

WEBSERIES REVIEW

Matsya Kaand Season 1



**Director:** Ajay Bhuyan  
**Cast:** Ravi Dubey, Ravi Kishan, Piyush Mishra, Zoya Afroz  
**STORY:** Matsya Thada (Ravi Dubey) is caught setting ablaze the petrol pump allotted to his mother after his army-man father loses his life in the Indo-Pak Kargil War. In prison, he finds a mentor in Anand Pandit (Piyush Mishra) who uses the Mahabharata teachings to prepare him for life outside prison after he completes his sentence. His scam attracts the attention of badass cop, ACP Tejraj Singh (Ravi Kishan), who's sworn to nab the con artist. And thereafter ensues the cat-and-mouse game interspersed with a couple of con jobs.

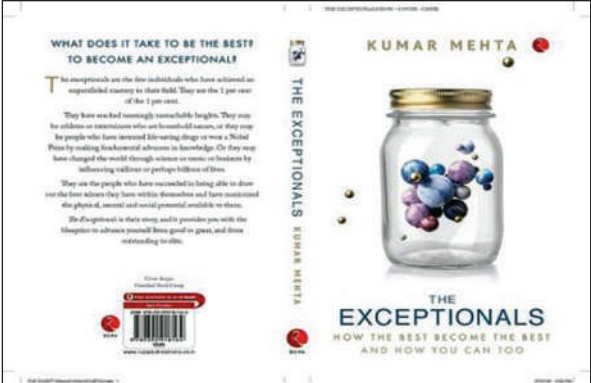
**REVIEW:** Ravi Dubey does complete justice to his role and plays Matsya with conviction. While he's unrecognisable in the various disguises, his first getup seems to suffer from a 'Kabir Singh' hangover. Ravi Kishan does a fine job of playing Tejraj Singh and the entry of his character sets the cat-and-mouse game into motion. Rajesh Sharma seems to relish his part as the crooked betting kingpin Suri Saxena who stops at nothing to recover his dues from losing gamblers.

Production design by Saloni Dhatrak is good and cinematographer Manojh Reddy has aptly captured action in the real locations of Delhi, Meerut, Jaipur and Sambhar where the story moves. Micky Sharma's editing could have been crisper to speed up the lagging parts. The last couple of scenes of the show indicate that there's more to Matsya Kaand, and the game could get trickier and edgier in the next season.

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

BOOK REVIEW

The Exceptionals



**Title:** The Exceptionals  
**Author:** Kumar Mehta  
**Genre:** Non-Fiction/ Motivational Self-Help  
**Publisher:** Rupa Publications India  
**Pages:** 208  
**Price:** 295 INR

**Review:** Kumar Mehta is an exceptional performance consultant in addition to an author and speaker. His first book, 'The Innovation Biome' was a business guide for companies that wish to create products that will lead to economic as well as societal advances. His latest book, 'The Exceptionals', which released in August 2021, is akin to a life guide that shows the readers the way to excellence in whatever they do, irrespective of the field that they are a part of.

Mehta has been a researcher and writer for several years before he began writing as an author. After having studied the process for a long time, the author decided to write a book about the observations and conclusions that he drew after years of research.

'The Exceptionals' is based on the fundamental belief of the author that all humans are not equal. Since all of us exist at different levels of caliber and ability, there are a very few of us who are 'exceptional', who stand out and are the subject of Mehta's book. These rare people reach unprecedented heights as athletes, super-stars, researchers, inventors, investors, revolutionaries, or entertainers by optimizing the mental, physical and social ability that they have at their disposal. The book is the story of this rare contingent of achievers who carry within them, the ability to achieve and to inspire. Tracing their formula and studying it carefully, the self-help book allows the readers to apply the same to their lives and reach the pinnacle of success.

Insightful, motivational, and realistic, the book will motivate you to achieve more in life.

GADGET REVIEW

Motorola Moto G31



Expected Price	Rs 15,000.
Display	6.40-inch
Processor	MediaTek Helio G85
Front Camera	13-megapixel
Rear Camera	50-megapixel + 8-megapixel + 2-megapixel
Rear autofocus	Phase detection autofocus
Rear flash	Yes
RAM	4GB
Storage	64GB
Battery Capacity	5000mAh
OS	Android 11
Resolution	1080x2400 pixels
GPS	Yes
Bluetooth	Yes, v 5.00
NFC	Yes
USB Type-C	Yes
Headphones	3.5mm
Fingerprint sensor	Yes
Fast charging	Proprietary
Colours	Baby Blue, Mineral Grey
Pros	
* Great build with attractive design, lightweight and thin chassis.	
* Excellent battery life.	
* Most versatile and capable camera .	
Cons	
* Sub-par 4K video quality.	
* No stereo speakers.	

