

WEBSERIES REVIEW

Thalaivii

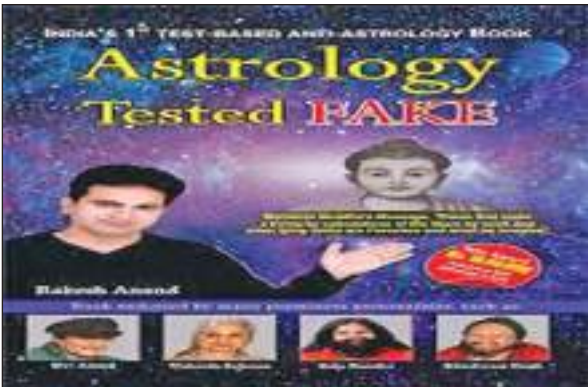


Director: A. L. Vijay
Cast: Kangana Ranaut, Arvind Swami, Bhagyashree Samuthirakani, Raj Arjun, Jisshu Sengupta
STORY: The film chronicles the life of actor-turned-politician Jayalalithaa (Kangana Ranaut), her relationship with the legendary M. G. Ramachandran (Arvind Swami) and her tumultuous rise to power as the former Chief Minister of Tamil Nadu.
REVIEW: Kangana in the titular role channels her inner rebel and unflinching self assurance to make a point — she plays second fiddle to no one. A classic case of her screen character imitating her real life in a way. She renders a powerful portrayal of a lovelorn woman who keeps rising like a phoenix from the ashes. She elevates the formulaic script with quiet determination and powerful presence, cleverly not mimicking Jaya but getting the tone and nuances of her character right. As a woman scorned by people for loving fearlessly and feeling deeply, Kangana is outstanding.
The actress finds a perfect companion in Arvind Swami as MGR, her mentor, the wind beneath her wings. He brings in a certain calm to the storm that engulfs Jaya. Swami is impeccable in his mannerisms and body language. There couldn't have been a better actor to play the Tamil screen icon and people's leader.
Thalaivii pays a resounding ode to Jaya-MGR's poignant love story, a relationship without labels.

| In-depth Analysis | | |
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| 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> | 3/5 |
| Dialogues | <div><div></div><div></div><div></div><div></div><div></div></div> | 3/5 |
| Story | <div><div></div><div></div><div></div><div></div><div></div></div> | 3/5 |
| Music | <div><div></div><div></div><div></div><div></div><div></div></div> | 3/5 |
| Visual appeal | <div><div></div><div></div><div></div><div></div><div></div></div> | 3/5 |

BOOK REVIEW

Astrology Tested FAKE



Title: Astrology Tested FAKE
Author: Rakesh Anand
Genre: Body, Mind & Spirit / Astrology / General
Publisher: Diamond Pocket Books Pvt Ltd
Pages: 170
Price: 160 INR
Review: A research based book which proves that Stars and Planets do not affect the activities and events that occur in the life of an individual.
Rakesh Anand, the author, says when his testing convinced him that Astrology does not work and it is just one out of the many superstitions that still exists in the 21st century, then he decided to write this book, for awakening the innocent masses who are being exploited by the Fortune-Tellers.
The author has taken material for this book from various websites (sources are mentioned in the book) especially www.wikipedia.org.
The book focuses on Traditions of Astrology, Contradictions within Indian and Western Astrology, Effects of Stars and Planets on Human life, Tests Undertaken by the Author, Horoscopic Analysis of famous personalities, Practical suggestions for Astrologers and so on.
The book is endorsed by many prominent-personalities, such as: Dev Anand, Baba Ramdev, Khushwant Singh, Dr. Prem Dutt Pandey, Kailash Yogiraj, and many others.
Rakesh Anand, the Author has challenged to prove him wrong. A Mind-blowing book on Astrology. A must-read book for everyone. It is an eye opener.

GADGET REVIEW

iPhone 13 Pro Max



| Expected Price | Rs 89,900 |
|---------------------|-------------------------------------|
| Display | 6.70-inch |
| Resolution | (1284x2778) |
| Processor | Apple A15 Bionic |
| Front Camera | 12MP |
| Rear Camera | 12MP + 12MP + 12MP |
| Storage | 128GB |
| OS | iOS 15 |
| Fast charging | Proprietary |
| Wireless charging | Yes |
| Wi-Fi | Yes |
| GPS | Yes |
| Bluetooth | Yes, v 5.00 |
| NFC | Yes |
| Lightning | Yes |
| Number of SIMs | 2 |
| 3D face recognition | Yes |
| Proximity sensor | Yes |
| Gyroscope | Yes |
| Barometer | Yes |
| Colours | Graphite, Gold, Silver, Sierra Blue |

| Pros | Cons |
|---|---|
| * ProMotion screen brings 120Hz smoothness. | * Cinematic Mode is not very "pro". |
| * Incredible camera system. | * It's really big - which won't suit all. |
| * Great battery life. | |
| * High refresh rate display. | |

