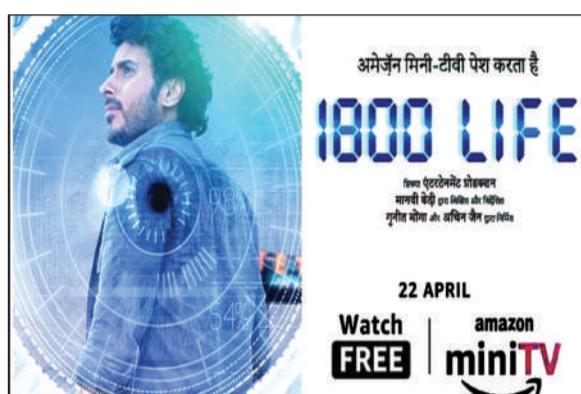


## WEBSERIES REVIEW

### 1800 Life



Director: Maanavi Bedi  
Cast: Divyendu, Shruthy Menon

**STORY:** Vishal Mattu (Divyendu) is on the verge of committing suicide because he is dissatisfied with his life; however, just before he takes the final step, a phone call turns his life upside down.

**REVIEW:** This 26-minute film is shot in the dark, primarily before the sun rises, to depict the darkness that surrounds and also exists within Vishal. Jaise har andheri raat ke baad sunhari subah hoti hai (every dark night is followed by a golden morning)...the early morning shots, on the other hand, are meticulously planned, giving him a ray of hope.

The showrunner, Divyendu, has nailed it as Vishal. One can sense his frustration in life, but it would have been easier to relate if some additional details about his life were provided. Throughout, Shruthy Menon's voiceover is engaging for both viewers and Vishal. Her words of wisdom play a crucial role.

Moreover, the narrative is peppered with some great one-liners, whether serious ones like "Life is a joke, and death is its punchline" or comedic ones like "yeh prank karne ka time hain when Vishal is irritated by the caller."

All said, '1800 Life' proves to be an interesting look at the misleading aspects of technology in our lives, and it certainly inspires you to think otherwise.

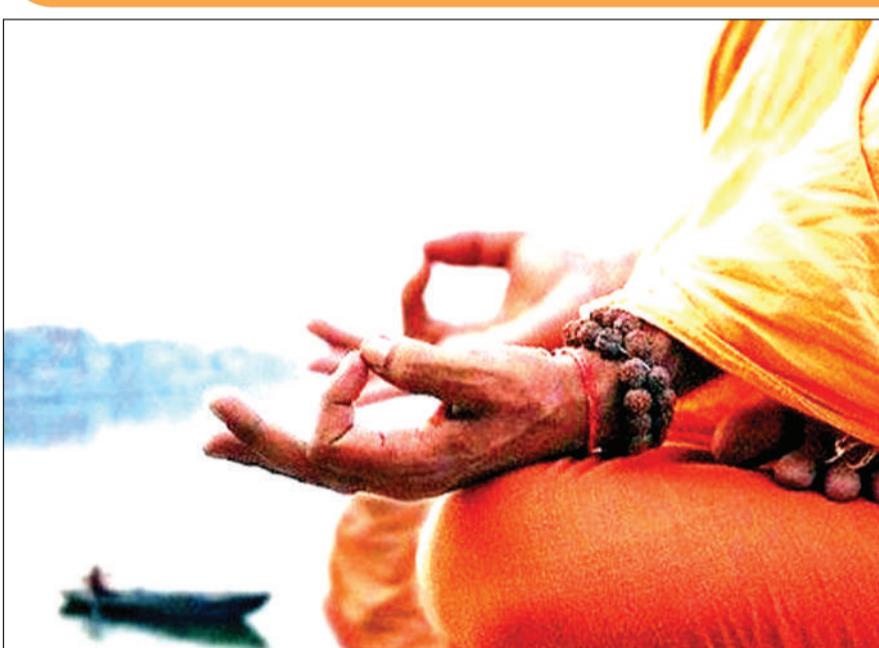
#### In-depth Analysis

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 |

## Health and Lifestyle

### Healing properties of 'Mudras' and how to do them properly



thumb, keeping the rest of the fingers straight.

#### Varun Mudra

As simple as its name, this mudra regulates the water content of the body and it also keeps the body hydrated.

**How to do it:** Touch the tip of the little finger with the tip of the thumb. Keep the rest of the fingers straight.

#### Prana Mudra

Doing this mudra will improve your immunity, vision and will also combat the effects of lethargy.

**How to do it:** Touch the tip of your little and ring finger on the tip of your thumb. Keep the other fingers straight.

