



FIGHT COVID WITH AYURVEDA

VAIDYA ASHUTOSH NANAL AND VAIDYA AESHA NANAL OF NANAL AYURCARE FAMILIARISES US WITH THE PROMISING EFFECTS OF AYURVEDIC MEDICATION IN THE CURRENT PANDEMIC.

aidya Ashutosh Nanal is the fourth generation of the Nanal dynasty and received training in Ayurvedic medicine from his father. He did his BAMS from Bharati Vidyapeeth followed by a post-graduate course in Panchakarma with gold medal from Pune University as well as he is MD in Medicine too. He did his master's degree with a specialization in diabetes and its complications. He has been actively practising for 20 years now, along with his wife, Vaidya Aesha Nanal MD in Medicine and currently looking after Nanal Ayurcare.

FIGHTING AGAINST COVID-19

He explains that a COVID patient's mechanism has been hampered and the body cannot fight the infection. "Ayurveda helps in developing the internal immunity of each and every system so it can fight against the disease-causing agents". Ayurveda works in a holistic manner, it focuses on fortifying the internal environment of the body where the disease causing agents are curbed from nurturing and developing within the system.

"Ayurveda mentions that all the diseases are an outcome of visitation of the three doshas which are Vata, Khapa and Pitta. Basic entities of our system and their balance give perfect health. So when Ayurveda came into existence, there were no concerns such as COVID or other viruses' bacteria or diseases, but still today, we can see that for most of the upcoming infections and clinical conditions, Ayurveda serves as a great tool for better disease management," he advocates.

HOME REMEDIES

- Make a ginger paste and add rocksalt, sugar and few drops of lemon and make it like a chutney and consume it before meal or with meal
- Medicated lukewarm water (fortify using cloves, jeera or dhania)
- Having the Turmeric Milk before sleeping works wonder
- Take 10ml of castor oil and drink it before bedtime once or twice a week
- Onion grated into a paste should be put around the naval for 30 minutes around twice or thrice a day if you have

the system. < - 0 IMMUNITY Reducing of the production of DEVELOPMENT Ama/Toxins & a better digestion CYCLE Tablet Appiwell Enhancement of Digestion Process A digestive output with medicinal properties reaches the micro structures of our system and starts neutralizing the pre existing toxins in our system.

This facilitates their easy elimination through excretory system. This cyclic pattern develops system that has a great Internal stability Better, Quicker & Alert response mechanism. and enhanced IMMUNITY their 4. 7. and enhanced IMMUNITY their by building a great & working DISEASE PREVENTION MECHANISM Tablet Amrutone & Tablet Siddha Jala reaches the micro structures and renders them in a thinner form and pushes it to blood circulation which later gets excreted Ashwabalay have rich abilities of reducing oxidative stress & triggering regeneration at tissue as urine output and reduces the excess load on system 6. 5. This process in a repetitive manner yields an Tablet Carrobetane Lax eliminates the heavier molecules through the stools and reduces apparently more cleansed system which is devoid of any internal impurities slowly it the excess load on system. becomes more productive responsive & adaptive

a fever. It might result in diarrhoea but that just means all the toxins which were going to further build the temperature or other symptoms will get eliminated.

These simple home remedies works wonders in removing light toxins from the digestive system from the urinary route or sweat ducts.

HERE ARE A FEW WAYS TO GET YOURSELF HEALTHY, INSIDE OUT. IMMUNOVEDA

Immunoveda is a benchmark program initiated by Nanal Ayurcare for enhancing the individual immunity levels and one capacity to resist the process of disease development. It works by detoxifying and cleansing your system thereby making it more able and strong! It works in a comprehensive manner, dealing with various aspects of life and the only science that recognises disease prevention.

Another way to build immunity is by having hot milk or water mixed with turmeric, this also helps in better circulation of the blood. One can even consume castor oil.

NASYA

Nasya is nasal application oil that forms an unctuous coating on the inner surface of the nostril. When we breathe in air, this oil prevents microdust or virus particles from getting into the system. This should be applied 4-6 times a day for the best results.

SIDDHA JALA

It is a carefully balanced blend of herbs from our everyday kitchen. Using coriander, cloves and couple of other have a wonderful cleansing action and they maintain the inner balance by eliminating the toxins through the route of micturition. Simply sip a cup of hot water with a tea bog in it after each meal. This will help your system to completely digest the ingested food without a great effort.

ARIAL SANITIZATION

Dhoopana is a traditional method of sanitization of air. It controls reproduction and presence of various airborne agents that are actually responsible for air borne infections. This smoke is created by burning herbs which reaches to all he corners of the house or area and are beneficial for our respiratory system and have a general fortifying action on this system. Some herbs like Vacha, Tulsi, Neem, Asafoetida, Nirgundi which are very helpful in removing the air impurities.

- f ayurveda_essence
- Ayurveda Essence LLP



FOREWO

Do you remember when you last stepped out of your home for a meal with a friend? To catch up with your family or to treat yourself to an hour of self-care? The idea of even sweating at a gym has a sepia-tinted sheen to it because it seems so far away. But, if you are leaving your house currently, we hope you're taking full precautions with social distancing, as well as putting on a double-mask. The pandemic has changed so many aspects of our life, down to the very basics. But we're looking at the way forward, where we'd like you — our readers — to remain fit and nourished, through this period and till things change.

WE'RE LOOKING AT THE WAY FORWARD, WHERE WE'D LIKE YOU — OUR READERS

Because they will. We live in hope. To echo this sentiment, the Big Story is all about taking care of yourself - inside and out - at home.

The fashion industry too has — TO REMAIN FIT adapted to the new normal and has AND NOURISHED, come up with ways to overcome the THROUGH THIS hurdles posed by the pandemic and PERIOD AND TILL lockdown. In our Fashion pages, THINGS CHANGE. we got a few designers to talk about

how they've re-wired the way they operate. In our Food pages, we have some healthy, yet delicious drinks that will help you cool down for the summer. That they also help you boost your immunity is an added and now, imperative,

Here's to finding our collective way forward to a healthy, safe tomorrow. Be well, stay safe.

AMBIKA MUTTOO





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

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



Smile pretty

CHIEF ENDODONTIST **DR SURBHI BHATIA L** OF LIFEBERRIES HEALTH DENTAL AND DIAGNOSTICS IN PUNE GIVES AN INSIGHT INTO **SMILE DESIGNING** AND **COSMETIC DENTAL** SURGERY

r Surbhi Bhatia L has over 15 years of experience as an endodontist. She chose cosmetic dentistry and smile designing because she was always passionate about being creative. Giving the patients a "beautiful, perfect and everlasting smile" brings her immense pleasure.

SMILE DESIGNING

Dr Surbhi Bhatia L

Dr Surbhi Bhatia L explains that smile designing is a dental procedure that artistically creates beautiful, straighter, whiter and natural-looking smile. She truly believes that there is no better way to make a person happy than to boost his/her confidence. Smile designing will "fully restore your dental health and appearance regardless of the original state of your existing teeth."

It is an intricate procedure that depends on various factors and may take about five days to three months. It starts with some oral screening tests then









SERVICES AT Lifeberries Health

DENTAL

Smile Designing and Cosmetic Dentistry, Bridal Smile Makeovers All routine and Advanced Dental Treatments Laser Dentistry

DIAGNOSTICS

Complete range of Diagnostic Tests including Pathology Lab, X rays, Sonography and Color Doppler

HEALTH PACKAGES:

Multiple Health Packages to suit one's requirement



examining the results and finally making the right customised treatment plan for the patient. The result of the procedure is an enhanced celebrity like smile.

RIGHT CANDIDATE

Any individual who wants to look younger, feel confident about his/her appearance and smile, attract another person, or invest in his/her dental health is the right candidate for smile designing. "A beautifully done smile design can transform the overall appearance and personality of a person," she advocates.

COSMETIC DENTISTRY

Cosmetic dentistry is a speciality field of dentistry aimed at creating a positive, long-lasting change to your teeth to enhance your existing smile. It's spectrum involves several procedures like zoom teeth-whitening, tooth-coloured restorations and fillings, porcelain veneers, orthodontics, dental implants, gum surgeries, lasers and many more.

Cosmetic dentistry improves oral health-it restores missing teeth that results in proper alignment of the other teeth as well as the upper and lower jaw. "Although the benefits of cosmetic dentistry are enormously higher, some of the cons are teeth sensitivity and you may have to avoid eating certain foods."

BRIDAL SMILE DESIGN

Wedding being one of the most important days of a person's life, Lifeberries Health Dental Clinic helps enhance the brides or grooms-to-be appearance that makes the day even more special. They offer various services such as oral hygiene therapy, advanced Philips zoom teeth whitening, porcelain veneers/laminates, composite restorations, enamel contouring, gum depigmentation and gum re-contouring.

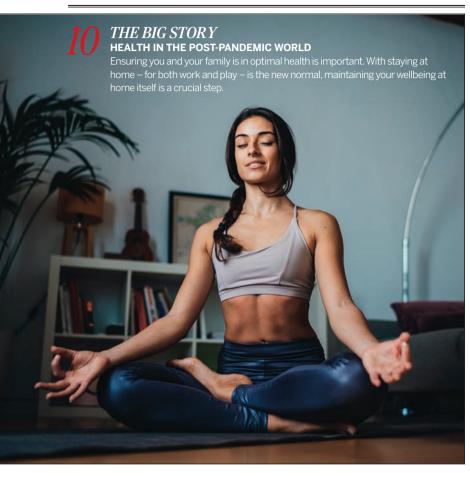
EFFECT OF THE PANDEMIC

"Lifeberries Health continues to be leaders in safe dentistry in Pune." They follow all safety protocols and maintain social distancing at all times. There is regular screening, sanitising, fumigation, use of disinfectants and good ventilation. In addition, all the staff members wear personal protective equipment (PPE) and have gotten vaccinated too!

Dr Surbhi Bhatia L has proved to be at the top of the heap with her innumerable accomplishments. Some of them are a gold medalist in conservative dentistry and endodontics, Health Icon Of The Year 2019 by The Times of India and VNWC Gold Award in 2019.

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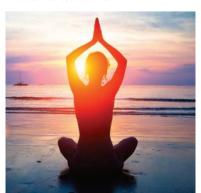
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HEALWITH HOMEOPATH

DR SMITA PATIL OF PEACHTREE CLINIC SHARES HOW THE FIELD OF MEDICINE HAS HOLISTIC HEALTH BENEFITS

r Smita Patil. founder of Peachtree Clinic, is a homoeopathic physician, cosmetologist and nutrition consultant. With over 13 years of experience, she has acquired immense knowledge by completing her Bachelors of Homeopathic Medicine and Surgery. Postgraduate Diploma in Diet and Nutrition and Postgraduate Diploma of Clinical Cosmetology. "Homeopathy is a safe, comprehensive, and natural healing system that works with your body's immune system to relieve symptoms, restore itself, and improve your overall health," she says.

What is Homeopathy

Homeopathy treatment is

based on a holistic approach. In homoeopathy, the cure or treatment program is tailored to the patient's specific needs, with the aim of eliminating the underlying cause. Homeopathic medicines are

fast acting, restoring optimal health. & effective in both acute and chronic conditions without any adverse effect

Homeopathic drugs are made up of very small quantities of known medicinal substances obtained primarily from plants, minerals, and animals. They are administered in very small doses to ensure that they are non-toxic and extremely safe.

Homeopathic drugs, unlike antibiotics and other medicines, do not interfere with digestion, do not cause allergic reactions.

Homeopathy is ideal for women of all ages, including those who are pregnant or nursing. They are administered in very small doses to ensure that they are non-toxic and extremely safe," Dr Patil adds.

Homoeopathy for Skin

Homoeopathy works miraculously for skin disorders/diseases such as eczema, allergic dermatitis, vitiligo, psoriasis, warts, acne, and pigmentation. Compared to conventional medication. homoeopathy appears to be more safe and promising. It treats the root cause of the skin issue rather than suppressing it with local ointments. "The treatment of chronic for skin diseases with homeopathy appears to be safer and more effective to the patient when compared with conventional medication." the doctor informs, "It treats the root cause of the skin issue rather than suppressing it with local ointments."

Homoeopathy for Hair

Hair fall could be a symptom of some underlying hormonal imbalance, nutrition disease. chronic condition or stress. It can be effortlessly treated by homoeopathy. Although baldness cannot be completely reversed, homoeopathy ensures the best results and even helps grow back hair after thinning.

