

WEBSERIES REVIEW

Jungle Cry



**Director:** Sagar Ballary  
**Cast:** Abhay Deol, Atul Kumar, Steve Aldis, Richard Elfyn Emily Shah

**STORY:** The true story of 12 underserved tribal boys from Odisha's Kalinga Institute of Social Sciences winning the U-14 Rugby World Cup after practicing for just four months.

**REVIEW:** The movie has rugby in its fibre right from the first scene when a bunch of tribal boys fight for a jar of marbles. Thereon, it will keep you hooked on as the drama unfolds and steadily pours on to the screen. The narration (Atul Kumar as the narrator) is so fluid that it gives a quick lesson on the rules of Rugby that any layman will understand. The film also touches upon the many issues that not just Indian sportspersons but also underserved sections of the country face—casteism, lack of facilities, poor infrastructure and so on.

Sagar Ballary's direction is brilliant. Apart from the on-field rivalry within the team, the film also deals with human relations without taking away from being the story about the Jungle Cats. It portrays parent-child relations, how one's upbringing affects an adult and makes them carry forward the behaviour that damaged them (Rudra's father was often a hard on him, which the coach manifests on the young boys), of loss and reunion.

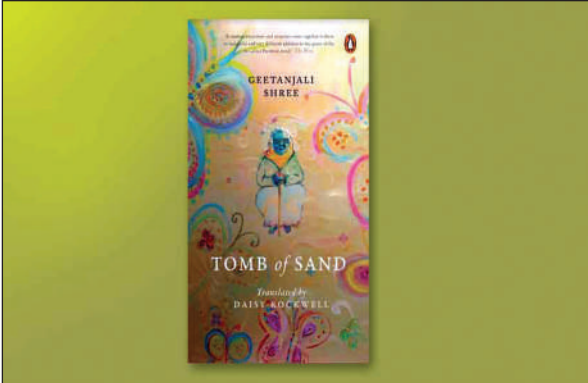
The Jungle Cats with their clarion call will fill your heart with hope and patriotism and is a must-watch fare with family, even if you'd need to read Rugby for Dummies to know the rules.

**In-depth Analysis**  
Our overall critic's rating is not an average of the sub scores below.

Direction:	4.0/5
Dialogues:	4.0/5
Screenplay:	4.0/5
Music:	4.0/5
Action:	4.0/5
Comedy:	3.5/5
Visual appeal:	4.5/5

BOOK REVIEW

Tomb of Sand



**Title:** 'Tomb of Sand'  
**Author:** Geetanjali Shree  
**Publisher:** Penguin  
**Pages:** 696  
**Price:** 699 INR

**Review:** Acclaimed author Geetanjali Shree's fifth novel titled 'Tomb of Sand' or 'Ret Samadhi' (translated into English by Daisy Rockwell), which won the International Booker Prize 2022, tracks the story of an eighty-year-old woman (Ma) who slips into a deep depression after the death of her husband and then resurfaces to gain a new lease on life. To her family's consternation, Ma insists on traveling to Pakistan, simultaneously confronting the unresolved trauma of her teenage experiences of Partition, and re-evaluating what it means to be a mother, a daughter, a woman, and a feminist.

Although the Booker judges called 'Tomb of Sand' "a loud and irresistible novel", the story, however, moves at a slow pace, giving enough time and space to each character, living or non-living. Whether it's the mother, daughter, the son, Rosie Bua the hijra, or even the wall and the door -- each of them has been built slowly with fine detail.

Furthermore, Shree has innately crafted the paragraphs in lyrical prose, and American translator Daisy Rockwell has left no stone unturned to translate the book with all the love she could muster. Whether it's even the most mundane of things, like a cane or chrysanthemums, the author's wordplay and imagination put life into them.

Most importantly, Shree gives a rousing critique of women and daughters in the new world, that of the 21st century. She also sheds light on the internalization of the pain of women, and how it affects them.

Geetanjali Shree's 'Tomb of Sand' is an absolute treasure trove, and invites a whole new audience to explore it.

