

Women Fitness

August 2024

INDIA

WE
TURN
25!

M *arisha*

RANI DANCE, DETERMINATION,
AND TRIUMPH

+
Nail
ART
FOR FESTIVITY

CONQUERING
THE MOUNTAIN
pose

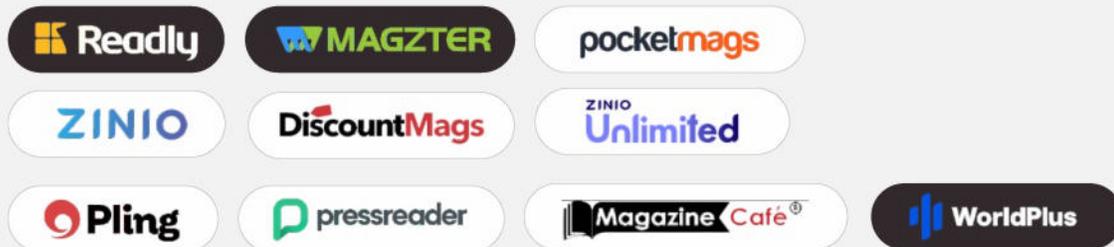
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Contents

03 Editor's Note

This issue of Women Fitness India is dedicated to celebrating change and empowering you to embrace the new season with confidence, vitality, and style.

04 August Special

In this exclusive cover interview with Women Fitness India, Manisha Rani opens up about the rigorous path to success, the discipline behind her fitness regime, and the unwavering positivity that fuels her inspiring journey.

08 Workouts & Fitness

Lifting a barbell helps in growing mass; over a period of time, women can realize their muscle growth. By increasing the number of reps or sets with speed, women can feel the strength and sense of strongness they have. Try out these 4 moves for a perfect barbell workout.



14 Pregnancy & Baby

Being active and performing certain exercises during the pregnancy period can make the delivery easier. Because exercising is beneficial for the mother and the baby, women should make it a point to exercise regularly, without fail.

18 Food for life

Monsoon is here, and everyone can only think of going on a long drive with family and friends and gobble up fried Bhajiyas, Samosas, and hot chocolate to feel good. This monsoon, try to be innovative with your "emotional hunger" by choosing a healthy and tasty alternative.

22 This Raksha Bandhan, prepare recipes that are not only delicious but nutritious too for your brothers and loved ones. Here are 5 nutri-licious recipes specially curated by chef Reetu Uday Kugaji.

30 September Special

With a journey marked by remarkable performances and a dedication to fitness that inspires many, Nimrat Kaur Ahluwalia embodies the modern woman who balances career, health, and personal growth with effortless grace. She is a true beacon of inspiration for everyone.



34 Make-up & Fashion

Here are some fresh nail art ideas for August and September, taking into account the late summer and early autumn vibes. These ideas blend the festive spirit with creative nail art, allowing you to showcase your style and celebrate the festival in a unique way.



38 Diet & Weight loss

The 2-2-2 Metabolism Plan is a simple and structured approach to nutrition designed to boost metabolism, promote weight loss, and ensure balanced nutrient intake. Its success largely depends on individual commitment, lifestyle, and how well the plan is personalized to meet specific health needs and goals.

44 Yoga and healing

The Mountain pose, called Tadasana, is a classic pose that acts as the foundation of all standing yoga poses. Though it seems deceptively simple, Tadasana has complex benefits. It can help correct muscle imbalances, improve posture, and deepen awareness.



48 Shopping Gifts

In recent years, there has been a noticeable shift towards personalized and meaningful gifts reflecting a deeper understanding and appreciation of the sibling relationship. This year, Rakhi Gifting trends highlight creativity, sustainability, and emotional resonance.

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Editor's Note

“Together, we can face any challenges as deep as the ocean and as high as the sky.”

- Sonia Gandhi -

This issue of Women Fitness India is dedicated to celebrating change and empowering you to embrace the new season with confidence, vitality, and style.

Our cover story features an inspiring journey of a triumphant win on Jhalak Dikhhla Jaa 11 by Manisha Rani. She exemplifies grace under pressure, seamlessly balancing a demanding schedule while maintaining a healthy and active lifestyle.

One of the most cherished festivals of this time is Raksha Bandhan, a beautiful celebration of the bond between siblings. Raksha Bandhan, also known as Rakhi, is a time for family, love, and the reaffirmation of protective relationships. Check out delicious recipes to enjoy with family and friends.

