

MOVIE REVIEW

The Power



Movie: The Power
Director: Mahesh Manjrekar
Cast: Vidyut Jammwal, Shruti Haasan, Jisshu Sengupta, Sonal Chauhan, Amol Parashar

Story: In Mumbai, the lives of several members of the crime family of Thakurs is suddenly under threat as rival gangs and goons gang up against them and launch a deadly attack on the patriarch Kalidas Thakur and his younger son, Devidas. In what ways this thick-as-thieves family unit navigates these unprecedented times and the bonds they break along the way is how 'The Power' can be best described.

Review: It's a feature film and not a web show, a huge amount of time is dedicated to hyping up the central theme, which, frankly, can be deemed unnecessary so much so that after a while even the high-octane action sequences and emotionally-charged scenes cannot keep you hooked. Secondly, in terms of acting, not everyone's performed – while Vidyut holds his own as the calm and calculative Devi, Shruti lacks the conviction of a bereaved daughter seeking vendetta from her wrongdoers.

Vidyut Jammwal is his usual top-notch self in the action department, but too many slo-mos spoil the broth. And for those who follow action movies religiously, it is safe to say that the background score plays a crucial role in heightening the drama, but sadly, that is not the case with this one.

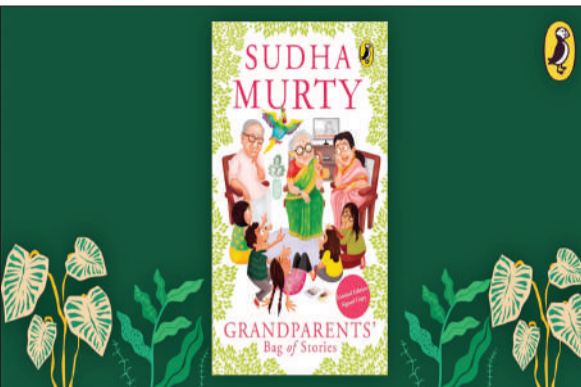
In-depth Analysis

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

BOOK REVIEW

Grandparents' Bag of Stories



Title: Grandparents' Bag of Stories
Author: Sudha Murty
Genre: Children's book
Publisher: Puffin
Pages: 240
Price: 250 INR

Review: Grandparents' Bag of Stories by Sudha Murty is a follow up to her popular Grandma's Bag of Stories. It's a delightful collection of stories that will not only entertain children stuck at home during the pandemic, but will also be relatable for them.

Published during the 2020, this tome contains relatable tales from the pandemic. The children in the tales stitch face-masks, help out with the cleaning, cooking and other chores of the house and even assist their family in helping those in need. In between the daily chores, they hear fascinating tales about kings and thieves, Gods and Goddesses, beanstalks and strange kingdoms from their grandparents.

Written in Murty's simple and pleasant style, this book will be a great companion for any child during this lockdown. In the years to come it can be bought to teach other generations what it was like for children during the pandemic.

GADGET REVIEW

LG Velvet



Expected Price	Rs 44,990
Display (Primary)	6.80-inch
Resolution	(1080x2460)
Processor	Qualcomm Snapdragon 845
Front Camera	16MP
Rear Camera	48MP + 8MP + 5MP
Rear autofocus	Yes
Rear flash	LED
RAM	6GB
Storage	128GB
Battery Capacity	4300mAh
Fast charging	Quick Charge 4+
Wireless charging	Yes
OS	Android 10
GPS	Yes
Bluetooth	Yes, v 5.10
NFC	Yes
USB Type-C	Yes
Face unlock	Yes
Proximity sensor	Yes
Accelerometer	Yes

Pros

- * Premium build, exquisite color schemes, IP68 rating.
- * Dual Screen accessory opens up possibilities for multitasking.
- * Powerful stereo speakers.
- * Excellent battery life.

Cons

- * Big and Bulky.
- * Slow charging.

VEHICLE REVIEW

Kawasaki Z H2



Starting Price	Rs. 1.00 - 1.15 Lakh
Displacement	998 cc
Max Power	200 PS @ 1100 rpm
Max Torque	137 Nm @ 8500 rpm
Front Brake	Disc
Rear Brake	Disc
Fuel Capacity	19 L
Body Type	Super Bikes, Sports Naked Bikes
Ground Clearance	140 mm
Riding Modes	Yes
Cruise Control	Yes
Quick Shifter	Yes
Navigation	Yes
LED Tail Light	Yes
Speedometer	Digital
Odometer	Digital
Tripmeter	Digital
Tachometer	Digital
Headlight	LED
Tail Light	LED
Low Fuel Indicator	Yes

Pros

- * Unparalleled speed and acceleration.
- * Electronic aids equipped hyperbike.
- * Most powerful production motorcycle.

