MOVIE REVIEW

STATETIMES

Custody



Director: Venkat Prabhu Cast: Naga Chaitanya Akkineni, Krithi Shetty, Arvind Swamy, Priyamani

Story: Constable Shiva (Naga Chaitanya) must protect the criminal in his custody, Raju (Arvind Swami) for a few hours as he's a valuable witness. The glitch? He must keep him safe from those looking to kill him.

REVIEW: To give credit where it's due, Custody has some interesting fight scenes by Mahesh Mathew. There's a singletake action piece set in a police station that's stifling and exciting at the same time. Another one that takes place on an open ground also fits in well. Abburi Ravi's dialogues, Ilaiyaraaja and Yuvan Shankar Raja's background score and SR Kathir's cinematography also aid the film well. The cast also does such a good job of playing their roles, it bores well for the film irrespective of their screen time - case in point Goparaju Ramana, Priyamani and Ramki. But most of the film rests on Naga Chaitanya, Krithi Shetty and Arvind Swami's shoulders and they pull it off well. The Jagada Jagada remixto that plays during end credits garners attention. Custody has the kind of story that's predictable and some of the characters could've been fully realised to make this experience better than what it is. But if action dramas with a touch of emotion are your cup of tea, this is right down

In-depth Analysis

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

Direction **Dialogues**

BOOK REVIEW

Happy Place



Title: 'Happy Place 'Author: Emiley Henry Genre: Contemporary Romance Publisher: Viking Pages: 400

Price: INR 699 Review: International bestselling author of 'Beach Read' and Book Lovers', Emily Henry is back with a new rom-com this year. Titled 'Happy Place', the book was published in April 2023 and it has topped The New York Times bestseller's list

Unlike her earlier enemy-turned-lovers trope, in 'Happy Place' Emily Henry writes about second chances in love. The story follows six close friends, which includes a couple which has now broken up. Wyn Connor and Harriet Kilpatrick were perfect as a couple, until Wyn broke up with Harriet six

However, their family or friends don't know about it yet. And so when their close friends from college plan their annual gettogether at Maine, the two decide to fake being in a relationship for the sake of their friends. As Harriet and Wyn end up sharing a room together for a week, will this help them get back together and give their love a second chance?

Emily Henry's characters and the issues they are all facing in life seem quite real and relatable. The author's fans or anyone who loves reading rom-coms, this is a book you should add to your reading list this year.

GADGET REVIEW

Motorola Edge 40



Expected Price Rs 54,190. Display 6.50-inch Resolution (2400x1080)Front Camera 32MPRear Camera 50MP + 13MP8GB RAM 256GB Storage **Battery Capacity** $4500 \mathrm{mAh}$ Android Android 13 Wi-Fi GPS Yes, v 5.20 Bluetooth

USB Type-C Yes Face unlock Fingerprint Sensor Magnetometer Proximity sensor Yes Accelerometer Ambient light sensor Yes Gyroscope

Pros

* Premium glass/metal build * Portrait mode results are

with attractive curves. * Excellent battery life.

* Loud stereo speakers.

Super smooth 165Hz display.

Cons

disappointing.

VEHICLE REVIEW

Mahindra XUV700 2023



Rs. 14.01 - 26.18 Lakh * Starting Price Diesel

Fuel Type
Engine Displacement 2198 ccNo. of cylinder Max Power 182.38bhp@3500rpm 450Nm@1750-2800rpm Max Torque

No of Airbags Transmission Type Automatic Fuel Tank Capacity 60.0 SUV Body Type Fuel Supply System CRDi Gear Box

Seating Capacity

6-Speed AWD Drive Type Touch Screen size 10.25No of Speakers Connectivity

Android Auto, Apple CarPlay Additional Features

Roof lamp for 1st and 2nd row, 26.03cm (10.25")

Digital cluster, 2nd row Map lamps, Vanity mirror illumination, leatherette seat and IP

Pros

Lot of variants and powertrain options.

* Very capable engine.

- * AWD with diesel engine.
- * Impressive infotainment experience.
- Long safety list, with 7

Cons * Some quality issue in the

Health and Lifestyle

3/5

3/5

Can high blood pressure harm your kidneys? Here's what an expert says



ypertension, often known as high blood pressure, can have a substantial impact on an individual's overall health. It is a worldwide disorder that affects millions of people and is one of the primary causes of chronic renal disease. The kidneys are essential organs that filter waste products and excess fluid from the body. Hypertension can harm the fragile blood arteries in the kidneys, impairing their ability to function and causing a variety of serious health

What causes decline in kidney function?

