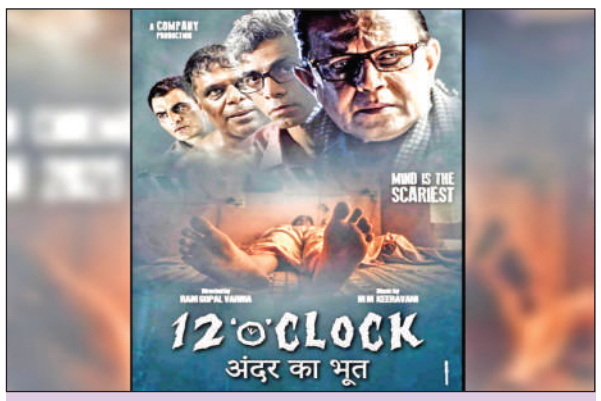
MOVIE REVIEW

12 'O' Clock



Movie: 12 'O' Clock
Director: Ram Gopal Varma
Cast: Mithun Chakraborty, Makarand Deshpande Manav Kaul, Ashish Vidyarthi

Story: The story revolves around a young girl, Gauri, who is traumatised by the frequent nightmares she experiences on a regular basis, which often leads to sleepwalking.

Review: With reasonably good actors and a story that had the material to turn into something remarkable, director-writer Ram Gopal Varma presents a half-baked broth of some under-developed characters and the not-so-convincing sub-plots and his wife. In the first half one gets bored trying to figure out what is wrong with the lead character. Eventually, the latter part keeps you hooked especially when the new characters—Mithun Chakraborty as a psychiatrist, Debholay, and Manav Kaul as encounter specialist, Francis Desouza—are introduced. Overall, it's a half-hearted effort from RGV who has previously directed horror films such as 'Bhoot', 'Phoonk' and 'Vastu Shastra'.

Debutante Krishna Gautam is convincing as Gauri but lacks conviction as a possessed teenager. Mithun Chakraborty and Manav Kaul help in pushing the narrative forward. Makrand Deshpande as Gauri's worried and helpless father gives a decent performance, too. 12 'o' Clock' fails to hold your attention for too long and ends up being a bit of a drag.

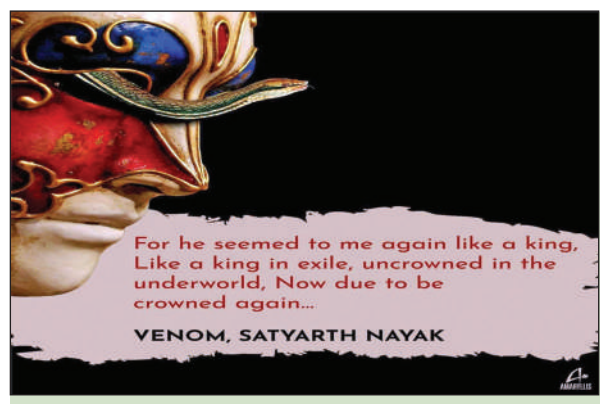
In-depth Analysis

Our averall 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

Venom



Title: Venom
Author: Satyarth Nayak
Genre: Fiction
Publisher: Amaryllis
Pages: 336
Price: 399 INR

Review: Venom' by Satyarth Nayak is a thriller that brings mythology to modern India.

There is a dangerous person on the loose and whomever he attacks is left in a vegetative state. Names of characters from Hindu mythology are found in the crime scene and creepy red rainbows are seen across the sky in Mumbai.

A policeman Parag Suri and an author Om Patnaik try to make sense of the mystery that seems paranormal. India's matinee idol, Ashwin Tomar and his odd secretary Yeva seem to be involved somehow, if a young girl from Manipur who is diagnosed with autism is to be believe.

The tale mixes mythology with modern life. In Indian mythology we believe there are Chiranjivi's- immortals who roam the Earth. If one believes the old tales, it stands to reason that they'll be here even today and it seems one of them was involved in the case.

The story is gripping and exciting. The pure imagination behind the tale is riveting and the different elements of contemporary India the author includes just makes it more than a mytho-fiction. It's a great read for mythology fans and mystery lovers alike.

GADGET REVIEW

Samsung Galaxy S21 Ultra



Expected Price	**Rs 1,05,999**
Display	6.80-inch
Protection type	Gorilla Glass
Resolution	(1440x3220)
Processor	Samsung Exynos 2100
Front Camera	40MP
Rear Camera	108MP + 12MP + 10MP + 10MP
Rear autofocus	Laser autofocus
Rear flash	Yes
RAM	12GB
Storage	128GB
Battery Capacity	5000mAh
Fast charging	Proprietary
Wireless charging	Yes
OS	Android 11
GPS	Yes
Bluetooth	Yes, v 5.00
NFC	Yes
USB Type-C	Yes
Face unlock	Yes
Accelerometer	Yes

Pros
* The quad-camera of 108MP 2nd generation camera.
* Impressive performance speed.
* Amazing camera performance even in low light.

Cons
* Big and Bulky.
* Uninteresting colour choices.

