

MOVIE REVIEW

Adipurush



Director: Om Raut
Cast: Prabhas, Saif Ali Khan, Kriti Sanon
REVIEW: To tell the country's most revered good vs evil tale, as old as the hills to the contemporary audience, without sounding archaic is no mean task.

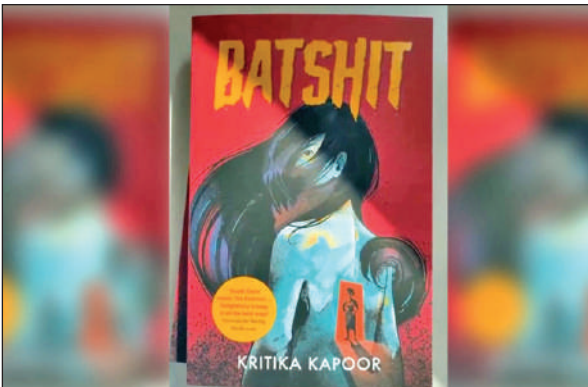
Saif Ali Khan's invincible Ravan exudes main character energy in this ambitious but stoical retelling of an epic. While Prabhas (voiced brilliantly by Sharad Kelkar) maintains a heroic presence as Ram, it is Saif, with his wicked mannersims and massive height lift that steals the show. Tanhaji: The Unsung Warrior was testament to his mastery at playing dark and delirious characters and here he raises the bar yet again. The music and background score composed by Sanehit and Ankit Balhara, as well as the songs by Ajay-Atul give a terrific boost to Saif's monstrous portrayal of Ravan. Adipurush belongs to Saif Ali Khan and Raut succeeds in mounting the character on a massive scale.

The VFX and visual appeal are passable if not impressive. The 3D feels like an unnecessary accessory. With a run time of 3 hours, you wish the story wasn't as dependent on the special effects as it should have been on the nature of its revered characters or what set them apart. Despite the dramatic buildup, the climax doesn't live you with that sense of joy, reward or victory. This one's a sincere attempt that gets a tad overwhelmed by its ambition of handling a story of this magnitude.

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

BOOK REVIEW

Batshit'



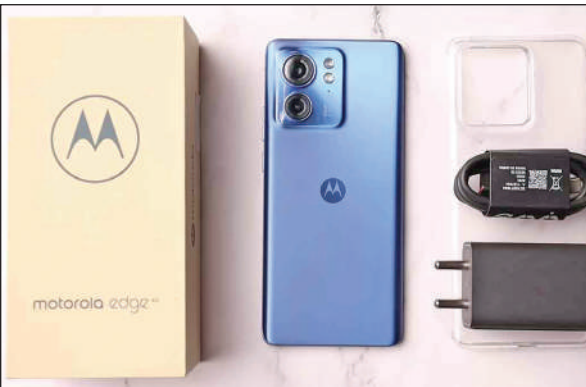
Title: 'Batshit'
Author: Kritika Kapoor
Genre: Fiction
Publisher: Pac Macmillan India
Pages: 216
Price: INR 167
Review: Journalist Kritika Kapoor recently released her debut novel 'Batshit'. The book narrates the dark interesting story of a young Delhi girl named Pia, as she grapples with her inner demons and struggles with the sinister voices in her head.

Set in the affluent kothis of GK-2 and the lavish bungalows of Sainik Farms in Delhi, this twisted tale is about a young girl's fight against the dark forces. In this book, Kapoor also touches upon the themes of repressed anger in women with unrealistic beauty standards, resentment in women, the complexities of mother-daughter relationships, among others.

This feminist fiction is a fast-paced, gripping read. It blends social satire, horror, comedy, and psychological thriller all into one. As the story unfolds, it leaves behind haunting questions that linger in the readers' minds long after they've read the book.

