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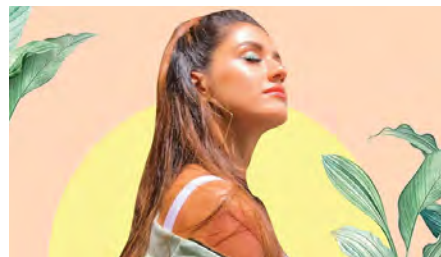


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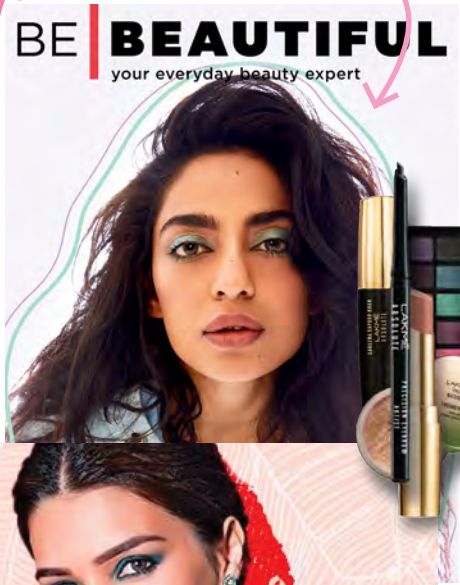
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EDITOR'S LETTER



Come October and the air is agog with festivities and celebrations. Our most important festivals fall in this month, and the mood all over is always celebratory. From the week-long pandal visits during Durga Puja for the Bengalis in the East, to the all night-long Navratri's Garba dancing for the Gujaratis in the West, to Dussehra and Karva Chauth celebrations in the North, to the delicious feasting on Pongal in the South; each part of our country has its own festivals to celebrate. These festivities are extended into bigger celebrations as this is also the peak of the wedding season. This is the story of a normal life in a normal year.

This year will be different. The pandemic has thrown everything out of gear and cast a gloom of uncertainty in our lives. Nothing is normal anymore, and like we all keep saying, we are now living in the 'new normal.' At one end some of us have lost our friends and family to the dreaded COVID-19, on the other many have lost their jobs, and others are working on reduced salaries. Businesses have either shut down or are running in losses. Our country has all been plunged into an economic

THE BIG FAT INDIAN WEDDING HAS BEEN NOW REDUCED TO A SMALL AND SLIM ONE. EVERYTHING IS ON 'REDUCED' MODE.

turmoil. Living life under the new norms of social distancing and restricted movements will mar the celebrations. Even the Big Fat Indian wedding has been now reduced to a small and slim one. Everything is on 'reduced' mode.

While *Femina* is back with its annual festival special issue, we now take you through on how to make the most of everything under the new circumstances. The billion-dollar wedding market in India with millions spent on décor, outfits, entertainment, and food, has taken a huge hit. We speak to leading fashion designers and wedding experts on what can be expected this season, and how have they adapted to toning down the bride's looks, with only 50 people attending the wedding now. There is still enough to do, and we hold your hand on what is the best way forward in these trying times.

Our cover story features the three beautiful Miss Divas, who are stepping out in the world with style and aplomb, to not just conquer the glamour space, but also do their bit to add value to this world. They share their future plans and tell us what it takes to be a winner out there.

With this and a lot more for you to enjoy in this issue, we wish our readers greetings of the season, and hope and pray that we will soon return to normalcy. Until then, stay safe, and don't forget to observe all the safety protocols while celebrating the festivals and weddings.

RUCHIKA MEHTA

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

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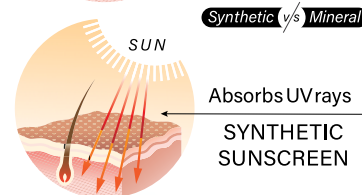
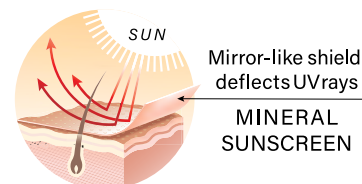
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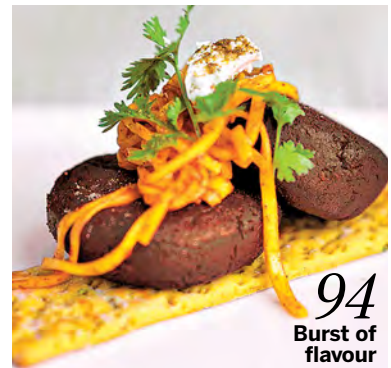
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DURING NYFW
SPRING/SUMMER
2021

What's New In Fashion.

5 WAYS TO ENSURE
YOUR BEAUTY
PRODUCTS STAY
CLEAN

Take Notes.

7 TIPS & TRICKS
TO INDULGE YOUR
CHILD TOWARDS
HEALTHY EATING
AND LIVING

Set An Example.

KNOW THE NEW
NORMAL FOR FITNESS
PRACTITIONERS

New Rules.



We asked our followers on Twitter about how different the wedding/festive season will be this time around. Here's what they had to say:



Aishwarya @alwaysaishwarya

Approach to weddings will definitely be different what with everything moving to zoom from pendals. One thing that doesn't change is the desire to keep it special even though on a smaller *distant* scale #tweettofemina



Sukriti Shahi @SukritiShahi

Lesser people, no get-togethers, face masks will take the centre stage! It will be different but unique.

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WE HEAR YOU!

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It was good to see a beauty issue! With grim situation around, this was a fun read. I enjoyed reading Sanya Malhotra's interview; it was an interesting read! A to Z of beauty was another piece I liked. Honestly, there were quite a few things mentioned in it that I didn't know of.

Quite entertaining.

Mitali Sharma, Delhi



through this interview. Apart from the digital cover, the main cover featuring the Royal Princesses gave me a sneak-peak inside their larger-than-life lives. It made for a great read. More power to you *Femina*, for producing such a mix of versatile content.

Tazeen Khatib, Mumbai

Femina's stories have always been insightful and informative. I particularly enjoyed the Serial Revivalist story under the Face-To-Face section in fashion. It was interesting to read about the all the traditional handcrafts that are being revamped by Indian designers, giving the artisan community their much deserved due. Looking forward to more such pieces by *Femina*!

Alekha Chugani, Mumbai

Femina's September issue was heavily focused on beauty, a subject I am always interested to learn more about. The trend story on customisation of beauty products according to an individual skin was my favourite feature of the month. Besides that, I am always looking out for new products to experiment with and the Hot Right Now section is like a one-stop haul to know about all the current launches. Keep up the good work *Femina*.

Jesika Mer, Ahmedabad

Femina's September Digital cover star Sanya Malhotra looked fabulous in this issue. I was her fan from her very first film and it was so much fun to see her light-hearted side

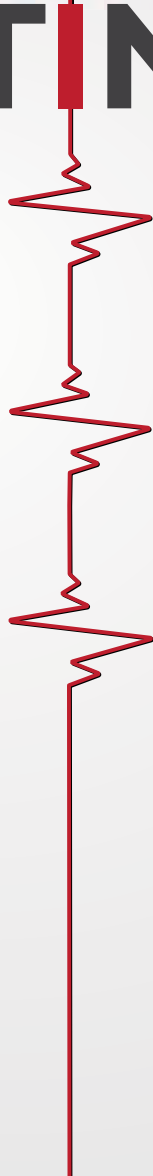
Femina's September issue celebrated India's Most Beautiful Women in their big story and it was wonderful to see such different faces from all the different streams. Each woman unique in her own way, lauded for their achievements. Topping that, the royal cover featuring Princess Diya Kumari and Princess Gauravi Kumari was a welcoming change amidst all the other Bollywood covers. Congratulations *Femina*, on always empowering women and giving them the right platform. Today, more than ever, women need to stand with each other.

Tanvi Shah, Vadodara

In the September issue of *Femina*, I thoroughly enjoyed the career and love story in the All About You Section. It was interesting to learn about the concept of product photography and how significant it has become in recent time. As for the piece on relationships, it was a beautifully written article and it helped me gain some pointer about how to rekindle spark in my relationship. Loving the unique blend of stories every month, keep them coming team *Femina*!

Ashlesha Sanjiva, Nashik

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WELCOME THE SMALL, SLIM

Weddings!

The Big Fat Indian Wedding just got a makeover, even if a forced one, thanks to the pandemic! **Radhika Sathapatwardhan** gets experts to talk of the changes that one will see



Weddings in India have always been about large gatherings, boisterous celebrations, rich food and foot-tapping music. The pandemic and resulting precautions in place have changed this drastically. A 2017 KPMG report pegged the Indian wedding market at \$50 billion. And till the start of 2020, that number must have increased for sure. But with the coronavirus pandemic having brought about the lockdown, the scene has changed.

While things are opening up, there are still some strict guidelines by the government. When the process of unlock started, there was a cap of 50 people for [weddings](#). This number included everyone from the bride and groom, families, priest, photographer, and so on. These guidelines just made us bid adieu to the big, fat Indian wedding and embrace what the smaller, slimmer weddings have to offer.

With this change also comes a change in the way the couples, wedding-related companies and professionals are going about things. Here's looking at the new trends that will be seen in the new normal. >

Small in numbers, big in celebration

In the usual case, Indian weddings are held over multiple days, with the multiple ceremonies like *haldi*, *mehendi*, *sangeet*, and so on over the main event. But with the new guidelines, these ceremonies and guest-listing will have to change. All guests don't need to be there at all events. By distributing the guests across different days, you can have everyone you want to be a part of the wedding there in some form or the other. Say for instance, if your colleagues are coming for the reception, have your school friends for the *sangeet*; if your paternal family is present for the *haldi*, have your maternal family over for the *mehendi*. Day can be exclusive for the close families of the bride and groom. The others can attend virtually! Alternatively, shifts can be arranged where a certain number

of people come at a certain time on D-Day, but coordinating that and managing timelines could prove to be a colossal pain.

Minding guidelines

Social distancing is not just the latest hashtag trend, but a necessity. Having a shorter guest list will help ensure the social distancing norms are taken care of. Everyone has to wear a face mask, undoubtedly. There has to be a provision for thermal scanning and hand wash or sanitiser, as also a record of the temperature along with the name of the guest and contact number. "When inviting guests to my daughter's wedding, we ensured that every one of the 25 people we invited showed no symptoms, and had a clean chit of health," says homemaker Shubhra Jain, 47, whose daughter got married in August this year.



“WHEN INVITING GUESTS TO MY DAUGHTER’S WEDDING, WE ENSURED THAT EVERY ONE OF THE 25 PEOPLE WE INVITED SHOWED NO SYMPTOMS.”



SAYING ‘I DO’, THE NEW WAY

Nupura and Shishir, all set to be married next month, talk of the change in vision regarding their wedding and its celebration.

Nupura, chartered accountant and Shishir, CFO at a listed company with the Kirloskar group, will be getting married in November 2020. Just like every other couple, they had a certain idea of their wedding. "The entire attraction for us in the wedding was having people who have made us what we are today on our special day and make memories with photographs. Both of us being social, people are our biggest priority," Shishir notes. From the original plan of 1,500+ people, they will be opting for a smaller wedding, with 50 guests. Even though dates were far and few in between, they were able to watch the series *What The Folks* by syncing their devices. The series is a modern family drama that explore relationships of newlyweds with their respective in-laws. The duo is planning have a large number of guests attend the wedding via video call. "We don't know if video call weddings will be as effective as an actual gathering, but we have no choice but to give it a shot!" he laughs. The motto they are operating upon is: marriage over the wedding. With that, they are not only looking forward to start the new phase of their lives with each other, but also planning to make up whatever they feel they have missed during the wedding, in their marriage. How, you ask? By meeting friends and family personally, when things normalise. The selfies and photos will be taken then and integrated into their album. Their advice to other couples in the same boat is, "With creative things, you can make up everything you are missing out in the weddings. And always remember a wedding is one day but the marriage is for a lifetime." >



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AN ASPECT THAT WILL SEE A SEA CHANGE IS WEDDING PHOTOGRAPHY—ESPECIALLY PRE-WEDDING SHOTS. SHOOTING AT EXOTIC LOCALES IS NO LONGER AN OPTION.

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Everyone who is part of the ceremony behind the scenes—hair and makeup artists, decorators, caterers, etc—would be required to or advised to wear PPEs to ensure hygiene and safety. And everything—from makeup and flowers to the mandap and bridal favours—need to be sanitised carefully. Food preparation will see a change with the cooks and servers involved wearing gloves, masks and head gear to ensure hygiene. Sit-down meals with each guest at a six-foot distance will be common now. Another aspect that will see a sea change is wedding photography—especially pre-wedding shoots. Shooting at exotic locales is no longer an option. Creative shots at easily-accessible places, however, will be the choice most opted for.

Makeup mandates

Keeping the Arogya Setu app updated and showing that to the client will become a norm. “The makeup artist and hairstylist who came the bridal makeup showed their health status as soon as they entered and washed their hands and feet before they donned fresh gloves and the PPE suit. Then we were called into the room and they started their work. They worked without assistants to keep the numbers down. They mentioned they sanitise their entire kit after work with each client, and repeated the process at the venue to assure us of the safety,” Jain shared. Another thing to keep in mind is the makeup itself! With masks being a necessity, the eye makeup and the hairstyle will have a bigger focus than ever before. Though lips won’t be completely ignored – the photos will be without the masks, won’t they!

STREAM AWAY!

Shivanand Lalwani and Vignesh Rammanoj, co-founders of WedStreamers, a new tech-based platform that facilitates multiple-format live streaming for weddings, offer insights.

Pre-lockdown weddings were designed keeping in mind the on-ground guest experience, the décor, the food, the gifting, etc. However, post COVID-19, the digital wedding look and feel has been the major focus. The way a wedding is planned to suit its digital outlook is completely different. The couple and their family now have to plan what part of the wedding they want to have on video and streamed to their online guests. People are focusing less on décor and more on makeup, clothes, video bytes by close friends and family, digital toasts, wedding speeches. They aim to make a video stream that not only the people attending the wedding on the ground will remember, but also the people participating in the wedding digitally will feel involved. [Virtual weddings](#) are still finding their ground in India. The awareness of making your wedding look like a grand show is still being done by basic mobile and laptop streaming. Over time, this will adapt to large format video production and great quality streams, creating awareness of high-level production in weddings. People will adapt to large format video production and great quality weddings that look and feel as grand as weddings done pre-COVID, and that is our vision. People are mostly looking at making sure their events are private and are only streamed to their selected guest-list and not as an uncontrolled broadcast, as weddings and parties are generally a candid affair. >

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MANY PROFESSIONALS ARE UP-SCALING THEIR BUSINESSES AND EMBRACING TECHNOLOGY FOR THE FUTURE.

Digital demand

Any form of changes comes slowly, and so will the wedding ways. But digitisation has made a place for itself in the Indian wedding world, and it is here to stay. How it happens, and how people take to it is something to wait and watch.

Case in point

Research done earlier by The Knot WorldWide, a global wedding technology company, showed that most engaged couples are being positive and not cancelling their wedding bookings (a whopping 82 per cent in India). The remaining few are rescheduling for either later this year or 2021. With a strong desire to celebrate their weddings as they had initially planned, 73 per cent of couples in India do not plan to reduce their overall guest count. Adding to that, 87 per cent in India and 90 per cent globally do not anticipate lowering their budgets, if government regulations would permit. As an immediate effect, according to Ankur Sarawagi, India Country Head, The Knot Worldwide, the impact has led to many wedding professionals up-scaling themselves as well as their businesses and embracing technology for the future. They are doing so by strengthening their online presence and handling end to end solutions over the phone, both for the wedding ceremony itself or planning it.



Studies show

Matchmaking portal Jeevansathi.com conducted a survey to study the changing dynamics of virtual weddings and meetings in the post-pandemic world amongst males and females across metros and non-metros cities. According to Rohan Mathur, Business Head at Jeevansathi.com, virtual weddings are still a distant reality for Indian weddings. “Even prospects who are meeting virtually via video calls to decide their life partner prefer an in-person meeting before taking the final decision,” he says. Despite that, he mentions it is encouraging to see how video calling feature is replacing the initial stages of physical meet-ups organised between the prospects and families, owing to the pandemic.

The survey had 44 per

cent of respondents confirming that in-person meetings are important before the final stage but interestingly, 32 per cent of prospects are comfortable saying yes for marriage based on virtual meetings! Here are some of its other findings:

- ❖ 58 per cent are likely to opt for small weddings with 50 guests, 21 per cent may choose to postpone their wedding until situations normalise.
- ❖ 52 per cent of the respondents opted for proper sanitisation as a priority, followed by 18 per cent attendance of loved ones and 11 per cent for memorable photographs.
- ❖ Women at 71 per cent are more serious about safety protocols when compared to men at 51 per cent.
- ❖ 82 per cent confirmed that trimmed guest-lists and weddings at home are undoubtedly cost-effective. **F**

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MAJOR AREAS OF WEDDING COSTS IN INDIA

24% Catering	16% Decoration
12% Venue	9% Honeymoon
8% Entertainment	7% Accommodation
12% Wedding planning and gifts	12% Miscellaneous



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THE INDIAN WEDDING INDUSTRY IS THE SECOND LARGEST IN THE WORLD, IN TERMS OF SIZE AND EXPENDITURE.

SHOP SENSIBLY

A major attraction for any bride-to-be, hands down, is her trousseau. As all eyes on D-day are going to be fixated on the bride, it's natural for her look to hold top priority. What follows is the pressure to get it right. "I knew what I wanted for my wedding—an eye-grabbing, yet affordable ensemble. I wanted my saris to reflect my traditional and cultural roots. That's when I started scouring through small, upcoming local boutiques and from my native town," shares Sanskruti Rai, who recently got married in Mahabalipuram. Now more than ever, brides and grooms are strongly rerouting their shopping towards local and homegrown labels, which is easy on the pocket, and >

PENNY WISE

Each aspect of a wedding comes at a cost. In these unprecedented times, a few simple saving techniques will go a long way, finds **Aishwarya Acharya**

The Indian wedding industry is the second largest in the world in terms of size and expenditure. The estimated value is pegged at about \$40-50 billion, as per a 2017 KPMG report. It is second only to the US, which is estimated to be worth \$70 billion. With such

large sums of money shelled out for one day, it is clear that Indians take their weddings seriously, in fact, pretty seriously. This year has changed everything, though, and with the world economy taking a steep hit, weddings might not turn out to be the week-long elaborate affairs that they used to be. However, that

doesn't and shouldn't stop anyone from investing—financially and emotionally—in what would be the most special days of their lives. Even if budgets are slashed owing to the coronavirus-related slump, employing these simple, mindful ways will help you save when planning.

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RESORT TO
SENDING
E-INVITES,
THEREBY
AVOIDING
FANCY
INVITATION
CARD
PACKAGES.

CA RISHABH PARAKH SHARES TIPS FOR NEWLYWEDS FOR A HAPPY FINANCIAL LIFE:

Know one another's goals and find a way of combining them.

Discuss one another's existing investments and align it with future common financial goals.

Choose your investment products wisely, with a sensible asset allocation.

Set up an emergency fund to cover at least six months of expenses at any given time.

Buy adequate insurance for yourself, spouse, family and properties.

Update all nominees.

Set some money aside for entertainment and leisure. After all, you are newly married!



Go paperless as far as possible. It takes off the burden economically as well as environmentally

gives a sense of giving back to the community. “A local, hardworking artisan will pay more attention to detail and put in more work in making your dream wedding dress into a reality. That personal touch and interest appealed to me more,” adds Rai.

Also, brides-to-be shouldn't shy away from being practical and opting for a rental bridal outfit, says Aditi Patel, who chose to rent her bridal outfit from a popular fashion rental website.. “It made a lot of sense. That outfit is going to be a one-time wear, mostly, and to think of spending a fortune on something I might not use every so often didn't seem economical. Besides, you

can rent designer wear at a fraction of the cost and still have a memorable wedding,” she shares. After all, the memories will be captured in the pictures! Another way of saving up would be to trousseau shop during non-season sales.

TAKE THE E-ROUTE TO INVITATIONS

At a time when 'e-weddings' have become the new nomenclature, taking an online detour to your invitations could be a step in the right direction. Extra points for being eco-friendly! Resort to sending e-invites, thereby avoiding fancy invitation card

packages. Save the dates or cocktail party invites look regal, personalised and appealing to the eye, but they also gouge a deep hole in your bank balance, not to mention their serious environmental impact.

Go paperless, considering these invites are only going to the bin post the event. An added advantage of e-invites is that it allows you to use personal videos to set the tone and mood! “The pandemic was just a happenstance. We had already settled for sending out e-invites as that would save us time, packaging and design costs, travelling and many more added responsibilities that came with it,” Rai shares. >

FEMINA

BE UNSTOPPABLE

Since when did sticking out like a
sore thumb become a bad thing?
Let's talk. [@femina.in/gossip](https://www.instagram.com/femina.in/gossip)



IT'S BETTER
TO BE HATED
BY EVERYONE,
THAN BE KNOWN
BY NO ONE.



Try looking for affordable, yet romantic destinations for your honeymoon

THE MORE EXOTIC YOUR DREAM DESTINATION IS, THE MORE YOU WILL NEED TO INVEST IN YOUR HONEYMOON.

adjusted keeping both of you in mind, as opposed to just you. At such times, planning for finances in the long run and not just for that brief wedding period is important. Parakh says, “Once you have an idea of the amount that you are planning to allocate for your wedding, you can start investing for it in the appropriate products. In the same way as budgeting and saving for your wedding, you can plan for your honeymoon as well. The more exotic your dream destination is, the more you will need to invest for your honeymoon.” He also insists that you ensure you integrate this thought with your financial planning and budget for it appropriately. “Today, in a buyer’s market, you can get a lot of offers and save on a lot of money if you are smart and can spot the right offers coming your way.” **F**

ETFs IT IS

Gold exchange traded funds (ETFs) are a good way to save even after marriage, says Rishabh Parakh, chartered accountant and chief gardener, Money Plant Consultancy. “They reduce risks related to transport, storage, and making charges of physical gold. If you wish to buy gold as jewellery, then physical gold is the only option. However, gold is an idle asset class that does not provide or generate any recurring productive income. Set aside 5-10 per cent of your asset allocation to gold investment”, says Parakh.

BE WISE ABOUT THE VENUE

Who does not want Priyanka Chopra Jonas’ royal Jodhpur wedding or Anushka Sharma’s serene Italian wedding? But realising that kind of a dream could prove bank-breaking. So, scout the venues that fit your budget, and go low, instead of exorbitant. For Rai, it was a temple wedding. “Although I come from Karnataka, I am fascinated with Tamil Nadu’s temples and architecture, which is why I chose one of the shore temples. The cost was not even close to what a full-blown destination wedding would have

cost me!” With only 50 people in attendance as per government mandates, Rai’s wedding encompassed everything she envisioned. Other economical options could include a country club, public event space, recreational centre, camp ground, a family member’s or friend’s space, a local restaurant or even a public park after acquiring proper permissions.

BUDGET YOUR HONEYMOON

When you get married, you step into a different phase in your life. Finances, families, emotions and even your lifestyle needs to be

Olives from Spain's Ambassador

Saransh Goila gets oliv-inspired

Saransh Goila goes live on social media with chefs in Spain to get authentic olive inspiration from the source



Saransh Goila continues his journey promoting Olives from Spain in India during the time of COVID 19, coming to us live with a series of collabs with Chef- colleagues based in Spain to get closer to the culture, lifestyle, cuisine, Spanish tapas and to know their views and ideas on how to consume olives. His collabs include Chef Nicolas Roman, winner of the best tapa 2020 award in Spain. Nicolas introduced Saransh to different tapas versions: from traditional ones to more modern takes. In the last decade, tapas have enjoyed a great growth in popularity. Nowadays, tapas are enjoyed all around the world and olives are right there at the center of its revolution. Nicolas showed Saransh how to make a gorgeous tapa with crab and olives with three different textures: powdered, chunky and mousse, garnished with pickled onion and sprouts.

And there's Chef Anjalina Chugani, the Indian chef living and spicing things up in Spain. Anjalina, spreads awareness about Indian cuisine in Spain by embracing Spanish local produce. She has deep knowledge of both Indian and Spanish cuisine and their respective ingredients. Anjalina conveyed the similarities of both cultures for "small-bites" or picoteo and the importance of getting together and sharing meals with our close ones, especially in this pandemic time. Anjalina introduced a modern version of the immensely popular snack, the Tikki. A delicious and healthy beetroot tikki with black olives along with this green olive chutney that blew everyone's mind!



CHEF ANJALINA CHUGANI



GREEN OLIVE CHUTNEY

Ingredients (2 people)

- 150 g pitted green olives (chopped)
- 4 tbsp of extra virgin olive oil
- 1 1/2 cm garlic (chopped)
- 1 tbsp rinsed capers or raw mango (Saransh's version)
- 1-2 tbsp fresh lime juice
- Salt

For tempering

- 6 curry leaves (optional)
- 1 green or red chilli
- 1 tsp mustard seeds
- 1 tbsp of oil

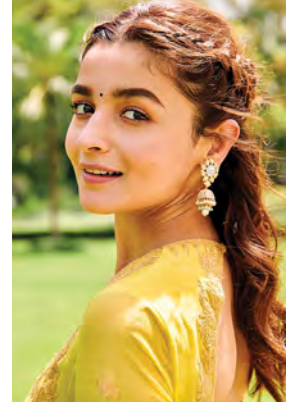
Preparation

- 1 Blend the olives, olive oil, capers or raw mango, garlic, chilies and lime juice until well mixed and smooth. Season to taste.
- 2 Heat oil in a small frying pan. Add the mustard seeds and heat until they sizzle. Now add the green or red chilies and curry leaves, stir and add to the olive chutney. Stir.
- 3 Leave in the refrigerator for an hour or so and serve.

Connect with @OlivesfromSpainIndia on social media to get more complete recipes and our website www.olivesfromspain.in for many other inspirations

PRIYANKA CHOPRA JONAS

It's hard to top Priyanka Chopra Jonas' conventional wedding wardrobe. A vision in red, her custom Sabyasachi lehenga may look classic, yet, it was curated to include Indian and European elements to suit her personal style. Layered with intricate thread work, French silk knots, and delicately handcrafted organza florals, the lehenga is a visionary for every bride who loves to adorn in traditional colours.



ALIA BHATT

Chaos has always followed the hunt for a perfect wedding hairstyle. It has to envision your style, complement your ensemble, and be comfortable. To solve this conundrum, take a strand from Bhatt's hairstyles by ditching the classic chignon. Wear your hair middle-parted with soft curls and double-sided Dutch braids for adding an edge to your attire.



ANUSHKA SHARMA

While the conception around wedding jewellery is bigger the better, you can guise the extravagance by opting for a contemporary piece as well. Anushka Sharma's assortment of trendsetting jewellery walked the line between minimalism and maximalism. Her uncut diamond set with a pearl choker and matching studs fused bling and subtlety, reigning it supreme for years to come. Pair it with a similar statement piece to give your bridal jewellery a buoyant twist.

Silhouette LOVE

Give a vibrant edge to your wedding ensemble à la these B-Town queens, says **Vanshika Jain**

Finding inspiration for wedding ensembles through such unprecedented times is a demanding task after all. However, confidence breeds beauty. Since bridal couture is

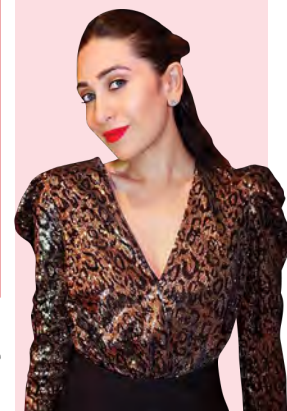
likely to witness a revival of classics, it is the ideal time to revamp your wedding wardrobe. Read on to get inspired for an ethereal look that will make you a quintessential Indian bride.

KARISMA KAPOOR

Enhance your wedding day look while still letting your natural beauty take the spotlight. Get inspired by Kapoor and pair the flirtatious carmine pout with a subtle highlighter for luminosity. Add just a touch of blush to get a timeless look. Choose a soft smoky eye with cool undertones of sienna, coffee, and berry to amp up your glamour quotient. **F**

SONAM KAPOOR AHUJA

Who better to take a cue from than Sonam Kapoor Ahuja to channel your inner diva? Featuring bespoke rustic gold *juttis*, and *potli* in handwoven brocade with *zardozi* thread work, these elements exude tradition. The hint of green colour-blocking in the *potli* along with matching *juttis* will switch up the aesthetic and in your wedding trousseau. To adapt with the times, pair it up with a sequenced silk mask of the same colour.



