

MOVIE REVIEW

Bhaiyya Ji

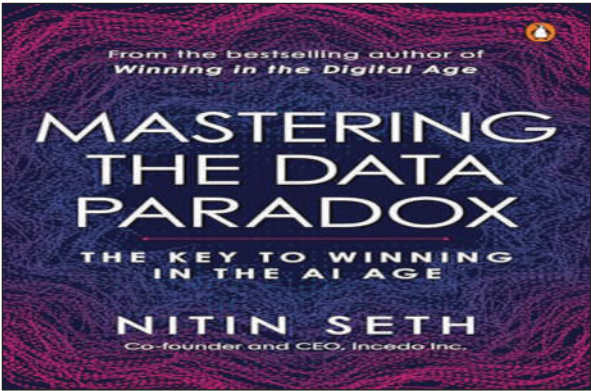


Director: Apoorv Singh Karki
Cast: Manoj Bajpayee, Suvinder Vicky, Jatin Goswami
STORY: A former criminal sets out to avenge his younger brother's murder over a petty argument. As he takes on the powerful mafioso responsible, his loyal followers join him in his fight.
REVIEW: Despite the formulaic elements, the action sequences are well-choreographed and visually appealing. The use of macro shots and slow motion adds a layer of intensity to the fight scenes. Apoorv Singh Karki's direction is passable but a more focused narrative and a tighter screenplay could have made the movie captivating. The movie also gets repetitive in the second half, with flashbacks of the younger brother's memories and their mother reminding Bhaiyyaji of his promise to avenge his death.
Manoj Bajpayee shines throughout the film, effortlessly transitioning between intense emotional moments and action-packed sequences. He even brings a touch of humour to some scenes, showcasing his acting versatility. Zoya Hussain provides ample support as Bhaiyyaji's fiance and a national-level shooting champion who utilises her skills when needed. The performances of the antagonists, Suvinder Vicky and Jatin Goswami, are appropriately menacing, while Vipin Sharma is convincing as the corrupt cop.
While 'Bhaiyya Ji' boasts strong performances and engaging action sequences, the predictable storyline and overreliance on formulaic tropes leave viewers wanting more.

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>	<div><div></div><div></div><div></div><div></div><div></div></div>	<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>	<div><div></div><div></div><div></div><div></div><div></div></div>	<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>	<div><div></div><div></div><div></div><div></div><div></div></div>	<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>	<div><div></div><div></div><div></div><div></div><div></div></div>	<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>	<div><div></div><div></div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div><div></div><div></div></div>	3/5

BOOK REVIEW

Mastering the Data Paradox



Title: 'Mastering the Data Paradox'
Author: Nitin Seth
Publisher: Penguin Business
Pages: 400
Price: INR 700
Review: A sharp growth is visible in the digital world and in such a dynamic state a well-curated book will come to the rescue. In the dynamic landscape of the digital age, where innovation is the currency of progress, Nitin Seth emerges and navigates us in the complexities of data and artificial intelligence (AI) with his latest book, "Mastering the Data Paradox."
The book serves as a guidance for individuals and enterprises alike, navigating the intricate paradoxes inherent in the data landscape. Seth deftly tackles the conundrum of data abundance juxtaposed with insights scarcity, likening it to the age-old adage of 'water, water everywhere, nor any drop to drink.'
In "Mastering the Data Paradox," Nitin Seth offers more than just a roadmap to success in the age of AI; he provides readers with a blueprint for navigating the complexities of life and data alike. As the digital landscape continues to evolve, Seth's insights serve as a guiding light, illuminating the path towards mastery in an era defined by data and innovation. It delves into the many paradoxes of data - its potential for positive impact versus its overwhelming complexity. Seth advocates that mastering the data paradox is necessary, and he attempts to answer key questions such as why and how AI powered by data can create transformational value for enterprises and individuals, how individuals and enterprises can effectively deal with data paradoxes to unlock the transformational value of data and AI, and what principles we can learn from life and apply to data, and vice versa, as we navigate the new world of data-enriched lives.

GADGET REVIEW

Poco F6 5G



Expected Price	Rs 29,999
Display	6.67-inch
Protection type	Gorilla Glass
Resolution	(1220x2712)
Weight (g)	179.00
IP rating	IP64
Processor make	Qualcomm Snapdragon 8s Gen 3
Front Camera	20MP
Rear Camera	50MP + 8MP
Battery Capacity	5000mAh
Fast charging	90W Fast Charging
Colours	Black, Titanium
OS	Android 14
Skin	HyperOS
Wi-Fi	Yes
Face unlock	Yes
Fingerprint Sensor	Yes
Proximity sensor	Yes
Accelerometer	Yes
Ambient light sensor	Yes
Gyroscope	Yes

Pros	Cons
* Fast charging speed.	* Loads of Bloatware.
* Efficient SoC.	* Underwhelming Audio quality.
* Impressive Display.	
* Stylish design.	

