

MOVIE-REVIEW

A hard-hitting drama

MRS CHATTERJEE VS NORWAY is the story of a mother fighting against a foreign government. Debika Chatterjee (Rani Mukherji) stays in Stavanger, Norway with her husband Anirudh (Anirban Bhattacharya), elder son Shubh (Yuvaan Vanvari) and five months old daughter Shuchi. Sia (Kärt Tammjärv) and Matilda (Britta Soll) of Velfred, a child welfare service, hired by the Norwegian government, have been visiting the Chatterjee's on a daily basis to monitor how the couple is raising their child. During the last review meeting, Sia and Matilda snatch Shubh and Shuchi and run away. The Chatterjee's are shocked and they are told that they can't hold custody of their child as they are unfit to do so. Velfred lists multiple reasons for it. They also hire a lawyer for Chatterjee's, Sunil Kapoor (Namit). The lawyer passionately fights for them. He argues that some of the so-called flawed parenting techniques listed out by Velfred like feeding a child by the hand, parents sleeping with children etc are Indian cultural practices and can't be termed faulty. The Chatterjee's are shocked and they are told that on a strange pretext doesn't allow custody. The case now goes to the High Court where Chatterjee's lawyer is Daniel Singh Ciupek (Jim Sarbh). The case is already shaky for Chatterjee's. On top of it, Debika's uncontrollable behaviour, stemming from being forced away from her children, weakens their case even more. Debika has a reservation about Daniel as she feels that he's a government-appointed lawyer and hence, he can cheat them. Anirudh, however, doesn't

mother is sure to make the eyes of the viewers moist. In fact, a few scenes can make for a difficult watch for some audiences. However, it's because of those scenes that the impact of the film is manifold.

On the flipside, the film drags and should have been 100 minutes long at best. Secondly, the whole social media angle is sudden. When and how was Debika's picture posted on the internet is not explained. Thirdly, this film is not a simple courtroom drama. The case shown is a complicated one and moves from one court to another with a few technicalities thrown in. Though Ashima Chibber has tried her best to keep the narrative simple, some audiences might get confused. Fourthly, Debika creating a ruckus everytime is a bit too much, especially when she knows that it is weakening her case. Agreed that a mother might go hysterical if separated from her child. But then Debika should also realize that with her behaviour, she risks losing access to her child forever. Lastly, the use of too much English and Bengali might not be acceptable to those who don't like relying on subtitles while watching a film.

MRS CHATTERJEE VS NORWAY starts on a shocking note. The flashback showing what happens in the previous 24 hours is intriguing. Also, viewers come to know that all is not well between Debika and Anirudh and it adds to the madness. The scene where Debika is allowed to meet her children just for a few minutes is moving. The High Court scene is arresting and also the scene where Debika starts consuming food using a fork and spoon to adjust to the ways of Norway. The intermission point is unexpected. Post-interval, Debika appealing to Vasudha Kamat (Neena Gupta) is memorable. But it's the last 30 minutes in the Kolkata court and Anirudh's Bardhaman residence which is the best part of the film. The film ends on a justified note.

Rani Mukherji delivers her career-best performance, without a shred of doubt. The actress has given her heart and soul to the role and looks natural. Debika is over-the-top while displaying her emotions and Rani pulls this



pay heed. He's concerned about getting Norwegian citizenship and doesn't want to rub the government the wrong way. Also, he is not ready to shell out money to appoint a private lawyer. Meanwhile, Debika finds out shocking truths regarding the child custody system in Norway that prompts her to take a significant step. What happens next forms the rest of the film.

Sameer Satija, Ashima Chibber and Rahul Handa's story is unusual. Viewers will be astonished to know that the film is inspired by a true incident. Sameer Satija, Ashima Chibber and Rahul Handa's screenplay are effective as the writers have infused the narrative with some very emotional and hard-hitting moments. The film does falter in some places though. Sameer Satija, Ashima Chibber and Rahul Handa's dialogues pack a punch though the minimal use of Hindi can be a deterrent for some viewers.

