

MOVIE REVIEW

Heeramandi



**Director:** Sanjay Leela Bhansali  
**Cast:** Manisha Koirala, Sonakshi Sinha, Aditi Rao Hydari, Sharmin Segal, Sanjeeda Ali Sheikh, Fardeen Khan

**STORY:** Set in the 1920s, the series is about a group of tawaifs (courtesans) from the red-light district, Heeramandi, in Lahore. While their queen's reign is threatened by a rival, rebellion brews in British-ruled India. And love blossoms between a tawaif and a Nawab.

**REVIEW:** Bhansali bequeaths the glory to tawaifs that they rightly deserve, giving them agency and shining the light on their pivotal role in India's Independence. And he does so while weaving in a familiar theme — star-crossed lovers. The show's highlight, however, is the cinematic and visually rich milieu, which is quintessential Bhansali. Yards of luxurious curtains, meticulously crafted costumes adorned with jewels, and Huentsang Mohapatra's cinematography shines through here. Bhansali excels in music direction, with the most melodious yet melancholic thumris and ghazals.

Heeramandi, overall, might feel like a long watch, but the cinematic experience will linger on long after its conclusion. And like every Bhansali project, this one, too, throbs with passion and creativity, leaving you mesmerised by the sights and sounds.

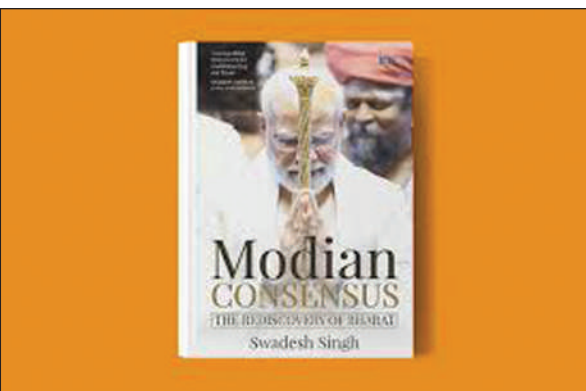
**In-depth Analysis**

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

Direction	<div><div></div><div></div><div></div><div></div><div></div></div>	4/5
Dialogues	<div><div></div><div></div><div></div><div></div><div></div></div>	4/5
Story	<div><div></div><div></div><div></div><div></div><div></div></div>	4/5
Music	<div><div></div><div></div><div></div><div></div><div></div></div>	4/5
Visual appeal	<div><div></div><div></div><div></div><div></div><div></div></div>	4/5

BOOK REVIEW

Modian Consensus



**Title:** 'Modian Consensus: The Rediscovery of Bharat'  
**Author:** Dr Swadesh Singh  
**Publisher:** BluOne Ink  
**Pages:** 304  
**Price:** INR 316

**Review:** Prime Minister Narendra Modi's vision for "Viksit Bharat" and his action plan to transform India into a developed country by 2047 have dominated the political narrative in the run up to 2024 Lok Sabha elections. The book "Modian Consensus: The Rediscovery of Bharat" by Dr Swadesh Singh offers an insightful exploration into the vision and motivations driving the Prime Minister, who has transformed the country's political landscape in the last 10 years.

Singh's insightful analysis identifies key agreements within Indian politics spanning over the past 150 years, culminating in what he terms the "Modian Consensus", a framework that transcends political divides and commands global recognition. Four of the other consensus phases of the past have been identified as Civilisational Consensus, Gandhian Consensus, Nehruvian Consensus and Secular Consensus.

Singh's work stands out for its incisive examination of contemporary issues, weaving historical contexts to provide a profound understanding of present-day political dynamics. By tracing the evolution of Indian politics from the nationalist struggle to the present, Singh demonstrates how PM Modi has reshaped the nation's political landscape with his emphasis on cultural rootedness, assertive nationalism, and inclusive welfare policies. The book explores various manifestations of Modian Consensus, including the challenges it faces and what it augurs for the future of Indian politics.

The book not only offers a compelling framework for understanding the trajectory of Indian politics but also sheds light on the emergence of the "post-2014 Modi era" within the broader framework of post-independent Indian politics.

GADGET REVIEW

Realme P1 Pro 5G



Expected Price	Rs 14,999
Display	6.70-inch
Form factor	Touchscreen
Refresh Rate	120 Hz
Thickness	8.35
Weight (g)	184.00
Resolution	(2400x1080)
Front Camera	16MP
Rear Camera	50MP + 8MP
RAM	8GB
Storage	128GB, 256GB
Battery Capacity	5000mAh
Fast charging	45W Fast Charging
OS	Android 14
Skin	Realme UI 5.0
Wi-Fi	Yes
GPS	Yes
Bluetooth	Yes, v 5.20
USB Type-C	Yes
Fingerprint Sensor	Yes
Colours	Parrot Blue, Phoenix Red

**Pros**

- \* Long Battery Life.
- \* Excellent performance.
- \* Vibrant AMOLED display with good stereo speakers.

