

MOVIE REVIEW

The Kerala Story

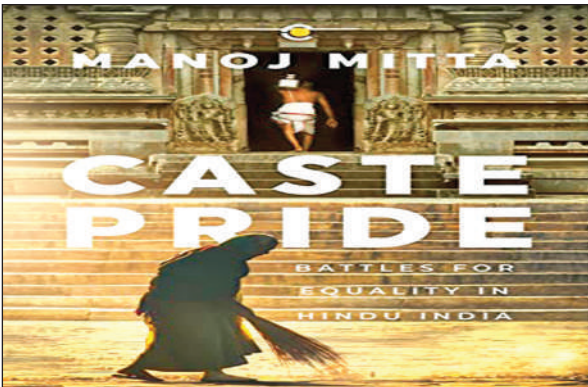


Director: Sudipto Sen
Cast: Adah Sharma, Siddhi Idnani, Pranay Pachauri
Story: ‘The Kerala Story’ narrates the tales of three young girls from various regions of Kerala, with the primary focus on the story of Shalini, who is abducted and subsequently converted to Islam. Shalini is then radicalized. and compelled to join ISIS as a terrorist.
REVIEW: Adah Sharma's portrayal of Shalini who eventually renamed Fatima, is powerful and emotionally stirring. Her hard work in getting the Malayali accent right, is evident on screen. Director Sudipto Sen has opted for a subject that's both sensitive and complex and the treatment that has been meted out to the film makes it a difficult watch with several disturbing scenes, moments and dialogues.
In the movie, the director has successfully created moments that evoke a natural uneasiness among viewers. While handling sensitive subject matters, it can be challenging to strike a balance, but Sudipto appears to handle it with ease. Prasanna Mohaptra has done an excellent job of capturing the scenes in Afghanistan and the border regions of Afghanistan-Pakistan. However, the background score of the film falls short. It is overpowering and distracts from the narrative.
After watching ‘The Kerala Story,’ you may be left with several questions about the current state of the country.

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

Caste Pride



Title: ‘Caste Pride
Author: Manoj Mitta
Genre: Non Fiction
Publisher: Westland
Pages: 716
Price: INR 749
Review: Independent journalist and author Manoj Mitta is back with another path breaking book ‘Caste Pride: Battles for Equality in Hindu India’ this year. Earlier also, Mitta has written extensively about human rights issues in India, including caste discrimination and mass violence.
‘Caste Pride’ examines the history of caste discrimination in India, as well as recent legal and political developments aimed at addressing this issue. Mitta's extensive research and journalistic background have contributed to the book's credibility and impact. His first two books were on the legal history of ‘varna’ and mass violence based on caste. His latest book, ‘Caste Pride’, builds on legislative archives and judicial records to give a riveting account of how caste has operated in India over two centuries of reform and modernisation.
Mitta draws extensively on archival sources and highlights well known events and also undiscovered aspects of these events. Based on judicial, legislative and government records, the book extensively talks about the Caste Disabilities Removal Act of 1850 and how it was expunged. The legal milestones in the battle against caste are also highlighted across different chapters of the book. The author shows that Dalits are still victims of caste violence and atrocities in spite of very progressive laws.
Mitta delves deeper into Dalit massacre cases too. The book also talks about reformers who Mitta calls the ‘unsung heroes’ including Vithalbhair Patel, Maneckji Dadabhai, M.C Rajah, among others who have shaped the India of today and have significantly contributed towards the battle of equality.

GADGET REVIEW

Vivo T2x 5G



Expected Price	Rs 12,999.
Display	6.58-inch (1080x2408)
Resolution	octa-core
Processor	8MP
Front Camera	50MP + 2MP
Rear Camera	Yes
Rear autofocus	Yes
Rear flash	4GB
RAM	128GB
Storage	5000mAh
Battery Capacity	Android 13
OS	Yes
Wi-Fi	Yes
GPS	Yes
Bluetooth	Yes
NFC	Yes
USB Type-C	Yes
Number of SIMs	2
Fingerprint sensor	Yes
Proximity sensor	Yes
Accelerometer	Yes

Pros	Cons
* Comes with a huge battery backup.	* No wireless charging support.
* 5G connectivity for faster internet speeds.	* No water or dust resistance rating.
* Dual rear camera setup with 50MP primary sensor.	

