

MOVIE REVIEW

GOODBYE : Story of a dysfunctional family

Goodbye is the story of a dysfunctional family. Tara (Rashmika Mandanna) is a lawyer who lives in with her boyfriend Mudassar (Shivan Narang). She wins her first case and hence goes out to party. Her mother Gayatri (Neena Gupta) calls and messages but Tara ignores it.

The next day, her father Harish (Amitabh Bachchan) calls and that's when she learns that Gayatri has passed away. She rushes to her hometown, Chandigarh to be with Harish. Harish has three more children - Karan (Pavai Gulati), Nakul and an adopted son, Angad. All of them are away. Karan and Angad also book the first available flight to Chandigarh. Nakul, meanwhile, is unreachable. Tara is the first one to reach. She and Harish don't see eye to eye and both clash over the funeral ceremonies. Harish also gets upset with Karan and Angad as he feels that they don't seem moved by their mother's demise. Harish's behaviour leads to fights in the house. But all of them have no choice.

and Neena Gupta is cute and stands out individually. But it's wrongly placed and ideally should have come at some other point in the movie. Many developments will leave viewers scratching their heads. Tara constantly complains that her mother didn't believe in blind faith. However, this and Gayatri's love for the ukulele never gets established in the flashback portions. The track of Nakul is the biggest problem in the film. The makers fail to establish that Harish and Gayatri had three sons. In fact, except at two places, no one in the film is wondering where Nakul is and why hasn't he made it to the funeral of his own mother! Even the tracks of the other children are not easy to digest. One can still understand Harish was angry with Tara. But his objection to Karan and Angad fails to make sense. They seem to be the bad sons just for the heck of it. One also will be bewildered as to why Angad is having a feast when he is genuinely sad over his mother's sudden death. Moreover, Angad's love affair with the maid has no relevance to the principal plot and viewers will truly wonder why the makers have added these bits without any rhyme or reason.

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acting is a bit off in a few places but otherwise, it's a fine job by the actress in her



They have to stay together under one roof for a few days. What happens next forms the rest of the film.

Vikas Bahl's story is relatable and well-intentioned. Most of us will be able to relate to certain goings-on and moments. Vikas Bahl's screenplay, however, is not well fleshed out. While it's strong in the first half, the writing goes haywire in the second half. The dialogues are witty and save certain scenes too.

Vikas Bahl's direction is average. This is more in the zone of his acclaimed film QUEEN as GOODBYE is also a slice-of-life film about a character who gets invaluable life lessons after going through a hellish experience. The first half will leave viewers teary-eyed. The comedy is well-infused into the narrative and doesn't seem out of place. The tracks of the neighbourhood aunts and P P Singh (Ashish Vidyarthi) are funny. They are very relatable as we have all come across such people at funerals. The scene where the family members imagine Gayatri is talking to them is sweet and well edited. The Haridwar track in the second half, involving Pandit ji (Sunil Grover) is also entertaining.

From here on, things happen at random. A few aspects are forced. The animation flashback of Amitabh Bachchan

first Hindi film. Neena Gupta is adorable. Sunil Grover has a cameo but is very entertaining. Pavai Gulati and Sahil Mehta are decent. Ashish Vidyarthi is too good. Elli Avram (Daisy) is fair. Shivan Narang gets no scope. The actors playing the role of Nakul, the maid and the neighbourhood aunts are fine.

Amit Trivedi's music is well woven into the film. 'Jaikal Mahakal', 'Chann Pardesi' and 'Maaye' are quite touching. 'The Hic Song' is peppy. 'Kanni Re Kanni' is well-tuned but comes at a wrong point. 'Happy Birthday' and 'Beautiful' are forgettable. Amit Trivedi's background score is better.

Sudhakar Reddy Yakkanti's cinematography is neat and uncomplicated. Amit Ray and Subrata Chakraborty's production design is a bit unrealistic but works. Akangshee Chopra's costumes are straight out of life. Famulus Media and Entertainment's VFX is fine. A Sreekar Prasad's editing is great.

