

FEMINA

31st JULY 2020

A Times of India publication

# HEALTH & WELLNESS

www.femina.in

SPECIAL

**BACK TO BASICS:  
AYURVEDIC  
BEAUTY  
MANTRAS**

THE NEW RULES  
OF PERSONAL  
HYGIENE  
POST-COVID

HEALTH &  
WELLNESS  
TRENDS  
IN 2020

LET'S TALK  
ABOUT  
**MENTAL  
HEALTH**

**Yoga Asanas**  
That'll Let You  
Sleep Better

**IMMUNITY  
BOOSTERS**  
ADD THESE TO  
YOUR PLATE

**TANYA HOPE  
ON BEING**

*Fit &  
Fabulous*





# EDITOR'S LETTER



**"THE SECRET TO STAYING HEALTHY IS CONSUMING ENOUGH IMMUNITY BOOSTERS TO ALLOW YOUR BODY TO FIGHT ANY DISEASE."**

**T**he corona pandemic is here to stay for a long time. That's the new normal which has become a part of our lives, which may have changed forever. This, however, is for the better, as it has taken us back to our roots. This lockdown gave nature enough time to rebound, revive and free itself from the ruthless clutches of the high-tech world. And I think, it has even given us a hard knock into the realisation that we too were lost in a maze of the urban concrete jungle and got disconnected from mother earth's beautiful green jungles. Whatever it may be, we are hopefully back to the basics!

It is all about going natural now! And looking after yourself and your health has never been such a priority before. Keeping this sentiment in mind, *Femina* has come out with this special digital Health and Wellness Guide, which talks about the importance of all things natural. Our bodies have been abused with way too many artificially produced products, the side effects of which have been visible over the years through various lifestyle diseases which crept in. This guide talks about the benefits of organic and natural foods, which are sure to keep all your doctor's pills at bay. Another lesson we learnt during COVID-19 is that if your body has strong immunity, the coronavirus is just another virus. So, the secret of staying healthy is consuming enough immunity boosters to allow your body to fight any disease. And that's what we bring to you in some of our features inside.

So, get rid of all those packaged foods and start living the natural life by going the organic way. There is nothing more important than staying healthy and happy. And I am sure we all have learnt this lesson well!

*Ruchika*  
**RUCHIKA MEHTA**  
@ruchikamehta05  
@ruchikamehta05

Smart Robot for sweep,  
vacuum, mop and sanitize

DESIGNED IN  
THE USA

Stay safe

Stay with Trifo

Smart Wet Mop

Smart Visual  
Navigation

Convenient and Secure  
Home Surveillance

Trifo is headquartered at California, USA. Cambium Retail Pvt Ltd is the exclusive distributor and importer of this product in India. The product comes with a one year warranty. Cambium has set up All India service centres with a complete stocking of spares and consumables to support Trifo customers.

Sanitise your homes with the Trifo Ironpie M6+ available on Amazon for a competitive price of ₹27990

350 ml Oversized  
Water Tank

For more details, write to us at [info@cambiumretail.com](mailto:info@cambiumretail.com) or Whatsapp on 9004104151. Visit us at [www.trifo.in](http://www.trifo.in)

amazon

Trifo Ironpie



Buy now on Amazon or call at +91 6366-920571

trifo



# FEMINA

CHIEF EXECUTIVE OFFICER Deepak Lamba

EDITOR Ruchika Mehta

SENIOR PRODUCTION EDITOR Charlene Flanagan

PRODUCTION EDITOR Shraddha Kamdar

ASSISTANT EDITOR (DIGITAL) Ainee Nizami

FEATURES EDITOR Nikshubha Garg

ASSISTANT BEAUTY EDITOR Sukriti Shahi

JUNIOR BEAUTY WRITER Eden Noronha

SENIOR FASHION STYLIST Yukti Sodha

FASHION FEATURES WRITER Ruman Baig

JUNIOR FEATURES WRITER Aishwarya Acharya

ACTIVATIONS COORDINATOR AND STYLIST Swathi Mohandas

CONTRIBUTING EDITOR Primrose Monteiro-DSouza

FEATURES EDITOR PUNE Radhika Sathe-Patwardhan

JUNIOR FEATURES EDITOR AHMEDABAD Kalwyna Rathod

MULTIMEDIA CONTENT MANAGER Shilpa Dubey

SENIOR MULTIMEDIA EXECUTIVES Nikita D'silva

SENIOR CREATIVE DIRECTOR Meetesh Taneja

DESIGN DIRECTOR Bendi Vishan

ASSISTANT ART DIRECTOR Vaibhav Nadgaonkar

SENIOR PHOTOGRAPHER Vinay Javkar

EDITORIAL COORDINATOR Bharti Solanki

ASSISTANT VICE PRESIDENT, DIGITAL REVENUE & MARKETING Priyadarshi Banerjee

CHIEF MARKETING MANAGER-BRAND Ravi Budania

BRAND EXECUTIVE Daljit Kaur Aulakh

CHIEF FINANCIAL OFFICER S Subramaniam

HEAD HUMAN RESOURCES Meghna Puthawala

HEAD EXPERIENTIAL MARKETING Aakash Mishra

PUBLISHER Joji Varghese

VICE PRESIDENT-CONTENT STUDIO Vidyut Patra



Femina takes no responsibility for unsolicited photographs or material ALL PHOTOGRAPHS, UNLESS OTHERWISE INDICATED, ARE USED FOR ILLUSTRATIVE PURPOSES ONLY 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 and printed at Rajhans Enterprises No: 134, 4th Main Road, Industrial Town, Rajajinagar, Bangalore 560044, India, and published at Worldwide Media Pvt Ltd, The Times of India Building, Dr DN Road, Fort, Mumbai 400 001. All rights reserved worldwide. Reproducing in any manner without prior written permission prohibited. Published for the period of July 2020 CIN: u22120mh2003ptc142239 (For editorial queries, email femina@wwm.co.in)



## ON THE COVER

MODEL: TANYA HOPE

PHOTOGRAPHER: ABILASH RAMADAS

HAIR & MAKEUP: VIKRAM MITTAL



### BRAND SOLUTIONS

BUSINESS DIRECTOR Sunil Wuthoo,  
sunil.wuthoo@wwm.co.in

#### WEST

VICE PRESIDENT & BUSINESS

HEAD-FEMINA SALON & SPA Gautam Chopra,  
gautam.chopra@wwm.co.in

ASSOCIATE VICE PRESIDENT Reena C Dave,  
reena.dave@wwm.co.in

Sriram Krishnan, sriram.krishnan@wwm.co.in

Leena Bhandari, leena.bhandari@wwm.co.in

PUNE Ekta Dang, ekta.dang@wwm.co.in,

AHMEDABAD Kamal Rajput,

kamal.rajput@wwm.co.in

#### NORTH

VICE PRESIDENT Anjali Rathor,

anjali.rathor@wwm.co.in

Sachin Saxena, sachin.saxena@wwm.co.in.

JAIPUR Pushpesh Sood, pushpesh.sood@

wwm.co.in

#### SOUTH

VICE PRESIDENT & BUSINESS HEAD-FEMINA

TAMIL Pravin Menon, pravin.menon@wwm.

co.in

CHENNAI ON Rajesh, on.rajesh@wwm.co.in

BANGALORE Sen Thomas, sen.thomas@

wwm.co.in

#### EAST

ASSISTANT VICE PRESIDENT Alka Kakar

alka.kakar@wwm.co.in

### FOR SUBSCRIPTIONS

MANAGER MARKETING

Asha Kulkarni

asha.kulkarni@wwm.co.in

ASSOCIATE GENERAL MANAGER

(RMD MAGAZINES) Suparna Sheth,

suparna.sheth@timesgroup.com

TO SUBSCRIBE:

SMS: FESUB to 58888

ONLINE: <http://mags.timesgroup.com/femina.html>

EMAIL: [subscriptions.wwm@wwm.co.in](mailto:subscriptions.wwm@wwm.co.in)

CUSTOMER SERVICE NUMBER:18001210005

CAREERS: [careers@wwm.co.in](mailto:careers@wwm.co.in)

PURE  
CURE  
+ CO



Rs. 599

# glowing skin

[www.purecureayurveda.com](http://www.purecureayurveda.com)

[f](#) [i](#) [t](#) purecureandco

## 20

Balancing mental wellness with physical fitness



- 2 Editor's Letter
- 8 New On The Shelf  
These new products are a must-have

### FEMINA CARES

- 12 Mind Yourself  
Understand what your mind truly wants
- 14 Sleep Tight  
These asanas will help you sleep like a baby

### DOCTOR'S CORNER

- 18 Expecting The Unexpected  
New mothers need to pay extra care to their mental health

### COVER GIRL

- 20 Tanya Hope: Hustling Her Way To The Top  
The 24-year-old has the best mantra for staying fit and healthy



## 46

Changing food trends



- 24 3 Covid-19 Must-Haves  
If You Travel For Work  
Stock up

### HYGIENE TIPS

- 28 Self Care Done Right  
Bookmark the new routine
- 32 The Morning Show  
Include these to stay fit and feel fabulous

### HOLISTIC HEALING

- 34 We Got Your Back  
Say bye-bye to that backache with these three asanas
- 35 Ayurvedic Beauty Practices  
All you need to get that glow

### I FOR IMMUNITY

- 39 Ayurvedic Home Remedies To Boost Immunity  
Add these immunity boosters to your plate this season
- 42 Raising Immunity  
SipBy Sip  
Nothing's more delicious than a health herbal rasam

### HEALTH HIGHLIGHTS

- 45 10 Healthy Food Trends to Expect in 2020  
The food game is changing
- 48 Do You Need A COVID-19 Health Benefit?  
We got an expert to weigh in

# HOLISTIC APPROACH TO WELLNESS

INJA WELLNESS BELIEVES IN THE IMPORTANCE OF HOLISTIC WELLNESS WHICH GOES BEYOND A UNIDIMENSIONAL APPROACH TO BEAUTY. HERE'S HOW.

Complete wellness is essential – especially in the current scenario - and INJA Wellness ensures we get just that! Their products are created on the foundation that nourishment for skin, hair and nails starts from within. Their goal is to offer a range of pure and vital supplements which enhance the beauty in totality, covering the mind, body and complete wellbeing. They offer the finest quality of collagen from Japan and India, their supplements contain zero sugar, no added preservatives and are also gluten-free.

### WHAT IS COLLAGEN?

It is the most abundant protein in our body. About 80% of our skin's and 30% of our body's protein is collagen. While our body naturally produces collagen, after the age of 20, our body slows down the production, which is the primary

reason why we get fine lines, wrinkles, hair fall, joint pain, and other signs of ageing. Taking collagen stimulates and boosts the natural production in the body. It also kick-starts other functions which help the body heal and recover itself more efficiently.

### WHAT ARE THE BENEFITS OF COLLAGEN?

When it comes to skincare, collagen hydrates the skin, improves smoothness, reduces fine lines, wrinkles and crow's feet, reduces UV damage, improves skin

### SOCIAL CAUSE

Over 1 Billion people do not have access to clean drinking water, and over 2 Billion people have water contaminated with faeces. INJA Wellness has associated with Water.org to donate a portion of their sales to an organisation that works towards ensuring potable water is available to all.

suppleness and elasticity, and makes skin glow and look youthful. For hair too, it has many benefits. Collagen reduces hair fall, enhances volume, thickness and texture and strengthens hair. Nail care is also made easy with the right amount of collagen in the body. It reduces brittleness and strengthens nails and fosters growth. When it comes to bones and joints, collagen improves bone density, prevents osteoporosis and osteoarthritis, reduces joint pain, strengthens cartilage and decreases the risk of fracture. Other benefits include improved gut health, repairing blood vessel walls, improved immunity and repair and rejuvenation of the body.

