

LA VAFARA

December 2021 | Annual

HISTORY OF LATVIA



Talking with Titas with Gorgeous Fashion Artist & Model

25 International AMAZING things you dint know about Lativa

Fitness Model Jagjit Sabharwal Influencer

BOUTIQUE Design

Abir Roy showcase best of his masterpiece collection

The Riga Fashion House in latvia

LA VAFARA

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Jagjit
Sabharwal



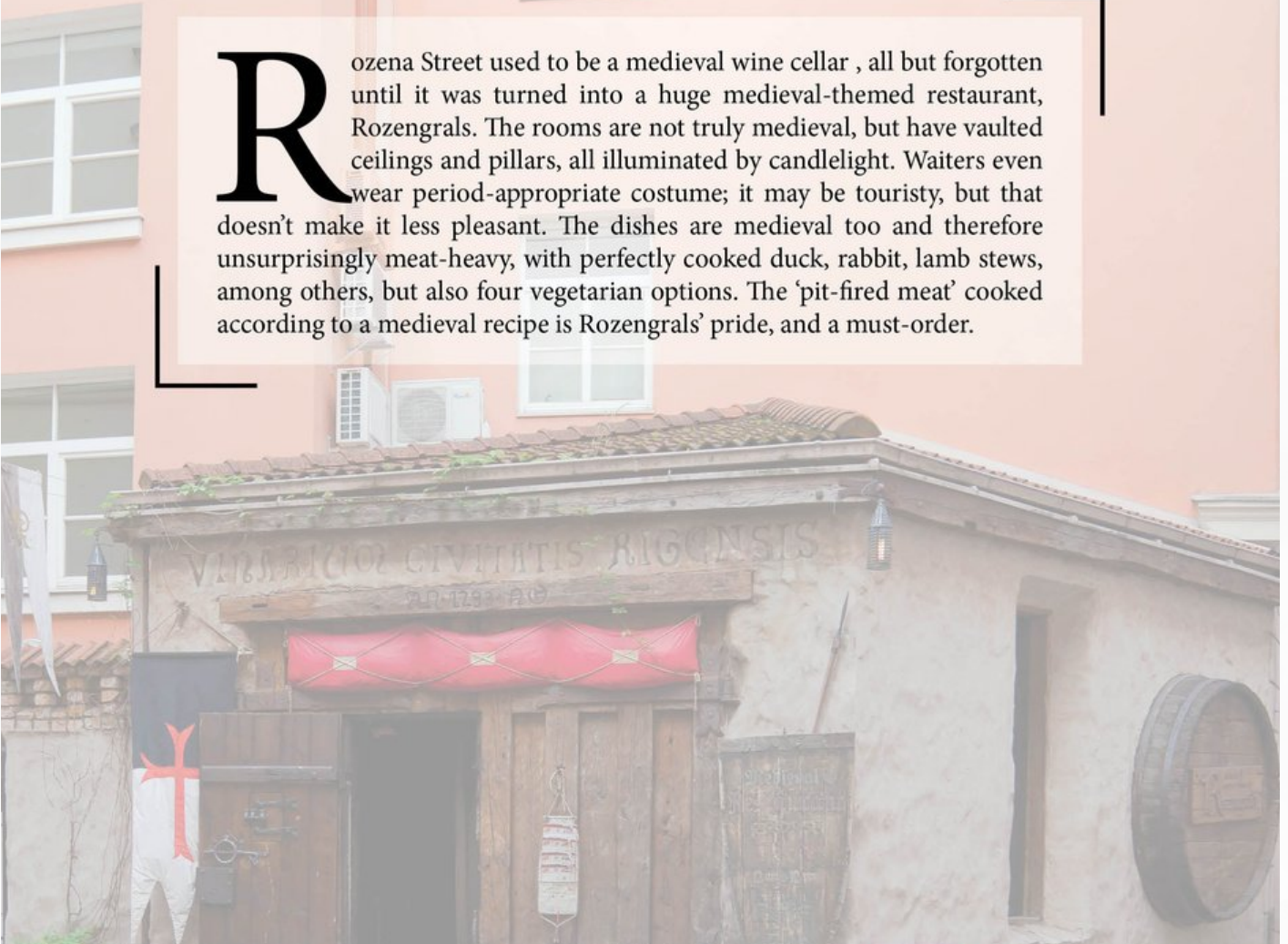
I am a hard core fitness freak and also possess magnetic personality. Decided to pursue career in Modeling preferably for Movies, Web Series, Ads, Print Media and Ramp Walking. I am an engineer by qualification. Did my Electrical Engineering from Delhi

followed by Engineering graduation from BITS Pilani. Have worked for MNCs like Xerox and Tata Teleservices. For the last six years, I am into business of various Electronic Gadgets which are imported from Hong Kong, Taiwan, Singapore, UAE, Europe and US.

Resturant in Latvia



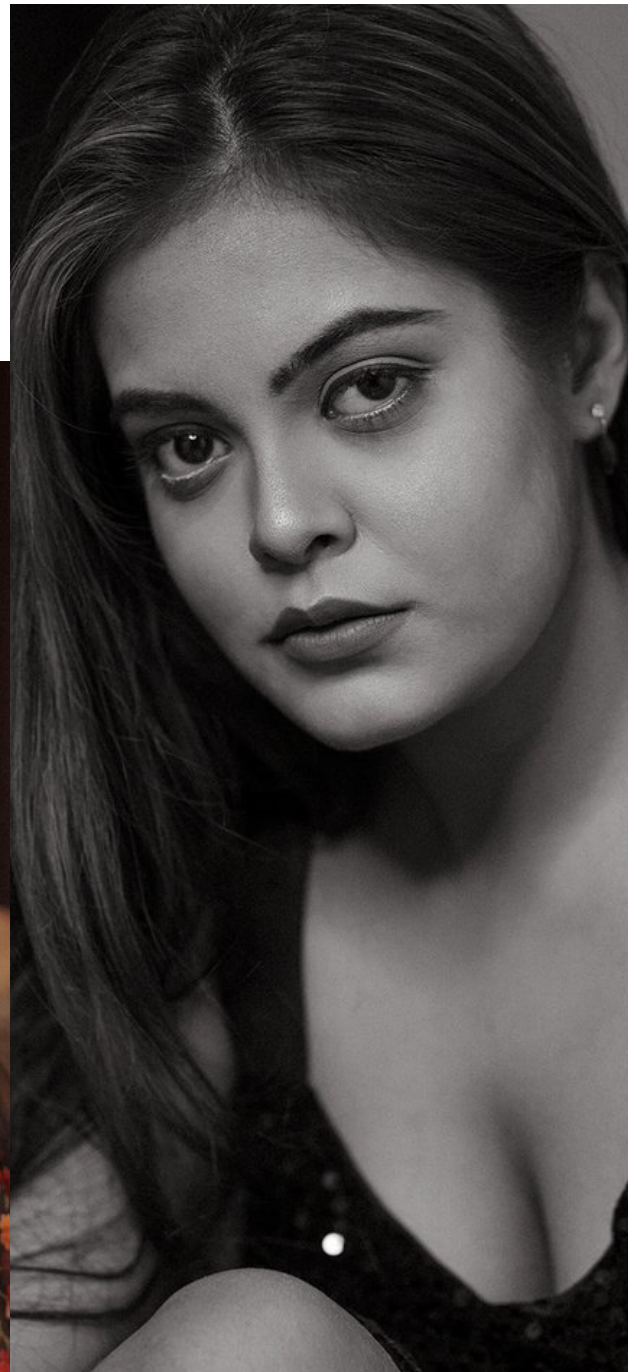
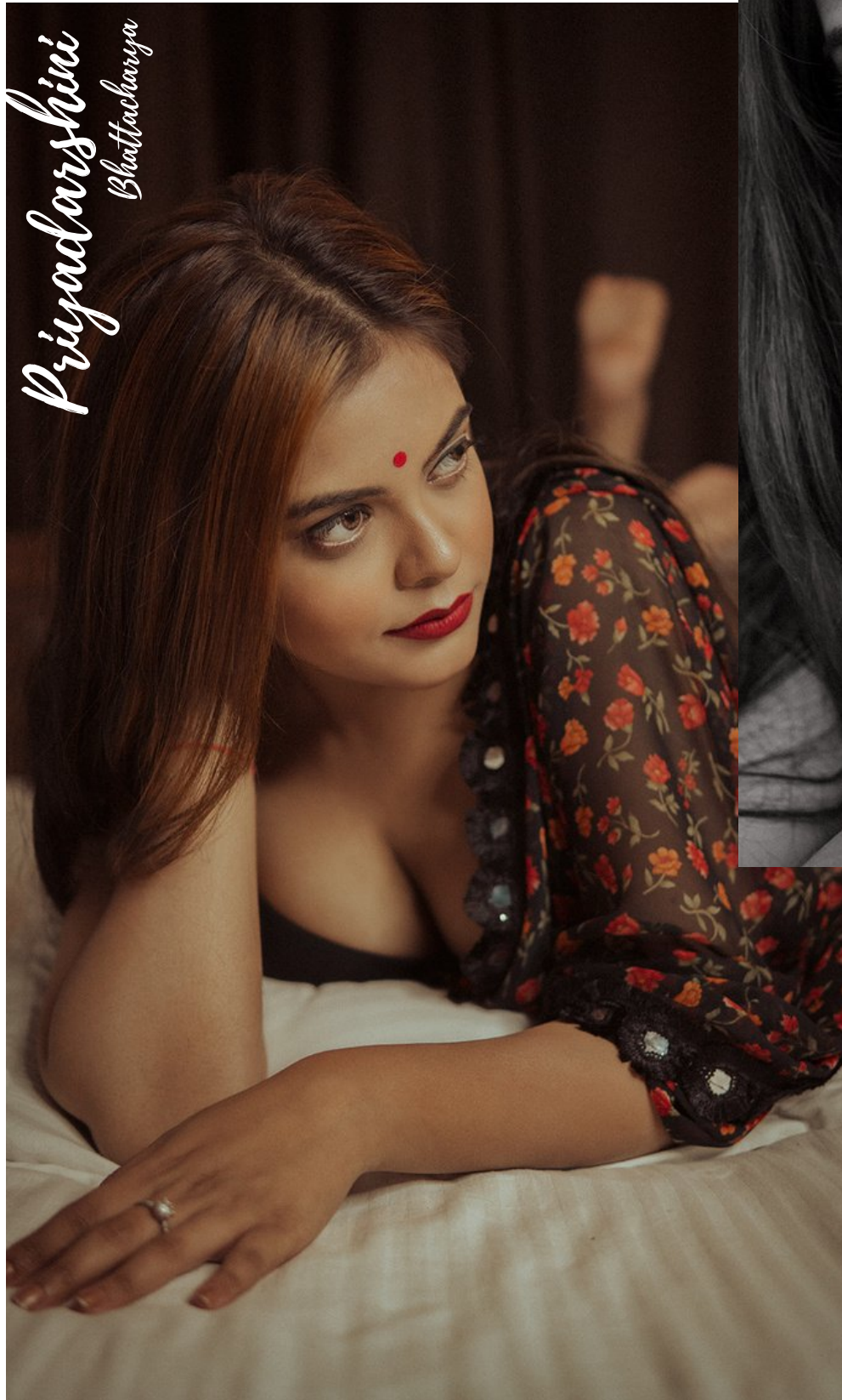
Rozena Street used to be a medieval wine cellar, all but forgotten until it was turned into a huge medieval-themed restaurant, Rozengrals. The rooms are not truly medieval, but have vaulted ceilings and pillars, all illuminated by candlelight. Waiters even wear period-appropriate costume; it may be touristy, but that doesn't make it less pleasant. The dishes are medieval too and therefore unsurprisingly meat-heavy, with perfectly cooked duck, rabbit, lamb stews, among others, but also four vegetarian options. The 'pit-fired meat' cooked according to a medieval recipe is Rozengrals' pride, and a must-order.



MODEL

Where do you see yourself after 5 years ?

Over the next few years, I want to explore more and more and also develop new skills in every project I work on. In five years, I want to have gained experience in leading projects with the major eminent clients possible. I will also be looking for wider opportunities that would help me expand my career as a model. So five years from now, I want to set up a few realistic goals for myself keeping the fire alive within and I hope I will achieve my goal.



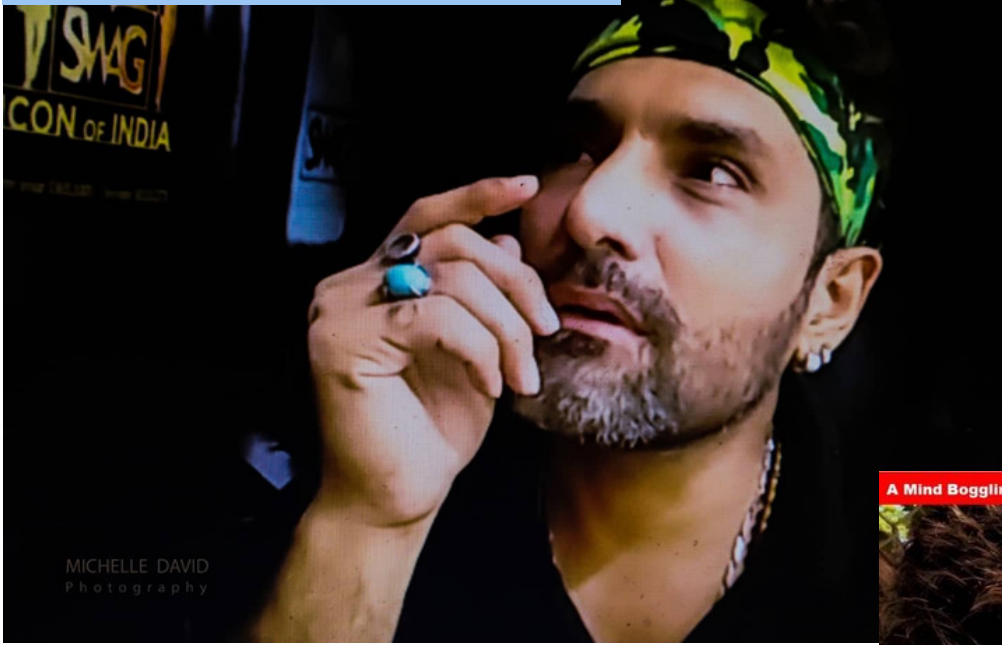
How did you connect with Mr. Pranav ?

Pranav and I got connected via Instagram. Pranav has got great skills and his works involve a wonderful sense of art. I'm glad I came into contact with a person so much involved in creativity .

How and when did you start your journey of being a fashion designer/model ?

It was 2017 and I was pursuing my 2nd year of graduation, when I stepped into my journey of being a model. Everything was unplanned and happened unexpectedly.