On the whole, GOODBYE works due to the touching moments, relatability factor, and performances. However, the film suffers due to the bizarre developments, weak second half, and depressive tone. At the box office, it will turn out to be an average fare.

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

PERSONALITY

Man who revolutionised the study of genomes

Anjan Roy

Svante Paabo the Swedish Nobel Prize winner in Medicine in 2022 had proved through his work that modern humans shared some of their genes with the ancient and now extinct Neanderthals. This meant early humans had come into contact with these human-like species, the Neanderthals, and they interbred.

These children of Homo sapiens - that is the scientific name of humans - and Neanderthals had then integrated with the humans and the traces of the long-lost relationship is still retained in the form of common genes. The findings were revealed by the scientist in 2010, which had created sensation then.

The Neanderthal genes were extracted by Paabo from some fragments of bone samples in a remote cave in Siberia. But later on he had developed his methodology so well that now it is possible to discover these genetic structures without having to extract from bones.

His work has established these and can be extracted from even the dust from the caves where these lost tribes had lived. Even the genetic structures of extinct mammals and other animals could be extracted thus.

Subsequently, Paabo's discovery and seminal work had founded what has come to be known as "paleogenomics", that is, study of the genetic structure and composition of populations long extinct. This is a new science and established discipline now.

The work is no less fascinating than detective stories, but of singular importance for the overall story of the evolution of modern human beings in their interactions with the environment. The Neanderthals had gone extinct some 40,000 years back.

Paabo found that most present-day humans have 1 per cent to 4% of their DNA common with Neanderthals, meaning Neanderthals and Homo sapiens must have encountered one another and had children before Neanderthals went extinct around 40,000 years ago. The interbreeding of Neanderthals with the homo sapiens have been strongly doubted by many scientists for many years.

The findings of common DNAs between humans and Neanderthals was the first building block for the new science of paleogenetics of humans.

The genome he sequenced showed an entirely new kind of extinct human, called Denisovans after the name of the cave. These populations had a distinct gene named EPAS1 are the marker of the Neanderthal traces



in humans. By comparing Denisovan DNA with the genetic records of modern humans, Paabo then showed that some populations in Asia and Melanesia inherited up to 6% of their DNA from this enigmatic ancient human. This is said to be of medical importance today.

It has been found that those populations having higher Neanderthal genes in their body are more adept at surviving and acclimatising in high altitude areas. Among them are the Tibetans.

Maybe, the Nepali Gorkhas also share this feature with their Tibetan brothers. After all, they share the same kind of their habitats with the Tibetans and could have followed the same mighty paths before separating out in their distinct new habitats.

Paabo's early love was to study Egyptian mummies. He had studied the ancient mummies at night secretly to extract and find their genetic sequences. (IPA)

HEALTHLINES

Healing power of nature

Dr Vasudha Vij

When we are exposed to nature, we heal emotionally and feel pleasant. Nature is a tonic for physical wellbeing as well as emotional wellbeing. It provides us Harmony for the mind, Calmness for the body, Strength for the soul. Being in nature help us connect with our soul on a more profound level. We humans have five senses, our five senses are fully activated and our soul develops for strong bond with natural world, when we are exposed to nature. We acquire the pleasure of mindfulness and we start enjoying the little moments in our life. The time spend in the nature is respite for the exhausted minds, refreshing for new goals.

I see nature as healing because of the conductive support the earth provides to our human body. Nature has a magical impact on our health, it reduces inflammation and prevents many diseases by boosting immunity. YOSHIFUMI MIYAZAKI, a forest therapy expert and researcher in Japan found that people who spend 40 minutes walking in forest had lower levels of the stress hormone cortisol which is involved in blood pressure and immune system function concluding spending time in nature induces a state of psychologic relaxation. You will find there is a huge importance of connecting with nature, finding yourself to be the part of natural world, being one with the rhythm of the nature. We gain spiritual power by responding to the rhythm of nature. We must invest our time to extract internal peace of mind, body and soul so that we can rejuvenate our positive energies that will empower us to perform our task with happy and healthy mindset.

