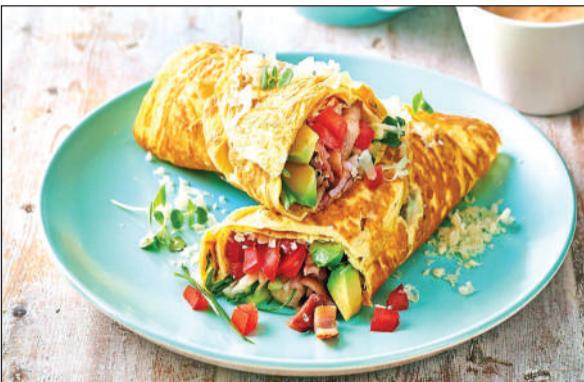


RECIPE

Cheese Egg Roll



Ingredients

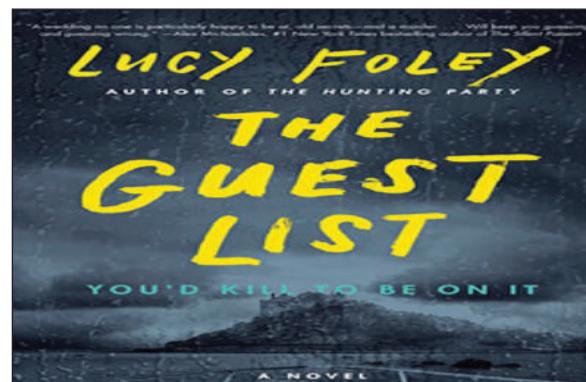
10 white bread
10 slices cheese slices
2 medium onion
1/2 cup vegetable oil
4 green chilli
1 teaspoon chaat masala powder
4 egg
1 teaspoon red chilli powder
2 tablespoon corn flour
2 inches ginger
1 handful cilantro
salt as required

Method:

To prepare this amazing roll recipe, take a large bowl and beat eggs in it using an electric beater. Add in cilantro, chopped onions, ginger slices, chopped green chillies, red chilli powder, salt and chaat masala. Mix well to obtain a thick batter and keep aside until required next. In another bowl, mix cornflour with water and keep aside. (Note: You need to beat the eggs just like you do for an omelette so that the rolls are fluffy and soft.) Now, take bread slices and cut out the edges using a sharp knife. Place a cheese slice on each bread slice, and top with the prepared batter. Roll the bread and close with the help of cornflour mixture. Next, heat oil in a pan over medium flame. Fry the prepared rolls on both sides evenly until they turn golden brown. Transfer on an absorbent tissue to strain the excess oil and serve hot. Finally, serve the cheese egg rolls hot with ketchup or chutney of your choice.

BOOK REVIEW

The Guest List



Title: The Guest List

Author: Lucy Foley
Genre: Whodunit
Publisher: HarperCollins

Price: 399

Pages: 384 pages

REVIEW: 'The Guest List' is another hard to solve whodunit by Lucy Foley which will keep you guessing til the end!

The book is centered around the wedding of Jules Keegan and Will Slater. Jules is an ambitious magazine publisher and an incredibly demanding bride while Will is a rising TV star with some skeletons in his closet. They're both selfish and easy to dislike, which all the perspective characters make clear. They have chosen an island with eerie folklore to have their wedding and during the ceremony, the lights go out and someone is found dead.

The story is told from multiple perspectives across two timelines, the present and two days before the wedding. Despite it sounding confusing, the different character perspectives flow together quite smoothly to form a riveting narrative.

The book isn't a fast-paced thriller with constant shocks to keep you hooked but a slow burn reveal, where an overlooked word might have clued you in to the murderer. Even those who read a lot of mysteries will have a hard time guessing the murderer of this book, making it a great read for all mystery lovers.

GADGET REVIEW

Samsung Galaxy M11



Expected Price

Display	6.40-inch
Resolution	(720x1560)
Processor	Qualcomm Snapdragon 450
Front Camera	8MP
Rear Camera	13MP + 5MP + 2MP
Rear autofocus	Yes
Rear flash	LED
RAM	3GB
Storage	32GB
Battery Capacity	5000mAh
OS	Android
Fast charging	No
Wireless charging	No
USB Type-C	Yes
Headphones	3.5mm
FM	Yes
Face unlock	No
Fingerprint sensor	Yes
Accelerometer	Yes
Colours	Black, Blue, Violet

Pros

- * Screen protection with special glass.
- * Good Battery life.

