

MOVIE REVIEW

Bloody Ishq



Director: Vikram Bhatt
Cast: Vardhaan Puri, Avika S. Gor, Jeniffer Piccinato, Shyam Kishore, Rahul Dev

STORY: The drama centers around Neha's (Avika Gor) traumatic experience, her subsequent memory loss, and the journey of reclaiming her lost memories with the help of her husband Romesh (Vardhaan Puri).

REVIEW: Vikram Bhatt's 'Bloody Ishq' falls short of delivering the thrills and chills expected from a horror thriller. Instead, it leans heavily on romantic suspense and melodrama, failing to innovate within the horror genre. The film relies on tired tropes like secluded mansions and creaking doors, which have become predictable and lack originality.

The story, written by Mahesh Bhatt, centers around Neha (Avika Gor) and her husband Romesh (Vardhaan Puri) as they try to rebuild their lives after Neha's near-drowning incident, which leaves her with memory loss. Their move to a secluded mansion in Scotland introduces eerie occurrences that prompt Neha to investigate whether the house is haunted or if there's another explanation.

The narrative tries to bring some twists with Neha's friend Ayesha (Jeniffer Piccinato) trying to help her remember the things that happened to her in the past. But does she have other motives or is she genuinely trying to help? The answers are easily guessable, yet the film takes 138 minutes to clear things up.

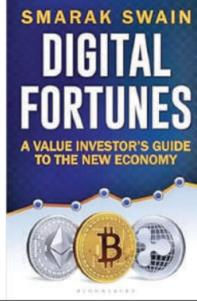
In-depth Analysis

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

Digital Fortunes



Title: The book is a must-read for anyone looking to understand the landscape, key drivers, and opportunities in the digital economy

Author: Smarak Swain

Publisher: Bloomsbury

Pages: 450

Price: INR 396

Review: The truth is we don't know enough about the digital economy. Technology has revolutionised the way we communicate, interact, and transact. Private equity investors have been quick to jump onto this bandwagon. But, they've also had the unpleasant task of marking down some of their new-age investments to zero. After all, how does one differentiate an irresponsible cash burner from an ingenious risk taker?

Is there a rule book to forecast the future when it looks nothing like the past and there are no parallels to draw from? Investors know that there's a fine line between being a believer and being caught in a bubble. Yet even promoters have difficulty pinpointing true value. Companies that floated their IPOs with pomp find their shares languishing a few months down the line. Investors have responded to these trends by either writing off new-age businesses as just another fad or oversimplifying their true drivers of growth. Oddly, investors have something to lose if they look the other way.

The book is organised into three sections, each discussing a broad theme. In the first part, Swain breaks down platform economics. He defines what a platform is and how to identify its potential. The second theme is about cryptocurrencies and the underlying blockchain technology. Here he tries to separate the wheat from the chaff. Towards the end, he dwells upon the challenges and risks that regulation must address.

GADGET REVIEW

Redmi 13 5G



| | |
|----------------------|------------------------------|
| Expected Price | Rs 13,999 |
| Display | 6.79-inch |
| Resolution | 1240x2772 pixels |
| Front Camera | 13 |
| Rear Camera | 108 + 2 |
| RAM | 6GB, 8GB |
| Storage | 128GB |
| Battery Capacity | 5030mAh |
| 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

Tata Safari



| | |
|---------------------|---|
| Starting Price | Rs. 15.49 - 27.34 Lakh |
| Fuel Type | Diesel |
| Engine Displacement | 1956 cc |
| No. of Cylinders | 4 |
| Max Power | 167.62bhp@3750rpm |
| Max Torque | 350Nm@1750-2500rpm |
| Seating Capacity | 7 |
| Transmission Type | Automatic |
| Boot Space | 420 Litres |
| Fuel Tank Capacity | 50 Litres |
| Body Type | SUV |
| Front Suspension | Independent, Lower Wishbone, McPherson Strut with Coil Spring & Anti-Roll Bar |
| Rear Suspension | Semi Independent Twist Blade with Panhard Rod & Coil Spring |
| 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 engine.

Health and Lifestyle

Coffee, paratha or cinnamon roll: What should be your first meal of the day?



Although we all aspire to eat healthily, many of us struggle to build a nutritious breakfast. Often, we're either too lazy, running late, or believe that a cup of coffee or a handful of sugary cereal makes for a good brekkie.

And let's not even talk about those who choose to skip breakfast altogether.

It's crucial to understand that the first meal of the day is extremely important, and you just cannot eat anything.

"An ideal breakfast plate should include a well-balanced mix of nutrients, such as carbohydrates, protein, healthy fats, and fibre. Incorporating foods like whole grains, proteins, healthy fats, as well as fruits and vegetables supports overall health and keeps the mind fresh," Dr Ekta Singhwal, dietician, Ujala Cygnus Group of Hospitals, Moradabad, tells India Today.

For those who enjoy having drinks with their meal, options like coconut water, herbal tea, or fresh juice with no added preservatives or sugar can help maintain hydration throughout the day.

