

MOVIE REVIEW

Gumraah



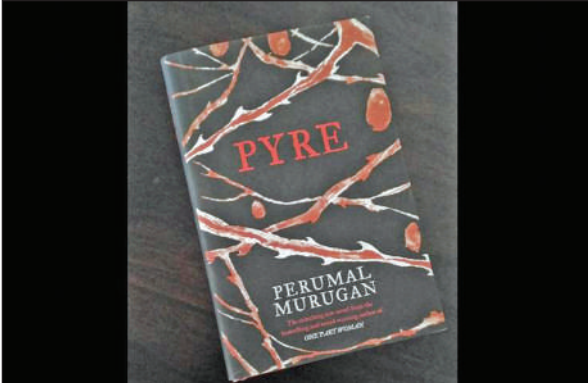
Director: Vardhan Ketkar
Cast: Aditya Roy Kapur, Mrunal Thakur, Ronit Roy
STORY: While investigating a homicide, Inspector Shivani Mathur discovers the main suspect has a lookalike and the evidence point to both of them. Things turn complicated when secrets related to the case unravel. Who is the real killer and will Shivani crack the case?
REVIEW: The film is based on real-life incidents, which makes it more curious. Thus, even if the story seems a bit far-fetched, the examples given in the end will convince you.
Ketan Sodha's background score adds to the thrill, and the soundtrack has hummable tunes. Mithoon's Allah De Bande and Abhijit Vaghani's title track especially stand out.
Aditya Roy Kapur's characters are as different as chalk and cheese, and he shines in both. He plays the nattily-dressed professional with as much elan as the streetsmart crook, Ronnie. The actor delivers snarky lines with as much coolth as he does stunts and emotes. His scenes with Chaddi (Deepak Kalra) elicit laughter. Mrunal as the no-nonsense, smart and diligent cop stands her ground, as does Ronit Roy as her con-niving boss, ACP Dhiren Yadav. Vedika Pinto plays Arjun's girlfriend and performs well despite a limited screen time.
An engaging plot, twists and turns and good storytelling make Gumraah worth a visit to the theatre.

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>	4/5
Dialogues	<div><div></div><div></div><div></div><div></div><div></div></div>	4/5
Story	<div><div></div><div></div><div></div><div></div><div></div></div>	4/5
Music	<div><div></div><div></div><div></div><div></div><div></div></div>	4/5
Visual appeal	<div><div></div><div></div><div></div><div></div><div></div></div>	4/5

BOOK REVIEW

Pyre



Title: 'Pyre'
Author: Perumal Murugan
Genre: Domestic fiction
Publisher: Penguin Hamish Hamilton
Pages: 216
Price: INR 275
Review: Perumal Murugan's 'Pyre' was originally written in Tamil, and later translated into English by Aniruddhan Vasudevan. The book has been longlisted for the International Booker Prize 2023, thus becoming the first Tamil novel to make it to the prestigious list.
Set in rural Tamil Nadu of the 1980s, 'Pyre' follows the story of a young couple in love- Kumaresan and Saroja. The story begins with Saroja and Kumaresan, who are just-married, getting down from a bus and walking towards Kumaresan's ancestral village in rural Tamil Nadu. Theirs is an inter-caste marriage.
Kumaresan believes that after the initial few curious inquiries about Saroja, people in his village will accept her and leave them alone. But, how naive was he? Seeing Saroja, a fair-skinned girl, the villagers soon suspect that she doesn't belong to the same caste as Kumaresan's and she so, isn't one of them.
The couple is treated with derision and hatred, not just by the villagers but also by Kumaresan's old mother and his extended family. The outraged villagers set about to seek revenge from the young-couple for going against the society's norms of castism.
This heart wrenching tale focuses on the social discriminations the couple faces in a casteist society. While the story is set in rural India, Murugan highlights how intolerance and cruelty are universal human nature. At the heart of it, this is also a story of love versus differences in the society.