### CAN YOU TELL MORE ABOUT INJA WELLNESS' MARINE COLLAGEN?

With so many benefits, ensuring the body has enough collagen is essential, and INJA Wellness helps in doing just that. The INJA Wellness' Marine Collagen is natural hydrolysed collagen peptide powder derived from the scales and skin of fish. Marine Collagen works from within at the cellular level to promote optimal skin function by delivering essential micronutrients to the collagen matrix below the dermis.



**INJA LIFE COLLAGEN:**  
Box of 30 Sachets of 5 grams each  
Collagen from Japan  
Available in Blueberry Flavour and Lemon Flavour  
It is formulated with additional ingredients such as Vitamin C, Hyaluronic Acid, Glucosamine, Glutathione and more.  
MRP: **Rs 3,000/-**



**INJA PRO COLLAGEN:**  
Jar of 300 grams of collagen with a 10-gram scoop inside  
Collagen from Japan  
100% Pure and Natural Collagen  
MRP: **Rs. 4,000/-**



**INJA FIT COLLAGEN:**  
Jar of 250 grams with a 10-gram scoop inside  
Collagen from India  
Available in Double Rich Chocolate Flavour  
Formulated with Vitamin C and Glucosamine  
MRP: **Rs. 2,250/-**

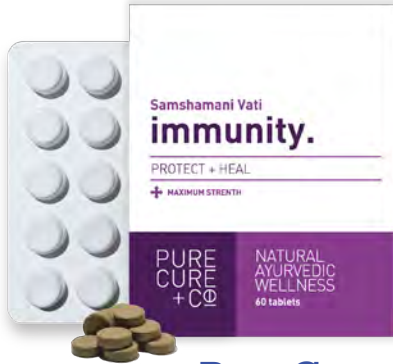
FEMINA TAKES NO RESPONSIBILITY FOR UNSOLICITED PHOTOGRAPHS OR MATERIAL. ALL PHOTOGRAPHS, UNLESS OTHERWISE INDICATED, ARE USED FOR ILLUSTRATIVE PURPOSES ONLY. VIEWS AND OPINIONS EXPRESSED IN THE ARTICLES ARE OF THE AUTHORS/SUBJECTS AND DO NOT NECESSARILY REFLECT THOSE OF THE EDITORS OR PUBLISHERS. WHILE THE EDITORS DO THEIR UTMOST TO VERIFY INFORMATION PUBLISHED, THEY DO NOT ACCEPT RESPONSIBILITY FOR ITS ABSOLUTE ACCURACY. IN MATTERS WHICH MAY BE SUB JUDICE, FEMINA TAKES NO LEGAL STAND. FEMINA CANNOT BE HELD RESPONSIBLE FOR PRODUCTS, PRODUCT INFORMATION, PICTURES, ILLUSTRATIONS, ETC.

ANY INFORMATION RECEIVED BY US THROUGH RESPONSES BY USERS/SUBSCRIBERS TO THE SHORT MESSAGING SERVICES (SMS) KEY CODES OR SUCH OTHER SUBSCRIPTION SERVICE OF OURS WILL BE USED IN WHOLE OR PART, IN OUR PUBLICATIONS (OTHER THAN CONTACT INFORMATION), FOR OUR RESEARCH, INDIVIDUAL MARKETING, STRATEGIC CLIENT ANALYSIS AND FOR OTHER INTERNAL PURPOSES AND ALL COPYRIGHTS IN SUCH INFORMATION WILL VEST WITH US. YOUR CONTACT INFORMATION SHALL NOT BE SOLD, TRADED, RENTED OR IN ANY WAY DIVULGED TO ANY THIRD PARTY UNLESS WE ARE LEGALLY BOUND TO DO THE SAME.



# NEW ON THE SHELF

Whether you're looking to boost immunity, supplements for overall health, or formulations to rejuvenate the body, these new products are sure to help



## Pure Cure

Pure Cure's Samshamani Vati is an Ayurvedic superfood that stimulates and strengthens the body's immune response, thus defending the body against illness and infections, and speeding recovery time. Made from

Giloy (Guduchi), this tablet is particularly beneficial in protecting the respiratory system from coughs, colds, flu, bronchitis and asthma. Recommended by Ayush Ministry, Government of India, as a protective measure against COVID-19, the Samshamani Vati has empirically proven benefits. It is a natural histamine stabiliser, effective against allergies. This herbal preparation normalises physiological functions, flushes out toxins and boosts memory and cognitive function.

## Jiva Ayurveda

Jiva Ayurveda has three unique offerings for female reproductive health and overall wellness. The Jiva Dashmoolarishta is beneficial in increasing vitality and strength, especially in women. It is helpful in conditions such



as fever, cough, post-pregnancy weakness, infectious diseases of the kidney, bladder and uterus, as well for digestive problems such as diarrhoea and loss of appetite. Jiva Ayurveda Shatavari is an all-round tonic with rejuvenating properties and can be taken by anyone. The Nari Sakhi supplement helps nourish and cleanse the blood and reproductive organs and balances female hormones.



## Dwarikesh Sanitiser

Fight germs and infections with Dwarikesh Sanitiser. Manufactured in a state of the art plant, this sanitiser has been established as a world-class one, made using the WHO recommended formula with 80 per cent alcohol content.



## Nutrova

Nutrova Collagen+Antioxidants has been shown to have significantly improved skin health. Fight wrinkles, blemishes, dark circles, and more with this collagen-based drink. It is also effective in giving skin much-needed hydration and adding firmness.

## Wellbeing Nutrition

Wellbeing Nutrition's Daily Greens is an effervescent tablet containing the goodness of 39 farm-fresh greens, veggies, fruits and anti-oxidant rich superfoods. Daily Greens delivers complete whole food nutrition and digestive health in the most natural way. From stimulating micro-flora in the gut and boosting immunity to supporting radiant skin and detoxifying the body, this tablet is everything you need to help you feel your best, always!



Dr Manisha Karmarkar, COO, Ruby Hall Clinic

# HEALTH ON PRIORITY

**DR MANISHA KARMARKAR, COO AND ANAESTHETIST, RUBY HALL CLINIC, TALKS ABOUT HOW THE PANDEMIC IS AFFECTING WOMEN AND HERE'S HOW THEY CAN TACKLE IT?**

The COVID-19 pandemic has proved to be a complete game-changer... for worse, as most might say. But it has also given time to reflect, reassess and reinvent. Dr Manisha Karmarkar, COO and Anaesthetist, Ruby Hall Clinic, reflects on the same in this first-hand account.

Today, we all stand in the midst of a historic reflection point and our reaction must be equally historic. Since the very beginning, we as women have proved to be the backbone of healthy families and

communities. Some of us are working mothers, some are juggling the responsibilities life throws at us — but our dedication is what sets us apart.

The truth is that COVID-19 has exposed the inordinate care duties shouldered by women. To add to this, social distancing, isolation and coping with perpetually evolving and changing information about the virus has both triggered and aggravated mental health conditions. While there is probably no better feeling

than caring for your loved ones, it is much harder to effectively be your best self when you're stretched too thin.

As women, in the times of adversity, I believe we have two choices — to be bitter or better. Let's choose the latter. Follow basic hygiene, focus on holistic well-being for yourself and your family and don't be afraid to reach out to specialists in times of need. At Ruby Hall Clinic we're championing the cause of creating safer communities.

## ABOUT DR MANISHA KARMARKAR

Dr Manisha Karmarkar, COO, Ruby Hall Clinic is Grant Medical Foundation's first woman COO in over fifty years. She has redefined healthcare while transforming the face of the hospital. She has been the dynamic force behind improving the effectiveness and efficacy of the care provided at the hospital, while single-handedly transforming its financial prowess. She provides direction, integration and oversight for the medical delivery system while partnering with the CEO on a full range of operational and strategic issues. As a practising anaesthetist and c-suite executive, she is an inspiration to many.

Grant Medical Foundation  
**Ruby Hall Clinic**  
40 Sassoon Road,  
Pune 411 001, MH India  
Tel: (020) 66455100/457 or 2616339  
info@rubyhall.com | www.rubyhall.com



# Femina Cares

Align your mental health with spiritual wellbeing to truly stay healthy



PPHOTOGRAPH:123RF

## TAKE CHARGE OF YOUR MENTAL WELLBEING

SUSHMA AN NLP CERTIFIED LIFE COACH TALKS TO FEMINA ABOUT HOW HER LIFE CHANGED WHEN SHE STARTED TAKING RESPONSIBILITY FOR HER MENTAL WELLBEING

There is no heartbeat.' As these words of the doctor began to sink in, I went into a state of shock; my emotions became a blur. I was 28 weeks pregnant with my firstborn, now a stillborn!

I wasn't able to process my emotions correctly for a long time. The feelings of loss, sadness and anger ate into my daily life, until I finally decided to take responsibility for my mental wellbeing. My experiences have enabled me in finding my soul print, purpose and become an Emotional Alignment Specialist. I am Sushma, a certified and licensed NLP & RSCI Life Coach based in Dubai.

### WHAT IS NEURO-LINGUISTIC PROGRAMMING (NLP)

NLP teaches you to make your mind work for you, not the other way around. Why do we keep experiencing

the same emotions on repeat? It's because we haven't learnt what we need to learn to break the cycle. Once the mind sees a new reality, it can never go back to its old dimensions.

### RESETWITHSUSHMA

My program is a series of seven (60-90) minutes, that consist of many comprehensive NLP techniques that go to the root causes of negative emotions and limiting beliefs and release them. I use Time - Paradigm techniques (a process of active imagination), Polarities Integration and Hypnosis to create a complete shift in a client.



AS WAYNE DYER SAYS,  
"IF YOU CHANGE  
THE WAY YOU LOOK  
AT THINGS, THE  
THINGS YOU LOOK AT  
CHANGES".



During the program, my clients work on releasing past anger, guilt, sadness, fear, phobias, anxiety, conflicts, self-doubt, self-sabotage and so much more, that prevent them from living a truly fulfilling life.

The main focus of ResetwithSushma is personal growth, clarity, self-love and emotional alignment. To do this program, you don't necessarily have to have a traumatic past nor have a host of issues. It's an upgrade to your quality of thinking, feeling and living!

Currently, we are in testing times, and there is a lot of anxiety, procrastination, low self-worth, fear etc. One can't stay with the same mindset and expect different results. Action must be taken, and a Life Coach can enable you. It doesn't matter where in the world you are. If it's meant to be, we will create the shift together!

#### Find me on

Instagram @resetwithsushma  
Email connect@resetwithsushma.com  
sushma.perla@gmail.com  
Sessions conducted via Zoom

#### A QUICK-START TO CREATE ALIGNMENT WITHIN

- Notice what you are consistently attracted to. It's not a coincidence; it's a message.
- Pay attention to your beliefs and emotions surrounding the information.
- Take action towards it and stay on your path.
- Preserve your learnings and apply them consciously every day in baby steps.
- Know that it's okay to regress. It's a part of the process to push you back to stay on course.
- Be kind to yourself, and observe how everything that doesn't serve you, slowly leaves your reality.



**W**e have crossed over four months under lockdown, and while public mobility has been somewhat permitted, it's still wise and safe to stay indoors. However, in all these weeks, some of us lost more than just the freedom of going out at our whims, we also gave up hope and will. Just a plain Google search gives away several heartbreaking entries of people who decided to end their lives for different reasons. However, one of the common underlying cause of suicide is the raging issue of mental health. As a society, we need to understand that mental illness is not a stigma;

it is a condition, which affects different people differently. It's not a test of a person's strength to withhold, but a painful burden that most people carry around all by themselves

**Find Out If Someone's Dealing With Mental Health Issues**

Would you be shocked if we told you that for every five people you know, one of them is suffering from mental health issues? As per a recent study by the Indian Psychiatry Society, there's been a 20 per cent rise in mental illness cases. If the number is so vast and glaring, isn't it surprising that we easily miss seeing these people and their pain? We need to not just see, but observe; not only hear but listen; not just talk but

discuss. And this is not just for people around us; it is also for all of us.