ACTOR

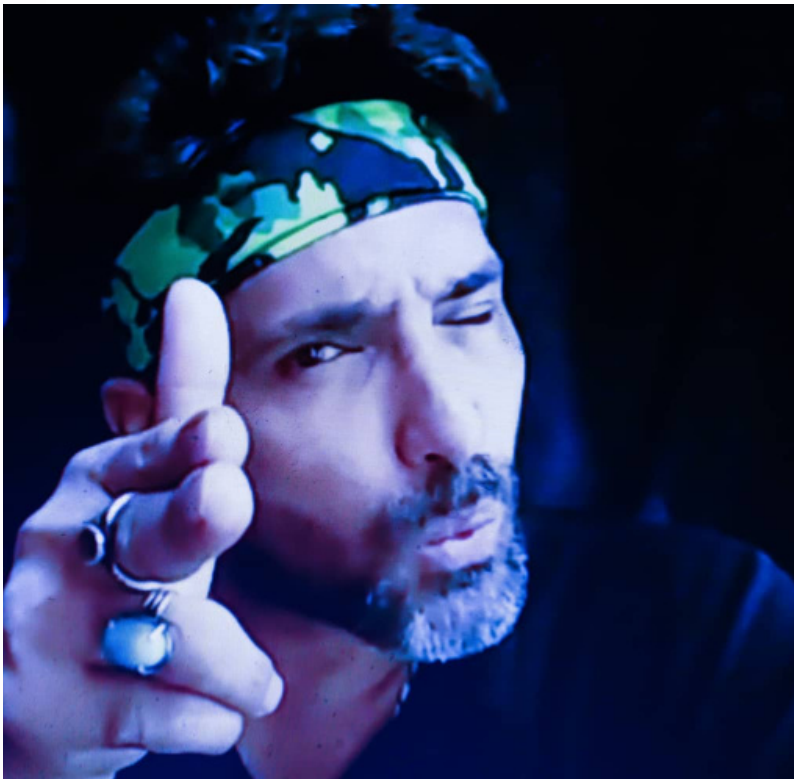


Shabbir Ali

Shabbir Ali has been working generously on his own till date & has left no stone unturned towards helping the poor n the needy. He is well experienced in front of the camera and also towards society. He has been Mr. India & Mr. Asia 2000 & The Supermodel of India.

Bollywood Films (Ishq Vish q, Asambhav, Lashkar, Hum Tum Aur Ghost, Riyasat, Main Hoon Rajnikant, Jaat, Bajirao Mastani, Red Mask, many more..)

Kannada Movie (Hege Alisali Ninna Chitrava)



Music Videos: Bahon Main Chaley Aa & Hum Bewafa for SONY Music. Sun Zara & Aaa Jaane Jaan for TIMES Music. Soniye Dil Nai Lagda Tere Bina for MUSIC Waves. Aapke Aa Jaane Se for T-Series Music.

Press Ads/ Commercial: Mumbai are Benzer Boutique, Taj Group of Hotels, Raymond, Bata Floaters, Tuscan Verve, Double Bull, Tata Indica Car, Walls Feast Ice-Cream, Charminar Cigarettes. Delhi are Monte Carlo & Canterbury. London are RKC, Anniversary Show for Eclipse Ent., Promotional work Sainsburys, O2 Mobiles & Safeway.

S-erving With A-ttitude is my way of G-ratitude
SWAG ICON of INDIA - SEASON III by SHABIR ALI

MODEL

It's
me
Titas

INTERNATIONAL MODEL 2020-21

PICTURE BY ABIR ROY

I'm Titas, Don't you think I have an uncommon name? There is a river, named Titas, which in spite of having a lot of barriers never stops flowing ahead. The same goes for me. I have a lot of barriers and more coming, but I promise I will never stop going ahead. I was going through mental depressions for the last two years, but I have managed to come out with my positivity and dedication to my work. I always feel enthusiastic when I'm working.

LATVIAN NEWS



**“INCREASED
FUNDING TO
WORKING
CAPITAL GRANTS
PROGRAM WILL
HELP PREVENT
BANKRUPTCIES.”**

- PM KARINS

RIGA - Increased funding to the working capital grants program will enable businesses to avoid bankruptcies, Prime Minister Krisjanis Karins (New Unity) said at the government meeting. The government has endorsed the Economics Ministry's proposal to increase the amount of funds available under the working capital grants program more than fourfold up to EUR 310.8 million.

Karins pointed out that his Cabinet is sometimes criticized for not providing sufficient support to businesses but today's decision proves the opposite. "This support will help prevent many companies from going bankrupt and will enable them to resume operations as soon as the situation permits," the prime minister said. Economics Minister Janis Vitenbergs (For Humane Latvia; KPV LV) informed that the average support provided to a company under the grants program is EUR 12,000.



After analyzing the working capital support program, the Economics Ministry has concluded that the previous estimate, which set the amount of potential support at EUR 60 million, is very close to the current situation. However, the amendments to the support program, which were approved on January 28 and February 4 this year to expand the range of support recipients, have not yet come into force as they are still being coordinated with the European Commission. "It is clear that the funds available under the support program have almost been used up, and for the program to continue from February through May will additionally require at least EUR 240 million. It must also be taken into consideration that this is a cautious projection of additional funding as

it is possible that additional funds will have to be allotted from the state budget if applicants' activity increases," said the Economics Ministry. The Economics Ministry therefore proposes increasing funds for the working capital support program from the current EUR 70.8 million to EUR 310.8 million by taking the extra financing from the budget's contingency funds.

According to the Economics Ministry, 9,949 applications for the grants were received on February 17 for a total amount of EUR 91,559,486, and a total of EUR 26,493,365 was paid to 3,334 applicants. Businessmen may apply for grants for working capital each month until May 31, 2021 through the Electronic Declaration System. They will have to use the support until July 31, 2021.

“**Businessmen may apply for grants for working capital each month until May 31, 2021 through the Electronic Declaration System.**”

Source: https://www.baltictimes.com/increased_funding_to_working_capital_grants_program_will_help_prevent_bankruptcies_-_pm_karins/

DESIGNER

Rohit Verma

How and when did you start your journey of being a fashion designer ?

I was born in a small town called Allahabad in UP, and been brought up in Mussoorie and my father always wanted me to go into technical line. I always enjoyed doing paintings and clay modelling and tie and dye. I used to do a lot of ceramic arts, actually i wanted to become a interior decorator. i had my own Journey from dark lanes of Allahabad to the escalators of Paris and when i opted fashion and designing my father never wanted me to become one and thats how my journey started as a Designer. On 18th April 1996 at 4:00 in the evening i arrived the city of dreams called Mumbai and thats how my fashion designing career started from there.



Who and which things are the inspiration while creating any design , while working?

I am very close to the Indian culture and art because I come from a land which has got so many different types of languages and every language has got its own style and fashion element same is with every culture. So my shows have always been based on some kind of theme. You can take Inspiration from anything from a country like India , you just need a pen and paper and the result will be beautiful ,everybody is going to appreciate the result.

How many celebrities have you worked with till now?

So, I have worked with almost everybody in some way or the other, I am known as a celebrity fashion designer where Bollywood wear my clothes from Sunny Leone to Shilpa to Bipasha and to Kangana they all have wore my clothes. Dressing up celebrities is always very exciting because they are ones who break the benchmark of fashion and get us there. So yes i almost dressed up everyone. It is always very important to do things that makes you happy, when i got into the Bollywood and i wanted to do Bollywood movies



There is a book coming up that based on you and is written by Ashish kaul , how did you get into book writing?

My story has been inspirational because I am a very bold and unapologetic person when it comes to anything , I have never hidden about my sexuality supported LGBTQ community , have supported poor children. I have seen everything in my life , thats the book is about , it is about a journey of unholy queen because a lot of people in our society are exploring their sexuality and yet living a closeted life so its an inspiration to all the people who are fighting with their sexuality.



I'm Shilpi Shukla, a girl who rides motorcycles, a young woman who has travelled solo to almost 45+ places within

India, a girl who loves to sing and dance and live life to the fullest and a girl whom people often refer to as adventurous and crazy at the same time. I started riding at the age of 19; I am still learning new things about riding motorcycles everyday and I will be learning throughout my life because learning never stops and you just become a better version of yourself. I started working at the age

16 and started my career as a voice over artist for sometime in Zabardast hit 95 fm and gave my voice to the Jingle "totally kick-ass". Ever since I've grown as a person. Currently I'm a 21 years young woman, working with a multi national bank and learning Spanish. I'm living my life the way I want to because life is too short to be boring and to kill your dreams/passion! Also, as a past time I make doodles, some of which got featured in RE and Google.

20 20 LATVIAN POLITICS



LATVIAN MAJOR POLITICAL EVENTS IN 2020: COVID-19, EXTRAORDINARY ELECTIONS AND REGIONAL REFORM

The main focus of Latvian internal politics in 2020 was put on the mitigation of the consequences of the Covid-19 crisis. The rapid decision-making process and consultations of politicians with healthcare experts led to the fact that during the first wave of coronavirus Latvia has been relatively successful in terms of dealing with Covid-19 crisis. I am confident that with government and society working together we will overcome this virus," Prime Minister of Latvia, Krišjānis Kariņš concluded.

Parliament and Cabinet of Ministers has been working on Covid-19 mitigation measures and implementation of emergency situation



Certain restrictions developed since Latvia faced the first wave of coronavirus outbreak in March: leading to declared state of emergency until June 10. For more than three months the citizens of Latvia have been living under the emergency situation.



Extraordinary Elections to the Riga City Council took place after Riga Council dismissal

The one of the central political events of 2020 has definitely been the extraordinary elections of the Riga City Council. Those elections were scheduled after the Riga City Council dissolution law passed by the Parliament on 13 February. The leading Latvian Russian-speakers party which has run the city since 2009, lost its top position, As a result, the new Riga mayor was elected – Martins Stakis, the leader of the winning list “Development / For!” – “Progressive” party.

Parliament finally approves major administrative-territorial reform

According to the new reform, in the future Latvia will be decreased the number of administrative territories. The status of a state city has been determined for 10 cities Daugavpils, Jelgava, Jēkabpils, Jūrmala, Liepāja, Ogre, Rēzekne, Rīga, Valmiera and Ventspils. In total, the Commission has processed more than 800 proposals during more than 120 working hours,” said Artūrs Toms Plešs, Chairman of the Administrative Territorial Reform Commission.

M A L I N I
K A P O O R



When and how did you get into the television industry?

It was not planned at all, I was pursuing a Tour and Travel course. Somehow, I managed to convince my sister to let me do a portfolio shoot, eventually that led me to an audition and after that there was no looking back.

You have played numerous characters on screen, do you have any favourite character and why so?

In these long 19 years my most favorite one, Its 'Resham' from show 'Yeh Hawayein', though this was about 16 years back on DD1. Social media kept me busy throughout pandemic as a celebrity influencer. God has been kind.

Politics System in 2021



Regular municipal elections take place in 2021 and reduction of number of deputies

This year in Latvian politics will be mainly focused on forthcoming municipal elections, which will be held in Latvia on 5 June 2021. The Parliament adopted amendments to the law, which provides for the possibility for voters abroad to participate in municipal elections by postal voting. There is also a significant change expected at local elections in 2021. There will be a drastically smaller number of local government and deputies to be elected.

According to the law, in the future Latvian new counties with a population of up to 60 000 will have 23 deputies, In turn, for state cities division will be following: cities with a population of up to 50 000 will elect 13 deputies, but in cities with more than 50,000 inhabitants the council will have 15 deputies.

Pre-election campaign, vaccination plan and reforms

The first half of 2021 will be focused on pre-election campaign and it is expected that pre-election processes will soon take over political stage in Latvia. Latvian Prime Minister Krišjānis Kariņš announced that he had lost confidence in Health Minister Ilze Viņķele, due to the delay in presenting the vaccination plan she responsible for¹. As a result, another member of Development/For party, Daniels Pavļuts, was appointed as new Health Minister of Latvia. In the context of upcoming election, worth to mention

LATVIAN POLITICS DEVELOPMENT OUTLOOK FOR 2021: MUNICIPAL ELECTIONS, VACCINATION PLAN AND TERRITORIAL REFORM



that Prime Minister is representing a political party “New Unity”. Minister of Finances who also represents “New Unity”, is criticized by society for his reform on mandatory social insurance contributions and insufficient support for citizens who were not allowed to work during emergency situation. While the biggest threat and at the same time opportunity for “Development/For” is closely

related to their Health Minister actions towards mitigation of Covid-19 crisis and vaccination plan.

Administrative territorial reform in action and further discussions

As said before, from 1 July 2021 onward there will be 42 municipalities in Latvia, as dictated by the Administrative Territorial Reform approved by the Parliament in 2020. Prior to this reform, there were 119 administrative territories in the country, but before to the previous territorial reform in 2009, there were 26 district municipalities and 527 local governments in Latvia.



¹ <https://eng.lsm.lv/article/politics/politics/health-minister-to-be-dismissed-over-vaccine-plan-differences.a387746/>



Makeup @beauteesquad by Maryam
Photo elite plus Photographer by irfan

Designer Dream Collection represents my dream of fulfilling every bride/woman and girl's dream to look beautiful

A **small-town girl** who has made her mark in the Fashion Industry globally, has been a dream **story** that has come true for Anjali Phougat founder of south Asian luxury brand designer dream collection and she has become true inspiration for south Asian woman community. Anjali Phougat was born in small town Gurugram India

in a middle class Punjabi family and always dreamt to see the world and empower other women. It was not an easy journey for her. Being born into an middle class, she only had 2 options - either prove herself worthy by 21 or get married but she remain persistent and focused and after marriage she did not give up on her dream. She recently launched plus

size collection with the help of her sister who remained her back bone and super thrilled about her plus size collection.

Anjali always believed in empowering other woman and showed diversity in her designs
As she strongly believes
"We grow by uplifting others"

REAL ESTATE

Graph of Latvia



Latvia is the fastest growing among the Baltic States. The demand for real estate has soared recently with property prices recorded the highest growth in the EU exceeding 11% compared to previous year.

Latvia offers golden visa (permanent residency) to foreigner investors on the basis of acquisition of real estate for EUR 250,000. There is a 5% additional state fee EUR 12,500 paid to the Government, which is cheapest golden visa in Europe.

Investors can buy a property (apartment, luxury home) in Riga, Jurmala or major cities. With Latvia considered to have one of the lowest house prices in Europe, foreigners now account for 70% of all property transactions mainly from Russians, Chinese, Ukrainians and Uzbeks.

The property prices of new apartments in Riga capital are priced from €1,450 to €3,800 per sq. m. in 2016. Investor and family qualify for 5 year

residence permit issued by Latvia which can be extended thereafter.

