

JULY-AUGUST 2024 ₹100

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FEMINA

*Be
unstoppable*



IT'S REALLY
TABU'S
MAGICAL WORLD
And We're All Living In It

EDITOR'S LETTER



TALKING ABOUT STRONG WOMEN AND THE IMPACT THEIR JOURNEYS HAVE ON OTHERS, WE BRING YOU A FEW EXTRAORDINARY SOULS WHO WERE INSPIRED BY SMALL IDEAS

What happens when Tabu's on set? Magic. Pure, unadulterated magic. As she graces our July cover, she's also talking quite candidly about life, learnings and longings (the very few she has) in our lead story. We're lucky to have her be so open and inviting with us, and I'm just going to say it – she will forever be a favourite.

Talking about strong women and the impact their journeys have on others, we bring you a few extraordinary souls who were inspired by small ideas and worked hard to nurture them into successful businesses. These women see a problem, but also perceive that issue as a gateway to possibilities. Their stories are incredible; take the time to see how they turned their spark of inspiration into a flame that flourishes.

As the monsoon draws us deep into its throes, chai and snacks become almost non-negotiable and that's where our food pages will do you a solid. We're snack central this time, and I promise you'll end up with new recipes to add to your repertoire. We're letting rain flow over us even across our beauty and fashion pages – with an easy routine to clear skin in the monsoon, and a guide to the perfect seasonal fashion. As always, you'll have plenty to do, plenty to see... plenty to eat! And we're right there with you.

Stay happy, be safe.

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I absolutely loved the feature *The Glam Squad*. It was such a fun read! Only *Femina* can gather the best hair and makeup artists in India, have them spill the secrets about their favourite products and tips, and keep me hooked from start to finish! I truly believe this story is a testament to *Femina's* commitment to delivering top-notch fashion and beauty content.

Saloni Chopra, Hyderabad

I am very interested in luxury bags so, when I came across the *Bags Of Time* feature in the fashion section of *Femina's* July issue, I was stoked! The Louis Vuitton bag featured is one hundred years old, and seeing that it continues to be relevant in today's fashion landscape makes me want to invest in classic designs such as this one. This article was one of my favourites in the issue – entertaining, informative, and fun to read, too!

Kavita Shetty, Bengaluru

I have closely followed Kriti Sanon's journey since she first entered Bollywood. Her trajectory has been unlike anyone else's. Despite her superstar stature now, she still comes across as relatable and down to earth. Of course, she is talented, but her humility is an undeniable part of her appeal. It will be interesting to watch what kind of movies she picks in the future and how she further leaves a mark on Bollywood.

Shanti Saxena, Agra

I loved reading the story on Kriti Sanon in the June issue of *Femina*. It was well written, and her personality



came through so beautifully. I also enjoyed the article on the leading makeup artists in the country. Reading about their journeys and their successes was inspirational. Learning how designer Amit Hansraj started his label Inca in his 40s, when most people start thinking of winding down, was

impressive, too. He has proved that one can take risks at any age. This is what I like about *Femina* – every month, the reader has something new and interesting to take away.

Tina Anton, Panjim

I have recently started taking an interest in cooking. I have been referring to *Femina's* food section for easy-to-create recipes. I liked reading about the guilt-free junk food options and the tasty, healthy lunch options for kids – I plan to make them for my nephew, who is a very fussy eater. Cooking has been therapeutic for me, and *Femina* has come in handy, helping me experiment and eat better!

Kalyani Chaudhary, Mumbai

The Scent Of Success in the beauty section of the June issue was a great read. Discovering that an Indian brand is creating world-class fragrances at affordable rates piqued my interest. It was interesting to know that they have no background in perfumery, yet have made some sensational perfumes. The cover interview with Kriti Sanon was riveting, too. For someone who likes how Kriti does justice to every character she plays in her movies, reading about her process and journey felt personal and insightful. Keep up the good work, Team *Femina*!

Ananya Dastur, Pune

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Becoming TABU

SHE ALWAYS SAYS 'YES' TO CHAI. SHE NEVER SHIES AWAY FROM MAKING LEMONADE OUT OF THE LEMONS LIFE THROWS AT HER. SHE HAS SOME VERY INTERESTING THOUGHTS ABOUT THE THEORY OF RANDOMNESS. AND, AS SHE SWITCHED ON AND OFF FOR THE CAMERA, **SHILPA DUBEY**, LUCKILY, GOT TO UNRAVEL SOME OF THE ENIGMA THAT IS **TABU**

PHOTOGRAPHS: SUSHANT CHHABRIA | STYLING: DIVYAK D'SOUZA
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“
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”



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he tiptoes barefoot on to the shooting floor before the camera rolls. She checks all the frames and asks questions about where she should stand and pose – she’s very happy with our photographer’s vision. It’s a delight to watch Tabu in her zone. There’s a certain sexiness that she exudes, and it stems from how acutely self-aware she is. Watching her switch from one outfit and look to another is like taking small sips from a cup of the best tea, freshly brewed. You relish the experience until the last drop and, more often than not, end up craving more. Nonchalance and spontaneity are the gifts she keeps on giving.

You also cannot escape her vigilant eyes. They don’t follow you, but they know where you are.

It is an awareness of her simplicity that you take home with you, from a shoot set, from a movie, from anywhere you meet her. That’s just Tabu. “There has rarely been a cup of chai I have rejected,” her laughter rings out, as she takes a swig from her cup on a rainy day – the last Friday of June.

Sipping chai is often an experience that transcends taste. For her, it is a moment suspended in time, where conversations – whether with herself or others – flow effortlessly, much like her talent on screen. Sometimes, that moment

evokes nostalgia, awakens the senses; sometimes, it marks a time of solace. Tabu says, “It’s not just love; I have a fascination with tea. There are so many people in different cultures of the world who enjoy chai as an emotion.” She loves trying out different kinds of teas just as much as she likes versatility in her roles. Chai is not just a drink and Tabu is not just another actor.

The two-time National Award-winning actor needs to truly *feel* the characters she chooses to bring to life on screen. And it’s not just the script or the depth of a role that she works with; Tabu dives deep into herself to find something more than what’s written on paper for her. “I want to make a deep connection with the person I am going to play,” she explains. “I need to resonate with my roles. There should be something in them for my self-exploration and self-discovery. If it feels right at the time and makes me feel that I could express, emote and enrich all the feelings this character has, it becomes more attractive and enticing to me.”

The thing about Tabu, and one of the facets of her magnetism is her almost inscrutable calm. You ask her about it, she shrugs it off, saying, “I have always been like this.” It’s magical to witness her mastery over the art of letting go and being in the moment when she acts. “Life happens to you when you are living it and not just doing things,” she avers. “I believe in living a full life without regrets or remorse,” she >

“
Life happens
to you when
you are living
it and not just
doing things
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adds. It's simple, according to her: "Dekho, first of all, you need to ask yourself and understand what you want. There needs to be an intention and effort towards anything you want from life. Some things occur naturally in you; some things you have to cultivate. Whatever you want to strengthen, you have to work on that within yourself. If you need balance, you have to work for balance. If you want money, you will have to work hard for it. If you want friends, you will have to make friends. There is an input in everything. Life demands it." Tabu delivers – not just in movies but also in life.

Over the years, Tabu has essayed over 80 characters on screen in over six different languages across entertainment industries. She will be seen as Sister Francesca in the upcoming *Dune: Prophecy*, the upcoming offering Dune franchise – a story set 10,000 years before the ascension of Paul Atreides, so, therefore, a prequel. Her most recent outing was *Crew* in which her impeccable comic timing and impeccable delivery, alongside Kareena Kapoor Khan and Kriti Sanon, added to the success of this

female cast-led blockbuster movie. It is not, however, the repertoire of her award-winning movies or shows or talented cast and crew or even accolades – including the Padma Shri in 2011 – that she is grateful for. For her, it is all about the love of people from across the world. "What I am today is just an end product of several experiences that have shaped me," she states with becoming modesty.

I would not change anything I have done or have chosen to do in life. I'm always in an okay place within myself; you have to find that place

love people have showered on me. It is my biggest achievement, blessing and reward, enough for a lifetime, maybe more."

The unequivocal fact that we uncovered about her work from women of all walks and ages is that Tabu has made them feel seen. She only partly acknowledges this. "I could be all that because I was given those roles," she shares. "As an actor, you take on the emotions of a person who is put down on paper for you. The thoughts, the nuances, the layers you choose to put in to make that character yours is your work as an actor." Tabu might try to simplify the art of acting, but some stories are always difficult to tell. Simple stories might seem straightforward or uncomplicated, but their effectiveness often lies in their ability to convey profound truths or evoke deep emotions with clarity and precision. What Tabu brings to her roles with her subtlety is what sets her apart. Whether it was Aditi Pandit in *Astitva* (2000) or Ashima Ganguly in *The Namesake* (2007) or Nimmi in *Maqbool* (2004) or Ghazala Mir in *Haider* (2014), from the woman-next-door to the most >

twisted character, every role was profoundly credible once Tabu took it on. Imbued with meaning and impact, her work resonates deeply with audiences, and her journey serves as a testament to the power of her dedication, presence, and purpose.

Many actors slip into the skin of their character in front of the camera. Not Tabu. You don't need a camera to unlock her brilliance. She embodies the spirit of being an artist. Her art transcends limitations. Some people are born talented, and grow further through experience. When you ask her if this transition is a gradual process that life imposes on every individual, she agrees. "It's impossible for your work to not shape you. A lot of who I am as a woman or an actor has been shaped by the kind of work I have done. The kind of people I have met and places I have travelled to have rounded off the edges of my personality." What to absorb and what to release is, however, something that comes from within and it is different for each individual, she points out. Some experiences become a part of your enduring energy. Tabu admits that, for her, this distinction has always been natural. The art of not letting

“
When we are younger, we tend to take on a lot of pressure. I always had this personal pressure to do my best. And, even today, the only intent with which I enter a set is to deliver a good scene. That's all

life happen to you as it does is a gift, not an acquired skill, she admits. Some things in life are just the way they are, it is better if you accept them as destiny instead of trying to change them.

Having lived hundreds of lives onscreen, Tabu credits her profession with giving her the opportunity to become so many different people and learn from their journeys. "I am an actor and that is my job. I do agree that everything we do shapes us in some way. We are a concoction of all the lemons life throws at us, but we are also different in work life and non-work life, na?" she asks. "It's not like I leave Tabu in the vanity van, and slip into the body of Ghazala (*Haider*). I am also Tabu when I am playing Nimmi (*Maqbool*) or Simi (*Andhadhun*) or Krishna (*Khufiya*) or any of the characters. You are the one who is embodying that character. How do you separate from that? It's just that you live the life of that person only for the camera and you are yourself when you are not in front of it." What's endearing and almost enviable is that through it all, she has the understanding that she is exactly where she needs to be. "I would not change anything I have done or have chosen to do in life. ▶

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I am grateful for the fulfilling life I have and the immense love people have showered on me. It is my biggest achievement, blessing and reward, enough for a lifetime, maybe more



I'm always in an okay place within myself; you have to find that place. And, now, all these beliefs have solidified within me, and I'm grateful. I wouldn't change a thing."

Tabu's remarkable clarity of mind and spirit is a byproduct of living life as it comes. This learning, however, has its own curve. "Age and experiences help you understand the definition and boundaries of what is important and unimportant," she reflects.

"Things that used to bother me at one point don't anymore. I have learnt to not focus on things that give any sort of negativity." This swings the other way too.

"Things that you didn't care much about can become important. It all comes down to what your journey has been and how you've worked on yourself as you walked that path. *Seedhi baat hai!*" she claims. Her choices in her career reflect her conscious attempt to challenge herself. Even in the early days of her career, Tabu did fewer roles.

"It was an exhausting time," she recalls. "Everyone was working multiple shifts. That's how it worked. When we are younger, we tend to take on a lot of pressure. I always had this personal pressure to do my best. And,

even today, the only intent with which I enter a set is to deliver a good scene. That's all." For Tabu, the only constant in all these years of working is her ability to view each project as an opportunity to explore new dimensions of humanity and to connect with audiences on a profound level. Her flair for languages certainly helps – Hindi, Telugu, Tamil, Malayalam, Bengali and English. She works in multiple film industries.

Her proficiency in Telugu is a subject of envy among her friends in Hyderabad. "I have always

felt that I have an advantage in Telugu. I can read and write in the language."

Her first major role was in the Telugu film *Coolie No. 1* (1991). Tabu strongly credits her multi-industry work experience to her exposure. Her experience has taught her that the core of storytelling transcends regional boundaries. "I don't feel any difference. People everywhere have accepted me in the same way my Hindi-speaking audience has accepted me." This universal acceptance has reinforced her belief in the unifying power

of cinema. Her extensive exposure has fostered a deep sense of empathy and connection with people from all walks of life, making her relate to different ranges of characters. "After so much exposure, you have seen different people's ways of working; you learn how to connect with them. You develop a deeper sense of understanding and you don't judge anything." This broad-mindedness helps her embrace a harmonious view of the world, particularly in the realm of cinema.

When she's not busy being a multilingual shapeshifter for the camera, Tabu can be found taking a nap in her free time. The joys of life lie in simple things for her, so much so that she can survive on just chai and bread. "*Chai de do, bread de do. Ho jayega,*" she chuckles as she tells us that, on the sets of *Meenaxi: A Tale of Three Cities* (2004), she picked up the habit of having chai and *roti* with legendary painter MF Hussain, who directed the movie. While chai remains a constant companion to date, Tabu's quest to find moments to relish when she's sipping on her chai in solitude is permanent, just like her talent. **F**

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WHAT'S IN AN IDEA?

A world of possibilities, as shown by the extraordinary women – and one young girl – who turned their spark of inspiration into flourishing enterprises and endeavours. Their stories and the remarkable impact they continue to make await you in the pages ahead...



THAARAGAI AARATHANA INSPIRED BY THE OCEAN

The 10-year-old diver has fished out over 3,000 kilos of plastic waste from the ocean

diver himself, Thaaragai Aarathana's father first took her to the ocean when she was three days old. She was floating by herself at nine months, and swimming at the age of two. At five, she had her first shot at breathing underwater, and, by eight, she was diving to the depth of two metres off the shores of Rameswaram in Tamil Nadu. The 10-year-old has just achieved the distinction of becoming one of the youngest licensed PADI junior open water divers in the world, and the first girl to be certified in India.

Most young children would be thrilled with just that achievement, but Thaaragai has long been pushing the envelope. Her father has

THAARAGAI'S INSPIRING TIP FOR YOU

"I want to share Gandhi's famous line with you: Be the change you want to see in the world."

collected over 30,000 kilos of plastic waste from the ocean, and she is fast following his lead with 3,000 kilos.

"My father is my inspiration," she tells us enthusiastically.

"I love diving and I like colourful fishes. The waters off Manamelkudi have lovely coral and fish, but we also



find so much plastic – bags, slippers, water bottles, caps, straws... Once we released two turtles stuck in ghost (abandoned) nets, but their flippers were cut and damaged from being entangled in the net for so many days."

Thaaragai believes that nature will take good care of us, but we, too, have to take care of nature. She would like communities to come together to address the problem.

She has given over 60 talks on saving marine life and preventing plastic pollution.

"I focus on children in my own age group because Dad says that educating the next generation about the need to save the environment is vital. My cousin Nishvik, who is eight, and I have done the Sri Lanka-to-India swim in 11 hours 30 minutes to raise awareness about the need to save the ocean, as well as 19-kilometre and 21-kilometre swims under the Save The Ocean banner. We will continue to bring attention to this problem every year. And I want to inspire others to follow my lead. When I speak to groups, I request them to join me in shore clean-ups. And we really need more divers to help us with underwater clean-ups."

When she becomes 12, Thaaragai hopes to become the youngest master scuba diver, and, soon after, the youngest underwater videographer. "I am taking it slow and steady," she tells us. >

– As told to Primrose Monteiro-D'Souza

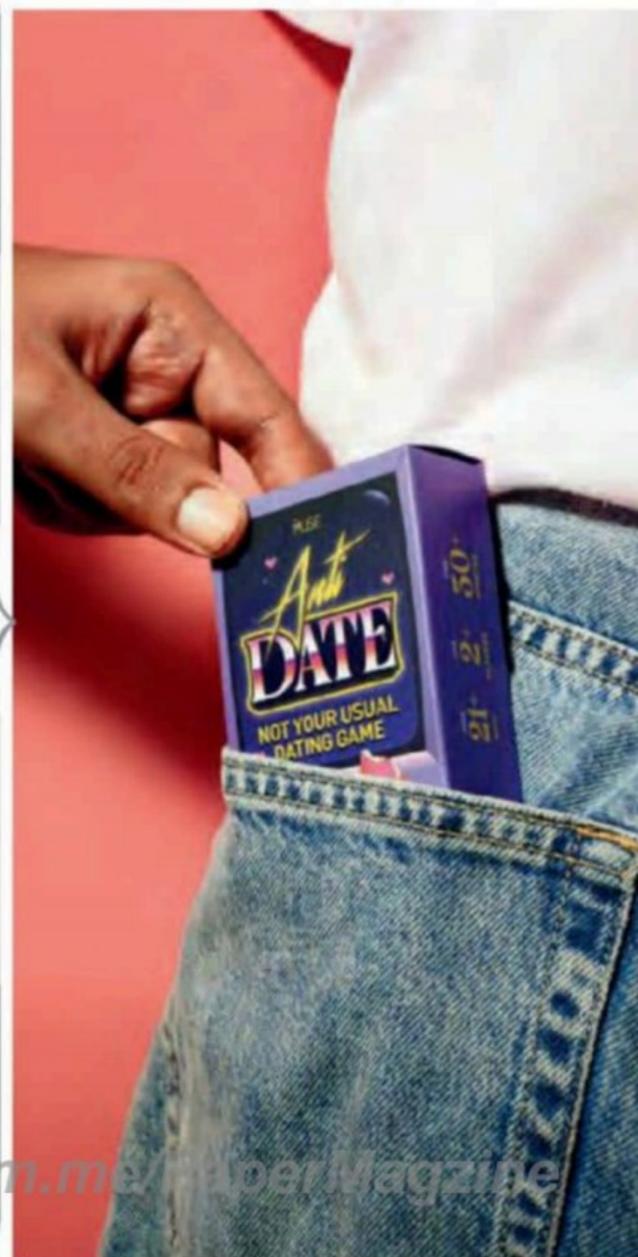
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ANUSHKA'S TIP TO HELP YOU FIND INSPIRATION IN DAILY LIFE

“Inspiration often lies in simple, everyday moments. We often seek it outside of ourselves, or anticipate it from the next trip to an exotic locale. In reality, inspiration can come from unexpected places if we keep an open mind and heart. And maybe put down our devices and look up at the sky for a minute. You’ll be surprised at how much more inspiring the outside world is compared to the endless scroll of Instagram.”



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ANUSHKA GUPTA INSPIRED BY THE NEED TO NORMALISE PLEASURE

Anushka Gupta believes intimacy should be easy, approachable, and fun – principles that her business, MyMuse, perfectly embodies

“The idea for MyMuse began to take shape when Sahil (now my husband and co-founder) and I started dating back in 2018,” reflects Anushka Gupta, the creative force behind MyMuse. “Growing up in typical Indian households but with international exposure, we constantly wondered why our culture had such a stigmatised view of sex, pleasure, and our bodies. We envisioned a brand that eliminates the taboos, gender biases and seedy feelings associated with buying bedroom products – one that

celebrates intimacy, rather than shying away from it.” Drawing inspiration from the idea of being your own muse or finding your muse in another person, place or thing, MyMuse was born, seamlessly blending health, pleasure, and lifestyle.

The sexual wellness brand offers a carefully-curated selection of intimate massagers, lubricants, and other products tailored to various preferences and needs. Beyond this, it provides educational content on its blog, social media, and newsletter, demystifying topics around sexual wellness and offering reliable information and tips. Speaking about the core mission, Anushka says, “It’s all about encouraging people to embrace a more open and fulfilling approach to intimacy together.”

– As told to Sharon D’Silva



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AVISHA JHUNJHUNWALA INSPIRED BY THE NEED FOR A PLANET-FRIENDLY PERIOD EXPERIENCE

Avisha Jhunjhunwala's brand of period panties, Nushu, is born from her commitment to doing things that give her a sense of purpose

“After trying period underwear for the first time three years ago, I was immediately convinced that this was a product that would, first, help women hate their periods less and, second, act as a catalyst to reduce menstrual taboos and period poverty,” shares Avisha Jhunjhunwala. “Nushu was born from the perception that women deserve better period management. They deserve better materials, and better brands that speak to the consumer of today.”

Her love for the planet is evident in the product. In contrast to the ones widely available in the market, Nushu period panties are washable and reusable. Avisha gets a high from positive feedback. “We have received heartfelt reviews from customers, who tell us that our product is life-changing, and that they don't dread their periods anymore. For me, there's nothing that feels more rewarding than that, and it is the fuel that keeps me inspired.” >

— As told to Karen Alfonso

AVISHA'S TIP TO HELP YOU FIND INSPIRATION IN DAILY LIFE

“For me, inspiration comes from a blend of society, nature, and – honestly speaking – social media! All three are ever evolving and make life interesting.”

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SHAURAVI MALIK INSPIRED BY THE GAP IN HEALTHY FOOD OPTIONS FOR KIDS



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Shauravi Malik, along with her friend Meghana Narayan, founded Slurrp Farm to offer parents healthy food options for their children

As young mothers, Shauravi Malik and her friend Meghana Narayan realised there was a gap in the market when it came to healthy food options for children. "We felt that food that is yummy, healthy and affordable does not need to exist on another planet!" quips Shauravi. The duo went on to co-found Slurrp Farm, which has made a name for itself in the market for its trust-worthy food products. "We wanted this goodness to be easily available on retail shelves."

