

MOVIE REVIEW

Kushi



Director: Siva Nirvana
Cast: Vijay Deverakonda, Samantha Ruth Prabhu, Murali Sharma

STORY: Viplav (Vijay Deverakonda) and Aradhiya (Samantha Ruth Prabhu) fall in love, only to realise that them and their families are poles apart. Happy in love, will these two manage to make their relationship work?

REVIEW: Kushi is a breezy, feel-good film for the most part, ably aided by Hesham Abdul Wahab's music. It's not the most out-of-the-box love story when stripped down to its bones and is predictable to the boot. However, Vijay and Samantha do a good job of ensuring you care about what happens to them and their flailing marriage. Their chemistry feels effortless, even in the scenes where they can't stand the sight of one another. Vijay seems to enjoy playing Viplav, a man-child with some growing up to do, while Samantha breezes her role as Aradhiya, a woman who just wants to be happy. Vijay, in particular, seems in his element, pulling off the fight scenes and light-hearted ones with equal ease.

However, in this need to keep things breezy, Shiva doesn't delve deep enough into something heartbreaking Viplav and Aradhiya go through. The former doesn't think it's that serious while we're never shown how the latter feels about the loss.

At the end of it all, Kushi remains the kind of film that'll entertain you, despite the draggy bits. Love triumphs above all else is a message all of us could use.

BOOK REVIEW

Pageboy



Title: 'Pageboy'
Author: Elliot Page
Publisher: Flatiron Books
Pages: 288
Price: Rs 1403

Review: Oscar-nominated trans actor, director, and producer Elliot Page has published his debut memoir titled 'Pageboy'. The Academy Award-nominated actor Elliot Page has penned down this groundbreaking coming-of-age memoir sharing candid insights into topics such as gender, love, mental health, relationships, and their experiences in the world of Hollywood.

Page's memoir delves into their experiences growing up in Nova Scotia, Canada, and his coming out first as queer and later as transgender. He bravely discusses the challenges he faced while navigating his identity, particularly the pressure he felt to conceal his true self in the entertainment industry.

Through a non-linear narrative, Page's book takes readers on an emotional rollercoaster, offering intimate stories that touch on various aspects of his life.

He recounts his pursuit of hidden love affairs, struggles with body image, and the complexities of familial relationships. Amidst all of this, the memoir serves as an inspiration for embracing love, dealing with fame, and stepping into one's authentic self with courage, happiness, and connection.

Page also shares the harsh realities of bullying and abuse he encountered from both peers and family members. He candidly discusses his battle with body dysmorphia, self-harm, and disordered eating. Moreover, he highlights the transformative impact of receiving gender-affirming care and finding solace within a supportive community.

'Pageboy' is a raw and powerful memoir that sheds light on important issues surrounding identity, acceptance, and resilience.

GADGET REVIEW

Samsung Galaxy S21 FE



Expected Price	Rs 31,999.
Display	6.40-inch
Processor	octa-core
Front Camera	32MP
Rear Camera	12MP + 12MP + 8MP
Rear autofocus	Yes
Rear flash	Yes
RAM	6GB, 8GB
Storage	128GB, 256GB
Battery Capacity	4500mAh
OS	Android 12
Wi-Fi	Yes
GPS	Yes
Bluetooth	Yes
NFC	Yes
USB Type-C	Yes
Fingerprint Sensor	Yes
Magnetometer	Yes
Proximity sensor	Yes
Accelerometer	Yes
Ambient light sensor	Yes

Pros

- * Good build quality, low weight.
- * Vibrant 120Hz display.
- * Polished software experience.
- * Dependable cameras.

Cons

- * No bundled fast charger.
- * Missing microSD card slot.

VEHICLE REVIEW

Tata Nexon



Starting Price	Rs. 8.10 - 13.50 Lakh*
Fuel Type	Petrol
Engine Displacement	1199 cc
No. of cylinder	3
Max Power	118.27bhp@5500rpm
Max Torque	170Nm@1750-4000rpm
Seating Capacity	5
Transmission Type	Manual
Body Type	SUV
Ground Clearance	208
Gear Box	6-Speed
Steering Type	Electric
Front Brake Type	Disc
Rear Brake Type	Drum
Boot Space	382
Parking Sensors	Front & Rear
USB Charger	Front
Fog Lights	Front
Antenna	Shark Fin
Sun Roof	Panoramic
Tyre Type	Radial Tubeless

Pros

- * Loaded with features: sunroof, front seat ventilation, dual displays.
- * Comfortable ride quality: tackles bad roads with ease.
- * Updated interior features better design and quality.

Cons

- * Ergonomic issues still persist.
- * Iffy fit and finish around certain interior panels.

