

## WEBSERIES REVIEW

### Meenakshi Sundareshwara



**Director:** Vivek Soni  
**Cast:** Sanya Malhotra, Abhimanyu Dasani, Purnendu Bhattacharya,  
**Story:** Meenakshi (Sanya Malhotra) and Sundareshwar (Abhimanyu) are a newly married couple who're forced to stay apart as he gets a job opportunity in another city. Whether distance drives them apart or makes their hearts grow fonder is what the storyline is all about.

**Review:** Director Vivek Soni, who has also written the film with Arash Vora, has taken the road less travelled by opting for a subject like this, on long-distance relationships, and how the protagonists enjoy the few ups and cope with the many downs. However, it looks like they took the 'long' of the distance between the couple a bit too seriously and it reflects in the film's length.

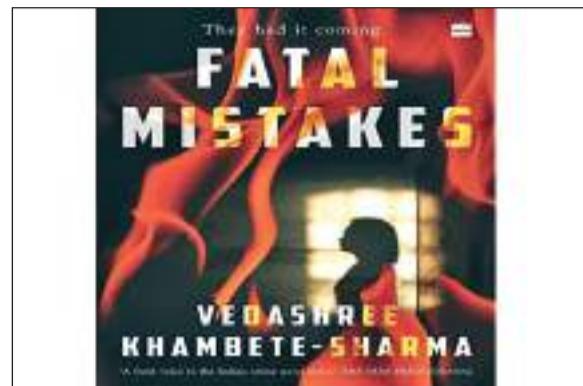
At times, the narrative drags and you wonder when it will get to the next point. And after a point, it looks like the makers were in a hurry to resolve the conflict and quickly arrive at a solution before time runs out. An example is the track of Ananthan (Varun Shashi Rao), an old friend (or boyfriend) of Meenakshi, which is built slowly and steadily, but ends rather abruptly and quickly.

If only the makers had cut it short by 15-20 minutes, Meenakshi Sundareshwar could have been more enjoyable. Debojyoti Ray's cinematography is beautiful, adding to the look of the film.

In-depth Analysis	
Our overall critic's rating is not an average of the sub scores below.	
Direction	2.5/5
Dialogues	2.5/5
Story	2.5/5
Music	2.5/5
Visual appeal	2.5/5

## BOOK REVIEW

### Fatal Mistakes



**Title:** Fatal Mistakes  
**Author:** Vedashree Khambete-Sharma  
**Genre:** Contemporary Fiction  
**Publisher:** Harper Black  
**Pages:** 252  
**Price:** 299 INR

**Review:** An ad-woman, a former journalist, and now a writer, Vedashree writes thrillers, suspense and mysteries that will keep you on the edge. Vedashree Khambete-Sharma's second thriller, 'Fatal Mistakes', released earlier this year. Published by Harper Collins, the book has been received well by readers and critics. Set in Bombay, 'Fatal Mistakes' is the story of a young journalist who is caught between her sole desire to report crime and her actual job as a feature writer. Sardonic, quick witted and restless, Avantika is in for an adventure!

The chasm between Avantika's desire and reality is deepened by her nagging editor, a good for nothing assistant and a flirtatious colleague. Her colleague and friend Uday covers crime news and Avantika takes too much interest in his work, to the point of her boss taking it for interference and labelling her attitude as 'too impulsive' and 'unsuitable' for a crime journalist. Things at work are far from what she'd like to have, her love life is a mess and in the middle of all the chaos that her life is, she receives a mysterious text message that consists of an incomprehensible code, and a request for help from the anonymous sender. Meanwhile she develops a friendship with her flirtatious colleague Dhruv who cannot help but get involved with the messages and becomes a part of Avantika's adventure. When she starts following the text messages' trail, she finds that it is a quite long one in which one thing arises out of another and a few random messages lead to dangerous situations where she has to untangle herself from the web of Mumbai crimes.

## GADGET REVIEW

### Oppo F19s



Expected Price	Rs 19,990.
Display	6.43-inch
Resolution	(1,080x2,400)
Front Camera	16MP
Rear Camera	48MP + 2MP + 2MP
Rear autofocus	Yes
Rear flash	LED
RAM	6GB
Storage	128GB
Battery Capacity	5,000mAh
OS	Android 11
GPS	Yes
Bluetooth	Yes
USB OTG	Yes
USB Type-C	Yes
Headphones	3.5mm
Proximity sensor	Yes
Accelerometer	Yes
Ambient light sensor	Yes
Gyroscope	Yes
Colours	Glowing Black, Glowing Gold

#### Pros

- \* Sleek design language.
- \* Attractive AMOLED display.
- \* Good battery life.
- \* 33W fast charging support.