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1 I am 36 years old and have two children. I have lost my figure after pregnancies. Can I achieve the body I had before marriage?

- Carey Dsouza, Mumbai

Ans. Women lose their body shape after pregnancies and they need a combination of procedures coined “Mummy Makeover” by me to get the body back into shape. Body Contouring or sculpting can certainly help you lose inches and have an appealing look. Usually, there are bulges around the abdomen and fat deposits on the hips and thighs which makes one look wide in that region. All these fat deposits can be removed by liposuction. The bony and muscular structures cannot be altered. The loose skin on the abdomen can be tightened by a tummy tuck, which will make the tummy look flat and tight. The breasts lose shape because of breast feeding and become worse by not wearing a well supporting bra. Breast augmentation and /or breast lift restores the upper body structure back to the good old days. Female genital areas go through dramatic changes after normal delivery and it becomes very lax and causes unhappiness in the relationship. This too can be addressed by a Vaginoplasty which can bring back the excitement in your life. It is important that the surgical possibilities and your expectations should match.

2 I am concerned about the ‘Puffy areola and nipple’ on my chest. This has occurred recently due to ingestion of medication. This gives an abnormal pointed shape to my chest. I would like to seek your help in making my nipples / areolas smaller and flatter. Is there a surgery for the correction of this condition?

- Karan Raj, Agra

Ans. Puffy nipples are caused by excess male breast tissue. Male breast is a combination of residual breast tissue and fat accumulation which can be removed by power liposuction. Most cases occur during sexual development but the drug induced cases are on the rise now with increasing use of steroids for body building. This is a keyhole surgery and the access points are 2-3 mm long. Through this, both the fat and breast tissue can be removed. The results are permanent and predictable. This surgery can be done as a day care surgery and you will be discharged the same evening. You can resume work in a few day’s time, but heavy exercises can be done only after 4 weeks.

3 I am a 55 year old happily married, successful professional woman but disturbed by the sudden aging changes that I have noticed on my

face after I intentionally lost about 15 kgs. Could you please suggest some surgical and non-surgical options to improve my appearance along with the downtime?

- Mitali Rastogi, Surat

Ans. The aging changes on your face have further aggravated by the significant weight loss and associated volume loss of the face. The deflation syndrome which affects face as well does not get appropriately restored with non-surgical measures such as dermal fillers and threads and would best be addressed by a minimal access face lift which will tighten your mid-face, jawline and the neck and remove the excess skin. Additionally loss of face volume can be addressed by grafting stem cells derived from your own fat cells. Combination surgical therapies bring about improvement not only in restoring the volume and picking up the droopy skin but also provide glow to the overlying skin. Non-surgical options are temporary and can only achieve a very limited improvement.

4 Hi I am 23yr. old student. My breast size is 40 DD which is very embarrassing for me. My parents are looking for a match but some guys have rejected due to this. Please help.

- Syeda Begum, Guwahati

Ans. Large breasts can cause a lot of



DR MOHAN THOMAS,
MD (USA), FACS (USA),

Leading Cosmetic and Laser Surgeon,
Visiting Scholar Mt Sinai Hospital
(New York) and Consultant, Breach
Candy Hospital, The Cosmetic Surgery
Institute, Mumbai, answers your
queries related to cosmetic surgery.
Send in your queries to
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physical problems like back and neck pain and fungal infections below the breast. Very large breasts make people uncomfortable as people stare at them and it is difficult to find well-fitting clothes. These are indications of breast reduction surgery. Breast reduction is a relatively pain free procedure and can be done in a variety of ways depending on the extent of breast enlargement and the extent of the droop. In my center we try to save a significant amount of functional breast in unmarried ladies so that pregnancy and later on breast feeding does not pose a problem. Hospitalization for 2-3 days may be required in large reductions. 2 weeks is sufficient time to recover and start normal activities. Physically taxing work should be restricted for 6 weeks. The expected changes will depend on how big the breasts are to start with. In massive reductions, one can go down by 3 or 4 sizes, whereas in moderate reduction you could go down by about 2 sizes.

SCREEN TIMEOUT

Struggling to tempt your child away from a variety of gadgets that have them in their thrall? **Femina** brings reinforcements



For many young parents who juggle long work hours due to the pandemic and the demands of child-rearing, there's no better nanny than a smartphone or a tablet especially during the approaching festive and wedding season.

A study conducted by the Department of Psychiatry, Topiwala National Medical College and BYL Nair Charitable Hospital, on 987 Mumbai adolescents showed that 74.5 per cent were moderate users, 0.7 per cent were addicts and 24.8 per cent were possible addicts. Clearly, gadget addiction is a real threat today. Dr Dherendra Kumar, director, Psyindia, and consultant clinical and child psychologist at Apollo Hospital, Delhi, finds that children in the 8-18 age group, especially boys, are vulnerable to some kind of gadget addiction. He says, "Parents usually bring their kids

for counselling when they find them addicted to online gaming or porn. For instance, I am treating a 12-year-old boy who was so addicted to online gaming on his smartphone that he had started skipping school."

The withdrawal symptoms can be as severe as those associated with alcohol or drug abuse. So, when parents try to force their child to quit screen time, they are faced with irritability and mood swings. Talking about his 12-year-old patient, Dr Kumar says, "He would emotionally blackmail

his parents if his phone was taken away. There were times when he became violent and abusive too."

While the influence of the internet, smartphones and other media is all-pervasive, gadget addiction is not inevitable. These strategies should help steer your child away from digital distractions.



CHECK YOURSELF

If you can't help but check your Facebook and Instagram posts every five minutes, your child is going to have trouble peeling his eyes away from his games too. According to Dr Aruna Savur, consultant paediatrician and neonatologist, Motherhood Hospitals, Bengaluru, you should "minimise your own screen time, especially at meals, playtime and during social interactions". As Dr Savur puts it bluntly: your kid should not have to compete with a screen for your attention. >

“YOUR KID SHOULD NOT HAVE TO COMPETE WITH A SCREEN FOR YOUR ATTENTION.”



Find interesting ways to channelise your kid's energy



PLAN FUN ACTIVITIES

Taking away your child's tablet without providing

anything else to hold their interest might result in a meltdown of royal proportions. So make sure you have an interesting activity planned to channelise all that energy. Kazdin suggests spending time with your child pursuing new interests or something you can both learn about together.

Dr Bhagwat Rajput, consultant neuro-psychologist at Venkateshwar Hospital, Delhi, suggests designating a screen-free day or week for the entire family. Your kiddo might resist at first, but will eventually get drawn to participate. "Play with them, challenge them, talk to them and make them see that other activities can be as cool as gadgets," says Rajput. You could also change their routine, so there's more time and opportunity for family and social activities.



MONITOR USE

The biggest mistake parents make is to leave kids alone with a gadget. Have very

clear rules about the kind of content she can watch, make sure that the gadget is in view of an adult, and instal software that censors their viewing.

According to Alan E Kazdin, professor of psychology and child psychiatry at Yale University, parents should monitor what a child is doing online in real time. He warns that children are often more computer-savvy than adults and can figure out how to wipe traces of their online activity. Kazdin says, "The main negative influences for children who spend too much unmonitored time online are cyberbullying, decreased socialisation, and exposure to things of which the parents are unaware."

Kazdin adds that you can prevent this by monitoring what your kid is doing. According to the guidelines announced by the American Academy of Pediatrics in 2016, for children aged two to five years, screen time should be limited to an hour per day. For kids aged six and older, parents must keep an eye on the kind of digital media their child is using and determine the time limit for each gadget.

BABY JUNKIES

Dr Dherendra Kumar lists down the main reasons why children are more vulnerable to tech addiction:

1 Little ones are more curious than adults. Their need to explore the environment is greater and they want mastery over the environment. The internet satisfies their curiosity, helps them understand the environment around them and teaches them how to deal with it.

2 Studies have shown that in children, even teens, the frontal part of the brain is still developing, a process that lasts till the onset of adulthood. The development of the pre-frontal cortex is important for a higher order of thinking and behaviour regulation. Since this region is underdeveloped in a child, it makes them unable to control their behaviour.

3 While peer pressure does not directly cause addiction, it does lead to increased usage. For instance, children these days use instant messaging tools such as WhatsApp to remain in touch with friends. This results in them using the smartphone for long periods, thereby leading to addiction.



STAY FIRM

Children who are already addicted to gadgets may require counselling. On your

part as a parent, however, you have to stand firm against emotional blackmail. Dr Kumar suggests strategies to deal with a child who refuses to give up his gadget. "Give your kid suitable warnings before you take the gadget away. This might still result in a tantrum, but do not succumb to pressure," says Kumar. You should also consider the underlying reason for your child's addiction. While peer pressure and boredom may be some of the causes, parental neglect, inability to deal with anxiety and the upsurge of adolescent emotions could also push them towards the instant gratification of gadgets.

The internet is not a benign entity that you can ignore especially post COVID where everything has turned online. It can affect vulnerable children to the point of self-harm. Dr Savur advises on monitoring your child's routine, so you can pick up on red flags early. Your non-judgemental emotional support at home and sensitive schooling can help tide over difficult phases. **F**

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WOULD YOU MIND DRINKING BITTER GOURD JUICE TO GET RID OF LAST MINUTE ZITS?

- A. Why do that when I can weave magic with concealers?
- B. Of course, nothing comes easy—especially beautiful skin.
- C. I'd rather rub sandalwood on my skin!
- D. Do I need to? Can't I just go to the doctor?

VANITY WAGON

Take this fun quiz to find out your festive beauty shopping personality! By **Aishwarya Acharya**

While the way to a man's heart is through his stomach, the way to a woman's heart is definitely through her beauty routine! Are you someone who hoards makeup or are you someone who believes in the age-old Ayurvedic principles of beauty? Take this quiz to find out which beauty personality trait defines you the best.



WHAT COMES TO YOUR MIND WHEN YOU HEAR THE WORD 'WEDDING BEAUTY'?

- A. More lipsticks, more eyeshadows, more makeup!
- B. Gallons of water every day.
- C. One set of Surya Namaskar, for skin and soul.
- D. A tub of moisturiser.

WHAT DO YOU DO WHEN YOU COME ACROSS A NEW BEAUTY TREND?

- A. Stock up on those products.
- B. Check if they are clean, natural and cruelty-free.
- C. My soul is the real beauty, I don't really need makeup.
- D. I'll try it once and see if it works for me.



HOW WOULD YOU DESCRIBE YOUR HAIR ROUTINE?

- A. Shampoo, conditioner, serum, blow-dry, dazzle!
- B. Eating green leafy vegetables regularly.
- C. Twenty minutes of meditation and exercise.
- D. Pretty lazy; oiling and washing twice a week.



WHERE DO YOU GET INSPIRATION FOR YOUR WEDDING LOOKS?

- A. Beauty websites and magazines.
- B. Ayurvedic articles on beauty.
- C. Getting eight hours of sleep.
- D. From my mom, where else?

Mostly As:
MAKEUP JUNKIE
You are obsessed with all things makeup and are constantly on the lookout for latest products to try on.

Mostly Bs:
INNER BEAUTY QUEEN
You believe detoxifying your system is more important. You are okay with having difficult detox drinks to have a flawless skin and hair.

Mostly Cs:
HOLISTIC SOUL
As a holistic soul, you are focused on aligning your mind, body and soul for the ultimate beauty experience. Yoga and meditation top your list of approaches to beautiful skin.

Mostly Ds:
MINIMALIST BELIEVER
For you, less is more. You are okay with using basic and minimal products as long as they do their job. You can't stand a heavy-duty skincare routine.



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FEMINA

FASHION



HOUSE OF KOTWARA

STEPPING INTO THE NEW AGE

Infusing contemporary aesthetics with [ethnic](#) lehengas is the order of the day. Get inspired to try modern-day fits straight from the runway



Nanogram
sweet dreams
hoop earrings
PM, ₹39,000,
Louis Vuitton

PUSHING BOUNDARIES

Go that extra mile and ditch
conventional styles for
unexpected prints, colours and
silhouettes



VARUN CHAKKILAM



SVA BY SONAM & PARAS MODI



ASHDEEN



PAVAL SINGHAL



SHRIVA SOM



MISHRU



Crystal-
embellished
gold-tone bag,
price on request,
Rosantica



Leather eyelet-
embellished
mules, ₹8,499,
Charles & Keith

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BE UNSTOPPABLE



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

1 Hidden secrets ring, ₹1,615, **Zariin** **2** Earrings, price on request, **Farah Khan Fine Jewellery** **3** Fabergé yellow gold locket with white enamel, price on request, **Gemfields** **4** Etruscan chain, ₹12,950, **Misho** **5** 22 carat rose cut ear pendants set in south sea pearls and polki, price on request, **Neety Singh Jewellery** **6** Silver gold plated flower bead tassel armlet, ₹8,073, **Tribe by Amrapali** **7** Lyca fringe hoops, ₹12,500, **Outhouse**

EVERGREEN TREASURE

Boldest of all things precious, [gold jewellery](#) is still sought after to make a dramatic style statement. Take a look at how it has evolved with time

1. Hidden secrets ring, ₹1,615, **Zariin** **2.** Earrings, price on request, **Farah Khan Fine Jewellery** **3.** Fabergé yellow gold locket with white enamel, price on request, **Gemfields** **4.** Etruscan chain, ₹12,950, **Misho** **5.** 22 carat rose cut ear pendants set in south sea pearls and polki, price on request, **Neety Singh Jewellery** **6.** Silver gold plated flower bead tassel armlet, ₹8,073, **Tribe by Amrapali** **7.** Lyca fringe hoops, ₹12,500, **Outhouse**



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SOARING SEVENTIES

Get transported to the glamour of the '70s with Tamanna Punjabi Kapoor's Al-RooH Festive 2020 collection. Embodying the free-spirited aura of the '70s era, the collection brings back bell-bottom shararas, caftans and beaded tops. Mirror work, graphic stripes and polka dots reign supreme over the lightweight fabrics, making them comfortable, with a side of bohemian-chic.

Price: On Request
Available at: Tamanna Punjabi Kapoor's store



SHINING BRIGHT

ForeverMark launches The Tribute Collection for modern women, comprising 22 rings, marked with unwavering brilliance of contemporary designs. Featuring the classic round, pear and oval cut diamonds which are responsibly sourced. The rings are set in 18k gold, giving the design a timeless appeal.

Price: On Request
Available at: ForeverMark stores and forevermark.com

Trending

FEMINA'S ROUND-UP OF LATEST NEWS, VIEWS, AND [BUZZ IN FASHION](#)



KEEP IT SEPARATE

The JADE Closet, a capsule line by Monica & Karishma, will take away all your festive shopping stress. Witness the blend of luxury and sustainability with these flowy separates. The Indian crafts of ek taar, kasab and tie & dye were incorporated in this contemporary yet traditional collection.
Price: On Request
Available at: JADE stores and jadebymk.com



LAUNCHES WE LOVE

Payal Singhal's new flagship store in Mumbai will be your new guide for idyllic intimate weddings ensembles. Known for renewing traditional sensibilities, the store will house the quintessential bridal wear along with PS Men and PS Kids collection. A plethora of accessories are added to further extend the extraordinary versatility that the label boasts.

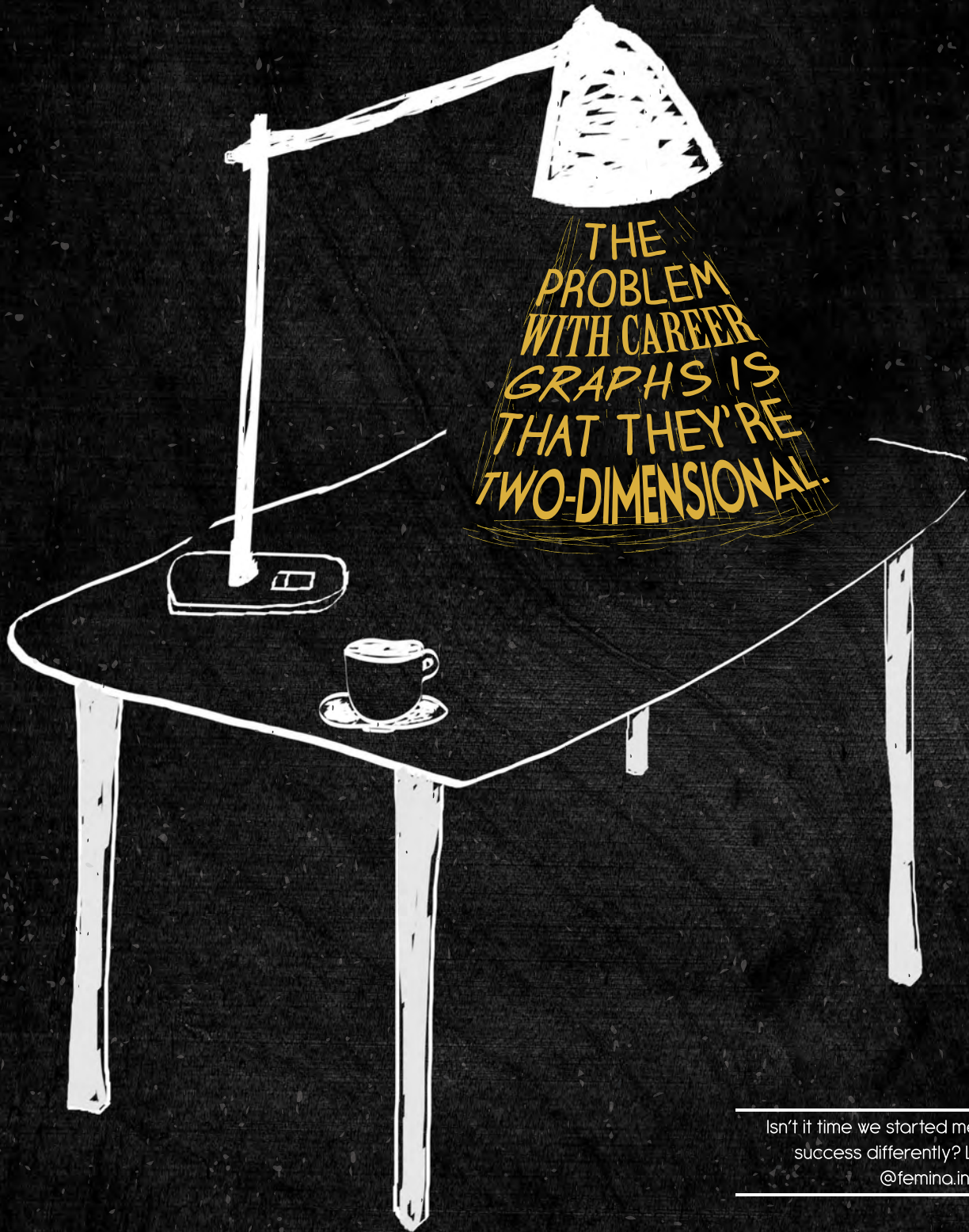
TRADITIONAL MODERNITY

Harit Zaveri's ADAH collection is for the brides who want to look like royalty on their big day. Featuring choker-style neckpieces, bangles, naths, maang-tikas and maatha-pattis, this collection drips of high-octane drama and glamour, all packed with excellently crafted emeralds and polkis—the wedding jewellery essentials in the country. Perfect for the Indian bride who wants to channel her inner regal princess.
Price: On Request
Available At: Harit Zaveri store and haritzaveri.com



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THE
PROBLEM
WITH CAREER
GRAPHS IS
THAT THEY'RE
TWO-DIMENSIONAL.

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TECHNICOLOUR TRINKETS

DiaColor presents The Melody Of Colours, a line with a luxe feeling embedded in everyday functional jewellery. The collection boasts earrings, bracelets, bangles, and rings wrapped in 18k gold with studded diamonds and spring-coloured gemstones for a splash of colour. Contemporary jewellery has a new destination, featuring exemplary craftsmanship and floral silhouettes.

Price: On request

Available at: DiaColor stores and diacolor.in



VOLUMINOUS VISAGE

Assuming the modern revolutionary artist Amrita Sher-Gil as his muse, fashion designer Bibhu Mohapatra presented his Spring/Summer 2021 collection at the New York Fashion Week. The 26-piece collection has an eye-popping colour palette of chartreuse, lime, baby pink, blue and nudes. Paired up with unconventional silhouettes, etched with traditional handcraft on lace, tulle and silk fabrics.

Price: On Request

Available At: Bibhu Mohapatra stores and bibhu.com

INTIMATE AFFAIRS

Kalki Fashion launched a capsule collection called Intimate Wedding Collection for the lockdown brides. The collection features designer saris, easy-to-wear lehenga-cholis, and breezy Indo-western separates for small, fun and intimate ceremonies. Sangria pink, yellows, scarlet and peach tones dominate the colour palette of this understated collection.

Price: On Request

Available at: Kalki stores and kalkifashion.com



SET IN STONE

Wedlock Wows by Kohinoor Jewellers Agra is tailor-made for brides. This heirloom-worthy collection features romantic yet striking combinations, beautified by rare and precious gemstones like rubies, emeralds and tanzanite. These regal statement pieces display timeless designs encircled by glistening diamonds, perfect for the modern Indian bride.

Price: On Request

Available at: Kohinoor Jewellers stores and kohinoorjewellers.com



VINTAGE HERITAGE

Ridhi Mehra's lexicon of eccentric and delicate details with the correct flare for drama has made her a favourite among neo-Indian brides. Echoing her signature styles in Heer, Mehra's Pre-Fall 2020 collection draws reference from classic Indian weddings but is presented with western aesthetics.

There is a shift from voluminous silhouettes to lighter fabrics like chiffon, organza, net and silk, complemented with bright hues like canary yellow, peach, apple green, ivory and gold.

Price: ₹65,000 Onwards

Available at: Ridhi Mehra stores and ridhimehra.com

LUXURY In Limitation

Ace couturiers talk to **Ruman Baig** about the current and future status of the multi-billion-dollar bridal market of India, amidst the battle with an on-going pandemic



TO ADAPT TO THE NEW NORMAL, WILL VIRTUAL/AT-HOME APPOINTMENTS, CONTACTLESS DELIVERY, AND DIGITAL STORE TOURS BE THE NEW WAY TO GO?

There's always a charm of seeing something in person—from the intricacy of the craft to the look of the garment on the body. However, the world is constantly evolving, and we will have to move with times as focusing on digital has become key to any business. I think with online consultations, people get a good idea of what the clothes will look like on camera and Instagram. We have been doing online consultations with NRI or out of town brides/grooms who may not have been able to visit the country or have had only one visit to the store, and the rest of the communication has happened via emails,

**Tarun
Tahiliani**

BRIDAL COUTURE IS ONE OF THE MOST PROFITABLE PILLARS OF INDIAN FASHION, HOW HAS THE ONGOING PANDEMIC AFFECTED THE BUSINESS?

All businesses except pharmaceutical and medical have been affected tremendously,

not to forget, the migrant workers' catastrophe. With the current economic depression and only limited guest-permit weddings, there won't be many occasions celebrated to the scale that we knew of, since a whole new [consciousness](#) has set in. And as a domino, the consumption for occasion wear will not only witness a decline, but we are also prepared that some may not consume at all after being shaken by this global

crisis, which is still galloping. Post the crisis, everyone is going to be low key, more conscious, and cognizant of re-usability.

“POST A GLOBAL CRISIS, EVERYONE IS GOING TO BE LOW KEY, AND MORE CONSCIOUS.”



“WATCHING A FASHION SHOW ON YOUR LAPTOP SCREEN OR PHONE IS NOT EVEN A PATCH ON ATTENDING A SHOW.”

numerous phone calls and video chats. It is tough to feel and gauge the weight of things, the lightness of the fabric virtually. The most important thing that defines the brand like ours is what the clothes feel like when you are in them.

WEDDING PROCESSIONS ARE BEING SCALED DOWN, DOES THAT ALSO MEAN A REDUCTION IN THE GRANDEUR OF THE BRIDAL OUTFIT?

The grandeur has been reduced, the gatherings are intimate, the clothes will be lighter and/or upcycled from mother or grandmother’s wardrobe. So, the format in which we are headed is already very sustainable at

its core. People will not be wearing the kind of clothes they used to, and that will in turn, affect the way we produce. As for the brides and grooms, since they will not be on a stage, everything will be looked at and appreciated from much closer. This dials up the need for intricate, good quality, and beautiful ensembles

COUTURE DESIGNERS ARE NOW HEAVILY RELYING ON E-COMMERCE; DO YOU THINK THIS WILL BE A PERMANENT SHIFT? IF



SO, HOW DOES THIS AFFECT THE FUTURE OF PHYSICAL STORES?

As a direct impact of the lockdown, we most certainly saw an increase on online sales as early as April. However, given the business we are in, it has to be an amalgamation of an online and offline experience, eventually. We realised early on in the pandemic that there has to be synergy between online and offline.

People are researching online and then reaching out to us and requesting to connect them to our stores. Traffic is already improving in our stand-alone stores.

FASHION FILMS AND AUDIENCE-LESS VIRTUAL SHOWS HAVE REPLACED THE HOUSEFUL RUNWAY SHOWS. HOW

HAS THAT AFFECTED THE BUSINESS?

In July of this year, we showcased our 2020 Bridal Collection—Pieces of You—over Instagram Live, in what became the country’s first-ever full-length digital fashion showcase. We then also showcased our first fashion film *Infinite* to celebrate the milestone 25 years of Tarun Tahiliani studio. Even though we pulled it off successfully, watching a fashion show on your laptop screen or phone is not even a patch on attending a show. A live show is immersive, one that can never be replicated digitally. Our live shows are attended by a maximum 400 to 500 people, including the media, and most of the world consumes them digitally. So, really, except for those 400 to 500 people, everyone would be privy to the same experience that they would normally have.>

Abu Jani Sandeep Khosla



HOW MUCH OF A HIT DID THE COUTURE BUSINESS EXPERIENCE DURING THE LOCKDOWN?

Everything came to a halt for four months—factories, stores, studios. There were no weddings during the lockdown. So naturally, production and retail were both hugely impacted. It was a lean and mean period for the business.

HAVE DIGITAL CONSULTATIONS ALTERED THE SHOPPING EXPERIENCE WHEN IT COMES TO COUTURE?

It depends on the sector and price point. When it comes to bridal couture, the in-person experience and consultation are essential and cannot be replaced. Whilst

initial appointments are conducted via virtual tours and appointments, a bridal ensemble and couture call for fittings, customisation and touch and feel. So, the final selection can never be made without a store visit. Contactless delivery, digital sales, e-commerce work for prêt, or standard luxury products. When it is a wedding ensemble, you need to see the goods, try them on, customise them.

ARE BRIDES OPTING FOR MINIMALISTIC COUTURE, SINCE WEDDINGS ARE NOW SCALED DOWN?

We feel that weddings will be smaller in terms of size, and the number of events, and guests, for the next 12 months, but there is no need to scale down the

quality, style and finesse of the celebration. This is still a huge moment in a bride and groom's life, for their families too. So it's a case of tone down the size, but up the fabulousness, and that means exquisitely crafted ensembles.

WHILE E-COMMERCE IS THE NEED OF THE HOUR, HOW VIABLE IS IT WHEN IT COMES TO COUTURE?

Couture will never be an e-commerce segment in the

long-run. It's more prêt and mass wear, which can be sold without a physical space or human consultation. This is especially the case with our home-bred couture, it isn't a standardised product like a jacket, jeans or handbag. Every piece is unique, technique- and embroidery-rich; silhouettes are far more distinctive and varied. It has to be an in-person decision and buy.

DO FASHION FILMS MANAGE TO CREATE THE SAME IMPACT AS REAL-LIFE FASHION SHOWS?

It's too soon to gauge the impact of virtual versus runway shows on the business. That will come after this first season of businesses reopening again. We have full confidence that we will not only bounce back to the good old days but come back even stronger as an industry. Indians are born luxury consumers, we love the finest and our appetite for beauty is unsurpassable. >

“WHEN IT COMES TO BRIDAL COUTURE, THE IN-PERSON EXPERIENCE AND CONSULTATION ARE ESSENTIAL AND CANNOT BE REPLACED.”





