

## MOVIE REVIEW

### Salaar



**Director:** Prashanth Neel  
**Cast:** Prabhas, Shruti Haasan, Prithviraj Sukumaran, Jagapathi Babu

**STORY:** Deva, also known as Cutout (Prabhas), fondly called by children, lives near a coal mine with his mother (Easwari Rao) in the remote village of Tinsukia in Assam. For the last seven years, they have moved from place to place, with his mother keeping a stringent watch on Deva, shielding him from violence.

**REVIEW:** The film does feature a certain amount of violence and bloodshed, which may not be palatable for certain sections of the audience. The first half is layered, focusing on the drama and sense of tension in the air. Audiences expecting a lot of action, comedy, and masala might be disappointed. However, it does score high on drama and action, with a bit of humour created through the delivery of dialogues or the body language of certain characters.

**Salaar: Part 1 – Ceasefire** combines political drama with high-stakes action and champions brotherhood. It is a riveting watch for those with a taste for grand and epic narratives. Fans of Prabhas and Prithviraj Sukumaran will find much to admire in this intense and captivating film. It's a film that will entertain and impress with its scale, but might require some patience in the initial stages, mostly establishing the world of Khansar and its inhabitants and setting the stage for Salaar: Part 2.

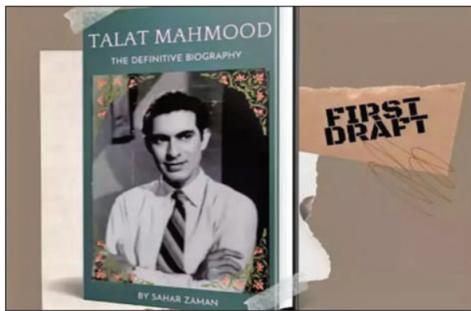
#### In-depth Analysis

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

Direction	██████████	3/5
Dialogues	██████████	3/5
Story	██████████	3/5
Music	██████████	3/5
Visual appeal	██████████	3/5

## BOOK REVIEW

### Talat Mahmood



**Title:** 'Talat Mahmood: The Definitive Biography'  
**Author:** Sahar Zaman  
**Genre:** Autobiography  
**Pages:** 626  
**Price:** Rs 597

**Review:** Talat Mahmood holds a special place in people's hearts, especially in the heart of his grand-niece Sahar Zaman. Mahmood was not only a vocal talent for actors such as Raj Kapoor, Dev Anand, and Dilip Kumar, but he also breathed life into the poignant verses of Mirza Ghalib, evoking deep emotions for many.

In the book 'Talat Mahmood: The Definitive Biography,' his niece perfectly captures his life and times. From singing movie songs to contributing to Bangladesh's liberation army, Talat Mahmood also practiced secularism as a habit, which remains the main essence of the book.

Sahar Zaman mentions the Mukti Bahini song, later known as the Bangladesh Liberation Force in which the Indian troops participated. Talat Mahmood's emotional and spiritual voice not only reflected the sorrow and pain of the people but also showcased his personal experiences.

Mahmood's journey to Chittagong, ahead of his concert to meet his elder brother, and his relationship with Bengali songs perfectly depicted the emotions in his songs, which emerged as his strength. Amidst the pain seen in the relief camps, Talat Mahmood closed his eyes and sang his heart out for many.

His love for his country and his profession was a form of spirituality and passion, expertly captured in the lines written by the author. For him, India was the country of his choice, where he dedicated his talent and showcased his art. Zaman has observed the joy of India's independence in Talat's memoirs, where the air was thick with pain. However, post-independence, a sense of relief could be felt in his songs.

## GADGET REVIEW

### Samsung Galaxy A25 5G



<b>Expected Price</b>	Rs 22,500
<b>Display</b>	6.50-inch
<b>Resolution</b>	2340x1080 pixels
<b>Refresh Rate</b>	120 Hz
<b>Front Camera</b>	13MP
<b>Rear Camera</b>	50MP + 8MP + 2MP
<b>RAM</b>	6GB
<b>Storage</b>	128GB
<b>Battery Capacity</b>	5000mAh
<b>OS</b>	Android 14
<b>Skin</b>	One UI
<b>Wi-Fi</b>	Yes
<b>GPS</b>	Yes
<b>Bluetooth</b>	Yes
<b>USB Type-C</b>	Yes
<b>Fingerprint sensor</b>	Yes
<b>Proximity sensor</b>	Yes
<b>Accelerometer</b>	Yes
<b>Ambient light sensor</b>	Yes
<b>Fast charging</b>	Proprietary
<b>Colours</b>	Black, Blue, Light blue, Yellow

#### Pros

- \* Stylish design.
- \* Huge battery capacity with 25W charging support.
- \* Super AMOLED display.
- \* 5G-enabled smartphone.
- \* 4K video recording with gyro-EIS.

#### Cons

- \* Reverse and wireless charging is missing.
- \* Heating issues may appear on heavy use.

