

WEBSERIES REVIEW

Illegal 2

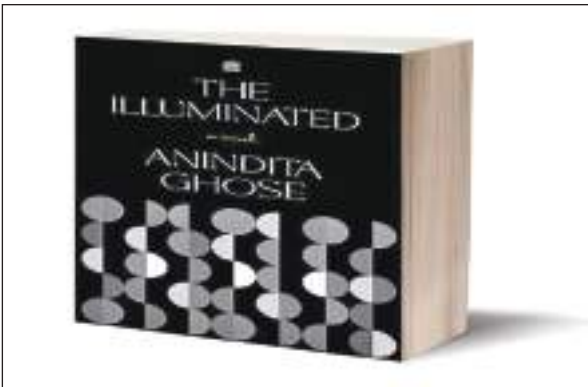


Director: Ashwini Chaudhary
Cast: Neha Sharma, Piyush Mishra, Akshay Oberoi, Satyadeep Mishra, Tanuj Virwani, Parul Gulati
STORY: Taking ahead from the first season, Illegal Season 2 sees Niharika Singh (Neha Sharma) set up her own law firm with Puneet Tandon (Satyadeep Misra). On the other hand, her former mentor Janardhan Jaitley (Piyush Mishra), with whom she has fallen out, wants to oust her from the business. At the same time, he's also nursing ambitions of becoming the Chief Minister of New Delhi.
REVIEW: Advaita Kala's screenplay has you hooked, and is aptly complemented by Aparna Nadig's crisp dialogues. Salim-Sulaiman's music heightens the thrill and the drama. For most part, Neha Sharma looks settled in her part as the young lawyer taking on her former mentor who's also on the threshold of a powerful political position. However, at times, she seems not entirely convincing and visibly struggling to hold fort. Piyush Mishra is effective as the ruthless lawyer-politician who won't stop from doing something illegal if it meets his purpose. Akshay Oberoi is very good as the scion of Jaitley and Associates, eager to break out of his father's shadow. Illegal Season 2 is an engaging watch and the end of each episode will have you look forward to what happens next. Of course, the ending of the second season builds enough curiosity to see what's in store for the show's third outing.

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>	2.5/5
Dialogues	<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>	2.5/5
Music	<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>	2.5/5

BOOK REVIEW

The Illuminated



Title: The Illuminated
Author: Anindita Ghose
Genre: Fiction
Publisher: HarperCollins India
Pages: 312
Price: 599 INR
Review: Anindita Ghose's debut novel, 'The Illuminated' follows the lives of two women- Shashi and Tara. Mother and daughter, Shashi and Tara are the protagonists of Ghose's novel who tread through life after losing the 'man of their lives'- Shashi's celebrated husband and Tara's father Robi Mallick. When Robi Mallick passes away, his wife, a former academician who gave up her career for her domestic life now deals with his loss and her grief as she ponders upon the positions that women are put in whereas men go on living their lives without regrets or being subjected to judgements. The spatial changes in Shashi's life symbolize the metaphorical phases that she has been through to reach where she is today. Her daughter, Tara, is a scholar of Sanskrit at the University of Mysore and is involved with a visiting faculty member who is much older than her. Reluctantly but inevitably being subjected to judgements for her relationship with an older man, Tara and her choices are censured by the society whereas the man is revered for his academic calibre and designation. The novel is divided into parts that have lunar nomenclature, including the protagonist Shashi's name, reaffirming the theme of illumination and shedding light on things that exist. The mother-daughter duo share a story at the end of which they emerge victorious over social elements and structures that restrict them but allow men to 'spill'. In her debut novel itself, Anindita Ghose achieves what she seeks to achieve and how!

GADGET REVIEW

Samsung Galaxy F42 5G



Expected Price	Rs 20,999.
Display	6.60-inch
Resolution	(1080x2408)
Processor	MediaTek Dimensity 700
Front Camera	8MP
Rear Camera	64MP + 5MP + 2MP
Rear autofoeus	Yes
Rear flash	Yes
RAM	6GB
Storage	128GB
OS	Android 11
Wi-Fi	Yes
GPS	Yes
Bluetooth	Yes, v 5.00
USB Type-C	Yes
Headphones	3.5mm
Fingerprint sensor	Yes
Magnetometer	Yes
Proximity sensor	Yes
Accelerometer	Yes
Colours	Matte Aqua, Matte Black
Pros	
* Dual SIM with 5G support.	* No stereo speakers.
* 90Hz display.	* No 4K video recording.
* Support for 3.5mm headphone jack.	
* 5000 mAh battery that supports 15 watt fast charging.	
Cons	

