

FEMINA

Be unstoppable

www.femina.in

PUNE, AURANGABAD AND
NAGPUR SPECIAL
FREE WITH MAIN ISSUE



24TH
ANNIVERSARY

CELEBRATING LEADERSHIP



राज्याँ २

अलंकार असा परंपरेला साजेसा



NAGARKAR
JEWELLERS

APPAREL
BY
LEHEJA
SAIPARANJPE

GANPATI CHOWK, LAXMI RD, PUNE.
TEL NO: 020-24445999, 24444045/046/047

1160, TULASHIBAG, LANE NUMBER 2,
BUDHAWAR PETH, PUNE.

TEL NO: 020 24457560, 24455941

ROYAL CHOICE ROYAL LOOK



Wide Range of Products Displayed at **Baner Store**

You can choose from



20+ Beds Design



15+ Dining Sets



10+ Sofa Sets

WOODEN SWINGS AND MUCH MORE



ROYALDECOR

JB Group Venture

📍 Off Pune-Banglore Express way, Next to Sadanand Regency, Near NSDL, Baner, Pune 411045

📞 97005 33339 | 90287 33339

🌐 www.theroyaldecor.in



Peshvai

WEDDING COLLECTIONS



VAISHAMPAYAN & SONS JEWELLERS

- OPP. GOKHALE HALL & RANKA JEWELLERS, LAXMI ROAD, PUNE. TEL.: 24457796
- OPP. SONAL HALL, KARVE ROAD, PUNE. TEL.: 25468766
- SHAGUN CHOWK, OPP. TULSIDAS KIRANA, PIMPARI MARKET, PIMPARI. M - 9552467176
- SONYA MARUTI CHOWK, SARAFI BAZAR, LAXMI ROAD, PUNE. TEL.: 24430026
- NEAR LUNKAD FABRICS, KUMTHEKAR ROAD, SADASHIV PETH, PUNE. TEL. 24430707

DR PALLAVI IS A VISIONARY SKIN EXPERT WHO GOALS TO MAKE INTERNATIONAL STANDARD SKIN & HAIR CARE FACILITIES AVAILABLE UNDER ONE ROOF AT AFFORDABLE COST. LET'S TAKE A SNEAK PEEK INTO HER JOURNEY, VISION & TIPS FOR THIS WINTER.

360 degree SkinCare under One Roof



Dr. Pallavi Shelke

A person who has strong academic background, skillful hands & ethical mindset is on a mission to build center with all advanced facilities for skin & hair care in Pune.

Upon asking her about herself, she smiles and says "I am an artist at heart & dermatologist by profession. I sculpt face & natural hairline now."

After completing her MBBS from Government medical college, she pursued dermatology as specialization. She was awarded "LM Zaveri award" and "Gold medal" for securing first position among all appearing doctors in post-graduation course.

She later took special training in skin, hair, nail, laser surgery from Association of Cutaneous Surgeons of India. During her course she was

fortunate to get guidance from most reputed dermatologists in India. Though advanced lasers, hair transplant & vitiligo surgery are her topics of interest; she has presented her medical work in various national & international conferences on other topics too.

She has explored and finds peace in various art forms like painting, mixed media, sculpture, photography, theater, comparing. She is proud owner of various awards for the same. Her upbringing has made her sensitive towards social issues and she tries to do her part in betterment of the society. Be it 'One Doctor-One Tree' tree plantation moves or conducting medical camps for orphanage kids, flood victims, women. She wants to setup charitable foundation for vitiligo patients in future.

SkinEthics is a unique non-commercial center for advanced skin, hair, laser treatments with exclusive doctor-patient relationship & perfectly tailored treatments for everyone's needs. The vision is to provide ethical treatments with best available technology at affordable cost SkinEthics is committed to provide patients safest, appropriate, and affordable treatments considering their individual needs.

She says further, "skin & hair cannot be separated from body, the approach to treatment needs to be holistic. Lifestyle, medicines & in clinic treatments all play role. We have been fortunate enough to serve more than 27000 patients to their satisfaction with same approach"

For the same, this center is equipped with all necessary facilities for medical & surgical procedures needed to treat skin, hair, nail related ailments; all under one roof.

On asking about signature treatments, she says "Intense pro-grow treatment for surgical & non-surgical hair volume gain has consistently given best results and patient satisfaction over years. Laser hair reduction, acne scar & antiaging treatments are others to give best in class results"

WHEN IT COMES TO LASER TREATMENTS, WHAT PRECAUTIONS & CARE MUST BE TAKEN BEFORE AND AFTER TREATMENT?

Before and after care depends on type of laser used. It varies as per individual skin and age too. Laser technologies and equipment's that we use at SkinEthics are of highest standards, very refined and safe; so, no special care is needed in majority of people except for using sunscreen while stepping out.



WINTER CARE

FOR FACE SKIN: invest in good moisturizer suitable for your skin type and have a habit of applying it after every face wash. Do not skip sunscreen in winters because there is good amount of sun radiations that affect skin in this season too. Choose your facewash wisely, it should not rip off the natural moisture from your skin.

FOR BODY SKIN: take short baths with warm water. Do not indulge in hot water baths for long time as it takes away moisture from outer layer of the skin making it prone for allergies. Wear full sleeves clothes, wear a layer of cotton below woolen garments. Apply moisturizer with thick consistency within 3 minutes of bath.

FOR HAIR: mild shampoo and double conditioning is best choice for winters to maintain hair texture. Chose any 2 from your pre & post wash conditioners. Avoid using hair dryer at hot settings & cover hair while stepping out in cold.

SkinEthics Clinic

Office #3, 2nd Floor,
Windsor Commerce. Near Wadeshwar
hotel, Baner Road, Baner, Pune-45
Ph – 9028291234 , 9028391234
Insta- drpallaviahireshelke
Facebook- SkinEthicsIndia
www.skinethicspune.com



WHAT TREATMENT A BRIDE TO BE SHOULD OPT FOR

Now a days, specially during COVID times, in general people have gone close to true selves. Marriage ceremony has seen change from big fat show off to humble ceremony with closely knit people coming together to bless the couple. People have started seeking healthy skin than using camouflage and filters. Brides & grooms look for healthy glow before & after the special day. I can not pinpoint on 1 specific treatment as my approach is holistic always; it involves lifestyle changes, medicines & in clinic procedures. Its customized as per skin condition at the beginning of treatment and time duration in hand.



EDITOR'S LETTER

The end of the year comes with a celebration... of ringing in the New Year and celebrating the anniversary of the Pune - Aurangabad - Nagpur edition of *Femina*. We celebrate the 24th anniversary this year. This pivotal year has seen many upheavals and challenges, but the challenging times have also put light on some stellar leaders across fields that have made a notable difference. Here's to 'celebrating leadership'!

THE CHALLENGING TIMES HAVE PUT LIGHT ON SOME STELLAR LEADERS ACROSS FIELDS THAT HAVE MADE A NOTABLE DIFFERENCE.

The *Big Story* has 24 such shining stars that inspire with their hard work and dedication to their chosen field. Converting obstacles into stepping stones, turning negatives into positives... they have not just made their mark in the professional lives but also outside it through their philanthropic work. Some of them grace

our cover too this time. We have actor Sai Tamhankar who has turned entrepreneur with her new sari brand and industrialist and philanthropist Lila Poonawala whose success story is an inspiration to many. We have some young achievers in the list too; mountaineer Krushnaa Patil shows how to scale new heights with determination and Ankita JP Shroff makes multi-tasking look a breeze.

Let their stories inspire you to make your mark in the coming New Year. Here's wishing you and yours a very happy, prosperous and healthy New Year!

Ruchika

Ruchika Mehta

[@ruchikamehta05](https://www.instagram.com/ruchikamehta05)

[@ruchikamehta05](https://www.facebook.com/ruchikamehta05)

FEMINA

WORLDWIDE MEDIA PVT.LTD

CHIEF EXECUTIVE OFFICER
DEEPAK LAMBA

EDITOR
RUCHIKA MEHTA
MANAGING EDITOR
PRIMROSE DSOUZA
PRODUCTION EDITOR
SHRADDHA KAMDAR
FEATURES EDITOR
RADHIKA SATHE-PATWARDHAN

DESIGN DIRECTOR
BENDI VISHAN
DEPUTY ART DIRECTOR
RENU SHARMA TEWARY

EDITORIAL COORDINATOR
LOUISA MENEZES

BRAND SOLUTIONS
BUSINESS DIRECTOR
SUNIL WUTHOO
WEST VICE PRESIDENT BRAND SOLUTIONS,
BUSINESS HEAD - FEMINA SALON & SPA
GAUTAM CHOPRA
BRAND SOLUTIONS, PUNE
EKTA DANG
ADITI SHRIVASTAVA

ASSISTANT VICE PRESIDENT,
DIGITAL REVENUE AND MARKETING
PRIYADARSHI BANERJEE

CHIEF MARKETING MANAGER
RAVI BUDANIA

PUBLISHER
JOJI VARGHESE
HEAD HUMAN RESOURCES
MEGHNA PUTHAWALA
VICE PRESIDENT-CONTENT STUDIO
VIDYUT PATRA
HEAD EXPERIENTIAL MARKETING
AAKASH MISHRA

MANAGER, MARKETING
ASHA KULKARNI
asha.kulkarni@wvm.co.in

TIMESGROUP (RMD)
ASSOCIATE GENERAL MANAGER
SUPARNA SHETH
suparna.sheth@timesgroup.com

MAIL: subscriptions.wvm@wvm.co.in
CALL: 18001210005
SMS: FFSUB TO 58888;
ONLINE: mags.timesgroup.com

Printed and published by Joji Varghese for and on behalf of owners
Worldwide Media Pvt Ltd,
The Times of India Building,
Dr DN Road, Fort, Mumbai 400 001

Printed at JRD Printpack Pvt Ltd,
Manikchand House,
100/101, D Kennedy Road, Pune 411 001, India.