GADGET REVIEW

Vivo T2 5G



Expected Price	18,999
Display	6.38-inch
Resolution	(1080x2400)
Processor	Qualcomm Snapdragon 695
Front Camera	16MP
Rear Camera	64MP + 2MP
Rear autofoeus	Yes
Rear flash	Yes
RAM	8GB
Storage	128GB
Battery Capacity	4500mAh
Fast charging	Proprietary
OS	Android 13
Wi-Fi	Yes
GPS	Yes
Bluetooth	Yes
NFC	Yes
USB Type-C	Yes
Fingerprint sensor	Yes
Proximity sensor	Yes
Colours	Nitro Blaze, Velocity Wave
Pros	
* Excellent display.	
* 120Hz refresh rate display.	
* Very good battery life.	
* Capable SoC.	
* Android 12 out of the box.	
Cons	
* Weak low-light camera performance.	
* Relatively slow charging.	

VEHICLE REVIEW

Jeep Meridian



Starting Price	Rs. 30.10 - 38.47 Lakh*
Fuel Type	Petrol
Engine Displacement	1956 cc
No. of cylinder	4
Max Power	167.67bhp@3750rpm
Max Torque	350Nm@1750-2500rpm
Seating Capacity	7
Transmission Type	Automatic
Gear Box	9-Speed
Body Type	SUV
Front Suspension	Mepherson Strut with Frequency Selective Damping, HRS with Anti Roll Bar
Rear Suspension	Multi-Link with Strut Suspension with FSD, with Anti Roll Bar
Front Brake Type	Disc
Rear Brake Type	Disc
USB Charger	Front & Rear
Electric Adjustable Seats	Front
Touch Screen size	10.1
Connectivity	Android Auto,Apple CarPlay,
Pros	
* Looks Premium.	
* Offers fantastic ride comfort.	
* Easy and effortless to drive in the city.	
* Loaded with premium features.	
Cons	
* Narrow cabin width.	
* Noisy diesel engine.	

Health and Lifestyle

How to use sound to heal yourself



Did you know that every thought of yours can impact your overall well-being? Thoughts enter the body in the form of vibrations containing an electric charge that may interfere with your body system. What we call emotion is actually an amalgamation of energy and motion. Every energy that enters the body has either a productive or destructive response. Your thoughts and emotions, thus, have the power to hamper your physical, mental and emotional health. Sound therapy is great for healing by creating awareness about these vibrations.
There is a long process of processing a vibrational thought that enters the body. It enters through the nerves of the ear and then travels to the brain and then transmitted to the whole body. The body responds according to the vibrations it is getting. Sound healing therapy is a great way to establish a connection between the mind and body thereby initiating healing. Sound therapy works in levels. It begins with healing at the emotional level then mental level and then progresses towards the physical level. Here are some tips on how you can use sound to heal yourself.
Do Bhramari Pranayama (Humming Bee Breath Exercise)
This breathing exercise is great for aligning the mind and body. You can practice this at any time.
Sit straight with your spine erect.
Close your eyes and use your middle fingers to close your ears. Breathe in through your nose
Exhale while making a humming sound like a bee
Feel the vibrations in the body. Do this for 3-5 minutes.
Do Chanting
Chanting is more than just spiritual practice. One of the reasons behind chanting is to send positive vibrations to the entire body. This activates certain energies that make you feel a sense of positivity and calmness as you chant.



You can chant OM or AUM. Whatever suits your belief, you can chant. Try to chant for as long as possible to allow vibrations to flow in the body and reach all the parts. Chant with an open heart, free mind and open throat. The more open and loud your chant, the better healing benefits you reap.
Mantra Meditation
In Vedic tradition, mantras are associated with religious offerings to a deity and chanting those mantras activate the energies associated with them. However, all mantras hold the power to channel inner energies. Whichever mantra you resonate with or like, chant it. Doing so in a meditating position helps in soul awakening. All the energy blockages would get cleared and you can restore your physical, mental and emotional well-being.
Toning Sounds
There are specific sounds for specific body parts. When you wish to heal a particular part, you can chant the toning sound related to that part. Here are some examples of toning sounds:
Ears- Nnn
Eyes- Eemm
Sinuses- Mmm
Nose- Llmm
Lungs- Ssss
Bowls and Bells
Have you ever felt an instant surge in energy when you hear the sounds of metal bells and bowls? It is because of their sound frequency that activates the inner vibrations. In order to use sound for self-healing, you can try metal bowls, also known as singing bowls. These are widely used in meditation to initiate healing and promote relaxation. Consult a sound healer or sound therapist once to know what you should get for your health concerns. An expert guide can bring added benefits.

