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RESOLUTIONS  
**Beauty  
affirmations  
FTW**

# THE REIGNING QUEEN

**DEEPIKA  
PADUKONE**

ON LEARNING,  
LOVING, AND  
LOOKING BEYOND

**FINANCE  
FOCUS**  
SAVING PROSPECTS  
FOR GIRLS



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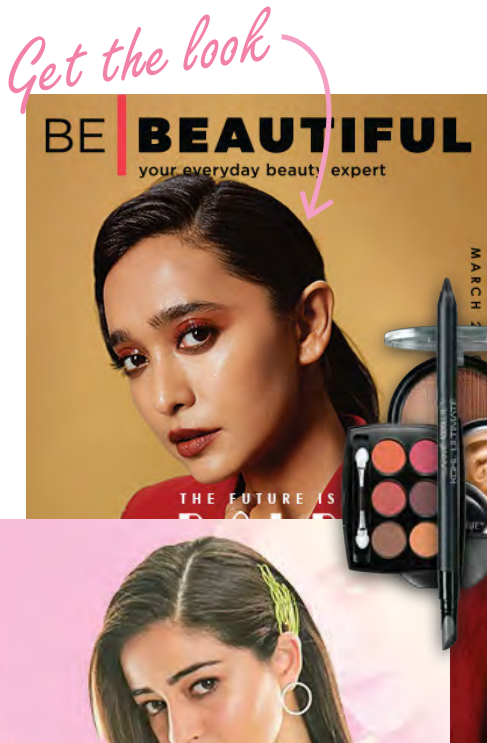
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# EDITOR'S LETTER



WHILE  
2020 WAS A  
COMPLETE  
WASHOUT,  
LET THIS  
YEAR BE  
ABOUT NEW  
BEGINNINGS,  
AS WE ARE  
SEEING  
HOPE OF  
REVIVAL  
EVERYWHERE

Welcome to 2021 and wishing you all a very Happy New Year! As we enter a new decade—2021-2030—we start it with new hope and aspirations. While 2020 was a complete washout, let this year be all about new beginnings, as we are seeing hopes of revival everywhere. With the vaccine out, life might probably start limping back to some normalcy and soon get back on track. We must try and put behind us all the dark memories of life coming to a grinding halt as Corona's minute spikes engulfed our planet. Industries like travel, entertainment, and sports are bouncing back, and we will soon see ground events back in action. This year will also usher in new beginnings for many who lost their jobs in the pandemic and are looking forward to starting life anew. Kids will finally get back to school, and offices will reopen, though work-from-home will always remain an option now for the cost-conscious.

The pandemic has taught us all to live with less, and, hopefully, this new awakening and consciousness will help us build a better and more sustainable world around us. There will be less clutter around, and less might finally become more. While masks will still be a regular feature, the world will also open, and travel will resume like before.

With New Beginnings as the theme for this issue, our cover girl, the gorgeous and lissome superstar, Deepika Padukone, shares how critical this year is going to be for her with five new movies lined up. In an exclusive interview, she gets candid on life post marriage, on her relationship with Ranveer Singh, and on dealing with the highs and lows of life. In our other features, we bring you the trends of 2021 in fashion, beauty, and travel.

Here's to a fabulous new year and wishing everyone positivity, health, and happiness. May this new decade be a turning point in our lives.

*Ruchika*  
**RUCHIKA MEHTA**

 @ruchikamehta05  @ruchikamehta05



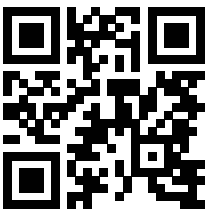
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FASHION COORDINATOR & STYLIST Radhika Gattani

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VICE PRESIDENT-CONTENT STUDIO Vidyut Patra



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## COVER CREDITS



MODEL: DEEPIKA PADUKONE;  
PHOTOGRAPH: HOUSE OF PIXELS;  
STYLED BY: SHALEENA NATHANI;  
HAIR: YIANNI TSAPATORI;  
MAKEUP: DANIEL BAUER

### BRAND SOLUTIONS

BUSINESS DIRECTOR Sunil Wuthoo,  
sunil.wuthoo@wmm.co.in

#### WEST

VICE PRESIDENT & BUSINESS  
HEAD-FEMINA SALON & SPA Gautam Chopra,  
gautam.chopra@wmm.co.in

ASSOCIATE VICE PRESIDENT Reena C Dave,  
reena.dave@wmm.co.in  
Sriram Krishnan, sriram.krishnan@wmm.co.in  
Leena Bhandari, leena.bhandari@wmm.co.in  
AHMEDABAD Kamal Rajput,  
kamal.rajput@wmm.co.in

#### NORTH

VICE PRESIDENT Anjali Rathor,  
anjali.rathor@wmm.co.in  
Sachin Saxena, sachin.saxena@wmm.co.in.  
JAIPUR Pushpesh Sood, pushpesh.sood@  
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#### SOUTH

VICE PRESIDENT & BUSINESS HEAD-FEMINA  
TAMIL Pravin Menon, pravin.menon@wmm.  
co.in  
CHENNAI ON Rajesh, on.rajesh@wmm.co.in  
BANGALORE Sen Thomas, sen.thomas@  
wmm.co.in

#### EAST

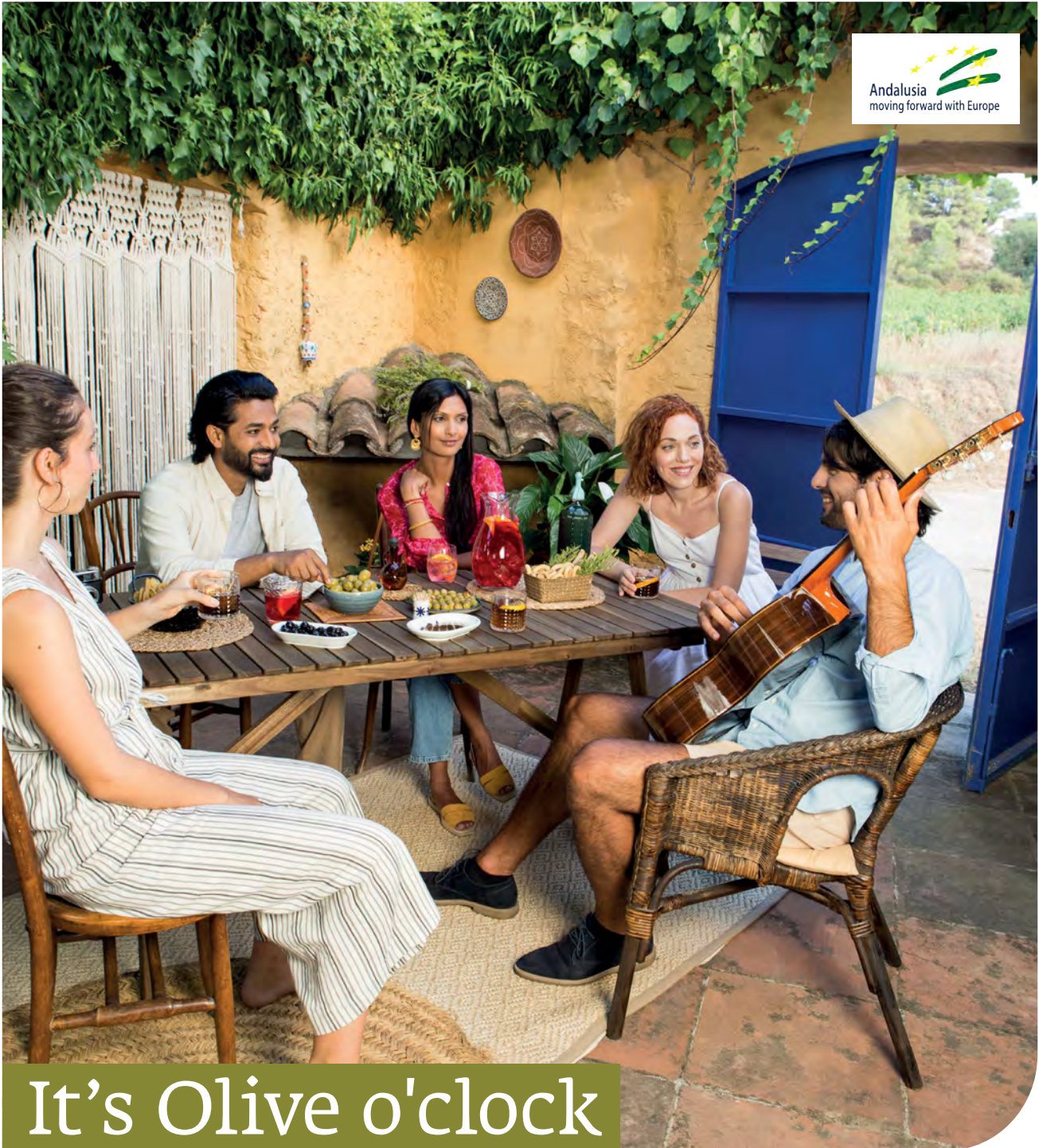
ASSISTANT VICE PRESIDENT Alka Kakar  
alka.kakar@wmm.co.in

### FOR SUBSCRIPTIONS

MANAGER MARKETING  
Asha Kulkarni  
asha.kulkarni@wmm.co.in  
ASSOCIATE GENERAL MANAGER  
(RMD MAGAZINES) Sakshi Kate,  
sakshi.kate@timesgroup.com

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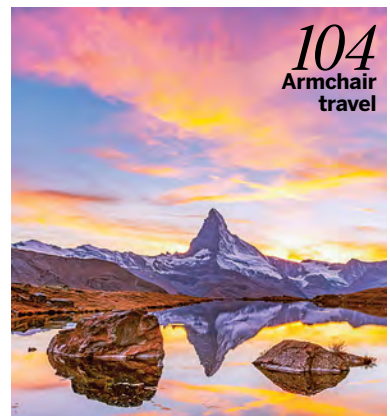
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FESTIVE FAVOURITES

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MAKE CHRISTMAS  
MERRIER WITH  
NUTRITIONIST-  
APPROVED  
HEALTHY  
DESSERTS

Merry Eating

13 AYURVEDIC HERBS  
FOR BOOSTING  
DIGESTION

Goodbye Indigestion



What are your New Year resolutions looking like?



**Uma Maheswari Naredla**  
@UmaNaredla5

Try to go out more!



**Sukriti Shahi** @SukritiShahi

My resolution is to stick to my resolution this year which is sticking to my fitness regimen.



**Priyanka Acharya**  
@ThePriDoll

Increase my reading list. Keep exploring new food trends. Have no regrets!

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# WE HEAR YOU!

Write to us at [femina@wmm.co.in](mailto:femina@wmm.co.in)

Team *Femina*, you have done it again! Yet another wonderful issue with a strong and bold woman on the cover. Masaba has been one of my favourites—not only as a designer, but also as a person who took charge of her life. To see her on the cover of my favourite magazine added to the charm. I also loved reading about IRS officer Aman Preet who could have enjoyed the lockdown with her daughter, but turned to society to distribute pads to women in the underprivileged sections of society. Reading about them was a true pleasure.

**Swati Mehta, Bengaluru**

I absolutely loved your year-end issue. It was all kinds of perfect for the season with just the kind of fashion and beauty stories needed at the moment! 2020 was such a blur, but *Femina* has always managed to make my day brighter, especially with the stories of inspirational women. I hope to keep reading more such great stories in 2021 and in the years to come.

**Rachel Pinto, Mumbai**

I absolutely loved the cover story. It's so inspiring reading about women like Masaba Gupta, Priyanka Chopra-Jonas, Kamala Harris and Gita Gopinath in the previous issues who are truly self-made women. I would like to congratulate *Femina* for always bringing up such inspiring stories in every issue. I also really liked browsing through the relationship stories that always give an insight into intricacies that are not really spoken much about.

**Sharon D'Souza, Aurangabad**



I loved the black-and-white cover of the latest *Femina* issue. So classy! Being a graphic designer, how an article looks is as important to me as what is written. The Big Story on Masaba Gupta with the black-and-white photo series also made for great visuals. Speaking of visuals, the interiors

article was as good to look at as it was informative. I look forward to what *Femina* comes up with next!

**Rasika Sinha, New Delhi**

I am a beauty lover! Everything about beauty interests me. I loved reading in-depth, insightful articles on the beauty industry in this issue. Reading about the beauty industry's transformation into a contactless industry during the pandemic was interesting. It gives a good perspective on how we can expect the industry to change in the future.

**Kruti Tejpal, Panjim**

Reading *Femina* is always a pleasure as I get my answers to everything from budding career opportunities to upcoming beauty and fashion trends. I especially love bookmarking the recipe stories that have helped me through the lockdown.

**Shruti Pednekar, Mumbai**

I loved the unique reverse cover concept of the December issue as it was a first for me! I could flip from the front and back to read the articles. I was majorly impressed by the article on education loans as I have recently secured a loan and was looking for more information on repaying the same. Kudos!

**Rajni Gowda, Mysuru**



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Vidya Balan



DEEPIKA PADUKONE

THE  
SHINING  
STAR

SHE HAS SEEN THE HIGHS AND LOWS, AND HAS PULLED HERSELF UP LIKE A PHOENIX FROM HER LOWS. AS THE COUNTRY CHEERS ONE OF ITS FAVOURITE ACTORS ON, THE SVELTE [DEEPIKA PADUKONE](#) TALKS TO **RUCHIKA MEHTA** ON LEARNING, LOVING, AND LOOKING BEYOND

Photographs **House of Pixels** | Styling **Shaleena Nathani**





angorous legs, a sinuously sexy smile, an athletic body that is beyond hour-glass perfect... Add to that a calm, pure soul, a deep intellect, and eyes that seek honesty in all it purviews... Deepika Padukone is not just a superstar courtesy her hits, but in the real sense a star who crosses the cinema galaxy once in a very rare, blue moon.

Deepika was a winner the moment she was discovered and catapulted onto the ramp. Once there, the world of [fashion](#) marvelled at her persona that sparkled like a million bulbs coming alive. She stayed there for a very short, eventful time, until, lo and behold, she was hand-picked to play a role opposite Shah Rukh Khan. She arrived on the Bollywood scene like the veritable icing on the cake, acting opposite a superstar whom she matched perfectly, frame by scintillating frame. The rest, as they say, is history.

In her acting career, Deepika has pushed her emoting, expressing prowess to new boundaries with each release. Versatility is the cornerstone of her work trajectory. Yes, she has done the 'run around the trees' routine for commercial success, however, with that stereotype has simultaneously emerged Deepika, the woman with a voice. For every *Chhapaak*, a *Piku* or a *Housefull*. Time and again, she has been sought out to play roles

of historically-powerful women. Padmavati, the gutsy Maharani, Mastani who helped Bajirao in his warfare, and Leela in *Ram-Leela*, in which love triumphs even in death. Deepika has done justice to all these roles.

It is in these movies that also emerges the sheer *joie* and chemistry shared by her and her now husband, Ranveer Singh. Bollywood's Couple No. 1, Deepika-Ranveer are quite the duo. For every deep emotion in Deepika, there is a crazy Ranveer move; for each of her pensive thoughts, there is a bid to sweep her off her feet with his wit. For every low that Deepika feels, there is a high that Ranveer peeps her up with. Yes, for Deepika—shy, reticent, and also deep—Ranveer is like an adrenaline rush.

The world marvelled at the way she admitted to fighting depression. It was like a superstar allowing you to gaze through her gilded armour. It made headlines and gave so much hope to many young, isolated souls floating silently through life saddled with the same predicament of the mind. The daughter of Prakash Padukone, India's biggest badminton star, Deepika shows guts. She stands up for what she believes in.

A muse, a voice, a powerful woman, self-made and proud to have stormed the bastion of an alleged parochial industry, Deepika sparkles down to her soul and is on her way to become India's most legendary star. This year will be special for her in so many ways with her working simultaneously in five big movies. For her, even the sky does not seem the limit.

## ON BEING A SUPERSTAR

"Honestly, I don't consider myself a superstar; I don't feel like one. I don't feel any different from anyone else. In my mind, I feel like any other girl who has been fortunate enough to have the love and support of her family to be able to do the things that she loves doing, and something that she always wanted to do. Along the way, I've had opportunities and I've worked hard and made sacrifices, and I am where I am. So, I don't and can't view myself as anything but a regular girl. That is probably a question maybe my parents or someone in my family or my friends would be able to answer better. I now look back at life with gratitude. I'd say the only difference is I was 16 then and I am 35 now, but I still wake up wanting to make my parents proud, wanting to achieve my personal and professional goals with that same passion and enthusiasm."

## ON REALISING SHE WANTED TO BE AN ACTOR

Her dad, Prakash Padukone, was a badminton champion, and she also played the sport early in her years. >

“  
*I FEEL LIKE ANY  
OTHER GIRL*  
WHO HAS BEEN  
FORTUNATE ENOUGH  
TO HAVE THE LOVE  
AND SUPPORT OF HER  
FAMILY TO BE ABLE TO  
DO *THE THINGS THAT  
SHE LOVES*  
”





While playing [badminton](#) for her would have been an obvious choice, she opted to be an actor. “I was playing professional badminton in school until I was 16, and even represented the state. But then I think as you start getting into high school, you start reflecting on what you want to do with your life and that is when I started realising that sports was not something wanted to pursue for the rest of my life. At that point, I also had enough exposure to other curricular activities like modelling, dancing, music in our school, and knew I wanted to be in the arts. When I took a break from badminton to prepare

for my board exams, it was a good transition period. I don’t think my parents were shocked or surprised either, because, right from childhood, they had seen where my interest was and had been supportive.”

### ON THE NATURAL TRANSITION

“It’s a bit strange as I actually only wanted to be a model and had this clarity even as a young girl. I always knew that modelling was something I wanted to do, yet every time we watched a movie in the theatre and watched an actor on screen, I felt like that is me, and I could be that one day. I had a dream of becoming an actor, but my reality was being a model. It was like being a model in the daytime, and an actor at night. Without knowing how I was going to achieve it, and whether I was capable of it, it felt familiar. In fact, as soon as I had started modelling, I had started getting offers from some of the biggest producers. At that time, I wasn’t ready and turned down a couple of projects. But, by the time I was 19, *Om Shanti Om* happened. Farah (Khan) offered me the film; the rest is history.”

### NEW YEAR, BIG PLANS

The new year is going to be a special one for Deepika with five big films lined up, something like 2013, when she gave big hits like *Ram-Leela* and *Chennai Express*. So which role excites her the most? “That is like having five different children and being asked to choose one. I have always been someone who only says ‘yes’ to a project when it comes from my gut, and I know I have something special to offer as a character. So, it’s not like I planned it; in 2013, I remember people asked me, ‘Oh, did you plan four or five releases a year?’ No! When these films are written or offered to you, you never know how they will play out. These things are beyond your control, and I’ve had years when I’ve just had one or two releases. This year I am going to be doing five films. I think in some ways the pandemic panned out creatively because it was a time when people in the arts were writing and they were coming to me with stories I really connected with. By August/September, I knew what my line-up was for the next couple of months.

“So, I immediately started with Shakun Batra’s film, which is a relationship story that we haven’t seen in >

“

***I SAY ‘YES’ TO A PROJECT WHEN IT COMES FROM MY GUT, AND I KNOW I HAVE SOMETHING SPECIAL TO OFFER AS A CHARACTER***

”

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**WHEN I FIRST CAME TO BOMBAY,** I DID NOT HAVE A ROOF OVER MY HEAD, AND WORKED HARD ENOUGH **TO BUY ONE**  
”

Indian cinema before. Then there is *Pathan*, an action film with Shah Rukh Khan, next is Nag Ashwin's multilingual film with Prabhas. Then I am doing which is a remake of Anne Hathaway's movie *The Intern*, which is so relevant in today's times when you have the millennial and the older generation coming together. And then, the most famous story coming out of our country, *Mahabharata*, in which I am playing Draupadi; I want to tell that story to the world.

### ON BEING VERSATILE

From playing roles like a glamour girl in *Cocktail* to playing a queen in *Padmaavat*, to being the daughter of an OCD-driven septuagenarian dad in *Piku*, she has perfected every role she plays, and never stereotyped herself. “That is because of the fear of being typecast, and I give myself credit for choosing the right scripts. I also give credit to the writers and directors who can see me in such a diverse way. Whether it's Imtiaz (Ali), and Homi (Adajania), who can see me in roles in *Love Aaj Kal* and *Cocktail*, or someone like Shoojit (Sircar) who can see me in a *Piku*, and then you have someone like a (Sanjay) Bhansali who can see me in *Padmaavat*, there is Rohit Shetty who cast me in an outright comedy film. I give my writers and directors credit for seeing me in such varied ways and giving me opportunities. It truly is an actor's dream, and I couldn't have asked for more.”

### ON BEING THE GIRL NEXT DOOR

Growing up in Bengaluru made Deepika a simple, grounded girl, who is also a total home bird. “Those were such beautiful idyllic days in Bangalore. I miss the simplicity. There is a sort of grounding and rootedness that I experienced growing up. Life out there is very simple, and it is how it is. People are who they are; what you see is what you get. People live within their means, and they are very happy and satisfied. I think I owe it all to my upbringing as I always wanted to make my [parents](#) proud and learnt to take responsibilities in life. So, my typical day is like anyone else's, where I wake up and, sometimes, there is no water in the tap, or there's some problem with the staff. It is like any other home or situation, which I handle on my own. That's the way I have been brought up. I don't know whether I do this intentionally or whether that is second nature to me,

but including things like packing, unpacking, ordering groceries, managing the home and office—I do it all myself. And Ranveer keeps saying why do you want to get into it yourself, but I don't know any other way of being. I am extremely hands-on with my home, with my staff and any other issue that one must deal with on a daily basis. I am very home proud and have worked hard. When I first came to Bombay, I did not have a roof over my head, and, worked hard enough to buy one. I know the sacrifices that I have made and the hard work I have >





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put in to get where I am today. Managing a home is not a chore—it is something I enjoy doing. For instance, when I have people over, I don't just get a party planner. I set the menu myself, serve home-cooked food because that's how I have seen it with my mother; we are still very traditional."

### EARLY MENTORS

"Besides my parents, I'd say Anila Anand (producer), professionally. She is really the person responsible for introducing me to the modelling world and ensuring I did the right campaigns. Photographer Atul Kasbekar is another person who really took me under his wings and held my hand through the entire process. When I started off, my parents were doing everything, and the concept of an agency was absolutely alien to us in India. After

“  
**AS AN ACTOR, HE (RANVEER)**  
IS PROBABLY THE BEST WE'VE  
HAD IN A REALLY LONG TIME;  
**HIS VERSATILITY IS UNMATCHED**  
”



the first meeting, Atul signed me up. My parents were thrilled because we never knew how to read contracts, or how to negotiate, so we welcomed all the help. And then, of course, some of it is also my own learning. I hit the ground running and learnt on the go, right from what one must do in front of the camera to everything that goes on behind the scenes—negotiations, money, contracts. We have also been taken for a ride and have made mistakes. Shah Rukh and Farah, from the time they decided that I was their girl, and they were going to launch me, have always looked after me. That emotion will never change. It has been 13 years since *Om Shanti Om*, and Shah Rukh still corrects me and is very protective. Farah is like my second mother. They both groomed me on how to conduct myself in front of the media, and presented me well, not just during the film, but also during marketing and promotion. The audiences take to certain pairings. For me, whether it is with Shah Rukh, Ranveer, or Ranbir, these pairings have become iconic. Chemistry is not something you can create, though certain films and characters are written a certain way, but at the end the two energies come together. It's not on paper, sometimes magic just happens. And, fortunately, I have had it with a couple of them."

### ON MARRIAGE AND **RANVEER**

Deepika started Phase 2 of her life with Ranveer as her partner; they are amazing together and there is that certain aura of friendship and togetherness around them. He has that undeniable infectious energy. So, what attracted her to Ranveer? "Everybody talks about his energy but what most people don't realise is that this is not who he is all the time. What attracted me to him was the fact is that we have been together for eight years and are still discovering each other. I think that is the beauty of our relationship. We started off not as lovers but close friends, who connected at some level, even though we are very different people. So, even today, I don't think he knows everything about me, and I can't say I know everything about him."

What does she think of him as an actor? "As an actor, he is probably the best we've had in a really long time; his versatility is unmatched. I don't think there's any actor in the current generation who has his versatility. Very often you still see the actor in the character, but, when you see Ranveer play a role, there is an absolute transformation and I haven't seen that in a long time. Professionally, whatever he's achieved is there for everybody to see... But, at a personal level, he is all heart, and his sense of humour, his achievements, his versatility, his warmth are obvious. But, beneath all of that though, he is extremely childlike. Ranveer still lives in a bubble and, if he had a choice, he'd continue living in that bubble: of just being >

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untouched, innocent, and with lots of love to give.”

Professionally, do they take advice from each other? “We talk about things, he’ll talk about his meetings, films that he has been offered. I’ll talk about things that I’ve been offered and am considering, but, we do not interfere in one another’s professional decisions. Of course, if he’s had a hard day or I’ve had a hard day or if things are not going well, or even if they are going well, we’ll definitely share with each other, talk and guide each other, but, at the end of the day, the final decision is one’s own.”

What binds them most? “I think food, to begin with. We both love eating and can keep eating all the time. I think it is also our love for home—both of us love being around family. The minute we have any time off, our priority is spending quality time with each other. We both love travelling. We love the sand, sun, and the sea. It would be a problem if one loved the mountains and the other loved the ocean, but, fortunately we are both water babies and love the ocean. We both also swim well and love water sports and enjoy doing this together.”

### ON FIGHTING DEPRESSION

Behind Deepika’s effervescent personality, there’s also a deep-seated battle with depression, and she came out and spoke about it, helping many out there to not see it as a taboo and seek help. What made her take this bold step? “I didn’t think of it as a bold decision. I thought of it as being honest with feelings and emotions that I was dealing with, and felt it was important for me to share this with the world. I was dealing with it myself and realised

## 5 QUICK

### Your dream role?

A beautiful love story

### One Hollywood actor or director you really want to work with?

Internationally, Damien Chazelle. He made *La La Land*.

### Any passion that you want to pursue that you don’t get time to?

Learning to play the piano

### Your favourite dish?

Home-cooked South Indian food

### If you weren’t an actor, what would you be?

An interior designer or a homemaker—I’d love being a homemaker.

### What is on top of your bucket list?

I want to go trekking, somewhere in India. I remember, a couple of years back, we had booked one, but it got cancelled as there was a landslide there.



“

**IF YOU KNOW YOU ARE STRUGGLING WITH MENTAL OR EMOTIONAL ILLNESS, SEEK HELP. ACCEPTANCE IS THE FIRST STEP**

”

the kind of stigma around it. I remember waking up one day and thinking: why are we dealing with it like this, why should I make sure that the media does not find out or doesn’t see me at a therapist’s clinic, why should my prescription not have my name on it? We have to come out and get treated. So that is one of the reasons, apart from being honest with my emotions. If I had to give a piece of advice, I’d say if you know you are struggling with mental or emotional illness, seek help. Acceptance is the first step. Just as we have physical illnesses, we can have mental illnesses as well.” **F**



# BETI AUR BACHAT

Here are the top schemes for your girl child from the Indian government

## SUKANYA SAMRIDHI YOJANA

- A savings scheme featuring the girl child as the primary account holder, and the parent or legal guardian as a joint account holder.
- Needs to be opened before the girl child turns 10.
- Contributions should go up to 15 years.
- Amount: ₹1,000 to ₹1.5 lakh annually.