Many people are suffering from hair loss post Covid-19 infection; temporary hair loss is normal after fever or illness. Even if you do not develop a fever, you may still see some hair shedding. Emotional stress can also cause sudden, excessive hair loss. This is also called Telogen effluvium. It happens when more than the usual number of hairs enter into the shedding phase. Telogen effluvium may last 6 months. she explains.

Nutritional deficiency is one of the most common causes for hair loss. Dr Patil recommends everyone to consume whole grains, eggs, green vegetables, legumes, dairy products, nuts and seeds which are high in Vitamins B-7, B-12, D, iron and zinc for healthy hair growth.

The Way Forward

Homeopathy has survived the last 200 years and is one the largest and most promising medicinal systems. Today, the spectrum of diseases it can cure has become much wider than previously thought of. It is particularly beneficial in the long-term care of patients with chronic diseases. Many people nowadays opt for homeopathy because homeopathy is not limited to certain diseases but beneficial in most kinds of diseases.

Dr Patil says, "From being an alternative system of medicine, homeopathy has become a complementary system and a primary healthcare choice to treat both acute and chronic medical conditions."

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WE HEAR YOU!

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

I've been a voracious reader of Femina. Each edition brings new hope of inspiration, motivation and happiness to my life. In trying times as this reading keeps me bright and joyous. I devoured the April edition. Mithali Raj is one of my favourites and to read her interview was such a delight. Absolutely love how every edition is crafted. Can't wait to read more!

Lubna GulamNabi, Shivajinagar

Femina will always be my go to magazine for recipes because it gives a step-by-step method of preparation, cooking time and the number of people it serves. The April Edition had some delectable recipes- grilled tofu with peri-peri sauce, and cottage cheese spinach roulade. I tried them, they were so flavoursome and tasty! Every month I wait for a new edition of Femina to prepare such delicious dishes.

Saachi Lunkad, Sopan Baug

I'm a sucker for cleanliness and maintaining a hygienic environment at my home is my biggest priority right now! I can't thank you enough for the safe and secure article. It is one thing to keep everything sanitised but another to make it also look pretty. Never knew how much I needed those décor items in my life but now I do and I've successfully refurnished a lot of things. So, thank you *Femina*!

Nohrin Kazi, Aurangabad

I've been reading Femina since decades and even have a number of magazines in my home library. The articles are super refreshing and educating too. Lately, I really enjoyed the article on minimalist fashion. Earlier, whenever i had tried the fashion trend, it somehow



always fell flat. However, with the tips and hacks, I was able to nail it. Thank you for the great fashion tips always, *Femina*.

Neha Salunke, Aundh

Since I was a child, I have always seen my mom read the *Femina* magazine. Now that I have grown up I too read the magazine in my leisure time in which I get a lot of information about inspirational stories, new trends, beauty hacks, recipes, fitness and interior tips. So thank you *Femina*, waiting to read many more interesting and motivating articles.

Ishani Kumar, Wanowrie

Whenever I've needed assistance, whether it's about practicing new fitness regimes or keeping up with the latest trends, I've always found the answer in Femina. The article by Avantii Deshpaande in the April Edition provided me with great insights into building my individual as well as my family's health and nutrition during the pandemic. On the other hand, the article about de-stressing

and communicating has helped create a better bond with my partner. Thank you for compiling a magazine that never fails to disappoint me.

Supriya Shinde, Nagpur

I always like to experiment with different masks. I find the plain one's too boring so your article on mask style proved to be a fantastic read. I even tried my hands at the DIY chain mask bit and loved the results. Trust Feminato always keep things trendy, chic and a whole lot of interesting!

R Sahni, Hadapsar

I'm in constant awe of the content *Femina* brings in with each edition. The articles have always served as a source of inspiration to me. In the April Edition, the article about IPS Vinita S and her struggle to establish her career in a male-dominated world deeply motivated me. Reading about such experiences and ventures undertaken by women has always been an absolute delight. Looking forward to the next edition as well!

Mandira Chaddha, Camp

IMMUNITY FOR COMMUNITY

LEENA KHANDEKAR, FOUNDER OF LEE'S BEAUTY CENTRE & SPA AS ALSO LEEAS NUTRACOSMETICS, SHARES HER UNIQUE CREATION GMINE C+, A GAME CHANGER IN THE IMMUNITY BOOSTING INDUSTRY.



he current pandemic has put
everyone in turmoil. On observing
this virus, it had the highest
effect on people with lower immunity
and shook society as well as the health
care systems around the world. Its
implications, such as acute lung injury or
other organ complications, can be fatal,
making it necessary to take precautions
by consuming immunity-boosting
supplements rich in micronutrients.

AMP UP IMMUNITY

Against this backdrop, LeeAs NutraCosmetics' Gmine C+, a product launched in 2020, makes optimal use of nutritional supplements and cosmetic science to supplement one's immunity and beauty. The company conducted extensive research on this product for the past two to three years, making LeeAs NutraCosmetics a pioneer in the immunity building industry in India, Gmine C+, through its refined composition, is helpful not only for healthy consumers but can also be taken by diabetic patients or children above the age of eight. Its core micronutrients include L-glutamine, vitamin C, vitamin D, and zinc. Gmine C+ is unique in its formation since these

key nutrients, alongside boosting one's immunity, also enhance their beauty. This 100% vegetarian product enables a healthy lifestyle while improving the skin's glow and hair quality. The brand has also released two other products, Dermi-Radiance and Gold mine CP +, that work on enhancing/brightening one's skin and reversing aging, respectively.

POWER OF NUTRIENTS

While the function of the L-glutamine is to keep the intestinal system healthy, glutamine acts as an energy substrate needed for macrophages, neutrophils, and leukocytes. The latter also assists in the pathogen identification process by the proliferation of immune cells and repair for tissues. Vitamin C, an essential immunity booster for supporting bones, connective tissues, muscles, and blood vessels, absorbs iron needed for red blood cell production and regulates better metabolism. On the other hand, as an ingredient, Zinc aids in the production of haemoglobin, stabilises molecular structure and synthesis, and avoids the risk of depression, diarrhea, or anorexia. Subsequently, through an analysis, Vitamin D is added to the mix to reduce the risk of respiratory diseases and build





support various cellular functions for both the innate and adaptive immune systems.

ACCEPTED AND APPROVED

Gmine C+ is BSCG approved and holds the acceptance of the Maharashtra government to supply to hospitals as well. It is consumed by mixing one or two sachets per day in a glass of water before breakfast or lunch or by waiting at least thirty minutes after each meal. Both recognized institutions such as the Indian army hospitals and other customers who have used this product during the pandemic have given it positive feedback. As a natural product, it has no side effects and can be put to use by children. It is readily available on Amazon to maximise the supply to people in need.

SAFETY FIRST

As for her beauty services and training during the pandemic, Khandekar, due to restrictions, conducted online teaching and workshops, even internationally. While running her salon pre-pandemic, she followed safety protocols like sterilising and sanitising her services premises and checking the oxygen level of her employees and the temperature of clients. She endeavours to take the same precautions when she can resume her business offline. Lee's is now starting to take bridal makeup appointments for post-lockdown. Call them now to book your

LEE'S BEAUTY CENTRE AND SPA +91 9822333382 / 9921157373

dates if you're getting married soon!



IN POST-PANDEMIC WORLD

Ensuring you and your family is in optimal health is important. With staying at home – for both work and play – is the new normal, maintaining your wellbeing at home itself is a crucial step. **Team Femina** looks at how you can do just that!





HOW TO ENSURE YOU EAT RIGHT

here is no single food that will prevent you from catching COVID-19 or any other disease, so it is paramount that you consume various foods for a balanced and healthy diet even in a post-pandemic world. It is now all the more important to stay in the pink of health. One must consume wholesome and nourishing home-cooked meals that will furnish one with energy, proteins, vitamins and minerals. It is pivotal to fuel the system with the right





amount of nutrients which can be found in whole grains, cereals, legumes, vegetables, fruits, nuts and animal source products.

Fluids

Keeping yourself hydrated is of utmost importance: 2 litres of water should be sipped daily. Other fluids such as ORS solution, coconut water, lemon water, fresh fruit juice, herbal tea, soup, or buttermilk must also be added to the diet.

Fruits and vegetables

The World Health Organisation (WHO) recommends that every individual should consume 500 grams of colourful fruits and vegetables daily because they help to build a robust immune system. Oranges, kiwis, strawberries, papayas, apples, broccoli, spinach, ginger, bell peppers and mushrooms are fibrous foods rich in vitamins and minerals and serve as antioxidants.

Proteins and carbohydrates

Other important inputs in the diets should be foods generous in carbohydrates and proteins. Having chapatis, rice, suji, dals and oats is necessary. Other than that, one must eat nuts, pumpkin seeds, flaxseeds, milk and milk products, soy chunks, tofu, eggs and meat regularly to stay nutritious.

Home remedies

With progressing time, we mustn't forget the age-old remedies which profoundly increase immunity. We should also focus on Ayurvedic concoctions like turmeric water/milk, kadhas and foods rich in vitamin C like amla and citrus fruits.

Meal frequency

One must get into the habit of having frequent mini-meals, which will ensure numerous health benefits such as: satisfying the appetite, maintaining blood sugar, increasing metabolism and providing nourishment throughout the day.

Even though times will change, the lesson the pandemic taught will be deeply rooted in everyone's minds forever and in the end, eating a balanced diet promises a healthy lifestyle that will help fight any virus or disease! >

- Rishma Shah

HOW TO ENSURE YOU FOLLOW A SUSTAINABLE FITNESS REGIME





uring the life-changing pandemic, everyone has faced many trials and tribulations. With restricted mobility and lockdowns, some people are dismayed by the lack of access to fitness facilities, while others have lost the inclination to exercise. However, you should focus on moving forward and adopt a healthier lifestyle by inculcating a regular fitness regime at home. Exercising and being fit isn't a matter of just looking better. Post-COVID, people are more health-conscious, and fitness has evolved to become a holistic process that regulates overall health. While you can be flexible in your approach and doesn't need to work out rigorously, you shouldn't compromise their overall fitness.

A healthy body cultivates a healthy mind. This overall growth can be achieved within the realms of our homes and doesn't require strenuous effort or additional equipment. You can attain this by following diverse approaches and tips. Before diving into any fitness regime, you need to be motivated to follow through. To do so, be positive, set your goals, and schedule your workouts under them.

You should start out slowly and increase the goals with time instead of burdening yourself with a sudden arduous routine. Although the lack of gyms and personal trainers poses a hindrance, the availability of high-tech options like virtual gyms, Zoom yoga sessions, fitness apps, and online videos on social media platforms certainly help. These digital resources provide widely



Be positive, set your goals, and schedule your workouts



ranging workout routines and handy exercises to the users in the comfort of their homes and assist in tracking your daily activity.

If you have a sedentary lifestyle, you can also transform their daily routine by doing basic exercises or moving around rather than merely sitting in one place. You can also use accessible equipment or other household items for resistance training in your weekly routine. To be more attentive towards your health regime, you can walk a scheduled number of steps per day or engage in spontaneous outdoor activities (within your building premise and following social distancing norms!). Subsequently, people should follow their routines regularly for their effectiveness. Taking adequate rest and a proper diet is necessary for their maintenance.

While the uncertainty of the pandemic lingers, one shouldn't overlook the importance of fitness as a mental and physical regulator. Consequently, they should strive to adapt to the virtual atmosphere of the industry and make the best use of the resources at home.

- Saher Khanna



7000+	500+	300+	75+	50+
Covid admissions	Covid beds	Oxygen beds	ICU beds	Ventilator beds
75000+	21000+	8500+	4000+	3500+
RT-PCR Tests	Vaccinations done	Flu OPD patients	Home isolations	Teleconsultations

APPEAL FOR DONATION UNDER CSR INITIATIVES

The COVID-19 crisis has left our city gasping for breath. It is in these dire times that our healthcare warriors have braved all odds and worked tirelessly to restore health to the community.

This is where we need your help. In order to meet increasing healthcare demands, we are looking to add: VENTILATORS, HFNC MACHINES, MONITORS, DEFIBRILLATORS & other life-saving equipment

Herein, your philanthropy will help us make all the difference in this time of need. You can either donate the amount to Ruby Hall Clinic or source the equipment directly from vendors. We would be happy to share a list of equipment that best matches your budgetary allocation for the most optimum use of your contribution.

