

MOVIE REVIEW

Fighter



Director: Siddharth Anand
Cast: Hrithik Roshan, Deepika Padukone, Anil Kapoor

STORY: As India faces a militant attack in Kashmir, the country's best combat aviators join forces to form Air Dragons. The story chronicles their bravery while protecting India, camaraderie, team spirit, and a top fighter pilot's redemption after an incident in the past.

REVIEW: Director Siddharth Anand, known for action entertainers, treats one to slick sequences and enthralling cockpit drama. Action directors Se-yeong Oh, Parvez Shaikh, and Sunil Rodrigues masterfully captivate the audiences' attention with exhilarating stunts and fight choreography from start to finish.

Hrithik Roshan and Deepika Padukone are at their peak in terms of performances. The former excels as a confident and rebellious squadron leader. The duo has a smoldering on-screen chemistry and does well in emotional scenes as well. Anil Kapoor is as dependable as ever and gets the nuances of his role bang on. Karan Singh Oberoi and Akshay Oberoi also stand their might among these stalwarts. Rishabh Sawhney plays the antagonist, Azhar Akhtar, with sincerity but falls short of being as dreaded as his character demands.

The tactical scenarios and how the Indian Air Force out-smarts the Pakistani defence add to the film's thrill and make it more appealing. 'Fighter' does not have much new to offer in terms of its plot and narrative.

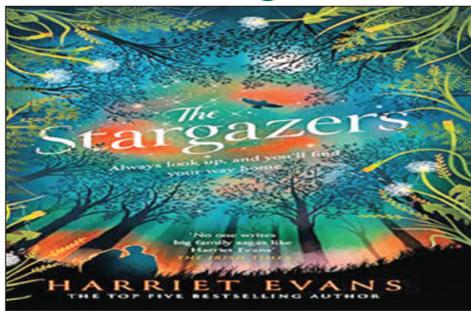
In-depth Analysis

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 Stargazers



Title: 'The Stargazers'
Author: Harriet Evans
Genre: Fiction
Publisher: Headline Review
Pages: 416
Price: Rs 1349

Review: 'The Stargazers' by Harriet Evans is a captivating exploration of the intricate web of family history, the enduring impact of tragedy, and the intricate relationships that shape our lives. The narrative takes readers on a compelling journey into the hearts and minds of its characters, skillfully weaving together various timelines and characters to reveal the lasting influence of the past on the present and future.

Central to 'The Stargazers' is the house at No. 7 on The Row, symbolizing hope and change for Sarah Fox and her husband, Daniel. Their new home in Kensington marks the beginning of a new chapter, reflecting Sarah's journey of personal development and self-discovery. As the story unfolds, the house becomes a poignant reminder of the profound impact our homes have on our self-perception and life goals.

The narrative transports us to Fane Hall, an exquisite home where Sarah and her sister Victoria spent their early years. The sudden upheaval in their lives, triggered by their grandfather's death and the arrival of Great Uncle Clive and Aunt Dotty, unravels the complexities of family history. The author adeptly illustrates the lasting effects of World War II on Fane Hall and its inhabitants, shedding light on the stark contrast between its luxurious past and the present reality in Kensington.

The connection between Sarah and her sister Victoria (Vic) serves as a lens to understand the enduring impacts of childhood trauma. Their distinct reactions to emotional abuse reveal their survival tactics and the intricate dynamics of sibling relationships.

GADGET REVIEW

Poco X6 Pro



Expected Price	Rs 26,999
Display	6.67-inch
Resolution	(1220x2712)
Front Camera	16MP
Rear Camera	64MP + 8MP + 2MP
RAM	8GB, 12GB
Storage	256GB, 512GB
Battery Capacity	5000mAh
Fast charging	Proprietary
Wireless charging	No
OS	Android 14
Wi-Fi	Yes
GPS	Yes
Bluetooth	Yes
NFC	Yes
USB Type-C	Yes
Headphones	3.5mm
Fingerprint Sensor	Yes
Magnetometer	Yes
Colours	Poco Yellow, Racing Grey, and Spectre Black

Pros

- * Excellent display with good colours and minimal bezels.
- * Top-notch performance.
- * Good Display.
- * Good and loud dual speakers.

Cons

- * Ultrawide and Macro cameras are okay.
- * HyperOS has plenty of bloatware.

