

APRIL 2021

A Times of India publication

FEMINA

www.femina.in

PUNE, AURANGABAD AND
NAGPUR SPECIAL
FREE WITH MAIN ISSUE

*Be
unstoppable*

GUILT-FREE
DELIGHTS
NOURISH
YOURSELF

Work it
Stay at home,
stay fit!

MASKS!
DON'T
LEAVE
HOME
WITHOUT
THEM

CAREERS
IN 2021:
**WHAT TO
EXPECT**

CAPTAIN
OF CLASS
**Mithali
Raj**

Salute!

An ode to the frontliners





FREEZE, AND RELAX!



WORRIED ABOUT YOUR BODY CLOCK TICKING? DR AMOL LUNKAD OF INDIRA IVF TELLS MORE ABOUT EGG FREEZING, THAT CAN HELP WOMEN BECOME MOTHERS LATER IN LIFE.

Motherhood is a boon. But at a younger age, when career has taken precedence or if the woman isn't ready yet, it can be a hurdle. But with the body clock ticking, the potency of the female ova, or eggs as they're called colloquially, reduces which can lead to complications in conceiving later when the woman wants to. Does that mean you HAVE to get pregnant early in life – between 25 and 35? No, there is a solution says Dr Amol Lunkad of Indira IVF. Let us understand more about the process.

WHY IS EGG FREEZING REQUIRED?

The production of ovum starts at puberty, when menstrual cycle starts. Around the age

of 35, the number and quality of these ovum starts to decline. At menopause, body stops producing these eggs. Lesser quantity and

quality of the eggs can lead to hurdles in becoming a mother. So, eggs are taken and frozen when the woman is younger, and the eggs are plenty and of good quality to ensure that the hurdles later are overcome. This is also beneficial for those women who have medical conditions which might later mean loss of ovaries or conceiving abilities.

HOW IS EGG FREEZING DONE?

There are three main steps in the process of egg freezing.

First- Formation of Multiple Eggs

From day 2 of the menstrual cycle, the woman is given a hormonal injection for 10 days or so, to produce several eggs. The growth of these eggs is checked by sonography.

Second- Ovum Pick Up

After the growth of these eggs is observed to be good, these are removed with a small needle. This process is called ovum pick up.

Third- Vitrification

These extracted female gametes are kept at a certain temperature (-197 °C) which is called egg freezing or vitrification. They are stored in such a way that they remain efficient for many years.

ADVANTAGES OF EGG FREEZING TECHNOLOGY

Dr Lunkad points out the advantages of using egg freezing for women...

- The plan is to conceive when women want from their own ovum aka egg. Such a pregnancy

can be done even after menopause!

- Being able to conceive at any time can help prevent pregnancy and childcare from affecting their careers.
- If the woman is suffering from any ailment that could affect her ovaries and ability to create ova, she can have the eggs removed and frozen to be used later.

Egg freezing is ideal for career women, and women with medical ailments, and can be used for future maternal happiness.

WHAT IS EMBRYO FREEZING?

Embryos are formed when a woman's egg and a man's sperm come together successfully. These embryos formed can be frozen and used whenever the couple wants to plan for pregnancy. So in married couples who want to delay their childbearing; embryo freezing can be a good option. Also, couples undergoing IVF or assisted reproduction for any other reason should freeze their extra embryos so that they can use them later for the next attempt or next pregnancy.

Eggs, sperms and embryos all can be frozen safely for several years.

Dr Amol Lunkad and his team at Indira IVF with all its 90+ centres across India have successfully done more than 75 thousand IVF or test tube baby pregnancies worldwide.



P. H. DIAGNOSTIC CENTRE

Healthcare that cares

CELEBRATING
20
Years
SINCE 2001
— OF TRUST IN —
HEALTHCARE SERVICES

CONTRIBUTING TO THE PROMISE OF A HEALTHIER WORLD



PUNE'S BIGGEST CHAIN OF DIAGNOSTIC CENTERS

- MRI (3/1.5 Tesla)
- Sonography (4 D)
- ARFI (Liver & Breast)
- Pathology (Automated)
- ECG, Stress Test
- 4D / 2D Echo
- Digital OPG
- Digital X-Ray
- Corporate Wellness
- PFT
- 24 Hours Ambulatory Blood Pressure Monitoring (ABP)
- Multislice CT Scan
- Digital Mammography
- BMD (Dexa Scan)
- Health Check-up
- Colour Doppler
- Eye Check-up
- Allergy Test
- Food Intolerance Test
- EEG
- EMG/NCV
- Diet Plan
- Covid 19 RT-PCR Test

**Your
Trusted
Healthcare
Partner!**

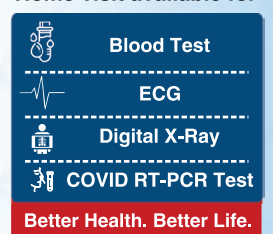
**2 DECADES OF
EXCELLENCE
IN HEALTHCARE**



OUR REACH

- Pune Satara Road
- Kondhwa
- Wadgaonsheri
- Undri
- Somwar Peth
- Ajmera Pimpri
- Wanowrie
- Mayur Colony
- Aundh
- Tilak Road
- Gangadham
- Bibvewadi
- Koregaon Park
- Hadpsar
- Chinchwad
- Kothrud
- Sinhagad Road
- Dhankawadi
- Market Yard
- Wakad

Home visit available for



Head office : Lotus Court, Pune Satara Road, Pune - 411009 Ph.: 020 24228899

www.phdiagnosticcentre.com

FOREWORD

For those of us who thought – and hoped – that 2020 would be the end of our pandemic woes, we were proven wrong, as we're in the midst of an ongoing second wave. As the country's citizens come together to fight this battle, one thing that has been glaringly obvious through it all is the strength and determination shown by the

ALL OF US TOO,
HAVE A CLEAR
MANDATE IN THESE
TROUBLING TIMES.
TO STAY AT HOME
AND FOLLOW ALL
THE NORMS AND
GUIDELINES SET BY
THE GOVERNMENT.

medical fraternity. From the very beginning of the pandemic, even when not knowing exactly what they were battling, they went over and beyond in taking care of the patients. We salute these brave frontliners in *The Big Story*.

All of us too, have a clear mandate in these troubling times.

To stay at home and follow all the norms and guidelines set by the government. What can one do to ensure we remain healthy? Firstly, maintain a healthy, balanced diet. Take some food inspo from our *Living* pages to rustle up some protein-rich dishes. Secondly, don't miss out on your fitness regime. You don't need to step out of your homes for this. Check out the *Fitness* pages for some easy at-home exercises. Thirdly, mask up in some stylish designer masks, as shown in our *Fashion* pages.

Don't take undue risks with your and your family's health. Stay home, stay safe!

- Team Femina

FEMINA

WORLDWIDE MEDIA PVT.LTD

CHIEF EXECUTIVE OFFICER
DEEPAK LAMBA

EDITOR
AMBIKA MUTTOO
MANAGING EDITOR
PRIMROSE MONTEIRO-D'SOUZA
PRODUCTION EDITOR
SHRADDHA KAMDAR
FEATURES EDITOR
RADHIKA SATHE-PATWARDHAN

DESIGN DIRECTOR
BENDI VISHAN
DEPUTY ART DIRECTOR
RENU SHARMA TEWARY

EDITORIAL COORDINATOR
LOUISA MENEZES

BRAND SOLUTIONS
SALES HEAD
SUNITA QUADROS
WEST VICE PRESIDENT BRAND SOLUTIONS,
BUSINESS HEAD - FEMINA SALON & SPA
GAUTAM CHOPRA
BRAND SOLUTIONS, PUNE
ADITI SHRIVASTAVA

ASSISTANT VICE PRESIDENT,
DIGITAL REVENUE AND MARKETING
PRIYADARSHI BANERJEE

BRAND MANAGER
CHANDNI CHOPRA

PUBLISHER
SUNIL WUTHOO
HEAD HUMAN RESOURCES
MEGHNA PUTHAWALA
VICE PRESIDENT-CONTENT STUDIO
VIDYUT PATRA

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

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

MAIL: subscriptions.wmm@wmm.co.in
CALL: 18001210005
SMS: FFSUB TO 58888;
ONLINE: mags.timesgroup.com

Printed and published by Sunil Wuthoo for and on behalf of owners
Worldwide Media Pvt Ltd,
The Times of India Building,
Dr DN Road, Fort, Mumbai 400 001

Printed at JRD Printpack Pvt Ltd,
Manikchand House,
100/101, D Kennedy Road, Pune 411 001, India.

PANACEA FOR PAIN

RELIEF FROM PAIN IS WHAT WE ALL WANT AND NEED. PAIN MANAGEMENT SPECIALIST

DR KASHINATH BANGAR
HELPS WITH JUST THAT!



Dr Kashinath Bangar
Director: Painex Pain Management Clinic, Pune

Dr Kashinath Bangar, a pain management specialist, completed his MBBS and DNB in anesthesiology, and followed it up with fellowship in pain management from Kolkata. After seeing cancer patients suffer, he was inspired to choose the field of pain management to make the life of such patients comfortable and easier. Having an empathetic approach, watching his patients get cured after years of suffering from pain gives him immense pleasure.

FINDING RELIEF

A patient who experiences pain for more than three months must consider pain management specialist, says the good doctor. The pain could be headaches, migraine, neck pain, cervical spondylitis, spine problems - slipped disc, knee pain, frozen shoulder, cancer pain

trigeminal neuralgia, diabetic neuropathy, pain after an operation or post COVID pain. "Pain management is a super specialised branch in which chronic pain is managed using various minimally invasive advanced medical technology," Dr Bangar points out, "Different

ground-breaking methods use in a patient with severe pain."

PAIN AND COVID

He believes the pandemic has affected every business including pain management. Patients suffering from COVID-19 and after its

recovery complain about intense pain in the various parts of the body usually in the chest, legs or arms. Few patients even have an effect on the nerves causing neuropathic pain. It has become a routine for him to manage such pain. In such cases, Dr Bangar uses drugs that strengthen the nerves or work directly on the central nervous system and brain. "Once the over sensitivity of the nerves decreases the pain also decreases. As we cannot go on using the pain killers for a longer period these different drugs are very useful," he adds.

During the pandemic, Dr Bangar and his team have opted for online consultation to their patients and in case the examination is necessary, he/she is called to the clinic. All the government protocols like social distancing, sanitising regularly and wearing masks are followed to ensure maximum safety of the staff and the patients. With over 10 years of experience in pain management, Dr Bangar advises everyone not to neglect any symptoms. He says, "Don't be afraid of COVID as most of the patients successfully are coming out and getting cured." As far as pain management is concerned, post corona symptoms can be cured using help from the pain specialist.



Dr Bangar consulting the patient

methods like IMS that is dry needling, drugs that work on the nerves, radio frequency ablation using the CT scan or ultrasonography or X-ray machine are used. This advanced technology helps us reaching the targeted nerves with high precision. Intrathecal pumps, spinal cord stimulator are highly



**PAINEX PAIN
MANAGEMENT CLINIC
PUNE**
Email: painexpainclinic@gmail.com
Contact: 8390442266
8390323344
Insta: [painex_pain_clinic](https://www.instagram.com/painex_pain_clinic)

FEMINA CONTENTS



12 THE BIG STORY SALUTE TO THE TRUE HEROES

The frontline warriors deserve all the accolades coming to them. Here's honouring these wonder-women.

ALL ABOUT YOU

18 Love

SAY NO TO STRESS

Isolation can affect your emotional well-being which can hamper your sex life.

20 Career

UPSKILL, UPGRADE

Here are ways to stand out in the 2021 job market.