SMILE DESIGNER

HE MAKES HAVING A GREAT SMILE AND GOOD DENTAL HYGIENE EASY. MEET **DR DANISH VIRANI** OF **REGAL DENTAL CARE**.

A smile can take you a long way. And ensuring you have a great smile is Dr Danish Virani. Becoming a dentist to “help people to smile confidently and also enjoy their favourite meal”, he has done his Bachelor of Dental Surgery in 2012 and MDS in implants and prosthodontics. He achieved FICOI (Fellow of the International Congress of Oral Implantology) USA and became a digital smile designer.

Dr Virani is now also a senior lecturer at Rangoonwala Dental College. He also used to work for a non-profit organization for a few hours in a day to give back to the community and as well as to acquire a better clinical skill set. After his MDS, he also worked as a freelancer for a few local clinics in Pune.

He started his own practice – Regal Dental Care – with a small setup. He used to work in Mumbai as a specialist implant and cosmetic dentist with Dentzz Dental Care Centre and travel to Pune to work in his own clinic on Sundays. “I used to work six days in Mumbai and then I would travel back Saturday night to work on Sunday at my clinic in Pune,” recalls Dr Danish.

He later went on to work full-time at his own clinic, which was flourishing, and also started consulting for ‘My Dentist’ (now known as Sabkdentist) as consultant smile specialist and implantologist.

In 2018, he shifted his practice to a new place where he had the state-of-the-art equipment, an OPG machine and Intra



Dr Danish Virani, Cosmetic Dentist

WHAT TREATMENTS ARE AVAILABLE AT REGAL DENTAL CARE?

- Implants
- Root canals
- Smile makeover
- Cleaning and whitening
- Cosmetics fillings
- Extractions
- Gum surgeries
- Kid's dentistry

DENTAL HYGIENE RESOLUTIONS FOR THE NEW YEAR:

- Visit your dentist every 6 months.
- Brush your teeth thoroughly twice a day.

HOW CAN ONE HAVE THE PERFECT SMILE?

- Floss everyday
- Gargle after every meal
- Scaling and polishing every six months

Oral Scanner. They also have a tech-forward 3D scanner for better details. The clinic makes their own crowns/caps to avoid any kind of cross contamination. There are also lasers for advance dental treatment.



REGAL DENTAL CARE
BOATCLUB ROAD, PUNE

Email: info.regaldentalcare@gmail.com

Contact Number: 9764161610/
8055216166

Instagram:- Drdanishvirani

Facebook:- Drdanishvirani

Website www.regaldentalcare.org

FEMINA CONTENTS

14 THE BIG STORY WONDER WOMEN

They have overcome obstacles with grace, and inspired many with their success story. Here's to 24 such stalwarts who make us proud!



SAI TAMHANKAR
Actor and co-founder of The Saree Story

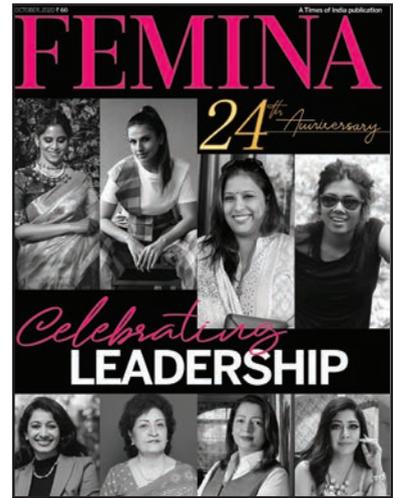
What sets her apart? A woman who defies every box, Sai Tamhankar is not just an award-winning, critically acclaimed actor, she is also a multi-talented Bharatiya player and even an entrepreneur. Her versatility is what sets her apart. The filmography shows a range of roles that she has successfully portrayed on the silver screen. Interesting quest to share, being proud for the choice of career. "The field of entertainment does not" she says. "Being her first place in college, she realised that her love, determination and commitment for what she was doing to make what she had ever felt... and the rest is there in a history. She was doing her college times, that she and a friend - who is now a co-founder of The Saree Story - thought of coming up with a saree brand. She feels, "A saree is a beautiful part of an Indian woman and a woman looks the most woman to a man". That said, they wanted to create something that is elegant and easy to the full wardrobe.

Why We Love Her: Her fortitude and diligence is not just evident in her professional life but also her personal. She did not let her college time slip go away, she and her partner turned their dreams into a reality. Her ability to multitask - and excel! - is also commendable. She speaks to pride in that it was as easy as it looks. "Managing movies, shows, photographs, events like a brand launch," she admits. But her mantra remains that when there's a will, there's a way. "The pandemic made her change her method to film. Lucknow has taught me that family is so much more important in your life. And I would love to have my own family now that she says. "I had different thoughts about having a family but now I think that eventually, I am going to have a family for sure," she shares. "We become more selfless."

FOR DAGA, BEING AN INFLUENCER IS ABOUT STAYING CONNECTED WITH PEOPLE.

Wonder Women

"Celebrating Leadership" is all about raising a toast to women who have reached the pinnacle in their career with sheer grit, hard work, and determination. They have overcome obstacles with grace, and inspired many with their success story. Here's to 24 such stalwarts who make us proud!



ON THE COVER

SAI TAMHANKAR, LILA POONAWALLA, PAAYAL BALDOTA, KRUSHNAA PATIL, DIMPLE SOMJI, SHWETA TATOOSKAR, HARSHITA SHRIVASTAVA, ANKITA JP SHROFF



FASHION

31 Trend metre

STYLE: CHECK!

FUNCTION: CHECK!

Pockets may just about be the best thing to happen to Indian-wear. Read on find out why.

32 Trend metre

STYLE ESSENTIAL

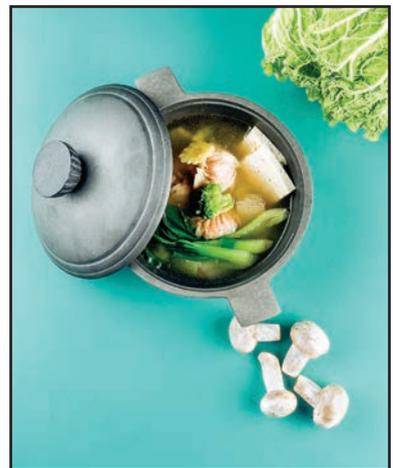
Spruce up your outfits with these fun jackets that are an absolute must have in your wardrobes.

BEAUTY

34 Special

MANE POINT

Get expert inputs on hairstyles that will have you ready for the New Year!



LIVING

37 Food

SOUP FOR THE SOUL

Winters call for a hot steaming mug of soup and here are some comforting soups that you can make your loved ones at home.

41 Food plus

A BAKER'S KIT

Five baking must-haves that you should have in your kitchen and pantry.

IN EVERY ISSUE

08 EDITOR'S NOTE

12 IN BOX

42 EVENTS

EYE FOR AN EYE

MEET **DR SHRUTIKA KANKARIYA**, AN EYE SPECIALIST WHO BELIEVES IN MAKING A DIFFERENCE.



Dr Shrutika Kankariya, Retina, Diabetic Eye Disease and Cataract Expert

Dr Shrutika Kankariya, M.B.B.S., D.N.B., F.I.C.O. (UK), FMRF(CHENNAI), BPEI (USA), founder and director, Asian Eye Specialty Diabetic Eye Hospital, has always believed in making a difference, be it in peoples life or in community. "I like to play an important role wherever possible. For any person, his or hers eyesight is most precious and preserving it gives me immense satisfaction," she explains.

She loves a good challenge and nothing excites her more than seeing the broad smile and gratitude in her patients' eyes after treating a challenging eye problem. "I love challenges and hence I chose being a Retina specialist which involves complicated and tricky situations. I love pushing myself through that extra mile and giving best possible to the patient," she adds.

Talking about eye care, she



STATE - OF THE - ART FACILITY IN THE HEART OF CITY

"I LOVE PUSHING MYSELF THROUGH THAT EXTRA MILE AND GIVING BEST POSSIBLE TO THE PATIENT."

says that eyesight has a strong hereditary predisposition. "It is essential to be cautious if your parents or relatives have a history of eye diseases. Being alert and getting a comprehensive complete eye check-up including retinal examination every year always helps," she advises. She also says that many eye diseases don't have symptoms in the early stage of disease and are potentially blinding if not treated early and adequately. The eye doctor says that thyroid

diseases are more common in females and that can lead to eye problems like dry eyes and thyroid ophthalmopathy so it would be wise to get your eyes regularly checked.

She also stresses that in the current situation, over use of screens is quite criminal to the eyes. "Our eyes are not meant to look at screens for such long time. Amongst all the gadgets handheld gadgets such as mobiles and tablets - they cause maximum strain. They should not be used more than 20

minutes at a stretch," she warns.

Kankariya furthermore says that eyes age like rest of the body and cataract is the most common ageing problem in our body. "With ageing our eyes tend to get dry and like we moisturize our skin, we need to lubricate our eyes with regular lubricating eye drops. Many of the serious eye problem are age related and one must do regular yearly eye check-ups every year after age of 45," she elaborates.

The talented doctor has also founded an eye hospital that goes by the name of Asian Eye Specialty Diabetic Eye Centre with one specific purpose in mind.

"I aim to increase the awareness and sensitivity about diabetic eye diseases which can lead to blindness and our other main objective is to provide holistic comprehensive dedicated international standard diabetic eye care to all the diabetic patients especially suffering from diabetic retinopathy and diabetic cataract," she further explains.

Talking more on the hospital, she shares that the unique feature of Asian eye hospital is that it provides A-Z eye disease cure starting from paediatric eye care to ocular oncology.

"Almost all eye related investigations are available at Asian eye hospital under one roof and we are a team of 10 doctors all together serving various subspecialties in eye care," she adds.

ASIAN EYE HOSPITAL,

Sakar 10, 3rd Floor, Above Fab India, Opposite Jehangir Hospital, Station Road, Pune. Contact: 8888942222/02026162424/25

Email: admin@asianeyehospital.com
Website: www.asianeyehospital.com
www.diabeticeye.in

SAY CHEESE!

