

WEBSERIES REVIEW

The Fame Game

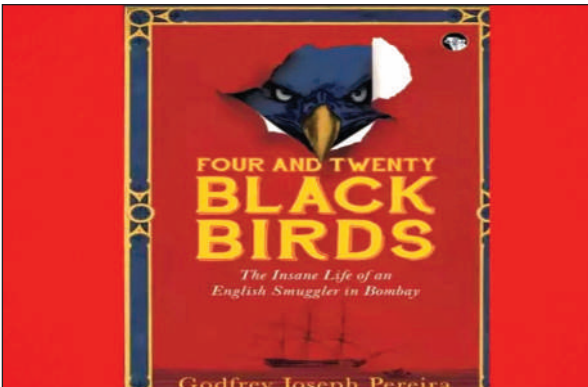


Director: Bejoy Nambiar, Karishma Kohli
Cast:Madhuri Dixit, Sanjay Kapoor, Manav Kaul, Suhasini Mulay, Lakshvir Saran, Rajshri Deshpande
STORY: ‘The Fame Game’ is about a dysfunctional Bollywood family. Things have now reached such an abyss for Nikhil More, a film producer, that to recover his mounting financial losses he is now betting big on a film that stars his wife Anamika and Manish Khanna, the superstar with whom his wife had an affair once.
REVIEW: It’s always a pleasure watching Madhuri on the silver screen and with ‘The Fame Game’, she has only increased her gamut to the OTT world too. She looks resplendent and as natural in her histrionics as she was in her hey-days. She single-handedly carries the show and does it with aplomb. 27 years back audiences saw Sanjay Kapoor serenading Madhuri Dixit singing ‘Ankhiya Milan’ now it’s just an extension of their roles but in a milieu that looks real and convincing. Sanjay Kapoor’s portrayal of a down-and-out producer who is even ready to make his wife a commodity in order to make money through films looks apt and does justice to the role.
The build-up of ‘The Fame Game’ is slow yet engaging, but it falls short in depicting edginess seen in ‘Baptiste’, ‘The Missing’ or ‘Unforgotten’. If only the makers had devoted more time to carving the character of Sheela Trivedi, who in this series seems on par with the characters that Nicola Walker and T’heky Karyo had played in ‘The Missing’ and ‘Unforgotten’ respectively.

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

Four and Twenty Blackbirds



Title: Four and Twenty Blackbirds
Author: Godfrey Joseph Pereira
Genre: Historical fiction
Publisher: Speaking Tiger Books
Pages: 296
Price: 499 INR
Review: As India got independence from the evil clutches of the British, Charlie Strongbow, a schizophrenic Englishman and mercenary born in Bombay, along with 23 colleagues, took possession of Cross Island near the Bombay docks in order to set up a black-market trade between Southhampton and Bombay. It is this intriguing tale that former journalist-turned-author Godfrey Joseph Pereira pens in his latest book titled 'Four and Twenty Blackbirds: The Insane Life of an English Smuggler in Bombay.'
"While nascent India floundered and struggled, Charlie, along with an English goon called Thommo, a devious accountant named Willie, a vicious Portuguese temptress, Dona Maria, and 20 British desperadoes, took possession of Cross Island near the Bombay Docks. Here they functioned in illegal harmony, bound by no rules and no principles, and set about building a black-market trade between Southampton and Bombay," reads the book's blurb.
Released in 2021 by Speaking Tiger Books, 'Four and Twenty Blackbirds' defines the general norms of genre-based categorization. Although it seems to be historical fiction, Pereira says, in the 'Author's Note', that it is based on a bundle of letters passed to him by Strongbow's grandson in a New York bar in the year 2015."Based on true events, 'Four and Twenty Blackbirds' is an utterly gripping novel- the disturbing, astonishing story of an Englishman who won everything but lost his soul on a no man's land in the Arabian Sea," concludes the book's blurb.

