

MOVIE REVIEW

An espionage thriller

Taran Adarsh

Political thrillers aren't really Hindi movies' favoured subject matter. Getting embroiled into unwanted hullabaloo -- before or post release of the film -- is not what a filmmaker would want to get into. But Shoojit Sircar, who attempted a film on Kashmir [YAHAN] and followed it up with a film on sperm donation and infertility [VICKY DONOR], gets into the serious zone yet again with MADRAS CAFE. An espionage thriller that's set in India, Thailand, Singapore, U.K. and Sri Lanka.

So why a title like MADRAS CAFE for a film that talks of the assassination of our former Prime Minister? Well, that's the cafe where the conspiracy was hatched, we're told. Okay, now let's move ahead...

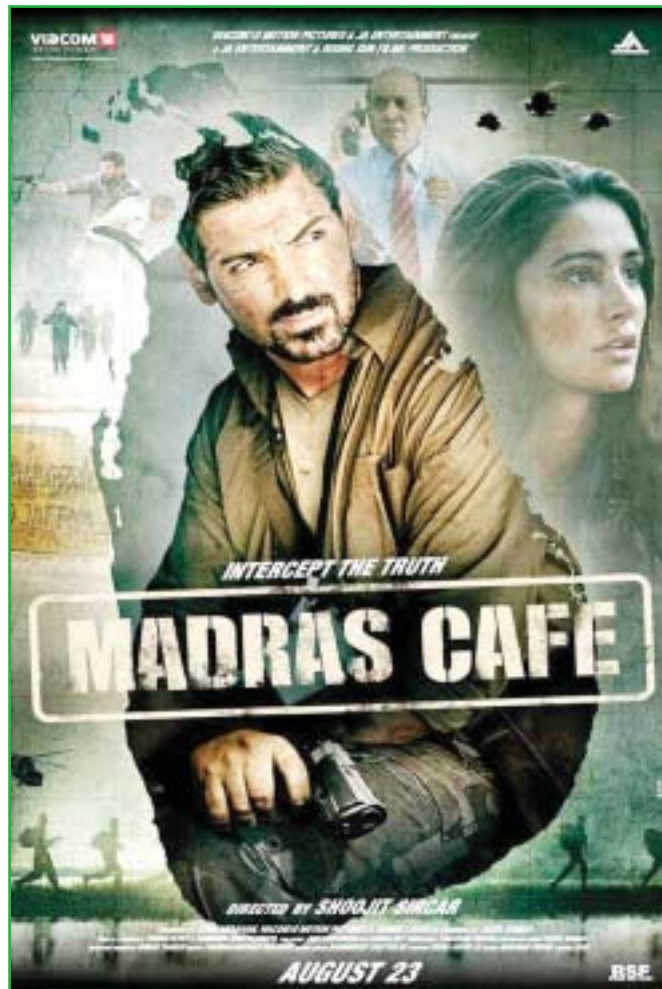
The Hindi movie spectator has often been subjected to stories that depict the conflict with Pakistan, but Shoojit attempts to narrate a story that not many from the present generation would know -- the civil war in Sri Lanka. What transpired in the 1980s and 1990s and how it impacted the political scenario of India has never been recreated in the Hindi film space. The conflict is diverse this time around and so is the territory. In short, enlightenment takes precedence over entertainment in this case.

Final word? MADRAS CAFE is one of the finest thrillers to come out of India. No two opinions on that!

An Indian Intelligence agent, Vikram [John Abraham], is assigned the task of going to Sri Lanka for a covert operation. As he embarks upon his journey, with the intention of disrupting a rebel group, he discovers the larger issue: A conspiracy to assassinate the former Indian Prime Minister.

Shoojit Sircar takes a historical actuality and along with screenplay writers Somnath Dey and Shubendu Bhattacharya weaves a captivating and compelling screenplay around it. He handles the sensitive subject matter with supreme care, prudence and sensitivity -- without being biased or opinionated. He restructures the civil war in Sri Lanka with authenticity, portraying the rebels and diplomats and also depicting India's involvement in the conflict that had ramifications on India. As a matter of fact, the storyteller tries to be as neutral as possible while narrating the tale and that's what makes the effort so credible and convincing.

Shoojit comes to the point at the very start [the opening sequence of the film prepares you about what to expect, frankly!], enveloping a number of incidents and episodes that



transpired during the bygone era. The danger, the vulnerability, the helplessness, the role of the Indian government, the politics and the conspiracies... Shoojit transports you into that milieu and environment with conviction. The sequences that lead to the hair-raising finale and the impactful winding up astonishes you beyond words.

