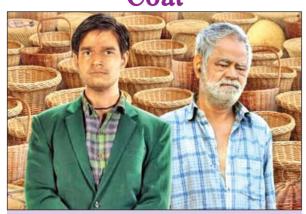
MOVIE REVIEW

STATETIMES

Coat



Director: Akshay Ditti

Cast: Sanjay Mishra, Vivaan Shah, Sonal Jha

STORY: Set against the rustic backdrop of Bihar, 'Coat' folows the story of Madho, a young pig-rearing boy from a lowcaste family, who yearns for the admiration he sees foreigners receive due to their expensive coats. This observation ignites a burning desire within him to break free from the shackles of his circumstances and gain the respect he believes a coat can

REVIEW: Despite minor distractions like Madho's uneven skin tone throughout the film, Vivaan Shah's laid-back performance gradually wins over the viewers. Sanjay Mishra and Sonal Jha give believable performances as Madho's parents. Their on-screen interaction with Shah adds reality and emotional depth to the plot. Even in her limited screen time, Pooja Pandey's portrayal of Madho's love interest is striking.

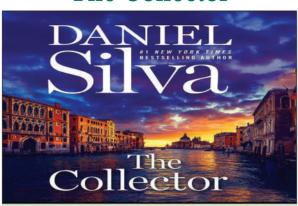
On the downside, Ditti keeps his dialogues pedestrian, lacking the depth needed to fully explore the social issues at hand. Additionally, while the song 'Sach Karle Sapna' adds depth to the film, others contribute to its length without having a substantial influence.

Despite its conveniently positioned second half and weak execution, 'Coat' is a one-time watch for its genuine attempt to shed light on societal issues and the unwavering spirit of its orotagonist, Madho.

In-depth Analysis Our averall critic's rating is not an average of the sub scores below Direction Dialogues Story Visual appeal

BOOK REVIEW

The Collector



Title: The Collector Author: Daniel Silva Genre- Photography/Picture book

Price: Rs 2019 Review: Author Daniel Silva is back with a new thriller this

Gabriel Allon series When iconic spy and art restorer Gabriel Allon steps into his favourite coffee shop in Murano island one day, he ends up meeting General Cesare Ferrari-- commander of the Art Squad-- who is eagerly waiting for him.

year. Titled 'The Collector', this is the 23rd book in popular

The reason: The Carabinieri have found a secret vault in Amalfi villa, which was owned by South African shipping tycoon who was murdered. Inside the vault they discovered an empty artwork frame, which is similar in dimensions to that of one of the most valuable paintings in the world which is now missing. And so, Gabriel is being asked to find the missing artwork before it is forgotten.

The missing painting is Johannes Vermeer's 'The Concert', which is one of the 13 artworks that was stolen from a museum in 1990. Gabriel collaborates with an unlikely ally-- a computer hacker and thief-- to find the missing painting and to stop a conflict brewing up between Russia and the West.

This thrilling story will take the readers on an unexpected journey. The plot twists and Daniel Silva's remarkable writing will keep the readers hooked till the very end of the book.

GADGET REVIEW

Samsung Galaxy F34



Expected Price Rs 18,999. 6.46-inch Display Resolution (2340x1080)Protection type Gorilla Glass 5 Samsung Exynos 1280 Processor Front Camera 13MP 50MP + 8MP + 2MPRear Camera RAM 6GB, 8GB 128GB Storage **Battery Capacity** 6000 mAhAndroid 13 Wi-Fi Yes Bluetooth Yes, v 5.30 USB Type-C Yes

Headphones Type-C Fingerprint sensor Magnetometer Proximity sensor Electric Black, Mystic Green Colours

Pros

- * Budget-friendly 5G smartphone.
- * 4K video recording support.
- Super AMOLED display.
- Corning Gorilla Glass 5 protection.

Cons

- * Outdated USB Type C 2.0 charging port.
- * Without gyro-EIS support.