#### Cons

- \* Performance not best-in-class.
- \* Average camera performance.

## VEHICLE REVIEW

### Bajaj Pulsar F250



Starting Price	Rs. 1.40 Lakh
Emission Type	BS6
Engine Displ.	249.07 cc
Max Power	24.5 PS @ 8750 rpm
Max Torque	21.5 Nm @ 6500 rpm
Gear Box	5 Speed
Fuel Type	Petrol
ABS	Single Channel
Wheels Type	Alloy
Tyre Type	Tubeless
No Of Cylinders	1
Drive Type	Chain Drive
Valve Per Cylinder	2
Brakes Front	Disc
Brakes Rear	Disc
Ground Clearance	165 mm
Fuel Capacity	14 Liters
Kerb Weight	162 Kg
LED tail lights	Yes
Turn Signal Lamp	LED
Wheelbase	1351 mm

#### Pros

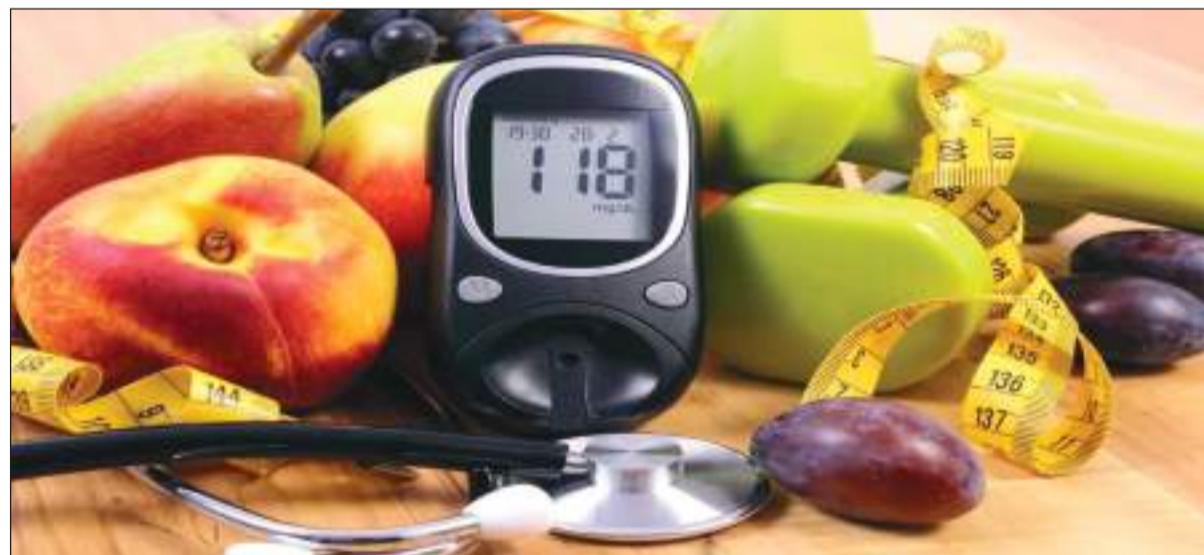
- \* Supple ride quality.
- \* Sprightly acceleration and strong top-end performance.
- \* Seat height is accessible to shorter riders.

#### Cons

- \* Price is on the higher side.
- \* No dual-channel ABS option.

## Health and Lifestyle

### Ayurvedic home remedies to control your blood sugar levels



**D**iabetes is one of the leading causes of deaths worldwide. As per the World Health Organisation, the condition is estimated to grow by over 100 per cent by the year 2030. But however life-threatening the condition is, the condition can be managed by making some simple lifestyle changes and following some easy home remedies.

#### Simple Ayurvedi tips to follow

##### Diet and utensils changes

- Take one part Guduchi, a part of kudki, a part of sharduni and 2 parts of punarvana. Mix well, and consume it with warm water 2-3 times a day.

- Increase your intake of turmeric by adding a little extra to every food item. You can add some to your milk and tea as well.

- Drinking water from copper vessels has been advised for ages. This can help revive the well-being of the body and prevent fluctuations in sugar levels.

The water stored in a copper vessel is called Tamra Jal, which is said to help strike a balance in all three doshas. Keep a jug full of copper vessel overnight and drink it the next day.

##### Try methi dana

As per Ayurvedic experts, diabetes must consume methi dana on a regular basis. They can consume sprouts or drink fenugreek water on an empty stomach in the morning.

##### Bitter is always better

Bitter food items like bitter gourd, amla, hemp seeds and aloe vera can also help a great deal in managing diabetes.

