

MOVIE-REVIEW

A complete entertainer

PATHAAN is the story of a passionate agent working for the country. In 2019, after the government of India revoked Article 370, an enraged Pakistan general Qadir (Manish Wadhwa) decides to take revenge. He signs a contract with Jim (John Abraham), a dreaded terrorist who has an extreme enmity towards India.

RAW's Nandini (Dimple Kapadia), meanwhile, gets a glimpse of a mysterious lady in France, with whom she has had sort of a past connection. Due to this development, she decides to meet Pathaan (Shah Rukh Khan), an agent who was once one of the best agents for India but has now supposedly gone rogue. Three years ago, Pathaan had come across Rubina Mohsin (Deepika Padukone) and from thereon, things went downhill for him. But the country right now needs Pathaan to save itself from the clutches of Jim. What happens next forms the rest of the film. Siddharth Anand's story is simple and even clichéd. But Shridhar Raghavan's screenplay is highly engaging as the writer peppers the narrative with loads of action, humour, thrill, and even emotions. Abbas



Tyrewala's dialogues are smart yet conversational. A few dialogues are moving.

Siddharth Anand's direction is first-rate. To begin with, he has handled the grandeur very well. In fact, the scale is more than what was seen in WAR [2019]. The way he ensured that he does not go overboard with the scale is praiseworthy. He also does justice to the various twists and turns in the tale. The director very well handles an emotional sequence in the second half, which takes place at the Indian Institute of Contagious Disease.

On the flipside, logic takes a backseat in several places. The way Pathaan conveniently enters even the most high-security zones and escapes almost unscathed is difficult to digest. The Afghanistan episode in the climax is predictable. However, the makers compensate for these shortcomings with some high-octane action and thrilling scenes and hence, one will not complain much

after coming out of the cinema hall.

PATHAAN begins with a paisa vasool entry scene of Shah Rukh Khan. The flashback portions also contribute to the fun. Rubina's entry and the scene thereafter are sure to be greeted with claps and whistles. The Moscow episode has a lot of humour and the intermission point is a shocker. Post interval, several scenes stand out like the chase sequence on the frozen lake, the madness in the train, and at the Indian Institute of Contagious Disease. The climax is nail-biting and the film ends on a high. The scene that follows the end credit song is terrific and because it is relevant to the real-life scenario!

Speaking of performances, Shah Rukh Khan is in superb form. The superstar looks quite dashing and performance-wise, he is a treat to watch. With his humour, style and action, he enhances the commercial element of the film many notches higher. And as expected, he also shines in the emotional scenes. Deepika Padukone is at her hottest best and delivers a bravura performance. Her character is crucial to the narrative and she looks quite cool while doing action. John Abraham is an apt choice for the role of the menacing and dashing villain. His screen time is limited in the first half but he makes up for it after the intermission. Salman Khan (Tiger) is outstanding, to say the least. Both his scenes are the most memorable ones in the film. Dimple Kapadia, Ashutosh Rana (Captain Lutra), Manish Wadhwa, Prakash Belawadi (Scientist), Aakash Bhatija (Nandini's junior) and the actor playing the pilot do well.

Vishal-Sheykhar's music is of chartbuster variety. 'Besharam Rang' is already a rage and comes into the film at an important juncture. The same goes for 'Jhoomo Jo Pathaan'. Special mention should also go to Vaibhavi Merchant's choreography (in 'Besharam Rang') and Bosco-Caesar's choreography (in 'Jhoomo Jo Pathaan'). Sanchit Balhara and Ankit Balhara's background score is memorable, especially the theme played during Jim's scenes.

Satchith Paulose's cinematography is spectacular and the various foreign locales are breathtakingly shot. Rajat Poddar's production design is top-class. Casey O'Neill, Craig Macrae, and Sunil Rodrigues' action is one of the highlights of the film. Shaleena Nathani, Mamta Anand, and Niharika Jolly's costumes are stylish, especially the ones worn by Shah Rukh Khan and Deepika Padukone. YFX's VFX matches global standards. Aarif Sheikh's editing is razor-sharp.

On the whole, PATHAAN is a complete entertainer, replete with action, emotions, patriotism, humour, thrill, and of course, the star power of Shah Rukh Khan. At the box office, it will take a historic opening and will emerge as one of the biggest hits of Bollywood. In short, it has BLOCKBUSTER written all over it!

