

WEBSERIES REVIEW

Rashmi Rocket



Director: Akarsh Khurana
Cast: Taapsee Pannu, Priyanshu Panyuli, Supriya Pathak, Shweta Tripathi, Varun Badola

STORY: Inspired by true events, Rashmi Rocket is the story of a fiery sprinter, whose rise to the top is marred by a covert gender test. Will she resign to fate or fight the prejudice and conspiracy against her for the larger good of the women athletes of India?

REVIEW: Taapsee Pannu once again proves her mettle, embodying Rashmi's persona, physically and mentally. Her effort to celebrate Rashmi's victory and endure her pain, is as real as it gets and the actress doesn't miss the beat when it comes to making us root for her character. Her makeup could have been more believable rather than just showing her a few shades darker.

There are a host of character actors each one performing their role to perfection. Priyanshu Panyuli is adorable as the supportive husband, who stands by the love of his life when the odds are firmly against her. Abhishek Banerjee does well as Rashmi's slightly goofy yet determined advocate. Supriya Pilgaonkar is believable as the judge and Mantra is well-cast as the stringent coach of Rashmi's team.

With powerful performances 'Rashmi Rocket' fires on all cylinders and stays the course of informing, entertaining and educating its audience about an archaic practice that should be left far behind in the race against inequality and bias.

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 Granddaughter Project



Title: The Granddaughter Project
Author: Shaheen Chishtii
Genre: Fiction
Publisher: Nimble Books
Pages: 278
Price: 399 INR

Review: Author Shaheen Chishtii's debut novel, 'The Granddaughter Project' is a tale of sorority, empowerment and filial bonding. Published by Nimble Books, this novel of the British-Indian author highlights the adversities that women had to face during times of national and global crises like the world war. Apart from the oppression that the events led to, gender becomes another breeding ground for exploitation and added atrocities that women are subjected to, hence rendering them doubly oppressed.

'The Granddaughter Project' is the story of three women- Kamla, Helga and Lynette who find companionship, bonding and solidarity in each other's company as they go through equally scarring experiences in life. Having met by chance and having struggled for equality, empathy and kindness all their lives, the three women decide to pen down letters to their granddaughters-Tanya, Rebecca and Ronnie, who they do not want to go through the same fate. The book primarily highlights the life of the three grandmothers whose life stories are narrated to the audience through their letters and are followed by those of their granddaughters'.

The description and depiction of the most prominent crises in global history amidst which the women manage to conquer their personal lives is heart-wrenching. However, the guidance that they wish their granddaughters to have and provide them with, is touching and compensates for the pain that the harsh and cruel reality inflicts upon the readers. A tale of sacrifice, tragedy, friendship and hope the book is worth a read for anyone who enjoys a cathartic retreat.

GADGET REVIEW

Poco X3 Pro



Expected Price	Rs 18,870.
Display	6.67-inch
Resolution	(1080x2400)
Processor	Qualcomm Snapdragon 860
Front Camera	20MP
Rear Camera	48MP + 8MP
RAM	6GB
Storage	128GB
Battery Capacity	5160mAh
OS	Android 11
Rear autofocus	Yes
Rear flash	Yes
GPS	Yes
Bluetooth	Yes, v 5.00
NFC	No
USB Type-C	Yes
Headphones	3.5mm
Face unlock	Yes
Fingerprint sensor	Yes
Proximity sensor	Yes
Accelerometer	Yes

Pros	Cons
* Excellent performance in benchmarks.	* Average camera quality.
* Gorgeous display.	* Bulky and heavy.
* Good battery life.	
* 120Hz display.	

VEHICLE REVIEW

Hero Pleasure Plus XTecKia



Starting Price	Rs. 61,900**
Engine Type	Air cooled,
	4-Stroke Single Cylinder OHC
Displacement	110.9 cc
Max Power	8.1 PS @ 7000 rpm
Max Torque	8.7 Nm @ 5500 rpm
No. of Cylinders	1
Cooling System	Air Cooled
Valve Per Cylinder	2
Drive Type	Belt Drive
Starting	Kick and Self Start
Fuel Supply	Fuel Injection
Clutch	Dry Automatic Centrifugal Clutch
Speedometer	Analogue
Odometer	Analogue
Fuel Gauge	Analog
Console	Analogue
Fuel Capacity	4.8 L
Ground Clearance	155 mm
Kerb Weight	104 kg
Underseat storage	Yes

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

Ways to help a child deal with anger and teach them how to cope with it

Anger can be an intense emotion which even adults find tough to control at times. With the little ones, not only can it be a stressful emotion, it can also feel very concerning for parents to see children go through such big emotions. If your child gets frustrated or blows up at the tiniest of events, yells, or worse, gets aggressive, you know what we are talking about.

