

FEMINA

www.femina.in
GUJARAT SPECIAL

*Be
unstoppable*

**DR RUTU
JAYANT NIKHAL**

Overcoming
challenges to
serve patients
wholeheartedly

**KHUSHBOO
DEVAL KHATRI**

Hospital manager,
ensuring effective
patient care and
staff safety



ACP MINI JOSEPH

Tested positive for
COVID-19 in the line of duty,
raring to go after recovery

MARCHING ON

DESPITE THE SETBACKS, CHALLENGES,
AND EMOTIONAL TURMOIL

रेशमधागा

artistic silk sarees

AHMEDABAD - SATELLITE | ASHRAM ROAD | RATANPOLE | NAVA VADAJ SURAT - PARLE POINT

NOW LIVE!
with video shopping

book your video call now
visit : www.asopalav.com, www.saree.com
call/whatsapp : +91 99099 96352, 91066 85949


AsoPalav®

TO NEW BEGINNINGS!

Taruna Patel, CEO of EMTICI Engineering Ltd. and Madhubhan Resort and Spa, Divisions of Elecon Group of Companies has been appointed as the new Chairperson of FICCI Flo Ahmedabad Chapter for 2020-2021

On 11th May 2020, the FICCI Ladies Organisation (FLO) Ahmedabad Chapter appointed entrepreneur and industrialist Taruna Patel as the Chairperson for the year 2020-21. The 'Change of Guard' event was organised for 17 Chapters pan India for the first time over a webinar across digital platforms.

Former Chairperson of FICCI Flo Ahmedabad Chapter Babita Jain handed over the baton to Taruna Patel during the webinar that was hosted by President of FICCI Flo Harjinder Kaur Talwar. The live broadcast was attended by 4,000 people including 500 members from 17 chapters across the country. During the event, the Ahmedabad Chapter also received an award for supporting the national initiative on agriculture and connecting the farmers to the market directly.

Taruna Patel announced her new executive committee members, constituting Senior Vice Chairperson Nandita Munshaw, Vice Chairperson Dr Rachna Gemawat, Secretary Aditi Parekh Jain, Joint Secretary Niti Mehta,

Treasurer Pooja Singhvi and Joint Treasurer Bindu Thakkar as soon as she took charge. As part of her addressal, she said, "This is a very proud moment for me to take over as the Chairperson of the FLO Ahmedabad Chapter 2020-21. This is a new challenge we all are facing at this time. We all have to work hard and together for a task that



is tough but not impossible, and our goal should be to turn these challenges into new opportunities."

Taruna Patel has an eye for perfection and detailing and has pioneered Centralised Resource Cell (CRC) for ELECON Group of Companies leading to more efficient and cost-saving Policies and Procedures Manuals. She is also the CEO of Madhubhan Resort and Spa, the only 5 Star Resort in Gujarat, and one of the 20 best resorts in India! But that's not all, right from organising frequent blood donation camps to free health and eye checkup camps, monthly food for all at bhandaras, spreading the importance of hygiene, education of the girl child, to adopting villages, Taruna Patel's philanthropic activities and CSR initiatives define her spirit and show the empathy she has for those less fortunate.

Taruna Patel further said that Flo's vision for 2020 is to take sustainable national practices and create a sustainable livelihood for the economic empowerment of women. She added, "The government has announced several good schemes and benefits for farmers, migrants, etc. It remains to be seen how these will be implemented, but there are several opportunities for a lot of people. For an organisation like ours, which is all about women empowerment, we can do so much for women working at grassroots levels, and for those heading micro, small, and medium sized businesses. Each chapter will work to recognise these women and empower them with the skills and knowledge needed."

Furthermore, Taruna Patel said, "Being in the



"BEING IN THE HOSPITALITY INDUSTRY, WE HAVE THE CHANCE TO EXPLORE THE SUSTAINABLE TOURISM INDUSTRY AS WELL. A CRISIS IS A BOON TO BOOST THE CAPABILITIES OF EVEN SLEEPING MINDS AND WITH THE DIRECTION AND DYNAMISM OF OUR PRESIDENT-ELECT, JAHNABI PHOOKAN, WE SHALL SEE THE LIGHT OF OUR PATH."

hospitality industry, we have the chance to explore the sustainable tourism industry as well. A crisis is a boon to boost the capabilities of even sleeping minds and with the direction and dynamism of our President-elect, Jahnabi Phookan, we shall see the light of our path. In this challenging year, we have to take guidance and co-operation for performing duties that give

the society a new direction and help the Flo Ahmedabad Chapter reach greater heights." Taruna Patel has inspired women from all strata of life and helped them look beyond just being homemakers. Over the past 30 years, her passion to do so has helped women at grassroots level think independently under her guidance and grow into women of substance. Along

with FICCI, which stands for assisting the growth and development of the country in a manner that brings stature and recognition globally, Taruna Patel, with her skills, knowledge, and experience across industries, will surely be able to guide the organisation and bring about the balance and change needed in these trying times and beyond.

FOREWORD

The coronavirus and the lockdown that followed took us all by surprise. Even now, as uncertainty looms large for everyone all across the country and over the world, there's not much for us to do except hope for the best and just embrace the new as the normal. All this, while our frontline workers toil ceaselessly to keep things going smoothly! Which is why, with this special issue of *Femina Gujarat*, we salute all these individuals who never once gave a second thought about braving the challenges that lay ahead. Read our Big Story and learn more about the lives of three such women and the sacrifices they're making!

All work and no play hampering your relationship with your spouse? Why not enjoy a date night at home! Our All About You section has you covered.

Turn the digital pages to our Fashion section for outfit ideas on dressing comfy yet chic.

In Beauty, we tell you how to take care of your tresses so summer hair woes don't bother you.

And if you're looking for some easy cake recipes, you're going to be floored by the ones we have for you!

Stay safe and try to enjoy the new normal!

