

WEBSERIES REVIEW

Kapil Sharma: I'm Not Done Yet



Director: Sahil Chhabria

Cast: Kapil Sharma

STORY: One of the most sought after comedians on TV, Kapil Sharma is out with his web debut on Netflix called 'I'm Not Done Yet'.

REVIEW: The act that goes on for around 50 minutes, shows us a side of Kapil that's yet to get over his father's loss and his own lost 20s. The narration is a concoction of bitter-sweet memories. The loss of his supportive father to cancer also ended Kapil's chance at being a carefree youngster. Like most middle class families, his 20s was riddled with meeting financial responsibilities. You wonder if the comedian allows himself to let loose in his late 30s. It is perhaps an attempt to rewind the clock a bit and live it up a little now that money isn't the issue. His father didn't have much but never failed to stand by his son and his thoughts on his father leave you teary-eyed.

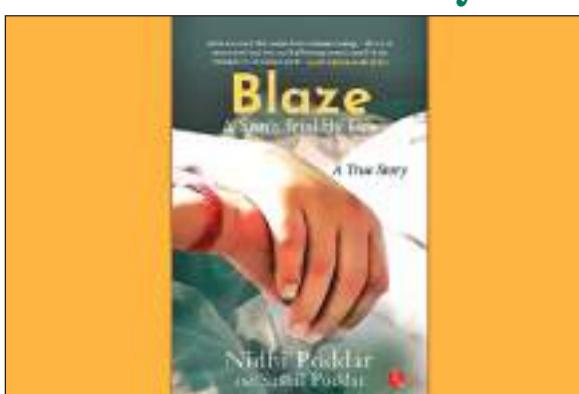
While the mood is more emotional than funny, it never exudes self-pity. Life struggles are narrated light-heartedly and mental health gets prominence. Kapil's conversation with his therapist, acceptance of depression, drunken rant on Twitter and jibes at PM Narendra Modi and political bots on social media, form other highlights of the act.

Though emotionally satiating, one expects Kapil's stand-up special to be funny and this does not live up to its name. Kapil, who thrives on interactive spontaneous humour, seems constricted with the change of setting.

In-depth Analysis	
Our overall critic's rating is not an average of the sub scores below.	
Direction	2.5/5
Dialogues	2.5/5
Story	2.5/5
Music	2.5/5
Visual appeal	2.5/5

BOOK REVIEW

'Blaze: A Son's Trial by Fire'



Title: 'Blaze: A Son's Trial by Fire'

Author: Nidhi Poddar and Sushil Poddar

Genre: Biography

Publisher: Rupa Publications India

Pages: 348

Price: 302 INR

Review: 'Blaze', published in August 2021 by Rupa Publications India, is a memoir of Divyansh penned by his mother Nidhi Poddar, a homemaker, along with his father Sushil Poddar, a senior government official. It traces the family's journey as they fight Divyansh's disease, and travel to different countries for his treatment.

The title of the book - 'Blaze' - is actually the name of one of the many poems by Divyansh. As a schoolboy, he was a part of the '100 Thousand Poets for Change', an international grassroots educational, non-profit organization focusing on the arts, especially poetry, music, and literary arts.

"Divyansh was the embodiment of courage and self-determination in the face of adversities. His life journey shows us how the path of opportunities can still be paved in the middle of adversities. He lived a big and a meaningful life that made a huge impact on the lives of people around him," reads the book's blurb. The memoir starts with Nidhi writing about the time Divyansh has been conceived, his childhood and school days, and how he handled his studies amid the diagnosis and the painful treatment that followed. Interestingly, the treatment details are explained in simple terms, which makes it easy for the readers to understand. In addition, readers can relate to all the details of Divyansh's life - even the small ones - that Nidhi has included in the book.

Divyansh's father, Sushil, has penned down a special section wherein he has written about everyone who supported the family in their long and arduous journey.

GADGET REVIEW

Vivo V23 Pro 5G



Expected Price Rs 38,990.

Display 6.56-inch

Resolution (1,080x2,376)

Front Camera 50MP + 8MP

Rear Camera 108MP + 8MP + 2MP

Rear autofocus Yes

Rear flash Yes

RAM 8GB

Storage 128GB

Battery Capacity 4300mAh

OS Android 12

Number of SIMs 2

Wi-Fi Yes

GPS Yes

Bluetooth Yes, v. 5.2.0

USB OTG Yes

USB Type-C Yes

Headphones 3.5mm

Proximity sensor Yes

Accelerometer Yes

Gyroscope Yes

Pros

* Slim and light.

* Colour-changing back looks cool.

* Runs Android 12.

* Selfie cameras perform well in daylight.

Cons

* No stereo speakers.

* Average low-light camera performance.

VEHICLE REVIEW

Nissan Magnite



Starting Price

Rs. 5.76 - 10.15 Lakh*

ARAI Mileage 17.7 kmpl

City Mileage 13.6 kmpl

Fuel Type Petrol

Engine Displacement 999 c

No. of cylinder 3

Max Power 98.63bhp@5000rpm

Max Torque 152nm@2200-4400rpm

Seating Capacity 5

Transmission Type Automatic

Boot Space 336 L

Fuel Tank Capacity 40.0 L

Body Type SUV

Ground Clearance 205

Steering Type Electronic

Steering Column Tilt

Front Brake Type Disc

Rear Brake Type Drum

No. of Airbags 2

Connectivity Android Auto, Apple CarPlay

No. of Speakers 4

Pros

* Smartly designed sub-compact SUV. Very well proportioned.

