

MOVIE REVIEW

Merry Christmas



**Director:** Sriram Raghavan  
**Cast:** Vijay Sethupathi, Katrina Kaif, Sanjay Kapoor  
**STORY:** Back in town after being away for seven years, a man spends Christmas Eve with a mysterious and lonely woman. The evening takes an unexpected and dark turn that could land him in trouble.  
**REVIEW:** Vijay Sethupathi, as the earnest Albert, is outstanding. He delivers funny lines with an effortless poker face. “Fermented kuchh bhi chalega, except dosa batter,” he says to Katrina Kaif’s Maria. A story within the story is as quirky, and Vijay narrates it with finesse. Katrina Kaif delivers a serviceable performance and is excellent in a scene where she lets herself go and celebrates Christmas Eve with Albert. Sanjay Kapoor, Tinu Anand, and Vinay Pathak (as a cop) play their parts well.  
Pritam’s soundtrack (especially Raat Akeli Thi and Nazar Teri Toofan) and Daniel B George’s background score enhance the film’s moody atmosphere, masterfully created by cinematographer Madhu Neelkandan. Bombay, when railway stations had weighing scales with whirring little discs, has been recreated splendidly. The film’s dialogues also stand out. When Albert points out to Maria that she and her husband look happy in the pictures, despite there being trouble in paradise, she says, “Tum kisiko jaante ho jo rota chehra deewar par lagaate hain?” Although relatively less ominous compared to films in the genre or the director’s previous works, catch this one for the wicked plot and the surprises.

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

The Fast and the Dead



**Title:** ‘The Fast and the Dead’  
**Author:** Anuja Chauhan  
**Genre:** Thriller  
**Publisher:** Harpercollins  
**Pages:** 420  
**Price:** Rs 499  
**Review:** Anuja Chauhan's latest literary offering, 'The Fast and the Dead', unfolds in the vibrant world of Bangalore's Habba Galli, where the calmness and spiritual sense of Karwa Chauth night is shattered by the unusual Dondi Pais and her double-barrelled shotgun. What begins as an attempt to disperse noisy mongrels takes a sinister turn when a stray bullet claims the life of a sour jeweller, setting the stage for a gripping and classic whodunnit.  
Chauhan masterfully weaves together a tale of suspense, romance, and the quirks of a neighbourhood mingled with its residents and stray dogs. Against the backdrop of the bustling bazaar, the devout residents speculate on divine retribution, linking the jeweller's demise to his wife's untimely breaking of her Karwa Chauth fast. The author, Anuja Chauhan introduces a cast of characters, from rising Bollywood star Haider Sait to the canny ACP Bhavani Singh, the only common link to her previous work, 'Club You to Death'. As corpses pile up, ACP Bhavani Singh, now in Bangalore for her annual honeymoon ritual, takes centre stage in the investigation.  
While 'The Fast and the Dead' is a sequel to Chauhan's previous work 'Club You to Death', it can also be read as a stand-alone novel. The book showcases her ability to craft engaging narratives in diverse settings. The narrative unfolds with a delightful blend of suspense and humour, keeping readers hooked until the last page. Chauhan's storytelling techniques shine as she navigates the complexities of a murder mystery, offering readers a taste of the city's charm and the behaviour of its inhabitants.

GADGET REVIEW

Moto G34 5G



Expected Price	Rs 10,999
Display	6.50-inch
Resolution	(1080x2400)
Processor	Qualcomm Snapdragn 695
Front Camera	16MP
Rear Camera	50MP + 2MP
RAM	4GB, 8GB
Storage	128GB
Battery Capacity	5000mAh
OS	Android 14
Wi-Fi	Yes
GPS	Yes
Bluetooth	Yes, v 5.20
NFC	Yes
USB Type-C	Yes
Headphones	3.5mm
Face unlock	Yes
Fingerprint sensor	Yes
Magnetometer	Yes
Proximity sensor	Yes
Colours	Ice Blue, Charcoal Black, Ocean Green
Pros	
* Solid Camera.	
* Eye-Catching Design.	
* Good Display.	
* Clean Software Experience.	
Cons	
* Limited Camera Versatility.	
* Average Front Camera.	
* Limited Software Updates.	

