

MARCH 2021

A Times of India publication

FEMINA

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PUNE, AURANGABAD AND
NAGPUR SPECIAL
FREE WITH MAIN ISSUE

*Be
unstoppable*

**ART ON
A PLATE**

**MAKE THOSE
DESSERTS
LOOK FAB**

**Carry
style
on your
sleeve!**

**Strength in
beauty**

**ADITI RAO
HYDARI**

**The big
impact**

Effect of art and
culture on overall wellbeing





The winner of Business Leader- Criminal Lawyer award at the Business Leaders Award 2020-21 by Economic Times (ET)



Leader par excellence



Adv Aashutosh Srivastava strikes a pose!



Advocate Aashutosh Srivastava with his brother and Managing Partner Savivek Srivastava

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PUNE, AURANGABAD,
NAGPUR SPECIAL

*Be
unstoppable*

**IN THE
COURT**
CHAMPION
OF LAW

LAYING
DOWN
THE LAW

**ADVOCATE
AASHUTOSH
SRIVASTAVA**

Suave
and
debonair

**LEGAL
EAGLE**

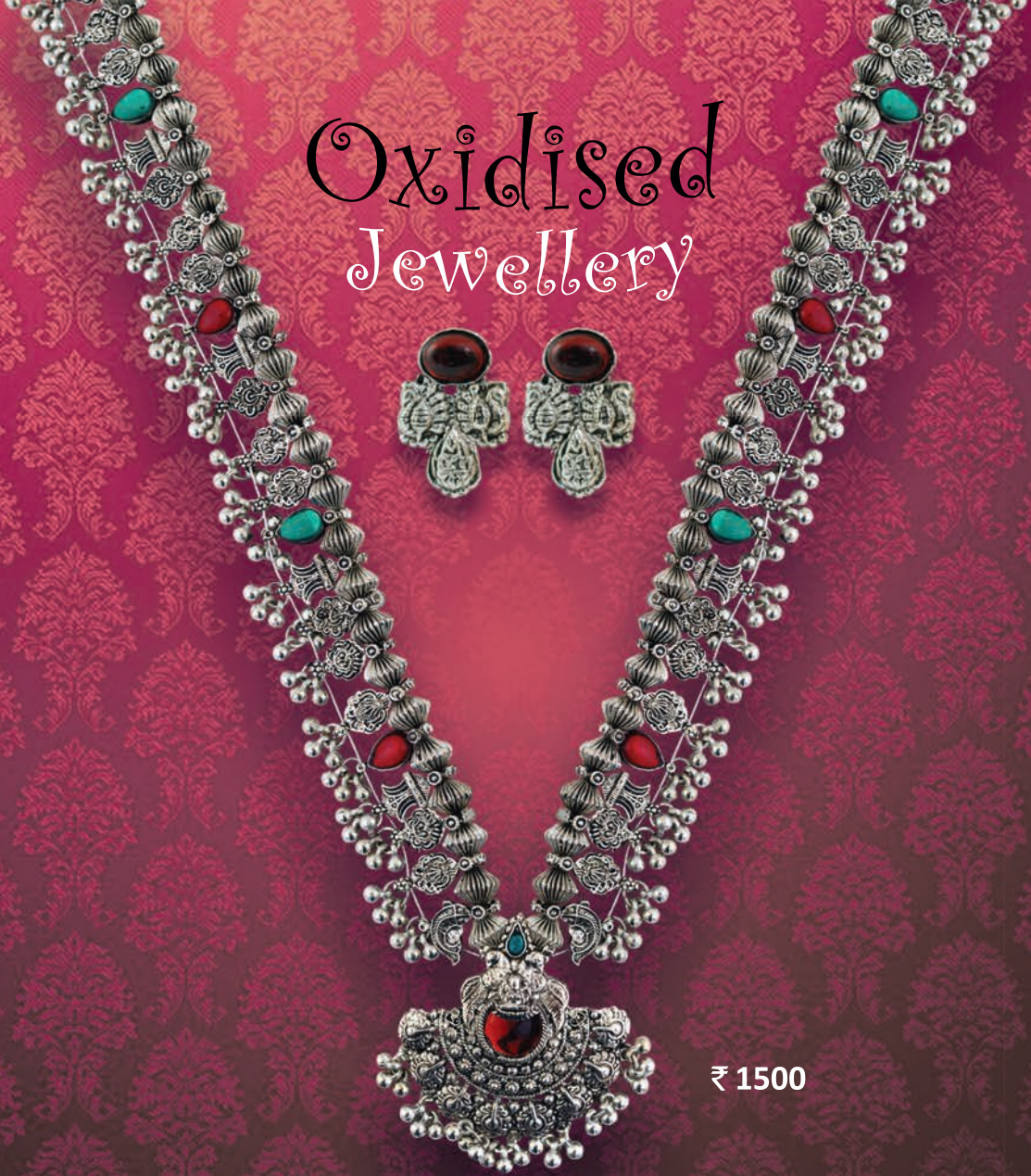
Making a stand for the right



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FOREWORD

“Art and culture are...vital, essential even, to what it means to be human,” avers Canadian-American filmmaker Astra Taylor. The importance of the two for our overall wellbeing was driven home during the lockdown last year. People found solace in painting, writing, dancing and even cooking! Online workshops saw many participants, many virtual art or dance parties

“ART AND CULTURE ARE...VITAL, ESSENTIAL EVEN, TO WHAT IT MEANS TO BE HUMAN.” were held, and lots of video recipes were followed to cook up a storm... All this helped many with keeping themselves mentally and physically healthy. The *Big Story* this month

explores the importance of art and culture with three experts – a writer, a dancer and a cook – talking about the same.

Our *Cover Girl*, the beautiful Aditi Rao Hydari, also shares her experience with art and culture. The art and culture enthusiast also shares that she enjoys cinema as it is a “beautiful mix of all the art forms”. Another avenue where art shines in a different way is food! Food is not just about how it’s made, but also about how it’s presented. Check out the *Food* pages to find out how to create a beautiful, art-like dessert plating.

Here’s to encouraging more forms of art and exploring more avenues of culture for a better, brighter tomorrow!

- Team Femina

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DECODING BEAUTY, INSIDE OUT!

Dr Harjot Kaur of The Inspiration answers important questions pertaining to skin, weight management and the pandemic

How does diet affect the skin?

What are the foods that one should include for glowing skin?

Diet plays a big role in regards to skin. Whatever type of diet one consumes on day to day basis affects one's skin, its texture as well as its appearance. For glowing skin, one should eat fresh seasonal fruits and green leafy vegetables. Including salads in the meals is a must. Keep hydrated by having lots of water, fresh fruit juices/coconut water and buttermilk. A daily dose of Vitamin C is beneficial.

What are the skincare products you recommend for all?

Use products that best suit your skin. Do not overdo and do not keep trying new products as you may not know how they will affect your skin and you might end up harming your skin. Always do a patch test before applying any product to your skin for your own safety. Avoid harsh chemical-based products.

How often should one consult a dermatologist for good skin?

One can consult the dermatologist as and when required according to their needs and concerns. It is recommended that you consult your dermatologist at the start of a new season to modify the skin care routines as per the skin type.

How to resist the urge to binge eat?

There are many causes of binge eating; one of the most obvious one is stress. For some, binge eating helps to reduce stress. If you're amongst those, then opt for healthier food instead of junk food. Keep food like dry fruits, sugar-free and oil-free snacks at hand. Eating food that is not fattening and needs more chewing will help. This doesn't mean that you need to quit eating your favourite food altogether. Just control the portions and the frequency. Drinking ample water and juices will help control binge eating too.

The obesity rate has gone up, what are your thoughts on it?

This pandemic has certainly driven home the fact that our health is our real wealth. Obesity is a root cause of a lot of systemic diseases. In these times we have seen how systemic diseases do not affect an individual with just their own manifestation but also make the body vulnerable and docile to sporadic infections. It is important to keep obesity at bay. As one has to constantly stay at one place in front of their screens, one becomes lazy to even perform daily chores. The eating habits and timing are hampered too causing an increase in obesity rates which is very harmful in the long run. It's important to move around in-between work. Stretching, yoga, exercises have to become a part of the regime.



Dr Harjot Kaur of The Inspiration is the go-to doctor for all your weight-loss and figure-maintaining needs. She heads The Inspiration, where you can get a plethora of amenities—from slimming, beauty, skin, laser, hair treatments—to give you the results you've been longing for!

How has the global pandemic affected the health of everyone?

The pandemic has hit the overall physical as well as mental health of all individuals. But there is also a positive side to it. People have become very concerned about their own health and well-being. They have started taking care of their body - the most important part which was overlooked earlier! Due to the pandemic scare, people now prefer eating healthy which includes food that boosts their immunity as well. They also prefer home-cooked food than outside food keeping in mind the sanitization and risk and concern of being infected.

Could you please share a pandemic skincare routine?

The skincare routine should be modified keeping in mind that masks are being used for an extensive period of time during the day. Using a cleanser with anti-bacterial components is a good option to reduce breakouts. Using sunscreen is a must. Hydrating the skin with a cooling spray works beautifully, in fact, using a rosewater spray throughout the day will help you keep your face fresh and hydrated.

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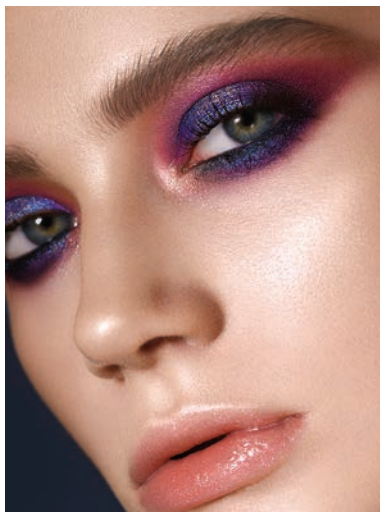
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CAKE MAKING COURSE



Basic to advance master course

- Making delicious cakes from scratch with confidence
- 70 types of cakes and 200 designs
- Baking techniques in Oven and Gas
- Perfect techniques of baking, filling & frosting cakes
- Designing cakes in the round, square and dome shapes
- Flavour pairing, syrup soaking and colour therapy
- Techniques of coating, finishing cakes professionally
- Whipping a perfect cream and coloring
- Icing techniques with perfect consistency
- Using piping nozzles for borders and cake decoration
- Trending designs with different tempting flavor's
- Learning Photo Print Cake, doll cake and Mirror Glaze cake
- Making of Wedding, birthday, note pulling, jelly, tea time, jar, tart, cup, special and all types of regular cakes
- Bakery and Cake business tips
- Get a professional certificate

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<https://otp.live/page/cake-making-online-course>



Interactive

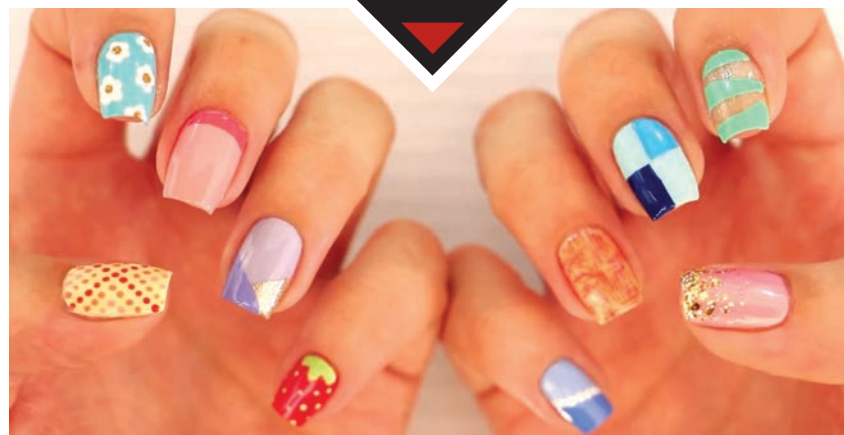
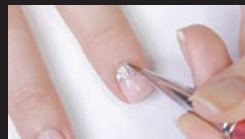
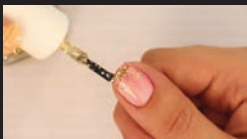
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Insights

Certification

NAIL ART COURSE



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- Variety of textures and colours.
- French nail art and various effects
- Creative nail styles and designs
- More than 100 nail art designs
- Latest nail trends and gel application
- Personal hygiene & Client health guidelines
- Become a skilled nail technician
- Get a professional certificate

<https://otp.live/page/nail-art-online-course>



WE HEAR YOU!