FASHION

22 Trend metre

STYLE GUIDE FOR MINIMALISM

Ditch the heavy dark hued clothes and opt for these fuss-free pieces instead!

24 Trend metre

MASK IN STYLE

Masks are a necessity now. Does that mean you have to wear simple, drab ones that don't add to your style?

BEAUTY

25 Hair

NO-SWEAT MANE CARE

Here's how you can brave the summer sun without worrying about your tresses.

26 Fitness

GET FIT, DON'T QUIT!

5 easy-to-do at-home exercises that will keep you in shape

REALITY

28 Cover Girl

IN FOR THE WIN

Mithila Raj started battling away baseless, women-centric notions way before empowerment became the most trending hashtag.

32 Interview

BEACON OF POWER

Meet IPS Vinita S, DCP Zone II Nagpur, who has carved her niche in the male-dominant police force



ON THE COVER

COVER GIRL: MITHALI RAJ; PHOTOGRAPHER: VINAY JAVKAR; HAIR & MAKEUP: FLAVIA, STYLIST: PRACHITI PARAKH, STYLING INTERNS: AISHWARYA IYER, TWINKLE JOSHI, INCHARA SHIVAKUMAR; SHOOT CO-ORDINATOR: MAYOLA ALMEIDA, DESIGN DIRECTOR: BENDI VISHAN; CLASSIC SPORTS BRA, RS. 1,699, REEBOK; MULTICOLOUR JACKET, PRICE ON REQUEST, HUEN: STRETCH LEGGINGS, RS. 3,920, MYRIAD



LIVING

35 Food

WHOLESOME GOODNESS

Check out these delicious and high protein recipes that you can indulge in

38 Food Plus

EMBRACE HEALTH

What a health-conscious individual should have in her kitchen at all times

39 Interiors

SAFE AND SECURE

Décor essentials that will help you keep your home safe and sanitized

40 Travel

TRAIL 'O GRANDEUR

India is the home to an incredible melange of cultures.

IN EVERY ISSUE

04 EDITOR'S NOTE

10 IN BOX

42 EVENTS

MR ASTROLOGER! DECODING YOUR CHARTS

INDIA'S CELEBRITY ASTROLOGER
DR NIRANJAN MITTAL TALKS
ABOUT THE IMPORTANCE AND
IMPACT OF ASTROLOGY



Dr Niranjan Mittal

Known as the “one of most famous Astrologers in India”, Dr Niranjan Mittal is often described by his clients as the most knowledgeable and genuine astrologer over his peers. At such a young age, he is considered one of the most acclaimed astrologers in India. With his expertise in the field, Dr Niranjan has created a glowing reputation that transpires not just across India, but in the United States and Europe as well. His clients include some of the high-profile celebrities, sportspersons, and businessmen in many countries.

STAR SPEAK

Astrology relies heavily on mathematical calculations and observation of astronomical objects. One

wouldn't dare question the scientific nature of mathematics or astronomy. It indeed is a science. Today, Vedic astrology is gaining cachet in the West, as it is believed to be more precise and accurate than traditional Western astrology.

Ask him what he loves so much about astrology and Dr Mittal says that he is awed by the fact that it is possible for one to enrich their life with astrology to an extent that one can begin to explore one's higher purpose in life. People suffering from financial problems, job issues, business problems, relationship problems seek his expert advice. Due to the high ratio of his successful solutions,

followers find him one of the most reliable astrological consultants.

MARRIAGE BY THE STARS

But his favored area of practice is marital counseling. It's said that marriages are made in heaven and the saying comes true when two people from different walks of life



end up spending a lifetime with one another — and happily so. “The astrologer should always focus on matching marriage compatibility factors than just Gun Milan and help convert the free-will to karma correction that could eventually alter the fate,” he says.

Recently, Dr Mittal has been honored with the prestigious National Award “Champions of Change 2020” for his outstanding achievements by the Interactive Forum on Indian Economy (IFIE), a non-profit recognized by Govt. of India. He received the award at the hands of Bhagat Singh Koshiyari, the Governor of Maharashtra and Goa, who was the Chief Guest at the Champions of Change Awards ceremony.

Dr Niranjan Mittal is considered India's leading celebrity Astrologer who knows what can help you unravel your future and take control of it. He concludes on a positive note saying, “By having new experiences and watching your responses to them, you learn about yourself. Ultimately, you will come to understand, as I have, that the act of living is a highly creative endeavour, where we are always learning.”

FOR MORE DETAILS:

Dr. Niranjan Mittal
Call or Whatsapp on: +91
9822442525
Website: www.mittalastrology.in
Instagram: @mittalastrology



Dr Radhika Wagh

A GUIDE TO MOTHERHOOD AMIDST PANDEMIC

GYNAECOLOGIST **DR RADHIKA WAGH** OF BLOSSOMS WOMEN CARE GIVES AN INSIGHT INTO PREGNANCY DURING THE COVID PANDEMIC.

Motherhood is a blessing. But in the current scenario, where women are scared of becoming one because of the pandemic, and what problems could they face because of COVID-19?

For the ones who are trying to embrace motherhood, this might not be the perfect time, emphasizing more mentally. With the current situation, the mind would be anxious and stressed, which is not a very favourable

condition to get pregnant. Physically, there should not be any reason that would make conceiving difficult.

Now, for the ones who are pregnant, again the anxiety and stress of the mind could impact the growth of the

baby. It could make them feel very exhausted, nervous, and aggravate symptoms like insomnia. The good part is that the immunity of a pregnant woman is very high (unless associated with other health conditions) and usually the body is protected from many other grave infections.

But if there are some pre-existing health conditions like chronic blood pressure or diabetes or obesity along with pregnancy, then such patients after getting COVID positive could turn into a bit serious cases. They could also end up in pre-term labour with the babies needing admissions in the neonatal care unit.

What are the cares and precautions need to be taken by a mother-to-be take amidst the pandemic?

To be precise, there is nothing specific or particular that a pregnant woman needs to do during this pandemic. Along with her routine antenatal treatment, the essential precautions that everyone is following like wearing a mask, staying home as much as possible, maintaining social distancing and following proper sanitization methods, these need to be followed more religiously by pregnant women. Although the chances of severe morbidities in pregnant women are less but still there could be exceptions. And not acquiring the infection would be ideal as the treatment and medication that can be given to pregnant women is really very limited. Hence it is important for pregnant women to be extra cautious. High risk cases need to be vigilantly

monitored and counselled appropriately. A positive mind is the key to a healthy body.

What can a woman do if she is pregnant and becomes COVID positive?

If a pregnant woman gets COVID positive ideally she has nothing much to worry about. From what I have seen recently, despite being positive, these women do not suffer from severe conditions like dyspnea or pneumonia or other systemic derangements. Also no effects are seen on growing fetus and the conditions inside the uterus.

They usually suffer from low grade fever, body ache, and cough. There are many home remedies that can give immense symptomatic relief in such conditions, like the turmeric kaadha, repetitive steam inhalation, rest, and simple safe-in-pregnancy analgesics. Also food rich in Vitamin C helps to combat the situation in a very good way. Please note, natural sources like amla, oranges or orange juice, broccoli and leafy vegetables, etc. should be preferred over supplements. A high risk case like pregnancy associated with another condition like blood pressure or diabetes, needs to be observed for severe symptoms and need for hospitalization.

A lot of advice and ideas are available on a lot of platforms, but please make sure you seek your gynecologist's opinion before trying them out. The guidance and support of your gynecologist plays a very pivotal role during these times.



“STAY POSITIVE, FOLLOW THE GUIDELINES AND KEEP FAITH. THIS TOO SHALL PASS...”

What could be the possible effects on the growing baby, if the expecting mother turns COVID positive?

Since this is quite a new virus, complete evidence is still not available. There is currently no evidence of increased miscarriages in COVID positive pregnant women. Also there is not enough evidence of the vertical transmission of the virus that is from mother to baby during pregnancy. Many babies who were born to COVID positive mothers have tested negative for the same. So it seems like the baby is not exposed to it during pregnancy and developmental defects are also rare.

Pregnant and lactating mothers can't take vaccines. So if one is planning a pregnancy, do you think the woman should get vaccinated and then start trying to conceive?

There can be a good variety of answers to this one depending on each one's perspective. If you ask for mine, I would say that if you are planning to get pregnant, it would be ideal to complete both shots of the vaccination, wait for period of 3 months before you start trying to conceive. That way you ensure safety for you and your baby. But in case you conceive naturally, it wouldn't be wrong to go ahead with

the pregnancy. We all know that the power of nature is the strongest and pregnancy is the most beautiful gift of nature to us. Now this is a generalized opinion, suitable to women with no other associated illnesses or complaints.

For specific cases, clinical examination, ultrasound of the developing fetus and the opinion of your doctor is very important.

Does the pandemic have an effect on the IVF and IUI treatments?

Directly, NO. Indirectly, YES. IUI and IVF treatments are to conceive a baby. Now a stress-free mind is one of the mandate's to conceive. With the scenario around, it is very difficult to maintain a mind that is happy and devoid of stress. So, this stress will indirectly hamper the success of your treatment. Other than on the mental level, there is no other reason that is observed to affect these treatments during the pandemic.

Hence, if you achieve a stress-free mind and a specialist who can provide you these treatments with the correct protocol and necessary precautions, keeping you safe, I do not see hindrance to continue them.

ADDRESS: Blossoms Women Care, Rachana Trade Estate, SNTD signal, Law College Road, Erandwane, Pune.
Email: blossomswomencare@gmail.com
Contact number: +91 9850788777
Fb page: <https://www.facebook.com/blossomswomencare/>

WE HEAR YOU!

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

I am a big fan of *Femina* magazine because the stories are well-drafted and the language is so easy to comprehend. Reading the magazine brings me immense joy and helps me keep up with the latest trends. This time, I especially liked the Reality of the Cover Girl (Aditi Rao Hydari) Article. Being her fan, this article made me understand the world and film industry from her perspective and inspired me in every possible way. Thank you *Femina* for never disappointing me!

-Priya Sharma, Wanowrie

Hello! I am always confused about what dessert to serve for home parties or when guests come over, but the March edition of *Femina* resolved my problem. I tried out the Chocolate Walnut Brownie and Lemon Tart Recipes, which were mouth-watering and appetizing. The best part of the article was it gave a step-by-step method of preparation, baking time and the number of people it serves. Every month I wait for a new edition of *Femina* to prepare such delicious dishes.

-Aditi Mehra, Aurangabad

Femina has always been my favourite magazine because it keeps its readers updated about the newest trends. Reading the article on jumpsuits and popular sleeve patterns in the March edition helped me style my summer wardrobe. I have already bought a couple of them and they look flawless. The article had some great helpful tips. Can't wait for more such articles, *Femina*.

-Anita Desai, Shivajinagar

Femina has always been my go-to magazine for fashion trends, food and beauty. I had a blast reading this edition.



Rubani Singh and Tanvi Gauri juggle different roles but are still able to take great care of their health and skin- which truly motivated me. Using some of their tricks, I made a daily skincare routine for myself and have started eating healthy and exercising. I can see excellent results and all props go to *Femina*. Thank You!

- Ritika Pandya, Koregaon Park

Hello! I love reading the *Femina* magazines, especially because each issue has a unique theme to it and celebrates different women achievers. The March edition of the Pune-Aurangabad-Nagpur issue had some inspiring stories that I passionately read. The aim of art is not to represent the outward appearance of things, but their inner significance. The article on Manjiri Prabhu and Dr Ayswaria Wariar particularly inspired me to practice some form of art to help me reveal stress. So thank you *Femina*, waiting to read many more interesting and motivating articles!

