

MOVIE REVIEW

Starfish



Director: Akhilesh Jaiswal
Cast: Khushalii Kumar, Milind Soman, Ehan Bhat
STORY: The movie follows a diver from a dredging company looking for answers related to her painful past. A twist of fate brings her face-to-face with someone who reshaped the course of her life. Will it have a bearing on the mystery she's trying to solve?

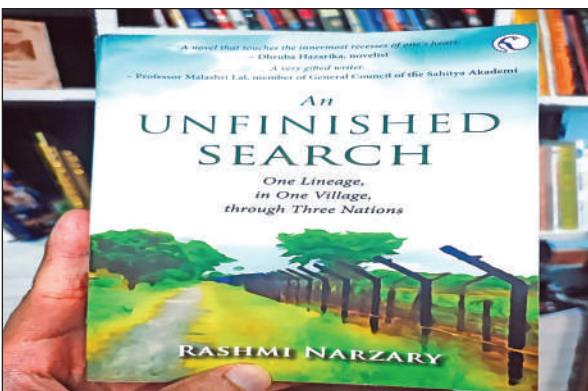
REVIEW: The most striking aspect of the film is its visual appeal. Cinematographer Jim Edgar and director Akhilesh Jaiswal capture the oceanic life and the underwater scenes splendidly, including the well-shot rescue operations. The locales of Malta and Sicily and the nightlife are shot beautifully. However, the screenplay by Akhilesh and Aditya Bhatnagar (as novelist Bina Nayak gets writing credits) seems fragmented, and lacks a superfluous quality. This is partly because the narrative focuses too hard on Tara and her emotional turmoil instead of the storytelling. The premise of how guilt and uncertainty can have repercussions on relationships is touched upon superficially but not delved into. This also means there's no depth to the love stories, which are a crucial part to her tale of self-discovery.

Khushalii Kumar pulls off her role as a diver and a wild child well. She's especially good in the second half when her emotional turmoil escalates. While Tusharr Khanna and Ehan Bhat are passable, Milind Soman is good in his brief role. The film's music is hummable, especially the folk song Madhaniya redux and the club number, Kudiye Ni Teri.

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>	<div><div></div><div></div><div></div><div></div><div></div></div>	3/5
Dialogues	<div><div></div><div></div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div><div></div><div></div></div>	3/5
Story	<div><div></div><div></div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div><div></div><div></div></div>	3/5
Music	<div><div></div><div></div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div><div></div><div></div></div>	3/5
Visual appeal	<div><div></div><div></div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div><div></div><div></div></div>	3/5

BOOK REVIEW

'An Unfinished Search



Title: "An Unfinished Search
Author: Rashmi Narzary
Genre: Fiction
Publisher: Pippa Rann UK
Pages: 318
Price: Rs 499

Review: Contemporary Indian novels rarely speak to the hot issues of identity, race, religion and homeland. Rashmi Narzary's great achievement is that she speaks to them gently, lovingly, and simply beautifully.

'An Unfinished Search: One Lineage, in One Village, through Three Nations' is a tragic tale, but for that very reason, strong - in the same way that Shakespeare's 'King Lear' is tragic yet strong, though that is altogether more high-flown in its language as well as sensational in its detail.

By contrast, then, 'An Unfinished Search' is a quiet story, a little in the manner of Satyajit Ray's debut film, 'Pather Panchali', except that Rashmi Narzary chooses to focus on the search for the identity of someone whose mother, in 1857, dying as she gave birth to him, was unable to share with the unfamiliar people attending her in the village to which she had fled, anything beyond one name of her husband. That name could be either Hindu or Muslim.

The child is adopted by a couple in the Muslim village and is brought up a Muslim but discovers through the taunts of fellow children that he is not the physical child of his parents and that his parentage is unknown. Working on the trivial tidbits of information known about his father, Anjaan (the totally appropriate name given to him by his adoptive parents) sets out to discover his identity. Experiencing many adventures in the course of his search, he eventually dies bequeathing along with something of an inheritance to his son, Baadal, the burden of continuing the search for their identity.

GADGET REVIEW

Oppo Reno 11 Pro



Expected Price	Rs 41,999
Display	6.74-inch (1240x2772)
Resolution	Qualcomm Snapdragon 8+ Gen 1
Processor	32MP
Front Camera	50MP + 32MP + 8MP
Rear Camera	12GB
RAM	256GB
Storage	4700mAh
Battery Capacity	Android 14
OS	Yes
Wi-Fi	Yes
GPS	Yes
Bluetooth	Yes
NFC	Yes
Infrared	Yes
USB OTG	Yes
USB Type-C	Yes
Face unlock	Yes
Proximity sensor	Yes
Colours	Moonstone, Obsidian Black, Turquoise Green

Pros	Cons
* 5G and NFC-enabled smartphone.	* Outdated USB type C 2.0 charging port.
* Decent battery support with 35W fast charging.	* Without any gorilla glass protection.
* Optical zoom and ultrawide cameras are present.	* Without Wireless charging.