## BALIKA SAMRIDHI YOJANA

- A scholarship scheme to support a below-poverty-line girl child and mother.
- A cash benefit of ₹500 is provided to the new mother of a girl child after delivery.
- Annual school scholarship from ₹300 to ₹1,000 upto std X.

## CBSE UDAAN SCHEME

- A scheme to increase enrolment of girls in engineering and technical colleges across India.
- Free course materials for students in std XI and XII.
- The annual income of the student's family must not exceed ₹6 lakh annually.
- Girl student must be enrolled in the physics, chemistry or mathematics stream in std XI and XII in a CBSE-affiliated school.

[CLICK HERE TO READ MORE](#)



# GIRL POWER

A daughter's education and marriage are key financial goals for most Indian parents. **Babar Zaidi** finds the best instruments that can help you reach them

Feature courtesy **ET Wealth**



**C**OVID-19 was raging and several parts of Mumbai were locked down, but that didn't stop Sarika Sinha from giving her daughter the best gift a parent can. Last month, the Mumbai-based finance professional opened a Sukanya Samriddhi Yojana account for her daughter Praashvi. "I will put the maximum ₹1.5 lakh in this scheme every year," she beams. Financial planners say the Sukanya scheme is a good option for parents with daughters below 10 years. "The scheme offers

assured returns, so there is a predictable compounding of the investment every year," says Pableen Bajpai, founder and managing partner, FinFix Research and Analytics. "What's more, the interest is fully tax free. Parents should not let go of this opportunity," she adds.

While the Sukanya scheme is indeed a good investment, the problem is that it might not be enough

to save for the education that Sinha has in mind for her daughter. The scheme has an annual investment ceiling of ₹1.5 lakh. Also, it offers 7.6 per cent interest right now, though this could change in the future. Assuming an interest rate of 7.5 per cent per annum, Sinha's investments would grow to about ₹46.5 lakhs when two-year-old Praashvi is ready for college after 16

years. That's a sizeable sum, but will fall well short of the targeted ₹1.1 crore. Education inflation in India is very high, with costs escalating almost nine to 10 per cent every year. The ₹25 lakh needed for college today would have risen to nearly ₹1.1 crore by 2036. To augment Praashvi's college kitty, Sinha and her husband have started SIPs in two equity funds and a hybrid scheme. They are putting ₹12,500 a month into these three schemes. "We have assumed conservative compounded returns of 10 per cent over the next 16 years," she says. The investments would grow >

**EDUCATION INFLATION IN INDIA IS VERY HIGH, WITH COSTS ESCALATING ALMOST NINE TO 10 PER CENT EVERY YEAR**

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to around ₹60 lakh in 16 years, complementing the ₹46.5 lakh corpus of the Sukanya scheme.

If you are also saving for your daughter's education, use a mix of equity funds and debt instruments to reach your goal.

Besides planning for ₹1.16 crore for Praashvi's higher education in 16 years, the Sinhas are targeting a corpus of ₹2.17 crore (₹40 lakh at today's prices). For this very long-term goal, they plan to start SIPs in a couple of equity and hybrid funds. Assuming compounded returns of nine per cent, they need to invest ₹20,000 per month. If that's high, they can start with ₹12,500 a month and increase by five per cent every year.

## RISK OF RUPEE DEPRECIATION



The Sinhas have assumed education inflation at 10 per cent. However, the costs could escalate more for someone aiming at foreign education for their child. The depreciation of the rupee against major currencies will add to the burden. As a hedge against currency depreciation, financial planners are now advising such clients to invest in foreign stocks or to buy mutual funds with exposure to foreign markets.



When it comes to saving, the earlier the better

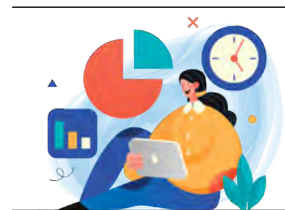
## YOU COULD ALSO INVEST IN MUTUAL FUNDS WITH SOME PORTION OF THEIR CORPUS INVESTED IN FOREIGN STOCKS

“A parent who plans to send her daughter abroad for education should have about 30 per cent of her equity portfolio in foreign assets,” says Deepti Goel, associate partner with Alpha Capital, a Delhi-based financial advisory firm. One can open an account with a foreign brokerage house or an Indian entity that facilitates such investments. Many such outfits have mushroomed in the past few months. Leading Indian brokerage houses also have tie-ups with foreign brokers.

It's much simpler to invest in Exchange-Traded Funds

(ETFs) linked to foreign indices. Motilal Oswal, for instance, has a Nasdaq ETF that is traded on the stock exchanges in India like any other share. All you need is a demat and trading account with a broker. You could also invest in mutual funds with some portion of their corpus invested in foreign stocks. For instance, the Parag Parikh Long Term Equity Fund invests almost 25 per cent of its corpus in US stocks, including Amazon, Alphabet, and Facebook. You will have to keep a close watch on these funds and the US markets.

## EARLY BIRD ADVANTAGE



Whether you are investing in fixed income schemes or market-linked options, keep one cardinal rule in mind: the earlier you start, the easier it will be to reach your target. You will not only have to invest less, but will also not have to take very high risks with your money. Delhi-based Atul Tater started saving for his daughter's education when she was only a year old. He bought three life insurance policies that would mature around the >





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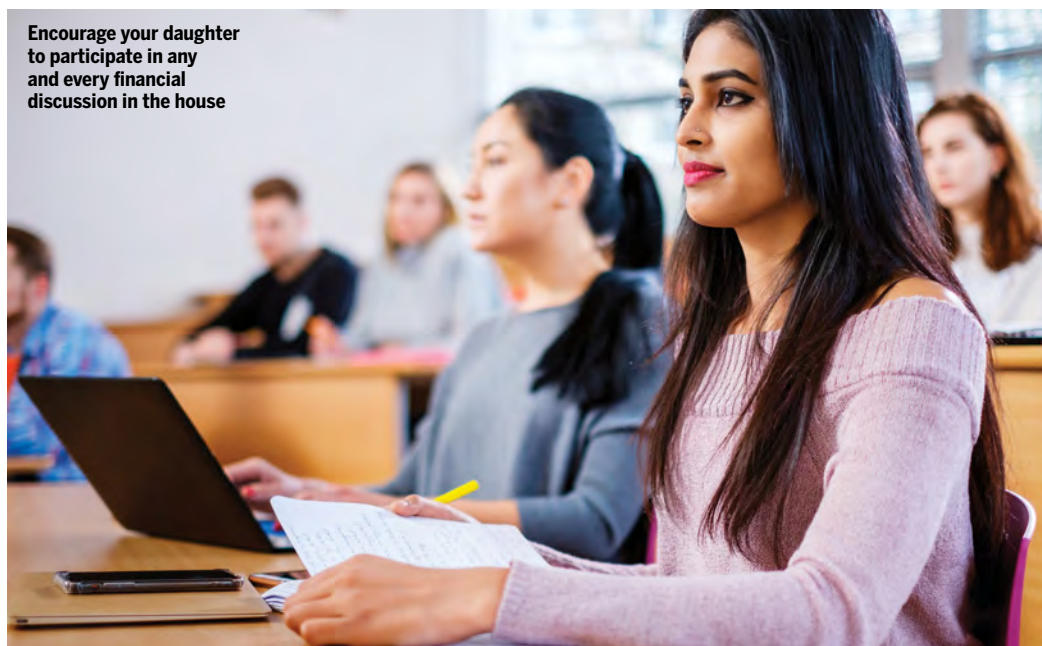
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time Anoushka would be ready for college in 2022. “Fifteen years ago, it wasn’t easy putting away ₹3 lakh a year,” he says, “but my daughter’s education was an important goal for us.”

Atul and Preeti Tater started saving for their daughter’s education when she was only a year old. They have invested in a mix of traditional life insurance policies and equity mutual funds. Since the goal is coming closer, they are gradually shifting their mutual fund corpus from equity schemes to debt and liquid funds. Tater realised that his insurance policies alone will not help. Life insurance companies use absolute returns very effectively by highlighting the huge maturity amounts of traditional endowment policies. The investor misses the impact of inflation. If we assume five per cent inflation, in 10 years, the purchasing power of ₹10 lakh reduces to ₹6.1 lakh. In 15 years, it is less than ₹5 lakhs. The maturity amounts seemed huge when Tater was buying the insurance policies, but inflation has reduced their purchasing power. So, he also invested in a mix of equity and hybrid funds to boost the corpus. Though his investments earned good returns, Tater has been prudent in managing the risk. “The goal is just two years away, so I need to reduce exposure to volatile investments,” he says. In



Encourage your daughter to participate in any and every financial discussion in the house

## PARENTS CAN TRANSFORM THEIR DAUGHTER’S FINANCIAL LIFE BY TEACHING HER THE BASICS OF PERSONAL FINANCE

the past one or two years, he has gradually reduced the exposure to equity funds and moved to the safety of debt and liquid funds.

Retired PSU manager GS Prasad is also playing it safe with the ₹25 lakh he has saved for his 25-year-old daughter Sunitha’s marriage. “About two years ago, I pulled the money out of equities and put it in fixed deposits,” says the Bengaluru-based retiree. His entire portfolio, including the ₹25 lakh needed for his daughter’s marriage, is in fixed income instruments. Unlike most parents, Prasad doesn’t want his daughters to follow the conservative allocation of his portfolio. Rather, he has advised them to invest in equity funds through SIPs.

### ENLIGHTEN AND EMPOWER



Apart from saving money for their education and other goals, parents can give their daughters something far more valuable: they can empower their girls to become self-sufficient in handling their finances and managing their investments. “A parent can transform his daughter’s financial life by teaching her the basics of personal finance,” writes Preeti Pruthi, director

with MyMoneyMantra. “A child who learns about money management early in life is better prepared for challenges in the real world.” Prasad advises Sunitha on financial matters, and has introduced her to equity funds through SIPs. Though he is conservative with his own investments, he is not imposing his choices on her. Indeed, there’s no reason why the portfolio of a 25-year-old engineer earning a good salary should mirror that of a retired person. “I am looking for safety at 61, but, at 25, her investments should be geared towards long-term growth,” he says.

Financial literacy will protect your daughter against frauds and mis-selling. As Pruthi points out, no school or college teaches money management skills, so the responsibility is squarely on you as a parent to mould your child’s financial future. Make her as much a part of money decisions as anybody else in the family. **F**

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## UPHOLDING LOCAL ARTISANS IS FABINDIA'S APPROACH FOR EMBRACING **#beVOCALshopLOCAL**



**Dipali Patwa**

Fabindia is the largest private platform for products that derive from traditional crafts and knowledge with pan-India presence. Dipali Patwa, Group Head of Brand & Community, Fabindia, sheds light on Fabindia's 'Artisan Revival' initiative, which encourages everyone to join hands and parade their social commitment

### **CAN YOU ELABORATE ON FABINDIA'S USP?**

Since the early '80s Fabindia has been known for garments made with handwoven and hand-printed fabrics. We launched the non-textile range in 2000, which was followed by organic foods in 2004. Finally, personal care products and handcrafted jewellery were introduced in 2006 and 2008, respectively. What's common is that all the segments depicted Fabindia's commitment to high quality, locally sourced materials and ingredients, which is our USP.

### **WHAT IS THE SOURCE OF SUCH GREAT PRODUCTS FOR YOUR UNPARALLELED COLLECTIONS?**

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where the company works closely with the artisans, providing various inputs including design, quality control, access to finance, and raw materials. Our endeavour is to create sustainable livelihoods in the rural sector, in sync with immersing our customers to a lifestyle that offers an alternative to the mass-produced.

### **CAN YOU WALK US THROUGH THE FABINDIA REVIVAL SALE?**

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### **WHAT ARE THE MAIN OBJECTIVES OF THIS INITIATIVE?**

Fabindia works with over 55,000 artisans from across the country. So we are inviting the community to work towards the motto 'Revive, Sustain, and Empower', asking people to reflect on their choices, empower the unempowered, and support what is local. The pandemic has pushed us to realise that we need to work together and support rural communities that give so much to us! This cause is extremely close to our hearts and is at the core of who we are.

### **HOW CAN CUSTOMERS BE A PART OF THE INITIATIVE?**

In order to be a member of the FabFamily, you have to follow three simple steps. First, enrol by signing up and sharing your contact details. Second, earn points by shopping with us. Third, redeem your points. Through this, you get exclusive access to Artisan Revival.

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# RAISING GRATEFUL AND **SELFLESS KIDS**

Raising grateful children is one of the most fundamental responsibilities of parenting, writes **Kayalvizhi Arivalan**

**I**t's that time of year that brings a lot of festive cheer. Christmas and New Year is also a time to teach your kids the importance of gratitude. Gratitude is the art of giving conscious thanks for all that we have, all that we don't have, and the things that we usually take for granted such as the roof over our heads, food, water, electricity, parents, friends and teachers. Gratitude starts with noticing the goodness in life.

## **START YOUNG**

Gratitude, if practised daily from a very young age, has many mental, emotional and physical benefits for children. It allows them to be grateful for the littlest of things in life, and to appreciate and acknowledge all their privileges. It helps them live a healthier and happier life, free of stress, and makes them feel happy and cheerful inside and out. It helps them build better relationships with themselves and others, and develop a helping nature at a younger age. "Children as young as 15 months can begin to grasp concepts that lead to gratitude," says child psychologist Dr Shyamala Sundari.



## CHILDREN AS YOUNG AS 15 MONTHS CAN **BEGIN TO GRASP CONCEPTS THAT LEAD TO GRATITUDE**

"By age four, children can understand being thankful not only for material things like toys but also for acts of kindness, love, and caring." She adds that one cannot expect children to develop gratitude overnight. "It takes months of constant practice and motivation," she says.

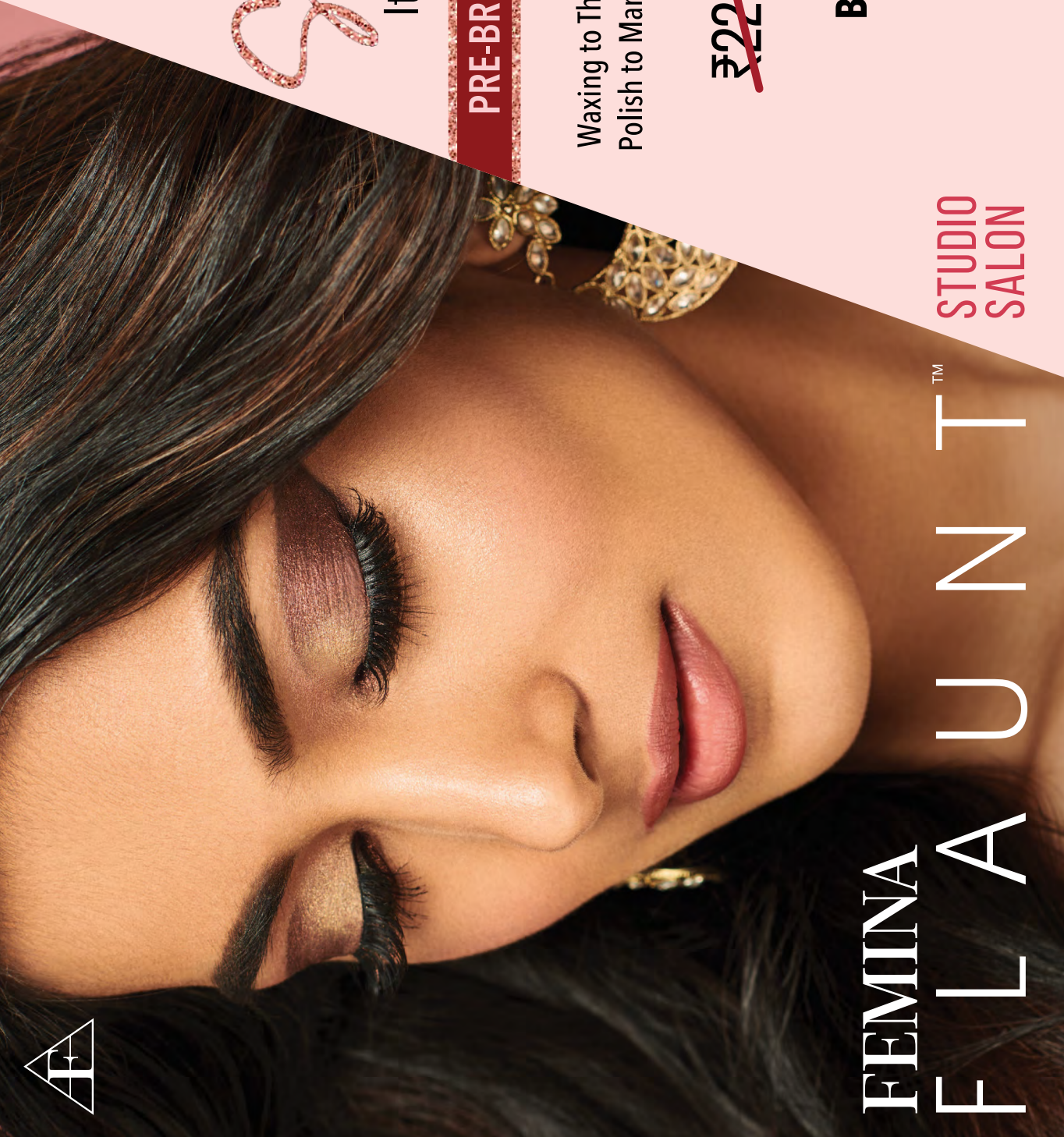
## **LEADING BY EXAMPLE**

The best way to teach your children about gratitude is by leading by example. You must put gratitude in action in your daily life, and allow them to witness it firsthand. A simple 'thank you' to your partner for chores done, a prayer offering thanks for the food you eat when

you sit together for a meal, even a heartfelt apology when you are at fault are great ways to teach them to be grateful. "Society needs empathy and decency to uphold humanity," avers Priyadharshini Aravindhan, mother of two daughters, who has always been vocal about parenting issues on social media. "Let's start cultivating humanity through our kids by teaching them what gratitude is. Encourage them to say 'thank you', 'please', 'sorry'. >

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Teach them to be content with what they have. Parents should lead by example for all this to happen.”

### NOT JUST WORDS

One can use sign language to begin with, as children tend to grasp signs better than words in the early years. “We started teaching our son action words when he was a year old,” reveals Thanigasalam Murugadhas. “It was a bit funny for him and us, but he picked up the actions sooner than we expected.” He is proud of his four-year-old who always greets elders with folded hands and a big smile when he meets them. He adds that, after a point, he started expecting ‘thank you’s and ‘welcomes’ even from his parents. “When he helps his mom with the housework, or arranges his playthings in the cupboard, he’ll ask us to say ‘thank you’. Even when his mom or I feed him, he responds with a ‘thank you’



Teach your child gratitude from their early years

## MOST IMPORTANTLY, GRATITUDE IS CLOSELY LINKED TO HAPPINESS. A THANKFUL CHILD IS A HAPPY CHILD

**Arpita Bhandari**, life strategist and transformational facilitator, shares tips on how to help children practise gratitude

- 1. Teach them to listen:** Your child can show gratitude to others by really listening to what they have to say.
- 2. Teach them to think about others:** Your child must first take care of himself or herself; a better understanding of self will allow them to understand and think about others and consider their feelings.
- 3. Teach them to give healing hugs:** Edify your child to make a true connection with those they love and are grateful to have in their life by giving hugs when greeting, saying goodbye, or offering thanks.
- 4. Teach that appreciation is the key:** Encourage your children

to appreciate their parents, elders, friends, and teachers for all that they impart to them unconditionally. A small appreciation at the dinner table or thanking the teacher after every class are little things that you can teach your child.

**5. Encourage the writing of a gratitude journal:** This is an amazing habit for your older children. On a daily basis, urge them to write down the things that they are grateful for. This will be really helpful during difficult days. A gratitude journal will help them focus on the good things rather than the bad things. It will also help them reflect on their journey so far.

and waits for us to say, ‘You are welcome,’” Murugadhas smiles.

### ALL ABOUT HAPPINESS

Many parents felt that the pandemic has really put into perspective how important it is to inculcate gratitude as a habit, especially because it creates a positive mindset. Mom of two Supriya B feels that her children have responded better to these tough times by being more appreciative. “Anika (seven) and Arhan (11) have learned to cherish simple things like their grandmother making them a lovely meal, and don’t see only toys or gifts

as reasons to be thankful,” she says. She feels that teaching gratitude to children is about so much more than just teaching them to use the golden words. “You can pick up good manners at any time, but gratitude is all about a feeling of sincerity. Yes, the small gestures matter, but it goes deeper than that. It comes down to an appreciation of life itself. If you can’t be grateful for the little things, you won’t know how to be grateful for the big things when they come,” says Supriya who adds that, as children grow, they will have many different experiences, and that having a sense of thankfulness will make it easier for them to face challenges as they arise. “Gratitude also goes hand-in-hand with giving. Most importantly, gratitude is closely linked to happiness. A thankful child is a happy child.” **F**

[CLICK HERE TO READ MORE](#)



# The Resolution LAUNDRY LIST

Take this quiz by **Aishwarya Acharya** to find out your must-have resolution this year



WHICH OF THESE DESCRIBES HOW YOU WANT 2021 TO BE?

- A Virus-free for sure!
- B Eventful
- C Easy-going yet normal
- D Happy and positive!

**A**s we set foot in 2021, we can be hopeful that this year will bring us good news, good news and more good news. The new year calls for some age-old traditions—new year resolutions. If you have problems sticking to your resolutions, rest assured: you are not alone. Take this quiz to see which resolution you must really work towards keeping. Circle the option that suits you best...



WHAT DID YOU DO ON NEW YEAR'S EVE?

- A I looked for the food table.
- B I snacked on burgers and pizzas, of course!
- C I partied all night, like there was no tomorrow.
- D I found a reason to get back home early.

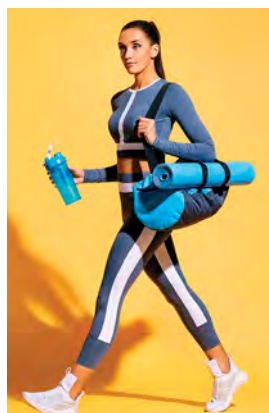
WHAT DO YOU WANT TO GET RID OF IN THE COMING YEAR?

- A My love for the couch
- B Bad eating habits
- C Negativity
- D More and more people



WHAT ARE YOU LOOKING FORWARD TO THE MOST IN 2021?

- A To reach my goal weight
- B To try different eateries
- C To catch up on all the sleep WFH stole from me
- D To investing time to work on myself



WHAT WAS THE BIGGEST CHALLENGE FOR YOU IN 2020?

- A Staying put at home.
- B Eating the right food, i.e. home-cooked meals
- C Keeping my circadian rhythm intact
- D Focusing through the overwhelming times

Mostly As  
**EXERCISE MORE**

You need to focus more on getting fit and healthy. You've spent enough time last year on a couch or a bed; you need to take charge and get things going.

Mostly Bs  
**EAT BETTER**

Last year saw people binging on comfort food to get through the difficult times. It's time to turn a new leaf with this new year. Resolve to lean more towards green leafy veggies and gluten-free breads to keep you healthy.

Mostly Cs  
**SNOOZE FOREVER**

You're the night watchman! You need to get your sleep patterns in line, and, for that, you need to sleep early and wake up early. No night-time binge watching your favourite shows any more!

Mostly Ds  
**HUSTLE ON**

You have no issue keeping your mind focused on the things you like to do. You're always worried about developing as a person and moving on to the next step in your career. Resolve to stick to your goals and to hustle on!

[CLICK HERE TO READ MORE](#)





# FURTHERING THE CAUSE OF WOMEN EMPOWERMENT

BE IT THE WOMEN OF UTTAR PRADESH EXCELLING IN GOVERNMENT JOBS OR THE STATE ITSELF BEING NUMBER ONE IN IMPLEMENTING THE PRIME MINISTER'S SVANIDHI YOJANA, CHIEF MINISTER YOGI ADITYANATH IS ALL SET TO MAKE WOMEN SELF-SUFFICIENT AND SELF-RELIANT WITH VARIOUS INITIATIVES

In the past 3.5+ years of the Yogi government, about 4 lakh people have been appointed in various departments. Maximum recruitments have been for the post of teachers, with 61,636 teachers appointed so far under basic education, and 19,596 women officers appointed in the police force.

**WOMEN CANDIDATES RECRUITED AT DIFFERENT DEPARTMENTS SINCE 2017 OUT OF TOTAL OF 97,574:**

- 61,636 appointed in Basic Education
- 19,596 appointed by Uttar Pradesh Police Recruitment and Promotion Board, Lucknow
- 11,065 appointed by Uttar Pradesh Public Service Commission, Prayagraj
- 3,141 appointed by Uttar Pradesh Subordinate Services Selection Commission, Lucknow
- 1,061 appointed by Uttar Pradesh Secondary Education Services Selection Board, Prayagraj
- 709 appointed by Uttar Pradesh Higher Education Service Commission, Prayagraj
- 366 appointed by Electricity Services Commission, Lucknow

That's not all, the UP government has completed the first-of-its-kind technology driven process for selecting 58,000 women for as many posts of banking correspondent *Sakhis*. Now, a total of 58,000 gram panchayats in the state will have a banking correspondent Sakhi each to channel government services like subsidies, entitlements, pensions, etc., direct benefit transfer (DBT) payouts, besides taking up a range of banking operations and encouraging villagers to opt for digital transactions.

The UP government also supports women entrepreneurs by making them a priority and giving them preference in the state's startup policy with 50 per cent extra facilities.

The PM *Svanidhi* scheme, meant for the welfare of poor and backward people and their economic development, was launched in June to provide working capital to street vendors hit hard by



the lockdown and help them resume their businesses. Under this scheme, vendors can avail collateral-free working capital loans of up to Rs 10,000 for a year. The scheme has played a role in bringing down migration, which is why UP has topped the list in disbursement of loans to vendors. All credit goes to CM Yogi Adityanath as well as the central government. The state government has implemented this scheme with hard work and honesty resulting in several districts of the state in the top 10 list with Varanasi ranking first. The Prime Minister Street Vendors Self-Reliant Fund (PM *Svanidhi*) has benefited more than 25,000 handcart-street traders in Varanasi under the scheme.

- Total Applications: 7,54,631
- Applications Sanctioned: 4,02,665
- Applications Disbursed: 3,31,961
- Sanctioned Amount: Rs 401.26 crore
- Disbursed Amount: Rs 325.25 crore

**IMPORTANT FACTS:**

- Loan arrangement without security.
- 7 per cent grant in interest on timely payment.
- Higher loan limit next time on timely payment.
- Rs 1,200 annual cash back on digital transactions.

**WOMEN SELF-HELP GROUPS (SHG) BENEFITING RURAL WOMEN:**

- Rs 218.49 crore revolving fund issued.
- 36,000 families have been benefited.
- 30,000 rural women are engaged in stitching of school uniforms.