- Ritu Narayanan, Aundh

I love travelling and have been looking for new places to explore within India. The travel section of the March Edition helped me in deciding my next destination. The article also covered many aspects such as history, features, resorts, nearest airport/ railway station, the best time to visit, and food options to try in every unique location. The article was very well-written and gave the feel of the place even when I was sitting in the comfort of my home. *Femina* will now always be my go-to magazine!

-Priti Agarwal, Nagpur

Femina will always be my ultimate source for getting inspirational stories. Aparna Thete's article in the March Edition was heartening and uplifting. She fought harassment and came out stronger which was motivating. She seems to be dedicated to society which inspired me in joining NGOs and helping the community. Thank you so much, *Femina* for always supporting such women achievers and sharing their stories with us.

- Maahi Bansal, Viman Nagar

My mother has always been the biggest fan of *Femina* magazine. When I was a child I used to browse through those colourful pages looking at different models, but now as an adult, I understand the rich content the articles contain. Reading the magazine is my leisure time in which I get a lot of information about woman achievers, beauty hacks, lifestyle ideas and upcoming events. It has been an absolute pleasure to be able to continue doing what my mother did.

-Diya Rajeshwar, Market Yard



Ar. Ekta Ahuja

Creative wonder

No one does maximalism better than architect and founder of **Tejomaya Designs, (Ar) Ekta Ahuja**. With some exemplary work like her latest project Sangria, one can't help but appreciate her eye for detail in providing patrons with exclusive products.

With over twenty years of experience at the forefront of the architecture and interior design industry, (Ar.) Ekta Ahuja has become a creative force to be reckoned with in luxury architecture and interior designing in Pune. It was her unyielding interest in design that acted as an impetus for launching her iconic career in designing at the mere age of 18.

Having been an alumna of Dr. B. N. College of Architecture, today Ahuja is the principal architect and founder of her company 'Tejomaya' which means to be full of light. The essence of this name reflects in all aspects of her professional



Customised fireplace for the client, Captain Akashdeep Sindhu & Manoneet Mathur Sindhu

and personal life. She holds a cohesive portfolio that consists of a diverse selection of luxury projects spanning Pune. Her team has brilliantly managed to put their stamps on penthouses, bungalows, chalets, apartments, offices, showrooms, retail stores, facade designs, and landscape.

AHUJA'S EVER-EVOLVING DESIGNING STYLE IS BEST DEFINED AS MAXIMALIST, LAYERED WITH UNIQUE COLOR COMBINATIONS, TEXTURES, PERKED UP WITH EXQUISITE ARTEFACTS, YET UNCLUTTERED.

While performing each project, her philosophy is a combination of three sources of inspiration: the spirit of the client, the essence of the space, and, lastly, its surroundings. By combining these three variables, each "project equation" yields a bespoke, ultra-personalised, and coherent result.

Sangria, a project undertaken by Ahuja in the middle of the pandemic, was a product of her philosophy and held her undivided attention when she started its design. Paying heed to her client's needs, Ahuja endeavored to give them an exclusive home. While the design had to match the flamboyant personalities of her clients, it also required a never seen before look. The house not only had to look futuristic and contemporary, but it also needed a warm and inviting touch which Ahuja didn't fail to deliver.

Through her unique choice of grey, pearl-white, and onion-pink colors for the living room, she designed it to have chesterfield sofas, marble wall cladding with brass inlay, tufted end tables with all artifacts picked to complement the style. The bar, which was a continuation of the living and dining, had rustic wooden log hanging light and the leather winged chairs that complimented the wooden floor set in a herringbone pattern to give it a country look. The fireplace in the bar acted as a personalised highlight by bringing the memories of the client's cherished North India. The spaces flowing into each other created a beautiful aura as your eyes experience the shades of the colors used from nude to a taupe and give a sophisticated and formal look to the entire space accompanied by subtle gold elements in the furniture detailing to provide the luxe look. Each space was tastefully designed and was opulent while having a unique vibe, a perfect match for the connoisseur couple.

Ahuja's driven nature and a keen eye for detail are what make her loyal clientele rely on her for a sophisticated yet entirely livable design vision that creates uniquely inspired living spaces.



A glimpse of the project

Website: www.tejomayadesigns.com
Contact : +91 98220 38147

Instagram: [tejomayadesigns](https://www.instagram.com/tejomayadesigns); Facebook: [Tejomayadesigns](https://www.facebook.com/tejomayadesigns)
Address: 101, Gera Sterling, N Main Rd, next to Starbucks
Cafe, Koregaon Park, Pune, Maharashtra 411001



SALUTE TO THE TRUE HEROES

The past year has been a great turmoil, and there have been heroes who stood strong and fought this pandemic at the forefront. These frontline warriors deserve all the accolades coming to them. Here's honouring these wonder-women. By **Ravina M Sachdev**

With the country coming to yet another halt, it feels like we've come a full circle since the past year. As the deadly pandemic takes over the country once again, we're all entrusted with one simple task: to stay safe indoors, but even then we crib and complain to no ends. Our job really is that simple as opposed to doctors who have to continue to risk their life in order to save the lives of others.

Thousands of doctors have been infected during the outbreak, and many of them died attempting to save others. And yet, they go on, without so much as uttering a word. News media

and social media are full of heart-wrenching stories of how the medical fraternity is surviving amidst this lethal second wave. Photos of doctors and nurses taking a nap on hospital tables to stories of the those doing 10-hour shifts without a break for water are doing the rounds on social media. And let's not forget the bone-chilling trauma that doctors must have to endure with having to deal with losing patients due to inadequate healthcare facilities. Healthcare providers have proven to be the unsung hero and it's time we took into account their sacrifices and applauded them for helping mankind at such an hour.



DR GOURI RANADE

Consultant in Emergency Medicine & Critical
Care Deenanath Mangeshkar Hospital, Pune

She always wished to become a doctor since childhood. Dr Gouri Ranade achieved her dream, but not without a lot of hardwork and dedication to what she does. An anaesthesiologist and intensivist by training, Dr Ranade has completed anaesthesiology post-graduation in India. She further trained in England for the fellowship of the Royal College and the diploma in Intensive care by the European Society.

“**All doctors and
nurses and
other staff who
work tirelessly
without
complaining
Are my
motivation, my
strength!**”

FIGHTING THE PANDEMIC

Being at the forefront of this fight against COVID-19, says Dr Ranade, has been an experience of a lifetime. There are images and feelings that would remain imprinted on her mind including the turmoil of a man to hunt for a bed for his critically ill father and then to find that the booked bed no longer is free on reaching the concerned place. “Lots of hypoxic patients sitting on the hospital porch with oxygen masks, waiting for a bed... Trying to treat the patients on the porch of the Emergency Department was a task, and there was a deep pit of my stomach when the patients continue to pour in. Everything seems to be a blur as everyone is hypoxic and the inflow never stops,” she shares.

STAYING STRONG

In spite of enduring such hardships on daily basis, Dr Ranade works relentlessly around the clock without complaining just like her colleagues who she says are her strength and motivation. Family support, prayers and meditation is how she tries to cope with the situation. Tough times as such as made us all count our blessings and Dr Ranade is no different. “I am immensely grateful to my husband, son, parents and in-laws for their unyielding support. And also utterly thankful for the strong leadership at DMH, without whom this path would be unimaginably difficult to tread upon,” she says, “When I look around at my colleagues: one has a pregnant wife, one is pregnant herself, one with elderly parents at home... All doctors and nurses and other staff who work tirelessly without complaining are my motivation, my strength!” She believes that society needs to introspect - the building blocks need to be revamped leading to changes in the way we behave, elect, govern and educate. >

Expert advice

Stay calm.
Wear masks.
Follow Protocols.
Social distancing to be our present and future.

“The pandemic has taught us many lesson, the important one is, not to undermine the superlative power of nature and to respect it.”

DR REEMA KASHIVA

Head of Medicine Department and
Director, Centre of Excellence for Diabetes and
Obesity, Noble Hospital, Magarpatta City Road,
Hadapsar, Pune

To relieve people from their illness has been Dr Reema Kashiva's passion ever since she was a young girl and she dreamt of becoming a doctor since. “I come from a small town but to pursue my dream, I had to move out from my hometown into a big city in class eight. I was selected for a super speciality course but chose medicine as it allowed me to work for all kinds of patients,” she reminisces. Professionally, she started her practice in 2000 and it's been a challenging but satisfying journey so far, one that has taken her through various cities. “It makes me happy when my old patients still come to take support from me after all these years from far off places,” she shares with a smile.

FIGHTING THE PANDEMIC

Dr Kashiva states that in initial days, since the virus was a new one, “none of us even knew what the treatment but the medical fraternity had every intention of saving lives in whatever way possible. We were scared for our families and staff, but neither families nor staff took a step back. Each one was ready to risk their lives for other life,” she expresses. She also says that fortunately, today we are better educated about the disease and its treatment protocols, better equipped with facilities and a highly committed team. “The pandemic has taught us many lesson, the important one is, not to undermine the superlative power of nature and to respect it. It has changed our lives and our perspectives to look at different aspect of our needs,” she adds.

STAYING STRONG

Dr Kashiva shares, “We all are living in difficult times, the medical industry, even



more so. A 14-16 hours duty each day in the hospital is followed by communicating with the subordinates through phone calls and hurrying to the hospital for emergency cases. This undoubtedly results in ton of stress.” She has prepared herself to deal with the present circumstance genuinely by adapting various lifestyle practices. The first thing that she does when she wakes up or last thing before she goes to sleep is positive self-affirmations followed by five minutes of deep meditation. She also tries to have a well-balanced diet and ensures to drink three litres of water per day. >

Expert advice

Follow the Covid compliant behaviour as advised by Government bodies and Doctors.

Be safe, be aware and be responsible.

Early detection is key and a patient can be treated with medicines without getting admitted.

So be responsible to self, to own family and society.

BATTLING THE TWO CS: CANCER AND CORONA

IN CONVERSATION WITH SURGICAL ONCOLOGIST **DR GAJANAN KANITKAR**, WE LOOK AT THE IMPLICATIONS AND IMPACT OF CANCER ON BOTH PATIENTS AND DOCTORS IN THE PANDEMIC.

Dr Gajanan Kanitkar, a renowned oncologist, has treated and assisted many patients in their fight against cancer. While acquiring his MBBS degree, his observation of recurring cancers invigorated him to find both a solution and bearable treatments for this dreadful disease. He wanted to pioneer change and create awareness by informing people that cancer is curable if detected early.

With evolution, there have been some brilliant advances in treating cancer, which has enabled doctors to cure even third-stage cancers and improve the cure rates for the initial stages. Despite cancer being a much-dreaded illness, it hasn't been a hurdle for Dr Kanitkar to maintain relationships with patients. He firmly believes in reassuring his patients regarding treatments when they come for a diagnosis. Proper counselling is the key to dissolving people's preconceived notions and clarifying the misinformation about cancer. He believes, "It's necessary to present all the facts about the disease without lying to his patients since it relieves their doubts." Making them talk to his previously recovered patients also acts as a confidence booster.

CANCER AFFECTING WOMEN

According to data from the Indian Cancer Registry, 2020, the most

common cancers for women are breast cancer, mouth cancer, lung cancer, cervical cancer, and tongue cancer. The other types include uterine cancers and ovarian cancers. "Some prevalent symptoms of these cancers are a lump in the breast or anywhere on the body, non-healing ulcer in the mouth or tongue, persistent cough with blood, vaginal bleeding spontaneously or after intercourse, the fullness of the abdomen, weight loss, loss of appetite, or a fever which does not go away after treatment," the doctor explains.