VEHICLE REVIEW

MG Astor



Starting Price	Rs. 9.98 - 17.90 Lakh*
ARAI Mileage	14.34 kmpl
Fuel Type	Petrol
Engine Displacement	1349 cc
No. of Cylinders	3
Max Power	138.08bhp@5600rpm
Max Torque	220Nm@3600rpm
Seating Capacity	5
Transmission Type	Automatic
Gear Box	6-Speed AT
Fuel Tank Capacity	45 Litres
Body Type	SUV
Front Suspension	MacPherson Strut
Rear Suspension	Torsion Beam
Steering Type	Electric
Steering Column	Tilt
Front Brake Type	Disc
Rear Brake Type	Disc
Fog Lights	Front & Rear
No. of Airbags	6
Connectivity	Android Auto, Apple CarPlay

Pros	Cons
* Premium interior cabin quality.	* Rear cabin width not ideal for three passengers.
* Advanced features like ADAS and AI assistant.	* No diesel engine option.
* Refined and powerful turbo-petrol engine.	
* Classy looks.	

Health and Lifestyle

Most common types of depression and signs to recognise them

Life is like a merry go round- sometimes we are up, and sometimes we are down. There are days filled with happiness and laughter, then there is also a period of grief and sadness. Everyone experiences these varied emotions at different times in life. Usually, the feelings fade away within a few days or weeks, and we all move on with our work. But for some, moving on is not that easy. The period of sadness has a lasting effect on them which affects their ability to function. That could be a sign of depression.

How depression affects people

Depression affects everyone differently. It may occur due to different reasons, may show different symptoms and even the healing process might be completely unique. Two people may have completely different reasons and symptoms of depression. Based on the cause, depression can be varied types and may have varied symptoms. Here are the six most common types of depression and their symptoms.

Major Depressive Disorder (MDD)

Major Depressive Disorder (MDD) also known as clinical depression is the most common type of disorder. People suffering from this condition experience symptoms all day long, irrespective of the events taking place around them. They may have a nice job, loving family and kids, and still suffer from clinical depression. Sometimes people don't even have obvious reasons to feel depressed, but that does not mean that their struggle is not real. Some symptoms of clinical depression are:
Lack of interest in activities normally enjoyed
Changes in weight, Changes in sleeping pattern
Fatigue, Feelings of worthlessness and guilt
Difficulty concentrating, Thoughts of death and suicide
Dysthymia or Persistent Depressive Disorder (PDD)

Any case of depression that lasts for more than two years is termed as Dysthymia or Persistent Depressive Disorder (PDD). It is a more chronic form of depression. The prolonged period of sadness can make it difficult for the person to carry out the daily activity and even strain their relationship with others. As it is a long term depression, the symptoms may get severe.

Deep sadness or hopelessness,
Low self-esteem or feelings of inadequacy
Lack of interest in things, Change in appetite
Changes to sleep patterns or low energy
Concentration and memory problems
Postpartum Depression (PPD)
Pregnancy is a joyful ride but it also leads to major hormonal



al changes in the body that can affect a woman's mood. A woman may start to feel depressed with the onset of the pregnancy or after the birth of the child. This is referred to as postpartum depression. This condition is often confused with baby blues. In reality, they are two different conditions and postpartum depression is more severe and long-lasting. Its symptoms may include:

- Low mood, feelings of sadness
- Severe mood swingswith-drawal
- Trouble bonding with baby, Appetite changes
- Feeling helpless and hopeless, Anxiety and panic attacks
- Thoughts of hurting yourself or your baby
- Thoughts of suicide
- Manic depression, or bipolar disorder**
- Bipolar depression is a mood disorder that is characterized by periods of abnormal change in the mood of the person. There would be an episode of sadness followed by an abnormally elevated mood known as mania. A person is diagnosed with bipolar disorder if he experiences episodes of mania that lasts for more than seven days after a period of depression. Its symptoms may include:

Feelings of sadness or emptiness, Lack of energy
Fatigue, Sleep problems
Irritability
Increased self-esteem and confidence
Atypical depression

Atypical depression is referred to as a condition that temporarily goes away in response to positive upcoming events. This kind of depression is quite common. The major challenge is that other people do not consider you as depressed as you may not appear that sad and can look cheerful on different occasions. Symptoms of such kind of depression may include:
Excessive eating or weight gain, Excessive sleeping
Fatigue or weakness, Intense sensitivity to rejection
Strongly reactive moods, Poor body image
Assorted aches and pains
Seasonal Affective Disorder (SAD)

