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STAR POWER
KRITI SANON

EDITOR'S LETTER



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THIS ISSUE IS
A DIVERSE ONE
WITH LOTS
OF BITS AND
PIECES TO DIVE
INTO. WE'VE
WRITTEN ABOUT
EVERYTHING
FROM EVOCATIVE
FRAGRANCES
TO THE TASTIEST
TIFFINS

Are we halfway through the year already? Where does time go? In 2024, the hours and days seem to have dissipated in the ripple of heat engulfing the country. Please do remember to offer water to people who come to your doorstep. If you can, leave water out for animals as well. We're all united under the weight of this heatwave. Please log onto the *Femina* website for lots of ways to deal with the weather.

This issue is a diverse one with lots of bits and pieces to dive into. We've written about everything from evocative fragrances to the tastiest tiffins, from classic handbags to how to ace that second date. Essentially, we decided to put together stories that we either love, or for queries we're looking to answer! We've also got some really interesting faces in the magazine. Navika Kumar, for instance. You might know her through your television screen but do you know about her? There's a home-loving, family-first foodie to discover! We've also featured the best-of-the-best, the absolute cream of the hair and makeup industries. They're the HMU teams behind the iconic looks of some of your favourite A-listers, and they're spilling all their secrets.

And, of course, we have our cover star Kriti Sanon. Photographed in a gorgeous spread, she's also spoken very candidly about the road travelled along her accomplished career.

We're absolutely certain there's something in here for you, if not all of it! Until next time...

Stay safe, be happy

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I love how Smriti Mandhana was shot and interviewed in *Femina's* May 2024 issue. Often, when sportspeople are profiled, it comes across as one-dimensional and staid. In this Cover Story, I was fascinated by the facets of Smriti's personality that emerged beyond cricket. The styling was also very cool. What better way to spotlight the country's female sports stars than by featuring them on the cover? I am happily stumped – pun intended – by *Femina's* choice of cover stars month on month. I look forward to reading many more such issues.

Shloka Rao, Mumbai

I found *The Big Story* feature *In The Summertime* a very fun read with interesting and important bits of information packed into it. Where else would you get tips from the best talent in hair and makeup and stylists in one place? I read the story from start to finish and found all of them to be very unique and useful.

Sharada Rai, Bengaluru

I lost my mother a few years ago and miss her terribly. I am the mother of a 10-year-old but the feeling of not being able to phone my mother when I run into trouble or simply need any advice is unshakeable. So, when I read the article *To Mom With Love*, I was moved to tears. Reading how all these amazing women attribute their successes in life to their mothers has made me miss mine even more but also made me recall instances where I have evolved into a better person because of her. Only in *Femina* will you find such heartwarming stories.

Tanya Khanna, Agra



I loved reading about jewellery designer Sunita Shekhawat and the business she now runs alongside her children. It is a story about balance – between work and life and two women who are not only business partners but also a mother-daughter duo, and it was inspiring, to say the least.

Most of all, I was reassured to read that women can have it all if they have a support system and people who have faith in them.

Mona Kaur, New Delhi

It's been 15 years since I started reading *Femina*; my mother and grandmother have been avid readers before me. So much has changed and, yet, some things have remained the same, like the method in which the magazine is curated so everyone can find something that suits their needs in the pages. Even today, when the issue arrives, my mom flips to the Food section and enthusiastically dog-ears the recipes she wants to make, whereas I find joy in flipping through the Fashion and Beauty sections. It's amazing how we both get excited when the magazine arrives.

Catherine Rodrigues, Panjim

I love reading *Femina*. This month, I thoroughly enjoyed reading the Smriti Mandhana interview, written so beautifully. The fashion and beauty sections of the issue gave all the feels of summer with the vacation products and makeup and skincare essentials. The interview with veteran designer Manish Arora also offered us a glimpse into his life and was very interesting to look through.

Shalini K, Chennai

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Her Orbit

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From winning the National Award within a decade of her debut to now venturing into production, **KRITI SANON** has achieved remarkable milestones. As she solidifies her position as a multiple-hyphenate (her skincare line is called Hyphen, after all), she sits down with **Sharon D'Silva** to discuss her accomplishments and aspirations

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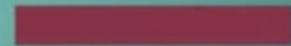
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I HAVE A 'BOOK OF DREAMS', IN WHICH I JOT DOWN THOUGHTS WHENEVER THEY ARISE. I FEEL LIKE WHEN YOU PEN IT DOWN, THERE'S A PART OF YOU MANIFESTING IT AND IT'LL COME TO FRUITION



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15 minutes.” That’s when you know her priorities are intact!

Kriti’s odyssey embodies the narrative of a quintessential Bollywood film. An engineering graduate from Delhi, with three job offers in hand, might we add, she veered off the conventional path to chase her cinematic dreams in the city of Mumbai. From her debut role in the Telugu thriller *1: Nenokkadine* (2014) opposite Mahesh Babu to her Bollywood breakthrough in *Heropanti* (2014) alongside Tiger

Shroff, followed

by notable roles in *Dilwale* (2015) and *Raabta* (2017), she has consistently pursued her aspirations, cementing her position as one of this generation’s most versatile actors. A glimpse of the roster of her blockbuster hits might initially puzzle you, given their diverse genres. Yet, the unifying factor is Kriti herself. “In the beginning, your choices are somewhat limited, and you strive to make the best out of what’s available,” she explains. “Thankfully, I remained dedicated to my craft, and, gradually, opportunities began to grow as success followed. Through all the highs and lows during the last decade, I’ve arrived at a point where >

palpable buzz electrifies the studio we’re shooting at in the heart of Bandra in Mumbai. “I think she’s here,” someone in the crowd whispers, and, right on cue, at precisely 12.29 PM, Kriti Sanon’s five-foot-nine frame fills the doorway. She strides in, exchanging warm greetings with each person she meets on her way to hair and makeup.

Fast forward to an hour later, and Kriti has assumed her rightful place before the camera, seamlessly slipping into her element. When a minor delay occurs in her close-up session due to a glitch with the air conditioning, she playfully borrows a blush from her makeup artist, adding

a touch more colour to achieve that perfect sun-kissed look. It translates beautifully on the screen, because, let’s face it, she’s stunning. “I love people who are fast,” she laughs, deftly navigating the maze of wires and equipment as she heads back to the dressing room to change into another outfit. Later that evening, on Zoom, I ask if she ever manages to steal a few moments for herself through her packed schedule. Truly, to carve out a few hours for our shoot was a balancing act, because she’s booked and busy. She chuckles. “Just to have *chai*, get licked by my puppies, and sit down with my mom and dad for about



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my sole focus is to do work that really excites me.”

Over the last 10 years, Kriti has seamlessly navigated various film genres, leaving an indelible mark with each role she has undertaken. She goes all in on each of her characters. For her National Award-winning portrayal in *Mimi* (2021), undoubtedly one of her biggest roles yet, she put on 15 kilos so audiences could truly see her as a woman from Rajasthan who agrees to become a surrogate mother so that she can fund her dream to become a Bollywood heroine. For every person, there are those moments in life where one feels a transformative rush of sorts – that things might never be the same. This was the feeling that crept in for Kriti once the shoot schedule of the film wrapped up. “There are some films that kind of open you up. A sort of release happens and, suddenly, you discover a little more about yourself. I think that happened with *Mimi*,” she reveals.

A film that not only captivated audiences but also garnered critical acclaim, earning her one of the highest honours in the country, just a decade into her career. Looking back on the surreal moment when she wanted to pinch herself, she shares, “Whenever you imagine a trailer of your life, you know that particular

shot that has to be there. It was one of those moments,” she exhales. “That film was one I was extremely passionate about. It gave me a lot to do as an actor and the satisfaction that I felt after performing was on another level altogether.”

Now, with two tremendous performances just this summer in *Teri Baaton Mein Aisa Uljha Jiya* (TBMAUJ) and *Crew*, it is obvious that Kriti thrives

“It was one of those characters that you just don’t know if you’re doing right. You’re just doing what you believe is the way to go about it, but you are still unsure because there’s no reference point,” she admits. “So, for the longest time, I would be judging every scene from the lens of whether I was being too human or too robotic. I also remember feeling extremely suffocated being in Sifra’s

grew up watching Madhuri Dixit, attempting to mimic the steps of *Akhiyaan milaon kabhi* to a 33-year-old Kriti, dancing to the iconic *Dhak dhak karne laga* in TBMAUJ, surrounded by the blower fans synonymous with iconic Bollywood songs – she’s come a long, long way.

In her most recent release, *Crew*, in which she shared the screen with Tabu and Kareena Kapoor Khan, Kriti found herself at the heart of a women-led heist, a narrative that continues to captivate audiences and critics alike. It’s found its rightful place in the pantheon of feel-good cinema. Reflecting on the experience, she shares, “I realised that the three of us had very different ways of prepping, very different ways of reacting to situations. Tabu ma’am would be extremely spontaneous, where something randomly would come out in the take, which I don’t think even she prepared for. Bebo, on the other hand, knew exactly what she was doing, tirelessly rehearsing until the moment of filming, which was really nice to see because I was like, ‘Oh my God, I’m watching Geet (her unforgettable character in the 2007 *Jab We Met*) prepare!’”

Eventually, I have to ask her: out of all the characters she has portrayed, is there any one that comes closest to her real-life persona? >



SOME FILMS KIND OF OPEN YOU UP. A SORT OF RELEASE HAPPENS AND, SUDDENLY, YOU DISCOVER A LITTLE MORE ABOUT YOURSELF. I THINK THAT HAPPENED WITH MIMI

on playing characters that challenge her. “I’m a curious child, so I want to know everything and I want to be able to ask questions. That’s what’s really amazing about working with so many different actors and seeing their processes,” she states. Which makes perfect sense, given the lengths to which she went to prepare herself to play Sifra the robot in TBMAUJ. Who can forget her saying ‘Noted’ in that impassive voice?

body because there was much she couldn’t do. She couldn’t be impulsive. She couldn’t be spontaneous. She couldn’t be blinking!” Shooting the climax of the film, though, gave Kriti the feeling of pure liberation. “I felt like someone had given me air, put life into Sifra, and now I could do whatever I wanted. I remember feeling really excited about it because I was going crazy.” From a five-year-old Kriti who

“Very tricky to choose, because most characters have a little bit of me in them. Sifra might be the only one that didn’t,” she quips. “Whether it’s Bitti from *Bareilly Ki Barfi* (2017) who simply wanted to live life on her own terms, free from societal norms, to certain aspects of *Mimi*, especially her aspiration of becoming an actor one day... Even in *Crew*, I actually feel Divya Rana from Haryana, who was the head girl, comes quite close to me, apart from her being feisty enough to twist someone’s arm. I would never be able to do that. Just dreaming big, harbouring ambitions, being empathetic and embodying a nerdy, studious first-bencher who researches everything everytime – those traits resonate closely with me.”

When questioned about the kind of stories she’s drawn to currently, Kriti eagerly responds, “I love a genuine, heartfelt and deeply passionate love story – a genre that not many people are writing these days. I really want someone to give me a great love story! Comedy also holds a special place in my heart; it’s been integral to some of the most defining films of my career, be it *Bareilly Ki Barfi*, *Mimi*, *Luka Chuppi* (2019) or *TBMAUJ*. I’d love to do an out-and-out comedy that also has some heart in it. Thrillers intrigue me as well, though

they are really tricky to write. I’d love to play a complex, grey character – a departure from my own goody-two-shoes persona. So that, in the future when asked if there’s a resemblance between myself and the character I’ve portrayed, I can confidently say, ‘I don’t think there is any’ – that’s something I’m eager to embrace.”

We’re also in a time and age where people in the limelight are rendered

spreading negativity around me.” Does she ever find herself doom scrolling like the rest of us mere mortals? Without hesitation, she responds, “Absolutely! I’m a skincare freak, so sometimes I’ll start watching one video and then move on to the next. Before I know it, two hours have passed!”

That admission seamlessly transitions us to Hyphen, the skincare brand

she reflects. Conventionally, the beauty industry has been synonymous with soft neutral or pastel shades as far as packaging goes – a trend often attributed to societal norms and conditioning. Yet, Kriti chose to defy this standard, opting for a striking neon colour for the brand’s visual identity instead. The genesis of this unconventional choice is a tale worth noting. “I distinctly recall being in a brand meeting, sporting neon nails that day,” she remembers. “As I gestured a lot while I was talking, I found my attention naturally gravitating to my hands, and, in that instant, I proposed the idea of incorporating neon into our brand aesthetic. It took some time for everyone to embrace the concept but, for me, skincare embodies fun. It should have a youthful, vibrant energy – a sentiment I wanted to encapsulate with Hyphen.” She adds with a smile, “So, when that neon bottle is placed anywhere, your eyes are immediately drawn to it.”

The newest chapter in Kriti’s professional journey sees her stepping into the role of a producer with *Do Patti* under her newly-launched banner Blue Butterfly Films. Apart from being a project that will see her sharing screen space with Kajol, delving into a new genre proved to be a fun challenge for >


***I LOVE A GENUINE,
HEARTFELT LOVE STORY –
A GENRE THAT NOT MANY
PEOPLE ARE WRITING
THESE DAYS. I REALLY WANT
SOMEONE TO GIVE ME
A GREAT LOVE STORY!***

vulnerable to both acclaim and dismissal at the whim of public opinion. But, despite her massive 57.8 million followers on Instagram today (at the time of writing this story – that number has probably already grown), Kriti effortlessly navigates the waters of fame, calling social media ‘just one source of connecting with her fans’. Her strategy is simple: “I use the block button very often. I have no space for anyone

Kriti unveiled on her 33rd birthday in July 2023. With an inherent fascination for skincare, assuming the dual role of Co-Founder & Chief Customer Officer and actively participating in every facet of the brand’s development held profound significance for her. “It was a first for me, and the fact that we built it up from ground zero was both challenging and exciting,”

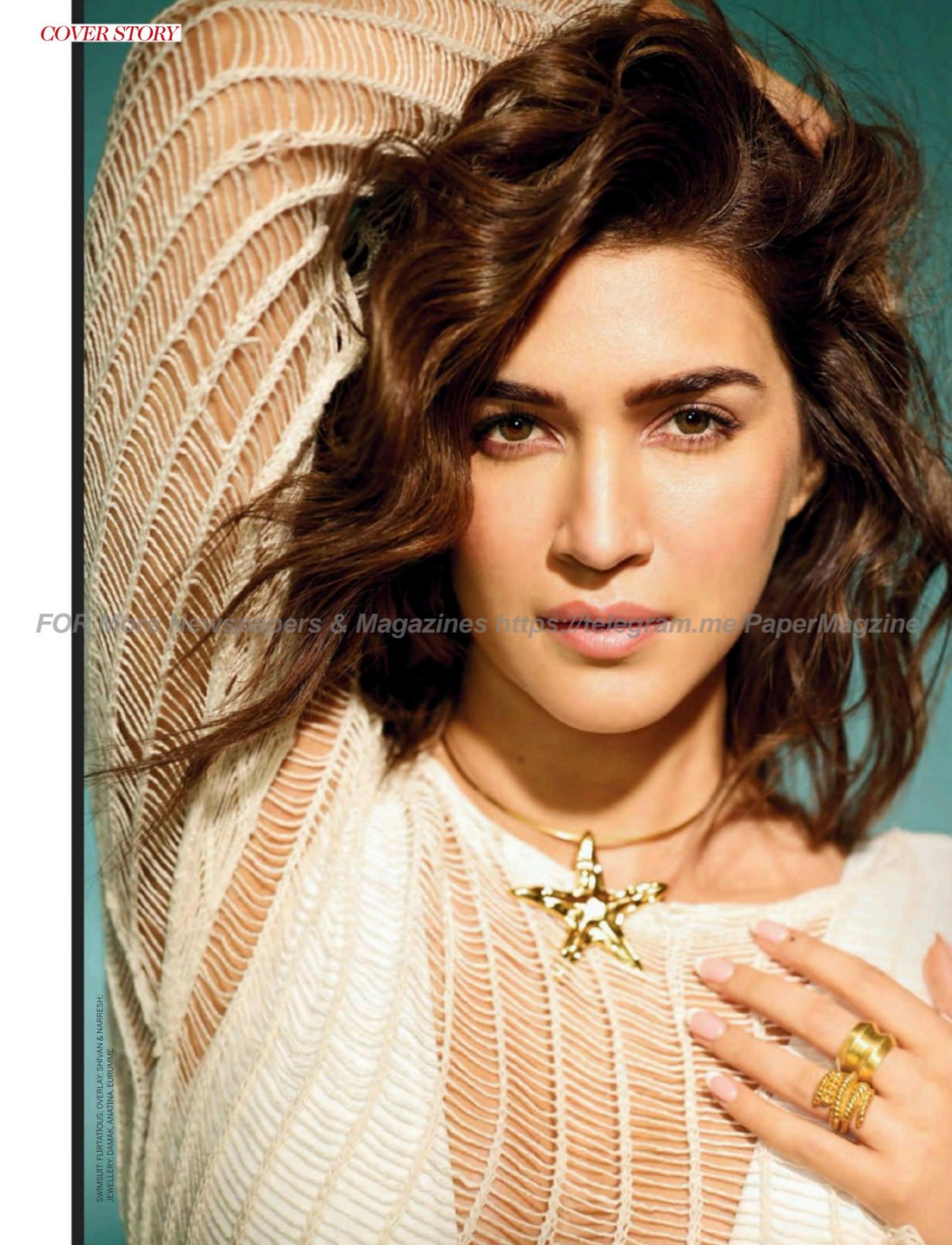


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her, as she is someone who relishes the opportunity of being a newcomer every once in a while. “I wanted to be a producer because I love the creative process of filmmaking. In a few of my films as an actor – ones that I felt very passionate about – I realised I wanted to be involved in every aspect. It propelled me into production.” She’s open to giving it her all and then a little bit more, whether it be acting or directing. “I think cinema in many ways has made significant strides towards progressiveness. Today,

the focus lies more on the narrative, as opposed to depending on a star,” she observes. Reflecting on *Crew*, she adds, “It featured three women from different generations, not centred around women’s empowerment but rather a comedy – a genre where female leads are not often seen. For that film to garner theatrical success and get audiences excited is a huge change, and I hope it just keeps getting better with time.”

As proud as she is of her entrepreneurial ventures, Kriti’s biggest takeaway from the industry has been a heightened self-awareness of her tendencies. She admits to being a control freak, often fretting over the smallest of things. “I’m an overthinker, and I have realised that it is essential to



I THINK CINEMA IN MANY WAYS HAS MADE SIGNIFICANT STRIDES TOWARDS PROGRESSIVENESS. TODAY, THE FOCUS LIES MORE ON THE NARRATIVE, AS OPPOSED TO DEPENDING ON A STAR

only put my energy into things that are really important. The other not-so-important things, I need to learn to let go, to avoid burning myself out.”

This realisation couldn’t have come at a better time, as now, more than ever, Kriti is also wholeheartedly embracing the art of unwinding. After spending the past five years almost living out of a suitcase owing to her erratic filming schedules, she now feels a sense of joy and calm that can only be attributed to the perfect harmony of personal and professional success. “I’m using this time to hear scripts, find things that I really want to do, travel, spend time with my loved ones, and have a life beyond work,” she reveals.

It felt like the right time to ask about the future. Does she have a 10-year plan mapped

out, or is she someone who prefers to take each day as it comes? “One day at a time,” she responds promptly. “I’m not one for elaborate planning; it tends to stress me out. I do have a ‘book of dreams’ though, in which I jot down thoughts whenever they arise. These can be anything from skydiving to buying a house, or playing a specific kind of character, or starting another business. I feel like when you pen it down, there’s a part of you manifesting it and it’ll come to fruition when the time is right – you just have to be aware and open to the possibilities.”

Aspirations drive Kriti, but she is not blinded by them. “I just want to do great work. I want to push

the envelope. I feel I haven’t tapped into even 50% of my potential, so there’s a lot to learn; a lot more to explore. At the end of the day, I just want to be happy.”

This part of our conversation is a thought that Kriti wants to leave us with: “In today’s fast-paced world, we find ourselves stressing over every little detail, sometimes blowing things out of proportion. It’s crucial to take a step back and ask ourselves: Will this matter a year from now? Often, the answer is ‘no.’” Recalling a moment of personal reflection last November, she admits to grappling with her own struggles and recognising how fixating on trivial matters could take away from the richness of life. “Go with the flow, live in the present, and let go of what’s truly not important – sometimes, this can lead you to magical places,” she muses, pausing briefly before adding with a chuckle, “Well, that got quite philosophical for a moment there!”

That’s Kriti Sanon for you: candid, warm and contemplative. At her core, she remains a simple, middle-class Delhi girl, perfectly content to lounge in her bedroom clad in the oldest T-shirt she owns, simply because she can’t bear to part with it. And that’s why she’s that star we love to see shine. **F**

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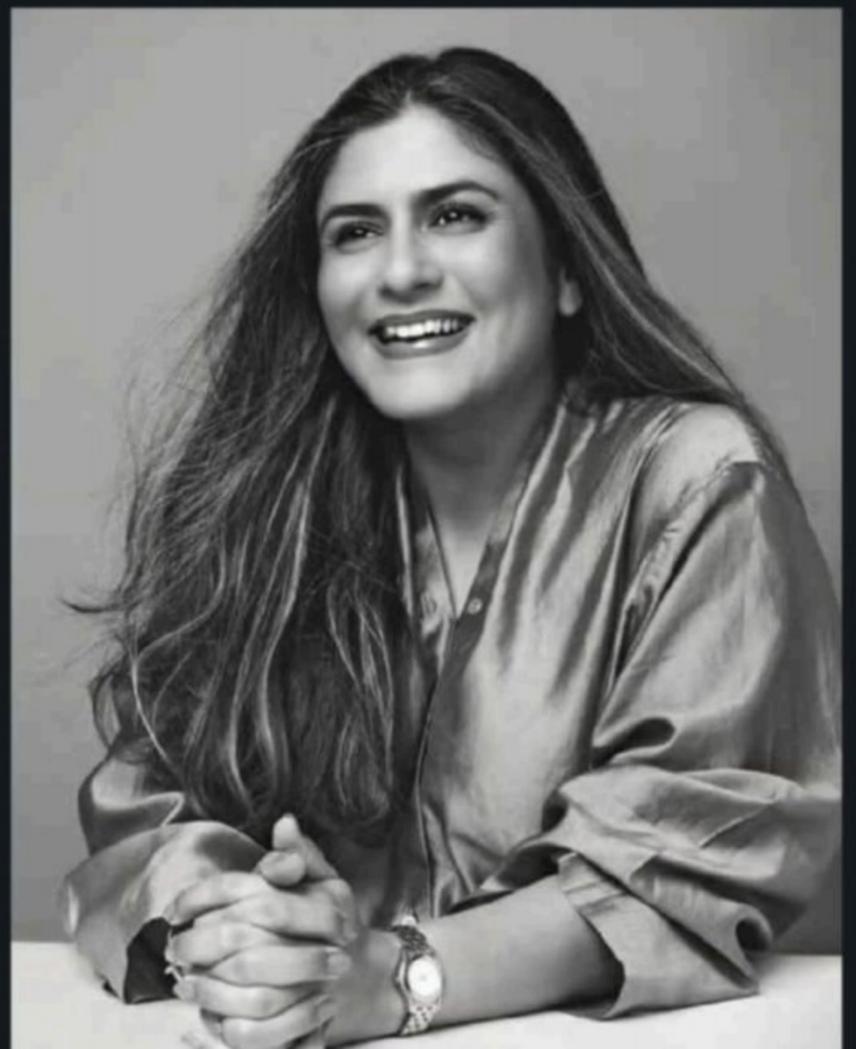
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At the Glam

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They've been responsible for creating some iconic beauty looks, and have changed the beauty landscape by setting trends, and influencing pop culture. Meet the hair and makeup artists behind your favourite

A-listers in India. By Karen Alfonso

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Squad



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DEEPA VERMA

MAKEUP ARTIST

D

Deepa's body of work includes some of the most iconic fashion campaigns in India, editorials with leading magazines, including *Femina's* Ananya Panday cover. The renowned makeup artist initially wanted to be a journalist, but a chance encounter where she filled in for a makeup artist who called in sick led her on the journey to becoming one of the most sought-after makeup artists in the industry.

"IT PLEASES ME TO SEE A LOT MORE PEOPLE EMBRACING THEIR NATURAL SKIN TONE"

DEEPA'S FAVOURITE CAMPAIGN:

It's impossible for me to pick one. I have a few close to my heart, though. To name a few, the Ganjam campaigns with Prabuddha Dasgupta, the Gaurav Gupta campaigns with Tarun Vishwa, and my work with Sabyasachi are some of my most-cherished shoots.

ONE BEAUTY PRODUCT DEEPA CAN'T DO WITHOUT IN HER KIT:

My multi-use shimmer potions.

THE BIGGEST CHANGE SHE'S SEEN IN THE INDUSTRY:

It pleases me to see a lot more people embracing and celebrating their natural skin tone now. This has my heart and has been my work philosophy throughout my career span of three decades.

CLARABELLE SALDANHA

HAIR STYLIST

“WASH YOUR
HAIR ONCE A
WEEK. YOU DON'T
NEED TO WASH
YOUR HAIR EVERY
TWO DAYS”

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It was Clarabelle's father who had the foresight and pushed his daughter into hairdressing so she could tap into her creative side. Having trained in Mumbai and London, and after honing her skills at Tham's salon in Mumbai, Clarabelle finally launched her own namesake salon 47 years ago.

THE CURRENT HAIRSTYLE CLARABELLE SUGGESTS YOU TRY:

It would have to be a long layered hairstyle, with curtain bangs and my signature voluminous blow-out. Another popular option is the 'lob' – which is a long bob that hits the shoulders.

HER 'PINCH-ME' MOMENT:

It would be buying my own house and setting up my own salon. When I started out, there was no social media and everything was word of mouth – and the fact I got popular just by word of mouth was the best advertisement.

A HAIR TIP SHE SWEARS BY:

Wash your hair once a week. You don't need to wash your hair every two days – you can hide the grease, cleverly play with hairstyles, or use dry shampoo. >

MEHAK OBEROI

MAKEUP ARTIST & HAIR STYLIST



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M

Mehak started out working as a makeup artist for *Student Of The Year 2* in 2019, and went on to lead the glam departments for *Hello Charlie* and *Kaun Banegi Shikharwati*. She is a recipient of the Dadasaheb Phalke Award for Makeup in 2020, and has launched her own makeup masterclasses.

MEHAK FINDS INSPIRATION...

Everywhere! I'm always curious and I love seeking out something that could translate into the work I do.

