

## MOVIE REVIEW

### Satyaprem Ki Katha



**Director:** Sameer Vidwans  
**Cast:** Kartik Aaryan, Kiara Advani, Koushik Mahata

**STORY:** It's love at first sight for Satyaprem aka Sattu (Kartik Aaryan) the minute he sees Katha (Kiara Advani), a beautiful and aspiring singer from an affluent Gujarati family in Ahmedabad. But their love story isn't as simple as Sattu would have imagined.

**REVIEW:** Kartik Aaryan once again wears his heart on his sleeve and flashes his pearly whites way more than required while playing the simpleton Sattu, who believes in calling spade a spade because 'sach bolne se pehle sochna kya'. There is no denying that playing a relatable boy-next-door is Kartik's core strength and he does it with immense ease once again. It's so easy to root for him even when his Gujarati accent is all over the place. Somehow, it's endearing, and sits well with his character of a dim-wit loser. Kiara Advani has a more difficult role to portray here. Katha's story has an unspoken emotion that needs to be understood and the actress gets the accent and the feel of the character spot on. Kiara delivers a fine and restrained performance in a complex role, by far the best of her career.

Satyaprem Ki Katha is driven by its need to preach and give a message. The subject does move you and leaves you with much to think about, however; it tends to take the more emotional route than an entertaining one.

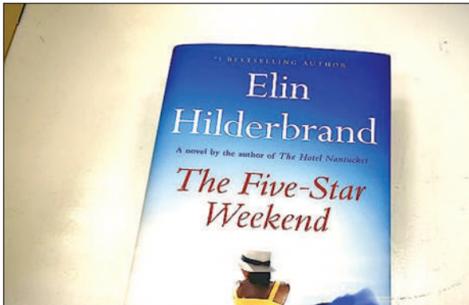
#### In-depth Analysis

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

### The Five-Star Weekend



**Title:** 'The Five-Star Weekend'  
**Author:** Elin Hilderbrand  
**Pages:** 373  
**Price:** Rs 1901

**Review:** Bestselling author Elin Hilderbrand is back with a new story set in Nantucket. Titled 'The Five-Star Weekend', the novel was released in June 2023 and it has topped the bestsellers' chart already.

'The Five-Star Weekend' follows the story of a famous food blogger Hollis Shaw-- who tries to spend some quality time with her friends over the weekend in Nantucket after a personal tragedy.

All was going good in Hollis Shaw's life-- she is married to Matthew, a heart surgeon. But one snowy morning, after an argument with her Matthew leaves for the airport but on his way, he gets killed in a tragic accident. Meanwhile, her relationship with Caroline-- her daughter-- gets complicated day by day.

That's when Hollis gets to know about the Five-Star Weekend-- wherein one woman goes on a trip with her best friends from different phases of her life-- and she decides to organise one for herself. Hollis invites her best friends from her teenage years, her 20s, 30s, and midlife on Nantucket. However, the weekend doesn't turnout to be as joyful as she had expected. Adding to this, Gigi-- a stranger to Hollis and her friends-- joins them on their Five-Star Weekend in Nantucket!

This is a heart-touching and engaging story on love, friendship, and discovering oneself. Fans of Elin Hilderbrand would like to add this book to their reading list.

## GADGET REVIEW

### Nothing Phone 2



<b>Expected Price</b>	Rs 44,999.
<b>Display</b>	6.70-inch
<b>Resolution</b>	(1080x2412)
<b>Processor</b>	Qualcomm Snapdragon 8+ Gen 1
<b>Exclusive Features</b>	Glyph Interface
<b>Front Camera</b>	32MP
<b>Rear Camera</b>	50MP + 50MP
<b>RAM</b>	8GB, 12GB
<b>Storage</b>	128GB, 256GB, 512GB
<b>Battery Capacity</b>	4700mAh
<b>OS</b>	Android 13
<b>Wi-Fi</b>	Yes
<b>GPS</b>	Yes
<b>Bluetooth</b>	Yes, v 5.30
<b>NFC</b>	Yes
<b>USB Type-C</b>	Yes
<b>Face unlock</b>	Yes
<b>Fingerprint Sensor</b>	Yes
<b>Magnetometer</b>	Yes
<b>Proximity sensor</b>	Yes
<b>Accelerometer</b>	Yes

#### Pros

- \* Standout looks.
- \* Fast performance.
- \* Decent cameras.
- \* Glyph improvements.
- \* Fantastic build and in-hand feel.

#### Cons

- \* Primary camera struggles with resolving far subjects.
- \* Mediocre charging speeds.