All mandatory documents will be provided to include this as your CSR activity. Every single donation is subject to government subsidies and we urge all corporates to come forward and contribute wholeheartedly.





WHY MINDFULNESS AND MEDITATION IS IMPORTANT

ith the constant rise in cases and everchanging home and work environments, the direness of the global pandemic has magnified. There have been adverse consequences from facing financial instability and the risk of unemployment to the loss of structure in schools and universities. Having to deal with the unending loss of lives and the fear for their health, healthcare workers find themselves overwhelmed, whereas patients experience anxiety and depression. These multifaceted changes can be exceedingly pressurising and make people spiral. Against this backdrop, it's necessary to breathe, conceptualise one's feelings and incorporate mindful practices in one's routine to overcome despair and anxiety while reducing stress.

Practicing mindfulness and meditation is the most viable way to unwind, to feel connected with one's emotions and foster a sense of calmness and internal harmony. Though the practices have traditional and religious origins, they are adopted to seek consciousness and attain peace

after introspecting past actions and emotions. Mindfulness is a form of meditation that focuses on paying attention to one's thoughts in the present moment and accepting them without judgement or involving oneself. It is beneficial for those who lack access to a guide since it can be practiced alone and instils happiness. However, the availability of online tutorials and applications can also aid the learning process regarding the practice. It not only improves the overall well-being of people but also facilitates better mental and physical health.

Moreover, this meditation is practiced by syncing one's breathing with their bodily sensations, thoughts, and feelings. While sitting in a comfortable position, you can focus on an object to combine concentration with self-awareness. Subsequently, you shouldn't multitask and evaluate each sound, smell, and other sensations around you. Without judging the good or bad aspect of each thought, you should embrace it. If your mind seems to wander again, you should concentrate on breathing and again increase your awareness. Apart from meditation, mindfulness gets followed in other ways like squeezing one's muscles, listening to music, eating mindful meals as long as one pays attention to the task at hand.

In such uncertain times, it's essential to establish peace within one's being and remember that better times lie ahead. >

Practicing mindfulness and meditation is the most viable way to unwind



- Saher Khanna

WHY ROUTINE HEALTH **CHECK-UPS ARE ESSENTIAL**

n this century of the hustle and fast-paced life, health was seldom a priority, in fact, taken for granted. Thanks to the pandemic, people have become conscious and started eating nutritious and working out regularly. Although there are numerous medical tips on diet choices, exercise plans and leading a sanitary lifestyle, nothing compares to a regular health check-up to stay on top of one's health.

Doctors emphasise that the working-age group (30-60 years) should examine their health twice or thrice every year. This includes tests/screening for diabetes, cholesterol, blood pressure, heart diseases, breast examination. etc. Below are some advantages of getting regular health check-ups.

Prevent health issues

It is time to implement the well-known adage 'prevention is better than cure.' Check-ups can help find potential health issues before they become a serious threat. For instance, if you are at the borderline for diabetes, the doctor can advise you to control your sugar.

Increases lifespan

People also become more aware of their health and potential problems, hence take the precautions needed to protect their well-being. They also limit the risk of complications by closely monitoring existing conditions.

Identify diseases

With growing age, the risk of health problems increases, thus it is necessary for every adult to get their health screening done. In diseases such as cancer, an early diagnosis can make a difference between a complete cure and a lifelong battle. This will guarantee fighting disease in its inital stage, without any complications.



The working-age group (30-60 years) should examine their health twice or thrice every year







Financially favourable

Regular health checkups ensure that you save money in the long run. This is because it helps prevent ailments which cut down the cost of medication and surgeries.

We tend to overlook the hints that our body gives, presuming that they are petty and inconsequential. Preventive healthcare is the right way forward to ensure not going under the knife. By getting the correct health services, screenings and treatment you are taking important steps towards living a longer and healthier life. >

- Rishma Shah

SOME HEALTH CHECK-UPS YOU CAN GET DONE

ARE:

- * Diabetes
- * Cholesterol
- * Blood Tests * Blood Pressure
- * Breast Cancer (women)
- * Prostate Cancer (men)
- * Eye Checks
- * Ear Checks
- * Osteoporosis



WHAT YOU NEED IN YOUR HOME MEDICAL KIT

ith the unpredictability of the pandemic, you can never be too careful. COVID-19 has everyone worried, and the only step you can take to reduce this anxiety is being prepared for when misfortune strikes. If you or your family members test positive for the virus, there is a high probability that you would have to ride it out at home. With the acute shortage of beds at hospitals and resources in general, stocking up basic medical necessities is a viable and necessary alternative. Consequently, one should accommodate these must-haves in your home medical kit to ensure the safety of the rest of the family while also nursing the patients.

Pandemic priorities

Pulse oximeter and thermometer are highly prioritised necessities that one should have at home. This oximeter assists in smoothly checking the blood oxygen levels and heart rate of patients when early symptoms of the virus, breathlessness, and low oxygen levels, emerge. On the other hand, a thermometer aids in measuring fever, another significant symptom, and its variation. As an infrared thermometer measures temperature from a distance and avoids contamination by personal contact, it should be preferred. One should also keep rudimentary medicines such as saline nasal



Pulse
oximeter and
thermometer
are highly
prioritised
necessities that
one should have
at home





sprays, paracetamol, over-the-counter cough and cold syrups or tablets. Subsequently, for children at home, one should buy children's versions of the tablets. One should only take and store other medicines like immunity-building vitamins, and pain relievers. Keep disposable face masks, face shield, gloves, sanitiser gel and disinfectant spray and disinfectant wipes.

Regular kit

In a regular medical kit, you should have not just cough/cold, fever and pain medicine, but also a muscle relaxant spray or cream, antiseptic cream and liquid, cotton, crepe bandage, gauge bandage, and band-aids. Things like antibacterial gargle liquid, hot water bag, cramprelief medicines for periods, anti-diarrhoea medicine, and antacids also help. You also must keep medicines relevant to any individual illness and disease.

While there are numerous must-haves you should keep within your homes, it's necessary to not hoard in panic and only purchase the essential products.

- Saher Khanna



HEART TO HEART

Cardiologist **Dr Abhijit Joshi** gives insight into heart health

ometimes what you experience in life helps you decide your future. Watching his father suffer from heart problems inspired Dr Abhijit Joshi to become a cardiologist. After he completed his MBBS and MD in medicine, he further pursued super specialization in cardiology. He considers himself fortunate to get trained in France Rouen, Belgium, South Korea and Japan. Today, Dr Joshi is a consultant in clinical and interventional cardiology and has over 35 years of experience in his field. He is a principal investigator in many multinational, multi-centric clinical trials in cardiology and also a fellow of the European Society of Cardiology. Currently. Dr Joshi is practising at Joshi Polyclinic and Heart Care Centre, Pune.

RISK FACTORS FOR HEART DISEASES

During stress, the balance between the sympathetic system and parasympathetic system is lost, which leads to a sudden increase in heart rate, blood pressure, adrenaline and cortisol surge that may cause a heart attack. Being emotionally sensitive, women are more likely to experience it. Dr Joshi believes that the critical stages in a woman's life are

pregnancy and the peri-menopausal period.

To keep the heart healthy in these stages, one must control salt, reduce weight by moderate exercise and avoid oily food. "Diabetic women have twice the risk of Heart attack than non-diabetic," he says. Despite that, women with conditions such as high cholesterol, hypertension and PCOD (Polycystic ovarian disease) are in danger too.

DIET AND EXERCISE

He advises everyone to do a moderate cardio workout like brisk walking, cycling or swimming. This will help in reducing weight, controlling blood pressure, improving good cholesterol, and limiting bad cholesterol. "Regular exercise can reduce the risk of heart attack by 50%."

He also instructs women to follow a diet rich in fibres and proteins, moderate in carbs and low in fat, which will ensure reversing the blockage in heart arteries. One should avoid excess salt and processed food, instead opt for healthier alternatives such as fresh fruits and vegetables that has antioxidants and micronutrients.

To avert any health condition, women must exercise regularly (even during pregnancy), meditate or pursue a hobby, follow a healthy diet, avoid drinking and

smoking and most importantly get regular health check-ups.

IMPACT OF COVID-19

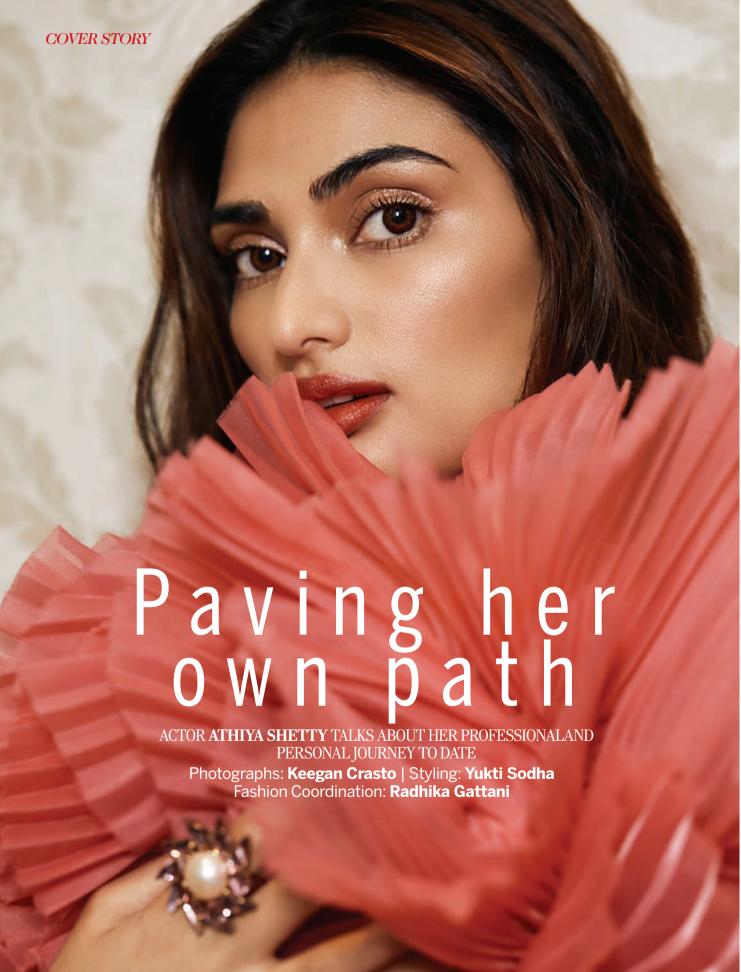
Anyone who has experienced a heart attack, undergone a bypass, been through valve replacement surgery or any heart condition is at great risk for complications of COVID-19. Dr Joshi explains that during COVID there is a high incidence of blood clotting that can lead to heart attack, heart dilatation or irregular heartbeats. He advises everyone to get vaccinated at the earliest to stay and let others stay in the pink of health.

Dr Joshi talks about the effect of the pandemic on his routine, "Because of COVID-19, we are giving digital consultation support to our patients. We encourage them to monitor their BP and blood sugar at home and consult us virtually. We are frequently sanitizing our clinic area to avoid spread. In hospitals, we have triaged COVID-19 and non-COVID-19 patients meticulously."

Lets take care of our hearts during this pandemic together.

DR ABHIJIT JOSHI

JOSHI POLY CLINIC 7 CHINAR HEIGHTS Above Canara bank Deep Bungalow chowk Model colony Pune Contact Number: 020 25670604 7798519955 +91 20-29515469 Email: dr.abhijeetjoshi@yahoo.com drabhijeetjoshi1000@gmail.com Website: www.heartspecialistindia.com



omfortable in her own skin and known to live life on her own terms, Bollywood actor Athiya Shetty is being hailed as a force to watch out for, and for good reason. Since her debut in 2015 with *Hero* opposite Sooraj Pancholi, her unconventional grace and limitless energy have been much applauded in the industry. The millennial star offers us insights into her love for film, her style evolution, the beginning of a new 'Athiya' during quarantine, and her journey as an actor.

You were a designer, chef, architect, and even a waitress in a New York café before you enrolled in the New York Film Academy (NYFA). How has the acting journey been so far?

New York has been one of the best experiences I have had. The film school was an amalgamation of everything from filmmaking and script writing to editing. It gave me immense confidence and a sense of freedom. I was only 17 when I left the country after my 12th grade, so going to acting school really paved the road for me to be independent and hone the ability to take my own decisions and grow to be the person I am today. I think experience is something that makes you a better actor, and the New York experience made me feel more confident about myself.

