

MOVIE REVIEW

Kisi Ka Bhai Kisi Ki Jaan

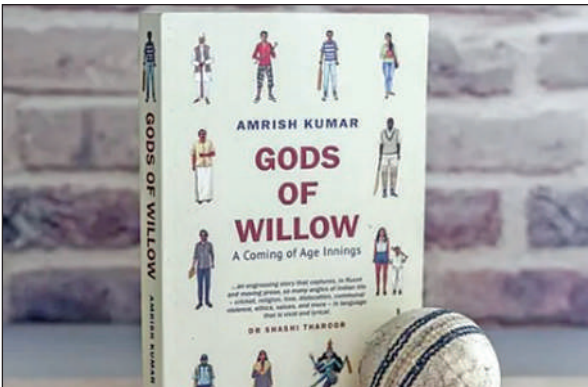


**Director:** Farhad Samji  
**Cast:** Salman Khan, Venkatesh Daggubati, Pooja Hegde  
**STORY:** Bhaijaan (Salman Khan) is committed to living his life as a bachelor so that he can take care of his three younger bhai. But when a beautiful woman walks into his life things take an unexpected turn.  
**REVIEW:** Salman Khan pumps in all his muscle literally, to make Bhaijaan's character lovable and he succeeds in that. The actor still packs a punch as an action hero and has the charm to get away with exchanging goofy and adorable sweet nothings with his lady love. This time, Bhai takes a few jokes on himself too and those are some of the laugh-out-loud moments in the movie. It's the stylish action (by ANL Arasu) that redeems this film to an extent. Each sequence is very well choreographed with never-seen-before stylised stunts. South superstar Venkatesh and Salman pull out all stops to create high impact with their heavy-duty action scenes. Venkatesh (as Gundamaneni) lends left to his character of a family patriarch, who will do whatever it takes to keep his loved ones safe. Pooja Hegde has a meaty role, which she pulls off confidently, but could have dialed down over-the-top filmy antics. The other three heroines are used merely as props with very little scope to perform. Among the villains, Telugu actor Jagapathi Babu is impressive.

In-depth Analysis				
Our overall critic's rating is not an average of the sub scores below.				
Direction	■	■	■	2/5
Dialogues	■	■	■	2/5
Story	■	■	■	2/5
Music	■	■	■	2/5
Visual appeal	■	■	■	2/5

BOOK REVIEW

Gods of Willow



**Title:** 'Gods of Willow: A Coming of Age Innings'  
**Author:** Amrish Kumar  
**Genre:** Fiction  
**Publisher:** Roli Books  
**Pages:** 316  
**Price:** INR 434  
**Review:** Entrepreneur-turned-author Amrish Kumar's debut novel 'Gods of Willow: A Coming of Age Innings' was published recently. In his book Amrish Kumar tells a coming-of-age engrossing story of a 21-year-old boy Kabir Menon, who lives in Hyderabad.  
Set in the India of the 90s and early 2000s, Kumar who was a cricket fanatic in his teens has taken cricket as the primary theme of his story. Apart from cricket, the story also touches upon various themes like love, politics, media, communalism, among others.  
In the book, the protagonist believes that his future is linked with that of the Indian cricket team's. When they win, so does he, and vice versa. When disturbances surface in Kabir's multi-cultural community, Kabir is forced to move to Mumbai. Kumar, through the eyes of Kabir, then focuses on what it means to find one's place in the world and the choices one makes to get there.  
This multi-genre story is written in an engaging manner and is an easy read. People who love cricket would like to read this book.

GADGET REVIEW

Vivo X90



<b>Expected Price</b>	42,390.
Display	6.78-inch
Resolution	(1260x2800)
Processor	MediaTek
Front Camera	32MP
Rear Camera	50MP + 12MP + 12MP
RAM	8GB
Storage	128GB
Battery Capacity	4810mAh
OS	Android 13
Skin	OriginOS 3
Wi-Fi	Yes
GPS	Yes
Bluetooth	Yes
NFC	Yes
USB OTG	Yes
USB Type-C	Yes
Proximity sensor	Yes
Accelerometer	Yes
Gyroscope	Yes
Colours	China Red, Ice Blue, Original Black

Pros	Cons
* 5G and OTG connectivity.	* No wireless charging support.
* IP64 water and dust-resistant coating.	* Audio jack support is not available.
* Latest Android 13 OS support.	
* Decent size battery capacity.	

