OCTOBER 2020

A Times of India publication

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Golden rule
Invest wisely

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NEHA DHUPIA
HAS TO SAY ABOUT MEHR, CINEMA AND MORE

Delish delights
HEALTHY OPTIONS

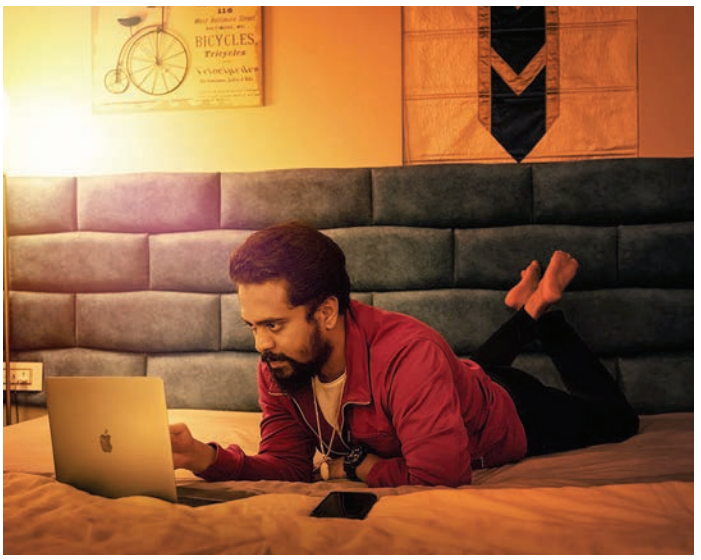
BRIGHT AND BEAUTIFUL
Adding colour to makeup 101

NEW NORMAL NEW STYLE
FESTIVITIES THIS YEAR WILL BE DIFFERENT THAN EVER BEFORE!



"I listened to my gut because
I didn't fear failure neither demanded
success. I never judged anything;
just worked hard."





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PUNE, AURANGABAD, NAGPUR SPECIAL

The idealist
VISIONARY ENTREPRENEUR

Eye on the goal
DETERMINED, DEDICATED, DEFINITIVE

★ING PRAYAG KHOSE
Humanitarian and fitness enthusiast



MAN OF METTLE
Marking a story of triumph



APPAREL BY LEHEJA
SAI PARANJAPE

राजसी

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ENABLING NEW BEGINNINGS!



LIFESTYLES THESE DAYS HAVE BECOME LARGELY ERRATIC AND UNHEALTHY. WITH STRESS, POLLUTION AND LACK OF EXERCISE BECOMING A MAJOR CAUSE FOR CONCERN, MORE AND MORE COUPLES ARE FINDING IT DIFFICULT TO ACHIEVE PREGNANCY. WHERE DOES ONE GO THEN FOR THE RIGHT ADVICE AND SOLUTION TO THEIR FERTILITY PROBLEMS? INDIRA IVF, A STATE OF ART, IS A ONE-STOP DESTINATION FOR ALL KINDS OF FERTILITY-RELATED ISSUES.

Assisted Reproductive Techniques (ART) has become one of the most sought after choices for infertile couples. IVF (In-vitro Fertilisation or test tube baby) is the process of fertilisation by extracting females' eggs, retrieving male's sperms and then manually combining an egg and sperm in a laboratory dish in a controlled environment. The embryo(s) so formed are then transferred to the uterus to achieve pregnancy.

BUSTING MYTHS ABOUT IVF

MYTH: IVF is the last resort treatment for infertile couples.
TRUTH: Treatment modality will depend on reason and duration of infertility and also on the age of the couple.

MYTH: IVF is very painful with a lot of side-effects.
TRUTH: Almost painless with negligible or short-term side-effects without any long term harm to the body.

MYTH: IVF requires prolonged hospitalisation and complete bed rest.
TRUTH: IVF neither requires hospitalisation nor strict bed rest. In fact, we encourage light exercise and stress-free work during IVF.

MYTH: There may be chances of mixing of other's egg/sperms and baby will be of someone else.
TRUTH: IVF Process has standardised protocols (SOPs), third observer technique is followed and at a time only one patient's egg/sperms are handled so there is no question of such mixing.

MYTH: Laparoscopy is a must for all patients.
TRUTH: No not all, only very few patients who have some pathology/disease which needs to be corrected before IVF will require laparoscopy.

"ADVANCEMENTS LIKE ICSI, IMSI, BLASTOCYST CULTURE, LASER-ASSISTED HATCHING, ETC. **HAVE TREMENDOUSLY INCREASED THE SUCCESS OF IVF.**"

IVF MAY BE AN OPTION IF YOU OR YOUR PARTNER HAS...

- Fallopian tube damage or blockage
- Ovulation disorders / PCOS
- Premature ovarian failure
- Endometriosis
- Uterine fibroids benign tumours
- Previous tubal sterilisation or removal.
- Impaired sperm production/ function.
- Unexplained infertility
- A genetic disorder.

Dr Amol Lunkad who has successfully done more than 9000 plus ICSI pregnancies says, "Assisted reproductive technology allows women to freeze their eggs when they are younger to preserve them for future use and pregnancy. ART can also help menopausal women to achieve pregnancy." So now you know exactly where to head to discover the best solutions to your fertility-related complications.

Dr Amol and Dr Ishita Lunkad are there to ensure you get the best of treatments. "Till now almost 80 lakh IVF babies have been born worldwide. Advancements like ICSI, IMSI, Blastocyst culture, Laser-assisted hatching, Closed working chambers and PGD/PGS etc. have tremendously increased the success of IVF," Dr Lunkad elaborates. Most of the patients undergoing test tube baby treatment are not aware of these advancements.
It is a combination of best techniques, best technology, the best team of doctors and embryologists that gives the best success in the process of IVF and Indira IVF ensures all of the above!



EDITOR'S LETTER

The past months have been a total game-changer, haven't they? What we took for granted, or accepted as "normal" was turned on its head, and now we're in the midst of the "new normal". While things are slowly getting back on track – with new rules and guidelines – the coming months will show just what changes will become the norm henceforth.

Speaking of the coming month, the festival of lights is just around the corner. And like everything else, that will be celebrated in a new style too. Keeping in mind health and safety, most of us would be celebrating it with just our close family in person and others through a video call. The trend will be of minimalism, but that doesn't mean the festivities are put to a stop, does it? Check out our *Big Story* for the festive trends, some DIY tips and tricks and recipes to wow your family.

WHAT WE TOOK FOR GRANTED, OR ACCEPTED AS "NORMAL" WAS TURNED ON ITS HEAD, AND NOW WE'RE IN THE MIDST OF THE "NEW NORMAL".

Our *Beauty* section gives you tips and tricks to be beautiful inside out. We have some easy hacks on how to incorporate colour in your makeup without letting it look OTT. And to ensure you're fit and healthy to celebrate the festivities, without having to step out, we got some quirky hacks for your fitness regime.

So, sit back and relax… Go through this issue of *Femina* Pune-Aurangabad-Nagpur and get planning!

Ruchika

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Meet our cover girl Neha Dhupia who is known for her zest and candor.





ON THE COVER

ACTOR: NEHA DHUPIA; PHOTOGRAPH: MEETESH TANEJA; HAIR AND MAKE UP: FLORIAN HUREL; STYLIST: YUKTI SODHA; STYLING INTERNS: KEYURI NISHAR, ADITI SHRUTI, SMRUTI GUPTA, SANCHI KOKRA; LOCATION: THE MINISTRY OF CRAB; BOLD STRIPE PRINTED DRAPE TOP, RS 22,000, CHEVRON PRINTED LENGHA, RS 60,000, SVA; PEARL AND DIAMOND RING, PRICE ON REQUEST, OM JEWELLERS; BANGLES, PRICE ON REQUEST, RARE HERITAGE

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GET YOUR ETHNIC STYLE GAME ON POINT WITH NEXUS IP, STYLE HASHTAGS AT THE PAVILLION. THIS YEAR, #ETHNICFEST WILL WOO YOU TO GET SHOPPING

With festive season around the corner, it is time to get shopping! Those oh-so-pretty ethnic ensembles will look so elegant and classy, right? But where can you get them? Well, fear not! The Pavillion is here to help you with all your style queries. The sought-after mall is back with a bang with Style Hashtags to woo you with curated ethnic outfits this festive season.

As the world sees a new normal, so does your experience at The Pavillion. You were always assured of great style and variety of options since always, but





now you get that with more safety and convenience! Choose from the curated outfits by top bloggers for easy access to what is trending this festive season with Style Hashtags.

Style Hashtags launched a new theme, #EthnicFest to cater to the current festive season to make shopping at The Pavillion easy and fun. Curating head-to toe-outfits from brands that are available at The Pavillion makes it a one-stop destination to shop for all your festive requirements with easy access to the perfect look without having to browse through multiple stores.

You can choose from a varied array of curated looks from the perfect Diwali suit to an elegant Navratri dress put together by Pune City's top fashion bloggers. It serves as a great fashion guide to all of The Pavillions' patrons. These looks are also displayed on mannequins at the mall atrium and simultaneously promoted extensively across social media platforms of the mall. Enhance the fashion quotient with a host of brands like Lifestyle, Iconic, Pantaloons, Ancestry, Biba, W, Global Desi and many more with the top-of-the-line collection, available in the store at The Pavillion.

With Style Hashtags, Pune is all set for a happy shopping experience for the first festive season post-lockdown. Not only that, but patrons also stand a chance to win additional exciting cash-backs on shopping at The Pavillion. Talk about a great festive bonus!

WE HEAR YOU!

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

I've always loved yoga and wanted to practise it since long but found it really hard to follow the forms looking at a video on screen. Which is why I absolutely loved the article on *Femina* website on easy yoga poses by celebrity fitness instructor Samiksha Shetty. It was pretty well written and made it super easy for a beginner like me to read and follow. I have now incorporated the forms to my daily routine and practise it every day too!

Poorna Shah, Bhosari

I've grown up reading *Femina* magazines and have fond memories of it from my childhood. Recently, I came across this one article on its website that has been a complete game changer. The article on how to clean and sanitise your washing machines was an eye opener. Before the read, I didn't even know that one was supposed to clean a washing machine. Thank you for such great tips and hacks always, *Femina*.

Heena Sabhnani, Pimpri

My roommate's mother was all alone in Pune amidst lockdown since my friend was stuck in Delhi. It was getting difficult to get all the things such as essentials and daily groceries delivered to her place and that's when I read about the Pune-based volunteer group that you guys had written an article about. Needless to say that it helped us immensely in such tough situations. Thank you for always being there, *Femina*!

Nidhi Kalra, Wanowrie

Femina's major focus has always



DON'T BE (T)HIGH AND MIGHTY!

Thunder thighs are the bane of women everywhere. **Saloni Dhumne** shares easy-to-do exercises to get them in shape

Love wearing miniskirts and hot pants, but your thighs don't let you? Well, you aren't the only one. A lot of women feel conscious and uncomfortable due to having 'thunder thighs' and are under the misconception that this issue can't be fixed or altered. But, let me change your mind with these easy-to-do exercises that will help you get rid of this issue.

TABLE TOP CROSSOVER HELPS YOU LOSE FAT FROM YOUR INNER AND OUTER THIGHS.

