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unstoppable*



**NIKHAT
ZAREEN**

Boxing
Champion

AGE 26

**LINTHOI
CHANAMBAM**

Judo Champion

AGE 16

**BHAGWANI
DEVI
DAGAR**

Athletics
Champion

AGE 94

**FAB 40,
2022**

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US PROUD**



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EDITOR'S LETTER



I think it's quite clear that we're fans of women, and of the community who identify as women. That's where the idea of the "Fab 40" was born, back in the day. This is not a list. It's not numbered. We'd never pit women against each other for obvious reasons, and especially because that would go against the objective of this exercise. We champion women all year long on the pages of *Femina*. At the end of every year, we like to take stock, as one must, to see what we've done as a whole, and what we need to do in the future. November also happens to be our anniversary month, so it's the perfect time to gauge our work, and celebrate the women who inspire us to write!

That's also why the Fab 40 takes on a character of its own annually. It morphs and shifts to reflect the times we live in, highlighting the stories of women that deserve to be told. This year, for instance, we have the young Linthoi Chananbam, who, at 16 years of age, is the first Indian to win gold at the World Cadet Judo Championship. We have the 94-year-old sprinter Bhagwani Devi Dagar (fondly known as Delhi Dadi), who won three medals, including a gold, at the World Master Athletics Championship. Rounding off our trio is Nikhat Zareen who, at 26, is a bonafide boxing champion, winning India a gold medal at the 2022 Commonwealth Games. The Fab 40 includes a lot more sporting triumphs because Indian women have triumphed in the field over the past year. But, that's not all. Entrepreneurs, entertainers, scientists, artists, fighters, public servants – one and all. You'll have to leaf through our pages to see who fills the list this year. We hope we've done them proud.

Until next time, stay safe, be happy.

THE FAB 40
TAKES ON
A CHARACTER
OF ITS OWN
ANNUALLY.
IT MORPHS
AND SHIFTS TO
REFLECT THE
TIMES WE LIVE IN

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(For editorial queries, email femina@wwm.co.in)

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PHOTOGRAPHY: CHARUDUTT CHITRAK;
ART DIRECTION: BENDI VISHAN; **VIDEOGRAPHY:** VAIBHAV NADGAONKAR, VINOD AGGARWAL
HAIR & MAKEUP: PRIYANKA AGARWAL, KINJAL DOSHI; **STYLING:** ASHWINI ARUN KUMAR, PALLAVI SINGH; **RETOUCHING:** STUDIO4LINES;
PHOTOGRAPHY ASSISTANCE: JACOB;
ON NIKHAT: JACKET & PANTS, ADIDAS; HAND WRAPS, HER OWN;
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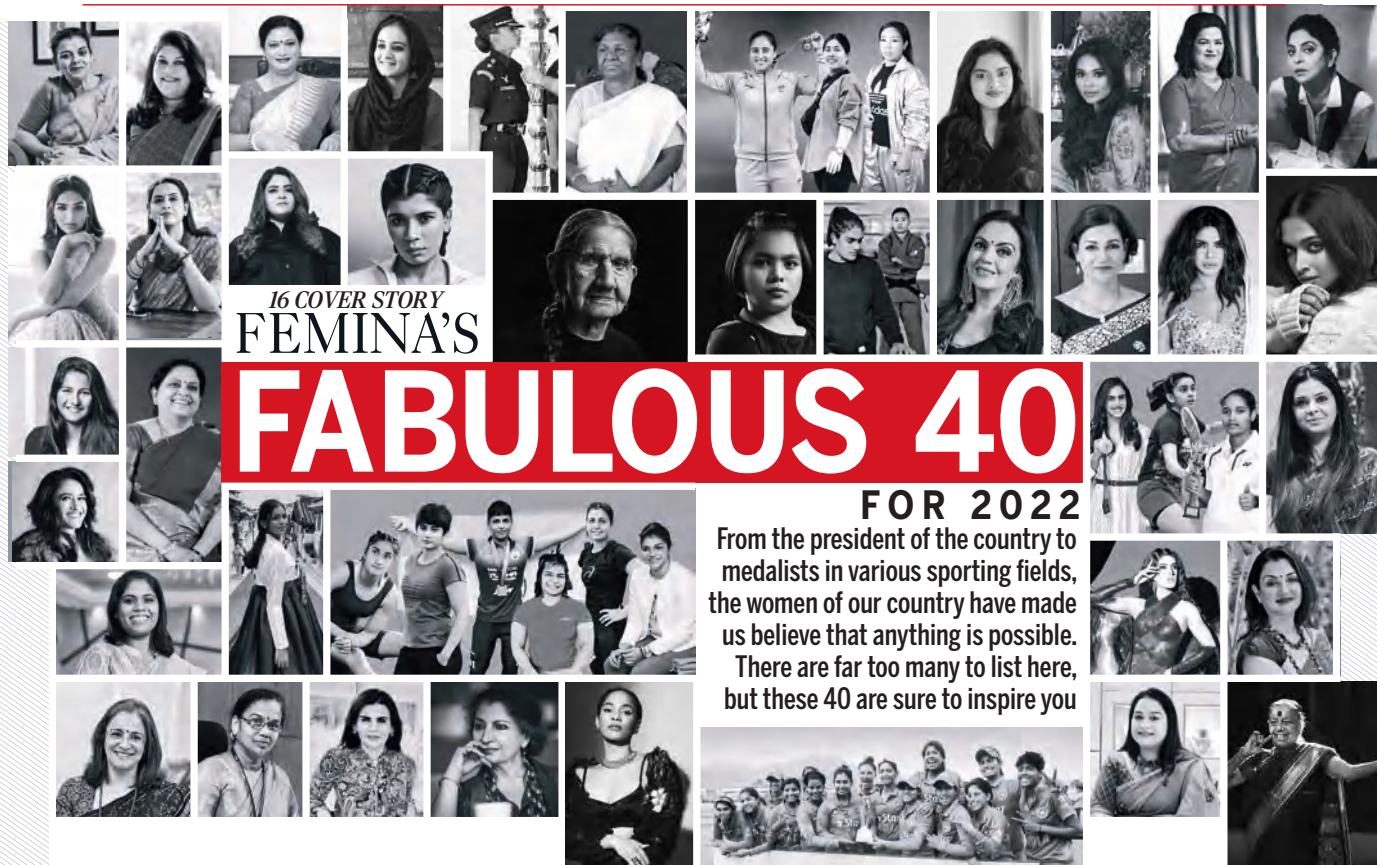
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Only 26, Rashmika Mandanna is already one of the most-wanted actors in the Indian film industry. I love how she still comes across as a humble person in the Cover Story despite the success that she has achieved at such an early stage in her career. She proves that humility and simplicity are two qualities that can take you everywhere. Rashmika is relatable, and I think that's what makes her truly special.

Shruti Hegde, Bangalore

The ideas for home decor for the festive season in *Get Your Home Festive Ready* came in so handy for Diwali, but they will also work as decor options for the wedding season ahead, especially when there is a wedding in the family. They are simple yet effective and will win us points for hosting people well.

Archana Shah, Baroda

We are so used to some of the rituals we have in our culture, but many of us don't recognise their scientific significance, without which they would not have come into existence in the first place. Our ancestors knew! Revisiting some of these in *Festive Rituals To Look Your Best* has made me want to reconsider my stance on some of them and even try a few this season.

Shreya Sharma, Aurangabad

All couples will have at least one fight before the festive season around whose side of the family gets their attention. No matter the love, this fight seems inevitable. Still, the tips I read in *Splitting Time* are doable and might even bring everyone closer, which is the true spirit of Indian festivals, after all. Modern problems require modern solutions,



but these are for the greater good.

Shambhavi Sinha, Allahabad

I love how Femina has normalised being alone during festivals in *One's A Party!* Many of us cannot reach our families or celebrate with them because situations like these will arise, and they

are not in our control. Social media is also chock-full of people sharing family pictures and those of moments that they share with friends that are bound to make one feel upset and disheartened, but it's important to learn to value one's own company and not feel dejected. This feature was very thoughtful, and I loved reading it.

Aprajita Khanna, New Delhi

For Indians, there's no better way to make the festive season feel special than with desserts! Chef Rachel Goenka's recipes in the October issue were easy to recreate and offered such a versatile take on traditional Indian desserts. They were a hit with everyone at home.

Ekta Kapoor, Chandigarh

The round-up of Indian festive trends was great for Diwali, but it's also going to be of use for the wedding season when we're looking for outfits to wear. It's wonderful to learn that *shararas* have made a fashionable comeback, as have saris, even though they are more modern than ever before. Since big fat Indian weddings are all about making an impression with your clothes, flipping through pages inundated with trends is such a treat and inspiration.

Dia Khanna, New Delhi

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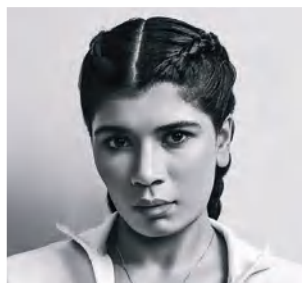
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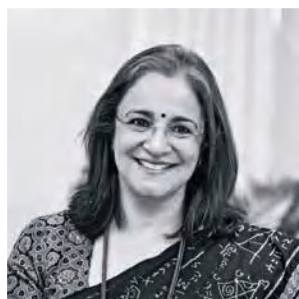
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US 40

FOR 2022

The newest president of the country. The sportswomen who won laurels at the prestigious Commonwealth Games. Entrepreneurs whose businesses have grown this year. Award-winning actors and artistes. Women who lead us into the zone of inspiration, making us believe that anything is possible. Women who have worked hard, not only for themselves but also for others. There are too many, but this selection of 40 will motivate us all to push our boundaries as we continue to move ahead...





DROUPADI MURMU

PRESIDENT OF INDIA

T

ribal leader. Stateswoman. Legislator. Minister. Governor. These are just some of the positions that the 15th President of India has

held before she assumed the highest office of the country in July 2022.

Droupadi Murmu's election after defeating opponent Yashwant Sinha has significant symbolic value for one of the most marginalised communities in the country. Her stellar record as a tribal leader and her solid political career make her the inspiring leader she has emerged to be. From being the first girl of her village in Odisha's Mayurbhanj district to go to college to becoming the first tribal President of the country, she has many firsts to her credit. She is the first woman from her region to become a minister in the Odisha government and the first woman legislator to win the prestigious Nilakantha Award as Best Legislator in the Odisha Assembly.

The 64-year-old, who is the second woman president of India, was also the first woman to be named governor of an Indian state – Jharkhand – and served the full term of her office. She has faced multiple hardships to move ahead with her work, including the loss of her husband and two sons within a span of five years.

"I am the first President of the country to have been born in independent India," Murmu said in her first address to the nation as President. "We will have to speed up our efforts to meet the expectations that our freedom fighters had with the citizens of independent India." With her vast and diverse administrative experience of leading various ministries (transport, commerce, fisheries and animal husbandry in the Odisha government) and her representation of the philosophy of *antyodaya*, which means the empowerment of people at the bottom of the social pyramid, she is already on that trajectory. >

– Shraddha Kamdar



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BHAGWANI DEVI DAGAR

ATHLETE

H

aryana's Bhagwani
Devi Dagar made
news in July 2022

for her performance at the World Masters Athletics Championships, a competition for athletes older than 35, held in Tampere, Finland, this year. At the age of 94, the athlete earned three medals at the championships – the gold medal in the 100-metre race, clocking 24.74 seconds; a bronze medal in the discus throw competition, and another bronze in the shot put event. Affectionately known as Super Dadi or Delhi Dadi, she has become an inspiration for many.

Bhagwani Devi earned the opportunity to represent India by winning three gold medals at the National Masters Athletics Championships held in Chennai in April-May 2022. Prior to that, she had won three gold medals in the 100m dash, javelin throw and shot put at the Delhi State Athletic Championships.

Life has not been easy for Bhagwani Devi. In her personal life, she has encountered various struggles and setbacks. After losing her husband at the age of 29, she raised her children and cared for her family by herself. She has also battled illness and undergone a bypass surgery, but nothing could stop her from conquering the world with her incredible willpower and talent.

Currently preparing for the World Indoor Master Athletics, to be held in Poland next year, she credits her grandson with her victory. "My mentor and grandson Vikas Dagar deserves the most credit for my victory," Delhi Dadi wrote on Instagram. "At the age of 94, the person whom I taught to walk... as a child made me aware of various sports and trained me very effectively. I was able to win three medals for the country. I pray to God to bless everyone with such mentors, and I encourage everyone to learn a sport irrespective of their age." >

PHOTOGRAPH: CHARUDUTT CHITRAK
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*“Study, play sports,
WIN MEDALS
AND
make our
country proud!”*

EXCERPTS FROM AN INTERVIEW

How did you become interested in sports?

My grandson is an athlete and I saw him practising at the stadium one day. I was intrigued by this big ball (shot put) and I tried my hand at it. That was the turning point for me.

What message do you have for youngsters?

Study, play sports, win medals and make our country proud! >

– **Kayal Arivalan**

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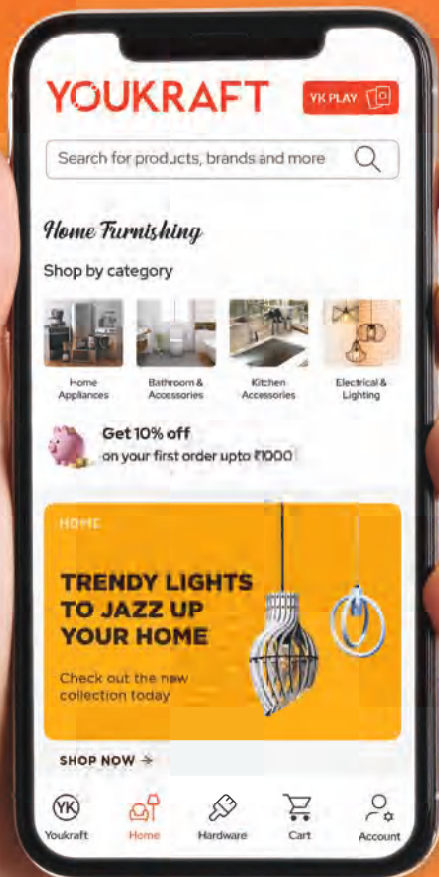
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LINTHOI CHANAMBAM

JUDOKA

Linthoi Chanambam will go down in history for winning the country's first-ever gold medal in a world championship in judo! Her big win came early this year at the World Cadet Judo Championship held in Sarajevo, at which she won the coveted gold, becoming the first Indian judoka to earn a podium finish across any age group.

All of 16, Linthoi hails from Manipur's Mayang, known to be a hotspot for judo practitioners. This is not her first tryst with success and fame; before she became the reigning cadet world champion, she won a gold at the Sub-Junior National Championship in 2018, followed by a gold in the National Championships in 2021, and yet another gold in 2022 at the Asian Cadet and Junior Judo Championships. Interestingly, Linthoi's attraction towards the sport started early on in childhood – she had hardly any friends who were girls, and started believing she herself was a boy! She indulged in football first, harbouring

a love for boxing too, but she had always wanted to take up a sport such as judo. The rest, as they say, is history. From beating up boys during her childhood to taking up judo in 2014, being funded by the Sports Authority of India (SAI) at age 13, and, finally, making the country proud, she has always been proudly an overachiever.

Her inspiration and favourite judoka is Majlinda Kelmendi, Kosovo's first Olympic judo champion, and Linthoi has her own sights set on winning India's first medal in the sport at the 2024 Paris Olympics. In an interview, she said she would give her best to win a gold medal in Paris, and continue to strive for it at the 2028 Olympics to be held in Los Angeles. The sky is clearly not the limit!

EXCERPTS FROM AN INTERVIEW

What made you choose judo?

I've liked sports – especially combat sports – since childhood. Judo is very popular in my village, and we have quite a few famous players from there, so that inspired me to start playing the sport. >



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*“I really love
what I do,
AND THAT’S
WHY I DO IT,
That’s what
motivates me
to continue”*

What makes you willing to put in the hours and effort required for judo?

When I started, my dream was to be an Olympic champion. Now, at 16, I still have the same dream. I really love what I do, and that’s why I do it. That’s what motivates me to continue until I achieve my dream.

What does the World Champion title mean for you personally and for India?

Personally, I feel the same as before; it’s nothing, just one step forward. But, for India, this has happened for the first time in history, and I am happy to have made the country proud. >

– Kalwyna Rathod

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COVER STAR

NIKHAT ZAREEN

BOXER

If you didn't watch the final match of the Women's Boxing World Championship between Nikhat Zareen and her Thai opponent, Jitpong Jutamas, back in May this year, you missed out on a lot, especially the finely-crafted attack that Nikhat put up to win the gold in the 52 kg category. With that win, she created history, becoming only the fifth Indian woman boxer after Mary Kom, Sarita Devi, Jenny RL, and Lekha KC to win gold at the World Championships. The trailblazer had won the National Championship in 2021 and followed it up with triumphs at the Bosphorus Open and the Strandja Memorial prior to this.

It's hard to believe that boxing wasn't Nikhat's first choice and that she only got interested in it when she realised that not many girls were professionally into it. She decided to take up boxing as she believes that girls are just as strong as boys. In fact, Nikhat spent her early years training with boys since she was the only girl boxing in her area. After a year of training with her father, she started training with Dronacharya awardee IV Rao in 2009. The results soon followed. She went on to claim the sub-junior national title and followed it up with a gold medal at the Junior and Youth World Championships in 2011. She won another silver at the Youth World Championships in 2013 and soon began her transition to the senior circuit.

Nikhat first entered the national camp in 2015, at the age of 19. Due to the stiff competition in her weight category, she was advised to move up to the 54 kg class for the national selection trials for the 2016 world championships. Nikhat won the trials and advanced to the quarter-finals at the world championships in Astana. Unfortunately, she dislocated her right shoulder in 2017 and had to stay out of the ring for a year. She made a strong comeback in 2018, winning a silver medal at the Belgrade Winner International Championship. A year later, the Nizamabad boxer also won the bronze at the Asian Championships in Bangkok and a gold medal at the Strandja boxing tournament in Sofia, Bulgaria.

In a recent interview, Nikhat said, "More than me, my father deserves all the medals that I have won... because the society that I belong to does not permit women to play a male-dominated sport. Earning a name and fame in that sport (has been) a big achievement for me."

EXCERPTS FROM AN INTERVIEW

What inspires you and strengthens your dedication?

My family is my inspiration. They have been very supportive of my journey and I have reached where I have and won medals for my country only because of their support.

How would you describe the feeling of winning at the CWG?

When I went to the Commonwealth Games, there was a lot of expectation of me because I was going there as a world champion. My final round was to be against Carly McNaul of Northern Ireland. She is the 2014 Commonwealth Games silver medalist and an experienced boxer, so I decided that my strategy >

PHOTOGRAPH: CHARUDUTT CHITRAK
HAIR & MAKEUP: PRIYANKA AGARWAL
STYLING: PALLAVI SINGH



JACKET & PANTS: ADIDAS ORIGINALS;
SPORTS BRA: ADIDAS; NECKLACE: NIKHAT'S OWN



JACKET & PANTS: ADIDAS ORIGINALS;
SHOES: ADIDAS ORIGINALS;
HAND WRAPS: NIKHAT'S OWN

*"I am a
big foodie,
BUT, WHEN IT
COMES TO BOXING,
I need to watch
my weight to play
in a category"*

would be to not allow her to play her game and rather keep her occupied with mine, a strategy that worked. When I won, I was very emotional and happy – it was my first Commonwealth Games victory. I am very grateful to everyone for their support.

What is your fitness routine?

I am a big foodie, but, when it comes to boxing, I need to watch my weight to play in a category. To be fit, I follow a strict diet consisting of

proteins, which gives me the energy to perform in the ring.

What is your message to young women who want to pursue sport in India?

I come from a middle class family where girls are supposed to sit at home and give birth to children, but my father has been supportive. I hope that every girl who wants to get into sports gets a chance to pursue the profession.

– **Kayal Arivalan**

HARNAAZ SANDHU

**MISS UNIVERSE
2021, ACTOR**

Her most public

win might have been on a global stage, but it is Harnaaz Sandhu's personal triumphs since then that have kept her in the spotlight. Harnaaz won the Miss Universe title in December 2021, bringing home the crown after 21 long years. She won the pageant with confidence – seen most palpably in the answer she gave in the final round. Asked what her advice would be to young women to help them deal with the pressures they face today, she replied, “Know that you are unique and that’s what makes you beautiful... Stop comparing yourself with others... Speak for yourself because you are the leader of your life... I believed in myself and that’s why I am standing here.” It was an answer that met with thunderous applause, and went on to become a rallying cry for many young women, especially from small towns across India just like Kohali in Punjab’s Gurdaspur district where Harnaaz was born 22 years ago. She proceeded to take on the tours, appearances, philanthropic and social service activities that are an essential part of every pageant winner’s life, travelling across the world, speaking everywhere about menstrual equity, a subject close to her heart since she had seen her gynaecologist mom at work through her life.

It was during her homecoming in March

that the first comments started surfacing on social media; the world had decided that Miss Universe 2021 was not looking as rail thin as was expected of a pageant winner. Harnaaz responded by holding her head high and refusing to suck her stomach in. In April, she revealed that she suffered from celiac disease, which caused the weight gain. In the months since, she has used every platform offered to her to speak of body positivity, making it obvious that she will not let her appearance define her, nor will she step away from her mission of demystifying menstruation by not putting herself out there in the public eye. “There are young girls and even boys looking up to me,” she said on a television chat show. “If they see me being timid and not strong enough, I don’t think that will be the right way to be that impactful person or inspire them. I want to tell them that inspiration starts within you.” And so she continues to inspire, unafraid of taking on the trolls. If her recent public – and stunning – appearances at New York Fashion Week were anything to go by, she’s going to take the universe (even more) by storm – through thick or thin. >

– **Primrose Monteiro D’Souza**



PHOTOGRAPH: MADDY ART

PRIYANKA CHOPRA

**ACTOR, PRODUCER
& ENTREPRENEUR**

Priyanka Chopra celebrated her 40th milestone birthday this year, and the world continues to be her oyster. The actor, producer, author and UNICEF Goodwill Ambassador turned beauty entrepreneur this year with Anomaly, her haircare brand focused on bringing affordable, clean and gender-neutral products to the masses. Manufactured in partnership with global beauty incubator Maesa, these products are bringing haircare products made with the superior ingredients and featuring performance-driven formulas at a fraction of the price compared to those sold in the market. Her people-first approach to business is not only disrupting the beauty industry but also making Anomaly a favourite among the growing number of celebrity-led beauty brands burgeoning in the market. The fact that all of her haircare products come in Earth-friendly packaging – all the bottles are made from 100% recycled plastic trash that would otherwise occupy landfills and oceans – also helps.

The planet, in fact, seems to be high on the list of things that are a priority for Priyanka, and she is wielding her star power and her position as a representative of UNICEF to shine a light on the climate crisis and its subsequent consequences on poverty, hunger,

and the widening economic inequalities in the society. “All is not well with our world,” was a wake-up call that Priyanka issued in her speech at the 2022 Sustainable Development Goals (SDG) Moment at the United Nations General Assembly, but not before offering the assurance that, “together we have an extraordinary opportunity to change the world that we live in.” The world whose safety is of utmost importance for us and especially for those of the future generations of which her daughter, Malti Marie Chopra Jonas, is now a part. Born to Priyanka Chopra and Nick Jonas via surrogacy in January this year, Malti Marie’s arrival was rather hushed, unlike everything else in her parents’ lives. But among things that are public and visible to her 82.3 million followers is a radiant Priyanka who is enjoying motherhood, managing a business and a production house, making movies, inspiring others, and changing the world.

– Ashwini Arun Kumar



PHOTOGRAPH: ROHAN SHRESTHA

HARSHBEENA ZAVERI

ENTREPRENEUR

In 1987, after majoring in urban studies and anthropology and graduating magna cum laude from Wellesley College, Massachusetts, the USA, Harshbeena Zaveri joined NRB Bearings, a company her father, the late Trilochan Singh Sahney, had founded in 1965, which manufactures automotive components and bearings, and a company of which she is currently Vice Chairman and Managing Director. Much to the surprise of those who worked there at the time, she chose to ditch the corner office for a far less lucrative position, that of trainee on the shop floor. Her objective? To develop relationships with the machine operators, gain knowledge about the company's products, and become well-versed with the needs of its customers.

Around the same time, in the '90s, India was also undergoing an economic renaissance. Digitisation had set in, and the country was slowly transforming itself into a global IT hub. Combining the learnings of her grassroots-level training with her business savvy approach, Harshbeena saw this time as the perfect opportunity to become competent in design and transition the company from simply being a manufacturer of commoditised bearings to one that designed customised friction solutions. Just a decade into her time at NRB Bearings, she urged the board to set up an independent R&D centre so they could stop depending on foreign partners for technology. Although the idea was initially rejected, a research unit was eventually established to develop next-generation gearboxes and transmissions. Support became unequivocal when orders came in from European automotive giants such as Audi, Volvo

and Daimler. In 2001, Harshbeena became President of NRB Bearings.

Two decades under Harshbeena's leadership have vaulted the company into being the global front-runner for hybrid and E-mobility applications. Apart from the BS6 engine, its parts have found a place in future-ready hybrid and electric vehicles. It has also expanded its R&D centre and moved into a new 35,000 sq ft facility in Navi Mumbai.

As a responsible businesswoman, Harshbeena is invested in the environment and has pushed NRB to become sustainable, with some of its main products now manufactured with 40% reclaimed raw materials. It is moving towards achieving a zero-waste manufacturing goal by 2030.

Harshbeena's rise from the shop floor to the top has not been easy, especially as a woman, and a non-engineer at that, in the automotive space, but difficulties have never deterred her. "I believe persistence and thorough preparation are important if you want to lead," she says. "As a woman, it was more difficult, but, instead of resenting that, I appreciate how much more resilient and resourceful it helped me become." >

— Ashwini Arun Kumar



NITA AMBANI

PHILANTHROPIST



“M_y family

comes first. If my children are taken care of and in a good space, then I have double the energy to go to work. My notes are sent out in the night by 3 am for the following day so I am very organised the night before. I wake up to find my day's purpose written,” Nita Ambani told *Femina* in a previous interview. With a portfolio that seems larger than life, she needs to be an organised multitasker to bring her plethora of passion projects to fruition. Ranging from education and healthcare to sports and arts, these projects were inspired by her inherent need to give back to society, which she did by setting up the Reliance Foundation.

Her passion for her work is equally matched by her elegance as a hostess who truly cares. At a photoshoot we once conducted at her residence – the modern palatial Antilia – she went around the space ensuring that each team and crew member was comfortable and had eaten. “I take pleasure in interacting with people, knowing about them, listening to them,” she says, indicating she loves human interaction and is comfortable understanding the everyday struggles of her staff. Her excellent time management skills enable her to pack as much at work as she does at home. She is the first to cheer for Mumbai Indians – her team at the Indian Premier League (IPL) – and to pray for a win, as she is on the forefront gunning for better education for girls at the grassroots level for nation building.

A recipient of the Rashtriya Khel Protsahan Award, Nita has many firsts to her name – she is the first Indian woman to be selected as a member of the International Olympic Committee (IOC) and the first Indian trustee on the Board of the Metropolitan Museum of Art, New York, among others. For someone to whom sports came by chance at the age of 44, she's definitely found the reason to make sports a part of her educational endeavours. She believes that it changes her entire perspective on life; as a platform on which nobody can discriminate, one just has to be good on the field. And, moving forward, one of the most influential women in South Asia is working toward making the right to sports a fundamental right.

– **Shraddha Kamdar**

CAPTAIN ABHILASHA BARAK

**COMBAT AVIATOR,
ARMY AVIATION CORPS**



Captain Abhilasha Barak at her valedictory ceremony

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n May 25, 2022, with the hashtag #InStrideWithTheFuture, it was announced on Twitter that Captain Abhilasha Barak had become the first woman officer to join the Army Aviation Corps as a combat aviator. This was after successfully completing of training in keeping with the Army's shifting social attitudes, where more and more women are now being seen in traditionally male strongholds.

The 26-year-old – a native of Haryana and the daughter of a retired army colonel, S Om Singh – made headlines as she created history. After graduating from Delhi Technological University in 2016 with a BTech in Electronics and Communication Engineering, she spent a year working for Deloitte in the United States. In an interview shared by the Indian Army, she stated, “While growing up in military cantonments and being surrounded by people in uniform, it always seemed like an ordinary affair. I never realised (that it was different) until our family moved out of the military after my father's retirement in 2011. The feeling only grew stronger after seeing my elder brother's passing-out parade at the Indian Military Academy in 2013. That was the moment I knew what I wanted to do for the rest of my life.”

In 2018, after graduating from the Officers' Training Academy in Chennai, she joined the Army Aviation Corps. Even though she was aware that she could only be considered for ground-duty positions, she stated that she had passed both the computerised pilot selection system and the Pilot Aptitude Battery Test. When the Indian Army declared two years later that women would be admitted as combat pilots, Captain Abhilasha's belief that the time would soon come was vindicated. During her tenure with the Army Air Defence Corps, then-President Ram Nath Kovind appointed her as Contingent Commander for the Presentation of Colours to Army Air Defence. Captain Abhilasha's feat has been regarded as a “golden letter day” in Indian Army aviation history.

Captain Abhilasha is a model of bravery, valour and strength, exemplifying the aspirations and goals of countless Indian women who aspire to dream big and serve their country. >

– Koyal Arivalan

PHOTOGRAPH: BCCL

DEEPIKA PADUKONE

ACTOR

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or Deepika Padukone, 2022 will go down as the year she fortified her position as a global star, a position that has been in the making since she made her Hollywood debut



with Vin Diesel in *xXx Return of Xander Cage* in 2017. After clocking 15 years in Bollywood and delivering countless hits, including *Gehraiyaan*, one of 2022's biggest cinematic successes, the actor represented the Indian film fraternity as a jury member at Festival de Cannes. Her stratospheric ascent also had a lot to do with how Deepika has turned her name into a giant brand that other megabrands cannot stop piggybacking on for their admission into the Indian market, and, more importantly, for that instant visibility that very few other actors can give.

If Deepika's appearance in Louis Vuitton's pre-fall 2020 campaign was a litmus test, its result has obviously been favourable and compelling. How else would she have become the first-ever Indian house ambassador in March this year alongside Hollywood actor Emma Stone and Chinese actor Zhou Dongyu, clutching the timeless Dauphine bag? While legions of Indians know of Louis Vuitton, Deepika being papped while dressed head-to-toe in the house's apparels at Paris Fashion Week and on the Cannes red carpet has certainly helped the brand's cachet in the Indian subcontinent, whose residents make up a majority of her 69.8 million (and counting) followers. This sort of unparalleled star power has her audiences enamoured via her movies, social media, and the philanthropic work that she does. This includes the founding of the LiveLoveLaugh Foundation that discusses mental health in a country where the topic still makes people nervous, an initiative that caught the attention of French luxury jewellery and watch brand Cartier, which recently signed her as its global ambassador.

While becoming a part of the history of storied global brands is a highpoint in Deepika's career, creating her own legacy at 36 seems to occupy her mind, too, which has led her to start her own selfcare line consisting of essential skincare products that is soon to hit the Indian market. In one of the many international chats she did this year, Deepika was quoted as saying, "India has so much to offer. Even as a little girl, I always wondered 'why do I have to be somewhere else? Why can't I be here and still be as successful or still be able to make a difference?'" And she is doing just that.

— Ashwini Arun Kumar

DR MANJULA POOJA SHROFF

EDUPRENEUR

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uring the pandemic, a difficult time for everyone, especially children, Dr Manjula Pooja Shroff launched eKal Academy, a digital learning platform that offers live as well as self-paced courses for learners of all age groups and categories. Drawing strength from inspiring women such as Mother Teresa, Michelle Obama and Indira Gandhi, she also released *Success, Mantras & Musings*, a biography on her life penned by award-winning journalist and author Anurita Rathore Jadeja.

Dr Manjula has carved her own space in a field that is typically male dominated. Hailing from the royal family of Odisha, she met with resistance when she expressed a desire to study further. She couldn't fathom why, especially since the males in the family were allowed to pursue it. It was only when she moved to Delhi for further studies that she realised she had almost missed the opportunity of education, even with all the privileges that came with her royal status. With education being her passion, she plunged into entrepreneurship. In 1996, she launched her first school, Delhi Public School, in Ahmedabad, amid much apprehension from the strong business community in Gujarat. Its success led her to start her own group, Kalorex. Twenty-seven years down the line since its inception, Kalorex is going strong, with more than 40 institutes today, including K-12 schools and pre-schools. She has spearheaded initiatives for special learning needs, underprivileged students and vocational education, as well as floated edutainment platforms and e-learning courses.

Dr Manjula is a trend setter in the education sector in Gujarat. Her group has ensured that all its



schools provide world-class education and meet unparalleled benchmarks. The result of all these efforts? Every year, Kalorex schools achieve top ranks in the Education World Surveys, and DPS – Bopal Ahmedabad students have been city and state toppers in the CBSE Boards year after year.

Not content with her many achievements, Dr Manjula is also the co-chair of the FICCI Arise forum and contributes substantially towards decision making and bringing in educational reform in the country. An inspiration herself, she always pushes her students to move onto an entrepreneurial path and make their dreams come true. >

– Karen Alfonso



WOMEN'S CRICKET TEAM

**SKIPPER
HARMANPREET
KAUR & TEAM BLUE**

A first medal is always special. The Indian women's squad bagged a silver at this year's Commonwealth Games, which is India's first-ever medal in cricket in a multi-sport event. Captain Harmanpreet Kaur led the team from the front, and this year she also surpassed the records of MS Dhoni and Virat Kohli with her winning percentage



The team celebrates after winning the ICC Women's Championship in 2016

as a captain. She surpassed Dhoni's record of 41 T20I victories, which he achieved in 72 games. Mithali Raj is the closest to Harmanpreet on the list of most wins among Indian women's national cricket team captains, having won 17 T20I games as captain. Harmanpreet's total ranks third among women's T20I captains, behind England's Charlotte Edwards (68) and Australia's Meg Lanning (64). Dhoni had 41 victories to his credit, followed by former captain Virat Kohli with 31, and current skipper Rohit Sharma with 27 victories to their credit until August 1, 2022.

Women's T20 made its debut at the 2022 Commonwealth Games, and India recorded its maiden victory against Pakistan in its second match. They never had it easy on their way to

the finals as they defeated some of the most formidable opponents to reach the gold medal match. They had to face the in-form England team, whom they won over through brilliant effort.

Harmanpreet was named captain following former captain Mithali Raj's retirement, and she had huge shoes to fill. She ensured that the pressure of captaincy did not influence her personal performance by displaying an all-rounder performance in every match after taking over as the team's skipper. The team bounced back under her able captaincy, well assisted by batting sensation Smriti Mandhana, to taste victory overseas. The Commonwealth Games 2022 was the team's first competitive series since being shuffled. Despite losing the finals and missing out on gold, there were several positives to take away with the silver medal. The team played excellently across all departments of the game – batting, bowling and fielding.

The victory lap did not end there as the team continued its brilliant form by winning the 50-over match against England and almost won the T20 series. They desperately wanted to win the series against England, which also happened to be the final series for Indian pace sensation Jhulan Goswami. At the start of the series, the legendary bowler announced her retirement from all forms of the game.

The Indian players gave it their all to win the series 3-0 and do a clean sweep, winning all three matches with a considerable difference. This is India's first bilateral series victory in England in 23 years. The Indian team won an ODI series 2-1 in 1999, which was also Mithali's debut series. During this tournament, India also managed to score 300 plus runs on the board. Indeed, two of India's four 300-plus ODI totals have come in 2022. Both have a Harmanpreet century combined with a three-figure fourth-wicket partnership in common. This series also happens to be England's women's team's first time losing a series at home to a team other than Australia since 2007.

With Harmanpreet at the helm, there's a sense of ownership, especially after assuming captaincy across all formats of the game following Mithali's retirement. She wields great power, and the players appear to be rallying behind their strong commander. >

– **Kayal Arivalan**

PHOTOGRAPH: TIMES CONTENT

MADHABI PURI BUCH

CHAIRPERSON OF SEBI

Her appointment as chairperson of the Securities and Exchange Board of India (SEBI) in March 2022 marked two major firsts – Madhabi Puri Buch is the first woman and the first former private sector top

level executive to head SEBI since it was founded in 1988. The regulatory body for the securities and commodity market in India under the ownership of Ministry of Finance, Government of India, is privileged to now have Madhabi at its helm for an initial term of three years. She brings with her invaluable experience in both the public and the private sector. Madhabi spent 20 years with ICICI Bank, as well as four years with SEBI as a whole-time member heading the divisions for investment management and collective investment schemes, which include mutual funds and alternative investment funds. Under her belt, she also has stints as business development head of Greater Pacific Capital LLP, a private equity firm in Singapore, as consultant to New Development Bank in Shanghai, and as founder-director of Agora Advisory Pvt Ltd, based in Singapore.

The alumna of St Stephen's College, New Delhi, and IIM-Ahmedabad describes herself as “committed to data empowerment and risk and compliance.” She is known to be progressive, adaptive and instrumental in ensuring that the regulator is seen to be consultative on key policy reforms. Industry leaders recognise her to be agile, energetic and straight-talking, all essential attributes that will help her gauge the pulse of the markets, boost India's digital transformation, and meet whatever challenges lie ahead.

That things will be different under the new chief became very apparent in mid-September when she unveiled the Federation of Indian Chambers of Commerce & Industry's (FICCI) initiative to strengthen compliance with a tech-based solution built to transform said compliance across organisations, allowing tracking of over 2,000 SEBI compliances and auto-generation of select SEBI disclosures, with additional features such as compliance document management, end-to-end board meeting management, and the generation of compliance calendars. She is quoted to have said on the occasion, “Technology is the magic bullet. Because what technology has shown us is (that) it is possible to reduce costs, serve the customer better, do better compliance, have better control and all of it at the same time.” More power to technology, regulation and Madhabi is our unanimous verdict. >

– Primrose Monteiro D'Souza



DR SAUNDARYA RAJESH

SOCIAL ENTREPRENEUR



A young banker with a promising career ahead of her, Dr Saundarya Rajesh dropped out of the workforce, abruptly, due to marriage and motherhood. When she sought to make a re-entry, she encountered the straight-jacketed thinking of India's talent managers. "Over time, I realised that, while anger is an energy that helps a social entrepreneur challenge status quo, it is

empathy to problems faced by the same people, which actually provides solutions" she tells us.

Despite its burgeoning economic progress, India has amongst the lowest Women's Workforce participation rates in the world. "Our purpose at Avtar is driven by the immense social, financial and business implications of improved women's workforce participation in our country", she says.

As a committed social scientist, whose passion for primary research has created pathbreaking new methods of cultural transformation, Dr Saundarya believes that India Inc has the enormous opportunity to become a global hub for diverse talent. "Over the past 22 years, we have made over a 100 top brands realize that being good is good for business", she says. She created the 4E framework© a breakthrough method helping companies clear the fuzzy logic of diversity, equity and inclusion processes.

Dr Saundarya started Avtar in 2000. Her desire was simply to find jobs for women like her who had off-ramped. Over the years, she discovered that true change in the status of the educated job-seeking Indian woman can come about only when every participant in the ecosystem – schools, colleges, employers, the woman's own family and ultimately the woman herself are convinced of the value of women's careers.

"Even as workforce participation rates of women in India continued its downward trend in 2021/22, we witnessed a profound change in the companies advised by Avtar," she informs us. "Bucking the national averages, these companies actually increased the representation of women by about 15%" As of September 2022, Avtar has directly and indirectly placed over 75,000 returning women, impacted the careers of over 1,00,000 women, and influenced over 25,000 managers.

Since founding Avtar, Dr Saundarya has led her team through four global crises – including the COVID pandemic – and each time, the cause of creating gender balanced workplaces has only emerged stronger. She believes that to help companies create inclusive spaces, policies and cultures, requires not activism, but 'actionism'. "I see my role as training the spotlight on the intrinsic value of the Indian Woman Professional (IWP). She is the least utilised resource in India. If every business were to employ at least 40% women, India would become a developed nation, sooner than we believe" This is the movement she is leading, with the practice of daily cleansing of the mind to remove negativity and the habit of selfless leadership. >

– Shraddha Kamdar

FALGUNI NAYAR

FOUNDER OF NYKAA



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ynamic and inspiring entrepreneur Falguni Nayar reached newer heights this year by becoming India's richest self-made woman. She has achieved this feat in a short span of 10 years since founding Nykaa. In 2012, at the age of 49, she quit her job as an investment banker and launched the e-commerce site retailing beauty products. She had no prior experience working in beauty or online retailing, but it was a risk she was willing to take. Risk is something she was familiar with. Her father, who crossed from Karachi to Mumbai during the Partition, had started his own ball-bearings business, which she and her brother helped with. "He'd expect us to roll up our sleeves and pitch in – even if it meant packing large orders," she said in an interview. "My father was a different thinker. He'd treat me and my brother equally. Growing up I always felt like I could take risks – because I saw him taking risks." Falguni successfully built Nykaa, expanding to brick-and-mortar stores around the country. Initially offering just beauty products, it soon expanded to fashion and home décor. It also launched its own line of makeup products and forayed into skincare with Nykaa Naturals. In 2020, Nykaa became a unicorn, the first company helmed exclusively by a woman to do so.

Falguni recently made her debut on the list of 100 richest Indians with an estimated wealth of ₹38,700 crore as of September 2022. She became a billionaire after Nykaa went public in October 2021. After the share was listed at about an 80% premium, the company's revenue went up by close to 38%. With that, Falguni certainly proved that it is never too late to become an entrepreneur.

– Karen Alfonso

BHAVNA UDERNANI

ENTREPRENEUR

From working with human resource company TeamLease to establishing her own HR consultancy company with a turnover of over ₹360-crore, Bhavna Udernani's journey has been inspirational in more ways than one. The founder and managing director of Adhaan Solutions Pvt Ltd has battled her way past challenges right from the start. "When I started young 12 years ago, there were very few women entrepreneurs in our industry, and people wouldn't take me seriously," the achiever recalls. "I also had to put up with fierce competition as people could break clients for small margins. Dealing with frequent changes in labour laws, managing labour unions, and attracting the right talent to work for you when you are not yet a brand was a herculean task."

Yet Bhavna has not only undeniably held her own, but also stayed ahead of the competition. "We have always believed in offering our clients end-to-end HR consultancy solutions, whereby our clients are spared any headache on issues concerning manpower or labour," she reveals of her strategy. "Whether it be critical issues such as notices or court orders or strategic hiring of personnel, our clients can completely rely on our tailor-made services to meet all their requirements."

In the last couple of years, especially in the face of growing economic uncertainty and despite the absence of a strong sales team, the company has still grown organically. "On account of our impressive performance, credibility and word-of-mouth, we have developed into a ₹360 crore pan-India business entity," Bhavna enthuses. "Even during the pandemic period, when most businesses were badly hit, we managed to grow at about 18%. In fact,



in the last 12 years, our company has managed to maintain a steady growth pace owing to our prompt delivery and services."

With businesses in India being majorly people-driven, Bhavna predicts huge manpower requirements in the coming future. In the next couple of years, she also foresees dramatic shifts in HR services on account of market volatility. She has readied herself for the road ahead. "As we are no longer a start-up, we need to work towards increasing 'profitability' of business operations, and also find new approaches and opportunities to increase our valuation. We can no longer stick to an organic growth model, and we have plans for strategic mergers and acquisitions to reach our projected target of ₹1,000 crore over the next three to four years. To facilitate the process, we are now on the lookout for investors to help take us to the next level." Bhavna is all set to evolve the HR industry with various tech and service products. >

— Kalwyna Rathod



DR N KALAISELVI

**SCIENTIST & THE
FIRST WOMAN CHIEF
OF THE COUNCIL
OF SCIENTIFIC AND
INDUSTRIAL RESEARCH**

If you use a phone, tablet, laptop or any lithium-battery operated device, just like most of the population worldwide, you should know about Dr N Kalaiselvi. It took 80 years and Dr N Kalaiselvi to appear for the Council of Scientific and Industrial Research (CSIR) to appoint a woman as its head in 2022. The world might not be vocal enough about her achievements, but that didn't deter her from making strides by leaps and bounds in her field. From Ambasamudram village in the Tirunelveli district of Tamil Nadu to heading the CSIR as its first woman Director-General this year, it has been a long journey for Dr Kalaiselvi. Earlier, she was the first woman scientist to head the CSIR-Central Electrochemical Research Institute (CSIR-CECRI) in 2019.

Having studied in her native district in a Tamil medium school, she went on to pursue her PhD degree from Annamalai University in Chidambaram. After breaking the proverbial glass ceiling as the first woman scientist to head CSIR, the lithium battery expert is currently leading the network of 38 laboratories and nearly 4,500 scientists. Dr Kalaiselvi spearheads India's lithium mastery – a crucial technology for batteries that are transforming energy systems across the world amid fossil fuel-driven climate change. With six patents to her credit and over 125 research papers to her name, she has been instrumental in strengthening India's aim to be carbon emission free by 2070 and the push to raise the number of electric vehicles for a cleaner tomorrow.

A perfect fit for the challenging role, Dr Kalaiselvi has over 25 years of experience in the field of electrochemistry. Her work is focused on electrochemical power systems, developing electrode materials, custom-designing synthesis methods, optimising reaction parameters and electrochemical evaluation of in-house prepared electrode materials for making energy storage devices. She served as the nodal scientist in the MULTIFUN project. She also drafted the technical report for the Centre's flagship National Mission for Electrical Mobility (NMEM) and was part of the Mobility Mission. The road has been long but fulfilling for Dr Kalaiselvi, who is a beacon of light and strength for several young aspiring scientists in the country and the world.

– Shilpa Dubey



POONAM MEHTA

**DESIGNER &
ENTREPRENEUR**

P

oonam Mehta, Co-founder and Principal Designer at AMPM Designs, has carved her very own niche in the interiors industry with her much-acclaimed brand. Known for her eclectic eye and penchant for luxury interiors, she brings these to everything that she designs, which has left her clients wanting more.

Hailing from Chennai, Poonam Mehta is a Masters degree holder from the renowned University of Arts, London. She started designing at a very young age, choosing the path of interior design, and has grown ever since. She is known for her opulent vision and meticulous attention to detail. She had earlier studied psychology and uses this knowledge to understand people's mind-sets and their connections with space and design.

A powerhouse entrepreneur, Poonam's mantra in life is to work hard and play hard. A connoisseur of all things luxurious, she is fearless and fierce in every part of her life and her business. She takes failures positively and advocates empowerment and growth for women across age groups and demographics. When it comes to her clients, she lets them set the narrative of how their homes and offices should look, and then aligns her ideas accordingly, which results in some truly spectacular spaces.

Poonam is also an eminent speaker, and she's been vocal about her perspective on the maximalist and minimalist movements in architectural design, the evolved movement of art in today's modern world, and how it is still so compelling.

A devoted mother, Poonam strives hard to balance work and family, ensuring that she spends quality time with her little one while still conquering the design landscape. >

– Karen Alfonso

SHEFALI SHAH

ACTOR

As teenagers in the '90s, we remember waiting eagerly for a new episode of *Banegi Apni Baat* to air. It was a refreshing story and covered a variety of contemporary themes including the plight of youth jostling to keep up with values and the need to succumb to their own feelings. Shefali Shah, playing Richa, brought out so many aspects of a girl who is a daughter, elder sister, friend and wife. She brought the emotions she portrayed alive in us, the audience. In contrast, she also essayed the role of Savi in *Hasratein* around the same time. She was an actor whose expressions lingered, and soon enough she was seen on the big screen, playing the stern wife who wants to set her husband's habits right in *Satya* (1998), while he serenaded her with *Sapne mein milti hai, kudi meri sapne mein milti hai*.

Yes, for those of us who had closely followed her acting journey, it was a surprise that she played mother to Akshay Kumar in *Waqt* (2005), even as her portrayal stood as testimony to her talent in being able to pull it off so convincingly. And the unconventional roles continued to come and Shefali continued to impress, her work appealing to audiences across generations. The classy mother in *Dil Dhadakne Do* (2015) who deals with her husband's disloyalty by walloping down desserts yet maintaining full parent-like no-nonsense decorum when scolding her fully-grown children. The wife who silently suffers her husband's patriarchal behaviour until she reaches breakpoint, gives up and sits in front of the air cooler sipping a glass of the most refreshing orange juice there ever was in the short film *Juice* (2017). The live-in companion of an ageing theatre



veteran, her relationship with him not immediately clear, in *The Last Lear* (2007). That performance won her the National Award for Best Supporting Actress.

Shefali has held audiences in the palm of her hand in the last year. The series *Delhi Crime* established her as the perfect OTT star. Super-cop Chhaya Sharma, the officer who inspired Shefali's character, told *Femina*, "I am honoured Shefali Shah played the character. She portrayed the nuances convincingly." Whatever the industry offered her, she did justice to. From love and longing in *Once Again* (2018) to compromise for family over true love in *Ajeeb Daastaans* (2021), she has worked a range of emotions. From being fearful and then gaining a unique kind of understanding in *Jalsa* (2022) and embodying empowering maternal instincts in *Darlings* (2022), to being the vicious doctor who will go to any lengths to realise her dream in *Human* (2022) and the senior gynaecologist who is part of the funny incidents in *Doctor G* (2022), Shefali has kept us enthralled. Fittingly, she bagged the Best Actor (Female) award at the 2022 edition of the Indian Film Festival of Melbourne (IFFM) for her performance in *Jalsa*.

"I have to constantly keep doing something," Shefali told us in an interview last month. "I live in extremes and I have to keep doing something or the other, and that just makes me richer as a person. My thing in life is, 'Kya hoga, I'll try, I'll fail, na? Usse jyada toh kuch nahi ho sakta. So why not? Do it!' Life is so exciting." Amen to that.

— Shraddha Kamdar

PHOTOGRAPH: SAHIL BEHAL

JOITA SEN

ENTREPRENEUR

Helming a 50-year-old legacy jewellery brand and introducing the brand to a new consumer base and audience is a mighty task. Joita Sen does it with ease. Having earned a Masters in English from Presidency University, Kolkata, and graduation from St Xavier's College, Kolkata, she has worked with her husband Suvankar Sen to

take Senco Gold and Diamonds to new heights, focusing on brand building, product design and diversification of the brand's products. In 2008, Senco launched Gossip – fashionable jewellery for younger women with accessible price points and a few years later, the Everlite line of daily-wear jewellery came about. D'Signia was recently launched in 2019 for premium and exclusive designs.

It hasn't been all smooth sailing though. "The challenges come from the need to change set mindsets," Joita explains. With the Bangle Utsav in 2021, she wanted to reposition the perception of the bangle. "Women are efficient all-rounders, yet the term '*churiya pehenlo*' is often used in a derogatory way to symbolise weakness. I wanted to convert that weakness into power." Her efforts paid off with the brand winning awards at Bangle Utsav 2021 and 2022, as well as for its video during Pride Month called 'Wear Your Pride.'

Considering that Senco is a company that largely caters to women, Joita has also spearheaded initiatives that support breast cancer survivors and acid attack victims and tackle issues related to women in the workforce. She has also ensured that the company has become a more inclusive space, working with the HR team to hire members from the LGBTQIA+ space, and launching a campaign with Dutee Chand, the openly-gay Indian Olympian. Inclusivity is a matter close to her heart, as, growing up, someone close to her was closeted and she saw first-hand how it affected them. "God doesn't make everyone the same or equal," she tells us. "As humans, we need to understand for ourselves what our own strength and power is and utilise the best of what we have," she adds.

"Experimenting and moving forward with the times is always the need of the hour and getting that vision across is often not easy," she says of her plans for the future. She works closely with her *karigars* to develop new designs and has ensured that they are tech trained, and that their art is being preserved. This enables her to introduce new designs and innovative collections on a regular basis along with being particular about customer service which has earned the company the recognition of Best Brand in Jewellery Category in 2021 by *The Economic Times*. Joita has won the Shakti Award for women leadership in Jewellery Sector by Informa Market and SVAR in 2022. The *karigars* have worked for generations with Senco family. The craftsmanship of creating detailed jewellery is fostered within the organisation, and the final products after multiple level of quality checks are then showcased through the retail and e-commerce channels. >

– Karen Alfonso



DR TESSY THOMAS

**DIRECTOR GENERAL
– AERONAUTICAL
SYSTEMS (AS), DRDO**



self-made missile engineer who rose to prominence from humble beginnings in Kerala, Dr Tessy Thomas broke the glass ceiling at a time when science was not a preferred field for women. Often known as the Agni Putri or Missile Woman, she is the country's first female scientist to lead a missile project. Her three-decade-long career, leadership responsibilities in a male-dominated field, and contributions to space research and development are all sources of motivation for many young women interested in science today. Dr APJ Abdul Kalam nominated her as the first woman scientist to lead an Indian missile project, Agni, when she was barely 25 years old. This year, the selection committee, led by AP Majeed Khan, Chancellor of Noorul Islam University in collaboration with NINS Medicity, awarded her the APJ Award. She was chosen for the award for her contribution to the development of indigenous missile systems.

Dr Tessy's knowledge of solid propellant systems was crucial to the construction of the missile's re-entry mechanism, which allowed it to sustain high velocity and temperatures of 3,000° C when re-entering the Earth's atmosphere. She has contributed to the design of missions and areas such as guidance, control, inertial navigation, and trajectory modelling over the course of her career. She is the recipient



of numerous prestigious awards, including the Padma Shri in 2017 for her contributions to women's empowerment and India's missile programmes.

Dr Tessy is not only a multitasking engineer, but also a pioneer for women in technology. When she joined the Defence Research and Development Organisation (DRDO) in 1988, only three or four women worked for the entire organisation. Currently, approximately 15 to 18% of DRDO employees are women, with many serving as team and technical leaders. "Working as a scientist, I always say science has no gender," Dr Tessy has been quoted to say in an industry event. "It is the knowledge and technical expertise that matters and, if you are willing to learn, women can excel and succeed in this field." Her objective is to see India become a technological powerhouse and achieve scientific independence with women at the forefront.

– **Kayal Arivalan**

PHOTOGRAPH: BCCL

DEVYANI JAIPURIA

EDUCATIONIST & ENTREPRENEUR

D

evyani Jaipuria wears many hats – the Pro Vice Chairperson of Delhi Public School, Sector-45, Gurugram, Delhi Public School – Jaipur, Dharav High School-Jaipur, and DPS International – Gurugram, is also a philanthropist, an industrialist and a global advocate for social welfare.

Hailing from a family of visionary philanthropists, Devyani realised early on in life that the core tenets that help any ecosystem thrive are integrity, education and philanthropy. Armed with this value system coupled with her passion to ensure that young minds start strong, she embarked on her journey towards enriching the education ecosystem in India.

Devyani was instrumental in establishing DPS International elevating DPS 45 to academic excellence, pioneering contemporary education with her Modern Montessori International (MMI) chain of early learning schools, and leading Dharav High School and DPS Jaipur. “My belief in the importance of relevant education for today’s youth inspired me to launch creative programmes that helped the foundation grow,” she says.

It was Devyani’s parents’ dream to provide quality education to the less privileged. Under the Muskaan/Hum Saarthi initiative of FICCI Arise, two government schools (Jharsa and Kanhai) were adopted by DPS Gurgaon. Devyani has reached out to both schools to provide various tools to enhance the teaching-learning process.

Devyani has served on a number of educational committees to aid the cause of education. She has been instrumental in channeling efforts towards healthcare welfare programmes, including organising several vaccination drives for adults and children. On the business front, she is the Executive Director of Devyani Food Industries Ltd, which markets ice creams under the brand name Cream Bell, one of India’s fastest-growing ice cream companies.

Devyani also promotes social welfare and is the driving force behind Pravah, a skills centre for the economically disadvantaged set up by her mother Dhara Jaipuria. “I have been working to cultivate a future-ready working population who can be catalysts of change for their communities and the nation at large,” she explains. “Pravah has enabled many to hone capabilities that they might turn into opportunities over time,” she elaborates. Devyani’s commitment to community welfare and social wellness has been important in bringing about transformational advances in the health and prosperity of individuals, families and communities through strategic partnerships and collaborations at multiple levels.

Devyani is a director at Cocoon Hospital, Jaipur. She also serves as a trustee and founder of the Aliya Charitable Trust, which aids the disadvantaged by providing medical assistance. She works with other charities such as the Champa Devi Jaipuria Charitable Trust and the Mala Jaipuria Foundation to foster a humanitarian approach to community building. >

– **Kalwyna Rathod**





GEETANJALI SHREE

AUTHOR

For Geetanjali Shree, who put contemporary Indian literature on the global map this year by bagging the International Booker Prize, the first and only reader she envisions is herself. “So, I have to be completely free and alone in my head to write,” she told us after *Tomb of Sand* – the translation of her book *Ret Samadhi* by Daisy Rockwell – was shortlisted. “No one is telling me how and what I should be writing. No one has permission to come and see what I’m up to. I’m writing it for myself and I have to feel reasonably good about it.” *Tomb of Sand* is not only the first book to win the honour

in an Indian language, but also the first in any South Asian language.

Having been an active writer for over 30 years, Geetanjali has to her credit five novels and several short story collections, apart from other literary works and critical appreciation. Her novel *Mai*, which intersects the stories of three generations of women in a North Indian family, became a topic of discussion after it was translated into English and won the Sahitya Akademi Translation Prize. Her works have also been translated into French, German, Serbian and Korean.

When writing the award-winning *Ret Samadhi*, Geetanjali’s inspiration didn’t stem from one single thing that she wanted to write about. “It’s about a whole world that I was swimming in, feeling it has grown in me over a long time,” she explains. “There were lots of voices in me about relationships and friendship and love,” she adds. Her novel about an 80-year-old woman who bounces back after her husband’s death to travel to Pakistan to confront her past, she says, is ultimately about love and friendship, and crossing borders, literally and figuratively.

Nominated for several awards, Geetanjali is happy to have been inspired by some of the world’s greats, including authors Leo Tolstoy, Munshi Premchand, Anton Chekov, David Malouf and Franz Kafka among many, many others. She is currently mulling over the next story she wants to tackle.

– **Shraddha Kamdar**

DR GAURI AGARWAL

DOCTOR

Becoming parents is a dream that several couples share, but not everyone is able to conceive on their own; they often have to turn toward science for a solution. And, while the technology is

available, it is not readily accessible, and in a country like ours where subjects such as reproductive health and infertility are shrouded by stigma, there is even the lack of the necessary awareness needed for people to make the right decision about assisted reproductive technology. These are precisely the problems that Dr Gauri Agarwal, MD, DNB, and MBBS, and an infertility & IVF (In Vitro Fertilisation) specialist, wanted to tackle when she founded Seeds of Innocence (SOI), an IVF & Fertility Chain in New Delhi in 2015.

A native of Kanpur, Dr Gauri completed her MBBS in 2007. She was awarded her Diplomate of National Board (DNB) in 2012, after which she sought a fellowship in IVF from Ghent University in Belgium. Armed with these credentials, she went on to specialise in Embryology and Reproductive Medicine from the National University of Singapore in 2013 before starting her own IVF facility in the capital with just one centre that now has expanded to an impressive 15 IVF centres across eight states in India. Seeds of Innocence has also launched its first overseas clinic, set to open in Muscat, Oman.

Apart from helping couples with IVF, Dr Gauri is also invested in making advancements on the genetic technology front. This is the premise of Genestrings, a state-of-the-art genetic diagnostic laboratory she founded to perform advanced medical procedures such as genetic testing that she often combines with her IVF procedures to achieve success rates of up to 78%. Working with advanced medical techniques like these, SOI helps couples have both a healthy term pregnancy as well as a genetically healthy baby.

Dr Agarwal's foresight to envision the idea of setting up the first on-site Genestrings COVID testing lab at the Indira Gandhi International Airport back in 2020, when no commercial flights were even operating, was a key to the success in opening of International Borders, thereby facilitating trade & economy of the country and also keeping our International borders safe.

In 2022, Dr Gauri became a part of the prestigious BW Healthcare World 40 under 40 list of professionals in the medical community who excel in their chosen domain with expertise, empathy, innovation and foresight, as well as the Times 40 under 40. She was also part of a special hall of fame as an IVF specialist in the ET Healthworld National Fertility Awards. Whether couples are medically unable to have children or have exercised their choice to experience parenthood later in life, at Dr Gauri Agarwal's Seeds of Innocence, everyone is welcomed without judgement to the best medical facilities. >

– Ashwini Arun Kumar





PV Sindhu



Pullela Gayatri
Gopichand

TEAM BADMINTON

**SHUTTLERS WHO SWEEP
THE COMMONWEALTH MEDALS**

Treesa Jolly



Another sport among the 'fantastic four' that India shone in at the 2022 Commonwealth Games (CWG) is badminton. Leading the charge was former world

champion **PV Sindhu**, who added one more gold medal to her cabinet by winning the women's singles title in Birmingham. The two-time Olympic medallist beat Canada's Michelle Li to claim her first gold medal at the games in the women's singles. Previously, at the 2014 CWG, Sindhu had lost to Michelle Li, winning the bronze medal. At the 2018 CWG, she won the silver medal after losing to Saina Nehwal. Ecstatic over the much-awaited win, Sindhu had said in an interview, "I am very happy... I (had) missed out on the gold medal earlier. Commonwealth Games are held once every four years, and representing the country is a big honour." She had added that there were many people who had supported her from Day 1 of the Birmingham Games, and that hearing them chant her name during the matches was motivating. Currently eyeing the Paris Olympics in 2024, Sindhu feels there is a lot more for her to achieve. "This is just the start. I am learning a lot more. I feel I can win a lot more. It is not going to be easy, but I want to achieve a lot more. Top 10 players currently are of the same standard. We cannot take any match lightly."