WE SALUTE ALL INDIVIDUALS WHO NEVER ONCE GAVE A SECOND THOUGHT ABOUT BRAVING THE CHALLENGES THAT LAY AHEAD.

Team Femina

SUPERWOMEN



PUTTING INDIA ON *the global map*

Occasions Fine Jewellery is the perfect example of an Indian brand making waves across the world with its exquisite, quality offerings

Synonymous with heritage, luxury, and all things regal, Occasions Fine Jewellery, from the House of Su-Dev Jewels, has been making waves in the industry not just in India but all across the world! This luxury label encompasses the true essence of local art, craft, and tradition, glorified on a global level.

Su-Dev Jewels has been a manufacturer and exporter of jewellery since two decades. Founded by Bhavesh Kamdar and Dewang Parikh, the brand lay its foot strong in the Indian as well as global

market early on. The leading brand of Su-Dev Group, Occasions Fine Jewellery, has been nurtured by Devashish Kamdar, and has now expanded its foot in Mumbai and New Delhi.

Occasions Fine Jewellery specialises in handcrafted jewels that portray the rich heritage of India. The jewellery pieces use locally

sourced materials and the exquisitely crafted designs are the hand work of near-extinct skilled artisans of the country. Crafting jewellery pieces using artisanal skills and techniques not only means that each jewellery piece takes hours to be crafted to perfection, but also means that patrons are rewarded with jewellery pieces that tell a story. And that's not all, owning handmade jewellery gives the wearer a sense of exclusivity as there's only a limited number of pieces that any artisan can craft!

Su-Dev Group has also created the Rarever Fine Jewellery brand which has its store on Bond Street, London! It is the first Indian brand to set foot on one of the most expensive streets of the



BHAVESH KAMDAR



DEWANG PARIKH

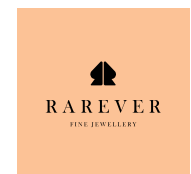
world, making this a proud achievement for the whole country.

While Rarever Fine Jewellery pieces are all manufactured by Indian artisans at Su-Dev's manufacturing unit in India, the brand clientele mainly includes Britishers, Arabs, and Russians, thus embodying 'making local global'.

The label strongly believes in integrity and upholding its moral principles too. As such, the brand exercises the highest levels of quality control and precision throughout all stages of processing of all of its jewellery pieces.

The resulting jewellery pieces reflect impeccable quality and attention to detail, testifying to the immaculate craftsmanship skills involved.

The brand has become a one-stop destination for bridal and heritage jewellery and high-end luxury pieces. Occasions Fine Jewellery has been conferred with awards such as Best Bridal Jewellery and Best Diamond Jewellery, and continues to pursue new heights of excellence each day, strongly rooted in the years of hard work and perseverance.



FEMINA

CHIEF EXECUTIVE OFFICER **DEEPAK LAMBA**

EDITOR **RUCHIKA MEHTA**

PRODUCTION EDITOR **SHRADDHA KAMDAR**

JUNIOR FEATURES EDITOR **KALWYNA RATHOD**

SENIOR CREATIVE DIRECTOR **MEETESH TANEJA**
ASSISTANT ART DIRECTORS **SANDESH PATIL, AMIT AMDEKAR**

EDITORIAL COORDINATOR **BHARTI SOLANKI**

BRAND SOLUTIONS

BUSINESS DIRECTOR **SUNIL WUTHOO**
sunil.wuthoo@wmm.co.in

VICE PRESIDENT - BRAND SOLUTIONS
& BUSINESS HEAD - FEMINA SALON & SPA **GAUTAM CHOPRA**
gautam.chopra@wmm.co.in

BRAND SOLUTIONS GUJARAT

AHMEDABAD
CHIEF MANAGER **KAMAL RAJPUT**
kamal.rajput@wmm.co.in
079-67773498

MANAGER **MAYUR JATILA**
mayur.jatila@wmm.co.in
079-67773534

ASSISTANT MANAGER **KANCHI RATHOD**
kanchi.rathod@wmm.co.in
079-67773495



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

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 MAY 25, 2020 TO JUNE 09, 2020
CIN: U22120MH2003PTC142239

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

ASSISTANT VICE PRESIDENT - DIGITAL
REVENUE & MARKETING -
INTERNATIONAL BRANDS
PRIYADARSHI BANERJEE

CHIEF MARKETING MANAGER
RAVI BUDANIA

BRAND EXECUTIVE
DALJIT KAUR AULAKH

HEAD HUMAN RESOURCES
MEGHNA PUTHAWALA

VICE PRESIDENT-CONTENT STUDIO
VIDYUT PATRA

HEAD EXPERIENTIAL MARKETING
AAKASH MISHRA

SUBSCRIPTIONS
MANAGER MARKETING
ASHA KULKARNI
asha.kulkarni@wmm.co.in

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

SUBSCRIPTIONS CENTRES

SMS: FESUB to 58888
Online: <http://mags.timesgroup.com/femina.html>
Email: subscriptions.wmm@wmm.co.in
Customer Service Number: 18001210005
Careers: careers@wmm.co.in

Publisher

Joji Varghese

Printed and Published By

**Joji Varghese for the proprietors
Worldwide Media Pvt Ltd,
The Times of India Bldg, Dr DN Road,
Mumbai—400 001, India**

Editorial Office

**Worldwide Media Pvt. Ltd.
2nd Floor, 139, Fadia Chambers,
Ashram Road, Ahmedabad - 380009**

**Print Vision Pvt. Ltd.,
Print Vision House, Opposite
Central Bank of India, Ambawadi
Ahmedabad-380 006**

FEMINA PROMOTION



INNOVATING FOR UNUSUAL TIMES

For fashion designer **Deepak Golani**, forging ahead into 2020's post-lockdown era means making tactical changes

An alumnus of The London College of Fashion, Deepak Golani is a self made fashion designer who has been on the retail forefront through his fashion label Rangvesh, in and around Gujarat and Maharashtra, for two decades now.

