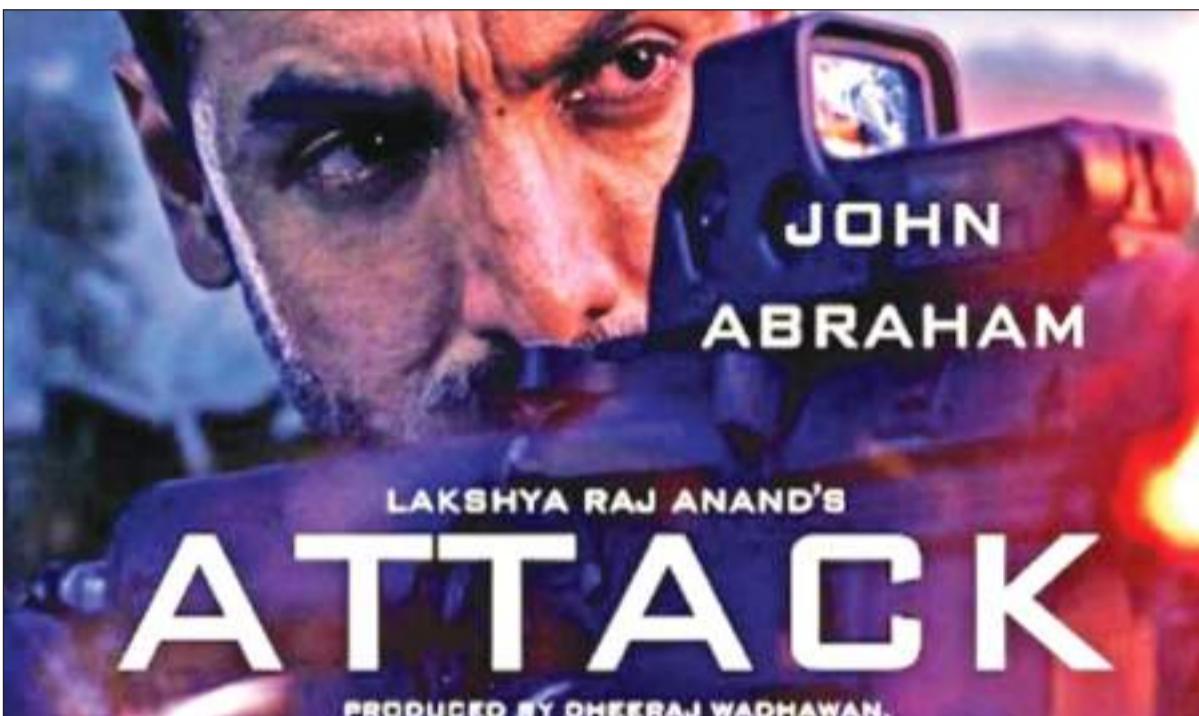


## MOVIE REVIEW

### Attack



**Director:** Lakshya Raj Anand  
**Cast:** John Abraham, Rakul Preet Singh, Jacqueline Fernandez

**Story:** With the Parliament under siege, India's first super soldier Arjun Shergill is tasked to get hold of the terrorists in the nick of time, save the Prime Minister from their clutches and stop a dirty bomb from exploding and destroying Delhi. Will Arjun succeed in his mission?

**Review:** An officer with irreversible paralysis neck-down, and a love life that has ended as suddenly as it started. An official (no clue what rank and office he holds) pushing the head of state to try out a new scientific program involving artificial intelligence to create super-special commandos. A terrorist outfit, from what looks like PoK, behaving like a loose cannon attacking civilians in India...When these odds are stitched together, the product is debutant director Lakshya Raj Anand's Attack, conceptualised by John Abraham.

Arjun Shergill's (John Abraham) life is thrown off its path when his girlfriend Aisha (Jacqueline Fernandez in an extended cameo) is killed in a terrorist attack at an airport. Arjun

also gets injured while fighting them, and in the bargain, gets paralysed neck down. He vegetates on the wheelchair until one day when Subramaniam (Prakash Raj), a high-ranking officer of the Indian Government, proposes his name as the test case for a new artificial-intelligence-led technology that can potentially get him back on his feet and turn him into a super soldier. Just as he becomes the functional testee for Dr Saba's (Rakul Preet Singh) experiment, a terrorist crisis erupts at the Parliament. Arjun rises to the occasion but with the clock ticking away, can he avert total destruction? Newcomer Lakshya Raj Anand's Attack: Part One sets up a universe where India is at the cusp of change, in terms of attitude and approach. But more importantly, he creatively and slickly engages artificial intelligence as a character involved in the story. For that alone, he deserves a round of applause.