HER MAKEUP MUSES:

I have a personal obsession with Coco Chanel, Alexander McQueen and, of course, Rekha. Her makeup is something I personally love. I watch Rihanna and Beyoncé for their eclectic makeup choices too.

“I LOVE SEEKING OUT SOMETHING THAT COULD TRANSLATE INTO THE WORK I DO”



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LOIC CHAPOIX

HAIR STYLIST

Having trained at Dessange in France 20 years ago, Loic moved to India 10 years ago and now currently heads the Dessange salon in Mumbai. He is passionate about hair colour and creating personalised haircuts.

THE HOTTEST HAIR COLOURS LOIC THINKS YOU SHOULD TRY RIGHT NOW:

A warm copper brown or a vibrant copper *balayage* but blended with darker roots is something that's trending right now.

WHAT YOU SHOULD NOT DO TO YOUR HAIR:

“USING A HEAT TOOL WITHOUT HEAT PROTECTANT SERUM IS DEFINITELY A NO-NO!”

Using a heat tool without heat protectant serum is definitely a no-no!

LOIC'S TIP TO IMPROVE THE LONGEVITY OF YOUR HAIR COLOUR:

Using a sulphate-free shampoo is key. Try to reduce the frequency of your hair wash – twice weekly at most – as that will increase the longevity of your hair colour. Also visiting your favourite hairdresser to do a refresh or toner to maintain the brightness of your hair colour or neutralise unwanted tones will definitely make a big difference. >

PUNEET SAINI

MAKEUP ARTIST

W

ith a career spanning over 30 years, Puneet has helmed Baccarose (one of India's leading beauty distributors) and been national trainer with M.A.C Cosmetics. She also launched Pankake by Puneet, an academy dedicated to educating and training aspiring makeup artists.

THE PRODUCTS YOU'D ALWAYS FIND IN PUNEET'S KIT:

Moisturiser, lip balm, Dior Backstage foundation, concealers and correctors in various shades, countless brushes I've collected over the years, and a variety of blushes and lipsticks in different textures...

WHO SHE CONSIDERS TO BE HER MUSE:

It's a little difficult to choose one; I've had the great fortune to work with not one, but two of the nicest people from the industry – Anushka (Sharma) and Alia (Bhatt) for almost the length of my freelancing career. I would say that they are my forever muses. Together, we have collaborated and created various looks and, I think, also managed to set trends along the way.

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“THE WEDDING LOOKS OF BOTH ANUSHKA AND ALIA WILL FOREVER REMAIN CLOSE TO MY HEART”

A FAVOURITE MAKEUP LOOK SHE'S CREATED:

Choosing one look out of the many I have created is almost impossible for me... but there are always those that remain loved even as time passes. I would say the wedding looks of both Anushka and Alia will forever remain close to my heart, as those moments transcend time and, from a creative perspective, they were also highly appreciated universally! >



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KANTA MOTWANI

HAIR STYLIST

As the founder of Kromakay salons in Mumbai, Kanta's career in hair spans over 30 years. She has a dedicated clientele from among the who's who of Mumbai.

THE ONE HAIRSTYLE KANTA RECOMMENDS YOU CHANNEL RIGHT NOW:

A textured bob. It's a modern classic that's super easy to maintain, and is perfect for

“DON'T SKIP REGULAR TRIMS; THEY HELP PREVENT SPLIT ENDS AND BREAKAGE”

humid summer and monsoon days. Plus, it's versatile enough for both casual and formal occasions. You should also consider curtain bangs. These soft, face-framing bangs add a chic touch to any hairstyle. They're great for adding dimension and volume without getting too heavy or frizzy in the humidity.

ONE THING TO AVOID DOING TO YOUR HAIR:

Avoid overwashing because it strips your hair of natural oils. Also, be careful with heat styling – it can cause a lot of damage over time, so always use a heat protectant. Don't skip regular trims; they help prevent split ends and breakage. Avoid harsh chemicals as much as you can, and give your hair breaks between these treatments; get a relaxing hair spa massage therapy done weekly instead.

WHAT KANTA ALWAYS TELLS HER CLIENTS:

Keep your hair healthy. If your hair is healthy, it always looks good, and the key to achieving and maintaining it includes using quality products, always using heat protectors, getting regular trims, and maintaining a balanced diet. >



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NAMRATA SONI

MAKEUP ARTIST

Having studied at the Delamar Academy of Makeup in London, Namrata specialised in prosthetic and casualty makeup and has worked on films such as *Om Shanti Om*, editorials, as well as been a sought-after bridal makeup artist. She has her own much-loved makeup line, Simply Nam.

NAMRATA'S ALL-TIME FAVOURITE LOOK:

Sonam Kapoor's Anamika Khanna Cannes look, where she is wearing a *nath*, is my all-time favourite look.

WHAT WOULD YOU BE MOST LIKELY TO TELL CLIENTS?

Less is more! Enhance your features, and keep your makeup simple and easy because you should be able to recreate your look effortlessly time and time again.

ONE PRODUCT NAMRATA CANNOT LIVE WITHOUT:

Simply Nam's Velvet Cream Magic Blush. I never step out of the house without it. >

**"LESS IS MORE!
ENHANCE
YOUR
FEATURES,
AND KEEP
YOUR MAKEUP
SIMPLE"**

SANDHYA SHEKAR

MAKEUP ARTIST

“HAVING THE RIGHT BROWS – SHAPED RIGHT – GIVES THE RIGHT AMOUNT OF LIFT TO YOUR FACE AND FRAMES IT”

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S

andhya's first brush with makeup started with her trying out her mother's makeup; she even stained her cheeks with beetroot! After a brief stint in banking, Sandhya returned to her first love – makeup – and has never looked back since.

SANDHYA'S ALL-TIME FAVOURITE LOOK TO CREATE: The 'no-makeup makeup look' that's a classic and will never go out of style.

THE PRODUCTS SHE CONSTANTLY RUNS OUT OF IN HER KIT: Mascara and my cream eyeshadow – I rely heavily on these products as I like playing up the eyes. I constantly have to restock liquid and cream eyeshadows.

A MAKEUP HACK SANDHYA SWEARS BY: It would be putting foundation first on the undereye area and then concealer. The reason I do it is because one tends to put way too much product usually in that area and, since foundation is lighter in texture, it offers more coverage. So, I go corrector, foundation, concealer. I also use under-eye cream to set the area instead of powder.

ONE PIECE OF ADVICE SHE OFTEN SHARES WITH HER CLIENTS: Focus on your brows – it makes such a big difference. Having the right brows – shaped right – gives the right amount of lift to your face and frames it properly. **F**

DEEPER THAN SKIN-DEEP!

Nourish your inner beauty and tap into its strength...

Practise Self-Love

Treat yourself with the same kindness you show others.

Cleanse Your Mind And Heart

Indulge in breathing exercises, meditation, and mindfulness.

Cultivate Patience

Remember that what is yours will come to you at the right time. You are exactly where you're meant to be at this moment!

Be Forgiving

Holding on to resentment and anger will only sabotage your own peace.

Cast Out Worries

Have faith that it will all work out for the best; stay positive.

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Ready For **ROUND 2?**

First impressions nailed on the first date,
but how do you ace the sequel?

Sharon D'Silva gets the expert-certified inside scoop

Let's cut straight to the chase: Second dates don't get the attention they deserve. Sandwiched between the thrilling first encounter, filled with butterflies and anticipation, and the third date, where things move into the realm of "this could be something special," it's the second date that moonlights as the perfect stepping stone – making it, you guessed it, absolutely crucial!

According to **Ruchi Ruuh**, a relationship counsellor based

in New Delhi, the second date is a clear indicator that the first date was great enough to pursue each other further. "As there is less pressure to make a great first impression, it leaves room to be more authentic," she explains, "allowing you to explore the connection further and to talk about expectations from the relationship."

Toss a few keywords into the internet's search bar, and you'll be bombarded with a plethora of advice columns, podcasts, and videos on how to dazzle your date from the

get-go. But what about a guide for Round 2? How does one navigate the nuanced terrain of emotions that accompanies this specific stage of courtship? Since second dates are all about delving deeper, Ruchi offers a suggestion: reflect on the little things you liked about your date from the initial encounter. Maybe they gallantly held the cab door for you, or sent an endearing 'I had an amazing time tonight' message upon reaching home. It's these subtle gestures that linger in our memories, painting the canvas of a budding connection. The key is to maintain an open-minded approach to the date's flow. "The comfort of the second date can sometimes lead people to overstep, only to regret it later," she cautions. "Instead, stay curious, ask questions, keep the atmosphere playful, and savour every moment without getting lost in overthinking about the future."

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The beauty about second dates is that they are your chance to level up from the standard dinner-and-a-movie routine and think outside the box – try a funky new restaurant, groove to the rhythm of a live concert, unleash your inner artists with a DIY project, or get lost in the wonders of a museum stroll. But here's the kicker – these unique ideas are a reflection of someone's effort, thoughtfulness, and their eagerness to explore you and your connection in a more meaningful and creative way. And, if you find yourself struggling to keep the conversation flowing, fear not, Ruchi has the perfect conversation starters to steer you towards smooth sailing...

“The second date is a clear indicator that the first date was great enough to pursue each other further”

– Ruchi Ruuh



1 Dive into the treasure trove of your travel adventures, swapping tales and reliving your most unforgettable moments. Who knows, amongst the anecdotes and laughter, you might just stumble upon a shared dream destination that sets both your hearts aflutter.

2 Discuss your favourite books or films – it's like a window into each other's souls, revealing quirks and choices.

3 Food is always a fun topic to discuss. Share your culinary cravings, swap restaurant recommendations, and spill the beans on your secret recipe for the perfect pasta dish.

4 Talk about your goals and aspirations, but keep it light. After all, there's something truly delightful about learning what ignites a person's passion and fuels their excitement for the journey ahead.

Now that you're gearing up for the second round of the dating game, it's time to make sure you don't stumble into any of the common pitfalls that could trip up your romantic journey. First, it's crucial to uphold mutual respect and understanding of consent and boundaries, even as initial inhibitions wane. Oversharing about past relationships or personal struggles can signal unresolved issues and might hinder the development of a new connection. Additionally, focusing too much on oneself without showing genuine interest in your date's life can be off-putting. And, hey, have yourself a digital detox – put down that phone, resist the urge to check Instagram every five minutes, and focus on being fully present in the moment.

As the curtain falls and you ponder the potential for a long-term relationship after your second date, Ruchi has one suggestion: “Always ask, never assume.” While a great date is a positive sign, it doesn't guarantee a future together. Allow your connection to grow organically, keep your expectations grounded in reality, and let the path to lasting love reveal itself in due time.” **F**

THE ULTIMATE 3-STEP LITMUS TEST FOR A SECOND DATE

- ▶ The conversation is flowing back and forth, leaving you both grinning from ear to ear and eager for more.
- ▶ There's a sense of comfort and ease in both your body languages – leaning in, maintaining that all-important eye contact, and perhaps even unintentionally mirroring each other's movements.
- ▶ Whether it's a casual mention of that new ice-cream joint or a suggestion for a weekend hike, you've both ended up making tentative plans for your next rendezvous.



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OVERCOMING PICKY EATING

For parents, dealing with fussy eaters can be challenging.

Ensure your child gets the balanced diet they need for optimal health and growth with these tips and strategies, writes **Kayal Arivalan**

It's important for children to have a well-balanced diet for their health and optimal growth, but getting them to try new foods can make every mealtime a battleground. The good news is that there are strategies you can use to encourage your child to expand their palate.

BRING OUT THE NEW

Children are more likely to try unusual foods when they are presented in a fun and exciting way. You

can turn the introduction into a game by making it a challenge or a competition. For example, dare your child to try



"INCLUDE KIDS IN THE PREPARATION OF MEALS"

— MANSI ZAVERI

a new vegetable every week, and reward them for each successful attempt. You could also involve your child by letting them help choose new recipes and ingredients to try. "Every time you introduce a new vegetable, encourage your children to touch, feel, and smell it while you explain why it is important to eat that specific vegetable during that season," suggests **Mansi Zaveri**, founder of Mumbai-based parenting and discovery website Kidsstoppress.com. "Include them in the preparation of your weekly meals and enlist their assistance in washing or peeling vegetables. They must begin forming a positive relationship with food at a young age."

MAKE IT MORE FUN

Here are creative ways to introduce new foods...



A Food Game
Cut up fruits and vegetables into fun shapes and colours

and ask them to identify them by name or colour.

A Taste Challenge

Set up a blind taste test with various foods and let them try to guess what they are. You can also rate each answer on a scale of 1 to 10 and reward them.



Make Them Little Chefs

Involve them in meal prep and teach

them about the various ingredients and flavours. This can make them feel more committed to trying the food.



Real-Time Roleplay

Whenever kids have a role play opportunity, such as kitchen time or a tea party, offer them real foods that they can try.



Friends & Family Time

Instead of forcing your child to try

new foods alone, make it a group activity. Invite their friends over and encourage them to experiment and experience the novel tastes together.



OFFER CHOICES, NOT BRIBES

Giving your child choices can help them feel more in control and inclined to try new foods. Offer a selection of healthy foods to choose from and let them decide which ones they want to try. You can also offer choices in how the food is prepared, such as steamed or roasted. At the same time, Mansi is strictly against offering bribes in return. "Saying 'you can have chocolate if you eat the karela' is not acceptable. When you do this, you are demonising the latter, and they will always despise it. Encourage them to try new things gradually but insist on a family meal plan rather than separate menus for each family member," she insists.

GET CREATIVE

Use your imagination when offering new foods; cut them into fun shapes or arrange them in a colourful salad. You can also serve new foods alongside old favourites to



**"DON'T GIVE UP;
CONTINUE TO INTRODUCE
NEW FOODS"**

— JYOTIKA BEDI

make them more appealing. "Foods presented in visually appealing, creative ways are especially appealing to toddlers," says Delhi-based life skills coach **Jyotika Bedi**, founder of Happiness is Love. "Feed them foods in fun, colourful shapes that they can identify to make the food seem irresistible. Cut solid foods into bite-sized pieces that they can eat on their own, making sure the pieces are big enough to avoid choking." It is also best to serve something new in small portions. Instead of overwhelming your child with an entire plate of unfamiliar foods, start with a small amount and gradually increase it over time.

BE CONSISTENT

Keep offering new foods in

a positive and encouraging way, and, eventually, your child might surprise you by appreciating something new. "It can take up to 10 tastings of a food before a toddler's taste buds accept it," Jyotika points out. "Don't give up; continue to introduce new foods as well as those your child previously did not accept. Scheduling meals and limiting snacks can help ensure your child is hungry when a new food is introduced." Forcing your child to eat new foods is likely to backfire, making them even less willing to try new foods in the future.

Dealing with kids who are choosy when it comes to food can be a challenge but, with the right strategies and mindset, everything is possible. **F**

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LOVE IS IN THE AIR

If you're the type whose beach bag feels incomplete without a swoon-worthy romance novel, **Sharon D'Silva** has the perfect picks for you

Few feelings in the world come close to the contentment of sitting on a beach, toes buried in warm sand, with only the soothing rhythm of the waves in the background. It's the quintessential vacay moment, made even better with a delightful romance novel to whisk you away

on a journey of love and adventure. If you're nodding along, you're in for a treat.

From spicy beach reads to heartwarming ones in small-town settings, there's something out there for every reader craving a dose of love, and we're here to make that

search a tad bit easier. Set against scenic backgrounds where love blooms beneath clear blue skies, these must-have reads deserve a spot in your getaway bag. So grab yourself that pina colada, settle into a cosy nook, and get ready to lose yourself within the pages of these books... >

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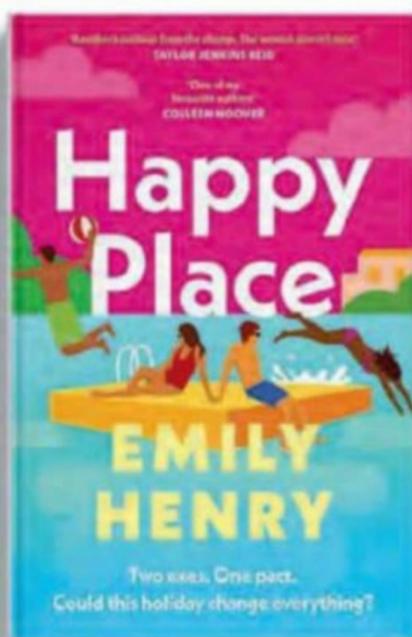


HAPPY PLACE

By Emily Henry

A seemingly-perfect couple pretending affection during their annual friends group getaway, all while concealing their months-long break-up? Now, that's a premise impossible to resist!

Meet Harriet and Wyn, once college sweethearts now entangled in a web of deception, all while grappling with the undeniable fact of their lingering feelings. Author Emily



Henry, known for her well-thought-out back stories, expertly navigates between pivotal moments in their past and the present-day tensions of their summer trip, showcasing love's intricate

connection to friendship and its ever-evolving nature. With her skillful storytelling laced with ample wit and heart, she effortlessly captures the ineffable. Who can resist Wyn's declaration that he and Harriet were destined for each other 'in every universe'? Could this story become one of your happy places? We absolutely believe so!



IT HAPPENED ONE SUMMER

By Tessa Bailey

In this steamy *Schitt's Creek*-inspired romance, LA socialite Piper Bellinger finds herself unexpectedly thrust into the quaint charm of a small fisherman's town, tasked with running her late father's dive bar. But what unfolds is beyond her wildest expectations. As she embarks on a journey of self-discovery and responsibility, Piper reconnects not just with her roots, but also finds herself drawn to the big, bearded sea captain, Brendan Taggart.

This tale is a delightful blend of heart-fluttering tropes: everything from enemies-to-lovers to the allure of small-town romance and the slow burn of undeniable attraction. The chemistry between Piper and Brendan crackles with intensity, breathing life into every page, while the spice and dirty talk balance on the edge between divine sweetness and unabashed sensuality – leaving you fanning yourself on more than one occasion.

And so begins the tale of Franny Doyle and Hayes Montgomery, who, as fate would have it, find themselves repeatedly crossing paths. Kate Spencer's debut novel is an absolute gem, a heartfelt tribute to the renowned *Burnt Toast Theory* that blew up on Instagram. From the very first page, you'll find yourself drawn into its easy going narrative, unable to put it down. >

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IT HAPPENED ONE SUMMER

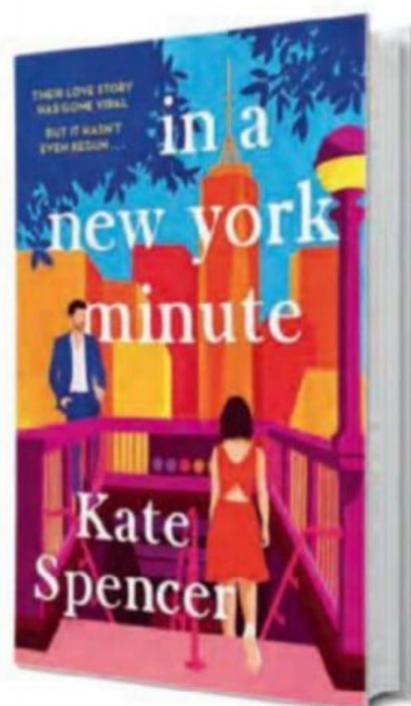
IS A STEAMY SCHITT'S CREEK-INSPIRED ROMANCE WITH A DELIGHTFUL BLEND OF HEART-FLUTTERING TROPES

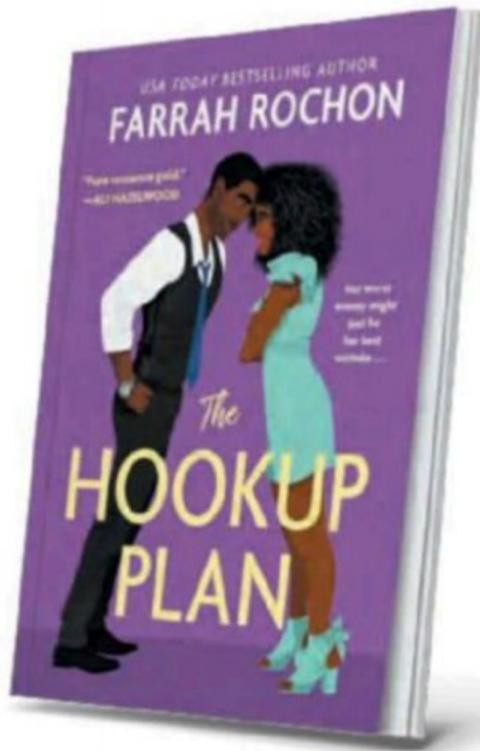


IN A NEW YORK MINUTE

By Kate Spencer

Picture this: You've just lost your job in interior design. To add to your woes, your dress gets caught in the subway, tearing apart, and leaving you exposed. Then, out of nowhere, an extremely dapper stranger steps in, offering his Gucci suit jacket to shield you from embarrassment. This fleeting moment, captured and shared online with the hashtag #SubwayQTs, quickly becomes the stuff of dreams in the eyes of the world.





THE HOOKUP PLAN

By Farrah Rochon

With two beloved books of *The Boyfriend Project* series already captivating readers, anticipation for the third instalment in Farrah Rochon's romance trilogy had reached new heights. And, simply put, she did not disappoint!

In the eyes of her friends Samiah and Taylor, successful paediatric surgeon London Kelley simply needs to find some balance and unwind. And what better way to do so than with a casual hook-up? Her high-

A WONDERFUL DEBUT TOLD IN A DUAL TIMELINE, **ALL THE RIGHT NOTES** IS NOTHING SHORT OF A PASSIONATE LOVE LETTER TO MUSIC

school reunion brings with it Drew Sullivan, her once-archnemesis who has quite literally aged like fine wine, and they agree to indulge in a casual fling while he's in town, with a single caveat: no strings attached. With a narrative that's every romance lover's dream, this book is engaging, entertaining and the ideal enemies-to-lovers tale to enjoy in this scorching weather.

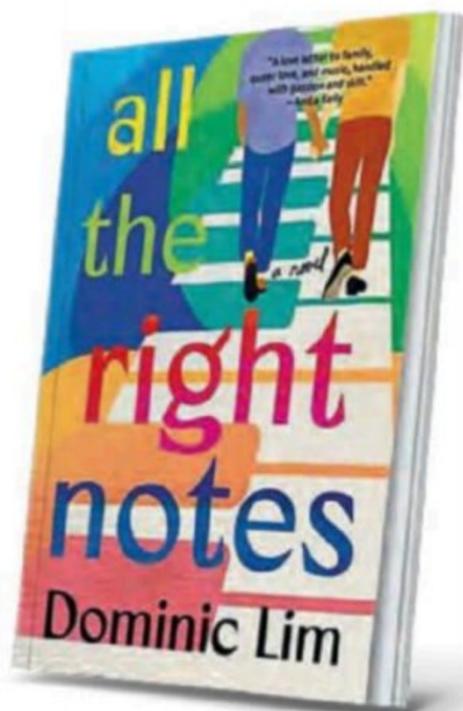
ALL THE RIGHT NOTES

By Dominic Lim

Long before Emmett Aoki became the hottest heartthrob in Hollywood, he found himself in the school

choir, partnered with Quito Cruz to perfect their harmonies. Despite becoming friends, Quito never imagined Emmett would reciprocate the intense crush he had on him. Then, one fateful night, boundaries blurred, altering their dynamic forever. Now, they're paired together for a charity performance, and one thing is guaranteed: sparks will fly!

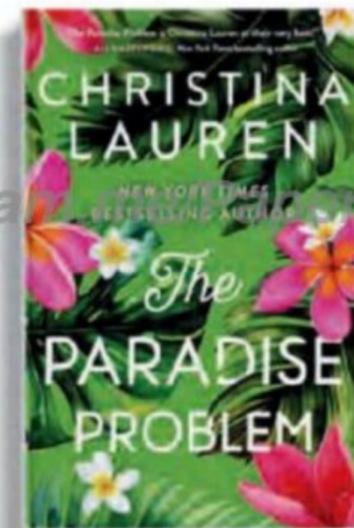
A wonderful debut told in a dual timeline, this one is nothing short of a passionate love letter to music and underscores a crucial truth: the power and importance of queer narratives as told by queer men. Its final chapters are so poignant, they might even bring tears to your eyes, lingering in your thoughts long after you've turned the last page.



school reunion brings with it Drew Sullivan, her once-archnemesis who has quite literally aged like fine wine, and they agree to indulge in a casual fling while he's in town, with a single caveat: no strings attached. With a narrative that's every romance lover's dream, this book is engaging, entertaining and the ideal enemies-to-lovers tale to enjoy in this scorching weather.

THE PARADISE PROBLEM

By Christina Lauren



If swooning over a book where you truly love the characters and they genuinely love each other is at the top of your list, trust celebrated writing duo Christina Hobbs and Lauren Billings to deliver.

In their latest work, Anna Green, an aspiring artist, finds herself in a marriage of convenience with fellow grad student Liam Weston. Their paths diverged after graduation, only to collide once again when Liam unexpectedly reappears on his wife's doorstep seeking a favour. With a substantial inheritance hanging in the balance, their unlikely connection transcends the realm of pretence, evolving into a genuine bond filled with love and warmth – each page turned leaving you eagerly anticipating for more. **F**

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KEY PIECES

This season, the wardrobe refresh is conceptual - and returns to carefree silhouettes and timeless styles that will always remain classic. Whether you're building a capsule closet or looking for key investment pieces, the products on these pages are the perfect must-haves



Second Life

Designer AMIT HANSRAJ's label Inca gave him a new lease on life in the fashion industry – one he is choosing to live on his own terms, finds Ashwini Arun Kumar

Delhi-based Amit Hansraj has spent so much time behind the scenes, including backstage at fashion weeks, that, when the time came for him to emerge on the runway at this year's Lakme Fashion Week X FDCI as the designer for Inca, he felt out of sorts. "When they called my name, a realisation hit that my job had ended," Amit recalls. "I didn't have to get the models to change out of their garments and pack them!" Industry folks – dressed in the label's signature terrazzo floor-inspired patterns – who had crossed paths with him in his two-decade-long career in the industry gathered to show their support for Inca's first fashion week outing. Dia Mirza backed the sustainable brand by walking the ramp in a black sari x dress hybrid design from the Love is a Verb collection, which also featured kaftan dresses, slouchy coordinated separates and other sari-like outfits. With no embellishments or excessive *karigari* to turn to, with the exception of strategically-placed handmade *shibori* and *kantha* embroidery details, the collection championed fabric that was masterfully manipulated as drapes and knots to take the shape of the wearer's body. Any body.