Falguni Shane Peacock

THE PANDEMIC HAS ADVERSELY AFFECTED THE LUXURY MARKET; HOW SOON DO YOU THINK IT WILL RECOVER?

The ongoing pandemic has affected everyone's business, no matter how big or small. Luxury, by itself, has been the most hit, but temporarily. Most of our clients, customers, and friends who were planning or had their wedding scheduled during these last couple of months, have pushed their wedding dates to a later date. The wedding day is one of the biggest days for many, and they don't want to compromise on it. Once things start getting back to normal, the business is going to be almost double because there are so many people who have planned to get married the next season.

HOW HAS THE VIRTUAL SHIFT BEEN FOR THE BRAND IN THE LAST COUPLE OF MONTHS?

We have been having virtual consultation, appointments since almost a decade ago because a lot of our clientele lives overseas. Back then, we could not travel to different countries every now and then, which is how we initiated our virtual consultation and other features. The ongoing pandemic has taught us how to meet or get in touch with someone virtually or on the mail or via video calls.

"THERE WILL BE NO REDUCTION IN THE GRANDEUR OF BRIDAL COUTURE."



HOW SUSCEPTIBLE WILL THE E-COMMERCE ROUTE BE FOR LUXURY BRANDS?

For us, digital has been a large vertical. We have an e-commerce store that was launched three years ago. A highlight of that option that lets the clients design and co-create outfits is our Virtual Styling feature. Despite having a large online presence even before the pandemic, our stores have been unaffected. After the lockdown lifted, the response at our stores is coming back to just as it was before the lockdown.

HAVE DIGITAL FASHION FILMS DEMOCRATISED THE EXCLUSIVITY THAT CAME WITH INVITE-ONLY RUNWAY SHOWS?

Fashion films and virtual shows are a great way to reach out to a wider audience! Earlier, the first-hand access to a show was limited and held privately only for those who could attend a fashion show. But today, you could be anywhere in the world and be a part of the virtual show. A wider reach gets the audience talking and sparks interest in the collection. >

WHILE THE OTHER ASPECTS OF THE BIG FAT INDIAN WEDDINGS HAVE BEEN DOWNSIZED, HAS IT ALSO MODIFIED THE BRIDE'S CHOICE OF COUTURE?

A lockdown wedding, keeping in mind all the protocols, has had the bride and groom downsize on every aspect of the wedding, right from the number of guests to the scale of celebrations. A wedding outfit is the last thing they want to compromise on. There will be no reduction in the grandeur of bridal couture.

Amit Aggarwal



HAS THE PANDEMIC COMPELLED YOU TO REASSESS YOUR BUSINESS STRATEGY AND DESIGN IDEOLOGY?

The ongoing pandemic made us take a pause, reflect and continue on our efforts of streamlining the brand's vision and offering. To be more honest to the brands' core beliefs, values and aesthetics. Playing by our strengths, looking back and

“DIGITAL MEDIA PLATFORMS HAVE HELPED IN MOBILISING FINANCIAL SUPPORT.”

rediscovering our roots. We are working on our classics with a contemporary outlook.

DIGITAL APPOINTMENTS ARE TAKING PRECEDENCE OVER PHYSICAL MEETINGS, HOW HAS THAT AFFECTED THE BRAND?

Change is the only constant and adapting to it is the only key. Embracing social media and e-commerce is the way forward. We launched our digital store last week to facilitate the online experience. The digital store features our classics along with some exclusive products which will be only available on our website, along with digital bridal appointments with the designer.

ARE THE BRIDES WHO ARE GETTING MARRIED DURING



THE LOCKDOWN OPTING FOR SIMPLER OUTFITS, OR HAS THAT REMAINED UNCHANGED?

Families still would consider this as one of the most important parts of their life and the memories it makes. The couple would definitely not shy away from investing in the creation of memories and feeling which will last them more than a lifetime. And clothing has a large part to play in doing so. I don't think it will deter them from wearing what they always wished to wear. Bridal outfits are always aspirational since the sacredness of the functions and their importance in life. Exclusivity and unique products will find their due importance.

HAVE PHYSICAL STORES TAKEN A BACK SEAT BECAUSE OF THE CONVENIENCE THAT COMES WITH E-COMMERCE?

Digital media platforms have simplified the buying

process and helped in mobilising financial support for the people affected most during these hard times. Embracing social media and e-commerce is one of the biggest ways forward. However, I feel bricks-and-mortar stores will remain to be the most effective way to give the whole experience of buying a couture product.

DIGITAL SHOWS AND FASHION FILMS ARE THE NEW NORM, HOW HAS YOUR EXPERIENCE BEEN WITH THEM?

Putting a couture show together is like a celebration for all the five senses. It was challenging for us to weave the brand story of intricate craftsmanship and hand embroidery and put together an immersive experience for the viewers. But I really enjoyed it and the fashion film we presented is getting great response from our customers. We wanted to create an escape to set the mind free and help reimagine the wearability of our signature textiles. >



Monica Shah (Jade)



CONSIDERING THE CURRENT SITUATION, IS E-COMMERCE CASTING AND OVERSHADOW ON PHYSICAL STORES?

I think the two have to exist in harmony, at least as far as luxury is concerned. For us, it's more than just a basic transaction, it's about the complete experience. And bricks-and-mortar stores play such a key role in this. Our aim now is to seamlessly create this intimate, unique and tailored experience online as well.

HOW HAS THE PANDEMIC AFFECTED COUTURE CONSUMPTION IN INDIA?

While the pandemic has affected the fashion sector quite adversely, the darkest days are behind us. We are looking forward to the future with a lot of hope. As markets open up, small events and intimate weddings are all taking place. The number of guests may have been reduced, but brides are not compromising on their bridal ensemble because weddings happen once in their life so we are excited about the future.

“AS MARKETS OPEN UP, SMALL EVENTS AND INTIMATE WEDDINGS ARE TAKING PLACE.”

ARE VIRTUAL CONSULTATIONS THE NEW-NORMAL?

Absolutely. We've been doing virtual bridal consultations via video call for a while now. Now we're also accepting in-store shoppers via appointment only. This puts a greater focus on elevating each shopper's experience whether it's online or offline. We've launched a digital concierge service that pretty much hand-holds customers through the entire process.

WILL INTIMATE WEDDINGS ALSO MEAN LIGHTER OUTFITS, OR WILL OPULENCE REMAIN INTACT?

As a designer, I have always advised brides to choose what resonates with them and feels authentic to who they are, whether that's subtle or grand. This time is a wonderful opportunity for brides-to-be and the bridal entourage at large to choose pieces that align with them at a deeper level as well as are chosen mindfully.

HOW EFFECTIVE ARE FASHION FILMS IN GENERATING BUSINESS?

Fashion films and virtual shows seem to be the new normal as far as events are concerned. It's great because it allows more people to have access to our shows, previews, and events. That makes the label more accessible to the audience all over the world. Fashion labels who can adapt to this new digital domain, it's a great development. **F**



PHOTOGRAPH: 123RF

MADE TO MEASURE

As we navigate through the current unprecedented time, the beauty industry too, transforms itself with contactless treatments, online consultations and customised products. Personalised experiences and virtual reality are the two big trends to watch out!



MASKED GLORY

As the festive and wedding season approaches, it's time to soothe tired and dull-looking skin, with different types of face masks, says **Sukriti Shahi**

We're all tired of staying locked indoors, hoping to resume our regular routines as soon as we're allowed to. But perhaps, we could look at things as glass half full? One thing we should be thankful about during this quarantine is that we have been gifted with all that extra time to indulge and do things for ourselves we wouldn't have had a chance to, otherwise.

Moreover, the upcoming months of festivities and weddings demand some self-care indulgence too. The celebrations, of course, will be different this year, but that shouldn't dampen the spirits! However, the stress on the skin due to increased screen

Self-care is important, and face masks make for a great way to unwind and relax at home.

time and lesser interaction with nature makes it look dull, tired and lacklustre. Enter, a calming, hydrating and skin-loving face mask.

Whether using sheet masks or whipping a few new ones at home, we are all trying variants of DIYs. From targeting different skin concerns according to skin type, to their incredible natural and skin-boosting formulas—face masks have become a lockdown staple among skincare junkies. After all, self-care is important, and face masks make for a great way to unwind and relax at home. Even though masking counts for an extra step in a usual skincare routine, no one will really some extra TLC. >



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TYPES OF FACE MASKS



Peel-off Masks

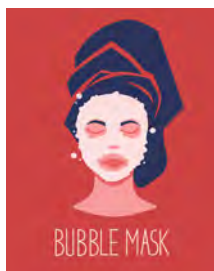
These masks are a no-rinse variant of face masks. These are smoothed on to the skin and as the name suggests, peeled off after few minutes. Just make sure to be gentle and not to tug at the skin. These are good for those with acne-prone skin, as they pull out dirt from the pores, leaving your skin looking fresh, cleansed, and nourished.

Bubble Masks

A rather new trend in the world of beauty, bubble masks are quite interesting and effective. When applied, carbonated bubbles in the mask react with the oxygen in the skin, and help to gently exfoliate the skin. They are effective in removing dirt, makeup, and impurities.

Anti-ageing Masks

These usually come loaded with alpha hydroxy acids (AHAs) which help diminish early signs of ageing. They are available in



While buying face masks, it's imperative to check the ingredient composition.

different formulations, but come with the same objective—to give you younger-looking, firm and clear skin. Moreover, masks have ingredients in concentrated form, which stay on the skin for longer durations without any intrusion. Thus, they help stimulate and boost the production of collagen, a component that's responsible for keeping the skin looking plump and firm.

Overnight Masks

As the name suggests, these are meant to be applied before you sleep and removed when you wake up. Naturally, they are super-easy to use. These are usually no-rinse formulas that gently sit on the skin while you take your beauty sleep. In fact, overnight masks work the best as they get a longer time to work on the skin.

INGREDIENTS TO TRY

Usually, your skin type—normal, dry, combination, oily, acne-prone or sensitive—is a basic factor to consider while choosing a face mask. But it's not that simple. While buying face masks, it's imperative to check the ingredient composition as well. If ingredients get you confused, here's a lowdown on what may suit your skin the best.



For normal skin

If you are lucky to have normal skin, almost all face masks will suit your skin type. Honestly, it's also about trial and error to see which ingredients suit your skin. Generally, for normal skin type, it's a good strategy to choose plenty of hydration and a boost of [antioxidants](#). It's also a good idea to avoid ingredients that can clog the pores like occlusive oils. Look for masks that have fruit enzymes or green tea. Fruit enzymes offer gentle skin exfoliation that suits almost all skin types and are great for >



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skin detoxification. If you have normal skin, it's a good idea to avoid harsh scrubs which can interfere with skin's pH balance.

For oily skin

If you have oily skin, you understand the struggle of finding products that help absorb excess oil without stripping off the skin's natural oil. The idea is to not over-exfoliate the skin. Therefore, look for ingredients which provide gentle exfoliation while also hydrating the skin. Face masks with glycolic acid, salicylic acid and lactic acid help remove the impurities from the pores. These ingredients hydrate the skin adequately and also help prevent acne. Charcoal and clay masks can be a good fit for people with oily skin.

For dry skin

The keyword here is 'non-comedogenic', which means products or ingredients that don't cause

While choosing skin hydrating ingredients, make sure that they do not block pores.



clogged pores. While choosing skin-hydrating ingredients, it's important to make sure that they do not block pores, and in turn cause acne. For dry skin, hyaluronic acid, ceramides, and non-comedogenic oils work the best. On the other hand, stay away from masks that have benzoyl peroxide and salicylic acid which can absorb the oil, making dry skin drier and flaky. Also, avoid any ingredient that can cause inflammation like artificial fragrances.

For combination skin

This one is the trickiest to deal with. For people with combination skin, the T-zone is oily and cheek area is dry. The concept of multi-masking fits the bill for people with this skin type. For the T-zone, do not use alcohol or oils and for the dry area, stay away from harsh exfoliating agents. If in case you use exfoliating masks, hydrate the face immediately. Use different clay masks on different areas of the skin as they are loaded with gentle ingredients that work for both oily and dry patches.

For sensitive skin

The key point here is to patch test every product before buying. The skin can be sensitive towards the gentlest of ingredients as well. Like [plant-derived ingredients](#) that work well for every other skin type can still cause allergies on sensitive skin. Masks with any alcohol content and fragrance should be avoided. However, products with vitamin B3 (niacinamide) usually work well. Opt for basic and gentle products, and do not confuse your skin by using multiple products at once. >





FACTORING IN THE SKIN CONCERN

For hydration, skin tightening, instant brightening, anti-ageing, glow or skin revitalisation—there are several variants available in the market. So, how do you decide which one suits your skin?

For Skin Toning and Tightening

Any mask that has vitamin C is good for skin tightening and toning. Vitamin C boosts skin collagen production which means newer skin cells for younger-looking, tighter skin. You may choose to buy collagen enhancing face masks or algae masks that lead to radiance and even-toned skin.

For Skin Brightening

Go for gentle exfoliating face masks that help reveal brighter skin. Fruit enzymes like papaya, pumpkin, sugar cane, orange and lemon are suitable ingredients for skin brightening. These ingredients have natural astringent property that gently exfoliates the upper layer to reveal a brighter skin tone.



Any mask that has vitamin C is good for skin tightening and toning.

Retinol, glycolic acid and lactic acid also fall under this list.

For Soothing Effect

Any ingredient with hydrating properties helps relax the skin. Look for masks with soothing ingredients like aloe, oats and chamomile. Vitamin B3 also works well on inflamed skin and helps soothe redness and even fights signs of ageing. You may choose sheet masks with hyaluronic acid and benefits of coconut oil.

SHEET MASKS—WORTH THE HYPE?



You might already know by now what a sheet mask is. It is a thin sheet made of cotton, fibre, or cellulose which is infused with concentrated hydrating ingredients. All you have to do is take it out of the pack and place it on your face. Sheet mask is made of water mostly to replicate the primary composition of a human body, water. Water works as the best carrier of ingredients and makes them more palatable for the skin.

Why do we need sheet masks?

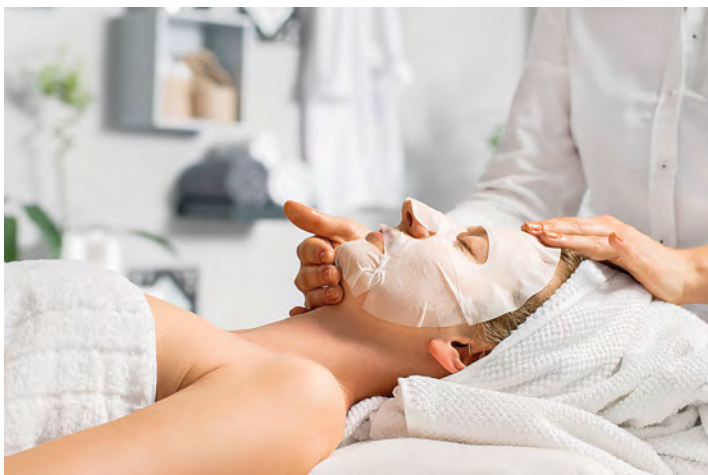
If you are the one who critically analyses every innovation in the skincare industry, existence of sheet masks is definitely one >

of those thought-provoking subjects. As we already have moisturising and hydrating serums and moisturisers, why do we need sheet masks to perform the same function? One of the major advantages that a sheet mask has over other products is that it forms a physical barrier that seals in the ingredients, preventing them from evaporating.

Another reason why sheet masks are considered effective is that they allow skin to rest. It's like your beauty sleep, but with relaxation it also provides the skin with an instant boost of concentrated and skin-friendly ingredients. It's also a quick-fix; you get brighter, plumper and glowing skin in 10 to 15 minutes. Though, there are lesser studies to prove its efficacy, experts still believe that a sheet mask is an effective addition to a skincare routine.

So, are we saying that sheet masks work?

Simply put, sheet masks work for basic skin needs. If your skin feels parched or requires an instant glow or hydration boost, these masks can form an effective solution. However, for serious skin concerns that go beyond dullness and dehydration, you'll need extensive treatments designed specifically for your skin by an expert. For a short-term spa-type relaxation at home, [sheet mask](#) is a worthy pick.



**Multi-
masking
means
using
different
formulas
on different
areas of the
face at the
same time,
as per skin
concerns.**



What is multi-masking?

This concept is slowly gaining popularity. Experts believe that different areas of the face have different requirements. For instance, those with combination skin might not need a moisturising mask for the whole face; it's best to use an anti-acne mask on just on those problem areas as opposed to your whole face as the latter might cause more breakouts. The concept of multi-masking means using different formulas on different areas of the face at the same time as per skin concerns. For instance, using an oil control mask on the T-zone, a hydrating mask on chin, and a deep cleaning one on cheeks is one way to give your skin that added boost. The best part, you get to customise the mask to suit your skin's needs, and works to deal with one or more skin issues simultaneously. **E**

At Two Months

Book appointments with the dermatologist

Focus on dull skin and pigmentation

Opt for Q-switch laser, Hydra and O2-derma facial

At One Month

No peels and extraction

Avoid injectables

Tackle stress induced breakouts

Hooked & BOOKED

Gearing up for the big day? **Sukriti Shahi** helps brides-to-be on how on to prep well before the D-day, keeping in mind the new mandates the pandemic has set upon life itself

At Two weeks

Opt for an organic under eye peel

Target dullness

Relaxing spa sessions

At One Week

Carry on with daily skincare routine

No new products or services

Focus on skin hydration >



A big fat Indian wedding, as the name suggests, is a grand affair. But 2020 has redefined everything. The pandemic changed the scene completely to a never-experienced-before situation. The news is not so good for those who dreamt of an opulent celebration at their wedding this year.

The thought stands true for brides-to-be too—from makeup trends to beauty looks and pre-bridal rituals to skincare treatments, every aspect has undergone a major change, bringing with it a whole new level of stress for the brides.

With the wedding season around the corner and not much time left on hand, we bring a simple lowdown on how to start planning for the pre-bridal beauty rituals. From skincare treatments to makeup kits, managing the looks without an expert to booking appointments, this guide will tell you where to start and how to move forward.

BRIDES WHO HAVE SKIN PROBLEMS LIKE ACNE, SCARS, AND PIGMENTATION, NEED TO START TREATMENTS SIX MONTHS IN ADVANCE.



SKINCARE Treatments and appointments

Assuming there's only a month or two left for D-day, the practical question is, "When to start with in-clinic and other skincare treatments?" Dr Sushant Shetty, Head – Medical Operations, Services and Engineering, Kaya Limited, advises to start planning early. "Visit the dermatologist at least two months before the big day and discuss in detail about your concerns," he says.

Taking the thought ahead, Dr Geetika Mittal, founder and medical director, ISAAC Luxe, divides bridal skincare needs into two categories. "Brides who have skin problems like acne, acne scars, and pigmentation, need to start treatments six months in advance as treatments for these have downtime. However, if a bride wants to work on glow and uplifting the skin, then a three-month head start is needed," she explains.

At two months: This is still a good time to start with specific skincare treatments in addition to your regular morning and nighttime skincare routine. Discuss the treatments with your dermatologist without opting for anything entirely new. Two months are good enough to focus on issues like [pigmentation and dull skin](#). "Anti-pigmentation services like Q-switch Laser help remove dullness, pigmentation, and tanning for even-toned skin, and improved texture. The treatment can be customised to match one's requirements after a consultation with the dermatologist," says Dr Shetty.

Dr Mittal lists her favourite facials, "Hydra facial MD and O2->

derma facial are the ones for de-stressing the skin.”

At one month: Do not try any new treatments! Avoid peels and extractions, which carry the possibility to do more harm than good. “Peels can lead to reactions such as post inflammatory hyperpigmentation (PIH),” says Dr Mittal. Factor in services that provide gentle exfoliation, or resort to your trusted skincare products that provide nourishment while sloughing off the dead skin.


Speaking of peels and extractions, Dr Shetty shares a word of caution, “Most brides choose to start their beauty regime too late. If a treatment doesn’t suit, the skin might purge the impurities causing breakouts, rashes etc. It is always advisable to start early, at least two to three months before the wedding.”

This is also a time to keep a constant touch with your dermatologist. It’s normal for brides to have [sudden breakouts](#) before the wedding due to stress and anxiety with regards to the new life ahead. Ask your dermatologist to suggest solutions for stress-induced acne. Avoid getting OTC ointments and medicines on your own.

Dr Mittal suggests avoiding injectables during the last one month, especially ten days before the wedding. “There can be side effects like swelling and redness. Also, if one doesn’t like the end, it can be difficult to manage,” she says.

At two weeks: As much as you want to rest during this time, the running-around and stress will only be on the rise. No matter what, it will take a toll on

your skin, and you need to ‘wake your face up’. It’s at this point that you might want consider a specific under-eye treatment to make the area look brighter, albeit with expert intervention. “An organic peel such as arginine or ormedic or 15 per cent glycolic acid will brighten the face. However, strong chemical peels are not advisable. Q-switch and Yag laser work well to brighten under eyes and can be



FACTOR IN SERVICES THAT PROVIDE GENTLE EXFOLIATION, OR RESORT TO YOUR TRUSTED SKINCARE PRODUCTS THAT PROVIDE NOURISHMENT WHILE SLOUGHING OFF THE DEAD SKIN.

done two weeks in advance,” says Dr Jaishree Sharad, celebrity cosmetic dermatologist.

Whichever treatments you choose, ensure you complete your sessions to achieve the best result. It’s also a good idea to indulge in a relaxing massage or a spa during this time, hygiene protocols in place.

At one week: It’s time to relax and quit all treatments. Don’t experiment with any new service or treatment. Rely on your daily products and focus on giving your skin enough hydration and nourishment. Keep your water intake under check. The weather during the coming wedding months is chilly, which makes the skin dry and rough. A hydrating cleanser, non-comedogenic moisturiser and SPF are your skin essentials. >

VANITY KITS and more!

If there's one thing that the pandemic has made us all wary of, it's being surrounded by people. However, the role of a makeup artist and hairstylist at the wedding cannot be undermined. Given the current scenario, brides and makeup artists are taking it easy not risking their health till the situation eases up. If in case, you plan to do an event without a makeup artist and hairstylist, here's all that you can do.

Planning pre-wedding looks

While it's a big risk to skip booking a makeup artist for the wedding day, one can go for simple looks for the pre-wedding functions. "The best way to do it is by keeping it simple. Have a hair dryer, iron and brush handy. Brush the hair out and opt for straight hair or iron curl—something that is doable at home. You can just pin it up easily; it looks cute and like it's done professionally," suggests celebrity makeup artist Arti Nayar.

For makeup too, Nayar roots for simplicity. "It doesn't have to be complicated like two-toned eyeshadow. Keep it classic with an eyeliner and a good base. If you are not comfortable with eyeliner, use an eye pencil to create a smoky eye," she says.

Making your vanity kit

While you might want to splurge and add every product you come across or are recommended with, it's important to keep functionality in mind. A makeup



KEEP YOUR MAKEUP KIT SIMPLE WITH PRODUCTS THAT YOU HAVE BEEN USING FOR LONG, TAKING CARE OF YOUR SKIN TONE AND TYPE WHILE CHOOSING THE SHADES AND FORMULATIONS, RESPECTIVELY.

and hair care kit for the wedding should comprise things that you can use regularly as well.

Keep it simple with products that you have been using for long, taking care of your skin tone and type while choosing the shades and formulations, respectively. "A good [concealer](#), foundation, powder to mattify the base, black and brown eye pencil, mascara, blush, highlighter, and your favourite lipstick are the main products," says Nayar. You can consider adding a pink, nude and classic red lip shade. If you are a minimalist, skip one lipstick and add a lip tint instead. "These

products can always double up. For instance, if you don't have a gold eyeshadow, you can use your highlighter on the lids," she adds.

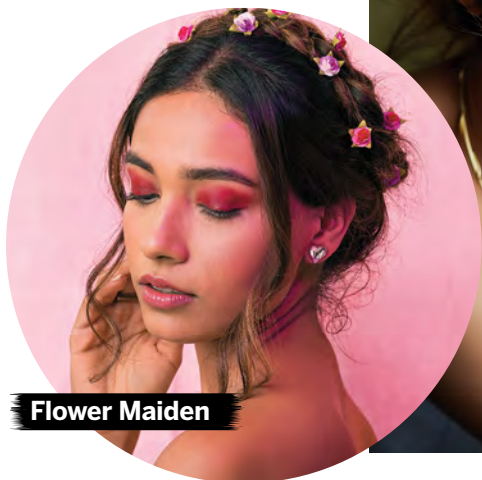
While listing the makeup essentials for D-day, Nayar suggests, "A puff to dab your face is needed, in case it gets oily. A puff with powder is essential. The lip liner and lipstick that you have on your lips on the wedding day. I always suggest my brides to carry a ear bud or tissue, so if in case you feel emotional, it doesn't spoil the look. And a good eyelash curler's significance cannot be undermined." **F**



Blushing Bride



Gold Trance



Flower Maiden

PRINCESS Prep

These gorgeous bridal looks can be created with minimal amount of skill. **Eden Noronha** takes you through the process



Orchid Bloom

There is no doubt that the wedding season is exceptionally different this year, thanks to the ongoing COVID-19 crisis. But that can't put a stop to the bride-to-be's beauty prep for the big day. After all, it is every woman's dream to look nothing less than celestially beautiful on her wedding day.

There is just no room for compromise when it comes to hair and makeup. Because of the pandemic, you might be wary about hiring professionals for hair and makeup looks and sometimes the experts you are after may not even be available. While getting a hairstylist and makeup artist onboard is a good choice, sometimes you may have no other option but to take matters into your own hands. Your hair and makeup can be done by you or a family member or even a friend just as well as the looks you see in magazines. No, we aren't joking! To help you and your entourage slay some stunning bridal looks, we handpicked some of our best photoshoot images with wedding-perfect looks and decoded them along with shelling out some essential hacks. >



Vintage Veil



Orchid Bloom

When you merge invigorating shades with gleaming gold, the combination is celestial

MAKEUP **DECODE**

Treat your skin concerns by multi-masking.

Cleanse, tone and moisturise.

Strobe your skin with an illuminating cream.

Blend a foundation on your face and neck.

Conceal blemishes with a concealer.

Groom your brows with a gel.

Blend a pink eyeshadow on the crease of your lids.

Apply a gold shimmer eyeshadow on your lids and lower lash lines.

Define your water lines with brown kohl.

Amp up those lashes with mascara.

Blend a hydrating blush on your cheeks.

Scrub and moisturise your lips.

Swipe on a rosy pink lipstick. Highlight your cupid's bow with a gold pigment. >

Tips: Ensure your skin gets the right kind of care. Start using retinol well before your wedding to treat pitted skin, blemishes and more. Vitamin C serums and gel masks will also help nourish and plump up your face.

Blushing Bride

Pink hues are always welcome, especially in bridal makeup. It makes for delicate beauty looks that are so fabulous, you can never go wrong with them

MAKEUP *DECODE*

Treat your skin to a purifying face mask.

Cleanse, tone and moisturise your skin.

Blend a hydrating foundation on your face and neck.

Cover up discolouration and blemishes with a concealer.

Powder only the areas that tend to get oily.

Blend a liquid eyeshadow tint in a metallic pink hue over your lids.

Apply a similar toned eyeshadow on your lower lash lines.

Define your lashes with mascara.

Groom your brows with a gel.

Use a liquid highlighter on the high points of your face.

Blend cream blush on your cheeks.

Exfoliate and moisturise your lips.

Fill in the lips with a flesh tone lip pencil and top it off with gloss. >



Tips: Let your hair exude softness with loose curled tendrils framing your face. A low ponytail or chignon will be the ideal style.

Vintage Veil

Glossy Gatsby waves neatly pinned in a bun makes for a stellar bridal updo. Shimmery rose gold lids and a coral red pout completes the look

HAIR DECODE

Indulge in a hair masque for about 30 minutes prior to washing your hair.

Wash your mane with a shampoo and follow with conditioner.

Work some hair elixir into damp hair.

Create a deep side parting.

Create three-inch-wide braids in the direction your hair flows.

Once your entire mane is braided, blow-dry or flat-iron the braids.