Ashima Chibber's direction is fine. It's difficult to imagine that the director who made a light-hearted film like MERE DAD KI MARUTI [2013] has made this hard-hitting fare. She packs in a lot in 130 minutes and one can't help but root for Debika, even though she takes some extreme steps in between. The way Ashima has shown the pain of the

bit off flawlessly. Anirban Bhattacharya is apt for his part. Jim Sarbh is fine in a supporting role. Barun Chanda (Judge Abhijeet Dutta) and Balaji Gauri (advocate Pratap) leave a huge mark. Kärt Tammjärv and Britta Soll overact a bit. Namit, Soumya Mukherjee (Anirudh's brother Anurag), Charu Shankar (Nandini), Varun Vazir (Biswaajet Sarkar), Roopangi Vanvari (Rabia), Sara Soulié (Berit Hansen, teacher at Velfred) and Mithu Chakrabarty (Anirudh's mother) are decent. Neena Gupta is lovely in the cameo.

Amit Trivedi's is forgettable although it's well-woven into the narrative. 'Shubho Shubho' and 'Maa Ke Dil Se' work as they are played in the background. 'Aami Jaani Re' is played in the end credits. Hitesh Sonik's background score adds to the tension and exhilaration. Alvar Kõue's cinematography is neat and the locales of Estonia are well captured. Priya Suhas' production design is rich. Sheetal Sharma's costumes are straight out of life. Namrata Rao's editing could have been slicker.

On the whole, MRS CHATTERJEE VS NORWAY is a hard-hitting drama and is laced with the career-best performance of Rani Mukherji.

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

HEALTHLINES

Deep Vein Thrombosis - A silent killer

Dr Harinder Singh Bedi

Deep vein thrombosis or DVT is a blood clot forming in a deep vein - usually in the leg veins. Symptoms of DVT can include swelling, pain, and skin discoloration. Unfortunately, nearly half of DVT episodes have minimal, if any, symptoms. These "silent" afflictions are particularly worrisome as they are often missed. While DVT below the knee is unlikely to cause serious complications, clots above the knee can break off and travel up the bloodstream, resulting in a blocked blood vessel in the lung (pulmonary embolism) which can be fatal. Other consequences are damaged blood vessels leading to chronic blood

pooling, swelling and pain in the leg, and dilated varicose veins.

Williams after a short period of inactivity and David Lehmann - the Australian cricket coach. A new aetiology is prolonged driving in an automatic car where the left leg is totally immobile. The author treated a young patient recently who drove an automatic car from Chandigarh to Delhi and back without taking an appropriate break.

One of the best ways to combat DVT is through prevention. Getting 30 minutes of daily exercise, maintaining a healthy weight, avoiding smoking and avoiding long periods of inactivity are recommended. Travelers should avoid alcohol and sleeping pills, keep hydrated, move their legs when possible and wear graded compression stockings. Patients for major surgery should be put on appropriate therapy by their surgeons.

DVT can be diagnosed by a thorough examination by a qualified doctor, a few simple blood tests and a non-invasive test called Duplex examination. Treatment entails blood thinners and use of compression stockings. In some extensive cases direct injection of strong clot busters directly into the clot (called catheter directed thrombolysis) is needed.

NBC reporter David Bloom died due to complications of DVT while covering the Iraq war. In his memory - March is designated as DVT Awareness Month.

If you have any of the following risk factors, you may be at risk for DVT:

High blood pressure
Smokers
Diabetics
Pre-existing heart disease
Family history of stroke, aneurysm or heart disease
Diet high in saturated and/or animal fat
Overweight sedentary people
Recent major surgery
Women on oral contraceptives
Over 50 years of age

An yearly checkup, some simple tests and positive healthy lifestyle changes - as mentioned above - can help in preventing this potentially fatal condition.