**What To Do To Help**

While it is difficult for those suffering from mental health issues to reach out, it is also difficult for those who often try to help. The fear of crossing boundaries to making someone co-dependent, there are several dents in this coveted trophy as well.

**1 Encourage Them To Take Counselling**

Therapy and counselling are some of the best ways to encourage someone to deal with these issues. While as a layman, we may do our best, but it could get overwhelming, and it may also push you to believe that you're not doing enough.

mind. Speaking up will help relax the body feeling like a burden has been lifted off your chest," she explains.

**3 Help Them Put Things In Perspective**

Our mind is a minefield. We do not know which experience can trigger which thought and memory. Under stressful situations, the mind can fumble, and we can lose track of positivity. It's essential to try and fill up these rough patches with happy memories and positivity. "Keep a check on your thoughts, feelings, and relationships. Hushed conflicts with partners, parents or even roommates may resurface or get triggered with more time together," observes Vikram Beri, Founder of mental health space, Betterlyf.com.

**Self Help For Those Who Deal With Mental Health Issues**

For someone's who's dealing with mental health issues, the realisation comes at a greater fear and anxiety. However, all you need is love, some compassion and positivity to brighten up your life. Here are a few ways to help you see things through your rough patches, but seeking professional and guided help remains on the top of the suggestion.

**1 Accept**

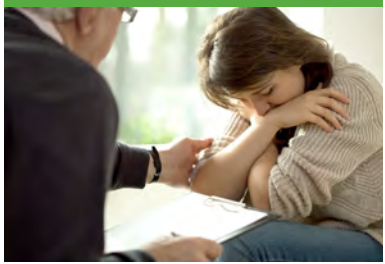
It's about time we accept the complexities of our emotions. The more we run away from them, the more power we give them. Acceptance, though a simple word and an excellent practice, is the way to move forward. Don't be a know-it-all and I-will-do-it-all. You are allowed to feel tired, exhausted and overwhelmed.



**NOTICE THE WARNING SIGNS**

We've listed some warning signs that most people exhibit, but it's may not always work for every person. We still need to keep our eyes and minds open and be sensitive towards people.

- Anxiety and panic attacks
- Confusion or inability to focus
- Prolonged depression
- Sadness or irritability
- Excessive fears, worries and anxieties
- Social withdrawal
- Unexplained fear of dying
- Erratic sleeping or eating pattern
- Anger issues and moodiness
- Delusion and hallucinations
- Inability to cope with daily issues
- Suicidal thoughts or tendencies
- Unexplained physical ailments
- Substance or alcohol use



**2 Try And Try**

So what if you've made a mistake or said the wrong thing or were in a bad relationship or lost someone or any other thing that's bogging you down! You're a human, and you erred. Accept it, fix it (if you can), and move on. If the thoughts of self-doubt or insecurities and uncertainties weigh you down, ask for help, always.

**3 Manage Stress**

"Stress lowers your immunity instantly. So it's essential for you to make sure that your stress levels are low. You can do this by practising meditation or *pranayama* every morning and night. At the same time, you can also practice deep breathing techniques every hour to keep your stress levels low. You can also start keeping a gratitude diary," suggests Dr Rohini Somnath Patil, MBBS, Nutritionist, Founder- Nutracry Lifestyle.

**4 Healthy Minds Need A Healthy Body**

"Exercising is the best way to boost your immunity, to stay fit and also to reduce your stress levels. It could be any form of exercise, yoga, jogging, walking, home workouts or your favourite sport. Just remember to get your body moving every day," adds Dr Patil.

**5 Do What Makes You Happy**

Resort to arts, music or exercise or gardening, but pick a hobby and nurture it. "The reason why one may not be feeling productive is because of burnout. In such a case, it is okay to take a step back and do little things that make you happy. Hobbies are a way to help us stay indulged in something that we like," Dr Mehta advises.

# Mind YOURSELF

It's time we take the matters of the mind in our hands and take them seriously; not behind the curtains, not in those hushed tones, and certainly not without kindness, says **Shilpa Dubey**

Hence, trust professional help for what it's worth.

**2 Help Them To Talk**

It is not easy for several people to open up. But, communication is the key to solve almost every problem, says Niharika Mehta, Consultant Psychologist, Hiranandani Hospital, Vashi. "Since many of us are working from home and the mode of communication is now virtual, speak to your near and dear ones more often. Talking to your spouse, parents, or children helps lighten the





# SLEEP TIGHT

A quick few minutes of yoga before bedtime can help you snooze better, says **Aishwarya Acharya**



**Y**oga is to the mind what a workout is to the body. The practice of yoga leads to holistic development, keeping the mind, body, and soul in tandem with each other. The need to relax your mind and concentrate on the task at hand is higher now, especially during this extended lockdown. These three yoga asanas activate the parasympathetic nervous system and let your body relax, which enables you to sleep peacefully.



## VIPARITA KARANI OR LEGS UP THE WALL

### Steps:

- Start with propping pillows or a yoga mat beneath your back to support if you are on the floor. You can also perform this asana on the

### bedside facing the wall.

- Lift your legs and place them against the wall, keeping your back and hips in neutral position flat on the mat, without lifting them.
- Extend your arms to your sides with the palm facing the ceiling.
- Ensure you keep your legs straight and your heels touch the wall in complete alignment with your hips.
- Breathe in and out gently for two to three minutes.
- Slowly, lower your legs and move on to one side.
- Repeat it five times.

## JATHARA PARIVARTANASANA OR SUPINE SPINAL TWIST

### Steps:

- Lie down flat on your back and stretch your arms at shoulder length.
- Bend your knees and bring them close to your abdomen.
- Tighten the pelvic floor muscle and as you do this, take deep breaths.
- Relax your pelvic floor muscle.
- Now, move your knees to your right, as far as possible and twist your spine in the same direction.
- Bring your knees back

### to centre. Rest.

- Repeat the same position on the left side.
- Finally, bring your legs back to resting position.

## NADHI SODHANA OR ALTERNATE NOSTRIL BREATHING

### Steps:

- Sit straight and close your eyes.
- Exhale deeply at first and block your right nostril with your thumb, and inhale through your left nostril.
- Hold until a count of five or 10, whichever is suitable.
- Now, block your left nostril, and exhale through your right.
- Repeat at least 10 times, and gradually increase the repetitions over a period of time. ■



Nadi Sodhana improves cardiovascular function

# DON'T STRUGGLE IN SILENCE

The COVID-19 global pandemic and the systemic complications are not only unique but disturbing. We are all fine-tuning to our collective new realities and heartbroken about the loss of old ones. All of us are simply trying to manage our daily lives taking care of our children or parents, dealing with financial stresses, and adjusting to a new way to live.

Life is like a bicycle and its most important pedals are nutritious food and good mental health. Pooja Borele, a very well re-nowned psychologist tells us how proper guidance and timely assistance can help tackle our mental health and overall well-being especially in these unprecedented and difficult times.

**T**his Nagpur-born lady dons many hats - entrepreneur, tarot healer, counselor and social activist. The founder and Chairperson of KA's Elite Communication Pvt Ltd, Pooja Borele always had the irrepressible desire to help and encourage people around her. The quality of being confidante helped her become a counselor and a psychologist, complete with a Doctorate in Psychology degree in her arsenal.

With our current situation, the need for a counselor has increased manifold as people find themselves dealing with hitherto unfamiliar situations. Keeping this in mind, this dynamic lady shares her insights as to how one can grapple with these stressful times.

Anxiety, depression and stress has amplified since a lot of people have been rendered jobless and businessmen find they are not even breaking even anymore and the past few months have been extremely detrimental to all involved. Pooja Borele advises that practicing yoga and meditation for sometime every day or whenever one finds themselves in a tense situation can be very useful in keeping stress levels at bay.

In addition, ensuring a healthy nutritious diet, ample sleep and periodical bouts of exercise go a long way in restoring balance, routine and peace of mind in one's life. She says

ditch the caffeine, eliminate alcohol and give up smoking to reap optimal health benefits.

How one perceives things also affects one's state of mind and emotional state greatly. Pooja Borele says that instead of perceiving the lockdown to be a huge impediment, transform what the lockdown stands for in your mind. Capitalise on this time as an opportunity to connect with yourself and your loved ones and not indulge in baseless rumors and hearsay.

It is vital to create day-to-day habits, to exercise, and to connect with our social supports using virtual meetings and social media. These habits may help you not only navigate the pandemic but decrease the probability of long term mental health issues as a result of the coronavirus pandemic.

**“CAPITALISE ON THIS TIME AS AN OPPORTUNITY TO CONNECT WITH YOURSELF AND YOUR LOVED ONES. AS WE ARE BORN TO EXPRESS LETS NOT RUN BEHIND IMPRESSING .IT IS PERHAPS NATURE'S WAY OF GIVING US A WAKE-UP CALL TO ENJOY THE BEAUTY OF INNER YOU”**





# Doctor's Corner

Get all your answers from our experts



FEMINA PROFILE

## "BUILDING YOUR CONFIDENCE, AESTHETICALLY"

**DR GEOFFREY VAZ, OF MAVEN ESTHETICS,** BELIEVES THAT FOCUSING ON SELF-CARE IS THE NEED OF THE HOUR

**T**he global pandemic has changed the rules of self-care for all of us.

While we are at home, with limited visits outside, one thing to remember is to align with yourself and understand what you need, physically as well as mentally. Dr Geoffrey Vaz echoes this thought. With eight years of experience in the field of Dermatology, Cosmetology and Trichology, he focuses on combining his fine-tuned skill set and artistic eye to shape the confidence of his patients aesthetically. Excerpts.

### WHAT DREW YOU TO THIS FIELD?

"I drew interest in medicine at an early age. Like every other professional in this field, the driving force for becoming a doctor was to help others, but at the same time, this decision stemmed from personal experiences. I suffered from cystic acne at an early age. This often put me at the centre of ridicule or embarrassment and affected my confidence severely. This feeling may have been one of the reasons as to why I was inclined to specialise in Dermatology. After working with several experienced doctors in the field of dermatology and aesthetics, I decided to open my practice - Maven Esthetics, with a mission to build the confidence aesthetically."

### TELL US MORE ABOUT YOUR PRACTICE, MAVEN ESTHETICS?

"Being confident about the way you look & feel, working towards becoming the best version of yourself and ageing gracefully are earned privileges that begin with the right choices and the right consciousness! At Maven Esthetics, we believe in making our patients fall in love with themselves for who they are, by aesthetically building their confidence and enhancing their features with as little alteration as possible. As all cosmetic treatments require a private setting, treatments are conducted primarily at the clinic. However, when it comes to dermatology, I aim to cater to as many patients as I can and work out of different clinics & hospitals, providing effective yet affordable treatments.

### WHAT ARE SOME OF THE MAJOR CONCERNS DURING THIS TIME?

"Access to information is at our fingertips, and there is no denying that the options available to us are varied and multiple. While recommendations from our peers and predecessors may serve as quick fixes, we need to understand that the approach to skincare can't



**Dr Geoffrey Vaz**  
MBBS | MD (Dermatology)

remain constant. A lot of my patients have had reactions, rashes and even skin burns because of DIY experiments. The fear of visiting a doctor in these times has led people to resort and depend more on home remedies. Another major concern is the stress that every person is facing during these times. Stress, of any kind, can trigger several reactions and affect your hair and your skin.

In addition to this, we have dealt with a lot of patients who majorly work on the front lines and have had to experience rashes, scarring, skin burns and a lot more because of constant use of masks and PPE kits; this prompted us to launch the #HelpOurHeroes initiative."