ASTROLOGY

WEEKLY PREDICTIONS 16TH— 22ND APRIL 2023

ARIES

MAR 21 - APR 20

This week, you're going in a new direction. The week begins on Sunday, April 16, with the sun in your own sign of Aries (happy birthday!) making a semisextile to Neptune in Pisces and your house of psychic ability and dreams. Today, you can feel in touch with the greater Universe. Aries, this could be a gentle caress and a nudge from the higher powers to get you to move toward your potential.

LIBRA

SEP 24 - OCT 22

This week, you could dazzle those around you. The week begins with the sun in Aries and your house of relationships making a semisextile to Neptune in Pisces. You're looking for a little romance. Libra, this might mean sending some steamy texts or covering the bed with rose petals.

TAURUS

APR 21 - MAY 20

This week, you're in harmony with the changing energy. The week begins with the sun in Aries and your house of rest and recuperation making a semisextile to Neptune in Pisces. This is a good day to take it slowly. Move through the day intentionally, paying attention to simple things like pouring tea or reading a book in a quiet corner. Taurus, you might shut off devices because of the noise.

GEMINI

MAY 21 - JUN 20

This week, you have some good choices to make. The week begins with the sun in Aries and your house of friendship making a semisextile to Neptune in Pisces and your house of social standing. Gemini, it's great to stay in touch with friends, which you can do through social media. But now is a good time to opt for face-to-face, IRL interactions.

CANCER

JUN 22 - JUL 23

This week, you're planting fresh seeds. The week begins with the sun in Aries and your house of reputation and life in the public eye making a semisextile to Neptune in Pisces. Today, the things you've been posting on social media are being seen by more people. Something you wrote could go viral. Or your pictures get more likes and notices from friends and family.

LEO

JUL 24 - AUG 23

This week, you're opening your mind to possibilities. The week begins with the sun in Aries and your house of travel making a semisextile to Neptune in Pisces. Travel can be fun today if you're willing to allow things to just unfold as they will. If you're trying to stick to an itinerary and make things happen by the clock, you could be disappointed.

VIRGO

JUL 24 - AUG 23

This week, small changes could lead to big results. The week begins with the sun in Aries and your house of resources making a semisextile to Neptune in Pisces. Virgo, a resource you thought you had access to could evaporate. A person who promised to help you isn't available when you need them. But everything will be all right if you can adjust your plans.

SCORPIO

OCT 23 - NOV 22

This week, you're inspired to take the road to wealth. Venus in Gemini and your house of investments and passive income trines Pluto in Aquarius. Scorpio, you might be quite focused on creating some passive income. This could mean that you're investing in dividend stocks or building a business. This interest in investing could change the way you spend money as well as your attitude about finances in general.

SAGITTARIUS

NOV 23 - DEC 22

This week, something could rock your world. Venus in Gemini and your house of relationships trines Pluto in Aquarius. Today, you could meet someone who rocks your world. Sagittarius, it's possible that this is a potential dating partner, and the chemistry between the two of you causes passionate, almost obsessive, thoughts. But it's also possible that this is someone who opens your mind to new possibilities.

CAPRICORN

DEC 23 - JUL 20

This week, you're ready to take on challenges. Venus in Gemini and your house of work and routines trines Pluto in Aquarius. Capricorn, you could realize that your routines (or lack thereof) are causing issues in your life. You might notice that you need a better routine for prepping meals. Or that staying up too late makes the mornings more difficult.

AQUARIUS

JAN 21 - FEB 23

This week, something wonderful is blossoming. Venus in Gemini and your house of pleasure and romance trines Pluto in your own sign of Aquarius. You could meet someone who makes you tingle all over. It's possible that you and your current partner have entered a new phase of your relationship in which you're open and exploring your passions together.

PISCES

FEB 20 - MAR 20

This week, you're breaking free of a family pattern. Venus in Gemini and your house of home and family trines Pluto in Aquarius. You could have a very strong desire to break free of family patterns. Pisces, you might recognize that you can go a different way than your parents did. You might realize you've done many things in the past just to please your family.