

## MOVIE-REVIEW

# A huge letdown

**Director Neeraj Pandey is one of the best in the business and has a penchant for making thrillers taking a political, crime issues as its central theme.**

His past experiments with Akshay Kumar, Special 26 and Baby, have worked both at the box office and with masses. This time around, he is back with Aiyary which again has a strong plotline and a holds out a promise of dundar performances by its leads Manoj Bajpayee, Sidharth Malhotra, Vikram Gokhale and Rakul Preet Singh and added appearances by director's favourites Anupam Kher and the effervescent Nasseruddin Shah. With masses still warming up to Akshay Kumar's Pad Man, Aiyary has released at an opportune moment. Here are our thoughts about the film. Watching the espionage thriller over the weekend? Find out our verdict.

First of all, one must be wondering what

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society Scam. The movie could have been salvaged by tighter editing but Praveen Kathikuloth fails to deliver on that front. Aiyary suffers from a weak script but we liked a couple of dialogues which are apt to describe the Indian political circus and the subsequent corruption. For example, in one scene Manoj talks about the Kashmir issue and says the reason it's not getting solved is because lot of people have to gain from it. Kashmir is not just an issue but has



Aiyary actually means? So, according to the maker, the word is an embodiment of all the qualities a true soldier must have. A successful soldier is the one who brings out his best in the time of adversity. So, Aiyary means a combination of sharpness, wit, tact, ability to change appearances and combating techniques a soldier uses to emerge victorious. The movie revolves around Colonel Abhay Singh (Manoj Bajpayee) and Major Jai Bakshi (Sidharth Malhotra) who are both army officers. It majorly focuses on corruption within the army and the system efforts to hunt down Jai who goes rogue after finding out the ugly truth about the defence system. While it is loosely based on the Adarsh Society scam which rocked the nation in 2010, the maker does not revolve the entire movie about it. Instead, he builds on the tension using different plots which come together to make one massive issue, in this case: corruption in the Defense Ministry. The undercurrent of the film is raging generation gap between Singh and Bakshi. Friends turned foes, both lead characters focus on keeping viewers engaged with their car and mouse chase.

While the director Pandey tried to build on the suspense, he fails to keep the viewer's attention because of its run time and clumsy writing. The movie talks about arms and ammunition scam for about one and a half hour, but ends with a focus on Aadarsh

become an industry. Bitter yet true. The film has all the makings of a Neeraj Pandey film. Yet, it somehow fails to have a massy connect.

DOP Sudeep Palsane has done a good job. Special mention to the make up artistes and also costume designer Falguni Thakore for doing such amazing work with Sidharth and Manoj's different guides in the film. Action by Abbas Ali Moghul is okay but honestly, there is nothing to write home about.

Talking about the performances, Manoj Bajpayee is as usual excellent. He tries really hard to hold the film on his shoulder; after all he is one of the central characters. His seasoned act shines through. Sidharth Malhotra looks to redeem himself, after the box office debacle: A Gentleman, Baar Baar Dekho and Ittefaq, with this film. His romantic portions with Rakul Preet Singh fails to work and seems forced. The supporting cast of Vikram Gokhale, Kumud Mishra, Aadil Hussain, Naseruddin Shan shine through.

The music of the film is good but not extraordinary. This film has one such track 'Lae Dooba' which is on radio charts but is not as effective.

On the whole, AIYAARY misses the mark and is a huge letdown on the account of its flawed script and the lengthy runtime. At the box office, it will be a disappointing fare.

Courtesy : <http://www.bollywoodhungama.com>

## LALA MULK RAJ SARAF

# Harbinger of Journalism in J&K

Susharma

A distant look in bespectacled eyes and a determined chin on a square face showed the sort of man Lala Mulk Raj Saraf was - strong, resolute and a born fighter set upon achieving an objective which seemed beyond his reach.

Born on 8 April, 1894 in Samba, a township 40 km from Jammu, he was the fourth of Lala Daya Ram Saraf's five sons. The family thrived on a drapery and general merchandise store that the senior Mr Saraf ran. Mulk Raj was nine when nearly whole of his family was wiped off in a plague epidemic, leaving him an orphan with one surviving brother, barely two years older to him. Mercifully, the two brothers were looked after by their paternal uncle, Lala Mangtu Shah. Adversity only brought out what was the best in him. He started going to school at the age of eleven. Being the oldest boy in his class, he did not mind fetching for his teachers a maund (over 37.3 kilograms) of vegetables all the way from Jammu. He had to cover that distance on foot in two days. Hauling burden for others at a considerable cost to his own comfort and wellbeing became a motto for the rest of his life.

