

NOVEMBER 2020

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What happens after D-Day?





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EDITOR'S LETTER

As we grapple with a potential second wave of the pandemic across the nation, we are now moving beyond the fears and normalising things as much as is safely possible. Weddings have of course been affected drastically, and time will tell if the current 'new normal' in the wedding industry is a permanent change, or will people go back to what was pre-pandemic once things are back to normalcy.

WE SPEAK ABOUT D-DAY AND ALL THAT IT ENTAILS WHEN WE SAY WEDDINGS. BUT HAVE YOU THOUGHT OF THE TIME AHEAD?

That being said, we speak about D-Day and all that it entails when we say weddings. But have you thought of the time ahead? The new phase in life that starts on D-Day? Turn to the *Big Story* to get an insight into what to expect and how to handle the changes one experiences. The cover girl of this month, and *Puneri mulgi*, Radhika Apte

talks about her journey to date and her unusual and endearing wedding ceremony in the *Reality* pages.

We also have a bride-to-be sharing her first-hand experience in wedding planning in the *All About You* pages. The *Beauty* section decodes looks of celeb brides for some makeup inspo!

Happy wedding planning!

Ruchika

Ruchika Mehta

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FEMINA

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From a house-full Indian wedding to minimal and requirement-based planning post lockdown!



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Weddings are incomplete without those beautiful jewellery pieces that adorn the bride. Check out what's in store this bridal season.

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Looking for bridal makeup inspiration? A makeup artist decodes three celebrity bridal makeup looks.

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A Punekar and a happy-go-lucky, outspoken individual, Radhika Apte has chosen a path that's less trodden than most aspiring actors.



ON THE COVER

ACTOR: RADHIKA APTE; PHOTOGRAPH: MEETESH TANEJA COVERGIRL: RADHIKA APTE; HAIR AND MAKEUP: SUBBU; STYLIST: PRACHITI PARAKH; STYLING INTERNS: ADVITA, SAACHI, JULIEE SILVER PINK OVERSKIRT BRIDAL GOWN, PRICE ON REQUEST, OHAILA KHAN

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Femina got three homebakers to whip up the ultimate dessert that you can bake for your fiancée.



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WEAR YOUR 'RIVAAZ'

KASAT EXCLUSIVE IS KNOWN TO HOUSE ARTWORKS IN THE FORMS OF SARIS AS ALSO LOVELY SALWAR KHALEEZ AND ANARKALIS... READ ON TO FIND OUT MORE; BY **RAVINA M SACHDEV**

It's hard to reside in Pune and not know about Kasat Exclusive. The brand has an extensive collection of traditional ensembles, while embracing the latest styles. Ranging from every day wear to occasional wear to bridal wear.... From embellished to embroidered, they've got you covered.

Kasat Exclusive comes from the house of Kasat which has a legacy of 110 years. They are one of the pioneer that got Paithanis into such limelight. Gaurav Kasat, the talented man behind the brand says that history inspires him. "Our country has a very rich

history and most of the world renowned artist are from over here so when I look around or go through our history, I get inspired by our heritage and the same inspiration goes behind creating new designs," he explains. Gaurav, under the guidance of his father Ramesh Kasat, has made this store to reach to the place where it is today.

He is also most involved in the family business and says that he enjoys every step of the design process right from developing a yarn to designing the jacquard. "You'd be surprised to see that there is so much to learn from the

smallest of the things involved in weaving and I thoroughly enjoy the process," he shares. Gaurav also reveals that his favourite material to work with is silk as the material can make you look elegant and chic at the same time effortlessly.

Talking about the current trends doing the rounds in the bridal wear circuit, he says that handloom have been enjoying the limelight since quite some time now. "Handlooms have been the most demanded and

preferred fabric by brides these days and they now prefer classic designs which have been in trend since their grandmothers wedding," he signs off. Well, it's like they say - CLASSICS AND TRADITIONS NEVER GO OUT OF FASHION. Kasat Exclusive has an exclusive wedding lounge called RIVAAZ where you get premium saris, lehengas and gowns. Trust Kasat Exclusive to always be on top of their game.



provides multiple options for all kinds of gifting solutions.

The gifting categorization and variety will help you get the best present no matter what the occasion. Built on a principle of providing fun-loving, good quality and quirky gifts, the brand is expanding exponentially in all gifting categories so that we are able to take an order of any sizes, stature and fulfil all your gifting desires. Aarnaaz Gifting Solution aims to provide its customers lots of variety in great quality, fun, quirky and customized gifting items which are delivered in a timely manner to achieve customer delight and build a loyal customer base.

Have an urgent timeline to meet but want only the best quality gift? They're here for you. The company works on strict quality and time guidelines. A unit that is run with love and care to give any occasion a better ending. Your gifts are wrapped the way you would like to give them and shipped across India.

They have created gifting sections to make things easy for you. The sections are office panache, home decor, baby chic, wedding season and gifts specially designed for loved ones.

Aarnaaz Gifting Solutions does not compromise on quality. All gifts are either handpicked or handmade that you can customize to your heart's content. At the most affordable rates, you can get international standards in gifts which keep an ecological angle in view at all times.

Happy gifting!

GIFTS GALORE

BUYING PRESENTS FOR YOUR LOVED ONES WAS NEVER AS EASY AS IT HAS BECOME NOW ALL THANKS **AARNAAZ 360 GIFTING SOLUTION.**

With the wedding season in full swing, and the New Year around the corner, we all want those perfect gifts to give. Aarnaaz 360-degree Gifting Solution is your one-stop-shop for everything relating to gifts and return gifts. Setting shop in 2011, after seeing a dearth of quality gift items, the brand has grown by leaps and bounds over the years. It now

WE HEAR YOU!

Write to us at femina@wmm.co.in with *Femina Pune* as the subject

Growing up, I always saw my mother buying a little gold every festive season. While I always thought it's because she loves gold jewellery, I never realised till much later that she used to get a gram or two – depending on the budget and her personal savings – every time. When we were going through some financial struggles, she came forth with the gold that she had accumulated over time and it helped tide us over the difficult time. The article Gilded Investments reminded me of this. I am going to take pointers from the article, and inspired by my mother, look at gold investment.

Shruti Mahajan, Shaniwar Peth

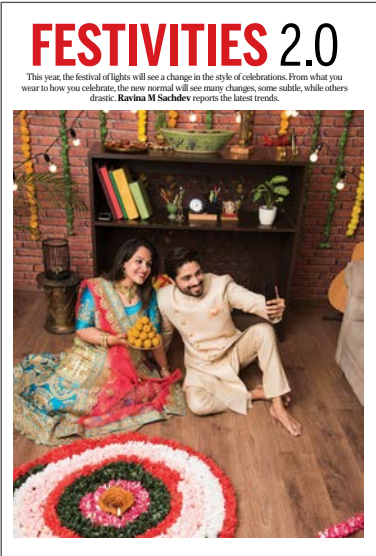
Diwali was always such a huge deal at my home but we were in a fix on how to celebrate it low key this year due to the current scenario but then I read the articles on Festivities 2.0 which had great ideas that we implemented. We had such a fabulous Diwali, thankyou *Femina*.

Neha Karande, Nagpur

Femina magazine is such a delight to pick up and read through. Am big on online shopping so I really enjoyed the article on shopping safely online. It was such an insightful and well written piece. Trust *Femina* to always give out informative and fun reads, thankyou.

