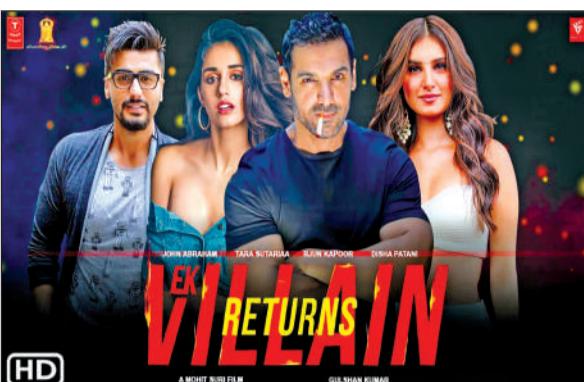


MOVIE REVIEW

Ek Villain Returns



Director: Mohit Suri
Cast: John Abraham, Arjun Kapoor, Disha Patani
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.

Also, one could have done away with the toxicity directed towards women in the film, which takes away from the point the story is trying to make about love, loss, rejection and heartache. Roles like the ones written for Shaad Randhawa and J D Chakravarty needed some thinking as did the police procedures depicted in the film, since they could have provided much-needed support to the narrative.

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

Direction:	4.0/5
Dialogues:	4.0/5
Screenplay:	4.0/5
Music:	4.0/5
Action:	4.0/5
Comedy:	3.5/5
Visual appeal:	4.5/5

BOOK REVIEW

Beyond MeToo



Title: 'Beyond MeToo'
Author: Tanushree Ghosh
Genre: Non-fiction
Publisher: SAGE Publications Pvt. Ltd
Pages: 308
Price: 550 INR

Review: In 2017, the #MeToo movement went viral on social media wherein women from across the world opened up about being sexually harassed and abused in their life. The movement also picked up in India and many women came forward with their heart-breaking stories. Now, delving deep into this topic, author Tanushree Ghosh has written her second book titled 'Beyond #MeToo: Ushering Women's Era or Just Noise?', which was published by SAGE India in January 2022. Ghosh works in the technology sector in the USA, and she is also the Founder and Director of Her Rights Inc. In 'Beyond #MeToo: Ushering Women's Era or Just Noise?' Ghosh writes about the Me Too movement, especially in India, and its implications.

In 'Beyond #MeToo: Ushering Women's Era or Just Noise?', Ghosh writes about the history of feminism, similar movements that had happened before MeToo, the laws in India and abroad, and gender clashes in various cultures. The author adds value to the subject not just through her deep research on this topic, but also by incorporating interviews of real women and survivors to decode whether #MeToo led to women's empowerment and equality or did it just create noise. Ghosh, who is a mother to a daughter herself, also shares her own experiences and views on this complex topic in context of both-India and the USA. She also explores the backlashes against the movement and whether one should be prepared for it. This is a timely book about an ever-important issue that cannot be neglected.

GADGET REVIEW

Infinix Smart 6 Plus



Expected Price	Rs 8,999
Display	6.82-inch
Processor	MediaTek Helio G25
Front Camera	5MP
Rear Camera	8MP
RAM	2GB, 3GB
Storage	32GB, 64GB
Battery Capacity	5000mAh
OS	Android 12 (Go edition)
Skin	XOS 10
Wi-Fi	802.11 b/g/n
Bluetooth	Yes
Micro-USB	Yes
Headphones	3.5mm
FM	Yes
Face unlock	Yes
Fingerprint sensor	Yes
Proximity sensor	Yes
Ambient light sensor	Yes
Colours	Crystal Violet, Tranquil Sea Blue, Miracle Black

Pros

- * Stylish, unique design.
- * Supports faster charging speeds.
- * Face unblur and Magic Eraser camera features.
- * Five years of security/software updates.

Cons

- * Camera block feels vulnerable to damage.
- * Fingerprint sensor isn't great.
- * Screen could get brighter outdoors.