Amit Hansraj started Inca, short for incarnation, in 2020, during the pandemic, as a label offering clothes to anybody who wanted to wear them. Hermetically closed off to the idea of categorising and putting people in boxes, his designs are both size and gender agnostic. Recently, a marbled co-ord set from Inca's earlier collections, and a darling of many women's wardrobes, was seen on actor Ali Fazal with minimal customisations. Excluding a handful of tailored pieces, most of his clothes



fit women whether they're UK size 2 or 20. In an industry that can no longer afford thoughtless overproduction by fashion brands, a one-size-fits-all approach to clothing is also part of Inca's sustainability narrative. The clothes are effortless – not to be mistaken for lazy – perfect for those who want to make one less decision in the day about what to throw on when they leave the house. "I gravitate towards things that help me make more time for myself," Amit explains. "Time is the biggest luxury, no?" Inca's core philosophy of having a well-curated wardrobe is based on this seemingly simple premise.

There's no one better than Amit, now 45, to comment on the importance of time. He waited for over 20 years to start his label. Never



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“Why can’t we be a small label and yet be talked about?”

formally trained as a designer but fuelled by passion, Amit credits his years spent in the industry as his education. We agree that it feels like baptism by fire.

“I felt fortunate to be able to work in fashion, because that was the biggest dream for me,”

he reminisces. “The job role didn’t matter. I have worked as everything from a backstage helper and a merchandiser, to a store curator and an assistant to a designer.” On his resume, you’ll learn of his associations with designers Malini Ramani, Ritu Beri and Amit Aggarwal, with whom he has worked on couture collections, too – the 2022 show at India Couture Week being their last together – and has even clocked time with the luxury multi-designer store Ensemble, co-founded by Tina Tahiliani.

“I was lucky in the opportunities I got.”

Inca, the label he started in his 40s, came about as his “retirement plan.” It was always his life’s calling, but, like many passion projects, it was put on hold until he finally found the time for it – and also because, after clocking over 20 years in the industry, he couldn’t bring himself to live a secluded life in the hills in Himachal Pradesh, where he is originally from. “I wanted to do things at my own pace on my own terms.”

Unlike most people, not just people in fashion, Amit has no qualms accepting the contradictions that dwell within him. One of the biggest dichotomies is his desire to be known for the work he is doing while continuing to remain a small label. “There are people who have that fire in their belly – and that’s

great for them – but I don’t have it,” he admits.

He’s not being pretentious, just earnest. “Why can’t we be a small label and yet be talked about?”

The liberation he experiences in not feeling compelled to produce four to five collections every year is greater than his desire to be a big brand.

“I just feel grateful for all the appreciation that I’ve received because the brand deserves it.”

There’s a look in the Love is a Verb collection that, according to Amit, best defines his label. It’s a grey marbled sari with the longest fathomable *pallu*. It was worn by model Mitali Rannorey to open Inca’s first-ever show. While she walked at a glacial pace, the *pallu*, with several knots on it, trailed behind her. “It signified how long it’s taken me and how I have been patient through it all,” explains Amit. “All the knots on the *pallu* were symbolic of the experience that I had – my milestones. It was my personal journey in a garment.” The thunderous applause he received at the end of the show is justified for the work he has quietly put in.

Nothing has changed for Amit since the presentation. The two most lusted-after concepts in fashion – arriving on the scene and staying relevant – don’t matter to him. He’s just happy about finally being able to bring his label to life. “Inca has added value to my whole life, and life feels exciting because of it.” **F**

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MEDUSA REIGNS AGAIN

The Versace Medusa '95 is the newest 'It' bag in town, with a history that precedes its freshly-reappointed status. **Ashwini Arun Kumar** finds out more about the design that actor Anne Hathaway was seen clutching in the house's latest campaign



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Picture this: Gianni Versace, the founder of the Italian fashion house Versace, is showcasing the Spring 1995 collection in Milan. There are loud cheers (a YouTube video is proof) when Canadian supermodel Yasmeen Ghauri walks out wearing look no. 15 – a white mini dress with a fitted bodice and a fluid asymmetric skirt – the first of the many evening dresses that were shown on the runway that day, all with one common unmissable detail: the Medusa hardware connecting the fitted bustiers with the thin shoulder straps. Thanks to its ubiquity in Versace's clothing to this day, the design has become a part of the iconic house codes and is a mainstay in artistic director Donatella Versace's creations.

Now, nearly 20 years after it was first spotted, the Medusa logo, just a little smaller, is interlocked with the semi-circular arched metal hardware, and has a new name and residence. Dubbed the Medusa '95, the iconic design has made a splashy

appearance on a structured rectangular tote bag of the same name that is fast-becoming a coveted commodity. Introduced in the Spring/Summer 2024 collection, the zipless bag features a belt-like piece running across the top handles on the front that hosts the Medusa '95 hardware. Crafted from calf leather, it is available in three solid colours – black, beige and white – with a luxurious powder-like finish that's a tactile highlight. With only one ostentatious detail – the gilded Medusa itself – it is perfect for those who like minimalism and a little statement all rolled into one product. As though an initial outing in the hands of model Kendall Jenner who opened the SS24 show were not enough, the bag was photographed on actor and face of the house, Anne Hathaway, in the Versace Icons campaign. Dressed in tailored separates and a corseted leather dress, the bag was a perfect addition to her stylish outlook. **F**



BAGS OF TIME

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What makes anything a timeless beauty? With their dramatic design and uncomplicated functionality, the bags on these pages have cracked the code on becoming desirable objects. We trace the journey of four handbags to learn how they've become iconic in fashion. First designed anywhere between 30 to a hundred years ago, they've changed hands through the decades and remained immortalised in style. By **Ashwini Arun Kumar**



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THE DIOR SADDLE

After it was spotted in the hands of the late Princess Diana several times but, most importantly, at the 1966 Met Gala, the Lady Dior bag reached a stratospheric level of fame, becoming one of the most-coveted bags in the world. The Lady Dior is not, however, the only iconic bag that the House of Dior has to offer. The Saddle, named after and inspired by the equestrian riding seat, is a bag reserved for those with a subversive taste who can see the appeal of the polarising ugly chic aesthetic. Designed in 1999 by John Galliano, Dior's creative director from 1997 to 2011, the Saddle first appeared in the brand's Spring 2000 collection. Just like any bag of the '90s on its way to becoming an 'It' item, a white Saddle with 'CD' chain print

also appeared in season 3 of the popular TV show *Sex And The City* (1998), nestled in the left armpit of the oh-so-stylish Carrie Bradshaw (played by Sarah Jessica Parker). The Saddle became instantly popular, driving an uptick in the sales of Dior's accessories by 60%, until its eventual overexposure caused the bag to lose value – as often happens in luxury. In 2018, Dior's current creative director Maria Grazia Chiuri gave the Saddle a new lease on life by reintroducing it in the Fall 2018 collection in the house's signature 'Oblique' monogram. With a shoulder strap much longer than when it was first introduced, the Saddle could now be used as a cross-body. Twenty-five years after its inception, the bag is a cult product. >



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GUCCI HORSEBIT 1955

Founder Guccio Gucci might have started the eponymous brand in 1921 as a luggage-making atelier, often turning to exquisite Tuscan leather to manufacture steamer trunks, but it wasn't long before his passion for equestrianism bled into Gucci's narrative. In 1955, two years after the horsebit – a metallic design with two rings and an interlocked bar that controls a horse's mouth – first appeared on a pair of loafers, it made its way onto a bag. This was the first iteration of the Horsebit shoulder bag – a slightly trapezoidal design with a flap bearing the hardware and a short top handle. The Horsebit has since become emblematic of the house's equestrian history and has appeared on several accessories, with various creative directors at Gucci's helm reimagining it to fit

the respective design sensibilities of the times. For the Cruise 2020 collection, Alessandro Michele revived the archival design by reconceptualising the bag as a slightly more rectangular structure with a cleaner silhouette and a fuss-free approach – a marker of both elegance and strength. Although the Horsebit now appears regularly on a variety of handbags, the shoulder bag and its mini version – especially in the GG monogram canvas – remain a popular choice among those who turn to Gucci for its distinguished designs that blend the house's history with modern designs. It continues to be stitched together by hand with the metallic fixture going on as the final addition. Within the mythology of Gucci, the Horsebit is an immortal element, and, by extension, so is the 1955 shoulder bag.



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THE HERMÈS CONSTANCE

Though it was not used by a famous actor to conceal her pregnancy bump (like the Kelly was), or designed specially for another who wanted a bag with pockets to let her seamlessly switch between being a mother and a superstar (like the Birkin), the Constance is one of La Maison Hermès' *pièces de résistance*. It was one of the first bags to allow a certain handsfree-ness that comes with letting go of the handle. In 1967, the Executive Chairman of Hermès, Jean-Louis Dumas (who would go on to propose the Birkin's design in 1984 after a chance meeting with actor Jane Birkin on a plane), asked the in-house designer Catherine Chaillet to conjure up a minimalist design. Catherine, who was pregnant

with her fifth child at the time, drew up a contemporary design with clean lines, rounded edges, adjustable shoulder strap, and a top flap that opens and fastens with a one-of-a-kind H-shaped brass clasp. Named Constance, the bag was a namesake for her baby. It takes 14 hours for a craftsman to put together by hand the fine-grain leather bag that has 50 parts – a testament to Hermès' *savoir faire* that comes from the brand's nearly 200-year-old harness-making ancestry. Since its inception nearly 60 years ago, the Constance has seen several iterations. Pictured here is the Constance Elan – an elongated version constructed with a single gusset – a handmade symbol of quiet luxury. >



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LOUIS VUITTON ALMA

Trust a brand with a history in luggage-making to perfect a bag design that is both functional and stylish. Before there were bags that supplanted conventional shapes, there came Louis Vuitton's Alma – or at least its first iteration – a bag with a dome-shaped top and a flat base, specially designed by Gaston-Louis Vuitton in 1925 for Coco Chanel, after the latter commissioned him to make her a carryall for everyday use. In 1934, with the *imprimatur* of Coco Chanel, Louis Vuitton made the design available to the public, and called it the Squire. In 1955, a sleeker version of the bag appeared under the name Champs-Élysées, an ode to the famous Parisian street of the same name. Its popularity was ephemeral, and the bag was eventually discontinued.

But the Art Deco-inspired design of the original Squire was reinvented in 1992 as the Alma, after Palais de l'Alma in Paris, which has since cemented its position as a house icon, and been spotted, in varying degrees of size, in the arms of some of the most famous celebrities from the noughties through now. Between 1997 to 2014, when designer Marc Jacobs was Louis Vuitton's creative director, Alma's monogram canvas was swapped with a graffiti front, a cherry blossom design, and multicolour polka dots – courtesy collaborations with artists Stephen Sprouse, Takashi Murakami and Yayoi Kusama, to name a few. Among its many iconoclastic features, the padlock on Louis Vuitton's Alma is a favourite with those whose handbags hold many secrets. **f**

FEMINA

BEAUTY

BEAUTY BOOTY

From perfumes
to transport you
to easy chic hairdos,
there's a lot to look
forward to this month

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TRAVEL NOTES

Fragrance has the power to evoke memories and experiences from our travels. Here's our pick of scents to take you on a journey to great destinations. By Karen Alfonso

Givenchy
L'Interdit Rouge
Ultime EDP



Forest
Essentials
Mallika
Intense EDT



Ajmal
Moshriqa
EDP



Kayali Oudgasm
Rose EDP

Guerlain Cuir
Intense EDP



DUBAI

The multicultural city has an affinity for deeper, woodier notes such as oudh, saffron and jasmine.



Dr Vranjes
Firenze Leather
Oud EDP

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NASO Profumi
Sarawak Mazzo
EDP



Calvin Klein
My Euphoria



Acqua Di Parma
Blu Mediterraneo
EDP



Moi by
Nykaa Joie
De Vivre EDP



Jo Malone
Orange
Blossom
Cologne



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Ex Nihilo Blue
Talisman EDP

SANTORINI

Think aqua and citrus notes
that instantly transport you
to the Aegean Sea. >



Davidoff Cool
Water Reborn
EDP

PROVENCE

Who wouldn't love a stroll by these purple lavender fields?

L'Occitane en Provence
Lavande Blanche EDT



YSL Libre
EDP



Gucci Flora
Gorgeous
Magnolia EDP



StudioWest
Blooming
Narcisse
France EDT



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Burberry
Goddess EDP



Estée Lauder
Sensuous Stars
EDP



BVLGARI
Omnia EDP





Tom Ford Café
Rose EDP



The Body
Shop Full
Rose EDP



Victoria's Secret
Bare Rose EDP

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Viktor & Rolf
Flowerbomb EDP



Chloé Rose
Naturelle
Intense EDP

Carolina
Herrera
Good Girl
Blush EDP



LONDON

Rain, roses, and tobacco – there's something that appeals to everyone when it comes to fragrances. **F**



PHOTOGRAPHS: SHUTTERSTOCK



FOUNDATION

Powder: Your compact has staying power; it can last a good 18 months.

Liquid: Owing to the moisture-dense nature of the formulation, your foundation has the shelf life of only a year.



LIPSTICK

Liquid: Exposure to air, and constant re-applying means that a liquid lipstick can last only six months.

Bullet: A traditional lipstick has a longer shelf life than a liquid one – 18 months.



MASCARA

Mascara has an extremely short span of three months – it's best to chuck it out after this time period as you're constantly using it on your delicate eye area.

KEEP OR TOSS?

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How long can you *really* keep your makeup? Karen Alfonso reveals all



KAJAL/ EYELINER

Like mascara, eyeliners and *kajals* should be used only for three months – usage and exposure to eye fluids shorten their shelf life.



BLUSHER

Powder: This has the longest shelf life – over two years.

Liquid or cream: These have a shorter shelf life of 18 months. Ensure that the product lid is always screwed on tight to avoid exposure to air, which could potentially dry the product out.



EYESHADOWS

Powder: Those beautiful palettes last roughly for 18 months. Ensure that the product is dry to avoid the formation of fungus. If you apply a mist on the eyeshadow to create a liquid liner, this will significantly reduce its lifespan. **F**

ALL YOUR SKINCARE QUERIES, ANSWERED

A trailblazer in the realm of clean beauty, **Deepti Gujar Kulkarni** has the perfect fixes for the month

HOW DO YOU MAINTAIN YOUR SKIN DURING THE MONSOONS?

During the monsoon season, adjust your skincare routine for the challenges of humidity and rain. Cleanse twice daily with a gentle cleanser to remove dirt. Hydrate with a lightweight, oil-free moisturiser. Apply sunscreen with SPF 30 or higher daily. Regularly exfoliate to remove dead skin cells. Keep skin dry to prevent fungal infections. Opt for antifungal products in moisture-prone areas. Minimise heavy makeup to avoid pore congestion. Ensure thorough drying after rain exposure and use lip balm to protect lips. Emphasise a balanced diet rich in nutrients to support skin health. These adjustments will help maintain healthy, glowing skin despite the weather's challenges.

HOW DO I MANAGE ACNE DURING THE MONSOON SEASON?

Managing acne during the monsoon season requires a targeted approach due to increased humidity and moisture. Start by

cleansing your skin twice daily with a gentle cleanser to remove excess oil and impurities. Use oil-free and non-comedogenic moisturisers to keep your skin hydrated without clogging pores. Incorporate salicylic acid or benzoyl peroxide into your skincare routine to help control acne breakouts. Regular exfoliation can also prevent dead skin cells from clogging pores. Keep your skin dry and clean, especially after exposure to rain, to prevent bacterial and fungal infections. Avoid touching your face with dirty hands and minimise makeup usage to prevent pore congestion. Consult a dermatologist for personalised treatment options if acne persists despite these efforts.

WHAT IS THE IDEAL SKIN CARE ROUTINE FOR MY TWEEN?

For a tween, a simple and gentle skincare routine is ideal to promote healthy skin without overwhelming their delicate skin. Start with a mild, fragrance-free cleanser to remove dirt and oil without stripping natural oils. Follow with a gentle moisturiser suitable for their skin type to keep it hydrated. Incorporate a broad-spectrum sunscreen with SPF 30 or higher to protect their skin from harmful UV rays. Encourage regular cleansing, moisturising, and sunscreen application in the morning and before bed. If they experience acne, introduce a gentle acne treatment containing benzoyl peroxide or salicylic acid. Emphasise the importance of consistency and patience with skincare. Avoid harsh products, excessive scrubbing, and picking at the skin. Encourage healthy habits like staying hydrated and eating a balanced diet for overall skin health.

I HAVE EXTREMELY DRY AND SCALY SKIN; HOW DO I LOOK AFTER IT?

During the monsoon, combat dry and scaly skin by prioritising hydration and gentle care. Drink ample water to moisturise from within and use rich, hydrating creams containing ingredients like hyaluronic acid and shea butter. Opt for lukewarm showers to avoid stripping natural oils, and exfoliate gently to remove dead skin cells. Consider using a humidifier indoors to counteract dry air from air conditioning. Protect your skin from UV rays with sunscreen and keep it dry after exposure to rain or sweat. Choose mild, fragrance-free cleansers and incorporate nutrient-rich foods into your diet. If dryness persists, consult a dermatologist for personalised advice. Consistency in a skincare routine is key for maintaining healthy, hydrated skin year-round.



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THE SCENT OF SUCCESS

ABHISHEK and AKSHAY RAINA, founders of Aeronot perfumes, are creating exquisite fragrances that are gathering a cult following. By Karen Alfonso



Abhishek and Akshay Raina

What happens when two brothers who have no background in perfumery decide to create a fragrance brand? Alchemy is what happens. Niche perfumery brand Aeronot is one of India's best-kept secrets – until now.

Brothers Abhishek and Akshay Raina are both self-confessed fragrance junkies, but it was Akshay, the younger of the two, who kick-started the brand. “It started back

in 2018, I was in my third year in college and I created a small pilot project in perfumery,” he recalls. “I was friends with someone who ran one of the biggest fragrance perfume manufacturers in India; they have manufacturing units in Grasse, France (known as one of the major hubs in perfumery), so it was easy. I came up with four variants and made about 200 units.”

Akshay decided to sell those units

at various exhibitions around New Delhi. The stock sold out in three days, and he started getting calls from customers to create perfumes for their weddings, or to restock them. Realising he was on to something, he quickly registered the company, and completed the necessary paperwork, while finishing his studies on the side.

“What started off as a passion project for Akshay made us realise there was actually a gap in the market – between luxury and mass,” adds Abhishek, taking up the narrative. The brothers decided to revamp the brand – changing the design, and coining the name after their shared love for aviation and space. The perfume names – Foxtrot and Icarus – too reflected that passion. Following his heart, Abhishek, who had just finished his Masters in Aerospace Engineering in Sweden, decided to join his brother's venture. “What we aim to do at Aeronot is make perfumes with a story, an emotion behind them.”

The smell of success was in the air; the brand reached the Top 20 in the perfume category on a major e-commerce platform, beating more established and popular brands in that segment. But then, the pandemic hit globally, and the brothers decided to use that time to pivot. That pivoting resulted in some unusual moves – scaling down, removing themselves from major e-commerce players, making the business more

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streamlined and exclusive. The fragrances were reworked, and they started to play around with more notes. In 2021, the brand relaunched with new pricing, packaging, and new compositions. “We began using social media – Facebook and Instagram ads – to get our brand out, and the response was tremendous,” Akshay reveals. “We started seeing orders from Kashmir to Kanyakumari – and, when we’d look at our board with the orders, we couldn’t even figure out the locations of some of the pincodes,” recalls Abhishek.

Aeronot’s fragrances are divided into two categories – the Iconic Collection and the Exclusive Collection, each with four perfumes heavily influenced by their childhood and travels. The Might Of Africa is inspired by their childhood growing up in Mombasa, Kenya – the notes of cardamom and nutmeg are an ode to the local spice markets. Trade Routes Dar es Salaam is a nod to their father who worked in the Tanzanian city as an executive chef. The perfume has an unusual note of beetroot, which lends it a beautiful earthiness when interspersed with the spicy pepper and ginger. “November is a take on my time in Sweden, its very popular coffee culture, and the concept of ‘Fika’ – to take a break,” says Abhishek. November has been one of the brand’s bestsellers. Akshay shares an anecdote from a customer who was shopping. “She told us she had just come out of a trial room, and pulled out her November bottle, and then spied another woman doing exactly the same thing. That was big for us – that consumers were opting for our perfumes over more established names.”

All the brand’s offerings have



**“WE CREATE
PERFUMES FOR
THOSE WHO
WANT TO SMELL
DIFFERENT FROM
THE PEOPLE IN
THE ROOM”**

–Abhishek Raina



been decidedly gender neutral and unisex – there are notes of caramel, praline, and jasmine, but also of leather and tobacco. “We initially made perfumes *pour femme* (for women) and *pour homme* (for men) when we launched, but we saw that clients at the exhibitions were picking fragrances based on their notes, rather than the categories, and we didn’t want to limit them,” adds Abhishek.

The duo take feedback seriously. Akshay explains. “Our consumer gave us the feedback that our Disturbingly Exotic Oud fragrance was too strong – almost balm-like – but,



then, they realised that, once it dried down (when the perfume’s top and heartnotes faded), it was a refreshing rose and ginger, and they started coming back for it.” Abhishek adds, “In fact, 80% of those who purchase this perfume are women.” The brothers attribute this evolution to Indian consumers becoming more open about their perfume choices, and being well travelled.

Both Akshay and Abhishek have no background in perfumery, but they believe this has actually helped them be more experimental and play around with notes. They’ve always known that they were creating a scent on the basis of what *they* liked. “We create perfumes for those who want to smell different from the people in the room,” asserts Abhishek.

The brothers are now prepping for the launch of their next line – the Atelier collection. Green Roses For Room 88 has notes of green fig and rose fragrance, while White Umbrellas By The Ocean is a *gourmand* (with edible notes) fragrance with notes of marshmallow. They’ve also introduced candles for some of their fragrances, and they want to expand into more home fragrances, and body care too. But, unlike most founders who look to get funding, the brothers Raina want to completely bootstrap their company. “The frequencies that we want to produce won’t work for investors – they’ll cut down the costings for everything,” explains Abhishek. Instead, they believe strategic partnerships are the way forward for them, which will take them to more destinations around India. **F**

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Huda Beauty 1 Coat Wow! Mascara

READ MY LIPS

There's nothing quite as transformative as a bold red lip. By Karen Alfonso

Rare Beauty Positive Light Liquid Luminizer Highlighter



Charlotte Tilbury Matte Revolution Lipstick



Swiss Beauty High Performance Foundation

NARS Cosmetics Concealer



Kay Eyebrow Microblading Pen



Khushi Kapoor

The look: **RED LIPS**

Wear it to: **Date Night**

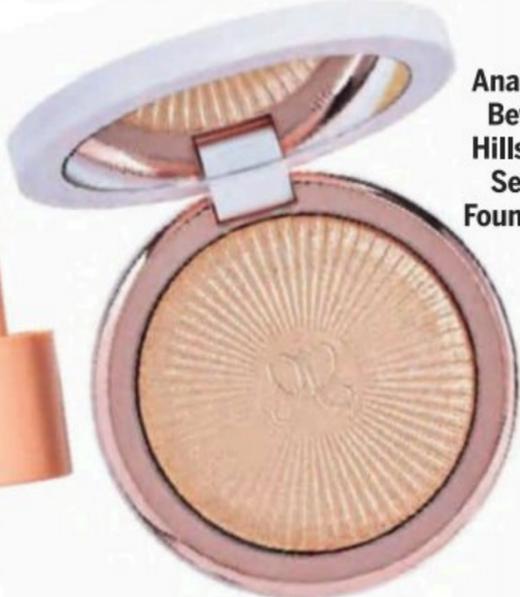
Benefits Cosmetics They're Real Xtreme Precision Liner



e.l.f. Cosmetics Halo Glow



Anastasia Beverly Hills Glow Seeker Foundation



3 Next, tap a creamy concealer into any areas that need coverage. Blend again.

4 Khushi has perfectly-defined brows; to copy that look, use a brow pencil to fill in any bald spots. Push the hairs upwards and set the brows with a clear brow gel.

5 Gently heat an eyelash curler under a blow dryer for 10 seconds, and then use it on your lashes. This will give your curl a better hold. Use a liquid liner

“MIST YOUR BEAUTY SPONGE WITH A SETTING SPRAY AND GENTLY BLEND IN THE FOUNDATION TO GIVE YOURSELF THAT SECOND SKIN-LIKE FINISH”

Khushi Kapoor pairs a bold red glossy lip with fluttery eyelashes, and a sleek ponytail. Here's how to recreate her look.

GET THE LOOK

1 Prepping your skin is always an important step before applying makeup – you want to start with a clean dry face, and then gently massage in a moisturiser. Next, apply an illuminating primer, and dab a bit of lip balm on your lips.

2 Apply a lightweight foundation on your face using a makeup brush. Mist your beauty sponge with a setting spray and gently dab it in to give yourself that second skin-like finish.

to draw a thin wing across your lid. Finish with multiple coats of a lengthening mascara.

6 Using your fingers, apply a liquid highlighter on your cheekbones, and tap it into your skin. Then, sweep on powder highlighter over it using a large fluffy brush.

7 For a well-defined pout, start by lining your lips with a red lip pencil. Ensure the tip is sharp. Fill in with a creamy red hue. Dab a tissue on your lips to absorb any excess, then add a bit of gloss.

8 Finally, spritz on a setting spray to ensure your makeup stays put. **F**

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MAKE MINE MESSY!