**Cons**

- \* Low-light photography could be better.
- \* Ads and pre-loaded apps.

VEHICLE REVIEW

Mahindra XUV 3XO



Starting Price	Rs.7.49 - 15.49 Lakh*
Fuel Type	Petrol
Engine Displacement	1197 cc
No. of Cylinders	3
Max Power	128.73bhp@5000rpm
Max Torque	230Nm@1500-3750rpm
Gear Box	6-Speed AT
Drive Type	FWD
Seating Capacity	5
Transmission Type	Automatic
Boot Space	364 Litres
Fuel Tank Capacity	42 Litres
Body Type	SUV
Front Suspension	McPherson Strut with Anti-roll Bar
Rear Suspension	Twist Beam Suspension with Coil Spring
Steering Type	Electric
Front/Rear Brake Type	Disc
Touch Screen size	10.24 Inch
Connectivity	Android Auto, Apple CarPlay

**Pros**

- \* Gets level-2 ADAS.
- \* Automatic for all engine options.
- \* Feature-rich top-end variants.
- \* Six airbags as standard across the range.

**Cons**

- \* Feel-good features only in top-spec variants.
- \* Quality and fit/finish are not segment-leading.

Health and Lifestyle

Exercises and activities to cut down your cancer risk



Being overweight or obese is linked to 13 different types of cancer. On the other hand, up to one hour of moderate activity daily or 30 minutes of vigorous activity everyday can help to cut your cancer risk.

In fact, exercise is important to reduce the risk of many cancers, such as bowel cancer, in which exercise can help you pass through the waste more quickly, reducing contact with cancer-causing agents. High activity levels from exercise may also help in lowering the level of oestrogen in the body, thereby reducing breast cancer risk.

Exercising also prevents tumour growth in general, as if your body is physically active, it will produce less insulin and insulin-like factors that speed tumour growth.

**How much exercise should you do?**

At least 1 hour of moderate activity daily or 30 minutes of vigorous activity everyday is recommended to reduce your cancer risk.

Moderate intensity exercises include workouts which cause a slight but noticeable increase in your breathing and heart rate. Vigorous exercise makes you huff and puff. It can be defined as exercise at 70% to 85% of your maximum heart rate.

If you have any existing medical condition, it is best to consult your doctor for what kinds of exercises you can do, especially if you wish to do vigorous workouts.

**Moderate and vigorous exercises you can try**

Some examples of moderate exercises that can be easily done by anyone include:

- Brisk walking
- Medium-paced swimming
- Slow cycling
- Yoga

For vigorous workouts, you can choose from a range of exercises depending on your interests. These include:

- Football
- Squash
- Netball
- Basketball
- Aerobics
- Circuit training
- Jogging

**Basic exercise guidelines**

According to the American College of Sports Medicine, here are some basic exercise guidelines that everyone should be aware of, whether you are a beginner or seasonal athlete:

**Exercise at a moderate intensity 3 to 5 times a week.**

Warm up for 5 to 10 minutes before aerobic activity. Maintain your exercise intensity for 30 to 45 minutes. Gradually decrease the intensity of your workout, then stretch to cool down during the last 5 to 10 minutes.

Aim for 20 to 60 minutes of aerobic exercise each time you exercise.

**Activities you can try**

While there is no alternative for a dedicated exercise time, if you are taking a break due to some health issue or other factors, here are some everyday activities you can engage in, which will keep you active:

- Vacuuming the house
- Mowing the lawn with a push mower
- Washing your car by hand
- Gardening
- Scrubbing your floors
- Dancing while cleaning the house
- Playing games with kids
- Walking while on phone call

**How to be active everyday?**

Here are some lifestyle tips and thoughts for mindset which can help you remain active throughout the day, and not just while exercising for a tiny chunk of the day. First, see exercise as an opportunity towards a healthier body, not an inconvenience. Try to walk as much as possible – answering doors, fetching things etc. An oldie but goodie – walk up stairs instead of taking the lift. If you need to communicate with people in your house or neighbours, prefer going to them instead of texting or calling.

Aim towards a goal of 10,000 steps everyday. If your work involves sitting for long hours, get up at least after every hour and walk for five minutes. Sitting for extended periods increases your cancer risk, even if you exercise regularly. Sitting too much also increases your risk for obesity, which can lead to cancer and other chronic diseases.