### TELL US MORE ABOUT THE 'HELP OUR HEROES' INITIATIVE STARTED DURING THE LOCKDOWN?

"While doctors, police officers, delivery agents, grocers, security guards, serve the people and the nation on the frontline, I felt a sense of responsibility to contribute too. With the #HelpOurHeroes initiative, we aim to provide

free-consultation addressing any skin or hair concern to all frontline workers. The driving force for us as doctors should be to help others and not just build a business. Compassion during these times not just as doctors but as humans is of extreme importance."

### CAN PEOPLE VISIT MAVEN ESTHETICS RIGHT NOW?

"Yes, we have recently restored operations at the clinic and are following all safety guidelines and precautions. All patients are attended to on an appointment basis."

### WHAT ADVICE WOULD YOU WANT TO GIVE TO OUR READERS?

"Firstly, maintain social distance and take all necessary precautions. It is essential to understand that a healthy mind equals healthy skin and hair. Reduce your mental stress; your skin and hair need it as much as you do. Indulge in self-care, understand your skin and develop healthy habits. The key to your happiness lies with no one else but you, and there's no love like self-love.



# Expecting the **UNEXPECTED**



While not commonly spoken of, mental health problems are faced by many expecting and new mothers. Obstetrician and gynaecologist Dr Vaishali Joshi tells **Radhika Sathe-Patwardhan** how these can affect the mothers and their babies

**T**he discussion around mental health has come to the fore in recent times with the problems people are facing through the lockdown. Pregnant women, apart from the obvious medical issues relating to their pregnancy, can face mental health disorders too. The World Health Organisation states that 'worldwide about 10 per cent of pregnant women and 13 per cent of women who have just given birth experience a mental disorder, primarily depression.

In developing countries, this is even higher, ie 15.6 per cent during pregnancy and 19.8 per cent after childbirth.' "Mental health is equally important, along with physical health. Pregnancy itself gives rise to a lot of changes for the mother like hormonal changes, psychological changes," Dr Vaishali Joshi, obstetrician and gynaecologist at Kokilaben Hospital, Mumbai, shares, "Sometimes counselling by a psychologist may be helpful. It is always helpful to get an

assessment before planning a pregnancy so that correct diagnosis is made and optimal mental health is established with the help of either psychiatrist or psychologist."

## **EFFECT ON MOTHER AND BABY**

The critical question here is, can a woman's mental health disorder affect her or her baby during the three stages of pregnancy – conceiving, during pregnancy and post-delivery stage? Dr Joshi answers this question for us.



**agitated. People around the woman will be the first one to pick up. Early diagnosis and prompt treatment is the key to effective treatment of mental health disorders.**

- **If someone is suffering from anxiety, one needs to add medicine as the pregnancy hormone can increase anxiety. The woman has to undergo a lot of changes, body image and physical changes which they may perceive as a problem.**

## **EFFECTS POST-BIRTH ON MOTHER**

Post-birth, a mother who has depression would suffer and fail to adequately eat, bathe or care for herself in other ways. This gives rise to ill health. Suicide risk is also considerable, and if it leads to psychotic illness, the risk of infanticide, though rare, must be taken into consideration. Infants of very early age are highly sensitive and are affected by the things around them and the kind of care that's taken of them. They can be easily affected by mothers who have any form of mental disorders when they are the primary caregivers. The mother-child bond, breastfeeding and care can be hampered. The sooner these problems are addressed, they can be controlled and treated. Dr Joshi notes, "Unfortunately, mental health issues aren't openly discussed and considered as a stigma. It needs to be addressed on a bigger platform, as it has become one of the leading indirect causes of maternal deaths in pregnant women in this decade. One needs to embrace it like any other sickness of the body and needs to be treated adequately." ■

## **MENTAL HEALTH NEEDS TO BE ADDRESSED, AS IT HAS BECOME ONE OF THE LEADING INDIRECT CAUSES OF MATERNAL DEATHS IN PREGNANT WOMEN IN THIS DECADE.**

- **Some people are already known to have mental health issues and are on medications. It is essential to review their medicines by the psychiatrist to make sure that the dose of the drug is brought down to the least requirement because these medicines can harm the unborn baby. Due to fear of the adverse effects on the baby, women may stop drugs abruptly. It is harmful as this can give rise to withdrawal symptoms, rebound, worsening of mental health issues, eg antipsychotic drugs or Lithium. Preconception planning needs to be done along with the psychiatrist and obstetrician and the patient's family. The periconceptional folic acid intake is essential in these patients.**
- **Some medications can affect the growth of the baby leading to certain developmental defects and abnormalities in the baby. That is one of the reasons we need to make sure that the woman is on the right drug. The establishment of the mother-child bond as pregnancy advances is significant and is facilitated by sonographies. Anomaly scan and serial growth sonographies are also helpful to diagnose these abnormalities.**
- **Throughout the entire process, we need to have the woman and psychiatrist in the loop, including the woman's family, particularly the husband because most of the time for these patients don't have the insight that there is something wrong with themselves like they are becoming depressed or more**



**TANYA  
HOPE**

# *Hustling* **HER WAY** **TO THE** *top...*

TANYA HOPE HAS A CLEAR FOCUS ON HER HEALTH, CAREER AND MENTAL PEACE. AINEE NIZAMI FINDS OUT MORE.

**PHOTOGRAPHS: ABILASH RAMADAS**

**F**ocused. Fit. Fabulous. Tanya Hope resonates with this perfectly. The actor, in a short span of five years, has worked on 11 movies, across three different film industries, and she's only begun her journey! We caught up with the dynamic 24-year-old to chat about her lockdown routine, her fun fitness regime and a lowdown on the movies she's binge-watching these days. Excerpts.

**From Miss India, Kolkata in 2015, to now, how have the last five years shaped up for you?**

It's been an absolute roller coaster ride. You know, very chaotic, but, good chaos. I wouldn't change a thing if I were to go back and do it all over again. The pageant was a platform for me to get into the industry, and

since then, I've been lucky enough to have had the opportunity to work in about 11 movies, across three industries (Kannada, Tamil and Telugu). The past five years have shaped me as a person. Between all those auditions, rejections and successes, I've become more resilient as a person. The failures, especially losing the Miss India pageant, pushed me further to do better and be better; it sort of gave me a drive. Plus the experiences that I have had with movies, playing particular roles, the fun on set, working with great people, it's been great.

**What attracted you to a career in films? What is the earliest memory you have of movies?**

I had just finished the Miss India pageant, and I had immediately signed my first Telugu movie. It was on the set of that movie that I realised I wanted to pursue this as a career. As for my earliest memories of movies, I do remember my sister and me dancing to a lot of Karisma Kapoor and Govinda songs. That's probably my earliest memory of movies. »

**FOR THE ACTOR,  
FITNESS GOES  
BEYOND JUST  
LOOKING GOOD.  
IT'S A JOURNEY  
TOWARDS HEALING  
YOURSELF,  
PHYSICALLY AND  
MENTALLY**





**You are a name to reckon with in the industry down South. What's next on your list?**

I have no idea (laughs). I've never really had a list. At the beginning of my career, I didn't have the luxury to sit and choose the film that I wanted to do. But, I was lucky enough to have gotten some great movies. My strategy is that I grab every opportunity that I get. I just want to keep working and keep doing movies, explore new characters and new stories. I've been training in dance a lot, so I do want to play a role where I can showcase some dance performances.

**"I THINK THE LOCKDOWN FOR ME WAS JUST LIKE A RESET BUTTON. I AM TAKING CARE OF MYSELF."**



**MY DAILY CHART**



I did try to go vegetarian during the lockdown, and I managed to do it for a month. It made me feel really good, but I couldn't keep that up. I love meat too much. I just try and keep my meals healthy now. I try not to have sugar in my diet, and I keep it very high on protein and raw vegetables and fruits. I keep my dinner very light, so I'll probably just have a vegetable soup.

**How do you balance your hectic work life, with a healthy lifestyle?**

It has been a challenge, especially in the last few years, when I was shooting in three different cities for three different movies. I realised that I was becoming mentally exhausted and that was going to impact my performance. That is when I started spacing work and taking a few days at least from one schedule of a movie to the next. It was not even about physical exhaustion, I'm very young now and can work continuously, but it was the mental exhaustion that was getting to me. Since last year, I've been consciously trying to work towards work and personal life balance. Small things like eating my meals on time, sleeping for eight hours and slowing down for a bit, doing things consciously rather than running on autopilot. Fitting in a workout at the start of a chaotic day also really helps me.

**How important is fitness to you, and how do you define it?**

I think fitness has come to mean a lot more to me now, then it did. Earlier I just wanted to look my best on camera, so, I would do these fitness routines and make sure that my body looked a certain way. Recently, it has come to mean a little bit more than just that. My dance instructor told me that when you push your body physically, is when your mind can also stretch out. It's not just about how your body looks, but it really is about healing your mind and working through your emotions, and just being in a better place.

**Any particular fitness forms that you love; and how did you start with it?**

Dance! I have been training a lot in dance, especially aerial dance. It is my favourite because it's not just about fitness, rather it's a performing art, and I find that very freeing. When I get to the studio, I can just dance with complete abandon, and that's why it's my favourite fitness regime.

**What does a day in your life look like during the lockdown? Also, tell us about your daily fitness regime?**

I think the lockdown for me was just like a reset button. I would love to be working,

**QUICK 5 WITH TANYA**

**Goals In 2020**

I want to be consistent with my diet and fitness regime. I want to have at least one release at the end of the year. I also want to be able to release a song where I can showcase my dancing skills and abilities.

**Things I Want To Binge-Eat Right Now**

Butter popcorn, pani puri, biryani and a pizza and garlic bread.

**Things In My Skincare Kit**

Aloe vera gel, sunscreen and a moisturiser (and a lip balm).



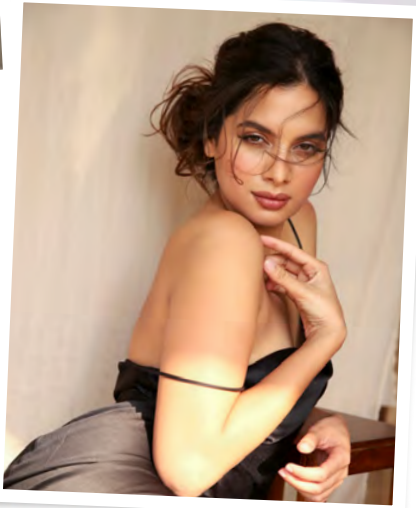
**Movies I Am Watching On Repeat**

Coach Carter with Samuel L. Jackson. I love that movie; it's extremely motivational and inspirational. And Akshay Kumar and Govinda's Bhagam Bhag. I love it because it's just so funny.



Director I'd Love To Work With Mani Ratnam. I would love to work with him.

**"FITNESS IS NOT JUST ABOUT HOW YOUR BODY LOOKS, BUT IT REALLY IS ABOUT HEALING."**



but, there have been benefits of the lockdown. I am taking care of myself. My day starts with dance. I train via a Zoom call, and then I take care of my hair and skin via homemade masks. Then I spend time with mum, and my sister and play a lot of chess with my aunt. I also try to meditate, I find it extremely hard, but I'm trying, and I am sure I will get there soon.

**Tell us about your beauty regime. Any DIY secrets?**

I use a lot of castor oil for my hair because it aids in hair growth. I also use a lot of aloe vera gel for my face, and I use homemade masks. My favourite is a mix of oats, almonds and milk or curd. It is incredibly moisturising for your face, and it gives you a beautiful glow.