GADGET REVIEW

Motorola Edge 40



Expected Price	Rs 29,999.
Display	6.50-inch
Resolution	(2400x1080)
Front Camera	32MP
Rear Camera	50MP + 13MP
RAM	8GB
Storage	256GB
Battery Capacity	4500mAh
OS	Android Android 13
Wi-Fi	Yes
GPS	Yes
Bluetooth	Yes, v 5.20
NFC	Yes
USB Type-C	Yes
Face unlock	Yes
Fingerprint Sensor	Yes
Magnetometer	Yes
Proximity sensor	Yes
Wireless charging	Yes
Colours	Eclipse Black, Lunar Blue, and Nebula Green

Pros	Cons
* Excellent build quality, IP68 rating.	* Average battery life.
* Immersive multimedia experience.	
* Capable performance unit.	
* Clean, feature-rich software.	

VEHICLE REVIEW

Volkswagen Taigun



Starting Price	Rs. 11.62 - 19.46 Lakh*
Fuel Type	Petrol
Engine Displacement	1498 cc
No. of cylinder	4
Max Power	147.51bhp@5000-6000rpm
Max Torque	250Nm@1600-3500rpm
Seating Capacity	5
Transmission Type	Automatic
Gear Box	7-Speed DSG
Boot Space	385 L
Body Type	SUV
Ground Clearance	188
Front Suspension	McPherson suspension and stabiliser bar
Rear Suspension	Twist beam axle
Steering Type	Electric
Steering Column	Tilt & Telescopic
Front Brake Type	Disc
Rear Brake Type	Drum
Touch Screen size	10.09
Connectivity	Android Auto,Apple CarPlay

Pros	Cons
* Classy Volkswagen family SUV look.	* Fit and finish levels are not as good as the Vento.
* Punchy and refined 1.5-litre TSi engine.	
* Impressive infotainment experience.	
* Automatic transmission.	

Health and Lifestyle

Vitamin D deficiency: 5 signs your body has extremely low vitamin D



The role of vitamin D is extremely crucial in performing several bodily functions. The vitamin helps the body absorb and retain calcium and phosphorus, two important minerals the body needs. Lab studies have also found that vitamin D can reduce cancer growth, inhibit infection and reduce inflammation. The most important role of vitamin D is in keeping the bones healthy and strong. Considering the different roles vitamin D plays in our body it is essential to know when our body lacks it and how to replenish the levels of vitamin D in the body. Here are a few symptoms of vitamin D deficiency you need to know.

- Sleeplessness**
Low levels of calciferol can affect your sleep pattern as lack of this vitamin elevates the levels of stress hormone or cortisol. Due to this, you are most likely to be fatigued more often. Vitamin D deficiency is associated with short sleep cycles, nocturnal awakenings, and other sleep disorders.
- Pain in the bones**
This is one of the most important musculoskeletal manifestations of vitamin D. Due to less vitamin D, one experiences pain in the bone, weakness in muscles, low bone mass, and fractures. Low vitamin D also leads to frequent falls and increases the risk of injuries associated with them.
- Falling sick often**
Vitamin D is associated with frequent incidences of illness. Due to its significant role in the immune system, lack of vitamin D exposes the body to different types of pathogens. Several studies have found that people with low levels of vitamin D are at a higher risk of getting colds, asthma, and flu infections.



Depression
The onset of depression can be due to several reasons and lack of vitamin D is a prominent one among them. There is less awareness around vitamin D and mental health and this is why many people do not see this connection. Studies have found a relation between symptoms of depression and low levels of vitamin D. A 2020 review published the Depression and Anxiety journal found that vitamin D supplements helped people who had negative emotions.

Hair loss
Vitamin D has a key role in stimulating hair follicles and accelerating hair growth. Lack of this vitamin leads to bad and stunted hair growth and it also causes massive

hair loss. Low levels of vitamin D also stop the growth of new hair.

Low levels of vitamin D can lead to...
A deficiency of vitamin D in the body can lead to an increase in the risk of developing heart diseases, it also increases the risk of cognitive impairment, causes severe asthma, and also has a role in cancerous growth. Low levels of vitamin D affect bone health and reduce the immune function in the body.

People who have the following issues are at high risk of vitamin D deficiency
Those who have inflammatory bowel diseases like ulcerative colitis or Crohn's disease can have low levels of this essential vitamin because the gut system in these people is not able to absorb the vitamin. Obese people also have low vitamin D levels in the blood because the vitamin D accumulates in the fat tissues in these individuals. Apart from these, people who recently had gastric bypass surgery are also likely to have a low level of vitamin D.

