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FEMINA

Be unstoppable



Saluting those who refuse to compromise their humanity

A Vivel and Femina special feature that applauds the strength and courage of women who chose to go above and beyond their call of duty in the fight against COVID-19.

Vivel

#AbSamjhautaNahin

FEMINA

*Be
unstoppable*

Dr SOMDATTA SATPATHI

Screens **150 patients daily** as medical intern in the OPD and Emergency departments of her hospital

NANKI PAPNEJA

Donated over **3,000 masks** to hospitals and will give 100 per cent proceeds from her business in April for abandoned senior citizens' welfare

MOJDEH FARASHAHI

Feeds street animals and has ensured that **800 kilograms of food** and adequate water has reached starving, abandoned, and stray dogs

NAVNEET GILL

Provides free meals and has given out more than **6,500 free meals** to those in need

Dr KIRTI SABNIS

Has been **treating patients relentlessly without a day off** since the last 45 days in her capacity as an Infectious Disease Specialist



LEADING FROM THE FRONT

WOMEN WARRIORS TAKING ON COVID-19

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SALUTES FEMINA
COVID-19 WARRIORS

EDITOR'S LETTER



A crisis of apocalyptic proportions, and all we have to do is stay home to save the world. Easy, right?

But we crib. It's boring, limiting, draining, annoying. The monotony of staying at home, doing domestic chores, not getting to socialise turns into a rant. Life is so unfair.

**IF ANYTHING GOOD
MUST COME OUT OF
THIS CRISIS, IT SHOULD
BE THE SEISMIC SHIFT
IN THE WAY WE VIEW
OUR WORLD.**

Stop. Check your privilege. We have a home to stay safe in, food in the refrigerator, groceries available nearby, and working from home as an option. So stay in and do the right thing.

Unless you would like to emulate the women we have featured in The Big Story. The healthcare professionals who step out each day to answer their call of duty risking their lives, as well as a few compassionate individuals who support the helpless, underprivileged, and senior citizens; those who feed stray animals and some others who turn their business model

to create essentials in this hour of crisis. These are the superheroes; our warriors on the frontline. A huge thank you to these fabulous, selfless individuals.

Before I sign off, my two bits: if anything good must come out of this crisis, it should be the seismic shift in the way we view our world. When we emerge out of this, we should proactively purchase from the local vendors (yeah, the ones who actually gave us our daily bread); pay the domestic help for everything extra they do for us (because how on earth did she reach the crevices of the cupboard to clean it); consume a little less, share a little more.

Because we are all in this together.

A handwritten signature in black ink, appearing to read 'Tanya Chaitanya'.

Tanya Chaitanya

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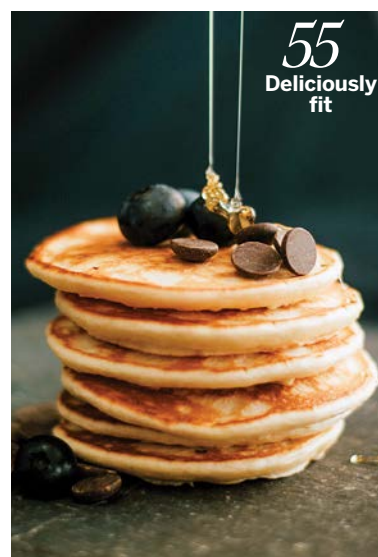
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ITC VIVEL SALUTES WOMEN WARRIORS

It's true what they say—not all heroes wear capes. And in the wake of the COVID-19 pandemic, the warriors of today are the ones that wear a mask. However, most women have been conditioned, gender-stereotyped, and told what they can and cannot do. Vivel, a leading brand from ITC, rooted in the core brand philosophy 'Ab Samjhauta Nahin' salutes and applauds women who break those barriers of conditioning, and go beyond their call of duty. In our very first Digital-only issue, Vivel and Femina are introducing you to those brave souls who are breaking the norms, risking their lives on a daily basis to make sure that people in need don't go hungry, everyone around you is well protected against the virus, stray animals are fed and taken care of. So join us as we commend those unsung heroes who firmly maintain their uncompromising attitude in the face of adversity and make our lives better every day.





MEET THE CORONA WARRIORS ON THE FRONTLINES OF A DEADLY PANDEMIC

‘Social distancing’, ‘Flattening the curve’, ‘Quarantine’—these have become some of the most widely used terms today, after the COVID-19 outbreak has unleashed mayhem around the globe. While self-isolation seems to be the only way of dealing with this health crisis, waging a war on an unknown and invisible enemy still remains a daunting task. There are, however, a few brave souls who are risking it all to keep us safe. Here’s your chance to meet them



Call Of Duty

Mumbai-based Dr Kirti Sabnis, an infectious disease specialist talks to **Anindita Ghosh** about working on the frontlines during the COVID-19 crisis

As an infectious disease specialist at Fortis Hospital Mulund, Mumbai, Dr Kirti Sabnis (37), is no stranger to epidemics. In the past, the Middle East Respiratory Syndrome (MERS), Severe Acute Respiratory Syndrome (SARS), and the Nipah virus outbreak in Kerala have given healthcare workers the jitters, but nothing on the scale of the current COVID-19 outbreak. “One of the main reasons for the current pandemic spreading swiftly is a long incubation period—14 days—during which an infected person can be asymptomatic, yet capable of spreading the infection to others. The only thing that can contain the virus is social distancing, ideally till the infection rates come down to 1 per cent,” she explains.

Trained at the prestigious Christian Medical College, Vellore, Dr Sabnis is currently dealing with scores of COVID-19 suspects at the hospital’s OPD. “This takes immense energy and manpower since there are several unique aspects to the disease. For instance, not every infected person will have a cough and cold so it is a challenge to convince the patient’s relatives that he/she may have the virus. Secondly, if the patient tests positive, he/she will have to be housed in a separate isolation ward and all contacts will have to be traced and tested, even if they are healthy. Besides, it’s also a challenge to ensure that regular patients don’t come in contact with them,” she says.



However, Dr Sabnis is not required to spend long hours with COVID-19 patients since she attends to almost 50 other patients daily in the infectious disease OPD. “Those attending to coronavirus positive patients are not allowed to work more than six-hour shifts, since that could result in higher rate of infections within healthcare workers. There is a separate team of consultants, nurses, housekeeping staff in the corona ICU who work for seven days at a stretch. And, post their shift, they have to be in quarantine for a fortnight,” she informs.

While healthcare workers across India are facing an acute shortage of protective clothing and N95 masks, Dr Sabnis is thankful for not having to face such a situation. “While we do not use hazmat suits as they are for those dealing directly with corona positive patients, we cover up with a full-sleeved suit, N95 mask, double gloves, and double headgear.” In addition, she is also on a course of prophylactic medicines to minimise her chances of getting infected. The hospital keeps testing all healthcare workers, especially those who are working with coronavirus suspects and patients on a regular basis as well.

The spike in the COVID-19 numbers are worrisome to say the least. “It’s not easy. The emotional toll is higher since I live with my aged mother and six-year-old son who doesn’t understand the repercussions. He cries and throws tantrums since I am unable to spend enough time with him. When I get home, I first have to take a bath before I meet him. I sleep in a different room, eat in different utensils, and use a separate washroom,” she shares, and signs off with a message: “Don’t panic, maintain social distancing, wear a mask, and do not stigmatise COVID-19 patients or their caregivers.” >

“Only social distancing can CONTAIN CORONAVIRUS, IDEALLY TILL THE INFECTION rate drops to 1 per cent.”



Doing her bit

Pune-based social worker Mojdeh Farashahi is helping the needy and ensuring that strays are fed during the lockdown, finds **Radhika Sathe-Patwardhan**

Pune-based Mojdeh Farashahi (39), and her NGO Bodhisattva have always worked for the homeless and destitute, as well as stray animals. “I try to do whatever I can in my capacity to help those who cannot fend for themselves,” she says. And with the lockdown amidst the COVID-19 crisis, the situation has only worsened for them, since restaurants and cafes that used to be a regular source of food, are now shut. Though Farashahi and her team of volunteers have been working consistently, they are unable to do as much as they did before lockdown since not all NGOs have got police authorisation to operate during this period. “We have partnered with those groups who have permits, and it is allowing us

“We are committed to helping and creating a BETTER ENVIRONMENT FOR THE HELPLESS and voiceless through our projects.”

to provide volunteers in specific areas as well as watchmen of different societies with bags of dog food to help feed the strays. Bodhisattva has its own animal ambulance, which is also being used for this purpose since the ambulance can move around without restrictions. I’ve noted down areas that are not getting regular food supplies, and also identifying more people who can feed the animals,” she informs.

Similarly, Farashahi is also feeding the homeless. “I’m distributing food, sanitisers, and face masks among them. I am also trying to help out watchmen and domestic help with some money and ration,” she says. Bodhisattva was established in 2015 with an aim to reduce animal suffering and bridge the gap between humans and animals. “We are committed to helping and creating a better environment for the helpless and voiceless through our projects. We provide the needy with necessities, free medical consultation from private doctors, medical aid and sponsors for surgeries, education for children, and awareness workshops for women,” Farashahi informs.

While finances can be a problem, she has created a crowd-funding platform on social media for those who want to lend a hand. “We have been able to raise funds for food bags through Facebook. However, we’re running out of bags so we’re trying to connect with various dealers to ensure we have enough till the lockdown lasts.”

Farashahi has also encountered several problems but the misinformation spread by the Pune Municipal Corporation (PMC) about coronavirus was quite the challenge. “PMC had given out wrong information that pets and animals could be carriers, which created paranoia among individuals. There were certain cases where pet owners were harassed by their neighbours. Then there were also reports where people were abandoning their pets due to fear,” she states. “We are doing our bit to help out, but we are already overburdened looking after the strays. Our funds are also limited. People should understand the responsibility that comes with keeping pets. They are part of the family. You won’t abandon your family member in a crisis, so why abandon your pets?” she adds. “The need of the hour is for everyone to stay calm and safe, and remain compassionate. You could provide the needy with ration or financial help. Collect your leftover food and leave it out of the societies for street animals, instead of trashing it,” she concludes. >



Soldiering On

Dr Somdatta Satpathi, a Kolkata-based healthcare professional speaks to **Hemchhaya De** on how to keep calm and carry on during the Coronavirus outbreak

Kolkata's Dr Somdatta Satpathi is caught in a long battle. The 24-year-old junior doctor is currently interning at the state-run Beliaghata ID Hospital—the nerve centre of West Bengal's fight against COVID-19. A student of the Institute of Post-Graduate Medical Education and Research (IPGMER) and SSKM Hospital, one of the oldest public hospitals in the city, Dr Satpathi's internship commenced on March 25, the first day of the nationwide lockdown. "In the midst of this pandemic, I was scared. My primary fear was, what if I infected my parents and others. To avoid such a situation, I have been staying at a medical hostel for the past few weeks," she says.

The young doctor has been working in the outpatient (OPD) and emergency departments at the ID Hospital. She is among the few interns helping out seniors at the helm of isolation wards, and is also dealing with patients afflicted with other infectious diseases. At the OPD, she has checked travel histories of COVID-19 suspects, among other parameters.

Her shifts usually last for 12 hours—9 am to 9 pm. "Transport is provided by the hospital. During duty hours, we wear personal protective equipment (PPE), and can't take it off while working. So we can't eat or take bathroom breaks during this time. And, with the rising temperatures, wearing the PPE can make us sweat profusely," she says.



Once she returns to her hostel, Dr Satpathi ensures to shower first, and avoids contact with other residents. "I wait till others have finished their meals. My greatest concern is that, I shouldn't put others in jeopardy," she says.

Needless to say, Dr Satpathi's parents are anxious about her well-being. Both are associated with hospital administration at different medical institutions. "Initially, they were against the internship since I had a major surgery recently," she says. However, since Dr Satpathi had always dreamt of becoming a doctor, she does not believe in shying away from duty during these testing times.

Even then, certain incidents, she says, prove to be really demotivating for doctors on the frontlines. "Some people have scant regard for hygiene protocols, and while queueing at the OPD, they would often flout the one-metre distance rule, often leading to fights," she recalls. Also, people thronging the markets during lockdown in large numbers dilutes the efforts of healthcare workers. The instances of people attacking doctors are also pretty disconcerting for her. "No need to make us look like gods, we are just humans doing our job, but such incidents are frightening and leave us dejected," says Dr Satpathi, who will be completing her internship at the ID hospital shortly. After that, she will be interning at SSKM Hospital, which is also gearing up for treating COVID-19 patients. >

Dr Satpathi wants people to be more COOPERATIVE DURING THIS CRISIS SO THAT doctors are able to do their jobs effectively.

SURAKSHA KE SAATH KOI SAMJHAUTA NAHIN.

Every time you wash your hands with soap and water, you help prevent the spread of this virus. That is because soap degrades the outer envelope of the virus made up of fatty cells. Its tiny fragments get trapped and washed away with water. So, don't compromise with washing your hands, don't compromise with your protection.



Frequently wash your hands with soap and water for at least 20 seconds.



Soap molecules degrades the outer envelope of the virus.



Soap and water wash away the virus.





Rising Above Challenges

Restaurateur Navneet Gill, based in Ahmedabad, is determined to help her staff and the needy with firm resolve, finds **Kalwyna Rathod**

Despite the challenges being faced by the hospitality industry, Navneet Gill, owner of Nini's Kitchen, a chain of casual dine restaurants in Gujarat, has not only ensured the needs of her staff are met, but is doing her bit to ensure the needy don't go hungry and helpless.

Commenting on the situation, Gill says, "We couldn't leave our staff to fend for themselves. So while the restaurant was shut, we'd open it for an hour, twice a day to make food for the staff. Only two people from the kitchen team would cook for everyone, and carry it back to their quarters."

This was when Gill took to social media to announce the Feed Amdavad initiative, inviting those who needed meals. "We were surprised with the number of calls and messages from people who were stuck without food—students, doctors, reporters, and even the elderly who were dependent on cooks," says Gill.

"We advised everyone to send just one person from their room or locality to collect the meals

from the pre-decided spot, and maintain the recommended six-feet distance."

As word spread, the number of people who needed meals increased. But Gill's funds were on a decline, so she had to think of a solution. That's when she introduced dining bonds. She explains, "Dining bonds are a kind of investment in a future dinner at Nini's Kitchen. So on buying one bond worth ₹1,000, we provide a food voucher in return, which can be redeemed later. This way, we would have the much needed funds to keep our initiative running."

After a second announcement was shared explaining this new concept, they received a tremendous response, even from people residing overseas, many of who had no intention of redeeming the food vouchers. "After this, we applied for the essential services pass for five of our kitchen team members and one for our delivery vehicles. And so far, we've managed to deliver more than 6,500 food packs to Ahmedabad Municipal Corporation (AMC). This number also includes the food packs that have been collected from all outlets. We've been cooking copious amounts khichdi and pulao because they are nutritious and easy to make without much manpower. Also, they are easy to pack and deliver, and stay fresh for at least three to four hours, even in Ahmedabad. We've also cooked dalia, aloo-puri, and are planning dal makhani and jeera rice," Gill explains.