VEHICLE REVIEW

Hyundai Creta Facelift



Starting Price	Rs. 11 - 20.15 Lakh*
ARAI Mileage	18.4 kmpl
Fuel Type	Petrol
Engine Displacement	1482 cc
No. of cylinder	4
Max Power	157.57bhp@5500rpm
Max Torque	253Nm@1500-3500rpm
Seating Capacity	5
Transmission Type	Automatic
Body Type	SUV
Gear Box	7-Speed DCT
Front Suspension	McPherson strut with coil spring
Rear Suspension	Coupled torsion beam axle
Steering Type	Electric
Steering Column	Tilt & Telescopic
Front Brake Type	Disc
Rear Brake Type	Disc
Parking Sensors	Front & Rear
USB Charger	Front & Rear
No of Airbags	6
Sun Roof	Panoramic
Pros	
* Enhanced styling with a more sophisticated appearance.	
* Elevated interior design and improved quality for a better in-cabin experience.	
* Packed with features.	
Cons	
* Shallow boot space more suitable for small trolley bags.	
* Limited automatic variants.	

Health and Lifestyle

Common diseases associated with weight gain



Weight gain is a problem. The overall health condition of a human being worsens due to several reasons and the most prominent one among them is extra weight. Weight gain is a menace as it potentially disturbs the health of an individual. Therefore, for most diseases doctors and health experts always advise to bring the weight under control first.

**Type 2 diabetes**  
There are several diseases associated with weight gain and it is very important to understand the link between the diseases and the weight gain condition so that timely action on weight management can save the health from deteriorating.  
About 8 out of 10 people with type 2 diabetes are overweight or have obesity, says the US National Institute of Diabetes and Digestive and Kidney Diseases and suggests that if you are at risk for type 2 diabetes, losing 5 to 7 percent of your body weight and getting regular physical activity may prevent or delay the onset of type 2 diabetes.

**High blood pressure**  
The link between overweight and high blood pressure is an area of interest among researchers. There is a direct correlation between blood pressure and weight. People with high blood pressure are always advised to lose weight first and add physical exercise to their daily routine.  
**Heart diseases**  
Obesity leads to the development of cardiovascular disease and cardiovascular disease mortality independently of other cardiovascular risk factors, say research studies. The mechanisms through which obesity increases cardiovascular disease



risk involve changes in body composition that can affect hemodynamics and alter heart structure, research reports also say.  
Overweight is a strong independent predictor of heart disease even in the absence of other risk factors.  
**Breast, colon, endometrial and other cancers**  
As per a research study, cancer of the breast (post-menopausal), colon-rectum, endometrium, ovary, pancreas, kidney, gallbladder; gastric cardia, liver, oesophagus (adenocarcinoma), meningioma, thyroid and multiple myeloma have a positive association with being overweight.  
**Fatty liver disease**  
As the name suggests, fatty liver disease is when the fat build up in the liver exceeds its normal level. Usually the liver contains a small amount of fat. When this fat level increases to become 5 to 10% of your liver's weight, one gets fatty liver. While alcoholic fatty liver is a common occurrence, obesity is linked to non-alcoholic fatty liver disease.  
**Sleep apnea**  
Weight loss is directly related to sleep apnea which is a condition where the normal sleep pattern of an individual is disturbed within the cycle of sleep. In this condition, a person does not get sufficient sleep even after sleeping for 8 hours. Insufficient sleep in turn increases weight thus completing the cycle of association between sleep and weight.  
As per research study, 40% of those with obesity have sleep apnea problems.

