

## WEBSERIES REVIEW

### Forensic



**Director:** Vishal Furia  
**Cast:** Radhika Apte, Vikrant Massey, Prachi Desai, Rohit Roy

**STORY:** When little girls go missing on their birthdays and their bodies are discovered in Mussoorie, sub-inspector Megha Sharma (Radhika Apte) and forensic officer Johnny Khanna (Vikrant Massey) are tasked with finding the serial killer.

**REVIEW:** 'Forensic' is a whodunnit psychological crime thriller that unravels the identity of a serial killer with the aid of the forensic division. The plot centers on a string of kidnappings that take place in Mussoorie and the investigation officer and the forensic department's efforts to solve the case. Forensic features Radhika and Vikrant in prominent roles. Vikrant Massey plays a convincing forensic expert who is meticulous in gathering crime-related evidence and making it appear authentic to viewers. He has some funny one-liners and his 'Johnny Johnny' riddle began as a clever trick before becoming a running gag. Radhika Apte instantly makes you root for Megha, ably depicting an honest officer who wants to crack the case and save the victims. Despite Vikrant and Radhika's characters' romantic past, both of them make a great team together. Dr. Ranjana, played by Prachi Desai, is a pivotal character in the story. She is convincing as a child psychiatrist.

Another highlight is the setting of a small town and the naturally beautiful shots of the mountains and the woods. Backed by superb performances and strong writing, 'Forensic' is an engaging edge-of-the-seat crime thriller.

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

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

## BOOK REVIEW

### Wartime: The World in Danger



**Title:** 'Wartime: The World in Danger'  
**Author:** Rajiv Dogra  
**Genre:** Non-fiction  
**Publisher:** Rupa Publications India  
**Pages:** 304  
**Price:** 695 INR

**Review:** Former diplomat, foreign policy expert and author Rajiv Dogra has penned seven books, including fiction and non-fiction. Now he is back with a new book titled 'WARTIME: The World in Danger' which was released in June 2022. "Is the nuclear 'war' that Mao spoke of, finally upon us? There are other questions as well: When did the second nuclear age start? Why must the Doomsday Clock have regional settings? Will there be many small wars before the big one? Where and when will it start? Will nuclear weapons be used in that major war? In 'Wartime', bestselling author Rajiv Dogra incisively examines these and other key issues transforming the global order," reads the book's blurb.

In the book, Dogra also writes about India's changing equations with its neighbouring countries-- China and Pakistan-- over the years. And learning from history, he explores the possibility of an impending war for India. With the relationship with China and Pakistan being volatile in the past, the author suggests that India should be prepared for one "single continuous war" along its borders with the two countries, instead of two separate wars. And that too, without any help or assistance from our 'allies' the USA or Russia.

Dogra's deep insights and expertise on geo-politics reflects in his new book 'Wartime'. The book is well researched yet it is written in a simple and easy-to-understand manner, which makes it an interesting read. With the on-going war between Ukraine and Russia which took the world by surprise, this is a timely book on how India must be prepared for an impending war in the future.

## GADGET REVIEW

### Oppo Reno 8 Pro



<b>Expected Price</b>	Rs 30,000.
Display	6.62-inch
Protection type	Gorilla Glass 5
Resolution	(2400x1080)
Processor	Qualcomm
Front Camera	32MP
Rear Camera	50MP + 8MP + 2MP
Rear autofocus	Yes
Rear flash	Yes
Second Rear Camera	Ultra Wide-Angle
Third Rear Camera	Macro
RAM	8GB
Storage	128GB
Battery Capacity	4500mAh
OS	Android 12
Wi-Fi	Yes
GPS	Yes
Bluetooth	Yes, v 5.20
NFC	Yes
USB Type-C	Yes
Headphones	Type-C

Pros	Cons
* FHD AMOLED screen with 90Hz refresh rate.	* No wireless charging support.
* 4K video recording with gyro-EIS support.	* Without stereo speakers.
* Solid Battery Life.	
* 5G and NFC enabled.	

## VEHICLE REVIEW

### Maruti Brezza



<b>Starting Price</b>	Rs. 7.99 - 13.96 Lakh*
ARAI Mileage	19.8 kmpl
Fuel Type	Petrol
Engine Displacement	1462 cc
No. of cylinder	4
Max Power	101.65bhp@6000rpm
Max Torque	136.8nm@4400rpm
Seating Capacity	5
Transmission Type	Automatic
Gear Box	6-Speed
Boot Space	328 L
Fuel Tank Capacity	48.0 L
Front Suspension	Mac Pherson Strut & Coil
Rear Suspension	Torsion Beam & Coil Spring
Steering Type	Electric
Steering Column	Tilt & Telesopic
Front Brake Type	Ventilated Disc
Rear Brake Type	Drum
No of Airbags	6
Touch Screen size	9 Inch
Connectivity	Android Auto, Apple CarPlay

Pros	Cons
* Gets hi-tech features like Heads Up Display and a 360-degree camera.	* No diesel engine option.
* Good 5-seater with generous rear-seat space.	* Interior quality could have been better for the price.
* Automatic transmission available with V variant onwards.	