Gill also ensures her team working during this lockdown are safe. "We have ensured that all five members are operating with masks, gloves, caps, and with the mandatory hand sanitisation every hour. We have an alarm system which rings every hour to remind them to wash/sanitise their hands, no matter what they're doing. They all have a personal digital thermometer on their person, and are mandated to monitor their temperature twice a day. All five stay in the same room, away from the other staff rooms. The rest of the team is observing the lockdown."

A dentist by profession, Gill fully understands the gravity of the situation and doesn't put off taking the right steps when needed. "The first thing we did after COVID-19 hit Ahmedabad was buy surgical grade disinfectants. We've been fumigating our kitchens as well, with 70 per cent alcohol and formalin (the stuff surgeons use to disinfect operation theatres). All utensils are soaked in bleaching powder and rinsed thoroughly. All fruits and vegetables are rinsed with warm water and vinegar," she signs off. >

"We've managed to deliver more than 6,500 FOOD PACKS TO AHMEDABAD MUNICIPAL CORPORATION (AMC)."



Mask Crusaders

Designers Nanki and Abirr Papneja have taken their civic responsibility seriously by helping ease the burden for those affected the most by the lockdown, says **Radhika Sathe-Patwardhan**

Fashion designers and founders of contemporary label, Limerick, Nanki and Abirr Papneja are acknowledging their civic responsibility during this global health crisis. The duo has pledged to donate 3,000 surgical masks for healthcare officials at Kasturba Hospital in Mumbai. “We were aware of a shortage of masks in the country, and realised that arranging and donating protective gear is the need of the hour,” says Nanki, the brand’s creative head. The brand’s business head, Abirr adds, “After the lockdown was declared in Mumbai, we were discussing how it will impact the underprivileged, especially the daily wage earners. We did our research, and found that Dharma Bharti Mission had partnered with food suppliers to mobilise funds to feed the families of daily wagers.”

And even though they have shut their manufacturing units and stores in Mumbai and Delhi during the lockdown, they ensured their staff received advance payments and paid leaves. “The situation is extremely uncertain right now and the artisans are quite insecure. We wanted to pay them advances, but realised some of the craftsmen did not even have bank accounts. But the good thing was that they all lived in the same area. So our accountant, set up digital wallets



for those with bank accounts. The money was put together so that they all received payments in time.” This way they ensured that all their employees and craftsmen were taken care of.

This isn’t the first time the two have helped those in need. “A few years ago, we visited the Earth Saviours Foundation, a Gurugram-based NGO which has rescued over 1,000 abandoned senior citizens, some of whom are physically and mentally challenged. The entire experience shook us, and that day something in us changed. Since then we have been regularly donating food supplies to them,” says Nanki.

The duo has also come up with designer masks. “We had the knowledge and the infrastructure to make raw material for a basic surgical mask. This inspired us to manufacture designer masks where each piece has an antimicrobial and a melt-blown non-woven layer. These masks are reusable and can be easily washed at home. The floral prints and embroidery take cues from the label’s aesthetic, and provide the wearer a fuss-free and stylish option,” they inform. Taking this initiative further, they have announced that by end of April, 100 per cent of the sales proceeds will be donated to the Earth Saviours Foundation. The two are not taking this lockdown as a time to relax. They’re looking to the future. “We are ideating and using this time to take a step back and see how we can make our present set up more eco- friendly and efficient,” they conclude. >

**Nanki and Abirr
have donated
3,000 SURGICAL
MASKS FOR
HEALTHCARE
WORKERS at
Kasturba Hospital
in Mumbai.**



Never Back Down

Dr Tanu Singhal, a consultant at the Kokilaben Dhirubhai Ambani Hospital, Mumbai, gives **Nikshubha Garg** a clear view of the current situation, and her life during the Coronavirus outbreak

Life has taken a drastic turn in the last month for Dr Tanu Singhal, ever since the pandemic tightened its grip on the city. The consultant working with the Paediatrics and Infectious Disease department at Kokilaben Dhirubhai Ambani Hospital, Mumbai, now, spends her days answering a barrage of questions from patients over the phone, setting up isolation wards, and training staff on how to take care of themselves and patients.

Dr Singhal admits that there is a general sense of panic as far as COVID-19 is concerned, and her biggest challenge is helping people conquer that. “We are flooded with calls and messages on a daily basis, and most are false alarms. We have a procedure wherein all patients are asked a set of questions, and basis that we decide who needs to come in to the hospital, and who doesn’t.” Doctors rely on their clinical judgement to take that call. “Patients are asked to take paracetamol and watch out for certain signs. However, as the infection spreads, we might have to change tactics. Whether it’s treatment or diagnosis, everything is evolving on a daily basis, and we have to keep tabs on guidelines,” she explains.

With stress levels at their peak, Dr Singhal suffers frequent headaches and migraines. In fact, detaching from work is not an option considering she is also in touch with other chronically ill patients, who are monitored through messages. In these times, her family—



husband, daughter (13) and son (15) are her pillars of support. “They are concerned about my well-being and exposure to affected patients. My husband takes over the house while I am away,” she states.

On March 22 and April 5, when the nation clapped and lit diyas to thank healthcare workers, videos of many flouting lockdown rules went viral. Under such circumstances, the obvious question is—are Indians not taking the situation seriously? “The rich and the upper middle class are taking the right precautions. For the poor, however, there are other enemies bigger than the pandemic (poverty and hunger). Unless they are given complete support, they are bound to scout for survival,” Dr Singhal says.

Another crucial aspect is testing and equipment. However, Dr Singhal says she has seen cases wherein patients test negative on a certain day, and positive two days later. Thus, unless one is testing patients every day for a prolonged period, this system wouldn’t be effective. “However, we hope the situation doesn’t escalate like it did in the US, Italy and Spain. We might have a problem then as the hospitals would be under severe pressure.”

Recently, a video of a mob attacking healthcare workers in Indore surfaced on social media. Do such incidents bring her morale down? “Not at all. These people don’t know what they are doing. Fear has taken over their intellect. But one has to look at the bright side and see the overwhelming support that health professionals receive. Moreover, as doctors we were prepared that there might come a time when we have to lead from the front. The time is now; if we quit, we are deserters,” she concludes. >

**“As doctors
we were prepared
TO LEAD FROM
THE FRONT. THE
TIME IS NOW;
if we quit, we are
deserters.”**



Mind Over Matter

Kirthi Jayakumar ensures that people who have mental and emotional issues during the COVID-19 lockdown have a safe and confidential space to be counselled.

In conversation with Neeti Jaychander

When Chennai-based peace activist and gender equality advocate Kirthi Jayakumar first heard about the novel

Coronavirus, she didn't think it would become this 'real'. The founder of The Gender Security Project (an initiative for expanding the global understanding of gender at the policy, legal, and institutional levels) counsels people for free, ensuring a confidential space where they can share their problems.

What are some of the mental and emotional issues that people have come to you with, during the lockdown?

We're different people at heart, with a different approach towards life. Which means that this could bring out the best in someone's

Quarantine has undoubtedly INCREASED THE DOMESTIC burden in a lot of households.

resilient spirit, or could be devastating for someone. Regardless, any external imposition obligation—by virus or government—enforces a change in one's lifestyle, worldviews, and even a sense of control over life. That seems to be rather common for most people. Holding space is listening to another person express themselves without judgement, without probing, without throwing unsolicited advice, and with assured confidentiality. I listen to those who need me every day, whether it is for a few minutes or hours. People don't need to be helped in ways that make them feel even more helpless—they are always in charge and holding space to hear them out felt like a good way to stand by people around me.

What have been some of the challenges?

Since I used social media to hold space, it meant that I opened up my direct messages to anyone who wanted to share. I was not prepared for the hate and unsolicited, inappropriate pictures that found their way in. On not-so-good-days, it feels crushing, but the thoughts of kind people, keeps me going.

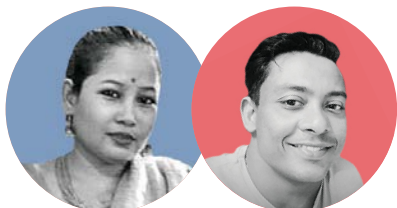
Has quarantine impacted gender violence?

Quarantine has undoubtedly increased the domestic burden in a lot of households. It has forced people to stay in the vicinity of abusive family members, and in some cases, perpetrators of particular kinds of abuse that have damaging consequences. It is extra challenging for people with disabilities, women, people from the LGBTQIA+ community, pregnant women, new mothers, and finally, is devastating on commerce, small businesses, and monetary and economic freedom. These things in themselves can make it incredibly complex to bear.

What have been your own fears and reactions to the pandemic?

The five stages of grief—denial, anger, bargaining, depression and acceptance—are all real and expected. I was in denial about the pandemic. Then I went to anger directed at nothing and everything in particular, then tried this whole internal bargaining dialogue and looked for a temporary escape. Then there was a dip in my mind, where everything seemed dismal, to now, acceptance, because if everyone in the world is going through it, why should I put my ego first? This too, shall pass. >





Fighting Spirit

Kolkata couple Anita Das Basak and Dibakar Basak continue with their animal welfare work and feed close to 90 strays during the lockdown, finds **Hemchhaya De**

Kolkata-based couple Anita Das Basak and Dibakar Basak are braving the odds in their endeavours to care for stray animals around the city during the lockdown.

Despite their modest accommodation, (they live in a one-room apartment), for the past three years, they have taken in and cared for scores of strays who were mistreated, injured, and abandoned. “I have a pet labrador and while raising him, I decided to work for stray animals. When I met my husband around five years ago, I found that he, too, had a similar passion so, we started working together and went ahead in a more organised manner.”

The couple, however, are often met with resistance. “We face stiff opposition from several residents in our building and the neighbourhood but that has hardly deterred us,” says Anita, a fashion designer. Dibakar works as a fitness trainer at a local gym. “We use our own funds to feed and look after these strays; we haven’t formed any non-profit unit yet,” he says.

Following the present lockdown, these warriors have stepped up their efforts. “We received a call from one of our associates from the Taltala area, where a local was recklessly riding his motorcycle trying to run over a stray dog. Dibakar and a few friends rushed to rescue the



dog. They went to the local police station to lodge a complaint,” Anita narrates. Unfortunately, the officers on duty refused to lodge the complaint or even take it seriously. Dibakar was told that they had more pressing matters and asked him to go home. “While we fully understand the gravity of the situation and are trying our best to not flout lockdown protocol, we cannot simply let a stray animal suffer,” she asserts. The couple emailed MP and animal rights activist Maneka Gandhi and received a prompt response from her office, assuring them of extending all the help needed. They also received a scanned copy of an official letter urging the police and other concerned authorities to allow animal welfare workers to feed stray animals.

The Basaks now drive down twice a day to several localities to feed strays with home-made meals consisting of rice and chicken. They also have a mini medical set-up for treating stray animals at their home. “We are cooking for around 100 animals every day. We also give basic treatment, and then rope in vets for more pressing concerns.” Just recently, they had also rescued an abandoned monkey and a horse.

Anita also grabbed media headlines in April 2019 for her contribution towards bringing the NRS Hospital puppy death incident in Kolkata to light, where a few staff members of the government hospital were seen in a video bludgeoning to death 16 puppies on the staff hostel premises—an incident which shook people across the country. >

**The couple
IS FEEDING
AROUND 100
ANIMALS
every day
with home-
made meals.**



Caring For The Elderly

Civil lawyer Anagha Paralikar started an initiative to help senior citizens in Pune, and it has risen to an unimaginable level, finds **Radhika Sathe-Patwardhan**

In the light of the nationwide lockdown, senior citizens who live by themselves are among the worst affected, considering their dependence on the domestic help to do chores and run errands. Pune-based civil lawyer and social worker Anagha Paralikar (37), is offering to help any senior citizens to get medicines and essentials during this period.

Inspired by a WhatsApp message that offered to bring the necessities to their doorstep, Paralikar sent out the word among her contact list, and her phone did not stop ringing. "Surprisingly, a number of these calls were to

**"People may
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BUT OFTEN DON'T
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confirm my number. I had many callers wanting to volunteer as well, from across the country, not just Pune. I realised that most people needed meal tiffins, as they are dependent on the house help to cook," Paralikar informs. While she helped in picking up stuff from the market when possible, cooking and delivering food across Pune was beyond her personal scope. That's when she roped in volunteers, and assigned them with specific areas. She cites the example of four senior citizens, all over 75, living together. Three of them are bed-ridden. While the caller said he can make the *sabzi*, he needed help to get rotis. She called the volunteers, who immediately stepped up, and ensured that their food was sorted until the end of the lockdown. However, not all calls for help could be answered, due to the vehicle ban in Pune, but she shared contacts of the committees and organisations that have permission to move out and are helping people.

"I believe that people need a push or someone to help streamline. Many want to help, but don't know how or where to start. If one person takes the initiative, more will join the force," Paralikar notes. She has realised this with not just the current scenario, but also through the many years she has engaged in social work. "When I started working, there were no washrooms at the court house. I had to commute for 20 to 30 minutes all the way to another court house and back for using the one there—which had no door, light, lock, or water! It was a horrible situation for all the 75 people working in that courthouse. But there was no unity or clarity of thought among people. In 2012, I held a meeting, and we all decided to pool in some funds to get the facilities in order," says the member of the committee of Central Government of Health Sciences (CGHS) dealing with cases of sexual harassment of women at the workplaces. Once the others saw there was someone leading the initiative, they came forward, and now it is an immaculately clean, well-maintained building with working, odourless washrooms and trees.

Paralikar also started an annual campaign to feed the homeless during Holi. During the Holi dahan, every household makes puranpolis and offers a few to the gods by putting them in the fire. She requested people to save the food, and opt for a common offering in the whole society. "Many individuals and housing societies have come on board. We collect close to 3,000 puranpolis every year, which we distribute among the homeless and the needy," she concludes. >



Helping Hands

A group of working professionals in Kolkata have come together to deliver essentials during the lockdown to the elderly living alone, finds Hemchhaya De

Luna Chatterjee, 43, received a frantic call from a friend of a friend when the lockdown was enforced. The food blogger was asked if she could check up on an elderly person who had suffered a stroke and was admitted to a private hospital in the city. Due to the lockdown, her caregiver was unable to visit her in the hospital, and as a result, the woman's daughter in the US couldn't get any update on her mother's condition, post her surgery. "I happened to know a senior doctor in the hospital who helped me get information about the elderly person," says Chatterjee, a of the co-founders of the Kolkata-based voluntary group Let's Help, initiated to help elderly persons in distress during the pandemic.

