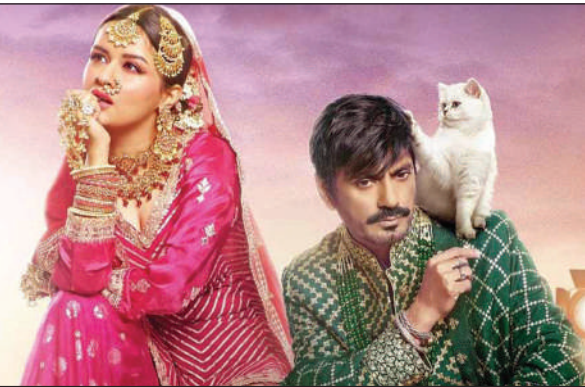


MOVIE REVIEW

Tiku Weds Sheru



Director: Sai Kabir
Cast: Nawazuddin Siddiqui, Avneet Kaur

STORY: This is the story of two wannabe actors with silver-screen dreams in a marriage of convenience. As they are forced to “compromise” to survive in Bollywood, they find love in each other. Will they make it big with each other’s support?

REVIEW: The film’s narrative and Sai Kabir’s direction suffer from a lack of cohesion and flow. It’s the love story of two ‘strugglers’ in part and about what junior artistes face in the name of getting the big break. Often, the screenplay does not do justice to either theme. Tiku gets pregnant with someone else’s child, whom Sheru accepts quite readily seems a bit unconvincing.

Nawazuddin as a loud junior artiste hits it out of the park with his performance. He drops filmy dialogues such as “Hum jab bhi milte hain dil se milte hain, warna khwab mein bhi mushkil se milte hain,” as effortlessly as he emotes. Avneet Kaur shows tremendous promise both as a fiery and self-assured young woman and a desperate girl who’s broken when she discovers her husband’s reality. She shines in the scene when she breaks down and grabs food from a film set after she realises she was sold off with the promise of a role that she does not bag. The film has a sluggish start and doesn’t have much new to offer until the end. What’s more, you feel no empathy for the characters.

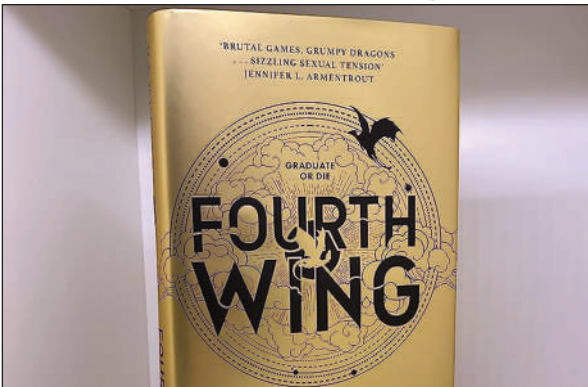
In-depth Analysis

Our overall critic’s rating is not an average of the sub scores below.

Direction	■ ■ ■ ■ ■	2.5/5
Dialogues	■ ■ ■ ■ ■	2.5/5
Story	■ ■ ■ ■ ■	2.5/5
Music	■ ■ ■ ■ ■	2.5/5
Visual appeal	■ ■ ■ ■ ■	2.5/5

BOOK REVIEW

Fourth Wing



Title: ‘Fourth Wing’
Author: Rebecca Yarros
Genre: Fantasy Romance
Publisher: Entangled: Red Tower Books
Pages: 528
Price: INR 2117

Review: Bestselling romance writer Rebecca Yarros is back with her new fantasy romance book ‘Fourth Wing’ which is also the first book in her new series, the Emphyrean series.

In this heart-pounding tale, we follow the journey of Violet Sorrengail, a young woman grappling with a chronic illness. She is forced by her mother, who is a commanding general, to join a war college for dragon riders. Cadets endure perilous trials to shape them into formidable warriors and forge unbreakable bonds with their dragon companions.

Violet’s world is turned upside down as she was supposed to join Scribe Quadrant, living her life among books and history. Violet faces an ominous reality: with an abundance of cadets vying for dragon partnerships, some would willingly eliminate her to bolster their own chances of success, while others bear animosity simply for her lineage. Violet becomes suspicious and questions hidden motives.

