

MOVIE REVIEW

Mr. & Mrs. Mahi

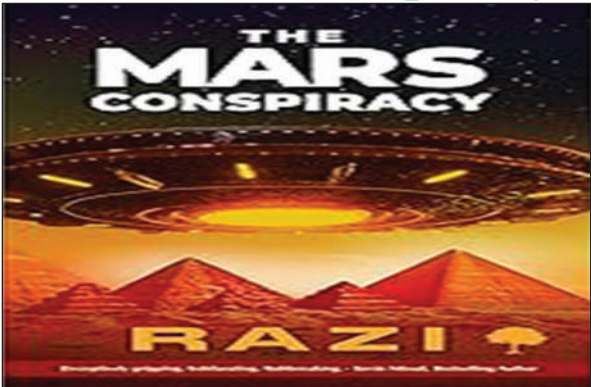


Director: Sharan Sharma
Cast: Rajkumar Rao, Janhvi Kapoor, Rajesh Sharma
STORY: An average and failed cricketer coaches his talented wife to qualify for the national team. During this journey, the husband-wife duo learns about individuality, chasing dreams, and defeating insecurities.
REVIEW: The movie's strength lies in its narrative, which builds on a unique premise. It effectively captures the awkwardness of a newly married couple, the training, the matches, and the rift in their relationship. However, the movie has pacing issues, especially in the second half when Mahendra's internal conflict takes centre stage. Additionally, the super-supportive Mahendra reacting poorly to Mahima's progress after just one instance feels rushed and unconvincing.
Rajkumar Rao delivers a nuanced portrayal as the suppressed son, the supportive husband, and a man desperately seeking his own validation. His frustration exploding on Mahima and his eventual understanding of true success are particularly impactful scenes. Janhvi Kapoor shines as the initially under-confident Mahima, who finds her identity and pursues her own dreams. Both actors lend authenticity to their characters' journeys. Kumud Mishra, Zarina Wahab, and Rajesh Kumar provide able support as well.
Mr & Mrs Mahi also celebrates the unsung heroes – the coaches, the spouses – who stand silently behind those who achieve glory.

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

The Mars Conspiracy



Title: ‘The Mars Conspiracy’
Author: Dr. Razi Ahmed
Publisher: TreeShade Books
Pages: 325
Price: INR 700
Review: Mars has long captivated human imagination. The mysterious planet which is also our close neighbour has also become the topic of many conspiracy theories. Known as the ‘Red planet’, Mars has forever intrigued scientists with its potential to sustain life. And this fascination is not just limited to science and technology, but also extends to stories, books, and readings.
Conspiracy theories about Mars are immense. Ranging from claims of ancient civilizations having lived there to secret government bases and hidden evidence of extraterrestrial life. One popular theory suggests that some top-notch space agencies are concealing proof of life on Mars.
And the fascination with Mars in conspiracy theories is closely tied to its portrayal in science fiction. Classic works like H.G. Wells’ ‘The War of the Worlds’ and more contemporary pieces such as Andy Weir’s ‘The Martian’ have kept Mars at the forefront of the genre.
And now, in a blend of historical and science fiction, ‘The Mars Conspiracy’ by Dr. Razi Ahmed, connects the ancient Egyptian civilisation with a modern quest to colonise Mars. The story begins in 1300 BC, where Pharaoh Amenhotep III seeks the help of mysterious visitors from the ‘sun-disc’ to save his son, Ankhenten. Fast forward to 2021 in Simdega, Jharkhand, a series of strange events unfold near a Space Tech Facility. Overall, ‘The Mars Conspiracy’ is the perfect book to read for people who are looking for an enjoyable and engaging read and also for the ones who are into space genre and science fiction. It has amazing storytelling, characters, a hint of intellectual stimulation, which makes it a must-read.

