NEW DELHI, FRIDAY, JANUARY 6, 2023

First India City First

The Allure of BRONZE!

Bronze is a beautiful colour that is both welcoming and appealing. Bronze is a loyal and social hue, so you'll always feel accepted when you're surrounded by it. City First brings to you some dazzling outfits in the most appealing colour of all time!

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Bronze is a gorgeous tint with various features that is well-known for its distinctive tone and natural characteristics. Bronze is a hue that stands on its own. It is most commonly linked with strength, stability, and support. It is incredibly grounded and requires minimal aid. Bronze, if it were a person, would surely have a big head on its shoulders. This is why many colours try to be more bronze-like. Bronze is selflessly supportive. It's always looking for opportunities to lift others up, which is why this astonishing hue is held in such high regard. Bronze is selflessly supportive. It's always looking for opportunities to lift others up, which is why this dazzling hue is held in such high regard.

The state of Ebla was organised as a redistributive system during the Early Bronze Age: commodities were gathered by the central authority from its own farms and communities. The things gathered were subsequently distributed to the wealthy and governmental personnel. Textual records from these transactions, which indicate the sorts and amount of collected products, have been researched by archaeologists. Depending on position, men and women wear different clothes. A robe or cloak, a skirt, and a multi-coloured kilt folded three times were typical outfits for males of greater status. Lower-status men wore a type of kilt made of lower-quality fabric.

A high-ranking woman would often wear an outer garment that covered her entire body from shoulders to feet. Women of lesser rank wore a long robe that was fastened with a toggle pin. They were also dressed in stole.

A person's attire qualified them. Similarly to how gold-encrusted jewellery and weaponry communicated wealth and rank, some kinds of clothing were considered prestige products.

What we eat can affect everything from our energy levels to how well we sleep. So, don't let the winter blues get you down this year – check out these simple tips on healthy eating when it's cold outside!

Don't let the Winter Blues get you down this year!

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A good winter diet is critical for staying healthy during the cold season. It is critical to consume a variety of meals to improve your winter health and ensure you are getting all of the necessary nutrients your body need.

As we approach winter, you may have noticed that the days are growing shorter and the nights are getting longer. Every season brings its own set of difficulties, and this one can be especially taxing on our immune systems.

Winter is a season for cosiness, warmth, and snuggling with loved ones, but this combination does not necessarily correlate to good health.

That means a healthy winter diet is in need to get through those long, dark evenings without gaining weight!

But most people have a belief that whatever they eat in the winter season gets easily digested. Due to this, consuming more sweets, jaggery and sweets increases weight. Also, this mistake can make you ill. At the same time, the immune system is also weak in winter, to boost it becomes necessary to include nutritious foods rich in all important nutrients in our diet. Everything from our energy levels to how well we sleep may be influenced by what we eat. Don't let the winter blues get the best of you this year; instead, check out these simple recommendations for healthy eating while it's chilly outdoors!

HOW MUCH SHOULD I EAT IN THE WINTER?

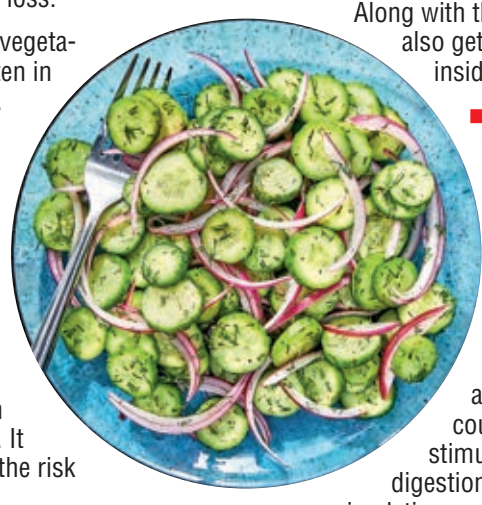
Aim for roughly 2,000 calories per day for ladies and 2,500 calories per day for males to keep them healthy throughout the colder months. This is the same as your regular calorie intake, however, you should boost it somewhat to stay warm!