# Health and Lifestyle

## Heathy and wholesome easy recipes for your child's growth

Healthy food on a regular basis has a huge impact on our health and wellness. A good starting point for better health and fitness is the way the food is cooked. You can easily adapt your favorite recipes to healthier alternatives, the meals cooked can be healthier without making the food boring. Cooking should be done in the right manner to prevent the food from losing its nutritional value. Healthy recipes if cooked with balanced ingredients can support the health and immune system of the family. Healthy food should not be labeled as bland or insipid. In the same way, here are healthy and delectable dishes for growing children.



at the same time irresistible. It is very easy to prepare and authentic taste is relished by everyone.

1. Take 250 grams of rava (semolina) and 1 cup curd, mix them well.
2. Heat half tablespoon ghee and 1 tablespoon oil in a heavy based pan. Add mustard seeds, when they start to crackle add 1 tablespoon chana dal, pinch of asafetida and sauté until dal turns light brown. Add curry leaves, dry red chilli and cashew nuts, sauté for 30 seconds.
3. Add this mixture to the batter and mix well. Make sure that there are no lumps. Use water if needed for a batter of medium consistency.

### Sprouted moong chela

1. Place the whole moong beans in a dish and wash them thoroughly, put them in a bowl large enough to hold them and twice their volume in water. Immerse the beans completely in room temperature water, and let them sit overnight for eight hours. By this time the beans soak in a lot of water and are almost double in volume. Strain the soaked beans and place it for twelve hours till the sprouts emerge.

2. Grind the sprouted beans with salt, ginger garlic paste, half teaspoon turmeric, 2 tablespoons rice flour and coriander leaves.

3. Put chopped vegetables into the moong batter. Such as carrot, onion, beans, capsicum and coriander.

4. Now add some salt to the batter. Add some water to the batter as it should be fairly runny. Now set the batter aside for 30 mins. This will allow sometime for the veggies to express any liquid into the batter.

5. Heat a non-stick pan and brush it with some oil. Now pour approximately two ladleful's of batter on the pan and spread the batter evenly on it.

6. Keep it on a low flame for two minutes and then on medium flame for sometime until the bottom is golden and the edges are crispy. Now flip over and cook for another minute or two. Crispy golden chela is ready, serve it with green chutney.

### Hung curd sandwich

1. Take a small bowl of hung curd, mix one tablespoon of frozen corn, coriander leaves finely chopped, 1 grated carrot, 1 finely chopped onion, finely chopped beans and half chopped capsicum. Now put salt to taste, ¼ tablespoon pepper and ¼ tablespoon oregano to the mixture. Mix all the ingredients properly.

2. Take two slices of multigrain or whole wheat bread and toast them until golden on one side and firm on the other side.

3. Spread the mixture prepared evenly on one slice and sprinkle some cheese if you wish, now place another slice of bread on it and press down gently on a low heat flame. Alternately you can also grill it in a sandwich maker.

4. Healthy sandwich is ready to be served.

### Rava vegetable idli

It is one of the simple recipes which is full of nutrients and

the batter and mix well. Make sure that there are no lumps. Use water if needed for a batter of medium consistency.

4. Now add grated carrot, chopped coriander leaves, chopped onion and cabbage to the batter and mix properly. Keep batter aside for 15 minutes to settle. Now prepare the idli steamer and grease idli moulds with oil. Add 1 sachet of Eno fruit salt in batter and stir for a minute. Bubbles are seen on the surface of the batter.

5. Pour batter in greased moulds and steam it on medium flame for 15 minutes. After 15 minutes turn off flame and when the moulds cool remove prepared idli from it.

6. Instant delicious rava idli is ready to serve.

### Vegetable poha

A speciality of Madhya Pradesh, made with beaten rice, Poha is a healthy and light snack relished by all at anytime.

1. Wash and soak poha in water for 10 minutes until it is soft, drain and keep it aside.

2. Heat oil in a pan, add mustard seeds and when they start spluttering, add curry leaves and peanuts fry for 2 to 3 minutes.

3. Now add chopped onion and fry for a minute add green peas, chopped tomato and carrots, fry again for a minute.

4. Put salt and turmeric powder, sauté well for 30 seconds. Now add the drained poha and simmer the heat. Cook for 3 to 4 minutes, keep stirring in between. Sumptuous poha is ready to eat, serve with green chutney and bhujia.

### Dalia khichdi

Dalia or cracked wheat is a healthy ingredient and becomes healthier when cooked with vegetables. Dalia khichdi with mixed vegetables is savored in Indian households.