Pullela Gayatri Gopichand and **Treesa Jolly** put up a fantastic show too, beating Australian pair Chen Hsuan-Yu Wendy and Gronya Somerville, to win the bronze medal. The Indian duo scored 21-15, 21-19 in straight games, clinching their maiden doubles medal. They also helped India win a silver medal in the mixed team event. Both 19 years old, Gayatri and Treesa have had an amazing run, especially having reached the All England Championships semifinals earlier this year. The pair currently ranks 35 in the world, having surged up from 56. Speaking about their on-court chemistry, Gayatri opines that while Treesa is an aggressive player with a good smash, she herself is skill-based and calm, creating chances to exploit. They understand each other well and sort out differences of opinion or debate over strategy. In another interview, Treesa mentioned how Ashwini Ponappa and Jwala Gutta are idols in women's doubles in India, mentioning that it boosts their confidence a lot to practise with Ashwini and Sikki Reddy as a pair. "Even off the court, there's such a lot to learn from them." >

– **Kalwyna Rathod**

R MUTHUKKANMAMMAL

DANCER



recipient of the Padma Shri this year for her contribution to the field of dance, 79-year-old R Muthukkannammal's performances bring forth the unique aesthetic of singing while dancing, something that is spoken of with nostalgia by older connoisseurs. Hailing from Tamil Nadu, she is also the last of the 32 *devadasis* who served the deity at the Muruga Temple in Viralimalai, and she continues to live life on her own terms and to dance.

Born in 1937, Muthukkannammal is from the seventh generation of a family of Sadir dancers. This traditional form of solo dance used to be performed in temples and royal courts and before select private audiences. Although the dance form was reinvented and modified as Bharatanatyam by E Krishna Iyer and Rukmini Devi Arundale in 1932, Muthukkannammal still chooses to call her art form Sadir, making her its only exponent today.

Trained by her father, she had her *arangetram* (début on-stage performance) at the age of seven. "I was up by 3.30 am to practise every day; I lived in a house full of dancers who would start dancing much earlier in the morning," she revealed in an interview. She joyfully embraced a life dedicated to the temple, with long practice sessions and the associated rigours of the art form. Things changed, however, once she entered her twenties. Once the privy purses for royals were abolished, she lost her stage within the temple premises and began a new way of life, performing at weddings. At a time when few women stepped out of their homes, Muthukkannammal travelled across Tamil Nadu and to Kerala to perform. Even today, her dedication to her craft is undiminished, and her many awards, of which the Padma Shri is only the latest, are but small recognitions of her commitment.

– Ravina Sachdev



DR MARIAZEENA JOHNSON

EDUCATOR

O

ffering a world-class education system that works for all echelons of society is what Dr Mariazeena has striven to do. Her efforts have not gone unnoticed; she has been recognised by the Ministry of Women and Child Development, Government of India, as one among the 100 women achievers in the country and as one among the 12 Women Transforming India by NitiAayog.

Dr Mariazeena started as a Director with Sathyabama Institute of Science and Technology, Chennai, in 2001; she became the Pro Chancellor of the institution in 2016, and rose to the position of Chancellor in 2019. Since then, it is due to her relentless drive and passion for transforming the face of education that the university has been ranked in the league of top universities in India by the National Institutional Ranking Framework.

“I see education as a tool to change society,” she tells us. “I strive to create an impact in society and wish to serve the nation as an educationist. I love to work for the upliftment and empowerment of underrepresented and underprivileged people, and provide opportunities for them to study and work in my institution. I see to it that everyone is given equal opportunities and treated equally without discrimination. I have people and society in mind, rather than reward, and I am working to give back more to society than I expect from it, and I think that is where I stand out in the industry,” she adds.

“My greatest achievement is making Sathyabama a global brand, recognised worldwide for its academic and research excellence,” Dr Mariazeena avers. “Sathyabama Institute of Science and Technology has emerged as a leading university and achieved excellence in higher education and is growing as a benchmark institution in the country.”

Under her leadership, the university has figured as one of the 41 institutions in India ranked by QS. For the teaching quality, student diversity, employability factors, research and diversity of Sathyabama, it has been recognised as one of the best institutions in India and placed in the 1001-1200 band in the QS World University Rankings, 2023. According to QS Asia University Rankings, 2022, Sathyabama is placed in the 301-350 rank among the universities in the Asian region. Recently, the institution has been awarded with “Five Stars” by QS Star Ratings, which is again a remarkable accomplishment.

– Karen Alfonso

MASABA GUPTA

**FASHION
DESIGNER,
ENTREPRENEUR,
ACTOR**

In June 2022, not content with her extremely popular fashion line and with acting, Masaba Gupta decided to venture into something not many Indian designers have done before – launch her very own beauty and wellness line, LoveChild by Masaba.

Masaba had launched her eponymous fashion line in 2014, and it was an instant hit with millennials and, now, Gen-Z owing to her quirky prints and accessible designer price points. In January this year, Aditya Birla Fashion acquired a 51% stake in her brand, which is said to be worth ₹90 crore. In 2020, she pivoted into acting, starring in a semi-fictional version of her life in the Netflix show *Masaba Masaba*. The second season, launched earlier this year, has been a resounding success.

After working out successful beauty collaborations with Lakmé and Nykaa, Masaba decided the time was right this year for her to have her own brand. The choice of the name LoveChild by Masaba was not random. Masaba wanted to change the narrative of ‘love child’, a term that had stuck with her all through her life. “No matter what I do or how successful I am, people will continue to view me as a ‘love child,’” she said in an interview. “It’s why I decided to



call my brand LoveChild, because I am finally able to own it [the identity] now. Hey man, it is what it is.” The line comprises lipsticks, *kajal*, nail paints, and also feminine wipes and anti-anxiety oil roll-ons, and has much more in the pipeline.

– Karen Alfonso

CHANDNI KAPADIA

**EDUCATIONIST
& ENTREPRENEUR**



Chandni Kapadia terms her journey an adventure. From starting out and making it on her own in foreign lands and that, too, over two decades ago when times were very different, to learning the new ropes of business in India and then associating herself with education, she has done it all. “I can say it has been a major learning experience with a lot of challenges,” the dynamic Executive Director of GLS University, Ahmedabad, laughs.

For Chandni, one of the most important aspects of getting through the last year has been getting better at her work, as she does with each passing year. “Also, increasing contribution towards women’s welfare and education is always a major achievement for any woman who has carved her way in a patriarchal world,” she adds. “And when you get recognised for your hard work and contribution, it always feels surreal. 2021 and 2022 have been those years of being able to contribute more and being recognised for it.”

Standing her ground in the face of challenges and making her opinions and decisions heard regardless of naysayers and the criticism that come her way, Chandni feels, is what makes her stand out today. As a woman, she believes, you have to put in much more effort and thought into every decision to let the industry know you are worthy of what you are today. She must know, since she has been there and done that!

“Fending for myself all alone in foreign lands where surviving as an Asian woman was in itself a task, understanding different work cultures and aligning my business strategies to them, and, most of all, venturing into different fields from luxury management to education to law, experiencing the best and worst of all worlds have been major challenges that have taught me so much,” she reminisces.

Not one to shy away from counting her blessings, she credits her mentor Sudhir Nanavati, President of GLS University, who is like a father figure for her. “He has guided me and inspired me each day. I am also surrounded by wonderful women whose lives, struggles and strengths constantly inspire me to be a better version of myself,” she signs off. >

– **Shraddha Kamdar**



Sakshi Malik



Vinesh Phogat



Anshu Malik

THE WRESTLING TEAM

WINNING LAURELS AT THE COMMONWEALTH GAMES

All eyes were on the wrestling team that continued to dominate the sport by winning match after match at this year's Commonwealth Games. India won a medal across each of the 12 weight categories in wrestling, winning the most medals out of India's total tally of 61. These include two gold, one silver and three bronze medals.

Sakshi Malik and Vinesh Phogat

outperformed their previous CWG appearances and overcame psychological barriers to win the medals and Jitender Yadav, head coach of the national women's team, was full of appreciation for the two women who swept the podium. "It was my responsibility to get her out of that zone. I told her 'you will not go back, you will rather get gold for India', " he told a portal when talking of Sakshi. She did not disappoint.

Sakshi, who had won silver and bronze in previous editions of the games, was ecstatic to win her first gold medal after overcoming a lacklustre performance and battling low self-confidence over the last couple of years. She seized the spotlight as she rallied from a four-point deficit in the finals to win the gold. She defeated Canada's Ana Godinez Gonzales to win the women's 62 kg freestyle wrestling gold medal. Down 2-3 at the end of



Pooja Gehlot



Pooja Sihag



Antim Panghal



Divya Kakran

the first round, she looked likely to take the silver but went on to make a stunning comeback. Her victory brought back memories of her win in Rio 2016, as she was trailing 0-4 then as well.

Vinesh, on the other hand, crushed every match she played, including the finals where she pinned her opponent to win the Women's Freestyle 53 kg. She nailed the spin against Chamodya Keshani Don of Sri Lanka and won the fight 5-0, demonstrating technical supremacy. With this victory, Vinesh clinched her third consecutive gold at the Commonwealth Games.

Anshu Malik went down fighting in the finals, and bagged the silver. Despite losing their semi-final bout, **Pooja Gehlot** and **Pooja Sihag** displayed tremendous effort to clinch a medal each for the country in wrestling. Gehlot won the bronze medal in the women's 50 kg freestyle over Chriselle Letchidjio of Scotland on technical superiority. Sihag trounced her opponent Naomi de Bruine of Australia 10-0 to be declared a clear winner in her bronze medal match. **Divya Kakran** won a bronze medal in the women's 68 kg category, beating Tonga's Tiger Lily Cocker Lemalie in 26 seconds via victory by fall.

Women wrestlers had a promising year in 2022, not just at the Commonwealth Games but also in other tournaments. In the competition's 34-year-long history, **Antim Panghal**, a 17-year-old wrestler from Haryana, became the first Indian to win a gold medal and bag the championship. Antim has been a steady performer since her junior division days and has established herself as a name to watch out for in the world wrestling arena.

Vinesh, who not only displayed an exceptional performance in the CWG2022, but also continued her dominance on the international stage by winning a bronze medal at the world championships held in Belgrade, is India's most promising medal contender at the Olympics 2024. With this triumph, the legendary wrestler became the first Indian woman to win two medals at a world championship event.

Although it has taken more than a decade for India's women wrestlers to establish themselves as the sport's stars in India, it is time to acknowledge that their accomplishments in the international arena have been nothing short of phenomenal. >

– **Kayal Arivalan**

ADITI DUGAR

RESTAURATEUR



Aditi Dugar

has always been inspired by the women in her life. Her mother and grandmother, and, more importantly, the food that came out of their kitchens, had encouraged the founder and director of Urban Gourmet India to embark on a food journey of her own at age 16, when she started cooking and discovered her passion for baking. But it wasn't until after the birth of her first child that she considered the possibility of turning this love into a full-time career. In 2012, she quit her job in finance and started Sage & Saffron, a boutique catering and fine-dining service, which ultimately led her to become one of the country's best restaurateurs a decade later. That came through the process of continually learning from some of the world's best.

After honing her baking skills at the Michelin star restaurants Le Gavroche and La Petite Maison in London, Aditi turned toward the East on her culinary expedition. In Thailand, she learned the nuances of Southeast Asian flavours while working not only at fine dining restaurants like Bo.lan but also alongside street food vendors whose expertise was indulgent, flavourful vegetarian food, all made with locally-sourced ingredients. Clocking time at some of the world's best restaurants such as Tsunami and Zuma (both



in Bangkok) and working alongside several event décor companies made her recognise the gap in a detail-oriented approach to food in the Indian culinary space. And this became the premise of Masque, the ingredient-driven restaurant she founded in 2016 after spending nearly two years researching indigenous produce around the country. "It felt like I was taking on a triple threat," says Aditi of the time around Masque's opening. "It's a tumultuous industry. I was a woman entering this space. And Masque was a risky enough model. It's not easy to push past the negativity and naysaying that comes with all of that." But the 'botanical bistronomy' restaurant, as food critic Rashmi Uday Singh describes it, challenged people's palates and pushed the envelope within the realm of modern Indian cuisine with its 10-course tasting menu-only concept. Proof? Masque is #21 on Asia's 50 Best Restaurants list and number one restaurant in India in 2022. Apart from Masque, Aditi is also involved in running the kitchens at ARAKU Cafe in Bengaluru and Seesaw and TwentySeven Bakehouse in Mumbai.

— Ashwini Arun Kumar

DR UPASANA ARORA

HEALTHCARE ENTREPRENEUR

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here's no stopping Dr Upasana in her pursuit of ensuring top quality healthcare is delivered. This year, she was appointed NABH (National Accreditation Board for Hospitals & Healthcare Providers) Brand Ambassador which has helped her take Yashoda Hospital, Super Speciality Hospitals, Ghaziabad, to grow fourfold and helped her professionally to look at management in a whole new way. That's not just the only feather in her cap, she has been appointed as the chairperson for Delhi chapter in Special Olympic Bharat, and Vice President of Indo-American Chamber of Commerce. She's also been recognised this year as 'Outstanding Woman in Medicine and Healthcare' by FICCI FLO. Additionally, she's won the 'Global Excellence Award' and Business Icon Award. The Chairperson for the ASSOCHAM Empowerment Council, Dr Upasana is also the Co-chair for medical value travel with FICCI and working with an NGO, Union, as a tuberculosis advocate.

Medicine was not always in the cards for her. Dr Upasana did her graduation in Educational Training, and then Master's in Political Science. She was prepping for her UPSC exams when her mother's untimely demise led her to abandon that plan. She went to the UK to pursue courses such as the Lean Management course from Cardiff University. She also completed her NABH-assessor course as well as the CII course, and went to Harvard Medical School to learn more about quality and patient safety.

On being asked what makes her stand out in her industry, she tells us, "The constant thought that inspires me to stand out in the industry is primarily to help patients get the best of affordable and quality care where safety is never compromised. State of the art offerings with unparalleled service in the



industry is what I look at when I think of Yashoda Hospital." It hasn't been all smooth sailing, especially being a woman in a very male dominated field, she adds, "I serve in multiple leadership positions and at times it is challenging for the men to accommodate women in leadership positions. The constant thought that inspires me and challenges me at the time is breaking the glass ceiling, which still exists, in a male dominant industry. Beyond myself, I see a role for women leaders in top management as it is, at times, difficult for women to succeed in an industry which is male dominated and male led.

Female health workers comprise 50% of the health workforce, yet women occupy only 7% of leadership positions in the healthcare sector." >

– Karen Alfonso

THE WEIGHTLIFTING TEAM

**WEIGHTLIFTERS
WHO MADE US
PROUD AT THE
COMMONWEALTH
GAMES**

India's 18th appearance at the Commonwealth Games (CWG) held this year in Birmingham, England, was a spectacular one. All our sportspersons did the country proud as we ended the quadrennial multi-sport event as the Best Nation in a total of four sports. The weightlifting team contributing to this spectacular feat, made their presence felt, and how!

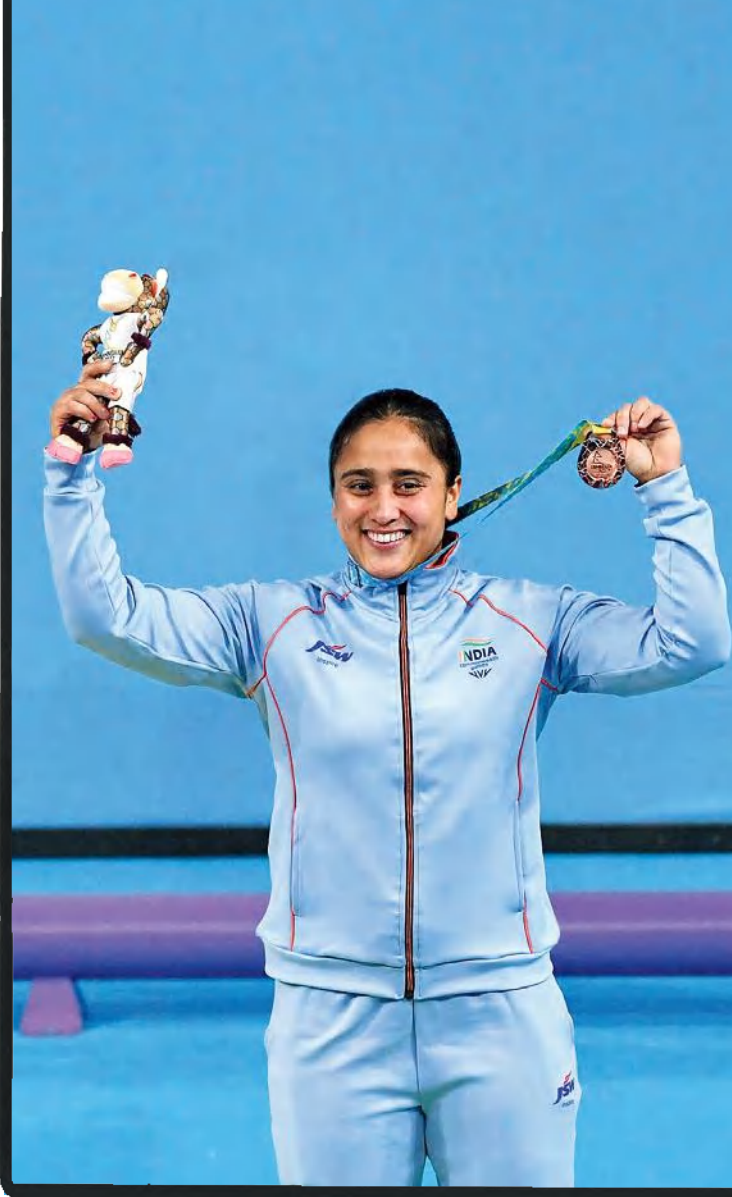
Starting from the top, ace weightlifter and current world record holder in Clean & Jerk in the 49 kg category, **Saikhom Mirabai Chanu** brought home the country's first gold medal at the 2022 CWG. While she hit bull's eye, seemingly without breaking a sweat, it's her team spirit that really speaks to us. She was



Saikhom
Mirabai Chanu



Sorokhaibam
Bindyarani Devi



trained to participate in the 55 kg category, so that all eight women weightlifters of the team could perform at the tournament! That didn't happen though, and only seven could participate, but the team put up a fabulous performance nonetheless.

While Mirabai lifted a total of 201 kg at the CWG 2022, **Sorokhaibam Bindyarani Devi**, the fourth weightlifter to bring home a medal, did so with a total lift of 202 kg! Winning a silver wasn't all for this 23-year-old young gun; she also broke the Games record and the national record in Clean & Jerk by lifting 116 kg in the 55 kg category.

Finally, Punjab's **Harjinder Kaur** totalled 212 kg (93 in Snatch and 119 in Clean & Jerk) to win a podium finish with a bronze medal at the 2022 Commonwealth Games. She also was the silver medallist at the 2021 Commonwealth Youth Games in the 71 kg category.

Padma Shri awardee Mirabai, who is also the first Indian weightlifter to win a silver at the Tokyo Olympics, and only the second weightlifter after Karnam Malleswari to win a medal at the Olympics, had spoken to *Femina* after that feat earlier this year. She had said that she had made many sacrifices and put in a lot of hard work to achieve success at the Olympics. Thanking her family, coaches and partners in her camp, she had mentioned, "I'm filled with gratitude that I got an opportunity to represent my country and that I was able to make India proud." Bindyarani, who comes from the same state as Mirabai, respects her as an elder sister. In another interview, Bindyarani recalled how Mirabai has supported her and accounted for her growth, be it giving her two pairs of shoes when she first arrived at the sports institute in Patiala to now helping her with diet and technique tips. >

– **Kalwyna Rathod**

SANNA IRSHAD MATTOO

PHOTOJOURNALIST

June 10, 2021 was just another day in the field for photojournalist Sanna Irshaad Mattoo. She set out to do her work as usual, which, at the time, entailed covering the COVID situation in her state – the beautiful union territory of Jammu & Kashmir. Little did she know that the image she clicked that day – of a healthcare worker administering the vaccine to a shepherd in Lidderwat, in Kashmir's Anantnag district – would become part of the winning work for The 2022 Pulitzer Prize in Journalism for Feature Photography that carries a sum of \$15,000 in total.

Sana, who shares the honour with fellow Reuters photojournalists Adnan Abidi, Amit Dave and the late Danish Siddiqui (awarded posthumously) won “for a distinguished example of feature photography in black and white or color, which may consist of a photograph or photographs”, according to The Pulitzer Prize website. Her photo, taken against the backdrop of the awe-inspiring Kashmir mountainscape, “balanced intimacy and devastation, while offering viewers a heightened sense of place,” the Pulitzer official information said.

A former multimedia journalist, Sana studied journalism at the Central University of Kashmir and became a Magnum Foundation Photography and Social Justice Fellow in 2021. She has often described

her work as that of being a “witness” and mentioned that she considers it “sacred.” “To me, it means respecting someone’s grief, their space to mourn, while also finding new, alternate and subtler ways to tell stories,” she said to the Magnum Foundation. “It means not only having ethical guidelines, but using photography as ethics in practice.”

Sana was in the news one more time in October this year, when she was prevented from flying to New York to receive the honour in person; she later shared photographs of the prize with her followers on social media. She continues her work of documenting news in her state.

– **Shraddha Kamdar**



PHOTOGRAPH: INSTAGRAM

AMRITHA GADDAM

ENTREPRENEUR

F

rom starting with the simple vision of building a results-driven, Ayurvedic skincare brand providing natural alternatives when tackling everyday skin and hair problems to becoming one of India's foremost plant-based skincare brands with bestselling daily-use products, The Tribe Concepts (TTC) has come a long way. It caters to a loyal customer base of more than five lakh consumers worldwide, and all this in a span of just three years, under the able leadership of Founder and CEO, Amritha Gaddam.

The road to success has not been without challenges. "Building a sustainable skincare business is not easy, especially in a world filled with chemical alternatives and easily-available plastic packaging solutions," admits Amritha. "It was definitely a challenge initially to source real ingredients right from the farmers, and also to stick to sustainable packaging options, but we ensured we stuck to our ethos." Hard work and perseverance always pays off, and that's true for Amritha and TTC as well. The brand has been recognised as one of most promising brands of 2021 and 2022, and as the fastest growing D2C brand in the country. Amritha has won several awards and accolades such as Young Entrepreneur Award of the Year 2021 and Women Start-up Entrepreneur of the Year 2022, and has been recognised as one of the 10 Most Inspiring Business Women in India 2022.



With more skincare brands venturing into the clean beauty space, what makes The Tribe Concepts stand out? "For me, TTC is more than just a business; it is for a better sustainable planet, and for spreading the goodness of Ayurveda to today's digital consumers," Amritha replies. "We have all this incorporated into our brand with 100% eco-friendly packaging and products made with fresh Indian ingredients. TTC is also about women's empowerment; we are proud that 90% of our workforce is women."

Where does she find the inspiration to make a difference? "My mother is my inspiration," she tells us. "I was brought up with the values of natural solutions for a healthier lifestyle, and I have seen great results myself. This inspires me to spread awareness about Ayurveda to millions of people every day." >

– **Kalwyna Rathod**

SRIYA LENKA

K-POP STAR

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he K-pop phenomenon is at its peak in the country, gaining fans by the minute, and, for the first time, an Indian has joined its ranks. Sriya has joined the popular K-pop band BLACKSWAN after a global hunt. The hunt was conducted this year to find a replacement after its member Hyeme left.

Shreya Lenka, who goes by the stage name of Sriya, was born in Jharsuguda, Odisha, in 2003. A dance prodigy, Sriya learned Odissi before moving on to freestyle and hip-hop. She was mentored by *Boogie Woogie HipHop 2009* winner Madan Mohan Purty who saw her natural talent, and decided to tutor her even though her parents faced financial hardship. The pandemic added further financial strain, and she had to drop out of class 10. She used this time to improve her dance skills. It was also then that she was exposed to K-pop thanks to her friend who sent her EXO's *Growl*. Sriya then learned the dance steps and went on to research K-pop and K-dramas further.

She launched her own YouTube channel, which met with much success, but she faced rejection when she applied to multiple labels. Finally, she participated in a DR Global audition, beating 4,000 applicants. She was flown to South Korea in December 2021, where she was further



trained in dance and language. In May 2022, the talent show *Cygnus Project* announced that Sriya had won. "It was like a dream come true!" she said in an interview. "I had worked hard to achieve a place in the band and, when it finally happened, I said to myself, 'Yes, I made it to the top!' I feel very happy and proud to represent my country on this big platform."

– Karen Alfonso

PHOTOGRAPH: INSTAGRAM

DR GRACE PINTO

T

oday, Ryan International Group of Institutions is a popular name in the education sector in India because of the stupendous efforts of

EDUCATIONIST

Dr Grace Pinto, Managing Director, Ryan Group. A testament to how she's impacted education in India are the Lifetime Achievement Award 2022 from Prithvirajsing Roopun, GCSK, President of the Republic of Mauritius, the Her Power Award at the Indian Brand and Leadership Conclave 2022 organised by The Brand Story, and the Albert Einstein Award from the Asia Africa Consortium, among others. And that's just this year, the newest additions to a long list of accolades she's won through her illustrious career.

Dr Grace has always believed that education is vital for the change we need to see in society. She began her career as a teacher, and, along with her husband, visionary Dr A F Pinto, Chairman – Ryan Group, she began her mission of making education accessible and affordable to Indian children. Together they have successfully built the Ryan Group, one of India's premier chains of schools, with over 145 institutions, offering the K-12 curriculum through the state, national and international boards of education.

Dr Grace has ensured that the education her schools offer is not just a curriculum, but a more wholesome, immersive one. She believes that education should be experiential and ensures that her students are exposed to the arts, culture and international relations. She has worked with her team to pioneer a number of national and international events to develop different life skills among students. Under her leadership, the Ryan Group of Schools has been one of the top institutions to organise the International Theatre Festival, the Indian Model United Nations, the World Scholar's Cup, the International Cultural Exchange, Ryan TV – A Media Initiative, and many other projects.

While education has been her prime focus, she also believes in giving back to society with initiatives for the underprivileged as well as for the welfare of senior citizens through several projects that she spearheads. Dr Grace's vision for a better India is truly inspiring. >

– Karen Alfonso



RANI KOHENUR

ARTISTE & ACTIVIST

“N

ama-slay, it's now come time for the South Asian invasion!” said Rani KoHENur – or Sushant Digvikr as we know them when they are out of drag – while making their entrance at Queen of the Universe, an international drag queen singing competition that they participated in back in 2021. Whether you consume reality TV content for entertainment or otherwise, you cannot have missed seeing clips of Rani performing Celine Dion's *My Heart Will Go On* in falsetto on the show while dressed in a purple structured corseted Gaurav Gupta gown embellished with crystal fringes and a matching headpiece. The power of their look and their voice reverberated through the internet and gave India's flourishing drag community – one they have been instrumental in forming – a global stage. Though they placed fourth in that competition, they amassed a fan following from across the world and had several new avenues open up to them.

Sushant Digvikr is not new to representing the country at a global level. After winning Mr Gay World India in 2014, he went on to compete for the title of Mr Gay World in Rome and became one of the Top 10 Grand Finalists. Until recently, he was also

the national producer of the Mr Gay World India organisation that groomed its Indian pageant winners for the international contest. But 2022 marked a significant year for his trans avatar, Rani, who became the first artiste of the LGBTQIA+ community from India to feature on the third largest billboard in Times Square, New York, in June – also recognised as Pride Month. As Rani KoHENur, they also became the first Indian drag queen to perform on the main stage at RuPaul's annual DragCon in Los Angeles, California, wearing a teal-coloured peacock-inspired outfit by Indian designer Amit Aggarwal. They will also be a part of the DragCon that is slated to take place in January 2023 in the United Kingdom.

In the 16 years since they became a part of the entertainment industry, the 32-year-old has inspired people to embrace their identities via their art and their star power. They are also an activist, a trained industrial psychologist who continues to work with several big Indian corporates, and a trans mother who has adopted several kids so that they can be a part of the society that they have contributed to bettering. >

– Ashwini Arun Kumar



PHOTOGRAPH: AMIT KHANNA

FEMINA

BE UNSTOPPABLE



Isn't it time we did away with the
'perfect body' myth? Let's talk.
[@femina.in/fitness](https://www.femina.in/fitness)

ROHINI IYER

**ENTREPRENEUR
& CHANGEMAKER**

T

his year, powerhouse entrepreneur Rohini Iyer is being wooed by the world. And no one is surprised because she is one of the most influential women in Bollywood and known to be a 'rainmaker'. At the age of just 21, she set up what is arguably India's first reputation management company Raindrop Media, which has been the force behind the upward trajectory of several Bollywood superstars. Raindrop might have started as a drop, but Rohini has made her mark in the industry with her rebranded group of companies called Rain Reign. The multi-hyphenate has diversified her brand into digital content, brand strategy and a new venture to nurture and launch new talent.

Superstars and legendary filmmakers alike vouch for her sharp acumen; the game-changing entrepreneur is bringing her Midas touch to everything she works on. She has been a rule breaker who has challenged many status quos and has taken a stand for her beliefs rather than toeing the line, even at the risk of losing out on some of the biggest names in the business.

With her name on as many as 27 national and international power lists and with 20 influential awards to her name, Rohini is an unstoppable force who has built brands and empires. Her success story has been documented in chapters



dedicated to her in three books featuring the most powerful entrepreneurs in the country – Sudha Menon's *Devi, Diva and She-Devil*, Gayatri Rangachari Shah and Mallika Kapur's *Changemakers: Twenty Women Transforming Bollywood Behind The Scenes* and Vodafone's *Women Of Pure Wonder*.

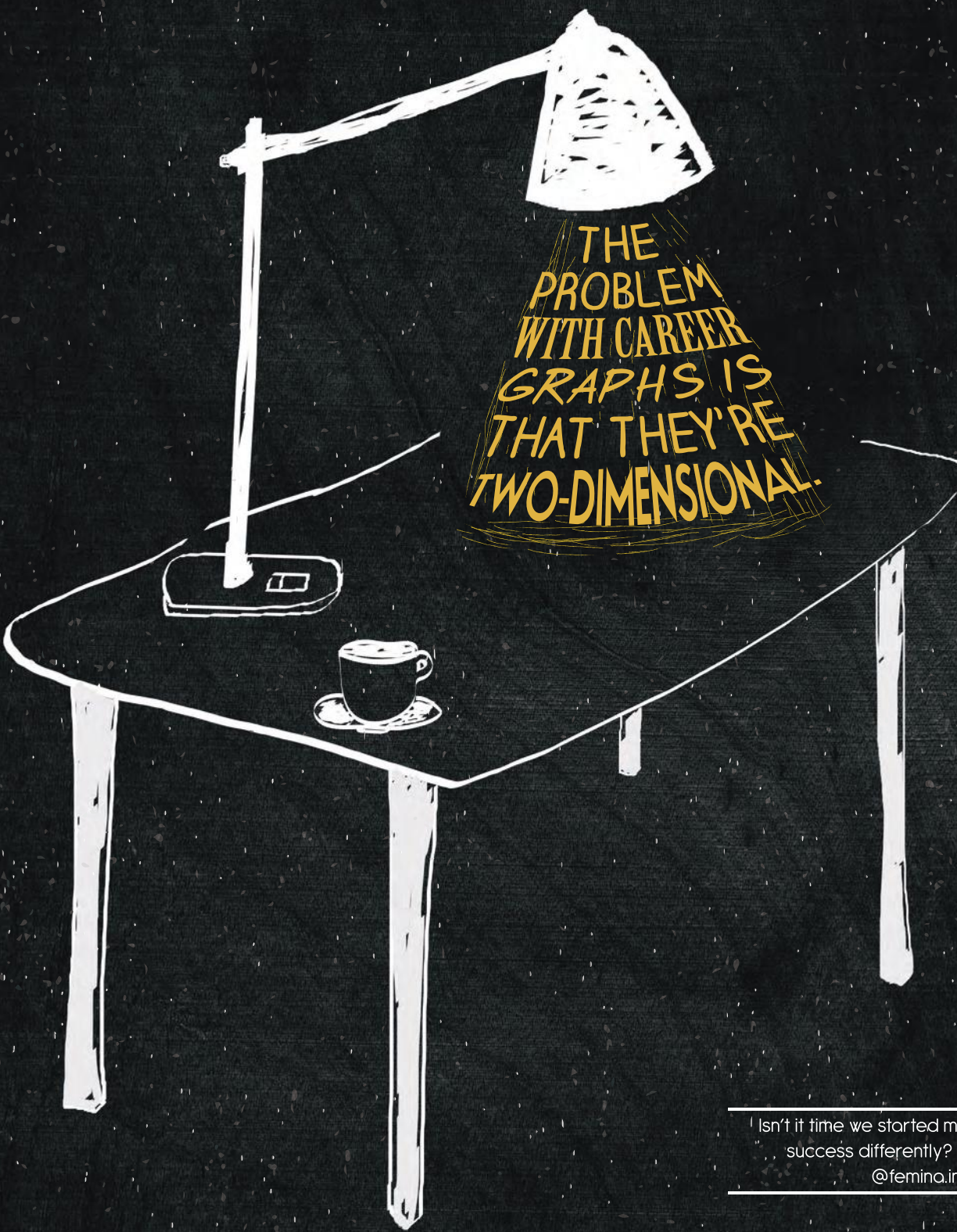
The visionary entrepreneur is working on new global collaborations this year. Global players have been pursuing her to fill the partner, investor and strategic advisor role for the India market. A champion of women's empowerment, Rohini has been closely working with her network of other powerful women to lead dialogues on women's rights, to address equal pay discrimination and to create an ecosystem that is safe for women media professionals; she is also campaigning to bring equal opportunities to women.

While Rohini remains low key without giving interviews or speaking about her actor friends, she has the reputation for hosting the best *soirées*. Aptly, a paparazzo once dubbed her the next Karan Johar. >

– Shraddha Kamdar

FEMINA

BE UNSTOPPABLE



THE
PROBLEM
WITH CAREER
GRAPHS IS
THAT THEY'RE
TWO-DIMENSIONAL.

Isn't it time we started measuring
success differently? Let's talk.
[@femina.in/lifestyle](https://www.femina.in/lifestyle)

THE INDIAN JUDO TEAM

JUDOKAS WHO SHONE AT THE COMMONWEALTH GAMES

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anipur's

Shushila Devi Likmabam won India's seventh medal at the Commonwealth Games 2022. The 27-year-old isn't new to the sport, tournament, or even to glory; judo runs in her family and she took it up at a young age, starting from Imphal's Sports Authority of India centre, and progressing to the National Centre of Excellence in Patiala. In an interview, she had mentioned how she had never even dreamed of playing internationally, let alone winning medals for India. But win medals she did, bagging the silver in the women's 48kg category at the 2014 Commonwealth Games. Next was the gold at the 2019 South Asian Games. She was also the country's sole representative in judo at the 2020 Summer Olympics.

Shortly after Shushila's win came that of **Tulika Maan**, with a silver medal in the +78 kg category. Standing six feet tall now and still growing, Tulika was always the tallest girl in the room. Since few women judokas compete in this super heavyweight division, Tulika has not had much competition domestically, winning her first senior national title at the age of 18. But things went downhill gradually, as cynical coaches



Tulika Maan

Shushila Devi Likmabam



urged her to get bigger to have an advantage over opponents. This came at the expense of technique and fitness, and Tulika started losing interest in the sport. Things finally changed for the better with the entry of a new coach. Cut to the present: under coach Yashpal Solanki's guidance, Tulika has not only improved on stamina and balance, but has also developed strength and confidence, as is evident in her game.

Indian women players are making their mark in judo even outside of tournaments such as the CWG. Case in point cover girl Linthoi Chanambam, who is just 16 years old. Also hailing from Manipur, she is the first Indian ever to win a gold at the World Cadet Judo Championship. The young champion draws inspiration from Majlinda Kelmendi, Kosovo's first Olympic judo champion. In an interview, when asked about her success mantra, she had said that there was no secret to it. "It's purely hard work and dedication, which I guess paid off." **F**

— Kalwyna Rathod

SHANTARAM'S BOMBAY: ONE OF HOPE

CHARLIE HUNNAM is now adept at using a few swear words in Hindi – an after-effect of playing the titular role in the series *Shantaram*. He and SHUBHAM SARAF, who plays Prabhu, tell Shraddha Kamdar how they engaged with the novel and got under the skin of their characters



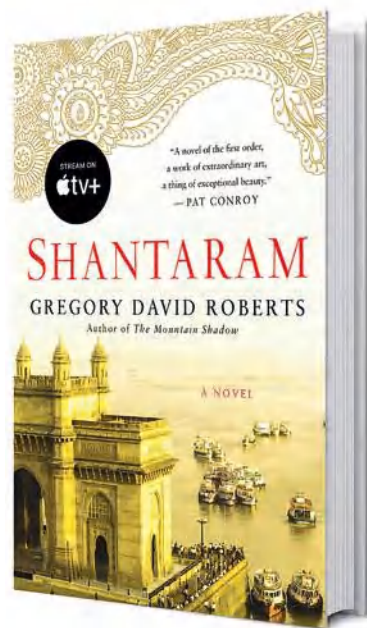
Shubham Saraf (left) and Charlie Hunnam in *Shantaram*

The first thing I noticed was the smell. In that first Bombay minute, I didn't recognise it. Now I do. It was the smell of hope." When Lin Ford – who goes on to become Gregory David Roberts's *Shantaram* – gets off the airplane at Bombay Airport, it is this smell that captivates him. It is a city – its people included, especially his trusted guide Prabhu – that captivates him and keeps him much longer than intended. And who better than global heartthrob Charlie Hunnam to bring this author-backed character to life on our screens? The first season of *Shantaram* dropped on Apple TV last month, garnering much love from audiences, especially fans who have been waiting 20 long years for a screen adaptation of Roberts's book.

Charlie has a theory about that, on two counts. "First, it is a very demanding piece. We did two versions of it before we got it right. I'm not even sure we got it right, but we are in the

process of trying. But we made one version where we definitely didn't (get right), much in the same way that Greg wrote this book's manuscript three times, and the first two copies sort of got destroyed. So, there is something in the DNA of this that demands that the process be a labour," he analyses. Second, he says that, 20 years ago, television wasn't what it is now. "If you look at that book now through the contemporary lens of television, it is a no-brainer, but that was not the case when the book was released. I think it is unadaptable for a two-hour movie, so it was just waiting for this golden era of TV where we could tell a story over 40 hours," he smiles.

For Charlie and Shubham Saraf, who essays Prabhu's role beautifully – nuances and all – the journey started with loving the source material, the novel. "I read the book when I was 15, on an Air India flight to literally Bombay, sitting next to my dad and totally tripping out," Shubham recalls. "I was like, >



"I WAS LIKE, 'OH MY GOD, I'VE NEVER READ A BOOK LIKE THIS... A BOOK THAT EXPRESSES THE INDIA THAT I HAVE KNOWN FOR YEARS, LIKE THIS!' I LOVED THE BOOK THEN"

Shubham Saraf

'Oh my God, oh my God, oh my God... I've never read a book like this... a book that expresses the India that I have known for years, like this!' There is a line about the smell of Bombay, and I remember coming out of the plane, the gates opening, and I was going down the stairs and I was like: that's right! He got it right. He's articulated something that I didn't even know myself. I loved the book then."

By the time Shubham got involved with the show, it was like he knew Prabhu. "He was somewhere deep in my past recesses since I'd met loads of Prabhus," he elaborates. "I went to India every year of my life and they were – we were – everywhere. All I had to do was to read the words that were so well written, and have fun, because I think that's basically what Prabhu does."

Charlie had read the book so many times that, by the time the team got into scripting, he was a part of it at all stages. "I was involved in a way where I usually, as an actor, would not be. When we actually got to filming, most of my work had already been done, in increments. It was less from

the perspective of an actor but more from the perspective of a producer trying to figure out how we were going to take the source material and divide it into portions that could make up a multiple-season TV show," he says of the unorthodox process by which he became Lin, and, later, Shantaram.

While both actors had spent enough time with their respective characters even before the series was announced, they were certainly in for some major learnings as far as shooting was concerned, especially since a large chunk of it was shot outside of the country. The toughest portions to shoot – which were also some of the most rewarding for Shubham – were the ones filmed in the slums. "It kind of put us against the wall," he admits. "Literally, the elements made it hard for us to not be 'in it'. Think 13 hours of filming baking in 35° to 40° heat. Or long night shoots being bitten by mosquito after mosquito after mosquito." It was almost like the actors were really going through it the way the novel intended! "And to overcome that difficulty is what made it so rewarding – in the scenes and in life," Shubham says.

The onscreen camaraderie between Charlie and Shubham is palpable, just as it is between Lin and Prabhu in the novel – from sharing gifts to helping one another in dire straits, to Prabhu's grandmother christening Lin 'Shantaram'. They bring alive a quote in the book – "Ask people for help. You'll be alright. Don't worry. It's a great adventure, your life, and it has only just begun..." **F**

Celebrate Life

There's something to celebrate every day – you just need an attitude of gratitude

★ Celebrate The 'Real' Luxuries

Having a job, a roof over your head, being able to eat whatever you want, being able to spend on new clothes or shoes and everything that you can afford. These are things to be thankful for.

★ Celebrate Wins And Victories

Getting a promotion, acing a test, even getting through a difficult day... no matter how big or small the achievement, give yourself a pat on the back.

★ Celebrate Loved Ones

Celebrate the fact that you have people in your life who genuinely love and care for you.

★ Celebrate Living

Rejoice in everything that you can physically do – breathe, see, hear, walk, run, dance, sing, play with your pets, hug your friends... Indulge mindfully in eating, sleeping, brushing your teeth, bathing... Keep in mind that not everyone has the luxury of doing these without care. Revel in your life by doing more!



HAVING THE **HARD TALK**

There's no skipping the difficult conversations, but it's important to consider the child's age and level of development when deciding how to broach each subject. By **Kayal Arivalan**

As children are increasingly exposed to the world, they will need to be aware of global issues such as war, violence, global warming and racism, as well as, closer home, death in the family and, if necessary, marital strife. Talking to children about difficult topics is one of the most challenging tasks one can encounter as a parent.

Despite the fact that every child and circumstance is unique, neglecting difficult discussions with your children can leave them with unaddressed misconceptions or concerns. As parents, you are your children's first line of reference, and you want them to feel safe turning to you for guidance and reassurance through difficult times. It is crucial to engage your child

in open discussions about their emotions and worries from an early age in order to create an environment where they feel safe talking to you about anything. Establishing this open line of discussion on complex topics helps young minds develop deeper understandings, independent viewpoints and positive coping abilities.



START WITH YOUR CHILD'S OWN UNDERSTANDING

A good starting point when addressing difficult subjects is always your child's current understanding, feelings and anxieties around the issue you wish to discuss. If you are aware of their specific concerns and prior knowledge on the subject, you can be more reassuring and offer more insight. "We want to give our child a perfect life, protecting them from harm's way and nurturing them to the best of our abilities, but life is not perfect," states **Rashi Gaur**, Mumbai-based global consultant and life coach. "Along the way, there are stresses and challenges that could affect them adversely. It could be something tragic such as a death in the family or a loss brought about by a natural calamity; it could be an inevitable divorce or financial challenges."

BE CONSCIOUS OF TIME AND PLACE

Rashi advises against forcing a conversation if your child does not appear to be ready to discuss the topic. Open the channel of dialogue, but do not force them to leave their comfort zone. "To address a difficult topic, it is essential to choose the time and place carefully," Rashi cautions. "The best atmosphere and time for moving forward is one in which you are not emotionally overwhelmed; your child frequently mirrors your feelings."

A GOOD STARTING POINT WHEN ADDRESSING DIFFICULT SUBJECTS IS YOUR CHILD'S CURRENT UNDERSTANDING

MAKE IT TWO-WAY

Always share your feelings openly when discussing difficult matters. This can help children in identifying their emotions and understanding that they are acceptable. "Communicating anything, including sensitive topics, is not just about the words; body language, tone of voice, a hug, a pat, the look in your eyes are all ways of communication," avers **Dr Aarti Bakshi**, Delhi-based psychologist and school counsellor. "The way a parent communicates with their child reflects in the child's communication with others; it also shapes their emotional development and how relationships are built upon throughout life." She strongly believes that communicating these challenges to your child in a psychologically secure and familiar setting helps improve the trusting relationship you've formed as well as sends a powerful message about addressing worries and developing resilience. >



SENSITIVE TOPICS

DR AARTI BAKSHI, psychologist and school counsellor, offers advice on approaching difficult issues

→ Change In The Family Dynamic

Losses and additions to a family must be discussed and not hidden. Of course, age-appropriate language and expressions are essential. With the death of a loved one or a pet, you could start by pointing out some of the cycles in nature. Make sure you add that the person or pet will not be coming back, because the permanence of death is something that young children have the hardest time understanding. If death is imminent (in the case of a terminal illness or prolonged suffering), prepare the child as much as you can in advance, so they are not suddenly confronted with the loss. In the case where you – or even your divorced partner – are expecting another child, do prepare the child in advance.

→ Family Issues

A separation or divorce can shake a child's otherwise complete world. Talk things over as a family, discuss the changes to be expected, and assure them that your love for them will never waver. It is important to emphasise that their welfare will not be compromised.

→ Growing Up

Adolescence is a phase of physical, emotional, and social growth. For girls, periods are an inevitable part of growing up, while boys might be embarrassed by involuntary erections and nocturnal emissions or wet dreams. Choosing the parent whom the youngster is more comfortable with, talk about reaching puberty, the expected changes in their bodies, and sexual and social awareness. Hearing about growing up from a trusted adult makes things easier to process for pre-teens and adolescents.

→ Money

When discussing finances, it is important to include your family's opinions on the best ways to use money. Involve the family in budgeting and spending discussions. Assisting with everyday duties to earn pocket money is helpful, as is managing that amount.

→ Developmental Delays

Every child is special and unique. A developmental delay occurs when a kid lags behind their peers in one or more emotional, mental, or physical growth areas. If a child in the family, extended family, friends group, or at school has a developmental delay, a discussion is warranted; understanding the circumstance is key to your child developing empathy.

OFFER REASSURANCE AND SUPPORT

Assure your child of your unconditional love and commitment to protecting them at all times. Don't let your feelings of doubt, fear or sadness stop you from assuring them that you'll do everything in your power to keep them safe. "I was initially hesitant to discuss periods with my son, but, as I began to explain, he grasped the concept well, and he helped me cope with the pain and stress if I was having my period or had no energy," says **Shalini Natraj**, mother of two boys from Chennai, who feels talking about the menstrual cycle is a must with boys as they need reliable information about periods.

Children will especially need support at times of divorce (reassure them that the breakdown of the relationship is not their fault, and, in the case of an amicable



"OPEN THE CHANNEL OF DIALOGUE, BUT DO NOT FORCE KIDS TO LEAVE THEIR COMFORT ZONE, "

— **RASHI GAUR**



separation, that both parents are there for them, just separately), and death in the family – do not dismiss their apprehensions about your own death, but make sure they are aware of the many people who will continue to support them and whom they can rely on in their time of need. While all these scenarios seem difficult to approach, keep in mind that not addressing them might cause unspoken harm later. **F**



SCORPIO

Oct 23 - Nov 22

Your career is shining this month, Scorpions! Good for you! Don't let anger or work-related stress overwhelm you; keep in mind that the situation is temporary. And don't be careless with your health; give yourself the self care you deserve.



TAURUS

Apr 20 - May 20

Congratulations, Taurians! Career, luck and income are shining for you this month, but do take very good care of your health. Be mindful of what you say; let all the aggression and hotheadedness out with exercise instead of your words.



ARIES

Mar 21 - Apr 19

Thanks to your income and finances, the first half of November will be a happy one for you, Aries. Take good care of yourself and know that any ups and down in your health will pass. This is the month when you will be blessed with good surprises!



Monthly moon sign predictions for November 2022 by Psychic Medium, Spiritual Coach, and Soul Astrologer

DR MANMIT KUMARR

Instagram: @drmanmitkumarr_official



GEMINI

May 21 - Jun 20

Geminis, the good times are coming. Things will be much better for you once Jupiter goes direct on November 24. Focus this month on diversifying your income sources. Be careful to not drive rashly; take a driver with you if possible.

BY THE MOON

LIVE YOUR BEST LIFE THIS MONTH



CANCER

Jun 21 - Jul 23

Smile, Cancerians! November will be great for you in terms of career,

luck, love and income. Expect a revival in your old network, too. Jupiter will bring more good luck your way, as well as the mental peace you are seeking. Keep your spirits high.



LEO

Jul 24 - Aug 22

Your work is speaking for itself, Leos, and recognition and

rewards are yours to grab this month. Still, keep in mind that your relationships need extra attention in November, and be vigilant in this aspect.



VIRGO

Aug 23 - Sep 22

This is a great month for you, Virgos! Money and luck will favour

you. However, don't get complacent about your health in November, and keep your spirits high — any challenges in your relationships will pass.



LIBRA

Sep 23 - Oct 22

Congratulations, Librans! November promises to bring you career growth, but be

careful of your expenses. Say 'no' to any income shortcuts this month; your honest work will speak for itself. Take care to not over-invest in property this month.



SAGITTARIUS

Nov 23 - Dec 21

This is the month you will get the recognition you deserve, Sagittarians!

Although the month might bring some conflicts, you will win against your 'enemies'. If sleep and stress are a concern this month, try natural remedies such as Bach Flowers.



CAPRICORN

Dec 22 - Jan 19

Capricorns, your focus this month is going to be on work. The second half of November

will bring you gains, recognition and reasons to smile. Jupiter going direct on November 24th will bless you with new friends and improved relationships.



AQUARIUS

Jan 20 - Feb 18

Well-deserved gains and recognition are coming your way, Aquarians! You can

expect an increase in income (and expenses) after November 24th. This is the month your relationships will get better, so don't let your spirits flag.



PISCES

Feb 19 - Mar 20

Pisceans, November will test your patience. Be very mindful

of your health, expenses, family life and career. You can enhance the quality of your life by maintaining an appropriate lifestyle, eating good food, and following your workout plans.

WHAT MOMMIES DON'T WANT THE WORLD TO KNOW

Motherhood has its good days and its bad ones. **Kayal Arivalan** shares 10 unfiltered truths about the messy reality of being a mom

Being the mother of a five-year-old child who is both naughty and nice is rewarding and demanding. When I first held him in my arms, I imagined perfect Instagrammable moments. There have been those, but also sleepless nights, tantrums, advice from all directions, doubts about my mothering skills, panic attacks, and a well-deserved PhD in changing diapers. Yes, motherhood is challenging, and, whether you're a first-time parent or expecting your third child, you'll relate to several, if not all of these mommy realities.



1 YOU'VE INJURED YOUR CHILD AT LEAST ONCE

Whether you left them alone as an infant and they decided to roll over and off the bed, or they got in the way of the vacuum as a tiny adult, accidents happen. There is nothing to feel guilty about!

2 SHOWERING IN PEACE IS A DISTANT DREAM

Mothers are their kids' go-to people. Being able to bathe or even take a comfort break in peace will seem like a victory. (Perhaps visit a friend's house every few days?)

3 MAKING FUNNY FACES IS A SKILL, NOT CAUSE FOR EMBARRASSMENT

Funny faces or off-key renditions of their favourite

songs, all diversions come in handy when kids scream or throw tantrums.

4 YOUR OTT ACCOUNT WILL KEEP RECOMMENDING PEPPA PIG

Your list has nothing but cartoons and animals pretending to be superheroes. (Paw Patrol, anyone?)

5 THE 'MOM-ME' SHOWS UP EVEN WHILE SHOPPING FOR YOURSELF

You are drawn to toy stores and children's stores, even when out to buy lingerie.

6 YOU ARE FORCED TO LIE!

Whether it's for a get-together with friends or even a date

MOTHERS ARE THEIR KIDS' GO-TO PEOPLE

with Daddy, you have to say you're going to the doctor – it's the only outing kids don't want to join you on.

7 YOU'VE MADE YOUR PEACE WITH EVERYTHING, YES, EVEN POOP AND PUKE

After a while, parents find nothing too disgusting to handle.

8 YOU CAN SLEEP IN PEE

When the child wets the bed in the middle of the night,

you quietly put a towel over it and go back to sleep. Sleep is precious; who has the energy for a bedlinen change anyway?

9 YOU LOVE BACK-TO-SCHOOL!

The little time you get to yourself during school hours is invaluable.

10 YOU WILL DEFEND YOUR RIGHT TO CHOCOLATE

And you have innovative ways to hide it from little eyes and hands – it's not good for kids anyway.

The journey of motherhood teaches us one final truth: you will laugh and love more than you can think. **F**



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Happily Ever After... NOT!

Post-wedding blues are common, but there are ways to cope. By **Ravina M Sachdev**



You've walked down the aisle, taken the pheras, and said "I do." Now what? Once you've got hitched, you would expect to experience pure marital bliss, but the reality is that you might not, and you're not alone. "Post wedding depression is real; it describes the feeling of anticlimax after the ceremony and the honeymoon are over and the reality or ordinariness of regular life sets in," reveals **Rishita Makhija**, Mumbai-based

life coach. It comes from your body going through an emotional withdrawal after experiencing an intense high from all the planning and preparation and, finally, the wedding itself.

WHY, WHY, WHY?

There are different reasons people might experience a post-wedding low. Science shows that feeling sad after a big event is often to be expected. "The time spent putting in the work leading to

the wedding day, shopping for outfits, selecting the venue, food and cake, finalising the décor is all exciting, and it can be a letdown when it's over," says Bangalore-based life coach and celebrity numerologist **Sheelaa M Bajaj**. She adds that you were surrounded by loved ones, and, after they leave, the dopamine rush crashes as you return to your regular life.

We bring you a few ways to cope with post-wedding blues...

DON'T RUSH TO YOUR HONEYMOON

We get that you want to get done with your wedding and head straight to the airport to fly off to an exotic destination and spend quality time with your newly-minted spouse. It might not be the best idea. Sheelaa says, "It would be wise to schedule your honeymoon a few weeks after your wedding for two reasons. First, you'll be too exhausted to actually explore the destination and, second, you'll deprive yourself of the time to have something to look forward to. Which means you'll suffer from both the stress of the wedding gone by and the honeymoon blues." Schedule your honeymoon with a gap of a few weeks or months from the wedding, and you'll have something to look forward to while happily putting together your honeymoon wardrobe!

GO ON A MINI MOON INSTEAD

More couples these days prefer to go on a short staycation right after the wedding and then an elaborate honeymoon after a few months. "A short getaway with your spouse

"The dopamine rush crashes as you return to your regular life"



SHEELAA M BAJAJ

is just the thing to help you come down slowly from the intense wedding high,” says Rishita. Plan a trip to a hill station close by or, if you have work commitments, even a staycation at a luxury hotel complete with relaxing spa treatments in the same city will do the trick.

TAKE UP A NEW HOBBY

Pune-based fashion designer **Mrunmai Nikam** felt disoriented after her destination wedding in

“Once the grand wedding was done with, it felt incomplete”

MRUNMAI NIKAM

Goa last year. She and her fiancé had spent over a year planning the celebration, falling into a weekend routine of running errands. “Once the grand wedding was done with, even though there were plenty of things to do, it felt incomplete,” she shares. To fill the void, the couple started a different weekend tradition, one that helped keep them busy. “Every weekend, we’d cook together, discover a new restaurant, watch a movie, or go bowling – I even took dance lessons to have



something to look forward to – and it worked well for us,” she reveals.

SPEND TIME WITH FAMILY

If your post-wedding depression stems from mixed emotions about your

new family dynamic, think about the pros of being part of a new one while cherishing your own. You have the opportunity to build bonds with a whole new lot of people who are very important to your significant other. If you work it right, it’s a win-win for love. **F**

PHOTOGRAPHS: SHUTTERSTOCK

THE LASTING TALES OF INSPIRATION ; CELEBRATE THE NOVEL IDEAS OF LIVING WITH THE SPARKLERS

Met the dazzlers and sparklers of 2022 who have kept their unerring spirits high and have lived through different challenges overcoming them and bringing you the best of what they have learned meanwhile.

■ SNEHA GUPTA

Sneha Gupta is a personal development coach, with a whopping 650k plus followers on social media’s most popular platform- Instagram (@lotsoflearning_india). She creates content on effective communication that helps individuals in their professional as well as their personal life. Her main objective is to unravel the confidence in you that affects you positively. She is building confident communicators. Her organisation Lotsoflearning is helping individuals rebrand themselves appropriately which ensures they achieve their goals in life, professionally as well as personally.

■ MANIK KAUR

Manik Kaur is a certified Grooming and Etiquette trainer from the British School of Etiquette , Mindful living coach, Personality Development Coach , Communication skills trainer and a



Motivational Speaker by profession. An eloquent TEDx speaker , she is one of the First Personal Growth coaches in India who has combined the aspect of Grooming and Etiquette with compassion , empathy and Mindful Living .She has been addressing relevant issues on her social handles like Facebook and Instagram page called ‘Mindful Living’ by Manik Kaur . With a tag line of “Be your Best version inside and out “Manik is now penning a book on the same cause and is working towards making the art of Etiquette and Mindful Living available and accessible to all sections of the society worldwide.



■ ASHIMA ARORA

Our pick of the month is the recently released ‘#True Love and a Cookie Box’ by the author Aashima Arora. The captivating love story gets its name from the cookie box that contains the love letters, and the love letters are beautiful. Aashima, in her introduction, confesses to being a movie buff and the influence is evident in her writing. There is a very clever use of retro Bollywood songs and situations in the story. The author has a quirky sense of humour that makes this story an entertaining read. Aashima_arora_writes



■ ASHISH BARDIA

Ashish Bardia is a businessman by day and a writer by night. An upcoming author whose debut book, “2 AM AND YOU”, has touched the heart of people across 32 countries apart from India. He has a combined audience of 410k followers on Instagram from his two profiles, (@words.by.ashish) and (@words.by.aashish_). Along with being educationally qualified with MBA in Finance and Marketing, he has been running his furniture and plywood business successfully for the past 12 years. With the tremendous success of his first book, his belief in following one’s passion at any age is reaffirmed.



D/code

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SOUTH EDITION 2022

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An initiative by Home and Design Trends, D/code, India's first curated luxury lifestyle show, travelled to Bengaluru. We waited almost three years for Bengaluru to open its doors to us, and as expected, the Garden City was magical, welcoming and absolutely inspiring. D/code South Edition 2022 powered by hansgrohe, the satellite version of our flagship IP, was curated by Shernavaz Bharucha. For two days, we transformed the halls of Chamara Vajra, Bengaluru, into an exciting design hub. From brands and indie labels to artists, architects, interior designers and homeowners, the industry came together to celebrate and support. Highlights included stimulating power talks, panel discussions, networking brunches and more.

Here's a glimpse.