You've always professed a great love for wellness. What does your post-lockdown beauty and fitness regimen look like?

I found my new love—yoga—at the beginning of lockdown. I feel like it's just transformed me, not only physically but also mentally. I have realised that stillness and calmness are very hard to achieve, and I feel like I am finally on that path. The lockdown opened up an opportunity to use fewer products and to go natural. I found myself not only using home products and masks for rejuvenation, but also becoming more conscious about eating healthier.



"I found my new love — yoga — at the beginning of the beginning of the lockdown. It opened up an opportunity to use fewer products and to go natural."

You have always been known to be a nature lover. How has your love for animals intensified?

I feel my love for nature comes from my family, especially my father. During the lockdown, we spent a lot of time at our farmhouse in Khandala, and I found him growing his own vegetables and maintaining his own salad plantation. So everything was very organic. It helped me turn vegetarian; I was on the fence about it for a couple of years, I have been pescetarian in the past, but not fully vegetarian. Now, it just feels right. My love for pets has always been a big part of me; I have four Great Danes, a husky, and an adopted rescued turtle.

What has been the best piece of advice that your parents have given you?

My family has always believed in equalism. My brother Ahan and I have always been allowed to have our own opinions and encouraged to voice them. Another important defining factor in shaping the person that I am today has been their values of being respectful and growing into being a good human being.

Movies in the pipeline we should be excited about?

Yes, something on the OTT platform is my next. **□**

FASHION THROUGH CHANGING TIMES

Read on to understand the impact of COVID-19 on different fashion businesses. By **Ravina M Sachdev**

(all jewellery images) Jewellery by Avni Gujral

t's no secret that COVID-19 hit every industry in the world and forced us all to adapt to an entirely new way of living. It would be safe to say that the pandemic has sort of triggered artists to think out of the box and reinvent themselves and their brands completely. We spoke to three notable brands in the industry and here is what we gathered.

Shift from flashy to minimalist

You don't need to be a fashion critic to understand this. With the global pandemic, there's been a visible shift from high gloss to fuss-free clothing. "Since last year, women preferred easy to wear and affordable luxury brands over expensive and occasional clothing," observes Sarika Pawar, House of Soi. As work-from-home has become the new normal, women across the globe are opting for key pieces that are easy, comfortable and chic. Pawar even shared how she has been working on everyday relaxed clothing that could be worn - from WFH to Sunday balcony picnics to meeting your neighbour in the park.

"The entire industry is moving towards minimalist everyday clothing that you can chill in. The current trend revolves around everything comfort at the moment," explains Pawar. Moving forward, there would be a surge in demand for wardrobe pieces that can be repeated and reused in multiple ways and yet look stylish and unique. "Fashion routines have gotten simpler and people are now investing in pieces that they could flaunt multiple times. Think a long floral top that could double as a dress or a maxi kaftan dress that could be styled in multiple ways," concludes Pawar.

Rise of daily fashion jewellery

With the alarming rise in the number of COVID-19 cases and multiple lockdowns, physical stores have taken a big hit and new collections have been put on hold. "We had >

People
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HUNT FOR TRUTH

FROM DOCUMENT VERIFICATION AND RISK ANALYSIS TO SOLVING CYBERCRIMES AND EVEN SOLVED MANY MYSTERIES, **PREET BABEL**, MANAGING DIRECTOR OF **TRUTH FINDER** HAS DONE IT ALL.

Il of us play chor-police as kids, didn't we? While we loved playing the police, it didn't translate into a profession for most of us. For Preet Babel, the managing director of Truth Finder Services Private Ltd - a company that specialises in document verification, fraud investigations, skip tracings for banks and financial institutes - though, this was the path he chose and pursued with courage, passion and hard work.

"Mr. Uday Jagtap - the only one who believed in me at the time - and I started risk analysis business back in 2003. During those days nobody was detecting any documents Fraud. Our first partner was ICICI Bank, where we started our work regarding Investigating of forged documents and then slowly and steadily, we expanded ourselves to various IT

companies as well as Education Institutes," he recalls.

Having collaborated with many government officers, he has worked on several financial frauds, cybercrimes and even solved many mysteries! Besides that, he has received several threatening calls and faced many criminals but being strong-willed and maintaining healthy relationships with the police force, he was never harmed by anyone. By this service, he is contributing and giving back to society.

This dynamic man believes that due to the pandemic, the number of financial fraud and cybercrimes has escalated in public and private sectors because of "unemployment, lack of opportunities and people are looking for easy ways of making money." His business was affected too since banks reduced the verification process and cost-cutting.

Apart from Truth Finder, he has several businesses in hotels, gold, spices, properties, dairy products and many more. One of his recent ventures is Zinq the Club and Terrace lounge, the largest club in India. He says, "Zinq is my dream project. I always wanted to make a place where people from kids' age group to the elderly can enjoy themselves under one roof. Zinq also allows you to experience different music."

A true inspiration to everyone, Babel is the owner of many companies today. But everything hasn't always been smooth sailing. From being under huge debt in 2000, he stood back up with hard work, grit and determination. "I started my life from zero, fought against all the odds and that's why today I am into the risk analysis business. One needs to be strong-headed, people will come into your life, will accuse you of the things you haven't done, will threaten you but just listen to your gut and move on, overcoming problems is important," he adds.

An entrepreneur himself, he is very invested in helping new entrepreneurs who're starting up, getting them the aid, he didn't receive himself at the start of his career. He advises them to not be afraid of taking risks in life and give it your 100 per cent, fame and success will follow. He reminds us that we should never regret, even failures because efforts are what matter. He stands by the quote 'Work hard, money will follow.' Someday, he dreams of owning a bank and running it smoothly without any foul play in his venture. It's hard to beat a person who never gives up. His life sets an example for all to never give up dreaming and work determinedly towards achieving them.

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DON'T BE AFRAID OF TAKING RISKS IN LIFE AND GIVE IT YOUR 100 PER CENT, FAME AND SUCCESS WILL FOLLOW





"The pandemic has given us the opportunity to explore the online world and its potential."

Cinderella Shoes

developed a new line in February but due to the current scenario, we haven't designed anything new as we need our office space along with our artisans to craft our pieces with the attention to detail. The lockdown doesn't permit us to do so," shares Avni Gujral, founder and proprietar of Jewellery by Avni Gujral.

A lot of brands are also offering crazy discounts on their products during such times. "We have put out amazing sales on several products to survive this wave on our

business and to donate a part to COVID-19 relief foundations," confirms Gujral. She even shares how most of her lines have suffered and only daily jewellery wear is doing well. "Our clients are preferably buying more fashion oriented daily wear subtle pieces that they could wear at home," she adds. She validates that moving forward, the demand for affordable daily pieces would be high as opposed to luxury jewellery wear.

Putting your casual chic foot forward

One cannot deny how the current situation has forced most businesses to move online. "The pandemic has given us the opportunity to explore the online world and its potential," verifies Heena Yusuf, owner of Cinderella Shoes. She also shares that majority sales pre COVID times where mainly offline but during COVID-19, they developed their own website and realised the benefits of the online world. "It not only supported our business and workers but helped us in branding and got potential buyers to our store once we opened up," she adds.

Talking about footwear trends, there's a visible demand in casual footwear. "We are selling more wearable footwear but at the same time we did sell our Kolhapuris for a lot of brides. We do customise shoes for a lot of brides and we did get a lot of orders for the same," she shares.

Heart Talk

UNDERSTANDING MORE ABOUT CARDIOVASCULAR DISEASES (CVDS) IS IMPORTANT TO KEEP YOUR HEART HEALTHY. **DR RAJESH BADANI** GIVES MORE DETAILS ON SOME INSIGHT INTO CVDS, ESPECIALLY FOR WOMEN.

ardiovascular disease is a group of disorders affecting the heart and blood vessels which supply blood to lungs, brain, kidneys and other parts of the body. These days cardiovascular disease (CVD) is one of major causes of death and disability in the world, killing 17.9 million people a year (half of all non-communicable-disease related deaths); and over 23 million predicted deaths from CVDs by 2030 (31% global

deaths from CVDs).

With such staggering numbers, it is quite shocking how many people are still unaware of this. The World Health Organization (WHO) has a target to reduce premature deaths from non-communicable diseases (NCDs) 25% by 2025, of which CVDs make up the largest proportion.

WHY DO CVDS OCCUR?

The reasons behind the



occurrence of CVDs are:

- Tobacco use
- Unhealthy diet
- Physical inactivity and the harmful use of alcohol These result in giving people a raised blood pressure, elevated blood glucose and overweight and obesity, and risks detrimental

WHAT DO WOMEN FACE DIFFERENTLY, WHEN IT COMES TO CVDS?

to good heart health.

When we talk about women's health we always presume that women suffer from gynaecological problems or breast cancer, explained Dr Rajesh Badani, a leading cardiologist from Aditya Birla Memorial Hospital. Heart related issues towards women are always neglected. As a matter of fact, symptoms of heart ailments or discomfort are very vague in women in comparison to men.

For males, symptoms like chest pain discomfort levels are very specific. But for women, it's different so clinically diagnosing becomes a challenge. "Also, women don't pay attention to their health; they ignore pains or discomfort level till it's too much to bear they have habit of delaying things," Dr Badani believes. Also social aspectswise, women don't want to go for regular heart check-ups; they push their men in the family but they don't want themselves to be checked. Considering the social situation, a female generally doesn't go for angioplasty or transplants whereas they again push their men for all these if they suffer from any

heart ailments.

"Microvascular angina is mostly found in women. In this ailment very small arterial blood vessels are affected which causes reduced blood flow to the heart muscle leading to a type of chest pain. This is referred to as micro vascular angina," Dr Badani points out. Micro vascular angina is difficult to detect; even a stress test sometimes shows negative presence

HOW CAN ONE PREVENT THE CVDS?

- By eating a healthy diet.
- By not smoking or being near smokers.
- By exercising regularly.
- By continually monitoring and controlling your – blood pressure, blood sugar levels and blood cholesterol
- Carefully taking the medication prescribed by your doctor
- Keeping track of your progress
- Being fully aware of the signs of a heart attack.

WHAT PRECAUTIONS SHOULD WOMEN IN PARTICULAR TAKE TO AVOID CVDS?

Women should undergo regular check-ups. "The number of women going to regular full body check-up after the age of 30 is very less," Dr Badani notes. Also, women too suffer from diabetes, hypertension hormonal disorders, etc.

Tobacco chewing in rural areas and smoking in urban areas are also leading women towards this ailment, so one needs to cut off these bad habits.

Email: badani_rajesh@yahoo.co.in





FUNCTIONAL FASHION

Athleisure is redefining the rules of dressing, read more to understand what the trend is all about.

By Ravina M Sachdev

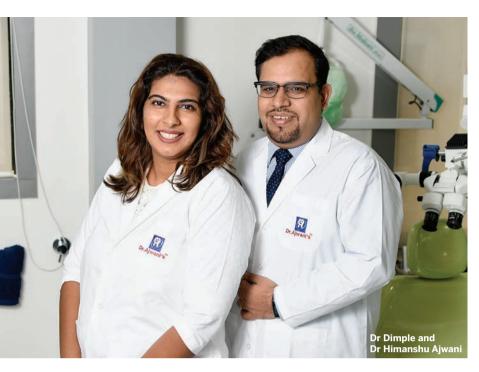
f only we had a dollar for every time we heard the term athleisure in the past year! Athleisure is one trend that has constantly been on the uprise since quite some time now. So what exactly is the trend all about? Athleisure is an amalgamation of the words athletic and leisure, coined together to refer to athletic clothes worn by people in non-athletic settings. Think skinny leggings with sports bra completed with a metallic bomber, chic sneaks and sunnies.

Comfortable clothing, body positivity, sporty aesthetics have paved the way to the success of the fashion revolution. "Athleisure was a popular airport OOTD look for almost every celeb and influencer. However, eventually with Covid-19, it became a household trend. Co-ords, comfy tracks and loungewear was what everyone was looking for," shares Swatee Singh, Founder and creative head at brand Swatee Singh.

Athleisure luxe

One look at the glossy Instagram pages of A-list designers like Masaba Gupta and you'd know that every designer worth his salt is doing a capsule collection, if not an entire line, of everyday high performance wear.

