

JANUARY 2021

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# MEWAR

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**JAIHIND**

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PIMPRI-CHINCHWAD | PUNE-SATARA ROAD



# EDITOR'S LETTER

This past year has driven the importance of family, hasn't it? While we all appreciated our other halves even before, the year 2020 drove the point home even more. Women might be called the "better half", but in a relationship, each of the halves is just as important for the whole! While we usually talk of women achievers, with the New Year starting, we took this opportunity to appreciate the men who have made us proud. The *Big Story* features some

**IN A RELATIONSHIP,  
EACH OF THE  
HALVES IS JUST AS  
IMPORTANT FOR  
THE WHOLE!**

inspiring tales.

The sartorial choices for men are no more limited to just a few picks. The fashion industry is paying almost as much attention to menswear. The *Fashion* pages

look at top Indian and Indo-western menswear staples that any male wardrobe should possess. We also have listed out some tips about facial hair care in the *Beauty* section so that men can step out in style, always.

We also have some refreshing drinks ideas in the *Food* pages along with some weekend vacay destinations in the *Travel* pages. This issue has something for every man, and you could just as easily think of it as a mini-guide! So, sit back and enjoy.

*Ruchika*

**Ruchika Mehta**

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CALL: 18001210005  
SMS: FFSUB TO 58888;  
ONLINE: [mags.timesgroup.com](https://mags.timesgroup.com)

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

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



# A DECADE OF BRICK AND MORTAR!



Piyush Nyati

## LEADING PUNE'S REAL ESTATE MARKET WITH PREMIUM, RESIDENTIAL AND COMMERCIAL DEVELOPMENTS

The journey of Piyush Nyati, Executive Director of Pune's leading real estate brand – Nyati Group, began by joining the company in 2011. Fostering curiosity and eagerness to learn, he stepped into the business world with a degree in Construction Management and Technology from Purdue University, USA. Since then, he has brought a whole new dimension to the business with his expertise and

knowledge by streamlining the Standard Operating Procedures, digitization of processes and setting up the ERP systems.

Apart from being the torchbearer of a leading real estate company, he is a great son, a caring husband, a fun brother, and a loving father. He plays all these parts par-excellence by always being relevant with an ever-learning attitude by practicing a spiritually driven and health-focused

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**“WE WANT  
TO BECOME  
THE FIRST  
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FOR EVERY  
ASPIRING  
HOME BUYER  
BY ENSURING  
TRANSPARENCY,  
QUALITY,  
VALUE AND  
INNOVATION  
IN EVERY  
DIMENSION!”**

---

lifestyle. A number-oriented, analytical leader who also practices workplace equality to bring the best out in people, walking miles and thresholds with his team: the Nyati Family.

Looking ahead, he wants to lead Nyati Group towards scaling new heights by encouraging continuous innovation. Always strong-willed towards the Nyati Group's vision to be the first Choice, he is strong-willed towards its values and principles, while being open to new ideas and believes in empowerment, delegation and growth of the community.

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THE BIG STORY

## Men of METTLE

Leading from the front, is what these dashing men do best. Making their mark in their respective fields, these men are inspiring others to follow.



**ADAR POONAWALLA**  
CEO, Serum Institute of India



He took his father's legacy forth with much determination and under his leadership and vision, has made SII an internationally recognized institution.

He is one of the most sought after men in the country, if not the world, at the moment. And why not, as Adar Poonawalla – as the CEO of Serum Institute of India (SII), world's largest vaccine manufacturer – has brought out one of the currently approved and is one COVID-19 vaccines. He joined SII, an institute founded by his father Dr. Cyrus Poonawalla, in 2001 after graduating from the University of Westminster in London. He took his father's legacy forth with much determination and under his leadership and vision, has made SII an internationally recognized institution. The Serum Institute now exports its products to 35 countries. He also ensured that SII's new products are licensed and pre-qualified by the World Health Organisation for supply to United Nations Agencies including UNICEF AND PAHO. He has also partnered with many drug developers world-wide. Poonawalla is a board member of the GAVI Alliance, which is the global vaccine alliance.

The Poonawalla have scaled their business in three decades, overcoming challenges and taking their business global. The dashing CEO, in an interview with a publication, claimed, "We each have children that Cross-Care and Papa's can ever hope to." Spelling of the fight against the novel coronavirus, SII made an \$800 million investment in the offering at the very start to ensure the vaccines are researched and made as quickly as possible. And they delivered!

He is also a philanthropist who believes in giving back to the society. He founded the Vilas Poonawalla Foundation which consists of six schools, a hospital and 25 water plants at different locations. Also, his 'Clean City' initiative in Pune was of massive step in terms of advanced waste collection and disposal methods. His vision is to help address the inequality that exists in India, and around the world, in the focused areas of healthcare, education, water, sanitation and environment.

His work – at SII and his philanthropic work – has been recognized by not just the media houses but also by leaders across the world. PM Narendra Modi made him the ambassador of the Swachh Bharat Mission. UK's royal – Prince Charles of Wales and The Duchess of Cornwall also had a private visit to the institute's manufacturing facility in Pune during a visit to the country. >

– Sushil Campwala

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Supreet Bajaj

# INSPIRING INTERIORS

**SUPREET BAJAJ, FOUNDER & MD OF PURPLELOFTS, AN INTERIOR DESIGNING COMPANY, BELIEVES IN HELPING MILLIONS BUILD BEAUTIFUL HOMES AND OFFICES. BY SANIKA SALUNKE**

Designing has always been her passion and Supreet Bajaj wanted to make a difference in this supposed un-organised segment. Her vision was to prevent people from going through the hassle of designing and executing the whole interior decor of their house / office either

themselves or by paying a very high price for the same. She says, "We at Purplelofts create the perfect balance between exclusive designs & smooth execution of the interiors at unbelievable prices."

Her journey so far has been an amazing, exciting and thrilling one. She feels despite

## HOW TO BUILD YOUR AT-HOME WORK STATIONS?

Supreet Bajaj suggests, "The whole study-work station should be done in a creative theme with nice soothing pastel colours." Also, to have these at the work station:

- Comfortable study table
- Ergonomic chair with complete backrest
- A footstool if possible
- Proper illumination in the study area
- Sufficient electrical connections



the challenging industry, the satisfaction of designing and creating a dream house for a family or a dream office for an entrepreneur is beyond imagination. According to her all the efforts, blood and sweat pays off when she sees the smiles and tears of joy in the eyes of her clients. She absolutely loves to take up challenges and work on out-of-the-box projects. She believes in testing & challenging her own limits and thoughts. She started this venture of 'PurpleLofts' to make a difference in the overall interior segment.

She shares her design process and asserts that the first step is to understand the client's requirement in detail. "After all, it is their dream project, it becomes imperative to dive deep into their dreams," states Bajaj. She feels that often designers tend to add their signatures, their style to the project, which is absolutely important towards the technical, functional and aesthetic point of view. However, she strongly believes that it is equally important to understand the mindset, inclination and sentiments of the client. Hence, at Purpleloft they are flexible with their

clients and help them visualise and realise their dreams by creating strong bonds with them. She says, "Every project at Purpleloft is a dream project for us, it's a dream that we all see with our open eyes."

As an interior designing company having delivered 800 plus projects their unique salient/selling point is their attention to detail, focus on clients, love for designing and passion to deliver at the most competitive cost with the best quality materials. According to her, residential interiors are actually at a boom today. People have realised that home is the most secure, comfortable and the ultimate destination for all of us in challenging times. Thus, she observes that the Indian interior and furnishing industry actually has a lot of scope in 2021 and the years to come. 'Make-in-India' has further strengthened her plans and has inspired her to make it big in this industry.

## PURPLELOFTS

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# WE HEAR YOU!

Write to us at [femina@wmm.co.in](mailto:femina@wmm.co.in) with *Femina Pune* as the subject

Femina has always celebrated women achievers, and that's something that I really love about the magazine. The December edition of the Pune-Aurangabad-Nagpur issue had some really inspiring stories that I loved reading. I especially got inspired by Dr Medha Tadpatrikar, Laxmi Narayan and Sindhutai Sapkal to do something in the social arena. I have joined an NGO now that helps with children's education, a topic close to my heart, being a teacher myself. Thank you, Femina, for introducing us to such ladies!

**Sumedha Shinde, Wakad**

I have been thinking of going light with my dinners for quite a while and I was planning to have only soups. I couldn't get myself to start though... But the food article on soups helped push me in the right direction. The soup recipes in the article are very delicious I must say. They inspired me to dig further for other recipes and also on making some fusion recipes for soup of my own! On tonight's menu: Corn and tomato soup!

**Girija Bhat, Aurangabad**

I have always been into sports since childhood, but ended up not making it into a career despite wanting to. I read the articles on Vahbiz, Esha and Shireen in the December edition of Pune-Aurangabad-Nagpur issue of Femina and wished I could turn back time and follow my own passion for sports too just like these girls did. Playing sports professionally is slowly becoming more accepted by everyone and that is great as there are so many talented sportswomen that India has!

**Kirtika Kotwal,  
Salunkhe Vihar**



I have always been envious of the B'town divas for the fun hairstyles that they get to sport. The beauty hair article on how to do the different hairstyles was a fun and helpful read. I have already tried a couple of them when stepping out this past month. My birthday is coming up and I will be doing the hairstyle Taapsee Pannu is sporting.

**Karishma Upadhyay, Nagpur**

I love wearing traditional clothes but my biggest pet peeve for them has been the lack of pockets. When I read the fashion article on pockets for Indian wear, it was a eureka moment for me, and I have already given my tailor many of my traditional ensembles to incorporate pockets as that's now a legit style! I have some family functions coming up in next few months for which I will be getting new lehengas and salwar kameez made... with pockets!