VEHICLE REVIEW

Bajaj Avenger 220 Street



Starting Price	Rs. 1.42 Lakh *
Emission Type	BS6
Engine Displ.	220 cc
Max Power	19.03 PS @ 8500 rpm
Max Torque	17.55 Nm @ 7000 rpm
No Of Cylinders	1
Drive Type	Chain Drive
Valve Per Cylinder	2
Gear Box	5 Speed
Fuel Type	Petrol
Ignition	Digital Twin Spark Ignition
ABS	Single Channel
Wheels Type	Spoke
Tyre Type	Tube
Brakes Front	Disc
Brakes Rear	Drum
Ground Clearance	169 mm
Battery Type	URLA
Battery Capacity	12 V / 8 Ah
LED tail lights	Yes
Turn Signal Lamp	LED

Pros	Cons
* Styling.	* High Body Weight.
* Powerful Engine.	* No Rear Disc Brake.
* Economical Performance.	* Basic Instrument Console.
* Impressive Pricing.	
* Powerful Headlamp.	
* High Ground Clearance.	

Health and Lifestyle

Detailed diet plan for flat belly this Summer



Summer is here and all of us are looking forward to spending quality time with family and friends, indulging in outdoor activities, and taking a break from the hectic winter months. Unfortunately, the scorching summer heat can take a toll on our body, particularly our belly. Excess fat in the abdominal area can be an even bigger source of concern for our health and appearance. Luckily, there are many diet plans, activities, and suggestions that you can follow to help you get a flat belly this summer. Here are a few of them:
Cut down on calorie-dense food
Vidhi Chawla, dietitian, founder of Fisisco Diet Clinic says, “The first step to achieving a flat belly is to cut down on calorie-dense foods. Avoid foods with refined carbs such as white bread, pasta, and white rice, while sugary foods like cookies, cakes, and candy. These foods are high in calories and can easily lead to weight gain and increased belly fat. Instead, focus on eating nutrient-dense whole foods such as vegetables, lean proteins, and healthy fats. Eating nutrient-dense foods will keep you full longer and help you avoid overeating.
Increase protein and fiber intake
Protein and fiber are essential for achieving a flat belly. Protein is essential for muscle growth and repair and keeps you feeling full for longer periods of time. Fiber helps to keep your digestive system running smoothly, which is essential for a flat stomach. Aim to eat a variety of protein-rich foods such as lean meats, fish, eggs, and legumes. Additionally, make sure



to incorporate plenty of high-fiber foods such as fruits, vegetables, whole grains, and nuts.
Include healthy fats in your diet
“Healthy fats are important for a flat belly because they help to keep you feeling full and reduce cravings. Healthy fats can be found in foods such as nuts, seeds, avocados, and olive oil. Furthermore, healthy fats can help to keep you full for longer, which can help to reduce cravings and overeating. Staying hydrated is essential for a flat belly. Aim to include these healthy fats in your diet on a daily basis and drink a lot of water,” advises Chawla.
Get plenty of sleep and exercise regularly
Getting enough sleep and exercising regularly are essential for achieving a flat belly. Aim for at least 7-8 hours of sleep per night and incorporate exercises such as running, swimming, and walking into your routine. Exercising can help to reduce stress and improve your mood, which can help to reduce cravings and overeating. Finding ways to move your body throughout the day, whether it's through physical activity or exercise, can help you reach your goals and improve your overall health.
The takeaway
Now that you're armed with the expert advice by Vidhi Chawla, it's time to take charge of your diet and see the results you've been dreaming of. With a personalized diet plan tailored just for you, achieving your fitness goals has never been easier. So what are you waiting for? Let's get started on your journey towards a healthier, happier you!