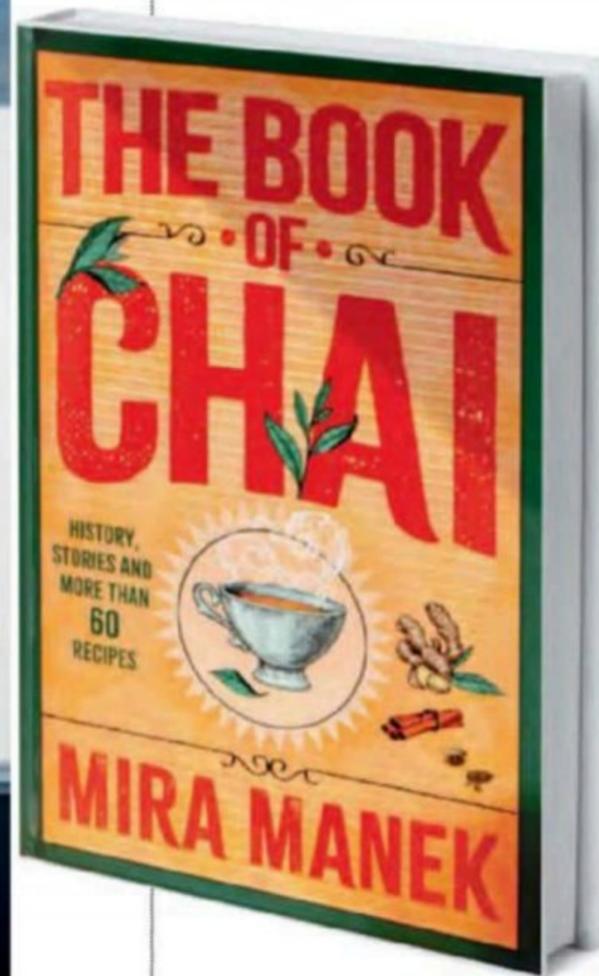
Today, Slurrp Farm products include millet noodles, pancake and dosa

SHAURAVI'S TIP TO HELP YOU FIND INSPIRATION IN DAILY LIFE

"If you aren't happy with something, change it. If you can't change it, accept it. If you can't accept it then let it go."

batters and milk mixes – that are enjoyed by children and adults alike. The brand is successful primarily because of the passion and commitment Shauravi and Meghana share to make healthy goodness delicious. >

– As told to Karen Alfonso



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MIRA MANEK INSPIRED BY SPICES

Mira Manek is so taken with the ritual of making chai with spices that she has made a business of it

Nira Manek's personal rituals have changed through different times in her life, but one thing has remained a constant – boiling chai with spices. "Even though 'chai' means tea, for me, it has always been about the addition of spices, how the spices make me feel, how they warm me, an internal hug," muses the owner of Chai by Mira, a chai spice brand that supplies to over a hundred cafes and hotels in the UK and across the world via international shipping. She has also recently authored *The Book Of Chai* (Hachette India).

"Having researched spices and written a book on Ayurveda, I came to understand the healing benefits of each

MIRA'S TIP TO HELP YOU FIND INSPIRATION IN DAILY LIFE

"Read something daily. Tap into podcasts, music – all the things that inspire, lift, feed the soul and spirit. Find connection, friendships, community, relationships. Surround yourself with people who can make you laugh."

spice, how they aid digestion, help to reduce inflammation, boost the mood, relax the mind and so much more. I realised how and why these spices have helped me, elevated my mood and been so healing."

Eager to share this simple path to wellness, Mira set up a cafe in bustling central London "built around the ritual of tea." Although she has since shut shop, the world can now tap into Mira's fascination with all things tea in two ways – through her chai blends and her third book. "The Chai By Mira blends are simply spices and coconut sugar, warming blends which, in fact, contain no tea at all!"

Of *The Book Of Chai: History, Stories And Recipes*, Mira says, "With the ever-growing popularity of chai, it's a great time for a book that covers its history, regional recipes and snacks to go with chai, and various travel stories. I hope that readers will connect with the memories and emotions encapsulated in these stories." **F**

– As told to Primrose Monteiro-D'Souza

Find recipes and more from *The Book Of Chai* in our Living section

SCIENTIFIC BREAKTHROUGH: RESTOKNEE'S YOGA EVENT SHOWCASES REMARKABLE PATIENT RECOVERY

RESTOKNEE HOSPITAL BROUGHT TOGETHER 150 PATIENTS WHO HAVE UNDERGONE KNEE SURGERY TO PERFORM YOGA IN A HISTORIC EVENT.



RestoKnee Hospital brought together 150 patients who have undergone knee surgery to perform yoga in a historic event.

Ahmedabad: RestoKnee Hospital, a pioneer in knee restoration surgery without implants for the past 42 years, started by Dr. Sharad Oza as Restoknee family - celebrated International Day of Yoga on Sunday, 23rd June 2024, with a unique event highlighting the remarkable recovery of their patients and the transformative power of yoga. The event, organised under the spirit of Atal (Unshakeable), took place near the iconic Atal Bridge at Sabarmati Riverfront under the guidance of an international yoga teacher. It saw the participation of more than 150 patients from all over Gujarat.

A TESTAMENT TO RECOVERY

Participants, many of whom once struggled to walk without pain, performed yoga with ease and grace. Among them were individuals aged who were in their 60s and above, 70s and 90s with some even in their 70s and 80s, demonstrating that yoga is for everyone and can be practised at any age. They also took part in a running event, showcasing their ability to run comfortably as part of their recovery journey.

SCIENTIFIC VALIDATION

During the live event, a celebrated biomechanics scientist measured the movements and muscle power of the patients as they practised yoga, marking a one-of-a-kind event globally. This scientific study provided valuable data on the positive impact of RestoKnee's implant-less knee restoration surgery combined with yoga, highlighting significant improvements in mobility, strength, and overall well-being.

Hem Oza, Managing Director of RestoKnee Hospital, stated, "At RestoKnee Hospital, we believe in nature's ability to heal, and our unique surgery and post-operative protocols facilitate this. The International Day of yoga was the perfect occasion to celebrate our philosophy through yoga. This was likely the first event of its kind worldwide, where so many patients who had undergone knee surgery gathered to perform yoga. The aim was to showcase their resilience and strength, proving that age and physical challenges are no barriers to wellness. We are deeply thankful to the participants who travelled from different places to join us."

EMBRACING HOLISTIC HEALING

The theme of the event, "Yoga is for Everyone," was beautifully illustrated as patients embraced gentle movements and mindful breaths. The serene Sabarmati Riverfront served as the perfect backdrop for a morning of yoga, where healing met harmony. Participants demonstrated the power of rejuvenating yoga practices,



emphasising that wellness begins within and healing is a journey guided by nature's grace.

A COMMITMENT TO INNOVATION AND SCIENTIFIC EXCELLENCE

The event not only celebrated International Day of Yoga but also underscored RestoKnee Hospital's commitment to holistic healing. By integrating natural healing principles into the recovery process, the hospital continues to lead in innovative and natural approaches to knee restoration. On the day before Yoga Day, RestoKnee Hospital organised a Sports Day event, where many patients who had undergone knee-saving surgery participated in various activities like cycling and stretching. These activities, usually challenging for knee surgery patients, were performed with ease, also during this sports event patients' muscle power and movements were measured by biomechanical scientists, with exceptional results, showing the blessing of RestoKnee's implant-less knee surgeries. The highlight was a football game played with full strength by these patients, proving the effectiveness of the surgery.

RestoKnee Hospital's unique knee-saving surgery, which uses no external implants, has been recognized with a utility patent from the Government of India and is featured in a recent orthopaedic textbook. To support their scientific approach Restoknee hospital has MRI studies of the highest number of patients in India, which shows remarkable cartilage regeneration post operatively in all patients of different age groups ranging from 28 to 83 years. This groundbreaking method, validated by scientific studies and proven results, showcases the hospital's dedication to advancing medical science and patient care. Through these events, RestoKnee Hospital has demonstrated the natural healing benefits of their surgery, offering hope and proof that knee restoration is achievable naturally.

For more information Visit - <http://www.restoknee.com>

SIGHTS ON THE STARS

As **SONAL KUKREJA**, LIVA Miss Diva Supranational 2023, jetted off for the 15th Miss Supranational Grand Finale, she let **Sharon D'Silva** in on her never-ending ambitions for the future

LIVA Miss Diva Supranational 2023 Sonal Kukreja defies conventional beauty standards. Hailing from the vibrant streets of “Dilwalon ki Dilli” and shaped by the rich cultural mosaic of Jaipur, she embodies the essence of these dynamic cities. As she prepared to represent India on the global stage among contestants from over 70 countries, her mission remained clear: to utilise her talents to make a positive impact in all her endeavours.

Reflecting on her journey, she shared, “It’s been about nine months since I was crowned and moved to Mumbai, and it feels like a nine-month journey of birthing a new version of myself.” She added, “This industry offers a crash course in life unlike any other. It’s as though an army has rallied to prepare me for the Miss Supranational Grand Finale and, with everyone’s unwavering focus on me, I have truly discovered who I am. This process feels like something that might have otherwise taken me five or 10 years to achieve; it’s been a rollercoaster of emotional highs and lows, but I’ve had a lot of fun and learned immensely.” The Miss Supranational pageant exemplifies international unity, transcending boundaries and empowering communities worldwide. Its vision underscores a dedication to innovation, adaptation, and setting new benchmarks in the beauty industry. Notably, India is the only country to have claimed two Miss Supranational titles, in 2014 and

2016. Sonal’s transformation for the pageant involved more than just rigorous fitness and Pilates training; it included mastering the art of the

ramp walk, fashion styling, voice modulation, and communication skills, ensuring she presented herself with poise and confidence.



Outfit: Mandira Wirk

Outfit: AKHL

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Sonal's educational journey – from her formative years in Jaipur (which included time at boarding school) to her pursuit of marketing and public relations at Pennsylvania State University in the USA – encapsulates a rich tapestry of experiences and learning. “From a very young age, I would go to my dad’s office, and sit like a boss in his big white leather chair whenever no one was looking into the cabin,” she mused. “When deciding what to study further, I chose marketing because, no matter what you end up creating as a product or service, you always have to learn how to market it right.” This choice aligns seamlessly with her current role as the Co-Founder and Vice President of Marketing and

SONAL'S FINALE GOWN

An electric blue gown, inspired by high-tech fashion and metallic aesthetics, was masterfully designed by Bhawna Rao. Featuring daring cut-out elements that add a modern edge, this creation stands out as a true statement piece.

DESIGNERS

Bhawna Rao (Finale Gown), Nidhi Yasha (National Costume), Namrata Joshipura, Nirmooaha, John and Ananth, Awigna, Rajdeep Ranawat, Sahil Kochhar, Mandira Wirk, Abhishek Sharma, Reema Anand, Varun Nidhika, Huemn, Qua, Vaishali S, Nikita Mhaisalkar, Kazri, Manish Gharat, AKHL, Our Love, KALKI Fashion, House of Surkh, Shahin Mannan, Geisha, Nandita Mahtani, Mohammed Mazhar, Vidhi Wadhvani

ACCESSORIES

Clutches and More, Doux Amour

JEWELLERY

Rubans, Swabimann Jewellery, Shop Paksha, Hyba Jewels, Curio Cottage, Prism, Eena, Dhvani Bansal



Outfit: Rajdeep Ranawat

Outfit: Varun Nidhika

Partnerships at Unicas, a pioneering start-up revolutionising India's financial landscape with innovative crypto financial services.

She has always been driven by a desire to create tangible change through her philanthropic endeavours, and the Pockets of Joy project, Sonal's most transformative initiative yet, continues to touch countless lives. True to its name, this project encourages people to pause and savour the truly meaningful moments in life – what Sonal fondly calls *chhoti khushiyaan*. Reflecting on her inspiration, she shared, “It all boils down to a single thought: What are we seeking? We often tie happiness to milestones such as getting a degree or landing the perfect job, only to find that that is not where happiness lies. Instead, it's in little moments – a cup of coffee, watching the sunrise or sunset – and all it needs is for you to be present.” Recently, Pockets of Joy partnered with >



Outfit: Bhawna Rao

Outfit: KALKI Fashion

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SUB-TITLES AT MISS SUPRANATIONAL 2024 CONTEST FOR WHICH SONAL WOULD BE COMPETING:

Supra Model of the Year, Miss Supranational Influencer, Fan Vote, Supra Chat, Miss Photogenic, Best in National Costume, Miss Congeniality

the Tweet Foundation to empower the trans-led community through training and job opportunities. A major highlight for Sonal was her conversations with community members, revealing a simple truth: for them, happiness meant being able to be themselves. Sahabhaav, an institution for the elderly at which Sonal spent time interacting with the residents as part of the Pockets of Joy initiative, is also close to her heart.

Beyond captivating audiences on stage, Sonal professes a curiosity for life, wanting to do it all. Whether wandering the streets of the city, engaging in weekly football matches, exploring culinary delights, or delving into self-help books – one of her lesser-known passions – she thrives on the thrill of new experiences. “My

introduction to self-help books began with *The Secret* by Rhonda Byrne; it’s been my holy grail ever since! Another recent favourite is *The Untethered Soul* by Michael Singer, which I often recommend to others,” she shared. When asked about other ways she unwinds, her answer was almost immediate: “There was this trend on Instagram where everyone was talking about ‘la dolce far niente’ – the simple joy or pleasure of doing nothing. That’s me! I enjoy just sitting in my bed, doing absolutely nothing. It’s a bit paradoxical, though, because, sometimes, my idea of unwinding shifts from doing nothing to doing everything.”

As she readied herself to represent India at the Miss Supranational 2024 Grand Finale in Nowy Sacz, Malopolska,

Poland on July 6, Sonal’s parting message to young women was clear: discover who you truly want to be. “We live in a world where there are so many people trying to tell you what to do day in and day out, and, somewhere, you just lose that anchorage,” she mused. “I believe that learning or finding a way to shut out that noise is of paramount importance because it will help you stay true to who you are. What matters at the end of the day is whether you can be authentically yourself. So build a strong foundation, stay committed, and do what feels right to you.” With that, we sent her on her way with our best wishes, confident that she would continue to be an inspiration to us all. **F**

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The Pilates Studio
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RESET
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- Salon Partner:**
Savio John Pereira
- Communication & Content Coach:** Supreet Bedi
- Voice Crafting Coach:** Monaz Ranina
- Makeup Design Coach:** Ayesha Seth
- Rampwalk Coach:** Deepti Gujral
- Location Partner:** ITC Grand Bharat Gurugram, Courtyard by Marriott Mumbai International Airport

For more information on Sonal’s Journey at Miss Supranational pageant

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PHOTOGRAPHS: JEET GOHIL
MAKEUP: KAJOL R PAISWAN
HAIR: HAIR TRENDZ BY SMIETA PATEL

INSPIRATION BY INKBLOT

*"We don't see things as they are,
we see things as we are."*

— Anais Nin

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Is it an animal?
Or a butterfly?
Perhaps a mask?

Inspiration

IS JUST AROUND THE CORNER!

The thrill of the pursuit – now that's something everyone can get behind. By **Sharon D'Silva**



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Whether it's a unifying theme in storytelling, a big idea in the realm of advertising, or a 'fundamental concept' like the business folks say it, inspiration serves as the catalyst for artistic growth. To echo Thomas Edison's sentiment, 'You haven't failed; you've found 10,000 ways that won't work'. That being said, we understand the frustration of feeling stuck.

If you're yearning for that next spark of ingenuity, fear not – you've arrived at the perfect destination.

SHAKE UP YOUR ROUTINE

Stuck in a boring rut? Shake things up to spark your creativity! Take a new route to work, explore an art museum, or simply wander around a neighbourhood you've never been to before.

CREATE A VISION BOARD

Dream up your ideal life, then grab some magazines and glitter pens, and put your dream world together on a vision board. Don't forget to add 'Tickets to The Eras Tour' – because why not?

JOURNAL YOUR IDEAS

When a brilliant idea smacks you in the brain, scribble it down – even if it's 4 AM and you're barely awake! You never know: that seemingly-trivial tidbit might just be the spark that ignites your next big thing!

IMMERSE YOURSELF IN NATURE

Stroll the paths of that newly-opened community park or join a tree-planting extravaganza – just a little time in the great outdoors can unlock a whole new level of open-mindedness and creativity!

TAP INTO THE MAGIC OF DOODLING

Remember the days of drawing wacky squiggles inside different fruit shapes? Bring that back and watch your notebook turn into a canvas of creativity.

LISTEN TO A DIFFERENT GENRE OF MUSIC

Swap the 20 songs you play on loop for some out-of-the-box tracks, and let these new melodies





transport you to new mental landscapes. Time to let your creativity dance to its own beat!

WATCH AN INSPIRING TED TALK

TED Talks are the ultimate way to spend your time smartly, to soak up real-life stories, and to get a consciousness boost like never before.

GET MOVING

Feel like your inspiration is at an all-time low? Time to get those limbs moving! Whether it's a boogie or a jog, a little physical activity is often all you need to get those creative juices flowing.

PICK UP A BOOK

Whether it's a thrilling adventure, an insightful biography, or a mind-bending sci-fi tale, reading can introduce you to new perspectives, igniting your creativity.

TEACH SOMEONE SOMETHING YOU LOVE

Sharing something you love with someone else can be like throwing a match onto dry wood – it sparks the flames of your passion all over again!

VOLUNTEER

Not only do you get to do awesome things for others, but you also get that warm,

fuzzy feeling inside. Plus, you're sure to bump into some seriously-inspiring folks who are just as generous with their time as you are!

BRING OUT THAT CAMERA

Looking through a lens can turn the ordinary into the extraordinary. So snap away, and let that camera be your portal to a whole new world.

TURN OFF THE TECHNOLOGY

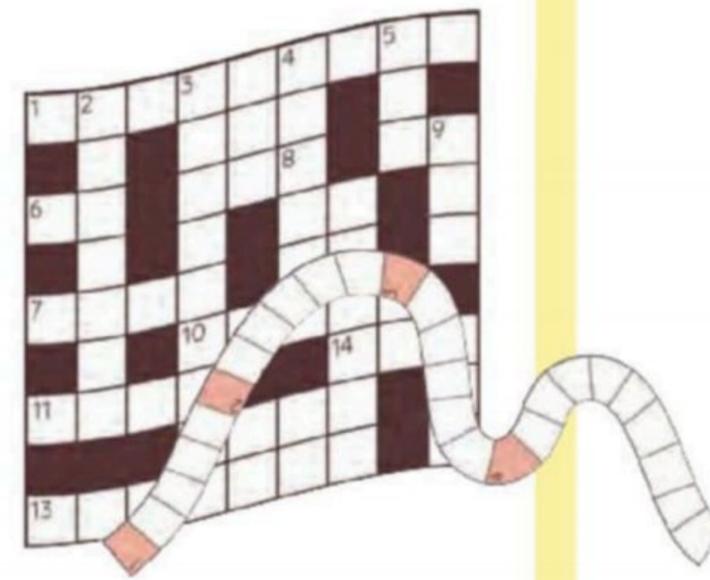
Unplug from your doom scrolling and dive into the real world around you! Taking a break allows your mind to wander, dream big, and see what inspiring ideas pop up when you give yourself the chance to truly connect.

USE AFFIRMATIONS

Kickstart your mornings by showering yourself with affirmations that set the tone for an awesome day ahead and keep you on track with what truly matters to you.

TURN TO YOGA

It's like hitting the refresh button for your mind! Yoga not only has the power to whisk you away from the chaos of the web of distractions but also helps create room for inspiration.



SOLVE A PUZZLE EVERY DAY

Whether you're cracking a crossword or a Sudoku, or wrestling with a Rubik's Cube, indulging in puzzles can directly enhance your ability to creatively tackle real-life problems.

MAINTAIN AN INSPIRATION BOX

Build your own creative treasure trove of inspiring references such as quotes, excerpts and images that you can revisit every time you need a boost of creativity.

DECLUTTER YOUR HOME

The ancient Chinese principle of Feng Shui is all about creating a flow of positive energy, rather than just tidying up. So, why not give it a whirl and see the magic for yourself?

GIVE YOURSELF A PRESSURE-FREE DAY

When nothing seems to work, sit back and allow yourself to just indulge in activities you truly enjoy, with no pressure to be productive.

MAKE TIME TO REST

When well rested, your brain is better equipped to process information and generate creative ideas. So, don't underestimate the power of a good night's sleep or a rejuvenating mid-week break! **F**

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DIAL UP THE *Romance*

There's nothing wrong with just grabbing dinner and drinks, but there *are* other options for a memorable date. By **Ravina M Sachdev**

Remember the age-old saying that you're supposed to keep dating your partner, no matter how long you guys have been together? Word. There's nothing like spending quality time with your SO on a Saturday evening. Making plans, slipping into a new dress, and heading out – sounds perfect, right? Well, it would be if you don't end up going to the same restaurant or coffee shop in the neighbourhood every time. Dates should be fun and spontaneous – whether

“TRYING NEW THINGS TOGETHER CAN BE A GREAT WAY OF BREAKING THE ICE ONCE AGAIN”
– SHEELA M BAJAJ

you are an established couple or in the first throes of romance. “Dates allow you to bond anew with your partner, which is why they should be exciting,” says Mumbai-based life coach **Sheela M Bajaj**. “An unconventional date is also a great chance to try out new activities.”

Here are a few ideas to help you get started.

SIGN UP FOR A PAINTING CLASS

Want to tap into creativity for your next date? Enrol yourselves for a painting class at a local

cafe or restaurant. Many eateries these days offer sip-and-paint classes where you can enjoy a drink (or two!) while painting. A simple online search in your city will prove that this one's pretty popular lately. “It's a great way to get to know more about each other and have fun in the process,” enthuses Sheela. “And it's fine if neither of you have been to a painting class before; trying new things together can be a great way of breaking the ice once again.”

MORE FUN DATE IDEAS



ESCAPE ROOM ESCAPE

Work together as a team to solve puzzles and escape from a themed room.



FLEA MARKET FLIP

Visit the local flea market and buy a cheap item for your partner. Next, challenge each other to transform it into something new and creative.



OUTDOOR CINEMA EXPERIENCE

Find a local company that offers the outdoor cinema experience and book yourselves in for a great night – as long as it doesn't rain! Don't forget to carry snacks.



FOREST BATHING

Trek to a forest near you and focus on soaking in the natural surroundings. It's best to bring a picnic basket along.



PLANT NURSERY VISIT

Spend the day at a local plant nursery or botanical garden learning more about different types of plants. Pick out plants for each other to take home.



RECREATE TRAVEL EXPERIENCES IN YOUR CITY

If the two of you are fond of travelling and exploring new places when on vacation, this one would be ideal. No, we aren't asking you to book tickets to an exotic island on the other side of the globe just yet! Instead, set up a 'holidate' in your city. Take a vacationer's approach to your area – think about what the two of you prefer to do while travelling and seek out those experiences at home. If you share a love for museums and Thai food for instance, look up recommendations for these and plan a great 'itinerary'.

GO ON A FOOD SCAVENGER HUNT

Looking for a great date idea for a laidback Sunday? Create a food trail based on your likes: think of a bunch of unique food items to try in the city, and explore various eateries

together. You could add both cafes and street food joints to the list depending on what you and your date prefer. "Just remember not to be rigid about the list," Sheela advises. "If your date wants to spontaneously add another eating joint to the list, that's totally fine."

GO TO A GAMING ARCADE

Say what you will, a gaming arcade can be the venue for a great date. It's fun, it's casual, and it offers a great opportunity to see how the other person holds up to you when you're beating them at bowling!

