

## MOVIE REVIEW

### Ek Chup



**Director:** Sonya V. Kapoor  
**Cast:** Mona Singh, Joy Sengupta, Chahat Tewani

**STORY:** Dr Radhika becomes a victim of domestic violence amid the Covid-19 disaster, but she chooses to keep it hidden. Will she ever break her silence?

**REVIEW:** This short film is written and directed by Sonya V Kapoor, who has also co-produced it with Amrita Mendonza. This drama centres on the so-called "shadow pandemic," which refers to the rising rates of violence against women and girls during the COVID-19 pandemic. The same is depicted through the eyes of the lead character, Dr Radhika (Mona Singh), who has long been a victim of domestic abuse. However, due to Covid-19, the severity of the condition has risen and affects her daughter Sara (Chahat Tewani). As the story progresses, we witness how Radhika confronts her inner demons, including a difficult relationship with her husband, Shekhar (Joy Sengupta). The real question is whether she will break her silence. This is the central theme of the story.

'Ek Chup' is a compelling case study on domestic violence, but it wouldn't be the same without Mona Singh. She speaks through her eyes and makes you identify with her character. Chahat Tewani is fantastic as her adolescent daughter. Joy Sengupta's character will undoubtedly make you dislike him. You can view this film for any reason, but it is definitely worth watching, especially for its efforts to show victims of the "shadow pandemic" and Mona Singh's outstanding performance.

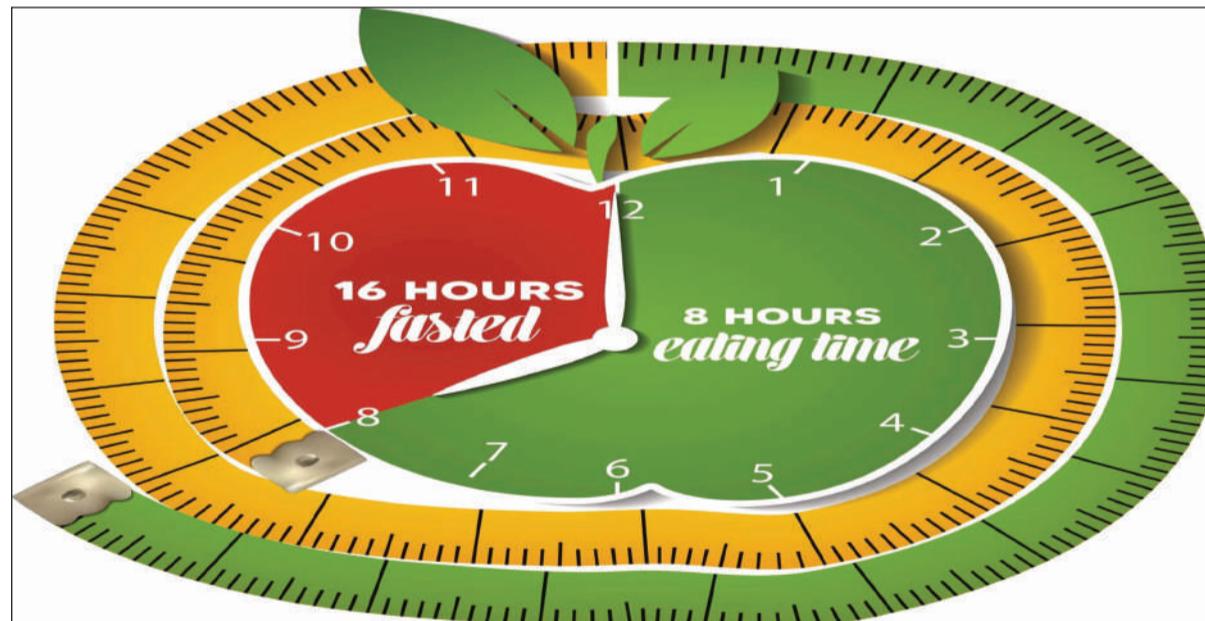
#### In-depth Analysis

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

## Health and Lifestyle

### STOP making these mistakes if you are on intermittent fasting



The very fact that there is a big window for fasting makes many people anxious and they tend to eat more in order to keep themselves energetic during the fasting period.

This kills the motive of intermittent fasting in many. The eating window should be used judiciously. One should eat healthy and nutritious food during this window.

One needs to understand that only when one burns more calories than one consumes the objective of intermittent fasting is fulfilled.

#### Reducing consumption of food

Many people are of this notion that the more hours they fast, the faster they will be able to lose weight. This is a wrong assumption.