VEHICLE REVIEW

Ducati Monster



| Starting Price | Rs. 10.99 - 11.24 Lakh |
|------------------|---|
| Displacement | 937 cc |
| Engine Type | 4 valves per cylinder; desmodromic valvetrain |
| Max Power | 111.4 PS @ 9250 rpm |
| Max Torque | 93 Nm @ 6500 rpm |
| Front Brake | Disc |
| Rear Brake | Disc |
| Fuel Capacity | 14 L |
| Body Type | Super Bikes, Sports Bikes |
| ABS | Dual Channel |
| Charging Point | Yes |
| DRLs | Yes |
| Riding Modes | Yes |
| Traction Control | Yes |
| Power Modes | Yes |
| Quick Shifter | Yes |
| Speedometer | Digital |
| Odometer | Digital |
| Tripmeter | Digital |
| Headlight | LED |

| Pros | Cons |
|-----------------------|-----------------------------|
| * Classic design. | * High Cost of Maintenance. |
| * Advanced features. | |
| * V Twin engine. | |
| * Excellent handling. | |

Health and Lifestyle

Here's why gluten free grains are great for health














Gluten is a family of proteins mainly found in wheat, barley, rye and triticale (a cross between wheat and rye). It contains gliadin and glutenin. The elasticity of dough is because of its gluten content. Gluten gives a chewy texture and desired shape to the product.
In some people, gluten causes inflammatory and autoimmune reactions, where it mainly destroys the tissue of the small intestine and gut lining. In the human body absorption of nutrients takes place in the small intestine, so in such cases, it is very important to follow a gluten-free diet for good gut health and nutritional status. Now let's know about the two grains which are naturally gluten-free and have many health benefits too:
Millet (Bajra): Millet is one such ancient superfood that gives many health benefits due to its nutritional content. It helps to strengthen the immune system, promote good bone health and aids in weight loss. It contains all potential antioxidants which prevent ageing and metabolic disorders like diabetes, hypertension, dyslipidemia etc. We know that many diseases occur due to our body's acidic pH. Where a diet rich in alkaline foods are required. So this grain is alkaline in nature, preventing acidity and heartburn issues.
Health Benefits of Millet:
* It's a good source of B vitamins like niacin, folate and pantothenic acid. These nutrients help to perform many enzymatic reactions in our body and are also necessary for the normal functioning of the organs.
* Millet contains an insoluble fibre known as prebiotics. It supports good bacteria in the gut. Insoluble fibre helps to relieve symptoms like constipation, bloating, gas and cramps.
* It can be a healthier grain to include in your diet if you want to protect your heart. It contains a good amount of magnesium which helps to control blood pressure. Millets are rich in dietary fibre too (both soluble and insoluble fibre) which makes it a good choice for people who are suffering from high cholesterol levels.
* It's low in simple carbs and high in complex carbs (a low GI food) and hence its consumption is good to control sugar

levels and aids in weight loss.
* Millets are rich in antioxidants and phenols especially ferulic acid and catechins. Antioxidants help in reducing oxidative stress in the body and boost immune functioning. The darker millets contain more antioxidants compared to the lighter ones.
It is one of the nutrient-rich grains for pregnant women as it is rich in iron, protein, antioxidants, dietary fibre, calcium, magnesium, potassium and folate. All those nutrients are required more during pregnancy. Its high iron content improves haemoglobin levels. Dietary fibre prevents constipation and helps to lower blood sugar levels in gestational diabetes. Calcium and folate help in fetus development. Magnesium and potassium manage blood pressure.
Buckwheat (kuttu): Buckwheat is not a type of wheat, it's a gluten-free grain that comes under the group of cereals commonly called pseudocereals. As it doesn't grow in grass, it's a plant just like quinoa and amaranth. Basically, it is a seed that needs grinding to make its flour. We all include this grain in our diet during fasting days. But do we know its amazing health benefits?
Health Benefits of Buckwheat:
* It is more satiating than any other grain due to its power loaded nutrient and complex carbohydrate content. And this helps to reduce weight as it keeps you full for a longer time and prevent you from binge eating.
* Iron is very important for our body's normal functioning. Deficiency of this mineral leads to anaemia, weakness and fatigue. Buckwheat is a good source of iron. So make this grain a part of your diet on non-fasting days too.
* It is rich in magnesium and calcium, minerals that are required for healthy and stronger bones and teeth, promotes growth and development.
* Among the other pseudocereals, buckwheat is a rich source of rutin antioxidants. It contains other antioxidants too like quercetin. Rutin has anti-inflammatory, anti-cancer and antioxidant properties. Antioxidants help to remove potentially harmful substances called "free radicals" from our bodies.

