

MOVIE REVIEW

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 single-take 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 your lane.

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

Happy Place



Title: 'Happy Place'
'Author: Emily 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 already.
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 months ago.
However, their family or friends don't know about it yet. And so when their close friends from college plan their annual get-together 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 (2400x1080)
Resolution	32MP
Front Camera	50MP + 13MP
Rear Camera	8GB
RAM	256GB
Storage	4500mAh
Battery Capacity	Android Android 13
OS	Yes
Wi-Fi	Yes
GPS	Yes, v 5.20
Bluetooth	Yes
NFC	Yes
USB Type-C	Yes
Face unlock	Yes
Fingerprint Sensor	Yes
Magnetometer	Yes
Proximity sensor	Yes
Accelerometer	Yes
Ambient light sensor	Yes
Gyroscope	Yes

Pros	Cons
* Premium glass/metal build with attractive curves.	* Portrait mode results are disappointing.
* Excellent battery life.	
* Loud stereo speakers.	
* Super smooth 165Hz display.	

VEHICLE REVIEW

Mahindra XUV700 2023



Starting Price	Rs. 14.01 - 26.18 Lakh *
Fuel Type	Diesel
Engine Displacement	2198 cc
No. of cylinder	4
Max Power	182.38bhp@3500rpm
Max Torque	450Nm@1750-2800rpm
Seating Capacity	7
No of Airbags	7
Transmission Type	Automatic
Fuel Tank Capacity	60.0
Body Type	SUV
Fuel Supply System	CRDi
Gear Box	6-Speed
Drive Type	AWD
Touch Screen size	10.25
No of Speakers	12
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	Cons
* Lot of variants and powertrain options.	* Some quality issue in the cabin.
* Very capable engine.	
* AWD with diesel engine.	
* Impressive infotainment experience.	
* Long safety list, with 7 airbags.	

Health and Lifestyle

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



Hypertension, 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 issues.

What causes decline in kidney function?
Dr. 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 adds.

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 hypertension
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 cholesterol

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 treatment can help to slow or even stop the progression of the disease," 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

ARIES

MAR 21 - APR 20

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 website and claim you as a distant relative.

LIBRA

SEP 24 - OCT 22

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

TAURUS

APR 21 - MAY 20

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 huge transformation of your life.

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'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 usually 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 air.

SAGITTARIUS

NOV 23 - DEC 22

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, your free-spirited nature might bump into a like-minded soul for friendship or romance. This could be at a music festival or open-air concert. Once the two of you meet, you could bond quickly over shared interests.

CANCER

JUN 22 - JUL 23

This week, you have the opportunity to pause and reflect. Cancer, you are highly intuitive today and receiving messages about yourself as well as another. Every conversation you have seems to have multiple layers. Listen to that unique voice in your head, the one that's telling you things that you wouldn't have thought otherwise. This is your intuition in action.

CAPRICORN

DEC 23 - JUL 20

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

LEO

JUL 24 - AUG 23

This week, you could be in the spotlight. 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 shoulders with someone famous.

AQUARIUS

JAN 21 - FEB 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.

VIRGO

JUL 24 - AUG 23

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 friends.

PISCES

FEB 20 - MAR 20

This week, you're consolidating your power. 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.