

WEBSERIES REVIEW

Sanak

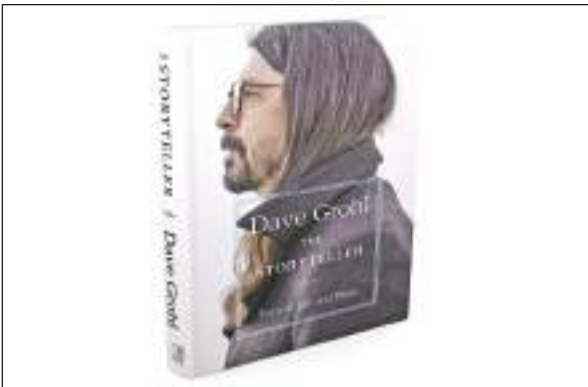


**Director:** Kanishk Varma  
**Cast:** Vidyut Jammwal, Neha Dhupia, Rukmini Maitra, Chandan Roy Sanyal, Jitendra Kumar, Chandan Roy  
**STORY:** Set in Mumbai, the story unfolds in a hospital that is under siege, where Vivaan Ahuja (Vidyut Jammwal) and his wife Anshika (Rukmini Maitra) are trapped. Does he manage to rescue her and other hostages from the dangerous hoodlums?  
**REVIEW:** The linear narrative of Kanishk Varma's Sanak is a battle between two opponents that make up the bulk of the proceedings—Vivaan Ahuja, the fit and muscled guy, and Saju with his band of skilled fighters who have taken all the people in the hospital as hostages.  
This 117-minutes drama, written by Ashish P. Verma, begins slowly by emphasising the chemistry between the lead couple as they celebrate their third anniversary. But, minutes later, we're in a siege situation at the hospital, where Anshika is being held captive alongside other people, and Vivaan arrives to save her. The basic plotline is predictable from the word go: the hero will bash up the bad guys to a pulp and save them all. The leading ladies, Rukmini Maitra as Anshika and Neha Dhupia as inspector Jayati Bhargav, have a limited role to play. Dhupia made a grand entry as a tough cop interrogating a criminal, but, her character are was sketchily written, and she ended up playing a role of a cop who is merely trying to deal with the situation.

In-depth Analysis		
Our overall critic's rating is not an average of the sub scores below.		
Direction	<div><div></div><div></div><div></div><div></div><div></div></div>	2.5/5
Dialogues	<div><div></div><div></div><div></div><div></div><div></div></div>	2.5/5
Story	<div><div></div><div></div><div></div><div></div><div></div></div>	2.5/5
Music	<div><div></div><div></div><div></div><div></div><div></div></div>	2.5/5
Visual appeal	<div><div></div><div></div><div></div><div></div><div></div></div>	2.5/5

BOOK REVIEW

The Storyteller



**Title:** The Storyteller  
**Author:** Dave Grohl  
**Genre:** Biographies & Autobiographies  
**Publisher:** Simon & Schuster Ltd  
**Pages:** 384  
**Price:** 799 INR  
**Review:** After having written nine awe-inspiring books, Nobel Literature laureate Abdulrazak Gurnah's latest novel 'Afterlives' was published in October 2020. And exactly a year later, he has won the 2021 Nobel Prize in Literature. 'Afterlives' is an addition to the glorious archive of African Literature that was created by Chinua Achebe, Chimamanda Adichie and other notable authors. Post-colonialism, immigration, refugees and racism continue to be the dominant themes in Gurnah's books and 'After Lives' takes after its precedents in every way.  
Set amidst the colonial conflict of Africa, where Germans, British, Belgians and the French are struggling for control, 'Afterlives' is the story of Ilyas and Hamza. Ilyas is a young man who was stolen from his parents by German troops. Hamza, on the other hand, was sold and has been brought up under the protection of an officer who now lays full claim over him. After getting done with the war, Hamza returns home to the same place where Ilyas lived and is now in search of a job, security and love- in Ilyas' sister Afiya, who was given away by their parents. The book captures one of the most prominent consequences of the imminent First World War and colonization -the life and struggles of African citizens who were stolen or bought to fight for Europe.  
The book has been widely acclaimed for its depiction of a prominent but rarely explored theme of the lives of soldiers who fight for the colonizer. Do add this book to your reading list if you wish to pick a novel written by this year's winner of the prestigious Nobel Prize in Literature.

GADGET REVIEW

Realme GT Neo 2



Expected Price	Rs 31,999.
Display	6.62-inch
Resolution	(1080x2400)
Processor	Qualcomm Snapdragon 870
Front Camera	16MP
Rear Camera	64MP + 8MP + 2MP
Rear autofocus	Yes
Rear flash	Yes
RAM	8GB
Storage	128GB
Battery Capacity	5000mAh
OS	Android 11
GPS	Yes
Bluetooth	Yes, v 5.20
NFC	Yes
USB Type-C	Yes
Proximity sensor	Yes
Accelerometer	Yes
Gyroscope	Yes
Fast charging	Proprietary
Colours	Neo Black, Neo Blue, Neo Green

Pros	Cons
* Excellent performance.	* Macro and ultra-wide sensors could be better.
* Good battery life.	
* Gorgeous display.	
* Stereo speakers sound good.	