VEHICLE REVIEW

Suzuki Avenis



Starting Price	Rs. 86,700 - 87,000
Displacement	124.3 cc
Engine Type	4- Stroke, 1-Cylinder, Air Cooled
Max Power	8.7 PS @ 6750 rpm
Max Torque	10 Nm @ 5500 rpm
Front Brake	Disc
Rear Brake	Drum
Fuel Capacity	5.2 L
Transmission	Automatic
Gear Box	CVT
Bore	52.5 mm
Stroke	57.4 mm
Charging Point	Yes
External Fuel Filling	Yes
Mobile Connectivity	Bluetooth
Shutter Lock	Yes
Speedometer	Digital
Odometer	Digital
Tripmeter	Digital
Passenger Footrest	Yes
Engine Kill Switch	Yes
Pros	
* Astonishing ride quality.	
* One of the most refined Scooters In India.	
* Edgy design.	
Cons	
* Brakes are not as sharp as some of its competition.	

Health and Lifestyle

6 superfoods that you should add to your diet

There are some foods which possess a certain amount of nutrients required by a certain part of our body and then there are superfoods, which are packed with a multitude of vitamins beneficial for our entire body. These gems impact our overall health and can be used in a variety of ways. We have combined a list of 6 superfoods which you should definitely add to your diet. Eat them now, thank us years later!

**Flaxseeds**  
Don't get fooled by their size, these tiny brown seeds are packed with nutrients. The high content of omega-3 fatty acid increases the body's natural production of oil and helps keep skin moisturized. It's a great superfood to facilitate weight loss.

Adding to that they're cholesterol free, hence extremely good for your heart. Hair loss is another common problem faced by and these seeds are the best way to promote healthy hair.

**Coconuts**  
Coconut oil is the god of superfoods. When it comes to this multi-purpose food, nothing comes close. It can be used for cooking, beauty, eating and any other thing imaginable. Coconut oil is a great moisturizer present in body lotions, face creams or is even directed applied to the skin. Rich in vitamins, minerals and fiber it's an amazing addition to your diet as well.

**Papaya**  
The Instagram-worthy fruit shaded in orange and yellow is another superfood to add to your basket. With high papain content, it's widely used in skin whitening mask, creams and lotions.

Papaya is rich in vitamin A, C and E which mean that papayas are helpful in preventing health problems such as diabetic heart disease. Papaya juice is great for women with an irregular cycle as it can help normalize the cycle. Lastly, it's a great source to build your immunity as well.

**Quinoa**  
'The beauty food' your skin needs. Quinoa both helps in the production of collagen making skin more elastic and healthy helping your skin fight signs of ageing such as wrinkles, age spots, etc.

Another profound benefit would be it's sebum regulating properties which help you fight acne with the grace of a Queen!

**Aloe Vera**  
Just as amazing as coconuts, Aloe Vera is the king of multi-purpose food. The gel extracted from the interior part of the plant is an elixir of goodness. It is used in a variety of products to treat skin problems, acne, scarring and sunburn.

Aloe Vera gel can even be used as a standalone product to improve the skin's texture and slow down aging. Drinking Aloe Vera juice helps in curing constipation and heartburn, it also provides digestive benefits along with clear skin.

**Olive oil**  
Nothing can replace a healthy dose of olive oil. Use extra-virgin olive oil to help manage blood sugar level and reduce risk of cholesterol, heart, breast or digestive problems. It not only adds wholesome flavor to your food, it can be used as a part of your beauty routine as well.

Naturally, packed with anti-aging antioxidants along with hydrating qualities. It makes for an essential in any DIY kit, from oiling your hair or nails to using it in a lip scrub, olive oil never disappoints. Add these superfoods in your diet and see the difference in few weeks.