* Spacious and practical cabin.

* Impressive features list.

* Comfortable ride quality.

Cons

* No diesel engine option.

* Fitment quality is decent but not premium.

Health and Lifestyle

Weight loss: Expert tips to eat right before your workout session



Fueling yourself in the right way requires the same effort as planning your daily exercise routine. If your meal is not planned carefully in accordance with your schedule, you may not be able to finish your workout nicely or reap all its benefits. Eating right before and after the workout session provides energy to your muscles to keep going and also prevents overexertion. The pre-workout meal provides you with energy for peak performance. It plays a crucial role in muscle contraction. Emphasizing on the importance of planning your meal correctly before a workout Nutritionist Rujuta Diwekar recently took to her Instagram handle and shared some tips which you need to keep in mind while planning your pre-workout meal.

Do not exercise on an empty stomach

Exercising on an empty stomach is just like running a car without fuel. No matter how much effort you put in or how long you exercise, if you do not have the energy to finish the workout correctly, you may burn valuable energy sources and have less stamina. Besides, overexertion and low blood sugar level may also leave you lightheaded and dizzy after your workout session.

Do not drink tea or coffee

Having a cup of tea or coffee in the morning may make you feel energetic, but soon it can lead to an energy crash. Rujuta says, tea and coffee both are dehydrating and exercising after taking tea and coffee may make you feel more dehydrated. You may feel dizzy, your muscles

may feel stiff and you may feel extremely tired after your workout session.

How should you plan your meal?

As per the nutritionist, you do not need to have a plate full of food before your exercise session. The idea is to eat something light, healthy and nutritious, so that you have enough energy to complete the workout session. Choosing the correct food in the morning may help to provide fuel to the muscles, ensure optimal calorie burning and prevent muscle sprain, strain and injury.

What can you eat

Whether you are exercising in the morning or in the evening, your pre-workout meal should be light and healthy. Stuffing yourself right before the workout will make you feel uneasy and sleepy.

Rujuta suggests having a fruit or a handful of dry fruits about 10-15 minutes before the workout. If you are planning to exercise after a small meal or snacks, wait for 60 minutes. In the case of a heavy meal, it is good to wait for 90 minutes to make sure that the food is completely digested.

Planning your post-workout meal

Just like your pre-workout meal, your post-workout meal should also be planned carefully. Eating protein and healthy carbs after an intense workout session may help to repair your muscles and help to re-energise you. Make sure you eat something within 30 minutes after your workout. It helps to repair and build muscles.

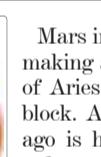


ASTROLOGY

WEEKLY PREDICTIONS 06TH—12TH FEBRUARY 2022



MAR 21 - APR 19



APR 20 - MAY 20



JUN 21 - JUL 22



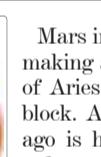
AUG 23 - SEP 22



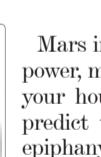
NOV 23 - DEC 21



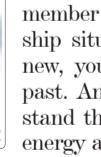
FEB 19 - MAR 20



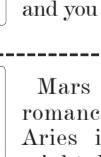
SEP 23 - OCT 22



OCT 23 - NOV 21



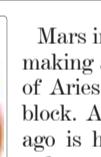
DEC 22 - JAN 21



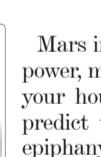
JAN 20 - FEB 18



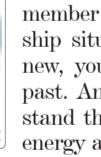
NOV 22 - DEC 21



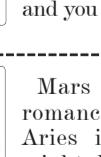
Mars in Capricorn elevated in your chart and making a square with Chiron in your own sign of Aries. You have the opportunity to heal a block. A wound you may have received years ago is holding you back in your career. But today, you can experience spontaneous healing. Aries, you could be surprised when a sum of money becomes available to you.



Mars in Capricorn, in your house of legal matters and government paperwork, making a square with Chiron in Aries in your house of the future. This is a good time to get paperwork in order. This might mean buying a safe and gathering together important documents like your Social Security card and birth certificate. Today it's good to make things official.



Mars in Capricorn, in your house of personal power, making a square with Chiron in Aries in your house of the future. The past does not predict the future. Today, you may have an epiphany where you see your life stretched out before you. An important choice is in front of you now. Instead of flipping a coin, think of where you want to be five years or 10 years from now. Let your future self be your guide.



Mars in Capricorn, in your house of relationships, making a square with Chiron in Aries in your house of reputation. A friend or family member is willing to help you with a relationship situation. If you want to meet someone new, you must let go of someone from your past. And while you may intellectually understand this, your heart may still have cords of energy attached to this individual.



Mars in Capricorn, in your house of work, making a square with Chiron in Aries in your house of education. You may be thinking about whether to go back to college. Or you could consider an accelerated course to get certified in a specialized skill. There's some pain from the past holding you back. School may have been a challenge, or you are holding student loan debt, and