**PENSION SCHEME FOR WIDOWS:**

- The state government is providing Rs 500 per month on a quarterly basis to eligible beneficiaries under the Destitute Women Pension Scheme (*Nirashrit Mahila Pension Yojana*) through PMFS.
- 27.46 lakh women have benefitted from this scheme in 2020-21.



THE WOMEN OF OUR COUNTRY, WHETHER IN SPORTS OR SPACE SCIENCE, ARE NOT BEHIND IN ANY FIELD. THEY ARE MOVING FORWARD AND MAKING THE COUNTRY PROUD BY THEIR ACHIEVEMENTS.  
**- NARENDRA MODI,**  
 PRIME MINISTER



WOMEN WILL BE GIVEN IMPORTANCE AND PREFERENCE IN GOVERNMENT JOBS. THIS WILL NOT ONLY HELP THEM TO LIVE WITH HONOUR BUT ALSO HELP THEM FEEL SAFE AND GIVE THEM AN OPPORTUNITY TO BECOME SELF-DEPENDENT.  
**- YOGI ADITYANATH,**  
 CHIEF MINISTER, UTTAR PRADESH

UTTAR PRADESH CHIEF MINISTER YOGI ADITYANATH LAUNCHED MISSION SHAKTI, AN AMBITIOUS INITIATIVE FOR WOMEN AND GIRLS, IN OCTOBER 2020. WITH THE AIM TO REAFFIRM THE STATE GOVERNMENT'S FAITH AND RESOLVE IN WOMEN AND WOMEN POWER, SEVERAL PROJECTS HAVE BEEN FLAGGED OFF UNDER THIS CAMPAIGN'S SECOND PHASE

## INITIATIVES BY MSME AND EXPORT PROMOTION DEPARTMENT



- Successful women entrepreneurs were felicitated.
- In Saharanpur, 22 women beneficiaries distributed a loan of Rs 2.5 crores under PMEGP, MYSY, ODOP, 25 women were awarded training certificates under VSSY, and 11 women entrepreneurs were felicitated.
- The Mission Shakti function held in Prayagraj was attended by around 200 women entrepreneurs of the district. Mission Shakti awareness events were also held in Ghaziabad, Kheri, Mau, Meerut, Lalitpur, Barabanki, Gorakhpur, Santkabir Nagar, Ambedkarnagar, Rae Bareli, Sitapur, and Unnao.
- In the financial year 2020-21, 42,100 women helpdesks have been established at industrial units in the state; 5,941 women beneficiaries identified under *Vishwakarma Shram Samman Yojana*; 8,113 under ODOP training and toolkit scheme; 1011 under *Pradhanmantri Rozgar Srijan Programme*; 497 under *Pradhanmantri Yuva Swarozgar Yojana*; 633 under ODOP *Vitt Poshan Sahayata Yojana*; 1581 under OBC vocational training; 3,620 under SC/ST training; and 750 under handicraft training, with a total of 22,146 women beneficiaries till December 22, 2020.

## WOMEN PANCHAYAT REPRESENTATIVES GET A LESSON IN GOVERNANCE

- The state government's Panchayati Raj Department, along with the National Rural Development and Panchayati Raj Institute, conducted online training for elected women panchayat representatives to turn them into harbingers of change.
- 150 state-level trainers certified by the institute participated in the 'Training of trainers' training programme, discussing a variety of subjects with the women trainees such as 15th Finance Commission, PRI-CBO Convergence project, nutrition-gender and panchayat governance, leadership development, Mission Shakti, Gram Panchayat Development Programme, sustainable development goals, etc.



## LOANS WORTH RS 250 LAKHS DISTRIBUTED TO SAHARANPUR WOMEN ENTREPRENEURS

- Women entrepreneurs in Saharanpur distributed loans worth Rs 250 lakhs in a programme organised by the Micro, Small and Medium Enterprises Department in October.
- Loans worth Rs 250 lakhs approved under the Pradhanmantri Rozgar Srijan Karyakram Yojana, Mukhyamantri Yuva Swaraojgar Yojana, and One District One Product programme.
- Training certificates distributed to 25 women trainees under the Vishwakarma Shram Samman Yojana and 10 role models presented mementos during the programme.
- Women staff deployed at a milk bar in Gomti Nagar, Lucknow, in an initiative taken by the UP Dairy Development department.
- In Mirzapur, 10 women worker beneficiaries awarded recognition certificates by UP Building and other construction workers welfare board.
- Awareness programme organised at Rajkiya Ashram Padhati Balika Vidyalay in Balrampur, where women and girls were given information about their rights and beneficial state government schemes.
- Seminar on self-defence and women empowerment, awareness about cyber crime, demerits of child marriage, evils of dowry system held at Prayagraj, Fatehpur, Kaushambi, Pratapgarh, Varanasi, Gorakhpur, Maharajganj, Jaunpur, and Mirzapur.
- Officials of government departments informed women about *Beti Bachao Beti Padhao*, *Kanya Sumangala Yojana*, and women helpline numbers.



## MEDICAL STUDENTS GET EXPERT TIPS

- Seminar on 'Medicolegal examination and counselling of rape victims', held for students of Lala Lajpat Rai Memorial Medical College in Meerut, concluded with legal experts interacting with medical students on the issue and providing them insight into how doctors should handle sensitive cases of rape.
- MBBS students and nursing staff

were imparted training in martial arts. The students also presented *nukkad natak* and puppet shows based on the campaign.



## ANTI-HUMAN TRAFFICKING UNITS SET UP IN 40 DISTRICTS

- UP state government has recently set up Anti-Human Trafficking Units (AHTU) in 40 districts, and has taken up the task of raising awareness among women and girls about human trafficking under the Mission Shakti campaign.
- The campaign also focuses on eradication of child labour, forced begging and controlling human trafficking through holding awareness programmes and workshops in districts.



## UP SCHOOL CHILDREN GET A LESSON IN GENDER EQUALITY



- Basic Shiksha Department under Mission Shakti campaign is reaching out to lakhs of students across the state to spread awareness on women safety and instilling in students the virtues of being respectful towards women.
- In November, over one lakh students from the state capital, belonging to primary, upper primary and Kasturba Gandhi Balika Vidyalayas, participated in events aimed at sensitising students on women empowerment.
- Students in all schools were taught lessons on gender equality and guided

towards fixing goals in life. Parents participated in discussions on gender inequality existing in households and they were urged to treat their children equally.

- In the first week of November, the facilitators of Meena Manch organised daily programmes to sensitise people about gender specific crimes, and they also held regular discussions with parents about the issue, using banners and posters to reach out to a larger audience.
- Special sessions on menstrual hygiene were organised for girl students. Legal remedies against underage marriage, crimes against women, and harassment were some important topics for discussion with the girls.
- Over 7,000 students attended the self-defence training programme in different schools while 6,700 students were told about the dangers of drug addiction.

## RAISING AWARENESS ON HUMAN TRAFFICKING, CHILD LABOUR, AND FORCED BEGGING

- UP state government has recently set up Anti-Human Trafficking Units (AHTU) in 40 districts, and has taken up the task of raising awareness among women and girls about human trafficking under the Mission Shakti campaign.
- The campaign also focuses on eradication of child labour, forced begging and controlling human trafficking through holding awareness programmes and workshops in districts.



## GIRL STUDENT TAKES CHARGE OF POLICE STATION



- In a symbolic gesture aimed at empowering girls, Kritika Agarwal, a Class 11 student of Dayawati Dharamvira School, was made the police station in-charge of Kotwali, Bijnore for a day by the Superintendent of Police Bijnore.
- Kritika interacted with the staff at the Kotwali and took a round of the campus during which she gave necessary instructions for the proper upkeep of the building and the official records. She also gave necessary instructions to the staff regarding redressal of grievances of the complainants who visited the police station on the day. Later, she accompanied the police officials in a march from the Kotwali to *Shakti Chauraha* to spread the message of the Mission Shakti campaign among the locals.
- In Amethi, a girl student of GIC Furstganj was made the in-charge of Fursatganj police station. The police personnel created awareness among the residents regarding the women helpdesk and complaint box. Besides, the education department organised various awareness programmes in which both the teachers and students participated.
- In Ambedkar Nagar, SP Alok Priyadarshi appointed students of BNA Inter College Mansi Tiwari, Sapna Pandey and Sakshi Pandey as station in-charge for one hour and also organised a public hearing event. The students of BNA Inter College were also made aware about the official functioning of the police department.

## MISSION SHAKTI PROMOTES MENTAL HEALTH

- After the successful conduct of Phase 1 of Mission Shakti, the initiative's second phase is garnering an equally overwhelming response to events around the theme 'Support and Protection from Mental Health and Psychosocial Issues'.
- The events are being held in different districts of the state. In Barabanki, the Women Welfare Department organised a telephonic counselling session for girls and women in which 15 experts participated. A '*Naari Chaupal*' was organised at development block Banikoder in which women were informed about their legal rights and also about schemes like *Kanya Sumangala Yojana*, *Beti Bachao Beti Padhao*, one-stop centres and helpline numbers. *Madhyamik Shiksha Vibhag* screened a video for self-defence. Over 1,500 men, women and children participated in these events in the district.
- In Sambhal, the experts counselled men, women and children for domestic violence cases. As many as 42 people in the age range of eight to 46 years participated in the counselling sessions. Similarly, as many as 179 men, women and kids participated in the awareness meet held all the development blocks in Sant Kabir Nagar to sensitise them about women powerline, CM helpline, Childline, women helpline and other such numbers.
- Training in self-defence was conducted in Bareilly along with the events such as webinar on mental health, mass awareness programme on child marriage by health department. From November 13 to 16, over 27,000 people participated in several events here.
- Twenty students of Maharaja Suheldev Autonomous State Medical College in Bahraich participated in seminar on prevention of female foeticide.



## EXPECTING MOTHERS PROVIDED ANTENATAL CARE

- Apart from raising awareness about women empowerment, providing better healthcare facilities to women too is the focal point of the Mission Shakti campaign. In November, 1,08,505 expecting mothers were provided with antenatal care at 1,449 healthcare units in Uttar Pradesh under the Pradhanmantri Surakshit Matritva Abhiyan. 60,622 women were provided with medical care for the first time during the second and the third trimester.
- 11,546 women with high risk pregnancies were identified and

treated. As many as 772 private doctors are volunteering in this campaign and arrangements have been made for availability of ultrasound system at all the districts on public private partnership (PPP) mode.



## PARENTS SENSITISED ON GENDER EQUALITY UNDER SAMAGRA SHIKSHA

- Over 3 lakh parents were sensitised on the need of a healthy environment for the growth of their kids under Samagra Shiksha, a centrally sponsored integrated scheme for school education in Uttar Pradesh.
- Parents were invited to schools by the principals to attend meetings on gender equality titled 'Kyon karen hum inme antar'. Open sessions were conducted in which parents were made aware of their responsibility right from the birth of child under 'Hamari zimmedari'.
- Parents were made aware about helpline numbers like 1098, 1090,

112, 181. Discussions were held with parents to conduct mock drill for children to teach them the use of these numbers.

- In the event 'Band karo ab atyachar', discussions were held on mental and physical abuse, domestic violence, sexual abuse, dowry harassment.
- In an online poster competition, 1,65,772 children of primary and secondary level classes participated and made posters on issues like sexual harassment, tips for self-defence, fundamental rights, and domestic violence.
- 30 lakh parents were given details



about the campaign and various programmes being organised by Samagra Shiksha through 1.50 lakh WhatsApp groups. Samagra Shiksha had roped in 5.68 lakh teachers to spread the message of women empowerment among students through WhatsApp groups. Motivational videos were uploaded on the website www.prnaup.in, reaching 6,71,236 students.

## DARE NAHI, SAHE NAHI: GIRLS GET INNOVATIVE SELF-DEFENCE TRAINING UNDER MISSION SHAKTI

- Useful tips on using things girls carry in their bags, like pens and safety pins, to defend themselves during awkward situations, were given to a group of young girls as part of self-defence training under Mission Shakti campaign in Gautambuddh Nagar.
- Titled 'Dare Nahi, Sahe Nahi' (Don't Fear, Don't Suffer), the objective of the training was to make girls strong both, mentally and physically, and expose their hidden talent. The training programme was organised by Challengers Group, a voluntary organisation.



## JHANSI GIRLS GET TRAINED IN KARATE

- The historic city of Jhansi has taken a lead in empowering young girls, much on the lines of the iconic 'Jhansi ki Rani.' Focusing on physical strength, the Women's Wing of Uttar Pradesh Vyapar Mandal is imparting karate training to young girls of the district. Clad in white traditional suits, these young girls are practicing the martial art at Arya Kanya Degree College.
- In Mainpuri, 379 schools participated in awareness programmes organised by Madhyamik Shiksha Department while helpdesks were set up by revenue department and rural development department. The Department of Animal Husbandry imparted training to women under 'backyard poultry' scheme.



## UP GOVERNMENT LAUNCHES ONLINE COUNSELLING BY WOMEN POWER HELPLINE

- As a new measure under Mission Shakti, the Women Power Helpline has taken up the task of bringing peace in households and providing financial security to women.
- The online counselling services have been receiving calls from homemakers and working women, getting right advice and thus saving their families and homes. During nine days of Mission Shakti, from October 17 to 25, as many as eight homes were saved when extreme matters were taken to a logical end through the Uttar Pradesh police-run Women Power Helpline 1090.



## RAILWAYS' 'MERI SAHELI' CAMPAIGN GIVES MOMENTUM TO MISSION SHAKTI

- Under Mission Shakti, the Railways has started a 'Meri Saheli' campaign that aims at making journeys for women passengers safe, also addressing any problems faced in transit in more than 500 trains of Northern and North Eastern Railways.
- Lone women passengers have the privilege to get their seat changed during railway journeys if they feel uneasy or due to any valid reason. CCTV cameras have been set up in the women's waiting room, and Childline booth have been set up at the railway stations.
- In January, the service of eight helpline numbers were

discontinued and only two helpline numbers, 139 and 182, were started. In case of any accident or requirement of protection, the passengers can call helpline number 182 of the Railways. For safety issues and medical assistance, travellers can call helpline number 139.



## GIRLS FROM THARU TRIBE MADE AWARE OF RIGHTS, SCHEMES UNDER MISSION SHAKTI



- Many awareness programmes were held in the urban and rural areas under the aegis of the Tribal Development Department of Uttar Pradesh for the girls and women of the ethnic Tharu tribe.
- Students of Rajkiya Ashram Padhati Balika Vidyalay and Eklavya Model School were made aware about

prevention of child marriages, Domestic Violence Act, *Beti Bachao, Beti Padhao*, POCSO Act and welfare schemes for the scheduled tribes, and also about schemes of all the departments of the state government which are associated with the rights, security, dignity and independence of women.

- Many seminars were held in different development blocks. As a part of the mission, Nikita of Rajkiya Ashram Padhati Inter College Kheri was made inspector in-charge of Chandan chowki police station for a few hours.
- Awareness rallies were taken out by the village heads in the areas having large population of Tharus. The women were informed about the helpline numbers, and also about the helpdesks which have been set up for their convenience.
- Many NGOs organised awareness programmes on Mission Shakti for the Tharu women.

## MISSION SHAKTI LAUNCHES EVENT ON THE THEME 'BETIYON SE PEHCHAN'

- Women Welfare department and organisations appealed to shopkeepers to name their shops after their daughters under the 'Betiyan Se Pehchan' campaign.
- Through webinars and video conferencing, district magistrates had conversations with women and adolescent girls on topics of gender inequality, domestic and sexual violence, dowry violence, and security mechanisms.
- Through 'Shakti Samvad', On November 20, 2020, International Child Rights Day, District Magistrates, Superintendent of Police, administrative officers communicated Child Rights to children. The officers also discussed topics like mental health, child marriage, child labour, child trafficking prevention, etc. So far, 6,71,236 students have been made aware of Child Rights under Mission Shakti.



## WOMEN WELFARE DEPARTMENT LAUNCHES BOOK ON CHILDREN'S MENTAL HEALTH

- On International Children's Day, the Women Welfare Department virtually launched a book on the mental health of children and adolescents. The book encourages parents and children to have an open discussion on issues that are often swept under the carpet. Written in an easy style to attract kids, the book has every solution for how a child can deal with physical and mental torture. The book also contains questions that parents can ask their children.



## HAQ KI BAT, JILAADHIKARI KE SATH

- Family Welfare and Child Development Department had organised a virtual programme 'Haq Ki Bat, Jilaadhihari Ke Sath' in November, in every district across the state. Under the campaign, girls and women got the opportunity to discuss their rights with the District Magistrates via video conferencing. The conversation topics revolved around sexual violence, gender inequality, domestic violence, and dowry violence.



- Men, women, and children working towards preventing domestic violence, female harassment, child labour were conferred with the title 'Shakti Champions', logos and badges on behalf of the Department of Women Welfare and Child Development.



## SOCIAL MEDIA EMERGES AS A MAJOR WEAPON FOR MISSION SHAKTI

- Social media has emerged as a major weapon in the successful implementation of Mission Shakti with over 40 lakh people being made aware through 1.5 lakh WhatsApp groups.
- Videos, messages, and voice messages related to women empowerment, domestic violence, child labour, child rights, and the 'School Chalo Abhiyan' are being sent to people through different social media platforms including WhatsApp and Facebook.
- Primary and upper primary school teachers across Uttar Pradesh are playing a vital role in the Mission Shakti campaign as they connect with parents and children in WhatsApp groups and make them aware of various issues and rights. Teachers are also organising online competitions for children on the topics of sexual harassment, methods of self-defense, domestic

violence etc., to build awareness. Primary and upper primary schools are taking part aggressively in these competitions, presenting issues beautifully through pictures and posters.

- Teachers' Shakti Manch has come out as a powerful medium of the Mission Shakti campaign. Over 4.5 lakh facilitators of this campaign have made people aware of the topics of gender discrimination, 'Humara Pariwar', skill development, legal rights, etc. Basic Shiksha Adhikari (BSA) of Lucknow, Dinesh Kumar explains, "Teachers are taking interest in the Mission Shakti campaign and there has been a lot of awareness among people at district and block levels."



# 2021



## IN YOUR STARS!

Make the stars work for you in 2021! **TAMANNA C**, psychic, new age spiritual therapist and author of *The Vertical Path*, tells **Radhika Sathe-Patwardhan** what the year holds for you



### Aries

This year marks the beginning of a cycle of results. All that you've set a foundation for in the past will bring you results between March and May.

#### Career and finance

You will feel more stable in areas of work post August. If you're looking at an expansion, results will come through after May. There will

be more financial stability after March and September.

#### Personal life

Your family members will be supportive and more understanding this year. Ongoing family issues will settle after June. Those who are single will enjoy a committed relationship after March.



Colours that will work for you:

● Black ● Grey ● Silver

Star twin: **Kangana Ranaut**

[CLICK HERE TO READ MORE](#)





# Taurus

New opportunities will keep you busy between April and October.

## Career and finance

You will be on a roll with your finances and expansions from February to July. New ways of looking at doing business will bring in a positive change with people at work. Money from old investments will come through after August.

## Personal life

Family life will get more stable post March. You will feel more emotionally connected with your partner after March.



Colours that will work for you:

● Pink ● Yellow ● Cherry red

Star twin: Anushka Sharma

# Gemini

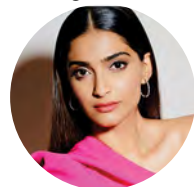
As you try your hand at new things and venues at the beginning of the year, you will see multiple opportunities for something more stable post June and November.

## Career and finance

Stuck payments will clear post February and May. Post September would be a good time to invest in new work or new deals.

## Personal life

Expect some positive news from family members after June. For those who are dating or single, marriage is on the cards after April.



Colours that will work for you:

● Turquoise ● Fuchsia pink ● Cream tones

Star twin: Sonam Kapoor-Ahuja >



# Cancer

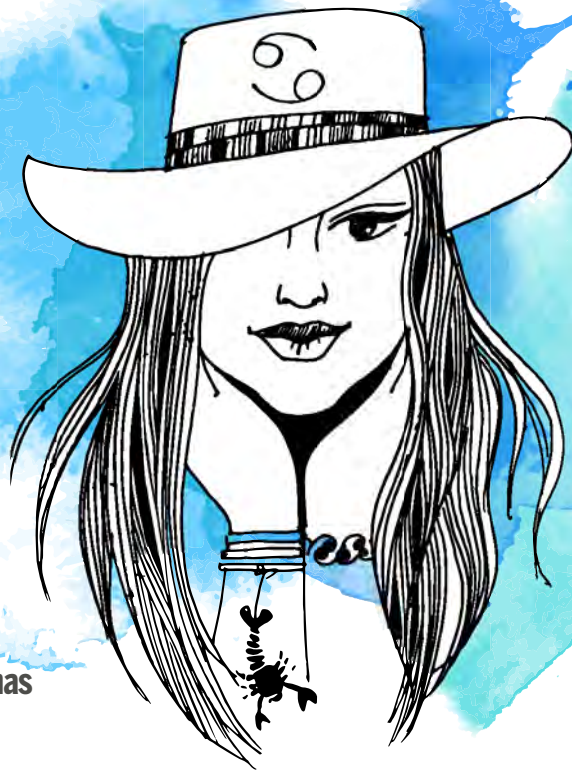
You have to lay a foundation for new relationships this year but, before that, you need to take emotional responsibility for yourself and others.

## Career and finance

You will get clarity about on-going work deals after February and results after July. Be patient with people this year.

## Personal life

Family members will be critical of your past decisions, but you can create harmony in relationships by taking responsibility. Spending time with family members will strengthen your bonds after April and November. For singles, this is the year you will enjoy healthy attention and companionship.



Colours that will work for you:

● Grey ● Blue ● Black

Star twin: **Priyanka Chopra-Jonas**

# Leo

2021 will begin with a bang with new opportunities, work, relationships, friends, etc. In short, it will be too good to be true, but the keyword is balance. It's going to be a year where you question yourself, your existence and everything you want from your life.

## Career and finance

You will reach new heights in all areas with minor changes, or restructuring or organisation at work, but you can't get thrown off guard. Find your balance to avoid carrying that stress into other areas of your life.

## Personal life

Family and personal relationships will get better after April. Be more assertive with family.

Colours that will work for you:

● Pale yellow ● Bright pink

Star twin: **Kriti Sanon**



# Virgo

This year marks a turning point in the areas of fame, career and financial growth. While personal life will be stagnant, you need to shift your focus onto creativity and expression.

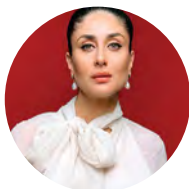


## Career and finance

Work will be hectic after March; post October, you will be able to enjoy the results of your hard work.

## Personal life

This will need attention at some point, but you will be at a comfortable position to handle it because the expression of creativity will help you build your inner confidence and core strength. Singles, expect to meet someone you will be able to connect with after July.



Colours that will work for you:  
○ White ● Silver ● Sea green  
Star twin: **Kareena Kapoor-Khan**

# Libra

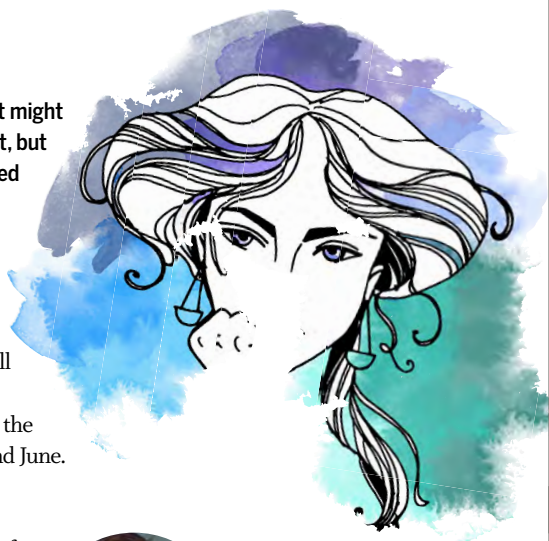
Everything on the career front might seem rosy and picture-perfect, but personal relationships will need attention.

## Career and finance

As you enter this year, you will have a lot of plans, decisions and ideas falling into place in the careers area after February and June.

## Personal life

Post May, the universe will shift your attention to seeds of emotional baggage sowed in the past. Resolving past issues with family members will be a good



idea. The ball will be in your court; the sooner you let go, the better it will be for you.

Colours that will work for you: ● Yellow ○ White ● Red  
Star twin: **Parineeti Chopra**



# Scorpio

This year will bring in a sense of responsibility.

## Career and finance

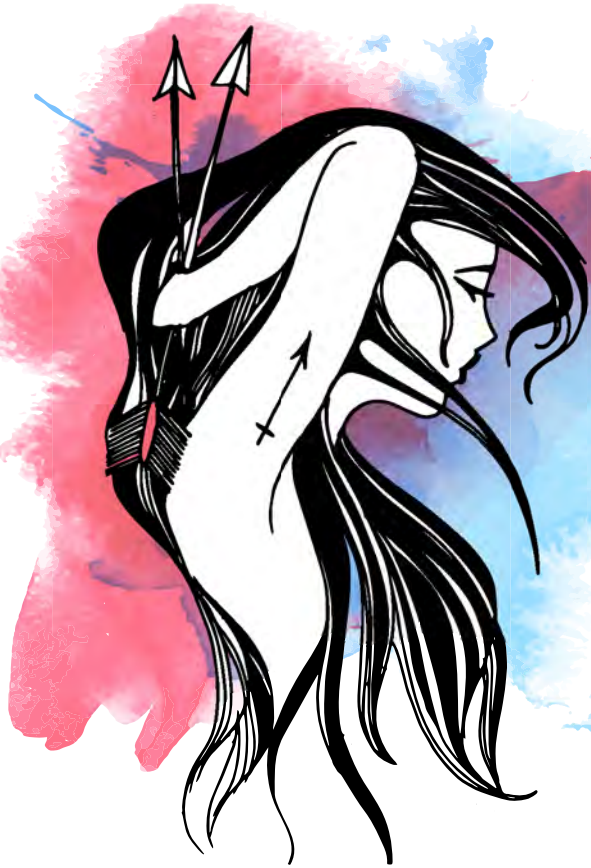
You will feel more confident about yourself and the decisions you take in areas of your professional life after April. You will find a sense of stability in new work after October. Be patient.

## Personal life

A family member will have an important role in giving you the confidence or boost you need. Family members will be going through their own struggles after March and June; be gentle with them. Those in a relationship will take it to the next level after March.



Colours that will work for you:  
● Ocean blue ● Purple  
● Yellow  
Star twin: **Aishwarya Rai-Bachchan** >



# Sagittarius

A year of transformation, awareness and creation...

## Career and finance

You might find the start to be slow, but that's because the universe is giving you the time and realisation for the strong foundation you need to create, which will show results after May and October.

## Personal life

You will find yourself with more responsibility, new relationships and collaborations. This might initially take a toll on your health, but you will find a way to balance it all. The keyword for you is alone time. While family life will be demanding until June, you will feel the pressure getting lighter after August. Let go more with family members, and focus on the objective of harmony.



Colours that will work for you:

● Green ● Yellow ○ White

Star twin: **Dia Mirza**

# Capricorn

The year starts with your birthday, and with new initiations and achievements.

