

MOVIE REVIEW

Ek Villain Returns



Director: Mohit Suri
Cast: John Abraham, Arjun Kapoor, Disha Patani, Tara Sutaria
STORY: Bhairav (John Abraham), a love-a-holic, is unable to fathom rejection from Rasika (Disha Patani), the woman he loves. Singer Aarvi (Tara Sutaria) is abducted from her home under mysterious-ominous circumstances. When her lover Gautam (Arjun Kapoor), blamed for her sudden disappearance goes looking for her, his path crosses with Bhairav, which leads to plenty of drama and action.

REVIEW: Director Mohit Suri's film offers a simple story with several twists throughout the runtime, right till the last frame rolls in. Things slip on the editing table while treating the non-linear presentation of the story. One wishes this was paid a lot more attention to in order to create a better balance between the first and second halves of the film, to make it a more taut and gripping romantic thriller. While adding pace and spice to the screenplay and dialogues, the writers have missed on adding more heft to all the central characters. Yes, the characters are human and flawed, but sadly, that doesn't make them relatable or earn them much empathy.

The performances in the film don't really stand-out, and most of the actors in their parts feel limited. If their characters had been better fleshed out, it could have probably given them more scope to rise in their individual performances. Ek Villain Returns dishes out plenty of twists and turns but doesn't make you emotionally cheer for any of 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

Health and Lifestyle

Yoga for health: Myths which stop people from doing this effective weight management exercise



Yoga is one of the most effective weight management workouts. However there are several myths associated with it which pulls back people from including yoga as a part of their workout routine.

Here we have discussed several myths associated with yoga and if you are one of those who blindly believes the myths it's time you stop that.

Yoga is only for those who have a flexible body

If you have believed this myth all these years, just ask yourself a simple question: how is that possible?

A human body is made of bones and muscles. The skeleton gives the body the shape and structure so how is it possible that a body will be more flexible than others and only those bodies can do yoga postures?

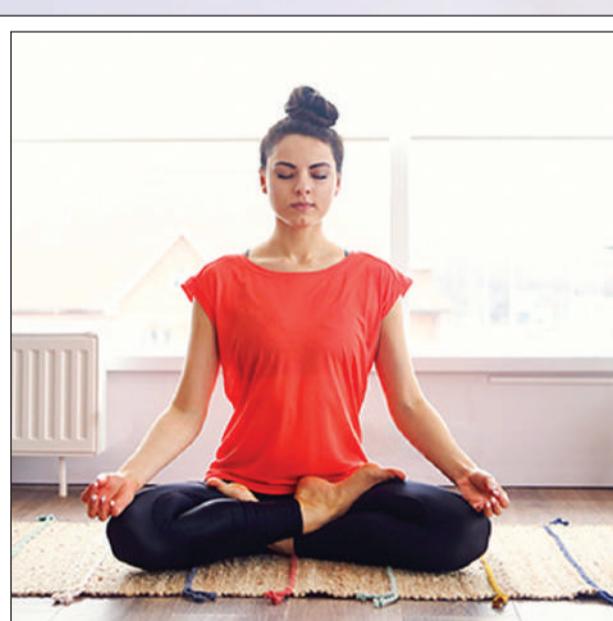
While debunking this myth we will discuss the fact behind this viral claim. The flexibility of a body, which is mostly used in fitness, is the way a body adapts itself to various postures of yoga.

Yoga, though is an indoor workout form, has lots of postures and movements. It is difficult for a person who has mostly led a sedentary lifestyle to perform these poses.

Yoga is only asanas

No, Yoga is not just about asanas. In fact, asanas are only a small part of yoga. There are around 200 yoga sutras, one of which is asanas.

Practicing yoga means practicing the 8 essential aspects or limbs of the yoga and not just asanas. The 8 limbs of yoga are yama, niyama, asana, pranayama, pratyahara, dharana, dhyana and samadhi.



Only few hours of yoga won't help

Nothing helps, if nothing is done at all!

In order to achieve something you need to start from somewhere. Even if it is only 30 minutes of yoga asana then do it. This way you can increase the duration. But unless and until you start it, you can never actually start it.

Older people should not try yoga

Yoga is not age specific. Anyone who has an interest in practicing physical and mental well being can practice yoga.

Yoga is a low impact workout form when it comes to physical workout but it is as effective as any other workout

form when done consistently. Hence, if you are a senior person and have been avoiding doing Yoga asanas due to this myth, get your yoga mat and start it right now.

Yoga is easy to learn

With so many books and online content available about yoga asanas, it is pretty easy to know the origin of this myth.