TRY A THEMED DINNER NIGHT

You know what's better than staying in and cooking a meal with your partner? Planning a themed dinner! If you enjoy Italian food, go all out and cook an elaborate Italian meal and make sure you're dressed right for it too! **F**

A GAMING ARCADE CAN BE THE VENUE FOR A GREAT DATE. IT'S FUN, IT'S CASUAL, AND IT OFFERS A GREAT OPPORTUNITY TO SEE THE OTHER PERSON IN A DIFFERENT LIGHT

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HACK YOUR Happiness

Bring the four hormones of joy into your daily life. **Prachi Rijhwani** tells you how

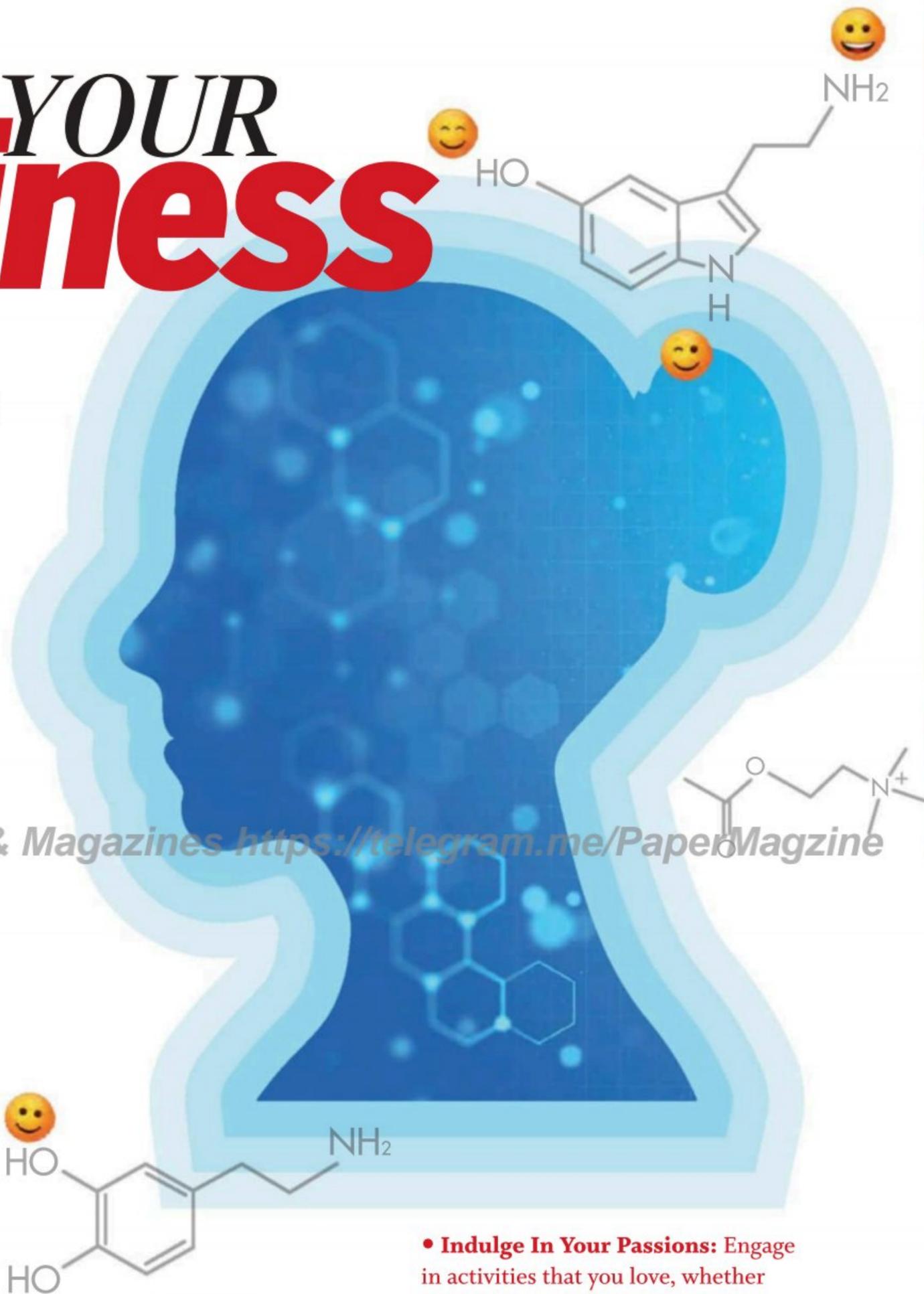
Are you feeling down in the dumps? It's time to tap into your body's built-in happiness squad: the happy hormones. These four mood-boosting chemicals – dopamine, serotonin, oxytocin and endorphins – are nature's way of ensuring we get a fair dose of joy, love, and pleasure. But guess what? You don't have to wait for them to kick in on their own. You can summon these chemicals with a few simple hacks whenever you need a boost. Here's to the science of happiness and finding out how to hack your happy hormones.

DOPAMINE: THE REWARD GRANTER

Dopamine is your brain's very own "pat on the back." It's the reward and pleasure hormone that lights up when you accomplish something great or experience something delightful. It's what makes you feel that rush of satisfaction when you tick off a task from your to-do list or bite into your favourite chocolate.

→ **How To Trigger Dopamine:**

- **Set and Achieve Goals:** Break down big tasks into smaller, manageable goals. Each of these little wins will release a burst of dopamine.
- **Celebrate The Small Wins:** Don't only celebrate major achievements. Treat yourself when you complete even the smallest of tasks.



DON'T ONLY CELEBRATE MAJOR ACHIEVEMENTS. TREAT YOURSELF WHEN YOU COMPLETE EVEN THE SMALLEST OF TASKS

- **Indulge In Your Passions:** Engage in activities that you love, whether it's painting, gardening, or playing video games.

SEROTONIN: THE MOOD STABILISER

Serotonin is like your internal Prozac. It regulates mood, prevents depression, and promotes a sense of wellbeing. When your serotonin levels are high, you're likely to feel happy, calm, and focused.

→ **How To Set Serotonin Flowing Into Your Body:**



- **Get Some Sunshine:** Sunlight boosts serotonin production. Spend at least 10 to 15 minutes outside every day.
- **Exercise Regularly:** Physical activity, especially aerobic exercise, increases serotonin levels.
- **Practise Gratitude:** Reflecting on things you're thankful for can trigger serotonin release. Try keeping a gratitude journal.

OXYTOCIN: THE LOVE HORMONE

Oxytocin is the cuddle chemical that fosters feelings of trust, love, and connection. It's released during physical touch and social bonding, making it essential for strong relationships and emotional wellbeing.

→ How to Release Oxytocin:

- **Hug Someone:** Simple acts of physical affection, such as hugging or holding hands, can boost oxytocin.
- **Spend Quality Time With Loved Ones:** Engage in meaningful conversations and activities with friends and family.
- **Give And Receive Gifts:** Acts of giving and receiving can enhance oxytocin levels.

SIMPLE ACTS OF PHYSICAL AFFECTION, SUCH AS HUGGING OR HOLDING HANDS, CAN BOOST OXYTOCIN

ENDORPHINS: THE PAINKILLERS

Endorphins are your body's natural pain relievers. They're released in response to stress or discomfort and act similarly to morphine, helping to alleviate pain and stress.

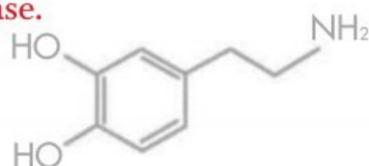
→ How To Hack Endorphins:

- **Laugh Out Loud:** Laughter is one of the easiest ways to release endorphins. Attend a comedy show or watch a funny movie.
- **Get Moving:** Exercise, especially high-intensity workouts, triggers endorphin release.

- **Spice Things Up:** Eating spicy foods can cause a burst of endorphins as your body reacts to the heat.

CREATE YOUR HAPPINESS COCKTAIL

Now that you're armed with these hacks, it's time to mix your own happiness cocktail. Start your day with a morning jog (tapping into serotonin and endorphins), followed by a hearty breakfast of your favourite foods (causing a release of dopamine). During lunch, step outside for some sun (serotonin again), and, later, catch up with a friend over coffee (oxytocin). In the evening, wind down with a funny TV show or a spicy dinner (hello endorphins!). Keep in mind that these hormones are waiting to be called upon. Life's daily stresses and strains can sometimes overshadow them but, with these simple hacks, you can take charge of your happiness. Why not start today? Cheers to the chemistry of happiness! **F**



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EVERYTHING, MINE, OURS?

Should couples merge their finances?
Ravina M Sachdev finds out

Money can't buy you love, they say, but learning how to manage it with your partner might well be the key to keeping both. When it comes to relationships, however, money has long been seen as a taboo subject. Given an option, most of us would rather relive our most embarrassing memories over

and over again than talk money with our partners. Still, brushing the topic under the carpet for too long, especially when you and your SO choose to marry, won't work. We suggest you have the M talk even before the two of you decide to say 'I do'. If you're confused about whether you want to merge your

money or maintain your financial independence, here are some pointers that might help:

MANAGING MONEY

Just because your best friend has been doing a great job of maintaining her finances separately from her partner's does not mean

it's going to work for you and your partner too. "In my experience, different arrangements work for different couples," avers **Arouba Kabir**, Mumbai-based mental health counsellor and founder of Enso Wellness. "Figuring out what is right for you is likely to be impacted by your socioeconomic background, how your own family handled money, and the disparity in income between your partner and you." The decision on whether or not to merge finances in a romantic relationship is a very personal decision, she adds, and can depend on variables such as individual financial goals, values, and the dynamics of the relationship.

“As a professional who works with people from different walks of life, I do not recommend that couples merge their financial accounts at the beginning of a relationship,” she reveals, adding that you can explore different alternatives including maintaining separate accounts while establishing a joint account for shared expenses, or using a proportional contribution model where each partner contributes a percentage of their income to joint expenses.

THE PROS OF MERGING

Admittedly, completely combining accounts is the easiest way to manage your finances as a couple. Pooling resources allow you to share and co-ordinate all



Arouba Kabir

“MERGING FINANCES CAN PROMOTE OPEN COMMUNICATION ABOUT MONEY”

expenses. “The practice also helps build trust,” Arouba points out. “Additionally, sharing financial matters encourages teamwork, and strengthens the sense of partnership in the relationship.”

Working with one joint account can also help build transparency and shared responsibility. “Merging finances can promote open communication about money, allowing both partners to have a clear understanding of their joint financial situation and shared responsibilities,” continues Arouba.

Additionally, combining

incomes and expenses can make budgeting and financial planning more efficient. It can help in setting joint financial goals, saving for common objectives, and coordinating expenses effectively. Further, combining two paychecks can help you feel more secure when thinking of emergencies or uncertainties in the future.

THE CONS OF MERGING

“Merging finances does mean sacrificing some level of financial independence, as both

partners have joint decision-making power over money matters,” Arouba agrees. “This might require compromises and adjustments, which means loss of individual autonomy.”

Another important point to keep in mind is that both partners might have conflicting spending habits and financial priorities. “Differences in spending habits, financial goals, or attitudes towards money can lead to conflicts and disagreements when managing joint finances,” avers Arouba.

It would be wise to keep your finances separate if you aren’t aware of your partner’s debts and liabilities. “Merging finances can potentially expose both partners to each other’s financial liabilities or mistakes, which might pose risks if one partner has significant debt or financial issues,” Arouba cautions. You also risk losing your financial independence, which means every time you make a frivolous purchase, you’d have to explain it to your SO.

At the end of the day, you and your partner must decide what works for both of you. The best of both worlds is to have a joint account and individual accounts. As long as you are both aware of where all the assets are, are working together towards common financial goals, and are honest with each other about your spending, you can create a great foundation for a long-lasting partnership. **F**

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ILLUSTRATIONS: SHUTTERSTOCK



From L-R: Thamires Pontes, Valentina Agudelo, Chantal Khoueiry, Leydi Cruz, Annie Rosas and Kristal de Valle at the Unlock Her Future Prize 2024 LATAM Edition prize-giving ceremony

FOR A GREATER GOOD

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The winners of the Unlock Her Future Prize 2024 LATAM Edition embody the spirit of entrepreneurship

An outstanding talent pool of 954 applicants embodying the entrepreneurial drive of the region of Latin America, eight of them identified as finalists by an international selection committee, and four of them emerging as winners. Such were the stats for the Unlock Her Future Prize 2024 LATAM Edition during a prize-giving ceremony in Madrid's majestic Galería de Cristal (Glass Gallery) last month.

The Bicester Collection, a group of 12 shopping destinations across Europe, China and soon the US, in partnership with Tecnológico de Monterrey and Ashoka Mexico, Central America and the Caribbean, announced the winners

The Unlock Her Future Prize was launched in 2023 as part of The Bicester Collection's philanthropic programme DO GOOD. The mission is to empower women and children across the globe. This year's edition identifies and supports women social entrepreneurs across Latin

America who possess inspiring, early-stage start-up ideas that drive positive social, cultural or environmental impact, aligned with the United Nations Sustainable Development Goals.

This year, besides the third position being shared by two well-deserving entrants, there was a special announcement – a 17-year-old Young Game Changer (see box). The prize comes with a grant of up to US\$ 100,000, and an expert mentorship programme in ongoing education to further nurture the winners' entrepreneurial skills. Chantal Khoueiry, Chief Culture Officer with The Bicester Collection, said, "Empowering these visionary women is about more than celebrating their individual successes; it's about fostering ecosystems of innovation and resilience that can transform societies. These women are architects of a brighter future, inspiring us all with their unique visions for sustainable, equitable and inclusive growth." **F**

WINNERS



Thamires Pontes, Brazil

Phycolabs: Develops products and technologies, harnessing the potential of seaweed as an alternative to replace petrochemical materials



Valentina Agudelo, Colombia

Salva Health: Develops portable devices with AI to analyse breast tissue, helping detect breast cancer early and making it accessible to women in remote areas

Third position shared by:



Annie Rosas, Mexico

Bluekali: A social enterprise utilising technology to clean oceans and rivers, addressing challenges in recycling plant material and uplifting scavenger jobs



Leydi Cruz, Bolivia

Agrimet: Aids climate resilience for small farmers through a specialised consultancy service, enabling them to improve their agricultural practices in irrigation management and generate higher yields



Kristal de Valle, Guatemala

The 17-year-old received a special recognition as the Unlock Her Future Prize Young Game Changer for **Mindverse**, her mission to empower students to their full potential through personalised education supported by a virtual avatar tutor

RETAIL *Therapy*

Planning a wardrobe overhaul? Here's the inspiration you are looking for. Use this as a guide to the latest trends. It's time to build a capsule closet that's both functional and stylish. Shop less but shop smart!

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Bound 9-Link Gold, **DANIEL WELLINGTON**, ₹23,099



3 Hands Women's Analog Gold Dial Coloured Quartz Watch, **TIMEX**, ₹11,995



Baignoire Watch by Cartier, **ART OF TIME**, ₹25,10,000



Serpenti Seduttori Watch, **BVLGARI**, Price on Request



PRX Powermatic, **TISSOT**, ₹80,500

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Versace Dominus Lady, **VERSACE**, ₹1,44,300



Mini Empire Gold-Tone Watch, **MICHAEL KORS**, ₹27,000



Raquel Three-Hand Date Gold-Tone Stainless Steel Watch, **FOSSIL**, ₹14,995



Golden **TIMES**

The accessory you need most right now? Gilded pieces of horological significance that moonlight as hand jewellery. Stacking dainty bangles with these is encouraged **F**



FOR OLD *Times' Sake*

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Take the resurgence of retro sunglasses as a sign of our continued obsession with vintage fashion. The cat-eye and all its associated styles are here to stay

- 1. Cat-Eye S004 Sunglasses, **CELINE**, ₹44,300
- 2. Winona Sunglasses, **TOM FORD**, ₹37,000
- 3. Transparent Graphite Sunglasses by Prada, **SUNGLASS HUT**, ₹34,290
- 4. B-Eye Sunglasses, **BALMAIN**, ₹80,950
- 5. Core 08 Brown Sunglasses, **CHIMI**, ₹14,500
- 6. Cat-Eye Sunglasses by Dolce & Gabbana, **ESSILOR LUXOTTICA**, ₹29,390



Sole SURVIVOR

Come the monsoon, there's an uptick in the popularity of clunky slides. Is it the ease of slipping in and out of them, the pop of colour they add to a gloomy day, or how they keep our feet elevated from the murky surroundings?

Try these and let us know

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1. Slides, **COMET**, ₹2,199
2. Purple Thrive Revive Slides, **COLUMBIA**, ₹5,399
3. Crush Slide in Bone Colour, **CROCS**, ₹4,995
4. EVA, **BIRKENSTOCK**, ₹3,990
5. Mayze Stack Injex Marble Women's Slides, **PUMA**, ₹4,999
6. Marshmallow Wedge Sandals in Rubber, **GIVENCHY**, ₹62,000
7. Fluo Pink Flip Flops by forBitches, **HBX**, ₹23,629 



Upcycled Denim Jacket, **KARTIK RESEARCH**, price on request



Square-Neck Corset Denim Top, **GAP**, ₹2,499



"Fay" Washed Blue Mini Skirt, **THE ATTICO**, ₹52,900



Flared Low Jeans, **H&M**, ₹2,999



High-Rise Tulle Wide-Leg Jeans by Nensi Dojaka, **MYTHERESA**, ₹67,500



DHRUV KAPOOR

RALPH LAUREN

ESSÉ



Chunky Chain Hoops, **MISHO**, ₹12,875



Malibu Dress, **A.P.C.**, ₹30,500



Bella Denim Shoulder Bag, **MIRAGGIO**, ₹2,899

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JEANS *Like* THESE

Denim's versatility lends itself to carefree clothing. The result? Comfortable pieces you can mix and match, and wear all year long **F**



Remi Print Taffeta Day Dress, **RALPH LAUREN**, price on request



Lucy Williams Chunky Hoop Earrings by Missoma, **TANZIRE**, ₹13,545



Kate Wedge Sandals, **TOD'S**, price on request



Mixed-Material Dress with Plissé Skirt, **BOSS**, ₹27,800



FERRAGAMO

KRITI GRETA SINGHEE

PHILOSOPHY DI LORENZO SERAFINI



Polka Dot Print Dress, **ALESSANDRA RICH**, ₹2,58,800



Pisa Open Flats, **SKO**, ₹2,450



The Cinch Bag, **JIMMY CHOO**, ₹1,85,000

MIDI-VAL *Revival*

The resurgence of shin-grazing dresses heralds a new era in modest dressing. Go from business to casual with our selection of the so-now midis **F**

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BUTTER Smooth

The hottest colour of the season comes from a cool dairy product. Butter yellow has taken the world by storm, and looks great on Indian skin tones, too!



Hencil Knitted Midi Dress, **KHAITE**, price on request



DEL CORE

TAMANNAAH BHATIA IN DEME

STELLA MCCARTNEY



Square Jacket, **JACQUEMUS**, price on request

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Halter-Neck Gilet, **MANGO**, ₹3,790



Straight Mid-Rise Shorts, **MANGO**, ₹3,690



Tina Medium Pebble Bag, **BEHNO**, ₹27,500



Solid Pebble Cuff, **LUNAYA**, ₹3,490

Padded Cassette, **BOTTEGA VENETA**, price on request



Ellis Vest and Claire Pants, **SUMMER SOMEWHERE**, ₹3,720 and ₹4,490 respectively

TAMANNAAH BHATIA'S PHOTOGRAPH COURTESY SAURABH DAS

1

Sparkly Leggings, ZARA, ₹1,990



Swinger Bag, COACH, ₹32,500



+

Satin Lace Cami Top, HUNKEMÖLLER, ₹2,495



Patent Trapeze Heel Slingback Pumps, CHARLES & KEITH, ₹8,499



RETROFETE



Sublima Drop Earrings, SWAROVSKI, ₹25,000



Souffle Medium Crossbody Bag, KATE SPADE, ₹32,500

+



Cotton-Poplin Shirt by Rohe, NET-A-PORTER, ₹35,700

Claudina Heel Sandals, ALDO, ₹10,999



ONE BLAZER, Three Ways

Take the blazer out of its office-only setting for a casual spin with our runway-inspired ideas. Look to this interesting white jacket as a starting point **F**

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3



COPERNI

Eden Hand-Woven Leather Loafer, MICHAEL KORS, ₹31,000



+

AIRism Bra Sleeveless Top, UNIQLO, ₹1,990



D-Pilut Straight Jeans, DIESEL, ₹27,999



Oversize Suit Blazer, MASSIMO DUTTI, ₹21,900

2



VALENTINO

KNIT *Picking*

Once reserved for cold weather, wool has slowly become a trans-seasonal must-have, and, as evidenced by our round-up, is effortlessly stylish, too!



Ribbed Oversized Pullover, **MAX MARA**, ₹56,500



Knit Tank Top, **VERSACE**, ₹83,200



Ruched Wool Cardigan, **TORY BURCH**, ₹37,500



Rib Lamé Crewneck Cardigan, **GUCCI**, price on request



Straight Knitted Shorts, **MANGO**, ₹2,790



Ribbed Knit Skirt, **LOUIS VUITTON**, ₹1,63,000

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Patchwork Double-Knit Dress by Polo Ralph Lauren, **THE COLLECTIVE**, ₹30,600



LOVEBIRDS

FENDI

BOTTEGA VENETA



WS Knit Dress, **ONITSUKA TIGER**, ₹32,500



Belle Flat Sandal, **SUMMER SOMEWHERE**, ₹4,290

SNEAK-A-PEEK

Put your best foot forward, literally, with these cool new sneakers. Bookmark these for your next shopping spree **F**

1. Mafate Three2, **HOKA X NICOLE MCLAUGHLIN**, ₹21,000
2. 530 SL Suede Sneakers, **NEW BALANCE X MIU MIU**, price on request
3. Women's Re-Web Sneaker, **GUCCI**, price on request
4. X Lows Tiramisu, **COMET**, ₹4299
5. Air Max Dn, **NIKE**, ₹13,995
6. Chuck 70 Mixed Materials, **CONVERSE**, ₹6,999
4. Samba OG Shoes, **ADIDAS**, ₹10,999



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Compiled by Saniya Oswal

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SKIN IN THE GAME

From the building blocks of your skincare routine to lit-from-within skin – we have it all

PHOTOGRAPH: SHUTTERSTOCK



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BACK TO BASICS

Skincare doesn't have to be complicated. **Karen Alfonso** has an easy guide

Skincare is a form of self-care, but it's easy to get intimidated by all the information out there. After all, there are dermats, influencers and celebrities all talking about their routines – some that entail seven steps, others 12. Intensive, right? Cut through the noise with this round-up of what you require.



CLEANSER

The first step of every routine, cleansing helps remove excess sebum, impurities and makeup. It's important to choose a cleanser that suits your skin type. **Dr Nishita Ranka**, Medical Director and Founder of Dr Nishita's for Skin, Hair & Aesthetics, Hyderabad, has the following suggestions, "For oily skin, it's important to choose a cleanser that can effectively remove excess oil without stripping the skin of its natural moisture. Look for ingredients such as salicylic acid or tea tree oil. Dry skin requires a cleanser that has any of the following ingredients: ceramides, hyaluronic acid, glycerin or aloe vera." For sensitive skin, she recommends picking fragrance-free and hypoallergenic products or something that contains calendula, which is known to be soothing.

When To Use: Morning and night



TONER

We've all learnt about the CTM – cleanse-tone-moisturise – routine. In the past, toners were often considered harsh on the skin, but have now been reformulated to be more hydrating. Toning also helps prep the skin to absorb more skincare.

When To Use: Morning and night



SERUM

A serum is vastly different from a moisturiser and should not be used interchangeably. Serums are packed with skin-friendly ingredients such as antioxidants and skin-replenishing ingredients such as ceramides that help restore the skin and repair the its barrier.