Cons

- * Poor Camera quality.

VEHICLE REVIEW

Hero Xtreme 160R



Expected Price

Displacement	Rs 99,950 - 1.03 Lakh
No. of Cylinders	163 cc
Max Power	1
Max Torque	15.2 PS @ 8000 rpm
Front Brake	14 Nm @ 6500 rpm
Rear Brake	Disc
Fuel Capacity	Disc
ABS	12 L
Speedometer	Single Channel
Odometer	Digital
Tripmeter	Digital
Tachometer	Digital
Starting	Kick and Self Start
Fuel Supply	Fuel Injection
Clutch	Multi Plate Wet Clutch
Transmission	Manual
Passenger Footrest	Yes
Saddle Height	790 mm
Ground Clearance	170 mm
Kerb Weight	138 kg

Pros

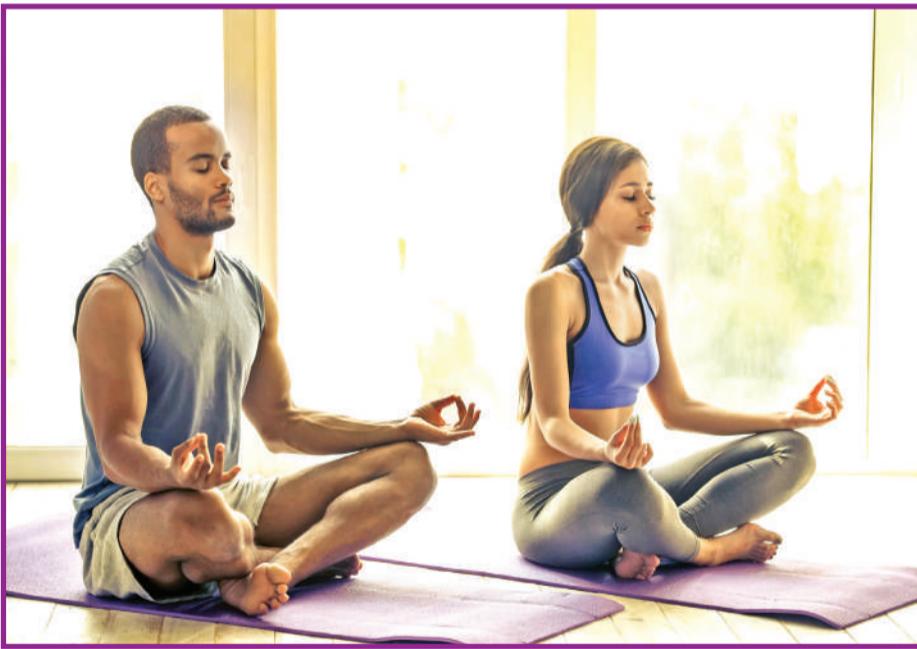
- * Best-in-segment performance.
- * Aggressive styling.
- * Loaded with features.

Cons

- * All-digital instrument cluster misses out on gear position indicator.

Health and Lifestyle

7 common myths related to yoga that you must stop believing



of workout after watching those fancy posts on Instagram, but remember you can do it.

It is a religion

It was indeed originated in India and has a spiritual element, but yoga itself is not a religion. The mantras and chants associated with yoga have Indian roots, but it is only to bring focus and enlighten you. It is not necessary to chant the mantras. You can perform yoga even without any chanting.

It is too easy

It is a combination of both easy as well as difficult asanas. You can master some in just 2-3 days, while others may take months to fine-tune.



However, the important thing is to practise it every day and challenge your body, without losing your focus.

It is all about stretching

Only people, who have never tried yoga will say that it is just about stretching. It might look like you just have to stretch, but it is way more than that. It has numerous proven health benefits and highly effective in reducing muscle soreness and increasing range of motion, which is required in every stage of life.

Women must not perform it when they are menstruating or are pregnant

Some people believe that women should avoid practising yoga when they are pregnant or menstruating, as it would be harmful. However, there is no truth in this statement. It has been found that yoga is good in both situations.

Yoga is known for its several short and long term health benefits. It is good for boosting your immunity, lowering your blood pressure, managing your blood sugar level and reducing stress, which helps to manage your overall physical and mental well-being. However, just like any form of workout, there are numerous misconceptions associated with yoga. This keeps people from practising it and reaping its amazing health benefits, which is vouched by a plethora of yogis around the globe. Let's debunk some common misconceptions associated with yoga.