VEHICLE REVIEW

Kia Sonet



Starting Price	Rs. 6.89 - 13.55 Lakh*
ARAI Mileage	19.0 kmpl
Fuel Type	Diesel
Engine Displacement	1493 cc
No. of cylinder	4
Max Power	113.42bhp@4000rpm
Max Torque	250nm@1500-2750rpm
Seating Capacity	5
TransmissionType	Automatic
Boot Space	392 L
Fuel Tank Capacity	45 L
Body Type	SUV
Gear Box	6 Speed
Drive Type	FWD
Steering Type	Electric
Day & Night Rear View Mirror Auto	
Anti-Lock Braking System	
Brake Assist	
Central Locking	
Power Door Locks	
Child Safety Locks	

Pros	Cons
* Decent Ground Clearance and Boot Space.	* Normal Ride Quality.
* Pocket-Friendly Diesel AT.	* Limited Seating Space.
* A Box Full Of Features.	
* Great Options in Powertrains.	

Health and Lifestyle

Beware of these early warning signs of Type-2 diabetes; do not ignore them



Diabetes is a serious disease which continues to be one of the most non-communicable burdens affecting people globally. Statistics have pointed out that an estimated 462 million suffer from the condition, with India being the Diabetes capital.  
With the pandemic, there's also been a concerning rise in the number of people suffering from 'new diabetes' or being diagnosed with diabetes, thanks to the prolonged sedentary lifestyle and poor eating habits.  
**Be on the lookout for these early signs of Type-2 diabetes**  
Diabetes, primarily, is a disease characterised by disrupted blood sugar levels and insulin resistance, which starts off in the pancreas but the effects can be felt through all parts of the body. Just like it's a common misconception that diabetes is caused by having too much sugar (it's a hormonal condition), there are, in fact, quite a few warning signs that the body tries to alert you, if your blood sugar levels start to go for a toss.  
It's not just important to acknowledge these early symptoms, but also make sure that you get the proper care, remedial help to manage and treat diabetes in time.  
While some of the signs like feeling too parched, or frequent hunger pangs are common, take a look at some of these underlying, less-common signs to spot signs of high blood sugar levels:  
**Skin changes**  
A diabetes diagnosis is associated with slower healing of wounds, and frequent cuts and bruises. What it can also do is, impact the colour and texture of skin.  
Having dry, itchy patches of skin is a common warning sign of diabetes which people end up ignoring. This is known as 'acanthosis nigricans', which can set in when you have disrupted thyroid levels as well, and appear as dark folds around your neck, armpits or the groin region. Having excess insulin levels in the body can make the skin feel thicker than usual and manifest into such signs.  
**Experiencing vision problems**  
Vision difficulties, including blindness, are often associated with long-term side-effects of diabetes. However, it's often not realized that some of these symptoms, including vision problems can creep in quite early, and need to be attended to at the

earliest. One of the most pressing signs of vision difficulty, when you have Type-2 diabetes, can be hazy vision, blurriness. This can happen when blood sugar levels remain higher than usual, and damage some critical blood vessels located in and around the eye. Extremely high sugar levels can also lead to temporary vision loss, swelling or changes in vision.  
**Frequent gum bleeding, dry mouth**  
Our oral health and hygiene has a direct link with our blood sugar levels, believe it or not. In fact, experts often point out that having a 'dry mouth', along with feeling parched too often or thirsty can be a commonly missed sign of rising blood sugar levels.  
Dry mouth is medically also referred to as xerostomia, and accompanies diabetes. While there exists no exact cause to experiencing this symptom , any signs of poor or worsening oral hygiene, including dry lips, difficulty chewing food, frequent sores or cuts in the tongue, dryness in the mouth could be signs that you should book yourself a blood sugar test.  
**Numbness, tingling in fingers and feet**  
A precursor which can be experienced with Type-2 diabetes can be tingling or numbness in the feet or the hands. Apart from a sense of dizziness and fatigue, disrupted blood sugar levels can impact nervous sensations, make one experience tremors, numbness in the fingers and extremities. This symptom can also worsen over time and develop into what is called 'diabetic neuropathy'. Again, while such a symptom may be experienced by someone later in life, long after being diagnosed with Type-2 diabetes, it can also stem as a warning sign to watch out for, or when you have prediabetes.  
**Visiting the washroom often**  
Frequently urinating, more than usual, can be a sign that your blood sugar levels are flaring without notice. While we all take bathroom breaks to be a sign of a healthy bladder; having to visit the bathroom often, frequently urinating can be experienced when the kidneys find it hard to regulate the levels of blood glucose levels, which then pass out in the form of urine. A particular sign to note is, if you feel the urge to urinate more frequently at nighttime.  
**Fatigue**  
Fatigue as a symptom can invite worry. It can be common to experience feeling tired, exhausted on an everyday basis, feeling a little too drained or fatigued can also be a sign that your blood sugar levels are off the toss, and in fact, associated with 'diabetes fatigue syndrome'.  
While there is no exact cause or reason as to why this happens, it is believed that fluctuating or erratic blood glucose levels can fail to supply needed energy in the body, which can make you feel tired often. Having a poor diet, bad sleep and other hormonal imbalances can also contribute to the problems.  
**Irritability**  
Mood swings, low mood or feeling mentally drained could be taken as signs of worsening mental health or stress. However, even the slightest disruption in your blood sugar levels could make you feel anxious, irritable or even hangry (angry because of extreme hunger pangs). Blood sugar highs, or even lows could be associated with heightened feelings of worry, anxiety and mood irritability.  
However, do remember that irritability can't always be the cause of diabetes. Mood changes, when you have diabetes usually appear along with other signs of high/low blood sugar levels, and not individually.

