

MOVIE REVIEW

Tiger 3



Director: Maneesh Sharma
Cast: Salman Khan, Katrina Kaif, Emraan Hashmi
STORY: Tiger (Salman Khan) and his partner Zoya (Katrina Kaif) face a harrowing personal threat when a vengeful terrorist, Aatish Rehman (Emraan Hashmi) from Pakistan, issues an ultimatum— they must comply with his demands or risk losing their son to a brutal fate.

REVIEW: Despite its expected storyline and reliance on established spy movie tropes, 'Tiger 3' navigates a delicate balance between showcasing patriotism and overdratamising it. The timely cameo by Shahrukh Khan as Pathaan, is integrated seamlessly into the story. It's sure to hit home with the fans of both the Khans. Emraan Hashmi shines as the ruthless antagonist, Aatish, despite a very cliched characterisation that lacks conviction.

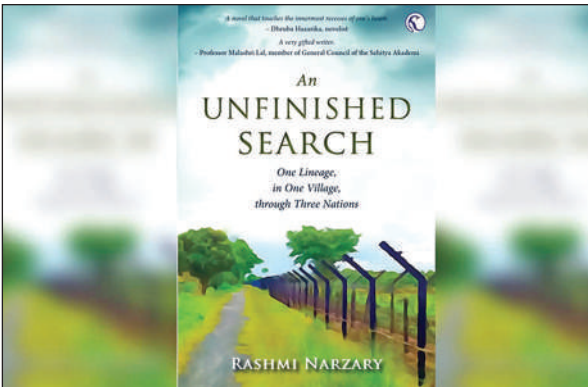
This time around, Pritam's music falls short of leaving a lasting impact. The writing tends to portray Pakistan as the perennial antagonist without delving into nuanced motivations and the complex geo-political landscape of the continent. The dialogues lack the punch to evoke constant applause and seetis from Bhai fans. Despite such heavy dependence on VFX, 'Tiger 3' lacks the required finesse in many scenes, much like its jarring background score (by Tanuj Tiku). The swift pacing makes up for many a flaws, with a taut edit by Rameshwar S. Bhagat.

But overall, 'Tiger 3' qualifies as a good addition to the franchise with enough ammo for mass entertainment.

In-depth Analysis				
Our overall critic's rating is not an average of the sub scores below.				
Direction	████████	██████	██████	3/5
Dialogues	████████	██████	██████	3/5
Story	████████	██████	██████	3/5
MUSIC	████████	██████	██████	3/5
Visual appeal	████████	██████	██████	3/5

BOOK REVIEW

An Unfinished Search



Title: 'An Unfinished Search'
Author: Rashmi Narzary
Genre: Contemporary fiction
Publisher: Pippa Rann UK
Pages: 318
Price: Rs 499

Review: Contemporary Indian novels rarely speak to the hot issues of identity, race, religion and homeland. Rashmi Narzary's great achievement is that she speaks to them gently, lovingly, and simply beautifully.

'An Unfinished Search: One Lineage, in One Village, through Three Nations' is a tragic tale, but for that very reason, strong - in the same way that Shakespeare's 'King Lear' is tragic yet strong, though that is altogether more high-flown in its language as well as sensational in its detail.

By contrast, then, 'An Unfinished Search' is a quiet story, a little in the manner of Satyajit Ray's debut film, 'Pather Panchali', except that Rashmi Narzary chooses to focus on the search for the identity of someone whose mother, in 1857, dying as she gave birth to him, was unable to share with the unfamiliar people attending her in the village to which she had fled, anything beyond one name of her husband. That name could be either Hindu or Muslim. But whether Hindu or Muslim, the child's father, had died fighting on the Indian side of the First Indian War of Independence

The child is adopted by a couple in the Muslim village and is brought up a Muslim but discovers through the taunts of fellow children that he is not the physical child of his parents and that his parentage is unknown. Working on the trivial tidbits of information known about his father, Anjaan (the totally appropriate name given to him by his adoptive parents) sets out to discover his identity.

'An Unfinished Search' is not just a story, it is a saga.