**The rules of self-care have changed during the lockdown. How are you taking care of yourself, physically and mentally, right now?**

When it initially started, I was really struggling through it because I had to go from working crazy hours, to suddenly just sitting by myself in silence. That was extremely difficult for me. But, I've

come to realise how important that is. If you are working 24/7, you are running away from so many things that you need to face. It could be anything from your unhealthy lifestyle to your relationships or your bonds with your family. This lockdown has taught me to be able to sit still, silently with myself, and be okay with that. And to go back to basics. When things like this happen you immediate wonder 'what is gonna happen to my career' or 'when will I work' and I had to remind myself to stop, get a different perspective on life and start to reprioritise everything. The past three years have been crazy hectic, and the lockdown was a good reality check for me.



# 3 COVID-19 MUST-HAVES If You Travel For Work

Is the thought of commuting stressing you out? Arm yourself with these essentials, says **Nikita D'silva**

**A**djusting to life in times of COVID-19 means adopting habits that strengthen your wellness. It's important to do everything in your power to protect yourself from this virus and ease into this new normal in the best way you can. To ensure this, here's a round-up of healthcare essentials to add to your shopping list, stat. Read on to discover.



## Safety Goggles By Nova

Your mouth and nose are not the only orifices through which one can contract the virus. The latest research suggests that transmission through eyes and nose is possible. For this, safety goggles are a good option, especially for those who can't maintain social distancing for the sake of work. To keep up with the pressing need for this, Nova has introduced a range of safety eyewear that comes with unique protective design in fluid repellent material, special anti-fog coating that keeps lenses fog-free even when wearing masks and provides wearers clear vision and optimum protection from any infections or harmful agents. Nova amalgamates the best safety features with its expertise in vision correction and perfect aesthetics, making it a preferred choice for wearers. [F](#)



## Cloth Masks By Khwaab

It's common knowledge that one of the most effective ways of protecting yourself and the people you love is by wearing a mask. You must ensure that the mask is well-fitted. Crafted by the women of Khwaab—an NGO that helps women empower themselves through employment opportunities—these layered masks are made of 100 per cent cotton and are reusable.

The fabric, machine and equipment used to create the masks are sanitised beforehand. They have been made as per GOI guidelines and offer 70 per cent protection. We can't stress enough how important this habit is, especially if you have to travel.



## Acupressure-Based Wellness Wristbands By NBAN

NBAN's acupressure-based wellness wristband stimulates a powerhouse acupressure point called P6 (Pericardium 6). This has been scientifically proven to prevent nausea and vomiting associated with motion/travel sickness, morning sickness during pregnancy, chemotherapy, post-operative conditions and VR sickness. It is also known to calm the mind and reduce stress, anxiety, sleep disorders and restlessness.



# PARENTING DURING PANDEMIC

WOMAN AND CHILD WELLNESS EXPERT, ACTIVIST, MODEL AND AUTHOR DR MAHIMA BAKSHI TALKS TO FEMINA ABOUT HER TIPS FOR PREGNANT WOMEN AND NEW MOTHERS.



**D**r Mahima Bakshi is a renowned Woman and Child Wellness expert, activist, model and the author of *Birthing Naturally*. She has been nominated for SHE Awards Dubai 2020 and has received the Independence Day Achievers Award by the Governor of Haryana, in 2019. She has been spreading awareness about woman empowerment and gender equality and child wellness.

## WHAT INSPIRED YOU TO DO SOMETHING FOR THE WOMEN IN OUR SOCIETY?

I always saw my mother not taking care of her own health as she had dedicated herself to

taking care of the family. She inspired me to do something for women's health especially for mothers in our society. I strongly felt that there was a need to promote adolescent health too in our country and hence I decided to work in the field of woman and child wellness.

## TELL US ABOUT YOUR BOOK 'BIRTHING NATURALLY'?

Women were not taking care of themselves during their pregnancy, as compared to the olden days. I decided to spread awareness on the right kind of lifestyle during pregnancy and to encourage couples to prepare themselves for a natural delivery. I strongly

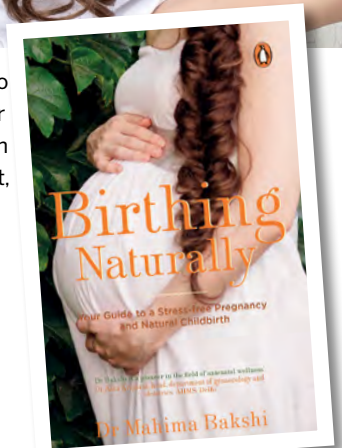
believe in gender equality and so have two dedicated chapters for the husbands in my book (which was launched by then-President, Pranab Mukherjee).

## TELL US ABOUT YOUR ONLINE SHOWS ON MATERNAL CHILD HEALTH AND PARENTING?

As the pandemic started, I decided to do something on social media to promote awareness about parenting. I strongly felt that husbands needed to help in taking care of children. I decided to host Insta Live chats with celebrity dads to encourage other fathers to help their partner at home. I also decided to do Super Mom special with women who have maintained a balance in pursuing their passion and taking care of the family. I have also been creating content with doctors on my Youtube channel to spread awareness on child health.

## ANY TIPS YOU HAVE FOR WOMEN UNDERGOING PREGNANCY IN THIS PANDEMIC?

I would like to encourage all pregnant women to stay active and healthy while staying safe



at home. They need to eat right and stay in touch with their OBGYN. The husbands need to provide that emotional support so that women can avoid depression and anxiety due to social and physically distancing.

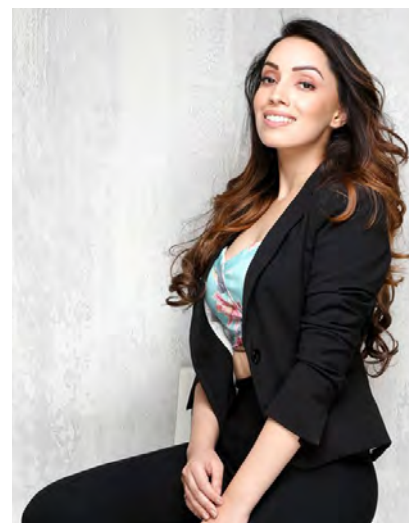
## ANY ADVICE YOU WOULD LIKE TO GIVE TO NEW MOMS IN THIS PANDEMIC?

Your baby needs good immunity so breastfeed him/her for the first six months. Don't skip the vaccinations and talk to your paediatrician about the visits to the hospital. Also, avoid having guests at home as your baby's safety is the most important thing. Enjoy being a new parent while staying safe.

**DR MAHIMA BAKSHI  
BELIEVES THAT  
BOTH PARENTS  
HAVE EQUAL ROLES  
TO PLAY WHEN IT  
COMES TO TAKING  
CARE OF  
A NEWBORN**

YOU CAN PURCHASE BIRTHING NATURALLY BY DR MAHIMA BAKSHI FROM [WWW.AMAZON.IN](http://WWW.AMAZON.IN)

Check out [www.mahimabakshi.com](http://www.mahimabakshi.com) for more details





# Hygiene Tips

Bookmark this for updates on the post-COVID hygiene routine

\*Use when no access to soap and water

Before and after every

# TOUCHING

story.



  
**DWARIKESH**  
SANITIZER

Now! Available on  
**amazon**

W.H.O Recommended formula | 80% Alcohol content | 3 Convenient sizes

Dwarikesh Nagar PIN-246762, District – Bijnor (U.P) | enquiry@dwariKesh.com | Tel: 01343-267061



# SELF-CARE done RIGHT!

How to maintain personal hygiene during the pandemic?  
**Radhika Sathe-Patwardhan** helps answer the question



**T**he pandemic has driven home the importance of health and health care. While everyone knew about personal hygiene in general, the current situation has made it more relevant and essential. How to maintain personal hygiene during a pandemic is the question of the hour, and we help you answer it.

## HAND WASHING ETIQUETTE

The easiest way to do this is to wash your hands and as often as possible. Wash with soap and water for at least 20 seconds. Wash hands after you come home from outside, blow your nose, cough or sneeze. If you're coming from outside, ensure you wash your hands, feet and face and any part of the body

that was exposed with appropriate soap and water. Don't touch your face – especially the mouth, nose or eyes with unwashed hands. Apart from after you blow your nose, cough, or sneeze, wash hands after you touch an animal, handle pet food, use toilet, touch garbage, or change diapers, and also before eating food. You need to clean them before and

## COUGH/ SNEEZE ETIQUETTE

Another essential factor in maintaining personal hygiene during the pandemic is to cover your mouth and nose when sneezing or coughing. Keep a packet of facial tissues with you to use when you cough or sneeze and throw the tissue immediately into a no-touch waste receptacle. Use a tissue to contain any respiratory secretions. Use a



after treating any cut or wound or caring for someone who is sick with vomiting or diarrhoea. When preparing food, ensure washing hands before, during and after the activity. If you don't have soap and water readily available, then keep a hand sanitizer with minimum 60 per cent alcohol in it. Ensure that you don't eat or go near any form of fire with sanitized hands. You have to wash your hands with water before doing those things.

## TO MAINTAIN PERSONAL HYGIENE DURING THE PANDEMIC OPTIMALLY, YOU NEED TO ENSURE YOUR HOME IS CLEAN TOO.

handkerchief if tissues are not available. If even that's not available, then use the crook of your arm or your shoulder instead of hands.



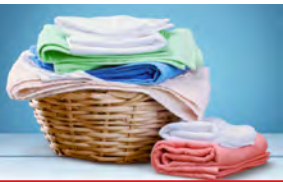
## CLEAN AND DISINFECT

To maintain personal hygiene during the pandemic optimally, you need to ensure your home is clean too. Ensure that you clean and disinfect every surface at least once a week, and for the frequently touched surface, do so daily. Use soap or a detergent along with water to clean the

surfaces. Then disinfect the surface.

## KEEPING SAFE DISTANCE

Social distancing has become the norm for everyone. One has to maintain a distance of more than six feet between each other. Why? Six feet is the average distance droplets from a sneeze or cough travels before it settles down. As the coronavirus can spread through the droplets, it's safer to maintain that distance between each other. This is not just for when you step out of your home but maintain social distancing as much as possible even at home. COVID-19 spreads when someone comes in contact with someone infected.



## Clothes washing

Ensure you use a proper detergent to clean your clothes. Use water that is more than warm – if not too hot. WHO recommends water at a temperature between 60°C and 90°C. Clean and disinfect the laundry basket, bucket, water faucet and the washing machine – inside out before use. Read the label on clothes before using any particular detergent or temperature of the water. You can add a cap full of disinfectant liquid to a bucket full of water.