1. Take 2 small bowls of roasted dalia, wash it thoroughly and pressure cook it with half bowl of water till 1 whistle.

2. Now take a pan and heat 2 tablespoons of ghee in it, add mustard seeds and when they start spluttering add peanuts and fry till they turn golden brown. Now add chopped onion and fry for 2 to 3 minutes.

3. Add chopped carrots, green peas, small pieces of cauliflower, potatoes and beans. Fry the ingredients well for 3 to 4 minutes. Add salt, pepper, now mix cooked dalia to the vegetables prepared. Mix well for 2 minutes, squeeze a tablespoon of lemon juice on it and garnish it with green coriander leaves. Serve piping hot flavorful dalia.

# ASTROLOGY

## WEEKLY PREDICTIONS 10<sup>TH</sup> - 16<sup>TH</sup> JULY 2022

### ARIES



MAR 21 - APR 19

This week will be a busy one. Fortunately, you have a lot of energy to meet the challenge. Sun in Cancer and your area of home and family making a sextile to Uranus in Taurus. You're likely to spend money on your home. Even if this stretches the budget, it's for the family and therefore necessary. It's possible you're finding a new store or outlet to get items.

### TAURUS



APR 20 - MAY 20

This week, speak and you are heard. The sun in Cancer and your house of communication making a sextile to Uranus in your own sign of Taurus. When you talk today, people listen. You might have the microphone to give a toast or read your poetry. You could have a very good conversation with a family member who finally gets it. This is your opportunity to express your true feelings.

### GEMINI



MAY 21 - JUN 20

This week, you have extra luck. The sun in Cancer and your house of money making a sextile to Uranus in Taurus. Today, you could receive some unexpected money. Someone might give you a valuable gift, or you might find an old gift card you forgot you had. Gemini, you could win a small prize or notice your paycheck is larger than usual. You have some surprising luck today.

### CANCER



JUN 21 - JUL 22

This week, others seek you out for your knowledge and experience. The week begins with the sun in Cancer (happy birthday!) making a sextile to Uranus in Taurus and your house of friendships. Today, there is an opportunity to meet someone new and expand your network of helpful people. You might be involved in a group activity for your community.

### LEO



JUL 23 - AUG 22

This week, your star is rising. The sun in Cancer making a sextile to Uranus in Taurus and your house of reputation and fame. Today, what you put out through social media could go further than you expect. Eyes are on you, and the algorithm could be in your favor. This is a good time to experiment by posting your artwork, songs or poetry. Leo, it's time to show people what you can do.

### VIRGO



AUG 23 - SEP 22

This week, you could be exploring new realms. The sun in Cancer and your house of friendships making a sextile to Uranus in Taurus and your house of foreign places. You could receive an invitation to visit a friend or family member who lives far away. Virgo, this is a good time to travel with your best friend to an exotic location.

### LIBRA



SEP 23 - OCT 22

This week, you're heading for success. The sun in Cancer and your house of achievements making a sextile to Uranus in Taurus. People around you want you to succeed. Okay, maybe not all of them, but enough of them to give you what you need. Libra, this is a good day to set up your crowdfunding campaign or project. Consider working on your business plan today.

### SCORPIO



OCT 23 - NOV 21

This week, you're uncovering new information. The week begins on Sunday, July 10, with the sun in Cancer and your house of faith and wisdom making a sextile to Uranus in Taurus and your house of partnerships. Scorpio, you can find a great teacher. If you're looking to study the violin, the secrets of Buddhism or French grammar, this is a good day to locate your guide.

### SAGITTARIUS



NOV 22 - DEC 21

This week, there are romantic possibilities. The week begins on Sunday, July 10, with the sun in Cancer and your house of intimacy making a sextile to Uranus in Taurus and your house of coworkers. Sagittarius, you might meet a colleague outside of work. A fun get-together could turn romantic. An opportunity for a long-term relationship is brewing. You might be pleasantly surprised by this new connection.

### CAPRICORN



DEC 22 - JAN 19

This week, you can make some interesting connections. The sun in Cancer and your house of relationships making a sextile to Uranus in Taurus and your house of romance. Capricorn, you could meet someone who is both exciting and comfortable to be around. Before you know it, you're having a deep conversation, sharing hopes and dreams and talking about things you don't normally share with someone.

### AQUARIUS



JAN 20 - FEB 18

This week, changes lead to good things. The sun in Cancer and your house of work making a sextile to Uranus in Taurus and your house of dwellings. Aquarius, you could make some changes to your house, updating your home office or setting up a home studio. You might be house hunting today and looking at dwellings that are quite different from anything you've ever lived in before.

### PISCES



FEB 19 - MAR 20

This week, you're breaking out of your shell. The sun in Cancer and your house of romance making a sextile to Uranus in Taurus. Pisces, you might be breaking some of the norms of this relationship and moving into new territory. You could soon be feeling much more comfortable with each other.