STATETIMES

MOVIE REVIEW

Three Of Us



Director: Avinash Arun

Cast: Shefali Shah, Jaideep Ahlawat, Swanand Kirkire STORY: Diagnosed with an early stage of dementia,

Shailaja Patankar (Shefali Shah), a middle-aged woman from Mumbai decides to take a week-long break and revisit her childhood home in Vengurla, Konkan, before her memories

REVIEW: Director Avinash Arun, known for the muchacclaimed Marathi film 'Killa' and series like Paatal Lok and School of Lies, explores memories and the alchemy of time in this self-reflective film. We boast about being busy and having no time for things that we like until there's no privilege of 'later'. The attempt to find solace in the stillness of the present instead of anticipating the future or dissecting the past, is moving. However, the film doesn't quite come together despite compelling performances by Shefali and Jaideep. Some moments tug at your heartstrings but for the major part, the scenes feel stagnant and detached to each other.

Shefali speaks through her eyes and silences. Her trauma and fear of losing her identity and memories erupt quietly without making a noise. The climax shot in a ferris wheel is most effective in an otherwise meandering plot.

Jaideep skilfully lends both excitement and awkwardness to his character that justify his circumstances. He slightly blushes when looked in the eye. Revolving around the passage of time, nostalgia, closure, and stillness... 'Three of Us' is meditative and melancholic.

In-depth Analysis

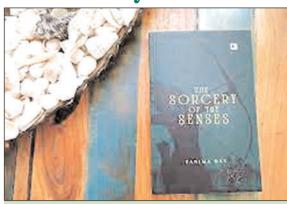
Our averall critic's rating is not an average of the sub scores below.

Dialogues

3/5 3/5 3/5 3/5 3/5

BOOK REVIEW

The Sorcery of the Senses



Title: 'The Sorcery of the Senses Author: Tanima Das Genere: Fantasy-contemporary fiction Publisher: ArtoonsInn Pages: 220

Price: Rs 329 Review: Tanima Das is an Indian author whose short stories have been published internationally. She is also one of the winners of season 2 and season 3 of the Write India contest conducted by The Times of India. Salman Rushdie praised her imagination in the winning entry. By profession, she is a software engineer but writing remains the work that gives her maximum fulfilment. 'The Sorcery of the Senses' is her first novel. This genre-bending novel mixes fantasy, mythology, and contemporary threads to present a seamless integration. The story begins with the protagonist Dhruv finding himself completely alone following the successive deaths of his parents and a sudden divorce with his wife Juthika. He stumbles upon an heirloom jewellery that transports him to another dimension where he meets the first sense, Dristi.

Dristi shows Dhruv his previous lifetime as Grhiz, a tribal girl, with superpowers. Next, Dhruv meets Sparsha, who shows him his life as Mong, a blind girl with healing powers. In both these lifetimes, Dhruv had obtained a magical stone but accidentally lost possession of it.

In his current lifetime, Dhruv is yet to come to terms with his break up and yet, he now knows that he has been entrusted with a bigger mission. He must find the lost stone and finish the task that was left midway in the previous lifetime.

The storyline moves fast and keeps the reader enchanted with its absolutely original premise. The author's coherent presentation ensures that the end product is not a potpourri of conflicting thoughts despite the presence of widely varying themes, timelines, and philosophies.

GADGET REVIEW

Vivo T2 Pro 5G



Rs 23,999.

(1080x2400)

128GB, 256GB

 $4600 \mathrm{mAh}$

Android 13

MediaTek Dimensity 7200

Cons

* Gorilla glass protection is

* An optical zoom and

ultrawide cameras are

missing.

missing.

6.78-inch

16MP64MP + 2MP

8GB

Expected Price Display Resolution

Front Camera Rear Camera RAM Storage **Battery Capacity**

Wi-Fi

Yes, v 5.30 Bluetooth USB Type-C Number of SIMs Fingerprint Sensor Magnetometer Proximity sensor

Accelerometer Fast charging 66W Fast Charging New Moon Black, Dune Gold Colours

Pros FHD AMOLED Plus display with 120Hz refresh

* 4K video recording.

Comes with 66W wired charging support.

* Amazing chipset performance.

Honda XL750 Transalp

VEHICLE REVIEW



Rs. 11.00 Lakh *

210 mm

BS6

755 cc

6 Speed

Manual

Chain Drive

 $75~\mathrm{Nm}$ @ $7250~\mathrm{rpm}$

Starting Price

Ground Clearance Emission Type Engine Displ. No Of Cylinders No Of Gears Drive Type Transmission Max Torque Max Power ABS Bore Stroke Drive Type Fuel Type Brakes Front Brakes Rear

Tail Light

91.7 PS @ 9500r pm **Dual Channel** 87 mm 63.5 mmChain Drive USB charging port Additional Features

Petrol Disc Disc

Self Cancelling Indicators, Emergency Stop Signal, HISS

Pros

* Beautiful styling and colour combo. * Easy-to-use tech.

Easy and effortless to drive in the city.

* Torquey engine.

Cons * Rear suspension not

suitable for pillion.

Health and Lifestyle

Brain food: 5 ayurvedic remedies for strengthening memory



you have to preoare for an important exam but fear having memory trouble? Or are you an adult who seemingly forgets things every now and then - whether some important date, an instruction you had nodded to a while back, or where you last left your phone.

Forgetting sometimes is not a big issue and can happen with anyone. However, if your cases of forgetfulness or lack of an ability to memorise are too evident and often, you may want to consult your doctor.

