

## MOVIE REVIEW

### Freddy



Director: Shashank Ghosh  
Cast: Kartik Aaryan, Alaya F, Jeniffer Piccinato

**STORY:** A twisted take on love, loneliness and revenge. Freddy is a psychological thriller that sees the player and the one who got played indulge in a dangerous cat and mouse game. This race blurs the line between the victim and the villain.

**REVIEW:** Haunted by a childhood trauma, Dr Freddy Ginwala (Kartik Aaryan) lives a fairly monotonous but comfortable life in Mumbai. He is a respected dentist but a lonely guy in his 30's who has no one to call his own. With no friends except for a tortoise, no lover or parents, he craves companionship. His need borders on desperation as year after year, he gets stood up on dates, mocked and humiliated for his socially awkward existence and shamed for trying his luck with the ladies. Despite his professional success and empathy for those in need, Freddy is perceived as a loser. Things take a drastic turn when he spots Kainaaaz (Alaya F) at a wedding. Bitten by the love at first sight bug, Freddy musters up courage and approaches her only to be punched by her husband. The film takes a dramatic turn thereon as a major twist unravels.

Freddy is fairly engaging and unsettling but it wavers to go all out. The film starts off well but doesn't reach its full potential. It skims through issues of mental health, childhood trauma and its impact on an individual, something that deserved a deeper understanding.

#### In-depth Analysis

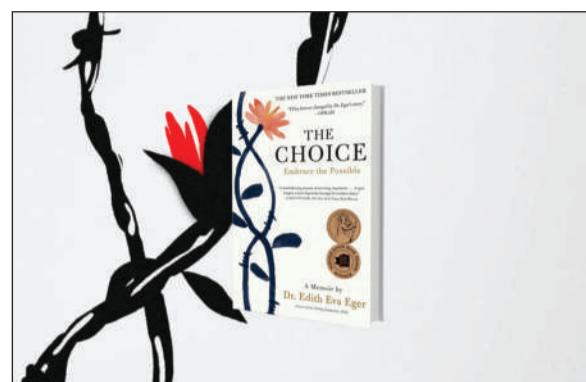
Our overall critic's rating is not an average of the sub-scores below.

Direction	4/5
Dialogues	4/5
Story	4/5
Music	4/5
Visual appeal	4/5

4/5

## BOOK REVIEW

### The Choice'



Title: 'The Choice'  
Author: Nora Roberts

Genre: Fantasy Fiction

Publisher: Piatkus

Pages: 508

Price: 2118 INR

**Review:** International bestselling author Nora Roberts is back with a new book before 2022 ends. Titled 'The Choice', it is the third and concluding book of the epic Dragon Heart trilogy.

The dark god Odran was defeated in the Battle of the Dark Portal, and with this his dreams of ruling over Talamh-- a magickal land of forests and hills-- and Breen Siobhan Kelly (the protagonist) have been stalled for the time being. It's time to rest, heal, and recover but not for too long as the final battle with Odran is yet to happen.

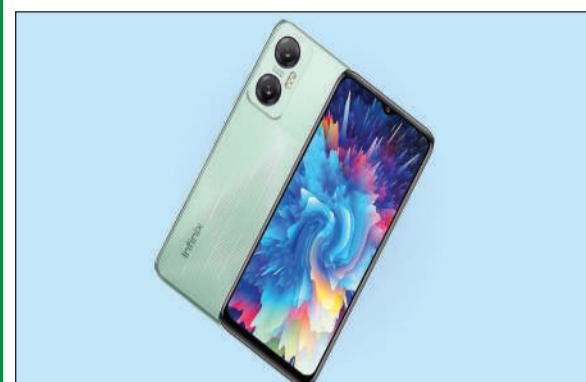
Meanwhile Breen, Odran's granddaughter who grew-up among Men and discovered her powers later, is making a life for herself in Talamh among the Fey community. And she has also found love in Keegan, leader of the Fey community. But their happiness and peace doesn't last for long.

Breen starts to get visions of the enemy's witches in her sleep who are killing the innocent, performing black magick, and plotting their destruction. An epic battle with the dark forces is about to happen and Breen needs to rescue and save others...

This is a story of good versus evil, a theme which is relevant even today. The relatable characters and Nora Roberts' action-packed writing makes this book an enjoyable read.

## GADGET REVIEW

### Infinix Hot 20 5G



Expected Price Rs 11,999.

Display 6.60-inch

Processor MediaTek Dimensity 810

Front Camera 8MP

Rear Camera 50MP + 2MP

Rear flash LED

RAM 4GB

Storage 128GB

Battery Capacity 5000mAh

Fast charging Proprietary

OS Android 12

Wi-Fi Yes

GPS Yes

Bluetooth Yes

USB Type-C Yes

Headphones 3.5mm

Fingerprint sensor Yes

Refresh Rate 120 Hz

Resolution Standard FHD+

Colours Blaster Green, Racing Black, Space Blue

#### Pros

- \* Solid build.
- \* Good performance.
- \* Long battery life.
- \* Powerful Processor.