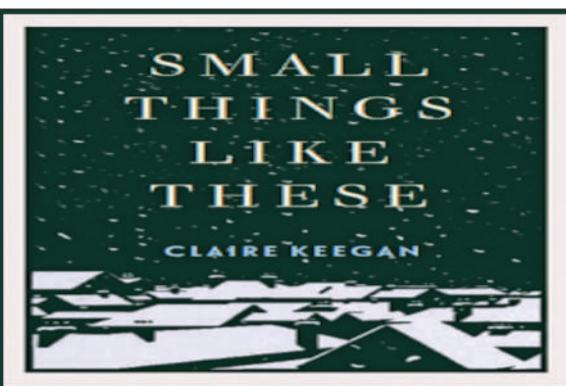
No! Yoga is not easy to learn only if you intend to practice it with perfection. For those who want to make it a part of their life, it is best to practice yoga asanas under the guidance of an expert.

Yoga is dangerous for those who have respiratory issues like asthma

No. Pranayama is highly recommended for those who have respiratory issues. There is proven evidence where pranayama has actually helped people with asthmatic conditions. It improves the lung capacity and makes the person less dependent on medications.

BOOK REVIEW

Small Things Like These



Title: 'Small Things Like These'

Author: Claire Keegan

Publisher: Faber & Faber

Pages: 114

Price: 473 INR

Review: Irish writer Claire Keegan's most recent short novel, 'Small Things Like These', is an unforgettable story of hope, quiet heroism, and tenderness. Keegan dedicates it to "the women and children who suffered time in Ireland's Magdalens laundries" – horrific asylums run by Roman Catholic institutions for most of the 20th century in order to reform "fallen young women".

114 pages long, the novel tells the story of Bill Furlong, a coal merchant with a wife and five daughters.

"It is 1985, in an Irish town. During the weeks leading up to Christmas, Bill Furlong, a coal and timber merchant, faces into his busiest season. As he does the rounds, he feels the past rising up to meet him – and encounters the complicit silences of a people controlled by the Church," reads the book's blurb. At the edge of town is a convent. Attached to it, is a training school and laundry where young women live and work. There are all kinds of rumors about those in attendance – "girls of low character" or "common, unmarried girls", who have been hidden away after giving birth. The terrible conditions they are forced to live under are at last confirmed when Furlong discovers a girl locked away in the convent's coal house, distressed, barely able to walk, and asking to see her baby. Interestingly, 'Small Things Like These' can be read as a feminist revision of Charles Dickens' 'A Christmas Carol'. While Dickens uses his story to challenge the unequal distribution of wealth in Victorian society, his message nevertheless reinforces patriarchal values by celebrating the male-centric and materialist aspects of Christmas, rather than its spiritual elements.

GADGET REVIEW

Realme 9i 5G



Expected Price: Rs 14,999

Display: 6.60-inch

Resolution: (1080x2400)

Processor: MediaTek Dimensity 810

Front Camera: 8MP

Rear Camera: 50MP

Rear autofocus: Yes

Rear flash: Yes

RAM: 4GB, 6GB

Storage: 64GB, 128GB

Battery Capacity: 5000mAh

OS: Android 12

Wi-Fi: Yes

GPS: Yes

Bluetooth: Yes, v 5.20

USB Type-C: Yes

Fingerprint sensor: Yes

Proximity sensor: Yes

Accelerometer: Yes

Colours: Metallica Gold, Rocking Black, Soulful Blue

Pros

* Striking design!

* MediaTek Dimensity 810 SoC.

* 3.5mm Audio Jack.

* 5G Bands.

Cons

* Screen Brightness is a bit low.

* Plastic Build.

* Average Cameras.

Starting Price:

Rs. 97,520 *

Fuel Type: Electric

3200

Top Speed: 75 kmph

Lithium-Ion

Battery Type: Swappable battery

Yes

Charging Time: 4 Hours

36 Month (50000 km)

Battery Warranty: BLDC

3.2 Kwh

Motor Type: Battery Capacity

Alloy

Wheels Type: Tyre Type

Tubeless

Transmission Type: Automatic

Disc

Brakes Front: Disc

Disc

Brakes Rear: Ground Clearance

160 mm

Tail Light: LED

Yes

USB charging port: Load carrying capacity

248 kg

Parking Assist: Additional Features

Smart Break Down Assist

Pros

* Striking design!

* Thrilling Performance.

* Great Range Claims.

* Sporty And Confident Handling Setup.

Cons

* Plastics And Fitment

* Levels Are Far From Desirable.

VEHICLE REVIEW

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ASTROLOGY

WEEKLY PREDICTIONS 28TH – 03RD SEPTEMBER 2022

ARIES



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.

LIBRA



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.

TAURUS



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.

SCORPIO



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.

GEMINI



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.

SAGITTARIUS



This week, others notice you. The week begins on Sunday, August 21, with Mercury in Virgo and your house of career opposing Neptune