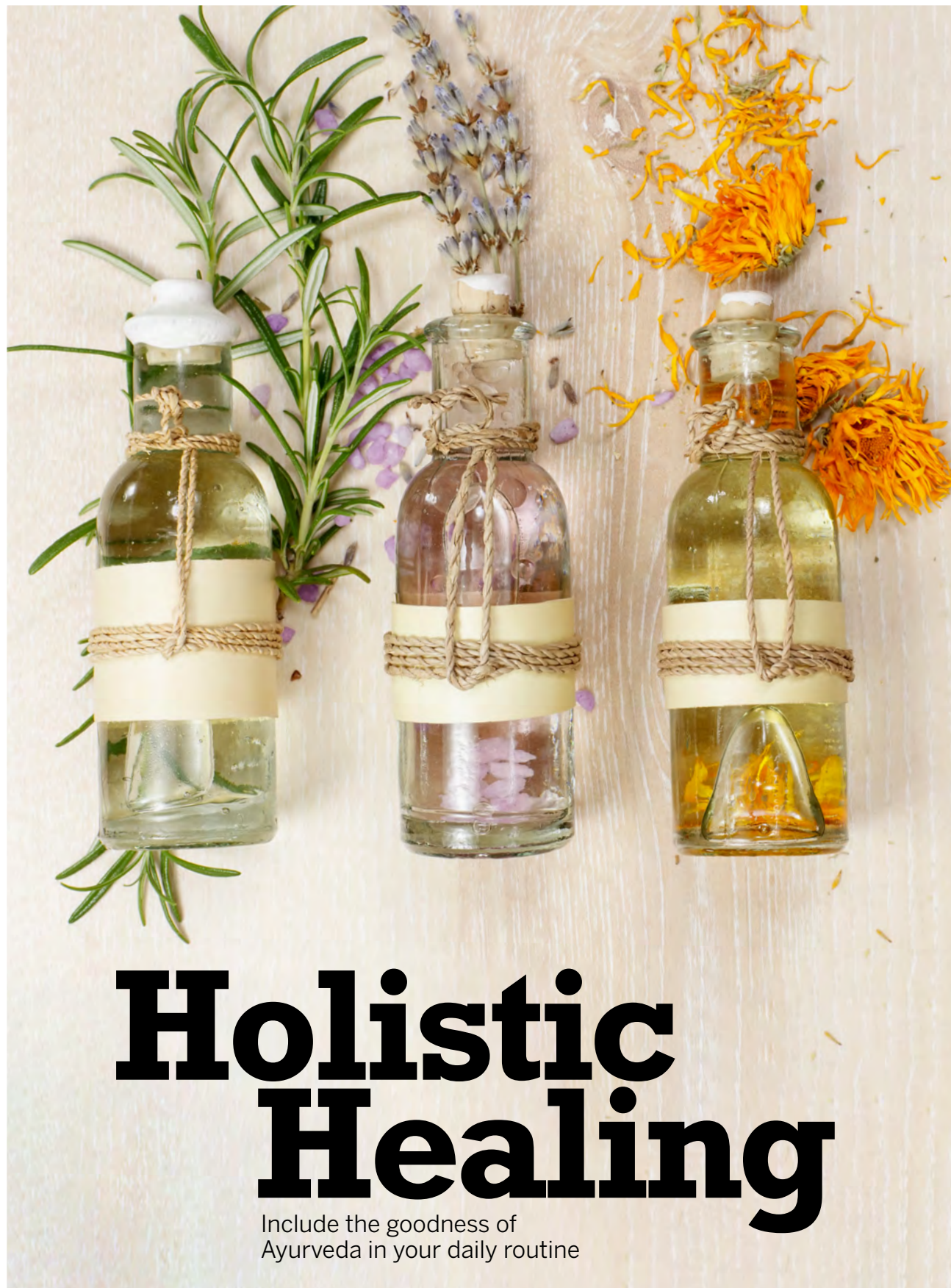
Some contract the virus themselves and start showing symptoms immediately or in some days while others just become carriers of the virus. If one comes in contact with the virus carrier, one can get infected, especially if one's immunity is low. So following social distancing norms also help you maintain personal hygiene during the pandemic.



## FACE COVERING

Whenever you leave home, wear a face covering. As the symptoms are seen around 48 hours after one contracts the COVID-19 virus, you never know which person or even yourself might have contracted it yet. Wearing a mask will help you not getting infected or not infect others. Use a fabric mask, scarf, or a bandana to cover your face. Ensure your nose and mouth is covered correctly. Use a reusable, washable mask so that you can clean and disinfect it between uses to maintain personal hygiene during the pandemic. **E**





# Holistic Healing

Include the goodness of Ayurveda in your daily routine

FEMINA READER SERVICE

## LIFE LESSONS

**Veena Dhandhia**, a life coach and motivational speaker, gives an insight about her journey, woman empowerment and more.

**B**rought up in Hong Kong and currently living in Mumbai, Veena Dhandhia is a life coach and motivational speaker who specialises in personal, relationships, success and transformation. The founder of MoveAhead believes in helping people to help themselves and also empowering and enriching their lives with physical, mental, emotional and spiritual wellness. She was a performing artist before she took up life coaching, and she believes in living “life to the fullest, as happiness is a state of being in the now with positivity. And positivity is the only way to live life!” Excerpts from the interview with this dynamic lady.

**WHAT MADE YOU DECIDE TO TAKE UP LIFE COACHING AS A CAREER?**  
Through interactions with people in

the fields of performing arts and MoveAhead, I found myself informally coaching people to better their lives. Seeing that I was able to make a difference in people’s lives, and through the encouragement of friends, the seed of professionally pursuing life coaching was planted. I am now a life coach (ICF-approved InnerMost Shift Coach and an NLP practitioner). I take individual and group sessions, and I also give motivational talks and conduct discussions and talk sessions on various topics. As a life coach, I help you to help yourself. I help you delve into your potential and bring out your best qualitative resources, find solutions and action-based goals to implement using motivation and commitment as the driving factors.

**CAN YOU TELL US MORE ABOUT MOVEAHEAD?**

MoveAhead empowers women to move ahead and enrich their lives. A panel of experts conducts the programs with follow up benefits. Corporates, clubs, small groups, individuals - all are catered to. The list of topics are endless; right from learning acupressure at home to smartphone education to social etiquette, you name it, and we have it (or we create it). It’s never too late to develop anything in anyone!

**HOW HAS ‘MOVEAHEAD’ AND BEING A PERFORMING ARTIST HELPED YOU AS A LIFE COACH?**

The experiences with people in all walks of life - be it at work, in social communities, family, friends and the like - have enriched my understanding of the human mind and behavioural sciences. My acquired knowledge, accreditation and credentials as a



Veena Dhandhia

life coach have enabled me to reach out to a greater expanse of people, and in turn, people give me respect, recognition and trust.

**IN THE CURRENT SCENARIO, WHAT WOULD YOU SAY ARE THE MAJOR PROBLEMS PEOPLE ARE FACING, AND HOW CAN LIFE COACHING AID THEM?**

Life coaching can do wonders, as significant issues like stress, anxiety, the uncertainty of future, lifestyle issues and career issues are dealt with. How to be resilient in all situations, how to feel good for no reason, how to be hopeful and full of life, how to deepen relationships, how to think and grow into a new normal future setting, how to recreate, rebuild and reinvent yourself in areas of career and success, how to always be happy, how to turn negative into positive... the topics are limitless.



**LIVE YOUR LIFE TO THE FULLEST, AS HAPPINESS IS A STATE OF BEING IN THE NOW, WITH POSITIVITY.**



# THE MORNING SHOW

Introducing Ayurvedic practices in your routine can positively reinforce your health, says **Aishwarya Acharya**

**A**yurveda has been around for more than 4000 years and is still followed, helping build a connection between ourselves and nature. Originating from India, Ayurvedic practices are observed all over the world for holistic practices and clean living. Read on to know ways in which you can easily integrate Ayurvedic wellness practices in your daily routines.



**Ayurvedic Self Massage**  
It's not necessary to get an Ayurvedic massage from a professional, you can do that using a suitable oil at home too. The practice of Ayurvedic massage using oil is called *Abhyanga*, and it can be performed daily.

Regular *abhyanga* nourishes your body, promotes healthy vision, helps in proper blood circulation and aids in lymphatic drainage, preventing swelling, and stimulates lustrous hair growth.

- Method:**
- **Start with heating the oil of your choice – *ashwagandha*, *mahanarayan*, coconut or sunflower oil.**
  - **Beginning from the extremities, gently massage the oil towards the inner sides of your body using long, circular strokes.**
  - **Let your body soak in warm oil for 20 minutes. Later, take bath in lukewarm water.**

**Oil Pulling**  
Oil pulling before your oral hygiene routine is known to prevent many oral troubles. It is best to do it first thing in the morning on an empty stomach. It enhances healthy oral flora, prevents tooth



**Nasal Rinsing**

A simple nasal rinsing technique using a salt solution will sieve out all your problems. Nasal rinsing promotes nasal health, maintains a healthy mucus lining of the nasal passages, promotes fresh breath, rinses dust particles lodged in your nasal passage, promotes sinus health and helps in unobstructed breathing.

- Method:**
- Add a quarter teaspoon of salt in a cup of lukewarm water, and transfer the solution to a nasal rinsing cup.
  - Tilt your head sideways facing your nostrils upwards.
  - Pass the solution into your right nasal passage slowly.
  - Let the solution pass into the left nostril. Breathe through your mouth during this process.
  - Once done, exhale gently to clear the passage of any excess solution. Repeat again with your left nostril.

decaying, alleviates bad breath, and keeps out gum-related problems.



- Method:**
- **Use either coconut or sesame oil for your oil pulling routine.**
  - **Take a teaspoon of coconut oil, and rinse your mouth for at least 15 minutes.**
  - **Make sure you don't swallow the oil as it may contain bacteria and other toxins of your body. After 15 minutes, spit out the oil and follow your general routine of brushing, scraping and flossing.**

## FEMINA READER SERVICE



**Dr. Stuti Khare Shukla**  
MBBS, MD, Dermatologist  
Consultant Dermatologist, Dermato Surgeon & Hair Transplant Surgeon  
Medical Director, Element of Aesthetics Chain of Clinics, India  
Fellowship in Advanced Skin Health Care, Zein Obagi Centre, Los Angeles, USA  
Preceptorship in Lasers, Gold Skin Care Centre, Nashville, USA  
Fellowship in Dermatosurgery, National Skin Centre, Singapore  
Fellowship in Cosmetic Dermatology, Lasers & Hair Transplantation, Bangkok



inspired many young doctors to learn her secret. At a young age, she has managed not just to offer a foolproof treatment but also make sure that it's affordable and shows quick results (sometimes as soon as 45 days). One of the most challenging cases has been Manohar Mandal, an army man who didn't have a single hair on his head, eyebrows his body. In three months, Dr Stuti managed to ensure that he has natural hair growth.

She continues to be an active researcher, working

with top scientists and doctors, globally. She has published more than ten International research publications and has also authored various chapters in books talking about hair growth secrets. The young doctor has also conducted several talks and events to spread awareness and continues to be associated with various NGOs to ensure that she gives back to society.

Her professional success sits well with her polite and calm nature; an attribute that her patients claim helps them to stay calm and positive. Ask them about their experience with Dr Stuti, and they only have positive stories to share. A quick look at her YouTube and social media confirms this fact. Not only has her treatment helped make a physical change in their lives, but the new look has also helped them to deal with the psychologic trauma that comes with hair loss.

Dr Stuti has successfully treated 20,000 patients and can boast of a 100 per cent success rate. Despite the on-going pandemic, Dr Stuti believes in being available for her patients while following all safety norms. Her daily consultations include around 100-150 patients; a mark of her enthusiasm towards her job, and the trust her patients have in her work.

Besides helping with hair growth, she also holds expertise in various skincare, body contouring, and anti-ageing treatment services. Talking about donning multiple hats!

**Email:** stuti109@gmail.com  
**Contact:** +91-6261967835  
**Instagram:** dr.stutikhareshukla  
**Facebook:** <https://www.facebook.com/DrStutiKhareShukla/>

## MEET INDIA'S 'HAIR GROWTH QUEEN'

**DR STUTI KHARE SHUKLA, A COSMETIC DERMATOLOGIST, POPULARLY KNOWN AS HAIR GROWTH QUEEN TALKS TO FEMINA ABOUT CONQUERING HAIR LOSS**

Meet the youngest cosmetic and dermatosurgeon, Dr Stuti Khare Shukla, who is changing multiple lives with her non-surgical hair growth treatment. Known as the 'Hair Growth Queen' in the country, she promises results without the need for any surgery. Her clinic, The Elements of Aesthetics is well-established in major cities like Mumbai, Nagpur, Jabalpur, Bhopal and Balaghat.

