

MOVIE REVIEW

A regular masala film

Taran Adarsh

My generation grew up on Amitabh Bachchan's movies and everybody -- film historians included -- know the priceless contribution of ZANJEER [1973] to Big B's illustrious career. For the uninitiated, the tag, 'Angry Young Man', was coined for Bachchan soon after this film hit the screens and made history at the BO. Although a number of films followed [and continue to be made to this date] -- depicting a brooding cop, the fight between honest and evil -- ZANJEER is revered, an iconic film by movie aficionados and enthusiasts.

The first time I heard that Apoorva Lakhia was remaking ZANJEER, I must admit, I was appalled. Why would anyone want to play with fire, I asked myself. Remaking an iconic film and reprising the characters of Inspector Vijay Khanna [Big B], Sher Khan [Pran], Mala [Jaya Bachchan], Teja [Ajit] and Mona [Bindu], which have been immortalized by the actors, is a humungous challenge. Sure, the Gen X may/may not be aware of the classic, but those who recall ZANJEER affectionately will find it difficult to see a new set of actors slipping into their fav stars' shoes.

The question is, how much has Apoorva Lakhia retained from the all-time classic? The new ZANJEER borrows from the original, but it is more of an updated avatar of that film. The essence remains the same, the characters are similar too, even a dialogue or two has been retained... but let

scene reproduction of the earlier film. ZANJEER has a present-day setting, thus catering to today's spectators. Apoorva and his team of writers rely on drama and action to carry the story forward: The conflict between Ram Charan and Prakash Raj works for most parts, while the action is larger-than-life and in sync with what the present-day spectators expect from masala movies.

Subject like ZANJEER is totally up Apoorva's alley and without comparing him with his peers, I must state that the director has handled a number of dramatic sequences adroitly, especially the ones between Ram Charan and Sanju and also between Ram Charan and Prakash Raj. It's a double edge-sword for the director, but as a stand-alone film -- not wanting to color my judgment, since I am a big, big fan of the earlier ZANJEER -- the director does deliver in the second hour specifically.

Blemishes? The women in the film don't really work. Priyanka, a fine actress otherwise, is just about okay. And Mahie Gill aka Mona Darling is inadvertently comical. Moreover, the character of the journalist [Atul Kulkarni] is not as convincing. Apoorva also falters because the theme lacks the originality that it had in the 1970s. Haven't we been subjected to hundreds of good versus evil saga over the decades? The soundtrack is another hiccup. You forget all about it the moment you exit the hall.

Ram Charan steps into a role that was immortalized by Big B and that's a huge challenge for any actor. The very



me put it this way -- it's his interpretation of a film that's admired even after four decades of its release.

Vijay [Ram Charan] is an honest police officer who has been transferred yet again by the system for chasing the corrupt underworld goons. He is in charge of a case where the key eyewitness, Mala [Priyanka Chopra], has seen a murder by Teja's [Prakash Raj] gang and refuses to cooperate. Teja is the head of the old mafia operation and doesn't want Mala alive. Vijay manages to convince Mala to give a statement which makes her perpetrators come after her. He gives her shelter in his house to protect her and soon realizes that she is slowly becoming an important part of his life. He also encounters Sher Khan [Sanjay Dutt], who is into buying and selling of illegal cars. Seeing Vijay's honesty and determination, Sher Khan turns over a new leaf and mends his ways to transform into a person who now only goes by the book. He has made Vijay a friend for life and will do anything to help him out.

Vijay, on the other hand, is also battling his inner demons, where he is searching for his parents' killers. He witnessed their cold blooded murder as a child and the nightmares continue to haunt him till date. The film revolves around Vijay's struggle against the system, his battle against his inner demons and the trail for Teja.

Let's get one thing right! ZANJEER is "not" a scene-to-

thought of reprising the iconic character can put you off, but, again, without drawing parallels with Big B's towering act, I must add that Ram Charan acquires himself very well. He plays the honest cop with precision and comes across as a supremely talented actor. Priyanka Chopra just doesn't work. Incidentally, this is the third remake for Priyanka, after DON and AGNEEPATH [all starred Big B in the original versions]. After playing the affable Munnabhai and deadly Kancha Cheena, Sanjay Dutt portrays Sher Khan with gusto. He's first-rate.

Prakash Raj is electrifying as the villain. He is venomous to the hilt. Mahie Gill definitely deserved something better. Atul Kulkarni is wasted. Ankur Bhatia is relegated to being Prakash Raj's sidekick. Dayashankar Pandey and Aditya Lakhia try hard to infuse humor in the proceedings. Chetan Pandit is passable.