Whether you're a fitness enthusiast or just starting your journey, our expert articles will guide you in achieving your health goals. Nutrition plays a crucial role in our overall well-being, Learn how you can boost your metabolism with the 2-2-2 Plan.

This issue is a celebration of transformation, not just in the physical sense but also in our mindset and lifestyle choices. It's a reminder that change, while sometimes challenging, is a vital part of growth and self-discovery. Embrace the new season with open arms, and let's embark on this journey of wellness and self-improvement together.

Stay strong, stay beautiful, and stay inspired.

In fitness,

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MANISHA *Rani*

DANCE,
DETERMINATION,
AND TRIUMPH

Rising to stardom through her remarkable journey from a passionate dancer to a celebrated social media influencer and now a renowned television personality, Manisha Rani has captivated audiences with her dedication, talent, and charisma. Fresh off her triumphant win on *Jhalak Dikhhla Jaa 11*, she exemplifies grace under pressure, seamlessly balancing a demanding schedule while maintaining a healthy and active lifestyle. In this exclusive cover interview with Women Fitness India, Manisha Rani opens up about the rigorous path to success, the discipline behind her fitness regime, and the unwavering positivity that fuels her inspiring journey. Join us as we delve into the life of a true trailblazer who continues to motivate and uplift women across the nation.





Congratulations on your recent win on Jhalak Dikhhla Jaa 11! How does it feel to be crowned as the winner of such a prestigious dance-reality show?

I am deeply grateful to everyone who helped me in such a crowded situation. Their support meant a lot to me. I also put in a lot of hard work to achieve this, and I feel incredibly proud of my efforts. This experience has brought me a unique and profound sense of happiness.

From being a dancer to a social media influencer and now a renowned television personality, your journey has been remarkable. Can you share with us some insights into how you manage to maintain such a balanced and healthy lifestyle amidst your hectic schedule?

I didn't have any diet plan before, but now I have joined a gym and started following a diet. I realize that it is very hard to keep yourself fit in this world. Going to the gym is not easy, and maintaining a proper diet is very important. We all have a mindset that we want to look beautiful and healthy. In this situation, sticking to a diet plan and regularly attending the gym is essential, as it also reflects on our personality.

Dance requires immense physical stamina and mental focus. What are some of your favorite workout routines or practices that help you stay fit and agile for your performances?

My workout routine for dancing includes daily activities such as 100 squats, cycling, and yoga to keep my body relaxed. I also practice breathing exercises, which help keep me active and energized.

Participating in reality shows like Bigg Boss OTT Season 2 and Jhalak Dikhhla Jaa 11 must have been both exhilarating and challenging. How did you prepare yourself mentally and physically to face the pressures and competitions within these shows?

I believe everyone has goals and ambitions. My dream was to become a winner in reality shows like In Jhalak Dikhhla Jaa 11, I was determined to achieve this and become successful. Pursuing these dreams involves both challenges and enjoyment, but the pride and satisfaction that come with success are worth it. I think everyone should set goals, work hard, and enjoy the journey. Being on these reality shows has been a dream of mine, and with a determined mindset, anyone can achieve success.



As a role model for many aspiring dancers and fitness enthusiasts, what advice would you give to someone who is just starting their journey in the world of dance and fitness?

I believe everyone faces the problem of not having enough time, but I think it's important for everyone to make time for themselves. Dedicating time to work out and focus on personal goals is essential. Everyone should prioritize their well-being and ambitions, ensuring they take the necessary steps to achieve their dreams.

Your presence on social media platforms inspires many to lead a healthier lifestyle. Could you share with us some of your favorite fitness mantras or tips that have helped you stay motivated and disciplined over the years?

I started this journey 2.5 months ago with focus and determination. Initially, I was confused, but I realized that dancing is about being beautiful and fit. Nowadays, many people opt for surgery to look good, but I prefer natural methods. Surgery involves pain, high costs, and long-term maintenance, which I avoid. Instead, I choose to stay fit and look good naturally.

Being in the spotlight comes with its own set of challenges, including criticism and scrutiny. How do you deal with negative comments or pressures from external sources while staying focused on your goals and maintaining a positive mindset?