There are residency requirements. Permanent residency is possible after living 5 years uninterrupted in Latvia, which then leads to Latvian citizenship after another 5 years, speaking Latvian language and fully integrating to latvian culture.

In 2017 foreigners were mostly interested in the possibility to receive a residence permit by purchasing real estate (apartment) in Latvia. According to latest statistics over 10,000 foreigners receive residence permits for buying property in Latvia every year. Foreigners requested a residence permit based on the fact that they themselves or their family members had purchased real estate in Latvia. Foreigners showed the greatest interest in

ACTOR

*Varun
Joshi*

is an Indian television actor known for playing the role of Manish in "Yeh Hai Mohabbatein" on Starplus. He had played various roles in Balaji Telefilms for "Kundali Bhagya" and "Kumkum Bhagya". He started his career with "Bepannah" on colors where he was playing the role of a flirtious choreographer. later on he was seen in a webseries for Ullu app "Dubeyji and the Boys", He was seen as Vasuki Naag again for mythological series "Shrimadbhagwad Mahapuran" on colors. He was also seen in Roop-Mard ka naya swaroop.

His Upcoming web-series is kharoch currently as negative lead and Upcoming movie is Shashank and Utavle Bavle



fashion

The Riga Fashion House

The Riga Fashion House with the best designers of Latvia was founded in 1949 and submitted to the Ministry of Light Industry. Rigans, as well as Latvians in general, always follow fashion even though it is difficult to keep up with Paris, Milan and London, where fashion is an industry. Although this is the case today, in the Soviet era, Riga was considered a true “capital of western fashion” in the USSR: the memories of pre-war prosperity were still alive and, thanks to old masters and high-quality design schools, continuity preserved.

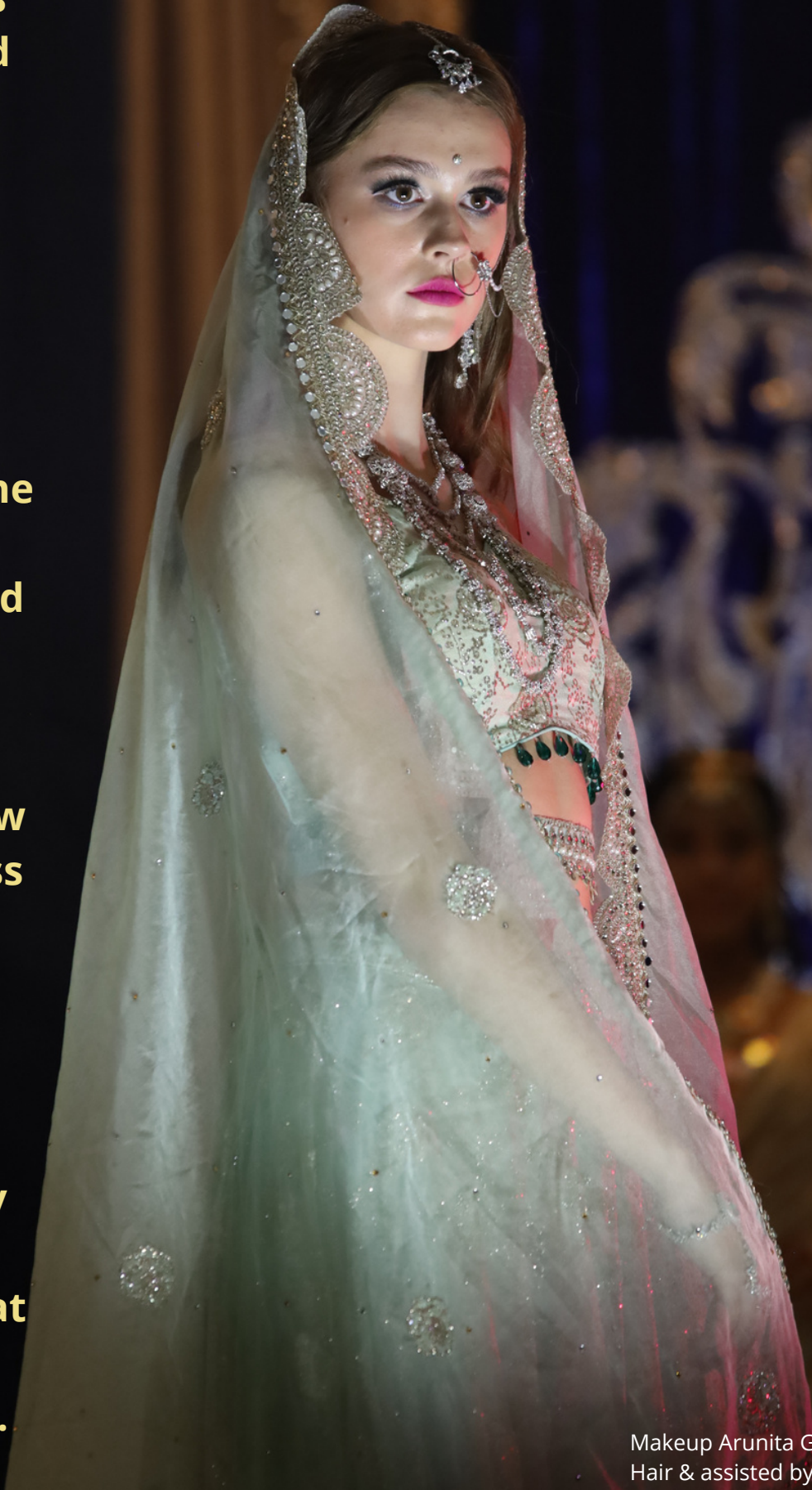
Many women have vivid and very personal memories connected with “Rigas Modes”. The magazine first came out in 1949 in the Latvian State Publishing House and was introduced as an “Assistant for families and sewing workshops in creating beautiful and tasteful clothes.”

Even today, senior Rigans like to meet with friends at “Rigas Modes”. For those who are not in the know – it do not have any significant connection with the name of the legendary magazine.

Rigas Modes was the most expensive and prestigious fashion centre in Riga, and the public matched the level of the establishment.



Natalia Angelina Spanhelova is an 18 year old Czech born American model who made her modeling debut in New York fashion week 2020. She travels all over the world for modeling and was honored to wear the show stopping dress for Designer Dream Collection, saying she feels like royalty in any of Anjali's creations, that they are simply divine.



Makeup Arunita Ghosh
Hair & assisted by Blush by Priya

TECHNOLOGY



INSIDE - OUTSIDE

In the high-tech industry, Latvia's strengths lie in technological expertise: in pharmacy, biotechnology and biomedicine, information technologies, electronics, energy, food technology, chemistry and the wood-processing industries. In recent times they have also made their mark in the field of sound technology and drone intelligence.



START-UP IN LATVIA

Latvia has taken the world by storm with its ever-growing successful start-ups. With a working population of less than one million, Latvia has managed to make its presence felt in the global high-tech market. There are over 400 registered start-ups in Latvia according to LIAA. Besides start-ups, there are multiple avenues that function as co-working spaces, a pool of investors, publicly as well as privately funded business incubators. Moreover, Riga the capital city of Latvia has become a technology hub and is home to various Technology and innovation events. Some of these are the Digital Freedom Festival, iNovuss, Deep Tech Atelier and TechChill to name a few significant ones.

Both Internet and electronic commerce are rapidly penetrating the Latvian market and increasing the need for information and communications technologies (ICT) products, services, and support.

Myra Singh

Myra Singh, a girl belonging from the city of people with big hearts, Delhi. The name 'Myra' stands for someone who is admirable or sweet and certainly, Myra Singh has given extreme justice to her name. She is a model and an actress who is always looking out for something new, she believes in never being bound and having new experiences as much as she can. She has done it all from being a participant to being a guest of honour in fashion shows.

Myra Singh has played role of Preeto in Colors TV Udaariyaan in 2021, Serial Khasma-nu-Khani at Zee Punjabi, also lead actress in songs like 'Fly', 'Chulla Chaunka' and many more. She has been rewarded with 3 awards in three consecutive years, In 2016, she bagged the position of 2nd runnerup in Women's of the year.



In 2017, she was the 2nd runner up for miss glamorous of Rajasthan and In 2018, she was awarded with 'Best Walk' award in star of India. Not only in the world of glamour but Myra also holds experience of being on screen, she has done a serial named Yeh Pyaar Nahi To Kya Hai on channel none other than Sony, she has also played a role of journalist in a well known web series called Patal Lok and few Philip Ad shoot.

education



THE EDUCATION SYSTEM IN LATVIA

The education system in Latvia, like its culture, is best characterized by its openness to outside influences. It is an active participant in international collaborations such as the establishment of the European Higher Education Area, which advocates an active exchange of staff and students within and outside of Europe.

The education system in Latvia is also heavily involved in multi-national cooperation in the field of education and research, with the aim of further developing student competitiveness in both local and international job markets.

The Latvian education system consists of pre-school education, basic education, secondary education and higher education. General education in Latvia in total lasts 12 years consisting of compulsory 9-years basic education and 3-years secondary education. Additionally pre-school education at age of 5-6 is compulsory in Latvia.

Basic education stage comprises general basic education (grades 1-9) and vocational basic education. Secondary education stage comprises general secondary education, vocational secondary education and vocational education. Higher education comprises both academic and professional study programmes.

Source: <http://www.aic.lv/portal/en/izglitiba-latvija>



Farheen Khan

MODEL

Success usually comes to those who are too busy to be looking for it!

Just like every teenager had a dream of becoming a hero or model, I also had a dream to become a professional model, I had got a good height since childhood, that is why my friends always encouraged me to become a model. But my parents' dream was that I would become a journalist and I did the same, I started studying journalism. When I entered college, I got a proposal for a ramp show from the students of the fashion department and from the same day I started my modeling career, the experience of walking the ramp for the first time was really very good. And since then I have done many shows and shoots and worked hard to fulfill my dream and progressed in this field, in the same way I fulfilled my dream as well as my parents' dream. Since now my modeling career has been really very good and I hope that the future will also go good.

In the end, I will just say that always work hard, never lose hope one day surely you will achieve all your goals and complete all your dreams. and always keep one thing in your mind that



medical



Latvia had the fourth highest mortality in Europe, at 704 per 100,000 population in 2015, the third highest rate of male smokers - 49%, and the second highest rate of death from injury (55 per 100,000).

HEALTH CARE

The Latvian healthcare system is a universal programme, largely funded through government taxation. It was among the lowest-ranked healthcare systems in Europe, due to excessive waiting times for treatment, insufficient access to the latest medicines, and other factors. There were 59 hospitals in Latvia in 2009, down from 94 in 2007, and 121 in 2006.



VACCINATION

The notion of mandatory vaccination in Latvia differs from that of other nations. Latvia appears unique in that it compels health care providers to obtain the signatures of those who decline vaccination. Individuals have the right to refuse a vaccination, but if they do so, health providers have a duty to explain the health consequences.



Source: https://en.wikipedia.org/wiki/Health_in_Latvia

SINGER

Sheetal Gupta

Sheetal Gupta is known for her powerful vocals & versatility as a singer. She is the voice behind 'Kadi Hoon Karke' song for film Virgin Bhanupriya on Zee5, Jeetkar Dikhana Hai song featuring multi artists, Takti hain raahein on Eros & many many more. Find her songs on 75 digital channels like gaana, saavn, itunes, amazon etc. Music is her fuel & she finds her purpose in following her passion for music with all her heart & soul.

She is a member of the Indian Singers' Rights Association & is registered as a lyricist with Screen Writers Association. The recipient of Human Welfare Award, Sheetal is currently handling the position of Creative Head at Shootatsite Motion Pictures in Mumbai.



Social Development in Latvia

2020

ACHIEVEMENTS AND CHALLENGES IN LATVIAN SOCIETY IN 2020

Social life of Latvian inhabitants this year faced plethora of changes due to emergency situation. Additionally, Latvia still has a problem of aging population and population decrease in general. In this social briefing the following main social and socio-economic results of the year in Latvia will be summarized.

POPULATION STATISTICS TRENDS IN 2020

Population trend in Latvia remains decreasing. Descending population trend is one of the most problematic issues for Latvia. Based on data from the Central Statistical Bureau of Latvia, there is a slight increase in the number of deaths this year and it is needed to be considered that there is no data for December yet but deaths due to Covid-19 reason are at the pic now in Latvia.

MAIN CHANGES IN THE SECTOR OF EDUCATION DUE TO COVID-19

The first emergency situation was declared on March 14th this year because of that all educational institutions were closed for more than a month thus making one of the historically biggest challenges for all members of the education process. There is a significant necessity in the law amendments because the risk of Covid-19 infection is still high.

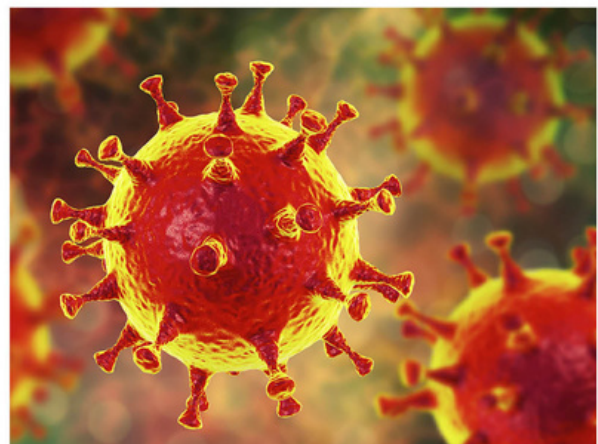
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ATTITUDE OF THE LATVIAN POPULATION TOWARDS COVID-19 NEWS

Population trend in Latvia remains decreasing. Descending population trend is one of the most problematic issues for Latvia. Based on data from the Central Statistical Bureau of Latvia, there is a slight increase in the number of deaths this year and it is needed to be considered that there is no data for December yet but deaths due to Covid-19 reason are at the pic now in Latvia.





THE TRENDS AND FORECASTS FOR LATVIAN MAIN SOCIAL INDICATORS IN 2021

During the first half of 2021, the government will continue the fight against Covid-19 pandemic. Immunization of the population is the main priority for this period. However, there are several obstacles for the citizens' vaccination, one of them is the absence of an appropriate, realistic, and efficient plan of vaccination.

In Latvia, one of the most significant issue for the future years is the population decrease due to natural reasons and migration.



FITNESS

What made you so passionate about yoga?

I have always been curious about knowing our body, mind and soul. Body is something which we can see with our eyes but how to work on our mind and soul to make them healthy and strong, this question made me get into the depth of Yoga. Yoga is a union of yourself with your mind and soul, so Yoga has provided me with the answers to my curiosities.