"Women ignore many red flags regarding cancer, whether it's a painless growing lump in their breast, the distention of the abdomen, or red coloured vaginal discharge," notes Dr Kanitkar. While these might seem scary, there's no need to panic when one sees them, but it's essential to consult their doctor and not ignore their symptoms. "Early detection is the best weapon against cancer and ensures higher curing rates, so one must address their symptoms as soon as possible," he adds.

Some other precautionary steps one takes against cancer are getting regular health checkup after the age of 40 with investigations like a mammogram and a PAP smear, setting a proper exercise regimen, keeping weight in check, following moderation in alcohol intake, and not ignoring any warning signs by immediately checking in with your doctor.

COVID'S IMPACT ON CANCER

The pandemic has adversely affected cancer treatment. "Patients in fear of COVID don't visit doctors until it's too late. Since cancer is a semi-emergency,



Dr Gajanan A. Kanitkar

people should understand that it can't be ignored or postponed for COVID," warns Dr Kanitkar. The scarcity of hospital beds for cancer patients has also been a problematic factor. However, he appreciates the effort of hospitals in accommodating patients undergoing cancer treatments. Even with late detection, he initially tries to downstage the disease through chemotherapy and radiation, followed by surgery. "It is fine balance we have to maintain," he quips, "We have strict protocols in place. Every patient is tested for COVID within 24 hours of planned surgery. If he turns out to be positive, surgery is deferred for three weeks and COVID treatment is started." Doctors constantly endeavour to balance these struggles and be successful in their treatments. The silver lining here is that there are many patients who recovered from COVID and underwent successful cancer treatment.

**CONTACT DETAILS:
SUSHRUT CANCER CLINIC CHINCHWAD
AND RUBY HALL, PUNE
PHONE +917709115000
FOR APPOINTMENTS**



DR NEETA PADALKAR

Gyneacologist and Medical Officer, Aurangabad Municipal Corporation

Born in family of government officer father and housewife mother in Beed district, Dr Neeta Padalkar completed her education at Aurangabad from schooling to MBBS, DGO and practiced as gynaecologist for some years. She joined the Aurangabad Municipal Corporation (AMC) in 1990 through direct interview. One of the big projects she was responsible for was tackling the problem of solid waste disposal that the city faced, which she did so skilfully, "Spraying chemicals

“**The first wave of corona was fearful and confusing. The second wave has more patients and is spreading fast.**”

on garbage, arranging alternate places for storage, starting garbage processing solved it. Preference was to prevent diseases and was achieved successfully.” Another project she worked on was for pregnant women, breast feeding mother and new born babies for regular check-ups, diet, vaccination etc. She shares, “This was computerised for the first time and that updated data helped us lot to make the project successful and get appreciation.”

FIGHTING THE PANDEMIC

Dr Padalkar points out, “The first wave of corona was fearful and confusing. The second wave has more patients and is spreading fast. The government and our city’s commissioner and collector came together and planned, worked and helped a lot. We increased all medical facilities, appointed contractual staff and trained them, made arrangements for more oxygen, ventilators, treatment, isolation and testing centres.” One instance that stands out for her is when pregnant lady was diagnosed COVID positive and was very worried about her unborn child. Dr Padalkar gave her courage, conducted regular counselling and the lady started thinking positively. She has now delivered a healthy child and also recovered from Corona.

STAYING STRONG

Tracing patients, starting tests at entry points are some of the drives that Dr Padalkar was part of at AMC and which have now been implemented at many places across state following their footsteps. Our Corona war room is functioning at best level. AMC is the first to start Mazi Health Mazya Hatat (MHMH) App that helps citizens to get all information and guidance. **E**

- Harshvardhan Shahi

Expert advice

Always give utmost importance to health. Don't get depressed and don't underestimate your strength. Challenges make you stronger so take them to prove yourself.



Avantii Deshpande

ART OF EATING SMART

Celebrity nutritionist and dietician, **Avantii Deshpande** - who also is a PCOS and gut health specialist - shares some tips on health, nutrition and building immunity in the pandemic

Approaching nutrition and wellness holistically, Avantii Deshpande, celebrity nutritionist and dietician, and a PCOS, gut health, and diabetes specialist, is a popular name in the food industry when it comes to getting advice on eating habits for wellness and fitness. She shares essential tips to follow during the pandemic.

EFFECTS OF THE PANDEMIC ON EATING HABITS

Avantii, a popular Youtuber with a large viewership

notes that "before the pandemic, health and immunity were never a priority." She adds that people have started focusing on eating foods that build immunity by eating well and consuming proteins and carbohydrates. Now everyone has gone back to our age-old remedies of consuming turmeric milk and Ayurvedic concoctions. With restaurants shutting down, people have started consuming home-cooked meals which are "wholesome and nourishing."

DIETARY PRECAUTION AGAINST COVID-19

She firmly stands by the quote 'food is thy medicine' because taking care of our health is the only way of protecting ourselves from the deadly virus; "Having a balanced diet that has all the food groups like salads, dals, curds, rotis, rice and subzis is the best as they contain all the necessary nutrients." Eating food rich in Vitamin A (coloured fruits and vegetables), Vitamin C (citrus fruits, guava, mango and amla) and Vitamin E (almonds and walnuts) is another way to increase immunity. Avantii also mentions the importance of having one teaspoon of ghee every day along with turmeric. Furthermore, she

FOR THE SUMMER

Take care of their health this summer and stay hydrated, considering the deadly virus is still out there. To beat the summer heat, eat sweet basil seeds (sabja seeds), buttermilk, gulkand, sattu atta and sugarcane juice as this helps reduce body heat.

adds that a 20-30 minute cardio workout or yoga is necessary to keep yourself healthy and fit.

DIET ADVISE FOR COVID POSITIVE PATIENTS

The expert says that she cannot stress enough on keeping oneself hydrated. Drinking two litres of water, ORS solution, coconut water, lemon water, fresh fruit juice, or thin buttermilk is the way to go about it. Apart from this, she advises to follow these steps:

- Follow a balanced diet. Consume meals high in protein, carbohydrates, and vitamins. Nuts, pumpkin seeds, flaxseeds, milk and milk products, soy chunks, tofu, eggs and meat need to be compulsorily added. Having chapatis, rice, oats and sujis are also equally important.
- Add sabzis and soups to all your meals for a speedy recovery.
- Add ghee to the diet and use fewer spices.
- Have small, frequent meals and stay away from drinking and smoking.

For more details, visit www.avantideshpande.com
Phone number: +91 98225 97571

SAY NO TO STRESS

Isolation, not being able to connect with people can affect your emotional well-being. And that in turn can hamper your sex life.



Let's face it. Staying put at home 24x7 can hamper your emotional well-being to a large extent. As a result, if you aren't too careful, pent-up stress and frustration can wreak havoc on your interpersonal relationships, including your sex life. Studies have shown that stress can trigger the release of a large amount of the hormone called cortisol, which in turn can suppress sex hormones - in other words, your libido takes a hit. You start having less sex. Needless to say, your relationship with your partner can suffer if getting physical stops being an enjoyable activity altogether. So, how do you fight it?

BEAT STRESS

You need to de-stress at all costs. So, focus on leading

a healthy lifestyle while staying indoors. Exercise regularly to keep stress levels down. If you feel upset about the onslaught of negative news on the coronavirus pandemic on traditional media outlets or even on social media, switch off for a while. Relax, read or do some simple breathing exercises. Do these de-stressing activities together with your partner.

TALK, TALK AND TALK SOME MORE

Utilise this time to forge a stronger bond with your partner. Talk about your innermost desires. Discuss how you can overcome the crisis together. Revisit your courtship days. Plan your future. The bottom line: by talking your heart out, you can feel emotionally closer

BY TALKING YOUR HEART OUT, YOU CAN FEEL EMOTIONALLY CLOSER TO YOUR PARTNER

to your partner, and this can boost your physical intimacy as well.

CREATE AN AMBIENCE

It may sound like stating the obvious. But the fact of the matter is, you need the right ambience for initiating lovemaking. Create a love nest of sorts in your bedroom. Or go for some offbeat nooks and corners in your home. Light candles, play some seductive music or just slow dance - get into the mood.

HAPPY CHEMISTRY

Think of the health benefits of sex as well. For instance, as per studies conducted in various parts of the world, sex can be considered moderate-intensity exercise. Experts say that as a bio-physiological process, health benefits of sex include improved cardio-vascular response, lowering of blood pressure and even boosting immunity.

Experts further add that emotional wellness is also ensured due to the involvement of neurotransmitters such as serotonin, dopamine and norepinephrine. Also, according to experts, oxytocin secretion enables better bonding and trust-building between partners. **F**

BARE YOUR TEETH

DENTAL SURGEON **DR SANDEEP BHIRUD** TALKS ABOUT DENTAL IMPLANTS, THEIR CARE DURING THE PANDEMIC, AND MORE.



Dr Sandeep Bhirud



Dr Jyoti Bhirud

In conversation with Dr Sandeep Bhirud, we learn about dental implants, their pros and cons, and the effect of the pandemic on the field of dentistry. A dental implant is a surgical fixture that gets placed in the jawbone and integrates with the bone over the span of three to four months. This procedure provides a base for replacing a missing tooth with a prosthesis. This means an artificial tooth that looks and is as stable as a natural tooth. These implants are made of titanium, which integrates with bone very easily. Hence, dental implants assist in restoring teeth function as well as aesthetics. Dental Implant specialists undergo extensive training in dental implant education and this procedure cannot be performed by general dentists.

EVALUATING PROS AND CONS

There are numerous advantages associated with dental implants, which can last a lifetime if maintained properly. Compared to dental bridges, where neighbouring teeth are cut and shaped, dental implants are fused to your jaw bone like natural teeth, protecting your remaining teeth from

damage. Moreover, even caring for dental implants is much easier since, like natural teeth, it only requires brushing, flossing, and regular dental visits. These implants look and function like natural teeth with no speaking or chewing difficulties that occur while using dentures.

As for the cons, this procedure requires multiple appointments, and the

waiting time for the implant to fuse with the jaw bone can take about three to four months. Many patients require bone grafting procedures. Occasionally some patients with systemic health issues and poor bone quality are not suitable for it. Although safe, dental implants are surgical procedures for which complications like infection, nerve injuries, bleeding, and failure of bone integration can't be ruled out. Factors like poor oral hygiene, health issues like diabetes, and smoking increase these risks.

MAINTAINING SAFETY

With the current pandemic, dentists need to prioritise patient safety. The proper hygiene and sterilization of instruments, sanitization of dental operator after every patient is required. Air purifiers

should be installed in dental clinics to keep the clinic environment bacteria and virus free. Each staff member should wear masks, face shields, gloves and PPE kits while doing the procedure. The patients should be checked for temperature, pulse and oxygen before consultation.

The pandemic has adversely affected the dentistry industry. Since dentists treat and work in the mouth area, there is a potential risk of transmission of infection. Subsequently, dentists have received guidelines from the Dental Council of India and the Indian Dental Association to take proper care of their patients, themselves, and their staff. By following proper protocols, dental procedures can be done safely.

Maintaining proper oral hygiene is necessary. There are quite a few cases of mucormycosis, a fungal infection that affects the jaw bone, eyes and loosens the teeth of post-Covid patients, reiterating the need to have proper oral hygiene. One shouldn't avoid going to the dentist if they have any major dental or oral issues or bad oral hygiene. Get it treated in time to prevent further complications.