Untie all the braids and you will find a gorgeous wavy texture.

Gently twist your wavy locks into a low bun and secure it with bobby pins.

Accessorise the bun with roses.

Set the look with some hairspray.>



Tips: Keep your makeup fresh with a light base, cream blush, and pink shimmer eyeshadow. Blur the edges of your lipstick with a brush for a soft effect, and don't forget to blot so that it doesn't stain your teeth.

Flower Maiden

Little, multi-coloured flowers adorned across a crown braid updo is the slight whimsical you need

HAIR DECODE

Treat your hair to a repairing mask and then shampoo and condition.

Apply hair serum to the lengths and blast dry.

Create a one-inch long centre parting and maintain two tendrils of hair on either side.

Twist the rest of the hair into a ponytail.

Create a twisted braid out of the ponytail and then wrap the braid like a crown, securing it with bobby pins.

Pin some tiny flower hair accessories along the crown braid.

Tong the face framing tendrils for a soft effect the look together.



Tips: Stick to natural eyeshadow hues like pink, browns, or oranges with a dab of gold or silver at the inner corners of your eyes to complement the hairstyle. Ombre lips will tie the look together. >



Gold Trance

Never underestimate the power of gold pigments against gorgeous Indian skin. It is a combination that is reminiscent of a sun goddess

MAKEUP DECODE

Cleanse, exfoliate and moisturise your skin.

Prep your face with primer.

Blend on a semi-matte foundation.

Use an illuminating concealer on any discolouration.

Apply an eye primer. Blend a brown eyeshadow in the crease of your lids.

Dab a gold glitter pigment all over your lids.

Highlight the inner corners of your eyes and brow bones with a rose gold pigment.

Use brown kohl on your lower lash lines.

Swipe on mascara.

Define your brows with a pomade.

Highlight and bronze your features.

Moisturise your lips and swipe on a nude lip pencil with gloss.

*Tips: Opt for a hair spa or hot oil massage treatment to make your hair smooth and shiny. A simple blow-dry with serum applied before and after will ensure your hair is gorgeous. A hair perfume will make for a holistic touch. **1***

Neoma Vasdev Gupta does it all with so much ease, poise and determination,

it makes one wonder. A criminal lawyer by vocation, a mother of two, and a philanthropist, she wears many hats. Not one to shy away from standing by what she believes in, she has been a strong figure when it comes to the cases she fights and the causes she has taken up.

Under the tutelage of senior lawyers including her father, the eminent Kailash Vasdev, and former Union minister Arun Jaitley, she has taken her learnings not only to court, but also to her humanitarian work.

“Arun Jaitley was a maverick. His vision, sensibility and patriotism taught me how to synergise advocacy with a cause,” she recalls. “Kailash Vasdev is a force to reckon with. Thanks to my father’s belief in me, whenever I visit Tihar Jail to meet clients, I come out feeling more fearless and fierce—seeing the cape from my shoulders.”

Vasdev-Gupta believes that the pandemic has had a revolutionary impact on every system, let alone legal. “We now have virtual multi-functional court rooms with the lawyers and judges putting their best foot forward,” she says. Not everything however, is smooth in operations, problems still need resolution. While the civil side is operating efficiently on a virtual platform, she believes the criminal side still is facing issues. The person in question, who is in jail, might not have access to their hearings; legal *mulaqats* are fewer in number. There is a system of communication, but it needs a lot more work. On the other spectrum, there were issues unrelated to the functioning of the courts. Initially, she notes that there was a lot of focus on force majeure with the financial sector suffering. Unemployment at a mass



LEGALLY UPLIFTING

Criminal lawyer and philanthropist, **NEOMA VASDEV GUPTA**, makes a case for doing what’s right, finds **Radhika Sathe-Patwardhan**

“To be the voice of reason in a fair trial is perhaps a **HUGE RESPONSIBILITY WITH A LOT OF RISKS INVOLVED.**”

level rendered many litigants helpless, and the uncertainty of the situation led those in their early 40s to draft their wills to be ready.

Apart from working on her cases, Vasdev-Gupta has been a part of multiple elections supporting candidates she believes in. During door-to-door campaigning she came across the plight of girls across states, of them not being allowed higher education. This wasn’t something she could ignore, and she and her husband came forth to support them to study until class 12. Two of the girls they supported are working now. “It’s the best feeling,” she smiles, when thinking of these girls.

When the pandemic brought on unforeseen problems for different sections of society, Vasdev-Gupta saw a few too, among them being the elderly being abandoned on the streets. Not one to take things sitting calm, she contacted a trust in Dwarka, New Delhi and sponsored these people for accommodation and food for 10 such people.

Her courage to stand up for what she believes is right has been possible because she has a strong support system in her mother and husband. “My mother is my core, and my husband my spine,” says the lady with strong convictions. Vasdev-Gupta believes that everyone should get the right to say their side of the story. “I want to be the voice for that. To be the voice of reason in a fair trial is perhaps a huge responsibility with a lot of risks involved. Just being able to advocate the right cause makes me sleep well at night.”



FIRST AMONG EQUALS

Powerhouse jurist and feminist inspiration **RUTH BADER GINSBURG** had many firsts to her credit. **Shraddha Choudhury** examines the legacy that the history-making judge leaves behind



Ginsburg appears at the General Assembly of the Jewish Federations of North America



The world lost a warrior for [equal rights](#) on 18 September, 2020, when Ginsburg, a feminist icon, leader and worldwide treasure, died of pancreatic cancer. She was 87. Over her lifetime, she had five run-ins with the disease, but neither did they stop her nor did they slow her down in doing what she did best—fight blatant sexism and civil rights violations and ensure justice.

Ginsburg was only the second woman to ever serve as a justice at the US Supreme Court. All through her career, starting from law school, she fought against misogyny and sexism with sharp words and a wit of her personal brand as she climbed to the peak of her profession.

On 25 September, Justice Ginsburg became the first woman to be granted the honour of lying in state, ie when the caskets of prominent government officials are displayed inside the US Capitol or other government buildings. Since 1852, when the first man was given the honour, 33 men have lain in state at the US Capitol, all high-profile statesmen including military men and President Abraham Lincoln. Even in death, Ginsburg kept august company.

If there was ever a person who could have set an example for millions of little girls and give them hope, it was her. Her 5 ft stature and repeated battles with cancer were no match >

“I ask no favour for my sex. All I ask of our brethren is that they take their feet off our necks.”

A statement so powerful could only have been delivered by Ruth Bader Ginsburg, one of the most forceful liberal voices in the United States. These words shed light on the spirit of this history-making, barrier-breaking US Supreme Court justice. And it is this spirit and her insatiable thirst for justice that have inspired thousands of young women and men to join the fight for gender equality.

against her indomitable spirit as she grew to become a liberal colossus. Men stood no chance.

Ginsburg has been mythologised by liberals for good reason. She embarked on a milestone-dotted career with ups and more ups. She never held back from cutting into her opposition on the conservative-tilting bench she was on, championing the cause for women's rights, equality and the rule of law for all.

Notorious RBG

All through her life, Ginsburg maintained a modest public profile, but she inadvertently became not just a celebrity and national icon, but also a cult figure. This was due in part to her withering dissent in court and also because of a young law student who created a Tumblr account dedicated to her called Notorious RBG, a hat-tip to the late rapper, The Notorious B.I.G. It was her way of highlighting critical issues, lacing her pointed arguments with humour, that earned her the nickname, one she embraced with élan. Ginsburg even commented once that she and Notorious B.I.G. had something in common: "We were both born and bred in Brooklyn, New York."

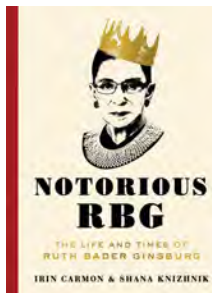
The Tumblr account introduced a new generation of young feminists to Brand Ginsburg and propelled her to a distinction that's rare for a judge. Notorious RBG also became part of popular culture with a documentary, an award-winning biopic, and several bestselling novels based on her life. Ginsburg's wit and strong standing in court also inspired *Saturday Night Live* skits and had her face plastered on mugs and T-shirts. "It was beyond my wildest imagination that I would one day become the Notorious RBG," she told an international newswire last year. "I am now 86 years old and yet people of all ages want to take their picture with me."

Ginsburg dedicated her life to advocating against gender inequality. The impact of her judgments and dissents on sexual discrimination, immigration and disability matters and reproductive rights will resound long after her death. As Kim Thuy Seelinger, professor of law at Washington University and an expert on gender-

"IT WAS BEYOND MY WILDEST IMAGINATION THAT I WOULD BECOME THE NOTORIOUS RBG. I AM NOW 86 YEARS OLD AND YET PEOPLE WANT TO TAKE THEIR PICTURE WITH ME."



Above: Ginsburg with former US President Barack Obama; Left: Former US President Bill Clinton names Judge Ginsburg to be Associate Justice of the Supreme Court



based violence, told an international media network, "Ginsburg understood that even if the Supreme Court majority could not or would not offer the protection sought, judges in the minority could still call for Congress to resolve the issue outside the court."

Modest beginnings

She was born to Jewish immigrant parents in 1933 in Brooklyn's Flatbush neighbourhood in New York City. She lost her mother Celia Bader to cancer before she completed high school. Ginsburg met her husband of 56 years, Martin 'Marty' Ginsburg, when at Cornell University. He was her biggest champion, and it is said that it was his lobbying that got former President Bill Clinton to nominate her to the Supreme Court in 1993. Marty passed away in 2010. "Meeting Marty was by far the most fortunate thing that ever happened to me," Ginsburg once said, adding that he was "the first boy I ever knew who cared that I had a brain."

When she was pregnant with her daughter, Jane, in 1955, Ginsburg was demoted at her job at a social security office—in the 1950s, it was still legal to discriminate against pregnant women. This forced her to conceal her second pregnancy, before she gave birth to her son, James, in 1965.

Milestones and some more

Ginsburg's milestones include being one of the >



EVEN THOUGH GINSBURG FINISHED TOP OF HER CLASS, SHE DIDN'T RECEIVE A SINGLE JOB OFFER, BEING STRUCK OUT FOR THREE REASONS—"I WAS JEWISH, A WOMAN AND A MOTHER."



Top left: An activist holds a sign at the Women's March in New York; Top right: The public passing in review of Justice Ginsburg's coffin placed on the portico of the Supreme Court building; Above: A protester holds a sign supporting Ginsburg at the Women's March on January 18, 2020 in Washington, DC

nine women accepted to Harvard Law School, out of a class of about 500, in 1956. It was then that the dean had infamously asked his female students to justify taking the place of a man. When she transferred to Columbia Law School, she became the first woman to work at both colleges' law reviews. And even though she finished top of her class, she didn't receive a single job offer, being struck out for three reasons—"I was Jewish, a woman and a mother."

It was in the 1960s, when she was a professor at Rutgers Law School, that the women's movement began to take shape. "There I was, a law school professor with time that I could devote to moving along this change," she had told NPR.

The first time the US Supreme Court struck down a law because of gender-based discrimination was in 1971, when Ginsburg argued in a case that examined whether men could be automatically preferred over women as estate executors.

Ginsburg describes her contributions during this period that as her greatest professional work. She co-founded the Women's Rights Project at the American Civil Liberties Union (ACLU) in 1972, the same year she became the first tenured female professor at Columbia Law School. "Sexual discrimination is and will continue to be my principal interest," she had said.

As ACLU's general counsel, she launched a number of gender-discrimination cases—winning

five of the six she that brought her before the Supreme Court. It was during this time that she famously described her role as that of a kindergarten teacher, explaining the nuances of gender discrimination to an all-men court.

"I had the good fortune to be alive in the 1960s, then, and continuing through the 1970s," she had said. "For the first time in history, it became possible to urge before the courts successfully that equal justice under law requires all arms of government to regard women as persons equal in stature to men."

In 1980, Ginsburg was nominated to the US Court of Appeals for the District of Columbia, a move that was part of President Jimmy Carter's efforts to diversify federal courts. And in 1993, she was nominated to the Supreme Court by President Clinton. Ginsburg was only the second woman ever confirmed to the top court, after Sandra Day O'Connor, who was nominated by President Ronald Reagan in 1981.

In 2015, Ginsburg was part of the majority on two landmark cases that marked massive victories for American progressives. The justice was one of six to uphold a crucial component of the 2010 Affordable Care Act (Obamacare). In the second case, she sided with the 5-4 majority that legalised same-sex marriage in all 50 states of the US.

"I would like to be remembered as someone who used whatever talent she had to do her work to the very best of her ability. And to help repair tears in her society, to make things a little better through the use of whatever ability she has," Ginsburg once said. As progressives across the globe mourn her demise, it's evident that Ruth Bader Ginsburg's name will always be synonymous with justice and equality in a world fraught with unfairness and discrimination. **F**





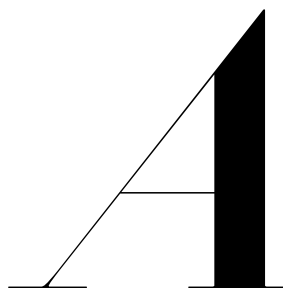
CROWNING GLORY

WINNERS OF LIVA MISS DIVA 2020 TALK TO RUMAN BAIG ON CAUSES SPECIAL TO THEM, THEIR PASSION PROJECTS AND HOW THE PANDEMIC HAS AFFECTED THEIR JOURNEY SO FAR.

PHOTOGRAPHER: RAHUL JHANGIANI; DESIGNER: KRESHA BAJAJ >

“When you have such a platform, IT’S IMPORTANT TO KNOW THE POWER IT HOLDS”

LIVA Miss Diva Universe 2020 **ADLINE CASTELINO** gets vocal about mental health, LGBTQIA+ rights, and her prep for the Miss Universe pageant



Adline Castelino grew up imitating the perfect walk and wave from the former winners of the title, little did she know, she will have her moment of crowning

glory too. In a quick chat with us, the LIVA Miss Diva Universe 2020 Adline Castelino talks about her journey so far, and the road ahead.

Did you always dream of participating in a pageant like Miss Diva?

Honestly, the journey started when I was quite young. All my classmates used to tease me about becoming Miss Universe because I was tall and fit the bill. That kind of ignited the spark in me, but it was never the main or only goal at that time. I used to live in Kuwait at the time, and we didn't have internet, so I used our neighbour's WiFi to watch the Miss Universe videos and imitate them, walk like them for fun. Little did I know that later in life, I will get to live my dream!

When I was in college, the organisers hosted an event at the campus. And, as destiny had it, my then roommate pushed me to get into this. She said, 'You know what, I feel you're going to do this.' That's how it happened.

Academically you pursued business management, then what made you switch fields?

I think everything in life is about management. In any field that you are, it's about how you manage your resources. Even here you need to learn how to manage your responsibilities and use every opportunity to its fullest so you can bring about change. You can make lives for people around you better, bring a lot of value to people's lives and the field I chose now, it perfect for me to contribute in that manner.

What was the most challenging aspect of the pageant?

The most challenging aspect of any pageant is that you need to maintain your mental health, because there are so many things going on, and it gets chaotic at a point. Unknowingly you are comparing yourself to a lot of people around you. We need to understand that we all are different individuals, beautiful in our way.

If you were to judge a pageant, what would be the most important quality that you'd look for a winner?

For me, vision is quite important. When you have such a powerful platform, it's important to know >

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“

IT'S TIME NOW TO FOCUS ON THE FARMERS, ESPECIALLY OUR FEMALE FARMERS, BECAUSE YOU DON'T HEAR OF A WOMAN AS A FARMER.

”

the power it holds, and how you want to use it to bring change. What kind of values do you want to bring into this? So, that's something that I would look in a girl if I was the judge.

What social cause is closest to your heart?

Betterment of farmers, especially in our country where we are facing a crisis in terms of food and water. I feel they're the ones that provide so much but are being neglected, and due to that our economy is suffering. I feel that it's time now to focus on the farmers, especially our female farmers. because you don't hear of a woman as a farmer. But they're the ones who do 70 per cent of the job, that's a cause close to my heart. My grandmother was a farmer and she died at the age of 22.

Tell us about those moments that redefined who you are.

I moved to Bombay at the age of 15, and I did it only because of my intuition, there was no plan A or B. I did not know where I was going to stay, or what I was going to do exactly. I just followed my heart here and since then there have been a lot of difficult times when I felt like giving up and going back to my parents. Every time I thought about it, I convinced myself that I've come so far and I just need to keep going irrespective of the hurdles that come my way.

You're an advocate to of LGBTQIA+ community. What changes you'd like to see in that sphere?

I feel that the awareness exists only in cities as there are many places in our country where people are not aware of it. Even if they're aware, they tolerate it and I don't think we need tolerance, we need acceptance. We need to provide them with equal rights and equal opportunities. That's how you live in an open society and that's how the playing field will be levelled.

How are your preparations for the Miss Universe pageant coming along?

For me, it's important to showcase how beautiful and incredible my country is. For that, I have met with and am having many conversations with a lot of people. I want to be able to show all the artefacts all the small industries, handmade industries that are now dissolving. I want to make sure that I show that on the Miss Universe platform so express what India has to offer. So many people are misrepresented or not represented at all in our country. I want that, it is my vision and goal.

Which kind of activities kept you occupied during the lockdown?

Apart from my preparations to represent India at Miss Universe, I've taken this time to journal my thoughts and plans. I have been enjoying watching Indian documentaries, classics on Netflix, and standup comedy. I particularly enjoy the word of Vir Das, Kenny Sebastian and Hasan Minhaj. It's was essential to have some fun and not take yourself too seriously during these times!

What are the causes that you are supporting during this pandemic?

I still believe that investment in our farmers and the development of our rural areas is the best contribution that we as countrymen can make. This is the best way to increase economic activity in the country and employ lakhs of people who have returned to their villages. I believe even if the journey is tough, it is not impossible.

What is your take on the new normal?

Rethink your visions and your goals, it's time to adapt to the new normal. Think sustainable, think virtual and think about the wellbeing of the people, which should be the new mantra for business and government. >

[CLICK HERE TO READ MORE](#)



“Optimism was *MY BIGGEST LEARNING FROM THIS PAGEANT*”

NEHA JAISWAL, LIVA Miss Diva 2020 Runner Up, talks about the importance of uplifting other women and why she prefers theatre over Bollywood

Neha Jaiswal draws her strength from her resilient family. From them she learnt how to overcome hurdles that come your way while chasing your dream. Her LIVA Miss Diva journey has been nothing but surreal; she tells us more about it while remembering all the fond memories.

How did you prepare for the pageant?

First, I did a state-level pageant, where I won the Miss Rajasthan title. From there, I had about three years till I graduated and that's when I decided to participate in a national level pageant. The preparation needs to be impeccable, because you're competing against deserving and capable candidates from different professions. It also has to be holistic—mind, body and soul—in the way you present yourself. The content that you're saying has to make sense when you're addressing an audience, you're representing yourself as a leader.

What qualities make for a Miss Diva?

Like I said she's a leader, representing people so the first thing she has to be is sensitive. You need to be able to put yourself in somebody else's shoes to understand what they may be going through. Second, she should be capable of speaking up for people who are voiceless, who need representation, it's way beyond vanity. Representing India means representing everything about our culture and the values that we grew up with, a good candidate must be a reflection of her country.

What has been the biggest learning from the pageant?

Learning optimism from my fellow contenders. Each one was positive and determined during the last few days of the pageant, irrespective of what was going to happen on the final day. We knew that there were going to be only three winners but we were discussing our plans, beyond the winning and losing so I liked how each one of us looked at it as just the end of one road, but also as the start of another journey.

Who is your role model?

I have a lot of them, my family is full of role models. My mother, who was educated with Hindi as her first language, did not let lack of knowledge of English deter her in her journey. Today, she gives speeches fluently in English, and was self-motivated to enrol for classes, work hard and improve her command over the language. She has better grasp of it than any of us! My brother currently, serving in the Army, needed to lose 25 kgs in 30 days, and he successfully did. I don't have to look too far for role models, they're right in front of me.

How can this pageant help you in making a difference to society?

It has been a while since we won, and each day has been a testament to the reach and the extent that this platform has. When our families get calls from people we haven't heard from in a long time, or are strangers to congratulate them, that's when you come to know that you are reaching to a wide range of audience beyond your wildest imagination. I believe is that there isn't one cause that you have to speak about it, it could be anything, but you have to be the voice. This platform has >

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given us the perfect opportunity to make the most of it, and each one of us will thrive to do our best in the choice of the cause we wish to support.

What social cause is the closest to your heart?

It is domestic violence and the fight against gender-based discrimination. My feelings were triggered when I witnessed an incident. I would like to share it your readers. One day, my domestic help came to work hiding her face, and we saw that she had a blue mark on it, like somebody had punched her. The same night we overheard screams originating from her house. We understood that she was being harassed by her husband and the fact that she had to just come to work the next day, and not do anything about, it was horrible. Then we realised that this is just one case and there could be thousands of other women going through this. That made me reach out to an NGO in Pune, they educate women in rural areas, and make them aware of their legal rights. Further, if conditions don't get better, they form self-help groups and encourage these women to be financially independent.

What's your message to the millions of girls who dream of entering the pageant?

Play to your strengths. Each one of us is blessed with something that nobody else is going to have so that's what's unique about us. First acknowledge it, and then work on it further to enhance it, so I think playing to your strengths is the smartest move for me.

Take us through your beauty routine.

My beauty has a lot to do with skincare and not makeup and external applications, because that's something I don't believe in. I like to keep my skin as clean as possible on most of the days that I can. Follow a simple routine of cleansing, toning and moisturising. I never forget to apply sunscreen. Secondly, a night-time routine is important, so take off your makeup at night and apply a generous layer of moisturiser, and the next morning you'll wake up with fresh skin.

You prefer theatre over Bollywood?

I've been a way a bigger admirer of theatre and have always been inclined towards it throughout my teenage years as well. Recently, I watched a play enacted by Amol Palekar, the one with which he returned to theatre after many years. His performance and the play moved me a lot. Your raw talent comes through in theatre. There is no music backing you up and it's just you, your voice, and your acting skills that matter. It can get very real and raw and that's what I love about theatre.

What activities have you engaged yourself in during the pandemic?

When it all started, I was at home without my family, so there was practically no time for anything else as I had to take care of all the household chores. But now things are coming back into action, in a way better than before, I am trying to use my time well. I have recently taken up an acting course with theatre actors and directors. Along with that, I've wanted to be a pianist so I'm getting back to my hobbies.

How much was the pageant preparation affected because of the pandemic?

Despite the lockdown, we are still training for international pageants and we are making the best use of technology. Doing workouts, and ramp walk practice over WhatsApp video calls, there's no stopping. We are doing our best to fully utilise this time. Over the weekend during the little time I get, I binge watch a TV series or movies or catch up on my reading.

What are the causes that you're supporting during this pandemic?

The pandemic is affecting everyone's mental health, people are undergoing immense anxiety and uncertainty owing to this lockdown. I've been a mental health advocate previously as well, and now this has become even more important to me. Since I'm also at home, I can invest my time in supporting this cause that affects us all equally but is not spoken about enough. >

“

I AM PASSIONATE IN MY FIGHT AGAINST DOMESTIC VIOLENCE AND GENDER-BASED DISCRIMINATION.

”

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“The euphoria *AFTER YOU WIN IS SURREAL*”

LIVA Miss Diva Supranational 2020, **AAVRITI CHOUDHARY** shares her thoughts on inclusivity, shattering patriarchy, and the feeling of exhilaration post winning the title

From tackling her own insecurities and body image issues as a teenager, to winning a title in a beauty pageant, Aavriti Choudhry has definitely come a long way. With a clear vision in mind, Aavriti plans on making it big on celluloid, while simultaneously lending her voice to the causes close to her heart.

Now that you've won the Miss Diva Supranational title, what's next for you?

I want to try out modelling and acting and a couple of years down the line, I see myself working in these streams. Now life is uncertain, and I don't know where it will take me, but one can always be wishful and hardworking towards their future.

What was your first reaction or feeling post winning the title?

I was happy, if course! I was so lost in the moment

that after getting crowned we are supposed to wait for gratification, but I just went ahead towards the stage, waving at everyone and then I realised what I did. The euphoria after you win is surreal, something I had never felt before, so it's never something I will be able to put into exact words. Happy is what comes the closest.

How has your life changed after winning the pageant?

Winning the pageant has given me more than what I was expecting. It has opened several doors for me, which has led to certain opportunities that could only come my way because of this pageant. Sometimes, it is overwhelming because there are so many things to cope with and so many new things to adapt to. Every day comes with a new learning and I am enjoying getting accustomed to this newfound life. I look forward to where this journey takes me next and what the future has in store for me.

What does women empowerment mean to you?

Woman empowerment is close to my heart because >

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“

I FEEL PASSIONATELY ABOUT MENTAL HEALTH, BECAUSE IT IS SOMETHING THAT I HAVE STRUGGLED WITH.

”

I'm from a city where I've witnessed gender bias even for the smallest of things. It's still a struggle for women to follow their dream careers and passion. So, when people from my field become successful, they are setting an example for women back at home. These women then feel inspired to come out to their parents and share their dreams and ambitions with them. I believe that it's high time that we as women start believing in ourselves and our dreams before we try and convince others. This is important because only when we believe in ourselves that's when others start to recognise our work and passion towards our goal. We need to start carving our own identities outside the patriarchal shadow.

Is Bollywood on your radar?

Yeah, I'm an opportunist who never says no to any opportunities because you never know where something can lead you, which is what has been happening with me in my journey. So, whenever something comes along, I always believe to analyse it and then go forward with it.

What apart from modelling interests you?

I'm a trained classical singer, although I have lost touch with it. But I often catch myself singing whenever I hear something similar that traces back to that old school kind of music. If I ever get an opportunity to pursue it, I will take it up.

Which causes do you feel passionately about?

Mental health, because it is something that I have struggled with. I was bullied in high school and it was intense. My classmates would say mean things about me, and it would go around the class, with them jeering at me. I would get to know after two or three days. That took a toll on my mental health. I grew up as an insecure person, which is why I would have

never thought of modelling as a career, because here you have to face the camera all the time, and you need to be comfortable in your skin, which I was not.

I was an extremely shy person and whenever I used to go out, I felt awkward about myself. This lasted for a long time. It was not only about my physical insecurities, but about anything and everything I did, because I felt I had to live up to somebody's expectations, and I would feel that I was not good enough.

Later in life, I understood what I was dealing with and found a healthier way to cope with my insecurities. I learnt the hard way to accept myself the way I am and learning to love my self was a long journey. It takes time to get there, still, there are days that I don't feel good about myself but that is the process that I have to go through. It's also better to realise that it's not just me but there are a lot of people who are facing the same issues as me. When I went back home and talked about it in my school, I received many messages from the girls who felt encouraged because of my experience. And I am glad I could do it. It is from this perspective that I want to invest my time and energy in this cause.

Do you feel the beauty pageants are finally evolving and becoming more inclusive?

Yes definitely! We can see the change in the participants who come in from across the country. Of course, I recognise that there is still a long way to go from here, but there is, at least, a start. This a positive step towards changing the Indian society's preconceived notion about beauty. The toxic idea of beauty being restricted to one type is something our society needs to unlearn. People need to be proactive and educate themselves that the concept of beauty goes way beyond that! We need this, so the next generation of little girls grow up becoming confident and loving themselves regardless. **F**



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#ACT AGAINST ABUSE

TAKE A STAND WITH FEMINA

Femina, in partnership with UN Women, has launched the #ActAgainstAbuse campaign to create awareness and help victims of domestic abuse. The campaign sees support from actors SHABANA AZMI, TAAPSEE PANNU, SONAKSHI SINHA, RADHIKA APTE and ADITI RAO HYDARI, and filmmaker PRASOON JOSHI

The number of domestic violence cases has doubled in India in the last five months. While some families are enjoying their time together under one roof, there are many instances of women being forced to live with their abusers day in and day out, owing to the pandemic.

According to the National Family Health Survey, 86 per cent of women in India are subjected to domestic violence, out of which, 77 per cent keep quiet about it. The pandemic has unfortunately served as an opportunity for the abusers to inflict violence on women fearlessly since it is difficult for them to go out and seek help amidst a global virus outbreak.

Not anymore, it is time to put a permanent stop to it, and here's what you can do if you are, or know of a victim of physical abuse.