SMILE A LITTLE WIDER, AS THE EXPERTS DR **AMIT DOMALE** AND **DR RACHITA DOMALE** SPILL SOME DENTISTRY TIPS.



Dr Amit Domale & Dr Rachita Domale

Oral health and hygiene still remains among the lesser addressed aspects contributing to a person's overall well-being.

As obsessed as we are about external appearances, a majority of our urban population with access to good oral healthcare is hesitant, scared or ignorant about it. According to dental experts, Dr Amit and Dr Rachita, oral health and hygiene should be more of a consistent effort and investment than just a last minute fix.

EXPERT TIPS

- Brushing your teeth twice daily, tongue- cleaning and flossing are an absolute must to avoid tooth decay to set in.
- Avoid using toothbrushes with hard bristles- go for the softer and the flexible ones.
- Get a full dental check – up twice a year – regular visits to the dentist can help in catching the dental issues early on and avoid possible complications in future
- The Smile Studio offers Digital Smile Technique, a consultation that is free of cost to their clients. This technique makes use of pictures and videos to stimulate your new teeth and superimpose them on your face. This helps in getting a real idea of the visible transformation of your face, post treatment.
- Oil- pulling first thing in the morning goes a long way in maintaining oral hygiene. You can now contact the front desk at The Smile Studio to acquaint yourself with oil-pulling know-how.

COSMETIC TRENDS & TECHNOLOGY

We live in the age of the gram, and of doing things for the gram! While unachievable, 'filtered' enhancements are a big no-no, the world of dentistry is constantly advancing. Dr Amit and Dr Rachita have introduced the Worlds No 1 - Philips Zoom Teeth Whitening system for a much whiter and brighter smile, and the latest laser technology for a pain free Root canal experience.

The Smile Studio, a multi-specialty dental clinic founded by our experts, Dr. Amit Domale and Dr. Rachita Domale is nestled in the heart of Pune's prime Koregaon Park area. Founded in 2008, the studio completes 12 years of delivering dental health and happiness to 10,000+ patients till date. Between Dr. Amit - an expert in implant surgeries and a gold medalist in implantology from the France University, and Dr. Rachita - an expert in cosmetic dentistry, it is safe to assume that you will be in extremely qualified hands. Their fully equipped dental studio boasts of a highly trained team, and the latest technologies to help design, envision and deliver the perfect smile every time.

Dr Amit and Dr Rachita Domale pour passion into delivering high-standard dental treatments and patient aftercare. Their fully sterilized studio is a safe haven for complete oral health solutions for you.

Address:- 1st Floor, Krishna Chambers, North Main Road, above Kawasaki Showroom, Koregaon Park, Pune
Contact : 9858446444



Wonder Women



'Celebrating Leadership' is all about raising a toast to women who have reached the pinnacle in their career with sheer grit, hard work and determination. They have overcome obstacles with grace, and inspired many with their success story. Here's to 24 such stalwarts who make us proud!



SAI TAMHANKAR

Actor and co-founder of The Saree Story



What sets her apart: A woman who adorns many hats, Sai Tamhankar is not just an award-winning, critically acclaimed actor, she is also a state-level Kabaddi player and now an entrepreneur. Her versatility is what sets her apart. Her filmography shows a range of roles that she has successfully portrayed on the silver screen. Interesting point to note, acting wasn't her first choice of career; "the field of entertainment chose me," she notes. During her first play in college, she realised that her focus, determination and concentration for what she's doing is unlike what she had ever felt... and the rest as they say, is history. It was during her college time, that she and a friend – who is now a co-founder of The Saree Story – thought of coming up with a sari brand. She feels, "A sari is an essential part of an Indian woman and a woman looks the most sensuous in a sari." That said, they wanted to come up with something that is ageless and sari fit the bill perfectly.

Why we love her: Her fortitude and diligence is not just evident in her professional life but also her personal. She did not let her college-time idea go adrift, she and her partner turned their dream into a reality. Her ability to multitask – and how! – is also commendable. She's quick to point out that it's not as easy as it looks. "Managing movies, shoots, photoshoots, speedy life plus a brand is hectic," she admits. But her mantra remains that where there's a will, there's a way. The pandemic made her change her outlook to life. "Lockdown has taught me that family as a unit is very important in your life. And I would love to have my own family one day for sure. I had different thoughts about having a family but now I think that eventually, I am going to have a family for sure," she shares, "I have become more self-reliant." >

(DURING THE LOCKDOWN) I HAVE BECOME MORE SELF-RELIANT.

LILA POONAWALLA

Industrialist, philanthropist, humanitarian
and founder of Lila Poonawalla Foundation

What sets her apart: One of the earliest women business leaders – when males dominated the industry - Lila Poonawalla is an inspiration to all. She is the second Indian woman to secure a professional degree in Mechanical Engineering. Starting from a trainee engineer to becoming the chairperson of the Indian division Alfa Laval, making her one of India's first women CEOs - her success story has inspired millions. She is the former chairperson of Alfa Laval India and TetraPak India. Awarded the Padmashri by the Indian government and the Order of the Polar Star by Carl XVI Gustaf, the King of Sweden, this dynamic lady has made many inroads in not just business, but also philanthropy. She also runs her own consultancy firm under the name, Lila Consulting Services Company, and acts as an advisor to several international companies. She has been a member of the Scientific Advisory Committee when former president APJ Abdul Kalam was the chairman. She is the founder-director of Pune Citizens' Police Foundation, the vice president of Pune Blindmen's Association and a member of the Pune Divisional Committee of World Wildlife Fund.

Why we love her: She has not just prevailed in the world of business and science but also been honoured for her social and philanthropic activities with awards like 'Lady of the Decade' and 'The Women of the Year' Award. She founded the Lila Poonawalla Foundation, an NGO promoting professional education among aspiring girls in our country by providing scholarships and guidance. With two lifetime achievement awards - Indian Women Scientists' Association Lifetime Achievement Award and Indira Group of Institutes LifeTime Achievement Award, she holds her place at the top with grace and has built a legacy that inspires. Even today, she believes in working towards our society and is contributing her efforts in various fields.



**SHE HOLDS HER PLACE AT THE TOP
WITH GRACE AND HAS BUILT A
LEGACY THAT INSPIRES.**

“GOING WITH THE FLOW,
SURRENDERING TO THE BIG PLAN
THAT HAS BEEN LAID OUT FOR ME; IS
NOW THE ONLY WAY FORWARD.”

DIMPLE SOMJI

Author, social media influencer, philanthropist, educationist and entrepreneur

What sets her apart: Her ability to balance all that she does, with such ease, is what makes Dimple Somji stand out in the crowd. She founded the NGO ‘With Love For You’ in 2016 with the idea that ‘charity is a lifestyle’. An absolute fitness freak and a dedicated yoga enthusiast, she has spoken at various wellness platforms. Not just this, but she is also hosted events, walked the ramp, done script-writing and conducted photo-shoots for top brands. If being a social media influencer, educationist and entrepreneur was not enough, she is now also an author. Her book – *Love Thy Neighbour...Caught! –* is her journey of love and marriage. “I always wanted to pen down my journey of love and inspire other couples around the world to believe in the magic of love. And so I went live with my book,” she shares.

What we love about her: Her grit, determination, attitude of gratitude. “I don’t go looking for things to come easy to me or passed on a silver platter. I have always worked hard for my dreams and my vision,” she notes. Her attitude for gratitude is evident through her beliefs and actions. Being at the top echelon in whatever she does, she still is rooted in her beliefs. “Great leaders don’t set out to be leaders. They set out to make a difference,” she explains, “It’s never about the role; it is always about the goal. Leadership is action and example.” A woman who is powerful by virtue, successful by actions and happy by choice, she did not let the stress-inducing pandemic and lockdown keep her down. The lockdown “unlocked the deepest side of me, helped me go within and understand my soul’s purpose. It made me mindful of every breath, built my gratitude for the smallest stuff and humbled me in prayer,” she informs. She notes, “I changed the direction of the sails by choice (during pandemic). I have achieved more during this time, more than I had planned for. Going with the flow, surrendering to the big plan that has been laid out for me; is now the only way forward.” >





KRUSHNAA PATIL Mountaineer

What sets her apart: She became the youngest person to scale Mount Satopanth in the Garhwal Himalayas. Krushnaa Patil is the first civilian woman from Maharashtra to have ascended Mt Everest. What began with family vacations in the Himalayas soon turned into a passion for scaling peaks. In 2007, she enrolled for the Basic Mountaineering Course at the Nehru Institute of Mountaineering (NIM) at Uttarkashi, and then the Advance Mountaineering Course. At 18, post her training, she got to be a part of a pre-Everest expedition and there's no looking back.

Why we love her: Her grit and determination towards conquering the peaks is inspiring. She has been into mountaineering since she was three-years-old, her commitment and passion towards climbing the highest peaks is commendable. Post scaling the Everest, in 2010, she attempted to climb the Seven Summits, the highest mountains of the seven continents, which

**SHE FEELS
THAT WE ALL
SHOULD TAKE
MASSIVE STEPS
TO BRING
BALANCE
TO OUR
BIODIVERSITY**

is regarded as a mountaineering challenge. She successfully scaled all but one - Mount McKinley, which had to be abandoned owing to technical reasons. Her summits not only inspire young mountaineers to scale heights, but they motivate them to set their eyes on new horizons. Environmentally, she feels that we all should take massive steps to bring balance to our biodiversity; our work practices are so not in sync with what nature expects or needs from us. She wants to build a sustainable life even if our society is not there yet. She believes in having a vision for her team and future - knowing the personalities and capabilities of every individual and directing them towards a brighter tomorrow. According to her, having a backup plan is a must, right after you peek into your own failures and start accepting them. She is also a part of an international expedition on clean water access and conservation program which will promote access to freshwater around the world with a team of eight women, from six continents. That's not all; she also has a creative side that we got to see in these recent years. Currently, she is exploring her artistic skills via painting and stitching.



