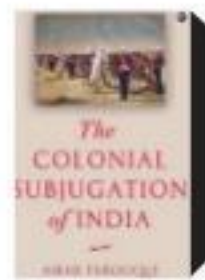


BOOK NOOK



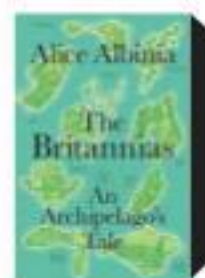
Becoming Goan

Michelle Mendonça Bambawale
 In June 2020, Michelle found herself moving to the 160-year-old house she had inherited in Sicim in North Goa with her human and canine family. Becoming Goan is a heartfelt and charming story of Michelle's love for this land that her grandparents left her.



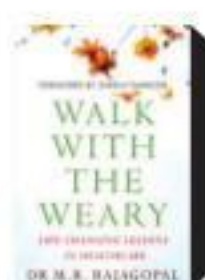
The Colonial Subjugation of India

By Amar Farooqui
 Beginning with the arrival of Portuguese, Dutch, French, and, finally, British mercantile ships in the Indian Ocean throughout the 16th and 17th Centuries, this book charts the course of Britain's rise as the dominant colonial power in the Indian subcontinent. The empire was anything but benign.



The Britannias

By Alice Albinia
 Sailing across borders, between languages and genres, through the past to understand the present, this book knocks the centre out of foreground neglected epics and subversive voices.



Walk with the Weary: Life-changing Lessons in Healthcare

By Dr MR Rajagopal
 The book begins with the young doctor's first encounters with death and his entry into the field of medicine before taking us through his journey into palliative care.

WHY WHERE



Make-up

Typsy Beauty is here to amp up your makeup routine with its latest Silk Cushion Collection, a revolutionary line of buildable, blendable cream-liquid face products that redefine the beauty experience.

WHERE: <https://typsybeauty.com>



Skincare

Skin By Dr G, a trusted name in luxurious skincare, unveils an enchanting collection of festive gift sets and combos, perfect for celebrating the joyous arrival of festivals.

WHERE: <https://skinbydr.com/>



Comfort wear

NeceSera is excited to unveil its newest collection, 'Jen Set Zen', seamlessly blending comfort with mindfulness in every detail.

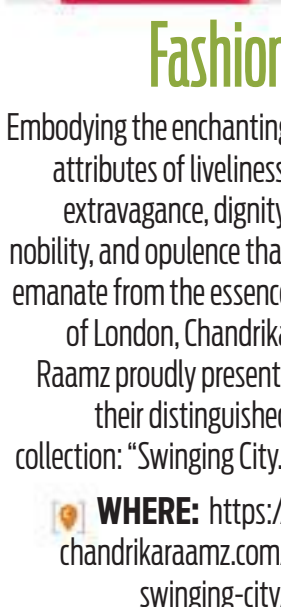
WHERE: <https://www.necesera.com/collections/jen-set-zen-collection>



Bridal wear

Bringing the finest craftsmanship to the table and melding it with a design sensibility that celebrates the spirit of freedom, elegance, and soulfulness, the brand Eeksha offers luxurious bridal wear for the modern bride.

WHERE: <https://www.eekshaonline.com/product-category/sinfonia/>



Fashion

Embodying the enchanting attributes of liveliness, extravagance, dignity, nobility, and opulence that emanate from the essence of London, Chandrika Raamz proudly presents their distinguished collection: "Swinging City."

WHERE: <https://chandrikaraamz.com/swinging-city/>



Ornaments

It's jolly season, and as we embrace the love and light of the holiday season, Forest of Chintz adds a dash of beaded uniqueness and vibrancy with their special Christmas Ornaments.

WHERE: <https://forestofchintz.com/>



Wellness

Discover the essence of timeless beauty with Guduchi Ayurveda's 'Ageless Beauty Quartet'. Dive into the perfect blend of ancient Ayurvedic secrets and modern skincare science.

WHERE: <https://guduchiayurveda.com/>



Sweet

This December as Bombay Sweet Shop and The Archies, a film by Zoya Akhtar on Netflix team up for a special collaboration! Together, they're bringing a limited-edition Christmas Collection inspired by The Archies characters, joining the Indian Sweet Revolution.

WHERE: <https://bombaysweetshop.com/collections/archies-netflix-collection>



Christmas Eve festivities

Celebrate the essence of Christmas across a selection of award-winning dining outlets. Delight in exquisite a la carte offerings, a delectable brunch or a festive dinner buffet.