In this busy and fast world, we have distant our inner beings and disconnected ourselves from our healing nature. We are in a race of moving and pushing in effort of our survival. But in this whole scenario our health has left behind. We are simple yet vital part in the world at large, one of the countless living elements that rely on earth for every aspect of our existence. Nature gives us everything we rely on in order to exist. As we are in fast pace living, it is bit difficult to move to forest and spend time in nature but we can adapt natural therapies that help us prevent the effects of lifestyle related diseases and boost our natural immunity. Therapies that can connect and that are extractions from the nature are highly beneficial to the mankind. Few of such therapies are holistic therapies like homeopathy, yoga, sound healing etc.

HOMEOPATHY is an alternative system of medicines that encourages your inner being to live and reflect your healthy mind and body. Homeopathy targets your whole system that includes your mind and body and heals you from within because we believe that every individual system is different. Homeopathic treatment treats a person not merely the symptoms. As said in Gita The nature of soul is, it is spread all over the body which is consciousness, everyone is conscious of the pains and pleasures of the body in part or as a whole. This spreading of consciousness is limited within one's own body, the pains and pleasure of one body are unknown to another. Therefore each and every body is the embodiment of an individual soul and the symptoms of the souls presence is perceived as individual consciousness that is why individuality is so important. We focus



on the cause of the disease, the character of this disease, associated symptoms, desires, aversions, dreams, fears in short, we analyze your personality and accordingly we prescribe remedy for you that is made for you and that will heal you. Most important homeopathic medicines are not in crude form, they are in potentized form of substances and works on the dynamic level of a human being.

SOUND HEALING is the practice that uses vibrations in the form of Tibetan singing bowls to relax emotional and physical wellbeing. It is believed that sound healing can help relieve anxiety and sleeping difficulties, insomnia. Sound healing helps to permeate our system and bring our system back towards harmony. With the busy schedule we can use the fulfilling vibes as relaxation is always with it, the therapy makes the sound vibrations open, clear, balances the chakras and does release the stuck up energy and helps to regain focus in life.

Yoga is one of the therapies that comes under group of physical, mental and spiritual practices which originated in ancient India that aims to control and still the mind. It assists to recognize the conscious witness, untouched by the mind. Yoga therapy is a growing field and a scientific evident in its efficiency. It is used to treat existing mental, physical and health issues, also can be used as a selfcare strategy for prevention and maintenance. It is the type of therapy that uses yoga postures, breathing exercises, meditation for the potential benefits that includes stress reduction, psychological wellbeing and efficient functioning of bodily systems. The holistic focus of yoga therapy encourages the integration of mind, body and spirit.

Five vital Asanas that can be performed on daily basis to attain the health goal of a human being are:

- Baddha Konasana**:- this asana is also known as butterfly pose, is a great way to engage your growing area ideally meant to be done early in the morning on an empty stomach. It helps
 - Stimulate your urinary bladder- Improve the functioning of your digestive system.
 - Manage kidney problems.
 - Deals with menopause process
 - Relieve fatigue
- Bhujangasana**:- A pose that resembles the rising head of cobra, also called

cobra pose, it is best known for its ability to engage the lower back shoulders and chest. Individuals with spine injuries, back problems or lower back pain should ideally practice this asana every single day.

- Bhujangasana helps us deal with lower back stiffness.
- Address spinal pane.
- Relieve pressure from shoulders and chest.
- Improves flexibility.
- Stretch and engage the abdomen.
- Get rid of hunching problems.
- Tadasana** :- This is also known as mountain pose. This asana is especially meant to correct bad postures by working your abs, back, legs and core. This pose helps you to-
 - Relieve stress.
 - Improve your blood circulation.
 - Improve your posture when you stand or sit.
 - Enhance the working of your digestive system.
 - Works on your stability and mobility.

Uttanasana:- The classic inversion pose is an excellent way to deal with back related problems by standing in an inverted position, the asana stretches out your hamstrings calves, lower back and puts pressure on your ankles, hip and abdomen.