SWEET SMILE DENTAL CLINIC

7, Chambers at KEYS Hotel, Above Tanishq, Near CityOne Central mall, off Finolex Chowk, Mumbai Pune Road, Pimpri Chinchwad, Pune - 18
Contact number: 8087074677, 9423475227

UPSKILL, UPGRADE

A lot has changed in the professional world owing to the pandemic. **VANSHIKA GOENKA**, founder and CEO of Kool Kanya shares with **Shraddha Kamdar** the ways to stand out in the 2021 job market.



Following the pandemic and its serious impact on the job landscape, companies have been closely evaluating various methods to maintain continuum. The consensus is that the extensive and easy availability of communication technology has enabled people to smoothly adapt to the new work-from-home setup. Organisations are methodically taking steps to enable a unified digital workplace, with increased work flexibility.

WHAT'S NEW?

However, with these significant changes, what are the implications for individuals on the lookout for jobs? Companies are now looking for a whole new set of skills in professionals and to be able to shine, job seekers must be ready to upskill. The post-pandemic world will need more people who are adept, adaptable and

multi-skilled. Upskilling, cross-functionally is especially crucial to widen the horizon of opportunities even if it is in the midst of adversity. Heading back to work might mean that employees will be subjected to a higher demand of being able to perform multiple roles and pick up on the leftover slack too. Therefore,

***THE POST-PANDEMIC WORLD
WILL NEED MORE PEOPLE
WHO ARE ADEPT, ADAPTABLE
AND MULTI-SKILLED.***

survival in both of these scenarios will be heavily dependent on the ability to learn and up-skill.

HOW TO UPSKILL?

- ◆ Develop a career-centric approach
- ◆ Focus on building digital competency
- ◆ Take initiative to unlock your leadership potential
- ◆ Look to fill newer roles at work
- ◆ Develop and demonstrate your soft skills



YOU CAN EXPLORE VARIOUS SOCIAL MEDIA PLATFORMS AND USE THEM TO SHOWCASE YOUR KNOWLEDGE AND EXPERTISE.

EXPAND YOUR INDUSTRY KNOWLEDGE

Also keep an open mind. Instead of focusing on the next conventional step up the career ladder, be flexible about which industries you concentrate your job search on. Specific industries such as technology, medicine and e-commerce will be hiring more than other sectors at the moment, so strategise your job search in accordance with this trend.

POSITION YOURSELF AS VALUABLE

Position yourself as a

valuable brand. You can explore various social media platforms and use them to showcase your knowledge and expertise. Remember to consistently update your LinkedIn profile, adding any new skills you've learned. Work on building on your network and it will help to increase your visibility in relevant circles.

PREPARE FOR REMOTE ACCESS

Further, prepare yourself for remote interviews and train to be an effective resource whether or not you work remotely. Staying abreast with the



latest technological trends will also go a long way in helping you strengthen your position as a job seeker. The market has changed but it hasn't ceased to exist. Opportunities present themselves when you focus on a flexible, comprehensive job search that includes writing a great resume, being open-minded about where you work and investing

time in networking. It is essentially all about constantly evolving to fit in and catching up with trends. For this, individuals ought to set high standards for commitment, enthusiasm and openness to evolve. The calling right now is to serve in unprecedented times, and you have to show that you are not only ready to survive, but also thrive. **F**

STYLE GUIDE FOR MINIMALISM

Ditch the heavy dark based clothes and opt for these fuss-free pieces instead

With a global pandemic and multiple lockdowns, there has been an apparent shift from high glam to low key basic. As "less is more" takes up more space in our fashion ideology, it's safe to say minimalist fashion is here to stay. Effortlessly chic, this trend sees a focus away from busy prints and multiple trends. It centres on neutral tones and minimal accessorising while still looking your best. Trendy yet unfussy, this style involves classic and timeless pieces that never go out of fashion.

If you want to see this style, look away from shiny and new, and shed light on slight detailing, fine fabrics and rich textures. While it may seem boring to some, minimalist fashion is quite the opposite of it. Minimalism prioritises elegance and grace over fast fashion fads and hence gives an ageless appeal to the looks. That is not to say that you can't add a pop of colour to add some fun to the outfit. This is the trend to go for when you don't want to look too dressy. "The best bit is it doesn't take much to put together a fantastic minimalist look. You can get away by just styling two-three basic pieces together and that's the beauty of the trend," agrees fashion stylist Pooja Gokhale.

To exemplify what this trend stands to offer, here are a few of the celebrity approved looks for you to get started.

You can get away by just styling two-three basic pieces together and that's the beauty of the trend.

Deepika Padukone

Deepika Padukone radiates class in this black stunner that is another must-have in your wardrobe. Black is the perfect colour to choose if you're ever confused about the choice of shades because not only is this colour eternal, it adds a refined taste to the look.

Sonam Kapoor Ahuja

Exemplifying sophistication in this stunning regal white dress, Sonam Kapoor Ahuja is ready to shine bright. With a clean silhouette and minimal styling, Ahuja wins on over. This dress comes grace and the minimal accessories like the watch and the bag make it the perfect combination.





Zendaya

If there's one look that you should try your hand at, then it's got to be this one! In this stunning head to toe monochrome outfit, Zendaya looks like she walked right off the runway. With clean silhouettes and minimal detailing, each piece of the outfit individually adds grace to it.



Bella Hadid

Stealing the show in this chic minimalistic look, Bella Hadid exudes panache as she steps out. The outfit plays with the neutral colours, making it look refined and classy. Brownie points on the bag and the gorgeous shoes.

Janhvi Kapoor

Janhvi Kapoor dazzles in this deep brown dress that is sure to grab attention while stepping out. With just the right amount of edge so it doesn't overpower the look, this simple yet chic outfit is right on trend and our wish-list.



Kim Kardashian

Now that's what we call as simple yet sassy look! Presenting a lovely combination of neutrals, Kim Kardashian sure knows how to make a minimal outfit look trendy at the same time. This look doesn't need accessories to make it stand out since the outfit itself does all the talking. **F**



Rakul Preet Singh

Want a trendy minimalist look? Rakulpreet's stunning white jumpsuit with statement sleeves is the answer. This effortlessly chic look should be your go-to for your next brunch with the girls or a romantic dinner evening with bae at home.

MASK IN STYLE

Masks are a necessity now. Does that mean you have to wear simple, drab ones that don't add to your style?

Ravina M Sachdev disagrees

Masks have become an indispensable part of our life and the new normal. And from the looks of it, it sure does seem like they're not going out of our lives anytime soon. Agreed, face masks are designed as a practical way to stop the spread of COVID-19 but wearing a mask doesn't necessarily have to be boring. It's time to throw out the drab surgical masks that you've been using since months now and give yourself a quick makeover with cool and chic masks.

Designer masks

Out with the blue surgical masks and in with couture masks. A must-have accessory now, masks have gotten a glamorous makeover and are selling like hot cakes. One look at Instagram and you'd notice how A-list designers have turned the humble necessity into something of a fetish. Brides and grooms are now opting for made to order masks that match with their bridal outfits. Think crystal studded or feather attached masks or fully sequinned or even jewels encrusted, designers these days have completely upped the mask game. These statement making masks are a game changer and apart from keeping you safe, help elevate your outfit too.

Everyday chic

If you thought your options for everyday face masks were limited then think again. There are zillions of brands selling gorgeous looking face masks. From luxury name initial monogrammed ones to floral three-layer filter ones in cotton to fun colourful printed ones, there face mask industry sure has gotten a lot more creative and fashionable.



Embroidered mask: Pirohi by NB;
(inset) Chain masks: Spotlight masks



Chain masks

Face masks with chains are having a moment in fashion and now would be the right time to buy yourself a pair if you haven't already. Coined as the hottest accessory of the season, chains certainly upgrade the entire look of an ordinary face mask. Apart from looking as stylish as they do, they also have functional attributes. "Keeping ones mask clean is a challenge and people leave their masks stray when out and re-use the same dirty mask again which defeats the purpose of wearing a mask, putting the user at risk. This inspired me to think of a solution to this issue and that's when I designed masks with chains that not only help the user to keep their masks clean and trendy," says Sonam Jha, founder and designer at Spotlight Masks.

The chains are available in strings of silver or gold or even pearls and beads for the more fashionable amongst us. "Mask chains are one of the most versatile accessories because they can be used in so many different ways like a necklace, bracelet, purse strap, waist belt, with sunglasses or glasses or even as bra straps," adds Jha. **F**

DIY CHAIN MASK

◆ Pick out a chain you want to attach to your mask.

◆ Secure a hook to both ends of the chain.

◆ Fix the hook on to either ends of your mask.

◆ You can make it more interesting by adding some faux stones to it. From beads to pearls to stones, you can literally use any baubles that's lying around in your jewel box to fix on your chain and mask

NO-SWEAT MANE CARE

Here's how you can brave the summer sun without worrying about your tresses. **Ravina M Sachdev** shares some tips



Cute crop tops, lazing by the pool all day, fruity slushes and golden tans, you cannot deny how wonderful summertime really is. But they also come with a whole bunch of health concerns. If you thought that the summer sun could only harm your skin then think again as it could also damage your hair to a great extent too. "The heat from the sun causes weathering and oxidative damage to hair and makes it dry, brittle, and stiff," Dr Khushboo Thakker Garodia, a leading trichologist. Here are some preventative measures that you can take to avoid causing any damage to your hair.

EFFECTS OF THE SUMMER SUN

Summers can be pretty unforgiving on your hair and scalp. The UV rays can penetrate the hair cuticles and can damage like dryness, brittleness, and weathering. The UV radiation reaches the cortex and causes pigmentation loss and protein degradation, which can cause severe hair damage. "A common hair problem during summers is greasy sweaty hair. Heat makes the scalp oilier than usual. The best solution is to washing hair frequently and keeping the hair and scalp clean

and fresh," advises Dr Garodia.

Another popular summer time hair issue is dandruff as the excessive sweat released in the scalp and the oiliness caused by heat, make it a breeding ground for fungi which in turn cause dandruff. "A simple homemade solution to this is by applying curd to the scalp. Curd is high in lactic acid which works as an anti-fungal agent. It is the best way to remove dandruff without applying harsh, chemical-laden shampoos to your hair," shares Dr Garodia.

The summer sun can also potentially damage your hairline. "Folliculitis is inflamed hair follicles that look like small pimples along the hairline. Heat combined with sweat is a good breeding ground for bacteria which causes this. However, do not diagnose this yourself," she warns. Consult with a trichologist or a dermatologist. Here's how to protect your hair during summers.

FREQUENT WASHING

Ensure that you are frequently washing your hair. You should ideally be washing your hair two to three times in a week at least. "While using shampoos, conditioners and other hair products, make sure to pick those with antioxidant ingredients such as soy, green tea or vitamin C - as they can be helpful in protecting the scalp," recommends Dr Garodia. Also, using cool water in the shower and soothing agents like aloe vera hair packs can be quite helpful.

HAIR STYLING

Try not using hair tools to style your hair quite frequently as the effect of the sun can be twice as harmful during summers. Since open hair can be quite irritating to deal with during summers, opt for hair styles that are trendy and also can keep your hair away from your face. You could tie your hair up in a messy bun or do French braids or even tie it up in a messy ponytail. "Just like covering your skin can help, covering your hair with a hat too can do wonders," quips in Dr Garodia.

HAIR SUNSCREENS

Yes, hair sunscreens do exist and as the name suggests, they are sunscreens designed to keep your hair safe from the sun. In fact, a lot of products these days are infused with UVA so you can keep an eye out and invest in those products too. Or you could get hair sunscreen serums or oils or creams. You can apply sunscreen from the root to the ends and also spray some directly onto your exposed parting. **F**



**APPLYING CURD
IS THE BEST
WAY TO REMOVE
DANDRUFF
WITHOUT
APPLYING
HARSH,
CHEMICAL-LADEN
SHAMPOOS TO
YOUR HAIR**

GET FIT, DON'T QUIT!