VEHICLE REVIEW

Royal Enfield 2023 Bullet 350



<b>Starting Price</b>	<b>Rs. 1.80 Lakh*</b>
Displacement	349 cc
Engine Type	Single-Cylinder, 4 Stroke, Air-Oil Cooled Engine
No. of Cylinders	1
Max Power	20.4 PS @ 6100 rpm
Max Torque	27 Nm @ 4000 rpm
Front Brake	Disc
Rear Brake	Disc
Body Type	Cruiser Bikes
ABS	Dual Channel
Mobile Connectivity	Bluetooth
LED Tail Light	Yes
Speedometer	Analogue
Tripmeter	Digital
Fuel gauge	Yes
Cooling System	Air & Oil Cooled
Starting	Self Start Only
Fuel Supply	Fuel Injection
Gear Box	5 Speed
Passenger Footrest	Yes

Pros	Cons
* Refined Engine.	* Same Old Design.
* Better Suspension.	* Lack of Connected Features.
* More Ground Clearance.	
* Improved Handling & Brakes.	

Health and Lifestyle

STOP doing these things if you want to lose weight



Weight loss is a continuous process with no deadline. The more diligently you invest your efforts into it, the better the result. Doing it in the right way will help you in the long run. Many people do not achieve the desired weight loss due to minor mistakes. These mistakes are too easy to ignore but when these continue for a long time their negative effects accumulate and have a major impact on the weight loss plan. Here are few such common mistakes which you should take care of, if you are on a weight loss mission:

**Do not stop eating**  
This is the first and the most naive mistake people do when they want to lose weight! Cutting down on food intake has never helped anyone. Even if you see somebody having a drastic change in weight due to less intake of food, it will be for a small duration only. Weight loss due to less food is very unhealthy and can have a damaging effect on the body. It can also lead to a quick jump in the weight when the individual starts consuming food on a regular basis.

**Missing gym sessions**  
At some point we all think about this: "It's just one session, won't matter much!" This is where the discipline breaks! Do not miss your gym sessions even for once, because ultimately the procrastination will snowball into weeks and months.

**Eating frequently**  
Many people ape others and start eating frequently. It might have worked for them, but this is not a standard way to lose weight. Many among us need to eat food frequently because of their body type, health condition and medications they are on. If you notice a change in their weight, do not jump to the conclusion that eating frequently helps them; there can be several



other reasons.

**Over exercising will not help**  
Many people have the wrong assumption that the more they workout the quicker they will lose weight. However, the fact is your body needs a good amount of rest after workout sessions. This helps the muscles of the body to repair properly before the next workout.

**Do not fall for diet trends**  
Weight loss should always be done in a healthy manner. Instead of following a diet trend, consult your doctor before starting your weight loss journey. Putting your body through some aggressive routine may not work as per your plans. Weight loss is a wholesome approach towards shedding extra kilos and not just a linear way of doing it.

**Calculating calories burned**  
People who go a bit deeper into weight loss plans, start calculating the calories lost. While on one hand it is good to know about your progression, on the other hand it will put an extra burden on the person. The whole concept of weight loss is not just intake and burning of calories, there are several factors deeply embedded in this. Only an expert can help you understand this.

**The takeaway message**  
Do not obsess over weight loss and do not assume that pushing your body through difficult routines will help you lose weight easily. Weight loss should always be done in a healthy way. Else, no matter how subtle it may seem to you, the repercussions of forced weight loss is never good. Do hook yourself on weighing scales every now and then. Follow a routine that makes you happy. Do not deprive yourself of food and do not be a lazy person either. Maintain a healthy lifestyle and that is enough to keep you in a good shape.

ASTROLOGY

WEEKLY PREDICTIONS 23<sup>RD</sup> — 29<sup>TH</sup> APRIL 2023

<b>ARIES</b>  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.	<b>LIBRA</b>  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.
<b>TAURUS</b>  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.	<b>SCORPIO</b>  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.
<b>GEMINI</b>  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.	<b>SAGITTARIUS</b>  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.
<b>CANCER</b>  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.	<b>CAPRICORN</b>  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.
<b>LEO</b>  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.	<b>AQUARIUS</b>  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.
<b>VIRGO</b>  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.	<b>PISCES</b>  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.