

## WEBSERIES REVIEW

### RRR



**Director:** S.S. Rajamouli  
**Cast:** Jr Ntr, Ram Charan, Ajay Devgn, S.S. Rajamouli  
Alia Bhatt, Olivia Morris, Ray Stevenson, Alison Doody

**STORY:** Ramaraju and Bheem become close friends when they cross paths in Delhi. What happens when they come to know each other's true intentions?

**REVIEW:** The first half of RRR runs like clockwork. There's the emotional core in Malli, there's the song and dance with Naatu Naatu (it'll make you smile) and a friendship explored through Dosti, there's even a few laughs whenever Bheem tries to befriend Jennifer. Cinematic liberties are taken but they don't seem as noticeable as in the later portions, half where the film falters a bit. Some scenes seem to drag frustratingly because we already know something a core character doesn't. The way Ramaraju's fiancée Sita (Alia Bhatt) is woven into the narrative, apart from Ram Charan's transformation to another look also seem forced in a tale that was smooth sailing. After the way Bheem is set up effortlessly despite nothing much being told, the way Ramaraju's story unfolds seems strained. The climax leaves more to be desired. The good thing however is that the film manages to surprise you. Rajamouli also manages to use certain tropes set up in the initial portions of the film in the latter portions cleverly.

None-the-less Rajamouli manages to pull off something people have been pining for – a commercial, action drama that will keep you thoroughly entertained – which it does.

#### In-depth Analysis

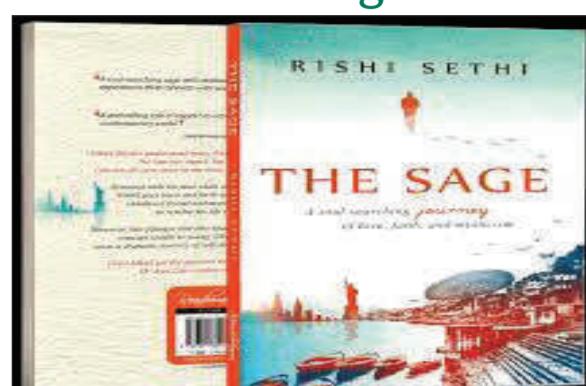
Our overall critic's rating is not an average of the sub scores below.

Direction	2.5/5
Dialogues	2.5/5
Story	2.5/5
Music	2.5/5
Visual appeal	2.5/5

2.5/5

## BOOK REVIEW

### The Sage



**Title:** The Sage  
**Author:** Rishi Sethi  
**Publisher:** Readomania Publishing

**Pages:** 240

**Price:** 245 INR

**Review:** 'The Sage' by Rishi Shah - Interventional Cardiologist and Professor of Cardiology at King George's Medical University, Lucknow - follows the story of Nikhil, who is in search of a reply to innumerable questions about his very own existence. A doctor by profession, he relocated to the US for education and occupation. As time passes, Nikhil starts recalling the conversations with his friend Krishna, that had a profound impact on him. While he is busy figuring out all this, Myra - a pretty young girl - and her father (Bryan) enter Nikhil's life. The three of them bond very well and soon become each other's support system. On the side, Nikhil forms a solid relationship with Tanya, who also makes him feel supported and appreciated.

"Nikhil did not understand many things Krishna said to him then. He was not stupid, but he was young. Like we all were once in our lives. Not stupid, but young! Reunited with his past while on a trip back to India, Nikhil goes back and forth to the memories of his childhood friend and mentor, as he attempts to resolve his life's conflicts," reads the book's blurb.

All in all, the book tries to debate the conflicts of the human mind from varied perspectives. Playing subtly in the grey and complex world of the human subconscious, he tries to discover, together with his readers, the miracles of faith and love. The significance of self-love, self-confidence, and love is nicely protected in this book.

## GADGET REVIEW

### Redmi 10A



<b>Expected Price</b>	Rs 8,300
Display	6.53-inch
Resolution	(720x1600)
Processor	MediaTek Helio G25
Front Camera	5MP
Rear Camera	13MP
Rear autofocus	Yes
Rear flash	Yes
RAM	4GB
Storage	64GB
Battery Capacity	5000mAh
OS	Android
Wi-Fi	Yes
GPS	Yes
Bluetooth	Yes, v 5.00
Micro-USB	Yes
Headphones	3.5mm
Number of SIMs	2
Proximity sensor	Yes
Accelerometer	Yes
Ambient light sensor	Yes

#### Pros

- \* Descent Display and Cameras.
- \* Memory Expandable upto 512GB.
- \* Great battery life.

