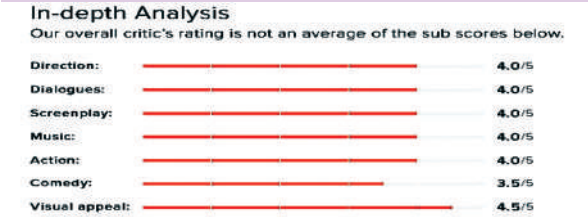


MOVIE REVIEW

Shabaash Mithu



Director: Srijit Mukherji
Cast: Taapsee Pannu, R Bhakti Klein, Vijay Raaz
STORY: Mithali Dorai Raj, born to a Tamil family in Hyderabad, accidentally finds her way into cricket at a young age, thanks to a friend, Noorie. Gradually, even as she steps in to captain Team India at an early stage of her career, she faces numerous hurdles before putting women-in-blue into the spotlight.
REVIEW: Taapsee Pannu makes a great effort to inter-nalise Mithali Raj as a person. The highlight of her performance is that she doesn't mimic the cricketer, but she sets her foot into her shoes, absorbs and displays the sentiments that Mithali has possibly felt at every juncture in her life. And she does that without the support of any hefty dialoguebaazi. She also seems at ease when she is on field playing out the cricket portions. Minus the archival footage, the cricket portions have been choreographed well, though one would have loved to see more of that. Subtle humour has been used in parts of the film which helps the narrative. The dialogues have been kept in syne with the tonality and the approach of the film. Taapsee's monologue in the climax, somehow, reminds one of Shah Rukh Khan's Sattar-Minute monologue from Chak De! India. Those keenly waiting to finally watch a movie revolving around Mithali, one of women's cricket's most iconic contemporary players, will certainly be left asking for more. Maybe a rerun of one of her milestone matches will help.



BOOK REVIEW

Cold Justice



Title: 'Cold Justice'
Author: Vish Dhamija
Publisher: Pan
Pages: 264
Price: 330 INR
Review: British Indian crime-fiction writer Vish Dhamija is back with a bang with his new novel 'Cold Justice', which released on July 4. Also popularly referred to as India's John Grisham, Dhamija is the only Indian-origin writer listed among the major legal thriller authors of the world. He is the author of eleven works of crime and thriller, including 'Unlawful Justice', 'Bhendi Bazaar', 'The Mogul', 'The Heist Artist', and 'Doosra'.
'Cold Justice', published by Pan Macmillan, centers on Akash Hingorani, a famed defense lawyer who lost his heart to Judge Shilpa Singh during a trial in court. Though Akash and Shilpa's liking blossomed into a relationship, it ended soon after. The novel starts nine months after their break-up when Akash receives several missed calls from Shilpa. After being unsuccessful in reaching out to her and enquiring more, Akash gets to know – to his disbelief – that Shilpa has been arrested and charged with first-degree murder.
"Arrested in situ—at the scene of the crime—with the murder weapon in her hand, she's been charged with first-degree murder, and the police seem determined to ignore all other evidence that points towards a corrupt politician who had threatened Shilpa while she presided on an ongoing trial against him. The murder charge on Shilpa will derail his trial," reads the book's blurb.
A gripping, heart-stopping novel, 'Cold Justice' is a must-read recommendation for thriller lovers, who should fasten their seat belts to enter into a world where the law itself is baffled and a verdict seems impossible.

GADGET REVIEW

Nothing Phone 1



Expected Price	Rs 31,999
Display	6.55-inch
Refresh Rate	120 Hz
Resolution	(1080x2400)
Front Camera	16MP
Rear Camera	50MP + 16MP
Rear autofocus	Yes
Rear flash	Yes
RAM	8GB, 12GB
Storage	128GB, 256GB
Battery Capacity	4500mAh
OS	Android 12
Skin	Nothing OS
Wi-Fi	Yes
GPS	Yes
Bluetooth	Yes
USB Type-C	Yes
Proximity sensor	Yes
Accelerometer	Yes
Gyroscope	Yes
Fingerprint Sensor	Yes

Pros	Cons
* Stylish, unique design.	* Doesn't ship with a charger.
* Clean software.	* Slow 33W charging speed.
* Supports wireless charging.	* Facial recognition is finicky.
* Glyph Lights on the Back.	