ASTROLOGY

WEEKLY PREDICTIONS 24<sup>TH</sup> — 30<sup>TH</sup> OCTOBER 2021

<b>ARIES</b>  MAR 21 - APR 19 Mercury in Libra, in your house of relationships, making an inconjunct to Uranus in your house of money. You may want to get something wonderful for your sweetheart. Unfortunately, it's not in the budget. Time to Google "100 free things to do locally" to get great ideas. Aries, a little bit of planning could make for a romantic surprise.	<b>LIBRA</b>  SEP 23 - OCT 22 Mercury in Libra, in your house of confidence, making an inconjunct to Uranus in your house of resources. You may be ready to jump in to ask for a raise or help on a project. Unfortunately, the timing is off. Today, you could ask for 100 and maybe get 40. You could ask for assistance, and you end up getting a pat on the back and told you can do it yourself.
<b>TAURUS</b>  APR 20 - MAY 20 Mercury in Libra, in your house of work, making an inconjunct to Uranus in your own sign of Taurus. You may be facing a situation, and your confidence is wavering. The people who want to help you don't seem to know what they're doing. This could be quite frustrating unless you slow down and take it one step at a time. Taurus, you're going to have to make some adjustments to get everything to balance.	<b>SCORPIO</b>  OCT 23 - NOV 21 Mercury in Libra, in your house of rest and recuperation, making an inconjunct to Uranus in your house of relationships. Scorpio, you may want a quiet day off while your sweetheart has a list of things that need doing. A compromise needs to happen. Perhaps you can find a way to delegate some of these responsibilities to someone else, at least temporarily.
<b>GEMINI</b>  MAY 21 - JUN 20 Mercury in Libra, in your house of romance, making an inconjunct to Uranus in your house of secrets. Gemini, suddenly a secret is revealed, and this throws a romantic relationship (or the desire for one) upside down. You may find out the person you're interested in is back with their ex, or perhaps they never left the person in the first place. Now you must rethink your plans before moving forward.	<b>SAGITTARIUS</b>  NOV 22 - DEC 21 Who loves you, baby? Everybody, apparently - or at least it'll seem that way as this week begins. Friends and admirers will rally to your banner on Monday and Tuesday and it's a good time to make your wishes known. You can expect an attentive audience. On Wednesday and Thursday, that outgoing mood could shift to shyness. Maybe it's time for some peace and quiet to recharge?
<b>CANCER</b>  JUN 21 - JUL 22 Mercury in Libra, in your house of home and family, making an inconjunct to Uranus in your house of the future. Today you might be dissatisfied with your current living arrangements. The place might be too small, in the wrong location, or perhaps you don't like the direction the neighborhood is going. Cancer, time to picture what needs to happen for things to get better.	<b>CAPRICORN</b>  DEC 22 - JAN 19 Mercury in Libra, in your house of career, making an inconjunct to Uranus in your house of pleasure and fun. You may be undecided between going to work and playing hooky. Capricorn, stay home, and you'll be thinking about your job all day. Go into work, and you'll spend the day wishing to be elsewhere. Try to figure out a way to do both.
<b>LEO</b>  JUL 23 - AUG 22 Mercury in Libra, in your house of communication, making an inconjunct to Uranus in your house of career. Be extra careful when sending out emails or texts today, as you could accidentally hit "reply all." Or you might write a complaint email to a friend about your boss and then unintentionally send it to the boss. Leo, keep an eye on the recipients before you push "send."	<b>AQUARIUS</b>  JAN 20 - FEB 18 Mercury in Libra, in your house of knowledge, making an inconjunct to Uranus in your house of family. Today, you can get into a heated argument over politics, sports teams, or personal philosophies. Aquarius, avoid taking the bait and just walk away (even though you are still picturing all the devastating things you could have said to obliterate their argument).
<b>VIRGO</b>  AUG 23 - SEP 22 Mercury in Libra, in your house of money, making an inconjunct to Uranus in your house of education. Today, you may be frustrated with the cost of school. You may be looking for a low-cost method to gain knowledge or credentials. Virgo, it's time to look at student loan debt to see if there are government programs that can help you out.	<b>PISCES</b>  FEB 19 - MAR 20 Mercury in Libra, in your house of resources, making an inconjunct to Uranus in your house of communication. Pisces, you might find challenges when asking people to support your business or to get help from a company. Choose your battles carefully, as it's likely not much will be solved today. To avoid a fight today, you may want to avoid discussing your plans.