In his BA final exam, an incident occurred that Mr Saraf in his old age recalled with a touch of pride. In the Economics Paper A, he thought he had misused the Exam Superintendent's permission to make a minor change in his answer sheet by erasing instead a whole erroneous paragraph. To expiate his perceived sin, he sought out, in the curfew-bound Lahore Cantonment, the Superintendent, an Englishman, who was the principal of a missionary college of Lahore. (J&K state at that time did not have a university and the PoW College, Jammu was affiliated with the University of Punjab, Lahore). "Ask (H)is pardon, Who pardons us all," the principal told him. The following day, Mr Mulk Raj cancelled out in the examination hall what he thought was his best answer. But that did not prevent him from passing the exam creditably well.

After his BA degree, he joined the Law College, Lahore, on insistence of his elder brother. It was there that he came in close contact with the leaders such as Mahatma Gandhi, Lokmanya Tilak, Lala Lajpat Rai, Pandit Moti Lal Nehru, Pandit Madan Mohan Malaviya, Sardar Patel and many others. It was in Lahore again that in 1920 he got the job of a sub editor in Lala Lajpat Rai's much acclaimed newspaper, the VANDE MATRAM. In time to come, he was to work also as a correspondent for the Free Press of India (later called United Press of India), the STATESMAN, the TRIBUNE and many other many national dailies as a correspondent.

## ADMANTINE WILL

Mr Saraf returned to Jammu in 1920. He was 26, impecunious, unemployed and a married man at that. The dream to start a paper of his own and the will to accomplish it were all that he had. To sustain himself in the city, he served as an accountant in the private estate of Raja Hari Singh, who was later to ascend to the Dogra throne. On 24 June, 1924, he was able to come out with the first regular issue of the Urdu weekly, aptly named RANBIR - a knight in armour. But what a labour of love it was.

Trouble arose as the very idea of starting a newspaper in the feudal state gripped his mind. Why would he think of such a venture at all? He came under police surveillance but succeeded in allaying the unfounded suspicions. Then surfaced the problem of obtaining an official permission. The authorities rejected three of his applications. He made a fourth and the last attempt on 21 March, 1923. The Government machinery took over a year mulling over it before according him the permission on 28

March 1924. He was allowed to establish a printing press as well in the town.

Having crossed the Rubicon, Mr Saraf scrounged out his meagre savings and borrowed much more to meet the immediate expenses. A dilapidated structure was found to house the hand-driven printing press, a one-in-all handyman recruited to run errands and do sundry chores, professionals from the local government press were induced to do part-time work at the press, journalists and acclaimed writers from all over the State and British India were invited to contribute to the paper and advertisements booked for the prominent business houses. That all this was made possible in a short span of 88 days (28 Mar to 24 June, 1924) speaks volumes about the bone-breaking effort Mr Saraf and his manager Mr Vishwa Nath Wadhwa must have made to fulfil their cherished dream.

## TRIALS AND TRIUMPHS



**By the end of the 1950s, the printing press, which had all along been a joint venture of the RANBIR, too had to be closed down in similar circumstances.**

The RANBIR set off with a boom. Maharaja Pratap Singh fixed an annuity of Rs. 100 (later reduced to Rs. 50 by his successor, Maharaja Hari Singh) for the paper. The long list of subscribers read like a who's who of the times.

Of the six objectives of the weekly, one was "to publish...interesting...happenings in the State..." (page 7, Fifty Years of Journalism). An issue carried the story of how ghee was being pilfered from the royal kitchen. Soon after, the Maharaja's ADC was at Mr Saraf's door to escort him to the Ruler's private audience. Asked to divulge his source, Mr Saraf had the nerve to refuse the royal command. What followed left him amazed. The Maharaja asked Mr Saraf to take a seat near him "and then in a low and yet sublime voice told me (Mr Saraf) that he was never unaware of whatever was happening in his kitchen, but since I had given it publicity and voiced public feelings in the matter, he ordered his private secretary to honour me with an award of Rs 200.00 (equivalent to the cost of a robe of honour) as token of his appreciation (page 25, ibid)."

The RANBIR's subsequent face offs with the

likes of Mr BJ Gancey and Mr GEC Wakefield - two powerful Englishmen in the Dogra regime - were none so pleasant. Mr Wakefield, then working as the Chief Secretary to Maharaja Hari Singh, wanted Mr Saraf to write a piece on the lines dictated by him, which Mr Saraf refused to do. The canny bureaucrat apparently left the matter at that, silently watching for an opportunity to deal with the plucky journalist. Eventually, the permission to publish the RANBIR was withdrawn. But even the withdrawal indicated the high stature Mr Saraf had achieved. The order of 9 May, 1930, personally signed by Maharaja Hari Singh, said in part, "I desire to make it clear that it is not my intention to curb in any way the legitimate expression of opinion or fair and just criticism of the policy and acts of myself and my Government." Ban or no ban, Mr Saraf, in collaboration with a couple of like-minded friends, started publishing another paper, named the AMAR (literally, the Deathless!) from Lahore.