ASTROLOGY

WEEKLY PREDICTIONS 03RD — 09TH OCTOBER 2021

| | | | |
|---|--|--|---|
| ARIES  MAR 21 - APR 19 | Libra, in your house of relationships, making a trine to Jupiter in Aquarius in your house of friendships. Aries, you might find your mind on someone from your past. They might reach out to you on social media. It's as though you were thinking about each other at the same time. Now you can feel if there is still a smoldering fire. | LIBRA  SEP 23 - OCT 22 | Mercury, in your own sign of Libra and in your house of confidence, making a trine to Jupiter in Aquarius in your house of fun and adventure. Perhaps you have been working too hard, but you now have an overwhelming desire to do something fun. Perhaps you did not get a vacation over the summer, and you feel like you missed out. |
| TAURUS  APR 20 - MAY 20 | Mercury retrograde in Libra, in your house of health and well-being, making a trine to Jupiter in Aquarius in your house of progress. Taurus, you might be returning to a healthy habit you had before. You may have renewed interest in raw veganism or strapping on your Fitbit to track your movements for the day. You may be doing some virtual fitness sessions, or trying Eye Yoga. | SCORPIO  OCT 23 - NOV 21 | Mercury retrograde in Libra, in your house of intuition, making a trine to Jupiter in Aquarius in your house of ancestors. Today, you may feel an angelic presence or be visited by your guides. This is a good day to do a vision quest, séance, or to sit and remember relatives who have gone on to the other side. Scorpio, light a candle and let the Universe know you're listening. |
| GEMINI  MAY 21 - JUN 20 | Love could bounce back into your life suddenly and with no fanfare. Gemini, this could be someone you've known from the past. Or it could be a person who reminds you of someone you loved before. If you're already in a relationship, this could just be a temptation flitting around the edges of your life. Mars in Libra, in your house of children, makes an inconjunct to Uranus in your house of the shadow self. | SAGITTARIUS  NOV 22 - DEC 21 | Mercury in Libra, in your house of friendships, making a trine to Jupiter in Aquarius in your house of communication. You may hear from a friend who lives on the other side of the country (or the other side of the world). It may have been years since you talked, and suddenly you are chatting together as though no time has passed at all. Sagittarius, it's good to catch up and find out what they have been doing. |
| CANCER  JUN 21 - JUL 22 | The week begins on Monday, October 4, with Mercury retrograde in Libra, in your house of home and family, making a trine to Jupiter in Aquarius in your house of resources. Now that Mercury is retrograde, you might be revisiting the idea that your home could be a financial resource. You might consider refinancing your mortgage, renting out a spare room, or starting a small business in your garage. | CAPRICORN  DEC 22 - JAN 19 | Mercury retrograde in Libra, in your house of job opportunities, making a trine to Jupiter in Aquarius in your house of money. This aspect comes at a perfect time if you're starting a new job or taking on a project. This is a good day to ask for a leadership role or to apply for a transfer to a different department. Capricorn, plant the seeds for good opportunities with this positive energy. |
| LEO  JUL 23 - AUG 22 | Mercury retrograde in Libra, in your house of communication, making a trine to Jupiter in Aquarius in your house of relationships. Positive energy is now yours for connecting with a potential relationship. This could be a great friendship or even a romantic partnership. If you're looking to add someone into your life, it's a good idea to reach out to someone new. Leo, you could receive quite the welcoming response. | AQUARIUS  JAN 20 - FEB 18 | Mercury retrograde in Libra, in your house of education, making a trine to Jupiter in your own sign of Aquarius and in your house of confidence. You may have an opportunity to teach something or to be published. This could be connected to your job and give your career a real boost. Aquarius, you could be asked to speak at a conference, or you might be tapped as an expert in your industry. |
| VIRGO  AUG 23 - SEP 22 | Mercury in Libra, in your house of money, making a trine to Jupiter in Aquarius in your house of work. Virgo, this is very fortunate energy for getting a new job or getting a better position at your current company. Dust off your resume and apply for new jobs today. Or, because Mercury is retrograde, consider applying for positions you didn't get before. | PISCES  FEB 19 - MAR 20 | Mercury in Libra, in your house of resources, making a trine to Jupiter in your house of spirituality. Pisces, your angels are gathering to help you. Instead of just filling out the application like everyone else, consider lighting a metallic gold candle first to give your application lucky energy. Sprinkle some cinnamon on your welcome mat to bring in positive money. |