

WEBSERIES REVIEW

Thar



Director: Raj Singh Chaudhary
Cast: Anil Kapoor, Fatima Sana Sheikh, Harshvardhan Kapoor
SYNOPSIS: Set in the 80's, a series of violent killings shake up a remote desert town in Rajasthan. Close to his retirement, local cop Surekha Singh (Anil Kapoor) is thrust to the forefront to nab the killers and uncover the motive. With various nefarious elements at play — drug trafficking, burglary and revenge — the case is trickier than it seems.
REVIEW: Anil Kapoor's film choices are only getting better and bolder with age. Be it Thar or AK vs AK, he's showing the millennials and OTT clan what a certified movie star is made of. He commands your attention in every frame with his arresting presence and emotional conflict. Son Harsh Vardhan has miles to go before he gets there. While his choices too are interesting and independent, his performance lacks emotional investment. Akshay Oberoi is impressive in his cameo and Jitendra Joshi, known for his work in Marathi theatre and films is solid in his significant role. It's always fun to watch Satish Kaushik on screen and the reuniting of the Mr. India duo is most welcome.
Thar is brutal and if you cannot stand graphic violence, this one's not for you. Switching on the English subtitles is also recommended for the desert dialect isn't everyone's cup of tea.

In-depth Analysis				
Our overall critic's rating is not an average of the sub scores below.				
Direction	██████	██████	██████	3/5
Dialogues	██████	██████	██████	3/5
Story	██████	██████	██████	3/5
Music	██████	██████	██████	3/5
Visual appeal	██████	██████	██████	3/5

BOOK REVIEW

Pandora's Jar



Title: 'Pandora's Jar'
Author: Natalie Haynes
Publisher: Picador
Pages: 320
Price: 472 INR
Review: In 'Pandora's Jar', broadcaster, writer, and passionate classicist Natalie Haynes upends popular understandings of ancient Greek epic poems, stories, and plays written by men, retelling them from a female perspective and tracing the origins of their mythic female characters. In the book, she examines the origin stories and cultural legacies of the best-known women of classical literature, with a characteristic blend of scholarship and sharp humor.
Haynes highlights the stories of women that have been retold countless times and explores the evolution of their characters over the centuries. Divided into 10 chapters, her narrative discusses Pandora, Jocasta, Helen, Medusa, the Amazons, Clytemnestra, Eurydice, Phaedra, Medea, and Penelope.
In her discussion of Pandora, Haynes points out that Pandora's box didn't appear until Erasmus translated Hesiod's 'Works and Days' into Latin "well over two millennia after Hesiod was writing in Greek." Furthermore, Hesiod's original version made no reference to Pandora releasing its contents. "For the ancients," Haynes suggests, "Pandora's role as the ancestor of all women was far more important than her disputed role in opening the world to incessant evil."
Readers of all levels of knowledge of Greek mythology are certain to be enthralled with 'Pandora's Jar' and will find Haynes' humor and wit captivating.

GADGET REVIEW

Samsung Galaxy S22 Ultra



Expected Price	Rs 36,999
Display	6.80-inch
Protection type	Gorilla Glass
Processor	Qualcomm Snapdragon 8 Gen 1
Front Camera	40MP
Rear Camera	108MP + 12MP + 10MP
Rear autofocus	Phase detection autofocus
Rear flash	Yes
Front autofocus	Yes
RAM	12GB
Storage	1TB
Battery Capacity	5000mAh
OS	Android 12
Wi-Fi	Yes
Bluetooth	Yes, v 5.20
NFC	Yes
USB Type-C	Yes
Number of SIMs	2
Wi-Fi Direct	Yes
Colours	Phantom Black, Phantom White, Green, Burgundy

Pros	Cons
* In-built S Pen stylus.	* Gets warm easily under load.
* Superb display.	* Big and bulky.
* Impressive performance.	* No bundled charger.
* Versatile cameras	
* Good battery life.	

VEHICLE REVIEW

Skoda Kushaq



Starting Price	Rs. 11.29 - 19.49 Lakh*
Fuel Type	Petrol
Engine Displacement	1497 cc
No. of cylinder	4
Max Power	147.51bhp@5000-6000rpm
Max Torque	250nm@1600-3500rpm
Seating Capacity	5
Transmission Type	Automatic
Boot Space	385 L
Body Type	SUV
Ground Clearance	188
Gear Box	7-speed
Drive Type	FWD
Clutch Type	Dry Double Clutch
Steering Type	Electric
Steering Column	Tilt & Telescopic
Front Brake Type	Disc
Rear Brake Type	Drum
Touch Screen size	10 Inch
No of Speakers	6
Connectivity	Android Auto,Apple CarPlay

Pros	Cons
* SUV-like ride quality.	* Quality of materials in certain areas isn't Skoda level.
* Impressive cabin design and build.	* Lack of premium features.
* Excellent infotainment and sound experience.	* No diesel engine option.

