

MOVIE REVIEW

Raksha Bandhan



Director: Aanand L Rai
Cast: Akshay Kumar, Bhumi Pednekar, Sahil Mehta, Abhinay Raj Singh, Sadia Khateeb, Sehejmeen Kaur

STORY: Responsibility for the four sisters' marriage rests on the shoulders of Lala Kedarnath, the eldest and only brother. What follows are his relentless efforts to ensure his sisters settled down in marriage before marrying Sapna, his childhood sweetheart. Will he be able to keep his promises, or does fate have other plans for him?

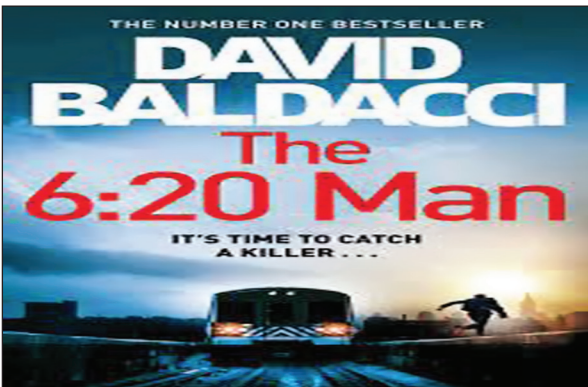
REVIEW: Akshay has effectively conveyed his character Lala's many emotions at different points in the film. Whether he is playing the helpless brother or committed lover, the actor is in form throughout. Bhumi Pednekar as Sapna performs with conviction. But her on-screen chemistry with Akshay Kumar in their previous outing together was better.

The four sisters—debutants Sahejmeen Kaur and Smriti Srikanth as well as Deepika Khanna, Sadia Khateeb—lend great support and steadily bring a good dose of comedy. Seema Pahlwa is effective in her limited role as a matchmaker. 'Raksha Bandhan' reflects the stories of people from small-town India, and in that effort, it does entertain especially in the first half. However, the story about bandhan between siblings soon turns into a social commentary about dowry, which takes up a lot of screentime of this 110-minute movie. This highly emotional drama doesn't fail to touch you, but it had the potential to be a far more entertaining watch.

In-depth Analysis				
Our overall critic's rating is not an average of the sub scores below.				
Direction	<div><div></div><div></div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div><div></div><div></div></div>	2/5
Dialogues	<div><div></div><div></div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div><div></div><div></div></div>	2/5
Story	<div><div></div><div></div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div><div></div><div></div></div>	2/5
Music	<div><div></div><div></div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div><div></div><div></div></div>	2/5
Visual appeal	<div><div></div><div></div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div><div></div><div></div></div>	2/5

BOOK REVIEW

The 6:20 Man



Title: 'The 6:20 Man'
Author: David Baldacci
Genre: Thriller
Publisher: Macmillan
Pages: 468
Price: 393 INR

Review: Author David Baldacci is back with a power-packed complex thriller, 'The 6:20 Man', which has topped the international bestsellers charts already.

'The 6:20 Man' follows the story of Travis Devine-- an Army veteran who now works at Cowl and Comely, a Wall Street investment firm, as an intern. His reason for working as an entry-level analyst is that his father disapproved of him for joining the Army instead of trying to make money like his siblings. Every day, Devine takes the 6.20 AM train to reach work in Manhattan and on his way he looks at the luxurious homes of the super-wealthy people of the city. The train also passes by Cowl's lavish home, where the train passengers often get views of a beautiful bikini-clad woman at the swimming pool. But one morning, Devine's life is changed as he receives an anonymous email which read 'She is dead'. It hinted at Sara Ewes, whom Devine worked with and dated briefly. But no one knew about them dating, especially at the firm since it was against the rules. Sara was found hanging in the office building, and Devine was being suspected for it. That's when a retired Army general decides to protect Devine in turn for a secret investigation of his firm. And if Devine refuses to help, dark secrets from his Army days would be revealed. Meanwhile, more people are found dead at the firm making the novel's plot all the more mysterious.

The complexity and twists in this fast-paced thriller will keep the readers hooked till the very end. If you like a good whodunit or David Baldacci's novels, then do add this new thriller to your reading list.

