

MOVIE REVIEW

Ek Chup

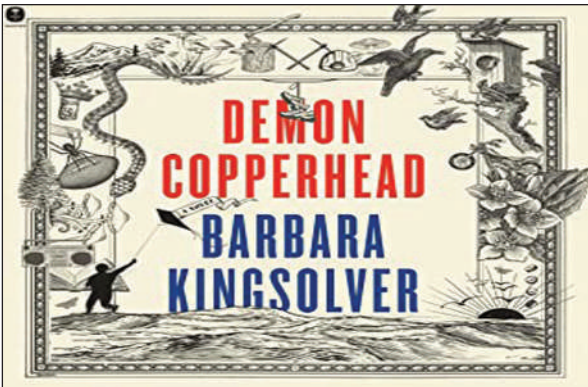


**Director:** Sonya V. Kapoor  
**Cast:** Mona Singh, Joy Sengupta, Chahat Tewani  
**STORY:** Dr Radhika becomes a victim of domestic violence amid the Covid-19 disaster, but she chooses to keep it hidden. Will she ever break her silence?  
**REVIEW:** This short film is written and directed by Sonya 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	<div><div></div><div></div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div><div></div><div></div></div>	2.5/5
Dialogues	<div><div></div><div></div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div><div></div><div></div></div>	2.5/5
Story	<div><div></div><div></div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div><div></div><div></div></div>	2.5/5
Music	<div><div></div><div></div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div><div></div><div></div></div>	2.5/5
Visual appeal	<div><div></div><div></div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div><div></div><div></div></div>	2.5/5

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, nick named 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 reimagination 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.
Display	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	Cons
* Impressive display.	* No fingerprint sensor.
* 3.5mm Audio Jack.	* Average Cameras.
* Long battery life.	
* Extra storage unit.	

VEHICLE REVIEW

2022 KTM RC 390



Starting Price	Rs. 3.16 Lakh*
Displacement	373.27 cc
Engine Type	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	Cons
* Stunning Looks.	* Lacks Fit and Finish.
* Highly Usable Instrument Cluster.	* Stiffened Suspension.
* Comfortable seats	
* Brisk Acceleration.	

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.



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.

ASTROLOGY

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

<b>ARIES</b>  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.
<b>LIBRA</b>  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).
<b>TAURUS</b>  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.
<b>SCORPIO</b>  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.
<b>GEMINI</b>  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.
<b>SAGITTARIUS</b>  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.
<b>CANCER</b>  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 adopt a puppy.
<b>CAPRICORN</b>  DEC 22 - JAN 19	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 you seem to be roped into some new activity.
<b>LEO</b>  JUL 23 - AUG 22	This week, you're breaking out of your rut. The week begins with Mercury retrograde in Capricorn and your house of routine making a trine to Uranus in Taurus. Today, you want to break your routine. Leo, when you go to brunch with the family, you always have a stack of three pancakes with bacon on the side. But today, you might shock your family and order fish tacos, or you might not show up at all.
<b>AQUARIUS</b>  JAN 20 - FEB 18	This week, a romantic encounter is possible. The week begins with Mercury retrograde in Capricorn and your house of rest and recuperation making a trine to Uranus in Taurus. Aquarius, you might have day and night switched around. You could be up at night and want to sleep during the day. And if this isn't on purpose, you might want to take some steps to get more restful sleep.
<b>VIRGO</b>  AUG 23 - SEP 22	This week can be filled with joy and laughter. The week begins with Mercury retrograde in Capricorn and your house of pleasure making a trine to Uranus in Taurus. You might uncover a new activity that is so much fun that it turns your world upside down. Virgo, this could be a type of board game or a visit to a trampoline park.
<b>PISCES</b>  FEB 19 - MAR 20	This week, others put you on a pedestal. The week begins with Mercury retrograde in Capricorn and your house of friendships making a trine to Uranus in Taurus. Pisces, a friend might surprise you with a special gift. Perhaps they have an extra ticket for a concert, or they might surprise you at home with a delicious lunch.