VEHICLE REVIEW

Volvo XC40 Recharge



Starting Price	Rs. 55.90 Lakh*
Max Power	402.30bhp
Max Torque	660Nm
Seating Capacity	5
Range	418
Boot Space	414 L
Body Type	SUV
Transmission Type	Automatic
Gear Box	single speed transmission
Fuel Type	Electric
Emission Norm	ZEV
Front Suspension	Sophisticated Suspension
Rear Suspension	Sophisticated Suspension
Steering Type	Electric
Steering Column	Rack & Pinion
Steering Gear Type	Disc
Front Brake Type	Disc
Rear Brake Type	Front & Rear
Parking Sensors	9 inch
Touch Screen size	Android Auto, Apple CarPlay,

Pros

- * Striking design!
- * Comically quick.
- * Real SUV ground clearance.
- * Strong regenerative braking.

Cons

- * Stiff ride.

Health and Lifestyle

Best breakfast recipes for diabetics

Diabetes is a condition that needs strict monitoring. It is a chronic, long lasting illness that affects how the body turns food into energy, where the pancreas is no longer able to make insulin, leading to a spike in the blood sugar levels.

Having said that, diabetes can alter your daily diet. It may mean limiting some of your favourite foods and drinks, while also replacing them with healthy food groups. From non-starchy foods like broccoli, carrots, greens, peppers, and tomatoes to fruits such as oranges, melon, berries, apples, bananas, and grapes, these foods should be added to your everyday diet.

Additionally, grains, lean meat, fish, low fat milk, yogurt can also be incorporated.

Breakfast is said to be one of the most important meals of the day! However, having diabetes can make preparing breakfast a little tricking. Coming up with something nutritious and delicious at the same time can be a struggle.

That said, here are some breakfast recipes to manage your blood sugar levels.

Stuffed bajra roti

To make stuffed bajra roti, you must first prepare the dough for the roti and the stuffings. Knead your bajra flour into a dough and let it rest. Prepare the stuffing with low-fat paneer (cottage cheese), 4 tbsp chopped fenugreek (methi) leaves, 2 green chillies, 1/2 cup finely chopped tomatoes and salt to taste. Put the stuffing into the flatbread and cook it on an open flame until light brown spots appear on both sides.

Moong dal idli

Soak 1 cup moong dal in a large bowl of water for 2 hours. Drain the water and blend into a smooth paste. Add 1/4 cup curd, whisk and mix. Heat a pan, add 2 tsp oil and splutter 1/2 tsp mustard. Put 1 tsp cumin, 1 tsp chana dal, 2 chillies, finely chopped ginger, few curly leaves and cashew and saute for a minute. Transfer the heated spices to the moong dal batter bowl. Pour the batter into the idli plate. Do not rest the batter. Steam for 15 minutes on medium flame and serve with green chutney.

Vegetable oats pancake

Combine all ingredients including oats, carrots, spinach, coriander, green chillies and 1 tbsp oil, along with a cup of water and mix well to form a batter.

Heat a non-stick pan/griddle and use 1/4 of cooking oil to grease the surface. Pour a spoonful of batter and spread in a circular motion. Cook till it turns light brown on both sides. Serve it with some maple syrup.

Quinoa upma

Add 1/2 cup quinoa in a fine mesh strainer and rinse well. Drain all water and keep aside. Heat 1.5 tbsp oil in a pan, add 1/2 teaspoon mustard seeds, 1/2 teaspoon of cumin seeds, 1/2 teaspoon urad dal, 1/2 teaspoon moong dal and stir. Once they turn golden brown, add chopped ginger, chillies, asafoetida (optional).

Next add onions, curry leaves and stir. Once the veggies have blended well, add finely chopped carrots, french beans and 1 cup frozen peas. Stir well and mix rinsed quinoa in it. Sauté for a minute or two on low heat. Then add water and salt to taste. Cover with a tight-fitting lid and simmer on low heat until the quinoa seeds are cooked. Stir once or twice to keep it from sticking to the pan.

Monitoring your blood sugar levels is important

Besides enjoying these healthy, fibrous foods, you must also monitor your blood sugar levels regularly. You can do it at home or go to a clinic for the same. Also ensure that you follow an active lifestyle and steer clear of unhealthy habits such as smoking and alcohol consumption.



ASTROLOGY

WEEKLY PREDICTIONS 07TH—13TH AUGUST 2022

ARIES



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.

LIBRA



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.

TAURUS



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.

SCORPIO



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.)

GEMINI



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.

SAGITTARIUS



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.

CANCER



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.

CAPRICORN



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.

LEO



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.

AQUARIUS



JAN 20 - FEB 18

This week, small irritations can lead to big changes. Mars in Taurus and 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.

VIRGO



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,