

MOVIE REVIEW

Crew

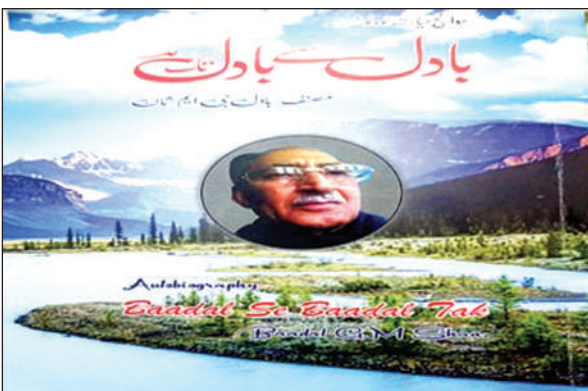


Director: Rajesh Krishnan
Cast: Tabu, Kareena Kapoor, Kriti Sanon, Diljit Dosanjh, Kapil Sharma
STORY: Circumstances lead three hustlers to a gold smuggling racket. It's all fun and games until conscience comes calling.
REVIEW: Caught in a crossfire between needs, wants and morals, despite its frothy exterior, Crew has an interesting take on the upper middle class and their relationship with money, ethics and a dead-end job that enslaves them for life. 'Adarshon se bill nahi bharte', Geeta reminds herself.
Speaking of the ladies, Crew's leading actresses are in their 30's, 40's and 50's respectively and casting hasn't looked this fun for an Indian all-female heist film in a long time. Beyond the organic age inclusivity, the story doesn't digress from the ladies even with men as entertaining as Diljit Dosanjh and Kapil Sharma around. Kulbhushan Kharbanda also features in a special appearance and none of the male characters are inconsequential despite their brief screen time as seen in most chick flicks.
While all three bring their A game, Tabu and Kareena exude bonafide movie star energy to show how it's done. Diljit was right when he said, 'Hogi Rihanna, hogi Beyonce, sadi ta ae he hai, Kareena'. Bebo oozes oomph and substance as a hustler who conceals her loneliness. Torn between responsibilities and desires, Tabu is terrific. The two are electrifying on screen with characters distinctly written for each.

In-depth Analysis				
Our overall critic's rating is not an average of the sub scores below.				
Direction	████████	██████	██████	3/5
Dialogues	████████	██████	██████	3/5
Story	████████	██████	██████	3/5
Music	████████	██████	██████	3/5
Visual appeal	████████	██████	██████	3/5

BOOK REVIEW

Baadal Se Baadal Tak



Title: 'Baadal Se Baadal Tak'
Author: G. M Shan
Genre: Fiction
Publisher: New Guru Printing Press Mohali Panjab
Pages: 133
Price: INR 299
Review: Book which I received for review from one of the eminent writer hails from District Ramban Tehsil Gool and written in Urdu language entitled "Baadal Se Baadal Tak" comprises of 139 Pages including stories, Poetry and literature of great information of different issues and aspects which shows great writing skills of the writer. It's an autobiography of the writer who has seen many ups and downs in his life while in sighting a person from Govt. Servant to socio-Political activist. Here's a brief summary and analysis of the book. One of the prominent aspects of "Autobiography: Badal Se Badal Tak" is its exploration of the rich cultural tapster. G.M. Shan vividly portrays the beauty of the landscape, the traditions, and the customs that define rich Culture. Through his narrative, readers gain an appreciation for the diverse heritage of the region, from its language and thoughts. Shan's reflections on his own cultural identity and the sense of belonging he feels to his homeland provide a poignant backdrop to his personal journey. The autobiography also offers a sobering portrayal of the impact of Struggle on delimitation commission of early 80's and how he represented his point of view and same has been highlighted in the book.
Within the autobiography, G.M. Shan offers a dynamic within his family and the significant role they played in shaping his identity. He reflects on the bonds of love, support, and sacrifice that exist between family members, as well as the complexities and challenges that arise from differing perspectives and aspirations.
Reviewer is Sr. lecturer SED JK UT Tehsil Ramnagar.