(The writer is Director Cardio Vascular Sciences at the Ivy Hospital, Mohali)

ART & CULTURE

Spring time for Theatre in Jammu

Lalit Gupta

Basant Panchami celebrated on January 25th this year literally heralded a 'Spring Time for Theatre in Jammu'. In the last three months, one after another three drama festivals have been held and the ongoing fourth one is organized by Shri Mata Vaishno Devi University (SMVDU) near Katra, from March 13 to 20, 2023.

Titled as Trikuta Theatre festival, SMVDU's welcome initiative aimed at inspiring its students towards theatre has provided an additional platform for staging of plays by local amateur theatre groups who otherwise eagerly await invites to theatre festivals sponsored by either state/UT or central agencies.

The first theatre festival of 2023 which brought a gush of fresh air was the 'Theatre Carnival'. Organized by a local theatre group Natraj Natya Kunj as part of Amrit Mahotav from January 16-22, 2023, the fest featured six plays, one each from Amritsar and Hisar and four from Jammu. The festival breaking the jinx of the Pandemic offered an eclectic mix of new scripts/adaptations/translations in Dogri, Punjabi, Hindustani, and Urdu. The four local groups - Natraj Natya Kunj, Samooh Theatre, and Natrang shared the stage with aplomb with groups of theatre veterans like Kewal Dhaliwal-Amritsar and Rajan Kapoor - Hisar (DE, Jan 29, 2023).

The next major fest, the National School of Drama's (NSD) Bharat Rang Mahotav (BRM) comprised three plays in Jammu and three in Srinagar. Due to the deficient infrastructure at Abhinav Theatre, BRM opened in Jammu from Feb 20 to 22, 2023, in collaboration with the University of Jammu at the Zorawar Singh Auditorium. Interestingly, the NSD's decision to stage Padamshree N.D. Jamwal's acclaimed Dogri play Kunju Chanchalo in Srinagar and a Kashmiri play 'Wath', by Azad Dramatic Club, Srinagar, in Jammu, gave the local theatre enthusiasts an opportunity after quite a long time to watch a drama in Kashmiri and likewise for the audience in Srinagar to savor a play in Dogri.

However, it was the non-verbal play 'Silence', written and directed by Soma Giri and staged on Feb 21st, 2023, by Begulati Natyamaandir, Kolkata, that emerged as the pièce de résistance of BRM. Breaking conventions, it offered glimpses of new theatre language based on ingenious solos and ensembles of contemporary dance sequences movements. Soma Giri led the cast of ten young dancers/actors who with their consummate display of energy and discipline mesmerized the audience with striking imagery through improvisations based on powerful movements of Kalaripayattu. Especially impressive were the compositions that provided a kind of voyeuristic view of bodies in self-conscious seclusion. The play came out as a top-notch experimental production aimed at exploring and adding new vistas to the repertoire of the contemporary theatre language.

BRM's last presentation of Natharam Gaur's Hindi play 'Satyabhan Savitri', directed by Umesh Chandra Sharma and staged by Shri Shri Nathari Sansthan, Mathura, brought forth the earthy flavors of Swang and Nautanki; the outdoor drama traditions enjoyed by the rural masses.

The current year's third festival was JKAACL's 'Festival of Plays'. It came as a part of the repackaging of the Academy's prestigious annual drama festival which used to be an important event in the winter capital's cultural landscape. The abridged 'Festival of Plays', held from Feb 25 to March 3, 2023, at Abhinav Theatre

saw the participation of a handful of groups who had fulfilled the government's post-UT strict registration conditions while the other groups yet not reregistered had to borrow banners from other NGOs to be able to participate. Hence, the reduced number of participating groups and the absence of plays in regional languages. The seven-day festival was reduced to six plays due to the death of the mother of actor/director Vikram Sharma on the very day of the slated performance of his play 'Napoleon'.

JKAACL's suffered an unprecedented loss of face when the inaugural performance of its 'Festival of Plays', was marred by the whistling, howling and shouting by 'invited' unruly students from hostels who were specially ferried in State Road Transport Buses to Abhinav Theatre only to impress the Chief Guest who had demanded a full house for his inaugural address. Academy officials throwing to winds the sanctity of a drama performance which as per practice is watched by theatre aficionados in complete silence had happily pandered to the whims of a greenhorn bureaucrat.