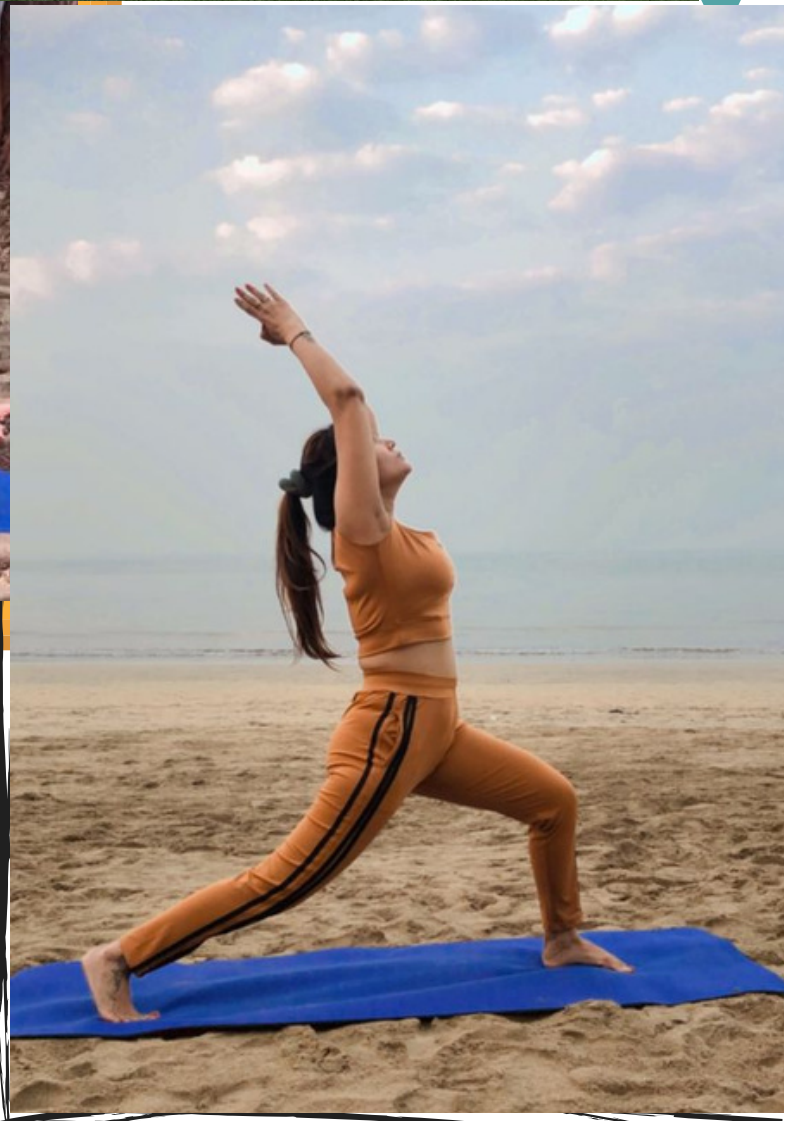


MAMTA
AGARWAL



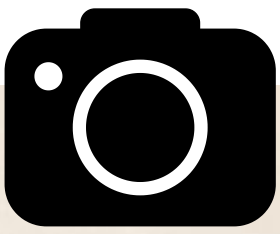
Any future goal that you would love to accomplish?

I want to share my knowledge that I have regarding Yoga with as many people as I can. I want to own a yoga centre where I can teach people about their mental and inner health, where I can make them realise that how important it is to be mentally stable because having inner stability is the only thing that leads to a happy and strong life and body.



Throughout your journey, What would you consider as your biggest achievement till now?

When my students tell me that yoga has changed their lives for better, it feels nothing less than any award to me. They have started thinking in positive manner, their perceptions have changed, their surroundings have become better, getting all of these motivational results have made me what I am today.



Amit Khanna



FILMMAKER

Amit Khanna is a Filmmaker & an avid Fashion photographer. He is an award winning director and writer who kicked off as the youngest in the field with his debut as a writer with Channel V's first fiction show "Roomies" and debut as a director with his first feature film "Tutiya Dil" followed by Badmashiyaan. Amit made India Proud at the Nice Film Festival (south of France) 2016 on winning the award for the best short film in a foreign Language for his film "

His films have travelled across the globe and he has also represented India at the 69th Cannes Film Festival as well. He is the sole holder of the prestigious Dada Saheb Phalke excellence award in the field of fashion photography.



LATVIA



Latvians continue to observe the traditions of their ancestors – culture embedded in Latvian folklore that is best experienced during the Summer Solstice or “Jani” holiday, and the massive Song and Dance festivals, as well as through traditional crafts and handiwork, events organised by museums, and a lot of other activities. Those who enjoy music and performing arts will enjoy major opera festivals in Riga and Sigulda, and a large number of various concerts and festivals across the country.

FOLKLORE AND CUSTOMS

Latvia is proud of its rich heritage of folklore and folk customs that cannot be encountered anywhere else. A significant part of the modern Latvian lifestyle includes such unique traditions as the summer solstice holiday Jāni or “Liigo!”, the Latvian Song and Dance Festival, a treasure trove of folk songs (dainas), mythology, traditional dress, and folk dancing.



Folklore, a treasure trove of folk songs (dainas), mythology, traditional dress, and folk dancing.





LATVIAN NATIONAL OPERA AND BALLET

Taking in one of the productions at the Latvian National Opera and Ballet, you can expect top-class classical opera, modern opera and ballet performances, children's operas and original Latvian productions. Fans are especially excited to see world-famous Latvian opera stars return to perform here at home.

SONG AND DANCE CELEBRATION

Every five years, for one week. This is the time frame for the main event in Latvian cultural life - the Nationwide Latvian Song and Dance Celebration. It involves hundreds of choirs and folk dance groups, entrancing thousands in the audience. The Celebration has earned high honour internationally, being included on the UNESCO Oral History and Non-material Cultural Heritage List.

The next Nationwide Latvian Song and Dance Celebration will be held on July 2023.



MUSIC FESTIVALS

Festival season, offering exciting concerts, is one of the highlights of summer in Latvia, held in the most beautiful locations – on the beach in Liepaja, in picturesque Sigulda and other historical towns and, of course, in the concert halls and outdoor venues in the Latvian capital - Riga.



COVID-19 CURRENT SITUATION AND PERSPECTIVES

The start of 2021 remains slow due to continuing restrictions and unfavourable trade conditions. However, consumer sentiment is steadily improving, job losses are limited. The situation with Covid-19 is ambiguous in Latvia.

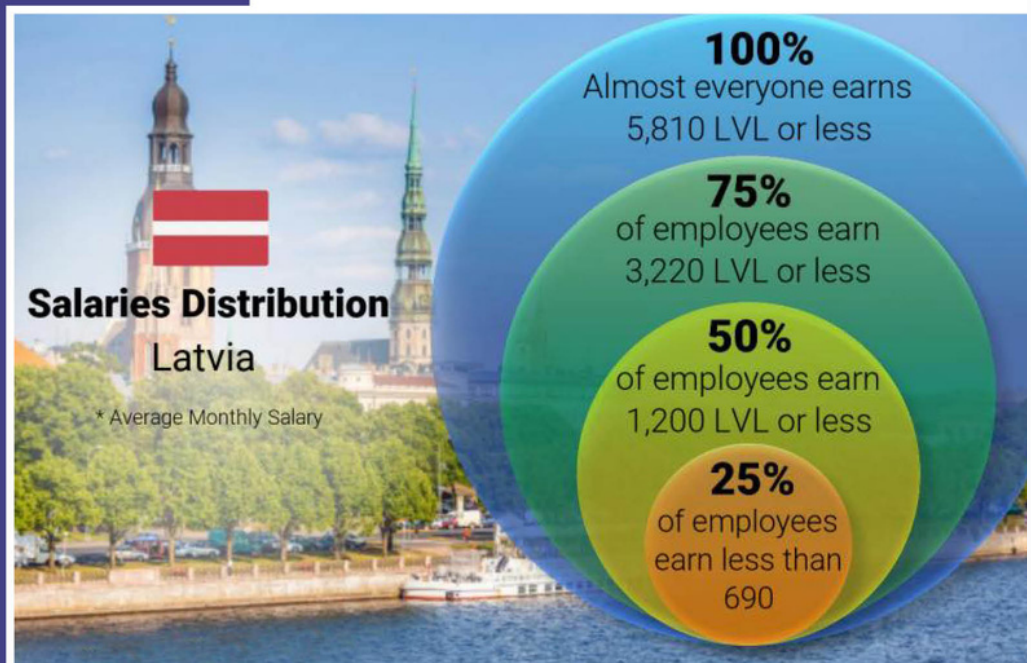


UNEMPLOYMENT RATE FORECAST 2021

During the spread of Covid-19 in 2020, the unemployment rate increased very rapidly by 2% and about 20,000 new unemployed were registered. Currently, the unemployment rate in Latvia is 7.7%. According to the Ministry of Welfare forecast, this year unemployment rate can rise but should not exceed 10%.

MINIMUM MONTHLY WAGE AND SALARY INCREASE

From the 1st January 2021 the national minimum monthly wage (gross) has been increased by 70 euros. In 2021 the national minimum salary is EUR 500 per month.



Who is Juliane Cieslik , tell us about your profession?

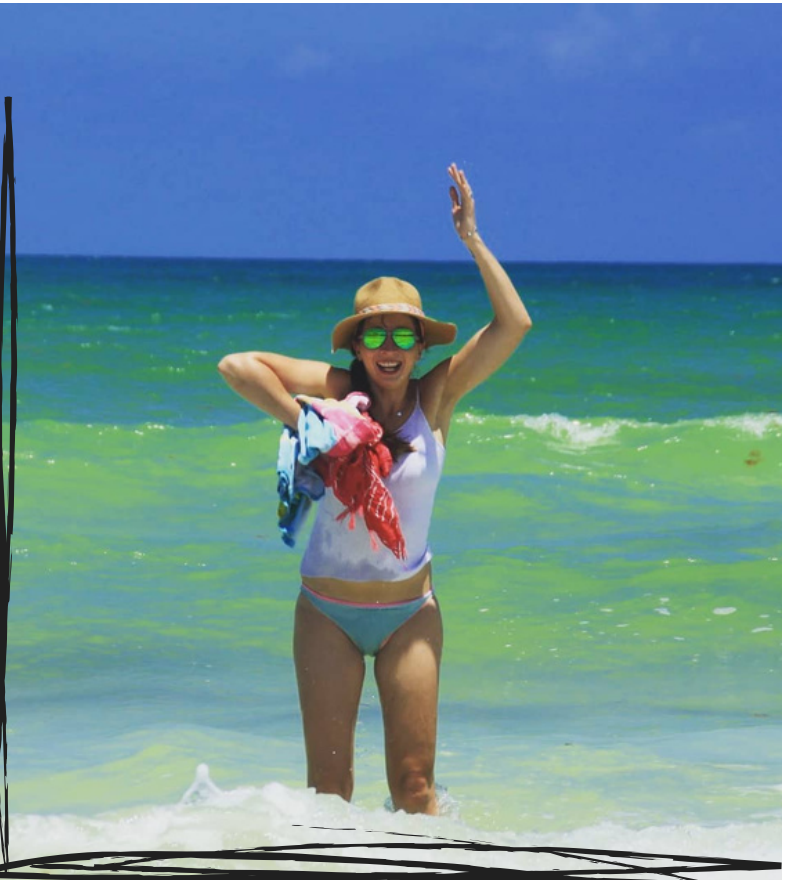
I reside in Germany and here I have recently opened my own Travel Agency. I want to design different travel plans for my clients, I aspire to provide them with their best experience but unfortunately, Corona has come as a hurdle in my way but lets hope I will be able to build best traveling memories for people there.

What are your future plans for your travel , any country you have in mind to visit to?

We were looking forward to visit Tanzania this year but COVID-19 did not let that happen, now hopefully next year we will visit Tanzania and India as well. I am just wishing that we will get to spend a good number of days in both the countries and enjoy ourselves.

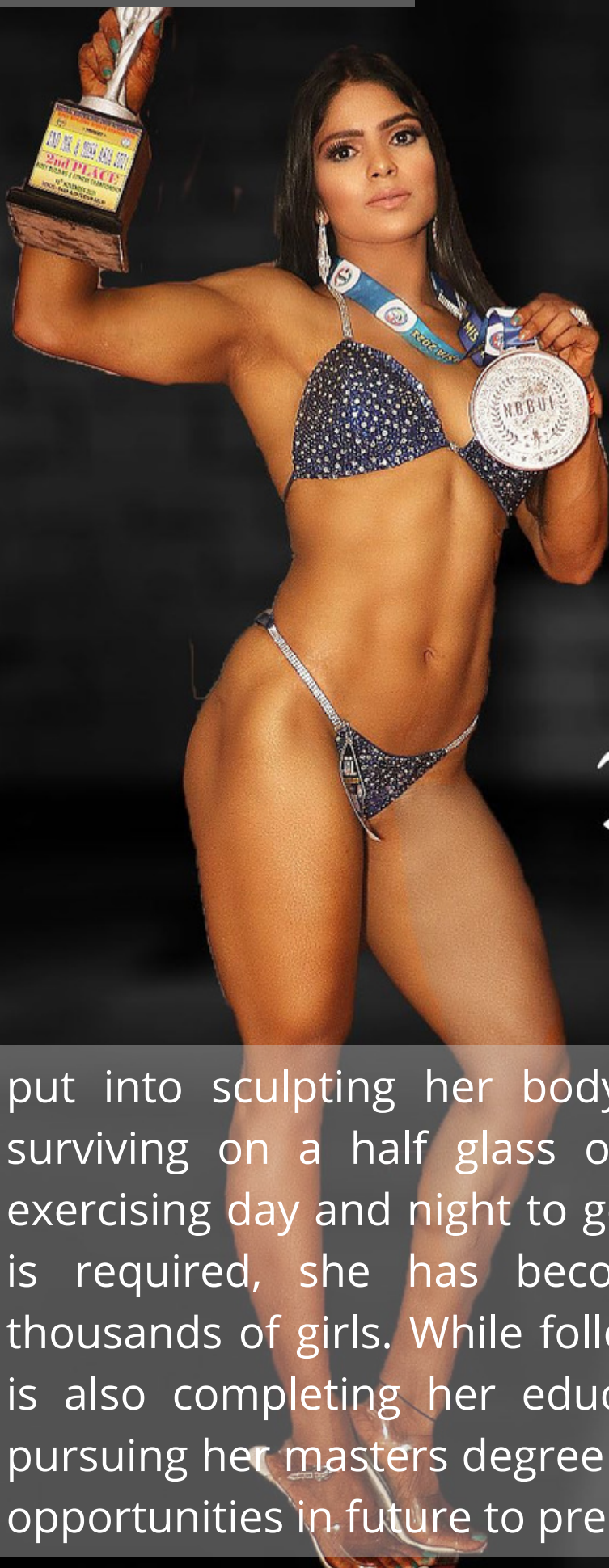
You are a travel enthusiast, so how many places have you been to till now , any place you would like to revisit?