GADGET REVIEW

Vivo V29



Expected Price	Rs 32,999.
Display	6.78-inch
Resolution	(2800x1260)
Processor	Qualcomm Snapdragon 778G
Front Camera	50MP
Rear Camera	50MP + 8MP + 2MP
RAM	8GB, 12GB
Storage	128GB, 256GB
Battery Capacity	4600mAh
OS	Android 13
Wi-Fi	Yes
GPS	Yes
Bluetooth	Yes, v 5.20
NFC	Yes
USB OTG	Yes
USB Type-C	Yes
Fingerprint Sensor	Yes
Magnetometer	Yes
Proximity sensor	Yes
Colours	Himalayan Blue, Majestic Red, Space Black

Pros	Cons
* Appealing design.	* No stereo speakers.
* Nice display.	* Bloatware.
* Impressive battery life.	
* Promising cameras in daylight.	

VEHICLE REVIEW

PURE EV Epluto 7G Max



Starting Price	Rs. 1.14 Lakh*
Drive Type	Hub Motor
Fuel Type	Electric
Range	150-201 km/charge
Top Speed	60 km/hr
Motor Type	BLDC
Motor Power	2200
Fuel Type	Electric
Wheels Type	Alloy
Tyre Type	Tubeless
Brakes Front	Disc
Brakes Rear	Drum
Tail Light	LED
Additional Features	5th Generation Controller
Motor Type	BLDC
Motor Power	2200

Pros	Cons
* Maneuverability.	* No boot space.
* Inhouse battery.	* Seat could've been longer.
* Removable battery.	* Quality of switches is low.
* Charger fits in boot.	

Health and Lifestyle

5 best workouts for men over 50 to live a long and healthy life



Exercising regularly is crucial for maintaining good health and longevity. If you are a man over 50 years of age, a previously sedentary lifestyle may start showing its impact on your health now, through various issues like body pain, weight gain or weak muscles. However, by committing to a fitness regime, you can improve your health and fitness. Consider training under supervision if you are just starting working out now or took a big break. Incorporating a well-rounded fitness routine can help improve cardiovascular health, build strength, increase flexibility, and enhance overall well-being. Here are five best exercises for men over 50 to live longer:

Stationary bike
Stationary biking is an excellent low-impact exercise that is easy on the joints. It helps improve cardiovascular health by increasing heart rate and enhancing lung capacity. This is crucial for reducing the risk of heart disease and stroke, which become more significant concerns as men age. Maintaining a healthy weight is vital for longevity, and stationary biking is an effective way to burn calories and support weight management.

Deadlifts
To do a deadlift, you are required to lift a loaded barbell or bar off the ground to the level of the hips, torso perpendicular to the floor, and then place it back on the ground. Deadlifts engage multiple muscle groups, including the legs, back, and core. As men age, maintaining muscle mass becomes increasingly important for preventing age-related muscle loss and maintaining a strong, functional body. Weight-bearing exercises like deadlifts also promote bone density, reducing the risk of osteoporosis. Make sure you practice them under supervision and choose the weights as advised.

Squats



To do a squat, you have to lower your hips from a standing position and then stand back up. This exercise helps to strengthen the quadriceps, hamstrings, and glutes. This is essential for maintaining functional mobility and independence as you age. Squats also improve balance and stability, reducing the risk of falls and related injuries. It is important to keep your posture correct in order to avoid any injuries and reap the most benefits from your workout.













Walking with weighted carries
Carrying weights while walking is a functional exercise that mimics daily activities like grocery shopping or carrying luggage. This helps maintain strength and mobility for real-life tasks. It engages the core muscles, improving posture and reducing the risk of back pain.

Pull-Ups
Pull-ups are great for building upper body strength, targeting the back, shoulders, and arms. This is crucial for maintaining functional strength for everyday tasks. Increasing muscle mass through exercises like pull-ups can help boost metabolism and support weight management. Make sure you have done your warm-up or cardio before doing this exercise.

Do not forget the diet factor
Staying active by following the above-mentioned exercises will help you maintain good health for a long life. Along with that, it is important to also be mindful of what you eat. A healthy diet includes eating plenty of fresh vegetables, fruits, wholegrains, nuts and dairy foods (or dairy alternatives for vegans). If you are a non-vegetarian, you can also eat lean meats. Cut down on foods that are processed, high in saturated fat, added salt, and added sugar. Avoid alcohol consumption and quit smoking if you do.