**Rashmi Vishesh Mehta,  
Magarpatta**

I am an amateur baker but I really, really love to bake. The article on baking essentials was very helpful. I have equipped myself with all of those items and enrolled in an online class to learn more on using each of them and baking up a storm. I – and my family – am looking forward to making some tasty cupcakes and also savoury pies!

**Maithili Pawar, Aundh**

I have always wondered about fishtail braids. They look complicated and intriguing. Reading the step-by-step directions in the beauty section of the previous issue have had me practicing them on myself and my sister – who bears with me grudgingly! Now that I am almost close to mastering it, I am looking forward to hair twinning with my sister. I am sure it will look amazing. And taking cue from the fashion stories, we will look on point too.

**Supriya Awasthi,  
Amanora Park Town**

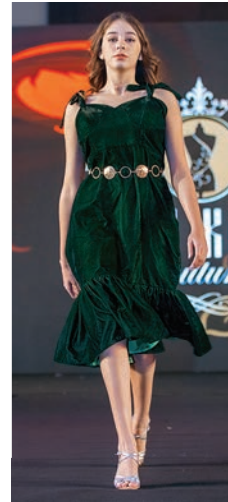


# STARTING YOUNG

The fashion industry has a new entrant, nine-year-old **Vidhi Karva!**



Vidhi Karva is all of nine years of age. And she is already a fashion designer! Most of us look to our mother for style inspiration as a child. At the most, it translates into us imitating them and trying to wear what she does. This young lady from fourth standard at the Indus International School, Pune got interested in fashion after seeing her mother, but took it a step ahead when she started envisioning styling her mother in her own way. This is not just a dream or a future vision. She has taken it a step ahead by putting across her own fashion line at Dubai World Fashion Week organised by Vivz Fashion School at J W Marriott Marquis Dubai recently. The collection was all about haute couture and sustainability. Karva, who looks at Jennifer Aniston, Sonam Kapoor and Miley Cyrus in her Hannah Montana role as her fashion icons, looks to learning more about fashion by joining a course on it when the time comes. She took charge of her first fashion endeavour by designing and sketching her ideas –



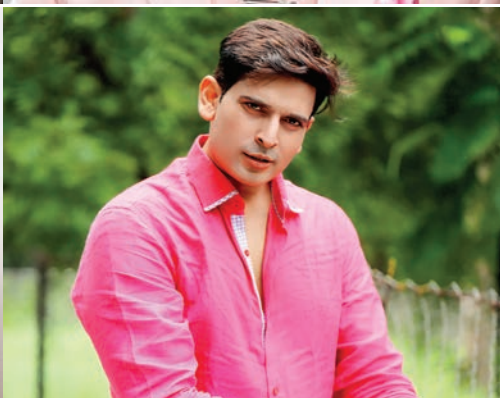
for which she took help of her mother Khushboo Karva - which were turned into reality for the show by her brand, Vidhi Karva Couture. While she might yet be small in age, her vision is big. She wants to dress up her fashion icons Kapoor and Aniston as also Priyanka Chopra Jonas. She signs off with these wise words, "Love yourself and carry yourself with an attitude."





# Men of **METTLE**

Leading from the front, is what these dashing men do best. Making their mark in their respective fields, these men are inspiring others to follow.





# ADAR POONAWALLA

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- Seher Campwala



# AASHUUTOSH SRIVASTAVA

Advocate and Member, Supreme Court Bar Association

Advocate Aashuutosh Srivastava believes in living his life to its fullest and creating a balance between professional and personal life. For him, accomplishing his dream of setting up his firm A A Associates has been a memorable journey of practising law and career of over two decades. He was only 18 when he took up his first venture with an insurance firm. He then went on to get his law degree in first class and started with his own legal practice. Since then he has been taking the stairway to success.

He realised the uncertainty of life after finding himself in the midst of the current pandemic. "How time flies away while we are busy chasing after things, most of which are materialistic. This past year certainly made me introspect," he notes. He believes in staying consistent no matter what life throws at him. So, he definitely enhanced the efforts that he usually inserted as he felt it was a necessity for the healthy functioning of an organization.

He was awarded the Mahatma Gandhi Samman in 2017 at the House of Lords in London, UK. For him, it was undeniably the most memorable experience as it holds high regards. He says, "The amount of respect meted out to you and the admiration that came along with it, not only to me but also my family members, is something that I will cherish forever."

He feels that unlike most of the other professions, the law is an extremely noble one. He firmly states, "I wanted to put my professional legal skills, qualities and traits to good use. To be able to safeguard someone's interest, help them out when they have lost all hope, is truly fulfilling." He shares one of his experiences saying, "I was sitting alongside Adv Ram Jethmalani in my car, heading to an occasion when he asked me about my practice in law. It was very spontaneously that I told him I was not as fortunate as him to choose my cases, the cases choose me, on which he wittily replied 'my son, the time will soon come that you will choose your cases.' It was then that I got my best piece of advice: 'Pull on punches and go all in for your clients'.

- Sanika Salunke



**"To be able to safeguard someone's interest, help them out when they have lost all hope, is truly fulfilling."**



# AJINKYA A FIRODIA

Managing Director / CFO, Kinetic Engineering Ltd



**“I believe to win and be successful one must stay in the game, with the right values and principles.”**

While it is a natural progression for those from a business family to join the family business, how one does it and takes it ahead makes the person stand out. Not only did Ajinkya Firodia take up the mantle of his family's legacy, Kinetic Engineering Ltd, he diversified the business further with much conviction and success. After studying engineering and economics at the Brown University, USA, he worked with JP Morgan before returning home to India. He joined Kinetic Engineering Ltd and diversified the business in auto components and superbikes at MotoRoyale. “My journey has been extremely exciting and filled with various challenges, with some amazing learning experiences but there has never been a dull moment,” he shares.

During the pandemic he realised that the greatest blessings in life are being able to spend time with your loved ones, being in good health and being free. The charming CFO has been charged up to have much bigger goals in 2021 and with a zest to achieve them much faster.

“I can proudly say that automobile is one of the most exciting industries filled with a lot of glamour and some remarkable moments. We at Kinetic have been providential to many such events including the launch of Kinetic Honda, Kinetic Blaze, SYM Flyte etc. and various events for our 600+ dealers spread across India. Recently we also launched MotoRoyale, along with our tie-ups with five international superbike brands. It's been an exciting journey,” says the diligent businessman.

If he had to pick one theme song to describe his life right now then it definitely would be, ‘Khudi’ by Junoon. Having being born and bestowed by the legacy created by his family is his inspiration enough to keep giving his best and contributing to the industry. As well as, his father's innovation and resilience keep him inspired. His advice for all those who are starting up or are novices is to ‘stay in the game’. “I believe to win and be successful one must stay in the game, with the right values and principles. And with resilience and focus, all goals can be achieved,” says the ace industrialist. >

**-Seher Campwala**

# RAJENDRA INDRAMAN SINGH

CEO, Priyadarshani Schools

A multifaceted personality whose vision is to preach the virtues of his parents and bring out the best in every child through education, Rajendra Singh believes in commitment, honour and enthusiasm. He also believes, feeling peaceful within is very essential to bring the desired change. He says, "Each day is the gift, so why not live with utmost positivity?"

According to him, every child is a star and shines with brilliance; each kid has different skill-set and he feels it is his job to nurture. To meet the needs of all learners, he took initiative in starting Steps Remedial Centre. He says, "The source of any inspiration in life is all around you when you are willing because you are the resonance. As rightly said, energy follows intention! Sometimes things seem to be tough and discouraging but one who sees life as a gift always finds a way." Just like everyone else, for him, the pandemic and lockdown was a great teacher, he understands that it has taught many things; including the importance of living in a community as he missed his friends, neighbours and people around him whom he took for granted. The new aspect for him was the value of the daily freedom that we all have, the importance of small walks and the small things we do that makes us happy, enjoying and cherishing them.

This dynamic personality is an active member of Pune LD Forum which works on a large area to support children with learning difficulties. His contribution to education was acknowledged and he was awarded Asia's Greatest Leader and Brand and Professional Icon of PCMC by a news publication. He is not just limited towards his brand but is always available for others by being a founder member of Independent English Schools Association (IESA) and is working for the development of budget schools in 22



**"The source of any inspiration in life is all around you when you are willing because you are the resonance. As rightly said, energy follows intention!"**

districts of Maharashtra. He also represents Maharashtra Private Schools in India at the National Independent Schools Alliance (NISA). He exudes positivity through his approach which has resulted in ranking Priyadarshani Schools as one of the best in India. Under his leadership, with upgradation in technology and learning styles, Priyadarshani Schools are recognised for Best Online School Management, Innovative Learning Award and Best State Curriculum by Times Survey. Therefore, the learning extends from local to global and so with his guidance, the school also receives 'International School Award' by the British Council.

- Sanika Salunke



# VIVEK PAWAR

Founder, Vivz Fashion  
School

A well-known name in the fashion industry, Vivek Pawar is a powerhouse of skill and talent. His energy is infectious and he is extremely passionate, disciplined and has a hunger to do and achieve more. From being a successful model himself to now training others to be one, he has achieved many milestones in his journey. It was six years ago when one of his biggest milestones was achieved – founding the Vivz Finishing School along with co-founder Arti Rai. The game-changer though, was “when we decided to go international. That was something else entirely and it has taught us a lot,” he says. Another major milestone for him was when they got the contract for London Fashion Week.