**Average Ratings:** 2.5/5  
**Score:** 60% Positive  
**Reviews Counted:** 8  
**Positive:** 3  
**Neutral:** 3  
**Negative:** 2

## VEHICLE REVIEW

### Mahindra's XUV700



**Engine:** Petrol  
**Type:** Turbo Petrol With Direct Injection (TGDi)  
**Capacity:** 2.0 L  
**Max. Power:** kW @ 5000 r/min  
**Max. Torque:** 360 Nm @ 1500 - 2800 r/min (MT), 420 Nm @ 1600 - 2800 r/min (AT)  
**Transmission Type:** 6 MT / 6 AT

**Diesel:**  
**Type:** Turbo Diesel with CRDi  
**Capacity:** 2.2 L  
**Max. Power:** kW @ 3750 r/min, kW @ 3500 r/min  
**Max. Torque:** 360 Nm @ 1750 - 2800 r/min (MT), 450 Nm @ 1750 - 2800 r/min (AT)  
**Transmission Type:** 6 MT / 6 AT

**Dimension**  
**L x W x H :** 4695 x 1890 x 1755 mm (with Roof Rail)  
**Wheelbase :** 2750 mm  
**Suspension**  
**Front Suspension:** McPherson Strut Independent Suspension with FSD and Stabilizer bar  
**Rear Suspension:** Multi-link Independent Suspension with FSD and Stabilizer bar  
**Brake**  
Front Ventilated Disc / Rear Solid Disc / Electronic Park Brakes (Option) / ESP (Option)  
**Wheels & Tyres**  
**Alloy Wheels:** 235/60 R18 Alloy with Diamond Cut 235/65 R17 Alloy with Diamond Cut  
**Steel Wheel:** 235/65 R17 Steel  
**Spare Wheel:** 155/90 R18 Temporary Spare wheel  
**Fuel Tank Capacity**  
60L

## Health and Lifestyle

### 4 different types of stress & how you can handle them efficiently



#### Parenting stress

Parenting and stress go hand in hand. Taking care of a baby and managing your professional life at the same time is not

an easy task. You can be worried about your baby's weight, feeding routine or teething, the list is endless. Parenting stress is never going to end. Amid all these things, if you do not take care

of yourself then you will be compromising your health. No matter how busy your schedule is, try to take out some quality time for yourself.

Go out for a walk, meet your friend, watch your favourite

Feeling stressed from time to time is pretty normal. You can feel stressed after a bad day at work or before a major event. It is actually an inevitable part of our daily life, which can be triggered due to myriad reasons. Stress not only affects your mental health but at times can even take a toll on your physical well-being, increasing the risk of cardiovascular diseases. It is essential to manage your stress strategically to stay healthy and fit. But before this, you need to identify the type of your stress. Yes, stress is of different kinds, triggered due to different reasons and you cannot deal with all of them in the same way. We will tell 4 major kind of stress and ways to deal with them.

**Work stress**  
Chronic and prolonged work-related stress can take the shape of a burnout. As per World Health Organisation (WHO), stress can even reduce productivity and can decrease your motivation to work. As per a study published in the Journal Preventive Medicine, prolonged exposure to work-related stress can increase the chances of different types of cancer, including lung, colon, rectal, stomach. Exercise every day for at least 30 minutes. Get up from your chair and take a small walk every 2 hours. Also, try to stay away from office gossips as it will just increase your anxiety.



show on television. It is alright to take out some time for yourself and you should not feel guilty for it.

#### Emotional stress

Stress triggered due to strained relationship or due to some illness is categorised as emotional stress. This is the most difficult stress to handle and in several cases can even turn into depression or can spike your anxiety level. It is important to handle emotional stress in effective ways. You can seek professional help if you feel overwhelmed. You can also talk to a friend, write a journal and practise meditation for mental peace.