LUNGES

Lunges is one of the most effective ways to reduce thigh mass and is known to show results in just about a week if carried out regularly. Stand straight with your feet in line with the width of your shoulders. Step forward for about two feet with your right leg while going down on one knee of the left leg. Then, do the same by switching legs. Repeat 10 times. You can also do this with weights in each hand.

AIR CYCLING

This is an effective way to reduce thigh mass really quick. For this easy to do exercise, lie down on your back while facing the ceiling. Lift your legs in such a position that they are forming a 90 degrees angle with the floor. Move your legs in a cyclic way, in the forward direction for about one minute and then slowly put your legs down. Do the same by cycling in the backward direction. Repeat five times.

TABLE TOP CROSSOVER

This exercise helps you lose fat from your inner and outer thighs.

Lie down on your back while facing the ceiling. Lift your body with the support of your limbs such that it forms the shape of a table. Touch the toes of your left leg with your right hand. Attempt the same with your right leg and your left hand. Repeat 20 times.

SCISSOR KICK

This exercise works wonders if you aim to reduce thigh mass, along with toning your buttock muscles. Lie straight on the mat and hold your head up by placing your palms behind it. Lift up your legs slowly while keeping them straight. Now, move your legs vertically apart, then bring them together and then move them apart in the same way, but in the opposite direction. Repeat 15 times with each leg.

BACK KICK

This is one of the best ways to lost thigh fat super-fast at home. Get down on all fours, with your elbows upright and your toes pointing to the wall behind you. Ensure that your spine is straight, parallel to the ground. Kick backwards, high, such that your calf is perpendicular to your thigh and then slowly bring it down. Do the same with the other leg as well. Repeat 15 times.

been on women but this one article shed light on a very sensitive topic of what not to say to women who have been a domestic violence victim. There are so many things we say without thinking twice and don't dwell much on how the other person would feel. A big shout-out to *Femina* for always addressing the elephant in the room in the best possible way they can. The *#ActAgainstAbuse* campaign is very informative and helpful.

Anshika Singh, Aurangabad

I was genuinely inspired after learning about influential women who are working relentlessly towards helping our society. Before the COVID outbreak, I used to work for an NGO but withdrew from all the social work due to the fear of the coronavirus. After reading lockdown tale's article, I realised that - this is the time when I need to contribute to our society, help everyone around me, even if it means to fulfil basic chores and by prioritising sanitization and safety. As Corporator Madhuri Sahastrabudhe says, "Take this opportunity to do things you can't do otherwise. We all are fighting this together."

Mini Sardesai, Wakad

The current pandemic had me worried regarding my immunity. I was not aware that a particular food group could have such a positive impact on our overall wellness. The *Femina* article on protein-rich food had me exploring all my vegetarian food options, making sure that I consumed 1.5mg protein per kg of my body weight. It helped me get into the circadian rhythm and into the habit of eating home-cooked food. I also realised that I need to cut down on long gaps between meals. Looking forward to reading food-oriented articles in the future as well!

Kirti N, Aurangabad

Adjusting myself towards the work-from-home culture has been comfy yet mentally exhausting. It has increased my screen/virtual time and decreased my actual human interaction. This dilemma of mine led me to this article on - ways to recover from a mental burnout. Honestly, reading about how to recover from mental burnout on femina.in has genuinely helped me understand that all these activities that I continued avoiding or was too lazy to follow-through, are the ones that I need to implement. Re-visiting my old hobbies, regular workout and breathing exercises have helped me achieve a positive state of mind. *#FeminaCares* has encouraged me to take care of myself profoundly.

Loveena Sanghi, Nagpur


Riti Rahul Shah

BEAUTY IN DETAILS

RSR BY RITI RAHUL SHAH IS ALL ABOUT STRUCTURE, SHAPES, GEOMETRY AND THE AMALGAMATION OF HISTORICAL ART AND MODERN FASHION. THE BRAND HAS NOW BROUGHT THE SAME INTO MASKS TOO!

Since launching her eponymous label RSR in 2018, Riti Rahul Shah has forged a niche with an intellectual approach to fashion design, exploring and cross-pollinating art with architecture, structure and organic forms, garnering numerous mentions for the label. Along with four incredible ready-to-wear collections, RSR also launches an Indian couture collection every year, making luxury garments for women, men and children. Their garments have been donned and applauded by the who's who of the fashion industry, from runways to celebrities like Anushka Sharma, Yami Gautam, Ananya Pandey, Jacqueline Fernandes, and Shraddha Kapoor among others. Bringing the coveted fashion industry closer to young minds of the nation via talks and seminars, the brand has made its mark on every corner in the world of fashion. It is striving to achieve more within India and globally as Riti leads the way. The brand aims to bring fashion that celebrates the power in each individual.







RSR brings fashion that does more than an express; it emanates a voice for you. The aim is to tie the language of historical art with the vocabulary of the modern fashion, "We hope to embrace the harmony of structure and geometry to rediscover the art and history we've forgotten," says Riti.

RSR recently launched their range of protective masks which houses a different range of masks, namely: organic cotton masks which are made out of 100 per cent pure organic cotton, silk blends made from a luxurious blend of silk and cotton suitable and soft for all skin types and runaway-style masks made out of high-end event-worthy fabrics that have you covered from boardrooms to events to family gatherings. They provide customised masks as per personal taste and apart from looking gorgeous; they are also high on functionality. All masks go through a three-step sanitisation process before they are delivered to your doorstep following all safety protocols. The brand also caters to bulk and corporate orders.

The brand also will be launching its Diwali collections for men, women and kids. "The new collection will include a lot of drapes, new silhouettes and stunning embroideries. Beauty always lies in the details and we would be giving utmost importance to every detail that goes in making the collection," shares Riti.

They provide four-layers of filter for utmost protection including one outer layer, two heat-infused filters and one inner layer. Each mask is made with a specialised 3D pattern and soft stretchable ear loops for complete comfort and are breathable, reusable and washable. Some masks come equipped with a quirky protective cover to keep your mask clean and protected when it's not in use. They also have different sizes to ensure the person wearing it gets the right fit and is produced with maximum safety precautions. They are very soft on the skin.

FESTIVITIES 2.0

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



India is known as the land of festivals and rightfully so as every festival is celebrated with a lot of zest and a whole lot of love. Indians normally don't really believe in celebrating any festival small-scale; in fact, the celebration only gets bigger and grander with each passing year. However, 2020 has been an entirely different ball game so far. And with the looks of it, like every other festival this year, the coming festive season too would have to be a low key affair. But that shouldn't have to dampen your spirits as 2020 has been a year of creative high, as there is creativity in working with boundaries and has been all about minimalism. Read on to find out how less is more and how you could play around with the minimalistic theme this year and enjoy the festive season.

FASHION

You might or might not have shopped much this time around – maybe because of not wanting to step out, or not sure of sizes online... This festive season why not give your wardrobe a twist and re-wear festive ensembles of the past, but styled differently. Match a different blouse to another lehengas, or wear an anarkali as a dress instead of with leggings... The options are plenty! You could also stay on trend with these styles...

Kaftan

What was once introduced as a capsule collection during the world war has surely become a staple for many during the pandemic. A lot of designers and brands have included the underrated easy piece of clothing in their collection this season. But if you thought that the kaftan only was suitable for evening strolls or as lounge wear then it's time to think again. "Kaftans can be worn anytime and anywhere really. There's a kaftan out there for every occasion and time. You can opt for printed embellished ones for your festive luncheons or even velvet ones in tones of emerald for a more regal Diwali dinner look," says designer Apoorva Dixit from the brand 'Oru by Apoorva'. The humble piece of clothing comes with multiple benefits; not only is it easy to wear but you also don't have to spend a lot of time in creating a look as to what other pieces you can pair it with, is also forgiving as it can hide all the body flaws and you can also indulge in festive goodies without worrying about the outfit as it's super roomy. Opt for jewel encrusted kaftan in royal shades and finish off with dainty earrings and a watch and you're good to host your private dinner party.

Printed Sari

Steer clear of the heavy saris that are a pain to deal with and walk in and make room for gorgeous printed saris in organza in your closet. The printed sari is another underplayed item that is beginning to gain popularity now since less is definitely more this season. Saris help accentuate your curves and a simple yet elegant organza sari even more. Printed organza saris help give you a fresh look and are super easy to carry off due to their light weight. It's quite easy to play around with a printed sari and you can dress up or play down your look depending on the occasion and event. If you want to dress up for an event, then opt for studded jewellery and a embellished blouse and if you want to keep the look simple then opt for a solid colour simple blouse and ›



ORU BY APOORVA

"Kaftans can be worn anytime and anywhere really. There's a kaftan out there for every occasion and time."



keep the jewellery minimal. You can also opt for a floral printed sari in fresh hues like minty greens, ivory or icy blue and pair it with a chic crop tank blouse or even a tie- back blouse, finish the look with pearl earrings and some fresh flowers and you're all set to attend your next card party looking as fresh as a daisy.

Jewellery

You really don't need new jewellery for every celebratory lunch that you attend. This is the year of DIYs. The joy of creating something and wearing it yourself is unmatched. DIY was made more relevant amidst lockdown, and the trend caught on. Go through your craft box and get those sequins and beads and make new jewellery out of it. DIY jewellery pieces are not only fun to create but also one-of-a-kind. You could make fun sequin or braided bracelets to match your sari, statement rings from studs and brooches, tassel or woven chain earrings. There's really no stopping when it comes to DIY jewellery projects. Simply use the things you have lying around in your house like buttons, threads etc and put them together. You can even use pieces of cloth lying around and braid them together for bracelets or make coin bracelets. You can also opt for jewellery that you already have rather than buying new pieces. Mix and match your pieces together to create fun looks. Lastly, you could even use fresh flowers in your hair for a fresh and festive look.

Face Masks

Face masks are the need of the hour and something that we can't absolutely do without. Ideally, you should always wear one full time even if you visit a friend's hour or have someone at your place. And they are so easy to make! The Ministry of Health too recommended the use of 'homemade protective cover for face and mouth. Read on to make your own fun face masks this season.