What makes him tick? He’s quick to reply that watching the end result of it all is a sheer thrill. “Getting done with a successful fashion week after months of planning and hard work is the biggest kick,” he shares. He draws inspiration from the people around him. He tries to find the positive side to everything and finds inspired by everything around him. Every day can be a tough one to get through, but he likes it tough as he believes that is what makes him stronger and appreciate a job well done even more. Ask him one habit that he swears by and he’s quick to share that it’s a discipline. He adds that chance favors the prepared mind.

Pawar showcases Indian models on international platforms and firmly believes that “our (Indian) models can be world-class with just the right training. All they need is the right grooming and finesse”. On being asked to give some advice to aspiring models, his advice is to not “follow trends, be yourself and try to create your own identity than just copy someone’s success story.” Not one to sit idly, he shares that the lockdown was a boon to him. “The lockdown really worked well in my favor as our one on one classes really scales up and I planned the Dubai tour well as we had a lot of time at hand. It’s safe to say that my lockdown time was quite productive,” he explains. On the personal front too, the man got more time to do things that he liked such as read more and work out more. >

- Ravina M Sachdev



**“Follow trends, be yourself and try to create your own identity than just copy someone’s success story.”**

## DR AMOL LUNKAD

Gynaecological Endoscopy,  
Infertility and IVF Specialist

When attaining parenthood seems difficult, this doctor comes to your aid. Dr Amol Lunkad, as the Chief IVF Specialist of Indira IVF Centre at Viman-Nagar, Pune has been successful in helping over 10,000 couples to achieve pregnancy through his centre over the past seven years. He did his MBBS from BJ Medical College, Pune and post-graduation from All India Institute of Medical Sciences (AIIMS), New Delhi. He went on to do super specialization in Gynaecological Endoscopy, Infertility and IVF from Germany and the United States. His wife, Dr Ishita Lunkad is also a gynaecologist and IVF specialist from AIIMS who works alongside him at Indira IVF. His parents too are doctors who have been serving in Pune for the past 40 years.

“I was fascinated with infertility and I always had the notion of making designer babies. I found it quite innovative. Also, my passion for endoscopy was well-fulfilled through this as most of the infertile couples require high-end endoscopic surgery. My wife and I were always intrigued and thought that we could excel in this. So that is why I chose infertility and IVF along with gynaecological endoscopy as my super-speciality,” says the esteemed doctor.

The best part of his job is that this dedicated, determined and devoted doctor finds his job very satisfying and fulfilling, especially when he sees the happiness and spark in the eyes of couples who achieve pregnancy after years of infertility, after getting advanced treatment with him. The hardest part would be multitasking and working 365 days of the year, as his IVF centre operates throughout the year.

“There have been hundreds of cases that I would consider special cases, but I would like to highlight one special case where the couple was from Yemen, who had taken treatment in various countries without any success. The lady had many complications like poor egg reserve, genetic abnormality in karyotype and swelling in her uterus, and we used



various high-end IVF techniques like ICSI, blastocyst culture, Laser assisted hatching and pre-genetic testing. We were able to achieve pregnancy in the first IVF attempt itself in her case. This was quite a fulfilling experience for me and my team and we felt, we have made our country proud,” recalls Dr Lunkad about his special cases.

The pandemic did change a lot of things in Dr Lunkad's routine but it also gave him plenty of time to spend with his family. He adds, “It helped me understand how much little is required to stay happy and how little things are enough to manage myself.” He further adds, “Us healthcare workers had to put up with the fight with COVID-19. Many of our patients were found positive and we had to treat them with extra care. We even had to deliver a few COVID-19 patients especially in emergencies. We also successfully delivered one of the first Covid-19 positive IVF pregnancy with twins in INDIA with the mother and babies absolutely safe.” He draws his inspiration from his patients and especially his mother, Dr Kalpana Lunkad. Her hard work and dedication incites him in life.

- Seher Campwala

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## **KUNAAL** KYHAAN SEOLEKAR

Founder, studioHAUS, KOY and Koytoy

A rare combination of skill, talent and style, Kunaal Kyhaan Seolekar, is a force of nature. He grew up around entrepreneurs and multi-taskers so it's no surprise that it comes naturally to him. "When you're passionate about something, it's not work. You want to do more and more of it. Creativity has no bounds and for me the challenge is pushing it to higher levels," he shares. The man studied architectural design at the Parsons School of Design and founded studioHAUS in 2012. His work is driven by an uncurbed curiosity to explore materiality and diverse artistic styles from classical to contemporary; the need to create a dialogue with the cultural and geographical context of a site is also an important part of his projects

"The thing I love the most about design is it never lets you get bored. Every day I am inspired by someone, somewhere, design and creations. It's ever changing and designers are constantly pushing the limits. I am looking forward to the new era of design in this new world," he elaborates. Ask him about his most career defining projects and he's quick

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to say that its launching and showcasing his brand KOY internationally for the last three consecutive years. He says that it gets bigger every year and he also got the opportunity to design for well-known European design brands and showcase his designs in European galleries.

Talking about the pandemic and the lockdown, he shares that the lockdown has taught him to relax! "I have learnt that I love it, a lot!" he adds. He imparts that life is more fulfilling without unnecessary work stress. Apart from enjoying the lockdown, he was also quite productive as he launched his new fashion brand- KOYTOY which is an extension of his aesthetic in clothing, jewellery and accessories. "Koytoy's collection celebrates and adapts simultaneously to our ancestral practices of adorning elaborate jewellery and non-conforming fashion choices, in process rekindling affection for our country's rich heritage of self-expression using rich fabrics, diamonds, pearls and crystal energy stones. It is a curated drop of textiles with intricate prints, semi-precious jewellery and sporty body harnesses and sensual body wear," he shares. Not a man to sit idle, Seolekar has a busy year ahead and you'll get to see his new furniture collections for KOY, interior projects and collaborations with a few international designers and brands. >

- Ravina M Sachdev



## YASHRAJ MUKHATE

Singer, Music Composer  
and Dubbing Artist

In the depressive atmosphere of pandemic and lockdown, one music video brought smiles for millions. Yashraj Mukhate's innovatively created 'Dialogue with Beats' *Rasode Me Kon Tha* had everyone 'LOL'ing! Another of his creation – 'Tauda Kutta Tommy' – has seen many Tiktokers and Instagrammers lip-syncing to it. Within matter of days, Mukhate became a social media sensation.

"I started music journey at the age of three under guidance of my father whom I watched singing and playing instruments passionately and it is music that has led my life always in the proper direction," shares the Aurangabad-based musician. He started working since 2012 with local shows, corporate events and composing jingles for local business and companies. "To match education and passion I did engineering in music production. For me, my guru is my father and the internet," says Mukhate, who did his engineering in Pune.

He started sharing music creations on social media from 2013. Gradually they got attention and he could expand work to corporate films, NGO projects, advertising jingles and background score for a Marathi daily soap. He recalls, "The first appreciation I received from a celebrity was from Bollywood composer Salim Merchant for one of my videos." He was doing what he likes and making music when suddenly his latest – *Rasode Me Kon Tha* – got viral in August 2020 and the rest is history. From Bollywood celebrities to the masses, everyone was sharing it over social media and Whatsapp! He says, "It was not at all in my wildest dream that it would ever get such an unexceptionally huge popularity in all spheres. I still remember the day when my followers increased by one lac in just one day." Yashraj now has millions of followers at his social media accounts with millions of views to his videos.

He describes himself as lazy, foodie and passionate about music and considers the song 'Love you Zindagi' as the theme song of his life. "I get inspired by anyone, anything,



**"Social media is a boon for an artist and I think that if it would not have been there my work may not have been reached to such extent."**

anytime and anywhere. Though this success, popularity is a great boost to my career, I am aware that now people expect more. There is always a pressure to give something new and interesting," he shares, adding that he wants to be recognised for his original compositions and wishes to contribute quality work to music.

With many national and international brand collaborations coming in along with future projects with renowned music composers, his success arch is getting to new heights day by day. Concluding with a smile, he says, "Social media is a boon for an artist and I think that if it would not have been there my work may not have been reached to such extent."

- By Harshvardhan Shahi



# SUMEDH KANADE

Content creator and  
campaign curator

Sumedh Kanade's love affair with food dates back to when he was 10 years old and his grandmother's insights and feedback helped him in honing his culinary skills. At the age of 11, he organised his first school event. Since then he has organised more than 63 events. This included managing central India's first international proshow and artist management of stand-up comedians like Zakir Khan. Parallely, keeping he did well in academics too; he is a gold medalist and department topper of metallurgical and materials engineering, from VNIT Nagpur.

"It was my creative passion that made me choose the unconventional field of content creation and event management rather than working as an engineer," he recalls. Putting all of his past experience to use, he went on to host Nagpur's first ever Ice Cream Festival. He says, "Food festivals until then were unheard of in a Tier-2 city like Nagpur, and I wanted to initiate a trend." The festival went on to become a massive success with two editions.


In 2018, 'Gourmet Musafir' came to life on Instagram. He started creating content actively and this consistency enabled him to build a food community on social media. He started receiving invitations from organisations like the Food Bloggers Association of India and became a popular name in the community. At the age of 21, he was then featured in TOI's special edition Times Hangout – Under-30 Professional in Hospitality Industry. He even conceptualised and curated events like India's Biggest Pani Puri Festival at Mumbai with a massive footfall.

In January 2020, he got an invite from Instagram India and was selected for 'Born On Instagram' program. Later in June, Instagram released a special #BornOnInstagram Newsletter featuring only two creators in India, he being one of them! He is the creator of 'Guess the Gibberish Food Edition', a viral Instagram AR filter that clocked over 1.5 million views. Since then, he has also created AR filters for brands in UK, Nigeria and India.