GADGET REVIEW

Realme 12X



Expected Price	Rs 13,999
Brand	Realme
Display	6.67-inch (1080x2400)
Resolution	MediaTek Dimensity 6100+
Processor make	7.69
Thickness	IP54
IP rating	8MP
Front Camera	50MP
Rear Camera	No of Rear Cameras 2
No of Rear Cameras	No of Front Cameras 1
RAM	4GB, 6GB, 8GB
Storage	128GB
Battery Capacity	5000mAh
OS	Android 14
Skin	realme UI 5.0
Wi-Fi	Yes
GPS	Yes
Bluetooth	Yes
USB Type-C	Yes
Colours	Black Jade, Blue Bird

Pros	Cons
* Capable performers.	* Bloatware and ads.
* Long Battery Life.	* Portrait mode needs improvement.
* Good daylight photography.	
* Good display.	

VEHICLE REVIEW

Kia Sonet Facelift



Starting Price	Rs. 7.99 - 15.69 Lakh*
Fuel Type	Diesel
Engine Displacement	1493 cc
No. of Cylinders	4
Max Power	114bhp@4000rpm
Max Torque	250Nm@1500-2750rpm
Seating Capacity	5
Transmission Type	Automatic
Boot Space	385 Litres
Fuel Tank Capacity	45 Litres
Body Type	SUV
Gear Box	6-Speed AT
Drive Type	FWD
Front Suspension	McPherson Strut with Coil Spring
Rear Suspension	Coupled Torsion beam Axle (CTBA) With Coil Spring
Steering Type	Electric
Steering Column	Tilt
Front Brake Type	Disc
Rear Brake Type	Disc
Touch Screen size	10.25 Inch

Pros	Cons
* Looks better than before with a better lighting setup.	* Cabin insulation could have been better.
* Added features.	* Rear seats could have had better cushioning for added comfort.
* One of the best all rounders in the segment.	

Health and Lifestyle

Brain food: 5 ayurvedic remedies for strengthening memory



Do you have to prepare for an important exam but fear having memory trouble? Or are you an adult who seemingly forgets things every now and then – whether some important date, an instruction you had nodded to a while back, or where you last left your phone.
Forgetting sometimes is not a big issue and can happen with anyone. However, if your cases of forgetfulness or lack of an ability to memorise are too evident and often, you may want to consult your doctor.
Ayurveda is also proven to help in improving memory problems, distractedness, and brain degeneration. Try these ayurvedic tips and tricks to become more focused, concentrated, and confident.

Eat these brain foods
Just like your body needs nourishment, your brain does too, in order to stay healthy and function properly. There are plenty of natural brain foods, which you must include in your daily diet starting today. Some examples are ghee, olive oil, walnut, soaked almonds, raisins, dates and fresh fruits.

Other foods that are great for your brain health include lentils, beans, pancer and dal. According to Ayurveda, cumin seeds open the channels of our brain and black pepper increases our mind's processing fire, which is called Medhya Agni.

Boost your brain with herbs
Ayurvedic herbs support and improve all the three learning abilities in the human brain – Dhi, Dhriti, and Smriti. Some of these special herbs, such as Gotu Kola, Ashwagandha, and



Bacopa work as excellent memory boosters.
Antioxidants to avoid oxidative damage
Our brain needs oxygen to function well. However, with its high oxygen consumption and lipid-rich content, our brain is highly susceptible to oxidative stress. This leads to an excess of free radicals in the body's cells. Antioxidants are a proven solution for neutralising free radicals and balancing the state of your mind. Pink and red fruits and vegetables, such as watermelon and tomatoes, are rich in antioxidants.
Herbal tea to hydrate your brain
When your body does not have enough water to carry out its functions properly, you can feel weak and unstable. Such is the situation for a dehydrated brain.

Ayurvedic experts recommend that drinking special herbal tea can hydrate our brain and boost our mental strength and memory. Some of these special ingredients of a herbal tea include hing, haldi, ajwain, and tulsi.

Have a good night's sleep
Lack of sleep can deeply hamper the brain's function, which can impair your memory and thinking skills. Therefore, it is important to get sufficient rest every night. Try to go to bed and wake up in the morning at the same time each day. Also, it is recommended to sync your sleep cycle with the sunset and sunrise hours for maximum benefits. In case of trouble sleeping, ayurvedic herb Bacopa can help to calm your brain and also promote sleep.