WHEN: Dec 24, 1 pm to 4 pm and 7 pm to 11.30 pm

WHERE: Golconda Pavilion/ Yi Jing/ Ottimo/ Dum Pukht Begum's, ITC Kohenu, Madhapur

CALL: 040 6766 0101



Hampers

FNP, the unparalleled destination for heartfelt gifting experiences, is thrilled to announce the unveiling of its new Christmas Collection. Dive into the enchantment of the season with over 500 meticulously curated items that evoke the spirit of joy, warmth, and nostalgia.

WHERE: <https://www.fnp.com/gifts/christmas-lp>

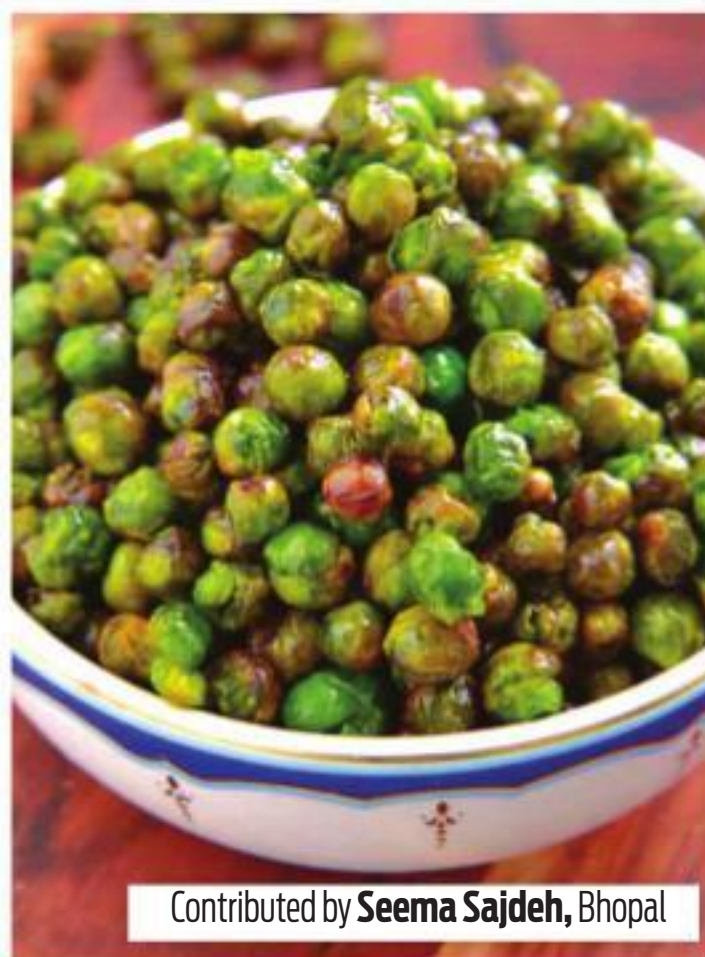


TIME TRAVEL

Restoration works of Saida Nima Tomb under progress in Hyderabad | VINAY MADAPU

QUICK FIX

AIR FRYER PEAS



Contributed by **Seema Sajdeh, Bhopal**

INGREDIENTS

- **Garlic powder:** 1.5 tbsp
- **Oil:** 2 tbsp
- **Red chilli powder:** ½ tsp
- **Peas:** 3 cups
- **Onion powder:** 1 tbsp
- **Salt and pepper**

METHOD

- In a large bowl, empty the peas along with onion powder, garlic powder, red chilli powder, oil, salt and black pepper. Mix it well to coat the peas evenly.
- Spread the peas in the air fryer rack. Ensure not to overfill the fryer basket.
- Air fry it for seven to eight minutes. Keep shaking the basket halfway through so that the peas get tossed and evenly cooked.
- Once the peas turn crispy and golden brown, pull them out.
- You can sprinkle some dry herbs (optional) and serve them hot.

FIT BIT

PARIVRTTA JANU SIRASANA VARIATION (REVOLVED HEAD TO KNEE POSE VARIATION)

It is considered a calming and soothing asana with significant benefits for the mind and body. This asana stimulates the chakras for improving the flow of prana. It is considered therapeutic for a wide range of conditions, including anxiety and depression.

STEPS

- On the floor, stretch your legs forward. Bend your left leg at the knee, placing the foot close to your groin. Keep the right leg straight, with toes facing upwards.
- Exhale, turn to your left side and allow the back of your shoulders to come closer to the inner part of your right knee.
- Grab the toes of the right leg with both hands, making sure the leg is straight on the floor.
- Place the back side of your head on the right knee looking upwards.
- Keep the elbows at the side of your head, and stay for a few seconds.
- Release, discharging the stretch first and then your arms.
- Straighten up and inhale.
- Repeat the same procedure with the other leg.

BENEFITS

- Stretches the lower back, hamstring, leg, core and calf muscles.
- Stimulate the liver, kidneys, reproductive system and other vital abdominal organs.
- Circulates blood to the colon, liver, and kidneys.
- Helps improve digestion.
- Relief from general back pain.
- Releases stress and fatigue.
- Beneficial for insomnia and headaches.
- Soothes the nervous system.

