

MOVIE REVIEW

Phone Bhoot



Director: Gurmeet Singh
Cast: Katrina Kaif, Ishaan Khatter, Siddhant Chaturvedi
STORY: Best buddies and wannabe ghostbusters, Major and Gullu, assisted by a bhakti aatma Ragini, are out to offer salvation to the dead and gone. Their life takes an unexpected turn when they're faced with an evil baba, jealous of their progress.

REVIEW: Reminiscent of films like Andaz Apna Apna, the characters take their situations and themselves very seriously. That paves the way for humour which is embedded neatly into the screenplay, is unabashed and character-led. References to old and some relatively new Hindi movies and kinky horror films of the bygone decades (Ramsay Brothers' films) are also stitched into the narrative seamlessly. The screenplay is peppered with dialogues that will ease you into this film's crazy world and make you laugh through most parts.

Having said that, the film lags in terms of pace in the first half till Jackie Shroff's entry into the mix. That changes the film's gear for the better, but it also makes the eventual conflict in the second half somewhat predictable. There are minor but unmissable loopholes at a few junctures.

In the technical department, the film's VFX, production design and prosthetics are perfectly synced with the narrative. The film has been edited well, but it could have been slicker. The songs are purely ornamental to the narrative here. Even though you don't mind them, you don't take them home with you.

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

Health and Lifestyle

6 things you should do today to prevent Arthritis risk



How does arthritis affect your daily life? Arthritis is inflammation of one or more joints that can result in pain, swelling, stiffness and inability to move or use the joint normally. Arthritis most commonly affects the knees, hips, spine, and hands. Once the joint cartilage is damaged, the change is irreversible. Hence, it is prudent to protect the joints from cartilage damage from an early age. Here's what women can do to reduce their risk of arthritis:

Maintain healthy body weight

The extra kilos can cause the joints to wear out faster by placing an additional physical load on them. Every extra kilo of body weight puts an extra load of four to six kilos on the knee joint, depending on the activity involved. Furthermore, the excess fat tissue also causes joint damage by secreting specific chemicals which destroy the cartilage. A healthy body weight is one where the body mass index (BMI) is between 18.5 and 24.9.

Avoid smoking

Smoking can increase the risk of cartilage damage and worsen arthritis. It can make treating some forms of arthritis less effective and increase the risk of complications during surgery. Giving up smoking can help protect you from arthritis in more ways than you can imagine.

Exercise regularly

Performing healthy exercises regularly can help maintain joint strength and flexibility. It can also help protect the cartilage. One must exercise for half an hour every day and 3-4 times per week. Examples of healthy exercises include walk-



ing, cycling, and swimming. Running is also a good exercise for young and healthy women. However, if you already have knee pain or arthritis, it is advisable to avoid running.

Maintain a healthy posture

"A bad posture, especially for prolonged periods, puts an abnormally excessive load on the joints causing them to wear out faster. A healthy alignment of all the body joints during standing, sitting, and walking can protect them from arthritis," says Dr. SiddhARTH M. Shah, Consultant Orthopaedics and Joint Replacement surgeon, S L Raheja (A Fortis associate) Hospital, Mahim.

Avoid high heels

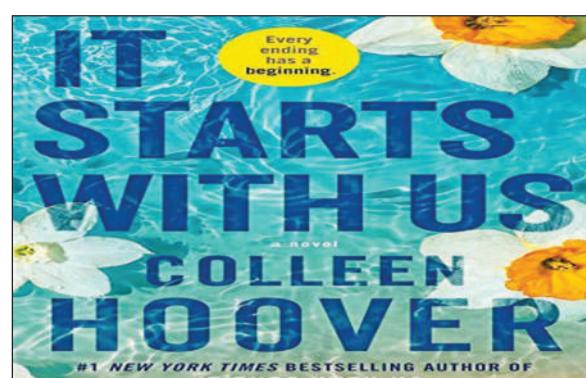
Wearing high heels results in an unphysiological posture which puts more strain on the joints of the feet, ankles, hips, and spine. When worn for a long time, high heels can cause joint pain. It is also essential to follow the treatment recommended by your doctor and not discontinue it before completing the course.