## Career and finance

While work will bring you the satisfaction you need throughout the year materialistically, you will have to push for personal satisfaction. You will be in the limelight and see the results of all the hard work in which you previously invested.

## Personal life

This will be a year of purification, with people who no longer serve your purpose walking out and you attracting new people for new karmic cycles after March and July 2021. While purification will be painful, don't take things personally, as the new energies will play a role in a successful, peaceful life in the future.



Colours that will work for you:

● Vanilla ○ White ● Silver

Star twin: **Deepika Padukone**



# Aquarius

This year will be about patience and understanding.

## Career and finance

You are a fast worker, and love things and people to move according to your control or pace, but now you must let go of that need, and let people be. Career objectives will change post June, as you will consciously slow down to stabilise family relationships.

## Personal life

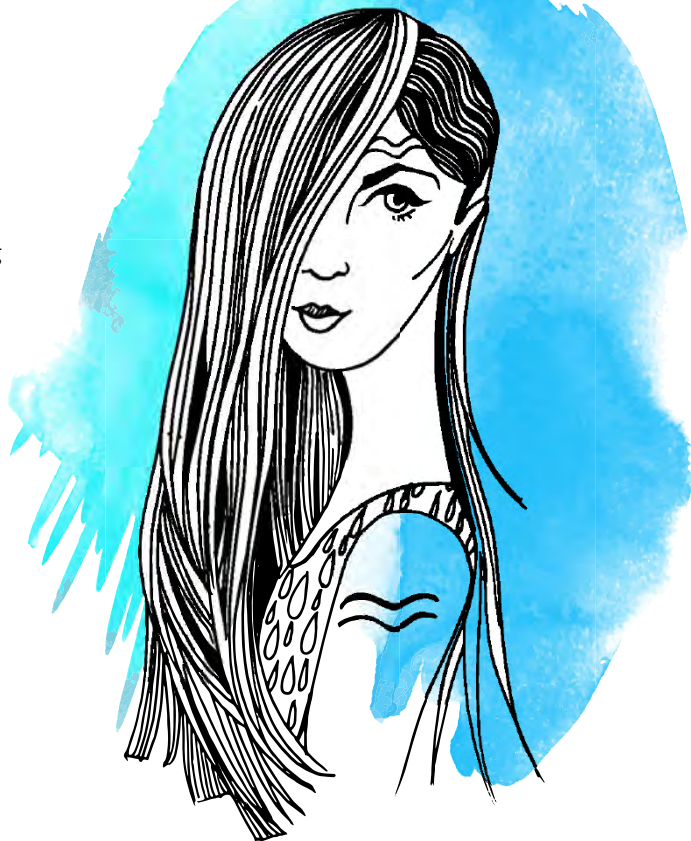
Post August, you will be able to resolve family issues with more communication and understanding. Singles will reconnect with someone from the past post March.



Colours that will work for you:

● Violet ● Grey ● Purple

Star twin: **Preity Zinta**



# Pisces

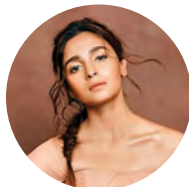
You will be stepping out of your comfort zone and doing things you haven't done before.

## Career and finance

New opportunities, expansions, new jobs will be on your mind, along with working with new people. While mostly everything will go your way and you will see results, it's important to be organised. You have been all over the place mentally and emotionally and been getting things done randomly; this year you need to be more sorted as you will be working with new people and will be under scrutiny.

## Personal life

You will spend a lot of time bonding with family members until May with celebrations and travels; post that, you will slow down to focus on work and personal goals.



Colours that will work for you:

● Peach ● Sky blue ● Bright yellow

Star twin: **Alia Bhatt** 🇮🇳

[CLICK HERE TO READ MORE](#)





# RAISE YOUR VIBRATION!

**DR RADHIKA KAPOOR**, life coach and bestselling author of *A Gift to Self*, shares pointers on how to uplift yourself holistically

**A**lbert Einstein once said, “Everything in our life is a vibration.” It is of utmost importance that we consciously raise our vibration in these difficult times of the pandemic to feel lighter in our lives, and experience greater clarity, peace, love, and joy. You will not only be happier and more loving, but compassion and kindness will also flow through

you to those around you and into your environment. We need to be aware of our thoughts and emotions in the current time, and make a consistent, genuine effort to increase our vibration. The purpose of life is to be happy, give love and learn to receive love. Read on to know some ways that have worked for me personally to raise your vibration.



## **HEIGHTEN CONSCIOUS CONSUMPTION**

Be more conscious of the food that you eat daily; eat more nutrient-dense, organic fruits and vegetables. Your body absorbs these, and makes you more vibrant and alive. We should make a deliberate effort to consume richer food, and eat at appropriate times.

.....



## **MAKE TIME FOR SELF-LOVE**

Self-love is a lifelong journey to find your purpose. Set boundaries, love yourself more, and accept your flaws. Make yourself a promise to be around positive people who lift you up; emulate them. Conversely, shun anyone who drains the tranquillity of your life. Make time to do things that nourish your soul, read good books, listen to soulful music, go for a massage, or learn new things to stimulate your mind.

.....



## **WORK ON MINDFULNESS AND BREATHING**

Being mindful gives us a realistic perspective and the strength to have a balanced mind as we get in touch with our innermost feelings to channelise our energy. Mindfulness can improve your mood and help you find peace. It's all about working your mind, so it improves concentration, slows ageing, >

[CLICK HERE TO READ MORE](#)



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and increases acceptance of others, and gives you the self-assurance to handle your emotions better, and to live a rational life. Breathwork is the fastest and easiest way to step into the current moment.



### **PRACTISE GRATITUDE**

When we express gratitude for what we already have, we are putting out an energy that we are ready to welcome more. Focus on the positive factors of your life that you are thankful for, and pave the way for abundance to flow into your life.



### **WALK IN NATURE**

Walking in nature positively lifts us up as we reconnect, and get fresh oxygen and sun. It not only connects us with the grounding energy of mother Earth, but also gives us a break from technology and social media.



### **LET GO**

Forgiveness and letting go will free us to rise up from our challenges, and create fresh beginnings and new opportunities. Holding on to grudges, negativity, and disagreements will only enervate us. Accept the things you cannot change as the past is over. It is only through being able to let go, and through love and



## **HOLDING ON TO GRUDGES, NEGATIVITY AND DISAGREEMENT WILL ONLY ENERVATE US**



### **A GIFT TO SELF**

Dr Radhika Kapoor's book is about knowing and understanding the 50 basic rules of human nature. These rules, she avers, are about our inner wisdom, and we can easily raise our vibration by following them and so enhance our life.

compassion that we can pursue the path of happiness, health and peace in our lives.



### **SEEK MEANINGFUL RELATIONSHIPS**

The quality of our relationships makes our life meaningful and joyful. Studies show that people with good relationships have better mental stability, are healthier, and live longer. **F**

[CLICK HERE TO READ MORE](#)



# FASHION

FEMINA



## Get on **trend!**

Watch out for the latest and the best





Rib-knit polo neck jumper, ₹1,299, H&M



Rock pool earrings, ₹4,999, Studio Metallurgy

Leather biker jacket, price on request, Gucci



Rhinestone fringe skirt, ₹4,490, Zara

# BACK TO BLACK

We decode ways to explore the versatility of black from head to toe



MISHO

Baby turtle anklet, ₹5,500, Misho



VERSACE



Glitter sculptural heel sandals, ₹5,499, Charles & Keith



Cassandra medium croc-effect leather tote, price on request, Saint Laurent 



In this Fashion and Excellence Awards 2020 Vivek Pawar , H E Sheikh Sultan Al-Qasimi , Chona Bocaco , Her Excellency Sheikha Dr Hind bint Abdulaziz Al Qassimi , Rahul Tulpule, Arti Rai

# GLAM ZONE

The talented duo **Vivek Pawar** and **Arti Rai**, the masterminds behind **Vivz Fashion School**, took Dubai by storm with Dubai World Fashion Week.

**A** new year, a new fashion gala by Vivz Fashion School! Vivek Pawar and Arti Rai presented the International Fashion Runway, Dubai World Fashion Week and Fashion And Excellence Awards 2020 at JW Marriott Marquis, Dubai. The founding duo of Vivz Fashion School have earlier done a number of fashion shows and fashion weeks in India and have also been doing shows in London, Milan and New York with notable names from the industry.



H E Sheikh Dr Sultan Al- Qasimi , Dr Sunil Manjrekar , H E sheikh Dr B U Abdullah



Young Gods Clothing



Aisha Al Shamsi



Designer Pia Bolte along with Show stopper Vivek Pawar



Vidhi Karva couture



Skechers Middle East



International Fashion Runway Dubai winner Jasmine Andrea Popazu Alexia Miu Antonia Miu

The Dubai World Fashion Week saw talented designers such as Sanabel, M M Milano, Skechers, Vidhi Karva Couture, Via Del Corso, Two Kids, Afra, Pia Bolte, Young Gods, participate in the event. "We are blessed to be able to do something that we are incredibly passionate about. Getting to work with such talented names and building events from scratch is something that Arti and I enjoy doing," says Pawar. Talking about their future plans, they share that they are doing their own show in London in September 2021.

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# Zarine Manchanda

*Femina celebrates the stylish, sophisticated and fashionable women of India and our cover girl this month is an exciting new face to showcase.*

Zarine Manchanda, a rising star in the fashion world, embodies these qualities as she blends a couture fashion sense and impeccable style in a simple, authentic manner. More than a pretty face, she is also an empowered woman, a role model, and the new paradigm of what it means to be an accomplished young woman in today's India.

Most recently, she featured as a showstopper in the Bombay Times Fashion Week 2020 extravaganza in December. Wearing a gorgeously embroidered lehnga by designer Soshai by Sofi's collection, she made a grand debut. Says Zarine: "It was a dream come true. I wanted to be a showstopper since I was a little girl. I'm so grateful to Sophiya Gupta for creating such a masterpiece to wear. And I want to thank all the beautiful and talented models who walked the ramp with me. I know they are hard-working and some of them might not have honored as a showstopper till date and here I was a new girl having that honor. So, I thank them for their support and encouragement."

Her path to the runway began in Himachal Pradesh, where she grew up in a village near Dharamshala. But make no mistake, she was never a simple village girl. Zarine adds "I was blessed growing up in a prominent political family. My father was a minister and successful businessman, so I enjoyed the luxuries of life. Fashion was my first passion; I loved dresses and always wanted the latest and most unique designs. I know I drove my dear parents' crazy with my love of fashion and style."

She gave up the Princess Life, moved to Mumbai four years ago to pursue her dream of being an actress and model. She struggled to make her mark in Bollywood, but to her, these obstacles became a blessing in disguise. Ultimately, she made a profound life change. She knew she had the skills and traits to be a success; she just needed to blaze her own trail and find her calling, her life's purpose – even if it meant temporarily setting aside her childhood dream.

And so, she did. Realizing that she wanted to have her own political career



and having the ideal DNA to do so, she first opened a charity foundation bearing her name. With a website showing videos and photos of hundreds of food and clothing donation programs in Aarey Colony's, Mumbai slum cells Zarine Manchanda Foundation ([www.ZarineManchandaFoundation.com](http://www.ZarineManchandaFoundation.com)), her foundation became top rated NGO

in Mumbai and was soon inundated with client donors and also with companies looking to partner with her.

Zarine says "I owe so much to my area manager Ajay Singh. He literally traveled all over Maharashtra collecting donations, then going to the slums to set up and arrange all the programs. My role was easier – arriving at the

programs to hand out the donations. From the very first program – when I sensed the gratitude, hope, and the love I was receiving from the mothers, from the children – I knew I had found my life's true calling". Now, she just wants to help the poor, to do her level best to improve the quality of their lives, to give them hope, to make them believe things can change for the better. Looking back, what she is proudest about is that when she was in her deepest struggle, she was able to focus her energies on others who are less fortunate and to change her life to help those that have everyday problems far greater than her own.

It's no wonder that she considers Mother Teresa her role model and inspiration. Says Zarine: "There will never be another Mother Teresa, who was one of the most beloved women the world has never known. Her relentless determination to help the poor is an inspiration for us all. I

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***Zarine is a truly remarkable young woman, with an amazing destiny before her. She's part Mother Teresa, part Indira Gandhi, and also possessing glamorous movie star beauty. No one can resist that combination***

---

know if I bring the same commitment, right intentions, I can continue her good deeds and improve the lives of thousands or even millions. I want and expect my Foundation to be one of the biggest in India and to have a global reach. I know with good intentions I am not far in achieving the same. This way I can honor Mother Teresa and can inspire others and be a role model in the same way as she has done for me."

With her Foundation a success, this empowered woman set her sights on multiple business expansion, as she saw her father do. In 2020, Zarine opened three new businesses, all during the COVID lockdown. First, she opened Zarine Manchanda Café ([www.ZarineManchandaCafe.com](http://www.ZarineManchandaCafe.com)) an upscale café in Versova serving simple gourmet fare and specialty coffees and teas. The slogan of the café says it all "Delicious, luxurious spiritual charm". She wanted a café with a very sophisticated décor and ambiance. Zarine's recently established



interior design company Zarine Manchanda Interiors ([www.ZarineManchandaInteriors.com](http://www.ZarineManchandaInteriors.com)) created the unique, one-of-a-kind, 5-star ambiance that wows Mumbaikars. The spiritual charm comes from Tibetan Bells brought from Dharamshala – the home of the Dalai Lama. The staff rings the bells each time they bring food and drink to a customer's table. "The guests love this unique experience", says Zarine.

At her side throughout it all is Peter Ziebert, a Los Angeles-based attorney and film producer who is also her manager. Designing her various websites, and spearheading

her global branding campaign, Peter Ziebert is launching her acting career and partnering with Zarine's production house ([www.ZarineManchandaProductions.com](http://www.ZarineManchandaProductions.com)) to make this happen. Says Peter: "Zarine is a truly remarkable young woman, with an amazing destiny before her. She's part Mother Teresa, part Indira Gandhi, and also possessing glamorous movie star beauty. No one can resist that combination."

For this Showstopper, award-winning entrepreneur, prolific social worker, and rising politician, it seems she is irresistible and poised for abundant success.

# What's Hot For 2021

Get a head start on the biggest trends coming your way this year. By **Radhika Gattani** and **Yukti Sodha**



## CUT-OUTS

*Showing some skin is in!*

Need a little extra ventilation after sitting home in sweats all year? Go beyond raising a hemline or removing a sleeve; opt instead for some cut-out detailing. There's no better way to add some personality to your outfit than by showing off a sliver of skin. Strategically-placed cut-outs are an effortless way to make a big impact. It's uber sexy and very chic.

While cut-outs around the midriff and chest are the most common, venture further. Think cut-outs on the shoulders, ribcage, hips and thighs too. This year is going to be all about showing off some skin in unexpected ways. Cut-outs can be found in a host of silhouettes and fabrics. From cute brunch wear to sexy, night-out ensembles, no matter



Cut-out knit jacket, ₹2,490, Zara



Tisharth by Shivani



Burberry

what the occasion, cut-outs are perfect.

Based on your personal style and preferences, choose the shape, size and placement of the cut-out detailing. Go ahead and be as adventurous as you want. Experiment with asymmetrical cuts, geometric patterns and a lot more to further heighten the surprise factor. A good fit and the confidence to pull it off are key to making any kind of cut-out detailing work for you.



## Prreeti Jain Nainutia, Nirmooha

*"As a signature kick-off to the next year, treat your fashion taste buds to some magical cut-out incorporations. Yes, from New York to Paris, cut-outs are being reimagined and worn in the most stylish ways. Nirmooha, in its latest Arruga SS21 collection, has incorporated techniques of fabric trimming on a cording chocolate brown bralette. From cold-shoulders to side holes, we are drooling over the plethora of cut-out options available."*



Miu Miu

David Koma



Zebra print sequin mini skirt, price on request. ASHISH

## MINISKIRTS

*This tiny piece is going to be huge in 2021!*

Overshadowed by midis and maxis for many seasons now, miniskirts are finally making a breakthrough this year. The silhouette first grew in popularity in the 1960s as a symbol of sexual liberation and the rebellious youth culture. Drawing parallels with 2020's social unrest, it's no surprise that designers have chosen to bring back the cultural icon that is the miniskirt.

The silhouette is as versatile as it is chic. You can find it in a plethora of fabrics, fits, prints, and styles. And it can seamlessly transition

from summer to winter if you wear tights or stockings underneath.

You've worn a miniskirt as a teenager, but how does one style it as an adult? Go for tailored pieces or co-ord sets to look put together. Experiment with fabrics other than denim, and indulge in some print options too. Planning an outfit for a party? Bling it up with a sequin miniskirt. Whether you choose to make it the statement piece of your outfit or a complementing addition, the miniskirt will never let you down.

## CROCHET

*This is so not your grandma's crochet!*

The increased appreciation for a homespun feel has led to the revival of a beloved handcraft, crochet. But, no, this is not your grandma's crochet! Forget its old reputation; it's here to show you just how sexy and chic the new crochet can be.

Crochet is the process of creating fabric by interlocking loops of yarn using a hooked needle. You

can find everything from dresses, jackets and tops to pants, shorts and swimwear made with crochet. Whether you choose to throw on a rainbow-coloured crocheted maxi or a subtler crocheted jacket, this trend is yours to experiment with.

Opt for crochet-bordered garments to tune into a minimalistic vibe. Another subtle yet impactful way to add crochet to your look would be through accessories. From bags to beanies, there's a lot to play around with. Updated silhouettes and a new vision are giving this handcraft the recognition it deserves. Get your crochet hooks out for 2021, because this trend is going to be everywhere. >



Shades Of India



Gabriela Hearst

Ritu Kumar



Falabella crochet tote, price on request. Stella McCartney



Gaurav Gupta



Sukriti Aakriti

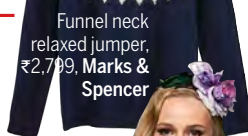
## BLACK & WHITE

*When in doubt, wear black and white!*

It's classic, it's timeless and it's back on our radar. Black-and-white is 2021's match made in fashion heaven. When two opposite sides of the spectrum come together in harmony, you can be sure it's going to be iconic.

This year, expect to see some fresh takes on this classic combo. Unexpected silhouettes, fun prints, minimalist to maximalist vibes and a lot more have breathed a new life into this trend.

From the summer season to the shaadi season and everything in between, black and white, when paired together, conjure up a fail-proof outfit for every occasion. There is no shortage of options when it comes to styling this duo. Walk the classic route of a black top-white bottom or a white top-black bottom. Take the less-travelled path by choosing some black-and-white print options. You could also choose your apparel in one shade and your accessories in the other. Love colour way too much to give it up? Introduce an accent colour of your choice to your monochrome outfit to make a statement.



Funnel neck relaxed jumper, ₹2,799, Marks & Spencer



Dolce & Gabbana

## COTTON CANDY PASTELS

*Paint the town pastel!*

If you rolled your eyes at black-and-white, this one's for you. Say hello to the prettiest of pastels! Splashed across the runways and our Instagram feeds, these powdery colours are all set to take over your 2021 wardrobe. We're seeing everything from tops, trousers, dresses, kurtis and lehengas dipped in the joyous hues of mellow pinks, blues, greens and yellows. A cheerful addition to your closet, pastels are sure to make you look as sweet as candy. Mix and match pastel pieces together to resemble

swirled cotton candy, or go monochrome to make a statement. You can also pair pastels with neutrals for a subtle yet stylish impact. Consider introducing a saturated accent colour for that extra pop and contrast.

Extend this trend to your accessories as well! Whether it's tinted sunglasses, belts or shoes, you can find pastel options for all. What are you waiting for? It's time to take your mind off the gloom of the past year and paint the town pastel!



Rahul Mishra



Varun Chakkilam



Blumarine



Two-tone asymmetric cardigan, ₹26,550, PORTS V

## Rahul Mishra

*"Soft pastel hues and cheerful tints are making their way into fashion. Cotton candy pastels are pleasant to the eyes and represent a certain kind of positivity. We might see the trend follow through in various markets of fashion in the coming year, including street, resort and luxury. At Rahul Mishra, bright pastel hues and cotton candy tints might find a prominent place in our signature two- and three-dimensional embroideries."*

# Narresh Kukreja, Creative Director, Shivan & Narresh

*"Sheer has been a hot favourite with millennials and gen Z for some time now. Come 2021, the effortless look of organic fabrics like organza and pure chiffon is going to take a leap in terms of styling. From opulent kaftan dresses for a beach weddings to skein-work sheer saris for celebrations, the decadence and luxury of sheer is here to stay, for both—layering and otherwise."*



Shivan & Narresh



Sheer trench coat, price on request, Valentino

## SHEER

*Don't shy away from sheer!*

See-through fabrics are a key textile trend for spring-summer 2021. Equal parts sexy and classy, sheers are for everyone who wants to add a touch of dramatic flair to their look. From transparent, flowy dresses to see-through sleeves, designers have truly unleashed the power of chiffons, tulle, lace, organza and more. Proportion and balance are the key to making a bold yet elegant statement. There is no better way to instantly elevate a basic outfit than by introducing some sheer layers in the colour of your choice. Garments with strategically-placed sheer panels are also a great way to show some skin without overexposing. This trend can work for every occasion. You decide the vibe and let this trend fill you up with sheer delight!



Christian Dior

## POWER SHOULDERS

*Embrace your girl-boss power in style!*

Your life might not be able to handle any more drama, but your shoulders certainly can! This year, there's a spotlight on power shoulders. Power shoulders were all the rage in the '80s, thanks to the power-suiting trend for women. Seen as a symbol of female empowerment back in the day, you can trust this silhouette to give you an instant boost of confidence. With modern influences and designer touches, the trend has evolved quite a bit. Even though the classic power shoulder is just as fashionable, 2021 is all about being extra! Expect the volume to be turned up with exaggerated silhouettes in the most striking colours, embellishments and fabrics.

And the trend is not limited to power suits anymore; you can find power shoulders on short dresses, overcoats, evening gowns and even sari blouses.

Since your shoulders will be demanding all the attention, make sure you pair this trend with toned-down, complementing pieces that won't clash or overpower.

Hop on to this power-dressing trend for spring summer 2021 and let your shoulders do all the talking. >



Pagoda wool twill jacket, price on request, Balenciaga



Pooja Shroff



Givenchy



Falguni Shane Peacock

## FLORALS

*Florals? For spring? Groundbreaking! Yes, again!*

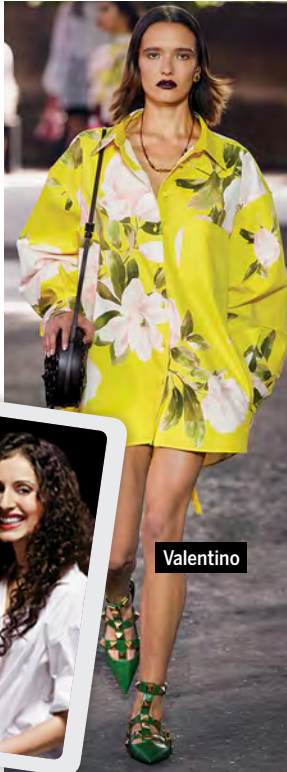
Florals for spring might be a fashion cliché, but we sure can't get enough of them. You can always rely on florals to brighten things up. Even though florals are a classic print, it's always interesting to see how designers reinvent them time and again. This year, choose from an array of styles from tropical, vintage, stylised and abstract. Make them visually elaborate by going the maximalist

route with giant florals and striking hues, or embrace a romantic feel with delicate designs and a summer garden colour palette. All-over prints are all over the runways. Take a cue and sport a head-to-toe floral printed ensemble, or mix and match with solid-coloured pieces for a balanced look.

Feeling the bloom? You can experiment with more than one kind of floral style in the same outfit. It's the most versatile print out there, and it's beckoning you to make it your own. Available in every silhouette and colour imaginable, florals work for every occasion and can easily fit your personal style. Sorry Miranda Priestly, but florals for spring can, in fact, be groundbreaking. **F**



Gauri & Nainika



Valentino

Floral Peplum  
Top with  
Puff Sleeves,  
₹2,499,  
American  
Eagle  
Outfitters



ERDEM

### Gauri & Nainika

*"Florals have always been a big part of our brand philosophy. Every collection of ours has had some sort of floral inspiration, whether it's botanical, very simple or even very intricate. For SS21, we wanted to incorporate florals particularly because it's so uplifting and, with the current mood, I think it sends out a very bright, positive message."*



# IN FULL BLOOM

Add a hint of freshness to your look with an elegant floral [watch](#). We bring you this season's favourite picks



1. Reine de Naples wristwatch, price on request, **Breguet** 2. Sakura dual tone floral watch, ₹4,899, **Joker & Witch**  
3. Hettie watch for women, ₹11,995, **Ted Baker** 4. Metro black dial watch, ₹16,995, **Kate Spade** 5. Portia watch for women, ₹16,995, **Michael Kors**  
6. Watercolour floral watch, ₹12,495, **Olivia Burton**

# GAME GO!

Give your [athleisure](#) wardrobe a cool spin while keeping the focus on fitness.

Photographs: Meetesh Taneja

Senior Fashion Stylist: Yukti Sodha

Junior Beauty Writer: Eden Noronha





## SPACE VENTURA

Transport yourself into a futuristic age with sequin dresses and metallic shorts for that edgy look.

### On Jameela:

Spider crop top, ₹3,000,  
boxer bling shorts, ₹3,000,  
both **Purple Paisley**;  
earrings, ₹8,500, **Misho**

### On Priyanka:

Baseball glam dress, ₹5,000,  
**Purple Paisley**; metallic bag, price  
on request, **adidas Originals** >



INFALLIBLE  
SPIRIT

For full comfort during match days, bodysuits with sneakers is a win-win combination.

Recycled nylon oversized shirt, ₹27,200, **Bloni**; rogue snakeskin body suit, ₹4,500, **Aniket Satam**



## MATCH POINT

Keep your eye on the prize with a tassel detailed dress for the win.

Neon green dress, ₹6,320, **Narendra Kumar**; Kinoko Halo  
Hoop earrings, ₹4,850, **Studio Metallurgy at Minerali** >



### WINNING ETHOS

Graphic logo prints are all the rage this season even on a workout day.

Bubblegum latex cropped biker jacket, ₹6,500, **Aniket Satam**; Dri-FIT one tights, ₹2,767, **Nike**; metallic sneakers, price on request, **adidas Originals**; pearl studded hoop earrings, ₹14,500, **Outhouse**



## WHITE-OUT

Accentuate your regular sporty look with layers of mesh and ankle-length boots to make a unique statement.

White mesh top, price on request, **The Source**; white bralette, ₹1,290, **Zara**; fanny pack, price on request, shorts, ₹1,999, both **adidas Originals**; mini sun studs, ₹7,800, **Misho**; lace up ankle boots, ₹3,219, **Truffle Collection** >



## RAISE THE BAR

Add a pop of colour to an otherwise monotone look while keeping the gaming spirit alive.

Neon body suit, ₹4,600, **Flirtatious**; black belt bustier, ₹4,000, **Purple Paisley**; leather joggers, ₹2,790, **Zara**; shoes, ₹7,999, **adidas Originals**; triple shell earrings, price on request, double scallop ring, 32,000, scallop ring, ₹28,000, both **Angana Nanavaty** >



## LEAN ON ME

Champion the gaming spirit and opt for a classic sports bra for total comfort.