Femina, in association with UN Women India and Times Network, has launched

ACCORDING TO THE NATIONAL FAMILY HEALTH SURVEY 86 PER CENT OF WOMEN IN INDIA ARE SUBJECTED TO DOMESTIC VIOLENCE OUT OF WHICH 77 PER CENT KEEP QUIET ABOUT IT.

the #ActAgainstAbuse campaign to help victims. The goal of this campaign is to create awareness and provide a safe space that will encourage people to report abuse when they see, hear, or experience it. This is for all the women who feel helpless and are unaware of what is to be done in this situation. The idea behind this campaign is to provide them with the necessary information that will help them during this difficult process. Let's unite to create a better and safer space for the women of our country.

Taking this thought forward to help spread the message to put an end to this menace, Femina has roped in eminent songwriter and two-time National Award winner Prasoos Joshi to [pen down a poem](#). Taking this appeal to the leading starlets and veterans of Bollywood, the poem features actors Shabana Azmi, Taapsee Pannu, Sonakshi Sinha, Radhika Apte and Aditi Rao Hydari who have lent their support to the cause. >





DIGITAL PARTNER 

PRASOON JOSHI

“The pandemic changed a lot of things for us. As a nation and a society, as we dealt with the adversity, but in a larger sense, we also saw so many positives in the human spirit, in the environment, in collective action. Unfortunately, the evil of domestic violence saw an upward spike through the pandemic, with families confined at home. And what was our response as a society? It’s heartbreaking to say, but in most cases, apathy. Apathy that leads us to ignore it, pretend it does not exist, condone it, and sometimes even justify it. And makes us, society at large, as much a party to the crime as the perpetrator. It’s important for communication around this issue to go beyond information dissemination. It is important to jolt society out of its collective apathy. To mobilise society to IGNORE NO MORE.”

PHOTOGRAPH: TOI



PLEDGE TO #ACTAGAINSTABUSE

RUCHIKA MEHTA

EDITOR, FEMINA

“We, at Femina, staying true to our philosophy of being a woman’s best friend, have decided to take a strong stand against the prevalence of domestic abuse. For months now, we have discussed the severity of the issue with our partners to carefully design a sensitive approach to raise awareness and navigate our audience, and any witnesses to identify and take action against domestic abuse. We are grateful to our friends in the film industry who have supported this initiative by coming forth and being part of this campaign.”

DEEPAK LAMBA

CEO OF WORLDWIDE MEDIA

“In grave times like these, when staying home is advocated to be the safest, seldom do we realise that it may not be the ‘safest’ for some. These unprecedented times have elicited staggering, rampant cases of domestic violence. *Femina* is synonymous with what Indian women stand for and against, believe in, and support. With the launch of this campaign, we strongly condemn this heinous act. Alongside UN representatives and our NGO partners, we hope to make this campaign a people’s movement that leads to the change we want to see around us.”



RADHIKA APTE

“Being a brand which is synonymous with women empowerment, evolution and change, Femina through #ActAgainstAbuse continues to showcase a sense of responsibility through its thought-led/purpose-driven campaigns. With the Indian women at the heart of the initiative, Femina aims to change perceptions for the better, leading to a better society that respects women.”



PHOTOGRAPH: SHANTANU DAS / TOI

SHABANA AZMI

“Violence against women has the tacit approval of society the world over. For far too long we have done not enough, for far too long we have tried to escape responsibility by saying it’s a private matter, for far too long we have blamed the victim and said she must have done something to deserve it. It’s time to say, NO MORE.” >



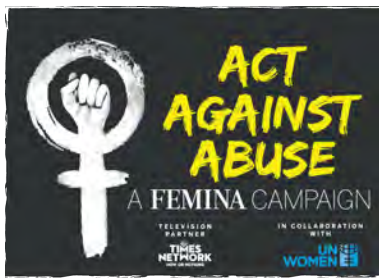
PHOTOGRAPH: TARUN KHIWAL

ADITI RAO HYDARI

“It was important for me to be a part of Femina’s #ActAgainstAbuse campaign. In the lockdown, it has become very evident that social distancing is a luxury. The lockdown has been very difficult for several women and children in our country. In these trying times, we hope to come together to support and help women and children dealing with domestic violence in their homes. As a society, it’s time we take a stand against it and put an end to it.”



PHOTOGRAPH: ANEERAO / GRAZIA



DIGITAL PARTNER



PHOTOGRAPH: ABHISHEK VERMA

NISHTHA SATYAM

DEPUTY COUNTRY REPRESENTATIVE AND OFFICER IN CHARGE, UN WOMEN

“In a world, where every third woman has experienced physical or sexual violence, mostly by an intimate partner, normalising abuse must stop. A life free from violence and the fear of violence is a pre-condition to well-being. World over, including in India, the Shadow Pandemic of domestic violence continues to deeply impact all women and girls. This pandemic must end. The change must begin from our homes and we all have a role to play. It’s upon us to break this cycle of violence and prevent the generational transfer that often perpetuates abuse at home. UN Women stands together with *Femina* in the campaign #Actagainstabuse.”



TAAPSEE PANNU

“It was almost like an extension of what I wanted to convey through *Thappad*. I feel there is no space for disrespect in a relationship of equals. I’m glad *Femina* reached out to me for this. I feel this particular topic is a taboo, not because anyone feels it’s wrong to stop domestic violence, but because everyone feels embarrassed to confess it or accept that it has happened with them, when the truth is a majority of our households have seen such violence in different degrees regardless of the social strata of the family. It’s high time we talk about it openly, spread awareness that it’s okay to call it out.”



PHOTOGRAPH: TIMESCONTENT

SONAKSHI SINHA

“There has been a spike worldwide in the increase in domestic violence against women and especially during the pandemic, and this is something that cannot be turned a blind eye on. We collectively need to encourage women to find the courage to speak up and report any kind of abuse that they are facing. This needs more attention to bring out the much-needed change in society which can only happen when we don’t normalise abuse. I am glad to be part of *Femina*’s initiative, and we must all play a role in breaking this silence.”>



“MY WORLD CHANGED THE NIGHT I HAD A KNIFE PUT TO MY THROAT. IT WAS NOT IN SOME DARK ALLEY OF A SEEDY NEIGHBOURHOOD NOR WAS THE PERSON HOLDING THE KNIFE SOME UNKNOWN MUGGER.”

FROM A VICTIM TO A LEADER

FOR SOMEONE TO NOT ONLY LIVE AND SURVIVE THROUGH THIS BUT THEN COME OUT AND TALK ABOUT IT AND HELP OTHERS IS NOTHING SHORT OF INSPIRATIONAL, WRITES RADHIKA SATHE PATWARDHAN

Meet Ruchi Singh. She is an international keynote speaker and personal leadership mentor for executives and corporates. She is also a talk show host at RuchiSinghTalks on YouTube, where she primarily interviews generals of the Indian Army. She has been awarded the Powerhouse Global Award 2019 and is a Changemaker ambassador at the She Creates Change programme by Change.org. She has also been featured in a documentary on domestic violence awareness. Her latest keynote speech was at a Leadership Summit at the United Nations, Bangkok.

Singh was married and settled in Sydney, Australia. Little did she know what was to come, once she reached there. Her husband turned out to have a darker side. This is her story, a first-person account on her journey from being a victim to a survivor, a survivor to an inspiration.

My world changed the night I had a knife put to my throat. It was not in some dark alley of a seedy neighbourhood, nor was the person holding the knife an unknown mugger. It happened in what should be the safest place in the world—my home. And the person holding the knife was my husband, a highly educated person, polished and charming on the outside. We all have seen

horrifying pictures of women battered with bruises all over their faces and bodies. What these pictures don't show is the confusion one feels when faced with violence. The disbelief, and the fear that makes you numb. Violence is not just physical. It is psychological and emotional too. There is so much confusion, shame and humiliation. Did I do something to deserve it?

I made a critical mistake while going through this challenging situation. I kept silent. An abuser banks on the silence of his/her victim, family and the society as a whole. All of us have to break this conspiracy of silence. Because silence kills, it almost cost me my life.

I realised that I did not like the plot of my life, so I changed it! I had my 'well-wishers' who advised me to keep a low profile. So, of course, I wore red, got on a stage in front of 500 people and gave a talk on domestic violence combined with the message that we humans have resounding power within us to transform and recreate our life.

[Give yourself a voice, speak up. You owe it to yourself.](#) >



CHANGING THE NARRATIVE

ASHWINI IYER TIWARI WEIGHS IN ON THE REASONS BEHIND DOMESTIC ABUSE, AND WE AGREE, SAYS SHILPA DUBEY

Ashwini Iyer Tiwari's leading ladies—be it Chanda (Swara Bhasker) from *Nil Battey Sannata*, Bitti (Kriti Sanon) from *Bareilly Ki Barfi* or Jaya (Kangana Ranaut) from *Panga*—lead the way without losing themselves in the race of life. “My women speak about what I see in society without being overly aggressive about it,” says the 40-year-old filmmaker. She has been a vocal supporter of women's rights in India, and since the lockdown, she's been actively trying to raise awareness against the menace of domestic abuse. She recently collaborated with the world's biggest non-governmental human rights education programme called United for Human Rights for a podcast on 'Born Free and Equal', where she discussed the pathos and plight of domestic abuse in India.

[She spoke to us](#) about how she views domestic abuse, offers suggestions on creating awareness and says it as it is. Read on.

What made you raise your voice this issue?

Every day we read and hear stories of abuse, maybe not physical, but verbal abuse that becomes violent. For every woman and child, it's important not to bottle up but find ways to free themselves in the mind and heart.

All crimes against women, especially domestic abuse, emerge from the roots of patriarchy...

It is always said that the man works outside and the woman manages the home. In a patriarchal society a woman is educated and goes to work until she gets married. Then it's up to the man she gets married to and his family to decide whether she needs to work or not. What society will think still is a larger benefactor in



Clockwise from top: Filmmaker Ashwini Iyer Tiwari; a still from *Panga*; a still from *Nil Battey Sannata*

“FOR EVERY WOMAN AND CHILD IT IS IMPORTANT NOT TO BOTTLE UP BUT FIND WAYS TO FREE THEMSELVES IN THE MIND AND HEART.”

what decision we take.

In most cases of abuse women choose to stay silent. Why?

Because family prestige is more important than herself. What will her parents say? What will society say? That matters more.

How can we, as a society, help them find their voices and strength?

I feel awareness is essential. With that, I don't say take banners and say stop domestic violence. It does not work that way. A woman can communicate to her closest ones and seek advice on how she can handle a situation. Not everyone has the ability to seek help from outside but she definitely has the ability to confide to her closest ones she trusts. **F**



With US President Donald Trump

Diva WITHOUT BORDERS

Couture producer, design professional and Co-Chair of the campaign group Indian Voices for Trump, **MRINALINI KUMARI** makes the best of both her worlds with elan. By **Anshu Khanna**

She personifies the great American life. One that has lured many Indian brains in pursuit of fulfilling their ambitions to this proverbial land of dreams. Mrinalini Kumari, Co-Chair of the campaign group 'Indian Voices for Trump' is a couture producer, design professional, politically evolved voice and above all, a fiercely proud Indian who insists, "No other race living in the US has contributed to the socio-economic growth of this nation as the Indians. We step into this nation backed by intellectual resilience and cultural strength and add to this country's riches as well as our own."

And Mrinalini personifies this idiom. A brain that is not just academically rock solid, but also a reservoir of design insights, she runs a trans-continental design enterprise and has in

the past decade dressed iconic music stars and crafted designs for most American and European haute couture brands.

She speaks to *Femina* from the lawns of the White House, just before one of the many interfaces of the US President with his supporters, insisting, "No other president has respected and supported the Indians as much as Donald Trump."

A graduate of St Stephens College, where she went after her schooling in Welhmas, Mrinalini was raised between India and America. She hails from a cultured family that imbibed the right work ethics in their daughters. They raised them liberally and gave them wings to grow. "My sister Rushme and I travelled across the globe imbibing various streams of art, craft and culture." This later helped her evolve to the sensitised

Mrinalini with Kimberly Guilfoyle and Donald Trump Jr



soul that she is. “My sister too, is quite a design diva. She was the fashion icon of Dubai and wrote a book that was launched by Princess Hayat bint Hussein of Jordan.” She came to America for a holiday first and then to educate further in college. “Which is where I met my ex-husband and made the US my home.”

Creative and herself a chic and stylish, immensely beautiful woman, she found herself getting drawn towards design. Popular and very socially placed, Mrinalini helmed interesting fund raisers. She also presented the contemporary Indian couture journey through fund raisers and high-nosed events. “I hosted an event for 50 years of India with the Indian government and top fashion designers, including Mary McFadden and Suneet Varma, Vera Wang, Badgley Mishka showed their collection. The event held at the Metropolitan Club was attended by the Indian Council General, the Indian Ambassador to the United Nations and Georgette Mossbacher.”

This tryst with design got her drawn towards creating fashion masterpieces rendered by seasoned hands that are so abundantly available in the Indian world of crafts. “I started Mrinalini Inc. after bumping into Mr Ralph Lauren and there was no looking back. I also started my own label called Renzo and Kai in 2011 which was sold in Saks, Bloomingdale, Bergdorf etc. However, I closed it in 2014 to look after my son.”

Mrinalini believes Indian craftsmen are the backbone of global fashion. “My mission in life is to present the great Indian design story before the world.” She set up a unit back home in Mumbai (which incidentally employs thousands today) and started working with beaders, embroiderers and embellishers.

Mrinalini’s designs can be found both on the rack and in the archives of celebrated couture houses like Fendi, Oscar De La Renta, Giorgio Armani, Valentino, Etro amongst others. “I have worked with 265 American designers alone, besides European couturiers, one on one, sampling for their next season’s look, working my way to construct the entire collection and then feeling satisfied to see it do well.” With a sampling studio in New York where she creates all her embroidery and manufacturing units in India she is behind, “Many designs that meet critical acclaim at couture weeks in Milan, Paris and New York are actually made in my studio.” Besides



“I have worked with 265 American designers alone, besides European couturiers, one on one, sampling for their next season’s look.”

couture, Mrinalini is also known to have dressed many music legends. “My designs for Micheal Jackson’s ill-fated Thriller tour which never happened is now archived at the Smithsonian.” She dressed Michelle Obama Beyonce, and costumed for Broadway shows.

A fair player and a strong voice she shares, “I think my hard work has contributed in elevating the status of Indian couture creators. I never got daunted by labels and the people behind it. I demanded we paid what was fair and would not let a design go on the ramp unless our payments were made.”

It is this strength of character that convinced her friend Kimberly Guilfoyle that Mrinalini would be the finest voice in support of Trump’s India-America agenda. “Both she and Trump Junior are friends. They come home, celebrate Diwali and love our rituals.” Today, backing the campaign and drawing Indians from every state to say yes to Trump in these re-elections, she shares, “When Kimberly asked me to be involved I didn’t hesitate because I do believe that Indian Americans are a group who have arguably benefited the most from America’s freedoms. CEOs and leaders of industry achieved their success because of these individual freedoms unique to the US. President Trump has used his time to protect these liberties, and that’s why we need four more years of his presidency to ensure all Americans have the opportunity to chase the American dream.” **F**

[CLICK HERE TO READ MORE](#)



GET CELEBRATING!

In the festive season, all excuses to not indulge fly out the window! This is the time to give in to mithai, to enjoy its nuance and sweetness, to celebrate the wonderful feel of self-indulgence it brings when you sink your teeth into gulab jamuns, kaju katli, jalebis and different varieties of ladoos, halwas and kheers. Put your own spin on it all with this Gulkand Kheer from Chef Mayur Tiwari, The Ritz-Carlton, Pune

Gulkand Kheer

Ingredients

100 g rice, soaked overnight and drained completely
 2 litres full-cream milk
 400 ml condensed milk
 10 g dried rose petals + extra to garnish
 100 g gulkand
 5 g cardamom powder
 5 ml rose water
 150 g sugar
 10 g chopped pistachios, to garnish
 10 g chopped almonds, to garnish
 10 g chopped cashew nuts, to garnish

Method

1. Grind the drained rice in a mixer to a coarse paste. Dilute with one-fourth cup of water and set aside.
2. Bring the milk to a boil in a saucepan over a medium-high flame. Reduce the flame to low and add the ground rice paste. Cook, stirring, on a low-medium flame until the milk thickens like a porridge and the rice paste is fully cooked. Keep on scraping the dried milk that gets collected on the sides of the pan, so that this cream adds a nice texture to the phirni.
3. When the rice reaches a porridge consistency, add the condensed milk, dried rose petals, gulkand, cardamom powder, rose water and sugar, and cook for a few minutes until everything has blended well.
4. Take off the flame and set aside to cool. Chill the Gulkand Kheer for at least three to four hours.
5. Serve garnished with the pistachios, almonds, cashew nuts and dried rose petals.



IT'S PARTY TIME!

The festive air and the wedding season call for a celebration. These recipes from the *Femina Daily Delights* digital cookbook will hit the spot just right!

NILUFER KEBAB

Chef Thomas George, Executive Chef, Taj Connemara, Chennai

- 2 medium beetroots
- 1 tsp ghee + extra for frying
- ½ tsp deghi mirch powder
- 1 pinch nutmeg powder
- 1 pinch cinnamon powder
- 1 pinch green cardamom powder
- 2 tbsp besan
- Salt, to taste
- 1 tbsp feta cheese
- For the mango relish:**
- 1 raw mango, shredded
- Juice of 1 lemon
- Salt, to taste
- Sugar, to taste
- 1 pinch chilli powder



For the carom seed bread:

- 4 tbsp besan
- ¼ tsp carom seeds
- 1 pinch chilli flakes
- 1 pinch turmeric powder
- ½ tsp coriander, chopped
- 1 tsp ghee

For the mint chutney:

- ¼ cup mint leaves, cleaned
- ¼ cup coriander leaves, cleaned
- ½ raw mango
- 1 small green chilli
- 1 pinch chaat masala
- Juice of 1 lemon juice
- Salt, to taste

Calorie count:
490 calories (per serving)

SERVES: 2 > PREP TIME: 40 minutes > COOKING TIME: 10 minutes

1. To prepare the carom seed bread, mix the besan, carom seeds, chilli flakes, turmeric powder, and chopped coriander to a tight dough. Rest for 30 minutes, and then flatten into a sheet, and slow cook on a griddle pan. Cut and shape into a rectangle for presentation. Set aside.
2. To prepare the mint chutney, blend the mint and coriander leaves, raw mango, green chilli, chaat masala, lemon juice, and salt to a thick paste.
3. To prepare the beetroot kebabs, steam the beetroot until soft, and blend to a paste. Warm one teaspoon ghee in a wok over a medium-high flame. Add the deghi mirch powder, nutmeg, cinnamon, and green cardamom powders, and cook for 30 seconds. Add the beetroot paste, and cook on a low flame until the mixture is tight. Add the besan flour to tighten the mixture. Remove, and divide into small portions. Flatten each, place a small bit of feta cheese in the middle, and shape into kebabs.
4. Heat some ghee on a medium flame, and pan fry the kebabs.
5. Serve with mango relish, mint chutney and carom seed bread. >

TIP: IF YOU'RE RUSHED FOR TIME, THESE KEBABS WORK EVEN WITHOUT THE CAROM SEED BREAD.

MUSHROOMS ON RAGI PANCAKES

Chef Maria Goretti



½ cup ragi flour
¼ tsp baking soda
¼ tsp baking powder
1 egg
½ cup yoghurt
Salt, to taste
Pepper powder, to taste
Oil, for frying

For the mushrooms:
1 tbsp vegetable oil
5 cloves garlic, finely chopped
100 g mushrooms, sliced
¼ tsp red chilli flakes
1 tsp mustard paste
1 tbsp yoghurt

Calorie count:
290 calories
(per serving)

SERVES: 2 > **PREP TIME:** 20 minutes > **COOKING TIME:** 25 minutes

1. Mix the ragi flour, baking soda and baking powder, and set aside for 10 minutes.
2. Mix the egg with the yoghurt and add to the dry mix. Season with salt and pepper.
 3. Spray a non-stick heated pan with vegetable oil.
Spoon out a tablespoon of the batter on the heated pan and cook on either side for about three to four minutes or until done. Keep warm.
4. To prepare the mushroom spread, heat the oil in a non-stick pan on a medium-high flame.
 - Add the garlic, stir, and add the mushrooms.
 - Saute until the mushrooms are cooked and the released water dries up a bit.
 - Add the red chilli flakes and the mustard paste. Stir well.
 - Take the mixture off the flame, and add the yoghurt.
5. Spread the mushroom mixture on the ragi pancakes, and serve. >

TIP: THESE PANCAKES ARE ALSO GREAT FOR A LAZY BRUNCH.

SESAME GRILLED PANEER

Neha Mathur



¼ cup vegetable oil
2 tbsp lemon juice
½ tsp dried oregano
½ tsp dried basil

Salt, to taste
½ tsp red chilli flakes
600 g paneer, cut into triangles
4 tbsp sesame seeds

Calorie count:
375 calories
(per serving)

SERVES: 4 > PREP TIME: 5 minutes > COOKING TIME: 20 minutes

1. Mix the vegetable oil, lemon juice, dried oregano, dried basil, salt, and red chilli flakes in a bowl.
2. Add the paneer triangles and coat them well with the mixture.
Set aside for 10 minutes.
3. Place the sesame seeds on a plate, and coat the paneer triangles lightly with the seeds.
4. Heat a grill pan. When hot, arrange the paneer triangles on the pan, and grill until browned from both sides. Serve hot. >

TIP: SERVE THE GRILLED PANEER WITH CORIANDER CHUTNEY OR A SPICY DIP.

TAWA PANEER BURGER

Chef Sheenu Duggal



5 burger buns
1 tsp oil
1 tbsp butter
2 tbsp garlic, chopped
1 tbsp coriander leaves, chopped

For the burger patties:
2 tbsp oil

1 tbsp garlic, minced
1 tbsp ginger, grated
1 cup onions, finely chopped
½ cup green capsicum, finely chopped

1 cup tomatoes, finely chopped

1 tsp turmeric powder

1 tsp red chilli powder

1 tbsp pav bhaji masala

Salt, to taste

1 cup paneer, crumbled

¼ cup fresh coriander leaves, chopped

Calorie count:
450 calories
(per serving)

SERVES: 5 > PREP TIME: 10 minutes > COOKING TIME: 20 minutes

1. Heat the oil in a frying pan over a medium-high flame. Add the ginger and garlic, and fry for 30 seconds. Add the onions, and fry until translucent.

Add the capsicum and tomatoes, and stir until the tomatoes are well cooked. Add the turmeric and red chilli powders, pav bhaji masala, and salt, and mix well. Add the paneer and coriander leaves, and mix well. Set aside.

2. Halve the burger buns. Divide the paneer filling between the five bun bottoms, and top with the bun tops.
3. Heat the oil and butter on a tawa over a medium-high flame. Add the garlic and coriander leaves. Sauté for a few seconds. Cook the burgers on both sides. Serve hot. >

TIP: SERVE THE BURGERS WITH A TOMATO KETCHUP OR A HOT AND SWEET SAUCE.

KHUBANI KA MEETHA

Chef Maria Goretti

3 cups water
150 g dried
apricots
2 tbsp
granulated
sugar
150 ml whipped
cream
Sugar, to taste

For the custard:
500 ml cold milk
2 tbsp vanilla
custard powder
30 g granulated
sugar



**Calorie
count:**
550 calories
(per serving)

SERVES: 2 > COOKING TIME: 50 minutes

1. Bring two cups of the water to a boil in a pan. Remove from the flame, add the apricots, and soak until soft. Gently break the seeds, and reserve the almonds.
2. In another pan, add one cup of water to the deseeded apricot pulp. Add the sugar and cook on a low flame until the water evaporates and leaves a rich pulp behind (about 20 minutes). Take off the flame, and cool. Chill.
3. Add the custard powder to one-fourth cup cold milk and dissolve until smooth.
4. Heat the remaining milk until about to simmer. Add the custard mixture, and stir until the mixture simmers and thickens. Remove from the flame, and set aside to cool. Refrigerate to chill.
5. Beat the whipped cream with sugar, and chill.
6. Layer the apricot pulp with the custard and the fresh cream. Serve chilled. >

TIP: GARNISH THE KHUBANI KA MEETHA WITH THE RESERVED APRICOT ALMONDS.

CARAMEL KHEER WITH CARAMEL ROSE GLASS SHARD

Swayampurna Mishra



2 litres whole milk
½ cup small-grained rice, washed and soaked for 30 minutes
4 green cardamom pods, pounded in a mortar and pestle
3 tbsp jaggery, grated
1 tbsp ghee
½ cup assorted nuts and dry fruits

For the caramelisation:
1 tbsp sugar

1 tsp ghee

For the caramel rose glass shard:
1 cup sugar

Dried rose petals

Calorie count:
600 calories
(per serving)

SERVES: 6 > PREP TIME: 30 minutes > COOKING TIME: 1½ hours

1. To prepare the caramel rose glass shard, place the sugar in a deep, heavy-bottomed pan on a high flame. Allow the sugar to melt on its own; don't use a spoon at all—shake the pan a bit if needed to ensure all the sugar is getting caramelised. Once it reaches a deep amber colour, quickly pour the caramel on a baking tray lined with parchment or butter paper. Tilt the tray to spread it as thinly as possible and immediately sprinkle rose petals over the caramel. Set the caramel aside to cool and solidify.
2. To prepare the kheer, heat the milk in a deep, heavy-bottomed pan over a medium-high flame. Add the cardamom pods, and bring to a boil. Add the rice, stir well, and cook on a low flame until the milk has reduced to one-third the original volume, and is creamy. Add the grated jaggery, mix well to dissolve, and simmer to achieve the consistency you want (it thickens when it cools down, so remove from the flame when slightly runny.)
3. To prepare the caramel, heat the ghee in a small tadka pan. Add the sugar and let it caramelise until a deep amber. Pour into the kheer and mix vigorously until the kheer becomes pinkish brown. Divide the kheer between six bowls.
4. Break the set caramel into shards. Garnish each bowl of kheer with a caramel glass shard. >

TIP: USE A SHORT-GRAINED RICE LIKE GOBINDBHOG FOR THIS DESSERT.

SHRIKHAND MOUSSE

Executive Chef Dinesh Mhatre, Hilton Mumbai International Airport



200 g cream
1 tsp saffron
200 g shrikhand

3 tsp agar-agar
50 g sliced almonds, to garnish

SERVES: 4 > PREP TIME: 30 minutes > COOKING TIME: 15 minutes

1. Heat a pan on a medium-high flame.
Add the cream and saffron, bring to a boil, remove from the flame, and set aside to cool.
2. Once cool, add the shrikhand and agar-agar.
Mix well and pour into a kulhad (traditional clay pot).
3. Allow to cool, and serve garnished with almonds. **F**

TIP: CHILL THIS MOUSSE WELL BEFORE SERVING.

[CLICK HERE TO READ MORE](#)



Warm Apple Juice

INGREDIENTS

- 1 litre apple juice
- 3 cloves
- 1 cinnamon stick + extra to garnish
- Orange peel strips
- Honey, to taste

METHOD

1. Simmer the apple juice with the cloves, cinnamon and orange peel for 10 minutes until all the flavours have infused.
2. Sweeten to taste with the honey.
3. Garnish each drink with a little orange peel and a cinnamon stick.

CHEERS TO FUN!

Refreshing mocktails to raise spirits at your next party



Virgin Sunrise

INGREDIENTS

- 120 ml orange juice
- Ice
- 15 ml grenadine
- Orange slice, to garnish
- Cherry, to garnish

METHOD

1. Fill a highball glass with ice and orange juice.
2. Slowly pour the grenadine over the juice. It will sink to the bottom and rise to the top slowly.
3. Serve immediately, garnished with an orange slice and a cherry.

Watermelon Cooler


INGREDIENTS

- 1 large watermelon
- 250 ml lemon juice
- 100 g caster sugar
- 1 litre soda
- Crushed ice
- Lime slices, to garnish
- Mint leaves, to garnish

METHOD

1. Cut the top off the watermelon, and scoop

out the flesh with a spoon. Reserve the watermelon.

