

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 heydays. She single-handedly carries the show and does it with aplomb. 27 years back audiences saw Sanjay Kapoor serenading Madhuri Dixit singing 'Ankhya Mila' 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 Tahereh 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

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 unturned 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.

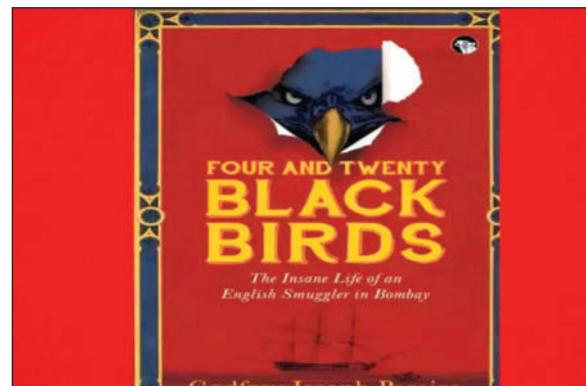


Squash

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.

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 Southampton 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

Resolution (1440x3216)

Protection type Gorilla Glass

Processor Octa-core

Processor Qualcomm Snapdragon 8 Gen 1

Front Camera 32MP

Rear Camera 48MP + 50MP + 8MP

Rear autofocus Yes

Rear flash Yes

RAM 8GB

Storage 128GB

Battery Capacity 5000mAh

OS Android 12

GPS Yes

Bluetooth Yes, v 5.20

NFC Yes

USB Type-C Yes

Fingerprint Sensor Yes

Proximity sensor Yes

Gyroscope Yes

Pros

* Long-lasting battery support.

* Reverse and 50W fast wireless charging.

* Fabulous camera performance.

* Record up to 8K video without any hassle.

Cons

* 3.5 mm jack is not present.

* IP water and dust resistance are missing.

VEHICLE REVIEW

Maruti Wagon R



Starting Price

Rs. 5.39 - 7.10 Lakh*

Fuel Type Petrol

1197 cc

Engine Displacement 4

88.50bhp@6000rpm

No. of cylinder 113Nm@4400rpm

5

Max Power

Automatic

Max Torque

341 L

Seating Capacity

32.0 L

TransmissionType

Hatchback

Boot Space

Power

Fuel Tank Capacity

Tilt

Body Type

Disc

Steering Column

Drum

Front Brake Type

Rear

Rear Brake Type

Front

Parking Sensors

7 Inch

Adjustable Headlights

4

Fog Lights

Android Auto, Apple CarPlay

Pros

* Spacious Interiors.

* Vast Service Network.

* Good Value for Money.

* Good Mileage.

Cons

* Uncomfortable seating.

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