

WEBSERIES REVIEW

K.G.F: Chapter 2



Director: Prashanth Neel

Cast: Yash, Sanjay Dutt, Srinidhi Shetty, Raveena Tandon, Prakash Raj, Achyuth Kumar, Rao Ramesh

STORY: Raja Krishnappa Bairya aka Rocky Bhai has become the ruler of KGF after killing Garuda. But as he decides to own the world, he finds big foes in the form of Adheera and Ramika Sen. Does he still get his 'duniya'?

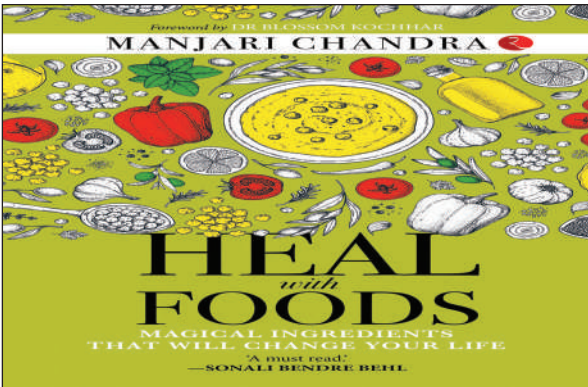
REVIEW: This film gets to showcase the emotional side of Rocky too, with a love story and even some glimpses into his past life that fuelled his ambition. The love story doesn't take away too much from the tale either. One of the best shots in the film is the introduction of Adheera played by Sanjay Dutt. It is pure magic on screen and evokes whistles organically. Raveena Tandon as the Prime Minister also has a good track. The other interesting addition is Rao Ramesh as the CBI officer. Prakash Raj also makes for a good narrator, with his baritone adding an immersive experience.

The film belongs as much to filmmaker Prashanth Neel as it does to Yash. Both of them have managed to deliver a sequel that seems more immersive than the first part. Albeit, Prashanth has always maintained that the second part had the bigger chunk of his original story when they decided to break it into two parts.

For the audience who wants to watch a loaded action film with style, heavy-duty stunts, and dialogues, this one is simply made to order.

BOOK REVIEW

Heal with Foods'



Title: Heal with Foods'

Author: Manjari Chandra

Publisher: Rupa Publications India

Pages: 256

Price: 316 INR

Review: Dr. Manjari Chandra is a Functional Nutritionist, Wellness Coach, Speaker, and Author. With 20 plus years of clinical experience in the country's top hospitals in integrative and functional nutrition, 'Heal with Foods' is Dr. Chandra's second book. Her first book 'Eat up Clean' up was based on how through nutrition we can cleanse the body of toxins.

'Heal with Foods' talks about the magical ingredients in our diet that can go a long way in determining our health and longevity. It gives a far-sighted perspective into the nutritional significance of the foods that we consume daily and also cautions against things that should not be on our plates.

Dr. Manjari's style of writing is simple which makes the book even more impactful as she refrains from using medical jargon and explains complex clinical situations in an easy and understandable way. She picks up individual superfoods and dwells in-depth about their benefits and also goes at length to explain which is the best way to include them in our diet to reap maximum benefits. The best part is, that the book also has some simple recipes that help the readers to use the ingredients in the best possible way.

The book is divided into different parts that deal with different aspects of nutrition. From forgotten vegetables to rare spices that are highly beneficial and from the role of millets in our diet to choosing the right kind of fat to stay healthy, 'Heal with Foods' addresses every intriguing query related to food and nutrition in the most simple manner.

GADGET REVIEW

Oppo F21 Pro 5G



Expected Price	Rs 26,999
Display	6.43-inch
Resolution	(1080x2400)
Processor	Qualcomm Snapdragon 695
Front Camera	16MP
Rear Camera	64MP + 2MP + 2MP
Rear autofoeus	Yes
Rear flash	Yes
RAM	8GB
Storage	128GB
Battery Capacity	4500mAh
OS	Android 11
GPS	Yes
Bluetooth	Yes, v 5.10
USB Type-C	Yes
Headphones	3.5mm
Fingerprint Sensor	Yes
Proximity sensor	Yes
Accelerometer	Yes
Gyroscope	Yes
Colours	Cosmic Black, Rainbow Spectrum

Pros

- * Descent Display.
- * Corning Gorilla Glass 5 on Front.
- * Great battery life.

