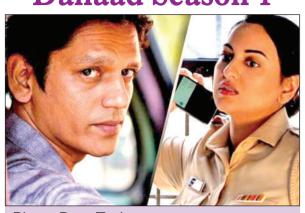
MOVIE REVIEW

STATETIMES

Dahaad Season 1



Director: Reema Kagti Cast: Sonakshi Sinha, Vijay Varma, Gulshan Devaiah

Story: This eight-part series follows Sub-inspector Anjali Bhaati as she investigates a string of inexplicable deaths in public restrooms in Mandawa, Rajasthan. Initially appearing to be suicides, a chain of homicides, one after the other, directs their investigation toward a pattern in the fatalities, raising the possibility that a serial murderer is on the loose. But what is the truth, and who, after all, started it all? Thus, begins an enthralling game of cat-and-mouse that will keep you hooked.

REVIEW: Dahaad brings up something we've seen in various Indian dramas like Raveena Tandon's Aranyak and Dhrashti Dhami's Duranga, among others. Like these shows, many characters are introduced and seen across the first few episodes, simmering in their own worlds until they are brought together. While certain elements are presented in the first episode, other characters come in as the story unfolds. And the political subplot concerning caste prejudice and using people as scapegoats serve no function other than to muddle

Shot in various parts of Rajasthan, Tanay Satam's cinematography beautifully captures the rustic villages, bringing realism to the drama. If the roughly hour-long episodes would have been given a tighter edit, this show would have easily been a binge-worthy drama.

In-depth Analysis

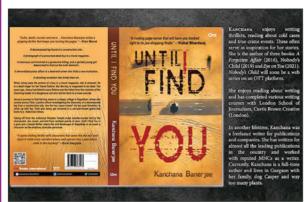
Our averall critic's rating is not an average of the sub scores below

Direction Dialogues

Visual appeal

BOOK REVIEW

Until I Find You



Title: 'Until I Find You' Author: Kanchana Banerjee Genre: Thriller Publisher: Om Books International Pages: 268 Price: INR 295

Review: Kanchana Banerjee is back with her fourth novel titled 'Until I Find You' this year. The book was launched by Vinita Dawra Nangia- Executive Editor, TOI, and Shantanu Ray Chaudhuri- Editor-in-Chief, Om Books International, along with the author in Gurgaon recently.

'Until I Find You' follows Jenny, as she tries to unravel an unbelievable crime. It was 10 years ago when Jenny's friend Rubina and an infant were killed in a mass suicide at the behest of a charming-vet-dangerous cult leader. Now, roughly a decade later, when Jenny notices a picture of young boy in a magazine, she is shocked. The reason: the boy looks just like

In search of the boy, Jenny ends up in a sleepy village in Rajasthan. Here she meets Virat, a police officer who is investigating the case of a decomposed leg which was found at a construction site. Are the two cases interlinked? And if so, who would kill innocent people and why? As mysteries unravel, it leads to more sinister happenings.

Banerjee's new thriller 'Until I Find You' is inspired by the People's Temple mass suicide-murder which was led by Jim Jones in 1978. The fast-paced story is narrated by multiple point of views, which making it a gripping read. Readers will find themselves to be personally engaged in this murder-mystery, which will keep them hooked till the end.

GADGET REVIEW

Realme 11 Pro



6.70-inch Display Resolution (2400x1080)MediaTek Dimensity 7050 Front Camera 16MP100MP + 2MPRear Camera RAM 8GBStorage 256GBBattery Capacity 5000 mAhAndroid 13 Wi-Fi GPS Yes Bluetooth Yes, v 5.20 USB Type-C Headphones $3.5 \mathrm{mm}$ Fingerprint Sensor Yes Magnetometer Yes Proximity sensor City of the Rising Sun, Colours City of Green Fields,

Pros

* FHD AMOLED display with 120Hz refresh rate.

Excellent battery life. * Stereo speakers are present.

* 5G and NFC support.

Cons

Starry Night Black

* Without any gorilla glass protection.

* Outdated USB Type C 2.0 charging port.

Yamaha MT 15 V2



Starting Price Ground Clearance Emission Type Engine Displ Mileage Max Power Max Torque $\operatorname{Gear}\nolimits \operatorname{Box}\nolimits$ Bore Stroke Drive Type Fuel Type Wheels Type Tyre Type Brakes Front Brakes Rear Battery Capacity

Rs. 1.64 - 1.68 Lakh 170 mm BS6 $155~\mathrm{cc}$ 56.87 kmpl18.4 PS @ 10000 rpm 14.1 Nm @ 7500 rpm 6 Speed 58.0 mm $58.7 \; \mathrm{mm}$ Chain Drive Petrol Single Channel Allov Tubeless Disc Disc 12 V / 4.0 AhY-Connect, VVA, Fuel consumption indicator

Pros

Additional Features:

LED tail lights

* Fantastic styling. * Good headlamp spread.

Quick on its feet.

* Cramped seat. * Awkwardly placed

Cons

switchgear.

Health and Lifestyle

3/5 3/5 3/5

Weight loss: How much cardio should be done every day?



√ardio is a popular form of workout for weight loss. It helps you in shedding kilos by burning calories, engaging large muscle groups, increasing your heart rate, and promoting controlled breathing. There is a lot of variety in cardio and you can choose whatever works best for you. As for how long you should do cardio everyday, read on to find out.