"With athleisure as the ultimate pick of a consumer in 2020, every designer brought something to the table. IBERIS is my take on the trend - the best selling pistachio >



BYTHE TEETH

DR DIMPLE AND DR HIMANSHU AJWANI OF **AJWANI'S DENTAL CENTER** SHARES THREE OPTIONS FOR REPLACING MISSING TEETH

missing tooth can certainly change the appearance of your smile and your self-confidence. Whether a missing tooth is the result of gum disease, injury, severe tooth decay, or a genetic condition, it can negatively impact the alignment of your teeth, speech, ability to chew your food, the integrity of your jawbone and oral health over time and cause a number of problems says Dr Himanshu Ajwani of Dr Ajwani's Dental Centers. Luckily, there are a number of excellent options available to replace your missing teeth and help restore your beautiful smile...

DENTAL IMPLANTS AND IMPLANT SUPPORTED BRIDGE

Dental implants are one of the most common, reliable and permanent solutions for single or multiple



missing teeth. If taken care of, dental implants can last you for a lifetime. The process begins with the replacement of your tooth's root with titanium screws, which will be used as an anchor for the artificial tooth placed on top. Once the screws have been put into place, you will need to allow the implant to heal for a few months, during which time, the implant becomes securely fused to your jawbone. Once the implants have healed completely,

a dental crown or bridge or implant supported denture will be placed on top and secured.

TOOTH-SUPPORTED BRIDGE

A tooth-supported bridge uses your existing teeth to support the placement of a bridge. A tooth-supported bridge provides the same realistic look and feel of that of a natural tooth with no surgery required and being more economical.



DENTURE

Dentures are a removable, non-fixed and cheapest option to replace missing single, multiple or all teeth. Dentures can be uncomfortable so they are the last option.



The team at Dr Ajwani's Dental Center has a passion of designing beautiful and comfortable smiles. Your experience will be nothing less than a pampered pleasant experience.

YOU CAN REACH THEM AT DR AJWANI'S DENTAL CENTER, A-5 Sukhwani Park, North Main Road, Koregaon park, Pune # (+91) 9890200963 / 7709152097 "Co-ord sets have proven to be a safe bet as apart from being extremely comfortable, they look ohso-chic."

green tie dye set from the collection is perfect for an evening stroll or a chic set to chill in. Another popular set, the comfy grey and white jacket-pant combo when paired with a pair of joggers works best for a grocery run or you could pair it with stilettos for that bbq night at home. The entire collection is warm, comforting and are suitable for every space you'd like to be in," elaborates Singh.

High on versatility

When you mix function with fashion, the outcome is a whole lot of versatility. "Athleisure wear can be worn anywhere and anytime", claims Namisha Sarna, Co-Founder of House of Eda, in other terms, you could sport your workout wear for a Sunday brunch!

Owing to its flexibility, athleisure active wear has become the

ultimate choice of women across the globe. You'd be surprised how a humble pair of leggings when styled correctly can make an interesting impression. "Clothing such as leggings, oversized hoodies, denim jackets, sneakers, and cotton caps are all part of the athleisure movement. When paired well, these items

can be worn to literally any place or occasion you choose," explains Sarna.

Hacks for nailing the trend

The beauty of the entire craze is that even if you're participating in the movement for the first time, you simply cannot go wrong with it! If you're aiming for the zero-effort athleisure look, then leggings should be your go to. Stock up on different solid colour leggings to begin with.

Pair it with your favourite tank top and finish the look with a denim jacket and white sneaks for a

Swatee Singh



casual day out. Feel free to add a necklace or earring to complete the look.

You could also pair a legging with an oversized sweatshirt with slides and be on your way to watch the next flick in town. Apart from leggings, co-ord sets are our next pick. "Co-ord sets have proven to be a safe bet as apart from being extremely comfortable, they look oh-so-chic. You could wear it to your gym to workout in and then style it up a bit and wear it everywhere from your friendly brunches to your family get-togethers," says Sarna.

With busy schedules and relaxed standards of work-from-home dressing, the active wear movement is definitely here to stay so it's time you put your money in it.

THE HEALTH CAMPAIGN

HERE'S DELVING INTO DR PRANITA **ASHOK'S** SOCIAL AWARENESS CAMPAIGN ON A HEALTHY DIFT!

ant to know who needs a diet plan or what it should consist of? You are in the right place. Dr Pranita is a renowned dietitian and is an avid researcher with almost 40+ research papers were to her name in national and international journals. Understanding the core of a healthy diet and implementing only what's suitable for you is something that she advocates for.

As we all know for the past year and a half, we have been battling the corona epidemic. No one could have imagined that the second wave would be so terrible. But, this reaffirmed the importance of health and timely care. We all understood the importance of having good immunity and mental health. A healthy diet is the core of it all and hence, Dr Pranita has organised a campaign that will help you focus on your diet. The campaign looks at answering the question: Who needs weight loss and why?

Lockdown experiments are underway around the world as the virus spreads. But at the same time, there are weight gain complaints from people sitting at

SHE ALSO **PROVIDES NUTRITION COURSES THAT GUIDE PEOPLE TOWARDS IMPROVING THEIR HEALTH AND MAINTAINING** THEIR WEIGHT.

home and not focusing on health. This weight needs to be controlled in time. The right diet is of paramount importance for all to return to normal, even after we pass the current pandemic phase. Dr Pranita believes that you can maintain your health in a very simple way, based on the right diet and means available at home without any added cost. This is the message that she is giving through this campaign. Good health is above everything.

Weight loss will be followed by fatigue and constant tiredness. Therefore, weight loss should be done with a balanced diet and proper exercise under the guidance of an expert with medical

Dr Pranita Ashok & Metabolism) knowledge.... Because this knowledge is tested by science. According to Dr Pranita, "A balanced diet is the real secret behind weight loss and there is no substitute for it without consulting experts. Everyone's eating preferences, habits, metabolic rate, previous illnesses, as well as daily routines are different. That is why everyone's balanced diet is different. The math of calories and nutritional value is incorporated into the daily routine. That is why weight loss occurs and the weight lost remains the same."

She also provides nutrition courses that guide people towards improving their health and maintaining their weight. These courses cover various topics including basic diet to controlling diabetes and they are available in English as well as Marathi. She is also an online consulting dietitian and is the author of the book "The Key to a Healthy Life of a Balanced Diet and Weight" This book is a must-read, for any affiliate.



DR PRANITA'S OBESITY **AND DIET CLINIC**

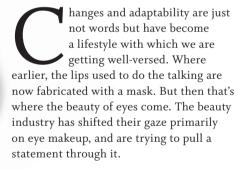
Shop Number 26, 27, 28 'C' Wing, 4th Floor, K K Market, Balaji Nagar, Dhankawadi, Pune 43

Send in your name via Whatsapp to 9545085085 for free diet tips daily!

DON'T BLEND IN THE TREND

Trends will always have new aspects but don't let yourself blend into that, **Seher Campwala** will talk about how to go beyond the trend and focus on the foundation first







The majority of the times, the toughest time is faced by the skin, by what you put inside and outside your body. Taking care of your skin isn't just a trend, it's a better stand of living. Because every makeup look is going to seem incomplete and will become utterly inadequate if your skin isn't fine. Healthy and glowing skin is essential and then applying makeup becomes the cherry on top.

HYDRATE - TLC - REPEAT

Water truly can solve a lot of problems and gives your skin a natural glow. With all the things going around in the world, feeling





relaxed and soothing is a must. Essential oils, especially eucalyptus or lavender oil does wonder to your skin. They can be very therapeutic for the mind, body and soul.

Face masks, serum, toners, are of course there to make you feel better. And if nothing works out then that's when the natural recipe with organic ingredients comes in; chickpea, a pinch of turmeric, spoonful milk and honey and a drop of rose water. Make a nice pack of it and apply it on your face, hands or the full body for 25-30 minutes and the results are going to amaze you. DIY's like these are so worth a share and never goes out of style.

EYE-CONIC

In the post-pandemic world protection is everything, but that doesn't mean it has to look dull or dab. Since the focus has shifted primarily to eye makeup, it makes it so much more interesting and relieving as well as less time-consuming. You need not invest a lot of time in doing a full-fledged face makeup, your skin can breathe easy, you do not have to worry about the pollution or the mask or >

HEALTHY AND GLOWING SKIN IS ESSENTIAL AND THEN APPLYING MAKEUP BECOMES THE CHERRY ON TOP







smile on her face. She didn't let these challenges hold her back. Instead, she transformed each hardship into a learning experience. This attitude has contributed to her well-deserved success. She also supports the view that the industry should provide better opportunities to outsiders, especially those who don't have a parental background in the film or modelling industry.

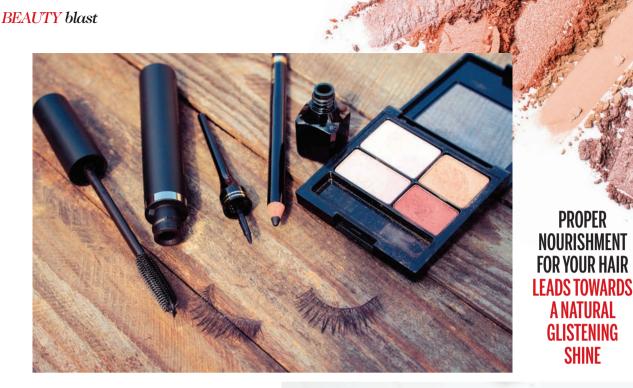
She loves the freedom associated with modelling; "The fact I can be myself in front of the camera without any limitations keeps me coming back for more!" Though balancing one's social media presence and real-life can be challenging, she overcomes it in style. She believes one should never give up or stop striving to achieve success based on their timing. The thought of her well-wishers and supportive fans, who believe in her and her work, never fails to lift her spirits and keeps her going.

ince the time Pune-raised, London-based Shweta Patil went on to be part of the world of glamour, she has made heads turn. After working in multinational companies successfully, she turned to modelling which was her true calling, and the rest as they say, is history.

With hard work and determination, she made it big with national and international modelling assignments. She has walked the ramp for Vivz Dubai World fashion show and the Asian Wedding fashion show in London. She has also starred in many music

videos and films. Under the banner of Big Name Studio, she featured in Jass Dhiman's Punjabi song Attachment which she considers her most profound achievement. Subsequently, Patil acted in the music video of the popular Hindi song Tum Jo Mil Gaye Ho by Raja Sagoo, and her next venture includes a Marathi film. She also showcased her proficiency in Marathi by being the anchor for a Marathi show on a news channel.

As a newcomer, she too faced her share of adversities in her line of work. Earlier on, adorning heels for long hours was a task but she did so with a bright



anything ruining your precious glam look.

It gives you more time to prep for your eyes, to try the new trendy, dramatic or classic look. It makes you stand apart and creates an outstanding individuality. And how fun it is to match the shade of eyeshadow with your mask or clothes. It creates a pleasant statement look.

For someone who prefers to keep it minimal, kohl your waterline or a bright colourful eyeliner can make an easy statement itself. As the summer season is already here, playful colours never go out of style and would never disappoint you.

DON'T STRESS THE TRESS

Overall health also includes the health of your hair. Proper nourishment for your hair leads towards a natural glistening shine. And we're all up for that. Being at home has made it easier to not go through your heat styling tools a lot. No matter what the product, nothing can beat the quintessential coconut oil and the goodness it possesses. It helps in soothing your hair, your tresses and definitely makes your mind calmer. Champi time is the best me-time.

The natural health of hair is bound to become better post-pandemic since WFH makes it easier to put oil frequently, do hair masks, etc. You can take it one step ahead by braiding your hair for a comfortable feel. For someone who deals with dry scalp has



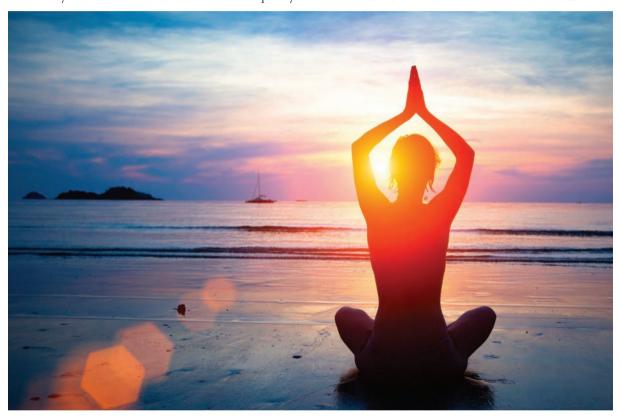
to try onion hair masks. Deep conditioning your roots and the increase in steam intake has become so beneficial. It helps with your immune system as well as it helps in opening up the pores of your skin and helps in the good quality growth of your hair too.