On the whole, ZANJEER is a triumph for Ram Charan, who gets abundant opportunity to exhibit his talent and scores exceedingly well. However, the film comes across as a regular masala fare that caters to the single screen spectator mainly and also for enthusiasts of typical Bollywood entertainers. As for the comparisons with the original ZANJEER, I suggest try not to get there!

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PERSONALITY

Pioneer educationist couple of J&K

O.P.Sharma

The pioneer educationist couple late Harbans Lal Gupta and late Shanti Gupta founded Model Academy, an educational institution in private sector at Jammu in 1936. They founded and developed this institute into Model Institute of Education & Research, (MIER) through sheer hard work, dedication, vision and great qualities of leadership. Their memories are still fresh in the minds of the people for their contribution and as brief pen portrait is attempted in this article.

In an exclusive interview, Dr Arun K. Gupta, son of late H.L. Gupta and chairman, MIER while speaking about the founder of this institution said: "they were great visionary and missionary who brought a new trend in education by making it progressive, nationalistic, result-oriented and futuristic".

He further added, "they as a team combined idealism, pragmatism, humanism and enriched their philosophy with scientific rationalism so as to prepare future generation to be competent, committed and confident to face the challenges of life. They promoted the private enterprises in education and worked towards harmony, globalization, women empowerment and suitably mould the human personality to draw best out of it".

Commitment to cause

While Harbans Lal Gupta was born in a village "Dubheran" in Rawalpindi (Pakistan) on February 4, 1912 on the auspicious Basant day, his wife Shanti Kohli was born in 1919 at Ludhiana (Punjab). After receiving high education they were married during 1942 and jointly nurtured the growth of Model Academy Education Institution at Jammu to its full stature and size.

After matriculation from Ranvir High School, Jammu in 1927, Mr Gupta joined

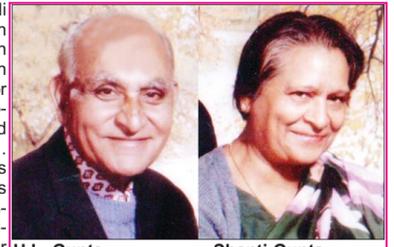
Gordon College Rawalpindi and later completed M.A. in Economics from Foreman Christian Colleges Lahore in 1933. In 1934, he qualified for the Fellowship of the Royal Economics Society, London and also completed his B.T. in 1941.

Recalling the qualities of his parents, Dr. Arun Gupta said his father had missionary zeal, discipline, punctuality and broad-mindedness while his mother Shanti Gupta had high virtues of head and heart with forceful personality and sense of deep understanding of the aspiration of the budding youth. Shanti Gupta, a highly educated and trained teacher, remained Principal of Model Academy and Chairperson, Board of Directors of MIER.

Pioneer Educationist

The marriage of the two educationist and teachers brought a new phase of development for the Model Academy. Both were held in high esteem by teachers, parents and students alike. They were associated actively with number of social and cultural organizations, educational bodies and leaders of various political hues.

Making a mention of very notable students who pass through this institution, Dr Arun Gupta said: Dr Adarsh Sein Anand, who became Chief Justice of India and later Chairman, National Human Rights Commission ; Gen. J.J. Singh, former Chief of Army Staff, Indian Army, Admiral Arun Prakash, Chief of Indian Navy, Justice Anil Dev Singh, former Chief Justice, Rajasthan High Court; Gen. G.S. Rawat, Vice Chief of Army Staff, Justice (Ms) Usha Shukla; Gen. Keshav Singh Jamwal; Gen. Anup Singh, Gen. Ranjit Singh; late Ms Tahira Shahmiri, J&K Education Secretary.



H.L. Gupta Shanti Gupta

Dr. Gupta stated that three generations of his family including his parents, he and his wife as also our two sons are actively associated with this institution.

Onwards: Quality Education

Both have visited a large number of countries and participated in seminars and conference related to education sector.

H.L. Gupta passed away on December 30, 1983, while Ms Shanti Gupta breathed her last in March, 1999. The distinguished couple is survived by their son Dr. Arun .K. Gupta and four daughters. This unique couple is affectionately remembered by the people in general and students of this premier educational institution.

The pioneer educationist couple has left a legacy for expansion of private enterprise in the promotion of education at all levels. The role of education in the private sector for attaining the objective of "Education For All" has now been fully realized and many new educational institutions have come up in all parts of the State. Now all out efforts must be made to improve the quality of education for turning out youth with modern outlook, grounded with high moral values, scientific temper and commitment for bright future of humanity.