## ASTROLOGY

### WEEKLY PREDICTIONS 29<sup>TH</sup> — 04<sup>TH</sup> APRIL 2022

#### ARIES



MAR 21 - APR 20

This week brings things into focus. Choices that were vague now have clear considerations and decisions can be made. March 24 brings the new moon in your sign of Aries and together with the sun, these two luminaries light up your house of physical self and confidence. Others notice that you seem more sure of yourself; your confidence is shining through. Bring your mind into alignment with this positive energy.

#### LIBRA



SEP 24 - OCT 22

Partnership is at the forefront of your mind with the new moon in Aries entering your house of committed relationships. This is the point in your chart where all new people can be met and connections can be made. Here marks a new beginning, one month of new energy, to bring in new people for you to meet and relate with. You must remember to save a little time and energy for yourself.

#### TAURUS



APR 21 - MAY 20

Friendships and potential love highlights the week as the new moon in Aries travels through your house of friendship and innovation. There could be activities with children, friends and a desire to invent things. The Aries new moon looks for action instead of just discussion. This is a great aspect for feeling determined and focusing your energy on planning and revving yourself up.

#### SCORPIO



OCT 23 - NOV 22

The new moon in Aries unfolds in your house of health and daily routines. You only have this Aries new moon in your health house once a year. As the sun, which rules your sense of self, comes together with the moon, which governs your needs, you see how your daily habits produce the results you're getting. If you want to arrive at a different place, change directions this week.

#### GEMINI



MAY 21 - JUN 20

At the same time, with sweet Venus aligning with healer Chiron in your social sector on Monday, you also have a chance to resolve an issue with a friend or group. It may be minor or major, but with a willingness to reach out and see things from their perspective, much can be accomplished. There is still an intense focus on a deeply emotional sector linked with finances, business, and soul bonds.

#### SAGITTARIUS



NOV 23 - DEC 22

For Sagittarius, the new moon in Aries on March 24 brings light to your area of creativity, fertility, and risk-taking. You are a creative person, wise and with many skills. Now it's time to make something tangible happen. The new moon traveling through this house indicates a new project or a creative venture. Don't pass up this opportunity, it will not return again for another year.

#### CANCER



JUN 22 - JUL 21

New moon periods are good times for Cancer natives. Your sign is more aligned with the moon and so as it emerges from the darkness you fresh energy. This new moon in Aries is at the zenith of your chart straddling your house of knowledge and your house of the practical application of what you know. The student becomes the teacher. It is quite possible you'll receive recognition for something you've done.

#### CAPRICORN



DEC 23 - JUN 22

The new Moon in Aries brings light to the base of your chart as it crosses into your house of home and family. Your residence becomes the focus. This could indicate you're moving, redecorating, or maybe you've decided to become minimalist and are getting rid of all your stuff. Spend the entire day saying good things to yourself about yourself.

#### LEO



JUL 24 - AUG 23

This week the new moon in Aries lights up your curiosity. It's possible what you want to learn requires some formal schooling, but it's also possible for you to find an individual, a tutor or helpful friend to guide you. You may feel very emotionally drawn to go back to college to get a degree. You may be looking for some certification or licensing.

#### AQUARIUS



JAN 21 - FEB 19

The new moon in Aries comes together with the sun in your house of short-distance travel, close friends and siblings. You may be planning a trip to visit someone who lives in a nearby town or perhaps the next state. You may call together neighbors to come over and share some food or to watch the game. This is a good week to connect with siblings, cousins and other extended family members.

#### VIRGO



JUL 24 - AUG 23

The new moon in Aries puts a spotlight on your investments (or lack thereof). If you work for a large company, you may have opportunities for retirement plans and stock purchase options. These things can be confusing, even overwhelming, as there can be many choices and lots and lots of fine print. But this week it would be good to sit down and consider your options.

#### PISCES



FEB 20 - MAR 20

Once a year the new moon in Aries lights up your house of finances and that's taking place this year. For the next four weeks, the sun will shine into all of the dark nooks and crannies that relates to your spending and your accumulation of belongings. You can use this spiritual light to help you attract more money, more opportunities.