**"A passion is much easy to sustain and succeed when it's to fuel your creativity and not for monetary gains. If you have passion and purpose, dreams do come true!"**

He was invited as a panelist on Spark AR For Creators, a webinar by Instagram India for content creators here. He represented Nagpur on a global level as brand ambassador for 'We Love Cities' initiative by WWF. He was also ranked amongst Top 10 Food Creators in India on TikTok which includes Chef Kunal Kapur and Chef Ranveer Brar.

He says "As a content creator, I am a one man army. My responsibility and experience in varied roles has helped me grow and got me the opportunity to work with 150+ National and International Brands like McDonald's, Swiggy, Uber and many more! He believes, "A doer never fails! A passion is much easy to sustain and succeed when it's to fuel your creativity and not for monetary gains. One shouldn't settle for less. If you have passion and purpose, dreams do come true!" 

- Kanika Rekhi



# UPSKILL FOR A BOOST UP

What does the new normal mean for the nature of our existing careers? These job skills will help you survive in a COVID-19 world, says **Charlene Flanagan**

For most of us with a 9 to 5, a shift to working remotely doesn't seem like an impossibility now, if we manage to get into a healthy work-from-home routine, do all we can to optimise our time and make our designated at-home work stations conducive to a work environment. There's a staggering number of people who want to return to regular work life, as they're concerned that WFH has further blurred the lines between their professional and personal lives. But, the workforce as we've come to know it, will no longer be the same. What does it mean for our careers? Upskilling, of course! Here are seven essential job skills every working professional is going to need in a post-COVID world.

YOU NEED TO  
ADAPT YOUR  
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SHRINKING JOB  
MARKET.

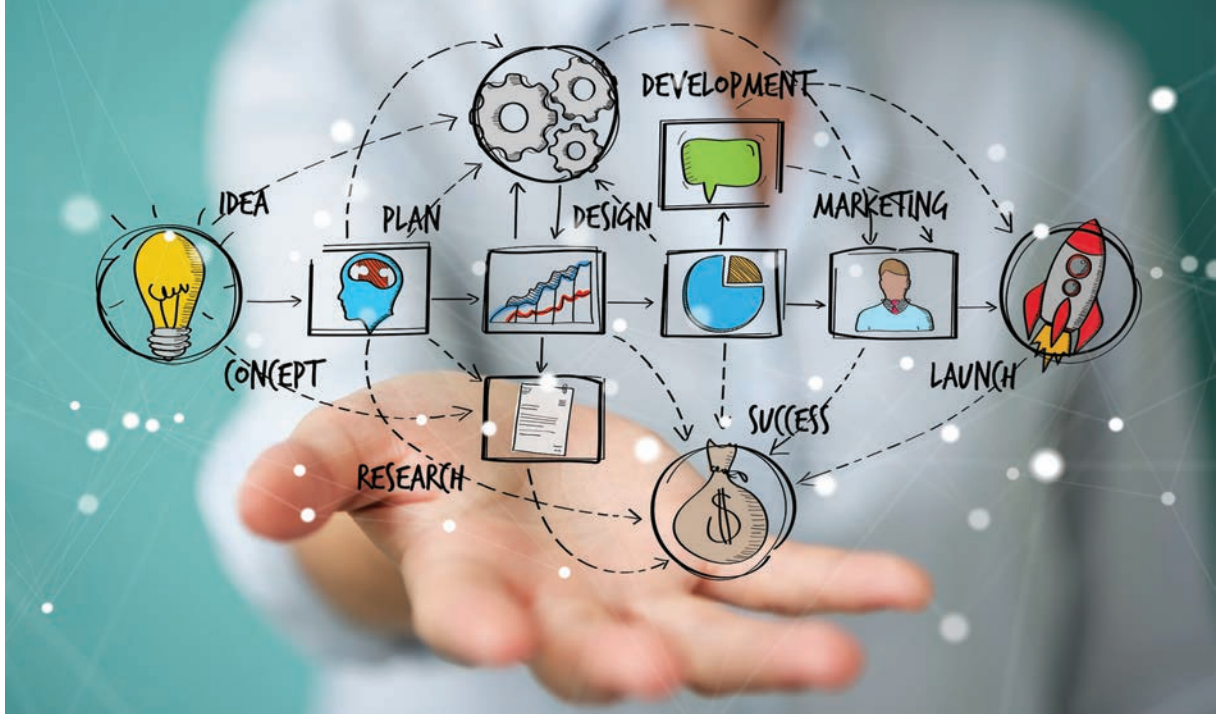
## Agility

No matter what your line of profession is, companies are soon going to operate differently (if they haven't updated already). Besides, there are very few "jobs for life", and one needs to be able to keep up with the changing times. That said, you need to adapt your skills, and be flexible if you want to survive in the shrinking job market.

## Tech Savviness

You might have seen that meme about 'Who led the digital transformation of your company? The CEO, CTO, or COVID-19?' Well, there's some truth to this joke. The pandemic has forced many businesses to rethink their strategies, focusing





more on its digital assets that can be managed remotely. So what does that mean for most employees? Acquiring indispensable technology skills. So whether you work in a factory, a media house, or an accounting firm, you will need to be comfortable with tech tools that will enable you to work efficiently and keep you relevant.

## Creativity And Innovation

No matter what your field of expertise, creativity and innovation is what will get you places. Take, for example, Mercedes F1. They shifted their focus from racing cars to innovative breathing aids and have managed to stay afloat during this global recession. The workforce will not be put to the test to dream up ingenious ways to stay relevant, keep their brand or product selling, and bring in that revenue.

## Data Literacy

Do you think you'll be able to weed out the fact from fiction? The future for any successful business will need to be critical thinking. This means a team of highly-skilled individuals who can objectively evaluate information, understand global market trends, and use this sensitive information to help propel their business forward while making informed business decisions. Information, after all, is power.

## Leadership

One of the foreseeable changes that will come about in the workforce is remote coordination and working from home, keeping social distancing protocols in mind.

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This will automatically give rise to a requirement for professionals who display strong leadership skills, keep a team motivated, and inspire collaborations and smooth functioning.

## Emotional Intelligence

To be a good leader, one needs to have a developed level of emotional intelligence. But what does this mean? It's merely the ability to be aware of, equipped to express certain delicate matters, and have good control over one's emotions, but be able to read another's an emotional state and ask the right questions to establish a cohesive and respectful working environment.

## Lifelong Learning

This goes far beyond just upskilling. According to a report by the World Economic Forum titled The Future of Jobs, the fourth industrial revolution would give the world advanced robotics and autonomous transport, artificial intelligence and machine learning, advanced materials, biotechnology and genomics by the year 2020. It also means that one third, or 35 per cent of job skills that are deemed essential today, will be redundant in the next five years.

To survive in the competitive job market, upskilling is the only way forward. You need to be proactive and make a conscious effort to learn and understand the trajectory of your line of work and work at upgrading or fine-tuning those already-capable skills. **F**



# TEACHING CARE

How to teach your child to take care of the family pet? By **Rashi Chaudhary**



**P**ets are a perfect way to teach kids about responsibility, patience, compassion, trust, and respect. While pets offer a lot of advantages, they require high maintenance as they need to be fed, cleaned, walked, and played with. While pets offer a lot of benefits to the kids, kids also offer benefits like companionship and playfulness, as it is a symbiotic relationship. Taking care of the pet should be in line with the age of the child. A young

child cannot take care of a large dog but will enjoy the nap time company of a kitten or a puppy. Here are some ways children of different ages can take on the responsibility of taking care of the family pet.

## **AGES THREE AND UNDER**

Kids under the age of three are not mature enough and are developing their own

motor and cognitive skills. They cannot be assigned complicated tasks and responsibilities. Parents need to educate their children that even pets are living beings and playing with their tails or messing with them is not the right thing to do. All parents can do is to guide them to be kind and friendly towards the pets. Parents should also empower their

kids with information and should read them books about animals.

## **AGES FOUR AND FIVE**

Children this young are still far too young to feed, clean up, or walk the pet. Although by observing their parents (or older siblings), children are aware of the basic responsibilities needed to take care of a pet. Parents should start by giving uncomplicated tasks like filling the water bowl of the pet every day. They

***PARENTS NEED TO EDUCATE THEIR CHILDREN THAT EVEN PETS ARE LIVING BEINGS.***





## ***ALTHOUGH THEY ARE EAGER LEARNERS, THEY STILL NEED ADULT SUPERVISION.***

can even accompany their parents to the vet or hold on to the extra leash while walking the dog with their parents. The key is to not overwhelm the child with responsibilities.

### **AGES SIX TO EIGHT**

At this stage, children start their schools and are generally much more creative, social, and curious. Although they are eager learners, they still need adult supervision. Teaching simple tricks and commands, and playing fetch are all great ways for your child to care for his pet's need for stimulation and attention. They can

also learn to brush their cat or dog correctly (head to tail in the direction the coat is growing) with supervision as well as walk a small dog with a leash.

### **AGES EIGHT TO ELEVEN**

Children of this age can usually walk their dogs themselves with adult supervision from afar. They can be taught about the diet of the pet and how to feed the pet. An eleven-year-old child can even help pick up poop or help in cleaning the litter, as it is an important milestone in taking care of a pet. They can even help their parents in bathing the pet.



### **AGES TWELVE AND ABOVE**

Children at this age start middle school and are usually responsible, depending on the child's maturity level. They can easily walk the pet, bathe them, feed them, play

with them, and clean after them. Some children even begin to dog-sit or walk their neighbour's pets. They have a strong understanding in terms of animal cues and emotions and can communicate with them with ease. **F**



The New Year certainly calls for a fresh wardrobe. While fashion, in general, has become more minimalist, thanks to the previous year, 2021 is all about elevated classics, investment pieces and a little quirk here and there.