When To Use: Morning and night >



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MOISTURISER

Your skin is exposed to a lot – from pollution and harsh sunlight to the moisture-zapping air-con. A moisturiser helps keep your skin healthy and also acts as a sealant over the products you have applied. A moisturiser should also be picked according to your skin type, and also according to the season. Gels are generally better for summer, while creams and thicker formulas are ideal for winter.

When To Use: Morning and night

EYE CREAM

“Eye cream can be a valuable addition to your skincare routine, especially as the skin around the eyes is thinner and more delicate than the rest of the face,” says **Dr Sravya C Tipirneni**, Consultant Dermatologist, Cosmetologist and Trichologist with Manipal Hospitals, Bengaluru. “While not essential, it can target concerns such as dryness, puffiness, and fine lines.” She recommends looking for ingredients such as hyaluronic acid for hydration, ceramides to strengthen the skin barrier, and peptides to stimulate collagen production.

When To Use: Night



SUNSCREEN

“Everybody’s free to wear sunscreen!” crooned *Moulin Rouge* director Baz Luhrmann – and it’s an important product to prevent ageing and to protect your skin from pigmentation and skin cancer. “When buying sunscreen, always look for UVA and UVB protection,” says **Dr Madhuri Agarwal**, Founder & Medical Director – Yavana Aesthetics Clinic, Mumbai. “A sunscreen that provides both UVA and UVB protection is known as a broad-spectrum sunscreen, which means it covers a larger range of UV rays. UVA is the culprit when it comes to skin’s early ageing and wrinkles, and UVB causes sunburn.”

When To Use: Morning



“When applying skincare products, it’s generally recommended that you apply thinner products first and thicker products later” – Dr Sravya C Tipirneni

AND SOME EXTRAS

FACIAL OIL



"All skin types might benefit greatly from facial oils," says **Dr Venu Jindal** of Rasa Derm Clinic, New Delhi. "They are tightly packed with vitamins, minerals, and antioxidants, and they offer intense hydration, nutrition, and anti-ageing effects." Apply a facial oil last thing at night and as the penultimate step in the morning before sunscreen. Hydrating oils such as squalene, marula and jojoba help oily skin control its sebum production. Dr Venu adds a word of caution: "One key thing to remember while using facial oils is that they should be nutritious and moisturising but not sticky or heavy-weight. Thicker oils can block pores and cause congestion. Also, if you suffer from active acne, avoid using facial oils until the acne clears out."

When To Use: Night



RETINOL



If you're looking to incorporate retinol into your routine, it's best to go easy, according to celebrity dermatologist **Dr Jaishree Sharad**, founder of Skinfinitii clinics, Mumbai. "Always opt for the mildest potency of a retinoid such as retinal acetate or 1% retinal. It's also key to use only a pea-sized amount on your face." Dr Jaishree also cautions against using retinol together with AHAs, BHAs and vitamin C as that would compromise the skin's barrier.

When To Use: Night

EXFOLIATORS

Chemical exfoliators are now the preferred methods of exfoliation as they are gentler on the skin and help remove dead skin cells, leaving behind radiant skin. They're composed of AHAs (alpha-hydroxy acids) and BHAs (beta-hydroxy acids), which help slough off dead skin cells, and clear up clogged pores. If venturing into acids, choose a gentler one such as lactic acid. It's important to note that chemical exfoliation should be done just once a week, as more often than that could lead to a compromised skin barrier.

When To Use: Once weekly **F**





MAKEUP

These are easy to stash inside your suitcase, purse, or even your backpack – so you always look glam on the go.

SMALL WONDERS

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You don't need to haul full-sized products around on your travels – these minis sure pack a punch. By Karen Alfonso



SKINCARE

Don't forgo your skincare routine as you explore; just pare it down to the essentials that will keep your skin healthy and glowing while on holiday.



HAIRCARE

No worries about those hotel shampoo minis ruining your hair (they're not great for the environment either). Take along these favourites to ensure you never have a bad hair day.

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PERFUME

Instantly smell like a million bucks with some of these heady fragrances. The best part? These aerosols and sprays won't leak! **F**

THE BEAUTY OF YOU

Meet two female beauty founders who took personal beauty struggles and catalysed them into something bigger. By Karen Alfonso



BINDYA TALLAURI

Founder of Bindt Beauty

Bindya started out as a model, and her experiments with makeup brands caused her hormonal acne to worsen. Bindt Beauty is a natural and eco-friendly makeup brand,

Edited excerpts from an interview

What led you to launch your own beauty brand? Take us through that lightbulb moment.

During my time as a model, I had learnt about several makeup techniques, brands and their formulas, while working with various makeup artists. Like any other

girl, I was drawn towards makeup and would go into Sephora during my travels and buy the latest product launches so I could try them out. During this period, I was also facing a lot of hormonal acne. The makeup product experiments weren't helping either – in fact, they would cause more flare-ups due to the fragrance in the formulations. Then my friend introduced me to a few clean beauty brands from America. At first, I was a little apprehensive because they contained oils and were mainly crème formulations. I really wasn't keen on applying them on my face, as my acne was severe. But, once I read up and found they were not harmful, I tried one out. Although it wasn't giving me as great coverage as the foundation formulas, I quite liked the minimal look. That's when I decided to introduce this kind of makeup in India. This was around 2015.

Why did you decide to get into makeup and not skincare?

Makeup is something I have loved and will always do. Its power to transform a person, the confidence it offers is amazing. Over the years, I have come to love skincare and to realise a good base is very important. I knew I had to combine skincare into colour cosmetics to make them wholesome.

What were the challenges you met, especially when it came to formulating makeup that is organic?

Finding the right manufacturer in India. I knew I wanted to do it in India because of the control and access to the labs, as well as greater transparency when it came to ingredients. The organic ingredients we source for our products are all USDA certified.

What are your learnings as a founder?

Things take time. Take the time to get the formulation right. Once you get that right, everything will fall into place. Presentation might be important, but I feel the product is everything. When it comes to clean beauty, it's important to take time during the development stage.

What's next in the pipeline?

I would definitely like to expand the range of products and move into lips and eyes. Since my approach to makeup is minimal, the range will have just a few shades to cater to our Indian skin tones, just like with my products such as concealer, tints, powders and illuminators.





NITYA SAXENA

Founder of Revoir Skincare

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Nitya's skincare woes and her frustration with tall claims from skincare brands led her to create her own brand – one that focused on the skin's microbiome.

Edited excerpts from an interview

Tell us about your skin struggles.

My skin challenges stemmed not from inherent issues but from the difficulty in finding gentle products that were suitable for my skin. I often addressed symptoms, such as treating a pimple after it appeared, but never tackled the underlying cause or focused on preventive skincare. This approach ultimately weakened my skin barrier, causing my skin to be dry, dehydrated, rough, and scaly. I often found comfort in striving for idealistic standards, driven by unrealistic expectations set by mainstream advertising. Brands claimed to erase under-eye circles in two days or promised up to 72 hours of hydration. Like many, I fell for these promises until I realised the flaws in this logic. After all, who doesn't wash their face for 72 hours? It became clear that these claims

were mere marketing ploys. I also came to realise that the core issue was an unhealthy and weakened skin microbiome.

When did you realise you wanted to start your own brand?

I started my brand when I identified a gap in the gender-neutral, aspirational consumer segment. Existing brands were often too feminine or too masculine,



too complicated, and overwhelming. I wanted to offer simple, easy-to-use solutions that address the root cause of skin issues – the microbiome. Hence, our products are prebiotic-friendly and carefully formulated at the correct pH levels. The need for the brand arose from my own struggles with the plethora of

options available. I often felt unsure of what I needed and what to expect. My co-founder Nikhil Nanda, a first-generation entrepreneur with 25 years of experience in the DTC segment, has successfully run his own oral care and personal care brands. Knowing him personally, I pitched my idea multiple times with various iterations until he saw the potential and invested. Our goal is to keep skincare simple, preventive, and accessible to all.

Tell us more about why you decided to focus on the skin's microbiome for Revoir.

In today's skincare world, it has become common to use multi-active formulas with 10 ingredients in one bottle. However, many people are unsure about what they truly need from their skincare products or what their personal skin goals are. They often chase the idea of the perfect skin seen on Instagram, forgetting that everyone's skin reacts differently. A reduction in pigment for one person might be different for another. The key to fewer skin issues such as acne, dryness, breakouts, and redness is a strong and healthy skin barrier. This shifts the focus from a problem-oriented approach to a more holistic one, using products that are biocompatible and supportive of overall skin health.



What is your vision for the brand?

We are committed to mastering the long game by creating innovative products that deliver sustained change. Our goal is to fill the gap in high-performing advanced skincare in India, often dominated by international brands. Instead, we also aim to educate our customers about realistic timelines for visible results and to set attainable beauty standards. We do not want to create a separate skincare line just for men or for women but instead offer solutions for everyone. **F**



Simply Nam Illuminating Cream & Powder Eyeshadow



SHINE BRIGHT LIKE A **DIAMOND**

Mira Rajput Kapoor's highlighter is the star of her look. By **Karen Alfonso**

Faces Canada 3-In-1 Flawless Matte Foundation

e.l.f. Cosmetics Power Grip Primer

Mira Rajput Kapoor



NARS Climax Mascara



Moira Lavish Colour Correcting Concealer



Fenty Beauty Freestyle Killawatt Highlighter Duo



Neutrogena Hydro Boost Water Gel

an emollient moisturiser. Massage it into your skin, then apply a lightweight foundation with a damp beauty sponge, working it into your face and neck. Use a concealer to cover any blemishes.

2 Sweep a nude brown hue on your eyelids with an eyeshadow brush. Using a spoolie, push your brows

LAYER A POWDER HIGHLIGHTER OVER A LIQUID ONE FOR AN OTT LOOK

upwards and fill in any gaps with a brow pencil, then go in with a pomade – you want your brows to be bold. Line the lower eyelid with a kajal pencil, and then follow up with multiple coats of mascara.

3 Go OTT with highlighter! Apply a liquid highlighter on the cheekbones and blend. Then, with a large fluffy brush, sweep a powder highlighter over it, and on the apples of the cheeks.

4 Line your lips with a lip liner to ensure perfect definition and fill in with a peachy nude to add some colour.

5 Finish the look with a setting spray. **F**

The look:
SHIMMER & SHINE

Wear it to:
A Sangeet

Blush has been the forefront of many beauty looks recently, but Mira Rajput Kapoor has brought highlighter back in a big way.

Here's how to get your shine:

GET THE LOOK

1 To ensure a dewy base, start by prepping your face with

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GLAM IT UP!

We don't always need elaborate updos for a night on the town, writes **Karen Alfonso**

SPRITZ A BIT OF HAIRSPRAY ON A TOOTHBRUSH TO TAME BABY HAIR AND FLYAWAYS

Priyanka Chopra Jonas loves switching up her hairdos – she's sported bobs, top knots, and an XL plait. With this look, however, she kept things sexy with glam waves. If you want to style your mane just like her, here's how to recreate the look.

Start by detangling your hair, using a wide-tooth comb and a detangling spray.

Apply a pump of mousse and coat your locks starting from the mid-length of your mane.

START WITH A DETANGLING SPRAY TO ENSURE YOUR HAIR IS KNOT-FREE

Apply hair protectant spray on your hair to prevent damage.

Section your mane into four parts and, using a curling iron, slowly wrap each section of hair. Hold for 10 seconds and release.

Once all the sections are done, use your fingers to break up the tight curls and then add a few drops of a lightweight dry oil on the ends of your hair to give it some shine.

Using a rat-tail comb, make a parting at the mid-centre of your hair and flip the hair to the other side of your head – this not only frames your face, but will also give your mane that sexy vibe much like Priyanka's.

Finally, spritz some hair spray on your locks. If you want to tame flyaways and baby hair, spritz a bit on a toothbrush and smoothen them out. **F**

Virtue Recovering Shampoo



milk_shake Moisture Plus Whipped Cream



2.0h! 3 in 1 Hair Styling Spray



pH Argan & Keratin Elixir



3 TENX Hydra Conditioner



Fable & Mane HoliRoots Hair Oil



Redken Acidic Bonding Concentrate Leave-In Treatment



Priyanka Chopra Jonas

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PHOTOGRAPH: INSTAGRAM/PRIYANKACHOPRA

HOT RIGHT NOW

All things fresh and fun in the beauty space

ISLAND LIVING

Even if you're not heading out for an island vacation, you sure can smell like you did! The exotic Victoria's Secret limited-edition **Bombshell Isle Eau de Parfum** has crisp floral notes blended with creamy coconut, and hints of ocean air that add a refreshing touch. It also includes notes of tonka bean and warm sandalwood, which create a tropical fragrance like no other.

Price: ₹6,499
Available from: Victoriasecret.in



1

PLUMP IT!

Love gloss but looking for something that will plump your lips too? Enter **Charlotte Tilbury Pillow Talk Big Lip Plump Gasm!** Thanks to the unique formula and diamond tip, you get juicy and fuller lips almost instantly. It's available in two shades – a pink for fair tones and a brown berry pink for deeper skin tones – and, darlings, we'll have two of each!

Price: ₹3,450
Available from: Nykaa.com



2

TURN BACK TIME

If you're looking to ease retinol into your routine, the **Kiehl's Fast Release Wrinkle-Reducing 0.3% Retinol Night Serum** might be for you. It helps accelerate skin surface cell renewal to leave you with plump skin and fewer wrinkles. Sounds like a winner in our books.

Price: ₹8,600
Available from: Kiehls.in



3

FEELING CHEEKY!

For a juicy pop of colour on your cheeks, the **HUDA Beauty Liquid Blush Filter** has blendable pigments and finely-milled micro-pearls that give a soft-focus, high-impact glow. With five shades to suit all skin tones, the blush also has a unique peanut-shaped doe foot applicator that makes application as easy as 1-2-3.

Price: ₹2,250
Available from: Tira.com



5

GO FOR THE GLOW

What happens when you mix blush and highlighter together? You get the **Rare Beauty Soft Pinch Luminous Powder Blush**. Available in six shades for various skin tones, it glides on your skin and is packed with pearls for a natural-looking dimension that doesn't flake or smudge.

Price: ₹3,000
Available from: Sephora.in



4

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FIND INSPIRATION IN EVERYTHING...

“There is something in the nature of tea that leads us into a world of quiet contemplation of life.”

– Lin Yutang,
The Importance of Living

Let what is different inspire you as well, as with this golden version of tea from *The Book Of Chai*

TREATS WITH TEA

These recipes from *The Book Of Chai* by Mira Manek are perfect with a cuppa

GOLDEN SPICED BLENDED OATS



1/2 cup oats
 1/2 cup almond milk,
 oat milk or
 coconut milk
 2 tsp flax seeds
 1 heaped tsp honey
 1/2 tsp cinnamon
 powder
 1/4 tsp ginger powder

1/4 tsp turmeric powder
 4 prunes, chopped (or
 sultanas), optional
 2 tbsp yoghurt, to serve
 Berries, to garnish
 1 tsp peanut butter
 (optional)

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

SERVES: 1 > PREP TIME: 10 minutes

1. Blend the oats in a high-speed blender to a coarse powder.
2. Mix the oat powder with all the ingredients except for the yoghurt.
3. Taste and make any adjustments, in case you want more cinnamon or honey.
4. Top with yoghurt and your favourite berries.
5. You can also drizzle some peanut butter on top if you like.

NOTES: BLENDING THE OATS MAKES IT EASY TO EAT THEM STRAIGHT AWAY, THOUGH YOU CAN ALSO LEAVE THIS IN THE FRIDGE AND HAVE IT THE NEXT DAY IF YOU LIKE. ADDING TURMERIC AND OTHER SPICES MAKES THIS BREAKFAST GREAT FOR THE GUT, AND FOR IMMUNITY.

CHILLI CHEESE TOAST



1 slice bread

1 heaped tsp
butter

1 small green
chilli, finely
chopped

A handful
chopped
coriander leaves

1 spring onion or
½ small onion,
chopped + extra
to garnish

A sprinkle of salt

A sprinkle of
black pepper

5 tbsp grated
cheese

Chilli flakes
to garnish

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SERVES: 1 > PREP TIME: 10 minutes > COOKING TIME: 10 minutes

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

1. Lightly grill or toast the bread on both sides.
2. Mix together the butter, green chilli, coriander, onion, salt and pepper in a small mixing bowl. Spread this mixture on the grilled bread.
3. Add the grated cheese on top so the bread is fully covered.
4. Sprinkle some more chopped onions on top of the cheese.
5. Sprinkle some chilli flakes to add colour and place under the grill for three to five minutes until golden brown. >

**NOTES: THIS IS A DELICIOUSLY INDULGENT ACCOMPANIMENT TO CHAI.
YOU CAN ADD SWEETCORN, RED PEPPER, TOMATOES AND GARLIC IF YOU LIKE.**

CARROT CAKE MASALA CHAI CUPCAKES



For the tea mix:

½ cup of any milk you like

1 tea bag (or 2 if you want it stronger) or 1 tsp tea leaves

½ tsp cinnamon powder

½ tsp cardamom powder

½ tsp ginger powder

¼ tsp nutmeg

For the cupcake mixture:

1 cup plain flour

1/3 cup olive oil

¼ tsp baking powder

¼ tsp bicarbonate of soda

3 tbsp soft brown sugar

1 small carrot, grated

Oil to grease the cupcake moulds

To garnish:

A handful walnuts, broken

Nuts and seeds (optional)

Cinnamon powder

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Calorie count:
310 calories (per serving)

MAKES: 8 cupcakes > **PREP TIME:** 20 minutes > **COOKING TIME:** 30 minutes

1. Preheat the oven to 190° C/375° F/gas mark 5.
2. Boil the milk together with the tea and spices for 10 minutes on a low to medium flame.
3. In the meantime, prepare the cupcake mixture: mix together the flour, oil, baking powder, bicarbonate of soda and brown sugar.
4. Add the grated carrot and the boiled tea mixture. Mix well, taste, and make any adjustments.
5. Brush eight cupcake holders with oil, and spoon in the batter, filling up the cups halfway.
6. Garnish with the walnuts or nuts and seeds (if using), as well as a sprinkle of cinnamon powder.
7. Bake in the preheated oven for 20 minutes.
8. Remove from the oven and set aside to cool before serving.

NOTES: THESE CUPCAKES ARE FLUFFY AND MOIST, LIGHTLY SWEET AND SUBTLY SPICED. THEY'RE ALSO SUPER EASY TO MAKE AND NEED NO FANCY EQUIPMENT – SIMPLY STIRRING WITH A SPOON.

CHAI FUDGE



1/3 cup coconut oil

1 cup chickpea (gram) flour

5 dates (roughly 1/2 cup), stones removed

1 tsp cardamom powder

1/2 tsp cinnamon powder

1/2 tsp ginger

1/4 tsp nutmeg

To top:

Sliced almonds and pistachios

Dark chocolate, melted (optional)

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MAKES: 25 pieces > **PREP TIME:** 20 minutes + setting time > **COOKING TIME:** 25 minutes

1. Melt the coconut oil in a large pan on a low flame, then pour in the chickpea flour and stir.
2. While stirring, warm the dates in the microwave for 30 seconds or until soft so that they will melt easily when added to the chickpea flour and coconut oil mixture.
3. Keep stirring the chickpea flour mixture for around 12 to 15 minutes until the mixture starts to thicken and you notice the colour change very slightly from yellow to orange/light brown.
4. Take the pan off the flame, and add the warmed dates and stir vigorously until they melt. The mixture does not need to be entirely smooth – the dates will add a lovely crunchy texture.
5. Add the cardamom powder, cinnamon powder, ginger and nutmeg and mix well.
6. Transfer the mixture to a 7-inch × 7-inch (20cm × 20cm) baking tray and flatten using a palette knife or the back of a flat spoon, then sprinkle the almonds and pistachios over and flatten again. If adding melted dark chocolate, pour it over evenly.
7. Transfer the baking tray to the fridge overnight.
8. Remove the fudge from the fridge for half an hour so that it softens before cutting it into around 25 pieces. **F**

NOTES: THIS IS MY OWN PLANT-BASED VERSION OF THE TRADITIONAL INDIAN SWEET MOHANTHAL. STORE THIS FUDGE IN AN AIRTIGHT CONTAINER IN A COOL PLACE FOR TWO TO THREE WEEKS. SERVE IN SMALL GLASSES OR BOWLS, TOPPED WITH MELTED CHOCOLATE AND NUTS, OR ICE CREAM, OR EVEN BERRIES.

“CHAI IS THE THREAD THAT WEAVES STORIES TOGETHER”

The Book Of Chai by MIRA MANEK is truly an ode to the ritual of tea, but also goes way beyond. By Primrose Monteiro-D'Souza

Chai has always been a part of Mira Manek's life. The London-based author and entrepreneur's journey is a series of reminiscences.

Memories of drinking *ukaro* chai as a child in London, travelling with cups of tea, it seems, from one *chaiwala* to the next through India, being buoyed by chai through lonely days in university, making it her “happy place” when travelling and living abroad in Dubai and Uganda.

After her marriage ended and she came back to London, Mira fell into a food and wellness career almost by chance. By popular demand, she began making a chai spice mix – and her business Chai By Mira came about. In short order, she launched her café Chai By Mira in a central London yoga studio – serving everything from Rose Chai and Chai Latte as well as wholesome Ayurvedic food (one of Mira's previous books is *Prajna: Ayurvedic Rituals For Happiness*).

It is truly as if Mira took the personal – the comfort she received from her own ritual of brewing tea with spices – and made it social – in the form of the café – and then went entrepreneurial. Her Chai By Mira brand goes to cafés, hotels and restaurants in the UK, and is available worldwide. She finally translated it into her third book, *The Book Of Chai: History, Stories And Recipes* (Hachette India).

The café has since shut down, the chai brand is doing very well, thank you, and Mira has put her vivid memories associated with tea from her childhood and youth into this book. “*The Book*



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“CHAI IS AN
EMOTION; IT MEANS
DIFFERENT THINGS
TO DIFFERENT
PEOPLE...
FOR MANY, CHAI
IS ‘HOME’...”

Of Chai is a vehicle to tell my personal stories, to delve into my treasure trove of memories, to encapsulate the details from my grandmother’s childhood – to share and preserve them – with chai as the thread that weaves these stories together.”

The book explores the history of tea in India, how *masala* chai was born, the fascinating fact that, although tea is the country’s national drink, it wasn’t drunk in India until the 1900s, and a slew of teas from across India. There are also recipes – different types of regional teas, snacks to be relished with tea (think *pakor*as and the more unusual *handvo* cupcakes) and dishes to be made with tea and the associated spices. But what distinguishes *The Book Of Chai* most is the Mira in it, in the form of her India travel stories centred around chai. Stories in which she delves into her grandmother’s childhood memories of growing up in a village in Gujarat, of milking cows, and other interesting stories woven around the blends. “It was the stories I started writing first; the rest, the history and recipes and the structure, all came after.”