CONCLUSION

Eating healthy is the greatest approach to protecting your immune system. Eating a varied diet rich in nutrients can help you stay healthy and strong throughout winter. Fish, spinach, pumpkin seeds, nuts/seeds (particularly almonds), avocado, basil, ginger, and cinnamon are a few examples.

If you want additional suggestions on how to keep healthy during the colder months or advice on what sorts of food might be useful for certain health concerns, arrange an appointment with a Nutritionist in Lahore through oladoc.

- In the winter season, start your day with lukewarm water and honey. Consuming honey mixed with warm water can help in flushing out toxins. Apart from this, it is also considered very effective in weight loss.
- A lot of fruits and vegetables should be eaten in the winter season. A good amount of vegetables and fruits increases immunity. This keeps the body fit from the inside in winter.
- Consume more quantity of green leafy vegetables in the winter season. It helps in reducing the risk of getting sick.
- Dishes made of lentils like khichdi, lentil soup, and moong dal are dishes rich in protein, fibre and minerals in winter.
- Have a healthy breakfast this season which has the right mix of carbs and proteins. Eat nuts, seeds and fruits when hungry and stay away from chips, and chocolates.
- By drinking enough water, you will remain very active even on cold days. Along with this, your body will also get warmth from the inside.



- Consume root vegetables like carrot, sweet potato, radish, and beetroot in abundance.
- Herbs and spices like black pepper, fenugreek, celery, ginger, garlic, and cumin help fight cough and flu. They stimulate appetite and digestion and improve blood circulation.
- Roti made from millet provides complex carbs, fibre and minerals like magnesium. These help in preventing heart diseases like high blood pressure and heart attacks.

PARUL MAHAJAN, Blogger

YOUR DAY

Horoscope by Saurabhh Sachdeva

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ARIES
MAR 21 - APR 20
Limiting some items from your diet will have a positive effect on your health. There is much to achieve today and you will find yourself up to it. Academic front seems favourable. You are likely to buy something you have been longing for.

TAURUS
APR 21 - MAY 20
Your bank balance is likely to swell and make you financially secure. Buying something expensive for the house is indicated. Responsibilities are likely to increase manifold. Those feeling lethargic and unwell may get back on the path to perfect health.

GEMINI
MAY 21 - JUNE 21
Family issues that are leading to disputes are likely to be resolved amicably. There is a chance of somebody taking you along for a function or a party. Keeping track of something or someone may prove an uphill task. Your standing in your circle is likely to get a boost.

CANCER
JUNE 22 - JULY 23
Problems faced on the financial front are likely to disappear.Something may keep you from realizing your full potential on the academic front. A practical solution may be found for a complex problem at work. Those in love will feel much closer now, than before.

LEO
JULY 24 - AUGUST 23
Financial front remains rosy and promises to bring in gains. Good professional guidance may become the key to further your career. A family member may make you proud with an achievement. Spending time with friends is possible. Some of you may decide to take your romance.

VIRGO
AUG 24 - SEP 23
Someone's good advice will help in making the right decisions on the academic front. Things start looking up on the health front as you manage to remain regular in your workouts.Some of you can book tickets to someplace exotic.Overall health remains perfect.

LIBRA
SEPT 24 - OCTOBER 22
You may want things differently on the domestic front, but will need to convince others about your ideas. A break from the routine is indicated and will give you time to do things you were not getting time. Change of season requires you to take good care of your health.

SCORPIO
OCT 23 - NOVEMBER 22
Something new may be acquired for the home by homemakers. An initiative on the health front is likely to give rich dividends. Those involved in a project will be able to give a good account of themselves. You despise is likely to turn over a new leaf, so let bygones be bygones.

SAGITTARIUS
NOV 23 - DEC 22
You will succeed in wriggling out of a tight financial situation by curbing wasteful expenditure. An outing with family promises much fun. Prepare well for a long journey, if you want to travel comfortably. Shifting to a new house or a new city cannot be ruled out for some.

