

## MOVIE-REVIEW

## A feel good film



Saibal Chatterjee

A comedy with the right ideas, Happy Bhag Jayegi isn't half the film it could have been had writer-director Mudassar Aziz injected a little more vigour and imagination into the screenplay.

It hinges on the cross-border mayhem that peppery Amritsar girl Happy (Diana Pentu) unleashes when she, at the behest of her boyfriend Guddu (Ali Fazal), flees her home to avoid being engaged to a petty politician Bagga (Jimmy Sheirgill).

Inadvertently, her run ends in Lahore, in the home of an ex-governor, where the latter's son Bilal (Abhay Deol) finds himself at his wit's end over how to pack her off across the border without her illegal presence in Pakistan blowing up into a scandal.

Bilal also has to contend with his no-nonsense fiancée Zoya (Momal Sheikh), a wealthy Lahore businessman's daughter who he must marry at all cost because his father believes that the union will "change the history of Pakistan".

The confusion caused by Happy's arrival is compounded

by Bagga and his men who decide to set up a trap for the runaway bride in Lahore.

Amid a great deal of innocuous mirth, a local policeman Usman Afridi (Piyush Mishra) joins forces with Bilal to not only keep Bagga at bay but also to ensure that Happy gets the man she loves.

Happy Bhag Jayegi is a romantic comedy in which everybody appears to get into serious trouble but nobody dies.

In many ways, Happy Bhag Jayegi has an old-fashioned feel.

It seeks to derive humour largely from the situations and the dialogues. But while it sticks to that strategy all the way through, it lacks the punch to make its lines count.

The acting is solid all around. Abhay Deol, back in harness after a hiatus, does his very best to prop up the proceedings.

Diana Pentu is, however, a bit of a letdown. She is the fulcrum around which the comic romp revolves, but her 'Punjabi kudi' act comes off only intermittently.

Pakistani actress Momal Sheikh, playing the only principal character in Happy Bhag Jayegi who does not contribute to the madness unfolding on screen, stands by with suitable sternness, watching the action swirl around her.

Ali Fazal, too, is pretty much in the same boat, but the actor makes the few scenes that he is given to count.

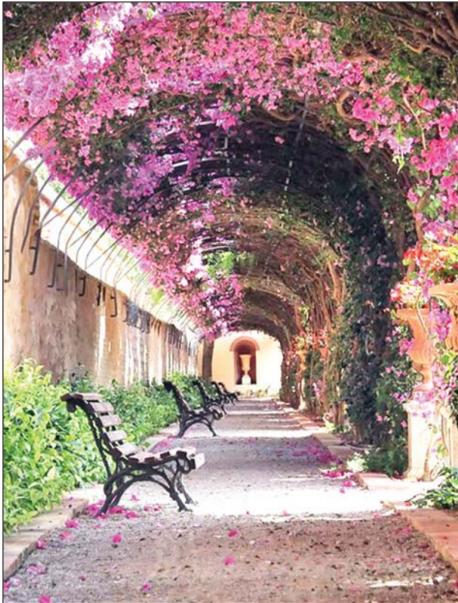
Piyush Mishra is the funniest of the lot: as the bumbling cop, he gets some of the best lines of dialogue and delivers them with just the right blend of bafflement and insouciance.

Since most of the story unfolds in Pakistan, rest assured that there are digs galore at that country but mercifully none of them crosses the line of acceptability.

Happy Bhag Jayegi isn't an unalloyed laugh riot by any stretch of the imagination. But it isn't a drag either. It delivers hilarity in small doses and is a passable, mildly funny caper film.

## LIFE STYLE

## A green wedding



Wedding comes in all shapes and sizes.

While not all are big, fat and dreamy, they all tend to deplete earth's resources. Be smart, opt for an environment friendly occasion.

**Sudipto Maity reports**

Turn the pages of history books and you'll find that marriages used to be solemn occasions, taking place in the realms of nature. They were far from what we witness today. With lavish decorations and reception parties, one tends to wonder if marriages are slowly losing out on its real intent of uniting two souls.

It is said that marriages are made in heaven, and what's more heavenly than decking up your precious moment with everything natural, away from the glitz and glamour of the fast turning synthetic world.

Ditch the cliché and take a leap of faith, opt for a 'Green-Wedding'.

A Green wedding is one that is Eco-friendly. It comprises the consumption of natural or recycled and the recyclable resources.

Ashu Garg, Founder, Good Times Concept Events, who promotes green-wedding says, "As the world is going towards green it is a great platform for the wedding occasions to go that way. In the plethora of eco-friendly weddings, we cater unique services in a way that create a great spot to showcase the platforms dealing in it. Also wedding is a time where people are willing to shell out money. So why not educate them for something which could be healthy for the mother earth and helpful for upcoming generations."

