

MOVIE REVIEW

Code Name: Tiranga



**Director:** Ribhu Dasgupta  
**Cast:** Parineeti Chopra, Harrry Sandhu, Sharad Kelkar  
**STORY:** Durga (Parineeti Chopra), a special agent, is tasked with apprehending Khalid Omar (Sharad Kelkar), the mastermind behind the 2001 Parliament attack. While on the assignment, she develops feelings for Dr. Mirza Ali (Harrry Sandhu). Will she put her love for him ahead of the mission and jeopardising the mission, or will she be able to complete it?

**REVIEW:** By the time we get to the climactic sequences, Code Name: Tiranga which lasts about two hours and 18 minutes long, leaves you feeling a little letdown. The major issue with the film is that one can predict what will be served next, and it takes a long time to watch because of Durga and Omar's cat-and-mouse game. A few more plot twists would have made the story more interesting.

These chases and confrontations are skillfully orchestrated in the lanes of Turkey or Afghanistan, making them visually appealing to watch. The cinematography by Tribhuvan Babu Sadineni is a delight to watch.

All in all, despite Parineeti's overuse of heavy-duty dialogues, Code Name: Tiranga falls short of eliciting the desired adrenaline rush. Despite the story's lack of substance, Parineeti delivers a powerful performance in this predictable action thriller.

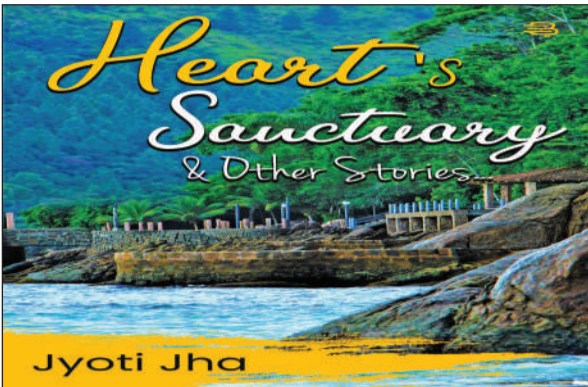
In-depth Analysis

Our overall critic's rating is not an average of the sub scores below.

Direction	4	5
Dialogues	4	5
Story	4	5
Music	4	5
Visual appeal	4	5

BOOK REVIEW

Heart's Sanctuary



**Title:** 'Heart's Sanctuary and Other Stories'  
**Author:** Jyoti Jha  
**Genre:** Short stories/ fiction  
**Publisher:** Booksceline Publishing  
**Pages:** 166  
**Price:** 249 INR

**Review:** HR professional turned author and Write India Season 3 winner Jyoti Jha is a prolific writer and her fourth book 'Heart's Sanctuary and Other Stories' is an anthology of short stories that touch upon the sensitive, unexplored nuances of human sentiments. Jyoti's protagonists look real as the emotional dilemmas that they deal with, the conflict of sentiments that they battle and the difficult decisions that they take are so very relatable. They are imperfect and flawed and this is where their beauty lies. In 'Durga', from the protagonist's struggle and grit to rise above her loss to secure safe environs for herself and her baby to the growing distance between Ishaani and Akash in 'The Love Letter', Jyoti reveals complex human sentiments through her stories. The characters in Jyoti's short stories are imperfect and there is no line to demarcate the good or bad. Their imperfections and mistakes make them more humane and relatable.

'Heart's Sanctuary and Other Stories' touches upon some sensitive issues like the lesbian love between Devika and her sister-in-law in 'Chandrarah', and Kanika's disillusionment when she is sexually harassed by the man she idolized professionally in 'The Mirage'. The stories are compact and engaging and each of them open a new vista of thoughts for the reader to contemplate and brood over the complexities of the human mind.

An ideal read for long journeys and weekends, 'Heart's Sanctuary and Other Stories' can be interesting for those who like quick, light reads.

GADGET REVIEW

Google Pixel 7 Pro



<b>Expected Price</b>	<b>Rs 84,990.</b>
Display	6.70-inch
Resolution	(1440x3120)
Processor	Google Tensor G2
Front Camera	10.8MP
Rear Camera	50MP + 48MP + 12MP
Rear autofocus	Yes
Rear flash	Yes
RAM	12GB
Storage	256GB
OS	Android 13
Wi-Fi	Yes
GPS	Yes
Bluetooth	Yes
USB Type-C	Yes
Headphones	No
Face unlock	Yes
Fingerprint Sensor	Yes
Magnetometer	Yes
Proximity sensor	Yes
Colours	Hazel , Obsidian, Snow

Pros

- \* Stylish design.
- \* Good battery life.
- \* Stunning display.
- \* Great cameras.