Health and Lifestyle

Beware of these early warning signs of Type-2 diabetes; do not ignore them

Diabetes is a serious disease which continues to be one of the most non-communicable burdens affecting people globally. Statistics have pointed out that an estimated 462 million suffer from the condition, with India being the Diabetes capital.

With the pandemic, there's also been a concerning rise in the number of people suffering from 'new diabetes' or being diagnosed with diabetes, thanks to the prolonged sedentary lifestyle and poor eating habits.

Be on the lookout for these early signs of Type-2 diabetes

Diabetes, primarily, is a disease characterised by disrupted blood sugar levels and insulin resistance, which starts off in the pancreas but the effects can be felt through all parts of the body. Just like it's a common misconception that diabetes is caused by having too much sugar (it's a hormonal condition), there are, in fact, quite a few warning signs that the body tries to alert you, if your blood sugar levels start to go for a toss.

It's not just important to acknowledge these early symptoms, but also make sure that you get the proper care, remedial help to manage and treat diabetes in time.

While some of the signs like feeling too parched, or frequent hunger pangs are common, take a look at some of these underlying, less-common signs to spot signs of high blood sugar levels:

Skin changes

A diabetes diagnosis is associated with slower healing of wounds, and frequent cuts and bruises. What it can also do is, impact the colour and texture of skin.

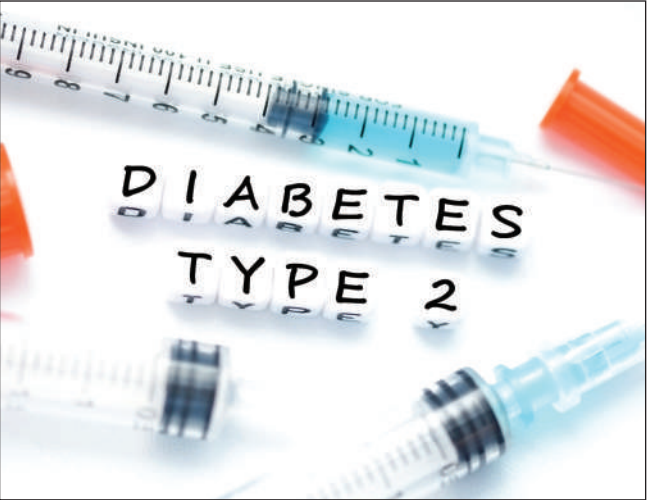
Having dry, itchy patches of skin is a common warning sign of diabetes which people end up ignoring. This is known as 'acanthosis nigricans', which can set in when you have disrupted thyroid levels as well, and appear as dark folds around your neck, armpits or the groin region. Having excess insulin levels in the body can make the skin feel thicker than usual and manifest into such signs.

Experiencing vision problems

Vision difficulties, including blindness, are often associated with long-term side-effects of diabetes. However, it's often not realized that some of these symptoms, including vision problems can creep in quite early, and need to be attended to at the earliest. One of the most pressing signs of vision difficulty, when you have Type-2 diabetes, can be hazy vision, blurriness. This can happen when blood sugar levels remain higher than usual, and damage some critical blood vessels located in and around the eye. Extremely high sugar levels can also lead to temporary vision loss, swelling or changes in vision.

Frequent gum bleeding, dry mouth

Our oral health and hygiene has a direct link with our blood sugar levels, believe it or not. In fact, experts often point out that having a 'dry mouth', along with feeling parched too often or thirsty can be a commonly missed sign of rising blood sugar



levels.

Dry mouth is medically also referred to as xerostomia, and accompanies diabetes. While there exists no exact cause to experiencing this symptom, any signs of poor or worsening oral hygiene, including dry lips, difficulty chewing food, frequent sores or cuts in the tongue, dryness in the mouth could be signs that you should book yourself a blood sugar test.

Numbness, tingling in fingers and feet

A precursor which can be experienced with Type-2 diabetes can be tingling or

numbness in the feet or the hands. Apart from a sense of dizziness and fatigue, disrupted blood sugar levels can impact nervous sensations, make one experience tremors, numbness in the fingers and extremities. This symptom can also worsen over time and develop into what is called 'diabetic neuropathy'. Again, while such a symptom may be experienced by someone later in life, long after being diagnosed with Type-2 diabetes, it can also stem as a warning sign to watch out for, or when you have prediabetes.

Visiting the washroom often

Frequently urinating, more than usual, can be a sign that your blood sugar levels are flaring without notice. While we all take bathroom breaks to be a sign of a healthy bladder; having to visit the bathroom often, frequently urinating can be experienced when the kidneys find it hard to regulate the levels of blood glucose levels, which then pass out in the form of urine. A particular sign to note is, if you feel the urge to urinate more frequently at nighttime.