In light of the COVID-19 situation across the globe, speaking about the future of fashion and the road ahead, Deepak Golani says, "It certainly is a difficult time for all individuals and industries. The priorities of all classes has changed. Demand has gone down for bridal and party wear in particular, impacting good designers as they usually specialise in these."

Deepak Golani also considers the fact that there will be less events in the coming six months, and events that do take place, will see restrictions of sorts. He adds, "Budgets are going to be allotted to priority needs. What was considered investment earlier, will now be seen as expenditure.

"I had created a new collection when the lockdown had started; it'll still be relevant for the coming season, so I'm concentrating on that. There are niche clients with big paying capacity, but they'll still be looking for cost-effective options."

Designer and fancy things will not be priority, so business for designers who create such outfits will take a hit. Chances of improvement by 2020 end are very less, and social distancing will continue over the world for at least six to eight months. From my involvement in the industry, I don't see a demand for designer garments for this year, but 2021 seems hopeful."

Speaking about his current collection and plans to get through the challenges, he says, "I had created a new collection when the lockdown had started; it'll still be relevant for the coming season, so I'm concentrating on that. There are niche clients with big paying capacity, but they'll still be looking for cost-effective options. So I'm going to be working on my costing by cutting down on overheads, squeezing my profit margins, working with craftsmen to be more efficient, etc. Also, garments usually become expensive based on the value added to the base fabric, so doing away with embroideries and embellishments and focusing on cuts and fabrics like raw silks and organzas is the way forward."

To save on time and costs, Deepak Golani will also be seeing clients only by appointment. Of course, this will also help keep the atmosphere safe and maintain cleanliness as we all make social distancing our new normal.

Deepak Golani is of the very few designers in India who not only independently creates his collection but also directs it through fashion shows in cities like, Mumbai, Pune, Ahmedabad, and Surat. His genius lies in the delicate space between creative vision and technical precision, and he creates magic by striking a perfect balance between design and fit.

FEMINA CONTENTS



COVER PHOTOGRAPHS: HARSH PATEL

21 BEAUTY

Blast
TIME FOR A LITTLE TLC!
Bye-bye, hair woes

LIVING

23 Food
BAKELICIOUS!
Easy cake recipes for your indulgences



IN EVERY ISSUE

06 FOREWORD
08 TOMBSTONE
12 INBOX

GET FEMINA RIGHT AT HOME

- To subscribe, SMS FEMSUB to 58888.
- To subscribe online, visit mags.timesgroup.com/femina.html

18 AAY

Love
KEEP THE ROMANCE GOING!
Enjoy date nights at home



18



20 FASHION

Front row
SAY YES TO COMFORT
Style to breeze through summer!

FEMINA PROMOTION

INSPIRING THROUGH Actions

From admirer to influencer, **Payal Chirag Jain's** story is all kinds of inspirational!

Ahmedabad-based influencer and curator Payal Chirag Jain has established herself as a multi-talented and versatile icon to the masses. Embracing everyone from family and friends to business connections and whomsoever she is associated with, Payal Chirag Jain has managed to balance her professional, social, and personal life with utmost audacity!

Right from her childhood, Payal Chirag Jain had dreamed of engaging with eminent people, working with them in good faith, and uplifting the society in all ways possible. She says, "I started my career with a play titled That's My Girl. Written by well-known writer **Bharat Dabholkar** and performed by a Mumbai-based English theatre group, the play featured

prominent cast like **Anand Mahadevan** and **Shweta Rohira**. My only inspiration behind organising this play and fetching heart-wrenching reviews from viewers was my father, late Bansi Ranka."

Over time, the loss of her father turned into her source of strength. Payal Chirag Jain says, "For many, losing a beloved person makes one fragile and disheartened, but for me, my dearest father's departure from my life made me more responsible. I felt more attached to his vision, thinking, and struggles. One day, I could sense him telling me that I didn't have to be weak but take the legacy he had built to the next level. I realised what I had to do and decided to transform my dad's vision into a legendary remark! That's when my journey truly began."

Speaking of projects she has worked on, Payal Chirag Jain says, "I have been blessed to facilitate certain brands by being a curator and bringing an impeccable change to the company's look. I've curated events for brands like Mercedes and have featured **Govindaji, Sunitaji** and **Tina Ahuja** on my show Pink Butterfly. I've also curated events for



Shobha Asar and **DV Studio** and hosted a family talk show with **Manju Lodha**. I also conducted a two-day yoga and fitness session with **Mickey Mehta**."

With every event, Payal Chirag Jain intends to deliver one strong message—how certain incidents changed the way she perceives life and help her design her career-path so beautifully. Her ideology, gratifying nature, reverence for work and family has been an

"I HAVE BEEN BLESSED TO FACILITATE CERTAIN BRANDS BY BEING A CURATOR AND BRINGING AN IMPECCABLE CHANGE TO THE COMPANY'S LOOK. I'VE CURATED EVENTS FOR BRANDS LIKE MERCEDES, SHOBHA ASAR, DV STUDIO AND HOSTED A FAMILY TALK SHOW WITH MANJU LODHA."

inspiration not only to people she is associated with but also for every woman who wants to fulfill their dreams!

Her mature outlook and flexible nature is the reason she can gel well and deal with 80-year-olds and kids alike. Her approach towards work and life are the reason people place trust and confidence in whatever she does. Payal Chirag Jain adds, "My mantra for life is live, love, and laugh. I accept challenges head-on, turning them into opportunities. I manage to justify each and every role I play, be it that of an influencer, a mother, or a wife. For me, family comes first and their happiness is my priority. Due to this, my husband, son, and in-laws also cooperate wholeheartedly so I can achieve my goals."

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 CAN NOT 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.

WE HEAR YOU!

Write to us at femina@wmm.co.in

These are tough times indeed and there's no doubt that frontline workers are going out of their way to serve or help others in whatever way they can. Kudos to all such individuals like those featured in the cover story of the last issue of *Femina*! I hope that more people get inspired to do the right thing by reading about these COVID-19 warriors.