2. Push the flesh through a sieve into a bowl. Blend with the lemon juice and sugar to a puree and then stir in the soda.
3. Add ice to the hollowed-out watermelon, and fill it with some of the watermelon cooler. If you have excess, serve in a jug. Garnish with lime slices and mint. 



[CLICK HERE TO READ MORE](#)



Trip *for* two

Swap the oft-tread path for an exciting adventure for your honeymoon this year! **Madhavi Gedam** brings you four out-of-the-box destinations to explore

The wedding euphoria is followed by a journey of change, as two personalities as unique as Venus and Mars bring the freshness and the necessary chaos to start their lives anew, together. Marriage is all about finding the middle ground; so is travelling while being married. The honeymoon days are such, you tend to agree on almost anything and everything! Will you hike? Yes! Interested in scuba diving? Yes! Will you come shopping? Yes! Spa date? Yes! How about camping under the stars? Yes! Will you stay holed up in the room the whole day?

Yes! Whether you prefer it or not, you do it for love—and that is the middle ground.

So why not reach a middle ground on exploring a far-flung place in the country rather than opting for the same old cities and countries touted as Insta-worthy honeymoon destinations? Madhavi Gedam, managing director, Metanoia Travel Pvt Ltd, an experiential travel company specialising in curated private journeys, writes about some awe-inspiring destinations, brimming with incredible delights that will inspire you to explore their landscapes and enjoy new profound experiences. >



TAWANG

Tawang, at a height of 10,000 ft above sea level, captures the essence of two countries together—India and Tibet. A place endowed with mountains, fresh mountain air, deep valleys, waterfalls, and many lakes. In winters, it's a walk in the monochromatically brilliant composition of white and black as you leave the main town and explore the outside.

Although it is an arduous journey by road, it is equally exhilarating. As you come closer to the snow-covered sacred Sela pass – the spectacular decorative gate to Tawang it feels like a milestone is achieved. Going forth 78 km further is Tawang town, and every effort you take to reach here is paid off in multitude when you see the stunning view all around you. On one side the majestic Geshila peak stands guard not far from Tawang town on the other side the historical Tawang monastery from 1681 with red-yellow roof

perched atop a mountain cuts a striking figure and dominates everything around and below it.

Tawang derived its name after the principal figure of the district—the Tawang Monastery. The hills and mountains form a protective barricade for the people inhabiting this area. Tawang is also home to high altitude birds, mammals, reptiles, snow leopard, barking deer, musk deer, bear roam freely without fear.

NOTE: Visitors to Tawang require a special Inner Line Permit (ILP). Permission can be obtained from offices based in Kolkata, Guwahati, Tezpur, and New Delhi.

Tawang, at a height of 10,000 ft above sea level, captures the essence of two countries together—India and Tibet.

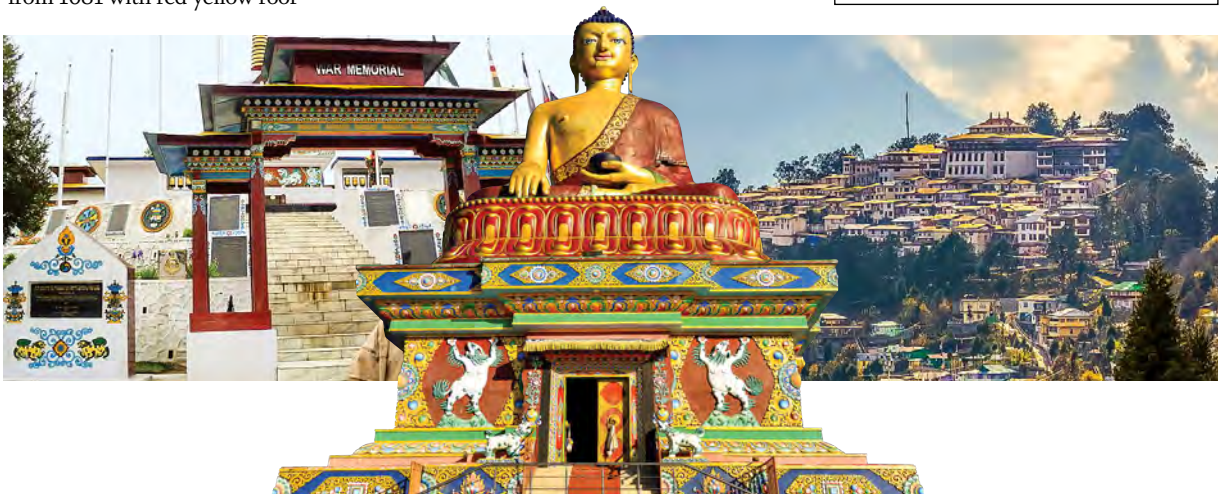
WHAT TO DO

Visit:

- ➔ Ugyelling for the birthplace of Thangyang Gyatso and nunneries located in the far reaches of the mountains
- ➔ Jaswant Garh, the war memorial founded in memory of Martyrs of the 1962 India-China War
- ➔ Zemithang for the Brokenthang waterfalls and Sandrukpen Monastery that was built in stone in the 17th to 18th centuries
- ➔ Taksang for Sangetsar (Madhuri) lake, home of snow pigeon and musk deer
- ➔ Jang for the Nuranang waterfalls and Gorichan peak, a proposed wildlife sanctuary for protecting red panda and musk deer

HOW TO REACH

The nearest railway station and airport is at Tezpur. You can hire a cab or car from Tezpur to reach Tawang. >

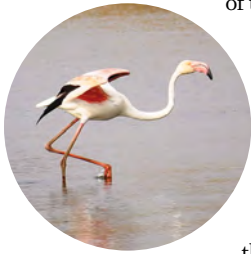


JAWAI/BERA

The names itself sound exotic, piquing curiosity; the enigma does, in fact, live up to its expectation because this is your holiday African safari-style, offered right here in Rajasthan. It is one of those places that will bring you and your partner the thrill, the adventure, and peace all wrapped up in one. **Bera**, a small town in central Rajasthan's district of Pali surrounded by the rocky Aravalli Hills is sustained by the Jawai River. Together, Bera and Jawai form a region called the leopard country; offering rare sights of leopards roaming freely.

The arid landscape is scattered with granite rocks which are now home to the elusive cats who reside in its caves and fissures. The villagers revere the lofty leopard as the protector of the deities residing in this region and therefore, give them wide berth. These solitary leopards hunt animals from pasture and many times the livestock but the leopards have never attacked humans to date.

Jawai/Bera is the place where wildlife meets luxury and that makes it a perfect honeymoon location. Besides the wonderful wildlife, a variety of excellent accommodation available has made this region even more hospitable for Indian and international visitors alike. From



heritage castle to luxurious safari camps with naturally immersive tents albeit with all amenities are taking extreme care in providing experiential travel. Leopard safaris operate twice a day, early morning and evening. The cats usually nap in the day time preferring to mingle early at dawn and dusk. It is a sight to behold when the majestic beast makes its first appearance. Whether they are sitting on the hills as if on a throne or regally standing looking down their noses revelling and yet impervious to your adoration, only makes these creatures more enchanting.

Together, Bera and Jawai form the leopard country; offering rare sights of the wild cats roaming freely.



WHAT TO DO

Go for:

- ▶ The leopard safari in The Jawai Hills at Leopard Sanctuary and Kambeshwar Ji Leopard Sanctuary
- ▶ The jungle safari for wild animals like wolves, jackals, striped hyenas, wild cats, and chinkaras
- ▶ The crocodile sightings in Jawai Dam Crocodile Sanctuary
- ▶ The birdlife safari around the Jawai Dam, home to several migratory birds
- ▶ The village safari to familiarise with the Rabari tribe, local culture, and insights into some of the conservation against habitat loss and civic projects for rural development



HOW TO REACH

Bera can be reached from Udaipur (140 km) in about three hours by road. Jawai Bandh is the closest railway stations to Bera. The nearest airport is in Udaipur. >



MARARIKULAM

Mararikulam in [Kerala](#) is a quintessential hideaway for the hopeless romantics in the south-western corner of India boasts a fine living with its quaint atmosphere, long sandy beaches straddled with ultramodern luxury. Marari Beach bordering the Arabian sea is secluded and thriving with excellent resorts and posh villas providing a wide range of facilities and premium services. It is one of those places where everything slows down and you sway along with green palm trees to the gentle ways of life. The pristine view and soulful rendition of the never-ending waves lapping at the shore will fill your senses with delight.

Waking up to a tranquil sunrise to late-night walks, relaxing on hammocks, cajoling and embracing on the beach under the canopy of stars; newlyweds on the cusp of a new beginning shall find this time riveting. Enjoying candlelight dinners and laughing at the endless banter of your old memories and the excitement of a future together. One of the highlights of your day will be your meals together; the delicious regional cuisine is par excellence catering to vegetarians and seafood lovers alike. Explore and connect with the culture and people through their original and

most popular foods.

For deeper insights of the locals and photography, visit the Marari village which is embedded with the fishing culture of Kerala. During peak hours the area is active with local fishermen busy with their fishing nets and fixing for their next fishing trips.

The pristine view and soulful rendition of the never-ending waves lapping at the shore will fill your senses with delight.



THINGS TO DO

Try:

- ▶ Adventures galore, like scuba diving, windsurfing, and parasailing in its azure waters
- ▶ Ayurvedic massage to rejuvenate mind, body, and soul
- ▶ Nature walks with experts in this unique ecosystem
- ▶ Board the private houseboat cruise on the backwaters in Alleppey on Vembanad Lake
- ▶ Check out the Chinese fishing nets, a traditional method of fishing, popular across the globe
- ▶ In the mood to jive? The port town of Kochi is a little over one hour's drive
- ▶ Stretch your itinerary if you can add longer by venturing further for stays in the tea plantations of Munnar and the wildlife in Periyar



HOW TO REACH

Mararikulam is well-connected with the other corners of the state. Visitors from almost all across Kerala can reach Mararikulam by road. The nearest railway station is at Alleppey. The nearest airport is in Kochi >



LAKSHADWEEP

Lakshadweep islands is a true getaway from the modern world, a lot like the Robinson Crusoe story. White sandy [beaches](#), sapphire sea, open sky, and stretches of lush green tropical vegetation create a mystical aura around this incredible ecosystem. Your day could be very busy making sandcastles, lounging on hammocks, sipping mocktails, playing hide and seek, and savouring delicious food. In Lakshadweep you are on a crest of a geological phenomenon called a submarine ridge. This ridge is a submerged mountain in the Indian Ocean connecting Lakshadweep, Maldives, and

Witness mesmerising sunsets and enjoy the beautiful and calm lagoon, which also offers an ideal spot for water sports.



Chagos archipelago known as Chagos-Laccadive Plateau.

Out of the 36 islands, only 10 are operational and each one of them is a veritable paradise. Besides, the wide expanses of the shallow lagoons offer an idyllic setting for water sports lovers. All the islands are equipped with kayaks, canoes, pedal boats, sailboats, windsurfers, snorkels sets glass-bottomed boats. Lakshadweep has an immense marine life and the fantastic coral reef formation can be seen through a water-glass these masses of coral appear a wonderland of beauty, with fishes of marvellous colouring darting in and out of their fairy grottoes.

Book your travels and accommodation in advance as only a specific number of visitors are allowed at one point in time. The tourists' cottages in the islands are built on the beachfront and provide a stunning lagoon view.

NOTE: The entry to the Lakshadweep islands is restricted. One requires an entry permit from Kochi to visit these islands. Don't pick up corals as souvenirs as it's a punishable offense. Alcoholic drinks, intoxicants are prohibited on all islands except Bangaram.



WHAT TO DO

Visit:

➔ Minicoy Island which is the farthest in the group, close to the Maldives and an important center for tuna fishing and a tuna-canning factory on the island.

➔ Kadmat Island to relish delicious local food and stay in huts aesthetically situated in the coconut palm groves in the beaches facing the lagoon.

➔ Kavaratti Island, the headquarters of the administration and witness mesmerising sunsets and enjoy the beautiful and calm lagoon offering an ideal spot for water sports, swimming and snorkelling.

➔ Kalpeni Island whose identifying mark is the huge storm bank of coral debris along its eastern and south-eastern shorelines.

➔ Bangaram Atoll where you will be thrilled to see the phosphorescent plankton washed ashore on the coral sands imparting a bluish glow to the beach at night. This is the only island where alcohol is permitted.



HOW TO REACH

Agatti and Bangaram islands can be reached by flight from Kochi. For the other islands, boats are available and helicopter transfer is available from Agatti to Kavaratti. Seven passenger ships operate between Kochi and Lakshadweep islands. **F**





BE DAZZLED!

These women help you add sparkle to your ensemble with beautiful jewellery

SHILPA PURII

OWNER, SHILPA PURII
DESIGNER JEWELLERY

Shillpa Purii, jewelry designer and owner of Brand Shillpa Purii designer jewellery, loves to take up challenges and is persistent at whatever she does. A creative, easy-going person by nature, she started designing and manufacturing precious jewellery under the family name of S.S.Gems & Jewellery in 1993 and continued to work in the field until 2004. At that time, with surging gold prices and customer's demands, she decided to foray into the untapped field of semi-precious and costume jewellery. "I felt it was the need of the hour. Customers wanted to experiment more with their jewellery. The focus of wearing jewellery in wedding and occasions was shifting to wearing jewellery daily and that kind of variety is what I wanted to give to the price-conscious customer," she says. She further shares that her future plans depend on the clients' demand. "Seasonal changes and customer demands inspire me for my new collections. In the last two years we have done a lot of hair accessories due to the demand factor. Also, our next collection is inspired by paintings. As we're going into summer, we will incorporate colourful and bright elements to bring this together with art," she signs off >

SHIKHA MANGAL

FOUNDER AND CURATOR, HOUSE OF SHIKHA

Shikha Mangal, founder and curator, House of Shikha, grew up in a middle-class business family in Mumbai. She studied commerce from H.R College and completed her MBA and worked for a French MNC, JCDECAUX where she handled sales and business development. "I left the cubicles of my advertising agency in 2013 to pursue my dream and become an entrepreneur where I found my passion in style and all its subsidiaries. Being a Marwadi, entrepreneurship is in our blood!" she shares. It all started when being an avid photographer, she was figuring out what life held for her after getting

married. She was in a three-tier city for a few months with fewer avenues. "My husband motivated and supported me and together we came up with the idea of launching my own fashion house wherein the idea to bring in distinctive yet affordable fashion jewellery should be made available to all walks of life," she explains. Furthermore, the journey to discover the *kaarigars* started and she found lots of potential and talent. From what started as fashion statement pieces gradually went on to imitation jewellery. "There are too many destination weddings happening, and the risk to carry real jewellery is widely felt. I introduced my iconic pieces that became a rage!" she signs off.



MUSSKAN AGARWAAL

OWNER, KIWI BY MUSSKAN

Musskan Agarwaal, Jewellery Designer and owner of Kiwi By Musskan, is a passionate, eccentric and balanced person who loves to work. She comes from a background of jewellery business yet she was never forced to get into it. "I used to make sketches ever since I was a kid; I also used to advise my friends on how they should accessories themselves. All this was such strong instinct that there was no time to decide on pursuing anything else. After school, I used to land up at dad's office and I found myself dealing on stones one day and then there was no looking back," she elaborates. She draws

inspiration from her mother and says that working in the sector is enjoyable only if you love your work. "Creativity never takes a back seat in our like. The interplay of different designs, colours and kinds gives you the ultimate satisfaction," she says. Her brand, 'Kiwi by Musskan creates unique, new and innovative jewel pieces tailored to satisfy your specific taste. The designs are a reflection of Musskan's passion for creating fine jewellery that represents style and sophistication. Her future plans include stocking at more multi-designer outlets. "The idea to take Kiwi by Musskan internationally is another aim that she would like to achieve," she smiles. **F**





GIFTING GALORE

IF YOU'RE WONDERING WHAT TO GIFT TO YOUR FAMILY AND FRIENDS, **TANVI SHAH**, FOUNDER OF MYSTIC MEMORIES IS THE PERSON TO GET IN TOUCH WITH!

What to gift is a huge problem for many... You want to gift something special, but can't come up with ideas... How many relate to this? There is one solution to this. Contact

Tanvi Shah of Mystic Memories! Founded by Shah in September 2019, Mystic Memories provides customized gifting solutions to everyone. "We customize products as per our client's requirements



and curate different hampers for them," Shah tells. Always a creative person, her aim to convert her hobby into a business is what led to this young lady to start the brand.

Speaking about what she aims at with her brand, she says, "We work with the aim of making memorable memories for everyone!" Mystic Memories curates

hampers for different occasions like birthdays, anniversaries, housewarming, baby shower, baby announcement and even wedding trousseau!

From trying to figure out the workings, to successfully doing it for one of the biggest food chains "Tea Villa cafe" for their Diwali and Christmas gifting, the brand has come a long way. They have an amazing client count with 20 unique clients every month now.

Recently, they started with one of their most unique customized hampers, namely the Destination Theme Based Hampers in which they actually recreate the client's loved ones' favourite destinations into customized hampers!

So if you're looking for gifting ideas, contact Tanvi Shah today!

© MYSTIC MEMORIES

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From L-R: First runner-up Mrinalini Baruah, winner Swati Saraf, and second runner-up Leena Jain



Athiya Shetty and Usha Kakade

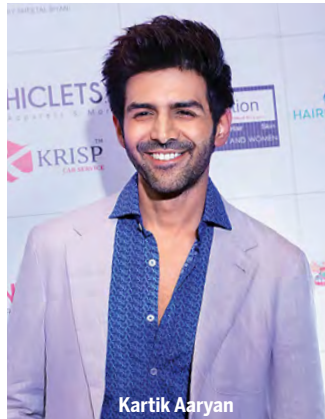
Chitrangada Singh and Sheetal Biyani

GLAM *and* POISE

The Femina Mrs Stylista 2020 event made for a memorable evening! **Saloni Dhumne** brings you a dash of the fun



Komal Rohan Deshmukh



Kartik Aaryan

A night full of grace, glamour and glitz, Sheetal Creations Femina Mrs Stylista 2020 was a night that one could never forget. Setting the runway on fire, the crowd witnessed 14 gorgeous stylists who were an absolute personification of elegance and beauty. Chasing their dreams while maintaining

a work life balance, these stylists proved that age is just a number, for they truly are the ones with an unflinching will and a head held high. With this very grit and determination, these ladies came together, showcased their talent and outdid themselves.

After three days of rigorous training at Hotel Ramada Plaza, Hinjewadi, with multiple workshops, >



BESPOKE JEWELLERY IN 92.5 SILVER

“Jewellery plays an important role in Indian Culture- with Gold prices touching the sky, buying gold jewellery is digging deep in the pockets of Indian Parents” - MAMTA DOSHI



Mamta Doshi – Myriad Art Jewels is a 20-year-old brand with a Studio in Mumbai. She has created a premium jewellery line on **92.5 Silver** with **22 karat gold plating**. The collections include **Uncut-Polki, Jadau- Kundan Jewellery, along with Enamel and Fusion Jewellery**. Along with these, she curates a bespoke Bridal Collection for the wedding season. While a lot of stores offer the option of customizing jewellery, at Mamta Doshi Jewels, the bespoke jewellery experience is seamless, immersive and uncomplicated. With Gold prices touching the sky, buying gold jewellery is digging deep in the pockets of Indian parents”, says MAMTA DOSHI.

If you are visiting Mamta Doshi for the first time, stepping into

this charming studio, that resides inside a suburb in Mumbai, feels aesthetically pleasing. For a first timer with personalized jewellery, you may have some design options in mind that you would want an experienced designer to make it concrete. Mamta Doshi as a designer is passionate, experienced and well versed with her jewellery knowledge giving you clarity on your design expectations. You can discuss your budget, your metal or gemstone preference and the occasion you intend wearing the piece of jewellery.

Mamta has also initiated **Gold Refurbishment** which means bring your old gold jewellery and get it personalized by adding/subtracting new elements and creating a bespoke masterpiece. The collection is mesmerizing and astonishing a must visit.

Instagram : Mamta_Doshi_Jewels

Website : www.mamtadoshi.com

Contact : +91 9833886070 / 9769602542

Address : Shop no 3, Eden garden, Mahavir Nagar, Kandivali West , Mumbai – 67.



WITH PRIOR APPOINTMENT ONLY



The stylists look elegant in saris and jewellery from Sheetal Creations in the first round.

Lovell Prabhu


these ladies fought for the coveted title on 31st Jan 2020 at Hyatt Regency, Pune. Swati Saraf took home the crown whereas Mrinalini Baruah and Leena Jain bagged the position of the first and second runner's up, respectively.

The event was hosted by the talented Mandira Bedi, while the esteemed jury panel consisted of actors Kartik Aaryan, Chitrangada Singh and Athiya Shetty, title sponsor Sheetal Biyani of Sheetal Creations, and Usha Kakade, founder of Gravittus Foundation.

The evening saw the 14 stylists in ensembles and jewellery by Sheetal Creations. The first round had them in beautifully draped sarees and sparkling

jewellery. As the evening progressed, the ladies walked the ramp in elaborate bridal lehengas and jewellery for the second round. The final round saw them walking the ramp in beautiful evening gowns and jewellery fit for queens.

Along with this, the evening also featured singers of Rhapsody Out Loud and stand-up comedian Aayushi Jagad who entertained the crowd with their talent.

After the final round, the chosen top eight stylists were asked some interesting questions by the jury to finalise the top three, which they answered with easy and confidence. It was an evening to remember for sure! 



Mandira Bedi felicitating (from l to r) Pallavi Kaushik, Pradnya Rajpathak, Bia Sandhu Taneja, Pooja Borela, Manjiri Jamkhandikar and Kalyani Umrani

SUB-CONTEST WINNERS



Gravittus Foundation
Mrs Congeniality Stylista:
Shona Rajput



The Inspiration Clinic
Mrs Inspirational Stylista:
Swati Saraf



Aditya Birla Memorial Hospital
Mrs Wellness Stylista:
Priyanka Sarkar



Deccaleap Technologies
Mrs Dynamic Stylista:
Prachi Ghode



Sheetal Creations Mrs Dazzling Stylista: Parul Chaddha and Kalpana Sharma



Hair Revolution Mrs Vivacious Stylista: Ankita Arora



Indira IVF Mrs Ethereal Stylista: Mrinalini Baruah



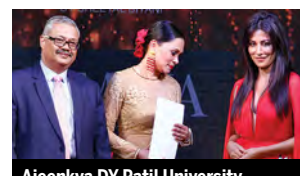
Chiclets.in Mrs Fashionista Stylista: Leena Jain



Dr Tvacha Mrs Flawless Skin Stylista: Mrinalini Baruah



Klassic Vikram Tea Mrs Fresh Face Stylista: Bindiya Kapse



Ajeenkya DY Patil University
Mrs Knowledge Stylista:
Mrinalini Baruah

THANK YOU TO OUR SPONSORS

- Title Partner – Sheetal Creations by Sheetal Biyani • Wellness Partner – Aditya Birla Memorial Hospital • Slimming & Body Shaping Partner – The Inspiration Clinic • Lifestyle Partner – Chiclets.in • Haircare Partner – Hair Revolution • Knowledge Partner – Ajeenkya DY Patil University • Safety Partner – Deccaleap Technologies • Beverage Partner – Klassic Vikram Tea • Happiness Partner – Mee Mee • Lifecare Partner – Indira IVF • Hair And Makeup – Kalyani Umrani • Styling – Pradnya Rajpathak • Show Choreographer And Grooming – Lovell Prabhu • Backstage Managed By – INIFD PCMC • Event Managed By – Netsurf Entertainment

CLICK HERE TO READ MORE 

Passionate Matchmaking by *Sima Taparia*

Initially, since 1995 it was a casual approach but she took it seriously when her family suggested to take it professionally since 2005. The proposals are processed at her end with personal touch and visit. High profile families do not wish to circulate and publish the bio data or details through website. They wish to keep it 'Secret'

UAE, Singapore, South Africa etc.

An International Film producing company had made a documentary film '**A Suitable Girl**' in which Sima is playing a lead role, it has won the best director award in Tribeca Film Festival, NYC in 2017. Recently Netflix has released a show called '**Indian Matchmaking**' with 8 Episodes. This show has been



till the time the candidate is engaged. Unlike good old days friends & family do not suggest a candidate as it has become a very personalized and there is need to professionalize it. Sima sees the client's lifestyles, likes & dislike and personal choices which is a big thing to handle. Educated girls of today do have a say. Her city preference, character of boy and freedom is much respected by parents. Similarly the boy do have their preference and say 'It's not all about the beauty.' This is the reasons families throng to her for consulting the alliance.

A wildly travelled throughout the world, Sima has still the time for family and religious activity. She has overseas clients from USA, UK, Hong Kong, Thailand, Australia,

released in 150 countries and has been a talk of the people in every city, every country.

In 1993 she founded and was Chartered President of only women prestigious organization of south Mumbai with more than 325 elite members. She was Past President of Ruchika Club having more than 300 members. She has held many posts in Rotary Club.



Sima is truly a versatile personality and a leader in her field.
Her website is www.suitableerishta.com



Sima Taparia

Sima Taparia is a matchmaking consultant in Mumbai. Her name is known to almost all household in India as well as others part of the world.

She was born to an industrial and famous family of Late Shri Rameshchandra Lahoti of Kalburgi (Gulbarga) and has had a passion of maintaining and recalling relationships since childhood. At young age of 19^{1/2} she was married to Shri Anup Taparia, Industrial Group of Mumbai having business interest in Magnets, Pharmaceutical & Exports. Since Lahoti & Taparia Group have a vast network of family, she had a big opportunity of meeting the family members and friends and also learning new relationships. This God gift has turn into opportunity to help eligible boys & girls for marriage.



From L-R: First runner-up Amanda Vas, winner Vanshika Dawra, and second runner-up Simran Khandelwal

BOLD 'N BEAUTIFUL

The Cheryl's Femina Stylista West 2020 was an evening to remember, recalls **Saloni Dhumne**

With fire in their veins and a head held high,

16 gorgeous stylists were seen striding the runway with passion and energy at the Cheryl's Femina Stylista West 2020. Living by the motto 'believe in yourself and you will be unstoppable', these stylists proved that nothing is impossible. Dreaming big and aiming high, they have gracefully set examples of how academia and passion can be achieved

simultaneously if you are willing to give everything you have to it, something that was perfectly preached and practiced through this very event.

After three days of rigorous day and night training at Amanora The Fern Hotels and Club, Hadapsar, these stylists fought shoulder to shoulder to win the coveted title on 3rd March, 2020 at Taj Land Ends, Mumbai. After a stiff competition, Vanshika Dawra took home the prestigious crown >



Dr Madhu Chopra & Dr Niteen Dhepe

Sanya Malhotra

Rakul Preet



“ DEAR FEMALES... TAKE CARE OF YOUR HEART !!! ”

DR. G.P RATNAPARKHI
(MBBS. MD (MED). DM (CARD), FESC.)

- Consultant Interventional Cardiologist Hon. at Lilavati Hospital, Bandra
- Holy Spirit Hospital, Andheri (East)
- BSES Brahma Kumaris' Hospital. Andheri (West)
- He owns ISO 9001: 2000 certified “Gurukrupa Heart Centre” at Andheri (West)
- Director of Cath Lab & Head of Cardiology Dept. at Criticare Hospital Juhu.
- He has done more than 16000 cardiac procedures & doing highest number of Coronary Interventions in Mumbai.
- Recently he was awarded as “Best Cardiologist of Mumbai” by auspicious hands of Hon. Chief Minister Shree Devendra Fadnis.



Heart disease is commonest cause of death & debility, unfortunately the incidence is increasing worldwide and even more in India.

Previously heart disease was considered as a disease of old people particularly males but now a days, heart disease is spreading in younger age and in females as well.

Females are generally protected from heart disease till menopause but once the menopause is reached, the incidence increases rapidly. 'Hormones' play important protective role.

Now a days, the incidence of heart disease is sharply increasing in females.

Females are equally shouldering social, financial, family responsibilities, hence they are equally exposed to the stress and strain of life. Being more emotional and sensitive by nature, the stress affects them badly and deeply.

As females are delicate physically and emotionally, they may not always cope with the stress and strain of tedious daily working and responsibilities of household & kids. It is not always feasible to strike balance between

home and office, while doing so females are quite stressed up, which leads to Hypertension and Ischemic Heart Disease.