I have been to 20 countries in total that include Spain, Austria, Italy and many more. My favorite country is Mexico because people there are very relaxed and happy and most importantly it is very different from Germany which also makes me want to go there again.



Being a mother adds onto your responsibilities , how do you manage it with your work?

Before having my daughter, I used to work in travel industry only but as an employee , after she was born, I had to take break from my job then I started writing parental blogs in which I would share my experiences with my child. And when my daughter started to grow up, I decided to begin with my own travel agency and now it feels fine to work along with managing my family.



Shivani Gupta, a girl with big dreams and bigger intentions to work hard for her dreams to come true. The list of what all this 21 years old has achieved in this age is never ending, she started her journey in Bikini Fitness Modelling when she was just 19 and since then she has achieved no. Of titles, she was Miss Delhi YMCA 2019 , Miss Asia 2019 Bronze and was also a runner up in Sheru Classic. The hard work she has

Ms Asia Silver
Shivani

put into sculpting her body is tremendous, from surviving on a half glass of water for 3 days to exercising day and night to get the perfect body that is required, she has become an inspiration to thousands of girls. While following her passion , she is also completing her education, currently she is pursuing her masters degree and is aiming for better opportunities in future to present herself.

EXTERNAL POLITICS EFFECTS IN 2020

LATVIAN FOREIGN POLICY IN 2020

Latvia's foreign policy priorities in 2020 were mainly aimed at overcoming the COVID-19 crisis. Challenges faced by Latvia in its external relations have been reinforced by coronavirus outbreak in the world.

TACKLING CONSEQUENCES OF THE COVID-19 CRISIS

External relations of Latvia in 2020 were aimed at addressing of COVID-19 negative consequences. During March 2020 and April 2020 Latvia has been actively working to ensure the repatriation flights to Latvia.

FIGHTING MISINFORMATION AND DISINFORMATION RELATED TO COVID-19

One more challenge in external relations faced by Latvian foreign policy in 2020 is misinformation and disinformation related to COVID-19.

LATVIA'S VOICE ON THE GLOBAL ARENA SOUNDS LOUDER DURING PANDEMIC

In 2020 Latvia was also taking the lead in important discussions/events and global political discourse helping to



NATIONAL

shape political agenda. In April 2020, Latvia stimulated the development process the United Nations Intergovernmental Conclusions and Recommendations on Financing Development, which were adopted unanimously in New York.

BROADER REPRESENTATION IN THE INTERNATIONAL ORGANIZATIONS

Broader representation in the international organizations is a prerequisite for the implementation of interests of Latvia's foreign policy. As a result, in 2020 Latvia has submitted its candidatures for the following seats and posts at international organisations

INTERNATIONAL COOPERATION STRENGTHENED TO OVERCOME COVID-19

As Latvia is a relatively small economy the external cooperation between Baltic countries and European Union has been crucial for the

recovery after economic and social consequences caused by the Covid-19 crisis.



INTERNATIONAL RELATIONS WITH CHINA AND PARTICIPATION IN CIIE 2020



In past 30 years there has been a steady growth in bilateral trade and cultural exchanges between Latvia and China. Though key export from Latvia are commercial products like wood, peat and frozen blueberries, Chinese consumers are increasingly interested also in skin care and food products from Latvia.



international

news

CORONAVIRUS VACCINATIONS IN LATVIA AND MALTA BEGIN

Health care workers rolled up their sleeves across the European Union on Monday to receive the coronavirus vaccine.

Doctors and nurses in the Latvian capital Riga, and the Maltese capital Valletta, were among those vaccinated.

Weeks after the US, Canada and Britain began inoculations with the same vaccine, the 27-nation bloc staged a coordinated rollout aimed at projecting a unified message that the shot was safe and Europe's best chance to emerge from the pandemic.

For health care workers who have been battling the virus with only masks and shields to protect themselves, the vaccines represented an emotional relief as the virus continues to kill. But it was also a public chance for them to urge Europe's 450 million people to get the vaccine shot.



LATVIA EXTERNAL POLITICS 2021

LATVIAN
FOREIGN POLICY
PROSPECTS
AND RELATIONS
WITH
EU, US, CHINA
IN
2021.



IMPACT OF COVID-19 ON MULTILATERALISM AND INCREASED INTEREST IN INTERNATIONAL ORGANIZATIONS

Strengthening multilateralism is one of the primary interests of Latvia's foreign policy. The COVID-19 crisis has revealed the potential and opportunities for the multilateral system and international organisations in addressing the consequences of the pandemic. At the same time, the crisis has proved that global organisations such as the United Nations and the World Health Organisation (WHO) must undertake reforms to boost their effectiveness.



CONTINUED FIGHT WITH DISINFORMATION AND THE DEVELOPMENT OUTLOOK OF ECONOMIC RELATIONS

One of the main issues in present-day international relations is the struggle for values and influence in a digital world. With its efforts and work in the European Union, the United Nations and other formats, Latvia has become known as one of the countries in the world actively seeking solutions to the spread of disinformation and other challenges in the digital environment on the basis of open society values such as freedom of speech and of the internet.



PARTICIPATION OF LATVIA IN NATO 2030 PROCESS

In view of the increasing relevance of new technologies and artificial intelligence and challenges they pose, it is expected that cooperation between the European Union and NATO could also be enhanced in that area in 2021.

TRANSATLANTIC COOPERATION WILL FOCUS ON 5G SECURITY

In 2021 Latvia will seek close cooperation with the newly-elected United States President and his Administration to jointly pursue strategic goals and reinforce the transatlantic relations between the EU and the United States.



FOOD TALKIES

To understand Latvian culture and traditions better, you must get to know the cuisine with all the unique dishes, including kvass, those with mushrooms, and dark rye bread.



RYE BREAD

Rye bread is extremely popular in Latvia and there are plenty of different types, including dark or sweet sourdough rye bread. Latvians love to accompany almost every dish with rye bread. It is also common to eat it with butter and cheese or ham for breakfast.

KVASS

Kvass is a unique drink, only popular in Eastern Europe, made from rye bread. Kvass is not considered to be an alcoholic drink, but it contains up to 1.2% alcohol in it. Homemade kvass has similar taste to beer, but it is a lot sweeter.

POTATO PANCAKES

Potatoes, in general, are extremely important for the Latvian cuisine as it is one of the vegetables that can easily grow in the local fields. Even though most of the people could hardly imagine pancakes made from potatoes, Latvians could not imagine their lives without this dish. You must try potato pancakes in one of the local restaurants, but make sure that it comes with sour cream and speck sauce.



SPORTS

Sport in Latvia includes basketball, football, ice hockey, athletics (track), rugby, tennis, cycling, and others. Ice hockey is historically the most popular of the Latvian sports and is closely followed by basketball. Some of Latvia's most notable athletes include hockey player Sandis Ozoliņš, football player Māris Verpakovskis, olympic javelin thrower Jānis Lūsis, two-time Olympic BMX champion Maris Strombergs, and basketball player Kristaps Porziņģis. National sport of Latvia is Ice Hockey.

Latvian national sport is Ice hockey. Many towns have their own ice hockey halls where local clubs play in two leagues. The passion of the entire nation is, however, its National team and Riga Dinamo Club that plays against mostly Russian opponents in the KHL Eastern European league. Ice hockey is one of the most watched sports in Latvia with a professional league that was established in 1931.

The national team of Latvia has participated in various International Ice Hockey competitions such as several World Championships and of course the Winter Olympic Games. Latvia has produced ice hockey greats such as Helmutis Balderis, the all-time scoring record holder with 333 goals among all Latvian forwards and lead the national team in three World Championships (1978, 1979 and 1983).

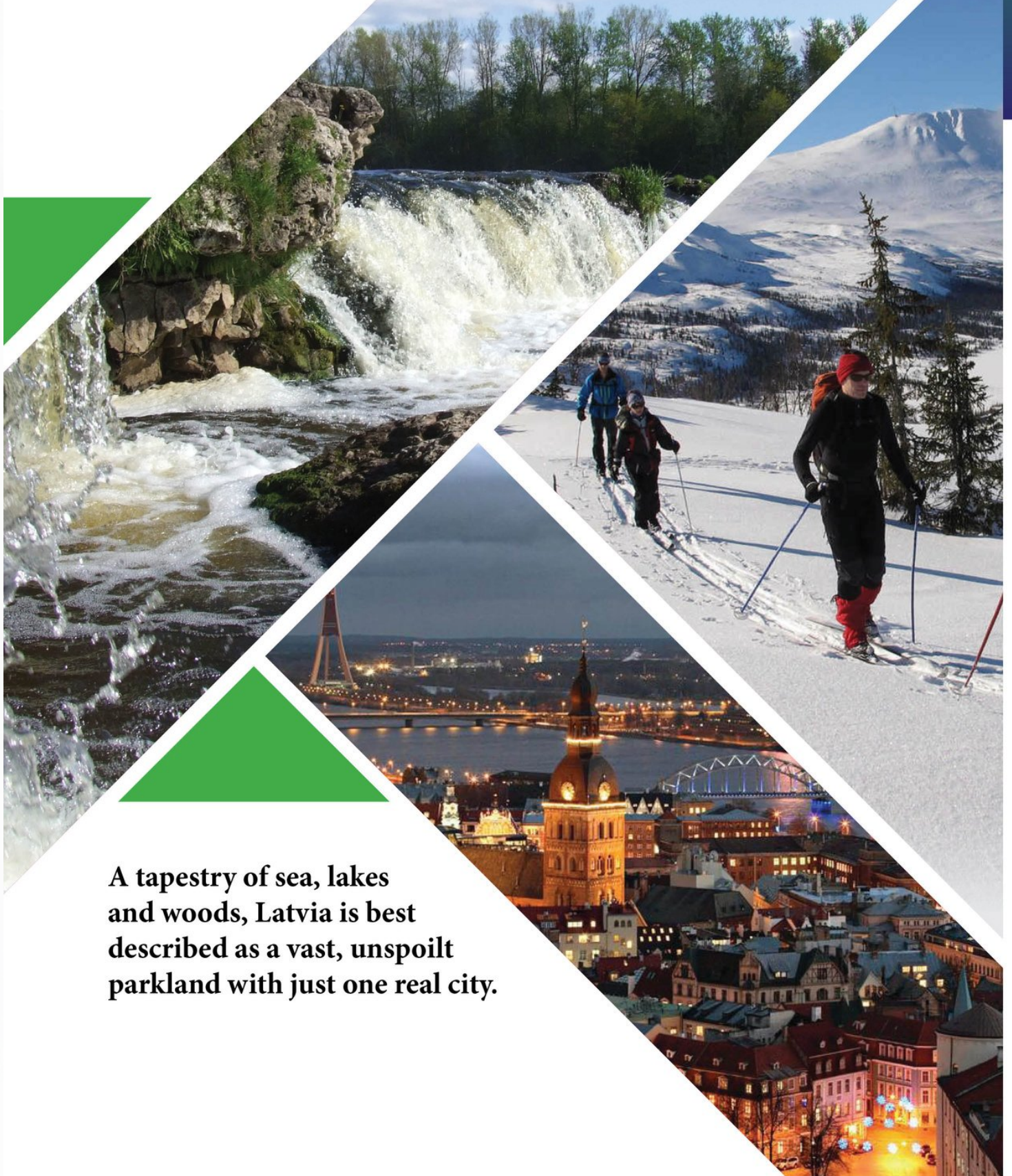
“ The national team of Latvia has participated in various International Ice Hockey competitions such as several World Championships and of course the Winter Olympic Games.

”



TRAVEL

TRAVELLERS



A tapestry of sea, lakes and woods, Latvia is best described as a vast, unspoilt parkland with just one real city.

TRAVEL

Latvia is a country that is located on the Baltic Sea. It has a beautiful landscape because it has wide beaches and beautiful natural things. This attracts tourists from all over the world. Riga is the capital of Latvia and this place is noted for its notable wooden architecture. The museums, churches and other historical places are the best places that must be viewed. There is a big Central market that is quite renowned in the whole country. People from all over the world come here to visit this market. People also enjoy the tasty food and music of this place. In short, there are ample things to see in this country. There are also some local crafts that must be purchased from this country.

What is famous in Latvia?

The Venta Rapid waterfall in Latvia is the widest waterfall in all of Europe. People from all across the world come to see this wonder in monsoon season when it's full and gurgling. The waterfall is about 110m wide and 2m high.



How safe is Latvia for tourists?

Latvia is a relatively safe country for travelers. The rate of crime is quite low and even petty thefts are also not too common.

What is there to do in Latvia in the winter?

Latvia is a beautiful nation in the Baltic region and has a lot of activities for you to enjoy all year round. However, here are a few things that you can do during winter:

- Ice Skating
- Cross country skiing
- Windsurfing on ice
- Exploring the Christmas markets
- Witness the sea ice formations
- Snowbiking
- Dog Sledding



What's the capital of Latvia?

The capital of Latvia is Riga. It is a beautiful city located on the Daugava River, on the shores of the Baltic Sea's southern shores

What can you do in Latvia?

Latvia is one of the least explored countries in Europe, however, is one of the most beautiful one. Here are some of the amazing things you can do in Latvia when you're there:

- Visit the Town Hall Square
- Visit the Open Air Museum in Ventspils
- Explore the streets of Jauniela
- Visit the Naval Port Prison
- Explore the old town of Riga
- Visit the old Sigulda Castle



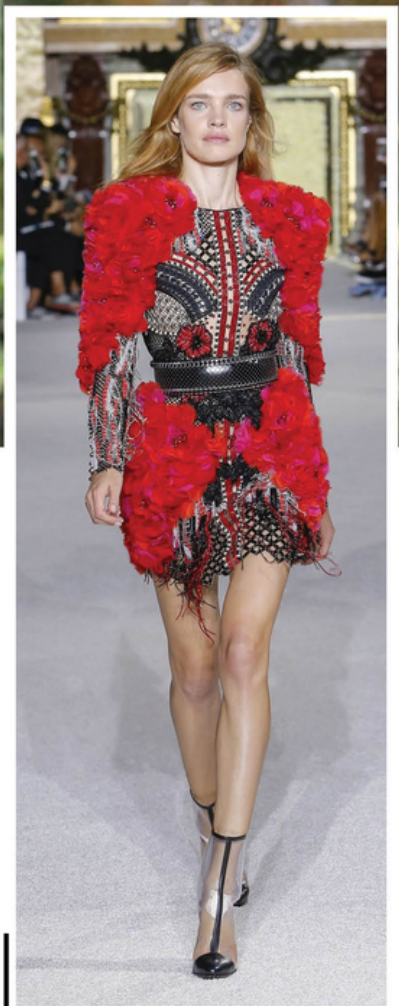
What language do they speak in Latvia?

