

fi FIRST INDIA

Delhi-Jaipur-Lucknow-Ahmedabad

STRONG VOICE... STRONG JOURNALISM...

ALL INDIA BEAUTY PAGEANT
GRAND FINALE
GOA

Audition Cities:
Delhi
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Online Registrations Open

For Details Contact:
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The teaming declaring the 68th Miss India Beauty Pageant 2021, First Miss Teen India 21 and First Miss Miss India 21, an initiative of First India, was put up outside the newspaper office and immediately became a source of interest with all the passers by. Several new aspirants to participate in it. Brand ambassadors Riya Saini and Richi Gang can be seen posing in the teaming which is attracting eyeballs from across with its 'strong' factor.

—PHOTO BY MANISH KUMAR

FLAVOURS OF HOME



BIYANI CHOPRA

My trials with cooking started when I was eight, I think, or at least when I was old enough to read the Children's Digest—a beautiful, red, hardbound set of books, with gilt lettering. What struck me in it was the volume was a simple recipe for success. With my mother's help, I tried my hand in the kitchen. Because of the copious amount of praise my father doled, I was encouraged to "up my kitchen skills". Home from boarding school, that was one positive I indulged in during our



long holidays.

This is a very personal collection of the memoirs of my food journey, starting from my beautiful school nestled in the hills in Ooty; the dining rooms of the Medical College I attended in Kerala; life with my parents, grandparents, friends, and neighbours. My husband, children, and grandchild are the greatest critiques of my cooking and my memoirs who graded me to write this book. The recipes are taken from dispersed, grease-stained, hand-written books by the two mothers in my life.

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BIYANI CHOPRA

Mental Health and Sustainability



Representational picture



SUSHRITA ANAND

The ongoing Delhi Book Festival Prasanghi Vichar literature festival is in its second edition. The festival is being

initiated by writer and activist Shabli Prasad from September 3 to 5. The online event focuses upon mental health and its sustainability through the medium of sessions and panel discussions. With a series of dynamic authors, psychiatrists, activists among others, the festival shall highlight the issues concerning the men-

tal health of people post-Covid, patients of the mind. If marriage is a necessity, the session shall also pose a dialogue on Taliban. The speakers during the first day of the festival were Venkatesh, Megha Gupta, Dr P Madhura Bhatia, Dr Sujata Singh, author Sudharth Rajsekhar, Aman Nath, Sudhanda Jyoti Nis-

ha, Dr Manjot Prabhu & Hema Sood and Manan Kapoor. Today, the session shall shed light on the true story behind covid, women of mythology and their mental agility global warming among others. The book India Vision written by Kapil Gupta and co-authored by Shreshth Bhatia will also be launched during the festival.



Divyanshu Mishra



Sushrta Anand



Nisha Anand



Aman Nath



Shabli Prasad