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#### MAKE EVERY DAY COUNT

- Give yourself the gift of impromptu dance parties at home or wherever you feel comfortable busting a move. There is no need to overthink this – in fact, it's best to let go of thinking all together.
- Plan your fantasy vacation. Do online research, cut out pictures from magazines, collect brochures from travel agencies, and plan your vacation to the last detail.
- Plant pots of brightly coloured flowers; you can choose to plant camellias, violets, and geraniums. For fragrant blossoms plant jasmines.
- Start taking notice when your partner does little things, like taking out the trash, making the bed, or cleaning up the bathroom. When you celebrate someone else for the little things, they feel valued.



#### WHY WE MUST CELEBRATE

- By celebrating every small thing, we leverage the power of gratitude.
- It helps us build self-respect. We are treated by others as we treat ourselves.
- The emotion of celebrating adds positive magnification.
- Celebrate your day before it begins. While your head is still on the pillow, take just a few minutes to scan your inner landscape and identify all the things for which you are grateful.

love to keep upbeat by looking for reasons to celebrate. I love going out shopping, picking up junk jewellery, gifting my friends, making myself and others feel special. It changes the energy of my life, takes it on a high vibrational mode. It gives you a change of pace."

#### THE JOY OF COLLECTIVE CELEBRATION

By having a shared celebration, we enhance the feeling of gratitude. Says event planner Sonali Thakore, "People are looking for smallest opportunities to get their family and friends together and have a good time — birthdays, to Diwali bashes, to anniversaries to mini-victories and milestones — they want small moments to be celebrated with happiness and style." Says life coach Ravneet Gandhok, "Collective celebration leads to high energy to deal with life's roadblocks. You can celebrate yourself, celebrate with others — you change your vibrational energy from low to high."

Even when there's no reason, celebrate yourself everyday. Says Dr Nisha Khanna, "In order to keep yourself motivated and most importantly happy, you need to celebrate yourself on a daily basis."

When we have something to look forward to, or look ahead to something worth celebrating, we feel more optimistic

# Celebrate Everything!

Learn how to celebrate every moment in life – be it a cup of tea, a toast to the weekend, a great savoury dish or a festival

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"Each day offers a reason to celebrate. Find it and experience true bliss."

— Amy Leigh Mercree, author

Life should be an ongoing celebration. Oprah Winfrey once said, 'the more you celebrate your life, the more there is in life to celebrate'. Self-created ceremonies give meaning and order to our personal lives. We've been conditioned to celebrate the big milestones, but it's time to celebrate everyday joy, the festival time and small victories. This releases invigorating "feel-good" chemicals, like dopamine. Says life coach and vibrational healer Seema Midha, "Celebrating life and small moments keeps you in a positive mood. When you go celebratory, you keep yourself motivated and upbeat. You build a momentum that gives you a wonderful feeling and glow. These are ways to show appreciation of life and feel the excitement. If you're buying clothes, or making a special dish that you share with others, you begin a cycle of happiness and wonderment."

#### HIGH VIBE & ENERGY

When we celebrate our micro moments, mini-victories – it offers us time-out from our everyday routine and habitual existence. It's a way to rest, replenish, and restore ourselves on our path through life. According to social psychology researcher Fred Bryant, when we stop to savour the good stuff, we buffer ourselves against the bad and build re-

silience – and even mini-celebrations can plump up the positive emotions which make it easier to manage the daily challenges that cause major stress. When we have something to look forward to, or look ahead to something worth celebrating, we feel more optimistic. It could be a new job, wedding, retirement, holiday, or anything that gives a deep sense of satisfaction like going out with friends or participating in a marathon. Celebrations of all kinds give us the

excitement to keep making it through days that seem purposeless. Says Naina Khera, 21-year-old management student, "The millennials

Celebrating life keeps us in gratitude of what we have when we share the lighter moments with others. It fills us with an attitude of gratitude. It also bestows a sense of belonging, something crucial to human fulfillment.  
— Riya Ray, model

When we celebrate small moments daily, it keeps us more positive and fulfilled. We feel more energetic to face the tough moments of life easily because we have filled ourselves with celebrating what life has to offer. Celebrating something constantly enriches our lives, we cherish the abundance around us.  
— Vishwa Mohan Bhatt, artist

#### party trend



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curries where guests could add their own meats or veggies to red or green curries. Vacation food is a great way to relive fond travel memories and share them with your loved ones. It could be anything from an Australian lamb, cheese and wine feast to a traditional Tamil wedding spread.

#### SEASONAL INDULGENCE

Eat local and eat fresh. People are no longer just talking about it but also serving it. A menu prepared using fresh ingredients is gaining a lot of popularity. You can have just five dishes, write down the menu on a blackboard like a café, spell out what ingredients have been used and let your guests also share stories of the new ingredients they have laid their hands on.