Since the onset of the pandemic protocols, the elderly, who are living alone in Kolkata, have been facing difficulties when arranging for basic items for subsistence. To address these issues, a group of professionals came together to make sure that

**Since Let's Help
is a voluntary
service, IT ISN'T
CHARGING A PENNY
FOR DELIVERY
of essentials and
medicines.**

senior citizens in the city can stock up on food and medicines, and can call on them should an emergency arise.

It all began on March 17 when Debayan Datta, 33, who works with the sales and business operations unit at a popular eatery, posted on Facebook that he wanted to help the elderly living alone in the city during the COVID-19 lockdown. Prior to the nationwide curfew, announced on March 24, Datta witnessed a surge in frantic posts on social media, where his friends, colleagues, and acquaintances living away expressed concerns over how their parents would cope during the crisis. "People were worried because they couldn't travel. Soon people began sharing my post. It went viral, and queries and requests for help started pouring in," says Datta. Motivated by the overwhelming response, Datta and some friends—Chatterjee, entrepreneur Debjani Mookherjee, 43, and working professional Turni Dhar, 46—formed a WhatsApp group, roping in volunteers from across the city.

Within a short span, the number of volunteers grew from 15 to over 180. While Datta and Dhar are part of the on-ground delivery service, Chatterjee is responsible for coordinating with all stakeholders—volunteers, doctors, and people in need of help. In case of medical emergencies, Chatterjee banks on her network of highly-placed officials in the health sector or in the state administration for help. Often, she calls the elderly people they are helping, to see how they are coping during the lockdown. "We have to reassure them that we are there to help," says Chatterjee.

Mookherjee, who runs a food delivery app, is supplying timely meals during the lockdown.

On average, they receive 10 requests per day, and the exact requirements are shared accordingly. Depending on the location of the request, volunteers—usually the ones living—are assigned to deliver the essentials. The volunteers follow all quarantine protocols while delivering the goods, such as wearing masks, washing hands, and dropping off the items at the doorstep, without entering any homes. The group is reimbursed only for essential items and medicines through bank transfers. They don't charge for transport and delivery. "There's no cap on budget for goods as such. If some people need costly medicines, they can pay us in advance, and we will have it delivered," says Chatterjee. Fortunately, the group has not faced any opposition from the authorities, and are earning plaudits from all quarters. >





The Good Samaritan

Berryl Sanchis from Aurangabad ensures that the people and animals in need get the help they require, even during the lockdown, finds **Radhika Sathe-Patwardhan**

Born and raised in Mumbai, Berryl Sanchis (41), moved to Aurangabad in 1998, and for the last 22 years has been working in the construction sector. Alongside, she has also been actively involved in setting up an NGO called Happy Moments, and the Aurangabad Pet Lover's Association (APLA). While the former works towards educating underprivileged children residing in slum areas, the latter ensures that stray animals are being taken care of with the necessary food, water, and medical care. During the current lockdown, while the usual activities are

Sanchis has been collecting LEFTOVERS FROM NEIGHBOURHOOD HOMES DURING THE LOCKDOWN feed strays around her area.

restricted, she and the volunteers working with her are undeterred.

Prior to the lockdown, Sanchis used to collect leftovers from a restaurant, and had a lady packing them for her to feed 25 dogs. Since the restaurant is not operational during the lockdown, she feeds as many dogs as she can with off-the-shelf dog food, rice, and chapatis. "I collect chapatis and leftovers from people's houses and use it to feed the strays around my area. Other volunteers are operating in a similar manner," she says. Owing to timing and movement restrictions, the volunteers feed animals from 6 am to 8 am every day.

APLA has been helping strays with reflective collar bells (to avoid road accidents, especially at night), cemented water pots, food, and medical care. It has also initiated a campaign to create awareness of the problems stray animals face among school and college students, seeking their help.

Sanchis is also ensuring that those who are suffering during this period due to lack of work, and in turn, finances, get the rations they need. "Since daily wage earners are left with nothing, with everything shut, Happy Moments has joined hands with other NGOs to put together kits of essentials like rice, dal, atta, masalas, sugar, oil, and salt. We're distributing these kits to families in need."

Happy Moments started off with the idea to teach children from the slums—that often end up begging—as also for women empowerment. "I believe a good education can go a long way in giving these children a chance at a better life. They face so many hardships at such a young age," Sanchis states. She teaches them after her work hours, and from the initial 50-odd children, the number has shot up to over a 100. She not only teaches them school-related subjects, but also about health and hygiene, and conducts cultural programmes like singing and art competitions for them.

Finance is always an issue, and even though initially, she took care of all the expenses, but social media helped getting her work across and brought people forward with contributions, in cash and kind. "People have come forward to sponsor certain programmes or have helped in kind by giving clothes, blankets, stationary, etc."

The Good Samaritan has been helping those in need since a long time and continues to do so even when the going gets tough. >





Selfless Act

Ahmedabad-based social entrepreneur Ruzan Khambatta is distributing food to daily wagers who are unable to fend for themselves during the lockdown, reports **Kalwyna Rathod**

While many of us have stocked up food and other necessary items to tide over the lockdown period, there are several who don't know where their next meal will come from, or whether it will even come, especially the underprivileged and daily wage workers.

Ahmedabad-based Ruzan Khambatta, a social entrepreneur and an action agent for women's safety and empowerment, has always been at the forefront of social issues. Just a day after the 21-day lockdown announcement, Khambatta happened to learn about how the state government run Rupee-10 meal scheme for labourers was discontinued, leaving those benefitting from it with no other option. "When I found out the scheme was discontinued, I called up some politicians of the ruling party and told them about it. Of course, they wanted to discourage people getting together in groups to

"We started with 3,000 food packets per day, and are now distributing 8,000 PACKAGED MEALS TO FEED MORE PEOPLE."

avoid the spread of COVID-19 but they should have thought of another alternative, which they hadn't. So I decided to take matters in my own hands," she says.

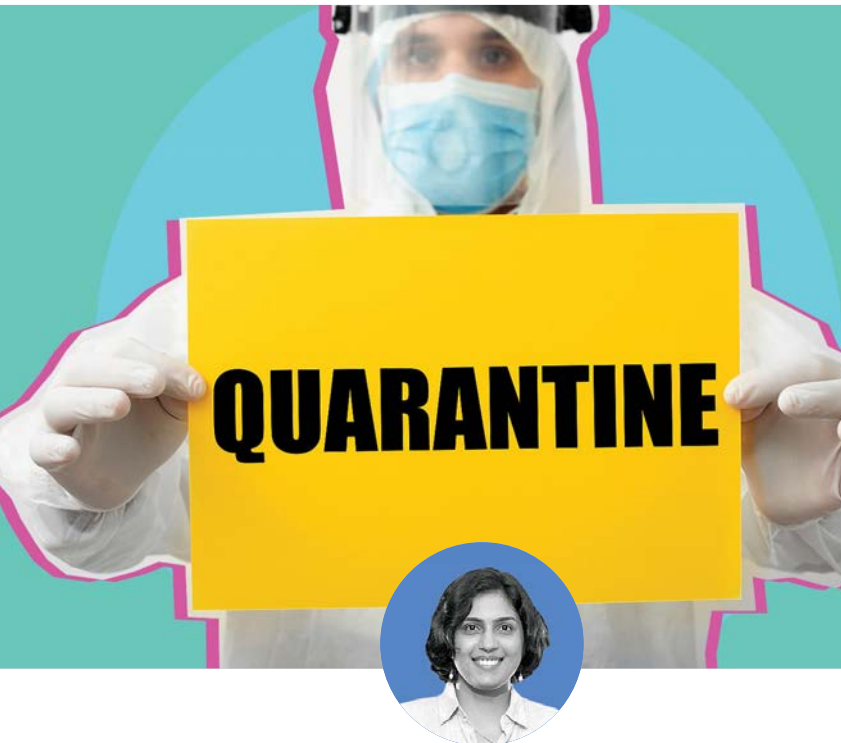
With the help of an organisation, Manav Seva Mandal, and several volunteers and donors, Khambatta has been successfully distributing food packets to the needy. "I was thinking of getting a team ready to distribute the food packets, but then thought of securing help from Gujarat police. Not only can they do everything in an orderly manner, but their presence will also discourage any chaos."

When the lockdown began, Khambatta started with distributing 3,000 food packets per day to those in need. "We raised the number to 4,000 packets per day and since last week, with help from donations and other companies, we have raised the number to 8,000, distributing half of them during the day and the other half in the evening. We first started with food items like *puris*, *sabzi*, and *theplas* but it turned out to be time-consuming. Our biggest challenge is lacking an automatic facility and sufficient manpower. We want to reach out to more people, and hence have decided on food items such as *khichdi*, *rajma*, and rice," she informs.

Additionally, Khambatta has been channelling her efforts in getting 2,500 litres of sanitiser ready for the police and municipal corporation employees. "Recently two railway policemen tested positive for coronavirus while on duty. If we can save even one of these people working on the frontlines, we can save hundreds more. That's why I took on this initiative, as they need to be safe first in order to be able to help others. Unfortunately, this has taken time because the raw material was going to be brought from Mumbai. With the lockdown and other formalities, that include official sanctions for donating these sanitisers, we had to wait," she says. Khambatta also intends on making sanitisers accessible to the underprivileged to maintain basic hygiene.

As aspect that irks Khambatta is when people try to take undue advantage of such situations. "In times like these, everyone has to understand the result of their actions—be it people who try to portray lies as the truth or those who distribute four food packets and click pictures for social media and make it look like they distributed 400 packets. Whether one helps four people or more, it doesn't matter, but people shouldn't use this as an opportunity to make themselves look good in the eyes of the public," she signs off. >





Battle Ready

Bengaluru-based Dr Swati Rajagopal, an infectious disease specialist tells Anindita Ghosh about the challenges of dealing with the COVID-19 outbreak

Recently, a prominent private hospital in Mumbai was declared a coronavirus containment zone after 26 nurses and three doctors tested positive. The United Nurses Association (UNA), Mumbai, alleged that hospital management had not provided adequate protective gear to its staffers. In Kolkata too, the Nilratan Sarkar (NRS) Medical College and Hospital had to send 64 medical professionals including 39 doctors, nurses, medical staff and non-medical staff to quarantine after a COVID-19 positive patient died in the hospital.

With over 9,000 COVID-19 cases in the country (at the time of writing this), India's healthcare sector is hugely understaffed with roughly one doctor per 100 people and

“Patients are scared to reveal their accurate MEDICAL HISTORY. THEY ALSO MASK THEIR TRAVEL HISTORY, which poses a further challenge for us.”

1.7 nurses per thousand people. Dr Swati Rajagopal, consultant, Infectious Disease & Travel Medicine, Aster CMI Hospital, Bengaluru, is all too aware of these challenges as she deals with scores of COVID-19 suspects that come to her hospital every day. “Shortage of personal protective equipment (PPE) has been the concern, globally. At Aster, with our core infection control team, management and quality departments, we have streamlined and attempted to rationalise the use of PPE. Also, as per WHO guidelines, it's crucial to conserve medical resources but also use them judiciously for valid cases. And that's the real challenge of this pandemic,” explains Dr Rajagopal.

At Aster CMI Hospital, strict protocol is being maintained as far as COVID-19 preparedness is concerned. “We have a designated Flu (fever) clinic; a triage system of pre-admission through the emergency room; a designated area of admission of suspect cases and confirmed cases, and step down marked area of hospital. We ensure that we use appropriate PPE while dealing with the patients,” she informs.

According to her extensive planning, implementation of efficient infection control practices, coordination between healthcare providers, nurses, support staff, and hospital management is needed. “Though the last few weeks have been challenging for healthcare professionals across the globe, everyone is trying their best. Collaboration between private and government institutions, along with laboratories, can help us overcome it, she says. She adds that basic practices like cough etiquette and hand hygiene can help save lives.

“Patients are scared to reveal their accurate medical history. They also mask their travel history, which poses more of a challenge for us. People should also not stigmatise patients who test positive and understand that if treated on time, it has a good recovery rate,” Dr Rajagopal says, highlighting the challenges. For frontline medical workers, it is important to get adequate rest to come back to work the next day, and not allow anxiety to cripple the spirit.

Dr Rajagopal is convinced that this global health crisis has a positive side to it. “The COVID-19 pandemic has united all sections of the society. We have understood the value of working as a team and also learnt the fact that nothing is more important than good health,” she concludes. >



Making Every Action Count

Toolika Gupta, director, Indian Institute of Craft and Design, Jaipur, has brought the faculty and staff together to help daily wage earners with food and essentials during the COVID-19 outbreak, finds **Radhika Sathe-Patwardhan**

The coronavirus outbreak and the lockdown has hit the society most at two levels; those who are working in medical field, sanitation, police forces, municipal corporations, and so on, who have to be out and about ensuring people are safe—from COVID-19 and even otherwise—and those who depend on daily wages for survival and cannot work in the current situation. Jaipur-based Toolika Gupta, director, Indian Institute of Craft and Design (IICD), Jaipur, saw the problems of the daily wage earners and decided to do whatever she could to help.

“I am closely associated with many artisans like block printers, wood carvers, lac artisans, weavers, dyers, potters etc, who have been directly impacted. I was upset when I watched the news on TV as well. Several friends in the design industry and ex-students called me saying buyers have refused to pay them and they in turn, found it difficult to pay the *karigars*,” Gupta says.

She then thought of it from a dual aspect. First, their immediate survival, and second, their safety. “The immigrants and artisans needed to be provided with meals. How would they survive until the lockdown ends? Secondly, they are at risk, so they need masks.



We at the institute could use our contacts and have tailors make the masks, so we generate work for them as well,” the 46-year-old elaborates.

Happy to report that her staff was fully on board with her idea, Gupta said she could also mobilise IICD’s CSR funds to make the masks. The staff members had already willingly donated a portion of their salaries in feeding the artisans. The faculty members also mobilised their lab assistants, who were already home in remote areas, to learn how to make the masks and work on them. “The masks were delivered to IICD in a newspaper delivery van. We then sanitised and distributed them. One of the staff members coordinated with the police and other groups to distribute the food and the masks,” Gupta informs.

The IICD hostel mess staff was mobilised to cook and distribute 400 food packets on a daily basis. Apart from the pooled resources of the staff, Gupta banked on word of mouth among friends and family for further contributions, and that went a long way. “We have requests from volunteers in Delhi and Jaisalmer also for helping with food essentials, so we’ve sent monetary assistance for a slum in Delhi,” she says.