Bhumi Pednekar's textured low ponytail is cool-girl approved.
By Karen Alfonso

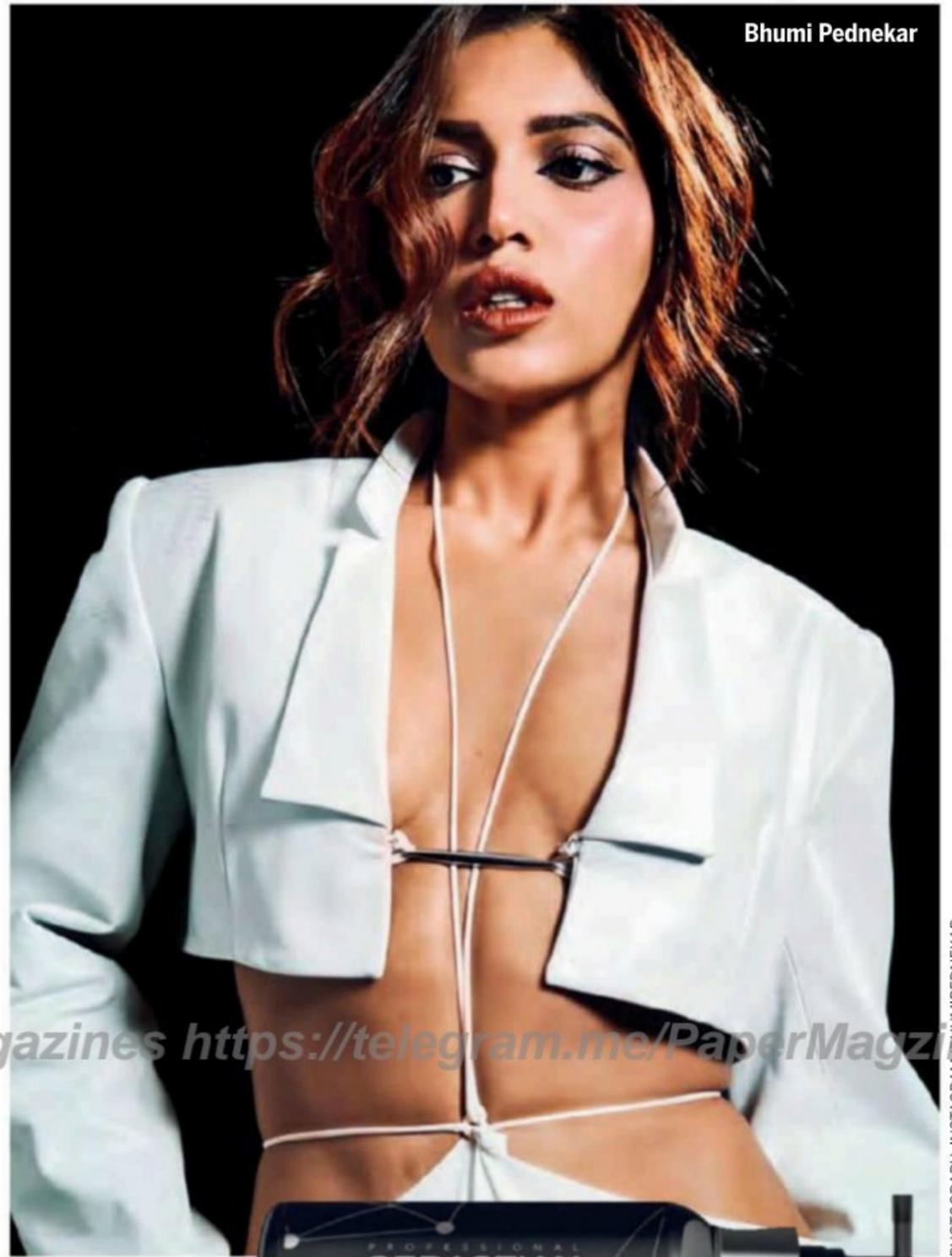
USE A HAIR PROTECTANT – RUN THE PRODUCT THROUGH YOUR HAIR WITH YOUR FINGERS

We love it when a celebrity pushes the envelope when it comes to their beauty looks. Bhumi's textured low ponytail tucked into her shirt is so cool! Here's how to get yourself the look...

Start by dividing your hair into three sections – two face-framing sections and one for the ponytail. Then, liberally spritz on a texturing spray. Alternatively, you can also add dry shampoo, spraying it a good 10 centimetres away from the roots to avoid white build-up.

YOU CAN ALSO USE POMADE ON YOUR FACE-FRAMING SECTIONS TO GET THAT PIECE-Y HAIR LOOK

Use a hair protectant – run the product through your hair with your fingers. Start curling your hair, working on your low ponytail section first – ensure that you curl your hair in two different ways – away from the face and towards your face. This will give you that messy, beachy look you want to achieve. Repeat the process with the face-framing sections too, and then finish with hairspray. **F**



PHOTOGRAPH: INSTAGRAM/BHUMIPEDNEKAR



TRESemmé Keratin Smooth Heat Protect Spray



GK Hair Gold Shampoo



Qi Ayurveda Hydrate Shampoo



Batiste Dry Shampoo



pH Argan & Keratin Elixir



Sebastian Professional No. Breaker Styling Spray

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HOT RIGHT NOW

All things fresh and fun in the beauty space

OUT, DAMN SPOT!

Indian skin is prone to pigmentation, and, if you're looking for a solution to get rid of dark spots, the **Caudalie Vinoperfect Brightening Dark Spot Serum** just might be it. It uses viniferine, a potent ingredient derived from vine sap that is known to be more potent than vitamin C and niacinamide.

Price: ₹5,800

Available from: **Shoppers Stop stores**



1



2

SECOND SKIN

The trend of skinification in makeup doesn't seem to be dying anytime soon. The latest product to offer this is the **Anastasia Beverly Hills Beauty Balm**. Packed with eight skin-loving ingredients, it offers the benefits of a serum as well as lightweight coverage. The balm comes in a stick format that makes on-the-go application easy.

Price: ₹5,500

Available from: **Nykaa.com**



3

COLOUR ME HAPPY

If you've treated yourself to a new balayage and want it to last, snap up the new **Redken Color Extend Magnetics** shampoo and conditioner. The range aims to amplify shine and improve the vibrancy of hair colour.

Price: ₹1,800

Available from: **Nykaa.com**

GLOSS OVER

Looking for a lightweight tint that offers hydration and colour? Pick the **Simply Nam Color Enhancing Magic Tint**; it has a gorgeous pink hue that is further enhanced when it reacts with your lips' unique pH. It also offers intense hydration thanks to nourishing oils such as walnut, jojoba, and squalane. Chapped lips no more!

Price: ₹799

Available at: **SimplyNam.com**



5

4

LASH OUT

Want lashes just like Bambi's? The **L'Oréal Paris Volume Million Lashes Panorama Mascara** comes with multi-level bristle brush technology that separates each lash and adds volume. It is also smudge-proof and clump-resistant.

Price: ₹999

Available from: **Nykaa.com**

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Field Of Dreams

For badminton champion ANUPAMA UPADHYAYA, hits and misses are a part of the game. As she navigates the landscape of the sport, she shares her inspiration and challenges with **Shraddha Kamdar**

She made headlines when she reached the coveted World No. 1 spot in the BWF junior rankings in badminton in 2022. She was announced as the National Badminton Champion in 2023. She idolises her seniors in the game and is proud that she is able to follow their footsteps and play alongside them. She is a huge fan of Bollywood actor Akshay Kumar. And she is working hard to advance her game training with the renowned Coach Park Tae Sang. Her most recent victory was at the Orlen Polish Open International Challenge in March this year.

Badminton player Anupama Upadhyaya, 19, is all of this and more as a sportsperson, who, besides badminton, enjoys watching lawn tennis the most and is inspired by the game of Novak Djokovich. "I love watching him play! His game is something else; he plays as if he is a 20-year-old! What flexibility, what a mindset!" she gushes as she talks about the champion. We caught up with her on a sunny morning, and she opened up about her training, challenges, and dreams.

Edited excerpts from an interview:

For any sport, you have to train young. Can you tell us what got you into badminton?

During the summer of 2014, my parents wanted to enrol me in some sport. The weather determined it would be badminton, since we had to avoid outdoor sports due to the heat. At that time, I used to go to the Yamuna Sports Complex in Delhi. After my hour of training, I would see teams playing; I was fascinated watching the players in



Anupama after winning the National Games 2023

"I was told I was very thin, which would make it impossible for me to play. We are vegetarian, so people advised my dad to let me have meat and eggs"

their skirts just going for the shots. That was the moment I decided that I would play badminton professionally.

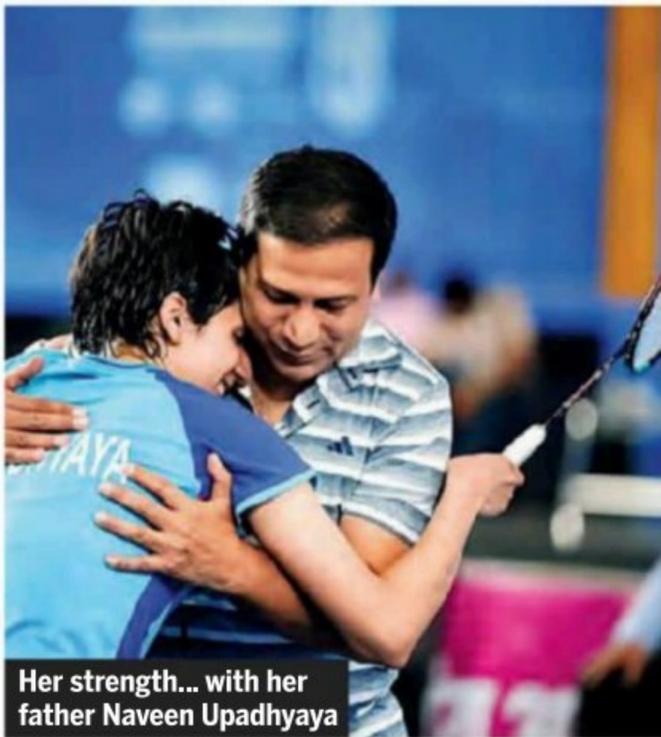
How did your parents react to the decision?

My parents are the biggest supporters of anything that I want to do, and they were excited with my decision. I was

never pressured to ace my studies before playing badminton. On the days I lose abysmally, they stand with me and motivate me to look ahead and march on. That has been my positive influence.

Share with us some of the challenges you faced...

The thing I was told the most was that I was very thin, which would make it impossible for me to play any sport. We are vegetarian, and many people advised my dad to let me have eggs and meat to survive the training and upgrade my skills. Initially that provided me the impetus to do well and show people that I could not only do it but also become the national champion.



Her strength... with her father Naveen Upadhyaya



Anupama after winning the Khelo India Uni Games 2024



Anupama in action

Gradually, however, I realised I needed the additional nutrition to build muscle mass. I had never tasted meat or eggs and I didn't even like them at first, but I developed a taste. Mom learned how to cook chicken for me and also to make mutton to my liking. Now, I relish it!

When it started getting hectic and demanding, how did you balance school, training, game and life?

It was not possible to play and study five days a week. I used to train in two sessions every day, and that itself was hectic. I caught up with studies over weekends or just ahead of the exams. Later, I opted out of regular school and joined the open schooling system, which offered me the flexibility of time.

How did you feel when you held the first trophy you won?

My first one was in 2016 when I won the Under-13 National Championships. I won in the singles and doubles tournaments. I was compared to Lakshya *bhaiya* (player Lakshya Sen) since he, too, had won both the Under-13 singles and doubles National Championships. I was over the moon since he is one of my favourite players. Whenever I watch him play, I don't like to be disturbed. After that, I became the Senior National Champion as well last year. That was one of the happiest moments. After Saina *didi* (Saina Nehwal) and Sindhu *didi* (PV Sindhu), I was the youngest player to win it.

Did every sacrifice you have made seem worth it at that point?

Definitely. Earlier, when I was preparing for the National Championships, I used to feel that other people were enjoying their vacations, going out, enjoying their lives. At that time, my parents told me that, if I sacrifice now, I would enjoy the rest of my life. After winning, I realised how important it was. I will take all their guidance and move towards my goal – to be a world champion and compete at the Olympics!

What are some of the lessons you have learnt along the way?

Discipline is crucial. When you are representing your country, everyone is watching, so a positive attitude is

“When you are representing your country, everyone is watching, so a positive attitude is needed”



Anupama enjoying life when she can

needed. I learned from Sindhu *didi* to take some of my favourite food with me whenever I go out of the country. Getting that outside is difficult. So, I always travel with snacks. Lastly, sleep is necessary for the body to recover not only from the strain of playing and training, but also from jet lag.

We all know that, in life and in sports, you win some, you lose some. How do you handle loss?

I don't take pressure. Whether I play a junior player or a senior player, I aim to give my best. My parents also ask me to give my 100% – that's all.

When you have a little time for yourself, how do you relax?

Usually, when I have free time on weekends, I love to dance with my friends in the hostel; we blast music and dance. We all sing and indulge in karaoke. Often we play dumb charades, cards, UNO or Sequence. When we play Ludo, we have massive fights over why one player was overridden by the other. That's fun!

What is your message to our readers?

Let girls do whatever they want to do. Let them enjoy their lives in a manner they would like to. If you like a sport, pursue it. Once you start enjoying the sport, it's a different life. The sacrifices are huge but, once you are done, you have your whole life to enjoy! 📌

With Her Sights Set On Newer Heights

Chancellor of Sathyabama University **DR MARIAZEENA JOHNSON** is taking the legacy of the 35-year-old institution forward with her visionary ideas and earnest dedication to empowering students and women. **By Kalwyna Rathod**

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Dr Mariazeena Johnson is everything you'd expect a leader to be – a relentless champion for excellence in the field of education, a social reformer working towards the upliftment of the underprivileged, and a feminist motivating women to achieve greater heights through women's empowerment programmes. As chancellor of Chennai's Sathyabama Institute of Science and Technology (deemed to be university), one of India's premier academic and research universities that offers multi-disciplinary academic programmes in various fields, she is taking the brand name to greater heights with her expertise.

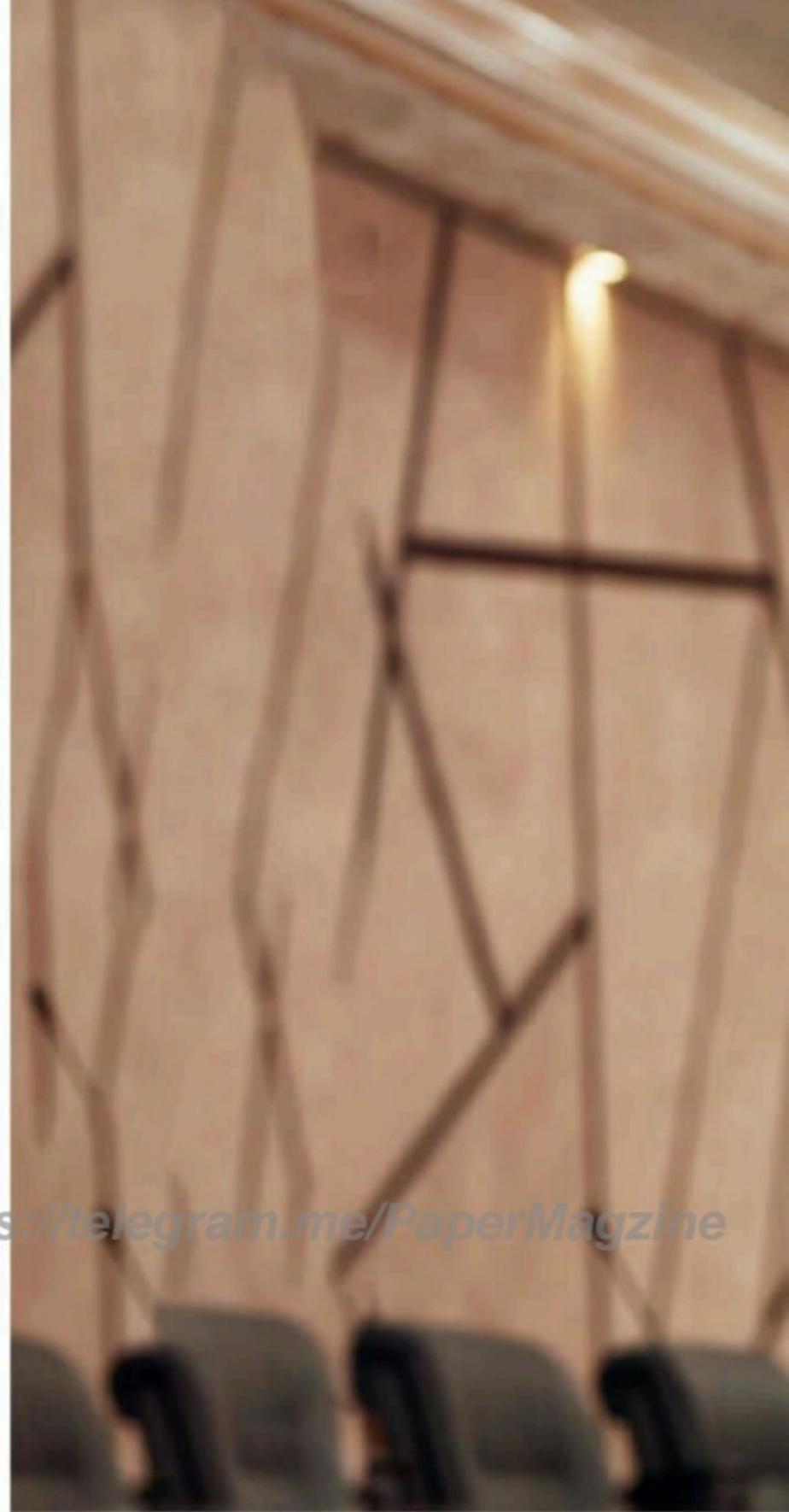
Edited excerpts from an interview:

What is it like to be the chancellor of a university that is working hard towards excellence in research and academics?

It is a huge responsibility to be the chancellor of an institute with a legacy of 35 years. I do revisit my plans often to clarify the path of realising our vision and to drive the workforce of the institution towards consistently arriving at remarkable milestones and achievements. Providing leadership to an institution of this scale is definitely a significant challenge, and I'm glad I'm able to steer its development at the needed pace.

I'm often awestruck by the responses of the young aspiring minds of our institution; their questions make me delve into thoughts about revamping our mission strategies. I like to deliberate over them in our boardroom discussions, considering the possibilities of providing definite solutions for new generation expectations in producing skilled manpower for societal needs.

Being the chancellor of Sathyabama, I always look at things from the perspective of inclusivity. Marginalised sections and women are taken into account while drafting





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any model or policy for implementation. Innovation has become our new motto of success. We have provided annual seed money grants, and encouraged students and faculty teams with innovative ideas in the past five years. Brand Sathyabama has been progressive with the right note of innovation in academics and research that has resulted in our consistent student success in placements, successful start-up ventures, and transformation of our students' dreams into reality before their graduation.

Please tell us about Sathyabama University's growth in line with sustainable development goals.

The focal point of progress in the institution is to always be responsive with regards to sustainable development. Equity and equality are elements of our inclusive growth model. For example, underprivileged students who cannot afford higher

education are given the opportunity to pursue undergraduate degrees in the institution. We tie up with various NGOs in the process of scrutiny, selection and academic progression. Special coaching is given to the rural-background students to help them improve their communication and aptitude skills.

We also lay more emphasis on sustainable ecosystem development on the campus. Sathyabama is vigilant about societal transformations, and rises up to the academic and entrepreneurial demands of society with technical expertise and empathy. The institution is completely aligned with sustainable development goals and performing progressively in the implementation of them in the campus.

As chancellor, what are your long- and short-term goals for the university?

My vision for the institution is huge, with necessary short- and long-term plans. I have always had a realistic approach >

in realising set goals. Long-term goals include making Sathyabama the institution of choice for elite scientists, a globally-renowned dream academic destination for future generations, and an employability skill-enriching unit for industry partners. This will be achieved by an expansion of international collaborations, further strengthening the student support system, and reaching out to alumni spread across the globe for intensive associations in all possible arenas of development. We have begun this process and are making substantial progress in this direction.

My short-term goals complement the long-term objectives. These include maintaining achieved success in terms of accreditations, ranking, and ratings, and continuing to create an intellectual pool of people to support our academic and research plans for the future.

Tell us about challenges you have faced in your professional journey, and how you have dealt with them.

The challenges in my professional journey have tested my intent to be resilient in crunch situations. The pandemic was one of the biggest challenges I faced in my professional life, trying to mitigate the early hiccups to bring the institution back to normalcy. Making a quick paradigm shift to digitisation of courses, and continuing academic and employability support to students was one of the major

concerns, but I was able to handle this crisis effectively, with the support of my team and the already-existing best practices of the institution.

What, according to you, does it take to be a leader?

Leadership is a naturally-evolving phenomenon. The impact of visionary leadership lives on after an individual's life. One must understand the depth of this responsibility and embrace leadership with humility, courage and positivity. I strongly believe that compassion, self-belief and vision for the future make the best leader – be it of a firm or a nation. According to me, leadership is a wonderful opportunity to bring change in the system. When systems are strengthened, people are automatically eager to face any challenge; this is exactly what I mean about leadership – preparing the team to handle any situation with authenticity.

What does success mean to you?

Success, to me, is a humble yet perennial outcome of one's calibre. Besides the generic quantified nature of success, it should necessarily reflect the attitude and ethical fabric of an individual. I always put team success first over individual accomplishments. When the team is successful, the system evolves to newer heights, which is good for the long-term achievements of any institution or organisation.

*“I strongly believe that compassion,
SELF-BELIEF AND VISION FOR THE FUTURE
make the best leader – be it of a firm or a nation”*





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I believe that our success should speak of more than just us; it should summarise the passion behind our perseverance. I consider any success that transforms others' lives to be the biggest and most precious.

What motivates or inspires you?

I am inspired by situations; they motivate me to move forward from static states of life. In each situation, I evolve to be a better version of myself. This, in turn, shapes my inner self and my outer aura in the best possible ways. I believe that tough situations make strong people.

What's the one thing you still aspire to do?

I consider myself a complete woman at the personal level; all my aspirations are related to the field of education as a noble service. I believe that individuals of quality are the requirement of the future in terms of skill and attitude, and I wish to achieve this consistently through the work I am involved in.

How do you balance your personal and professional life?

Time is precious, and we can't afford to waste it. If we plan intelligently and make use of the available 24 hours, we can be a success machine for a long time. Each individual's personal and professional life can be in the proper place

and order if we know the value of people and time, so value people's presence in your life and prioritise the work in hand accordingly.

How do you unwind?

In a word, through 'introspection'. This helps me find a new me within myself, it rejuvenates me. I don't perform a critical analysis of myself day in and day out, but dive down into my thoughts and perform a short SWOT with utmost honesty. This has helped me unleash new energy and enthusiasm within myself.

What is your message to the youth of today?

Courage and focus is a combination of qualities that I believe will make anyone the best in their chosen field. My success mantra is my conviction: when I decide on something, I go for it. This clarity in thought is what is required to attain success. I believe that courage is not instant; it is an accumulated component of belief in our capacity, our past experiences, and our nature to not withdraw. This courage, when combined with a real thirst for success, makes our life inspiring to many others.

If you had to describe yourself in a few words, what would they be?

Empathetic, a challenge-seeker and a go-getter! 



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The Heart Behind THE HEADLINES

Ace newswoman. Investigative journalist. Go-getter. That is the **NAVIKA KUMAR** the world knows. She lets **Primrose Monteiro-D'Souza** in on a totally different side of herself

HER family calls her a drama queen. It's a very different type of drama from what India and the world knows of Navika Kumar. One where she's hosting primetime news shows for both Times Now and Times Now Navbharat – all part of a persona that comes from three decades of investigative journalism and political reportage.

This 'drama' comes, she tells me, from being a Punjabi – “I tend to make a song and dance about things in my personal life; drama runs in my blood,” she says. Currently, it is her empty nest that is giving her angst. Her two sons Sidhant and Suchet no longer live at home. Suchet, her younger one, works in Bengaluru, Sidhant is married and lives close by with her daughter-in-law Anushka – she meets him on weekends, but Navika misses having them around. Not that she's a lot in her home either. When we catch up on a Zoom call, she has just come back after over two weeks on the road; a fortnight where she has traversed Maharashtra, Odisha and Uttar Pradesh on the campaign trail, doing primetime news shows right through, and briefing her teams several times a day. She has a backache and a migraine, she tells me, but, already by 11 in the morning when we log in for this interview, she has finished with edit meetings, caught up with breaking news, and has one eye on the 50 WhatsApp groups on which news is continuously flowing in.

Her summation of her life: “Never a dull moment!”

It's always been a busy life, but, when she's not on the election campaign trails, Navika's life is more ordered. She does yoga thrice a week, stating, “it calms me down a bit.” She catches up with her two news teams by 9.30 AM to discuss the agenda for the day, before sitting down to breakfast. “I lost my dad about five years ago, and my 88-year-old mother lives with me. So my husband, Mom and I bond over breakfast before he leaves for work. And, then, I have ‘mom time’ – whether it's 15 minutes or, on a good day, half an hour, I get to just be with her, holding her hand.” Having her mom with her, she recognises, is a privilege – because she is used to being a woman in a household of four men, namely her husband Sunil Marwah, her two sons, and her (late) father-in-law. A household run on clockwork precision because that has been “how a working woman like me has lasted this long.” In a time before delivery apps, the local rationwallah was always on call for when the kids or her father-in needed anything. “I got along famously with my father-in-law,” she says, with great affection. “So much so that he willed his house to me. And, in his lifetime, I was a joint holder of the house with him.”

Her support system at home included the cook and the *didi* who brought up her second baby, who was born dangerously premature. “They've been with me for 23 years, and I would

not have been able to continue work in this manner without them.”

Her husband, mother and father, too, have been the backbone in Navika's working career. “My father babysat very well,” she recalls fondly.

Her parents' support was particularly precious since Navika, in many ways, did not conform to societal expectations. She grew up in Sindri in then-Bihar, in a public sector colony, because her father worked with a Public Sector Undertaking (PSU). “We grew up very protected, because the law and order situation was not great. And we did not have any great exposure to the outside world – we got the newspaper >

WORDS TO LIVE BY

“There is nothing that a woman cannot do. I've proved it again and again to myself and the world. Age has never mattered, nor gender. Even today, in terms of energy, in terms of passion for what I do, I can put a 20-year-old to shame.

“If you want to do news, you have to love news. It doesn't come at convenient times for sure, it is the bane of our lives, but to have the whole story, to get it first, is what drives you. If that doesn't drive you, you can't make it big. Unless you love what you do with passion, you are not going to last.”

by train from Calcutta by evening, and we listened to Vividh Bharati and Radio Ceylon.” When she was finishing school, her father was making the move to the private sector, so she went to Birla Balika Vidyapeeth in Pilani, Rajasthan, to do her plus-two. “It was a girls’ school and I lived in a hostel that had 16-foot-high walls; we were never allowed out.”

And, then, Goa beckoned – her parents moved into a beautiful house on a cliff overlooking a beach – and she decided to do her Bachelors in Economics from Parvatibai Chowgule College in Goa – which was part of Bombay University then. “It was a time of firsts, my first exposure to the world, my first flight too. Unglamorous, but I enjoyed it very much.” Then came the opportunity to do a postgrad in Pune – and the world truly opened up. Life presented her with two choices – a teaching job with her Goa college, and a post with a foreign bank. She had no interest in teaching, and she had this notion that she would be counting money for foreigners at the bank – which, again, was not an option for her. But, then, a third, life-changing possibility presented itself. She was living with her sister at the time, and, over breakfast one day, she and her brother-in-law (“the big brother I had never had”) discovered a classifieds ad in the newspaper inviting candidates to take a written test for *The Economic Times (ET)*. “And so he quietly brought me to the *ET* office, I gave the test, I got in.”