## VEHICLE REVIEW

### Volkswagen Taigun



<b>Starting Price</b>	Rs. 11.62 - 19.46 Lakh*
<b>ARAI Mileage</b>	17.88 kmpl
<b>Fuel Type</b>	Petrol
<b>Engine Displacement</b>	1498 cc
<b>No. of cylinder</b>	4
<b>Max Power</b>	147.51bhp@5000-6000rpm
<b>Max Torque</b>	250Nm@1600-3500rpm
<b>Seating Capacity</b>	5
<b>Transmission Type</b>	Automatic
<b>Gear Box</b>	7-Speed DSG
<b>Drive Type</b>	2WD
<b>Boot Space</b>	385 L
<b>Fuel Tank Capacity</b>	50 L
<b>Body Type</b>	SUV
<b>Ground Clearance</b>	188 mm
<b>Front Suspension</b>	McPherson suspension and stabiliser bar
<b>Rear Suspension</b>	Twist beam axle
<b>Steering Type</b>	Electric
<b>Steering Column</b>	Tilt & Telescopic
<b>Front/Rear Brake Type</b>	Drum

#### Pros

- \* Classy Volkswagen family SUV look.
- \* Punchy and refined 1.5-litre TSi engine.
- \* Impressive infotainment experience.

#### Cons

- \* Sitting three people at the back is a squeeze.
- \* Fit and finish levels are not as good as the Vento.

# 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 31<sup>ST</sup> — 06<sup>TH</sup> JANUARY 2024

### ARIES



This week, slowing down is beneficial. The week begins on Sunday, December 31, with the moon in Virgo and your house of organized plans opposing Saturn in Pisces. Don't try to build anything today without reading the instructions first, or you might find that you have a lot of leftover pieces and poor results. Today, take things step by step.

### TAURUS



This week is about relationships and good connections. The week begins on Sunday, with the moon in Virgo and your house of romance. Taurus, you might want a little bit of fun while your partner wants to get serious. You could have a discussion about the future in which you feel some pressure to make a commitment or at least a promise. One of you might be flirting while the other is thinking long term.

### GEMINI



This week, you have lots of options. The week begins on Sunday, December 31, with the moon in Virgo and your house of home and family opposing Saturn in Pisces. Gemini, you might be torn trying to decide whether you want to go out on the town or stay in your cozy home with loved ones. You might have to split your time between parties and celebrations and staying home with the kids.

### CANCER



This week, you're getting a good start. The week begins on Sunday, with the moon in Virgo and your house of vehicles and short-distance travel opposing Saturn in Pisces. It might be hard to get around town today. This could be due to faulty instructions, roadwork, or bad weather conditions. Give yourself extra time to get anywhere, and know that the people around you are feeling just as impatient.

### LEO



This week, you could create something extraordinary. The week begins on Sunday, with the moon in Virgo and your house of money opposing Saturn in Pisces. Leo, you might be looking ahead now and resolving to do better when it comes to handling money. And now you have the focus and ambition to lean in to saving and investing.

### VIRGO



This week, you're moving ahead of the pack. The week begins on Sunday with the moon in your own sign of Virgo and your house of confidence opposing Saturn in Pisces. A person in authority could point out that you know quite a lot. They might be pushing you to start your own business or apply for a promotion. They're encouraging you to take hold of your power.

### LIBRA



This week, there are benefits inside and out. The week begins on Sunday, with the moon in Virgo and your house of the shadow self opposing Saturn in Pisces. Today, you have the capacity to do some good inner work, and you might even have a breakthrough. Libra, you could reach a point of understanding something that reorders your world. Consider asking yourself some important questions.

### SCORPIO



This week, you're meeting the right people. The week begins on Sunday, with the moon in Virgo and your house of friendships. There's an opportunity to forge a deep and meaningful connection with someone. You might have to go out of your way to show someone you're serious about this friendship. In fact, you might have to forgo something you want to do in order to show this person that you're open to their ideas.

### SAGITTARIUS



This week, you're looking for personal freedom. The week begins on Sunday, December 31, with the moon in Virgo and your house of social standing opposing Saturn in Pisces. Sagittarius, you might want to see friends or loved ones, but there is something keeping you at home. It could be the weather or that you promised someone you would stay home. Today, you might be kept from doing what you want.

### CAPRICORN



This week, you're surrounded by angels and guides. The week begins on Sunday, December 31, with the moon in Virgo and your house of education opposing Saturn in Pisces. Capricorn, you might be tasked with learning something new, and it isn't easy to do. It could be challenging on all levels. The solution is to break projects into small, manageable parts. Today, you can conquer a challenging task.

### AQUARIUS



This week, you're expanding your circle of friends. The week begins on Sunday, December 31, with the moon in Virgo and your house of investments opposing Saturn in Pisces. Aquarius, you might be doing some last-minute year-end financial planning. You could feel inspired to get your finances in order as the new year dawns. On Monday, January 1, Venus in Sagittarius squares Saturn.

### PISCES



This week, you're making plans for the future. The week begins on Sunday, with the moon in Virgo and your house of relationships opposing Saturn in Pisces. You and your partner might have a very serious discussion about the year ahead. Pisces, you could talk about where the relationship is going and start to make solid plans.