

MOVIE REVIEW

An Action Hero



Director: Anirudh Iyer
Cast: Ayushmann Khurrana, Jaideep Ahlawat, Mirabel Stuart

STORY: Maanav (Ayushmann Khurrana), a Bollywood megastar action hero and popular youth icon, falls from grace when he is caught up in a dramatic real-life incident that forces him to run for his life.

REVIEW: The film features Ayushmann Khurrana in a never-before-seen avatar. In contrast to his previous socially-relevant dramas, here, he plays Maanav, a buffed-up Bollywood action hero who wears his stardom on his sleeve. Soon, Maanav loses track of reality, especially when the antagonist, Bhoora Solanki (Jaideep Ahlawat), the Municipal Councillor of Mandothi village (Haryana), blames the star for his brother's mysterious death. As a result, they indulge in a cat-and-mouse game. Will the on-screen action hero be able to hold his own when hardcore action unfolds in his real life?

Nora Fatehi and Malaika Arora's dance numbers to reprise versions of 'Jehda Nasha' and 'Aap Jaisa Koi,' respectively, bring in the dose of oomph factor. The background score complements the ongoing drama and establishes the tone of the film.

Not everything in the plot adds up and you wish the film was tighter, but it does have a fair dose of action and comedy backed with good performances.

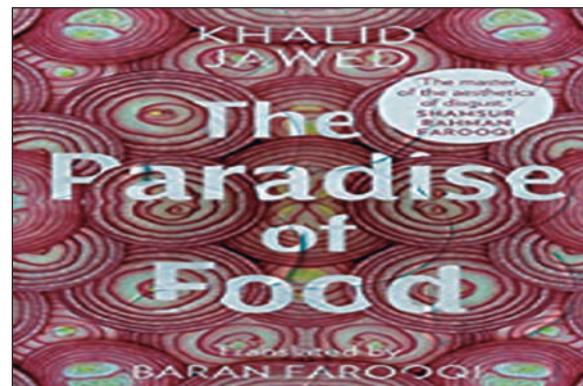
In-depth Analysis

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 Paradise of Food



Title: 'The Paradise of Food'

Author: Khalid Jawed

Genre: Contemporary Fiction

Publisher: Juggernaut

Pages: 424

Price: 799 INR

Review: One of the leading Urdu novelists today, Khalid Jawed wrote 'Ne'mat Khana' in 2014. Bringing his work to a wider audience, the book was translated from Urdu to English by Baran Farooqi and published as 'The Paradise of Food' earlier in 2022. In 'Ne'mat Khana', his novel published in Urdu, Khalid Jawed investigates the disease and squalor of domestic existence through the metaphor of the kitchen or the pantry. Food and sustenance make human life go, but they also corrupt human life," reads the book's introduction.

Spanning over 50 years, 'The Paradise of Food' follows the story of the protagonist Hafizuddin Mohammad Babar, an orphan, as he transforms from boyhood to adulthood and old age. Hafizuddin, fondly called Guddu Miyan, grows up in a middle-class joint Muslim family. This is his story over the years, as the narrator struggles in order to find a place for himself- at home and in the outside world. The author also parallelly portrays how, during this time, India and the Islamic culture have hardened and become increasingly intolerant. "But to describe the novel in its plot is to do its originality no justice. In this profoundly daring work - tense, mysterious, even unfathomable on occasion - Jawed builds an atmosphere of gloom and grotesqueness to draw out his themes. And in doing so he penetrates deep into the dark heart of middle-class Muslims today," reads the book's blurb.

Jawed's raw descriptions and flawed characters will not only grip the readers' attention but also stir up their emotions. The evocative writing and Miyan's philosophical thoughts make one think deeper, long after reading the book.

GADGET REVIEW

Realme 10 Pro+



Expected Price Rs 25,999.

Display 6.70-inch

Resolution 2412 x 1080 Pixels

Display Type Full HD+ AMOLED

Refresh Rate 120 Hz

Touchscreen Yes

Front Camera 16MP

Rear Camera 108MP + 8MP + 2MP

RAM 6GB, 8GB, 12GB

Storage 128GB, 256GB

Battery Capacity 5000mAh

Processor make MediaTek

OS Android 13

Skin Realme UI 4.0

Wi-Fi Yes

GPS Yes

Bluetooth Yes

NFC Yes

USB Type-C Yes

Fingerprint Sensor Yes

Colours Night, Ocean, Starlight

Pros

- * Gorgeous display.
- * Good low-light photography.
- * Long battery life.
- * Powerful Processor.