Rhea Mirchandani, Viman Nagar

I've always been a fan of *Femina* since decades now. I love how they keep up with current festivities, trends and fashions. The fit in time article on workout regimes



FESTIVITIES 2.0
This year, the festival of lights will see a change in the style of celebrations. From what you wear to how you celebrate, the new normal will see many changes, some subtle, while others drastic. *Ravina M Sachdev* reports the latest trends.

at home was super motivational and easy to follow through. I implemented it in my daily regime and saw changes in my body. Thank you, *Femina*.

Meghna Dholakia, Aurangabad

I enjoy reading *Femina* for their fun content. I always keep an eye out for recipes since I love to cook and bake goodies for my family. I love the healthy festive treats in the previous magazine. I did make 2 of those and it was a winner in the family. I know I can always count on *Femina* to come up with fun twists to normal recipes.

Aishwarya Sharma, Baner

My 25 year old daughter loves experimenting with sarees and wearing it in a contemporary way. I read your piece on corset sarees and found it different. I gifted a corset saree to my daughter for Diwali and she absolutely loved it. Thankeyou, for always sharing the new trends in the city,

Kriti Kapadia, Pune

Getting to know about the recent festive trends through the big story was genuinely helpful, from all the lockdown cosy wear to switching towards the kaftans was something I did because of this article. It was truly fun to dress up this Diwali with beautiful jewellery and the precautionary face mask. I felt like the kaftan kinda added a new touch to my old style. Looking forward to reading more of these articles!

Snigdha Datar, Karve Nagar

Pandemic had me thinking twice before going to my salon to get festive ready! I was a bit worried about how to do all the hairstyling and makeup until I came across this article in the beauty section of *Femina*. The fishtail and headband braid was just something I was looking for. It took me a while but I successfully braided my hair for my festive look! Not just that I even tried the creative manicures. Hoping to try out more of these beauty trends.

Grishma Upadhyay, Hadapsar

I have always been a person who looks for all these home decor stuff across all the magazines. I came across the festive decor ideas one in *Femina*, I tried the DIY Toran and it came out perfectly! I never thought that it would be that easy, it inspired me to look for more of these and got my creative side churning. I even tried to make the light jars and they look absolutely fantastic. Let all the DIY articles keep coming in the future as well!

Veena Saxena, Camp

FEMINA PROMOTION



THE ICING QUEEN

PRABJOT NIKHIL SHARMA, OF CAKESMITH TAKES US INTO HER WORLD OF BAKING WHERE IMAGINATION BECOMES REALITY IN THE FORM OF BAKING.

Prabjot grew up baking with her mom; it instilled a lot of love for baking and pastry in her. She experimented a lot in the kitchen throughout her teen years and learned as much as possible via reading books, watching cooking shows, or online. While developing the dessert menus at her cake studio she started getting a feel for plated desserts. She worked on cake decorations and through trial-and-testing perfected her style. The chefs working under her learnt from her. Prabjot says, "At the beginning of my career, my friends started calling me the pastry person. I work by myself; I make what I want, how I want, so long as it's not too out there. I have a solid understanding of most things cakes and baking and am rapidly picking up the ability to adapt to my surroundings and make stuff that both myself and customers alike. That's how I achieved my goal to get into a high-end baking studio and bulk up and refine my knowledge."

It was in 2015 when she was looking to work on something she loves and that's when cakes came into the picture. She started taking cake decorating classes and found out that she liked the classes

and gained new skills. Already knowing basic baking came in handy, she wanted to learn how to get that look of a perfectly decorated cake. She feels baking is very peaceful, a good form of therapy, and the result produces wonderful cakes. As she progressed with skill levels, baking went from hobby to a business. She further adds "I absolutely love the fact that the



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cakes we provide for clients are all made from scratch without preservatives, are customized, and provide that extra special touch to special events such as birthday parties, weddings, and other wonderful life occasions. It gives me a feeling of satisfaction to know that my cakes were a part of someone's once in a lifetime event and helped make the event a memorable experience. And the immense support and motivation from my husband boosted me to start CakeSmith, by Prabjot."

CakeSmith offers what the client needs; "You think and we bake your imaginations. And trust me the smile on customers' faces gives you the best feeling in the world." When asked about the preferred style she says, "I must admit I love to be the best. Perfect is way overrated! I want it to be tasty, and it has to look equally yummy. The messy baker is not an 'official' category, but I feel like that is the best way to describe my style. I use the best ingredients, but there are usually as many in the bowl as there are all over me and on the counter – it's just my style! Whatever your baking style may be, embrace it and enjoy the experience."

One of her favourite baking memories is making plum cakes with her team of chefs. They make them every year around Christmas. In the first year of her cake studio "CakeSmith by Prabjot," she prepared 200 plum cakes and was a bit worried about the sales, but surprisingly they all sold out within 4 hours after she posted on her Instagram account. Next year they prepared 1000+ plum cakes. And coming Christmas they are planning to prepare the raw material of 5000+ plum cakes considering the pre-booked orders that they have already received.

When asked about future plans, Prabjot replied saying, "As a baker, you can be ambitious but you cannot think about the future as it is an industry which needs an up-gradation and continuous change, so I focus on today with the intent to grow in future."

CakeSmith

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LISTEN TO THE SKIN EXPERT (DR POORVA SHAH)!

DR POORVA SHAH OF DERMACENTER GIVES INSIGHT INTO THE SKINCARE REGIME ONE MUST FOLLOW TO GET THAT GLOWING SKIN.

Skincare is an essential part of our lives, and doing it right is crucial. Dr Poorva Shah of Dermacenter is the expert to consult for all your skin needs. She has an extensive knowledge in the field and she'll give the right advice. Following her father – Dr Dilip Shah's footsteps, she became a dermatologist. Here, she shares some tips and tricks to ensure you look on point.

Dr Shah informs, "Your skincare routine continues to change based on your age, and you continue to add to

your routine." It's not just about your chronological age as in the number but also depends on your skin age. For some people, their skin tends to age sooner than others. "The very basic that anyone must do at all times in their life is using a good cleanser, using a moisturiser, and also using sunscreen. Apart from this depending upon individual requirements the routine can be enhanced," she adds.

Dr Shah adds, "Glowing skin is a sign of healthy skin. Now your skin is definitely a marker and mirror of what's going

inside your body, so if you are actually healthy and fit you are going to look that way." One needs to work on skincare holistically and not occasion-based. If you're working on the issues your skin faces with a dermatologist over a certain time, the results will be better than what you would have if you opt for a short-term 'instant' treatment. "This is something you have to work holistically for a long time and plan to work into the future as well, that is the best way to do it! Even with all of this, if you want that special

extra glow, there are some procedures that we do offer. This effect lasts for the five to 10 days during the wedding period, they are all machine-based procedures and are safe."

Whether it's pigmentations, lines, folds, sagging, acne or tanning... all of these issues cannot be dealt with just by skincare routine at home. Dr Shah also advises that you should go to your dermatologist at least once a month and let them work on your skin. Talking about treatments, she says, "The basic hydrafacial for hydrating and cleansing, laser toning for pigmentation issues, carbon laser for oily skin, micro-needling for textural issues, etc. If you are looking for an airbrushed skin then opt for an



SKINCARE FOR BRIDES BY DR POORVA SHAH
You are not just talking about the wedding but you are also talking about post-wedding. You don't want to look good just for that one day, right? Your skincare is something you should get into early in your life, and it should continue well after your wedding day. But if we are talking about how soon a bride should start prepping for her skin, then I would say six months is quite ideal. But I have had brides come to me two or three months before too. Whatever works for you. It's never too late; it depends on what exactly you are looking for since everything is not achievable in a short period of time. If there are major skin issues to be resolved then the earlier you come, the better.