### Statement doodle artwork shirt

Forget the loud printed or boring solid coloured shirts and get your hands on these fun doodle print shirts. “These are simplified drawings done in one single continuous line. The artwork on these shirts look minimal, stylish, true to one’s self and goes beyond traditional boundaries,” explains Archie Sinhal, founder and head designer, Agape

# STEP OUT IN STYLE

Ravina M Sachdev lists down top Indian and Indo-western menswear staples that you should stock up on for the year.



IMAGES (ON THIS PAGE) AGAPE MENSWEAR

Menswear. Wear it tucked-in or tucked-out with jeans for a Saturday OOTD or with formal trousers for a fun Friday dressing, she advises.

**“The pocket square should not come to the fore and steal the show from the main point of interest – you.”**

### Quirky pocket square

Quirky pocket squares are an important fashion accessory that you absolutely cannot do without. “The pocket square should not come to the fore and steal the show from the main point of interest – you,” points out Sinhal. There’s really no stopping when it comes to playing around with a pocket square. “Slip a flower in with your pocket square to bring fun to a simple outfit or opt for more unconventional and unexplored materials as your pocket square. Opt for a





vinyl pocket square to add some funk to your look,” says Sinhal. You can play around with your pocket square in multiple ways like pairing it up with a brooch on the pocket/ or putting a lapel pin on top of the pocket square to give a sharper look.

## Statement bandhgala

You really don’t need us telling you why you need a bandhgala in your closet. “Solid bandhgalas are essential as nothing beats their charm and poise as it comes to dressing up. Today, bandhgala suits have become timelessly lavish and elegant and there is a lot of room for experiment,” says Akash Rajput, creative head, label Aham. A well-fitted bandhgala goes along and you can style them in multiple ways- from trousers to pants to jeans. “Style them with kurta for a modern twist. Or stick to the fresh combination of pairing a velvet jacket with a cool pattern kurta,” advises Rajput.

## Solid colour kurta and waistcoat

It’s always a great idea to have a solid kurta



IMAGE: AGAPE MENSWEAR

## STYLE TIPS FROM AKASH RAJPUT AND ARCHIE SINHAL

### ACCESSORIES:

◆ If you haven't been using bracelets before, it's time to start now.

◆ Wristwatches never go out of style.

◆ Good sunglasses can really elevate an outfit.

◆ Scarves are great; but only when the weather necessitates it.

### COLOURS:

◆ Basic primary colours: red, yellow and blue.

◆ Lilac, turquoise, beige and greens



IMAGES (RED AND WHITE KURTA): LABEL AHAM

and waistcoat in your wardrobe. “The very charming and graceful Nehru jacket is the ultimate fashion trend for men,” says Rajput.

A big benefit is that you could style the pieces together or separately depending on the occasion. “A tonal sadri and short kurta will make you appear out of the crowd in a very subtle way and for a more casual way, you could just carry the kurta with black or blue denim keeping the sleeves folded,” says Rajput. You can also pair the waistcoat with a white shirt and pants for a fun brunch out. **f**

# BORROW IN STYLE

Five pieces you and your SO can share!



Menswear is the epitome of comfort and effortless style. If you have raided your father's, brother's, boyfriend's or BFF's closet and have found some perfect outfits then don't feel guilty, because we all have done it! Menswear being oversized gives us girls an opportunity to style it any way we want by pairing it up with different accessories and mixing and matching it with some of our outfits. And since oversized is always a top trend, you don't lose out on anything. We have rounded up five essential outfits that you can borrow and style from the men's wardrobe.

## Oversized t-shirts

Have you ever worn old band T-shirts that your brother or boyfriend has and have loved wearing it so much that you never returned it? If not, then we understand. Oversized T-shirts are comfortable and can easily match up with any kind of outfit you're wearing, whether it's jeans, sweats or even skirts.

## Flannel shirts

The cool check shirts with really soft flannel material are often used as an alternative

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to jackets. These shirts have a very vintage vibe and can make you look effortlessly cool. They can be worn as shirts or layered over a singlet or a racer back. Pair it with a pair of jeans and you're set.

## Hoodies and sweatshirts

A hoodie and sweatshirt can go a long way. It is a classic outfit which can be spotted during any time of the day. Perfect for the winters, or those chilly evenings, they make the perfect option to cosy up in.

## Oversized jackets

Their structure makes one look a little broad, and they are comfortable to wear. They make for a great option for those casual evenings out and can be worn over a t-shirt and denims and even a one-piece dress!

## Blazers

Blazers are fun outfits to style and do make a statement if worn well. You can style them up with belts and bags or just wear it with a cool tank top and some chunky jewellery. Those defined shoulders and sharp lines make for a strong look. **f**



# GET GROOMED & **COMMAND THE ROOM**

**KARL MASCARENHAS**, FOUNDER AND DIRECTOR OF **DIVA PAGEANTS**, TELLS HIS JOURNEY OF HOW HE ESTABLISHED HIS BRAND PRACTICALLY FROM THE GROUND UP.



Karl Mascarenhas

**K**arl Mascarenhas, founder and director of DIVA Pageants, worked in the corporate sector and has handled senior-level positions in marketing, business development and public relations with some of India's finest organisations such as Oberoi group of hotels, GTL Limited, among others. However, he left that to become an entrepreneur who helps shape dreams of those looking to make their

way into the world of glamour. "My wife Anjana and I started DIVA Pageants five years ago with Mrs Pune 2016. We've grown exponentially ever since and now host three annual pageants which are amongst India's best," he shares with us. Fast forward to today, he is a groomer par excellence, a revered motivator and a mentor for men and women, whom he inspires and guides to win at eminent competitive platforms.

Talking about DIVA Pageants, he shares that the business was founded on the principal value of giving married women the chance to rediscover themselves by fostering a positive self-image and enhancing their natural beauty within. "DIVA Pageants is rated amongst the best-registered beauty pageants where we transform married ladies and give them a platform for women empowerment through it. This is done through world-class grooming sessions and showcasing them on stage at our finale," he says. The three annual beauty pageants that they host are Mrs India, Mrs West India and Mrs Maharashtra. Over the years, Diva pageant is proud to have had over 600 Queens - both nationally and internationally.

Every good thing comes with a challenge and that is not any different in Mascarenhas' case. He says that they faced a lot of challenges to get the general public to believe the 'potency of pageantry' and also establish their brand. "Pageantry changes lives and we had to undergo transformation (both personal and professional) in order to transform others," he quips in. The man shares that they have a lot of things in the pipeline and their future plans including hosting pageants Internationally.

Mascarenhas has also written a book called 'Beginning... Is Everything', an Amazon best seller, that is the first book in the world about using an impactful introduction.

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**"DIVA PAGEANTS IS RATED AMONGST THE BEST-REGISTERED BEAUTY PAGEANTS WHERE WE TRANSFORM MARRIED LADIES AND GIVE THEM A PLATFORM FOR WOMEN EMPOWERMENT THROUGH IT. THIS IS DONE THROUGH WORLD-CLASS GROOMING SESSIONS AND SHOWCASING THEM ON STAGE AT OUR FINALE,"**

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# BROWS FOR BROS

It's not just the 'fairer' gender that needs to get their brows on point. **Seher Campwala** helps you with eyebrow grooming tips



**T**rimming and tidying your moustache and beard is a regular part of your routine. But what about your eyebrows? As one might not tend to pay high attention to the brows, it can only end up making your face look bushy, wild and un-flattering. Brows not only frame your face but they add an element to the face structure.

Eyebrow grooming does not necessarily have to be the removal of a lot of hair; it is to make them look trim and proper. It does not have to be dramatically done or drawn with an arch, but to keep it subtle and suitable for your face structure to give it a natural, classic look.

## TRIM IT!

When it comes to trimming the brows, one must opt for a more natural look. Start by brushing the brows with a spoolie to comb and separate the hair. Then remove the excess hair from within the brow and then move to the outer region of brows. This will provide you with a neat and clean look instantly. Sometimes

trimming is all that the brows need and it does not have to be the removal of hair from the follicle. Most of the times thick brows gets very dense and especially in the center, so that is where the focus should be for the trimming.

## REMOVAL OPTIONS

When it comes to the grooming for brows, several methods can be used. You can go for tweezing, threading or waxing. For a natural and no-makeup-makeup look, tweezing is ideal. But for a more professional and sharp look, threading and waxing are desirable. It is important to invest in some good tools, for trimming choose a high-quality pair of tweezers or scissors that are designed to cut the facial hair. If you prefer to use an electronic trimmer, then make sure to invest in one that is designed for eyebrows.

## FILL IN THE BLANKS

Filling the brows is very common now and must if you've spacy or sparse eyebrows. For the filling, there are many makeup tools like; eyebrow pencil, eyebrow gel, tint, etc. If you're a novice then begin with an eyebrow tint, select a shade that is the closest to your natural brow colour. It will give some dimensions to the brows and will also securely hold the hair in one place.

The key is to fill the spaces and not to draw it to match both the brows. Remember, eyebrows are supposed to be sisters or brothers but not twins. And overdoing the brows will only make it look unnecessarily dramatic and fake. So, it's good to stick to a natural look.

## BROW-CARE

As much as eyebrow on fleek is essential, so is maintaining them. A good eyebrow care routine will automatically lead to flattering brows and hence a good look. In-case for thin and sparse brow hair, the most basic thing to do is to apply some coconut oil and leave it overnight. As it will not only help with the growth of the hair but will also deeply nourish and moisturize them.