ASTROLOGY

WEEKLY PREDICTIONS 28<sup>TH</sup>— 04<sup>TH</sup> DECEMBER 2021

<b>ARIES</b>  MAR 21 - APR 19	Mars in Scorpio, in your house of resources, making a trine to Neptune in Pisces. You could feel very generous. You may be looking at how you can gather resources for a charity or perhaps you're sending money to younger relatives. Aries, it's possible you're putting together a gift basket for a neighbor. And all of this is done with a feeling of holiday cheer.
<b>TAURUS</b>  APR 20 - MAY 20	This week, the resources you need for an important goal become available. Taurus, the solar eclipse could open a door. If you're looking for love, you may not have to go far. An acquaintance could be quite interested in a connection with you. Taurus, you may have been reintroduced recently at a party or social event. This is a good day to look at your investments, and reinvest dividends.
<b>GEMINI</b>  MAY 21 - JUN 20	Mars in Scorpio, in your house of work, making a trine to Neptune in Pisces in your house of career. You could talk to your manager about moving up in your company. Gemini, if you are not wanting to climb the corporate ladder at this place, you may want to look at the myriad of possibilities for you to work somewhere else. There are many job openings now that could bring interesting and lucrative opportunities.
<b>CANCER</b>  JUN 21 - JUL 22	Mars in Scorpio, in your house of romance and adventure, making a trine to Neptune in Pisces in your house of travel. If you are a long distance away from your sweetheart, you might be ready to jump on a plane to surprise them. And if you're looking for love, consider expanding your search beyond your zip code. You might sit down to do a written budget. Get started and you can be quite motivated today.
<b>LEO</b>  JUL 23 - AUG 22	Mars in Scorpio, in your house of home and family, making a trine to Neptune in Pisces in your house of resources. You likely come from a talented family. Consider what you could achieve if you all came together for a bigger purpose. Today, Leo, you might discuss starting a family business or pooling resources to create passive income sources. If you don't know where to start, then do a family brainstorming session.
<b>VIRGO</b>  AUG 23 - SEP 22	Mars in Scorpio, in your house of communication, making a trine to Neptune in Pisces in your house of relationships. You and your sweetheart could see eye to eye on a very important decision. Virgo, it's likely you're ready to support each other. If you're looking for love, you can find someone with whom you have great chemistry.
<b>LIBRA</b>  SEP 23 - OCT 22	Mars in Scorpio, in your house of money, making a trine to Neptune in Pisces in your house of work. You have an opportunity to bring in more money... if you work more. Libra, this might mean taking on more hours or more responsibilities. This could be related to passive income sources that take time and energy to set up.
<b>SCORPIO</b>  OCT 23 - NOV 21	Mars, in your own sign of Scorpio, making a trine to Neptune in Pisces in your house of romance and adventure. Today, you could have an encounter with someone straight out of a romance novel. Scorpio, this could include long lingering glances, gentle caresses and perhaps passionate kisses. Today, consider getting physical with your sweetheart and allow things to get steamy and exciting.
<b>SAGITTARIUS</b>  NOV 22 - DEC 21	Mars in Scorpio, in your house of rest and recuperation, making a trine to Neptune in Pisces. Sagittarius, you may have been going full speed at work and being a gracious host to family and friends. Now you need a day off and to have someone take care of you. Consider adding this to your schedule. Someone is handing you the microphone and fortunately you're good at vining it.
<b>CAPRICORN</b>  DEC 22 - JAN 19	Mars in Scorpio, in your house of friendships, making a trine to Neptune in Pisces. You may have an intense connection with a friend. This could be a deepening connection, where you're getting to know each other's darkest secrets. Capricorn, this is a person you can really rely on to talk to when you're feeling scared or uncertain. And you can offer that same pillar of strength for them.
<b>AQUARIUS</b>  JAN 20 - FEB 18	Mars in Scorpio, in your house of career, making a trine to Neptune in Pisces in your house of money. Aquarius, this is an excellent day to talk to your supervisor about moving up in the company. Consider discussing how you can make more per hour or get a better commission percentage. If you don't think there are possibilities for you with this company, it's probably time to post your resume for a different job.
<b>PISCES</b>  FEB 19 - MAR 20	Mars in Scorpio, in your house of education, making a trine to Neptune in your own sign of Pisces. You may be in school or or you're helping one of your kids with their classes. This is a good time to reach out to speak to a school counselor or the administration. If you are looking to get a professional license, this is a great time to contact the government.