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

I think self-love is something very important and should be promoted more out there. So, when I got the treat to read more about it, in my favourite magazine, my joy reached the sky. It was pleasing as well as a very informative article. So, thank you for that and awaited to read and to dwell on more such topics.

Naurin Nissar, Shivajinagar

I have got a huge sweet tooth and I'm always looking to fulfil my cravings. And my-oh-my, the Nutella pudding and chocolate bombs were just not absolute delicious-looking but they made my dessert taste the finest. And not only me but even my family loved it a lot. Thank you so much for such yummy recipes, can't wait to try more!

Shriya Pol, Nagpur

I had a blast reading this edition. From the cover to every article, all were so well-written and so exquisite looking. I especially loved the Style Boss. It's one thing to read about the fabulous empowering leaders and another to actually get a sneak-peak in their closet. It was a sheer delight to read about Michelle Obama and Lt. General Madhuri Kanitkar. Thank you, Femina!

Tehrim Quereshi, Aundh

I love to travel and have been thinking of becoming a travel blogger for a while now. The article Wanderlust rules has helped me realize that I should take the plunge. I was inspired by Bhagyashree Joshi's story and have already done up a few drafts for my own blog! I hope to achieve what she has soon!

Kritika Sharma, Hadapsar

THE BIG STORY

THE ART OF SELF-LOVE

Learn all about how the art of self-love can be extremely beneficial for you. By **Ravina M Sachdev**

When we think of the term self-love, it's easy to picture someone slipping on a sheet mask or applying a scented candle while sipping on wine and savoring some late-night indulgence. The weekend and brunch reading a great book, but self-love is so much more than that. The term self-love has been brought up so often so many times that the meaning has certainly gotten lost in transit. Self-love means accepting your true self with all the flaws and imperfections that make you unique as an individual. Read on further to understand the importance of self-love and how it affects all the other relationships that you have in your life.

RELATIONSHIP WITH SELF

In today's fast-paced lives, we're all guilty of working long hours and over time during the weekend, skipping meals for presentation, choosing our colleagues over close friends, getting the extra mile for that promotion... all in the name of chasing perfection. We're all become so used to the idea of achieving that perfect life and have put our jobs above everything else. And in the process of chasing that next best thing, we become incredibly hard on our own selves. Moments of stress, driving corporate deadlines and long work-schedule days, along with maintaining the relationships with our SO, family and friends, don't let us concentrate on another relationship that we need to give just as much TLC to... our relationship with our selves.

However, self-love doesn't mean putting yourself on a high horse and ignoring everyone else, making life much more difficult. Self-love isn't being selfish. It's not about showing everyone how great you are at everything. Quite the contrary, self-love simply means accepting your most true, flawed self with all the imperfections, the upsides. Self-love

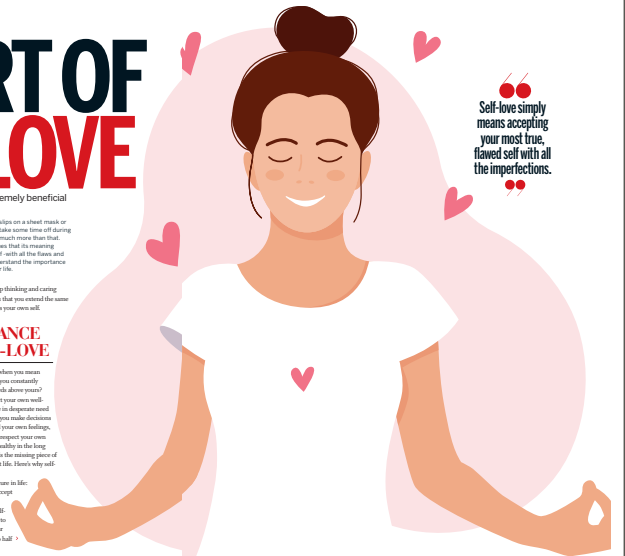
doesn't imply that you stop thinking and caring about everything, it means that you extend the same care and kindness towards your own self.

IMPORTANCE OF SELF-LOVE

Do you say you when you mean to say no? Do you constantly put others' needs above yours? Do you neglect your own well-being? If yes, then you are in desperate need of some self-love. "When you make decisions to please others and avoid your own feelings, you put them first and disrespect your own self. That's extremely unhealthy in the long run," says Gail. Self-love is the missing piece of the puzzle to living a great life. Here's why self-love is so important:

You become more secure in life: Self-love teaches you to accept yourself just the way you are. When you practice self-love religiously, you learn to accept your flaws and your weaknesses. "We often do half"

Self-love simply means accepting your most true, flawed self with all the imperfections.



I really liked the finance article on planning for the future. I will turn 40 in December this year, and while I have done a little bit of saving over the years, I haven't managed to get a huge amount kept away for a rainy day as there was always something that I needed money for – children, education, home loans, etc. But with majority of my expenses reducing now, I am looking at ways to increase my savings. Reading this article has made me realize that I need to learn more on money management and different investment options. I now plan to study this in next few months and start my 40s with a solid saving plan! I look forward to more such articles that will help with money matters.

Rasika Mehta, Aurangabad

The interview of Babita Patney was an eye-opener. To read what she went through brought tears to my

eyes, while at the same time, her story inspired me to help those in need. I have recently contacted a NGO near my place that helps with acid victims and women suffering from abuse. I was told by the lady-in-charge of the NGO, that sometimes, all these women need is someone to support them and hear them out without shunning them. I plan to be just that for these women in need. Thank you Femina, for introducing me to stories that show a different side of society.

Ayesha Shukla, Wanowrie

As a collegian, I had never done so as my mother was always the one in the kitchen. But when I did start cooking and baking, during the lockdown, I realised how much I love doing so for my family. I am always on the lookout for easy recipes, and Femina never fails to deliver some great ones!

Tania Agrawala, Hinjewadi



ALL ABOUT FLAWLESS SKIN

Dr Rashmi Soni Lohiya who heads Skinsure answers essential questions on treatments and care for flawless and younger-looking skin



Skinsure Clinic is the brainchild of Founder Dr. Rashmi Soni Lohiya. She is a renowned skin and hair care expert who has obtained her degree of DNB, MD and post graduate diploma in dermatology from KEM Hospital, Pune. Her expertise covers all aspects of the intricacies of skin health, skin diseases, cosmetology and trichology.

1. My skin is becoming too flaky and dry. This usually happens in summer to me, but it is more than usual this year. What can I do?

- Rubina Batliwala, Camp

A: Heat with low humidity causes increased dryness of the skin during summers. Use a mild cleanser and a light moisturizer. Sunscreen with a minimum SPF 20 is a must and should be applied every few hours. Stay hydrated. Use a humidifier along with the air conditioner to prevent dryness. In spite of the above, if your skin is dry or you have rashes, then kindly visit a dermatologist.

2. I usually have a dry scalp but it has become very oily over the past month and my hair has become sticky. The heat and sweat aren't helping. How do I counter this?

- Asha DSouza, Aundh

A: With the advent of summer, we tend to sweat and that makes the scalp oily and sticky. You may need to shampoo more often. Use a mild sulphate-free shampoo. Never forget to use

a conditioner after every wash. Also remember to apply the conditioner on the length of your hair and never on the scalp as this may aggravate the oiliness. Do not oil your hair over-night; do it only half an hour before a head bath. If you have dandruff, an anti dandruff shampoo will be better. Also, remember do not over-cleanse, because sometimes that can cause paradoxical increased oiliness of the scalp.

3. The skin around my nails is peeling off a bit and it's scaring me. Why is it happening and what can I do to stop it from happening?

- Beena Shah, Hadapsar

A: This is a very common condition seen around the start of summer. There can be several causes for it. This can be caused by the tendency of dry skin, use of harsh detergents, harsh manicures or fungal infections. Use a mild soap when cleaning hands instead of overusing sanitizer. Wear gloves before doing any household chores. Always keep your

hands dry, moisturise after every wash. Visit a dermatologist if the problem persists.

4. I am having a lot of hair breakage problem and lot of dandruff too. What can I do to get healthy hair?

- Aishwarya Srivastava, Wanowrie

A: There are a lot of reasons for hair breakage. Brittle dry under-nourished hair that has a weak shaft, breaks. Hard water for washing hair, harsh chemicals, parlour treatments, wrong products, nutritional deficiencies, use of styling and heating stools can lead to hair breakage. Use soft water for washing hair, use mild sulphate-free products, and a conditioner after every wash. Restrict chemical treatments or hair styling to a minimum. Have a balanced diet with proteins, fruits, and veggies. For dandruff, stop oiling your hair overnight, keep the scalp clean, and use an anti-dandruff shampoo.

Stress-management and a healthy lifestyle helps maintain healthy scalp and hair.

5. My husband's hair has started thinning. Is there any way to stop it from happening and how can we make it grow denser?

- Suhani Mulay, Kothrud

A: Thinning in males typically happens from the front and sides of the scalp and on the top. It is called Male Pattern Baldness. Genetic, hereditary and environmental factors determine the severity. One needs to follow a healthy lifestyle. Eat a high-protein balanced diet. Stress-management, regular exercise and use of anti-hair fall products containing caffeine, soy extracts, green tea extracts and vitamins. There are several treatments also available for arresting the problem including medicines and procedures like mesotherapy, PRP which give good results. You can consult a dermatologist for the same.



CULT/URE OF HE/ART

Art and culture help us not only in being woke but also with maintaining good health, being aware, being connected with self and beyond – something that all women (and men!) need.

Radhika Sathe-Patwardhan looks at how different aspects of art and culture help



The pandemic has changed not only how we see and perceive the world around us but also made us introspect and understand ourself much better. Health has become the biggest priority for all, and ensuring good holistic health is the main aim. What is holistic health though? The World Health Organisation (WHO) states in its 1946 preamble that 'health is defined as a state of complete physical, mental, and social well-being rather than merely the absence of disease or infirmity'.

How is art and culture beneficial though? There have been multiple studies in the recent past which have showcased the benefit of art and craft for health, be it mental or even physical. According to Akshita Gandhi, an international artist, philanthropist and founder of Dua Foundation, art therapy is defined as 'a technique rooted in the idea that creative expression can foster healing and mental well-being'. "It is about letting the person be and express without any rules, boundaries or techniques," Gandhi notes, "The idea is to connect with every scribble, every stroke, every line, because all of it has a meaning and message from the subconscious."

There are quite a few studies and reported



practical experiences that have exemplified the belief that participating in artistic and cultural activities can help strengthen health and social wellbeing. According to Päivi Nykyri from SOSTE and Kirsi Lajunen from Arts Promotion Centre Finland, "The effects can be seen in many fields: participation in cultural activities will prolong life expectancy, affect experienced health status, and can be equated with health-promoting exercises."