There are several oils and serums available for the brow hair. It helps in prepping the brows and cleansing the dirt and follicles from within. It's a must-do step, especially if you're using tweezers.

Grooming is all about maximizing the smallest details to make a greater impact. A simple trim or tweeze can do wonders for brows. **F**

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# STAY ALERT!

Sanika Salunke walks you through five health issues men must know



alcohol receives the processing in the liver, it generates extremely toxic chemicals that injure the liver cells. This injury then proceeds towards inflammation, leading to alcoholic hepatitis.

Why does it happen? It's not just the over-drinking that causes this; sometimes even the regular drinkers might end up with this disease. It also depends upon the internal health, genetics and the processing of alcohol in your body.

## Depression

This one is a no surprise, we all understand the importance of mental health and the fact that it should be taken seriously. What causes depression? It depends upon the person - stress, peer-pressure, emotional burden, etc. Men are equally affected

It is generally observed on various occasions that men don't tend to focus much on their well-being. Sometimes just hitting the gym may not be enough; daily lifestyle choices play a huge role in one's overall health. It is perceived that several men end up having a fatal disease but won't even know about it until the last moment. This happens because they don't visit the doctor as much as they actually should. Here are five health alerts that men should be aware of.

## The alcohol after-effects

Anything in excess is a bad thing. Alcohol especially! Call it peer pressure through during younger years or an escape mechanism from the daily stress as an adult... men might go beyond the limit their body can cope with while drinking. As the years progress, the body's capability to hold alcohol reduces, but some might not reduce their consumption. This can lead to some serious health issues. One of the most prominent is alcoholic liver disease also known as alcoholic hepatitis. What is alcoholic hepatitis? Basically, when



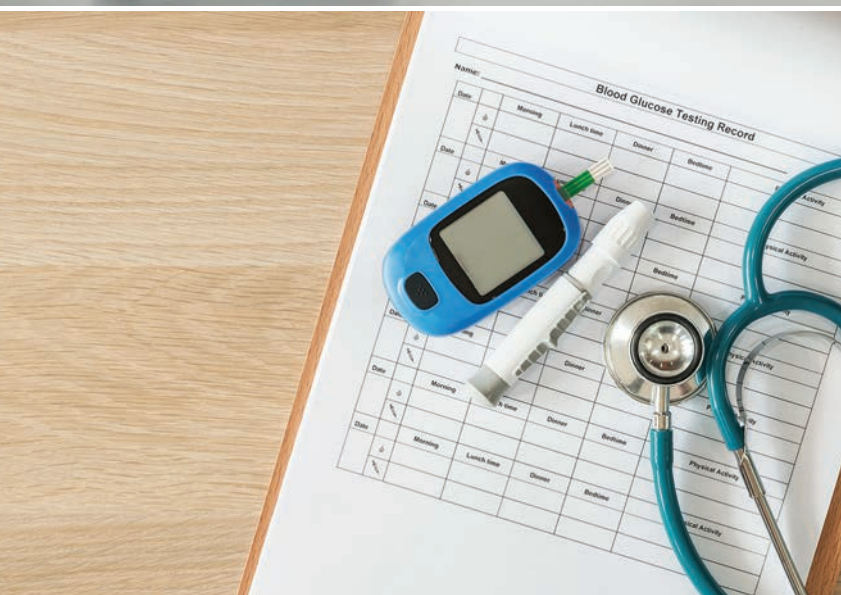
by this as much as women but they have different ways of approaching the issue. Why does it happen? Our society has always perceived men to be emotionally strong but that can't always be the case. They need to breakdown at times, take a trip to the counselor and pour their hearts >



negligence of health care and the belief that smoking relieves stress.

## Diabetes

This one is a no brainer, we know that diabetes has affected a lot of people and the best way to sure it is proper treatment, healthy lifestyle and maintaining balance. What causes diabetes? It is a metabolic disease that produces high blood sugar. The insulin hormone transfers sugar from the blood into the cells to be collected or used as energy. But if you have diabetes - then either your body doesn't produce an adequate amount of insulin or can't effectively use it. Why does it happen? It is generally hereditary or due to high consumption of artificial sugar.




out. We all need to normalize this because by the end of we are all humans.

## Lung cancer

This one needs to be considered more gravely. What causes lung cancer? The foremost cause being tobacco smoking and despite all the warnings many people don't seem to take this very seriously. The rate of tobacco smoking has increased significantly that may result in a cancerous end. Why does it happen? The reason couldn't be more obvious, it's the

**Many men nowadays face cholesterol problem due to unhealthy eating and living habits.**

## Heart health

Many men nowadays face cholesterol problem due to unhealthy eating and living habits. This needs to be rectified as soon as possible. What causes heart problems? There are many causes some of them being heart defects, coronary artery disease, high blood pressure, drug abuse, etc. Why does it happen? Well, the major reason being sedentary lifestyle. Maintain a healthy diet and regular exercise along with your doctor's advice. 



# NOT SO BORING BROCCOLI

Check out these delicious and healthy broccoli recipes by **CHEF SANDEEP BHANDARI**, Executive Chef, Sayaji Pune that you can make easily at home! By **Ravina M Sachdev**

## STIR FRY BROCCOLI WITH BELL PEPPER



2 large heads of broccoli  
1 cup mix bell pepper, finely diced  
1/2 cup of dice onions  
Spring onion for garnish  
1 tsp of diced garlic

1 tbsp of potato starch  
2 tbsp of oil  
Salt to taste  
1 tbsp white vinegar  
1 tsp of veg. aromatic powder

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

**Prep Time:** 5 minutes > **Cook Time:** 10 minutes > **Servings:** 4

1. Blanch broccoli with salt and stain water completely.
2. Put some oil in wok and add chopped garlic.
3. Add broccoli, diced onions, bell pepper, potato starch, aromatic powder, salt and toss properly in high flame.
4. Stir-fry for one to two minutes.
5. Add seasoning and topped with sesame oil.
6. Garnish with spring onion.

# ROASTED BROCCOLI WITH MUSTARD

2 large heads of broccoli  
125 gm hung curd  
1 tbsp whole grain mustard  
½ tsp turmeric powder  
1 tsp yellow chilly powder  
½ tsp chaat masala



1 tsp green chilly paste  
1 ½ tbsp ginger garlic paste  
1 tsp dried fenugreek leaves (kasoori methi)  
1 ½ tbsp. mustard oil  
Salt to taste  
2 tbsp cashew nut paste

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

**Prep Time:** 5 minutes > **Cook Time:** 20 minutes > **Servings:** 4

1. Trim broccoli stems and then cut away from heads. Break up heads into large florets.
2. Cook florets and stems in a large pot of boiling salted water and turmeric powder until bright green and crisp-tender, about two minutes. Drain, then transfer to a bowl of ice water to cool.  
Drain and pat dry with paper towels.
3. After that, marinate them with mustard powder, mustard oil, black salt, hung curd and keep it side for at least 10 to 15 minutes.
4. Prepare a grill for medium-high heat; oil grate.
5. Put the broccoli in tray and place in oven till it get roasted and coloured.
6. Serve with sirka onion lemon chilli and chat masala and mint chutney. >



## MALAI BROCCOLI



1 large head  
broccoli

1/2 cup Greek  
yogurt

120 ml cream  
cheese, at room  
temperature

2 Amul cheese  
slices

2 tbsp heavy  
cream

2 tsp ginger garlic  
paste

1/4 tsp white pepper  
powder

1/4 tsp black pepper

Salt to taste

1/4 tsp sugar

1/2 tsp cardamom  
powder

Few broken cashew  
nuts

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

**PREP TIME:** 15 minutes > **COOK TIME:** 25 minutes > **SERVINGS:** 4

1. Cut broccoli into medium size florets and set aside.
2. Blanch broccoli with salt for five minutes and strain water properly. Keep aside.
3. To a large bowl, add room temperature cream cheese and Greek yogurt.
4. On a pan on low heat, melt together the cheese slices with heavy cream.
5. Pour the melted cheese and cream mixture into the bowl with Greek yogurt and cream cheese.  
Whisk until it's all combined.
6. Add the ginger-garlic paste, white pepper powder, black pepper, salt, sugar, broken cashewnuts and cardamom powder. Mix until it is all well combined.
7. Add the broccoli florets into the bowl. Toss the florets until they are all coated with the marinade.
8. Put the broccoli chunks in skewer for perfection in tandoor for seven minutes.
9. Tandoor until the florets get little charred and edges become crispy.
10. Serve with mint chutney and laccha onion. **f**

# HYDRATE, REFRESH

Working from home has got us all functioning on bottomless mugs full of coffee which is far from healthy. Ditch the caffeine and brew a pot of these healthy beverages to sip on during the day to stay hydrated and healthy throughout. By **Ravina M Sachdev**

If you thought you need to stay hydrated only in summer, you are mistaken. Be it any season; our body needs ample hydration. Sipping on liquids throughout the day is ideal to stay hydrated, but that does not include multiple cups of strong caffeine. Working from home has got us all functioning on bottomless mugs full of coffee which is far from healthy. Ditch the caffeine and brew a pot of these healthy beverages to sip on during the day to stay hydrated and healthy throughout.



## IMMUNITY ARRACK

**SERVES:** 2  
**PREP TIME:** 10 minutes

**INGREDIENTS:**  
500ml water  
10g ajwain  
4-5 clove  
15 g ginger, grated  
15 g lemongrass, roughly chopped  
Jaggery as per taste  
Lemon wheel for garnish

### METHOD:

- Take all the ingredients and boil them in the water.
- Leave it to boil and bring it to simmer. Reduce the liquid to half over slow simmering.
- Strain the liquid into a cup and garnish with a lemon wheel.
- Jaggery can be added to adjust sweetness.

