

## MOVIE REVIEW

### Chandramukhi 2



**Director:** P. Vasu  
**Cast:** Raghava Lawrence, Kangana Ranaut, Vadivelu Radikaa Sarathkumar, Mahima Nambiar, Lakshmi Menon, Rao Ramesh

**STORY:** A rich family moves into the Vettaiyapuram palace to renovate their ancestral temple and perform a puja. But doing so might bring back the ghost of Chandramukhi, and let loose the cruel Vettaiyar, too.

**REVIEW:** In 2005, when P Vasu's Chandramukhi hit screens, horror comedies were novel to Tamil cinema, and with the film marking the return of Superstar Rajinikanth after a three-year sabbatical, it had a lot going for it. Now, 17 years later, horror comedy as a genre has almost reached its saturation point. And this sequel is led by Raghava Lawrence, who built his stardom with another horror comedy franchise - the Kanchana films! So, how does that work out for this new film?

When the film begins, it almost feels like we have been taken back to the early 2000s on a time machine. We get a hero-introduction fight and song, something that has almost gone out of fashion these days. The comedy falls flat, and it is painful to watch the once great Vadivelu's desperate attempts to inject humour into the scenes with his antics. The only bits that make us laugh are, sadly, the attempts that the film makes at drama. Like the scene where Raghava Lawrence makes a case for setting aside religious differences. Those who just want a momentary diversion might find it passable while those looking for something more will feel underwhelmed.

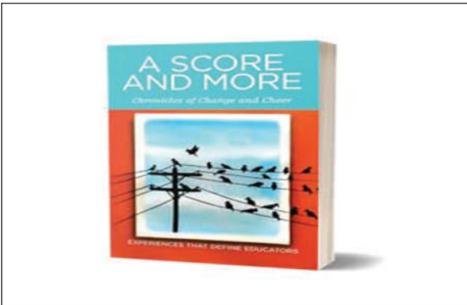
#### In-depth Analysis

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

Direction	██████████	3/5
Dialogues	██████████	3/5
Story	██████████	3/5
Music	██████████	3/5
Visual appeal	██████████	3/5

## BOOK REVIEW

### A Score and More



**Title:** 'A Score and More'  
**Author:** Dr. Ruchi Seth and Sutapa Basu  
**Publisher:** Readomania  
**Pages:** 182  
**Price:** Rs 295

**Review:** Short stories make life captivating and enticing. With the fast-paced life of the city and more than we can handle schedules, short stories allow us to take a deep, refreshing breath of bite-sized relatable connection.

Reading 'A Score and More', stories written by educators who are the first role models in a child's life, I glimpsed into the capacity of individuals who model the perception of future global citizens. Educators bear the weighty responsibility of being teachers and torch-bearers of change. They are individuals in their own right, assaying the roles of a parent, a friend and the keepers of our mental well-being with finesse.

From the vantage point of having spent more than a decade as an educator, I could feel the imprint of the authors vividly. I felt like I was watching the stories play out in technicolour as I went through the gamut of emotions. Youthful and built around pertinent issues from relationships with parents to resentments, earnest moments and nebulous changes that are revealing of the times we live in.

The superpower of these authors is the ability to condense reality with subtlety and composure. They brought about the onslaught of nostalgia for the charged yet evocative moments of my youth. How fragile we are and how feelings of regret, shame and guilt spare no one.

The stories are brimming with insight and deep feelings that are handled with grace and maturity, not once giving in to gimmicky overlays to create chaos to make the resolution seem contrived. It's a book for the community that needs to be spoken about and discussed.

## GADGET REVIEW

### Moto G14



<b>Expected Price</b>	<b>Rs 12,999.</b>
Display	6.50-inch (1080x1920)
Resolution	(1080x1920)
Processor	Unisoc T616
Front Camera	8MP
Rear Camera	50MP + 2MP
RAM	4GB
Storage	128GB
Battery Capacity	5000mAh
OS	Android 13
Wi-Fi	Yes
GPS	Yes
Bluetooth	Yes, v 5.10
NFC	Yes
USB Type-C	Yes
Headphones	3.5mm
Number of SIMs	2
Face unlock	Yes
Fingerprint sensor	Yes
Proximity sensor	Yes
Accelerometer	Yes

#### Pros

- \* Long-lasting battery life.
- \* FHD+ display.
- \* Dolby Atmos speakers are impressive.
- \* UI is clean and easy to use.

#### Cons

- \* Slow charging speed.

## VEHICLE REVIEW

### Hyundai i20 Facelift



<b>Starting Price</b>	<b>Rs. 6.99 - 11.16 Lakh*</b>
Fuel Type	Petrol
Engine Displacement	1197 cc
No. of cylinder	4
Max Power	86.76bhp@6000rpm
Max Torque	114.7Nm@4200rpm
Seating Capacity	5
Transmission Type	Automatic
Fuel Tank Capacity	37.0
Body Type	Hatchback
Gear Box	iVT
Front Suspension	McPherson strut
Rear Suspension	Coupled torsion beam axle
Shock Absorbers Type	Gas Filled
Steering Type	Electric
Steering Column	Tilt and Telescopic
Front Brake Type	Disc
Rear Brake Type	Drum
Touch Screen size	10.25 Inch
No of Speakers	4
Connectivity	Android Auto, Apple CarPlay

#### Pros

- \* Segment-Best Width, Offers Strong Road Presence.
- \* Good Feature Distribution Across All Variants.

#### Cons

- \* Petrol CVT Not Available With Asta.
- \* Rear Armrest, Split Folding Seat Backs Missing.

# 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 01<sup>ST</sup>— 07<sup>TH</sup> OCTOBER 2023

### 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.

### 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.

### 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.

### 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.

### 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.

### 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.

### 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.

### 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.

### 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.

### 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.

### 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.

### 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.