Dr Poorva Shah, Consultant Medical & Cosmetic Dermatologist

DO'S AND DON'TS FOR SKINCARE

- Make sure you get your procedures done by a qualified, authentic and ethical dermatologist.
- Make sure FDA approved equipment and good quality peels are being used.
- Maintaining the texture of the skin is the most important thing to do when it comes to skincare.
- Do not try anything new yourself especially skincare products, skin peels or facials. Only do so under the guidance of your dermatologist.
- Avoid bleaching or waxing your face.
- Avoid crash diets, it can cause dullness and hormonal imbalance.
- Do not use new commercial products unless of course advised by your dermatologist.

aqua gold treatment. If you've got many lines on your face then go for Botox. For more plump looking lips maybe fillers are your answer. There will always be a clinic-based procedure that will take your skincare to the absolute next level. Depending on your budget you must get involved in both at-home and in-clinic procedures for you to get the best results possible."

Currently the pandemic has us stressing out, Dr Shah points out that there has been an increase in the stress-induced skin and hair disorders. The hair fall cases have gone up by 60% in her OPD, even stress-induced rashes or acne. She further adds, "We have been there for our patients, right from the beginning of the lockdown. We are working and trying to help as many people as we can."



LOOKING AHEAD TO A NEW PHASE IN LIFE

When you think bridal, you always think about D-Day. But what happens next? It's a start of new life, and there are quite a few things you need to keep in mind. **Sanika Salunke** lists them out

Everyone speaks about the wedding – the trousseau, the many functions, makeup, food, décor... but what comes after D-Day is as important as what happens on it! The real journey of the bride begins right from this moment onwards. Leaving her home with a heavy heart, a bride always has to foresee a multitude of outcomes and manage her future life accordingly. Today, we don't give enough credit to the bride for she has to go through a maze of sentimental intensity. Are you a bride-to-be or someone who just got married? Then this one's for you!

BEAT THE BLUES

Honestly, post-wedding blues are very real and are a common occurrence. Now, what exactly are post-wedding blues? "The post-wedding blues are a widely-acknowledged after-effect of planning and hosting a wedding," points out renowned psychologist and counsellor, Dr Vaidehi R Janjale. They generally happen when you face a period of deflation right after experiencing the excitement of planning and organising your wedding! She suggests new brides to follow these tips to overcome the blues:



“They are an after-effect of planning and hosting a wedding.”

- Take time to understand your partner, and help him understand you. Talk to each other about self, aspirations, future plans, short-term and long-term goals, etc.
- Have a plan or routine planned out for after the wedding.
- Don't take anyone – be it your husband or the in-laws – for granted.
- Don't hesitate to speak out during family discussions.
- Plan small surprises for your partner to keep it fun. >





NEW BEGINNINGS

As one enters a new phase in life, keeping a positive, open-minded outlook helps adjust to the new life. “I have always been independent as I went to a hostel since my first year in college,” Kiara Sinha, an IT consultant who got married two years ago, tells, “I got married into a joint family where my husband, Nikhil, was the younger of two sons. I was unsure of how the family dynamics will really work and whether I’ll be able to adjust to it all well. While there were small hiccups in the early stages, it wasn’t as hard as I had kept an open-mind to changes – just like my mother advised!”

How can a woman prepare herself mentally towards a new phase of her life? Dr Janjale’s advice is “to try to connect and bond with the new family and in-laws. A woman can prepare herself mentally - by understanding her strengths and weaknesses, as also keeping an open communication between the new family, especially the husband, and herself.”

FORGING BONDS

Experiencing a major change, a new home along with unfamiliar people and lifestyle can be challenging. The key to adjusting is communication, it may come across as obvious, but you will be surprised to know how many brides hesitate to ask simple questions. It doesn’t matter how silly or irrelevant your questions seem, voice them out and

“Every problem has its own solution; you just need to figure it out”

understand the other person’s perspective. If you’re wondering how to broach a subject? “Get to the point, start a general discussion, don’t try to be too cool, don’t assume, skip the ‘you’. Always remember the more you give, the more you receive in abundance,” says Dr Janjale. Keep in mind though to “say what you want to say with respect, and without hurting anyone,” she adds.

As both are coming from a different background, you and your husband will have different ideas and perspectives. This might lead to misunderstandings or squabbles. But one needs to move beyond thinking of ‘I or me’ and think about ‘us’. Both need to ask oneself these questions and decide what is important – ‘my relationship or my ego? My attitude or my spouse?’ “Every problem has its own solution; you just need to figure it out. As a psychologist, I would advise to understand each other first and keep your ego aside when you enter the house,” Dr Janjale says.

“Create bonds with in-laws in a very positive and a healthy way. Keep yourself calm and think about the culture and the pattern in your in-laws’ house. Realise that this new family is also just as much ‘your’ family as your parents and siblings are. When you start thinking of them as “my people”, your mind starts accepting them unconsciously, effortlessly. Try to build rapport with in-laws. Respect the culture and the personality,” adds Dr Janjale.

KEEPING THINGS POSITIVE

Now, sometimes you may want to talk about your arguments to someone outside your family and rant about your in-laws, but avoid doing that. Don’t create a negative impression, especially in the early days, this will only lead to a toxic environment. In such a situation be willing to compromise and let go. Adjusting to new perceptions and behaviour is arduous, the best way to tackle this is by devising certain boundaries within the relationship.

“The new bride should keep herself calm and sort out things.”



EMBRACING CHANGE

Occasionally you are bound to miss your old life, your family and friends that you no longer meet regularly. Just because you have adapted to a new life does not mean you need to eliminate the previous one. Maintain a balance, meet new people but don’t forget to reunite with the old ones.

Are you moving to a new city altogether post wedding? If yes, then take into consideration that sometimes moving into a different place altogether comes with its own set of problems. Even if you manage it out well with your new family, sometimes you will end up feeling low just because the surroundings are unfamiliar. No matter where you go, things are never going to be the same and you will miss the place you grew up. “This transition of leaving a city and adjusting to a completely different environment can be achieved by knowing new places before shifting. When you start thinking about a new place and atmosphere - you automatically, unconsciously start making changes inside you, which help you to accept the new surroundings easily and flawlessly. You can make friends; create strong bonds with relatives or with neighbours. Join some good social groups,” advises Dr Janjale.

With all the adjustments, don’t forget to take some time out for yourself. It’s a common dilemma with new brides; they get so busy with taking care of everything else that they forget to take care of themselves. “The new bride should keep herself calm and sort out things which are necessary in context with all her work and with people in her new home;” >



Let her speak without interruptions. When it's your turn, speak politely and firmly, without hurting her sentiments.

FIND A CONNECT WITH THE MIL!

Some say that forging a bond with the mother-in-law makes the transition the smoothest. She has been the matriarch of the house for long, and as the new person on block, there can be some initial adjustments on both ends. Your mother-in-law was once the go-to person for your husband. But things changed, with you coming in. Here's how you can set the tone for a harmonious relationship with her.

TALK TO HER

Talk, spend time together, reach out as a friend. Talk about your work, your friends, give her a window into your life and she will share hers too. This builds confidence and will help build a lasting relationship.

BACKGROUND CHECK

Talk to your husband to know what he can tell you about your mother-in-law. Talk to your other family members to find out what they can tell you about her. Any information you get is great to cement your relationship with her. Find out what she likes to eat, drink and who her favourite movie stars are, or how she used to spend her weekends. You might be surprised to know that she is fun.

ASK FOR ADVICE

Google might be the latter-day God and give you advice on everything under the sun but nothing like first-hand experience to help you. Tap into your mother-in-law as the fount of wisdom you have in your home. She'll be happy you seek her advice.

