

MOVIE REVIEW

Do Aur Do Pyaar



Director: Shirsha Guha Thakurta
Cast: Vidya Balan, Pratik Gandhi, Ileana D Cruz

STORY: A couple is having secret affairs to overcome the boredom in their marriage. A trip out of town rekindles their chemistry, and the tables turn. Torn between their lovers and spouses, will they resolve their issues or separate as they have quietly planned?

REVIEW: The film boasts of skillful treatment, the credit for which goes to cinematographer Kartik Vijay, ISC. A slick soundtrack by performers and non-film artistes like Lost Stories, The Local Train (Tu Hai Kahan sung by Lucky Ali), When Chai Met Toast, Abhishek-Ananya, and Subhjit Mukherjee adds lofiness to the narrative.

The film's true strength lies in its lead cast. Vidya Balan and Pratik Gandhi share undeniable chemistry, captivating viewers with their passionate reunion, the portrayal of a failing marriage, or the brewing tension. Ileana D'Cruz, as a "whiny," at times ditzzy but easily pleased girlfriend, stands out. Sendhil Ramamurthy as the hotshot and artistic photographer is convincing. Debutante director Thakurta and the writing team, Suprotim Sengupta and Eisha A Chopra, weave a light narrative peppered with humour, even during tense moments. Do Aur Do Pyaar falters with its uneven pacing, especially in the latter half. Despite this, the stellar performances, humour-infused script, and beautiful visuals make it a watchable romantic comedy.

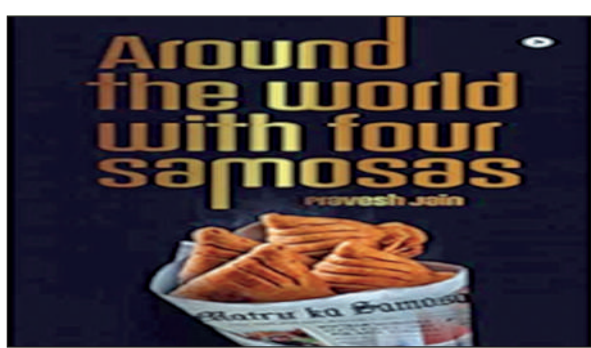
In-depth Analysis

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

Direction	██████████	4/5
Dialogues	██████████	4/5
Story	██████████	4/5
Music	██████████	4/5
Visual appeal	██████████	4/5

BOOK REVIEW

Around the World with Four Samosas



Title: 'Around the World with Four Samosas'
Author: Praveesh Jain
Publisher: Notion Press
Pages: 262
Price: INR 300

Review: In 'Around the World with Four Samosas', author Praveesh Jain takes readers on a delectable journey in his book. And if you're tired of the same old stories, buckle up, because this one will take your taste buds and imagination on a rollercoaster ride!

The story follows Vivek, a brilliant IIT graduate, facing the existential crisis of a lifetime, and Paresh, a simple samosa vendor who believes in the transformative power of his crispy creations. It's an odd pairing, but as they start on a train journey, their worlds collide, setting the stage for a tale that's as heartwarming as a fresh, hot samosa.

Jain writes a narrative that not only tantalizes your taste buds with vivid descriptions of the perfect samosa but also serves up a generous helping of life lessons. Paresh's belief that a good samosa can change the world might sound whimsical, but as you leap more into the story, you'll find yourself nodding along, realising that sometimes, it's the simplest things that can spark a revolution.

Vivek's journey from disillusionment to enthusiasm is a refreshing twist that nudges readers to think beyond the ordinary. The book isn't just about the delectable treat; it's a call to action, urging young minds to explore unconventional paths, start businesses, create brands, and redefine the meaning of 'work' for themselves. What makes this book a stand-out is its ability to inspire. The book teaches you to dream and dare. In a world where conformity often overshadows creativity, 'Around the World with Four Samosas' is like a beacon of encouragement. It builds up a great story of success that refuses to accept stagnation and dreams to do a difference.

