not-so-welcome posting to an obscure village in West Bengal, the atrocities that he commits, a parallel ethnic tension that shakes the place, and the spirited, but severely scarred young woman, who faces unforeseeable trauma, but nevertheless survives.

This young woman, who loses both her parents to the tragic turn of events, however, lives on, forged by 'a stronger force than the bonds of love and the paramount need for self-preservation', as realized by Muneim, a wonderful character, with such depth, that it is almost impossible to believe that he is a work of fiction. The novel also explores the theme of love in so many different forms, and so masterfully marauds across the boundaries that separate them, that it gives one a heartache to read through the pages. Filial love, social camaraderie, fraternal love, romantic love, marital love, love for power, money... the various forms of love intertwine to propel the story forward with conviction. A brief fleeting moment of romantic love that is hopelessly quashed by the revelation that the other reciprocates it, but with fraternal love.

The best thing about the story is that the kind of characters and their motivations have been so over-exploited in cinema and literature, that they stood a chance of appearing cliched, but Bhaswar Mukherjee obviates this inevitability with the strength of simplicity and honesty. Sometimes, the honesty is so overbearing that it gets hauntingly persuasive.

GADGET REVIEW

Poco C61



Rs 7,999

Display 6.71-inch Resolution (720x1650)Protection type Corning Gorilla Glass 3 Front Camera 5MPRear Camera 8MPLED Rear flash 4GB, 6GB RAM 64GB, 128GB Storage **Battery Capacity** 5000 mAhAndroid 14 Wi-Fi Yes Bluetooth Yes, v 5.40 USB Type-C Yes

Headphones $3.5 \mathrm{mm}$ Fingerprint sensor Magnetometer Yes Accelerometer Diamond Dust Black, Ethereal Blue, Colours

Pros

Stylish Design. * Long Battery Life.

Expected Price

Good Connectivity. Retains a 3.5mm jack.

Mythical Green Cons

- * Average Resolution. * Not for Heavy Gaming.
- * Slow Charging.
- * Basic Camera Specs.

VEHICLE REVIEW

Avon E Scoot



Starting Price Rs. 45,000* 215 W Motor Power Motor Type BLDCCharging Time $6-8~\mathrm{Hr}$ Front Brake Drum Rear Brake Drum Body Type Electric Scooters Starting Self Start Only Anti Theft Alarm Seat Type Passenger Footrest Single Yes Headlight Halogen Bulb Tail Light Turn Signal Lamp Bulb **Hub Motor** Drive Type **Battery Capacity** 0.96 Kwh Transmission Automatic Low Battery Indicator Wheels Type Alloy Tubeless Tubeless Tyre Load Carrying Capacity 120 Kg

Pros

Feels well made, strong build quality. Removable batteries a big

Feature loaded.

Cons

* Limited top speed of just 82 km/h.

Health and Lifestyle

5 best workouts for men over 50 to live a long and healthy life



xercising regularly is crucial for maintaining good. and longevity. If you are a man over 50 years of age, a previously sedentary lifestyle may start showing its impact on your health now, through various issues like body pain, weight gain or weak muscles. However, by committing to a fitness regime, you can improve your health and fitness. Consider training under supervision if you are just starting working out now or took a big break. Incorporating a well-rounded fitness routine can help improve cardiovascular health, build strength, increase flexibility, and enhance overall wellbeing. Here are five best exercises for men over 50 to live longer:

Stationary bike

Stationary biking is an excellent low-impact exercise that is easy on the joints. It helps improve cardiovascular health by increasing heart rate and enhancing lung capacity.

This is crucial for reducing the risk of heart disease and stroke, which become more significant concerns as men age. Maintaining a healthy weight is vital for longevity, and stationary biking is an effective way to burn calories and support weight management.

Deadlifts

To do a deadlift, you are required to lift a loaded barbell or bar off the ground to the level of the hips, torso perpendicular to the floor, and then place it back on the ground. Deadlifts engage multiple muscle groups, including the legs, back, and core. As men age, maintaining muscle mass becomes increasingly important for preventing age-related muscle loss and maintaining a strong, functional body. Weight-bearing exercises like deadlifts also promote bone density, reducing the risk of osteoporosis. Make sure you practice them under supervision and choose the weights as advised.

Squats

To do a squat, you have to lower your hips from a standing position and then stand back up. This exercise helps to strengthen the quadriceps, hamstrings, and glutes. This is essential for maintaining functional mobility and independence as you age. Squats also improve balance and stability, reducing the risk of falls and related injuries. It is important to keep your posture correct in order to avoid any injuries and reap the most benefits from your workout.

Walking with weighted carries

Carrying weights while walking is a functional exercise that mimics daily activities like grocery shopping or carrying luggage. This helps maintain strength and mobility for reallife tasks. It engages the core muscles, improving posture and reducing the risk of back pain.