ASTROLOGY

WEEKLY PREDICTIONS 25TH—01ST JULY 2023

ARIES MAR 21 - APR 20 This week, you find inspiration. The week begins with the sun in Gemini and your house of communication squaring Neptune in Pisces. Today, you could be carried away by a piece of art or inspired by music. Aries, a song could be stuck in your head, but it's a great tune so you don't mind. You might do some drawing or create some AI art. This is a good day to take an art class.	LIBRA SEP 24 - OCT 22 This week, magic is all around you. The week begins with the sun in Gemini and your house of faith and beliefs squaring Neptune in Pisces. Today, you could incorporate more of your faith into your daily life. You can weave spirituality into your routine. Libra, you sweep the porch with reverence, knowing that you're sweeping away negativity.
TAURUS APR 21 - MAY 20 This week, abundant energy flows in. The week begins with the sun in Gemini and your house of money squaring Neptune in Pisces. Taurus, you generally take a very practical approach, but sometimes prosperity energy can be stimulated through spiritual methods. Today is a good day to embrace the abundance mindset. You might look around the house and count your blessings.	SCORPIO OCT 23 - NOV 22 This week, signs from the Universe are everywhere. The week begins with the sun in Gemini and your house of power and control squaring Neptune in Pisces. Today, things that happen in your physical experience could be spiritual messages. Something slipping from your fingers might indicate a need to let go of a situation. A closed door could be a sign that you need to be knocking elsewhere.
GEMINI MAY 21 - JUN 20 This week, you're a social butterfly. The week begins with the sun in Gemini (happy birthday!) and your house of energy and vitality squaring Neptune in Pisces. Today, your energy has no bounds. Gemini, you might be up at the crack of dawn to go for a run or make smiley-face pancakes. You seem pulled in many directions with activities you want to do and people you want to see.	SAGITTARIUS NOV 23 - DEC 22 This week, you're meeting new and exciting people. The week begins with the sun in Gemini and your house of relationships squaring Neptune in Pisces. If you want to meet someone new, visualize your energy drawing this person toward you. Sagittarius, you might light a candle to let the Universe know you are ready. If you're already in a love relationship, you could have a very romantic evening.
CANCER JUN 22 - JUL 23 This week, you're seeing beyond old boundaries. The week begins with the sun in Gemini and your house of magical thinking squaring Neptune in Pisces. Today, you could have all kinds of fanciful ideas. Cancer, this is a good day to brainstorm and think of possibilities. You might want to take out your journal and write down some of your thoughts. Or you could put some of your ideas into an AI art program.	CAPRICORN DEC 23 - JUL 20 This week, you're finding a better way to do things. The week begins with the sun in Gemini and your house of health and well-being squaring Neptune in Pisces. Today, you could be finding ways to feel better through meditation, alternative medicine, or more peaceful living. It's possible you're embracing slow living practices by making more food from scratch and taking the time you need to rest.
LEO JUL 24 - AUG 23 This week, luck comes in some surprising forms. The week begins with the sun in Gemini and your house of friendships making a semisquare to Jupiter in Pisces. Leo, you might be interested in someone, but the circumstances between the two of you make dating difficult. It's possible there's a big age difference, or you both work at a company that frowns on fraternization.	AQUARIUS JAN 21 - FEB 23 This week, your power of manifestation is strong. The week begins with the sun in Gemini and your house of romance. Dreams could become reality today. If you're in a love relationship, it's time to talk about what would make you happy. Aquarius, you can also tap into your hopes and dreams. If you're looking for love, send your wishes out on glowing streams of energy and visualize lassoing love.
VIRGO JUL 24 - AUG 23 This week, get ready to take a bow. The week begins with the sun in Gemini and your house of reputation squaring Neptune in Pisces. Virgo, it's like you're suddenly coming out of the shadows. Other people see you or recognize your accomplishments. You might win an award or receive some other form of recognition.	PISCES FEB 20 - MAR 20 This week, you're more in touch with those around you. The week begins with the sun in Gemini and your house of Neptune in Pisces. There could be a new baby in the family, and the two of you are really bonding. It's possible you're spending more time with a cousin or great-aunt. You might learn something about a parent that deepens your respect for them.