GADGET REVIEW

Infinix Hot 12 Pro



Expected Price	Rs 10,999
Display	6.60-inch (1612x720)
Resolution	Unisoc T616
Processor	8MP
Front Camera	50MP
Rear Camera	Yes
Rear flash	6GB, 8GB
RAM	64GB, 128GB
Storage	5000mAh
Battery Capacity	Proprietary
Fast charging	Android 12
OS	Yes
Wi-Fi	Yes
GPS	Yes
Bluetooth	Yes, v 5.00
USB Type-C	Yes
Fingerprint sensor	Yes
Proximity sensor	Yes
Accelerometer	Yes
Ambient light sensor	Yes
Colours	Electric Blue, Lightsaber

Pros

- * Good battery life.
- * Supports faster charging speeds.
- * Side-mounted fingerprint scanner.
- * Dual LED flash on both cameras.
- * Decent price.

Cons

- * Low 720p resolution screen.
- * Low camera quality.
- * Without any gorilla glass protection.

VEHICLE REVIEW

TVS Jupiter 125



Starting Price	Rs. 81,275 - 88,075*
Mileage (City)	57.27 kmpl
Displacement	124.8 cc
Engine Type	Single cylinder, 4 stroke, Air cooled
No. of Cylinders	1
Max Power	8.15 PS @ 6500 rpm
Max Torque	10.5 Nm @ 4500 rpm
Front Brake	Disc
Rear Brake	Drum
Fuel Capacity	5.1 l
Charging Point	Yes
DRLs	Yes
Boot Light	Yes
External Fuel Filling	Yes
Service Due Indicator	Yes
Shutter Lock	Yes
Clock	Yes
LED Tail Light	Yes
Speedometer	Analogue
Tripmeter	Digital
Odometer	Digital

Pros

- * Striking design!
- * External fuel filler cap adds to the convenience.
- * Largest underseat storage space of 33 litres.

Cons

- * The styling isn't distinctive.

Health and Lifestyle

High blood pressure: Red spots in eyes could be a sign



High blood pressure, also called hypertension, is a condition in which the force of the blood against the artery walls is too high. It is essential to monitor high BP as it puts a strain on your organs and raises the risk of heart attack, stroke and kidney disease.

One of the most dangerous things about hypertension is that you may not know you have it. This is because it hardly has any symptoms, until the condition becomes too severe. The best way to identify high blood pressure is to regularly monitor it. You can also check it at home.

If your blood pressure is too high, there could be certain symptoms to look out for and get checked from a doctor. One if these can be detected from the eyes.

Red spots in eyes

Red spots at the front of your eyes could be a sign of high blood pressure. These could be caused by broken blood vessels. It is best to get your eyes checked especially if they remain red for some time. High blood pressure can also lead to complications with vision. It can lead to a condition called hypertensive retinopathy, in which the walls of blood vessels thicken and restrict blood flow. The retina can also become swollen and the blood vessels can leak.

Other symptoms of high blood pressure

Apart from signs in the eyes, other symptoms of high BP include: Chest pain, Difficulty breathing

Blood in urine, Pounding in your chest, neck, or ears

Severe headaches, Nosebleed

Risk factors

It is important to know about the factors that can put you at a risk of high blood pressure. If you have any of these, try to take precaution measures accordingly to pre-



vent high BP in the first place.

If you are overweight or do not do enough exercise, then you could be at a higher risk of having high blood pressure. Eating too much salt and not eating enough fruit and vegetables also puts you at risk. Other risk factors include drinking too much alcohol or coffee and smoking. Older age such as being over 65 and having a family history of high blood pressure means you should take preventive measures to avoid having high BP. Not getting enough sleep or having a disturbed sleep may also put you at risk.

Measuring blood pressure

Blood pressure is measured by two numbers – the systolic pressure, which is the higher number and diastolic pressure, which is the lower number.

High blood pressure is considered when your readings are 140/90 millimetres of mercury (mmHg) or higher. Or if you're over the age of 80, then 150/90mmHg or higher is considered too high blood pressure.

It is important to note that the Ideal blood pressure is usually considered between 90/60mmHg and 120/80mmHg. Keep a regular check on your BP levels and take the necessary steps to stay in the ideal range.

Tips to reduce high BP

Here are some healthy and practical lifestyle modification tips to reduce your high blood pressure levels and become healthier.

Reduce the amount of salt you eat, Eat a healthy diet consisting of natural, local and seasonal foods. Stop or cut back on alcohol consumption, Lose weight if you are overweight, Remember to exercise every-day, Reduce caffeine consumption, Quit smoking.