Deciding which recipes would go into the book was not easy. “I wanted to feature as many, if not all, the regional teas or chais I could find, and there really are so many – from the salt chai or *namak-wali* chai up North, closer to the Himalayas, as well as a yak butter tea, to a stronger more gingery and sweeter blend in Rajasthan and Gujarat, the cutting chai of Mumbai, and the Kashmiri *kahwa*. Snacks to have with chai were just as important, of course.



Mira with her
grandmother
Bhanuben

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THE INDIA CONNECTION

Although Mira is based in London, India has always been a second home. “I’ve travelled all over India, but have spent more time in Mumbai as well as Gujarat.

I still come a few times a year and often spend a month at a time there. There’s a sense of feeling at home when I land in India, like my soul or some part of me just belongs there. And each part of India is so different, so diverse, both in culture, customs and food. It is India that truly feeds my soul, gives me spiritual fulfilment, and in which I find inspiration.”

THE ONE THAT GOT AWAY

In hindsight, Mira would have liked to have added a simple but “pretty awesome recipe” – a chai butter. “I’ve made it many times using my blends and it is delicious!”

In this book, it’s a mix of typical dishes such as chilli cheese toast to my own creations such as corn fritters. Lastly, I wanted there to be a celebration of spices in food, so there is everything from Carrot Cake Masala Chai Cupcakes to Chai Spiced Overnight Oats and Saffron Biscuits.”

Is talking about tea to Indians like selling ice to Eskimos? “Chai is an emotion; it means different things to different people. It is something to slow you down, to take a moment and breathe, to feel the spices warm the body, to feel the tea awaken the senses and the sugar send a rush of energy to the brain. And I think most Indians will identify. For many to whom I’ve spoken, chai is ‘home’, it takes them back to family, to rituals, to memories. I’ve tried to encapsulate chai through my stories in different parts of India, on train journeys, in the monsoons, the cities and the villages – I hope readers will connect with the memories and emotions encapsulated in these stories.” She hopes to inspire readers “to travel and create your own stories and memories.” **F**

SECRETS OF THE SEA

Ambika Muttoo found herself at the most beautiful spot overlooking the Gulf of Oman, swimming in its crystalline seafoam waters. Adventures lie waiting in the grand seaside city of MUSCAT



Did you know that the Sultanate of Oman overlooks three water bodies (the Arabian Sea, the Arabian Gulf and the Sea of Oman) with over 3,000 kilometres of undulating coastline? Whether you knew this little gem of information or not, one thing is for sure – it's not only the perfect spot for the beach holiday you've been dreaming of, but so much more. Set your compass towards Muscat, the capital of Oman, hemmed by the Arabian Sea and crowned by the Hajar Mountains, to understand why.

The city sprawls – quite literally, given that the buildings are quite low-lying (yes, including the commercial structures.) There's miles of unobstructed sky, and wide, spotless roads – bordered by flora acclimatised to the arid climate – cutting through rocky terrain. It's modern, yes, with a state that enforces its citizens' rights, and invests in their wellbeing through healthcare, education, and housing support. It goes without saying that Muscat is seated in culture. There's no compromising on history or historic value here. All of these



factors blend to make a city and a people who are happy, friendly, ecologically conscious and who understand the splendour of their heritage. Is it any wonder that this city is so incredibly hospitable? One hears stories of India's luxury hospitality industry, but, and this is not hyperbole, Muscat is on another level. A few days at the Shangri-La Muscat will validate that statement.

Here's some context. Shangri-La Muscat is a dual resort complex with the Shangri-La Barr Al Jissah and Shangri-La Al Husn. Al Husn is the clifftop property – the word means 'castle' in Arabic – that is "adults" only, and open to guests 16 and above. The Barr Al Jissah has two major wings – namely Al Bandar and Al Waha – that are open to families. The entire property ripples across over 500 metres of prime coastline, and overlooks the Gulf of Oman. It's owned by the Zubair family, which rests on the helm of Mohammad Al Zubair, who is considered to be a brilliant leader and entrepreneur who has had a profound influence on Oman's economic and cultural development. Apart from his many accolades, the



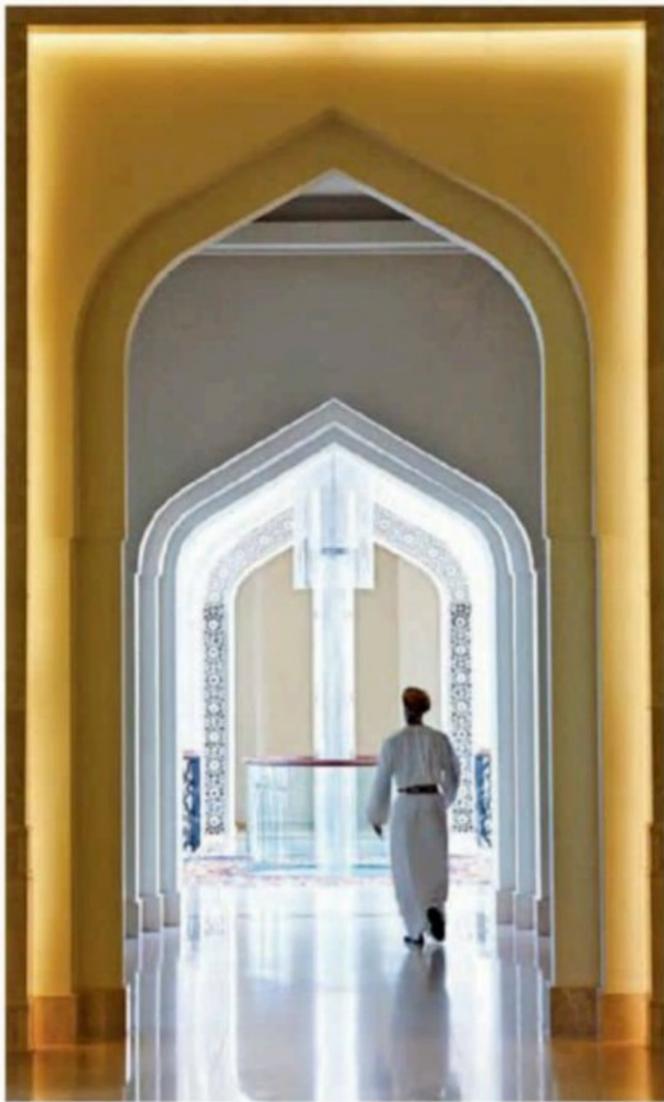
Sultan also appointed him as his advisor for economic planning in the '80s. Just to provide another nugget, his father, Sheikh Al Zubair bin Ali, also served as an advisor to Sultan Said bin Taimur. Talk about impact... you're in good hands, clearly. His vintage car collection is open to viewing and we'd suggest you go to the Al Mazaar Edutainment Centre to look. You'll find the rarest cars – a 1926 Bugatti, a bespoke 1952 Daimler that was ordered by the late King Abdul-Aziz. The centre itself is so much fun for kids, with interactive workshops, gallery viewings and even a Teen Zone.

Al Husn perches dramatically on the highest part of a ridge, glinting a shimmering pink in the sunlight due to the sandstone it is built with, with the most beautiful view of the water, the long stretch of sandy beach and also the two other properties that line up one after



the other along the shoreline. From the Al Husn perspective, you're looking at any one of Claude Monet's paintings, or perhaps a version of Degas's *Beach Scene*. If you secure yourself a sea-facing room, your spacious balcony opens to the whole panorama – water, people, >

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and architecture – with the addition of some spectacular sunsets that impart a glow that would rival Wes Anderson’s cinematography.

Now, this particular property is accessed through a long, winding palm tree-fringed drive, almost like you’re entering a very exclusive compound with acres to spare. The entrance is dramatic. One has read about how doors or entrances in Islamic architecture are integral to the building structure. This doorway clearly pays homage to the historic and cultural significance of the *madhkhal* (loosely translated to entrance). Massive, intricately-carved, rich wooden slabs greet you – of a colour that looks almost lit from within. What follows is a lesson in symmetry and grandeur. The smell of *loban* (frankincense) is immediate (it’s even the name of the spa – Luban), as you’re offered cups of strong Omani coffee poured from elaborate silverware (the *dallah*, or coffee pot), and, of course, plump dates. Coffee and dates is a huge part of Omani culture and hospitality, especially if a guest were to enter the *majlis*, or sitting room.

There’s tranquillity in the atmosphere: a play of light and air due to the massive domed ceilings, beautiful *objets*, such as framed *khanjars* (traditional daggers and a great source of national pride), the whiff of *loban*, and the muting of sound due to the thick,

rich rugs. One immediately sees the doors that open up to the tiled courtyard – the property’s version of an oasis – which further stippled down the scalloped doorway to the infinity pool. Each of these entrances is a perfect Moorish lattice arch, lined up to exactness so your line of sight is unbroken.

Another fantastic feature of the Al Husn is access to its private cove and beach; little EV vehicles will ferry you back and forth if you don’t want to walk. In fact, there’s an expanse on the cliff that is absolutely tailor-made for weddings – with a lovely gazebo where you can book a private meal or sunset drink (it’s called Dine By Design) that overlooks this scene. This and the view from the balcony would be the two elements you can’t get enough of. It’s hard to leave your plush, thickly-carpeted room – whether suite or deluxe (there are different options.) The coffee is Nespresso and the mini bar is free (not for spirits, though), and the speakers are by Bose – so little sunset parties are imminent. You will, however, find yourself drawn out by the prospect of afternoon tea and music at the Courtyard.

But you’re waiting for the real good stuff, aren’t you? The food and drink, given that this is obviously paradise for seafood lovers. However, it’s also the same for... vegetarians. You’d be surprised, but it’s the honest truth.





Al Husn has another nifty little advantage that will keep you well satiated. Staying here, you not only have access to the hotel's restaurants and bars, but also to the Barr Al Jissah dining outlets, leaving you spoilt by choice. To start, there's Sultanah, which provides the options of al fresco dining, buffet and a la carte menus to start your day; you can also visit for lunch or dinner. The design is nautical, inspired by a famous Omani ship. The variety and quality at breakfast is astounding – think sexy, continental fare. It also has a vegan menu.

A favourite is Aangan by Chef Rohit Ghai. Yes, it's a cliché – an Indian hankering for Indian food in foreign lands. But this is A-grade cookery, dramatically presented in a lavish restaurant. Genuinely the best *aloo tikka* ever – and this comes from someone from Delhi. Prawn Masala, Coconut Scallops, or Lobster Coriander – this food here is exquisite. There's the Mahhara Beach Bar, which is ideal for lunch. Sunny, seaside views and cocktails and some cracking dishes – we ate goat cheese spring rolls with Omani honey, and the King Tiger Prawn Caesar Salad every single day. To be totally honest, the Gin-Gin Mule with pineapple, lime and some of their secret ingredients was also consumed at exactly 2 PM on all days too. And then we rolled down to the private beach. If you're too lazy to move, hang out at the Al Muheet pool bar where they'll take good care of you, especially with cocktails and delightful

salads (prawn and mango, and brie and pears were favourites) and various bites such as Japanese waffle fries, or the heftier Mac and Cheese.

But that's just Al Husn. You have the option to stroll down the promenade, or use the breezy hotel interconnecting bridges to the other wings. Keeping in line with the lively promenade style are restaurants such Chow Mee at Al Bandar – a South-East Asian hotspot that also comes with an extensive menu with smaller vegan and kids' options too. It's lovely to sit on the deck facing the esplanade, looking out at the sea. Along the same row lies Capri Court, serving rustic, hearty, moreish Italian food that takes it up a notch by offering even gluten-free options, and the vegan and the kids' sections. Al Bandar also houses Al Tanoor, which hosts the more classic cuisines of the Arabian Gulf region and live cooking stations. The decor is inspired by local *souqs* and villages, with Arabian tents, pottery and vibrant colours.

Al Waha presents Samba and Bait Al Bahr. The former is sexy Latin American and Mediterranean food (some dishes will take you by way of Asia too) – and there's even a *shisha* lounge. The latter is a Shangri-La standout offering shoreside seafood dining (don't worry, there's vegetarian and vegan food on the menu here too).

It's a lively spot filled with families chowing down the freshest fare possible and the lobster here is gargantuan. We haven't even begun to dive into the cafes and bars yet, such as the Turath Cafe (authentic Omani style), the Piano Lounge (Al Bandar's bar with a major view) or Assira (Al Waha's poolside bar.) But there has to be something for you to discover.

What this particular experience staying here leaves you with is the feeling of being taken care of, cherished... well fed on many different levels. That's due to the people here who are warm, kind and so willing to share something of themselves. It's hard to explain, but there's an almost overwhelming feeling of wellbeing to be found here. My mother, who was travelling for the first time after surviving cancer, found almost a second lease of life and joy – she even had the strength and will to wade into the sea. She also became everyone's "Mama" immediately, cheerfully greeted everywhere with choruses of "Mama, how are you today?" or "Oh Mama, you look gorgeous today!" As for this writer, it was me and Mama, the sea and a rare happiness unlocked. **F**



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TURN YOUR **BATHROOM** INTO A RELAXING **RETREAT**

Interior design experts help you transform your bathroom into a spa-inspired sanctuary

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Everyone needs a space in which to relax and rejuvenate, which is why we asked five design firms to give us insider tips. Some of them can simply be added to your existing bathroom; keep others in mind for your next remodel...



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“YOUR BATHROOM AS
A SANCTUARY OF PEACE”

**RUDRAKSH CHARAN
& PRIYANKA KHANNA**

Founders and Architects –
42MM Architecture



PHOTOGRAPHS: SHUTTERSTOCK

- Installing floating vanities will help open up floor space and add to a clean, modern appearance.
- Use frosted or sheer window treatments to let in natural light while keeping privacy intact, allowing for a well-lit private ambiance.
- Use frameless glass doors on shower enclosures to make the bathroom appear larger and more contemporary.
- Add an accent strip of tile in a shower or around a sink to bring in a touch of luxury without fully remodelling.
- Use recessed lighting in the ceiling and shower area to diffuse light softly, creating an even, soft ambiance that provides for serenity and relaxation. >



PHOTOGRAPH: A SQUARE DESIGNS



“A SPA MAKEOVER WITHOUT BREAKING THE BANK”

AJAY ARYA

Founder and Interior Designer –
A Square Designs

- Opt for a luxurious bathtub for the ultimate in relaxation.
- Add tons of natural light with larger windows to brighten up the bathroom and make it airy.
- Introduce natural, soothing materials with elements such as wooden bath mats, stone soap dishes and bamboo organisers.
- Add varying textures such as marble, wicker, wood and soft fabrics for depth and warmth.
- Add a floating vanity to create more space and facilitate easy cleaning.
- Choose wall-mounted faucets to free up counter space and give your bathroom a modern, sleek look.

PHOTOGRAPH: SHUTTERSTOCK





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PHOTOGRAPH: APARNA KAUSHIK DESIGN GROUP



“TOUCHES OF LUXURY FOR A RELAXING RETREAT”

APARNA KAUSHIK
 Founder and Architect –
 Aparna Kaushik Design Group

- Start with a base of neutrals, which will help to imbue the bathroom with a calming, soothing ambiance.
- Incorporate marble tiling as an accent wall behind the bathtub or vanity; a small area of marble adds that touch of luxury without the high cost of covering the entire bathroom.
- Slate tiles will give a sophisticated, earthy touch with their natural variations and rich texture.
- Play with silhouettes: Curved angles provide a touch of abstract luxury; sharp edges provide a classic look.
- A sumptuous bathtub underlines the spa-like effect and completes the whole look.
- Gold fixtures add just a bit of grace and elegance.
- Add a small amount of greenery around the bathtub area to let in a bit of nature and freshness. >

PHOTOGRAPH: SHUTTERSTOCK





“AN INTIMATE ATMOSPHERE TO PUT YOU IN A TRANQUIL MOOD”

SACHIN GUPTA & NEHA GUPTA

Founders and Interior Designers – Beyond Designs



- Create a cosy atmosphere by using rugs and dhurries in dry areas. They hold the space together, while also adding colour and patterns of your choice to the décor. Go for a calming palette.
- Carefully-curated soft lighting instantly transforms the ambience of your bathroom. Recessed lights in the ceiling, wall sconces, and lots of candles should be orchestrated in such a way that the room is illuminated with evenly-spread-out soft light. Even the accent light or chandelier can be put on dim mode for a mellow mood.
- Add wood tones, stones, pebbles, and even seashells to your décor to impart naturalness – natural materials are inherently relaxing.
- You can also use wallpaper with small prints for a serene vibe.
- Space permitting, add a sofa or a chair to sit down and take in the tranquil atmosphere.
- Potted plants and flowers not only bring alive inert spaces but also add freshness and vitality. They also purify the air.



PHOTOGRAPHS: SHUTTERSTOCK



“A SERENE AND INVITING SPA-LIKE SPACE”

RISHABH KAPOOR & MONICA CHADHA

Founders and Interior Designers – Design Deconstruct

- Add big mirrors to reflect the light and make the space appear larger than it is.
- Incorporate skylights to create a more open, airy feel with much-needed natural light.
- Choose slim, tall storage units to maximise vertical space without crowding the room.
- Add plants to bring a touch of nature and freshness to the space, enhancing the ambience.
- Incorporate textured tiles to bring depth and interest to your walls or floors for a more luxurious and relaxing ambience. **F**





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MASTERING THE MANE

Salon specialist **VAISHAKHI HARIA** talks to **Ravina M Sachdev** about finding her calling and making it big in the beauty business

Vaishakhi Haria wanted to establish a career in the field of science – which never happened. “I excelled in subjects such as Chemistry and Physics at school, and filled out college admission forms for science courses,” the salon director and founder of Splash Salons and Very V Salon in xxx recalls. “My parents, particularly my mother who has been a bridal makeup artist for three decades, advised me to reconsider my choice. They suggested I opt for commerce and focus on developing my entrepreneurial and artistic skills.” This advice resonated with Vaishakhi. “I decided to switch to commerce. This path eventually led me to discover my passion for hairstyling, influenced by my mom’s career and my entrepreneurial aspirations,” she adds.

After college, she enrolled in a hairdressing course, which led to her establishing her first salon. “My parents were very supportive; they helped me build my first salon, Splash, in Ghatkopar in 2009,” she says. The salon did very well and, in 2013, she became a part of the Identity Artistic Team of L’Oreal Professionnel and travelled across the country doing hair shows and conducting educational training. In 2019, she established Very V, her second salon in Mumbai, and, three years later, she became an Artistic Ambassador of Schwarzkopf Professional in the Hair Artist Kollektiv initiative.

More recently, this year, she became the first Indian hairstylist to share a stage with artists from across the globe at the prestigious Zero Amm Launch by Schwarzkopf Professional in Malaysia. She has also been an educator for over nine years, having trained over 7,000 hairdressers across India. Her active involvement in the global hair industry has led her to be celebrated at numerous avant-garde hair shows in India and abroad. “It makes me proud to see the hair industry growing at a fast pace,” she adds.

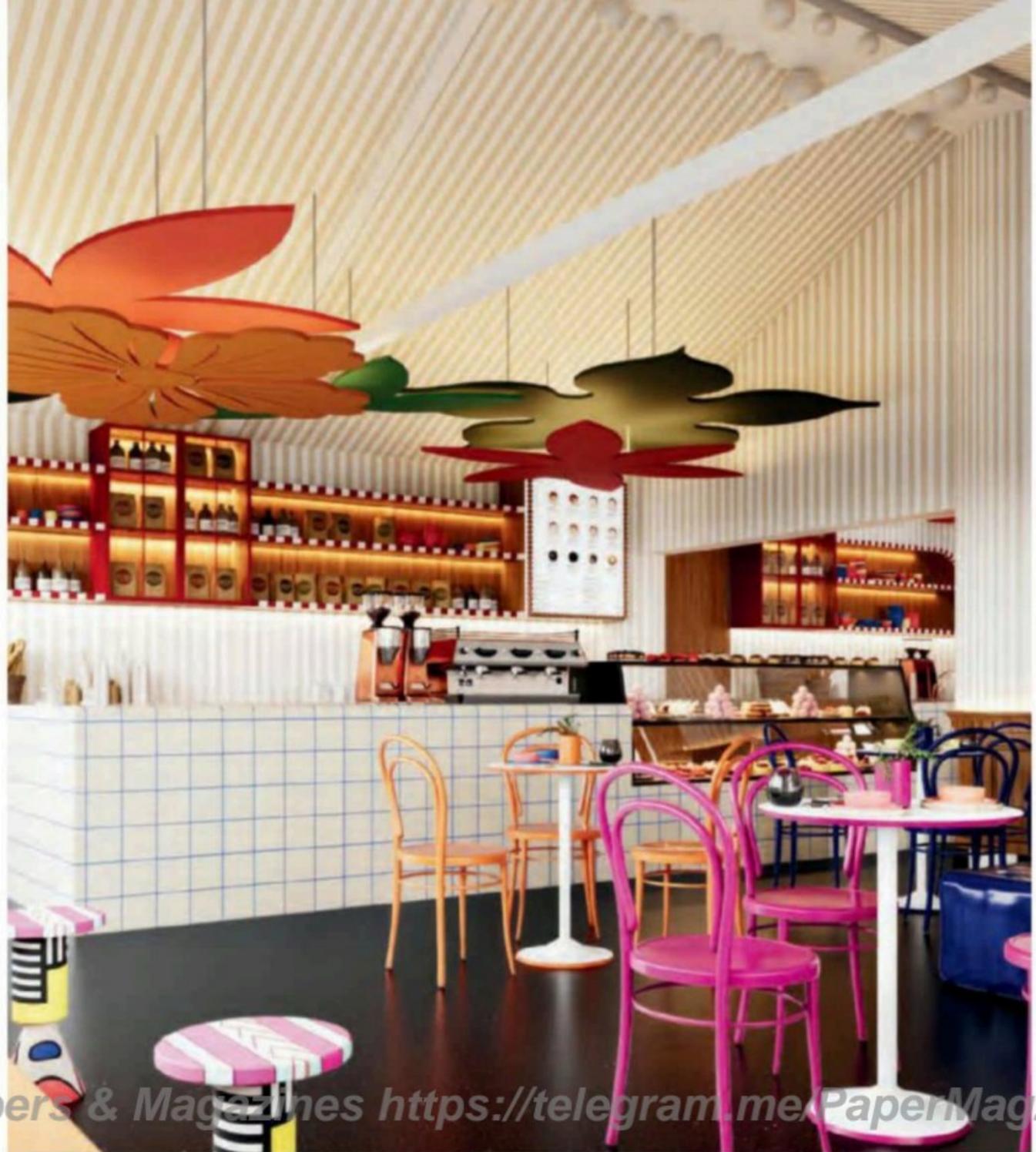
GO BACK IN TIME

Indulge in old-school classics at **JUBILEE**, a newly-launched Art Deco-inspired cafe in Pune's Koregaon Park

Located within a 1970s structure in Koregaon Park, Jubilee's décor draws inspiration from Willy Wonka and Alice in Wonderland. The space features cute tables and sofas, planters, and colourful art pieces hanging from the roof.

