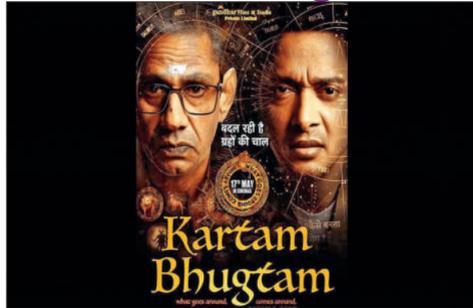


## MOVIE REVIEW

### Kartam Bhugtam



Director: Soham Shah  
Cast: Shreyas Talpade, Vijay Raaz, Aksha Pardasany, Madhoo Shah

**STORY:** NRI Dev Joshi (Shreyas Talpade) wants to consolidate his dead father's assets and cash, but the course of his life changes when he meets a highly acclaimed astrologer.

**REVIEW:** Executed in a taut screenplay, this psychological thriller keeps the audience engaged with a consistent flow of unexpected twists in Dev's life. The events are relatable and domestic. The kind of situations we routinely face when dealing with banks, lenders, civic authorities and in property matters. Set in a small town in India, Shah captures the essence of the place with its slow paced life and practical problems. The strength of the narrative rests on the shoulders of two very able performers - Shreyas Talpade and Vijay Raaz, who deliver convincing performances. With no unnecessary songs or frills, 'Kartam Bhugtam' flows at a consistent pace. While the loud background score could have been dialled down a bit, thankfully, the film doesn't resort to jarring theatrics or unwanted drama. It is able to prove its point in a simplistic way. In fact, a bit too simplistic, at times. But that's also its strength, as the story doesn't deviate from its purpose of establishing how Karma eventually catches up with you, no matter how far you run.

All in all, 'Kartam Bhugtam' is an entertaining slice-of-life thriller that delivers a strong message without deviating from its core.

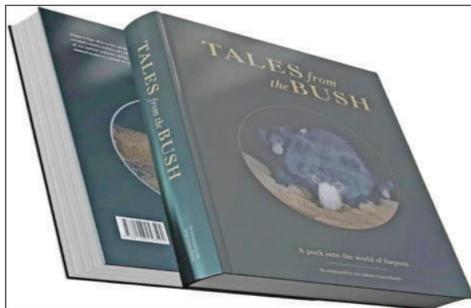
#### In-depth Analysis

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

### Tales from the Bush



Title: 'Tales from the Bush'  
Author: Aly Rashid  
Publisher: Jehan Numa Palace pvt ltd  
Pages: 325  
Price: INR 5500

**Review:** Aly Rashid, a distinguished naturalist and ecotourism practitioner and Director of the critically acclaimed conservation lodges, Jehan Numa Wilderness, announces the launch of their new book, 'Tales from the Bush - A peek into the world of Satpura'. The book offers readers a peek into the captivating world of Satpura forests through a compilation of stellar photographs, stories, anecdotes, and wildlife encounters witnessed by the team, guests and close associates at Jehan Numa Wilderness lodges. These encounters span a period of a decade and a half long presence in this landscape.

While Aly and his family have always had a deep connection with the central Indian jungle, his Satpura story began in 2009 with the establishment of Jehan Numa Wilderness and under its aegis, Reni Pani Jungle Lodge. With the addition of the magnificent Bori Safari Lodge the conservation involvement of Jehan Numa Wilderness in Satpura has been further cemented. Within the pages of 'Tales from the Bush', Aly Rashid presents a wealth of experiences shared not only by his in-house field team but also by lodge guests, photo contributors and esteemed chapter authors, including Shivang Mehta, Pradip Krishen, Surya Ramachandran, David Raju, and Saroshi Lodhi, who have had their own remarkable encounters with Satpura's magical wilderness.

What sets this book apart are the never-before-seen visuals of forest. Of particular interest is the intriguing chapter titled "Satpura After Dark," authored by renowned wildlife photographer, Shivang Mehta, where SLR camera traps have skillfully captured the elusive nocturnal wildlife that thrives outside the protected area.