Rebecca Yarros skillfully weaves a thrilling tapestry of fantasy and romance, propelling readers into a mesmerizing world where dragons soar and power dynamics reign supreme. The sequel to ‘Fourth Wing’, titled ‘Iron Flame’ is set to release in November 2023. ‘Fourth Wing’ is an electrifying war school fantasy that will leave readers yearning for more.

GADGET REVIEW

Oppo Reno 10 5G



Expected Price	Rs 29,000.
Display	6.70-inch
Resolution	(1080x2412)
Processor	Qualcomm Snapdragon 778G
Front Camera	32MP
Rear Camera	64MP + 32MP + 8MP
RAM	8GB
Storage	256GB
Battery Capacity	4600mAh
OS	Android 13
Wi-Fi	Yes
Bluetooth	Yes, v 5.30
NFC	Yes
Infrared	Yes
USB OTG	Yes
USB Type-C	Yes
Face unlock	Yes
Fingerprint Sensor	Yes
Magnetometer	Yes
Colours	Brilliant Gold, Colourful Blue, Moon Sea Black

Pros

- * Excellent build quality.
- * Good primary camera.
- * Decent battery life.
- * Excellent AMOLED screen, large and notch-free.

Cons

- * Camera UI doesn’t have 5x toggle, which aligns with focal length, suggests digital zoom instead.

VEHICLE REVIEW

Hero Passion Plus



Starting Price	Rs. 76,301*
Ground Clearance	168 mm
Emission Type	BS6-2.0
Engine Displ.	97.2 cc
Transmission	Manual
Max Power	8.02 PS @ 8000 rpm
Max Torque	8.05 Nm @ 6000 rpm
Gear Box	4 Speed Constant Mesh
Fuel Type	Petrol
Fuel Capacity	11 Liters
Wheels Type	Alloy
Tyre Type	Tubeless
Bore	50 mm
Stroke	49.5 mm
Drive Type	Chain Drive
Brakes Front	Drum
Brakes Rear	Drum
Tail Light	Bulb
Battery Type	Maintenance Free
Battery Capacity	12 V / 3 Ah
Kerb Weight	115 Kg

Pros

- * Sporty styling makes it attractive.
- * Punchy Performance and Good Mileage.
- * Decent Hardware and Features.

Cons

- * Skinny Tyres.
- * A Bit Pricey.

Health and Lifestyle

Pre-workout fuel: 5 key nutrients for peak performance during workout



Good nutrition is the key to good performance. For a regular workout, it is important to ensure that your body is receiving all the essential nutrients. This will not only ensure a good workout but also a healthy, consistent workout routine.

Key nutrients in pre-workout can help your body perform better and recover faster after each workout. Measures such as pairing carbs with protein or staying hydrated also help improve endurance and stamina for a good workout. Here we discuss five key nutrients for peak performance pre-workout:

Protein

Himanshu Bajpai, fitness expert, says, “Protein is essential for our body. Eating protein prior to exercise helps increase muscle protein synthesis. It also helps speed muscle recovery, thus aiding a consistent workout. Protein addition in food or as a supplement pre-workout can help individuals increase muscle mass, improve muscle recovery, have lean body mass, increase strength, and enhance muscle performance.”

Fats

Contrary to popular misconception, fat is actually good for the body. Fat can be a great source of energy, which is the perfect fuel for working out. While carbs are important for short and high-intensity bouts of exercise, fat is the source of fuel for longer and moderate-to-low-intensity exercise. Fatty acids like omega-3 reduce muscle fatigue and muscle soreness. A proper diet that includes good fat can help build stamina over time and is a great pre-workout ritual.

Carbs

“Carbs provide glucose to muscles and help them function better. Glycogen from carbs is the way the body processes and stores glucose. This is done mainly in the liver and muscles. Glycogen acts as the main source of energy for short and high-intensity exercise. Thus, they are the perfect pre-workout nutrient,” says Bajpai, who is also the co-founder of 3S fitness technologies.

Creatine

Creatine is primarily stored in skeletal muscle. It aids in energy production and muscular strength. It is a great nutrient for weightlifting, bodybuilding, and other power workouts. Creatine can increase your body’s performance with faster recovery times and

increased strength.

Nitric oxide precursors

According to Bajpai, “Nitric oxide is a common compound produced by the body to relax blood vessels and improve blood flow. Consuming dietary foods like beetroot juice that are rich in dietary nitrates or supplementing with compounds that include nitric oxide can help with working out by boosting oxygen and nutrient transport to your muscles. This could potentially enhance performance and is a perfect pre-workout nutrient.”