ASTROLOGY

WEEKLY PREDICTIONS 14TH— 20TH MAY 2023

ARIES MAR 21 - APR 20	This week, you're uncovering a treasure map. The week begins on Sunday, May 14, with Mercury in Taurus moving forward again. On Monday, Mars in Cancer and your house of family trines Neptune in Pisces. Aries, your energy might be low today, so you'll want to plan accordingly. Put off any chores that can wait and take some time for self-care instead.
LIBRA SEP 24 - OCT 22	This week, you're really going places. The week begins with Mercury in Taurus moving forward again. On Monday, Mars in Cancer and your house of reputation and social standing trines Neptune in Pisces. Libra, you might receive a bit of publicity today. It's possible your posts are more popular or your picture is in the newspaper.
TAURUS APR 21 - MAY 20	This week, it doesn't matter which way you go because you can find your way. The week begins with Mercury in Taurus moving forward again. On Monday, Mars in Cancer and your house of communication trines Neptune in Pisces. Even though Mercury is moving forward now, something could get lost in translation and potentially lead you down the wrong path.
SCORPIO OCT 23 - NOV 22	This week, you can make something beautiful. The week begins with Mercury in Taurus moving forward again. On Monday, Mars in Cancer and your house of travel trines Neptune in Pisces. Scorpio, this is a good time to consider going on a cruise. You might board a boat heading to exotic places to the south or glaciers to the north.
GEMINI MAY 21 - JUN 20	This week, you get a spiritual helping hand. The week begins with Mercury in Taurus moving forward again. On Monday, Mars in Cancer and your house of money trines Neptune in Pisces. Gemini, you could be quite susceptible to a sales pitch today, and that's perfectly fine if it's a small gift for yourself. But be careful if you're shopping for a car or other big-ticket item (especially one you can't return).
SAGITTARIUS NOV 23 - DEC 22	This week, there are some wild possibilities. The week begins with Mercury in Taurus moving forward again. On Monday, Mars in Cancer and your house of resources trines Neptune in Pisces. Today, you could receive a stock tip from a friendly source. Or your uncle might let you know who's going win in the second race at the track. This is a good time to be skeptical about anything that looks too good to be true.
CANCER JUN 22 - JUL 23	This week, you're getting more help than usual. The week begins with Mercury in Taurus moving forward again. On Monday, Mars in your own sign of Cancer trines Neptune in Pisces. In almost every case, your intuition is right on today. Cancer, you know what people are saying, what they're thinking and not saying, and perhaps even what might happen next.
CAPRICORN DEC 23 - JUL 20	This week, you're creating something extraordinary. The week begins with Mercury in Taurus moving forward again. On Monday, Mars in Cancer and your house of relationships trines Neptune in Pisces. Capricorn, this is very romantic energy. You have the opportunity to connect with your sweetheart for some magical moments. Think rose petals on the bed or a bubble bath for two.
LEO JUL 24 - AUG 23	This week, you're filled with energy and personal power. The week begins with Mercury in Taurus moving forward again. On Monday, Mars in Cancer and the house that has no boundaries trines Neptune in Pisces. Leo, you can call in unlimited energy from the Universe today. It's a good idea to meditate and visualize how the atoms that make up your body are also the atoms that make up the cosmos.
AQUARIUS JAN 21 - FEB 23	This week, there's something new at home. The week begins with Mercury in Taurus moving forward again. On Monday, Mars in Cancer and your house of daily chores trines Neptune in Pisces. You might start with something simple like cleaning out the cupboard. Then you decide that you want to paint the inside of the cupboard white to brighten it up.
VIRGO JUL 24 - AUG 23	This week, the way forward is clear. The week begins with Mercury in Taurus moving forward again and your house of community involvement trines Neptune in Pisces. Today, you could spend some time doing some charitable work in your neighborhood. This might be a beautification project connected to your spiritual organization.
PISCES FEB 20 - MAR 20	This week, you're trying a new path. The week begins with Mercury in Taurus moving forward again. On Monday, Mars in Cancer and your house of love and romance trines Neptune in Pisces. There's romance in the air. You and your sweetheart might walk hand in hand on the beach or lock yourselves away in a private suite to spend some happy time in pillow talk.