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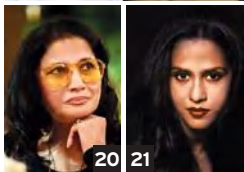
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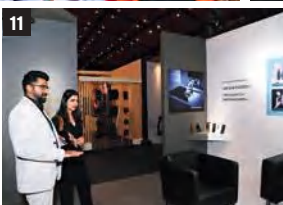
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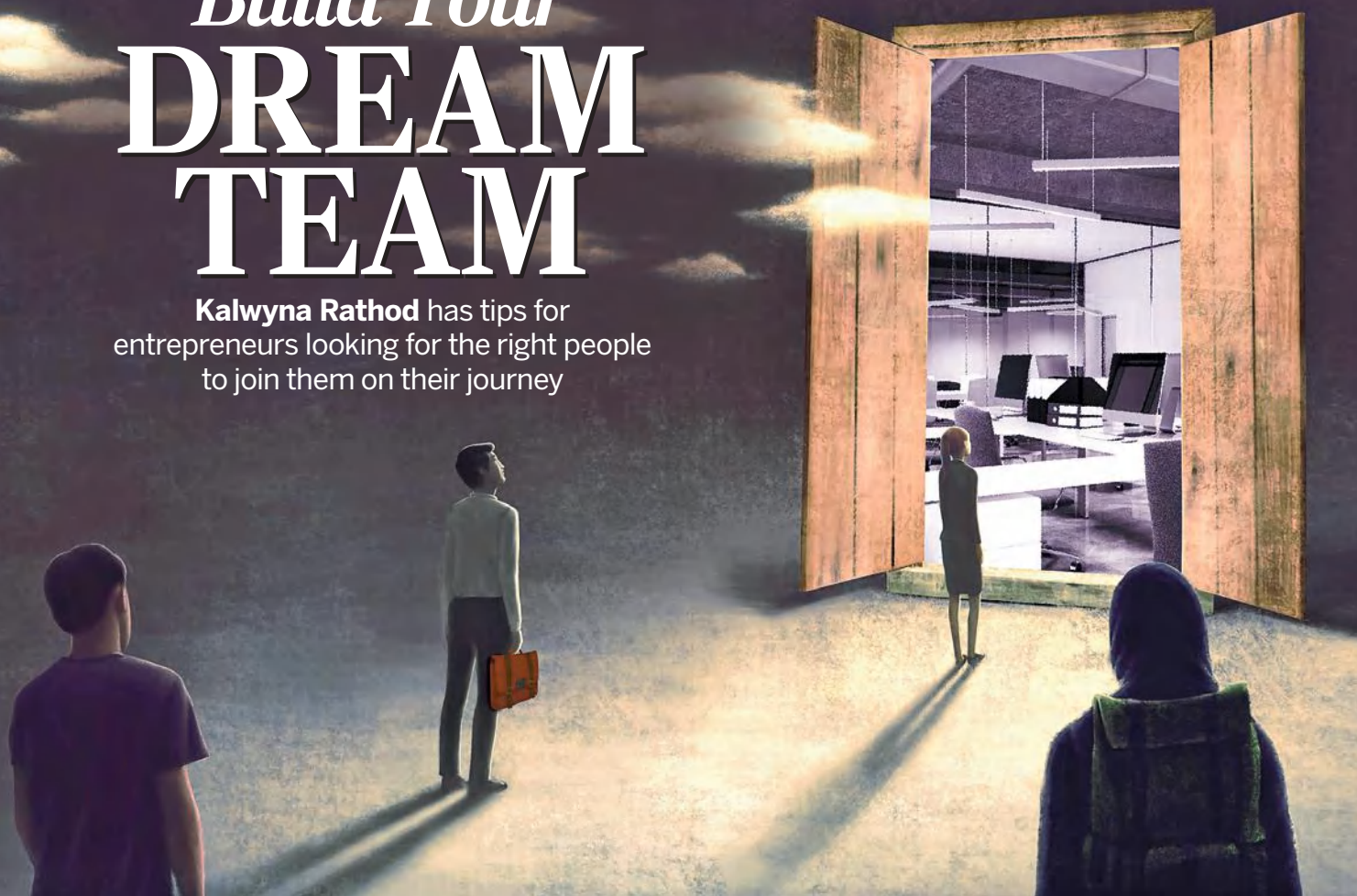


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Build Your DREAM TEAM

Kalwyna Rathod has tips for entrepreneurs looking for the right people to join them on their journey



Helen Keller's oft-quoted, "Alone we can do so little; together we can do so much," or the ancient African word 'Ubuntu', meaning 'humanity' but also sometimes translated to 'I am because we are,' are philosophies that can well be practised within the workplace. But stronger team-building encompasses more than just that! When you're aiming for success, building the right team matters more than anything.

Aakanksha Bhargava, CEO, PM Relocations Pvt Ltd, says, "Through my

16-year entrepreneurial journey, I have realised that the right vision and intent is the brewmaster to any organisation's success. An organisation that is built by people who have the vision and intend to work for the company is the one that is sustainable in the longer run. There is a strong need to have leadership values and ethics embedded deep within the foundation of any company; fostering these in the DNA ensures a unique formula to success."

Harini Ramachandran, co-founder of Antano & Harini, one of the

world's largest one-on-one mentoring platforms, agrees. "Today's world is marked by rapid innovations and fast-paced advancements; failing to keep up with this pace is risking elimination by default," she points out. "For organisations to be agile and to adapt fast, we need great teams."

→ **HOW DO YOU BUILD A GREAT TEAM?**

Definitely a question to ponder if you're a budding entrepreneur or looking to scale your set-up. Aakanksha's answer: "Being

part of an industry as dynamic as relocations, our core effort always revolves around empowering our people and making sure that we carry forward our values and legacy wherever we go. We've always ensured that the people who work with us grow with us. They should not only perform well in professional terms, but also succeed in their personal growth."

Aakanksha, who spent at least a year in each city to set up the company's 10 branches pan India, has a team of handpicked



individuals, some of whom started their professional journey with her 16 years ago. To build the right team, she focused on the following mantras, which have worked for her organisation:

- Build the task force with the right intent
- Be the best at what we do
- Honour and have pride in our existing legacy
- Represent our nation and culture in our DNA
- Have the consistency to replicate success
- Build an employee-centric engagement ecosystem within the organisation

→ **LOOK FOR A SENSE OF OWNERSHIP**

Harini says that the most essential skill to look for in candidates for a great team is a sense of ownership. "Taking ownership is an attitude of an individual, not governed by their seniority, rank, or other factors," she explains. "Organisations should consider if a person can work as an intrapreneur, or, simply put, an employee who can work as an entrepreneur within the company. No matter what project they are on, what task they have been assigned, and where they are in terms of their rank in the company, they must still have the attitude to take complete ownership and work as an entrepreneur. These are the employees who will not only grow and evolve the most in the organisation, but will also



"LOOK FOR PEOPLE WHO PRIORITISE CREATING WORLD IMPACT INSTEAD OF MERELY SEEKING A SALARY HIKE"

take it to greater heights through their unique skills, talents and capabilities," she opines.

→ **LOOK FOR A SHARED OBJECTIVE**

While Aakanksha agrees, adding that equating responsibility with accountability and taking ownership are important, she also places emphasis on objective. "There is a popular belief that the right team is the one that has the expertise and in-depth knowledge of things, but, leading an MSME, I've realised that, often, companies don't have a super-skilled task force. The majority of Indian youth don't have access to top-notch education; even when they do, the lack of opportunities pushes one behind in the corporate race. Today, businesses around the world are looking for skilled resources, whereas start-ups, SMEs and MSMEs struggle

to find the right resources who are willing to work with them. It is crucial to build people who can envision the company's objective in similar ways as the leadership of the company," she avers.

→ **LOOK FOR THOSE WHO WANT TO CHANGE THE WORLD**

Harini says that she also looks for the candidate's unconscious priorities. "Consciously, they might try to convince others that they are driven to work for the company inspired by the work it does, but their unconscious priorities will always be revealed." Unconscious priorities might be money, fame, personal legacy, or world impact. "While each of these has a useful intention to serve, look for people who prioritise creating world impact instead of merely seeking a salary hike, and the like," she adds. **F**



AAKANKSHA BHARGAVA



HARINI RAMACHANDRAN



TWO HALVES OF A WHOLE...

You know how you fall in love and feel the best version of yourself? During the initial stage of the relationship, you work hard on yourself as you feel good, and you want to impress your partner as well. However, before you know it, you are digging around in the relationship looking for some remnant of the person you were earlier.

It's easy to lose yourself when you're with someone, especially for a long duration, but completely losing your sense of self can have negative impacts on your partnership in the long run. Simply put, two halves do not constitute a whole. It takes two 'whole' people who are willing to work on themselves to sustain a relationship and this is why maintaining your individuality is important. If you don't know where to start, we bring you pointers to follow.

MAINTAIN YOUR FRIENDSHIPS

If you've been ignoring your friends to hang out with your partner and their friends, stop immediately. "Maintaining friendships outside of the relationship helps prevent couples from completely relying on each other for every aspect

NOT!

Maintaining your individuality is key to a lasting relationship.
By **Ravina M Sachdev**

their lives," says Mumbai-based life coach **Amishi Gambhir**. "It's important for you to have a good time with friends without feeling guilty," **Sanmati Sanyam**, CEO of House Of Healers, agrees. She adds that there are certain things you can discuss only with your friends, not your partner.

DO THINGS BY YOURSELF

Just because the two of you are in a relationship does not mean you need to spend every waking minute together. "While we get that it's fun to share experiences with your partner, aim to have some solo ones too," advises Amishi. "Whether it's gardening or a cooking workshop, pursue hobbies

and interests you can bring back to share with your partner. That will help keep the relationship fresh and allow you both to continue growing."

DON'T OVERSHARE

If you think you need to tell your partner everything that happens through the day and every fleeting thought that you have, think again. "Oversharing things with your significant other puts too much pressure on them and can frustrate you as well," Sanmati points out. "Filter out certain things such as that innocent crush you have on your gym trainer or the contents of your smoothie bowl."

KEEP MONEY PRIVATE TOO

If you and your partner are married, it's likely that you share a joint account. While that does indicate commitment, you might want to consider maintaining a private one too. Amishi says that having a private account is a great way of staying independent and not having to consult your partner every time you want to make a big purchase. "Ensure, however, that this is not a secret account, and that your partner is aware of it to avoid any fights later on," she adds. **E**

THE TIME IS NOW

The classics will remain classics, but it's time to shift your focus on the so-now things headlining fashion.

This season, we bring you an interesting mix of new talents to keep an eye out for and a veteran who is shaking things out of predictability by doing newer things





The **KIDS** ARE ALRIGHT

Very few fashion conversations take place without name-dropping veteran Indian designers. Sure, they've put our heritage textiles, embroidery techniques and art on the world map, even started the fusion movement that has resulted in the East-meets-West wardrobe we own today. But there is also a crop of new designers who bring their trademark cool aesthetics and fuss-free, easy yet glamorous silhouettes to the scene. This new generation of designers is the future of Indian fashion, and we need to know about them. By **Ashwini Arun Kumar**

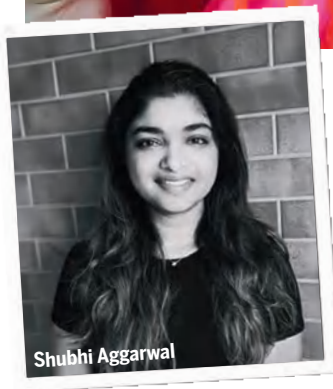
SHUBHI AGGARWAL

CUIN

“I have come a long way from when I started my brand; my team of *karigars* and I started in a small room and now we have a dedicated office,” says designer Shubhi Aggarwal of CUIN – a homegrown sustainable brand that injects its clothes with a resort-like vibe irrespective of the season. CUIN was founded a little before the pandemic in mid-2019 and found an instant following in fashion enthusiasts who prefer their outfits to be easy.

Having always known that she wanted to work in fashion, Shubhi earned her Bachelors in Design from Pearl Academy, went on to intern with designers Hemant & Nandita, and worked as a designer with the Mumbai-based label Verandah before starting CUIN. “We have always wanted to offer our clients fresh yet classic styles with eclectic colours and prints,” explains Shubhi. Her collections are often filled with luxe kaftans that can be worked in more ways than one, depending entirely on the wearer’s imagination, as well as draped skirt sets in solid colour-blocked combinations, jumpsuits and pant sets that give off a retro glam vibe thanks to the whimsical prints they carry, and versatile pre-draped saris that are easy to wear and have a fun yet cocktail undertone to them.

Promoting slow fashion is especially important to the designer who ensures that all of the pieces for her young label are made with lasting superior quality linen and cotton satin, and can be mixed and matched and worn in different ways. “We want to create styles that are functional as well as enhance a person’s style,” she says of her mission to elevate everyday essentials. >



ADVAITHA RAVISHANKAR

ADVAIT



“I love minimal, clean silhouettes with very minor yet impactful little details,” says Advaita Ravishankar of the fashion ideology she employs to create clothes for Advait, the label that she started in February 2020, just before the world came to a grinding halt with the COVID-19 pandemic. While most of us turned toward art as an outlet for our pent-up emotions, Advaita used nuances from Fauvism and Expressionism to come up with sketches she would later have digitally printed and placed on her clothes. Advait, then, is wearable art. “I love anything that has texture in it, and which is unrefined,” she enthuses. “So, we try to create and gather as many textures as possible and then translate them into digital prints.” Advaita’s carefree abstract designs are found on well-tailored blazers, pant suits, casual co-ords, chic dresses, and structured corsets, and have become the highlight of the brand. The label is also actively trying to be more sustainable, primarily using TENCEL™ and recycled polyester to make clothes that are lined with LENZING™ Modal or cotton made by local weavers.

Advaita studied textiles at the London College of Fashion, and worked with the British label Fyodor Golan and House of Masaba before starting her own label. Running her own business, she says, has changed her outlook on design as a whole. “It’s not only about how creative you can get but also about what sells,” she explains. “I’m trying to explore different fabrics and techniques, but I’ve also definitely become more selective and conscious.”

RUDRAKSH DWIVEDI



Rudraksh Dwivedi founded his eponymous label in February 2019. “Growing up, I was intrigued by fashion illustrations, so I started sketching and visualising outfits from a very young age,” says the designer who graduated with a BA (Hons) in fashion design from the University of East London in 2014. Although he started by dabbling in floral-printed feminine designs and other embellished numbers, he soon transitioned into designing with platinum-coloured textured strips

of metallic rectangles and beads – now his signature – that he uses to design numbers that exude sensuality. “My design process is inspired by the materials I use,” says Rudraksh. “I enjoy experimenting with unconventional materials to make clothes that accentuate the body.”

His recent collections, which he describes as an amalgamation of “classic silhouettes and a unique take on textures,” consist of slender column gowns, co-ords with micro blouses, Y2K era-inspired mini dresses with fringes, and flare leg

pants with bralettes featuring the '90s cowl neckline. Part-retro and part-futuristic, Rudraksh's designs are a unique mix of elements of cocktail couture combined with the ease of ready-to-wear – an art he seems to have perfected from spending time working in the ateliers of Anita Dongre and Falguni Shane Peacock, venerated names in Indian fashion when it comes to both bridal couture and pret. “I’ve learnt that most of the time it’s trial and error when it comes to creating something new. I still have a lot to uncover though.” >

AKHIL NAGPAL

AKHL



Akhil Nagpal grew up dissecting the works of designers Alexander McQueen, John Galiano and Hussein Chalayan – designers who made headlines in the '90s with their disruptive designs and construction techniques. He studied fashion and textile design at Central Saint Martins and worked with designer Peter Pilotto in London, and Manish Arora and Amit Aggarwal in Delhi before starting AKHL in 2019.

The label made its runway debut in the Gen Next show at the Lakmé Fashion Week in 2020. "I'm most interested in deeply understanding Indian handcrafting techniques and radically contemporising them through innovative and modern materials," says Akhil. Through his own volition and influenced by the people he has worked with and looked up to, he has subverted 'ordinary' fabrics such as cotton and silk, turned toward monofilament and glass yarns, the former procured from discarded fish nets, and woven both on and off the loom to create the material for his futuristic collections. These non-traditional yarns are also used to create three-dimensional embroideries such as *zardozi* and *ari* on his often Art Deco-inspired silhouettes such as bias-cut column dresses, fringed minis and androgynous sleek cocktail jackets paired with sheer metallic pants, among many others. "What makes us unique is that our products are steeped in the finest Indian craftsmanship and made for a global, experimental and artistic audience," he avers.

This year, AKHL showcased at a renowned showroom at Paris Fashion Week and is subsequently making headway in several international markets. "We're Indian in our soul, but not in our symbols," Akhil adds.

KARAN AHUJA & SHWETA AGARWAL

ĀROKA



Creative director Shweta Agarwal studied fashion design at Istituto Marangoni in Milan. Managing director Karan Ahuja has a background in textiles from assisting his family with its exports business. Together they form the two halves of Āroka, the eco-conscious, ready-to-wear (RTW) label that they established in 2018. “As a contemporary fashion label in India, we wanted to create a brand that cares about human emotions,” says Shweta, who oversees the creative aspects of the business. Since launching its first RTW collection in 2019, Āroka has disrupted the

fashion space with its unique blend of contemporary art, heritage Indian textiles and path-breaking silhouettes.

Upon returning from Milan – instead of joining a designer or a design house for industry experience, a rite of passage from most young design graduates – Shweta spent a year travelling to different villages in India to interact with the artisans and gain firsthand knowledge of Indian textiles. This experience came in handy while establishing the label’s USP – working with handwoven *mashru* and handspun muslin cloth to create both hyper-feminine pieces with

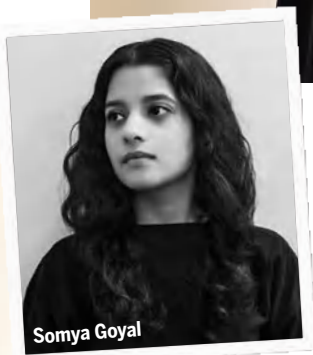
intricate draping and ruching details, as well as androgynous pieces. These can be mixed and matched in a myriad ways, and are limited only by the wearer’s imagination.

Āroka has established its place in the wardrobes of experimental youth with its signature ruching, asymmetrical hems, layers, and panels made from hand-dyed textiles.

Because of how Āroka’s outfits are textured and shaped, they flatter all body types, making them size agnostic. “I find myself creating more size inclusive pieces that have elastic smocking or strings and tie-ups so that the styles are more adjustable,” Shweta shares. >

SOMYA GOYAL

Although Somya Goyal started her eponymous label in 2019, she made her runway debut at the recently-concluded Lakmé Fashion Week in partnership with FDCI alongside four other designers in the 'INIFD presents GenNext' show. Her designs are unique for the complex combination of being simple and detail-oriented at the same time. "Our garments are a study of possibilities in garment construction, textures, and tactile elements coming alive," says Somya, who doesn't believe in making her designs "unnecessarily complicated." Her clothes are non-gimmicky; even her ramp collection, New Light, was characterised by straightforward pieces that were tailored to perfection. There were skirt co-ord sets, midi dresses that came with sleeves that billowed slightly in some numbers and shrank to cap sleeves in



others. The collection also had jackets – cropped and in their trench coat forms – with simple construction or with added drawstring detailing. Bralettes, shoulder overlays and other elements that can be thrown on to add layers were a part of the line.

Somya's fascination with textiles can be traced back to her formative years when she spent time surrounded by fabrics of all varieties in her father's garment manufacturing workshop. It was this interest combined with the idea of creating a contemporary luxury label that led her to study fashion design, first at Pearl Academy, Delhi, followed by Central Saint Martins, London. Although she has experimented with several materials to create textures on her garments, her current medium is recycled PVC drawn out in the form of cords. She uses them to create hand-made loops on the fabric that looks iridescent when the light falls on them. **F**

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Kanika Goyal

“**H**uman beings are old souls who are invincible,” says Kanika Goyal. She doesn’t drop these profound lines into our conversation simply to sound woke (which is not to say that she isn’t); the designer truly believes in cosmic concepts such as source energy and angel numbers. So much so that she has made them the premise of her SS23 collection, *Starseed*. “This collection is heavily based on the feelings of divine energy coursing within the finite bodies of our present current incarnations,” she writes in the collection note accompanying the presentation. But this collection is also about introspecting and creating clothes that reflect a cultural mood. After two years, when the world is finally in the space to create again, Kanika doesn’t want to indulge in meaningless fashion.

Even though *Starseed* encompasses everything that the Kanika Goyal Label (KGL) stands for – fun, euphoric, provocative, giving off a very tomboy sexy vibe – what the clothes also do is subvert trends and deliver utilitarian classics rejigged with a slant of Kanika’s Gen Z-friendly aesthetics. “The ’70s have stuck with me since COVID,” says the designer, who, like the rest of us, was looking toward fashion from the era to battle the virus-induced macabre; she continued to be inspired by it even while designing this collection. “It started with tie-dye, progressed into the psychedelic phase, and even drew from the flower power time,” she explains. There are crochet cropped tops with retro bell sleeves and dresses with the house’s signature

KANIKA GOYAL: VIBING WITH THE WORLD

For her eponymous brand’s second presentation at New York Fashion Week, designer **KANIKA GOYAL** tapped into our cosmic origins and channeled their divine energy into clothes that make up the SS23 collection, *Starseed*. Her biggest takeaway, though, was learning that she wants to be more than an Indian designer showcasing at a global fashion week; she wants to be a global designer.

By **Ashwini Arun Kumar**





drawstring ruching – the apex of sports luxe in KGL – and shirts. This season, denim – another of the house’s staples – was presented in an amorphous and deconstructed fashion by stitching the fabric into garments, pulling them apart and stitching them on a new base again. In Starseed, the cosmic connection went beyond being just the name and inspiration behind the collection and manifested itself in the form of motifs on co-ord sets and tops, particularly the intertwined dragons – mythical creatures that belong in the alternate realms that represent twin flames or facets of our multiple personalities in this context. But the most interesting outfit of the collection, and one that gives us a glimpse into Kanika’s mind, is the white co-ord with embroidered palm trees and a Mughal Era inlay pattern running down

“IT’S GREAT THAT THE BRAND IS FROM INDIA AND SHOWCASING, BUT THE IDEA IS TO TAKE IT TO A GLOBAL LEVEL”

on either sides of the shirt placket and the sides of the pants. “That’s like you’ve travelled through a wormhole and landed on this island with these allegorical trees,” she says. Who knew space-time theories could ever be perceived as chic?

The word Kanika uses most to describe her label is ‘evolving’. She founded KGL in 2014 after graduating from Parsons School of Design, New York, interning at Marchesa and Prada, and working with New York-based Indian designer Bibhu Mohapatra for a year and a half. In the years since, although KGL had become the default address for cool for Indians searching for statement streetwear and athleisure that’s also sophisticated, going international has been on the radar for Kanika. How did that break happen? Rather serendipitously, Kanika shares. “A former roommate of mine from Parsons was working with International Management Group (IMG) for five years – and it’s funny how I never brought this up with her then – but we got >

‘sneaks cord’ details on the sides. Anti-fit dresses and tops made with super stretch spandex are printed with blown-up sketches of the poppy, the label’s flower du jour, to add the vintage appeal. They are also embroidered on jackets and trench coats to inject them with a feminine touch.

Immaculate tailoring also appears in oversized blazers, tuxedo shorts with



***“THESE CLOTHES
ARE AN EMOTION.
THIS BRAND
IS A VIBE”***

“Obviously it’s great that the brand is from India and showcasing, but the idea is to take it to a global level,” she states. In the last few months, KGL has signed up with a Parisian PR agency that’s pushing for its global visibility. And it’s working. DJ Snake was seen dressed in KGL and her clothes have appeared in several niche youthquake magazines that have their finger on the pulse of everything fashionable. It also has a sales agency that’s getting buyers from some of the biggest luxury department stores to stock them. “Japan is a market that’s doing great for us,” reveals Kanika. As a neo-luxury street-inspired label, what’s bigger proof of having made it than selling in a country that blew up streetwear? “There are brands of which you know nothing, and then you’re surprised by them. I love those stories. To make that kind of impression globally is valuable.”

KGL has scaled more in just eight years than many brands have in much longer, but, instead of slowing down, that growth is an indication to Kanika to pick up pace. “How do we make KGL aspirational to a point where people want to buy a basic T-shirt with branding?” she asks rhetorically. “I am constantly thinking of ways to create that urgency and impulsiveness.” One of the ways is to have a hierarchy of brands under the KGL umbrella so that her products are accessible. The latest is Kilogram, her new line bringing her signature T-shirts with quirky typography at lower price points to tap into the growing Indian streetwear subculture. By March next year, she wants to add another global line that is between KGL and Kilogram. “I believe the customer is always hunting for the new. And we are here to deliver that. But I will never make anything that doesn’t blend with the brand identity.” And what is her brand’s identity? A vibe that’s bold, experimental, gender agnostic and fun, and will continue to remain so regardless of who runs it. “These clothes are an emotion. This brand is a vibe.” Welcome to woke culture. **F**

talking about the power of manifestation and things like that. When I told her that showcasing internationally was a part of the plan now that the label had finished seven years in India, she said she would see what she could do, and eventually put me in touch with the head of talent for New York Fashion Week (NYFW).”

When Kanika decided to showcase her collection as a presentation instead of a runway show, a choice that was offered to her, she became part of a small crop of designers who put the needs of their brand’s ever-evolving identity over their own. “I felt like we needed to do a couple of presentations to build an audience for the runway,” she explains. It is also this feeling of finding your footing first that hasn’t let Kanika choose between showing at NYFW – more laidback, street-inspired, urban chic – and Paris Fashion Week – sexy, provocative, headline-making. She ultimately did both. After two seasons at NYFW, she’s in talks with Paris to make her menswear debut there and return to New York in February in time for autumn/winter. But showing her collections on an international runway isn’t where it stops getting exciting for Kanika.



OPEN SEASON

Your transitional wardrobe finds the perfect match in our round-up of statement jewellery. From chain link necklaces to celestial earrings and everything in between, these will take you from warm weather into sweater season



1. Silver Shell Pendant Necklace, **Valliyan**, ₹8,755 2. Dangling Huggies, **Simsun Fine Jewelry**, ₹46,000
 3. Numisma Orbit Earrings, **Numisma collection by Aulerth X Shivan and Narresh**, ₹35,000 4. Ice Cube Bangle, **Chopard**, price on request 5. Wave Ring (Green), **Azga**, ₹1,350 6. Amped-up Bracelet, **Amaris by Prerna Rajpal**, price on request 7. Baroque Pearl Loops On Hoops, **The Line**, ₹42,000

OFF THE *Beaten Track*

AS ENSEMBLE,
THE MULTI-DESIGNER STORE
TINA TAHILIANI PARIKH
HEADS, COMPLETES 35 YEARS
IN THE BUSINESS, WE TRACE
HER STEPS RIGHT TO
THE BEGINNING WHEN
IT ALL BEGAN.
BY ASHWINI ARUN KUMAR

Tina Tahiliani Parikh is not a designer. She does not emerge on the runway at the end of a fashion show and take a bow surrounded by applauding models who have just worn her creations.

But to say she is not one of the most important people in the business of Indian fashion would be a disservice to the business itself. One that she has been a part of for over three decades and helped shape, too, with her multi-designer store Ensemble, the country's first-of-its-kind store where many designers got the chance to retail their clothes under one roof, started by her brother Tarun Tahiliani, one of the most venerated designers in India.

This year, Ensemble celebrates 35 years of being, and, yet, Tina, who has been one of its chief architects, has not studied fashion. She graduated from Stanford with a Bachelors, then a Masters, in Economics and International Policy Studies. The closest she came to fashion in her formative years was with her dissertation for which she travelled to Maheshwar, a temple town in Madhya Pradesh, to research the disarticulated economy of its weaving community. While in the USA, she started her career as a financial analyst with the investment banking company Credit Suisse First Boston in San Francisco. In the meantime, in 1987, Ensemble opened its first-ever store in Mumbai's

**"ENSEMBLE
BEGAN WITH
FIVE
DESIGNERS
AND A
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CLIENTS AND,
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WORK WITH
OVER 150
DESIGNERS"**

Fort area by converting a machine tool showroom into a fashion space, and was showcasing the works of designers Rohit Khosla, Abu Jani & Sandeep Khosla, Anita Shrivdasani, Sunita Kapoor and Tarun Tahiliani. After returning to India in 1990, Tina took over operations, merchandising and marketing. Under her strategic leadership, Ensemble became more than a place that just stocks clothes. She re-imagined the way Indians dressed by tapping into the then-burgeoning contemporary ready-to-wear fashion and lined racks with pieces specially handpicked to suit her style sensibilities. "Ensemble began with five designers and a handful of clients and, today, we work with over 150 designers and service clients across the world," says Tina. From a single store in Mumbai to four mammoth structures across India, Ensemble has come a long way. "It's been fantastic being a key stakeholder in this journey, discovering and promoting young designers, and introducing three generations of clients to the sartorial depth and breadth of what our country has to offer," says Tina, under whom fashion found a sense of fraternity. **F**



FEMINA BEAUTY

TIME TO SPARKLE!

Heady perfumes,
pops of colours, and
va-va voom waves!

Here's a guide
to look your best
this party season



KON'NICHWA **J-BEAUTY!**

Move over K-Beauty; J-Beauty is slowly taking over our shelves. By **Karen Alfonso**



The K-Beauty phenomenon changed our relationship with beauty – we’ve all applied a sheet mask to our faces, we’ve included multiple steps in our routines, and got familiar with ingredients such as snail mucin and cica. However, J-Beauty aka Japanese Beauty has always been omni-present and is slowly muscling its way onto our bathroom counters, and for good reason.

How Is K-Beauty Different From J-Beauty?

K-Beauty is all about achieving that *chok-chok* glow – aka moist, dewy skin. The multiple steps of serums, ampoules, etc help to achieve that. However, J-Beauty is more simplified, focusing on cleansing and hydration – which involves just four steps. The aim is also to get ‘mochi’ skin, which – like the Japanese sweet – is super soft and plump.

The Ingredient Focus

K-Beauty’s key ingredient list ranges from rice, green tea and volcanic ash and mud from Jeju Island. We’ve also seen some unconventional ingredients such as snail mucin, donkey milk and bee venom. J-Beauty, however, sticks to traditional, native ingredients but enhances them with cutting-edge formulations. Some of the key ingredients used are *tsubaki* oil, or Japanese camellia flower, rice bran, and Japanese wild rose.

J-BEAUTY
STICKS TO
TRADITIONAL,
NATIVE
INGREDIENTS
BUT ENHANCES
THEM WITH
CUTTING-EDGE
FORMULATIONS

What Does The J-Beauty Ritual Entail?

The J-Beauty routine is ideal for those who like minimalism and simplified skincare routines. It focuses on multipurpose and highly-functional products. The first step is cleansing, using an oil-based cleanser and then a water-based one. Next up is a hydrating toner or ampoule, followed by a moisturiser and then sunscreen.

If you’re looking to add J-Beauty products to your skincare or makeup regimen, here’s a primer of some brands you ought to look out for...



DHC

Not every beauty brand can claim to have a product from its range sold every 10 seconds. DHC’s Deep Cleansing Oil is one of the most popular products in the world, owing to the gentle way it removes stubborn makeup such as waterproof makeup with a single swipe. Formulated with olive oil and vitamin E, this nourishing makeup remover helps keep your face supple too.

The brand entered the Indian market in 2021 and is slowly expanding its product list to include more offerings.



Bioré

Another J-Beauty skincare brand that has made its presence felt in India is Bioré, known for its lightweight sunscreens that offer sun protection and sink into the skin, leaving no white cast. Its cleansing oil is another great buy, with a formulation that won’t strip your skin while removing heavy-duty makeup. >

PHOTOGRAPHS: SHUTTERSTOCK
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Shu Uemura

Shu Uemura, one of Japan's most prolific makeup artists, created his very own line of makeup products, which range from cleansing oils to pro tools for makeup artists. If there were a gold standard for eyelash curlers, the Shu Uemura one would be it. In popular culture, it was name dropped in the movie *The Devil Wears Prada*.



Tatcha

This Japanese brand counts Selena Gomez, Kim Kardashian and Meghan Markle, The Duchess of Sussex, as its fans. Tatcha's formulations are created in Tokyo and include fermented ingredients, superfoods and amino acids, as well as AHAs called Hadasei-3™. The brand also leans into Geisha beauty philosophies to bring the best of Japan to the counter. The Dewy Skin cream and the Skin Silk Canvas primer are some of its best-selling products that are in the makeup kit of every major makeup artist.

Hada Labo

Hada Labo is one of the most popular brands sold via Instagram's beauty resellers. The brand's name translates to 'Skin Lab' and its face lotion is the top-selling product among Japanese women. Hada Labo has three key ranges that consist of moisturising, anti-ageing, and brightening products.



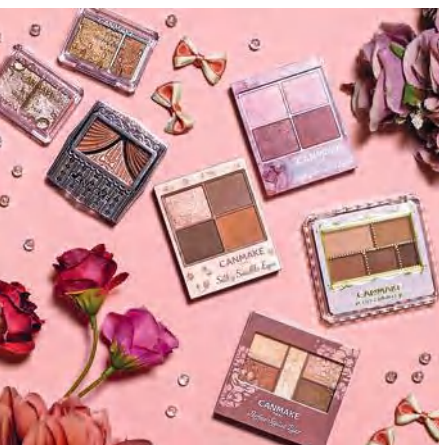


Shiseido

One of the first J-Beauty brands to enter India, Shiseido is known for its formulations that tackle a whole host of concerns such as pigmentation, fine lines and wrinkles. Launched in 1872 in Ginza as an apothecary, the brand has continuously delivered power-packed formulations. But skincare is not all that it offers; it also has a range of makeup that includes gorgeous lipsticks (with stunning reds), and lightweight foundations and concealers.

SK-II

The 'SK' in SK-II stands for secret key, and the brand counts pitera – a yeast byproduct – as one of its key ingredients. The story behind it is actually very interesting. Scientists found that elderly workers who worked at a factory making sake (a Japanese drink made from fermented rice) did not have wrinkled hands. This was found to be due to constant exposure to pitera, a byproduct of the yeast used to make sake. The SK-II essences are extremely popular owing to their restorative properties. Unlike other brands that often reformulate their key products, the SK-II facial essence has remained unchanged since it was first introduced in 1980.



CANMAKE

CANMAKE is a fun makeup brand that makes extremely superior products. You can find great base products from BB creams, loose powders that help blur your pores to liners that make drawing a cat-eye a breeze. However, its GokuButo mascara is the real star, giving you those doll-like fluttery lashes. **F**



THE SCENT OF HOME

Founders of six homegrown perfume brands tell us about the one memory they've bottled in their first-ever scent and how it paved the way for many more. By **Sanjana Salunkhe**

Feature courtesy **Grazia**



Bombay Perfumery might have launched with eight fragrances simultaneously, but the unisex Chai Musk has been the one scent that has been brewing in perfumer Alexandra Carlin's mind since its inception. "Inspired by a particularly robust cup of *chai* that she enjoyed in the Mumbai suburb of Juhu, the fragrance features gourmand ingredients that feel like home," shares **Manan Gandhi**, founder of Bombay Perfumery, as he tells us that the scent is like an ode to the City of Dreams – the hustle and bustle,

the shared journeys, the stories that are exchanged and forgotten. And the one thing that remains constant through it all: those innumerable cups of *chai*.

For **Rajiv Seth**, nose and founder of All Good Scents, his first-ever creation bottles his favourite ingredients; he received the best perfumer's award, 2eme Prix, from the Société Française des Parfumeurs, Paris, for his creation. "The brief was '2000 flowers for the spring' to welcome the new millennium, and the scent was called Blossom 2000. Today, Love & Joy – the first fragrance I launched for >





All Good Scents – is inspired by this same creation.” This innovation later gave birth to coveted scents such as Musk, Vetiver, and Jasmine.

Anita Lal, founder and creative director of Good Earth, forayed into perfumery with Zagros and Isfahan. She wanted to take people on a sensory journey to places that brought her peace and harmony. “These colognes hold my strongest and most precious memories from my travels – the mountains, lush forests, my visits to water gardens. I want to transport people to these lands and get them to unwind and nurture their mind, body and spirit in tandem through a whiff of these citrusy scents.” In the case of Forest Essentials, the brief was clear: single flower perfumes that are intrinsically Indian. “Whether it is the Kashmiri Nargis or the Madurai Jasmine, these perfumes had to be

a natural extension of our existing ranges, and the flowers were infused in the products,” shares founder **Mira Kulkarni**. She wanted to keep the age-old Indian traditions alive even in her scents. A staunch believer in all things Ayurveda and having grown up around quality Ayurvedic rituals, she wanted the fragrances to smell like fragrant moonlit nights from her childhood

Unlike others, the founder of Olfa Originals, **Pallavi Bhatia**, takes her inspiration from her grandfather and mentor, Dr KL Bhatia. She had only a few diaries on his classic *attar* formulations and memories of selling his blends from a small shop in Old Delhi. “Little did my grandfather know that he had created some of his life’s bestsellers in that phase. When I first decided to launch, it had to be a base of *oud* – to keep my grandfather’s

passion alive – and that’s how my first *oud* edition launched with five scents – Oud D’or, Oud Noir, Oud Roséate, Oud Obsédé and Oud Féroce. Even today, the scents remind me of the concoctions my grandfather would brew up and how much I loved spending time in his little lab.”

For **Aastha Suri** of Naso, the first fragrance she launched had to pay homage to her roots, and that’s how Oud Mud was born. “It was a classic memory of the *geeli mitti* fragrance from Lucknow, Kanauj, the part of India where I grew up. I feel like this scent takes me back home – it brings back memories of my childhood, playing in the rain at school, walking back home in the muddy soil in the monsoons; everything that my home means to me is in this bottle,” she says. Even today the two scents, Celeste and Novellino, launched as part of the Naso Jade collaboration, have a whiff of *oud* saved to keep her roots alive. **F**



“IT WAS A CLASSIC
MEMORY OF
THE *GEELI MITTI*
FRAGRANCE FROM
LUCKNOW”

—Aastha Suri



PHOTOGRAPHS: YUSUFLOKHANDWALA

UP THE VOLUME!

If there's one hairstyle that is always going to turn heads, it's Hollywood-esque glam waves. By **Karen Alfonso**

ACHIEVE THIS LOOK IN A FEW SIMPLE STEPS

Start by washing your hair with a clarifying shampoo. This helps remove any build-up from hair products or your conditioner that could weigh your hair down. Your aim is to get bouncy, soft waves and this will help do that. Skip conditioner and apply a smoothing hair mask that will help curb frizz.

Dry your hair using a hair dryer until 80% dry. Depending on your hair length, apply one or two pumps of hair mousse on your hair. Next, apply a hair protectant to prevent damage. If you're in a bit of a time crunch, you can also mix both and apply on your mane.

SPRAY HAIRSPRAY ON A BRUSH TO MAKE YOUR HAIR LESS STIFF

When your hair is completely dry, section it into three parts, with one section at your crown, and the other two on either side of your head. Starting on one side of your face, take a medium-sized curling iron and curl your hair towards your face. Your aim is to have large curls that sit on top of each other. Repeat on the other side. Finally, curl the crown section. Spray hairspray on an oval brush – this will ensure your hair doesn't become too stiff – and run it through your hair to open out the curls.

To finish the look, apply a bit of serum on the ends of the hair and, if you're looking to get that high-gloss finish, spray some hair shine spray on your mane. **f**



Nora Fatehi

PHOTOGRAPH: INSTAGRAM: @NORAFATEHI



Ikonik Curling Tong CT-38

Wella Professionals EIMI Extra Volume Strong Hold Volumizing Mousse

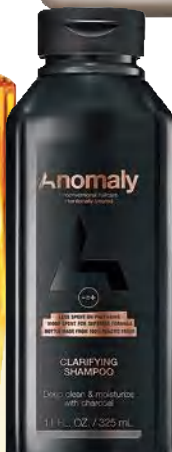
Kérastase Elixir Ultime L'Huile Originale



Havells Hair Dryer HD3151



Anomaly Clarifying Shampoo



L'Oréal Professionnel Tecniart Constructor Thermo-active Spray



Sebastian Professional Trilliant Protection For Thermal Protection And Shimmer



Feelin' Those MOODY BLUES

Short on time but still want to make an impact? A pop of colour on your peepers is what you need. By Karen Alfonso

Kay Beauty
Eyeshadow
Palette -
Pure Bloom



Kriti Sanon



The look:
POP OF COLOUR

Wear it for
a night out

SUGAR
Cosmetics
Kohl Of
Honour

airVOLUME
EASY WATERPROOF
MEGA MASCARA

L'Oréal Paris
Air Volume
Mega Mascara

Anastasia
Beverly Hills
Magic Touch
Concealer

Nykaa All
Day Matte
Long Wear
Liquid
Foundation

NYKAA
All Day
MATTE
FOUNDATION

BIODERMA
LABORATOIRE DERMATOLOGIQUE

Sensibio
Defensive rich

Crème active apaisante
Peaux sensibles
et sensibilisées
Active soothing cream
Sensitive
and sensitised skin

Care first. N A D S

40 ml e 1.3 FL.OZ.

Bioderma
Sensibio
Defensive
Rich

Not all of us have the time (or energy) for elaborate makeup looks. If you're looking for something that's high-impact but easy to do in a flash, we have your back.

GET THE LOOK

1 The key to any great makeup look is prep. Start off by cleansing your skin with a gentle cleanser. Apply a moisturiser in gentle circular motions so that it sinks into your skin.

2 Considering it is party season, it's best to opt for a primer to ensure that your makeup stays

put. Apply a primer all over, including on your eyelids. Next, take a brow spoolie and push your eyebrow hair upwards, fill in any sparse hairs with an eyebrow pencil, and shape the brows. Sweep a light brown on your lids with an eyeshadow brush, and blend outwards just until the end of the lid. Then, with a blue kajal pencil, gently line the lower lid from the inner corners until the outer.

AVOID BLENDING CONCEALER IMMEDIATELY

3 If you have blemishes or dark spots, apply a concealer to the areas and blend with either a concealer brush or a damp makeup sponge. A pro tip is to let your concealer sit on your skin for two to three minutes and then blend out for a more long-lasting and seamless finish. Post that, apply a matte foundation on your skin – remember less is more! With a blush brush, sweep a soft dusty pink blush from the apples of your cheeks. Finish with a setting spray.

4 Since defined lips are key to this look, line your lips with a soft pink lip liner. Then fill in the lips with a creamy matte lipstick.

5 Finish your look with two coats of mascara. **F**

MAKEUP

What are some beauty must-haves in a bridal trousseau?

You will need all your basics plus a few more indulgent items that you've always eyed. For makeup, stick to your regular foundation and add a different formula such as a concealer in the same shade. Invest in a colour corrector palette to cover pigmentation. A loose powder, highlighter, matte bronzer, blush, lipsticks, a nude lip gloss, lip and eye pencils, a mascara and a good brow kit should make up your bridal kit. An eye-shadow trio or quad with basic matte and glitter shades is also a must-have, as well as a good quality setting spray too.

KAPIL BHALLA

Renowned celebrity makeup artiste



SKIN

What skin treatments should a bride-to-be indulge in a month ahead of her wedding?

Laser toning or photo rejuvenation is safe and can be done a month prior to the wedding. If the person has very thin lips, a hump on the nose or a very short chin and wants corrections, hyaluronic acid fillers can be done. Sunken eyes, which make the face look tired, can also be treated with hyaluronic acid fillers in order to make the person look fresh and youthful. Facials such as Oxygeneo Facial or Diamond Dermalinfusion can also be done a month prior to the big day.

Dr JAISHREE SHARAD

Celebrity cosmetic dermatologist and CEO of Skinfiniti Aesthetic Skin & LASER Clinic, Mumbai



HAIR

What hair treatments should a bride-to-be book a month ahead of her wedding?

She can go in for a lot of scalp spa treatments that will not just pamper her hair but also calm her nerves and promote relaxation. Avoid treatments such as cysteine, keratin and straightening; they will give the hair a softer look but will make it look flat on the wedding day. She can opt for subtle highlights and global hair colour; the right hair colour can enhance her features and add luminescence to her skin. She can also go for bond-strengthening treatments that will strengthen her hair and prevent breakage.

SAVIO JOHN PEREIRA

Celebrity hairstylist and founder and creative director of Savio John Pereira Salon



YOU ASK

The one-stop panel for all your skin, makeup, and hair questions

Send in your queries to femina@wmm.co.in



PARTY!

This is the year we're so ready to party! And there's just one simple way to go: when you think 'party', think of how you would plan a wedding function, and you'll be hitting all the trends!

Think big: We're talking over-the-top decor, eclectic entertainers...

Think outdoors: How about a party in a large open space, or even on a big terrace? And tents, not *pandals*, please!

Think food, think different: Yes, of course, the flair bartenders, the bespoke cocktails, the regional-food-gone-fine-dine *hors d'oeuvres*, the doughnut bars, and all that,

but how about all of it out of a food truck?

Think singles: We mean in food and favours – how many ways can you work individual servings of fun?

Think any excuse: After the two years we've had, grab every chance to celebrate living!

SWEET CELEBRATIONS

These stunning treats from **SHIVESH BHATIA**'s new book *Eggless Baking With Shivesh* are made for celebrations

CHOCOLATE MOUSSE CAKE

For the chocolate cake:
1½ cups all-purpose flour

¾ cup cocoa powder

½ tsp baking soda

1 tsp baking powder

A pinch of salt

¾ cup vegetable oil, plus extra for greasing

1½ cups caster sugar

1 cup yoghurt

½ tsp vanilla extract

½ cup milk + 1 tsp white vinegar, mixed and rested for 5 minutes

For the mousse:
1 cup melted dark chocolate

½ cup fresh cream

1 cup whipping cream

For the ganache:
1 cup melted chocolate

1 cup fresh cream



Calorie count:
602 calories (per serving)

SERVES: 10 > PREP TIME: 40 minutes > COOKING TIME: 30 minutes

1. Preheat the oven to 180°C. Grease two 6-inch cake pans with oil, line them with parchment paper and set aside.
2. To make the chocolate cake, whisk together the flour, cocoa powder, baking soda, baking powder and salt in a bowl and set aside.
3. In another bowl, beat the oil and sugar until the mixture is pale and light. Add the yoghurt and vanilla extract and mix well.
4. Fold the dry ingredients into the wet ingredients in three batches, alternating with the milk and beginning and ending with the flour mixture. Do not over mix the batter.
5. Pour the batter into the pans and bake in the preheated oven for 30 minutes or until a skewer inserted in the centre of the cakes comes out clean. Allow the cakes to cool.
6. To make the mousse, combine the melted dark chocolate and cream and set aside.
7. Whip the whipping cream at high speed until it forms stiff peaks. Fold in the chocolate and cream mixture to form the mousse.
8. To assemble, place the bottom layer of the cake on a cake board and wrap parchment paper around it, making sure it is snug with the edge of the cake.
9. Carefully spread a generous layer of mousse over the cake. Make sure it is even and reaches the edges of the cake.

NOTE: WITH A COMBINATION OF DELICIOUS CAKE, SMOOTH AND CREAMY MOUSSE AND LUSCIOUS GANACHE, THIS TREAT IS WONDERFULLY MOIST AND SO EASY TO PUT TOGETHER.

PIÑA COLADA TART



For the tart shell:

2 cups all-purpose flour

1 tbsp caster sugar

1 cup cold butter, cubed

½ cup ice cold water

For the filling:

3 cups finely-chopped pineapple

¼ cup caster sugar

2 tbsp water

For the frosting:

½ cup whipping cream

½ tsp pineapple essence

2 tbsp coconut cream

To top:

Shredded coconut, toasted

Cocktail cherries

Pineapple slices

Calorie count:
537 calories
(per serving)

SERVES: Six > **PREP TIME:** 30 minutes + chilling time > **COOKING TIME:** 25 minutes

1. To make the tart shell, whisk the flour and sugar together in a large bowl. Add the cubed butter and rub with your fingers until it reaches a crumbly texture. Make a well in the centre of the mixture and pour in the water. Bring the dough together with your hands and wrap in cling film. Refrigerate for at least 15 minutes before rolling out.
2. Roll the prepared tart dough to a ¼-inch thickness.
3. Take a 4-inch tart mould and transfer the rolled-out dough to the mould. Using your fingers, gently push it in, making sure it is touching the mould. Prick the base with a fork and put the tart shell in the refrigerator to set for 30 minutes.
4. Preheat the oven to 180°C for 10 minutes.
5. Once the tart shell is chilled, place a piece of parchment paper on the base and weigh it down with baking beans.
6. Bake the tart shell for 20 minutes or until golden brown. Let it cool before adding the filling.
7. To make the filling, cook the pineapple, sugar and water in a saucepan over a low-medium flame for 10 to 15 minutes, until the sugar melts and the pineapple chunks become jammy and thick. Keep stirring the mixture so that it doesn't burn. Take it off the heat and set aside to cool.
8. Transfer the cooled filling into the prepared tart shell and set it aside.
9. To make the frosting, beat the whipping cream and pineapple essence in a large bowl until it reaches stiff peaks and is stable.
10. Gently fold in the coconut cream, making sure you do not knock any air out of the whipped cream.
11. Transfer the frosting into a piping bag with a plain round nozzle and pipe a big round dollop in the centre of the tart.
12. Top the tart with some toasted shredded coconut, cocktail cherries and pineapple slices. Serve chilled. >

NOTE: THE COMBINATION OF THE SWEET AND TANGY PINEAPPLE AND THE CREAMY COCONUT IN THIS TROPICAL SHOWSTOPPER MAKES IT AN IDEAL DESSERT, PERFECT FOR A PICNIC ON A LIGHT, BREEZY DAY.

ROSE CUPCAKES



For the cupcakes:
1 cup yoghurt

- ½ tsp baking soda
- ¾ cup caster sugar
- ½ cup vegetable oil
- ¼ tsp kewra extract
- 1 tbsp Rooh Afza
- 1½ cups all-purpose flour
- 1 tsp baking powder
- 1-2 drops pink gel food colour

For the vanilla buttercream:
½ cup butter, softened

- ½ tsp vanilla extract
- 1 cup icing sugar

To top:
Dried rose petals

Calorie count:
660 calories (per serving)

SERVES: Six > **PREP TIME:** 30 minutes > **COOKING TIME:** 25 minutes

1. Preheat the oven to 180°C and line a cupcake tray with cupcake liners.
2. In a bowl, stir the yoghurt and baking soda together and set it aside to foam up.
3. In a separate bowl, add the caster sugar, oil, kewra extract and Rooh Afza and mix until well combined.
4. Sift in the flour and baking powder and mix until everything is incorporated and there are no large flour pockets in the batter.
Stir in the food colour. Do not over mix at this stage.
5. Transfer the batter to the cupcake tray using an ice cream scoop. Fill each cupcake liner up to two-thirds of the way.
6. Bake for 20 to 25 minutes or until a skewer inserted in the centre of the cupcakes comes out clean.
Let the cupcakes cool completely before frosting.
7. To make the vanilla buttercream, beat the butter and vanilla extract in a bowl at high speed for 2 minutes or until the butter turns light in colour.
8. Sift in the icing sugar in two batches, beating at high speed after each addition. Once the frosting looks stable and has stiff peaks, transfer it to a piping bag with an open star nozzle and pipe the frosting onto the cupcakes.
9. For the final touch, add some dried rose petals on top.

NOTES: THESE CUPCAKES WILL BRING BACK MEMORIES OF DRINKING REFRESHING ROOH AFZA IN SUMMER.

WHITE CHOCOLATE MOUSSE



1½ cups white chocolate, chopped

¾ cup fresh cream, warmed

1 tsp rose extract/ kewra water

¾ cup whipping cream

To top:
Chopped pistachios
Dried rose petals

Calorie count:
679 calories
(per serving)

SERVES: Eight > **PREP TIME:** 25 minutes + chilling

1. Put the chopped white chocolate in a large bowl. Pour the warm cream and rose extract/ kewra water over. Allow to sit for 1 to 2 minutes before mixing it with a spatula. Make sure all the chocolate has melted, and there are no lumps. Allow the ganache to cool slightly.
2. In a large bowl, beat the whipping cream using an electric whisk until it forms stiff peaks (about 3 minutes).
3. Carefully fold the whipped cream into the chocolate ganache in three batches so as to not knock out any air.
4. Transfer the mousse into glasses and top with crushed pistachios and dried rose petals. Let it set in the fridge for 30 minutes before serving. **F**

NOTES: RICH, AIRY, CREAMY, DECADENT, THIS IS ONE OF THE EASIEST, QUICKEST DESSERTS YOU CAN MAKE, AND SO INCREDIBLY VERSATILE! SERVE IT WITH FRESH BERRIES, MANGOES AND MINT LEAVES, LIME ZEST OR JUST SHARDS OF YOUR FAVOURITE CHOCOLATE.

EXCERPTED WITH PERMISSION FROM EGGLESS BAKING WITH SHIVESH BHATIA, PUBLISHED BY HARPERCOLLINS PUBLISHERS INDIA
CALORIE COUNTS ARE APPROXIMATE

FESTIVE FIZZ

These mocktails will add sparkle to your party table



Pomegranate Fizz

INGREDIENTS

½ cup sliced fresh ginger
1 lemon, sliced
3 cups pomegranate juice
¾ cup orange juice
3 cups soda
Ice cubes
Rosemary sprigs, to garnish
Pomegranate arils, to garnish

METHOD

1. Place the ginger and lemon slices in a pitcher.
2. Stir in the pomegranate

and orange juices.

3. Place the pitcher in the refrigerator to chill overnight.
4. When ready to serve, strain out the ginger and lemon, and discard them.
5. Add the soda to the juice mixture, and pour into the glasses over ice cubes.
6. Garnish with the rosemary sprigs and pomegranate arils, and serve immediately.

Cranberry Ginger Fizz

INGREDIENTS

Ice cubes
180 ml ginger beer
30 ml cranberry juice (or to taste)
Juice of ½ a lemon
Simple syrup (optional)
Mint leaves, to garnish
Lemon slices, to garnish

METHOD

1. Place the ice cubes in the glass and add the ginger beer up to three-fourths of the glass.
2. Add the cranberry and lemon juices, and the simple syrup (if using).
3. Garnish with the mint leaves and lemon slices.



Mango Fizz

INGREDIENTS

1 cup mango nectar
½ cup orange juice
½ tbsp lemon juice
250 ml soda, chilled
Lemon slices, to garnish

METHOD

1. Combine the mango nectar, orange juice

and lemon juice in a small pitcher.

2. Chill the pitcher in the refrigerator for at least an hour.
3. Just before serving, add the soda and garnish with the lemon slices. **F**



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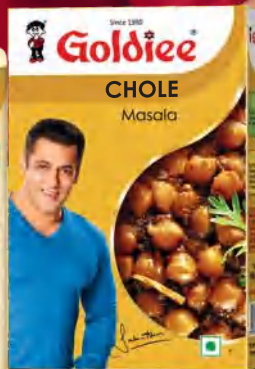
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MAKING DELICIOUS SYNONYMOUS WITH HEALTHY

Archana Doshi's new book of menu plans has everything you need to plan meals – and really revel in food. By Primrose Monteiro-D'Souza

Software engineer. Yoga teacher. Food guru to over 10 million users across her website Archana's Kitchen, YouTube channel, social media pages and mobile app. It seems a perfectly logical journey to Archana Doshi. "My love for food and cooking started at a very young age," she tells us. "At the age of eight, I began cooking with my mother and have never looked back. Even though I was formally trained in software engineering, my heart remained in food. Over the years, as I cooked for friends and family, the single most important problem that they would share with me was that they found cooking too difficult and intimidating. I would tell them, 'It's not difficult; just start experimenting with ingredients and things will slowly start falling into place.' I came to realise that it was easy for me to say that but hard for them to do. I founded Archana's Kitchen in November 2007 and, today, it is a leading recipe and food discovery website that gives the world credible and confident DIY solutions for everyday cooking, empowering people to easily cook nutritious food."

And now, as the next step, Archana has a recipe book out. Not just any old recipe book, but a book of meal plans. Titled **30 Meal Plans From Archana's Kitchen: Easy Vegetarian Indian Recipes for Good Health** (HarperCollins India; ₹399), >





India Har Pal Dohraye,
Achhi Si Chai Ho Jaye.



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it has everything you need to structure nutritious and yummy meals. The 30 menus incorporate over 150 recipes spanning various regional cuisines, so you have a choice of everything from wholesome North Indian portion-controlled meals to cooling South Indian *thalis*. “The book was born out of a personal practice of portioning meals while keeping balanced nutrition in mind. Each one of the meals you find in this book is what I have cooked at home for my family.”

Family is very close to Archana’s heart, and influential in her love for food; her book is dedicated to her father, “who taught me to explore and enjoy every moment of life to the fullest.” She comes from a family that loves to eat and loves to cook too. “We simply breathe food,” she smiles. “My parents especially were always open to trying out new cuisines and that indirectly exposed me to so much of the culture of different regions. My mom would often come back from trips and start trying the dishes out at home. She would collect recipes, either writing them down from friends or as clippings from magazines. And those actually became a bible for me as I started my own journey into cooking.”

It could not have been easy deciding which recipes to include in the meal plans book from the thousands she’s showcased over the years. Archana embraced the challenge. “I love mixing and matching cuisines,” she enthuses. “In the book, I consciously bring together various cuisines from across India. I’ve also brought in fusion food pairings to give an idea of how beautifully dishes from across cuisines can come together to form a delicious meal.”

‘Delicious’ has always been a key word in Archana’s culinary lexicon. And ‘healthy’ is as important. This



“EACH ONE OF
THE MEALS
**YOU FIND IN
THIS BOOK**
I HAVE COOKED
FOR MY FAMILY”



book stays true to her culinary philosophy with an emphasis on local, fresh and seasonal ingredients and easy but healthy cooking techniques. “For me, the word ‘healthy’ is synonymous with ‘delicious’. And delicious food is about enjoying the various aspects of the cuisine, from its spices, textures, flavours, aromas, aftertaste and, finally, satiation. Satiation comes when you truly love all of the above, coupled with mindful eating. It troubles me to see that fast food and easy access to food on the plate has translated to unhealthy eating habits, which has put us



in a world that is now struggling to fight various lifestyle-related diseases.” Archana believes that a healthier life can be achieved without sacrificing taste. “As much as I wanted to emphasise on portion control and mindful eating, I also wanted to keep the book fun and easy to cook with. Creating awareness without propaganda is my mission.” She knows that the more you cook, the more you will be hooked. “After you cook a complete meal and you notice that you and your family are satiated enough to spend a relaxed Sunday afternoon, trust me, you will want to keep going into the kitchen.” We know, from experience, that she’s right, so, go ahead, give food a chance! **F**

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PET-PROOFING YOUR HOUSE

Whether you're a new pet parent or you're looking to better protect your fur baby at home, here are tips from **DEVANSHI SHAH**, founder and CEO of PetKonnnect

Feature courtesy **GoodHomes**



Bringing a fur baby into the home can be a very enjoyable and rewarding journey. Having puppies, kittens and other animals in the home is similar to having a child around, so you must give pet-proofing your house the same attention to detail. Here's how you can get started...

COVER UP!

Start by covering sharp corners and electrical plugs, and minimising access to electric wires. Baby animals are pretty sprightly and might run amok around the house when they're not sleeping. They tend to play with wires and even try to chew on them, which could lead to serious injury. Also check your balconies to see whether the young one is at risk of falling off; many balconies have a grill structure with gaps through which little bodies can squeeze. Try to cover these gaps with metal gauze or sturdy fabric. You might even want to invest in a large

open-top pen for your pet in which you can leave them worry-free.

SAVE THE FURNITURE

A pet parent's major worry is how to save the furniture. Teething and scratching are genuine problems. With their teeth and nails forming, babies experience a lot of discomfort that they relieve by chewing and scratching. We need to help the fur babies with these rather than letting them upset us, and replace furniture with chew toys, blankets, floor mats and other such products.

PICK SAFER FABRICS

You might also want to consider investing in pet-friendly fabrics for the home. Materials such as microfibre, vinyl, nylon and canvas are more durable and resistant to stains and scratching. They also help prevent long-lasting odour, offer more relief against moisture, and are easier to clean. These fabrics can be used across furniture, bedding, throws and more.



TRAIN THEM

Pets don't usually respond well to being told 'no'. It is often more effective to reward them for good behaviour. Our pets are keen to please us, so show them what makes you happy, and they will try to do that. The next time your pet chews on your furniture, pull them away and give them a toy to chew on instead. When they do this, reward them with a treat, and, in time, they will understand you want them to chew on toys rather than furniture. To help with this process, which might sometimes take longer than one would like, you could spray the base of furniture pieces with a mixture of apple cider vinegar and some spices such as pepper and chilli powder. The smell this leaves on the furniture deters most little pets. And, don't worry, this smell will not last on your furniture for too long either. **F**





Dreaming Big

From facing a serious stammering issue as a child to growing up to be a communications specialist, **NEHHA R KHILNANI**, founder of Connekting Dots, has come a long way. By **Ravina M Sachdev**

Growing up, Nehha R Khilnani, founder and CEO of Connekting Dots PR and Brand Communications, went through a lot of health issues and challenges. She was borderline partially blind and suffered a stammering issue. "My mother is my real-life hero and helped me overcome all of it," she says.

"At a time when these problems were uncommon, she figured out speech therapy classes with the help of my doctors. It was only her sheer determination that gave me a chance at a normal life and future ahead. It was because of her resilience that I have transformed from a stammering child to a communications specialist."

She had dreamt of becoming a director but lacked the confidence to pursue the profession. She discovered the field of communication only by chance and was fascinated with it. "At 17, I got a chance to intern in Dubai with the official emirates ad agency and also worked with a corporate film production house," she shares. "That helped me to understand work culture, communication and time management. As luck would have it, I got my next assignment with the official digital agency of Yahoo. Client servicing and paying attention to minute details of creatives and copy come naturally to me due to this experience."

After doing her BMM course and completing her Masters in Communication from Xaviers College Of Communication in 2016, she founded her agency the same year. The first two years were a roller coaster, then things started shaping up for her. "Entrepreneurship was always a natural calling; I wanted to be in charge and shape the future of the brands we associated with. It's been four years and we've launched and worked with several leading brands across the country," she states.

Her future plans include scaling up her company and brand name in the international market as well. "Being a boutique agency, we pick our clients carefully and give them the very best. I will be starting production soon; a brand very close to my heart will be launching in my five-year plan," she ends with a smile.

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Do you want to level up in your life?

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Presenting a tete-a-tete with the once-corporate lawyer who's now the co-founder of Malkansview - one of the largest stock training and mindset development institutes in India. Here, she's sharing the need, USP, and goal of her 3-day LIVE virtual event - The Ultimate Breakthrough.



Choose The Ultimate Breakthrough

What's The Ultimate Breakthrough all about?

It's a fully immersive experience guaranteed to take you to another level of living your life. Here, you'll discover simple, yet effective tools and strategies to rewrite the story of your life. You'll experience an everlasting transformation at all levels - mind, body, and soul.

What are the aspects of oneself that your participants will get to work on?

They'll be able to uncover those emotions that aren't serving them anymore; eliminate self-doubt and stop self-sabotage; start nurturing their inner self, build confidence and expel all forms of anxiety and nervousness. This is where they will get to realise the full power of their unlimited potential, and smash through their mental and emotional blocks. After all, it is these limiting patterns that have kept them stuck in the rut of lack and scarcity.

One of the biggest breakthroughs in this event is that they'll get to unleash their full potential and feel more confident, more energised, and more powerful than ever. They'll get to realign with their goals and live an authentic life - one that's true to their soul's purpose.

