

## MOVIE REVIEW

### Code Name: Tiranga



**Director:** Ribhu Dasgupta  
**Cast:** Parineeti Chopra, Harrdy 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 (Harrdy Sandhu). Will she put her love for him ahead of the mission and jeopardise 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.

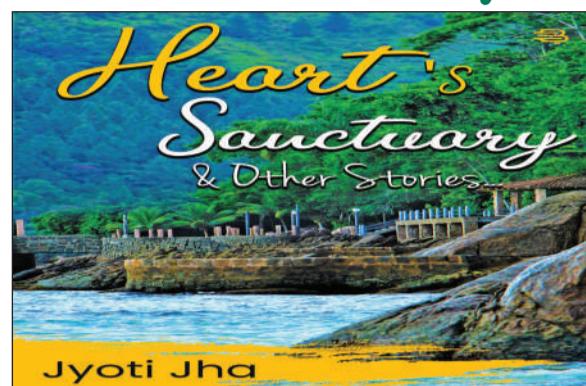
#### In-depth Analysis

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:** Bookseline 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 'Chandrabhar', 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



**Expected Price** Rs 84,990.

**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



**Starting Price**

**Rs. 82,486 - 86,486\***

**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



MAR 21 - APR 19

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



SEP 23 - OCT 22

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



APR 20 - MAY 20

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



OCT 23 - NOV 21

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



MAY 21 - JUN 20

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