A 2017 report – Creative Health: The Arts for Health and Wellbeing – stated three basic principles of how art and culture helps: (a) The arts can help keep us well, aid our recovery from illness, and support longer lives better lived; (b) The arts can help meet major challenges facing health and social care: ageing, long-term conditions, loneliness and mental health; and (c) The arts can help save money in health services and social care.

Kai Lehtikainen, director of the Center for Educational Research and Academic Development in the Arts at the University of the Arts Helsinki, Finland says, "When we understand the cultural contexts of health, it helps us view patients as individuals whose lives, wellbeing and health are, to a large extent, defined by culture. Taking the patient's cultural needs into consideration will support their wellbeing in a time of illness and crisis." This was proved right through the pandemic and lockdown last year. Many took to different forms of art – be it painting, sketching, dancing, singing, playing musical instruments, etc – or cultural activities like cooking, writing poetry and prose, etc to help overcome the stress and fear caused by the pandemic.

Here's looking at experts of the art and culture fields who tell how art and culture impact the overall wellbeing of a person. >

**Participation
in cultural
activities will
prolong life
expectancy,
affect
experienced
health status,
and can be
equated
with health-
promoting
exercises.**



MANJIRI PRABHU

Award-winning international author, a short-film maker and the curator and founder/director of two international festivals

She has given many children pleasurable hours of reading and delving into an imaginary world with her uber-interesting stories. Manjiri Prabhu began her career as children's television producer/director; she produced and directed over 200 infotainment programmes for children. Alongside, she wrote her books and published a couple of novels. It was in 2004 when she became a full-time writer and published *The Cosmic Clues* and *The Astral Alibi*. "Every book I have written, for me, is a milestone because it represents my creative journey and world of imagination," states this dynamic lady. She is also the founder-curator of Pune International Literary Festival and the International Festival of Spiritual India (For Humanity & Wisdom).

"I grew up reading Enid Blyton books and fell in love with the world of writing. I knew at age of seven that I wanted to be a writer," she recalls. What is it about writing that makes it so engrossing for her? "You can talk about different ideologies in it, introduce serious subjects with concrete messages, talk about relationships, socio-political upheavals, women empowerment, poverty – whatever in the most entertaining and engrossing manner," she responds. Her newly released book, *'The Adventures of Mithoo - The Journey of a Magical Kitten'* is a book for all ages that resonates just that.

"What continues to inspire me however is a hunger, a fear of boredom, an insatiable need to explore and express, to challenge myself to do new things and finally of course, a special connection

with the Universe, which chooses me to be a channel from time to time." She believes that she is a writer by heart and birth, not by choice, chance or as an option; "Writing is my constant companion, my go-to for every stress-release and my happy place forever."

The biggest takeaway for her from being a writer is self-learning; "I have always believed in pushing myself and challenging myself to experiment with the genre. This important habit is now so deeply ingrained in my psyche that I apply it to everything in my life – work, relations and relaxation." Writing also helps her get away from "the stress of day-to-day existence and gives me full control and satisfaction of a happier and just world. I believe that it is because I am a writer that I see the planet, not as a world filled with problems and troubled people, but as a world with opportunities and people with a potential for love and harmony."

ON HOW READING AND WRITING CAN HELP WITH OVERALL WELLBEING...

I firmly believe that literature has the capacity to heal and is a strong requisite for a peaceful and happy society. Literature is like a reservoir of accumulated rich knowledge, limitless imagination, deep reflections on life and solutions wrapped in fiction (or even non-fiction). All you have to do is dig deep and wide, to find it. In that sense, literature offers the perfect balm, answer, hope, analysis of any situation, relationship or complex occurrence in a human life, either now or in the future. There are permutations and combinations that the readers can learn from and complex situations, resolutions and solutions for readers to get inspired by and from which to absorb hope. Books replenish and invigorate your imagination, your skills, your knowledge and your soul. A simple example is when you read a moving scene in a book and spontaneous tears flow down your cheeks. Two things happen here – the reader relates to the incident at some point in the conscious or subconscious, which probably evokes a memory, which in turn triggers an emotional response in the form of spontaneous tears. These tears peel away the layers of stifled emotion and cleanse and act as a balm to the memory. This is nature's way of bonding you with an art-form and assuring you that you are not alone.

“Literature has the capacity to heal and is a strong requisite for a peaceful and happy society.”

Cooking helps to bond with people across ages, genders or geographical locations.

NISHA WALUNJ

Owner, Rajratna Executive, Chakan

From being a housewife to the sole owner of a restaurant, Nisha Walunj has come a long way. The family restaurant, Rajratna Executive, had not been given attention to as it needed because of expanding businesses in other fields. Not wanting to let an old family business get sold off, Walunj decided to take up the mantle herself and turned the business on its head and made it profitable within two years.

Besides being an owner of a restaurant, she herself is fond of cooking. “I started cooking at the age of 12. My father also loved feeding people. I saw that happiness on his face when guests used to come and eat at our place, and that’s the same emotion I feel too,” she notes. Cooking, she believes, is a stress buster. In fact her own experience shows how cooking has overcome her own feelings of feeling low or sick. Before she became an active owner of Rajratna Executive, she was a housewife and had reached a stage where her children were grown up and married, and she had nothing much to do. That is when she took over the restaurant and started cooking and experimenting with food along with her staff. “Since then I have never felt low or sick!” she points out, “It has definitely made me a better person and helped me sharpen my people skills which was something that always was within me, but I didn’t know.”

Since has brought many additions to the restaurant over the past two years. She recently introduced a Maharashtrian QSR called ‘Verandah’ in her restaurant which serves delicious traditional recipes. They have also renovated the entire property and opened a banquet for functions and weddings. While COVID-19 affected all businesses alike, she and her team managed to host intimate weddings successfully. “My plans are to keep on improving my services for the customers, and make Rajratna one of the top destinations for dining, events and weddings in the coming years,” she smiles.



ON HOW COOKING CAN HELP WITH OVERALL WELLBEING...

Cooking is a stress buster. Cooking and feeding people adds to your good Karma. Food connects people. Feeding people and satisfying them in turn makes us happy and satisfied. The happiness, appreciation, and endless blessings that we receive when we make people happy with our food can motivate you and result in making you happy. The cooking itself lends many

health benefits because of the different ingredients you use. Food also gives you an avenue to showcase your creativity. Each person has his or her own unique versions of a dish, even if they follow the same recipe. This makes what you cook novel, and sets you apart. Good food doesn’t only mean that it should taste good, the presentation also matters, and that is yet another way to present your creativity. Creativity reduces anxiety and depression. Cooking also opens up avenues of learning new skills, gaining new knowledge and helps to bond with people across ages, genders or geographical locations.>



DR AYSWARIA WARIAR

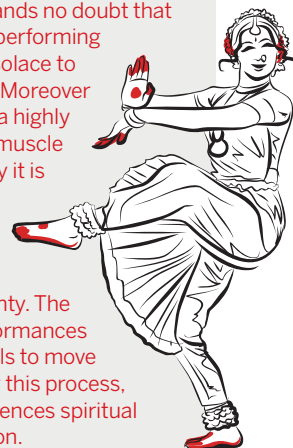
Regional Director (Hon), Indira Gandhi
National Centre for the Arts (IGNCA)

Dr Ayswaria Wariar is a Mohiniyattam dancer, educator, choreographer and a research scholar. Coming from a family of artistes, she started learning classical dance at the age of five from her mother Sreebala Menon. She went on to train in two styles of classical dance – Bharatnatyam and Mohiniyattam. A Kalashri – Kerala State Award – 2012 winner, she says her milestones include conceptualising and directing a short dance based on V Madhavan Nair's poem 'Nilima

Since dance involves a highly trained mind, body and muscle coordination, it is advantageous to one's physical health

ON HOW DANCING CAN HELP WITH OVERALL WELLBEING...

Dance (Indian Classical Forms) is highly expressive, through facial and body movements. There stands no doubt that perfecting the art and performing them will bring great solace to one's mental wellbeing. Moreover since the styles involve a highly trained mind, body and muscle coordination, definitely it is advantageous to one's physical health too. The dancer is a medium or tool to connect the spectators to the almighty. The main goal of all our performances being to elevate our souls to move to a higher plane, during this process, the dancer too experiences spiritual satisfaction.



– beyond the blue ...an exploration', a first-of-its-kind film that won many awards and accolades, including the best jury award from Global Films Award.

"Dance helps me to express, connect and introspect," says the dancer, "Mohiniyattam is my language of communication and through it I express whatever subject touches my heart." She recently performed three of her self-choreographed compositions at the Khajuraho Dance Festival at the Khajuraho Temple Complex in Madhya Pradesh. "It was indeed an awe-inspiring experience to perform against the backdrop of such ancient temples," she recalls. She has travelled the world and across the nation for dance performances. She has performed in Bhutan, South Korea, Malaysia, UAE and Singapore and within India in Gujarat, Tripura, Kerala and Tamil Nadu.

As a teacher, Dr Wariar has trained more than 500 students. She has conducted workshops in University of Pune (now Savitribai Phule Pune University), Maharaja Sayajirao University in Vadodara, Shivananda Yoga Vidhya Peetham in Kerala and other such educational institutions. She has also conducted many lectures/demonstrations, workshops and mini performances for schools and colleges in Kota, Ajmer, Deheradun, Chandigarh, Surat and Vadodara. She is a Tedx speaker and has also spoken at many HR Forums and corporate events. **F**

FEMINA SPOTLIGHT





PAVING HER OWN PATH

Join the Pilates pioneer in the city, **Rucha Mulay** at her R Pilates Studio.

She's never been one to take the easy way out. When she got into the fitness industry after having been in the aviation industry, she did not choose the simple common-at-that-time fitness methods to teach. She became the first person in Pune to start a Pilates studio and the rest as they say is history. She got all the apparatus from California, USA, and set up R Pilates Studios which caters to many happy and satisfied patrons.

MARKING MILESTONES

She is a master instructor for balance body barre, something she considers as a milestone in her career. Another milestone for

her is getting certified by the American College Of Sports And Medicine. With that certification, she has a better understanding of anatomy, physiology and human biomechanics that helps her give the best to her clients. She has recently signed a contract with Disney + Hotstar for three years where she'll be shooting five episodes every year, so that people can practice her workouts from anywhere. "I'm happy that I can reach a much wider audience and they can enjoy Pilates in their homes, especially considering the current situation," she informs.

LEADING FROM THE FRONT

She believes that "you are

only as strong as your team" and that has led her to focus on her team and to let them be their own boss. Despite the current situation, she has been a positive leader and radiates kindness towards everyone. She and her team, with their hard work, dedication and strong will in making sure all the R Pilates patrons get what they need. They've created a small community.

BELIEVING IN THE POWER OF 'W'

She thinks being a woman is always a beautiful blessing because only women get to experience knowing being a mother and bringing another life into this world. She says, "We make good bosses, I think, because we understand everyone's problems and at the same time as multi-taskers, we end up doing multiple things at any given time and get more things done. Being a woman has helped me in many ways. But at the same time,

IMPACT OF ART AND CULTURE

About art and culture it is very important for her. She believes that as Indians, "we love our dancing" and that is the reason she started learning as a student of Ballet. She teaches barre but she never did any Bollywood dancing, which is the best form of dancing according to her. She says, "It's just so light and you just let go of yourself when you are doing Bollywood. So I started learning that form of dancing from my friend Sneha Barge and luckily our videos that we used to post on our social media inspired other people to dance. Now we have started a Bollywood dancing batch at the studio that was actually going quite full." Sometimes people don't know how to dance because they are shy. That's why she has introduced Bollywood as a form of art in the studio so that her clients can avail this opportunity where they can come and dance it off and de-stress.

sometimes I feel we are still in a man's world and hopefully, that changes soon and I think we are that change. We all are going to make that change by being strong independent women."

