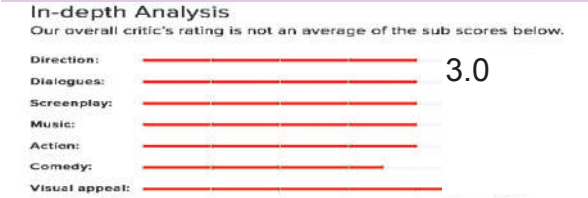


MOVIE REVIEW

Laal Singh Chaddha

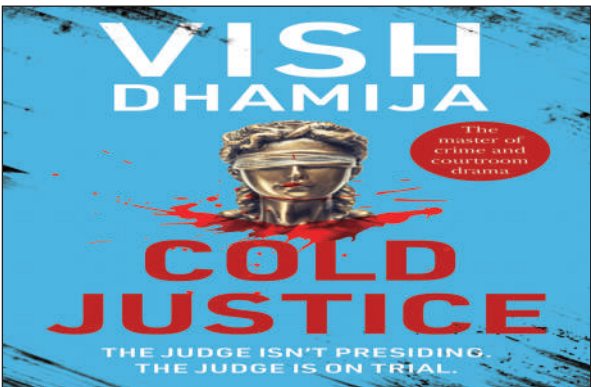


**Director:** Advait Chandan  
**Cast:** Aamir Khan, Kareena Kapoor, Naga Chaitanya Akkineni, Mona Singh, Manav Vij  
**STORY:** Slow-witted but an eternal optimist, Laal Singh Chaddha (Aamir Khan) stumbles through life, thinking to himself — should you write your own destiny or float freely like a feather going wherever life takes you? Is life a question of choices, matter of chances or the symphony of both?  
**REVIEW:** . Zindagi jeene ke do hi tarike hote hain...in Rang De Basanti or him likening life to pani puri in LSC — Zindagi golgappe ki tarah hoti hai. Pait bhale hi bhar jaaye, mann nahi bharata. Despite the boycott brigade, the actor speaks through his characters and advocates humanity over religion here. His drive to take on a celebrated role in his late 50's, which Hanks played in his late 30's is commendable. However, though evocative in portions and painstakingly done, he tries a bit too hard and the result is a tad extra. His constant pauses, de-aging and ‘hmmms’ feel more like an interruption. He seems too consumed with his own act to connect with others. You want him to drop the character excess a bit and keep it simple, something that Kareena manages to crack. She is beautifully restrained as Rupa aka Forrest's Jenny. She displays shades of a sad Geet and wiser version of Madhur Bhandarkar's Heroine, weaving it all together, hitting the right notes and striking a fine balance between involvement and detachment. Mona Singh exudes just the right amount of courage and compassion for her character.



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. Following Shilpa's arrest, Akash joins hands with Vansh Diwan, his classmate in law school and a third-generation lawyer. Together, they pit themselves against Ravi Nanda, described as "one of the sharpest prosecuting brains in the country". He is always a step ahead of Akash and Vansh and even beats them twice during the trial.

GADGET REVIEW

Motorola Moto G62 5G



<b>Expected Price</b>	<b>Rs 8,999</b>
Display	6.50-inch
Resolution	(1080x2400)
Processor	Qualcomm Snapdragon 695
Front Camera	16MP
Rear Camera	50MP + 8MP + 2MP
Rear autofocus	Yes
Rear flash	LED
RAM	6GB
Storage	128GB
Battery Capacity	5000mAh
OS	Android 12
GPS	Yes
Bluetooth	Yes, v 5.10
NFC	Yes
USB Type-C	Yes
FM	Yes
Fingerprint sensor	Yes
Accelerometer	Yes
Gyroscope	Yes
Colours	Frosted Blue, Midnight Grey

Pros	Cons
* Stylish, unique design.	* Camera block feels vulnerable to damage.
* Supports faster charging speeds.	* Fingerprint sensor isn't great.
* Face unblur and Magic Eraser camera features.	* Screen could get brighter outdoors.
* Five years of security/software updates.	