The prohibition on the RANBIR was also lifted after a year and a half, on 13 November, 1931. The paper flourished on its revival. Three years later, the publishing house brought out a children's magazine called the RATTAN, which was adjudged one of the three best edited periodicals for children in India. The popularity of the RANBIR increased with the passage of time, till it was virtually starved of funds and throttled to death in 1950 by the Government of Sheikh Mohammed Abdullah. As Mr Saraf put it, "It was indeed an irony of fate that the RANBIR...fell victim to a popular regime for whose establishment it had worked so hard..." (page 81, ibid).

By the end of the 1950s, the printing press, which had all along been a joint venture of the RANBIR, too had to be closed down in similar circumstances.

But did that end Mr Saraf's commitment to his chosen profession? Not at all. He was never a passive witness to the upheavals that have made India - the state of Jammu and Kashmir in particular - what it is today. The State Government nominated him as Joint Secretary to the Central Committee to carry out publicity for the Jammu & Kashmir Bank which was established in 1931. While accepting the position, Mr Saraf chose to turn down the offer of monthly allowance of Rs 150/- that it carried, choosing instead to work for free. He, along with his eldest son Mr Om Saraf (who passed away recently), was in the forefront of the Roti Agitation in 1943, which woke up the State Government from its torpor to do something for the starving masses and he took up cudgels with the J&K Prime Ministers Sheikh Abdullah and Bakshi Ghulam Mohammed for their arbitrariness and egotism.

## A SOURCE OF INSPIRATION

Mr Saraf wrote his first article in the 1916 and more than seventy years on, he was still a working journalist, representing the HINDU; when after a brief illness, he passed away in Mumbai, on 21 February, 1989, at the age of 95 years. "With his long career in journalism, Shri Saraf is rightly regarded as the father of journalism in Jammu and Kashmir," reads the citation of the Padma Bhushan awarded to him in 1976. Here was a man devoid of all the advantages of family support, professional expertise and the material wherewithal to fight it out in an oppressive milieu to achieve his objective. Yet, he came out with flying colours.

There is much talk of start-ups these days. If Mr Mulk Raj Saraf could do it in 1920s, why can't our young men and women in J&K do it today? His life-story, FIFTY YEARS IN JOURNALISM, recently brought out in Dogri by his son, Ved Rahi, can be a source of inspiration for our young men and women.

## BEAUTY TIPS

# HOME-MADE HAIR OIL

Shahnaz Husain

Pollution, hectic life style, mental stress and chemical exposures is daily routine in metropolitan cities. These factors take a toll on long lustrous hair and results in hair fall, hair thinning, hair breakage.

You purchase costly aromatic oils to provide nourishment to the scalp to grow dense, healthy and strong hairs and also fight against graying hair, dandruff, and scalp infection.

But majority of these expensive aromatic oils, hair, shampoos and hair care products are blended with mineral oils and preservatives which may end up doing more harm than good.

Well then what is solution. It is time to go back to old advice "Oil your hair regularly with home made hair oil". homemade hair growth oil is a healthier option which requires a little knowledge and some basic kitchen skills

In India, under the Ayurvedic system, the application of oil is an integral part of hair treatments. Washing and rinsing, or conditioning, come after oil applications. Oiling of the hair not only provides nourishment, but is the best way to deal with dryness. It is also an excellent pre-shampoo treatment and helps the natural distribution of oils along the hair shaft. The scalp is rich in oil-producing glands (sebaceous glands). But, stress, pollution, dandruff and other factors can cause the pores to become blocked. This can also interfere with blood circulation. Thus the natural oil, called sebum, becomes dry and hard, while the roots are starved. If this continues, the roots become weak and the hair may fall out. Scalp conditions like dandruff may also occur.

Ayurvedic massages with oil help to improve the circulation to the scalp surface and free the roots and pores of dry sebum. The oil application and massage also help to remove stress and tension, both physical and mental. The distribution of natural oil also improves and the hair looks more shiny and healthy. The oils also have their own benefits. Traditionally, a variety of herbal oils have been in use in the Ayurvedic system, for strengthening the roots and promoting hair growth.