Trupti Ghiya, Ahmedabad

It's truly commendable what all our COVID-19 warriors are doing for our country right now. And so it was great to read your cover story featuring some extraordinary women in the last issue of *Femina*. Kudos to all of them and to you for bringing us such wonderful stories!

Richa Jain, Vadodara

I loved reading about our COVID-19 warriors in the cover story. Everyone needs to understand the contribution and sacrifices these people are



making for the country. And I hope we can all do our bit, even if it's not much, in these trying times.

Mauli Patel, Gandhinagar

The COVID-19 warriors story was a fabulous read. I also loved the other stories in the last issue. The recipes were super easy to follow and I've already tried my

hand at two of them. They turned out to be delicious!

Digisha Jani, Surat

Your COVID-19 cover story was very inspiring. I enjoyed reading the other stories in the issue too. It's hard to find new and easy recipes during lockdown, so the food section was an absolute delight. Thanks a bunch!

Krinal Bhatt, Rajkot



Your digital issue was just as entertaining and inspiring as your other issues are. I enjoyed reading all the stories and hope you guys keep giving us more of such wonderful ones!

Megha Shah, Surat

EMPOWERING OTHERS TO SUCCEED

Image consultant **Jaidevi Mehta** is passionate about changing people's lives by using her skills and knowledge



mile to ensure everything is in place and in sync with the ambience, which is why empowering my clients to achieve their next milestone fulfills my heart with pride! So during the lockdown, I started with inspiring people to work on their first impressions and suggested ways they could improve themselves in the lockdown. I also helped my clients with online wardrobe analysis to get them to ditch pyjamas, making them look stylish every day so they could feel good about themselves. I also conducted a lot of live sessions with renowned personalities in the city, shared grooming tips like DIY manicure and pedicure, fitness tips, and styling tips on my Instagram handle."

Before she started her career in Style Coaching™ as an Image Consultant, Jaidevi Mehta worked as a graphologist (handwriting analyst), Zumba instructor, and a voiceover artist. She has two Masters degrees, one of them being an MBA from one of the top B-schools in India! She believes that communication, in the right way, plays an essential role in building a person's or a brand's identity and recognition, and so she earned herself a degree in Corporate Communication from London. A Certified Style Coach™ from Style Coaching Institute of London with honours, Jaidevi is determined to use her skills and knowledge towards the betterment of her clients.

Speaking of her inclination towards image consultation, she says, "I regard my mother, a practicing psychologist, as my first teacher. Growing up, I developed a keen interest for styling, while also learning from her, the importance of body language and expressing one's personality. Later, I discovered my love for motivating people and encouraging self-care through grooming and that for personal fitness from my father. All these factors made me realise that image consultation was the perfect career choice for me. And of course, all that I've achieved wouldn't have been possible without my family's support!"

If you'd like to follow Jaidevi's career then you can connect with her on Instagram @Stylecoachjd, YouTube @Stylecoachjd or email her your questions at stylecoachjd@gmail.com

Ahmedabad-based image consultant Jaidevi Mehta recently launched her venture on social media. She made her Instagram and Facebook page live and also started her YouTube channel during the COVID-19 lockdown. In a time when people are majorly worried about the present and future having a hard time focusing on the positives, how did she manage to celebrate her achievements and stay inspired to meet her goals? She says, "I am lucky that my line of work is purely out of passion. To see people going through image makeovers, gaining more confidence, and getting a new direction in life gives me a sense of fulfilment. I walk that extra

"I AM LUCKY THAT MY LINE OF WORK IS PURELY OUT OF PASSION. TO SEE PEOPLE GOING THROUGH IMAGE MAKEOVERS, GAINING MORE CONFIDENCE, AND GETTING A NEW DIRECTION IN LIFE GIVES ME A SENSE OF FULFILMENT."



YOU ON SOCIAL MEDIA



Brave and beautiful

When life throws you a curveball, you simply step up and give it your best shot. And that's exactly what these COVID-19 warriors are doing, irrespective of their personal lives going for a toss! Read on to know what keeps these bravehearts motivated in tough times and the sacrifices they're making. By **Kalwyna Rathod**



DR RUTU JAYANT NIKHAL

Intern doctor on sampling surveillance duty



Honoured to have the opportunity to serve in these difficult times.

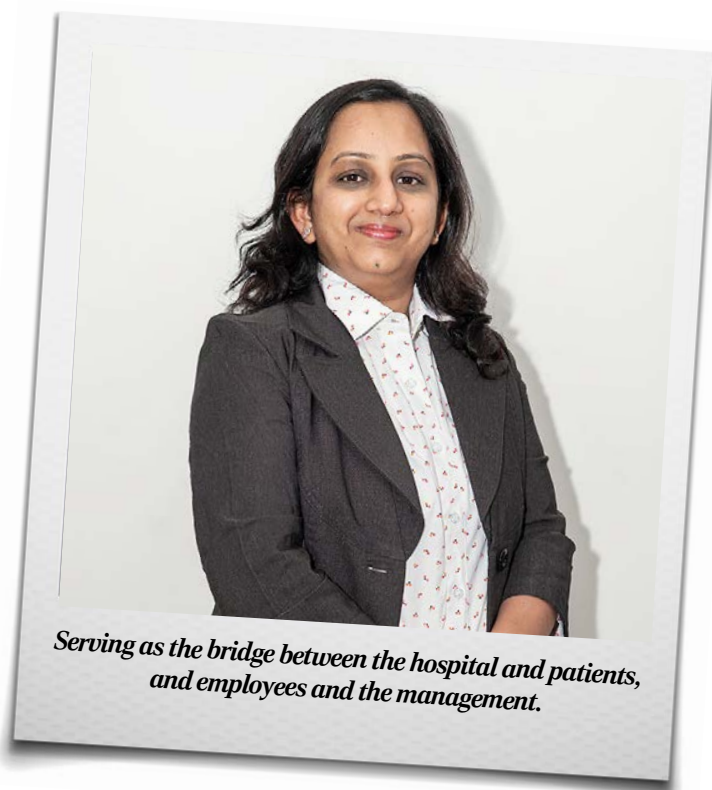
For a 22-year old intern doctor with no experience at all, it certainly must've been scary to start working on the frontlines during a pandemic. But Dr Rutu Jayant Nikhal, currently allotted sampling surveillance duty of various zones in Ahmedabad, is determined to serve the country! She says, "I was assigned COVID-19 related duties a month after I started my internship. The situation is grim, and on sampling duty, I am at constant risk of coming in contact with coronavirus positive individuals. My parents were naturally worried in the beginning, and asked me to consider not taking up these duties. But then I am a doctor, and I can't shirk my responsibilities!"