- Recipe by Dushyant Mishra, F&B Manager, Hyatt Regency Pune



## APPLE MELON ELECTROLYTE

**SERVES:** 2  
**PREP TIME:** 15 minutes

### INGREDIENTS:

¼ tsp salt  
¼ cup fresh watermelon juice  
¼ cup fresh apple juice  
1 tbsp lemon juice, freshly squeezed  
2 cups cold water (coconut water preferred)  
1 tsp honey  
Few melon and apple chunks for garnish (Optional)

### METHOD:

- Put all ingredients in a mixer and grind the watermelon and apple.
- Strain the pulp and add into a shaker.
- Pour remaining contents with ice and shake vigorously until entire shaker is cold.
- Pour it in the desired glass and drop in some apple or melon chunks.
- Garnish with an apple fan. >

- Recipe by Kabil Singh, Food and Beverage Executive, Fairfield by Marriott Pune Kharadi



## JAMUN MOCKTAIL



**SERVES:** 1  
**PREP TIME:** 5 minutes

**INGREDIENTS:**

Six fresh Jamun (big size)  
10 ml lime juice, freshly squeezed  
20 ml Triple sec  
90 ml cranberry juice  
Black salt to taste

**METHOD:**

- Rim the brandy balloon glass with

black salt and keep it aside.

- Place fresh Jamun in a cocktail shaker and muddle it well.
- Fill the shaker glass with four cubes of ice.
- Add all the ingredients together in the shaker except the black salt.
- Shake well and pour it into the black salt-rimmed glass.

- Recipe by Abhijeet Adurkar, Food and Beverage Manager, Le Meridien Mahabaleshwar Resort and Spa

## AMBER AFTERNOON

**SERVES:** 2  
**PREP TIME:** 10 minutes

**INGREDIENTS:**

500 ml brewed vanilla Rooibos tea  
100 ml freshly squeezed orange  
30-40 ml organic honey  
Pinch of turmeric  
5-7 ml Ginger juice or grated ginger  
Lime juice (optional)  
1 star anise  
One cinnamon  
Two cloves  
4-5 basil leaves

**METHOD:**

- Whilst brewing the tea, add the other ingredients and let the flavours infuse.
- Strain the mixture.
- Stir on ice till its chilled or refrigerate and serve.

- Recipe by Ashuli Saini, Senior Restaurant and Bar Manager, The Ritz-Carlton, Pune


## INVIGORATE

**SERVES:** 1  
**PREP TIME:** 10 minutes

**INGREDIENTS:**

200 ml fresh orange juice  
One carrot  
3 g ginger  
5 ml lemon  
5 g mint  
5 g pomegranate

**METHOD:**

- Take all the ingredients and cut into a smaller size
- Blend it in a mixer blender and strain the juice
- For best result, serve chilled garnish with pomegranate seeds 

- Recipe by Chef Sidney Dcunha, Conrad Pune





# LIT LUXE

Learn all about the art of decorating different spaces and corners of your house with candles.

By Ravina M Sachdev

**T**he humble candle has undergone a massive transformation in the past few years. What was once a mere household necessity for when the lights went out, today is an indulgent luxury item. From being lit for cultural purposes to being a home decor staple, candles have come a long way, and the market for candles has grown by leaps and bounds. From encrusted statement piece to dainty ones in pastel hues, there seems to be a candle for every occasion.

The best part is that multiple pieces of research state that scents and fragrances play a crucial role to uplift your mood. Science and studies state that essential oils have anti-viral and anti-bacterial properties that help you to keep your home germs free by using them

regularly. So yes, lighting a candle does seem to be good for the mind and body.

Nothing beats the simple pleasure of lighting a vanilla-scented candle while reading a classic and enjoying a rich cup of coffee. And of course, a bubble bath at home paired with a glass of chilled Sauvignon blanc along with a minty candle is perhaps the most effective way to distress after a long day, and it's certainly cheaper than the spa too!

## CANDLES IN HOME DECOR

Candles somehow complete a space and make it more warm and welcoming. You can line up a few here and there or cluster them or choose big ones with different heights and stylish holders. There are a zillion things you can do with it, and there's really no stopping when it comes to candles. >

CANDLES SOMEHOW  
COMPLETE A SPACE AND  
**MAKE IT MORE WARM  
AND WELCOMING.**





## HERE'S HOW YOU CAN USE THEM:

**Kitchen and dining:** Pick out light, refreshing fragrances that'll completely wipe out any smells of the previous meal and leave your kitchen smelling heavenly. You can also use them on the dining table and make a centre-piece out of it at your next dinner soiree. "Candles are my go-to element to enhance any dinner table set up or a sit-down dinner table runner. There's nothing classier than a mix of tall and short candles with fresh greens and florals to uplift the mood at a dinner party. What's even better is that it's the easiest way to bring a touch of elegance in any setup," shares Saanya Sharma, co-founder, Three Entertainment, a wedding decor agency.

**Bedroom:** Your bedroom is your haven and your place for relaxation, so it's essential to pick out a fragrance that soothes you and helps you calm down instantly. "Candles play a big role in the mood of the individual and especially at a time like this, it's essential to have a few around to help keep calm. A Zoom date/anniversary celebration is just cosier with a little scent of cherry blossom or wisteria around," adds Sharma.

## QUICK TIPS

- ◆ Don't leave a candle burning unsupervised around kids
- ◆ Refrain from lighting two strong scents together as a result would probably not be what you expect.
- ◆ Do not place candles around drapes or anything that can easily catch fire.
- ◆ Do not burn candles for too long. Ideally, you shouldn't let a candle burn for more than four hours.

CANDLES PLAY A BIG ROLE IN THE MOOD OF THE INDIVIDUAL AND ESPECIALLY AT A TIME LIKE THIS, IT'S ESSENTIAL TO HAVE A FEW AROUND TO HELP KEEP CALM.

**Bathroom:** A bathroom done right can be a beautiful relaxing space. All of us like to unwind every once in a while and what better way than to draw up a bubble bath and light up a soothing candle. Sharma notes, "A few fragrances that could go well to add to a relaxing experience overall are - eucalyptus and citrus but something more unusual could be a mix of black-current and rose or bamboo and green tea depending on the occasion that can make any bathroom smell fresh."

## DIY CANDLE JARS

- ◆ Decorating your spaces with candles doesn't have to be an expensive affair. Candle jars make as lovely props and are a great homemade gifting idea too! Sharma shares how you can easily make pretty looking candle jars at home with just a few items:
- ◆ Take a mason jar empty jar and keep the lid away. Ensure its washed and dried off completely.
- ◆ Add the items you'd like to decorate the candle with. You can use items that you have lying around at home such as wine corks, seashells, wooden sticks or even spices like cinnamon and star anise.
- ◆ Fill half the jar with water or 3/4th of the jar, depending on the elements added.
- ◆ Add ½ to 1-inch layer of oil on top.
- ◆ Place your floating wick in the centre, and you have yourself a candle jar. 

# QUIRK IT UP!

Are you bored of staring at your old interior? Don't fret because **Sanika Salunke** has found out some easy decor hacks that will brighten up your home with minimal efforts



**Y**our home is your haven. But the more time you spend in it, it can feel monotonous. The work-from-home situation has us in our home almost 24x7! An easy way to fix this problem is to get some décor do-over. Does it mean you need do the complete interior décor? No! You can just do some changes yourself that will ensure your home looks like new! Here are some easy décor hacks.

## *Enter in style*

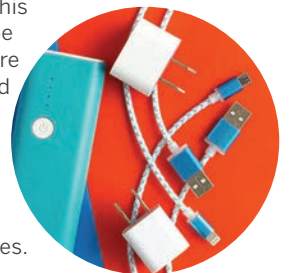
The very first thing one notices while entering a home is the doormat. You might not think of it as a big deal, but that does define the entrance of your home! Let's try to add a creative touch and make your doormats look welcoming as ever. Add in some DIY pom-pom onto your doormat making it look colourful



and soft on your feet! Don't want to create something complicated? Just cover up your regular doormat with a fabric of your choice.

## *Hidden lines*

Working from home has us tumbling through all those charging cables. They are definitely a necessity, but a house full of messed up wires and chargers does not look appealing either! Create holes inside a cute old gift box and let the majority of wire stay inside the box and bring it out the ends through the hole! This will give an organised vibe along with safe and secure surroundings for kids and no more messy wires. Another alternative is that you can always find a hardcover of an old thick book and use it to cover your tangle of cables.



LET THE MAJORITY OF WIRE  
**STAY INSIDE THE BOX  
AND BRING IT OUT THE  
ENDS THROUGH THE  
HOLE IN A GIFT BOX**





COVER UP THE PART THAT YOU DON'T WANT TO SPRAY WITH NEWSPAPER OR TAPE **AND COLOUR THE REMAINING. WITH A GOLD SPRAY**

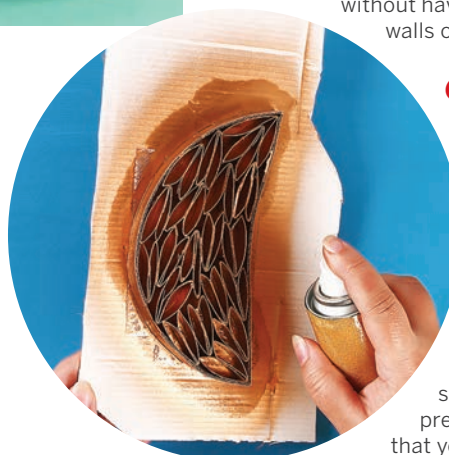
thick tape. Next up, you can always colour tape the basic hangers, racks, plant pots, key chain holder, etc. You can also create a masterpiece by creating a pattern on your wall with printed tapes! This will allow you to remove or change them in the future without having to spoil your walls or any other surface.