Cardio exercises for weight

Some popular, common and effective forms of cardio to choose from include walking, jogging, swimming, cycling, running. High-Intensity Interval Training (HIIT), jumping rope, rowing, and elliptical training. You can also join cardio fitness classes. All of these workouts get your heart rate up and help you burn calories.

How much cardio for results

Fitness experts recommend doing cardio everyday to lose weight. While the exact number of hours you should put in everyday varies from person to

person, in general, you should aim for at least 150 minutes of moderate-intensity cardio per week. If you are at an advanced level and choose to do vigorous-intensity cardio, go for 75 min-

utes of cardio per week To simplify it into a routine, practice 30-60 minute long car-

dio sessions, and do them 3-5 times every week. Make sure you do not overdo cardio and stop when your body says as excessive cardio can lead to burnout and injuries

Best cardio exercise for belly

While all forms of cardio help you burn calories, experts suggest running is the best form of cardio to shed weight in your midsection. Some studies have found that moderate-to-high intensity of running can help reduce belly fat, even without changing your diet. However, it is important to start slow and gradually increase your pace and intensity. Further, eating calorie dense foods regularly and then going for a run will not help you.

Combine high and moderate

intensity cardio To get the best results from your cardio workout, do a mix of both high intensity (such as high-intensity interval training) and moderate intensity workouts (such as walking or cycling) in your rou-

Cardio alone may not work? In order to lose weight in the long run and prevent it from coming back, combine your cardio with strength training as well as eating a healthy, balanced diet. This trio will make your

body healthier and fitter than ever!

ASTROLOGY

WEEKLY PREDICTIONS 28ST — 03RD JUNE 2023



begins with the sun in Gemini and your house of communication making a square to Saturn in Pisces. Now you might be assessing how you've grown over the last couple of years. Aries, you could see progress in some areas but lament some missed opportunities, things that von shied away from because you lacked confi. dence or felt the timing wasn't right.

This week, you're ready to fly. The week



This week, you are free to roam. The week begins with the sun in Gemini and your house of travel and adventure making a square to Saturn in Pisces. You might feel like a bird that wants to spread its wings but is locked in a cage. That cage could be work or family obligations or a feeling that you don't have the resources now to do the things you want to do.

TAURUS



This week, resources become apparent and available. The week begins with the sun in Gemini and your house of money making a square to Saturn in Pisces. While you might feel like the emphasis right now is on "slow," this is a good day to look at the progress you've made. Taurus, this could be a journey to pay off debt, or collect the supplies needed to keep family secure.



SCORPIO

This week, there's nothing in your way. The week begins with the sun in Gemini and your house of investments, credit, and debt making a square to Saturn in Pisces. Scorpio, you could be feeling that the return on your investments has been lackluster. So you might want to kick it into gear. But this, of course, comes with some risk, so this is a good day to weigh the question of security versus return.



CANCER

LEO

JUL 24 - AUG 23

This week, you're getting a clear picture. The week begins with the sun in Gemini (happy birthday!) making a square to Saturn in Pisces and your house of success and achievements. Since your birthday is near, you might be looking at the past year (or years) and seeing how far you've moved forward. There could be areas where you have a reason to celebrate, yet there are still some gaps.

This week, things are improving by leaps and

new. The week begins with the sun in Gemini

and your house of community making a square

to Saturn in Pisces. There might be some things

in your neighborhood that you want to change

This could be the day when you write to your

local representative or consider running for

office yourself. It's possible you're doing some

charity work.

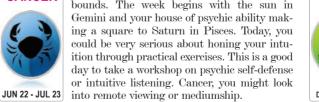


This week, a connection could get serious. The week begins with the sun in Gemini and your house of relationships making a square to Saturn in Pisces. You and your dating partner could be having "the talk." Sagittarius, you might consider moving in together or at least stating to the world that you're a couple. If vou're looking for love, you might find someone NOV 23 - DEC 22 now who is looking for a long-term relationship.

This week, you're tackling things head-on.

The week begins with the sun in Gemini and

CAPRICORN





your house of daily routines making a square to Saturn in Pisces. You could be determined to get the house sparkling clean. It's possible that you have guests arriving, perhaps including an in-law who is particular about tidiness. It's also possible that you're doing a deep clean to consolidate what you have.

This week, you're ready to step into something



This week, you are admired by others. The week begins with the sun in Gemini and your house of romance and pleasure making a square to Saturn in Pisces. You might feel it's time to make some serious plans with your dating partner. Aquarius, you could be looking at meeting each other's family or discussing buying property together.

JAN 21 - FEB 23

This week, you're changing directions. The **PISCES**

week begins with the sun in Gemini and your house of home and family making a square to Saturn in Pisces. Someone in your family needs your help. It's possible they need advice or a shoulder to cry on or a few bucks to get through the end of the week. Pisces, this individual doesn't ask for a favor very often.



This week, it's time to be in charge. The week begins with the sun in Gemini and your house of social standing making a square to Saturn in Pisces. You could be voted into a leadership role whether you like it or not. Someone is recommending you to lead a project, organization, or some other group of importance. Virgo, this is not the time to stand in the shadows.