SHWETA TATOOSKAR

Founder and director,
The Design Story

What sets her apart: Her ability to make exclusive designs more accessible is what makes this artist stand out. Shweta Tatooskar's love for design and fabric is what brought her into the world of fashion designing. Her mother Seema has been an inspiration for this dynamic lady. Having been in the industry for 15 years, she has won multiple awards including the Best Designer of the year 2019-2020. She has even participated in the Indian Runway Fashion Week and has been working along with notable people as their stylist. She recently worked for a music album and has also won the 'Entrepreneur Icon 2020 Pune' award.

Why we love her: Her strong belief in integrity, accountability, empathy, humility, resilience, vision, influence and positivity is what keeps her right on the path to success. She believes that leadership is about inspiring people to do things they never thought they could. A positive soul, she never stops learning new skills, always stays grounded no matter where she reaches, advocates for self-love and practices regular personal development. According to her, "gratitude is all about focusing on what you do have in your life rather than what you don't. It's about being grateful for the small things and those around you and realizing what important. Always be surrounded by right people and leave behind your fears!" While the lockdown might have changed her plans, they've changed for the better she feels. Innovative masks and protective apparels are her main focus right now, but she always ensures to maintain mindfulness and sustainability. She is also helping students and her patrons through online classes to help them in styling and draping along with other fashion essentials. Ensuring the market needs of the new normal are met, she is always on point with her designs and collections. >

HER STRONG BELIEF IN INTEGRITY,
ACCOUNTABILITY, EMPATHY, HUMILITY,
RESILIENCE, VISION, INFLUENCE AND
POSITIVITY IS WHAT KEEPS HER
RIGHT ON THE PATH TO SUCCESS.

ANKITA JP SHROFF

Executive Director of Shroff Group, Co-founder of SAV Chemicals, SPALA and NGO- 'Sustain & Save'

What sets her apart: Her drive for success is what has helped Ankita JP Shroff to reach where she has now. "I enjoy my work as it helps me to make an impact. I wouldn't leave a single stone unturned to achieve my goal," she informs, "Being competitive makes you learn a lot." Even during the lockdown, when working from home became a norm and posed new set of problems, she did not let it deter her. Her lockdown work-process included setting goals, making to-do lists for work and house chores and prioritizing tasks which ensured she remained on track with her work. Keeping the communication lines open with her team members through daily meetings also helped. Her work has been appreciated not just in the country but abroad too; she was selected by the Swedish Government to represent Sustainable Businesses and Responsible Leadership.

Why we love her: She dreamt big and worked hard to turn those dreams into reality. When asked about advice, her words of wisdom – "A dream becomes a goal when action is taken towards its achievement. Unless you don't have a dream, you don't have a goal" – exemplify just that. Running several ventures simultaneously is a mark of fearless person and she is a force to reckon with when it comes to acing at business ventures. It's interesting to note that this is the same lady who "used to focus only on one thing at a time. Now with the right team management of work is a piece of cake." She strongly believes that gender diversity helps in the overall growth which is why her companies have 50% women.

BY RAVIYA M. SACHDEV



"I ENJOY MY WORK AS IT HELPS ME TO MAKE AN IMPACT. I WOULDN'T LEAVE A SINGLE STONE UNTURNED TO ACHIEVE MY GOAL."

LIFE IS NOT A MATTER OF MILESTONES BUT OF MOMENTS THAT DEFINE EACH SEPARATE ASPECT OF HER PERSONALITY.



HARSHITA **SRIVASTAVA**

Co-founder, Priyanshi Film and Entertainment and HalfenHand

What sets her apart: Her ability to adapt to new situations and any challenges they pose. For Harshita Srivastava, life is not a matter of milestones but of moments. She lives for the moments that define each separate aspect of her personality. From starting her own company with her husband, Priyam when they left their jobs and changed cities to shooting her first feature film under her very own production house banner, “these were some of the moments that changed my life, my perspective on life and me in totality.” While the new challenges that came with each of the new ‘moment’ caused some jitters and denial, she broke out of her shell and conquered all challenges to emerge as a winner.

Why we love her: She follows her own set of principles and philosophy. “I am a big fan of the ‘mastering yourself’ philosophy,” she informs, “While self-mastery requires ruthless cadour, the philosophy is an absolute game changer in terms of your approach towards your goals as well as life.” She believes that to successfully lead a team one requires to understand the team and their challenges alike. She feels that, that would be possible only if “we are empathetic enough to not only their concerns but also their situations.” Always looking at doing the right thing, she did not let the pandemic and lockdown stall her. The time during the lockdown “pushed me out of the clutter and held me in a position to reflect on graver things within.” The pandemic also taught us all the importance of humanity and human lives which has led her and her husband started their foundation, HalfenHand, to cater to the basic necessities of the needy on a national level. >

DR KANANBALA YELIKAR

Gynecologist, academician,
administrator

What sets her apart: She was always interested in working for women's health and was fond of teaching so "I combined it and became a medical professor," shares Dr Kananbala Yelikar. She believes that spreading knowledge is a joy and teaching is learning again with new perspectives. She has conducted more than 800 lectures, workshops, and seminars across the country related to different aspects of women's health like anaemia, antenatal and postnatal care, breast and cervix cancer, family planning, HIV, PCNDT amongst others. Writer of many medical books, Yelikar has guided more than 3500 MBBS students and 500 postgraduate medical students.

Why we love her: While answering the interview she was busy multitasking issuing instructions to her staff and attending an online medical workshop where she delivered a short but valuable lecture and returned to us with a smile. This is how Dr Kananbala Yelikar is! She has a record to her name in Limca Book of Records for highest estimated hemoglobin levels in one day and in Guinness Book of Records for recording highest hypertension levels in 55 minutes along with Breastfeeding Promotion National Initiative Award. When the pandemic hit the country and the city, she was appointed as the chairperson of the District Taskforce Committee. As the head of the biggest government hospital in the district with maximum patients, she has been at the forefront in the fight against COVID-19. Despite the many hurdles – in infrastructure as also lack of public awareness, expectations, allegations, and such – she overcame them all with determination. Her work has been appreciated by the Maharashtra Chief Minister too.

BY HARSHVARDHAN SHAHI



SHANTABAI TULSIRAM SAHARE

Youtuber, Desifood Recipes

What sets her apart: In order to share what she's learnt in the span of 80 years, she started her own YouTube channel – Desifood Recipes. "I started cooking at the age of 11 and everybody admired my culinary skills." Be it family gathering or festive occasions, she was always the head chef of her swarm. Her family, grandchildren, relatives and friends simply drooled over her dishes. Her grandson introduced the idea, and after a week of ideating and prepping, they were ready to go live.

Why we love her: Her confidence is evident through the videos. They started with shooting the video from a phone in their backyard with desi style cooking and my favourite Banarasi cotton saris; "hence the name Desifood Recipes!" The 'cooking Aji' has found many followers across the globe – especially those who see the videos and feel nostalgic about their own grandmom's cooking. The lady with 80K+ subscribers and 12 Million+ views shares, "I am a proud Maharashtrian and an asal Nagpuri who loves her Saoji food and desire to take my culture forward through traditional cooking. Among all of my videos, Saoji recipes are the most loved ones. Thus this engagement of my subscribers keeps me motivated for new videos and content. I feel overwhelmed with the love, wishes and the comments that I receive." She sure is quick-witted though... when she gets addressed as the 'YouTube वाली Aji' (Grandmom from YouTube), she always replies with a "Subscribe kara!" "YouTube helped me connect with so many people across the globe, it's like my extended family now. My age and my language doesn't stop me," she points out, "These videos helped me connect with people and that's what I feel most happy about. It's not the money that matters at this age, it's only the love and care that we need!"

BY KANIKKA REKHI



HER ABILITY TO VISUALISE AND ACT ON HER DREAMS AND IDEAS TO TURN THEM INTO REALITY IS WHAT SETS PAAAYAL BALDOTA APART.

PAAAYAL **BALDOTA** CEO, Design Works and entrepreneur

What sets her apart: Her ability to visualise and act on her dreams and ideas to turn them into reality is what sets Paayal Baldota apart. Having studied architecture and design in the US and worked for America's largest chain of lifestyle store J C Penney, she went on to achieve the best designer of the year award in 2003. Since then, she has been awarded and nominated for various categories. Having worked with top brands and companies in the US, she is amongst the leading designers.

Why we love her: She believes in giving a free hand to her peers to come up with creative ideas, and that she believes is a sign of a true leader. "It's very important to guide them and encourage them to bring out the best in them," she tells. Her focus and determination is inspiring, as is her ability to stick to her guns and deliver on whatever she has decided upon. The lockdown – while it did give her more time to spend time on self-improvement and quality time with family – hasn't forced her to change plans. In fact, it has given her time for the much-needed rest and recoup, and she used the time to come up with new ideas. "This pandemic has made me realise that life is short we need to start doing today what we had planned to do maybe few years later," she notes, "I do feel more grounded and I do my bit of giving back to the society. But I will stick to my plans. Nothing can change that." >

PHOTO: CHARUDUTTA ARYA; HMU: GEETANALI SALON, KOREGAON PARK



CHANDRAKALA SANAP

Founder Director, CHASA Institute of Design & Technology

What sets her apart: A well-known name, Chandrakala Sanap, has been a part of the fashion and beauty industry for over two decades now. From working for fashion and cover shoots and shows for local magazines to going to an international level, her success story is inspiring. “My experience ranges from a total fresher in this industry to an experience everyone in this industry wants to grab,” she says. She strongly believes in staying connected to your roots and following what your heart says no matter what.

Why we love her: Wanting to make the design industry accessible to all is what made her start her own institute. CHASA Institute offers courses in fashion design, interior design, event management and model grooming. “When I started my career, I had too many questions and very less mentors. So my idea behind founding CHASA was establishing a launchpad for aspiring designers and models,” she explains. As a woman who works round the clock, her future plans include growing the institute and reaching out to as many people as possible. She has also planned to start a clothing line. “It’s called Dori and my team and me are super stoked about this,” she signs off.