TALENT EXTRAORDINAIRE

A Jill of many trades, **Megha Dubey** does it all with panache!

Megha Dubey

A lady of many talents, Megha Dubey has aced the perfect balancing act. She not only works as a successful software professional, she does part time modelling too and also works with different NGOs. She counts every experience she has had to date as a milestone as she has been able to learn so much at each step.

ON THE POWER OF W

"Being a woman is the biggest gift," she smiles, "Women are sensitive, compassionate, hardworking, emotional and at the same time the strongest species alive! We are blessed with a gift of giving life and nurturing all the lives around us with the same compassion

as we have for achieving our goals." She adds, "A woman is the most beautiful creation of god and we are born to inspire." And inspire, Dubey does! The principles she holds dear, and that have shaped her into the person she is today are: 'believe in yourself', 'never give up', 'always listen to your heart', 'be compassionate towards other', and most importantly 'there's no substitute for hard work and determination'.

She is also a strong proponent of women empowerment. "I work with various NGOs for empowering women who need guidance and motivation. I want to empower the women of our country so that every woman in our country knows that she can change the world with her voice," she states.

ON IMPACT OF ART AND CULTURE...

Art and culture have surrounded us from time immemorial. We might not notice it in our busy lives, but they have such a huge impact on us. Culture shapes us into the human being we are today. It gives the power expressing ourselves amongst and feeling of belonging to a group. On the other hand art has influenced me personally, given me the strength to pursue my thoughts.

ON THE RAMP

Having been interested in the glamour world, she started modelling and has attained quite a few accolades as a model... Boroplus Face Hunt 2013, Winner; Femina Officially Gorgeous 2014, Finalist; Mrs India Universe 2017, First runner up; Mrs Catwalk 2017; Mrs East Asia Earth 2018; Mrs Earth 2018, Top 10 and Mrs Earth Ambassador 2018, Winner. Dubey has also walked the ramp as a showstopper at an International Fashion Week held at Delhi.

PANDEMIC LEARNINGS

"In my opinion we must really learn to live in the present and cherish each moment while we can with our loved ones," she informs, "None of the materialistic things matter for you to be truly happy; all you need is friends and family to live happily." "What was the biggest learning? "This pandemic has taught us a lot as to how one should survive with utmost patience in different walks of life and how humanity is above all!" she points out.

FOR THE FUTURE

This enterprising lady has another ace up her sleeve. She is planning to come up with her own line of clothing. "I feel wearing the right fabric can make a whole lot a difference in one's personality," she informs on the USP of her future brand.

"I also will keep on empowering the women of our country through various means," she notes, "I will keep pursuing my modelling career along with my profession, as my passion is one thing that keeps me going."

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f meghadubeyofficial

FIGHTING FIT

She overcame hurdles to emerge victorious, and how! Fitness expert **Dipanjalee Deb** shares her story



Dipanjalee Deb

From being a fit child to getting unfit due to illness and becoming fit again, Dipanjalee Deb has seen much highs and lows, but she has overcome all with much determination and hard work. "Being Bengali, it's in our DNA to learn and we automatically incline towards art, music or dance," she notes. She pursued Bharatnatyam and was a state-level dancer and has performed in front of Hema Malini and Dr Yamini Krishnamurthy. "My guru was Late Padma Shri Pushpa Bhuyan and I learned a lot from her," she recalls. Loss of regular dancing though her college years, and having getting PCOD, led to her gaining weight. While she tried to get back in shape, the ailment made losing weight a herculean task.

OVERCOMING THE HURDLE

She went on to enter the corporate world for her career, and that lifestyle didn't aid. She took medication for PCOD which

didn't give the intended results, and even went for laser surgery to help overcome the ailment. The year 2011 saw her getting married, and it was in 2016, that she wanted to become a mother but the weight and ailment was proving a hurdle. She became more focussed on getting back into shape. "I weighed 96 kg then and now i am 57 kg. With determined efforts and focus, I lost 30 kg in a year with the help and guidance by FITTR an online fitness platform. This helped me to conceive naturally, which was a great milestone for me," she recalls.

ACHIEVING EXPERTISE

Beyond motherhood, her fitness journey also had another impact on her. "It made me much more confident than before and

helped me look at the things in a positive way," she smiles. Her fitness journey and her takeaways from it have inspired her and she wants to help others who are now in the situation she used to be in. While she has started doing so, the venture is still in its early stages. "I talk to and understand the people and guide them accordingly in their fitness journey. I discuss in detail with them about their goals, requirements and what they think about it," she tells. She completed a course in calisthenics from Institute of Nutrition & Fitness Science (INFS) and pursuing more courses there too to help give herself the educational qualifications to match her experience-based ones. Her future plans are to "promote fitness and provide guidance to maximum people at an affordable cost."

ON THE PATH OF SUCCESS

Women are natural multi-taskers, and it is exemplified by Deb as she perfectly manages her work as a fitness expert and taking care of her family; "Being fit has helped me do so in an effective and efficient manner thus helping to strike a perfect balance of personal and family requirements. It also helps to multi-task without getting tired, keeps me energized whole day and allows me to support my family." Determination, persistence and perseverance play an important role in what you do and what you want to achieve, she feels.

PANDEMIC LEARNINGS

The pandemic "has taught us the value of acknowledging each other's efforts; to love and embrace mankind and cherish each moment of life as it comes." Now she tries to enjoy and find happiness in everything that she does, "be it playing with my 3 year's old son, be it going all out in the gym or be it helping family with household chores."

© momwhoplank
f @Dipanjalee Singh

IMPACT OF ART AND CULTURE...
Being a state level Bharatnatyam dancer I can definitely vouch for this statement that art and culture is like the fabric of the society. It helps us to understand and value each other's culture which unites us and makes us open-minded in accepting the diverse cultures of the society that we live in. Art and culture plays an integral and pivotal role in taking everyone together with unity and harmony, thus lays the foundation of a joyful and peaceful society.



HEART OF GOLD

From fashion designer to working relentlessly for women empowerment, **Pallavi Gadgil** has come a long way.



Pallavi Gadgil

Meet Pallavi Gadgil, fashion designer and owner of Pallavi Creations Design Studio and the founder of the NGO, Neeta Care Foundation and a woman of many talents. She started her design studio about two decades ago with the sole aim of giving Puneites something memorable to wear for their special occasions. Donning many hats Pallavi Gadgil has also joined BJP and coming up as a powerful leader and also she is president of Satyamev Jayate.

She also ventured into social work and has been working relentlessly for the betterment of women. It's been all of 10 years since she started Neeta Care Foundation. "We undertake a lot of social work in the foundation, especially for women. We conducted sewing classes free-of-cost. Now they have completed a four-month course and we have given

them certificates. Now, all of the women are working somewhere, some even have their own setup at home. They are earning and can stand up for themselves financially. I'm going to keep on working towards my social service," she shares with us. She has been elected BJP's Mahila Morcha's vice-president.

THE POWER OF PRINCIPLES

Gadgil admits that she's always held onto one principle- the principle of discipline. "My father (D. S. Pawar) told me to always work hard and the more efforts you put in, the better results you are bound to receive. He taught me, from a very young age, that discipline and the love you have for your work extremely important," she recalls. Her father always taught her that quality is never an accident and is always recreated by a person's honesty, sincerity, and hard work which she believes in. She also credits her success to her father as she says that he's been her guiding light in life and the reason why she is successful today.

ONE FOR THE PEOPLE

From being a designer to doing social service, from being a social activist and then becoming the vice president of BJP Mahila Morcha, Gadgil sure has come a long way. Since the time she was a fashion designer, she constantly thought about what she could do for the women living in the slums. "I used to take free classes. I started off with a couple of women and then gradually built up and today there are 40 ladies in my foundation," she adds proudly. The next step they took was towards an old age home where they started activities for old people and meet them to survey their problems. Another campaign that she executed in the slum areas was for women. "A lot of women have skin and

ON ART, CULTURE AND MORE...

I am so proud to be an Indian, as it's known for its art and culture across the world. Every state has its own speciality and uniqueness of art and culture which has its own values. It's influence can be seen in our daily lifestyle, which ultimately helps shape our society.



hair problems and for that, we allotted a specialist doctor who helped them solve their problems," she shares.

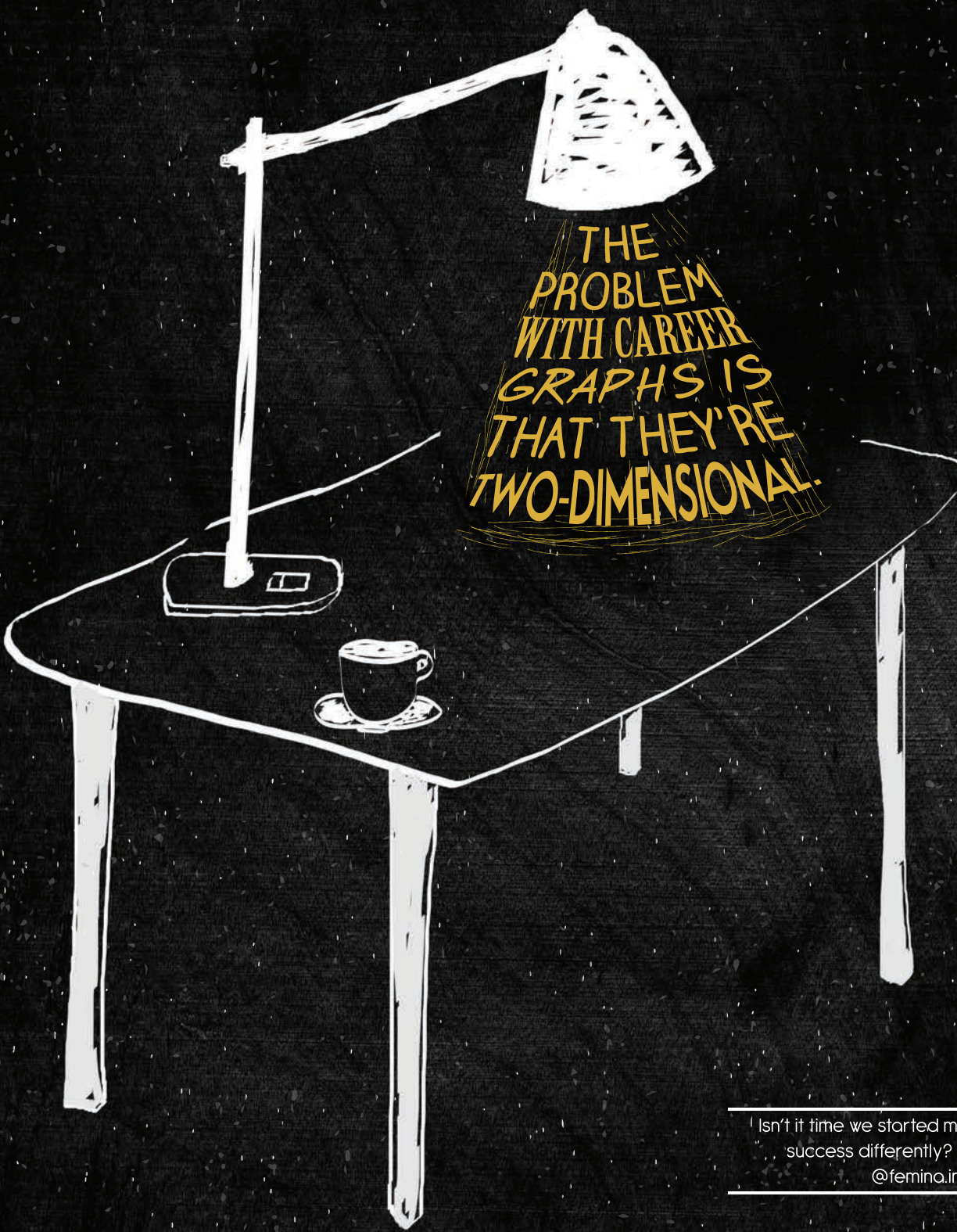
FOR THE FUTURE

Gadgil's aim in life is to start a fashion institution where women will be taught the art of tailoring for free. "Every woman has an inclination towards art, be it painting, sewing or being a beauty practitioner. We are going to teach them all of these art forms. Our goal is to help them to stand on their own two feet and become self independent," she imparts.