“
MY PARENTS WERE
NATURALLY WORRIED
IN THE BEGINNING,
AND ASKED ME TO
CONSIDER NOT TAKING
UP THESE DUTIES. BUT
THEN I AM A DOCTOR,
AND I CAN'T SHIRK MY
RESPONSIBILITIES!”

After coming in direct contact with three coronavirus positive senior colleagues, Nikhal decided to self-quarantine because she was afraid of putting her parents and younger brother at risk of contracting infection. Anxiety drove her to locking herself in her room whenever she was at home; her mother would leave meals and water by the door for her. "Now, after working on the field for this long, I've given up the negative thoughts. I only take basic precautions now like keeping a safe distance from them," she says.

The biggest challenge posed at work is the personal protective equipment or PPE kit. Nikhal explains, "It is mandatory to wear the kit. As it is made of plastic and it covers the whole body, we perspire so much almost as if there is a tap of running water inside the kit. This leads to dehydration and many of my colleagues have fainted on duty! Once we put on the PPE kit, we are not supposed to remove it till our shift or work is over. So, to avoid dehydration, we drink a litre of water before wearing and after removing the PPE kit. But due to heavy intake of water, our appetite is weakened and there are more chances of infection. So, every healthcare worker on duty is at a high risk of infection."

Nikhal is also preparing for her PG-NEET exam. She says, "Doctors planning to pursue post-graduation have to score well in this entrance exam. We have to study for the January 2021 exam during our internship, but because of COVID-19 related duties, we are not able to find time or concentrate on studies. If I don't score well in this exam and get my desired branch, I will have to wait for a year and reappear for the exam in 2022. So, this is a hard time for me personally and also on the career front, but I'm honoured to have the opportunity to serve in these times." >



Serving as the bridge between the hospital and patients, and employees and the management.

KHUSHBOO DEVAL KHATRI

Deputy Manager-Clinical Operations, CIMS Hospital Ahmedabad

While most people are fortunate to be spending more time with their families during lockdown, hospital personnel, apart from healthcare professionals, are working extra hours to keep things functioning smoothly. Khushboo Deval Khatri, Deputy Manager, Clinical Operations at CIMS Hospital Ahmedabad, not only looks after all operations in the COVID-19 ward but is also serving as the bridge between the hospital and patients, as well as employees and the management. She says, "COVID-19 has affected each and every individual. Several people are in panic mode and routine life has become challenging. At CIMS, we worked

“ I FEEL BAD FOR NOT BEING THERE FOR MY DAUGHTER, BUT I WILL BE HER HERO WHEN SHE UNDERSTANDS THE WORK THAT I DO. ”

to make space for COVID-19 patients even before the government mandate pertaining to private hospitals was announced. It was difficult to meet the requirements of patients who were away from their relatives and staff safety while providing effective care was the most challenging part, but with the support of the higher management we have been able to tick all the boxes. Apart from providing all necessary equipment, we also hold awareness sessions for employees as well as patients to help them beat the fear of COVID-19.”

Speaking about how the never-ending work hours, online meetings, and phone calls have affected her personal life, Khatri says, “Working extra hours means being completely drained to be able to spend quality time with my family. It’s difficult to make my six year old innocent daughter understand why her mother goes to work when everyone else is at home. In the evenings, when she tells me that she missed me when she cooked pasta with dad or baked cookies with *dadi*, I feel sad, but my husband and mother-in-law never fail to remind me that the society needs me today. I feel bad for not being there for my daughter, but I will be her hero when she understands the work that I do. This thought keeps me going and inspires me to give my best at work. While family support is crucial, it’s also easy to get through the stress seeing my colleagues work just as hard during this situation.”

PHOTOGRAPH: HARSH PATEL

ACP MINI JOSEPH

Mahila Cell, Crime Branch

ACP Mini Joseph supervises Ahmedabad's east and west Mahila police stations, and usually has to deal with issues pertaining to dowry and in-laws, human trafficking and other crimes against children and women. Post lockdown, she has been involved in patrolling duties. Shattering



Duty and responsibility above all else.

“ PEOPLE NEED TO UNDERSTAND THAT TAKING PRECAUTIONS IS NECESSARY, BUT THERE'S NO NEED TO LET FEAR CONSUME YOUR MIND. ”

the tough cop image, this soft-spoken lady shares how the police come to the rescue of those in need. “Right when the lockdown was announced, we received a call from a girl who had to catch a flight back home to Mumbai but couldn’t find any means of transport. So we helped her out by dropping her at the airport. There was another woman whose husband was admitted to the hospital after he tested positive for COVID-19. The lady had no means to go back home; someone called us up and we were there to help her out.”

It was after patrolling duty in the city’s high risk areas that Joseph developed COVID-19 symptoms. She says, “I developed cough and cold, so I started self-isolation in office, asking the staff to come into my office only for important matters. They thought I was scared of contracting the virus from them. So I explained my predicament and they understood. I developed fever after four days, tested positive for the virus and was hospitalised.”