#### Shunya Mudra

Shunya means space; so if you want a peaceful mind and a state of tranquility then this

**M**udras are specific hand postures or gestures that are known to have healing effect on the human body. These ancient healing practices have been followed for generations, though their relevance was diminished a few years ago and is slowly getting back to the system.

Just as Yoga is a practice of physical and mental wellbeing, mudras are known to enhance the flow of energy in the body for sound health.

Here are the different yoga mudras that can help you regulate your emotional, physical and mental health:

#### Gyan Mudra

Considered to be the most fundamental mudras, Gyan mudra helps in increasing concentration and knowledge.

**How to do it:** Your index finger should touch the tips of your thumbs while other fingers are kept straight. The hands and arms should be relaxed while doing this mudra.

#### Chinmaya Mudra

This mudra effectively nourishes the physical and mental health of an individual.

**How to do it:** Bring your index finger to the tip of your thumb and curl the other fingers towards your palm. Keep the palm facing upwards and hands and arms relaxed while doing this mudra.

#### Vayu Mudra

As the name implies, Vayu mudra balances out the air elements of the body. If you have issues related to joints, or guts then you must do this often.

**How to do it:** bring your index finger to the root of your

### VARUN MUDRA Gesture Of Water



is the mudra for you.

**How to do it:** Bring your thumb up to the first phalanx of your middle finger. Keep the middle finger folded and underneath the thumb. Keep the other fingers straight.

#### Surya Mudra

This mudra is helpful to relieve cholesterol, anxiety, digestion and obesity.

**How to do it:** Press your ring finger with your thumb while keeping other fingers straight.

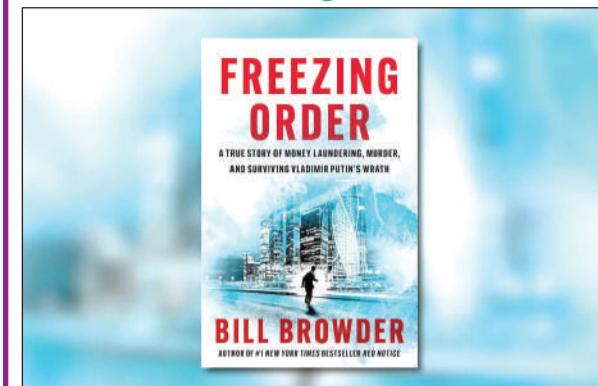
#### Adi Mudra

This mudra resembles a light fist and is said to boost the nervous system.

**How to do it:** Form a loose fist by placing the thumb below the little finger and folding all other fingers on to it.

## BOOK REVIEW

### Freezing Order



**Title:** 'Freezing Order: A True Story of Russian Money Laundering, State-Sponsored Murder, and Surviving Vladimir Putin's Wrath'

**Author:** Bill Browder

**Publisher:** Simon & Schuster Ltd

**Pages:** 336

**Price:** 1723 INR

**Review:** Following his explosive international best-seller 'Red Notice', Browder has returned with another gripping thriller chronicling how he became Vladimir Putin's number one enemy by exposing Putin's campaign to steal and launder hundreds of billions of dollars and kill anyone who stands in his way.

For the unacquainted, Browder was one of the leading investors in Russia during the 2000s, and his strategy of "stealing analysis" made Hermitage (his investment management company) one of the leading hedge funds in the world. When Browder's young Russian lawyer, Sergei Magnitsky, was beaten to death in a Moscow jail, Browder made it his life's mission to go after his killers and make sure they faced justice.

"As law enforcement agencies began freezing the money, Putin retaliated. He and his cronies set up honey traps, hired process servers to chase Browder through cities, murdered more of his Russian allies, and enlisted some of the top lawyers and politicians in America to bring him down," it adds.

As he describes in 'Freezing Order', the process of tracing and seeking to freeze money extracted from Russia in dubious circumstances is painful and time-consuming. As recent events in the wake of Russia's war on Ukraine have highlighted, it is ever more urgent, making the book a must-read for everyone.

## GADGET REVIEW

### Realme GT Neo 3



**Expected Price** Rs 36,999

|                    |   |
|--------------------|---|
| Display            | 6.70-inch                               |
| Resolution         | (2,120x1,080)                           |
| Processor          | MediaTek Dimensity 8100 5G              |
| Front Camera       | 16MP                                    |
| Rear Camera        | 50MP + 8MP + 2MP                        |
| Rear flash         | LED                                     |
| RAM                | 8GB                                     |
| Storage            | 128GB                                   |
| Battery Capacity   | 5,000mAh                                |
| OS                 | Android 12                              |
| Wi-Fi              | Yes                                     |
| GPS                | Yes                                     |
| Bluetooth          | Yes                                     |
| NFC                | Yes                                     |
| USB Type-C         | Yes                                     |
| Fingerprint sensor | Yes                                     |
| Proximity sensor   | Yes                                     |
| Accelerometer      | Yes                                     |
| Colours            | Asphalt Black, Nitro Blue, Sprint White |

#### Pros

- \* Descent Display.
- \* Stylish design.
- \* Great battery life.
- \* Stupendously fast wired charging.