Seasonal depression or seasonal affective disorder is a disorder that changes with seasonal patterns. A person may be depressed in a particular season and would be all fine in the other. The seasonal affective disorder happens mostly in the winter months and the symptoms may get worse as the season progresses. Once the season passes the person gets back to normal.
Social withdrawal, Excessive sleeping
Weight gain, Feeling sad, hopeless, or worthless

ASTROLOGY

WEEKLY PREDICTIONS 02ND – 08TH JUNE 2024

ARIES MAR 21 - APR 19	This week, you can move mountains. Aries, you might feel inspired to make positive changes in your world. This is an aspect of high motivation, and you're ready to move heaven and earth to get what you want. You already have a lot of power behind the actions you take. Now you are a rocket ship with a clear destination.
TAURUS APR 20 - MAY 20	This week, you're making good plans. The week begins when Jupiter in Gemini trines Pluto in Aquarius and your house of career and reputation. You might want to do something bigger that makes an impact in the world (and brings you rewards for your effort). This is an aspect of great ambition, possibly stirring within you a desire to do more. You can build on this feeling.
GEMINI MAY 21 - JUN 20	This week, you're ready to receive. The week begins when Jupiter in Gemini trines Pluto. Gemini, you might feel more motivated to follow your inner spirit than you have in a while. You can gain tremendously in the future by pointing yourself in the right direction now. Today, you might uncover an essential meaning of life, and this can be your compass to find your way.
CANCER JUN 21 - JUL 22	This week, you're getting the help you need. The week begins when Jupiter in Gemini trines Pluto in Aquarius and your house of resources from others. Cancer, you could receive notice that money you are expecting is on its way. A relative might tell you that they're willing to fund your business or help you buy a house. You could receive money from a surprising source today.
LEO JUL 23 - AUG 22	This week, you're finding the right people. The week begins when Jupiter in Gemini trines Pluto in Aquarius and your house of relationships and partnerships. Now you can make instrumental connections to help you with the bigger things you want to do in your life. Leo, you can meet influencers, mentors, and even celebrities. Think of the people you would like to know and send a direct message.
VIRGO AUG 23 - SEP 22	This week, your hard work yields positive results. Virgo, you know that what you do today is a building block for who you will be in the future. Now you might transform your routines, getting up earlier and committing to go to the gym. Or you might be focused on "eating the frog" before you move on to easier tasks.
LIBRA SEP 23 - OCT 22	This week, you're quite determined. The week begins when Jupiter in Gemini trines Pluto in Aquarius and your house of creativity and invention. Libra, you might have a brilliant idea today. Or you might want to take your idea and make it official by registering it with the patent office or expanding it into a business or lifestyle change.
SCORPIO OCT 23 - NOV 21	This week, you might receive just what you need. The week begins when Jupiter in Gemini trines Pluto. Scorpio, you might feel very motivated to change your living circumstances to make them more comfortable, safe, and secure. This could mean looking at renovating or moving. Or you might think about making an entire lifestyle change, such as downsizing, moving to another country, or living on a boat.
SAGITTARIUS NOV 22 - DEC 21	This week, you're thinking bigger than ever. The week begins when Jupiter in Gemini trines Pluto in Aquarius and your house of activities. Jupiter, the largest planet in the solar system, focuses on expansion. And now that it's in harmony with the energy of transformation, imagine what you can do. Today, you have the spark to set the world ablaze. Sagittarius, think of your biggest idea and then commit yourself to it.
CAPRICORN DEC 22 - JAN 19	This week, you find an important key. The week begins when Jupiter in Gemini trines Pluto in Aquarius and your house of wealth and prosperity. Today, you could unlock the mystery of making money. Capricorn, it might come down to something as simple as getting one customer, then rinse and repeat. Or you might see an opportunity to move much higher up the ladder of your career.
AQUARIUS JAN 20 - FEB 18	This week, the world is your oyster. The week begins on Sunday, June 2, when Jupiter in Gemini trines Pluto in your own sign of Aquarius and your house of confidence. You are unstoppable now. You know who you are and what you're capable of. As you set your sights on a goal, it seems like the Red Sea parts for you to cross. Aquarius, the trick here is to think big enough.
PISCES FEB 19 - MAR 20	This week, you are divinely guided. The week begins when Jupiter in Gemini. Your angels and guides are with you now. You are co-creating with the Universe. And this means that as you lean in to the lessons, the benefits and treasures you can uncover are immense. Pisces, focus on what you need to learn and you will reap rewards.