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THE SISTER SQUAD



BY NIMERTA C SHARAN

NEW DELHI, (IANS LIFE): Post their dreamy wedding last week, both Katrina Kaif and Vicky Kaushal have been sharing glimpses from the festivities on Instagram. "While all the pictures beautifully capture the mood and essence of the wedding, there were a few special ones that melted our hearts." Kaif posted photos of her walking down the aisle surrounded by her sisters holding the 'phoolon ki chadar'. In a typical Indian wedding, it's usually the brothers who take part in this ceremony. But, then there's something about sisterhood ---- it's powerful, it's special and it's forever. "The actress penned down an emotional caption for her post: "Growing up, we sisters always protected each other. They are my pillars of strength and we keep each other grounded. May it always stay that way." "It's true that sisters make the best friends. If they're older, they guide you and act as pseudo-parents and if they're younger, they make for the best cheerleaders. Kaif and her six sisters looked absolutely stunning in their Indian ensembles. While the gorgeous bride picked a red and gold Sabyasachi lehenga for her big day, the bridesmaids opted for different shades of pink.

ROYAL LEPAGE: CANADA'S NATIONAL AGGREGATE HOME PRICE FORECAST TO RISE 10.5% BY THE END OF 2022

TORONTO, ON. – Following more than a year of record price appreciation across the country, Canadian home values are expected to rise strongly again in 2022, however at a slower pace compared to 2021. Pent-up demand from buyers who were unable to transact in 2021, coupled with the growing need for shelter from new household formation and newcomers to Canada, will continue to put upward price pressure on a market suffering from a chronic supply shortage. According to the Royal LePage Market Survey Forecast, the aggregate[1] price of a home in Canada is set to rise 10.5 per cent year-over-year to \$859,700 in 2022, with the median price of a single-family detached property and condominium projected to increase 11.0 per cent and 8.0 per cent to \$918,000 and \$594,000, respectively.[2] "The lack of housing supply in Canada is a very real issue; one that cannot be solved overnight. While some believe that housing is now overvalued, signals point to a level of demand that will continue to outpace inventory, keeping prices rising on a steep upward trajectory," said Phil Soper, president and CEO, Royal LePage. "That said, I do expect to see price appreciation ease from the unhealthy levels that we have been grappling with over the last 18 months." Pent-up demand not addressed in 2021 is expected to continue through the normally quiet winter season and spill over into the spring market of 2022. In addition, the federal government's plan to increase immigration levels will bring a surge of new demand, particularly in large urban centres. Soper noted that Canada's strong economy, healthy full-time employment trends, and paradoxically, the emergence of a new coronavirus variant, should all contribute to the strength of the country's real estate market. "While the emergence of another COVID-19 variant is disheart-



ening, we can't ignore its probable impact on our nation's real estate market," said Soper. "It is hard to imagine that the Bank of Canada will begin the inevitable campaign to dampen inflation through higher rates with much still to be learned about Omicron and cases on the rise again. Employers may back-off plans to mandate a return to the office, sustaining the hyper-focus on the importance of the home as a place to both live and work. And, normal travel and entertainment will again be curtailed, continuing the household cash stockpiling trend that has defined the pandemic era. "All of these economic variables have been shown to stimulate housing activity," Soper continued. "Many of those looking to purchase a home, whether their first, an upgrade, or a recreational property, stand able to take advantage of increased savings and record-low interest rates."

MANUFACTURING SALES REBOUNDED IN OCTOBER, RISING 4.3% TO \$61.2 BILLION: STATISTICS CANADA



Manufacturing sales rebounded in October, rising 4.3% to \$61.2 billion, following a 2.8% decline in September. Sales increased in 17 of 21 industries in October, led by the motor vehicle, motor vehicle parts, and primary metal industries. The aerospace product and parts industry posted the largest decline. Sales in constant dollars increased 3.1% in October, indicating a higher volume of goods sold, but also inflationary pressures. The Industrial Product Price Index increased 1.3% month over month in October, while the Raw Materials Price Index rose 4.8%. Motor vehicle production increased in October, despite the global semiconductor supply disruption. However, the growth in motor vehicle sales in October follows a substantial decrease (-35.8%) in September which was the largest drop since the pandemic began. Sales of motor vehicles increased 61.0% to \$3.1 billion in October, while motor vehicle part sales rose 23.1% to \$2.2 billion. Meanwhile, exports of motor vehicles and parts increased 30.8%. On a year-over-year basis, sales of motor vehicles were down 30.1%. Semiconductors chips are expected to be in short supply for the foreseeable future and to improve around mid-2022, as more supplies become available and chip manufacturers operate at a higher capacity.