What are the key takeaways from this event?

The participants will get easy, simple-to-use, pragmatic tools, and strategies that will enable them to improve their lives in every aspect - health, wealth, love, and happiness.

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This live event is broken down into different segments where the participants will learn through various methods:

GROUP TRAINING: Here, they will learn vital life-changing concepts, identify and acknowledge what's holding them back, and discover how to level up in their lives.

MEDITATIONS: In this module, they'll experience how to calm their minds and remain centered, so that they can make better decisions in life, irrespective of what life's offering them.

RELEASE WORK: In this segment of The Ultimate Breakthrough, they will experience what it is to dive deep into their subconscious and let go of their darkest fears, pain points, and doubts, so they can release self-sabotage and self-doubt that's currently holding them back.

EXERCISES: Here, they'll indulge in exercises

that will help them to self-reflect and introspect on their thoughts and emotions that may be limiting them.

There's more! Preceding The Ultimate Breakthrough is my 'Level Up To Win' Masterclass. In this 2-hour online session, participants will learn the Life Mastery Triangle Method that will train the Mind, Body, and Spirit.



In the past, the benefits of this masterclass have been immense. Over 50,000 participants have been greatly impacted and have witnessed radical positive changes in every aspect of their lives - better health, more methods for wealth generation, and the creation of bigger and achievable goals.

So, no more thinking, no more theory, no more content, enough talk, enough chit chat, it's time to DO THE WORK. It's time to ACT NOW. Here's the link to join the upcoming masterclass: www.leveluptowin.com.



Malkansview

The Ultimate Breakthrough
3-day Live Virtual Experience
Know more at www.tublive.in

 @meghanavmalkan

IMAGE 1



Creative Ceilings

Founded by Sunil Jasani and Sangeeta Advani Mansharamani in 1990, Fine Lines Designers Pvt. Ltd. is a boutique interior design firm based in Mumbai, India. With over 750 projects, our portfolio of residential, commercial, hotels, and F&B projects has enabled not only a wide skill set but also a canvas to experiment and ideate alongside our trusting and diverse client base. Within residential, they specialize in highly customized spaces and ensure that each client's vision and personal style are front and center. In their commercial projects, they aim for efficiency, flexible plans and cost effective aesthetics. Their hospitality style varies based on budget and location, but user centricity and luxury are always key components. They have successfully completed projects in Mumbai, Alibag, Pune, Shirdi, Nagpur, Goa, and Kolkata within India and have also engaged with international clientele for projects in Boston, USA and Muscat, Oman.



Sunil Jasani
Principal Designer & Co-Founder



Sangeeta Advani Mansharamani
Principal Designer & Co-Founder



IMAGE 2

IMAGE 3



TYPES OF CEILINGS:

1. Wooden ceiling with rosette panels brought from an antique store in south India, originally found in a mandir.
2. Plaster of Paris ceiling embossed with an ethnic pattern recessed in an indirect light cove.
3. Mirror and black coated metal panel on a grey painted ceiling.
4. Tin ceiling sourced from an old Palestinian home in Mumbai.
5. Terracotta tiles from Karaikudi, painted in white installed on a sloped ceiling.
6. Ceiling from Thailand, elements of actual glass, woodcarvings and paint from the region.



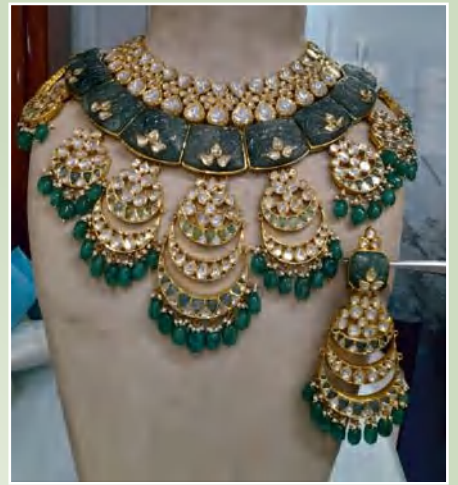
IMAGE 4



IMAGE 5



IMAGE 6



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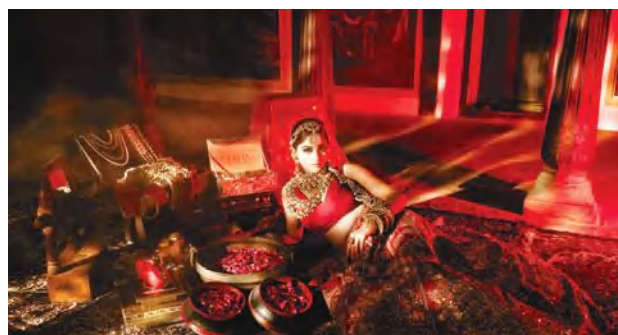


Prachi Meshram

Meet The Young Makeup-Artist Prachi Meshram Who is Known For Her Sterling Makeup Looks.



insta id@prachismakeover_
@nagpur_rental_jewelry



Do you remember that time when your mom was out somewhere, and you used all of her lipsticks and painted your face? Well, we have all been through such cute, embarrassing times. Since childhood, most girls have been crazy about makeup. Seeing their mothers, aunts, and big sisters apply makeup, every girl just wished to get big soon so she could do the same.

Fashion is reaching new heights in the neoteric era, and job opportunities in this field are expanding by leaps and bounds. Today, makeup artists are very much respected and honored for their hard work. Prachi Meshram, a well-known name in the field of makeup, is a skilled makeup artist who has established herself on a global stage. She was raised and born in Nagpur, India. She has accomplished great success and has emerged as an inspiration for everyone due to her unwavering determination and never-say-die attitude.

According to Prachi, one of the most essential qualities of a makeup artist should include active listening and understanding. She always meets her client's expectations and has a friendly, outgoing personality that draws people to her. "The better the makeup, the less the photographer has to edit," is her guiding principle when applying makeup to her brides. She follows a clean makeup philosophy and ensures that her clients retain their true personalities and emerge as gorgeous, stunning brides. Furthermore, she believes that makeup enhances one's natural beauty, which fascinates everyone who sees them. Being an expert in this field, she understands how important it is for every woman to learn the art of doing basic makeup on their own. This is why she offers both offline and online classes to makeup lovers. Every time she holds a makeup learning class or a special masterclass, a huge number of makeup students attend the class and learn important tips from her. She also creates unique makeup and skincare videos for her followers, which are always well-liked on social media.

The compliments she receives for her talent make her feel euphoric.

According to Prachi, Instagram is the most versatile platform through which she can reach her targeted audience and gain more makeup lovers. This is because of her creativity and versatility that she has a huge fanbase of around 60k followers who love and adore her work. Her page is flooded with beauty content, brand collaborations, makeup tutorial videos, and frequent giveaways that all reflect her hard work.





Her story of dipping her toe into the makeup industry is no less than a milestone in itself. Her journey started around 15 years back when there was no makeup artist in Nagpur. Because of her love for makeup and guts, she decided to be an entrepreneur and opened her first makeup studio in 2016. After that, there was no turning back. She is a self-taught makeup artist who pursued her dream without enrolling in a makeup course. This decision is solely motivated by her creativity and artwork. Getting recognition from everyone around her and doing hard work led her to open up three more makeup studios in Nagpur, which is no less than a miracle in itself. She believes that the most beautiful gift we have is our skin and that we must take care of it with the magic of makeup. Adding more to the awe, Prachi now offers hair services, skin care services, and jewelry rentals to her brides, along with professional makeup services. For this, she and her team work tirelessly to contribute to the fashion industry. With her determination to bring honor to her profession, she has been accredited with various national and international certified courses from Dubai, Malaysia, and Russia. In 2017, she also did a jewelry designing course where she learned the importance of wearing the right jewelry for the right outfit. She even rents jewelry to the brides for their D-day so that no bride should look

less ordinary than the others. This industry expert takes great pride in her achievements. She has extensive product knowledge and, being a makeup and hair specialist in her



own field, she always focuses on carving out the natural features. Her goal of becoming India's best makeup artist bagged her many awards such as Best Makeup Artist in Maharashtra 2022, where she was categorized among the top 10 and this was presented by the Bollywood Diva Malaika Arora; Millenium Brilliance Award 2019 in Thailand, which was presented by the Bollywood Queen Kangana Ranaut; National Top Makeup Artist 2018, Maharashtra Self Makeup Artist Award 2017; Nagpur Best Makeup Artist 2016; Nagpur Best makeup Artist 2015, and the list goes on. She worked incredibly hard, even in lockdown, which led her to become a brand in the field of makeup. Despite her efforts and being so successful, she keeps working with the same vigor and zeal and consistently enrolls in makeup-related courses in India and abroad so that she can always bring something fresh to the table. Her ongoing learning, development, and adherence to current trends demonstrate her professionalism as an entrepreneur.

Prachi is now known as a makeup artist who can transform any ordinary girl into a sensual soul brimming with beauty. Her eye for perfection and delicacy induces every bride-to-be to run to her. She has become an inspiration to many aspiring artists and female entrepreneurs. Today, the brand @prachismakeover is ruling both the online and offline worlds.




PRACHIS MAKEOVER

Prachi's Makeover Makeup Studio:

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Email: prachimeshram2004@gmail.com
Prachi Meshram: 79721 25129 / 98609 85502



Healthy Love Strategies

Rushika Dave suggests habits you should cultivate to strengthen your relationship

Deciding to get involved in a romantic relationship is often the easy part; trying to actually make things work is the challenging bit. In order to have a healthy equation, you and your partner need tons of healthy habits, which are essential for a loving bond.

Here are tips to improve your current relationship

Appreciate

Staying in love and staying close is quite different from expressing love for your significant other. When

you're in a relationship, it's easy to get comfortable and stop showing your loved one how much they mean to you. The secret is appreciation (which goes both ways). Value them without expecting anything in return, and you'll see your relationship grow stronger. Show gratitude and appreciation every day in order to keep those feelings alive.

Accept Flaws

Nobody's perfect, not you and certainly not your partner, and that's absolutely fine. If you want to have a

happy, lasting relationship with them, it isn't enough to love the things about them that are great, but accept their flaws and the things about them that drive you nuts too, or else those issues just might threaten your relationship.

Communicate

It's no secret that communication is the key to a healthy relationship and, in order to make things work, you must communicate with each other about your feelings. Some healthy habits include recognising and respecting each other's feelings, having a two-way flow of conversation, and tuning into each other's non-verbal cues. If you express your thoughts and feelings through conversation, both partners can understand one another better and this should help to avoid arguments or misunderstandings.

Celebrate Together

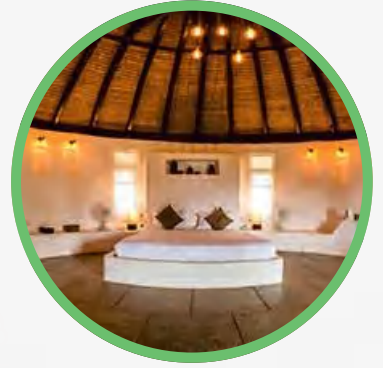
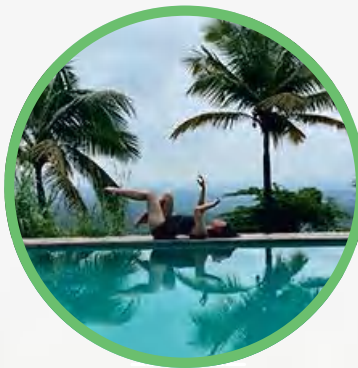
Celebrating important anniversaries and birthdays is important, but celebrating small milestones is equally >



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important. From treating your partner to a sundae for completing a year at their workplace to appreciating their promotion, don't forget to celebrate and value each other.

Don't Assume, Ask

Don't assume you know what's going on in your partner's head. Instead of assuming you know what's up with them, ask questions, and, in turn, be specific about how you feel.

Listen

Communication lies in large part in effective listening. Before you can speak with clarity, you must first really hear what the other person is saying, and truly listen to their words. By really listening to what your partner is saying to you and valuing the way they speak, you're taking a big step towards making a positive change in your relationship. Listening is key to every relationship.

Make The Effort

Having a healthy relationship is only possible when both of you put in the effort to build it. Regardless of whether you've been together for years or have only just started dating, this effort is essential for every couple that wants to make their relationship work.



Communication lies in large part in effective listening. Before you can speak with clarity, you must first really hear what the other person is saying

Spend Quality Time Together

Spending quality time together is the first step to improving your relationship. You need to be able to communicate effectively with your

partner to have a healthy relationship, and the only way to do that is if you spend quality time together. No phones, televisions, or any distractions, just you and your significant other!

Resolve Fights

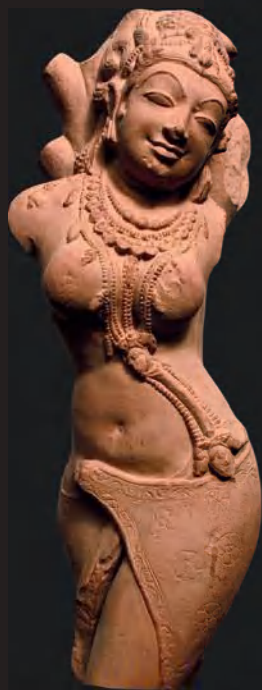
Having arguments with your partner is normal; it's how you handle these disagreements that matters. Understanding how to resolve fights with your partner is one of the most important habits for a healthy relationship. This can eventually reduce your conflict intensity, emotional distress, and negative emotions in the long run.

Spend Time Apart

As much as it is important to spend time together, it is equally important to give yourself some space. Remember to take some time out to do the things that you enjoy doing. As they say, you cannot keep someone else happy if you aren't! **F**



PEEK INTO THE HISTORY OF MADHYA PRADESH THROUGH MUSEUMS



Madhya Pradesh is often called the 'heart of India', not only because it is geographically located at the centre of the country but also because it epitomizes the historical, culture and natural variety as well as the sheer antiquity of this land. Some of the oldest human and animal fossil in the world have been excavated in the Narmada valley, and the state's many rock art shelters are rich preserves of our ancestor's imaginations. In historical times, Madhya Pradesh has been ruled by many dynasties, who built temples, forts and palaces across their empires in the state. Dozens of museums across the state are aiding the efforts to document and preserve the history of Madhya Pradesh as it has come down to us in art and sculptures, pottery and fossil, jewellery and weapons. Let's have a look at a few museums of Madhya Pradesh.

MP Tribal Museum

The capital of Madhya Pradesh Bhopal, which is also known as the 'City of Lakes', has several museums which have a lot of unheard truth of bygone era in its folds. One of the biggest attractions here is Tribal museum. The colorful museum is being divided into six different galleries showcasing various tribes of Madhya Pradesh. The folklores, lifestyle, rituals and social customs of all seven indigenous tribes of MP- the Gonds, Bhils, Bharias, Sahariya, Korku, Kol, and Baiga are showcased in the museum through a repository of traditional art. In fact, lives of the region's seven tribes are being celebrated here via their craft. The moment you step into the galleries inside the museum, you get a strong feel about not just witnessing the galleries but a strong feeling of entering straight into the lifestyles of the tribes of Madhya Pradesh.



These dwells are made by the tribes themselves using the indigenous raw material that depict the lifestyle of tribal in the villages. The open-air exhibitions include Himalayan Village, Medicinal Trail, Mythological Trails, Desert Village and Rock-Art Heritage that displays 36 rock shelters with stunning prehistoric paintings. The museum also exhibits a collection of traditional outfits, agricultural & household objects and other crafts showcasing the regime of the tribes!

Maharaja Chhatrasal Museum, Dhubela

Situated at a distance of 62km from Khajuraho, Maharaja Chhatrasal Museum is located in Dhubela on the Chhatarpur-Nowgaon highway in Chhatarpur district of Madhya Pradesh. Popularly known as Dhubela Museum, the palace was built by Maharaja Chhatrasal on the banks of Dhubela Lake. Established in

1955, the museum helps tourist to know the history of famous Bundela dynasty of Khajuraho. This museum has eight galleries, of which two galleries display inscriptions, copper plates, Sati pillars, lingas and inscribed images of the Gupta and Kalachuri period. The museum houses a wide range of sculptures of the Shakti cult. It has also a significant collection of Jaina images.

Adivart Tribal and Folk Art Museum, Khajuraho

Situated within the Chandela Cultural Complex in Khajuraho, this museum is an ideal place for history lovers, as it possesses a rich collection of tribal and folk art and artifacts. The museum offers the visitors a peek into the history of customs and rituals of different tribes in Madhya Pradesh. It houses over 500 tribal antiques, folk paintings, jewellery, masks, terracotta objects, metal craft and bamboo items. One can also buy some original paintings and prints here. This museum also exhibits the evolution of centuries.

Gujari Mahal Archeological Museum, Gwalior

Gujari Mahal is one of the most visited places in Gwalior. The palace was built by king Man Singh for his beloved queen Mrignayani who was born in Gurjar family. It is now known as the Archeological Survey of India's museum in Gwalior. The archaeological heritage displayed in the museum is comprised of stone sculptures, terracotta figures, stone inscriptions, copper plate inscriptions, coins, bronze sculptures, paintings, arms & weapons and excavated material. uary



MP Tribal Museum

Indira Gandhi Rashtriya Manav Sangrahalaya (IGRMS)

Any exploration of a museum is incomplete without a visit to the Indira Gandhi Rashtriya Manav Sangrahalaya (IGRMS), in Bhopal. On a sprawling land of over 200 acres, one can see the open-air exhibition of tribal habitats from all corners of India.



Gujari Mahal

DIG IN

Ravina M Sachdev lists interesting eating joints in Pune

Heading to the same cafes and dessert shops and having your standard pasta is fine, but why pass up on a chance to try something new? Here are some restaurants that you can add to your rotation. From Nikkei flavours to modern European fare, there's a lot to nosh on this month!

Butters

Located conveniently opposite Balewadi High Street, the bohemian haven that is Butters is one of the newest entrants on Pune's food circuit. The stunning 8,000-square-foot space is divided into indoor and outdoor sections, and the interiors will transport you straight to Goa – think cane ceiling lamps, gorgeous greens, and fairy lights.

The menu features modern European and Asian cuisine along with signature new-age cocktails prepared using exotic ingredients. Must-haves include the Avocado Truffle Tartare, an interesting vegetarian twist on

the classic French delicacy, the Flamed Pimento Hummus with housemade pita, and the Zucchini Fries served with raspberry mustard. For the mains, we suggest you order a comforting curry or pasta bowl. End your meal with the Japanese Cheesecake that is served with Lotus Biscoff cream and bubblegum ice cream, and the Godiva Cookie served with fresh orange and thyme ice cream.

Sante Spa

Vegetarian restaurant Sante Spa has long established that healthy food can be interesting, innovative and flavourful. The ingredient-driven restaurant in Koregaon Park curates an experience combining fresh, wholesome, natural and organic ingredients together in a simple manner. Fresh salads, wholesome smoothies and cold-pressed juices are what Sante is famous for.



Soy Como Soy

Nikkei cuisine, a harmonious blend of the Japanese and Peruvian culinary traditions, has sparked global interest among chefs, restaurateurs and diners alike in the past few years. Soy Como Soy, brings this harmonious blend of vibrant flavours and traditions to diners' plates in Pune. The restaurant in Kalyani Nagar embraces the unapologetic, bold nature of Nikkei cuisine while also paying tribute to soy – that indispensable Asian condiment. The menu, helmed by Chefs Rohit Vishnani, Sumair Singh and Richa Choudhary, is an amalgamation of Asian and Peruvian cultural influences.

Tangasseri

Tangasseri is a woodfire-based Southwest Coastal Indian delivery restaurant in Koregaon Park that focuses on vibrant seasonal, local and rural

produce. If you're craving an authentic Goan meal, this fuss-free place should be your go-to. Some of its bestsellers include Desi Taco Wild Mushroom Ghee Roast, Charred Vegetable Ishtew and Kimchi Fried Rice, along with innovative dishes such as Black Garlic Sourdough Poee Bread, Goan Curry, and Kala Chana Hummus.

Mamagoto

Established in 2010, Mamagoto has multiple outposts in the country and is popular for its pan-Asian food celebrating street hawker cuisine. The Pune outlet is located in Pavilion Mall, SB Road, and is done up, like all the other outlets, in a quirky and colourful way. The menu features interesting dishes such as Som Tam, Mussoorie Mall Road Chinese Rolls, and Wild Mushroom, Edamame, Cream Cheese and Truffle Oil Dumplings. **F**

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Tempering The Tantrums

Worried about your child's frequent outbursts?
Here's how you can deal with your little one's anger issues.

By **Poulami Bhandari**



Anger issues can stem from a lot of things. While adults can usually work out the root of the issue, unfortunately, children often don't know what is causing them to feel angry and frustrated. Some children blow up over seemingly minor events and start yelling or, worse, become aggressive.

When kids don't know how to deal with their emotions, frustration and anger can quickly turn into defiance, disrespect and temper tantrums. As parents, it's important to find out the root of the anger and to teach your children the skills they need to deal with their feelings in a healthy way. Here are some ways to deal with an angry child:

Don't Yell

Just because your child is yelling doesn't mean you have to yell too! In order to make them listen to you and understand what you are saying, you need to remain calm.

Teach Them About Feelings

It is important that you educate your child to label their feelings, so that

**Just because your child
is yelling doesn't mean
you have to yell too**

they are aware when they are feeling angry, frustrated or disappointed. Make them understand that, while it is absolutely normal to feel angry, it is not okay to convey the same through violence or by harming someone. Help your child explore the whole spectrum of feelings, ask them what makes them happy or sad.

Monitor Their Content

Keep a check on what your child is watching on television or on any other platform. Sometimes, exposure to violent shows, texts or games can sow the seeds of aggression. Try to expose them to books, shows and games that encourage healthy behaviour.

Have A Calm-Down Plan In Place

Design a calm-down plan for your child. When they begin to feel angry, ask them to take deep breaths and count to 10, or to repeat a particular phrase that can help calm them down. You can also encourage them to read a comic book, colour, play with their favourite toy, or engage in any other activity.

Don't Give In To Tantrums

Never give in to your child's tantrums. Once they figure out that angry outbursts are an effective way to get whatever they want, they will use them more often until their needs or demands are met.

Follow Through With Consequences

If your child is breaking rules regularly, discipline them by cutting off their daily dose of entertainment or getting them to do easy chores. Remember, the goal is to teach them that there will be consequences whenever they are aggressive and off the hook.

If your child continues with angry tantrums in spite of you trying everything, it would be wise to seek professional help. A trained professional will be able to rule out any underlying mental health issues. **f**



OF STRENGTH & DILIGENCE

MEET VINAYAK VEER, THE YOUNG AND SUCCESSFUL STRENGTH AND CONDITIONING COACH BEHIND THE FITNESS OF SEVERAL TOP SPORTS PEOPLE

Vinayak Veer, in his career journey, has marvellously converted his passion for sports and wellness into a rewarding profession and made an indent in the health and fitness sector.

Ranking amongst the youngest health coaches of India, Vinayak started his career in 2015 and has conducted innumerable seminars and personal training sessions since then. An enthusiastic fitness trainer and wellbeing coach, Vinayak has also helped many people cope with physical and mental stress during the difficult times of the pandemic.

Vinayak's expertise in health training and sports medicine has pushed many upcoming sportspersons to achieve great heights. His grit, toil and herculean efforts have produced an amazing crop of brilliant young cricketers bred on the home ground who have found a berth in prestigious Indian cricket teams. He has earned several accolades as a fitness coach for numerous cricketers, other athletes and celebrities. Here's what he has to say:

WHAT ARE YOUR CHEAT DAY PREFERENCES, IF ANY?

My favourites are authentic Chinese cuisine and chaat, but what I love the most is chicken cooked by my sister. I love to hog in a buffet but that's a rare occurrence.

WHERE DO YOU SEE YOURSELF AND HOW DO YOU SEE YOUR INDUSTRY GROW IN THE NEXT FIVE YEARS?

In my exciting forthcoming journey, I see myself as a part of an expanding sports industry that will help our GDP grow. Many well-known companies are seriously considering sports as an important part of corporate culture. India's fast-growing sports infrastructure can definitely produce great talents in multiple sports quests.

WHICH ARE THE PLACES YOU'D LIKE TO EXPLORE?

As a graduate in history who harbours a special affinity towards walking, I love to interact with the local people, understand their culture and let my feelings transport me to different places.

WHAT IS YOUR FASHION STATEMENT?

I like to be dressed in a prim and proper fashion to promote clothing. My favourites are baggy athleisure and sneakers. Sneakers are a big part of my life.

WHAT IS YOUR FITNESS MANTRA?

My fitness mantra is a status symbol for me now! I believe, investing in your health is a prime investment in life. Nowadays, people are dying due to heart attacks in their 20s or 30s, so even if they make it big, it won't last forever. It's not about hitting the gym every day, but more about lifestyle change. I believe people should eat healthy and let their bodies recover. My message to people would be: Make health and fitness your priority.

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Contact: +91 98672 22664

Repair Your Hair

What: The Pure Repair Range from pH

Italian luxury haircare product company pH Laboratories has launched a new Pure Repair line, with products created with an infusion of hyaluronic acid, baobab oil, mafura butter and fermented aloe. The range – including a shampoo, treatment, detangler and mask – offers an effective botox reconstruction system for the hair and repairs deeply-damaged hair, combating the drying out of hair and repairing split ends. Made with hyaluronic acid, the shampoo gently cleanses and moisturises bleached and treated hair. The treatment smoothens, repairs and strengthens hair with instantly visible results. The detangler for bleached and damaged hair has hyaluronic acid to make the hair silky,



while the mask nourishes and fortifies, making the hair strong, soft, and shiny.

Price: On request

Available from: phlaboratories.in

Ageless Beauty

What: Face masks from Sulwhasoo

Sulwhasoo, a skincare brand based on Korean herbal medicine and blends, has launched a range of face masks that promise to address the causes of skin problems and treat visible symptoms. The Overnight Vitalizing Mask is a sleeping mask formulated with traditional Korean herbs to supply moisture and nourishment while visibly boosting the skin's natural radiance overnight. The White Ginseng Radiance Refining Mask is filled with natural white ginseng powder and has a 14% moisture content. This mild scrubbing agent gently removes dead skin to deliver soft and silky-smooth skin and brightens the complexion. The Herbal Clay Purifying Mask, on the other hand, is an organic purifying mask that cleanses the skin surface and pores, and comforts sensitive skin with a skin-purifying effect, while the



Clarifying Mask removes debris from pores and dead cells on the skin's surface for a noticeably smoother and clearer complexion.

Price: ₹2,950 onwards

Available from: Nykaa.com

For All-Day Perfection

What: Foundations from Type Beauty Inc.

By personalising makeup for different skin types, Type Beauty Inc. is carving out a niche for itself in the beauty market. Within its four main categories of serum foundations, it has produced a wide variety of 24 shades of remedial foundations. The foundations – Get Even, Matte Up, Calm On, and Decrease All – easily blend into the skin, giving it a natural finish and even skin tone. Specially formulated for each skin type, they address common issues including dark spots, dullness, oiliness, acne, redness, fine lines and wrinkles, and are loaded with SPF to shield your skin from the damaging sun. The moisturising effect creates a skin barrier that promises to not only protect but also to enhance the skin's overall texture.

Price: ₹1,499

Available from: typebeautyinc.com



Compiled by Ravina M Sachdev

WORK OF ART

RENOWNED DESIGNER
ASMA GULZAR GETS
CANDID ON WHAT
INSPIRES HER TO CREATE
HER BEAUTIFUL PIECES

Designer Asma Gulzar is known for her magic in creating intricate Indo-fusion pieces of art that breathes Indian culture and traditions into her designs.

Her signature Indo-fusion style of crafting out-of-this-world silhouettes on opulent fabrics sporting bold colour and delectable shimmer has led her towards being an integral part of the Indian fashion landscape ever since her stellar debut in 2008, and she has also paved her way into the wardrobes of numerous Bollywood celebrities and creatives.

After graduating from BVM, Lucknow, she then went on to study fashion designing from National Institute of Fashion Technology, New Delhi. Post that, she started her career as a designer with her friend in New Delhi in 2003 and started her own first independent collection as Aida in 2008. Her first collection was based on authentic and best quality Lucknowi Base Mori and Shadow work.

Since then, there has been no looking back, she is the first designer to launch an Indo-Arabic collection in the world. Speaking on the same, she elaborates "For my Indo-Arabic collection, I have taken inspiration from the women who covers their heads and they don't have style options, it's not only about Middle East, even in India most of the women cover their heads and this practice is especially common in the largely Hindi-speaking regions in the Northern, Central and Eastern parts of the country. I tried to give a style stroke to head coverings, so that women from this section also have an opportunity to



up to date in terms of fashion, people are considering theme parties where the turbans and veil are the dress code. Our Indo- Arabic collections covers the vibrant range of beautifully crafted turbans and the veils."

Her brand Aida Couture focuses in creating great designs that are trendy and affordable. "We believe to deliver the best high-end product on the low possible cost no matter what. Sometimes our range lies little high, but

we never compromise with the taste of our customers," she quips in.

Her new collection Malak focus on easy breezy bridalwear based on an authentic Indian craftsmanship with the blend of western cuts, which allows the bride to respire peacefully and to live in every moment.

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The Height Of It All

There are various misconceptions about the growth and height of children.

Kayal Arivalan gets an expert to debunk the myths

One of the main concerns for young parents is the height of their growing child. While some children are taller than others at a younger age, others are slower to get there. According to studies, a person's DNA is a genetic blueprint that contains his or her maximum height potential. In addition to environmental and economic factors, foetal development throughout pregnancy and the birth weight might also have a significant effect in determining a child's height potential. This is because a child's nutrition throughout their formative years has a significant impact on their adult height. "Sleep also influences a child's height," reveals **Dr Jesal Sheth**, Senior Consultant-Paediatrician, Fortis Hospital, Mulund. "Since children's bodies and bones are still developing, inadequate sleep might hinder their growth. Snoring and allergies might also impact the quality of sleep in children." He reveals that exercise and an adequate diet enhance bone length and strength, while preventing abnormalities. There is also a gender difference in height; girls might experience a growth spurt earlier than boys, who might experience theirs later or near the end of adolescence. The expert debunks myths about height in children:

More Ways To Get Taller

- Eating a balanced diet
- Correcting vitamin D and other nutritional deficiencies with the help of a paediatrician
- Getting the right amount of sleep
- Treating allergy disorders and sleep issues
- Exercising regularly
- Practising yoga



Exercise and an adequate diet enhance bone length and strength

Myth 1: It's impossible to grow in height after hitting puberty

Fact: It is true that, usually, between the age of one and puberty, most children gain about two inches in height each year, which is a bit accelerated when puberty hits. But height growth does not entirely stop with puberty; it can sometimes even go on until the age of 18 or 19, depending on various factors.

Myth 2: Your height is determined solely by your genes

Fact: The DNA of a child is a genetic blueprint for their maximum height potential. It contributes up to 70 to 80% of the final height potential, but other factors also influence a child's height. These include a

healthy lifestyle, proper nutrition, sufficient sleep and exercise, and well-maintained hormonal levels, which can be optimised to play a huge role. Both obesity and undernutrition can significantly hinder a child's growth.

Myth 3: Drinking milk helps you grow taller

Fact: Height depends on bone length, which means that a child will need to have calcium in their diet for optimal bone growth, along with vitamin D. However, this does not mean drinking milk is the only thing a child needs to do to be able to grow to a good height. They need to have enough calcium and vitamin D – two nutrients needed to stimulate the growth plates. There are many other sources of these nutrients, such as sunlight, spinach and other green leafy vegetables. **F**

BREAST CANCER FROM FICTION TO FACT

There is a lot of anxiety and presumptions associated with breast cancer. Here are some common myths associated with breast cancer



Dr. C.B Koppiker is a nationally and internationally well-known Breast Cancer Surgeon based in Pune. He is the Medical Director of Orchids Breast Health Centre, which pioneers in breast health care. His clinic offers a full range of state-of-the-art breast health services designed to ensure the best possible experience for each of the patient. For his contributions to fighting breast cancer in India, Dr. C.B. Koppiker has been widely felicitated by numerous recognitions and awards by his medical peers as well as by various social organizations.



DR. C.B KOPPIKER

With advances in technology and sciences, there are newer ways to efficiently manage breast cancer. However, being vigilant and aware of your own body is the key to fighting this disease. By Dr. Chaitanyanand B. Koppiker Breast Cancer, Breast Oncoplastic and Reconstruction Surgeon Medical Director, Orchids Breast Health, Pune, India Director, Oncosciences, Jahangir Hospital, Pune, India Founding Director, International School of Oncoplastic Surgery (ISOS), India Honorary Associate Professor, University of East Anglia, UK Board of Directors and Visiting Faculty, School of Oncoplastic Surgery, CA, USA.

MYTH: YOU CAN'T GET BREAST CANCER SINCE IT DOES NOT RUN YOUR FAMILY.

FACT: Too many women tend to think that they cannot have breast cancer, since it is not in their families. This has the potential to be fatal makes them reluctant to screen at appropriate times, making them more susceptible to cancer diagnosis at an advanced stage. Breast cancer can affect anyone, irrespective of family history.

MYTH: MEN DO NOT GET BREAST CANCER.

FACT: Men can get breast cancer too. A post from the American Cancer Society estimates around 2700 new cases of breast cancer that may be diagnosed in men with nearly 530 men projected to die due to breast cancer.

MYTH: BREAST CANCER AFFECTS ONLY OLDER WOMEN.

FACT: Breast cancer can strike anyone, at any age. In fact, most breast cancer patients in India, diagnosed with the disease, are under 50.

MYTH: IF YOU HAVE A BIGGER BREAST SIZE, YOU HAVE A HIGHER CHANCE OF GETTING BREAST CANCER.

FACT: There is no considerable evidence that breast cancer and breast size are related. Women who are overweight frequently have larger breasts, and obesity increases the risk of breast cancer in women.

MYTH: YOU CAN ALWAYS FEEL A LUMP WHEN YOU HAVE BREAST CANCER

FACT: Not Always!! This is another

fatal deception that prevents individuals from getting screened for breast cancer. You cannot always feel a lump when you have breast cancer. Many times, the lump cannot be sensed since it is in the preliminary stages. Also, when the cancer is not superficial enough to be palpable, the lump may not be felt on the outer side. Thus, regular screening by mammography is advised in high-risk individuals.

MYTH: PAIN IN THE BREAST REGION IS INDICATIVE OF BREAST CANCER.

FACT: Pain in the breast region is common and can occur in relation to changes in the menstrual cycle and thus is not indicative of breast cancer.

MYTH: BREAST FEEDING PREVENTS BREAST CANCER.

FACT: Breastfeeding can be protective against breast cancer, as it reduces the risk of getting breast cancer.

Twitter: @KoppikerCb
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@orchidsbreasthealthpune
Facebook: <https://www.facebook.com/koppiker>



CARRYING WELL

Ignoring any health risk is a no-no, especially one that develops during pregnancy. Here are some of the most frequent maternal health conditions that a woman might face while expecting. By **Kayal Arivalan**

Most women have healthy and smooth pregnancies. However, some might develop health issues such as UTIs or high blood pressure that can be harmful for the mother or the foetus if not addressed promptly. While some issues emerge before pregnancy, others arise unexpectedly and are unavoidable. Pregnancy symptoms and problems can range from minor annoyances to serious, even life-threatening conditions. It might be difficult for a woman to distinguish between typical and abnormal symptoms. Dr Madhuri Burande Laha, Consultant Obstetrician and Gynecologist at Motherhood Hospital in Kharadi, outlines some of the most prevalent maternal health

concerns or problems a woman might face during pregnancy.

- Common pregnancy issues such as nausea, vomiting, and acidity might be cause for concern because they interfere with daily life. If any of these becomes serious, it can create health problems such as dehydration, impacting both the mother and the baby, therefore taking care of it at an early stage is critical.
- Infections such as HIV, hepatitis, syphilis and tuberculosis can harm pregnant women and their unborn babies. If the patient is tested properly, early diagnosis, treatment and vaccination can assist.
- Urinary tract infections (UTIs), as well as other frequent viral infections

and vaginal infections, require prompt diagnosis and treatment.

- Then there are the common high-risk disorders such as gestational diabetes and pregnancy-induced hypertension, which require a lot of care, prevention, early diagnosis, and treatment to avoid serious consequences for mother and baby.
- Preterm labour and early rupture demand rapid medical attention.
- Placenta previa (low placenta) and abruption placenta are both extremely dangerous situations that can be fatal for both mother and baby.

When it comes to pregnant women, it is important to not delay reaching out to the doctor as soon as anything seems unusual. Better safe than sorry. **F**



Dr Yeshwant Mane



Dr Girish Pote

INFERTILITY IS NO MORE A CURSE

MAKE YOUR BABIES TODAY AND HAVE THEM DELIVERED WHENEVER YOU WANT! AN EXCERPT WITH **DR GIRISH POTE** AND **DR YESHWANT MANE** IVF SPECIALIST AT **SAISHREE INFERTILITY AND TEST-TUBE BABY CENTER, AUNDH, PUNE.**

Infertility is a health concern which can be seen in both men and women. It can be treated and cured with recent advances in medicine. A variety of treatments significantly improve the chances of getting pregnant, including hormone treatments, fertility medicines and surgery. In addition, assisted reproduction uses various medical techniques to fertilize an egg.

But What Exactly Are the Causes of Infertility?

A female is born with a limited number of eggs stored in her ovaries. As she attains puberty, the eggs get prepared for fertilization with sperm. However today, it is seen that people opt to get married late due to their career commitments.

But couples fail to understand the importance of the age barrier that comes into the picture for having normal or treatment-less pregnancy. Another factor which influences infertility or low eggs, or sperm count is a sedentary lifestyle.

"It is understandable that professional growth cannot be ignored, which many times increase stress levels that adversely affect the hormone functions in males and females. Thus, it is advisable to at least maintain good health and intake

proper nutrition to eliminate imbalance of hormones which can lead to low egg or sperm counts", said an infertility specialist at SaiShree infertility and test tube baby centre.

What Will Be The Solution To Avoid Using A Donor Egg Or Sperm?

One solution is egg or embryo freezing. With a simple Anti-Mullerian Hormone (AMH) test, one can understand if the woman has sufficient eggs to conceive successfully. Then, a woman can choose to freeze her own eggs, which can later be fertilized with her partner's sperm and planted in her uterus. Likewise, in embryo freezing processes, the couple can choose if they want to have babies at a later stage. The eggs are taken out and further fertilized with the partner's sperm. These fertilized eggs are called embryos. Such embryos are additionally frozen, and whenever the couple is ready to enjoy parenthood can be planted in the woman's uterus. "The biggest advantage of the whole process of egg and embryo freezing is that it eliminates the barrier of age-related issues like fall in egg and sperm count. As well the need to opt for donors is also removed", said Dr Girish Pote, IVF Specialist at SaiShree Hospital & test tube baby center.

Advancements in technology gives us all a leverage to take its benefits. It's just

choosing the right options. Technology has advanced to an extent that a couple can "make it's babies as soon as they get together and have them delivered when they are ready". Thus, technology has not just eased out our lives but also has made it a happy place to live. And we at SaiShree Infertility & test tube baby center aim to provide everyone Happy Nest!", exclaimed Dr Yeshwant Mane.



For more information contact:

+919356939128 | 020-41088600

Facebook: <https://www.facebook.com/IVFSPECIALISTINPUNE>

Website: <https://saishreeivfcenter.com/>

Playing To Learn

The importance of play in early childhood cannot be overstated; experts believe it is critical to a child's development. By **Kayal Arivalan**

Play is an essential part of a child's early development. Playing assists the development of the brain as well as the maturation of their language and communication skills. Learning through play comes naturally to children. Playing, according to experts, promotes physical, emotional, social and cognitive development in children during their early years. Play allows for the simulation of future life experiences that a youngster might encounter.

According to the American Association of Paediatricians (AAP), play is a vital prerequisite to develop critical 21st-century abilities such as problem-solving, cooperation and creativity. "Play has significant importance in a child's early life, so much so that clinical reports published by the AAP also advise doctors to include it as a part of their prescriptions," reveals **Arshleen Kalra**, Head of Curriculum and Service Delivery, KLAY Preschools and Daycare, Bengaluru. She points out that Michael W. Yogman, MD, FAAP, lead expert of the said report, has stated that, "Play is really brain-building and it enhances the structure and function of the brain."

The Home Is Your Child's First Play Centre

Children learn through their experiences. Parents play a significant role in establishing prosocial behaviour in their children. "Involving children in interactive play at home helps them to explore, learn and make errors while feeling comfortable with their parents or trusted adults," Arshleen avers.

The World Is Their Playground

Children readily engage in a wide range of activities, beginning with the most basic peek-a-boo game, which



aids in the development of friendly and trusting connections. "Showing children picture books and reading stories to them helps them improve their expressive vocabulary," Arshleen says. "Touch, smell, taste, sight and hearing are all ways through which young children learn. Activities such as kneading dough, sticking beans, tasting and smelling colourful fruits, herbs and vegetables, exploring utensil sounds, and many more not only inspire curiosity, creativity and fine motor skills development, but also help in creating a joyful bond with one another. Indoor activities such as puzzles, construction blocks and peg boards help them to develop problem-solving, risk-taking, teamwork and communication skills," she adds. Age-appropriate digital games are a good option to achieve some of the critical milestones, but always in a screen-regulated environment.

Active Play Is Critical

Research indicates that a lack of physical play leads to childhood obesity, which

is connected to health conditions such as high blood pressure, diabetes and cardiovascular disease later in life.

"It is critical to involve youngsters in sports-based activities, outdoor games, or even active indoor activities such as dance, floor maze games, animal jogs, and so on," Arshleen points out. "This not only promotes cardiovascular fitness and stronger bones and muscles, but also improves motor skills, balance, concentration and focus." She believes that when children play in groups, whether with peers or family members, they learn to take turns, and express and respect each other's opinions. "They realise the actual sense of participation above winning in a safe play setting," she explains. "All of this adds to self-regulation, discipline, resilience, and an appreciation for the word 'no'."

While we tend to focus on reading, writing and numeracy skills, one of the best gifts we can give our children is the willingness to get down on the floor and play with them. **F**

BEAUTY WITH BRAINS

A BANKER AND A
LINKEDIN INFLUENCER
FROM THE FINANCIAL
SECTOR, **DR. KAVITA RAO**
HAS A DOUBLE GOLD
MEDAL IN ECONOMICS.
SIX HONORARY
DOCTORATES

A banker and a LinkedIn influencer from the financial sector, Dr Kavita Rao has a double gold medal in economics. Six honorary doctorates, she completed her graduation and post-graduation from Pune University.

A complete introvert growing up, Dr. Rao was the shy and quiet types who was constantly goaded by her siblings in her childhood days.

Cut to 2019 when this shy silent girl won the title of “Mrs India 2019”. A random experience with no planning whatsoever, Dr Kavita recalls “It still feels surreal. I’d never dreamt of participating in such glamorous events. However, destiny had decided something different for me. Surprisingly, I got an opportunity to participate in the Mrs India event and while I was not sure about this decision at that moment but thought I’d give it a shot!” Turns out, she had much more potential than she gave herself credit for, “I just tried to be myself, all other participants were so glamorous, and I thought there is no way I can beat them. I have always been insecure about not having prior experience.” It was her innate confidence and charisma that floored one and all. After winning Mrs India, she forayed into the glamour industry and

today actively balances both lives; the glamorous one and the regular banker one.

Kavita firmly believes that her experiences and determination played a crucial role in transforming her into today’s charismatic influencer. It’s no wonder she featured on the list of one of the Most Admired Global Indians in 2021 & more recently, she was awarded the Times Business Award for Excellence in Financial Services 2022.

Post marriage, Kavita was working in the USA. However, she was finding it difficult to travel back and forth and soon decided to work in India. She expressed, “At the time, I realized how valuable being educated and qualified is and that education alone was going to help me achieve anything I wanted to. It was a rough phase of my life as I had a lot on my plate to deal with. Nevertheless, not someone to give up easily, over a certain period of time, Kavita bounced back.

Talking about her leadership strategy, Dr Kavita conveyed that she has a unique set of approaches to handle each individual in her team. She says, “Each person is unique in their own ways, some people have certain skills while others have different skills. You cannot measure everyone on the same scale. Therefore, I try to identify their strengths and shortcomings. I believe professional life is a journey where we help each other out in building strengths and eliminating weaknesses. As a leader, I try to be a part of this journey with my teammates”. Dr. Kavita has a magnificent approach to maintaining the equilibrium of her professional and personal lives. She identifies herself as a sassy boss at the office and a loving mother at home. Whatever happens in the office stays in the office and in the same way, personal matters should not interfere with the integrity of professional life. Wise words!



GO LOW

Worried about high blood pressure? Indulge in these low-sodium foods



Imagine yourself looking forward to digging into your favourite dish and with great anticipation, you proceed to devour the first bite. To your dismay, the dish does not taste as you had remembered. It is low in salt. Salt is the one ingredient that does the job of tying in the flavours together. It is also the most common form source of sodium. Besides

salt, additives such as sodium bicarbonate and monosodium glutamate, among others also contain sodium. The body uses sodium to control blood pressure and blood volume.

Sodium is also needed to ensure optimal muscle and nerve function.

A word of caution, though, like anything in excess, sodium too is not good. It can

elevate blood pressure for some. Excess sodium intake has also been associated with greater risks of other issues such as osteoporosis due to increased urinary calcium losses.

Sodium reduction continues to be an effective and safe strategy to lower blood pressure and thereby reduce the risk of heart disease. One of the ways >

Sodium reduction continues to be an effective and safe strategy to lower blood pressure and thereby reduce the risk of heart disease



POWER SKIN DUO FROM HAPPIER

The Powerblend Face Toner is an alcohol-free, lightweight and nourishing concoction of chamomile, aloe vera, rose water, cucumber, watermelon and hyaluronic acid. It contains humectants that preserve moisture and strengthen the skin's natural barrier. The Powerberry Sunscreen SPF-40 PA+++ is formulated with organic berries that protect from the sun's harmful UVA/UVB rays. Its lightweight, quick-absorbing formula provides instant hydration and does not leave any white cast. It's also loaded with antioxidants that minimise free radical damage and give your skin complete protection.

Price: 1,090

Available at: www.behappier.com

A GENTLE APPROACH TO FIGHTING ACNE BY THE FINITE SKINCARE

Clogged pores, caused due to over-production of oil that traps dirt and dead skin cells, is one of the leading causes of acne. Looking for a way to beat those dreaded red spots and inflammation on your face? Finite's acne combo is ideal for you, whatever your skin type may be!

Price: 1,499

Available at: www.thefinite.co



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Recode Water Hydra Moisturiser with hyaluronic acid 1.5%, niacinamide 1%, grape seed oil and aloe vera extract, maintains proper skin hydration, boosts skin's defense mechanism, prevents trans epidermal water loss, creates a protective barrier over dry skin, and provides relief from itching and inflammation. It is mineral oil and paraben free, and suits all skin types.

Price: INR 580

Available at: shop.recodestudios.com



MAKE A FIERCE FASHION STATEMENT WITH DISHIS JEWELS

This wedding season, invest in something elegant and precious, such as these diamond-studded drop earrings, which are IGLI-certified and BIS Hallmarked, and available in 18KT and 14KT gold. Weighing around 1.84 gm, this lightweight jewellery is perfect for the wedding season as well as for day-to-day wear.

Price: INR 16,329.87

Available at: www.dishisjewels.com



BRIDAL HAMPER FROM MILAP COSMETICS

This wedding season glam up with Milap Cosmetics. This bridal hamper consists of 11 products including foundation, primer, concealer, mascara, and the bestselling product, 9 to 6 nail paint, which is available in a variety of colours. The products are designed to blend with all skin tones, making glamming up easy-peasy. Every item in your bridal trousseau helps you achieve a look that will remain in your memories for the rest of your life, and this bridal hamper is just the thing to give you the perfect bridal look.

Price: INR 1,699

Available at: www.milapcosmetics.com



to reduce total sodium in the diet is to swap high-sodium food items or snacks with healthier safer alternatives. Nutrition and Wellness Consultant Sheela Krishnaswamy lists three such alternatives.

Apples

Fruits are naturally low in sodium and high in potassium. Apple is one example of a low-sodium food option. Apple is low in fat and is also a good source of vitamin C and fibre. Polyphenols found in apples and other fruits contribute to cardiovascular health. Apples are best eaten whole and during the season.

Cucumber

Cucumber is another healthy snack alternative as it is exceptionally low in calories, sodium, and fat. Cucumbers contain about 3 grams of sodium per cup, thereby allowing you to comfortably consume your required or desired quantity. With its high moisture content, cucumber contributes to hydration in the body. Cucumber is a popular salad item and can be used in any form of salad.



Almonds

Almonds are a safer and tastier alternative to other snack items. There is around 1 milligram of sodium per 100 grams of almonds. In addition to being satiating, almonds are loaded with

Replacing salt with lemon juice or herbs in dishes is an easy option to reduce sodium intake

nutrients and antioxidants. They are a source of 15 nutrients such as vitamin E, magnesium, protein, riboflavin, zinc, etc. The health benefits of almonds include lower blood sugar levels, reduced blood pressure, and lower cholesterol levels. They can also reduce hunger and promote weight management.

Lemon Juice & Herbs

Replacing salt with lemon juice or herbs in dishes, and replacing high-salt dishes

with unsalted ones are viable options to reduce sodium. Minimising high-salt foods like pickles, papads, salt biscuits, salted butter, cheese, ultra-processed foods, etc can help to reduce total sodium intake and also contribute to better heart health. Along with dietary changes, regular exercise and other lifestyle modifications are necessary to improve high blood pressure. Check with your physician and dietitian to find out what changes are best suited for you. **E**





Sneh Nandu REIGNING DESIGNER OF INDIA



Sneh Nandu is the most sought after designer and comes across as the face of modern Indian fashion industry. She perceived her sartorial knowledge from NIFT (National Institute of Fashion Textile) and soon gained appreciation for her unique style of fashion representation. Her outstanding quality of creativity and an unusual perspective has lent her a lot of praise and exposed her to the glamour world of Bollywood.

BLANCORA'S unique style of presenting the Modern casual wear in a revamped version gained her popularity and made her an ace designer.

Blancora's roots go deep into the cultural art and yarn's use, which are inspired from her social surroundings. Her flair for the usage of textiles presenting them with a modernistic approach elevates the chic quotient of Blancora's collection. Other than the attractive implication of fabric, her designs are spruced up with the adornment of intricate embroidered and embellished patterns.

The Blancora couture collections showcase a beautiful affair of understated designs blended with rich textiles. Her designs are self-interpretative and seem to come straight out of a tale, providing a wide array of categories from tops, dresses, gowns, co-ordinated sets. She exhibits a palette of distinctive styles with utmost elegance.

Blancora Couture has coveted designer label and has successfully made its place in the Indian and international fashion market. The label understands the needs of the modern market and lends them unique alternatives. Marking its prominence in the couture fashion arena, it provides a wide range of category to select from.

After graduating from National Institute of Fashion Technology, Sneh launched her eponymous brand, which started with a workforce of only one person at **PUNE**. Throughout the years, she has effectively built a clothing label which has an extremely strong social point of view. Quick to realise the demands of the Indian fashion market, Sneh has been able to create a brand that represents a comfort zone to Indians and others worldwide.



She uses uncommon texturing, fabrics, and detailing. Her clothes are for people who love to experiment with their looks—bold and unique. Blancora Clothing label has exclusive designs that you will love to have in your wardrobe.

Blancora's Fashion Inspiration
Sneh's design idea is extremely basic and clear- 'Personalized imperfection of the human hand'.

Purchase a splendid collection of the premium haute couture dresses with a contemporary touch for your special occasions. Blancora dresses and co-ordinated its intended for weddings parties and special events. So, what are you waiting for? Get – REIGNING DESIGNER OF INDIA Blancora By Sneh Nandu

Blancora
BY SNEH NANDU

Contact: +91 91680 39933



Kindness, First!

Aishwarya Acharya lists a few acts of kindness that you should keep in mind when meeting people online

Putting yourself out there can be nerve-wracking and sometimes all you need is an act of kindness and a compassionate gesture for a comfortable dating experience. According to a recent Bumble India survey, emotional connection (60%) and kindness (55%) top the charts, followed by empathy (32%), as priorities when it comes to dating someone or choosing a potential partner, post the second wave of the pandemic.

Bumble's relationship expert Shahzeen Shivdasani shares five acts of kindness to keep in mind when meeting people online:

Respect Boundaries

Be patient with the people you connect with as you get to know them better. If someone has not responded to you, give them time and

space to connect with you. They may have other priorities to attend to and this doesn't immediately translate to them not being interested. Give them the space to respond in their own time and get to know you when they can give you their full attention. Respecting someone's boundaries is vital.

BE PATIENT WITH THE PEOPLE YOU CONNECT WITH AS YOU GET TO KNOW THEM BETTER; GIVE THEM SPACE TO RESPOND

Make Them Feel Safe

One of the most important acts of kindness you can do is make your connection or partner feel safe. Let them know that they can be themselves around you. If they're having a moment of weakness, try not to judge them.

Express Gratitude

Expressing gratitude when in a relationship or while getting to know someone, goes a long way. Incorporate small gestures like writing a thoughtful note or just a simple 'thank you' after that first date. Being kind is an attractive trait!

No Ghosting

If you have been getting to know someone on a dating app and decide not to know them further, be kind and straightforward about it – let them know you are not interested in taking things further. Perhaps you might just want to still be friends. Just disappearing and not communicating can hurt and demotivate others.

Be A Good Listener

If someone is sharing something with you, be empathetic. You can do that by not dismissing the other person. Communication is a two-way street, and relationships only grow when you both feel heard, seen, and understood.

Dating can feel difficult, it is difficult for some to put themselves out there. Let's remember to be kind and treat others the way you want to be treated. **F**

ONWARDS TO A HEALTHIER TOMORROW

Health is wealth – we've heard this said over and over, and we even repeat the saying ourselves. Achieving and remaining in a state of good health that encompasses physical, mental and emotional wellness might not always be possible, but striving to achieve the same should never come to a halt. This exclusive Health section will help you on your journey to absolute health. Be it resisting diseases or fighting illnesses, staying on track when it comes to fitness goals, or braving health scares, you're sure to find the advice on these pages helpful.



Dr Natasha Shetty
Founder & Medical Director –
Skin Series

Dr Santosh Pandey
Accupuncture Specialist & Naturopath –
Rejua Energy Center

Dr Pallavi Mahurkar
Cosmetic Dentist

Healthy Habits To Control Your Sugar Levels

Learn what causes your blood sugar to rise and fall. By **Kayal Arivalan**



Diabetes is a lifestyle-related disease that cannot be cured but can be managed. It is caused by abnormally high blood glucose levels. Pancreatic insulin is responsible for maintaining glucose levels in the blood. Diabetes is caused by a lack of insulin, insufficient insulin synthesis, or an inability to appropriately utilise insulin.

Studies reveal that there is no specific treatment for diabetes, but that a range of lifestyle changes need to be incorporated into daily life. Along with these lifestyle

changes, sustainable prevention plans need to be put in place to help not just manage but even prevent diabetes.

“Prevention is better than cure; Ayurvedic treatments along with lifestyle changes can help manage the severe effects of diabetes by using natural ingredients,” reveals Dr Kriti Soni, Head - R&D, Kapiva, Bengaluru. “These treatments can help in reducing blood sugar levels to non-diabetic levels and provide a healing approach right to the root of the it.”

Dr Kriti shares doable preventative measures and

lifestyle changes to manage diabetes:

Manage Stress

Stress is becoming a prominent cause of cardiovascular disease. People are frequently exposed to high stress at work and at home, which needs to be checked. Meditation can aid in stress management and reduction. Chanting and breathing exercises can also help you maintain healthy blood sugar levels.

Ensure A Healthy Diet

Establishing a good eating regimen is regarded as one of the fundamental strategies in managing diabetes. Eating foods with a lower glycemic index would be one of the dietary modifications. This includes eating whole grains and healthy fats while avoiding processed sugar juices and red meat.

Incorporate Healthy Juices Into Your Day

Ayurvedic juices with their blend of authentic herbs help in managing diabetes naturally. Apart from managing ones blood sugar levels, these juices help in boosting our energy levels, thereby regulating our carbohydrate metabolism, and supporting overall digestion. **F**

Make Amla Juice At Home

- Cut the amla into two and deseed it.
- Blend it with water and strain the juice
- Add honey and consume fresh.

Maintain A Healthy Weight

People with type 2 diabetes benefit greatly from maintaining a healthy weight. Losing weight aids in the regulation of blood sugar levels, hence alleviating diabetic symptoms.

Get Regular Physical Activity

In our hectic lives, exercising regularly even for an hour could help delay the early onset of diabetes. It becomes very important to break the cycle of your stressful routine to avoid the consequent medical traumas such as hypertension and high cholesterol.

WOMEN EQUALLY PRONE TO HEART ATTACK

If you are in your 40s and get a chest pain, don't neglect it. This holds true for both men and women. The myth that menstruating women are protected from a heart attack has been challenged with a recent study showing that because of more stress and wrong lifestyle, they are getting it early. Study shows "Young women, even those below 45, are getting heart attacks; the earlier myth that if you are menstruating you are protected, no longer holds," says Dr. Pavan Kumar Senior Heart surgeon at Lilavati Hospital.

As most women around the world, especially Indian women focus more on the health of their family, they often end up neglecting their own health. Increase in obesity and diabetes in Indian women is resulting into early onset of cardiovascular diseases. This is further escalated because of fast lifestyle and increasing social stress. During their day-to-day lives, women also have to deal with various stressful situations within and outside their houses. Many a times, they skip work out and blame it on the lack of time. The increasing addiction or dependence on TV and computer further promotes sedentary lifestyle. Primary reasons for the onset of cardiovascular diseases in Indian women can be listed as follows.

- Obesity is leading cause of high blood pressure for most women in India. This could trigger cardiovascular diseases.
- As most Indian women do not pay attention to their diet, they may develop diseases like anemia.
- During pregnancy and after the delivery, women face the risk of Rheumatic Heart valve disease. Early childhood throat infection and Unhygienic surrounding are primarily responsible for this.
- The rate of Indian women developing heart related ailments is higher in the age group above the age of 40s. Cardioprotective hormones are generated in adequate quantity in women's body till the time they are fertile.
- After the menopause, this mechanism bestowed by nature gets impacted and the risk of heart attack increases.

If the heart valves malfunction, then one may experience symptoms such as increased heart rate, sudden dizziness, exhaustion even after low intensity activities.

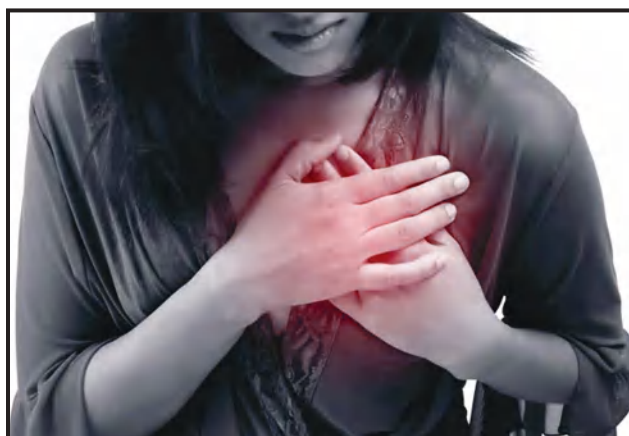
If there is any cardiovascular disease one may also experience pain in the left side of the chest. After laborious task, women may experience chest pain. One may notice swelling on the body, especially on legs. After having a meal, one may experience pressure building up in the left shoulder and in the left portion of the chest. Women may also experience bloating in the stomach after having a meal. If any of these symptoms are experienced, women must consult physician immediately.

If doctors suspect heart attack, they may recommend tests such as ECG, Eco cardiography, Color Doppler X-ray, Exercise test (Stress test), Holter test etc. Besides it is recommended to check sugar levels, cholesterol and red blood cells count in the blood. These tests play important role in determining the course of treatment.

Now a days surgeries are being carried out very successfully.

•As per the information provided by 'World heart federation', the number of women undergoing cardiac surgery is increasing. It is misconceptions that there could be complications in performing cardiac surgeries on women because their heart arteries are relatively smaller and that women cannot recover from heart surgery. These types of misconceptions are putting women's health at risk. Not just that, they also deprive them of life saving surgical procedures. Cardiac surgeries on women are highly successful. There is nothing to be scared of. As the utilization of modern technology such as Arterial bypass is increasing, the 'long term effects' of these surgeries are very positive. Even the success rate of heart valve replacement surgical procedure has increased because of the introduction of fourth generation bioprosthetic valves. Family members should not ignore minor symptoms in order to ensure timely detection of heart diseases in women. Everyone must realize that they are important persons in the family and should pay attention to their health and must ensure timely treatment. It is necessary to make arrangements to reduce the stress on women by distributing responsibilities equally amongst all the family members. Diseases such as diabetes and high blood pressure should not be neglected.

Even if no symptoms of heart diseases are seen, it is necessary to undergo health check ups regularly. We must spread the awareness about the cardiac diseases to all despite discriminating on the grounds of age or sex.