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f Pallavi Gadgil

FEMINA

BE UNSTOPPABLE



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

Isn't it time we started measuring
success differently? Let's talk.
[@femina.in/lifestyle](https://www.femina.in/lifestyle)



SLEEVE THROUGH STYLE

Ditch the old boring cut and full sleeves and check out these fun sleeve styles. By **Ravina M Sachdev**

Sleeves, when done up right could be the best part of an outfit. With a number of different and unique sleeve options available now, it's high time to put the boring options aside.

Puff sleeves

It was first seen attached on Victorian-inspired shirts and romantic house dresses,



but the market for puff sleeves has expanded after being loved by all. Indian wear such as lehengas or sari blouses or even suits with puff sleeves look extremely flattering and feminine. Puff sleeves seem to suit all body types well and in fact, they may even help give an illusion of a tiny waist! "Puff sleeves look stunning and are quite easy to breathe in too. In fact, a lot of women prefer to get puff sleeve outfits since they are high on comfort and look simply stunning," says fashion designer Rozina Vishram, CEO of Rozina.

Cape sleeves

Cape sleeves are full and flowing sleeves that look like capes. The fabric is gathered at the shoulder and it then flares out like a cape would from there. Cape sleeve are extremely popular in Indian wear. Apart from looking chic, they also make your posture seem tall and are a mass favourite. "Cape sleeves seem to be a big hit. When styled correctly, it looks beautiful. Ensure to not over do the look and let the sleeves work its magic. You could also opt for cape jackets on crop tops for a more stylised look," shares Vishram.

Exaggerated sleeves

Let your sleeve do all the talking. Think big, >



bold and puffed up sleeves. You cannot go wrong with these. Big ruffle sleeve blouses with lehengas are selling like hot cakes. Do ensure to tone down your jewellery and entire look slightly and leave the statement-making to your sleeves.

Flutter sleeves

Flutter sleeve is a short, loose-fitting sleeve that falls in soft long folds over the upper arm. The best part of flutter sleeves



Tone down your jewellery and entire look slightly and leave the statement-making to your sleeves.

is that they suit all body types and even look flattering on each. The gorgeous drape sleeve looks dainty and elegant. “Flutter sleeves look dreamy and just plain gorgeous. They also create quite a statement on their own. You can opt for flutter sleeve blouses with satin draped skirts for chic festive soiree looks or even opt for flutter sleeve crops tops with wide leg pants,” shares Vishram.

Flared sleeves

If you thought the popular sleeve from the 80s was just reserved for the western wear section, think again. Flared sleeve are extremely comfortable to sport and look super stylish at the same time. No wonder, it's well liked and preferred by brides. Flared sleeve start out from the shoulder and flare down wards. It also works perfectly for sober saris and heavy intricate blouses. There's really no stopping when it comes to experimenting with flared sleeves. **f**



launch, Kakde said that the products had been introduced with the idea that they are useful for everyone across age groups to help them be healthy and develop healthy eating habits without incurring high costs.

Further to that, Praveen Shukla, CEO of FoodHeal said that the company is in the process of coming up with few more unique and exciting range of food products in the near future.

FoodHeal has a range of easy-to-cook products that take only about two to three minutes, all available at an affordable price. The patented product, Walnut Ragi Instant Soup, is available in five different variants: Walnut Ragi Soup with Flax Seeds, Walnut Ragi Soup with Masala Oats, Walnut Ragi soup with Cheese & Black Pepper, Walnut Ragi Soup with Ginger, Garlic & Lemon, and Walnut Ragi Soup with Salty Mint Makhana. Another option is the Premix Instant Chilla with four variants: Chilla Coriander, Chilla Spinach/ Palak, Chilla Lalmath, Chilla Rajgira. Both the products are rich sources of iron, calcium, protein, and dietary fibre.

GET HEALTHY

With these easy-to-cook options from FoodHeal, healthy meals are only minutes away!

With the mission of providing healthy, tasty and easy-to-cook food products to people, FoodHeal, a Gravittus Corp Group company launched its unique range of food products.

The products were launched by brand ambassador of FoodHeal Gauri Khan in Mumbai in presence Usha Kakade, a well-known businesswoman and Chairperson of Gravittus Corp; Dr Vidya Yeravdekar, Pro Chancellor, Symbiosis International University; and Purva Kothari, jewellery designer.

On the occasion of the



Skin talk

Each person has different beauty routines that they follow to look on point. We got two real women who are always on point to share their routines. By **Ravina M Sachdev**

Simplicity at its best

Tanvi Gauri, Designer and Founder of Tanvi Gauri, shares her everyday beauty regime and her hacks and tips for a healthy glowing skin.

I would best describe myself as an ambitious woman with the energy of a 16-year-old. I wake up around 7 am and go for a run with my husband, after which I revel in a hearty breakfast, followed by streamlining my schedule for the day. From 10 am, I start working from my studio and take a lunch break at 2 pm. In between, I munch on nuts with multiple cups of strong coffee. I try and wrap up my work around evening and dinner is sacrosanct and I ensure that our entire family sits together and dines, it sure does help me unwind. After that, my husband and I go for a night stroll and that's how I love to end my day.

My daily beauty regime is quite simple and fuss free. I am a big believer in investing in good quality products that will help in the long run. To begin with in the morning, I wash my face with a volcanic cleansing foam that is followed by cleansing. My favourite activity that is a must in my regime is to put my serum and a good sunscreen.

I also am big on using natural ingredients from my kitchen for my skincare. I use homemade face packs daily, sometimes it is besan with curd and ground almonds for brightening, and at other times its aloe vera and cucumber for hydration and potato for pigmentation.

My night-time skincare ritual consists of cleansing, toning and moisturising. I cleanse my face then apply a vitamin C serum, under-eye cream, an oil-free gel moisturizer and lastly pack my face with Recovery Concentrate oil which works wonders for my skin.

My daily diet is simple homemade food. I like to avoid sugar and junk and only indulge once a week. I also eat 10 almonds, 2 walnuts and 1 table spoon pumpkin seeds in the morning along with any seasonal fruit or a glass full of fresh orange juice. I also prefer to munch on natural



MUST-HAVES IN TANVI GAURI'S BEAUTY KIT:

Beetroot based lip
balm
Cheek tint
Face mist
A great shade of
lipstick,
Sunshine!

collagen boosting fruits like strawberry or blueberries with amla, ginger, beetroot and oranges, especially during the evening as my evening snack. Furthermore, I also take supplements such as multivitamins, vitamin C and E and calcium tablets for immunity boosting and for my skin as advised to me by my dermatologist.

During COVID, I have increased my vitamin C intake to give that extra boost to my immunity and I also consume a lot of hot steaming water throughout the day and in the night, I drink a cup or two of green tea to get natural glow from within.➤





Beauty and health: hand in hand

Rubani Singh is Director of Marketing at Ritz Carlton and a doting mother of a toddler shares her beauty regime and hacks.

I would best describe myself as someone who is ambitious, enjoys her work and prioritises her family. My work days are pretty hectic and I juggle my time between my child and planning marketing strategies at the hotel. I start my day early in the morning. I am not an early riser but Alaia wakes me up very enthusiastically at 7 am and I spend an hour playing and reading to her. After that, I have a quick, light breakfast and lay down instructions for my helping hands – Alaia's nanny and the house cook and then I dash off to work. My work day consists of a quick morning meeting followed by the day's follow-ups and calls and then we do a team lunch almost every day after which it's back to back work until 6 pm

MUST-HAVES IN RUBANI SINGH'S BEAUTY KIT:

Lip Balm
Matte red lipstick
Hand cream
Black eyeliner
Tissues and wipes
Organic deodorant
Rose water/vetiver

MY MORNING ROUTINE IS RATHER MINIMALIST. I HYDRATE MY SKIN MORNING AND EVENING WITH A HYDRATING LOTION AND I ENSURE TO DRINK A LOT OF WATER

or so. Post that, I rush back home to my daughter and take her for an hour's worth of play on the swing-set or in the garden. Then we have an early dinner at 7 pm and story-time post that. Once the baby is asleep, my husband Abhay and I enjoy unwinding together over a glass of wine and our latest Netflix obsession.

My morning routine is rather minimalist. I hydrate my skin morning and evening with a hydrating lotion and I ensure to drink a lot of water. I wash my hair every day with a softening shampoo and conditioner and let them dry naturally to have a slightly wavy

texture. I also always have a darker colour on my lips.

For my night-time regime, I make sure to remove my makeup with Micellar water and follow it up with a night-time moisturizer. During the colder months, I do add on a serum or face oil as well depending how dry my skin gets. I

also opt for an occasional lip scrub followed by a moisturizing lip balm. Slathering on a thick moisturiser or coconut oil on my feet and wearing thin cotton socks is also a must for me in winters. My skincare has only gotten better due to the lockdown. I used the free time during lockdown to really slather on the coconut oil on my hair and face. Nothing like waking up feeling extra moisturised.

Furthermore, I firmly believe that good skin is a reflection of eating the right things and exercising. Morning sun, a brisk walk and restorative yoga thrice a week are certain things that I do for my skin. I also do enjoy a green juice every morning with a dash of spirulina and Vitamin C added in and have a multivitamin and an omega supplement daily. **F**

TRENDIN' TALES

Ace the beauty game this season by getting on top of the latest trends.

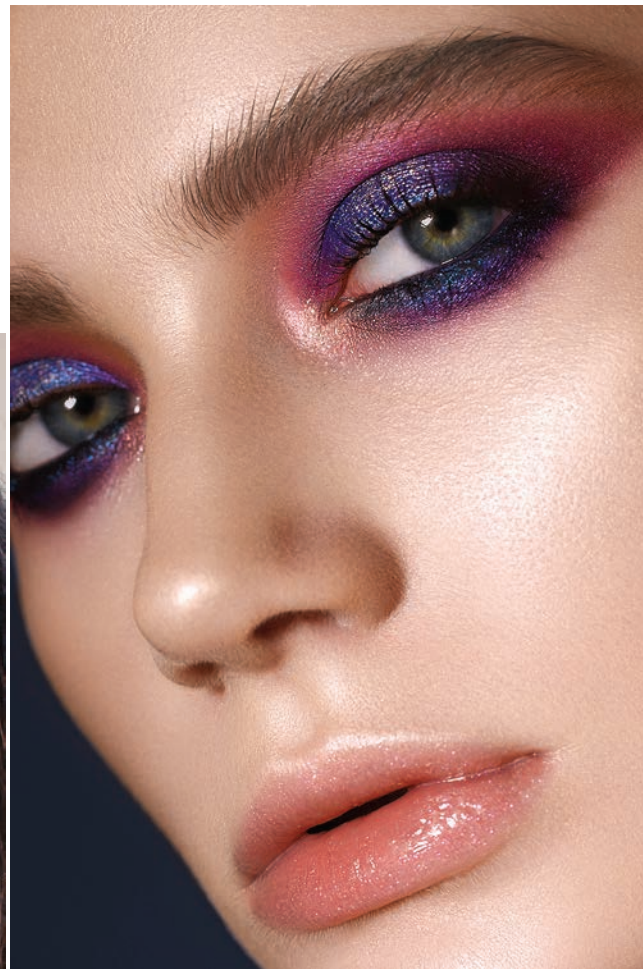


It's time to get out of the no-makeup rut we fell into last year. It's back to being able to step out (of course, after taking all precautions!) and you need to ensure you look on point when you do. To help you do just that, here are some makeup trends that will have you looking – and feeling – like a million bucks!