REINFECTION RISK WITH OMICRON IS 5.4 TIMES GREATER THAN DELTA



LONDON: Amid various studies claiming that Omicron causes only mild disease, a new study shows that there is "no evidence" that Omicron is less severe than the Delta variant of Covid-19. The new study led by the UK's Imperial College London showed that the risk of reinfection with the Omicron variant is 5.4 times greater than that of the Delta variant. "This implies that the protection against reinfection by Omicron afforded by past infection may be as low as 19 per cent," said the researchers. In the yet-to-be peer-reviewed study, researchers estimated the growth and immune escape of the Omicron variant in England by using data from all PCR-confirmed SARS-CoV-2 cases in England between November 29 and December 11. Overall, 1,96,463 people without S gene target failure (likely to be infected with another variant) and 11,329 cases with it (likely to be infected with Omicron) were included in the SGTF analysis, as well as 122,063 Delta and 1,846 Omicron cases in the genotype analysis.



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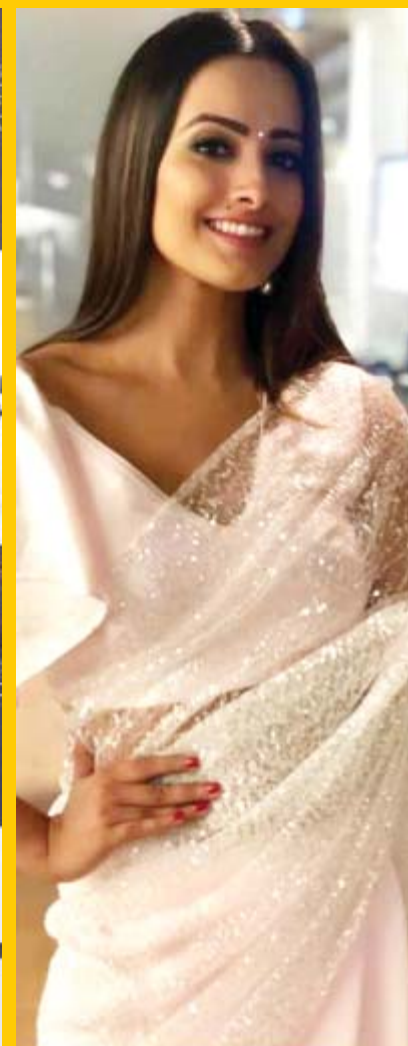
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STRESS TRIGGERS FOR CHILDREN



Children are as susceptible to stress as adults. While adults can process their stress better, sometimes a child may experience stress but may not be able to express themselves adequately. Even small changes can impact a child's feelings of safety and security. They may present with physical symptoms like

- " Change in appetite
- " Headache
- " Bedwetting
- " Nightmares
- " Sleep disturbances
- " Stomach aches
- " Feeling cold
- " Teeth grinding
- " Nail biting
- " Sweaty palms and soles
- " Other physical symptoms with no actual physical illness
- " Emotional symptoms like
- " a sudden change in attitude,
- " withdrawing from family and friends,
- " excessive crying for no reason,
- " difficulty in concentration,
- " extreme clinginess to the parent,
- " aggression
- " anxiety,
- " New found fears

- " temper tantrums
- Some of the commonly known triggers in children include: .
- " Arrival of a new sibling
- " Change in routine
- " Unfamiliar situation
- " Delay in milestones
- " Pandemic - that stopped the world
- " Starting school
- " Changing schools
- " Learning difficulties
- " Conflict with friends
- " Bullying
- " Moving to a new location
- " Tight schedules leaving no time to play
- " Illness / Death of family members
- " Relationship issues between parents / Divorce
- " Going through bodily changes
- (noticed mainly during adolescence)
- . If your child has had a stressful week and the anxiety goes away once things have calmed down, then it's normal. Children have their own methods of coping, but if the stress is significant, frequent, or doesn't go away, that's when it's time to seek help. You can help your child by learning to recognise the signs of stress and teaching them healthy ways to deal with it. Children learn how to respond to stress as they grow and develop. IANS