Swoosh sports bra, ₹2,095.

**Nike;** alpha 'P' hoops, ₹8,500. **Misho;** pierced skirt, ₹4,000. **Purple**

**Paisley;** uplift black patent heels, price on request.

**Steve Madden** 

# Digital DIVA

Global Indian influencer **DIIPA BULLER-KHOSLA** opens up to Sakshi Sharma about building a community on the internet, and making a positive impact

You've seen her on your Instagram feed, and now all over the internet too! She's smart, gorgeous, and a voice for change. Diipa Buller-Khosla is a global Indian fashion and beauty influencer who has over a million followers on Instagram. Born in Delhi, she went on to study law in The Netherlands, and that's when blogging came along. Diipa noticed a lack of Indian representation in the space, and decided to go ahead and change that. From styling tips, beauty tips, fun collabs, and everything in between, one scroll through her Instagram will have you hooked. Authentic in her approach to content creation, Diipa focuses more on being real than being perfect. Over the years, she has carved a niche for herself in the industry, and is one of the most well-known Instagram influencers out there.

Still, Diipa isn't just known for her sartorial flamboyance and candid videos of her life; she uses her platform to raise awareness about various social issues. She has worked closely with the UN and NGOs to help women all over the world, and is the co-founder of the Post for Change foundation. Her NGO brings together the immense reach of influencers, and uses the power of social media as a transformative engine to drive change. She understands her responsibilities as an influencer, and aims to make a positive difference in people's lives. In a conversation with *Femina*, Buller-Khosla talks about the evolution of content and the pros and cons of being an influencer.





***“THE INFLUENCER COMMUNITY HAS GROWN INTO AN AMAZING PLACE OF ANSWERS, ENCOURAGEMENT, AND RELATABILITY”***

**What does being an internationally-recognised global Indian influencer mean to you?**

It is an absolute honour. When I started my journey, I had the ambition to inspire girls just like me, and even the totally different ones, to own their uniqueness and insecurities. Five years down the line, I get sent personal messages from women who are encouraged to overcome their hardships and who have adopted a ‘real over perfect’ lifestyle. So seeing people look up to some things I do is just rewarding.

**Take us through your journey from Delhi to Amsterdam to Instagram.**

I consider myself quite the international citizen; I’ve moved around a bit. My move from India to Holland was simply due to my family’s relocation because of the job requirements my parents had. I chose to study for my law degree in The Netherlands. Shortly after my degree, I realised that social media was my true calling. Giving into my passion, I decided to start blogging and, five years later, here I am.

**What’s the key to creating content that performs well?**

Something I give a lot of importance to is engaging with my followers, so I continuously ask what my audience enjoys seeing and what they would like to see more of. Making sincere and un-staged content is what generally performs best, considering the ‘real over perfect’ motto that I follow.

**How has the Instagram influencer community changed since you started?**

It definitely has grown to start with. >

Social media has become a part of many people's daily lives and for a number of reasons. I think it's great that you can find so many answers on the internet to any questions you might have. The influencer community has grown into an amazing place of answers, encouragement and relatability.

### **What is the best and worst thing about being an influencer?**

The best thing about being an influencer is definitely seeing or hearing about any positive impacts that have been made in other people's lives. Another one of my favourite things is having another family that is spread all over the world, and that

is so encouraging and supportive; it feels as though my platform is a home away from home sometimes! The worst thing would probably be how stressful it can be at times with busy schedules.

### **How do you deal with negative comments and trolls?**

I try not to look at the negativity amid all the positivity I receive on my platform. I try to take any hate comments or

***"MY MOTHER TAUGHT ME EVERYTHING I KNOW AND IS A HUGE PART OF WHO I AM TO THIS DAY"***

messages and make a lesson out of them. You can't please everyone no matter how hard you try, so letting it slide is something I've gotten used to.

### **A lot of people look up to you; who is your own role model, and why?**

As clichéd as it sounds, my mother is my role model, and it's something my followers are aware of. My mother taught me everything I know, and is a huge part of who I am to this day. She inspires me every day and continuously teaches me life lessons that I'll forever hold dear.

### **What does a normal workday look like for you?**

I start with a good breakfast and a big cup of coffee to get me going. On an average day, I'll have a few meetings back to back, followed by shooting videos or photos for the upcoming week's content.

### **How has the lockdown affected your work?**

More time = more content, despite having enough time to spend with my family and take the much-needed rest that we are all guilty of ignoring sometimes. The lockdown has given me more time to think of new ideas and content.

### **Do you predict any shift in influencer marketing in the near future?**

People have become more aware of what's going around in the market and how it affects the environment and such matters. So I believe that consumers are going to become more critical of any product an influencer pushes.

### **What strategic advice do you have for budding Instagram influencers?**

Staying true to yourself and the content you create is so important. Being an influencer is exactly what it says, influencing others but remembering the responsibility you have to do it in a positive way. Not trying to be like everyone else you see online, and sticking to your unique self is what makes the difference. **F**



FEMINA  
LOVES

PHOTOGRAPH: IMAXTREE.COM / CHISATO ENIN

## CAUGHT ON TREND

Refreshing, universally appealing, and in sync with every skin tone, monochrome terracotta makeup is a much-awaited break from classic nudes and pinks. Using an orange-y hue on lips, lids, and cheeks for a warm look, the trend is all about creating a natural-looking glow

*BEAUTY* feature



TO BE ALL  
KINDS OF

**BEAUTIFUL**

Beauty resolutions just right for the new normal in 2021. By **Eden Noronha**

**T**he beauty game underwent a massive change due to the COVID-19 pandemic in 2020; game-changing products had to take a step back and just observe the field. A shift in perspective had us focus on the fundamentals of holistic care. The definition of beauty was revisited; unrealistic beauty standards were re-evaluated and almost vanquished, thanks to a new mindset that emerged. Today, people better understand the importance of mental health and how it relates to self-care, which truly is the best care. Which means that ignoring yourself and your personal care needs could impact wellbeing or, sometimes, even lead to mental and emotional health issues. There's no way around it: you just have to take care of yourself. And what better way to do so than through beauty resolutions that are healthy for both your physical and mental well-being?

## ***HERE ARE BEAUTY RESOLUTIONS THAT MAKE SENSE TO ADOPT THIS NEW YEAR:***



### **I WILL PAMPER MY MANE**

Your hair is an extension of yourself. It is only right that you pay attention to it and take proper care of it through some [basic hair care](#). Indulge in a hot-oil hair massage at least once a month. Begin to use an at-home deep conditioning treatment masque before shampooing and conditioning your hair. Think of it as an at-home hair spa, because the results will definitely be just like that. Also, find the right heat protectant and styling products that work for your locks, if you haven't already.

**TIP:** Set your head down on a silk pillow cover at night for a static-free mane in the morning.



### **I WILL GET COMFORTABLE WITH MY SKIN**

It's time to better understand your skin and its needs. It's important to feel good about your natural, bare skin—freckles, spots, discolouration, and all. Avoid makeup or tinted moisturisers during the week, and note how your skin is reacting to different skincare products and environments. Observe how your skin is sans moisturiser, and then see how your products bring change to your skin after being applied.

**TIP:** Let your skin breathe! Instead of foundation, make it a habit to use a face pack that addresses your unique needs once or twice a week. You could play up other features like your lips and eyes with colour cosmetics.



### **I WILL REINVENT MY LOOK**

Give yourself a makeover: find a new makeup look that is minimalistic and fun. Stick with your new-found love for fresh, natural-looking skin, and play around with eye makeup looks and lipstick hues for a visage that reflects your unique persona.

**TIP:** Try out third-day hairstyles for unwashed hair. Professional stylists agree that unwashed hair is the best to create different hairstyles, so go ahead and make that day-three-hair look stunning. Experiment with styles you once loved, like ponytails and half-up styles with various elegant and quirky hair accessories. >

*Being constantly on your smartphone or laptop and staying up late can have a bad effect on the appearance of your eyes and on your vision as well*

### **I WILL HELP MY HANDS**

Your hands go through a lot, especially since washing them and using alcoholic sanitisers is necessary these days. It's hard to reverse damage to the skin on your hands, so always moisturise them after you use sanitiser. Use hand creams that are formulated keeping the current pandemic in mind; look for ones that are non-sticky and safe to use.

### **I WILL FIND MY POWER INGREDIENT**

Whether it is vitamin C, retinol, niacinamide, salicylic acid, hyaluronic acid, seed extracts, or plant extracts, find that ingredient or combination of ingredients that works to treat your skin or hair or both, and stick with it through the year in order to truly test its promised benefits.



### **I WILL REST MY EYES**

Being constantly on your smartphone or laptop and staying up late can have a bad effect on the appearance of your eyes and on your vision as well. Make sure to catch a minimum of eight hours shut-eye every night, and use creams and masks that pamper the skin around your eyes. These steps will help you steer clear of dark circles and puffiness.

### **I WILL LOVE MY LIPS**

Wearing face masks can cause your lips to dry quicker than usual; a full lip routine is what you need. Begin with a lip scrub, then moisturise and even use a lip mask whenever you get the time. Follow this routine as frequently as required. >



*skin sensitivity is a part of the new normal. Wearing masks can cause redness, rashes, acne and other skin irritations. To help soothe your skin when this happens, try moisturisers that contain zinc oxide, as that is a gentle and effective solution to rashes.*



### **I WILL PROTECT MY SKIN FROM THE SUN AND SCREEN**

Sun protection is important, and so is protection from your smartphone, TV and other electronic screens. UV rays from the sun can pass through glass windows and damage your skin, while the blue light emitted from screens causes photoageing and will cause dark spots and other signs of ageing to appear on your skin. To stave off premature ageing, opt for a sunscreen that offers broad spectrum protection from UV rays along with IR radiation protection. Apply this daily, even when you're indoors.

### **I WILL NOT IGNORE SENSITIVITY**

Skin sensitivity is a part of the new normal.

Wearing masks can cause redness, rashes, acne and other skin irritations. To help soothe your skin when this happens, try moisturisers that contain zinc oxide, as that is a gentle and effective solution to rashes. Spritzing rose water on the affected areas in the form of a mist will also help soothe your skin. While at home, treat the areas with other natural remedies like aloe vera gel.



### **I WILL EAT RIGHT**

Beauty begins from the inside out. You can't expect to buy expensive products and not care about what goes into your body. To look truly beautiful and be fit in today's day and age, it is vital to consume a holistic diet. The foods and beverages you consume should be high in essential vitamins and have a balance between protein, carbs and greens to begin with. This will definitely boost your immunity and improve your skin and hair quality. Some nutrient-rich foods like bananas, berries, yoghurt, nuts, dark chocolate, and fatty fish can even help to enhance your mood, so seek them out and indulge! **F**

# Master

# OF THE TRADE

In a candid conversation with **Ruchika Mehta**, celebrity makeup artist **MICKEY CONTRACTOR** busts common myths while talking about his idea of beauty and trends



If you're a Bollywood lover, you've definitely heard of Mickey Contractor; if you're a makeup enthusiast, you've most definitely bookmarked his work. Contractor, who is a favourite with celebrities like Aishwarya Rai Bachchan, Alia Bhatt, Kareena Kapoor Khan and Kajol, is also the name behind Bollywood's most iconic beauty looks. He started as a hairstylist in a salon back in the '70s when a chance encounter with legendary actor Helen opened a world of opportunities for him in the Hindi film industry. And the rest, as they say, is history! Today, his work speaks of his legacy and the niche he has created for himself in the industry.

In a freewheeling chat, Contractor talks about new-age beauty, trends, and makeup ideas we must abandon now.

## ON BEING AN UNCONVENTIONAL MAKEUP ARTIST

Well, quite honestly it's very basic: I never wanted to follow, I always wanted to lead. I've always believed that I'd do what I want to do because everybody else is doing the rest. It's as simple as that.

## ON NEVER FOLLOWING BEAUTY TRENDS

Every face is different, and you want to try and bring out the best in each. When you look at and read about the new trends that keep coming every six months, you might pick up a few things here and there. The point is, I am a film makeup artist, and trends don't apply to me. I, more or less, do character makeup. In our film industry, the basic requirement is 'glamour.' As long as the girl is looking beautiful in every frame, my job is done. Following trends doesn't always work here. Moreover, what is happening around the world in terms of beauty does not necessarily apply to the Indian look. Why not make our own trends and follow them? >

## ON NEW MAKEUP TRENDS ON SOCIAL MEDIA

The new trend on social media is to apply layers and layers of makeup. Contrary to that, I prefer to keep it simple: use less product and optimise it to come up with a clean look. How many products are you going to buy? It's all going to rot away. Just use the basic products.

## ON ACING A PERFECT SMOKY EYE LOOK

A smoky eye means there shouldn't be any sharp lines. You can apply eyeliner, but blend it with the eyeshadow. Also, most people feel that curling lashes or using mascara is not required with a smoky eye look. According to me, that's wrong. In fact, curling and mascara accentuate the eyes further. When you use *kajal* on the waterline of the eyes, it tends to make them slightly narrower. To compensate, curl the lashes, and apply two coats of mascara.

Every woman should curl her eyelashes irrespective of whether or not she wears mascara. Curling eyelashes changes the look of the eyes; it opens them up and makes them look fresher.

## BUSTING COMMON MAKEUP MYTHS

### MYTH: MAKEUP IS BAD FOR THE SKIN AND IT LEADS TO SKIN AGEING

**FACT:** Untrue! In fact, a good foundation will protect the skin from external aggressors. We've been using makeup for so many years; I haven't seen anybody's skin ageing.

### MYTH: PUMPING THE MASCARA WILL MAKE THE APPLICATION OF THE PRODUCT EASIER

**FACT:** Pumping the mascara will add more air to it, and dry it out quicker. People try to maximise whatever they can get from the tube. Try this: when it's slightly drying up, take a glass of hot water and just put the entire tube in it, including the cap. It will melt, and be as good as new.

### MYTH: THERE IS NO NEED TO WASH MAKEUP BRUSHES IF ONLY ONE PERSON IS USING THEM

**FACT:** It is important to clean brushes. Usually, we start the makeup by using a moisturiser first and, then, a foundation over it. For the next use, the brush already has moisturiser on it if you don't clean it. It is like coating the fibres every time you use it. Brushes should be cleaned for hygiene sake and for a clean finish. Use a brush cleanser; it's easily available in the market these days.

*"I, more or less, do character makeup. In our film industry, the basic requirement is 'glamour.' As long as the girl is looking beautiful in every frame, my job is done. Following trends doesn't always work here"*



### MYTH: MOISTURISER CAN BE USED AS A PRIMER

**FACT:** No, they are different products. I am not much of a primer fan though! I don't like to layer too many products on the skin before I start the makeup. Also, I've tried primers a couple of times and they kind of oxidised the makeup quicker. Thus, the skin tone tends to change after a little while. Prepping the skin before makeup is important. Many makeup artists prefer using a primer, but I swear by a good moisturiser.

### MYTH: RED LIPSTICK ONLY SUITS A FAIR COMPLEXION

**FACT:** Most people can wear a red lipstick as long as they choose the right shade of red for their skin tone. Try on the lipstick before buying it, and make sure that the undertone of the red lipstick is correct for you; for example, check whether it has an orange undertone or a purple-blue one. The darker the skin, the darker the shade of red that will look better.

### MYTH: YOU CAN SKIP SUNSCREEN IF THE FOUNDATION HAS SPF

**FACT:** There's no harm in using sunscreen under makeup even if the foundation has SPF. **❌**

# TRENDS 2021: *THE NEW WAVE*

After a tough 2020, we're ready for a fresh start. **Sukriti Shahi** spotlights the beauty trends that are expected to dominate 2021

Given a chance, we all want to do 2020 again! Last year can be described as unprecedented, isolating and sad, to say the least. Our beauty routines took a hit too; from cutting our own hair to mastering a subtle makeup look for online meetings, we did it all ourselves! Beauty trends 2020 were soon replaced by at-home skin and hair care routines with DIY face packs and boxed dyes.

And we've all had enough! It's time to enter the new year with 12 months of fresh trends, adjusted well to the norms of the pandemic. And, happily, the year of stringent skincare routines and all those natural DIYs isn't going to waste—healthy, naturally-glowing and radiant skin will be one of the biggest trends of 2021.

While we have tuned our skincare routine to take care of dull skin (blame the increased screen time) and 'maskne' (face masks still are the first frontier in prevention), it's time to bring out the colour palettes. According to experts, 2021 will bring back retro glam—exaggerated eye looks from the early '90s and 2000s are going to rule the trend charts. As far as hair trends are concerned, we are rooting for both messy, imperfect hair and structured looks in the upcoming year.



## ALL ABOUT SKIN

All that effort you put in to perfect your skin won't go to waste; natural, healthy and glowing skin will be a big trend this year. No matter what looks—bold, subtle or classic—are chosen for eyes and lips, they will be set against a clean and minimal base. "There will be a growing importance on the role of a perfect base for day-to-day makeup," says Daniel Bauer, celebrity makeup artist and Global Makeup Director, MyGlam. "I see correctors, primers and concealers being part of every girl's makeup kit. The real driver for the most iconic looks will be all Instagram-ready and totally wearable looks," he adds.

As face masks are not going anywhere this year too, the face and eye makeup product categories will witness an exponential growth. The idea is to ace a 'lit-from-

within' look! "*Au naturel* skin is one of the biggest forecasts in 2021 trends in beauty, and with good reason," says Navreet Josan, National Artist, MAC Cosmetics India. "Fresh hydrated skin with a hint of foundation and concealer will lead the way." Complementing the clean base with a flush of colour on the cheeks, rosy blush palettes are going to find their way into our vanity cases. "Rosy cheeks will be a big trend in 2021," agrees Josan. "A hint of colour and freshness added to the skin after staying indoors most of 2020 won't hurt anyone! Try a higher placement of the blush on your cheeks, so the hint of colour is visible when wearing a mask."

Beauty looks sported at the recent international fashion weeks have also put the well-contoured face under the limelight. With foundation, concealer, and blush, the contour palette will become a makeup essential.

**As face masks are not going anywhere this year too, the face and eye makeup product categories will witness an exponential growth. The idea is to ace a 'lit-from-within' look**

## ALL EYES ON YOU

As eyes are the only feature in focus with face masks on, eye makeup is definitely going to be bolder and bigger in 2021. It will be playful, exaggerated and dramatic. While earthy tones and nude palettes dominated the year gone by, 2021 will be a fresh start for eye makeup. Though shimmering pigments, glitter and soft hues did create a stir towards the year end in 2020, this new year will see a pop of colours

and retro makeup. "I think it's fair to say that 2021 will be all about eyes, but not the classics!" says Bauer. "There will be a lot of fun and crazy eye looks with daring and unconventional colour combinations. 2021 will be all about bold and playful shapes and shades on eyes," he adds.

This year will also bring back the legendary retro looks from the early aughts and we are all for that! Dior's Spring '21 show that played on the thick black eyeliner look and Chanel's 2021 spring/summer ready-to-wear show (held in October 2020) with the classic smoky eye look predicted that these '00 trends will make a comeback. "While classic smoky eyes and effortless looks created with neutral eyeshadows will continue to be loved, joyful colours will be a trend for sure," adds Josan.

Eyes will definitely have their moment in 2021, not just with shades but with shapes too! Ralph Lteif, of Dior International Pro Team Makeup, believes that eyes will continue to be the key to express personality and style. "Considering that people will still wear masks, creative eyeliners and graphic shapes will probably be 2021's eye-makeup trend," he adds.

Apart from dramatic eye looks, minimal but groomed brows will continue to be important. Natural, feathery, not perfectly-defined brows will trend in the year 2021 as well. As far as lashes are concerned, they will be preferred natural with volume and length. >



## LIPSTICK REVIVAL

Though face masks will be a permanent 'trend' in the year 2021 as well, lipstick trends will witness a surprising shift—these are going to be bold and bright. "The lip category continues to grow in India even though we are wearing

masks; it shows that women wear makeup for themselves, to look and feel beautiful," explains Josan. While talking about the colour palette for lipsticks, she adds, "Although nude lip colours will be the biggest lip trend in 2021, there will also be a blend of bright and bold shades." Supporting the 'bold lip' forecast, Bauer also believes that red lips will be a big 2021 trend!

Last year was about hydrating and tinted lip balms, moisturising lip glosses and nourishing lip oils and serums. However, cosmetic brands are shifting their focus back to the lip category. This year, the focus will be more on formulation and texture. "Lipstick will continue to be the surprising touch behind masks, and women will be more smile-ready with non-transferable formulas," says Lteif.

**Lipstick trends will witness a surprising shift—these are going to be bold and bright**



## RETRO GLAM

As mentioned already, this year will bring back retro trends. Kohl-ed eyes, sharp eyeliner, perfectly-lined eyes and the reverse glitter trend will be preferred to accentuate the eyes. The pop of bolder colour on eyes and lashes will also witness a grand comeback. Going by the trend forecast from some of the biggest international beauty giants like NARS, the texture play will be big this year—everything from sublime shimmers to muted mattes and glistening glosses is going to be fair game. >

## INNOVATION AND COLOUR POPS

Year 2020 made us all reflect on our lifestyle and health priorities. Needless to say, it also changed the paradigm for the beauty industry, expecting it to be more result- and health-oriented for skin and hair. To meet the changing needs of the consumer, the industry has gone through innovative changes that are expected to intensify in the years to come. Consumer demand has strategically shifted to skin-loving, multi-functional products. "Women are more invested in skincare routines, and appreciative of natural and healthy looks, and the beauty industry understands what women are looking for in these changing times," says Lteif. Acknowledging that consumers' changing needs must be paired with innovations in the upcoming years, Josan believes that makeup products that provide customers with robust skincare benefits are certainly the way to go.

With innovative products, the colour spectrum in the year 2021 will range from classic nudes to bright and peppy hues. The year that we left behind grappled with the use of colours in makeup, although soft shades like lilac did make a soaring entry on the trend charts by the end of the year. However, '21 will be about a fresh take on the colour palette. "Though incognito and nude colours will keep ruling the beauty industry, there will be a seasonal addition of colour pops like orange, yellow green and blue," says Lteif, while Josan believes that the cosmetics industry will be ruled by vibrant colours "applied in a simple yet strongly unique way focusing on one feature."

Metallic pigments will challenge 2020's glitter trend in 2021. Lteif believes metallic will be the new matte in the year to come, and no one's complaining!



## HAIR AND MORE!

Similar to the edgier makeup trends, hair trends, too, are going to be cooler and more interesting than before. It's time to do away with 2020's lockdown locks for something quirkier and fresh. From colour to cut and style, hair trends in 2021 are anything but usual. Hair colour trends this year will be inclined more towards shades of brown. "Balayage is always going to be in trend," says Michel Baltazar, Creative Director with Jean-Claude Biguine India. "It gives volume to the hair and makes it look lively. The colour trends to follow are ash brown, cool beige, ash blonde, and caramel. This year, you could also go for a bright but light ombre coupled with shades of coffee."

As far as hair styles are concerned, messy and structured looks both will have their share of fame. However, experts believe that we'll slowly move from structured hair looks to carefree, undone looks. "For hair, there will be a lot of perfectly undone looks," says Bauer. The international trends also bring the age-old glam of structured hairstyles into the spotlight. From sculpted coifs to perfect finger waves, the severely-slicked hair look ruled the spring/summer '21 international runway. Kim Kardashian's popular wet-hair look at the Met Gala 2019 will also be an easy-to-create trend in 2021.

Commenting on the popular cuts this year, Baltazar emphasises the demand for trendy cuts and hair lengths. "Shags with bangs and the A-line bob will have a good future in 2021," he says. "Shags can be worn over different lengths and textures, and, if you're looking for something trendy, this is the cut to go for. The A-line bob is a face-framing haircut that enhances the features while lengthening the neck. These cuts are different and look chic," he affirms.

Beauty trends are expected to redefine themselves with the start of a new decade, and more so this year because 2020, in terms of beauty, didn't count. No matter what the trend charts hold for us in this new year, it's time to push the refresh button on your beauty mood board! **F**

**As far as hair styles are concerned, messy and structured looks both will have their share of fame**

# TEAL DEAL

Work the dual-toned eye makeup look with invigorating colours, says **Eden Noronha**



## FACE

Cleanse and exfoliate your skin. Stick on a [pimple patch](#) wherever you have a troublesome blemish. Apply a skincare serum, and then a broad spectrum gel sunscreen. Blend a hydrating foundation or illuminating concealer only on the areas that are discoloured. Set the base with a sweep of loose translucent setting powder.

## CHEEKS

Highlight your cheekbones, brow bones, the bridge of your nose, and Cupid's bow with a rose-gold gel highlighter. Use bronzer on your cheekbones, jawline, and temples to sculpt your features, and to make your foundation look seamless. Add a warm-toned coral blush.

## EYES

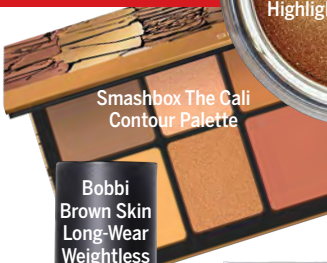
Groom your brows with a gel. Blend an apricot-hued eyeshadow on the crease of your lids, and blend upwards. Apply the same shade to your lids as well. Line the upper lash lines with a metallic teal blue eyeliner. Curl your lashes, and apply mascara.

## LIPS

Scrub your lips to remove any chapped skin. Follow up with a lip mask and balm. Dot a coral lip tint on your pout, and blend well. Top it off with a nourishing lip gloss. **F**



*The look*  
**AQUA LOVE**  
*Wear it to*  
**A BRUNCH**



## TREAT YOURSELF TO A SHEET MASK BEFORE APPLYING MAKEUP



**B**egin the new year with a makeup look that is fresh and colourful. Energising shades like teal and apricot are perfect for livening up your visage without being too overbearing. The idea behind using two radically opposing hues is to create a look that captures the eye and boosts your mood, leaving you looking retro. This beauty look from the Ulla Johnson Fall/Winter 2020 runway show proves that this colour combination is super flattering, and exudes a boho-chic vibe.

Mamaearth Charcoal Face Scrub

Plum Green Tea Day-Light Sunscreen Gel

# CHERRY WINE

An eye makeup look for small, deep-set eyes.

By Eden Noronha



**Amway Attitude Insta Nourish Herbals Creamy Face Wash**

## GET THE LOOK FACE

Double cleanse your face with a creamy face wash and a scrub. Tone and moisturise your face and neck. Apply moisturiser and sunscreen. Conceal discoloration by blending a foundation or concealer only on the areas that require it. Set your base with a dusting of loose powder or a setting spray.



## CHEEKS

Bronze your skin at the cheekbones, temples and jaw line for a sun-kissed glow. Highlight areas like the cheekbones, brow bones, bridge of the nose, and Cupid's bow with a liquid highlighter. Blend a light blush on your cheeks.