ASTROLOGY

WEEKLY PREDICTIONS 05<sup>TH</sup> – 11<sup>TH</sup> MAY 2024

<p><b>ARIES</b></p>  <p>MAR 21 - APR 19</p> <p>This week, you could get your hands on more money. A purchase might feel like it's meant to be. Aries, you might be willing to stretch your budget to include this object. But either it's hard to get your hands on it or you're a little dissatisfied once it's in your possession. You might want to put this in your shopping cart and wait 24 hours to see if you really need it.</p>	<p><b>LIBRA</b></p>  <p>SEP 23 - OCT 22</p> <p>This week, there are beneficial links and associations. Today, you could make a great connection. You might meet someone and feel that you have known each other for years. You might jump into a conversation that is so enjoyable that you feel you could talk all night. This slow-moving aspect now reaches its peak, bringing you an opportunity.</p>
<p><b>TAURUS</b></p>  <p>APR 20 - MAY 20</p> <p>This week, you're attracting followers. Today, think about exploring something new. Something could pique your curiosity and excite your senses. Consider saying yes when a friend suggests going to a new restaurant or wandering through shops in the tourist section of town. If you're looking for love, try a new activity and you could find a match.</p>	<p><b>SCORPIO</b></p>  <p>OCT 23 - NOV 21</p> <p>This week, there could be fun and romance. Today, things go better when you work as a team. Scorpio, you might gather your kids or other family members to take on a project. This is a good time to call a friend so you can study or brainstorm business ideas together. Today, success comes from affiliations. This energy has been building over the last several weeks and now comes to a crescendo.</p>
<p><b>GEMINI</b></p>  <p>MAY 21 - JUN 20</p> <p>This week, your intuition is strong. The week begins on Sunday, May 5, with the sun in Taurus making a semisextile to the North Node in Aries. A friend of yours might have a brilliant idea. It's not exactly what you were thinking, but it could be fun all the same. This is a good day to be flexible and explore something new. You could discover a hidden talent or new passion.</p>	<p><b>SAGITTARIUS</b></p>  <p>NOV 22 - DEC 21</p> <p>This week, things become very clear. The week begins on Sunday, May 5, with the sun in Taurus making a semisextile to the North Node in Aries. Today, you might have a song in your heart that harmonizes with someone else's. Sagittarius, you and your partner could be in sync today. If you're looking for a love relationship, consider going to places where there is music and/or singing.</p>
<p><b>CANCER</b></p>  <p>JUN 21 - JUL 22</p> <p>This week, you're refocusing your efforts. Maybe you're casually looking around to see what's available and dropping a line to a hiring manager or two. If you're actively looking for work, this is a good time to find something that is more in line with your true desires. This is a good time to commit yourself to reaching financial independence or paying off the mortgage.</p>	<p><b>CAPRICORN</b></p>  <p>DEC 22 - JAN 19</p> <p>This week, you're making a great first impression. Today, you can find cooperative people. You can get help on small projects. You can find someone to read your blog posts, pick up some medication for you, or help you move the sofa. And in the process, you find you're strengthening a friendship, you might make a breakthrough as you focus on what is essential to bring you financial freedom.</p>
<p><b>LEO</b></p>  <p>JUL 23 - AUG 22</p> <p>This week, a connection becomes more solid. The week begins on Sunday, May 5, with the sun in Taurus making a semisextile to the North Node in Aries. You could be a little famous today. Leo, your social media posts might circle the globe, bringing you more likes or followers than usual. You and your partner might make a big decision about what you're going to do going forward, such as buying a house together.</p>	<p><b>AQUARIUS</b></p>  <p>JAN 20 - FEB 18</p> <p>This week, you stand out from the crowd. The week begins on Sunday, May 5, with the sun in Taurus making a semisextile to the North Node in Aries. You could be part of a big household or large family, but you want some time alone today. You might take a hike by yourself or go for a solo drive in the country. Aquarius, this is a good time to meditate or even try an isolation tank just to have this private experience.</p>
<p><b>VIRGO</b></p>  <p>AUG 23 - SEP 22</p> <p>This week, you see your way forward. Virgo, you could be very focused on family ties. You might look at genealogy to fill in the branches of your family tree. Or you might be looking at family patterns and how you're connected in addition to being raised in the same household. You're learning more about yourself by studying your relatives.</p>	<p><b>PISCES</b></p>  <p>FEB 19 - MAR 20</p> <p>This week, you're keeping good company. You might be pooling money with others to get an important gift or buy something to share. You might do some parimutuel betting, play the lottery, or look at mutual funds. You're combining your resources with others to increase your leverage. You might be doing affirmation, sending your messages to the Universe.</p>