VEHICLE REVIEW

Honda SP 125



Starting Price	Rs. 82,486 - 86,486*
Displacement	123.94 cc
Engine Type	Air Cooled, 4 stroke, SI Engine
No. of Cylinders	1
Max Power	10.8 PS @ 7500 rpm
Max Torque	10.9 Nm @ 6000 rpm
Front Brake	Disc
Rear Brake	Drum
Fuel Capacity	11 L
Braking Type	Combi Brake System
Speedometer	Digital
Odometer	Digital
Starting	Kick and Self Start
Fuel Supply	Fuel Injection
Clutch	Multiple Wet Clutch
Gear Box	5 Speed
Headlight	LED
Tail Light	Bulb
Turn Signal Lamp	Bulb
Low Fuel Indicator	Yes
Tyre	Tubeless

Pros	Cons
* Punchy yet refined engine.	* Ride quality on the stiffer side.
* Feature-rich.	* More expensive than its rivals.
* Excellent build quality and finish levels.	
* Loaded with premium features.	

Health and Lifestyle

6 common nutrient deficiencies
WOMEN must watch out for



A part from serious medical conditions, women are also subject to nutrient deficiencies that can impact overall health. A balanced diet is surely a crucial step to avoiding such complications, however, even the best diets sometimes fail to provide you with utmost nutrition.

From feeling fatigued, dizzy, experiencing numb, tingling fingers to muscle weakness and bone pain, nutrient deficiency can lead to several symptoms. If left untreated, it can even give light to chronic health conditions. This is why women must make sure they're receiving all kinds of nutrients and the right amount from their diet.

Let us take a look at the most common nutrient deficiencies in women and foods to eat...

Iron deficiency
Iron deficiency is extremely prevalent among women. Given that women bleed and menstruate every month, there's a high chance of developing anemia if we fail to make up for that loss. Anemia is a condition in which blood lacks adequate healthy red blood cells, which carry oxygen to the body's tissues. That said, iron deficiency anemia is often the cause of low iron levels in the body and can lead to symptoms such as dizziness, extreme fatigue, shortness of breath, sore tongue, brittle nails, etc.

To regain sufficient iron levels in the body, women can eat seafoods, red meat, beans, dark leafy greens, peas, iron-fortified cereals and dried fruits such as raisins and apricots.

Calcium deficiency
Calcium is an important mineral that helps the body build healthy bones and teeth. Low levels of calcium in the body therefore can increase your risk of osteoporosis and osteopenia. According to reports, girls between the age-group 8-19 and those older than 50 years of age are most likely to have low calcium levels. These can lead to symptoms such as extreme fatigue and weakness, frequent muscle cramps, skin problems, weak bones, dental issues and irregular heartbeat.

Foods such as dairy products like milk, yogurt, cheese, soybeans, dark, leafy greens, salmon, and calcium-fortified cereals are great for increasing calcium levels in the body.

Folate deficiency
Also referred to as vitamin B-9 or folic acid, folate is an important nutrient that helps form red blood cells and also promotes healthy cell growth and function. Not only is it a

necessary nutrient during early pregnancy in women, but it also reduces the risk of birth defects.

Having said that, folate deficiency can lead to extreme tiredness, lethargy, breathlessness, headaches, dizziness, pale skin and heart palpitations.

Foods like dark leafy greens, beans, fruits, whole grains, seafood, liver, nuts and seeds are some of the excellent sources of folate.

Iodine deficiency
Iodine is another mineral that the body needs for the healthy functioning of thyroid and the efficient production of thyroid hormones. These help manage and regulate metabolism, while keeping a check on other bodily functions.

Having said that, low levels of iodine in the body can lead to an enlarged thyroid gland, also known as a goiter. Furthermore, one may gain a lot of weight, while feeling weak, tired, losing hair, feeling chills and other complications.

Foods such as shellfish, dairy, salt, eggs, chicken, seaweed are rich in iodine.

Vitamin D
Vitamin D or 'the sunshine vitamin' is very important for the healthy functioning of the body. It is an essential nutrient that can be acquired from the foods we eat, prescribed supplements and most importantly the sun.

Lack of vitamin D can give light to several health issues including fatigue, back pain, hair loss, poor wound healing, and symptoms of depression.

While the best source of vitamin D is sunlight, foods such as fatty fish and fish liver oils, egg yolk, canned tuna, mushrooms, salmon, sardines are good sources of the same.

