

MOVIE REVIEW

Zara Hatke Zara Bachke

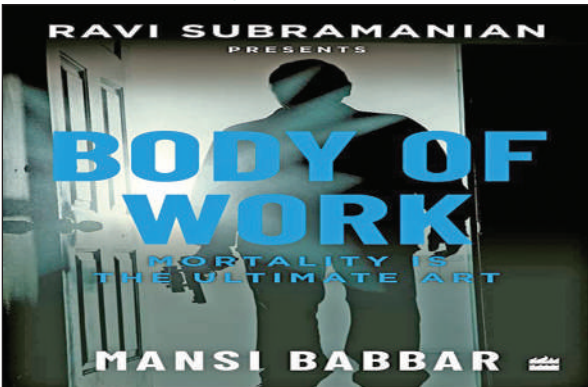


Director: Laxman Utekar
Cast: Vicky Kaushal, Sara Ali Khan, Inaamulhaq
Story: A young couple from Indore decides to get divorced to be eligible to buy a home under a government scheme. But things don't go as planned, and they have a fallout. Will the much-in-love couple reconcile or go their separate ways?
REVIEW: The film's basic storyline feels far-fetched, as Kapil and Saumya decide to take a drastic step, such as separating (even if only on paper) to acquire a house when they are not in dire need. The movie's first half is especially rib-tickling, but the entertainment quotient dips post-interval because of unconvincing and over-the-top tracks, like when the duo pretends to be brother and sister or a government official shows up at Saumya's rented apartment for verification, and Kapil is around too. There's a medical emergency track that adds to the drama but does not take the story forward, segueing to a climax that feels rushed and could have been developed better.
Vicky Kaushal performs ably and gets the small-town penny-pinching guy act well. He emotes perfectly in a scene at the hospital when Kapil and Saumya have a heart-to-heart talk to iron out their differences. Sara Ali Khan does not pass off as a middle-class bahu or a spitfire Punjabi girl. Overall, Zara Hatke Zara Bachke is an enjoyable one-time-watch for the funny punchlines, far-out characters and performances.

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>	3/5
Dialogues	<div><div></div><div></div><div></div><div></div><div></div></div>	3/5
Story	<div><div></div><div></div><div></div><div></div><div></div></div>	3/5
Music	<div><div></div><div></div><div></div><div></div><div></div></div>	3/5
Visual appeal	<div><div></div><div></div><div></div><div></div><div></div></div>	3/5

BOOK REVIEW

Body of Work



Title: 'Body of Work'
Author: Mansi Babbar
Genre: Mystery Fiction
Publisher: HarperCollins India
Pages: 180
Price: INR 245
Review: Write India winner Mansi Babbar has come out with her gripping debut novel 'Body of Work' this year. The book is introduced and mentored by bestselling Indian author Ravi Subramanian. In 'Body of Work', Babbar presents a chilling narrative revolving around a news reporter, her relentless pursuit of a scandal, and the mystery that follows.
'Body of Work' follows a young reporter, Raina, who works for the magazine Glitterbug. Tired of covering shallow celebrity gossip and attending mundane press conferences, Raina's life takes a thrilling turn when she uncovers a lead about a renowned superstar engaged in dubious activities. Driven by curiosity, she decides to follow the sniff and finds herself entangled in a web of complications.
The slim book is ideal for people who like reading thrillers but are short of time. With each turn of the page, the enthralling narrative leaves readers in suspense, eagerly wondering about what will happen next. People who like reading thrillers can add this quick read to their reading list.

GADGET REVIEW

Google Pixel 7a



Expected Price	Rs 43,999.
Display	6.10-inch
Resolution	(1080x2400)
Processor	Google Tensor G2
Front Camera	10.8MP
Rear Camera	64MP + 12MP
Rear autofocus	Yes
Rear flash	Yes
RAM	8GB
Storage	128GB
Battery Capacity	4385mAh
OS	Android 13
Wi-Fi	Yes
GPS	Yes
Bluetooth	Yes
USB Type-C	Yes
Headphones	No
Face unlock	Yes
Fingerprint Sensor	Yes
Magnetometer	Yes
Colours	Charcoal, Snow and Sea

Pros	Cons
* Good Display.	* One-day battery life.
* High refresh rate display.	* Limited storage.
* Wireless charging.	* Heats up with camera usage.
* Good overall camera performance.	