7 TRAVEL PREDICTIONS FOR 2022

While Covid-19 is still in the rearview mirror, an unwavering sense of optimism for the future of travel is taking its place. Booking.com commissioned a thorough research with more than 24,000 travellers across 31 countries and territories 1, including India, to predict how travel would continue to be redefined in 2022, combining it with its own data and insights as a digital travel leader for the past 25 years. According to its 'Travel Predictions 2022 Research,' 2022 will be the year to capitalise on uncertainty and begin making up for lost vacation time in a big manner, with the percentage of travellers who believe they need to do so increasing 52 per cent year over year*. The forecasts illustrate how individuals will rekindle their passion for travel in the coming year. It's all about seizing the day in 2022 and making every journey meaningful, whether it's as part of a self-care routine or the excitement of just saying yes to whatever travel possibilities and experiences come their way.

Vitamin Vacay: Travel will become an essential part of self-care. Getting away on vacation, more than daily exercise or mindful meditation, will become the form of self-care in 2022, with over 84 per cent of Indian travellers stating that travel enhances their mental and emotional wellbeing more than other types of rest and relaxation. After more than a year of ever-changing travel restrictions, the significant health and wellness advantages of travel are now being recognised. According to the study, 85 per cent of Indian travellers believe that having a holiday planned improves their mental well-being, and 69 per cent of Indian travellers said they didn't know how important travel was to their well-being until it was no longer a possibility.

Resetting the Out Of (Home) Office: Vacation time will be strictly work free

When the epidemic struck, houses all over the world became our offices, and the novelty of working from home became apparent. However, in 2022, we'll see a significant increase in people wanting to reclaim control in order to firmly re-establish a healthy work-life balance, as 77 per cent of Indian travellers' vacation time will be strictly work-free, which wasn't always the case in 2021, when home and remote work lives were blurred. We expect to see more people setting their well-deserved out of (home) office messages in 2022, with 76 per cent of Indian travellers claiming to have worked more hours and used fewer vacation days during the pandemic.

All the First-Time Feels: The anticipation of the journey will be as exciting as the destination

While many of us may have forgotten where we left our passports or even how to pack, in 2022, all of our out-of-practice travel awkwardness will give way to true delight in even the most mundane aspects of our visits. Rather of racing through the voyage after feeling 'stuck' for so long, travellers will be savouring every moment. The majority of Indian travellers report that simple joys like feeling the sun on their skin (75 per cent) or seeing a body of water of some kind instantly changes their mood for the better, so each of our 'first' visits in 2022 will be a moment to relish (84 per cent). Even the uncertainty of navigating public transit in a new city in a foreign language is something that 75 per cent of Indian travellers say they will appreciate, and 84 per cent think that travel is more pleasurable when the journey feels like part of the trip itself. Recapturing that first-time feeling and leaning in to every single moment will be a trademark of journeys in 2022 after such a long period of limited possibilities.

Community First: Authentic connection with the local community will be priority

Because movement was slowed in many parts of the world due to limitations, the epidemic encouraged us to make the most of what was there in front of us. Our relationship with the community around us has been revived, from supporting locally owned companies to spending more time than ever at the neighbourhood park. This desire to connect authentically with the local community will extend to vacations in 2022, as we strive to be more conscious of each trip we take and ensure a good impact on the locations we visit and the people who live there. To that end, 78 per cent of Indian travellers believe it is critical that their trip benefits the local community at their destination, and 75 per cent of Indian travellers would appreciate an app or website that provides recommendations on destinations where increased tourism would benefit the local community.

Swipe Right on New Places and Faces: 2022 will finally be the time to branch out and make new connections

For many of us, the epidemic meant spending an extended length of time with our closest friends and family, but vacations in 2022 will provide an opportunity to spread out and develop new connections. We expect to see travellers using their vacations to expand their usual social circles, as 81 per cent of Indian travellers want to meet new people while away. We also expect to see travellers using their vacations to socialise, with 77 per cent of Indian travellers looking forward to socialising while on vacation. Holiday romances are expected to resurface, with 77 per cent of those looking for one on their next vacation.