Ayurveda is also proven to help in improving memory problems, distractedness, and brain degeneration. Try these ayurvedic tips and tricks to become more focused, concentrated, and confident.

Eat these brain foods

Just like your body needs nourishment, your brain does too, in order to stay healthy and function properly. There are plenty of natural brain foods, which you must include in your daily diet starting today. Some examples are ghee, olive oil, walnut, soaked almonds, raisins, dates and fresh fruits

Other foods that are great for your brain health include lentils, beans, paneer and dal. According to Ayurveda, cumin seeds open the channels of our brain and black pepper increases our mind's processing fire, which is called Medhya Agni.

Boost your brain with herbs

Ayurvedic herbs support and improve all the three learning abilities in the human brain - Dhi, Dhriti, and Smriti. Some

of these special herbs, such as Gotu Kola, Ashwagandha, and Bacopa work as excellent memory boosters.

Antioxidants to avoid oxidative damage

Our brain needs oxygen to function well. However, with its high oxygen consumption and lipid-rich content, our brain is highly susceptible to oxidative stress. This leads to an excess of free radicals in the body's cells. Antioxidants are a proven solution for neutralising free radicals and balancing the state of your mind. Pink and red fruits and vegetables, such as watermelon and tomatoes, are rich in antioxidants.

Herbal tea to hydrate your

When your body does not have enough water to carry out its functions properly,

you can feel weak and unstable. Such is the situation for a dehydrated brain. Ayurvedic experts recommend that drinking special herbal tea can hydrate our brain and boost our mental strength and memory. Some of these special ingredients of a herbal tea include hing, haldi, ajwain, and tulsi.

Have a good night's sleep

Lack of sleep can deeply hamper the brain's function, which can impair your memory and thinking skills. Therefore, it is important to get sufficient rest every night. Try to go to bed and wake up in the morning at the same time each day. Also, it is recommended to sync your sleep cycle with the sunset and sunrise hours for maximum benefits. In case of trouble sleeping, ayurvedic herb Bacopa can help to calm your brain and

ASTROLOGY

WEEKLY PREDICTIONS 12™—18™ NOVEMBER 2023



You might be ready to knuckle down and get to work this week as the sun eases into Virgo and your lifestyle and wellness zone. After a more relaxed and playful approach to life, you might want to get the results you've been dreaming of for some time, and this can only be done by getting on with the job. This can also be a opportunity to tweak your wellne



SEP 23 - OCT 22

As the sun swings into a more secluded sector of your chart, the coming four weeks are a time of rest and recuperation for you. You'll still be busy, but making time for yourself can be so important. This can be a great opportunity to release certain situations, deep-seated emotions, and perhaps relationships that no

The coming four weeks mark the start of a dynamic time when much can be accomplished.



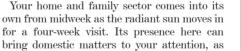
TAURUS

As the sun enters your sector of creativity, romance, and self-expression, this is your chance to be noticed. The sun moves into stylish Virgo, so dressing with a little more thought for your image can help you get noticed, too. APR 20 - MAY 20



Your social life looks set to sparkle over the coming four weeks as the illuminating sun moves into this sector midweek. After a busy time attending to goals, ambitions, and responsibilities, the cosmos is now encouraging you to get out and mingle. If you're looking for romance, this can be a great time to start.

OCT 23 - NOV 21





NOV 22 - DEC 21

CAPRICORN

If you want to be in the limelight, the coming four weeks could be your chance as the glowing sun moves into conscientious Virgo and a more ambitious sector of your chart. This is the time to embrace bigger responsibilities and put your energy behind your main goals and ambitions. It's also a chance to showcase your skills and abilities and impress people.

MAY 21 - JUN 20



Communication becomes more important from midweek and over the coming four weeks as the sun eases into your sector of talk and thought. You might find yourself handling administrative tasks, catching up on paperwork, and perhaps doing more errands than usual. At the same time, this can be a great time for networking, studying, or teaching a subject that you're experienced.

well as issues with family and relatives.

However, this can also be a chance to step back

and take a respite when you can. Eat good

food, get some sleep, and look after yourself.



AQUARIUS

the sun into your sector of travel and adventure can leave you feeling much more upbeat. And while chatty Mercury continues in your sector of emotional bonds, business, and shared finances, its presence here could encourage you to find and implement solutions. This is a great time to experiment with new ideas.

After an intense few weeks, the movement of

JUL 23 - AUG 22

VIRGO

LEO

The movement of the sun, your guide planet, into your personal money zone midweek could see you concerned with financial matters and making your money work harder for you. This can be a good time to go over your accounts in some detail and perhaps find ways to save. Cutting back on items you don't really need could leave you much more to spend.

The glowing sun moves into your sign mid-

week for a four-week stay, so you'll likely be in

your element. And you might feel an urgency

to do something about the many dreams and



The coming four weeks could take you into deeper emotional waters, but this might not be such a bad thing. As the sun moves into Virgo and a more intense sector of your chart, this can be a good time to purge those deep-seated feelings and experiences that may have been holding you back for too long.

JAN 20 - FEB 18

PISCES



Your interactions could increase as the sun moves into your sector of relating for a fourweek stay. You might be more inclined to work as part of a team rather than strike out on your own during this time. If you do, you'll likely accomplish much more. The people you meet can have a productive influence on your life, with the coming weeks.



ideas that have bubbled up from your creative well in recent weeks. This is a great time to put

energy into projects that have deep personal meaning for you.