

MOVIE REVIEW

A brilliant massy fare

VIKRAM VEDHA is the story of a cop trying to hunt down a dreaded criminal. Vedha (Hrithik Roshan) is a gangster based in Lucknow who has committed 16 murders till date.

He has become so notorious that the Uttar Pradesh police has created a Special Task Force (STF) to finish him and his gang. Headed by Vikram (Saif Ali Khan), the force gets a tip that Vedha's gang members are hiding in a faraway abandoned structure. Vikram, his best friend Abbas (Satyadeep Mishra) and others of the STF reach the place with the intention of killing them. As planned, the STF eliminates everyone present, even though one of them was ready to surrender. This gangster, Muni (Amarjeet Singh), even offers a bribe in exchange for his life. Vikram, however, is an honest cop and he kills him. While checking the crime scene, the cops realize that one guy who was killed had no weapon in his possession and was presumably innocent. Realizing that this can put them into trouble, Vikram tells his colleagues to plant a weapon in his hand and make it seem like he fired at the cops, due to which the police had to also open fire. Vedha wasn't present at this place and the hunt to find him continues. One day, the cops get a tip about his whereabouts. As they prepare to leave the police sta-

film of the same name and in terms of plot, there has been no change. However, in certain places, they have made some tweaks and it'll leave even those who have seen the original astonished. Talking about their other achievements, they have effortlessly set the story in Lucknow and the characters, all of them grey, are very well fleshed out. And unlike other Tamil or Telugu remakes, this one is not a typical masala fare. It has action but it also relies a lot on the dialoguebaazi. And even the latter gives you your money's worth.

On the flipside, at 159 minutes, VIKRAM VEDHA is a lengthy affair. In fact, it's longer than the original film too. After Saif Ali Khan's powerful entry, the interest dips. The entry of Hrithik Roshan happens after 20 minutes and till then, one tends to get restless. Even in the second half, there are scenes where the film tends to slow down a bit. The slapping scene between Shatak and Chanda could have been better executed. Lastly, the writers skip certain developments in the narrative. Of course, the intention was to keep the focus on the principal plot. Yet, one wishes it was taken care of. For example, in the pre-interval scene, Vedha is trying to run from the cops and he comes across a girl learning karate. The way she smiles at him and even helps him, shows he was a messiah for the residents. But why and how that happened is never shown. For a film where everything is there for a reason, this aspect doesn't add up. Thankfully, there are minor shortcomings that don't affect the narrative much.



tion to kill Vedha, they get the shock of their lives. Vedha coolly walks into the police station and surrenders! The STF members interrogate him one by one but he doesn't open his mouth. Finally, when Vikram sits opposite him, Vedha asks him to hear his story. He takes him back to 13 years when he used to work for a Kanpur-based criminal, Parshuram (Govind Pandey) and how he won his trust. He also tells him about his brother Shatak (Rohit Saraf), his childhood friend Chanda (Yogita Bihani) and what made him commit his first murder. He also puts Vikram in a dilemma as Vedha's story changes his perception of good and evil. Unfortunately for Vikram, before he could hear more stories from Vedha, the latter secures a bail. And the lawyer who gets it done is none other than Priya (Radhika Apte), who is also Vikram's wife. What happens next forms the rest of the story.

Pushkar-Gayatri's story is fairly simple but has been written in a back-and-forth manner that makes it worthwhile. Pushkar-Gayatri's screenplay (Hindi adaptation by B A Fida) is entertaining and also makes you ponder. One of the biggest strengths of writing is that it surprises at regular intervals. It's intelligent and the way every aspect and plot point is neatly linked in the climax is seen to be believed. The romantic portions of Vikram and Priya, however, could have been written better. Manoj Muntashir and B A Fida's dialogues pack a punch. This is important for a film like this where dialogues play a crucial part.