Academy's 'Festival of Plays', featured local playwrights' dramas like Rajneesh Gupta's 'Gumshuda Ki Talash' (Triple-A), Rajesh Roshan Bhat's 'Ateet Ke Sakshi' (Vomedh Rangmanch), and Rajesh Singh Raju's comedy 'Viraam' (Sangam Theatre Group). Directed by directors, Rajneesh Gupta, Rohit Bhat, and Akram Khan, the plays respectively dealt with themes such as the exploitation of children woven in the backdrop of the relevance of Gandhian philosophy, reiterating faith in the age-old communal brotherhood and amity to fill the existing void between Kashmiri Hindus and Muslims, and the comic shenanigans of a poet seeking inspiration from the fair sex.

The plays by eminent playwrights such as Badal Sarkar's 'Pagla Ghoda' (Hill Theaters), Manav Kaul's 'Bali and Shambhu' (Bhartiya Kala Sangam), and Mohan Rakesh's 'Ashad Ka Ek Din' (The Performers), was in continuation to Jammu theatre tradition wherein young directors' test their creative mettle by staging modern iconic dramas already enacted by leading theatre groups and actors of the country. Directed respectively by Sunil Sharma, Mohit Mehra, and Vijay Goswami, the well-designed presentations portraying the acting prowess of the amateur actors and the skillful handling of technical aspects, offered the audiences immersive and entertaining experiences.

Thanks to the visionary initiative of the outgoing Vice Chancellor Prof R. K. Sinha, and the Registrar Nagendra Singh Jamwal, JKAS, the maiden 'Trikuta Theatre Festival' has opened a new window of patronage for local theatre groups at its on-campus beautiful Matrika auditorium. The five-play festival featured Rajneesh Gupta's Dogri play Shah Sahani and Rangyug's 709 show of Deepak Kumar's acclaimed street play 'Dheet' in Dogri that since last 20 years has been highlighting the dangers of plastic pollution. The other plays staged were the re-runs of applauded productions such as 'Bali and Shambhu', 'Pagla Ghoda' and 'Ashad Ka Ek Din'. The fest has also introduced a new set of audiences comprising SMVDU's students, faculty members, and families and invited members of the civil society.

One only hopes that Universities and their campuses along with other institutions of higher learning across the spectrum in divisions of Jammu and Kashmir will follow suit of SMVDU and give space to contemporary and traditional arts in order to 'project the same to the younger generation as the spirit and soul of today's society'. Such initiatives are the need of the hour as theater as an art form not only educates and entertains 'but also teaches us how to express ourselves more effectively. It develops our ability to communicate our thoughts and feelings to others, thereby improving our relationship around us'.

HEALTHLINES

Of Oral health and hygiene

Saurabh Kumar Gupta, Karthik, S. Amanjot Kaur

World Oral Health Day is commemorated annually on March 20th to raise awareness about the importance of oral health and hygiene. In 2021, a three-year theme 2021-2023 was launched, "Be Proud of Your Mouth" i.e. Value and Take Care of it. In the first year, the focus was on the impact of oral health on overall health, followed by the importance of a healthy mouth for happiness and well-being in the second year. Finally, in 2023, it is focusing on efforts for caring for your mouth at every stage/age of life.

Oral hygiene refers to the practice of maintaining the cleanliness of the mouth and teeth to prevent the occurrence of oral diseases such as tooth decay, gum disease, and bad breath. Tooth decay or dental caries occurs when bacteria in the mouth produce acid that damages the tooth's enamel, causing a cavity. Gum disease or gingivitis is another common problem that affects the gum tissue and bone that support the teeth. This condition can cause bleeding, inflammation, and eventually, tooth loss if left untreated. Bad breath, or halitosis, is also a common oral health problem that can be caused by poor oral hygiene, certain foods, or medical conditions. By practicing good oral hygiene, individuals can not only maintain a healthy mouth but also promote overall body health and reduce the risk of developing a range of health problems.