Wouldn't it be great to pump up some energy and feel refreshed throughout the day? **Sanika Salunke** brings you 5 easy-to-do at-home exercises that will keep you in shape

Are you one of those people who end up postponing workout sessions cause there seems to be no time-for-it on your current schedule? You need to scoop up some time, as fitness is a self-care activity that you have to include in your daily routine. You won't be able to smash your body goals if you keep up procrastinating. Follow the mantra, 'No matter what, don't quit' because the only way you will see results is if you stay consistent. That's why; we got you some quick exercises that can easily fuse in with your calendar and help you stay on top of your game.



THE KEGEL EXERCISES

Now, what exactly are Kegel exercises? They are basic clench-and-release actions that help you strengthen your pelvic floor muscles. These muscles support the bladder, womb, small intestine, and rectum. To perform these exercises first and foremost make sure your bladder is empty. Sit or lie down and tighten your pelvic floor muscles, hold onto it for three to five seconds. Then relax your muscles for the next few seconds and repeat! Tip: You should feel your muscles tighten, that's a way to know you are doing them correctly.

JUMP ROPE

The good old jumping rope is one of the best forms of exercises! With numerous variations and a do-it-anywhere vibe, this is definitely my personal favourite. Did you know 10 minutes of skipping is equal to 30 minutes of running? It's extremely effective and incredible when it comes to improving speed, power and endurance. Are you already into jump rope but want to enhance the toughness level? All you need to do is buy a heavier rope; it will help you develop your back muscles.



10 MINUTES OF
**SKIPPING IS EQUAL
TO 30 MINUTES
OF RUNNING.**
IT IS EFFECTIVE
IN IMPROVING
SPEED, POWER AND
ENDURANCE



DEFINING THE CORE

Squats are highly effective and have various benefits. Starting with strengthening your core and lower body to boosting your athletic ability and crushing those extra calories, they will help you get in shape in no time. Awaiting abs? Then you have to add crunches to your routine! They may not burn up calories as fast as squats but will develop your abs as they work the abdominal muscle. Nevertheless, make sure you are doing them by following the right methods.



PLANKS IMPROVE BALANCE AND POSTURE. **THEY STRENGTHEN YOUR SPINE AND SHOULDER BONES** ALONG WITH BODY FLEXIBILITY



PLANK WALK-OUTS

Planks are beneficial to your body as they improve balance and posture. They strengthen your spine and shoulder bones along with body flexibility. They also reduce your belly fat and backache. Here's how you can do plank walk-outs: Start with a basic plank position, stepping your feet back behind you and lift your knees. The feet should be between hip and shoulder width. Make sure you tense your legs and support your core to keep your body rigid. Basically, go from a plank position to lifting yourself into a plank pose and going into an inch-worm form. Watch some videos to make sure you are doing this perfectly!



CAT-COW STRETCH

Body stretches come with exceptional benefits and this 'Cat-Cow Stretch' is enormously beneficial when it comes to supporting your back and maintaining a healthy spine. Practically, flexing and elongating the spine can further improve the circulation in the discs. It will perfect your posture and balance. Inhale and arch for the cow pose and exhale and round for the cat pose. **f**

REALITY cover girl

MITHALI RAJ

IN FOR THE WIN

THE CAPTAIN OF THE INDIAN WOMEN'S CRICKET TEAM STARTED BATTING AWAY
BASELESS, WOMEN-CENTRIC NOTIONS WAY BEFORE EMPOWERMENT BECAME
THE MOST TRENDING HASHTAG. HOP ON AS SHE SHARES HER CRICKETING
JOURNEY WITH **SHRUTI SHUKLA**, FROM STRUGGLE TO SUCCESS, AND BEYOND.
PHOTOGRAPHS BY **VINAY JAVKAR**





TWIST SPORTS BRA. ₹3,350. FLIRTATIOUS: NEON WINDBREAKER. ₹5,999. TOMMY HILFINGER: PLEATED SKIRT. ₹4,500. PURPLE PAISLEY, WHITE AND GREEN DROP EARRINGS. ₹1,000. FLIRTATIOUS: SNEAKERS. ₹5,999. REEBOK

SATIN CAMI, ₹4,000; FLIRTATIOUS SHEER TOP, ₹2,299; VERO MODA; PLEATED SKIRT, ₹2,999; H&M; STRAPPY SANDALS, ₹4,999; CLARK'S; HOOPS, ₹750; ACCESSORIZE



SHINY BODYSUIT, ₹5,600; FLIRTATIOUS MOM JEANS, ₹5,999; TOMMY HILFEE; DROP EARRINGS, ₹6,837; NECTAR



Today, Mithali Raj is synonymous with women's cricket in our country. With spending over 20 years in the game, Raj has been breaking records and stereotypes alike. Ask her if she indulges in a sport other than cricket, and she promptly says, "None. I am just wired differently; forget playing other sports, I don't even feel like watching any!"

Eager to find out what went in the making of her personality? A mother who ensured that her daughter stops at nothing, a father who anchored her spirit to soar high, and then higher, all structured strategically in the right direction. Of course, there are the role models that one has, and hers is none other than the God of cricket—Sachin Tendulkar. Read on to get to know the spirit of the cricketer.

How did your journey kick-start?

I began playing at the age of nine. At that point, I was too young to discern that I

would play cricket professionally or not. Within a year of getting into the sport, I started playing for my state (Andhra Pradesh) in the under-16 and the under-19 teams, and haven't looked back.

At that time, cricket was considered as a men-only sport. How difficult was it to convince yourself and others around you that you could make a difference?

It was difficult to be a woman cricketer in the '90s as the sport was a man's domain. The audience wasn't even open to the thought of seeing a woman player on the field. In fact, I didn't receive much support from my extended family, and it was hard for my grandparents to accept my decision. Society's ignorance

"I HAD TO FIGHT AT EVERY STEP OF THE WAY."

didn't help either. I had to fight at every step, be it for the resources, equipment, general facilities, sponsorship, and even getting opportunities to play for home series or games overseas.

Were your parents supportive of your career choice?

Unlike my grandparents, my parents encouraged me to pursue cricket. Although my mother wanted me to become a dancer, she never imposed her desire. I found a great, steady support system in them, and that's how I have managed to come such a long way. I travelled for matches on a regular basis, and my parents looked after my training schedule and diet. At one point, I was unable to juggle between school, cricket, and dance, so my mother decided to quit her job to help me manage it all. My dad, who worked in the banking sector, let go off his promotion in order to stay back in Hyderabad. Accepting a promotion would have meant moving to a different

city, which my routine didn't allow. They have made many such sacrifices so that I could have a fruitful career, even though women's cricket was not a well-rounded option back then. All of this only to see me represent the country one day!

So when you represented India, how did it feel?

There cannot be an honour greater than one which allows you to represent your country, and for me, to dress in colours of the nation! It comes with its own share of responsibilities and expectations.

What's your fitness regime?

It has changed over the years. When I was young, concepts like having trainers and physiotherapists hadn't been introduced. In those days, I used to run around the ground doing laps and strides. In my early 20s, I realised that running must be teamed with the right amount of strength training to build endurance. In my 30s, maintenance holds primary importance. Over time, the body undergoes a lot of beating and injuries, and this wear and tear is natural when one is playing for a long period of time. Now, I try to keep up with the fitness level that I have been working on for years.

What comprises your diet to keep up with your physical strength?

I avoid eating carbs as my system doesn't accept them well. I compensate with millets and brown rice. I am lactose intolerant, so I stay away from dairy. Mostly, my meals are light and include a lot of natural, organic foods like vegetable soups and nuts.

Tell us about the women who have influenced your life.

My mother is my rock. As a child, I looked up to my dance teacher for her discipline and articulate mannerisms. Besides them, my close friend Aprajita Bansal, who is a lawyer, has played the role of a mentor.

Why is a culture of playing sports necessary for the current and future generations?

Sports add to classroom learning and

“FOLLOW A STRUCTURED PATH TO PROGRESS BE AWARE OF WHERE YOU ARE HEADED.”

help inculcate important values like discipline, resilience, and focus. Even though kids might not deem a game as a career option, a culture of sports is necessary to promote a spirit of sportsmanship that is a must even outside the field, and to overcome challenges that life presents us. This is how we can raise strong, independent women.

What has been your biggest takeaway from cricket?

I have learnt nothing is permanent. There are matches in which I have scored a 100, and in the very next innings I have gone out for a duck. This is why the sport is a great leveller. Also, we cannot take anything for

granted. The unpredictability teaches us how to move on when things don't go as planned.

What's your message for the young brigade who sees you as inspiration?

To start with, follow the fundamentals—work hard and stay determined to perform to your best potential. Alongside, follow a structured path to progress, and be well aware of where you are headed. As I have mentioned before, young girls today have all the resources that they need. When you have professionals from every department looking after you, all you have to do is to find things in the right place. **📌**



PLEATED RAINBOW SKIRT ₹18,500, MICHAEL KORS SHEERTOP ₹2,290, ZARA GOLD HOOPS, ₹795, ACCESSORIZE

BEACON OF POWER

Meet IPS Vinita S, DCP Zone II Nagpur, who has carved her niche in the male-dominant police force transcending the bounds of her career and being at the helm in the fight against the pandemic. By **Kanika Rekhi**



The focus and dedication on doing things 'right' were embedded in IPS Vinita S since a very young age. She recalls, "As a kid, I was mesmerized with the mere sight of a glittering red beacon on a car, requesting my father to get it for me. He smilingly told me it's only given to IAS or IPS Officials and needs to be earned with hard work. That ignited the spark in me paving my journey. As I grew up, I also realized that the Service is way beyond a beacon, bringing along with it innumerable responsibilities, sacrifices and accountability!"

"WARDI IS WORTHY."

She is one of the rare few in country, who got through the IAS exams but chose IPS over it! "Wardi was, is and will always remain worthy for me. I did not choose the police uniform, the uniform chose me!" She has a wealth of accolades and awards enhancing her policing

**"I DID NOT CHOOSE
THE POLICE UNIFORM,
THE UNIFORM CHOSE
ME!"**

abilities. These include being winner of Marathi Cup for profit cyber in language and Silver medallist in Criminology Subject at National Police Academy, Hyderabad, winning the 2016 National Shakti Prerna Award, and the Bhaskar Women Award 2017 for Community Policing Initiatives. She was also awarded a certificate of appreciation by Government of Maharashtra for innovation of MPSCs and Effective Crime Control in Bhandara District. She was adjudged one of the 30 most influential women in Super 30 feature of Navbharat Times.

"I NEVER LET GENDER UNDERMINE CAPABILITIES."

She has had a glorifying journey in all her postings. She was the ASP at Thane and Nanded Rural and then went on to be posted as DCP Zone II, Nagpur City. In between that journey, is a host of firsts that she achieved. She was the first female Addl SP of Sindhudurg District, first female SP of

Washim District, first female SP of Bhandara district with longest tenure and the first female SP of Naxal/LWE affected Gondia District.

In a male-dominated field, challenges are evident but she never let any inhibit or deter her! She says, "It's a part and parcel of every profession, but I never let gender undermine capabilities, as in Uniform service one needs to be equally strong. The training lays the foundation for gender equality in the field, and there aren't any exemptions or discriminations as such. I have been entrusted with crucial assignments and I take pride in fulfilling them."