From watching the problems on TV late in March to getting the process in place on the same day, Gupta and co-workers acted fast. They now have requests from NGOs. “Several NGOs have contacted us, and we have distributed the mask making to them as well. We are distributing food in areas where we get requests from. Yesterday, it was in the puppet makers’ slum and a day before in the block printers’ colony,” Gupta adds. She and her staff are working in conjunction with the government and police to ensure they reach as many needy people as they can. >

Toolika Gupta mobilised the IICD HOSTEL MESS STAFF TO COOK AND distribute 400 food packets on a daily basis.



Lockdown Tales

Online storyteller Shobha Tharoor Srinivasan narrates modern renditions of classic Indian folk tales for children, during quarantine, says Neeti Jaychander

Retelling stories from Jataka Tales, Panchatantra, Tenali Raman, and Aesop, Shobha Tharoor Srinivasan (60), offers kids a diversion, and parents some relief during the lockdown in the country. The talented voiceover artiste shuttles between California and India, and has taken to YouTube to narrate popular stories to engage children, while also introducing them to iconic fables and folk tales. Excerpts from an interview:

What was your initial reaction to the coronavirus outbreak, and what are your thoughts on the global health crisis?

Like many, I did not take the news as seriously as I should have at the beginning. I was in India when the news of the pandemic broke out in March, and I returned to California on the eve of the lockdown. This global health crisis is serious and requires a coordinated community response apart from consistent social isolation.

“Online STORYTELLING IS A WAY TO CONNECT WITH THE COMMUNITY during a time of social isolation.”

Where did the idea of starting a series of online storytelling sessions stem from? What kinds of stories are part of it?

Several authors of children's books are providing storytelling sessions on social media. Online storytelling is a way to connect with the community during a time of social isolation, so it's no surprise that authors want to share their work in this manner. My purpose is different. Instead of reading my own work, I thought it would be fun to share retellings of the old classics from my childhood such as Jataka Tales, Panchatantra, Tenali Raman, and Aesop. These stories don't seem to be part of today's consciousness as much as they used to be when I was a child. Their simple ideas, strong message, and instructive storylines are perfect for the read-aloud format that children enjoy.

What were the challenges of executing it?

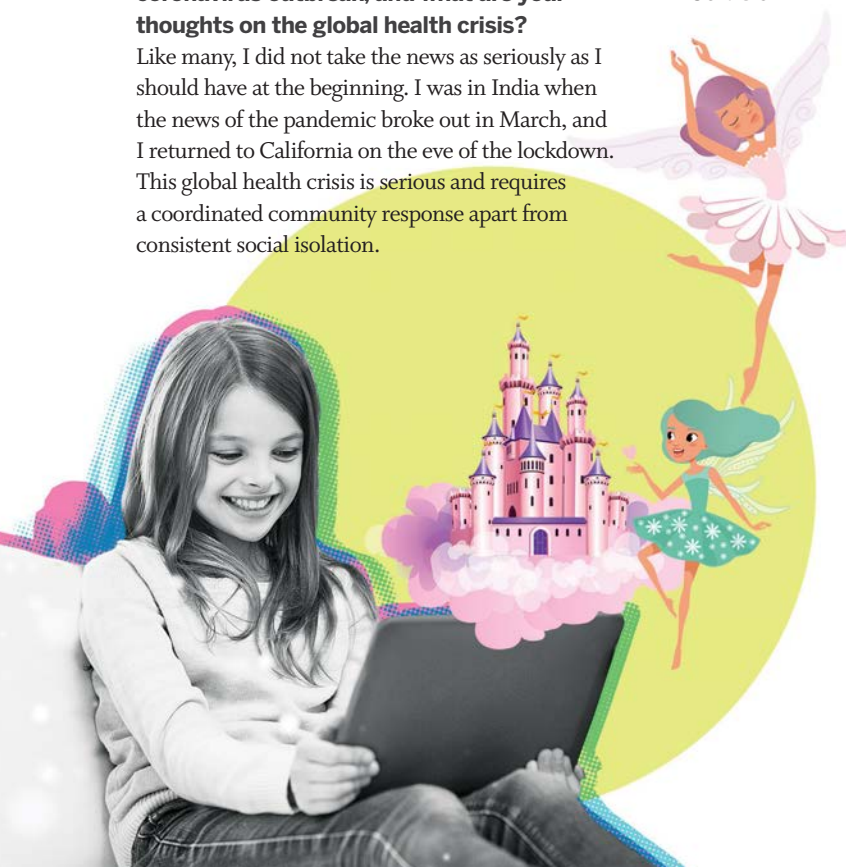
I'm used to working with audio software like Audacity for my projects, but I am not as technically skilled with video software, so that was the first hiccup. And for the sort of informal read-aloud sessions that I'm recording on YouTube that has no graphics, it's essential to keep the stories short to keep the children engaged through the session. I've been rewriting the stories for this retelling, so they are under 400 words, and the language is contemporary and clear.

Are there any other constructive ways to keep children engaged? What can parents and families do to cope?

I think mixing up activities and involving children in household duties is a constructive approach to getting through this period of uncertainty. Physical activity each day, some reading and writing, art and craft, social connection with family and friends with Skype or FaceTime, daily entertainment with music, dance, games, and TV can be useful. Children are resilient and make the most of every situation, especially if they have the security and strength of home and family.

Please tell us about some of your projects.

Despite many years in the US, my accent is more global than local, which is useful as I work across disciplines, and for producers and clients worldwide. I've recorded narrations for some Indian social documentaries, IT training manuals, wildlife documentaries, online recipe books, audiobooks, travel videos, dance dramas, and more. My clients are corporations, non-profits, dance companies, biotechnology firms, and creative artists who look for the right voice for their projects. **F**



ALL ABOUT YOU

How have your parenting anxieties changed during the lockdown?

37.3%
ARE THE
SAME

19.5%
SOMEWHAT
BETTER

12.4%
MUCH
BETTER

25.4%
SOMEWHAT
WORSENER

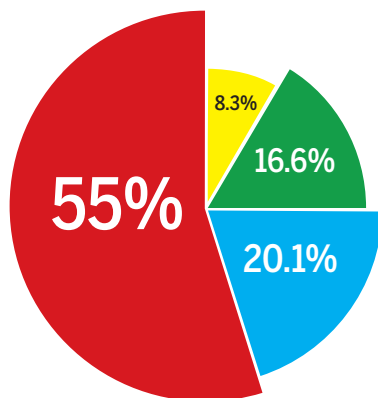
5.4%
MUCH
WORSENER



All in the Family

Parents are undoubtedly finding it tough to cope during the lockdown. *Femina* spoke to a large number of women and came back with these findings.

By **Shraddha Kamdar**



HOW CHALLENGING IS IT FOR YOU AND YOUR SPOUSE TO MANAGE HOME WHILE **WORKING FROM HOME?**

- Very challenging
- Somewhat challenging
- It is the same
- Not challenging

As her 6.30 am alarm buzzes, Mumbai's Reena Jhaveri thinks twice of snoozing it, but finally opts for the more responsible thing to do. As she parts herself from her cosy blanket, she mentally prepares a to-do list for the next couple of hours, which is drastically different from the next eight hours. She proceeds to cook breakfast and lunch for the family and clean up, while her husband Vishal wakes up and readies their children, Ansh and Advaita, aged 11 and six. While Ansh has to get set for his online school classes according to regular time-table, Advaita is to study with the worksheets her teachers have sent for the day. Once the children are set with their respective gadgets and sheets, Reena and Vishal will go ahead and log in for a long workday ahead. The Jhaveri family's situation is representative of most families in metros and Tier I cities, as found by Femina's survey on how parents are managing during the lockdown.

We had responses from 171 parents, threw up some interesting results, and some expected ones. The encouraging part was that close to 89% parents reported to having spoken about coronavirus with their children.

About 75% of the parents said they found it either very challenging (20.1%) or somewhat challenging (55%) to manage the house while

working from home. In addition, 28 parents (16.6%) said they did not find it challenging and 14 parents (8.3%) said it was the same for them as before.

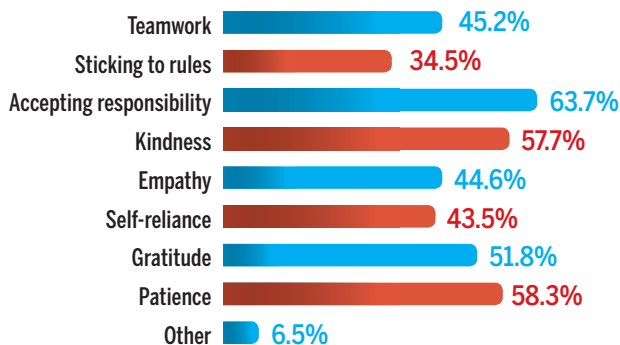
Both parents being at home is also proving advantageous in a way, since 73% said that whoever can manage at the time, takes over the kids' responsibility. It is also a blessing as the children have one parent's attention if the other is working on something urgent. Close to 53% said they ask the spouse to step in, while 12% rely on help, 26% prioritise the children, 4.7% prioritise work and an equal number struggle with it.

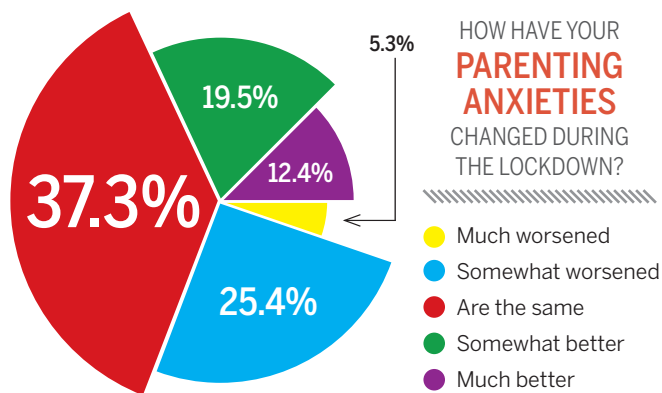
Interestingly, when asked how their parenting anxieties have changed during the lockdown, 32% parents said they were better, while about 30% said they have worsened. The majority, 37% said anxieties were the same. Media person Urvi Barot, mother of two boys (seven and three), attributes it to the fact that both she and her husband can troubleshoot in person, and immediately. "While managing may be tougher, anxieties are lower because we are around, and the children are assured of personal time with us," she says. Also, since many schools are sending worksheets over email and WhatsApp, close to 35% parents said >

**CLOSE TO
89% PARENTS
SAID THEY HAD
SPOKEN ABOUT
CORONAVIRUS WITH
THEIR CHILDREN.**

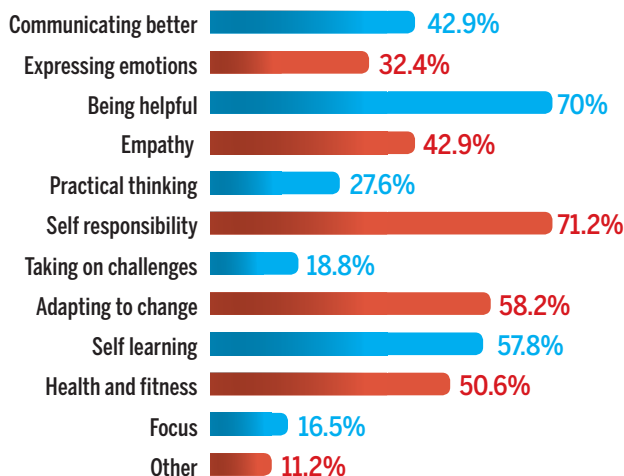


WHICH VALUES ARE YOU ABLE TO
BUILD IN YOUR CHILDREN
AT THIS TIME?





WHICH LIFE SKILLS HAVE YOU BEEN ABLE TO **TEACH YOUR CHILDREN** AT THIS TIME?



they had no struggle juggling work from home with the kids' classes, while 28% said they were just about managing.

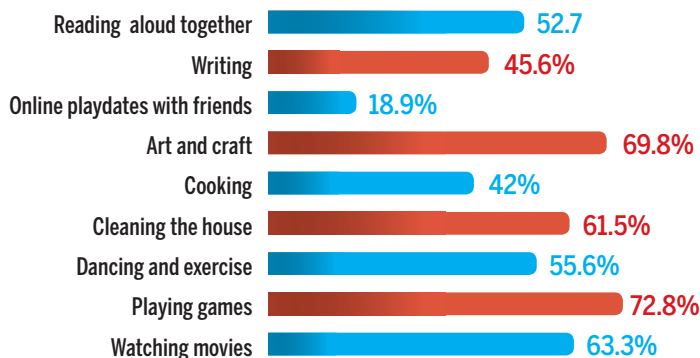
A wonderfully positive by-product of the lockdown is the opportunity for parents to teach life skills to and build values in their children. While most parents think it is an ongoing task, these exceptional times have presented several circumstances to up the game. While most parents are using this time to teach their children self-responsibility (71%) and being helpful (70%) other skills like communicating better (50%), expressing emotions (32%), and adapting to change (58%) are also being focused upon.

Sejal Shah, mother of two (13 and nine) says apart from them taking up the responsibility of managing their schoolwork, her children are also encouraged to be helpful to the parents. "They have taken charge of evening tea during the lockdown, and have made us promise that neither of us will interfere with the process. They also have the security they will not be reprimanded if anything goes wrong. I am happy to say that they work together, figure out the tasks, and apart from making our tea and their milk, they also try their hands at making a snack!"

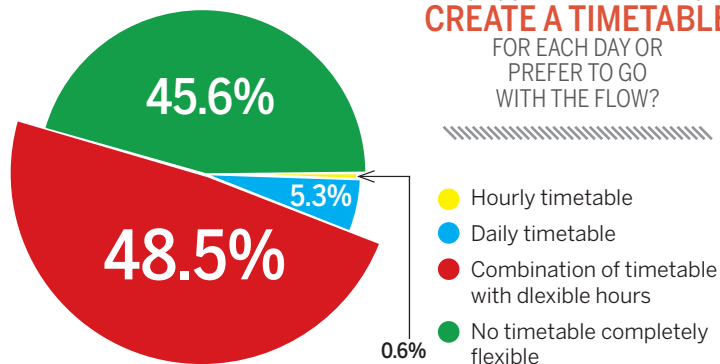
Children are also being goaded into building values via experiences. High among these is accepting responsibility (63.7%) and patience (58.3%) and kindness (57.7%) come a close second. Gratitude, empathy, and self-reliance also take importance for many parents, who are also teaching their children how to be a part of a team. Of those with two children who find their children bickering more often, 57% resolve it with reason, and 33% let them >



WHAT KIND OF ENGAGEMENT ACTIVITIES ARE YOU PLANNING FOR YOU KID?



DO YOU FIND IT BETTER TO CREATE A TIMETABLE FOR EACH DAY OR PREFER TO GO WITH THE FLOW?



ALMOST 73% PARENTS ARE ALLOWING THEIR CHILDREN EXTENDED SCREEN TIME.

sort it out themselves. “I find it easier if the children sit and talk patiently to find a middle ground. It goes a long way, much longer than punishment and anger,” Shah adds.