Pull-Ups Pull-ups are great for building

upper body strength, targeting the back, shoulders, and arms. This is crucial for maintaining functional strength for everyday tasks. Increasing muscle mass through exercises like pullups can help boost metabolism and support weight management. Make sure you have done your warm-up or cardio before doing this exercise

Do not forget the diet factor

Staying active by following the above-mentioned exercises will help you maintain good health for a long life. Along with that, it is important to also be mindful of what you eat. A healthy diet includes eating plenty of fresh vegetables, fruits, wholegrains, nuts and dairy foods (or dairy alternatives for vegans). If you are a non-vegetarian, you can also eat lean meats. Cut down on foods that are processed, high in saturated fat, added salt, and added sugar. Avoid alcohol consumption and quit smoking if you do.

ASTROLOGY

WEEKLY PREDICTIONS 31™ — 06™ APRIL 2024



This week, you have the creative spark. The week begins with Mercury turning retrograde in Aries. As Mercury turns direct in your sign, what was lost or released can come back to you. and this includes people. Someone from your past could contact you just because they're thinking of you. And then a conversation can start and exciting things could happen

MAR 21 - APR 19

SEP 23 - OCT 22

SCORPIO

This week it's okay to indulge. The week begins with Mercury turning retrograde in Aries. It's possible you've been thinking about this person, and they just happen to call you. Or you dreamed about them, and now you bump into them at the coffee shop. One thing could lead to another, rekindling the ember of a romance into a bright flame

TAURUS



This week, your messages are heard loud and clear. The week begins with Mercury turning retrograde in Aries. Mercury will be retrograde until April 25. You could get caught up in a video game. This might be a game you haven't played in a while, and now its colorful graphics and exciting action have lured you back in. It's enjoyable, but it could eat up a lot of time over the next couple of weeks.



This week, you might get your heart's delight. The week begins with Mercury turning retrograde in Aries. Today, a business opportunity returns to you. This might be something that you thought you'd missed or you were too late for at the discounted price. Or you might be contacted again for a collaboration or partnership. Scorpio, you could strike a good deal OCT 23 - NOV 21 today.





The week begins with Mercury turning retrograde in Aries. Mercury will be retrograde until April 25. An old friend could come knocking. This might be someone you haven't seen in years or even decades, and now you're flooded with nostalgic, happy memories. If you're looking for love, this meeting could rekindle an old

This week, you see the past and the future.



CAPRICORN

DEC 22 - JAN 19

AQUARIUS

This week, it's déjà vu all over again. The week begins with Mercury turning retrograde in Aries. Mercury will be retrograde until April 25. Someone you were interested in a while back, maybe years ago, pops into your head. It's possible that they're thinking about you too. This might be the day to reach out through social media to see if you can find a past love. It's also quite possible they're looking for you.





JUN 21 - JUL 22

This week, you are appreciated. The week begins with Mercury turning retrograde in Aries. Mercury will be retrograde until April 25. You might be able to get your old job back. Someone from a place where you used to work could tell you of a job opening. Your old supervisor might ask you to fill in while they are on leave. Or you could be lent out to your old team for one more project.



This week, adventure is possible. The week begins with Mercury turning retrograde in Aries. Mercury will be retrograde until April 25. You might be thinking about going back to school. This could be to finish previous studies or get a higher degree. Or you might look at vocational training to acquire new skills very quickly. If you're a teacher, you might be decid-

ing whether to return to a previous position.



This week, you uncover an opportunity. The week begins with Mercury turning retrograde in Aries. Capricorn, you could be thinking about moving. This might be a thought that pops into your head every once in a while, and now that Mercury is retrograde, this idea is back. This is a good time to consider it by checking home prices, looking at rental rates where you want to go, or even starting to declutter the house.

This week, your talents shine. The week begins with Mercury turning retrograde in Aries. You might be very focused on your vehicle. While you know it isn't a good idea to buy a car during Mercury retrograde, you might be very tempted to test drive or look at the latest models. You could receive a recall notice for your vehicle, which means you need to make an appointment with the dealer.

JAN 20 - FEB 18



AUG 23 - SEP 22

JUL 23 - AUG 22

This week, you could find money. The week begins with Mercury turning retrograde in Aries. It's a good idea to review your finances now. There could be investments at the right price. Or you might need to rebalance your portfolio so vou're well diversified in case of market fluctuations. You could uncover treas-



This week, you're drawing people to you. The week begins with Mercury turning retrograde in Aries. Something that you had the willpower to not buy earlier now seems to be all you can think about. Pisces, you might give in and purchase the thing that you said you weren't going to buy. Mercury is retrograde, so if you do make a purchase now, make sure it's returnable.