BY RAVINA M SACHDEV

AISHWARYA SEEMA KALE

Professional dancer

What sets her apart: Her humility is what one notices first. Despite having received much acclaim and love after becoming the first runner up at Apsara Ali, a dance reality TV show and performing with Madhuri Dixit Nene and Alia Bhatt in Kalank under the guidance of legendary Saroj Khan, Aishwarya Seema Kale has no airs and always a big smile on her face. She started her dance journey 15 years ago and has learnt from dance stalwarts like Ratnakar Shelke, Shiamak Davar and Varsha Pirangute, Pt Manisha Sathe to name a few.

Why we love her: Her ability to dance to the different forms keeping true to each is what makes her dancing abilities unique. She is trained in many dance forms including Kathak, Bharatnatyam, Odissi, Western, Belly dance, Folk dance, contemporary and Latin dance forms! She has travelled across the globe for performances. “My art has taken me overseas a number of times so I have developed a fond interest in travelling,” she adds. While she has many achievements to her name, she considers this the best thing she’s ever done: helping ‘Warrior Aji’ Shanta Pawar come into the spotlight which helped Pawar get viral acclaim across social media.

BY RAVINA M SACHDEV





SHIREEN LIMAYE

Professional Basketball Player

What sets her apart: Shireen Limaye is part of the current Indian Basketball women's team. At the age of 14, she played her first international tournament and won the Best Rebounder Ace of Asia. She won her first international gold medal in 2012. She has also captained the National team at Commonwealth Games '18 and has won Maharashtra's Shiv Chhatrapati Award.

Why we love: She believes that integrity and empathy are one of the greatest attributes one can gain. She feels that understanding the thought process of her teammates helps them excel in the game. According to her, Indian basketball has come a long way, especially with the 3X3 player format coming in soon - a shorter version of the sport. She thinks that this is probably the best development for India and one day wishes to represent our nation in this format for the Olympics. She wants all the young basketball players to come out of their imaginary shells and start focusing on their health and fitness. Working hard towards achieving goals every single day, staying humble and grounded are her mottos in life.

BY SANIKA SALUNKE

EESHA KARAVADE

Chess Professional / International Master (IM)

What sets her apart: Eesha Karavade is an Indian chess player who holds the titles of Woman Grandmaster and International Master. She was a gold medalist in Commonwealth Chess Championship 2011 and has won the Shiv Chhatrapati Award conferred by the Government of Maharashtra. She was ranked 65th women in FIDE World Rankings during 2015 making her one of the Highest ranking women chess players in our country.

Why we love: She is persistent, has a never give up kind of attitude and stays calm in every situation. These qualities truly define her as an established chess player. Her progression commenced when she was 12 and won the nationals and represented India in the world championship of 1999. Since then she has never looked back and is playing chess even today - she believes that incessant hard work is the key to success, her memorable moments are when she plays complicated chess positions against her style. For all the young chess players out there, she advises that you should start with classics and the games of all the world champions rather than revising and studying more openings. Currently, she had her baby and has experienced a beautiful lockdown journey. At the moment, she sets aside time every day for chess and is looking forward to playing events in the future. >

BY SANIKA SALUNKE



APARNA PRABHUDESAI

Entrepreneur / Mountaineer

What sets her apart: Aparna Prabhudesai was the first woman from Maharashtra state to summit Mt Everest from the north side and was also one of India's oldest women who were a part of the summit. She feels that it was not her who conquered Mt Everest, but the mountain had allowed her to come up. She was awarded the Woman of Steel, India's top 10 women achievers by Birla Steel. She has also been awarded the Shiv Chhatrapati Krida Puraskar, Maharashtra State's highest sports honour.

Why we love: Authenticity and an ability to go beyond the ordinary are the attributes that she follows through. She believes in taking the first step forward irrespective of who is watching. At the age of 43, when she set out her goal for Everest, she had all odds attached against her. Her age, gender, financial ability, and near physical disability were the barriers that she broke when she decided on this goal because reaching the peak meant preparing mentally, emotionally and financially. She initially had doubts regarding her goal but with Vitamin D3 - Devotion, Dedication and Discipline by her side she continued her training. These three have helped her achieve everything that she set out for. Currently, she wants to increase the scope of her foundation, Adventures Beyond Barriers where she works to create inclusion into mainstream society through sports for the people with disability.

BY SANIKA SALUNKE



DR MEDHA TADPATRIKAR

Serial Entrepreneur

What sets her apart: Dr Medha Tadpatrikar considers herself as an accidental environmentalist with her current avatar as a Chief Plastic Warrior. She is the Director of Mantraa Research and Consultants, Phoenix General Insurance Brokers and Rudra Environmental Solutions (India) Ltd. She has received The Eminent Entrepreneur and Phoenix Leading Lady Award for her notable contribution. She is actively involved in charitable work and her interest lies helping women empower themselves.

Why we love: She believes that there is no shortcut to hard work and always accomplishes her goals, she was taught by her parents that one should always see things through till the end. She has learnt that all problems have solutions if you look at them as opportunities. That's exactly what happened when she and her business partner thought of stepping into plastic waste management, they realised that someone needs to manage waste and utilize it properly. That's when they started researching what plastic management consists of; their memorable moment came when they saw a piece of oil melting in front of them. Since then converting plastic back to fossil fuel has been their primary purpose. She truly is an environmental difference maker along with being an industry leader.

BY SANIKA SALUNKE



SABA POONAWALA

Hair and makeup artist, environmentalist, canine behaviour specialist and trainer

What sets her apart: Despite the success and accolades that have come her way – because of her talent and hard work – as a hair and makeup artist, Saba Poonawala believes that, “I solely and whole heartedly believe that mine is to serve animals and to live for their betterment. The salon industry happened just by the way and I grew to love it. So I use the best from here to fund my animal welfare needs. It’s a win-win! 80% of my earnings go to animal welfare.” A passionate animal lover, she adopted two elephants in the last few years – Enkesha and Naleku – to have them well fed and looked after for a few years and then reunite them into the wild where they belong.

Why we love her: Though she was just 17 when she entered the beauty industry, she did not let it deter her. While stepping into the massive shoes of a legacy that belonged to my mum and sister – who both are acclaimed makeup and hair artists – was hard, she took it all in stride and went on to win many accolades. “The hardest being me the 17 year old convincing a 50 year old lady for getting a particular service done. I was looked upon for the longest time as a kid,” she recalls. She has now also founded a dog training academy. “The purpose of the pune dog training academy was that if I could make a difference in even one family’s life and they don’t give up their dog or abandon it, I would feel that her purpose is fulfilled,” she says.

BY RAVINA M SACHDEV

ADITI BHOSLE WALUNJ

Chief Strategy Officer at Repos Energy

What sets her apart: She is very clear and conscious of what she wants, and works hard to achieve it. Aditi Bhosle Walunj – along with her husband Chetan – realised the need for energy distribution and decided to work upon it. “I’ve always wanted to do something larger than life,” she notes. One thing that truly sets her apart is how she and her husband converted a thought into an actual business; with the in-depth R&D, proper funding – Ratan Tata has invested in their company –, and working towards getting government policies passed to help the business.

Why we love her: Her attitude and belief that “you too can change the world” has helped her achieve much in her journey to success as has the conviction that “limitations are in the mind and body. A human is born for infinite possibilities.” The challenge that the pandemic and lockdown posed was overcome by this positive-minded lady by not looking at it as a ‘stress’. She kept her team motivated through it all with daily rituals of online team meditations and meetings. >

BY RAVINA M SACHDEV





RASHMI URDHWARESHE

Automotive Engineer

What sets her apart: An automotive engineer and the former director of the Automotive Research Association of India (ARAI), Rashmi Urdhwareshe was awarded the Nari Shakti Puraskar 2020, for her work of over 35 years in automotive research and development. She has emerged as a national and international expert in automotive technology, safety, environment and electric mobility with her sheer hard work and team leadership.

Why we love her: Effective decision making, strong vision and purpose-oriented working is what drives her forth. From a trainee engineer to rising through the ranks to become the first woman Director (CEO) of ARAI, her journey has been exemplary. She honed her engineering skills to suit the technological challenges of the automotive domain. She was the Senior Vice President for Society of Automobile Engineers (SAE), India during the period 2018-20 and would be taking over as President in the forthcoming annual general meeting of SAE India. She is currently working on a book for Pearson Education on “Women at Work” and has substantial post-pandemic plans for a golden quadrilateral with the mission of spreading the message of women empowerment and education.

BY SAMIKA SALLUNKE

MUKTA TILAK

Current MLA, ex-mayor of Pune

What sets her apart: Her vision with which she entered politics is what sets Mukta Tilak apart. Her vision to tackle the challenges and make a difference was the idea behind the current MLAs decision. “I firmly believe that politics is one of the strongest ways to bring about an impact,” she shares. Under her able leadership as the then-mayor of Pune, she oversaw the commencement of Pune transforming into a smart city. She is a strong advocate for women empowerment, and she started a campaign which focused on guiding young women aspiring to be a part of the political domain.

Why we love her: Her never-give-up attitude that has seen her overcome many personal and professional hurdles with much grace and determination. “The very fact that I am a woman is enough to throw in a number of barriers my way. I think working women everywhere can vouch for this,” she notes. The strong politico says that one must be open to appreciation as well as criticism being a part of the public sphere; “You need to take it all in a stride,” she smiles.

BY RAVINA M SACHDEV



SINDHUTAI SAPKAL

Social Activist

What sets her apart: To say it in one word, it is Sindhutai Sapkal's heart that sets her apart. Mai, as she is called by the many children she has helped raise, is a social worker and social activist. Despite the excruciating circumstances she went through, she did not let her story become one of woe, but it is an inspiring one of how determination to do good for society can change your life and of those you touch. She was conferred a Doctorate in Literature by the DY Patil Institute of Technology and Research and the Nari Shakti Puraskar amongst many other awards. The 2010 Marathi film Mee Sindhutai Sapkal by Anant Mahadevan is a biopic based on her life that was selected for the world premiere at the 54th London Film Festival.