What We Ate & Drank: The menu features freshly-baked sourdough, Asian-inspired pinwheels, European-style open sandwiches, sliders, flatbreads, bowls and more. We started with the Chutney Mary, a grilled cheese sandwich made with chutney brioche and kokum marmalade. From the flatbreads section, we had the Peri Peri Squash – the roasted red squash, sweet peppers and cheese came on a thin crust and was surprisingly not too heavy. Upon our server's insistence, we tried the Good Maska Toast, which is buttered brioche toast smeared with thick house malai and jaggery sprinkle, an absolute must-have here.

From the mains, we had the



Soba Bowl – sesame-tossed veggies and soba noodles in a ginger hoisin sauce; it was quite delicious and filling. We also shared the Burrito Bowl, which comes with rice, fajita veggies, guac, and salsa.

The desserts menu is vast

with plenty of items including gelatos, madeleines, croissants, cookies, and Jubilee's version of tiramisu. We tried gelatos in the Hazelnut Chocolate and the Mulberry Froyo flavours, both of which turned out to

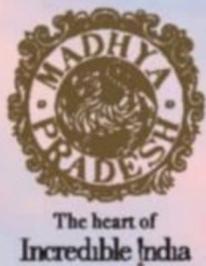
be excellent choices.

Location: Plot 19, Lane No 1, near Osho International, Sunderban Resort & Spa, Koregaon Park, Pune

Price Points: ₹1,000 for two (without alcohol)

Timings: 8 AM to 11 PM

By Ravina M Sachdev



THE ENCHANTING ITINERARY OF MADHYA PRADESH

OFFBEAT MULTISPECIALTY DESTINATION



GWALIOR – SHIVPURI – ORCHHA – DATIA – MORENA

Madhya Pradesh unveils an itinerary that oscillates through forts narrating tales of valour, temples resonating with devotional flavour and natural reserves enveloped with wildlife.

Gwalior : Artistic Aroma

Inhale the splendour of Gwalior Fort, a sprawling citadel that guards the city. Dig out the historical and architectural narratives. Explore a maze of palaces including the intricately carved Man Singh Palace, the opulent Karan Mahal, the majestic Vikram Mahal, the ethereal Jahangir Mahal, Saas Bahu Temple, and Teli ka Mandir. Feast on the beauty of the 18th-century Padavali Fort. Ascend the 100 steps to the Chausath Yogini Temple, a circular edifice nestled amidst verdant hills. The Museum at Gwalior Fort brings alive the artistic heritage of the city through a spread of sculptures, coins, and weapons. Brace yourself for a visual treat of the Garuda statue and the Salabhanjika - the 'Mona Lisa of India', the Saas Bahu Temples and the rock-cut statue of Siddhanchal.



Cenotaph, Shivpuri

Shivpuri : Magical Moments

The Surwaya Fort here exhales a mystical past, weathered walls and remnants of temples. Explore the ecological terrain at the Madhav National Park and the colonial charm of George Castle. Enjoy the serenity of Badhaiya Kund and the splendour of Narwar Fort.



Jehangir Mahal, Orchha

Orchha : Heritage Hues

Immerse yourself in the grandeur of Raja Mahal, adorned with vibrant murals. Seek blessings at the intricately carved Laxmi Narayan Temple, known for its artwork. Inhale the beauty of ornately decorated cenotaphs or Chhatris, celebrating the Bundela kings and their families. The Jahangir Mahal - a fusion of Indo-Islamic architecture will enthral you with its turquoise tiles, intricate carvings, and stunning balconies. The Ram Raja Temple, the only temple where Lord Rama is worshipped as a king will transport you spiritually. Wind up by listening to the mellifluous music of the birds at the Orchha Bird Sanctuary, gliding along the Betwa River and savouring the artistically knitted Chhatris.

Datia : Spiritual Sanctuary

Seek the blessings of Goddess Baglamukhi Devi at the Pitambara Peeth Temple, known for its imposing architectural and spiritual reverberations.

Morena : Wrap up

The National Chambal Sanctuary is must go place especially for wildlife enthusiasts. The critically

endangered gharial, the red-crowned roof turtle and the Ganges river dolphin sums up the ecological beauty of the place. The Bateswar Group of Temples in the adjoins is a heritage feast.

Soak yourself in the artistic splendours of Madhya Pradesh. This itinerary is a roadmap to a journey interspersed with bliss and adventure.

How to Reach

Cover the circuit as per your convenience Gwalior, Shivpuri, Orchha, Datia, and Morena

1. Gwalior:

Air: Raja Bhoj International Airport (GWL)

Train: Gwalior Junction Railway Station (GWR)

Road: Gwalior is well-connected by road

2. Shivpuri:

Train: Shivpuri railway station

Road: Shivpuri is 110 km from Gwalior.

3. Orchha:

Train: Jhansi Junction Railway Station (JHS) located 85 km from Orchha.

Road: Orchha is 170 km from Gwalior and 115 km from Shivpuri

4. Datia:

Train: Datia Railway Station (DTI)

Road: Datia is 70 km from Gwalior and 47km from Orchha.

5. Morena:

Train: Morena Railway Station (MOR)

Road: Morena is 128 km from Datia and 39 km from Gwalior.





OF COSY CORNERS & DECADENT BITES

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STAND BY COFFEE is all set to brew up a storm in Mumbai

Stepping into Stand By Coffee is like entering a timeless setting, where retro charm meets contemporary comfort. The coffee bar, which looks like an old-school box office, was designed to be the focal point in a dimly-lit indoor space. The interiors boast polished nickel accents that twinkle like constellations above sturdy concrete tables, while hints of Parisian grey add a touch of sophistication. Outside, lush greenery hosts comfy

seating, a haven for those seeking a tranquil escape with their coffee.

What We Ate & Drank: This cosy cafe not only offers a variety of coffees and teas but also delicious food offerings that are definitely worth trying. When talking about coffee, Harsh Mav, who designed the coffee programme and is the Head of Operations at Stand By, mentioned that they are serving seven different types of coffee beans sourced from Chikmagalur, each handpicked

for a specific purpose.

When it comes to food, the restaurant has a pretty interesting menu including sandwiches, multigrain dosas, falafels, shawarmas, bowls, and bakes.

We started with the Kimchi Melt, a delicious melted cheese sandwich with a caramelised kimchi filling that sits between two thick slices of sourdough bread. It's huge and quite filling and a must-have here. Next, we tried the Mushroom & Ricotta Quiche, and it was soft and

light. From the bowls section, we tried the Spaghetti Salad – durum spaghetti doused in a creamy pesto cream sauce, served with sun-dried tomatoes and burrata, and a generous shaving of parmesan. We also tried the Gunpowder Dosa, a finger millet crepe served with molagapodi powder and cheese – a healthier and tastier version of a regular dosa.

At this point, we were quite full, but we made space for two desserts – the Hazelnut Babka and the Chocolate Brownie. The first is heaven on a plate! The brioche dough is fluffy and filled with a nutty hazelnut chocolate filling. The brownie is made with almond flour, chocolate, and hazelnuts, and is truly rich and decadent. We washed our desserts down with a French Vanilla Latte, and the flavoursome Sea Salt Mocha.

Location: Shop No 3, 4 & 5, Kakad Estate, Dr RG Thadani Marg, near Poddar Hospital, Worli, Mumbai

Price Points: ₹1,000 for two
Timings: 8 am to 12.30 am

By Ravina M Sachdev



CHANGING BREAST CANCER TREATMENT SCENARIO GLOBALLY VS INDIAN CONTEXT



Dr. Chaitanyanand B. Koppiker

Breast Cancer, Breast Oncoplastic and Reconstruction Surgeon
 Medical Director, Orchids Breast Health in Association with
 Jehangir Hospital and Prashanti Cancer Care Mission, Pune India

Breast Cancer while one of the most common cancers today in India, offers a promising outlook as it is among the easiest cancers to cure completely. Despite its high prevalence and mortality ratio, early detection and access to state-of-the-art treatment significantly boost survival rates. Collective efforts are essential to ensure early detection and to establish effective therapeutic guidelines for breast cancer management. In this article, we will explore the current global scenario and its implications for the Indian context, highlighting the advancements in breast cancer treatment.

WHAT ARE SOME CURRENT TRENDS IN THE GLOBAL MANAGEMENT OF BREAST CANCER?

Recent diagnostic advancements have improved breast cancer staging and management. Targeted therapy and neo-adjuvant chemotherapy have increased treatment efficacy. Globally, more patients choose breast conservation surgery (BCS) over mastectomy. Multimodal treatment with multidisciplinary teams has transformed breast cancer care. However, in India, radical mastectomy still accounts for 78% of surgeries. While BCS has become the global standard, it remains emerging in India, with few centers equipped to perform it.

HOW DO THE BREAST CANCER TREATMENT APPROACHES IN INDIA COMPARE TO THOSE IN OTHER COUNTRIES?

In India, most breast cancer cases are detected at a late stage, limiting the scope of breast conservation surgery (BCS). Surgery remains the primary treatment in breast cancer, accompanied by chemotherapy, hormone therapy and radiation therapy. But even now in most parts of India, mastectomy which is associated with severe sequelae and poor quality of life, is used as the choice

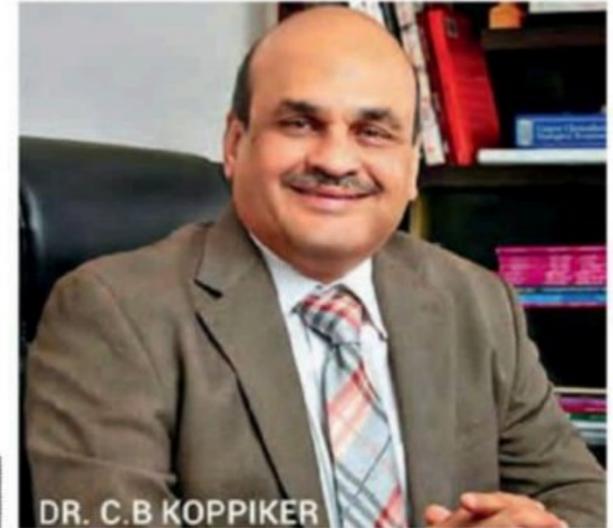
of surgery. Nevertheless, at Orchid's Breast Care Centre, we emphasize BCS over mastectomy, with our BCS rates exceeding 80% compared to 10-30% nationally.

HOW HAVE ADVANCEMENTS IN DIAGNOSTIC TECHNIQUES IMPROVED THE DETECTION AND STAGING OF BREAST CANCER?

Breast cancer is a highly treatable form of cancer, especially if it is detected early. Therefore, advanced diagnostic techniques are essential to detect breast cancer at an early age. Diagnostic methods, such as 3D mammography have higher cancer detection rates than 2D mammograms. Other advanced diagnostic techniques, such as breast ultrasound, 3D Tomosynthesis, Tru-cut biopsy, vacuum-assisted biopsy (VABB), stereotactic breast biopsy, and contrast-enhanced digital mammography, have improved significantly the diagnosis and accurate staging of breast cancer. All these techniques are a part of a regular clinical algorithm at Orchids Breast Cancer Care

ARE ADVANCED DIAGNOSTIC AND TREATMENT FACILITIES AVAILABLE IN INDIA?

Extending advanced diagnostic and treatment facilities to tier 2 and tier 3 cities in India is challenging. Very few institutions in India are adopting latest diagnostic and treatment techniques for better management of breast cancer. The treatment should not only focus on quality of life during treatment but also beyond the disease, necessitating a comprehensive treatment protocol. A multidisciplinary team of expert radiologists, pathologists, medical oncologists, and surgeons with oncoplasty expertise is essential. Additionally, an extended MDT including nutrition, health, and genetic counseling is crucial for holistic care. Established tertiary care centres, such as Orchids Breast Care Centre, offer



DR. C.B KOPPIKER

all advanced techniques and treatment protocols for patients under one roof, ensuring both early detection and thorough treatment.

WHAT IS THE SIGNIFICANCE OF ONCOPLASTIC SURGERY IN THE CONTEXT OF BREAST CANCER TREATMENT?

An oncoplastic procedure is a single surgery where not only is the cancer removed, but the breast is also reconstructed using your own body tissue. The procedure ensures the cancer is treated while maintaining the breast's natural appearance, leading to better cosmetic outcomes and preserving the patient's body image. When the patient wakes up post-surgery, they not only find the cancer gone but also see their breasts reconstructed with better cosmesis. Oncoplastic surgery seamlessly integrates aesthetic considerations with oncologic safety, thereby enhancing patient outcomes.

At Orchids Breast Care Centre, the adoption of oncoplastic techniques allows us to treat a broader range of patients, including those with larger or multiple tumors, expanding indications of breast conservation. This widens the scope of breast conservation surgeries that might otherwise have required mastectomy, offering patients better survival rates, improved quality of life, and superior aesthetic results.

New Address: Jehangir Hospital, 32, Sassoan Road, Pune - 411001, Maharashtra, India.
 Twitter: @KoppikerCb
 Instagram: @dr.koppikercb; @orchidsbreasthealthpune
 Facebook: <https://www.facebook.com/koppiker>

THE BENEFITS OF FEWER FRIENDS

Opting for minimalism in your social circle is a hard but helpful choice. By **Prachi Rihwani**



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In a world where social media platforms push us to collect friends and followers like trophies, the idea of opting for minimalism in your social circle might seem, well, counterintuitive. The more the merrier, right? Not always. Imagine a life in which your interactions are meaningful, your connections genuine, and your time valued. Opting for minimalism when it comes to your social circle can be hard but, trust us, it helps in more ways than you might think.

Quality Over Quantity

The concept of minimalism is often associated with decluttering your space, but it applies to relationships too. By focusing on quality over quantity, you create a social circle that enriches your life. Instead of spreading yourself thin across dozens of acquaintances, you invest deeply in a few. These are the people who truly matter, the ones who are there for you through thick and thin.

Think about it: Do you really need to keep up with your high

school lab partner's cousin's pet's Instagram, or would you rather have a heartfelt conversation with your best friend over coffee? When you prioritise quality, your interactions become more fulfilling and less superficial.

Less Drama, More Peace

Fewer friends mean fewer chances of being dragged into unnecessary drama. Remember that one friend who always had a crisis and somehow got you involved? Yeah, we've all been there. By keeping your circle small, you >

Create a social circle that enriches your life

DR PREETI SETH: PIONEERING HOLISTIC WELLNESS



Dr Preeti Seth, a renowned nutritionist and visionary entrepreneur, founded Pachouli Aesthetics and Wellness, mentoring it to become a leading name in holistic health. With a doctorate in nutrition, Dr Seth's journey began with a single clinic in Delhi 14 years ago. Today, Pachouli spans 31 clinics nationwide, providing advanced solutions for skin, hair, weight management, and Ayurveda. Transforming over 3 million lives, Dr Seth's dedication and passion for holistic wellness continue to inspire, solidifying her as a trailblazer in the wellness industry.

Driven by a mission to enhance lives through personalized wellness solutions,

Dr Seth envisions a world where aesthetics and wellbeing coexist harmoniously. Her commitment to integrating modern science with traditional practices ensures that Pachouli offers the best of both worlds. With an unwavering focus on quality and innovation, Dr Seth's vision is to make holistic wellness accessible to all, fostering a healthier and more radiant community. Dr Seth believes that every human being is inherently beautiful and that it is our responsibility to nurture and maintain the beauty bestowed upon us by God. She emphasizes that taking care of our overall well-being is not just a choice, but a duty we owe to ourselves. This philosophy drives her relentless pursuit of excellence in the field of holistic health, making Pachouli Aesthetics and Wellness a true sanctuary for those seeking to elevate their inner and outer beauty.

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DR SAZINA KHAN'S 'ECHOES OF THE HEART' LAUNCHED TO ACCLAIM AT INDIA HABITAT CENTRE

The literary community gathered with much anticipation and excitement for the grand launch of Dr Sazina Khan's latest poetry collection, "Echoes of the Heart," at the India Habitat Centre. The event was a resplendent convergence of poetry aficionados, distinguished guests, and eminent panellists, all assembled to celebrate the esteemed author and her newest work.

The evening commenced with the official launch of "Echoes of the Heart," an event met with enthusiastic applause as Dr Sazina Khan presented her latest collection to an eagerly awaiting audience. Her poetic exploration of human emotions through eloquent verses

continues to solidify her legacy as a leading voice in contemporary poetry. The audience, filled with palpable excitement, was captivated by the author's profound ability to articulate the myriad of human experiences through her verses.

"Echoes of the Heart" is Dr Sazina Khan's latest contribution to the world of poetry. Known for her profound exploration of human emotions, Dr Khan's new collection continues to reflect her insightful and resonant voice. Her previous works, including bestsellers "The Chamber of Expressions" and "From Shadows to Souls," have garnered numerous accolades, and "Echoes of the Heart" promises to follow in their esteemed footsteps.

Dr Khan's poetry permeates through all emotions, reflecting the stark reality of society while simultaneously acting as a beacon of hope. Her verses navigate the complexities of love, loss, joy, and sorrow, providing readers with a profound sense of connection and understanding. "Echoes of the Heart" is a testament to her ability to capture the essence of human experience in a way that is both deeply personal and universally relatable.

In her remarks, Dr Sazina Khan expressed her heartfelt gratitude to the attendees and panellists, stating:

"I am overwhelmed by the warm reception 'Echoes of the Heart' has received. It is my hope that these poems resonate with each reader, touching their



hearts and reflecting their own journeys through life's myriad emotions. Poetry, to me, is a powerful medium that transcends boundaries, speaks to the soul, and illuminates the path of life. It has the unique ability to mirror the realities of society while offering solace and hope."



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naturally weed out the toxic and dramatic elements from your life. This doesn't mean you should abandon friends in need, but rather be selective about who you let into your inner circle.

Imagine the peace that comes from not having to navigate a minefield of gossip and emotional turmoil. It's like a breath of fresh air for your mental health. A smaller social circle means less stress and more tranquillity.

Deeper Connections

When your social circle is small, you have the bandwidth to build deeper connections. You know your friends' likes, dislikes, dreams, and fears. You remember their important dates and can be there for them in meaningful ways. This depth of connection fosters a sense of belonging and

support that's hard to achieve with a large, scattered group of acquaintances.

Have you ever had a friend who finishes your sentences, knows when you're feeling sad even through a text, or brings your favourite snack when you're down? That's the magic of a deep connection, and it's easier to cultivate when you're not juggling too many relationships.

Better Time Management

Let's face it, maintaining a large social circle is time-consuming. Social obligations can pile up, leaving you with little time for yourself. By adopting a minimalist approach, you reclaim your time. You can spend it doing things you love, pursuing hobbies, or simply relaxing.

Moreover, the time you do spend with friends becomes

more intentional and enjoyable. It's about quality time, not obligatory hang-outs. You can plan meaningful activities, have deeper conversations, and genuinely enjoy each other's company without feeling stretched thin.

Authenticity

A minimalist social circle encourages authenticity. When you're not trying to impress a large group of people, you can be yourself. You're not putting on a facade to fit in with various groups; instead, you're accepted and loved for who you truly are by those who matter most.

This authenticity extends both ways. There's no need for pretence; your friends are also likely to be more genuine with you, leading to more honest and open relationships. **F**

You're
accepted
and loved
for who
you truly
are

TRANSFORMING HEALTHCARE:

A glimpse into India's evolving landscape

Dr. Yashraj Patil, Trustee and Treasurer of Dr. D. Y. Patil Vidyapeeth (Deemed to be University), Pimpri, Pune

India's healthcare sector has emerged as one of the nation's largest industries, both in revenue generation and employment opportunities. It includes a wide range of components, including hospitals, medical devices, clinical trials, outsourcing, telemedicine, medical tourism, health insurance and medical equipment. India has made significant progress in health indicators, as seen through reductions in infant, maternal and neonatal mortality rates.

TECHNOLOGY ADVANCEMENTS

India's healthcare system is embracing technology at a high-paced rate. Telemedicine, AI-powered diagnostics, and health apps are becoming extremely dominant, especially in urban areas. This digital transformation has made healthcare more accessible, providing timely medical assistance and reducing the need for physical consultations. Recently, AI and machine learning are revolutionizing diagnostics and treatment plans, aiming to improve patient outcomes and streamline healthcare processes. Predictive analytics



Dr. Yashraj P. Patil

is being used to foresee disease outbreaks and manage resources efficiently. Furthermore, electronic health records (EHRs) are becoming more widespread, ensuring that patient data is easily accessible and improving coordination among healthcare providers.

MEDICAL EDUCATION IN INDIA

India has seen a significant spike in medical education over the past few years owing to key factors including

government initiatives, increased demand for healthcare professionals and the establishment of new institutions. The significant increase in the number of medical colleges and MBBS seats over the years reflects a concerted effort to address the growing demand for healthcare professionals in India.

The surge in medical colleges not only offers more opportunities for aspiring doctors but also contributes to decentralizing healthcare services, potentially

improving accessibility for underserved regions.

As the primary custodian of Dr. D.Y. Patil Medical College, Hospital and Research Centre in Pimpri, Pune, I lead the institution to impart education that embraces innovative teaching processes, thereby enhancing medical education with advanced techniques and comprehensive learning experience. Annually, our institution enrolls 250 MBBS and 220 postgraduate students, offering a rigorous academic environment that integrates theoretical knowledge with practical application through a blend of classroom lectures and clinical practices.

ADVANCEMENTS IN HEALTHCARE

Our hospital has driven the adoption of advanced medical technologies, such as establishment of the Dual Console Robotic Surgery Centre, the first of its kind in India, significantly improving surgical capabilities. Such rapid advancements in medical technology are not only improving the quality of healthcare in India but also making it more accessible and affordable for the population.

Health campaigns have raised awareness about various health issues, preventive measures, and healthy practices among the population. They focus on diseases like tuberculosis, HIV/AIDS, vector-borne diseases and maternal and child health and encourage behavioural changes such as adopting hygiene practices, seeking timely medical care and participating in vaccination drives, which collectively improve public health outcomes.

QC THAT JOB YOU'RE CONSIDERING

Here's how you can set quality checks in place while job hunting. By **Prachi Rijhwani**

Finding the perfect job can be an exciting yet challenging endeavour. In today's competitive job market, it's essential to not only secure a job but also to ensure that it aligns with your goals, values, and overall wellbeing. This is where setting quality checks comes into play. By carefully evaluating potential job opportunities against a set of criteria, you can increase the likelihood of landing a role that not only pays the bills but also contributes to your personal and professional growth.

Here are some tips to help you set quality checks when looking for a job

Ensure Alignment With Your Goals

One of the first things to consider is whether the job aligns with your long-term goals. Think about the skills you want to develop, the industries you're passionate about, and the impact you want to make. A job that resonates with your aspirations will not only be fulfilling but also motivate you to excel.

Compute Financial Satisfaction

Beyond the advertised



LOOK FOR ORGANISATIONS THAT OFFER TRAINING, MENTORSHIP PROGRAMMES, AND ROOM FOR ADVANCEMENT

salary, delve deeper into the company's financial stability. Look for any signs of consistent money delays or instances where the employer has tried to cut a significant portion of employees' earnings. Financial stability is crucial for your peace of mind and overall job satisfaction.