**You can also prepare some hair oils at home.**



**Hair oil with amla and methi:** Take 10 to 15 gms of dry amla and one teaspoon fenugreek (methi) seeds. Grind both amla and methi seeds coarsely. Add them to 100 ml pure coconut oil or sesame seed (til) oil. Put all the ingredients in a glass jar with a tight fitting lid. Keep it in the sun daily for 15 days, shaking it each day in order to stir the ingredients. After 15 days, strain the oil through a clean muslin cloth and keep the oil in a glass jar. This oil may be used to apply on the hair. It will benefit all hair types, as well as dandruff conditions.

**Hair oil with Leaves:** You can take equal quantities of different leaves, like neem leaves, tulsi leaves, curry leaves and add to 200 ml almond oil. Wash the leaves well and crush them. Put the almond oil and crushed leaves in a pan and heat them till it boils. Turn off the gas and allow the oil to cool. Strain the oil through a clean muslin cloth and keep the oil in an airtight glass jar.

**Essential oils can also be added to carrier (pressed) oils to make your own hair oil.**

Add 10 Drops of Essential Oil of rose to 1 cup of pure coconut oil. Keep in an airtight glass bottle. Essential oils should not be used by themselves. They should be used according to specified quantities and diluted with other oils. This oil has a cooling effect and also helps hair growth.

Add 5 drops of Rosemary Essential Oil to 50 ml olive oil. Shake well and keep in a glass bottle with a tight fitting lid. Apply this on the scalp using cotton wool and leave it on. This helps to prevent and remove dandruff.

**Lemon Hair Oil:** Take two lemons and olive oil. Grate the outer rind of the lemon (lemon zest) and put it in a glass bottle with a tight fitting lid. Add 100 ml olive oil and put the bottle in the sun. Shake it regularly. After 3 to 4 days, strain the oil with a clean muslin cloth and keep it in an airtight bottle. It is ready for use. Lemon oil helps oily hair and oily scalp, as well as dandruff prone hair.

(The author is beauty expert)

## HEALTHLINES

# Radiations from gadgets smash up the sperm count

Dr Arvind Vaid

With the technology growing in today's world has caused much damage to human health than convenience. Making unlimited usage of smart phones, computers, laptops and wireless connections has not only made us dependant but has a variety of ill-effects on our health. It is now a known fact that today's technology has affected male as well as female fertility immensely. Many studies state that levels of electromagnetic radiation which is emitted from the smart gadgets and cellular towers is ten times higher in India, in comparison to any other country. Around 10 - 12 % of the couples in India have been reported to suffer from some or the other forms of fertility issues due to radiation exposure.

The use of wireless technology like routers, dongle or any other wireless internet device and hot spots like wireless mouse & keyboard has raised the risk of exposure to harmful radiations. They operate using non-ionising radio-frequency radiations just like any other electronic gadgets causing equal harm. Exposure to low-level electromagnetic waves radiated from wireless technology devices can in the same way have grave impact on to health and fertility, causing cellular damage and increased risk of cancer.

## How does radiations affect fertility

Prolonged usage of smart phones can damage the sperm count, motility and concentration among men. Testes being more vulnerable to heat than the ovaries, keeping mobile phones in pockets, using laptops placed on laps for a long time also damages the sperm quality and quantity. Such problems arise due to the fact that the heat and radiations emitted are very harmful for the sperm cells to grow and damage its morphology. The effects of radiation results in DNA damage reducing the self repair ability of the cells. When the radiations are drawn to the cells that has the highest division and growth rate like sperm and ovum, it in turn hampers from fertilization thereby preventing conception or leading to miscarriage.

Levels of stress can be measured with the protein in saliva known as alpha-amylase. Especially, women with high quantity of this protein have high stress levels are at a three times the risk of facing infertility problems.

Many research are suggestive that exposure to such harmful radiation could be critical to both mother and the fetus. Most of the congenital

problems in the recent are also attributed to such exposure to radiation.

Smart phones receive and transmit radio frequency radiation and the radio waves have the ability to heat the human tissues just like a microwave oven heating food. The electromagnetic field of these radio waves produces a thermal effect which leads to generation of dielectric heat by polar molecules causing tissue death.

## Factors Other than radiation?

Watching excess TV is also attributable to eating high calorie junk food and laziness. With westernization, many women have been fancying for alcohol and tobacco consumption as a style and status symbol. Depending on junk food and a sedentary lifestyle, people now a day are becoming obese which is one of the contributing reasons for becoming infertile. Obesity is linked to loss of libido in male and lack of sexual desire in female. Obesity not only leads to lack of sexual desire but also leads early exhaustion during sex. Bingeing on TV for more than 20 hours a week is linked with reduction in sperm count by 35% as per the study published in American Journal of Epidemiology, watching TV for more than 5 hours a day showed significant drop in the levels of sperm count and testosterone levels in the body.

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