#### Cons

- \* No USB Type-C Port.
- \* No Fingerprint Sensor.

## VEHICLE REVIEW

### Hyundai Creta facelift



<b>Starting Price</b>	Rs. 10.28 - 18.01 Lakh
ARAI Mileage	18.5 kmpl
Fuel Type	Diesel
Engine Displacement	1493 cc
No. of cylinder	4
Gear Box	6-Speed
Max Power	113.42bhp@4000rpm
Max Torque	250nm@1500-2750rpm
Seating Capacity	5
Transmission Type	Automatic
Boot Space	433 L
Body Type	SUV
Steering Type	Power
Steering Column	Tilt
Front Brake Type	Rack & Pinion
Rear Brake Type	Disc
No of Airbags	6
Touch Screen size	10.24 inch
No of Speakers	8
Connectivity	Android Auto,Apple CarPlay

#### Pros

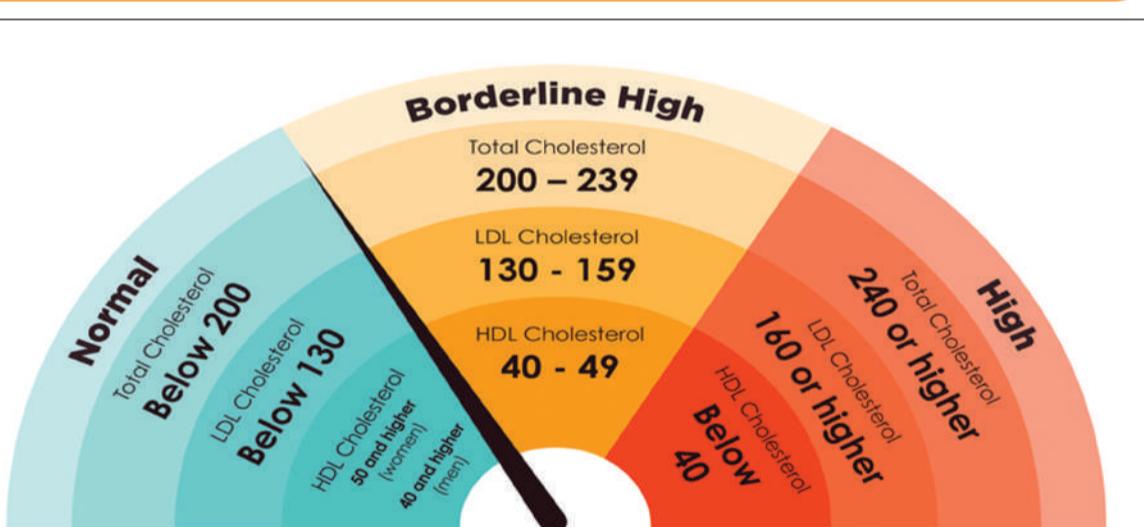
- \* Highly maneuverable.
- \* Great fuel economy.
- \* User-friendly infotainment system.

#### Cons

- \* Relatively small cargo area.
- \* Meager passing power.

## Health and Lifestyle

**Cholesterol: Busting all the myths surrounding cholesterol and its impact on health**



## Cholesterol Levels

Cholesterol has never been seen in a good manner. Unhealthy, disease inducing, severe, lethal, and heart disease are some of the tags always associated with cholesterol. What scares us most is the cholesterol number that experts say are an indicator of the wellbeing of our body. A low number means less cholesterol and good health and a high number means we need to change our lifestyle to bring them under control. The fact is not all cholesterol are bad. This confusion is triggered by several myths surrounding it. Here we have busted common myths surrounding cholesterol:

#### All cholesterol are bad for you

No. This is the biggest and the most widespread myth around cholesterol. Our body actually needs cholesterol to perform certain activities like making hormones and building cells.

There are two types of cholesterol: low density lipoprotein and high density lipoprotein.

Among these the low density lipoprotein is the bad one. High levels of this cholesterol raises risk of heart disease and stroke. The other one, the high density lipoprotein is the good one. As per health experts, high levels of this cholesterol can lower the risk for heart disease and stroke.

#### High cholesterol has symptoms

No. If your body has high levels of cholesterol it will never show any sign. That's why health experts have warned against junk foods and other lifestyle habits that lead to accumulation of cholesterol in the body.

Signs of high cholesterol will only be visible when body organs get affected and usually organs get affected when the cholesterol has been depositing in the body for a long duration.

#### Eat less food will lower my cholesterol level

No. It depends on what you eat. If you are consuming food

which is rich in saturated fat then it is best to switch to food which does not have this fat. This biggest source of saturated fats are the foods from animals, like red meat, butter, and cheese.