VEHICLE REVIEW

Kia Seltos Facelift



Starting Price	Rs. 10.90 - 20.30 Lakh*
ARAI Mileage	19.1 kmpl
Fuel Type	Diesel
Engine Displacement	1493 cc
No. of Cylinders	4
Max Power	114.41bhp@4000rpm
Max Torque	250Nm@1500-2750rpm
Seating Capacity	5
Transmission Type	Automatic
Boot Space	447 L
Fuel Tank Capacity	50 L
Body Type	SUV
Front Suspension	McPherson Strut With Coil Spring
Rear Suspension	Coupled Torsion Beam Axle With Coil Spring
Steering Type	Electric
Steering Column	Tilt and Telescopic
Front Brake Type	Disc
Rear Brake Type	Disc
Digital Cluster Size	10.25 Inch

Pros

- * Upmarket cabin experience with soft-touch elements and dual 10.25-inch displays.
- * Multiple engine options.
- * Segment-leading 1-5-litre turbo-petrol engine with 160PS.

Cons

- * Shallow boot limits the practicality of the space.

Health and Lifestyle

6 superfoods that you should add to your diet

There are some foods which possess a certain amount of nutrients required by a certain part of our body and then there are superfoods, which are packed with a multitude of vitamins beneficial for our entire body. These gems impact our overall health and can be used in a variety of ways. We have combined a list of 6 superfoods which you should definitely add to your diet. Eat them now, thank us years later!

Flaxseeds

Don't get fooled by their size, these tiny brown seeds are packed with nutrients. The high content of omega-3 fatty acid increases the body's natural production of oil and helps keep skin moisturized. It's a great superfood to facilitate weight loss.

Adding to that they're cholesterol free, hence extremely good for your heart. Hair loss is another common problem faced by us and these seeds are the best way to promote healthy hair.

Coconuts

Coconut oil is the god of superfoods. When it comes to this multi-purpose food, nothing comes close. It can be used for cooking, beauty, eating and any other thing imaginable. Coconut oil is a great moisturizer present in body lotions, face creams or is even directed applied to the skin. Rich in vitamins, minerals and fiber it's an amazing addition to your diet as well.

Papaya

The Instagram-worthy fruit shaded in orange and yellow is another superfood to add to your basket. With high papain content, it's widely used in skin whitening mask, creams and lotions.

Papaya is rich in vitamin A, C and E which mean that papayas are helpful in preventing health problems such as diabetic heart disease. Papaya juice is great for women with an irregular cycle as it can help normalize the cycle. Lastly, it's a great source to build your immunity as well.

Quinoa

'The beauty food' your skin needs. Quinoa both helps in the production of collagen making skin more elastic and healthy helping your skin fight signs of ageing such as wrinkles, age spots, etc. Another profound benefit would be its sebum regulating properties which help you fight acne with the grace of a Queen!

Aloe Vera

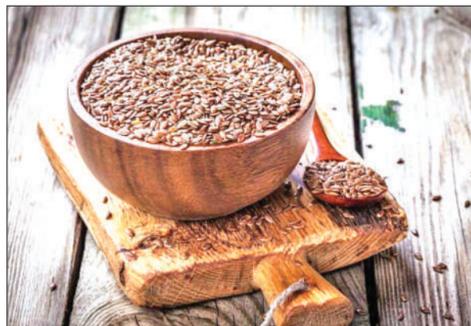
Just as amazing as coconuts, Aloe Vera is the king of multi-purpose food. The gel extracted from the interior part of the plant is an elixir of goodness. It is used in a variety of products to treat skin problems, acne, scarring and sunburn.

Aloe Vera gel can even be used as a standalone product to improve the skin's texture and slow down aging. Drinking Aloe Vera juice helps in curing constipation and heartburn, it also provides digestive benefits along with clear skin.

Olive oil

Nothing can replace a healthy dose of olive oil. Use extra-virgin olive oil to help manage blood sugar level and reduce risk of cholesterol, heart, breast or digestive problems. It not only adds wholesome flavor to your food, it can be used as a part of your beauty routine as well.

Naturally, packed with anti-aging antioxidants along with hydrating qualities. It makes for an essential in any DIY kit, from oiling your hair or nails to using it in a lip scrub, olive oil never disappoints. Add these superfoods in your diet and see the difference in few weeks.