HOW TO STITCH YOUR OWN MASKS

- **Firstly, any cotton cloth can be used. Wash it well in boiling water to which salt has been added, for 5 minutes or over, and then dry it out well.**
- **Cut out strips of cloth for the face cover, with the following sizes: 9 x 7 inches for adults, and 7 x 5 inches for children. In addition, 4 strips of cloth for tying and plying – two at 1.5 x 5 inches and two at 1.5 x 40 inches.**
- **Take the cut fabric and attach the 1.5 x 5 strip to be used as piping to the fabric at one end.**
- **Create 3 downward pleats approximately measuring 1.5 inches each, folding the cloth. Turn the cloth over and repeat. Once the pleats have been made, the height will be reduced from 9" to 5". Taking care to keep pleats facing downwards, secure the sheets with piping on both sides.**
- **Attach the 40-inch strips used to tie the face cover to the top and bottom. Fold the strips thrice, and stitch onto the top and bottom of the mask.**
- **You can always use your own element that you have lying around to customize your mask. Beads, sequins, laces, embroidery - anything really can be done on a face mask to make it more interesting!**







BEAUTY

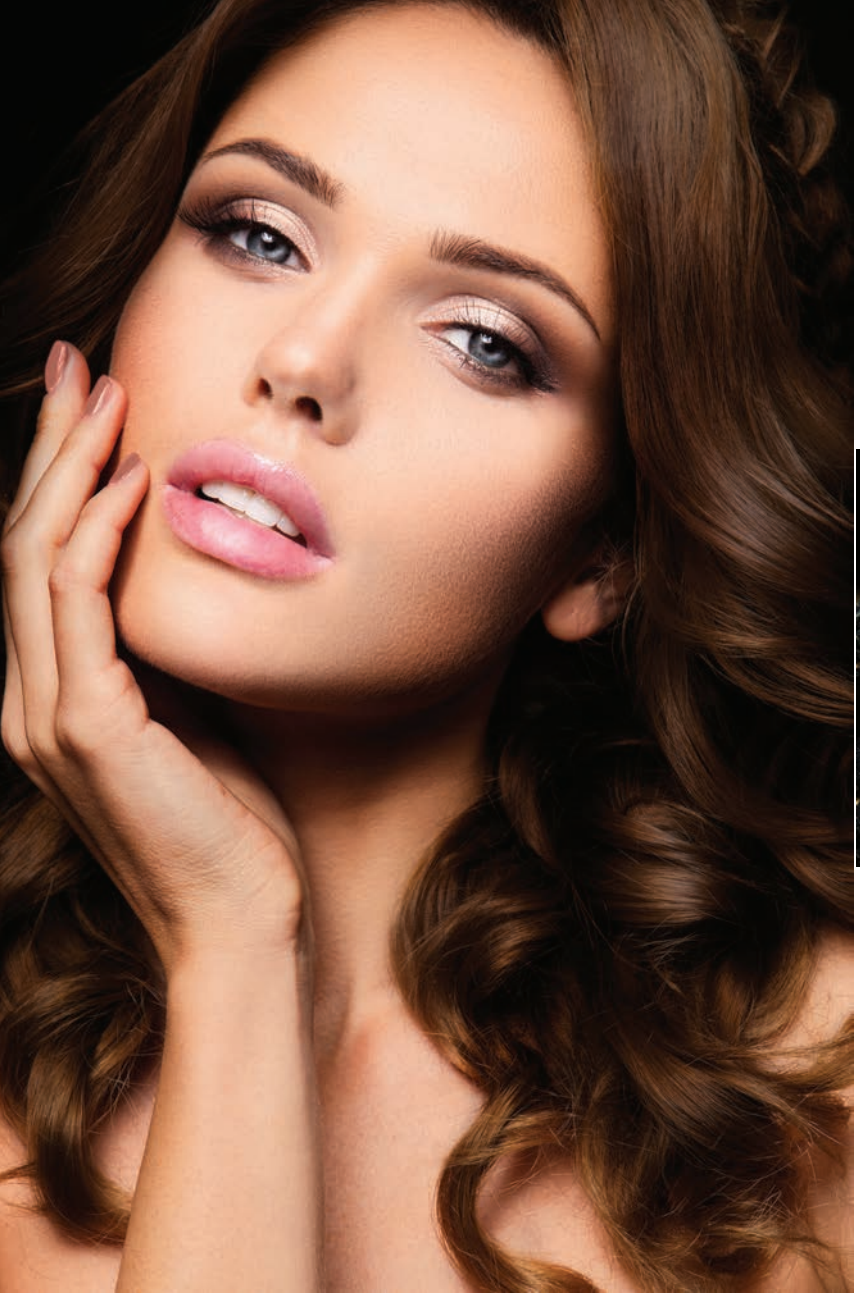
Hair

You don't always need a stylist or a trip to the salon to have your hair look like a million bucks. You can easily do your own hair at home and try your hand at new creative hairstyles. And oh, you also don't need to invest in a bunch of hair styling tools, just a few simple bands should do the trick.

FISHTAIL BRAID: Brush out your hair completely. Start by taking a small piece of hair from one side and bringing it over and adding it to the inside of the other side. Repeat on the other side, grabbing from the outside part of the section each time, and continue all the way down to your braid. Secure with a hair tie.

HEADBAND BRAID: Separate your hair down the middle into two equal parts. Starting with the left side, take a handful of hair and separate it into three pieces. Following the Dutch-braid mantra, "left under, right under," adding small sections of hair as you go. Continue braiding around your hairline and secure it at the top of your head. On the right side, create a second Dutch braid and wrap it around your head on the opposite side, making sure the two meet and wrap the end around the first braid and pin it in place.

BRAIDED PONYTAIL: Tie your hair in a high ponytail. Take a thick section of hair from the underside of the ponytail and make a tight braid from it. Once done, gently roll it around the ponytail down its length and secure it together. ›



Makeup

As the festive season sets in, there's no better way time to dress up. But since the festive season is going to be more on the lines on minimalism, it only makes sense to keep the makeup more natural and fresh and not opt for the heavy eyes and lips looks! But the good news is that natural bare faced makeup is always in style. Also, having a good skincare regime is always helpful so that you don't have to work much in terms of makeup

Go for colours in fresh hues and go easy on the bronzers. Welcome fresh floral in brightest of shades and creamy textures and top it up with dramatic lashes and a healthy glow and you've got a great brunch look. Sport a baby pink pout and well-defined eyes for that minimal-but-majestic look and top it up with some glow for a fresh evening look.

Start with a good primer that will create a good base for you to build on. Dab on some dewy foundation that will create a silky base. Apple some light brown or light pink eye shadow depending on your outfit. Next, apply mascara generously. Opt for matte lip shades in fresh hues such as baby pinks. Swirl a dab of a creamy blusher in peach tones over the apples of your cheeks. Finish with some highlighter and dusting powder and you're good to go.



Nails

It's hard to deny the fact that we haven't been missing our regular mani-pedi sessions at the salon. And of-course, your look is definitely not complete if your nails aren't done. Fret not as we've got you covered. Did you know that you can easily do your nails in the comfort of your own house? Read on further to do your own manicure.

REGULAR MANICURE: Clean your nails. Clip your nails if necessary and then file them in the shape you'd like, round is one of the easiest to achieve. Finally, buff the tops and sides with a nail buffet to create a smooth and even surface. Exfoliate your hands with a good scrub. Finally, moistures your hands and you're all done!

AT HOME CREATIVE MANICURES:

Dual Polish: Apply a white nail paint. Paint a curved line with a toothpick along the length of your nail. Fill in with black polish. Finish it off with a top coat.

DIY Dots: Apply a base colour and let it dry. Dip the round end of a bobby pin in another nail paint shade and press it on your first coat randomly. You can create dots on the tips on the nails for a fun alternate.

Star Shaped: Apply nail paint in the colour of your choice and let dry. Cut out duct tape in a star shape and paste it in the middle of nail. Once secured, apply a contrasting colour to the nail. Let it dry and then remove the tape.

DECOR



There's absolutely no rule that says you have to spend big bucks to make your house look a certain way. You can always make things up which not only adds your personal touch to it but also makes it so much better. You can also make it a family affair by involving the kids or create something with the help of your partner. And plus, it's super easy to do create a DIY decor and super easy on the pocket too!

FESTIVE DIYAS: Add a creative touch to the simple earthen diyas by simply adding some sequins, glitter, sea shells or even fruit peels.

FLOATING CANDLES: Fill out a huge bowl with water and add some floating wicks to it. Add some fresh or artificial flowers to it and place a few bowls at different corners of your house to add a warm touch.

DIY LIGHT JARS: Put those empty glass jars lying around to good use now. Throw some candles in mason jars and place it at different corners. You can also put in some fairy lights in old liquor bottles for some contemporary decor!

DIY TORAN: Putting together a toran is easier than you'd think. You can cut out some individual shapes from a cardboard, paint it or decorate it with laces or beads and eventually glue it together. You can also add pearls, tassels and anything that you have available. You can also create gorgeous toran designs from fresh or artificial flowers easily. ›



#VOCALFORLOCAL

The city of Pune has many small-scale vendors who sell earthen diyas and other festive fare. Make a conscious choice to shop from these people as not only do you get pretty stuff, it helps them sustain themselves. It is doubly important post-lockdown when such vendors faced major losses leading to a tougher struggle for survival.

FOOD



SHANKARPALI

Shankarpali is a widely popular crispy deep fried festive snacks. You can always serve it as appetisers for your next party or can also munch on it during tea time.

PREP TIME: 10 minutes
COOK TIME: 30 minutes
SERVES: 8

¼ cup water
¼ cup sugar
3 tbsp ghee
Salt to taste (a pinch)
¼ tsp cardamom powder
1 cup wheat flour (or all-purpose flour or both in equal quantities)
1 cup oil for deep frying

METHOD

- Add sugar, ghee and water to a pot and heat them until sugar dissolves completely. Remove from heat and cool it down till it is slightly hot and not completely cold. Keep aside.
- In a mixing bowl, mix together flour, salt and cardamom powder along with hot syrup.
- Bring the flour together and make stiff dough. If the sugar syrup is not enough and the dough looks dry, then sprinkle some water. The dough should not be sticky.
- Knead well until the dough turns soft. Divide the dough to four balls and roll them in your palms to smoothen. Keep them covered in a bowl.
- Grease a rolling board and flatten a dough ball and roll to a six to seven inch roti which is neither too thick nor too thin.
- Make cuts with 1 inch apart vertically. Then repeat horizontally. Separate the shankarpali and transfer to a plate. Do this for all the dough balls.
- Heat oil in a kadai on a medium heat. Check if the oil is hot by gently sliding a small piece of dough. It should rise slowly without browning. This is the right temperature.
- Then gently slide them one by one into the hot oil. Keep small batches.
- Ensure the flame is medium to medium high. Keep stirring and frying until golden and crisp. Then remove to cool completely.

THANDAI

Skip the boring old aerated drinks and instead prepare and serve this refreshing glass of thandai at your next lunch party. Not only is a glass of thandi apt for the festive lunch that you have in mind but is also super healthy.

PREP TIME: 5 minutes
COOKING TIME: 15 minutes
SERVES: 2

2 cups milk
5 pieces almonds, peeled and soaked in water
4 pieces cashew nuts
1 tsp poppy seeds, soaked in water
2 cardamom pods
1 black peppercorn
1 tsp condensed milk
3 tsp sugar
1 tsp rose essence
Few strands of saffron

METHOD:

- Boil milk and add sugar in it. Once the sugar is dissolved, turn off heat and allow cooling.
- Take a grinder jar and add the poppy seeds, cashew nuts, fennel seeds, pepper corns, green cardamom and almonds and grind all these ingredients to a paste. You can even add some water.
- Add the ground paste to the milk and mix well.
- Add saffron strands and rose essence to the mixture and mix. Chill in the refrigerator for at least 3 hours.
- Top it off with some almonds and saffron strands when you serve. F



PHOTOS: 123RF & PEXELS

ACCESSIBLE BREAST CARE

Dr Manisha Karmarkar, COO, Ruby Hall Clinic pens her thoughts





In India, one woman is diagnosed with breast cancer every four minutes. These are women of all ages: young women, older women, wives, mothers, grandmothers, sisters, aunts, cousins, friends and loved ones. While the types of breast cancers vary as much as the women who are diagnosed with them, treatment options for this condition are now available more than ever before. The odds in the fight against breast cancer just get better.