No one else understood it at the time, least of all her parents, but she felt a great sense of achievement at joining such a prestigious newspaper on her own merit. It was 1990 – the beginning of a long journey. Along the way, there was an arranged marriage in January 1991, her first child born in November the same year, and a break for five years to raise him. A move to Chandigarh followed when her husband took up a job there, freelancing with *The Tribune*, and then joining *The Indian Express* in 1995.

A second move to Delhi happened just six months into the job, with several editors telling her – some bluntly, some more kindly – that she was not serious about her work because she had

taken time off to raise a child. *The Indian Express*, recognising her worth, transferred her to Delhi. She worked 10 years with the group, recounting, “My peer group had moved on in the five years I took a break, they had got a couple of promotions. I started from scratch. But, when I worked, I did some ground-breaking stories – eight-column leads on the front pages. Exciting stories that brought down several ministers.” Again, she points out, drama was never lacking – at work and at home. “Strangely enough, I have never planned my life. I have never thought I’m going to do this, or this is what I want to be. I only knew I wanted to be a career woman. It’s very easy in Punjabi families for girls to get married and get involved in life and making butter chicken, and keep work as a second priority. I always knew that I needed to continue to have a career and have my own bearings, my own personality. I was never going to lose that.”

Navika has never seen herself as a trendsetter – “I never thought of myself as setting anything on fire.” But other people clearly saw the potential she had to light things up.

Arnab Goswami, then with Times Now and ET Now, contacted her in 2005. He chased her for two to three months, but she would not take his calls. “I knew nothing about television. What I did know was that, in those days, people thought that TV jobs for women ended at 40 years, and I was 38. My younger son was just four. And I thought I did not have the personality, the perseverance, the looks for television, so I kept avoiding his calls. Then, one day, I took a call by mistake. I was in Australia on work, and I had taken international roaming to keep in touch with my family, and Arnab wouldn’t stop talking. All I could think about was how much the bill was rising, so, to end the conversation, I agreed to meet him when I returned to Delhi.”

The rest, as they say, is history. Navika joined Times Now on August 8, 2005. She told herself she would be there for six months, and then go back to investigative reporting. It’s been almost 20 years.

The woman we see on our screens is no-nonsense, assertive and often intimidating. I ask if this is how she really is. “Not at all,” she laughs. “I’m very ‘nonsense’ at

RAPID FIRE

Your last vacation:

“Goa in January, with my husband. Our first anniversary alone in 33 years!”

Ways to relax:

Music. Old Hindi songs, new ones by Arijit Singh. And I like looking at airport looks on Insta! And movies – I’m a Bollywood buff – mostly on OTT platforms, because news always breaks when I go to catch a movie in a theatre hall.

Your favourite movie:

Guide

Your hobbies:

Cooking off YouTube videos for the kids

Your all-time favourite book:

Gitanjali by Rabindranath Tagore

Alternative career:

I’d be a radio jockey and play old Hindi songs.





Navika with her husband, mother, sister, sons and daughter-in-law

“STRANGELY ENOUGH, I HAVE NEVER PLANNED MY LIFE... I ONLY KNEW I WANTED TO BE A CAREER WOMAN”

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home. I'm a home kind of girl, still a small-town girl at heart, no *shoo shaa*. I like hanging around the house in my kaftan, oil in my hair, with my kids around me. This is my comfort zone. My boys will hate me for saying this, but I'm the cuddly mother. So *aate jaate*, there will be a hug there and a peck on the cheek here. They're used to it. All of us are foodies. We are Punjabi foodies; we're always thinking, dreaming, talking about food. My younger son is a health enthusiast, so, right now, he's on my case to lose weight for health reasons. We're wondering where he's got his genes from..."

Her husband is her rock. "Through 33 years of marriage, he's gone from being someone who was not quite impressed with my pushing myself so much to being my biggest supporter. And, when my father passed away, he was the one who brought my mother to our house to live with us. Today, when I'm at work, they spend time together. At mealtimes, I'm often the outsider when it comes to the inside jokes they share. It might have been an arranged match all those years ago, but it is what dreams are made of," Navika says.

She believes striving for work-life balance is key to giving your best to whichever phase of life you are in. "Whenever my kids have needed me, I have been there. I've been there when they've been ill, even taken off for two to three weeks when they had their board exams. It's important for me as a person; I wouldn't be at peace if I hadn't done it. I've probably found

success later than other people in my peer group, but it's never bothered me. I've controlled my ambition. I've set my own pace and been happy with it. Absolutely no regrets."

Navika thinks of herself as a chronicler of history. Years ago, when she worked in Mumbai with *The Economic Times* and travelled to Delhi on work, she would make a certain drive every time. "Parliament, North Block, South Block fascinated me. I would look at the Parliament building and say to myself: some day, some day, I will go inside and be a part of history." Then, for 10 years with *The Indian Express*, the corridors of power became so familiar to her. In her ongoing stint with television, there are few places she does not know in those edifices. "I have worked very, very hard on my stories, and that gives me great fulfilment, but I do believe in the hand of God. He made me successful in finding the stories. He gives me the strength to go on."

On this easy Saturday morning, the Navika Kumar I see on Zoom in front of me, through this conversation, has been a revelation. Her face softened by exhaustion, one still senses a woman truly at home with herself. One who is comfortable, relaxed and genuinely engaged. What's the one big thing you still want to do, I ask – out of sheer curiosity. "I want to meet Arijit (Singh)," she says. "I want to see him in concert." If the stars align and the news stops breaking, who knows. It just might happen. **F**

Ruhee Dosani

The creator looks for inspiration in both positive as well as negative experiences. Her key? To focus on work, rather than overthink things, she tells **Shraddha Kamdar**



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When Ruhee Dosani shot videos at home jamming and grooving to Hindi and Bhojpuri songs with her friends, little did she know where her passion would take her. Cut to a few years later (and being first noticed and reposted by Diljit Dosanjh), here she is in good ol' Mumbai putting out content that makes her – and her 2.2 million followers – happy. Since then, the creator has collaborated with several Bollywood biggies, including Priyanka

Chopra, Madhuri Dixit, Janhvi Kapoor, Kartik Aaryan and Aamir Khan.

We caught up with Ruhee before a performance at the Royal Opera House in Mumbai and present edited excerpts from the interview.

What is your process of researching and writing an act or piece?

The process of researching is mainly through observation and then building on the idea. I mostly do it live to create relatable content so that people can connect with the content piece and share it with their friends and family.

Which comic or content creator do you admire?

Andrew Schulz

Has there ever been a case where you felt that something you created was too bold for Indian audiences? What is your step forward then?

I created content with my Mom in which we showcased how the little choices that you make in life matter. The video went viral – folks even shared it on LinkedIn. That video was very special as it reached a lot of people and helped me share a very important message through my content.

How do you get over phases of feeling not-so-creative?

I try to observe things a lot, talk with a lot of people so that I can think of new content. And I try to go with the flow and not overthink anything so that I can focus on my work. I do not dwell on other things that could stress me out because of which I won't be able to focus on my content.

Where do you look for inspiration?

Seeking inspiration from both positive and negative experiences allows you to find valuable lessons in every situation. By extracting the positive aspects even from negative events, you can use them to your advantage and grow from them. This mindset helps you find meaning and purpose in everything that happens, and ultimately leads to personal development and resilience. **F**

PLATING PRETTY

Whether you're shooting for the 'gram or to gladden your own heart, master the art of making your plate look beautiful – because we eat with our eyes first...

- Pick a plate or platter in a colour that showcases and contrasts with your food.
- Choose the size of the plate or platter carefully. A smaller plate will make a little food look like a lot.
- Begin by plating the food from the middle, leaving the edges clear.
- Plate the components in layers to add texture and interest. Stack or mound the food carefully, rather than just pile it up.
- Add a complementing garnish.
- Clean up smears and splatters and present your beautifully-plated dish. **F**



LUNCH TO GO

These combinations from ARCHANA DOSHI's new book *Tasty Tiffin: 40+ Delicious And Healthy Lunch Box Ideas For Kids* promise great lunches for both kids and adults

KUZHI PANIYARAM

Serve with a banana



Oil, for cooking
¼ tsp mustard seeds
1 sprig curry leaves,
finely chopped
1 onion, finely
chopped
2 cups *ragi dosa*
batter (or regular
dosa batter)

2 tbsp grated
fresh coconut
¼ cup grated carrot
1 green chilli,
finely chopped
Salt to taste

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Calorie
count:
180 calories
(per serving)

MAKES: 25 to 30 *paniyarams* > **PREP TIME:** 10 minutes > **COOKING TIME:** 20 minutes

1. Heat oil in a small pan over a medium flame. Add the mustard seeds and curry leaves, and cook until they crackle. Add the chopped onion and sauté until tender.
2. To a mixing bowl, add the *dosa* batter, coconut, carrot and green chilli, followed by the prepared onion mixture. Add salt to taste, and stir well to combine.
3. Preheat a *paniyaram* pan and add half teaspoon of oil to each of the cavities. Spoon the *dosa* batter into the greased cavities; place the pan on a medium flame, and cover with a lid.
4. After three to four minutes of steaming, you will notice that the tops of the *paniyarams* are cooked and steamed. At this point, turn over each *paniyaram* to cook the other side. This time around, do not cover with a lid. Cook on a medium-low flame until the bottom of each *paniyaram* is browned and crisp.
5. Once done, transfer the *paniyarams* to a bowl and allow them to cool. Proceed the same way with the remaining batter.
6. Once cooled, pack into the lunch box along with fruits and nuts of your choice.

NOTE: KUZHI PANIYARAMS ARE BITE-SIZED WONDERS THAT ARE CRISPY OUTSIDE AND SOFT INSIDE – A MINI FEAST OF FLAVOURS. PAIRED WITH A RIPE BANANA THAT NOT ONLY OFFERS NATURAL SWEETNESS BUT ALSO A DOSE OF ENERGY, IT IS A PERFECTLY BALANCED MEAL.

BEETROOT RICE

Serve with Stir-Fried Broccoli and Watermelon Juice



½ tsp mustard seeds

½ tsp cumin seeds

1 sprig curry leaves, finely chopped

1-inch ginger, finely chopped

1 onion, finely chopped

2 tomatoes, finely chopped

½ tsp turmeric powder

1 tsp oil

1 tsp *sambar* powder

2 beetroots, finely grated

Salt to taste

1 tsp cardamom powder

1 cup cooked rice (with well-separated grains)

1 tbsp ghee

Small bunch of coriander leaves, finely chopped

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Calorie count:
148 calories
(per serving)

MAKES: 4 servings > **PREP TIME:** 10 minutes > **COOKING TIME:** 15 minutes

1. Heat the oil in a wok. Add the mustard seeds and cumin seeds, and allow them to crackle.
2. Add the curry leaves, ginger and onion. Sauté the onion until tender.
3. Add the tomatoes, turmeric and *sambar* powder, and stir. Cook for about one to two minutes until the tomatoes soften.
4. Add the beetroot and salt, and stir to combine well. Turn down the flame to low and cover the pan. Simmer for about four to five minutes until the beetroot softens. Taste to see if you like the cooked texture, else cook it for a little longer until softer.
5. Once the beetroot is cooked, add the cardamom powder and cooked rice, and stir to combine.
Add the ghee and the coriander leaves. >

TIP: COOK THE RICE THE PREVIOUS DAY, AS IT MAKES THE MORNING PREP MUCH QUICKER.

LEMON RICE

Served with Yoghurt and Stir-Fried Broccoli



1 tbsp sesame oil
1 tsp mustard seeds
1 tsp white urad dal (split)
¼ cup raw peanuts
1 sprig curry leaves, roughly chopped
1-inch ginger, grated
2 green chillies, finely chopped

1 tsp turmeric powder
1 cup cooked rice (with well-separated grains)
Salt to taste
1 tbsp lemon juice
Small bunch of coriander leaves, finely chopped

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Calorie count:
141 calories
(per serving)

MAKES: 4 servings > **PREP TIME:** 10 minutes > **COOKING TIME:** 10 minutes

1. Heat the oil in a heavy-bottomed pan over a low flame. Add the mustard seeds, urad dal and peanuts. Allow the mustard seeds to crackle, and roast the dal and peanuts well. The dal should be golden brown and the peanuts crisp. Do this on a low flame so that the peanuts get roasted evenly.
2. Add the curry leaves, ginger, green chillies and turmeric, and stir for a few seconds.
3. Add the cooked rice, sprinkle some salt, and stir well so that all the ingredients are combined and the rice is well coated. Cover the pan and allow the lemon rice to steam along with the seasoning for a couple of minutes.
4. Squeeze the lemon juice over the rice, and stir so that the juice is evenly incorporated.
5. Check the salt and spice levels and adjust to suit your taste.
6. Turn off the heat and stir in the chopped coriander leaves.
7. Once cooled, pack into the lunch box.

NOTE: TO PREPARE THE STIR-FRIED BROCCOLI, ADD A LITTLE OIL TO A PAN, TOSS IN CUMIN SEEDS, AND ALLOW THEM TO CRACKLE. ADD CUT BROCCOLI FLORETS, SPRINKLE WITH SALT, AND STIR-FRY UNTIL COOKED. SPRINKLE A LITTLE BLACK PEPPER POWDER.

PALAK PANEER ROLL

Serve with a guava



For the palak paratha:
½ cup spinach leaves

1 green chilli, finely chopped

1 cup whole wheat flour

½ tsp cumin powder

Salt to taste

1 tsp oil, for kneading

Oil or ghee, for cooking

For the paneer bhurji filling:
150 g paneer, crumbled

1 onion, thinly sliced

1 green chilli, finely chopped (optional)

¼ tsp red chilli powder

½ tsp garam masala powder

¼ tsp turmeric powder

Salt to taste

Small bunch of coriander leaves, finely chopped

For the roll:
Cream cheese spread

Mustard sauce

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Calorie count:
261 calories (per serving)

MAKES: 4 rolls > **PREP TIME:** 25 minutes > **COOKING TIME:** 20 minutes

1. To prepare the *palak paratha*, purée the spinach with the green chilli.

Add the wheat flour, *palak* purée, cumin powder, and salt to a mixing bowl, and knead to a smooth dough, adding water if required. Add the oil and knead well.

Divide the dough into four portions, dust with flour, and roll each out to make a large 8-inch circle.

2. Heat a skillet over a medium flame, and cook a *palak paratha*. Drizzle ghee or oil over the *paratha* and cook on both sides until cooked through (you will see light brown spots on both sides). Prepare all the *parathas* in a similar way, and stack them.

3. To prepare the *paneer bhurji*, combine all the ingredients in a mixing bowl.

Check the salt and spices, and adjust to suit your taste.

4. To prepare the wrap, spread a spoonful of cream cheese and mustard sauce on each *paratha*.

Add the *paneer bhurji* mixture to the *paratha*, and roll.

Repeat with all the *parathas* and filling. Pack into the lunch box. **F**

NOTE: THIS PALAK PANEER ROLL IS A DELIGHTFUL BLEND OF PANEER BHURJI AND NUTRITIOUS SPINACH PARATHA.

FROM HER KITCHEN TO YOURS

Cooking is the biggest form of relaxation for entrepreneur and food activist **ARCHANA DOSHI**. Speaking to **Shraddha Kamdar** about the growth of her platform Archana's Kitchen, she shares the inspiration behind her latest book – *Tasty Tiffin: 40+ Delicious and Healthy Lunch Plans For Kids*

In 2007, much before the world had discovered how to make reels and share kitchen tips and cooking tricks on video, entrepreneur and food activist Archana Doshi had set up a webpage – Archana's Kitchen – that provided food enthusiasts with easy-to-follow recipes for everyday cooking. Archana's Kitchen grew to be among India's leading recipe and food platforms. Cut to today, it has over 10 million (and growing) users across the website, social media, YouTube and mobile app.

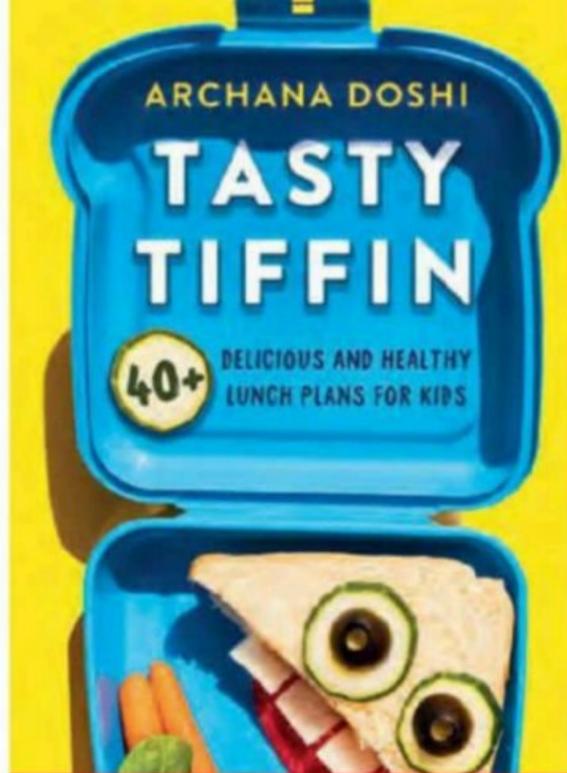
Archana's is a household name. Everyone – from those who love to cook and try something innovative to those who are stepping into the kitchen for the first time – refers to her recipes. Her aim has always been, and remains, teaching people the basics of cooking while learning more about the nutritional value of simple Indian meals.

Featured as a Google Entrepreneur for her work in the digital space, Archana was the inspiration for the first Google Chrome Ad in 2011. To further her cause, she wrote her first book, *30 Meal Plans: Easy Vegetarian Indian Recipes For Good Health* in 2022 and has recently published *Tasty Tiffin: 40+ Delicious And Healthy Lunch Plans For Kids* (both HarperCollins Publishers India).

Archana's inspiration for *Tasty Tiffin* stemmed from a deep desire to make healthy eating more accessible for children. "As a parent, I understand the everyday challenge of packing nutritious



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Archana's Top Tips

Plan Ahead: Meal planning and preparation can save a lot of time and reduce stress. Spend a little time each week planning your lunch boxes to ensure a variety of healthy and delicious meals.

Involve Your Kids: Let your children be a part of the process. When kids help choose and prepare their meals, they are more likely to eat and enjoy them.

Keep It Simple: Focus on recipes that don't require too many ingredients or complex steps.



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and appealing lunch boxes that kids will actually eat. I wanted to provide a resource that not only offers a variety of delicious recipes but also encourages children to make healthier food choices," she shares with us on a summer afternoon as we chat about the book. Her singular goal was to create a book that simplifies the process for parents while making lunchtime enjoyable for kids.

From small snack ideas that include fruit, nuts and cheeses to larger meals such as pastas and *quesadillas*, and 10-minute rice dishes to a twist on the humble *roti-sabzi*, *Tasty Tiffin* offers a variety of options. And, though her step-by-step- recipes are simple, the process of selection of the final recipes was not as simple for Archana. "It was a meticulous process," she shares. "After creating an extensive list of potential recipes, I evaluated each one based on several criteria: nutritional value, ease of preparation, kid-friendly flavours, and the ability to stay fresh in a lunch box." During the experimentation,

Rapid Fire

Your favourite dish to eat: Tough one, I live to eat! The season and my moods determine what I love to eat. Desserts are my weakness.

Three things you can't do without in your kitchen: A good chef's knife, pan, herbs and spices

An ingredient that you are looking forward to working with: Various flours and butter

Your comfort food at the end of a hard day: A bowl of *rasam* rice with a *poriyal*

If you had to imagine yourself as a dish, what would it be?

A vibrant and flavourful vegetable *biryani*

One Indian fusion dish that you have come to love: Paneer Tikka Tacos

Your favourite dessert: Tiramisu

A chef who has left a lasting impression on you: My mom

A chef you want to work with: Chef Massimo Bottura. His creativity and dedication to reinventing traditional Italian cuisine with a contemporary twist are truly remarkable.

she sought feedback from her children as well as other parents to fine-tune the recipes. Her inspiration, as always, was derived from several sources. "My family, my cultural heritage, global cuisines, and the changing seasons... My children are my biggest inspiration, as their enthusiasm and feedback help me continuously refine and innovate my recipes," she enthuses.

Having immersed herself mind, body and soul into the process, choosing one favourite dish from *Tasty Tiffin* is tough for Archana. "If I had to pick one, it would be the Cheesy Spinach And Corn Quesadillas. The gooey cheese combined with the fresh spinach and sweet corn creates a delightful texture and flavour that never fails to please!" she reveals.

To anyone who picks up *Tasty Tiffin*, Archana's message is akin to her philosophy: "Embrace the joy of cooking and learn the importance of nourishing our children with love and care. Remember, food is more than just fuel – it's a way to connect, to show love, and to create lasting memories." **F**

'JUNK' FOODS YOU CAN EAT GUILT-FREE

Feel remorse after gorging on fried snacks? Opt for these options from dietician VIDHI CHAWLA



Treat your taste buds to guilt-free indulgence with a selection of healthy 'junk' food that will leave you satisfied and amazed!

SWEET POTATO NACHOS

Replace traditional nachos with thinly-sliced sweet potatoes. Bake them until crispy and top with black beans, diced tomatoes, avocado, and a sprinkle of low-fat cheese. This colourful and

nutrient-packed alternative is a delightful twist on the classic, offering a satisfying crunch without the guilt.

BAKED ZUCCHINI FRIES

Swap greasy French fries for baked zucchini fries. Cut the zucchinis into strips, coat them with a mixture of whole wheat breadcrumbs and Parmesan cheese, then bake until golden brown. Serve with a side of marinara sauce for a healthier take on a beloved snack.



FRUIT KABOBS WITH YOGHURT DIP

Satisfy your sweet tooth with colourful fruit kabobs. Skewer a variety of fresh fruits such as berries, melon and pineapple. Pair them with a light and creamy yoghurt dip made with Greek yoghurt, honey and a touch of vanilla. This refreshing treat adds a burst of flavour and nutrition to your day.



AIR-POPPED POPCORN WITH HERBS

Skip the butter-laden popcorn and opt for air-popped popcorn seasoned with herbs. Sprinkle nutritional yeast, garlic powder and a hint of sea salt for a savoury and satisfying snack that won't derail your healthy eating habits.

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CAULIFLOWER BUFFALO BITES

For a spicy kick without the calories, try cauliflower buffalo bites. Coat cauliflower florets in a mixture of whole wheat flour and spices, then bake until crispy. Toss the baked cauliflower in a buffalo sauce made with hot sauce and a touch of melted butter. Serve with celery sticks and a light blue cheese dressing.



DARK CHOCOLATE-DIPPED STRAWBERRIES

Meet your chocolate cravings with a healthier twist. Dip fresh strawberries in melted dark chocolate, which is rich in antioxidants. The combination of sweet strawberries and dark chocolate provides a guilt-free dessert option that will leave you delighted. **F**



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OF SEAS, SANDS AND SPEED

BAHRAIN is a melting pot of many cultures and cuisines, besides being known for its international motoring circuit. **Shraddha Kamdar** takes a dip into its history and brings back a few stories

When strolling leisurely on the Pearling Path after learning about the country's history of pearl diving, you can't help but think of how Bahrain itself is akin to a pearl oyster. A pearl oyster is hard on the outside and soft on the inside; Bahrain, too, is hard(ly known) to the outside world and its people are warm and friendly. Its citizens take pride in its history, telling stories of the ancient Dilmun Empire and of connections with India for business – all because of its wealth of natural pearls.

'El Bahrain', in Arabic, translates to two seas and refers to the natural phenomenon where freshwater springs burst out in the middle of the Arabian Gulf. This created a natural habitat for



Jarada Island

the rarest types of natural pearls, upon which the island nation's economy ran until the early 1930s, when it became the first country in the Arabian Gulf to discover oil. The timing couldn't have been better, since pearling was on a decline.

Today a melting pot of cultures, Bahrain has lots to offer the curious visitor. Apart from boasting its own

Formula 1 Grand Prix, an expanding art scene, a variety of activities to experience including indoor skydiving, water sports in the bright blue waters especially at the unique disappearing Jarada Island, and some of the world's most stunning monuments will keep you busy for days. Multilayered and multicultural Bahrain gives the visitor a combination of ancient history with modern facilities.

Some not-to-be-missed attractions include:

BAHRAIN NATIONAL MUSEUM

Start with this must-see. Housed in a post-Modern building, it is an excellent introduction to the country. The life-sized dioramas of life in ancient Dilmun leading to the country's customs and traditions are not to be missed. At the



Clockwise from the top: Bahrain International Circuit, The Pearling Path, Bahrain Fort, Manama Souq, a local pottery store, Al Fateh Grand Mosque

recreation of the traditional *souq*, you will find yourself wanting to purchase the trinkets and have tea (*karak*, as they call it), despite it all being a model!

THE PEARLING PATH

Located on Muharraq Island, this 3,30,000-sq-m UNESCO World Heritage site, now called “Pearling, Testimony of an Island Economy,” encapsulates the history of the pearl industry. It includes oyster beds, restored old houses and buildings. The stories of bygone times come alive as you meander through the houses of pearl merchants, traders and divers, and the trade establishments and storage houses. Its revitalisation in the last decade has not only given the houses a coat of new whitewash, but also strengthened the legacy that formed the identity of the country years ago.

AL FATEH GRAND MOSQUE

Located in the capital city of Manama, this is one of the largest mosques in the world. Spread over 6,500 square metres, this place of worship, built in 1987, is a premier visitor attraction, with tours conducted in various languages. With Italian marble on the floor, Austrian glass on the windows, and teakwood from India for the doors, the majesty of the mosque *has* to be experienced.

BAHRAIN FORT & MUSEUM

A UNESCO World Heritage site, this is believed to have been the capital of the



ancient Dilmun Empire. A walk around the majestic fort has you looking at excavations of residential, commercial, public, military and religious buildings, even while you stare at the gulf in the distance. The ruins take you back to an era that one can only imagine...

MANAMA SOUQ

After a day of sightseeing, this is the place you want to be. A maze of alleyways criss crossing each other, the Manama Souq is a haven for visitors and locals alike. Electronic goods? Check. Spices? Check. Souvenirs at a reasonable price? Check. Kitschy stuff and hookah pipes? Check. The market truly evokes the atmosphere of an ancient market where humans mingle amid the aromas wafting from the falafel stores. Don't miss the Bab Al Bahrain, a historic building marking the main entrance to the *souq*.

BAHRAIN INTERNATIONAL CIRCUIT

One of the most modern racing venues in the world, the world-famous Bahrain International Circuit is a place to experience an adrenaline rush. It houses the world-famous Formula 1 circuit –

where, viola, you can also take a lap! Visitors also have the option to take an exclusive behind-the-scenes tour or go for a thrilling karting session at the all-new facility at the circuit.