Pushkar-Gayatri's direction is marvellous and deserves distinction marks. They had also directed the original Tamil 2017

fight is decent but the intermission point has more of a massy appeal. Post-interval, the interest continues as Vedha further talks about his life. The scene where Vikram gets into an action mode while trying to hunt the informer and the sequence thereafter is terrific. The climax is the best part of the film.

VIKRAM VEDHA rests on the strong shoulders of Hrithik Roshan and Saif Ali Khan. Hrithik Roshan gets into the skin of the character and delivers one of his most accomplished performances. He carries the swag and the attitude with utmost ease and takes the film to another level. It's also amazing how one can't compare his work with that of Vijay Sethupathi in the original film. He portrays the character rather differently, and fans of the original will have no reason to complain. Saif Ali Khan, too, puts his best foot forward. He also has his share of massy dialogues and sequences and his strong persona works perfectly for the character. What's also praiseworthy is that at not a single juncture are the two actors trying to dominate each other. They are simply going with the character and the result is magical.

On the whole, VIKRAM VEDHA is a brilliant massy fare that works due to the strong writing, unpredictable moments, Hrithik Roshan and Saif Ali Khan's outstanding performances and the electrifying background score. At the box office, it's sure to have a fantastic weekend due to the positive word of mouth and will successfully run in cinemas till Diwali. The mid-week Dussehra holiday will also aid its first week collections. Recommended!

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

PERSONALITY

'Divine Powers are present on Himalayas'

Acharya Balkrishan christens three peaks, glacier

Sanjeev K. Sharma

First God almighty arranges food for his creatures and then they are born on this earthly world. See how before the birth of a child the mother's breast is filled with milk.

These saintly words were of Acharya Balkrishan of Patanjali Yog Peeth during an exclusive online interview with the Excelsior. "I firmly believe that on the similar pattern, for all the diseases on this earth, God has put in place all the required medicines in nature. The only need is to work hard to discover such medicines as everything is there hidden in the nature," he further said adding: "If we the humans have not discovered such unexplored drugs so far, then it is our (humans) fault, while, the nature has everything in its lap to satisfy all human needs."

Stressing on research to explore more herbs hidden in the nature, Balkrishan said: "Research is not done either by complete-

Referring to one such peak at the Himalayas he said: "At a height of 22,000 feet we saw a big rock covered by snow from all sides giving resemblance of a Sadhu (saint) sitting in Samadhi (meditation posture) and a big cave adjacent to it and we named it as 'Rashtra Rishi' as a tribute to saints, soldiers, martyrs, revolutionaries and others who lived for the nation."

Balkrishan also said that they named another peak at the Himalayas as 'Yog Rishi' to dedicate the same to Yogis right from Bhagwan Shankar to Yogiraj Krishan and to the Yogis of the present day.

"We named the third peak there as 'Ayurved Rishi' and dedicated it to the founding fathers of Ayurvedic culture which started from Charvak and continued to the times of Dhanvantri and also to the present era. After this we named a huge glacier between these three peaks as 'Rishi Glacier' or 'Rishi Bamak'," he said.

Acharya Balkrishan informed that in 1981 an attempt was made to reach these mountains by joint Indo-French expedition team but only a partial success was achieved by this team.

"Though on foot I have walked a lot on mountains but I had no prior experience of visiting such mountains and glaciers. Those who accompanied me included three climbers of Mount Everest and one person among us was very much experienced in climbing mountains while the fifth team member was me who was not habitual of living, staying and sleeping in snow and glaciers," he further said claiming that he felt some power motivating him to move and move ahead during his tour to the Himalayas which culminated in success.

When asked if he experienced some extraordinary thing on the Himalayas, Balkrishan informed that entire Himalayan region is full of divine energy.

"Wahan Dhyana Bahut Jaldi Lag Jata Hai. Maan Ek Dum Sthir Ho Jata Hai (while meditating on the Himalayas you can concentrate in a very short time and mind attains stand still position halting all the flow of ideas and thinking)," he said adding that the same meditation takes hours at other places below.