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

LIFESTYLE

Moving Soon? This furniture arranging tool will change your life



Zainab Khan

Arranging living room furniture can be a daunting task. The living room is that part of the house that receives visitors and guests, so this is where you would like to create a welcoming environment.

When you're faced with an empty room, filling it in a way that is both practical and aesthetically pleasing can seem like an overwhelming task.

Like a blank page or canvas, an empty room can be either an opportunity or a challenge. With so many ways to fill it, how do you know where to start?

No matter how big/small your house is, a perfect arrangement will still work well to make it look functional and beautiful.

The right furniture can make or break a room, and it is essential to choose the right kind of furniture for your space.

It should be comfortable to sit on, ideally with a nice view that will give you a sense of warmth and comfort when you return home from a hard day's work.

The best way to position your sofa, chairs, accent tables, and more generally depends on the shape of your room and what it's used for.

No matter the size of your living room, use these living room layout ideas to find an arrangement that suits your space

Don't Push Furniture Against the Walls-----

When arranging your living room furniture, room size will determine how far you can pull your furniture away from the walls, but even in a small space, you'll want to give pieces a little breathing room by allowing a few inches between the backs of furniture pieces and the walls.

If you live in a small living room, you need to consider various things, such as the size of the room, the furniture that is going to fit into the room, etc. The rule of thumb here is to use only those living room furniture pieces that will not require too large space and make sure they do not cover up each other's visibility.

Too small furniture in a large room will make the room seem cold and uninviting, and too large furniture will make the room appear cramped. If you have a larger space, feel free to arrange furniture in such a way that conversation areas are created in the middle of the room, leaving several feet between the walls and the furniture. Allow at least 30 inches between furniture pieces so that guests can easily move around them.

Sofas and chairs should face each other alongside a smaller loveseat or a welcoming chaise. Keep in mind that your guests should be naturally able to make conversation comfortably and should not be too far apart or too close together. Roughly 6-8 feet for seating pieces facing each other is a good rule of thumb.

In smaller spaces, consider nesting tables or furniture that fold up to create extra space while not in use.

The size and placement of certain pieces will be the most important part of achieving a uniform layout. Avoid clustering all of the large furniture pieces together and be sure to vary the shapes, sizes, and textures of furniture in the room to keep it balanced.

Where you place your TV in a living room can depend on its size and a few other factors.

* The TV should be placed in an area of your living room that is not affected by sunlight or glare from natural or other lighting. Place your TV out of high-traffic areas. There's nothing more frustrating than trying to watch TV while people keep walking past it.

* Mounting a TV above has its pros and cons but if it's done correctly it can free up floor space in a small living room layout.

* Mirrors placed on a wall can make a small space look larger, by reflecting light and creating the appearance of more room in the room. You can effectively double the amount of space it looks like you have!

* The living room is surely the heart of every home. Avoid making your living room feel tight and cramped. Limit the furniture you place in the room, and pull in extra chairs only when you need them. With less furniture, the room will have more open energy and better traffic patterns.

Focal point-----

Identify the room's focal point - sofa, chair, window, fireplace, television, etc.- and orient the furniture around it as much as possible. If you have a large window, place a large window seat in front of it. If you have a large painting or photograph, hang it on the wall over the sofa.

(The author is an interior designer based in New Delhi)

ART & CULTURE

Theatre Carnival

Testimony to persistence and resilience of theatre artists

Lalit Gupta

After the Pandemic hiatus which almost decimated the creative expressions of dedicated amateur artists across the spectrum, the theatre communities are picking up the threads, and play festivals are back as platforms to provide a comprehensive theatre experience for its viewers.

The 2nd Theatre carnival held from 16-22 January 2023, offered the theater practitioners and aficionados of the winter capital a window to today's world of performances and also an opportunity for participating theatre groups to hold reruns of their productions.

Organized by the Jammu-based theatre group Natraj Natya Kunj, the Theatre carnival was supported by the Ministry of Culture, New Delhi, Indian Council for Cultural Relations, Jammu & Kashmir Academy of Art, Culture, and Languages, Punjab Sangeet Natak Akademi, and Haryana Kala Parishad, Chandigarh.

Staged at the recently refurbished Abhinav Theatre, here, (thanks to the Lieutenant Governor's inauguration of Amrit Yuva Kalotsav in the first week of the New Year), the Theater Carnival featured plays by six groups one each from Amritsar and Hisar and four from Jammu.