VEHICLE REVIEW

Honda Dio Sports DLX



<b>Starting Price</b>	<b>Rs. 73,317*</b>
Displacement	109.51 cc
Engine Type	Fan Cooled, 4 Stroke, SI Engine
No. of Cylinders	1
Max Power	7.76 PS @ 8000 rpm
Max Torque	9 Nm @ 4750 rpm
Front Brake	Drum
Rear Brake	Drum
Fuel Capacity	5.3 L
Seat Opening Switch	Yes
External Fuel Filling	Yes
Shutter Lock	Yes
Speedometer	Digital
Odometer	Digital
Tripmeter	Digital
Fuel gauge	Yes
Starting	Kick and Self Start
Fuel Supply	Fuel Injection
Clutch	Automatic
Seat Type	Single
Passenger Footrest	Yes

Pros	Cons
* Striking design!	* Doesn't offer a front disc brake or alloy wheels.
* Remains the youthful scooter it always was.	
* Engine performance is marginally better than the Activa's.	

Health and Lifestyle

Five simple ways you can cleanse your aura



Tell us if this sounds familiar. You are falling sick a little too often and feel irritated and wound up all the time. You are not able to sleep properly and no matter what you do, your body and mind seem to be in a perpetual state of exhaustion. If you seem to relate with all the above signs and symptoms, maybe it is time to clean your aura.  
Your aura is the energy field that surrounds your body. It acts as a magnetic field of energy that picks up on emotions, health, psychic debris and circumstances around you. Your aura can experience stress as you exchange energies with those around you, which is exactly why you need to clean your auric field from time to time.  
**What happens when your aura is weak or stressed**  
The aura is heavily impacted by the situations and people you interact with. Since you are constantly exchanging energies with the people around you, it is common for your auric field to get weak due to cluttered psychic debris or even picking on other people's negative emotions and energy.  
As a result, you may feel stressed, anxious, irritated, lethargic, impatient, and even develop a negative outlook towards the world. Your immune system may also take a beating, making you highly susceptible to falling sick.  
Luckily, you can clean your aura from the comfort of your own home, all it takes is a little practice. Once you start cleansing your aura, you will experience a drastic difference in the way you feel and return your mind and body to peace.  
**Here are five ways you can clean your aura at home:**  
**Take an aura cleansing bath or shower**  
There is a reason why you feel incredibly refreshed and inspired after taking a shower. Aura cleansing bath is a ritualistic bathing process where you make use of salts, essentials oils and sacred herbs to clean your energy field.  
Fill the bathtub, add a few drops of eucalyptus or lavender essential oil and a cup of Himalayan sea salt. You can also add sandalwood, sage and rose to enhance the cleansing effect.  
You can start by soaking yourself in the bath for at least 10 minutes. Alternatively, if you are taking a shower, visualise your aura is getting repaired and healed as the water drips down your body. Imagine negativity escaping your body as the water starts draining.

Also visualise, divine energy flowing through you as you clean your entire body and imagine a white bubbling light surrounding you.  
Make sure to discard the herbs and flowers after each use. Drain the remaining saltwater.  
**Smudging**  
One of the oldest aura cleansing practices is smudging with dried white sage. Smudging is basically the burning of sacred herbs and using the smoke coming out of it, to cleanse your aura. To do this, you can use any of the herbs including sage, thyme and cedar. To do so, light the bundle of herbs like an incense stick and pass the smoke gently over each and every part of your body.  
**Walk in the rain**  
One of the easiest ways to cleanse your aura is to take a walk in the rain. Step out when it is raining gently and close your eyes as you let the raindrops soak you completely. Imagine all the negativity and toxicity getting washed away with the rain. You can also go for a swim in a lake for a similar effect on your aura. However, make it a point to avoid this process when rain is accompanied by thunderstorms.  
**Aura combing exercise**  
Wash and dry your hands beforehand to do this powerful aura cleaning exercise. Find a quiet place in the comfort of your home and visualise your aura. Close your eyes and start combing the space around you with your hands. Start with the top of your head and comb the space around you and go all the way down to the toes. It is important that you constantly visualise your aura getting cleansed every time you comb through space.  
Make it a point to wash your hands thoroughly after you are done cleaning the negative energy.  
**Chant mantras and positive affirmations**  
It is one of the most effective methods of aura cleansing. Sit in a quiet place and visualise yourself surrounded with a white, bubbling light. Close your eyes and start chanting mantras and positive affirmations that you are comfortable with. Repeat the mantra as many times as you want till the time you feel the message vibrating through your body. Do this daily to strengthen your energy field.