The Centre for Advanced Breast Care at Ruby Hall Clinic offers a full range of state-of-the-art breast health services right from screenings to survivorship — all under one roof. We have proactively sought the most elite and prestigious accreditations in the country to ensure that the clinical services offered to meet the highest standards of care in the country.

Our multi-disciplinary all-women team of breast cancer experts and compassionate staff provides the most advanced treatment techniques as well as emerging therapies including oncoplastic surgeries, all housed within a serene environment designed to ensure the best possible experience for patients. We're sensitive to the anxiety women with breast concerns experience, so counselling and emotional support are integral parts of our foundation. Our support programs include breast cancer education and support groups, peer counselling and genetic counselling. In fact, we have a range of specialised clinics such as the mastalgia clinic, lactation clinic, lymphedema clinic and prosthesis clinic to name a few.

Our facility boasts of leading-edge technology, radiologists who specialise in high-quality breast imaging to change lives through hope and innovation. Using a wide variety of tools and technologies to screen, detect, and diagnose cancerous and non-cancerous tissues of the breast, we perform innumerable screening and diagnostic procedures such as 3D digital mammography, MRI's, elastography as well as vacuum-assisted biopsies.

We also have South Asia's first Pristina 3D Digital Mammography System with the lowest x-ray radiation in the country. With this machine, women can take breast health into their own hands with the first-in-industry patient-assisted compression tool, a remote that allows patients to personally control and adjust the rate of compression during the exam. What makes the centre stand out is our ability to provide treatment options for a host of non-cancerous breast conditions.

It would be rare to find someone whose life hasn't been touched by cancer in some way or the other. Everyone understands the importance of quality of life. Representing a bold vision for breast care, we focus on the holistic health and well-being of individuals with or at risk for cancer. From benign lumps to full-fledged breast cancer and malignancies, we want women across the country to know that they can turn to us for hope anew.

ABOUT RUBY HALL CLINIC

► Embracing quality improvement, personalized healthcare and high-end technology for over half a century, it is a 750-bedded flourishing multi-specialty medical centre, along with two satellite hospitals at Wanowarie and Hinjawadi.

► The only institute to have 24 satellite centres across Maharashtra and multiple corporate medical centres.

► The organization has won numerous national and international accolades, placing it on the global healthcare map.

► The only hospital in India to have six separate NABH accreditations under its belt along with a cGreen OT certification.

► It is home to several centres of excellence including Cardiology, Oncology, Bariatric Surgery and Organ transplantation, to name a few.

► Multi Organ Transplant Centre with facilities of Heart Transplant & Lung Transplant, Liver & Pancreas Transplant, Kidney Transplant, Bone marrow Transplant & Cornea Transplant.

► Recently added "Robotic Surgery" provides testimony to its technological advances.

► Ruby Hall Clinic app is now also available on PlayStore for Android Mobile.

For more: www.rubyhall.com

For further details please contact 02066455267

RUBY HALL CLINIC'S CENTRE FOR ADVANCED BREAST CARE IS OFFERING A BREAST HEALTH CARE PACKAGE FOR THE PATIENTS LOOKING FOR CONSULTATION AND MAMMOGRAPHY.

Grant Medical Foundation
Ruby Hall Clinic

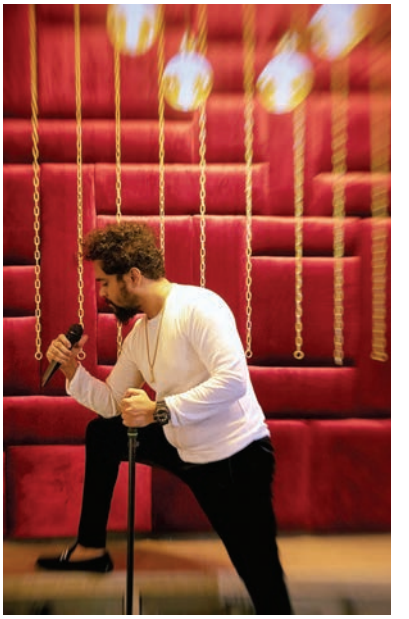


THE MAN OF THE HOUR

HE HAS MADE IT TO THE TOP WITH HIS BUSINESS ACUMEN, DETERMINATION AND HARD WORK. MEET **PRAYAG KHOSE**.

Revolutionary, philanthropist Nelson Mandela said once that "there is no passion to be found playing small – in settling for a life that is less than the one you are capable of living". As he and like singer Jon Bon Jovi – who said that "nothing is as important as passion! No matter what you want to do with your life, be passionate" – have hit the nail on its head. Having a passion for what you do enables you to great heights. Prayag Khose has exemplified that, and how!

An accomplished entrepreneur and humanitarian, after his masters from the University of Manchester, he joined his family business – BK Khose Group –



and built up the already-successful brand to reach greater heights. While joining a well-established brand can be daunting for some, he did it with ease. While there were challenges, "I listened to my gut because I didn't fear failure neither demanded success. I never judged anything; just worked hard," he notes.

His contribution to the company is building up a strong base and a good team and bringing prominence and popularity to the venture. His father, BK Khose, advised him to "remember that earning money and being a responsible person of the family are the two hardest things in the world." Prayag has done both with his determination and





drive. He is a believer in doing what he feels right, and it has kept him in good stead. What sets him apart, and have helped him to reach this point in his journey are the strong traits of loyalty, hard work, sincerity, and smartness. He has an inherent ability to know what the right direction ahead is.

A humble man who doesn't like to tell his own achievements, he believes that people can meet and know him to find out more rather than him listing his own achievements. Prayag is also a humanitarian who believes in giving back to society. Working on the wellbeing of the society gives him satisfaction. He feels that "being an entrepreneur keeps the humanitarian side in me alive. And being a humanitarian gives me strength and boost to be a better entrepreneur!"

While the lockdown affected him a great deal, he did not let it keep him down. He took the time to rediscover himself and inculcated sustainability in his life. He is also coming out with his own website - www.prayagkhose.com – where he talks about the process.

When not working, "I like to give my time to my other passions like music, fitness and fashion," he adds and this aided in standing strong through these past months. While these remain just passions, for now, the future will hold a different outcome. "I want them to be self-sustaining passions," he notes.

"Happiness is achieved when you stop waiting for your life to begin and start making the most of the moment you are in," American broadcaster Germany Kent notes and that's what Prayag stands by too as he believes "more in present than future!"

www.prayagkhose.com
khoseprayag, @prayagkhose prayag.khose

GILDED INVESTMENTS

Chartered accountant **Rishabh Parakh**, founder of Money Plant Consultancy, tells *Femina* what it means to invest in gold and how you must plan your money



An old friend who is settled in the USA recently contacted me. Saloni wanted to know more about investing in gold. She said, “I have been hearing that gold prices are going to go up over the next 6 months." I smiled and asked her, "Where did you hear all this?" She said she got to know of that from some WhatsApp group discussions as well as the news. "That's why I was thinking about increasing my investment in gold. Should I do it?”

Like Saloni, there are many of us who are wondering about investing in gold. This has been one of the most frequent questions that we are being asked during this pandemic. The answer to this is not so easy. You cannot invest in a particular asset class just because it is doing well right now. Yes, gold has given almost 50 per cent returns in last one year, but it gave almost no returns for the last four or five years. Remember, past returns are no guarantee of future success.

I further asked Saloni about her current investment in gold. “Not more than five per cent. How much more can I invest?" Well, as a rule of thumb, we do not recommend investing more than 10 per cent or a maximum of 15 per cent of your overall portfolio in gold. However, we also need to look at your portfolio and financial goals to understand the asset allocation that would work best for you, I explained.

The next question was expected. “Do we not always say that gold is the safest asset class to invest in?” That is true to a certain extent and in certain contexts. It is always said that gold works when nothing else does, which is the case right now. However, gold is an idle asset class that does not provide or generate any recurring income. The price of gold is based purely on demand and supply, and at best it can act as a hedge against inflation and market volatility.

"So, should I not invest in gold," Saloni asked? "No, you can, do it only based on your asset allocation and financial planning, not because of what others are doing or because of the news. Since your investment in gold is around five per cent of your overall net worth, you can use the current liquidity to increase your gold investment, but gradually. Do not invest in one go."

Buying gold physically is challenging, for reasons of security as well as resale. It can be avoided until and unless you want to make jewellery. The best way to invest in gold is either through sovereign gold bonds, ETFs i.e. exchange-traded funds, or via Mutual Funds if you do not have a Demat account. F

REMEMBER THESE POINTERS WHILE INVESTING IN GOLD:

One should not invest more than 10 per cent-15 per cent of their overall portfolio in gold.

Invest in gold only as a part of your overall financial strategy and not based on emotion or tradition only.

Use newer options for investing in gold online rather than buying physical gold.

PHOTOGRAPHS: SHUTTERSTOCK


Prerna Gupta



IN HER **ELEMENT**

DESIGNER PRERNA GUPTA IS FINDING NEW OCCASIONS FOR FUSIONWEAR

The emergence of fusion wear on the Indian fashion scene has revolutionised the way we approach style. People, today, want contemporary styles and vintage charm to blend and thus the Indo-western wear is fast catching up. Fusion wear – a mix of Indian and western wear is a celebration of the best of both worlds. And, Prerna Gupta (fondly referred to as 'PG'), director and creative director at Prerna Gupta Couture, is doing her bit to amalgamate Indian and western wear. Armed with a bachelors and master's degree in fashion design from Nottingham Trent University, in the UK, PG has an in-depth understanding of global fashion and trends and is proud of being a trendsetter in the world of fashion. "Fusion wear leaves ample room for getting as creative as one can get with their choice of clothing. It allows the person to break away from the shackles of set clothing norms and mix and match, and if getting it customised even mix and match the cut and style of an outfit to have a heavy western as well as Indian influence," says PG. To take her point a bit further, it isn't uncommon to see ethnic prints like *kalamkari, bagru, ikat*, etc., being used beautifully to create western outfits like couture and ready to wear. In fact, women today are seen to opt for traditional prints and have the fabric stitched to suit their western outfit needs.

The designer's interest in fashion piqued at a very young age. During her formative years, she participated in a host of competitions and winning these creative and fashion competitions boosted her spirit of venturing into the fashion industry. After completing her education, she knew she wanted to start her label, almost immediately. That gave PG the confidence to open her first store. What started as a dream has now mushroomed into a full-blown success story. Six years later, she has stores in Pune, Nagpur, Hyderabad, Indore, Raipur and Goa, creating couture for both, men and women.

HITTING HER STRIDE

While her immaculate attention to detail is well known, PG attributes the growing popularity of her brand of fusion wear and occasion wear to the need to looking good without compromising on the comfort factor. She shares, "For the woman of today, apart from looking good, comfort is also another key factor. The fusion wear segment is showing fast-forward growth. With only a handful of branded players in this space, stakeholders see a huge potential ahead. Fusion wear is seen as fashionable, bold yet not too western, which matches the sensibilities of India women," says the designer. Prerna Gupta Couture has also forayed into menswear. She has also helped dress up celebrities in fashion forward styles.