Although the official and the most common language spoken in Latvia is Latvian, Russian is also commonly spoken. English is also spoken by many people, along with other native languages.

Is Latvia part of Russia?

Till the end of the 18th century Latvia, Lithuania and Estonia the three Baltic countries have been a part of the Russian empire. However, since the Russian revolution in 1917, the countries gained independence from the former USSR.

Natalia Vodianova



The Russian supermodel Natalia Vodianova is one of the world's most in-demand models. Enrolling in a modelling agency in her native Russia, by the age of 17, Vodianova signed with Viva Models in Paris and begun her storied career. She has starred in advertising campaigns for Guerlain, Givenchy, Calvin Klein , Louis Vuitton , Yves Saint Laurent , L'Oréal, David Yurman , Marc Jacobs , Stella McCartney , Versace, Diane von Fürstenberg, Chanel, Guerlain, and Etam among many others.

Russian supermodel, entrepreneur, public speaker and philanthropist Natalia Mikhailovna Vodianova, popularly known as Supernova, has become a United Nations goodwill ambassador, pledging to promote the sexual and reproductive rights of women and girls and tackle stigmas surrounding their bodies.

She continued in the caption, "I am committed to ending stigma and taboos that keep girls from learning about their bodies and their rights, which prevents them from growing up safely and fulfilling their potential. Are you with me?"

MODEL



LEVA LAGUNA

Latvian women are representatives of one of the Baltic people. There is a certain notion of girls from Latvia. For many, this is image of a calm, balanced, cultural, blonde, carefully hiding their emotions. In many respects such image really corresponds to reality, the most beautiful Latvian women are most often the blondes differing in good breeding, affability. A fair hair perfectly emphasizes and shades a light shade of eyes, the clean skin with a weak Baltic suntan. But among representatives of the Latvian people you can meet the brunette's girls, red-haired. They perfectly supplement a combined image and show how various can be the world of female beauty.

LATVIAN *model*

Leva Lagūna, born on June 6th, 1990 in Saldus, Latvia is a Latvian model. Lagūna participated in Victoria's Secret Fashion Show twice and has been on Vogue's cover four times.

She began her modeling career in 2007 when she was scouted during the MTV/birthday festival in Riga by Nils Raumanis, the founder of Dandy Model Management.

She later signed with WOMEN model management in Milan. Her runway debut was at the Spring 2008 London fashion Week in the Burberry anniversary fashion show. She likes the brands such as Dolce and Gabbana, Dior, Chanel, Rag & Bone, Valentino, etc. Her modeling career has allowed her to travel to various cities like New York, Milan, Paris, Stockholm, Sao Paulo, Barcelona, London, etc.

She stated that New York and Paris are her two best cities and "If I hadn't become a model I would want to be a doctor probably, but I also really want to open my own hotel or resort. I like interior design, too. I really want to work for myself and build a business from nowhere."





RUSSIAN DRAMA THEATRE

As an institute, the Mikhail Chekhov Riga Russian Theatre spans a much greater era than Latvia's recent Communist past. It was established in the city in 1883, making it the oldest theatre of its kind anywhere outside Russia.

Since inception back at the end of the 19th century, the theatre has enjoyed a solid international reputation for excellence in drama, and has forged strong partnerships with such organisations as the Edinburgh International Festival.

Modern classics as well as the works of Russian stalwarts such as Chekhov have been adapted and interpreted by the theatre, often taking the form of ambitious projects that span two or more languages. Children's theatre, musicals, and international tours complement the theatre's standard programme of up to seven productions per year.

Nowadays, the Theatre is proud to be well-liked by viewers both in Latvia and abroad. Its repertory

covers Russian, Latvian and world classic as well as young playwrights' works. On the big and small stages, performances of all genres are held, including children's and musical productions. The theatre goes on tours actively and is quite successful on the festivals' arena.



Source: https://www.local-life.com/riga/culture/197-Russian_Drama_Theatre



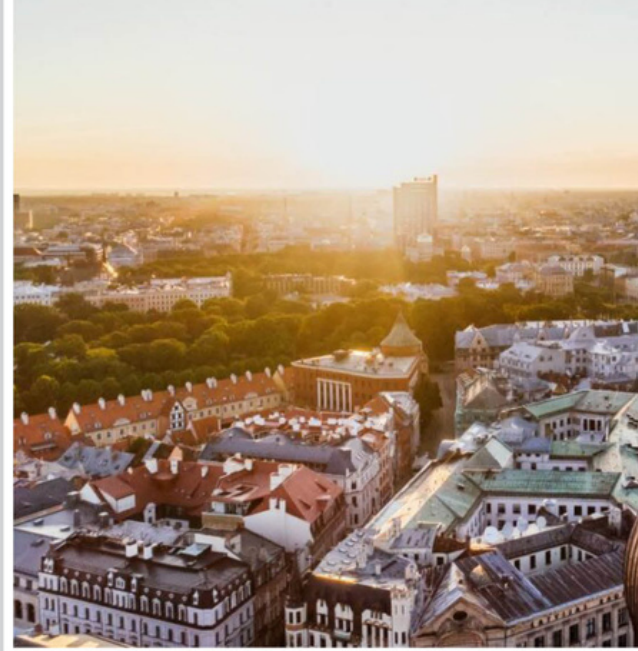
WHAT LATVIA is FAMOUS FOR?

Latvia is known for its UNESCO World Heritage Sites that include Riga's old city centre, unique cuisine like Rupjmaize, medieval towns, and one of the fastest WiFi speeds in the world, Latvia is also famous for its beer, beautiful women, lakes, waterfalls and art nouveau buildings in Riga.

Riga was founded in 1201 and is a former Hanseatic League member. Riga's historical centre is a UNESCO World Heritage Site, noted for its Art Nouveau/Jugendstil architecture and 19th century wooden architecture. Riga was the European Capital of Culture in 2014, along with Umeå in Sweden.

25 AMAZING THINGS

You Probably Didn't Know About Latvia



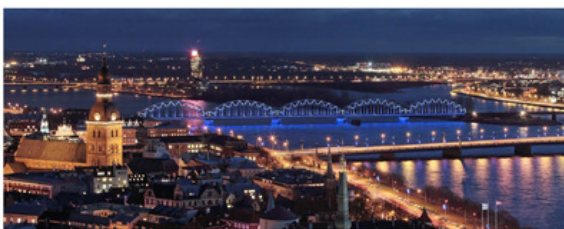
1. Browsing is rapid

Latvia's internet speeds are among the fastest in the world, averaging 13.8MB/s, compared to 11.6 in the UK, 11.9 in the US, 7.5 in France, 3.4 in Brazil and 1.7 in Egypt.



2. They love their capital

Nearly 1 in 3 of Latvia's two million residents lives in the capital, Riga, sometimes described as the Paris of the North.

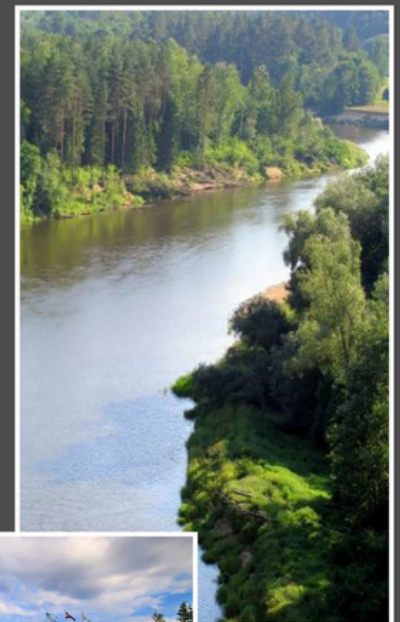


3. It has a brutal modern history

An estimated 12.5 per cent of Latvia's population were killed during the Second World War, the highest percentage of any European nation bar Poland and Lithuania. As many as 190,000 were subsequently imprisoned in Soviet gulags between 1945 and 1952.

4. It's watery

Latvia has 12,000 rivers and 3,000 small lakes – perfect if you like messing about in boats.



HISTORY



5. And has sandy beaches

It's a decent bet for an offbeat beach holiday, if you don't mind the chilly water, with 330 miles of sandy beaches. Just west of Riga lies Jurmala, a summer holiday favourite of Brezhnev and Khrushchev. Temperatures can top 20C in high summer, so you might even need sun cream.



6. It's wild

Around 54 per cent of Latvia is forest, making it one of Europe's greenest countries, while 10 per cent is bog (so pack your wellies). Binoculars might be useful too – it's home to black storks, lesser spotted eagles, otters, beaver, lynx, and wolves, and great concentrations of deer, wild boar, elk and red fox.



7. They enjoy a bit of friendly rivalry with Estonia

Latvia is anything but mountainous. Its highest point is Gaiziņkalns, at 312 metres about sea level. But in order to surpass Suur Munamagi, the highest point in Estonia at 318 metres, they built a tower on top. That, alas, was demolished in 2012, due to safety risks.

8. Its women have model looks

Latvia produces more female models per capita than almost any country in the world. Only Estonia, Iceland, Lithuania and Denmark rank higher.

9. And it has one of the world's oldest flags

Latvia's current flag design has been in use since 1280. Only Denmark's has been around longer.



10. It once owned a bit of the Caribbean

Latvia, or the Duchy of Courland and Semigallia, as it was in the 17th century, established two colonies – tiny St. Andrews Island (now Kunta Kinteh Island) in the estuary of the Gambia River, and Tobago, in the Caribbean.



HISTORY

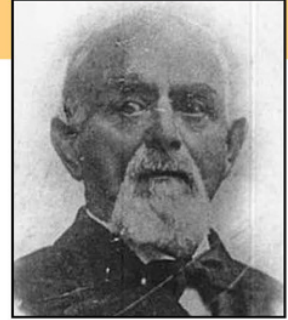


11. They produced one of the world's greatest (and tallest) female basketball players

Basketball is Latvia's de facto national summer sport (it's ice hockey in winter). Notable Latvians include Uljana Semjonova, a 6 foot 11 inch former basketball player who led TTT Riga to 12 consecutive European titles between 1964 and 1975. She was the first non-American woman to be inducted into the NBA Hall of Fame.

12. And invented jeans

The tailor Jacob W. Davis was born Jākobs Jufess in Riga and emigrated to the US as a young man in 1854. In 1870, he was asked by a customer to make a strong pair of trousers for her woodcutter husband – his creation would become the template for modern denim jeans, and two years later, with help from Levi Strauss, he patented the product.



13. And discovered Angel Falls

Another Riga native, Aleksandrs Laime, was the first recorded human to reach Venezuela's Angel Falls, in 1949.



14. It has its own waterfalls too

Venta Rapid in Kuldīga is the widest waterfall in Europe – stretching up to to 270 metres depending on the season. It's not as spectacular as it sounds, however, as it is just a couple of metres high.



15. You might recognise bits of it

The BBC's recent adaptation of War and Peace was largely shot in Latvia and neighbouring Lithuania. The Rundāle Palace was one of the most notable locations. "I don't think I've ever seen such a startling structure: a vast, saffron-yellow Versailles," wrote John Gimlette for Telegraph Travel. "Its construction, beginning in 1730, had involved 1,000 artisans, and – each day – 433 wagon-loads of materials (including three million bricks, 15,000 planks and 36,000 saplings). Eighty-two years later the real Napoleonic army appeared, and you can still find the names of the French soldiers gouged in the plaster of the Gold Hall."



25 AMAZING THINGS YOU PROBABLY DIDN'T KNOW ABOUT LATVIA

16. Its booze might cure your sniffles

Black Balsam is a traditional liqueur made using 24 different plants, flowers, buds, juices, roots, oils and berries prepared in oak barrels. It is considered to be a good cold remedy and according to legend Catherine the Great became ill during a visit to Latvia – but was cured after drinking it.



17. It looks after its nature

Around 20 per cent of Latvia is protected. There are four national parks, 42 nature parks, 260 nature reserves, 355 nature monuments, seven protected marine areas, 24 micro reserves and a biosphere reserve. It topped the Environmental Performance Index in 2012.

18. Its biggest airline is an innovator

airBaltic, founded in 1995, has its headquarters in Riga and flies to 68 destinations. In 2013 it came up with a novel concept – letting passengers create their own in-flight meal when they book their ticket.



19. They love sorrel soup

Other popular dishes include rupjmaize, a type of rye bread, and pīrādziņi, a sort of bun filled with bacon and onion.



20. It's national bird knows how to shake a tail feather

Latvia's national bird is the white wagtail, so called because it almost constantly wriggles its backside.



21. You can go to prison voluntarily

This former military prison in the town of Karosta is now a hostel. Guests can opt for the “full prisoner experience”, which involves uniformed officers, less than luxurious digs, verbal abuse and organised physical exercise.



22. It has a World Heritage site you've never heard of

There are two Unesco World Heritage sites – the historic centre of Riga, known for its Art Nouveau architecture, and the lesser-known Struve Geodetic Arc, which Estonia shares with Belarus, Finland, Latvia, Lithuania, Norway, Moldova, Russia, Sweden and Ukraine. It is a chain of survey triangulations stretching from Hammerfest in Norway to

the Black Sea, which yielded the first accurate measurement of a meridian (now you know).



23. Its capital is short but sweet

Riga is one of 14 capital cities that consists of only four letters. The others are Rome, Oslo, Lima, Baku, Bern, Kiev, Juba, Male, Doha, Lome, Suva, Dili and Apia.

24. Crocodile Dundee was actually Latvian

According to some sources, the inspiration for Crocodile Dundee may have been Arvids Blūmentāls (or Crocodile Harry). Born in Dundaga in 1925, he moved to Australia in 1951 and spent years hunting crocs in Queensland.



25. They love beer

Riga even has a Beer Spa, where you can “immerse yourself in a warm beer bath... while simultaneously quenching thirst with a glass of cool beer... which will open not only pores, but also will give a totally new outlook on life.”



Source: <https://www.telegraph.co.uk/travel/destinations/europe/latvia/amazing-facts-about-latvia/>

LATVIA WINTER SPORTS

Riga Ice Hockey Match: This is definitely the most gripping, fun filled sports activity you can ever experience while having a fun time with your friends on your weekend. Prepare yourself and show off your hockey skills as you compete with the local team.



Ultimate Husky dog sledding experience in Latvia: Picturesque Latvian winter nature in combination with breathtaking Husky dog sled ride - the best activity what one can expect while in Riga during the winter.



WINTERS



Riga Winter Soft Bob:

Once you have your sleigh, you will be able to lie face down – the sleigh has been modified so there is no need to worry that you will be hurt. An English speaking guide will get you there

and make sure you know everything you need to know. The head will loom up in front of you and then you are about to begin. You may not get an Olympic gold one you have reached the bottom but you will have an amazing sense of achievement.