## GADGET REVIEW

### Motorola Edge 50 Fusion



Expected Price	Rs 52,999
Display	6.70-inch (2400x1080)
Resolution	(2400x1080)
Processor	Qualcomm Snapdragon 7s Gen 2
Front Camera	32-megapixel
Rear Camera	50-megapixel + 13-megapixel
RAM	8GB, 12GB
Storage	128GB, 256GB
Battery Capacity	5000mAh
Fast charging	68W Turbo Charge
OS	Android 14
Wi-Fi	Yes
GPS	Yes
Bluetooth	Yes, v 5.20
NFC	Yes
USB Type-C	Yes
Fingerprint sensor	Yes
Magnetometer	Yes
Proximity sensor	Yes
Colours	Forest Blue, Hot Pink, Marshmallow Blue

#### Pros

- \* Excellent design and build quality.
- \* Splendid performance.
- \* Good battery life.
- \* Clean UI.

#### Cons

- \* Curved screen prone to accidental touches.
- \* Limited RAM and storage.

## VEHICLE REVIEW

### Maruti FRONX



Starting Price	Rs. 7.51 - 13.04 Lakh*
Fuel Type	Petrol
Engine Displacement	998 cc
No. of Cylinders	3
Max Power	98.69bhp@5500rpm
Max Torque	147.6Nm@2000-4500rpm
Seating Capacity	5
No. of Airbags	6
Transmission Type	Automatic
Boot Space	308 Litres
Fuel Tank Capacity	37 Litres
Body Type	SUV
Gear Box	6-Speed AT
Front Suspension	MacPherson Strut
Rear Suspension	Torsion Beam
Steering Type	Electric
Steering Column	Tilt & Telescopic
Front Brake Type	Disc
Rear Brake Type	Drum
Touch Screen size	9 Inch
Connectivity	Android Auto, Apple CarPlay

#### Pros

- \* Muscular styling commands attention.
- \* Looks like a baby SUV.
- \* Spacious and practical cabin.
- \* Choice of automatic with both engine options.

#### Cons

- \* Sloping roofline eats into rear seat headroom.

# Health and Lifestyle

## Impact of social media on mental health and tips to take care of yourself



Access to social media handles has brought the world closer to us. It has made it easier to communicate with friends and family sitting on the other side of the globe and people of diverse backgrounds. However, excessive usage of social media handles has also paved the way for different mental health concerns.

#### The act of mindlessly scrolling social media feeds

Have you ever noticed how much time you mindlessly scroll through your social media feeds in a day? Even when you have several minutes in your hand, you instantly open your social media account to look at what's new in your feed. After waking, before going to bed, during mealtime or while travelling in the metro, most people keep on refreshing their feeds for more information without realising how harmful this practise is to their mental and physical well-being.

As per Delhi-based Psychologist Dr Vidhya Nair, excessive usage of social media can lead to social media addiction, which has become a general mental health issue these days. "The main reason why people go to social media is for the instant validation they get in the form of likes, comments and shares," she said.

#### This releases happy hormones in the body known as dopamine, which makes us go back to it again and again," she added.

Spending too much time on social media also affects the concept of self, life and reality around us. Dr Nair shared some essential tips that everyone facing difficulty with keeping their phones away for a while must try.

#### The impact of increased usage of social media

Spending too much time scrolling your social media handle may affect your mental health in more than one way. You may not realise how it is affecting you initially, but over time it can lead to serious issues like low self-esteem, anxiety disorder, depression, body image issues and uncontrollable emotional behaviour.

#### Social media addiction red flags

Most of the times, people addicted to social media just do not realise how much time they are spending on it or how social media is impacting their life. We all believe that we are using

social media handles in limitation due to blurring reality between social and real life. In such a case, Dr Nair suggests looking for red flags of social media addiction. There are two main red flags of social media addiction:

**Forcing yourself:** If you are forcing yourself to do things that you do not want to do just because others are doing it, that means you have gone deep into the world of social media. It is time to take steps to reduce your daily screen time.

**Physical signs:** Social media usage also leads to physical symptoms that you need to look out for like change in sleeping pattern, change in appetite, palpitations, increase in heart rate and inability to focus.

#### How to take care of your mental health

It is never too late to take steps to improve your mental well-being. Taking the right steps to decrease your social media feed consumption can improve your physical and mental health. Moreover, it will also give you time to engage in other activities.

**Track your usage time:** Dr Nair suggests tracking your daily social media usage time. Based on that allot a social media-free time in your day during which try not to use social media handle and involve in other activities.

**Embrace yourself:** As per the psychologist, the main reason why people go to social media, again and again, is for instant validation, which is not good for us in the long run. So, try to embrace yourself and understand that everything you come across on social media is not real.