GADGET REVIEW

Google Pixel 8a



Expected Price	Rs 52,999
Display	6.10-inch
Resolution	(1080x2400)
Protection type	Corning Gorilla Glass 3
Front Camera	13MP
Rear Camera	64MP + 13MP
RAM	8GB
Storage	128GB
Battery Capacity	4492mAh
OS	Android 14
Wi-Fi	Yes
Bluetooth	Yes, v 5.30
USB Type-C	Yes
Face unlock	Yes
Fingerprint Sensor	Yes
Magnetometer	Yes
Proximity sensor	Yes
Accelerometer	Yes
Fast charging	Proprietary
Wireless charging	Yes
Colours	Obsidian, Porcelain, Bay, Aloe

Pros

- * Same price as before.
- * 7 years of software & security updates.
- * AI features.
- * Matte finish.

Cons

- * Slow Charging.

VEHICLE REVIEW

Toyota Innova Crysta Facelift



Starting Price	Rs. 19.99 - 26.30 Lakh*
Fuel Type	Diesel
Engine Displacement	2393 cc
No. of Cylinders	4
Max Power	147.51bhp@3400rpm
Max Torque	343Nm@1400-2800rpm
Seating Capacity	7, 8
Transmission Type	Manual
Boot Space	300 Litres
Fuel Tank Capacity	55 Litres
Body Type	MUV
Front Suspension	Double Wishbone With Torsion Bar
Rear Suspension	4-Link with Coil Spring
Steering Type	Electric
Steering Column	Tilt & Telescopic
Steering Gear Type	Rack & Pinion
Front/Rear Brake Type	Disc
Parking Sensors	Rear
USB Charger	Front
Touch Screen size	8 Inch
Connectivity	Android Auto, Apple CarPlay

Pros

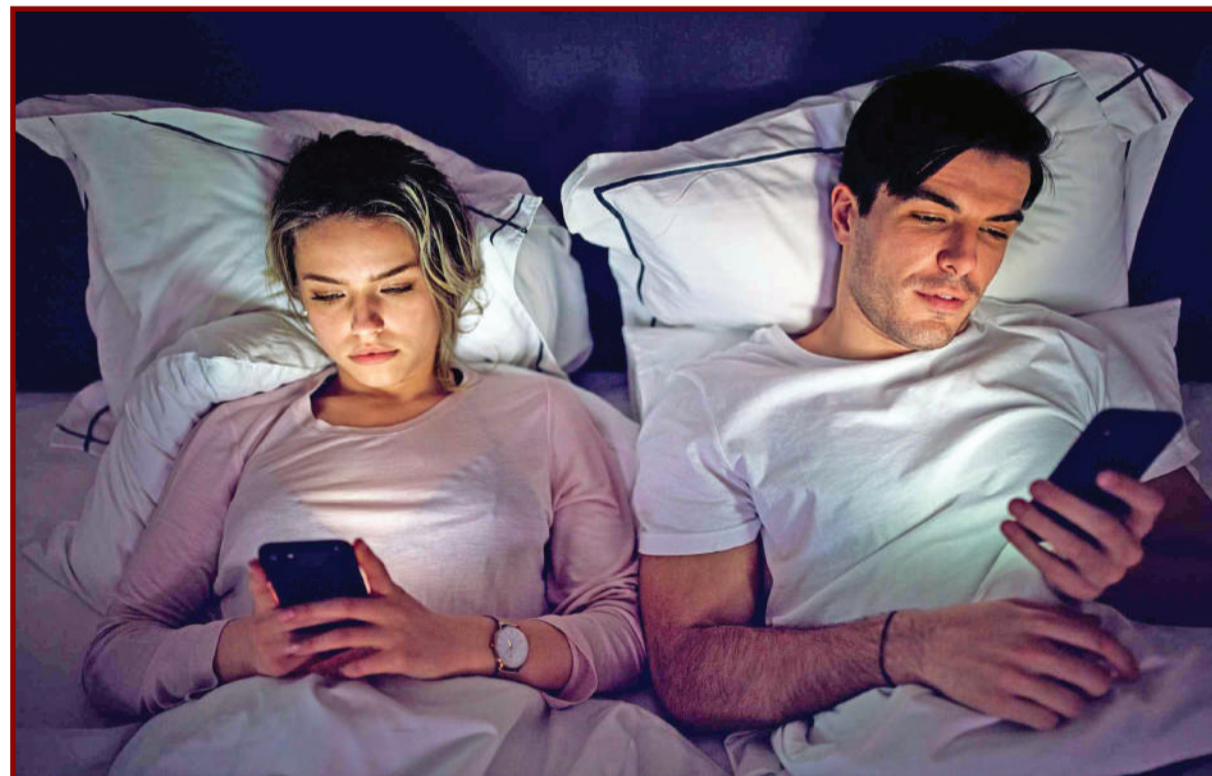
- * One of the most spacious MPVs on sale.
- * Comes with all necessary features to make the drive comfortable.
- * Bulletproof reliability and efficient diesel engine.