To that end, Gupta believes that the new-age luxury consumer is able to appreciate couture on a daily basis – from a Sunday brunch to a late-night event and from formal official meetings to a joyous solo vacation in Europe.



SHOPPING SAFELY... A CLICK AWAY!

With e-commerce becoming more common and a safer option, it can be tempting to splurge on the latest styles and avail enticing discounts. But are you aware of and willing to follow the necessary precautions? **Kalwyna Rathod** reports

As online retailers and e-commerce websites resume operations, it can be tempting to go online and splurge on the latest styles and avail enticing discounts. But are you aware of and willing to follow the necessary precautions when shopping online given the COVID-19 situation?

SAFE BUYS

Scammers are waiting to pounce on the uninitiated with attractive deals during this time. Exercise caution when clicking on email or social media links with offers that sound too good to be true. Instead of clicking on a link directly, copy the URL, paste in your browser, and inspect before opening it. To view information about a website, you can click on the padlock icon to see certifications and organisation details.

READ T&C

Some of your favourite online shopping websites might have changed their returns policies in light of COVID-19. So read all terms and conditions carefully before purchasing items. ›

EXERCISE CAUTION WHEN CLICKING ON EMAIL OR **SOCIAL MEDIA LINKS**





Also, note that if websites accept returns, it might increase the risk of contracting the coronavirus. Check if the portal you're shopping from follows precautions like sanitising and ensuring safe packaging.

Purchase items only if you're sure of them to avoid unnecessary returns. Apart from colours, prints, and fabrics, check the size guide and consider how the outfit will fit you.

AFTER RECEIVING, UNPACK THE CONTENTS AND DISCARD THE PACKAGING SAFELY.

WASH HANDS WITH SOAP BEFORE YOU HANDLE THE CONTENTS.

TRANSACT CASH FREE

Minimise the risk of contracting coronavirus by opting for online payment methods. Again, be wary of scammers and make sure you pay in advance only when you trust the vendor.

OPEN CAREFULLY

After receiving the package, unpack the contents and discard the packaging safely. Wash hands with soap before handling the contents. If you wear gloves while receiving and unpacking the parcel, discard the gloves along with the packaging.

For accessories, sanitise before trying them on. Be careful with textile accessories; read labels to make sure colours don't bleed and to avoid damage of any sort.

For clothes, try them on; if you're happy with the fit, sanitise or launder according to care instructions before putting away in your wardrobe.



FIT IN TIME

At-home exercises that will ensure you remain fit even when not stepping out of your home to get you ready for the festivities to come. By Sanika Salunke

Want to relish in the extensive assortment of festive food? But need the assurance that you can spend those days without worrying over how you look? How to manage the number of calories and carb-intake? We got you covered! All these stay-at-home days have created a bubble of utmost comfort around us, everyone needs a tune-up, especially now, before the festive season.

Even after the re-opening and unlocking, we are bound to restrain ourselves from scheduled gym visits. Now that we have mended ourselves with the work-from-home culture, let's fulfil our commitment towards staying fit right from our living quarters! As they say, 'If you can't go to the gym, bring the gym to your home.'

To help you out with fitness essentials and your workout plans, we got you some household items that will assist you in building your personal gym at home.

Cardio capers

Let's start with cardio work-outs, they help you strengthen your heart and muscles whilst burning calories. How can you fuse in basic cardio exercise from home? We got some ideas!

The first step towards festivities is a deep cleanse of the house. We can utilise this task and mix it up with some cardio by brooming or sweeping the floor with a mop. Go around the house in a swift motion, alternate it for

mobility workout like glutes, flutter kicks etc. Stretch your body while sweeping, your arms will thank you later! When it comes to staying fit, we either need to find a way or make one. You can always include exercise while performing household chores.

Walking is your first step towards fitness, start with 1000 steps per day, it's the minimum you can accomplish. Don't have enough space to jog around the house? Use your stairs! They have always been a go-to idea for cardio at home. Decide your pace and count, add in variations like jumping and stretching.





Step fast, step light and step it up! If you can muster the will to practise this daily, you are bound to end up with toned and trained legs.

During our childhood days, we have all tried to reach and touch the top of our door frame by jumping. Why stop now? Burpees are all you need to bring out the child in you. It's the most effective way to get a jump on your day! This is a straightforward technique to burn calories whilst improving cholesterol levels and brain function

Core crunch

Your core is not just about ab muscles, it's about the whole region, it's your powerhouse. Your inner organs, back and central nervous system they all need to be strengthened. How can you achieve that? Well, building a strong core definitely takes more than a few crunches!

Grab a pair of small hand towels from your linen cabinet and get going. Ever heard of sliders? That's exactly what we are going to do. Keep the towels on the floor and under your hands/feet and try pikes, knee tucks, or mountain climbers. Engage your core into multiple strengthening exercises. Believe us, it's never going to get easier but you are working to be stronger.

Make sweat your main accessory by replacing your kettlebell with a watering can or laundry detergent bottle! Well, any bottle with a holding handle would do the trick. The standard Kettlebell swing, the Russian twist, Turkish get-up, sit-ups and oblique standing side bend you can try them all. Get your core more potent at home without any obstacle, your abs can thank us later!

From better posture, better sleep and gaining bone density to boosting metabolism and lowering inflammation, weight lifting helps with all

Weight wonder

Weight lifting isn't just about bulking up or building up muscle mass it's much more than that. From better posture, better sleep and gaining bone density to boosting metabolism and lowering inflammation, it helps with all. Let's add up weight lifting to our routines right from home!

Your laundry basket is going to be your easiest essential when it comes to lifting. We all know the extra pile of clothes that adds up to the wash list during festivals, let's utilise that by handling the laundry basket as a deadlift. Try functional movement workout using a sturdy laundry basket with handles. You can also work on hamstrings and glutes using this.

Searching for heavyweights? Just try using your flour bag as one of them! It's convenient, affordable and simply a no brainer. Grab the two or five kg bag of flour or rice and use it as heavyweights to train your arms and upper ›



FITNESS EXPERT MEENAKSHI MOHANTY GIVES INSIGHT INTO HOW TO REPLICATE THE IN-CLASS WORKOUT EXPERIENCE AT HOME:

- Start by arranging a space that you would like to dedicate for a daily fitness routine. All you need to do is choose a space that gets plenty of light and circulation. The air circulation and natural light will not only help to cool you down but also energise you.
- Depending on the form of exercise, keep the essentials like your yoga mat, resistance bands, medicine balls, etc. handy.
- You can enroll with a fitness app or program that helps you with your specific fitness requirements. While many exercise options are available online, you need to see what suits your body and decide accordingly.



body strength. To avoid a mess, it's best to wrap the sack/bag in an airtight or a Ziploc bag.

As actor and martial artist Jean-Claude Van Damme says, 'You can create the perfect triceps by just pushing yourself off your wall.' Well, that's definitely the easiest but we will give you one better, try using kitchen pots and pans! Use sturdy pans with handles to try tricep extensions or shoulder training without fuss. Yet, another incentive to keep them clean, for they are the new alternatives when it comes to weights.

"You can create the perfect triceps by just pushing yourself off your wall."
- Jean-Claude Van Damme

In the pursuit of fitness, let's turn back to our good ol' books! Bring out the thick dictionaries and heavy coffee table books from the shelves and start sweating it out. From single-arm or leg sliding push-up to arm and abs workout, books are versatile.

What's more convenient than beer bottles or any firm bottles when it comes to the willpower of weightlifting? They are comparatively lightweight and easy to hold, beer bottles easily double up as dumbbells. The average weight of a beer bottle is 200 gm to 500 gm, which makes it an ideal alternative to dumbbells. Although, you can fill up regular bottles according to your convenience.

We all have a length of rope lying around in the attic or basement, courtesy of our old-school parents or spouse. We can certainly bring it to use during the workout sesh. Ideally, for using a rope as a suspension trainer, 8-feet of length is necessary. Find a sturdy holding point in your terrace or yard, tie one end of the rope and use it to perform squats, inverted rows and plunges.

The chair is a versatile piece of furniture that can help you by doubling up as multiple workout equipment. You can do tricep dips, arm lifts, chair planks and much more. Just be imaginative and safe! Don't forget to use a sturdy chair and workout on a firm, non-slippery surface to avoid any injury.

This festive season celebrate your robustness and indulge in assortments guilt-free! Remember that fitness isn't a one-size-fits-all experience, but is tailor-made to suit your body and stamina. Also working out from the comfort of your home leaves the opportunity for trial and error, but don't fret, as this is natural while adapting to new routines. Sweat, smile and repeat! F

- Inputs by Shraddha Kamdar and Shilpa Dubey

PHOTOS COURTESY: PEXELS

A BRIDE'S BEST FRIEND!

MAUSHMI DHAWAN IS ONE OF THE MOST SOUGHT-AFTER AND AMIABLE BRIDAL BEAUTY EXPERTS

Maushmi Dhawan is no stranger in the beauty industry of the Peshwa city. She has been one of the leading hair and makeup experts and has carved a niche for herself in bridal makeup. Not just that, her repertoire extends to include exclusive bridal imitation jewellery as well.

Her mother, Jyoti Oberoi, was one of the pioneers of hair and makeup in Pune in the 70s. It was a natural progression for this gifted beauty expert to be a part of this industry. "Seeing my mother beautify people fascinated me. So there was a natural interest," says Maushmi, who started working with her mother after standard 10. She did her first solo assignment at the age of 15, and the rest, as they say, is history.

She also learnt from other renowned makeup artists in India such as Vikram Gaikwad, Ojas Rajani and Seema, "each excellent within their skillset. I trained at Rever College of makeup. I have attended workshops by Allesandrio Allacantra's makeup studio, Makeup Forever, and Bobby Brown.

"I NEVER COMPROMISED ON HARD WORK AND NEVER EVER FAILED ANY COMMITMENTS, THANKS TO MY FAMILY'S UNDYING SUPPORT.

Courses on hair styling by Patrick Cameron, Georgy Kot, Millie Si, have been great learning experiences for me," she notes.