AVOID RUDE CONTRADICTIONS

There will be times when you disagree with her, or your interactions will not be easy. At such times, let her speak without interruptions. When it's your turn, speak politely and firmly, without hurting her sentiments. You're not inviting her to walkover you but telling her that you respect her but don't necessarily agree with her.

- Inputs from Kinjal Shah

says Dr Janjale. Indulge in a hobby, attend a Zumba, yoga or another fitness class... do something that interests you and gives you some good me-time.

While the current situation might have put a spanner in the wheel for how we lead lives regularly, it also has given us more time to spend with family. Going ahead, when things normalise, don't lose out on the time you spend with the family as a whole, special time with your husband and also some me-time. Trust us, you'll feel better for it. **E**

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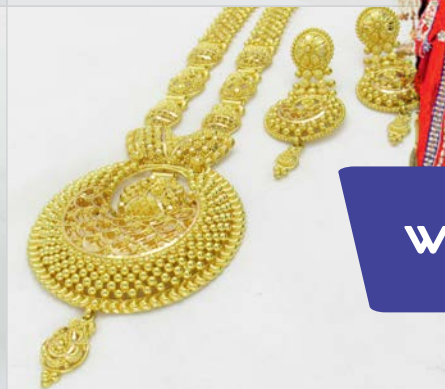
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Dr Rashmi Soni Lohiya

REVITALIZING YOUR SKINCARE

LOOKING FOR SOME SKINCARE TIPS?

DR RASHMI SONI LOHIYA (DDV, MD, DNB) FROM SKINSURE CLINIC LAYS DOWN SOME BASICS THAT YOU WOULD LOVE TO KNOW!

As the wedding season approaches, it's time to get your skincare regime on point to get that glow on D-Day. Dr Rashmi Soni Lohiya of Skinsure Clinic is a leading dermatologist in the city, and she shares some great tips for all the brides-to-be. For those not getting married yet, or already married, these tips are still just as beneficial for you too!

While there are treatments and products that can be used to enhance skin health, Dr Rashmi stresses on importance of internal health; "Skin is a body organ, though it has a lot of cosmetic significance too. So your lifestyle and habits make a lot of difference. Eating a healthy balanced diet, with enough fresh fruits, vegetables, enough proteins is essential. Avoid sugar, processed

food, and cola drinks. Avoid alcohol and particularly smoking."

While the CTM ritual – of cleansing, toning and moisturising – is the key to ensuring good skin, using a sun-screen is also very important; that too, all year long! Dr Rashmi adds. "One can also use under-eye serums, night creams or day creams suggested by your dermatologist in addition to above. Special creams for hand and foot are essential as well. Most of the time we forget to take care of hands while taking care of the face.

A bride should not opt for quick fixes, Dr Rashmi advises. "Taking care of skin is an ongoing process and one has to inculcate healthy habits," she points out. But as far as



brides are concerned, "for someone with good skin who is looking for enhancements, one can consult a certified dermatologist about two months prior at least," she informs, "If one has problem skin then at least six months prior. Issues like acne, pigmentation, acne scars, under-eye dark circles, hair loss etc take at least four to six weeks to start showing results. Another very popular service with brides is laser hair reduction which takes a minimum of five to six months to get optimum results. Other services we provide for brides are non-invasive fat reduction, tummy tuck, inch loss at the thigh, hips etc which also require two months to show results."

For brides-to-be, Dr Rashmi adds, "While the skincare routine does not change per se, there's a lot of dietary changes. New brides might indulge in unhealthy food habits because of functions and late nights. Marriage is a big turning point so it has its

shares of stress. So that needs to be taken care of. Plus, a lot of brides may start taking OC pills which can also have side effects on the skin." So one needs take care of one's skincare regime as suggested by an expert.

"Always consult a board-certified dermatologist who is experienced in all treatments before trying any services like peels, lasers etc. on your skin. Get all your doubts cleared. Talk to your doctor about your lifestyle, products used... Follow the doctor's advice and post-care instructions post treatments to the T," Dr Rashmi advises women across.

On the pandemic and its effects on skin, she adds, "COVID-19 is causing a lot of problems like hand eczemas because of sanitizer use and excessive hand washing. Mask-acne has become another problem with the use of masks. Plus skin issues are flaring because people are scared to visit doctors and hospitals. Continuing or discontinuing the use of medication without the doctor's advice can be

Tips for brides-to-be by Dr Lohiya

- Proper diet
- Good hydration
- Adequate sleep
- Healthy, active lifestyle
- Stress management
- No use of OTC products, quick fixes and DIYs
- No experimentation of products just days before D-Day
- Makeup trials to ensure you're not allergic to any product

serious at times. Another important advice is do not use OTC medication.

So visit your doctor, with full precautions, to have happy and healthy skin."

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A MEMORABLE JOURNEY

Here's bride-to-be **Geeta Pharate's** first-person account of how she changed her idea of a house-full Indian wedding to minimal and requirement-based planning post lockdown! As told to **Sanika Salunke**



Currently working in auditing and finance after completing my Master's Degree in the field of Commerce, I'm excited to start a new phase of my life. The oh-so-awaited wedding of mine will become one of my most treasured memories. I even expect to foresee my ideas of a 'dream -wedding' turning into reality and anticipating my new lifestyle! Having relocation plans post-reception, it's going to be quite the ride for me! All those romantic destinations, debates with the wedding planner, non-stop shopping and the endless delicacies. Just like any other Indian bride-to-be, I had certain plans set for

my big day! But alas, instead of attending a pre-wedding party and having a gala-time with my bridesmaids, my vision and plans saw quite a change to fall in line with the pandemic guidelines. I recently got engaged to Ajinkya Kale in October who currently works in an IT firm in Pune and am pleasantly satisfied with the outcome of the ceremony. Due to the unavailability of all resources it was hectic for me to manage and address multiple things at the same time. I would compare my experience with a roller coaster ride, the excitement and the slight nervousness of what's about to come



JUST LIKE ANY OTHER INDIAN BRIDE-TO-BE, I HAD CERTAIN PLANS SET FOR MY BIG DAY!

next! There was an extra sense of responsibility on my shoulders as I wanted to be at the forefront of the event and make sure that the ceremony turns out to be enjoyable and safe at the same time! Despite the restrictions, I know that my wedding rituals are sacred and I consider them unique in its own way, as a union has never been celebrated like this ever before, the moments of which will be cherished forever. Nevertheless, my



wedding is set to be in the first week of January. It sounds a bit impossible to cut down on all the plans when I have already envisioned a big-fat *desi* wedding. It's not solely about the guest list, of course, it's difficult to have a virtual ceremony or to send a confined number of invites due to the limitation of 50 people. But it's also about the whole team of helpers - starting with the drivers that assist me to travel through my entire shopping spree - even to and fro from the venue, the make-up artist, the hair-stylist, the mehendi team, and lastly the photographers, all of them are equally important. It's genuinely difficult for me to imagine that anything will run smoothly without them! The sangeet ceremony is the one that I'm truly looking forward to, I agree that it might be challenging to execute especially during these times, but I'm trusting that things will change for the better. Being the third and youngest daughter in my family, I have already seen my elder sisters prepping up for their wedding ceremonies and have a clear perspective on handling things in the right way. But, as no one could have

predicted this pandemic, even I am in a little bit of a dilemma as to how all the plans will work out in reality? With the addition of new precautions like - the temperature checks, Arogya Setu app and the supply of hand-sanitizers, cleanliness and safety must remain our top priority that includes the catering as well. Food is the most important factor and needs to be safe for consumption, making it equally pressing to affiliate with caterers who understand and actively practice all the guidelines provided by the government. There are going to be tough days ahead, wherein my family will have to meticulously correspond with the people who will help us plan the entire event, really hoping for it to be an exciting transition. Looking towards the brighter side of this pandemic, I am exceedingly grateful that I could spend a lot of time with my parents and sisters. Due to the lockdown, I was able to stay at home, be with the people I love and prepare for my wedding with all their blessings and good wishes. All of this has given me the strength to move into a new surrounding with a positive vibe!