COLOUR 'EM PLENTY

Your eyes are going to be the main focus – with the lips covered by the must-use mask. So having the peepers look bright and

**HAVING THE
PEEPEERS LOOK
BRIGHT AND
BEAUTIFUL IS
KEY. IT'S ALL
ABOUT THE
COLOURS THIS
TIME FOR EYE
MAKEUP**



beautiful is key. It's all about the colours this time for eye makeup. And why just opt for one colour eye shadow when you can go multi-coloured? Bring out the bold goddess in you by having the upper eyelid in a bright shade like pink, peach, or even gold, and add colour to the lower lid using blue or white eye shadow. You can also have both the eyelids in the same shade and a contrasting shade on the brow bone (the area just below the eyebrows).

GRAPHIC 'N TEXTURED

With eyes doing all the talking in makeup this season, graphic designs are making their rounds. Bold geometric eyeliner styles are welcome, as are printed designs like animal print in vogue for eye makeup. Using neon shades in such makeup will give a new dimension.

GLOSSY SMOKE

Smoky eyes have always been in trend. Why



not add gloss to add some drama. Blend over the gloss on your eye shadow over the lash line. Instead of doing dark smoky eyes, use bright eye shadow shades like pink, electric blue, red or even gold. The latter two work well for weddings. For a little subtle vibes, use bright pastel shades.

STRUCTURED BROWS

Look beyond the thin curved eyebrows... It's time to style your eyebrows to match your face shape. A heart-shaped face is best suited



LOOK BEYOND THE THIN CURVED EYEBROWS... IT'S TIME TO STYLE YOUR EYEBROWS TO MATCH YOUR FACE SHAPE



LIPS ON MUTE

Lips are not visible with masks on. But that doesn't mean you should totally ignore them. They too need some TLC! Ensure you exfoliate them to not let them dry and become cracked. Ensure you use a hydrating lip balm at all times.

You can use a coloured balm if you like to make the lips pop. Why? Because we don't do makeup to show others but for ourselves – to make us feel good, don't we?



to don a pair of soft arched brows while a square-shaped face needs highly curved brows and fuller brows with sharp arches go well with a round face. Instead of opting for the typical black brow liner, match the colour with your hair colour and if you want to go totally quirky, match the shade to your eye shadow!

BLUSH 'N PRIME

While most of your cheeks would be covered too, you need to get your foundation on point. Add some colour to your cheeks – pink is in! – and you're ready. Don't opt for glossy skin; opt for matt foundation that looks natural. **F**

REALITY cover girl

BLAZER DRESS: ₹13,500, LABEL DEEPIKA NAGPAL

ABOUT A GIRL

ADITI RAO HYDARI IS KNOWN FOR HER PORTRAYAL OF STRONG AND UNIQUE CHARACTERS ON SCREEN. BY SUKRITI SHAHI.
PHOTOGRAPHS BY TARUN KHIWAL



Aditi Rao Hydari deserves all the attention she gets; this star has arrived and how! She offered us an unfiltered view of industry insights, and her life beyond the silver screen. She is vocal about her struggles, but what sets her apart is her empathy and respect for her contemporaries, and their hard work. "It's not easy for anybody. People who are from the film background have their own struggles. The point is to take those struggles as challenges and overcome them, happily," she says. While on the way to a meeting, the actor opens up about her idea of films, feelings, and freedom.

You have collaborated with directors like Sanjay Leela Bhansali, Rakeysh Omprakash Mehra, and Abhishek Kapoor. Do you still feel that consistent lead roles don't come by?

I'd prefer if the media refrained from using words like 'lead'. However, I enjoy working with directors who challenge me, are fun to work with, lead the team, and whose passion is to create something new. At the end

of the day, it is important to play a role that has a character. Whether I am in every frame of the film or there only for few minutes, the audience should be able to take me with them in their hearts. I try to be fearless while making choices. I follow my heart and instincts when choosing a film.

You have always been open about your struggles in the industry. Do you think that over the years things have changed for you?

My policy is to take it one step at a time, and move forward. The size of the step does not matter. As long as I am able to surprise people and they are interested in me, I am happy. I'm often told that I am underrated; I take it as a compliment because that means I can do more. To me, success is when people you respect and admire think of you as their vision, repeatedly. Fame and money are add-ons. It also helps that I don't have a negative bone in my body. Not even one inch of me is resentful of the fact that I don't have backing in the industry. And it's not to say that actors from a film background don't face struggles. I choose to overcome my struggles with a smile on my face, always happy and childlike. My directors have always had my back; they've nurtured and protected me.

What advice you would like to give someone trying to make big in this industry?

Firstly, never come in with that 'I'm an outsider' attitude. Everyone will

face challenges. You just have to keep pushing yourself. An artist never has it easy. There's a fine line between being positive and happy, or mildly dissatisfied for a push. Also, ask yourself why you want to do it? Is it because being in front of the camera makes you happy, or are you in it for the perishables—fame and money? If you find joy in being on set, playing different roles, go for it. The industry is competitive and can be hard on you, so keep the excitement alive. Be your authentic self; you shine when you are authentic.

The film industry is a tricky space to be in. What keeps you grounded?

It is my attitude, and the way I have been brought up. My family, friends, and the people I love keep me grounded. Also, I appreciate people who tell me the truth; I heed their advice and keep them close. It's important for artists to listen and be open to accepting fears and harsh truths. I believe the art is greater than me and I respect the people who create it. I don't put myself first.

You have always been a private person. Have the low moments ever taken a toll on your work? How do you cope?

There are days when I feel unhappy. Fortunately, those moments have not been long. Perhaps, my childlike temperament helps in moments like these. It helps me to stay real and happy. Moreover, I am the only one who can tell myself that the sadness >

is temporary. I am a transparent person. I wear my heart on my sleeve. Several people might call this weak or soft; vulnerability is my biggest strength. I take it in my stride. I am not afraid to show my feelings. All of us should be comfortable with the way we express our feelings. I tend to cry, and I've realised that's the best way for me to vent. I then talk about it and move on. I also indulge in singing, dancing, and yoga.

You have always been aware and vocal about issues concerning our society. Where does that strength stem from?

If I feel strongly about an issue/situation, I have to voice it, and stand up with the people. Until we stand up, there isn't going to be any change. We have to lead by example, and live up to it. While this can sometimes backfire, I do not regret presenting my views on important issues. I do it with pure intentions. If people want to speak ill of me, it's their choice. I can only control what I do or say. I like to live fearlessly and speak my mind.

Do you think the idea of conventional beauty is pressurising? Do you think have we evolved?

The conventional idea of beauty is gradually changing and evolving. People are taking the required steps in the right direction. In fact, I believe, brands and people are far more conscious about what they put out in society. The notion has become way more inclusive today.

If you have to choose between money and creative satisfaction, what would it be?

I do what I do for creative satisfaction, and have never thought twice about it. Like I said, the money is an added

bonus! Creative satisfaction and results last a lifetime; beyond your years. However, credibility and respect cannot be bought. They have to be earned with your choices and attitude.

You are also an art and culture enthusiast. Tell us more about that side of your personality.

I have grown up in a culturally-rich environment, surrounded by artistes, and I have been dancing since I was five. My mother sings—I used to wake up to the sound of the *tanpura* and she doing her *riyaaz* before I moved

to Mumbai; it's been a part of my life. Cinema is also a beautiful mix of all art forms, and that's why I enjoy it.

Your professional wish list?

I have a long wish list of directors. I have worked with some of the best, and would like to work with them again. But real success is about having the freedom to make a choice to work on your own terms and conditions. I think this is my time to put all my energy into work to get to a stage where I can find a good balance between work and personal life. **F**



**I DO WHAT I DO FOR CREATIVE SATISFACTION,
AND HAVE NEVER THOUGHT TWICE ABOUT IT.**

EDIBLE ART

Get creative with your food and make desserts look more appealing by these simple techniques and hacks. By **Ravina M Sachdev**

CHOCOLATE WALNUT BROWNIE

Recipe by Chef Vishal, Courtyard by Marriott Pune Chakan



For walnut brownie:

4 whole eggs
440 g caster sugar
410 g dark chocolate, melted
250 g butter, melted
70 g refined flour
40 g cocoa powder
200 g walnut

For chocolate sauce:

100 g cream
200 g dark chocolate
100 ml hot milk

Prep Time: 25 minute > **Cook Time:** 30 minutes > **Serves:** 5 people > **Plating time:** 2 minutes

1. Break the eggs in a bowl and add the caster sugar. Whisk the mixture till it has a foam texture.
2. Add melted butter, melted dark chocolate in the mixture and mix it properly.
3. Add refined flour and cocoa powder and mix it in.
4. Next, add crushed walnut in the batter.
5. Take one small tray or round mould and take oil for greasing and apply butter paper on it.
6. Pour the batter in the mould and again add some walnuts on top of the batter.
7. Bake it in 170 degrees Celsius for 30 min.
8. For the chocolate sauce, mix all the ingredients together and keep aside.
9. Remove the brownies and let it cool.
10. Cut the brownies in small square pieces.
11. Place the brownie pieces on dessert plate and pour the chocolate sauce over them.
12. Dust some icing sugar and garnish it with whole walnuts. >

LEMON TART

Recipe by Chef Danish, Sous Chef - Bakery, Hyatt Regency Pune Hotel & Residences.

25 g lemon juice
20 g eggs
20 g grain sugar
0.01 g gelatin
leaves
15 g unsalted
butter
2 g almond
powder
8 g refined flour
1 g whole almond



4 g castor sugar
6 g white chocolate
5 g filo sheet
0.01 g cinnamon
powder
1 g cardamom
powder
10 g honey
Mint for dressing

Prep Time: 30 minute > **Cook Time:** 25 minutes > **Serves:** 2 people > **Plating time:** 2 minutes

1. Melt butter and mix with lemon juice and egg yolk on a double boiler until thick; then add the melted gelatine.
2. Pour on the crumbled biscotti base and allow to set.
3. Cut into 3 cm x 2cm rectangles and freeze. Melt white chocolate and cocoa butter and blend.
4. Layer the filo sheets with butter and cinnamon powder and bake until golden brown.
5. Whip the egg whites and castor sugar. Add cardamom powder and pipe into button shape meringues.
6. Mix honey, lemon juice and chopped mint leaves.
7. Place lemon tart on the plate and drizzle with honey-lemon-mint sauce.
8. Add meringues and pile up crushed filo over the tart and serve. >

CHOCOLATE CAKE

Recipe by Executive Chef Selva, Westin Hotel & Resorts, Pune

For chocolate sponge:

439 g castor sugar

187 g brown sugar

401 g flour

250 g butter

125 g cocoa powder

162 g eggs

10 g baking powder

12.5 g baking soda

5 ml vanilla extract

562 g milk

For chocolate truffle:

500 g cream

500 g dark chocolate

For hazelnut glaze

2 tsp chocolate chip

3 tsp hazelnut spread

For frosting

300 g chocolate

70 ml oil

40 g hazelnut



Prep time: 15 mins > **Baking time:** 20 to 25 mins > **Serves:** 10

1. Mix all ingredients of the chocolate sponge together without lumps, pour it greased mould and bake it at 180 Celsius for 20 to 25 min. Allow the sponge to cool.
2. To make the truffle boil the cream and then melt the chocolate in it. When both are at the same temperature, mix it into a smooth mixture.
3. Once the sponge is cooled, cut it into three pieces horizontally and apply the truffle between each piece. Keep in fridge to set.
4. Make a chocolate hazelnut glaze by combining chocolate chip and hazelnut spread in a small bowl and microwave for 30 seconds at a time until mostly melted.
 5. Stir to combine. Cool slightly, then pour onto the top of the frosted (and chilled) cake.
 6. Spread almost (but not quite) to the edge. Top the chocolate layer with chopped hazelnuts.
 7. For frosting, melt the chocolate and add oil and powdered hazelnuts and whisk well. Next, add whipped cream to it. Put the frosting into a piping bag with a 1M tip.
 8. Add decorative swirls (as pictured) around the top edge of the cake. Top each swirl with a whole hazelnut.
 9. Keep the cake in the fridge until ready to serve. Keep any remaining cake in the fridge. **F**

THE WORK VIEW

Want to work from anywhere? **Sanika Salunke** lists down five destinations where you can plan your next workation!