JARADA ISLAND

When your speedboat approaches Jarada Island, you spot a small red-and-white tower over a patch of sand. It brings to life your drawings of an island as a six-year-old, for it is as small and simple as that – not to mention extremely pristine! The island has nothing – anything you need has to be brought with you on the boat. We had a lovely barbeque experience with a walk on the soft sands and kayaking. The most fascinating part? On high tide days, the island vanishes under the blue sea! **F**

EAT AND BE HAPPY

Dr Archana Batra details why you need to eat in a well-balanced manner to avoid impacts to your mental health



on serotonin, sometimes known as the “feel-good” neurotransmitter. Salmon, almonds, seeds, turkey and other foods are high in tryptophan, an amino acid that is a precursor to serotonin. Including these in your diet can improve your mood and reduce depressive feelings.

KEEP BLOOD SUGAR STABLE

Mood swings and irritation can result from spikes and drops in blood sugar levels. Selecting complex carbohydrates, such as whole grains, fruits, and vegetables, can help you keep your blood sugar levels constant, which will help you feel good all day.

CHOOSE ANTIOXIDANT-RICH FOODS

Antioxidants in berries, spinach and kale, among other fruits and vegetables, can shield your brain cells from oxidative stress, which is associated with mood problems.

ADD OMEGA-3 FATTY ACIDS

Studies have shown that omega-3 fatty acids, which are present in fatty fish, flaxseeds and walnuts, are beneficial for mental health. These beneficial fats can aid in easing anxiety and depressive symptoms.

HYDRATE!

Lack of fluids might impact your mental health. To stay hydrated, make sure you drink enough water throughout the day.

Prioritising your health and wellbeing is essential in the pursuit of happiness, and choosing nutritious foods is a big part of that. Eating not only provides energy for your body but also nourishes your spirit. **F**

It's easy to get caught up in the chaos of daily life and forget about the most important component of our health: nutrition. Many people mistakenly correlate healthy eating with bland food and feeling deprived, which makes them choose fast fixes or severe diets that promise immediate results. The reality is that not giving your body access to nutritional foods can harm both your physical and emotional health, which will inevitably result in misery and unhappiness.

While it might be alluring to turn to harsh diets or severe calorie restrictions in order to lose weight quickly, doing so can have a detrimental effect on your mental health. In addition to depriving your body of vital nutrients, deprivation diets cause feelings of irritation, impatience, and unhappiness. Additionally, they could encourage an unhealthy relationship with food,

and perpetuate the vicious cycle of guilt-driven binge eating.

DON'T STARVE YOURSELF TO SADNESS

Our mental and emotional health is greatly influenced by the food we eat. Numerous studies have shown that there is a substantial link between diet and mood. Your body performs efficiently when you consume a balanced diet full of vitamins, minerals, and other necessary elements. This includes the generation of neurotransmitters such as serotonin, which are responsible for controlling mood.

Here's how you can eat healthily for happiness..

INCREASE SEROTONIN

The foods we eat have a big impact





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FREEZING MATERNAL MEMORIES IN TIME

BARKHA AGARWAL, founder of maternity and baby photography company Memories by Barkha, speaks to **Ravina M Sachdev** about finding her calling and carving a niche

Ask Barkha Agarwal about fond memories from her childhood, and she'll tell you they mostly revolve around photography. "My dad used to love clicking pictures, and I developed a fascination with photography very early in life. My mum gifted me a digital camera when I was 15,

and I would spend hours clicking pictures of random things," she explains. She had no intention of making a career out of it however. Instead, she pursued engineering and holds a BTech degree in Electrical and Electronics Engineering. She then earned an MBA degree from Mysore in 2015, and it was here that she

"I had to work for almost four years as I had an education loan and had to support Mom"

rediscovered her love for photography. "In college, I joined the photography club, learned to use a professional camera and, soon, became the official student photographer for events," she shares. "All my friends would request me to click their professional pictures." After her course, she went on to work with Edutech in the business development department. "I had to work for almost four years as I had an education loan and had to support Mom. I was doing well in my job, but I felt something was missing," she adds.

Fortunately, in 2018, her fiancée encouraged her to pursue photography. She experimented with different genres, including wedding photography, product photography, food photography, and fashion, assisted photographers, and finally realised that maternity and baby photography was her calling.

"In 2019, I started pursuing it full time," Barkha reveals. "I also did multiple courses with famous photographers to hone my skills."

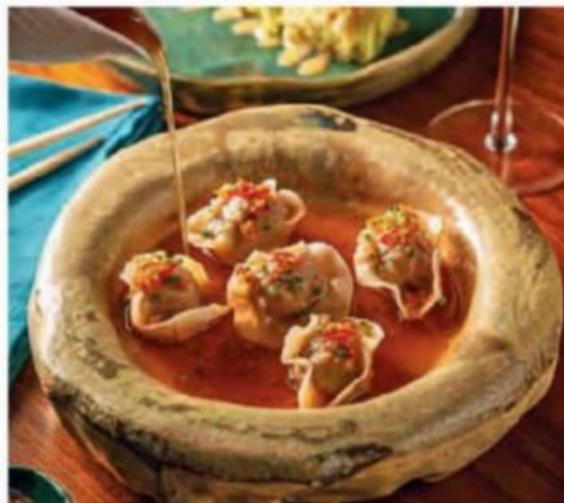
The following year, she went on to teach at the Belly Baby Summit in the USA, an international online platform where only nine global photographers teach maternity and baby photography to photographers across 30 countries. "I also established my first studio in 2020," she shares. In 2022, Canon awarded her the title of Canon Maestro in the field of maternity and baby photography, and, in 2023, Barkha went on to become the first Indian photographer to teach maternity photography at WPPI, Las Vegas 2023 – the biggest photography conference of the world. "I've also shot multiple celebrities including Swara Bhasker and Devina Bonnerjee," she adds.

Her future plans include pushing the creative boundaries of maternity and baby photography, and working at a global level

Get Swept Away By GOOD FOOD

MEGUMI in Santacruz West, Mumbai, presents
a feast for both stomach and eyes

Nestled in the heart of Bandra, Megumi is one of Mumbai's latest culinary gems, offering a tantalising journey through the diverse flavours of Asia. Spanning an impressive 6,000 square feet, you will be enveloped in a delightful ambiance crafted by interior designer Minal Chopra as you step in. Drawing inspiration from Brazil's bamboo-weaving culture, her masterful blend of soft lighting and organic textures creates a



welcoming haven. The restaurant invites guests to embark on a luxurious dining escapade, offering Nikkei cuisine, a harmonious fusion of the Japanese and Peruvian traditions.

What We Ate And Drank: The culinary team headed by Chef Tanmay Hornekar ensures that Megumi's menu delights the palate with an array of dishes, across soups, salads, robata, sushi, small plates, and more.

We started with the delicious Megumi Guacamole, an interesting Asian twist on the regular guac served with tempura zucchini, carrots, and sweet potato. From the sushi section, we settled for the Kappa Maki, a fresh roll with cucumber and dried seaweed, the Enoki Edamame, and the Megumi Special Tempura Roll, which has tempura asparagus, enoki mushrooms, and tofu doused in a spicy mayo and sweet sauce, and which we highly recommend. We also had a portion of the Crystal Steamed Dim Sums and the Smoked Pumpkin Baos – both were excellent.

For the mains, we had the Yaki Udon noodles which came with mock meat and paired well with Mapo Tofu.

We ended our meal with the Bitter Chocolate Mousse, a rich and fluffy mousse served with fruity raspberry ice cream.

Location :9th floor, Ramee Emerald II, Linking Road, above Nike Showroom, Vithaldas Nagar, Santacruz West, Mumbai

Price Points: ₹2,000 for two without alcohol

Timings: 12 pm to 3.30 pm; 7 pm to 1.30 pm **F**



By Ravina M Sachdev



The heart of Incredible India



Bhil Tribe

COME & EXPLORE MADHYA PRADESH

A land where indigenous culture is a living masterpiece!

The Heart of Incredible India will take you on an enthralling journey to unveil the soul of India's indigenous heritage. Home to the largest concentration of indigenous communities in the country, Madhya Pradesh has 24 distinct tribes, each with their own vibrant language, traditional customs and local social structures.

The skilled artisans breathe life into age-old crafts, their nimble fingers weaving tales into textiles, shaping wood into exquisite sculptures, and adorning themselves with fine jewellery. Each piece they create is a testament to their rich history, passed down through generations.

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Baiga Tribe

Madhya Pradesh resonates with ancient traditions, where tribes like the Bhil, Gond, Baiga and Bhariya have thrived for centuries. Pack your bags for a indigenous trail to converse with the Bhil, India's largest tribe, known for their colourful Pithora paintings that narrates stories on walls. Navigate the indigenous belt while crisscrossing through Mandla, Chhindwara, Balaghat, Shahdol, Dindori, Hoshangabad, Jabalpur, Betul, Damoh, Sagar, and parts of northern Madhya Pradesh where the Gond tribe dwells. These mountain dwellers are known for creating decorative fabrics with intricate geometric patterns and animal motifs with natural dyes and weaving techniques passed down through generations. Explore the Baiga tribe that resides primarily in the southern

Sahariya tribes and drown yourself in "Khambaswang", a dance drama of the Korku tribe from Chhindwara, Narmadapuram and Harda districts. Inhale the ancestral art of Agaria tribe – transforming black sand and clay into iron using ancient bellows. This tribe particularly resides in Dindori, Balaghat, Mandla, and Sidhi. Nestled in the mountains of Madhya Pradesh, Jhabua echoes with stories through their ancestral dolls. Crafted by the Bhil and Bhilala tribes, these dolls, known as "Adivasi Gudiya Hastashilp," are more than just playthings. Each stitch and bead carries

the weight of tradition, empowering the artisans and keeping their heritage alive. Adorned with intricate cultural hues, these dolls have reflections of a land embellished with artistic flavours. Unveil the synergy of the Korku tribes with nature as they design pieces with brass, beads, and shells. Walk around to acclimatize with their lives, homes, cultures, religion and marriage traditions. Savour the rhythmic beats of drums and intricate patterns of indigenous art.

Madhya Pradesh awaits – come discover a land that resonates with myriad hues of culture and traditions.



Korku Tribe



AN ASIAN FIESTA

Experience a culinary journey through the vibrant streets of Asia at the all-new **ASIA KITCHEN BY MAINLAND CHINA** in Pune

The new outpost of Asia Kitchen By Mainland China at Phoenix Mall of the Millennium whisks you away to the streets of Japan and China. With an open live kitchen and a lively bar, the ambiance is alive with colour and energy, creating a great dining experience. The restaurant is done up in shades of orange and yellow, with plants placed strategically throughout.

What We Ate & Drank: The menu at Asia Kitchen has multiple sections including sushi, curries, baos, grills, appetisers, rice, dim sums, meal bowls, noodles, soups, woks, and more.

We started with the bestseller Signature Crackling Spinach – chopped crispy fried spinach with sesame and roasted almond slices – and we polished it off in less than 60 seconds. We next tried the Cottage Cheese Chilli Oil And Spring Onion (diced cottage cheese, tossed with house chilli oil and spring onions), a great option for those who love paneer appetisers. Upon our server's insistence, we also

served with a soy broth – and we were glad we did; the cheung fun were delightful and delicate. For mains, we called for the Four Treasure Veg In Preserved Mountain Chilli Sauce – lotus stem, asparagus, snow peas and water chestnuts – and we paired it with the Blue Pea Rice. We also had the Vegetable Pan-Fried Noodles In Soy Garlic Sauce from the bowls section, which was a comfort meal at its best!



served with a soy broth – and we were glad we did; the cheung fun were delightful and delicate. For mains, we called for the Four Treasure Veg In Preserved Mountain Chilli Sauce – lotus stem, asparagus, snow peas and water chestnuts – and we paired it with the Blue Pea Rice. We also had the Vegetable Pan-Fried Noodles In Soy Garlic Sauce from the bowls section, which was a comfort meal at its best!

From the dessert section, we chose the Honey Noodles With Almond Flakes, and the Snicker Brownie, a decadent dark chocolate brownie with cashew nuts and chocolate sauce – both are fantastic options to end your meal.

Location: T-53, 3rd Floor, Eclectic Village, Phoenix Mall of the Millennium, Pune-Bangalore Highway, Shankar Kalat Nagar, Wakad, Pune
Price Points: ₹1,500 for two
Timings: 12.30 pm to 3.30 pm, 7 pm to 11.30 pm

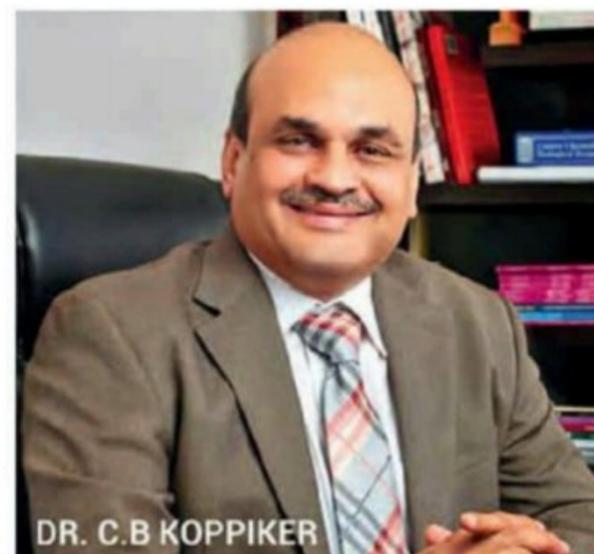
By Ravina M Sachdev

LOSING YOUR BREASTS TO BREAST CANCER IS NOT THE ONLY OPTION

EXPLORING BREAST CANCER SURGICAL OPTIONS: BREAST CONSERVATION SURGERY



Dr C.B Koppiker is a nationally and internationally well-known Breast Cancer Surgeon based in Pune. He is the Medical Director of Orchids Breast Health Centre, which pioneers in breast health care. His clinic offers a full range of state-of-the-art breast health services designed to ensure the best possible experience for each patient. For his contributions to fighting breast cancer in India, Dr. C.B. Koppiker has been widely felicitated with numerous recognitions and awards by his medical peers as well as by various social organizations.



DR. C.B KOPPIKER

Breast cancer is the most common cancer among women in India, where many are diagnosed at advanced stages, often leading to Mastectomy (complete removal of breast tissue). While Western countries use breast conservation techniques, India still relies heavily on Mastectomy due to late diagnoses and a lack of skilled practitioners.

At Orchid's Breast Health, we believe that losing breast to cancer should not be the only option. Our specialized multidisciplinary team focuses on oncoplastic surgery to preserve both health and aesthetic outcomes. Our Breast Conservation Surgery (BCS) rates exceed 80%, in stark contrast to the limited 30% adoption rate of BCS in India. This article highlights these advancements and the importance of breast conservation in cancer treatment.

WHAT IS BREAST CONSERVATION SURGERY (BCS)?

Breast Conservation Surgery is an alternative to Mastectomy, where only the breast tumour is removed while preserving most of the breast tissue (Breast Conservation Surgery- BCS). This procedure is followed by radiation therapy to eradicate the remaining cancer cells in the breast, which is known as Breast Conservation Therapy (BCT).

IS BCS A BETTER OPTION OVER MASTECTOMY?

BCT and Mastectomy can offer equivalent survival rates for many patients, but the choice often considers factors such as the size and location of the tumour, the patient's preferences and cosmetic concerns. It is important to note that Mastectomy does not eliminate the risk of local recurrence or development of new primary cancer.

DOES MASTECTOMY OFFER BETTER SURVIVAL RATES THAN BCS?

Studies suggest that people who choose BCS live as long as those who opt for Mastectomy. BCS, combined with radiation therapy, can effectively manage the disease while preserving the breast and improving the quality of life of the patient.

WILL BREAST CANCER RECUR AFTER BREAST CONSERVATION SURGERY?

Risk of recurrence is the same as a mastectomy. This means that choosing BCS does not increase the risk of cancer coming back.

IS CARRYING A BRCA1/2 MUTATION A CONTRAINDICATION FOR BCS?

The presence of BRCA1/2 mutation is linked to a heightened risk of breast cancer. Studies show that for breast cancer patients with this mutation, Breast Conservation Surgery (BCS) stands as a viable and effective alternative to Mastectomy. Surgical decision-making depends on factors

such as tumour size, lymph node positivity, and TNM stage of breast cancer.

WHAT ARE THE TYPES OF BCS?

Breast Conservation Surgery can be Simple breast conservation surgery (Lumpectomy) or Oncoplastic Breast Surgery (OBS).

WHAT IS THE CONCEPT OF ONCOPLASTIC BREAST SURGERY?

Oncoplastic Breast Surgery integrates plastic surgery principles into breast cancer surgery to preserve the breast and provide better aesthetic outcomes. It involves wide excision of the tumour, reconstructing breasts using simple/complex oncoplastic procedures, and possible reduction surgery in healthy breasts to achieve symmetry.

Breast conservation Surgery has shown improved quality of life in patients. At Orchids, we prioritize breast tissue preservation and aim for excellent surgical outcomes.

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 Instagram: @dr.koppikercb; @orchidsbreasthealthpune
 Facebook: <https://www.facebook.com/koppiker>

YOU'RE WORTH IT

Find the power within by raising your self-worth and dignity with three simple habits. By **Prachi Rihwani**



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Just like how you might adjust the temperature in your house, your self-worth has its own internal gauge. It's a concept called an internal thermostat that dictates how we perceive ourselves, influencing everything from our confidence to our pursuit of success. And we've got three habits that can help you raise your self-worth and dignity to new heights.

BE A GIVER – FEEL VALUABLE

When you hold the door open for someone struggling with bags, or you lend a listening ear to a friend in need, there's that warm, fuzzy feeling afterwards. That's your self-worth thermostat getting a little nudge in the right direction. By providing value to others without expecting anything in return, you're essentially filling up your self-worth tank. It's like a cosmic give-and-take where everyone wins. Plus, studies show that volunteering and helping others can amp up your

happiness levels. It's like a happiness domino effect!

BE A PROMISE KEEPER EXTRAORDINAIRE

Ever told yourself you'd start jogging every morning, only to hit the snooze button for the umpteenth time? Here's the kicker – keeping promises to yourself is like flexing your self-worth. Start small – promise to put on your workout gear. Then watch as you surprise yourself by going the extra mile – literally! Each fulfilled promise sends a powerful message to your brain: “Hey, I'm reliable! I can do this!” Before you know it, you're establishing and surpassing goals like a pro. And your self-worth? Through the roof!

Taking ownership of your actions and decisions is like wielding a magic wand over your self-worth thermostat

OWN YOUR ACTIONS – BE ACCOUNTABLE

Okay, let's talk about accountability, aka the superhero cape of self-worth. When life throws lemons your way, instead of playing the blame game, ask yourself: “What can I learn from this lemony situation?” Taking ownership of your actions and decisions is like wielding a magic wand over your self-worth thermostat. It's about living above the line where excuses go to retire, and accountability reigns supreme. Surround yourself with friends who keep you accountable, or start a journaling habit to keep tabs on your self-improvement journey.

So there you have it – three habits to sprinkle a little extra sparkle on your self-worth. Whether you're aiming for the stars or simply striving to be the best version of yourself, remember: you are worthy, you are valuable, and you've got this! **F**

No Root Touch Technique in FUE Hair Transplant: Modern Innovation

1. What is the No Root Touch Technique in FUE hair transplants?

The No Root Touch Technique is a modern innovation in Follicular Unit Extraction (FUE) hair transplants where the hair follicles are extracted and implanted without the surgeon directly touching the root of the follicle. This technique aims to minimize trauma to the follicles, ensuring higher survival rates and healthier hair growth.

2. How does the No Root Touch Technique differ from traditional FUE methods?

In traditional FUE methods, hair follicles are manually handled during the extraction and implantation process, which can sometimes damage the delicate follicle roots. The No Root Touch Technique, however, uses specialized tools to avoid direct contact with the root, thereby reducing the risk of damage and improving overall transplant success.

3. What are the benefits of the No Root Touch Technique?

Higher survival rate of transplanted follicles: By minimizing trauma, this technique ensures more follicles survive and thrive post-transplant. Improved hair growth: Healthier follicles lead to better hair growth outcomes. Reduced risk of follicle damage: Less handling reduces the chances of damaging the follicles during the procedure.

4. Is the No Root Touch Technique suitable for everyone?

This technique can be beneficial for most individuals considering a hair transplant, especially those concerned with maximizing follicle survival and improving hair growth results. However, a consultation with a hair transplant specialist is necessary to determine the best approach for each individual's unique needs.

5. What is the procedure like for patients?

Patients undergoing the No Root Touch Technique can expect a similar experience to traditional FUE procedures. The main difference lies in the use of advanced tools and techniques by the surgeon to handle the follicles delicately. The procedure involves local anesthesia, extraction of follicles from the donor area, and implantation into the recipient area, with minimal discomfort and downtime.

6. Are there any risks or side effects associated with the No Root Touch Technique?

As with any medical procedure, there are potential risks, such as infection or scarring, but these are rare. The No Root Touch Technique specifically reduces the risk of follicle damage, making it a safer option for many patients. Most side effects are minor and temporary, including swelling or redness at the transplant sites.

7. How long does it take to see results from this technique?

Hair growth from FUE transplants, including the No Root Touch Technique, typically begins within a few months post-procedure. Patients can expect to see noticeable improvements in hair density and coverage within 6 to 12 months, with full results visible around 12 to 18 months after the transplant.

8. How should patients care for their scalp post-procedure?

Post-procedure care includes gentle washing of the scalp, avoiding strenuous activities, and following the surgeon's specific aftercare instructions. Patients should avoid direct sun exposure and refrain from scratching or rubbing the transplant sites to ensure optimal healing and growth.

9. How do I find a qualified surgeon for the No Root Touch Technique?

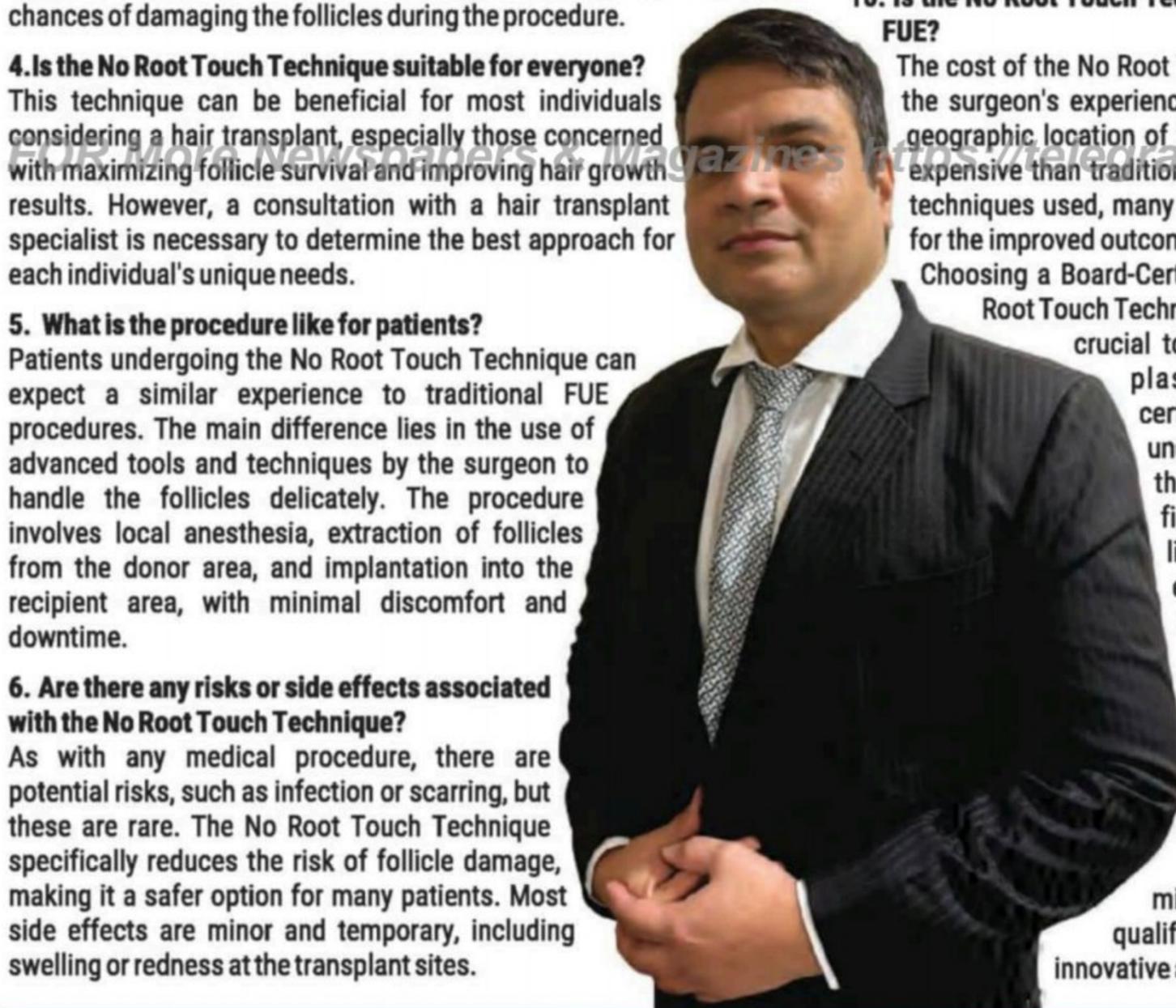
It's important to research and find a board-certified hair transplant surgeon with experience in the No Root Touch Technique. Patients should look for positive reviews, before-and-after photos of past patients, and verify the surgeon's credentials and expertise in this specific method.

10. Is the No Root Touch Technique more expensive than traditional FUE?

The cost of the No Root Touch Technique can vary depending on the surgeon's experience, the extent of the procedure, and the geographic location of the clinic. While it may be slightly more expensive than traditional FUE due to the specialized tools and techniques used, many patients find the investment worthwhile for the improved outcomes and reduced risks. The Importance of

Choosing a Board-Certified Surgeon When considering the No Root Touch Technique or any hair transplant procedure, it is crucial to select a board-certified and qualified plastic or cosmetic surgeon. Board certification ensures that the surgeon has undergone rigorous training and adheres to the highest standards of practice in the field. A board-certified surgeon is more likely to have the necessary expertise and experience to perform advanced techniques like the No Root Touch Technique effectively, reducing risks and enhancing the likelihood of achieving optimal results.

For those considering a hair transplant, the No Root Touch Technique represents a significant advancement in ensuring the best possible results with minimal risks. Always consult with a qualified professional to determine if this innovative approach is right for you.