VEHICLE REVIEW

Honda Activa 6G



Starting Price	Rs. 69,645 - 72,891
Emission Type	BS6
Engine Displ.	109.51 cc
Max Power	7.79 PS @ 8000 rpm
Max Torque	8.79 Nm @ 5250 rpm
Transmission Type	Automatic
Gear Box	CVT
Fuel Type	Petrol
Wheels Type	Sheet Metal
Tyre Type	Tubeless
Bore	47 mm
Stroke	63.1 mm
No Of Cylinders	1
Drive Type	Belt Drive
Valve Per Cylinder	2
Brakes Front	Drum
Brakes Rear	Drum
Ground Clearance	171 mm
Fuel Capacity	5.3 Liters
Kerb Weight	107 Kg
Tail Light	LED
Pros	
* Telescopic Suspension.	* No Disc Brake option.
* Decent Power & Torque.	
* External fuel Filling.	
* LED Headlamp.	
Cons	

Health and Lifestyle

Impact of social media on mental health and tips to take care of yourself



Access to social media handles has brought the world closer to us. It has made it easier to communicate with friends and family sitting on the other side of the globe and people of diverse backgrounds. However, excessive usage of social media handles has also paved the way for different mental health concerns.
The act of mindlessly scrolling social media feeds
Have you ever noticed how much time you mindlessly scroll through your social media feeds in a day? Even when you have several minutes in your hand, you instantly open your social media account to look at what's new in your feed. After waking, before going to bed, during mealtime or while travelling in the metro, most people keep on refreshing their feeds for more information without realising how harmful this practise is to their mental and physical well-being.
As per Delhi-based Psychologist Dr Vidhya Nair, excessive usage of social media can lead to social media addiction, which has become a general mental health issue these days. "The main reason why people go to social media is for the instant validation they get in the form of likes, comments and shares," she said.
"This releases happy hormones in the body known as dopamine, which makes us go back to it again and again," she added. Spending too much time on social media also affects the concept of self, life and reality around us. Dr Nair shared some essential tips that everyone facing difficulty with keeping their phones away for a while must try.
The impact of increased usage of social media
Spending too much time scrolling your social media handle may affect your mental health in more than one way. You may not realise how it is affecting you initially, but over time it can lead to serious issues like low self-esteem, anxiety disorder, depression, body image issues and uncontrollable emotional behaviour.
Social media addiction red flags
Most of the times, people addicted to social media just do not realise how much time they are spending on it or how social media is impacting their life. We all believe that we are using

social media handles in limitation due to blurring reality between social and real life. In such a case, Dr Nair suggests looking for red flags of social media addiction. There are two main red flags of social media addiction:
Forcing yourself: If you are forcing yourself to do things that you do not want to do just because others are doing it, that means you have gone deep into the world of social media. It is time to take steps to reduce your daily screen time.
Physical signs: Social media usage also leads to physical symptoms that you need to look out for like change in sleeping pattern, change in appetite, palpitations, increase in heart rate and inability to focus.
How to take care of your mental health
It is never too late to take steps to improve your mental well-being. Taking the right steps to decrease your social media feed consumption can improve your physical and mental health. Moreover, it will also give you time to engage in other activities.
Track your usage time: Dr Nair suggests tracking your daily social media usage time. Based on that allot a social media-free time in your day during which try not to use social media handle and involve in other activities.
Embrace yourself: As per the psychologist, the main reason why people go to social media, again and again, is for instant validation, which is not good for us in the long run. So, try to embrace yourself and understand that everything you come across on social media is not real.
Other ways to take care of yourself
Look for new hobbies: Look for some new hobbies or activities that do not involve screen time and be mindful of your actions
Practise meditation: Meditation can help to calm your mind and train them to be at the present, rather than wandering around.
Seek professional help: If the situation gets out of control or you are not able to cut down your screen time, seek professional help. Taking help at the right time is the best thing you can do for your mental health.