Cons

- * No petrol or automatic transmission option.

Health and Lifestyle

Five health reasons to take a break from your cell-phone



There is no denying that smartphones have made our lives convenient. We can get in touch with a person sitting in the other corner of the world just with the touch of a button and get any kind of information from the internet within seconds. Another reality is that cell phones have also put us at the risk of developing some serious health ailments. Scrolling on cell phones for a prolonged period can lead to text neck and dry eyes. The damage is not only limited to your physical well-being. Consuming too much information online can increase stress levels and insecurities. Here are five valid reasons to take a break from it.

It damages your eyes

Human eyes are quite delicate and the blue screen of the cell phone can easily damage if not used in the limitation. The cell phone screen can lead to photoreceptor damage, headaches, blurred vision and even dry eyes.

If you are experiencing any of the symptoms, chances are that your cellphone is responsible for them. Give a break to your eyes, focus on something kept at 20 m distance from you and regularly get an eye-check to minimise the damage.

It can lead to carpal tunnel and selfie wrist

If you use your smartphone for 5-6 hours a day, you might suffer from these conditions in future. Studies suggest both carpal tunnel and selfie wrist are a growing problem among teenagers. These syndromes can lead to problems like wrist pain, numbness, tingling sensation and pins and needles. If you are experiencing any of the symptoms, meet your doctor and cut down your screen time. Back pain and neck pain are two problems associated with excessive cellphone usage.

It may cause skin breakouts

There are several studies available online that suggest that cellphones are home to varied kinds of germs and bacteria.

These pathogens can be transferred to your skin and lead to skin and other health issues.

When you hold the phone close to your ears or cheek the germs are transferred to your skin and can lead to skin blemishes and acne breakouts. Even premature ageing is a sign of excessive cellphone usage. To reduce the risk, clean your phone regularly with alcohol wipes.

It can disrupt your sleeping pattern

For your body to function normally and in a healthy way, you need to get 7-8 hours of sleep regularly. But due to excessive cell phone usage late at night, many people are facing the problem of sleeplessness.

Either they doze off while looking at their cell phone screen or they keep tossing and turning way past their bedtime. An irregular sleeping pattern makes you cranky, moody and even leads to overeating.

It can make you feel stressed

There are two ways cell phones make you feel more stressed. First due to sleeplessness and secondly due to excessive consumption of information from the internet.

Whether you are scrolling your social media handle or the internet, both can make you feel overwhelmed over time and increase the cortisol level. Cell Phone addiction can also lead to anxiety, depression, and impulsivity.













The bottom line

It is certainly not easy to avoid looking at your cell phones throughout the day. So, make some ground rules that would help to cut down your screen time like:

- Do not see your phone while eating
- Do not reach out for your phone first thing in the morning
- Do not scroll your social media handle before going to bed
- Stop using cell phones at least 3 hours before bedtime.