VEHICLE REVIEW

Toyota Glanza Facelift

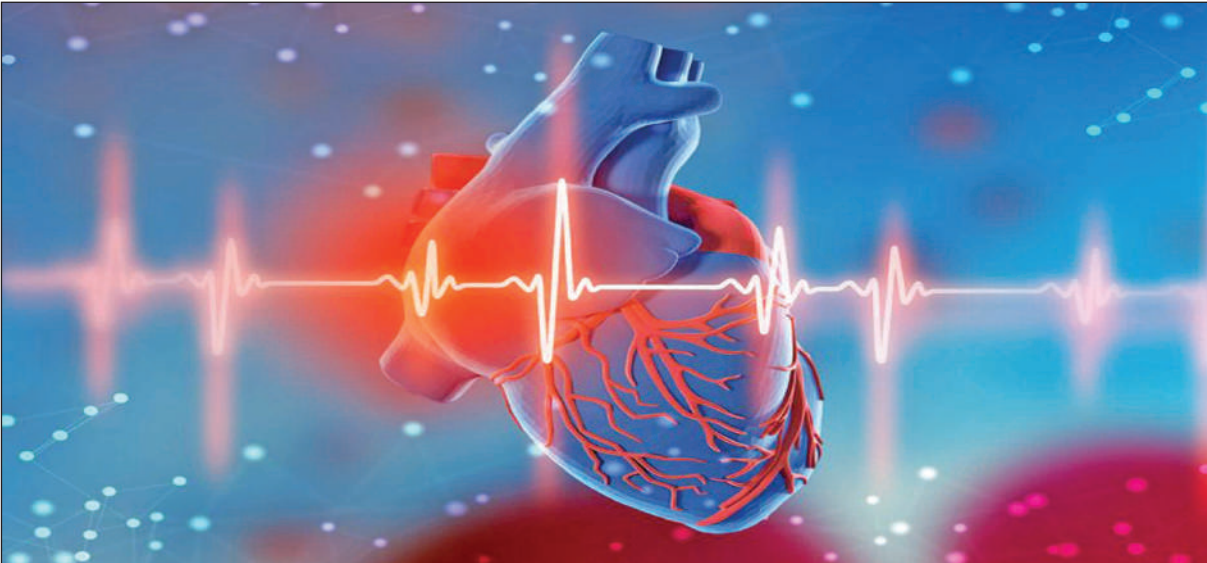


Starting Price	Rs. 6.71 - 10 Lakh*
Fuel Type	Petrol
Engine Displacement	1197 cc
No. of cylinder	4
Max Power	88.50bhp@6000rpm
Max Torque	113Nm@4400rpm
Seating Capacity	5
No of Airbags	6
Transmission Type	Automatic
Boot Space	318 L
Fuel Tank Capacity	37.0 L
Body Type	Hatchback
Front Suspension	MacPherson Strut
Rear Suspension	Torsion Beam
Steering Type	Power
Steering Column	Tilt & Telescopic
Front Brake Type	Disc
Rear Brake Type	Drum
Touch Screen size	9
No of Speakers	4
Connectivity	Android Auto,Apple CarPlay

Pros	Cons
* Still a very premium looking car.	* Not So Great Interior Quality.
* Well-appointed and spacious Interiors.	* Below Average Performance From CVT Gearbox.
* Impressive feature and safety list.	
* Efficient and city-friendly CVT.	

Health and Lifestyle

From benefits of walking to having plant based diet, what recent studies have found on cardiovascular health



Researchers have been working to understand the different elements of cardiovascular health, what are the risk factors and what can be done to improve heart health. In the last few days several studies on benefits of walking, diet, exercise are in circulation. In this article let's understand what are the newer findings related to cardiovascular diseases.
20-30 minutes of walk can cut down heart disease risk
A new scientific statement published in the Circulation journal has found that exercise has a positive effect on the health of the human heart. It highlighted the inequities in physical activity across major risk factors of cardiovascular diseases like obesity, blood pressure, diabetes, cholesterol, age, and smoking.
It said there is an inverse association between moderate to vigorous physical activity in adults with higher body mass index, in those with hypertension condition, in those having higher fasting glucose levels.
"The odds of meeting aerobic, muscle strengthening or both physical activity were 6% to 24% lower in those with dyslipidemia compared to those with normal cholesterol levels," the statement said.
In the statement, the American Heart Association says that current guidelines recommend doing 150 to 300 minutes of moderate intensity physical activity and 75 to 150 minutes of vigorous physical activity. "However lower amounts of physical activity still provide cardiovascular health benefits," it added.
20-30 minutes of walking per day can help your heart strengthen than no physical activity at all.
Plant based diet lowers risk of heart disease
A new meta-study published in the European Heart Journal has found that plant based diets lower total cholesterol by 7%. It also found that these diets slash the overall amount of artery-blocking lipoproteins and hence decline the risk of cardiovascular disease.
"Plant-based diets have the potential to lessen the atherosclerotic burden from atherogenic lipoproteins and thereby reduce the risk of cardiovascular disease," it found.