It is important to note that a proper diet, meals, and supplements are important for a good workout routine and a healthy life. The timing of meals and supplements is an important aspect of pre-exercise nutrition.

ASTROLOGY

WEEKLY PREDICTIONS 02ND— 08TH JULY 2023

ARIES



MAR 21 - APR 19

Venus in Pisces, in your house of dreams, making a sextile to Pluto in Capricorn in your house of aspirations. Today the conduit to the source of all knowledge is open. It's time to send your wishes into the spiritual plane through meditation, visualization, or saying them out loud. This week is filled with options and opportunities.

LIBRA



SEP 23 - OCT 22

Mercury in Taurus, in your house of credit and debt, making a square to Saturn in Aquarius. Your faculties are firing on all cylinders. Now it's time to tackle difficult things. This week, you're getting in touch with what's important. Libra, this is a good time to express what you want to change.

TAURUS



APR 20 - MAY 20

Venus in Pisces, in your house of friendships, making a sextile to Pluto in Capricorn at the top of your chart. Today, you can pull people in like a magnet. Taurus, you can find friendship, business connections, or even romance. To activate this energy, socialize or post online and as you do, visualize a line of people waiting to meet you. This week, you are singled out and recognized for who you are.

SCORPIO



OCT 23 - NOV 21

Mercury in Taurus, in your house of relationships, making a square to Saturn in Aquarius in your house of dwellings. You and your beloved may be talking about moving the relationship forward. Scorpio, you may be exploring the idea of living together or saving up to buy a home. While you may not be ready to sign paperwork today, you will learn much about your partner's wishes.

GEMINI



MAY 21 - JUN 20

Venus in Pisces, in your house of career, making a sextile to Pluto in Capricorn in your house of resources. You may get extra benefits from your job, things like discounts on insurance, movie tickets, or legal assistance. Gemini, you may want to look at the employee online portal to see what investment and retirement savings are offered.

SAGITTARIUS



NOV 22 - DEC 21

Mercury in Taurus, in your house of work, making a square to Saturn in Aquarius in your house of emails and messages. Today, you may be cleaning out your inbox and, in the process, discovering some crucial unanswered mail. Sagittarius, after a tiny bit of procrastination, you hit the ground running. This week, others are standing by to give you support when you ask.

CANCER



JUN 21 - JUL 22

Mercury in Taurus, in your house of technology, making a square to Saturn in your house of resources. Today, you can find the necessary information to solve a recurring problem. Cancer, this might be an issue with your computer laptop, or you're getting some tutoring for a software program (one you don't like but that you do need).

CAPRICORN



DEC 22 - JAN 19

Venus in Pisces, in your house of communication, making a sextile to Pluto in your own sign of Capricorn. An interesting (and somewhat sexy) conversation could reveal much. Whether you're talking to someone you've just met or someone you've been married to for a decade or more, you may be surprised at what is revealed. This week, you're breaking out of your shell and spreading your wings.

LEO



JUL 23 - AUG 22

Mercury in Taurus, in your house of career, making a square to Saturn in your house of partnerships. Today, you could get together with someone you know well and discuss a business arrangement. You might be pooling resources to do some real estate investing or to start a side business. This week, you may receive much more than you expect. This is a good day for doing difficult calculations.

AQUARIUS



JAN 20 - FEB 18

Venus in Pisces, in your house of money and spending, making a sextile to Pluto in Capricorn in your house of unconscious actions. Today one purchase could lead to another, and before you know it, it's a spending spree. Aquarius, if you're going to a store where there are lots of temptations, you might want to leave your credit card at home. This week, there's a big focus on finances.

VIRGO



AUG 23 - SEP 22

Mercury in Taurus, in your house of education, making a square to Saturn in your house of labor. Virgo, you may be working on a term paper or studying for an important exam. It's possible you are taking a test for a professional license soon, so you are creating Anki flashcards to review your notes. This week, you're attracting some interesting connections.

PISCES



FEB 19 - MAR 20

Venus in your own sign of Pisces making a sextile to Pluto in Capricorn in your house of friendships. You may receive a revelation today. A friend may tell you something about yourself that reframes your identity. Pisces, you could have an epiphany. Today, when you look for treasure (in the form of important insights into who you are), you can make a discovery.