

MOVIE REVIEW

Bad Newz



Director: Anant Tiwari
Cast: Vicky Kaushal, Tripti Dimri, Ammy Virk, Neha Dhupia, Sheeba Chaddha, Hiroo Johar, Karan Johar

STORY: Saloni Bagga (Tripti Dimri) gets pregnant with twins conceived through a rare phenomenon, heteropaternal superfecundation, which means there are two biological dads. In a hilarious rivalry, the would-be papas compete to win her heart and fatherhood. Whom will she choose?

REVIEW: In the laugh riot that comes after Good Newz (2019), Saloni Bagga dreams of culinary stardom and resists her mother's marriage pressure until a whirlwind romance and marriage with Akhil Chaddha (Vicky Kaushal). While she craves career glory, her husband longs for a family, as his carefree attitude creates friction in their relationship. An incident throws her dreams and job into disarray, forcing them to acknowledge their incompatibility. Divorce ensues, and Saloni seeks a fresh start in Mussourie. There, she has a one-night stand with her boss, Gurbir Pannu (Ammy Virk).

Fate throws another curveball: Akhil reappears, and on the same night, things get tangled again. Six weeks later, a bombshell drops—Saloni's pregnant with twins, and a paternity test reveals both Akhil and Gurbir are fathers! This unexpected twist sets the stage for a side-splitting battle between the two men, each vying for Saloni's love and a shot at fatherhood.

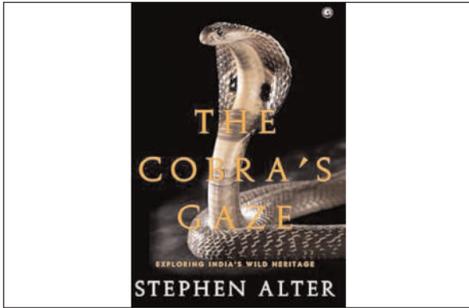
In-depth Analysis

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

Direction	3/5
Dialogues	3/5
Story	3/5
Music	3/5
Visual appeal	3/5

BOOK REVIEW

The Cobra's Gaze



Title: In a clarion call for conservation and coexistence, a reflection on the unspoken bond between animals and humans.

Author: Stephen Alter
Publisher: Aleph Book Company
Pages: 424
Price: INR 999

Review: The Cobra's Gaze by Stephen Alter delves into the heart of India's wilderness, presenting a tapestry of its rich biodiversity. With his unique blend of storytelling, Alter brings to life the intricate connections between humans and the natural world, challenging readers to consider the deeper implications of our interactions with wildlife. He begins the book by narrating an encounter with a goral, which is a testament to the complex and often unspoken bond we share with nature.

Alter reflects on his fascination with wildlife, which was supplemented by books his parents gave him to read, and how living in the company of wild creatures made him appreciate the shared existence of humans and other species. The book is as much a travel memoir as it is testament to the country's ecological diversity. Contrary to what the title suggests, Alter's narrative covers a wide range of fauna, including tigers of Dudhwa and Bandhavgarh, elephants of Assam, blackbucks, sambars, forest skimmers, Asian openbill, citrine wagtail, civets and dancing frogs, to name a few.

He also discusses issues like the cheetah translocation project in Kuno Palpur, emphasising the need for comprehensive landscape rehabilitation and restoration to create a safe haven for indigenous flora and fauna. In an age where the wilderness is increasingly encroached upon by civilisation, Alter's book stands as a beacon of hope. It encourages us to rekindle our innate connection with nature and to act as stewards of the habitats we share.

GADGET REVIEW

OnePlus Nord 4



Expected Price	Rs 32,999
Display	6.74-inch
Resolution	1240x2772 pixels
Front Camera	16
Rear Camera	50 + 8
RAM	8GB, 12GB
Storage	256GB
Battery Capacity	5500mAh
OS	Android 14
Processor	Qualcomm Snapdragon 7+ Gen 3
Wi-Fi	Yes
GPS	Yes
Bluetooth	Yes
NFC	Yes
USB Type-C	Yes
Face unlock	Yes
Fingerprint Sensor	Yes
Magnetometer	Yes
Proximity sensor	Yes
Accelerometer	Yes
Ambient light sensor	Yes

Good

- * Good performance in most scenarios.
- * Reliable primary camera.
- * Brisk charging, long battery life.
- * Four years of Android OS updates.
- * Bright AMOLED screen.