Cons

- * Extreme riding position.
- * Bad fuel economy.

Health and Lifestyle

How to manage long COVID symptoms after recovery

Recovery from novel coronavirus can take a while, depending on your symptoms. For many, it can also span into weeks, often a months-long battle, leaving them vulnerable to other medical frailties. Known as long COVID, it has been estimated that 1 in 4 patients suffer from post COVID complications after recovery.

What does post COVID or long COVID mean?
With symptoms ranging from heart ailments, impaired lung functions, cognitive decline and compromised immunity, long COVID-19 tends to affect the ones who have severe COVID-related illness.

Dealing with long COVID-19 can also be problematic. Long haulers have come forward to detail the possible symptoms they experience- and how it can take a while for them to resume life in a normal manner.

If estimates are to be believed, post-COVID syndrome can go on to affect anywhere between 25-30% of people suffering from COVID. In cities across the world, special post COVID care clinics have also been thrown open.

Since the virus can leave many struggling to manage their symptoms and get the quality of life back, doctors now warn people, especially the ones suffering from severe symptoms to have a recovery plan ready.

If you have just recovered, or at risk of developing long COVID, here's a guide to managing your condition and health in the long run:

What are the symptoms you can experience with long COVID?
Considering the nature of the virus, the infection strain can affect people differently. Expect a multitude of symptoms, which can be mild or moderate in nature.

Headache, extreme and chronic exhaustion, backache, muscle pain, appetite loss, lingering cough can be experienced commonly in the first few weeks after recovery. It could be a persisting symptom or result of the remainder viral load in the body.

Reports that have come out in the recent months suggest that the most common long-term complications are damage to the heart, respiratory system, nervous system.

There have also been several studies which ascertain that a viral infection as major as COVID-19 could leave one vulnerable to developing some forms of mental illnesses, such as PTSD, insomnia, depression, anxiety.

Some people have also come forward to report brain fog, confusion, memory loss and cognition problems after recovery.

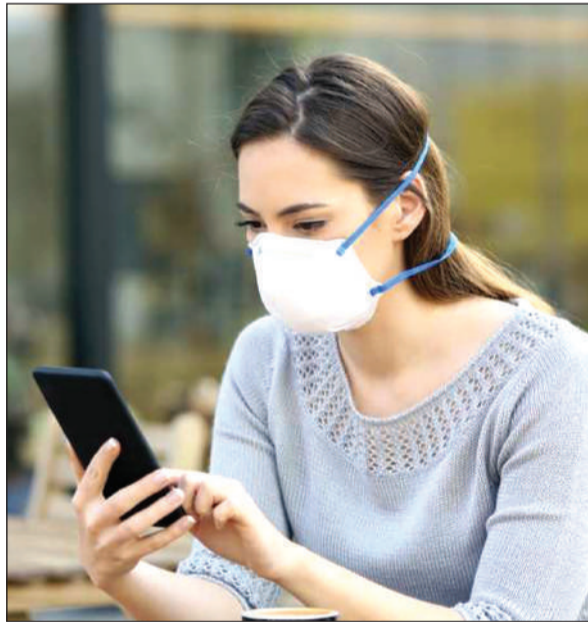
Most of all, what long haulers say is that their symptoms-no matter how small or big can impair daily functioning and present problems in resuming normal life.

Dealing with different symptoms post COVID
Since long COVID symptoms are varied, they are managed and treated, depending on the type and severity of the signs you have.

While some may slowly recover over time, some symptoms of long COVID-19 can demand acute attention from day 1.

If you suffer from respiratory problems such as chest pain, experience shortness or difficulty in breathing, you might have to prepare yourself to make some changes in your routine, and additions. Some respiratory symptoms can also induce stress on your body and take longer to recover.

Since oxygen saturation is a common complication associated with COVID, many patients are often advised to use med-



ical equipment like a nebulizer, oxygen concentrators and cylinders to make up for the deficiency.

Be prepared for long-term care
Heart problems, which can occur when there is sizeable damage to the heart valves or blood clotting can worsen over years. Hence, long-time care and prevention tactics may need to be adopted.

You may face fatigue and tiredness
Exhaustion and fatigue is also something that needs to be taken into concern. Remember, your body has just fought off a major infection. So, try and not exert yourself and take your time to recover, no matter how long or how arduous it may seem.

What one also needs to know is that COVID-19 also impairs your immunity to an extent and makes you vulnerable to chronic diseases. To safeguard yourself, adopt all preventive strategies and stay safe from danger. Good hygiene habits and post-op plans may also cut down your risk of reinfection.