ASTROLOGY

WEEKLY PREDICTIONS 07TH – 13TH APRIL 2024

ARIES MAR 21 - APR 19 This week, a new direction opens up for you. An eclipse in your sign signals a change. This change could be something that happens in the moment and ripples through your life, or it could be a decision you've made that will unfold over the next six months. The Universe can help you if you initiate the change yourself. Aries, consider doing something different.	LIBRA SEP 23 - OCT 22 This week, you're making good connections. An important relationship might feel out of balance. It's possible you're giving more than you're receiving or you feel smothered by the other person. It's time to restore some equilibrium by having a discussion, talking about feelings, and listening to the other person's point of view. Today, you can find some peace.
TAURUS APR 20 - MAY 20 This week, you stand out from the crowd. The week begins with a solar eclipse in Aries. People around you might be stressed. There could be changes happening at your company that affect coworkers. Or there might be a big change in the family that has people talking and wondering about the future. Today, you might get caught up in the riptide of people's emotions. You might stand out from the crowd.	SCORPIO OCT 23 - NOV 21 The secret to better results now is to change your daily routines. The things you want to achieve are going to manifest through tiny actions, and this solar eclipse energy challenges you to alter what you do on a minute level. Scorpio, a small change in course could help you arrive at a totally different destination. Today, do something different from what you've done before.
GEMINI MAY 21 - JUN 20 This week, you're reviewing your options. The week begins with a solar eclipse in Aries. You could make a decision today that changes your future. Gemini, you might visualize yourself a year or five years from now and know that you need to change something about what you're doing today. You could be inspired by someone you barely know. And this new information is setting you on a different path.	SAGITTARIUS NOV 22 - DEC 21 This week, there might be exciting news. The week begins with a solar eclipse in Aries. There could be a big announcement in the family, such as pregnancy or a child running off to get married. You might be announcing an engagement and surprising friends and family. If you're looking for love, you could fall in love quite deeply. Instead of trying to fight the change, step aside and let the emotions calm down.
CANCER JUN 21 - JUL 22 This week, achievement is probable. The week begins with a solar eclipse in Aries. There could be changes in your career. These might not happen today; they could unfold over several weeks or months. But it's likely you know what they are, so don't wait. Start to implement the changes yourself. Cancer, it is so much easier to ride the wave than be hit by the wave.	CAPRICORN DEC 22 - JAN 19 This week, you could reach an important milestone. There could be big changes at home. Capricorn, you might decide that you want to move, sell the house, or take in a roommate. You might be looking to renovate the house or declutter from top to bottom. There could also be changes in the family with the announcement of a pregnancy or one of your kids moving back home.
LEO JUL 23 - AUG 22 This week, you're shifting and finding new possibilities. The week begins with a solar eclipse in Aries. Eclipses bring change, and this one is connected to your personal beliefs and philosophy. Leo, you might get new information that shifts some limiting beliefs and opens up new possibilities for you. At the same time, the Universe might have its hand on your back, pushing you forward. Don't fight change now.	AQUARIUS JAN 20 - FEB 18 This week, you are being guided. It's time to change your thinking. If you're having the same thoughts over and over, you are leading to the same conclusion. Now you might get new information that causes you to really rethink what you thought was a done deal. Right now, don't doggedly hold on to old ideas. Look for something new and outside the box and this will catapult you forward.
VIRGO AUG 23 - SEP 22 This week, you are taking the helm. The week begins with a solar eclipse in Aries. The Universe might signal that this is the time for you to take your finances into your own hands. Virgo, you could discover that you are in more debt than you knew or that your interest rates are going up or your money manager isn't doing a good job.	PISCES FEB 19 - MAR 20 This week, opportunities arrive. You can create material change in your financial picture over the next six months. It starts by taking new action today. Plant the seeds for a better harvest by taking care of your finances, staying on budget, and looking for additional revenue sources. Not only could you dig yourself out of a hole, but you could build a monument.