Just Say Yes: People will be saying YES to travel, making up for the lost travel time

After hearing "no" for so long, travellers are recovering a more optimistic outlook for 2022. The finest of improv will be brought to travel in the next year, with us reacting with an emphatic "yes, and..." to each unexpected twist and turn in the journey. To that end, roughly 83 per cent of Indian travellers agree that if their budget allows, they will say yes to every vacation option. 79 per cent of Indian travellers are more open to other types of vacations than they were before the pandemic, and 65 per cent don't care where they go on holiday as long as it's the type of vacation they want; they're simply pleased to be away from home. Adopting a positive mindset will allow travellers to see more of the world than ever before, with many taking a more adventurous approach to their vacation plans, and perhaps even their travel companions.

Embracing the Unpredictable: People will use technology to embrace travels continued unpredictability

In 2022, uncertainty will be a constant in travel, and while we won't be able to control or forecast every new surprise and challenge that fate has in store for us, we will welcome it. Over the last year and a half, we've relied on technology in a number of ways to stay connected and inspired, and our favourite applications will continue to aid us in navigating the unknown on our travels, with 76 per cent of Indian travellers believing that technology helps ease travel anxiety. With growing refinement and proactivity, technology will continue to smooth out the unexpected bumps on the path.

Ritu Mehrotra, Regional Manager, South Asia at Booking.com, said, "As we look towards the year ahead, we're seeing a lot of anticipation for Indian travellers to return to travel. Whether it's domestically or abroad, or just saying yes to whatever travel opportunity comes their way, it's our mission to make it easier for everyone to explore again when the time is right. We will be there for travellers, offering the widest choice, great value, and the easiest experience from anywhere and on any device, so people can reclaim their travel mojo and enjoy all of the unforgettable experiences this world has to offer, when it's safe to do so again."

CHRISTMAS COCKTAIL RECIPES



There are a variety of spirits and liqueurs to choose from and there is something for everyone. Whether you prefer the refreshing flavor of Aperitivo Espresso for your brunch or an Old Fashioned Vodka for your Happy Hours, here's a rundown of how to make a sophisticated drink for yourself from the experts at Grey Goose.

Aperitivo Espresso

A great aperitif for the afternoon! To give it the freshness needed to liven up any day, coffee and vodka are combined with tonic water and orange zest. This drink best suits the mood for Aperitif, Brunch.

Ingredients: Wine Glass, Grey Goose Vodka- 1 part, Unsweetened Coffee- 1 part, Tonic water, Orange zest

Method: Build in wine glass in this order: Grey Goose Vodka, Coffee, Tonic water, Orange zest

Old Fashioned

As one of the world's oldest cocktails. It's simple to see why it's endured for so long. Instead of whiskey, try it with a simple Vodka twist. This drink best suits the mood for Aperitif, Cocktail Hour, Digestif.

Ingredients: Rocks Glass, Grey Goose Vodka- 50ml, Demerara Brown Sugar- 2tsp, Dash Of Hot Water, Dash Of Angostura Aromatic Bitters, Orange Zest

Method: Add the sugar and water to a rocks glass, then stir to dissolve, Add orange zest.

Slowly trickle in Grey Goose and cubed ice, piece by piece, stirring throughout.

Top with cubed ice to serve.

You are all set to cheer up your mood for the winter festivities.

FIVE IMPORTANT LIFE SKILLS TO TEACH YOUR KIDS

(IANS)life) Have you ever questioned if your child is self-sufficient? Will your child be able to look after himself if you leave them alone for a long time? Do you believe your child possesses the required life skills to face the challenges that lie ahead?

As parents, we always wish to inculcate in our children certain characteristics. When we consider certain basic attributes, we find that leadership is one of the most important skills that any parent wishes to instill in their child. However, as parents, we must recognise that independence and confidence are the pillars of leadership. So, let's look at some very fundamental new learning skills for kids that will allow them confront the world on their own and with confidence.

Your child's education must go beyond what he or she learns in school. In order to learn, a child must be taught at home through experiences and training exercises.