Health and Lifestyle

Common diseases associated with weight gain



Weight gain is a problem. The overall health condition of a human being worsens due to several reasons and the most prominent one among them is extra weight. Weight gain is a menace as it potentially disturbs the health of an individual. Therefore, for most diseases doctors and health experts always advise to bring the weight under control first.
There are several diseases associated with weight gain and it is very important to understand the link between the diseases and the weight gain condition so that timely action on weight management can save the health from deteriorating.
Type 2 diabetes
About 8 out of 10 people with type 2 diabetes are overweight or have obesity, says the US National Institute of Diabetes and Digestive and Kidney Diseases and suggests that if you are at risk for type 2 diabetes, losing 5 to 7 percent of your body weight and getting regular physical activity may prevent or delay the onset of type 2 diabetes.
High blood pressure
The link between overweight and high blood pressure is an area of interest among researchers. There is a direct correlation between blood pressure and weight. People with high blood pressure are always advised to lose weight first and add physical exercise to their daily routine.
Heart diseases
Obesity leads to the development of cardiovascular disease and cardiovascular disease mortality independently of other cardiovascular risk factors, say research studies. The mecha-



anism through which obesity increases cardiovascular disease risk involve changes in body composition that can affect hemodynamics and alter heart structure, research reports also say.
Overweight is a strong independent predictor of heart disease even in the absence of other risk factors.
Breast, colon, endometrial and other cancers
As per a research study, cancer of the breast (post-menopausal), colon-rectum, endometrium, ovary, pancreas, kidney, gallbladder, gastric cardia, liver, oesophagus (adenocarcinoma), meningioma, thyroid and multiple myeloma have a positive association with being overweight.
Fatty liver disease
As the name suggests, fatty

liver disease is when the fat build up in the liver exceeds its normal level. Usually the liver contains a small amount of fat. When this fat level increases to become 5 to 10% of your liver's weight, one gets fatty liver. While alcoholic fatty liver is a common occurrence, obesity is linked to non-alcoholic fatty liver disease.
Sleep apnea
Weight loss is directly related to sleep apnea which is a condition where the normal sleep pattern of an individual is disturbed within the cycle of sleep. In this condition, a person does not get sufficient sleep even after sleeping for 8 hours. Insufficient sleep in turn increases weight thus completing the cycle of association between sleep and weight.
As per research study, 40% of those with obesity have sleep apnea problems.

ASTROLOGY

WEEKLY PREDICTIONS 15TH — 21ST MAY 2022

ARIES MAR 21 - APR 19 You may have to dig for the motivation to get out of bed as the Virgo moon forms a harsh opposition to Mars. A helpful connection to the Taurus moon can help you find your will, though you should give yourself permission to move slowly. You could find clarity on how to proceed with your path later in the morning, when Luna shares supportive aspects.	LIBRA SEP 23 - OCT 22 You'll become aware of your strength and personal power as the Virgo moon shares a sweet connection to the Taurus sun. This cosmic climate will leave you solid as a rock, making it a great time to take a few bold steps toward your deepest ambitions. You'll notice a shift as the moon enters your sign, elevating your aura over the next two days.
TAURUS APR 20 - MAY 20 The moon continues its journey through Virgo putting you in a lively and vivacious mood as you begin your day. Unfortunately, a sleepy energy could find you this afternoon when Luna faces off with hazy Neptune, leaving you a bit out of sorts. Luckily, you should be able to reconnect with your spirit later in the evening when the moon blows a kiss to Pluto, activating the spiritual sector of your chart.	SCORPIO OCT 23 - NOV 21 You'll feel the love from your friends and community as the Virgo moon forms a sweet connection to the Taurus sun. These vibes will also bring good vibes to your love life, so be sure to show your sweetie or crush some extra attention before heading into the office. Use this energy to bring attention to any topics that are important to you using your social media platform as a way to get your point across.
GEMINI MAY 21 - JUN 20 A leisurely energy will find you as the Virgo moon shares a sweet connection to the Taurus sun, encouraging you to move efficiently and with intent. Good vibes will continue to flow when Luna blows a kiss to the nodes of fate, providing you a deep knowing that you're walking the right path, even if you're not sure what lies around the corner.	SAGITTARIUS NOV 22 - DEC 21 You may have to carry more than your fair share at work today, dear Sagittarius, as the Virgo moon aspects Mars and the Taurus sun. While picking up the pace for your coworkers won't seem like such a big deal, try not to go above and beyond for anyone who wouldn't return the favor. You'll notice a shift as the witching hour nears and the moon enters Libra, bringing a harmonious energy to the table.
CANCER JUN 21 - JUL 22 A sense of clarity will find you today, dear Cancer, as the moon continues its journey through Virgo. This luminary placement can help you strategize your next bold move, as Luna shares supportive connections to the nodes of fate. Deep conversations may bring your relationships to the next level. You'll notice a shift as the witching hour nears, and Luna makes her way into harmonious Libra.	CAPRICORN DEC 22 - JAN 19 You'll be in an elevated headspace today, dear Capricorn, as the moon continues its journey through Virgo and the spiritual sector of your chart. While your intuition will be heightened by this luminary placement, you could get the distinct impression that the universe is trying to communicate with you before afternoon manifests, and the moon connects with the nodes of fate.
LEO JUL 23 - AUG 22 You could feel inspired to invest in your professional future as the Virgo moon connects with the nodes of fate. From enrolling in classes to purchasing new equipment or dressing for the job you want, this cosmic climate will reward any financial choices made in the name of occupational growth. You'll feel a shift as the moon enters Libra, bringing a chatty energy to the table over the next two days.	AQUARIUS JAN 20 - FEB 18 A desire to clear away stagnant energy will find you, as the moon continues its journey through Virgo and your solar eighth house. These vibes are perfect for performing a house cleansing and blessing, so don't hold back if you feel called to reach for your Palo Santo sticks. You'll feel a shift as the witching hour nears and the moon makes its way into Libra, bringing out your spiritual side.
VIRGO AUG 23 - SEP 22 Your optimistic side will be triggered this morning, dear Virgo, as the moon continues its journey through your sign, forming a supportive connection to the Taurus sun. Use this energy as a celestial hint that it's time to recite a few positive mantras while visualizing your goals, as the law of attraction will work to your advantage right now.	PISCES FEB 19 - MAR 20 Important decisions around the future of your love life could be made today, as the Virgo moon connects with the nodes of fate. Use this energy to analyze your current relationship, and whether or not you are partnered with someone you can build a life with. You'll notice a shift as the day comes to a close and the moon moves into Libra, bringing a lighter energy.