WHAT TO DO

- Early detection is important
- Don't neglect their complaints
- Allow enough stress release mechanism.
- Sharing responsibility
- Control risk factors
- Change the method of contraception
- Diabetes control



Dr. Pavan Kumar advises that *Leading healthy lifestyle is your best protection. Another tip is – if you have any problem visit Doctor on time & get your regular cardiac check up done.*

Dr. Pavan Kumar | Sr. Consultant Heart Surgeon
Lilavati Hospital, Mumbai | Call: 98202 97125

EVERYTHING YOU NEED TO KNOW ABOUT LASER HAIR REDUCTION

Ditch the monthly waxing sessions for a more permanent, long-term solution to hair removal!



Dr. Natasha Shetty
(Founder & Medical Director)

What is it and how does it work?
As one of the most popular treatment modalities, Laser Hair Reduction is a simple and relatively permanent solution to monthly waxing sessions. The Laser aims at targeting melanin (the pigment that gives your hair its color) in your hair follicle and burn it without affecting the surrounding skin which in turn stops or delays hair growth. The popular abbreviation LHR stands for Laser Hair Reduction as opposed to 'Removal' because the laser aims at targeting thick, dark hair and converting them into baby or vellus hair.

Who should consider it?

- If you have excessive facial hair or thick, coarse hair growth on the face because of hormonal imbalance or PCOS. In this case, you may need to get your hormone levels checked and manage them simultaneously while you get your LHR sessions for optimum results.
- If you are looking for a more permanent alternative to waxing
- Recurrent folliculitis
- Chicken skin
- Ingrown hair

Number of sessions required

8-10 sessions on an average are recommended for best results.

Pre-procedure instructions

- You are not allowed to wax, pluck or bleach your hair between sessions since the laser requires preserving the roots in order to burn them.
- Our hair grows in different phases and the laser only works on the follicles in the growth stage which is why timing is everything. Your sessions must be within 30-45 days or 4 to 6 weeks apart.
- Avoid tanning, use of topical tretinoin, or acids at least 7-10 days before your session
- Let your doctor know if;
 1. You're on isotretinoin or Roaccutane (which is a vitamin A derivative often given to acne patients)
 2. You have history of herpes
 3. An active skin infection/condition
 4. Tendency for keloids or scarring
 5. Tattoos in the treatment area
 6. History of recent UV exposure or tanning

What can you expect post-procedure and in terms of results?

- 10% reduction in every session
- The time for the hair to grow back increases
- Reduced thickness of hair

What can you expect during treatment?

First, the area is cleansed and shaved. The area to be treated is then marked and the parameters are set according to your skin type and hair growth. Both the patient and the technician will wear protective eyewear to prevent any accidents. A cooling gel is applied, and the skin is held tight while the laser is run over the treatment area. You may sometimes experience a burning smell which is the result of the laser burning and vaporizing the hair follicles.

What post-procedure care must one take?

- Avoid direct prolonged sun exposure and tanning 2 weeks before and after treatment
- Avoid heavy exercise, parlour procedures, spas, saunas
- Avoid harsh topical agents
- Ice application may help if you have mild redness
- Use a good moisturizer and sunscreen on the treated areas
- There may be mild inflammation or perifollicular edema (swelling around the follicles) immediately after the procedure which is usually temporary and should settle in a couple

of hours post-procedure. Your doctor may also prescribe a topical cream to help speed healing.

What are the PROS of LHR over waxing?

- More permanent results
- FDA approved lasers
- Save money in the long run as compared to waxing
- Also helps eliminate ingrowths
- Works well for chicken skin / tiny bumps
- Reduced thickness of hair
- Increased intervals between hair growth cycles

What is the cost of treatment?

Pricing will vary according to the body part being treated. It is relatively a little higher than waxing but if you consider the number of waxing sessions you have gotten so far and the number you'll need for the next decade, LHR will begin to feel like a steal!

Recovery and risks: The downtime is minimal, and your skin should recover within 2-3 days post-procedure. The technology and equipment used in clinic is US FDA approved for hair reduction which simply means that it is not only safe but also effective. Although, ensure you get your sessions from a professional who knows exactly what they are doing to avoid technique/technician-related complications. At Skin Series, we use the Alma Soprano Titanium which is not just the fastest, but also the safest and the most comfortable technology available.

It emits 3 different wavelengths to target different types of hair growth. It allows us to customize treatment parameters according to skin color and has a specialized facial tip that allows us to treat smaller areas like the eyebrows, upper lips, knuckles, etc. with precision.



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Timings - Mondays to Saturdays 11.00 am - 7:30 pm • **Website:** www.skinseries.in

[skinseries101](https://www.instagram.com/skinseries101/) / [skin series](https://www.facebook.com/skinseries)



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 **SKIN SERIES**
BY DR. NATASHA SHETTY

For Enquiries

Call: 02240115712 | 9821488849

Email: info@skinseries.in

Website: www.skinseries.in



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Skin Series by Dr. Natasha Shetty

Address: Unit No. 316, 3rd floor, C-2 wing, Soham Plaza, Thane, Maharashtra 400607

DREAMING BIG

INSPIRING SUCCESS STORIES OF INSPIRING PEOPLE FROM THE
HEALTHCARE SECTOR

Dr Pavan Kumar

Sr Heart Surgeon,
Mumbai

Dr Pavan Kumar is a leading and top ranked heart surgeon and considered the safest heart surgeon in Mumbai, practising at the prestigious Lilavati Hospital, Criticare Asia, and Raheja Hospital, Mumbai. In the last 30 years, Dr Pavan has successfully performed over 15,000 open heart operations besides being associated with over 25,000 major cardiovascular procedures. He has presented and published over 60 papers in international and national conferences and Journals on cardiovascular surgery. He is a teacher surgeon and has trained dozens of junior surgeons in cardiac surgery in his unit over 20 years and, today, they are operating in various parts of the country and abroad.

Dr Parag Telang

Founder and Director,
Designer Bodyz, Mumbai

A noted cosmetic plastic surgeon, Dr Parag Telang provides hope to many. The Founder and Director of Designer Bodyz, a centre for Advanced Cosmetic Surgery, he graduated from Sir JJ Group of Hospitals and later did a Master of Surgery and Master of Chirurgiae. His areas of interest are MACS lift for facial rejuvenation, minimal access facial aesthetic surgery, body contouring and ear reconstruction. He is the only plastic surgeon in India who has done a fellowship in autologous ear reconstruction surgery, and has 600 successful operations under his belt. The recipient of several prestigious awards, Dr Parag is the pioneer of ultrasonic liposuction and mega fat grafting for breast augmentation in India and has performed 3,500 breast implant surgeries and 30 gender reassignment surgeries.

Dr Kamini Lakhiani

Sadhana Proactive Clinic
Preventive Diabetes Centre
& Obesity Clinic, Mumbai

Maintained by an experienced and qualified team, the main objective of Sadhana Proactive Clinic (SPC), under the leadership of Dr Kamini Lakhiani, is to provide proactive measures to treat lifestyle issues like diabetes, obesity, hormonal issues, and polycystic ovarian syndrome (PCOS). Dr Kamini, a consistent winner of the prestigious ThreeBestRated® Award for top rated diabetologists in Mumbai, empowers the staff to conduct detailed clinical work-ups, providing special attention to the end-organ damage, along with a comprehensive nutritional therapy personalised with dietary counselling to determine a suitable treatment plan for patients. SPC is established on the guidelines of Mayo Diabetes Centre and The American Diabetes Association.



Dr Manke has expertise of 15 years in managing complex cancer surgeries as well as laproscopic surgeries.

He is available for consultation at: Thane, Mulund, Chembur, Malad, Kalyan, Mira Road & Vasai-Virar.

Dr Aditya Manke

Robotic & Laparoscopic Cancer Surgeon
MS, DNB, FNB (MAS), MCh (UK), FRCSEd
(UK) FEBS (Europe).



Myths & Facts

1 Cancer is always fatal.

Cancer can cause death but not always. It can be treated, depending on the type of cancer and how early the patient comes to the right doctor. Early detection leads to early screening and can be cured successfully.



5 If someone in my family has cancer, I am likely to get cancer, too.

Not necessarily. Cancer is caused by harmful changes (mutations) in genes.

• About 90 to 95 percent of cancers are caused by mutations that happen during a person's lifetime as a natural result of aging and exposure to environmental factors, such as tobacco smoke and radiation.



7 Hair will never grow back after chemotherapy.



Hair fall isn't a long-lasting state.
• 99% percent of the time it grows back whenever

chemotherapy course is completed.

10 Cancer will always come back.

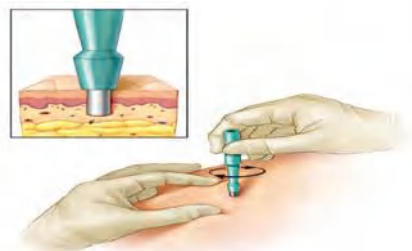
The chances of the cancer coming back is less likely for the most part, in early stages of stage I and stage II.

• Even in later stages, there is hope that it won't return.



2 Cancer spreads after biopsy or surgery.

The chance that surgery/biopsy will cause cancer to spread to other parts of the body is extremely low. Following standard procedures, surgeons use special methods, different surgical tools for each infected area and take many steps to prevent cancer cells from spreading during biopsies or surgery to remove tumors.



3 Cancer is contagious.

No, cancer is not infectious and is not transferred from one person to another by contact, water or air.



4 Herbal products and ayurvedic treatment can cure cancer.

No. Although some studies suggest that alternative or complementary therapies, including some herbs, may help patients to cope with the side effects of cancer treatment.

No herbal products have been shown to be effective for treating cancer.

• In fact, some herbal products may be harmful when taken during chemotherapy or radiation therapy because they may interfere with how these treatments work.



6 Chemotherapy always has bad side effects / Chemotherapy is painful.

The actual infusion process or oral form of chemotherapy is not necessarily painful. When chemotherapy was first introduced some side effects were common but medical advancement in recent decades has helped to lower the risk of harmful effects.



8 Wearing a bra can cause breast cancer.

There is no evidence that bras cause breast cancer.

The theory was that wearing a bra-especially an underwire style-could restrict the flow of lymph fluid out of the breast, causing toxic substances to build up in the tissue.



9 Cancer is very painful.

Some cancers never cause pain.

• With modern medicines doctors have become more aware of the need to control pain and have learnt better ways to manage it for advanced cancer patients.

• Although all pain may not be eliminated, the goal is to control the pain so that it has very little impact on your daily routine.



Thane: First Floor Rajesh CHS Society, Near Vandana ST Stand Thane (West), Mumbai- 400602

Virar: Kalpataru Hospital 1st Floor Ashoka Shopping Centre Near Jakat Naka Signal Virar (West) Palghar- 401303

Also available at: Mulund, Chembur, Malad, Mira Road & Kalyan

**Dr Tanvir Singh &
Dr Gunita Singh**
Founders of Dentem,
Delhi

Dr Tanvir Singh and Dr Gunita Singh founded Dentem, a chain of dental and orthodontic clinics, in Delhi with world-class dental facilities, in 2000.

The chain strives to provide impeccable dental care to everyone with any dental needs, ranging from simple procedures like fillings to complex surgeries.

Dr Tanvir is a practising orthodontist who started his career with Max Healthcare in 2000 and was the first one to set up the orthodontic department for Max. He has been in academics for the last 22 years and has to his credit numerous research publications in various Indian and international journals. Dr Gunita is a practising cosmetic and laser dental surgeon who earned her MD in Dental Lasers from Austria in 2012. Specialising in smile design, she focuses on cosmetic dentistry with the latest technologies and equipments. She is a pioneer in laser cases, and has a fully-equipped centre for stitchless, bloodless and painless surgeries.

Dr Vidya V Bhat
Medical Director, Radhakrishna
Multi-specialty Hospital
and IVF Centre, Bangalore

Dr Vidya V Bhat is the Medical Director of Radhakrishna Multi-specialty Hospital and IVF Centre. She has over 20 years of experience in the field of ART-IVF, laparoscopy and hysteroscopy and is well known for her expertise in fertility-enhancing endoscopic surgeries. Dr Vidya touched the milestone of 500 IVF babies in the year 2020. In 2012, she started Radhakrishna Research and Training Centre to train young gynecologists in the field of infertility, reproductive medicine, embryology, and minimal invasive surgery, which is an RGUHS, FOGSI-ICOG recognised research training centre. She has been invited as an international faculty for infertility and hysteroscopy courses at IBC Dubai. Over 500 students have been trained nationally and internationally under her tutelage. Dr Vidya has 44 publications to her credit and has been author of many chapters pertaining to embryology, infertility, hysteroscopy and laparoscopy in various academic books.

Dr Pankaj Joshi
Reconstructive Urologist,
Kulkarni Urosurgery
Institute, Pune

Dr Pankaj Joshi is a reconstructive urologist at Kulkarni Urosurgery Institute and helps patients who suffer from incontinence of urine.

A very bothersome symptom, incontinence means leakage of a few drops to almost a spoonful of urine upon coughing or sneezing by the patient. This causes social embarrassment. The most common form is Stress Urinary Incontinence (SUI), that can happen when pelvic floor muscles that support the bladder and urethra become weak, causing the bladder to descend. This descent might prevent the urethra from closing properly. SUI can also occur when the sphincter muscle that controls the urethra weakens. There are both non-surgical and surgical options to treat this condition. Few women might need a simple surgery. Urodynamics is a test that helps in diagnosing the type of incontinence.



Diabetes and Kidney Disease in India



Dr. Sunil Jawale
MBBS, MD - General Medicine,
DM (Nephrology)
Nephrologist/Renal Specialist

What is Diabetes (मधुमेह)?

Diabetes is characterized by high levels of blood sugar, resulting from insufficient production of insulin or impaired insulin activity in the body. Type 2 diabetes (also called noninsulin-dependent diabetes) is far more common than Type 1 (insulin-dependent diabetes), accounting for about 90 to 95 percent of the cases of diabetes. Type 2 diabetes is most common in people over 40, but the numbers are rising in younger population including children and adolescents.

How Diabetes Causes Kidney Disease?

Each kidney is made up of millions of tiny filters called nephrons. Over time, high blood sugar from diabetes can damage blood vessels in the kidneys as well as nephrons so that they don't perform as efficiently as they should. Many diabetics also develop high blood pressure, which adds up to the kidney damage too...

Research suggests high blood pressure may be the most important predictor for diabetics developing chronic kidney disease. Specific antihypertensive drugs can prove most effective in preventing diabetic kidney disease. It is important for diabetics to maintain their blood pressure level below 130/80.

However, Chronic Kidney Disease (CKD) develops over a long time and usually does not

Diabetes and Hypertension two major causes of CKD are spreading like silent epidemic in India and other developing countries. It is predicted that by 2030 India's diabetic population would be nearly 87 million. Similarly, incidence of hypertension has been progressively rising at alarming rate. Strict control of blood sugar levels and reduction of dietary protein intake are also important. Current research suggests that control of high blood pressure is a key factor in slowing this disease.

cause any signs or symptoms particularly in the early stages and is usually diagnosed because of abnormal test reports.

Common symptoms of Diabetes patients leading to Chronic Kidney Disease (CKD):-

Some of the signs that diabetics could be developing chronic kidney disease include presence of protein in the urine, high blood pressure, swelling on feet (Edema - water retention in body) or cramps, frequent urination (especially at night), abnormal blood tests (glomerular filtration rate or GFR), nausea and vomiting, weakness, pallor and anaemia, itching and diabetic eye disease.

Treatment for diabetic kidney disease includes controlling blood pressure and blood sugar levels, reducing dietary protein intake, avoiding medications that may damage the kidneys, treating urinary tract infections and exercise and weight loss (under the supervision of a physician).

More than 35% of people aged 20 years or older with diabetes have chronic kidney disease.

If you are a diabetic, ask your doctor about kidney disease!

Chronic kidney disease (CKD) often develops slowly over time and with few symptoms. Most of the patients realize they have developed CKD only in the advanced stage and need dialysis (a treatment that filters the blood) or a kidney transplant to survive.

If you are diabetic, get your kidney function checked regularly, which can be done by your

doctor with simple blood and urine tests. Regular testing is your best chance for identifying CKD in the early stage if you ever do develop it. Early treatment is most effective and can help prevent additional health issues.

Tips To Keep Your Kidneys Healthy

You can help keep your kidneys healthy by managing your blood sugar, blood pressure, and cholesterol levels. This is also very important for your heart and blood vessels—high blood sugar, blood pressure, and cholesterol levels are all risk factors for heart disease and stroke.

- Keep your blood sugar levels in your target range as much as possible.
- Get an HbA1c test at least twice a year, more often if medication is changed or if you have other health conditions. Talk to your doctor about how often would it be right for you.
- Check your blood pressure regularly and maintain it below 140/90 mm/Hg (or the target set by your doctor). Talk to your doctor about medicines and other ways to lower your blood pressure.
- Stay in your target cholesterol range.
- Eat food lower in sodium content.
- Eat more of fruits and vegetables.
- Be physically active.
- Have your medicines as directed.

Treatment to prevent diabetic kidney disease should begin early – before kidney damage develops.

Yashwant Kidney Care

406, Centre Point Bldg., Mitra Mandal Chowk, Swargate, Pune, Maharashtra - 411042

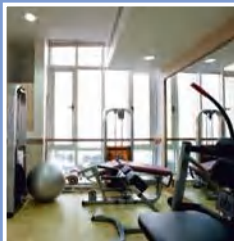
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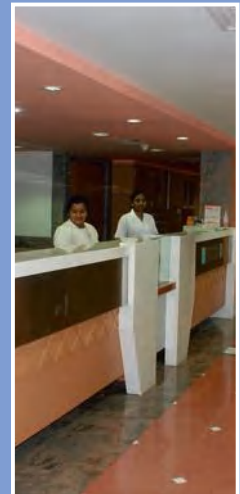
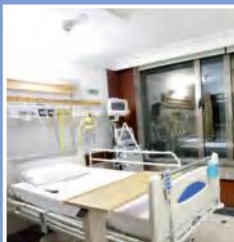
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Break The Link Between PCOS And Weight Gain

It is estimated that nearly 50% of women with polycystic ovarian syndrome are obese. There is a link there, writes **Kayal Arivalan**



Polycystic Ovarian Syndrome (PCOS) is a hormonal condition in women in which their bodies tend to produce higher levels of male hormones. This imbalance results in missed menstrual cycles, excessive hair growth on the face, and difficulty in conceiving. A lot of it also has to do with our lifestyle and food. Various studies reveal that weight could be a major contributor in this scenario, which is why doctors advise

losing weight as one of the foremost actions to achieve during treatment for PCOS.

“This condition is associated with complications such as infertility, sleep apnea, depression, anxiety, type 2 diabetes, abnormal uterine bleeding, miscarriages and premature birth. There are many causes for this condition but certain factors such as excess insulin, heredity and low-grade inflammation can invite this condition,”

says **Dr Preethika Shetty**, Consultant Obstetrician and Gynaecologist, Motherhood Hospitals.

Weight gain and PCOS are strongly intertwined. Insulin resistance is one of the leading causes of weight gain in women with PCOS. Insulin resistance occurs when the pancreas generates the hormone insulin to be absorbed by the body for energy, but some cells do not respond to it, requiring more insulin to maintain normal blood sugar levels. This causes an increase in insulin levels in the blood, which can increase the chance of getting diabetes later on.

When insulin levels rise in the blood, it stimulates the synthesis of the male hormone androgen, which is linked to acne, excess facial and body hair, and weight gain. Androgen, like testosterone, stimulates weight gain in women around the midsection. Because the abdomen is related to an increased risk of heart disease, it is regarded as the most harmful type of fat. Women diagnosed with PCOS who gain weight might also be at risk of elevated cholesterol.

“Women with PCOS will find it difficult to lose weight,” Dr Shetty agrees, but it is an important part of addressing the condition. **F**

HERE ARE HEALTHY WAYS TO LOSE WEIGHT

- Consume a diet rich in fibre.
- Choose whole grains, fruits, vegetables, seeds, legumes, beans and pulses.
- Avoid eating oily, processed or canned foods.
- Eat smaller meals and avoid stress eating.
- Avoid smoking and alcohol.
- Exercise on a daily basis and incorporate activities such as walking, cycling, jogging, aerobics, yoga or gym workouts into your routine.
- Monitor your blood pressure and cholesterol levels on a regular basis.

Post Covid Mental Illnesses on rise: How to Spot Symptoms; Treatment Options

..... **Dr. Ketan Parmar**



Experts are of the opinion that pandemic has impacted mental health of not just people who were infected by Covid but also people who haven't. More number of complaints related to mental health have been noticed post covid in females or patients admitted in the intensive care units

Post covid there have been many psychiatric disorders which have manifested in people who have experienced either the infection as well as people who haven't," "The statistical range seen for these disorders has been around 6.5- 63% for anxiety disorder, 4-31% for depressive disorder and 12.1-49.6% for post traumatic stress disorder. An overall decline in quality of life was seen upto 3 months post covid infection," there has also been rise in the intrafamilial violence or the violence occurring within a family.

Post Covid mental illnesses: How long do these symptoms continue?

There isn't any exact duration for which these symptoms last for and can vary from person to person and from one disorder to the other.

"The duration of these symptoms or disorders would also depend on what kind of intervention or changes have been made to tackle the symptoms or disorders. But on an average would say that even with intervention they would need sometime

between a few weeks to months for the symptoms to subside or resolve.

How to spot these symptoms?

When we talk about psychiatric disorders some common things which we need to keep in mind are:

- Significant changes in the behaviour of the person like crying more frequently, increased irritability, increased emotional sensitivity etc
Changes in their sleep - increase or decrease in the duration of sleep or change in the quality of sleep or change in eating habits.
- Another important factor is socio-occupational dysfunction e.g. decreasing interaction with family/peers; changes in the level of professional/ academic performance.
- A combination of the above if seen should warrant a psychological assessment by a psychologist or a psychiatrist.

What are the treatment options?

Lifestyle management: Adequate exercise, proper sleep and balanced nutrition.

- The treatment can a combination of psychotherapy and medications like anti-anxiety or antidepressants or either of the two depending on the symptom profile and the severity of the symptoms.

Concerns regarding mental health have grown during the Covid-19 pandemic, and there has been a significant increase in the number of cases of mental health illness post-pandemic, according to a survey by Lissun.

Over 500 general physicians, psychiatrists, gynaecologists, nephrologists, and psychologists were part of the survey, which aimed to identify and inform the general masses about the mental health scenario in India.

Experts are of the opinion that pandemic has impacted mental health of not just people who were infected by Covid but also people who haven't. More number of complaints related to mental health have been noticed post covid in females or patients admitted in the intensive care units. The most common psychiatric disorders which were seen are anxiety disorder,

depressive disorder, post traumatic disorder and grief related symptoms.

A major concern highlighted by the study was that 70 per cent of patients were at an advanced stage when they got their diagnosis done.

While 40 per cent of the respondents said immediate friends were the first contact persons for patients with mental or emotional illness, 20 per cent said patients approached their families first when they encountered emotional or mental trouble. Additionally, 43 per cent of the respondents expressed concern regarding the family usually being hesitant to help patients avail of proper treatment or go for therapy.

In terms of the primary reasons for mental illness, 62 per cent of the respondents believed that childhood bullying, and child abuse victims were more likely to have anxiety/ depression in adult life. Further, patients facing different physical challenges, too, experienced underlying mental illness.

More than half of the respondents said patients with infertility issues, besides those with oncology and nephrology issues were also susceptible to mental illness.

On a positive note, 42 per cent of the respondents said post Covid-19, society is more open to the idea of taking psychological counselling for mental well-being.

On the government's Tele-Mental Health programme, 38 per cent of the respondents believed that it is likely to benefit the urban population.

The priority in rural areas is awareness so that people step forward and avail of the service, the report said.

"The survey has brought before us the real picture of mental health conditions in India. Our aim in conducting this survey is to draw people's attention towards this grave issue. The primary challenge is the mindset of people, where a patient is unable to take the very first step -- if that is addressed, then the war is 50 per cent won,"

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DESIGNER FACELIFT

Renowned Celebrity Cosmetic Plastic surgeon **Dr Parag Telang**, Director of Designer Bodyz Centre for Advanced Cosmetic Surgery answers some frequently asked questions about various techniques of Face lifting and talks about **“Designer facelift”**:



1) What are the modalities available for face tightening?

Ans: There are several different types of facelifts you can choose from based on your aesthetic goals, downtime and recovery, as well as your facial anatomy. As a general rule, the different types of facelifts vary by the type of incision, number of tissue layers treated, the area of the face that is targeted, and their degree of invasiveness.

2) What are the options for Facial Rejuvenation?

When surgeons first began performing facelift surgery, they cut the skin on the face and pulled it back. This so-called "skin only" technique wasn't exactly reliable, nor did it offer the best aesthetic results. Over time, surgeons honed their craft by going deeper into the facial tissues, and the modern facelift took shape.

Some of the more popular facelift types are:

The Deep Plane Lift

The deep plane lift is considered the gold standard. It involves lifting, releasing and repositioning the superficial musculoaponeurotic system (SMAS). In short, the SMAS layer is located underneath

the skin and surrounds the muscles of facial expression;

In this, the plastic surgeon enters the "deep plane" by going underneath the SMAS layer.

The deep plane lift is the go-to lift for people with severe facial sagging and laxity, and for those looking for a longer-lasting lift. The effects last about 10 to 15 years.

The SMAS Lift

The SMAS lift affects the superficial top layers of skin and the deeper tissues of the face and neck. These tissues tend to grow lax and sag with use and advancing age.

To perform a SMAS lift, the SMAS is tightened using sutures, any excess or redundant skin is removed and the remaining skin is stitched up.

The SMAS lift works well for individuals with mild laxity, some jowls and mid-face sagging.

MACS-Lift :Short Scar Lift

The short scar facelift involves very small scars. The incision does not extend behind the ear. The tissues that support your smile lines and jowls can be tightened.

MACS-lift may be ideal option for people in their 40s and 50s with minimal to moderate excess skin. This procedure is also ideal if a shorter scar is a priority, or if you have no visible signs of aging on your neck.

The Midface or Cheek Lift

These lifts target the middle third of your face. The incisions are placed in your hairline and the inside of your mouth. Your surgeon then lifts and repositions the natural fatty layer over your cheekbones.

Midface lifts improve nose-to-mouth lines and lift sagging cheeks.

Stem Cell Facelift

Technically, a stem cell facelift is not a true

facelift. A stem cell facelift involves fat injections to the face to add volume. A stem cell facelift is a two-step process. First the fat cells (and the stem cells within them) are harvested by liposuction from areas on the body where they are plentiful (tummy, buttocks, thighs). The fat cells are then processed, with a focus on the stem cells residing in the fat cells. This fat along with stem cells is injected into the face to contour and fill the cheeks, under-eye hollows, temples, lips and other facial areas.

The Thread Lift

A thread lift uses tiny suture barbs that act as a hook to gather your skin layers upward, thereby tightening the skin. The barbs are attached to a thread which remains in place following the procedure. There is no nipping or tucking. The barbs on the threads and fibrous tissue provide the lift.

Designer Facelift:

At our clinic we offer a completely customised facelift to suit each person's need. This may involve a combination of various methods of facelift with the aim of giving maximum result to the patient with minimum scars and downtime.

Facelift is a surgery to be performed by a Board Certified Plastic surgeon. The analysis, planning and execution has to be perfect for the best result. So your surgeon should be not only good, he has to be the best!

For further information contact:

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DR. PARAG'S SPECIALISATIONS

M.B.B.S., M.S. (Gen Surg), D.N.B (Gen Surg), F.C.P.S (Gen Surg), M.R.C.S (U.K), M.Ch (Plastic Surgery). Fellowship in Ear Reconstruction, Paris, France Fellowship in Advanced Facial Aesthetic Surgery & MACS-Lift, Gent, Belgium.

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Dr. Aditya Manke

Robotic & Laproscopic Surgeon
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Sanjivani cancer care was founded by young & dynamic leading Oncosurgeons of Maharashtra to provide complex and cutting-edge oncological surgeries & treatment at affordable prices across hospitals in Mumbai, Thane.

Surgeons from Sanjivani Cancer Care have a vast experience in Laparoscopic or Key hole cancer surgery, Precision based robotic cancer surgery, Complex oral cancer with, Oncoplastic breast surgery and Intraperitoneal chemotherapy for advanced peritoneal cancer, truly bringing excellence to cancer care services in the region.

Cancer incidence in India is gradually rising with more than 1 million new cases being diagnosed in 2018 and is expected to double in the coming years. Though there has been great advancement in Cancer Care over the years, the availability of complex surgical treatments for cancer patients are expensive and limited to few hospitals across the city.

With their patient centric approach and a team of dedicated and experienced Onco surgeons Sanjivani Cancer Care aims to provide the best and technologically most advanced cancer surgery services for the masses.

Dr. Surabhi Dhanwala (PT)

Dhanwala Naturo & Physio Care
Pune

Dr. Surabhi Sachin Dhanwala has designed Lymphatic and Neuro Muscular massage therapy to release lymph nodes, trigger point stiffness of muscles, the patients can see the results in single sitting with self designed methods. She is using different techniques of Indian, Thai and Chinese and other therapies. The key (USP) of our treatment is our diagnosis, the stiffed portion or the pain area trigger point can be diagnosed by her easily in single manual touch without any help of machineries its inherited in her since 5 generations of her family, which is fused with modern techniques for which She is passionate about learning new therapies globally and using them for benefits of the curing patients.

We listen their lifestyle carefully. We guide them properly the reason where their lifestyle impact their body function. We train them for proper exercise therapy. We give them postural training. We train them for breathing techniques that helps to release the stiffness of the muscles. Diet Consultancy, we provide Diet consultation (specially for avoiding gastric food and acidic food).

Dr. Jyoti Bali

Medical Director, Babysoon
Fertility & IVF Centre, Delhi

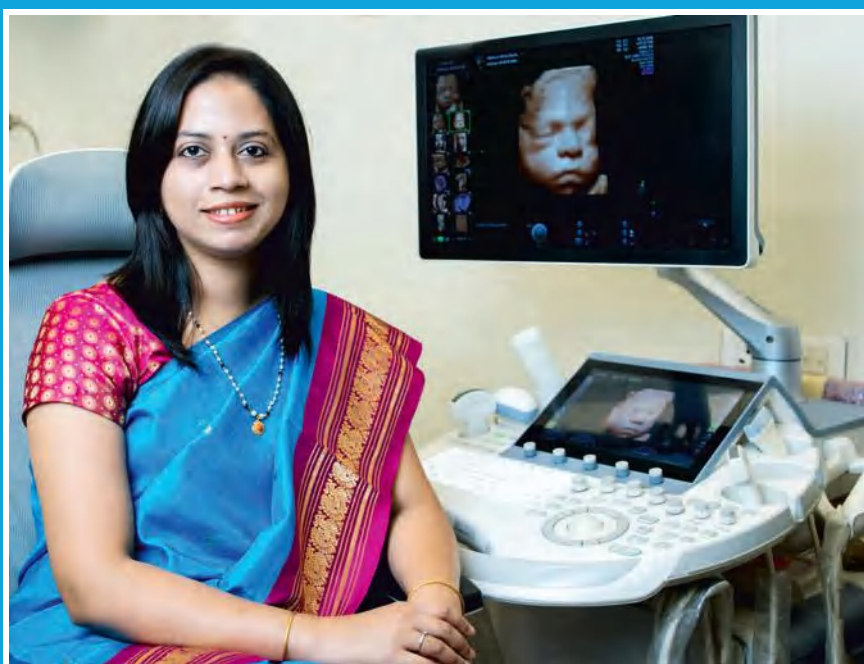
Dr. Jyoti Bali is one of the leading fertility specialist with more than a decade of experience in all facets of Assisted Reproductive Treatment. She has a vast experience of working with corporates for several years.

She was senior consultant and Unit Head of IVF department at Fortis Healthcare, Delhi for more than 5 years. Her expertise lies in successfully handling multiple failed IVFs, recurrent miscarriages and complicated infertility cases. She has played a key role to treat more than 6,000 assisted conception cycles for patients from around the world and covering all forms and kinds of infertility.

Currently she is the founder and Medical Director of BabySoon IVF and Fertility Center, in Karol Bagh New Delhi and an outreach center in South Delhi.

Dr. Jyoti Bali is one of the best and the most popular Doctor in her specialized field. She gives undivided attention to couples under her care and perform all her treatments by herself with individual approach for each couple, providing the best possible evidence based treatment strategy for all patients.





Fetal medicine is sub-speciality of Obstetrics and Gynaecology. It focuses on diagnosing congenital anomalies, genetic syndromes or chromosomal abnormalities in babies and predicting complications in mothers. Fetus means unborn baby inside mother's womb. Fetal medicine specialist is physician of unborn baby!

Pregnancy is a physiological condition needing monitoring by health professionals. As it is involving two heartbeats in one body there are different ways and equipment to examine each according to their needs. Gynaecologists examine pregnant lady and treats her accordingly. The best way to examine growing fetus inside womb is by ultrasound scanning. Here comes the role of fetal medicine specialist.

Hear from Expert - Dr Aarti Govardhane.

Do all pregnant women need to consult fetal medicine specialist for sonography or only high-risk pregnancy?

-Yes indeed.

Congenital anomalies can happen to all age group women irrespective of socioeconomic strata. So methodical ultrasound scanning is needed for reassurance of physical wellbeing of fetus in all. Watching your baby growing as per months, helps lady to connect with it. To achieve best results in terms of physically and mentally healthy next generations, screening all pregnancies by specialist is must.



When is best period to consult if anybody is having hereditary disease running in family or problems in first pregnancy?

-Preferably before planning next pregnancy or earliest during pregnancy. So, all needed genetic tests can be done well in hand.

Minimum how many scans are needed in any pregnancy?

-Four. At 7-8 weeks-dating scan, at 11-13 weeks-first trimester screening, at 19-20 weeks-Anomaly scan and 32-34 weeks-growth scan.

Is there any relation with genetic diseases when marriages are done within blood relatives?

Yes. Marriages happening within blood relation

can be associated with more chances of genetic disorders in offspring.

If we come across abnormality in fetus, what can be done?

-Fetal medicine specialist see carefully what congenital anomaly is there, is it associated with anything else. Depending on form of anomaly counselling and further management is decided.

There are many questions in parents' mind like why this happened?

Is there any treatment?

Will it recur in next pregnancy?

Will it affect baby's life in future?

All these can be answered by doing few tests like Chorionic Villus Sampling (CVS) or Amniocentesis to know genetic makeup of that baby. These are called prenatal diagnostic invasive procedures.

If it is non-lethal anomaly and which can be repaired after birth with best results and not affecting baby's quality of life in long terms also, we counsel couple accordingly. Then it is team work involving gynaecologist, fetal medicine specialist and paediatrician helping parents to understand pros and cons of both sides.

How Fetal medicine specialist can help would be mother?

-During first trimester scan (11-13 weeks) we can predict chances of pregnancy induced hypertension. So, we can modify mother's treatment plan accordingly and prevent severe complications. Ultrasound can help predicting

gestational diabetes, placental complications in later months of pregnancy.

Is there any role of fetal therapy in womb?

If fetus is affected with anaemia in specific conditions, we can do fetal blood transfusion in utero to help pregnancy prolong and better outcomes. It is promising fetal therapy worldwide.

In complicated twins' pregnancy like TTTS, there are role of Fetoscopic laser procedure. Which is life saving for such babies.

Also, if there are multiple fetuses >2, we can consider fetal reduction procedures to achieve best results in terms of healthier baby.

What is role of fetal medicine in later months of pregnancy?

-In third trimester, we do scans to look for growth of fetus, amniotic fluid and doppler study i.e., various blood flow across fetus. If baby is not growing well or amniotic fluid levels are deranged, we can treat likewise.

It can avoid low birth weight babies and morbidity associated with it. Growth scan with doppler study helps in deciding timing of delivery to avoid early prematurity in babies.



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- Past President of Society International de Urology, GURS
- Has multiple Innovations
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- He has operated as Invited faculty in more than 40 Countries

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- Set up India's first animal lab to train surgeons in Laparoscopy
- Is a national and Internal faculty
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Common and Uncommon Problems in Female Urology

Recurrent Urinary tract infections:

Many women face multiple episodes of urinary tract infections. Around 60% of women will experience one episode in their lifetime. Symptoms include painful urination, discomfort in the lower abdominal region, increased frequency and blood in the urine. The most common organism to cause bladder infection is E. Coli. The gut and vagina get colonized with the bacteria leading to infections. Diagnosis is done with a simple urine culture.

The usual treatment is a short course of antibiotics, ranging from a single-dose pill to seven days of treatment. It is important to always do a urine culture before taking antibiotics to avoid resistant organisms. For those who get frequent infections, defined as more than three infections per year, low-dose long term antibiotics, cranberry extracts, probiotics or estrogen cream for local application are prescribed. Taking good hygiene precautions and drinking at least 2 liter of water per day are important prevention measures.

Bladder Pain syndrome:

This involves a painful condition in the lower pelvis, bladder and vagina which gets relieved by passing urine. Occasionally the pain is constant and creates a daily burden in the woman's life. It is associated with a constant urge to pass urine and very frequent mictions of small quantity. This condition may be interstitial cystitis.

This is a kind of severe bladder allergy. Women with such symptoms should visit a urologist as diagnosis often requires cystoscopy or urodynamic testing. Treatment is complex and relies on a multimodal approach that can include diet change, pelvic floor physiotherapy, oral

medication, instillation of medication into the bladder and surgery.

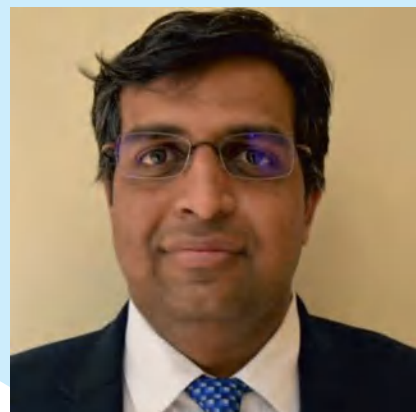
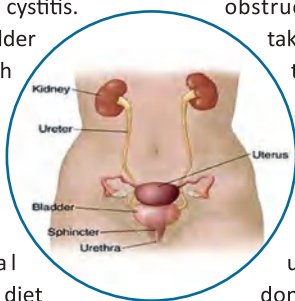
Stress Incontinence:

Incontinence of urine refers to involuntary leakage of urine. It is a bothersome condition that can greatly affect the quality of life. Many women may leak few drops to almost a spoonful of urine with small activities such as coughing, laughing, sneezing or exercising. This is due to a weak urinary sphincter controlling mechanism of the urethra. This is a common condition after multiple pregnancies and it needs investigation. Diagnosis is done with a simple in person evaluation with the doctor.

This can be managed by physiotherapy exercises, pessary insertion or surgery. Surgery includes injection of bulking agents or insertion of a sling to support the sphincter control mechanism. The sling can be artificial or made with autologous tissue from the patient herself. Another surgical option procedures Burch colposuspension by laparoscopic or open approach. Females with active lifestyle should seek surgical procedure to become completely dry and go back to their normal daily activities.

Vesical Vaginal Fistula/Ureter vaginal Fistula:

This is a rare complication that can occur after gynecologic surgeries or cancer surgeries. This can also be caused by obstructed labor when the baby takes too long to pass through the woman's canal during vaginal delivery. The vagina gets connected to the bladder or to the ureter, leading to constant leakage of urine. This can also lead to urine infections. Diagnosis is done with specialized imaging investigations using contrast



Dr Pankaj Joshi
Reconstructive Urologist
106 Publications

opacification of the urinary tract. The definitive treatment is surgical, using laparoscopy or open surgery to close the abnormal connection between the two organs.

Urethral Stricture:

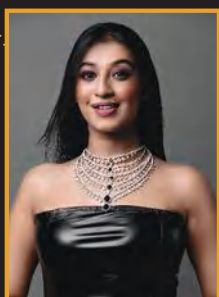
Stricture is an abnormal narrowing of the urethra, which is the tube allowing passing of urine from the bladder. When urethral stricture happens, it becomes very difficult to pass urine and the flow is poor. Usually, this disease gets under diagnosed. If it remains untreated for too long, it might lead to premature aging of the bladder. Few patients can be cured with periodic dilatations under cystoscopy, but monthly dilatations are not recommended. The preferred treatment that the most likely to resolve the issue permanently is urethroplasty. Techniques of reconstructive surgery are now very advanced. We perform buccal mucosa graft urethroplasty and make the urethral passage wide by a minimal surgery that cures the patient of stricture. If you suffer from urethral stricture, don't suffer in silence and seek an expert opinion with a reconstructive Urologist

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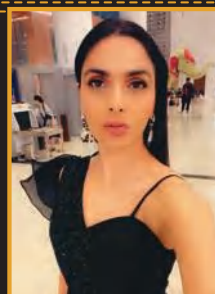
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Dr. Jyoti Bali
M.B.B.S., M.S.
(Obstetrics & Gynaecology)

Lady with Magical Hands

Dr Surabhi Dhanwala (PT), Dhanwala Naturo & Physio Care

Dr Surabhi Dhanwala is a Physiotherapist and Naturopathist, She is dedicated to serve and help the patients to cure their health issues related to Physiotherapy and body pain and digestive problems. Her formal educational qualifications are BPT, MPT (Neuro), DNYS, CCH (1yr), CHM (Thailand (1yr), Honorary doctorate from South Western American University. She has been inherited with her ancestral knowledge through her forefathers and developed special techniques to cure patients by fusion of modern science and ancestral knowledge. She is also known as lady with Magical Hands who heals her patients with physical ailments as well as encourages them to be mentally fit and rejuvenate their lives towards better living. She has cured the patients which were almost impossible to be cured by the normal practices in the world and same was done using natural methods and motivation with Positive attitude Dr Surabhi and her team members. She has proven track record of recovering patients without any operations who were advised for surgeries for Knee Replacement, Hip Replacement, Frozen Shoulders, Nerve Root Compression etc. She has many success stories on recovering patients from digestive track problems, diabetes, hypertension, metabolic system disorder, Prolepses, Joint stiffness and dislocation, paralysis etc. Also she is creating records of recovering patients from Diabetic Neuropathy, and Peripheral Neuropathy etc.

Dr Surabhi is successfully running her Clinical Care and therapy centres by the name of Dhanwala Naturo & Physio Care at Pune (Maharashtra, India) And Dehradun (Uttarakhand, India). Following ailments are regularly treated by herself and her team: Cervical Spondylitis, Frozen Shoulder, Tennis Elbow, Carpel Tunnel Syndrome, Parkinson's Disease, Facial Paralysis, Children with Cerebral palsy, Degeneration, Nerve Root Compression, Sciatica, Disc Slip, Rheumatoid arthritis, Osteoarthritis, Paralysis, Back Pain, Foot Drop, Flat Foot, Heel Pain, Pre And Post operation cases, General Health Training, Bursitis, Strains, Sprains, Diabetes, Fractures, Respiratory problems, Diabetic Neuropathy, Peripheral Neuropathy etc. Her General Treatment methods includes: Mobilisation (Soft Tissue), Manipulation, Hot & Cold Therapy, Therapeutic Massage, Hydro Therapy, Exercises, Trigger Point Releasing, Cupping, Relaxation Techniques & Meditation, Watpho Techniques (Thai), taping, Her Special designed methods of treatments for which is known as Lady with Magical Hands: Dr. Surabhi Sachin Dhanwala has designed Lymphatic and Neuro Muscular massage therapy to release lymph nodes, trigger

point stiffness of muscles, the patients can see the results in single sitting with self designed methods She is using different techniques of Indian, Thai and Chinese and other therapies.

Key (USP): The key (USP) of her treatment is her accurate diagnosis of the stiff portion or the pain area trigger point can be diagnosed by her easily in single manual touch without any help of machineries its inherited in her since 5 generations of her family, which is fusion with modern techniques for which She is passionate about learning new therapies globally and using them for benefits of the curing patients.

Aim: Dr Surabhi Dhanwala doesn't want to keep her knowledge to her and Wants to spread it through programs similar to Skill India to the world for creating PAIN FREE WORLD, which She has been inherited with her ancestral knowledge through her forefathers and developed special techniques to cure patients by fusion of modern science and ancestral knowledge.

Her Patients Include:

- She has successfully treated Honorable Former President of India Mrs Pratibha Patil.
- She has also successfully treated many ministers and celebrities, IAS and IPS officers, International players, HNIs Etc. alongwith Under privileged patients Toddlers Teenagers Youngsters Senior Citizens.

Testimonial from Vidya Apte: Couple of months back I woke up with an acute lower back pain, it had no precursor and got worse by the day, I was rushed to the hospital in an ambulance on the same day unable to walk or move, the doctors diagnosed it to be lumber pain related to compression in L4-L5, I was put on steroids, tractions, antibiotics for 15 days but nothing really work, I also saw physios and tried various other modalities. It all went for a month with no improvement in my condition, I was trying to give up hopes when my neighbors suggested me to see Surabhi Dhanwala, in the very first visit she did wonders, I went to her clinic on wheelchair and came walking back home, the pain also reduced and was within the tolerance level, she gave me confidence and hopes to recover in the very first visit, I continued seeing her for 1 month and now I am 80% recovered, she is a very talented women with a lot of compassion towards her patient, Can't thank her enough for the amazing work she has put in me to get me on my feet, Hats off to Surabhi Dhanwala. Highly recommend her services.



Awards & Recognition:

She has received many Awards and recognition & appreciation & honours and been thanked for her contribution by well-known people.

Dr Surabhi Dhanwala (PT), Dhanwala Naturo & Physio Care

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COSMETIC ACUPUNCTURE: A NEW INTERPRETATION OF ANCIENT SECRETS FOR MESMERIC LOOK/SELF.

A FASCINATING WAY TO GET FLAWLESS GLOW.

Cosmetic acupuncture is a non-invasive treatment that involves using acupuncture to improve skin and fight the aging process. sometimes referred to as an "acupuncture facelift" or "facial rejuvenation," cosmetic acupuncture often is used as an alternative to surgical facelifts and other conventional procedures said to reverse signs of aging in the skin.

It is said to address skin conditions such as acne, rosacea, dryness, pigmentation, sagging and wrinkle.

From acne to ageing, cosmetic acupuncture boasts a host of facial benefits.

Cosmetic acupuncture can influence the long term health of skin rather than just the superficial signs of ageing.

Not only this natural medicinal technique eliminates the sunspots but also helps reduce your frown lines and prevent sagging of the skin. You would be surprised to know that cosmetic acupuncture improves your hormonal balance, which in turn eliminates acne-related problems and improve your facial color and tone. It stimulates the production of collagen.

This helps improve elasticity, minimizing fine lines and wrinkles.

- How Cosmetic Acupuncture Works

- Cosmetic acupuncture is purported to improve skin and act as an anti-aging treatment in part by stimulating the production of collagen (a protein that acts as a major component of skin).

- Majority of renowned Celebrities have experienced our cosmetic acupuncture treatments & were amazed with significant results.



Sheetal Garg

Founder
Goodgrains

I mom of 2 teenagers, a foodie by heart and very passionate about learning the powerful effect that nutritious food has on the body. In 2019, Goodgrains happened by chance, or I'd say it is a result of my quest to provide healthy food options for my kids. Both my kids love pancakes, but there was not even a single brand that I could serve to my kids. I used to feel guilty every time I served them pancakes. That's when I decided to create a maida-free version of pancakes. My kids loved it and I started making them for play dates.

I started getting requests from my friends to create maida-free pancake mixes for their children. Before I realised it, an initiative for my kids had already turned into a small business.

The pancake mix was the start, but I guess I got the direction and purpose of my life. I was excited by the idea of creating good food that's nutritious, preservative-free, yet tasty foods that families can enjoy without any guilt. I wanted to create more #maida-free and #preservative-free products for kids and the whole family. I got my breakthrough when our pancake mix got listed in Haiko supermarket, and we started selling our maida-free pancakes against Betty Crocker.

We also started selling our products on Amazon and other e-commerce platforms. As I was building my small business, destiny took a different turn. On the one hand, I was planning to move to a commercial kitchen; on the other hand; God had different plans. I was diagnosed with a polyp in my small intestine and had to go through a major surgery. A surgery followed by a lengthy recovery period. It took me almost 15 months to regain my mental and physical strength.

With my family's help and God's grace, I restarted the business in 2022. Today I have more than ten product. I am getting tremendous support from my tribe and community.



Ms. Aakanksha Nimonkar

Beyond Luxe
Marketing And PR Head

So you know what's the most beautiful thing about humans? It's their want and desires, they never stop, and being the explorative mind that she is Aakanksha Chopda is one of the most multi-talented, high-spirited, and entrepreneurial women to come across. From being partner for marketing and PR of their business Beyond Luxe which is a liquor importing company, owned by Mr. Niteen Chopda her husband, defines what a power couple should look like. A spiritually uplifted tarot reader who reads for her passion and has used her healing powers for the world to know via different medium. Recently she also came up with her book Vagaries of Power (available on Amazon, flipkart and kindle) which pretty much teaches about life and healing and evolving, a beautiful piece of art and it goes unsaid that this entrepreneur is come up with an idea for a business that accumulate all her traits in one which is Beyond Luxe candles, the candle that heals with the power of precious and semi-precious stone. Aakanksha Chopda is a versatile personality willing to take up challenges in life being the bold and fierce as she is and utilizing every bit of her life experience into a piece of artwork. The author in her brought the poetic beauty of words.

Aakanksha says, "the energy surrounding me inspires my work, I try to capture both the beauty of darkness and the light igniting within us."

The promotional video for the book available on YouTube itself is a craft that defines the skills of the artist Aakanksha Chopda and her understanding of life in its core depth which brings us back to her earlier achievement of writing and producing her first short film - "Main tamanna" based on child abuse which bagged her an aware of best writer in Internation Australia film festival.





Take Back Control From **DIABESITY**



Dr. Kamini D. Lakhiani
MBBS (Bom) D. Diabetology (Bom)
Consultant Diabetologist

A *Specialist in Diabetes and Obesity, Dr. Kamini D Lakhiani has been a medical practitioner for over 20 years, skilled in treating Diabetes, a modern prevalence of diabetes caused due to obesity and hormonal imbalance. She has a credible background of being an Honorary Diabetologist at Ramakrishna Mission Hospital at Khar West for the last 10 years.*

Besides winning the prestigious ThreeBestRated® Award for One of the Top Rated Diabetologists in Mumbai consecutively for the past five years since 2018, Dr. Lakhiani has a commendable private practice that she particularly structured to accommodate her patients and their needs in an organised manner. Her clinic is one of dreams, sustained by a team of her support staff who work round the clock to enhance the component of satisfaction and consideration for the patients. Designated as her 'magic wand,' Dr. Lakhiani credits her assisting personnel as a blessing to count on, ready to take on different types of situations come what may. Surrounded by supportive family and enlightened by the guidance of her spiritual leader Guruji, Dr. Lakhiani life objective relies persistently on spreading detailed awareness, especially due to the incline in unhealthy lifestyles and unfamiliarity of health risks. She conducts regular Diabetic Camps at Khar Gymkhana, Lions Clubs Organization, Colleges and Hospitals. Moreover, she often runs a series of lectures on Diabetic Awareness & Enlightenment in the course of Diabetes and its Management.

Empowered with a holistic approach towards her work, Dr. Lakhiani strives to devise alternate methods instead of conveniently hooking patients on life-long medications straightaway. Unlike the usual means exercised by medical practitioners, this approach entails her to conduct an in-depth methodical check-up and an exhaustive procurement of medical history down to every minute detail to determine a suitable treatment plan for the patient. This holistic approach takes into account the social, familial, cultural and financial parts of a patient's lifestyle that could impact their health and well-being, therefore serving as a foundation of a customised plan for addressing the patient's well-being. An ingenious doctor, she loves to educate herself of new advancements in the medical world.

The onset of Covid further validated her approach that was confidently aligned towards advocating a good immune system to her patients to battle infections and viruses since the beginning of her practice. In addition to boosting the metabolic rate of her patients, this belief system of maintaining appropriate levels of vitamins and antioxidant supplements aided her in staying 10 steps ahead of the Pandemic.



Dr. Lakhiani's ideal goal is to rid her patients from lifestyle issues like diabetes, obesity which requires substantial research into each patient's medical history to determine the root causes of metabolism irregularities, hormonal issues (thyroid and hypothyroidism), and PCOS (Polycystic Ovarian Syndrome Hormonal Imbalance) etc. These arduous illnesses are often strenuous to eliminate completely but her detailed instructions and confidence motivates patients to sustain a healthy regime to develop resilience. She is passionate about helping her patients become better and take back some of the control they initially relinquish to their illness.

Dr. Lakhiani's integrity is a distinguishable factor that is solely derived from the gratitude expressed by patients for the changes they noticed in their health due to direction and advice provided. Her dedication to the oath motivates her to help patients and the allegiance to her spiritual nature supports her compassion; a vital trait to combat health issues and be a trustworthy resource for her patients to lean on.

Sadhana Proactive Clinic:

Plot No. 451, Ground Flood, Dindoshilla Building, 15th Road, Khar West, Mumbai, Maharashtra- 400052
Time: 3:00pm to 8:00pm
Contact at: +91 98202 25579
Email: drlakhiani@yahoo.com
Web: www.sadhanaproactiveclinic.com



Darshan Dave

Diosa jewels
Mumbai

The Founder - Darshan Dave made his debut in the Diamond Jewellery industry at the early age of 16. He started his career as an apprentice in Zaveri Bazar where he learnt first-hand the intricacies of the art of making fine Jewellery.

He has been associated with the Jewelry industry for over three decades now and has worked with some of the finest minds in the industry. He launched 'Diosa Jewels' in 2010 with a vision of making it a Global Luxury Destination Jewellery Brand.

He started the Mumbai office in 2012 and after receiving an overwhelming response in the North of India, started operations for the region in the heart of the Capital - New Delhi. In 2014 he forayed into the Middle East Market and was a runaway success. In 2017 he fulfilled his dream of having his presence in Paris when he launched the flagship boutique at 15, Rue Clement Marot in the heart of the fashion capital of the world.

He collaborated with boutiques across Europe & has become the fastest growing Luxury Silver Jewellery Brand. Every piece at "Diosa Paris" is designed and created by craftsmen who have passionately dedicated many years to this fine art of jewellery making and our brand has become an icon of luxury due to its distinctive style, imaginative designs, and magnificent jewellery pieces where silver and semi-precious stones come to life.

The quality, excellence and trust form the basis of Diosa's culture & Excellence for us means the perfect balance between the highest quality products, impeccable service & an unforgettable purchase experience. With collaborations soon to be announced with the high profile designers from the Parisien Haute Couture World, Says Dave "Since inception we have endeavoured to set new standards in our field and shall continue to be the most sought after luxury brand in Silver Jewellery globally".



Prachi Meshram

Make-up Artist
Nagpur

"Established in the year 2012, Prachi's Makeover in Wardhaman Nagar, Nagpur is a top player in the category Makeup Artists in the Nagpur. This well-known establishment acts as a one-stop destination servicing customers both local and from other parts of Nagpur. Over the course of its journey, this business has established a firm foothold in it's industry. The belief that customer satisfaction is as important as their products and services, have helped this establishment garner a vast base of customers, which continues to grow by the day."

Despite her efforts and being so successful, Prachi Meshram, keeps working with the same vigor and zeal and consistently enrolls in makeup-related courses in India and abroad so that she can always bring something fresh to the table.

Her ongoing learning, development and adherence to current trends demonstrate her professionalism as an entrepreneur.

She has her own professional Makeup Studio and Academy where she teaches basic to professional courses about makeup and hair styling to her students. Those who wish to master the art of makeup and become pro-certified makeup artists join her academy and learn the best skills from the best makeup artists in town.

Prachi's professional makeup academy guides you through the fundamental of makeup skills and offers courses like professional makeup courses, self-makeup courses, advanced hairstyling courses, advanced airbrush makeup courses, etc.

Prachi is now known as a makeup artist who can transform any ordinary girl into a sensual soul brimming with beauty. Her eye for perfection and delicacy induces every bride-to-be to run to her. She has become an inspiration to many aspiring artists and female entrepreneurs.

Today, the brand@prachimakeover is ruling both the online and offline worlds.



Sunil Jasani

(Principal Designer & Co-Founder)
Mumbai

Fine Lines Designers Pvt. Ltd. is a boutique interior design firm based in Mumbai, India, founded by Sunil Jasani and Sangeeta Advani Mansharamani in 1990. Sangeeta Advani Mansharamani (Principal Designer & Co-Founder) has a Diploma in Interior Design and Decoration from Rachna Sansad Academy of Interior Design.

She started her career under the wing of prominent design firm Talathi Panthaki in Mumbai and went on to found Fine Lines with her partner, Sunil Jasani in 1990. Sunil Jasani (Principal Designer & Co-Founder) is a commerce graduate and has a Bachelor of General Law.

He also has a Diploma in Interior Design from Rachna Sansad, School of Interior Design, in Mumbai. Over his 30 year career Sunil has completed over 500 interior design projects in India and internationally.

He is passionate about all types of interior projects, and while residential spaces are predominant, he has commendable experience designing offices, hotels, FnB, retail, as well as clinics and medical spaces. With over 750 projects, our portfolio of residential, commercial, hotels, and FnB projects has enabled not only a wide skill set but also a canvas to experiment and ideate alongside our trusting and diverse client base.

Within residential, we specialize in highly customized spaces and ensure that each client's vision and personal style are front and center. In our commercial projects, we aim for efficiency, flexible plans and cost effective aesthetics. Our hospitality style varies based on budget and location, but user centricity and luxury are always key components.

We have successfully completed projects in Mumbai, Alibag, Pune, Shirdi, Nagpur, Goa, within India and have also engaged with our international clientele for projects in Boston, USA and Muscat, Oman



ASIAN INSTITUTE OF MEN'S HEALTH, PUNE

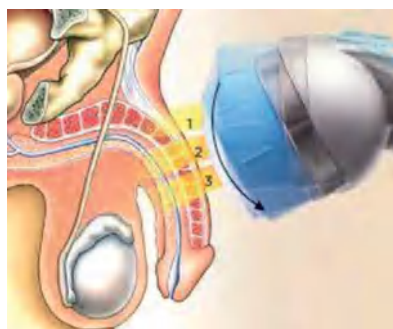


Dr. R.K. SHIMPI

M.S. (Gen Surgery) M.Ch. (Urology) FAIS,
FICS (Urology) Robotic Surgery (ORSI), Belgium
UROLOGIST, ANDROLOGIST AND ROBOTIC SUGEN
DIRECTOR, ASIAN INSTITUTE OF MEN'S HEALTH, PUNE

ASIAN INSTITUTE OF MEN'S HEALTH was established in the year 2018 in Pune and was inaugurated by **Padamashri Dr. Cyrus Poonawala**.

The objective of the Institute was to cater to the various diseases affecting Men, who usually neglect their health. The institute treats various diseases such as Metabolic syndrome (diabetes, obesity and Erectile dysfunction and heart diseases) various cancers such as Prostate cancer, Testicular Cancer, cancers involving the genitourinary system in men, etc. The Institute has expertise and various treatment modalities for Erectile Dysfunction.



ESWT – (Shock Wave Therapy) helps in improving the pure blood supply to the penis in patients with Arteriogenic ED (The blood vessels of Penis are blocked due to cholesterol)

What is Erectile Dysfunction (ED) ?

ED is the inability to get or maintain an erection firm enough to have sexual intercourse. It affects 10 % more men with each increasing decade of life, and almost 25 % patients are under 40 years of age.

The causes of ED

- Medical Diseases- Diabetes, Cardiovascular diseases, Obesity, Kidney diseases, Liver diseases
- Hormonal Imbalance - Low testosterone, high Prolactin, Thyroid malfunction
- Neurological causes -Pelvic nerve injuries or spinal lesions, Parkinsonism and multiple sclerosis
- Other Causes- Sleep Disorders, drug abuse, Alcohol consumption, relationship problems, Psychological problems, Tobacco smoking / chewing, and with an increase in age.

How ED Is diagnosed ?

Clinical Evaluation-

Patients are evaluated by asking their Psychosocial history, and physical examination. The following tests are performed at Asian Institute of Men's Health

Laboratory Investigations

1. Blood tests for the Hormones (Testosterone, Prolactin), diabetes, Lipid Profile, Thyroid diseases
2. Doppler Ultrasound of the penile structure and the vascular anatomy after injecting the medication -which tells about the blood supply of the Penis
3. Nocturnal Penile Tumescence- a portable device to evaluate the quality of Night erections, which is useful for differentiating psychogenic and organic causes of ED (actual structural abnormalities in the penile structure).

ED TREATMENT

1. Exercises, Psychotherapy, Yoga, ED foods –L- Arginine, shatavari, Ginseng etc
2. Oral medication such as Sildenafil, Tadalafil, Avanafil etc Testosterone replacement
3. Self Injections with a mixture of



PENILE IMPLANT - (two types the inflatable and semirigid prosthesis) which involves surgical treatment



Rigiscan - For evaluation of ED (It helps in differentiating a case of Psychogenic ED from Structural abnormalities in the penile structure)

medication which can give sustained erection for a specific period

4. Vacuum Pump –This device draws blood in the penis, leading to an erection, Vibratory therapy
5. Extra corporeal shock wave therapy (ESWT). This device improves the blood circulation in the Penis and corrects the ED and it is useful in Diabetic patients with vasculogenic ED
6. ED Surgical treatment – Implant – the



Vibrator Therapy

inflatable implant allows you to have tumescence, and malleable implant allows you to adjust the position of your penis manually.