1. Managing Time

You're most likely perplexed as to how this is possible. You can accomplish this by encouraging your child to take charge of their own time. Instead of you waking them up, get them an alarm clock so they can get ready for school on time. Get them a planner to keep track of their schoolwork and extracurricular activities, as well as when things need to be completed.

2. Ability to Make Decisions

Education, jobs, and life partners are just a few of the major decisions we must make in our lives. How about teaching your child how to make good decisions from a young age?

Here's how you do it: you teach kids how to make sensible judgments in short, straightforward steps. Begin by asking them to pick between two distinct activities or games, two different forms of clothing, two different foods, and so on.

When this occurs, the youngster will be able to comprehend the repercussions of each, helping them assess the benefits and drawbacks!

3. Money management and basic budgeting

Among life skills, this is a very basic one. Every week or every two weeks, give your children a set amount of pocket money to use for their costs. Ask them to save up their pocket money if they want to buy something more expensive. They will be more motivated as a result of this. Comparative purchasing, in my opinion, falls under the umbrella of budgeting education. Open a bank account for your child and have them deposit money into it once a month (money received as gifts or if they help out in the house with some tasks, you could pay them a small amount). Saving and valuing money will be instilled as a result. " Isn't that the case?

4. The importance of environmental preservation

Instilling the value of environmental preservation and sustainability in your child at a young age will encourage them to be more caring for the environment. Make simple lifestyle changes at home to teach your child why environmental protection is important. Encourage children to be environmentally conscious in everything they do.

You can even compel them to participate in environmental activities such as gardening and rubbish collection for disposal. Give them a section of your yard to plant whatever they like, if you have one. Assist them in sowing seeds and assign them the job of watering the plants. You can always use planting pots if you don't have access to a yard.

5. Resilience and Adaptability

These are two more key skills to inculcate in your child. This can be accomplished by ensuring that you do not constantly provide solutions to your child. Empower your child to solve problems on their own so that they are prepared to handle problems as they arise. They must develop resilience in order to adapt to a variety of circumstances and settings. Make sure you have an open line of communication with your child so you can understand what they're going through and assist them-and, of course, as a parent, you must model resilient behaviour at home! Teaching our children life skills is essential so that they can have a rough idea of what they want to accomplish with their lives and, more crucially, recall the type of person they want to be. Focus your efforts on educating children in a fun and engaging way so that they may be confident in their values and talents!

(Asha Vagharia, Founder and Parenting Coach, We Positive Parenting)

WHY YOU NEED HD MAKEUP



Makeup helps you cover your flaws and makes you feel absolutely confident about yourself. We're all very familiar with the word "makeup." However, the term "HD Makeup" is something most people do not know about.

What is HD Makeup?

The entry of high-definition cameras posed a threat to all the makeup artists since the lenses in high-definition cameras captured and recognised the presence of wrinkles, blemishes, and scars effortlessly. This is exactly the time when the concept of HD makeup, or rather, high definition makeup, came into existence. This kind of makeup usually gives a flawless and natural, non-cakey look.

How is it different from regular makeup?

The only difference between regular and HD makeup are the products used. The products used while doing HD makeup are high-end, and the products used are lighter in texture and give better coverage, which is generally preferred for the camera. The makeup also blends in seamlessly, eliminating the scars that tend to be visible when regular makeup is done. This kind of makeup doesn't look unnatural or fake either.

Which tools and products are for HD Makeup?

HD makeup is done using brushes and blending sponges that are designed in a way that scatters light falling on the skin, which in turn gives a smooth and soft look. The key here is to blend the products perfectly well to get that natural, even-textured, and flawless-looking skin. Consider using a foundation or concealer designed for HD filming. This is often where you see the most impact. Plus, focusing on your skin tone means you can also get away with wearing less makeup. My personal favourite is Makeup Forever HD foundation.

How to apply HD Makeup like a pro?

There is one pro tip for any makeup application that I can share with you all, and that is to make sure everything is well blended. Your foundation should not show a line between your face and neck. There should be no sharp or harsh lines on your eyelids. Even your lipstick should look smooth. Any imperfections will look much more noticeable in 4K, so you need to blend as much as possible. And the right way to do this is to find the right shade of foundation that matches your skin, and also, don't forget to prep your skin.

