

MOVIE REVIEW

Silence 2



Director: Aban Bharucha Deohans  
Cast: Manoj Bajpayee, Prachi Desai, Sahil Vaid  
Parul Gulati

**STORY:** After a shoot-out at a night club in Mumbai leaves several people dead, the Special Crime Unit is called in to investigate. While the main target seems to have been the secretary of a politician as the in-charge, ACP Avinash Verma (Manoj Bajpayee) probes further, there seems to be more to the shootout than meets the eye.

**REVIEW:** Much of 'Silence 2 - The Night Owl Bar Shootout' rests on Manoj Bajpayee's shoulders. ACP Verma is the central character and it is he who brings in the heft to the story. As his team busy themselves with a meticulous and detailed investigation routine, the narrative unveils some more characters - a seemingly disconnected client of the first victim; a mysterious double faced antagonist, who no one has met or seen; his middle-man; a woman who keeps a girl locked up in her house. The screenplay tries to add a layer of ACP Verma's lonely personal life, but that thread is mostly left unexplored. However, the film's biggest drawback are some of the odd, misplaced camera angles and close-ups and the choppy editing in places that don't do any favours to the story. The narrative, though detailed, does stretch and while it comes with an unpredictable plot twist, it is not entirely convincing and leaves some unanswered questions.

Overall, in an otherwise average thriller, it is Manoj Bapayee who powers through with his solid, assured act.

BOOK REVIEW

Sunflowers



Title: 'SUNFLOWERS: Incredible Journeys of Epic Women Artists from India'  
Author: Sujata Parashar  
Publisher: Atlantic Publishers  
Pages: 188  
Price: INR 495

**Review:** Learning from stories of inspiring people always helps understand what the journey was for a person and how they overcame the challenges. A meaningful insight into their lives, the stories allow us to see the world through their perspective and the way they handled life. And when it is the memoirs of strong, powerful, determined women who changed the course of success by breaking the shackles of stereotypes, it is even more intriguing. From the folds of unconventional career choices, comes the stimulating journeys of twelve fiercely unwavering success stories of women who recreated life and the meaning of triumph, in the book 'Sunflowers, Incredible Journeys of Epic Women Artists from India' by Sujata Parashar.

When an embodiment of Women Empowerment brings forth inspiring stories of strong women who redefined themselves, reconstructed success, and recreated the essence of art forms, the power booster is certainly going to stir the readers!

A prolific author, social activist, and a remarkable writer donning multiple hats, Sujata Parashar, once again churns magic through the command of words in her latest release 'Sunflowers', Incredible Journeys of Epic Women Artists from India. The book brings forth the success stories of women artists capturing the heart and soul of their struggling journey along the chosen path and highlighting the pivotal milestones that trace the trajectory. Real-life narratives presented unfiltered and beautifully depicting the untold stories of twelve exceptional women artists who stood the testing times and emerged winners, are remarkably motivating.

GADGET REVIEW

Moto G64 5G



Expected Price	Rs 14,999
Display	6.50-inch
Resolution	(1080x2400)
Front Camera	16MP
Rear Camera	50MP + 8MP
Rear autofocus	Phase detection autofocus
RAM	8GB, 12GB
Storage	128GB, 256GB
Battery Capacity	6000mAh
Fast charging	33W Fast Charging
Wireless charging	No
OS	Android 14
Wi-Fi	Yes
GPS	Yes
Bluetooth	Yes, v 5.30
NFC	Yes
USB Type-C	Yes
Fingerprint sensor	Yes
Magnetometer	Yes
Accelerometer	Yes
Ambient light sensor	Yes

Pros

- \* Smooth performance.
- \* Long Battery Life.
- \* Minimal bloatware.
- \* Versatile cameras.

Cons

- \* Only one OS update.
- \* Display isn't the brightest.
- \* Inferior chipset.

VEHICLE REVIEW

Toyota Innova Hycross



Starting Price	Rs.19.77 - 30.98 Lakh*
ARAI Mileage	23.24 kmpl
Secondary Fuel Type	Electric
Fuel Type	Petrol
Engine Displacement	1987 cc
No. of Cylinders	4
Max Power	183.72bhp@6600rpm
Max Torque	188Nm@4398-5196rpm
Seating Capacity	7, 8
Battery Type	168 cell Ni-MH
Transmission Type	Automatic
Fuel Tank Capacity	52 Litres
Body Type	MUV
Gear Box	e-Drive
Drive Type	FWD
No. of Airbags	6
Sun Roof	Panoramic
Boot Opening	Electronic
Fog Lights	Front
Touch Screen size	10.1 Inch
Connectivity	Android Auto, Apple CarPlay

Pros

- \* Spacious interiors that are comfortable for six adults.
- \* Efficient petrol-hybrid power unit.
- \* Feature-rich top-end variants.
- \* Safety package.