Why we love her: Rising like a phoenix, this inspiring lady has dedicated her life to helping orphans. Her selflessness, courage and determination are what holds her in good stead. A poetess who is quick-witted and staunch in her beliefs, she shines like a star and imparts light upon those in need. She has been honoured with more than 500 awards including the Mother Teresa Award for special justice.

BY SANIKA SALUNKE



LAXMI NARAYAN

Social Activist, Former Secretary General of Kagad Kach Patra Kashtakari Panchayat (KKPKP), co-founder of the Solid Waste and Collection Handling (SWaCH)

What sets her apart: Ensuring the people in need get what they need, not by donations but by helping them stand on their own feet is something Laxmi Narayan feels strongly about. The co-founder of KKPKP and SWaCH, is working to enrich the lives of people who are otherwise overlooked and extremely underprivileged in terms of livelihood and financial prospects. Narayan always firmly believed in the potential of the waste pickers and knew that they simply needed discipline and a systematic plan to help their lives much more productive, which is what she provided through SWaCH, India's first wholly owned cooperative of 2000 waste pickers.

Why we love her: She possessed a vision and saw the capabilities in a community of workers who no one thought anything of and set about to change their lives. Narayan's work in this sector has been inspiring and fruitful and she derives her inspiration from her team and the waste pickers themselves who are remarkable people who just need someone to believe in them. >

BY RAVINA M. SACHDEV



RAHI SARNOBAT

Professional Athlete

What sets her apart: A 25-meters pistol shooter, Rahi Sarnobat is a very well accomplished player and is the first Indian to win gold at the International Shooting Sport Federation (ISSF) World Cup and the first Indian female shooter to win Gold at Asian Games. She feels that without hurdles an athlete's journey is incomplete, her come back after two years of recovering from an elbow has her planning on the long-innings.

Why we love her: She certainly believes that positivity and the strength of your mind are very crucial elements and one needs to maintain them, as every sports person out there faces more failure than success. This mental strength has helped her grow and become her best self. Initial few years were very successful for her but after the injury, without touching the weapon and being out of the international circuit for two years was very tough on her. But eventually, she came to know that her affection and passion towards the game was enough for her to continue with the game. More than success, more than medals, she thinks her devotion for the game matters more and that's what makes her journey special.

PHOTOGRAPHER: VINAY JAVKAR; STYLIST: PRACHITI PARAKH; MAKEUP: GAYATRI SAWALKAR; HAIR: SOUJATAA WAGGH

BY SANIKA SALUNKE

VAHBIZ BHARUCHA

Professional Rugby Player and Physiotherapist

What sets her apart: Her ability to not let a hurdle – that many would feel insurmountable – come in the way of doing what she wants. Vahbiz Bharucha went from playing track and field sports to captaining the handball and rugby teams; Maharashtra's U-16 Handball team and the first-ever women Rugby Fifteens Team. She was laid off for fitness issues but got back to the game after two years of rigorous training, commitment and sheer grit. Others would have given up but not her. She gained back her title as the captain for both teams.

Why we love her: She is an assertive leader who believes in staying humble and finding common grounds to strengthen the overall team spirit. She feels that one should not focus on the expectation of returns from any game - the primary focus should be to give your best towards the game. She is currently balancing her life as a pro rugby player and a physiotherapist. She believes that our current Indian Rugby team is in the perfect place to push forward through the ranks and aims for becoming a part of Asia's Top 5 Teams in the next three years. 

BY SANIKA SALUNKE



STYLE: CHECK! FUNCTION: CHECK!

Pockets may just about be the best thing to happen to Indian-wear. Read on find out why.
By Ravina M Sachdev

One are the days when brides would act coy and sit at one place at their own weddings. Meet the new age brides who believe in having fun and making the most of every moment of their wedding. Today's brides try to stay away from the 1000 kg lehengas which will restrict their movement. There has been a notable shift from grand everything to comfort elegance in the past few years. Which is why a lot of designers are now adding pockets to Indian wear too! Here are few benefits of the trend:

Unconventional and unique

It doesn't matter if you're a bride looking to make a statement at her wedding function or a friend attending a wedding hoping to look chic, couture pockets trends can definitely do wonders to your entire look. Pockets look good in all sorts of Indian wear outfits. "From tiny compartments in heavy designer lehengas to pockets in silky sharara pant and studded crop top combos to even new age pant saris, pockets are everywhere this season. This is one trend that seems to be on the rise. Plus women belonging to every age group seem to be enjoying pockets in their outfits," says Roohi Trehan, founder of Ananta by Roohi Trehan.

Function and form

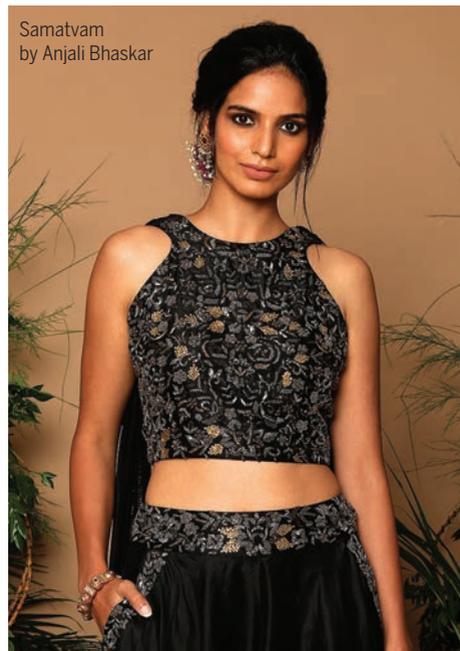
Pockets don't just look as cute as they do but also do serve purpose. Especially for a bride who has to hunt and ask different people for her phone can now simply keep the phone with her at all times at her wedding. "It's an amazing twist to the Indian wear, having pockets added to Lehengas. It's kind of an accessory that comes attached with the garment. The brides don't need to carry any tiny clutches as their pockets now do the job. You can



Ananta by
Roohi Trehan



Ananta by
Roohi Trehan



Samatvam
by Anjali Bhaskar

KEEP IN MIND!

Don't get too excited to flaunt the trend and end up with bulging pockets. Bulging pockets are a result of shoving down multiple things in your pockets. Do not stuff more than one item in your pocket especially if you're a bride, it's only going to look really bad in your wedding pictures. "Ensure that the pockets are doubled lined, as it will be able to carry two items in it. The outfit colour and the pocket colour should be the same," advises Bhaskar

"You can finally enjoy the event without having to worry about keeping your phone or important accessory safe."

finally enjoy the event without having to worry about keeping your phone or important accessory safe," adds Trehan.

Quirky and chic

For the ones who feel that pockets might make an outfit seem manly, couldn't be more wrong. "Pockets add a modern and a quirky twist to an otherwise traditional outfit. The trend has seen an increase in the past couple of years as brides or even women attending weddings or functions want to look their chic best and keep their phones with them," says fashion designer Anjali Bhaskar, owner of Samatvam by Anjali Bhaskar. **■**

STYLE ESSENTIAL

Spruce up your outfits with these fun jackets that are an absolute must have in your wardrobes.

By Ravina M Sachdev

Jackets instantly transform a look and make the look seem all together. A great throw does wonders for any look and makes it go from boring to wow in mere seconds. So much so that a lot many Indian designers are

now incorporating the layers in their collections. From flimsy tulle numbers to cropped structured ones, there's literally so much that you could do with jackets. Here are some styles that you can wrap yourself up with this season.



Cropped jacket: Planning to wear a crop top- palazzo combo to your friends get together? Add on a fun structured cropped jacket to the look and watch it level up. Cropped jackets are super stylish and add a fun element to your outfit. Opting for interesting jackets that are embroidered or embellished work best for a plain outfit as it somehow balances the entire look. "A structured embellished jacket enhances a sari as much as it enhances a lehenga. Pick a strappy choli with pants and pair it with your short structured jacket and feel free to dance away the night," says Mansi M Achreja, Creative director, Label- Ek Soot

Ruffle jackets: Ruffle jacket throw-ons work beautifully for Indian and western looks alike. They can make your otherwise basic look seem dreamy and also add a whole lot of drama to your outfit! Get your hands on a tulle ruffle jacket and pair it with your kurta set for



a fun bridesmaid look for the engagement ceremony. "Ruffles have always been appreciated to add some lift and volume to the attire. Putting them on, adds an extra element of fun to the outfit. These jackets are quite versatile because the way they are crafted, goes with ethnic as well as modern day to day casuals. I'd suggest, for ethnics, pair it up with a bustier and sharara. Whereas, for the modern chic in you opt for sleek pants with a solid shirt," explains Isha K Soni, Founder and Designer, Blush & M.

Pleated jackets: You definitely need to invest in long pleated jackets as they are extremely versatile. A single piece can be styled in multiple ways and be worn >

STYLING JACKETS:

DOS AND DON'TS
BY DESIGNERS
MANSI ACHREJA

AND ISHA SONI.

DOS:

- ◆ Style them differently. The beauty of owning an independent piece is that you get to style them with different pieces.
- ◆ Have fun with jackets and do play around with different colours. Play with colors that will balance the look, for example- a mustard embellished jacket will instantly lift up any plain off white.
- ◆ Ensure that you do invest in bold statement pieces rather than the regular basic ones.
- ◆ Play around with different silhouettes and pair it with your jacket (long/ cropped/ flared/ peplum) you will be surprised at how your look can go from casual to formal with an addition of a jacket and also keep you cozy in winters!

DON'TS:

- ◆ Avoid elaborate embroidery and extra embellishments on your clothing when you wear heavy jackets
- ◆ Layering is good and experimental but make sure the colours and patterns are in sync.
- ◆ Pair heavy voluminous jackets with baggy outfits.
- ◆ Settle for jackets that don't fit you well. Always buy pieces that are well fitted.



for several occasions. Long pleated jackets work best for you full length straight kurtas or flared kalidars. Opt for a long pleated embroidered jacket that ties up in the front and pair it with your full length flared kurta and you're all set for an intimate dinner soir e. "Pleated jackets add the drama that you need to glam up any look - from classy Indian to enchanting western. You can even sport these fun pieces with sleek saris or solid color jumpsuits," adds Achreja.