What also needs to be highlighted is the fact that the Hindi movie spectator is used to a lot of spoon feeding, which discourages independent thought, but Shoojit abstains from indulging in it. The intention of the filmmaker is very evident that the spectator form his/her own estimation, which seems most appropriate in this case. Additionally, Shoojit deserves brownie points for thinking beyond the stereotype, especially since he doesn't repeat himself after the immensely successful and likeable VICKY DONOR.

The film is devoid of songs, except for the lone track that comes towards the conclu-

sion, which is absolutely fine. The background score [Shantanu Moitra] is terrific. Shunning away from gravity-defying stunts, the action director also keeps the action as bona fide as possible. The DoP [Kamaljeet Negi] captures the ambiance and the picturesque locales splendidly. Dialogue [Juhi Chaturvedi] are intelligent, piercing and poignant.

John Abraham has often been labelled a director's actor and Shoojit makes sure he doesn't let the actor's strong persona overpower the challenging opportunity of depicting a law protector. John too surrenders himself completely to the director's vision and though he doesn't play the conventional hero, he does make an earnest effort to look the part he's portraying. Post ROCKSTAR, Nargis Fakhri gets yet another stellar role [of a war correspondent] and I must add, she takes rapid strides as an actor.

It's a treat watching Siddhartha Basu [as Robin Dutt] in a challenging role. He's fantastic. So is Dibang, who is damn impressive in a cameo. Prakash Belawadi [as Bala] is another actor who leaves a super impression. He's first-rate. Ajay Ratnam [as Anna] gives a good account of himself. Raashi Khanna is efficient as John's wife Ruby. Piyush Pandey is appropriate. Sanjay Gurbaxani as the former Prime Minister is apt. Kannan Arunachalam [as Shri] is perfect.

On the whole, MADRAS CAFE is an earnest and honest effort, a terrific thriller, with several poignant moments and episodes that leave a stunning impact. It's a film that you should watch because it gives you an insight into an exceptionally pertinent episode of history. If you are in the frame of mind to watch superior quality, sensible cinema, I would strongly recommend MADRAS CAFE to you. Try not to miss it!

Courtesy: www.hungama.com

PERSONALITY

Remembering State's Top Pharmacologist

O P Sharma

Col. Ram Nath Chopra considered the Father of Indian Pharmacology, was born, brought up and breathed his last in Jammu and Kashmir State. He is quite famous and popular for he founded and headed the first Drug Research Laboratory (DRL) at Jammu for exploring the vast untapped medicinal plant wealth of Jammu and Kashmir as also across the country. The DRL, Jammu was later expanded and is presently named as the Indian Institute of Integrative Medicine (IIIM) under the overall supervision of Indian Council of Scientific and Industrial Research (ICSI) playing a pivotal role in the Pharmacology industry and research.

Col R.N. Chopra has made notable contribution in the field of medical education as he served in the Indian Military Medical Service for quite some years during the First World War. A notable landmark is the existence of "Col. Sir R.N. Chopra Nursing Home" adjoining the Government Medical College, Jammu. Otherwise also Col. Chopra's name is well etched in the minds of the people in Jammu and Kashmir.

Bright Career

Born on August 18, 1882 in a Punjabi family, residing in the Jammu and Kashmir State and he passed away at his home in Srinagar (Kashmir) at the ripe age of 91 years. He was greatly loved and respected and enjoyed over a long period the affection and friendship of all his Indian and European colleagues and a host of admirers from amongst research and medical professionals of all nations. He was admired notably as a man of science, passionately dedicated to research and who was held in high regard, equally for his humility, rectitude and consideration for all who came in contact with him.

Mr Chopra got his early education at the Government College, Lahore (Punjab) from where he obtained his first degree in sciences. Thereafter,

in 1903, he went to Downing College, Cambridge and took his Natural Science Tripos in 1905. He continued his medical studies at St. Bartholomew's Hospital, London and his first



terms of Indian medicine. In a collaborative research programme, he isolated their active principles and worked out their pharmacological action in experimental animals and carried out detailed clinical studies using indigenous remedies. He was author of a number of medical books, some now standard works of reference, as also of several hundred original scientific papers.

In 1925, he was awarded the Minto Gold Research Medal and in 1934, he was given the C.I.E. in recognition of his work as chairman of the Drugs Inquiry Committee. The Indian Drugs Act of 1940 generally followed the lines which he had recommended and the Biological Standardization Laboratory was established with Mr Chopra concurrently as its first Director.