GADGET REVIEW

OnePlus 10 Pro



Expected Price	Rs 54,500.
Display	6.70-inch (1440x3216)
Resolution	Gorilla Glass
Protection type	Octa-core
Processor	Qualcomm Snapdragon 8 Gen 1
Processor	32MP
Front Camera	48MP + 50MP + 8MP
Rear Camera	Yes
Rear autofocus	Yes
Rear flash	8GB
RAM	128GB
Storage	5000mAh
Battery Capacity	Android 12
OS	Yes
GPS	Yes, v 5.20
Bluetooth	Yes
NFC	Yes
USB Type-C	Yes
Fingerprint Sensor	Yes
Proximity sensor	Yes
Gyroscope	Yes

Pros	Cons
* Long-lasting battery support.	* 3.5 mm jack is not present.
* Reverse and 50W fast wireless charging.	* IP water and dust resistance are missing.
* Fabulous camera performance.	
* Record up to 8K video without any hassle.	

VEHICLE REVIEW

Maruti Wagon R



Starting Price	Rs. 5.39 - 7.10 Lakh*
Fuel Type	Petrol
Engine Displacement	1197 cc
No. of cylinder	4
Max Power	88.50bhp@6000rpm
Max Torque	113Nm@4400rpm
Seating Capacity	5
Transmission Type	Automatic
Boot Space	341 L
Fuel Tank Capacity	32.0 L
Body Type	Hatchback
Steering Type	Power
Steering Column	Tilt
Front Brake Type	Disc
Rear Brake Type	Drum
Parking Sensors	Rear
Adjustable Headlights	Yes
Fog Lights	Front
Touch Screen size	7 Inch
No of Speakers	4
Connectivity	Android Auto, Apple CarPlay

Pros	Cons
* Spacious Interiors.	* Uncomfortable seating.
* Vast Service Network.	
* Good Value for Money.	
* Good Mileage.	

Health and Lifestyle

Hypertension: Exercises to avoid when dealing with high blood pressure



High blood pressure or hypertension is a lifestyle disorder that can put you at risk of severe illnesses if left without diagnosis or treatment for a long time. Those dealing with hypertension need to pay attention to their pressure levels all day long and avoid any untimely event that can suddenly shoot the levels, putting them at the risk of stroke and heart attack. An intense workout can quickly raise the blood pressure level.
Benefits of exercising when suffering from high blood pressure
Daily exercising has many health benefits, even for those suffering from hypertension. Performing simple exercises like brisk walking, jogging, yoga can help to reduce the stress level and also lower blood pressure levels. But some activities can spike your blood pressure level instantly, leading to dizziness and breathlessness. It is recommended to all those who have a blood pressure reading of 180/100mmHg or more, seek medical advice from their doctor before beginning any new exercise regime. Here are some exercises they must be careful about.
Weight lifting
Strength training can help to strengthen bones and reduce the risk of bone-related injuries. For hypertension patients, lifting weight can help to manage the blood pressure level and reduce the risk of severe illnesses, only if performed in limita-



tion. A rigorous workout can raise your pressure level to a dangerous level.
Sprinting
Jogging, moderate running, cycling all are recommended activities for patients dealing with high blood pressure. But sprinting is not a good choice. Sprinting is also a high impact and extreme activity that can spike your blood pressure level instantly.
Scuba diving
Having high blood pressure puts you at increased risk of a spike in the level while diving. It can increase the risk of having a heart attack or a stroke, both of which could be fatal underwater. Before trying this water sports, consult your doctor and get through check-ups to avoid any unpleasant events.
Skydiving
High blood pressure can interfere with pre-flight anxiety and oxygen changes during skydiving. It is an extreme sport and can lead to a sudden spike in the blood pressure level. Sports like these may not be good for your health. Talk to your doctor before trying anything like this.
Squash
Squash is an intense exercise that requires you to run and move quickly. Performing such exercises while having hypertension can quickly spike your blood pressure level and put you at risk of a heart attack. Bowling, golfing and table tennis are better options.