For appointments:

Call: 91 9604333655, 9822059799

Email: rajendrakshimpi@gmail.com

CORE CONDITIONING

Do core exercises only work your abs? **Ritu Ailani** busts popular myths and stresses on why you should include them in your fitness routine



Core exercises are most people's go-to choice of workout, as they come with the promise of the highly-sought-after slim waist and six pack abs. But ask someone who knows a good deal about fitness, and they will tell you that there is more to core workouts than meets the eye. Even fitness enthusiasts sometimes have a limited understanding of them. Today, let's break down core workouts to their components and learn what they're really about.

What Comprises The Core?

Unlike what most people believe, the core muscles aren't synonymous with abs.

They also comprise the muscles surrounding your spine, stomach and hips, such as the lower back, obliques and pelvis. Core exercises are essentially movements that work on any one or more of these muscle groups at a time, and, as a result, make

**WEIGHT LOSS
HAPPENS AS
A WHOLE,
WHEN YOU
EAT RIGHT,
EXERCISE
WELL AND
GET ENOUGH
SLEEP**

them stronger to function in tandem. Having said that, these are not all the benefits a core workout offers. There's more to it.

The Benefits Of Core Workouts

Core exercises do sculpt your abdominal muscles, as that's the part of your body the workout is directly targeting. However, that doesn't mean core workouts cannot help you tone other body parts. Our bodies don't burn fat in specific areas. Weight loss happens as a whole, when you eat right, exercise well and get enough sleep. So it could so happen that by doing crunches and oblique twists, your thigh

fat reduces. It is absurd, but it could happen. That is not to say your abs and obliques won't become stronger and sharper. That will, of course, happen. However, don't think those are the only benefits to gain from core exercises.

Examples Of Core Exercises

Some of the most popular core exercises are planks, push-ups, crunches, oblique twists and glute bridges. Basically, any exercise that targets the muscles of the trunk or the muscles surrounding it, is a core exercise. Its benefits, as discussed before, are reflected across your body. **F**

“I was awake during my brain surgery”.

Modern Day Neurosurgery: From Life Preservation to Function Preservation



Dr. Abhidha Shah

Associate Professor, Department of Neurosurgery: **Seth G.S. Medical College & K.E.M Hospital**
 Consultant Neurosurgeon: **K.J. Somaiya Hospital and Medical College**
 Consultant Neurosurgeon: **Apollo Hospitals, CBD Belapur**
 Mobile: 9821014950 | Email: abhidha@gmail.com | Website: www.drabhidhashah.com

I was awake during my brain surgery. I talked to my surgeon and actually laughed during my surgery”. This is what my patient said to his brother on the evening of his surgery. This patient had a low grade glioma in the left frontal brain which in lay man’s term is the speech area. I performed the surgery with the patient awake so that I would not damage his speech. I could remove the tumor and preserve his speech. The patient comes to me regularly for follow up and recounts the experience as unique and memorable.

The brain is the most magnificent and enigmatic organ of the body and that makes neurosurgery one of the most technically challenging and demanding disciplines of medicine. It is a relatively “young” discipline having evolved as an organized branch only in the late 1800s and early 1900s. It is however now becoming a rapidly evolving branch as better understanding of the function of the brain and newer technologies merge to create a safe haven for neurosurgeons to operate.

For a long time the field of neurosurgery was considered as a “no man’s land” as the surgical outcomes were often worse than the natural history of the disease itself. The last decade has witnessed the goal of neurosurgery changing from just “saving lives” to achieving a better quality of life that enables the patient to go back to his routine life and occupation. What has changed that makes this possible?

Philosophy of neurosurgery and the neurosurgeon:

Surgery on tumors of the brain is different from surgery for tumors anywhere else in the body where a tumor resection with surrounding tissue with tumor free margins is advocated. In the brain or the spine we neurosurgeons do not have the luxury of resecting normal tissue well beyond the tumor in majority of the patients as this normal tissue contains function, which is essential for the person’s day-to-day performance. The

human neural network consists of “nodes” (cortical areas) connected by a series of “edges or links” (subcortical network) to create the most fascinating grid of motor, sensory, autonomic and emotional function. Understanding this neural circuitry is the key to a successful brain surgery. I believe that mastering the three dimensional architecture of the brain anatomy is the building block to become an accomplished neurosurgeon. I like to spend hours on end studying the anatomy of the brain and unraveling the secrets it holds. Brain mapping helps to correlate the anatomy with the functions of the brain and endeavors like the human

neurosurgery is oncofunctional balance or safe maximal resection i.e. radical resection of the tumor without causing any new neurological deficit. The skill lies in how well you are able to do it.

Neurosurgical Technique and Technology

Technology has rapidly paved its way into neurosurgery. A modern day neurosurgical operation theatre may very well resemble a space station. A “brain suite” has its microscope, neuronavigation station, CUSA, intra-operative ultrasound, neurophysiological monitoring system, endoscope and intra-operative CT/MRI. A hybrid brain suite allows for intra-operative cerebral angiography whilst performing vascular neurosurgery. The neurosurgeon is at the center of this machinery and dictates the use of each. But all this clutter of gadgetry cannot replace exquisite neurosurgical technique. Just as the skill of a pilot is measured by his manual flying skills where the maneuvers are carried out by analysis of raw information obtained from airspeed, altitude, weather and heading without use of any modern technology, the skill of a neurosurgeon is measured by his neurosurgical technique. **Mastery of the technical skills of neurosurgery requires great passion and practice, an amalgamation of heart, mind and soul till perfection is achieved. This skill defines the caliber of a neurosurgeon much like an artist in any field.** Without this mastery of technique no fancy gadgetry will help you perform good neurosurgery.

All in all neurosurgery is an art. Modern day neurosurgery has advanced to make brain and spine surgery safe. As neurosurgeons we have great responsibility but also have the unique pleasure of seeing a patient become conscious again or walking again or talking again after a good neurosurgical procedure has been performed. There can be no greater joy than this.

“Only the neurosurgeon dares to improve upon five billion years of evolution in a few hours. The human brain. A trillion nerve cells storing electrical patterns more numerous than the water molecules of the world’s oceans. The soul’s tapestry lies woven in the brain’s nerve threads. Delicate, inviolate, the brain floats serenely in a bone vault like the crown jewel of biology. What motivated the vast leap in intellectual horsepower between chimp and man? Between tree dweller and moon walker? Is the brain a gift from God, or simply the jackpot of a trillion rolls of DNA dice?”

Frank Vertosick Jr.

connectome project help build a map of the surgical arena and the result is a surgical victory. An example of this victory is preserving or improving motor function in a motor strip glioma, preserving the facial function and smile of the patient and hearing in an acoustic neurinoma or making a quadriparetic patient with a craniovertebral junction anomaly walk. This victory is what brings profound satisfaction and allows me to walk tall amongst our breed. Essentially the aim of

Expanding the possibilities and boundaries of technical education towards youth from all geographical locations strengthens the nation's economy further. Aspiring to provide holistic development to students and investing in their strong future serves as the central motto for KJ's Educational Institute Trinity Colleges. Since its inception in 2005 and set against the scenic backdrop of the Bopdev ghat, the institute has been committed to providing education on a 'pollution & stress-free' campus.



MS. VIBHAVARI K. JADHAV Managing Director, KJEl, Pune

Leading the way is his daughter and Managing Director, Ms. Vibhavari Jadhav. Being a business & creativity-driven mind herself, she deeply understands the needs of

the future job spaces and market in general. "My knowledge of commerce has made me realize that it is more creative than mathematics. Commerce has always taught me to upgrade, and I live by it! It gave me personal strength and motivation that helps me explore ways that can help nurture a student's future. After all, it is us, the education providers that need to keep getting upgraded."

"It has always been my dream since youth to contribute to society. We strive to provide quality education at an affordable cost to the youth, especially those from rural areas, to increase their innate potential and thereby contribute to national development", says Hon. Shri. Kalyan Jadhav, the president of the institute. His Nobel vision and mission are carried ahead by young family members who promise discipline and a dynamic culture on the campus.

After completion of her Commerce degree at the Brihan Maharashtra College of Commerce (BMCC) in Pune, she took time to traverse various routes before settling into her current role as a Managing Director. One of such routes took her to pursue her passion for organic farming at the prestigious NIPHT horticulture training center in Talegaon Dabhade. "Farming has always been my passion and learning new ways of doing it besides traditional farming was a desire in itself ". While learning, the course humbled me and just pushed my appreciation for clean and eco-friendly living", says Ms. Vibhavari, who also earned various accolades in this field.

After her commerce background in marketing, she decided to pursue an MBA in human resources. When asked about her choice of the course, she elaborates. "Managing resources and understanding came easy to me, but I wanted to have proper skill that was natural. Of course, a lot of learning happened at home, but a technical education was still needed. Me, before and after my MBA, have had a lot of technical upgrades." Her journey to becoming the institute's Managing Director came with a lot of insightful learning and responsibilities that she intends to preach in KJ's Educational Institute. Trinity Institute of Management & Research provides MBA courses on the campus.

Teaching and learning in reverse is an idea that caught her very early. Ms. Vibhavari Jadhav volunteered at the 'Teach for India' initiative where she taught underprivileged kids and continues to work for this renowned NGO. She adds, "We have Trinity International School on our campus, and the service to provide education lets me put my experience to immediate use."

While learning on the skills end, she still keeps up with her sparkling creative side! Ms. Vibhavari has been a strong part of developing theatre culture in her college while also being a part of the troupe. "Plays and theatre have an immense impact on your personality! I learnt a lot, and the play-culture has now been the strongest a part of our college culture," she adds.

The 110 acre campus has a management institute, an architecture college, three engineering colleges and also a junior college. From the time of its establishment, the institute has been taking the shape of an educational hub. From school to junior college, engineering to pharma and management studies, Trinity colleges aim for global-level education. The institute has been affiliated to the Savitribai Phule Pune University and has NAAC accreditation that credits its non-compromised and high quality education. This has helped the students to prosper and expand their horizons.

The young minds that run this prestigious institute help the campus's educational programmes to be dynamic and future-ready. Empowering the youth and getting them ready for a global market, centers the aim for KJ's Educational Institute.

KJ's EDUCATIONAL INSTITUTE



- MBA • ARCHITECTURE • PHARMACY • ENGINEERING • POLYTECHNIC
- JUNIOR COLLEGE • INTERNATIONAL SCHOOL

—TRINITY—

Contact: 1800-233-1718 / 86697 12999 | **Website:** www.kjei.edu.in

Address : Kondhwa-Saswad Road, Bopdev Ghat, Pune - 411048

Lakshmi Nori

Founded in year 2000, ISB&M has emerged among top 2% B Schools in India & best two in Pune. ISB&M has campuses in Pune, Kolkata & Bangalore. Students come from over 80 cities in India- largely from Delhi- NCR, Kolkata, Bangalore, Pune, Mumbai & Lucknow.

Driven by basic philosophy of:

1. Be the best & follow the national & Global standards
 2. Create a rewarding sense of belongingness for mutual growth.
- Research high profile Alumni in LinkedIn, expect to grow with learning & opportunity in ISB&M

Program: AICTE - PGDM

ISB&M is synonymous for "Land of Opportunities". From the very first day, I have been taught, to be a professional and channelise my latent abilities that makes me stand out of the crowd. Students at ISB&M are trained to be supreme at their respective roles and ace it at everything they're a part of.

I'm glad I chose ISB&M and thankful for the best career opportunity it brought back to me.

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ISB&M stands for the best of the opportunities. You can expect •Recruiters offer compensation ranging 8 to 18 lacs CTC in different sectors

•Placement for current batch having Highest 18 Lacs & average of 10.8 lacs CTC . High profile placement (can go upto even 20 lacs) for a candidate who is committed & ready to compete.



Dr. Ravindra G. Sapkal

Chairman, Kalyani Charitable Trust
Nashik

Sapkal Knowledge Hub – Education goes the global way... "On the basis of strong desire and determination a man can hold the sky in his fist". Dr. Ravindra G. Sapkal, a man from a simple farming background, has proved the above statement by his incredible hard work and perseverance through establishment of the Kalyani Charitable Trust in 2002 under the aegis of which Sapkal Knowledge Hub, a conglomerate of educational institutes spread over 110 acres, prides itself in having a world class infrastructure which is eco-friendly, energy efficient, and naturally lush green.

Sapkal Knowledge Hub is growing by leaps and bound and in a short span of time it has to its credit five educational institutes covering almost everything from KG to PG in Higher education. The foundation of Sapkal Knowledge Hub began with the establishment of Orchid International School in the year 2006. A couple of years later, i.e., in 2008, Ravindra Gambhirrao Sapkal College of Pharmacy & Kalyani Ravindra Sapkal College of Management Studies were established. In the subsequent year, i.e. 2009, the Late Gambhirrao Natuba Sapkal College of Engineering was established. The Orchid Gurukul (Jr. Science College HSC) as well as R. G. Sapkal Institute of Pharmacy were established in 2015. These institutes not only run diploma and undergraduate courses, but also post graduate courses and have research centres for pursuing doctoral studies. All the Higher Education Institutes are accredited by NAAC, Bangalore. With this emerged an educational hub which caters to educational requirement of any aspirant right from the kindergarten to a professional in the field of Engineering or Pharmacy or Management.



Dr. Upinder Dhar

VC (Shri Vaishnav Vidyapeeth
Vishwavidyalaya)

Shri Vaishnav Vidyapeeth Vishwavidyalaya is a private university established under Madhya Pradesh Niji Vishwavidyalaya (Sthapana Avam Sanchalan) Adhiniyam in 2015 at Indore MP(India). The University has been established with a vision to be leader in shaping better future for mankind through quality education, training and research. It shall pursue the mission to make a difference in sustaining the growth of global societies by developing socially responsible citizens. Value based education being at the helm, the University shall promote endurance, excellence, fairness, honesty and transparency as its core values.

Some of the objectives of the University are as under:

Shri Vaishnav Vidyapeeth Vishwavidyalaya at Indore is a multi-disciplinary university focusing on the needs of various segments of the society. The University has commenced its first academic session in 2016-17. The exiting institutions of higher learning which have earned good name in India shall gradually become part of the University. The University is progressing aggressively under the able guidance of Mr. Purushottamdas Pasari as First Chancellor and Dr. Upinder Dhar as First Vice Chancellor. Vishwavidyalaya shall provide excellent teaching-learning resources and the right kind of co-curricular and extra-curricular activities for developing the leaders of tomorrow. We are committed to all-round development of the students. Thus, with an industry-relevant curriculum and a strong academia-industry interface, the Vishwavidyalaya shall provide an appropriate platform to the budding professionals for entering the corporate world and contribute towards development of the nation.



MEDICINE

- ♦ MBBS ♦ MD/MS ♦ M.Ch/DM
- ♦ B.Sc (Lab Sciences Radiology and Imaging Tech)
- ♦ M.Sc., PGDMLT

DENTISTRY

- ♦ BDS ♦ MDS

AYURVED

- ♦ BAMS ♦ PG Diploma
- ♦ MD/MS ♦ DNYS

HOMEOPATHY

- ♦ BHMS ♦ MD

PHARMACY

- ♦ B.Pharm ♦ B.Pharm (Direct Second Year) ♦ B. Pharm Practice ♦ Pharm.D. ♦ Pharm.D. (Post Baccalaureate) ♦ M.Pharm

NURSING

- ♦ B.Sc. Nursing ♦ Post Basic B.Sc. Nursing
- ♦ M.Sc. Nursing

ENGINEERING

- ♦ B.Tech ♦ B.Tech. II (Direct Second Year)
- ♦ M.Tech

MANAGEMENT

- ♦ MBA ♦ MCA ♦ BBA ♦ BCA

LAW

- ♦ LL.B (3 Year) ♦ BA.LL.B (5 Year)
- ♦ BBA.LL.B (5 Year) ♦ LL.M (2 Year)



Bharati Vidyapeeth

(Deemed to be University), Pune (India)

Founder Chancellor : Dr. Patangrao Kadam

**DREAM-ASPIRE-CONQUER
WITH BVDU**



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BETTER THINGS AHEAD!

Ravina M Sachdev points out warning signs that prove that it's time to quit your job



Are you constantly stressed at work? Do you daydream about handing in your resignation all the time? Do you think you've reached your peak at your current workplace? Well, if the answers are straight 'yes', then it's probably because you're not happy at your current company, and it might be time for you to consider moving on from your organisation. Confused? Don't be! Here are some more signs that'll help you decide better.

You Constantly Vent About Your Job

If you find yourself venting about your job to your partner, your pilates instructor, and your dog's vet, it's because you're unhappy and need to switch. Constantly complaining is a sign that your job isn't bringing you any satisfaction.

You'd Do Anything To Avoid Your Job

There are days we feel overburdened with work, tired of our routines, and would do anything just for a little peace and quiet, and that's absolutely fine. What isn't fine is if you constantly try to find excuses to not do a particular assignment or be part of a project, and try to avoid work altogether. Your job is something that you should approach with anticipation, not avoidance, and this is also a major sign that you need a long break and a change of workplace probably.

We work in order to learn and grow. But, if you feel like you're just hanging around, it might be time to consider moving on

You're Not Learning

We work in order to learn and grow. But, if you feel like you're just hanging around, and your next growth opportunity is nowhere to be seen, it might be time to consider moving on to a place where you can grow and do better.

You Constantly Feel Burnt Out At Work

Are you always feeling exhausted, frustrated and anxious at the workplace? Well, it means that you're experiencing what they call burnout. TBH, it's okay to feel burnt out once or twice due to work pressure, but if you're constantly feeling the same, it's probably because you no longer enjoy working at your organisation.

If you're still confused, writing down the pros and cons of your current job might help. **F**

1) What Let's Eduvate is all about?

Let's Eduvate is one of India's leading end-to-end school management solution providers.

Let's Eduvate was started in 2020 by K12 Techno Services Pvt Ltd and provides a tech-based curriculum, interactive aids, and training programs for teachers and technology support to 300+ schools with approximately 90,000+ students.

There are 300+ employees currently working in this vertical. In addition to this, Let's Eduvate has a strong team of curriculum designers, R&D professionals, analysts, technology and training experts.

2) Tell us about your vision for Let's Eduvate and how you are planning to achieve the same.

Our mission is to transform the way teachers teach, students learn and schools operate.

Our endeavor is to keep identifying ways to make learning more joyful and easy to understand for students. We are a one-stop solution providing a research-based comprehensive curriculum, training for teachers, learning measurement Parent communication and support to increase student strength.

We are in the process of ensuring that the schools across India are equipped with the best facilities and the latest technologies. In the next two years, we aim to provide our services to around 1000 schools and expand our user base to over 3 lakh students.

3) Please share your journey so far

We started this vertical during the pandemic and now when I look back at these two years, we have come a long way in terms of building a sizable partner school portfolio, a skilled team, and a strong foundation of internal processes on which the future business can be built on.

I work best in setups wherein I am able to build something from scratch and this is exactly the opportunity I got at Let's Eduvate. I am passionate about the education sector and I am grateful that my work allows me to contribute my knowledge for improving our education system.

The journey at Let's Eduvate so far has been extremely fulfilling in terms of the learnings I have had and the impact we have been able to make.

With the support of our world class team and experienced leadership, I am confident we will continue to add value and create a stronger impact on students, teachers, school leaders and parents.



Ritu Mulani

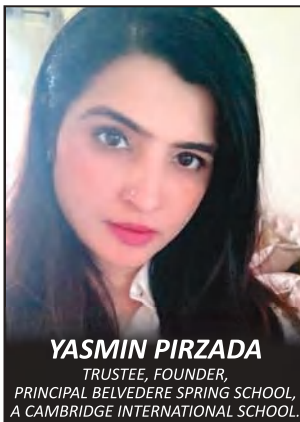
Head - Implementation & Operations Eduvate

"I believe in an education system that is stress-free, enjoyable and that which creates an environment of holistic learning. The focus in education is on LEARNING, rather than on testing." -Yasmin Pirzada

Yasmin Pirzada is the founder and principal of an extremely unique school in Mumbai. It is called, Belvedere Spring School, A Cambridge International School. She has been an educator with a difference for more than 25 years and has given a brand new outlook to the word, 'EDUCATION'. Emerging as an intellectual in the domain of education, she strongly believes in imparting quality education along with the motto of eternal learning.

"We prepare kids for life," she says.

Yasmin Pirzada is highly qualified with Masters degree in English Literature and Sociology. She has a degree in Guidance and Counselling, a diploma in Women Research Studies from RCWS, a degree in Law and Management. She has also been honoured with a Ph.D degree, specialized in the area of Education by Theophany University, Haiti. Belvedere spring school has won several awards and accolades under her leadership for Holistic development of students, individual attention, unique extra-curricular activities, digital literacy



and many more. Ms. Yasmin Pirzada has also been awarded as one of the The Top 50 Effective Principals by Education Today in the year 2019. "Our school is a boutique school with a very informal & child-friendly infrastructure. The classrooms are learner- centered and students take an active role in designing their own learning activities. Our teachers use their own style and ideas to make learning imaginative, original and ingenious."

According to her, Creativity and Innovation is the key to success, not Competition. She proudly states, "My aim is to build a child's ability to grow into a happy and responsible adult."

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Municipal Commissioner Dr. Bhausaheb Dangade Congratulates Dr.Oommen David, Director of Holy Angels' School, as a part of felicitation extended to Ms.Diksha Suvarna.

Seen on the dias among others are Principal Bijoy Oommen, Dy. Commissioner and Head mistress Rafat Shaikh.

Diksha Suvarna the proud topper in Std X.CBSE Board Exam 2021-2022 in the state of Maharashtra by securing 99.60% marks and second globally in CBSE.



SET IT UP

Ravina M Sachdev points out boundaries that every couple should set early in the relationship

Growing up on a staple diet of Bollywood might have led many of us to believe that everything is fair in love and war, but let us tell you that it's really not. Love does not mean sacrificing your principles and putting up with everything your partner dishes out. This is probably why it's crucial to set boundaries early in

your relationship to build a strong foundation and avoid being disappointed later on. If you have no idea where to start, here are a few boundaries that every couple

needs to establish in their relationship.

Money Matters

We get that talking about money early in the

relationship might feel awkward, but it's only for the best. Having the talk is especially essential if the two of you go out on dates frequently. Talking about splitting the bill or how much you're comfortable spending each month will ensure that your relationship functions smoothly. "It is a really difficult conversation to have, but having clarity in >

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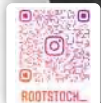
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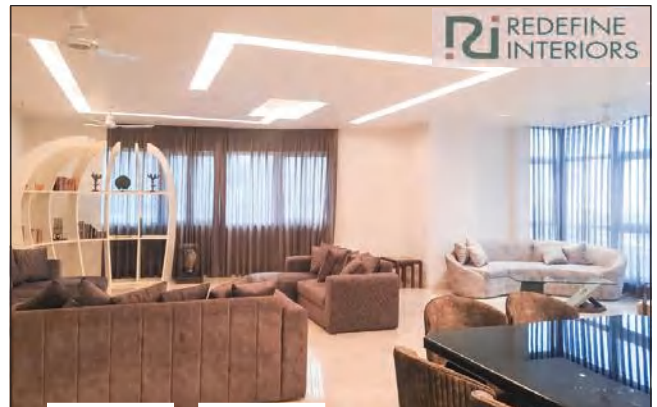
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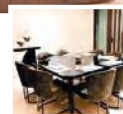
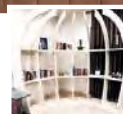
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terms of money is important to feel secure. You don't want yourself feeling like you are being pushed into something that is making you feel anxious about money," says Life Coach, Rishita Makhija.

Past Lives

Talking about your partner's previous relationship is only okay if they are fine with discussing the matter. We get that you are curious, but asking a zillion questions about it will only make things worse. Similarly, if you aren't open to having your past put under a microscope, make it clear to your SO. This way each of you knows what the other person is uncomfortable with.

Personal Space

Whoever said that there's no

such thing as personal space in a relationship, didn't know what they were talking about. A healthy relationship is one where two people respect each other's private space and boundaries. If you aren't open to talking about your family or your BFF, set up a boundary and convey the same to your partner. "We all love our space as it is important to us for us to remain who we are. So acknowledging what you need in your personal space in a relationship is very important," confirms Makhija.

Work-Life Balance

Your work is a huge part of your life and you'd expect your partner to understand that. This is why it's essential to talk about work hours, and ambitions so that healthy boundaries can be set. "Every profession and business is different and you want your partner to be on the same page. For example, if you work in the entertainment industry, your partner needs to know that your work timings are erratic.

Boundaries can also be set in regards to the interaction and closeness that is acceptable with people of the opposite gender. If your business requires you to travel a lot, it needs to be discussed in advance so that you can have a fabulous work-life balance", explains Makhija.

Bedroom Talk

At times, simply using a safe word isn't enough in the bedroom. If a certain position makes you uncomfortable, make it clear to your partner. "Everyone's need for physical connection is different. Some people need sex more often than others. Some don't like PDA. Whatever it is, needs to be discussed," says Makhija. **f**

DISCUSSING YOUR
PARTNER'S PREVIOUS
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IF THEY ARE FINE WITH IT**



MEDICAL DISORDERS IN PREGNANCY

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WHAT DO YOU MEAN BY MEDICAL DISORDERS IN PREGNANCY?

There can be few disorders like hypertension, diabetes, mellitus which exist before pregnancy or few of these may manifest for first time during pregnancy example gestational hypertension, gestational diabetes.

WHAT ARE THESE DISORDERS?

The most common is hypertension diabetes mellitus thyroid disorders, cardiac disease, Asthma, Epilepsy, Hepatitis, Infections in pregnancy, both bacterial like UTI & viral like covid.

ARE THESE DISORDERS RISKY?

The outcome for a particular pregnancy will depend on the nature of disease, severity time of pregnancy when manifested and the quality of obstetric and medical management used.

IS THE BABY BORN NORMAL?

If these disorder are detected earlier and treated well, controlled B.P or Diabetes deliver a completely normal baby but uncontrolled disorders may cause Amniotic fluid problems, less growth of fetus (Intrauterine growth restriction) preterm labour, small size or big size babies.

DO THESE DISORDERS EFFECT THE MOTHER?

Yes severe disorder, uncontrolled may damage the mother's kidney, liver or other target organs. However most of these damages are reversible after delivery.

HOW ARE THESE DISORDERS TREATED?

Other than specific medications for the disorder, a regular close follow up, counselling regarding potential adverse effect of disease on pregnancy outcome importance of early onset of parental care and compliance with frequent prenatal care visit should be stressed.

CAN THESE PATIENTS BE TREATED AT ANY HOSPITAL?

It is better to treat and admit these pregnant females at a tertiary care centre with good neonatal facility and with intensive care unit.

IF A FEMALE HAS B.P OR THYROID OR DIABETES, CAN SHE BECOME PREGNANT?

Yes, in such females pre-conceptional control of the disorders is important and a planned pregnancy is much more uncomplicated.

ARE THERE ANY LONG TERM EFFECTS OF DISORDERS ON MOTHER?

Most Pregnancy related complications appear to resolve at delivery or shortly thereafter, but women

who developed such complications are at increase risk of developing similar complications in future pregnancies. Also these females are at increased risk of developing cardiovascular metabolic diseases later in life.

WHAT ARE THE CAUSES OF THESE MEDICAL DISORDERS?

A health problem in a previous pregnancy drug use during pregnancy, pregnancies over the age of 35, genetic, Familial and environmental factors, all add up to the causes.

ARE THESE DISORDERS CONNECTED TO DAILY HABITS?

Lifestyle has profound effects on pregnancy complications and disorders especially nutrition, physical activity & Weight gain during pregnancy is important.

ARE THESE MEDICAL DISORDERS PREVENTABLE?

These disorders are not preventable but the complications are definitely preventable. This can be done by timely medication, maintaining a healthy lifestyle and a proper prenatal & Antenatal care Pregnancies both with high body mass index and low body mass index are prone to complications.



Gargi Tendulkar (LL.M)
Certified Psychic Healer & Oracle Reader

"When nothing helps, we turn to spirituality and the deeper secrets of our universe to look for answers. Psychic Healing and Reading is just like GPS navigation that show us direction and guide us with traffic, alternative roads, work in progress etc." says Gargi Tendulkar.

"She made my Chakra energetic, protected them and made them run clockwise. I had lot of negativity within me which is cleansed by her. She has given me positivity products which worked."

- Ninoy Shah, India

"She has been accredited the tittle of North Star by me for always guiding the way. I have recommended her to my friends and colleagues and they have all had a great experience."

- Kinjal Desai, London

"Energy speaks louder than words"

She is a Master's in Law (LL.M) turned Certified Psychic Healer and Oracle Reader (Tarot-Angel Card Expert). She fully embraced her natural gift of energy, aura and vibe reading, after she decided to switch full-time. She had always pursued both her expertise in Law and Psychic Healing side by side. Corporate-Lawyer's background further help guide her clients with financial, relationship & legal issues.

Gargi has always blended her expertise as she guided many corporate companies and conducted several seminar and workshops since 2012.

Apart from Reading, she has an incredible experience as a Certified Psychic Healer, Reiki Master, Numerology, EFT, Crystal Healing, Pendulum Dowsing, PLR and more for over 12-15 years. She also caters to Business Houses & Firms, Entertainment Industry, Bollywood Sector and the list is just endless.

Her mastery over Energy Healing has helped save several clients with life-threatening diseases, fertility issues, mental and physical health issues.

Her holistic approach towards her clients' issues tremendously improved their overall quality of life and erased some of their major mental blocks.

Gargi boasts a global clientele that appreciate and trust her with utmost respect. She says, "Energy and Healing go hand in hand, we just have to listen to the nature and embrace what it's telling us".

With that ideology, Gargi carefully curates client-exclusive products and remedies that helps them. Her products and remedies are simply an extension of her expertise and energy.

Myth Buster: Gargi says, "Energy is boundless and is intertwined with oneself and nature". Therefore, Psychic and Energy Healing is NOT affected by the distance.

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MENSTRUAL HYGIENE MANAGEMENT

Kayal Arivalan lists menstrual hygiene essentials
that'll make getting through your period easier

Menstruation can be distressing for women of all ages, primarily due to cramping and the increased chance of contracting bacterial or yeast infections in their intimate areas, which can seriously impair their health. In addition, excessive perspiration might cause rashes and

itching. "All of these factors contribute to the importance of menstrual hygiene practices and the necessary essentials that every woman

must include in her lifestyle," says Sujata Pawar, Founder and CEO of Avni, a start-up focused on holistic menstrual care, listing down

five intimate hygiene products for a happy period.

PANTY LINERS

Panty liners can prove to be lifesavers for women during menstruation. In the early days of a period, when an unexpected flow might develop, or in the latter days, to prevent any spots on clothing, they are of >

**Urinary Tract Infections
(UTIs) are *extremely*
likely to occur
during menstruation**

UNDERSTANDING MENTAL TRAUMA: Dr Amitabh Ghosh

Most of the mental illness that we see around us has their roots in life events that were traumatic.

So what is trauma?

When any event in our life gives the experience of being overwhelmed, loss of control of the self, vulnerability, and invokes intense negative emotion, the event is perceived as a traumatic event by the subject. Trauma is subjective and depends on age and environmental factors. (A child left at home alone at age 16 is different from a child left alone at age 3).



Environmental factors that complicate trauma are chronic exposure, lack of support, lack of resources like housing problems and finance, and if the traumatic event was in

public or private.

Examples of some trauma:

Acute Trauma-Sexual or physical assault, serious accidents, natural disasters, etc.

Chronic Trauma (Trauma due to repeated exposure since childhood)- Physical abuse, sexual abuse, verbal or emotional abuse, domestic violence, community violence, physical or emotional neglect, loss of caregivers or attachment figures, frequent loss of community & peers, Impaired caregiving etc.

Physical & mental issues due to childhood trauma:

Physical-Fibromyalgia, chronic fatigue syndrome, chronic lung disease, heart disease, diabetes.

Psychological-Depression, anxiety disorders, eating disorders, personality disorders, suicide attempts, substance abuse.

Some behavior patterns of people in trauma:

- Have difficulty trusting and connecting with people
- Difficulty in self-expression

- Knowing and regulating their feelings
- Self-destructive behavior
- Impulsiveness
- Anger issues and aggression

Treatment:

- Medication
- Trauma-focused therapies-Trauma-based CBT, EMDR, Psychodrama, Mindfulness-based therapy, Somatic therapies, etc.

About Dr Amitabh Ghosh

- Psychiatrist - experience of 20 years
- Mental trauma Specialist & Psychotherapist
- Certificate in Traumatic stress studies, Trauma Research Foundation, USA

Specialised in-

1. EMDR-structured therapy for trauma
2. Psychodrama - one of the few psychiatrist in India trained in this type of trauma therapy
3. Mindfulness based stress therapy
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Dr. Nana Morkane MBBS, MD, FIAPM, FIPM is Interventional Spine & Pain Management consultant in

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TOILET SEAT SANITISER SPRAY

It is well-known fact that public restrooms are one of the leading causes of UTIs in women. Consequently, toilet seat sanitiser spray is an intimate hygiene tool that comes in very handy during these times.

They are portable and aid in decontaminating any surface in a restroom that users should not touch without protection. Additionally, they mask unpleasant odours and kill the bulk of bacteria.

INTIMATE WET WIPES

During menstruation, it is essential to maintain the intimate area as clean as possible, although this can be challenging during social gatherings. Designed for such occasions, intimate wet wipes are simple to use and restore the skin's pH balance. They can be used to wipe away excess moisture or sweat, both of which are prevalent during periods. These products are alcohol-free, so they do not



It is well-known fact that public restrooms are one of the leading causes of UTIs in women



keep things gentle. They aid in maintaining cleanliness during menstruation and remove any excess dirt or perspiration that cannot be eliminated with water alone.

EXPERT ADVICE

Dr Madhushree Vijayakumar, Consultant Obstetrician & Gynaecologist, Motherhood Hospitals, Hebbal, Bangalore, suggests, "When it comes to cleanliness, it is critical to maintain menstrual hygiene and vaginal hygiene since they govern the body's natural functioning. When performing a critical duty, it is vital for us to do an intimate hygiene check and ensure that any harmful bacteria are removed, so that we can avoid any spread of infection. An intimate wipe or a wash is the best aid in controlling vaginal hygiene and menstrual health. These menstrual wipes help in the prevention of infection and provide much-needed moisture to keep messy situations at bay. When you're out of the house or don't have access to a shower, intimate wipes are the best option." **F**

cause dryness or itching.

DISPOSABLE TOILET SEAT COVERS

Infections such as UTIs are extremely likely to occur during menstruation. Furthermore, even if women use the same toilet seat sequentially, these infections can spread fast from one person to the next. Using

disposable toilet seat covers is therefore vital to protect yourself and others in the household. These covers are waterproof and eliminate the chance of infection spreading to and from the toilet seat surface, as well as prevent blood stains on the seat.

INTIMATE WASHES

The intimate region is regarded as very sensitive and susceptible to insufficiently maintaining a low pH level. Therefore it is normally discouraged to clean the region with strong soap. Nevertheless, it is necessary to gently cleanse the surface, for which women can use intimate washes.

There are several of them available, but one should select those that provide the proper pH for their private region and



15 Best Dietary Tips for Stress Management.

Stress is one of the very common responses to any situation we find challenging, frightening, or difficult. Stress has become a common cause of various health problems. Long-term consequences of stress can be frequent infections, Depression, Heart and Cardiovascular problems, Diabetes, Blood Pressure, Bowel and Digestive problems like IBS, ulcers, etc. Following a trending diet blindly may not suit your body & may result in the development of more stress. People who approach stress with a positive attitude aided by a good diet filled with stress-busting nutrients manage stress better.

Here are some of the excellent dietary inclusions you should follow for better management of stress:

1. Maintaining your biological clock- timely eating, sleeping, & exercising.
2. Portion control in every meal.
3. A balanced diet for every meal that includes all the nutrients is a must.
4. Avoid simple sugars and caffeinated drinks.
5. Include dry fruits in small meals, particularly walnuts, almonds, & pistachios as it helps in stress reduction
6. Include fruits like bananas, avocados, oranges, and strawberries.
7. Include hung curd/greek yogurt in your diet, you can have it with chia seeds and pumpkin seeds.
8. Also, dark chocolates, chickpeas, and herbal tea help a lot.
9. Drink a glass of amla juice daily.
10. Include vegetables like spinach, kale, beet, garlic, and sweet potato.
11. Oats work best when it comes to stress management.
12. Include Salmon, Sardines, Mackerel, and flax seeds in your diet for Omega-3 fatty acids
13. Milk at bedtime acts as a remedy for insomnia and restlessness.
14. Water consumption- 3 to 4 liters per day. (Reduce water intake if advised otherwise by your doctor.
15. Check your Vit D levels and correct the deficiency if any.

Tackling stress in our daily lives can be a tedious task, however, with a good diet filled with helping nutrients, one can manage stress better & optimize their lifestyle. let us know if you find these tips helpful.

Contact at: info@drmanishabandishti.com | www.drmanishabandishti.com



Dr. Manisha Bandishti
Lifestyle and obesity
management consultant

IVF - JOURNEY TO MOTHERHOOD



DR UJWALA
MD, DNB, OBGY
Fertility Consultant

health of sperms determine the fertility levels of men.

Fertility is a major issue which grips the future of the worlds in frenzy, with lives becoming more complicate and stressful, fertility levels of both males and female is going down. Men increasingly are facing these issues by the time they reach the age of 38 and above. Whereas infertility is faced by women usually above 33 years of age and in certain cases younger. This issue of fertility has gained a lot of common ground to the extent that at least one out of every six couples in India is facing problems in conceiving a child due to fertility problems.

Females begin life at one of the earliest stages of development with millions of eggs. Unfortunately, A vast majority of them degenerate before they are ever needed for reproduction. By the time the female fetus in uterus of women is 16-20 weeks old, she has a peak of six to seven million eggs. This number declines to one to two million eggs at birth,

falling even further to 250,000 to 500,000 eggs at puberty. At 37 years of age, a woman will only have 25,000 eggs and at menopause less than 100. No treatments can slow ovarian aging and truly prevent diminished ovarian (egg) reserve.

However, women with low egg count who still want to conceive have options through assisted reproductive technologies. These women need to undergo ovulation induction by injecting hormones to induce the ovaries to ovulate multiple eggs. The eggs are then collected for cryopreservation or for use in a fresh IVF cycle. Since in IVF technique, the fertilization process is guided, the chances of conception increases in comparison to chances of conceiving through unprotected intercourse. The embryo(s) developed in lab as the result of fusion of male sperm and female egg is implanted in the woman's womb after which the complete pregnancy process goes similar to natural pregnancy.

Primary Infertility

Primary infertility is when couples have been trying to conceive for minimum one year, but not successful and they have never been pregnant before. Secondary infertility happens when couples already have children but they have not been able to get pregnant again. If you have been trying hard to get pregnant, we help you better understand the causes.

Primary Infertility Causes

Infertility can be caused by numerous factors. Women struggling with fertility mostly have difficulty with ovulation. There are also other reasons for female infertility such as inability of the egg to attach to the uterus lining, inability of the egg to travel to the uterus, inability to produce eggs, clotting disorders, autoimmune disorders, heavy alcohol use, excessive exercising, cysts, hormonal imbalances, and more.

Primary Infertility Treatments

There are numerous for infertility. Common infertility treatment includes medical procedures such as In Vitro Fertilization (IVF). Intrauterine Insemination (IUI), Fertilized Egg Transfer (FET), ICSI also IVF-journey to motherhood. You should be treating your body with care it well balanced diet take vitamins. You should also be exercising and using stress reduction techniques such as meditation, yoga. treating your body well can give you better chances of overcoming your infertility. "Dr Ujjwala fertility centre" is a perfect place for give birth to your newborn child.

Dr Ujjwala has done Fellowship in Reproductive Medicine & Embryology, Diploma in Ultrasound, Ex. Honorary BDBA Hospital, Director Sun Hospital & also Director Dr Ujjwala Fertility Center.

DR UJWALA FERTILITY CENTER

Excel House, Plot No. 6, B. J Patel Rd., Opp. of SNTD College, Malad West, Mumbai - 400064. Mobile: 98190 91924

CHECK THESE OFF

Kalwyna Rathod lists medical check-ups you should not miss at every age

As per a study, gender-based discrimination has a negative impact on women's health in India – not only do women have to face gender bias while accessing healthcare, but gender stereotyping also prevents them from voicing their health problems. Compound this with the fact that women usually put their health on the backburner to care for their loved ones, and we know we have a problem on our hands.

While the Indian government has a good number of health schemes to benefit women who come from underprivileged backgrounds or with low incomes, the onus for a woman's health still lies with her. And the importance of preventive healthcare cannot be emphasised enough. So, start early, take your health in your hands, and stay well.

Read on for health screenings that are a must for women at different ages.

THE IMPORTANCE OF PREVENTIVE HEALTHCARE **CANNOT BE EMPHASISED ENOUGH**

AGES 18 TO 40

SKIN CHECK

As per statistics, the incidence of all types of skin cancers is lower among Indians, given the protective effect of melanin. However, you can never be too careful. Risk factors for skin cancer include having fair skin, a family history of skin cancer, a history of blistering sun burns early in life, significant sun exposure, and the presence of multiple unusual moles. Catch skin cancer early by checking yourself once a month, starting age 18. Look for new or suspicious moles, and ask your physician to have you evaluated for risk factors and early detection.

PELVIC EXAMS

Pelvic exams and Pap smears should be done irrespective of sexual history. For women over 21 years, a Pap smear is advisable every three years to look for signs of cervical cancer. If you have three consecutive normal results, your gynaecologist might ask you to take the test more infrequently. Based on individual risk factors and sexual behaviour, tests for sexually-transmitted diseases are also recommended.

BLOOD PRESSURE TEST

High blood pressure can lead to other health complications, so get yourself checked every two years. Having a reading higher than 140/90 will be diagnosed as hypertension or high blood pressure.

CHOLESTEROL CHECK

Screening for cholesterol levels and triglycerides will tell you if you are at risk for coronary heart disease. Starting age 20, women should get checked every four to six years for cholesterol because the risk for heart disease increases with age. >



Menopause - The Challenges



Dr Gayatri Deshpande

Menopause is pause with menstrual cycles. It is actually the cessation of ovarian function as a part of degeneration process with age which culminates into cessation of menstrual. Hence the ovarian secretion of hormones i.e. estrogens and progesterone comes to minimum levels in a woman's body.

One will be surprised to know that each and every cell in a woman's body has got estrogen

receptors. These receptors receive estrogens and have wonderful benefits from tip to toe. It ranges from shining hair, excellent skin texture, breast enhancement, protection from cardiac disease, prevention of bone loss or osteoporosis and health of genito-urinary organs. Obviously deficiency of estrogens due to menopause can give rise to degenerative changes and several challenges to a woman.

In the modern era, the age of menopause has extended up to 55 years due to better nutrition and health care facilities available. However those who face difficulties with weight gain, metabolic problems like Diabetes, hypertension and coronary artery diseases should address them with the professional clinicians immediately.

The gynaecologist along with the team of nutritionist, physician, physiotherapist and yoga trainers can always help them to maintain their weight and correct metabolic derailments.

They can face recurrent vaginal infections, urinary infections, intermittent vaginal discharge or spotting of blood. These issues can be managed effectively with medicines to avoid further complications.

Every woman must learn to do self breast examination to detect an early lump in breast. Also, one must have a regular health check-up done which will comprehensively give the report card about their future risks and early detection of cancer.

With the advancing age of the menopause from 45 to 55 years, the risk of excessive and irregular bleeding is also increasing. The prevalence of late marriages, infertility, delayed or no pregnancy increases risk of developing excessive thickness of the lining of the uterus (endometrium). This may result in uterine cancer in some cases. Hence any vaginal bleeding after attaining menopause must be taken seriously.

Always remember, age is just the number. Take care of your body and the body will give excellent support in years to come!

Let the menopause, pause the menstrual cycle but not pause your life!!

Dr Gayatri Deshpande

Call: 9820288402

Alternative no

Dr Aditi Mazumder Call: 9870147711

Email rutugayatri@yahoo.co.in

Menopause, which officially begins one year after your last period, As hormone levels plummet, your skin can become dry, slack, & thin. You may notice more hair on your face and less on your scalp.

1) DRY SKIN also known as xerosis is common due to lack of water holding capacity and loss of fat layer in the skin. We are more prone for itchy skin or eczema in extremities and private parts as a result of lack of hormones causing dryness and atrophy, easy bruisability, also the wound healing becomes slower. Using ceramide & peptide based moisturizer regularly will help soothe these skin woes.

2) AGE SPOTS or the brown spots on the face and sun exposed areas become prominent. Use of a broad spectrum sunscreen which even protects from the visible light and infra red heat should be a part of skin routine. Laser toning and chemical peels really help to reduce these blemishes and improve the skin tone.

3) FINE LINES AND WRINKLES these signs of aging are due to loss of collagen and elastin in the skin, these proteins are responsible for giving the youthful appearance. Incorporating AHA AND BHA serum like glycolic acid, retinols and vitamin c help to slow down the aging. Skin tightening lasers like radio frequency and HIFU stimulate collagen production naturally in the skin and achieve better skin texture, without any downtime.

4) SAGGING SKIN- jowls, neckline, under eye hollowness, prominent line around the mouth are due to loss of subcutaneous fat and collagen. Using hyaluronic acid serum, peptide serum and collagen supplements go a long way.

Non invasive facelifts, thread lifts for sagging skin are opd based procedures. Hyaluronic acid fillers is a natural protein of skin which can help to rectify the volume loss and even hydrate the skin.

5) ACNE- Due to hormonal changes can appear on lower face, jawline, cheeks. Painful, pustular acne which have a tendency to leave blemishes and scar can be really bothersome. Holistic management from diet, exercise to a good skin care routine can overcome this issue.

6) HIRSUTISM OR unwanted hair growth on the face can be dealt with lasers in a pain free manner and lasting results.

7) ANDROGENETIC ALOPECIA - female pattern baldness like increase in scalp visibility, hair thinning, bald patches or gaps appearing in the hair partition and crown. As estrogen depletes these changes are seen. It's important to maintain that crowning glory to add to your personality. Many safe options from prp to mesotherapy and a simple hair routine can help to achieve it. So don't let these changes bog you down, take the right step by self examining and then seeking the expert opinion for better skin and hair days ahead.



Dr. Raina Nahar

Kaizen Skin Clinic 101, Stanford Tower, Junction of S.V Road & Juhu Road, Andheri (W), Mumbai- 400058 • Contact: 90047 91114 / 95951 11022

For booking advertisement Contact : 09820192021

EYE CHECK

Vision screening is not necessary if you don't have vision problems. If you wear contacts or glasses, see an ophthalmologist every other year.

OTHER PHYSICAL EXAMS

You should have two physical exams during your 20s at which your doctor assesses you for body mass index, gynaecological issues, diet and exercise in general, mental wellness, etc. Also take care of your oral health; visiting a dentist once a year for a check-up should be fine, unless you have any health issues.

AGES 40 TO 60

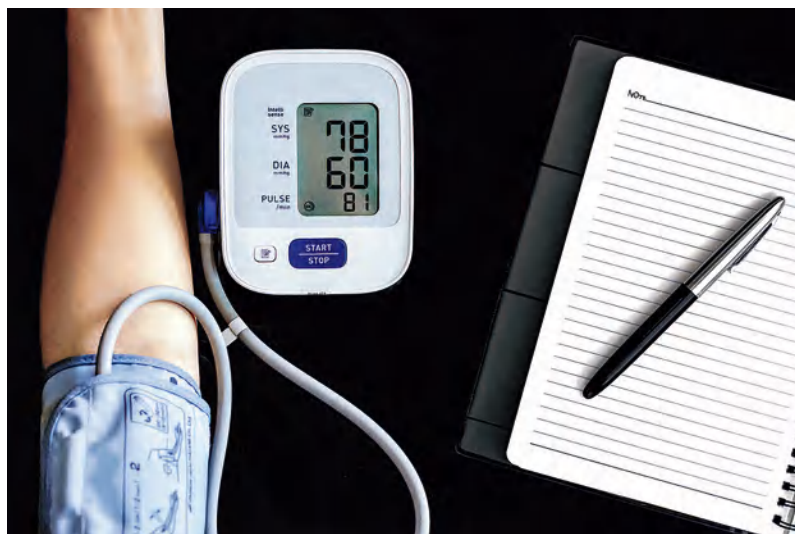
Continue with the tests mentioned above, along with these extras...

DIABETES

If you are at a high risk for diabetes, you should get screened for prediabetes and diabetes every three years, starting age 40.

BREAST CANCER SCREENING

Apart from being aware of how your breasts look and feel, tracking any changes and reporting them to your doctor, see a physician yearly for a breast exam. Look out for differences



in size or shape, dimpling, rashes, lumps, or fluid from the nipples. For women at average risk for breast cancer, doctors recommend getting a mammogram no earlier than age 40 and no later than age 50, every other year, continuing up to at least age 74. If you have a family history of breast cancer or any other cancer, start screening earlier on. Your doctor will recommend checking your risk for

the same or other dangerous types of cancer linked to certain genes.

COLON CANCER SCREENING

After age 50 and up to age 75, get screened for colon cancer. Tests usually include a stool test once a year, a sigmoidoscopy, double-contrast barium enema, and computed tomographic colonoscopy every five years.

IF YOU HAVE A FAMILY HISTORY OF CANCER, START SCREENING EARLIER ON

AGES 65+

Get blood pressure checked yearly and cholesterol every three to five years, or follow your doctor's advice for tests. Also add the following screenings to your routine...



BONE DENSITY TEST

Women aged 65+ should get screened for osteoporosis. A bone density test is recommended post menopause for women who have had a fracture earlier, and those under 65 with high fracture risk.

STANDARD TESTS

Supplement with screening for depression, especially if you have mood or sleep disorders, loss of libido or interest in usual activities. **F**





Dr Sunirmal Mukherjee

360° KNEE & SHOULDER Care

Dr Sunirmal Mukherjee is consultant Orthopaedic surgeon practising in South and Central Mumbai. He has 15 years' experience in D Y Patil Hospital, Grant Medical College & JJ Hospital, Royal Lancaster Infirmary UK, North Cumberland Infirmary, UK. He is renowned for performing minimally invasive surgeries for knee, shoulder, and ankle joint. He is trained in performing complex primary and revision Hip & Knee Replacement procedures. Having a keen interest in research and academics, he has worked as Assistant Professor for 2 years in 2015 and is currently doing charity work as Honorary Consultant in Joint Preservation & Arthroscopy surgery at K. J. Somaiya Medical College.

He is based at Lilavati Hospital, Bandra and L H Hiranandani Hospital, Powai. He is conducting regular Clinics at Srishti Hospital, Ghatkopar West.

**For any queries can Contact at:
+91 98200 35840 (9AM-5PM)**

Acne & Acne Care tips

Dr Pranjal Ahire (MBBS,DNB,FCPS,DDV)
Consultant Dermatologist, Cosmetologist,
Trichologist and laser expert.
Director of Dr Pranjal Ahire's Skin
and Cosmetic clinic.



Q. What is acne?

Acne commonly known as pimples is an inflammatory disorder caused by plugging of hair follicles.

Q. Who are at risk of getting acne ?

Family history of acne, obesity, certain medicines, products or humid environment that block hair follicles.

Q. What can worsen acne ?

Stress, smoking, diet high in sugar content or diet With high glycemic index worsen acne.

Q. How do we treat acne ?

The treatment of acne consists of creams containing benzoyl peroxide, retinoids, azelaic acid, salicylic acid, antibiotics and oral treatment with antibiotics and isotretinoin.

Q. What are the other treatment modalities available?

Lasers and light systems, chemical peeling, comedone extraction for acne and fractional Co2 lasers, microneedling RF, dermaroller, subcision, PRP for scars.

Q. Will acne recur after stopping the treatment?

It may recur if you stop the treatment abruptly. Maintenance therapy with topical treatment as advised by your dermatologist is recommended.

Q. What are the complications of acne if not treated?

The complication of acne is scarring. Presence of acne sometimes lead to anxiety, depression and low self esteem especially in teenagers and young adults.

Dr Pranjal Ahire's Skin and Cosmetic Clinic

Shop no. 3, 4, 5&6, Bhagwati Heritage, Sector 21, Plot no. 29 to 32,
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Surgeon Things, have a dedicated program offering the most comprehensive treatment options for breast cancer, irrespective of the complexity of the type of cancer. Thanks to Dr. Shehariyar Ahmed for holding specialised expertise in treating all types of breast cancer from early to advanced stages and is ascertaining new ways to bring the best care for managing breast cancer.

A team-based approach is followed for diagnosis and advanced treatment options in breast cancer surgery, benign breast diseases, radiation, and chemotherapy and targeted therapy, thereby offering seamless, coordinated breast cancer care under one roof.



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SCAN TO CONSULT



THE BAG

You Really Want

House of Titan brings IRTH, a range of thoughtfully-designed handbags that fill the gap between fashion and functionality



What makes a woman's handbag 'perfect' apart from just being stylish? If we consulted several women about the virtues of a bag that would make it worthy of being carried, a few qualities would be ubiquitous. First, if it's a work bag, it needs to be big enough to hold her essential belongings and other items without feeling like she's hauling luggage. It also needs to be easy on her shoulder and preferably not dig into her skin – so, something with a decent strap. Second, if it's a cross-body bag or any of the other diminutive numbers that are the new It things these days, it should still be practical. And,

third, no matter the size of the bag, it should have enough compartments and separators so she doesn't have to turn it upside down to find any one thing.

While there are several bags in the market that cater to vanity, none offer the desired mix of functionality and fashion. And this gap in requirements is precisely what Titan Company is out to fill with its latest brand, IRTH. IRTH offers 90-plus thoughtfully-designed bags to elevate the everyday style of today's contemporary women. There are office-apropos work bags, totes, handheld clutches, satchels and other crossbody numbers and wallets

in a bevy of earthy, neutral colours that will provide the perfect finishing touch to every outfit.

But what makes IRTH truly one of its kind are its range of 'delight bags' – a special range of baby-friendly bags that are solution-specific to moms but also stylish accessories – and its detachable organisers that can transform any bag into an ergonomic one. Apart from these, all bags come with padded shoulder straps, key holders, wire organisers, detachable sanitiser pouches, etc so that dunking our hand into the bag to retrieve the objects we've carefully packed in it is effortless and hassle-free. **F**



Dr. Nisha Sancheti

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At Dr. Nisha's dental care, it's all about her passion for dentistry and a wow factor that is built in every detail of her clinic.

Have you ever looked at someone's sparkly shiny teeth and wondered why you don't have that?

Well, thanks to advancement in dentistry now it's all possible and we all can get the perfect smile we deserve. Best part is most of the procedures are non-invasive nowadays and no damage is done to the tooth. Few of the following procedures are routinely done in our clinic for smile correction.

VENEERS: Veneers are thin tooth-colored shells that adhere to the front part of your teeth.

Veneers can fix.

- Stains •Chips /Cracks •Gaps •Alignment •Shape

INVISALIGN: Take a smiling selfie and we'll show you how your smile can be transformed immediately. If you have misaligned, crowded or crooked teeth it can be fixed at any age by invisible aligners without even people noticing you wearing it.

TEETH WHITENING (BLEACHING):

Over time, your teeth can become dull yellow and stained due to tea, coffee or wine or may be just aging but a quick fix can be teeth whitening. It's super-fast, affordable and non-invasive. It can be done in less than 2 hours.

GUM CONTOURING

Do you have a Gummy Smile?

Gum contouring removes excess gum tissue without surgery. Dental lasers can gently shape your gums

without pain.

DENTAL IMPLANTS

Missing tooth?

They're the only restoration that replaces your entire tooth from root to crown, super quick and best solution for missing tooth replacement.



You can also connect through her website:



Dr. Sheetal Shaparia

Wine reading dates back to ancient Rome and Greece when wine was offered to the Gods for seeking their blessings. Traditionally, the priestess Bacchante used to perform wine reading in Roman mythology. Forget the past and let's come to the present. There are very few in the world who hold the expertise in wine reading and predict the future. Dr. Sheetal Shaparia who hails from Mumbai is the only Indian who is a master in this ancient art.

Dr. Shaparia belongs to a well-known business family and she has been endowed with special powers since her childhood. She is gifted with many qualities which have made her a leading astrologer, transformational success coach, and spiritual therapist with over 6000 clients globally. In the

process of wine reading, the seeker has to splash the wine on the canvas and the leftover or residue is then dropped on the blotting paper or the absorbent cloth. That paper or cloth is boiled by the diviner and the patterns created on the paper or the cloth are then studied and interpreted by the occultist Dr. Sheetal Shaparia, she has been practicing wine reading for quite some time now, states that wine reading is a psychic revelation and it is a little more difficult because, in wine reading, there is mostly one image to study, sometimes there can be two or three but not more than that because of which the seeker needs to be pretty much focused in regard to what he wants to know.

She is also an expert in many other arts such as IChing, Runes, Coffee Cup Reading, Tea Cup Reading, Beer Glass Reading, Color Reading & Therapy, Numerology, Dream Interpretation, Tarot Card Reading, Crystal Reading, Vastu Shastra, Candle Therapy, Drawing Analysis and Feng Shui. Tea cup reading, which is also called Tasseomancy, is one of the oldest occult sciences, around 5000 years old. It is also believed that it was widely practiced in China.

In tea cup reading, light-colored tea is poured into a wide-mouthed cup with a

saucer without straining it, then either the tea is consumed or poured away. After that, the cup is shaken well and any residual liquid if the left is then drained in the saucer, the patterns or the designs which are left on the walls of the cup are then studied by the occultist in order to predict the future using the knowledge of symbolism. Color therapy is an ancient art as its first use was recorded around 2500 years ago in Egypt. In recent times, it has gained a significant amount of prominence. Especially because of the fact that we are getting more and more aware and enlightened about the important aspects of those things which surround us even in our routine life. It is being said that colors have special electromagnetic rays which are equipped with special healing properties, and if these properties of colors are used in a correct manner, they can give great results.

Color reading is widely used at the present time, and it is considered the best, especially for those who are suffering from seasonal affective disorder. When clients come to Dr. Sheetal Shaparia with their problems, first of all, she makes them understand the importance of colors in their lives, and then she suggests some remedies such as wearing clothes of specific colors as per the day. She also tells them to consume fruits and

vegetables of particular pigment in order to heal their inner self and make them aware of their potential. In addition, she advises her clients to decorate their houses with particular color schemes, resulting in filling their homes with happiness, prosperity, and wealth. What makes her different from other astrologers is the fact that she has a Ph.D. in psychology which helps her understand the problems of her clients effectively and provide accurate results.

Her client list comprises many prominent personalities and VVIPs. She writes columns and articles for many leading journals including Cosmopolitan, Times of India, Grazia, Femina, Mumbai Mirror, Indian Express, Pune Mirror, The Pioneer, and many more. Her videos related to astrology can be viewed at DTH operator Tata Sky. Dr. Sheetal is also the recipient of many prestigious awards including the NDTV award, ET award, and the Women Iconza Award 2022, which was given to her recently by Times Applaud and Namaste Bahrain.

Anyone interested in getting a reading from **Dr. Sheetal Shaparia** can log on to her website: sheetalshaparia.com or contact her at **+91 90829 70193** or via Instagram **@sheetalshaparia**



For Happy Skin

What: The SkinQ skincare line

SkinQ, a skincare line developed by celebrity dermatologist Dr Chytra V Anand, promises to address skincare issues. The line includes oil control wonder masks, glow bright wonder masks, and acne control wonder masks. The

products are certified safe and free of toxins. There are other DIY kits for dehydrated skin, tanned or dull skin, or acne-prone or oily skin. The Lip Kit for Pigmented & Dry Lips and the Body Peel Off Kit are soon to be launched.

Price: On request

Available from: skinq.com

Day-Long Freshness

What: Ohria Ayurveda

Recreate the ancient technique of beauty water with herb- and flower extract-infused natural fragrances from Ohria Ayurveda that promise to be skin-enhancing. The Raatrani and Mint Beauty Water is endowed with calming moon energy, and is free of hazardous chemicals that hurt the environment as well as the skin.

Price: ₹355 for 50 ml

Available from: ohriaayurveda.com



Your Skincare Essential

What: Ozone Signature face oils

Ozone Signature offers organic and herbal products with no synthetic fragrances, toxic chemicals and preservatives. The products also claim to be free of alcohol, sulphates, parabens and mineral oils. The new face oils promise to help reduce pigmentation marks or dark spots, acne and blackheads, brighten the overall complexion, and visibly reduce pore size.

Price: ₹1,800 onwards

Available from: ozonesignature.com



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Consulted and given Results to thousands of patients from all over India. Andrology is very popular Branch of urology which deals with

Male Infertility, Erectile dysfunction, Premature Ejaculation, Hypoactive sexual Design disorders and many more. Dr. Maahesh R Pande is skilled in treating all and has an experience of 15 years.



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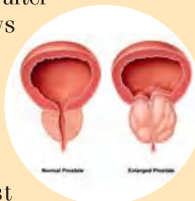
What is Premature Ejaculation?

Ejaculation of serum during Intercourse before or immediately after Penetration is known as premature Ejaculation. Classified as lifelong and acquired.

LIFE LONG= Occurs all or nearly all time beginning with first sexual encounter. Acquired- Develops after having previous sexual experiences without any problems.

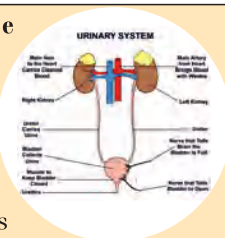
In premature ejaculation patient always ejaculates between 1 to 3 minutes or before that **Causes** Usually performance anxiety, emotional & mental stress causes premature ejaculation.