Dr. Vinayak Sutar | Consultant Plastic, Cosmetic Surgeon

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Dr. Vinayak's Charvi Care clinic



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WHEN A FRIENDSHIP FALLS APART...

Ravina M Sachdev shares pointers on how to move on from a friendship break-up

Yes, romantic break-ups are painful, but friendship fall-outs can hurt just as bad. There are songs, shows, and movies focusing on the difficulties of relationship break-ups, but, when it comes to navigating the end of an important friendship, it can feel like we're left on our own. Growing up, we were taught how to make friends, and how to share, and, as we age, we realise the importance of it all. Yet, we never talk about what to do when a friendship ends. Surviving that isn't easy, but here's how to start the process.

ACKNOWLEDGE WHAT HAPPENED

You never really foresee breaking up with your best friend. You assume you'll be there when they get married, have a baby, that you'll share important milestones together. A sudden break-up can leave you feeling disoriented and disappointed. Take the time to reflect on your friendship, and process what happened. By just putting a band-aid on it and not taking the time to grieve, it might take you longer to move on.

ACCEPT THAT IT WASN'T MEANT TO BE

Remember your best friend in college? Who you thought would always be with you, no matter what? The two of



Take the time to reflect on your friendship, and process what happened. By just putting a band-aid on it and not taking the time to grieve, it might take you longer to move on

you don't talk anymore. Such is life. Accept that the two of you were meant to be in each other's lives for a certain period and then move on.

BE GRATEFUL FOR THE SUPPORT YOU DO HAVE

It sucks going through a horrible day and not having your best friend to call at the end of it to vent about things. But that doesn't mean you don't have any support. No, we aren't asking you to replace your BFF with a different person; just be glad

for the people in your life including your coworkers, family, and spouse, who might be able to cheer you up and offer support in navigating this phase.

ACCEPT YOUR PART IN THE SITUATION

Remember the age-old saying 'It takes two to tango'? Any break-up is rarely ever just one person's fault, but it's easier to be angry with the other person than to acknowledge your own mistakes. Accepting that you

were at fault, too, will bring you one step closer to truly putting things in the past and moving on. Also, no matter how tempting it might seem, refrain from bad-mouthing your ex-best friend to your other friends.

SOMETIMES, IT'S WORTH TRYING TO MEND THINGS

If you find yourself missing your bestie more than you'd like to admit, you might want to think of patching things up with them. Even if you're unsure about whether or not you want them in your life, make the effort of reaching out and talking things through. It will help both of you decide if this is a friendship for ever. **F**

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Radiance Amidst Shadows:

Rajani More's Journey of Light!

Embarking from humble roots in Dhule, Mrs. Rajani Gangadhar More, born on March 27, 1954, kindled a fervent dedication to education, illuminating a lifelong path of learning and selfless service.



महाराष्ट्र शासन
राज्य शिक्षक पुरस्कार
प्रदान सभारंभ
५ सप्टेंबर २०००



५ सप्टेंबर २००० शिक्षकदिनी मुंबई येथे राज्यपाल मा. श्री. पी. सी. अलेक्झांडर यांचे शुभ हस्ते आदर्श शिक्षिका राज्य पुरस्कार स्विकारतांना विकास प्राथमिक शाळेच्या शिक्षिका सौ. राजनी गं. मोरे व श्री. मोरे
समवेत मुख्यमंत्री मा. विलासराव देशमुख, उपमुख्यमंत्री मा. छगन भुजबळ, शिक्षण राज्यमंत्री मा. अनिल देशमुख

While juggling family responsibility from an early marriage, making for livelihood and being a doting mother of three children, Rajani More simultaneously pursued her education, completing her D.Ed, B.A, B.Ed, and Masters in Arts, no less than an achievement.

Passionate not only about learning, but also of sharing knowledge, led her to become a primary school educator in Dhule. Yet, her impact transcended the confines of the classroom. She pioneered free enrichment classes, providing a lifeline for underprivileged students.

She became a beacon of cultural enrichment, orchestrating captivating cultural programs for over three decades showcasing the talents of her students whom she led to triumph in inter-school competitions, winning numerous accolades and fostering a spirit of camaraderie.

Her altruism extended beyond teaching. Through the Savitribai Phule Adoptive Parent Scheme, she embraced impoverished and tribal girls, ensuring they received the educational opportunities they deserved. Her efforts and contributions caught the discerning eye of educational authorities, who assigned to her a special role in training

and imparting her wisdom to primary teachers and aspiring educators under the *Sarva Shiksha Abhiyan*.

Her seminal article, "*Prathamik Shikshanachey Sarvartrikikaran*" (*Universalization of Primary Education*), published in the Dhule edition of Lokmat and Aapla Maharashtra, reverberated across the educational landscape, earning her the esteemed "Special Award" from the Maharashtra State School Education Department.

Her services as an outstanding educator were recognised with "*Adarsha Shikshika Puraskar*" in 1999 by Dhule Municipal Corporation. In 2000, Rajani Ji received a prestigious state-level "*Adarsha Shikshika*" award from Maharashtra's Governor, Hon. Shri P.C. Alexander, amidst luminaries such as Chief Minister Shri Vilasrao Deshmukh, Dy. Chief Minister Shri Chagan Bhujbal, and State Education Minister Shri Anil Deshmukh. Her illustrious mantle expanded with the "*Savitribai Phule Samaj Sevika Puraskar*" jointly conferred by Maharashtra Dalit Sahitya Academy and Dhule Municipal Corporation in 2001, and the coveted "*Virangana Savitribai Phule Fellowship Award*," presented by Cabinet Minister for Tribal Development, Shri Madhukar Pichad,

and National President of Bharatiya Dalit Sahitya Academy, Dr. Sohanpal Sumanakshar, in Delhi, a testament to her unwavering commitment to social upliftment.

In 2008, after retirement, she got associated with the Vanvasi Kalyan Ashram where she got engaged in providing educational support, organizing cultural programs, and spearheading various initiatives for underprivileged children.

She is also a gifted writer and her literary prowess has earned her accolades on numerous platforms, with her poetry, spanning diverse styles, touching the hearts of readers.

Yet, amidst the whirlwind of accolades and achievements, she remained steadfast in her commitment to her family, exemplifying the true essence of balance and grace.

Her indelible mark on the fields of education, social work, and literature continues to inspire generations, a testament to the transformative power of one individual's unwavering resolve.

As she marks 70th birthday, team Femina wishes Rajani ji continued health and longevity.

Exotic Prints!

What: The Toile Story collection from House Of Soi

House of Soi's latest collection is a captivating blend of prints and airy silhouettes designed to appeal to both maximalists and the contemporary generation. This curated selection exudes timeless elegance, drawing inspiration from classic toile de Jouy patterns while injecting a modern and invigorating perspective, ensuring a universal appeal of this hand-drawn print that took the world by storm. In this collection, colours take centre stage, with a deliberate nod to timeless toile shades – soft yellows, delicate greens, and neutral oranges – seamlessly paired with bolder statements in reds, blues, and deep pinks. Adopting a contemporary approach to fashion, the collection includes flattering co-ord sets, breezy dresses, elegant jumpsuits, and long maxis.

Price: On request

Available from: houseofsoi.com



HOT BAG ALERT!

What: The summer collection from Plode

Plode's latest collection comes with bling and pop colours that will help you make a statement this season, transitioning seamlessly from ethnic to Western wear, elevating an outfit for any occasion – be it brunch, fine dining, party hopping, or even a big fat Indian wedding! The newly-curated summer denim bags in the same collection are head-turners. The Denim Hobo is encrusted with shiny silver Austrian crystals and features a braided rhinestone strap, and fringes. The bag can be carried two ways. The Denim Bucket is studded with crystals, translucent beads, little tassels, and pearls, and adds a hint of delicacy to the denim.

Price: ₹5,500 onwards

Available from: plode.in



PUT YOUR BEST FOOT FORWARD!

What: The summer collection from House of Vitti

House of Vitti India has introduced its summer collection that features an array of mules, juttis, and Kolhapuris, showcasing a blend of tradition, innovation, and comfort. From timeless black duets exuding sophistication to intricately-designed pastel-coloured pieces, each pair reflects the uniqueness of the brand. The shoes feature a vibrant palette – the Silk Safari comes in silver with gold tiger stripe embroidery, and the charming Pastel Panache is adorned with delicate glass beads detailing. In the brand's commitment to sustainability, the mules feature PU soles, making them durable and vegan-friendly. The incorporation of a suede lining ensures a relaxed fit, catering to the needs of conscious consumers.

Price: ₹5,000 onwards

Available from: houseofvitti.com



While Geetika Srivastava's mother dreamed of her daughter becoming an IAS officer, destiny had other plans for her. "I come from a typical middle-class Indian family," Dr Geetika reveals. "In my family, you either become an engineer, a doctor, or an IAS officer." Since she wasn't particularly interested in mathematics, she decided to opt for biology and become a doctor. It was only when she secured an all-India rank of 129 and was studying in the prestigious Lady Hardinge Medical College MBBS programme that she found her calling. "The turning point came during a conversation in my hostel mess when a friend spoke about the perks of being a dermatologist; I was captivated and I knew that was what I wanted to do," she recalls. With renewed determination, she focused on cracking the PG entrance exam, securing rank 19 at AIIMS, and obtained one of the coveted dermatology seats. She graduated as an MD dermatologist in 2016, and worked as a cosmetic dermatologist with multiple brands including Kaya, VLCC, and Clinic Dermatech until 2020. "As a first-generation doctor, I had no roadmap to follow," she explains. "Each step, from MBBS to MD, was a journey of self-discovery and perseverance. My career began in private practice, but the COVID-19 pandemic was a turning point." Losing her job in the first lockdown



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FACING SUCCESS

DR GEETIKA SRIVASTAVA, dermatologist and founder of Inluennz Clinic, tells **Ravina M Sachdev** how her venture born out of necessity became her passion

pushed her to take a leap of faith. In February 2021, she established her clinic, driven by the desire to be her own boss. "This venture, though born out of necessity, became my passion," she enthuses.

Building her brand came with its own set of challenges. She found that establishing trust in a competitive market such as South Delhi required transparency, quality service,

and resilience. "From navigating financial frauds to managing staff attrition, every setback was a learning experience," she shares. "The pandemic taught me the importance of kindness, timely payments, and minimising running costs, all of which helped my clinic survive and thrive." Today, the team consists of over 10 employees

and they've served more than 2,000 clients. Rated as the best clinic in Hauz Khas and the third best in South Delhi, Inluennz has established itself as a leader in doctor-mediated clinical interventions in beauty and cosmetology.

Her plans for the future include making cosmetic procedures accessible to the masses in tier-two and tier-three cities. "Having witnessed the lack of such services in smaller towns, I aim to help people feel beautiful and confident," she ends with a smile

Her plans for the future include making cosmetic procedures accessible to the masses in tier-two and tier-three cities

CHART YOUR COURSE FOR HAPPINESS

Set your path to happiness but also deal with loved ones' concerns. By **Prachi Rihwani**



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It could be something as monumental as pursuing an education abroad or as simple as enjoying a night out with friends on a Friday evening. Out of concern or fear for our wellbeing, our near and dear ones sometimes attempt to hold us back from what we perceive to be avenues to happiness and personal growth. Trying to win them around and longing for their support is natural. Between asserting our desires and respecting their apprehensions, navigating these situations can feel like a daunting task. There are also times when we give up just at the thought of this process, and the effort we will have to put in to

get them to agree. But wait! Here are strategies to help you pave your way to happiness while addressing your loved ones' concerns!

Your Goal Must Be Reasonable

Before diving headfirst into discussions with your loved ones, take a moment

INITIATE AN OPEN
AND HONEST
DIALOGUE
WITH YOUR
LOVED ONES

to evaluate your goal. Is it feasible? Do you have a solid plan in place? Are the resources worth spending on your idea? It's essential to demonstrate that your aspirations are not merely whims but carefully-considered decisions. Having a clear roadmap not only reassures your loved ones but also instils confidence in your abilities to handle the challenges ahead.

Communication Is Key

Initiate an open and honest dialogue with your loved ones. Understand their fears and concerns. By listening attentively, you demonstrate empathy and respect for their perspective. Once >

GREEN EARTH WARRIOR

Nature's Daughter **Aarna Wadhawan** is working consciously to make a change

“The Journey of a thousand miles begins with a single step.” The life of one of the youngest environmentalist and social activist Aarna Wadhawan is the embodiment of the above adage. At a mere age of fifteen, Aarna has achieved what many could only dream of in their lifetimes!

Aarna imbibed the virtue of planting trees and living in close proximity with the nature from her family. She recounts how her mother helped her in planting the first sapling in the backyard of her house and nurturing it to grow into a tree. But the trigger point was the loss of her grandfather during Covid pandemic due to oxygen shortage. She resolved to plant trees and so much so that there would be plenty to supply oxygen.

She started off by planting 400 odd trees on the Badarpur- Mehrauli Road in Delhi and since then there is no looking back for Aarna who has planted 8000 plus trees till now. She is a constant performer in diverse domains ranging from environmental issues to social concerns and from women issues to the upliftment of underprivileged children. Notably, she was 'The Earth Prize Scholar 2022' for her innovation 'Ecosteria' which is a portable solar powered UV lamp for sterilization without electricity.

Aarna founded the 'Youth Environmentalist Club' in the initial years. As her work gained prominence,



she has collaborated with many NGOs and is associated with the likes of WWF India, TERI, Global Resilience Partnership, U- Report, Girl Up Bani among others. She is now the chairperson of Geneva's Earth Prize Foundation's Youth Board. She is also a youth ambassador of Project 100 and an awardee of the Bharat Youth Awards 2022. Her works has been recognized by the FunDoo initiative of UNICEF.

Aarna is doing her bit and is a

believer of 'showing by doing' principle. She lays stress on the fact the mass awareness and empathy towards the nature is key to finding solutions for environmental degradation as all forms of pollutions are inter- related and a greener Earth is a safer Earth. She is striving day in and day out to aware the masses and inspire them to plant more and more trees and do away with plastic wastes. In the ongoing heatwave and global warming phenomena her message becomes all the more relevant!

you've identified their apprehensions, provide them with well-reasoned and thoughtful responses. Assure them that you've considered all aspects and have contingency plans in place to address any potential challenges.

Persistence Pays

Convincing your loved ones might not be easy, but it is necessary for the satisfaction of both parties. It calls for patience and determination, but we do it because it's necessary! Your loved ones' acceptance of your decisions will not happen overnight, but don't be disheartened by initial resistance. Instead, stand your ground and persist in presenting your case.

Your Happiness Is Your Priority

Ultimately, your happiness should be your top priority. While it's essential to consider your loved ones' opinions, compromising on your wellbeing for the sake of appeasement is not sustainable. Recognise that it's okay to prioritise your dreams and aspirations. Emphasise that pursuing your happiness doesn't diminish your love and respect for them.

Assert Your Autonomy

Remind your loved ones that you are an individual entitled to make decisions about your own life. While their guidance and support are invaluable, overly protective behaviour can stifle your personal development.



ULTIMATELY, YOUR
HAPPINESS
SHOULD BE YOUR
TOP PRIORITY

Respectfully assert your right to autonomy and emphasise that their trust in your judgement is crucial for fostering mutual respect and understanding.

Trust In The Journey

In the face of their reluctance, maintain your own faith in the journey ahead. Trust that your loved ones

will eventually come around. As they witness your determination and success, they will most likely acknowledge the validity of your choices. Their happiness is intertwined with yours.

Finding the balance between pursuing your happiness and addressing your loved ones' concerns requires patience, empathy, and assertiveness. By ensuring your goals are reasonable, communicating openly, and prioritising your own wellbeing, you can pave the way for mutual understanding and support. Trust in the process, and keep in mind that your happiness is worth fighting for! **F**

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JYOTI JHA

Jyoti Jha, an MBA and former HR professional at Infosys and Whirlpool, reignited her career through writing after a decade-long hiatus. Having globetrotted and lived in the USA and UK, Jyoti embraced storytelling, winning accolades like The Times of India Write India Season 3. A TEDx speaker, she has participated in events like Times LitFest and Pune International Literary Festival. Her acclaimed book *Aanandi* has been adapted for theater, and her translations honor notable literary works. Jyoti's upcoming book on autism showcases her versatility and dedication to impactful narratives.



KIRAN SWAMI

Kiran Swami, a renowned author and wellness coach, specialises in neuro-linguistic programming (NLP) and the law of attraction. Her book *Ultimate Happiness Mastery*, available in Hindi and Italian, provides scientifically backed techniques for stress relief and sustained happiness. Swami combines modern psychology with ancient meditation practices to guide individuals toward self-discovery and peace. Through workshops and seminars, she empowers people to align their thoughts

and actions with their goals, fostering an environment where dreams become reality. Kiran's teachings have helped countless individuals unlock their potential and achieve lasting joy and fulfillment.



UNSTOPPABLE & UNFINISHED

Empowering journeys: stories of four inspirational women

mother of prodigy author Manikya Sanghi, she has guided numerous parents in nurturing their children's talents. Drawing inspiration from her mentor, Sri Maa Sidh Sidhshakti Ji, Anjali has developed enriching educational methods, empowering children to excel joyfully. Her initiatives and innovative books have garnered widespread media coverage, fostering a generation of motivated and successful individuals. Anjali's multifaceted approach to creativity and empowerment continues to touch lives worldwide.

ANJALI SANGHI

Since 2000, award-winning author, artist, and international speaker Anjali Sanghi has impacted over 100,000 individuals globally. Known as the



MICHELLE MEHTA



Michelle Mehta is an International Bestselling author, a confidence expert, and a TEDx speaker. She has shared the stage with Jack Canfield, four-time Olympian Ruben Gonzalez, and Dr. Deepak Chopra. In her latest book, *Friday: The New Monday*, she talks about 52 secrets to set up your week for success before it begins. The book will take you on a transformative journey to help you finally find the happiness you've been searching for. Michelle speaks to ambitious women all over the country about how to have more time, freedom, and success without unhealthy boundaries, added stress, or burnout.

DREAM ON

What do those dreams actually signify? **Prachi Rijhwani** helps decode dreamscapes



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Dreams are like a window into our subconscious, offering glimpses of our fears, desires, and unresolved conflicts. We've all experienced those bizarre, sometimes unsettling nighttime adventures that leave us pondering their meaning. What do they actually signify? Let's look through the world of dreams, decoding their significance one theme at a time.

DREAMS ABOUT BEING CHASED

Hearing the thundering

footsteps of an unseen pursuer hot on your heels is a classic dream scenario. This common dream might indicate a desire to evade something in your waking life – anxiety, responsibility, or perhaps a daunting challenge. Identifying the chaser can provide further insight into what you're trying to outrun.

DREAMS ABOUT FALLING

Plummeting into an abyss can be a terrifying experience, even if it's just in a dream. 'Falling dreams'

often reflect feelings of insecurity or a lack of control. They might signal that something in your life isn't going according to plan, urging you to regain your footing.

DREAMS ABOUT BEING NAKED

Picture this: you're in a public place, stark naked, with nowhere to hide. Dreams about public nudity are rooted in the fear of embarrassment or exposure. They might also hint at feelings of vulnerability.

DREAMS ABOUT FLYING

Soaring through the sky like a superhero sounds exhilarating, right? Dreams of flight symbolise freedom, empowerment, and the pursuit of independence. However, they can also signify a yearning to escape from the shackles of reality.

DREAMS ABOUT YOUR TEETH FALLING OUT

Losing your pearly whites might seem like a dental nightmare, but, in the realm of dreams, this carries deeper symbolism. These >

Cancer is leading cause of death in India and world wide. One in nine people will develop cancer in life time. Major risk factors are tobacco use, alcohol consumption, physical inactivity and air pollution. While others are genetic, hormones, infection and inflammation. Over weight / obesity, sunexposure. Lung and breast cancer are common cancer.

Cancer management is multidisplinary approach. It requires surgical oncology, medical oncology and Radiation oncology Heath care providers. Cancer treatments can be broadly categorized into three main types: local treatments, systemic treatments, and targeted therapies.

Dr. Anita Malik | Cancer Specialist



These treatments are often used in combination to provide the most effective approach for each individual patient.

Here's an overview of each type:

1. Local treatments:

- **Surgery:** Surgical procedures involve the removal of tumors and surrounding tissues. It is a common treatment for solid tumors and can be curative if the cancer is localized and hasn't spread to other parts of the body.
- **Radiation Therapy:** This treatment uses high-energy rays or particles to target and destroy cancer cells. It can be delivered externally (external beam radiation) or internally (brachytherapy) through the placement of radioactive sources near or inside the tumor.

2. Systemic Treatments:

- **Chemotherapy:** Chemotherapy uses drugs to kill cancer cells throughout the body. It can be administered orally, intravenously, or by injection. Chemotherapy is often used for cancers that have spread or are likely to spread to other parts of the body.
- **Hormone Therapy:** Hormone therapy is used for hormone-sensitive cancers, such as breast and prostate cancer. It involves the use of medications to block the production or action of hormones that promote cancer growth.
- **Immunotherapy:** Immunotherapy harnesses the body's immune system to recognize and attack cancer cells. It includes various approaches, such as immune checkpoint inhibitors, CAR-T cell therapy, and cancer vaccines.
- **Targeted Therapy:** Targeted therapies use drugs or other substances that specifically target and interfere with molecules involved in cancer growth and progression. These treatments are designed to minimize damage to healthy cells while effectively attacking cancer cells.

3. Other Treatments:

- **Stem cell transplant:** Stem cell transplant, also known as bone marrow transplant, involves the infusion of healthy stem cells into the patient's

body to replace damaged or destroyed bone marrow. It is commonly used in the treatment of certain blood cancers, such as leukemia and lymphoma.

- **Precision medicine:** Precision medicine involves the use of genetic testing and molecular profiling to identify specific genetic mutations or alterations in cancer cells. This information helps guide treatment decisions and may include targeted therapies or clinical trials. It's important to note that the choice of treatment depends on various factors, including the type and stage of cancer, the patient's overall health, and their individual circumstances. Treatment plans are usually developed by a multidisciplinary team of healthcare professionals, including oncologists, surgeons, radiation oncologists, and other specialists, to provide the most appropriate and effective care for each patient. Radiotherapy, also known as radiation therapy, is a common treatment modality used in oncology. It involves the use of high-energy radiation to destroy cancer cells or prevent their growth.

Radiotherapy can be administered externally or internally, depending on the specific needs of the patient and the type of cancer being treated.

External Beam Radiotherapy (EBRT):

- In EBRT, a machine called a linear accelerator delivers radiation beams externally to the targeted area of the body where the tumor is located.
- The machine rotates around the patient, precisely directing the radiation to the tumor while minimizing exposure to healthy tissues.
- EBRT is typically delivered in daily sessions over several weeks, with each session lasting only a few minutes.

Radiation Therapy (Brachytherapy):

- Brachytherapy involves the placement of radioactive sources directly into or near the tumor, delivering radiation from within the body.

- Radioactive implants or seeds can be inserted temporarily or permanently, depending on the specific treatment plan.

- This technique allows for a higher radiation dose to be delivered to the tumor while minimizing exposure to surrounding healthy tissues.

Radiotherapy can be used in various stages of cancer treatment:

- It can be administered as a primary treatment with curative intent, aiming to eliminate the tumor entirely.
- It may be used as an adjuvant treatment after surgery to kill any remaining cancer cells and reduce the risk of recurrence.
- Radiotherapy can also be employed as a palliative treatment to alleviate symptoms and improve the quality of life in advanced or metastatic cancer cases.

Benefits of radiotherapy:

- It can target specific areas accurately, minimizing damage to healthy tissues.
- Radiotherapy is often painless and non-invasive, performed on an outpatient basis.
- It can be used in combination with other treatments like surgery or chemotherapy for better outcomes.
- Radiotherapy can provide long-term control or cure for certain types of cancer. Side effects of radiotherapy:
- Common side effects include fatigue, skin reactions (such as redness or irritation), and localized hair loss in the treated area.
- Depending on the treatment site, there may be specific side effects related to organ function, such as difficulty swallowing, urinary problems, or bowel changes.
- Side effects are generally temporary and resolve after treatment, although they can vary depending on individual factors. It's important to note that the use of radiotherapy is determined on an individual basis, considering factors such as cancer type, stage, location, and the patient's overall health.

The treatment plan is developed by a team of healthcare professionals, including radiation oncologists, who work closely with the patient to ensure the best possible outcomes.

For more Questions /information visit: www.dranitamalik.com

• Write to us at [@dranitamalik17@gmail.com](mailto:dranitamalik17@gmail.com) | Contact at: 93104 91198

dreams often point to feelings of powerlessness, embarrassment, or concerns about your appearance.

DREAMS ABOUT DEATH AND DYING

Dreams about death can be unsettling, but they are often a metaphor for change rather than an omen of doom. Accepting change can be daunting, akin to facing the unknown abyss beyond death.

DREAMS ABOUT TAKING A TEST

Picture this: you're sitting in an exam hall, the clock ticking ominously as you frantically scribble answers. Test-taking dreams symbolise feelings of unpreparedness or the fear of being judged. They're your mind's way of processing stress and pressure.

DREAMS ABOUT PREGNANCY

Dreams about pregnancy herald new beginnings – whether it's the birth of a child or the beginning of a



Infidelity dreams can stir up feelings of betrayal or insecurity, but they're not always a reflection of reality

fresh chapter in your life. They signify growth and anticipation.

DREAMS ABOUT WATER

Water in dreams ebbs and flows with meaning, symbolising emotions, support, or the overwhelming tide of life's

challenges. Whether it's a tranquil lake or a tempestuous sea, the context of the water reflects your emotional state.

DREAMS ABOUT INFIDELITY

Infidelity dreams can stir up feelings of betrayal or insecurity, but they're not always a reflection of reality. Instead, they might highlight underlying issues in relationships, such as communication breakdowns or trust issues.

DREAMS ABOUT FOOD

Dreams of indulging in delectable delights might leave you craving a midnight snack. These dreams are often tied to hunger or cravings, but they can also symbolise indulgence, comfort, or sensual pleasures.

DREAMS WHERE YOU CAN'T MOVE

Stuck in a dream, unable to move forward – sounds familiar? These dreams mirror feelings of stagnation or a lack of control in your waking life.

DREAMS WHERE YOU CAN'T SPEAK

Ever had a dream in which words failed you? These dreams highlight feelings of frustration or a sense of being unheard. They urge you to confront situations where your voice feels stifled.

RECURRING DREAMS

Recurring dreams are like a broken record, replaying unresolved conflicts or anxieties. They persist until you confront the underlying issues, serving as a gentle nudge to seek closure and move forward.