Dr Stuti's academic qualifications include MD (Dermatology) from India, speciality training in the United States and an accolade of awards and international fellowships. Among a long list of awards, Dr Stuti is also the recipient of the Youngest Dermatologist of India in 2017 by Indian Leadership Conclave. Her treatments not just promise 100% customer satisfaction but have also





# WE GOT YOUR BACK!

Celebrity yoga expert **Sneha Meghe** shows you some effective yoga poses that help ease the back pain woes

**L**ong hours on the computer, use of smart phones, and very little physical exercise has made this generation susceptible to several back related pain and alignments. This is where your yoga asanas practice comes into the picture. Try these yoga asanas at home to get rid of back ache issues.



**Adho Mukha Shvanasana**  
This pose restores your spine, relieving back pain and sciatica.

- To perform the pose:**
1. **Get on all fours. Make sure your shoulders are aligned on top of your wrists and hips on top of your knees.**
  2. **Tuck your toes under**

**and lift your knees off the mat pushing your sitting bones up towards the ceiling into an upside down V.**

3. **If you feel too much weight on your wrists, turn your hands slightly outward to face the long edge of the mat to take pressure off your wrists.**
4. **Place your head in-line with your upper arms and hold this pose for about one minute.**

**Bhujangasana**  
This pose works wonderfully on strengthening your back.

**Expert's Advice**  
Practicing these simple asanas regularly won't just relieve your back pain but will also prevent any future occurrences. Backbends or back extensions not only alleviate the tension in the back but also strengthen the muscles while promoting a healthy spine. So get to stretching and get to feeling great!



- To perform the pose:**
1. **Lie on your stomach with legs extended. Make sure your legs are closer together.**
  2. **Place your hands below your shoulder with palms flat on the mat and elbows tucked into the torso.**
  3. **Inhale and slowly lift your head, chest and abdomen off the mat while keeping your navel in contact with the mat.**
  4. **Make sure you are pressing your shoulders down and away from your ears. You can drop your head back to deepen the pose.**
  5. **Hold the pose for one-three minutes and keep breathing deeply.**
  6. **Exhale and release back down vertebra-by-vertebra back onto the mat.**

**Shalabhasana**  
This pose works on strengthening your back muscles while relieving any tension that you are holding onto in your back.

- To perform the pose:**
1. **Lie on your belly with your legs extended.**
  2. **Rest your arms alongside the torso with palms facing up, and forehead resting on the mat.**



3. **Inhale and slowly lift your head, chest, arms and legs off the mat.**
4. **You may keep your arms parallel to the mat or bring your hands together and interlock your fingers behind your back.**
5. **Keep your gaze slightly ahead on the floor making sure that the back of your neck is long.**
6. **Stay in this pose for 10 counts and rest.**
7. **Do two-three repetitions.**



## AYURVEDIC BEAUTY PRACTICES

Turn to these ayurvedic skin and hair rituals for nature's best offerings, says **Eden Noronha**



**T**he ancient science of Ayurveda has been practised in India since the days of yore. Your grandma has passed down numerous Ayurvedic home remedies to your mom who passed it down to

you, and well, we are pretty sure you're going to pass them down to your children as well. Because these simple remedies are so effective, the results seem almost unbelievable. If you are on the hunt for Ayurvedic

beauty rituals, then you've come to the right place. We consulted with the founder of all-natural skincare brand, Vilvah, Kruthika Kumaran to let us in on two ayurvedic rituals each for skin and hair that you can try from the comfort of your home. »



HOLISTIC HEALING

Ayurvedic Skincare Rituals

“Turmeric can help increase the skin’s radiance and glow. When mixed with other natural ingredients it can offer relief to other skin problems as well such as acne, dryness, blackheads, and impurities trapped in your pores,” explains Kumaran.



Tan Removal Face Pack

**Ingredients**  
Two tablespoons turmeric powder  
Two teaspoons of traditional curd

**Method**

- Mix both the ingredients well until a paste is formed.
- Apply the paste all over your face and the tanned areas of skin.
- Let the pack settle for 15 minutes.
- Wash off with lukewarm water and dab dry with cotton pads.
- Follow this regime for four weeks for best results.



Nourishing Face Pack

**Ingredients**  
¼ teaspoon turmeric powder  
One tablespoon of milk  
One teaspoon of honey

**Method**

- Mix 1/4 teaspoon of turmeric powder, one tablespoon of milk, and one teaspoon of honey to form a paste.

- After the paste is ready, apply this pack all over your face and neck.
- Keep it on for 10 to 15 minutes.
- Rinse with warm water.
- Use this pack twice or thrice a week.

TIP

“Oral consumption of 2 teaspoons of pure rosewater mixed with half glass of water on an empty stomach can cure the three doshas of a human body. This can help people who suffer from acne, eczema and psoriasis-related problems,” adds Kumaran.

Ayurvedic Hair Care Rituals

“There are only a few natural ingredients that are known to assist with hair growth, and aloe vera is one of them. It has proteolytic enzymes which aid in repairing dead skin on the scalp. Aloe vera can act as a natural conditioner and as a natural hair gel for styling your hair. The presence of moisture in aloe vera helps condition your hair, locking essential nutrients and keeping them hydrated,” shares Kumaran.



Hair Pack

**Ingredients**  
Two tablespoons aloe vera gel  
Two tablespoons curd

**Method**

- Mix both the ingredients well.
- Apply the mixture over your hair strands.
- Wear a shower cap and get to bed.
- Let this hair pack sit

overnight.  
• Wash it off with water.

TIP

Do not forget to cool your aloe vera gel in the refrigerator before use. You can combine olive oil and curd. Apply it to your roots and hair; let it work its magic for 30 minutes if you are running out of time.

Leave-in Hair Conditioner

**Ingredients**  
One teaspoon aloe vera gel

**Method**

- Apply fresh aloe vera gel to the lengths of your damp hair post shampoo.
- Enjoy the shine it imparts without being heavy or making your strands greasy. 🌿



PHOTOGRAPHS: 123RF

ADVERTORIAL

BOOSTING IMMUNITY THE RIGHT AND NATURAL WAY!

THE CONCEPT OF STAYING HEALTHY AND FIT HAS TAKEN ON A NEW MEANING IN 2020! COVID-19 HAS CREATED AN AWARENESS ABOUT THE IMPORTANCE OF OVERALL WELL-BEING

Today, people are ‘investing’ in health and ‘Immunity’ has become the buzzword when it comes to strengthening the body from within. An important lesson the current pandemic has taught us is that a good diet with the right nutritional balance, physical exercise and the right supplements is crucial to boost immunity. They are also the best tools to build our body’s defense. Our immunity is our body’s defence system. Here is where Vitamin C and Zinc play an important role. Vitamin C is full of antioxidants that offer a wide range of benefits. Vitamin C helps increase WBCs production while Zinc helps to fight harmful pathogens.

However, we do not always get sufficient Vitamin C from our regular diet. This is where good and natural supplements can play a crucial role in boosting your immune system. To build your body’s immunity, Fast&Up Charge is highly recommended. It is also the preferred choice of athletes, millennials and any and everybody who leads an active and fit lifestyle.

Fast&Up Charge contains immunity-boosting ingredients like 1000 mg natural Amla Extract and 10 mg Zinc to help boost immune activity and is highly recommended by nutritionists. Zinc is a key mineral and when combined with natural Vitamin C, it helps provide a complete synergistic immune support to the body. Both Vitamin C and Zinc play a vital role in immune function and reduce the risk, severity and duration of infections. In the times that we are living in, Vitamin C decreases more rapidly with increased stress levels, hence daily

supplementation like Fast&Up Charge can help to cope and better manage emotional and physical stress.

So just, Drop, Dissolve and Drink during or after breakfast to maintain daily immunity. When it comes to maintaining health, another trend is gaining wider recognition. With the fear of the pandemic and a growing eco-consciousness, many people are turning to vegetarian and vegan diets as a preferred lifestyle choice. Plant based foods and nutrition are being hailed for their healing properties and the ability to boost immunity and cleanse the system and to provide holistic nutrition with high quality ingredients to those who prefer plant-based nutrition, Fast&Up has recently launched its Fast&Ups ‘Terra’ series.

The Plant Protein and Active Greens are the two super foods from the Fast&Up Terra series where all the ingredients are pure, raw, unprocessed and natural, taking you back to your ‘roots’. The protein powder comes with the highest concentration of protein content per serving available across comparable products today and is a



combination of pea protein and brown rice protein. Active Greens is a combination of 11 ingredients including alfalfa, moringa, spirulina, spinach beetroot, amla, wheat grass and barley grass to name a few. Active greens have been divided into four blends to Alkalize, Detox, Nourish and Protect. This helps in tackling acidity, aids digestion and detox, builds immunity, provides antioxidants and helps fight infections. Both Plant Protein and Active Greens under the Fast&Up Terra collection come in a powder format and can be had with smoothies, drinks and can be a healthy addition to your recipes and everyday food!

To get the goodness of plant power, try Fast&Up Terra series. While vaccine trials are underway for COVID-19, we do not know how long the virus will stay. Until then, the best we can do to safeguard ourselves is follow the norms of social distancing, maintain hygiene, protect overall health, and get some fitness in our daily routine. So choose health, Choose Fast&Up!

Fast&Up is available on [www.fastandup.in](http://www.fastandup.in) & leading platforms such as Amazon, Flipkart & Nykaa





# I For Immunity

Go back to the basics to get your dose of immunity boosters



I FOR IMMUNITY

# AYURVEDIC

## Home Remedies To Boost Immunity

These kitchen ingredients double up as the perfect immunity boosters, says **Neeti Jaychander**

**A**yurveda has tried and tested home remedies that don't involve going to an Ayurvedic pharmacy; instead, you can use the ingredients from your kitchen. Here are some immunity enhancers to try out. »







### Amla Juice

Amla or gooseberry is replete with nutrition, particularly with vitamin C, which keeps viral and bacterial infections at bay. Amla is said to be one of those rare ingredients that balances all three doshas in the body – Vata, Pitta and Kapha – and is suitable for all body types.

It is also an antioxidant and keeps cellular health intact. The juice of amla is recommended every morning on an empty stomach. You can dilute this if you like – one part juice to one part water.

### Tulsi-Ginger Tea

Tulsi (holy basil) and ginger are Ayurvedic staples known for their ability to fight off pathogens, keep colds and coughs at bay, and enhance digestion. In Ayurveda, Tulsi is said to have antibacterial and antimicrobial properties and is useful in treating chronic respiratory disorders like asthma. It is also good to balance mental health and wellness.

Ginger, on the other hand, is a rhizome with analgesic properties and cleanses the nasal passage of mucus. Boil a few tulsi leaves and a tsp of grated ginger in water. Strain, and drink this concoction.



### Honey

Fresh and pure bee's honey is used in the treatment of various bronchial diseases such as asthma and throat infections. It has antiseptic and antimicrobial benefits too and can cleanse the body both internally and externally. According to Ayurveda, raw honey shouldn't be mixed in hot or boiling water, or heated in itself. The best way to have raw honey is one tbs on its own every day.



### Milk And Turmeric

Haldi Doodh, also known as golden milk, is an Ayurvedic remedy practised in many households at bedtime, for restorative sleep. But this remedy is so much more! Turmeric is one of those all-rounders that is good for just about anything. It is great to cleanse the digestive tract, stimulate blood circulation, and fight colds and coughs. The key is to use fresh cow's milk and fresh, unadulterated turmeric for optimum benefits.

Take a stick of turmeric, crush it coarsely and then boil it together with milk. If you're lactose intolerant, you can opt for drinking turmeric added to buttermilk in the afternoons.