Speaking of being quarantined, Joseph says, “I stay alone, so my father, who is 75 years old, wanted to come and see me. I have been video calling him twice a day so he doesn’t worry. In the hospital, I was sleeping most of the time due to the medications. One movie that I watched and really liked was *93 Days*—it is about the Ebola outbreak in Nigeria.” She further adds, “I felt my confidence dwindle in the first hour after which I tested positive, which made me realise how hard it must be for others going through the same situation. People need to understand that taking precautions is necessary, but there’s no need to let fear consume your mind.” Joseph also maintains that social distancing will have to be the new normal for all, something she executes with prudence herself. **E**

PHOTOGRAPH: HARSH PATEL



KEEP THE ROMANCE GOING!

Indulge in a perfect date night at home using these tips by **Aishwarya Acharya**

With the lockdown entering its fourth season, staying at home is getting difficult with each passing day. Things we took for granted in the pre-lockdown period seem far from achievable now. And one of them includes going to a restaurant and grabbing a decent meal! Now that those candlelit dinners at your favourite restaurants are a distant reality, you can recreate your romantic date nights at home, albeit in a different way.

Settle on simple meals

If the date night is on you and you are still struggling to put together a menu,

stop right there. The idea behind a romantic date night between you and your partner is to spend quality time together and revive the spark. The meals are secondary. Settle on a simple menu that can be managed without much hullabaloo. Two or three

different dishes with a decent mocktail or beverage of choice and conversations to hold—perfect date night!

Do the dishes together

It's great setting up the mood and lighting candles to have a cosy dinner with

“Settle on a simple menu that can be managed without much hullabaloo.”

our respective significant others. But, have we ever considered the vision after this scenic dinner? Dirty tumblers, spoons, plates and bowls in the sink calling you out for help. That's the scary part! Divide the dishwashing chore amongst yourselves; if one of you is washing the dishes, let the other be in charge of wiping it clean and placing it in the designated spot. Dishes shared are troubles halved!

Try star gazing

Luckily, with the entire world cocooned in their houses, there's not much pollution that could hinder your stargazing experience. With clearer night skies, you are sure to spot a handful of stars on a breezy night at the terrace of your apartment or from the window itself. Nothing beats the serenity of gazing stars and gaining perspectives over our existence in the world. Also, there are various apps you can use to watch stars which makes the experience even easier! **E**



ALL YOU NEED TO KNOW ABOUT IN-VITRO FERTILISATION DURING COVID-19

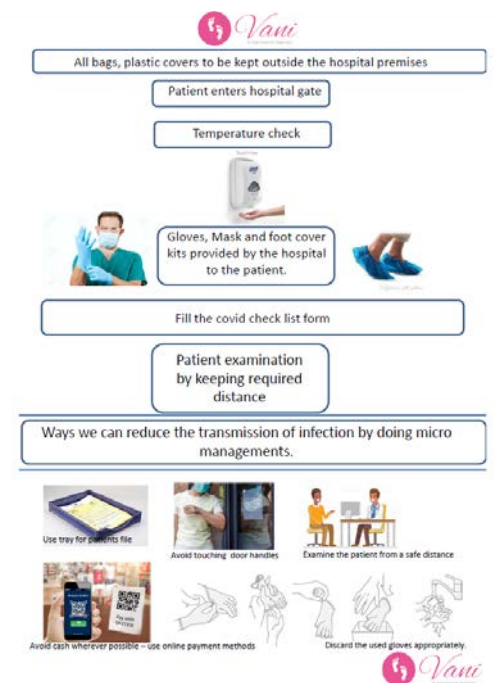
Dr Kamini Patel of Vani IVF centre discusses the nitty-gritty of in-vitro fertilisation for couples looking to expand their family during the COVID-19 situation



Dr Kamini Patel

- All discussions and planning to be completed two weeks in advance (ideally over teleconsultations) consents and agreements to be done on the day of starting.
- Couples to be advised social isolation for two weeks prior to starting treatment to reduce risk of infection.
- Stimulation protocols planned in a manner that involves minimal visits for scans and blood samples.
- Consider utilising fixed antagonist protocol for IVF cycles, where antagonist is started on Day 6/7 of cycle rather than follicle size criteria, to reduce visits for ultrasound monitoring.
- Stimulation for IUI cycles with lower doses of gonadotropins, monitoring as minimal as required based on follicular growth. Lower threshold to be kept for cycle cancellation if risk of OHSS.
- Dosage of gonadotropins to be decided judiciously. Whenever in doubt, prefer agonist trigger or freeze all policy.
- Husbands to undergo COVID-19 testing (as per local/regional health policy) at least 48 hours prior to hCG trigger (ideal to have it on Day 2, when cycle is to be started).
- Cancellation policy strictly defined: for COVID-19 positive (either partner) situation and also for OHSS.

Tell us about the micro-management done at Vani IVF centre to avoid even the minimum chances of infection.



Is it safe to consider IVF treatment given the COVID-19 situation?

We have very little information to know if the virus passes from mothers to babies during the pregnancy, but most babies have not been infected. There are no signs that COVID-19 increases the risks of birth defects, although we know of only a few women who got the virus at this stage and are yet to deliver their babies. The information on the relationship between COVID-19 infection and fertility is dynamic and growing. In times to come, we will keep people updated with available evidence and results. From available information, it is largely safe to take up IVF treatment in this situation if proper precautions are taken.