VEHICLE REVIEW

Tata Nexon EV Max



Starting Price	Rs. 18.34 - 19.84 Lakh*
Max Power	141.04bhp
Max Torque	250Nm
Seating Capacity	5
Range	437
Boot Space	350 L
Body Type	SUV
Ground Clearance	190 L
Battery Capacity	40.5 kWh
Transmission Type	Automatic
Gear Box	Single speed
Fuel Type	Electric
Emission Norm Compliance	ZEV
Acceleration	9 Sec
Front Suspension	Independent MacPherson strut with coil spring
Rear Suspension	Twist beam with dual path Strut
Steering Type	Electric
Front Brake Type	Disc
Rear Brake Type	Disc
Parking Sensors	Rear

Pros	Cons
* Great looks.	* Long-distance range anxiety.
* Fast charging capability.	
* Best Ground Clearance.	
* Good infotainment system.	
* Excellent interior design.	

Health and Lifestyle

Strength training exercises at home for beginners



Strength training, also called weight training or resistance training, is an essential fitness routine for faster and effective weight loss. It makes you stronger by challenging you to move your body against some type of resistance such as dumbbells, or even your own body weight. This helps in building muscle endurance which will help you to burn more calories even at rest. Apart from cardio training, including strength training in your workout routine will give a much-needed boost to your weight loss journey.
If you are a beginner and unsure about how to use weights during exercise, read on for some very simple and highly effective at-home weight training workouts.
Benefits of strength training
Another way strength training can help to lose weight is by reducing unwanted body fat as well as boosting your metabolism. Along with weight loss, resistance training comes with numerous other health benefits. It improves bone health, flexibility, as well as brain health. You will also have less back pain problems. Strength training improves your posture and balance. Post weight training, you will be in a better mood and feel pumped with energy.
Getting started
For weight training exercises at home, first find a spot in your house with ample space to move around. We'll mostly be sticking to your yoga mat, so make sure you have enough space for that, plus enough room to spread your arms around. Wear sports shoes before workout to avoid any injury. Before commencing with the weight training, do some warm up exercises such as brisk walking or jogging on the spot, along with some basic stretches. Once your muscles are warmed up, you can start with the exercises.
 Lunges
Lunges work the muscles in your lower body, such as your quadriceps, hamstrings, glutes, and calves. Start by standing with your feet shoulder-width apart. Step forward with your right foot, and lower your hips till your right leg is at a 90-degree angle. Make sure your front knee is not beyond your toes. Hold this position for a few seconds and then go back to

the initial position. Now repeat the same with your left leg forward. Repeat 10 to 12 times, then rest for a while and follow up with another set.
Squat to overhead raise
This squats variation works your glutes, leg muscles, as well as the muscles in your core, back, shoulders, and triceps. Stand with your feet a little wider than your hips and your arms alongside your body. You can skip the dumbbells if you are a beginner and add them later once you get a hang of the workout. Now, slowly lower your hips into a squat position and hold for a few seconds. Come back into standing position and raise your arms overhead. Return to the starting position. Do 3 sets with 4 repetitions for each. You can increase the repetitions as you get more comfortable.
Dumbbell shoulder press
This exercise targets the muscles in your shoulders, arms, core and chest. If you don't have dumbbells at home, you can also use filled water bottles with a good grip. Stand with your feet shoulder-width apart. Pick up the dumbbells and raise them to your shoulder height. Now, raise them further above your head till your arms are fully extended. Hold this position for a few seconds and then bring the dumbbells back to shoulder height. Do this for 3 sets with 4 repetitions for each. You can opt for heavier weights once you are comfortable with the lighter ones.
Planks
Planks are an excellent exercise to strengthen your core and stability. If you aren't able to hold a plank, it is a signal to really work on improving your body's strength to manage its own weight. A plank is super easy to do but harder to hold on to. Make sure your posture is correct, otherwise you can hurt your back.
To do this exercise, rest on your forearms and toes only, keeping your body elevated in a straight line parallel to the floor. Engage your core muscles to give you the strength to hold this difficult posture. The longer you can hold, the better. If you have zero capacity, try holding for only 20 seconds and increase the time limit everyday as you grow stronger.