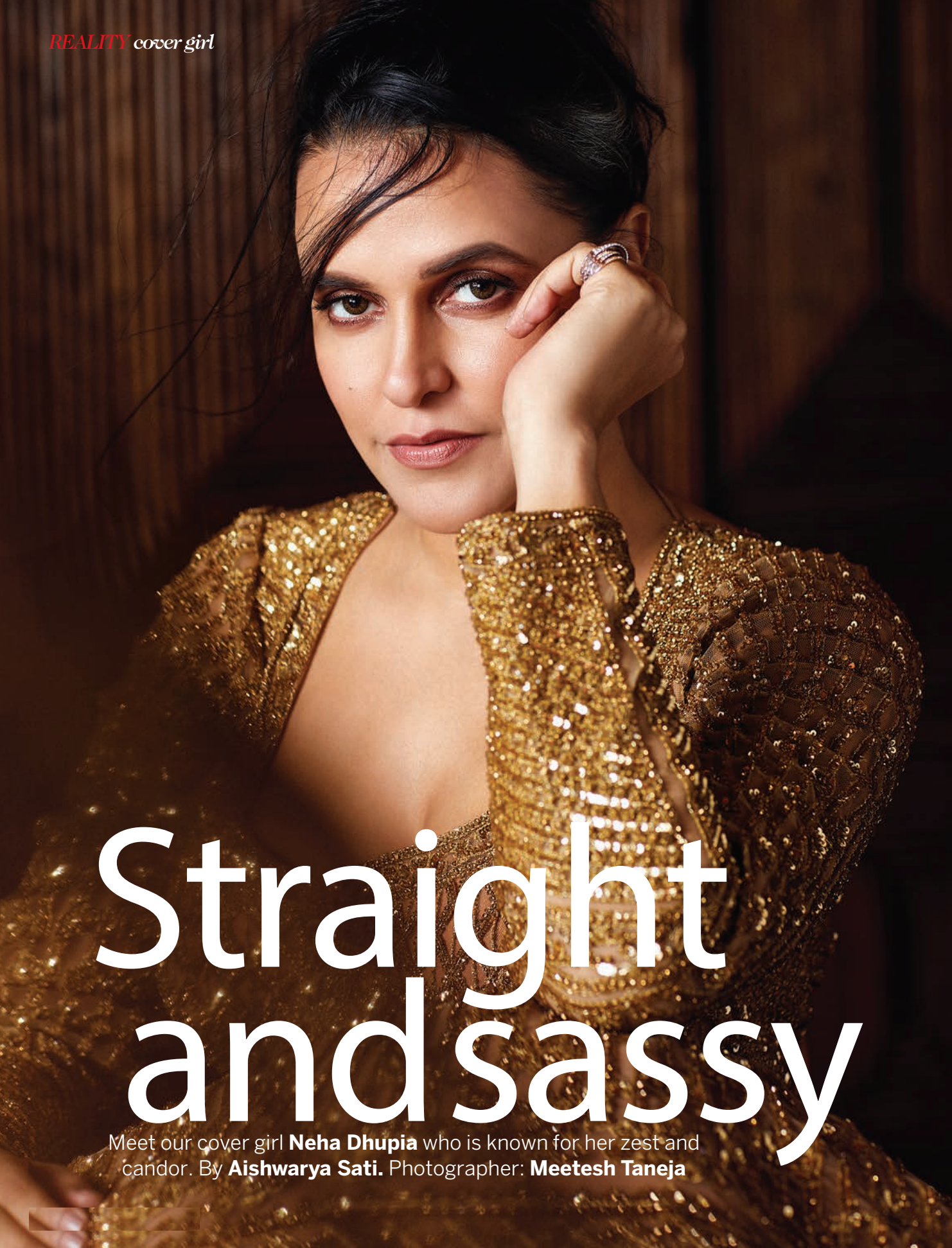
Backing the theoretical knowledge with practical skill and expertise, she has been part of more than 7000 brides' special day. She has also collaborated with events, portfolios, editorial shoots, fashion shoots, TV advertorials, and films. "My services are not limited only to hair and makeup! My repertoire extends to include other bridal care services such as lash and nail extensions and exclusive bridal imitation jewellery," she adds.

Her work has taken her across many cities in and outside India to dress up



high-profile Indian brides. The sheer reason for her success is her inherent talent, determination and hard work. She is also a visiting faculty at Symbiosis Institute of Design teaching makeup to the fashion students.

Her happy clients are the testament to this. So if you are planning your wedding, you know who to contact!



Straight and sassy

Meet our cover girl **Neha Dhupia** who is known for her zest and candor. By **Aishwarya Sati.** Photographer: **Meetesh Taneja**

She is bold, sassy, and never shies away from speaking her mind. That's Neha Dhupia for you in a nutshell. The Miss India 2002 winner's biggest asset is confidence, and that has taken her places. Besides Hindi cinema, the actor also has a repertoire of work in other languages such as Telugu, Malayalam, Punjabi, Urdu, and Japanese, and is continuing to experiment with anchoring and even a web series. From being a model and actress to a talk show host and leader at a reality show, Dhupia truly has several feathers in her cap. Add to that, a wife and a mother, and she is the ideal new-age woman. She is currently s hosting her audio podcast - #NoFilterNeha season 5 where the diva chats with her friends from the world of entertainment. "I enjoy every bit of this and wouldn't have it any other way," she says. Read on to find out more about her equation with her husband and more about her life…



> "I THINK I'M LOTS OF FUN, REALLY CHILLED OUT AND WITH ME, WHAT YOU SEE IS WHAT YOU GET."

Tell us about the Neha not many people know.

I think I'm lots of fun, really chilled out and with me, what you see is what you get. I'm on an adventure-based reality show where everybody thinks that I'm this tough taskmaster, but honestly, I'm not. I wear my heart on my sleeve and that's the person I am. My time off is completely mine. I'm very protective of it and I don't share it with anyone. I'm actually a very private person; if you try and find stories about me, there will never be too much out there. As I get older, I'm more comfortable in my own skin than I've ever been.

As an outsider in Bollywood, how difficult was it to get into an industry known to be ruthless?

It's a hard place to be in, but I would imagine every other place to be like that too. I love and respect Indian cinema and the people that are part of it. I am who I am because of this industry. From being an outsider to now having some of my closet friends in this business, I feel that you just have to come into your own. I never thought that I would call Mumbai home 20 years ago when I was leaving my family in Delhi. I now feel a sense of belonging.

You have walked the ramp for some of the biggest names in the fashion world. What is the most valuable lesson you've learnt it?

Firstly, India has some of the best designers globally in the fashion business, and secondly, not everything that you see on the ramp is something you should be seen in because there are some things which only look good there.

What does fashion mean to you and do you allow trends to dictate your sartorial choices?

I don't follow trends at all, and I'm most comfortable in oversized clothes. But yes, there are times when you have to bring your A-Game to the fore, and that's when I dress sharp. I opt for solid colours with an element of deconstruction.

What's the one beauty advice you always follow?

Less is more. Don't overdo the makeup. When you're getting ready for something, you mustn't make it look like you've paid big bucks to look like you do; it should seem like you woke up beautiful.

What made you realise that Angad was 'The One'?

He's a rock-solid guy; they don't make ›

(ON LEFT PAGE) GOLD LENGHA SET, PRICE ON REQUEST, FALGUNI & SHANE PEJ IVORY CAPE JACKET, ₹32,000, ORGANZA CAPE, ₹40,000, BOTH VARUN BAHL; CRETA SKIRT IN ORGANZA, PRICE ON REQUEST; JADE; UNCUT DIAMONDS AND PEARL EARRINGS, PRICE ON REQUEST, OM JEWELLERS ACOCK; DIAMOND RING, PRICE ON REQUEST, OM JEWELLERS; (ON THIS PAGE) CHALK WHITE GEORGETTE JACKET, ₹64,500, PAYAL SINGHAL; PINK LENGHA SKIRT, PRICE ON REQUEST, OSAA BY ADARSH; NECKLACE, PRICE ON REQUEST, RARE HERITAGE



> I BELIEVE THAT CINEMA IS A REFLECTION ON SOCIETY. IF SOCIETY IS READY FOR SOMETHING, THEN FILMS ARE ALWAYS READY TO TELL YOU THAT STORY.

them like that anymore. He knows exactly what he wants and comes from a value system where family's first. He surprises me every day of my life. He's gentle, caring and at the same time he's fun. We love the same things and share a great camaraderie. I don't know what to do when I am not around him. He's my best friend! I was never looking for too much, and he never tried too hard. That's where the balance was struck.

Has motherhood changed you as a person, and how?

The one thing that motherhood has taught me is time management. Also, I have taught my daughter to say, 'No,' because I feel if she thinks she doesn't want anything, whether it's food or being treated in a certain way, she should know how to refuse. I always believe that kids are born with their personalities, and she is a feisty little girl—a trait she gets from me. As parents, we question our own mortality because now there is a life that is dependent on us.

You were last seen on the big screen in Helicopter Eela (2018), which revolves around parents continually monitoring their children's activities. Do you relate?

I want to monitor my daughter's safety, and want to ensure that she grows up to be a loving and respectful young woman. I want her to be kind. Angad and I are firm believers in equal parenting. I don't want her grades in school to define her, but how she treats the people around her is important for me.

Do you think the audience is finally understanding and embracing the idea of female sexuality and its relevance today?

Women are more open now when it comes to speaking about their sexuality and talking about things they feel strongly about. Times have definitely changed, and I believe that cinema is a reflection on society. If society is ready for something, then films are always ready to tell you that story.

You have been at the receiving end of some outrageous comments. How do you deal with the negativity?

It's not just trolls, but I remember getting body-shamed by a journalist who made some unkind remarks about my weight gain post-pregnancy. And that's when I had to speak up. Also, I feel lucky to be consumed by my work and making time for my family, so these things don't affect me.

Today, with social media bridging the gap between celebrities and the audience, how has it transformed the entertainment industry?

Through social media, you can say whatever you want but is it a space where you will probably be judged, and that's something that's not in your control. On most days, I feel it's a boon, but sometimes, I feel it's tough. I know young boys and girls feel the pressure of looking a certain way or having a certain level of achievement. It's good if one uses it wisely, but you should not let it define you completely. One must learn to check-in and check. F

- Inputs by Nikita Sawant and Ravina M Sachdev

IVORY CAPE JACKET, ₹32,000, ORGANZA CAPE, ₹40,000, BOTH VARUN BAHL; CRETA SKIRT IN ORGANZA, PRICE ON REQUEST, JADE UNCUT DIAMONDS AND PEARL EARRINGS, PRICE ON REQUEST, OM JEWELLERS; HAIR AND MAKE UP: FLORIAN HUREL; STYLIST: YUKTI SODHA; STYLING INTERNS: KEYURI NISHAR, ADITI SHRUTI, SMRUTI GUPTA, SANCHI KOKRA; LOCATION: THE MINISTRY OF CRAB

HEALTHY FESTIVE TREATS

It's hard to keep track of your health during festivities when you're busy indulging in goodies regularly. But indulgence doesn't have to be unhealthy as we bring you to your favorite recipes that you can enjoy guilt free!

OATS BESAN LADOO

Recipe by Sheraton Grand, Pune

1 cup gramflour (*besan*)

1/2 cup instant oats (oatmeal)

3/4 cup sugar, powdered



1/4 tbsp cardamom powder (*elaichi*)

1/4 cup *ghee*

1-2 tbsp pistachios, coarsely powdered

Calorie count: 102 calorie (per serving)

Prep time: 8 minutes > **Cook time:** 30 minute > **Makes:** 12

1. To begin making the oats besan ladoo recipe, first dry roast the oats in a pan (*kadai*) on a medium heat. This should take about 2-3 minutes, tossing the oats gently. Transfer the roasted oats into a plate and set aside to cool.

2. Once cool enough put the oats in a grinder and make a fine powder.

3. In the same *kadai*, on a medium heat, dry roast the besan too. Take care to continuously stir the besan, to avoid burning it.

4. You will know when it is roasted fully when the raw smell goes away, and the *besan* begins to smell toasty. This usually takes about 10-12 minutes and the color will darken a bit. Ensure you roast it on low to medium heat to avoid it getting burnt.

5. Take the *besan* off the heat, add the roasted powdered oats, powdered sugar and cardamom to it and mix gently using a wooden spoon. Set this mixture aside.