CAPRICORN
DEC 23 - JAN 20
This is a positive day that proves special for some. Meditate to embark on a new spiritual journey. You will be able to regain lost ground on the academic front to come at par with the rest. Excellent showing at work will get you hand-picked for an important assignment.

AQUARIUS
JAN 21 - FEB 19
Something being organised on the social front may get you totally involved. Expect immediate returns from the investments made by you. Workload is likely to increase on the professional front. This is a fine day on the financial front. Good understanding and mutual respect is likely to enhance.

PISCES
FEB20 - MARCH 20
Going the extra mile for someone will be greatly appreciated by all. Someone may not agree to your terms but that should not affect your productivity. You will get a chance to tap your potential on the professional front and impress those who matter.

RASHMIKA EXPRESSES HER FONDNESS FOR SAMANTHA

Rashmika Mandanna recently expressed her love and support to Samantha Ruth Prabhu. The actress during the promotions of her upcoming film Varisu, spoke about her fondness for Samantha. She also reacted about Samantha suffering from Myositis and said she is very protective of her.

Speaking in an interview with Glute, Rashmika Mandanna spoke about Samantha Ruth Prabhu and said, "Sammy is a wonderful lady. She's graceful and beautiful at heart. She's a person that I always want to protect. I am a very possessive mama when it comes to her."

Regarding her Myositis diagnosis, she said, "I came to know about Sam's condition when she put it out. I didn't know if she wanted to talk about something before the world knew. I only wish her the best. I've always admired her and looked up to her. When you look up to someone, you would want them to win all the battles. It's the same for me. I am going to be this person who's going to be extremely possessive of her. She's a woman of utmost care, grace and love. I want the world to have only love for her."

Rashmika Mandanna and Samantha Ruth Prabhu

RAVISHING RED DRESS

Malaika Arora, a Bollywood superstar, is frequently spotted experimenting with different red-carpet styles, diets, and other things. It's understandable why she draws so much attention and why the paparazzi like her. After all, she is a fashionista. She is renowned for her passion for fitness in addition to her sense of style. The actress consistently outperforms our expectations while appearing for fashion picture sessions when she isn't working out. Malaika is skilled at accessorising any look, whether it's her athleisure or casual western clothing. She is skilled at styling them for a better appearance. Malaika just revealed images from her most recent photo shoot, and they really mesmerised us. Malaika chose a crimson little dress with a multicoloured geometric pattern from Naeem Khan's racks. This dress features a mini length, a plunging neckline, and a subtle sheen. The diva completed her ensemble with a pair of pointed heels and a pair of black stockings.

She opted for metallic eye makeup, a nude lip and contoured cheekbones to emphasise her features. Her sleek, straight hair was the finishing touch her clothing needed.

—Agency

Malaika in Naeem Khan's crimson little dress

Malaika Arora

Janhvi Kapoor blushes

Rhea Kapoor and Karan Boolani hosted a private dinner party at their lavish house in Bandra on Wednesday night. The Kapoor clan was seen making their way to the party in style.

Arjun Kapoor, Malaika Arora, Khushi Kapoor, Anshula Kapoor, Harsh Vardhan Kapoor, Mohit Marwah and his wife Antara were seen arriving for the dinner. But it was Janhvi who caught everyone's attention. She arrived with Shikhar in the same car.

When the paparazzi tried to capture them, Janhvi was seen blushing and hiding her face. Every time she gets clicked, she interacts with them. But this time, she was just keeping it low-key. Janhvi was seen sporting a white sweatshirt and casual pants while Shikhar opted for a blue t-shirt and jeans. The rumoured love birds were all smiles.

—Agency

Shikhar and Janhvi

Janhvi Kapoor

Farah Khan's post...

SUHANA KHAN & AGASTYA NANDA ARE DATING?