If we look around there a lot of things that we can make the most use of. Trends may keep on evolving but taking care of your skin, hair and health is never going to go out of style.

MIND. BODY. SOUL.

Yoga is the journey of the self, through the self, to the self, quotes The Bhagavad Gita. **Kanika Rekhi** shares some yoga asanas that give head-to-toe benefits

Y oga quintessentially works as a practice for our soul, working through the medium of our body. Let us unveil the miracle within us by getting into the Yoga Life, embarking on a discovery of sense of oneness, calmness, serenity and tranquillity. Her are few asanas that make our mind composed and body healthy, active, flexible and vigourous, thus paving the way for internal and external wellness!



BHUJANGASANA OR COBRA POSE

Bhujangasana is helpful in strengthening the digestive system and also the lung power. It increases the blood circulation. The Cobra pose is beneficial in making the spine flexible, while also tones abdomen and lower back. It improves male and female reproductive system. It expands the chest and opens up the shoulders and neck to relieve the pain.

THE COBRA POSE IS BENEFICIAL IN MAKING THE SPINE FLEXIBLE



HOW TO DO:

- **1.** Lie down on your stomach, keeping the hands close to shoulders
- 2. Now inhale and raise the chest, rolling your shoulders back and straightening your arms as much as you can comfortably, without causing strain to your lower back
- **3.** Steady your breath and look forward, always keeping your abdominals engaged
- **4.** Exhale and return to your original position

SAFETY TIP: Avoid doing this Asana if you had a recent wrist or back injury.>



ADHO MUKHA SVANASANA OR DOWNWARD-FACING DOG POSE

Adho Mukha Svanasana enhances hamstring flexibility and hip flexion. It tones the arms and strengthens the legs, ankles and shoulders. It improves blood flow to the brain and stimulates it. The downward-facing dog pose can be calming after fatigue and lost energy. It can make one feel exhilarated.

HOW TO DO:

- **1.** Come onto your fours, making your back form a table top and your hands and feet from the legs of the table
- 2. Now breathing out, lift the hips straightening the knees and elbows and form an inverted V-shape
- 3. The hands should be shoulderwidth apart, feet hip-width apart and parallel to each other
- 4. Make sure to keep pressing your hands into the floor and widen your shoulder blades
- **5.** Hold the pose taking long deep breaths, looking towards the navel
- 6. Exhale, bend the knees and return how you started.

SAFETY TIP: This should be avoided by those with high blood pressure, injury to back, arms and shoulders and with eye infections.

SHAV ASANA OR CORPSE POSE

Shavasana cures mental stress and hypertension. It also removes fatigue and refreshes the mind and body. The corpse pose calms central nervous system that aids in benefitting the digestive and immune systems.

HOW TO DO:

- 1. Lie face up bringing your legs to the outer edge of mat, arms at the sides and palms facing up
- 2. Close your eyes and concentrate on relaxing one body part at a time, one muscle at a time and one thought at

SAFETY TIP: This Asana should be avoided if not advised to lie on your back.



THE DOWNWARD-FACING DOG POSE CAN BE CALMING **AFTER FATIGUE** AND LOST ENERGY



DHANUR ASANA OR BOW POSE

Dhanur asana is effective in weight loss. It helps to ensure better functioning of abdominal organs. It improves posture as also blood circulation by helping flush blood to various organs.

HOW TO DO:

- 1. Lie on stomach with feet slightly apart to be in line with hips and place arms by the side.
- 2. Slowly, fold knees and hold ankles with hands
- 3. Inhale and lift chest off the ground, pulling legs up and stretch them
- 4. Hold the pose stable for few seconds taking long deep breaths. Bend only as far your body permits without causing discomfort
- 5. Exhale and gently bring chest and legs to the ground, releasing the ankles and relaxing hands on side. **SAFETY TIP:** Avoid this during pregnancy, periods, back-pain, abdomen surgery and migraine.



BALASANA OR CHILD POSE

Balasana works great for stress, depression and anxiety. It helps release tension in back, shoulders and chest. The child pose helps sleep better.

HOW TO DO:

1. Begin by kneeling on the floor with toes together and knees little apart.

- 2. Exhale and lower torso between your knees, touching forehead to mat.
- **3.** Extend your arms with your palms facing down, relaxing your shoulders towards the floor
- **4.** Maintain this pose for few and then inhale returning to original position SAFETY TIP: Avoid this if recent knee injury, diarrhoea or pregnant.

FEMINA MOST POWERFUL 2021

PUNE, AURANGABAD, NAGPUR, NASIK, SOLAPUR, KOLHAPUR

Here are some of the sparkling gems who have made us proud with their exemplary work and fortitude.





USHA KAKADE

Chairman, Gravittus Corp and Founder, Gravittus Foundation

ne of the leading ladies of Pune in the construction business and philanthropy, Usha Kakade is a force to reckon with. Her work through the years has garnered a lot of attention and interest, and her many achievements through her journey are a testament to that. When she set foot in the real estate industry 15 years ago, there were hardly any women working in the sector. Since then, she has diversified her company's portfolio into sectors like healthcare, FMCG and education.

She founded Gravittus Foundation to work for the social. educational, economical, and overall development of women and children. The foundation aims to ensure constitutional and legal entitlements to its wards and increased opportunities for economical, educational, social, physical and emotional growth. Usha believes that this can be achieved through relentless efforts towards the cause of women from all strata of society across rural and urban demographics. It is dedicated to imparting education, instruction and training in different branches of learning to meritorious students from socially and economically backward sections of society. They generously provide grants, aids and scholarships for such students, besides conducting various awareness programmes, training programmes, scholarship programmes, health check-up camps, etc., which benefit the marginalized and less fortunate.

At present, the foundation is working on the 'Good touch-bad touch' project, which aims to spread awareness among school children about safety and precautions pertaining to their security. The ambitious project aims to cover a total of six lakh students from close to a thousand private and public schools across the Pune district. The Gravittus Foundation, in association with UNICEF, organised a Roundtable Conference on the Rights of the Child for Entertainment Industry People in 2019 to generate awareness on the rights of the child.



Her ability to juggle it all—being an entrepreneur, a humanitarian and a mother—is something to take notes from. Kakade manages the changing demands of each role with panache. She firmly believes that it takes a village to raise a child and it takes a woman to raise the whole nation; "I am all for women empowerment. For me, it's all about one sister empowering the other sister." Power for her is all about giving a helping hand to people in need, and not putting others down.

SATISH MOTLING

Founder and Chairman, SM Group of Companies

atish Motling, an entrepreneur and visionary is the founder and chairman of SM Group of Companies. He has a dynamic personality, an optimistic outlook, working in sectors like construction, land trading, finance, import explore and hotels. With a vision of creating new businesses and leveraging synergies, SM Group is also into soft drinks and is a large exporter of mangoes around the globe. His love for automobiles persuaded him to start car modification workshops and trade in top luxury variants.

In May 2021, he launched a new venture- Streams7 platform that will have a news channel- Streams7 Marathi. Also established a one of kind radio channel where they will conduct shows of Hindi, Marathi and English songs, followed by some captivating interviews. They will be telecasting small episodes on some serious subjects. Motling was thrilled to announce the launch of the movie '35% Kathavar Pass' worldwide on 7th May 2021 on Streams7 Digital Theatre. This platform will also release some Marathi, Hindi and Gujarati movies and plays with power-packed performances.

On-demand, Stream7 was launched as a digital theatre allowing users to stream a variety of original, latest movies/music shows with different genres. They aim to evolve effective groundbreaking unconventional content to stream with the purpose of entertaining the viewers. Being very passionate about his work, he has been in the film industry for the last 25 years and worked as a producer for various Bollywood films and international projects.

Viewers' wants and needs hold great importance to the SM Group because their motto is to charm and connect people with stories they love by creating an astounding experience that ensures trust and loyalty. He has been a proactive leader who supports the community in every possible way. Recently, he opened a pet foster home and also distributed medical kits helping the needy get the right treatment. This selfless quality has set his company apart in the competitive industry.









KOMAL ROHAN DESHMUKH

Director, Lokmangal Foundation

he youngest of the Kakade clan, a shining star in her own right, Komal Rohan Deshmukh recently joined the family business. And within no time, her out-the-box projects proved that she was born to lead, just like her mother, Usha Kakade. "My identity solely and firmly rests on the saying 'like mother, like daughter'," says Komal, who looks up to and idolizes her mother. The proud daughter smiles and adds, "Who needs a superhero when I have my mother, who is no less than Pune's most loved superwoman." Being exposed to such high-class and novel work undertaken by her mother, an equally passionate Komal has taken the leap to endorse several socio-economic activities in conjunction with the rural youth. Her work through Lokmangal Foundation has moved heaven and earth to uplift the needy. Komal Deshmukh is currently the director of Lokmangal Foundation. Komal is passionately working towards bringing change to people's life. Suffice to say, she's not only living up to her family name and adding to their glory but also amassing immense goodwill for all the great work.

DEVIKA KAKADE

Gravittus Foundation

evika Kakade feels her in-laws are the shield that protects her and the love they shower on her makes her heart content. Drawing the inspiration from Usha Kakade, Devika hopes to match her philanthropic steps and work towards women welfare and rights. "Serving society, fighting for the rights of women, and I'm actively involved with Gravittus Foundation that works for underprivileged children and women in society," she informs. To Devika, power is the ability to change and not unnecessarily control things but to manage issues and to manage people to achieve bigger goals in life. "Two things are of prime importance in my life. First is my guru and my teacher on all aspects of life-my daughter, who has taught me that life is too short to hold grudges. Let go and just be happy which has become my life's mantra now. Second is serving society and fighting for the rights of women and giving them a respected life which is a challenging task but extremely satisfying and also one of my biggest achievements," she adds.



AJEENKYA DY PATIL CHAIRMAN OF THE D Y PATIL GROUP, CHANCELLOR OF AJEENKYA D Y PATIL UNIVERSITY AND PRO-CHANCELLOR OF THE

DR D Y PATIL UNIVERSITY

Ajeenkya D Y Patil is an Indian educationist and economist. He is the son of DYPatil who is an educator and former leader of the Indian National Congress from Maharashtra state. He is Chairman of the DYPatil Group, Chancellor of Ajeenkya D Y Patil University and Pro-chancellor of the Dr DY Patil University. He did his MBA from Richmond College, UK and specialization in Marketing from the London School of Economics. He has been awarded an Honorary Doctorate by University of Central Lancashire, United Kingdom, for his achievements in the field of education.

DR AMIT AND DR ARCHANA DOMALE FOUNDERS AND DIRECTORS, THE SMILE STUDIO

A passion for dentistry was what drove Dr Amit and Dr Rachita Domale to start The Smile Studio. Dr Rachita used to practice at a government hospital while Dr Amit practiced at a private one. Starting their own clinic in the midst of greenery at Koregaon Park Pune was the game changer. Keeping true to the brand name, success for the two doctors is all about spreading smiles. Both believe in honesty, integrity, patience, perseverance and humbleness and keep these principles intact in all that they do. Their aim is to spread awareness regarding dental hygiene and dental care.





DR AMIT KAMLE FOUNDER & DIRECTOR AK EDUCATIONAL CONSULTANTS

Power for Dr Amit Kamle is responsibility. He believes that positivism and patience binds him and spirituality keeps him grounded. The one quote he stands by is 'Do it yourself. No one else will do it for you.' Modestly, the good doctor wants his work to speak for him. A.K. Educational Consultants is the first official representative of Russia's Federal Universities in India.

ARCHANA & URVITA BEHEDE GAUTAM BANERJEE JEWELLERY

Armed with strong knowledge in jewellery design, mother Archana Behede from Gautam Banerjee's Jewellery Designing School, and daughter Urvita Behede from Gemological Institute of America, bring out beautiful creations with each design. Archana's eye for detail and talent for designing became a disruptor in the jewellery industry making people take notice of the unique styles and creations she came up with. She is the driving force behind the jewellery label's presence in the city. Coupled with her own talent and zeal for coming up with something new for their patrons, Urvita joined the brand after her course in gemology and other courses in jewellery design, and the rest is history. Her mother's creativity teamed with her father, Manoj Behede's strong business acumen acted as her guiding light.







