

MOVIE REVIEW

Brahmastra



Director: Ayan Mukherjee

Cast: Amitabh Bachchan, Ranbir Kapoor, Alia Bhatt, Mouni Roy, Nagarjuna Akkineni, Dimple Kapadia

STORY: Shiva, a young DJ in Mumbai, discovers that he's born with a special power that makes him immune and akin to fire. He gradually discovers the secrets behind his own existence that are also tied to a string of mythological incidents.

REVIEW: Even though Brahmastra: Part One: Shiva had the potential and the room for it, the film doesn't score brownie points for the love story of its lead couple which forms the thrust of the narrative here. In fact, it doesn't seem plausible from the word go which weakens the film at its core in a big way. As a result, the larger story playing out in the film also feels weak and the screenplay suffers, too. The dialogues aren't able to salvage much either. Towards the latter part, the runtime begins to feel tedious. The narrative could have been balanced better between the two halves of the film. And though the songs are pleasing to the ears, at times, their presence affects the momentum of the narrative.

The line between great and good lies in a believable, character-led story that emotionally engages you. The most imaginative worlds created by cinema's geniuses eventually rely on the writing to keep everything else glued perfectly in their places. With all its pluses, nothing makes up for the emotional deficits that Brahmastra suffers.

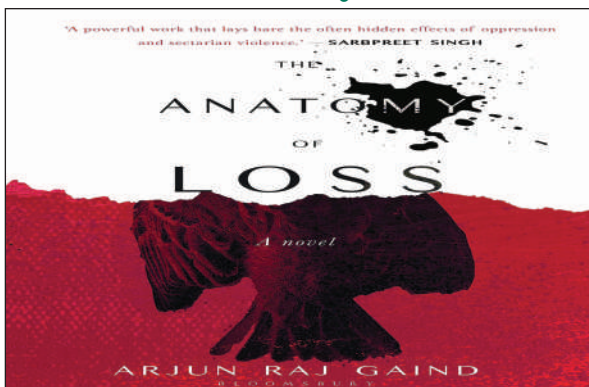
In-depth Analysis

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></div><div></div><div></div><div></div><div></div></div>	2.5/5
Dialogues	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>	2.5/5
Story	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>	2.5/5
Music	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>	2.5/5
Visual appeal	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>	2.5/5

BOOK REVIEW

The Anatomy of Loss



Title: The Anatomy of Loss

Author: Arjun Raj Gaiand

Genre: Fiction

Publisher: Bloomsbury Publishing India Pvt Ltd

Pages: 272

Price: 599 INR

Review: Author Arjun Gaiand is back with a new novel titled 'The Anatomy of Loss', which was released in July 2022. Set in the backdrop of the aftermath of Operation Blue Star leading to political unrest in Punjab and then Prime Minister Indira Gandhi's assassination in 1984, the story follows the protagonist Himmat Singh as he tries to come to terms with his childhood traumas.

In 1984, the then PM of India Indira Gandhi authorized Operation Blue Star-- a military operation that aimed at removing the militants residing in the Golden Temple, Amritsar. Five months later, Gandhi was assassinated at her residence. The killers were two of her own Sikh bodyguards. This led to the pogrom and violence against the Sikh community.

It's the year 1984. Eight-year-old Himmat Singh is on a vacation with his parents to his maternal grandparents' home in Punjab when the news of PM Indira Gandhi's assassination shocks the nation. Scared of its implications, his maternal grandfather Gobind, who is a poet and retired professor, shaves off his beard to hide his identity-- an act that changes Himmat's perception of his grandfather from that of a courageous man to a coward. The same night when Gobind's best friend asks for his help to save his son, who is of Himmat's age, Gobind refuses to help in order to save himself and Himmat. This act of cowardice is unforgivable to young Himmat and it makes him estranged from his grandfather forever.

GADGET REVIEW

Realme C30s



Expected Price	Rs 7,499
Display	6.50-inch (720x1600)
Resolution	Unisoc T612
Processor	13MP
Front Camera	8MP
Rear Camera	Yes
Rear autofocus	Yes
Rear flash	2GB, 3GB
RAM	32GB
Storage	5000mAh
Battery Capacity	Android 11 (Go edition)
OS	Yes
Wi-Fi	Yes
GPS	Yes, v 5.00
Bluetooth	Yes
Micro-USB	2
Number of SIMs	Nano-SIM
SIM Type	3.5mm
Headphones	Bamboo Green, Denim Black, Lake Blue
Colours	

Pros

- * 6.5-inches IPS LED.
- * Cameras on both ends.
- * Great battery life.