An eclectic mix of new scripts/adaptations/translations in Dogri, Punjabi, Hindustani, and Urdu was staged during the festival. The well-known as well as young emerging writers/playwrights whose works were staged included the trio of Shaheed Nadeem, Prof Mohan Singh and Davinder Pal, Ranjit Kapoor and Shailesh Dhawe—all from outside the Union Territory, while the local talents included Ajra Choudhary and Pankaj Sharma, Ravinder Sharma, and Roheet Verma.

The plays were directed by acclaimed outside directors like Kewal Dhaliwal and Rajan Kapoor, and local directors Pankaj Sharma, Ravinder Sharma, Rahul Singh, and Abhishek Bharti. Themes of the staged plays drew attention to variegated issues faced by society such as the mindless degradation of the environment (Dushman by Kewal Dhaliwal, Amritsar), myriad human emotions (Chekhov ki Duniya by Ras Kala Manch, Hisar), ups and downs of



married life, (Yeh Meri Wife Hai under the banner of Natraj Natya Kunj, Jammu), commercialization of education system (Chita Singh by Samooh Theatre, Jammu) revenge of a wrongly convicted person (Kasak by Natrang, Jammu), and an ode to Ghalib's life and works (Ghalib in Quarantine by Natraj Natya Kunj, Jammu).

The design and presentation of plays with a variety of genres ranged from dialogue-heavy productions in Punjab such as 'Dushman', to the scintillating enactment of human emotions and side-splitting comedy by competent young actors in Chekhov ki Duniya. Pankaj Sharma with his solo show carried the mantle of single-actor performances which have been enacted in past by well-known actors on the Jammu stage like Susham Sharma, Santosh Sangra, Lucky Gupta, and many others. 'Chita' Singh, the only Dogri entry was conspicuous for its script laced with colloquial expressions, phrases, and one-liners that alluded to local and topical issues. 'Kasak' by Natrang, for the sheer pace, the tempo of skillful dialogue delivery, and synchronized body movements of the actors

did raise the bar for local groups. 'Ghalib in quarantine' by Natraj Natya Kunj, a part of musical play, offered an entertaining mix of live recitation of Ghalib's selected poems and couplets and by the lead actor who made a mark by the impressive dramatization of episodes from the celebrated poet's life.

What emerged as the strong aspect of the Theatre carnival was how groups across the region after the Covid-19 pandemic gap are back with aplomb. The comment by director Rajan Kapoor that he was the only one from Haryana whereas the entire cast was from different parts of Delhi NCR, came as a reflection of how difficult is for the groups to find talented actors who as an amateur community are not earning its livelihood from it.

Notwithstanding the challenges faced by theatre groups in terms of funding and audiences, the Theatre carnival was a testimony to the persistence and resilience of the theatre artists. In a scenario dominated by cinema, web series, and OTT, theatre is the only art that comes to life on stage. The magic of live theatre will be always relevant and uniquely attractive to the viewers.

HEALTHLINES

Winter care for bones and joints

Dr M K Mam

The bones along with the joints and muscle provide shape, form, support, stability, movements to the body. Bones protect our delicate organs like brain, spinal cord, heart, lungs etc. They also serve as the store house of the minerals - calcium and phosphorus. The marrow present in the bones produces the blood cells. Joints provide flexibility to the skeleton, with the result we can move freely and do various day to day activities. Somehow or other bone and joint health is neglected by the people more so in cold weather.

During cold weather sun can hardly be seen and at times it cannot be seen for weeks to months together. Sun light is important for bone health as exposure to sun light provides us vitamin D formed in skin. Vitamin D is essential for bones and joints, it plays a big role in calcium absorption and mineralization of bones. Absence of sunlight especially in winters affects natural formation of vitamin D in the skin, with the result we face vitamin D deficiency which badly affects bone health.

With drop of temperature there occurs fall in atmospheric pressure that leads to the expansion of the muscles, tendons and other tissues around joints, with the result joints do not move freely. It is also felt that the synovial fluid that lubricates the joints thickens in cold weather. This affects the lubrication of joints, increases the friction and stiffness of joints, makes them hard to move.