ASTROLOGY

WEEKLY PREDICTIONS 12TH - 18TH MAY 2024

<p>ARIES</p>  <p>MAR 21 - APR 19</p>	<p>This week, you're moving at lightning speed. The week begins with the sun conjoining Uranus in Taurus. Money could fall into your lap unexpectedly. Aries, you might receive a gift of money, or you could find some money. A loan you've been wishing for comes through. Someone might write you a check. A big-ticket item could sell.</p>	<p>LIBRA</p>  <p>SEP 23 - OCT 22</p>	<p>This week, you gain something of value. The week begins on Monday, May 13, with the sun conjoining Uranus in Taurus and your house of resources and power. Open your arms to receive. Today, you could gain something of value. This might be a financial gain or a person with the knowledge you need who steps up to help you.</p>
<p>TAURUS</p>  <p>APR 20 - MAY 20</p>	<p>This week, you have a clear direction. The week begins on Monday, May 13, with the sun conjoining Uranus in Taurus and your house of personal expression. Taurus, you are changing. You're growing intellectually and spiritually, and this is shifting how you present yourself in the world. And people are noticing. You're attracting attention from some new directions. You could meet new friends now.</p>	<p>SCORPIO</p>  <p>OCT 23 - NOV 21</p>	<p>This week, your determination brings you a win. The week begins with the sun conjoining Uranus in Taurus. Scorpio, you might meet an extremely interesting person. You might feel drawn to this person and want to get to know them better. They might do something that's very unusual or have an eccentric way about them. This new connection could lead to a great friendship.</p>
<p>GEMINI</p>  <p>MAY 21 - JUN 20</p>	<p>This week, opportunities abound. The week begins with the sun conjoining Uranus in Taurus and your house of spiritual epiphanies. You could wake up from an amazing dream or have a vision of something for your future. Gemini, you might be dazzled by a new concept or find a podcast so inspiring that you listen to it over and over. Take the time to jot down your ideas today. They are gold.</p>	<p>SAGITTARIUS</p>  <p>NOV 22 - DEC 21</p>	<p>This week, your positive attitude brings success. The week begins with the sun conjoining Uranus in Taurus. Sagittarius, you might adopt a productivity hack that ends up saving you hours a day. You might do something as small as switching your phone to grayscale and find that you don't spend nearly as much time on it. Or you might switch your sleep schedule and wake up refreshed.</p>
<p>CANCER</p>  <p>JUN 21 - JUL 22</p>	<p>This week, you are receiving benefits. The week begins with the sun conjoining Uranus in Taurus and your house of community. Today, you're in tune with your inner self, and that makes it easier to connect with like-minded people. This is a good day to seek out groups that support your efforts, whether those are in art, writing, or a specific type of video game that you like to play.</p>	<p>CAPRICORN</p>  <p>DEC 22 - JAN 19</p>	<p>This week, you find your goal is closer than you think. The week begins with the sun conjoining Uranus in Taurus and your house of fun and adventure. Capricorn, you might do something today you've never done before. And you might discover that you really enjoy it and you're naturally good at it. This activity could have something to do with creativity or the outdoors.</p>
<p>LEO</p>  <p>JUL 23 - AUG 22</p>	<p>This week, you are receiving recognition from interesting sources. The week begins with the sun conjoining Uranus in Taurus and your house of career. Unexpected changes might be happening in your company, revealing some opportunities for you. It's possible that your supervisor is moving on, leaving an open position. A new department could be formed and require leadership.</p>	<p>AQUARIUS</p>  <p>JAN 20 - FEB 18</p>	<p>This week, you are showing the world your potential. The week begins on Monday, May 13, with the sun conjoining Uranus in Taurus and your house of family. While you care about your family and respect them, you sometimes have to go in a different direction. Today, that direction is clearer than ever. Aquarius, this might not be what your parents wanted for you or what your siblings would recommend.</p>
<p>VIRGO</p>  <p>AUG 23 - SEP 22</p>	<p>This week, you are obliterating blocks. The week begins with the sun conjoining Uranus in Taurus. Virgo, you might realize that a long-held belief just isn't true. And in an instant your life transforms, like the snap of a finger from the hand of a genie. Blocks and obstacles in your way disappear. You're giving yourself permission to succeed.</p>	<p>PISCES</p>  <p>FEB 19 - MAR 20</p>	<p>This week, your efforts are noticed. The week begins with the sun conjoining Uranus in Taurus. Pisces, you might have a brilliant idea and today you see how you might implement that idea, whether it's getting a patent or starting a crowdfunding account. And while you see the big picture now, it's a good idea to break this down into manageable steps.</p>