Cons

- \* Can get a bit warm under load.
- \* HDR sharing limited.

VEHICLE REVIEW

Honda SP 125



<b>Starting Price</b>	<b>Rs. 82,486 - 86,486*</b>
Displacement	123.94 cc
Engine Type	Air Cooled, 4 stroke, SI Engine
No. of Cylinders	1
Max Power	10.8 PS @ 7500 rpm
Max Torque	10.9 Nm @ 6000 rpm
Front Brake	Disc
Rear Brake	Drum
Fuel Capacity	11 L
Braking Type	Combi Brake System
Speedometer	Digital
Odometer	Digital
Starting	Kick and Self Start
Fuel Supply	Fuel Injection
Clutch	Multiple Wet Clutch
Gear Box	5 Speed
Headlight	LED
Tail Light	Bulb
Turn Signal Lamp	Bulb
Low Fuel Indicator	Yes
Tyre	Tubeless

Pros

- \* Punchy yet refined engine.
- \* Feature-rich.
- \* Excellent build quality and finish levels.
- \* Loaded with premium features.

Cons

- \* Ride quality on the stiffer side.
- \* More expensive than its rivals.

Health and Lifestyle

6 common nutrient deficiencies  
WOMEN must watch out for



A part from serious medical conditions, women are also subject to nutrient deficiencies that can impact overall health. A balanced diet is surely a crucial step to avoiding such complications, however, even the best diets sometimes fail to provide you with utmost nutrition.

From feeling fatigued, dizzy, experiencing numb, tingling fingers to muscle weakness and bone pain, nutrient deficiency can lead to several symptoms. If left untreated, it can even give light to chronic health conditions. This is why women must make sure they're receiving all kinds of nutrients and the right amount from their diet.

Let us take a look at the most common nutrient deficiencies in women and foods to eat...

**Iron deficiency**

Iron deficiency is extremely prevalent among women. Given that women bleed and menstruate every month, there's a high chance of developing anemia if we fail to make up for that loss. Anemia is a condition in which blood lacks adequate healthy red blood cells, which carry oxygen to the body's tissues. That said, iron deficiency anemia is often the cause of low iron levels in the body and can lead to symptoms such as dizziness, extreme fatigue, shortness of breath, sore tongue, brittle nails, etc.

To regain sufficient iron levels in the body, women can eat seafoods, red meat, beans, dark leafy greens, peas, iron-fortified cereals and dried fruits such as raisins and apricots.

**Calcium deficiency**

Calcium is an important mineral that helps the body build healthy bones and teeth. Low levels of calcium in the body therefore can increase your risk of osteoporosis and osteopenia. According to reports, girls between the age-group 8-19 and those older than 50 years of age are most likely to have low calcium levels. These can lead to symptoms such as extreme fatigue and weakness, frequent muscle cramps, skin problems, weak bones, dental issues and irregular heartbeat.

Foods such as dairy products like milk, yogurt, cheese, soybeans, dark, leafy greens, salmon, and calcium-fortified cereals are great for increasing calcium levels in the body.

**Folate deficiency**

Also referred to as vitamin B-9 or folic acid, folate is an important nutrient that helps form red blood cells and also promotes healthy cell growth and function. Not only is it a

necessary nutrient during early pregnancy in women, but it also reduces the risk of birth defects.

Having said that, folate deficiency can lead to extreme tiredness, lethargy, breathlessness, headaches, dizziness, pale skin and heart palpitations.

Foods like dark leafy greens, beans, fruits, whole grains, seafood, liver, nuts and seeds are some of the excellent sources of folate.

**Iodine deficiency**

Iodine is another mineral that the body needs for the healthy functioning of thyroid and the efficient production of thyroid hormones. These help manage and regulate metabolism, while keeping a check on other bodily functions.

Having said that, low levels of iodine in the body can lead to an enlarged thyroid gland, also known as a goiter. Furthermore, one may gain a lot of weight, while feeling weak, tired, losing hair, feeling chills and other complications.

Foods such as shellfish, dairy, salt, eggs, chicken, seaweed are rich in iodine.

**Vitamin D**

Vitamin D or 'the sunshine vitamin' is very important for the healthy functioning of the body. It is an essential nutrient that can be acquired from the foods we eat, prescribed supplements and most importantly the sun.

Lack of vitamin D can give light to several health issues including fatigue, back pain, hair loss, poor wound healing, and symptoms of depression.