Cons

- * Average Cameras.
- * No Ultra-Wide Lens.

VEHICLE REVIEW

Maruti Ertiga Facelift



Starting Price	Rs. 8.35 - 12.79 Lakh
Fuel Type	Petrol
Engine Displacement	1462 cc
Emission Norm Compliance	BS VI
No. of cylinder	4
Gear Box	6-Speed
Max Power	101.65bhp@6000rpm
Max Torque	136.8nm@4400rpm
Seating Capacity	7
Transmission Type	Automatic
Fuel Tank Capacity	45.0
Body Type	MUV
Fog Lights	Front
No of Airbags	4
Tyre Type	Tubeless, Radial
Front Brake Type	Disc
Rear Brake Type	Drum
Parking Sensors	Rear
LED Tail lights	Yes
Touch Screen size	7 Inch
Connectivity	Android Auto, Apple CarPlay

Pros

- * Highly maneuverable.
- * Easy Ingress and Egress.
- * Comfortable Seats.
- * Excellent Boot Space.
- * Light and rigid chassis.
- * Value for Money.

Cons

- * Mediocre Engines.
- * Tight third-row legroom.

Health and Lifestyle

Yoga asanas you must try if you are suffering from high blood pressure



Yoga is calming and relaxing. It is a low-impact activity that might not help you burn tons of calories, but can improve your health in more than one way. Practicing yoga daily can cut down the risk of chronic disease, increase mobility and also help you manage the symptoms of existing health conditions. Even when suffering from hypertension yoga can be quite beneficial in bringing the blood pressure level down and reducing the risk of heart stroke. It does not even put excessive pressure on the heart like other high-impact activities and is absolutely safe for hypertension patients. Here are six yoga poses that you can try:

Supta Virasana or Reclining Hero Pose

Step 1: Sit down comfortably with your knees bent and hands resting by your side. Put a pillow behind your back.

Step 2: Place your hands on the floor on either side of your hips.

Step 3: Rest your back on the pillow and hold your foot with both your hands.

Step 4: Relax in this position for the while.

Child's Pose or Balasana

Step 1: Kneel on the ground with your toes together and hands on your thighs. Keep your knees slightly apart from each other.

Step 2: Exhale and lower your torso forward towards the ground.

Step 3: Rest your belly on your thighs. Your head should touch the mat and your hands should be stretched.

Step 4: Pause for a few seconds, then come back to the starting position.

Setu Bandhasana or Bridge pose

Step 1: Lie on your back with your knees bent and feet lying on the mat.

Step 2: Keep your legs hip-width apart and arms by your side.

Step 3: Press the feet onto the floor, breathe in and lift your hips rolling the spine off the floor.

Step 4: Press your arms and shoulders on the ground to lift your chest. Engage your legs, and buttocks to lift higher.

Step 5: Hold this position for a few breaths, then relax.

Bound Angle Pose or Baddha Konasana

Step 1: Sit down with your legs stretched and hands resting by your sides.

Step 2: Bend your knees and join the soles of both legs in front of you.

Step 3: Hold the toes with your hands and bring the heels close to the pelvis.

Step 4: Press your knees on the ground and gently bend your torso to the front.

Step 5: Go down as far as possible without compromising the natural curve of your spine.

Step 6: Inhale and exhale for a few seconds while holding the pose, then come back to the starting position.

Corpse Pose or Savasana

Step 1: Lie comfortably on your back with your hands and legs resting by your sides.

Step 2: Close your eyes and breath through your nostril.

Step 3: Try to relax your body and mind.

Step 4: Stay in this pose for 10 minutes

Half spinal twist pose or Ardha Matsyendrasana

Step 1: Sit comfortably with your legs stretched in front of you.

Step 2: Bend both your knees and drop your left knee on the mat.

Step 3: Take your right foot over your left knee and bring your left ankle close to your right thigh.

Step 4: Raise your right arm overhead and place it behind your hip. Keep your left hand on your right leg.