Ganesh Mhetras, Consultant-Nephrologist,

Manipal Hospital- Kharadi, Pune says, "This progressive condition occurs when the force of blood against the walls of the arteries is consistently too high putting a strain on the heart and blood vessels. This causes the blood vessels to become stiff and narrow. High blood pressure can cause kidney injury in a variety of ways, renal damage is one of the most prevalent complications of hypertension, and it can lead to chronic renal

disease and, in extreme cases, kidney failure.' "The kidneys are composed of microscopic blood arteries known as nephrons, which filter waste and excess fluid from the blood. Hypertension can damage these blood arteries over time, limiting the kidneys' ability to function correctly. This can produce an accumulation of waste products in the blood, causing severe damage to the kidneys and other organs," he

Know the initial signs of kidney damage

Protein in the urine is one of the first symptoms of kidney damage induced by hypertension. This is due to renal blood vessel injury, which permits protein to escape into the urine. As kidney impairment worsens, the kidneys lose their ability to filter waste materials and excess fluid from the blood, resulting in a toxic accumulation in the body

Ways to manage hyperten-

According to Dr. Mhetras, 'Lifestyle plays a major role in managing hypertension and reducing the risk of damaging the kidneys. The first step is to control blood pressure through lifestyle changes and medication. This can help to reduce the strain on the blood vessels in the kidneys, preventing further damage.

Other lifestyle changes that can help to prevent hypertension from damaging the kidneys include: Eating a healthy diet that is

low in salt, fat, and choles-

Maintaining a healthy weight Engaging in regular physical activity Limiting alcohol consumption

Quitting smoking Diagnosis of hypertension

"Leading a healthy lifestyle prevents high blood pressure problems. People with hypertension should also have regular check-ups with their doctor to monitor their blood pressure and kidney function. If kidney damage is detected, early treat-

ment can help to slow or even stop the progression of the dis-

ease," says Dr. Mhetras. The takeaway

Hypertension can have a significant impact on the health of the kidneys. The damage caused by high blood pressure can reduce the ability of the kidneys to function properly, leading to a range of serious health problems. However, by controlling blood pressure through lifestyle changes and medication, it is possible to prevent hypertension from damaging the kidneys and reduce the risk of developing chronic kidney disease. Regular check-ups with a doctor can also help to detect any kidney damage early, allowing for prompt treatment.

ASTROLOGY

WEEKLY PREDICTIONS 21ST 27TH MAY 2023



TAURUS

MAY 21 - JUN 20

CANCER

JUN 22 - JUL 23

LEO

This week, there is something new in your life. The week begins with the sun in Gemini and your house of siblings and cousins making a trine to Pluto in Aquarius. Your family might be expanding. It's possible you'll receive a wedding announcement. Or maybe your cousin's husband's sister just had a baby. Someone could reach out to you through a genealogy MAR 21 - APR 20 website and claim you as a distant relative.

This week, your mind is filled with new ideas.

The week begins with sun in Gemini and your

house of money making a trine to Pluto in Aquarius. As you look at the week ahead, you

could be reconsidering your career. You might

be thinking about other ways to make money.

You might consider jobs that would be more fun but pay less. You could be considering a

This week, you're following your intuition.

The week begins with the sun in Gemini

(happy birthday!) and your house of confidence

making a trine to Pluto in Aquarius. You usu-

ally get excited about a new topic, and you can

be quite the information sponge. But now you

might dive so completely into something new

that others wonder if you'll ever come up for

huge transformation of your life.



Libra, this could be a relative or friend who's extending an invitation to you to come and



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

This week, your social calendar is filling up.

The week begins with sun in Gemini and

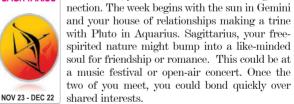
your house of travel and world events making

a trine with Pluto in Aquarius. You might hear

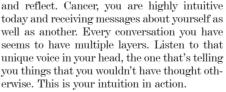
from someone you know who lives far away.

OCT 23 - NOV 22

glaciers to the north. This week, you could make an interesting connection. The week begins with the sun in Gemini and your house of relationships making a trine with Pluto in Aquarius, Sagittarius, vour free-



This week, you have the opportunity to pause **CAPRICORN**



This week, you could be in the spotlight. The





week begins on Sunday, May 21, with the sun in Gemini and your house of routines making a trine with Pluto in Aquarius. Today might be the day you start a new "mighty morning" routine. Perhaps you're getting up early to walk in the crisp, clean air. Capricorn, you might be hitting the gym or seeing a personal trainer.

This week, you're getting a fresh start. The

week begins with the sun in Gemini and your house of friendship making a trine with Pluto in Aquarius. Someone you know could introduce you to a celebrity, influencer, or powerful person in the community. Leo, it's possible you're having lunch with the mayor or you happen to sit next to a movie star. Today, you could rub shoul-

ders with someone famous. JUL 24 - AUG 23



This week, you're in harmony with the rhythm. You might hear a piece of music that really moves you. This could be something that you share with someone you care about. Or you might feel a great connection to the person on stage performing this piece. Your heart is lifted up through music. You could find someone with whom you have a lot of interests in common.

JAN 21 - FEB 23

This week, you're consolidating your power.



This week, you have energy to burn. The week begins with the sun in Gemini and your house of social standing making a trine with Pluto in Aquarius. Virgo, this aspect could bring some fame, so this is a great day to launch something important. You might have a big announcement to make to family and



The week begins with the sun in Gemini and your house of home and family making a trine with Pluto in Aquarius. This could be the day you really clean out the clutter. It's possible you've hired a junk-removal service to pick up some large items, so you need to get everything boxed up and ready to go.