## IMMUNITY-BOOSTING IS THE KEYWORD THESE DAYS AND AYURVEDA HAS THE BEST OPTIONS

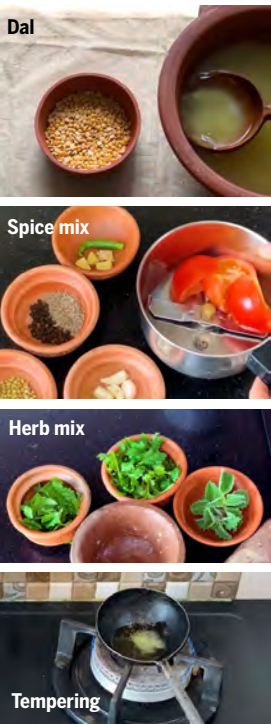


### Garlic Pods

Ayurveda does not advocate the use of garlic pods in excess, because they produce heat, especially during the summer months. However, Ayurveda does recognise that if consumed in moderation, garlic can be a useful tool to remove phlegm, act as an antiparasitic, support the digestive organs and enhance ovarian function.

Not more than two pods of garlic a day should be consumed. If you can take these raw, that's fine, else grind and add it to your food. 🍷





# Raising immunity, sip by sip!



Immunity is one of the main focuses at present, and by eating foods that boosts your immunity, you are ensuring that you don't fall ill. This mouth-watering herbal rasam by **UMA RAGHURAMAN**, aka Master Chef Mom, helps you do just that!

## Ingredients:

- 1/4 cup toor dal
- 3.5 cups water
- Salt to taste
- 3/4 tsp peppercorns
- 3/4 tsp cumin seeds
- 1 tsp coriander seeds
- 1 tomato
- 1/2-inch ginger, peeled and cut
- 6 small garlic cloves
- 1-2 small green chillies
- 1/4 cup mint leaves
- 1/2 cup coriander leaves along with stalk
- 2 tsp lemon juice, freshly squeezed
- 1-2 tsp ghee
- 1/4 tsp dry neem flowers (if you have)
- 1/4 tsp mustard seeds
- A pinch of asafoetida
- 1 small bowl of coriander leaves
- 1 small bowl of mint
- 1 tbsp dried neem flowers
- 1 tsp mustard seeds
- Salt to taste
- 1/8th tsp turmeric
- 3 tbsp ghee (or coconut oil for vegans)

## Optional

- 1/4 cup orange juice
- 10 baby ajwain leaves
- 1 or 2 betel nut leaves
- 10 tulsi leaves
- 2-3 curry leaves

## Method

- Wash the dal twice. Pour it into a pressure cooker, and add one cup of water and turmeric powder. Give it a mix and cook it to make it soft and mushy.
- Once done, pour it into a cooking bowl or *kadhai*. Dilute the cooked dal with three and a half cups of water. Heat it over a low flame.
- To make the spice mix, roughly chop the tomato. Cut the ginger and peel the garlic cloves. Add these together in a grinder or a mixer and add green chilli, black peppers, cumin seeds and coriander seeds. Make this into a smooth paste.
- Add this spice mix to the dal. Cover the dal and let it cook for

The different ingredients of this herbal rasam are not only there for taste, but also for their nutritional properties that help in immunity-boosting.



- a few minutes.
- Make the herb mix with a mortar and pestle. You can make this with just the mint leaves and coriander leaves. But if you have ajwain leaves, you can add it. You can add tulsi leaves if you want, as also betel nut leaves. Use the pestle and beat the leaves together to release all their juices.
- Once done, squeeze the juices out thoroughly from the leaves. Add this herb juice mix to the rasam. Add salt to taste and mix it well. Let the rasam come to a boil.
- To temper the rasam, heat a small iron vessel or pan. Take the ghee and add it to the vessel.
- Once ghee heats up, add the mustard seeds to it. Once they start to splutter, add the neem flowers. You can do without neem flowers if you don't have them. Add the asafoetida to it. If adding curry leaves, add now.
- Once done, pour it into the rasam that has been brought to boil.
- Turn off the flame and add the lemon juice or the orange juice. Mix it well and keep it covered to keep all the flavours in it intact.

The immunity-boosting herbal rasam is ready. You can serve it as an appetiser. 🍽️

## HOW DOES THIS HERBAL RASAM BOOST IMMUNITY?

The different ingredients of this herbal rasam are not only there for taste, but also for their nutritional properties that help in immunity-boosting.

- Cumin has antimicrobial and antibiotic properties.
- Garlic has anti-bacterial and anti-

viral properties.

- The anti-bacterial and anti-inflammatory properties of ginger are also beneficial.
- Lemon juice and tomato are high in vitamin C that helps keep the virus at bay.
- Toor dal is high in folate content and helps increase blood haemoglobin level, which helps immunity.
- Turmeric has



Herbal Rasam

antioxidant, anti-inflammatory and medicinal properties.

- Coriander is high in antioxidants.
- Mint leaves contain a varied range of antioxidants. This helps prevent free radical activity which harms immunity.

This herbal rasam gives an excellent boost for immunity and even overall health.





# Health Highlights

Find out what's new in the world of health and wellness



## HEALTH HIGHLIGHTS



## TREND TALK

The trends in the food industry, like any other, are always changing. But in this new normal, some trends show the promise of becoming a classic instead of being just momentary fads, **Radhika Sathe-Patwardhan** finds out

**F**ood is an integral part of our daily lives, and each year brings with it new food trends. The year 2020, though, is a disruptor in the way we think about and approach food. Health is the main point of contention, and food being so closely related to it has made the predicted 2020 food trends change. Here are the food trends for the post-COVID-19 part of 2020.

### Eating In

This is one of the biggest trends that you'll observe in the post-COVID world. The lockdown, and working

from home, has made everyone look at becoming self-sufficient when it comes to cooking. Looking for e-tutorials, online workshops, recipes, and videos is now a common phenomenon.

With the lockdown easing out a little, access to a variety of ingredients has become easier, which in turn has resulted in people trying out different dishes at home. While eating out was one of the most common things-to-do, it's eating-in that's in vogue now, with food made by you or someone in the family. #MomMade, #MadeByMe, #KitchenDiaries are the 'in' hashtags!

### Quick-Fix Products

Products that make one's cooking easy in the times of cook-at-home are all the more sought out. FMCG brands are coming up with products like pre-cooked parathas, heat-and-eat dishes, cut vegetables, etc. that reduce the cooking time. New brands in this category can be seen, and hitherto small brands are becoming popular! »







**Imminent Immunity**

Increasing one's immunity has never been so important; is the mantra for everyone. You'll see more and more articles, videos and experts talking about how you can increase your immunity through various ways – from the

food you eat, exercises you do, the lifestyle you follow, etc. When it comes to food for immunity, there is quite a variety of food items to pick from, and whether you're a vegetarian or a non-vegetarian, you'll have quite a few choices. Citrus fruits, broccoli, ginger, garlic, poultry, turmeric, green tea, shellfish, yoghurt, spinach... the list is extensive. A quick web search will show more options. You can make a variety of dishes from the available food items to ensure your immunity remains high!



**Eating Healthy**

**Eating the right food, at the right time, in the right quantity is the rule! Nutritionist Kirti M points out, "the trick is to eat healthy home-cooked meals at timely intervals and steer clear of unhealthy fad diets which are harmful in the long run." Increasing intake of freshfruits, leafy vegetables, vitamin-rich food, amongst other essentials is being encouraged.**

**Vocal For Local Ft. Food**

The farm-to-table trend is being carried over from pre-COVID-19 times and has gotten support from the #VocalForLocal campaign. People are looking for the 'Made In India' tag with the food items they buy too. Local fruits and vegetables are finding their space in people's kitchen. A sub-trend that is driving this further are kitchen gardens. Microgreens and herbs that can be easily grown with limited resources are a big hit.

**Plant-Based Food**

Vegetarianism – or even veganism – has been on the rise for some years now. During the initial lockdown, when only the basics were available in the grocery stores and vegetable markets, getting vegetables was easier than getting meats. The pre-present trend of

**'IS THIS IMPACTING ENVIRONMENT?' 'DOES THIS HELP SOMEONE IN MY COMMUNITY?' THESE ARE SOME OF THE QUESTIONS THAT ARE BECOMING RELEVANT.**



**Strong In Sustainability**

'Is this impacting the environment?' 'Does this help someone in my community?' These are some of the questions that are becoming relevant. Sustainability is a trend across industries, and the food industry is no different. Zero to less wastage, recyclable and eco-friendly packaging, etc. are essential aspects of sustainability in food. [f](#)







# Do You Need COVID-19 HEALTH INSURANCE BENEFIT?

The pandemic has had many thinking about their insurance plans. Does one need a COVID-19 specific one? Expert **Priti Rathi Gupta**, founder of LXME, weighs in

**H**ealth Insurance, an unexpected expense of adulthood that we either don't pay too much attention to and if we do, don't focus on the details

of what your cover should include. The government had made COVID-19 a mandatory cover in existing policies. So do you need standard COVID-19 health insurance or a general medicaid policy?

## WHY HEALTH INSURANCE?

Most of us have a medicaid policy, either by choice or part of an employment package. If you are working for an employer that provides health insurance that means it is going to be taken out of your paycheck. If you don't have the coverage offered through your job, it is a hefty monthly expense. If you are wondering if you should be paying thousands of rupees every year, for a service you'll probably never use, here's an example.

Bhumi just graduated with a master's degree and works for a tech start-up that does not offer health insurance or retirement options yet. She is making a good living, eats mostly



**"GRANTED, THE CHANCES OF A SUDDEN, COSTLY MEDICAL PROBLEM HITTING SOMEONE YOUNG AND HEALTHY ARE SLIM, BUT NOT INSIGNIFICANT."**

organic, an avid runner, and has not been sick in five years. In place of paying for individual health insurance, that money could be going for early retirement or her Hawaiian vacation. Bhumi decides to cancel her policy to fast-track other financial priorities. However, she still prepares for occasional minor injuries or illness setting aside ₹10,000 a year. She stashes the rest into spending and saving for life goals. Things were going fine for a while and then Bhumi contracted COVID-19. After all the ambulance, PPE, and hospital bills; Bhumi is left with ₹8 lakh in the medical bill. Her savings to date could only cover a fraction of the medical bill. Laxmi, a maths professor, and Bhumi's

twin has been paying premiums on ₹10 lakh family floater health insurance, for the past two years and she steps in.

## AWARENESS IS KEY

With an adequate family floater plan of up to ₹10 lakh, you need not buy an additional COVID specific policy. Your current insurance plan will meet the hospital and treatment charges, including that of COVID-19. However, if you are uncovered taking an additional insurance plan for pandemic risk is a must. A family floater health cover of ₹3- 5 lakh, it is likely to fall short in the current situation. One can consider the COVID-19 plan add-on to the current health cover.

## Your Policy Must Cover




- Hospitalisation expenses (average COVID hospital bills run into a few lakhs)
- Pre and post hospitalisation expenses
- Daycare treatment expenses
- Pre-existing diseases
- Tax benefits
- Ambulance charges

**A family floater health cover of ₹3- 5 lakh, it is likely to fall short in the current situation. One can consider the COVID-19 plan add-on to the current health cover.**

The pandemic is here to stay till we have access to a vaccine. Added to that, there is a possibility of a newer virus to affect the world, due to the environmental and ecological damage caused by humans.

## PROTECT YOUR LOVED ONES

Granted, the chances of a sudden, costly medical problem hitting someone young and healthy are slim, but not insignificant. Considering the lifetime of financial damage these bills can do to you or your family, these odds are not to be taken lightly. Besides, the whole point of insurance is to protect you from unforeseen bad things that probably wouldn't happen. No one buys insurance hoping they will get to use it. Most importantly, you achieve greater peace of mind knowing that you're not putting your financial future or that of your loved ones in jeopardy. 



There's a lot brewing in our

# MEN'S SPECIAL ISSUE

Download our latest issue for

**FREE Now**

**CLICK HERE**



#FeminaWithYou