Oral hygiene: a gateway to your overall body health
The mouth is the gateway to the rest of the body, and the health of the mouth is closely linked to the health of the body. Poor oral hygiene can lead to a build-up of harmful bacteria in the mouth, which can then enter the bloodstream and spread to other parts of the body. This can increase the risk of developing a range of health problems, including heart disease, diabetes, respiratory infections, and even certain types of cancer. For example, gum disease has been linked to an increased risk of heart disease and stroke, while poor oral health is a risk factor for respiratory infections such as pneumonia. Maintaining good oral hygiene can therefore help to prevent the occurrence of these health problems and promote overall body health.

Your oral health is a reflection of your overall health
The mouth can provide important clues about a person's overall health, and several medical conditions can be diagnosed through a dental examination. For example, oral cancer is a serious condition that can present as abnormal growths, lesions, or discolored patches in the mouth or on the lips. People with diabetes are more likely to develop gum disease because high blood sugar levels can make it harder for the body to fight off infections. Bleeding gums, loose teeth, and bad breath can all be signs of gum disease, which can be a warning sign of diabetes. Pale or inflamed gums can be a sign of anemia, as can a pale tongue and mouth lining. In addition to these conditions, dental exams can also reveal signs of nutritional deficiencies, autoimmune disorders, and other medical conditions. Regular dental check-ups are an important part of maintaining good oral health and overall health.

Healthy mouth, healthy pregnancy, and a healthy baby
Oral hygiene during pregnancy is incredibly important for the health of both the mother and the developing baby. Pregnant women are more susceptible to dental problems due to hormonal changes (estrogen and progesterone) and the increased blood flow to the gums. Pregnancy gingivitis, a type of gum disease, is a common issue during pregnancy. Many pregnant women experience morning sickness, which can lead to vomiting and acid reflux. This acid can erode the enamel on the teeth, leading to tooth decay and sensitivity. Studies have also shown a link between gum disease and preterm birth, stillbirth, miscarriages, and low-weight babies. It's advisable to get a pre-pregnancy oral check-up so that any tooth on the verge of

decay or any gum disease can get its time management. Further, they can substitute their sugar cravings with alternatives like figs, raisins, and honey. Additionally, during nausea and vomiting, it is advised to avoid brushing for an hour to prevent tooth erosion, and rinsing with plain water is sufficient. Rinses with baking soda (sodium bicarbonate) and one tablespoon in one glass of water will further curb the acidic environment in the mouth.

By maintaining good oral hygiene, women can reduce their risk of needing emergency dental procedures.

Oral Health Tips for children aged 0-3 years

* Newborns may not have teeth, but they need the care of gum pads. Gum pads should be cleaned daily with cotton pads after feeding the baby.

* Teething: It can be uncomfortable for the child, starting at around 6 months. It is always beneficial to give a cold clean and moist washcloth or a clean solid teething ring to facilitate eruption. However, teething rings filled with fluid should be avoided.

* When the first tooth erupts, a small soft bristled brush can be used.

* Brush for 2 minutes, 2 times a day, and importantly before bedtime.

* Sugary beverages should be avoided, water is the best liquid apart from milk.

* By age 1, the child should be encouraged to use an open-lid cup instead of a bottle.

Oral Health Tips for children aged 3-6 years

* Regular brushing twice a day for at least two minutes with fluoridated toothpaste

* Seek the help of the dentist if the child continues to suck fingers or thumbs, as it can affect the alignment of teeth and jaws.

* As soon as permanent teeth erupt at the age of 6 years, pit and fissure sealants.

Protect your smile: Preventive care is the key
Maintaining good oral health requires a combination of good oral hygiene habits and regular dental check-ups.