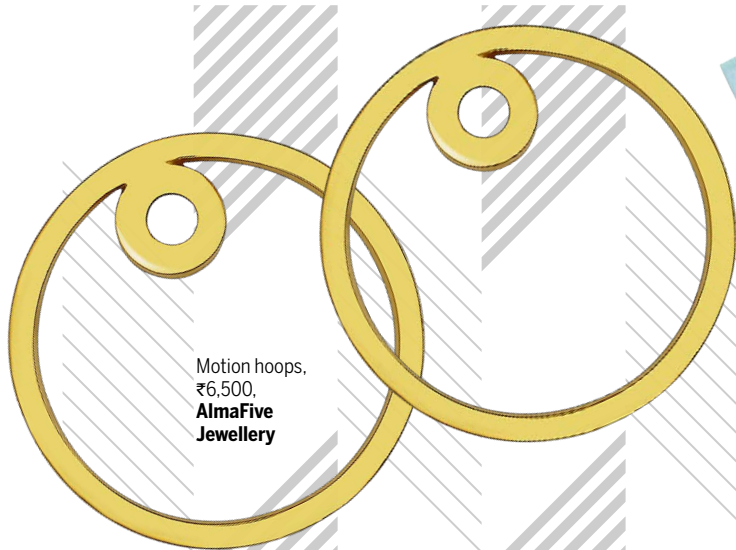
What changes have been brought about in the IVF process keeping in mind the COVID-19 situation?

According to the Indian Society of Assisted Reproduction Association, the following guidelines have been finalised:

- Only those with triage negative and confirmed negative tests for COVID-19 to commence IUI or IVF cycle. Ideal to have tests by Day 2 of cycle.

VANI IVF CENTRE

25, Asmita Society, Near Kashi Vishwanath Mahadev temple Maninagar East, Ahmedabad +91 9428100004



Motion hoops, ₹6,500, AlmaFive Jewellery



Cotton T-shirt, ₹2,900, Bhane



High rise jeans, ₹2,990, Uniqlo X JW Anderson

SAY YES TO COMFORT!

Work at home is a breezy affair when you're dressed right



Mesh platform sandals, ₹6,499, Charles & Keith



TIME FOR A LITTLE TLC!

Summer heat making your tresses dull and scalp greasy? Fret not, for there's a hair mask for every hair problem, says **Shruti Shukla**

When it comes to self-care, some extra TLC helps a great deal in enhancing one's look. Slap that face mask on and wake up to radiant skin, indulge in a body scrub and enjoy the silky softness, resort to *champi* an hour before shampooing and you'll notice how your mane revives instantly! Simple and quick measures like these can offer great nourishing benefits

and we have long been fascinated by the power of home-remedies in bringing beautiful changes in our lives. Now that the lockdown is giving us ample time at home, it is an excellent opportunity to raid the kitchen cabinet to reap all the beauty benefits.

Chandni Kamdar, technical trainer at John Paul Mitchell Systems India, shares insights on how to use healthy-hair ingredients in homemade masks.

For dandruff

Nourish your dry scalp with Kamdar's anti-dandruff

recipe.

- Squeeze out one lemon in a bowl.
- Add four to five tablespoons coconut oil.
- Add a teaspoon of camphor powder and mix till the camphor dissolves properly.
- Apply this mask on your scalp and massage it into the skin in a gentle circular motion.
- Wrap a warm towel around your head to help the oil seep in, and leave >

“NOW THAT THE LOCKDOWN IS GIVING US AMPLE TIME AT HOME, IT IS AN EXCELLENT OPPORTUNITY TO RAID THE KITCHEN TO REAP BEAUTY BENEFITS.”

it on for 30 minutes.

- Wash your hair with a mild shampoo.

This quick-to- whip hair mask will provide intense moisturisation to your scalp and help keep itchiness and hair fall at bay.

For limp hair

Dry, dull and undernourished hair reveal a limp mane that can significantly hamper the look of your crowning glory. Kamdar recommends:

- Mash a ripe banana in a bowl.
- Add one teaspoon honey and few drops of tea tree oil, and combine all the ingredients.
- Apply this mask on your scalp and work your way



“A STRONG DOSE OF NOURISHMENT IS ESSENTIAL TO HELP THE TRESSSES LOCK-IN MOISTURE AND OFFER A GLOSSY TEXTURE.”

downwards to cover the strands.

- Keep it on for 20 minutes and wash off with a mild shampoo.

A strong dose of nourishment is essential to help the tresses lock-in moisture and offer a glossy texture.

For oily scalp

Sweat and humidity during the hotter months of the year make greasy scalp, itchiness, and inflammation common hair woes. It can even lead to dandruff in some cases. To prevent greasiness, Kamdar advises to use this homemade mask:

- Take two tablespoon baking soda in a bowl.
- Add four tablespoon water and 4 to 6 drops of tea tree oil and mix well.
- Apply this mixture onto your scalp and let it sit for 15 minutes.

- Wash it off with a mild shampoo. Tea tree oil has cooling properties that will soothe irritation and boost hair health. The acidic quality of baking soda, on the other hand, will help soak excess oils and promote hair growth.

For hair growth

Wish to flaunt long, enviable tresses when you finally get to step out, post the lockdown? Resort to this home-spun mask, tells Kamdar:

- Take equal parts of coconut oil and cinnamon and combine the two.
- Apply this mixture onto your hair and scalp and leave it on for 30 minutes.
- Follow with regular shampooing and conditioning.

This simple mask that requires only two ingredients promotes healthy hair growth, keeping hair nourished, long and strong. **📌**

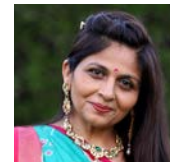
PHOTOGRAPHS: 123RF

BAKELICIOUS!

Self-learned, vegan, and allergy-safe baker **Kiran Prashant Amin** shares some simple cake recipes you'll love to recreate

VANILLA SPONGE CAKE

Eggless and butter-free deliciousness



Kiran Prashant Amin,
Home baker

INGREDIENTS
2 cups maida (minus 2
tbsp maida, add 2 tbsp
cornflour; this makes
cake flour. Skip this
step if you don't have
cornflour)

1 cup castor sugar
(add 1/4 cup extra for
more sweetness)

1 tsp, heaped,
baking soda



SERVES: 8-10 > PREPARATION TIME: 45 minutes

Method

Pre heat the oven to 180°C for 10 minutes. Line/ butter the cake mould.

