

WEBSERIES REVIEW

Your Honor



Cast: Jimmy Sheirgill, Varun Badola, Parul Gulati, Mita Vashisht, Suhasini Mulay

STORY: Abeer (Pulkit Makol), a teenage son of Ludhiana's respected Judge Bishan Khosla (Jimmy Sheirgill), is involved in a hit-and-run accident. This leads to a series of progressively outlandish decisions and discoveries of just how far an honest man will go to save his son's life.

REVIEW: 'Your Honor,' adapted from the Israeli TV series 'Kvodo', follows Bishan Khosla, an honest and unbiased judge of Ludhiana, who is still recuperating from the recent death of his wife and learning to be a single parent to his son, Abeer. On a fateful day, when Abeer gets involved in a hit-and-run car accident and confesses to his father, Bishan's initial reaction is to take him to the police and confront him with the truth. However, he backs out of this plan at the last minute when he discovers that the accident victim is the son of gangster Satbir Mudki (Mahaveer Bhullar), who was sent behind the bars by Bishan himself.

To summarise, 'Your Honor' is one of those series that gradually builds up the momentum and ends up being an intriguing watch with some spectacular performances to showcase. However, the show stretches too many sequences to the breaking point, detracting from the overall pace of this high-end crime drama. Despite this, there are enough plot twists and turns to keep viewers interested enough to binge-watch this thriller.

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

The Story of the First Civilization



Title: The Story of the First Civilization
Author: Subhadra Sen Gupta
Genre: Non-Fiction/ children's literature
Publisher: Talking Cub
Pages: 264
Price: 499 INR

Review: Bal Sahitya Akademi Puraskar winner Subhadra Sen Gupta wrote over 40 children's books before her untimely demise earlier this year due to Covid. Her last book titled 'The Story of First Civilizations' was published posthumously on October 27, 2021 by Talking Cub. 'The Story of First Civilizations' is a historical non-fiction for young readers aged 10 and above. The book traces our origins across the world; starting from the most basic lessons in our genesis and development, it develops further to include the complex gradual procedures that we underwent in order to become the social animals that we are today.

'The Story of First Civilizations' is divided into nine chapters, the very first out of which talks about the evolution of man. Starting from an ape, evolution helped human beings to turn into the most developed species in nature that could then build an entire civilization. The following eight chapters cover one civilization each, describing the beginning and development of each, along with a few amazing facts that will startle the readers. Covering China, Greece, Rome, the Americas, Africa, Mesopotamia, Egypt and the Indus Valley-- the book is comprehensive and covers all the major sites that were home to the principal pioneer civilizations of the world.

Revealing more such mind-boggling facts, the book is a perfect read for curious little minds because it educates as well as nurtures the inquisitiveness of the ones growing up. Written in Subhadra Sen Gupta's humorous and unconventional style, the book is the late author's last contribution to the world of Children's Literature.

GADGET REVIEW

Vivo X70



Expected Price	Rs 46,990.
Display	6.56-inch
Resolution	(1,080x2,376)
Processor	MediaTek Dimensity 1200
Front Camera	32MP
Rear Camera	40MP + 12MP + 12MP
Rear autofocus	Yes
Rear flash	LED
RAM	8GB
Storage	128GB
Battery Capacity	4450mAh
OS	Android 11
Wi-Fi	Yes
GPS	Yes
Bluetooth	Yes, v 5.20
NFC	Yes
USB OTG	Yes
USB Type-C	Yes
Headphones	Type-C
Face unlock	Yes
Fingerprint sensor	Yes

Pros	Cons
* Great build with attractive design, lightweight and thin chassis.	* Sub-par 4K video quality.
* Excellent battery life.	* No stereo speakers.
* Most versatile and capable camera .	*

VEHICLE REVIEW

Kawasaki Z650RS



Starting Price	Rs. 6.65 Lakh
Emission Type	BS6
Engine Displ.	649 cc
No Of Cylinders	2
Max Torque	64 Nm @ 6700 rpm
Max Power	68 PS @ 8000 rpm
Bore	83 mm
Stroke	60 mm
Drive Type	Chain Drive
No Of Cylinders	2
Valve Per Cylinder	4
Fuel Type	Petrol
Ignition	Digital
Brakes Front	Double Disc
Brakes Rear	Disc
Ground Clearance	125 mm
Height	1115 mm
Fuel Capacity	12 Liters
Kerb Weight	192 Kg
LED tail lights	Yes
Turn Signal Lamp	LED

Pros	Cons
* Astonishing ride quality.	* Outrageous pricing.
* Confident handling.	
* Edgy design.	

Health and Lifestyle

Exercises to do and avoid during pregnancy



Many people still have this misconception that pregnant women must not exercise. But studies have proven that staying physically active and exercising can have health benefits for both the mother and the baby.

The nine months pregnancy journey is no less than a roller coaster ride. From feeling extremely elated to become a new mother to the fear of what if anything goes wrong, a mother's heart is full of different emotions during pregnancy.

Contrary to popular belief that one should avoid exercising, staying physically active has various health benefits for the mother and the baby. It can help you stay fit. 150 minutes of physical activity is recommended every week and thus pregnancy must not stand in the way of achieving fitness goals.

Here are some of the best exercises one must do during pregnancy:

Side-lying leg raises

To do this exercise, lie down comfortably on the mat. Now turn to your side and rest your head on your arm for support. Put your other hand on the waist, lift your leg sideways and bring it down. Repeat the exercise 10 times and then change sides.



Squats

To do squats, stand with your legs shoulder width apart. Bring your hand together and lower down your body. Make sure that your hips are parallel to the floor. Repeat it 15-20 times.

Knee pushups

To do this exercise, get into a plank position and put your knees on the mat. Raise your lower leg so that it forms a 45-degree angle to the mat. Now lower your upper body using the strength of your hands and bring it back up. Repeat 10-15 times.

Exercises you should not perform during pregnancy

Exercising can be therapeutic during pregnancy but it must be done with care and caution. Here are some exercises to be avoided:

- Exercising sports like squash, kickboxing, basketball, horse riding must be avoided during pregnancy.
- High-intensity exercises that can overheat the body also must be avoided.
- Exercises that require lying flat on the front for too long should also be avoided.
- Climbing and hiking at high altitudes must be avoided as it can lead to altitude sickness for the mother and the baby.
- Water sports should also be avoided.

ASTROLOGY

WEEKLY PREDICTIONS 21ST – 27TH 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 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 portends. 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.

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 visualizing what you would like before you start packing.

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.

AQUARIUS

JAN 20 - FEB 18

Sun in Scorpio, in your house of reputation, makes a square to Jupiter in your own sign of Aquarius. Today, you could receive some unexpected publicity. The boss may single you out at a meeting to give you praise. Aquarius, you may win an award for high sales or excellent service. Aquarius, pull out a piece of gold jewelry to wear, as it reminds you to seek out what is valuable.

PISCES

FEB 19 - MAR 20

Sun in Scorpio, in your house of education, makes a square to Jupiter in Aquarius. You are sucking up knowledge today like a sponge picks up water. You could meet an interesting person with the experience to answer your queries. Or, Pisces, you may have found a YouTube channel that answers your exact question.