Riga Winter Bobsleigh:

This winter day time activity can be substituted with something a bit crazier and more exciting. You can

ride the sleigh while lying flat on your stomach so you can get a full view of the gut wrenching track ahead. Once you are pushed down the track, be prepared to reach gut wrenching speed head first. It is hard to describe the feeling so you have to experience it to understand.



Riga Curling Experience:

Have you ever wanted to experience the exciting and challenging sport of Curling? On your stag weekend, this is one day time activity you should not miss. This is a wonderful to bond with your mates as you slide a curling stone on ice while they frantically sweep it the right position. You will

definitely have the time of your life with great amounts of laughter and shouting! This may not be a world's popular sport but this is definitely one of the most widely held winter sports especially in Northern Europe.



Riga Dog Attack Prank:

It's even more of an adrenaline rush to suit up in protective gear and stand ready as the trained dog is coming to take you down. It may take some convincing ahead

of time, but you will be so glad you did it once it's over. These dogs are amazing and it's fascinating to watch them take down their target like they have been trained to do. Watching them in action might just be the highlight of your weekend.



Riga Winter Bobsleigh:

If you've got a need for speed than this activity is for you. Live your own 'Cool Runnings' experience, where you and your friends become the ultimate racers for the day, ruling the track and creating lasting memories of your Weekend In Riga. The activity is all-inclusive of snacks, refreshments, one ride each, transfers to and from the activity and an English

speaking guide so the only thing you need to worry about is hurtling round the track at top speed.

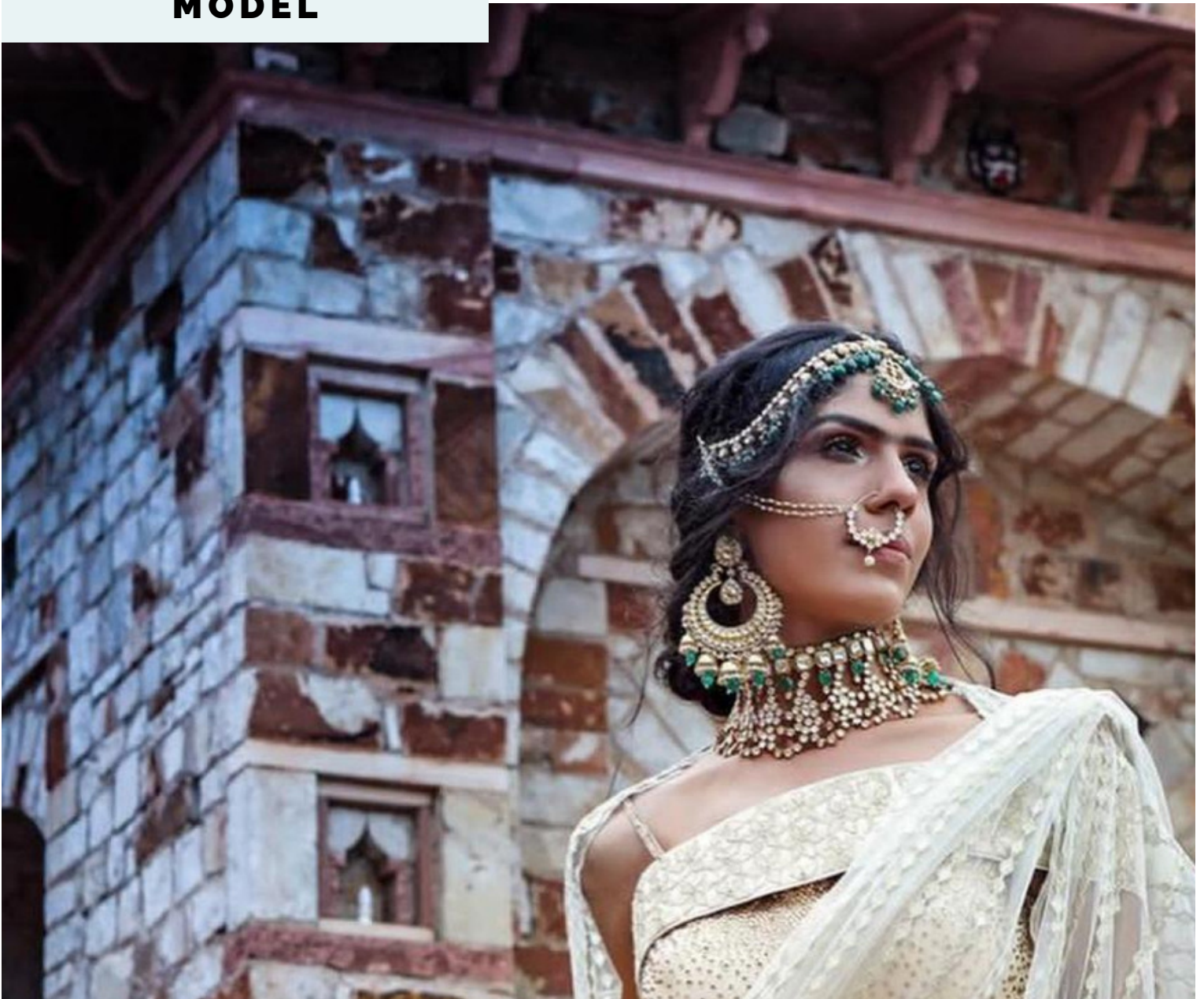


Riga Snowboarding or Skiing:

Who said that hosting your stag weekend during

winter will not be fun at all? The cold weather must not stop you from making sure that your stag weekend will be one of the best and most exciting celebrations in your life. And for that, we have prepared something that will make it all worthwhile for.

Source: <https://www.viator.com/Latvia-tours/Ski-and-Snow/d4479-g9-c38>



TEENA SINGH

My name is Teena Singh and I am 5'8 tall. I am a Fashion /Ramp /Print model and have done Designer shoots and Ramp shows. I started my modelling career 3 years back and have a long way to go. I worked with many celebrity photographers and designers. I want to become an international model in near future. I have signed few assignments as lead Model and video Ads which will be coming soon with La Vafara Group. My ultimate focus is to showcase myself in few good webseries and OTT songs

DEEPSHIKHA



Deepshikha Lunganih is a well-known face of the Glamour Industry along with Delhi's well-known Beauty Actress and Zeetv Delhi Darling fame. Deepshikha Lunganih is Basically from Delhi. And as a Model, Actress and an Entrepreneur, working as a successful roll model for

youngsters making a career in the Glamour Industry. Beautiful figure Deepshikha Lunganih likes to spend most of her time in the gym to keep herself fit. Deepshikha, the Second Runner-Up of the Delhi Darling Show, has also Registered the titles of Glam-On Mrs. 2K17 and Australia Fashion Week 2k19 & Mrs

Best fitness Diva's . Along with this, she has been working in many National and International Brands and Magazines and also in Albums and Short Films. and Deepshikha will soon be seen on MX Players in an upcoming Web Series Based on Social Mental Health with Bollywood Actress

ACTRESS

Pooja Jangid is known for her Acting & Modeling. She is also a great Influencer who worked in Amazon Prime web-series Nympho and 2 movies. Her upcoming web-series dream unconditional & The cage of life is much awaited by her fans. She also worked in South movie Rara. Pooja holds good working experience in many web-series & album songs, She did photo-shoot with many brands and she was the title winner of Miss India Khadi model of the 2019 & Dada-Sahib-Falke award fastest grow female model of 2019. Her fans will soon see her feature in Top fashion magazine True Lies and La Vafara.



*Pooja
Jangid*



ACTRESS

One of the most promising models in the scene right now, she is none other than, the very talented and beautiful, the beauty with brains, Muskaan Agarwal. Like everyone else, life in this industry was not too easy for Muskaan and the stardom that she enjoys today was not served to her on a platter. Having started her career with television, she says that she owes a great share of her success to a makeup artist, Saurabh whom she affectionately calls her brother. Muskaan candidly replies on being asked about joining the Bollywood and retells us how she is rearing to go and rule the Indian film industry. She also says that she is not choosy about her role types and wants to be featured in negative, cute, chulbuli, hot, bold and sassy roles. This shows her versatility as an actress and her

Muskaan Agarwal

amazing confidence as a human being. To rule everyone's heart" comes the bang reply when asked about her future plan, this clinical psychologist, yes you read that right, Muskaan is a clinical psychologist and we can just imagine how her patients would've handled their sensuous doctor. Muskaan tells us that she has almost 6 projects lined up which includes 3 shorts films and 3 web series including one for Hotshot app, she says that is very focused and is here to create an impact she still can't believe she has joined this field of entertainment. "I haven't chosen this field, this field has chosen me," she says as she gives her cute Foxy Snap smile which is now her patent and trademark..





मेरा नाम काजल लाहोट है, मैं एक मांडल, ऐक्टर हु. इस मुकाम तक पहुंचने में मुझे कइ वर्ष लगे, खुद बहुत बार डगमगाते हुए देखा, काफी बार यूं लगा बस सब की तरह मैं भी एक आम जिंदगी गुजार लूं, पर सब से अलग दिखने की चाह मेरे हौसले को बुलंद करती चली गई. मेरी हिम्मत बनी मेरी मां, मुझे अक्सर चुनौतियों से जूझना

सिखाया. यूं तो मेरी हाबी और शौक मौडलींग है पर फिटनेस से जुड़े रहना मुझे बेहद पसंद हैं. डांस और योगा फिट रहने में काफी मदद करते हैं.

अपने करियर पर फोकस रहने के लिए मैं रोजाना अप टू डेट रहतीं हुं चाहें वह बालीवुड से जुड़ा हो या माडलींग से.

जब आप अपनी पसंद के कपड़े पहनते हैं, तब आप पहले से ज्यादा आत्मविश्वासी और सशक्त महसूस करते हैं। इसी तरह जब आप अंदर से आत्मविश्वासी, सशक्त, कैपेबल अथवा पावरफुल होते हैं तब आपका दिल खुश तथा दिमाग और अधिक तेज़ गति से काम करने लगता है, जिससे यह लाभ होता है कि जो काम आप करने वाले हैं या कर रहे हैं, उस काम में आप की गति तथा आपकी रूचि और बढ़ जाती है तथा काम निश्चय ही सफलतापूर्वक समाप्त होता है। हम यहां आपको कुछ उदाहरण प्रस्तुत करेंगे, जिससे कि आपको फैशन से होने वाले लाभों का पता चलेगा- आप में से कई लोगों ने यह नोटिस किया होगा कि कुछ लोग पढ़ाई करते समय भी बहुत तैयार होकर बैठते हैं, यह आदत ज्यादातर लड़कियों में देखी गई है। जब उनसे पूछा गया कि इसके पीछे उनका क्या राज़ है, तब उन्होंने जवाब दिया कि जब हम अपने पसंद के आरामदेह कपड़े तथा हेयरस्टाइल करके पढ़ाई करने बैठते हैं, तब पढ़ाई में हमारा मन तथा फोकस पहले के मुकाबले ज्यादा होता है। इस नई खोज से हमें फैशन के लाभ का पता चलता है। एक समय था जब फैशन केवल किसी त्यौहार, शादी अथवा पार्टी आदि में किए जाते थे, परंतु आज फैशन हमारी डेली रूटीन में शामिल हो गया है। फैशन ने लोगों के जीने का तरीका, उनके उठने-बैठने, सोने-जागने का तरीका, सब कुछ बदल कर रख दिया है।

फैशन ने लोगों के जीने का तरीका, उनके उठने-बैठने, सोने-जागने का तरीका, सब कुछ बदल कर रख दिया है। फैशन पुराने रूढ़िवादी विचारों की जंजीरों को तोड़कर हमें वह सब पहनने की आज़ादी देता है जो हम पहनना चाहते हैं तथा जिसे पहनकर हम ज्यादा अच्छा महसूस करते हैं, और अपने कैरियर अथवा घर के कामों में अपना 100% दे सकते हैं। जैसे, यदि आपके घर में कोई महिला हैं या आप खुद एक महिला हैं, तब यह बात आप ज्यादा बेहतर तरीके से समझ पाएंगी कि बाहर अथवा घर में साड़ी या सलवार-सूट (लटक-पटक वाले डिज़ाइनर कपड़े) आदि पहन कर काम करने में कितनी कठिनाइयों का सामना करना पड़ता है। यहीं यदि आप किसी पिकनिक या गर्मियों की छुट्टियां बिताने बाहर गए हैं, तो आपको अपने साथ आरामदेह तथा मौसमानुसार ही कपड़े ले जाने चाहिए, जिससे आप अपनी छुट्टियां अच्छे से इंजॉय कर सकें। कुल मिलाकर बात इतनी सी है कि आपको फैशन के साथ-साथ अपने कम्फर्ट का भी पूरा ख्याल रखना चाहिए, तभी आप फैशनेबल के साथ-साथ आत्मविश्वासी, सक्षम और सशक्त लग सकते हैं।