##### Simple dietary changes



As per Ayurveda, ailments in the body are caused due to imbalance of doshas. Type 1 diabetes is caused by the imbalance of Vata (air and wind) and type 2 diabetes is caused by an excess of Kapha (water and earth) dosha. Eating meals with less fat is important. Adding ginger to your tea can also help in reducing the Kapha in the body.

##### Use spices wisely

Spices have antidiabetic properties. Turmeric, mustard, asafoetida, cinnamon and coriander must be consumed by diabetic patients.

##### Foods diabetes must consume

###### Bitter gourd

Diabetics must include bitter gourd in their everyday diet. It is rich in hypoglycemic bio-chemical substances. The substance is great to manage blood sugar levels.

###### Bengal gram

Bengal gram is great for people suffering from glucose intolerance. It reduces the risk of diabetes in non-diabetic people. It is also beneficial for people suffering from chronic diabetes.

###### Indian gooseberry

Amla helps in regulating carbohydrate absorption. The presence of chromium helps in insulin sensitivity. You can have it raw or in juice form.



Jamun helps in regulating insulin and increasing the production of insulin. Chewing 4-5 Jamun leaves and Jamun can surely reduce sugar levels.

##### Curry leaves

Curry leaves are also great for managing diabetes and thus are recommended to be consumed two-three times a day.

## ASTROLOGY

### WEEKLY PREDICTIONS 14<sup>TH</sup>—20<sup>TH</sup> NOVEMBER 2021

#### ARIES



MAR 21 - APR 19

Sun in Scorpio, makes a square to Jupiter in Aquarius. Today, making money is on your mind. You may have a brilliant idea. Now it's just a matter of gathering resources to make your play. There are two obstacles for you to overcome. One is haste, and the other is procrastination. Success comes when you do the research and execute the plan.

#### LIBRA



SEP 23 - OCT 22

Sun in Scorpio, in your house of money, makes a square to Jupiter in Aquarius in your house of risk-taking. To have money to work for you requires some level of risk-taking. Money under the mattress does not accrue interest. On the other hand, money in a triple-leveraged bespoke tranche investment could cause you to lose sleep.

#### TAURUS



APR 20 - MAY 20

Scorpio, in your house of relationships, makes a square to Jupiter in Aquarius in your house of timetables. You want to be more social, reconnect with friends and spend more time with your sweetheart. This all boils down to scheduling. Right now, your free time may be eaten up by scrolling or watching videos that aren't actually relevant to your life. Today's a good day to break free of this pattern.

#### SCORPIO



OCT 23 - NOV 21

Sun, in your own sign of Scorpio (happy birthday!), makes a square to Jupiter in Aquarius in your house of family. People in your life are throwing the spotlight on you. They think you're worth celebrating. Generally, you don't like being the center of attention, but this may be your time to grab the mic and make a toast. Smile and accept their compliments.

#### GEMINI



MAY 21 - JUN 20

Scorpio, in your house of routines, makes a square to Jupiter in Aquarius in your house of information. It may be part of your daily routine to check your Twitter feed and scroll through Facebook. But you may ask yourself if this information gives you inspiration and uplifts you. Today consider a change to your routine.

#### SAGITTARIUS



NOV 22 - DEC 21

Sun in Scorpio, in your house of intuition, makes a square to Jupiter in Aquarius in your house of communication. You're quite intuitive today. Throughout the day, you might see symbols and signs. A wild animal might poke his head out of a bush as you walk by. You look at the clock, and it's 11:11. A little internet research will tell you the meaning of these portents. Sagittarius, you are receiving messages.

#### CANCER



JUN 21 - JUL 22

Scorpio, in your house of romance and adventure, makes a square to Jupiter in Aquarius in your house of intimacy. Today, you could meet someone new who literally knocks your socks off (and maybe some other garments as well). Cancer, this could be the opportunity you've been looking for to explore your intimate. If you find you're emotionally spinning, then return to the present moment.

#### CAPRICORN



DEC 22 - JAN 19

Sun in Scorpio, in your house of community, makes a square to Jupiter in Aquarius. You're a person who understands duty and responsibility. But sometimes, you underestimate how much you enjoy making a contribution to the people around you. A good day to do something within the community. Capricorn, this can be something formal like helping out a charity or working for the City Council.

#### LEO



JUL 23 - AUG 22

Scorpio, in your house of living arrangements, makes a square to Jupiter in Aquarius in your house of relationships. You and your life partner may be discussing your dwelling. Perhaps you're moving in together, refinancing your house, or just thinking about moving. This is your opportunity to get some help from the Universe by visual