Keep up with the medications and devised treatment
Even though the viral load may have gone away, but it's doubly important to keep a track of your vitals when you are on the road to recovery.

Follow up on doctor's appointments, keep taking medications on time and any precautionary measures you may have been advised.

Diet/ Exercise moderations to follow
Now more than ever should be the time one needs to concentrate on getting health back to normal and strengthen immunity. Following a good diet can help you with that.

Ensure that you consume a rich source of important nutrient groups- Vitamin C, D, B12, Zinc and Protein should be had in abundance. These will help your body recover faster, smoothen metabolism as well.

At the same time, do not pressure yourself to follow extreme workouts right after recovery. Slow down, adopt easy physical exercises which keep you brisk and get the heart rate up. Give your body the time it needs to heal first.

ASTROLOGY

WEEKLY PREDICTIONS 17TH - 23RD JANUARY 2021

ARIES



Nobody, apparently -- or at least not as this week begins. On Monday and on into Tuesday morning, you'll blow away the competition and others will look on admiringly. On the rest of Tuesday and on through Thursday morning, your ambitions will find even broader support. Now is a great time for forming new alliances and building up big, bold plans.

LIBRA



Break past old limits as the week begins. On Monday, you might find yourself feeling overly sentimental, but just sluck that maudlin mood and embrace your own inner optimism. From Tuesday afternoon through Thursday, set out to try new things -- and meet new people. The time is right for romantic and intellectual breakthroughs.

TAURUS



As the week begins, you'll find yourself feeling good and grounded. Your patient, open-minded attitude is paying off and Monday (and Tuesday morning, too) should go just as planned. From Tuesday afternoon through Thursday morning, try to be flexible -- others might try to get a rise out of you, so don't give them the satisfaction. (Unless, of course, butting heads sounds appealing.)

SCORPIO



You're feeling extraordinarily ambitious as the week begins. From Monday through Tuesday afternoon, your willpower and assertiveness will shift into overdrive and it's a good time for making commitments and signing on the dotted line. From Tuesday afternoon through Thursday afternoon, your work with others could become a lot less harmonious, especially if you're not open to others' ideas.

GEMINI



Every week should begin this way! You're full of energy and enthusiasm on Monday and Tuesday -- and you've got ample charm to inspire others at home, at work or anywhere. Expect to slow down on Wednesday and Thursday, though: You'll be more intent on analysis than action. That unusual intelligence and insight should carry you well, when you can put those ideas to work.

SAGITTARIUS



The week starts with a big shift for you. You're not usually fretting over how to make ends meet, but pesky financial details could come to the forefront on Monday (and on into Tuesday afternoon). Pinch pennies, but do it creatively. From Tuesday afternoon through Thursday, discover a whole new world of people -- who just happen to have a whole new world of ideas for you.

CANCER



If you're looking to avoid misunderstandings and mishaps, lay low as the week begins. From Monday on through Tuesday morning, you'll have a hard time making yourself clear to others. From Tuesday afternoon through Thursday afternoon, you'll have much better luck communicating -- especially if you can appeal to people's heads rather than their hearts.

CAPRICORN



As the week begins, you're full of energy and ambition. On Monday and on into Tuesday morning, you can expect to get a lot done -- and to get a lot of praise in the process. From Tuesday afternoon through Thursday, you need to be wary of new plans and untested schemes (and don't hesitate to share your guidance with others). From Thursday afternoon through Saturday, your creativity should blossom.

LEO



You know what you want as the week begins, so go ahead and go after it! On Monday and on through Tuesday morning, you should find plenty of opportunities to achieve your goals (and maybe even show off in the process). Expect others to admire your accomplishments, but going into Tuesday afternoon and through Thursday, try to ease back on your own ego.

AQUARIUS



What's going on? You might find yourself confused by a turn of events on Monday or Tuesday, but don't fight against the flow. Let things unfold and adapt as necessary. From Tuesday afternoon through Thursday, expect to inspire. You're at your confident, charismatic best right now and others will be moved by your brilliance. You need to step back and reassess your situation.

VIRGO



You'll find yourself feeling unusually outgoing and optimistic as the week begins -- and you can expect others to notice! From Monday through Tuesday afternoon, don't be surprised to find opportunities for creative ideas and plans. You'll achieve an organizational coup. You might not have thought that you could whip your world into shape any better.

PISCES



Or maybe you should just want to connect a group with some much-needed leadership. In any case, you'll find your managerial skills in demand as the week begins. By Tuesday afternoon and on through Thursday, you'll find yourself overwhelmed by a flood of new ideas. On Saturday evening and Sunday, look for hidden solutions to difficult puzzles.