Follow a healthy and balanced diet

Control the calories in your diet to maintain a healthy body weight. Add foods like ginger, garlic, fish, nuts, berries, colourful fruits, and leafy vegetables to your diet as they are helpful against arthritis as they have an anti-inflammatory effect. Avoid excessive salt, sugar, processed and refined foods, and saturated fats, which can increase inflammation in the body. Keep your blood sugar in check because Diabetes increases the risk of osteoarthritis. Well-controlled blood sugar levels can prevent the development and progression of arthritis.

BOOK REVIEW

It Starts With Us



Title: It Starts With Us
Author: Colleen Hoover
Genre: Contemporary romance
Publisher: Simon & Schuster
Pages: 352
Price: 699 INR

Review: After the huge success of her 2016 novel 'It Ends With Us', author Colleen Hoover is back with its sequel! Titled 'It Starts With Us', the novel released in October 2022 and it instantly topped the bestsellers chart.

It Ends With Us follows the story of Lily Bloom, her abusive husband Ryle Kincaid, and her first love Atlas Corrigan. It's about how Lily met Ryle, a neurosurgeon, who was initially reluctant to have a relationship with her but later ends up assaulting and abusing her. Later, it was Atlas who re-entered her life and helped her come to terms with her traumas.

Now in its sequel, It Starts With Us', the new book tells readers Atlas' side of the story. Lily is a single mother to Emerson, whom she had with her abusive ex-husband Ryle. While Lily is co-parenting her daughter Emerson with Ryle, she is still not comfortable leaving Emerson with her ex-husband lest something happens to her. Meanwhile, Lily and Atlas both hope for their friendship to develop into something more. But even though Lily is now divorced, she isn't completely free from Ryle. And so, slowly and steadily she tries to rebuild her life with Atlas and her daughter while keeping it under wraps from others.

It Starts With Us' takes the story of 'It Ends with Us' ahead. It is a heart-touching story of love, abuse, and healing. Hoover's nuanced characters stay with readers long after the story is over. Fans of the author or those new to Hoover's novels should definitely add this book to their reading list this year.

GADGET REVIEW

Realme 9i 5G



Expected Price	Rs 15,990.
Display	6.60-inch (1080x2400)
Resolution	MediaTek Dimensity 810
Processor	8MP
Front Camera	50MP
Rear Camera	4GB, 6GB
RAM	64GB, 128GB
Storage	
Rear autofocus	Yes
Rear flash	Yes
Battery Capacity	5000mAh
OS	Android 12
Wi-Fi	Yes
GPS	Yes
Bluetooth	Yes, v 5.20
USB Type-C	Yes
Number of SIMs	2
Fingerprint sensor	Yes
Proximity sensor	Yes
Accelerometer	Yes
Ambient light sensor	Yes

Pros

- * Attractive design.
- * Large battery.
- * Fast processor.
- * Feature-rich UI.

Cons

- * Underwhelming camera setup.
- * Not so fast charging.

VEHICLE REVIEW

Toyota Glanza



Starting Price	Rs. 6.59 - 9.99 Lakh*
Fuel Type	Petrol
Engine Displacement	1197 cc
No. of cylinder	4
Max Power	88.50bhp@6000rpm
Max Torque	113nm@4400rpm
Seating Capacity	5
Transmission Type	Automatic
Gear Box	5-Speed
Boot Space	318 L
Fuel Tank Capacity	37.0 L
Body Type	Hatchback
Front Suspension	MacPherson Strut
Rear Suspension	Torsion Beam
Steering Type	Power
Front Brake Type	Tilt & Telescopic
Rear Brake Type	Disc
No of Airbags	Drum
Touch Screen size	6
Connectivity	9 Inch
	Android Auto, Apple CarPlay

Pros

- * Spacious interior.
- * Well-loaded features list.
- * Spacious and Practical Cabin.

Cons

- * Not So Great Interior Quality.

