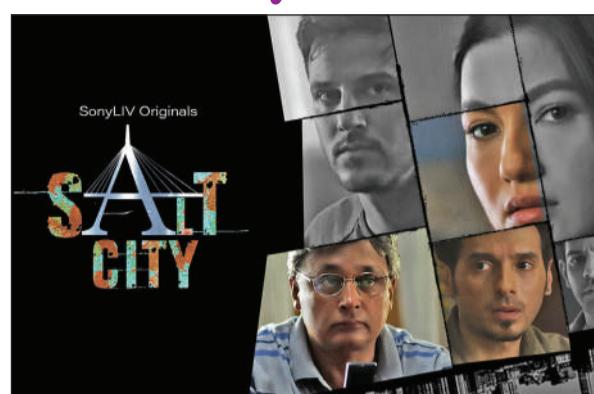


WEBSERIES REVIEW

Salt City Season 1



Director: Rishabh Anupam Sahay
Cast: Pranay Pachauri, Nivedita Bhattacharya, Divyendu Sharma, Piyush Mishra, Rahul Tomar

STORY: The shows follow the journey of Bajpai family through the lens of different family members and the complexities of their lives.

REVIEW: Written and co-produced by Pranjal Saxena, Rishabh Anupam Sahay and Shashank Kunwar, this seven-part series has numerous subplots, such as, Harish's relationship and comfort with Vibha Bhatnagar (Nivedita Bhattacharya), who is a commissioner in a family court, Saurabh's affair with neighbouring girl Sulekha (Vinita J), Esha's who is career-oriented but expected to take care of the house and raise children, etc. They have not been given enough time to develop into something that viewers can be hooked on. The plot is disjointed from the beginning and takes too long to unfold—the drama begins to make sense by the fifth episode. The pace is unrushed, but by the time it becomes interesting, one loses interest. Only the moments Saurabh and Esha share on-screen will steal your heart out of the entire show.

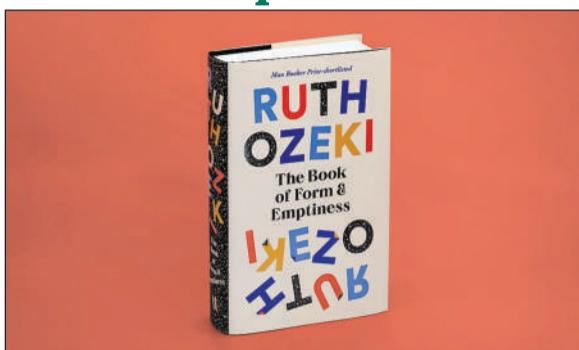
Salt City is a story about the effects of generational differences and shifting perspectives on families. However, it loses its potential when the characters are one-dimensional. If it gets a second season, perhaps the show will delve deeper into each character, making it a more compelling drama to watch.

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

Direction:	4.0/5
Dialogues:	4.0/5
Screenplay:	4.0/5
Music:	4.0/5
Action:	4.0/5
Comedy:	3.5/5
Visual appeal:	4.5/5

BOOK REVIEW

The Book of Form and Emptiness



Title: 'The Book of Form and Emptiness'

Author: Ruth Ozeki

Publisher: Canongate Books

Genre: Fiction

Pages: 547

Price: 418 INR

Review: Renowned American-Canadian author, Zen Buddhist priest, and filmmaker Ruth Ozeki's fourth novel 'The Book of Form and Emptiness' was released in September 2021. It's noted that Ozeki's third novel titled 'A Tale for the Time Being' was shortlisted for the Booker Prize in 2013. And now, her fourth novel 'The Book of Form and Emptiness' has won the Women's Prize for Fiction 2022 recently.

'The Book of Form and Emptiness' is a heart-touching story of a teenager Benny Oh who, after his father's death, begins hearing the voices of various objects speaking to him. The sounds depict different emotions—pleasant, sad, or angry. Then his mother, Annabelle, starts a hoarding problem to fill the void of her dead husband; and soon, the voices of the objects get more rowdy and loud.

In search of peace, Benny starts visiting a large yet silent public library where he meets people who change his life. His encounters include a street artist who has a pet ferret; a homeless poet and philosopher; and a Book that teaches him to shut out the outside voices and "listen to the things that truly matter".

Ozeki's 'The Book of Form and Emptiness' is a celebration of libraries, books, and Zen philosophy. The book deals with the themes of life, loss, and mental health, among others. The characters are quite real and unforgettable, which makes it a heart-touching read.

GADGET REVIEW

Poco F4 5G



Expected Price Rs 39,000.

Display 6.67-inch

Processor Qualcomm Snapdragon 870

Front Camera 20-megapixel

Rear Camera 48-megapixel + 8-megapixel + 2-megapixel

Rear autofocus Yes

Rear flash Yes

RAM 6GB

Storage 128GB

Battery Capacity 4500mAh

OS Android

Resolution 1080x2400 pixels

Loudspeaker Yes, with stereo speakers

3.5mm jack No

GPS Yes

Bluetooth Yes, v 5.20

NFC Yes

USB Type-C Yes

Fingerprint Sensor Yes

Gyroscope Yes

Pros

- * Super AMOLED display.
- * Impressive 120Hz refresh rate.
- * Solid Battery Life.
- * Excellent sounding speakers.
- * No telephoto camera.

Cons

- * No telephoto camera.