As the temperature drops down in the winters, most of us become less active. We do not like to go out, just want to stay in our cosy homes. Physical activity somehow reduces a lot and all this is not good for overall health. Physical activity is essential for bone and joint health. It makes the bones, joints and muscles stronger. Reduced physical activity affects bone and joint health badly, increases the chances of weakness of bones-osteoporosis. Less of physical activity also affects muscle health, that in turn badly affects bones and joints. Weak muscle means more stress on the joints.

It has in general been seen that many people when staying home often eat more especially unhealthy snacks etc. and added to that when there is less of physical activity, body weight has to increase which again is not good for bones and joints.

Cold weather in general has a negative impact on the mood of a person and with low mood one would not like to do any physical activity- exercise.

Cold weather does put extra demands on our body. It makes us prone to injuries due to slip and falls as our muscles perform less, they get stiff and reaction time is slow.

How to take care of bones and joints in cold weather:

Stay warm: Keeping yourself warm is essential. We should protect our body-our joints and bones by wearing multiple layers of warm clothing. We should wear cap, gloves and muffler when we go out.

Regular exercise: Weight bearing exercises i.e. when bones and muscles work against gravity and resistance, make the bones, joints and muscles stronger. Regular exercise increases the lubrication to the cartilage of the joint and mobility of the joints. Whatever the weather- season, we need to continue our regular physical activity- exercises and yoga to keep our muscles, bones and joints in good health. Walking for that matter is a good low impact aerobic exercise. Being unable to go out for walk or gym for exercises in cold weather, does not mean that we cannot do it. We can do walking at home, yes we can do it in the room or in any available area of home. People

can use treadmill at home. Again activities like rope jumping, stair climbing, dancing, simple jogging etc. can be very well done at home depending on one's health and physical status.

Yoga can be nicely done at home. The slow, controlled physical movements performed in Yoga asanas strengthen muscles, bones and the whole body. Most important thing is that Yoga relaxes the mind, and harmonizes functions of the body and mind. Yoga is doable, inexpensive, effective and safe.

30 minutes/day/ session (150?min/week) moderate-to-vigorous intensity physical activity is what we all need to do. Exercise and Yoga has to be done daily and regularly. It is essential to stay active as much as one can and as long as one can. Regular exercises and Yoga also help in reducing weight which is good for bones and joints.

Eat well: A good nutritious- balanced diet rich in calcium,

vitamin D, C, K, proteins etc. is essential for bones and joints. Calcium and vitamin D are important for normal growth and development of the bones and joints. We should consume foods that are rich in calcium and vitamin D. We need to have the vitamin D supplements as natural formation of vitamin D in skin is affected badly in cold weather and also our usual food intake falls short of our daily requirements. Vitamin C is also good for bone and joint health as it helps in maturation of the protein

in bones i.e. collagen, which forms a scaffold to provide strength and structure. We need to be aware about what all we eat, avoid foods rich in fats and carbohydrates.

Maintain an ideal weight: It is important for overall well-being of a person including that of bones and joints. Excess weight means more load and stress not only on the joint cartilage but also on ligaments and muscles, and that is not good for the joints.

No smoking: Tobacco smoking and use of tobacco products is very harmful for most of the organs of our body including that of the bones and has to be stopped at all costs.

Quality sleep: 7-8 hours quality night sleep is essential for overall health of a person including that of bone and joint health as is suggested by some studies. Sleep deprivation- lack of sleep may be associated with lower bone mineral density and higher risk of osteoporosis as has been shown by some studies.

Stay well hydrated: Hydration is important not only for overall well-being of a person but also for the joints as water forms 70-80 % of the joint cartilage and is an important component of synovial fluid in joints that provides nutrition and lubrication to joints. Staying well hydrated by having fluids preferably warm water can help in better lubrication of joints thereby better movements.

Avoid alcohol consumption: Alcohol damages bone cells directly, inhibits calcium absorption and damages the liver - the organ where activation of vitamin D occurs. It also increases the risk of falls and fractures.

Injury prevention: We should never overdo, always avoid activities that increase stress on the joints. We should avoid slippery paths like icy paths.

Stay positive: Cold weather usually makes us dull and boring. As such, staying positive is important for overall mental and physical well-being of a person.

To summarise, Bone and joint health in cold weather can be maintained and improved by keeping yourself warm, performing regular exercise, Yoga, having healthy food habits and maintaining an ideal weight.

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