Maruti Fronx



Starting Price ARAI Mileage Fuel Type Engine Displacement Gear Box No. of cylinder Max Power Max Torque Seating Capacity Transmission Type Boot Space Fuel Tank Capacity Body Type Front Suspension Rear Suspension Steering Type Steering Column Front Brake Type Rear Brake Type Touch Screen size No of Speakers

Rs. 7.47 - 13.14 Lakh* 20.01 kmplPetrol 998 cc6-Speed AT $98.69 \mathrm{bhp} @5500 \mathrm{rpm}$ 147.6 Nm@2000-4500 rpmAutomatic 308 L37.0 MacPherson Strut Torsion Beam Electric Tilt & Telescopic Disc Drum 9 inch

Pros

* Muscular styling commands attention.

- * Spacious cabin is very well-suited for a small family.
- 9-inch touchscreen, climate control, cruise control.

Cons

- * No diesel engine option.
- * Missing features: sunroof, leatherette upholstery, ventilated seats.

Health and Lifestyle

Diabetes: 7 body parts that can warn you of excessive blood sugar level?



iabetes is spreading fast and several factors can be neld accountable for this. A Lancet study estimated that by 2050, a total of 1.31 billion people are likely to be affected by diabetes. If we look at the number of affected people in the country, it is as alarming as the global numbers. An ICMR study found that more than 100 million Indians are currently suffering from diabetes. Doctors say unhealthy lifestyle and lack of awareness contributes to the prevalence of this disease among the world population which makes it extremely important to know the various symptoms associated with it.

The skin, the body's largest organ, can offer subtle but significant clues about diabetes. Individuals with diabetes often experience dry, itchy skin due to dehydration resulting from frequent urination, a hallmark of the condition. Furthermore, the presence of acanthosis nigricans - dark, thickened patches of skin, typically in body folds – can indicate insulin resistance, often a precursor to type 2 diabetes. Additionally, individuals with diabetes are more susceptible to fungal infections, which thrive in a high-sugar environment.

Diabetes can exert a profound impact on the eyes, potentially leading to a condition called diabetic retinopathy. This progressive disorder damages the blood vessels in the retina, impairing vision. Visual disturbances, such as blurred or fluctuating vision, difficulty focusing, or sudden changes in eyesight, may signal the onset of diabetic retinopathy. Regular eye exams are crucial for detecting and managing this complication.

Feet and Legs

Nerve damage (neuropathy) and poor blood circulation are common complications of diabetes, particularly affecting the lower extremities. Diabetic neuropathy can lead to tingling, numbness, or even pain in the feet and legs. Furthermore, reduced blood flow increases the risk of diabetic foot ulcers and infections, potentially necessitating amputation if left untreated. Proper foot care and regular check-ups are essential for preventing these complications.

Diabetes stands as a leading cause of kidney disease, also

known as diabetic nephropathy. This condition gradually impairs kidney function and can ultimately lead to kidney failure. Signs of kidney involvement may include swollen ankles, increased frequency of urination, and persistent high blood pressure. Regular monitoring of kidney function and blood pressure is crucial for managing this diabetes-related compli-

Heart and cardiovascular health

Diabetes significantly elevates the risk of cardiovascular problems, including heart disease and stroke. Individuals with diabetes may experience symptoms like chest pain, shortness of breath, and palpitations. Moreover, the presence of diabetes-related risk factors, such as obesity and high cholesterol, further amplifies the cardiovascular threat. Lifestyle modifications and proper diabetes management play a pivotal role in mitigating these risks.

Nervous System

Neuropathy associated with diabetes can extend beyond the feet and legs, affecting various body parts. Numbness, tingling, or burning sensations in the hands, arms, or other areas may indicate nerve damage due to diabetes. Early detection and proper blood sugar control are vital for preventing the progression of neuropathic complications.

Mouth and Gums

Diabetes can compromise oral health by increasing the risk of gum infections, or periodontal disease. Symptoms include bleeding gums, persistent bad breath, and gum recession. Maintaining good oral hygiene and regular dental visits are imperative to prevent dental complications associated with diabetes.