Here are some tips to make your special moments truly special

**Choosing the venue**

Major decision in any wedding is to choose the venue, set the stage and the theme. However, traditional spaces such as hotel ballrooms and fancy resorts are likely to consume loads of electricity, water and other typical not-so-earth-friendly products. So, if you're looking to line up an Eco-Friendly Wedding then get married on a beautiful botanical garden, hilltop or a farm that offers modern conveniences like sinks and toilets, so you don't have to sacrifice your comforts.

With such open places you'll still be helping the earth because you're letting the sun provide all the lightning. But not everyone enjoys the outdoor weddings. If you need your wedding to be indoors, then there are several ways to make it eco-friendly. You can choose a venue that get plenty of sunlight and host a daytime wedding so you can leave the lights off. Look for the hotels that recycle and use energy-efficient appliances and bio-degradable

products.

**Using eco-friendly stationary**

Imagine if your guest list is around 500 people, for which you have to print at least 250-300 invitation cards, for which one tree must be cut down. That's not something eco-friendly, right? Why not opt for E-Invites?

You don't need to send a letter 30 days before so that it reaches on time to the receiver, besides that most people are smartphone savvy these days, so, you can just call them, send them an invite on messaging app or can mail them.

However, if you're not a believer of the technology and want to send them an invitation card then you can contact some stationers who offer recycled-paper. Using tree-free milled paper can be more beneficial and eco-friendly and not harm our mother earth.

**Power Of Flower**

You want your wedding to be the best? Well of course who doesn't want their wedding to be grand and memorable. Just add some flowers to your venue.

Flowers can add huge impact on your wedding day. As a matter of fact the flowers have the very essence of filling the whole atmosphere with positive vibes. Go to some organic florist.

Some weddings have had flowers that are replanted after the big day to minimize waste and allow the flowers to continue to grow afterwards.

**Finding the right décor**

Nobody wants their marriage to look mundane. You can make your wedding unique and beautiful by using earth-friendly decorations that include recycled wood, natural stones or other organic material, all of which add the perfect touch of the rustic and beautiful detail to your wedding.

You can use freeze dried petals, can make trendy and stylish goodies from green products. You can use wood-products for your decoration which will add the flavor.

**Eco Bites**

As per the eco-friendly wedding, the menus can also be complementary. You can include the food items which are grown organically.

Organic foods are healthy and free from the chemicals which will add the greener touch.

**Eco-friendly attire**

Want to go green and don't know what to wear to match the theme? Just go for re-wearing the gown your mother once wore. Or if you want to wear new dresses then go for natural fibres like organic cotton or silk.

They will be much helpful. You can also use some decorations for your dresses like using carnations or small flowers or beads or stones to go with the theme of eco-friendly wedding.

**Surprising guests with Eco-Friendly wedding gifts**

When you're done with your wedding, you can simply inspire other people for the same. You can gift them local handmade goodies. In addition to that, plant kit can be more inspiring or you can gift your guests some seed-filled crafts.

**Using the right fuel**

You can handle the lightning part by using bio-diesel maps, moreover, you can use bio-diesel instead of petrol, for the transportation of your guests.

**The growing popularity**

With more people opting for this sort of wedding, Garg says, "Eco-friendly weddings are in great demand by the young couples getting married. And in addition to that it looks all trendy and healthy as in organic and no wastage at all. In fact it becomes a great deal of inspiration to other people too. In coming years we look forward to do more and eco-friendly weddings with its sui generis ideas."

**A nature lover's delight**

"If you are a nature lover and want everybody to enjoy it, then there is no better way than an 'eco-friendly wedding,'" says Garg.

"With no wastage at all of natural resources it goes down all the way to salute the mother earth. Good Times Concept Events always try to provide the best of its services and learn something new every single day because life is all about experiences and joy, joy as in making other's lives better," he adds. IBNS-TWF

## CULTURE

Chali chali re  
patang mere  
chali re

Ashok Sharma

Kite flying is a fulfilled activity. It has been practised as a traditional sport in India since olden times. Kites are believed to have been invented in China where materials for kite making such as silk fabric for high tensile strength and resilient bamboo for a strong and lightweight framework, were easily available. From China, kites moved to other countries such as Cambodia, Japan, Korea and finally to the Western World. In India, kites have been flown since times immemorial. They were initially flown in honour of gods to awake them after a long and deep summer sleep. But then this sport became a sport of the kings and the Nawabs who took keen interest in flying kites. Kite flying, as a traditional sport of India is practised by all people irrespective of religion, community, age etc. and kites are flown throughout the year but on eve of such festivals as Makarsankranti, Rakshabandhan and Janamashtami, there is more enthusiasm in kite flyers than on other days. It is so popular that an International Kite Festival is organised in Gujarat in January every year on the eve of Makar Sankranti, in which people from across India and the world take part.