Kids can get angry and have emotional meltdowns

Yelling, crying, shouting or throwing a fit in anger can be common signs of an outburst kids have. While it's very important to use the right phrases and calm an angry child when they are having a meltdown and know what's causing them such intense pain, it's also necessary to teach them vital skills and combatting techniques to keep their anger levels under control, so that they process their feelings in a healthier manner, and know how to tackle problems in the future.

Start by acknowledging their anger, and talk about how they feel

Communication is a key skill which all children need to be taught, starting at home. One of the most common reasons for kids to get angry, hit or lash out at a young age is when they do not know how exactly to let out what they feel- or do not have an outlet or necessary support to bring out their emotions. Thus, it's often said that emotion regulation and constructive handling of such intense emotions is an essential childhood skill.

When you acknowledge, wholeheartedly support and let your child know that it's okay to undergo such feelings, you make it easier for them to open up to you, and find a better outlet for their intense emotions, instead of getting angry every time.

Have a calm-down plan ready

Apart from working through the root causes and emotions, it's also helpful if you have the right tools and words ready, when and where your child has a meltdown or gets an anger outburst. Remember, the right words make all of the difference.

Although it can be incredibly difficult to keep your own emotions (and anger) under check in such moments, it's always advisable that parents and caretakers have a go-to plan ready, use the right phrases to calm a child down, instead of fueling up the rage further; for you and them.

If you do have a child who gets angry often and you find it hard to make him or her get better, try dedicating a corner in your house as a calm-down corner, where kids can retreat



themselves to, when they experience such feelings. Encouraging them to do something soothing, or what makes them feel happier (and calmer) may also work wonders and help dial down emotions. As they get used to this, they'll start to feel more responsible for their actions as well.

Teach them anger management skills

What's also important, apart from recognizing their feelings, is that you make them aware about what an episode is and what they should be doing to control their emotions in such times. Teaching them deep breathing is an excellent way to cope and have a calming strategy ready which kids can try themselves. You could also make use of fun DIY

tools such as an anger-thermometer (a drawn up figure with different markings for anger levels) and be in sync of how they feel.

If your child is old enough to understand some form of discipline, teach them to immediately walk it off, or count to a number when they feel angry.

Do not expose them to violent media

While you work towards making them less angry or impulsive, you should also be in control of what you are exposing your child towards, knowingly or unknowingly. Even if your child displays the slightest hints of aggression or lashing out, showing them violent films/ games could aggravate issues. Multiple researches have now also shown that violent media can cause mental health issues, and disrupt emotional regulation for kids. Work towards showcasing films, media, shows, books or games which are peaceful, or promote healthy well-being.

Do not give into meltdowns, teach them actions have consequences

One of the most common mistakes parents often make at such delicate moments is to give into a child's demands or comfort just to pacify them. While it temporarily solves the problem at hand, this teaches children a bad example. Also, if your child lashes out or tends to hit an object or another person, treating them gives them an idea that what they did is justifiable, when it's not. Therefore, while you work together with your child to take control of the situation and help them feel better, make them realize that impulsive actions, hitting or breaking things would have consequences.

These self-regulation tactics, and cultivating anger-management skills can take time to show results. However, if you work through with a calm mind yourself.