Not everyone can pull off bold eyeshadow looks that are heavy on liner or feature avant-garde graphic strokes unless done by a professional MUA. Some eye shapes can benefit from a totally different approach to eye makeup trends. Besides, less is more; we love that mantra! The gorgeous Shraddha Kapoor always keeps her visage fresh and glowing, with minimalism as her core beauty aesthetic. Making the most of her small, deep-set eyes, the star flaunts an eye makeup trend that is frankly genius. This look involves using a soft metallic red wine hue in tandem with a shimmery sand shade to make her eyes look wide and wonderful.

## MAKE IT YOUR OWN

FOR A DATE	FOR WORK	FOR A WEDDING
Use a creamy, warm pink eyeshadow stick on the crease instead.	Go for creamy matte eyeshadow formulas instead of shimmery eyeshadow hues. Pair the corners with a pink shimmer shadow.	Add a metallic rose-gold or silver highlighter shadow to the inner corners. Opt for winged eyeliner and falsies.



**Huda Beauty LEGIT Lashes Double-Ended Mascara**



**Anastasia Beverly Hills Modern Renaissance Palette**



**Makeup Revolution Prime & Lock Eye Primer**

## EYES

Prep your lids with a primer. Apply a metallic reddish wine-hued eyeshadow on the crease of your lids, and blend in circular motions along the crease line. Dab and blend a sandy shimmer eyeshadow all over your lids. Smudge a terracotta shade of kohl on your lower lash lines. Curl those lashes, and apply mascara.



**innisfree My Lip Balm (Dried Rose Tea)**

**The Face Shop Water Fit Lip Tint**

**Kiko Milano 3D Hydra Lipgloss**

## LIPS

Exfoliate and moisturise your lips. Pick a water lip tint in a neutral pink hue, and dot it on the centre of your pout. Spread and blend the pigment with a lip brush. Once the tint has dried and set, top it with a lip gloss. **F**

# HOT RIGHT NOW

All that's fresh and fun on the beauty shelf



1

## FRAGRANT AFFAIR

Global apparel retailer Zara, in collaboration with London-based fragrance company Jo Malone, has introduced the Zara Emotions Collection by Jo LOVES. The range consists of eight uniquely-crafted fragrances, each of which tells a unique tale. The perfumer defines the collection as 'full of imagination and artistry'.

Price: ₹590 onwards

Available at: **Zara stores and online**

2

## BET ON BRIGHTNESS!

There's nothing better than including a product that offers has triple-layered protection against dark skin and spots in your skincare routine. Spawake Triple Care serum is a lightweight gel formulation that helps combat melanin accumulation, which causes skin darkening. It comes with actives like vitamins C and B3 along with algae extract that help brighten the complexion of the skin. Get ready for revitalised skin!

Price: ₹399



3

## ANCIENT BEAUTY

'Forest Essentials has launched its new naturally-infused botanical beauty collection. This artisanal beauty collection consists of Madhu Ras tinted lip serums in four variants, and Gulab Khaas kajals in three shades, made with pure, natural ingredients. The collection focuses on blurring the lines between skincare and makeup by reintroducing Ayurvedic beauty rituals that enhance features naturally.

Price: ₹775 onwards

Available at: **Forest Essentials stores**

4

## LUSCIOUS LIPS

Colour your pout bold with Chambor's new Matte Riot lipsticks. With that perfect velvet-matte finish and the goodness of vitamins A and E, and jojoba oil, these lipsticks are long lasting and cruelty-free. Available in 24 shades, these are perfect to kick-start the year.

Price: ₹395

Available at: **Chambor stores**



5

## SMOOTH AND SOFT

Mamaearth's recently-launched body lotions are here to keep winter dryness at bay. Available in four variants—ubtan, vitamin C, coco, and rose—they are infused with the goodness of natural ingredients, and are suitable for all skin types. Their non-greasy texture and hydrating formula make them an ideal buy this season.

Price: ₹399

Available at: **Mamaearth.in**

Whether it is drawing intricate mandalas or applying

*mehendi* for her friends, this girl does it with elan. A visit to her Instagram page, *Handlessmade*, will show her creativity in every piece, from personalised scrapbooks and cards to custom-made wall hangings and miniature art. A passionate artist, musician, singer and a palliative care volunteer, this 18-year-old, who was born without limbs, believes that life is a blessing.

When she was born, Kerala-based Noor Jaleela had hands only until the elbows and legs until the knees. Her parents left no stone unturned in visiting experts to find out that getting artificial limbs was her best option. Since then—from nine months of age—she has adopted prosthetic legs as part of her own body.

It was only recently, when she switched to a more sophisticated version of the limbs, that Noor came to realise the number of hardships she had overcome. “In the old limbs, a part called the stimulus used to break periodically due to weight and usage, and life would come to a standstill. No matter how strong I was, I would break down. Now I realise the amount of pain I had almost normalised earlier,” Noor narrates.

Having taught herself to be independent since



Noor with her loving and supportive family



## HANDS FULL!

Artist, singer, musician and palliative care volunteer, **NOOR JALEELA** might have been born without forearms and legs, but uses every ability she has to unleash her creativity, finds **Shraddha Kamdar**

“My disability has never pulled me down. I FIND THIS AS MY DEPENDABILITY TO GO AHEAD”

childhood, Noor knows that she might need more time to adapt, but is confident that she will. “My parents never told me how to eat or walk. I learned with what I had. I remember an incident from childhood that my mother narrates to me. She was busy with her chores when she heard a noise and ran to check on me. Her joy knew no bounds when she saw me holding a cup of water with both my hands and drinking from it. She had no idea what the future held for me, but this incident turned tension into hope,” she smiles. Going forward, Noor engaged with art and music, participated in competitions, learned to

play the violin, and has had the opportunity to share the stage with several celebrities. *Handlessmade* is her way of sharing her creativity with the world.

From being denied admission to a school owing to the thought that it might be tough for other ‘normal’ children to ‘get used to’ having her around, to, years later, being invited to be the chief guest at the annual day event of the same school, this BA Economics student of St Joseph’s College, Devagiri, Kozhikode, has come a long way. She once dreamed of being an IAS officer, but now wants to leave her options open until after she graduates.

The recipient of the Eastern Bhoomika Award for Iconic Woman Of The Year 2020, Noor believes that life is too precious to cry over the things we do not have. “We need to earn to sustain ourselves, but my volunteer experience has taught me that we also need to do good deeds; to share what we have with others. When we are feeling low, these little things will come back to us. A little support from us can help people grow big—that’s the biggest truth of my life,” she signs off.

# Straight from the heart

'Genuine' and 'frank' were two words that came to mind when **Radhika Sathe-Patwardhan** spoke to writer **TAHIRA KASHYAP** about her latest book, directorial venture, and life in lockdown

**Y**ou hear her voice on the phone line, and you realise that, despite being in the entertainment and glamour industry, [Tahira Kashyap](#) has no airs about her. In a telephonic interview with *Femina*, the down-to-earth writer spoke about her writing process, her new book, and the lockdown.

## Exploring the writer

"It really incorporates a lot of frustration!" the columnist, author and scriptwriter exclaims when asked about her writing process. Not one to pen down whatever comes to mind, she lets an idea "trouble me for a couple of days. It is like *kaali dal*; one lets it simmer for a while before it is done." She mulls over the idea for a few days until it's ready to all come out. She draws inspiration from real-life people and situations. "I really like to write about people, about real emotions, about real characters, about funny situations that are not meant to be funny as they happen in a situation of tragedy or whatever. I don't want to limit myself only to people I know, so I get inspired by watching cinema." As a columnist, she puts down her thoughts in her regular column in *The Times Of India* "in a very subliminal way. It's got to do with something about current affairs, or a little bit about the future, or about feminism; that's a very big part of me. I'm a bit of a feminist, so that part also creeps in. *Sab kuch aa jata hai!*"



### Exploring the facets of a woman

Kashyap feels that a woman's many facets have not been written about enough. "Women are either depicted as fearless revolutionaries, or there is a tragic angle involved. There is so much more between these extremes." Every woman has had quirky incidents and her own different, fun ways of viewing things. "We've all had those moments where we've searched about boys, or drunk until we were really drunk. These are all things we have done, but we don't speak about them much. So I think it's all about normalising that and also really sharing it with the world." This thought resulted in her new book, *The 12 Commandments Of Being A Woman*. She has written about different stages of her life in an essay format, talking about what she has been through as a woman, through the lens of a woman. "We are in a patriarchal set-up, so how interesting it is to see how a woman thrives in a patriarchal set-up, with that sort of a lens." Which is her favourite 'commandment' among the 12? "I have written all of them!" she laughs, "so I don't know which to choose as my favourite. I'm missing my *naani* at present, and there is a chapter where she and my *maasi* are there; they were really obsessing about my weight loss, coming up with concoctions that I should eat and drink and apply to increase my breast size! That chapter perhaps is my favourite nowadays."

### Exploring the director

Kashyap has also recently ventured into scriptwriting and directing. Her debut movie **Pinni** was a short family drama as part of the *Zindagi inShort* anthology produced by Guneet Monga. Featuring [Neena Gupta](#) in the lead, the movie was inspired by Kashyap's mother-in-law. How was it writing and directing the movie? "It was good fun, but unnerving too. It was the first time I was shooting with a star. I was intimidated a little, to be honest, but I had a lot of fun; Gupta is amazing and that comes across too."

Putting on the directorial cap felt both daunting and natural for this talented woman. She used to write and direct when she was in theatre in her early years. While she worked at different jobs later, she feels writing and directing were always her calling, "but it became a daunting experience because I was approaching it after so long." Once she put her mind to it, and overcame the fears, and got into the process of filmmaking, all that changed. "It gives you so much happiness that you forget about being intimidated." She



**"I find every project daunting to begin with; I have to fight my fears."**

adds with a laugh: "I find every project daunting to begin with; I have to fight my fears. Then, it becomes a pleasurable experience. Then, it comes naturally to me."

### Exploring the lockdown

Like everyone in the lockdown, Kashyap also went through highs and lows, "But it's about bouncing back, and making the most of what you have and where you are." With everyone at home 24x7 through the lockdown, how was the experience? "Lovely and harrowing!" she says with a laugh, "*Do din toh hum gale mil kar bethe the, par phir sabne apna apna corner pakda hua tha*. Since the time the kids were born, we have not been together at home at the same time for so long a duration." While it was a wonderful experience being together, she's glad Ayushmaan (Khurana)'s films have started, as have her projects.

Speaking of projects, there are quite a few in the pipeline, but all still at too early stages to be disclosed. We'll be watching for what the dynamic Tahira comes up with next. **F**

[CLICK HERE TO READ MORE](#)



# SANE-SATIONAL!

**Simran Lodha** tracks the digital footprint of YouTuber **PRAJAKTA KOLI** who's full of surprises almost every time she's MostlySane

**F**ive years, over 800 videos, close to six million followers on YouTube, and millions of views on her videos... That pretty much sums up the insane amount of work MostlySane has done in the digital space. All of 28 years of age, her thrust to do more in the pandemic year has made Prajakta Koli experiment with different content formats, her most recent outing being her OTT acting debut with the Netflix series *Mismatched*. When the young content creator is not making faces at the camera, she's actively campaigning for youth-centric issues like the body-image complex, online bullying, women's issues, and more. Let's take a peek into the mind of one of India's most successful digital stars.

**From YouTuber to big-time influencer to actor, what has kept you going on this journey?**

First, I feel the most important step towards success is loving your job. Be it shooting, writing, editing or even having this chat right now, I love doing what I do. Second, I happen to have the most amazing people around me. When I'm low on motivation, I look at them and say to myself, "Let's get this done with, Prajakta!" And, finally, there are my viewers and supporters; every single viewer who acknowledges my content keeps me going.

**The USP of your content is its relatability. Where do you get these ideas from?**

I'm not a comedienne who can sit thinking in one place and suddenly jump and say, 'Oh, idea!' That's not me. I love observing people and different situations. If someone says something



funny, I make a mental note of it. I'm also blessed with a team of writers that does an amazing job with the scripts.

**Things have changed during the pandemic. Digital content-wise, where are we heading?**

I feel that the more creators we have and the newer topics we tap into, the more we are providing viewers with a larger variety of content to watch. This is important as it's a way to build our presence on this platform, and do justice to the wide range of opportunities that social media offers.

**Finally, how do you stay 'mostly sane' these days?**

This time last year, I was not in a great physical and mental space. I loved doing what I was doing, but I was very disorganised with all my plans, and that led to major exertion. However, amid the lockdown, when I suddenly had lots of time, I decided to start working on myself. I started eating right, working out, drinking plenty of water, doing my yoga, cardio, and meditation. To sum it up, what keeps me 'mostly sane' now is taking care of my mental and physical self; everything else just falls into place.



# When Queen met G.O.A.T



There is no war zone like Twitter! Extreme overstatement, but, come on, did you check out Kangana Ranaut and [Diljit Dosanjh's](#) spat that rocked tweet-land in December? Yes, the one that made you Google Punjabi words!

It all started when Kangana misidentified an elderly Sikh woman in a viral picture of the farmers' protest as Bilkis Bano of Shaheen Bagh, and commented on the photo. She later deleted the tweet, but, by then, the statement had made its way to Diljit's feed, and what followed was a big, fat Punjabi *akhada*. Pulling Kangana up over her 'insensitive' remarks, Diljit clarified that the woman Kangana had talked about was, in fact, Mahinder Kaur from Punjab, who was taking part in the farmers' protest.

Not one to take things lying down, Kangana took to Twitter, too, to attack Diljit, but *Paaji*, in Punjabi spirit, took



PHOTOGRAPH: INSTAGRAM

it upon himself to respond with more than one reply to Kangana's single tweet, and all in *asli* Punjabi, the kind that made the world look up Punjabi words like never before. The drama that began in the early hours ended late in the evening, but only after Twitter had been engulfed in a meme-fest, with several media outlets reporting the spat

like it was cricket commentary. Several netizens also took it upon themselves to translate Diljit's tweets so more people could understand them.

Since that Twitter war, people have started calling the Punjabi actor-singer 'G.O.A.T' all over social media, with several trends making it to the top list.



**WE  
LOVE  
IT, RASAM  
SE!**

*Who would have thought that rasam, a staple among Indian lentil-based recipes, would become a sought-after dish in the West, all thanks to its immunity-boosting ingredients and a Tamil chef? Westerners are betting on humble rasam to help them build immunity, and we've got our granny's 'told-you-so' face on! This began when Chef Arun Rajadurai decided to add rasam as a complimentary dish to the meals he served to COVID-19 patients in the US. Since that day, the overwhelming response and people's love for the South Indian staple in the US has only grown. He sells 500-600 cups of rasam daily!*

**Words:** PR Gayathri

**Takeaway:** Daadi maa's nuskhas are a hit!

PHOTOGRAPH: SHUTTERSTOCK

## ODD ODYSSEY!

You can walk away from your problems, but you can't walk away from your wife. Not unless you're ready to face some consequences. A man in Italy can legit vouch for this! Frustrated after a huge face-off with his partner, a man in Italy's Como region walked 450 kilometres south of his home to cool off. However, what was an attempt to just take some time off turned out to be a breach of the coronavirus lockdown, and he was fined €400 (₹36,000) for breaching the curfew. We don't know if he reconciled with his wife, who drove that distance to pick him up, but social media sure found an Italian Forrest Gump. Almost a happy ending, you see!

**Words:** Shilpa Dubey

**Takeaway:** Think before you act, perhaps?



PHOTOGRAPH: PEXELS



**Femina on Instagram has crossed the 3M mark, and we are stronger than ever! Follow us for your daily dose of beauty, fashion, entertainment and more.**

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# THROUGH THE CARDS

Celebrity wellness and spiritual coach **JENNE SURI** talks to **Aishwarya Acharya** about the power of tarot reading and numerology .



Tarot reading and numerology, if you are a believer, are two sides of the same coin. If you want to gain insight into your past, and know what awaits you in the future, an efficient psychic and a tarot card reader will guide you down the path with their expertise and visions. Tarot card reader, Reiki grandmaster, celebrity wellness and spiritual coach Jenne Suri has read for Prince Lakshayaraj Singh Mewar of Udaipur, artist Jayasri Burman, and Shiv Sagar, the grandson of Ramanand Sagar, among many others. Over the years, with her expertise and passion for readings, Suri has influenced and helped over 10,000 people through tarot reading, numerology and vastu. Excerpts from the freewheeling chat...

**What made you take up tarot card reading and numerology?**

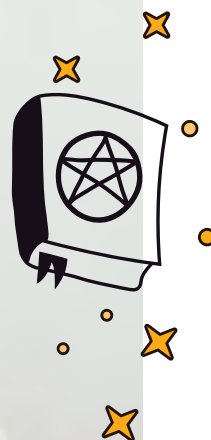
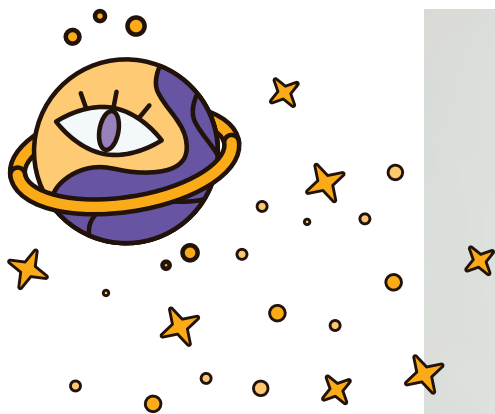


“Tarot cards help us illuminate our blind spots, and give us insights into innovative solutions to a problem. They work on intuition”

I had always been interested and passionate, since childhood, about the mysticism of the universe. Tarot reading and numerology was a calling for me from the universe. Time always stands still for me whenever I read the cards, and I feel totally absorbed in their energies.

**Could you explain the major difference between tarot and numerology?**

Tarot cards help us illuminate our blind spots, and give us insights into innovative solutions to a problem. Tarot cards work on intuition. You can provide readings based on questions for which you must be solely connected to the spread of cards, whereas numerology works on numbers and calculations; destiny, life path numbers, number names, lucky and unlucky numbers, and many more. So, both tarot cards and numerology have their own importance. >



**What has been your biggest challenge with regards to your abilities and how have you overcome it?**

I have never considered anything a challenge since I am extremely passionate about tarot reading and helping people with their lives. I limit myself to a certain number of readings per day so that I don't get overwhelmed.

**How do you keep yourself from getting affected by negative auras during readings?**

I am a grandmaster in Reiki. Before starting my day's readings, I do my chakra cleansing and balancing, which does not allow any negative aura to touch you and your cards. Self-protection is certainly helpful if you feel you are subjected to too much negative energy. I use rock salt while bathing every morning and at night before I sleep, which is also a great cleanser. I give my cards a moon bath. The full moon is an excellent source of energy cleansing for your cards.

**How do you gather people's energies over a virtual call instead of an in-person meeting?**

When you ask the tarot cards a question on behalf of someone (who has permitted an online reading and has their energy invested in online reading), you are tapping into collected wisdom. You are

**“By integrating the deep wisdom of tarot cards and numerology, I want to help others discover their life purpose”**

picking up myriad sorts of intuitive messages through the tarot cards, and through your connection with the collected wisdom. Those insights are channelled through you to the person you're reading for, often in a very powerful way.

**Being a spiritual coach, how else do you want to influence people's lives and how do you**

**plan on doing that in future?**

By integrating the deep wisdom of tarot cards and numerology, I want to help others discover their life purpose, their relationships and so on. Being a spiritual coach is an empowering process always aimed to help you make decisions and take action. Often, we know what would be good for us, but we don't do it. Sometimes, it's because of a lack of confidence or a lack of knowledge skills. A true spiritual coach helps you take the right action at the right time. Once the restrictions ease out, I plan to travel more, reach out and touch more people's lives, connect and help people through the divine tools of tarot and numerology. I will try to bring positive changes in their lives. **F**

# creating EXPERIENCES

Finding her space in the art scene was a natural course for the young and dynamic **ALAIIA GUJRAL**. She shares her ideas with **Radhika Sathe-Patwardhan**



While initially when she was curious to figure as to how to sell her work, secure funding, and promote herself, she found Canvas Chicago to help her. Now she is a Creative Director at Canvas Chicago who helps others do that, and more, by creating experiences for them.

“I am thankful to find work and living through my passion. Art is truly another language I constantly want to explore,” adds the Chicago-based artist. Even though she is no longer making physical art, as a Creative Director she is constantly creating immersive spaces, both physical and virtual, that are forward-thinking and merging the boundaries of artistic intent. “Learning how to be an artist allowed me to envision concepts that don’t exist yet or create branding and images that look creative and design-forward,” she says.

The current situation has changed how everything operates. “Today, I have moved from creating large scale events to creating more meaningful, purposeful platforms like Future Galerie and Saideira,” she informs. Saideira, that was to launch in March 2020, will be launched soon. It is a private dining and art encounter, held in a secret Chicago-based location, and featuring the work of world-class artists, chefs, and immersive

event producers. During the lockdown, when the unrest and riots broke out in the city, she created an online art auction and sweepstakes called Future Galerie to unite artists and raise money for social justice organisations.

“I do believe people are looking at art in a different light, seeing it as a helpful path in this time of darkness as well as more than just a pretty painting on the wall,” Gujral says.

Having pushed to build art and culture in Chicago over the past few years, Gujral now hopes to work further alongside her mother building upon the Gujral Foundation. “My biggest passion and challenge is bringing people together through art and I want to keep pursuing this,” she signs off. **F**

**G**rowing up in a family deeply rooted in art, it was a natural progression for the Alaiia Gujral to take up a career in art. “I have always been surrounded by art and it was always my path,” she notes. Her grandfather was world-renowned modernist Satish Gujral. Her mother, Feroze Gujral, is an international art philanthropist.

Winning a Saatchi Gallery competition that she participated in when at boarding school in Gordonstoun, UK, lit a spark inside her to keep pursuing art. The young artist then went to School of the Art Institute of Chicago for a graduate course in Print Media, Ceramics and Fibers.

“I AM  
THANKFUL TO  
FIND WORK  
AND LIVING  
THROUGH  
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ART IS TRULY  
ANOTHER  
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I CONSTANTLY  
WANT TO  
EXPLORE”





## FOOD RESOLUTIONS FOR 2021

A new year is always a good time to decide to [eat better!](#)

We love food too much to say you must eat to live, but here are some self-affirmations to balance good food and well-being for a great year ahead!

1. I will eat colourfully, seasonally, and responsibly.
2. I will support the home chefs and restaurants around me.
3. I will (continue) to be inspired to cook by social media.
4. I will check out food trends just for fun (I will be experimental).
5. I will continue to follow food sanitation protocols.
6. I will try growing my own food, or perhaps just a few herbs.
7. I will work towards zero food waste in any small way I can.
8. I will stay active to help my body burn calories.
9. I will balance indulgence with healthy eating.

# MIDDLE EASTERN MAGIC

Put together a meal with these easy [recipes](#) from food connoisseur **Sonia Passi**



## MISO & TAHINI AUBERGINE BOWL



1 large eggplant  
2 tbsp miso paste  
2 tbsp honey  
1 tbsp sesame oil  
2 tbsp soy sauce

2 tbsp tahini  
2 tsp grated  
fresh ginger  
2 tbsp water  
1 to 2 green  
onions, chopped  
1 tsp sesame seeds

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

**SERVES:** Two > **PREP TIME:** 10 minutes > **COOKING TIME:** 25 minutes

1. Preheat the oven to 200°C.
2. Cut the eggplant into wedges, and place in a large bowl.
3. In a medium bowl, whisk together the miso paste, honey, sesame oil, and soy sauce until well combined.  
Add the tahini, ginger, and water, and whisk again until creamy.  
Pour the marinade over the eggplant, and toss gently.
4. Transfer the eggplant wedges to a baking tray, and bake for 25 minutes until cooked through.
5. Top with the green onions and sesame seeds.

**TIP:** SERVE THE EGGPLANT WITH STEAMED JASMINE RICE.

# FALAFEL



250 g dried chickpeas, soaked overnight, and drained

50 g parsley, roughly chopped

50 g coriander leaves, roughly chopped

1 large carrot, grated

4 garlic cloves, chopped

4 spring onions, chopped

1 red onion, chopped

2 tbsp plain flour

1 tsp baking powder

1 tbsp coriander powder

½ tsp cayenne pepper

1 tsp turmeric powder

Salt, to taste

Pepper, to taste

Vegetable oil, for frying

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

**SERVES:** Two > **PREP TIME:** 20 minutes + overnight soaking + chilling time > **COOKING TIME:** 30 minutes

1. Blitz the chickpeas, parsley, coriander leaves, carrot, garlic, spring onion, red onion, flour, baking powder, coriander, cayenne and turmeric powders, salt, and pepper in a food processor until evenly combined but still slightly coarse in texture. Chill until needed.
2. Heat the oil in a deep frying pan or saucepan over a medium flame.
3. Roll scoops of the falafel mixture into smooth balls.
4. Fry the falafels for two to three minutes, or until just starting to brown all over. Remove with a slotted spoon, and transfer to a kitchen paper-lined plate to drain.>

**TIP:** SERVE THE FALAFELS HOT IN PITA BREADS WITH ONIONS, TOMATOES, CABBAGE, TAHINI SAUCE AND HUMMUS.

## ROASTED CAULIFLOWER & LENTIL SALAD



1 small cauliflower, broken into florets

2 tsp extra virgin olive oil + extra for drizzling

½ tsp paprika

Salt, to taste

Pepper, to taste

2 cups arugula or baby spinach

½ cup boiled green lentils (masoor dal)

¼ cup pine nuts

3 dates, chopped

1 tbsp chopped raisins

1 onion (pickled in vinegar and sugar), sliced

¾ cup microgreens

### For the tahini dressing:

3 tbsp tahini

2 cloves garlic, minced

Juice of 1 lemon

2 tsp honey

Salt, to taste

Pepper, to taste

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

SERVES: Two > PREP TIME: 20 minutes > COOKING TIME: 25 minutes

1. Preheat the oven to 200°C.
2. Toss the cauliflower with olive oil, paprika, salt, and pepper, and roast for 20 to 25 minutes, or until slightly browned.
3. Meanwhile, prepare the tahini dressing by mixing together the tahini, garlic, lemon juice, honey, salt, and pepper in a small bowl.
4. In another bowl, drizzle the roasted cauliflower and arugula or baby spinach with olive oil.
5. Spread on a platter, and drizzle some of the tahini dressing over. Add the lentils, pine nuts, dates, raisins, and pickled onion. Drizzle with the remaining tahini dressing, and top with the microgreens. Season with salt and pepper. **F**

**TIP:** YOU CAN SUBSTITUTE ALMONDS FOR PINE NUTS, AND REGULAR ONION INSTEAD OF PICKLED ONION.

# FLORETS OF FLAVOUR

The humble [cauliflower](#) can be transformed into these innovative, healthy, and yummy dishes



## Cauliflower Rice with Tofu

### INGREDIENTS

**2 tbsp sesame oil (divided usage)**  
**1 tbsp ginger, minced**  
**3 cloves garlic, minced**  
**400 g firm tofu, pressed, drained, and lightly crumbled**  
**1 cup carrot dices**  
**½ cup peas**  
**5 to 6 cups cauliflower rice (cauliflower broken into florets, and grated fine)**  
**¼ cup spring onions, sliced thin**  
**3 tbsp cashewnuts**  
**3 tbsp soy sauce**  
**A pinch sesame seeds, to garnish**

### METHOD

1. Heat half the sesame oil in a large wok.
2. Add the ginger and garlic,

- and fry for one minute.
3. Add the tofu and stir-fry for five minutes, until tofu is cooked and golden. Remove from the pan and set aside.
4. Add the remaining sesame oil to the wok.
5. Add the carrots and sauté for two minutes until tender.
6. Add the peas and the

- cauliflower rice and mix thoroughly. Cook, stirring, for seven to eight minutes until the cauliflower is tender.
7. Add the cooked tofu, spring onions, cashewnuts, and soy sauce.
8. Remove from the flame, and serve hot, garnished with sesame seeds.