GADGET REVIEW

iQOO Neo 6



<b>Expected Price</b>	<b>Rs 29,999.</b>
Display	6.62-inch
Resolution	(1080x2400)
Processor	Qualcomm Snapdragon 870
Front Camera	16MP
Rear Camera	64MP + 8MP + 2MP
Rear autofocus	Yes
Rear flash	Yes
RAM	8 GB
Storage	128GB
Battery Capacity	4700mAh
Fast charging	Proprietary
OS	Android 12
GPS	Yes
Bluetooth	Yes, v 5.20
NFC	Yes
USB Type-C	Yes
Proximity sensor	Yes
Accelerometer	Yes
Fingerprint Sensor	Yes
Colours	Cyber Rage, Dark Nova

Pros

- \* 60Hz AMOLED Display.
- \* Good battery life.
- \* Stereo Speakers

Cons

- \* No 5G Support.
- \* Average Cameras.
- \* Weak Video Recording.

VEHICLE REVIEW

Hyundai Grand i10 Nios



<b>Starting Price</b>	<b>Rs. 5.39 - 8.02 Lakh*</b>
Fuel Type	Petrol
Engine Displacement	1197 cc
No. of cylinder	4
Gear Box	5-Speed
Max Power	81.86bhp@6000rpm
Max Torque	113.8nm@4000rpm
Seating Capacity	5
Transmission Type	Automatic
Fuel Tank Capacity	37 L
Body Type	Hatchback
Front Suspension	McPherson strut
Rear Suspension	Coupled torsion beam axle
Shock Absorbers Type	Gas Filled
Steering Type	Electric
Steering Column	Tilt
Front Brake Type	Disc
Rear Brake Type	Drum
Power Windows	Front
Anti Lock Braking System	
Fog Lights	Front

Pros

- \* Generous amount of kneeroom and headroom for rear seat occupants.
- \* Well equipped.
- \* AMT available with petrol as well as diesel engines.

Cons

- \* Long Waiting Periods.

Health and Lifestyle

These 7 necessary kitchen items and appliances may silently be harming your health



Do you know these 7 things in your kitchen that seem like a boon but are silently harming your health? There's no denying that technology has made our lives easier and hassle-free, but over the years, this love for comfort and convenience has silently brought us closer to health hazards. Well, blame it on our needs or dependency that we need these appliances as well as food ingredients in our day-to-day cooking that are actually life-threatening. Here are 7 necessary yet health hazardous things in our kitchen that we should discard or use wisely to stay safe and healthy.

Refrigerator

Whether it is about storing fresh fruits, vegetables or meats for days and months or storing cooked meals or simply keeping water and beverages cool, refrigerator is the best creation of science, which has made life easier and better. But do you know, this essential kitchen appliance releases gases such as Chloro Fluoro Carbons (CFC) that are harmful and hazardous. These gases are the major reason for Ozone layer depletion and global warming. Exposure to excessive CFC can affect the central nervous system leading to lightheadedness, headaches, tremors and convulsions, in some cases CFC can also impact the heart rhythm, according to the Centers for Disease Control and Prevention. Thus, it is best to reduce the duration of usage of the refrigerator.

Microwave

As we often say, microwave is a lazy man's best friend as it quickly heats, reheats and cooks your meals with just a click of a button. But what if we tell you that this wonderful appliance can be dangerous. Shocked, right? Microwave ovens use electromagnetic radiation to heat or cook the food, the appliance is made in a way that the waves do not escape, but in case of exposure to these radiations it can cause severe burns. So, make sure you use this device wisely!

Aluminum utensils

From kettles to kadhais most Indian households still use aluminum utensils as they are easy to heat and the food gets cooked quickly, but do you know these utensils can also release chemicals like lead and cadmium that are harmful for health.

The release of chemicals from these utensils and foils may be the hidden reason for cancers and several other health disorders.

Sodium Benzoate

A common food preservative often used in recipes to retain the shelf life, but this chemical based additive has some major side effects on health. Used in sodas, packaged and processed foods, using an excess of this ingredient can have some harmful effects on health. Used as a flavouring agent, it is said that it should not be used more than 0.1%. As per studies, it is believed to be safe but excessive use beyond the permissible amount can increase the risk of cancer, allergies and other ailments.

MSG

Majorly used to accentuate the taste and flavour of several delicacies, this simple salt has been banned for its effects on health. Adding more than 3 grams of MSG to the food can increase the risk of blood pressure, affect heart health and increase the risk of strokes and allergies.

Air fryers

This new age appliance is extensively used to cook, heat and fry that too without any oil, but did you know this simple appliance can have carcinogenic effects on your food, despite the fact that the food is not made by reheating oil, which is one of the major reasons of Acrylamide formation, which leads to cancer. According to a digital journal Verywell, cooking starchy foods like potatoes at very high temperature inside an air fryer can also create Acrylamide and may cause cancer.