In order to lower the cholesterol one should try to include more fiber and unsaturated fats.

#### It is difficult to lower cholesterol level

No. Everything is difficult and impossible until one tries. Health experts have seen tremendous changes in patients who had once been diagnosed having high cholesterol.

In order to stop the deposition of the cholesterol in the blood vessels one needs to make sure these harmful elements do not enter the body and whatever goes inside is removed properly.

For this, one has to make changes in dietary habits. Stop consuming saturated fats and meat products and include healthy oils to food. Fruits and fiber rich foods should be eaten more.

#### One loses the taste of life after high cholesterol is detected

Not at all. Only the food habit is switched from unhealthy ones to healthier alternatives. We are lucky to have so many food options before us. If few of these are required to be removed due to health issues, there are 100 other alternatives which are not just healthy and nutritious but are tasty as well.

It does no harm to try new tastes. Instead of indulging in sorrow and despair that your regular food has been limited, one should gladly accept the changes and try newer food items.

#### Only diet can manage high cholesterol

No. This may work for most of the people but it is not advisable. High cholesterol can have lethal impacts on one's health. It is therefore essential to have regular checkups and medicines should be taken regularly if your doctor has prescribed it.

## ASTROLOGY

### WEEKLY PREDICTIONS 17<sup>TH</sup> – 23<sup>RD</sup> APRIL 2022

#### ARIES



MAR 21 - APR 19

Mercury in Taurus making a conjunction to Uranus in your house of finances. Aries, a surprising sum of money could come into your hands. This may not be a huge amount, but it's enough to get your attention. This could be a sign that there's a long-term income source coming in the future. This week, financial opportunities abound, but that's not all.

#### LIBRA



SEP 23 - OCT 22

Mercury in Taurus making a conjunction to Uranus in your house of intimacy. Libra, you may have an unexpected encounter of the romantic kind. It may be completely unplanned (which is likely since Uranus is involved), but suddenly there's kissing, and maybe some clothing-optimal activity follows. This is spontaneity at its truest form.

#### TAURUS



APR 20 - MAY 20

Mercury, in your own sign of Taurus, making a conjunction to Uranus in your house of confidence. Someone may surprise you by telling you how poised and powerful they think you are. They may compliment your presence onstage or how you lead a meeting. It's possible they have romantic desires for you. And once that thought crosses your head, it's hard to think about anything else.

#### SCORPIO



OCT 23 - NOV 21

Mercury in Taurus making a conjunction to Uranus in your house of relationships. Today, you could meet someone who is so interesting and exciting you can't stop thinking about them. And it's likely they feel the same about you. Scorpio, this individual gets your brain thinking of new things, and the conversation can put you in a good mood for the rest of the day.

#### GEMINI



MAY 21 - JUN 20

Mercury in Taurus making a conjunction to Uranus in your house of secrets. Today, a secret gets out. Gemini, this might be one you overhear, and now you are charged to keep your mouth shut. But it's also quite possible your own secret has been revealed. The information could spread from person to person very quickly.

#### SAGITTARIUS



NOV 22 - DEC 21

Mercury in Taurus making a conjunction to Uranus in your house of health and well-being. Today, you may adopt a new habit for the sake of your health. Sagittarius, you might start the day off with the protein smoothie, or you may skip breakfast entirely to try intermittent fasting. You may go on a morning hike or roll out of bed to do a dozen push-ups to get the blood pumping.

#### CANCER



JUN 21 - JUL 22

Mercury in Taurus making a conjunction to Uranus in your house of friendships and community. Today, your circle of friends can get much larger. Cancer, you might join an organization of like-minded people. Or perhaps you are attending church and staying after for the ice cream social. It's likely you will receive a welcoming invitation. An individual may ask you to come to their home for dinner.

#### CAPRICORN



DEC 22 - JAN 21

Mercury in Taurus making a conjunction to Uranus in your house of romance and adventure. Capricorn, a quick meeting could turn romantic. You might brush the shoulder of a stranger quite accidentally and discover an electric connection. Perhaps you knew this person in another life. There could be a strong astrological connection between your charts. It might be wise to get their phone number.

#### LEO



JUL 23 - AUG 22

Mercury in Taurus making a conjunction to Uranus in your house of fame. Leo, you may have a sudden burst of notoriety. A post you put up on TikTok or Instagram could reach many more people than your usual posts. This is an excellent time to add an article to your blog, upload your book of poetry to Amazon, or add your songs to Spotify. It's your time for fame.</p