Bad

- * Preloaded (uninstallable) third-party apps, automatic app downloads.
- * Lower CPU performance in benchmark tests.
- * Subpar ultra-wide angle camera.

VEHICLE REVIEW

Maruti Ertiga



Starting Price	Rs. 8.69 - 13.03 Lakh*
Fuel Type	Petrol
Engine Displacement	1462 cc
No. of Cylinders	4
Max Power	101.64bhp@6000rpm
Max Torque	136.8Nm@4400rpm
Seating Capacity	7
Transmission Type	Automatic
Boot Space	209 Litres
Fuel Tank Capacity	45 Litres
Body Type	MUV
Front Suspension	McPherson Strut with Frequency Selective Damping, HRS with Anti Roll Bar Disc Suspension with FSD
Rear Suspension	Disc
Front Brake Type	Disc
Rear Brake Type	Disc
Connectivity	Android Auto, Apple CarPlay
No. of Speakers	9
No. of Airbags	6

Pros

- * Looks Premium.
- * Offers fantastic ride comfort.
- * Loaded with premium features.

Cons

- * Narrow cabin width.
- * Noisy diesel engine.
- * Third row space not adequate for adults.

Health and Lifestyle

Is strength training really easier for women with PCOS? Health expert sheds light



Women suffering from PCOS have been known to consider it a bane of their existence. Digital creator Madison, a 'hormone and gut health specialist' as per her Instagram bio, spoke about how the excess testosterone in the body can make it easier for such women to partake in strength training.

"Women suffering from PCOS (Polycystic Ovary Syndrome) can benefit significantly from strength training. No research specifically proves that women with PCOS are inherently good at strength training, but engaging in the right kind of strength training can help alleviate or decrease symptoms of PCOS," said Dr Dharmesh Shah, founder and director of Holistica World, an integrated healthcare solutions provider focusing on disease reversal.

How does strength training help women?

"Strength training helps reduce insulin resistance, thereby increasing insulin sensitivity and helping to maintain stable blood sugar levels. It helps regulate androgen or testosterone levels, which can reduce skin symptoms like acne and excessive hair growth," he said.

According to Shah, strength training aids in weight management, which is crucial for managing PCOS symptoms. Regular training releases happy hormones, reducing stress and enhancing overall well-being.

According to him, polycystic ovarian disease is a hormonal

disorder triggered by metabolic and lifestyle factors. From an Ayurvedic perspective, it is primarily an imbalance in vata, followed by kapha, which leads to cyst formation and menstrual disturbances. Pitta may also be associated with this condition later on.

Ideal frequency of strength training

"The ideal strength training regimen for women with PCOS includes three to two sessions per week, three being optimal. Each session should be of moderate intensity with high repetitions to aid endurance. Adequate recuperation periods are essential to allow for recovery," said Shah.

Complementing strength training with 15 to 20 minutes of breathing exercises can enhance the effectiveness of the exercise regimen, he said.

Recommended exercises for managing PCOS include:

– Strength training exercises: Lunges, squats with weights, and deadlifts performed at moderate intensity with high repetitions.

– Cardio exercises: Swimming, jogging, cycling, brisk walking, and other cardio activities performed two to three times a week.

Shah said incorporating these exercises into a balanced workout routine can significantly help in managing PCOS and improving overall health.

ASTROLOGY

WEEKLY PREDICTIONS 30TH – 06TH JULY 2024

ARIES



MAR 21 - APR 19

This week, you're finding a bigger vision. The week begins with Venus in Sagittarius making a quincunx to Uranus in Taurus. Today, you could have a sudden epiphany that causes you to rethink some of the basic ideas you live your life by. Aries, this could turn your world upside down. It's like suddenly realizing you've been colorblind and now you can see a rainbow.