ASTROLOGY

WEEKLY PREDICTIONS 24TH — 30TH JULY 2022

ARIES  MAR 21 - APR 19	This week is filled with loving feelings. The week begins on Sunday, July 24, with Venus in Cancer and your house of home and family squaring Jupiter in your own sign of Aries. Warm and loving feelings abound, especially connected to home and relatives in general. Aries, you might feel that your home is a comforting, warm embrace right now.
LIBRA  SEP 23 - OCT 22	This week, you're on the launch pad. The week begins on Sunday, July 24, with Venus in Cancer and your house of reputation and fame squaring Jupiter in Aries and your house of relationships. Today is an excellent day to launch your art or business into the world. Libra, you likely feel more confident than usual, and others are ready to support you.
TAURUS  APR 20 - MAY 20	This week, you're receiving messages from the Universe. The week begins on Sunday, July 24, with Venus in Cancer and your house of communication squaring Jupiter in Aries and your house of spirituality and the bigger Universe. Today, you might feel very connected to everything around you. The Universe's music is singing in your ears, and you can receive spiritual messages.
SCORPIO  OCT 23 - NOV 21	This week, shifting your routine brings benefits. Venus in Cancer and your house of travel and adventure squaring Jupiter in Aries and your house of work and routines. Today, it's likely you can figure out a way to add more fun to your life. Scorpio, this might mean reorganizing your schedule and finishing work in the morning so you have the afternoon to do something enjoyable.
GEMINI  MAY 21 - JUN 20	This week, your generosity knows no bounds. The week begins on Sunday, July 24, with Venus in Cancer and your house of money and spending squaring Jupiter in Aries and your house of friendships. Gemini, perhaps it's a friend's birthday and you're buying them a special gift, or maybe you're taking a few friends out for lunch. You might buy tickets to an event for your sister's family.
SAGITTARIUS  NOV 22 - DEC 21	This week, you might be inclined to excess. The week begins on Sunday, July 24, with Venus in Cancer and your house of intimacy squaring Jupiter in Aries and your house of romance and risk-taking. Sagittarius, you're already inclined to go overboard at times, but now you're really ready to indulge in something delightful. You and your sweetheart might spend a romantic day together.
CANCER  JUN 21 - JUL 22	This week, you are noticed by others. The week begins on Sunday, July 24, with Venus in your own sign of Cancer squaring Jupiter in Aries and your house of reputation and fame. More than one person might go out of their way to tell you how good you look. Cancer, you might get compliments on your social media posts, blog or a book you wrote years ago.
CAPRICORN  DEC 22 - JAN 19	This week, a relationship gets stronger: Venus in Cancer and your house of relationships squaring Jupiter in Aries and your house of home and family. Capricorn, you might be introducing your sweetheart to your family. Or your new partner might be taking you home to meet their parents. There could be talk of blending families and introducing your sweetheart to your children.
LEO  JUL 23 - AUG 22	This week, you're getting a change of scene. The week begins on July 24, with Venus in Cancer and your house of rest and recuperation squaring Jupiter in Aries and your house of travel. Leo, you could use a restful vacation to a beautiful place where you can be pampered for a while. You might act impulsively and want people to snap to attention.
AQUARIUS  JAN 20 - FEB 18	This week, you're getting better and better: Venus in Cancer and your house of health and well-being squaring Jupiter in Aries and your house of information. Aquarius, you might stumble upon some of the best health information you've ever found. This might be a special vitamin, a practitioner with a unique healing technique or a shift in your thinking to make your health a true priority in your life.
VIRGO  AUG 23 - SEP 22	This week, your friends step up to help you. Venus in Cancer and your house of friendships squaring Jupiter in Aries and your house of resources. You have some really good friends, people who are smart, resourceful and generous. You might be reminded that all you need to do is ask. Before you purchase something check in to see if a friend can help you out.
PISCES  FEB 19 - MAR 20	This week, it's fun at any cost. You might throw caution to the wind and show your sweetheart an amazing time. Pisces, you might get tickets for some live theater or a reservation at the best restaurant in town. You could rent a horse-drawn carriage and ride through the park. Today, forget the budget and just have fun.