Meanwhile, Edwina Raj, head of services, clinical nutrition and dietetics, Aster CMI Hospital, Bengaluru, emphasises that traditional foods, such as fermented dishes like idli, dosa, and dhokla, are indeed healthy. Our ancestors' dietary habits are well-suited to our genetic

makeup, and incorporating local, seasonal foods can be beneficial. However, she suggests making some adjustments to ensure these meals are more balanced and nourishing.

Stay away from

"Sugary cereals are high in refined sugars and low in protein and fibre, which can cause a rapid spike in blood sugar levels followed by a crash, leading to fatigue and irritability. Similarly, caffeinated beverages, like coffee, might provide a temporary boost in alertness but can lead to dehydration and digestive discomfort if consumed on an empty stomach. Additionally, they can exacerbate issues like acid reflux or stomach upset," says Dr Ekta Singhwal.

Experts also suggest that you should stay away from processed foods and packaged juices with additives. And, all those sugary delights like cinnamon rolls, blueberry danishes, and walnut cakes that may look and smell delicious shouldn't be part of your breakfast.

"Another go-to breakfast, especially in India, is white bread and jam. Eating just that is not a healthy choice as it lacks nutrients and fibres, which are essential for your body. Adding jam increases the sugar content, contributing to blood sugar spikes and crashes," states Dr Archana Batra, a Gurugram-based dietician.

ASTROLOGY

WEEKLY PREDICTIONS 30TH - 06TH JULY 2024

ARIES



MAR 21 - APR 19

This week, you're moving at lightning speed. The week begins with the sun conjoining Uranus in Taurus. Money could fall into your lap unexpectedly. Aries, you might receive a gift of money, or you could find some money. A loan you've been wishing for comes through. Someone might write you a check. A big-ticket item could sell.

LIBRA



SEP 23 - OCT 22

This week, you gain something of value. The week begins on Monday, May 13, with the sun conjoining Uranus in Taurus and your house of resources and power. Open your arms to receive. Today, you could gain something of value. This might be a financial gain or a person with the knowledge you need who steps up to help you.

TAURUS



APR 20 - MAY 20

This week, you have a clear direction. The week begins on Monday, May 13, with the sun conjoining Uranus in Taurus and your house of personal expression. Taurus, you are changing. You're growing intellectually and spiritually, and this is shifting how you present yourself in the world. And people are noticing. You're attracting attention from some new directions. You could meet new friends now.

SCORPIO



OCT 23 - NOV 21

This week, your determination brings you a win. The week begins with the sun conjoining Uranus in Taurus. Scorpio, you might meet an extremely interesting person. You might feel drawn to this person and want to get to know them better. They might do something that's very unusual or have an eccentric way about them. This new connection could lead to a great friendship.

GEMINI



MAY 21 - JUN 20

This week, opportunities abound. The week begins with the sun conjoining Uranus in Taurus and your house of spiritual epiphanies. You could wake up from an amazing dream or have a vision of something for your future. Gemini, you might be dazzled by a new concept or find a podcast so inspiring that you listen to it over and over. Take the time to jot down your ideas today. They are gold.

SAGITTARIUS



NOV 22 - DEC 21

This week, your positive attitude brings success. The week begins with the sun conjoining Uranus in Taurus. Sagittarius, you might adopt a productivity hack that ends up saving you hours a day. You might do something as small as switching your phone to grayscale and find that you don't spend nearly as much time on it. Or you might switch your sleep schedule and wake up refreshed.

CANCER



JUN 21 - JUL 22

This week, you are receiving benefits. The week begins with the sun conjoining Uranus in Taurus and your house of community. Today, you're in tune with your inner self, and that makes it easier to connect with like-minded people. This is a good day to seek out groups that support your efforts, whether those are in art, writing, or a specific type of video game that you like to play.

CAPRICORN



DEC 22 - JAN 19

This week, you find your goal is closer than you think. The week begins with the sun conjoining Uranus in Taurus and your house of fun and adventure. Capricorn, you might do something today you've never done before. And you might discover that you really enjoy it and you're naturally good at it. This activity could have something to do with creativity or the outdoors.

LEO



JUL 23 - AUG 22

This week, you are receiving recognition from interesting sources. The week begins with the sun conjoining Uranus in Taurus and your house of career. Unexpected changes might be happening in your company, revealing some opportunities for you. It's possible that your supervisor is moving on, leaving an open position. A new department could be formed and require leadership.

AQUARIUS



JAN 20 - FEB 18

This week, you are showing the world your potential. The week begins on Monday, May 13, with the sun conjoining Uranus in Taurus and your house of family. While you care about your family and respect them, you sometimes have to go in a different direction. Today, that direction is clearer than ever. Aquarius, this might not be what your parents wanted for you or what your siblings would recommend.

VIRGO



AUG 23 - SEP 22

This week, you are obliterating blocks. The week begins with the sun conjoining Uranus in Taurus. Virgo, you might realize that a long-held belief just isn't true. And in an instant your life transforms, like the snap of a finger from the hand of a genie. Blocks and obstacles in your way disappear. You're giving yourself permission to succeed.

PISCES



FEB 19 - MAR 20

This week, your efforts are noticed. The week begins with the sun conjoining Uranus in Taurus. Pisces, you might have a brilliant idea and today you see how you might implement that idea, whether it's getting a patent or starting a crowdfunding account. And while you see the big picture now, it's a good idea to break this down into manageable steps.