DOS AND DON'TS OF A VIRTUAL WEDDING
Speaking of virtual weddings, these points need to be kept in mind.

A MUTUAL DECISION
Talk it out with your partner-to-be. Both of you need to be on the same page when it comes to deciding on a virtual wedding. Be clear about what you can expect and what you need to forego. Don't decide in a hurry.

FAMILY MATTERS
Include everyone in your virtual wedding planning. Not everyone will be comfortable with using social media. So, explain how the virtual space functions to elderly members of your families. Allay their fears - they should understand that this virtual wedding can be as real as the actual one.

E-INVITES IN ADVANCE
Notify your guests well in advance. Everyone is going through a difficult phase during the lockdown. So, give them time to make arrangements for

attending your wedding virtually. Also, tell them that they shouldn't plan to send you any gifts - they should just be there as friends and well-wishers.

PROFESSIONAL HELP
Find out which wedding portals and wedding planners are facilitating such virtual marriages. Plan a budget for roping them in. The point is, these professionals can help you host the virtual wedding in an organised manner. They can come up with tailor-made or customised plans for you.

MAINTAIN QUARANTINE RULES
Don't be over-enthusiastic. Even for virtual weddings, you need to maintain social distancing strictly. Do not step out of your house unless it's necessary, and do not let a large crowd assemble at your home when the virtual ceremony is being held.

- Hemchhaya De



PHOTOGRAPH: GEETA PHARATE & INSTAGRAM



Sheetal Biyani along with Sujata Chinta and Pooja Wagh



Leena Jain



Neetur Jha



Khushboo Karva



Radhika Kulkarni



Kalpna Sharma, Ankita Arora and Parul Chaddha



Sapana Hetuk Gala



Prema Patil



Lovel Prabhu



Sheetal Biyani and Neeta Mehta



Vivek Pawar



Pradnya Rajpathak



Neha Pendse



Swati Saraf



Pallavi Kaushik



Shweta Saxena along with her daughter



Moushmi Zaveri Sana



Chanda Patil



Neelam Jadhav



Bobby Kamrani



Dr.Ritu Lokhande



Dr Priya Parekh



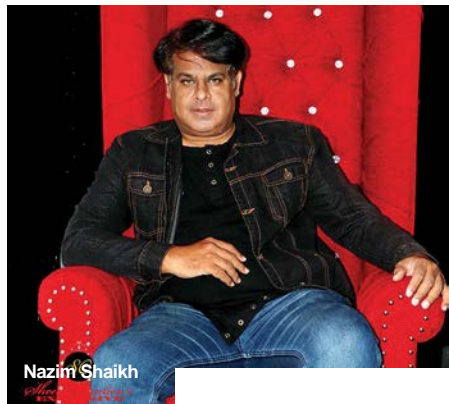
Rakesh Malhotra



Preeti Kochhar



Kalyani Umrani



Nazim Shaikh

STYLE CAPITAL

THE NEWLY-LAUNCHED SHEETAL CREATIONS EXCLUSIVE HAS ALL YOU NEED TO MAKE A STYLE STATEMENT!

Looking like a million bucks is what all women want. To make it easy for the ladies of Pune is the new fashion destination in Koregaon Park – Sheetal Creations Exclusive. You can get everything you need from bridal lehengas to evening gowns! Be it edgy ensembles or dazzling jewellery to go with them, this haute spot has it all. And that's not all! You can sashay down the in-house ramp to feel like a star! So head there immediately!



DAZZLING OVERTURES

WEDDINGS ARE INCOMPLETE WITHOUT THOSE BEAUTIFUL JEWELLERY PIECES THAT ADORN THE BRIDE. CHECK OUT WHAT'S IN STORE THIS BRIDAL SEASON.

▲ This traditional masterpiece created by Gautam Banerjee consists of diamond Polkis, round brilliant cut diamonds, rubies along with pearls set in 18kt Yellow Gold. Each and every motif etched in gold consists of some meticulous texture work.



▲ Neelkanth Jewellers present an antique gold jewellery piece with artful gemstones shows fine craftsmanship.



▲ This antique kundan set with ruby, emerald and diamond embedded in it intricately is part of the Wedding collection by Ranka Jewellers.



▲ The beautiful bridal collection Mangalsutra by Sonchafa Jewellers has meena work in mint along with Calcutta ras rawa mani handmade work jewellery in one gram gold.



▲ This gold choker by SS Nagarkar has a checked pattern with intricate nakshi and ghungroos below giving it a royal look.



▲ This dazzling piece of jewellery by Ratanlal C. Bafna Jewellers is a signature product studded with Swarovski Crystals and other semi-precious colour stones.



▲ This all-time classic, diamond emerald jhumkis from Gold Mart, weighing around 20 grams are made of 3.5 carats of diamonds and 11 carats of emerald.



▲ This antique gold necklace and earrings set from P N Gadgil & Sons mixes floral motifs with geometric ones cohesively and uses precious stones and diamonds set in gold.



▲ PNG Brothers present you a show stopper ornament: the gold choker. It is intricately designed in paisley and floral motifs.

GET THE LOOK

Looking for bridal makeup inspiration? Makeup artist Priyanka Negi decodes three celebrity bridal makeup looks. By **Ravina M Sachdev**

Planning your bridal looks can never be an easy task. It's quite natural to get confused between classic or contemporary. But fret not as we get celebrity makeup artist Priyanka Negi to decode three celebrity makeup looks for you to choose from. Check out how these three celeb brides played around their makeup looks for their most important day!



KAJAL AGGARWAL

Simplicity never goes out of style and that's exactly what Kajal Aggarwal's makeup look is all about. She chose to keep her makeup subtle, fresh and dewy for her wedding look and we aren't complaining one bit. The key to achieve this dewy and fresh look is to prep your skin well. Ensure that the skin is well moisturised and make sure to use a long lasting hydrating moisturiser along with a fantastic under eye cream to keep those under creases in check. For foundation she kept it minimal and light as opposed to the heavy layered foundation bases most women opt for. Selecting a light base is extremely important if you want to get that natural looking glowing skin. Moving on, use a cream based highlighter on the cheekbones to get that dewy finish on the temples and cheekbone areas. For the eyes, Aggarwal went with a classic brown smokey eye with a perfect winged liner and used kohl in the bottom lashline. She finally finished bridal makeup look by soft contouring. Finally, finish off with nude brown or pink shades whichever suits your skin tone best. >