ASHLEYSHA YESUGADE DIRECTOR, AAY INDIA

The director of AAY India, a model grooming and personality development academy in Pune, Ashleysha Yesuqade is listed in Asia's top 10 supermodels 2018-2019 and voted in leading magazine's 100 sexiest women in the world list. Having struggled with her brown complexion, Yesugade sets an exemplary example by turning her vulnerabilities into her strengths and showcasing that there's more to a person than their looks. Her ideals of empathy, giving back, and compassion stem from knowing what it's like to have nothing. As an ambitious go-getter, she never gives up on her aims and constantly aspires to bring a positive change to the world.

EKTA AHUJA

OWNER, TEJOMAYA DESIGNS

With over twenty years of experience at the forefront of the Architecture and Interior Design industry, Ahuja has become a creative force to be reckoned with in the luxury interior designing in Pune. She is the principal architect and founder of her company 'Tejomaya' which means to be full of light. While performing each project, her philosophy is a combination of three sources of inspiration: the spirit of the client, the essence of the space, and, lastly, its surroundings. Ahuja's driven nature and a keen eye for detail are what make her loyal clientele rely on her for a sophisticated yet entirely livable design vision that creates uniquely inspired living spaces.



Having a rich background in the area of child development, through her venture she strives to provide a platform for the special children making the Kalyani School a wholesome learning centre. She has ensured that the students in the school get a chance to find their true potential, whether it is in sports, performing arts, visual arts or any other field. She studies and has worked in The Shri Ram School as a student counsellor from 1997 to 2001. Deeksha is an alumnus of Lady Shri Ram College, where she pursued her B.A. in Psychology from. The Tufts University in the USA is her alma mater, where she completed her MA in Child Psychology from.





DR DILEEP MANE

MD INTERNAL MEDICINE AND MANAGING DIRECTOR, NOBLE HOSPITAL

Dr Dileep Mane is a well experienced and renowned doctor who has dedicated over 35 years to the Health care service in Pune. His objective is to provide the highest quality of patient care and safety, to make the patient feel that they are in the best healthcare setup. The institution that he envisioned and built - Noble Hospital steered a revolution and marked the birth of the private healthcare industry in southeast Pune. The technologies here at Noble Hospital are backed by vastly experienced and reputed medical professionals in each and every field of medicine. His values are leadership, quality, innovation, compassion and collaboration.



FOUNDER, DEESHA FOODS

Providing a range of healthy chocolates, Toshniwal founded Deesha Foods.

intending to design customer-oriented chocolates. This research-based chocolate venture creates unique chocolates as per the needs of people, adding value to the chocolate industry. Focusing on women who suffer during their menstrual cycle, Toshniwal, through extensive research, founded Deesha Sakhi Periods chocolates. the world's first-ever chocolate for women. He is a pioneer for bringing relief to his customers through his products, and keeping in mind the ongoing pandemic, Toshniwal and his team came up with Deesha Immunity Booster chocolates.



GURMUKH UTTAMCHANDANI

EXECUTIVE DIRECTOR AT SYSKA, SSK GROUP

From Bank of America in Los Angeles to following his father's footsteps and joining Syska, to start a new vertical – Syska Personal Care, Gurmukh Uttamchandani's journey has been filled with milestones. A techie at heart, he was instrumental in evolving the company's entry into the Internet of Things and wearable devices with a partnership with Amazon when they were launching Alexa. His motto in life is to be bold and take risks, which he admits is the first thing he learnt from his father. He swears by the quote - "Don't ruin a good today, by thinking about a bad yesterday", and says that his mantra for success is to react to failure in the most efficient manner.



FOUNDER AND DIRECTOR, AARNAAZ

The lack of good options in gifting, was what inspired Khushbu Jain to start Aarnaaz, the 360 degree gifting solutions. She was a pioneer in starting gifting services via Facebook and Instagram in 2011. Aarnaaz caters to national and international orders. For Jain, success means recognition when people start recognizing your work and appreciating the efforts taken behind that. Humble, patient, persevering and accepting of the constant changes is how one can best describe her. A woman-led company, Aarnaaz has been all about women empowerment too, and empowerment is power, Jain believes.



KHUSHBOO AND SAMRAT KARVA DIRECTORS, MECHATRONICS SYSTEMS PRIVATE LIMITED

Mechatronics Systems Private
Limited is a family business where
Samrat Karva is the director of
business development while
Khushboo Karva looks after finance
and administration. Mechatronics
is a pioneer company in the field
of water resource management.
Mechatronics is the first Indian
company to develop fully
indigenous solutions for water
resource management, and both
the Karva's have played a big role
in bringing the company to what it
is today.

LATIKA AND RAVINDRA SAKLA Jt MD; Chairman Y MD, Raviraj Realty

This power couple of the realty sector believes in being an open book - true to self and firm in their beliefs. They feel that "success is a moving target - we don't think we achieve it" so keep moving forth from milestone to milestone. Some such milesstones for their brand include Fortaleza, Citadel, RakshakNagar Gold, Sicilia, Yellow-Blossom and 93 Avenue. Both Latika and Ravindra are visionary in their ideas, passionate about what they do, and result-oriented in how they work. For them power is the ability "o affect change and to not necessarily control but to manage issues and manage people to achieve a larger vision".





MANJIRI JAMKHINDIKAR

FOUNDER, ANTARAA ATELIER DE STYLING AND LIFE SKILLS

Manjiri Jamkhindikar is a soft skills and language trainer, styling and grooming coach and a pageant mentor at Antaraa Atelier de Styling and Life Skills. In order to guide people in communication – spoken and unspoken – Jamkhindikar turned to language and soft skill training. Seeing her clients transform in front of her is the biggest high of this line of work. Her motto always has been that all should have a smile on their face at the end of the day and that is what she aims to do with her work.





MAUSHMI DHAWAN

Board Member at D'Cafe Digital Inc and DCT nc CEO at Brand Maushmi Dhawan

Maushmi Dhawan is one of the leading names in the city when it comes to getting beautiful tresses and on-point makeup for any and all occasions, especially D-Day! She believes that 'every professional make-up artist should strive to accomplish a the skill set that includes creativity and imagination, excellent communication skills, appropriate behavioural skills, concentration, patience and the ability to work under extreme pressure – and she excels in all that.



NATASHA POONAWALLA Chairperson, Villoo Poonawalla Foundation, Exec Director, Serum Institute of India

The chairperson of the Villoo Poonawalla Foundation, Executive Director of Serum Institute of India, Director of the Poonawalla Science Park in the Netherlands and Director of Villoo Poonawalla Racing and Breeding Pvt Ltd, and a known fashion enthusiast, Natasha Poonawalla is a woman who leads from the front!

PRACHI DHABAL DEB BAKER, ROYAL ICING ARTIST & FOUNDER, CAKE DÉCOR

Prachi Dhabal Deb worked as a financial analyst before finding her true calling. She tried channelizing her energy into creating art and eventually her passion led her to bake. After pursuing a few basic courses from around the world like Singapore, London and Thailand, the baker started to take professional orders in the year 2012 with Cake Décor. She is also a Royal Icing artist. In 2019, she bagged the Cake Master Award for royal icing in Birmingham, UK, and became the first Indian to win in this category.



NEHA PUNJABI

SOCIALITE

Neha Punjabi, best described as a perfectionist and go-getter, is a woman of substance whose strength lies in her simplicity. Bold, brave, and beautiful, she believes in giving back all that she has achieved from society in the kindest way possible. With experiences such as acting and performing in her college days and singing melodiously in the Mission Satsang before Dada JP Vaswani, there's a lot more to Neha than what meets the eye.





DR PRACHI GHODE FOUNDER, DR PRACHI GHODE LIFESTYLE NUTRITION AND BEAUTY CLINIC

Dr Prachi Ghode is the founder of Dr Prachi Ghode Lifestyle Nutrition and Beauty Clinic and also is managing director at ImagePlus Diagnostic Centre and owns Ace The Pageant Training Academy. She was recently felicitated by Chandukaka Saraf and Sons Pvt Ltd as a Covid warrior. She was awarded the Femina Mrs Dynamic Stylista 2020 title.

PRAYAG KHOSE

ENTREPRENEUR, HUMANITARIAN & IDEALIST, BK KHOSE GROUP

A humanitarian, Prayag Khose is an idealist whose management and engineering skills have helped him achieve important milestones in his life. He also dons the hats of being a passionate businessman, entrepreneur and a fitness enthusiast. He attributes his success to 'listening to his gut' and basing his decisions on this 'inner voice'. He believes when you are successful all mantras will work in your favour.



RAHUL DESHPANDE

INDIAN CLASSICAL SINGER
The grandson of Pt. Vasantrao
Deshpande, he has done
playback singing for critically
acclaimed movies Katyar Kaljat
Ghusli and Balgandharva. He
has also had stage appearances
in the theatre version of
Katyar Kaljat Ghusali as also
Sangeet Sanshaykallol, Sangeet
Manapman and Sangeet
Saubhadra. He is set to make
his acting debut on the big
screen with Mee Vasantrao
where he will play the role of his

grandfather.

RAJENDRA SINGH & SSARITA SIINGH CEO, PRIYADARSHANI GROUP OF SCHOOLS, INDRAYANI NAGAR. BHOSARI





positivity through his approach and his vision towards life. Ssarita Siingh is dynamic in her approach towards life and occupies the role of entrepreneur, teacher, leader, educationalist, mother, and environmentalist. This brother-sister duo's Priyadarshani Group Of Schools, Indrayani Nagar, Bhosari is one of the most reputed educational institutions in the entire PCMC region. Their work has been appreciated not only in India, but abroad too.

Rajendra Singh exudes





RUPALI & SAAGAR BALWADKAR

A philanthropist, an entrepreneur and an educationist. Saagar Balwadkar straddles several worlds of experience. An Assistant Professor with a Ph.D. in Marketing, he also dons entrepreneurial hats backed up with six years of teaching experience. Also, his social initiative 'Saagar Balwadkar Community' is a group which was founded with an agenda to help the society and conduct awareness regarding various environmental issues and encourage a sustainable lifestyle for a better future for the next generations. A father of two and husband to a super woman. Rupali Balwadkar the founder president of Balewadi Women's Social Club, Pune he ensures that he makes time for his family despite a busy schedule.





Salloni & Shrenik Ghodawat

Shrenik Ghodawat, the Director in various companies of Sanjay Ghodawat Group, who is also the Managing Director at Ghodawat Consumer Pvt Ltd (GCPL) and Salloni Ghodawat is a Director Operations at GCPL. Shrenik heads the finance, human resource, and overall strategic functions of both GCPL. Salloni knows how to turn any adversity into an opportunity. She looks after the daily operations and is involved in designing and driving sales strategies for GCPL.



Sonali Deshpande **CHIEF TRUSTEE AND** CHAIRPERSON, PERSISTENT **FOUNDATION**

SHEETAL BIYANI

CREATIONS

FOUNDER, SHEETAL

Sheetal Biyani, founder of Sheetal

Creations, is one of the pioneers

of fashioning costume jewellery

fashionable ensemble along with

Koregaon Park is the place for you.

Right from bedazzled gowns to

queen-like tiaras, this place has

customised clutches to match

with it. Sheetal Creations in

everything you need.

in Pune. If you're looking for

She has been the Chief Trustee and the Chairperson of the Board of Trustees since the inception of Persistent Foundation in 2009. She worked at Persistent Systems Limited for about one year before moving on to teaching as a kindergarten schoolteacher for 20 years with a renowned school in Pune. She strongly believes in giving back to society through social work and philanthropy.



SHILPA KOYANDE **MOTLING** FOUNDER, SHEEPA

Standing by her ideals of Invention, Imagination, and Innovation, Shilpa Koyande Motling stops for no one. As the creator of her label Sheepa and launching her lingerie brand, Shilpa believes that it's the culmination of her ambition, insight, flexibility, leadership, and relationships that act as the driving force behind her global reach. With an eye for detail, she takes pride in being known for meeting deadlines and is motivated to overcome and grow from challenges.