ASTROLOGY

WEEKLY PREDICTIONS 31ST — 06TH NOVEMBER 2021

<p>ARIES</p> <p>MAR 21 - APR 19</p> <p>Mercury in Libra, in your house of relationships, making a trine to Jupiter in Aquarius in your house of friendships. You and a good friend may discover you want a much deeper relationship. You have been relying on each other for some time, and now you know you can trust each other: This is developing into a true friendship.</p>	<p>LIBRA</p> <p>SEP 23 - OCT 22</p> <p>Mercury, in your own sign of Libra and in your house of confidence, making a trine to Jupiter in your house of romance. Libra, it would be good to get a sitter for the kids and have some alone time for yourselves. If you're looking for love, this is an excellent time to start a conversation with an attractive stranger.</p>
<p>TAURUS</p> <p>APR 20 - MAY 20</p> <p>You can make an extraordinary business connection. You could launch a business or get a new job. You might reach out to someone through a professional website like LinkedIn or upload your resume to Indeed.com. The stars are aligning in your favor for a promotion or new opportunity. These may be people you look up to and aspire to be. If not, you may need to rethink some of your friendships.</p>	<p>SCORPIO</p> <p>OCT 23 - NOV 21</p> <p>Mercury in Libra, in your house of intuition, making a trine to Jupiter in your house of home and family. Even extended family members seem to be easier to get along with today. You can help quell arguments and see what's bothering someone before they're even sure of it themselves. This is an excellent time to interact and find out what's going on behind the scenes.</p>
<p>GEMINI</p> <p>MAY 21 - JUN 20</p> <p>Mercury in Libra, in your house of romance, making a trine to Jupiter in Aquarius in your house of adventure. This is a "runaway to Las Vegas with a person you just met" sort of aspect. Gemini, this is like a romantic song with you dancing in the rain. This is an aspect where you text all night, tell all your secrets, and wake up in the morning smiling. There are numerous possibilities for today.</p>	<p>SAGITTARIUS</p> <p>NOV 22 - DEC 21</p> <p>Mercury in Libra, in your house of friendships, making a trine to Jupiter in your house of communication. Today, your phone could be buzzing with invitations. You may hear from friends who are local and out of town. Sagittarius, you might be planning some holiday get-togethers and sending out invitations. You might enter into a clandestine connection.</p>
<p>CANCER</p> <p>JUN 21 - JUL 22</p> <p>Mercury in Libra, in your house of home and family, making a trine to Jupiter in Aquarius in your house of resources. Today, the family could come together in love and support, bringing a smile to your face. This could be the day that your kid puts the dishes in the dishwasher without you asking. Your husband might clean out the cat box. Somebody has folded the laundry. Cancer, this could be an amazing day.</p>	<p>CAPRICORN</p> <p>DEC 22 - JAN 19</p> <p>Mercury in Libra, in your house of career, making a trine to Jupiter in your house of money. Today make an appointment with your boss to ask for a raise. If you can't see the boss, send an email setting up a time to talk about your future with the company. Capricorn, if you're looking for a new job, this is an excellent day to post your resume or to have a job interview.</p>
<p>LEO</p> <p>JUL 23 - AUG 22</p> <p>Mercury in Libra, in your house of communication, making a trine to Jupiter in Aquarius in your house of relationships. Today, you can get your message across to the person you're dating. You let them know your intentions, your future plans, and how you feel about them. Leo, an open discussion ends well when information is exchanged on both sides. Compromises will be needed on both sides.</p>	<p>AQUARIUS</p> <p>JAN 20 - FEB 18</p> <p>Mercury in Libra, in your house of synchronicity, making a trine to Jupiter in your own sign of Aquarius. Today, you can get your way. Aquarius, you can meet with an individual and find a connection. They see the benefits in helping you. Have your list of wants handy and set as many meetings for today as possible. Aquarius, it would be better to keep it in the friend zone.</p>
<p>VIRGO</p> <p>AUG 23 - SEP 22</p> <p>Mercury in Libra, in your house of money, making a trine to Jupiter in Aquarius in your house of work. Virgo, you may receive a wind-fall today. This can be money from work you did previously or a raise that finally shows up on your paycheck. You may get a check or some settlement from a class-action lawsuit you didn't know you were in.</p>	<p>PISCES</p> <p>FEB 19 - MAR 20</p> <p>Mercury in Libra, in your house of resources, making a trine to Jupiter in your house of angelic protection. You may be planning a trip, but there are some logistical issues. This might boil down to who's going to watch the new puppy. Pisces, there will have to be some compromises on both sides, but if you're willing to negotiate, something can be worked out.</p>