BIR

In need of a quiet, serene and dense green site to work and vacay at the same time? Bir in Himachal Pradesh is a beautiful residence located by the majestic Himalayas that can give you the perfect zen work vibe! You can try trekking, camping and the most prominent - paragliding as Bir is considered to be one of

the best Indian paragliding locations. You can even explore the monasteries to experience the Tibetan culture. A perfect landscape along with some Bir Tea and a laptop, it's the perfect place for you to get your work done!

NEAREST AIRPORT / RAILWAY STATION: Pathankot Railway Station / Kangra Airport

BEST TIME TO VISIT: October to June

FOOD OPTIONS TO TRY: Tibetan Cuisine



PUDUCHERRY

The 18th-century colonial structures illuminate the former French colony of Pondy, which rests upon the Bay of Bengal in the state of Tamil Nadu. Quiet beaches stretching adjacent to the town, suitable for sunrise strolls... It is considered to be the love child of the French and Indian cultures. The old Bougainvillea-draped houses, churches, bright coloured cafes and restaurants give

Puducherry an exotic touch. You can also visit the authentic French bakeries, bohemian stores and cobble-stoned paths that are refreshing for an evening stroll or a bicycle ride post-work. The botanical gardens and the meditation centres will entirely enhance your work mode.

NEAREST AIRPORT / RAILWAY STATION:

Chennai Airport / Villupuram Railway Station

BEST TIME TO VISIT: October to March

FOOD OPTIONS TO TRY: French Cuisine

**IT IS CONSIDERED TO
BE THE LOVE CHILD OF
THE FRENCH AND INDIAN
CULTURES.**

ALAPPUZHA

Alappuzha aka Alleppey is also considered to be the Venice of the east among other cities - because of its beautiful backwaters, lovely beaches and lagoons. Adjoining the Laccadive Sea, it is recognised for its extensive chain of interlinking canals and rejuvenating Ayurvedic resorts. It is famous for its Houseboat cruises that move through the tranquil backwaters, where you can take a glimpse into the world of green paddy fields, choir making ventures, grand avifauna and experience the local life in Kerala. What more do you require for a pleasant work location? You can sip on some local palm wine (toddy) while working on your next project.

NEAREST AIRPORT / RAILWAY STATION:

Cochin International Airport / Alappuzha
Railway Station

BEST TIME TO VISIT: October to February

FOOD OPTIONS TO TRY: The Kerala Sadya >



HOW TO KNOW TO MAX OUT THE LIFE OF A DIGITAL NOMAD.

**RIGHT STAY
OPTION IF YOU'RE
SHIFTING 'HOME':**

Ensure that, whether you pick a hotel or a vacation rental, you have the set-up to work efficiently as well - you will need a desk, chair and multi-plug points to be able to function comfortably.

Make sure your connectivity is uncompromised:

Ascertain how good the internet connection is at the destination you hope to relocate to before you make the move.

**REMOTE WORKING
IN YOUR OWN CITY:**

If circumstances dictate that you cannot actually move away from home, look at local co-working spaces that follow the prescribed social distancing norms.

**BE ORGANISED TO
MAX OUT REMOTE
WORKING:**

Keep your digital calendar and meeting requests updated so that there is no confusion or clash between the hours you spend on work and meetings, and the time you set aside to enjoy your surroundings.

**USE TRAVEL-
FRIENDLY
EFFICIENCY
GADGETS:**

Carry a universal power adapter and noise-cancelling headphones to ensure that you never run out of power on your laptop and phone, and to be your best in virtual meetings.



UDAIPUR

The city of lakes Udaipur is located around cerulean water lakes and is surrounded by ever-green hills of the Aravallis. It is known as the crown jewel of Rajasthan. Surrounded by an abundance of natural harmony, mesmerising and breathtaking architecture making it a must-visit destination in India. It justifies all titles ever endeavoured to its grace commencing from 'Jewel of Mewar' to

'White City'. You cannot leave without visiting the famous Lake Palace that is situated in the middle of Lake Pichola. This place is a true beauty allowing you to delve into its vast history. If you are someone who loves a royal backdrop, you can embrace the vintage work aura that this place offers.

NEAREST AIRPORT / RAILWAY STATION:

Jodhpur Airport / Udaipur City Railway Station

BEST TIME TO VISIT: September to March

FOOD OPTIONS TO TRY: Dhoo Mass



PELLING

Located in the district of West Sikkim, Pelling is a petite hill town.

A place of breath-taking charm, it offers scenic landscapes and peaceful vicinities. The significant feature is that it offers the most ultimate view of the world's third-highest mountain peak - Kanchenjunga. Tourism in Pelling is a mix of adventure and picturesque peace. Just start making plans for your workation, take a break

from your hectic schedule and make your way to the lake of calmness. All you gotta do is - step out of the central town, this way you will be just a short distance away from the artistic monasteries, waterfalls, temples and lakes. Nature manifests itself in all its grandeur around Pelling where your hospitality and luxury is the top priority.

NEAREST AIRPORT / RAILWAY STATION:

Bagdogra Airport / New Jalpaiguri Railway Station

BEST TIME TO VISIT: September to May

FOOD OPTIONS TO TRY: Sikkimese Cuisine **F**

CODE OF CONVICTION

Meet **Aparna Thete**, Deputy Commissioner of Aurangabad Municipal Corporation has fought against all odds to emerge victorious on sheer strength of truth, grit and determination. **Harshvardhan Shahi** shares her story



Born in Nanded in family of housewife mother and government officer father, Aparna Thete completed her degree in law from MP Law College, Aurangabad and started working as an advocate in District Court. Eventually, she applied in examination for legal advisor at Aurangabad Municipal Corporation (AMC) and was appointed in 2007. "When I joined AMC there was no proper system for legal records and working also no tracking of the work was done," she recalls. For the first time in AMC, she started legal tracking system to improve work of legal department also made the work of the

department disciplined with proper coordination. All was going well, but little she knew what was waiting for her.

Fighting harassment

Thete shares, "In 2010, the then Municipal Commissioner started harassment, and expected me to do some untoward things which I firmly refused. With time the harassment increased as he started giving innumerable memos, initiated ten departmental enquiries one after other and filed criminal cases against me."

With so much coming on her she even had to obtain bail from court and used to attend police station every day for questioning.

With a thought that she will fight and prove that she isn't guilty at all, she filed complaint in Mahila Aayog where she couldn't get any relief. She was suspended from service in 2011. "All enquiries were under his control as he had all contacts in the government and other departments and were given findings against me. I couldn't get relief from civil court to Supreme Court and lost service." She then filed complaint to Principal Secretary of State Government along with an appeal to Ministry, Thete also went on a hunger strike.

State government considered this matter seriously and set aside order of her termination and issued directions to reinstate her in to services will all benefits retrospectively. She regained service in 2016. "When you know you are absolutely right and the

opponent is totally wrong, never leave the battle. I always want to thank my family for the support," believes Thete.

Fight against pandemic

Last year with Corona epidemic situation, AMC appointed her as head of Task Force and where she implemented Track- Test - Treat rule which was one of its kind in country at that time. "I didn't go home for 20 days and had to work day and night... right from counselling people to solving their issues, managing the task force team." Her work was appreciated by Chief Minister of Maharashtra. In September 2020 she was promotion as Dy. Commissioner of AMC and now heads more than five departments at present.

About the future plans she shares, "I will improve working method and work culture, and will work for public welfare also will make sure that laws are followed strictly and there should not be any injustice." She believes being honest and confident will never allow anyone to cause injustice to you. **F**

"When you know you are absolutely right and the opponent is totally wrong, never leave the battle."



RANN CHIP & DIP PLATTER

The Table Fable

From a collection that is inspired by the great Rann of Kutch, this is a classic white platter - a reflection of simplicity and grace of Rann's austere landscape.

PRICE: ₹1600

AVAILABLE AT: www.thetablefable.com

HOME IS WHERE THE (HE)ART IS

Check out these must have's decor pieces that bring art to your home! By **Ravina M Sachdev**

Fancy platters to mugs straight out of royal palaces to summery table clothes, here are products that you simply cannot do without.

CLASSIC DURRIE

Mati Maison

Celebrating the soul of Assam, Mojja has been designed by taking its most recognizable cultural symbol, Gamocha.

PRICE: ₹799

AVAILABLE AT: www.matimaison.com



FRESH TABLE LINEN

Maison Mila

Incorporating the age-old techniques of hand block printing with art-like timeless chintz, founder Ramila Rikhy creates modern day table linen that adds cheer to your dining experience.

PRICE RANGE: ₹1499 to ₹1699

AVAILABLE AT: [Instagram @ lamaisonmila](https://www.instagram.com/lamaisonmila)

[lamaisonmila](http://lamaisonmila.com)



GREEN LEAF HAND BLOCKED QUILTED BEDSPREADS

Cocobee Home Linens

The gorgeous pink and orange peony, quilted bedspread is a queen sized one, which will also lend an energetic charm to your living spaces. These bedspreads come with two matching pillow cases.

PRICE: ₹4950

AVAILABLE AT: www.cocobee.in



MAYUR DWAR MUGS

Namrata Kedia Design

Inspired by the Mayur Gate Jaipur, these 24 Carat Hand - screen pure gold Mayur Dwar mugs are exclusively curated, designed, hand transferred and fired at their studio.

PRICE: ₹1850

AVAILABLE AT: www.namratakediadesign.com

namratakediadesign.com



The creative block

An opportunist, entrepreneur and women-empowerment advocate, **AARTI DESHPANDE SABNIS**, proprietor and creative head of Aartyz 'block-prints' her success story to **Kanika Rekhi**

Aarti Deshpande Sabnis always chose to pave her way and passion by adapting her career as per the opportunities she received. Married to a Naval Officer, she got to stay in different states, explore and follow diversified Indian culture and art closely. She got an opportunity to serve at a Naval block-printing unit at Vizag. Always inclined towards the creativity and a gifted artist herself, she found her calling after associating with the block-printing unit. Her own attention to detail and love for art made her quit the prospering career in the finance field and start something of her own.

"Having done M.Com, MBA and LLB, I was working in a MNC with a handsome pay package, but the idea of starting an 'all women organization' stuck with me! Working for employment generation and financial freedom for women is what

gave birth to Aartyz," she informs. With her creative driving force and vision of 'Make in India', Deshpande Sabnis started her company as a gruhaudyog. Starting from one room and just one work table Aartyz has now grown leaps and bounds with time. She even provides free training to under privileged women to make them self-reliant.