Embroidered throw-on jackets:

Open thrown on jackets work like a charm and add a fresh element to the look. "Open throw on jackets are essentially used by all of us these days, as an excuse to look different than yesterday. Apart from looking as stylish as they do, they also work brilliantly for when the weathers a little windy. Select statement pieces when it comes to choosing throw on jackets, that way you'd get to amp up your basic outfits quite easily," adds Soni. Skip the basic throw ons and invest in bold statement making pieces. Opt for throw on jackets that are

embroidered or embellished entirely. For a fun luncheon look at the in-laws, choose a flared maxi satin skirt with a strapped crop and add your embroidered throw on jacket to complete the look.

Sheer cut sleeve sleek jacket:

A quick and easy way of adding a contemporary chic touch to your ethnic outfits is by layering it with these sheer cut sleeve numbers. These jackets add an element of elegance to what otherwise might not be as stylish an outfit. These jackets enhance the personality of the outfit and make it come together. "Cut sleeve sheer jackets not only balance your outfits but also make your figure seem more flattering," elaborated Soni. You can pair a sheer cut sleeve jacket with your flared pants and statement tee for a grabbing a celebratory drink with your girlfriends or you could pair it with embellished crop and pants for an engagement party. **F**



MANE POINT

Radhika Sathe-Patwardhan gets expert inputs on hairstyles that will have you ready for the New Year!

This year has put in a twist to our usual hair and makeup plans... how? Well, think meetings or parties, you had a certain way that you did your hairstyle in. But the 'new normal' is all about relaxed, easy-to-do hairstyles that have you looking good, while keeping it comfortable. Whether you're getting party-ready or work-video-ready, we have your back. We bring you two how-to-do tutorials for hairstyles by hair expert Dharini Turakhia, owner, Fahrenheit Salons in Mumbai and Pune.

BEACH WAVES

These look dreamy and perfect for almost any occasion especially parties! They work well with medium to long hair lengths. Getting the perfect beach waves is easier than it looks. Prepping the hair is of vital importance, not just to get the look right but also to maintain the quality and health of the hair. Here's how:

- 1 Start with a heat protecting spray or gel on dry hair, applying it uniformly through the strands.
- 2 Brush the product through, and start curling your hair in the back, working your way forward.
- 3 To curl, wrap a two-inch section around the ironing rod or curling tong. Leave the ends out.
- 4 Once you curl your whole hair, apply hair spray all over to ensure the style remains in place.
- 5 Run your fingers through for effortless beach waves look.



PHOTOGRAPHS: ROHAN SHRESTHA

MESSY LOW BUN

Effortless chic is in, but making your hair emulate that vibe is not as easy as it looks. This looks good for those Friday work calls or even parties, just add a glam hair accessory to it. Note that this works better on hair that hasn't been shampooed for a few days. Here's how to achieve it:

- 1 Tong your entire hair to add volume and for a better finish. If the hair is thick, tong it lightly. If it lacks volume, have tighter curls so that even when they open out a bit when putting the hairstyle together, the curls and volume remain.
- 2 Rake your fingers through the hair and pull it into a low ponytail. Don't use a comb, a few bumps are fine, and in fact, preferred.
- 3 Twist the hair and wrap it around the base of the ponytail.
- 4 Be sure you leave the tail out of the end. Secure this with a hair band and pins.
- 5 Pull on sections and pieces of hair to make it messier.
- 6 Spritz with hair spray to finish. >



TEXTURED TOP BUN

Top buns are not new, but textured top buns make for an interesting hairdo for your work meetings. Add a hair embellishment on one side of the bun for a formal occasion, or leave it as is if being worn for casual meeting. Here's how to achieve it:

- 1 Apply heat protecting gel and crimp your hair for texture and volume.
- 2 Part your hair in the middle. Ensure that the crimping is pronounced at the top of the head on both sides of the parting.
- 3 Tilt your head down and rake your fingers through the hair to pull the hair up into a high ponytail and secure it with a hair band.
- 4 Twist the hair and wind it around the base of the ponytail.
- 5 Tease the hair out for a tousled and undone look if you are aiming for that.
- 6 Finish off with the styling spray.



PHOTOGRAPH: VINAY JAVKAR



PHOTOGRAPHS: ROHAN SHRESTHA

FISH TAIL BRAIDS

Messy fishtail braids are fun to sport for those meetups with friends or even a casual lunch with cousins! Here's how to get the look:

- 1 Divide the hair into two sections with a centre part.
- 2 Treat each side braid individually. Let's start with the left parting.
- 3 Divide the hair into two sections and hold each in separate hands.
- 4 Using your index finger and thumb, of your right hand, take a tiny subsection of hair from the outer side of the hair in your left hand.
- 5 Cross it over the rest of the hair and hold it alongside the hair in the right hand.
- 6 Repeat this with your left hand.
- 7 Ensure every time you take the hair section and hold it in opposite hand, you tighten it to secure it.
- 8 Leave some hair strands loose artistically to frame the face.
- 9 Use a hair tie and secure the ends properly keeping an inch of hair plain. Use a thin hair tie to make it look as if the braids haven't been tied up.
- 10 Now for the right side, repeat steps three to nine.
- 11 You'll have two tight fishtail braids.
- 12 Now, carefully pull on the braid loops, without letting them open, to make them look messy. **F**

SOUP FOR THE SOUL

Winters call for a hot steaming mug of soup and here are some comforting soups that you can make your loved ones at home. By **Ravina M Sachdev**

ROASTED TOMATO BASIL SOUP

Recipe by The Westin, Pune



1 kg roma tomatoes, halved
¼ cup extra-virgin olive oil
1 medium yellow onion, chopped
1/3 cup chopped carrots
4 garlic cloves, chopped
3 cups vegetable broth

1 tbsp balsamic vinegar
1 tsp thyme leaves
1 loose-packed cup basil leaves, more for garnish
Sea salt to taste
¼ teaspoon black pepper, freshly ground

PREP TIME: 10 minutes > **COOK TIME:** 45 minutes > **SERVES:** 4

1. Preheat the oven to 350°F and line a large baking sheet with parchment paper.
2. Place the tomatoes cut-side up on the baking sheet and drizzle half of the olive oil and sprinkle with salt and pepper. Roast for 1 hour or until the edges just start to shrivel and the insides are still juicy.
3. Heat the remaining olive oil in a large pot over medium heat.
4. Add the onions, carrots, garlic, and ½ teaspoon salt and cook until soft, about 8 minutes. Stir in the tomatoes, vegetable broth, vinegar, and thyme leaves and simmer for 20 minutes.
5. Let cool slightly and pour the soup into a blender, working in batches if necessary. Blend until smooth. Add the basil and pulse until combined.
6. Garnish the soup with basil leaves and serve with crusty bread. >

CREAM D'EPINARD

Recipe by Sayaji Hotels, Pune

1 slice leek
2 cloves
2 tbsp olive oil
1 celery stick
(optional)



2 potatoes
300 g spinach
¼ tsp pepper
75 ml cream
Salt as per taste

Prep time: 30 minutes > **Cook time:** 15 minute > **Serves:** 2

1. In a sauce pan, soften the leek and garlic in oil and season with salt pepper and then add potato to it.
2. Cover and bring to boil and simmer for about 15 minutes or until the potato are tender.
3. Add the spinach and cook for 2 minutes.
4. Next, in a blender, puree until smooth.
5. Garnish with cream >

CREAMY ROASTED PUMPKIN SOUP

Recipe by The Ritz-Carlton, Pune

4 tbsp olive oil, divided
1 medium pumpkin
1 large yellow onion, chopped
6 medium garlic cloves, pressed
½ tsp sea salt
½ tsp ground cinnamon
½ tsp ground nutmeg



¼ tsp cloves
¼ tsp black pepper, freshly ground
4 cups vegetable broth
½ cup full fat coconut milk or heavy cream
2 tbsp honey
¼ cup green pumpkin seeds

Prep time: 30 Minutes > **Cook time:** 1hour 15 Minutes > **Serves:** 4

1. Preheat oven to 425 degrees Fahrenheit and line a baking sheet with parchment paper.
Carefully halve the pumpkin and scoop out the seeds
2. Slice each pumpkin halve in half to make quarters. Brush or rub 1 tablespoon olive oil over the flesh of the pumpkin and place the quarters, cut sides down, onto the baking sheet. Roast for 35 minutes or longer, until the orange flesh is easily pierced through with a fork. Set it aside to cool for a few minutes.
3. Heat the remaining 3 tablespoons olive oil in a heavy-bottomed pot over medium heat. Once the oil is simmering, add onion, garlic and salt to the skillet. Stir to combine. Cook, stirring occasionally, until onion is translucent, about 8 to 10 minutes. In the meantime, peel the pumpkin skin off the pumpkins and discard the skin.
4. Add the pumpkin flesh, cinnamon, nutmeg, cloves, and a few twists of freshly ground black pepper. Use your stirring spoon to break up the pumpkin a bit. Pour in the broth. Bring the mixture to a boil, then reduce heat and simmer for about 15 minutes, to give the flavors time to meld.
5. While the soup is cooking, toast the green pumpkin seeds over medium-low heat, stirring frequently, and making little popping noises. Transfer to a bowl to cool.
6. Once the pumpkin mixture is done cooking, stir in the cream/coconut milk and honey. Remove the soup from heat and let it cool slightly.
7. Taste and ladle the soup into individual bowls.>

HEARTY VEG DUMPLING SOUP

Recipe by Hyatt Regency, Pune

For stock:
300 gms carrot/
beans/cauliflower
2 lemon grass
leaves
1 kaffir lime leaves
1 thai red chillies
1 pokchoy



**For dumpling
stuffing**
100 g carrot/
beans/ cabbage
2 ml kikkoman
soya

Salt to taste

Pepper to taste

3 ml soy

5 g ginger

5 g galangal

10 g corn flour

25 g pokchoy

50 g Asian greens

5 g kaffir lime

5 g lemongrass

**For the dim sum
wrapper**

50 g refined flour

50 g lotus flour

Prep time: 1hour > **Cooking time:** 1hour > **Serves:** 2

For the stock soup:

1. Roughly cut the vegetables for stock and bring to a boil in a thick base stock pot.
2. Allow it to simmer for 1 hr. Strain and use it for the soup

For the dumpling:

1. Finely chop the vegetables for dumpling.
2. Mix together salt, pepper, soy, ginger, kikkoman soya, chopped lemongrass, galangal, kaffir lime and corn flour with the chopped vegetable.
3. Massage the mixture so that it is devoid of any moisture and is dry and pliable.
4. Knead together the refined flour and lotus flour to form a smooth dough adding water occasionally.
5. Portion out the dough into 5 gms portions, roll the dough into thin sheets with the help of a dim sum rolling pin.
6. Stuff the dough with the veg mixture and poach them in the veg stock.
7. Add salt, pepper to taste.
8. Add pok choy leaves, tofu and some more Asian greens as per your choice. **F**



A BAKER'S KIT

With winter comes the time to bake up a storm. **Sanika Salunke** lists out five baking must-haves that you should have in your kitchen and pantry.