ASTROLOGY

WEEKLY PREDICTIONS 21<sup>ST</sup> — 27<sup>TH</sup> JANUARY 2024

<b>ARIES</b>  MAR 21 - APR 19 This week, you're finding a bigger vision. The week begins with Venus in Sagittarius and beliefs making a quincunx to Uranus in Taurus. You could have a sudden epiphany that causes you to rethink some of the basic ideas you live your life by. This could turn your world upside down. It's like suddenly realizing you've been colorblind and now you can see a rainbow.	<b>LIBRA</b>  SEP 23 - OCT 22 This week, you're putting things back into balance. On Monday, January 22, the moon in Gemini opposes Venus in Sagittarius. You might start the day in a good mood that continues well past sunset. Libra, this is a good day to do a little traveling. Go have some fun. Even if you're working today, try to find a way to play. This is a good day to enjoy yourself.
<b>TAURUS</b>  APR 20 - MAY 20 This week, you're making a good plan. The moon in Gemini and your house of money opposes Venus in Sagittarius. Today, you could vow to stop impulse spending. Taurus, you might feel your bank account is a little sparse. Unfortunately, your desire to buy things is strong. You might need to shop your own closet or see if you can trade items with a family member.	<b>SCORPIO</b>  OCT 23 - NOV 21 This week, you benefit from asking for what you want. On Monday, January 22, the moon in Gemini opposes Venus in Sagittarius. Scorpio, you might desire something new, or perhaps an object sitting in your online shopping cart is now on sale. You might have a little extra money in your pocket that you want to use to buy someone a gift. Today, you could find something you value at a very good price.
<b>GEMINI</b>  MAY 21 - JUN 20 This week, you're finding out what you need to know. The moon in your sign of Gemini opposes Venus. It's possible you made a recent decision, but you're facing opposition from your partner or close friend. They might think you're going in the wrong direction. They might not understand your motivations. This is a signal that you should think through your choice before you sign on the dotted line.	<b>SAGITTARIUS</b>  NOV 22 - DEC 21 This week, your popularity is keeping you busy. On Monday, January 22, the moon in Gemini opposes Venus in your own sign of Sagittarius. Relationship energy is very strong for you today. If you're looking for love, you could meet someone who really knocks your socks off. If you're already in a love relationship, you might be chasing each other around the sofa or spending the afternoon behind closed doors.
<b>CANCER</b>  JUN 21 - JUL 22 This week, an important relationship is moving forward. Cancer, you might have a long list of things to do today, but you might also need some quiet alone time. You could be trying to balance what you do for others with taking care of yourself. Today, try to put yourself first for a change. You might have to feel around the edges before you move into a conversation or activity with this individual.	<b>CAPRICORN</b>  DEC 22 - JAN 19 This week, things are getting clear. The moon in Gemini opposes Venus in Sagittarius. Capricorn, you might have a very strong desire to take some time off. Even half a day would be very beneficial to you now, but you might also feel like you want to be in the office or attend the meeting. Consider splitting your time. Make conscious choices today and give yourself permission to say no to some things.
<b>LEO</b>  JUL 23 - AUG 22 This week, you're making a worthwhile connection. The moon in Gemini opposes Venus in Sagittarius. Today, you could be with friends who like to indulge. You're generous and fun-loving, so you might be indulging as well. Leo, you might party too much or try every dessert on the menu. Today, you can have a pleasurable time going overboard.	<b>AQUARIUS</b>  JAN 20 - FEB 18 This week, you can see a bright future. On Monday, January 22, the moon in Gemini opposes Venus in Sagittarius. Today, you would like to have some fun, so you might consider leaving work early so you can go to a movie or concert. A friend might suggest getting together for happy hour. Or you might want to get home to play with the kids. Today, you need a little break.
<b>VIRGO</b>  AUG 23 - SEP 22 This week, you find valuable information. Virgo, you might be weighing the different benefits of working at home versus working in an office, of saving yourself a commute versus having the camaraderie of coworkers. This energy requires compromise, but that doesn't mean it needs to be precisely equal. Just a little more balanced would do at this time.	<b>PISCES</b>  FEB 19 - MAR 20 This week, the Universe is speaking to you. The moon in Gemini and your house of family opposes Venus in Sagittarius. You could surprise a family member. Pisces, you and the family could have an impromptu party to celebrate good results on a test or a goal in hockey. Today, you can have some fun.