Vitamin B12
Vitamin B12 is one of the most essential nutrients that our body requires. It is a water-soluble vitamin that cannot be produced naturally by the body and must be acquired from the foods we eat. It not only helps in developing brain and nerve cells, but also facilitates the production of DNA. That said, according to the UK's National Health Services (NHS), a pale yellow tinge to your skin, a sore and red tongue (glossitis), mouth ulcers, pins and needles (paraesthesia), changes in the way that you walk and move around, disturbed vision, irritability and depression are some of the common symptoms of vitamin B12 deficiency.

ASTROLOGY

WEEKLY PREDICTIONS 03RD — 09TH DECEMBER 2023

ARIES MAR 21 - APR 19	This week, you're exploring the edges, not the middle ground. The week begins on with Mars in Sagittarius and your house of travel making a quineunx to Jupiter in Taurus. You might feel a great desire to prove that you can do something, especially an activity related to your personal freedom, so you could impulsively buy a ticket to where you want to go.	LIBRA SEP 23 - OCT 22	This week, you are an information sponge. Mercury squares Neptune in Pisces and your house of routines. Today, your routine might dissolve. There could be a blank in your bullet journal. But instead of trying to fight the current and stick to your list, let go and go with the flow. Today, you could be spiritually guided to do something different.
TAURUS APR 20 - MAY 20	This week, you're pushing the boundaries. The week begins with Mars in Sagittarius and your house of power and control making a quineunx to Jupiter in your own sign of Taurus. Taurus, you might be looking to break free of a rut or routine so you can do something that pushes you a little bit toward the edge (a prudent, well-considered edge because you're a Taurus, after all).	SCORPIO OCT 23 - NOV 21	This week, you're overcoming obstacles. The week begins with Mars in Sagittarius and your house of money making a quineunx to Jupiter in Taurus. Scorpio, you usually make very precise plans, and you're aware of how much energy tasks will take. But the obstacle to your success right now is that you might have underestimated what is necessary to make this happen.
GEMINI MAY 21 - JUN 20	This week, you're ready to leap. The week begins with Mars in Sagittarius and your house of relationships making a quineunx to Jupiter in Taurus. Today, your courage matches your enthusiasm, and you're ready to try something new. Gemini, it's great to push yourself, but be wary about pushing yourself over the edge. This is a good time to focus on your career path.	SAGITTARIUS NOV 22 - DEC 21	This week, you have energy to burn. The week begins with Mars in your own sign of Sagittarius and your house of confidence making a quineunx to Jupiter in Taurus. Sagittarius, this is a high-energy aspect, and you're already a high-energy person. This might mean you're bouncing off the walls, feeling restless, and eager to take action. But you might also feel blocked from taking the action you want to take.
CANCER JUN 21 - JUL 22	This week, the key is in communication. The week begins when Mercury in Sagittarius and your house of routines trines the North Node in Aries. Cancer, whatever you're trying to tackle—errands, learning something new, assembling a piece of furniture—you have the outline in your head or on a paper in your hands. Allow yourself to intuitively find the important information.	CAPRICORN DEC 22 - JAN 19	This week, a hidden talent is emerging. The week begins with Mars in Sagittarius and your house of hidden talents making a quineunx to Jupiter in Taurus. You might feel it's time to stop hiding from the world or, more specifically, hiding something you can do from the world. Capricorn, this is a time to reveal what you're good at even though it feels like you're taking a risk.
LEO JUL 23 - AUG 22	This week, it's good to take a chance. The week begins with Mars in Sagittarius. When you're uncertain, sometimes the best thing to do is plow forward and see what happens. Today, you could meet someone new for friendship or something more. This individual might open up new opportunities for you. Leo, if you're willing to roll the dice, this could be a lot of fun.	AQUARIUS JAN 20 - FEB 18	This week, you are singled out of the crowd. The week begins with Mars in Sagittarius and your house of hopes and dreams for the future making a quineunx to Jupiter in Taurus. You might have an idea of what you want to do in the future only to find less support from family members than you'd hoped. If you're looking for encouragement, it might be quieter and less enthusiastic right now.
VIRGO AUG 23 - SEP 22	This week, you are finding your inner drive. The week begins with Mars in Sagittarius. The opportunity is in front of you, but you might not feel the energy to take hold of it. Virgo, the opportunities that come today could be very valuable for your future. You have the right words, and you can convey your message so it's understood.	PISCES FEB 19 - MAR 20	This week, you're doing things the right way. The week begins with Mars in Sagittarius and your house of career making a quineunx to Jupiter in Taurus. You could have a breakthrough with a sudden understanding of what is standing in your way of success. You might realize that to push forward you need to take a risk.