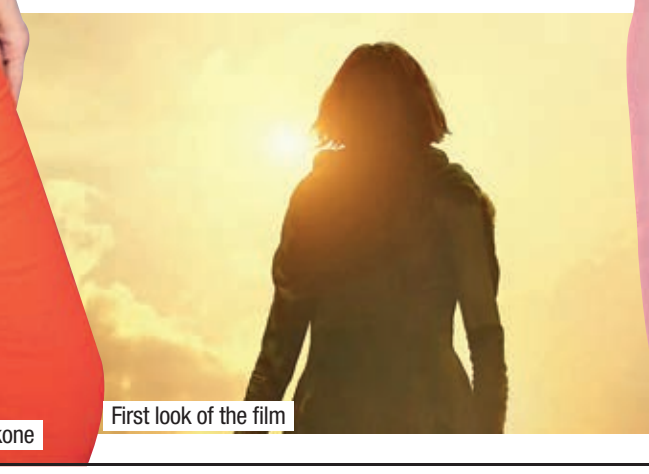
Suhana and Agastya recently wrapped up the shoot of The Archies. They were seen making a starry entry at the wrap-up party that took place recently. Janhvi Kapoor's sister Khushi Kapoor too is making her debut with the Zoya Akhtar directorial. Ever since they started shooting for the film, the excitement around them amped up. Now, according to sources, Suhana and Agastya are in a relationship. The report suggests that the romance started on the sets of The Archies. A source revealed that they were not trying to hide their bond on the sets and would spend a lot of time together. It is also being said that they don't plan to make their alleged romance official as of now. Going by the report, Shweta Bachchan loves Suhana and she approves of her and Agastya's relationship.

—Agency

Deepika Padukone

DEEPIKA'S LOOK FROM PROJECT K

Deepika has been ruling the hearts of millions of fans and also the box office for quite some time. Taking to their official Twitter handle, Vyjayanthi Movies shared a poster from the film Project K. This look appears to be that of Deepika Padukone. In the poster, we can see a silhouette of a woman standing against the sunlight. The face of the woman is not visible but she looks like Deepika only. The poster looks quite intriguing and it is written 'A hope in the dark'. Below in the poster is written, 'Happy birthday Deepika, Team Project K'. Sharing this poster, Vyjayanthi Movies wrote, "Here's wishing our @deepikapadukone a very Happy Birthday. #ProjectK #HBDDeepikaPadukoneb." —Agency



First look of the film

Tara's dose of unfailing glamour

Eating up our need to doll up is this satin dress by Surya Sarkar. That perfectly corseted dose is back, yes! The plunging neckline mini outfit featured a structured bodice that had a ribbed-like stitching detail. We could swoon over and rave about its fit all day. So, here goes the fire emoji for Tara's recent look. Styled by fashion maven and Tara's go-to stylist, Meagan Concessio, the diva's outfit was accessorised with jewellery such as criss-cross studded bracelets, ring, mini hoop earrings from Mahesh Notandass. We're keeping our look sparkly just as we did throughout December. Also, include a pair of bow-tied glittery stilettos in your style notes. Never mute the kind of shine that looks like fire. The 27-year-old's hairdo was sleek and her makeup featured nude glossy lipstick, blush, and a bit of kohl.

—Agency

Tara in a satin dress by Surya Sarkar

Tara Sutaria

TIGER TAKES NOIDA BY STORM

CITY FIRST

A Japanese sports performance brand named ASICS unveiled its newest store on Wednesday, January 4 in the presence of its brand ambassador and Bollywood actor Tiger Shroff. Situated in Noida's bustling shopping hub – DLF Mall of India, the store combines digital innovation, unique shopper experiences, and an unmatched product offering.

The store's concept is inspired by the brand's philosophy of 'A Sound Mind In A Sound Body' which focuses on an all-encompassing spirit that inspires the athlete in every individual, affects the material choices and guides the customer experience.

Present on the occasion, ASICS' Brand Ambassador and Actor Tiger Shroff said, "ASICS has always been my go-to brand and today I'm thrilled to unveil its store in Noida. It is a brand that truly embodies a perfect blend of style and technology; that resonates perfectly with today's youth. The innovation, design and attention to detail are what sets ASICS apart from others as it continues to build a strong sporting culture in India by promoting the uplifting impact of movement on body and mind."