Working as DCP Zone II, Nagpur has been her first experience with Urban Policing. She adds, "Overall I have evolved as an IPS officer with plethora of work opportunities here. My Zone comprises of six Police stations having the most vital installations of the city. It includes all the important state and central administrative and government offices, residences of influential political leaders, places of religious importance of all communities and more. The winter Assembly Session of Maharashtra Government takes place here and Vidhan Bhawan CM's residence, Rajbhawan, Ravi Bhawan, Nag Bhawan, MLA Hostel, Hyderabad House (CM Secretariat) are all situated in my Zone. Handling this bandobast has surely enriched my experience."



"THE VERY PROFILE OF OUR JOB IS SERVING THE SOCIETY WHICH IS A SOURCE OF GREAT INSPIRATION."

"WE WERE FACING AN INVISIBLE ENEMY WHERE TRADITIONAL POLICING WAYS COULDN'T WORK."

Despite the hardships and health risks, as an eminent Frontline Worker, IPS Vinita S continued to do her job during the COVID-19 Pandemic with flair. "Policing during initial phase of Pandemic was extremely difficult more so as there was no set SOP and given the fact that we were facing an invisible enemy where traditional

policing ways couldn't work. Hence we devised and executed a series of innovative ideas."

Stringent steps like monitoring the first Covid Care Centre's security, implementation of Containment zones and Quarantine Centres, facilitating travel of migrant labourers to their hometowns, distribution of essentials to shelter homes and slums and so on, were undertaken with her supervision.

"Our job profile requires us to work in high risk zones, standing in extreme weather at Nakabandi Check-Points for hours together, moving unidentified dead bodies in addition to regular policing duties! We are well aware of the gravity of >

this situation and take pride in the fact that we can make a difference with our work."

"COLLECTIVE EFFORT IS THE NEED OF THE HOUR."

She says, "These are trying times wherein collective effort is the need of the hour and Zero Tolerance towards whosoever is not being responsible! Character of COVID is changing, our government to scientists to doctors are working on understanding the COVID, and its mutations." Prevention, vaccine and treatment are way forward, she believes. "COVID knows no discrimination. If we take it lightly, it may take many to cremation! There is a need to understand the serious threat it poses to our family, society, economy, livelihood and our children. It is time we have to choose, whether we are part of COVID warriors or carriers."

All have a big role to play than to play with Covid, she notes, "Prevention is still better than cure. Best ways to tackle Covid will be the very basic principles of healthy life." Looking at the present scenario, when the health infrastructure is over-burdened, there is a rise in number of cases and the death rate is high, it's of utmost priority to 'Break the Chain'. "For that, it is very important that all the citizens must follow the Covid norms of hand hygiene, wearing mask, maintaining social distance, avoid venturing out for non-essential reasons and cooperate with police and administration in enforcement of these guideline," she adds. The police doing their duty on field shouldn't be taken as their enemies as they are only ensuring your safety; "Police are making all efforts here at Nagpur to generate awareness through various platforms, and though



"BECOME YOUR OWN PRIORITY, BECOME YOUR OWN WILL, AND BECOME YOUR OWN SUCCESS STORY."

we have huge manpower crunch wherein hundreds of our officers, officials and their family members are infected yet our priority is to ensure a COVID-free city." She also stresses to not hit the panic button and start hoarding the essentials as this will further lead to malpractices like black marketing, depriving the needy of proper treatment.

"THIS IS AN ERA OF WOMEN RIGHT AND RIGHT WOMEN AT RIGHT PLACES!"

"The very profile of our job is serving the society which is a source of great inspiration," she smiles.

The job has proven to be certainly challenging, yet rewarding and she also feels more women should be enrolled in this field. She says, "Women officers and ranks represent the humane and sensitive face of the police force that is otherwise considered strict by virtue of the role of law enforcement."

"This is an era of women right and right women at right places! We are one such proud ancient culture wherein women have led, ruled and even been worshiped. Therefore, never ever consider yourself second to anyone, and never ever settle down for anything less. Become your own priority, become your own will, and become your own success story." **F**

WHOLESOME GOODNESS

Check out these delicious and high protein recipes that you can indulge in without feeling guilty.

By **Ravina M Sachdev**

SOYA STEAK WITH TRUFFLED PUMPKIN PUREE, CONFIT TOMATOES, WINE POACHED ASPARAGUS AND PARMESAN CRISPS

Recipe by Marmalade Gourmet and Grapes, Pune



1.5 cups soya chunks dry
100 g pumpkin
4-5 asparagus tips
10 cherry tomatoes
2 tbsp butter
1 tsp olive oil
2 tbsp garlic, chopped
1 medium onion, chopped
2 tbsp cream

3 drops truffle oil (optional)
1/4 cup white wine
1 tbsp ginger-garlic paste
2 tsp sweet paprika
1 tsp black pepper
2 green chilli chopped
2 tbsp parmesan
1/2 cup bread crumbs
1 tsp sugar
Salt to taste

Calorie count:
550 calorie (per serving)

Prep Time: 15 minute > **Cook Time:** 30 minutes > **Serves:** 2 people

FOR STEAK

1. Soak the soya chunks in warm water till soft.
2. Squeeze the excess water out and blend in the mixer till a coarse paste is formed.
3. Mix in the bread crumbs, salt, pepper, paprika, green chilli, ginger garlic paste.
4. Mould in flat 1/2 inch thick steaks.
5. Grill or shallow fry till golden brown.

FOR PUMPKIN PUREE

1. Cut and peel the pumpkin into slices.
2. In a pan, heat butter and add garlic, onion, pumpkin and sauté.
3. Add water and cook down till pumpkin is cooked and the water has dried up.
4. Add cream, cool and blend into a smooth puree with truffle oil
5. Add salt, pepper and sugar to taste

FOR CONFIT CHERRY TOMATOES

1. Cut tomatoes into quarters
2. Heat pan and add olive oil and tomatoes
3. Cook till soft and add salt and pepper to taste.

FOR WINE POACHED ASPARAGUS

1. Add butter to a pan and heat
2. Add in the asparagus and saute lightly

3. Pour white wine and simmer for 2 to 3 mins
4. Drain and season with salt.

FOR PARMESAN CRISP

1. Heat a non stick pan and sprinkle grated parmesan and remove the pan from heat
2. Once cooled, carefully pull the parmesan with help of a spatula

FOR ASSEMBLY

1. With a spoon, drop the pumpkin puree in a dollop and spread with the spoon away from your body while rotating the plate slightly in one move
2. Place tomatoes, asparagus and the parmesan crisps on the puree alternating the colors
3. Place soya steak next to the puree and garnish with some greens >

COTTAGE CHEESE SPINACH ROULADE

Recipe by Enrise by Sayaji

200 g paneer ,
mashed

2 tsp salt or to
taste

1 tsp basil leaves,
dried

1/4 tsp powdered
black pepper

2 bread slices,
soaked in water
and squeezed
hard

200 g palak
(spinach), boiled
and chopped fine

100 g mushroom
boiled and chopped
fine

1/2 cup tomato
puree

1/4 tsp oregano

4 tps cheese, grated

10 g Maida for
dusting

Chopped greens for
garnishing



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

Prep Time: 10 minute > **Cook Time:** 15 minutes > **Serves:** 2 people > **Plating time:** 2 minutes

1. Mix together the paneer, salt, basil, black pepper, bread and knead the mixture till smooth.
2. Dust a sheet of plastic or aluminium foil with some flour and pat the paneer mixture over it into a rectangle about 1/4 inch thick.
3. Squeeze out the spinach and spread it in a layer over the paneer, leaving a slight margin all around. Sprinkle some salt over it.
4. Roll the two things together like a scroll as firmly as you can, with the support of the foil.
5. Before serving unwrap the roll and place it on an oven-proof serving dish. Pour the tomato puree over it.
6. Sprinkle the cheese and oregano over and bake in a electric salamander for about 2/3 min.
7. Garnish with the greens and serve. >

GRILLED TOFU WITH PERI PERI SAUCE

Recipe by Chef Prakash Joshi, Kynd Café and Bar, Pune

¼ cup white onion
½ tsp garlic
1 tsp celery
4 tbsp olive oil
½ cups bellpepper
100 g tofu
¾ cup panko
¼ cup parsley
¼ tsp salt
¼ cup pepper



For Peri Peri

¼ cup onion
½ tsp garlic
1 tsp celery
4 tbsp olive oil
½ cups red bell-pepper
100 g tomato
50 g tomato paste
¼ cup jalapeños
5 ml tabasco Sauce
1 lemon
¼ tsp salt
¼ cup pepper

**Calorie
count:**
260calorie
(per serving)

Prep time: 35 mins > **Cooking time:** 20 mins > **Serves:** 1

1. Chop the onion, bellpepper and celery very finely.
2. Heat the oil in a large sauce pan, add the onion, garlic, bell pepper, and celery and cook for about 3-4 minutes or until the onion is softened, stirring all the time and cool completely.
3. Next, add the tofu, panko, salt, pepper and mix all together and season to taste.
4. Prepare the tofu round shapes like patty.

For Peri Peri Sauce

1. Roast peppers and remove the skin.
2. Sauté the onions, jalapenos and garlic together until soft.
3. Then add the tomatoes, tomato paste and allow cooking for a few minutes.

4. Add the Peppers and allow cooking gently.
5. Once soft, remove from the gas and allow to cool slightly.
6. Place in the blender, drizzle in the olive oil, lemon juice and the tabasco and the sauce should be smooth.

For serving

1. When you are ready to eat, heat peri peri sauce and season it to taste with salt and pepper.
2. Deep fry or grill the tofu.
3. Place the peri peri sauce into a pre-heated plate and place grill tofu on top.
4. Serve immediately with steam rice and sauté vegetables **F**

GREENS FTW

There are many options to choose from when it comes to green leafy vegetables. They're full of minerals, vitamins and fiber while being low in calories. Eating green leafy greens has many health benefits like reduced risk of heart disease, obesity, mental decline and high blood pressure.



HERB IT UP

Herbs are one of the best sources of nutrition that you can use for garnishing your favourite meals. Every herb - mint, linseed, fenugreek, lemongrass, cloves, cinnamon, sage, oregano, thyme and cilantro, etc - is unique and has its own nourishment value. They contain large amounts of antioxidants and help reduce bad cholesterol.

EMBRACE HEALTH

Sanika Salunke walks you through some must-haves that a health-conscious individual should have in the kitchen at all times

Health consciousness is not just a term but also a lifestyle that one must embrace for a healthy and happy living. How can one accomplish this lifestyle? Let's start with the basics, a well-stocked kitchen that consists of nutrient-dense food options. This will help you whip up a wholesome dish even if you are running late. It's all about staying fit despite a busy schedule, isn't it? Here are 5 must-haves that you need for your daily meal preparations.

BEAN THERE

These are power-packed with nutrition that one should consume frequently. They are filled with protein that plays a key role in maintaining and repairing our body, reduce the risk of cancer, are great for your heart health and also help with preventing a fatty liver.



OAT(MEAL) AND ABOUT

Oats are incredibly nutritious and are rich in antioxidants and contain a powerful soluble fibre called Beta-Glucan that improves skin conditions. They are gluten-free and can lower cholesterol levels while improving blood sugar control. They also help with constipation, especially in elderly people.