#### Cons

- \* Ships with bloatware.

## VEHICLE REVIEW

### Honda City Hybrid



**Starting Price** Rs. 19.50 Lakh\*

|                              |                             |
|------------------------------|-----------------------------|
| Fuel Type                    | Petrol                      |
| Engine Displacement          | 1498 c                      |
| No. of cylinder              | 4                           |
| Max Power                    | 96.55bhp@5600-6400rpm       |
| Max Torque                   | 127nm@4500-5000             |
| Seating Capacity             | 5                           |
| Transmission Type            | Automatic                   |
| Fuel Tank Capacity           | 40.0                        |
| Body Type                    | Sedan                       |
| Front Brake Type             | Ventilated disc             |
| Rear Brake Type              | Disc                        |
| No of Airbags                | 6                           |
| Power Steering               | Yes                         |
| Power Windows                | Front                       |
| Anti Lock Braking System     |                             |
| Speed Sensing Auto Door Lock |                             |
| Electronic Stability Control |                             |
| Air Conditioner              | Yes                         |
| Touch Screen size            | 8 inch                      |
| Connectivity                 | Android Auto, Apple CarPlay |

#### Pros

- \* Seamless and effortless drive experience.
- \* Exclusive features like ADAS and Electronic Parking Brake.
- \* Good ride and handling balance.

#### Cons

- \* Boot space has been occupied by the batteries, leaving space for just a couple of suitcases.

## ASTROLOGY

### WEEKLY PREDICTIONS 08<sup>TH</sup>—14<sup>TH</sup> MAY 2022

#### ARIES



**MAR 21 - APR 19** You might be in the mood to take a risk, especially around a matter of the heart. You might want to express your true feelings to a special individual even though you have no idea what they will say in response. Aries, you are an adventurer at heart. It's better to lay your cards on the table than go on wondering. You're taking steps in the right direction.

#### LIBRA



**SEP 23 - OCT 22** Libra, it's quite possible that this friend wants to work on a project together or maybe coax you on a trip so they won't be alone. It could also mean that a friendship that was basically a casual acquaintance is now turning romantic. You may not have really noticed this person before, and now you can't get them out of your mind.

#### TAURUS



**APR 20 - MAY 20** Taurus, it's possible you're looking at your living arrangements and deciding whether you'll be staying. Now you're weighing your options and discussing with your family what they would like to do. The Universe could be signaling that it's time for a change. The decision you make today could inform a lot of the choices you make over the next few weeks.

#### SCORPIO



**OCT 23 - NOV 21** Scorpio, a new position could be up for grabs, and you can submit an application. A job-hunting website might push a notification that fits your qualifications. But you need to take quick action to secure this juicy opportunity. This might be exactly what you've been asking for. It's just coming a little sooner than you expected.

#### GEMINI



**MAY 21 - JUN 20** Gemini, you have a fuller picture of a situation with someone close to you. Information could be coming from several credible sources. You might want to offer advice, but at this time this individual might not be ready to hear it. It could be like talking to a wall. Gemini, you are an excellent communicator, but today your message may not be heard.

#### SAGITTARIUS



**NOV 22 - DEC 21** It isn't good for Sagittarius to be in one place for too long. Lately, you could be working a lot or finishing up the school semester. And while you might not be able to travel today, this is a good time to plan a trip. You could do something practical by preparing to return home for the summer. Someone from your past could psychically reach out to you. You're picking up their message loud and clear.

#### CANCER



**JUN 21 - JUL 22** First quarter moon in Leo bringing a financial opportunity. However, there's still work to be done. Cancer, you'll have to make the first move, which means you might have to make a sales call or set up a meeting with the prospective partner, which for some reason is easier said than done. It's time for you to recognize that any action you take at this point is better than no action.

#### CAPRICORN



**DEC 22 - JAN 21** First quarter moon in Leo bringing a financial opportunity if you're willing to step a little outside your comfort zone. Capricorn, it's possible you've heard about a new investment or a new way of investing, such as peer-to-peer lending or real estate crowdfunding. But before you take action, it will be necessary to review prospectuses or watch numerous instructional videos online.

#### LEO



**JUL 23 - AUG 22** Leo, this individual might be an influencer, mentor or celebrity. It's possible you are sitting next to them in a restaurant, see them in line at the grocery store or you get introduced by a mutual friend. This isn't the time to stay on the sidelines or wait for this individual to come to you. It's a