(Starline Syndicate Service)

HEALTHLINES

Living well with Heart Disease

Arvind Kohli

If you have heart disease, or think you do, there's a lot you can do to protect your heart health.

The following are the key steps to control the disease, including how to survive a heart attack and prevent serious damage to heart muscle. Caring for your heart is worth the effort. Use the information here to start today to take charge of your heart health.

What is Heart Disease?

Coronary heart disease-often simply called heart disease occurs when the arteries that supply blood to the heart muscle become hardened and narrowed due to a build-up of plaque on the inner walls of the arteries. A heart attack occurs when the plaque bursts and a clot forms over the plaque, blocking flow through the artery and preventing oxygen and nutrients from getting to the heart. Heart disease is a lifelong condition. Even if you've had surgery or other procedures to help with blood flow in your heart, your arteries remain damaged.

Their condition will worsen unless you make changes in your daily habits. There is much you can do to control heart disease, prevent a first or second heart attack, and increase your chances for a long and vital life.

Getting Tested

If you have been told that you have heart disease, you may have had one or more screening tests. Tests for blood pressure and cholesterol levels are often done as part of routine physicals. Additional tests that may indicate heart muscle damage or blood flow problems help doctors evaluate the severity of your condition.

Most tests are done outside of the body and are painless. They include ECG, Echocardiography, Stress ECG, CT Coronary and finally Coronary angiography which stays the gold standard test for diagnosis.

Risk Factors

Risk factors are health conditions or habits that increase the chances of developing a disease or having it worsen. Because you already have heart disease, you'll need to work especially hard to control your risk factors. There are two types of heart disease risk factors-those that are beyond your control and those that can be changed. Those that can't be changed are a family history of early heart disease and age. For women, heart disease risk increases at age 55; for men, it's age 45.

The risk factors you can control are smoking, high blood pressure, high blood cholesterol, overweight/obesity, physical inactivity, and diabetes. While having even one risk factor is dangerous, having multiple risk factors is especially serious, because risk factors tend to "gang up" and worsen each other's effects.

Treatment

Heart disease and its risk factors can be treated in three ways: by making heart healthy changes in your daily habits, by taking medication, and in most of cases by having a medical procedure in form of Angioplasty or bypass surgery

IN BRIEF: Making lifestyle changes. Adopting new habits, such as not smoking, following a heart healthy eating plan, maintaining a healthy weight, and

becoming more physically active can go a long way in helping to reduce your risk for worsened heart disease. You may need to manage certain risk factors vigorously. For example, having heart disease means that if you have high levels set a type of cholesterol called low-density lipoprotein (LDL), the "bad" cholesterol, your goal should be to bring the level to below 100 mg/dL.

Sometimes, lifestyle changes alone

shoulders, arms, neck, jaw, or back. Stable angina-a type with a predictable pattern-can be brought on by a physical or emotional strain, but unlike a heart attack, is usually relieved by rest or medicine. Unstable angina is less predictable, may not be relieved by rest or medicine, and is a sign that you may have a heart attack very soon. If your pain does not go away within 5 minutes after rest and/or medicine, or gets worse. **Prepare a Heart**



aren't enough to control heart disease and its risk factors. Medications are often used to treat high blood cholesterol, high blood pressure, or heart disease itself. For instance, medicine may be used to relieve angina, the chest pain that often accompanies heart disease. If you do take medications, it is vital to also keep up your heart healthy lifestyle, because it can help to keep doses of some medications as low as possible. Be sure to take your medication exactly as your doctor advises. (This includes aspirin and other over-the-counter medicines). If you have uncomfortable side effects, inform your doctor. You may be able to change the dosage or switch to another medication (Clopidogrel).

Getting Help for a Heart Attack

If you have heart disease, you are at high risk for having a heart attack. But planning ahead so you know what to do if heart attack signs occur will help you get treatment fast-when it can save heart muscle and even your life.

Know the Warning Signs

Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts for more than a few minutes. It may feel like pressure, squeezing, fullness, or pain. The discomfort may be mild or severe, and it may come and go.

Discomfort in other areas of the upper body, including one or both arms, the back, neck, jaw, or stomach.

Shortness of breath. This may occur with or without chest discomfort.

Other signs include nausea, light-headedness or breaking out in a cold sweat.

Angina is a pain or discomfort in the chest that occurs when the heart muscle is not getting enough blood due to the buildup of plaque in the arteries. It is not a heart attack, but if you have angina, you are more likely to have a heart attack. The pain may feel like pressure or squeezing in your chest, or may also occur in your

Attack Survival Plan

Be sure your family, friends, and co-workers know the warning signs and what to do if you should have a heart attack. Write down medications you take, any medicines you are allergic to, and phone numbers for your doctor and a person to contact in an emergency.