## VEHICLE REVIEW

### TVS Apache RR 310



<b>Starting Price</b>	Rs. 2.72 Lakh*
<b>Engine</b>	312 CC
<b>Mileage</b>	33.1 Kmpl
<b>Ground Clearance</b>	180 mm
<b>ABS</b>	Dual Channel
<b>Max Power</b>	34 PS @ 9700 rpm
<b>Max Torque</b>	27.3 Nm @ 7700 rpm
<b>Transmission</b>	Manual
<b>Fuel Capacity</b>	11 Liters
<b>Top Speed</b>	160 kmph
<b>No Of Gears</b>	6 Speed
<b>Tyre Type</b>	Tubeless
<b>Radial Tyre</b>	Yes
<b>Kerb Weight</b>	174 Kg
<b>Bore</b>	80 mm
<b>Stroke</b>	62.1 mm
<b>Brakes Front</b>	Disc
<b>Brakes Rear</b>	Disc
<b>Tail Light</b>	LED
<b>Battery Type</b>	Maintenance Free
<b>Battery Capacity</b>	12 V / 8 Ah

#### Pros

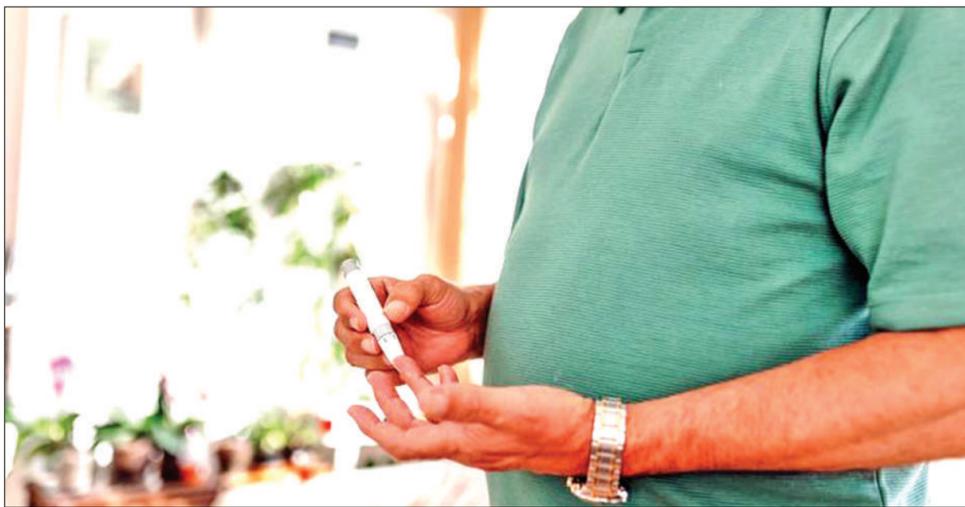
- \* Looks stunning.
- \* Well-loaded features.
- \* Friendly handling.

#### Cons

- \* Lacks performance compared to its competition.

# Health and Lifestyle

## Diabetes: Poor lunch habits that are likely to cause frequent spikes in blood sugar level



Diabetes, a metabolic disorder, has more than 100 million Indians in its tight grip right now. If you are surprised by this figure, you need to know that more than this are already at risk of developing this disorder soon. As per a recent study, by ICMR which was published in the UK medical journal Lancet, 15.3% of the Indian population which is close to 136 million people are in the prediabetes stage.

#### Lunchtime is important

Of the several risk factors of diabetes, the most common one, and of course changeable one, is diet. Let's discuss the common mistakes people make during lunchtime, which is considered to be the biggest meal of the day, that makes them prone to develop diabetes. There is a need to discuss lunch because it is considered to be the biggest meal of the day and has the potential to regulate the metabolism of the body.

#### When lunch is the first meal of the day!

Missing breakfast causes a huge fluctuation in the blood sugar level, particularly when you have lunch late in the afternoon. Having breakfast, first thing in the morning can keep your blood sugar level under control. Starting the day with a good and healthy meal cuts down the risk of diabetes and hence the complications associated with it.

#### When you just fill up yourself during lunch!

Many people just aim to fill up their stomachs during lunchtime and give no regard to the nutrition of the food they



are consuming. This is another unhealthy food habit that increases the risk of diabetes. Plan your meal and include everything from carbs to protein and fat in the diet. Make sure you have a balanced diet during lunchtime.

#### When you consume processed foods more than natural foods!

These days, it is easier to buy pre-made sandwiches from supermarkets than to prepare food. These packaged foods can keep you full for a long time, but in the long run, they can have a damaging effect on the body and there are several reasons for that. Use of lots of salt, which improves the flavor of the food; use of preservatives to increase the shelf life of the food contributes to metabolic disorders like diabetes.

#### When you have flavored drinks before/ after the lunch meal!

It is a common practice these days to gulp down a bottle or can of carbonated, sweetened, flavored drink with meals. There are several reasons why you should stop doing this. First, it spikes your blood sugar level; second, these are empty calories and have no nutritional value; third, they reduce the hunger pangs and stop you from eating nutritious foods which you could have eaten otherwise.