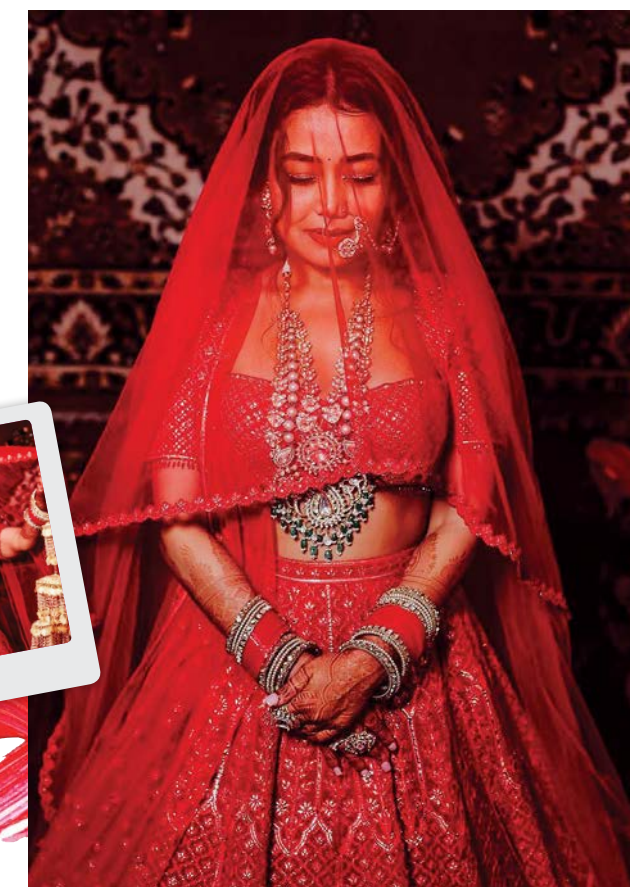
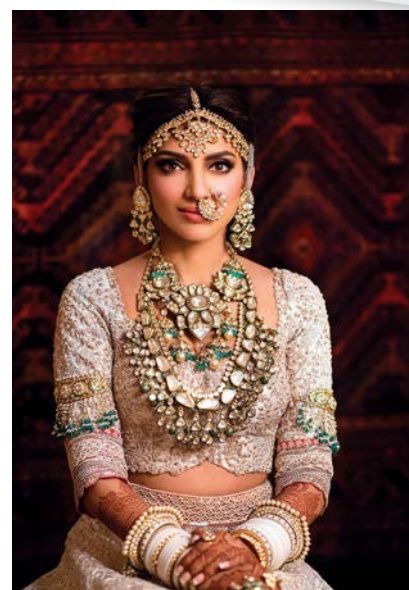
Expert Tip: Selecting a light base is extremely important if you want to get that natural looking glowing skin.



PRO TIP: Don't go OTT with dramatic everything! For dramatic eyes, keep the rest of the makeup fresh and minimal. For bold lips, opt for minimal eye makeup to make that pout stand out.

NEHA KAKKAR

If you'd like to make a statement with your makeup then this wedding look by Neha Kakkar is what you need to look out for. Kakkar experimented with the traditional bridal look. She kept the base fresh, her blush minimal and ensured that there was drama on her eyes and lips. For her eyes, she took the jewelled eye trend route, and looked on point. She added a light shimmer eyeshadow as her base and completed it with statement-making swarovski crystals stones. She finished the look by going for the classic red bridal lips. Traditional classics never looked better! **E**



MIHEEKA BAJAJ

Gone are the days where brides would settle for heavy makeup looks that would crack easily. Fortunately, these days brides love to keep things subtle and more natural and Miheeka Bajaj is a fine example of that. For one of her wedding functions, she chose a sweet and subtle pink tone makeup and we're all for it. She kept her skin fresh and maxed up on the matte pink-tone blush. For her eyes, she went for pink smokey eyes with subtle pink shimmer to add a little drama and added a winged liner to it to accentuate the eyes. She finished the look with a lip colour in a shade in pink that matched her jewellery.



Radical and Rare

A happy-go-lucky, outspoken individual, Radhika Apte has chosen a path that's less trodden than most aspiring actors. A *Puneekar*, the versatile thespian knows how to strike a balance between content-driven, niche and commercial films. Apte, who's fiercely protective of her personal life, chats with **Natasha Dsouza** and reflects back to her own unusual but endearing wedding ceremony. Photographer: **Meetesh Taneja**

Being the proverbial 'outsider', Radhika Apte is a rarity and a new-gen star who's known for two things: essaying complex roles and speaking her mind.

Someone who has never shied away from venturing onto risky terrain, she started her career in theatres before making her Bollywood debut with a small role in *Vaah! Life Ho Toh Aisi!*

Resilient and daring, ambitious and edgy, she is often seen taking up roles that aren't just big but significant, focusing more on content than the glamour of showbiz. And with box office successes like *Pad Man*, *Andhadhun* and *Kabali*, she is now a darling to all leading directors and producers and has amassed a cult following on Netflix, headlining the originals *Ghoul*, *Lust Stories* and *Sacred Games*.

Dressed in an easy-breezy floral skater dress, she greets me with a wide grin, slumps into her chair and gets ready to multi-task; she's going to answer the volley of questions I shoot at her while getting her hair and make-up done.

You have worked in a variety of roles in Hindi, Tamil, Telugu, Malayalam, Bengali, Marathi and English-language films. Which genre and language do you enjoy the most?

If I like a film, it doesn't matter what genre it is. I like drama, comedy, action, thriller, romance, horror—all genres. I also don't think that films should fit into one category exclusively. It's always easier to be part of films that are in the same language that you speak; you get to improvise when you understand what's happening on the sets. Language also helps you understand the nuances of the culture better.

Is there a character you've played that's still dear to you?

As I said, I don't get attached to things or

SOME CHARACTERS REQUIRE A LOT OF RESEARCH TO BE DONE, WHILE OTHERS REQUIRE A LOT OF PRACTICE.



Dawn rose heart ombre hand beaded lehenga, price on request, Ohaila Khan

even the work that I do. All my characters have taught me something and so they are all very dear to me. I feel like I've learned something different from each of them and can't pick one over the other!

You've played several intense characters during your career. How do you prep for each of them and get out of character once the film is wrapped up?

Every character requires a different type of preparation. A lot of it has to do with your collaboration with the director and your co-actors. Some characters require a lot of research to be done, while others require a lot of practice. So, the process may differ each time. I'm not someone who gets attached; I detach myself from my character with a lot of ease and it almost happens automatically when I'm done shooting.

You have been open in slamming the "psychotic mentality of society". How do you deal with it constantly?

I think if you just use common sense, you will understand it all. But, most of the

time, we're turning a blind eye to a lot of things. People think that they benefit from power, but superiority is also a complex and it's not nice. I try to do my part. I try to speak up whenever I can, and in whatever way I can. I try not to compromise on this in my own life too because I truly believe equality benefits everyone.

Is it the audience's awareness with the content they consume on the web that's brought about this change?

A lot of things have led to this change. Firstly, change is inevitable and so things must change. Then, a lot of people who are now part of the industry have not been from the industry previously. We have writers, producers, directors from different backgrounds and cultures and they have different kinds of stories to tell. A lot of them have personal stories to tell. For example, Nawazuddin (Siddiqui), Ayushmann (Khurrana) and Rajkummar (Rao) have no previous ties to the industry and so the audience relates to them. They want to watch them play different kinds of roles. Also, because of the digital revolution, people are watching content from across the world and have developed an appetite for it. In India, a large population still does not watch digital content, which is why films are so big in our country.

What would your dream bridal wedding ensemble look like today?

When I got married, I wore my grandmother's old sari for my registered wedding and it had a lot of holes in it. But I wore it because she's one of my favourite people on the planet. I'm not really someone who spends a lot of money on fancy clothes and especially not for a registered marriage. Of course, I wanted to look good—I did buy a dress for my party (which was less than ten thousand rupees!). Also, I have to tell you this; I bought that dress at the last minute because I forgot to buy one! I'm not a picky person when it comes to clothes.

Growing up, what kind of wedding did you dream of having?