What are the benefits of HD Makeup?

HD makeup is beneficial because it helps hide all the flaws visible on your skin and gives you that natural, non-dramatic look. It is usually preferred by professional models and actors because of the results it tends to offer. Honestly, who wouldn't want to have perfect-looking, naturally glowing skin after doing their makeup, right? That glow will be very evident even in pictures since the makeup looks and feels absolutely smooth. You end up having a blemish-free-looking face.

Pooja Sethiya, an International Makeup- Artist specializing in prosthetics, SFX & HD makeup.

HIGH-PERFORMING SERUMS



NEW DELHI- Skincare enthusiasts, get ready to elevate your skincare routine as Nourish Mantra announces their all-new range of 5 face serums. Thoughtfully curated with natural and vegan ingredients these serums make your skincare ritual a nourishing one. Nourish Mantra serums target skincare issues like acne, ageing, pigmentation, dryness and dullness. The serum range includes- Youth Restoration Serum, Exfoliating Serum, Bluelight Repair Serum, Acne Clarifying Serum and Glow Serum. These serums are perfectly made to nourish, protect, hydrate and make your skin feel youthful like never before!

In the words of Ritika Jayaswal, Founder and CEO, Nourish Mantra: "We now introduce a new range of powerful, high-performing serums for all those who seek targeted solutions. These gender-neutral serums infuse advanced scientific formulations into everyday skincare to tackle modern-day skin issues. Marking our entry into the arena of serums after several years of planning and research, we hope it will delight the users with its performance."

The all-new face serums have 5 variants:

Youth Restoration Serum: Enriched with a powerful combination of Bakuchiol Seed Oil, Retinol and Hyaluronic Acid, this anti-ageing serum is a wondrous journey to younger and glowing skin. It is suitable for all skin types and has a lightweight texture. It keeps your skin looking younger and reduces the impact of environmental exposure.

Exfoliating Serum: Gentle yet effective, the Exfoliating Serum is all you need to rejuvenate your skin and glow with an even skin tone. This serum is formulated with eight potent AHA's that help control excess oil and sebum production. The presence of natural ingredients like Thanaka Wood Powder, Papaya Extract and Lemon Juice helps in getting rid of dead skin cells keeping the skin moist with a blemish-free complexion. The serum acts as a great exfoliator and has a lightweight texture. Suitable for all skin types.

Bluelight Repair Serum: Our skin is highly exposed to screens, pollution and sun rays these days. The all-new Anti-Photoaging Serum helps protect the skin from all these and also works wonders in repairing and rejuvenating the skin. The serum comes with the advantage of repairing the damage caused by environmental factors and gives a brighter-looking skin, free from dark spots, scars, and hyperpigmentation. Suitable for all skin types this serum has a very lightweight gel-based texture. Its ingredients have been clinically tested to increase dermal density by 38 per cent and decrease skin water loss by 67 per cent if used religiously for 28 days.

Acne Clarifying Serum: Nourish Mantra's Acne Clarifying Serum is the ideal solution for clear & smooth skin. Blended with modern science & natural ingredients it balances the skin's natural sebum level, reduces inflammation and acne marks, and restores its elasticity. The serum easily absorbs oily skin as well and goes deep to reduce sebum secretion, reduces acne scars and prevents future breakouts. The revitalizing formula leaves the skin nourished and moisturized without feeling greasy.

Glow Serum: Who doesn't wish for their skin to look less tired and dull? This Glow Serum helps your face get a radiance boost. Potent ingredients like Kakadu Plum Extracts, Ascorbic Acid and Hyaluronic Acid work wonderfully to produce collagen which in turn brightens the dull, damaged and pigmented skin. The ingredients in this serum have been clinically tested to increase skin hydration by 17% for up to 48 hours after one single application. Put together with natural & modern ingredients this lightweight serum hydrates and revitalizes your skin. Nourish Mantra's revitalising serums are suitable for all skin types and are 100 per cent vegan, cruelty-free and paraben-free. These products are available within the price range of 1400 INR at www.nourishmantra.in (IANS)