Cons

- * No Fingerprint Sensor.

VEHICLE REVIEW

Toyota Urban Cruiser Hyryder



Starting Price	Rs. 15.11 - 18.99 Lakh
Fuel Type	Petrol
Engine Displacement	1490 cc
No. of cylinder	4
Max Power	91.18bhp@5500rpm
Max Torque	122Nm@4400-4800rpm
Seating Capacity	5
Transmission Type	Automatic
No of Airbags	6
Parking Sensors	Rear
Fuel Tank Capacity	45.0
Body Type	SUV
Front Suspension	MacPherson Strut
Rear Suspension	Torsion Beam
Steering Type	Electric
Steering Column	Tilt & Telescopic
Front Brake Type	Ventilated Disc
Rear Brake Type	Solid Disc
Touch Screen size	9 Inch
No of Speakers	4
Connectivity	Android Auto, Apple CarPlay

Pros

- * Classy, sophisticated and please-all design.
- * Plush and spacious interior.
- * Fuel efficient powertrains.
- * Feature loaded.

Cons

- * No diesel engine on offer.
- * Boot space is limited in hybrid models.

Health and Lifestyle

Exercises and activities to cut down your cancer risk



Being overweight or obese is linked to 13 different types of cancer. On the other hand, up to one hour of moderate activity daily or 30 minutes of vigorous activity everyday can help to cut your cancer risk.

In fact, exercise is important to reduce the risk of many cancers, such as bowel cancer, in which exercise can help you pass through the waste more quickly, reducing contact with cancer-causing agents. High activity levels from exercise may also help in lowering the level of oestrogen in the body, thereby reducing breast cancer risk.

Exercising also prevents tumour growth in general, as if your body is physically active, it will produce less insulin and insulin-like factors that speed tumour growth.

How much exercise should you do?

At least 1 hour of moderate activity daily or 30 minutes of vigorous activity everyday is recommended to reduce your cancer risk.

Moderate intensity exercises include workouts which cause a slight but noticeable increase in your breathing and heart rate. Vigorous exercise makes you huff and puff. It can be defined as exercise at 70% to 85% of your maximum heart rate.

If you have any existing medical condition, it is best to consult your doctor for what kinds of exercises you can do, especially if you wish to do vigorous workouts.

Moderate and vigorous exercises you can try

Some examples of moderate exercises that can be easily done by anyone include:

- Brisk walking
- Medium-paced swimming
- Slow cycling
- Yoga

For vigorous workouts, you can choose from a range of exercises depending on your interests. These include:

- Football
- Squash
- Netball
- Basketball
- Aerobics
- Circuit training
- Jogging

Basic exercise guidelines

According to the American College of Sports Medicine, here are some basic exercise guidelines that everyone should be aware of, whether you are a beginner or seasonal athlete:

Exercise at a moderate intensity 3 to 5 times a week.

Warm up for 5 to 10 minutes before aerobic activity.

Maintain your exercise intensity for 30 to 45 minutes.

Gradually decrease the intensity of your workout, then stretch to cool down during the last 5 to 10 minutes.

Aim for 20 to 60 minutes of aerobic exercise each time you exercise.

Activities you can try

While there is no alternative for a dedicated exercise time, if you are taking a break due to some health issue or other factors, here are some everyday activities you can engage in, which will keep you active:

- Vacuuming the house
- Mowing the lawn with a push mower
- Washing your car by hand
- Gardening
- Scrubbing your floors
- Dancing while cleaning the house
- Playing games with kids
- Walking while on phone call

How to be active everyday?

Here are some lifestyle tips and thoughts for mindset which can help you remain active throughout the day, and not just while exercising for a tiny chunk of the day. First, see exercise as an opportunity towards a healthier body, not an inconvenience. Try to walk as much as possible – answering doors, fetching things etc. An oldie but goodie – walk up stairs instead of taking the lift. If you need to communicate with people in your house or neighbours, prefer going to them instead of texting or calling.