While the best source of vitamin D is sunlight, foods such as fatty fish and fish liver oils, egg yolk, canned tuna, mushrooms, salmon, sardines are good sources of the same.

**Vitamin B12**

Vitamin B12 is one of the most essential nutrients that our body requires. It is a water-soluble vitamin that cannot be produced naturally by the body and must be acquired from the foods we eat. It not only helps in developing brain and nerve cells, but also facilitates the production of DNA. That said, according to the UK's National Health Services (NHS), a pale yellow tinge to your skin, a sore and red tongue (glossitis), mouth ulcers, pins and needles (paraesthesia), changes in the way that you walk and move around, disturbed vision, irritability and depression are some of the common symptoms of vitamin B12 deficiency.

ASTROLOGY

WEEKLY PREDICTIONS 23<sup>RD</sup> — 29<sup>TH</sup> OCTOBER 2022

ARIES



This week, you're ready to pivot on a few important points. The week begins with Venus and the sun in Scorpio and your house of intimacy making a quincunx to Jupiter in your own sign of Aries. Right now, you want to experiment. This combination of aspects can create grandiose expectations. You could feel intense joy as romance blossoms.

LIBRA



This week, you're using your superpower, which is listening. The week begins with Venus and the sun in Scorpio making a quincunx to Jupiter in Aries and your house of relationships. Libra, you might launch into a serious discussion with your partner about personal finances. You could delve into spending habits, such as what each of you likes to indulge in.

TAURUS



This week, there could be a little sensory overload. The week begins with Venus and the sun in Scorpio and your house of relationships making a quincunx to Jupiter in Aries and your house of secrets and clandestine meetings. Taurus, you might be tingling all over at the thought of meeting your love interest in a little out-of-the-way place on the edge of town.

SCORPIO



This week, you're ready to take more chances. The week begins with Venus and the sun in Scorpio (happy birthday!) in your house of confidence making a quincunx to Jupiter in Aries and your house of pleasure and adventure. You might be up for something new. And while it might not be "risky," it could definitely be a step outside your comfort zone. Today, you might get up on stage to sing.

GEMINI



This week, you're focused on helping others. The week begins with Venus and the sun in Scorpio and your house of health and well-being making a quincunx to Jupiter in Aries and your house of friendships. Today, you might be getting together with a friend to do something for the community that also helps your health. This could be a charity run to raise money for a local organization.

SAGITTARIUS



This week, you are envisioning what you want. The week begins with Venus and the sun in Scorpio forming a quincunx with Jupiter in Aries and your house of creativity. Today, you can weave a little magic by creating a vision board. Sagittarius, you might make a collage out of magazine pictures and inspiring quotes. Or you might create one online and make it the screensaver for your phone or computer.

CANCER



This week, a little magic can happen. The week begins with Venus and the sun in Scorpio and your house of romance and risk-taking making a quincunx with Jupiter in Aries at the top of your chart. It gets out that you're looking for love or interested in a particular person. Cancer, what might have started as a typical day could end with an intimate date with someone you like very much.

CAPRICORN



This week, you're coming out of the shadows and into the light. The week begins with Venus and the sun in Scorpio and your house of social activities making a quincunx to Jupiter in Aries and your house of dwellings. Capricorn, you could be torn between going to a friend's recital, another friend's improv group and a church social, but you'd really rather stay home.

LEO



This week, you're getting involved in other people's lives. The week begins with Venus and the sun in Scorpio and your house of home and family making a quincunx to Jupiter in Aries and your house of education. Leo, you might help one of your kids with a last-minute term paper that's due tomorrow. You're pulling your hair out as you find that they're further behind than you thought.

AQUARIUS



This week, get ready for a breakthrough. The week begins with Venus and the sun in Scorpio making a quincunx to Jupiter in Aries and your house of social media. Today, what you post could go much further than usual. Aquarius, it's possible that the algorithm picks it up and sends it around the globe. It's also possible that someone you knew in the past sees your post and reaches out to you.

VIRGO



This week, you're getting things under control. The week begins with Venus and the sun in Scorpio making a quincunx to Jupiter in Aries and your house of credit, debt and investments. Between investment statements, prospectuses, tax records and terms and conditions, you seem to have more than your share of paperwork.

PISCES



This week, things have become much clearer. The week begins with Venus and the sun in Scorpio making a quincunx to Jupiter in Aries and your house of money. Today, you might be writing a check for your child's education or working on some student loan applications for yourself. Pisces, this is a day to look at scholarships for future education.