THE CELEBRITY CHOICE FOR MALDIVES

(IANSlife) Due to the one resort one island idea, Kandima Maldives, with its surreal surroundings in a tropical private island setting, is the safest heaven. The game-changing resort made its mark in 2021 as the first choice of many Bollywood celebrities, renowned artists from various fields, and prominent sports stars. When celebrities' social media feeds are full with fun beach photos and breathtaking scenery, it's practically impossible not to have a case of wanderlust! This 3-kilometer-long island paradise, which has everything for everyone, has been visited by a constellation of stars. Kandima'sSK'Krew has entertained these high-profile guests with a wide range of interests, customising each one's stay to fit their needs, whether it's a romantic honeymoon, a wellness retreat, a family vacation, or even a staycation with friends!

Take a peek at these celebs who recently spent unforgettable vacations in this so stylish and entertaining destination:

Singer Rahul Vaidya and Disha Parmar enjoyed their honeymoon and celebrated Rahul's birthday at Kandima, accompanied by their close friends.

Bollywood actress Bipasha Basu and her husband Karan Singh Grover spent quality time with their parents during a relaxing family holiday. It planned their trip to include, among other things, a spectacular sunset sail and specifically crafted gastronomic experiences.

Singer Aditya Narayan and his wife Shweta Agarwal took a couple's staycation. They are total water babies, and the resort went to great lengths to create breathtaking experiences for them to explore the Indian Ocean through Aquaholics, the resort's in-house watersports centre.

Actress Sonalee Kulkarni and her husband Kunal Benodekar had the time of their lives on their honeymoon, taking in everything it has to offer, from special culinary delights to a Dolphin cruise, relaxing spa treatments for the pair, and much more.

These are only a few examples. Bollywood actors SonuSood and Elli Avram, cricketer Mohammad Shami, and Indian television personalities Shefali Jariwala, Amna Sharif, Aarti Singh, Tina Datta, Erica Fernandes, and others have all visited Kandima Maldives in the recent past. Deanne Pandey, a celebrity fitness trainer, wellness advocate, and author, frequents the resort.



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INDIANS ORDERED 115 BIRYANI PLATES PER MINUTE IN 2021 ON SWIGGY: REPORT



New Delhi: The country's love for biryani only seems to be growing as online food delivery platform Swiggy said on Tuesday that Indians ordered 115 plates of biryani per minute in 2021. The report mentioned that over 425,000 new users made their Swiggy debut by ordering a chicken biryani, while the most binged snack of the year was samosa with about 5 million orders on Swiggy, equal to the population of New Zealand. "Swiggy's sixth annual StatEATstics report reveals how Indians ordered 115 plates of biryani per minute, samosas equal to the population of New Zealand, and enough tomatoes to play the Spanish Tomatina festival for eleven years," the company said in a statement. "In 2020, 90 biryani were ordered per minute, which has gone up to 115 in 2021, which comes to 1.91 per second," the statement said.

While samosa was ordered six times more than Chicken Wings, pav bhaji was India's second favourite snack with 2.1 million orders. With a total of 2.1 million orders, gulab jamun was the most ordered dessert on Swiggy followed by rasmalai with 1.27 million orders. The search for healthy food on Swiggy doubled in 2021, and health-focused restaurants on SwiggyHealthHub witnessed a 200 per cent increase in orders. Bengaluru emerged as the most health-conscious city, followed by Hyderabad and Mumbai. Instamart delivered over 28 million packs of fruits and vegetables alone in 2021. Tomatoes, bananas, onions, potatoes, and green chilies were the top five fruits and veggies delivered in under 30 minutes. The total bananas ordered on Instamart outweighed the Statue of Liberty by 2.6 times.

TIPS & TRICKS TO INCORPORATE INTO WEDDING DANCE CHOREOGRAPHIES

Wedding seasons call for a beautiful dance performance that is captured for years to come, whether you are the bride, groom, or clan! Punit J Pathak, a prominent choreographer and one of India's top dancers, has launched his own dance courses with FrontRow's latest 'dance' offering, just in time for the wedding season! Warm-up, expression, and musicality are just a few of the simple 5 tips & tricks you may incorporate into choreographies, for a great cocktail or sangeet night!