Amid everything, parents also understand that it can’t be all work and no play. Just like everyone else, children too have been thrown into the deep end, and need positive engagement and assertion to stay afloat. So almost 73% of the parents are allowing the children extended screen time during the lockdown, either a little more or much more. Joint activities that top the charts among parents and children include playing games (72.8%), art and craft (69.8%), and watching movies (63.3%). Teamwork for cleaning the house finds takers in 61.5% of the parents and dancing and exercise finds 55.6%. Reading aloud together (52.7%), writing (45.6%) and cooking (42%) were also popular.

What helped most parents in keeping up with work, school, and activities is that while 46.5% parents kept the day completely flexible, almost half of them (48.5%) adopted a combination of making a timetable and yet keeping some flexibility in the day’s schedule. This also shows the willingness to adapt from both sides, since 63% of the respondents said they were facing minor issues with disrupted schedules and were able to solve them.

We’re already in the extended period of the nationwide lockdown, and we can’t deny the privileged position we come from. We are safe in our homes, secure about the next meal and are able to convince ourselves that we will emerge stronger once we tide over this period. Yet, we know every new day poses new struggles for parents working from home, with the children also at home. From informing children about the nature of the health crisis, to caving in to tiny demands, it takes tremendous patience and perseverance, and parents are powering through with a smile on their faces. **F**

IN THIS TOGETHER

Love in the time of coronavirus can be tough. **Charlene Flanagan** guides you what you can do as a couple either living together or apart

Shanaya Bahl, a 24-year-old media professional, nursed her chai latte at a suburban coffee shop on her first date with a man she's met on a popular dating app. With the coronavirus cases only increasing, and prior to section 144 being imposed, he invited her to grab a coffee and chat, so they could gauge if it was worth their time and effort. "Since soon after the coffee date we've been forced to stay at home during the lockdown, I chat with him every day, and we have the best conversations. Once we can resume our routines, we are excited to go out on a real date," she says.

Being in a relationship or dating has always had its challenges. But, in these times of social distancing, the stakes for getting back on the dating horse are riskier than ever. A global pandemic doesn't exactly set that romantic mood, particularly if you're single and willing to put yourself out there.

Married or in a new relationship, here's how couples can spend quality time or date in the wake of the coronavirus outbreak.



Karaoke Night

Belt out the words to some of your favourite songs, at the top of your voice, and perhaps miss a note or two. After all, you're with the one you love so what better time to be the best worst singer of all time? Of course, if you don't live with your partner, you can always video call. Either way, you'll end up having loads of fun.

Fondue Date

Nothing says romance quite like chocolate. And since we're sure you're all stocked up on all that chocolate and junk food, you will already have everything you need to savour the moments. We recommend melting rich dark chocolate for the dip, along with sweet and salty snacks like pretzels, sponge cakes, and even fruit. Pop in your favourite romantic movie and you're all set.

Cook off

Whether you chose to knead that pizza dough or bake some cookies, cooking as a couple is a great way to spend time together. If that's not all, you get to learn so much about your partner by the way he or she is in the kitchen. Besides, a little healthy competition over who made the better batch is always good. If you don't live with your partner, you could always share some amazing photographs with them. Your SO will be eager to try them the next time they're over.

Spa Day

There's no reason why you can't bring some extra indulgence to your home. A relaxing bath, calming face masks, pedicures, and those delicious back rubs — the list goes on. Besides, a couple that spas together stays together, right? Yes, those who are newly dating can't exactly partake in such indulgences, but it doesn't mean you can't phone in and talk about it.

Keep It Distant

You need to be reasonable and help stop the spread of coronavirus, especially if you and your SO live apart. This means, not only taking into account your health, but that of your



Take a break from streaming platforms and get board games into play

CLASSIC BOARD GAMES

While streaming platforms are definitely a great option to help get rid of boredom, sometimes you need to keep your mind healthy. And what better way than with board games that involve a little strategy? Besides, you won't ever get bored. And for those couples who don't have the luxury of being together, these board games do have a digital version, so play away!

POP IN YOUR
FAVOURITE
ROMANTIC MOVIE
AND YOU'RE
ALL SET.

partner's too. While you may not show signs and symptoms of the virus, someone else may not be lucky. So pick up the phone and call, but refrain from giving in to temptation and venturing out to meet your SO. It is, after all, only temporary. >

Meanwhile, couples who don't live together might just be tempted to step out for a quick drive to meet their partners, but that may not be the best idea—for you or anyone around you. Fortunately, this too shall pass, so in the meantime, here's what you need to do:

Introspection, A Must

There's no denying that many of us tend to lose ourselves when we're in relationships. A little distance from your SO can mean focusing on yourself. This may also mean understanding what you need from them and communicating it. It will also give you both

WHETHER IT'S
ANGER OR FEAR,
THE QUARANTINE
IS LIKELY TO
STIR UP A WIDE
SPECTRUM OF
EMOTIONS.

Exercise and follow deep breathing exercises to de-stress



time to decide what interactions you're both comfortable with, and how frequently.

Technology Usage

Have you ever enjoyed sexting with your partner? Isn't it fun and exciting? Moreover, isn't the sex that much better after long hours of flirting and teasing? So why not use this opportunity to spice things up? Besides, you have various video calling apps, and several other ways you could experiment with your beau. So get creative. Your reunion will be that much sweeter.

While it's a romantic notion to be around the one you love 24x7, it can tend to get a little problematic, especially when there's no reprieve from the other's company. Here are some ways to ease the tension, in an already-volatile environment.

HEALTHY COPING METHODS

At any given point during your regular day, you have your ways to de-stress. Whether it's going out for a run, walking your dog, or just taking time out to clear your head, you have your usual coping mechanisms down to a T. During quarantine, you might not be able to do what you would typically do. That said, you need to find creative and sensitive methods to de-stress. Whether you choose deep breathing exercises, reading a book for that quiet time, listening to music, or just sitting in a different room of your home, can help alleviate any pent-up frustrations.

Emotional Support

Whether it's anger or fear, the quarantine is likely to stir up a wide spectrum of emotions. Moreover, you and your partner might experience these emotions in waves. You may find that at one minute, the two of you are sharing a lot of laughs, whereas the next, you might find yourself in a heated argument. Of course, there's going to be boredom and frustration in between. Be subtle in your responses and keep them comforting. Sometimes, just knowing that you have someone who understands, can be a source of comfort. **F**

CHILD'S PLAY

Surviving a pandemic can be difficult for children. *Femina* shows you how to discuss it with them and keep them engaged

They say, prevention is better than cure, and to keep safe most of us are working from home, being confined indoors. If that's not all, with schools and educational institutes being closed for quarantine, those of us with kids will find it increasingly harder to cope. Naturally, this means steering clear of many outside outlets of fun, such as parks, contact sports, or any extracurricular activities you may have signed your kids up for.

We bring you ways to engage your children, keep your sanity intact, and tide over this isolation:

DAILY ROUTINE

While your kids are away at school, they usually have a timetable to follow. When at home, don't throw structure out the window. This simply means, ensure your kids stick to their usual routine throughout the day. Make time for meals, moving about indoors, and of course, don't neglect their homework! Just because the school's closed, it doesn't mean they ignore their priorities.

FAMILY TIME

With busy schedules, and barely any time to breathe, it's more likely that you don't really get to talk to your

children. This is perhaps the ideal time to do so. Bring out all those old-fashioned board games, watch TV together, or even play some family games on that console. This would be a great time to break out those old family videos or photo albums. A walk down memory lane is always good for your mental health.

CREATIVE PHYSICAL ACTIVITIES

Since parks and public gymnasiums are off-limits, there's no reason why you can't turn your home into one. Customise a race track or boot camp with your furniture acting as hurdles. This won't only ensure

your kids stay physically active, it's a sure-shot way to tire them out and help maintain those routines. After all, this quarantine is only temporary.

STRICT SLEEP SCHEDULE

We all remember staying up past our bedtimes when we had the weekend to look forward to. With no school even on a week night, your kids are bound to want to stay up 'just a little while longer', especially if they're a little older. While it might be tempting for your older children to stay up late every night and sleep in every morning, that's not going >



to be beneficial to their physical and mental health. This will lead to moody temperaments the next day. Stick with their bedtime schedule, and don't forget to enforce the no-screen time rule at least an hour before bed.

While authorities around the world are urging people to stay calm, the daily bombardment of coronavirus news bulletins and visuals can be deeply disconcerting not just for adults, but for children as well. So, how do you allay your little ones' fears? How should you talk to them about coronavirus in the first place?

DO YOUR HOMEWORK

Are you aware of the facts and figures about the outbreak? Have you gone through relevant media reports and travel advisories being released by health officials from time to time? Before you talk to your child about the pandemic, start separating the wheat from the chaff. In other words, know the difference between facts and fake news.

BEWARE OF ONLINE JUNK

If your child is reading up on the outbreak online, double-check the source of information. Authorities are also cautioning against the misinformation being spread online or through messaging platforms. Tell your child to discuss any unverified message on coronavirus with you, before forwarding it to others.

You can also prepare a list of article links that aim to disseminate verified information regarding the outbreak. More importantly, tell your child that they can always approach you for any clarification on the pandemic.

DON'T STALL ANY ATTEMPT ON YOUR CHILD'S PART TO DISCUSS THE OUTBREAK.

If you are conversant with what the pandemic entails, you would be better equipped to answer your child's queries. Stay abreast with the latest developments.

NEED TO BE AGE-APPROPRIATE

If your child is around five years old, there's no need to burden him/her with many medical or scientific details. Just try to explain the gravity of the situation in lucid terms, without making your little one feel unnecessarily anxious. If you have a school-going child, he/she may have heard a lot about the situation from teachers and their peers in school. In that case, you can discuss the issue in greater detail, and ask them to be wary of unverified information. For teens, discuss the nitty-gritty and encourage your child to read up on scientific material or articles on the pandemic.

TALK NOW

Don't stall any attempt on your child's part to discuss the outbreak. Don't go by the logic that not addressing the infectious disease, will ensure your child remains stress-free. Instead, encourage discussions on coronavirus at home, and together you can keep tabs on developments across the world. Of course, do not subject your child to disturbing visuals on the disease and deaths.

ALL WILL BE WELL

Choose your language carefully. Don't sound pessimistic, but instead, give your child a reference point. For instance, revisit the time your child suffered from an illness, and how he/she recovered in no time. Likewise, tell your child that everything will get better soon—all we need to do is strictly follow the dos and don'ts, as recommended by health experts all over the world. **F**

Be careful when you discuss the coronavirus with your children

CHOLA



Animal print
quilted
jacket,
₹2,590, Zara



FILA

SPORTY CHIC

Combining functionality and minimalist design, athleisure is a popular choice for those seeking comfort without compromising on style



SHIVAN AND NARRESH



PAYER MOSS



DELHI VINTAGE COMPANY

Patterned
hoodie,
₹3,499,
H&M



Dwedia sneakers,
₹4,999, Aldo



HUEMN

Energy earrings,
₹6,000, AlmaFive

SHIVAN AND NARRESH



Roxy tie front
poplin blouse,
₹4,000,
Forever New



Wide crop
jeans,
₹3,299,
Only

Achernar
collection,
₹4,999, Aldo



WHITE-OUT

An all-white look is not only a breath of fresh air, but also keeps you comfortable when the temperatures are rising.

PRE-OWNED LOVE

While we are tucked into the comfort of our homes, let's keep our spirits high with style coming to the rescue



Louison stud
earring, ₹6,590,
Swarovski



Wide knot cord
headband, ₹1,350,
Accessorize



Cropped denim
dungarees,
₹2,299, H&M



FF earrings,
price on
request,
Fendi >

CANDY DREAMS

While the Spring/Summer 2020 runways are making a strong case for pastels, ace this trendy head-to-toe look while staying at home.



Eye promise trinity
chain bracelet,
₹7,500, Outhouse



NIRMOOHA

IN BLOOM

Whether you are looking for a stellar loungewear outfit or a breezy summer maxi, there are many ways to add some floral cheer to life.

Smocking-detail v-neck dress, ₹2,699, H&M

Espadrille platform sandals, ₹5,999, Charles & Keith

Beverly hill bag, ₹4,999, ALDO

Healing stones hoop earrings, ₹2,200, Accessorize

SHRUTI SANCHETI



MUNKEE SEE
MUNKEE DOO

Short dress, ₹2,999, Vero Moda



Short dress, ₹2,999, Vero Moda



Sunglasses, price on request, Jimmy Choo

BAND GAME

If you adore vintage dressing, stripes will surely find a way into your closet. They are making a comeback as one of the coolest trends this season.



Stone link drop earrings, ₹1,200, Accessorize



Espadrille toe cap Penny loafers, ₹5,999, Charles and Keith >



WFH EDIT
Adapt to your new work-from-home routine by keeping comfort as top priority. Opt for a basic tee and a pair of jeans for a fuss-free look.

Round neck T-shirt, ₹1,590, Zara

Cropped buttoned blazer, ₹4,990, Zara

High-waisted dream jean, ₹4,499, American Eagle

Layered pendant necklace, ₹1,200, Accessorize

HUEMN

GET SHORTY!
While you're in your quarantine zone, opt for a pair of pre-owned acid-washed hot shorts for beating the heat.

Sunglasses, ₹1,499, Vero Moda

Acid-wash denim shorts, price on request, Isabel Marant Etoile

Delux track jacket, ₹1,990, Zara

Virago, ₹10,999, Aldo

RARA AVIS



FASHION TO THE RESCUE

As the world deals with the COVID-19 pandemic, fashion houses come to the rescue by tackling the shortage of protective gear, finds **Ruman Baig**

As the world puts up a united effort in tackling the coronavirus pandemic by practicing self-isolation, the fashion sector has become the medical world's most intimate ally. Luxury brands are shifting their focal point from all things fashion to items necessary for public healthcare. With an exponential rise in the number of affected patients across the world, medical facilities faced a massive shortage of protective gear like face masks, sanitisers, and hazmat suits. To combat this, most leading labels worldwide have converted their factories and ateliers from couture heavens to humanitarian base camps that produce the equipment medical professionals need to fight this war.

LVMH was among the foremost to come forward to combat the global crisis by producing hand sanitisers in its factories



in South France, where fragrances for brands like Dior and Givenchy are manufactured. Besides sanitisers, the French conglomerate has also vowed to enable the French medical facilities with 40 million face masks.

Following the lead, Prada stepped up to mass-produce protective equipment and promised to avail 1,10,00 masks by the first week of April. Fashion giants like Gucci, Yves Saint Laurent, and Balenciaga (owned by Kering) have also pledged to donate one million masks. Armani,

"LVMH WAS AMONG THE FIRST TO MAKE HAND SANITISERS AND FACE MASKS."





on the other hand, has geared up to use its factory spaces to create single-use overalls for healthcare professionals in Milan, Italy, and Rome.