"Those who don't believe all this should sit for a few minutes on the bank of Ganges in Himalayas by closing eyes to experience the same," he continued.

Very confidently Acharya Balkrishan made a claim that divine powers are present on Himalayas.

"As one starts observing inner world on Himalayas, one can easily experience the effect of divine powers there," he said adding that one may experience more presence of such powers by meditating more and more at that place to witness how the divine powers in Himalayas empower ones spiritual powers.

Balkrishan said that caves where saints used to meditate on Himalayas are at a height of 12,000-13,000 feet.

"Tapovan is at a height of 12,500 and Gomukh at an approximate height of 12,000 feet. Above that it is tough for human survival," he continued adding that while going up they saw a saint who lived in a small hut somewhere between Gomukh and Gangotri.

"This saint informed us that there used to be a Sadhu who died up chapattis to take them with him to higher Himalayas where he stayed near the base of Kailash Mountain for some 5-7 months to years together," Balkrishan further said without ruling out some great Tapasavis (seers) at heights on Himalayas where human existence is otherwise near to impossible.

He remembered the time from 1993-95 when he along with Yog Guru Baba Ramdev used to stay in caves at Gangotri for Sadhana (meditation).

"The discovery of Yoga in ancient times was done by Himalayan saints and at present we also began it from the lap of Himalayas. It is in the Himalayas where we gained knowledge about herbs and learned much from the saints there. We are indebted to our Indian culture and Rishi culture for all this," Acharya Balkrishan said adding: "Had we lacked nature based culture and Rishi (saints) culture, we would not have done miracles in Yoga and Ayurveda today."



Acharya Balkrishan during his trekking expedition on Himalayas

ly staying in laboratories or by always wandering in forests. Products of human need may be there in forests but for their analysis, advanced labs are required. So with latest technology we should make all efforts to decode the secrets of nature for the welfare of humankind."

Giving details about his recent trip to Himalayas which was intended to discover new herbs there, Acharya Balkrishan informed: "After completing our tour we brought many herbs with us to analyse them for their medicinal qualities and I am sure that some of the plants/herbs we have brought from the Himalayas have not been discovered so far."

On Sanjeevani Buti, he said that they identified that rare herb some years back and presently work on it is going on but still more work is required to be done on it before putting the rare herb for human use.

"It is a strange type of herb. As you have seen in Ramayana it is not administered orally but its fragrance is taken to cure the ailments and it becomes effective in night hours only," Balkrishan said.

He also informed that there are many plants and trees on the Himalayas and also at many other places which are poisonous in nature like some type of mushrooms but among these certain herbs are used in curing deadly diseases like cancer.

In collaboration with Nehru Institute of Mountaineering (NIM), Uttarkashi and Indian Mountaineering Foundation, New Delhi, the trekking tour led by Acharya Balkrishan and Colonel Amit Bisht of NIM to the Himalayas started on September 11 from Haridwar and it concluded on September 25, 2022.

The trekking team was flagged off by Uttarakhnd Chief Minister, Pushkar Singh Dhami and Swami Ramdev of Patanjali Yogpeeth from Gangotri on September 14.

Acharya Balkrishan said, though the trip to Himalayas was to discover new herbs but they also discovered new Himalayan peaks there.

"With the grace of God, we visited such places on the Himalayas where no human had reached earlier and we observed unique scenes there and christened the new peaks we found there," he maintained.

SPORTS

Jhulan left a legacy

Younger women cricketers have much to learn from this legend

Harihar Swarup

Jhulan Goswami is retiring. With that ends a spectacular career and a story worth countless retells. The mindboggling numbers-more than twenty years as top-flight fast bowler, over 350 wickets across formats, most balls bowled (9945 till Friday) in ODIs and also the youngest (23 years, 277 days) to take 100 wicket Test haul-alone led a sense of completeness to a career that has seen everything barring a World cup win.