Aim towards a goal of 10,000 steps everyday. If your work involves sitting for long hours, get up at least after every hour and walk for five minutes. Sitting for extended periods increases your cancer risk, even if you exercise regularly. Sitting too much also increases your risk for obesity, which can lead to cancer and other chronic diseases.

ASTROLOGY

WEEKLY PREDICTIONS 18TH – 24TH SEPTEMBER 2022

ARIES



MAR 21 - APR 19

Mercury in Taurus making a conjunction to Uranus in your house of finances. Aries, a surprising sum of money could come into your hands. This may not be a huge amount, but it's enough to get your attention. This could be a sign that there's a long-term income source coming in the future. This week, financial opportunities abound, but that's not all.

TAURUS



APR 20 - MAY 20

Mercury, in your own sign of Taurus, making a conjunction to Uranus in your house of confidence. Someone may surprise you by telling you how poised and powerful they think you are. They may compliment your presence onstage or how you lead a meeting. It's possible they have romantic desires for you. And once that thought crosses your head, it's hard to think about anything else.

GEMINI



MAY 21 - JUN 20

Mercury in Taurus making a conjunction to Uranus in your house of secrets. Today, a secret gets out. Gemini, this might be one you overhear, and now you are charged to keep your mouth shut. But it's also quite possible your own secret has been revealed. The information could spread from person to person very quickly.

CANCER



JUN 21 - JUL 22

Mercury in Taurus making a conjunction to Uranus in your house of friendships and community. Today, your circle of friends can get much larger. Cancer, you might join an organization of like-minded people. Or perhaps you are attending church and staying after for the ice cream social. It's likely you will receive a welcoming invitation. An individual may ask you to come to their home for dinner.

LEO



JUL 23 - AUG 22

Mercury in Taurus making a conjunction to Uranus in your house of fame. Leo, you may have a sudden burst of notoriety. A post you put up on TikTok or Instagram could reach many more people than your usual posts. This is an excellent time to add an article to your blog, upload your book of poetry to Amazon, or add your songs to Spotify. It's your time for fame.

VIRGO



AUG 23 - SEP 22

Mercury in Taurus making a conjunction to Uranus in your house of travel. You may have a sudden desire to leave town. Consider driving up into the mountains to find a remote hiking trail. You can explore the wilderness and maybe uncover a hidden waterfall. This week, you're going in new directions.

LIBRA



SEP 23 - OCT 22

Mercury in Taurus making a conjunction to Uranus in your house of intimacy. Libra, you may have an unexpected encounter of the romantic kind. It may be completely unplanned (which is likely since Uranus is involved), but suddenly there's kissing, and maybe some clothing-optional activity follows. This is spontaneity at its truest form.

SCORPIO



OCT 23 - NOV 21

Mercury in Taurus making a conjunction to Uranus in your house of relationships. Today, you could meet someone who is so interesting and exciting you can't stop thinking about them. And it's likely they feel the same about you. Scorpio, this individual gets your brain thinking of new things, and the conversation can put you in a good mood for the rest of the day.

SAGITTARIUS



NOV 22 - DEC 21

Mercury in Taurus making a conjunction to Uranus in your house of health and well-being. Today, you may adopt a new habit for the sake of your health. Sagittarius, you might start the day off with the protein smoothie, or you may skip breakfast entirely to try intermittent fasting. You may go on a morning hike or roll out of bed to do a dozen push-ups to get the blood pumping.

CAPRICORN



DEC 22 - JAN 19

Mercury in Taurus making a conjunction to Uranus in your house of romance and adventure. Capricorn, a quick meeting could turn romantic. You might brush the shoulder of a stranger quite accidentally and discover an electric connection. Perhaps you knew this person in another life. There could be a strong astrological connection between your charts. It might be wise to get their phone number.

AQUARIUS



JAN 20 - FEB 18

Mercury in Taurus making a conjunction to Uranus in your house of dwellings. Aquarius, it's likely something is changing at home. It's possible that you have recently moved and are unpacking. You could be doing some renovations at home, and now everything that was in the kitchen is in the living room, and you can't find that bag of coffee beans when you need it.

PISCES



FEB 19 - MAR 20

Mercury in Taurus making a conjunction to Uranus in your house of thinking and ideas. This is actually a genius aspect. Pisces, this means you can download ideas from the Universe itself. You do this by stating your problem, the thing you're trying to solve. And then give yourself some distraction-free space to allow ideas to come to you.