#### Cons

- \* Cameras could be better.
- \* Waterdrop notch feels dated.

## VEHICLE REVIEW

### Tata Tigor EV Facelift



Starting Price Rs. 12.49 - 13.75 Lakh\*

Fuel Type Electric

Emission Norm Compliance ZEV

Battery Capacity 26 kWh

Max Power 73.75bhp

Max Torque 170Nm

Seating Capacity 5

No of Airbags 2

Range 315

Boot Space 316 L

Body Type Sedan

Ground Clearance 172

Transmission Type Automatic

Gear Box Single Speed

Tyre Type Tubeless, Radial

7 Inch

No of Speakers 4

Connectivity Android Auto, Apple CarPlay

Parking Sensors Rear

USB Charger Front

Fog Lights Front

#### Pros

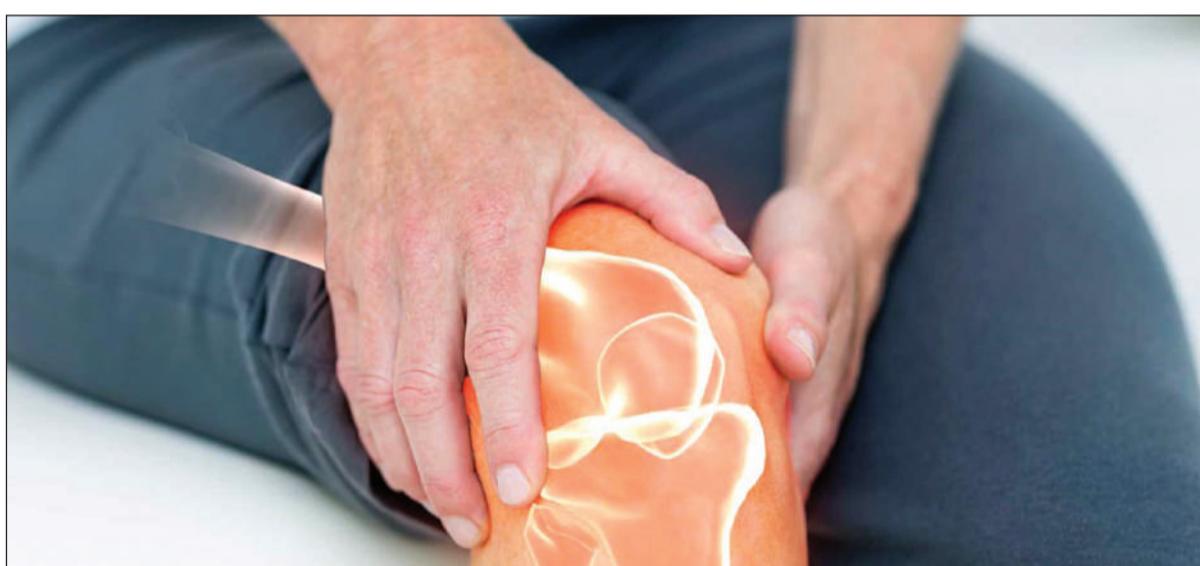
- \* Good Looks
- \* The engine is one of the smoothest.
- \* Offers very good ride quality.
- \* Packed with tech like Bluetooth connectivity and riding modes.

#### Cons

- \* Brakes could be more responsive and sharper.

## Health and Lifestyle

### Superfoods to relieve joint pain in winters



People who suffer from pain in joints and bones, either due to age, arthritis, or any other condition, may find themselves in much more pain and discomfort during the winter months. The cold is believed to exacerbate the aches and pains.

For those dealing with arthritis, getting some daily exercise as recommended by your doctor, improving your posture, taking prescribed medications and enough rest can help relieve your symptoms.

Although there is no diet cure for arthritis, eating certain foods can also strengthen bones and reduce swelling in your joints. Take a look at these superfoods:

#### Fatty fish

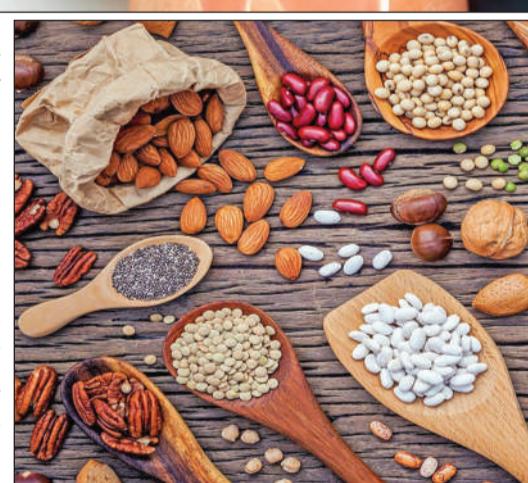
Fatty fish varieties like salmon and mackerel are rich in omega-3 fatty acids and vitamin D. This gives them anti-inflammatory properties which can help relieve your pain in joints. Multiple studies have shown that omega-3 fatty acid supplements can help decrease the intensity of your joint pain, morning stiffness, and the number of painful joints.