6. Melt the *ghee* in a bowl. You can either do this in short bursts in the microwave, or over medium heat in a small pan.

7. Add the melted *ghee*, one spoon at a time, into the mixture of roasted besan, roasted oats powder, powdered sugar and cardamom and fold till it comes together. The mixture will get clumpy and resemble wet sand.

8. By now the *ladoo* mixture would be cool enough to handle. Grease your palms with *ghee* and using your fingers, bring the *besan ladoo* powder and ghee together. Gently shape the mixture into *ladoos* of the size you desire. ›

OATS AND COCONUT BARFI

Recipe by Marriott Suites, Pune

100 g oatmeal

100 g coconut, freshly grated

50 g cashewnut, powdered

50 g condensed almond milk, sugar free



50 g coconut sugar/ palm sugar

40 g mixed dry fruits such as almonds, pistachio and walnuts

10 ml olive oil

Calorie count: 120 calorie (per serving)

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

1. Cook the oatmeal and grated coconut on low heat, continuously stirring.
2. After 3-4 minutes add the cashew nut powder, condensed almond milk and palm sugar.
3. Cook for 6-8 minutes, stirring continuously, so that it does not stick to the bottom, till the coconut mixture starts to come together.
4. Mix the dry fruits and remove from the heat.
5. Put a light even layer of olive oil on a tray.
6. Spread and smoothen the mixture.
7. Cut into diagonals and cool it down.
8. Serve at room temperature.

PEANUT BUTTER ALMOND MILK SRIKHAND

Recipe by Marriott Suites, Pune

100 g peanut butter

150 ml almond milk

30 g coconut sugar/ palm sugar



2 g saffron strands

50 ml lukewarm water

25 g mixed dry fruits, chopped

Calorie count: 150 calorie (per serving)

Prep time: 5 minutes > **Cook time:** 15 minute > **Makes:** 2 portions

1. Soak the saffron in the lukewarm water until it releases its color.
2. Grind the coconut/ palm sugar to a very fine powder.
3. In a container, mix the almond milk, peanut butter, coconut/ palm sugar and the saffron water.
4. Place in a chiller for at least a couple of hours.
5. Garnish with chopped dry fruits, serve cold. >

ALMOND MILK BARFI WITH PEANUTS

Recipe by The Westin, Pune

1/2 cup + 1 tablespoon granulated white sugar 100 grams + 12.5 grams (HAVE TO EDIT)

60 ml cup water

1.25 tsp rose water

1/4 tsp cardamom powder



100 g almond flour

5 ml *ghee*

Chandi ka vark (edible silver leaves) to garnish

2 parchment paper sheets

A few sliced almonds and peanuts for garnish

Calorie count: 282 calorie (per serving)

Prep time: 20 minutes > **Cook time:** 30 minutes > **Makes:** 3

1. To a pan add sugar, water, rose water and cardamom powder on medium heat.
2. Stir and let the sugar dissolve and mixture come to a boil.
3. As soon as the mixture starts boiling, add the almond flour.
4. Lower the heat and then use a whisk to mix everything together so there are no lumps.
5. Add a teaspoon of *ghee* and mix.
6. Keep stirring the mixture using a spatula on low heat. After around 5 minutes, it will start leaving the sides of the pan.
7. Cook the mixture until you are able to form a non-sticky ball from the dough.
8. It takes around 8-9 minutes on low heat to reach that stage.
9. Transfer dough to a sheet of parchment paper. Let it cool for couple of minutes, then grease your hands with *ghee* lightly and knead the dough. If it looks too dry, sprinkle some water and knead to smooth dough.
10. Place another piece of parchment paper on top and roll the dough between two sheets of parchment paper to around 1/8 inch thickness.
11. Apply *chandi ka vark* (edible silver leaves) on top, if using.
12. Then cut the barfi into pieces. F

Beyond self

Sucheta Deshpande, a *bharud* performer and folk artist who has performed more than 8500 shows across the country is the inspiration for new generation looking forward to step into this field. **Harshvardhan Shahi** shares her journey



There are people who crumble to the pressures and obstacles life throws in their path, and there are others that rise to the occasion and overcome the obstacles with much poise. Sucheta Deshpande falls in the latter category. Having lost her husband at the age of 27, it was on her to support her two children. She took up a job at the Irrigation Department in Paithan, where she lived post marriage, to help support the family, despite never having worked before.

A believer in the power of womanhood, she was very inspired – and proud of – having a woman Prime Minister to lead her country. So much so, that she took on the herculean task of cycling from Aurangabad to Delhi to see the first lady Prime Minister of country, Indira Gandhi. "I felt very proud to see a woman shouldering responsibility of Prime Minister successfully and I wanted to meet the great lady. The only way possible for me was my bicycle. It took me 14 days to reach there with cycling daily around 100 km." She did get to meet Gandhi for a few minutes.

The Pune-born lady is also fearless, and holds much compassion for her fellow humans; "During flood in Paithan, I jumped into the water and saved six people. I never think about the consequences beyond helping them," she recalls.

A strong devotee of Lord Vitthal, she used to attend religious programs where *bhajan*, *bharud*, and *kirtan* were performed. From 1980 to 2018, she attended the *wari* from Alandi to Pandharpur and walked the whole distance too!

In 1991, she shifted base to Aurangabad. This is when she first thought of performing *bharud* herself.

"When I realised the effectiveness of rich content in *bharud* to create social awareness about many issues, I decided to dedicate my life for this work and also not to earn a single rupee from it."

From her own observations, study and passion, she went on to become a professional *bharud* performer. From her first performance in 1991 till date, she has performed more than 8500 shows across the country and has been invited in various television shows. "When I realised the effectiveness of rich content in *bharud* to create social awareness about many issues, I decided to dedicate my life for this work and also not to earn a single rupee from it," shares Deshpande.

She has worked extensively in creating awareness about de-addiction, gender equality, social harmony, discrimination on the basis of caste and religion, etc as well as counselled people for the same. She was appreciated for her work various institutions, NGOs and government organisations and given awards too.

Doing something for others at every possible time is in her nature and taking this forward, she has contributed personally and financially for education, career and marriages of many poor girls. "For me, my country is my god and my whole life, I have tried my best to give every possible thing to society without thinking much about myself and my family. I wish everyone could think and try this," shares Deshpande.

PHOTO BY HARSHVARDHAN SHAHI

STYLE BOUND

Through centuries, corsets have played a number of roles. There are various ways you can style the versatile piece. From sporting a corset top to the workplace to the quick luncheon with the BFF to the dinner date with your boyfriend, there's really no stopping when it comes to corsets these days.

By **Ravina M Sachdev**



Corsets was born in the 15th century and to say that they are still worn (and loved) by women says a lot. Although they did reach their peak in the Victorian era and came back in the 40's via burlesque dancers and it gained massive popularity in the 80's when the Goths embraced it. Today, you can style the wardrobe staple your way and sport it for a date with your crush or beneath serious suits, let us tell you how.

"You can definitely dress up or play down a corset top according to the occassion."

FESTIVE WEAR

If you thought corsets were only for the runway, you've clearly have living under the rock. The completely revamped chic corset can be worn anywhere and everywhere and especially at your next intimate festive soirée. Planning to host an festive gala at your place soon and don't know what to wear? Opt for a sassy fun corset piece and pair it with a plain sari. "Corsets accentuate your curves making you look graceful and younger! A woman's curves are her biggest asset. You can definitely dress up or play down a corset top according to theoccassion. A colourful corset worn with a solid colour elegant lehenga skirt would work best for festive dinners," says designer Neetu Rohra, founder of eponymous fashion brand Neetu Rohra. Finish off your look with some fresh flowers and blingy hair pins and you're good to go!

BFF'S WEDDING

Corset tops are no longer restricted to western outfits but can also be worn along with Indian wear too. A lot of designers these days are giving westernised corsets a much need makeover and making it more wearable. "While choosing a corset blouse make sure they are heavily embellished or highlighted enough to be the statement and since the corset blouse is supposed to grab all the attention it is always best to team up with a plain sari. In this way your blouse will do all the talking. So embrace this trend and be a trendsetter," says Rohra.

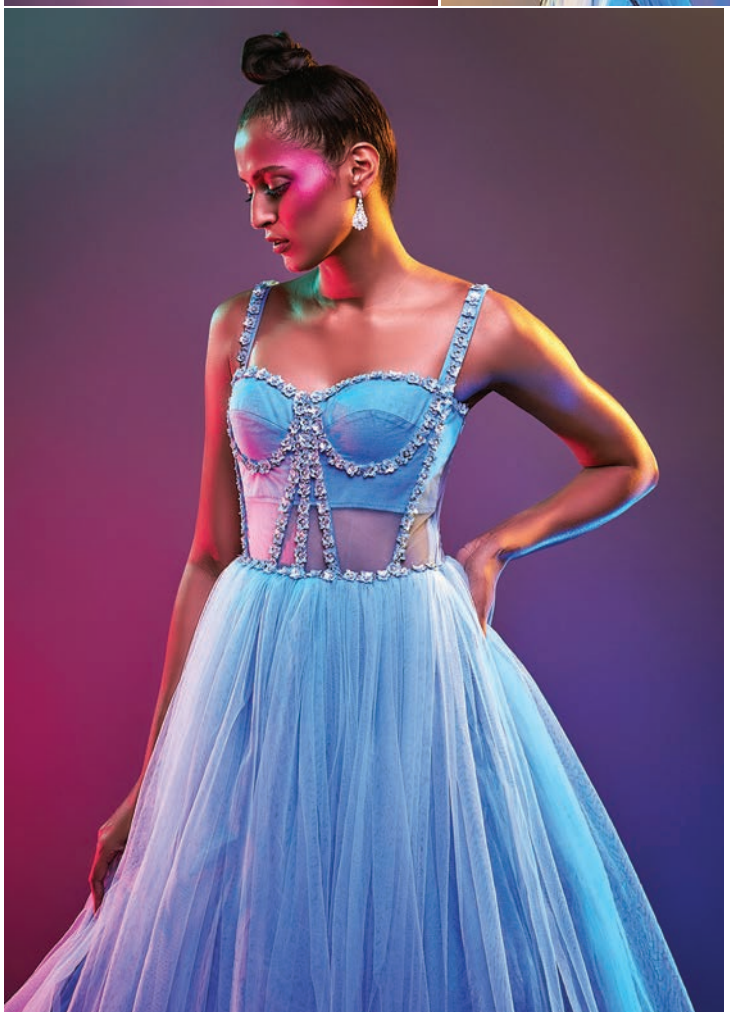
DINNER DATE

Gone are the days where you wouldn't be able to breathe in a corset. Welcome to 2020 where corset tops are selling like hot cakes and are super easy and comfortable too! You can most definitely style the piece for your next dinner date for two. Choose a studded strapless number and pair it with a black









body-con midi skirt or pair a black strapless lace corset top with straight glossy pants. Finish with statement earrings and shoes.

AT THE WORKPLACE

If you thought corsets were only for the bedroom, you clearly have living under the rock. The completely revamped chic corset can most definitely be worn to the workplace. You can sport the sauve piece of clothing at the workplace too! Pair a noodle strap white corset with lilac straight pants and finish with a lilac blazer. You can also pair a full sleeve corset top with boot cut jeans for Friday dressing. Stray clear from extremely fitted corset tops and do not opt for strapless ones as you don't want to show too much skin. This also applies to your WFH mode. Have a formal video call? Wear a smart corset with a blazer and you're sorted.