Due to dual responsibilities, women don't get time for exercise and fitness. Sedentary working place will increase their weight and waistline. Increased weight, obesity and stress will invite diabetes, metabolic syndrome and heart disease.

Changing life style and modernization is affecting women. Modern culture invites bad habits like smoking, alcoholism, late night parties, consumption of high caloric junk food, erratic eating and sleeping schedules leading to heart disease.

Taking contraceptive pills may be necessary for many women, but prolonged use of such pills can lead to lipid abnormalities and heart disease.

Indian women have less "Body Mass Index" compared with western women. Even their coronary arteries are small in diameter, thus even small

block may have significant impact on circulation. Secondly due to lack of exercise and sedentary life style, development of collateral coronary circulation is poor. Thus small vessel disease (Micro Vascular Disease) is common in Indian female.

In most of the Indian communities, females are not treated equal as men. Men are always priority in this male dominated society.

Females are neglected and ignored health wise. Even for Indian females, the priority is always husband and kids. Their own health is secondary for them. Due to such traditional and culture attitude, there is delay in diagnosis and treatment, which causes more damage to the heart.

Due to all these socio-economical, emotional, cultural and traditional reasons, the incidence of heart disease is increasing in female,

*So dear females ...
take care of yourself
& your heart.*

while Amanda Vas and Simran Khandelwal bagged the positions of the first and second runner's up, respectively.

Hosted by Angela Rebello, the esteemed jury panel comprised of Dr Niteen Dhepe, Medical Director, SkinCity India, Dr Madhu Chopra, Managing Director of Studio Aesthetique, and actors Rakul Preet and Sanya Malhotra, with the crème de la crème of the city in attendance.

The first round witnessed these stylistas setting the ramp on fire in little black dresses from their personal collection with beautifully done hair and makeup by backstage partner Jean Claude Biguine while Shreya Shorewala the stylist for the show, ensured the girls were at their stylish best.

As the evening progressed, the stylistas donned elegant Indian Wear by Pooja Shroff as ivory and gold ruled the ramp as they wore exquisite ensembles from her Saar Spring Summer 2020 collection. The outfits were complemented with ethnic jewellery by Ornorent by Disha Oswal.

For the final round, the stylistas shone bright like diamonds in evening gowns by designer Abhishek. The jewellery for the round, featuring diamonds, rubies, emeralds and more, were by Diamantina Fine Jewels.

Along with this, stand-up comedian Angad Singh Ranyal had the audience laughing out loud while singer, songwriter and actor Subholina had them mesmerised with her marvellous voice. **F**



The stylistas look elegant in Indian wear by Pooja Shroff



The stylistas rock the ramp in their LBDs

SUB-CONTEST WINNERS



Cheryl's Cosmeceuticals Miss Radiant Stylista: Rukaiya Kalyanwala



Amanora The Fern Miss Charismatic Stylista: Ritika Raghav



SkinCity Miss Beautiful Skin Stylista: Vanshika Dawra (L) and SkinCity Miss Beautiful Hair Stylista: Snehal Patil (R)



Adar Poonawala Miss Sustainable Stylistas: Amanda Vas & Simran Khandelwal



Hair Revolution Miss Gorgeous Stylista: Aishwarya Mulay



Smile Aligners Miss Beautiful Smile Stylista: Priya Agarwal



Studio Aesthetique Stylista: Rashmi Shinde

THANK YOU TO OUR SPONSORS

Title Partner: Cheryl's Cosmeceuticals • Powered By: Skin City India • Responsibility Partner: Adar Poonawala • Haircare Partner: Hair Revolution • Smile Partner: Smile Aligners by Dr Pravin Shetty • Backstage Partner: Jean Claude Biguine • Indian Wear Partner: Pooja Shroff • Finale Gown Partner: Abhishek • Training Venue: Amanora The Fern Hotel & Club • Stylist: Shreya Shorewala

[CLICK HERE TO READ MORE](#)



FUNNY WOMEN

These humorous women have mastered the art of making people laugh. By **Shreya Dilawari**



“I think i have good comic timing and a good wit which helps with improvised acting and when it comes to being funny on cue”

THE BORN ENTERTAINER

Born and brought up in Delhi, Shibani Bedi always wanted to be an actor. She got her start as an actor in school and took it all the way up till college. She switched to working in media but was still pretty consistent with theatre and took up small roles in movie and short films, whenever an opportunity came by. She worked as a journalist for nine years till she became a viral sensation on social media. When asked whether comedy comes naturally to her, she says, “I think I have good comic timing. And I have good wit, which helps with improvised acting and when it comes to being funny on cue”. She has been a part of movies like Rang De Basanti, No One Killed Jessica and recently acted in Why Cheat India with Emraan Hashmi. On being asked about her experience of working with the actor, she says, “It was a lot of fun working with Emraan. He is a total gentleman, completely down to earth, very accommodating and approachable. It was very comfortable being around him, even though I was terribly nervous when I had my first shot with him. Although I have done some tiny cameos and roles in some Bollywood movies and short films in the past, this opportunity was a huge deal because it was a comparatively longer role. And there was definitely more visibility than any project I had done before.” >



THE PURSUIT OF HAPPINESS

Jeeya Sethi is the founder of "FemaPalooza," a comedy show strictly for women, where the punch lines and jokes are on the orthodox norms of patriarchal society and male chauvinism to the workings of the female body! The show takes place in Delhi, Mumbai and various other cities of the country. Sethi always wanted to be a comedian since she always believed that she was funny. Talking about how she got her start in comedy, she says, "East India Comedy did a stand-up comedy workshop which I signed up for and there was no looking back." When asked about what inspired her to think of providing a platform like "FemaPalooza" to women where they talk

about the gender bias in a comical manner, she says, "Frankly, women have more fun when men are not around. I wanted to create a "girls night out" with loads of laughter and hence came up with the idea of "FemaPalooza". This platform not only hosts the best female comedians who make absolutely humorous and witty jokes but also provides the opportunity to many first-timer performers to share their jokes with a women-only crowd. Jeeya strongly feels that through this platform, she is not only providing a platform for them to speak their minds freely but also helping women make progress in the male-dominated society that we live in through humour.

PUSHING THE BOUNDARIES

Vasu Primlani is a leading Indian stand-up comedian, triathlete and environmentalist who has performed in shows all over the world. She is also a proud recipient of the Nari Shakti award, the People's Green Award and many more. Her journey as a comedian started 10 years ago and she believes that her brand of comedy is intelligent, and physical. When asked about what inspired her to tackle social issues and give voice to daring topics such as the environment, human rights and gender bias through her comedy, she says, "A comedian's comedy is a reflection of who they are. We speak of things that move us the most. As a person, social issues are very important to me, and I use the most powerful form of communication—comedy—to deliver that message." When asked if she has ever been scrutinized for being a female comedian and for talking about serious issues in a comical manner, she says, "No. The mark, or test of a joke is how funny it is. If it's funny, people will be too busy laughing to say anything to criticize. Since I talk about serious issues, the onus of providing humour is much higher for me. Making someone laugh about serious issues like the environment or rape—now, that's the real test of mettle for a comedian."



FEMINA

BE UNSTOPPABLE

Since when did sticking out like a
sore thumb become a bad thing?
Let's talk. [@femina.in/gossip](#)

A black t-shirt with white text, displayed on a light grey silhouette of a person's torso. The text is written in a mix of bold, blocky, and cursive fonts.

IT'S BETTER
TO BE HATED
BY EVERYONE,
THAN BE KNOWN
BY NO ONE.

THE FUNNY WORDSMITH

From working in finance to trying her hand at writing, Diksha Basu has been acing it as an author with her charming and witty style. Talking about why she chose to be a writer, she says, "I started writing to gain control over things. I've always enjoyed story-telling and I discovered that I also really enjoy the solitude that comes with writing. It turns out I'm more of an introvert than I realized." When asked about what inspired her to write about social climbing and social anxiety in such a hilarious manner in her second book 'The Windfall', she says, "Humour is how I frame my world. Without humour, I would be angry and I don't want to spend my life angry. I also think humour is exceedingly difficult to do and I enjoy being good at it. I credit my father, Kaushik Basu, for showing me that even the most serious and difficult topics can be tackled, and in fact made more accessible, with humour." The authors that make Diksha laugh are Moni Mohsin, David Lodge and Richard Russo. Talking about her upcoming projects, Diksha says, "My next book will be out in June 2020. It is based in New Delhi and New York and features a lavish Indian wedding and I hope it will also make you laugh!"



A PASSIONATE PERFORMER

The self-taught ventriloquist, Seema Golchha, is an in-house comic at the Canvas Laugh Club, India. She is a popular stand-up comedian in the capital with a unique style of comedy where she uses ventriloquism to get laughs. "When I was young I wanted to be a cartoonist but I couldn't pursue it. But then I discovered that I can make a puppet talk and give life to it so it's like I'm living my childhood dream." Seema who feels that this profession can be quite challenging says, "One of the biggest challenges is to make the audience believe that the puppet is a different character and not me. When performing, I'm basically talking non-stop. I'm switching voices back and forth and the only breather I get is when people laugh and/or clap." Seema's shows focus on entertaining the audience while also spreading social messages. Talking about from where she gets her fodder for comedy, she says, "I love puns and slapstick comedy. It's difficult for me to talk normally, as I pun a lot. When thinking of jokes I have to keep my puppet (Jack Denials) in mind because most of my jokes are derived from him." Seema strongly believes that it's never too late to follow your dream or passion and to keep the child in you alive. **F**

[CLICK HERE TO READ MORE](#)





(standing) Shefali Jain
and (sitting) Nisha Jain

DESIGN IN (WHITE) HARMONY

THIS DESIGNER DUO MEANS STYLE, ELEGANCE, AND ORIGINALITY, WOVEN TOGETHER TO CREATE DESIGNS FOR TODAY'S WOMEN. **MEET NISHA JAIN AND SHEFALI JAIN.**

“Fashion is about dreaming and making other people dream”. And this label is a dream of this sisters-in-law duo who dreamt of dressing every woman who aspires to bring out her own personality in her style and the way she dresses. The idea of being original, luxurious yet affordable is what drove Nisha and Shefali to start their own label.

They realized that there was a “serious dearth of creative designs with good quality but affordable clothes for today’s discerning woman”. Knowing that today’s woman is very smart in the way she works and thinks, they wanted to offer ensembles that will help her look stylish, yet not at the cost of her hard-earned money! They wanted to bring about something tasteful, creative, interesting, and exciting with quality as a priority... and that’s exactly what they did.

“Affordable luxury is the cornerstone of our brand,” the two elaborate, “Luxury to us is about quality, about the fact that all our pieces are made with utmost care and precision using hand-woven fabrics. We wish to adorn today’s woman with the luxury of design, rich texture, comfort, simplistic and elegant clothing.”

The brand – Nisha & Shefali – stands for sustainable, luxury yet affordable clothing. Their designs are created from rich Indian textiles. They design to compliment the Indian women of today, to be

AFFORDABLE LUXURY IS THE CORNERSTONE OF OUR BRAND. LUXURY TO US IS ABOUT QUALITY.



OUR AIM IS TO DESIGN EVERY PIECE THAT WE CREATE THAT WHOEVER WEARS IT CAN CONNECT WITH IT IMMEDIATELY.

comfortable in her skin, and to reflect her individuality. “Our aim is to design every piece that we create with so much of love and detailing that whoever wears it can connect with it immediately and can embrace it in her own individual style.”

Their latest collection is an ode to nature. “The fabric used is sheer delicate Chanderi silk to signify the cool breeze, and tranquillity of jungle,” the designer duo elaborate, “The colour off white and ivory highlights the peace in forest. Our collection is a symphony of notes of forests.” Each of the motif is created using the dori to give the texture of a bark. “Once the texture was attained, the motifs were made with different stiches of hand and machine embroidery,” note the two.

With such a beautiful offering – and more such to come – for is patrons, Nisha and Shefali are the designers to watch out for!

MAKE UP & HAIR: SUPRITI BATRA; PHOTOS: GAGAN BRAR
MODELS: SUNALI ANAND GAUR,
KOMAL RATRA & SUPRITI BATRA.



EASTA LA VISTA!

Whet your appetites with a pan-Asian platter. By **Akshita Satija**

Name: Miss Nora

Location: First Floor, Rcube Monad Mall, Rajouri Garden, New Delhi-110027

Ambience: The first floor of the Rcube Monad mall opens up to a beautiful vista decorated in soft berry, blue and light grey hues. The life-size cherry blossom tree and the pan-Asian influenced artwork takes pride of place in the restaurant. It's suitable for both fine dining and a relaxed evening with friends.

What we loved: The menu is predominantly Pan-Asian and has been crafted by business mentor and culinary advisor, Raminder Bakshi along with founder, Richa Malhan. Delicacies infused with fresh and seasonal ingredients made this place special for us.

We were first served crispy lotus chips and spicy peanuts to work up our appetites

followed by som tam (tender raw papaya salad). Nutty, fresh and fruity, it truly made us feel at ease. After this refreshing bite, we were offered Kinoko yakitori and Shanghai-style crispy tofu. The tofu, tossed in black pepper sauce, was silken soft and delicious and more than made amends for the little too sweet mushroom yakitoris. We washed down the starters with a glass of mock Sangria as a refreshing tonic.

Next came the avocado and asparagus roll sushi and tom kha (coconut flavoured soup with garden-fresh lemongrass, lime leaves, and galangal). While these two dishes were different, it left us with a bittersweet experience as some of the flavours were a little too overpowering. The glass dumplings that followed were delicious but the mouth-tingling chili oil served with them has to

be consumed with caution!

The main courses were a feast for the sight and senses. The holy basil fried rice paired with asparagus, snow peas, and yellow bean sauce was healthy and absolutely scrumptious, but what truly made our heart sing, was the fabulously cooked spicy phad Thai noodles.

Finally, it was time for dessert and the fluffy matcha crème brulee made a velvety finale to our meal. But just as we thought we were in dessert heaven, they offered us a second one that was as delicious as the first—moochi ice cream! The yummy cold treat comes in four flavours—chocolate, orange, mango, and strawberry. The quality food, beautiful setting, and courteous staff will drive us back to Miss Nora for sure.

Price points: ₹1,500 plus taxes for a meal for two



PEPPERY HOT TOFU

Try this recipe by Raminder Bakshi from Miss Nora

Ingredients

5ml vinegar
2g veg broth powder
10g bean sauce, preserved
10g black bean, preserved
5ml dark soya
5g salt
250g silken tofu
5ml sesame oil
20g leeks
5g peppercorn, cracked

Method

Cut bean curd into cubes and blanch them in salted water. Saute chopped ginger, garlic and Sichuan pepper. Add bean paste. Adjust seasoning with salt, pepper powder, and veg broth powder. Mix corn starch to thicken the sauce. Introduce tofu and serve it piping hot. **F**

[CLICK HERE TO READ MORE](#)



A DIVINE LINE OF BRIDAL JEWELLERY

*What: Adah collections
Where: Harit Zaveri Jewellers
What we loved: A fusion between traditional craftsmanship and modern aesthetics. The collection consists of choker style and long necklaces, earrings, bangles, naths, maang tikkas and headgear that are ideal for weddings of any size and style. At Harit Zaveri Jewellers (HZJ), the legacy of this beautiful artistry is maintained while seamlessly merging with exceptional designs and unwaveringly excellent craftsmanship. Every single piece is designed aesthetically which can be treasured forever.
Price: On request*

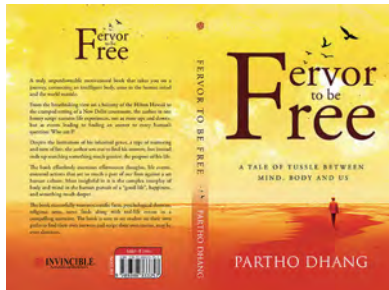


Colours that personify a zest for life



What: Mood Lifting Brights by Westside
Where: Westside showrooms
What we loved: If the lingering lockdowns and its pervasive monotony has gotten to you, chin up and get your shopping bags out with Westside's "Mood Lifting Brights." India's leading shopping destination presents a whole new range of clothing, that can uplift your mood and

bring in that extra dose of excitement in your daily life. There is a perfectly curated mix of modern and contemporary styles, in bright, lively hues, which will compliment and cater to everybody's aspect of style and individualism. Adding to this, the right prices ensures you do not have to stretch your purse strings while splurging on some quality retail therapy.
Price: On request **E**



FERVOR TO BE FREE:

A Tale of Tussle Between Mind, Body and US by Partho Dhang, is a book that deals on subjects such as being born a human, baptised in Hindu religion, growing up in the 80s, and other times of turmoil, weaving past crises, midlife, and finally hitting the finish line where happiness lies waiting. The greatest aspect of the book is its power to incite thoughts in the reader's mind, as they start to relate their life with the narrative, further compelling them to be active participants as the author's impulse shifts between his inner spirit and cultural demand.

CHANGE YOUR BUSINESS NARRATIVE

Cinnamon Circles is a bootstrapped venture by Sunitha Vardhan, a passionate entrepreneur, marketing and advertising expert, and communication enthusiast. Inspired by her zeal to simplify the way of approaching communication, she helps corporates overcome communication challenges with large audiences by building powerful brand narratives through creative visual media. Cinnamon Circles believes that the culture and workplace of every firm are unique and this has to be conveyed in a certain way to attract the right talent and add value to the firm's vision and future plans.



TRANSFORM YOURSELF

With the aim to introduce a distant luxurious experience to the Indian market, Pelf St., a privately owned lifestyle company in New Delhi, India, has launched itself with the first foot in the self-care, wellness and beauty industry with Lucullan Studios, an Ultra Luxury Salon. The company was founded in 2018 by Neha Sharma (Managing Director, Pelf St. Pvt. Ltd.), a Post Graduate from Les Roches International School of Hotel Management, Switzerland. She says, "Being a student of Les Roches International School Of Hotel Management, I had been involved in various extra-curricular activities that allowed me to interact with people from different backgrounds and helped me develop an aptitude to work well in a team environment." The company is looking forward to a global reach through the medium of various industries under the umbrella of Lifestyle and Luxury.



BAR MAKEOVER ANYONE?!

Sip your wine in style with a touch of silver



What: Frazer and Haws' Barware Accessories Collection

What we liked: If you love throwing parties and sipping on your drinks way too much then this collection of Barware Accessories is totally going to excite you! Frazer and Haws has launched a fine, exquisite range of barware made in sterling silver that would be a perfect addition to your home and bar setup. The product line consists of beautifully made cocktail shakers, ice buckets, wine and champagne glasses, holders, coolers and lots more! The range is designed creatively and aesthetically, and can also double up as a showpiece in your living room. You can shake, make and pour your drinks using these classy pieces and soak in the party vibes as you chill with your gang!

Price: ₹25,000 onwards

Available At: Frazer and Haws Stores across India

SLEEP IN LUXURY!

A silky treat for your bedroom and mood

What: Portico New York's Just Us Collection

What we liked: Premium bed linen brand Portico has launched some fabulous and comfy duvets, bed covers and pillows under their Just Us Collection. The collection is made up of fine, luxurious fabrics like satin, silk and jacquard, which allow you to experience royalty and fills up your room with an intimate, romantic vibe. The pleasing colours of the products like ruby rose, intimate gold, silky grey and deep purple add

a majestic touch to your bedroom and allow you to experience a regal life at an affordable price. This silky-smooth collection is not just comfortable and soothing but is interesting and aesthetic to look at too. Invest in Portico's deep colour range and make your room look classic, well maintained and put together at all times!

Price: ₹5,000 onwards

Available At: All leading retail stores, www.porticoindia.com



JAZZ UP YOUR HOME!

Blossoming roses, soothing wall plates, Ming vases and lots more

What: The Décor Kart's new collections

What we liked: A mix of classic and contemporary designs are what The Décor Kart's newly launched products are made of. Inspired by the Country Roses, peonies and lilacs, the Victorian-era and the Ming dynasty, this collection offers a wide range of products like tea ware sets, kettles, cups, floral cake stands and platters,

soothing wall plates with iron stands, carved photo frames, glazed jars and hand-painted jugs inspired by the Ming dynasty. This sophisticated and versatile range is exclusive and perfect for stepping up your house décor game. Make your abode stand out with these decor objects!

Price: ₹550 Onwards

Available At: The Décor Kart Stores, www.thedecorkart.com



CLICK HERE TO READ MORE



MEET MANIPUR'S FIRST TRANS DOCTOR

IS ALSO A COVID FRONTLINER

Beoncy Laishram, who is the first trans woman doctor of Manipur and also a frontline Covid Warrior. **Radhika Sathe Patwardhan** has more to say about this Corona crusader.

The country is taking strides in the direction of an inclusive society, albeit slowly. The transgender community still faces marginalisation. But some strive to fight against all the odds and come out strong and victorious. Beoncy Laishram of Manipur is one such beacon of hope for the state's Nupi Maanbi (transwoman) community that has been known to the society for long, yet is marginalised. The 27-year-old resident medical officer at Shija Hospitals and Research Institute (SHRI) is not only the state of Manipur's but also Northeastern India's first transgender doctor. She was a medical student at Regional Institute of Medical Sciences (RIMS). She is currently preparing for her postgraduate entrance examinations.



Laishram changed her name to Beoncy when she took part in Miss Trans Queen Northeast, a beauty pageant in 2013. On completing her MBBS in 2011, she decided to come out to her family in 2013. "My father was so upset he tried to kill himself," she said in an interview with TOI, "I went right back into the closet. Around 2016, I realised I could no longer live that life. It was when I began openly identifying as a Nupi Maanbi." While Manipuri has known about the existence of Nupi Maanbi as an identity for very long, the community continues to be marginalised. Laishram has a good relationship with her parents now and also has a partner from a long-term relationship. Having supportive colleagues is most important for her as she feels safe at work.

Sorokhaibam Jugindra, medical superintendent of SHRI, believes, "While Nupi Maanbis do need to get out of the rut they often find themselves in, it's also up to us to give them opportunities they deserve. Human beings are all equal. We didn't look at Beoncy's gender while hiring

MANIPUR KNEW HER IDENTITY
BUT **THE COMMUNITY
CONTINUED TO BE
MARGINALISED**



her. There was some curiosity among staff initially, but that was all." Laishram helps the Nupi Maanbis in need to get healthcare access. The post-operative trans woman has stepped forth to help and give hope to the community who have suffered the most because of the COVID-19 pandemic as it has quashed livelihoods. The community has been most involved in the beauty parlour business in Imphal for financial freedom, but these have been shut amidst the lockdown. Shanta Khurai of the All Manipur Nupi Maanbi Association, a prominent transgender activist, feels that Lashiram "represents aspiration among the Nupi Maanbis. We don't just work as beauticians."

[CLICK HERE TO READ MORE](#)





Amazing Grace

This veg restaurant is a veritable food paradise.

WHAT: Grace

WHERE: Kolkata Centre for Creativity, off EM Bypass

AMBIENCE: Grace is located just above an art gallery. When you enter Kolkata Centre for

Creativity, off EM Bypass, it feels like a whole new world, and Grace is a delectable extension of that. Expect exquisite art installations everywhere when you walk towards the food joint. A white-and-cream colour scheme, soft lights and the openness of the space prepare you well for a delightful culinary journey.

WHAT WE ATE AND DRANK THERE:

The restaurant promotes modern Indian vegetarian cuisine. Brainchild of noted art entrepreneur Richa Agarwal, Grace ensures that art and food coalesce into a harmonious whole. Rwitobroto Biswas, a very young and energetic chef, is doing a fantastic job of achieving this benchmark. In terms of taste,

innovation and freshness, Grace certainly scores high. The team puts in a lot of effort to source the freshest local produce every day. That is why you will find local greens instead of fancy-looking, dehydrated foreign ingredients on your plate. They use locally available bandel cheese, instead of the frozen varieties of imported cheese, in their salads and other dishes. The food at Grace is really tasty. Every dish is a visual treat — evidently, imagination plays a pivotal part in plating. Food buffs must try their lip-smacking chaat platter and a baked banana chips dish called Nostalgia. For the mains, go for the spaghetti that comes with a coriander-based sauce. An interesting fact — the restaurant has brought back in their menu the almost forgotten black rice of Bengal. There's, of course, a sensational twist in the dessert section as well — the garlic kheer within a fried bread is simply to die for!

PRICE POINTS: ₹1000 (approximately) for a meal for two.

BEETROOT MEDIUM RARE

Wow your friends with this tasty veg dish.



INGREDIENTS:

- One big size beet root
- Salt – 100gm
- Kashmiri chili – 3
- Dry red chili –
- Cumin – 1tsp
- Coriander – 1tsp
- Black pepper – ½ tsp
- Nakeshwar – 1gm
- Star anise – 1gm
- Cardamom green – 4 pieces
- Cardamom black – 1 small piece
- White mustard seeds – 5gm
- Grated coconut – 50gm
- Ginger – 10gm
- Mace – 1gm
- Cinnamon – 1 small stick
- Tomato – 100gm
- Onion – 80gm
- Kashmiri chili powder – 1tsp
- Oil – 2tbsp
- Snow peas – 2 pieces, blanched sautéed & cut in half
- French beans – 2 pieces, blanched sautéed & cut in half

METHOD: Wash beetroot properly and bake it in an oven for 200c, fan speed 3, for almost two hours on a bed of salt. When it gets cooked, peel the skin and cut it into two pieces. In a pan, sauté all the masala mentioned. Grind the masala mix. For the tomato onion gravy, slice tomato and onion, cook with Kashmiri chilli and puree it. Now balance the consistency of the puree with a little bit of stock and add the masala you have made. Season with salt and lemon juice. Serve the warm beet with the aromatic gravy, with the vegetables mentioned above. **F**



FASHIONABLY YOURS FOR 25 YEARS!!

Designer Lalia Dattagupta has come a long way and is a name to reckon with when it comes to the fashion fraternity in Kolkata and abroad. On the occasion of the 25th Anniversary – the Designer states - it's not just her silver jubilee, it is a journey that grew strong defying all odds.



Designer Lalia Dattagupta

“TODAY I WANT TO THANK ALL MY CLIENTS, KARIGARS, STAFF, FAMILY AND FRIENDS **WHO HAVE HELPED SANSKRITI – THE BRAND REACH WHERE IT IS TODAY**”

Designer Lalia Dattagupta's venture is well known for its unique creations, unmatched quality and impeccable service. Each piece makes a lasting impression and has thus earned great patrons over the years. The high quotient on creativity, wrapped in rich heritage makes this Boutique a hot favourite in fusion ethnic wear.

25 years of

- DEDICATION • HARD WORK
- HONESTY • CREATIVITY
- LEARNING • UNPUTDOWNABLE SERVICE
- UNQUENCHABLE THIRST FOR SUCCESS



12 Jamir lane, Ballygunge, Kolkata -700 019
2C - Cornfield Road ,Ballygunge,
Kolkata-700 019

ON A ROLL

Actor Barkha Sengupta speaks to **Femina** about her journey in the world of TV, films and web series.



Popular TV and film actor Barkha Sengupta was in Kolkata recently to shoot for a web series titled 'Kamini'. With this horror-comedy, Sengupta makes her foray into the world of OTT platforms. She plays the eponymous character of a "seductress" in the series. Sengupta made her first TV appearance in 'Kitni Mast Hai Zindagi' in

**"AS ACTORS,
SOMETIMES,
WE DO TEND
TO GET FIRMLY
ENSCONCED IN
OUR COMFORT
ZONES"**

2004-2005. This was followed in 2006 by a blockbuster Rajshri Productions soap called 'Pyar ke do naam...Ek Radha Ek Shyaam', where she met actor Indraneil Sengupta for the first time and they got married in 2007. Sengupta has also worked with acclaimed Bollywood and Tollywood filmmakers. In between her busy schedule, she spoke to Femina about her work and what ails Indian television. Excerpts from the interview:

You are playing the chief protagonist in a web series, Kamini, for a Bengali OTT platform. What made you choose the role for the horror-comedy?

I was doubtful about 'Kamini'. It's a negative character, in a completely different way — I wasn't very sure about it because I had never played any kind of negative character before. But once I heard the storyline, I was quite intrigued by the character. As actors, sometimes we tend to get firmly ensconced in various kinds of comfort zones. So, I felt that Kamini would be a character who would pull me out of my comfort zone and challenge me to do something I had never done before. Therefore, I decided to play the character and I am happy that I am doing this role. It's my first web series.