1. Add vinegar to the milk. Let it stand for 10 minutes.
2. Stir and add sugar and mix well. Add oil and incorporate with a fork or spoon. Don't overdo it. Your wet ingredients are ready.
3. Sift all the dry ingredients three times.
4. Add the wet ingredients mixture in two parts to the dry ingredients while mixing in cut and fold way (gently with a spatula). Don't over mix; mix just enough to make a lump-free smooth batter.
5. Add choice of dried fruits or chocolate chips after dusting in some flour to keep them from sinking to the bottom.
6. Transfer batter to the prepared cake tin/ mould. Sprinkle some nuts or chocolate chips on the top of the batter too (optional).
7. Bake in the preheated oven for 30 minutes at 170°C until it's done. Check with a toothpick or knife for doneness in the centre of the cake.
8. Let cool for 30 minutes before removing from the tin. >

- 1 tsp salt
- 1 tsp vanilla extract or powder
- 1 cup whole fat milk
- 2 tsp vinegar
- 1/2 cup oil (any odourless cooking oil)
- 1/4 cup tutti frutti/ chocolate chips/ nuts/ dried fruits of your choice (optional)

BANANA WHOLE WHEAT CAKE

Healthy, tasty goodness



INGREDIENTS
1 1/2 cups whole wheat flour
2 tbsp cornflour
1 1/2 tsp baking powder
1 tsp baking soda
1 tsp salt
Pinch of cinnamon powder

Pinch of cardamom or nutmeg powder
3 ripe medium sized bananas
1/2 cup castor sugar (You can take 1 tbsp less)
1 cup thick buttermilk
2 tsp vanilla extract
1/4 cup oil (any flavourless cooking oil)

SERVES: 8-10 > PREPARATION TIME: 45 minutes

Method

Pre heat the oven to 180°C for 10 minutes. Line/ butter the cake mould.

1. Sift all the dry ingredients, except sugar, three times.
2. Mash the bananas in a pan. Add sugar and mix well.
3. Now pour in the buttermilk. Add oil and vanilla extract.
4. Now mix the dry ingredients, to the above wet ingredients mixture in three batches. Don't over mix. You can add in a tablespoon each of cocoa and coffee powder if you wish.
5. Pour the batter in the tin. Sprinkle chocolate chips and some coconut flakes.
6. Bake for 25 to 30 minutes at 170°C or till done.
7. Let it cool for one hour and unmould. Tastes best the next day!

Note: You can replace sugar with jaggery; simply dissolve it in buttermilk first and adjust quantity as per liking. You can add raisins, dates, or nuts to the batter or on the top of the cake. Use all ingredients at room temperature.

MANGO OATS VEGAN CUPCAKES

The king of fruits, and cake—it doesn't get any better!



INGREDIENTS
1 cup plus 4 tbsp maida
1 cup semolina
1 cup oats
1 cup coconut milk
1 cup castor sugar
1/2 cup olive oil (or any cooking oil)

1 cup mango puree (Alphonso mangoes give a nice flavour and colour)
2 tsp white vinegar
1/2 tsp baking soda
1 tsp vanilla extract or cardamom powder
1/4 cup pistachio slivers or almond slivers

SERVES: 8-10 > PREPARATION TIME: 40 minutes

Method

1. Sift the maida, salt, and baking soda two to three times.
2. Add the oats and semolina (you can use fine or coarse).
3. Add the vinegar to the coconut milk (thick, first pressed if using homemade). Let it stand for 10 minutes. Till then, line your cupcake tin and/or cake tin.
4. Add vanilla extract or cardamom powder to the milk. Stir well.
5. Add oil and beat for a few seconds, manually, with an egg beater.
6. Now add the mango puree (room temperature) and mix well.
7. Add sugar to this mixture in two to three parts. Note that quantity of sugar depends on the sweetness of mangoes—add a little less if mangoes are sweet.
8. Preheat oven for 15 minutes at 180°C.
9. Add the dry ingredients to the wet mixture in three batches slowly by cut and fold method. Do not overmix. Batter should be dropping consistency like that of *dalwada*. Add a couple of tablespoons water if needed.
10. Add the pistachio or almond slivers.
11. Pour in the cupcake liners to 3/4 or 2/3 capacity. If you're not going to frost them, you can add dried fruits or chocolate chips on the top.
12. Bake the cupcakes for 15 to 20 minutes. Check for doneness using a toothpick pierced in the middle. If it comes out clean, remove cupcakes from the oven and let cool on a rack.
13. Frost with whipped cream flavoured with mango puree or serve with mango or vanilla ice cream. Stays good in the fridge for more than a week. >

CHOCOLATE CAKE

Moist, lip-smacking, scrumptious



INGREDIENTS


- 3 cups maida
- 3/4 cup butter
- 3/4 cup cocoa powder
- 2 tsp baking soda
- 2 1/4 cups sugar

- 1/2 cup thick curd (room temperature)
- 3/4 cup lukewarm water/ milk
- 2 tbsp coffee powder
- 1 tsp vanilla extract or powder

SERVES: 8-10 > PREPARATION TIME: 45 minutes

Method

Pre heat the oven to 180°C for 10 minutes. Line/ butter the cake tin/ cupcake moulds.

1. Sift all the dry ingredients three times.
2. Mix the butter and sugar well. Add in curd and mix.
3. Gradually, add the flour mixture and make a smooth batter.
4. Pour the batter in the tin/ mould. Bake for 25 minutes until done.
5. Unmould after the cake is cool. Store in an airtight container. Tastes best the next day! Serve as is or with chocolate ganache. 



mudra 9835

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



HAVE YOU MET THE WOMEN BEHIND THE MASKS?

Femina salutes women on the frontlines doing their bit during the COVID-19 pandemic. From feeding straying strays, delivering essential to the elderly, and working countless hours at emergency rooms, these superheroes stand tall in the wake of adversity.

DOWNLOAD YOUR FREE E-ZINE TODAY AND READ ALL ABOUT THESE #COVIDCRUSADERS

Log on to www.worldwidemedia.in/magazines/femina