Kites of various sizes and shapes are flown from dawn to dusk filling the sky with colourful kites and people try their best to cut the strings of the kites of others to bring them down. Those who succeed in bringing down the kites of others are appreciated and praised for their precision and art. Kite festivals are also organised in other countries such as China, Japan, UK etc. In USA, American Kite Flyers Association is the umbrella organisation for the organisation of kite festivals. In Japan, Giant Kite Festival is organised in the month of May every year. Kite flying also used to be a popular sport in Pakistan and Lahore used to be the hub of kite flying but it was banned by the Pakistan government in 2007 to ensure the safety of people.

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first airplane in the late 1800s. Kites find mention even in literature. Many famous stories based on kites have also been written, which have enriched literature of various languages. Films and songs based on kite flying have also been popular. Who can forget the film 'Kati Patang' and the songs 'Chali chali re patang meri chali re' and the lines 'Meri zindagi hai kya, ik kati patang hai!' In our own

state, kite flying is a popular sport, especially in the Jammu province. Come Janamashtami and Rakshabandhan and we have the enthusiastic kite flyers of all age groups filling the sky with colourful kites of various sizes and shapes. The kites are flown from early in the morning till dusk and people try their best to cut the strings of the others' kites to prove their mettle and skill. Thus, it is a fulfilled activity and must be pursued as such. But over the past few days, there have been incidents in which many people including children have lost their lives due to the 'Chinese manjha' which is used to fly kites.

It is coated with finely crushed glass, metals and other sharp materials so that it can easily cut the other strings. Many birds have also been injured/killed due to this killer thread. According to the estimates of bird rescuers, about two thousand birds are killed every year due to this killer thread. The use and sale of this killer thread has been banned in many states including our own state, but despite ban, some unscrupulous traders are reported to be indulging themselves in selling this thread in Jammu and thus, playing with the lives of people. Sometimes, there are other unpleasant incidents of children falling down from their houses while flying kites from rooftops and other high places.

So kites should be flown in open grounds and fields with care and parents should accompany their young children during kite flying. Parents also ought to advise their children to use traditional thread instead of Chinese thread for flying kites. It is an inexpensive and fulfilled sport and must be pursued with enthusiasm but with care and safety.

## HEALTHLINES

## 5 Tips For Weight Loss

Keshav Kumar

**Weight loss unarguably is one of the most common fitness goals that keeps on confusing most, even though it is well studied and information relating to it is freely available. Following are my top 5 tips to help you know more about weight loss, how it can be achieved and effectively managed even if you've tried and failed before.**

**\* Medical Check-up:** Believe it or not but this is probably the most underrated weight loss parameter. This helps to check for any pre-existing medical conditions (hormonal, etc) and nutritional deficiencies (vitamin d, iron, etc.). Some-time clearing these nutritional deficiencies and/or addressing the necessary medical issue may be all that is needed for weight loss. It is always better to get a check up done by a qualified doctor before starting any random type of diet and exercise program.

**\* Calorie Deficit:** No matter how much you sweat in the gym, if you're not in a calorie deficit as per your needs, weight loss will not happen. Calorie deficit means eating slightly less than the recommended daily calorie intake for you for a predetermined period of time. Daily calories depend on current body weight, gender, age, physical activity status, body fat percentage, etc. because of this calories intake cannot be same for everyone and has to be individually calculated.

**\* Exercise Selection:** Although not as important as the above one, it is relevant for all those who simply follow the herd mentality in choosing workouts. It is better to do that exercise which you enjoy, is well tolerable and would do that on a regular basis. Losing weight is one thing, keeping it off is another and exercise selection has an important role in it. Consider this, if one eats the recommended daily maintenance calories for one's body weight and adds exercise, it would lead to increase in energy expenditure, which may lead to a calorie deficit if the exercise/workout chosen is intense enough.

**\* NEAT:** Called as Non Exercise Activity Thermogenesis. It is a summation of all activities performed as part of living other than the regular exercise. Examples: taking stairs in the office instead of elevator, moving around the house/office, playing with children, preparing food, etc. It is not as big a contributor to weight loss but still does play a significant part. Solely considering only this parameter may not be enough and as such is integrated as part of a weight loss program.

**\* Food Timing:** For weight loss eating calorie dense foods especially carbohydrates around the workout (before, intra, after) is better than eating them before going to sleep or when you know that you're not going to be active physically for the next few hours.

**Bonus Tip:**

While there is more than one way to lose weight, keep in mind that all of this comes under Adherence. If adherence is poor results may not be satisfactory. This also does not mean that you ignore all other activities of daily living and start focussing only on weight loss. A good weight loss program should adjust to your lifestyle and not the other way round.