#### CUT TO PERFECTION

Ever since our local artisanal cheese and cold cuts have started becoming a rage, charcuterie boards are growing in popularity. Opt for nice wooden boards and tell your guests the process you used to cure the meat or which local farm you sourced the



#### HEIRLOOM HOG

If you think you are a good cook, showcase it and let your guests be the judge. Many people are using home bashes as a great way to showcase their cooking skills. Do not go too elaborate on the menu. Prepare just the dishes you are good at and let those be the focus. If there is a story behind any particular dish, such as it being a part of family tradition or a result of cultural influence, narrate it. Home cooked, heirloom dishes are becoming a big draw this season.

cheese from. After eating healthy and knowing the source of ingredients ruling as the hot trends, charcuterie boards are the next big thing. Not only do these boards allow you to showcase your devotion to organic food but also lets healthy, home-grown conversations dominate the party milieu than random gossip.

#### POT LUCK

There is no shame in hosting a party where you ask each couple to get a dish. With long working hours and manic traffic during the festive season, more and more people are open to hosting a pot luck party where they tell their guests to get the drink or dish of their choice. Makes for one diverse menu and party!



## Party begins @HOME

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Days of planning a successful house party with a caterer are over. No one has the time or energy to chalk out elaborate home dos from the scratch. Follow these five trends to make your home bashes seem like a cakewalk!

#### VACATION FOOD

You've recently been on a vacation and loved the local food there. Great! It is time to flaunt it at your party. If it was Thailand you visited, just put together a sumptuous spread of massaman curry, som tam salad and pad Thai noodles. You could do a station of deconstructed

**WOMEN'S HEALTH**  
**Polycystic Ovary Syndrome (PCOS)**  
affects 5 to 10 percent female population of reproductive age  
**Do you have any of these symptoms ?**

- Multiple small cysts in ovary
- Irregular, painful or complete lack of periods
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## FESTIVE BINGE

Amrita Raichand  
chef & beyond

There was a time when I would wait with much eagerness for the festive season as I had subconsciously given myself the "licence to binge". After being so careful through the year with my diet, exercise and overall fitness... it is not a crime to give into little temptations around the time of festivals, especially when they happen in such great weather!

So, every year I would give myself permission to eat all the goodies, have late nights and then sleep in late cuddled in

the comfort of my warm duvet. Till reality hit me hard!

No matter how rosy the picture looks at the beginning of September, what the mirror and the weighing scale end up showing in January is far from rosy. I learnt this the hard way and that's why I want to help you put a stop to it — at the beginning! Enjoy, have fun, celebrate, but be mindful of it all. ■ If you've had a late night, rest it out the next day. Rest has the primacy of place in all matters of health.

■ If you skip your workout one day, make up for it the next day by pushing yourself a little harder. But only a little – over training is harmful too.

■ Have a small portion of your home-cooked meal before you step out for your celebrations. You will not fall victim to hunger which often produces an irrational eating response. ■ Eat the dessert if you must, but instead of finishing off the entire bowl, have a few bites. ■ And if you want to spread the message of staying healthy (read "staying yummy") amongst your friends even through the festivities, then try making with your own hands some healthy, guilt-free mithai and send it out as gifts.

To make this task less tedious for you, I'm sharing one such recipe with a modern twist on our desi dry fruit laddoo.

#### CHOCO GRANOLA BITES

**INGREDIENTS:** For the granola mixture: Oats: 1 cup; Roasted walnuts: 1/4 cup; Roasted almonds: 1/4 cup; Sesame seeds: 1/4 cup  
**For the syrup:** Honey: 1/4 cup; Peanut butter: 1/2 cup; Vanilla essence: 1 tsp; Dates: 1/2 cup; melted dark chocolate: 1 cup  
**METHOD:** Dry toast the oats, nuts and sesame seeds for about 15-20 minutes or till the oats are cooked and the nuts & seeds become crunchy with a nice golden colour. Grind them together to make a fine powder (alternately you can keep the oats whole, roughly chop the



nuts and leave the seeds as they are). In a pan heat the peanut butter and honey on a low flame. Take it off the flame, add the vanilla essence and the dates purée. Mix well and then add this to the dry ingredients. With a spatula, mix all the

ingredients till combined. Make bite sized spheres. Put it in the fridge for half an hour. Take them out, dip in melted chocolate and put them back in the fridge till set. Wrap them in colourful wrapping paper or serve as is.

#### health

## PICKLE RELISH

5 reasons why you must dig into your grandma's homemade achaar

1 **Fights obesity & diabetes:** Our fast-paced lifestyle, heavy on packaged/processed food upsets the balance of our gut microbiota. The 'live' probiotics in home-made achaar helps restore the diversity and strength of the gut microbiota, accelerates

fat burning and increases insulin sensitivity.

2 **Fights bloating:** By providing just the right strain of bacteria, pickles help in relieving bloating and make you look thinner on your tummy.

3 **Stimulates vit B12 & vit D:** Encourages production of Vit B12 & Vit D3. If your blood reports have declared you deficient in these vitamins, do take a vitamin shot of your home-made achaar!

4 **Improves digestion:** Being enzyme and probiotic rich, achaar aids in digestion and helps assimilate and absorb nutrients from food.

5 **Boosts immunity:** The "good" bacteria it contains secretes anti-microbial proteins that kills off "bad" bacteria and boosts immunity of the body.

— Munmun Ganeriwala, Nutritionist & Fitness Consultant



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