ASTROLOGY

WEEKLY PREDICTIONS 20TH—26TH NOVEMBER 2022



MAR 21 - APR 19

This week, a vision of freedom leads to some practical adjustments. The week begins when the sun in Scorpio and your house of resources trines Jupiter in Pisces. Aries, this is a case of seeing an open door and knowing it's time to go through it. This might be an opportunity to make additional income, start a business or make a profitable investment.



SEP 23 - OCT 22

This week, focus on the journey, not the destination. The week begins when the sun in Scorpio and your house of money trines Jupiter in Pisces. Libra, your ambition and abilities are strong right now, so this could mean a nice bump in your income. At the same time, your desire to have more is equally strong, and so more money might flow.



APR 20 - MAY 20

This week, your biggest obstacle is you. The week begins when the sun in Scorpio and your house of relationships trines Jupiter in Pisces. You and your partner are aligned so closely that it's almost like you are of one mind. Taurus, this is a great day for the two of you to come together on an important project and look at what you want to accomplish in the months going forward.



OCT 23 - NOV 21

This week, you're leaning on your ability to negotiate. The week begins on Sunday, November 20, when the sun in Scorpio (happy birthday!) trines Jupiter in Pisces. Others see you as far more confident and able to take on challenges. This means you could receive many compliments as well as additional responsibilities. But now you can pick and choose what you want to do.



MAY 21 - JUN 20

This week, you gain new friends and new information. The week begins when the sun in Scorpio and your house of work trines Jupiter in Pisces. Gemini, you have great luck and superb timing when it comes to your career. This is an especially good day to post your resume, reach out to colleagues and supervisors online or get ready for a big week at your current job.



NOV 22 - DEC 21

This week, planning gets you to your goal. The week begins on Sunday, November 20, when the sun in Scorpio trines Jupiter in Pisces. Sagittarius, you are in the last few days of your balsamic moon period. Every year around this time you have the opportunity to review the past twelve months. During this time it's very hard to start a project until you have cleared out some of the previous energy.



JUN 21 - JUL 22

This week, you're finding joy in your life. The week begins when the sun in Scorpio and your house of joy trines Jupiter in Pisces. Today is a good day to maximize your inner life by doing things that you love to do. Give yourself a real vacation day. Put tasks aside as much as possible and remind yourself of the joy of life. Cancer, if you can't remember what it is that you do enjoy, it's more important.



JUL 23 - AUG 22

This week, you're in touch with your spiritual side. The week begins when the sun in Scorpio and your house of friendships trines Jupiter in Pisces. You might have more friends than usual. You could attend an event and immediately be welcomed as a member of the group. Suddenly you have more best friends than you ever thought possible. Mercury conjuncts Venus in Sagittarius and your house of solitude.



AUG 23 - SEP 22

This week, help is there if you need it. The week begins on Sunday, November 20, when the sun in Scorpio and your house of home and family trines Jupiter in Pisces. Today, a family member shows you unwavering support. You might have asked for someone to listen, advice on your finances or help to move a sofa, and what you get is a relative who steps up and is really useful.



JAN 20 - FEB 18

This week, you're upgrading aspects of your life. The week begins when the sun in Scorpio and your house of career trines Jupiter in Pisces. Aquarius, this is excellent energy for asking for a raise, looking for a new job or negotiating an offer you've received from another company. And while this isn't a workday for everyone, this energy is strong enough that you might feel it for a few days.



AUG 23 - SEP 22

This week, you know what to say. The week begins when the sun in Scorpio and your house of communication trines Jupiter in Pisces. Virgo, you are extremely persuasive now. You could sell a turkey sandwich to a turkey farmer today. This is a good day to look at what it is that you want to sell, who you want to convince or how you want to voice your opinions.



FEB 19 - MAR 20

This week, your thoughts create your life. The week begins on Sunday, November 20, when the sun in Scorpio and your house of education and knowledge trines Jupiter in Pisces. Today, you are absorbing knowledge like a sponge. Maybe you've found a subject you're so interested in that you want to open up your brain and just pour in the knowledge.