LUNCHEON

Corsets tops do not have to mean all sexy and over the top. They can be worn in the day too. Select a white off-shoulder puff sleeve corset top and tuck it in your blue denims, finish with a bag in a solid colour and some gold hoops. You can also wear your corset top above a white puff sleeve shirt and some leather leggings; do not go overboard with accessories though. F

Have a formal video call? Wear a smart corset with a blazer and you're sorted.

IMAGES COURTESY: NEETU ROHRA

ALL THAT SASS!

Get these uber-cool T-shirts in your closet now!

What: EST.2020, premium unisex T-shirt brand
What's interesting: EST. 2020 is a premium unisex T-shirt brand that was established in July 2020 during the lockdown. Each one of us is spending days and nights at home. Comfortable clothes have become a trend and essentials. While fashion runs through our blood and bones, the uncertainty of lockdown has forced us to go away from our fashionable side. EST.2020 brings to you the best of both worlds- comfort and trendy. Fashionable, sassy prints on premium, lush cotton T-shirt's are the perfect mix to take your basic tees to the next level. They add instant depth to any look. They can be paired with track pants, jeans, shorts, and skirts. A perfect balance for parties, brunches, jackets, and more! They work to counterbalance premium basics and keep the look rugged and chic. The current line features fun and quirky prints.
Price: Starts from ₹990
Available at: www.est2020.in





DRESSY DECOR

Compact furnishing that adds a classy finish to your room.

What: Mohh Furniture
What's interesting: Interiors play a very important role in our life today, making our lifestyle more modern and stylish. Apart from the functionality, aesthetic quality, home owners are now looking for budget friendly furnishing that is affordable and practical. White coloured rooms and furniture being one of the latest trends are slowly becoming an option for many homeowners today. The colour white adds an elegant look to your home, making it look brighter and spacious. Mohh, is a furnishing venture, that has entered into the consumer space by utilising the expansive manufacturing set-up to deliver modern and contemporary designs for the urban Indians. They house interesting options such as Sandankai table, Cubedo, Piatta Table etc among others.
Price: On request
Available at: www.mohh.com

LIPSTICK PLAY

Now you can create your lipstick shade sitting at home!

What: Lip Hue - India's first AR-enabled e-commerce platform
What's interesting: Lipsticks are a versatile and universal cosmetic product adored by women all over the world. LipHue announced the launch of India's first Augmented Reality (AR) e-commerce beauty platform that is all set to revolutionize the beauty industry. LipHue's platform uses Augmented Reality to bring the power into the hands of consumers the ability to not only create their own lip shade but also virtually try it before buying it. LipHue aims to be the ultimate go-to place to create your perfect shade of lipstick that truly defines you. LipHue helps you create the exact shade of lipstick to go with your perfect mood and occasion.



It's never easy to choose that one lip colour especially when you're creating your own, right? The AR-enabled platform allows the customers to experience in real-time how the lip shades look on them before buying their perfect hue.
Price: On request
Available at: https://www.liphue.com/





Flying high

Antra Mehta is Maharashtra's first woman fighter pilot and is over all the tenth woman fighter pilot in the country, finds out **Shraddha Kamdar**

Meet Antra Mehta, a Nagpur native who is a flying officer with the Indian Air Force. Mehta has just become the first-ever woman fighter pilot fighter from Maharashtra. Overall in the country, she is the tenth woman fighter pilot.

Mehta, who schooled at the Mount Carmel High School in Nagpur, pursued her engineering degree from Sri Ramdeobaba Kamla Nehru College of Engineering. The national-level basketball player dreamt of joining the Indian Air Force since a young age.

Trained at the Air Force Academy in Hyderabad, Mehta graduated last week and is the sole woman officer from her batch who has been selected for the fighter stream. She told a news portal that she is the first one from her family as well.

Mehta sharpened her flying skills with the Pilatus PC7 training aircraft. She followed it with the aircraft Kiran MK 1, for stage two at Fighter Training Wing. For those from her batch and others, a joint successful graduation parade with other branches was hosted in Hyderabad. For further training, Mehta will be at the Bidar and Kalaikonda Air Force Stations.

Mehta struggled to clear the Services Selection Board (SSB)

Antra Mehta has just become the first-ever woman fighter pilot fighter from Maharashtra and tenth in the country.

exam twice, but not one to give up, she cleared it the third time. She told the portal that she kept three things in mind to clear the interview. First, to unlearn a lot of things learned before from others. She stressed the importance of starting afresh. Second, she tried and followed all the advice that she received from her preparatory academy and followed it to the T. And third, she remembered also to enjoy this journey so she could give it her best shot. "SSB is not a very difficult process it's a basic personality test, and if you are yourself you will clear it," Mehta said to the portal.

Aside from this, she mentions her inspiration came from her pillars of support—her parents Punam and Ravi Mehta and sister Deepshika. She has truly shown that sky's the limit! F

COLOUR ME FESTIVE

There's nothing like colours to get your mood high, and adding them to your makeup will ensure you're ready for the festivities around the corner! By **Radhika Sathe-Patwardhan**



While not doing any, or much, makeup while being at home has been the name of the game these past months thanks to the work-at-home concept and video meetings. But with the festivities around the corner, it might be time to dust that thought off, and get back to doing up that pretty face. It will not only highlight your face – as a good makeup would – it will also give an overall boost. Research says that 'makeup acts and stimulates three of our senses: touch, smell and sight. The positive stimulation of these senses by makeup can induce sensory as well as psychological pleasure.' If you combine that with colour theory, you will surely get yourself pepped up for the festive season.

When done right, playing and experimenting with colour in your makeup will make you stand out and look exquisite.

If you're wondering how you can incorporate bright colours without looking out-of-place, we have just the thing for you. When done right, playing and experimenting with colour in your makeup will make you stand out and look exquisite. Here are some tips and tricks…

If you want to begin subtle, put a neutral colour eye shadow and have the eyeliner in a bright, bold shade and do the under eye liner in the same colour. Do the lips in a glossy nude







shade and you're ready.

Have your eyes in neutral shades and bring the colour pop to your lips. Use a bright shade of lipstick like orange, magenta or bold red. Have the lip liner in a darker tone and merge well with the lip-colour.

Have your eye shadow in ombré by either having the outer side of the eyelid in a brighter shade going into a lighter shade of the same colour on the inner side. Finish the eye makeup with black or brown eyeliner. Complete the look with matte, nude lipstick.

Add colours to your cheeks by having a bright coloured blush. Bolder blush tones are back in vogue, and you can finish the look with subtle shades in eye shadow and nude glossy lips.

Have your eye shadow in dual tones. Go bold with colours like bright blue and green. Have the outer side of the eyelids in a blue shade and the inner side in green. Merge the two well so that a defined line is not visible between the two colours. Use a deep blue shade for the eyeliner and draw winged eyeliner to complete the eye makeup. Fresh, dewy pink lips will complement the look. You can do a similar makeup with orange and yellow.

You can have the eye shadow in more than two shades by using multiple colours – like a rainbow for an example – and merge them well to make it look cohesive. Have your lips and cheeks nude to ensure the makeup doesn't look OTT.

If you want to go glam, opt for metallic gold shade for inner eyelid and a black colour eye shadow for the outer side of the eyelid. Merge well and give a smoky look to the eyes.

If you want to go glam, opt for metallic gold shade for inner eyelid and a black colour eye shadow for the outer side of the eyelid.

Using a jewel-toned shade of eye shadow make a winged tip eye makeup. Use the brighter shade on the lids, and a lighter tone just below the brow. Extend out the eyelid makeup to make wings. Add some black or grey shadow to give it a smoky effect. Take white eyeliner and draw the wings from the outer tip of the eye to the end of the wing, and above the crease-line. This makes for a very graphic eye shadow.

If you want to make your look quirky, just use coloured eyeliners. Use just basic concealer and foundation for eyes. With a pink eyeliner, draw out wings from the tip of the eyes. Taking a bright blue shade of eyeliner, draw over the crease line and extend out parallel to the yellow liner. In the space in between the two, add a line with green eyeliner. Just a subtle nude shade for lips will go well with the dramatic eyes. F

- Inputs by Seher Campwala



YOUR HAIR, YOUR WAY

It's all about customisations these days!

What: Vedix haircare
What's interesting: Vedix is India's only customized Ayurvedic hair care regimen. At Vedix, they strongly believe in taking Ayurveda back to its original roots. Thus, every product begins with a thorough examination of your body. Vedix Custom Hair Care Regimen has everything that your hair possibly needs to stay healthy and strong. They house three variants. The Vedix Khoob anti-hairfall oil is a nutrient-rich nourishing oil that treats hair fall. Khoob anti-hairfall shampoo ensures that your hair's natural state is in balance and nurtures your hair from roots to tips. Lastly, Khoob hair regrowth serum by Vedix is an innovative hair serum, which exclusively deals with triggering hair growth.
Price: Starts from ₹999
Available at: www.vedix.com



COMFORTABLE CHIC

This festive season is all about minimalism.

What: Capsule collection by Chisel
What's interesting: The newest capsule collection by Chisel is a perfect embodiment of classy yet subtle elegance. This new range of crop tops are made with imported stretchable net and are hand embroidered with intricate designs around the waist and shoulders which instantly enhance the appearance without any extra effort. They are extremely versatile since they can be paired with pants, skirts, lehengas, saris and every other piece of garment that you may have in your wardrobe. So are you ready to add some of these beauties to your collection?
Price: On request
Available at: Instagram @chiselbymr



THE RIGHT FINISH

Polish up your makeup game with flawless compact powders

What: Auric beauty compact powder
What's interesting: Auric Beauty aims at making your skin look smooth and radiant. Known for its easy application and evergreen shades, The Auric blend easy compact comes in four tones- ivory touch, peachy tan, earthy tan and porcelain. The compact powder flawlessly blends into your skin making it look visibly radiant and smooth and gives oil-free look and is suitable for everyday use thanks to lightweight formula.
Price: ₹749
Available at: www.auricbeauty.com

FRAGRANCE POWER

The perfect fragrance to gift your man this season



What: Escapade by Skinn By Titan
What's interesting: SKINN, a range of fine fragrances from the house of Titan presents Escapade a refreshing new range of perfumes for men. The collection is crafted by the finest master perfumers from France and brings together various elements of nature in a bottle of perfume. SKINN Escapade is inspired by the Men for whom life is nothing but sum total of varied experiences and each time he comes closer to the nature he comes closer to himself. With the rich and distinct fragrances, Escapade invigorates a tantalising feeling and creates a world away in the wild. SKINN Escapade as the name suggests is all about the joy of exploring the unknown and it represents the attitude of a carefree wanderer. The three variants of SKINN Escapade - Country Road, Forest Rouge and Mediterranean Grove, are the perfect combination of an adventurous spirit and wild at heart fragrances.
Price: ₹2,395 for 100 ml
Available at: Skinn.in

- Compiled by Ravina Sachdev

Gehna by Priyanka



Smile Sparkle

Shine!

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