Treatment: Nowadays newly launched medication for premature ejaculations are Externally effective with counselling.



What are the Different methods to treat kidney stones.

Of course the size and location of kidney stones matters. Small stones between 4 to 6 mm in kidney don't need any specific treatment in the ureter; these small stones can be treated well with Hydration and All blocker Medicines. Larger and obstructing stones can be treated Endoscopically with different Lasers e.g. Thulium Fibre Laser, Holmium Laser etc. Nowadays retrograde instrumental surgeries with Flexiscope have provided a boon in the treatment of stones.



Is there a Laser Treatment for Prostate?

Yes, Thulium Laser Enucleation of prostate for Grossly enlarged prostate is very much popular.



Pune: Clinic: 2nd Flr., Shriyash Hospital, Infront of Chitale Bandhu, Deccan, Pune - 411004.

Tel: 9823611073 Email: maheshpande17@gmail.com

Shikha Thakur is emerging as one of the leading tarot readers, numerologists, Vastu specialists in the country. Her name has also garnered recognition overseas because of her remarkable work.

Shikha Thakur is an internationally recognized Celebrity Astrologer, Tarot Card Reader, Vastu Consultant, Numerologist, Energy Healer, Past Life Regression Therapist, Spiritual Scholar and Motivational Speaker much more.

She is known as the country's most trusted tarot card reader and Vastu expert. Her accurate predictions regarding national and international events are testament to the fact that she is an astrologer with profound insights. Her knowledge of astrology, tarot and all the things related to the nature has heightened her vision and para-psychic abilities. Even the media has recognized her for her accurate predictions. Shri Rajeev, Chief Editor of News National Channel, once said that her predictions are closest to the truth. According to statistics, her predictions are precise with almost 99% accuracy. In association with



Shikha Thakur

News National, she has hosted many programs related to astrology.

Recognition

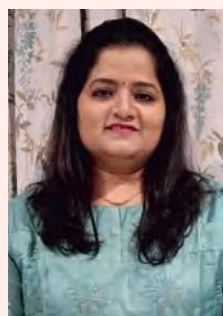
1. She's won the country's prestigious News National Award
2. The country's largest organization has bestowed her with the Humanity Gem Award
3. She's also won awards for her environmental work

Accurate predictions by Shikha Thakur

Shikha Thakur is blessed by the divine and that enables her to make accurate predictions about the lives of others. Almost 99% of the predictions that she has made in the media or on social media have come true. Some of those popular predictions are as follows- Shikha Thakur also imparts many types of meditation techniques that could change the course of one's life by taking them closer to self-actualization state.

✉ shikhast5@gmail.com
 📷 Bhagwati tarot reiki healing
 📞 9850358525
 🌐 shikhamthakur.com

SHHAH PALLAVI VASTU EXPERT, NUMEROLOGIST AND SCIENTIFIC LOGO DESIGNER



Shhah Pallavi is a post graduate, interior designer, Vastu Expert and Numerologist from Pune and is the proprietor of Dessire Destinny. The whole purpose of Dessire Destinny is to help and improve people's life in multiple dimensions.

Shhah Pallavi is a renowned professional with rich experience of 15yrs in the fields of Vastu Consultancy, Numerology, Scientific

Logo Designing, Tarot reading and Crystal Healing.

Giving overall Vastu remedies, she has been able to bring in prosperity and great success in people's life. Through Numerology, she is able to solve very complex Financial, Relationship and Health related issues. For the Businessmen, her scientific logo designing has helped growing the business manifold.

You can reach out to Dessire Destinny through following.

Email: info@dessiredestinny.com

Website: <https://dessiredestinny.com/>

Contact: 7447767618, 7447757618, 9823228338

Leggings For Days

What: On-The-Go straight pants from Bliss Club

Activewear brand Bliss Club has launched its new On-The-Go straight pants. These versatile pants can be worn for light yoga and walking, are easy to travel in, and can be worn throughout the day. Cool enough to wear to your next brunch with the girls, they come with a waistband that doesn't dig into your body. With 80% polyester and 20% Spandex, the garment has great stretch, and its straight fit enables you to move freely. The activewear pants are available in sizes from XS to XXXXL in a new aeroflo fabric.

Price: ₹2,499

Available from: blissclub.com



SWEET STEPS

What: Candy Fluff from Veruschka

Veruschka by Payal Kothari has launched its new collection Candy Fluff, which includes 12 original styles of adaptable sandals. The line stands out for its cushion foam, which promises feet unmatched comfort. The collection features shoes in interesting shades including metallic tones, powder pinks, lizard greens and Greek whites. Ideal to add diversity to your footwear collection, the shoes have intricate details such as hand-crafted binding and diamante straps, and come in heels, wedges, block heels and circular heels.

Price: ₹6,499 onwards

Available from: veruschka.in



Chic And Sustainable!

What: The new swimsuit collection from Tizzi

Swimwear and resort wear brand Tizzi has recently added a new collection of swimwear to its range. Cosmic Ocean, Celestial Sorcery and Swoon feature chic designs in vibrant colours and prints. The brand is committed to quality

and sustainability, and the swimwear is breathable and made from econyl, a type of regenerated nylon, which moves with the body, offering the perfect fit.

With hygiene liners made from recycled paper, the chlorine-resistant suits also promise UV protection.

Price: ₹7,000 onwards

Available from: tizzi.in



Compiled by Ravina M Sachdev

Making Up Success

NAINA RUHAIL, founder of Vanity Wagon, speaks to Ravina M Sachdev about finding the courage to make a difference and chasing her dreams.

From an army background, Naina Ruhail spent her growing years observing and experiencing change – be it in her surroundings, her education, or the cultures she experienced. Growing up, she dreamed of being independent and setting up a venture of her own. Back then, she had no idea which field she wanted to pursue; but, as she moved forward in life, she was fascinated by the beauty industry and would follow it via magazines and TV. “After completing my graduation and then my MBA, I went on to work with a tech firm for a while, but I felt that wasn’t something I wanted and hence moved on to pursue my childhood interest – makeup and hairstyling,” she says.

She enrolled herself at the London School of Makeup, and it was there that she decided to establish a clean beauty brand. “While I was in the UK, I learned about the clean beauty industry and observed its exponential growth,” she explains. “The idea of Vanity Wagon stemmed from these observations and was born in 2017, a year before we started the work. I moved back to Delhi in 2018 and that’s when things took off.”



"While I was in the UK, I learned about the clean beauty industry and the idea of Vanity Wagon stemmed from these observations"

Naina also shares how, at the time, there was a huge gap in India as the industry was rapidly growing but the existing retailers were not able to offer the right space to these new homegrown beauty brands. There was a lot of

misinformation around the term 'clean beauty' and a lack of trust among consumers, and she wanted to bridge this gap and create a transparent space that would not only educate consumers but also provide the most authentic

and trustworthy products while giving these clean beauty brands a platform and bringing them to the mainstream audience.

Since its inception, the brand has grown 10 times and is among the leading clean beauty marketplaces in India. Naina's future plans include adding 20 plus brands to the portfolio and setting up stores across major cities.



MIGRAINE: NOT JUST A HEADACHE

"Richa is a 42 year old suffering from headaches since she was 15. Initially they weren't as bad but for the past few years they had become more frequent. She gets throbbing headaches along with light and noise sensitivity and sometimes even has episodes of severe nausea and vomiting. Many a times she has to miss work or personal events because of the pain. She feels that the headaches have taken over her life."*

Sounds familiar? What Richa has are headaches called Migraines, known to be one of the biggest causes of disability in the world affecting women four times more than men. For years people suffer from migraines without seeking any medical help thinking its "just a headache" till it starts taking over their life – like in the case of Richa.

A migraine is a whole process that your brain undergoes leading to various symptoms one suffers from that usually happens in 4 stages.

Stage 1: Prodrome: In this stage, even before your headache starts, you might get a warning where you know that you are going to get headache. Common prodrome signs include irritability, fatigue and yawning. This can start an hour to even twelve hours before the attack begins.

Stage 2: Aura: People usually can see rainbow like colors or flashing lights or get a blind spot & the stage can last for upto an hour. Some people can also get numbness in their arms or even have trouble speaking. Only 30 percent of people usually get Aura and most migraineurs skip this stage.

Stage 3: Headache: This is when the painful stage starts and one starts feeling the headache. The headache can be one sided or on both sides of the head. It is a throbbing headache that may feel like someone is pounding your head. These headaches are associated with light sensitivity or noise sensitivity and many times

both occur together. Many people get nausea and some even vomit at times. This stage can last anywhere from 4 hours to 72 hours.

Stage 4: Postdrome: Post headache stage which many describe as being hungover or lethargic even after the pain is gone and it can take upto 24 hours to feel normal.

So if someone has a full blown attack, atleast a day to upto 4 days can be affected.

Common triggers that can lead to Migraines

1. Stress
 2. Lack of sleep or irregular schedule of sleep
 3. Exposure to direct sun light
 4. Hunger or missing meals
 5. Hormones – women may have migraines close to their periods and in the perimenopausal stage
 6. Food Triggers including blue cheese, ajinomoto or MSG, chocolate and wine.
- This vary from person to person.

Lifestyle modifications to prevent a migraine

1. Eat regular, balanced meals. Fruits, vegetables, whole grains, lean protein, and healthy fats are all part of a migraine-prevention diet.
2. Get on a regular sleep schedule to deep relaxation, a strong immune system, and to ward off depression and anxiety. Stick to the same bedtime and wake-up time every day to get the most out of your sleep schedule.
3. Regular exercise reduces symptoms of migraines and headaches. Incorporate aerobic, strengthening, and flexibility exercises into your routine.
4. Good posture is important too. Poor posture (eg, hunching over a computer all day) can strain your head, neck, and shoulder muscles, leading to a migraine or headache.
5. Learn to effectively manage the stress – and how to prevent it. Deep breathing and meditation exercises are two effective ways to reduce your stress levels.

There are lifestyle changes that can help you prevent migraines. There are different types of medicines to treat it. If your migraines are more than 2-3 times a week, it is recommend you consult a headache specialist or neurologist.



Dr. Sonia Lal Gupta

Director, Metro Group of Hospitals
 Consultant Neurologist (Stroke and Headache specialist)
 Managing Director, Metro College of Health Sciences and Research
 Visiting Professor, NYMC, USA
 Formerly Asst. Professor of Neurology, Loyola University, Chicago
 Diplomate, American Board of Neurology and Psychiatry (ABPN) - Neurology(USA)
 Diplomate, ABPN- Vascular Neurology(USA)
 Diplomate, United council of neurological subspecialties- Headache medicine(USA)
 Diplomate, American Society of Neuro-Imaging(USA)
 Co-Founder, Voice of Health

CHANGING THE WAY HEART TREATMENT IS DONE IN THE COUNTRY.



Dr Purshotam Lal

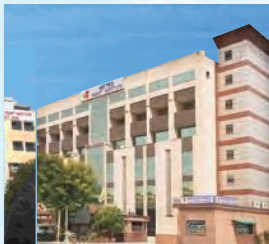
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"Sacrifice impels for future gratification."

Although it sounds highly inspiring, relatively very few people can turn this inspiration into a concrete, living reality. And we are thrilled to say that our woman of the hour today is at the forefront of that list.

A tale that entails sacrifice, tenacity, and success.

A small-town girl who revolutionised her life and inspired hundreds of others with art. The Art of Makeup.

EKTA

MAKEUP

The transformation tool of an artist and a leader.

How about we start by introducing yourselves to our readers?

Greetings to all of the readers of Femina, my personal favourite and undoubtedly the most beloved women's magazine in the world. My name is Ekta, and I am based out of a little town in Punjab called Nawanshahar. I run a bridal studio and work as a professional cosmetics artist. I founded this company with a single, unwavering vision in mind: to help brides who are about to embark on their next chapter of life overcome their last-minute jitters and discover their inner confidence. I genuinely feel makeup to be a crucial aspect of a woman's personality that conveys her beauty and radiant confident self.

Please give us a brief overview of your personal adventure so far.

Academically speaking, I have non-medical ancestry, and in 2011 I earned my diploma in computer and science engineering. I was supposed to enrol in B-Tech to further pursue my education. But my mother, who ran a beauty salon, has always inspired me from an early age. She was the reason I was fascinated with makeup artistry from a young age. With time I figured I wanted to explore my interests in the field more seriously. And lucky for me, once I took a step in this direction, I never looked back. I knew I had found my tune.

Have you faced any resistance in making such a daring departure from your background?

At first, yes. My father is a retired superintendent from the Punjab State Electricity department. He encouraged me to continue my education. After some initial conflict, he finally saw how passionate I was about my choice and offered his full support. Thankfully I didn't have to leave anything behind to pursue my passion.

How do you feel about Women Empowerment?

Being a self-made woman myself, I strongly encourage women to express their passions freely and be more assertive of their ambitions. But before anything, I'd advise everyone to make an effort to finish their formal



education so they may enrich their lives intellectually.

Contrary to popular belief notion, money and work aren't the only sources of empowerment. Your intellectual awakening greatly influences your zeal to achieve your goals and humility to acknowledge the benefits and drawbacks of our society.

How would you define your work ethic?

Never let money be your motivation to get out of bed every morning. Rather let the commitment to your dream be your driving force. This not only keeps you grounded but also encourages daily growth.

Which one of your achievements is you most proud of?

I always wanted to own a place of my own in the Tricity, Chandigarh. And it was indeed a dream that came true when I finally got one. Your first house is always close to your heart. On the professional front, I have been recognized as an Emerging Artist in Punjab by IFA Awards and have bagged a few awards for the same.



Would you describe yourself as a family person?

My family is very important to me. I still live with my family in my hometown even though I now have a apartment in Chandigarh Tricity. I am blessed with wonderful parents, an older sister who is married, a younger brother, and last but certainly not least, Franky, our dearest golden retriever who also happens to be the family clown; without him, our family is incomplete. I love them all dearly, and their support and affection fuel my ardour.

Do you offer outstation/ destination wedding makeup services or just in the locale?

Our work year is divided seasonally, i.e., "On-season" and "Off-season". Generally speaking, the ON season starts in October and goes up to April. During this phase, we are mostly packed with months of advanced booking. However, depending on the availability of slots/free days, we may take bookings for out-of-town weddings. Our "Offseason" remains open for outstation as well as destination weddings.

What are your top destinations for travel?

I love visiting Canada to spend time with my sister. In addition, I enjoy going to see my childhood best pal in San Francisco. The nightlife there is not to be missed. Greece, Turkey, Spain, and a Caribbean cruise are on my list of potential future vacation destinations.

What is the most frequent question asked of you?

As far as my family is concerned, living true to the stereotype, it goes straight to, "When are you going to get

married?". The rest of the time, it's mostly work-related queries.

What are your favourite makeup brands?

I am very particular about the specific brands of different makeup products. Here are a handful of my absolute favourites.

Pat McGrath Labs - Blusher
Hourglass - Setting Powder
Foundation - Nars Natural Radiant
Longwear Foundation
Charlotte Tilbury-Setting Spray
Kylie Jenner - Lipsticks
Highlighter - Natasha Denona

Which cuisine do you enjoy the most?

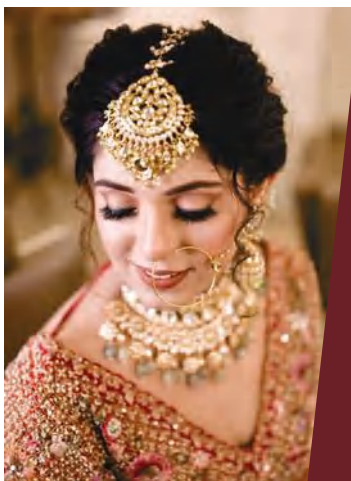
I hate to break the stereotype here, but I actually prefer Chinese Manchurians over traditional Punjabi food. Although in winter, most of the times we do end up eating Sarso ka Saag and Makki Di Roti. So, not really a far-fetched escape from the stereotype.

On a concluding note, what is your most favourite hobby?

I used to have varying hobbies and interests before I started working in this field. Now, all I want is the odd nap now and then to recharge my batteries. I do not watch TV. Although my profession is a significant part of the glamour industry, I often end up missing a lot of gossip & updates due to this habit.

In conclusion what message would you like to give to aspiring makeup artists?

I would suggest them to keep polishing their makeup skills always. Also if you want to achieve your passion, never give up. You will succeed one day for sure!



Contact at: 81469 39365

EMAIL: EKTAMAKEOVERANDBRIDALS@GMAIL.COM

 **ektamakeover**



An Authentic Japanese Experience

Indulge your taste buds at New Delhi's exciting new Japanese restaurant and bar **Adrift Kaya**

Launched by American celebrity Chef David Myers, Adrift Kaya New Delhi is a modern Japanese sushi restaurant, and offers an unforgettable culinary experience. The influences of a traditional Japanese izakaya (bar) can be seen throughout the space. The decor, the texture of the indigo-dyed hardwood flooring and hand-made beading curtaining, and intentionally-crafted soundscape provide an all-encompassing experience for the senses. The restaurant features a 360-degree bar, an open kitchen, and a sushi bar.

What We Ate And Drank: With over 25 years of experience, Chef de Cuisine Vladimir Villarba has put a lot of thought and work into each dish on the menu, and it shows.

We started with the Edamame and Fried Curry Leaves, which came with a delicious sweet chilli sauce. Next, we had the Teriyaki



Eggplant, which had been roasted on a live charcoal grill, and plated beautifully with smoky eggplant tartare sauce and herbs. The wide variety of signature cocktails paired well with the food. We next went with the chef's recommendations in sushi – the Myoga Sushi, which included Japanese ginger, carrot, and cream cheese, and the Avocado Sushi – and were highly impressed.



To end, the chef offered us an assortment of excellent desserts – the Caramel Mochi Ice Cream, the Raspberry Sorbet, and the Chocolate Praline, which was served with vanilla bean ice cream and drowned in caramel sauce. It was simply divine!

Location: JW Marriott, Aerocity, New Delhi

Timings: 6pm - 11pm

Price Points: ₹2,000 for two 

By Samara Setia



DEHRADUN - ROORKEE - MUMBAI - LUDHIANA - GURUGRAM
SAHARANPUR - BAREILLY - ITWA - MYSORE

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East Meets West On A Plate

You'll be spoiled for choice at **Ashtam**
at the Tree Of Life, Jaipur

Located just a few minutes from the main city of Jaipur, Ashtam is situated within the stunning Tree of Life resort. The spacious restaurant – open, airy, minimalistic and done up in shades of white – is divided into indoor and outdoor sections with plenty of space between tables for privacy. As you step inside, you feel a certain sense of calm enveloping you. There are multiple huge windows overlooking the lush green lawns, and sitting at the tables placed right next to them means you can enjoy your meal with a view.

There are very few places that manage to serve a great Crispy Old-Fashioned English Waffle with fresh fruits, whipped cream, and maple syrup for breakfast, a rich Jodhpuri Mirchi Paneer Sabzi for

lunch, and a comforting Panchratan Dal with Kurkuri Bhindi along with Jalebi and Rabdi for dinner. Ashtam does, and does them exceedingly well, with a menu featuring American, European and Indian cuisine.

What We Ate And Drank: We started our lunch with the Jalapenos Cheese Balls that came generously stuffed with melted cheese. Next, we had a portion each of Rajwadi Paneer and Tandoori Malai Broccoli, both were rich on the tongue yet somehow light on the stomach. We then had a few spoonfuls of the Roasted Pumpkin Soup with garlic croutons that felt like a hug in a bowl.

For our mains, we tried the European Moussaka, a classic Greek dish that came packed with flavour and textures, as well as the Homemade Gnocchi in Pesto Sauce; we couldn't find fault with it. Upon the chef's recommendation, we tried the Chana Madra, a rich chickpea and yoghurt preparation from Himachal Pradesh that left us wanting more.

We ended the lovely meal with a decadent Kulfi and Espresso Pudding, a coffee-flavoured pudding served with chocolate syrup.

Location: Tree Of Life Resort & Spa, Kacherawala, Jaipur, Rajasthan

Price Points: ₹2,100 for two **F**

By Samara Setia

A woman of many talents, Dr. Gunita is an inspiration to all young women who wish to stand on their own feet.



Dr. Gunita Singh | Dr. Tanvir Singh

Dr. Gunita Singh, a practicing Cosmetic and Laser surgeon with a specialty in smile design, is one of the most sought after dentists in today's time. A pioneer in laser cases, she did her M.D in Dental Lasers from Austria.

Today she has a fully equipped centre in vasant vihar by the name DENTEM a state of the art clinic, that provides all dental solutions under one roof. She believes she can do magic to dental health with her lasers and expertise. She shares the credit of her success with her partner in business and life, her husband, Dr. Tanvir Singh. They work closely to ensure the success of their several dental clinics across Delhi.

With Dr. Tanvir's specialty in orthodontics and Dr. Gunita's talent of creating a perfect smile through her specialty in cosmetics, their work compliments each other perfectly.

A philanthropist at heart, she strongly believes in giving back to society.

She is a part of various NGOs and organisations and also runs a charitable dental clinic in Vasant Vihar under the

trust, S. Harward Singh Memorial Educational Trust. The parallel dental clinic provides people with top-notch dental care for zero cost.

She also believes in the power of knowledge and education. A true academician, she runs an academy to train new dentists to reach their full potential. Making aspiring dentists, the best versions of themselves has always been her forte. The academy is fully equipped with the latest technology for the benefit of students.

During the pandemic, in the worst of times, Dr. Gunita Singh who is also a consultant at the Sir Ganga Ram hospital new delhi, showed everyone what it means to be a healthcare worker when she risked her own life in order to help others. She selflessly worked in the covid ward of the Ganga ram hospital. She also started a covid helpline in vasant vihar with few others to help those in need especially the senior citizens.

A lover of books, nature and travel, she is a woman with many hobbies as she believes strongly in maintaining a work-life balance. "Work hard, party harder" are words you will often hear from her. She is



Arsheen Singh, Surveen Singh
Mrs & Mr. Harkanwar Lamba



extremely Fond of exploring new cultures and cities, she loves to travel especially with her family. She enjoys reading as well as collecting books, she has a library in almost every clinic.

She believes that behind every successful woman, there is a tribe of supportive women. Be it her mother Mrs. Tripta Lamba whose parenting and nurturing made her who she is today or her two daughters Arsheen Singh & Surveen Singh who are the light of her life or even her team of dentists, who work hard every day and give her patients the best dental care. "Empowered women empower women" is her mantra.

However, she gives credit of her success to her father Mr. Harkanwar Pal Singh Lamba who advised her to pursue dentistry and continues to guide her till date. She believes that she would not have made it here without the love and support of her family.

Throughout her career she has always made her family her biggest priority, even though it has been challenging at times but that's what gives her maximum satisfaction and happiness.

She is also super proud that her daughters are following her footsteps and pursuing the path of medicine.

Dr Gunita Singh / Dentem The Dental & Orthodontic Clinic
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Landline: 011-26155052/53 | Email: drsinghgunita@gmail.com

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Picking Up The PIECES

Yes, you *will* recover from heartbreak.

Mehak Sirohi has ways to help

The heart wants what it wants. And that is sometimes what keeps a person from recovering from a big break-up or any kind of romantic heartbreak. Here are simple tips to help you heal faster and move on in life.

Take The Time To Grieve

Just like with any other big loss, give yourself permission to grieve the end of this period of your life. Whether big or small, every romantic relationship has an impact on our lives, therefore, it is very important to mourn the love lost. Locking away your emotions and refusing to even think about the relationship is only going to make it harder for you to move on. Instead, take the time to wallow, whether it is by indulging in ice cream or binge watching early 2000s rom-coms.

Sit down and allow yourself to cry and feel all your emotions, instead of shutting down and cutting people out. This is one of the healthiest ways to deal with a broken heart.

Find Something New

After a break-up, you might realise that you have a lot of free time on your hands. Distract yourself by trying something new, something that has been on your bucket list forever, whether it is a class or a trip. Yes, it is hard to get out of the comfort and routine that a relationship brings to our lives, but spending all that newfound leisure time on something

Give yourself permission to grieve the end of this period of your life

productive will make you feel good and positive about yourself, and give you something to look forward to.

Meditate Or Exercise

Meditating and working out is a great way to deal with all the unhealthy energy that you've been trying to ignore. It will not only help you cope and distract you, but also make you feel less stressed, and more accepting of the situation.

Discard What Needs To Go

It might not be easy for you to immediately let go of the things that are a reminder of a soured relationship, but being surrounded by such mementos might slow down your healing process. It is a good idea to box up and put the things away until you can deal with them and move on.

Appreciate The Good

A relationship is a big deal, and a good way to acknowledge its importance and impact before you move on is by appreciating all the good that it brought. The memories, the moments shared, the lessons learned – keep them as a reminder of the growth that came out of it. **F**



DR. JYOTI BALI

MBBS, MS, Fellowship in Reproductive Medicine
Director, BabySoon Fertility and IVF
Center New Delhi

BEAT IT & LIVE IT: Polycystic Ovary (PCO)

PCOS (polycystic ovarian syndrome) is a hormonal condition that affects many women of reproductive age (15-45yrs). Women with PCOS may have irregular or prolonged menstrual cycles, insulin resistance as well as high levels of the male hormone androgen. The ovaries may produce a many small cysts (fluid filled sacs) and fail to release eggs on a regular basis. PCOS prevalence is high as 23% in India, 1 out of every 5 women in reproductive age is PCOS.

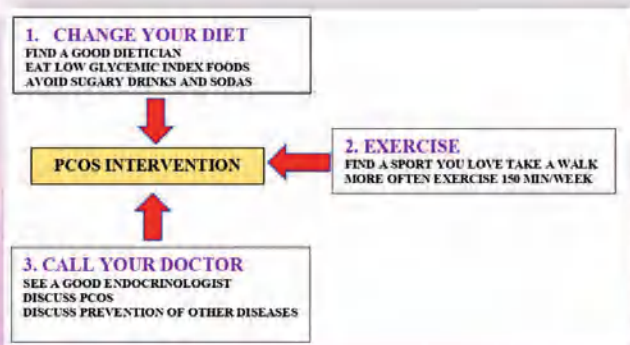
PCOS SYMPTOMS

- Hair Loss
- Hirsutism
- Pelvic Pain
- Infertility
- Overweight
- Irregular Periods
- Fatigue
- Acne
- High Testosterone Levels

HOW DOES IT LEAD TO INFERTILITY

Usually by day 12-14 of a women's menstrual cycle, egg matures & ruptures & goes in tube to meet sperm to form embryo. In PCO patients either it doesn't mature or it does not rupture. So, there is no egg for the sperm to fertilize and hence no pregnancy. PCO patients can develop Obesity, diabetes, hypertension, heart disease, endometrial (uterus lining) cancer.

PREVENTION & TREATMENT "THE PCOS RULES"



Contact Us: 9856 665 666, 93110 63063

SOUTH DELHI: E-11, East of Kailash Near Kailash Colony Metro Station, (Opp. Metro Pillar no. 77, adjacent to YES Bank)
CENTRAL DELHI: 20 B/3, D.B Gupta Road, Karol Bagh

PCOS as such cannot be prevented. The woman is born with this condition but the hormone imbalance can be balanced by:

LIFESTYLE CHANGES

- Exercise-Improves insulin Resistance
- Weight management
- Stress management

DIETARY CHANGES

- Avoid junk food, fatty food, food made of refined flour and dairy products
- Take high fibre diet- Green vegetables and fruits

TREATMENT

1. Birth control pills
 - Helps to regularize periods
 - Treatment of hirsutism and acne. They will prevent further hair growth & not on the already established hair growth. For already established hair growth you have to get your hair removed by epilators/ waxing/ hair removal cream/ lasers.
2. Progesterone tablets given to those who do not get periods on their own.
3. Metformin: This is given to patients with menstrual irregularities and infertility in PCOS. It helps in weight loss also.
4. Inositol supplements: - fight against insulin resistance

PCOS WITH INFERTILITY

1. Ovulation Induction: Medicines and injections are given to mature & to release the egg. Simultaneously patient is called for serial ultrasound visits frequently (follicular monitoring) to look for the egg size whether it is growing appropriately and eventually rupturing or not. When the egg is ruptured, we ask the patient to have natural intercourse for 2 -3 days. Success rate is 7-10%.

2. IUI (Intrauterine insemination): Semen sample of husband washed in laboratory. Combined with ovulation induction and ultrasound monitoring, egg size is monitored. When egg is released, husband's semen (washed sample) is put into wife's uterus. Pregnancy test is done by a urine pregnancy kit after 2 weeks. Success rate is 15-20%

3. IVF (In vitro Fertilization) or Test Tube Baby: In these sperms and eggs are fertilized outside the body to form embryo (baby). Embryos are then transferred into the uterus. This is a highly specialized procedure and is done in a hospital where in vitro fertilization facilities are available. Success rate is 50-60%. Usually, many embryos are formed in PCO patients and a fresh transfer is not done due to risk of ovarian hyper stimulation (abdominal pain, vomiting, fluid collection in abdomen) so embryos are frozen. Frozen embryos are transferred; studies have shown that success rate of frozen embryo transfer is better than a fresh embryo transfer. Balance embryos can be used in future without undergoing IVF. This is called frozen embryo transfer.

From First To Forever

Avoid awkward silences on your first meeting. **Samara Setia** tells you how to get to know your date better



When it comes to first dates, the experience can be both exciting and terrifying. There's a possibility you'll meet someone with whom you instantly connect, but there's also a chance you'll be sitting across from someone with whom you have nothing in common. Putting together a first-date strategy can be stressful. With pre-date anxiety and attempting to pick the right outfit, you might not pay much attention to what kind of first date questions you should ask, but considering these in advance will pay off. The objective is to prevent awkward silences and move beyond casual conversation so you can get to know the person with whom you're on a date.

Whether you're playing the field after a long time or just looking to meet new people, we've got some tips on first-date conversation starters. Keep these pointers in mind to have a great time and get to know the person too...

Discuss Your Background

When you and your date exchange childhood experiences, it might strengthen your connection and help you understand more about each

other. Talking about where you're from, your family life, and memories from your upbringing might help offer insights about each other, whether you come from similar or quite different backgrounds. A warning however: Don't overshare, and don't share sensitive information. You don't want to cause problems for yourself in the future.

Ask About His Hobbies

Try to find some common ground here. Does he enjoy running, cycling, music, theatre, or art exhibitions? By discussing what you enjoy doing for leisure, you are finding out more about him while also allowing him to learn more about you. You'll discover (a little about) his tastes while also determining how much spare time he has and how he spends it. You'll almost certainly have something in common, and, even if you don't, hearing someone speak passionately about a hobby is always fascinating. You can also ask each other silly questions and share embarrassing stories to see if your sense of humour is compatible with his.

Bring Up Travel

Some people want to explore the world, while others choose to stay close to

family and friends. Find out what your date prefers. Travel is a great first-date topic since it allows you to discuss your travel experiences (both good and bad), open up about locations you'd like to visit one day, and scope out incompatibilities.

Talk About Food

Because first dates aren't necessarily about food, chatting about it can be a fantastic way to set the table for a second date. On a more practical level, this might even help to prevent awkward dinner date situations. It might also reflect how experimental or fussy he is – about food and life in general.

Just Have Fun With It

Keep in mind that you're aiming to work out whether or not you appreciate this person's company. While it's critical to ensure that your underlying values match, especially if you want to get into a serious relationship, it is also crucial to acknowledge that simply getting to know someone new can be delightful. Keep it light on the first date; later dates – if warranted – will allow for a deeper relationship. **F**

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DELHI | NOIDA | MUMBAI | NEW YORK



Delhi, the Indian capital, has always welcomed visitors with its rich history, culture, food and vibe, and that's the reason why people also call it Dilwalon Ki Dilli (the city with a big heart!). If you've already explored Sarojini Market, Qutub Minar and Red Fort and are looking for something different to do on your next visit to Delhi, or even on a new exploration of the capital, here are a few things you might want to add to your itinerary.

Marvel At The Beauty Of Jama Masjid

Experience the serenity of Jama Masjid, one of the largest monuments in old Delhi, and a perfect example of the splendour of Mughal architecture.

Explore Chandni Chowk

The chaotic market scene of Chandini Chowk is perfect for a day out. Whether you're looking for food, jewellery or clothes,

Rediscovering DELHI

Mehak Sirohi shares different things you can do in Delhi on your next visit to the capital



Chandni Chowk is bound to surprise you. Oh, the place also has some incredible old food joints that you cannot miss!

Wander Through Lodhi Gardens

Strolling through Lodhi Gardens is another great way to spend time in the city. Sited in the heart of the city, this is where you get a chance to admire the many

royal tombs and ancient verandas and witness a slice of Delhi's beautiful heritage. It's also a great place to spend time with your family.

Walk Through Culture

The beautiful and diverse capital city has a very rich culture that many miss out on. Why not sign up for a cultural walk

to immerse yourself in this multifaceted city? There are plenty of tour agencies who organise these. Or you can do one yourself: start from the Digambar Jain Lal Temple and end at Jama Masjid, and you'll get a chance to enjoy the bazaars of Chandni Chowk, old havelis, the town hall, and the golden mosque, among other sites, along the way.

Explore Hauz Khas

The beautiful and historic Hauz Khas Village has a lot to offer locals and visitors. Think stunning tombs, a mosque, and an antiquated water tank, several eating outlets, bistros, shopping centres, and nurseries.

Enjoy The Fairs of Pragati Maidan

Pragati Maidan is where all the best events, concerts and fairs take place. There is always something happening here, so make sure to check and book tickets, if applicable, to have access to your favourite events and activities across these 150 acres. **F**



Dr Shailesh Jain is a well known gynaecologist presently working at Eternal hospital, Jaipur.

He is known for his laparoscopy operating skills and sense of humour. He is author of the best selling Hindi short stories book "Jajbaaton ki gullak" available at Amazon & Flipkart.

amazon

<https://amzn.eu/d/cH8il35>



Dr Shailesh Jain
(Gynae endoscopy surgeon)

<https://g.co/kgs/CCMMKT>

Menstrual Irregularities...

Every woman is blessed with wonderful qualities that a man cannot even think of. She can have a life in her body...she washes off all her agony every month and start with a fresh mood. As new world empowered women are tackling both personal and professional lives smoothly, they require a normal lifestyle that includes normal home-office-home cycle, normal sexual cycle and normal menstrual cycle.

In today's scenario, as we are working in stressful target oriented jobs our brains require persistent relaxation. To tackle family and profession simultaneously is a tedious job. Stressful conditions lead to menstrual irregularities. Women in reproductive age group (25-45 years) and beyond (perimenopausal group) face menstrual irregularities in form of frequent periods, heavy periods or delayed periods.

Usually peri menopause have menstrual bleeding which have decreased flow and increased duration leading finally to menopause. But some females face increased flow with clots or frequent periods and this require evaluation. A normal pelvic ultrasound can reveal the cause. It may be a fibroid, ovarian cyst or just increased endometrial thickness. Now a days, due to unhealthy eating habits and mental stress, hormones in a female vary and show a change in normal cyclical pattern.

This may result in formation of fibroids or ovarian cysts.

Simple way is just to consult your gynaecologist. All your queries like "is this related to cancer...does it require operation...do we need cancer screening tests" will be resolved. In most of the cases, peri menopausal and post menopausal bleeding is benign that is non cancerous. But in post menopausal bleeding we have to rule out endometrial cancer by taking a biopsy from uterus. This is a simple OPD or day care procedure if done with hysteroscopy. I hope you all know about paps smear, the screening test for cancer cervix. This is mandatory for all sexually active females annually. Now, let's talk about these fibroids and ovarian cysts. Usually these are benign and when small in size need not to be operated. Some of these grow in size over a period. We have to evaluate these by ultrasound or MRI. For small sizes we have medicines to take care of them. Most of these dissolve by medicines within three to six months. If size increase even after the medical management then we have to move for a surgery. Now a days, Laparoscopy is boon for the medical field as well as patients.

Laparoscopic surgeries are minimal access surgeries which are beneficial to patients in many aspects. Firstly, surgeons use a big size high definition camera and monitor screen to see minute details inside your abdomen.



Instruments are inserted with minimal 3-5 mm incisions inside abdomen and disease is visualised on a big screen. It's easy to perform surgeries when you are viewing it on big screen but require expertise and great skill. I being a laparoscopic gynae surgeon believe that we gain expertise over these surgeries over a few years. At our centre we are equipped with all recent machines and we perform all type of gynae endoscopic surgeries.

As patients require only one to two days stay at hospital and post operative period is pain free, all our patients go happy faces...At the time of follow up, we often get surprised that.. "is she the same woman we operated for a large fibroid 7 days back" and this is the back ground story of our success.. You give your best in your work and life will pay you the best in return....

For any query or tele / video consultation contact: +91 86195 51839 | Or mail at: jainshailesh2001@yahoo.com



THE SECRET TO SOFT HAIR

What: Flango Conditioner from Secret Haircare

The newly-launched Flango Conditioner from Secret Haircare is a blend of 100% organic mango butter and flaxseed oil. Mango butter contains hydrophilic glycerin that pulls moisture into your hair, hydrating and adding a lustrous shine, with no residue left behind. It is also abundant in antioxidants that shield hair from destructive UV rays, dirt, pollutants and bacteria, protecting your hair from the harsh elements of the urban

environment. Flaxseed is packed with proteins, vitamins and fatty acids such as vitamins E and B, and omega 3, which deliver essential nutrition to make hair stronger, aid growth, and improve manageability. The product also lists organic ingredients such as aloe vera hydrosol, almond oil, avocado oil, glycerin, jatamansi extract, candelilla wax and coconut oil.

Price: ₹799 for 200 ml
Available from: thesecrethaircare.com

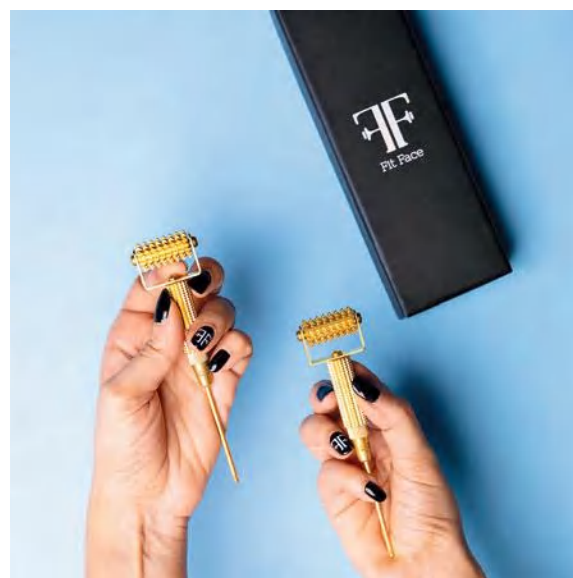
A NEW WAY TO GLOW

What: The Glow Builder from Nutriherbs

With the power of 40 superfoods in the form of vitamins, minerals and probiotics that work to keep your skin supple, smooth and healthier looking, Nutriherbs Glow Builder aims to be the perfect fix for an instant glow. The high level of vitamins promises to energise you and boost

your immunity, while antioxidants such as vitamins A and C help to fight off inflammation. The product works to make brittle nails stronger, and its trace minerals, including magnesium and copper, promise increased hydration in skin cells.

Price: ₹1,099
Available from: nutriherbs.in



SCULPT YOUR FACE

What: Face tools from Fit Face

Fit Face has recently launched a line of non-invasive face tools to help you achieve a chiselled and sculpted face. The line includes rollers, depuffing ice globes and sculpting gua shas. The Gua Sha is made of kansa, said to have numerous healing

properties, and is designed to hug every contour of the face. The Ice Sphere works to pamper and nourish the skin and is the most convenient and easy way to ice your face. The spiked studs on the Roller massage the skin and aid in the deeper penetration of skincare products.

Price: ₹1,416 onwards
Available from: fitface.in

Compiled by Ravina M Sachdev



Dr Preeti Sharma

EXERCISE AND HEART HEALTH

Exercise is known to be a heart healthy lifestyle habit. It is thought to be the single best intervention to control several risk factors for heart attack i.e better control of blood pressure, cholesterol and blood sugar. However we read about deaths due to cardiac arrest and heart attacks during vigorous exercise which seems paradoxical and disturbing.

Our heart is a muscle, and it gets stronger and healthier if we lead an active life. It's never too late to start exercising, and we don't have to become an athlete, for exercise to be effective. Only brisk walking for 30 minutes a day can make a huge difference.



How exercise benefits the heart:

Uncontrolled sugar, cholesterol and blood pressure are the leading causes of cholesterol deposition in the blood vessels of the heart (coronary arteries).

This leads to occlusion in the coronary arteries and results in heart attacks. A moderate exercise (30 min/day on most days of the week) favourably modifies all these risk factors and helps in prevention of heart attacks.

Once you start exercising, you'll start seeing the benefits. People who don't exercise are almost twice as likely to get heart disease as people who are active.

Regular exercise can help:

- Burn calories, reduction in body weight
- Reduction in blood pressure
- Reduce LDL "Bad" cholesterol
- Boost HDL "good" cholesterol
- Improved muscle strength and functional capacity

Types of Exercise

Your exercise plan should include: Aerobic exercises (cardio): Running,

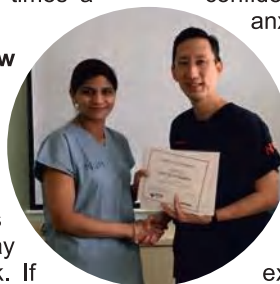
jogging, and cycling are some examples. When moving fast enough during cardio, the heart rate rises and breathing deeper and faster. One should stay with the level of intensity that one is able to speak in sentences while doing cardio. Otherwise, you are pushing too hard. If you have joint problems, choose a low-impact activity, like swimming or walking.

Stretching: It helps by improving flexibility of muscles and joints. After warming up or aerobics, regular stretching a couple of times a week is beneficial.

Strength training: One can use weights, resistance bands, or your own body weight (Yoga) for this. This should be done 2 to 3 times a week.

Exercise and How Often?

Aim for at least 150 minutes a week of moderate-intensity activity (such as brisk walking). That amounts to about 30 minutes a day at least 5 days a week. If you're just getting started, you can slowly build up to that. In time, you can make your workouts longer or more challenging. Do that gradually, so your body can adjust. Keep the intensity low for a few minutes at the start and at the end of the workout.



This way, you warm up and cool down each time.

Exercise Precautions

Research has found evidence that high intensity exercise can acutely increase the risk for sudden cardiac arrest or sudden cardiac death in individuals with underlying cardiac disease. This can also increase the risk of heart rhythm disorders for some people.

Therefore undergo a medical exam before indulging in any vigorous exercise training. If you have chest pain, breathing difficulty, fatigue or palpitation during exertion, consult a cardiologist. Patients with newly diagnosed heart disease who participate in an exercise program report an earlier return to work and improvements in other measures of quality of life, such as more self-confidence, lower stress, and less anxiety levels.

Moderate exercise is still the best prescription for good physical and mental health. "Slow and steady" is the mantra to follow, and not just for those who know they have heart concerns. Increasing exercise intensity gradually should be the go-to strategy for everyone.

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Call: 9997242020
Email: preetisharma76.ps@gmail.com

Be Always Photo Ready

What: New primer from Smashbox India

Enriched with the goodness of rose, peony and the iconic silkscreen complex, the Smashbox Photo Finish Revitalize 8-in-1 Primer Essence promises to not only prep, set, and revitalise your skin, but also protect it from environment aggressors. The multi-tasking face spray hydrates, nourishes and strengthens skin, packing eight skin-loving, makeup-perfecting benefits into every drop. The spray is also available in a travel size.

Price: ₹1,200 onwards

Available from: smashbox.com



CHIC & STYLISH

What: The new collection from Boss Babe

Ayushi Khandelwal launched Boss Babe during the pandemic. The brand focuses on creating timeless and statement pieces that last a lifetime. It recently launched its new collection The Women Of The Moment, which features outfits that are both feminine and fierce. Think beaded, feathered and embellished dresses in interesting silhouettes and colours. The bestselling RSVP mini dress is a stunning strapless number with feathers. Boss Babe promises that its dresses, with intricate beadwork, will work whether you're going to Vegas or for a night out on the town with the girls.

Price: On request

Available from:

@bossbabe_label on Instagram



Beads & Bling

What: Baubles from Mirelle

Made in India, Mirelle is a pure silver jewellery brand that offers premium quality, tastefully designed, affordable jewellery. Each piece is manufactured and hand-finished with the finest quality zircons and 18k gold plating. From everyday classics to timeless statement pieces, the brand offers jewellery for every occasion. From gemstone earrings to studded cocktail rings, the bejewelled pieces

make great conversation starters. The recently-launched Festive Baubles collection includes classic and evergreen pieces such as ruby link dangles crafted with radiant, deep-hued rubies framed with sparkling zircons. The bestselling citrine clip-on cocktail earrings are minimalistic yet glamorous, perfect for a high fashion event. Mirelle also offers personalised jewellery pieces.

Price: ₹2,999 onwards

Available from: mirelle.co.in

Compiled by Ravina M Sachdev

Women & Kidney Care

By: Dr Vikram Kalra



Dr Vikram Kalra

MBBS; MD; DM (Nephrology, AIIMS)
Vice President, Delhi Nephrology Society
Additional Director and Senior
Consultant Department of Nephrology
and Kidney Transplantation
Aakash Healthcare Super Speciality
Hospital, Dwarka, New Delhi.
Dr Vikram Kalra has a rich experience of
more than 22 years in the field of
Nephrology and Kidney Transplant, with
expertise in high risk and ABO
incompatible Kidney Transplants.

donating kidneys to male members is far higher.

What are the kidney diseases more common in women?

Urinary tract infection is very common in girls and adult females. The infection, commonly due to bacteria, starts in the lower urinary tract and spreads upward causing kidney infection (pyelonephritis). Females are more prone to urine infections due to the anatomy of their genitourinary tract.

Autoimmune diseases like Systemic Lupus Erythematosus, Rheumatoid Arthritis, Scleroderma are much common in women and these affect the kidneys and can lead to renal failure.

What are the common causes of CKD?

Diabetes and blood pressure are the leading causes for renal failure in women, followed by heart disease, glomerulonephritis (autoimmune diseases), kidney stone, genetic diseases like polycystic disease and cancers. In young girls, congenital defects are common.

What are the challenges pertinent to women?

Women with chronic kidney disease may have

- Irregular menstrual cycles, infertility.
- Greater risk for high blood pressure and seizures, preterm delivery, premature abortions, intrauterine foetal death, and of kidney function deterioration during pregnancy.
- Higher depression (1 in 4) when on dialysis.
- High risk of sepsis and acute kidney injury when subjected to unsafe abortion.

What are the symptoms of kidney disease?

Fall in urine output, blood in urine Pain in flanks, burning while passing urine Increase frequency, passing urine multiple times in night Weakness, lethargy, low

haemoglobin, unexplained body ache Unexplained rise in blood pressure, fall in sugar level in diabetic patients Swelling over feet and puffiness of eyes Decrease appetite, vomiting.

How is kidney disease diagnosed?

There are a few simple tests which one can do

- Blood test – Urea , Creatinine (calculate kidney function by calculating eGFR).
- Urine analysis; Urine protein / creatinine ratio.
- Ultrasound of kidneys, ureter, urinary bladder.

How can one protect kidneys?

- Avoid self-medication – especially pain killers.
- Monitor and maintain blood pressure and sugars.
- Have a healthy diet, avoid smoking and excessive alcohol, maintain hydration
- Exercise regularly at least 30-45 mins per day.
- Schedule regular check-ups and tests if at all one is suffering from diabetes, high blood pressure, has had complication during a pregnancy, heart problems, autoimmune disease, family history of kidney disease.

What are the options once kidneys fail?

We call it Chronic Kidney Disease stage 5, this is the stage where one will require Renal Replacement Therapy (Dialysis or Kidney Transplant).

What is your message for our readers?

CKD is a progressive disease and affects other organs like heart, brain, muscles, bones, red blood cells and decreases life expectancy. By 2040, it is expected to be the fifth leading cause of death, so protect your KIDNEYS to protect your HEART.

Dr Vikram Kalra

Aakash healthcare: Super Speciality Hospital, Dwarka, New Delhi - 110075
Email: docvikramkalra@gmail.com
Call: 9891128869

Almost 10% of the world population is suffering from chronic kidney disease which affects all ages and races, women being at a slightly higher risk than men and facing specific challenges related to this condition. Chronic kidney disease (CKD) is associated with high morbidity and mortality and is the eighth leading cause of death in women. Unfortunately, even today, with all our social 'progress' women are deprived of education and medical care in many parts of the world. They are still not at par with men when it comes to health care. This is reflected in data which shows the vast disparity in the male to female ratio for dialysis and kidney transplants where as the number of female members



Everyday Fragrance

What: The Calvin Klein Defy Eau de Parfum

The all-new Calvin Klein Defy Eau de Parfum encompasses the same woody signature as the original Eau de Toilette and is presented with an unexpected warmer and darker twist. The fragrance opens with a burst of citrus highlighted by mandarin oil. At its heart, an addictive leather accord builds extreme contrast to the rich vetiver oil at

the base. To reflect the fragrance's modernity, 80.6% of the ingredients are sourced from nature. The luxurious bottle – part of new packaging – pays homage to the edgy aesthetic of Calvin Klein's design codes. The sophisticated weighted glass is coloured in an intense navy blue gradient reminiscent of the campaign's twilight moment.

Price: ₹4,800 onwards

Available from: nykaa.com

For Beautiful Skin

What: Zafferano Oil from Indulgeo Essentials

Indulgeo Essentials is a homegrown skincare brand that creates products using natural ingredients. The newly-launched Indulgeo Essentials Zafferano Oil is a blend of saffron and lupin seed extract. Saffron is known to help keep skin silky, smooth and even toned and to provide anti-ageing benefits. Enhanced by lupin seed, this beauty oil

promises to supplement the skin with collagen-enhancing and skin-firming qualities, making it effective during climate changes. Encapsulating the powerful benefits of hog plum oil, hemp oil, damask rose, and bergamot oil blended in squalane, it is suitable for all skin types.

Price: ₹2,700

Available from:

indulgeoessentials.com



Glam Essentials

What: The Empowered Collection from Huda Beauty

The new Empowered Collection has an eyeshadow palette in everyday shades, creamy gel liner hybrids, a dew-boosting face gloss, a mascara, and a three-piece eyeshadow brush set, along with eye and face masks. The Eyeshadow Palette features buttery-smooth golds, coppers, browns and neutrals. Highly pigmented, the eyeshadows come in exquisite shades and innovative textures. The Gel

Hybrid Eyeliner is an eye-shadow cream that can be used as eyeshadow, liner or eyeshadow base and comes in edgy metallic shades. The Face Gloss Highlighting Dew is a multi-use highlighting gloss perfect for the face and body, while the Eye Lift and Contour Double Peptide Hydrogel Mask instantly lifts, de-puffs, and brightens the eye area while being your makeup prep BFF.

Price: ₹1,050 onwards

Available from: nykaa.com



Compiled by Ravina M Sachdev

Founder & CEO of Indulgeo Essentials, Mrs. Supriya Malik awarded by Dia Mirza at the ET Global Indian Leaders Awards 2022



Mrs. Supriya Malik, Founder & CEO of Indulgeo Essentials, has been awarded the ET Global Indian Leaders Award 2022, the award presented by the beautiful actress and Philanthropist Dia Mirza.

ET Global Indian Leaders Awards acknowledge young achievers from diverse fields who have made their mark and are beyond their competition in a real and true sense. The awards not only recognize and felicitate the achievers but also celebrate their journey which helps inspire the younger generations.

Mrs. Supriya Malik, who is a firm believer of what you cannot eat, should not go on your skin, founded her brand Indulgeo Essentials under the able guidance of her mother Seema Arora in 2016. Indulgeo Essentials yearns to bring the nature's best & finest remedies to one's doorstep setting an example as to how Nature can be used to find all cures & remedies for all kinds of skincare and beauty concerns.

Upon being asked about her success Mantra, Mrs. Malik proudly states how her idea has never been to aggressively launch multiple products in bulk and flood the market but to craft each and every product with a certain sense of purpose and devotion. She started with an aim to provide effective solutions for skin issues like alopecia, acne, hairfall, pigmentation etc. with natural ingredients in their purest form.

Mrs. Supriya Malik says she started her homegrown brand after suffering from alopecia herself for a long time. She further goes on to say how her brand's Luxuriant Hair Vitalizer, their most famous hair concoction was initially designed by her mother Seema Arora herself for her own treatment which gave her results which no other allopathic medication could provide.

Her mother went through an extensive research and did online and offline courses on essential oils and Ayurvedic formulation. She says that her mother had been creating different concoctions for the last eighteen years and owes her brand's success to her mother without whose guidance and knowledge, she wouldn't have been able to run Indulgeo Essentials and further take it to greater heights. Mrs. Malik has mastered the complex formulations and manufacturing techniques to make skincare & haircare products with unique oil blends and natural ingredients.

Her brand has been able to provide an edge to the age-old concoctions making skincare & haircare miracles for the most difficult skin issues available to the masses.

Drawing an analogy with a mother's home made food being healthier and safer than food from the outside, she says that her brand believes in a home grown product being designed with utmost care for hygiene and cleanliness standards since a brand like hers has its own story behind its products. She claims that her brand's special ingredient is love which is put in large quantities in every product for her vast clientele. The brand is based on the belief that since Nature takes its own time to heal and requires commitment & determination to see any results, the same goes for the chemicals & toxins inside one's body and it requires patience and consistency to let nature do its magic.

The ET Global Indian Leaders Awards are given to only C-level professionals i.e., CEOs, CFOs, COOs, CTOs, CSOs, CROs, Members and the Chairman of boards, and other key organizational leaders who have shown distinguished activity, exceptional leadership qualities and prominent achievement in the area of Business Management & Leadership. To recognize the bright minds, a survey is conducted and several entities are assessed.

Times takes pride in acknowledging the young achievers and initiating concepts that strengthen key facets of the Indian business and, therefore, to further strengthen the same, they have come up with this flagship initiative of ET Global Indian Leaders Awards which has served as another feather in Supriya Malik's cap.



In The Long Run

The unspoken truths of dating someone for a long time; by **Ravina M Sachdev**

Let's admit it, falling in love and staying in love are two different things. The truth is, over time, our feelings change.

Sadly, the butterflies, the thrill, and the exhilarating rush of falling in love are not permanent. Every long-term couple goes through rough patches in their relationships. The key to making it last? To constantly work on your relationship and remember that the two of you are on the same team. Here are some helpful expectations about long-term coupledom.



Long-Term Relationships Do Feel Boring At Times

Let's admit it, being with someone for a long period of time can get boring in comparison to the initial phase. The excitement of being in love does fade away after a point but those who truly love each other work on finding joy and happiness every day. Also, remember to not rely on your partner for excitement, as it might end up putting too much pressure on the person.

You Have To Continue To Grow... Separately

One of the main reasons why people end up breaking it off with their long-term partners is because they get too dependent and then feel disappointed when the other person is unable to fulfill their expectations. For a relationship to work, it's important for each person to have some independence from their partner.

Don't Drag Out Your Fights

If you tend to bring up your partner's previous mistakes from years ago in your current argument, it's high time you stopped doing so. In any relationship, it's important to forgive and move on. When you don't forgive your partner after a fight, the topic is bound to come up during your next argument.

It's Okay To Go To Bed Angry

You know that old saying that you should never go to bed angry? Well, not everybody agrees. After a long workday, you're tired and cranky and this is not a good combination for effective conflict management.

It'd be a good idea to sleep on it rather than go around in circles about the same argument with your partner. **F**

BEING SPORTY, BEING STYLISH

SANAYA MEHTA VYAS is all about balancing her life between entrepreneurship, motherhood and sport. **Kayal Arivalan** talks to her about juggling roles

Fitness enthusiast and entrepreneur Sanaya Mehta Vyas always cares about looking and feeling her best. "Fitness is an integral part of my life; and I've been interested in sports since I was a child," she tells us. "I was a basketball player and athlete throughout school and college. In college, I became a fitness instructor and was taught by one of the best in the profession, Indira Anklesaria, who has served as my mentor and advisor for the past decade. After becoming a mother to my two children Samara and Nirvhan, I began playing rugby at the age of 38."

Sanaya divides her time equally between work, family and sport. She is a director with the Selvel One Group, an Out-of-Home (OOH) advertising company based in Kolkata, a third-generation family enterprise and one of India's oldest OOH companies. "Outside of my day job as director of Selvel One, I spend most of my time training with my friends at my fitness class or on the rugby field," reveals the businesswoman, who cites her mother as her inspiration. "During the lockdown, she led the whole family in working on physical skills and goals. We spent hours every day working out together, and I used the time to improve my fitness education and earn my master trainer certification from the International Sports Science Association. The youngsters got fit and powerful, and they will carry this with them for the rest of their lives."

Fascinated with fashion, she feels that proper styling is the key to presentation. "I am fortunate to have learnt the finer points of fashion from my good friend (designer) Anamika Khanna," she avers.



Fascinated with fashion, Sanaya feels that proper styling is the key to presentation

"I believe her attention to detail, cuts and fits, and styling has significantly altered the way Indian women dress. While I adore haute couture, my everyday style has always leant toward athleisure, which allows me to combine my two greatest passions, athletics and fashion."

Sanaya is an avid rugby and basketball player, and currently the Vice President of Rugby India. "I am honoured to have led the team on the field," she enthuses. "We are proud that the youngest member of our team is 13 and the oldest 45. Each pushes the other to improve."

Rugby is expanding by leaps and bounds in India. There is renewed interest in the sport, particularly among the women's squad. Sanaya firmly believes that rugby will be the sport to follow over the next few years.

SASWATI DAS - A WOMAN OF SUBSTANCE



housewife and mother while endeavouring to light up the gloomy world of the needy. It is not everyone who has the time or inclination to think about the poor and deprived, but Ms. Das has made it her goal to extend a helping hand for children living in slums so that they could get educated.

As Vice-President of SOA, she is involved in the development and progress of the university. At the same time, she functions as the Chief Mentor of Jaago, a socio-cultural movement dedicated to the development of underprivileged children of Bhubaneswar city. Jaago, which has hundreds of SOA students as its volunteers, has taken up a novel

project to teach slum children six days a week in the university campus.

Backed by the university as part of its activities relating to societal responsibility, Jaago has been a success story with students donning the role of teachers to help children excel in their studies.

“Jaago aims to make university students think about the society and societal issues and inculcate in them humanitarian values,” Ms. Das, a post-graduate in history from Utkal University, said. Under the Jaago banner, students and faculty members also visit slums to talk to the families of the children under their tutelage and inculcate lessons in

Being a housewife carries enormous responsibilities for a woman. Taking care of the family itself is an onerous task which keeps her occupied through the day. But stepping out of home to lend a helping hand to the disadvantaged and bring smiles in the faces of the distressed and needy requires determination and courage.

Ms. Saswati Das, Vice-President of Siksha 'O' Anusandhan (SOA), a Deemed to be University in Bhubaneswar which is ranked as the 16th best university in the country by National Institutional Ranking Framework (NIRF) this year, has been balancing her role as a





hygiene and healthcare. "We are presently working on a concept called T:3 which represents Together Towards Tomorrow involving children in activities aiming at their holistic development," she said. Ms. Das, who is actively involved in activities linked to women's empowerment, frequently participates in spiritual events, youth programs and events of the National Social Service (NSS). Ms. Das is also Director of Summa Real Media Private Limited, a media house which runs the largest circulated Odia newspaper The Prameya and Odia television news channel Prameya News7.

Though the oft-repeated cliché, 'there is a woman behind every successful man', is often sneered at, it has been true in case of Ms. Das. She has stood like a rock behind her husband, Prof. (Dr.) Manojranjan Nayak, a teacher turned edupreneur who is the Founder President of SOA. Having traversed a long path since 1996, SOA has emerged as one of the finest centre of professional education in the eastern region.

The Deemed to be University, which has quality teaching and research as

its focus, has more than 16,000 students on its rolls, including foreign students, who are pursuing courses in engineering and technology, medical sciences, dental sciences, pharmaceutical sciences, biotechnology, management, hospital administration, agricultural sciences, veterinary sciences and animal husbandry, hospitality and tourism management, legal studies and nursing.

"SOA has become a prominent centre of learning with nearly 52 per cent of its students being girls and is making quick progress," Ms. Das said while pointing out that women played a huge role in the development of the university.



positions in the university. "They have been a great influence and have been taking strategic decisions impacting SOA's journey," she said. A philanthropist at heart, Ms. Das is always willing to support those who are keen to work for the weak and



Around 45 per cent of the faculty members are women who occupied a large number of key administrative

down-trodden. Having promised a physically challenged social worker, Ms. Urbashi Das to provide her a new car so that she could travel, she handed over the car keys to the activist recently. "It gave me a lot of satisfaction that we could help Urbashi with the car so that she could travel as she has been working for the poor, helpless, physically challenged and elderly people," she said.



Siksha 'O' Anusandhan
Deemed to be University
Bhubaneswar-751030, Odisha, India
Website: www.soa.ac.in

Working The May-December Relationship

While a significant age disparity can cause raised eyebrows, the fear of being judged might not deter true love. By **Kayal Arivalan**



You can't always control who you fall in love with; the person might be much older – or younger – than you. Some might think it won't work; but there are certainly couples out there who have found their true love. George and Amal Clooney, for example, have a 17-year gap; Shahid Kapoor and Mira Rajput 13 years between them, and Milind Soman and Ankita Konwar have a nearly 26-year gap. It proves that dating with an age difference is possible, but it is not without unique issues.