Cons

- \* Some hard plastics and plastic quality could have been better in places.

Health and Lifestyle

Use these common summer foods for immunity and detox



The summer heat can take a toll on your health. Spending time outdoors can lead to sunstroke. It can cause sweating, dehydration, sticky skin, tiredness, headache, dizziness, nausea, cramps, and a quick, weak pulse. With the majority of us currently staying at home during this summer amid the COVID-19 pandemic, staying on top of our health is a priority. An adequate intake of water and avoiding food that is dry, salty and fried is essential. These common summer foods can help keep the body strong and up its guard against diseases.

Ash Gourd Juice

Ash gourd is a great detoxifying agent, and is best when consumed early in the morning on an empty stomach. It is an excellent summer cooler and helps to hydrate your body. The juice can absorb all the toxins, germs and contamination that may have accumulated through the course of a day. It also has the potential to flush waste out of our body. Ashgourd juice can also be combined with lime and turmeric for added benefits.

Watermelon or Muskmelon

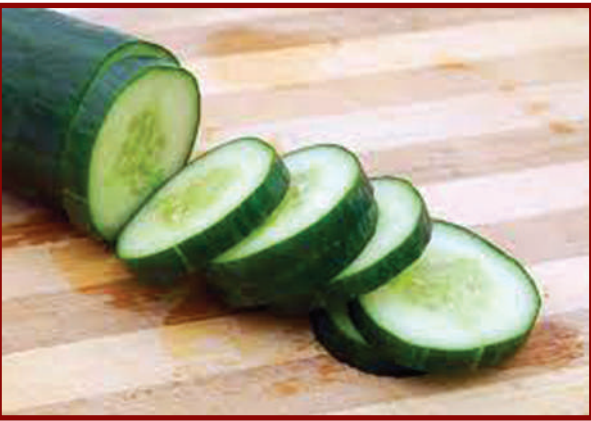
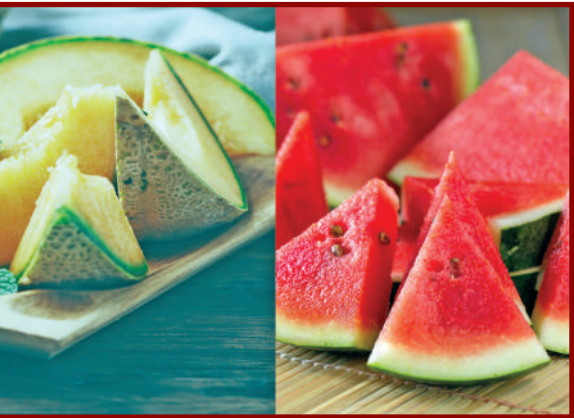
Watermelon has high water content along with a good amount of lycopene, vitamin C, vitamin A, potassium, amino acid, antioxidants and is low in sodium and calories. It helps to lower inflammation and reduce oxidative stress. Remember, as watermelon is slightly acidic in nature, eating it on an empty stomach and late-night should be avoided. Serving size for an adult is two cups a day. Muskmelon contains potassium which makes it beneficial for your blood pressure numbers. High fibre and water content of muskmelon also contributes to cooling down body systems and to manage blood pressure.

Cucumber

Cucumber is inexpensive, packed with water and helps to detoxify your body overall body. It is an excellent coolant. This cool and crisp energizing green will stave off problems of constipation; enhance your immunity and tame inflammation while also calming sunburn. Along with cleansing your body, the presence of silicon and sulphur in cucumber is excellent to support hair growth and volume. The best way to consume cucumber is adding it in salads or drinking cucumber juice.

Yogurt and Buttermilk

Loaded with the goodness of healthy bacteria like Lactobacillus and Bifidobacterium, yogurt and other fermented food helps in brain development and is great to relieve anxiety. It also offers gut-friendly microorganisms that aid in the process of digestion during summers. Eating yoghurt helps in reducing chronic inflammation which is responsible for anxiety, stress, and depression. You can consume curd in the form of smoothies, buttermilk, sweet lassis and raita. Drinking buttermilk helps to cool down your body and improve metabolism. It is also loaded with vitamins, and minerals which help to restore your body's natural energy if you are feeling drained by the heat.