I always maintain a positive mindset and don't focus on negativity. 90% of people love me, while the remaining 10% might not be content with themselves or their circumstances. It's common for people to have both positive and negative thoughts, but I choose not to focus on the negative. Some may have opinions about me, thinking I'm fake or not good enough, but I don't let their negativity affect me. I simply continue living without allowing negative perspectives to influence my happiness or sense of self-worth.

“

I Prefer Natural Methods. I Choose To Stay Fit And Look Good Naturally

”



4 MOVES PERFECT FOR A

Barbell Workout

By Praveen & Maheek Nair

Barbell is known as the longer version of dumbbell. It is a type of workout in which a long bar with weights attached to both sides of the barbell. 20 kgs is the standard weight of the barbell for men & for women the standard weight is 15kgs.



Barbell is used for doing exercises: weight training, squats, powerlifting, bench-press, overhead press, deadlift, bicep curls etc.

Landmine Front Squat to One-Arm Push Press

**It works on : -
Shoulders, Biceps, Core,
Glutes, Quads.**

Stand holding one finish of exercising weight in paw with opposite finish in booby trap attachment or secured on floor. Squat down, keeping exercising weight, finishing in paw with right elbow on the brink of the body. Keep weight over heels and thighs parallel to the floor or simply below. Keep the body part as upright as potential.

Pushing through heels, get up in one explosive movement. As you return up, extend your right arm, pressing weight toward the ceiling. Keep abs tight, and hips and shoulders square. Lower back to squat and repeat for 12-15 reps.



Single-Leg Deadlift

It works on: -
Core, Glutes, Hamstrings.

Stand tall holding weight before of thighs in associate degree overhand grip, feet hip-distance apart, shoulders ironed down, elevated left foot off the ground, equalization on right leg.

Hinge forward, lowering bar to floor as you elevate left leg behind you. Keep the bar directly below shoulders and shut to shins throughout the downward phase; keep each hip facing forward. Push through the right leg to face copy to begin and repeat for 12 -15 reps switch sides.



Single-Arm Landmine Row

It works on: -
Shoulders, Upper Back.

Stand with one finish of weight in ground-emplaced mine attachment or secured on floor; hold opposite finish. An overhand grip with the body facing the bar. Hinge forward from hips, lowering weight toward the ground ahead of shins. Keep back flat and head in line with your spine.

From this position, pull the bar toward the body part with the right arm, keeping the right elbow on the brink of the body. Hold for one count, then slowly lower the bar toward the floor. Repeat for 12-15 reps; switch sides.

Barbell Rollout It works on: - Core.

Kneel on the ground a few feet behind a weight set with weight plates. (Place a pad beneath your knees if necessary, for comfort.) Place hands on the bar wider than shoulder distance. Slowly roll the bar forward on the ground, keeping shoulders down and abs tight. Continue till the body is totally extended or as much as you'll be able to while not losing management. Slowly roll the bar back to the beginning position and repeat. Do 12-15 reps.





Benefits of Barbell Lifting

Help In Growing Muscle Mass

Lifting a barbell helps in growing mass, over a time of period women can realise their muscle growth. By increasing the number of reps or sets with speed, women can feel how strength & sense of strongness they have. Growing muscles can help in increasing metabolism & makes it easy to burn calories faster.

Makes Stronger Bones & Connecting Tissues

Lifting a barbell not only develops muscle size but also increases the strength of bones & also helps in improving balance of connecting tissues & its strength as well.

Maintaining Mental State & Energy Level

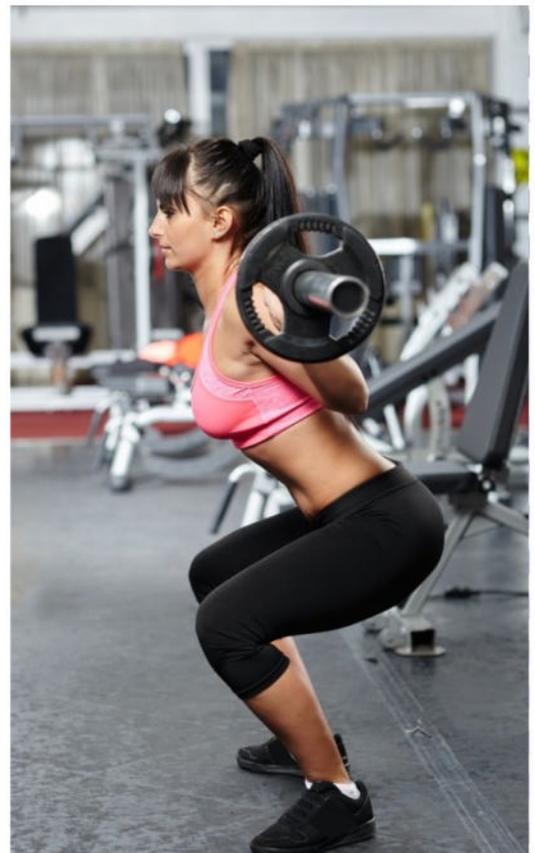
Barbell lifting not only helps in becoming physically stronger but it also helps in improving the mental state of women & also improves the energy of the women.