Step 5: Turn your neck, waist, and shoulders towards the right, to see over your right shoulder. Keep your spine erect and take a few breaths.

Step 6: Hold this pose for a few seconds, then return to the starting position. Repeat the same on the other side.

ASTROLOGY

WEEKLY PREDICTIONS 24TH — 30TH APRIL 2022

ARIES



MAR 21 - APR 19

Mercury in Taurus, in your house of money, making a square to Saturn in Aquarius in your house of the future. Aries, you are able to do critical thinking and make difficult decisions. This is a good day for profit and loss statements, pie graphs, and patent applications. This week, there's order in your finances and romance in your future.

LIBRA



SEP 23 - OCT 22

Mercury in Taurus, in your house of credit and debt, making a square to Saturn in Aquarius. Now it's time to tackle difficult things, such as converting your IRA to a Roth, transferring your crypto into a cold wallet, or switching to the Linux operating system. Pick what's most important to you. Libra, you are bound to make great progress today.

TAURUS



APR 20 - MAY 20

Mercury, in your own sign of Taurus, making a square to Saturn in Aquarius in your house of career. Taurus, if there was a day to be demanding of yourself, this is it. You can make substantial progress today by focusing your mind on the problem at hand. This week, you have the opportunity to make some changes in your world.

SCORPIO



OCT 23 - NOV 21

Mercury in Taurus, in your house of relationships, making a square to Saturn in Aquarius in your house of dwellings. You and your beloved may be talking about moving the relationship forward. Scorpio, you may be exploring the idea of living together or saving up to buy a home. While you may not be ready to sign paperwork today, you will learn much about your partner's wishes.

GEMINI



MAY 21 - JUN 20

Mercury in Taurus, in your house of hidden talents, making a square to Saturn in your house of education. Gemini, you didn't know it would be this easy. And the more you learn, the more you see possibilities to use this information in your future. This week, you're discovered by others and learning more about yourself.

SAGITTARIUS



NOV 22 - DEC 21

Mercury in Taurus, in your house of work, making a square to Saturn in Aquarius in your house of emails and messages. Today you can plow through old emails and get messages sorted so that every box has a tick mark and there's nothing hanging over your head. This week, others are standing by to give you support when you ask.

CANCER



JUN 21 - JUL 22

Mercury in Taurus, in your house of technology, making a square to Saturn in your house of resources. Cancer, this might be an issue with your computer laptop, or you're getting some tutoring for a software platform. This combination of planets gives you the patience and computational power to figure out anything. This week, you're meeting interesting people and gaining useful information.

CAPRICORN



DEC 22 - JAN 19

Mercury in Taurus, in your house of risk-taking, making a square to Saturn in your house of money. Today, you may be getting serious about your master plan for making money. This means getting everything concerning your finances on paper (or an online spreadsheet). Now you can see what's coming in and what's going out. Capricorn, you could be investigating new types of investments.

LEO



JUL 23 - AUG 22

Mercury in Taurus, in your house of career, making a square to Saturn in your house of partnerships. Today, you could get together with someone you know well and discuss a business arrangement. You might be pooling resources to do some real estate investing or to start a side business. Leo, you could discuss different types of investments, each of you sharing your knowledge and mapping out a strategy.

AQUARIUS



JAN 20 - FEB 18

Mercury in Taurus, in your house of dwellings, making a square to Saturn in your own sign of Aquarius. It's likely you're going around the house fixing small things like oiling creaking doors, caulking around the bathtub, or cleaning the grout between the kitchen tiles. This is a good day to tackle difficult tasks to make home life better.

VIRGO



AUG 23 - SEP 22

Mercury in Taurus, in your house of education, making a square to Saturn in your house of labor. Virgo, you may be working on a term paper or studying for an important exam. It's possible you are taking a test for a professional license soon, so you are creating Anki flashcards to review your notes. This is an excellent time to review study habits to find the best.

PISCES



FEB 19 - MAR 20

Mercury in Taurus in your house of thinking and analysis, making a square to Saturn in Aquarius in your house of working behind the scenes. Today, you could lock the home office door, barricading yourself inside to work on an important project. Sometimes you need to isolate yourself to really focus and do deep work.