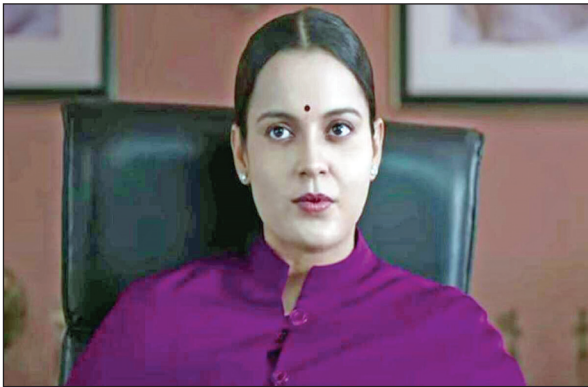


MOVIE REVIEW

Thalaivii



Director: A. L. Vijay
Cast: Kangana Ranaut, Arvind Swami, Bhagyashree Samuthirakani, Raj Arjun, Jisshu Sengupta

STORY: The film chronicles the life of actor-turned-political Jayalalithaa (Kangana Ranaut), her relationship with the legendary M. G. Ramachandran (Arvind Swamy) and her tumultuous rise to power as the former chief minister of Tamil Nadu.

REVIEW: While a lot of 'dialoguebaazi' and slowmo walks populate the stretchy political second half, the film's strong point lies in its heartachingly poignant love story. A former filmwali heroine rising to power doesn't go down too well with the men and that point is conveyed in a repetitive and theatrical manner. Shoddy editing and a loud background score is another issue.

Dialogues are painstakingly written and hit the right note. "Mahabharat ka dusra naam jaya hai" sums up Jaya's life perfectly. A scene where Jaya tells her ailing mother that people only remember you when they need you, her mother rightly argues, "Bina Matlab ke log bhagwaan ko bhi yaad nahi karte." From Conical bras of the 60s and 70s to the winged eye makeup and props, the recreation of a bygone era is done well.

Thalaivii pays a resounding ode to Jaya-MGR's poignant love story. The political portion feels reverential and lacks objectivity.

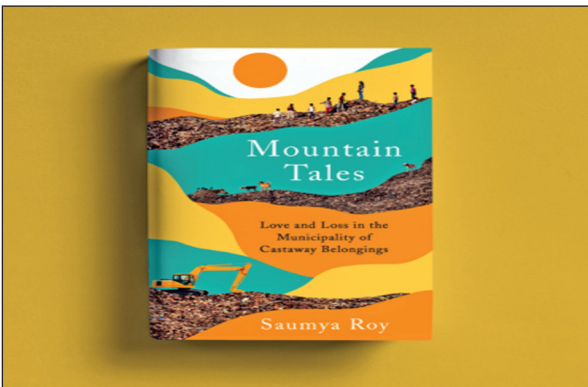
In-depth Analysis

Our overall critic's rating is not an average of the sub scores below.

Direction	██████████	3.5/5
Dialogues	██████████	3.5/5
Story	██████████	3.5/5
Music	██████████	3.5/5
Visual appeal	██████████	3.5/5

BOOK REVIEW

Mountain Tales



Title: Mountain Tales
Author: Saumya Roy
Genre: Non-fiction
Publisher: Profile Books
Pages: 304
Price: 699 INR

Review: Journalist-activist Saumya Roy's debut book 'Mountain Tales: Love and Loss in the Municipality of Castaway Belongings' released in August 2021. In this book, Roy chronicles the lives of the often neglected waste-pickers living in the Deonar landfill of Mumbai, which is a world in itself.

Mumbai's Deonar landfill has been there for nearly 122 years and it houses millions of tonnes of waste spread over 314 acres of land. Shockingly, some of these garbage dumps are as high as 18-storeys! Yet so little is known about it or the people who live there. In her book 'Mountain Tales', Roy explores the lives of the people residing in these dumping grounds, who have made a livelihood out of recycling, reselling or reusing waste. In this book, Roy tells the story of a teenage rag-picker Farzana Shaikh, who lives in the Deonar landfill, and how over the years she finds discarded toys, clothes, food, friendships and love-- all in these garbage mountains. While this is a story of the waste pickers of the Maximum City, it is through their lives that Roy highlights the impact of urbanisation, over-consumption, pollution and waste (mis)management on the poorest of the poor in our society.

Roy writes this piece of non-fiction with utmost care and empathy. This is not just a story of Deonar's history and its social and legal issues but it is also about the lives of the people living there who play an invisible yet important role in our lives. While the book focuses on the garbage mountains of Mumbai and the rag-pickers living there, it deals with a topic which is globally relevant in our times.