LIMITATIONS

People suffering from any conditions of sciatica, slipped disc, injured knee, hips, arms, shoulders, neck and hernia or diarrhea, should avoid this pose.



By N Elumalai, PhD Scholar (Yoga Science) at Meenakshi Academy of Higher Education & Research, Chennai

What's cooking in your kitchen?

We are hungry for recipes with minimum ingredients and maximum flavours. Share your quick-fix with us, along with step-by-step photos, at cityexpresschn@gmail.com.

REGIONAL



MISS SHETTY MR POLISHETTY (Telugu)

A chef starts working with a comedian struggles to deal with his attitude - only to unexpectedly find love.

Cast: Anushka Shetty, Naveen Polishetty, Jayasudha

● **Watch on:** Netflix

VAD-HUVU (Telugu)

A bride's life is in peril when she marries into a mysterious household but she is determined to uncover secrets.

Cast: Avika Gor, Ali Reza, Nandu, Mounika

● **Watch on:** Disney+ hotstar

SESHAM MIKE-IL FATHIMA (Malayalam)

A woman from Kerala goes up against hurdles to achieve her dream of becoming a football commentator.

Cast: Kalyani Priyadarshan, Femina George, Parvathi T

● **Watch on:** Netflix

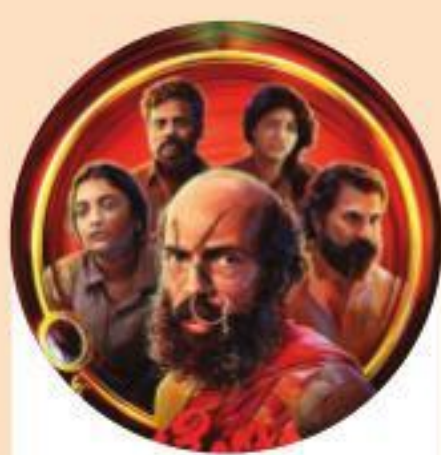


THE ARCHIES (Hindi)

Set in 1960s India in the fictitious town of Riverdale, The Archies presents a nostalgic coming-of-age musical.

Cast: Agastya Nanda, Khushi Kapoor, Suhana Khan, Mihir Ahuja

● **Watch on:** Netflix



TOBY (Kannada)

A man with mutism is exploited by a cruel world to foster crime and hatred. However, he resolves to transform when he falls in love with a woman.

Cast: Raj B Shetty, Chaitra J Achar, Samyukta Hornad, Deepak Shetty

● **Watch on:** SonyLIV

All the streaming apps can be accessed on smartphones and smart TVs with Internet connection.

ZARA HATKE ZARA BACHKE (Hindi)

Kapil and Somya are a happily married couple. To avail of a house under a government scheme, they decide to get a divorce but things don't go as planned.

Cast: Vicky Kaushal, Sara Ali Khan

● **Watch on:** JioCinema



FALIMY (Malayalam)

To fulfill their patriarch's wish, a dissonant family embarks on a trip to Varanasi. Will this journey mend their bonds?

Cast: Basil Joseph, Jagadish, Sandeep Pradeep, Meenaraj Palluruthy, Manju Pillai

● **Watch on:** Disney+ hotstar

FOREIGN

MY DEMON (Korean, series)

A powerless demon gets tangled with an icy heiress, who may hold the key to his lost abilities and heart.

Cast: Song Kang, Kim Yoo-jung, Lee Sang-yi

● **Watch on:** Netflix



CRASHING EID (Arabic, series)

When Razan's British-Pakistani fiancée crashes her Saudi family's Eid, she tries convincing them that he is a suitable match.

Cast: Summer Shesha, Hamza Haq, Bateel Qamlo

● **Watch on:** Netflix



ONE PIECE FILM: RED (Japanese)

An anime musical about Uta, a singer, who reveals herself to the world at a live concert. Her voice is described as 'otherworldly'.

Cast: Ado, Kenjiro Tsuda, Mayumi Tanaka

● **Watch on:** Netflix



CHICKEN RUN DAWN OF THE NUGGET (English)

An animated film about fearless chickens that flock together to save poultry from a threat: a farm cooking up something suspicious.

Cast: Zachary Levi, Thandiwe Newton, Bella Ramsey

● **Watch on:** Netflix

Netflix: ₹ 199/month
 Prime Video: ₹ 299/month
 Jio Cinema: ₹ 999/year
 Disney+ Hotstar: ₹ 899/year
 Zee5: ₹ 699/year
 Viki Rakuten: ₹ 299/month
 Aha: ₹ 699/year
 SonyLIV: ₹ 299/month

NOW STREAMING