Consider Mental Peace

Office politics can be draining and detrimental to your mental health. Prioritise workplaces that encourage a healthy and cooperative environment. Avoid getting entangled in unnecessary conflicts and focus on maintaining your mental peace. Remember,

a positive work atmosphere contributes significantly to your wellbeing.

Check Out Growth Opportunities

A job that allows you to grow professionally is invaluable. Look for organisations that offer training, mentorship programmes, and room for advancement. Your ideal job should not be a dead end, but rather a stepping stone to a more rewarding career.

Fix On Flexibility

It's crucial to strike a balance

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Lung Cancer in women-alarm bells ringing !

India is a land of diversity with a motley of cultures, religions, languages, festivals, and ethnic groups.

Lung cancer is the leading cause of death from Malignant disease worldwide including India. It has traditionally been known to be more common in men and smoking has been the main causative factor for lung cancer.

However In the last 3 decades or so a downward trend in incidence of lung cancer in males and a tendency to increase in females have been observed.

This change has demonstrated several distinct and characteristic demographics as well as disease-related features, especially better survival outcomes in women.

While profiling lung cancer it has been noted that several differences exist in risk factors, histology, prognosis and survival in women compared to men with lung cancer.

Apart from smoking patterns, several non-

smoking related factors may be responsible for gender differences in lung cancer morphology, such as genetic alterations, indoor biomass, malnutrition, passive smoking, late age of onset of smoking, different nicotine metabolism in women, occupational exposure, diet, etc.

It is well documented that the high prevalence of tuberculosis leads to significant delay in diagnosis of lung cancer due to the tendency of giving 'therapeutic anti-TB trial' in patients presenting with respiratory symptoms mimicking TB.

Multiple studies across India, have shown that approximately 18-20% of patients with lung cancer receive an inappropriate course of anti-TB medications for varying periods of time, thereby leading to inordinate delay in cancer diagnosis of up to 3 months.

In India, Females with lung cancer are younger, less likely to receive higher education, more likely to be non-smokers and to receive inappropriate and empirical anti-TB treatment in comparison to

males.

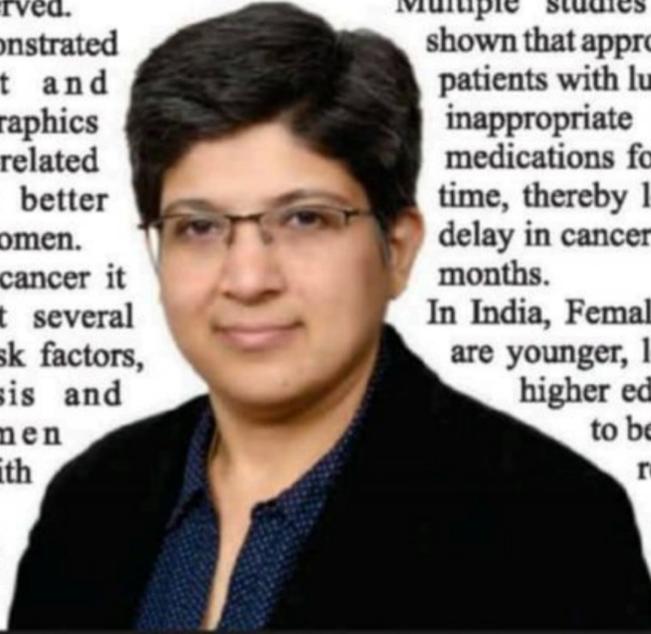
No differences between genders has been observed in the baseline performance status and the rates of receipt of cancer-specific therapy.

However In many studies females had a better survival rates compared to men including a cohort of women with predominantly advanced disease.

Asian non smoker women have been shown to have a higher incidence of molecular alterations leading to better response to targeted therapy.

Mantras for prevention and early diagnosis of lung cancer in women are:

1. Say no to smoking.
2. Think beyond Tuberculosis.
3. Be aware of Self.
4. Know that lung cancer is not only a man's disease.



Dr Prriya Eshpuniyani

Dr NB Thoracic Surgery
Fellowship Surgical Oncology
HOC Clinics, Sector 17, Vashi
Contact: 79776 56127
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www.healoncocare.com

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Minimally Invasive Surgery: Decoded



Minimally invasive surgery has gained huge popularity in past decade, and for the right reasons. It has revolutionised the field of gynaecology, especially surgery and infertility.

Surgeries for removing uterus, fibroids, cysts, ectopic pregnancy, family planning, fertility enhancement and many more are being done through tiny incisions, something which required a 10-15 cm cut over the belly in the past. Contrary to popular belief, its not the

cosmetic aspect (very small scars which are barely visible) that has made this technology widely accepted.

Here are some advantages of laparoscopic surgery over open surgery:

- Less blood loss
- Better vision during surgery as the camera magnifies the view several times, which human eye cannot
- Early diagnosis and treatment of complications, if any
- Less post operative pain and discomfort
- Shorter hospital stays
- Early mobility and return to routine life

Whenever advised a surgery, always discuss with your doctor about your options regarding route of surgery. Do not hesitate to ask relevant questions. Having a good idea about your procedure saves you from lot of anxiety later.

Dr. Swati Chitnis | Gynaecologist & Laparoscopic Surgeon
Founder-Director | Snowdrops Clinic

Contact at: B-11/A, Prem Sagar, 703 Linking Road, next to CKP Club, Khar (W), Mumbai- 400052 | Call: 93211 31986

Rising Star

Ms. Ahana Alam Shaikh
'Youngest Entrepreneur'



Mr. Aryan Shaikh, who has completed MS in CSE from Silicon Valley, California, USA, and Ms. Ahana Shaikh, CSE(AIML), Second year student at RAIT, D. Y. Patil deemed to be University, Navi Mumbai, have been making waves in the entrepreneurial world with their innovative startup ventures under the umbrella of **Aryahs World Infotech (OPC) Pvt. Ltd.**

At just 18, Ms. Ahana have demonstrated remarkable entrepreneurial prowess by founding multiple startups:

Aiclean9: A cutting-edge laundry franchise business model powered by AI.

DCodeMeta: Pioneering the Science of Code.

Majesstays: AI-Enabled Real Estate Venture.

Ms. Ahana received prestigious 'Youngest Entrepreneur for Multiple Startup' award by the Alfa Awards. The award was presented by the Deputy Chief Minister of Maharashtra, Honorable Devendra Phadanvis.

Ms. Ahana have also made significant contributions to the field of technology with two granted patents and by publishing research papers in SCI journals.

Ms. Ahana acknowledges the invaluable guidance provided by the Principal, Dr. M. D. Patil, and HOD, Dr. Amarsinh Vidhate, along with the faculties of RAIT. Ahana also accredits her success to her brother, Aryan, Friends and Family members.



between a job and your personal life. Pick jobs that offer flexible work hours and remote work options, and have reasonable leave policies. This flexibility empowers you to manage your time effectively and maintain a healthy work-life balance.

Think About Work-Life Balance

Avoid jobs that demand working beyond regular hours or on weekends, as these can impede your work-life balance. Instead, look for roles offering flexible work-from-home and office shifts. Hybrid jobs provide the best of both worlds, allowing you to thrive in a professional office environment while also enjoying the comfort of remote work when needed. This flexibility ensures you can engage fully when at your best and recharge when necessary.

Check Out The Perks And Possibilities Of Advancement

Consider the benefits package and potential for promotions. A job that offers perks such as

HAVING A DEDICATED AND PEACEFUL WORKSPACE CAN ENHANCE YOUR PRODUCTIVITY AND FOCUS

health insurance, retirement plans, and other additional benefits has greater overall value. Additionally, assess the organisation's history of promoting and rewarding employees based on their performance.

Look Into Company Culture And Location

Your work environment plays a significant role in your job satisfaction. Research the company's culture, values, and employee testimonials. Additionally, consider the location of the company – a long commute can negatively impact your daily life, so choose wisely.

Research The Organisation's Reputation

Research the company's reputation in the industry.

Is it known for ethical practices, innovation, and contributions? An organisation's standing can reflect its stability and potential for growth.

Prioritise Personal Space

Having a dedicated and peaceful workspace can enhance your productivity and focus. If possible, enquire about the availability of a quiet corner or private space where you can work without distractions.

In your pursuit of the perfect job, it is crucial to remember that, while these quality checks are important, your dedication and hard work also play a significant role. Even your dream job requires effort to excel. Strive to continually improve your skills and

contribute positively to your workplace. Remember not to ignore great opportunities just because they don't check some of the boxes; if you've been dreaming about the job since you were a child or even if the job checks a few of those boxes, it might work out just fine! Giving it a try wouldn't be the worst thing in the world, because who knows what you'll end up finding out about yourself or the industry you are in!

The journey to finding the right job can be made smoother by setting quality checks that align with your values and aspirations. Prioritise mental wellbeing, growth opportunities, and work-life balance. Remember, your dream job is a combination of both the organisation's suitability and your dedication. With these tips in mind, you're better equipped to navigate the job market and secure a position that is not only professionally rewarding but also personally fulfilling. **F**

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Parul spent two years on research and launched Nish Hair, an affordable hair extensions brand in 2017

indirectly fueled my interest in hair and beauty," she explains. However, she soon realised acting wasn't her cup of tea. "I realised the competition is cut-throat and you don't end up making that much," she says. "At one point, I even considered trying out for Miss India. The pageant trains contestants in etiquette and provides exposure – things I lacked coming from a small town. It seemed like the perfect opportunity to bridge the gap between my humble beginnings and my grand aspirations, but it didn't work out."

After five odd years, sometime in 2015, while watching the Kardashians series, she realised there was a serious need for affordable hair extensions in India. She spent two years on research and launched Nish Hair, an affordable hair extensions brand in 2017.

The product range includes clip-on hair extensions, hair toppers for thinning manes, wigs, hair accessories, scalp line hair toppers,

a human hair donut scrunchie, hair-like powder, and short hair toppers. "Starting Nish Hair was not without its challenges," Parul reveals. "The biggest struggle was sourcing high-quality hair that met my standards. Additionally, building a brand with no experience wasn't easy," recalls Parul. Offering home trials, going from city to city for trials and pop-ups, and collaborating with influencers led to great traction for them. "I started from my home as an office, and, today, we have about 30 women employees," she adds.

In 2023, Parul made it to Shark Tank, received a valuation of 50 crore and raised 1 crore for 2% equity, funded by Amit Jain. Her future plans include expanding her brand. "I plan to take Nish Hair international. Additionally, I aim to launch a range of hair-care products that complement our extensions, focusing on maintaining healthy hair," she ends with a smile.

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HAIR & NOW

PARUL GULATI, CEO of Nish Hair, speaks to **Ravina M Sachdev** about quitting acting to establish her brand and what makes her tick

Even though Parul Gulati has been passionate about hair and beauty ever since she was young, she didn't think she'd end up making a career in the field. "One particular memory that stands out from

my childhood is of when I tried to style my younger brother's hair with some makeshift extensions I created from yarn; it was a hilarious disaster," the CEO of Nish Hair shares. The goal then was to become an actor. She even moved to Mumbai from

Rohtak, Haryana, for a while after her 12th to pursue a degree in acting and drama. "My education was more focused on the arts and performing, but it was during this period that I learned the importance of appearance and presentation, which



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BUILD UP A SELF-SUFFICIENT BUSINESS

Kalwyna Rathod shares tips from experts on building a robust business

Being a self-sufficient, independent, fully-functioning adult has its benefits. But, when your business is successful, it's a different type of pride altogether! If you're a new entrepreneur or are raring to turn your dream of being a business owner into a reality, this guide will come handy.

HAVE A VISION IN PLACE

If you're looking to establish

your business, make it sustainable and make sound choices, you have to start with a clear vision. Be true to yourself when answering why you're doing what you're doing or what you intend to do. Ahmedabad-based solopreneur Arpita Ankit Patel is the founder of Ancient Roots, a brand dedicated to making the most of ancient wisdom. A commerce graduate armed with a diploma in nutrition,

Arpita is building her brand with innovation and research, bringing back age-old traditional ingredients such as ragi, jowar and amaranth repackaged as modern products such as pancakes and cookies. How did she get started? "After getting my certification as a nutritionist, I realised that we never take stock of the ingredients of any product before purchasing it, and make impulsive

purchases based on marketing gimmicks and flashy packaging," she reveals. "Most products these days are laced with artificial ingredients such as preservatives, flavouring agents, binders and taste enhancers, which are bad for growing kids and adults alike. After I became a mother, I did not want my children and family to consume these harmful ingredients, but, at the >

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KRISHNA KRISHNA LEGACY

BY
MADHAV JETHI

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same time, I did not want to deprive them of the joys of treats, so I started developing these in my own kitchen. Surprisingly, my kids loved what I made, and I received positive feedback from friends and family as well.”

Arpita’s brand offers products that are made with the basic ingredients on which our ancestors thrived, free of chemicals, preservatives and artificial flavours, while not compromising on taste and quality. “It was challenging to make long-lasting products without preservatives, refined sugar and flour,” she admits, “but I stayed true to my commitment to eating healthy and serving healthy. Once my creations picked up, making sure that they

Having a clear value and belief system will keep you grounded and guide you. Never compromise on your values, and use them to set the tone for all your entrepreneurial decisions

reached the masses was the next step, and that led to the birth of Ancient Roots.”

Having a clear value and belief system will keep you grounded and guide you. Never compromise on your values, and use them to set the tone for all your entrepreneurial decisions.

BE OPEN TO CHANGE AND ADAPTATION

Being accepting of change and new ideas is crucial in your entrepreneurial journey, as Unnati Enterprises co-founders Udit

Jajal and Keshav Sharma will tell you. With a joint total corporate experience of 25+ years, this Ahmedabad-based duo started its business venture of providing quality pulses and grains, whole spices, dried fruits, nuts and seeds at value prices during the first COVID-19 lockdown. “We Indians love food and are very particular about taste, and we realised there was a gap in the market when it came to local quality food products,” Udit reveals. “We initially started with the trading of

Kabuli chana, but realised that the market demands the entire portfolio. Today, every month, hundreds of families are relishing Unnati products, and we feel proud that kids and adults alike are part of our customer base.” Still, the going has not been a cakewalk, with change a constant theme on the journey. “We were a bootstrapped start-up, and we learned everything on the go with no one to guide us or any legacy to continue,” he explains. “We had to change our packaging theme twice, and adopt multiple sourcing strategies before launching the brand, which is now slowly heading towards being a 10+ crore one.” **F**

EMBRACING ANCIENT WISDOM: VASTU SHASTRA AND MODERN LIVING

Explore **Dr. Jayshree Om** bridging ancient Vedic Vastu wisdom with contemporary

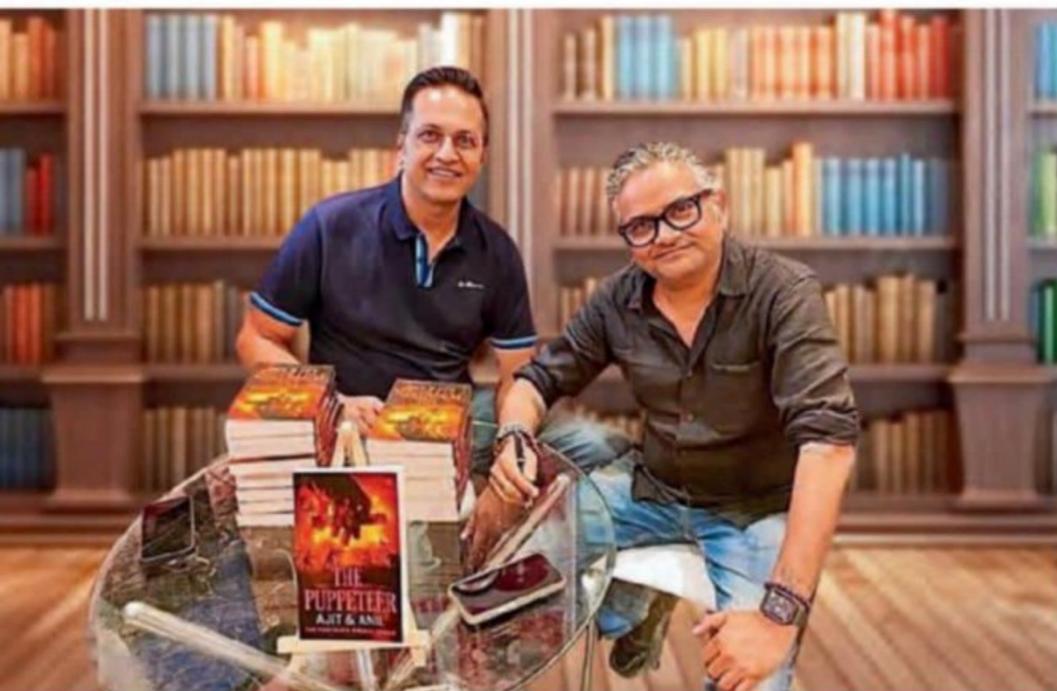
In an age where ancient traditions and modern lifestyles often clash, Dr. Jayshree Om serves as a beacon of reconciliation. A luminary in the field of Vedic Vastu, Dr. Jayshree has devoted her life to harmonising contemporary living with ancient wisdom. Her latest initiative, a comprehensive Vastu course, aims to revive the ancient knowledge embedded in scriptures and make it accessible to a global audience.

With over 15,000 hours of scriptural study and six published books, Dr. Jayshree Om has emerged as a leading authority in Vedic Vastu. Her



dedication to translating complex ancient texts into simple English has made this profound knowledge accessible to a wider audience. She is the author of Ancient Science of Vastu -1,2,3,4a, and Vastu Remedies (Eng,Hindi), is a Tedx speaker, and has been felicitated by University of Oxford as a change maker. She has also won the Atal Achievement Award and the Asia Award in Rising Acharya of the Year. Flawless, genuine, bonafide Vastu course being conducted quarterly as Dr Jayshree aims to spread awareness about authentic vastu principles. Instagram: @drjayshreeom

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DREAM ON!

“Real Reel Stories” is the new category in story telling

The world of espionage fiction has long fascinated readers and movie makers. Either they are true stories that have

happened or an absolute piece of fiction.

And then two authors Ajit Menon and Anil Verma come along and decide to create

Real Reel spy fiction. Inspired by real events of courage and commitment to the nation by some of India's best covert operatives, these two authors decide to bring these unsung heroes to life through their six-part series - The Panthers Ghosts which is written in a reel form.

Published by Bloomsbury International and Westland Publishing, the books when read feel like watching a movie and hence, managed to create a new category for themselves, called “Real Reel Books”.

The PG series have already received rave reviews and now the race is on for major production houses to secure the rights to adapt ‘The Panther’s Ghosts’ into a thrilling web series.

The first two books of

this six-part Indian covert ops series, penned by award-winning authors Ajit and Anil, have emerged as top contenders, promising a gripping narrative and complex characters that could translate seamlessly to the screen.

The Panther’s Ghosts series follows the various covert operations conducted by Indian Special Forces on the back of India’s tough ‘Defensive Offence’ doctrine. The series’ intricate plotting, high-stakes action, and richly developed characters have not only made it a hit among readers but also attracted the attention of major production companies eager to bring this story to life. Ajit has been rated as one of the Top five inspiring writers of 2024.



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FIND CALM IN CHAOS

Deal with difficult situations using the principles of stoicism. By **Prachi Rijhwani**

We all know that life can be a rollercoaster of emotions, and, sometimes, it feels like we're stuck on the loop-de-loops with no end in sight. It's easy to let our emotions run wild in the middle of chaos and heated situations. Enter stoicism, an ancient philosophy that can serve as a guide to maintaining our

cool in the storm of life.

STOICISM 101

Stoicism originated in ancient Greece and was later popularised by the likes

of Seneca, Epictetus, and Marcus Aurelius. It's not just a dusty old philosophy; it's a classic approach to driving through the turbulent seas of life with a calm and

Stoicism is about understanding what's within our control and what's not. It's a crash course in mastering our reactions to external events

composed demeanour.

At its core, stoicism is about understanding what's within our control and what's not. It's a crash course in mastering our reactions to external events, teaching us that, while we can't control the world around us, we can control how we respond. Here's a stoicism toolkit that can help you immensely!

DISTINGUISH THE CONTROLLABLE FROM THE UNCONTROLLABLE

In a world where unpredictability reigns, stoicism teaches us to be savvy navigators of our own emotions. Instead of fixating on things beyond our control – traffic jams, the >

A STAR IS BORN

Raushni Srivastava: a rising star honouring her father's legacy

Actress Raushni Srivastava's journey in showbiz is not just a pursuit of fame and success; it's a heartfelt dedication to her late beloved father, Mr. S.K. Srivastava. Since his passing in December 2020, Raushni feels his presence as a guardian angel, guiding her through her endeavors in the entertainment industry.

With a string of notable performances in both regional film and shorts, Raushni has carved a niche for herself. Her father's unwavering support and encouragement fueled her passion for acting. Fond memories of him cherishing her roles in a regional language Rajasthani film like *Aulaad* and shorts such as *The Long Drive* and *Mr. & Mrs. Charlie*

continue to inspire her.

Raushni's talent transcends acting; she recently ventured into singing, making a remarkable debut in music videos like *Love The Mystery* and *Don't Don't*. The latter, directed by Abhishek Kumar Singh, received accolades at esteemed festivals, including the London Music Video Festival and the Global Music Video Awards.

Known for her roles in TV shows like *Raghukul Reet Sada Chali Aayi* and *Zindagi ke Rang*, Raushni's versatility shines through. Her latest film, *Tyypes of Love*, where she not only acts but also debuts as a writer, holds a special place in her heart.

Recently honored at the Golden Book Awards for her book *My Heart Out*, Raushni's



recognition on her father's birthday adds a poignant touch to her journey. With each endeavor, she honors her father's memory, continuing to shine bright in the world of entertainment.

Her forthcoming projects, including *Kalika* and *Main Aaungee Hawa Banke*, showcase her dedication to diverse and meaningful roles. I would be grateful to the Universe if my film finds its audience, she concludes

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ONWARDS & UPWARDS

Divya Gupta Kotawala: Transforming Grief into Strength Through Writing and Advocacy



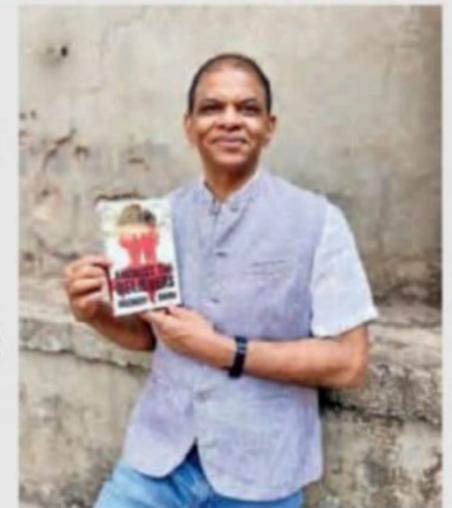
Born and raised in Delhi, Divya Gupta Kotawala wears many hats: wife, mother, businesswoman, and loyal friend. However, the role she cherishes most is that of a daughter. Losing her father, Shri Suresh Gupta, to COVID-19 in 2021 propelled her into turning an author at the age of 40, fulfilling her lifelong passion for writing. Educated at Modern School, Barakhamba Road, and St. Stephen's

College, Divya pursued her creative passion at the National Institute of Fashion Technology. She later co-founded the jewellery brand "House of Kotawala" with her husband, Manish. Despite her success, Divya's world shattered with her father's passing. Her debut book, **My Dad's Daughter**, became a healing journey, transforming her grief into strength and connecting with others in mourning. Recently her book became the Amazon's #7 top best seller for helping many heal everyday. Divya's advocacy has earned her numerous accolades, including the 'Entrepreneurs Today 40 Under 40' award and speaking engagements at prestigious platforms like TEDx, Humans of Bombay, the Delhi Literature Festival, and the World Book Fair 2024. Receiving Recognition and several awards for her philanthropist work. Her mission is to build a community where people can share their pain and heal together ensuring her father's legacy continues forever.