ASTROLOGY

WEEKLY PREDICTIONS 14<sup>TH</sup>—20<sup>TH</sup> AUGUST 2022

<b>ARIES</b>  MAR 21 - APR 19 This week, you're barely holding on to the reins as you gallop forward. Mars in Taurus and Saturn in Aquarius and your house of the future. Aries, you might restrict your spending because you're saving for a big purchase, or you see the future as being less certain than usual. With this energy, you can benefit from proceeding cautiously.	<b>LIBRA</b>  SEP 23 - OCT 22 This week, you're learning about your own ability to succeed. Mars in Taurus and Saturn in Aquarius and your house of risk. Libra, there might be an opportunity for you to make more money. This might involve a business connection that is outside your comfort zone. You are weighing the chances with your tolerance for risk.
<b>TAURUS</b>  APR 20 - MAY 20 This week, there's light at the end of the tunnel. Mars in your own sign of Taurus squaring Saturn in Aquarius and your house of career. There could be some instability in your company or industry. Unfortunately, these things are out of your control. What is in your control is to make yourself a valuable asset to the company by working well with coworkers and managers.	<b>SCORPIO</b>  OCT 23 - NOV 21 This week, a little effort makes you stronger. Mars in Taurus and your house of relationships squaring Saturn in Aquarius and your house of foundations. Scorpio, you might be trying to get a personal relationship on a better footing. This, of course, is a joint effort, but one of you has to try a little harder (and since this aspect affects you, the responsibility falls to you).
<b>GEMINI</b>  MAY 21 - JUN 20 This week starts out slowly but ends with a bang. Mars in Taurus and your house of rest and recuperation making a square to Saturn in Aquarius. Even if you have plans today, your heart's not in it. Make this a pajama day instead and spend the entire day relaxing. Gemini, you need a day to catch up with all the information that you've been processing. It would be good to pamper.	<b>SAGITTARIUS</b>  NOV 22 - DEC 21 This week, frustration transforms into excitement. Mars in Taurus and your Saturn in Aquarius and your house of information. Today, you could be frustrated by all the conflicting health information out there. Sagittarius, you don't know whether to drink coffee or give up caffeine. You might need to pause to do more research. Look to improve even just one habit and you'll reap the benefits.
<b>CANCER</b>  JUN 21 - JUL 22 This week, frustration can transform into success. Mars in Taurus and your house of friendships squaring Saturn in Aquarius and your house of truth. Cancer, you could feel frustrated and even hurt as you discover that someone close to you hasn't been completely honest with you. Of course, there were mitigating circumstances, and they didn't feel up to telling you the whole story.	<b>CAPRICORN</b>  DEC 22 - JAN 19 This week, you're rewarded for the effort you put in. Mars in Taurus and Saturn in Aquarius and your house of values. Capricorn, a relationship worth having is one worth working at, but there could be challenges due to your upbringing or your sense of being undeserving. Today, you can work to overcome some of these obstacles through compassionate self-care and caring for your partner.
<b>LEO</b>  JUL 23 - AUG 22 This week, a small setback is followed by a big gain. Mars in Taurus and Saturn in Aquarius and your house of partnership. There are some challenges today. Leo, it's important to stay optimistic. When you're climbing a mountain, you're going to slide back a few feet before you can move forward again toward success. Recognize that solutions will come more easily when you're well rested.	<b>AQUARIUS</b>  JAN 20 - FEB 18 This week, small irritations can lead to big changes. Mars in Taurus and your house of home and family squaring Saturn in your own sign of Aquarius. There could be some contention at home. Someone might be in a bad mood, and before you know it an argument is brewing. Aquarius, a better use of this energy would be to build something with a hammer, saw and nails.
<b>VIRGO</b>  AUG 23 - SEP 22 This week, challenging times give way to a breakthrough. Mars in Taurus and your house of travel squares Saturn in Aquarius and your house of routines. Virgo, you might be on the road and, therefore, finding almost everything a little challenging. But you also feel so alive as you're mindful of what you need, where to sleep and how you do daily things.	<b>PISCES</b>  FEB 19 - MAR 20 This week, a closed door now seems to be opening. Mars in Taurus and Saturn in Aquarius. Communication could be particularly difficult today. People seem to be willfully misunderstanding you. Your emails are going to spam folders. Nobody seems to be answering your texts. Pisces, this is a challenging day for communication.