- Uttanasana helps**-
 - Relieve chronic back pain.
 - Lower stress levels.
 - Strengthen your hamstrings.- Aid blood circulation.
 - Make you more flexible.
- Breathing exercises**:- There are many breathing techniques that can be done for your respiratory system, but one of those that can be done with full benefits and comfort is -
 - Get comfortable, you can lie on your back in your bed
 - Breathe in with your nose, and let your belly fill with air
 - Breathe out through your nose
 - Place one hand on your belly , other hand on your chest
 - As you breathe in feel your belly rise, as you breathe out feel your belly lower
 - It can be repeated three times or five times .

Mind, body, heart and soul: - The key to becoming a healthy and a happy human being lies in maintaining wellbeing of these four components no matter what your age. (The author is a Homeopathic Practitioner)

BEAUTY TIPS

Treatment of Body Acne

Shahnaz Husain

Body acne can present a problem, especially for people with oily skin. During the hot and humid season, sweat and oil secretions increase and these are deposited on the skin, not only on the face, but also on the back and scalp. An oily and sweaty skin attracts more dirt and pollutants. No wonder, the skin becomes prone to pimples, acne and rashy conditions.

Acne is one of the most common skin conditions, which occurs mainly on oily areas of the skin. An oily skin can also mean oily scalp and hair. Dandruff and oily hair are known to lead to acne on the back, shoulders and upper



arms. Ensure that hair and scalp are kept scrupulously clean. Keep the hair away from the face while you sleep. Wash pillow covers and towels in warm soapy water, after adding one teaspoon antiseptic lotion. Acne can also lead to scarring, which can be difficult to remove. So, it is important that an acne and oily-skin condition be checked from spreading.

Consult a skin care clinic or specialist in good time. Acne occurs mainly on oily skin and starts with a blackhead. Avoid neglecting blackheads, as they can irritate the surrounding tissues of the skin, resulting in inflammation and a pimple. A single pimple does not mean an acne condi-

tion. In acne there are many kinds of eruptions, like blackheads, whiteheads, cysts (lumps), pustules, etc. If you have an oily skin, go for "clean-ups" to a good beauty salon, where blackheads will also be extracted.

Acne on the back is quite common, because back is very rich in oil glands. This makes the skin prone to blackheads, spots and pimples. One should pay extra attention to the back while bathing. Use a long-handled brush, loofah, or a rough washcloth to scrub the area gently while bathing. This keeps the pores clean and free of clogged pores.

Use an Ayurvedic medicated soap for bathing, which will help the acne condition on the back. In fact, anti-acne lotions and medicated ointments are also available. Sandalwood paste can be applied on the pimples, acne and boils on the back. If there is a rash, mix sandalwood paste with a little rose water and apply on the entire area. Wash it off with plain water after 20 minutes. Mix together one teaspoon cinnamon (dalchini) powder, half teaspoon methi seed powder, lemon juice and a few drops of honey. It should be a sticky paste. Apply it only on pimples, boils or acne and leave on for a couple of hours, or even overnight.

A body scrub will also help to get rid of blackheads, which eventually lead to acne. You can make one at home by mixing rice flour with curd and pinch of turmeric. Apply the mixture and rub gently on the skin. You may need some help, or apply it with a long handled brush. Rub the mixture gently on the back and then wash off with plenty of water. This helps to remove dead cells, making the skin clearer and brighter. It also dislodges and discourages blackheads. In fact, a scrub will also help to minimize dark acne marks. Mix 2 tablespoons oats with egg white; apply it on the

back and wash off when it dries. Lemon juice mixed with rose water in equal quantities can also be applied on the areas with dark acne marks. Wash it off after 20 to 30 minutes.

Acne can be the result of a congested system. So, include fresh fruits, raw salads, sprouts, curd, in your daily diet and drink 6 to 8 glasses of water. Add the juice of a lemon to a glass of water and have it first thing in the morning. Last, but not least, if acne makes an appearance, get professional care in good time, because acne can spread and cause extensive scarring.