I personally feel commitment can happen without marriage. But for a lot of people, marriage is a very sacred thing and I see why; I see the celebration of unity, I see the value of taking vows, I do see how the event is celebrated and how much importance it holds to certain people, but while growing up, I never wanted to get married. It's not that I disrespect marriage. Even though I had a registered marriage, it was a very important day in my life because I have great memories of it.

From the gamut of Indian wedding functions, which is your favourite and why?

I like sangeets because it brings people together and everybody is fooling around and having loads of fun. When I got

I PERSONALLY FEEL COMMITMENT CAN HAPPEN WITHOUT MARRIAGE.

married, my partner and I wanted a ritual but neither of us is religious so we gave our guests seeds and asked them to plant a tree with us. Each family member present at our wedding planted a tree. We had about 80 people planting around 30-35 trees on that day. Everybody was wearing nice clothes but nobody cared that their clothes were getting soiled. I did promise them free mangoes (smiles). I love group activities that brings people together.

Jewellery not only completes a look but is an expression of your personality—do you prefer heavy pieces or delicate ones?

I'm all about minimal jewellery. I love rings, especially toe rings.

What type of bridal fashion resonates with you?

It doesn't matter whether it's traditional or modern look as long as it's light, breezy and comfortable... I can't imagine having bruises on my body when I take off my clothes! 🇮🇳



Bordeaux mermaid gown with multicoloured resham and crystal embroidery, price on request, Ohaila Khan

LOVE ON A PLATE

Femina got three homebakers to whip up the ultimate dessert that you can bake for your fiancée. By **Ravina M Sachdev**

GLUTEN-FREE APPLE CRUMBLE WITH WALNUTS AND CRANBERRIES

FOR APPLE FILLING

- 3 apples
- 1/4 cup sugar, powdered
- 1/4 tsp , ground cinnamon
- 1 tbsp gluten-free oat flour
- 1 tbsp butter, melted
- Juice and zest (optional) of 1 lemon



FOR CRUMBLE

- 3/4 cup gluten-free oat flour
- 1/4 cup gluten-free rolled oats
- 1/4 cup brown sugar (or powdered sugar)
- 1/4 cup of butter, cold and cubed
- 25g cinnamon
- 5 walnuts, chopped (optional)
- 10-12 cranberries (optional)

PREP TIME: 15 mins > **COOKING TIME:** 40 > **MINS SERVES:** 5 > **CALORIE COUNT:** 1,355 kcal

Method

1. Start by pre-heating your oven to 180 degrees C.
2. Peel and chop apples in small cubes. Add in the rest of the ingredients for the filling and toss the apples until evenly coated.
3. Place the apples in an oven proof dish and spread out evenly.
4. For the crumble, cut cold butter into small cubes. Coldness of the butter is key to make this crumble.
5. In a separate bowl, add flour, brown sugar and cinnamon.
6. Add the cold butter cubes to this mixture. Now, with your fingers gently work in the butter in the dry ingredients, until small pea sized crumbs are formed.
7. Add in the oats and walnuts and mix very gently. You don't want to melt the butter.
9. Top the apple filling with the crumble mixture and bake for 40 minutes at 180C until the filling is bubbly.
10. Top with cranberries (optional) and serve warm with Vanilla ice cream.

- Recipe by Anushree Shah, Founder, The Good Dessert Co

FLOURLESS CHOCOLATE CAKE



- 190g dark chocolate, chopped
- 1/2 cup butter, softened
- cup sugar

- 1 tsp vanilla extract
- 2 large eggs
- cup cocoa powder
- 1/2 tsp baking powder

PREP TIME: 10-15 mins > **BAKING TIME:** 25 mins > **SERVES:** 8 > **CALORIES:** 280 kcal per slice

Method

1. Preheat the oven to 180° C.
2. Line an 8” round tin with parchment paper and grease well.
3. Melt the chocolate and the butter in the microwave at 30 second intervals.
4. Add in the sugar and vanilla and whisk till dissolved.
5. In a separate bowl, beat eggs using a hand-mixer.
6. Add the chocolate mixture to the eggs and beat till combined.
7. Sift in the cocoa and the baking powder and give it a final short mix. Make sure to scrape down the sides.
8. Pour the batter into the prepared cake pan and bake for 25-30 minutes. The sides will be firm and the middle will still be a bit wobbly.
9. After the cake has cooled, transfer it to a plate.
10. Decorate as desired and serve.

- Recipe by Bianka and Khushnoor Wadia (Butterfingers) >

VANILLA PANNACOTTA WITH BERRIES



FOR THE
PANNACOTTA

- 90 g milk
- 95 g heavy cream
- 35 g sugar
- 1 tsp gelatin
- 15 g cold water
- 2-3 tsp Vanilla essence

FOR THE TOPPING

- 7-8 fresh berries (optional)
- 1-2 tbsp compote or preserve (optional)

PREP TIME: 10 minutes > FREEZING TIME: 1 hour > SERVES: 2

Method

1. Heat milk and heavy cream in a pan.
2. Dissolve sugar in it.
3. Bloom gelatine in cold water.
4. Add the bloomed gelatine to the warm milk, cream and sugar mixture. Dissolve the gelatine well.
5. Add vanilla essence according to taste.
6. Strain the mixture in a desired glass or mould.
7. Set it in the freezer for 1 hour.
8. Once set, garnish the pannacotta with fresh berries and compote.

- Recipe by Chef Aditi Garware, Founder of Sweet Boutique by Aditi, Pune

POETIC JUSTICE

Renowned writer, former professor of English, Lalita Gadge writes from the heart. **Harshvardhan Shahi** finds out more about this dynamic lady

A woman was facing torture at the hands of her husband. Even after losing her newborn child, despite being overcome with grief, she had to keep on working as a maid to make ends meet. Lalita Gadge was moved by this and decided to support the woman. She went on to write her story, and that was when she realized the power of the pen. A writer was born to highlight the sufferings in society and give them a voice.

Born at Rakshal, District Bidar in Karnataka in a farmer’s family, Gadge always wanted a better life, and good education. She shares, “Struggle for education and better life proved to be an inspiration for me. My life in rural areas has great impact in my writings and gave me real life subjects for writing.” Back in high school, she won the first prize in state level story writing competition, she realized her strengths and that was when she started writing. She says, “Writing is my emotional need and social duty. There are many issues which never come before media and need to get justice. I try to do something through my writings.”

She got married in 1971,



“Writing is my emotional need and social duty. There are many issues which never come before media and need to get justice. I try to do something through my writings.”

and went on to undertake further education, thanks to the support of her husband. She obtained BA and MA degrees in English Literature. She went on to work as a professor of English for 34 years.

Gadge was appointed as member of Editorial Panel of State Secondary and Higher Secondary Board in 1994 and 2002 to 2007 as subject expert. She was honoured by State Government with ‘Best

Teacher Award’ as well as two State Government Literature Awards along with Narhar Kurundkar Award, B. Raghunath Award, Rohmare State Rural Award, Gunijan Sahitya Award, Rasik Prabodhan Manch Award. She was also appointed as member on District Literacy Committee, District Women Awareness Committee.

When seeing the world around her, she always got disturbed by the injustice and suffering that people faced. Her writing reflects this. She shares, “Poetry is a way to deal with emotions for me and to tell anything in few words but very intensely.” Till date, she has three poetry collections, four story collections, two translation works and two fine-writing collections published. Her stories, poems and fine writings are included in syllabus of four Universities. Gadge was the President of fifth Marathwada Lekhika Sahitya Sammelan and seventh Marathwada Gramin Sahitya Sammelan (Literature Conference)

Now she plans stories and poems on contemporary issues and continue creating social awareness. She signs off with some words of wisdom, “With all comforts we should think where our help is necessary. Most importantly keep reading good literature, it will make you sensitive.”