Popularly known for its one-of-a-kind bedazzling watches and jewellery, Bvlgari played its part in aiding Italy by manufacturing thousands of recyclable bottles of hand sanitisers. With haute couture labels leading from the forefront, high-street brands like Zara, H&M, and Mango are also upping their game. After a generous donation of 10,000 masks, Zara pledged for another two lakh in the following week. H&M also joined the long trail of brands by refocusing its production to manufacture safety gear.

With the virus spreading its geographical reach, India didn't remain a safe zone either. After a contemplating period of a week, the government announced a 21-day lockdown (which was later extended by 15 days) to curtail the rising number of positively tested patients. As the country's medical heroes counter the situation by putting their lives on the line, home-grown fashion labels are doing their bit by contributing surgical masks to institutions.

Designers Abirr and Nanki, of label

DESIGNERS ABIRR AND NANKI, OF LABEL LIMERICK

DONATED
3,000
MASKS TO
KASTURBA
HOSPITAL,
MUMBAI.



Limerick, donated
3,000 masks to
Kasturba Hospital,
Mumbai and a
generous amount
to the Dharma Bharti

Mission for their fundraiser. In a conversation with *Femina*, the designers emphasised the importance of the fashion industry's unification at this crucial time. "Our other business is the manufacturing of non-woven fabrics which are used in healthcare products like masks and sanitary napkins. We already had the knowledge and technical know-how to produce surgical masks. Looking at where things were headed, we felt this was the need of the hour. So, we decided to combine Abirr's technical knowledge and my design aesthetic to come up with the idea of making these masks that not only give required protection but also bring a little bit of cheer and positivity in these troubled times. All of us need to step up and do whatever we can in these troubled times. The kind of influence that the fashion industry has, right from celebrities and designers to influencers and stylists, it becomes our moral responsibility to set an example so that everyone comes forward and does their bit due."

With physical stores indefinitely shut and online shopping at a halt, the business of fashion is facing its own set of turbulence. However, the industry has unified to churn its resources, given the gravity of the situation. Keeping the ongoing pandemic in mind, the meaning of luxury has a new definition. A Hermès Birkin does not take precedence over a surgical mask or a germ-killing hand cleanser at this moment. Nature being the biggest leveller of this time, will this hazardous virus serve as a lesson for humans to be more conscious and sustainable of their choices? It is only in the aftermath of this crusade will we find out. **F**





ON THE EDGE!

While dewy and minimalistic makeup will reign the trend charts indefinitely, call it a summer of change with bold looks. Exaggerated eyes, dramatic hues, and funky hair colours, it's time to make a statement and grab some spotlight.

COMFORT COMES HOME

It's always great to unwind at a spa or relax with a salon session, isn't it? But when the world is struggling to deal with COVID-19 and the lockdown, how about bringing salon home with quick DIYs? >

Let's accept it; it gets a little challenging to follow a proper routine while working from home. Most of us get to our laptops and computers immediately after waking up. Eating while working, answering calls simultaneously, cooking the next meal, and meeting deadlines—we are becoming pro at multi-tasking. However, our skincare takes a back seat, doesn't it?

If you are looking for something more than just the usual 'Netflix and chill' for your time at home, consider focusing on your skincare routine and enhancing it for optimal benefits. Now is the time to reap the best of those skincare products and home remedies.

Without further ado, let's dive into the facts. The change in air around, sleep patterns, food, and eating habits, among many other factors, impact the health of the skin. It may get oily or dry, experience more breakouts, get dull, or lose luminosity. It's, therefore, essential to stick to a routine to keep the health of the skin under check.



Working from home brings in changes to the skin.
The change in air around, sleep pattern, food and eating habits,
among other factors impacts the health of the skin.

ICE YOUR FACE

As temperatures rise, consider swiping an ice cube onto your face after cleansing it, to cool it down. It also ensures your pores are tightened, and prevents breakouts caused by the heat.

ADD AN EXTRA STEP TO THAT CTM ROUTINE

Skin essences are gaining popularity and so while you have time on your hands consider including them in your CTM routine. This lightweight product preps your skin to absorb your serum or moisturiser more effectively. It also offers additional benefits like smoothing fine lines, maintaining moisture levels and so on. Skin essence is to be used after cleansing and toning your skin, but before moisturising.

CUT EXTRA SUGAR

Working from home means you have access to all the food available in the house. From



packaged to processed food to sweets and calorie-laden drinks, you are guilty of consuming almost all that's there. This sudden spurt in carbs and sugar can adversely impact your skin. Also, remember, you're not always hungry! Try not to eat more than two biscuits a day, eat fruits to satisfy your sugar cravings, avoid boxed juices, and eat fewer carbs for dinner.

TRY MULTI-MASKING

Different areas on your skin require specific care. For example, your T-zone may need oil control, cheeks need pore size reduction, chin area has pigmentation, and forehead has signs of premature ageing. Treat all of these concerns by using specific face masks only on the areas that require that exact treatment, all at the same time. To do this, you will have to first identify which areas need what face mask treatment and proceed accordingly. >



LOVE SHEET MASKS? TRY THIS HACK!

For this hack, you need two things: a sheet mask (obviously) and face roller or any face massaging tool.

Put on a sheet mask on a clean face and roll on the face roller over it. It's like a facial massage at home. Do it for at least five to ten minutes before taking off the mask. When you roll the face roller over the sheet mask, it not only improves the blood circulation but also helps in better absorption of the sheet mask ingredients into the skin. The glow you get after the application is incredible. Basically, you accelerate the effects of the sheet mask with the roller.



Also, make use of this time to whip up a face pack. Research the ingredients that suit your skin type and make a quick face pack to soothe your skin. Also, it's a good time to rely more on natural remedies that you didn't try before because of lack of time.

ALWAYS USE AN EYE CREAM

Apart from sunrays, your skin is exposed to a lot of screen light from your computer, smartphone, and similar gadgets. Not to mention the skin around your eyes is extremely delicate. While you rest at home, treat these delicate areas with a good quality eye cream to make them look plump and healthy. This practice will help fade dark circles and prevent them from coming back.

EXFOLIATE TWICE A WEEK

Though you are not stepping out of the house, it's essential to exfoliate your skin. Do it twice in a week to get rid of dead skin cells. The summer season anyway is a crucial time for skin health as it tends to absorb more impurities than usual, undergoes sweating, and has clogged pores. Using a face scrub and body scrub once or twice a week is highly essential to help your skin stay

Apart from sunrays, your skin is exposed to a lot of screen light from your computer, smartphones, and similar gadgets. Treat these delicate areas with eye cream to make them look plump and healthy.

DIY FACE SCRUB FOR BLACKHEADS

If you are one of those who do not take skincare lightly, you understand how annoying it is to see stubborn blackheads sitting on the face. Here's a natural DIY face scrub that's cheaper than any salon session. The best part of this scrub is that all the ingredients are readily available in your kitchen.

Here is a step-by-step guide for you:

INGREDIENTS:

Oatmeal - 1/4 cup (Oatmeal helps in the gentle exfoliation of the skin, cleans pores, and absorbs excess oil.)

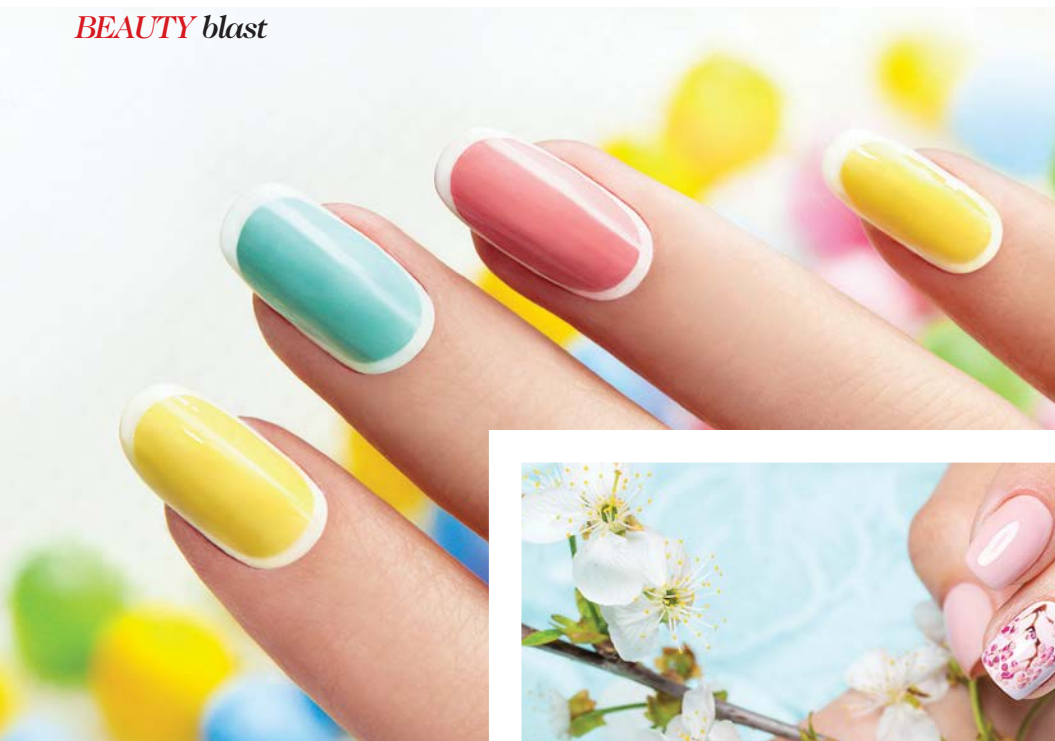
Baking Soda - 1 teaspoon (Baking soda helps in cleaning pores, maintaining skin's pH balance, and removing dead skin cells.)

Lemon Juice - 1 tablespoon (Lemon juice is a natural astringent that helps in deep cleansing of the skin by removing dirt and grime from the pores. It also gives a brightening boost to the skin.)

METHOD:

● Mix all three ingredients in a bowl and achieve a paste-like consistency. ● Start with clean skin. Indulge in some steam for the face to open the pores. ● Make sure your skin is damp when you apply the scrub. ● Gently exfoliate your face with the scrub in a circular motion for about a minute. Focus on areas with blackheads, like nose and chin. ● Rinse after a minute and pat dry. Make sure to follow with your regular serum and moisturiser. >





NAIL TRENDS TO TRY AT HOME

Bored at home with nothing to do? Perk up your mood by indulging in some TLC for your talons.

Candy Nails

Unsure about which nail polish shade to wear? Why not wear all of them? This multi-coloured nail trend is doing the rounds and is the perfect choice to add an array of colour to your life.

HOW TO GET THE LOOK:

- Select five different colours of nail polish that you would like to put on. Try keeping it in the same colour scheme. You can opt for pastel shades, metallic shades, or even alternate between glossy and matte finish polishes.
- Prep your nails with a base coat.
- Apply a different colour of nail polish to each fingernail and let it dry.
- Top it off with a base coat.



Flower Nail Art

Add some flower power to your talons with this energising nail art design. All you need to create the flower pattern is a toothpick and a range of nail polish shades.

HOW TO GET THE LOOK:

- Pick out shades of neon green, pastel green, and yellow. You can also experiment with shades of blue and pink if you like.
- Prep your nails with a base coat.
- Paint each nail by alternating with different nail polish colours.
- Once dry, take a toothpick and dip the head of it in yellow polish.
- Use the toothpick as a dotting tool to create a flower accent on your index finger and let it dry.
- Add shine to the look by applying a glossy top coat. >



Concoct a vial of your favourite essential oils along with a nourishing carrier oil according to your skin needs and douse yourself in it. If the skin on your body is extremely dry use a carrier oil.

healthy. Also, consider dry brushing your body before a shower for smooth skin.

MOISTURISE WITH ESSENTIAL OILS

Concoct a vial of your favourite essential oils along with a nourishing carrier oil according to your skin needs and douse yourself in it. If the skin on your body is extremely dry use a carrier oil like almond oil along with a few drops of essential oils such as chamomile or geranium. Apply the mixture from your neck to toe and massage well for a holistic experience. Let the oil seep in for about an hour and then go in for a shower.

GIVE IMPORTANCE TO POST-SHOWER CARE

After a bath, make sure to moisturise your entire body. Opt for deeply nourishing creams like body butter, if you are staying at home. It is highly moisturising but it may leave your skin a bit greasy.

MAKE A NIGHT-CARE ROUTINE

Apply a night treatment cream or elixir on your face and neck religiously before going to bed. This will ensure your skin repairs itself overnight. For best results, use a jade roller or gua sha tool to help the product absorb into your skin better.

TEND TO THOSE TALONS

Cuticle care is important. Conduct your own mani-pedi at home to ensure your hands and feet are nourished, healthy, and clean. After cutting and shaping your nails, use a scrub to gently exfoliate your hands and feet; focus on the cuticle area as well. After rinsing the scrub opt for a cuticle oil to nourish and strengthen your nails.

DO A QUICK 10-MINUTE WORKOUT

If you are not too much of a health freak and do not follow a fitness routine, take it easy but move. Just put on your favourite beat and dance for 10 minutes; that's the best cardio. Sweating also cleans skin pores which prevent breakouts. It also keeps blood circulation under check to give your skin its natural glow. **F**



BEAUTY COMPANION

The Beauty Co. provides the best care for skin and hair with its perfectly curated beauty box comprising a shampoo, hydrating hair masque, face oil, and glow mask. Good days are here!

Availability: thebeautyco.in



MAGICAL AROMA

Elevate the mood with the scented candles by IRUZU India. These handmade candles are crafted with pure beeswax, and are perfectly placed in reusable containers. Time for an aromatic evening!

Availability: [@iruzu.india](https://www.instagram.com/iruzu.india)

PAMPER PROMISE

Make a change to your night-time skincare routine by adding Kal Hans Naturals Rejuvenation Repair night serum. Infused with the goodness of rosehip and pomegranate, it helps bring out younger-looking, plump skin.

Availability: kalhans.com



TASTE THE FINEST

Raise a toast with one of the finest wines, Rasa, from Sula Vineyards, one of India's first heritage wine resorts. Made from handpicked grapes, this wine is aged for at least 12 months, and is matured in the bottle before being released. It pairs well with barbeque and Parmesan cheese.

Availability: sulawines.com



A Hamper to REMEMBER

A peek into the box full of luxury must-haves from the Nykaa Femina Beauty Awards 2020 jury hamper



LUXURIOUS INDULGENCE

There is no dull skin moment with Pixi Skincare. Indulge in hydrating and soothing properties of the products that are made from natural ingredients and suitable to all skin types.