Pronged by a probing in swinger and stifling Yorker, Goswami was the reason India were not pigeon-holed as a team of letters and all-rounder.

Still, that's barely half the reason why Goswami is a legend. It was her story that helped sow many dreams. "Girls from villages are playing cricket, dreaming of representing, all because of Jhulan." "Rumeli Dhar, former India all-rounder said from Baroda. "She has inspired not just bowler or batters, but the cricketers, only because of that work ethic."

Chakdada, a 90-minute train ride

from Kolkata, is where this journey started in the early 1990s when Goswami casually bowled her male friends at school or after tuition. But Eden garden inevitable became pivot of this story when, in 1997, Goswami then a ball girl-watched Australia captain Belinda Clark lift the world cup trophy. That kicked in the impulse to take up the game seriously but it was not before Swapna Sadhu-a popular force at grass root cricket-persuaded her parents to allow Goswami board a train to



Kolkata park for regular training. "We never skipped training", said Dhar. And "she never backed out of anything, be it dancing or trying to speak English. She was always a cut always when comes to persevering.. That's why she is Jhulan Goswami".

"What stood out was her courage and conviction", said former India coach and all-rounder Purnima Rau who first saw Goswami as a teenaged gangly fast bowler who had joined Air India as a professional.

At 19 came her India debut but by no means was Goswami unprepared for it. "I used to make her open with the new ball, bowl the middle overs with the old ball, basically prepare her for all situations", said Rau. "The idea was she should be ready for any situation when she plays for India."

So unrelenting was Goswami in her quest to be the best that she even sought help from Tarak Sinha at Delhi's sonnet club. Sinha made her bowl along with Ishant Sharma to some of the best India and Ranji Cricketers at the time. Like then, she still makes male batters flop. Rohit Sharma knows the feeling, having faced Goswami recently at the NCA nets during his rehab. "I was challenged by her in-swing", he said before Australia series.

What Goswami means to Indian women's cricket has little to do with how many wickets she has or the years she played. Of much greater value is the example she has set about being a thorough professional. Like in 2011 when Cricket Association of Bengal forgot to mention her on a special plaque listing India captains from Bengal: Pankaj Roy and Sourav Ganguly being the other two. Goswami didn't care or react. The generation to come after them will be more dashing and better bred, said Rau. But they must not forget the qualities that made Julian what she is now. (IPA)

HEALTHLINES

Eating Disorders

Dr. Ayushi Gupta

Food is essential for our bodies to develop, function properly, repair cells and tissues, and produce energy for day to day chores. But over time there has been a shift from healthy to unhealthy food choices and especially with the advent of social media, entertainment industry etc.

Things like body Dysmorphia has become very common. Well, what is body Dysmorphia and how it affects people is a whole different discussion but in short, it is a condition in which a person is obsessed with some or the other part of his/her body and thinks that, that particular part(which is absolutely normal and functioning) is flawed and so that person tries to hide that part and constantly compares it to other people, for eg- if someone thinks that his/her nose is flawed or have a flabby arm and that constantly haunts the person and affects his/her mental peace, that come under body Dysmorphia.

Today's topic of discussion however is a group of conditions that come under Eating Disorders. Literally it means disorders related to eating but in reality it's more than just about food, it's a range of behavioral conditions that cause a person to develop severe and persistent unhealthy eating related habits and associated distressing thoughts and emotions like obsession with food and weight, over exercising, not eating proper food or eating inedible things, binge eating and vomiting it out and this is because either the person doesn't want to gain weight as this person has body dysmorphia and obsessed with losing weight and looking slim and in a certain shape or that person is extremely picky and instead of eating normal food eats things that are not of any nutritional value. This person can develop serious physical, psychological and social consequences like severe nutritional deficiencies, not being able to focus on work, problem in conceiving etc. And all this can affect literally each and every aspect of that person's life. Now the question is why our elders didn't have it and why mainly one gender and a particular age group is affected more. Well some of our elders might have had it but back then it wasn't talked about much and in fact having more weight and fuller bodies was considered a sign of good wealth. Studies have shown that genetics do play a role i.e., people having a sibling or parent with eating disorder are more likely to develop it at some point in their life. Also people who are perfectionist, impulsive are also more likely to have it and how can we forget our society and its pressures to look a certain way, no matter what the person is feeling from within. Eating disorders can occur in association with other psychiatric disorders like OCD, anxiety disorders etc. Although people of any gender and age can be affected but most commonly affected are the