Cons

- * Ultra-wide shooter not up to the mark.
- * Bloatware.

VEHICLE REVIEW

Ducati DesertX



Starting Price

Rs. 17.91 Lakh*

Engine Type 11° twin-cylinder unit with desmodromic distribution

BS6

937 cc

92 Nm @ 6500 rpm

111.52 PS @ 9250 rpm

Dual Channel

Chain Drive

Petrol

21 Liters

6 Speed

Manual

Double Disc

Brakes Front Disc

Brakes Rear Disc

Ground Clearance 250 mm

Fuel Capacity 21 Liters

Tail Light LED

Tyre Type Tubeless

Music control Yes

Power Modes Yes

Pros

- * Good Looks.
- * Usable engine; low end torque and top end performance.
- * Equally accomplished both on and off-road.
- * Excellent rider aids.

Cons

- * No hill hold control.

Health and Lifestyle

Here's why sitting for long hours is harmful



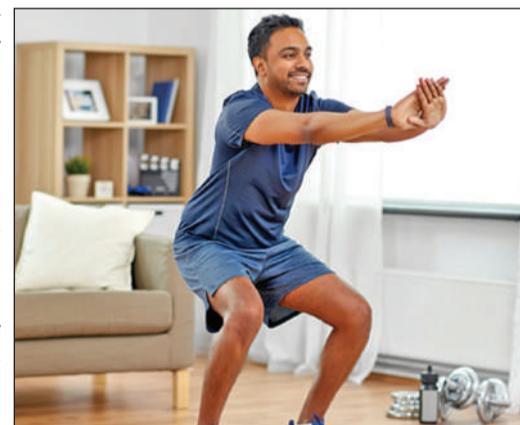
Sitting requires less energy than standing or moving around. Long hours of sitting have been associated with several health issues. They include obesity and metabolic syndrome, a group of ailments marked by elevated blood pressure, excessive blood sugar, extra body fat around the waist, and dangerous cholesterol levels. The risk of cardiovascular disease and cancer appears to be increased by excessive sitting overall and sitting for extended periods.

What does the study reveal

Around 13 papers on activity levels and sitting time were examined by researchers. They discovered that people who sat still for more than eight hours a day had a mortality risk comparable to that posed by being overweight and smoking. Contrary to some previous studies, this study of information from more than 1 million individuals discovered that engaging in 60 to 75 minutes of moderately intensive physical exercise each day could counteract the negative consequences of excessive sitting. Other research has revealed that sitting time has minimal effect on mortality risk for those who are most active.

Exercise may help

"More than 1 million individuals discovered that engaging in 60 to 75 minutes of moderately intensive physical exercise each day might counteract the negative consequences of excessive sitting. Meanwhile sitting time



has minimal effect on mortality risk for those who are most active," says Dr. RR Dutta, HOD-Internal Medicine, Paras Hospitals, Gurugram.

Move or stand instead

The risk of dying from cardiovascular disease and cancer appears to be increased by excessive sitting overall and by sitting for extended periods of time. Moving more and sitting less promotes greater health. If you have the option, begin by just standing rather than sitting. Or figure out how to walk while working.

Try these tips for instance

1. Stand up every 30 minutes instead of sitting down.

2. Keep your feet up while on the phone or watching TV.

3. Try a standing workstation if you work at a desk, or get creative and use a high table or counter.

4. When meeting with coworkers, take a walk rather than using a conference room.

5. Place your work area above a treadmill so that you can move around throughout the day. Use a vertical desk designed specifically for a treadmill or a computer screen and keyboard on a stand.

The takeaway

Dr. Dutta says, "Even slow exercise might have a significant influence. You'll start by burning more calories. Weight loss and increased energy may result from this. Additionally, exercise keeps your muscles toned, mobile, and mentally healthy, especially as you age."



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ASTROLOGY

WEEKLY PREDICTIONS 18TH—24TH 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