Refined oil

Not just appliances and devices, the common food ingredients in our kitchen too have harmful effects on our health. Refined oil is used in day-to-day cooking but the process of refining oxidizes the oil, makes it rancid and turns it toxic.

Even though most refined oils claim to be fortified with nutrients the process of refining kills the natural goodness of oil. Apart from that, reheating and reusing the same oil can lead to development of cancer in the body as it forms Acrylamide, which has carcinogenic properties.

ASTROLOGY

WEEKLY PREDICTIONS 05<sup>TH</sup>—11<sup>TH</sup> JUNE 2022

ARIES



MAR 21 - APR 19

The week begins with Saturn now moving retrograde through the sign of Aquarius and your house of community engagement. Saturn will be traveling backward until late October. This is your opportunity to reconnect to groups, organizations, clubs and charities. Aries, you might want to do something in politics or work to beautify the neighborhood.

LIBRA



SEP 23 - OCT 22

The week begins with Saturn in Aquarius moving through your house of creativity and offsprings. Saturn will be traveling backward until late October. During this time, it's likely you'll review your responsibilities, achievements and goals when it comes to art and music and the influence you want to have in the lives of your children or younger relatives.

TAURUS



APR 20 - MAY 20

The week begins with Saturn in Aquarius moving retrograde through your house of career. Saturn will be traveling backward until late October. You might take a hard look at your career, the company you work for and the industry you're in. It's time to assess your long-term prospects. You seek security and a comfortable place to be, so it would be inordinately stressful for you to work.

SCORPIO



OCT 23 - NOV 21

The week begins with Saturn in Aquarius moving retrograde through your house of family and dwellings. Saturn will be traveling backward until late October. It's possible that someone is moving into your house, or you could be addressing some issues with the dwelling itself. Scorpio, this is a time for doing home repairs.

GEMINI



MAY 21 - JUN 20

The week begins with Saturn in Aquarius moving retrograde through your house of knowledge and philosophy. Saturn will be traveling backward until late October. You might develop a deep interest in philosophical thought. Happy moments can be found by being present and fully feeling with all of your senses. Change your mindset and you can find small moments worth noticing the day.

SAGITTARIUS



NOV 22 - DEC 21

The week begins with Saturn in Aquarius moving retrograde in your house of communication, contracts and agreements. Saturn will be traveling backward until late October. It's likely you'll soon have contracts to sign. Sagittarius, you can make changes that are beneficial to you if you're willing to put in the work, which includes negotiating and looking for a win/win solution.

CANCER



JUN 21 - JUL 22

The week begins with Saturn in Aquarius now moving retrograde through your house of investments, credit and debt. Saturn will be traveling backward until late October. You might become quite serious about saving for retirement. You could be looking at various passive income strategies, everything from affiliate marketing to cryptocurrency mining.

CAPRICORN



DEC 22 - JAN 19

The week begins with Saturn in Aquarius moving retrograde in your house of money. Saturn will be traveling backward until late October. Capricorn, between now and then is your opportunity to get a good system in place to track your money, increase your investing and pay off debts. It's going to be hard because Saturn makes it feel like you're climbing up the side of a mountain, but it's going to be worth it.

LEO



JUL 23 - AUG 22

The week begins with Saturn in Aquarius now moving retrograde through your house of relationships. Saturn will be traveling backward until late October. Leo, you could reconnect with someone from your past. Their name might pop up on social media along with their contact info. But Saturn moves slowly, and it's likely you will too.

AQUARIUS



JAN 20 - FEB 18

The week begins with Saturn in your own sign of Aquarius moving retrograde in your house of confidence. The type of confidence that Saturn bestows comes from hard work and practice. Over the next few months, you might feel compelled to increase your proficiency and widen your skill set. Aquarius, this energy can bring you the discipline you need to focus on your real goals.

VIRGO



AUG 23 - SEP 22

The week begins with Saturn in Aquarius moving retrograde in your house of work, habits and routines. This gives you plenty of time to restructure your day. It might be time to renew a professional license or update a certification. It's possible you need continuing education credits to satisfy some job requirements.

PISCES



FEB 19 - MAR 20

The week begins with Saturn in Aquarius moving retrograde in your house of charity and compassion. Saturn will be traveling backward until late October. Pisces, you might be keenly aware of what's going on in the world and want to help. Your career could shift toward working for a nonprofit or political activism over the next few months.