Some say that it resembles the Shradha Kapoor-starrer Stree.

The genre is the same — it's a horror comedy. Initially, even I thought that it would be like 'Stree'. But, while these two ventures belong to the same genre, the storylines are completely different from each other.

Why don't we see you more often in Bengali ventures?

Because I am working in Mumbai! >



Rupashree Chakraborty
– Lifestyle & Nutrition Consultant

Redefining Health and Nutrition

RUPASHREE CHAKRABORTY'S VENTURE – DIET FOREVER BELIEVES IN SIMPLIFYING THE SCIENCE OF NUTRITION WHICH HAS BECOME OVER COMPLICATED OWING TO VARIOUS DIET FADS. HER SOLUTIONS ARE BASED ON PERSON'S LIFESTYLE, MEDICAL HISTORY, HEALTH GOALS AND FITNESS LEVELS.

Rupashree Chakraborty – A Lifestyle and Nutrition consultant based out of Kolkata started her journey in 2018 with just two clients on board.

Her venture named DIET FOREVER now has over 13000 members across the globe. "In this short span of just two and half years the experience has been amazing with tremendous faith from my members who are an integral part of my larger family. The bond we share is so reassuring that I count that as my blessings" states Rupashree. She makes it a point to have no time bars for each member and devotes herself completely to rendering solutions.

The clientele is spread over all professions ranging from Teachers, Engineers, Actors, Doctors, Housewives and Students. Each day unfolds to a new enriched experience with members discussing in-depth on their lifestyle and health.

It's her endeavour to keep them abreast with healthy lifestyle so that both men and women with certain lifestyle changes can keep at bay issues related to weight, skin, menstrual cycles, sleep, diabetes, hypertension, PCOS, thyroid etc

A strong believer of the quote -- # Being Basic For Best...

It has been the mantra of DIET FOREVER – to not go gaga over fancy food products which are not readily available but to make good use of the good ones available locally with strong

focus on food heritage. She believes that one should not sacrifice on ones loved delicacies. Starving oneself if you are on a diet is a complete no from her end too.

"Living healthy and sound is a passion for me and when I see that I can pour a bit of this for my people I feel blessed."



MANTRAS FROM DIET FOREVER FOR A HEALTHY LIVING:

- Do not go overboard with Dieting.
- Eat correct and Eat wise.
- Maintain timing of food.
- Have a good sleep cycle and avoid sedentary lifestyle.
- Try not having processed items.
- Do not reheat your food often.
- Include dry fruits in your diet.
- Do not have tea or coffee more than twice a day.
- Indulge yourself in a bit of yoga.

A positive mindset is all that is required for a bigger change. Get going ...

For queries please write in to rupashreetojo@gmail.com or call 7688002091





(Laughs) But, on a serious note, whenever I get an opportunity to do something nice in Kolkata, I do get involved in that project. I feel Kolkata has enough talents, as it is! Kolkata has a very different kind of work culture — after working in Mumbai relentlessly, working in Kolkata seems like a good break. The city has a different kind of energy to it.

How is working in a web series different from working in films and TV?

I feel that web series is something between TV and films; I find web series to be something closer to films. TV is a completely different ballgame; the daily schedules and the shooting style are completely different from what you would expect on other platforms. Sometimes, I find web series to be better because it's a short series (doesn't go on forever) and because, I feel, it tries to do something different with each season, which is a great thing because you get to play various shades of a character. With respect to detailing, characterisation and the way they are shot, web series can be considered bearing a closer affinity with films.

It is believed that TV serials in Hindi often project regressive views regarding women. Do you think so?

I guess that's a problem for national TV right now. I don't know much about the regional scene, but the national TV scenario is pretty regressive. And it's getting worse. Earlier, there were very progressive shows — as kids, we used to watch them keenly. I really don't know how this change has happened, and what has happened isn't quite changing now. This regressive trend has been continuing for a very long time now. But we can't do much about it. But, of course, there are some producers who are trying their best to break this trend, but they haven't been very successful till now.

What's your dream role?

I would like to play the lead protagonist in

**“AFTER WORKING
RELENTLESSLY IN
MUMBAI, WORKING
IN KOLKATA
SEEMS LIKE A
GOOD BREAK.”**

a hardcore action film — there are hardly any Indian films that show women doing hardcore action roles.

Any project with your husband, actor Indraneil Sengupta?

I wish I could work with Indraneil in a project. We were in talks for a couple of projects together, but our dates didn't match. I'd love to work with him. I am doing my daily soaps in Mumbai while Indraneil is doing quite a few web series.

What's the secret to a happy and stable marriage?

Oh my god! I don't think anyone from any corner of the world can answer that question. There's no secret to a happy marriage. Sometimes people ask me if there's any 'ideal couple' whom we follow, but I think there's no such template. Each couple is unique in their own way. No two couples are the same. The only thing I would say is that a marriage can be kept intact if both partners really want to stay together. You see, for this generation, the option of walking out of a marriage or a relationship has become so easy! And everyone seems to be okay with this. So, if you really want your marriage to work, it will work. **F**



ACHIEVE THE UNACHIEVABLE

THE FOUNDER OF I-GLAM, **DDEVJANI MITRA** IS A WELL-KNOWN FASHION CHOREOGRAPHER, ENTREPRENEUR AND A SOCIAL ACTIVIST. SHE HAS PLAYED A MAJOR ROLE IN ADDING SPARKS OF CONFIDENCE IN THE MINDS OF YOUNG BEAUTY PAGEANT PARTICIPANTS IN THE LAST 8 YEARS OF HER CAREER.



Ddevjani Mitra
– Founder I Glam

Born in Kolkata and based out of Patna at present, Ddevjani Mitra runs the "I am the change" chat show. She is also the brain behind I-Glam - A Pageant and Grooming Academy and Dreamz and Aspirations Event Management Company. Her success as an event planner has been recognized by multiple celebrity shows

which she has managed to execute with perfection. She is the Impetus behind the achievements of eastern part of India at Rubaru Miss India and Rubaru Miss India Elite beauty pageant.

In a short span of time, this young entrepreneur has come a long way and created her own identity breaking all barriers of the society. She had



taught her students that "In order to achieve the unachievable, one to do the undoable and the unthinkable" is what Mitra teaches and follows. She takes Priyanka Chopra Jonas, Madhu Sapre, Noyonika Chatterjee as her role models. For the last eight years, Mitra has successfully mentored many who aspired to make it big in the field of Modelling, Public speaking, Aviation industry and so on. She has also extended help by creating business opportunities for women, men and the elderly who were keen to restart their career and wanting to experience economic independence.

Mitra has a message to today's youngsters that 'be yourself, have a positive mindset, work with full determination, develop your personality, let aside your ego, follow your goals, imbibe learnings and trust your mentors!' which gives one a desired result.

FOR MORE DETAILS:

- 🌐 : [www.iglam.in]www.iglam.in
- ✉ : info@iglam.in/ ddevjani.dna@gmail.com
- 📞 : 9771412003

SHINE, SMILE AND SPARKLE

Multi designer E-store catering jewelry requirements of men and women

What: And Noor
Where: www.andnoor.com/
What we loved: A brand launched by women, employing women and working with artisans from across the nation - AND NOOR empowers women from smallest villages and towns and creates a platform to showcase their skill and craftsmanship. Straight Off the Runway style, Spring Resort wear, Bridal, Festive occasion, Occasion, Wedding dresses and to Must-Have Trends carefully curated to provide you with a wholesome experience. They offer all kinds of fashion jewelry for Men and Women made by passionate



designers who believe in handcrafted and conceptual jewelry. They work with more than 20 designers from all over india. Few of them are Esmé, Dookdi, Citrine, Indochine, Mirayah, Fusio, Nine Vice , Ekah, Jiara, Karissia, Osvag and sustainable brand Studio Naach and FORet.
Price: On request



A wardrobe classic

These contemporary and timeless bags are intricately designed and perfect for all occasions

What: Lovetobag by Ayushi Kanoi.
Where: www.lovetobag.com
What we loved: The bags from Lovetobag exude luxury and sophistication, making it a perfect fit for festivities. These bags are handmade by master craftsmen reflecting sheer intricacy and design. Lovetobag combines international trends with a strong essence of India making them versatile and ideal for any occasion. Rooted in fine

Indian craftsmanship, these bags are entirely handmade by master craftsmen with great love, passion and pride. Rich silks, satins, pure leather and fine beads imported from world are some of the material that goes into the making of each luxurious Lovetobag piece. Every handcrafted bag is made in such a way that you enjoy the experience of using it.
Price: Ranges between ₹7500 and ₹10,000

COLLECTION TO CELEBRATE THE FESTIVE

Welcome the spirit of auspiciousness and festivity

What: Tasvi collection
Where: Taneira
What we loved: With a series of festivities around the corner, Taneira presents Tasvi, an exquisite collection of sarees inspired by the cultural and design elements of the three Goddesses - Durga, Laxmi and Saraswati. Tasvi features beautiful ensembles highlighting unique characteristics inspired from each of the Goddesses. The collection



embraces a wide range of Sarees and unstitched & stitched Salwar Kameez

with Dupattas. The collection is crafted in pure and natural fabrics like Silk

Cotton, Soft Silks, Heavy Silks to complement different kinds of occasions. These timeless pieces from the Tasvi collection like the silk cottons from Chanderi and Maheshwari that have the sheen of silk and comfort of cotton make for memorable gifts for loved ones.
Price: The collection starts at a price of ₹5,000 for silk cotton sarees and goes up to ₹35,000 for the heavier silks. **₹**

FROM PUNDITS TO PANDALS

Be an intimate shindig or big fat Indian affair—this duo has done it all. Meet wedding planners Lakshmi Ravichander and Saraswathi Krishnakumar of Eventart speaks to **Kayalvizhi Arivalan** on the challenges that they faced planning weddings during pandemic.



A division of Event Art specializes in wedding planning and execution; This duo Lakshmi Ravichander and Saraswathi Krishnakumar have catered to weddings of all sizes, magnitude, style and themes. But the lockdown and pandemic has thrown them a different set of challenges for which they have equipped themselves. "With the unlock in place, the wedding industry has risen from the ashes. We are gearing up for a busy season after a few hits and misses" says Krishnakumar. "Planning a wedding is such an exciting joyous and creative thing to do and we normally take lot of personal meetings with the family to understand what they have in mind" added Ravichander who felt the zoom calls cannot replace the effect of what they achieve in a personal meeting but they are well aware of the current scenario of the precautions one need to follow.

"Right now, preparations are underway for a wedding which was supposed to happen in May and got postponed because of a pandemic. We had initially planned a huge mandapam with lots of guests but with the limitations, we are forced to cut down on the number of guests allowed to attend the wedding" says Krishnakumar who feels this doesn't hamper the imaginations of what the bride and groom wants. Just that the scale and magnitude will have limitations and not their expectations.

Frequent sanitization of the venue, guests limited to 100 per event, masks and social distancing are some of the protocols that needs to be followed shares the duo. "While carrying out back to back events at the same venue, the sanitization process consumes time. Of course, sanitizers and masks will be available in plenty for the guests to use and keep themselves safe" says Ravichander who added that they try and avoid the crowd reaching the stage to meet and greet the couple. "Weddings are not corporate functions where written rules are being executed. Weddings are personal events that run on high emotions and this is something we will need to work on over the time". **F**



HOW TO HOME SCHOOL A KINDER GARTENER

Homeschooling a kindergartener is no piece of cake! Kindergarten should be a fun time for children to explore their world. **Neeti Jaychander** lists own few tips to make this easy and doable

Kids going to kindergarten in India range anywhere between 3-6 years of age, taking their first steps into proper, structured learning. Not only do you have to cope with teaching them academic concepts from scratch, but you also have to factor in attention spans, disciplinary issues, and the idea that they're not learning with peers in a classroom. This can be daunting and overwhelming. A few simple steps can make this process easier.

Plan A Syllabus

If you haven't been given a school syllabus to follow, it is wise to create and plan your syllabus before you set out. This will ensure that your child learns concepts in a systematic, step-by-step manner. Look at the schools around you, the eventual school board you want your child to be prepared for, and accordingly curate a practical



TEACH THEM TO IDENTIFY AND DEFINE SHAPES AND PATTERNS AND READ SIMPLE TWO LETTER WORDS.

syllabus. The primary goal should be to focus on reading, basic writing and mathematics.

Start With The Basics

Begin the learning with a focus on alphabets and numbers. Remember, they're just about grasping concepts,

so start slow. Teach them the sequence of small and capital letters, and how to write these. Numbers 1-100 and the idea of units and tens can be introduced in the early phases as well. Teach them to identify and define shapes, and read short two-letter words like 'an', 'it' and 'me'. Art (freestyle drawing and colouring),

music (singing rhymes), science (identifying flowers, or different animal habitats) and geography (teaching about the weather, or different landforms)

Keep In Mind, Each Child Is Different

There is no one size fits all, and children deal with learning differently. Some children pick up quickly; others take more time. Some learn better with theoretical ideas, and others need practical demonstration to grasp concepts. Follow your child's lead, and as long as you're clear about what the outcome needs to be, tweak the mechanism to suit them. Be patient and don't lose your temper too often. Connect with other mothers who are homeschooling, and see how they're coping, and what takeaways you can get from them. **F**

STICK TO A SCHEDULE

Just as a regular school would, develop a system to stick to a schedule, and adhere to it. Mornings are when they focus best, so spend at least 120 minutes a day with them, with a 20-minute break in between. You can spend another hour in the evening learning something fun, like trying out a science experiment or

even just revising the day's activities. As far as possible, try to stick to a schedule. You should ideally also look at how much ground you need to cover with your syllabus and give yourself weekly or monthly goals to achieve this. Make enough time to play during the day as well, with board games or outdoor activities, so your child doesn't feel stifled with just studies.

[CLICK HERE TO READ MORE](#)



SCIENCE & SKIN- THE BEST VERSION OF YOU



People don't often realise that our largest and arguably most important organ isn't inside our body, but rather on it. Yes, we're talking about skin, that seemingly unimportant covering that along with fulfilling critical life functions, also plays host to a minefield of possible disorders. Unlike most health issues, where the afflicted is afforded some measure of privacy, skin disorders are always on display to the world and hence directly impact our mental well being, self-esteem, and as a result, overall quality of life. In fact, there was a time not that long ago when people believed leprosy was a sign of sin.

Fortunately, Dr. Indu Balan and her team of experts at Indyu Clinic in Kochi, Kerala, have got the art of making your skin look and feel beautiful, down to a science. With over a decade's worth of experience in dermatology and cosmetology, Dr. Indu Balan is dedicated to helping every person find happiness and confidence, regardless of skin type or disorder. While the media aggressively sells the concept that beauty is only skin deep and that we're incomplete without their products, Indyu Clinic is about being the best version of you.

Hair Removal Just Got Cooler!



Trust Soprano
Titanium's
ICE Plus™
Continuous
Cooling
Technology.

Am I a good candidate for a chemical peel? Does it hurt and how long before I see the results?

Contrary to popular belief, a chemical peel, if carried out by a trained professional, doesn't hurt or burn or scar, but rather produces a mild "tingling" sensation and a little redness that doesn't last more than a few minutes. While some chemical peels have a result that's visible almost immediately, others may take slightly longer depending on variables like skin type, chemical peel used, and skin condition or disorder, if any.

Is there a difference between a "medifacial" and one I would get at a salon?

Quite simply, yes, the facials you get at a salon are mass produced and involve chemical bleach that's used for quick and superficial results. On the other hand, medifacials use vitamins, antioxidants, and alpha-hydroxy acids, and are tailor-made to your particular skin type, taking into account any conditions, disorders, or complications you may have.

Will botox make my face look puffy and unnatural?

Dr Indu Balan is an authority on the subject of botox or Botulinum Toxin and conducts a number of injectables training workshops. If done correctly, by an experienced, certified practitioner, injectables are a great way to turn back the clock and smoothen out any facial lines or wrinkles. Not only does botox help with a youthful appearance, most people admit a common side effect is a youthful disposition as well.

Is laser hair removal permanent, and how painful is it really?

When compared with conventional methods like waxing or shaving that need to be carried out fairly frequently, LHR is a one-time solution that completely destroys the root or the growth centre. For LHR in particular, Indyu Clinic employs the top-of-the-line ALMA Soprano Titanium that's not only especially suited for tanned and darker skin, but also features a much larger than standard spot size for quick treatments. With regards to pain, the Soprano Titanium features an ICE PLUS sapphire tip for continuous cooling, so sessions are virtually painless.



Dr. Indu Balan

In conclusion, while the world still judges people with skin disorders like "sinners" of the old days, this isn't the twentieth century any more and with the help of science, technology, and places like Indyu Clinic, there's no reason to be unhappy with the way you look.

INDYU SKIN & COSMETOLOGY CENTRE

Indraprastha Building, Near Bhavan's School, Desabhimani Road, Elamakara, Ernakulam, Kerala - 682026

Email: admin@indyuskin.com • Web: <https://www.indyuskin.com>

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For You. For Life.

For further information, visit www.almalasers.co.in

A THROWBACK TO THE TAMIL ROYALTY

What: Dynasty collections

Where: Palam silks

What we loved: It is a delightful voyage into the past, exploring the four great empires of South India, with the Dynasty Collection. A stunning range of Kanchivaram masterpieces, it depicts South India's rich culture and heritage, drawing inspiration from the four great kingdoms of the Pallavas, Cholas, Cheras and Pandavas. It is a tribute to Tamil Royalty who patronised and preserved Tamil artistry and craftsmanship for centuries. The Dynasty Collection is a majestic range of silk sarees, inspired by the ancient coins, sigils and temple sculptures of that era. These design details have been intricately woven with gold and silver zari work into the bhuttas and pallu. The vibrant colour palette depicts mint greens, turquoise blues, sunflower yellows, progressing to lavender and beige evening hues.

Price: On request



IT'S TIME TO ROAR

CSK 2020 edition inspired by the colours and themes of team Chennai super Kings

What: Sonata

CSK 2020 edition

Where: www.

sonatawatches.in/
shop/csk

What we loved:

Sonata CSK 2020 collection, the second edition of its collaboration with the Chennai Super Kings celebrates the love of the 'whistlepodu army' and brings an exclusive variety of watches and smart wearables for the fans. The collection features watches with bold, vibrant designs, and CSK colours which make them an ideal accessory for stadium fashion as well as a great companion for the



audiences viewing from the homeland. This seems to be a great way to celebrate the game, team and the spirit of 'once a fan, always a fan'

Price: Ranges between ₹499 to ₹3,495.

Safety and comfort

Enhanced protection, comfort and design to match your look of the day

What: Wildcraft

Supermask™ W95+


Where: In store and online

What we loved: While the nation slowly steps out with caution, a new world awaits our return. It requires one to relook at their beliefs, attitudes and ways to be prepared for the new normal. Wildcraft introduces

Supermask™ W95+ which comes with anti-bacterial, government-approved lab-certified filtration efficiency, splash resistance to prevent droplet penetration and offer moisture management with the super soft fabric. The masks are built for protection and comfort and fit a wide range of face shapes and sizes hence adhering to the highest standards of quality and



safety. They are washable and hence, reusable leading to a significant reduction in per-usage cost as well as making them environment-friendly. The masks come in different colours and design options to suit your daily look.

Price: Masks are available in packs of 3, 5, 7 & 10, and are priced at ₹200 per unit. 

[CLICK HERE TO READ MORE](#)



Today many people are trying to reduce their **body weight**, by eating, protien powder, honey, tablets, juice, exercise, surgery, eating only chappathies - oats - ragi - vegetables, stop eating egg - meat - sweets - rice - oily foods, fasting. **BUT** they are **not** able to reduce their body weight. **why** ? Just think. you cannot reduce your body weight, unless you eat a **balanced** home food.

A balanced home food means, it should have the correct amount of, high quality protien, good fat, vitamins, minerals and carbohydrates, in your 24 hrs daily meal.

People also try to control blood sugar by above said methods. But still they are **not** able to control their blood sugar also. **why** ? Just think. Again you need a balanced food to keep your blood sugar under control. If you don't take a balanced food, you have to take diabetic tablets and insulin **life long**.

Benefits of weight loss... pcod, having no babies, high blood sugar, pimples, childhood obesity, irregular periods, facial hair growth in girls, hair loss, migraine, thyroid problems, high bad cholesterol, fatty liver, gall stones, psoriasis, male sex problems,

Today many couples **don't** have baby due to Pcod, hormone problems, irregular periods, over weight.

First and Best treatment for **Pcod** in females, is weight loss, **not** hormone tablets. Even if you do IVF or any other artificial procedures, for Pcod females... abortion is very common. So if you do weight loss for Pcod, you will have a baby without any tablets or IVF etc.

We have sucessfully done weight loss for many females with Pcod and they have delivered babies **without** hormone tablets and IVF

NO exercise , protien powder , tablets , juice , honey , surgery

we give balanced **HOME** diet chart.

42 weight Loss
Kg

Palliyady
DR.SHEBAN MBBS, DCH

send your **weight** to our whatsapp **9443487004** for more weight loss information.

128 Kg **86** Kg

my patient Mr. Sunder rajan ADSP Retired Senior Police officer

STOP Diabetic Medicine **Clinic**.

Do you want to STOP , your
Diabetic Tablets and
Insulin **gradually** life long ?
by correct
home based balanced diet plan

we calculate your 24 hrs daily need of ... protien, good fat, vitamins, minerals and carbohydrates, so that you can stop your diabetic tablets and insulin gradually.

PRIYA AGARWAL

Priya Agarwal, born and brought up in San Francisco, USA has always been rooted in her Indian culture and traditions, which allowed her to experience the best of both worlds.

Since her childhood, this dark brown-eyed young lady has dreamed of becoming a Bollywood actress. Apart from dancing, she also shares interests in volunteering and has volunteered to teach dance at an organization for children with developmental disabilities, and much more. She has done her graduation from the University of California, Berkeley, in Computer Science. Agarwal has always believed that a strong education is significant because it not only has given her a foundation to pursue her dreams but also challenged and developed her as a person. She further adds, "It has made me incredibly ambitious, hard-working, and driven, allowing me to move across the world from the USA to India to pursue this dream of acting and modeling."

Agarwal moved to Mumbai in 2019 and since then she has loved the city for its people and pace. Meeting friendly, positive, and ambitious people have made her feel at home. She started her journey as a model in the US, where she did a few ramps walks for Indian clothing brands. "I also took several acting classes at my university and



an institute in San Francisco. Once I moved to Mumbai, I completed the Acting Diploma from Anupam Kher's Actor Prepares, which made me more confident and trained in film acting. I also completed model and pageant training from the Cocoaberry Talent Academy under Alesia and Anjali



Raut," says the Arian model.

Among her many achievements, is participating in America's Got Talent, performing at

SMILE, CAMERA, POSE!

Passionate model and dancer **Priya Agarwal** in a conversation with Seher Campwala

NBA Basketball games and former President Obama's inaugural ball, and also dancing with several singers and actors with her former dance company.

"I think the most challenging part of my work as an actor or model is how unpredictable it is. I have to create my schedule and I never know what tomorrow will offer. And while this can be frustrating at times, it also adds elements of surprise and novelty to my life that I greatly enjoy. It is truly a journey of new experiences and I want to savor every bit of it," she says.

The stunning model likes to stick to vegetarianism but sometimes enjoy eating an egg or chicken. She likes to eat everything that makes her happy as long as that is done with moderation and some balance. Her number one trick for eating healthy is to make it as flavourful and yummy as possible with spices and condiments or mask it under the pretense of unhealthy food.

She firmly stands by this quote, 'you are who you surround yourself with,' and chooses to be surrounded by like-minded and ambitious people, who inspire her. **F**





Silk Mark - An Initiative of Central Silk Board,
Ministry of Textiles, Government of India.



Your Assurance of Pure Silk

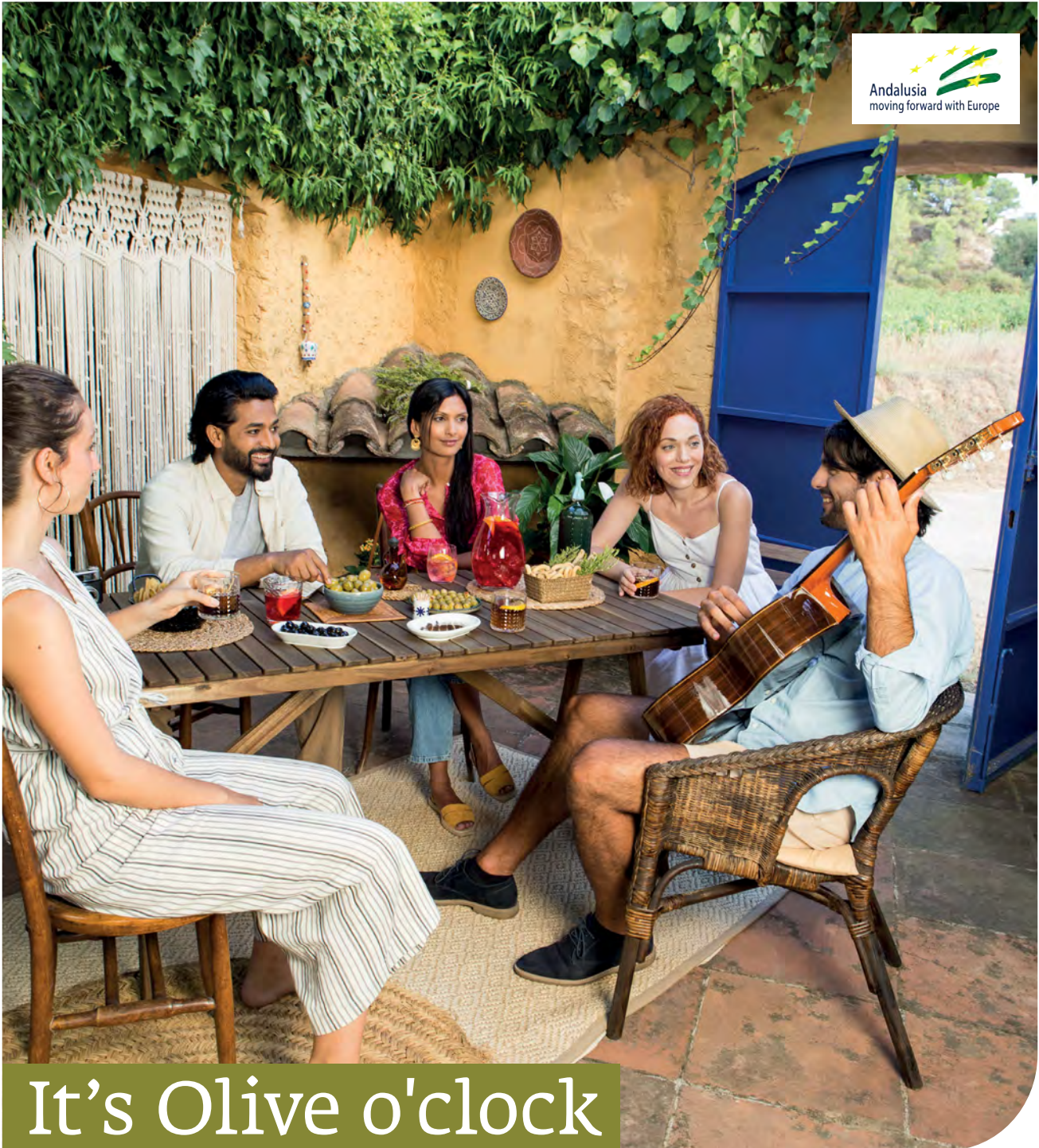
Encourage the skill that creates masterpieces

The dedication and patience of silk farmers and rearers across the country have helped the Indian silk industry prosper and progress. Collectively as a nation, let us encourage them by wearing pure Indian silk products.

#Vocal4Handmade #AatmaNirbharBharat #BeVocalForLocal

"I buy silk only with
the Silk Mark Label."

Vidya. Balam



It's Olive o'clock

It's celebrating life o'clock... it's sharing laughs and stories o'clock. In Spain, we gather together, over food and drinks, to relax and celebrate with the people who are dear to us. We call this moment, "vermut". And every vermut begins with olives.

Follow the memories of a trip to Spain



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