

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 fade.  
**REVIEW:** Director Avinash Arun, known for the much-acclaimed 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 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> | 3/5 |
| Dialogues  | <div><div></div><div></div><div></div><div></div><div></div></div> | 3/5 |
| Story  | <div><div></div><div></div><div></div><div></div><div></div></div> | 3/5 |
| Music  | <div><div></div><div></div><div></div><div></div><div></div></div> | 3/5 |
| Visual appeal  | <div><div></div><div></div><div></div><div></div><div></div></div> | 3/5 |

BOOK REVIEW

The Sorcery of the Senses



**Title:** 'The Sorcery of the Senses'  
**Author:** Tanima Das  
**Genre:** 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



| Expected Price     | Rs 23,999.                |
|--------------------|---------------------------|
| Display            | 6.78-inch                 |
| Resolution         | (1080x2400)               |
| Processor          | MediaTek Dimensity 7200   |
| Front Camera       | 16MP                      |
| Rear Camera        | 64MP + 2MP                |
| RAM                | 8GB                       |
| Storage            | 128GB, 256GB              |
| Battery Capacity   | 4600mAh                   |
| OS                 | Android 13                |
| Wi-Fi              | Yes                       |
| Bluetooth          | Yes, v 5.30               |
| NFC                | Yes                       |
| USB Type-C         | Yes                       |
| Number of SIMs     | 2                         |
| Fingerprint Sensor | Yes                       |
| Magnetometer       | Yes                       |
| Proximity sensor   | Yes                       |
| Accelerometer      | Yes                       |
| Fast charging      | 66W Fast Charging         |
| Colours            | New Moon Black, Dune Gold |

| Pros   | Cons   |
|--|--|
| * FHD AMOLED Plus display with 120Hz refresh rate. | * Gorilla glass protection is missing.               |
| * 4K video recording.                              | * An optical zoom and ultrawide cameras are missing. |
| * Comes with 66W wired charging support.           |  |
| * Amazing chipset performance.                     |  |

VEHICLE REVIEW

Honda XL750 Transalp



| Starting Price      | Rs. 11.00 Lakh *  |
|---------------------|---|
| Ground Clearance    | 210 mm  |
| Emission Type       | BS6   |
| Engine Displ.       | 755 cc  |
| No Of Cylinders     | 2   |
| No Of Gears         | 6 Speed   |
| Drive Type          | Chain Drive   |
| Transmission        | Manual  |
| Max Torque          | 75 Nm @ 7250 rpm  |
| Max Power           | 91.7 PS @ 9500r pm                                      |
| ABS                 | Dual Channel  |
| Bore                | 87 mm   |
| Stroke              | 63.5 mm   |
| Drive Type          | Chain Drive   |
| Fuel Type           | Petrol  |
| Brakes Front        | Disc  |
| Brakes Rear         | Disc  |
| Tail Light          | LED   |
| USB charging port   | Yes   |
| Additional Features | Self Cancelling Indicators, Emergency Stop Signal, HISS |

| Pros  | Cons  |
|---|---|
| * Beautiful styling and colour combo.       | * Rear suspension not suitable for pillion. |
| * Easy-to-use tech.                         |   |
| * Easy and effortless to drive in the city. |   |
| * Torquey engine.                           |   |

Health and Lifestyle

Brain food: 5 ayurvedic remedies for strengthening memory



Do you have to prepare 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, pancer 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 brain**  
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 also promote sleep.

ASTROLOGY

WEEKLY PREDICTIONS 12<sup>TH</sup>– 18<sup>TH</sup> NOVEMBER 2023

|  |   |
|--|---|
| <b>ARIES</b><br><br>MAR 21 - APR 19       | 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 wellness.                 |
| <b>LIBRA</b><br><br>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 longer serve you.  |
| <b>TAURUS</b><br><br>APR 20 - MAY 20      | The coming four weeks mark the start of a dynamic time when much can be accomplished. 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.  |
| <b>SCORPIO</b><br><br>OCT 23 - NOV 21     | 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.  |
| <b>GEMINI</b><br><br>MAY 21 - JUN 20      | Your home and family sector comes into its own from midweek as the radiant sun moves in for a four-week visit. Its presence here can bring domestic matters to your attention, as 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.                    |
| <b>SAGITTARIUS</b><br><br>NOV 22 - DEC 21 | 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.                  |
| <b>CANCER</b><br><br>JUN 21 - JUL 22      | 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. |
| <b>CAPRICORN</b><br><br>DEC 22 - JAN 19   | After an intense few weeks, the movement of 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.                     |
| <b>LEO</b><br><br>JUL 23 - AUG 22         | 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.                              |
| <b>AQUARIUS</b><br><br>JAN 20 - FEB 18    | 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.   |
| <b>VIRGO</b><br><br>AUG 23 - SEP 22       | The glowing sun moves into your sign midweek 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 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.   |
| <b>PISCES</b><br><br>FEB 19 - MAR 20      | Your interactions could increase as the sun moves into your sector of relating for a four-week 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.                                  |