Commenting on the launch, Rajat Khurana, Managing Director of ASICS India and South Asia, said, "We are thrilled to take our retail story forward with yet another digitally-enabled store for our patrons. With our newly revamped store at DLF Mall of India, we aim to provide an upgraded shopping experience to our consumers – across all categories. Innovation, creativity and design remain at the core of our efforts as we continue to develop experiential retail locations, adopting new materials and technologies to improve their sustainability while also providing a holistic shopping experience and service to our consumers".

In line with ASICS' long-term vision and commitment to sustainability, the store also features sustainable materials such as FSC-certified timbers, recycled and recyclable materials, and energy-efficient lighting (such as LED) to reduce carbon emissions related to its operations. Multiple digital touchpoints powered by renewable, non-carbon-based energy, and the use of advanced technology which includes immersive screens and digital plinths have also been incorporated to give customers a superior digital shopping experience.

Tiger Shroff during the launch

> ASICS has always been my go-to brand and today I'm thrilled to unveil its store in Noida. It is a brand that truly embodies a perfect blend of style and technology; that resonates perfectly with today's youth.
> TIGER SHROFF

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Annual day celebration– Sankalpa Jayate Siddhi

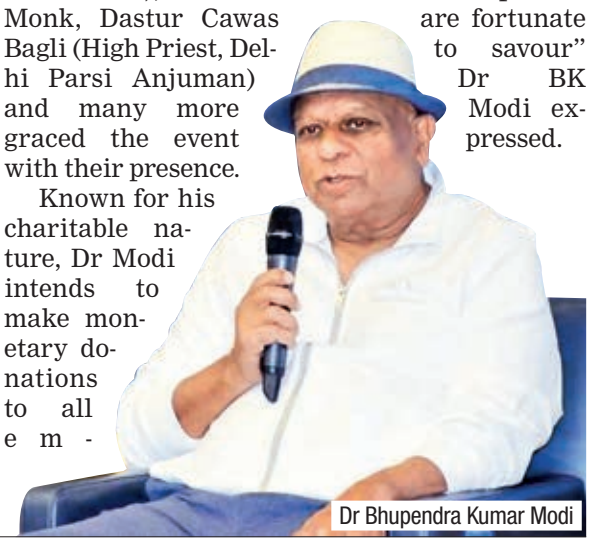
CITY FIRST

World-renowned Industrialist, Torchbearer of Indian Culture and globally acclaimed author Dr Bhupendra Kumar Modi organised a Vaishvik Swarnotsav – Sankalpa Jayate Siddhi hosted by Rekha Mody on Thursday, January 5 at Prithviraj Road, New Delhi. During the occasion the screening of Dr BK Modi's masterpiece 'Buddha' – the Zee TV series took place. It is noteworthy that the TV show earned a gigantic fandom across strata and age groups way back in 2013.

An elevating Spiritual Meet of many religious leaders including Brahma Kumaris, Rabbi Ezekiel Isaac Malekar (Jewish Community), Goswami Sushil Maharaj (President, Sarva Dharma Sansad), Swami Chander Dev Maharaj, (Chairman Global Saints Samaj Kalyan Foundation), Shradheya Sai Sharnagat (Bhaiji), President, International Spirituality Olympiad), Swami Shantatmananda, (Secretary, Ramakrishna Mission, Delhi), Dr A. K. Merchant (General Secretary, Temple of Understanding India Foundation & Chairman, The Spiritual Assembly of the Baha'is of Delhi), Acharya Vivek Muni (President, Mahavir International Foundation), Buddhist Monk, Dastur Cawas Bagli (High Priest, Delhi Parsi Anjuman) and many more graced the event with their presence.

Known for his charitable nature, Dr Modi intends to make monetary donations to all employees under the E-Shram Programme initiated by the Ministry of Labour & Employment for unorganised labour in India.

"It is not a secret that India has a diversity of religions and peoples, the fact that we are so rich culturally that it should all become part of us socioeconomically as well! I want to bring this virtue as our edge over other cultures and nations on the world map and preserve this beautiful aspect we are fortunate to savour" Dr BK Modi expressed.