The importance of Cardiac Rehabilitation

Millions of people survive heart attacks or heart surgery and resume active, normal lives. The time it takes to recover from a heart attack or heart procedure will depend on many factors, including successful participation in a cardiac rehabilitation program. Cardiac rehabilitation programs include exercise training, education on heart healthy living, and counselling to reduce stress and help you return to an active life. Almost everyone with heart disease can benefit from some kind of cardiac rehabilitation. Women are helped by cardiac rehabilitation as much as men are.

Exercise training will help you learn to safely participate in physical activity to strengthen your heart and your muscles and improve your stamina. If you are still recovering from surgery, you may worry that exercise could be harmful. In fact, physical activity can help prevent future heart problems. Your cardiac rehabilitation team will plan a program for you that is safe and effective.

Cardiac rehabilitation programs will also help you learn new heart healthy habits, control your risk factors, and offer support to cope with the challenges of adjusting to life following a heart attack or heart surgery. Depending on your needs, a program may help you quit smoking, manage conditions such as diabetes, follow a heart healthy eating plan, lose weight, and manage stress.

(The author is a Heart Surgeon at GMC, Jammu)

BEAUTY TIPS

Hair Care

Shahnaz Husain

During the hot and humid season, oil and sweat deposits make the hair sticky, matted and rough. There may even be bad odour from the scalp. Shampoo the hair more frequently during the hot and humid season, especially if the hair is oily. Use a mild herbal shampoo. Rinse your hair well with water, to get rid of all soapy residues and loosened flakes. You can even wash the hair daily, but use less shampoo.

To remove bad odour, add the juice of a lemon and half a cup of rose water to a mug of water and use it as a last rinse after shampoo.

A few drops of eau de cologne can also be added to a mug of water and used as a last rinse. It also has a cooling effect.

Have a tea-water and lemon rinse. Take used tea leaves and boil them again in 4 to 5 cups of water. The amount of water depends on the length of the hair. Strain and cool the water. Tea contains tannin which adds shine to the hair and makes it silky. It suits all hair types. Add the juice of a lemon and use as a final rinse after shampoo.

Henna treatments also help to cleanse the scalp and remove bad odour. Add 4 teaspoons each of lemon juice and coffee, 2 raw eggs and enough "tea water" to the henna powder, mixing it into a thick paste. "Tea water" can be made by boiling used tea leaves again in enough water, cooling and straining the liquid. Apply the henna on the hair and wash off after an hour. If you do not wish to use egg, add

more tea water.

In cases of sticky dandruff, where the flakes adhere to the scalp, hot oil therapy is very useful. Heat sesame seed (til) oil or olive oil. Apply the oil on the scalp with cotton wool, rubbing gently to dislodge the flakes. Then dip a towel in hot water, squeeze out the water and wrap the hot towel around the head, like a turban. Keep it on for 5 minutes. Repeat the hot towel wrap 3 or 4 times. This helps the hair and scalp absorb the oil better. Repeat this three or four times. Leave the oil on overnight. Next morning, apply the juice of a lemon on the scalp and wash your hair after half an hour

Add 5 drops of Rosemary Essential Oil to 50 ml rose water. Shake well and keep in an airtight glass bottle. Apply this on the scalp after shampoo and leave it on.

Hair Rinses will also help to refresh the hair and scalp. Add a handful of fresh or dried marigold (gairda) flowers to two cups of hot water. Dried or fresh rose petals can also be added. Allow it to stand for one hour. Strain the water and cool it. Use it as a hair rinse after shampoo.

Hibiscus (java or gurhal) flowers can also be used to rinse the hair. Both hot and cold infusions can be made from hibiscus flowers and leaves. For hot infusions, add the flowers and leaves to boiling water and allow to stand for 10 to 12 hours. The infusion is strained and then used as a last rinse after washing the hair. For cold infusions, the flowers and leaves are allowed to stand overnight in cold water, in a ratio of one to six. The flowers are squeezed and the water is strained before use. Such infusions can be used to wash the hair and scalp, or applied on the scalp with cotton wool. The paste or juice of the flowers can also be applied on the hair. Add a few drops of eau-de-cologne before using it as a hair rinse, to add fragrance.

Avoid hair styling products like gels during humid weather, especially if the hair is oily. They can make the hair more oily and also block the pores of the scalp, leading to dandruff.

Avoid spicy and fried foods. Include fresh fruits, raw salads, sprouts and yogurt in your daily diet. Drink plenty of water. Add the juice of a lemon to a glass of water and have it first thing in the morning.