VEHICLE REVIEW

Hyundai Venue



Starting Price

Rs. 7.53 - 12.72 Lakh*

Fuel Type Petrol

998 cc

Engine Displacement 4

118.41bhp@6000rpm

No. of cylinder 5

172Nm@1500-4000rpm

Max Power 5

Transmission Type

Manual

45.0 L

Fuel Tank Capacity

SUV

Body Type

7-Speed DCT

Gear Box

Power

Steering Type

Tilt

Steering Column

Disc

Front Brake Type

Drum

Rear Brake Type

Rear

Parking Sensors

No of Airbags

6

Touch Screen size

8 Inch

USB Charger

Front & Rear

No of Speakers

4

Android Auto, Apple CarPlay

Pros

- * Classy, understated styling.
- * Sporty GT variant on offer too.
- * Strong engine options.
- * Feature-loaded.

Cons

- * No diesel engine option.

Health and Lifestyle

The 5 best exercises to build your core muscles



As belly fat is heavily reliant on a diet, it is often more difficult to lose inches from other parts of the body. Men's bodies are typically apple-shaped due to abdominal obesity. A waist circumference of more than 90 cm in men and 80 cm in women is considered unhealthy. It's a sign of unhealthy visceral fat accumulating near the internal organs and indicates for a lifestyle change.

Here are the 5 best exercises to reduce your belly fat –

Planks

The plank is a back exercise that places pressure on your abdomen, causing belly fat to melt away. Lie down on the floor with your chest facing the

ground and prop yourself up with your hands and feet, trying to keep your entire body straight and stiff the entire time. To get the most effective results, stay in this position for at least two minutes. When your body has gotten used to this exercise, you can start doing multiple sets.

Leg raises

Leg raises target the abs and obliques. It also aids in the development of stronger abs, as well as increased stability, strength, and body tone. Leg raises isolate the rectus abdominis muscle, which is responsible for adding tone to your tummy when done correctly. On your back, lie down. Slowly raise your legs to a 90-degree angle, keeping your knees

straight and your feet pointing to the roof, with your palms placed beneath your hips. Exhale out as you pause for a moment before lowering your legs back down.

Crunches

Crunches are one of the best exercises for reducing belly fat because they target the belly region specifically. Lie down on your back and raise your knees to form a mountain shape with your feet firmly planted on the ground. Then, with your hands behind your head, raise your upper body to a right angle with the floor. Do this for a total of 20-25 repetitions in one set.

Side crunches

Side crunches are similar to regular crunches. The only difference is that every time you lift yourself up to make a right angle with the floor, you alternately turn your body to the right and left. The key to effective crunches is to never lift your feet off the ground and to keep your hands behind your head at all times. Do this for a total of 24-26 repetitions in one set.

Bicycle

Are you wondering if you'll need to invest in a bicycle for this one? No, the bicycle exercise does not require you to ride a bicycle. Lie down on your back, raise your legs in the air, and move your legs in a circular motion to mimic riding a bicycle. You can begin by doing this for about two minutes and gradually increase the time as you become more comfortable.



ASTROLOGY

WEEKLY PREDICTIONS 26TH—02ND JULY 2022

ARIES



MAR 21 - APR 19

Mars in your own sign of Aries making a sextile to Saturn in Aquarius and your house of social media. What you put out into the world could suddenly be seen by many. You might gain new friends, followers and fans through your writing, videos or posts. Spread the word about what you're working on and you can gain support, Aries.

LIBRA



SEP 23 - OCT 22

You could be discussing a business opportunity with a friend or acquaintance and see them look back at you with eyes of love. It's possible they want to take this relationship in a whole new direction. Libra, perhaps you're open to this shift in direction, so watch for the signs today. With Saturn involved, the signals could be quite subtle.

TAURUS



APR 20 - MAY 20

Taurus, you might want to branch out in your career or find ways to create passive income. If you don't have a mentor available to guide you in this process, you might have to do a little role-playing. Ask yourself what a billionaire stockbroker or very successful business owner would do in your situation. By looking at your career from a new perspective, you can gain many interesting ideas.

SCORPIO



OCT 23 - NOV 21

Mars in Aries and your house of work making a sextile to Saturn in Aquarius. This is an excellent day to tackle difficult projects. Scorpio, your powers of concentration are high and you're able to crack the code on a problem that has stumped you for some time. You might be jumping back into projects you've been procrastinating about.

GEMINI



MAY 21 - JUN 20

People are lining up to help you. However, they seem to be offering things that you don't want or assistance that isn't useful to you. It's like you're hoping for dessert and you're offered turnips instead. There's nothing nefarious here, no power play in action. Gemini, this is just the Universe's way of saying you have to be clear when you ask others for what you want.

SAGITTARIUS



NOV 22 - DEC 21

Sagittarius, it might seem counterintuitive, but real spontaneity comes from careful planning. Today, look at where you might be procrastinating and push forward so you can leave early today or have a shorter workweek and a longer weekend later. You could be excited about a potential investment. A close friend or family member might be involved and is now encouraging you to do the same.

CANCER



JUN 21 - JUL 22

Cancer, this is a good time to notice what's coming in and what's going out in the way of fees and interest. It's known that you like to play, but focusing attention on your finances could put you on the road to wealth. This is a good time to use your ideas and a little discipline to give yourself a future payday. Let go of your usual modesty. This is your day to shine.

CAPRICORN



DEC 22 - JAN 19

Capricorn, you might be doing some work on the home. It's possible you're preparing to welcome visitors and overnight guests