### Light it up!

This one is a no-brainer; make your own light fixtures! Have you ever walked through a newly opened cafe and wondered about those creatively hanged up light arrangements? Well, you can easily make them at home. Just replace the basic fixture with something abstract, let it be ropes, glass bottles, umbrellas or anything of your choice. Just make sure that the lights complement your interior. This will help you save money and you won't have to worry about any electrical glitches caused by heavy metal lights! Another quick tip would be to add in focus lights above or below your paintings or artwork, highlighting them and creating a beautiful visual!

### Tap the tape

Want to add in some cute details? Just get some colour tapes and ribbons! You can start by taping in the borders of photos or printed quotes on your wall, giving an illusion of a real frame with the help of a



### Gilded edges

Are you into the intricate gold vintage vibe? Do you want to add in some sparkle? Then this one's for you! You just need some gold spray paint or any pre-coloured material that you desire. Find out all the edges that can be coloured, starting with bordered mirrors, door or furniture handles, curtain rods, switchboards, clothing racks or even lamps. Cover up the part that you don't want to spray with newspaper or tape and colour the remaining. You are sure to love the results, these pretty details will add in all the radiance that you require. **F**



# VROOM, VROOM, TRAVEL!

Pune is known for its many bikes and bikers. But have you realised that there are many destinations around the city, you can ride over to for a day or two trip? **Nondini Dhawan** gives some weekend #TravellInspo!



**P**une is that city where everybody looks to escape to. It's not just the city that draws people in, but also the beautiful and breath-taking destinations you will find on the outskirts of this city. These gorgeous places really complete the essence of having a peaceful weekend getaway and help you rejuvenate yourself for an upcoming heavy week filled with work - especially in the current situation. Another really interesting addition to these destinations is that for people who love enjoying the lush green just by themselves can totally do so by taking themselves on the ride to these places for the weekend or for even just a day away.

## PAWNA

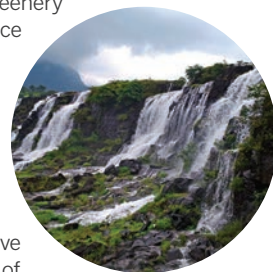
This place is 52 kilometres away from Pune. It's based on the Mumbai - Pune highway and the

**COVERED  
WITH A RICH  
HISTORY,  
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THIS PLACE IS  
AN ABSOLUTE  
PACKAGE.**

lake here is an artificial one but it feels just so real cause of how simply gorgeous the whole scenery looks. Arrangements for camping and food can be made at the destination itself and this place hosts a lot of people throughout the year.

## BHANDARDARA

Covered with a rich history, greenery and adventure sports, this place is an absolute package. It is only a 4-hour bike ride from Pune. Filled with beautiful temples and other sights on your way to the main destination, Bhandardara will keep you excited through the course of your journey and have you coming back to see more of this place. >







## TAMHINI GHAT

Known for its surroundings, scenic waterfalls and lakes, Tamhini Ghat makes itself a great place to visit during the weekends. The only way one can reach this place is by riding there. The roads can be tough on you but the lush landscape makes up for everything. There are a few resorts close to the waterfalls itself, so the stay isn't an issue at all. If you're going to make the effort and ride to the ghat you may as well grab on to your bike and head to Kundalika valley. Once you get there, trek through the dense forests and complete this trip with a little exercise for the body and a lot of peace and calm for the soul.



## BHIMASHANKAR

This absolutely gorgeous place is located about 100km from Pune. It is a popular temple town. It is among one of the twelve traditional Jyotirlinga shrines of Lord Shiva in India. It is surrounded by hills and is covered by thick green rainforests. It is considered to be one of the holiest places in India because of the Jyotilinga. Over the years its value as a destination sport grew further due to its trekking spots and its wildlife sanctuary.



**THIS PLACE IS  
ABSOLUTELY  
BEAUTIFUL AND  
ISOLATED,** GIVING YOU  
TIME AND SPACE TO ENJOY  
YOUR OWN COMPANY.



## VASOTA FORT

Vasota is known as Vyaghragad (fortress of the Tiger). It lies within the Koyna sanctuary. To visit, you will need a permit from the forest office at Bamnoli to get to Vasota. As there is no potable water, you will need to carry enough of your own water. This place is absolutely beautiful and isolated, giving you time and space to enjoy your own company. Things that can be admired here are the Shiva temple, Old Vasota, Koyna Lake and the Koyna forest.

## KASHID BEACH

Kashid beach is 167 km from Pune and the best way to travel is by road. Mainly known for its white coloured sand, this beach is said to be the cleanest in Konkan.

One can indulge in watersports, camping, shopping etc or even just taking really long bike rides along the beach. Whatever you choose to do make sure to enjoy the beautiful night sky.

Hold your horses and wait for the next upcoming long weekend so that you can indulge in some ME time and take off for the weekend. I hope this article helps you make the most of your ME time at these magnificent places. **F**





## AUTHOR NOTES

### A 14-year-old girl's book becomes an Amazon bestseller on day one!

Ashna Dua, a fourteen year old, recently authored an adventurous book that has been sitting on her laptop since she was nine. On the day of release, "Joe Saves Florida and Other Adventures" became a bestseller. The book is perfect for children between the ages of six to twelve and is about a boy who dreams of being a superhero and wants to save people. According to Dua, "Joe faces challenges that he has to overcome in each chapter like when Florida gets infested by hideous monsters and trolls, or when all the animals in Kenya become savage and attack anyone who gets close! This book is about how Joe solves these issues. You're going to have to read to find out more. I really hope you like it!"

## Under the stars

**Check out Hyatt Regency Pune's new open-air dining space**



Hyatt Regency Pune Hotel and Residences has introduced a new open-air dining space, The Lotus Deck. The terrace venue channels an upbeat vibe for your after-hour cocktails, business dinner or celebratory gathering against the backdrop of panoramic city view. Nestled elegantly on the second floor terrace, The Lotus Deck overlooks city's lush greenery. Adorned with a combination of plush comfortable couch and tall grazing tables with Frangipani trees on periphery, The Lotus Deck exudes playful splendour. The Winter Pop-up at this picturesque venue offers modern Chinese cuisine masterfully created to reflect the best of wok, fire and steam. The authentic Schezwan dishes are bold in flavour and incredibly satisfying. The menu was guided by chefs at their award-winning Chinese restaurant in Delhi.

## CROWN OF GLORY

**A beauty pageant for a cause!**



The unveiling of the crown for 'Glamour India 2020 Miss, MR & Mrs' was recently held in Pune. The unveiling witnessed the presence of some of the most noted personalities of the industry. The unveiling was done at the hands of actor Shweta Avasthi. The platform not only enables all the fashionistas out there to unleash and exhibit their talent, but also supports a social cause by giving cancer survivors the opportunity to walk the ramp. **f**





Advocate Pushkar Durge

# LAW AND ORDER

ADVOCATE **PUSHKAR DURGE** BELIEVES THAT LAWYERS ARE THE GUARDIANS OF THE PEOPLE WHO HAVE BEEN DENIED JUSTICE. HERE'S MORE ABOUT THIS MAN OF METTLE. BY **SANIKA SALUNKE**

Advocate Pushkar Durge believes that practising the law is not just a profession but the attachment of emotions and sentiments. His journey in the field of law started early during his junior college days. "My fascination towards the law was embedded in his heart and soul," he shares. He understood the need for practical knowledge in this field and hence for him working under a prominent lawyer took precedence. Thereafter, he began getting recognised for his work.

As he passed out of college with his law degree, he met his mentor who guided him and while working under his mentor he realised that he had a great aptitude for criminal law. "Studying criminal law and practice of it was like music to my ears," he notes, "Those days of working hard has made me who I am today and

helped me achieve my dream of having my own firm and creating my own place in the legal community. The decisions I made and the opportunities I grasped made the milestones in my life more fruitful." He now has his own firm 'Durge and Associates' running successfully.

Advocate Durge feels that the lockdown has affected each profession in a diverse way; it has positive as well as a negative aspect in a court practice of



## GENDER SPECIFIC LAWS ONE SHOULD KNOW...

### Women

- Protection of Women from Domestic Violence Act, 2005
- 2018 Amendment of IPC (Criminal Law Amendment Act, 2018)
- 2013 Amendment of IPC (Criminal Law Amendment Act, 2013)
- Section 125 CrPC
- POCSO
- The Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act, 2013
- Shakti Bill 2020

### Men

- POCSO
- Senior Citizen Act

law. The positive aspect is that the mode of operation of filing cases applying for bail, etc. has changed drastically. "Online bails has made the process followed in the court more accessible and easy, this mode saves a plethora of time and money," he smiles. But there are negative aspects to the problem too. "Some trials have been indefinitely delayed because of the lockdown, trials where procuring physical evidence is an absolute necessity and producing them in court is an eminent part of the proceedings - a delay in those trials have made the situations of the accused, the state or petitioners and respondent's complicated," he points out. He also noted that the court work has become stagnant and many lawyers are facing various issues. Lawyers with a small domain have suffered and because of the current economy, they are facing financial issues.

His drive for the pursuit of excellence is a quality he is proud of and to keep excelling in the practice of law is his goal. Pertaining to his firm, advocate Durge says, "We are goal-oriented and we will very soon achieve our ambition to make our firm at top of the ladder."

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