In the enigmatic landscape of dreams, interpretation is subjective, but understanding the common themes can help shed light on the mysteries of the subconscious. **F**



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DIMPLE'S DIVINE MAGIC!

Meet **Dr Dimple Ranawat**, the wonder woman transforming lives beyond imagination

In a world where conventional solutions often fall short, Dr Dimple Ranawat emerges as a beacon of hope, redefining the boundaries of what's possible in the realm of health and well-being. As the healer, CEO and Founder of Divine Iris - Soulful Healing Studio, she has pioneered a transformative approach known as the Atomic Weight Release Program (AWRP), revolutionizing how we perceive age, weight loss, relationships, and mental health.

Dimple's vision transcends the ordinary. In her world, age is merely a number, weight loss becomes effortless and the scars of past relationships fade away as easily as indulging in a Cadbury treat.

The seemingly utopian ideals become tangible realities through her innovative program, which has garnered attention for its unprecedented results.

At the heart of Dimple's methodology lies her passionate and compassionate heart, unique ways of simplifying the most complex equations of life, and profound understanding of the intricate connection between the soul, mind, and DNA. By tapping into the body's innate wisdom and combining it with cutting-edge techniques, she has unlocked the secrets to holistic well-being. Unlike traditional approaches that focus solely on symptoms, Dimple's program delves

deeper, addressing the root causes of issues to facilitate lasting transformations.

The testimonials speak volumes. Individuals in their sixties experience increased height, defying the limitations of age. Weight loss occurs effortlessly, without restrictive diets or strenuous workouts. Depression becomes a relic of the past, with clients finding liberation without the need for psychiatric interventions. The impact extends far beyond physical health, touching every aspect of life, from relationships to prosperity to inner peace.

Dimple's work embodies the essence of empowerment and freedom. Through her guidance, thousands have broken free from limiting beliefs, embracing a life of limitless potential. Her presence serves as a reminder that within each of us lies the power to create the life we desire, all it takes is dedication, innovation, and a sprinkle of magic.

In a world marked by uncertainty and adversity, Dimple stands as a symbol of resilience, hope, and limitless possibilities. Her unwavering commitment to uplifting others has earned her the title of today's Wonder Woman, a testament to her transformative influence. She doesn't just heal bodies; she ignites spirits, inspiring others to embark on their own journey of self-discovery and empowerment.

Some of Dimple's other powerful programs are Money Magic Multiplier, Quad-Layer Healing, Divinity of Twinity and The Sacred Walk. Besides being a TEDx Speaker, she is a recipient of many prestigious awards and accolades including the Atal Achievement Award, Bhartiya Nari Ratna Award & Asia Pacific Excellence Award, and others on the list. She has also been featured in India's top newspapers and podcasts for her contributions.

As we navigate the complexities of modern existence, Dimple's message resounds clear: transformation is not only possible but inevitable when approached with an open heart and a willingness to embrace change. With her charm and magic, she continues to DIMPLIFY lives, leaving an indelible mark on all who have the privilege of crossing paths with her.



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MIRROR, MIRROR ON THE WALL

Tap into the magic of *vastu*-compliant mirror placement for positive vibes. By **Prachi Rijhwani**

In *Vastu Shastra*, the arrangement of your home isn't just about aesthetics but also about fostering a positive energy flow. One often-overlooked aspect of *vastu* is the placement of mirrors. Yes, those reflective surfaces that help you check your fabulous self out play a crucial role in *vastu* compliance.

CHOOSE THE RIGHT LOCATION

Ever placed a mirror without much thought and wondered

why things felt a bit off? According to *vastu*, mirrors should not be placed directly opposite the entrance of the home. Why? Because it's believed they can bounce back good energy entering your home. Instead, consider placing mirrors on the northern or eastern walls. These directions are said

to welcome positive vibes, enhancing the overall energy of your space.

REFLECT ABUNDANCE

Who doesn't want a little more prosperity in their lives? Well, here's where mirrors can work their magic. Placing a mirror reflecting your dining table is believed to

double the food on your plate, metaphorically speaking. It symbolises abundance and attracts wealth and nourishment into your life. Just make sure it reflects the food and not, say, the trash can or a pile of dirty dishes!

EXPAND SPACE

Living in a cosy apartment or a compact house? Mirrors can be your secret weapon. You can create an illusion of space by strategically placing mirrors in smaller rooms, especially hallways or tight >

YOU CAN CREATE AN ILLUSION OF SPACE BY STRATEGICALLY PLACING MIRRORS IN SMALLER ROOMS

THE TRIUMPH OF THE TAROTS

Rising from adversity, **MMalvikaa's** inspirational journey to becoming a renowned tarot reader and healer



In 2023, MMalvikaa, the founder of Maven Paradise, was honored with the title of Best Emerging Tarot Reader and Healer. Specializing in personalized counseling, she aids clients in navigating personal, professional, and financial challenges, fostering abundance in their lives.

Her journey mirrors the resilience of the mythical Phoenix, rising from the ashes. Stricken by Guillain-Barre Syndrome in 2012, she endured two months on a ventilator and an extended period in a wheelchair. Throughout this arduous period, she delved into various self-healing

practices, such as Past Life Regression Therapy, reiki, and energy therapies, achieving full recovery by 2013. This transformative experience unveiled her life's purpose, to aid others, and thus, Maven Paradise was conceived.

As a tarot reader and healer, MMalvikaa guides clients in self-discovery, helping them recognize their strengths and weaknesses, and make well-informed decisions. She firmly believes in converting challenges and tragedies into opportunities for growth.

With over a decade of experience in occult science and healing, the trailblazer

has conducted sessions with corporates and schools, aiding individuals in overcoming trauma, alleviating stress, enhancing self-assurance, and making better decisions.

Transitioning from the corporate sector to pursue her true calling, MMalvikaa overcame Guillain-Barre, an autoimmune disease, through sheer determination and mental resilience. Master in various modalities including tarot reading, reiki, akashic reading, past life regression therapy, numerology, counseling, lama fera, angel therapy, Mahakali healing and maa Kamakhya healing.

MMalvikaa has supported clients worldwide for over a decade, earning more than 10,000 individuals' trust and training more than 1000 students for her guidance and support.

Get in touch on Instagram, id: mmalvikaa, Founder of Maven Paradise

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SWEET SUCCESS

Meet **Poonam Sachdeva**, who is embracing life's flavors and inspiring others

Poonam Sachdeva, a TEDx Speaker, likens life to ice cream: taste it before it melts. A homemaker turned YouTuber and social influencer, Poonam now lives her dream life, sharing positivity through her YouTube channel "Dil Se Dil Ki Baatein" and Instagram page.

She founded the ladies' club Spicy Sugars, where guests from various fields are invited to share their thoughts, insights, and ideas. Through their inspiring stories, members learn valuable lessons to enhance their lives. Poonam believes that learning is a lifelong process; if one stops learning, they stop living. She inspires other women to

keep learning and provides a platform to enhance their inner beauty and confidence.

Poonam laments that many resist learning due to ego or complacency, missing out on life's lessons. She acknowledges that life teaches us lessons every day.

Despite her contributions to society, Poonam still has many goals to achieve. She believes one should never stop dreaming, as dreams can come true anytime. Poonam started dreaming of her current life at 50, and it's fulfilling because of her hard work. She works more than 12 hours a day, which gives her a sense of accomplishment

and happiness. Her work has given her an identity, which she feels is very important for every woman.

In conclusion, Poonam advises doing everything

for family and society but never forgetting oneself. She emphasizes that prioritizing oneself and enjoying everything that brings happiness is crucial.



Get in touch on Instagram, : dilsedilkibaatein

corners. They reflect light and make rooms appear larger and airier than they actually are. It's like adding a touch of magic to your home décor!

ENHANCE RELATIONSHIPS

Mirrors aren't just about vanity; they can also foster better relationships. According to *vastu*, hanging a mirror in the bedroom can strengthen the bond between partners. However, there's a catch – it should not reflect the bed. Instead, position it in a way that reflects something beautiful, such as a piece of art or a vase of fresh flowers. This placement is believed to promote harmony and understanding in relationships.



ACCORDING TO VASTU, HANGING A MIRROR IN THE BEDROOM CAN STRENGTHEN THE BOND BETWEEN PARTNERS

It's like having your personal cheerleader, urging you to push through those last few reps!

FOR HEALTH AND WELLBEING

In the pursuit of good health, every little tweak counts. Mirrors can contribute here, too. Placing a mirror in the kitchen is said to



symbolise abundance and also helps in keeping a check on your food intake. Moreover, a well-placed mirror in the gym or exercise area can motivate you to keep up with your fitness routine.

WARD OFF NEGATIVE ENERGY

Just as mirrors can reflect positivity, they can also deflect negativity. According to *vastu*, mirrors should not reflect clutter or anything that symbolises negativity. They should be kept clean and positioned to reflect pleasant views or décor elements. This way, they act as protectors, ensuring that only good vibes flow through your space.

Mirrors aren't just reflective surfaces but also powerful tools in the realm of *vastu shastra*. By understanding the principles of mirror placement, you can harness their energy to invite prosperity, expand space, strengthen relationships, and promote wellbeing in your home. So, the next time you hang a mirror, do it with intention and watch as your space transforms into a sanctuary of positive energy. **E**



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GUARDIAN OF THE STORK

DR PURNIMA DEVI BARMAN, the 2024 Whitley Gold Award winner, speaks to **Kayal Arivalan** about the innovative Hargila Army initiative, which not only saved the Greater Adjutant Stork but also empowered thousands of women

Assam-based Indian biologist Dr Purnima Devi Barman has dedicated her life to the conservation of the Greater Adjutant Stork, locally known as 'Hargila'. Recognised with the 2024 Whitley Gold Award by the Whitley Fund for Nature (WFN) – which is also known as the Green Oscar – Dr Purnima's efforts have led to a significant increase in the stork population in Assam, and have empowered thousands of women along the way.

Her journey in conservation began in 2007, when the bird's numbers

dipped to an estimated 450 in Assam. With relentless commitment, she mobilised a community-driven initiative that transformed local perceptions of the stork being a bad omen to making it a cultural symbol. "If we had not done something, we would have lost this bird forever, so I made it my mission to save it," she reflects.

Her project, centred around the Hargila Army, initially consisted of 10,000 women who played a crucial role in safeguarding nesting trees. This initiative has not only protected

the storks but also empowered women transforming them from homemakers to conservation leaders. "It has been a blessing to work with these people; it has empowered me and transformed me into a calmer, more spiritual, and more effective manager," Dr Purnima shares.

Being a conservationist in a male-dominated field presented its own challenges; she faced many hurdles due to gender bias. "I realised that, as a woman, I had to prove myself every day. Whenever I faced criticism or nonacceptance, instead of arguing or fighting, I strove to be the best version of myself," she says. Her resilience has led to significant recognition, including the Whitley Gold Award, which she describes as "touching the sky."

Indeed, Dr Purnima's ambition extends beyond conservation; she aims to inspire young women to reach for the sky. "I want to empower more and more young women to break stereotypes, think outside the box, and become unstoppable in their pursuits," she concludes.



STEP INTO A CULINARY WONDERLAND

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Find delightful fusion cuisine at the **Bombastic Supper Club** on Kolkata's vibrant Park Street

Nestled in the vibrant heart of Park Street, the Bombastic Supper Club is all set to redefine the dining experience in the City of Joy. As you step into the expansive 5,800-square-foot space on the sixth floor of Celica Park, you are greeted by a colossal high-energy wet bar, made more dramatic by a stunning biophilic bottle display that stretches up to the ceiling. The ambiance is further elevated by unconventional elements such as a snakehead emerging from the wall. The restaurant's modern Japanese-inspired decor adds to its charm. Divided into booths, private sections, a smoking zone, and a private room, the sprawling space offers a variety of dining experiences. The main bar, dotted with tiny blue tiles reminiscent of Van Gogh's *The Starry Night*, is a visual delight.

The menu at Bombastic Supper Club introduces Kolkata to Yoshoku cuisine, a unique and delightful blend of European and Asian flavours born from historical



trade links. From small and large plates to carefully-curated cocktails, each dish and drink is crafted to create a memorable experience.

The highlights include Hot Basil Baby Potatoes, and Golden Fried Lotus Stem, which comes in a sriracha chilli lime glaze, from the small plates. Among the large plates, the Wild Mushroom Risotto, and the Spicy Tofu Karaage Ramen come in good shareable portions. If you're in the mood for short eats, the bao buns are popular. The bar nibbles include the Sambal Oelek Wafers with classic hummus with togarashi butter, and Crispy Black Rice Salad served with sliced red onions, bird's eye chilli, roasted peanuts and whipped yoghurt. Raspberry and Dark Chocolate Mousse and Coconut Panna Cotta deserve some space in your tummy – you just can't give their desserts a skip.

With its fusion cuisine, dramatic ambiance, and pleasant service, the Bombastic Supper Club is a culinary destination worth visiting.

Location: 6th Floor, 24, Mother Teresa Sarani, Mullick Bazar, Park Street area, Kolkata

Price Points: ₹3,500 for two

Timings: 12 pm to 12 am (Monday to Thursday), 12 pm to 2 am (Friday and Saturday) and 12 pm to 1 am (Sunday) **F**

Compiled by Kayal Arivalan



Explore The Beauty Of Indian Craftsmanship

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What: The new collection from House of Tuhina
House of Tuhina's latest Spring Summer 2024 collection is handcrafted and inspired by the rich colours of India. This collection captures the essence of Indian culture while catering to global sensibilities. Whether you're strolling the streets of Mumbai or exploring the

beaches of Bali, these pieces are perfect companions on your travels. Crafted with care and attention to detail, each garment is designed to make you stand out in a crowd while offering comfort and style.
Price: ₹1,000 onwards
Available from: houseoftuhina.com

Indulge In Timeless Elegance

What: The Opulent Lavender Pendant Pearls Necklace from Totapari
Totapari's Opulent Lavender Pendant Pearls Necklace seamlessly blends traditional Indian craftsmanship with contemporary design, creating a stunning accessory for the modern

woman. Adorned with a captivating lavender pendant and delicate pearls, this necklace can be paired with casual daytime attire or evening ensembles; its versatility adds a touch of luxury to any look.

Price: ₹5,700
Available from: totapari.com



FASHION AT YOUR FEET

What: Bata's Nine West collection
Bata's Nine West collection has made its debut in India. Inspired by the vibrant energy of New York City, this collection embodies modern femininity, offering a diverse range of footwear to suit every occasion. From sleek stilettos to versatile

slingbacks and chic flats, each piece is crafted to seamlessly merge style with comfort. Whether you prefer timeless neutrals or bold, statement-making hues, there's something for everyone in this collection.
Price: ₹5,999 onwards
Available from: Bata.com and select Bata stores

MAKING THE IMPOSSIBLE POSSIBLE

Crystal Healer and Vaastu expert **Anjali Gandhi** helps innumerable people navigate life through her healing touch



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for her success. In her early years, she found her guide, training for 2 years to get well and keep well. She went on to teach the Law of Attraction in the same group. Her expertise with the help of crystals lies in working with those who suffer from cancer, kidney issues, diabetes, heart issues, blood pressure and also relationships and finances. She is a certified modern energy Vaastu healer wherein she can do your Vaastu without disturbing your civil construction. She is also into Reiki animal healings.

Post her enlightening experience, no illness stood in Anjali's way. She also released all the boredom from her life, channelling her energy to help others.

Whether the problem is a physical or mental one, even when science closes the way, cosmic doors open, and Anjali helps find solutions with the help of various lights through the crystal. Additionally, Anjali is a pink light expert, having pursued the subject in Florida, after which she started her practice. She has been associated with this profession for 11 years now. Anjali is also a teacher of 'Law of Attraction'. Anjali works from her chamber on AJC Bose Road in Kolkata. Before the pandemic struck, about 95% of Anjali's clients were from abroad, with only three or four people being from her city. Today, around 50,000 people from Kolkata are her clients, many of them famous Tollywood stars, politicians and clients from Assam and businessmen.

Anjali can be reached through phone, and she also runs a popular page on social media called 'The Wheel of Momentum'. Through this, Anjali shares the message of positive thinking, staying healthy, overcoming weaknesses and leading a normal life.

Life is an uphill journey, and not without various obstacles on the way. But with challenges, come solutions, some of which may be found through a friend. One such person is Anjali Gandhi, who has

helped solve problems of countless individuals using her expertise with the help of crystals.

A healer and Vaastu expert, A mother of two daughters, she has had to face many hurdles in life to pave the way



Phone & WhatsApp:
9830183825



BLEND ON THE GO

What: The BlendJet 2 from BlendJet

BlendJet 2, an on-the-go blending solution, makes refreshing smoothies, nutritious juice, or creamy dips. With its stainless-steel blades, this portable blender can crush ice and make juices with ease. The 16-oz jar features convenient measurement markings and a secure lid,

making it perfect for travel or outdoor adventures. It also promises to be water-resistant, self-cleaning, and rechargeable via a USB-C, offering up to 15 blends per charge. Available in a range of vibrant colours, BlendJet 2 combines convenience, versatility, and style.

Price: ₹2,999 onwards

Available from: Blendjet.in

BEAT THE HEAT

What: Borosilicate Glass Bottles from Borosil

Stay hydrated this summer with Borosil's Borosilicate Glass Bottles. Crafted from 100% borosilicate glass, these BPA-free, leak-proof, and eco-friendly bottles are easy to maintain and offer perfect clarity.

With scratch-resistant, nonporous glass, they are freezer- and

dishwasher-safe, making them convenient for everyday use. Their airtight seals promise no spills or leaks, keeping your beverages fresh and ready to enjoy. Available in various colours and styles, Borosil's glass bottles are a perfect companion for staying hydrated.

Price: ₹255

Available from:

myborosil.com and leading homeware stores



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STAY HYDRATED IN STYLE

What: The Gallon Water Bottle from Boldfit

Chic and classy, the portable design of the Boldfit Gallon Water Bottle ensures you stay hydrated whether you're hitting the gym or working at your desk. Crafted from high-grade materials with a sleek look and various colour options, it makes for the perfect blend of style and functionality.

Price: ₹1,090

Available from: boldfit.in

RISE TO THE TOP

As **VAISHALI RAMESHBABU** secures the prestigious title of Chess Grandmaster, India celebrates another remarkable achievement in the world of chess. By **Kayal Arivalan**

India is gearing up for the Olympics, the T20 World Cup in cricket, and generally making waves in the world of sports. And now, the country welcomes the third female chess grandmaster Vaishali Rameshbabu. Vaishali's grandmaster title was officially recognised by FIDE, the International Chess Federation, making her only the third woman from India to achieve this remarkable feat as the 22-year-old joins the ranks of esteemed players such as Koneru Humpy and Harika Dronavalli.

However, although Vaishali had completed the mandatory 2500 ELO points at the Llobregat Open tournament in Spain last year, her official grandmaster title was given to her only recently following the FIDE Council meeting held during the Candidates Tournament in Toronto last month. Her achievement is also significant as she and her brother, Praggnanandhaa Rameshbabu, have made history as the world's first grandmaster brother-sister duo. Their shared passion for chess and mutual support have undoubtedly played a crucial role in their success on the international stage.

A resident of Chennai, Vaishali says she takes inspiration from the city's favourite, Viswanathan Anand, and, now, she has inspiration at home. "Growing up in Chennai, Anand sir is my inspiration, and now I have my brother,"



A resident of Chennai, Vaishali takes inspiration from the city's favourite, Viswanathan Anand

she said at the FIDE candidates event held this year in Canada.

Born and brought up in a humble household in Chennai, Vaishali credits her parents for their success. During the Chess Olympiad, photographs circulated on social media of her mother accompanying them to all their matches. Her mom, in fact, carries a small stove and cooking ingredients to keep them comfortable. Her father focuses more on sorting out the finances and planning their travel and logistics.

The young chess prodigy is currently pursuing her PG Diploma course in Human Resource Management, but, understandably, her focus and passion are more on the 64 squares than academic pursuits.





GET INTO THE SWIM OF THINGS

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Keep these tips handy before you enter the swimming pool to beat the heat.

By **Kayal Arivalan**

There are few better ways to beat the heat in summer than taking a refreshing dip in the pool or frolicking in the waves – if you are fortunate enough to live near the beach. While swimming is a great stress buster and an activity you can count on to cool you off, don't ignore the possible side effects that one might encounter due to exposure to chlorine, saltwater, and prolonged periods in the sun.

Dr Pallavi Sule, Dermatologist and Aesthetic Physician Mumbai, shares,

“Moisturising the skin pre and post a swim is a dictum one must follow. Chlorine strips all the natural oils from the body, so one must apply a chlorine-neutralising lotion before swimming. This lotion has inbuilt moisturisers such as aloe vera and beeswax that will help moisturise skin. In case you cannot find this lotion, use any oil such as coconut or olive oil, which will form a protective layer between the skin and chlorinated water.”

Dr Pallavi suggests certain guidelines to keep in mind related to swimming...

DOs:

- ✓ Wear a full-sleeved swimming costume to protect your skin from the sun's harmful UV rays.
- ✓ Apply a good amount of water-proof sunscreen 20 minutes before the swim.
- ✓ Wet your skin before entering the pool.
- ✓ Rinse out the chlorine post your swim with a lukewarm shower.
- ✓ Moisturise your skin well after your swim.
- ✓ Reapply a layer of sunscreen.

DON'Ts

- ✗ Stay in wet, chlorinated clothes for a long time.
- ✗ Forget to reapply sunscreen if you are in the pool for more than 40 to 60 minutes; most sunscreens are water resistant for up to 40 minutes.
- ✗ Use harsh soaps and shampoos post your swim.
- ✗ Miss carefully wiping your body dry; fungal infections can develop if folds or web spaces on the body are left wet.
- ✗ **Forget your lips:** Your lips are also susceptible to sunburn and dehydration, so be sure to apply a lip balm with SPF before heading out for a swim. Reapply regularly, especially if you're spending a lot of time in the water.
- ✗ **Overdo it:** Swimming pools are loaded with chlorine. The skin is usually impermeable but is porous to certain chemicals, and long hours of the body being immersed in chlorinated water can have harmful effects. **F**

The Better OPTION?

– Dr. Kavitha Gautham

When it comes to fertility treatments, IVF is not the sole option. Based on the couple's case histories and requirements, the doctor may recommend other options such as IUI. So, how does one know which one to choose?

What is IUI? How is it different from IVF?

Intrauterine Insemination or IUI is a type of fertility treatment. Here, the high-quality motile sperms are separated from the sluggish or immotile sperms in the semen sample using a special processing technique, and then directly injected into the womb (uterus) through the cervix. IUI is usually performed following controlled ovarian stimulation using fertility medications and ovulation achieved using a trigger injection.

Since the processed sperm sample is deposited high in the uterine cavity bypassing the cervix, the distance travelled by the sperm in the female tract is reduced. This translates to the possibility of increasing the number of sperms that have a chance of meeting the egg. The success rate of IUI generally stands at around 60% to 70%

So, how does this differ from IVF?

In IUI, the fertilisation (joining of sperm and egg) takes place naturally inside the body. On the other hand, in IVF, the egg and sperm are combined outside the body in a lab.



This is why IUI is more commonly prescribed as a first-line fertility treatment for many couples who seek assisted reproduction. It is a less invasive and cost-effective technique performed in the office.

Couples are usually recommended 2 to 3 cycles of IUI prior to IVF, based on the patient profile and specific fertility issues encountered.

IUI is typically recommended for couples with one or more of the following issues: No known cause of subfertility (unexplained subfertility), difficulty with vaginal intercourse (for example, erectile dysfunction), mild male factor infertility, minimal endometriosis, cervical factor infertility (usually due to surgeries involving the cervix), sero-discordant couples planning pregnancy (to reduce risk of disease transmitted by sexual route), and ovulatory dysfunction/Anovulation.

How do I know if IUI or IVF is a better option for me?

This is a question best answered in consultation with your fertility expert. After the doctor looks through your full case history and conducts the necessary investigations, they will be able to advise on what is the best option for you.

Please remember, each individual is unique, and each couple even more so! What worked for someone else, no matter how similar your lifestyle and experience, may not work for you. Your journey is unique, and you need to get the right guidance to help you reach the destination in the best way possible.

Please send your questions about pregnancy, birthing and other aspects to Dr. Kavitha Gautham at info@bloomhealthcare.in.

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SET OFF ON A GASTRONOMIC JOURNEY!

The **PANDAN CLUB** in Chennai offers a delicious dive into Singaporean and Peranakan flavours – with a menu relaunch and high spirits

Nestled in the heart of Chennai at T Nagar, the Pandan Club offers a delightful fusion of Singaporean and Peranakan cuisine. Founded by food enthusiasts Sashi Cheliah (MasterChef Australia 2018) and Manoj Padmanaban, along with Muruga Bharati and Anes Wasintan, this modern Peranakan restaurant effortlessly creates a unique dining experience especially for people who like to explore international cuisines.

From the moment you step inside, the Pandan Club captures one's attention with its vibrant ambiance and decor. The interiors are inspired by Peranakan homes, featuring handmade ceramic tiles, rattan partitions, and vibrant vases that transport diners to a world of elegance and charm – quickly making it one of the most Instagrammed spots in the city.

The restaurant's menu celebrates the diverse flavours of Singaporean, Malaysian, and Chinese cuisine, with trademark dishes one cannot afford to miss, as well as street-food favourites to add an extra layer of authenticity to the dining experience.

What We Ate And Drank:

We started with the soups and salads – the Laksa Soup with Broccoli and the Singapore Herbed Salad with Lotus Stem were good healthy options. The Black Peppercorn Ribs from the starters section are



best enjoyed when eaten with your hands. In order to imbibe the diverse flavours of the Singaporean, Malaysian, and Chinese cuisines, we opted for signature dishes from the fried rice and noodle section. The Village-Style Fried Rice and the famous Mee Goreng –

stir-fried noodles served with sambal, assorted vegetables and soy sauce – proved to be excellent choices. The portions are great for sharing; one main will easily serve two to three people, along with two starters and a drink for each.

To end the meal, we decided

on a refreshing treat – the Pandan ice cream made with pandan leaves. It is a must-try dessert and you will be happy to have invested your calories in that selection.

The beverage programme at the Pandan Club is impressive, with award-winning non-alcoholic cocktails expertly crafted to complement the bold flavours of the dishes. From citrus-infused drinks to delicate floral concoctions, each beverage is thoughtfully curated to enhance the dining experience. The restaurant has also just received its alcohol licence.

Location: 39, Old 19, Bazullah Road, Ward 136, T Nagar, Chennai

Price Points: ₹1,500 for two

Timings: 12 pm to 10.30 pm



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Dr Mariazeena Johnson

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