

## MOVIE REVIEW

### Freddy



Director: Shashanka 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 Kainaaz (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

## 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 Odram was defeated in the Battle of the Dark Portal, and with this his dreams of ruling over Talamh-- a magical 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 Odram is yet to happen.

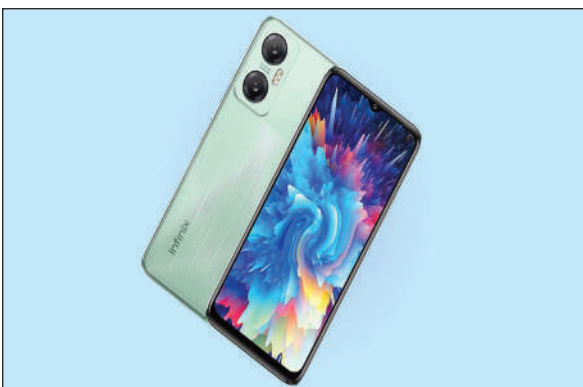
Meanwhile Breen, Odram's granddaughter who grew-up amongst Men and discovered her powers later, is making a life for herself in Talamh among the Fey community. And she has also found love in Keegan, leader of the Fey community. But their happiness and peace doesn't last for long.

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

EV

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

Touch Screen size

7 Inch

No of Speakers

4

Connectivity

Android Auto, Apple CarPlay

Parking Sensors

Rear

USB Charger

Front

Fog Lights

Front

#### Pros

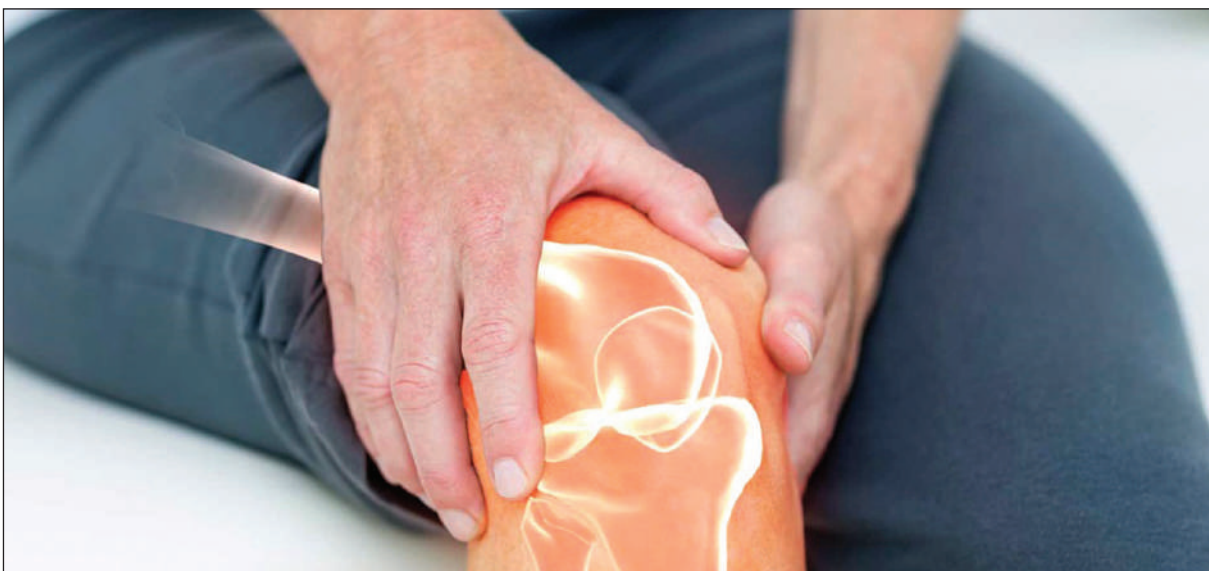
- \* Good Looks
- \* The engine is one of the smoothest.
- \* Offers very good ride quality.
- \* Packed with tech like Bluetooth connectivity and riding modes.

#### 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 to



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 19

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. This might mean you're phoning a friend, getting through to customer service, or asking the Universe to send you a muse.

#### AQUARIUS



JAN 20 - FEB 18

This week, you're more generous than ever. The week begins with the sun in Sagittarius and your house of friendships making a sextile to Saturn in Aquarius. A friend might need your help. And this is someone who doesn't often ask, so when they do it would be wise to sit up and take notice. Aquarius, it's possible they need you to watch their dog or pick up their child from school.

#### VIRGO



AUG 23 - SEP 22

This week, you're strengthening family connections. The week begins with the sun in Sagittarius and your house of family making a sextile to Saturn in Aquarius. Virgo, it's quite possible that an older relative needs help today. You might give them a ride to the doctor, dentist, or that specialty grocery store that sells the German sausages they love so much.

#### PISCES



FEB 19 - MAR 20

This week, you're adding to your reputation. The week begins on Monday, December 12, with the sun in Sagittarius and your house of career making a sextile to Saturn in Aquarius. You could receive some recognition from an important source at work. Pisces, this might come from your supervisor's boss or even higher up.