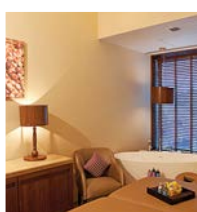
Availability: pixibeauty.co.uk



RELAX IT AWAY!

Unwind and relax at a luxurious Mediterranean-themed spa, Spa La Vie By L'Occitane. Pamper yourself with invigorating services on the menu of this magnificent standalone property.

Availability: loveofspa.com



TECH UP!

Despise cleaning those makeup brushes? Avoid germ build-up on makeup tools with StylPro makeup brush cleaner. Just attach the brush to the spinning device and add soap of your choice to the bowl. Clean, germ-free brushes are back on the shelf.

Availability: tressmart.com



MAKEUP BOUNTY

The luxurious collection of products by Nykaa tends to all makeup needs with lipsticks, blush, and eye makeup products to sheet masks, essential oils, and hand and nail cream.

Availability: nykaa.com



YOUR GUIDE TO HOLISTIC FITNESS

You've paid for that expensive gym membership but realise that routine is not cut out for you. Or, you've signed up for those spinning classes but despise the trappings of monotony? For most, good health is elusive but one needs to find a way to factor in some form of physical and mental well-being, to get by in this fast-paced world. Our panel of experts weigh in on various health goals, and offer solutions suited to every individual's fitness levels, and needs



Nmami Agarwal

**DIETICIAN/
NUTRITIONIST**

Celebrity dietician Nmami Agarwal believes in simplifying the science of nutrition, which she feels, has become overcomplicated, due to an endless cycle of diet fads. Agarwal has majored in nutrition and dietetics from Pune's Symbiosis Institute of Health Sciences, and is the founder and CEO of NmamiLife. Her venture offers customised diet plans based on a person's lifestyle, medical history, health goals, and fitness levels, and her clientele includes Gautam Gambhir, Michael Clarke, and Manushi Chhillar.



Dr Saloni Singh

**LIFESTYLE
COACH**

A gynaecologist-turned-life coach, Dr Saloni Singh is a leading mental and emotional well-being expert from New Delhi. Singh has been working globally with individuals, parents, and teenagers as a parenting and leadership coach, guide, and mentor for over a decade. She enables people to learn to access their wisdom and emotional intelligence, and apply it in all areas of life. She writes about parenting, well-being, and life for various media outlets.



Priyanjali Das

**YOGA AND WELL-BEING
EXPERT**

Apart from being a certified yoga expert and psychologist, Delhi-based Priyanjali Das is also trained in pre-natal and post-natal yoga. With over 6,000 hours of teaching experience, she continues to explore and learn various aspects of yoga through practice and study. Das states her approach to yoga is an 'amalgamation of non-judgmental awareness and breath regulation' which focuses on easing the muscles and building core strength.



Namrata Purohit

**FITNESS AND PILATES
INSTRUCTOR**

Namrata Purohit is one of the most sought-after fitness trainers in India today. In 2011, she founded The Pilates Studio, to enable people to become the 'best version of themselves', and she hasn't looked back since. Her clientele includes Bollywood stars and ace sportspersons—Kareena Kapoor Khan, Sara Ali Khan, Janhvi Kapoor, Jacqueline Fernandez, Sonakshi Sinha, Varun Dhawan, Aditya Roy Kapur, Kangana Ranaut, PV Sindhu, Shraddha Kapoor, and Aditi Rao Hydari among others.



I WANT TO BE HAPPY

GOAL 1:



PRIYANJALI DAS:

Our body is designed to maintain balance and harmony. In order to attain maximum optimisation of our resources, and achieve a happy life, we must give time to all aspects of our life—physical, mental, and spiritual. While practising yoga develops these facets, self-discipline and contentment go a long way in achieving happiness, which has to be developed over time. The best way to harness the skill is through the practice of gratitude. It's not about having everything in place, but about focusing on what is going great as opposed to what isn't.



NMAMI AGARWAL:

The mantra for any woman to follow is: Celebrate yourself. Be it a perfect wife, perfect employee, or perfect mother, women are expected to fit into moulds on an everyday basis. But the truth remains that perfection doesn't exist. You don't have to be a perfect role model; instead, focus on one thing at a time, and do it with utmost dedication. Also, happiness, as they say, is an inside job. Nothing can make you happy unless you desire it and work towards it.



NAMRATA PUROHIT:

Happiness begins by learning to be grateful for what one has, rather than counting what one doesn't. As the saying goes, whether the glass is half full or half empty, depends on your perspective. I have a diary in which before I sleep, I write at least one thing about my day that I am thankful for. It helps to end my day on a positive note.



DR SALONI SINGH: Connect with your inner self. Set aside one hour every

morning for self-care. You can take a walk in the park, read, meditate, or listen to music. This will strengthen your relationship with yourself, leaving you content. >



GOAL 2:

I WANT TO GAIN WEIGHT



PRIYANJALI DAS:

Yoga helps regulate metabolism which is the main reason for repeated weight-loss. It is important to note that muscle is heavier than fat, so when we do yoga to gain weight, we are basically building muscle strength. The practice improves circulation and helps with better nutrients absorption. If one focuses on holding all poses for long, it will lead to muscle strength, and hence, weight gain. For example, if you are holding *setu bandhasana* (bridge pose), then ensure that once your hips reach the highest point, you squeeze your glutes—this is a great example of strengthening them. I would strongly suggest doing long-held poses under guidance. The longer you hold the pose, the more strength you build.

YOGA IMPROVES
CIRCULATION
AND HELPS
WITH **BETTER
ABSORPTION
OF NUTRIENTS.**



NMAMI AGARWAL:

Include calorie-dense foods in your diet like nuts, seeds, whole grains, bananas, and avocados. Focus on strength training exercises to build muscle mass. Consult a fitness trainer who can tell you which exercises will suit you. Don't try shortcuts to gain weight—consuming mass gainers or eating unhealthy food. Consume small and frequent meals throughout the day, stay active, don't skip meals, and include good quality protein in your diet from food sources like lean meat, legumes, lentils, and dairy. Consult a qualified nutritionist to guide you.



NAMRATA PUROHIT:

This is a bit trickier than losing weight, but not impossible. In this case, again, nutrition plays a key role along with workouts. Gaining weight right is important, so eating unhealthy food is not an option. It's ideal to meet a nutritionist and fitness expert who understands this process, and can guide you the right way, in a sustainable and attainable manner, without overloading your system.



DR SALONI SINGH:

Eat healthy fats like those found in avocados, cheese, dark chocolate, eggs, fatty fish, nuts and seeds, and extra virgin olive oil. There are exercises that can add muscle mass and help you bulk up. Try push-ups and pull-ups, deadlifts, lunges, bench presses, and bench dips after consulting your fitness instructor. Finally, affirm that you have a healthy body that you love, regardless of the shape. This will also help you overcome any self-doubt. >



GOAL 3:

I WANT TO BE STRESS-FREE



PRIYANJALI DAS:

When one is constantly on the edge, the 'fight or flight' response activates in the body, which, in turn, activates the sympathetic nervous system (It triggers the body's involuntary response to dangerous or stressful situations. This leads to it producing a flood of hormones to increase alertness and heart rate, and also pumps extra blood to the muscles). This can be countered by activating the parasympathetic nervous system (also called the rest and digest nervous system which helps the body put a brake on the harmful stress response), which brings the body back in balance, reducing the physical effects of stress. This is a healthy way to manage psychological effects. The best way to activate the parasympathetic nervous system is by breathing—it's as simple as that! When stressed, deep breathing can help you calm down. Also, practising *pranayama* and *anuloma viloma* (breathing exercises) have a calming effect on the body and mind, and can help manage stress. *Marjari asana-bitili asana* (cat stretch pose for the spine) and *balasana* (child in resting pose)



NMAMI AGARWAL:

Stress has become an inevitable part of our lifestyle. More often than not, you are unable to completely avoid stress, but you can manage it effectively. First, develop a routine. Practise meditation or deep breathing for a few minutes anytime during the day, at your convenience. Try to catch six to eight hours of sleep every night. Surround yourself with positive people, positive

reading or be in the lap of nature. Take a break from your schedule occasionally. And, most importantly, pay close attention to your health by exercising and eating healthy. Consult a nutritionist to chalk out a wholesome diet, as per your needs. Similarly, consult a fitness trainer who can prescribe a workout regime, as per your requirements.



NAMRATA PUROHIT:

In today's fast-paced times, everyone is going through something or the other. However, this is exactly why one needs to adopt measures to take it slow. Take some time out for yourself, breathe, workout, and meditate. Meditation helps reduce stress. Working out puts you in a good mood. I remind

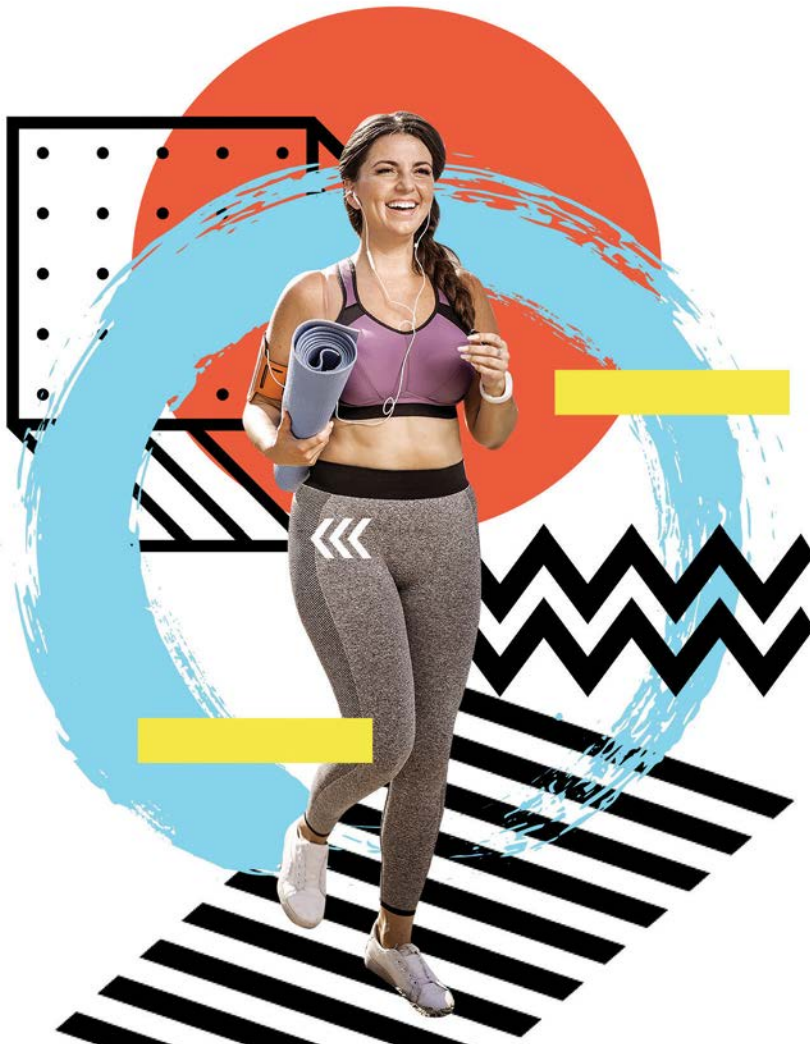
myself that in a situation that might seemingly be stressful, there are only two outcomes: Firstly, I can either do something and take the requisite action to change the situation, in which case there's no reason to stress because I CAN change it. Or, there's nothing I can do to change the scenario because there are external factors out of my control, in which case, again, there's no reason to stress.



DR SALONI SINGH:

Connect with joys within, and spend a few minutes every day indulging in a hobby you love. Paint, dance, or listen to music. If you wanted to pick up a skill as a child, fulfil that dream now. Learn a new language if you are an avid traveller. It's never too late to learn something new. >





GOAL 4:

I WANT TO BE FITTER



PRIYANJALI DAS:

Losing weight is 30 per cent physical movement and 70 per cent diet. While *surya namaskar* (sun salutation) is an excellent way to lose weight; one must learn to practice discipline and moderation in their food intake. Eat balanced and home-cooked meals at the same time every day to help speed up metabolism. This will ensure the weight loss is sustainable. Also, make it a habit to drink hot water and sit in *vajrasana*

(kneeling asana for digestion) after eating, to aid the process of digestion.



NMAMI AGARWAL:

Weight loss is a gradual process. Start by cutting down on processed, junk, and sugary foods. Incorporate lots of fruits and veggies as they are rich in vitamins and fibre. Focus on consuming a variety of whole grains like whole wheat, quinoa, buckwheat, jowar, bajra, ragi, and oats. Keep yourself well-hydrated; don't skip

CUT DOWN ON
**PROCESSED,
JUNK, AND
SUGARY
FOODS, AND
INCLUDE
FRUITS AND
VEGETABLES.**

meals. Make way for healthy fats in the form of nuts and seeds. Exercise for at least 45 minutes five times a week. And, when in doubt, consult a nutritionist.



NAMRATA PUROHIT:

As obvious as it may sound, the only right way to lose weight is through hard work. It takes nutritious food, smart workouts, and ample rest to lose weight. In terms of the workouts, train smart, and make most of the time you have. Usually, a good mix of cardio and strength-based training works. As for food, it's not about eating less but eating right. And rest; give your body time to recover and evolve.



DR SALONI SINGH:

Treat your body as an asset and take good care of it. What you eat determines your energy, health, and vitality. Besides nourishing your body with the right food and exercise every day, one cannot undermine the power of positive affirmations since they help focus on goals. Respect your body and monitor your progress to motivate yourself—whether it's exercising daily, following a meal plan, or playing a sport. >

GOAL 5:

I WANT TO START A FAMILY



PRIYANJALI DAS:

The asanas for stress reduction also help to boost fertility since they directly impact the parasympathetic nervous system, that allows the body to achieve homeostasis or balance. Asanas that boost strength and hormonal balance are *setu bandhasana* (bridge pose), *supta baddhakonasana* (reclining butterfly pose), *bhujangasanam* (cobra pose), *upavishtha konasana* (wide angle seated forward bend), *sarvangasana* (shoulder stand) and *sirasana* (headstand), among others.

FERTILITY
YOGA HELPS
**CULTIVATE A
HEALTHY BODY
AND CALM
MIND, WHICH
GO A LONG WAY
IF ONE WANTS
TO CONCEIVE.**



NMAMI AGARWAL:

To nurture a life inside you, you have to be healthy inside out. Ensure you undergo a thorough diagnostic preconception check-up to assess your health, and share your family medical history with your healthcare provider. Aim to achieve a healthy weight for your height and age. Quit smoking and alcohol way in advance. Limit caffeine intake. If required, start taking multivitamins, iron, and calcium supplements, but only under a doctor's recommendation. Keep yourself active by exercising. Track your menstruation cycle; record your ovulation period if you can. Also keep a tab on your diet—eat lots of fruits, veggies, whole grains, healthy fats in the form of nuts, seeds, and keep yourself well-hydrated.