SUPREET BAJAJOWNER, PURPLELOFTS

Supreet Bajaj, the proud owner of Purplelofts, an interior designing firm, believes in helping millions build beautiful homes and offices. She feels despite the challenging industry, the satisfaction of designing and creating a ream house for a family or a dream office for an entrepreneur is beyond imagination. According to her all the efforts, blood and sweat pays off when she sees the smiles and tears of joy in the eyes of her clients. She absolutely loves to take up challenges and work on out of the box projects. She believes in testing her own limits and thoughts. As an interior designing company, their unique salient/ selling point is their attention to detail, focus on clients, love for designing and passion to deliver at the most competitive cost with the best quality materials.



TEJAL MOTLING PAWAR

PROJECT ANALYST, SATISH MOTLING GROUP OF COMPANIES

She believes in treating every hurdle in her path as an opportunity for growth, trusting her instincts, and enjoying the journey ahead of her. Intertwined with her giving and easygoing personality, her hard work and dynamism are the key to her success.



SIDHARTH MOORTHY

MANAGING DIRECTOR, VASCON ENGINEERS LUXE LIVING – WINDERMERE

Power to Siddharth Vasudevan Moorthy is to be absolutely transparent in all the dealings, to set high benchmarks, to respect customers and give them more than their expectations and to deliver with conscience. His success mantra echoes the brand's mantra, to "understand the customer's needs and expectations; fulfill the needs and exceed the expectations." He believes his strengths are his wit and his strategic and analytical skills. Each milestone has simply pushed him further to set a bigger goal and strive towards achieving it.

TAMANNA TANNA FOUNDER, AAURA DESIGNS AND MAGIC BRUSH

Tamanna Tanna, holding a Software Engineers degree from Mumbai University and an Interior Designing degree from IITC, with diverse creative ventures such as Aaura Designs based on event planning and organising and makeup academy Magic Brush, is a multi-talented and self-made woman. As a hard worker, she staunchly believes and follows five Ds of success-determination, dedication, discipline, diversity, and dedication. Tanna, a creative enthusiast, has a keen eye for redefining and designing interiors. She is also a renowned makeup artist who has not only worked with Bollywood divas but is also widely appreciated for her ability to make her clients look flawless. Actively involved in social and community services, Tamanna Tanna truly imbibes the meaning behind beauty with brains.



CHEERS TO MANUNITY

We've been all about immunity boosters ever since the last year. And with the scorching heat, we could all sure do with some cool drinks with some added immunity to it. Here are three immunity boosting smoothies by **Prachi Sankhala**, owner of Yummchies for you to enjoy! By **Ravina M Sachdev**

BEET THE VIRUS

1 cup beetroot 1/2 cup carrot 1/2 cup mango chunks, frozen 1 inch ginger



1/2 cup almond milk

4 - 5 dates (depending on your preference)

Handful of Chia seeds to garnish

SERVES: 2 > PREPARATION TIME: 15 minutes

 $\mbox{\bf 1.} \ \mbox{ln a blender, add beetroot, carrot, mango, ginger, dates and almond milk and puree} \\ \mbox{them until smooth.}$

2. Divide this in 2 cups and top with some chia seeds. >

YELLOW YELLOW YUM FELLOW

1 medium sized mango, cut into chunks and frozen overnight

1 large banana, sliced and frozen overnight



1 inch ginger 1/2 tsp turmeric 25g cinnamon

SERVES: 2 > PREPARATION TIME: 10 minutes

In a blender, add mango, banana, ginger, turmeric, cinnamon and puree them until smooth.
 Divide this in 2 glasses and top with some fresh mango pieces.



BERRY MERRY

1 cup strawberry, cut into chunks and frozen overnight

1/2 cup spinach leaves

2 tablespoons flax seeds



2 tablespoons honey

1 cup milk

2 tsp chia seeds (optional)

SERVES: 1 > **PREPARATION TIME:** 15 minutes

 ${f 1.}$ In a blender, add strawberry, 1tbsp flax seeds, 1 tbsp honey and ${f 1/2}$ cup milk and blend until smooth.

2.In a separate blender puree the remaining ingredients.
3.In a glass, first pour the spinach smoothie and then layer it with the strawberry smoothie.
4.Optionally, top it with some chia seeds.

SPICE IT UP

Sanika Salunke takes you on a tour of different spices that have immense health benefits.



ur country is known for its exotic spices, a perfect blend that adds a unique magical touch to any dish. Did you know that spices like cardamom were cultivated for thousands of years and are indigenous to our country?

It's not just the taste or aroma, but also about the numerous health benefits that these spices have to offer. Especially during these tough times, we all should take care of our food habits and switch to wholesome meals. Don't you think? It's quite simple, add these amazing spices to your food and your health will benefit in the long run. As we all know turmeric has powerful medicinal properties, but did you know other spices in your kitchen have health benefits too? Here are a few spices that have immense benefits!



CLOVES

This spice is a staple when it comes to our Indian food culture. Cloves are popularly used in many traditional dishes that include soup, stew, curry and rice dishes. They are an aromatic spice containing important nutrients like manganese and vitamin K. They are high in antioxidants and may help improve liver health. Clove extracts are known to regulate your blood sugar levels as well. They might also promote bone health and reduce stomach ulcers. Try including a minimum amount of cloves in your weekly food intake, they will give your dish a distinct

STUDIES INDICATE THAT FOODS RICH IN PROTEIN, ANTIOXIDANTS, AND CERTAIN VITAMINS AND MINERALS OFFER VALUABLE



flavour and will provide many important health benefits.

CARDAMOM

A flavour that some people enjoy adding to their >

LIVING food plus

morning tea, it's none other than cardamom or as we like to call it 'Elaichi'. This spice is used in both sweet as well as spicy dishes. It may have antioxidant properties that help with lowering blood pressure and may also contain cancerfighting components. It also might protect you from chronic diseases all thanks to its anti-inflammatory properties. There are various other benefits related to digestion and overall health.



SOME FURTHER STUDIES HAVE SHOWN THAT FENNEL EXTRACT MAY DECREASE AGEING-RELATED MEMORY DEFICITS

FENNEL SEEDS

This post-meal mouth freshener is considered to be highly nutritious as it is low in calories and a good source of vitamin C. There are many organic compounds found in fennel seeds that may be antiviral. They contain nutrients like magnesium, potassium, and calcium that supports heart health. Some further studies have shown that fennel extract may decrease ageing-related memory deficits. Add them to your post-meal routine and experience the difference!

NUTMEG

Nutmeg contains powerful

antioxidants that keep your free radical levels in check. It likewise has antibacterial properties that are effective against harmful strains of bacteria. It also has a significant amount of antidepressant effect as it helps boost your mood. Nutmeg additionally may cooperate with improving blood sugar control. It is generally used while baking but can also be combined with stews and puddings!

SAFFRON

As we all know saffron is one of the most expensive spices in the world. How does it benefit your health? Well, consuming saffron in minimal quantity is extremely beneficial considering it has antioxidants like crocin, crocetin, safranal, and kaempferol. Some of

Understand the given information shows the benefits of each spice uniquely. But that does not mean one should consume them at higher levels. If you have not tried any spice before, please consult a professional before trying one as it may lead to allergies.

these antioxidants help protect brain cells against progressive damage. It may also treat depressive symptoms and help improve eyesight. The best part about saffron is - it's easy to add to your diet!



OGRAPHS: SHUTTERST(



REFRESH YOUR

Boost the oxygen levels in your home with theses green buddies, says Rishma Shah

'n current times, people spend most of their time at home, so indoor air quality should rank as one of our top priorities. Oxygen stimulates brain activity, detoxifies the blood and most importantly, strengthens the immune system. Although there are several ways to increase oxygen levels at home, growing greens reigns as the most effortlessly effective! Here are five plants that are sure to stream in oxygen and artistry in your house:.



ARECA PALM With its stunning,

leaves, Areca Palm is considered one of the best air-purifying plants. Owing to its large surface area, it emits substantial amounts of oxygen. It also absorbs indoor air pollutants such as xylene, toluene and air in the surroundings. By placing these large fronds

formaldehyde, cleansing the

THE AIR-PURIFYING PROPERTIES OF INDOOR PLANTS FOSTER A HEALTHIER AND HAPPIER **WORKING AND LIVING ENVIRONMENT**

in an attractive pot, you will bring a tropical touch to your home.



PLANT According

to NASA's Clean Air

Study, Snake Plant produces oxygen 24/7, unlike most other plants that only produce oxygen during the day. This low-light thriving and easy to care for green also filters out all pollutants. A wooden plant shelf, with various kinds of snake plants placed in a study or bedroom, will enhance the elegance of the area.

GERBERA DAISY

Unarguably the prettiest entry on the list, Gerbera Daisy absorbs carbon dioxide from the air and discharges oxygen at night. If kept in bedrooms, it will also promise sound sleep. These radiant and charming plants can be kept in small colourful pots on any table, shelf or window stool.

POTHOS PLANT

Pothos is a common indoor plant that acts as a catalyst taking away carbon monoxide, benzene and formaldehyde from the room and adding fresh air. It also is a natural air freshener removing foul odour. Pothos with its long stems trail comes in an array of foliage colours and patterns that will look flawless in a hanging basket.

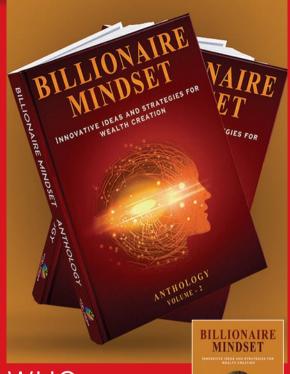
THE WEEPING FIG

As specified by a study, the Weeping Fig has one of the top removal rates for air toxins such as air-bone formaldehyde, xylene and toluene, promoting a healthier and fresh living. This plant is a popular feature in internal commercial landscaping and looks alluring indoors, especially in a work environment.

The air-purifying properties of indoor plants foster a healthier and happier working and living environment. Oxygen will always be the greatest requirement and these plants will ensure just that!

YOUR CITY

YOUR GUIDE TO THE EVENTS IN PUNE



WHO
WANTS TO
BE A
BILLIONAIRE?

Inderjeet Vinky Daryani helps you get into a billionaire's mindset with her new book

Inderjeet Vinky Daryani is a doyen of the interior designing industry. She recently launched a book, How To Adapt To Habits Of Billionaire Mindset. With her 30 years of experience of entrepreneurship in architecture and interior, and being the Maharashtra Chapter Chairperson for Mentoring, India's ALL Ladies League (ALL), WEF, she has given an insight into how billionaires think and how to adapt to that mindset. She believes that life is not a bed of roses. There are hurdles too. You can fall down several times while overcoming them. What matters is your attitude towards adversity. Learn, adapt, and convert all the struggles that we experience into something worthwhile. Billionaires are always learning and if you have the chance to ask them, they will almost always say they are the student, not the teacher. The most common traits among billionaires are work ethic and refusing to give up. And that and more what the book is all about.

Supporting the needy

PNG Jewellers lends `a helping hand



PNG Jewellers has made a contribution to the Pune Municipal Corporation (PMC) for the purchase of 600 vials of a life-saving drug, Remdesivir. These Remdesivir vials will be available to everyone through government hospitals in Pune. The company handed over a cheque to Mayor Murlidhar Mohol in the presence of Hemant Rasane, chairman of the standing committee, PMC, Vice Mayor Vadekar Tai, Rubal Agarwal, IAS officer and additional commissioner of PMC and Deepak Pote, corporator, PMC by Saurabh Gadgil, chairman and managing director, PNG Jewellers. At the event, he said, "We at PNG Jewellers couldn't stand by and see our state and country being ravaged by the virus. We wanted to help people in whatever way we could. To support our community at large, we have decided to contribute to the efforts of the Pune Municipal Corporation to help purchase Remdesivir. We will continue to support people with our efforts in this time of need."

BE THE MASTER OF YOUR OWN LIFE

Check out Deepa Rajani's debut book

Use the power of your mind, to take charge of your own life, says author Deepa Rajani in her debut



book, The Magic In You – Awaken Your Soul. A jewellery designer, an entrepreneur and mother to two lovely daughters, Rajani's personal life experience led her to pen down this book. The book launch saw Soha Ali Khan as the chief guest. The book is co-edited by Suhana Bhatia and Geetha Balsara. It is backed by Jaico Books, who have published authors like Robin Sharma, Paul Dupuis, Ryuho Okawa, Radhakrishnan Pillai and Om Swami over the years, this book is pitched as a book to aid the journey of self-discovery and creating one's own destiny.

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