HANGOUT
HAUNT
Find your place to chill

What: Cafe Ninety9
What's interesting: Do you want to head to a place which is equally ideal to have some me-time at, as also hang out with friends at. The ambience is very classy + gives a lot of millennial vibes. The music played gives you the extra boost and the staff is friendly too. They have some delish shezwaan rice and pizzas – which are their USPs – on offer. This is the best stop if you want to have some coffee or tea. But, they also offer yummy sizzlers, French fries, sandwiches and Maggi. We tried Maggi and it comes with a spicy twist to it as cheese, some spicy herbs and corn gets added. With all safety measures in place, you will definitely want to head to Cafe Ninety9.
Price: On request
Available at: Cafe Ninety9, Ulkanagari.



ARM CANDY
Bags for all occassions

What: Kavya Bags
What's interesting: The New Year eve is coming closer and you might be scrolling through some websites to book a short gateway with your loved ones. Or now that you're stepping out of the house more, you need the perfect purses to match your ensemble. Kavya Bags have come up with great ideas and you will find a variety of bags to choose from there. The craftsmanship of the bags ensures they sustain for a long time. With bags for all occasions and seasons, Kavya Bags where you need to head to bag the perfect accessory!
Price: On request.
Available at: Kavya Bags, Ulkanagari.

HAPPY BYTES
Let your tastebuds enjoy the much-missed tastes

What: Hotel Symphony
What's interesting: Hotel Symphony offers a diverse set of the menu that you can enjoy your favourite dishes that you must have missed while staying at home. The hotel follows all safety protocols of ensuring all put on masks and apply sanitizers. With a certain number of guests allowed at a time, the social distancing is ensured. The food available there will surely leave your mouth watering. They offer a variety of Pizzas and we got our hands on the basic Cheese Pizza topped up with extra cheese, herbs, tomato, onion and olives too. A total mouth-watering feast, this! But if you want to find your bliss with some Italian cuisine you can try the Ravioli Pasta. They also offer mocktails, shakes, hot and cold coffee as well. Happy feasting!
Price: On request.
Available at: Hotel Symphony, Vedant Nagar. 
- Compiled by Vrushali Khadilkar



Health FFW!

A preacher of holistic living, meet MALVIKA FULWANI, a dietician and body positivity speaker. She tells **Kanika Rekhi** of the necessity of adopting a healthy attitude in life

Having done Bachelors in Biotechnology, Malvika Fulwani battled with body issues. “I tried all the so-called fad diets and saw the side effects like alopecia, fainting to name a few. This made me depressed and low on confidence. I was confused as to what to eat and what not to... The massive information that's present on social media these days and the zero-figure bandwagon had a toll on my mental health.”

She decided to do PG in dietetics to help herself; “While studying dietetics, I realized diet is not just about weight-loss or weight gain but it's an integral part of life. Right from the day you are conceived in your mother's womb till your last breath, the only constant is food. This very thought made me interested in Clinical Nutrition.”


She completed her academic internship at Care Hospital, where she saw patients recovering from their conditions with the help of her

IMMUNITY IS ESSENTIAL AT THIS TIME. HERE ARE SOME TIPS FOR BOOSTING IMMUNITY BY MALVIKA FULWANI:

- 70% of our immunity lies in our digestive tract so consume a healthy diet rich in fruits, vegetables, nuts and seeds, they are rich sources of fibers which helps us feed our gut microbes.
- Include healthy fats from Olive Oil, Walnuts, etc in your diet so as to fight inflammation. They may naturally suppress illness.
- Avoid HFSS (High Fat, Salty and Sugary) Food stuff in your diet which might make you prone to illnesses by contributing to obesity and other comorbidities.
- Dehydration makes you susceptible to illnesses so be sure you are keeping yourself hydrated.
- Sleep well and exercise moderately.
- Along with these suggestions, maintain social distance and wear masks. Wash your hands and follow all the protocols.

diet counselling. This was the time she tightened her seat belt because her lost confidence was coming back. Since then, she has worked with Dr Sunil Gupta's Diabetes Care and Research Center, HCG-NCHRI. She did her RD internship from Fortis Hospital, Mulund. She is a certified Diabetes Educator and have been helping a lot of diabetics with their issues.

Recently she completed a certificate course in Nutrigenetics, which is a study of the relationships among genes, diet and health outcomes. This particular course is like a bridge between her graduation in biotechnology, the study about genes and genetics and PG in dietetics, which is the study about nutrition. “I also have reached out to those who suffer from body image issues because as a dietitian. I wanted to highlight that weight, size and age are just numbers and they don't define your health and fitness.” To share her views on the same, she was also a speaker at GirlUp Nagpur's event on Body Image and Sexual Health.

During the lockdown, she took up diet challenges to help participants boost their immunity through her private portal Healthitude, which is her platform to help people have a healthy attitude in a holistic way. “I took virtual sessions on various topics revolving around health and immunity to spread awareness amongst people.” She has helped people in regaining their stamina and getting back to their older-self; focusing on building their immunity and keeping themselves away from reversals. “As a healthcare professional, I really want to help people be fit and adopt a healthy attitude towards life.” 

GUILT-FREE INDULGENCE

A decadent treat for every need

What: Home bakery whipping out healthy and indulgent desserts.

What's interesting: BlowABurp is a venture started by Vishakha Makhija, born out of her love for Patisserie during her London days. She wanted to get the taste experience of the most delectable dessert places there, to the city! At BlowABurp, every dessert is created with passion, finesse and elegance. Apart from the indulging range, there's a whole different menu for Vegan, Gluten-Free and Healthy Desserts for all the health conscious people's palates. They use premium ingredients and keep experimenting with fresh unique flavours. From customised fresh Nut Butters to Vegan Cheese and Spreads, they make them all.

Price: On request

Available at: Instagram @blowaburp



NATURE'S BOUNTY

Moringa infused goodness, inside out!

What: Organic Moringa based array of skincare, haircare and wellbeing products

What's interesting: 'Daivik' means gift of god and 'Moringa' is a miracle tree gifted by nature to humanity. The name was conceptualized by Devika Bajaj who truly believes in the healing power of nature. The idea behind Daivik Moringa was to offer clean products that elevate the quality of life by fortifying the body with Moringa which is a powerhouse of essential vitamins, antioxidants and amino acids. Grown in her own farm organically, products are made in small batches paying extreme care to quality, in biodegradable packaging. The product line encompasses Immunity boosting Moringa powder, capsules, infusions, energy bites and collagen enhancing seed oil, face-pack and variety of artisan soaps. They have introduced unique solution kits to hairfall, acne, anti-ageing and mother-baby care and glow kits. They also offer customized exclusive gift packaging for any special occasion.

Price: On request

Available at: Instagram @daivikmoringa

SKIN-TASTIC!

Don't let the pores get you down



What: Aureana's Essential Range

What's interesting: Aureana's Essential range offers unique products that work like a charm to give you a pore-free skin and makes it look fresh, clear and revived. The range has a Deep Pore Face Wash, Pore Minimising Toner, Face Scrub and Charcoal Cleansing Gel. The gel is infused with activated charcoal and controls oil secretion, purifies clogged pores, exfoliates dead skin cells and removes excess oil. It helps to aid blackheads and toxins and controls the skin damage caused by pollution. It is an all in one product that moisturizes, purifies and exfoliates.

Price: ₹899

Available at: www.auricbeauty.com/aureana

- Compiled by Kanika Rekhi

gautam banerjee

this antique rose cut makes the diamonds look large.



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