The baking pans

A regular baking pan is an absolute necessity. You can use it for baking various desserts - brownies, cakes, cookie bars and even the savoury counterparts. If you have started baking recently then definitely go for this one, otherwise there are countless options available in the market. But make sure you have more than one, especially if you have plans of baking a layered cake this holiday season! You can even opt for a round or loaf pan. If you fancy the art of bread making then the loaf one should be your ideal choice. Let's not forget the lovely muffin pan! Yes, we all appreciate a good old chocolate muffin, if you want to indulge in this recipe then a great quality muffin pan has to make its way inside your kitchen shelf.

Frosting nozzles

There are different types of frosting nozzles, but the most preferred one for beginners is the star-shaped one. They come in multiple sizes but it's better to select a nozzle according to the design you want to create on the cake. The round nozzle can give the cute trendy look to your muffin, the

basketweave nozzle gives an edgy yet smooth appearance to your cake and the drop flower nozzle will add in the whole pretty vibe. It totally depends on you! Get as creative as you want with many other nozzles as well. As they say, the more the merrier.

Extracts and Flavouring

Let's start by understanding the difference between an extract and a flavour. Many people are confused between them and think that they are the same, even though both of them are used to enhance the taste, their origin is different. Extracts are pure, when raw material like vanilla bean is added to alcohol and water, the extraction of the raw material takes place, resulting in a liquid mixture - the vanilla extract. Whereas a natural flavouring is created with the help of several extracts or natural substances mixed in a desired or rightful quantity. Starting from chocolate,

cherry, orange to rum, whiskey and cinnamon you can get them all!

Leaveners

Now, what exactly are leaveners? They are one of the most crucial ingredients that help you elevate your baking. The tiny bubbles that appear while your cake is baking - leaveners help create them. Baking soda, baking powder and yeast are your leaveners! The light, fluffy texture and the improved visual appearance is all thanks to these leavening agents.

Toppings

We absolutely cannot leave this one out! You have to pile up your large mason jars with all these delicious and colourful cake toppings! It's all about that extra touch you add in the end that matters. Here are a few toppings that you can always use for last-minute decorations: Fresh fruit - such as orange wheels and mixed berries, mini chocolate bars, crushed peppermints, or candies such as jelly beans, moldable fondant, powdered sugar or cocoa-dusted over stencils, chocolate curls and toasted nuts. 🍪



THE LIGHT,
FLUFFY TEXTURE
IS THANKS TO
THESE LEAVENING
AGENTS.





BOOK FOR A CAUSE

**An informative read all
about adoption in India**

For all the people out there looking for information on adoption, here comes a blessing in disguise as Pune- based journalist and adoptive parent Kalyani Sardesai launches her book - Child Of My Heart: A comprehensive Guide to Adoption in India. Published by Litreasure Publishers, the book is slated to be a one stop guide for all questions pertaining to adoption. "Having been through the process under the current centralized system of adoption, there were a lot of questions I had along the way," says Sardesai. "Sure, there was information available online, the availability of adoption support groups as well as hand-holding from my mentoring child care institution, but as a reporter, I thought it would be a good idea to simplify and collate the relevant information in a book with a focus on Indian references. This is because while some aspects are universal to adoption, others are specific to us," she signs off.

CHEERS TO GOOD TIMES

**Check out this brand new restaurant at
Balewadi High Street**



As we gear up to say goodbye to 2020, here's some good news to cheer us all up. Known for its collection of craft beers using local and international ingredients, 24k Kraft Brewzz has opened doors at the uber cool and convenient Balewadi High Street. With a rooftop bar and casual setting to dine at, the place believes in serving delicious food and beverages with a side of the fabulous view of the city. The newest entrant in the city has an in house micro-brewery where they brew all their craft beers using local ingredients such as Ambemohor rice, jaggery, wheat malts, coriander, star anise among others. Along with some delicious craft beers, you can try their lip-smacking food menu which includes some fusion twist on royal cuisines that include many exclusive dishes. Whether you're looking to catch up with friends over dinner and drinks or visit for a celebratory meal with your family, 24K Kraft Brewzz is just the place for you.

DÉCOR DECREE

Revamping your home, made easy.

The city saw the launch of an exclusive furniture showroom, Royal Décor that opener doors in the plush surrounding of Baner recently. The showroom has something for everyone... from exclusive solid wood furniture and a vast range of sofa sets,

bedroom sets, dining sets to wooden swings and other décor items. The best part about it is that it's both an offline and online store. The collection has a wide range of products you can choose from. All the premium range products are made of high quality sheesham wood. The brand is also proud that it is made in India.



GB

gautam banerjee

rose gold rings with diamonds



to celebrate new beginnings

gautam banerjee opera house mumbai

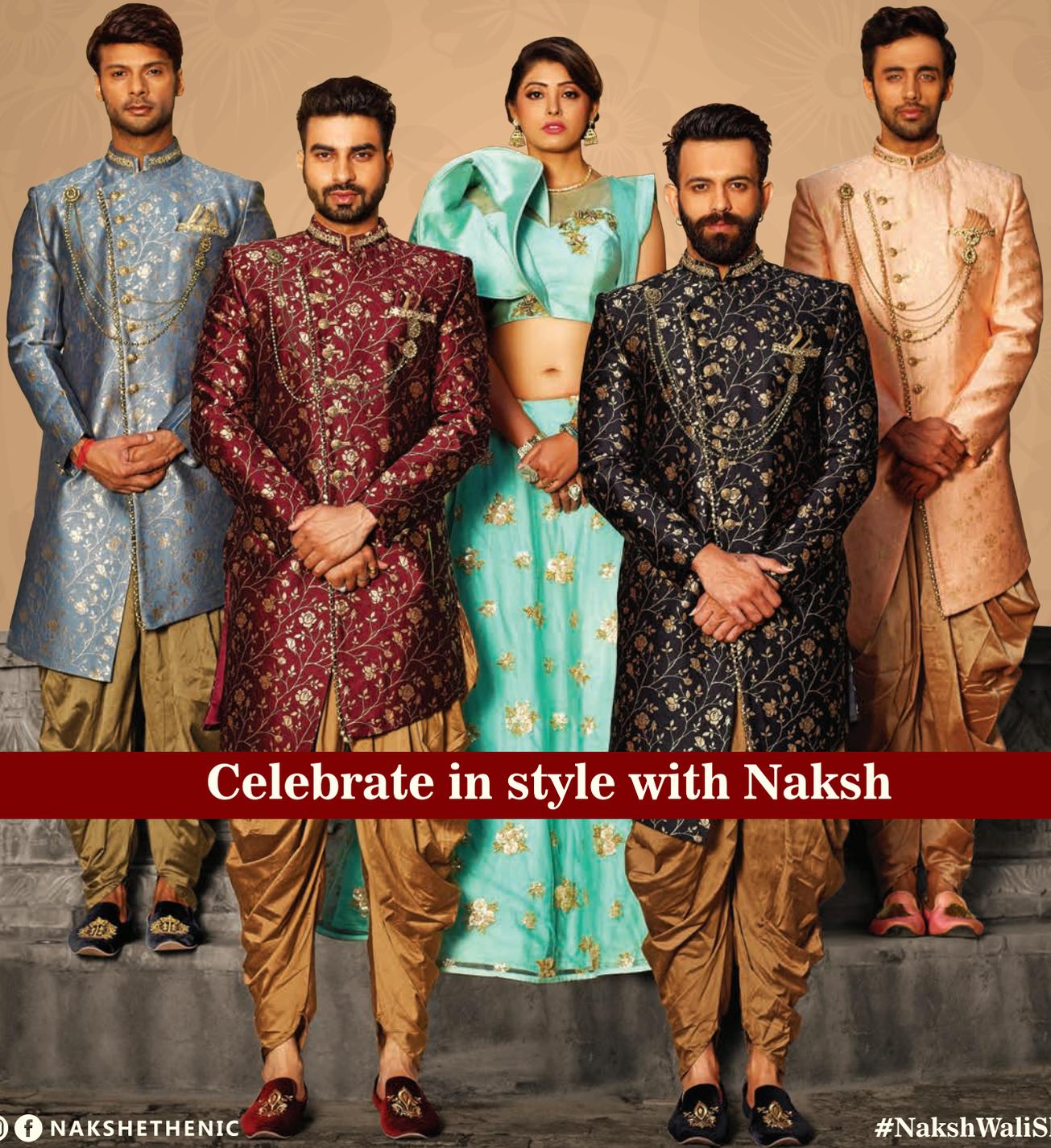
t +22-66311532 / 23677057 e sumona_jewels@yahoo.com

now at the pavillion mall next to jw marriott sb rd pune

t +20-66421167 m 7768850006 e archana.behede@gmail.com

gautambanerjee.in

Wedding COLLECTION 2021



Celebrate in style with Naksh