#### Garlic

Garlic and other root vegetables like onions contain diallyl disulfide, which is an anti-inflammatory compound. This can help fight inflammation, relieve pain and improve overall joint health.

#### Ginger

Consuming ginger regularly, in either fresh or dried form, can provide relief from joint inflammation. You can add it in



your daily tea, gravies as well as mix with honey or add in a cup of warm water.

Ginger blocks the production of substances that promote inflammation in the body.

#### Nuts and seeds

Nuts and seeds are rich in healthy fats and omega-3 fatty acids. Eating small portions of nuts and seeds like walnuts, almonds, flax seeds, chia seeds, and pine nuts regularly may provide relief from joint inflammation.

#### Fruits and berries

Fruits like apples, cranberries and apricots are rich in antioxidants. These can help the body eliminate harmful free radicals and reduce inflammation.

Eating cherries, which are rich in anthocyanins, may also be effective in reducing swelling in joints and muscles.

#### Bone broth

Drinking mutton or chicken bone broth can also boost your bone health. It is rich in glucosamine, chondroitin and amino acids, which aid bone growth. Drinking hot bone broth regularly can also provide relief from joint pain.

#### Olive Oil

Olive oil is an unsaturated, healthy fat, and a source of Omega-3. Olive oil also contains oleocanthal that can provide relief from inflammation. Include olive oil in your daily diet – such as for cooking eggs, use it in salads, etc.



## ASTROLOGY

### WEEKLY PREDICTIONS 11<sup>TH</sup> – 17<sup>TH</sup> DECEMBER 2022

#### ARIES



MAR 21 - APR 19

This week, you have a fine eye for detail. The week begins with the sun in Sagittarius and your house of travel and adventure making a sextile to Saturn in Aquarius. If you need to make travel arrangements, this is the day. You can be extremely efficient with your time and money, no matter the destination or how little time there is to make the reservations.

#### LIBRA



SEP 23 - OCT 22

This week, you're looking at the bright side. The week begins with the sun in Sagittarius and your house of thinking process making a sextile to Saturn in Aquarius. Libra, you might have been stuck in negative thoughts, but now you're breaking free. Suddenly the sun is shining, and the birds are singing (and even if it's raining, things seem brighter).

#### TAURUS



APR 20 - MAY 20

This week, you can find helpful people. The week begins with the sun in Sagittarius. You and your sweetheart might get some private time together. This could be the last time you're alone for a couple weeks, so you might want to take advantage of it. It's possible you have guests arriving, kids coming home from college, and friends visiting at all hours.

#### SCORPIO



OCT 23 - NOV 21

This week, a financial opportunity is in front of you. The week begins with the sun in Sagittarius and your house of money making a sextile to Saturn in Aquarius. You might have been doing very well staying within your budget. But now something has come up that is both useful and at a good price. Scorpio, your rules about spending could be challenged this month.

#### GEMINI



MAY 21 - JUN 20

This week, family relationships ebb and flow. The week begins with the sun in Sagittarius and your house of relationships making a sextile to Saturn in Aquarius. You and your dating partner might be getting ready to make an important announcement to the family. Gemini, it's possible you're taking this relationship to the next level and looking for some approval from parents or siblings.

#### SAGITTARIUS



NOV 22 - DEC 21

This week, people are looking up to you. The week begins with the sun in Sagittarius (happy birthday!). Sagittarius, you could receive an award for high sales or great customer service. A client might write a glowing review about you and send it right to your supervisor. And while this might not be so unusual for you, this is your opportunity to capitalize on this goodwill.

#### CANCER



JUN 21 - JUL 22

This week, things are flowing in the right direction. The week begins with the sun in Sagittarius and your house of routines making a sextile to Saturn in Aquarius. You are highly effective today. You can zip through lists of tasks ahead of schedule. Cancer, you can see the answers to challenging problems, and if necessary you can delegate tasks. You're in the proverbial "flow."

#### CAPRICORN



DEC 22 - JAN 21

This week, you're connecting spiritually to a higher force. The week begins with the sun in Sagittarius and your house of psychic ability making a sextile to Saturn in Aquarius. Capricorn, you might decide to meditate for a few minutes every morning. You might open your gratitude journal every evening to write down your thoughts. This is a good day for a little magic.

#### LEO



JUL 23 - AUG 22

This week, you're making the right connections. The week begins with the sun in Sagittarius. Leo, you can leap over obstacles, especially those related to creative work. This could be anything from sculpting clay to writing a great resume. You have access to expert help.