Vast Medicinal Wealth
From India's vast and varied vegetations, many substitutes for expensive remedies were discovered and brought into use. In addition, Mr Chopra devoted himself to studies of important disease problems of India.

On retirement from the Calcutta School of Tropical Medicine, Sir Ram Nath Chopra shifted his field of research to his home State of Jammu and Kashmir where he established pilot manufacturing plant. In this happy task he was joined by his son I.C. Chopra, who continued his work for long after his retirement from active research. This complex was later taken over by the Government of India's Council of Scientific and Industrial Research.

Unique Legacy
Mr Chopra's work in building up Indian Pharmacology established the highest standards of medical research on applied problems and marked him out as an outstanding Indian in this field. Honours came to him from all parts of medical world which he carried with humility. Col R.N. Chopra is still remembered by the people in Jammu and Kashmir as also across the country.

(Starline Syndicate Service)

HEALTHLINES

Physiotherapy and stroke patients

Dr. Amresh Jamwal

Stroke has become one of the leading causes of neurological disability these days. Stroke occurs when the blood supply of an area of the brain is blocked which stops the oxygen supply to that area leading to damage to the affected cells. Without oxygen, the brain cells of the effected area can become irreversibly damaged within minutes. The irreversibly damaged brain cells are unable to heal themselves, however the cells of the brain are very adaptive & the unaffected cells of the brain are able to learn new tasks to compensate for the lost cells. People having history of hypertension, diabetes, smoking, alcoholism are more at risk of having Stroke. Stroke can be classified into two types: Ischaemic & Haemorrhagic. In Ischaemic stroke, the blood supply to the effected brain cells is stopped due to a blockage within the artery thus stopping the supply of oxygen to the brain cells while in Haemorrhagic stroke, there is a rupture in the blood vessel in the brain causing bleeding into an area of the brain which leads to an increase in the pressure & damages the brain tissues. Ischaemic stroke is more common as compared to Haemorrhagic stroke.

training, balance training and constraint-induced movement therapy are crucial for the rehabilitation of Stroke patients. The treatment to be given is based upon the patient's needs, level of functional independence & current condition of the patient. The overall recovery of the patient depends on various factors such as age of patient, previous condition of patient, patient's motivation, degree of disability, other diseases, etc.

The role of Physiotherapy in a Stroke patient is to:

- * Prevent or treat any contractures which may develop because of loss of movement.
- * Clearance of airways by using postural drainage techniques.
- * Re educate the effected muscles by using various muscle stimulation techniques so that they are able to perform normal movements.
- * Balance training for improving balance while sitting, standing & walking so as to decrease the chances of falling.
- * Strengthen the weakened muscles by using various strengthening exercises.
- * Teach the patient the proper method of using any walking aid according to the patient's ability to use it.



Physical problems commonly faced following Stroke are:

- * Weakness of one side of the body (Hemiparesis). The upper limb is usually more effected than the lower limb.
- * Weakness / drooping of the face.
- * Changes in sensation such as numbness or pins & needle sensation.
- * Balance problems.
- * Fatigue.
- * Loss of field of vision on effected side.
- * Co-ordination difficulties.
- * Difficulty in judging depth and distance.

Role of Physiotherapy in Stroke:

Physiotherapy is a form of therapy in which the Physiotherapist treats pain, muscular & joint problems or neurological problems by using manual techniques such as resisted exercises, stretching & relaxation along with suitable equipments which can stimulate or relax muscles or inhibit the sensation of pain. Physiotherapy in post Stroke patient contributes to improved functional outcomes for patient, such as patient's ability to perform activities of daily living. Many physiotherapy techniques, including task-oriented training, gait

- * Control of pain.
- * Advise the patient & his/ her family members on any changes required in the house (such as bedroom & bathroom arrangement) so as to make the patient able to carry out activities of daily life as easily as possible.
- * Advise the patient's family member or attendant on how to help the patient move around, get in/out of bed & proper positioning of the patient in bed.