ASTROLOGY

WEEKLY PREDICTIONS 19TH— 25TH NOVEMBER 2023

ARIES  MAR 21 - APR 19	This week, you're moving quickly, but not as quickly as you'd like. Sun in Scorpio and your house of power and control Pluto in Capricorn. Someone might try to strong-arm you into taking responsibility for something that isn't yours. This is your opportunity to use your negotiating skills rather than go head-to-head against this person.	LIBRA  SEP 23 - OCT 22	This week, you are a money magnet. There's a new moon in Scorpio on Monday, November 13. Also, the sun in Scorpio and your house of money opposes Uranus in Taurus. It might occur to you to look at your money and revenue-producing activities in a new way. Libra, you could shift your focus from hoping that money will come in to being determined to find sources of money.
TAURUS  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.	SCORPIO  OCT 23 - NOV 21	This week, you're planting good seeds. There's a new moon in your own sign of Scorpio on Nov 13. Also, the sun in Scorpio and your house of confidence opposes Uranus in Taurus. Scorpio, this new moon marks the beginning of your lunar year. This is especially important because Uranus encourages variety and novelty. That means try to do as many new things as possible.
GEMINI  MAY 21 - JUN 20	This week, you're finding a better way. There's a new moon in Scorpio. Also, the sun in Scorpio and your house of daily routines opposes Uranus in Taurus. Breaking free of a stale process could give you some very beneficial returns. This means going against the grain and doing something in a brand-new way. And this could save you time, energy, or resources or save the company money.	SAGITTARIUS  NOV 22 - DEC 21	This week, brilliant ideas are abundant. There's a new moon in Scorpio on Monday, November 13. Also, the sun in Scorpio and your house of theater, film, and fantasy opposes Uranus in Taurus. Sagittarius, you might skip work to go see a movie, or you might have tickets to the theater. This is a great day to really explore the idea of a career in the film, television, or theatrical industry.
CANCER  JUN 21 - JUL 22	This week, it's time for some fun. There's a new moon in Scorpio on November 13. Also, the sun in Scorpio and your house of fun opposes Uranus in Taurus. You might want to play hooky today. You're looking to do something different, interesting, and enjoyable. Ditch your usual Monday routine and lighten your mood and heart by going in a different direction. Romance is possible today.	CAPRICORN  DEC 22 - JAN 19	This week, you might seek a new path. There's a new moon in Scorpio on Monday, November 13. Also, the sun in Scorpio and your house of friendships opposes Uranus in Taurus. Capricorn, you might have a friend who pushes your boundaries. They're the one who's willing to go out on a limb, take a risk, or try the escargot appetizer. Right now, they could inspire you to break out of your rut.
LEO  JUL 23 - AUG 22	This week, you're delighting in something different. Also, the sun in Scorpio and your house of family opposes Uranus in Taurus. Leo, you might come from a quirky family, and their eccentricities could delight you. This is a good day to meet with family members who have interesting lives or eclectic hobbies. Visit an uncle who has a doorknob collection or a cousin who plays the bagpipes.	AQUARIUS  JAN 20 - FEB 18	This week, your reputation shines. There's a new moon in Scorpio on November 13. Also, the sun in Scorpio and your house of social standing opposes Uranus in Taurus. You're standing out from the crowd, possibly due to a video you posted, your latest podcast episode, or a meme you sent. You could be getting more engagement with your audience and a boost in your numbers.
VIRGO  AUG 23 - SEP 22	This week, there's joy in doing something new. Also, the sun in Scorpio and your house of physical activities opposes Uranus in Taurus. Virgo, you might be doing something quite different. You might have an opportunity to test drive a new car or ride a new motorcycle. On November 15, Venus in Libra and your house of money makes a quincunx to Jupiter.	PISCES  FEB 19 - MAR 20	This week, a little work gets you closer to what you want. There's a new moon in Scorpio on Nov 13. Also, the sun in Scorpio and your house of travel opposes Uranus in Taurus. You might be feeling restless and eager to escape your usual routine. It's a great day to embark on a spontaneous trip, whether it's taking a short drive or exploring a new place in depth.