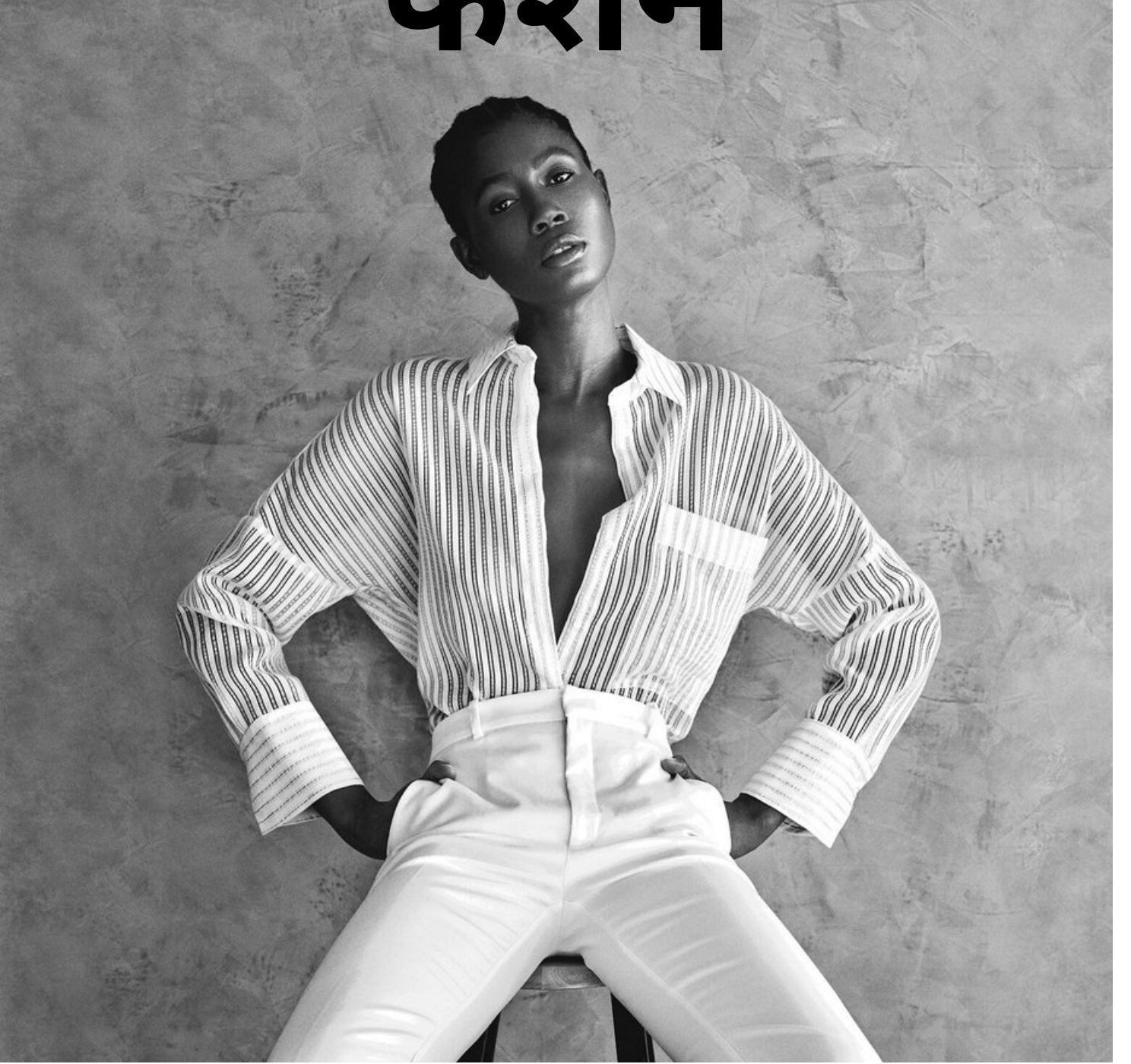
मौसम परिवर्तन के साथ ही हमारे फैशन में भी परिवर्तन आता रहता है। जिस तरह गर्मियों में हल्के तथा ठंडे रंग के कपड़े पहनने पर गर्मी से कुछ हद तक राहत मिलती है, उसी तरह सर्दियों में डार्क कलर के कपड़े बेहतर रहते हैं, क्योंकि यह सूर्य की गर्मी को अपनी तरफ आकर्षित करते हैं। डार्क कलर सर्दियों में बेहतर ज़रूर रहते हैं, परंतु ब्राइट कलर्स का भी जलवा कम नहीं होता। कॉलर वाली लॉन्ग स्वेटर में पिस्टल व ब्राइट कलर्स जैसे- पिंक, वाइट, ग्रे तथा डार्क कलर में मरहून, ब्लैक आदि जबरदस्त लगते हैं। यहीं कार्डिगन ने भी अपना जोर पकड़ा हुआ है, यह डीप रेड, डार्क ब्राउन, ब्लू जैसे कलर्स में बेहद खूबसूरत लगता है। कार्डिगन तो हमेशा ही ट्रेंड में रहता है, इसलिए इसे आप अपने वार्डरोब में ज़रूर शामिल करें। सर्दियों का मौसम शुरू होते ही कपड़ों से लेकर बाकी सभी एक्सेसरीज़ जैसे- जूते, ग्लव्स, कैप आदि सभी कुछ हमारी खास ज़रूरत बन जाते हैं। आजकल स्वेटर के ऊपर ज्वेलरी पहनना काफी फैशनेबल लगता है और यह स्टाइल आजकल काफी ट्रेंड में है। टर्टल- नेक स्वेटर के ऊपर हेवी अथवा लाइट ज्वेलरी सेक्सी और हॉट लुक क्रिएट करती है, यहीं जैकेट के साथ मोटी सी गोल्डन चैन या नेकलेस खूब जचता है, परंतु ध्यान रखें सर्दियों में वूलेन कपड़ों के साथ केवल एक ही

ज्वेलरी पहनें। घड़ी तो ऐसी एक्सेसरी है, जो हर सीज़न में खूब जचती है, और हमारे ओवर-आल लुक को कंप्लीट कर देती है। ट्रेंच कोट में ग्लास लुक पाने के लिए बेल्ट का इस्तेमाल करें, इसके साथ ही यदि आप लॉन्ग बूट्स पहनते हैं तो यह आपके लुक में चार चांद लगा देगा। सर्दियों में स्कार्फ या शॉल ठीक तरीके से कैरी करें तो यह बहुत फैशनेबल और स्टाइलिश लुक देते हैं। प्लेन स्वेटर पर वूलेन, कुरेशिया तथा चेक्स वाले प्रिंट के स्कार्फ काफी क्लासी लगते हैं। इन सबके अलावा विंटर ग्लव्स, बैग्स, मसलन कैप, सॉक्स आदि भी सर्दियों को फैशनेबल बनाने में अहम भूमिका निभा रहे हैं। आजकल कैप के साथ मफरल तथा मुंह और नाक को ठंड से बचाने के लिए मांस्क, तीनों एक साथ एक सेट में मिल जाते हैं तथा यह काफी चलन में भी हैं। यदि आप कैप नहीं पहनना चाहते हैं, तो आपके लिए हेडबैंड का ऑप्शन बढ़िया रहेगा।

सर्दियों का फैशन

वूलेनहेडबैन्ड,
ब्लेज़र, लॉन्ग
कोट या स्वेटर
के साथ

फैशन



गर्मियों में ऐसे कपड़े पहनने चाहिए जो पहनने में तो आरामदेह हो ही साथ ही दूसरे व्यक्ति जब हमें देखें तो उन्हें भी अच्छा महसूस हो। जैसे कि यदि आप डार्क कलर या मोटे फैब्रिक के कपड़े पहनते हैं तो इससे आपको भी गर्म महसूस होगा, साथ ही दूसरे भी आपसे दूर भागेंगे, आपके कपड़ों से उन्हें गर्माहट का अहसास होगा। गर्मियों के सीजन में आपको अपने वॉर्डरोब में सफेद रंग के कपड़े अवश्य ही शामिल करने चाहिए, क्योंकि सफेद रंग शांति और ठंडक का प्रतीक होता है। सफेद रंग के लखनवी सूट, शर्ट, ट्राउज़र आदि बहुत स्टाइलिश और कूल लुक देते हैं। सफेद रंग को ओलिव ग्रीन, ऑरेंज, लैवेंडर, पिंक, ब्लैक, स्काई-ब्लू जैसे पेस्टल कलर्स के साथ पेयर-अप करने पर यह बहुत अच्छे लगते हैं। साथ ही इन पर चेक्स, स्ट्राइप्स जैसे पैटर्नस काफी ट्रेंडी हैं। शॉर्ट मैक्सी ड्रेस फ्लोरल प्रिंट के साथ इस मौसम में बहुत ग्लैमरस लुक देती है। इसपर ड्रेस का रंग भी लाइट हो तो सोने पर सुहागा। बेबी-पिंक या लेमन-येलो जैसे कलर्स में इस ड्रेस में आप यकीनन बहुत खूबसूरत लगेंगे। ऑफ शोल्डर ड्रेस आजकल काफी ट्रेंड में है, यह ड्रेस सेलिब्रिटीज़ से लेकर

आम लड़कियों तक काफी पसंद की जा रही है। शोल्डर कट ड्रेस तो आजकल बेहद ट्रेंड में चल रही है, ऐसा लगता है कि यह ट्रेंड भी अभी काफी टाइम तक रहेगा। गर्मियों के चलते क्रॉप-टॉप पहनना लोग काफी पसंद कर रहे हैं, यह हाई-वैस्ट जींस के साथ पेयर-अप करके पहनने पर बहुत सेक्सी लुक देती है। प्लाज़ो फिर से ट्रेंड में आ गया है। इसे लड़कियां अपनी कुर्ती, लॉन्ग-शॉर्ट टॉप, शर्ट आदि किसी के भी साथ पहन सकती हैं। चाहे लड़के हों या लड़कियां सब के लिए शॉर्ट्स काफी आरामदेह और हमेशा ट्रेंड में रहने वाला ड्रेस है। आजकल फ्लोरल प्रिंट वाले शॉर्ट्स काफी ट्रेंड में है। लिनेन और कॉटन कपड़े हमेशा ही ट्रेंड में रहते हैं। इन कपड़ों में हल्के-पन के साथ-साथ बदन को आराम का एहसास भी होता है। गर्मियों में त्वचा से चिपके हुए कपड़ों के बजाय ढीले कपड़ों का ही चयन करना चाहिए। यह फैशनेबल दिखने के साथ-साथ आपको मेडिकल प्रॉब्लम्स से भी दूर रखेंगे। इस मौसम में सन-ग्लासेस, कैप अथवा स्टोल कैरी करने से आप फैशनेबल तो देखेंगे ही साथ ही आप धूप-धूल से भी बच सकेंगे।

फैशन की लोकप्रियता

ग्रीष्मकालीन पोशाक

वर्तमान समय में फैशन, रैंप-वॉक और रेड कारपेट तक ही सीमित नहीं है, बल्कि यह बड़े-बड़े सेलिब्रिटीज़ की ड्रेस कलेक्शन और बड़े-बड़े मॉल्स से निकलकर छोटी-बड़ी दुकानों, हमारे गली-मोहल्लों तक पहुंच चुका है। बड़े-बड़े ड्रेस डिज़ाइनर जैसे- सब्यसाची मुखर्जी, रोहित बल, मनीष मल्होत्रा आदि के फेमस डिज़ाइंस अब आसानी से ऑनलाइन शॉपिंग के ज़रिए मंगवा भी सकते हैं, परंतु इनकी कीमत आम आदमी के बजट से बहुत अधिक होती है, इनके एक ड्रेस की कीमत लाखों में होती है, जो वाकई में बहुत है। इसके बावजूद भी इनके डिज़ाइंस बहुत लोकप्रिय हैं। बहुत से मॉल्स और छोटे दुकानदार इनकी डुप्लीकेट कॉपी भी निकाल देते हैं, इससे अंदाज़ा लगाया जा सकता है कि आज फैशन कितना लोकप्रिय है और इनकी कितनी मांग है।



खुद को रनवे

लोग फैशन के इतने दीवाने और जुनूनी होते हैं कि वे हर ट्रेंड को फॉलो करते हैं। कपड़े, बैग्स, आभूषण आदि प्रत्येक चीजों पर बहुत ध्यान देते हैं, ऐसे लोगों को अंग्रेजी में "फैशनिस्टा" भी कहा जाता है। संक्षेप में कहें तो, फैशन एक साधारण कपड़े को इस तरह से पहनने और प्रस्तुत करने की कला है, जिससे व्यक्ति पहले से अधिक सुंदर, सजीला और उम्दा दिखे। वर्तमान समय में सुंदर और उम्दा तो प्रत्येक व्यक्ति खुद को दिखाना चाहता है, यही कारण है कि फैशन की लोकप्रियता दिन प्रतिदिन बढ़ती जा रही है।

पारंपरिक

पारंपरिक पोशाक को कपड़े, जवाहरात, और के लेखों के संगठन के रूप में जाना जा सकता है अतीत में स्थापित अलंकरण जो व्यक्तियों के एक पहचानने योग्य सभा द्वारा पहने जाते हैं। में इस तथ्य के बावजूद कि छायांकन, संरचना और सामग्री में कुछ समय बाद थोड़े बदलाव होते हैं मान्यता प्राप्त है, संग्रह सभी खातों से पारित हो गया है जो पहले के समय से अनलेडेड हैं। प्रथागत पोशाक या पोशाक एक अभिव्यक्ति है जिसका उपयोग व्यापक रूप से समग्र आबादी और दोनों द्वारा किया जाता है ड्रेस पर पत्रकार। अभिव्यक्ति पारंपरिक पोशाक या पहनावा अक्सर उपयोग किया जाता है शर्तों के साथ जातीय, क्षेत्रीय और समाज पोशाक। की एक कॉम्पैक्ट बातचीत के लिए इस वाक्यांश को वेल्डर्स देखते हैं और शब्द के उपयोग के प्रयास में प्रवेश करने वाले गणधर के लिए प्रयास करते हैं शब्दों पर वेब खोज 'प्रथागत पहनावा।' टारंट प्रासंगिक पूछताछ, और क्या? सम्मेलन? और कितनी पुरानी प्रथा है? विकास और पारंपरिक पोशाक नवाजो महिलाओं में बदलती परंपराएं पोशाक स्पष्ट रूप से दिखाती है कि पोशाक के रीति-रिवाज कैसे बदलते हैं कुछ समय बाद स्थितियाँ। नवाजो किंवदंती कपड़ों के लेखों में कपड़े पहने व्यक्तियों को याद करती है नष्ट देवदार की छाल या युक्का पत्ती को हराया। बिंदु पर जब वे न्यू मैक्सिको में चले गए पंद्रहवीं शताब्दी में नवाजो ने प्राणी की



त्वचा के कपड़े पहने। उन्होंने बुनाई शुरू कर दी 1680 के प्यूब्लो विद्रोह के बाद पलायन के साथ, जब कई प्यूब्लो भारतीय, अब के रूप में बुनकर, नवाजो पड़ोसियों के साथ आश्रय लिया और उन्हें बुनाई करने का निर्देश दिया। एक पोशाक दो का उपयोग कर उत्पादन किया ऊन की बनावट के आयताकार टुकड़े, कंधों से जुड़े हुए, 1880 के दशक तक इस्तेमाल किए जा रहे थे। 2000 के दशक की शुरुआत में प्रथागत पोशाक इस तथ्य के बावजूद कि भावुक तस्वीरों और यात्री स्थित द्वारा ग्रह की आंख पर चित्रित किया गया प्रचारित करना, जिसे प्रथागत पोशाक के रूप में जाना जाता है और आमतौर पर साधारण कहीं भी नहीं पहना जाता है ग्रह; पारंपरिक शैलियों के घटक नियमित रूप से देखे जाते हैं। निर्देश, का उपयोग दुनिया भर में मीडिया, आउटकास्ट के साथ संपर्क, और तरस और क्षमता में रुचि लेने के लिए दुनिया भर में खरीदार संस्कृति ने इस प्रकार की सामग्री संस्कृति में बदलाव के लिए सभी को जोड़ा है। शादी, सख्त रीति-रिवाज, समारोह, लोकगीत चाल प्रदर्शनियां, और प्रामाणिक पुनर्मिलन कार्यक्रम हैं अस्तित्व के कुछ हिस्सों में अतीत की पोशाक पहनने के लिए जहां मूल रूप से कोई घटक नहीं है पारंपरिक पोशाक समकालीन उपयोग में पाए जाते हैं। तो, क्या कहा जाता है कि बीसवीं शताब्दी के मध्य में प्रथागत पोशाक सभी अधिक हो सकती

आगामी संस्करण के लिये

ला वफरा पत्रिका

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