High salt diet linked to increased risk for high blood pressure and dementia A new study, in a mouse model, by the researchers from Fujita Health University have found a strong connection between high salt diet and hypertension and cognitive decline. The study has been published in the British Journal of Pharmacology.
High salt is a known risk factor for high blood pressure and subsequently affects the heart.
The recommended daily intake of salt is less than 5 grams per individual; however, people consume more than 10 grams of salt per day. " More evidence is emerging documenting links between high sodium intake and increased risk of other health conditions such as gastric cancer, obesity, osteoporosis and kidney disease," the World Health Organisation (WHO) had said in an official statement earlier.
Ultra processed foods harm the heart
A recent study done by researchers from King's College London for BBC Panorama found that consuming ultra processed foods worsened the blood sugar and cholesterol level. The study was done on twins Nancy and Aimee, aged 24.
Both the twins were fed on foods with the same calorie, nutrient, fat, sugar and fibre; the only difference was one of the twins was fed raw and low processed foods and the other had ultra processed foods.
The negative impact of these foods on the heart has been under investigation for several years. Obesity is a global pandemic currently and there is a need to cut down the consumption of processed foods.
Lifestyle habits play an important role in deciding heart health. The healthier our habits are, the better it is for our heart. Cutting down on alcohol consumption, smoking, heavy sugar diet, salty snacks and highly processed foods are the keys to a healthy heart.
Diet and physical activity combinedly influence heart health.
Along with this one should also regularly monitor the signs of heart issues like irregular heartbeat, palpitations, shortness of breath, difficulty in doing small activities like walking staircases are initial indications of an unhealthy heart.

ASTROLOGY

WEEKLY PREDICTIONS 11TH—17TH JUNE 2023

ARIES MAR 21 - APR 20	This week, you can successfully solve for X. The week begins with the sun in Gemini making a semisquare to Jupiter in Taurus. You might have been working on a side business or something to bring in some passive income. And if that's the case, you have quite a few tasks to do to maximize this thing for profits. But there's a little bit of friction today.	LIBRA SEP 24 - OCT 22	This week, it's all about timing. The week begins with the sun in Gemini and your house of experiences and travel making a semisquare to Jupiter in Pisces. Libra, you could be itching to have some new adventures. You might want to get on the road. You'll need to do some creative thinking to figure out how to do this with limited resources and time.
TAURUS APR 21 - MAY 20	This week, you're rubbing elbows with greatness. The week begins with the sun in Gemini and your house of money making a semisquare to Jupiter in your own sign of Taurus. You are attracting a lot of attention today whether you like it or not. Taurus, you might receive compliments even if you don't feel like you look your best. Someone might praise your shoes or hat when you're trying to keep a low profile.	SCORPIO OCT 23 - NOV 22	This week, there are several opportunities for gains. The week begins with the sun in Gemini and your house of investment and credit making a semisquare to Jupiter in Pisces. Today, additional resources might be available to you through an increased credit line. Or you might fill out an online application to get a bank account or refinance your mortgage.
GEMINI MAY 21 - JUN 20	This week, it's all about timing. The week begins with the sun in Gemini (happy birthday!) making a semisquare to Jupiter in Taurus and your house of pleasurable escapes. Gemini, it's possible that you're on vacation and far away from regular responsibilities. But if this isn't the case, you want to check out. This is a good day to unplug and go camping.	SAGITTARIUS NOV 23 - DEC 22	This week, you're finding a better way to do things. The week begins with the sun in Gemini and your house of relationships making a semisquare to Jupiter in Pisces. Someone in your life really likes to show off. They like to be the center of attention, and they're not shy today. Sagittarius, you don't normally like to play the sidekick, but you might have to in light of this individual's big personality.
CANCER JUN 22 - JUL 23	This week, you're uncovering hidden benefits. The week begins with the sun in Gemini and your house of rest and recuperation making a semisquare to Jupiter in Taurus. Today is a good day to let other people do things for you. Cancer, you might ask your kids to make you breakfast. You could ask your partner to do the dishes. Or you could just say no when other people ask you to do stuff.	CAPRICORN DEC 23 - JUL 20	This week, you could have a breakthrough. The week begins with the sun in Gemini and your house of well-being making a semisquare to Jupiter in Pisces. You might read a life-changing book or listen to a podcast that gives you a whole new outlook on health. Capriorn, you might embrace this new lifestyle completely and be excited to jump into what could be a well-being breakthrough for you.
LEO JUL 24 - AUG 23	This week, luck comes in some surprising forms. The week begins with the sun in Gemini and your house of friendships making a semisquare to Jupiter in Pisces. Leo, you might be interested in someone, but the circumstances between the two of you make dating difficult. It's possible there's a big age difference, or you both work at a company that frowns on fraternization.	AQUARIUS JAN 21 - FEB 23	This week, you have what others need. The week begins with the sun in Gemini and your house of romance making a semisquare to Jupiter in Pisces. If you're looking for love, one or more of your relatives might be trying to fix you up on dates. A friend or family member could suggest that you go on a blind date. Instead of resisting this, Aquarius, consider embracing the experience.
VIRGO JUL 24 - AUG 23	This week, you're making the right choices. The week begins with the sun in Gemini and your house of popularity and social status making a semisquare to Jupiter in Pisces. You might be posting pictures of your last vacation and getting rave reviews. Or maybe you're telling others of your accomplishments at work or that you just finished writing a screenplay.	PISCES FEB 20 - MAR 20	This week, you're leading the pack. The week begins with the sun in Gemini and your house of home and family making a semisquare to Jupiter in Pisces. You might have several family events to attend today. It's possible you're taking one of your kids to sports practice or ballet. You might drop another child off at summer camp.