LIBRA



SEP 23 - OCT 22

This week, you're in touch with your feelings. The week begins with Venus in Sagittarius and your house of communication making a quincunx to Uranus in Taurus. While you are known for your diplomacy and ability to communicate, today you could make a misstep. It would be quite easy to say the wrong thing and end up putting your foot in your mouth.

TAURUS



APR 20 - MAY 20

This week, the doors of opportunity are nearby. The week begins with Venus in Sagittarius and your house of resources making a quincunx to Uranus in your own sign of Taurus. Some money that you were expecting could be delayed, so you might have to make some calls or move some funds around to cover the shortfall. Taurus, it's quite likely this will all turn out to be beneficial for you.

SCORPIO



OCT 23 - NOV 21

This week, you're getting serious about your plans. The week begins with Venus in Sagittarius making a quincunx to Uranus in Taurus. Purchases made today could be disappointing. The item you receive might look nothing like the picture. Shift your thoughts to the positive and positive things will start happening for you. What you visualize in your mind you can manifest in the world.

GEMINI



MAY 21 - JUN 20

This week, you're directing the flow of energy. The week begins with Venus in Sagittarius making a quincunx to Uranus in Taurus. Gemini, it's pretty easy to get love wires crossed today. A misunderstanding could lead to an outburst or outright argument. Instead, flip this energy around and surprise your sweetheart with flowers or tickets to an event they want to attend.

SAGITTARIUS



NOV 22 - DEC 21

This week, you are remaking who you are. The week begins with Venus in your own sign of Sagittarius making a quincunx to Uranus in Taurus. Today, you might want to change your look. Sagittarius, you could be thinking about adding a pop of color, wearing your hair in a different style, or undergoing something dramatic like plastic surgery. You're looking for a way to express the real you.

CANCER



JUN 21 - JUL 22

This week, you uncover a good solution. The week begins with Venus in Sagittarius and your house of daily routines making a quincunx to Uranus in Taurus. Cancer, your whole routine might be thrown off. It's possible someone is staying in your house or your new puppy threw up on the carpet. Get up an hour early to meditate and you can set a positive tone for the entire day.

CAPRICORN



DEC 22 - JAN 19

This week, others lift you up. The week begins with Venus in Sagittarius and your house of rest and recuperation making a quincunx to Uranus in Taurus. Expect a change of plans today. You could receive an unexpected invitation or call from work. Or it's possible that you feel restless as you try to relax but just can't sit still. The best use of this energy is to go somewhere new.

LEO



JUL 23 - AUG 22

This week, you're moving up in the world. The week begins with Venus in Sagittarius and your house of fun and romance making a quincunx to Uranus in Taurus. There could be a disruption in your day that turns romantic and exciting. It's hard to focus on tasks now unless those tasks are creative and emotionally stimulating. This is a good day to play hooky.

AQUARIUS



JAN 20 - FEB 18

This week, there's a change for the better. The week begins with Venus in Sagittarius and your house of friendships making a quincunx to Uranus in Taurus. A friend could call you needing your help or with an extra ticket to an event. Aquarius, you might feel pressure and the need to drop everything to make it on time. You could receive flashes of insight. You might have an epiphany that causes you to rethink many of the presumptions you've been holding.

VIRGO



AUG 23 - SEP 22

This week, you're finding out what you need to know. The week begins with Venus in Sagittarius and your house of home and family making a quincunx to Uranus in Taurus. Virgo, you could be doing some DIY projects around the house. You might change the décor or hang new curtains. You have great creative potential right now.

PISCES



FEB 19 - MAR 20

This week, you're making great connections. The week begins on Sunday, January 14, with Venus in Sagittarius and your house of career making a quincunx to Uranus in Taurus. You might be questioning your career and wishing for a new profession. Pisces, this is a good time to think outside the box and consider what you'd rather be doing.