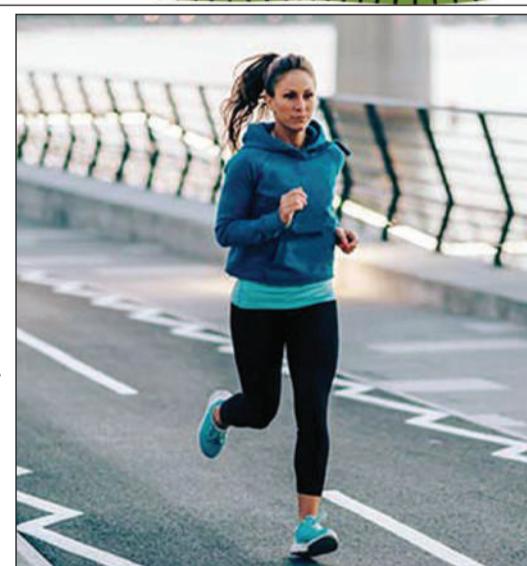
Intermittent fasting has a fixed window of eating and fasting in order to facilitate the burning of calories and reduce the overall weight. By starving for a longer duration you are putting your body through extreme pressure of functioning without good nutrients.

#### Not sticking to a diet plan

This is probably one of the common mistakes in every weight management program. The enthusiasm which most of us have during the beginning of a diet plan does not remain the same after a few days. The body which has just begun working as per a new diet plan does not get sufficient scope to make it fruitful. This sudden change in diet pattern affects the health as well.

#### Not choosing the right plan

When opting for intermittent fasting, it is vital to choose the right plan. There are different types of intermittent fasting and you need to find the one that works for you. If you are a working professional your fasting type will not be the same as



someone who has a different daily life. It is best to consult an expert to find which intermittent fasting works for you.

#### Not hydrating enough

What people need to know is that hydration is an important part of intermittent fasting. Not having sufficient water during the fasting period especially dehydrates the body.

This can lead to muscle cramps, headache and a rapid feeling of hunger forcing you to give up. This can also break your spirit and force you to leave the fasting window.

Therefore try different types of hydration during this time period.

#### Choosing wrong food during the eating window

Another glaring mistake done during intermittent fasting is having all kinds of wrong food during the eating window.

Many people randomly eat things during the eating window. The half knowledge that fasting period is enough to lose weight prompts them to consume unhealthy processed foods.

Eating junk foods during intermittent fasting negates the benefits of intermittent fasting and enhances the growth of weight.

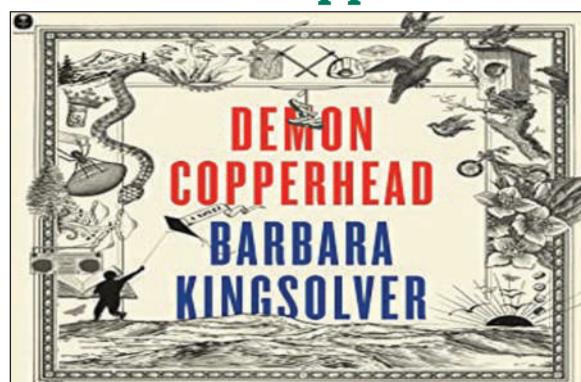
#### Not having physical activity

Intermittent fasting can not guarantee weight loss if you do not exercise properly. Exercises help in burning calories and hence speed up the weight loss process during intermittent fasting. While you are on intermittent fasting do not push yourself in doing rigorous exercise. Start it slowly and then gradually increase the intensity of the exercise.

Physical inactivity is the reason behind several health complications as well.

## BOOK REVIEW

### Demon Copperhead



**Title:** Demon Copperhead  
**Author:** Barbara Kingsolver

**Genre:** Fiction

**Publisher:** Harper

**Pages:** 560

**Price:** 2060 INR

**Review:** Author Barbara Kingsolver is back with a new novel this year. Titled 'Demon Copperhead', this is a fascinating reimagining of Charles Dickens's classic 'David Copperfield'.

Set in modern-day southern Appalachia in America, 'Demon Copperhead' is a coming-of-age story. It follows the protagonist Damon Fields, nicknamed Demon Copperhead due to his copper-coloured hair. Damon is born to a drug-addict teenage single mother, while his father is dead. While his mother is in and out of rehab centres, Damon is raised in foster care. But with a fierce will to survive, Damon braves all the odds-- the down-side of foster care, poverty and child labour, poor schools, athletic success, drug abuse and addiction, love and loss. In the process, he not only survives but also grows-up as a person.

Kingsolver's realistic characters and storytelling will not only grab the reader's attention, but will also move them. While it isn't necessary to read Dickens' 'David Copperfield' prior to reading 'Demon Copperhead', those who have read both can surely notice the how the author has brought in her own reimagining of the story in modern times. The book was also picked by Oprah for her book club this year.

**How critics view the book:**

Kirkus Reviews calls it, "An angry, powerful book seething with love and outrage for a community too often stereotyped or ignored."