1. Step on the beat: Imagine the beats of a song to be the blueprint to reading the music and dancing to it. When your body and mind are receptive to the beat, half the battle is won. Queue yourself to make a movement on every beat and you will soon be on your way to perfecting your thumka timings.
2. Ace the transition: Once you have mastered the movement that goes with every beat, it is time for you to bridge those movements with a transition. Transitioning movements add flow to your choreography and make it look seamless.
3. Careful of the passive arm: Dancing involves engagement of the whole body, but more often than not, our focus on a single hand movement renders the rest of the body limp. To avoid this, be careful, of the passive arm or leg. Ensure you allot a movement to them as well, so as to tie up the dance well.



THE EVOLUTION OF THE INTERNATIONAL INDIAN BEAUTY QUEEN: HARNAAZ SANDHU

CONTD. FROM PAGE 1

Sushmita Sen, the first Indian woman to ever be crowned Miss Universe in 1994 in a glittering ceremony in the Philippines, has yet to make a statement and is currently promoting the second season of "Aarya", a hit series on an OTT platform. Sen has two adopted daughters, Renee and Alisah. Much like her predecessors, Sandhu revealed to IANS earlier this year that she too has Bollywood aspirations. In an exclusive interview right after she won, Sandhu spoke to IANS of her victory and plans ahead. How does it feel on winning the crown for India after 21 years? Sandhu: It's just overwhelming and unbelievable. Finally, India is able to wear the crown of Miss Universe after 21 years, and I think we have been waiting for this for so long; the feeling is just out of this world. You were very confident that you would win and you did... What was the key to your success? Sandhu: Representing your country is a huge thing. It's about the confidence, you need to have in yourself and the realisation from within that this is the purpose of your life. You have to want to make the most of the platform and the opportunity that is given to you. We have to actually evolve a lot when we realise what we want to do with our life. With that faith, love and all the prayers of the people from my country, it gave me the drive I needed to win. It's going to be a busy year. How do u plan to use the platform to make a change? Sandhu: I would love to focus on every possible issue that the organisation focuses on, along with my advocacy for women empowerment and menstrual hygiene. My mom, a gynaecologist has always made sure that I talked about this with the youth who are the future of tomorrow. Women in my community and around the world still feel uncomfortable talking about their health. And I think if somebody wants to achieve the purpose of their life, it can only be done when one is healthy. So I would like to use this platform to talk about these issues. Lara Dutta has welcomed you to the miss universe club. Anything you'd like to say on that? Sandhu: I am actually out of words. One of the queens, who gave me confidence and courage to be one amongst them, is welcoming me to the group. Women empowering women, to change the world and I am fortunate to be among them, this is something I am grateful for. Lara has really helped me a-lot and made me realise that it's all about believing in myself.

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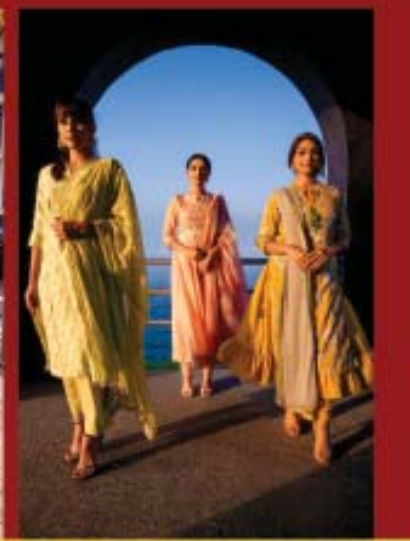

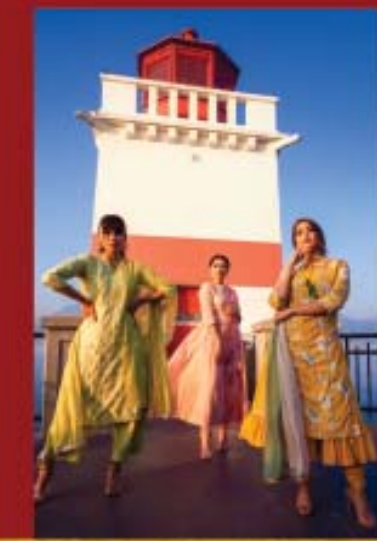
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