Dr Bhupendra Kumar Modi

DURING THE DAY!

The star cast of the film Lakadbaggha includes Milind Soman, Anshuman Jha, Ridhi Dogra and Dir Victor Banerjee was recently seen at Hotel Le Meridian, Delhi for an exclusive photoshoot. The film Lakadbaggha is based on a love for animals and is full of action and emotion. Anshuman Jha, who is playing the lead role in this film, is on a mission to save animals. He loves all animals and especially he has a lot of attachment to dogs. In the two-and-a-half-minute trailer of the film, the makers take the audience on an emotional roller coaster ride. If you are an animal lover, then you will surely be going to get emotional after watching this film.

THE ROADMAP 2023

CITY FIRST

A famous technology guru and founder of LW Informatics Vimal Daga recently released a roadmap for youth in the tech industry that aims to smooth their journey towards successful careers. In a competitive environment, a roadmap aims to educate teens about the right approach, guidelines, and steps to take before making education and career choices. From all over India, youth participated in an offline and online interactive sessions from Delhi, Gurgaon, Punjab, Rajasthan, Jaipur and Kota.

Vimal Daga on the occasion expressed, "youth face significant challenges, obstacles and factors in reskilling, updating skills, getting core jobs and solving complex problems at the next level. Skills gaps need to be bridged and guidance rather than education is required. Education in technology is not just about technology, but also about emotions, so using emotions in technology remains critical. The "Skills" Gap for Freshers is the lack of emotional attachment to the technologies they're learning due to a lack of proper guidance and sometimes passion too."

Joining Vimal on this Preeti Daga, Lifestyle and Career Coach, Linux World (P) Ltd added further, "It is easier to address the skills gap if one receives the proper orientation, right direction and education from the right mentor who can help the individual understand the current IT industry environment and requirements, as well as what skills are really necessary to solve many problems worldwide. A skill gap will not exist if you can sync well with the creator's mindset. Youth can use the commandments to become future-ready and ready to work with top leaders in IT companies. No technology is complex since it was created by humans. Hence, anyone can learn it and create something original."

Vimal Daga

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BEST NEPALI FOOD RESTAURANTS IN DELHI

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In addition to being a well-liked location for tracking, Nepal is renowned for its many wonderful regional specialities. Western fast food can't compete with Nepali cuisine and that's a fact. If you are confused about where to find the best Nepali food in the capital then here are the greatest options to look after.

AMA THAKALI

Ama Thakali is a modest, cosy eatery located on a Majnu Ka Tila side street. The locations provide a cosy atmosphere reminiscent of a Nepalese home. Although there is a very small and limited menu, the cuisine is superb. They provide endless rice thalis and four types of phaapar thalis (buckwheat thalis): vegetable, chicken, mutton, and egg curry.

LAMA KITCHEN

They provide delicious cuisine without any extras. They stuff their Nepali Thalis with real Nepalese cuisine. They provide the Thakali, Sikkimese, and Nepali "Veg and Non-Veg" versions of the Nepali Thali in order to enjoy food more. Their piro aloo, red-hot Sikkim-style potatoes with lemon and momos on the side is a must whenever you visit.

YETI: THE HIMALAYAN KITCHEN

The Yeti Himalayan Kitchen is an excellent location to eat genuine Thakali Thali. It is the traditional thali consumed by the Thakali people who reside in the upper Himalayan region's Thak-Khola Valley. Mushrooms, Dal, Gundruk Sadeko, Rai Ka Sag, Piro Aloo, Vegetables, Achaar, Papad, Curd, and Rice are included in the Thakali Thali.

THE LADAKHI KITCHEN

Although it's not well known, you should nonetheless go here for the delicious meals. The most traditional cuisine in the area is said to be theirs. They provide a variety of Himalayan Thali, including Shapta with Tingmo, Mokthuk, Sahaphaley, Momos, Ema Dayshi, Sel Roti with Chukauni, Aloo Sadekoo, Chicken Coilla, Pork Choilla, Chicken Sekuwa, and Chicken Sekuwa.