GADGET REVIEW

Moto G04s



Expected Price	Rs 6,999
Display	6.56-inch (1612x720)
Resolution	Corning Gorilla Glass 3
Protection type	5MP
Front Camera	50MP
Rear Camera	4GB
RAM	90 Hz
Refresh Rate	64GB
Storage	5000mAh
Battery Capacity	Proprietary
Fast charging	Concord Black, Satin Blue, Sea Green, Sunrise Orange
Colours	Android 14
OS	Yes
Wi-Fi	Yes
GPS	Yes, v 5.00
Bluetooth	Yes
NFC	Yes
USB Type-C	Yes
Headphones	3.5mm
Number of SIMs	2

Pros

- * Affordable pricing.
- * Impressive display.
- * Strong performance.
- * Excellent battery life.
- * Good camera setup.

Cons

- * Limited internal storage.
- * Average pixel density.

VEHICLE REVIEW

Maruti FRONX



Starting Price	Rs. 7.51 - 13.04 Lakh*
Fuel Type	Petrol
Engine Displacement	998 cc
Engine Type	1.0L Turbo Boosterjet
No. of Cylinders	3
Max Power	98.69bhp@5500rpm
Max Torque	147.6Nm@2000-4500rpm
Seating Capacity	5
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 is very well-suited for a small family.
- * Choice of automatic with both engine options.

Cons

- * Sloping roofline eats into rear seat headroom.
- * Missing features.

Health and Lifestyle

Common diseases associated with weight gain



Weight gain is a problem. The overall health condition of a human being worsens due to several reasons and the most prominent one among them is extra weight. Weight gain is a menace as it potentially disturbs the health of an individual. Therefore, for most diseases doctors and health experts always advise to bring the weight under control first.
There are several diseases associated with weight gain and it is very important to understand the link between the diseases and the weight gain condition so that timely action on weight management can save the health from deteriorating.



Type 2 diabetes
About 8 out of 10 people with type 2 diabetes are overweight or have obesity, says the US National Institute of Diabetes and Digestive and Kidney Diseases and suggests that if you are at risk for type 2 diabetes, losing 5 to 7 percent of your body weight and getting regular physical activity may prevent or delay the onset of type 2 diabetes.
High blood pressure
The link between overweight and high blood pressure is an area of interest among researchers. There is a direct correlation between blood pressure and weight. People with high blood pressure are always advised to lose weight first and add physical exercise to their daily routine.
Heart diseases
Obesity leads to the development of cardiovascular disease and cardiovascular disease mortality independently of other cardiovascular risk factors, say research studies. The mecha-

nisms through which obesity increases cardiovascular disease risk involve changes in body composition that can affect hemodynamics and alter heart structure, research reports also say.
Overweight is a strong independent predictor of heart disease even in the absence of other risk factors.
Breast, colon, endometrial and other cancers
As per a research study, cancer of the breast (post-menopausal), colon-rectum, endometrium, ovary, pancreas, kidney, gallbladder, gastric cardia, liver, oesophagus (adenocarcinoma), meningioma, thyroid and multiple myeloma have a positive association with being overweight.
Fatty liver disease
As the name suggests, fatty liver disease is when the fat build up in the liver exceeds its normal level. Usually the liver contains a small amount of fat. When this fat level increases to become 5 to 10% of your liver's weight, one gets fatty liver. While alcoholic fatty liver is a common occurrence, obesity is linked to non-alcoholic fatty liver disease.
Sleep apnea
Weight loss is directly related to sleep apnea which is a condition where the normal sleep pattern of an individual is disturbed within the cycle of sleep. In this condition, a person does not get sufficient sleep even after sleeping for 8 hours. Insufficient sleep in turn increases weight thus completing the cycle of association between sleep and weight.
As per research study, 40% of those with obesity have sleep apnea problems.