Things to note

The impact of diabetes reaches far beyond blood sugar levels, affecting various body parts and systems. Recognizing the signs of diabetes-related complications in these areas can enable early intervention and better management of the condition. Regular medical check-ups, diligent self-care, and adhering to medical advice can help individuals with diabetes reduce the risk of developing these potentially serious complications. As we continue to deepen our understanding of diabetes and its effects, proactive measures can pave the way for improved quality of life for those living with this condition.

ASTROLOGY

WEEKLY PREDICTIONS 13[™] — 19[™] AUGUST 2023



This week, you're ready to pivot on a few important points. The week begins with Venus and the sun in Scorpio and your house of intimacy making a quincunx to Jupiter in your own sign of Aries. Right now, you want to experiment. This combination of aspects can create grandiose expectations. You could feel ntense joy as romance blossoms

MAR 21 - APR 19

This week, there could be a little sensory

SEP 23 - OCT 22

This week, you're using your superpower, which is listening. The week begins with Venus and the sun in Scorpio making a quincunx to Jupiter in Aries and your house of relationships. Libra, you might launch into a serious discussion with your partner about personal finances. You could delve into spending habits, such as what each of you likes to indulge in



overload. The week begins with Venus and the sun in Scorpio and your house of relationships making a quincunx to Jupiter in Aries and your house of secrets and clandestine meetings. Taurus, you might be tingling all over at the thought of meeting your love interest in a little out-of-the-way place on the edge of town.

This week, you're focused on helping others.



SCORPIO

OCT 23 - NOV 21

This week, you're ready to take more chances. The week begins with Venus and the sun in Scorpio (happy birthday!) in your house of confidence making a quincunx to Jupiter in Aries and your house of pleasure and adventure. You might be up for something new. And while it might not be "risky," it could definitely be a step outside your comfort zone. Today, you might get up on stage to sing.





CANCER

JUN 21 - JUL 22

LEO

The week begins with Venus and the sun in Scorpio and your house of health and wellbeing making a quincunx to Jupiter in Aries and your house of friendships. Today, you might be getting together with a friend to do something for the community that also helps your health. This could be a charity run to raise money for a local organization.

and your house of romance and risk-taking

making a quincunx with Jupiter in Aries at the

top of your chart. It gets out that you're look-

ing for love or interested in a particular person.

Cancer, what might have started as a typical

day could end with an intimate date with some-

This week, you're getting involved in other peo-

ple's lives. The week begins with Venus and the

sun in Scorpio and your house of home and fami-

ly making a quincunx to Jupiter in Aries and your

house of education. Leo, you might help one of

your kids with a last-minute term paper that's due

tomorrow. You're pulling your hair out as you find

that they're further behind than you thought.

one you like very much.



NOV 22 - DEC 21

This week, you are envisioning what you want. The week begins with Venus and the sun in Scorpio forming a quincunx with Jupiter in Aries and your house of creativity. Today, you can weave a little magic by creating a vision board. Sagittarius, you might make a collage out of magazine pictures and inspiring quotes. Or you might create one online and make it the screensaver for your phone or computer.

This week, you're coming out of the shadows

and into the light. The week begins with Venus

and the sun in Scorpio and your house of social

activities making a quincunx to Jupiter in

Aries and your house of dwellings. Capricorn,

you could be torn between going to a friend's

recital, another friend's improv group and a

church social, but you'd really rather stay

This week, a little magic can happen. The week begins with Venus and the sun in Scorpio







This week, get ready for a breakthrough. The week begins with Venus and the sun in Scorpio making a quincunx to Jupiter in Aries and your house of social media. Today, what you post could go much further than usual. Aquarius, it's possible that the algorithm picks it up and sends it around the globe. It's also possible that someone you knew in the past sees your post and reaches out to you.

JAN 20 - FEB 18

PISCES



VIRGO

This week, you're getting things under control. The week begins with Venus and the sun in Scorpio making a quincunx to Jupiter in Aries and your house of credit, debt and investments. Between investment statements, prospectuses, tax records and terms and conditions, you seem to have more than your share



This week, things have become much clearer. The week begins with Venus and the sun in Scorpio making a quincunx to Jupiter in Aries and your house of money. Today, you might be writing a check for your child's education or working on some student loan applications for yourself. Pisces, this is a day to look at scholarships for future education.