GADGET REVIEW

Realme 8i



Expected Price	Rs 10,999
Display	6.59-inch
Processor	MediaTek Helio G96
Front Camera	16MP
Rear Camera	50MP + 2MP + 2MP
Rear autofocus	Yes
Rear flash	Yes
RAM	4GB
Storage	128GB
Weight (g)	194.00
Battery Capacity	5000mAh
OS	Android 11
Wi-Fi	Yes
GPS	Yes
Bluetooth	Yes
USB Type-C	Yes
Headphones	3.5mm
Fingerprint sensor	Yes
Proximity sensor	Yes
Accelerometer	Yes
Ambient light sensor	Yes

Pros

- * Bright and large 6.59-inch multi-touch capacitive FHD.
- * Massive 5000 mAh battery with 18W quick fast charging.
- * Latest Android 11 OS.
- * Good Speakers.

Cons

- * Wireless charging is not available.
- * No Gorilla glass protection.

VEHICLE REVIEW

Suzuki Burgman Street



Starting Price	Rs. 84,300 - 87,800*
Displacement	124 cc
Engine Type	4-Stroke, 1 Cylinder, Air Cooled
No. of Cylinders	1
Max Power	8.7 PS @ 6750 rpm
Max Torque	10 Nm @ 5500 rpm
Front Brake	Disc
Rear Brake	Drum
Fuel Capacity	5.5 L
Braking Type	Combi Brake System
Charging Point	Yes
Mobile Connectivity	Bluetooth
Shutter Lock	Yes
Clock	Yes
LED Tail Light	Yes
Speedometer	Digital
Odometer	Digital
Tripmeter	Digital
Fuel gauge	Yes
Drive Type	Belt Drive
Starting	Kick and Self Start

Pros

- * Modern and exclusive styling.
- * Adequate under-seat storage.
- * Air-cooled and high-capacity engine.

Cons

- * Very few safety features.
- * Could have done better with brakes.

Health and Lifestyle

5 exercises you need to get a complete upper body workout



Adding strength training exercises to your daily routine is essential for two reasons - building muscles and burning fat. Indeed, target fat loss is not possible, but with the help of strength training, you can tone the muscles to make them look slimmer. Strength training also makes your muscles stronger to carry out day to day activities easily without getting yourself injured.

These groups of muscles together are responsible for lifting, carrying, pushing and pulling activities. Working on these group of muscles reduce your risk of injury and make your upper body look more proportionate. While there are several upper body exercises for you to choose from, we have listed 5 that can give you a complete upper body workout. These exercises are shared by celebrity fitness expert Yasmin Karachiwala on her Instagram handle and you need to perform each for them for 20 repetitions.

Dumbbell upright row to T-position

Step 1: Stand straight with your feet hip-width apart and grasp a dumbbell in each of your hands.

Step 2: Bring your hands in front of you in a way that the palms are facing your body. This is the starting point.

Step 3: Bend your elbows and push your shoulder blades back to lift the dumbbells and bring them to the level of your chin.

Step 4: Pause, take your hand outwards to bring them in line your shoulders and parallel to the floor.

Step 5: Again bend your elbows to bring your hand close to your chin, then lower the dumbbell to complete one repetition.

Dumbbell bent over the semi-circle

Step 1: Stand straight with your feet hip-width apart, holding dumbbells in each hand.

Step 2: Stretch your hands overhead, keeping your spine straight and neck neutral. It is your starting point.

Step 3: Move your hands sideways in a semi-circle to bring your hands down, perpendicular to the floor. At the same time squat down.

Step 4: Pause, stand up and take your hands overhead from sideways making a semi-circle pattern to complete one repetition.

Dumbbell bent over the semi-circle

Step 1: Stand straight with your feet hip-width apart, hold-

ing dumbbells in each hand.

Step 2: Stretch your hands overhead, keeping your spine straight and neck neutral. It is your starting point.

Step 3: Move your hands sideways in a semi-circle to bring your hands down, perpendicular to the floor. At the same time squat down.

Step 4: Pause, stand up and take your hands overhead from sideways making a semi-circle pattern to complete one repetition.

Biceps curl to reverse shoulder press

Step 1: Lie down on your back with your feet hip-width apart. Hold a dumbbell in each hand and keep your arms straight.

Step 2: Keeping your upper arms stationary, curl the weights to bring them at your shoulder level while contracting your biceps.

Step 3: Bring the weights as high as possible without moving your elbows.

Step 4: Hold this position, and then slowly extend your arms overhead

Step 5: Again bring them down to complete one repetition.

Dumbbell chest fly with pullover

Step 1: Lie down on your back with your knee bend and feet lying flat on the ground. Hold a dumbbell in both hands.