females between the age of 12-35 years. These females may show dramatic weight loss, excuses to avoid meal time, always occupied with food and measuring calories of each and everything that eat, denying the feeling of being hungry, patterns of binge eating and purging, excessively exercising etc. which in turn affects them in different ways like developing constipation, feeling lethargic, dizzy and tired all the time, developing sleep and menstrual irregularities, dry skin, thin brittle hair and nails, poor immunity, difficulty in concentration and they are:

ANOREXIA NERVOSA - one of the most common type of eating disorders. Mainly seen in young adolescent females who don't want to gain weight even if they are underweight, so they limit their food intake and may over exercise or use laxatives or vomit out the food taken i.e., they either loose weight by calories restriction (restricting type of anorexia) or by binge eating and then purging it out (binge eating and purging type of anorexia).

BULIMIA NERVOSA - these people tend to binge eat until they are painfully full and then, to compensate for the calories consumed and because of the fear of gaining weight, they purge it out by forced vomiting or using laxatives or enemas etc. It is somewhat similar to binge eating and purging type of anorexia but in bulimia usually the weight is maintained. During these episodes of binge eating, these people can't control how much they are eating. And these recurrent purging episodes may lead to inflamed throat, gut irritation, acid reflux, electrolyte imbalance etc.

BINGE EATING DISORDER - like bulimia and binge eating and purging type of anorexia, these people also tend to eat a lot of food usually in a short period of time and until they are uncomfortably full. After that, they start feeling ashamed or disgusted of this binge eating behavior but they do nothing to loose weight or restrict calories. They just binge eat, feel ashamed and then again binge eat with these episodes occurring as frequently as 1week to 10 days.

RUMINATION DISORDER - in this, the person tends to regurgitate the food eaten (usually within 30 minutes of eating) and re-chew the food followed by either re-swallowing or spitting it out. This type might even start infancy or childhood, though like all the other types this is also most commonly seen in young adults and adolescents. However, one thing to note here is that this regurgitation is not due to any medical or gastrointestinal cause but is psychological in nature.

AVOIDANT RESTRICTIVE FOOD INTAKE DISORDER (ARFID) - these people are extremely picky when it comes to eating food and this leads to nutritional deficiencies as the less amount of food they eat don't meet their body requirements. This could be due to less appetite or lack of interest in eating or because they avoid food based on its color, odor, texture etc. (But not because of the fear of gaining weight). This leads to weight loss, nutritional deficiencies and/or poor development of body. However the key word here is EXTREME, as these people are not just picky (which usually a lot of people are) but are EXTREMELY Picky.

OTHER SPECIFIED FEEDING AND EATING DISORDER - this includes disturbances in eating behavior that impairs a person's family, social functions and work functions etc. But doesn't fit in the above mentioned categories, eg. Orthorexia, atypical anorexia nervosa etc.

Now that we know the types of eating disorders and how do they affect us, what's important is to know how can it be treated. Things as basic as psychotherapy, nutritional counseling to as advanced as medications like antidepressants, mood stabilizers etc. can be used to help these people. A very important approach that can be adopted by family and friends of such people is to talk to them, listen to them, hang out with them, and try to build their self esteem and they will eventually let go off the underlying stressful thing that's triggering their eating disorder.