## GADGET REVIEW

### Samsung Galaxy F04



**Expected Price**

Rs 7,999. 6.5 inches

Resolution 720 x 1600 pixels

Operating System Android v12

RAM 4 GB

Processor MediaTek Helio P35

Rear Camera 13 MP + 2 MP

Front Camera 5 MP

Autofocus Yes

Flash Yes, LED Flash

Battery 5000 mAh

USB Type-C Yes

Wi-Fi Yes, Wi-Fi 4 (802.11 b/g/n)

Bluetooth Yes, v5.0

GPS Yes with A-GPS

NFC No

Loudspeaker Yes

Audio Jack 3.5 mm

Fingerprint Sensor No

Other Sensors Accelerometer

Colours Jade Purple, Opal Green

#### Pros

- \* Impressive display.
- \* 3.5mm Audio Jack.
- \* Long battery life.
- \* Extra storage unit.

#### Cons

- \* No fingerprint sensor.
- \* Average Cameras.

## VEHICLE REVIEW

### 2022 KTM RC 390



**Starting Price**

Rs. 3.16 Lakh\*

373.27 cc, Single Cylinder, Liquid Cooled, DOHC, FI Engine

No. of Cylinders 1

Max Power 43.5 PS @ 9000 rpm

Max Torque 37 Nm @ 7000 rpm

Front Brake Disc

Rear Brake Disc

Fuel Capacity 13.7 L

Body Type Sports Bikes

ABS Dual Channel

Riding Modes Yes

Traction Control Yes

Quick Shifter Yes

Adjustable Windshield Yes

LED Tail Light Yes

Speedometer Digital

Odometer Digital

Tripmeter Digital

Passenger Footrest Yes

#### Pros

- \* Stunning Looks.
- \* Highly Usable Instrument Cluster.
- \* Comfortable seats
- \* Brisk Acceleration.

#### Cons

- \* Lacks Fit and Finish.
- \* Stiffened Suspension.

## ASTROLOGY

### WEEKLY PREDICTIONS 08<sup>TH</sup>—14<sup>TH</sup> JANUARY 2023

#### ARIES



MAR 21 - APR 19

This week, opportunities come easily and quickly. The week begins with Mercury retrograde in Capricorn and your house of career making a trine to Uranus in Taurus. If you're looking for a job, you might find a lucrative opportunity for which you're very qualified. Aries, send off your resume and you could have an interview in no time.

#### LIBRA



SEP 23 - OCT 22

This week, a chance communication could lead to romance. The week begins with Mercury retrograde in Capricorn and your house of dwellings making a trine to Uranus in Taurus. Libra, you might want to make some changes to your home. These could be minor alterations (but still require a professional to help you).

#### TAURUS



APR 20 - MAY 20

This week, you win when you keep an eye on the details. The week begins with Mercury retrograde in Capricorn and your house of education making a trine to Uranus in your own sign of Taurus. You might be preparing an important paper for school or some other document regarding education. But before you send it off, you might want to double-check everything.

#### SCORPIO



OCT 23 - NOV 21

This week, taking your time makes things easier. The week begins with Mercury retrograde in Capricorn and your house of transportation making a trine to Uranus in Taurus. There could be some challenges with your vehicle today. Scorpio, it's possible the car won't start or it's blocked in by snow or a stalled vehicle. The train could be late. Today, give yourself plenty of time to get to your destination.

#### GEMINI



MAY 21 - JUN 20

This week, you might stumble upon a treasure. The week begins with Mercury retrograde in Capricorn and your house of resources making a trine to Uranus in Taurus. Gemini, you might be reviewing your finances and investments when you stumble upon something that looks like quite an opportunity. This might be a stock with a technical analysis graph that looks like it's about to make a breakthrough.

#### SAGITTARIUS



NOV 22 - DEC 21

This week, you might have extra cash in hand. The week begins with Mercury retrograde in Capricorn and your house of revenue making a trine to Uranus in Taurus. It's possible you're receiving more money now. Sagittarius, this could be due to a recent job change and now the higher income is hitting your bank account. Take a moment and savor this energy of abundance.

#### CANCER



JUN 21 - JUL 22

This week, romantic opportunities abound. The week begins with Mercury retrograde in Capricorn and your house of relationships making a trine to Uranus in Taurus. Cancer, you could surprise your friends and family with a big announcement. You and your dating partner might be ready to get engaged, or you might be pooling resources to buy real estate or a stock with a technical analysis graph that looks like it's about to make a breakthrough.

#### CAPRICORN



JAN 22 - FEB 21

This week, you're moving forward at high speed. The week begins with Mercury retrograde in Capricorn and your house of confidence making a trine to Uranus in Taurus. Someone might put you on the spot. They might tell others of your great writing ability, how well you speak in public, or that you know how to add titles to videos, and suddenly seem to be roped into some new activity.