ASTROLOGY

WEEKLY PREDICTIONS 28TH - 03RD FEBRUARY 2024

ARIES
MAR 21 - APR 19

Mars in Scorpio, in your house of resources, making a trine to Neptune in Pisces. You could feel very generous. You may be looking at how you can gather resources for a charity or perhaps you're sending money to younger relatives. Aries, it's possible you're putting together a gift basket for a neighbor. And all of this is done with a feeling of holiday cheer.

LIBRA
SEP 23 - OCT 22

Mars in Scorpio, in your house of money, making a trine to Neptune in Pisces in your house of work. You have an opportunity to bring in more money... if you work more. Libra, this might mean taking on more hours or more responsibilities. This could be related to passive income sources that take time and energy to set up.

TAURUS
APR 20 - MAY 20

This week, the resources you need for an important goal become available. Taurus, the solar eclipse could open a door. If you're looking for love, you may not have to go far. An acquaintance could be quite interested in a connection with you. Taurus, you may have been reintroduced recently at a party or social event. This is a good day to look at your investments, and reinvest dividends.

SCORPIO
OCT 23 - NOV 21

Mars, in your own sign of Scorpio, making a trine to Neptune in Pisces in your house of romance and adventure. Today, you could have an encounter with someone straight out of a romance novel. Scorpio, this could include long lingering glances, gentle caresses and perhaps passionate kisses. Today, consider getting physical with your sweetheart and allow things to get steamy and exciting.

GEMINI
MAY 21 - JUN 20

Mars in Scorpio, in your house of work, making a trine to Neptune in Pisces in your house of career. You could talk to your manager about moving up in your company. Gemini, if you are not wanting to climb the corporate ladder at this place, you may want to look at the myriad of possibilities for you to work somewhere else. There are many job openings now that could bring interesting and lucrative opportunities.

SAGITTARIUS
NOV 22 - DEC 21

Mars in Scorpio, in your house of rest and recuperation, making a trine to Neptune in Pisces. Sagittarius, you may have been going full speed at work and being a gracious host to family and friends. Now you need a day off and to have someone take care of you. Consider adding this to your schedule. Someone is handing you the microphone and fortunately you're good at winging it.

CANCER
JUN 21 - JUL 22

Mars in Scorpio, in your house of romance and adventure, making a trine to Neptune in Pisces in your house of travel. If you are a long distance away from your sweetheart, you might be ready to jump on a plane to surprise them. And if you're looking for love, consider expanding your search beyond your zip code. You might sit down to do a written budget. Get started and you can be quite motivated today.

CAPRICORN
DEC 22 - JAN 19

Mars in Scorpio, in your house of friendships, making a trine to Neptune in Pisces. You may have an intense connection with a friend. This could be a deepening connection, where you're getting to know each other's darkest secrets. Capricorn, this is a person you can really rely on to talk to when you're feeling scared or uncertain. And you can offer that same pillar of strength for them.

LEO
JUL 23 - AUG 22

Mars in Scorpio, in your house of home and family, making a trine to Neptune in Pisces in your house of resources. You likely come from a talented family. Consider what you could achieve if you all came together for a bigger purpose. Today, Leo, you might discuss starting a family business or pooling resources to create passive income sources. If you don't know where to start, then do a family brainstorming session.

AQUARIUS
JAN 20 - FEB 18

Mars in Scorpio, in your house of career, making a trine to Neptune in Pisces in your house of money. Aquarius, this is an excellent day to talk to your supervisor about moving up in the company. Consider discussing how you can make more per hour or get a better commission percentage. If you don't think there are possibilities for you with this company, it's probably time to post your resume for a different job.

VIRGO
AUG 23 - SEP 22

Mars in Scorpio, in your house of communication, making a trine to Neptune in Pisces in your house of relationships. You and your sweetheart could see eye to eye on a very important decision. Virgo, it's likely you're ready to support each other. If you're looking for love, you can find someone with whom you have great chemistry.

PISCES
FEB 19 - MAR 20

Mars in Scorpio, in your house of education, making a trine to Neptune in your own sign of Pisces. You may be in school or you're helping one of your kids with their classes. This is a good time to reach out to speak to a school counselor or the administration. If you are looking to get a professional license, this is a great time to contact the government.