ASTROLOGY

WEEKLY PREDICTIONS 21ST—27TH AUGUST 2022

<p>ARIES</p> <p>MAR 21 - APR 19</p>	<p>This week, you have many choices. Mercury in Virgo and your house of health and well-being opposing Neptune in Pisces. What you want to do is be imaginative and creative and find some mental peace. If you can find a way to quiet your mind today, you'll find some balance. You might not have the energy for anything more challenging than this today.</p>
<p>LIBRA</p> <p>SEP 23 - OCT 22</p>	<p>This week, you're taking steps to make a better life. Mercury in Virgo and your house of escape opposing Neptune in Pisces. Libra, you might as well set aside your list of chores for another day. You need a break. Today is a good day to sit by a gentle fountain and watch the water are into the air. Or lie on a floaty in the middle of a pool and just drift around.</p>
<p>TAURUS</p> <p>APR 20 - MAY 20</p>	<p>This week, you're changing inside and out. You could fall in love with someone you meet in passing. Taurus, it's very easy to get carried away with romantic thoughts and feelings. Your whole body could be tingling with excitement at just the thought of this person texting you. But be careful you don't fly too high. The sun might melt your wings and you'll come crashing back down to earth.</p>
<p>SCORPIO</p> <p>OCT 23 - NOV 21</p>	<p>This week, you're learning to ask good questions. Mercury in Virgo and your house of friendships opposing Neptune in Pisces. Today, it's likely you will scrap plans involving chores, hard work or unpleasant activities. This day is good for sitting around, talking about movies and finding a great new show to stream. Be kind to yourself, and don't try to push yourself to do difficult activities today.</p>
<p>GEMINI</p> <p>MAY 21 - JUN 20</p>	<p>This week, you're making quick decisions. The week begins on Sunday, August 21, with Mercury in Virgo and your house of home and family opposing Neptune in Pisces. Today, you might have things you want to accomplish, but the moment you get home and sit on the sofa all your ambition just drains right out of you. Gemini, this is going to be hard energy to fight.</p>
<p>SAGITTARIUS</p> <p>NOV 22 - DEC 21</p>	<p>This week, others notice you. The week begins on Sunday, August 21, with Mercury in Virgo and your house of career opposing Neptune in Pisces. Sagittarius, you may have no interest in going to work today, but this might not be related to the job. Today, the energy isn't aligned for working on anything. Try to take the day off. This is also a good time to put your finances in order.</p>
<p>CANCER</p> <p>JUN 21 - JUL 22</p>	<p>This week, you're growing spiritually. Mercury in Virgo and your house of writing and communication opposing Neptune in Pisces. This energy is very good for writing fiction, composing poetry or writing songs. Cancer, you might delve into a fantasy world, communicate with magical characters and gain insight into your mind, heart and spirit through your creativity.</p>
<p>CAPRICORN</p> <p>DEC 22 - JAN 19</p>	<p>This week, you're going places. Mercury in Virgo and your house of education opposing Neptune in Pisces. Capricorn, it's possible you're thinking about "back to school" and all that it entails, but today you have no energy to work on this project. A better use of this energy is to take off to a picnic spot, drive to a nearby lake or finally get to the ocean and try body surfing. This is a good day to play hooky.</p>
<p>LEO</p> <p>JUL 23 - AUG 22</p>	<p>This week, you're on the verge of a breakthrough. The week begins on Sunday, August 21, with Mercury in Virgo and your house of money opposing Neptune in Pisces. Today, it isn't that you're actively going against your budget. It's more like you don't remember that you have a budget. Leo, the best thing to do with this energy is forgive yourself and move on.</p>
<p>AQUARIUS</p> <p>JAN 20 - FEB 18</p>	<p>This week, you're getting what you need. Mercury in Virgo and your house of intimacy opposing Neptune in Pisces. Aquarius, this is a very romantic combination. Your imagination might be running wild. You could connect with your partner through tantric meditation and reach a new level of intimacy. It's like you're revealing your soul to one another.</p>
<p>VIRGO</p> <p>AUG 23 - SEP 22</p>	<p>This week, you're finding your path. Mercury in your own sign of Virgo opposing Neptune in Pisces. You might slip easily into a meditative state. Virgo, your brain is processing the last twelve months of your life. Your higher self is pulling at your consciousness, and you find it hard to focus on the present moment today.</p>
<p>PISCES</p> <p>FEB 19 - MAR 20</p>	<p>This week, you're making new connections. Mercury in Virgo and your house of relationships opposing Neptune in Pisces. You give others energy and then more and more energy after that, Pisces, and you're so busy giving that you're not receiving. This is out of balance. It's time to notice this and see if you can find equilibrium.</p>