Step 2: Lift your feet to bring your shins parallel to the ground.

Step 3: Bring your hands above your chest and extend your arms upwards. Your palms should be facing each other.

Step 4: Slowly lower the weights to the sides to bring them in line with your chest.

Step 4: Pause, bring them back up above your chest, then stretch your hands over your head.

Step 5: Pause and bring your hands above your chest to complete one repetition.

Superwoman/man

Step 1: Lie down on your stomach with your arms stretched above your head and legs extended behind you. (just like Superman)

Step 2: Engage your glutes and lower back to lift your arms, legs, and chest off the floor.

Step 3: Pause for 2-3 seconds and then go back to the starting position to complete one repetition.

ASTROLOGY

WEEKLY PREDICTIONS 12TH — 18TH SEPTEMBER 2021

ARIES



Virgo makes an inconjunct to Jupiter in Aquarius in your house of friendships. Every change you make can mean leaving your old life behind. This may not sit well with a particular friend. This person might be concerned that if you commence exercising, start a business, or take up guitar, that they will lose their connection with you.

TAURUS



The sun in Virgo, in your house of risk-taking, makes an opposition to Neptune in Pisces. Today, you may have some inspiration to create or feel motivated to take a chance. This could involve getting with a friend and playing music together, finding a tutor to help you paint pictures, or going through a tutorial on tailoring clothes. Today you can start to see your vision take shape.

GEMINI



There will be some choices to make this week, but Gemini, you love options. The sun in Virgo, makes an opposition to Neptune in Pisces. Today, you could be dancing around the living room, enjoying the peaceful privacy of your bedroom, and cooking in your happy kitchen. Or you may be really dissatisfied with your current dwelling. Today you can get a vision of where you really want to live.

CANCER



You may do a lot of juggling this week. Cancer, remember to keep your eye on the ball. The sun in Virgo, in your house of communications, makes an opposition to Neptune in Pisces. It's like you have a direct line to the Universe and your angels. Today doing prayer, meditation, or chanting can be very helpful. Let the Universe know your wishes, and then allow whatever happens to happen.

LEO



The sun in Virgo, in your house of money, makes an opposition to Neptune in Pisces. Today, you can stimulate prosperity energy for you and your family through a little magic. You can place Feng Shui remedies around the house, such as a lucky money cat or stacks of coins on the windowsills. Consider burning money incense or casting a pinch of cinnamon on your front porch to welcome career opportunities.

VIRGO



Virgo, you're known for your careful plans, but you may want to make them in pencil this week. You're more easily seen at this time. People are likely reaching out to you for a connection. Someone from long ago may contact you through social media. It's even possible an old lover could return.

LIBRA



Finding balance means constant adjustments. Libra, your natural ability to pivot will be helpful this week. On Tuesday, September 14, the sun in Virgo, in the house ruling your inner life, makes an opposition to Neptune in Pisces. You may dream of moving to another part of the world, changing careers, or having different relationships.

SCORPIO



Scorpio, you'll have more success with honey than vinegar this week. The sun in Virgo, in your house of friendships, makes an opposition to Neptune in Pisces. A friend or acquaintance may have romantic designs on you. And while they may not ask you out today, they could be dropping hints and suggesting innuendos trying to get your attention. This is a good day to be aware of how other people see you.

SAGITTARIUS



Be flexible today. This combination can put you into a lot of traffic on the road. It can cause you to miss a rendezvous or go to the wrong Starbucks to meet someone. This is no one's fault. It's the circumstances of the day. Some aspects are just an uphill climb. Venus in Libra makes a square to Pluto in Capricorn and a trine to Jupiter in Aquarius. You are very focused on having a good time.

CAPRICORN



You may find parts of this week a little rocky. Fortunately, Capricorn, you're quite surefooted. The sun in Virgo, in your house of ideas and information, makes an opposition to Neptune in Pisces. Today, your search for information yields some real fruit. This could be quite helpful if you have a pop quiz coming up for school or you're helping your kid with high school physics.

AQUARIUS



This week, test the waters before jumping in. The sun in Virgo, in your house of resources, makes an opposition to Neptune in Pisces. Every once in a while, it's a good idea to put out a spiritual call for money and the resources you need. This can be done through prayer, meditation, or doing a money dance in your living room. Consider burning a metallic gold candle to attract large sums of money or wearing sterling silver jewelry to attract regular income.

PISCES



There could be a patch of rough waters this week. The sun in Virgo, in your house of relationships, makes an opposition to Neptune in Pisces. You may be the object of someone's affection today. They may surprise you and pay you special compliments. This could lead to something more. You may have a new friend or lover in front of you.