You need to be flexible to perform yoga

You do not need to be flexible to start practising yoga. On the contrary, yoga helps you to get flexible. In the beginning, you may find it a little difficult to touch your toes while standing or bend your torso, but this is what yoga helps you to achieve. With time your range of motion will increase and you will perfect the asanas.

It is only for women

It is incorrect to link a specific form of physical activity to any gender. The same is with yoga. Anybody can add yoga in their daily routine. As per history, some of the greatest yoga teachers have been men. Moreover, if we look into the health benefits that yoga offers, everyone needs to be healthy, flexible and calm, be it men or women.

It is for thin people

Again this is nothing more a myth. Yoga is not only for slender people, but for everyone, irrespective of their physique. It may be overwhelming for you to pick this form

ASTROLOGY

WEEKLY PREDICTIONS 05TH—11TH JULY 2020

ARIES



MAR 21 - APR 20

You're highly visible this week both at work and socially. Keep that in mind when you're posting to social media or sending emails. Aries are rarely sensitive to criticism, but you may feel the boss is coming down a little hard on you. Prepare yourself ahead of time by having a list of your accomplishments ready to display.

LIBRA



SEP 24 - OCT 22

This week you recognize the importance of the connections you have in your life. How the time you have with family and friends is precious. Staying present is the secret to happiness. This could mean you're finally unpacking from the move you did two years ago. Let go of what you no longer need.

TAURUS



APR 21 - MAY 20

You may feel some impatience as three planets go retrograde this week and begin moving backward. It's good to exercise patience especially in the areas of your career and money matters. A very positive combination for new job opportunities, promotions or expanding your own personal business. Spend less time trying to perfect your communication and more time broadcasting.

SCORPIO



OCT 23 - NOV 22

Your attitude and how you approach problems is your focus this week. Scorpions can be intense, but more often than not you will be more successful if you lighten up on yourself. You may be looking to get into a contract in which case you need to read the fine print and perhaps do some negotiations.

GEMINI



MAY 21 - JUN 20

You may be at a point where it's time to invest in yourself and your future security. You are versatile, dexterous, and a quick thinker. Most of these translate into real skills in the business world. Your challenge is to focus long enough on something to see some real results. Find something you love doing and this will be easy.

SAGITTARIUS



NOV 23 - DEC 22

This week you could make a very good impression as the moon in Virgo at the top of your chart forms tense aspects with Neptune and Venus. People are talking about you and saying very good things. This is a good week to promote yourself. You may fall into old habits. Don't berate yourself. Instead, immediately return to better habits.

CANCER



JUN 22 - JUL 21

For Cancers this week, the focus is on business relationships, partnerships, and collaborations you can do with others. Share your skills and trade what you know to make great connections. For those Cancers who are dating, this is the time to discuss taking this relationship to permanent level. Think about the responsibilities you have to each other to make this a wonderful relationship.

CAPRICORN



DEC 23 - JUL 22

It's time to take a risk on yourself. You may have thought that everything was planned out, but now changes are happening and you need to roll with it. Trust in your own abilities. Everything may be different in your career now but there may still be great opportunities. Take a risk and tell somebody what your goal is.

LEO



JUL 24 - AUG 23

Leos, your challenge this week is to be honest about how you're taking care of yourself and how your habits are contributing to where you are right now in your life. Time for an assessment. Even though this may not be a traditional workday it looks like you have plenty to do. It would be good to consider how you can automate or delegate some of these tasks.

AQUARIUS



JAN 21 - FEB 20

Your world is turned upside down, just like you like it. Just when you thought you were going to be bored, three planets turn and start moving the other direction. The people around you may be scattered and confused, but you have a smile on your face because there's nothing Aquarius like more than a sudden change of directions.

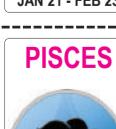
VIRGO



JUL 24 - AUG 23

Consider stopping for a few minutes to think about what you could do to put a smile on your sweetheart's face. For Virgos looking for love, consider getting serious about it. Look at the latest psychological studies on finding good relationships, review TED talks about online dating, and let your friends and family know they can fix you up with someone new.

PISCES



FEB 20 - MAR 20

This week for Pisces your sense of self-worth gets a boost as friends and loved ones go out of their way to compliment you and tell you how much you mean to them. Don't wave away these loving gestures, but take the words to heart. Mercury retrograde, in your house of risk-taking, mixes with Uranus in your house of communication.