Brushing: Brush your teeth twice a day for two minutes each time using a soft-bristled toothbrush. Hold the brush at a 45-degree angle toward the teeth and gums. Gently press against the gums so the tips of the bristles go in between the gum and the teeth. Then apply a few lateral strokes and roll down to brush to sweep the plaque away from the teeth and the gum. Be sure to brush all surfaces of your teeth, including the front, back, and chewing surfaces. Your dentist can recommend modifications to your brushing technique based on your individual needs and oral health condition.

Flossing: Floss your teeth at least once a day to remove plaque and food particles from between your teeth. Use a gentle back-and-forth motion and be sure to floss between each tooth.

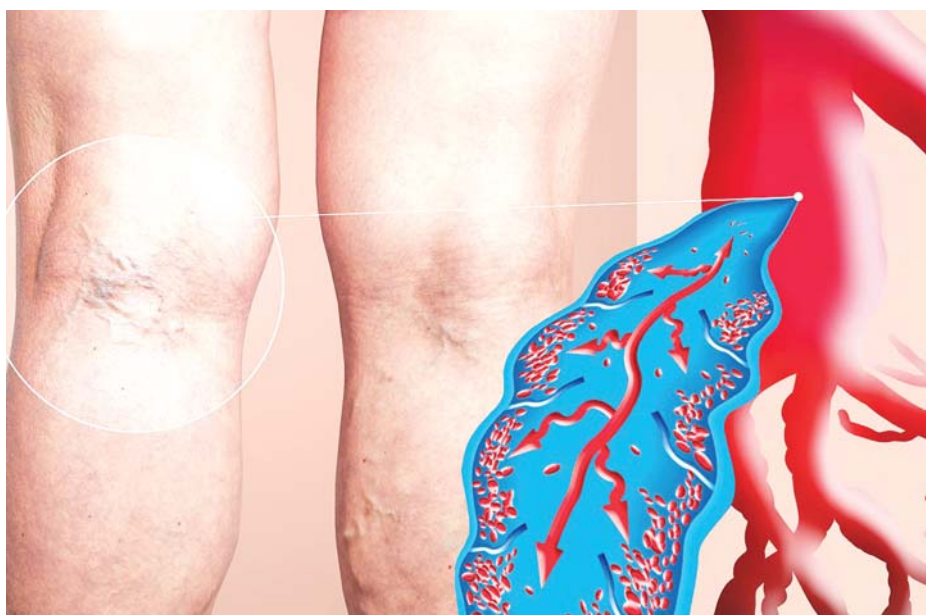
Mouthwash: Use mouthwash after brushing, follow the instructions on the label, measure the amount (usually 20-30 ml or 4-6 teaspoons), swish and gargle (30-60 seconds), and don't rinse your mouth or eat or drink anything for at least 30 minutes after use. It's important to remember that using mouthwash is not a substitute for brushing and flossing. Use mouthwash as directed by your dentist or on the label. Overuse of mouthwash can lead to dry mouth and mouthwashes also contain alcohol, which can be irritating to the gums and oral tissues.

Healthy diet: Eating a healthy diet that is rich in fruits, vegetables, whole grains, and lean protein can help to promote good oral health. Avoid sugary and acidic foods and drinks, as they can contribute to tooth decay.

Regular dental checkups: Visit your dentist regularly for checkups and cleanings. Your dentist can identify and treat any oral health problems before they become more serious.

Let's join our hands together for achieving optimal oral health for all.

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MARCH IS DVT AWARENESS MONTH

pooling, swelling and pain in the leg, and dilated varicose veins.

Certain individuals are more at risk for deep-vein thrombosis than others. Those with prior DVT, obesity, stroke, cancer, pregnancy, undergoing major surgery, over the age of 65 and those who are confined to long periods of immobility via travel or bed rest are more likely to be afflicted. According to the American Medical Association, approximately 2 million people suffer from DVT each year, more than the annual amount affected by heart attack or stroke. Pulmonary embolism claims approximately 300,000 lives annually. This is more than breast cancer and AIDS combined. Even otherwise healthy passengers are at some risk if they remain immobile for long periods eg during a long flight. In fact DVT has struck Serena