#### Other ways to take care of yourself

**Look for new hobbies:** Look for some new hobbies or activities that do not involve screen time and be mindful of your actions

**Practise meditation:** Meditation can help to calm your mind and train them to be at the present, rather than wandering around.

**Seek professional help:** If the situation gets out of control or you are not able to cut down your screen time, seek professional help. Taking help at the right time is the best thing you can do for your mental health.

# ASTROLOGY

## WEEKLY PREDICTIONS 26<sup>TH</sup> - 01<sup>ST</sup> JUNE 2024

#### ARIES



MAR 21 - APR 19

This week, your heart leads the way. You can follow your heart and be true to yourself, or you can comply with what others are asking. And while the choice might seem obvious, it could be a lot easier said than done. You might have to stop for a moment to consider what you really want. Your plans for the future might seem like a labyrinth.

#### LIBRA



SEP 23 - OCT 22

This week, you're the person with the plan. You might need to make a decision about a relationship. You could flip a coin yet still feel undecided. Ask yourself what you'd advise a dear friend to do. You can find the right answer by looking at the situation objectively. You're ready to implement systems or create plans that help you be more productive.

#### TAURUS



APR 20 - MAY 20

This week, you receive important messages. The week begins with the moon in Capricorn squaring the North Node and South Node. Taurus, there is a choice in front of you, which is to do things the old way or reach within to find the lesson the Universe is trying to teach you. Be still for a while today, maybe sit outside or journal in a comfortable chair. The message will come through loud and clear.

#### SCORPIO



OCT 23 - NOV 21

This week, there is a reason to smile. The week begins on Sunday, May 26, with the moon in Capricorn squaring the North Node and South Node. You might realize you're spending a lot of your day on autopilot. It might be time to take control so you can fly in a different direction. Look at your daily routines and see what you can change to make it more interesting and effective.

#### GEMINI



MAY 21 - JUN 20

This week, you have the answer. The week begins with the moon in Capricorn squaring the North Node and South Node. Sometimes you like to flip-flop between different choices, and now it's good to take the path less traveled. If you tend to stay home, it's good to go out. If you tend to sleep in, it's good to wake up early. If you usually have a waffle cone with chocolate ice cream, try pistachio.

#### SAGITTARIUS



NOV 22 - DEC 21

This week, you might get involved in a pleasant adventure. The week begins on Sunday, May 26, with the moon in Capricorn squaring the North Node and South Node. You have a decision to make. A group of friends might want you to join them, while you want to go in a different direction and do something just for you. This might come down to what you do less often. Today, consider doing what others don't expect.

#### CANCER



JUN 21 - JUL 22

This week, you overcome an obstacle. You have a choice to make between doing something for yourself and doing something for your family. Now your default setting is on family, but that isn't always the choice you should make. Remember what they say on the airplane: put on your oxygen mask first and then help others. You're getting an itinerary together.

#### CAPRICORN



DEC 22 - JAN 19

This week, you are designing your future. You could have a career decision to make that affects your home life. Perhaps you were called back into the office or you have an opportunity to work at a different location. It's also possible you're thinking about changing jobs and considering the effect it will have on your family. This is a good day to look at short-term plans and long-term goals.

#### LEO



JUL 23 - AUG 22

You might have a decision to make about an agreement between you and someone close to you. Perhaps you no longer feel the same way and you want to renegotiate. Or it's possible that this contract has been broken and now the only way forward is to make a new agreement. You can handle complicated strategies, especially when they might add up to a profitable outcome.

#### AQUARIUS



JAN 20 - FEB 18

This week, you're finding innovative solutions. The week begins on Sunday, May 26, with the moon in Capricorn squaring the North Node and South Node. You have a choice to make, likely around education. This could be about where to go to school or when to start attending classes. This might be connected to your children and where they attend school. Or you might be looking at a video course that requires a financial investment.

#### VIRGO



AUG 23 - SEP 22

This week, you are in high demand. You have an important financial decision to make. At this time, it's good to take the harder, more responsible route. This might mean waiting to buy a big-ticket item or at least skipping an expensive meal so you can save a little more money. You could be looking at joining finances or buying a house together.

#### PISCES



FEB 19 - MAR 20

This week, you're making good choices. Pisces, you might have a choice to make regarding your money. This could involve retirement savings or something that will have tax consequences next year. You might be weighing different types of investments or looking at financial strategies. This is a good time to put a plan into place.