Fatigue

Fatigue as a symptom can invite worry. It can be common to experience feeling tired, exhausted on an everyday basis, feeling a little too drained or fatigued can also be a sign that your blood sugar levels are off the toss, and in fact, associated with 'diabetes fatigue syndrome'.

While there is no exact cause or reason as to why this happens, it is believed that fluctuating or erratic blood glucose levels can fail to supply needed energy in the body, which can make you feel tired often. Having a poor diet, bad sleep and other hormonal imbalances can also contribute to the problems.

Irritability

Mood swings, low mood or feeling mentally drained could be taken as signs of worsening mental health or stress. However, even the slightest disruption in your blood sugar levels could make you feel anxious, irritable or even hangry (angry because of extreme hunger pangs). Blood sugar highs, or even lows could be associated with heightened feelings of worry, anxiety and mood irritability.

However, do remember that irritability can't always be the cause of diabetes. Mood changes, when you have diabetes usually appear along with other signs of high/low blood sugar levels, and not individually.

ASTROLOGY

WEEKLY PREDICTIONS 17TH— 23RD SEPTEMBER 2023

ARIES



This week, profound experiences are possible. The week begins with the moon in Cancer opposing Pluto in Capricorn. Aries, the Universe is reaching out to send you a message, but if you're operating on autopilot, you could miss it. Mercury retrograde in Virgo and your house of daily routines makes a semisextile to Mars in Libra.

TAURUS



This week, you gain a deeper understanding of an important concept. The week begins on with the moon in Cancer opposing Pluto in Capricorn. Today, a family member could say something that has such a profound impact on your understanding of family dynamics that you're flabbergasted. Taurus, it's like an important puzzle piece is finally in your hands.

GEMINI



This week, you're getting a handle on things. The week begins with the moon in Cancer opposing Pluto in Capricorn. Today, you could feel an overwhelming urge to get your finances under control. You might be looking at the numbers and seeing that you've been doing some impulse spending. It also could be that there are financial opportunities that need your attention.

CANCER



This week, you get things straightened out. The week begins with the moon in Cancer opposing Pluto in Capricorn. Cancer, you are a sensitive soul, and you could be around people today who aren't necessarily cognizant of that fact. You might need to do something to guard your feelings, but mostly try not to take things personally today. The person in front of you might just be having a bad day.

LEO



This week, you could see some gains. The week with the moon in Cancer opposing Pluto in Capricorn. A relationship could be very intense today. Leo, it's possible that you find out a friend really wants to have a physical relationship with you. Or you might discover that someone at your job is very attracted to you. Whether this puts you in an awkward position or not, it could come as a big surprise.

VIRGO



This week, you're getting things right. The week begins with the moon in Cancer. You could be feeling extra sensitive today, especially regarding a love relationship. You might be reading between the lines in their last text. Today, you could misinterpret where they're coming from and skew it toward the negative.

LIBRA



This week, your intuition is loud and clear. The week begins with some unique energy. Venus goes in Leo, and Jupiter goes in Taurus. Both of these planets appear to be standing still, providing powerful energy to help you attract what you want. Take some time today to figure out what that is, from love to career to lifestyle.

SCORPIO



This week, you're making good connections. The week begins with some very unusual energy. Venus goes in Leo, and Jupiter goes retrograde in Taurus. Today, both of these planets appear to be standing still. Scorpio, you might have a realization that you're in love. It could be a deep emotional connection with a person, or you could find yourself fully committed to a particular course of action.

SAGITTARIUS



This week, you have the magic touch. The week begins with an unusual event. Venus goes direct in Leo, and tomorrow Jupiter goes retrograde in Taurus. Today, both of these planets appear to be standing still, resulting in extraordinary energy. Venus represents your desires, while Jupiter brings luck and expansion. With these combined energies, you become a magnet for what you want.

CAPRICORN



This week, you're finding solutions. The week begins with an extraordinary event. Venus goes direct in Leo, and tomorrow Jupiter goes retrograde in Taurus. Today, both of these planets appear to be standing still, granting them extra power. Capricorn, your desires are expanded, perhaps to the point of obsession. You have the ability to channel your power and energy into a single wish.

AQUARIUS



This week, you're finding your power. The week begins with a very special astrological event. Venus goes direct in Leo, and tomorrow Jupiter goes retrograde in Taurus. Today, both of these planets appear to be standing still, granting them immense power. Aquarius, you have access to this power today, so make use of it. Utilize the energy of Venus to visualize what you want.

PISCES



This week, you're seeing what's ahead. The week begins with some very unique energy. Venus goes direct in Leo, and tomorrow Jupiter goes retrograde in Taurus. Today, both of these planets appear to be standing still, emphasizing your future desires. Take this opportunity to contemplate and visualize what you want to manifest.