## Cauliflower Pizza

### INGREDIENTS

**1 tbsp olive oil**  
**5 cups cauliflower rice**  
**2 eggs, lightly beaten**  
**2 cups shredded mozzarella cheese, moisture squeezed out (divided usage)**  
**1 tsp Italian seasoning**  
**1 tsp garlic powder**  
**Salt, to taste**  
**Freshly-ground black pepper, to taste**  
**1/3 cup pizza sauce**  
**3 to 4 fresh basil leaves, torn**  
**A pinch red chilli flakes**

### METHOD

1. Preheat the oven to 450°F. Line two rimmed baking sheets with greased parchment paper.
2. Combine the cauliflower rice, eggs, and one cup of the mozzarella in a large microwave-safe bowl, and microwave on high for three minutes, stirring at one-minute intervals, until the cheese is melted. Extend this microwave time, if needed, until the mixture clumps together when stirred. Once this process is done, stir in the Italian seasoning, garlic powder, salt, and the black pepper.
3. Transfer the cauliflower mixture to the prepared baking sheet, and use your hands to shape it into a large, thin circle, like a pizza crust.
4. Bake the crust in the preheated oven on the lower rack for 20 minutes, until the bottom is crisp and golden.
5. Carefully flip the crust using the second rimmed baking sheet. Return to the oven to bake the second side to golden and crisp.
6. Remove from the oven, sprinkle with half of the remaining cheese, then carefully spread the pizza sauce over the cheese. Top with the remaining cheese.
7. Return to the upper rack of the oven and grill or broil for two to three minutes, until the cheese bubbles and browns.
8. Top with torn fresh basil leaves and crushed red pepper flakes, if desired. **F**

# TRAVEL AND TOUR, VIRTUALLY!

Physically going to places is so pre-COVID. In the new normal, scale mountains, dive the depths, and even go beyond the solar system, all virtually, from the comfort of your home.

Samarpan Bhowmik lists nine ways in which you can [travel far and wide, virtually and safely](#)

## Learn the secrets to happiness from Finland



**1** Voted the happiest country in the world three years in a row, there are few people more capable of giving a lesson or two on happiness than the Finns. The country's official travel website put together a programme last year that offered people a chance to visit Finland accompanied by a local, so as to get as authentic an experience as possible. With the pandemic, the experience has been adapted to the virtual space.

[www.rentafinn.com](http://www.rentafinn.com)

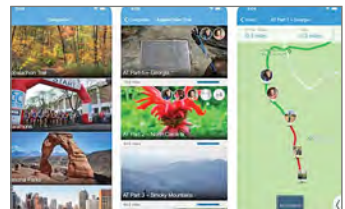
## Tour Switzerland with an adorable doggie



**2** Sylvia Michel, a self-employed Swiss photographer, has been exploring her beautiful country with her dog, Rasta. While Michel just wanted to keep her memories on Instagram for posterity, her handle soon garnered hundreds and thousands of followers. People love seeing Rasta swimming in lakes, running through fields, posing in front of waterfalls and basking in the sun.

[www.instagram.com/rastawhiteshepherd](http://www.instagram.com/rastawhiteshepherd);

## Walk the famous Appalachian Trail



**3** One of the US's most famous hiking trails, the Appalachian Trail is currently closed, but an iOS app, Walk the Distance, uses an iPhone's pedometer feature to track the number of steps you take in a day, and then chart the activity in terms of the Appalachian Trail's over a 3,500km length. Checkpoints are built into the virtual experience that correspond with real-world stops on the trail.

**The Walk the Distance app is available in the App Store for iPhones and iPads. >**



## Dive the Great Barrier Reef

**4** The grand old man of nature, Sir David Attenborough, has come up with an all-new experience.



An interactive website brings to life the Great Barrier Reef in Australia with video, audio, and information from marine biologists. You can join Attenborough at five dive sites off the eastern coast of Australia, and get up close to this amazing natural landmark in a submarine capable of reaching depths of up to 1,000 metres. The website also has unique exhibits such as what a healthy coral reef should sound like, or what the world looks like through the eyes of a mantis shrimp. There are also discussions on the reef's delicate ecosystem, and the impact of climate change.

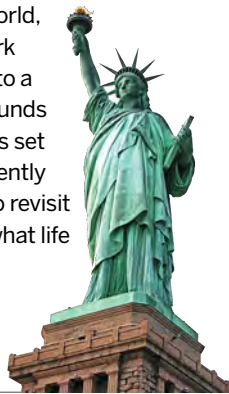
[www.attenboroughsreef.com](http://www.attenboroughsreef.com)



## Take a drive through 50 world cities

**5** Drive & Listen, a new app, allows you to go on a virtual drive in over 50 cities across the world, from Istanbul and London to Mumbai and New York City. You can opt to switch on street noise, tune into a local radio channel, and soak up the sights and sounds of any of the locations on the website. The app was set up by Erkam Seker, an Istanbul-born student currently pursuing his Master's in Munich. It's a great way to revisit places you've been to, or to see for the first time what life looks like on those faraway streets, even as you sit at home, biding your time until it's safe to travel again.

[www.driveandlisten.herokuapp.com](http://www.driveandlisten.herokuapp.com) >



## **6** Visit the world's first, fully-interactive virtual museum

VOMA, or the Virtual Online Museum of Art, launched on September 4, 2020, and features classic and contemporary works from across the world. The free-to-view collections will be curated by museum director Lee Cavaliere, and will be pulled from the collections of established institutions such as Hermitage Museum, the Art Institute of Chicago, and New York's Metropolitan Museum of Art. On display would be classics such as Édouard Manet's *Olympia*, which is at the Musée d'Orsay in Paris, and *The Garden of Earthly Delights* by Hieronymus Bosch from Madrid's Museo del Prado, alongside contemporary works. Up and coming artists will also be encouraged through a commission programme that will help innovative artists create their first digital work.

[www.voma.space](http://www.voma.space) >

## Get up close with wildlife

**7** Ever since the early days of the pandemic and the shutdowns across the world, we've all seen the photos and videos on social media of how animals have emerged to reclaim spaces even as human activity has seen a significant slowdown. But, since we can't get out and travel, how do we get to see for ourselves how wildlife is thriving? Well, there are a number of organisations around the world that work towards wildlife conservation and understand the importance of being able to show to the world the delicate habitats that we need to preserve. Here's a look at a couple you can tune into for a peek at our incredible natural world:

**Explore.org:** This multimedia organisation champions causes across the globe ranging from animal welfare to education. Its live cams broadcast footage from many corners of the world, from the gorillas at the Gorilla Rehabilitation and Conservation Education Centre in the Democratic Republic of Congo, the bears of the Katmai National Park in Alaska to sharks in the Atlantic Ocean off the coast of North Carolina in the US, and polar bears in Churchill, Canada. [www.explore.org](http://www.explore.org)

**WildEarth:** Founded in 2006, this company broadcasts wildlife content from across the world. What's most exciting is its safariLIVE initiative, hosted live sessions where you can (virtually) hop into a vehicle and join in on daily sunset and sunrise safaris (sunrise safari: 10am–1pm, sunset safari: 6.30pm–9.30pm).

<https://wildearth.tv/safarilive/>



## Wander virtually across an ancient Maya city

**8** Choquequirao in Peru is located in the Vilcabamba mountain range in the Cusco region. Spread across nearly 4,500 acres, at a height of over 10,000 feet above sea level, this complex is much larger in scale than the more popular Machu Picchu, but less known. One of the primary reasons for this is accessibility; Choquequirao is only accessible to those who have the time and fitness levels to do a four-day, round-trip trek. Well, now, you can do just that, right from the comfort of your home. Choquequirao can be explored in virtual reality through an app available for download on Google Play Store. It's perfect for those who want to take a test run of the trip to Choquequirao from Capuliyoc, and maybe even plan a trip once it's safe to physically travel there again, before the crowds start to arrive.

**Choquequirao 360 is available for download on the Google Play Store**



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## 9 Foray to the final frontier

Want to venture into the unknown tracts of space? NASA, the US's government space agency, has an entire website dedicated to exoplanets, planets beyond our solar system. With the help of its ultra-powerful telescopes, NASA has mapped many such planets. You can not only catch glimpses of what these alien worlds look like, but even take lessons on the history of the universe. Check out the technology that is used, how habitable planets are found, and how the search for life beyond Earth is undertaken.

The alien skies have never been this accessible.

[www.exoplanets.nasa.gov](http://www.exoplanets.nasa.gov)

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## DESIGN DIVAS

These fashion designers talk about fashion, style and more...

### ASHNA PAHWA FOUNDER, LABEL ASHNA PAHWA

Ashna Pahwa, founder of label Ashna Pahwa, got into the field of designing as she enjoyed dressing up as a kid and also because she wanted to create and provide different cuts and style at affordable rates. "After completing my fashion merchandising from Manchester, UK, I realised it was time to start my label. We all have so many occasions to go to and everyone wants to doll up in a different outfit each time but that's not usually feasible due to the rising rates. That's where I thought my brand could come in," she adds. Her brand includes more of Indian clothing in different cuts and styles focusing more on customisation keeping each customer's taste and style in mind. She tries to handcraft Indian and western ensembles to perfection. "I believe in getting an outfit that fits your style more than any niche bracket which is why I provide various options so that there's something for everyone," she explains. At label Ashna Pahwa, you're bound to find classic and contemporary outfits in her signature cuts in beautiful hues. Her next collection is inspired by the heritage of the country. "I'll be incorporating my cuts and drapes into different fabrics and embroideries," she signs off. >

## VAISHALI VIREN CHHEDA

OWNER, ARHAA BY VAISHALI

Vaishali Viren Chheda, owner of Arhaa by Vaishali, best describes herself as a person who is extremely passionate of her work and is devoted to it. She says, "Since childhood, I have always liked to choose my own clothes and have always been fond of wearing clothes of the latest trends." Becoming a designer was always on the back of her mind and it was only whilst watching a fashion show that she finally made up her mind of sharing her ideas and designs with the world and Arhaa by Vaishali was born. "I try to pair traditional ethnic art with contemporary designs

and I am quite fond of experimenting with chikankari fabric and taming it with different styles of pants," she explains. Today, Chheda has dressed up a number of celebrities and she looks up to Manish Malhotra and Abu Jani Sandeep Khosla and plans on expanding her label and making it available in stores across India. She also adds that her mother is her biggest support system and she couldn't have made it so far without her. "My mother is the reason I've made it so far in life. She's the one who has always encouraged me to do more in life and still gives me valuable advices on all my matters," she smiles.



## NAINA SETH

FOUNDER, LABEL NAINA SETH AND NA-KA

Naina Seth, is a forward looking soulful being who explores artistry in every aspect of life. As an Entrepreneur, she is an ethical business owner creating commercially fit, purposeful garments. Creativity was engrained within her since her babyhood. Her childhood was filled with exploration of new ideas, concepts and even thought process. Way before she finished her degree in fashion design, she curated her first design exhibition at a young age of only 15 and then there was no looking back.

"My genes from my father -his creativity and confidence and my mother's excellent knowledge in craft and design were the perfect amalgamation of DNA handed down to me, that

along the way led me to realize that I was good at taking something that exists already and giving my own radical and new take on it," she shares. At Label Naina Seth, their design ethos lie in Zero Waste.

"I wish to extend this journey and continue to create conscious designs and versatile clothing. In 2019, I not only started another clothing brand 'NA-KA' but also started teaching at SNTD University as a visiting faculty and plan to extend a lot more of my time in imparting knowledge and mentoring the future in fashion," she further explains. NA-KA is a clothing line taking pure inspiration from Japanese culture and design techniques. >

## APOORVA DIXIT FOUNDER, ORU BY APOORVA

Apoorva Dixit, founder of Oru By Apoorva, has always been very inquisitive and curious by nature. She likes to experience and explore different cultures and old traditions. As a child she always been enterprising. She worked in different sections before moving towards fashion. "I was a finance major and pursued my career in international marketing, post which I joined my father in his construction business, followed by that I joined my husband in pharmaceutical but some how I knew something was missing and I was not enjoying what I was doing. That's when I realised I was tilting

towards fashion," she explains.

She founded Oru to realize her long time dream of popularising the well-known and immensely popular Lucknowi *chikankari* embroidery. "Oru is initiated to champion the cause of weavers in the country. It aims to promote india's rich diverse cultures and different artistic forms among international communities. At Oru, we bring the fabrics to life and produce best quality product through superior workmanship to all our customers. Chikankari is used in a wide range of apparels - from daily casuals to occassion wear to designer and lifestyle clothing, et al," she explains. **F**

[CLICK HERE TO READ MORE](#)



# BEAUTIFUL BEGINNINGS

NO NEED TO STRESS OVER GIVING BIRTH ANYMORE. JAYPALI A. SHETTY, FOUNDER OF BIRTHRITE GIVES AN INSIGHT INTO HYPNOBIRTHING TECHNIQUES THAT WILL HELP YOU KEEP ANXIETY AWAY.

After nine months of pregnancy comes the day that you've been looking forward to. And maybe even dreading a bit, with all that you might have heard about the birthing process... But there is a birth preparation technique which teaches you how to cope with labour through the use of breathing and relaxation methods. Hypnobirthing is a complete childbirth education class with

an emphasis on relaxation.

The aim of this natural childbirth technique is to erase that negativity about birthing and give every mother an opportunity to have a joyful, positive childbirth experience and memory of a lifetime. Mothers using hypnobirthing techniques during birthing are in a state of deep mental and physical relaxation. It gives a greater sense of



the HypnoBirthing® Institute), founder of Birthrite (Childbirth course) and also a Certified Clinical Hypnotherapist, helps you get on the right track.

Birthrite offers an all-inclusive natural childbirth class with hypnobirthing techniques. It is designed to meet the unique needs of each individual mothers and their supporting members. The brand is committed to providing each birthing person and their partner the exact information they are seeking.

"Birth naturally, joyfully and confidently, starting right now!" says Jaypali with a smile. She inspires you to have your own perfect birthing experience.

To know more about her and her birthing courses, visit [www.birthrite.in](http://www.birthrite.in).

control because the mother-to-be will fully understand what's going on with her body during birth and is well prepared for it. This entire program is foundational and life time experience of love and bonding, for the mother, baby and the father.

Sounds wonderful, right? Jaypali A. Shetty, a trained and certified HypnoBirthing® practitioner (Affiliated with

# DEALING WITH AN ANGRY PARTNER

Nobody likes an aggressive person as their partner but, if you're stuck with one, here's how you can deal with your partner. By **Ravina M Sachdev**



conversation may only go downhill from there.

## **Be patient**

Remember that patience is the key in handling your partner. Try to find out what triggers your partner and try to establish communication on those topics. If that doesn't work and your partner refuses to talk to you or a family member then opt for a professional. Try to seek the help of a professional doctor and convince your partner into getting medical help.

## **Don't constantly blame yourself**

Most often than not, women tend to blame themselves for their partners mistakes. It's quite easy to feel your confidence, self-respect go down when you're constantly being blamed for everything. But it's important that you remember to not let your partner affect your mood or confidence.

## **Step back**

It's one thing to love and to accept your partner's flaws, it's entirely another to suffer all the time. If you've tried everything and nothing seems to work then perhaps, it would be wise to accept that your partner would not be changing his behaviour and walk out of the toxic relationship. After all, you deserve to be happy. **E**

Dealing with partners who are aggressive and controlling can be tricky and frustrating. An angry partner can leave you feeling sad, miserable and drained of energy. It's always best to look out for controlling partner signs early into a relationship and if you discover them later, it's always best to run in the opposite direction if things get ugly. But, here are some effective strategies you could try with your partner that might help your relationship.

## **Pacify the partner**

Getting angry at your partner when he's upset will only aggravate the situation. Let your partner cool down before talking sense into him regarding the matter at hand. The calmer you remain

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**WOMEN TEND TO BLAME THEMSELVES FOR THEIR PARTNER'S MISTAKES. REMEMBER TO NOT LET YOUR PARTNER AFFECT YOUR MOOD OR CONFIDENCE.**

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during the argument, the faster will your partner forget about his anger. Remaining calm however does not mean to let him harm you mentally or physically.

## **Do not ignore your partner**

Ignoring your partner when he's angry will only encourage him to get more angry and do things to get your attention. Instead, pay attention to your partner and try pacifying the situation.

Of course, each relationship differs and if your partner is getting violent or abusive, then it's best to get help.

## **Communicate**

Once your partner is calm, bring up the issue gently and convey how you feel about his angry behaviour and how the entire situation could've been avoided. Be assertive, honest and confident in your communication but make sure you do not blame your partner constantly as the

[CLICK HERE TO READ MORE](#)



# PAINFUL KNEES, NOT ANYMORE

Clicking and catching of your knee could be a common problem but it needs the attention of a skilled knee specialist. The **Regenexx** approach could be a solution for your knee problem



**T**he average age of developing knee problems seems to have dropped in the past decade, and bad lifestyle combined with wrong food choices has resulted in bad knee health. Severe knee pain and stiffness can adversely affect everyday activities such as walking, climbing stairs, getting in and out of bed or even just resting. Knee pain is the most common orthopedic problem that can sometimes be a sign of a severe underlying condition. Knee pain can occur due to a sudden injury to the knee or any underlying medical condition, such as arthritis, meniscus injury, and anterior cruciate ligament (ACL) tear. Any damage to

the bone, cartilage, meniscus ligament, tendon, and muscle that support the knee joint structure can cause extreme pain in the knee. There are non-surgical treatment options such as the regenexx method, by which the damaged knee is repaired.

## What is The Regenexx method?

The regenexx approach is entirely different from traditional surgery. It utilizes the patient's own biological cells to enhance the body's natural healing ability to repair the damaged knee. The stem cells are harvested from the patient's bone marrow and are concentrated in the laboratory for further clinical use.



Dr. VENKATESH MOVVA



## How is it effective?

The Regenexx non-surgical procedures are carried out under image-guided techniques, such as advanced fluoroscopy and ultrasound to ensure the precise injection of the stem cells into the knee. After the injection of stem cells, super-concentrated platelets (SCP)

are injected into the treated site to release the essential growth factors needed to repair the damaged knee tissue. The post-treatment physiotherapy plays a significant role as it improves the blood flow to the treated area and enables faster recovery. **E**

**For more information: 98838 33555**

# BULLY-PROOF YOUR CHILD

Perhaps a parent's biggest fear when they send their child to school is bullying. However, even with a no-tolerance policy at school, it is important to empower your child to stand up against bullies. **Khevna Pandit** tells you how



Despite schools implementing strict, no-tolerance policies against bullying, there are still [cases of bullying](#) that are recorded daily. According to the National Centre for Education Statistics (2016), one out of five students complain of being bullied every day. A child normally resorts to bullying to assert their power or need for attention which they

## HAVING REGULAR CONVERSATIONS WITH YOUR CHILDREN CAN HELP YOU GAIN INSIGHT INTO THEIR LIVES.

otherwise may be lacking. Unfortunately, this not only hurts them but everyone around them. While it is difficult to completely toughen your child against bullying, you can teach them how to tackle an unwanted situation that

comes their way. Though brick-and-mortar schools are not open at present, prepare your child for the time they are. Here are a couple of skills you can teach your child which can help them stand up against bullies.

### Establish communication

It is important to bridge the gap between your little one and you. Children find it difficult to express themselves when they're being bullied and may feel that adults do not take them seriously. Making sure that you have regular conversations with your children can help you gain insight into their lives. Paying attention to their >



body language while they talk to you is also a good way to understand if they're comfortable. Teaching your child to come forth and open up about uncomfortable situations can make them feel as though they're not alone.

### **Encourage confidence**

Bullies prey on timid, shy personalities. Teaching your child to be assertive will automatically help them in standing up against a bully. Bullies often get away without being confronted — make sure your child uses phrases such as “it’s not okay to hurt someone”, “I don’t like it when you call me that” or “hands-off” that will stick up for them during the time of need. However, make sure that you also teach your child to respect and command respect during this process.

## **MAINTAIN EYE CONTACT, STAND AT A CONSIDERABLE DISTANCE, KEEP CALM AND ADDRESS THE BULLY BY THEIR NAME**

### **Teach your child how to get help**

Intervening at the right time can help prevent bullying successfully. Teach your child how to pacify situations and get

help whenever required. Partnering the victim or looking out for another child can go a long way. It is also important for your child to know when to get help in a situation



by gauging it. Bullies are encouraged when there’s a bigger crowd, so getting your child to call a teacher or drawing the crowd away can counter bullying like no other.

### **Explain the importance of body language**

More than words, it is essential to coach your child about the importance of body language. Teach your child how to use assertive and non-verbal ways of communicating with the bully, which can, in turn, drive them away. Ask them to maintain eye contact, stand at a considerable distance, keeping calm and addressing the bully by their name while talking to them. Resorting to emotional, yet non-verbal actions such as looking away, shrieking out loud or retreating into a corner can end up strengthening a bully’s confidence.

### **Intervene when required**

Despite teaching your child the basics of counter-bullying, make sure you know the right time to intervene. Teach your child that it is okay for an adult to take the matters into their hand and that it does not make them any weaker. Stopping a bully at the right time is important as that can discourage them from engaging in similar activities thereafter. Giving your child the wrong message that they are fighting battles on their own can be dangerous — a little reassurance time and again can go a long way. **E**

[CLICK HERE TO READ MORE](#)



# HANDMADE JUTTIS ARE HERE TO STAY

Footwear brand Fizzy Goblet opens its doors in Bangalore

**What:** Fizzy Goblet's new store

**What we loved:** Online footwear favourite, Fizzy Goblet launches its third retail store in Bangalore's Orion Brigade Gateway Mall. The brand's signature Rose Gold elements and facade are paired with an artisan corner. A first for Fizzy Goblet, the artisan corner spotlights the master craftspeople who embroider and build these one-of-a-kind pieces. A master karigar will embroider pieces live allowing shoppers a chance to customize their pieces while observing one part of the 60 hour process that goes into making each shoe by hand. Their footwear ranges includes classic and contemporary juttis, Fizzy heels, Fizzy Kolhas, potlis and the closest envy worth collabs with Rahul Mishra, Payal Singhal, Tribe by Amrapali.

**Price:** On request

**Available at:** The Orion Mall, Bangalore



## CLASSIC GIFTS FOR THE SEASON

Gift your skin and hair the ultimate refreshment this New Year

**What:** Curated Gift sets from Sublime Life

**What we loved:** Get that coveted glow you have been dreaming of with curated best line up of products. The brand spoils you with a lot of options such as the Festive mood skincare set, Natasha Patel X Sublime Life hair, skincare and makeup kit, the glow gang gift set, etc. This special set of conscious, carefully-selected formulas that are created with no compromise, is the ultimate list one can wish for.

**Price:** On request

**Available at:** [www.sublimelife.in](http://www.sublimelife.in)

## Ensuring your skin safety

Add colourful antimicrobial terry towels to your bathing ritual

**What:** Antimicrobial Terry Towel collection

**What we love:** Start on a healthier note with antimicrobial towels for germ-free comfort that lasts longer than ordinary towels. The antimicrobial elements in the Antimicrobial Terry Towel collection combine feather-like fabric which shields you from bacterial infections. The antimicrobial coating makes the fabric odourless and keeps the fabric fresh thus allowing for fewer washes and more baths. The towels come in various colours ranging from burgundy to ivory.

**Price:** ₹699

**Available at:** Online and retail stores 



[CLICK HERE TO READ MORE](#)



# NAMMA STYLE, Namma Café

Bridging the gap between high-end coffee shops and roadside tea-*kadai*, **Dhamyanthi** has launched Namma Café in Chennai. She speaks to **Kayalvizhi Arivalan** on her vision and the plans for the new year



**C**oming from a family of entrepreneurs, Dhamyanthi had her eyes set on taking up a business venture. In spite of her parents Veena and Kumaravel, pioneers in the salon industry, it was surprising when Dhamyanthi opted to pursue Hotel Management in Switzerland. "My Dad wanted to set his foot in the food business and he was the one who initiated this idea. Since I have completed my course in the hospitality industry, I wanted to execute his idea" said Dhamyanthi who added that the café thereby has the potential to create micro entrepreneurs through this venture. Standardizing the local tea shops by providing a safer and hygienic environment for consumers, especially during the

pandemic when everybody had concerns about health and hygiene. This was Dhamyanthi's prime focus and idea behind Namma Café.

"Hygiene, variety, quality and affordability are the USPs of Namma café" lists Dhamyanthi who is focused on setting up 1000 outlets across Tamil Nadu in the next couple of years. At present the brand has about 20 outlets functioning across the state including Chennai, Trichy, Coimbatore, Salem, Erode, Coonoor and Vellore. Apart from heading the operations of Namma Café, Dhamyanthi also handles Page3 salons, the luxury brand of Naturals. The young entrepreneur aims to make Namma Café the well-known neighbourhood name amongst the chai lovers. **✪**

**MY DAD WANTED TO SET FOOT IN THE FOOD BUSINESS AND HE WAS THE ONE WHO INITIATED THIS IDEA. SINCE I HAVE COMPLETED MY COURSE IN THE HOSPITALITY INDUSTRY, I WANTED TO EXECUTE HIS IDEA.**

[CLICK HERE TO READ MORE](#)



# CELEBRATING THE NEWSMAKERS OF THE SOUTH

Meet some of the iconic figures of [South India](#), who have put India on the global map and inspire many through their achievements and success stories

## FEMINA ICONS of SOUTH

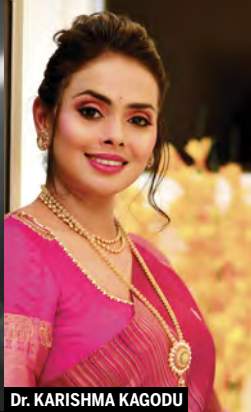
**T**he South Indian landscape is the epitome of diversity. With the Indian Ocean, two vast mountain ranges, dense forests, beautiful coasts, bustling temple cities, commercial towns, historical sites, and a sea of warm and welcoming people, South India is truly a unique conglomeration of nature, talent and traditional values. Much like its natural features, the kind of talent that comes from here is also diverse and versatile. The majestic Southern states of Karnataka, Andhra Pradesh, Telangana, Tamil Nadu and Kerala have produced some of the greatest minds of our country. They are hardworking, innovative trailblazers in various fields who have put India on the global map through their achievements.