NAMRATA PUROHIT:

Plan and take care of your health physically and mentally. The best thing to do is consult a doctor who can guide you with the process and take you through the entire journey. It's imperative to get a clearance from your doctor to ensure there are no complications. You can then chalk out an exercise routine accordingly, in consultation with a fitness expert.



DR SALONI SINGH:

Do your research to prepare yourself for pregnancy once you've decided that you are ready to become a mother, and start a family. Meditate for about 20 to 30 minutes every day. Journaling your thoughts, feelings, and doubts in a diary helps to focus and attain clarity. In addition, add 30 minutes of yoga, pilates or walk to your routine. These activities will help balance your hormones. >



GOAL 6:

I WANT TO BE PMS-FREE



PRIYANJALI DAS:

PMS is a consequence of hormonal fluctuations.

Continued physical movement (which encourages the endocrine system to function optimally) and controlled sugar intake can help counter the symptoms. One can also try a few hip-opening yoga asanas such as *malasana* (squatting), *baddhakonasana* (butterfly pose that opens up the groin area and hip joint), *ananda balasana* (happy baby pose that stretches, hips, groin, chest and shoulders), *kapotasana* (backbend), and *utthan*

CHOOSE MEDIUM
TO **LOW-
INTENSITY
ACTIVITIES
LIKE WALKING,
CYCLING,
YOGA, OR
STRETCHING.**

pristhasana (deep lunge that opens hips, strengthens groin) to help with menstrual cramps. Hip-openers release muscles around the groin, which cramp up during periods.



NMAMI AGARWAL:

Premenstrual syndrome affects a large percentage of women, and can be emotionally taxing. Often, it leads to wild mood swings, the root cause of which is hormonal fluctuation. However, certain lifestyle hacks can help you relax. For instance, physical activities can uplift your mood, and may counteract the effects of some hormones, making you calmer. Choose medium to low-intensity activities like walking, cycling, yoga or stretching. Another reason that causes crankiness during PMS is fluctuating blood sugar levels. To address this, have small, frequent meals throughout the day. Cut down on alcohol and sugary beverages, and limit the consumption of caffeine as these can drain you out further. Instead, sip on hot ginger tea or lukewarm turmeric milk to eliminate the symptoms.



NAMRATA PUROHIT:

Once you know what's going on, it's easier to take control of the situation. The most important thing is to listen to your body. Give your body the rest it deserves, drink plenty of water and sleep well. Make sure your vitamin levels are good and hormones in general are under check. One can choose walking, running, swimming, or any other form regularly. Practising breathing exercises regularly along with aerobics is also a great way to manage PMS better.



DR SALONI SINGH:

There is no substitute to exercise. Yoga or any other form of exercise and meditation are scientifically proven to balance hormones, and relieve PMS symptoms such as stomach cramps, bloating, lower backache and headache. **F**

GARDEN FRESH

It's not a new idea, but it's a fine one. Carrying your lunch in a salad jar is easy, and guarantees you're eating healthy and tasty. Here's a guide to building your salad in a mason jar. All you'll need is a good seal on that jar and a long spoon to mix it all up!

Layer 1: Dressing

Layer 2: Crisp ingredients: slices of cucumber, tomato, red onion, carrots, celery, peppers

Layer 3: Hardy ingredients: steamed broccoli, mushrooms, zucchini, cooked beans, lentils, peas, corn

Layer 4: Delicate ingredients: boiled eggs, cheeses

Layer 5: Fill-you-up ingredients: cooked rice, pasta, quinoa, couscous

Layer 6: Toppers: nuts, seeds, greens (lettuce, spinach, arugula)



Cooking made cheap, **BASIC & EASY!**

Spice up your lockdown days without breaking the bank, or your back!
Kayalvizhi Arivalan compiles a list of dishes you can try



**Calorie
count:**
66 calories
(per piece)

Fluffy pancakes

This breakfast staple is sure to be a hit with kids!

SERVES: 2 > **PREP TIME:** 10 minutes > **COOKING TIME:** 10 minutes

INGREDIENTS

250 gms all-purpose flour, 250 ml milk, 2 tbsp sugar, 2 eggs, 1 tbsp baking powder

METHOD

1. Whisk the eggs and sugar together till the sugar dissolves.
2. Add the milk and mix. Mix in the dry ingredients.
3. Warm up a pan, and add some butter. Pour a ladle of batter on the warm pan and cook till golden brown.
4. Cook all the pancakes in a similar manner.
5. The pancakes can be served with honey, chocolate sauce, fresh cream, and fruits. >



LET THE BATTER REST FOR 15 MINUTES BEFORE COOKING, FOR A FLUFFY TEXTURE.



Calorie count:
150 calories
(per serving)

Masala Oats

Start with a healthy breakfast with this easy-to-cook recipe.

SERVES: 2 > **PREP TIME:** 10 minutes

> **COOKING TIME:** 15 minutes

INGREDIENTS

6 tbsp rolled oats
3 tbsp chopped onions
2-3 tbsp chopped carrots
1 tbsp chopped coriander leaves
3 chopped French beans
1 green chilli, split into half
1 clove crushed garlic
1 tsp crushed ginger
½ tsp cumin powder
½ tsp red chilli powder
¼ tsp black pepper powder
¼ tsp garam masala
½ tsp salt

METHOD

1. Heat 400 ml water in a saucepan on a medium flame.
2. Add the chopped onion, carrots, beans, coriander

leaves, slit green chilli, and crushed ginger and garlic and stir well. When it starts boiling, add all the dry powders and salt. Stir well.

3. Cook on a low flame for five to seven minutes or until the veggies are cooked.

4. Add oats and stir.

5. Cook for another three to four minutes or until the oats are cooked. Add water if required. Check for salt and add if needed.

6. Once the dish gets done, remove from the flame and garnish with coriander leaves. >

TIP: YOU CAN ADD YOUR FAVORITE VEGGIES AS PER YOUR LIKING.

Methi Thepla

Theplas, when served with curd or mango pickle make a wholesome meal.

SERVES: 2 > **PREP TIME:** 25 minutes

> **COOKING TIME:** 10 minutes

INGREDIENTS

1 cup fresh methi leaves, chopped
1 ½ cups whole wheat flour, plus a little for dusting
Salt, to taste
1 tbsp ginger-green chilli paste
1 tsp ajwain seeds
½ tsp turmeric powder
1 tsp red chilli powder
1 cup yogurt
1 tbsp oil
5 tbsps ghee

METHOD

1. Place the methi leaves in a bowl. Add salt, ginger-green chilli paste, ajwain seeds, and turmeric and chilli powders and mix well.

2. Add the flour and yogurt

and mix well. Then add a little water and knead into a stiff dough.

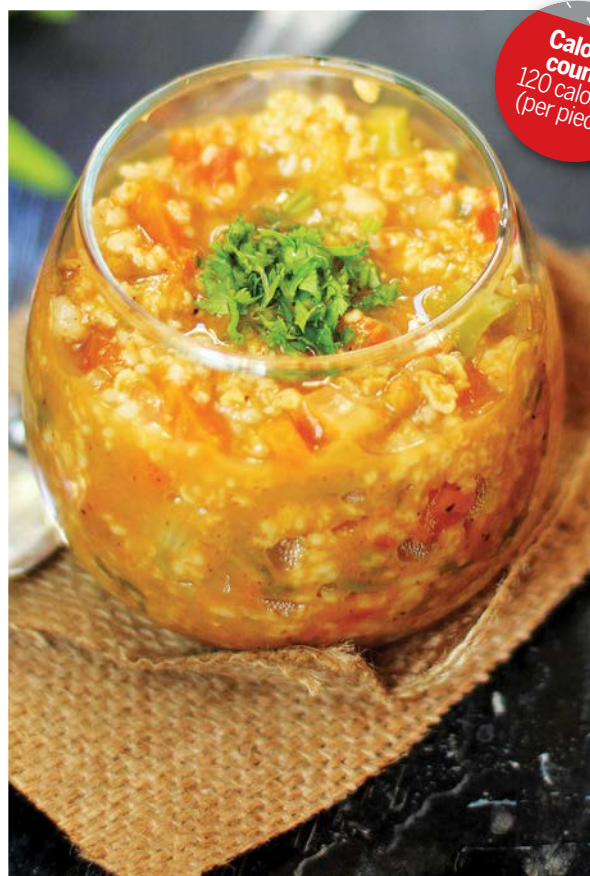
3. To this, add one tablespoon of oil and knead once more. Cover with a damp muslin cloth and set aside for 10 to 15 minutes.

4. Divide dough into small balls, flatten, and roll each out into thin discs, dusting with dry flour.

5. Heat a non-stick tawa and roast the prepared theplas, turning the sides and basting with ghee, till golden on both sides.

6. Serve hot.

TIP: SOAK FENUGREEK LEAVES IN WARM WATER FOR 20 MINUTES. THIS ENSURES TO REDUCE THE BITTERNESS TASTE OF THE LEAVES.



Calorie count:
120 calories
(per piece)



Calorie count:
126 calories
(per piece)

Sabudana Vada

These crispy-fried patties are a popular teatime snack.

SERVES: 2 > **PREP TIME:** 60 minutes >

COOKING TIME: 20 minutes

INGREDIENTS

2 cups soaked sabudana
1 large sweet potato, boiled, and mashed
½ cup roasted peanuts, crushed
Salt, to taste
1 tbsp ginger-green chilli paste
2 tbsp fresh coriander leaves
½ tbsp lemon juice
Oil, for frying

METHOD

1. Place the sabudana in a bowl, add the sweet potato,

peanuts, salt, ginger-green chilli paste, coriander leaves, and lemon juice and mix well.

2. Divide the mixture into small balls, flatten them slightly till they are shaped like vadas.

3. Deep fry the vadas one by one, till they're golden brown and crisp.

4. Arrange on a serving plate and serve hot with coconut chutney.

TIP: ENSURE THERE IS NO MOISTURE IN SABUDANA OR POTATOES .

Rice Kheer

If you're craving dessert, make this delectable sweet dish in a jiffy.

SERVES: 4 > **PREP TIME:** 60 minutes >

COOKING TIME: 40 minutes

INGREDIENTS

250g basmati or ponni raw rice
3 litres milk
500 g sugar
10 g cardamom powder
100 ml ghee
20 g cashewnut
20 g raisins

METHOD

1. In a heavy bottomed pan, heat the milk and allow it to boil, until it reduces to one-third of its original quantity.

2. Heat ghee in a vessel and

fry the cashews and raisins. Drain the ghee and set aside.

3. Now add the rice to the hot ghee and sauté until it loses its raw smell.

4. Now add the reduced milk and allow it to cook until the rice is soft and cooked.

5. Add the sugar and let simmer for ten minutes.

6. Now add the cardamom powder and the fried cashews and raisins.

7. Serve hot. **F**

TIP: USE BASMATI RICE TO ENJOY THE RICHNESS OF THE KHEER.



Calorie count:
235 calories
(per serving)

SCROLLING DOWN

Download the season's newest e-books, which deal with everything from epidemics to finding happiness, and cricket! **Kayalvizhi Arivalan** recommends these offerings



Author:
Tim Wigmore and
Freddie Wilde
Publishers:
Polaris publishing
(US)/ Penguin
Random house
(India)

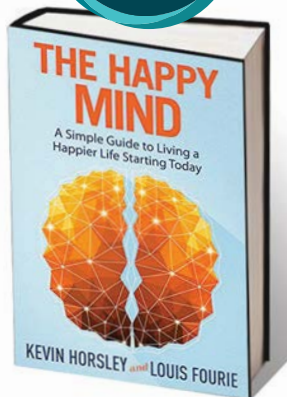
CRICKET 2.0

Within the T20 Revolution, Tim Wigmore and Freddie Wilde take us on a whirlwind tour of the cricket format that has taken the world by storm. From its inception, when T20 was accepted by a narrow vote of the Marylebone Cricket Club, to its current global popularity, from its original superstar Chris Gayle to newcomers like Rashid Khan and Sandeep Lamichhane, T20 has become a phenomenon that has resurrected the game of cricket. From the sunny beaches of Trinidad and Tobago, which gave the world a West Indian team feared by its contemporaries, to the raucous stadiums of the IPL, today one of the world's most valuable sport tournaments, from India's original rejection of T20 to ultimately embracing it, signalling a shift in world cricket, Wigmore and Wilde break down how T20 has changed the game entirely, and why it may be the future of cricket.

THE HAPPY MIND: A Simple Guide to Living a Happier Life Starting Today

From the Wall Street Journal bestselling author of *Unlimited Memory*, comes a new book on finding happiness in life using the power of your mind. The search for happiness is fundamental for all humans, and the answers lie within the depths of your mind. In *The Happy Mind*, you'll discover valuable insights for lasting happiness instead of being driven by short-term pleasure. Happiness is more than just a feeling—it's a learned skill. When you master the habits of happiness, your life will be filled with more peace, purpose, and passion. What do you need to do to be truly happy? This most important question is answered in this book.

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BRINGING UP HAPPY CHILDREN PARENTS

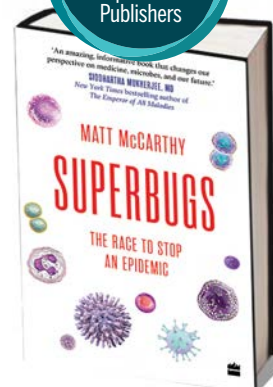
You can't have a happy family unless you're happy yourself. This book shows us how to create an excellent atmosphere at home for the entire family to thrive in. *Building a Happy Family* focuses on the impact that books, music, art, and positive reinforcement have on our children's lives. Through scientific research and her own experiences as a parent, Loomba delves into how young minds develop and how this impacts behaviour well into adulthood. Parents are taught to encourage their children's creativity and joy, and not lose sight of it in their lives too—the secret to a happy family.

SUPERBUGS:

The Race to Stop an Epidemic

Superbugs is a compelling tale of medical ingenuity. From the muddy trenches of World War I, where Alexander Fleming looked for a cure for soldiers with infected wounds, to breakthroughs in antibiotics and anti-fungals today that could revolutionise how infections are treated, McCarthy takes the reader on a roller-coaster ride through the history and future of medicine. Along the way, we meet a series of patients. And we also learn why potentially life-saving treatments are often delayed for years to protect patients from exploitation. Can McCarthy get his trial approved and under way in time to save the lives of his countless patients infected with deadly bacteria, who have otherwise lost all hope? Drug-resistant bacteria—known as superbugs—are one of the biggest medical threats of our time. Here, a doctor, researcher, and ethics professor tells the exhilarating story of his race to beat them and save countless lives. **T**

Author:
Matt McCarthy
Publishers:
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