ONTO BIGGER THINGS

Here's everything you need to know about author **Kochery C Shibu**

Kochery C Shibu, the bestselling and award-winning author of 'Men and Dreams in the Dhauladhar', 'Faith and the Beloved', and *Amongst the Believers*, is a graduate of the prestigious National Defence Academy, Khadakwasla. He has served in the Indian Navy and commanded two warships. Post his retirement, he has executed hydro-electric projects in the Cauvery River basin in Karnataka, Beas River basin in Himachal and Teesta River basin in Sikkim. He holds a postgraduate degree in Defence Studies from Chennai University, and an MA English Literature from Pune University.



It was in 2017 that Shibu set up GSPR Infra Pvt Ltd to address the drinking water woes of Bangalore for good with vision of a USD 30 billion, 80 TMC project. It boasts of a vision that would change Bangalore for ever with the largest drinking water project of its kind in the world. Shibu has changed tack from the snow-clad mountains and has been busy setting up a shipping company in India since the last few years.

weather, or your neighbour's questionable taste in music – focus on what you can control, such as your attitude and responses.

GET INTO NEGATIVE VISUALISATION

Now, don't let the term scare you. Negative visualisation is not about turning your sunny outlook into a perpetual storm cloud. It's a stoicism exercise that involves contemplating potential misfortunes. By imagining the worst-case scenario, you build resilience and appreciate the current moment. Suddenly, that spilled coffee doesn't seem like the end of the world.

CULTIVATE ACCEPTANCE

The stoics were the OG

advocates of the 'it is what it is' mantra. Acceptance is not resignation but a powerful acknowledgment of reality. Instead of wrestling with circumstances, accept them. This mindset shift allows you to conserve energy and redirect it towards solutions.

DETACH YOURSELF FROM OUTCOMES

Picture this: you've meticulously planned a picnic, and then the heavens decide to open up. Stoicism encourages us to detach ourselves from outcomes. Enjoy the process rather than fixating on the result.

By doing so, you liberate yourself from the shackles of expectations, leaving room for serenity to flourish.

MINDFULNESS IS ALWAYS A GAME CHANGER

Mindfulness is not just for yogis and meditation gurus; the stoics were all about mindfulness too. By being present in the moment, you detach yourself from the whirlwind of emotions that often accompanies heated situations. Take a breath, observe, and respond with clarity.

STOICISM IN ACTION

Imagine you're stuck in a traffic jam and getting late for a crucial meeting. Your blood pressure rises, and frustration sets in. The stoic in you takes the wheel, reminding you that the traffic is beyond your control. Instead of succumbing to stress, you accept the situation and use the time wisely – maybe catch up on a podcast or compose your thoughts for the meeting.

THE RIPPLE EFFECT

In a world where heated debates and emotional outbursts seem to dominate, stoicism is a refreshing alternative. By embodying its principles, you not only benefit yourself but also create a ripple effect of calmness in your surroundings. Your newfound serenity becomes contagious, inspiring others to approach life's challenges with a level head.

SOME PARTING THOUGHTS

Stoicism is not a dusty relic of the past; it's a timeless philosophy that can be your anchor in the storm of life. In a world filled with noise and chaos, stoicism is a pathway to pure bliss. So, the next time life throws you a curveball, channel your inner stoicism, take a deep breath, and navigate the storm peacefully. After all, in the words of Epictetus, "We cannot choose our external circumstances, but we can always choose how we respond to them." **F**

Your newfound serenity becomes contagious, inspiring others to approach life's challenges with a level head

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PHOTOGRAPH: SHUTTERSTOCK

SHATTERING SILENCE

TRANSFORMING Mental Health For Women Across Urban And Rural India

Dr. Monica B. Sood, a distinguished physician, mental health advocate, and socio-economic analyst, exemplifies interdisciplinary excellence as the CEO of Navjivan Group and chairperson of NUSC. With a background of MBA, Law and International affairs, she embodies versatility and proficiency. Her work has earned numerous accolades both domestically and internationally. Dr. Monica has honed her expertise with a focus on Thoracic Oncology and Cancer Metastasis from John Hopkins University, USA. Her mission is to combat life-threatening diseases, alleviate the suffering of marginalized communities, and promote global peace.



Dr. Monica B Sood

THE SILENT EPIDEMIC: MENTAL HEALTH IN URBAN AND RURAL WOMEN

Mental health issues among women in India are pervasive yet often unaddressed. Urban women face the pressures of balancing professional responsibilities with familial duties, navigating societal expectations, and often dealing with the loneliness of city life. In contrast, rural women contend with hardships such as poverty, limited access to healthcare, and entrenched patriarchal norms. Despite these contextual differences, the psychological burdens borne by women in both sectors are strikingly similar,

manifesting as anxiety, depression, and other mental health disorders.

DEVELOPMENT AND EDUCATION: KEYS TO PSYCHOLOGICAL RESILIENCE

To mitigate the mental health issues faced by women, a multifaceted approach focusing on development and education is crucial.

EDUCATION AS A CATALYST FOR CHANGE:

Education is the most potent tool for empowering women. In urban areas, enhanced access to mental health education in schools and workplaces can foster a culture of awareness and support. In rural areas, where education is often lacking, the establishment of community learning centers can play a transformative role. These centers can provide not only basic education but also vocational training and mental health awareness programs, tailored to the unique challenges of rural life.

DEVELOPMENT INITIATIVES: Urban development should include the creation

"EMPOWERING WOMEN BEGINS WITH EMPOWERING THEIR MINDS. ADDRESSING MENTAL HEALTH IS NOT JUST A NECESSITY; IT'S THE FOUNDATION FOR A STRONGER, MORE EQUITABLE SOCIETY."

—DR. MONICA B SOOD

of safe and accessible mental health facilities, where women can seek help without stigma.

In rural areas, development initiatives must focus on improving access to healthcare, including mental health services. Mobile health clinics and telemedicine can bridge the gap, bringing much-needed services to remote areas. Empowering local women as community health workers can also ensure that mental health support is culturally relevant and accessible.

TRANSFORMING ORTHODOX MINDSETS: A CULTURAL SHIFT

A significant barrier to addressing mental health issues among women is the deeply ingrained orthodox mindset prevalent in many parts of India. These societal norms often stigmatize mental health problems and discourage women from seeking help.

COMMUNITY ENGAGEMENT AND AWARENESS CAMPAIGNS:

Engaging with community leaders and influencers to promote mental health awareness can help shift societal attitudes. Workshops, seminars, and public talks led by respected figures can dispel myths and encourage open discussions about mental health.

INCORPORATING MENTAL HEALTH EDUCATION IN SCHOOLS:

Introducing mental health education at early age in school curricula can play a critical role in changing the next generation's perspective on mental health. Teaching mental health at young age can foster a more accepting and supportive culture.

GOVERNMENT'S ROLE IN EMPOWERING WOMEN

The government has a pivotal role in creating an environment where women can thrive, both mentally and physically. Policy and Legislative Support: Enacting and enforcing laws that protect women's rights, prevent domestic violence, and ensure gender equality in the workplace can significantly reduce the stressors that lead to mental health issues.

CLEAR INTENTIONS ONLY!

Stop mindlessly swiping right and ditch game-playing for genuine conversations. By **Ravina M Sachdev**



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with racking up matches or filling your dating calendar with potential matches; rather it's a way to prioritise quality over quantity. It's about seeking meaningful connections with a clear idea of what you want, and, just as importantly, what you don't.

HOW DO YOU DATE INTENTIONALLY?

It's very simple. You need to be proactive in your search for the one and take the necessary steps to ensure that you match or connect with someone compatible with you. Yes, that means spending a few minutes on the person's profile and accessing the information they've put up instead of just seeing a cute face, feeling that initial spark of attraction, and swiping right. You need to connect with someone who shares your values and wants the same long-term goals as you do. For example, if you're looking for a life partner to settle down with and start a family with, you need to find someone who wants the same.

It's also a good idea to start by figuring out what you need. Make a list, if you have to, and include your ideal match. Jot down the deal-breakers too. And then, every time you have a potential match, refer to the list and it'll help you know exactly where you stand with the person and keep you from wasting your time.

Take your time and do the research to find someone who matches you. Invest your time, energy, and effort into finding what you seek. **F**

Dating in the past might have left people running on fumes – just look at how they dated on *Sex & The City* and you'll know what we're talking about! – but, thankfully, 2024 is about being mindful and not exhausting ourselves with endless first dates. There's even a dating trend on the rise – one that we approve of – which helps you navigate the dating scene cautiously to find the best partner. It's called intentional dating.

WHAT EXACTLY IS INTENTIONAL DATING?

Let's be honest, any of us who've been on dating apps knows what it feels like to navigate a sea of endless options that turn out to be shallow connections. After a while, it feels like being stuck in a rut. Luckily,

intentional dating allows you to ditch game-playing for genuine conversations, and be truly mindful.

Intentional dating compels people to date with a purpose. Think of it as the bold movement against swiping right 10 times a day. This trend has nothing to do

It's about seeking meaningful connections with a clear idea of what you want, and, just as importantly, what you don't

INNOVATION AND IMPACT

Here's everything you need to know about **Chandni Kapadia's** visionary leadership at GLS University"

In the realm of leadership and innovation, Chandni Kapadia stands as a beacon of empowerment and transformation. Her journey from a pioneering luxury brand consultant to becoming the Executive Director of GLS University is a testament to her unwavering commitment and visionary leadership.

Chandni's career trajectory is marked by a relentless pursuit of excellence. From her early days as a fashion consultant to her remarkable stint as the Asia Pacific Head

of luxury brands, she has consistently broken barriers and exceeded expectations. Her mantra of continuous self-improvement and resilience has propelled her through diverse roles, including Country Head and Business Head, shaping her into a versatile and formidable leader.

At GLS University, Chandni has steered transformative initiatives, bridging gaps between education and corporate needs. Under her guidance, GLS University has



forged strategic collaborations with prestigious institutions like Harvard and Luiss Business School, elevating its stature globally.

Beyond her professional endeavors, Chandni remains deeply connected to her roots and values. She credits her success to the unwavering support of her parents and mentors, cherishing their guidance throughout her

Wjourney.

Recognized internationally for her contributions, Chandni has been honored with prestigious awards such as the Global Business Conclave's World Leading Leader Award and the Zee Business Elite Excellence Award. Her TEDx talk on self-belief resonates deeply with her philosophy of empowerment through belief in oneself.

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TRAILBLAZER IN HEALTHCARE

Dr. Anita Rajpurohit's journey to transforming lives



In the arid expanse of Rajasthan, where tales of fortitude echo through the sands, Dr. Anita Rajpurohit emerges as a beacon of hope and transformation. Her journey from a pioneering lady doctor to a stalwart in infertility treatment and healthcare equity exemplifies courage and commitment, transcending

the boundaries of medical expertise.

Dr. Rajpurohit's career began as a defiance of norms, breaking barriers to establish the Samarpan Advance IVF & Laparoscopy Centre. Her vision extends beyond clinical excellence; it embodies a quest for equitable healthcare, standing firm against rising

inequalities in medical access. Her private hospital is a testament to her resilience, navigating local challenges to offer world-class IVF treatments in Rajasthan.

Within the walls of Samarpan, Dr. Anita orchestrates a symphony of care, specialising in infertility treatments that offer a lifeline to many hopeful parents. Her dedication to affordable healthcare has drawn patients nationwide, making her a symbol of compassionate medical care that transcends borders. Recognition has followed her path, culminating in the 'Social Impact Award for providing free healthcare services to society, underscoring her

unwavering dedication to societal well-being. Beyond medical treatments, Dr. Rajpurohit envisions a future where holistic well-being integrates with clinical care, promoting medical tourism and incorporating yoga into fertility journeys. Healer of Hearts encapsulates more than a career; it's a narrative of resilience and compassion. Dr. Anita's legacy resonates across Rajasthan and beyond, a testament to the transformative power of dedication in healthcare. Her journey continues to inspire, leaving an indelible mark on the lives she touches and reaffirming the belief in the healing power of human compassion and perseverance.

Poolside Perfection For Summer!

What: The new collection from Sand Swimwear

Celebrated for its unique designs and on-trend styles, Sand Swimwear's latest collection showcases a range of styles that cater specifically to the Indian body type. Each piece is crafted from luxurious Italian fabric, ensuring not only aesthetic appeal but also superior quality and comfort. The swimsuits feature breathable fabric and a double lining, and promise to withstand the rigours of chlorine and seawater. A highlight of the new collection is Vintage Bloom, a best-seller that combines a high-waisted black bottom bikini with a vibrant floral top. Another standout piece is White Rose, a classic white monokini with delicate rose accents.

Price: ₹3,000 onwards
Available from @ sandswim_on Instagram



GOOD SKIN IS IN

What: Skin Retinol Serum from Dermalogica Dynamic

The Dermalogica Dynamic Skin Retinol Serum claims to reduce the four signs of skin ageing within two weeks. The multi-retinoid serum works to reverse the appearance of wrinkles, retexturise skin, minimise the appearance of pores, and even out skin tone. A complex of Granactive Retinoid®, Retinol, time-released encapsulated Retinol, and a Retinol Booster supports a continual release of skin-smoothing actives that help the serum work fast. Concentrated squalane and soothing, oat-derived Beta-Glucan work together to help support skin's recovery and improve resilience.

Price: ₹6,300

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SKIN SAVERS

What: Shalife Premium & Shahnaz Husain Shagrow Premium

Shalife, a premium range product by Shahnaz Husain, provides the ultimate nourishment to skin. This natural formula is infused with precious plant extracts such as basil, sandalwood, almond oil, wheat germ oil, jasmine, rose, and vetiver to improve skin elasticity. Its luxurious smooth texture helps the skin to retain moisture while keeping it well hydrated. Shahnaz Husain's oldest formulation, Shalife has been a skin treatment solution of choice for decades.

Formulated to repair damaged and chemically processed hair, Shagrow is a luxurious hair-care product that serves as both a hair cleanser and conditioner. The wholesomeness of herbal and floral ingredients such as brahmi, bhringraj, basil, onion, hibiscus, and jasmine helps to maintain the moisture balance of the hair and scalp.

Price: ₹810 for 60 g for Shalife; ₹785 for 200 ml for Shagrow

Available from: shahnaz.in



BEAUTY WITH A PURPOSE

ELIZABETH ISAAC, founder of Gunam Beauty, traces her journey from being a fashion student to creating beauty formulations during the pandemic and beyond. By **Shraddha Kamdar**

Interested in studying design, Elizabeth Isaac worked hard to get into the Parsons School of Design in New York to pursue a higher degree. In college, she did work in fashion, but, eventually, she worked out that she didn't want to do it anymore. Growing up with problematic skin, she had spent countless hours strolling through the Sephora next to Parsons; she soon realised that she wanted to work in beauty. She just needed to get a breakthrough into the industry. She moved to Dusseldorf, Germany, after college and applied for several positions in beauty and even interviewed at Dr. Barbara Sturm – but without much success. Undeterred, she continued looking. Elizabeth eventually moved to Paris to work with the cosmetics ingredient division of Givaudan, the company she had worked with in Germany. There, she learned a lot about the beauty industry – up until that point, she had only been a consumer. In March 2020, a day before France went into lockdown, she flew back home to India! She ended up working remotely for a few months. It was during this period that she laid the foundation for Gunam Beauty; she was determined to turn that time of isolation into a moment of creation. The rest, as they say, is history. We caught up with the dynamic founder of Gunam Beauty and came away inspired.

Edited excerpts from an interview...

Gunam Beauty products are different from anything else in the market because... I started with the idea of combining sustainably-sourced Indian ingredients with French formulation expertise to help people streamline their routines. At the peak of COVID, >



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I was one of the many people who realised that many of our ways were unsustainable. All of a sudden, the 'shelfie' was something that was frowned upon. We did not need a 20-step skincare routine. In fact, for the most part, that did more harm than good and left us with compromised skin barriers.

I had a very clear idea of the products I wanted to develop...

and the key ingredients to build them around. Since I had no technical expertise, the first step was to find a team that would help bring my vision to life and work with the ingredients I wanted to source from India, from my family's spice factories. I found an experienced team with a long history of working with both big and small brands and thus began the groundwork for our four-step routine.

Being from the southern part of the country, geography affected the formulations...

Coming from Kerala impacted the choice of ingredients more than the formulas themselves. Though we don't call ourselves an Ayurvedic brand, many of our ingredients do have roots in Ayurveda. As a child, I had learned a lot about natural ingredients, and I developed a habit of analysing the list of ingredients on any new product I came across. Most of the knowledge I acquired was after I left home; discovering these powerful ingredients in Western formulations made me realise that there was more to be discovered!



“I believe every day is a new challenge, sometimes good, and sometimes one that keeps me up at night”

Every entrepreneurial journey comes with its set of unique challenges...

I believe every day is a new challenge, sometimes good, and sometimes one that keeps me up at night. As someone who deals with problematic skin, I learned the hard way that managing my stress is crucial to the health of my skin. It is sometimes embarrassing to be a beauty brand founder with spots on my face, but I've come to accept my skin and body for what it is, and try to do what I can to live a balanced life. Taking a holistic approach to beauty is what helped me get my skin under control and, whenever I see others worry about their health, I'm able to help them in the little ways that I can. On the business side, we found ourselves struggling to communicate effectively. Though we got a lot of organic press coverage in the very early days, we didn't do enough to improve the brand's online and offline visibility, which impacted our pace of growth. We're learning as we go and hoping to grow as a team this year and scale to new heights!

I'm grateful for all the support and motivation from friends, family, and customers alike.

Three things from Gunam Beauty that I can't do without... The Golden Glow Blend with which I start my day, the Balance Face Cream, and the Multi-Correctional Face Oil.

My sources of inspiration are rooted in many aspects... I've always enjoyed travelling and, though I don't get to do much of it these days, I love exploring places, especially through food and rituals, even on Instagram. One of the best parts since starting Gunam has been the friendships and connections I've made. I really enjoy talking to people and learning from their experiences.

When I have some time to myself, I like to unwind...

Since childhood, I've enjoyed cooking and baking. Having lived abroad for many years, I always found myself experimenting with new kinds of food. Though I complain about it sometimes, I really enjoy cooking, and there's something very satisfying in putting together a delicious and healthy plate of food. I also played tennis when I was younger, and I now find it a great way to de-stress!

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BREAKING the Silence & the Stigma



– Dr. Kavitha Gautham



In the last couple of decades, we have seen great advancements in the field of reproductive medicine. Today, for couples who are unable to conceive naturally, there is a much higher probability of having children through fertility treatments. However, while many couples are open enough to approach a doctor and share their struggles with family planning, they are not as open when it comes to sharing with family and friends that they are undergoing fertility treatments due to several reasons.

Social / cultural norms: Popular cultural perceptions that connect natural conception with a person's masculinity and femininity are still prevalent. Couples grappling with infertility may fear that 'they are good enough' or that they are 'flawed'. So, they tend to keep their fertility treatments a secret from family and friends. Men, in particular, worry about social backlash if they are seen as being 'less virile'.

Fear of failure: In many cases, a couple may have to go through more than one or two fertility treatments or IVF cycles before they conceive. The wait is likened to a rollercoaster ride, fuelled by alternating feelings of hope, uncertainty, excitement, disappointment, frustration and helplessness. Having to share such deeply emotional issues – especially frustration when a cycle does not result in pregnancy – may be difficult for many couples, particularly due to fear of unnecessary advice or social ridicule.

'Not your own child': Despite the widespread use of social media and communication tools, some myths and misconceptions remain rooted in people's minds. One such

is that a child conceived through IVF is 'not really one's own' since it was 'not naturally conceived'. Such statements are deeply hurtful, and parents may fear for their own and their children's social acceptance.

It is important for us to remember that ultimately, it is a couple's decision on how they want to plan for their family. A couple should be able to make the choice based on what is right of them, rather than who should be privy to the information.

The rest of us – family, friends, acquaintances and society at large – have to respect this fully. By extending understanding and empathy, we will help create stronger, more loving families in the long run.

The physical and emotional stress associated with fertility treatments is seen as being on par with major life-altering events like a major illness or death. How can couples handle these pressures, such that it does not affect their own relationship? We will address this in the next part of this series.

The physical and emotional stress associated with fertility treatments is seen as being on par with major life-altering events like a major illness or death. How can couples handle these pressures, such that it does not affect their own relationship? We will address this in the next part of this series.

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

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FLAVOURS OF THE EAST

Bengaluru gets a taste of Korean and Japanese delights with **Tiger Yaki**

Tiger Yaki, the much-awaited fast casual Korean and Japanese restaurant, has finally made its debut in Bengaluru, adding a vibrant twist to the city's culinary landscape. Founded by Chef and CEO Rahul Vasandani and co-founded by CMO Karan Sharma, Tiger Yaki has already garnered attention for its Mumbai outlets. With this new launch, Bangaloreans can now savour the tantalising blend of Korean and Japanese flavours at their doorstep. Conveniently located on St Marks Road, the eatery offers more than just a meal – it is a culinary journey. The restaurant boasts an inviting ambience with vibrant decor, creating the perfect setting for a special meal. At Tiger Yaki, each dish aims to be a work of art, meticulously crafted using freshly-sourced ingredients. From classic favourites such as *takoyakis* and *gyozas* to innovative creations such as the Fiery Tiger and Bulgogi Tiger with



Spicy Kimchi, this place has something for everyone. The sandwiches come as hollowed bread with stuffings such as spicy cottage cheese, mushroom with oyster sauce, or simple street-style egg preparations. The *gyozas* are pan-seared dumplings with juicy fillings of your choice – both vegetarian and non-vegetarian. The bowls, served with noodles or sticky rice, are a filling option and value for money. Some of the dishes are spicy, and it is recommended to pair them with the *kombucha* that comes in various flavours. Whether you're dining solo or with friends, Tiger Yaki, with its delectable menu and lively ambience, promises an interesting dining experience.

Location: 3, House of Lords, ground floor, No 16/1, St Marks Road, Shanthala Nagar, Ashok Nagar, Bengaluru

Price Points: ₹1,000 onwards for two

Timings: 12.30 pm to 11 pm

Compiled by Kayal Arivalan

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