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Coconut Water

Coconut water benefits by maintaining electrolyte stability in your body. It's an exceptional summer drink to combat hot weather by keeping you hydrated, and also facilitates in boosting your digestive ability. Additionally, it helps to foster cell growth, regulates blood pressure and above all performs the function of a natural diuretic.

ASTROLOGY

WEEKLY PREDICTIONS 28<sup>TH</sup> — 04<sup>TH</sup> MAY 2024

ARIES



This week, you're tapping into your creative side. Today, the will to do anything boring and mundane might drain right out of you. On the other hand, you could be inspired by art, music, or theater. Aries, you might have the energy to walk through a county fair or investigate a local art show. Go to a music festival or consider attending a Renaissance fair.

LIBRA



This week, you could make an important connection. If you have an interest in fish, you could be buying a fish tank or upgrading one you have. Libra, you might go fishing with a friend. But this energy could also mean that you're dining at the best fish restaurant you've been to in a long time. This is a good time to visit the ocean or go boating.

TAURUS



This week, you're attracting followers. The week begins with Mars conjoining Neptune in Pisces. Today, think about exploring something new. Something could pique your curiosity and excite your senses. Consider saying yes when a friend suggests going to a new restaurant or wandering through shops in the tourist section of town. If you're looking for love, try a new activity and you could find a match.

SCORPIO



This week, there are opportunities for work and play. The week begins with Mars conjoining Neptune in Pisces. You and your partner could be very interested in the romantic side of your relationship. Scorpio, you both might be feeling rather frisky, and this could lead to some very fun nights. If you're looking for love, you could find someone with whom you share a powerful attraction.

GEMINI



This week, you're connecting with the right people. The week begins with Mars conjoining Neptune in Pisces. You could be doing work now to get a jump on the week. Gemini, you might be handling company communications or prepping for meetings. Your intuition is quite strong now, and it can guide you to the questions, information, and projects that are important to prepare.

SAGITTARIUS



This week, a little excitement could be a lot of fun. The week begins with Mars conjoining Neptune in Pisces. Sagittarius, you might be very interested in water and your home. This might mean you're installing a sprinkler system, putting in a pool, or changing out your toilet for a low-flow version with a bidet. If you're looking for a job, you could find something that you enjoy doing on a daily basis.

CANCER



This week, news brings some benefits. The week begins with Mars conjoining Neptune in Pisces. You might have a real itch to do some traveling. Cancer, you could be hunting for bargain tickets and a deal on accommodations. This is a good time to look for luggage, renew your passport, or board a plane for an impulse trip to a popular tourist destination. There might be some good news from your job.

CAPRICORN



This week, you're attracting positive energy. The week begins with Mars conjoining Neptune in Pisces. Dealing with paperwork is important now. You might need to look over a contract, study a legal matter, or categorize financial paperwork. Capricorn, you might be answering emails and returning phone calls. And you can get a lot done and out of the way right now.

LEO



This week, you might celebrate a happy event. The week begins with sun in Taurus and your house of relationships. Today, it's a good idea to ask your personal or business partner for what you want. There's no reason to be subtle or hint around. This is a straightforward aspect that brings benefits when you tell it like it is. Today, you're thinking that you only want to do things where you feel assured of success.

AQUARIUS



This week, good things come your way. The week begins with Mars conjoining Neptune in Pisces. Doing a little money magic could be very beneficial at this time. Aquarius, you might light a gold candle to attract a large sum of money, or consider placing stacks of coins on your kitchen window to bring in income for the household. Sweep off your welcome mat and welcome in new energy.

VIRGO



This week, you're seeing things from a fresh perspective. The week begins with Mars conjoining Neptune in Pisces. You have excellent relationship energy right now. Virgo, you could meet someone for a close friendship or love relationship. You might be invited to a social event, wedding, or party. This is a good time to meet new people and be social.

PISCES



This week, a financial opportunity opens up. The week begins with Mars conjoining Neptune in your own sign of Pisces. You can harness a little magic today. This is a good time to meditate or do visualizations or affirmations. Consider creating a vision board to hang on the wall or a digital one for your phone. Today, your message is heard by the Universe.