ASTROLOGY

WEEKLY PREDICTIONS 05TH— 11TH DECEMBER 2021

<p>ARIES</p> <p>MAR 21 - APR 19</p> <p>Mars in Scorpio, making a sextile to Pluto in your house of career. This is a great aspect for gaining added benefits from your current job. Consider contacting the HR department to ask about extra discounts or the stock purchase program. This is also a good time to sit down with your manager to hash out a way for you to get more time off, a more flexible schedule.</p>	<p>LIBRA</p> <p>SEP 23 - OCT 22</p> <p>A good day to look at your core beliefs regarding money. These beliefs may have been formed in childhood. Perhaps you see yourself as a spender, or you call yourself frugal. Maybe you stick to a budget, or perhaps you like to forget about your finances entirely. Libra, this will give you insight into how you can get on a path to financial security.</p>
<p>TAURUS</p> <p>APR 20 - MAY 20</p> <p>Taurus, you may be thinking about weddings. It's possible that you're planning your own wedding or you've received an invitation to attend an out-of-town event. All this has you thinking about the obligations and benefits that marriage brings. Mercury in Sagittarius, in your house of investments, makes a square to Neptune in Pisces in your house of innovation.</p>	<p>SCORPIO</p> <p>OCT 23 - NOV 21</p> <p>People are listening to you. This is an excellent time to state what you want. At the same time, when you are listening, you are picking up a great deal of information from the chat-boxes around you. You can ask for favors while uncovering other people's secrets simultaneously. Scorpio, you may be itching to get involved in a speculative investment that everyone's talking about.</p>
<p>GEMINI</p> <p>MAY 21 - JUN 20</p> <p>Gemini, now is a great time to get into the habit of sticking to a budget. Perhaps you want to have investing become a regular part of your week. You may be up late adding together your financial obligations or setting up automatic deposits and withdrawals. Your relationship may become public knowledge. It's possible you're changing your relationship status on social media.</p>	<p>SAGITTARIUS</p> <p>NOV 22 - DEC 21</p> <p>Dust off your money crystals (citrine is a good choice for this purpose) or pull out your money incense. Sagittarius, you may want to say a prayer while you're holding your list of goals or play a money affirmation video of Lakshmi with an endless supply of coins flowing from her hands. You could see results by the end of the week. Sagittarius, you have a line of people helping you.</p>
<p>CANCER</p> <p>JUN 21 - JUL 22</p> <p>Cancer, this is good energy for meeting someone new, perhaps on a blind date, through a matchmaking service or an online dating platform. If you're already dating, it's time to start talking about the future. You may drop some hints about long-term plans or be bold and suggest living together next year. You may be honing your study habits to learn something new.</p>	<p>CAPRICORN</p> <p>DEC 22 - JAN 19</p> <p>Mars in Scorpio, in your house of community, making a sextile to Pluto in your own sign of Capricorn. Today, you could be tapped on the shoulder to lead an organization. Capricorn, you could become president of your networking group or have a pivotal role in a community outreach organization. And while this does mean more responsibility, it looks great on your resume.</p>
<p>LEO</p> <p>JUL 23 - AUG 22</p> <p>You may step up to lead the team. You might take charge of a meeting and point out the flaws of a potential plan. You may handle a public relations crisis for your company with grace and aplomb. You are using your natural talents to benefit your company, and your coworkers appreciate it. Things can go from tepid to tempting in no time flat. There can be a spicy time between you and your sweetheart today.</p>	<p>AQUARIUS</p> <p>JAN 20 - FEB 18</p> <p>It's a good idea to make a vision board or to do a colorful screensaver with reminders of your goals. Aquarius, you might light a yellow candle to find a new job or burn incense to gain a promotion. Consider doing some Feng Shui by sweeping off your front porch to welcome in new career energy. Every once in a while, it's good to let your friends know how much you appreciate them.</p>
<p>VIRGO</p> <p>AUG 23 - SEP 22</p> <p>Mars in Scorpio, in your house of agreements, making a sextile to Pluto in your house of romance. There's give-and-take in every relationship, even a romantic one. Today, you and your sweetheart could be discussing what each of you is contributing to your connection. This can help you take this relationship to the next level.</p>	<p>PISCES</p> <p>FEB 19 - MAR 20</p> <p>Pisces, you might be venturing out to take a class, perhaps on cookie decorating or ikebana (Japanese flowering arranging). Perhaps you are getting ready to teach a class, gathering people online to show them how to blog or to get their YouTube channel started. Today, you're involved with others and learning along the way.</p>