#### When you immediately return back to the desk after lunch!

We understand that everyone is overburdened with targets and deadlines. But, try to find some time in between that for yourself. A 10-minute walk within the premises of the office building after a meal is also helpful.

# ASTROLOGY

## WEEKLY PREDICTIONS 23<sup>RD</sup> — 29<sup>TH</sup> JULY 2023

<p><b>ARIES</b></p>  <p>MAR 21 - APR 20</p> <p>This week, you have an opportunity for a new beginning. Sun in Pisces sextiles Pluto in Capricorn and your house of career: Aries, you might be trying to finish something and get it off of your desk. Or perhaps you're past a deadline and your extension is quickly disappearing. It's time for your Hail Mary pass. Look at what you can eliminate and still deliver a great product.</p>	<p><b>LIBRA</b></p>  <p>SEP 24 - OCT 23</p> <p>This week, one small change could have a big impact. New information could be life changing when you apply it to your daily routine. Libra, this could be something you're eliminating from your diet or lifestyle that brings you more energy but also emotionally frees you of something. Today, a small change or new habit could have a big impact.</p>
<p><b>TAURUS</b></p>  <p>APR 21 - MAY 20</p> <p>This week, you have the means to accomplish your goal. Sun in Pisces sextiles Pluto in Capricorn and your house of education and testing. Taurus, it's possible you're taking a test either for school or a professional license. Maybe you're finishing up a home study course and taking the quiz to get the certificate. This is likely the last step in a long series of things you've done.</p>	<p><b>SCORPIO</b></p>  <p>OCT 23 - NOV 22</p> <p>This week, something new has all your attention. Scorpio, you could be obsessed with a new hobby. It's possible you're doing puzzles or immersed in a video game. You could be designing something with pen and paper or a complex program like Blender. No matter what you're doing right now, it's difficult for you to think about anything else.</p>
<p><b>GEMINI</b></p>  <p>MAY 21 - JUN 20</p> <p>This week, you could be in line for extra perks. Sun in Pisces sextiles Pluto in Capricorn and your house of resources and investments. Your company might offer additional perks you aren't aware of. If you own a business, you could be starting a retirement plan or giving benefits to employees. Gemini, there is an opportunity to plan for the future now.</p>	<p><b>SAGITTARIUS</b></p>  <p>NOV 23 - DEC 22</p> <p>This week, home is your sanctuary. Today, you can find some peace and contentment at home. A renovation project could be completed. Sagittarius, you might have recently decluttered and now you're enjoying the extra space. Even though you love to travel, you also like to be at home. You might now recognize just how much your home gives you.</p>
<p><b>CANCER</b></p>  <p>JUN 22 - JUL 23</p> <p>This week, help is on the way. Sun in Pisces sextiles Pluto in Capricorn and your house of partnerships. Someone knowledgeable steps up to help you. This might be a mentor or teacher who is ready to take you by the hand and guide you step-by-step through what you need to do. Cancer; this might be related to your job, but it could also have something to do with a hobby or complex financial transaction.</p>	<p><b>CAPRICORN</b></p>  <p>DEC 23 - JUL 20</p> <p>This week, you're getting things together. You could be feeling quite responsible as you gather together all of your receipts and paperwork to prepare your taxes. You might hire an accountant to look over your company's books. Capricorn, you might update your passport and then consider putting all your important documents in a fireproof bag to keep them safe.</p>
<p><b>LEO</b></p>  <p>JUL 24 - AUG 23</p> <p>This week, a little magic goes a long way. A few of your friends might get together to play a magical video game or an all-night session of Dungeons &amp; Dragons. Leo, you might be enjoying a TV show filled with witches and spells. But even better than pretending is embracing a magical life with your friends by honoring nature and speaking to the soul of the world.</p>	<p><b>AQUARIUS</b></p>  <p>JAN 21 - FEB 23</p> <p>This week, a financial opportunity is in front of you. Aquarius, a money opportunity could be available to you. It's a small step outside your comfort zone. Energy like this allows you to skip it if you wish, but if making more money is your goal, this is a real opportunity that you should consider. Cousins who are traveling through town might come to visit you.</p>
<p><b>VIRGO</b></p>  <p>JUL 24 - AUG 23</p> <p>This week, you're walking a spiritual path. Virgo, consider sitting down with your supervisor and telling them about your vision of your career future. You might want to sketch out a plan for the business you want to start. This is more than making a wish. It's time to develop a strategy. Virgo, you could meet someone who is spiritually connected to you.</p>	<p><b>PISCES</b></p>  <p>FEB 20 - MAR 20</p> <p>This week, there are many opportunities around you. Pisces, you might wake up with more energy. You could go to the gym and lift more weight than usual. You might go for a run in the morning. You might be highly productive today and then get home and clean the house. It isn't every day you feel like this, but today you're like the Energizer Bunny.</p>