ASTROLOGY

WEEKLY PREDICTIONS 06TH — 12TH MARCH 2022

ARIES MAR 21 - APR 19 The week begins with Venus and Mars entering the sign of Aquarius. The planet of wants and desires joins hands with the planet of action and enters a new sign. This means there's potential to start something fresh, new, and exciting. You might be jumping into some new technology, meeting new friends, or taking on an activity you have never done before.	LIBRA SEP 23 - OCT 22 Venus and Mars entering the sign of Aquarius. Now your social blade score can shoot up. Libra, you could receive invitations right and left. Friends are coming forth from a long hibernation and looking to socialize. Your dance card could fill up in no time with group meetings, social engagements, and opportunities within the community.
TAURUS APR 20 - MAY 20 Venus and Mars entering the sign of Aquarius. Now it clasps hands with Mars, and you may see that compromises are needed to achieve your goals. This is especially true at work, as you may be training new recruits or leading a particularly unruly band of coworkers. It'll all work out in the end, but it may try your patience this week.	SCORPIO OCT 23 - NOV 21 Scorpio, you know what it's like when you're sailing down the freeway making great time, and suddenly there are brake lights and a detour sign flashing ahead. You have to get off the freeway, along with everyone else, Scorpio, old projects change and new projects are introduced. Someone wants to automate what you're doing or eliminate what you have been working on.
GEMINI MAY 21 - JUN 20 Venus and Mars entering the sign of Aquarius. Gemini, you have an easier way to get to your destination. This is because of the network of helpful individuals you already know that start to come out of the woodwork with offers of assistance. These might be people you know from school or your travels. If you're looking for advice, start by asking your friends.	SAGITTARIUS NOV 22 - DEC 21 This week, you move forward through compromise. The week begins with Venus and Mars entering the sign of Aquarius. The phone lines are opening up today. You might receive texts, voicemails, and emails from a myriad of people. You can receive invitations to parties, group meetings and just hang out. You may want to drop what you're doing to see what exciting things are happening in your community.
CANCER JUN 21 - JUL 22 It's like everyone around you has changed their mind. Cancer, you thought you knew what you were doing, and suddenly everybody wants something different for breakfast, to change the schedule, or they want to include other people. Your best bet is to roll with these changes even though you might feel miffed that what you prepared is no longer what people want.	CAPRICORN DEC 22 - JAN 19 Venus and Mars entering the sign of Aquarius. Capricorn, you may suddenly realize how fast the world is changing and how much of these changes could directly affect you. And you know some of this is exciting, interesting, and potentially profitable, but you may also be thinking about how much there is to learn before you feel comfortable in this new world.
LEO JUL 23 - AUG 22 Venus and Mars entering the sign of Aquarius. Leo, this is one of those moments when the party you have at your house clears out because people are heading to a party across town. You have a choice. You can follow the crowd and have a great time at someone else's party, or you can eat leftover hors d'oeuvres for the rest of the night by yourself.	AQUARIUS JAN 20 - FEB 18 Venus and Mars entering your own sign of Aquarius. Now you have about a month to use this extraordinary energy. Venus represents what you want, and Mars is your ability to take action. These planets are now in harmony. But now, as you get clear on your goals, you will find the motivation to take action. It's like you're floating above the timeline of your life.
VIRGO AUG 23 - SEP 22 Venus and Mars entering the sign of Aquarius. Virgo, this is akin to someone running into the newsroom and saying, "Stop the presses!" Whatever you are working on has to be put aside because something new has arrived. This could be a new project from your boss, new software you have to deal with, or a sudden deadline that must be adhered to.	PISCES FEB 19 - MAR 20 Venus and Mars in Aquarius in your house of hidden activity. Now you're co-creating with the Universe. These two planets, traveling through your house of intuition and spirituality, allow you to tap into abundance. It starts with having a clear vision of what you want and then actively doing prayer, meditation, or journaling about the process you will take to bring this forth.