



Alia Bhatt and Ranbir Kapoor hosted a New Year party for their friends at their house on Saturday



Varun Dhawan-Natasha, Kunal Rawal-Arpitea Mehta celebrated the New Year with their friends in Rajasthan



Nick Jonas shared a video saying goodbye to the year 2022 with a Bollywood song



Sidharth Malhotra, Kiara, KJo, Manish Malhotra in Dubai



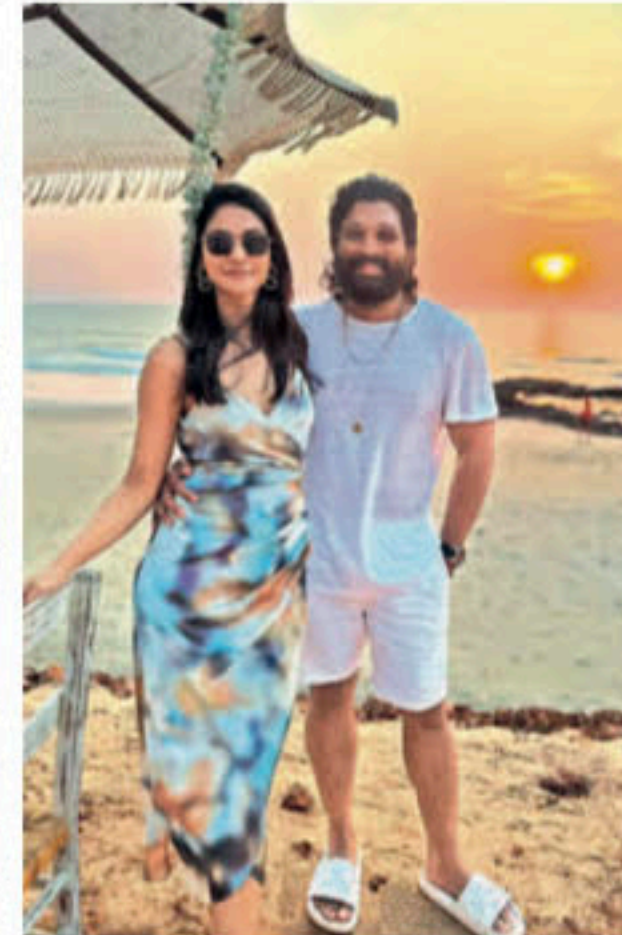
Malaika Arora and Arjun Kapoor

Ringling in 2023

People around the world celebrated with friends and family while welcoming the new year. Some travelled to foreign locations, some celebrated at home. Malaika Arora-Arjun Kapoor, Varun Dhawan-Natasha, Anushka Sharma-Virat Kohli, Allu Arjun-Sneha seemed to have gone abroad. Alia and Ranbir Kapoor were with close friends at home. Priyanka and Nick Jonas shared lovely pics too. Here's a sneak peek into their New Year celebrations! Their photos have taken the Internet by storm and fans can't keep raving about it.



Anushka Sharma and Virat Kohli



Allu Arjun and Sneha

Move on, don't rush, find happiness in small things



Philanthropist Meera Gandhi suggests 3 tips for a happier new year

ANJALI KOCHHAR

✓ New Year is the perfect time to renew your energy and rejuvenate your system. One way to do this is to exercise your body, and the second way to do this is to exercise your mind. For the latter, we spoke to global humanitarian and writer Meera Gandhi, and she had three tips to share.

Gandhi is a humanitarian, philanthropist, social activist, mother, businesswoman and mental wellness advocate who divides her time between New York City, London, Mumbai, Dubai and Hong Kong. As Founder and CEO of *The Giving*

Back Foundation, she has dedicated herself to making a difference through her commitment to enhancing the lives of others and creating a more just world. Her new book, *3 Tips: The Essentials for Peace, Joy and Fulfilment* was launched recently. In *3 Tips*, Gandhi has truncated her life's learnings into three easy-to-follow, utterly practical tips that anyone can incorporate into life.

Tips

1. "Remember the past is done. Leave it behind — whether it was good, bad or indifferent, it is done. In the present, focus on the new year. One should learn to forgive and forget. Just move on. If someone has been dry to you or has done something wrong, don't keep that in mind for too long. Forgive them for your mental peace and

move on in life."

2. "Don't rush too much! It's ok to not be present everywhere at every time. It's ok to sometimes say no to things. It's up to you but, don't be too hard on yourself." Giving her example of how she broke her leg while rushing from Antarctica, Gandhi says that this is something she has learnt from 2022 and will take it forward.

3. Find happiness in little things. Gandhi shares that simple joys of life, for example, watching a squirrel trying to climb a window or talking to someone while waiting for a flight and sharing stories make her the happiest. For the new year, she suggests everyone find peace and happiness in the little things.

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