Motivational speaker, radio host and author from Punjab **Devina Kaur** shares

advice if you are dating someone, or considering dating someone, much older or younger than you.

Know Your Partner

Understanding your partner is essential in any relationship. Understanding and identifying with your partner's hobbies and actively participating in them is one method to overcome the age gap. The more time you spend with your significant other, the

more you'll connect and feel a part of their life.

Accept The Differences

Accepting the generational divide in your relationship will help you develop a stronger foundation. There might be instances and points at which you disagree with your partner, but it is best to admit your differences and work together to create a happy medium for both of you.

Expect The Uncertainty

There will be uncertainties in your relationship. You will be at different stages of your life, and you cannot compel your partner to relate. Instead of blaming each other for a lack of understanding, having an open and honest conversation will help you address many issues and mutually accept each other.

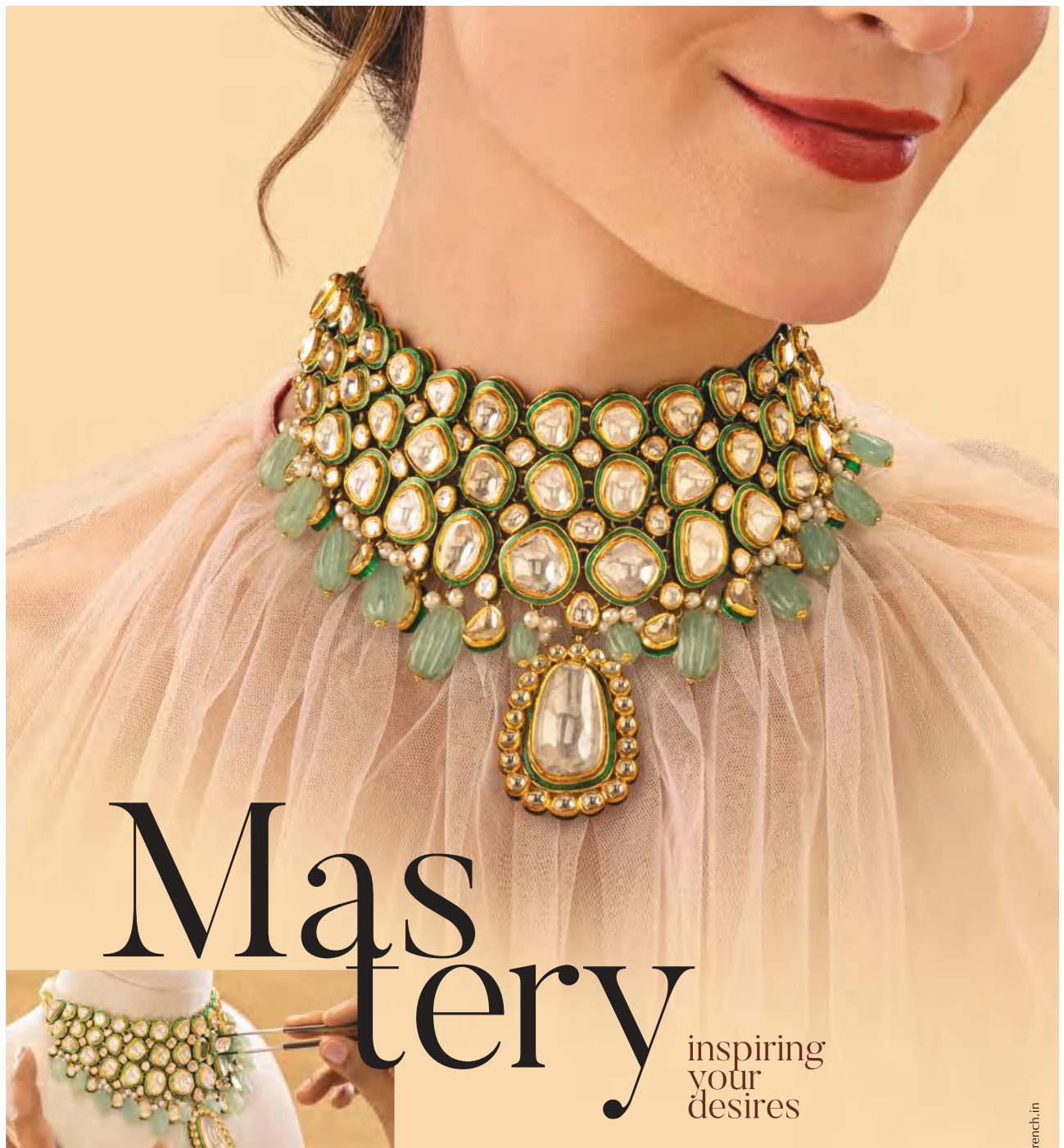
Respect Is Key

Respect for one other and for your partnership is, of course, non-negotiable. You might wind up disagreeing on matters from time to time, but it will not always be because of the age gap. Other reasons for disagreements do exist, and they can be overcome if you are committed to remaining in the relationship and making your union a happy and healthy one.

Work Toward Maturity

Maturity has nothing to do with age and everything to do with life experiences. If you're the younger one, don't be afraid to express yourself, but also listen to your partner's point of view. We all have our own perspectives and ideals, but they can be improved when the minds of two people who love each other come together. **E**

**MATURITY HAS NOTHING
TO DO WITH AGE,
AND EVERYTHING TO DO
WITH LIFE EXPERIENCES**



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MENTAL HEALTH MATTERS

Here are expert-recommended ways to promote children's mental wellbeing. By **Kayal Arivalan**

A child's mental health is reflected in their way of thinking and feeling about themselves and the world. It influences how they deal with the hardships and pressures of life. Raising happy and healthy children can be difficult in a fast-paced and technologically advanced world. Kids are pushed to grow up under immense pressure due to excessive media exposure and the unhealthy rat race. This, in turn, increases the number of cases of depression, trauma and suicide, particularly among adolescents unable to cope with the stresses of daily life. "The quality of the environment in which children and teenagers grow can influence their well-being and development," explains **Anubhuti Das**, a Kolkata-based counselling psychologist. "When children are exposed to negative experiences in their homes, including exposure to violence, the mental illness of a parent or other caregiver, bullying and poverty, it can increase the risk of mental illness."

Anubhuti shares ways to boost your child's mental wellbeing...



DEALING WITH A DISMAL SCENARIO

The stats are alarming. According to the World Health Organization (WHO), nearly 10 to 12% of children and adolescents experience mental disorders. This is a wake-up call to us to give children's mental wellbeing the attention it deserves.

Help Your Child Identify And Express Emotions Healthily

A child might not always be able to express their feelings, especially when they are strong emotions (such as anger and frustration), and often end up throwing tantrums. It is essential to teach them healthy ways to vent. Teach your child good

coping strategies such as deep breathing and indulging in hobbies and in physical activity.

Put A Routine In Place

A routine is essential to a child's wellbeing. They should have a set schedule for sleeping, waking up and mealtimes. These daily

structures will help a child to develop a healthy lifestyle.

Develop Skills And Competencies

Children need to know that challenges will occur at every stage of their life, and they need to learn how to approach these and accomplish goals despite the hurdles they face. Besides achieving academic success and developing individual talents, children should also learn how to interact with their peers.

Enable Independence

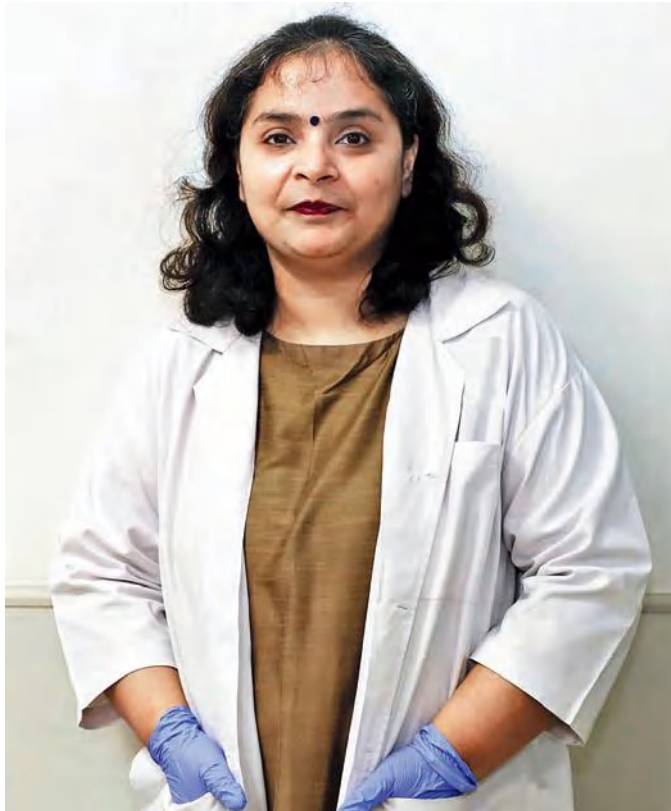
Children feel better about themselves when they can do things on their own. Allot them small everyday tasks that they can perform to boost their confidence.

Encourage Creativity

Parents, teachers and caregivers must teach children creative skills so that they can find outlets to express their emotions. It is essential to understand that every child possesses a unique set of skills, and, while there is nothing wrong with trying something new and challenging, they should also be encouraged to do things for which they already have a natural skill set. **F**

ALL YOU NEED TO KNOW ABOUT IVF

Dr. Aindri Sanyal, Fertility Consultant at Nova IVF Fertility, Kolkata believes that giving birth to your own child is no longer a dream, as she explains more about an alternative birthing procedure, Invitro Fertilization



As infertility rates continue to rise, especially amongst the urban, middle-aged demographic, in vitro fertilisation (IVF) has become the default choice of fertility treatment. Here's all your queries answered regarding the procedure.

WHAT IS IN-VITRO FERTILIZATION?

It's been almost four decades since IVF (in vitro fertilization) was first used. It is a type of assisted

reproductive technology that allows couples who are unable to conceive naturally to have children. A woman's egg and sperm are normally fertilised which is attached to the uterine lining of the mother and continues to grow. Many factors, like one's age and the cause of infertility, influence your possibility of having a healthy baby with IVF.

HOW LONG SHOULD ONE WAIT BEFORE CONSULTING A FERTILITY DOCTOR?

If you are under the age of

35 and have been trying to conceive naturally for over a year, you should consult a fertility specialist. After the age of 35, the ovarian reserve often decreases rapidly in women and begins to diminish with age and is totally depleted between the ages of 40 and 45, leading to perimenopause and then menopause.

If you are over the age of 35 and have tried to conceive naturally for at least six months without success, you should immediately consult a gynaecologist. Even with assisted reproductive technologies, women over the age of 35 have a lower chance of becoming pregnant since the quality of their eggs may decline with age.

WHAT ARE THE DIFFERENT TESTS ONE MUST GO THROUGH IF THEY HAVEN'T CONCEIVED AFTER A YEAR OF TRYING NATURALLY?

Blood tests and semen analysis:

Blood test to check the levels of female hormones, thyroid hormones, prolactin, and male hormones, as well as HIV and hepatitis.

AMH test: This test that will measure the level of anti-müllerian hormone (AMH) in the blood and

plays an important role in the development of sex organs in an unborn baby.

Thyroid test: It is a method for testing the viability of sperm and interaction with cervical mucus.

Transvaginal ultrasonic exam (pelvic): Checks the state of ultrasound, uterus, and ovaries.

Hysterosalpingogram: HSG helps diagnose occlusion of oval tubes and uterine defects.

Laparoscopy: Among these, laparoscopes are inserted into the abdomen through small incisions to find endometriosis, healing, and other conditions.

Endometrial biopsy: The doctor may want to apply for the coating of your uterus lining to see if it is normal, so the embryo could implement it.

ARE THERE ANY SIDE EFFECTS ASSOCIATED?

Mild bruising and soreness at the injection site, nausea, and occasional vomiting are among the side effects of injectable fertility medicines. Temporary allergic responses including redness and/or itchiness at the injection site, breast sensitivity, increased vaginal discharge, mood fluctuations, and fatigue often fade within a few days of egg collection without treatment. In extremely rare instances (less than one percent of women who collect eggs for IVF), OHSS can lead to blood clots and renal failure.

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FOR MORE DETAILS:

Email: info@novaivffertility.com

Toll Free: 1800 313 5677

Coffee Love

What: The Wanderlust Ethiopian Coffee Bath & Body Range from Nykaa

Nykaa's latest addition, the Wanderlust Bath & Body Range - Ethiopian Coffee, brings the goodness of coffee to your skincare regimen with a shower gel, body butter, body lotion, body milk and hand wash. The bath and body collection is scented with coffee, evoking memories of freshly-harvested beans. Coffee is known to be a great source of vitamin B3 and promises to improve skin texture, stimulate collagen formation, and firm the skin.

Price: Rs 299 onwards

Available from: nykaa.com



GOOD SKIN FROM DOWN UNDER

What: Pilgrim launches an Australian skincare range

Vegan skincare brand Pilgrim has launched a new skincare range called Secrets of A-Beauty for acne- and blemish-prone skin. The range comprises a foaming face wash, gel



face wash, toner, non-oily moisturiser, blemish remover serum, and essential oil, all formulated with Australian tea tree oil. This key ingredient is extracted from the leaves of the native Australian plant *Melaleuca alternifolia*, which has anti-bacterial and anti-inflammatory properties, and is known to fight acne. The essential oil in the range works for both skin and hair.

Price: ₹247 onwards
Available from: discoverpilgrim.com



Flower Power For All Skin Types

What: The Body Shop launches the Edelweiss skincare range

The Body Shop has launched a skincare range infused with edelweiss flower, known for its antioxidant properties. Available in sustainable recyclable packaging, the vegan-certified

Edelweiss line-up includes Edelweiss Daily Serum Concentrate, Edelweiss Eye Serum Concentrate, Edelweiss Serum Concentrate Sheet Mask, Edelweiss Bouncy Jelly Mist, Edelweiss Liquid Peel, Edelweiss Cleansing Concentrate, and

Edelweiss Intense Smoothing Cream. The range is suitable for all skin types.

Price: ₹2,495 for the gift set
Available from: thebodyshop.in

Compiled by Kayal Arivalan



art forms in a variety of drapes and outfits. Our designs have always manifested pure and raw art forms," explains the pair that has kept their traditional weaving current and blended contemporary styles into classic perspectives to the delight of fashion enthusiasts.

They strongly believe that it enables them to maintain the continuity of pure art while also meeting the aesthetic demands of the present. "Sometimes, it can be challenging to keep up with the affordability factor. We believe that current fashion should be sustainable, so recycling and the use of organic materials and colours are integral components of the manufacturing process. With each collection, we hope to address the difficulties and inventive approaches required to keep indigenous traditions popular not only in high fashion but also among the general public," said the duo.

The incorporation of natural elements and the concept of sustainable fashion play a significant role in the fashion designers' concept. Utilization of organic materials and eco-friendly production techniques has always been their unique point of appreciation among those who support their creative endeavour, including consumers and artists with whom they collaborate. "We are indeed thankful that we have got the opportunity to be able to contribute and uplift the cause of representing and keeping indigenous art thriving and alive," they conclude.

FASHION FOR ALL

Kolkata's newest designer boutique, **SELF STORY** by **Santanu Guhathakurta** and **Sumit Ghosh Chowdhury**, caters to all things fashion.

Self Story, the brainchild of renowned Kolkata designers Santanu Guhathakurta and Sumit Ghosh Chowdhury, specialises in designer sarees and kurtis. According to the designer duo, their creative inspiration has always been the portrayal of indigenous art forms and keeping them close to contemporary aesthetics so that they do not lose their artistic lustre and splendour.

"Weaving and incorporating Batik and Kantha work into a neo-cosmopolitan idea of art has allowed our craft to be dynamic and to integrate primitive art into contemporary aesthetics. We have been utilising traditional weaves and indigenous representations of history and traditional



Designer Santanu Guhathakurta & Sumit Ghosh Chowdhury

FOR FURTHER DETAILS:

Self Story, 142/1A Sarat Bose Road,
Kolkata-700029

9831811421, 03348025018

Email selfstory.2022@gmail.com



Odisha's Hidden Gem

Visit **Mayurbhanj** for an escape amid a verdant wonderland and to get a taste of royalty

Mayurbhanj is one of Odisha's best-kept secrets, though the place is slowly getting the recognition it deserves as more people realise its potential and the slew of interesting experiences it offers. This district in Odisha, one of the state's largest, hosts a number of places worth exploring – in particular the densely-forested Simlipal National Park and the magnificent Belgadia Palace, home to the erstwhile royal family of Mayurbhanj. This place is not to be missed if you are a nature lover

and in need of much-needed green therapy. Mayurbhanj teems with a number of gushing waterfalls, and also has plenty of surprises in store for the arts and culture enthusiast, as you are greeted with a thriving arts and handicrafts scene.

Here's what you can do in Mayurbhanj...

Gaze At The Numerous Waterfalls Dotting The Region

Sit at the foot of swift waterfalls and enjoy the view. The breathtaking two-tiered Barehipani Waterfall is the second

highest in India. The stunning Joranda and Uski Waterfalls are also a must-visit.

Spot Wildlife And Go Trekking At Simlipal National Park

Indulge in some green therapy. There is no network here, and the solitude will calm your mind and reward you with peace.

Visit The Belgadia Palace In Baripada And Get A Feel For The Royal Life

Replete with rich culture and heritage, the Belgadia

Palace offers a peek into the unique history and lives of Odia royalty. The palace is the home of the erstwhile royal family of Mayurbhanj, and the Bhanjdeo princesses have opened the doors of their palatial residence to the public.

Visit The Fort Ruins Of Haripur, The Ancient Capital

Sited about 15 kilometres from Baripada, the heritage site of Haripur is now under the care of the Archaeological Society of India. Expect to see the stunning brick temple of Rasika Raya within the ruined 15th-century fort. Below are underground chambers, part of a subterranean escape route for the royal family in times of need.

Marvel At The Breathtaking Handicrafts Of Guhaldiha

Take a detour to the village of Guhaldiha situated a few kilometres from Baripada. Explore one-of-a-kind tribal handicrafts made from bamboo and sabai grass, a native plant found in abundance in the region. Skilled women weavers transform the ordinary fibre into stunning and functional works of art one can take back home as unique souvenirs.

Getting There: The nearest major cities by road are Kolkata (229 km away) and Bhubaneswar (257 km away), while the closest railhead is at Balasore (118 km away). **F**



With Love For All Things Fashion

ANJANA ARJUN explored many interests before founding the sustainable fashion brand Sarjaa. She speaks to **Kayal Arivalan** on her entrepreneurial journey

Anjana Arjun's interest in fashion and art began at a young age. She was born and raised in Chennai before attending LASALLE College of the Arts in Singapore to study fashion media and industries. Apart from design, while here, she had the opportunity to polish her marketing and financial planning skills. Anjana, who comes from a family of actors, had experimented with theatre and arts before being bitten by the fashion bug. "There was a point when I took up theatre and explored dance, and even gave dance performances, but, discovered that fashion was something that greatly fascinated me. I wanted to do something I was good at in a sustainable way, which led to the

creation of Sarjaa," explains the entrepreneur.

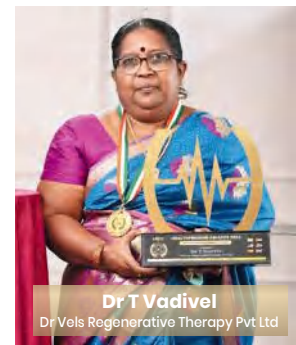
She studied fashion marketing at Parsons School of Design in New York, where she also picked up crucial skills in social media, design, and merchandising, and interned with prominent fashion firms, sparking her curiosity and interest in launching her own sustainable fashion company. This is where her idea for creating a vegan fashion venture was born. "At fashion school, I was researching new sustainable materials for numerous projects and learned how the fashion industry badly impacts and pollutes the world," she recalls. "When I returned to Chennai, I adopted a more sustainable

and zero-waste lifestyle, replacing several items in my kitchen. I also began composting, and switched to sustainable skincare, among other things. It made it easy for me to pursue the sustainable road when I wanted to create my own brand."

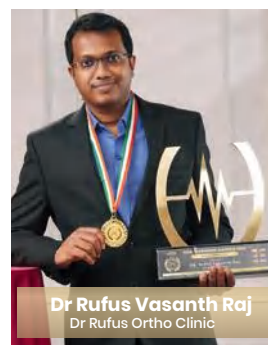
The young entrepreneur also identified a gap in the market in India, where sustainable fashion is typically associated with earthy tones, jutes, and linens and does not always appear stylish or chic. "I came up with a fruit- and plant-based fashion concept after conducting a thorough study and utilising all the resources I could get my hands on," she adds.

Anjana learned that even if leather is derived from the byproducts of the meat business, it still requires a great deal of chemicals to prevent the animal skin from decomposing, as well as in the tanning and dyeing processes. She talks about Sarjaa's plant-based leather, and its planet-friendly approach. "Apple leather is made from apple waste from fruit juice companies, which is then blended with other organic non-toxic components. Cactus leather, on the other hand, is made from drying the leaves of cacti – which require very little water to develop – and blending them with non-toxic chemicals. Pineapple leaf fibre is used to make pineapple leather. It is made from a natural waste product, with minimal water use and waste, and contains no toxic chemicals or animal products. As a company, we strive to provide the best alternatives while placing equal emphasis on design and comfort."

For the multifaceted young entrepreneur, this is just the start of building a sustainable future and a dynamic fashion brand. She admits she hasn't seriously considered entering the film industry, but she could be interested in exploring its technical aspects.

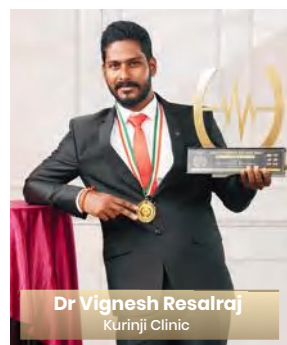


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Freedom From Urinary Incontinence in an Easy Way.

A COMMON BUT NEGLECTED PROBLEM.



Urinary incontinence is the inability to control urination leading to an involuntary leakage. Although it is more common among women and the elderly, some men also face this issue. Despite affecting around 40% of the population, ignored due to the stigma attached. Many find it embarrassing to approach a doctor; as they feel that it is part of ageing and not treatable therefore suffer in silence. The three common forms of urinary incontinence include stress urinary incontinence, urgency urinary incontinence and mixed urinary incontinence, a combination of both. Often, bladder leakage occurs with strenuous movements such as exercises, lifting heavy objects, or while coughing, sneezing, or laughing. Patients also have a strong, sudden urge to urinate just before urination or unexpectedly leak a small amount of urine due to a full bladder.

Risk Factors:

Urinary incontinence increases with age. There is a clear link between obesity and urinary incontinence. Childbirth causes immense stress on the pelvic floor structures. Women who have had multiple deliveries are more likely to suffer from urinary incontinence. Sometimes unmarried girls also face urinary incontinence resulting from an overactive bladder. It is also related to neurological disorders such as Parkinsonism, multiple sclerosis and cognitive disorders

Hysterectomy is also associated with the development of stress urinary incontinence. Excessive consumption of tea, coffee, and alcohol are contributing factors. Incontinence is more common among smokers, diabetics, frail individuals and those suffering from depression, limited mobility, cognitive problems and constipation. Among men, prostatectomy can

cause stress urinary incontinence.

Importance of Strengthening the Pelvic Floor

The pelvic floor muscles get impacted by ageing, vaginal childbirth and menopause. In c-section, the pelvic floor muscles become weak due to the heaviness of the baby. In men, a weakened pelvic floor can result in erectile dysfunction. When the pelvic floor muscles decondition, incontinence develops. Strengthening the pelvic floor muscles can help a person actively support the bladder and bowel. Increased bladder and bowel control will reduce the likelihood of accidentally leaking from bladder or bowel.

Prevention And Treatment for Urinary Incontinence

As with most medical conditions, prevention is better than cure. At the onset of accidental leakage, passing small amounts of urine often, increased frequency of urination, unsteady urine stream, or if waking up in the middle of the night to urinate, see a specialist and follow appropriate care and treatment. Ignoring or neglecting the condition can result in uterine prolapse cured by surgery.

To Prevent Urinary and Faecal Incontinence It Is Important to Adopt Lifestyle Changes Such As:

- Drinking plenty of fluids
- Eating a high-fibre diet
- Staying physically active
- Practicing good toilet habits
- Making healthy lifestyle choices.
- Physiotherapy and Kegel exercises for the pelvic muscles are suggested and can help patients.

A Revolutionary Technology to Treat Urinary Incontinence

Emsella chair is an ideal option for women or men of any age who desire a solution for urinary incontinence. It can also help women recover after childbirth and improve the quality of their intimate life. Emsella is a non-invasive, FDA-approved treatment that uses electromagnetic energy to engage the pelvic floor muscles, causing them to contract rapidly.



During this walk-in and walk-out procedure, the person has to sit in a chair for 28 minutes to strengthen their pelvic floor muscles. They can be fully dressed through the treatment and resume daily activities immediately, as there is no downtime or negative side effect experienced.

Dr. M. Inthu of Maaya Revive is a pioneer in bringing this treatment to India at an affordable cost. "The Emsella Chair is the fastest and simplest way to strengthen the pelvic floor muscles and overcome urinary incontinence. Normally, a person can only perform 30-50 Kegel exercises a day, and that too when they do it consciously. One 28-minute session on the Emsella Chair induces more than 11,000 supramaximal pelvic floor muscle contractions equivalent to performing 11,000 Kegels," she says. Since Emsella treats the entire pelvic area, it also helps address prolapse, cystocele and rectocele. "The pelvic floor is closely linked to female sexual health. The pelvic muscles support pelvic organs and help maintain their normal function. The muscles play a crucial role in pregnancy parturition and heightened sexual arousal. Any damage to the pelvic floor can potentially lead to the denervation of the female erectile tissues, followed by sexual dysfunction. The intense repetitive muscle stimulation combined with the vasodilating effect of electromagnetic fields of the Emsella Chair can help restore pelvic muscle tonus, thereby improving sexual health and functions in women. The same happens for men in case of erectile dysfunction," explains Dr. Inthu. We recommend six sessions of the Emsella Chair treatment for those who face urinary incontinence. During sessions, Emsella focuses on muscle reduction using HIFEM (high-intensity focused electromagnetic) waves. The patient would feel a tingling sensation during the session but no discomfort or pain during the non-invasive procedure. The treatment protocol for Emsella varies between gentle stimulation and intense stimulation.

While the gentle and gradual stimulation helps in muscle elicitation, strengthening & relaxation, the intense stimulation aids further muscle strengthening and enhances blood flow and muscle relaxation. Patients can experience results at the end of even a single session, and the results continue to improve over the next five sittings. Usually, those who undergo treatment have a 95% satisfaction rate after six months of follow-up. Maintenance sessions may be required after a year if needed. So, if you are facing urinary incontinence problems, don't hesitate to seek treatment.

A safe, simple and fast solution is here!
For further details contact: 9884981188



FDA
APPROVED



NON
INVASIVE



Walk-in Walk-out
Procedure



Most affordable
cost in the world

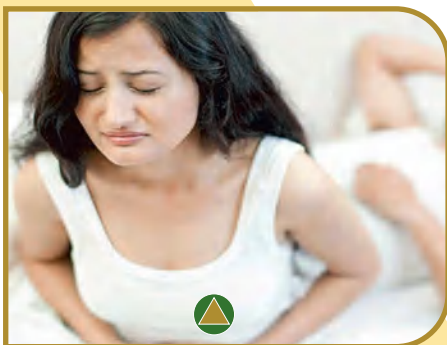


95% Patient
Satisfaction



Treats Entire
Pelvic Floor Area





Permanent cure for painful intercourse (vaginismus)



Stress urinary incontinence (urine leaks when you cough or laugh especially after delivery or aging)



Delivery scar correction without surgery



Localised fat reduction in the lower abdomen after pregnancy (without surgery)



Stretch marks reduction without surgery



Vaginal Rejuvenation For Vaginal tightening especially for dryness, itching, burning, repeated infection

Designer labioplasty "To enhance the look of intimal areas - Majoroplasty, Minoroplasty, Hymenoplasty, Clitoral Hood Reduction, Mons Pubis Liposclupt. Fillers & Fat Grafting



Skin lightening /whitening in intimal area (private parts)



Breast lift and enhancement without surgery



No interest in sex life (no orgasm)'
*To enhance the feel of intimal areas
- G shot, O shot, P shot, C lift, PRP

FACTORS THAT CONTRIBUTE TO AN IVF SUCCESS JOURNEY



DR C GEETHA HARIPRIYA

MD., DGO., FRCOG (LON), Advanced Diploma in ART & Reproductive Medicine (KIEL, Germany)

Chairperson - **PRASHANTH FERTILITY RESEARCH CENTRE**

CHETPET | VELACHERY | KOLATHUR

Ph : **98410 30388** | www.pfrcivf.com

Prashanth Fertility Research Centre (PFRC) is one of the leading Fertility Centres in India housed at Chetpet, Velachery and Kolathur, Chennai. They are equipped with the latest state-of-the-art equipments from all over the world with a team of dedicated multidisciplinary staff and well qualified doctors who have a vast experience of working in western hospitals, to offer one of the best in reproduction care.

Today the Indian couples are very updated about their knowledge in infertility. Thanks to different social medias, the u tubes, the television and print media. Once they face a problem, they go into these different sites, see and hear whatever is relevant to them before coming to the doctors. Its surprising to note that they already have a list of questions ready. Today, there is nothing like you cant have a child. Everybody can have a child as there are various ways to take care of the challenges posed.

Having been in the field of Reproductive Medicine over 40 years now, I have faced many challenges which I have been able to overcome with time, with the advent of the newer and latest technologies. Some of the challenges are :

Diminished Ovarian Reserve is one of the biggest challenges of today. These days, women drop their AMH levels early in life and thus the capacity to produce eggs

becomes difficult. Antral Follicle scan will give us an insight into the ovarian reserve as well. To deal with this issue, we have the Platelet Rich Plasma (PRP) which we inject into the ovary to develop the eggs. We had a study on 108 couples of which 52% had good results and where we managed to get atleast 3 to 4 eggs in each patient , and in these difficult patients the pregnancy rate is 40 – 50 % whereas normally it is about 60 %– 80%.

Dual Stimulation is another protocol where 2 egg collections are done in 35 days which has proved rewarding. Worldwide study has shown that the second stimulation is better than the first one and gives more number and better quality eggs. There is always a horizon of hope for women with a low reserve.

Donor Egg Programme is available when own eggs become impossible. It is on par with western standards with full consent of both husband and wife. We have various donor profiles to suit patient needs.

Male Factor is also a major factor being addressed today. Medical treatment stands first. If it is not there, then surgical treatment is available. For those who have very few sperms or no sperms at all, we do a newer technique called Micro TESE through a high end microscope with 40X magnification which was introduced by us for the first time in India some years ago We did a study on 100 men of which 75 did not have any sperms at all by the normal biopsy. However, in these patients, we were able to identify some sperms due to the high level of magnification and 58% of them fathered their own child. These patients haave had negative biopsies with lower power microscopes.

A Thin Endometrium is a very big challenge in conception. Even if you have top class embryos but have a thin endometrial lining, then you don't get a good pregnancy rate. Tackling the endometrium is an art. Hysteroscopy is done to identify and correct the cause. You actually need something to develop the lining and this is where Platelet Rich Plasma (PRP) comes to use. We use PRP inside the

uterus to develop the endometrium but if this does not work, we resort to mesenchymal stem cells in research settings which is also being used. We use the PRP which we instill hysteroscopically into the uterus under the endometrial lining. 72 hours and 144 hours later, we put the stem cells inside. This is the preparation cycle. In the next cycle, we once again use the PRP and from those who have had very bad lining, atleast 40% of them have responded which is very good in such cases.

Recurrent Failures – Treating patients with recurrent failures is our speciality. We use medication, yoga and acupuncture. When these don't work, we use PRP and Mesenchymal stem cell (MSC) to improve the quality and quantity of eggs. After the use of PRP and MSC, many patients who would have otherwise gone for donor eggs, can use their own eggs instead.

ICSI (Intracytoplasmic sperm Injection) – where sperms are selected at 400 magnification.

IMSI - If we need higher technology, we can see the sperms under 7000 magnification using IMSI (Intracytoplasmic Morphologically selected Sperm Injection) and select the top class sperms.

Embryoscope – The selected sperms are then injected into the eggs and then put into an incubator called Embryoscope, the highest range of incubator available in the world, which is designed like that of the fallopian tubes. The embryo quality is much better as it grows in natural conditions. There is also an inbuilt camera and hence there is no need to take the embryo out of the system. The development is recorded by taking pictures every 20 minutes of each embryo separately. The installed software analyses the entire data. There is an Artificial Intelligence system called KIDS SCORE which actually selects the best embryo to transfer.

Laser Assisted Hatching - When we decide to put the embryo in, we first look at the thickness of the shell. If its very thick, then the embryos take a long time to come out into the uterine cavity. So we use the laser to thin it so that it comes out in time.

Embryo Glue - To help in better implantation, we coat it with embryo glue which is a sticky substance. This helps in better pregnancy rates and a decrease in miscarriage rates.

Endometrial Receptivity Array (ERA) We can also do a personalized Embryo transfer by doing a genetic analysis of the embryo and identifying the perfect time to do the embryo transfer.

Pre-implantation Genetic Testing is done on a single cell of the embryo taken by using the laser and this

helps in segregating the normal embryo from an abnormal one. However, today the non invasive pre genetic testing can also be done with the culture medium which will show up any kind of abnormality in the embryo without disturbing the embryo at all.

Next is nurturing the embryo in its long journey to a baby ready to be delivered. Once we analyze all the problems earlier, we give injections to thin down the blood because micro clots forms and block the blood vessels, and eventually the baby's heart beat goes. We also give anti rejection medications. Sometimes natural killer cells are more in number inside the uterus so we give medicines to decrease the cells which destroys the embryos. Other medications are given to quieten the uterus.



Artificial Intelligence System (AI) is very important in today's world. Exclusive results are possible because of the latest technology adapted by PFC. The entire lab is monitored with the latest Artificial Intelligence (AI) in the form of lab monitoring system with monitors and sensors attached to all equipments in the lab constantly monitoring the Carbon di Oxide, Oxygen levels, Ph, temperature and humidity in the lab with an alarm system to warn whenever and wherever variations happen, as even a small fluctuation can disturb the embryo. The system also has an alarm which is connected to the mobiles of all the embryologists as well as the reception. In case of any decrease in the temperature of the oxygen or carbon di oxide, there is an immediate alarm which rings and the nearest person goes and sets the temperatures right. The current addition of the spindle view system to identify the best spot to inject the sperm has helped to create better embryos with much better pregnancy outcomes. AI is mostly used in record keeping which is useful in planning strategies and improving the outcome, particularly in those with failed IUI and IVF cycles which has greatly boosted the confidence of patients.

There is a very common concern faced by the patients as to whether it is their own egg or is there a chance for it to get mixed up. To eliminate this concern, we have a lab witness system. Here right from the beginning, all the samples are labelled which is a completely fool proof system.

We specialize in treating patients with repeated IUI/IVF failures by developing strategies to identify the causes of failure and applying the appropriate technology to correct the problems and give the most successful outcome.

Deal With Meltdowns On Vacation

Even seasoned travellers worry about travelling with children. Here are suggestions to help you avoid family vacation meltdowns, writes **Kayal Arivalan**



Both parents and kids enjoy schedules. A predictable daily routine helps children feel secure. When preparing for and travelling on vacation, however, the monotony and consistency of home are replaced by adventure, unfamiliar surroundings and increased togetherness. The same activities that make family trips enjoyable can also easily derail a child's behaviour.

"A well-fed, rested child is more likely to be calm," psychologist and school counsellor Dr Aarti Bakshi

points out. "Before leaving, go over your plans with the child. Keep in mind that anger or disappointment will not stop your child's meltdown; instead, use humour to distract. Ask them to help you look for something important or pose an unusual question that will make them laugh."

Dr Bakshi shares a few techniques for dealing with, and recovering from the seemingly-inevitable vacation tantrum.

AT HOME

At home, think of this holiday from your

Things To Do A Week Ahead Of Your Trip

- Create a countdown with your child so they know how many days there are until you leave.
- If you will be flying, view videos of aeroplanes and airport security together.
- If you're doing a road trip, having an activity box to occupy little ones in the car greatly helps.
- Take a few days to pack suitcases together.
- Put together a visual plan of the places and people you will be visiting.
- Roleplay plausible situations. Knowing what to say or do as intensity levels rise can prevent those public meltdowns.

child's point of view.

What preparation will be needed for them to feel comfortable? What are the potential pitfalls – eating in restaurants, sleeping in a new place? Are the planned events new or familiar to them? Is downtime planned between events, or will new experiences arrive quicker than they can cope with them?

Having a plan in place for when the moment arrives will make it much easier to maintain your cool. Remember that your child reflects your level of intensity. The more serene you are, the more serene they will be.

ON VACATION

Start with a plan so the child has an idea of what to expect and anticipate. After each major event, schedule some downtime. Taking time to rest makes unexpected events more manageable. When driving, take frequent breaks. Maintain their regular schedule. Naps should not be skipped.

BACK HOME

The return home after a vacation can also be a change for them. Anticipate that everyone will require a few extra hugs and kisses. Rest well before resuming your daily activities. **E**

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The Truth About **POSTPARTUM INTIMACY**

Sexual activity and intimacy can be difficult for new parents, but there are ways to maintain a healthy relationship. By **Kayal Arivalan**



You might be overwhelmed by the love you feel for your newborn, but craving intimate moments with your partner is perfectly normal. Still, postpartum body pain, fluctuating hormone levels, constant body contact with the baby, and the lack of time for self-care are just a few of the reasons why a new mother might shy away from intimacy after child birth. Comforting cuddles, alone time with your partner, and a quiet date night at home

can help you get over the postpartum blues.

“Guilty about their partner’s needs and their own refusal to give in, most new mothers are unaware that it is normal for sexual interest to return only one to three months after the birth of their child,” says Dr Vanshika Gupta Adukia, pregnancy, childbirth and

lactation specialist, pelvic floor physiotherapist, and founder of Therhappy. “It might take even longer in some cases. Because this is a taboo subject that is rarely discussed as most women wonder if they are depriving their partner of the intimacy. In reality, their new mom body is still not ready to take the leap.”

Comforting cuddles, alone time with your partner can help you get over the postpartum blues

Acknowledge Physical Setbacks

Breastfeeding mums have lower levels of oestrogen, which is the cause of excessive vaginal dryness making intercourse extremely painful. “During this, prolactin and oxytocin levels can peak for about two to three months that can make the vagina ever dryer, and cause night sweats, hot flashes – almost mimicking menopause,” explains Dr Vanshika.

Expect Hormones To Be In Flux

Experts believe that the first six weeks after the birth of a baby are the most difficult hormonally and physically for both men and women, with women’s hormones being all over the place. “While low libido levels postpartum are primarily associated with hormonal changes, it is also worth noting that lack of sexual interest is being studied as a natural way for the body to prevent a subsequent pregnancy in the early days after delivery,” Dr Vanshika adds.

Go Easy On Yourself

Dr Vanshika avers that time is the best healer, not only for postpartum recovery but also for the couple’s sexual lives after childbirth. “As the body heals, the baby begins to settle in, the mother adjusts to the baby’s schedule, so too will intimacy return gradually and steadily. Adjusting to one’s partner’s physical and emotional ups and downs will only strengthen the bond,” she concludes. **E**

IS IT POSSIBLE TO GET PREGNANT WITH POOR OVARIAN RESERVE ???



Dr. Vidya V Bhat

MD, DNB, MNAMS FICOG

Laparoscopic Surgeon & IVF specialist
Director

Radhakrishna Multispeciality Hospital & IVF Center

Q. What do you mean by Poor Ovarian Reserve (POR)?

Poor or diminished Ovarian Reserve is when there are fewer eggs in the ovaries as compared to other people of same age. POR is often noted in women in their mid to late thirties, but it may affect younger women as well. The egg count will decrease as one ages, but this happens sooner than expected for some people. Diminished ovarian reserve makes it harder to get pregnant.

Q. What symptoms are observed in POR Patients?

POR indicates reduction in the quantity of ovarian follicular pool in women of reproductive age group and is an important cause of infertility in many couples. Most women don't have symptoms other than not conceiving after months or years of regular sexual intercourse. Others may notice menstrual cycle getting consistently shorter. Women can have lower pregnancy rate and higher pregnancy loss compared to the normal ovarian reserve group. Some may have symptoms of perimenopause like: Hot flashes, Irregular menstrual periods and Vaginal dryness.

Q. Can any disease lead to POR?

Yes, Genetic disorders that affect the X chromosome- fragile X, FMR-Premutations, Autoimmune disease-like Addison's disease,

Infections- like genital tuberculosis, chlamydial infections, Endometriosis- Endometrioma can lead to reduced ovarian pool.

Q. Can POR be tested? What are the available tests?

Yes- Ovarian reserve testing used to screen for diminished ovarian reserve:

Biochemical tests - Blood tests to measure levels of anti-mullerian hormone (AMH) or follicle-stimulating hormone (FSH), inhibin B and estradiol (E2).

Vaginal ultrasound to measure ovarian volume, blood flow and count the number of follicles in ovaries. This is called antral follicle count (AFC).

Dynamic tests - A test called a clomiphene citrate challenge (CCCT) involves taking oral fertility medication and monitoring your body's response. This test is uncommon. EFORT, GAST. People with diminished ovarian reserve have higher FSH levels, lower AMH levels and lower AFC compared to people of the same age.

Q. What are the causes of POR?

Aging is one of the biggest causes of low ovarian reserve; however, sometimes, there is no cause. Other times, genetics or medical treatments cause diminished ovarian reserve. These include: Radiation or chemotherapy (cancer treatment), Having surgery on your ovaries, Losing one or both of your ovaries, Autoimmune conditions and Un-Necessary Ovarian drilling.

Q. Can one conceive with POR?

Women can still conceive, especially through fertility treatment including ovarian stimulation, egg freezing and donor eggs. Just because ovarian reserve is diminished, doesn't mean one can't get pregnant. It means one may find getting pregnant more difficult or need to consider fertility treatment.

Q. What are the solutions for POR?

There is no way to reverse diminishing ovarian reserve or produce more eggs. It's believed that this phenomenon is accompanied by a declining quality due to aging oocytes, and hence, young women with POR may have better chance at conception. Freezing eggs is one way to preserve fertility. Egg freezing involves taking

hormones to stimulate ovaries to make as many eggs as possible, retrieving and freezing mature eggs for future IVF treatment. Another option is embryo freezing. This involves stimulating ovaries, creating and freezing the embryos for future use. But timely decision making plays a crucial role here, as egg quality is one of the major factors for obtaining good quality embryo and healthy pregnancy outcome.

Q. What precautions should be taken to avoid going into POR?

NO treatment can stop the process of diminished ovarian reserve, high fat and low carbohydrate diet improves overall fertility rate and egg quality by lowering the inflammation, so improved blood flow to ovaries and balancing reproductive hormones.

Q. Guidelines and treatment for POR?

POSEIDON's stratification: 4 groups based on age and AFC <5 and AMH less than 1.2 ng/ml is considered low.

ASMR-Loss of normal reproductive potential in the ovaries due to a lower count or quality of the remaining eggs.

Using Androgen supplementation in the form of oral dehydroepiandrosterone or transdermal testosterone in poor responders is believed to improve the intrafollicular environment and follicular sensitivity to exogenous FSH.

Growth hormone (GH) supplementation is another adjuvant therapy used in combination with COS in an attempt to improve oocyte yield and pregnancy rates in poor responders. Widely used Treatment options include freezing self-eggs for later use, attempting to conceive through ART procedure with own eggs or donor eggs.

At RK IVF we provide advance ART treatment for POR patients

1. **Pool IVF Cycle:** 3 IVF Cycles with minimal stimulation to obtain atleast 3 Blastocyst of Grade A quality to have a successful outcome.
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For more details contact:

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Website: www.radhakrishnahospital.in



Love In Every Bite

The **Bengaluru Baking Company** is much more than just another coffee shop

JW Marriott Hotel Bengaluru has relaunched the Bengaluru Baking Company (BBC), bringing green cuisine, crafted fusion cocktails, and retail merchandise to the city.

Transcending the traditional boundaries of a patisserie and delicatessen, the BBC operates as a casual café during the day and transforms into a restaurant lounge in the evening. The aesthetics have been designed to elicit conversations about old Bengaluru art, food and nature, while also providing the best and newest in baking and gourmet food. Trained baristas serve single-origin slow-brewed coffees. Enticed by aromas of fresh-out-of-the-oven bread and pastry wafting through the air, guests can see how

handcrafted chocolate is made, as well as participate in daily curated tasting sessions of specialty oils and teas.

What We Ate And Drank:

Pastry Chef Gautam Dublay and his culinary team have curated a menu that features a variety of interesting dishes, including the signature

Chikmagalur Estate Opera cake.

The BBC Classic Caesar Salad with crispy romaine lettuce, asparagus, cherry tomatoes and roast peppers, was an excellent starter. The BBC Bombay Sandwich with traditional Mumbai flavours and the Tandoori Paneer Kathi Roll are good options for a quick snack. Bruschetta with

mushroom and feta, roast peppers and mozzarella, and the Crisp Batata Vada, served with fried green chillies, garlic chutney and mint chutney, were our picks from the appetisers.

There are also options in the pastas and burgers sections that feel like a meal.

Crafted cocktails are a special feature of the beverage island. Some of the signature cocktails include Co-Cane, a fine concoction of sugarcane juice and aged rum, and glocal drinks that have taken their inspiration from international flavours while they maintain their local character. The must-haves include Kathakali and Banarasi Swad, a true representation of how beverages can be a fusion of diverse regions.

Location: 24, 1, Vittal Mallya Road, KG Halli, Shanthala Nagar, Ashok Nagar, Bengaluru 560001

Price: Meal for two ₹1,500 plus taxes **F**



By Kayal Arivalan

BEAT THE JOINT PAIN WITH NEXT-GEN REGENERATIVE THERAPY

Regenerative medicine is more than just pain management; it is also about repairing damaged tissues at the cellular level and restoring pain-free mobility from the inside out. Epione Pain Management Center, explains more about this new gen therapy

Regenerative therapy (Plasma Therapy) is a non-surgical day care procedure that aids in the natural healing of various types of pain. It regenerates damaged tissue by using platelet rich plasma (PRP) from the patient's own blood, which contains many growth factors. PRP therapy can treat the following conditions.

KNEE PAIN DUE TO OSTEOARTHRITIS

Knee osteoarthritis is a degenerative condition in which the cartilage within the knee joint degenerates and tears. PRP therapy can also be used to treat other types of knee pain, including meniscal injury, ACL injury, other types of arthritis, and sports injuries.

SHOULDER PAIN DUE TO ROTATOR CUFF INJURIES

The rotator cuff is a group of four muscles

Advantages Of PRP Therapy

- Immediate return to work
- Minimal or no side effects
- Avoids major surgeries
- Faster healing when compared to conservative treatments
- Cost effective

that assist in shoulder joint stability. Diabetics, athletes, and the elderly are susceptible to rotator cuff strain or tear. PRP Therapy is one of the most effective available treatments.



HIP JOINT PAIN DUE TO OSTEOARTHRITIS AND AVASCULAR NECROSIS (AVN)

AVN may be caused by trauma, medical conditions, alcohol and corticosteroid consumption, or unknown causes. PRP Therapy prevents the progression of the disease, thereby preventing the need for joint replacement surgery.



ANKLE LIGAMENT INJURIES

Any twisting of the ankle joint or overuse of the foot can cause damage to the supporting ligaments, resulting in acute or chronic pain. PRP therapy expedites the healing process and provides a permanent remedy.

PLANTAR FASCIITIS

The fascia of the sole tears as a result of bone defects or poor footwear patterns, causing pain in the sole, particularly the heel. PRP has been shown to promote fascia healing and thus reduce pain.

TENNIS ELBOW

This condition causes pain in the outer aspect of the elbow joint due to injury, overuse, or degeneration of the muscles that attach to the elbow and wrist. PRP is the most effective method for healing this tendon.

SPINE PAIN

Back pain, especially lower back, can result from a tear in the disc. Although this condition doesn't have any treatment option, it responds to PRP therapy.



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Co - Founder Epione centre
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Dr. Chetna Chetan, MBBS MD FIPM, Clinical
Head Epione Centre for
Pain Relief (Chennai)

Discover Yelagiri 2.0

Yelagiri, once known as the poor man's Ooty, has undergone a makeover, and this newer version of the hill station in Tamil Nadu is worth a visit. By **Kayal Arivalan**

A quick getaway option from both Chennai and Bengaluru, the quiet and little-explored hill station of Yelagiri is a collection of 14 hamlets scattered across 30 square kilometres at an elevation of 3,500 feet. Getting there is stress free, because there are few curves and dangerous hairpin bends. Once owned by the Yelagiri zamindar family, the town was taken over by the Indian government in the early 1950s and promoted as a tourist destination. The hill station is pleasant year-round, but the best time to visit is from November to February.

And, now, Yelagiri, earlier ranked low on the list of tourism destinations in Tamil Nadu, has undergone a makeover. With numerous activities added to entice visitors, it now provides ample

entertainment for visitors to enjoy through the weekend.

The Punganoor Lake is one of the top sites to visit in Yelagiri, and comes complete with a lush park offering attractive lake views. The man-made lake is popular for boating and relaxing amid the lush greenery surrounding it. Gardens, shopping areas and play zones have been added in and around the lake to keep visitors engaged.

Children will enjoy Yelagiri because several bird parks and farm petting zones are now in place at this hill station. The most well-known is Fundera Park, a haven for bird watchers and nature enthusiasts. This aviary and petting farm is home to over 3,000 different exotic bird species. Visitors are permitted to feed and interact with the inhabitants.

The experience begins with birds and continues with the opportunity to pet different farm animals such as guinea pigs, donkeys, cows, rabbits and iguanas before concluding with a pony ride for children, making it a perfect day out for families with young kids.

The nature park located near Punganoor Lake spans 12 acres of land and is home to a diverse range of plants. The man-made waterfall and a musical fountain that comes into its own in the evening are its primary draws.

All these visitor attractions are located in close proximity, adding to the ease of exploration.

The entire stretch from the main road to the lake is dotted with shops selling essential oils, home-made chocolates, wooden handicrafts, fruits, spices and herbal skincare products.

Affordable accommodation can be found near the park and lake, including the Touchstone Resort, Hotel Hills and Hotel Landmark Yelagiri.

Getting There: Yelagiri is well connected via road and rail. The nearest railway station is Jolarpettai (19 km). Buses frequently ply from the rest of Tamil Nadu and from Karnataka via Salem, Vellore and Jolarpettai. **E**





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Get Pampered!

Fashion TV Salon launches its first outlet in Chennai with a vast menu of curated services

After entering the Indian market in salon and spa industry, the Fashion TV Salon brand has launched operations in many Indian cities, including Delhi, Hyderabad, Vijayawada, Ranchi and Ahmedabad. It recently made its debut in Chennai in a 2,000-square-foot space located in a bylane in Nungambakkam's busiest neighbourhood, Sterling Road, which is why the valet parking is so important. With luxurious interiors, the salon comprises six hairstyling booths, one VIP room, two makeup sections, two beauty rooms, and two exclusive workstations for manicures and pedicures.

The F Salon, as it is called, boasts a team of highly-qualified and trained specialists offering a wide range of beauty services and treatments.



What We Liked

The salon provides a variety of skin and hair treatments tailored to individual needs. Hair smoothing and massages performed by internationally-trained professionals are popular with F Salon patrons.

Also on the menu are facial and body therapies, haircuts,

perms, hair colouring, highlights, waxing, manicures, pedicures, and pre-wedding and bridal make-up. After each service, the facility is cleaned and sanitised.

Location: No 2, 3rd Cross Street, Sterling Road (behind Drunken Monkey), Nungambakkam, Chennai

Timings: 10 am – 9 pm **F**

By Kayal Arivalan

Plastic surgery restores your form and function: Most of the work in plastic surgery is done in emergencies, where plastic surgeons are involved in restoring both form and function of injured common people. A lot of people don't know about the spectrum of Plastic and Reconstructive surgery.

Trauma surgery done by plastic surgeons

1. Facial cuts and wounds
2. Facial soft tissue loss and maxillo facial fractures
3. Hand injuries including Fractures, Tendon injuries and finger tip reconstructions
4. Replantation of Fingers, hand replantation, foot and leg
5. Peripheral nerve injuries and Brachial plexus injuries.
6. Peripheral Vascular injuries management
7. Skin grafting & flap coverages
8. Burn management- including thermal, chemical and electrical burns.

Reconstructive surgeries done by Plastic surgeon

1. Hypospadias management
2. Soft tissue infection & Diabetic foot management
3. Sternal wound infection management
4. Pressure ulcer management
5. Spastic hand deformity management
6. Burns scars and deformity management
7. Varicose veins treatment
8. Lymphedema treatment and surgery
9. Vascular malformation management
10. Facial nerve paralysis management
11. Microsurgical reconstruction of head and neck (Post cancer)
12. Gender reassignment
13. Thumb and finger reconstruction
14. Congenital hand deformity management

Cosmetic surgery

1. Rhinoplasty
2. Blepharoplasty
3. Breast augmentation / reduction/ lift
4. Liposuction and body contouring
5. Face lift and Brow lift
6. Chin augmentation and malar augmentation
7. Lip lift and lip augmentation/ reduction
8. Orthognathic surgery-for cosmetic enhancement of the face

Plastic surgery is very well covered by insurance cover as long as the problem is caused by injury, infection or cancer. What it offers for normal healthy individuals to improve their appearance is Cosmetic surgery.

Breast Reduction: Breast size sometimes become too large to fit into normal clothes and becomes socially embarrassing. Breast reduction helps you reduce the size of the breast while downsizing to a youthful appearing breast. Breast feeding can often be done post breast reduction, which is often a question by younger patients.

Breast Lift: "Breast tissue often becomes" droopy post pregnancy & weight loss. Thereby losing its attractive shape and appearance. Breast lift improves the shape and appearance of the breast, bringing back its youthful appearance and shape. It is also one of the most sought after surgeries. Getting it done right is important.



Rhinoplasty addresses both functional & aesthetic appearance of your nose.

Functional aspect: Blockage of the nose due to-Deviated nasal septum (Septoplasty), turbinate Hypertrophy, Nasal valve collapse. Post procedure you will notice that your breathing has become better and any obstruction has been addressed.

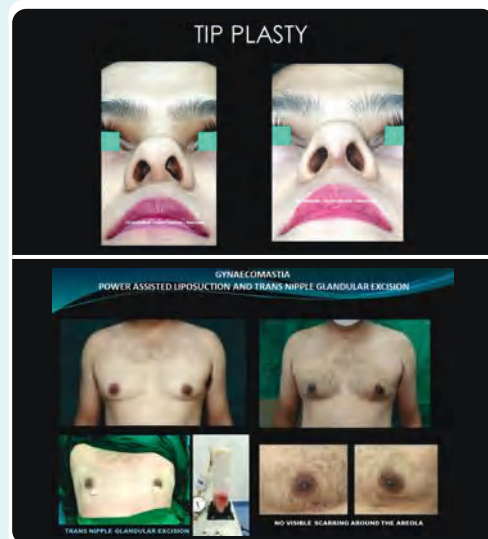
Rhinoplasty (Nose Job): Nose in the center of the face and attracts a lot of attention and with the advent of selfie photography, increased use of social media platforms, online meetings and social Gatherings. People just want to look better and are willing to go under the knife for the same. Nose gets more attention and therefore requests to improve shape and appearance. It is in fact one of the most sought after surgeries. It is also one of the

most complex surgeries where millimeters matter and patients can be very demanding.

Cosmetic Aspect: Bulbous nose, drooping tip, Bifid Tip, Undefined nasal tip., dorsal nasal hump, underprojected dorsum of nose, Broad base of nose and tip, Deviated nose. All these aspect and much more are addressed by rhinoplasty, Breast lift.

Tummy tuck or Abdominoplasty: Post pregnancy & post weight loss, The abdominal skin sometimes does not go back to its original shape and sags down as a loose skin. Which cannot be addressed by exercise and dieting. Such out of shape abdomens can be corrected by tummy tuck procedure.

Tummy tuck involves liposuction for fat deposits correction plus addresses excess skin and muscle laxity at the same time.



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Festive Sparkle

What: The festive collection from Mia by Tanishq

Recently launched in Bengaluru, the new festive collection from Mia by Tanishq promises to add sparkle to your celebrations. Designs include rings, earrings, pendants, necklaces, bracelets and bangles. For the launch, Mia hosted a fun styling session by celebrity stylist Deekshita Nikkam, who offered expert tips to help customers with ideas to style jewellery pieces in multiple ways and with varied outfits.

Price: ₹3,341 onwards

Available from: miabytanishq.com and stores in Bengaluru

Wear Your Fitness

What: PLAYFIT CHAMP2 by PLAY

Strengthening its positioning in the smart wearables and hearables space, PLAY, a brand that specialises in the manufacture of wireless products, has launched its latest smartwatch invention,



PLAYFIT CHAMP2. This is for people who are always bustling with energy and are frequently on the go. The PLAYFIT CHAMP 2 smartwatch comes in a wide array of specifications and with features tailored to address the needs and requirements of Indian

consumers. The device boasts a 1.69" full-touch advanced toughened glass display and a silicon strap, and comes in four colours: black, indigo blue, rose gold and cool grey.

Price: ₹1,799

Available from: theworldofplay.com **F**

For Healthy And Revitalised Hair



What: The new Bringadi Hair Conditioner from Kama Ayurveda

Ayurvedic beauty brand Kama Ayurveda has launched its Bringadi Hair Conditioner formulated with ethically-sourced, natural active ingredients, as an addition to the brand's bringadi hair ritual. Promising to leave the hair soft and silky, the conditioner is formulated with nourishing and restoring ingredients such as bhringraj, which is said to activate hair proteins, improve blood flow and promote hair growth. Suitable for all hair types, the product can be used after every wash to improve hair manageability.

Price: ₹495/ 50 ml;

₹1,795/200 ml

Available from:

kamaayurveda.com or Kama Ayurveda stores across India

Compiled by Kayal Arivalan



Getting the Foundation Right: The Importance of Pregnancy Scans

–Dr. Kavitha Gautham

The word ‘scan’ sometimes make pregnant women nervous. More importantly, the elders in family worry that the scans might harm the baby in some way.

As I tell parents-to-be and their family members, the scans and tests we typically prescribe are perfectly harmless for the baby. We prescribe them to find out if the baby’s growth and development at every stage of the pregnancy is in line with the gestational age markers.

The first scan, also known as a ‘dating scan’ is an ultrasound scan that is performed between 6 and 8 weeks of the pregnancy. This scan helps to check if the embryo is developing inside the womb, confirm the number of babies the woman is carrying, and to calculate the baby’s due date.

At the end of 12 weeks, we advise the mother to get two tests to detect any structural abnormalities, to monitor the formation of organs and to detect possible genetic issues. One test is an ultrasound scan called ‘NT’ (nuchal translucency) scan. The other is a simple blood test called ‘double marker’ test. Both tests are helpful in detecting possible issues early on in the pregnancy.

An ‘anomaly’ scan is usually done by the fifth month of pregnancy (at around 20 weeks). The key aim of this scan is to look out for structural completion of organs – whether the heart has been formed well, if the liver has been formed and if the kidneys are formed well.

At the end of 28 weeks, a ‘growth scan’ or ‘foetal doppler’ is conducted to look for the growth and blood supply of the baby, and to check the size of the baby in relation to its gestational age.

At each step, the doctor’s primary aim is to look out for the mother’s and baby’s health and well-being.



Many parents-to-be tend to feel anxious that they might uncover some issues with their little ones through a scan. It is important that we approach these scans as guideposts. They will give us the right data we need to make the right decisions (including treatment options) at each stage of the pregnancy – and help us doctors take better care of you and your little one(s).

Please email your questions to info@bloomhealthcare.in

Nature's Way

What: Rugberry launches the Nordic Harmony collection

Inspired by the beauty of the Nordic light, colours and environment, the Nordic Harmony collection consists of 16 carpets that combine artistic designs, usefulness, and environmental responsibility. With Earth-inspired hues and geometric designs, the collection is influenced by the season's themes. Made from wool imported from New Zealand, the carpets come in six sizes and can be modified to fit your spaces.

Price: ₹22,500 onwards

Available from: Rugberry.in



SPRUCE UP YOUR HOME



What: The new home décor range from Mason Home

Organising products have been added to Mason Home's new range of home décor, which includes everything from distinctive accent furniture pieces, planters and outdoor decor to festive decor. Expect wall décor pieces, wallpaper, thorans and lathans; most of the products are designed and handmade by Indian artisans.

Price: ₹795 onwards

Available from: masonhome.in

For A Traditional Touch!

What: The vintage collection from the Rug Republic

Made from recycled materials, the vintage rugs in Rug Republic's new collection promise to transform your living room or bedroom. They work well with modern furniture to brighten up your space; the rugs can also be put on walls, and the fibres used in making them make them ideal décor pieces for outdoor spaces as well.

Price: ₹6,900 onwards

Available from: therugrepublic.in

Compiled by Kayal Arivalan



Z 7 II



Image Courtesy: Ram Bhervani



45.7M
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10
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