With her love for handlooms and Indian culture, Deshpande Sabnis started her work with customizing hand-blockprinting on saris, dupattas and bed sheets and moved to other fashion categories and designer wear, catering to a vast portfolio and product line! "My endeavour has been to not just provide artisan products but to also promote indigenous crafts like hand-block-printing apart from generating sustainable employment opportunities," she notes.

Aartyz's current goal is to create a niche in the market with a tag of honest

product. From a range of apparels to lifestyle products, merchandise is not just diversified; it is also forever evolving and getting better with the latest innovation and techniques. "Drawing inspirations from every corner of India, every creation is a piece of art. Deep rooted respect for the culture and tradition is reflected in my collection," says the entrepreneur.

One of the many things which Deshpande Sabnis takes pride in is the quality of hand crafts. With MSME registration and an ISO certification, the manufacturing process is closely monitored with an in house quality control team; "In the era of mass production, we put special emphasis on bespoke, customized creation which builds up a great rapport with the client. Surpassing various changes and quality standards, we managed to break all stereotypes associated with ethnic wear and have now made way to European markets as well." Aartyz has adapted to the rapid digitalisation wave and has made presence across various online portals like Amazon and Flipkart too.

Being an environmental conservationist and wanting to take the eco-friendly route, Aartyz is now in the process of printing with vegetable dyes and natural colours. The brand ensures the maximum usage of natural resources available with extensive measures in place to reduce a carbon print. Deshpande Sabnis ensures that her enterprise works with the same ethos and trust as the environment in which its dream was nurtured. Her keen business acumen and commitment towards her goal has fulfilled her passion, whilst being a contributor in many philanthropic activities of the society.

She is an inspiration to countless other women who are scared to step out of their comfort zone into the limelight. "Be confident and truly believe in yourself. If you think you can, you will. Inspire and empower women around you. When women support each other, incredible things happen!" **E**

STYLE ON POINT

The jumpsuit is a timeless wardrobe piece that could be effortlessly stylish. By Yukti Sodha



We don't have to be Rosie the Riveter amid the chaos of World War 2, but we sure can follow in her worthy footsteps and emulate her attitude. She single-handedly inspired women in her time to live by her 'We Can Do It' motto, and continues to do just that as a fashion icon who has inspired a new age experimentation with jumpsuits.

The jumpsuits of today epitomise timelessness and effortless style. Along with boiler suits and dungarees, jumpsuits have an intense moment every few years.

We see designers reinvent this classic piece and elevate it in contemporary and very interesting ways.

In theory, a jumpsuit is a slim-fitting, one-piece garment that covers the arms and legs. This (almost) head-to-toe, all-in-one garment lets you go beyond a simple dress or jeans-and-shirt combination. And, of course, it has adapted down the years and decades to changing times. It was created as a utility garment in 1919 for parachuters, and the humble jumpsuit's voyage to acquire feisty design potential on the Balenciaga runway in 2002 is noteworthy. From the denim of the earliest jumpsuits to leather one-pieces and heavily-embellished designs, this former sportswear style is one of the most popular pieces in a fashionista's wardrobe. The jumpsuit has since been reimaged on the

runways for and inside the ateliers of luxury houses like Christian Dior, Balenciaga, Balmain, Missoni, Stella McCartney and many more. From formal wear and casual wear to red carpet and party ready, the jumpsuit story spans the entire spectrum.

The key to rocking a jumpsuit is to find the right fit. A slight misjudgement in fit, and the look can go from fab to drab in no time. While a dress could be a familiar option when choosing what to wear, consider the jumpsuit, too, as a sartorial choice. To upgrade the look to suit the occasion, accessorising is your best friend. Try a belt, some jewellery and a handbag when styling a jumpsuit. With sleeveless or less dramatic sleeves, a leather jacket could be added to finish the look off with some edge. Statement boots or a pair of high-end sneakers pair really well with jumpsuits for a casual day out. Swap them out for heels as the night turns youthful. **■**

The key to rocking a jumpsuit is to find the right fit. A slight misjudgement in fit, and the look can go from fab to drab.



BLOOMING BEAUTY

A floral artistry venture curating handcrafted flower accessories and arrangements

What: Bespoke fresh flower art, accessories, bouquets and more!

What's interesting: Run by mother-daughter duo, Lata and Ankita Masurkar, 'Floral Stories Nagpur' specializes in fresh flower jewellery, garlands, tiaras, hair accessories, floral arrangements and bouquets. Their bestsellers have been floral accessories for photo-shoots, maternity shoots and baby showers. For wedding functions like mehendi and haldi, fresh flower jewellery adds the perfect feminine touch and being bespoke makes it unique with customisations as per outfits, making the special occasions even more memorable. The charm, elegance, beauty and versatility of real flowers is unparalleled always. Being nature lovers and advocates of all things natural and eco-friendly, using only real flowers was an obvious choice.

Price: On request

Available at: Instagram @floralstoriesnagpur



PRINT POINT

An online marketplace for customisable apparel and other utility goodies

What: Customized clothing and merchandise

What's interesting: Funky Turtle is an online service that provides clothing like t-shirts, hoodies, crop tops, crop hoodies and merchandise like posters, mugs, stickers, pop sockets and pin badges that are all fully customisable. All of this merchandise is made from premium quality materials of Indian Origin. The company has made major strides when it comes to providing people with the power of artistic expression that they can wear.

Price: On request

Available at: Instagram @funkyturtleofficial

STYLE, TOP TO TOE!

A swish designer studio curating bespoke ensemble

What: A chic fashion studio for outfits and accessories.

What's interesting: Payal Gumber, the label seeks to enhance a woman's beauty in all her facets. Their speciality lies in bespoke outfits and custom-made shoes, belts, jewellery and bags to match a discerning fashionista's fancy. The label highlights contemporary and elegant collections that play with colours, drapes, embroidery and more! Their forte lies in designing fusion wear and avant garde outfits. They also customise bridal trousseau and groom wear as per budget of the client. Keeping in line with latest trends, they offer sustainable fashion cloth jewellery and clothing. The label's key focus is to give a complete fashion solution, whatever it may be!

Price: On request

Available at: Instagram @payalgumberofficial **F**



CHEERS TO GOOD TIMES

**Check out this new
hangout joint...
the Circuit House.**

The Circuit House, with the name itself, gives a nostalgic vibe of the times when the VIP government officials would come together to relax. Bringing the same vibe to people of today, the Circuit House, an exciting concept by Trescommas Hospitality, recently opened its doors to the public. Circuit House caters to those people who want to enjoy their hearty meals and drinks in an open-air ambience giving out a family-friendly vibe. The restaurant also hosts live performances and innovative events to give their patrons a wholesome experience. With appealing-for-all-ages food and beverages on offer, this place is set to wow all!



EMBRACING SUSTAINABILITY

**House of Tales is all about the
handmade!**

House of Tales by Manila Subhash is encouraging the artisans in the hand-crafted and hand-made industry to come up with novel designs that are statement pieces – be it in décor, jewellery or fashion and even beyond. They recently held a exhibition at the studio in Baner to showcase an eclectic variety of handmade home decor articles, artisanal products, wall arts, eclectic furniture, terrariums, planters, handmade pottery, handloom saris, silver jewellery and other personal accessories. They aim to source sustainable handmade products locally with a minimum carbon footprint. Alongside the in-house label, there were other products on display (and sale) like designer labels of home decor and personal accessories.

AMPING UP HYGIENE

**A new way to help with your
periods. Period.**

On Women's Day this year, a social innovation start-up Care Form Labs Private Limited launched its redesigned version of their menstrual cups. They had been the first Indian brand to design this product. The new version - Onpery™ Menstrual Cup – is easy to insert and remove, spill-resistant, ergonomic for people with a low cervix, has assured no-leak measures, and is intuitive. The virtual launch saw the co-founders of Care Form Labs, Dr Nachiket Kiran Thakur and Pramod Priya Ranjan along with dignitaries from AIM (Atal Innovation Mission), NITI Aayog, New Delhi and fraternity of 'MIT ADT University, Pune' in virtual attendance at the e-event organized by AIC-MIT Incubator Center, Pune. They also launched their sustainable menstrual hygiene brand called Onpery™ on the same day.



- Compiled by Sanjukta Mandal

VIKRAM

TEA

REFRESHING INDIA
SINCE 1975

तुमचा चहा गोल्ड स्टँडर्ड आहे का?

एक असे अद्वितीय मिश्रण जे अप्पर आसामच्या निवडलेल्या बागांतील पाच प्रकारच्या हार्ड-ग्रोन आणि सेकंड फ्लश चहाच्या पानांनी बनवलेले आहे. ज्यामध्ये सर्वात गोड चव, सुंदर रंग, परिपूर्ण कडकपणा आणि घट्टपणासाठी छोट्या व मोठ्या विशेष पानांचे मिश्रण आहे आणि मनमोहक सुगंधासाठी लांब ऑर्थोडॉक्स पाने वापरली आहेत. तुमच्या चहामध्ये हे सर्व गुण आहेत का? जर नाही, तर ट्राय करा विक्रम गोल्ड चहा

आणि अनुभव करा त्याच्या सुवर्ण खरेपणाचा.



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A True- blue entrepreneur, a humanitarian , a music aficionado, and a style icon Prayag Khose does it all. Recently Prayag Khose was spotted at 66th Vimal Elaichi Filmfare Awards 2021 ,



Prayag Khose with Nora Fatehi



Prayag with Sanjana Sanghi



With Alaya F



With Taapsee Pannu



Dr Bu Abdullah

DR BU ABDULLAH

CHAIRMAN, BU ABDULLAH GROUP

Dr. Bu Abdullah is an Emirati businessman of par excellence, having his expertise in law and business, and he currently owns more than 270 companies in Asia and other parts of the world with his company Bu Abdullah Group of Companies which includes Real Estate, Legal firm and business consultancy.

His work has been applauded for his commitment and thorough professionalism. In 2005, he embarked with his own company called Bu Abdullah Group of Companies roping in top lawyers and business professionals. He pursued

his degree in law to get an edge over the subject so that he can offer the best services to his clients. His professional advice worked for many and so far he has dealt with more than 200 companies all across the Middle East and Asia catering business and law solutions to big corporations to small-size companies as well.

His humble nature and competence have helped him connect with top people from different walks of life including influential people from political circles from the Middle East and Asia. He has good terms with the Royal Family of UAE



and with the top politicians of India and Pakistan. Dr. Bu Abdullah currently is a Guinness World Holder and He won big rounds of applause for being the 1st Emirati to visit the Lok Sabha in India for the Atal Bajpayee Awards 2019. Dr. His works speak a lot and have even helped him bag several awards including getting the Young Emirati Entrepreneur by Sheikh Mubarak Al Nahayan, Minister of Tolerance in Dubai - UAE, Dynamic Emarati Entrepreneur by Ramdas Bandu Minister of State for Social Justice, Empowerment in the Narendra Modi Government and the Most Iconic Emarati Business Personality of the Year 2019. Dr. Bu Abdullah plays a crucial role in nurturing the concerns of Non - Residents and ensuring the communal unity among the NRI's in the Gulf region and With his good connections in Bollywood, we never know he would embark with one project in the Tinsel Town soon.



artist's impression

At 150 mts.
You are above it all



At 100 mts.
The tall claims of
other projects fall short



At 70 mts.
The amenities of other
properties don't match up

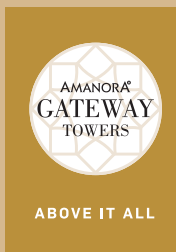


At 50 mts.
your eyes drink in
the beautiful landscape

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