VEHICLE REVIEW

Skoda Superb



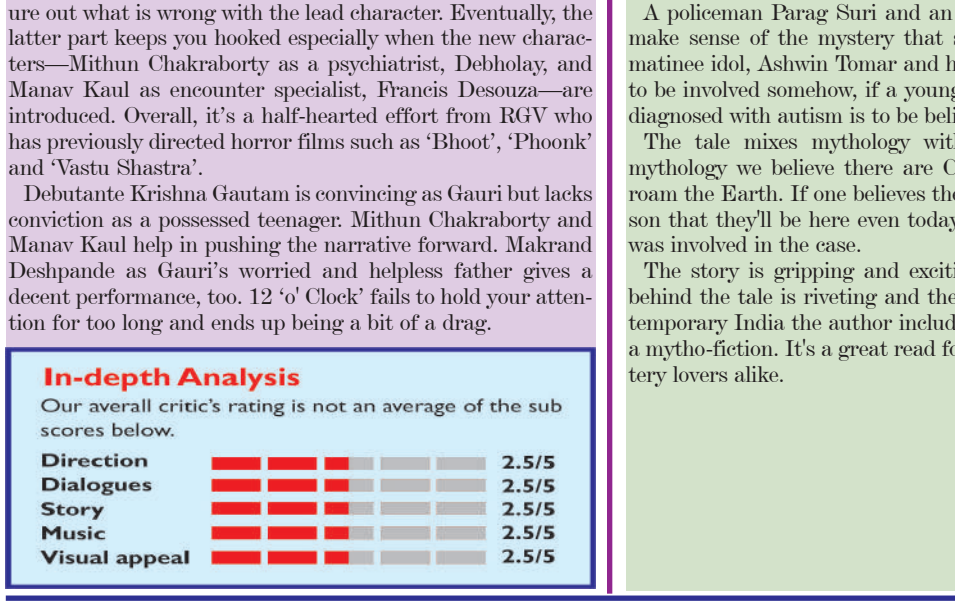
Starting Price	**Rs. 30.49 - 32.99 Lakh**
Engine	1984 CC
Mileage	15.4 Kmpl
Fuel Type	Petrol
Fuel Capacity	66 Liters
Transmission	Automatic
Power	187.74bhp@4200-6000rpm
Gear Box	7-Speed DSG
Max Torque	320nm@1450-4200rpm
No Of Cylinders	4
Engine Type	2.0L Turbocharged Petrol
Seating Capacity	5
Paddle Shift	Yes
Drive Type	FWD
Alloy Wheel Size	R17
Brakes Front	Disc
Brakes Rear	Disc
Boot Space	625 Liters
Ground Clearance	156 mm
Trunk Opener	Remote
Airbags	Driver, Passenger, Side Front/Rear

Pros
* Luxurious and spacious cabin.
* Powerful petrol engine.
* Classy, high-quality interior.
* Excellent highway cruiser.

Cons
* Slight body roll at higher speeds.

Health and Lifestyle

How to easily transform your body in three months



Everybody wants to look their best - be it their goal of becoming slimmer or achieving a physique that is muscular. There is so much that the Internet will tell you but if nothing seemed to have helped you so far, we tell you that it is not hard to achieve a dream body. Not only that, you can come really close to your goals within a period of three months.

There are some steps that you diligently need to follow and you will start seeing results without a doubt. Let's dive straight into it

Create a calorie deficit

First of all, you need to be in a calorie deficit.If you are someone who follows nutrition related news, you must be familiar with the term but let us understand what calorie deficit really means. Our body needs calories to work, and for that we need to eat 'maintenance calories' to be in the same weight.

To start your weight loss or fat loss journey, you need to create a calorie deficit by simply eating below your maintenance calories. For example, if your calorie deficit is 2000, then you need to eat around 1700 to 1800 calories per day and slowly you can reduce your calories to 1500.

You can find out your maintenance calories on calorie calculator on web.You need not reduce your calorie intake below 1500 or 500 calories below your maintenance as our body needs to function properly. You can track your calories on apps like My FitnessPal, HealthifyMe.

Work out

Once you have defined your daily calorie intake, you need to start working out or indulge in some or the other fitness activity. Make sure you enjoy an activity that makes you feel great. If gymming excites you, do that, but if you love playing sports, pursue that.

Walk a minimum of 10,000 steps

Another great tool to amplify your weight loss journey is completing around 10,000 steps daily. It is a very simple thing to do and will help you burn some 400-500 calories daily, amounting to 2800-3500 calories in a week.



Focus on expending energy through basic tasks

Another thing which you can do is perform NEAT i.e. Non-exercise activity thermogenesis - this means you can simply take stairs rather then using the lift, use a cycle for transportation if you are going to a close distance, try to walk while talking on the phone, don't sit too long and do some stretching through the day.

If you follow these simple steps for 3 months regularly, you will definitely lose weight and achieve your desired body.

ASTROLOGY

WEEKLY PREDICTIONS 24TH — 30TH JANUARY 2021

ARIES (MAR 21 - APR 20)

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.

TAURUS (APR 21 - MAY 20)

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.)

GEMINI (MAY 21 - JUN 20)

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.

CANCER (JUN 22 - JUL 23)

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.

LEO (JUL 24 - AUG 23)

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.

VIRGO (JUL 24 - AUG 23)

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.

LIBRA (SEP 24 - OCT 22)

Break past old limits as the week begins. On Monday , you might find yourself feeling overly sentimental, but just shuck 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.

SCORPIO (OCT 23 - NOV 22)

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.

SAGITTARIUS (NOV 23 - DEC 22)

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.

CAPRICORN (DEC 23 - JUL 20)

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.

AQUARIUS (JAN 21 - FEB 23)

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.

PISCES (FEB 20 - MAR 20)

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.