P V SINDHU



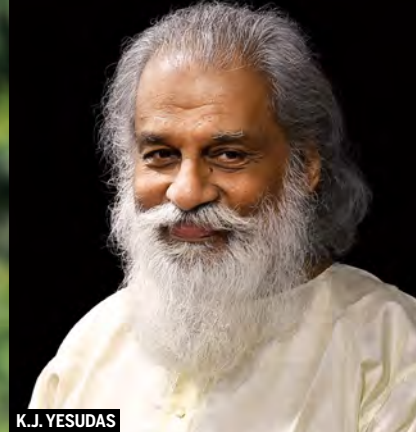
A R RAHMAN



Dr. KARISHMA KAGODU



R. ASHWIN



K.J. YESUDAS



SANJAY KUMAR REDDY



Dr. MARIA ZEENA JOHNSON




NAYANTHARA



PARVATHY THIRUVOTHU



MARGARET VARGHESE & KASHMEERA

At Femina, we handpicked South Indian business leaders, entrepreneurs, doctors, designers, hoteliers, artists, educationists and philanthropists who have reached great heights through sheer hard work and braved all odds to emerge successful in their respective fields. Music composer AR Rahman, Kerala's health minister KK Shailaja, ace filmmaker Maniratnam, actor Parvathy Thiruvothu, shuttler PV Sindhu, tennis champion Sania Mirza, actor Trisha Krishnan, Dr Mariazeena Johnson – the vice-chancellor of Sathyabama University, Dr Manimekalai Mohan – the founder and managing trustee of SSVM Institutions, Sanjay Kumar Reddy Mula – the founder of Sirisha Reddy Garment Works, Mrs Asia International 2018 Kajol Bhatia, Gayathri Chandrashekar – the founder of Nrutya School of Art, designer Vinita Pittie, Pioneers in the Salon industry, C.k. Kumaravel and Veena Kumaravel of Naturals salons, cricketer Ravichander Ashwin, and many more – their stories are sure to inspire. They have risen above their personal achievements to become true leaders who guide, motivate and mentor the future generation. Their tales are an inspiration; their struggles are lessons for aspiring young minds. In this debut edition of Femina Icons Of South, Femina takes great pride in identifying South India's finest; there are definitely more icons to honour and more issues to look forward to in the future! 



**KUMARAVEL & VEENA KUMARAVEL**



**SENTHIL SUNDRAM**



**MARGARET S GOUDAR**



**SHWETA RAVI**



**ASHA & AKSHAY SEBASTIAN**



**Dr. NALLI KUPPUSAMI**



**KIRAN MAZUMDER SHAW**



**Dr. MANIMEKALAI MOHAN**



**Dr. KIRUBAHARAN**



**RAJESH KUMAR**



**CHAITANYA KENCHAMMANAHOSKOTE**



**NAGASAMY & DEEPIKA**



**KAJOL BHATIA**



**GAYATHRI CHANDRASHEKAR**



**Dr. KEERTHI & Dr. SANGEETHA PATEL**

# TREADING THE PATH BETWEEN TRADITIONAL AND TRENDY

M.O.D. Signature Jewellery, run by **Asha Sebastian Mattathil** and her son **Akshay Sebastian Mattathil** designs premium bespoke jewellery that is sought out by some of the biggest superstars in South India for its unique design and craftsmanship

**A**sha Mattathil's passion for jewellery dates back to 1983 when she was all set to get married.

Unsatisfied by the jewellery availability in stores, she began to search for a customised armband (vangi) and waist belt for her wedding trousseau. At the end of that process, she found a Kaarigar based out of Cochin and designed her very first piece of jewellery, an armband. She ended up designing gold jewellery for her wedding.

After her marriage, she started designing jewellery for traditional family jewellery store and it wasn't long before, word started spreading about her exquisite designs. Akshay decided to take his mother's designer jewellery forward as a brand which went on to revolutionize the jewellery scene of Kerala.

What differentiates M.O.D Jewellery from the rest, is their attention to detail in every piece of Jewellery. While most jewellers may not experiment beyond traditional gemstones and standard designs, Asha's background in jewellery making and her flair for designing and dedicated traditional kaarigars enable her to produce stunning pieces of jewellery that one can never find in any jewellery shop.

She draws inspiration from everywhere from Art Nouveau style to the traditional jewellery styles of India such as Meenakari Jewellery. Her jewels also feature exotic stones such as the watermelon tourmaline,

malachites and cornelian apart from the usual ruby, emerald and sapphires. Right now she has her eye set on modernising traditional Kerala jewellery like Kaasu Mala and Nagapadam Mala and create never before seen designs in her signature style.

While Asha is focussed on the creative aspects, Akshay is keen on making the customer experience a lot more memorable and modernising the design and production process at M.O.D. Together this mother-son duo is creating ripples in the South Indian jewellery scene and they definitely have more to offer. **F**

“ **Akshay Sebastian Mattathil** decided to take his mother's designer jewellery forward as a brand which went on to revolutionize the jewellery scene of Kerala. ”



ASHA & AKSHAY SEBASTIAN

# FROM DINDIGUL TO THE WORLD

Today the name **Dindigul Thalappakatti** is synonymous with flavourful seeraga samba biriyani; the brand is an identity of the Tamil Nadu food scene.

**M**r. Nagasamy Naidu. (The restaurant is named Thalappakatti in memory of his iconic head turban or thalapa) was instrumental in creating the signature seeraga samba biriyani and Dalcha, his grandson Nagasamy Dhanabalan has now become the face of the brand by taking it across the world.

He mentions that his stint in the UK helped him realise the potential of their hotel and how it could become a pan-national brand like KFC or McDonalds. So when he came back to India after his studies to manage their hotel, he started drafting a bigger game plan for the brand. The first step was bringing their regional brand to the capital city, Chennai. The city was dominated by biriyani outlets that served Basmati rice biriyani and many discouraged Nagasamy Dhanabalan from setting up shop in Chennai because the people were unfamiliar with the taste of seeraga samba biriyani. They also faced issues with hotels that duplicated their brand name but they took every obstacle as a challenge and soon gained a strong foothold in Chennai and eventually Tamil Nadu.



**WITH STRONG MARKETING IDEAS AND A DELICIOUS MENU THAT STRIKES GOLD IN EVERY MARKET, THE POWER COUPLE ARE LOOKING TO CREATE A STRONG PRESENCE IN KARNATAKA, ANDHRA, TELANGANA AND KERALA.**

Nagasamy's better half, Deepika Nagasamy has her hands full with directorial responsibilities at Dindigul Thalappakatti, being the creative brain behind Thalappakatti's thriving social media presence and a doting mother of two kids. From never having heard about seeraga samba biriyani to charting out marketing plans for the iconic brand, Deepika has really proved her mettle as a creative person. Her mix of traditional and new-age marketing skills has worked wonderfully for the brand identity in India & abroad.

Thalappakatti is also making the best of the pandemic situation by providing quality food consistently and ensuring the safety of customers at all times. They have stringent SOPs in place to ensure sanitation and hygiene everywhere from the dining area to the kitchen. With strong marketing ideas and a delicious menu that strikes gold in every market, the power couple are looking to create a strong presence in Karnataka, Andhra, Telangana and Kerala. They are also hoping to touch 100 branches by the end of the financial year from the current 75+ branches. **F**

# MULTIFACETED FASHIONISTA

An entrepreneur and a fashion consultant by passion, **Kajol Bhatia's** journey from homemaker to winning the Mrs. Asia International - Charming 2018 title is definitely an inspiring tale for mothers and homemakers.



KAJOL BHATTIA

Over the years Kajol has been conferred with many awards including the prestigious Sindhu Shree Award and Times Power Woman 2019. The seeds for this were sown very early on. As a child, Kajol was very creative and enthusiastic about everything she set out to do; she married at a very young age and took over the family responsibilities. As a homemaker Kajol was adept at multitasking; She also actively participated in the activities of an NGO - Ladies Circle India, took vital leadership roles ; received love and respect pan India Kajol was also instrumental in facilitating countless social initiatives directed towards women and children.

Driven by her passion for fashion, Kajol Bhatia participated in the Mrs India pageant - 2018 edition. With her dynamic personality and eclectic style , she won accolades and bagged the titles of Mrs. India Karnataka, Best Diva, and Mrs. India 2018. Hence, she got the opportunity to represent India at the Mrs Asia International 2018 pageant, which took place in Thailand, and won the title of Mrs Asia International

Charming 2018. Kajol has also created a name for herself in the world of Fashion, by designing exclusive bespoke garments for her clientele, And being a style icon, herself.

Kashika events, which is the brainchild of Kajol is now one of the few fastest growing 'unique event curating' companies in India. In 2019, they organized the Asia Woman of Substance Awards to honor the amazing women who have made significant contributions in various fields. More recently, the company organised "Master Home Chefs" – a cooking competition for home cooks in partnership with Taj Vivanta. In the coming years Kajol is hoping to expand and grow in all her varied areas of interests With Kashika Events, she wants to transform it into a bigger platform for women and children to express their talents. As a fashion consultant, she hopes to curate looks for weddings and other special occasions. With her grooming skills, she continues to help young girls and aspiring participants of pageants, with suitable make over. on the modelling front, she has endorsed many reputed brands and continues to amaze everyone with her gorgeous looks and style. **F**

# CREATING A WORLD OF NEW SMILES

Director of Opal Dentistry, **Dr. Kirubaharan** has a unique visionary of turning patient's virtually dreamt smile into reality



Dr. KIRUBAHARAN

**O**pal dentistry, an exclusive cosmetic dental clinic that specialises in invisalign, is the perfect place to trust with your dental health. Headed by celebrity dentist and orthodontist Dr. Kirubaharan MDS, started it with dream of transforming smiles into the desired ones. Dr. Kirubaharan MDS' unique visionary of turning patient's virtually-dreamt smile into reality, based on scientific grounds, has been revolutionising the way we approach dental health in India. They provide comprehensive dental care by

educating patients about their full mouth health by showing Digital OPG and provide painless treatment by laser therapy. They are the first dental clinics in Tamil Nadu to be equipped with In-office 3D iTero scanner for invisalign and digital smile designing.

Dr. Kirubaharan had travelled extensively to countries such as Australia and Japan to learn the most up to date latest advancements in dentistry and inculcates in daily practice at Opal Dentistry. Opal dentistry makes both the journey and goal to your desired smile makeover

pleasant and peaceful. It is the first and only dental clinic in South India with Diamond Status for Invisalign. Invisalign are invisible teeth aligners imported from the USA.

As a pioneer in cosmetic dentistry, Opal dentistry is the renowned go-to place for smile designing and correction treatment. Over the years, they have styled thousands of Smiles, including top models and celebrities. Opal dentistry has received several prestigious awards which includes, Best quality practice from World dental and oral health

congress London 2017, Best smile designer award from World dental congress in 2019, Famdent clinic of the year recognition in 2019. They have several established peculiar state of the art dental clinics throughout South India. They have two branches in the heart of the Chennai - Nungambakkam and Guindy, one in Coimbatore and also in the Garden City - Bangalore. Dr. Kirubaraharan envisions expanding Opal Dentistry to many more cities across India and making World Class dentistry accessible to everyone. **F**

# A HOLISTIC DEVELOPMENT

As the Chairperson of Samuel Memorial School & College, **Mrs. Margaret S. Goudar** (Tegur) leads by example. Her dedication towards the institution, her students and the education sector is evident from the motto of the school, “Gubernatio Pro Cras” which translates to “Leaders of Tomorrow” in Latin

**R**ight from a young age, Margaret Goudar was always drawn towards the teaching profession. During her teaching stint at the Rotary School (Mudhol), her innovative teaching and learning strategies were much talked about. In 2005, she started the school in memory of her husband Late. Samuel Tegur with just 45 students in a rented building. In a span of 15 years, Samuel Memorial School & College has transformed into one of the best educational institutions in Karnataka, serving more than 1000 students and setting the standard for academic excellence in the state.

At Samuel Memorial, the students are provided a conducive environment to grow, learn and lead. The teachers at Samuel's address both the academic and psychological needs of a child to accomplish holistic development. Hence through an active partnership between Children, Teachers, Parents and Management, the students grow into creative,



Mrs. Margaret Goudar Tegur, Chairman, Samuel Memorial School & College, Mudhol along with her daughter, Joyce S. Tegur, Director, Samuel Memorial School & College, Mudhol and son, Vicky S. Tegur, Director, Samuel Memorial School & College, Mudhol

**IN A SPAN OF 15 YEARS, SAMUEL MEMORIAL SCHOOL & COLLEGE HAS TRANSFORMED INTO ONE OF THE BEST EDUCATIONAL INSTITUTIONS IN KARNATAKA.**

disciplined, dynamic leaders and global citizens who will also lead by example.

The infrastructure at Samuel's includes vast

assembly areas, well-equipped laboratories, libraries, spacious playgrounds, classrooms, latest sports equipment

and facilities for various extracurricular activities set in a tranquil campus. Apart from academic excellence, the institution also encourages extracurricular activities such as arts, crafts, dramatics, music and dance. Students from Samuel's have won accolades in state level sports events, International Olympiads and literary competitions.

Margaret Goudar and Samuel Memorial Institutions stand tall in the education sector of Karnataka with their excellent infrastructure and holistic approach towards education. She was the achiever of Karnataka honoured by Vijay Karnataka, received from Present Central Minister of Karnataka Shri. Hon. Sadanand Gowda and Shri. Priyanka Kharge. She received 'Bharat Ratna Dr. Abdul Kalam Excellence Gold Award-2019' awarded by All India Achievers and Research Academy Their vision - "Give us a child, take back a leader" is definitely an aspirational statement to all students, parents and teachers. **F**

# TRANSFORMING LIVES THROUGH DANCE

To **Gayathri Chandrashekar**, dance is not just an art form, it's a way of life! Through her dance school, Nrutya School of art, Gayathri is touching the lives of so many students



GAYATHRI CHANDRASHEKAR

**G**ayathri Chandrashekar started learning Bharatanatyam at the age of 6. She went on to do her Arangetram at the age of 12, under the guidance of Guru Kalaimamani Smt. K.J. Sarasa. Since then, she has performed in various stages and sabhas across Tamilnadu. Apart from India, she has performed in several other countries such as the UK, USA, Singapore, Canada etc.

She is also an 'A' grade artiste of Chennai Doordarshan and has performed in all prestigious sabhas winning the Academy's 'Spirit of youth award' and MGR award for the best Bharatanatyam dancer.

Post-marriage, Chandrashekar could not continue her passion. But when she wanted to get back to dancing, it was not just about getting up on the stage again. She wanted to impart her knowledge to the next generation and train budding dancers. She started the Nrutya School of Art in 2009 with a vision of teaching the Vazhuvoor Bani of Bharatanatyam which is considered one of the original styles of Bharatanatyam.

While most dance schools in the country focus just on teaching Bharatanatyam, at Nrutya School of Art, students get to learn more than just the classical art form. She also offers financial help to underprivileged kids who are passionate about dance but can't afford dance classes.

Chandrashekar ensures that all students receive a holistic education that includes discipline, team spirit and life lessons. As a life coach and mentor, Gayathri Chandrashekar helps people overcome their inhibitions and express themselves through dance. Dance is also an excellent brain development activity since it requires a good hand-eye coordination and memory.

In the coming years, Chandrashekar hopes to expand further and transform people through dance. She strongly believes age is just a number when it comes to learning Bharatanatyam. Through Nrutya School of Art, she wants to take the art form to everyone irrespective of age and empower them through the joy of creative expression. **F**

# FASHION, A WAY FORWARD

Directors of Moolans Lifestyle and Kaathputli, **Margaret Varghese Moolan** and **Kashmeera Vijay** are taking the fashion industry by a storm



MARGARET VARGHESE  
& KASHMEERA

**S**arees bring out the pride, beauty and culture of a woman like no other attire. Almost every part of India has its own saree that symbolises their regional culture. Kaathputli run by Margaret Varghese and Kashmeera Vijay is now a haven for saree lovers

by becoming the one-stop destination for traditional weaves from across the country.

This mother-in-law and daughter-in-law duo come from the illustrious Varghese Moolans Group of Companies family, which now spans over five continents and has a presence in various

sectors. Margaret has been the emotional backbone of Dr. Varghese Moolan in all the ventures of the Varghese Moolans Group right from its establishment in 1985. In 2015, Kashmeera joined the family and has been a director of the Varghese Moolans Group of companies ever since. Kashmeera was always inclined towards fashion and soon she started supervising Moolans Boutique and Moolans textiles, the textile division of Varghese Moolans Group along with her mother-in-law, Margaret Varghese.

Kashmeera's stint with Moolan textiles helped her learn the intricacies of the retail sector such as procurement, managing inventory and understanding customer's shopping trends. This experience proved useful when she wanted to start Kaathputli, to cater to the growing number of online shoppers in the country. With a vision to reinvent the ancient fabrics and weaving, printing and

embroidery techniques of India, Kaathputli works closely with weavers and artisans to create stunning sarees that are emblematic of our rich tradition.

Apart from sarees, Kaathputli also offers statement saree blouses and accessories such as scarfs. They also have big plans to make Kaathputli the go-to online fashion destination by adding more clothing categories to their portfolio. Margaret and Kashmeera is a dynamic combo in the workplace. Whether it's marketing ideas or experimenting with a new range of clothes, they converse, brainstorm, ideate and decide what's best for the business together. With the pandemic, all sectors have been forced to take their businesses online. Guided by two strong women at the forefront, Kaathputli is all set to take the love for sarees to more people and revive our traditional arts as well! **F**

**THIS DYNAMIC COMBO, TOGETHER  
EXPERIMENT WITH A RANGE OF  
CLOTHES, BRAINSTORM, IDEATE  
AND DECIDE WHAT'S  
BEST FOR THE BUSINESS.**

# EMBRACE A HEALTHIER LIFESTYLE DURING THE ONGOING PANDEMIC

Mindful snacking while working from home will help you stay motivated and focused to achieve your daily goals, says **Kayalvizhi Arivalan**

Even as several people continue to work from home and children attend virtual classes, a shift has been noticed in the family's routine that has further resulted in chaotic and inconsistent schedules. This includes a mix of erratic meals, more screen time, lack of physical activity, and an increase in anxiety and stress. It also leads to an over-reliance on snacking due to easy access and boredom. The importance of mindful snacking is the need of the hour, says Madhuri Ruia, Pilates expert and diet and nutrition consultant. "The current pandemic has highlighted more than ever the need for proper nutrition among Indian families," she says. "Many Indians suffer from ailments such



as high blood pressure, cardiovascular disease (CVD), diabetes and obesity, and, in many cases, these existing co-morbidities have led to fatalities in Covid-19 patients." Ruia adds, "We need

to include nuts like almonds and pistachios to the family diet as they are nutrient rich and add to the body's overall health."

As several families spend most of their time at

home during the lockdown, it is more important now than ever to reevaluate the family's nutrition and lifestyle choices, and make the necessary revisions that can add value to every family member's health. By making small dietary and lifestyle changes like incorporating nutritious foods, including a handful of almonds every day and exercising regularly, families across India can make a healthy difference to their lives and strengthen their immunity while taking the relevant precautions to keep themselves safe during the ongoing outbreak. **F**

## EASY SNACK RECIPE: ELAICHI ALMOND

### Ingredients:

- 100 g toasted almonds
- 1 tbsp maple syrup
- Salt, to taste
- ½ tsp cracked pepper
- ½ tsp cinnamon powder
- 1 tsp elaichi powder

- Desiccated coconut, to garnish

### Method:

1. Mix all the ingredients in a bowl.
  2. Garnish with the desiccated coconut
- Method



[CLICK HERE TO READ MORE](#)



# CHOOSE THE PERFECT FOOD FOR YOUR ZODIAC SIGN

Whatever be your sun-sign, there's a specific food for you, driven by your [personality traits](#), says Neeti Jaychander

**B**e it a comfort food that Cancerians crave to the decadence that Gemini wants, there are healthy choices to suit each food personality. Let's decode!



## ARIES

You're full of energy and on-the-go! It's all about convenience, coupled with quality to enhance your health. So easy-to-prepare or no-prepare foods are your constant mantra. Dig into a bowl of roasted nuts and seeds.



## TAURUS

If you're a Taurean, you enjoy a sense of individuality. So something strongly-flavoured like pure cheese is a great go-to snack. Aged gouda, blue cheese, cheddar, and even soft camembert are ideal.



## GEMINI

Gemini are all about duplicity. While you love the idea of food being healthy, you also want it to be decadent and melt in the mouth. Quality dark chocolate and truffle mushrooms are the perfect options for you.



## CANCER

You're known for your affinity to comfort foods because you're big on emotional eating! Turn to



healthy homemade khichdi or curd rice when you're craving a fix.



## LEO

You're strong and boast an ego, much like the lion that your sun sign symbolises. Turn to a royal colour—purple foods like cabbage, eggplants and blueberries are perfect for you.



## VIRGO

Virgos are typically methodical and careful about what they eat. If we got that right about you, we'd also know that you love sipping on a perfectly brewed cup of antioxidant-rich green tea, with a dash of freshly squeezed lemon and a spoon of honey.



## LIBRA

You want foods that provide the perfect balance of everything – taste, convenience and health benefits. Ideal for you is the one-dish meal sweet potato, which is amazingly yummy, rich in beta carotene and vitamins, and a great source of complex carbs.



## SCORPIO

Feisty and full of passion, you want something that smacks of the same unique flavour as you. Shiitake mushrooms, with their umami flavour, are the perfect dish, rich in B vitamins and many of the amino acids present in meats.



## SAGITTARIUS

You are full of life,

sophisticated and have a flair for the artistic! We recommend an assortment of vitamin-rich bell peppers in yellow, red and green as the perfect go-to dish.



## CAPRICORN

You are always finding things to do, and have packed your day with activity. For a simple, easy to prep ingredient that is a complete meal and packs in energy, protein and a wealth of other nutrition, turn to free-range eggs!



## AQUARIUS

You're the ultimate idealist, who likes to think out of the box and come up with progressive ideas. A brightly-coloured, underused veggie like rhubarb is ideal for you. Eating pink stalks can be extremely beneficial to one's health. Rich in anthocyanins (also responsible for the beautiful pink colour), these flavonoids offer anti-cancer benefits and help regulate blood pressure too.



## PISCES

Much like your sun sign, the fish, you love sea-based fare. Opt for fresh salmon, rich in omega 3 fatty acids, or if you're vegan, opt for seaweed and sea vegetables, which could add flair and nutrition to your diet. **F**



India's Only Breathable Pantyliners



# COTTON COVERED PANTYLINERS

## BELLA INTIMA PLUS

Ultrathin pantyliners with **increased absorbency** with an **extract of white flowers** with a **delicate fragrance**, covered with **100% COTTON**.



extract of white flowers:  
**rose, jasmine and daisy**



top layer of 100% cotton, which provides natural protection in the intimate zone of even the most sensitive women.



breathable outer layer

high absorbency

## BELLA INTIMA

Ultrathin pantyliners **covered 100% COTTON**.



100% cotton



breathable outer layer



no perfume



**NORMAL**



**LARGE**

# CELEBRATE THE CRAFTS OF INDIA

Enjoy retail therapy with magical Indian textiles, motifs, landscape and culture

**What:** Taneira by Titan launches its first store in Chennai

**What we love:** Taneira, the youngest brand from the House of Titan, has launched its first store in Chennai at Express Avenue Mall, Royapettah. Spread across 1,400sqft, the store houses over 2,500 products including saris, unstitched kurtas with dupattas, blouses, stoles, dupattas, stitched kurtas, etc. The new store offers an extensive range of 1,500 saris that work for all occasions. Celebrating the diverse textiles and craftsmanship of India, the impressive collection ranges from Kanjeevarams and South silks to ikkats, Benarasis, cottons, silk cottons, tussars, Chanderis and Maheshwaris.

**Available at:** Express Avenue Mall, Royapettah



## Get rid of toxins

Purified ancient herbs help in cleaning our liver, digestive system and blood, and boost immunity

**What:** EGA Wellness India launches the Detox Kit

**What we love:** With today's unhealthy lifestyle, it is difficult to hustle and take care of yourself at the same time, leading to a build-up of toxins in the body, which affects your health adversely. Thus, it becomes important to get rid of the accumulated toxins and revitalise, cleanse and rejuvenate yourself to stay healthy and happy. EGA Wellness has launched a 30-day Detox Kit that includes ashwagandha energizer tea, nectar giloy essence, turmeric essence, and triphala lax tablets, all with purified ancient herbs that help to clean the liver, digestive system and blood, thereby boosting immunity.

**Price:** On request

**Available at:** [egajuiceclinic.in](http://egajuiceclinic.in)

## NO HAIR, DON'T CARE!

Replace your hair the way you want it without surgery, pain or scarring

**What:** Hair prosthetics for men and women at Volt Luxury Style Bar

**What we love:** Enjoy the confidence of looking good again with the all-new non-surgical prosthetic hair service now available at VOLT. This procedure boosts your confidence because you get natural-looking hair that is undetectable and unnoticeable. The prosthetic hair technology promises to be a better option compared to the traditional hair patch and wig. Not only are there no side-effects involved in this procedure, but it also offers a 100% guarantee on results with a personalised, transformational hair experience.

**Price:** On request

**Available at:** Volt Luxury Style Bar, 32, Ram Chambers, 2nd Floor, CASA Major Rd, Egmore, Chennai **F**



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# RAVISHING AND DETERMINED

RUKAIYA KALYANWALA talks about her dreams, beliefs and more with **Seher Campwala**

## RUKAIYA KALYANWALA

Rukaiya Kalyanwala, born and brought up in Mumbai has been very determined since her childhood to accomplish her dream of becoming Miss India and to represent her country on an international platform. This convent school girl has graduated in Business Management from KM Agarwal College in Kalyan. She has always been fascinated with clothes and dressing up and such inspirations added up becoming her dream to rule the ramp.

This dark brown-eyed model has walked for Rebecca Dewan at Lakme Fashion Show and has also done a sari campaign in Surat. She was also one of the finalists of Femina Miss Stylista 2020 and she received the title of Femina Miss Radiant Stylista 2020. "In this industry people are so talented, creative and focused towards their life. It's inspiring how everyone is so skilful and unique in their way" says Kalyanwala.

The dusky beauty finds a sense of freedom about modelling and to be enabled to portray your creativity in

front of the camera. With having immense support from her family, she feels lucky to be surrounded by positivity and loving people. She firmly stands by this, "Failing is the best way to learn. Being scared to fail directly correlates with being scared to learn."

Food being her weakness has never stopped her from taking care of her body. Green veggies and coconut water are her daily must-haves. One beauty tip that she swears by is applying lip gloss. She is keen on her beauty sleep and works out six days a week. "Motivation is nothing but a state of



Vital Stats: 32-26-36  
Height: 5'6  
Eye Colour: Dark Brown

**"GOOD LOOKS  
ATTRACT  
THE EYE BUT  
PERSONALITY  
ATTRACTS THE  
HEART."**

mind, which makes you feel energetic and gives a pinch to start-up, to move ahead in life with a positive attitude. I am focused on hitting my goals every day. Moving forward in life is what motivates me every day," says Kalyanwala who also loves dancing.

Best advice according to her is, "Imagination is everything". She believes in the law of attraction and the need to imagine the life you need and those things will attract you in your life.

She feels life is too short to tolerate people or beauty ads that make you feel inadequate. "Good looks attract the eye but personality attracts the heart. Be proud to be you. You are already beautiful," is the mantra this stunner model stands by. **F**



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# FEMINA

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**SHOWSTOPPER,  
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AND RISING  
POLITICIAN**