SPICE AND NICE

Spices are typically used to flavour foods, but they are remarkably good for your well-being in multiple ways. They are the perfect example of tasty and healthy! They are a concentrated source of antioxidants, some of them even have therapeutic properties. Adding spices like cinnamon, turmeric, cardamom and ginger can be a great start to your health-conscious journey! **f**

SAFE AND SECURE

Seher Campwala talks about décor essentials that will help you keep your home safe and sanitized



Covid-19 has changed our life and the way we used to live. From staying free to now safekeeping not only our lives but everything around us, it is more imperative as the time goes. Having a sanitiser and disinfectant at home isn't going to suffice, we need décor essentials that will keep our home safe and sanitized.

TOUCH SAFE

Touching surfaces, like a kitchen countertop, doorknobs, handles and more, is unavoidable. Though they can be cleaned and disinfected regularly, they need to be antibacterial.

Whilst natural materials like wood are easy to clean with water and soap, metal can be a little difficult, so here a good disinfectant spray comes in handy.

FABRIC FANFARE

For curtains, couches, and other fabrics it's very important to have such material to be anti-bacterial. Changing the bedding very frequently not only makes it refreshing but also makes it germ-free. Use organic materials like cotton or khadi and try to avoid as much plastic as possible. As it will keep the environment of your home healthy.

BREATHE PURE

As much as the pollution and the chemicals get to us outside, home is the place where you can escape from a toxic environment. With all the dust particles and smoke that may try to harm our body, an air purifier really elevates the quality of

air around you. It's helpful in the well-being and maintains a comfort level at home.

RUG-GED WALK

Rugs come in different shapes, sizes and colours. They add character to the room. But if it isn't easily cleanable, then it becomes a burther rather than a boon. Use washable rugs that you can regularly clean to keep them sanitized.

It's all in the small things that matter the most, but when used together it plays a massive role in making your home's environment beautifully safe. **E**

**RUGS ADD
CHARACTER TO
THE ROOM. USE
WASHABLE RUGS THAT
YOU CAN REGULARLY
CLEAN TO KEEP THEM
SANITIZED.**

TRAIL O' GRANDEUR

India is the home to an incredible melange of cultures that has always enchanted **Kanika Rekhi** with its vibrant and opulent blend of cultural diversity. She takes us on a cultural trail across the country

The fascination for the cultural delights India has to offer was enough to spark my wanderlust gene that wanted to discover and explore the Indian

magnificence, the medley of cultures that thrive in people, food, history and art. Here are some vignettes of my travel-diary dipped in cultural hues.



UDAIPUR

The City of Lakes can easily be termed as 'Venice of the East'! Time will completely stand still once you start soaking in its beauty, where every click can be deemed as a picturesque painting. Surrounded by seven lakes and hemmed in by lush green hills of Aravallis, dotted with majestic Rajput-era palaces, stately havelis, grand temples and labyrinth of narrow streets, all these add to the old-world historic charm of the city.

WHAT I LOVED: The sunsets are the most surreal here! The sky transforms into a plethora of colours, cotton-candy to amber, and the magical gleam sweeps the entire city, the top of palaces glistening like diamonds. Also, the bites and sights at the Ghats – dining at quaint cafes and rooftop restaurants that offer delicious food with lake views is what I look back fondly upon.

MUST-VISITS: City Palace, Lake Pichola, Jagdish temple, Saheliyon-ki-bari

BEST TIME TO VISIT: September to early April



AMRITSAR

Amritsar, a city steeped in spirituality and sumptuous cuisine will truly leave you spellbound with its warmth and hospitality! With a proud past, glorious present and amalgamation of rich culture, colourful traditions and lip-smacking delicacies, this spirited city will make you feel at ease and peace.

WHAT I LOVED: The Golden Temple, the oasis of bliss with its 'pool of nectar'! The serenity and beauty of it is truly mesmerizing, with the temple emanating an unparalleled golden glow

that could easily be synonymous with tranquility. The 'Langar and Kara Prasad' was a feast for the soul. Being in a city that's a food paradise, the lip-smacking treats like Amritsari Kulchas, the Lassis, dal makhani, and more, took me straight to taste heaven! Buying the intricately handcrafted Juttis and the hand-woven vibrant embroidered floral patterned Phulkaris was a must.

MUST VISIT: The Golden Temple, the Wagah Border, Jallianwala Bagh memorial Park and culinary gems like Kesar Da Dhaba, Kulcha Land, Surjit food plaza.

BEST TIME TO VISIT: November to March

WITH A PROUD PAST, GLORIOUS PRESENT AND AMALGAMATION OF RICH CULTURE, COLOURFUL TRADITIONS AND LIP-SMACKING DELICACIES, THIS SPIRITED CITY WILL MAKE YOU FEEL AT EASE AND PEACE

HYDERABAD

'The City of Nizams', 'The City of Pearls' – these tags are indicative of the abundance of culture, bloom and grandiosity of the city. Discovering the archaeological wonders and historic gems of Hyderabad, getting soaked in its grandeur and splendour was something I had always desired!

WHAT I LOVED: The ornate beauty and grand finesse at Falaknuma and Chowmahalla Palace, exuding magnificence with its smooth white marble floors and gleaming crystal chandeliers, is an experience and royal extravagance to behold! A city that celebrates aromas and flavours with its cuisine, indulging in Hyderabadi food was another of the highlights. From Biryani, Haleem, Lukhmi to Qubani ka meetha, the never ending list was truly an epicurean delight.

MUST-VISIT: Charminar, Chowmahalla Palace, Ramoji Film city, Falaknuma Palace, Laad Bazaar

BEST TIME TO VISIT: October to March 





LET'S TALK FASHION

Time to check out this new Aundh boutique

The summer season has heightened the desire to stock one's closet with the latest styles. With the launch of designer Deepika Rath's new boutique at Seasons Business Square, Aundh, people can fulfill this desire. Rath is the creative director and proprietor of her label Natania, which creates exclusive in-vogue designs made available to all. She has been in the field of design for the past 18 years. Having first started as a web and graphic designer and then moving into the realm of fashion in 2015, she has been dynamic in her approach. Rath studied at The Art Institute of Atlanta for her Bachelorette degree in design and took up an INIFD course to cohesively understand Indian fashion. She has also done courses at Parsons, New York, to equip herself better and keep up with the ever-evolving field of fashion. For Rath, this launch is a mere stepping stone to an even more successful career.

SPEARHEADING CHANGE

Be the change you wish to see in the world



An initiative of Interactive Forum on Indian Economy (IFIE), a non-profit organisation recognized by the Government of India, The Champions of Change Awards, took place recently. It aimed at promoting Gandhian values, cleanliness, community service, and social development. Pune-based Dr Niranjn Mittal, a renowned astrologer, has been awarded the National Award of Champions of Change 2020 for his exemplary literary achievements. This year, the prestigious awards consisted of the following categories - Social Welfare, Culture, Education, Health Care, Swachh Bharat Abhiyan, and Special Contribution in Aspirational Districts, Corona Warrior, and the National Unity. Some of the other prominent awardees included Chief Minister of Goa Pramod Sawant, Union Ayush Minister of India Shripad Naik, Sonu Nigam, Hema Malini, Sushmita Sen, among several others.

WOMEN DO IT ALL

Honouring the inspiring women around us



On International Women's Day, an initiative was undertaken by Sunny Nimhan, director of Sunny's World, to promote women icons pursuing their passion

and excellence and setting an example to other women. Keeping in mind the global pandemic, the felicitation of these exceptional women from West Pune took place in their respective offices by awarding a certificate of appreciation and memento for their exemplary contributions to their respective fields. A live session was also conducted on Facebook by Niveditta Saboo and Nital Rawal, who spoke on the discovery of self through fashion and holistic living, respectively.

But first, chocolate!

We got chocolatier **Deepak Toshniwal** of **Deesha Foods**, to spill on the health benefits and more about chocolate.



Deepak Toshniwal

Who doesn't love chocolates? What if you were to find out chocolates have health benefits too? Notable chocolatier Deepak Toshniwal agrees. The founder of Deesha Foods, a research-based chocolates manufacturing company, tells us more about this sweet delight.

HEALTH BENEFITS

Chocolates have been recorded to be known to man more than 4000 years ago. They are manufactured from the cacao fruit, which have antioxidant properties to them. "In initials days, chocolates were used as medicinal shots to lower blood pressure and dark chocolates are best for cardiac diseases," he notes. But since every good comes with a risk, we raised a question on the health risks associated with consuming chocolate. "Most chocolates available are caramel-based ones which are unhealthy in nature. Pure cacao-based chocolates are always

healthy in nature and also helps to build immunity," he clarifies. Moreover, he also tells us that chocolates can fulfil our cravings and boost our emotions quotient when depressed as flavonoids, caffeine and antioxidant helps boost one's freshness.

Furthermore, on being asked if almonds and other dry fruits make chocolate healthy, he says that as dry fruits contains lots of proteins and many medicinal useful ingredients, adding them to chocolates enhances the healthiness in chocolates. "However, ensure that dry fruits should not be fried in oil and then added as frying it in oil will add more fats to the recipe," he advises.

And of course, we couldn't miss the chance to ask for tips to make healthy chocolates. To which, Toshniwal stresses on making pure cacao-based chocolates as there are different types of cacao, "please opt for cacao butter and avoid palm oil or other unhealthy vegetable fats to make the chocolate. Use less sugar and sweeteners like stevia. Also, add protein rich nuts and avoid artificial flavours."

SPECIAL OFFERRINGS

Talking about special chocolates in the market, he shares with us that Deesha Foods is in to research based chocolates and most of them are special chocolates are designed as per the need of human nature which adds value to the chocolate industry. On chocolates specially made for woman, Toshniwal notes that women suffer a lot during their menstrual cycle, "So we have taken points like cravings, cramps, fatigue, energy booster and bloating and Deesha Foods has come up with world's first-



ever chocolate for women." He further states that after extensive research on herbs, Ayurveda, proteins and vitamins, they've come up with Deesha Sakhi Periods chocolates. "One can binge eat these chocolates any time or during the periods, as it gives lots relief from the menstrual problems. Deesha Sakhi period chocolates comes five different flavours for five days of periods and also does not contain any sugar in it," he explains. We couldn't resist asking if there were any special chocolates for everyone irrespective of gender and age specially which could help with the current pandemic and Toshniwal explained to us that Deesha Foods has excellent team of researchers and since immunity is the need of the day, they've come with Deesha Immunity Booster chocolates which contains iron, calcium, omega 3 and protein chocolates. "These chocolates were made with natural resources and have no sugar content. This can be consumed by any gender and any age and will help you boost your immunity," he signs off with a smile.

Deesha Sakhi Periods Chocolates is already been applied for patent
For more details
Contact : 9601466677
Website: www.deeshafoods.com

ADVANCED DENTISTRY. NOW IN PUNE.

At AO Dentistry, we're all about redefining your idea of going to the dentist. Here's a fully equipped dental clinic you'll come to smiling, and leave with an even more dazzling smile. We are one of the very few dentists in the city who provide single sitting treatments, in house.


At AO, we use the best of technology to fast-track treatment with precision and the best of hospitality to ensure you leave delighted.

We aspire to give you a bite, above the rest.

- ✓ Microscope assisted treatments
- ✓ One visit crowns
- ✓ Intraoral 3D scanner

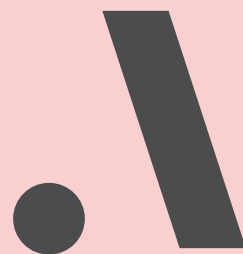
The . club

An exclusive membership programme that makes dental care a part of your life and offers more than a mouthful of privileges.

107, Seasons Business Square, Aundh, Pune 411007,
Maharashtra, India. | ao.dentistry@gmail.com | Follow us on:  

For appointments Call: 91752 10123

A Venture by Miss Dentist



AO DENTISTRY

A bite above the rest