Some useful tips:

- * Exercise is very important, exercises should be part of daily routine to maximize recovery following Stroke. Take advice of a Physiotherapist regarding which exercises are best for the patient.
- * Never allow the arm to hang by the patient's side. Always support the arm with a pillow.
- * Never pull on the weak arm or use it to help the patient to move.
- * Walking is a great form of exercise. Assistance & guidance should be provided while walking until the patient is sufficiently independent to walk alone.
- * Proper posture should be maintained.
- * Weak arm and leg should be used as much as possible even if it takes more time.
- * Shoes should be comfortable, secure and firm. Slippers should not be worn.
- * If the patient is medically unstable, the condition of the patient may deteriorate if the intensity of exercise is beyond patient's ability. Exercises should be postponed until the patient is medically fit to perform exercises.
- * Diet should contain less oil & salt.
- * Regular Follow up with the Doctor should be done as recurrence of Stroke is common.
- * Always remember that a Stroke patient may have to be given constant motivation as recovery in a Stroke patient takes time & the patient may get frustrated or depressed because of dependence on others.

BEAUTY TIPS

Stay Beautiful as you Age

Shahnaz Husain

There seems to be too much emphasis on a youthful look, where beauty and fashion are concerned. If you belong to an older age group, there is no need to despair. There are qualities that come only with maturity, like elegance, grace and charm. In fact, an older woman, who is poised and self-confident, elegantly groomed and

For instance, if there is weight gain, adopt a weight loss programme, or learn yoga. In fact, losing weight can take the years off and make you feel younger and more attractive. A woman who has been following a healthy diet and lifestyle, finds it easier to cope with changes, as she ages. Actually, regular exercise helps to delay aging changes and has a beneficial effect on both body and mind. It keeps the muscles and joints flexible and prevents problems like osteoporosis.

cleansing, toning and masks really help to rejuvenate the skin. The skin's ability to retain moisture improves and so does the process of cell renewal. Skin-care clinics also offer treatments for problems associated with aging skins. One of these is pigmentation, like dark spots or patches. Avoiding sun-exposure and the use of sunscreens are part of the treatment. Intensive moisturizing and revitalization of the skin can help to improve its condition.



Your skin-care routine should include cleansing, toning, moisturizing and nourishing. With age, the activity of the oil glands decreases and the skin becomes drier.

charming, can be far more attractive. Yes, you can even be a glamorous grandmother.

Between the ages of forty and fifty, women have to confront menopause, which not only has an effect on physical appearance, but also presents other problems.

Age-related changes also show up on the skin, hair and figure. Lines and tiny wrinkles appear on the skin, along with thinning hair. Even the contours of the face change as we age. Many women experience growth of facial hair, as a result of a fall in estrogen levels. Apart from menopause, this can also be a time when the woman goes through the "empty nest" syndrome. Her children are grown up and settled, looking after themselves. Her self-esteem or self-worth can be low at this time. It requires a lot of effort to deal with all these changes.

What is needed most of all is to be able to come to terms with aging in a positive way. Take an honest look at yourself and find out the areas that need improvement.

Walking is excellent, as it helps to exercise the entire body. Along with exercise, adopt a healthy eating pattern, with an emphasis on fresh fruits, unrefined cereals, salads, sprouts, lightly cooked vegetables, yogurt and skimmed milk, clear soups, fresh fruit juices. Your diet should be low in fats, sugar and starch, but high in vitamins and minerals. This kind of diet will raise your level of fitness and also help your skin and hair.

Your skin-care routine should include cleansing, toning, moisturizing and nourishing. With age, the activity of the oil glands decreases and the skin becomes drier. Daily moisturizing and nourishing help to keep the skin soft, supple and youthful. Pay special attention to the neck and the area around the eyes, which show age most of all. Nowadays specialized products are available for the care of particular areas, like the eyes. Avoid massaging the skin around the eyes, as it can get easily pulled and stretched. The application of outer-eye creams helps to maintain the elasticity of the skin and prevent early wrinkles.

Take weekly facials at a good beauty salon. Professional massages, along with

Hair problems are common during menopause. Ask your doctor to prescribe vitamin and mineral supplements. Regular washing and proper hair care helps to a large extent. Along with this, one can have clinical treatments to check problems of hair loss. A change of hairstyle can also make you feel like a new person. In fact, with thinning hair, you can go in for a shorter haircut and style, which can give the hair a fuller look and make you look younger.

Your attitude helps to feel good about yourself. Keep an open mind. Try out something new. You never know, it may suit you. Be subtle with make-up and accessories. Cultivate your interests and hobbies. Learn something new. They give another dimension to the personality and make you feel more active and youthful.

According to Sophia Loren, the famous film star, "There is a fountain of youth - it is your mind, your talents and creativity that you bring to life and to the lives of people you love. When you learn to tap this source, you will truly have defeated age."