ASTROLOGY

WEEKLY PREDICTIONS 09TH – 15TH JUNE 2024

<p>ARIES</p> <p>MAR 21 - APR 19</p> <p>This week, you can get a fair deal. The week begins on Sunday, June 9, with the sun in Gemini squaring Saturn in Pisces and your house of spiritual awakening. You might spend some time alone today, listening to the melody of the Universe. Aries, you could be inspired by ideas, find a solution to a problem, or get into a theta state through meditation.</p>	<p>LIBRA</p> <p>SEP 23 - OCT 22</p> <p>This week, you might have a great idea. The week begins with the sun in Gemini squaring Saturn in Pisces and your house of health and well-being. Libra, you might uncover information that helps you care for yourself. This could come from a respected authority or someone you admire. This feels like you've found a diamond in a pile of stones.</p>
<p>TAURUS</p> <p>APR 20 - MAY 20</p> <p>This week, you're moving quickly toward an opportunity. The week begins on Sunday, June 9, with the sun in Gemini squaring Saturn in Pisces and your house of community involvement. You might be asked to take charge of a group. Others are looking to you to take responsibility and be the leader. You might have to take on this duty because no one else is stepping up to do it.</p>	<p>SCORPIO</p> <p>OCT 23 - NOV 21</p> <p>This week, you are on track. The week begins on Sunday, June 9, with the sun in Gemini squaring Saturn in Pisces and your house of romance and pleasure. Scorpio, the energy today is a mix of fun and responsibility. You and your sweetheart might talk about your long-term plans. This is a good day to engage in some goal setting or take the plunge and get engaged.</p>
<p>GEMINI</p> <p>MAY 21 - JUN 20</p> <p>This week, you have energy to burn. The week begins on Sunday, June 9, with the sun in Gemini squaring Saturn in Pisces and your house of reputation and social standing. Others are noticing you now. If you are the authority in the situation, you can shine. Gemini, you can take center stage and hit it out of the park. But if you're challenging an authority, you might not win.</p>	<p>SAGITTARIUS</p> <p>NOV 22 - DEC 21</p> <p>This week, you might be inspired to make a big change. The week begins with the sun in Gemini squaring Saturn in Pisces and your house of home and family. The responsibilities and duties at home might not be divided up very evenly, and this is your opportunity to remedy it. Or perhaps an older relative needs care, and obligations need to be delegated to other family members so the burden can be shared.</p>
<p>CANCER</p> <p>JUN 21 - JUL 22</p> <p>This week, your voice is heard. The week begins with the sun in Gemini squaring Saturn in Pisces and your house of teaching, writing, and publishing. People want to hear what you have to say, so you might broadcast your words through a recording, video, or blog post. Cancer, this is a great day to teach a class or lead a prayer group. You can move the group with your words.</p>	<p>CAPRICORN</p> <p>DEC 22 - JAN 19</p> <p>This week, a new door opens. The week begins with the sun in Gemini squaring Saturn in Pisces and your house of mental activities. You might feel that you're procrastinating on something important, but it could be perfectionism in disguise. If you keep coming back to the same project and are unable to move forward, consider breaking it down into much smaller parts.</p>
<p>LEO</p> <p>JUL 23 - AUG 22</p> <p>This week, you are a power negotiator. The week begins with the sun in Gemini squaring Saturn in Pisces. Someone might offer you something of value. This could be something that you want very much, but it does come at a price. Instead of jumping at it, hold back and see if you can negotiate for a better deal. This is not the last time you will be offered this opportunity.</p>	<p>AQUARIUS</p> <p>JAN 20 - FEB 18</p> <p>This week, you're finding what you need. The week begins with the sun in Gemini squaring Saturn in Pisces and your house of personal finances. Keeping track of your money is paying off. Now you might look at additional methods of keeping an eye on your funds. This could mean getting a different app, setting up some notifications or getting your partner involved in the family finances.</p>
<p>VIRGO</p> <p>AUG 23 - SEP 22</p> <p>This week, you're making incredible progress. The week begins with the sun in Gemini squaring Saturn in Pisces. There could be some strain in your relationship now, and you feel it's important to stick to your guns. But this could build a wall between the two of you. Try to see things from your partner's perspective even if they don't do the same for you.</p>	<p>PISCES</p> <p>FEB 19 - MAR 20</p> <p>This week, you're making a difference in the world. The week begins with sun in Gemini squaring Saturn. This long transit is here to build your confidence and give you the power to succeed. Every once in a while the aspects line up to challenge you. Today, someone might question your authority or expertise. Pisces, you can pass this test.</p>