Reduce Risks Of Disease & Illness

Increase in bone & muscle density can help to prevent & improves symptoms of osteoporosis by 40%.

Sense Of Achievement

Barbell lifting helps women in tracking the progress of muscles & bones. It gives them the sense of achievement.



Workout Tip

Are you skipping your workout because you don't have time for the full routine? Break up your physical activity into a few shorter 10-minute spurts throughout the day. Taking shorter walks throughout the day, as opposed to one longer walk that takes 30 minutes to an hour has been shown to have very similar benefits.



5 EASY PRENATAL EXERCISES TO MAKE YOUR DELIVERY EASIER

Women are stressed to follow a healthy and nutritious diet during pregnancy and breastfeeding. But, in some parts of the world little emphasis is put on exercise and physical activity of pregnant women.

Being active and performing certain exercises during the period of pregnancy can make the delivery easier.





Benefits of Prenatal Exercises:

- It makes the pelvic muscles strong
- Improves metabolism
- Helps in post-delivery recovery
- Easier labor contractions
- Blood pressure control
- Shorter delivery time

Because exercising is beneficial for the mother and the baby, women should make a point to exercise regularly without fail.

Kegel Exercise

How Does It Work: This exercise strengthens the pelvic floor and muscles, which is under stress due to the increased size of the uterus.

Instructions

- Get into a comfortable position like standing, lying down or sitting, whatever suits you the best.
- Focus on the pelvic muscles and not on the muscles of the thighs, abdomen or buttocks.
- Contract and pull in the muscles around the vagina and back passage at the same time.
- Hold them strong and tight for 5-7 seconds.
- Gradually relax the muscles and take a rest for 10 seconds before starting the next kegel.
- Repeat this 3-4 times in a row, several times a day.
- After a few days, increase the number of seconds for squeezes.

Squats

How Does It Work: Squats strengthen the lower body and open up the pelvis, which assists in delivery.

Instructions

- Stand with feet shoulder-width apart.
- Bring both your arms in front of you.
- Bend your legs and lower yourself in a squat position.
- Keep your back straight, maintain your balance and hold the position until you feel comfortable.



Butterfly Exercise

How Does It Work: It strengthens the pelvic area and prevents constipation.

Instructions

- Sit on the floor with your back straight and your legs stretched before you.
- Bend your knees and allow the soles of your feet to touch each other. Your knees should bend outwards.
- With the help of your hands, pull your feet as much as you can towards your pelvic bone.
- Try to touch your knees on the floor as much as you can. Move your folded knees up and down like a butterfly's wings.

Leaning

How Does It Work: This exercise allows the baby to move and position freely.

Instructions

- Start with kneeling on a couch or a bed.
- Lean forward, lower your upper body to the floor.
- Place the palms of your hands on the floor and lean forward, creating an inverted position.
- You can lean on anything, for example- a table or an exercise ball.

Note:

If you feel uncomfortable or experience pain while performing an exercise, immediately stop and relax.

Walking

How Does It Work:

Something as easy as walking improves metabolism, balances your body, pumps up heart rate, enhances blood circulation as well as immunity.

Points To Remember

- Walk at least five days a week for 30 minutes each day.
- Keep your back straight and wear comfortable shoes while walking.
- Do not talk while walking.
- Early morning walk is the best time to get some fresh air and your daily dose of vitamin D



Postnatal Recovery Tip

After having a baby, it's normal for your pelvic floor muscles to relax and lose a little tone. This looseness is called vaginal laxity.

Regular Kegel exercises can be helpful, in which you tighten and relax the pelvic muscles. Maintaining a healthy weight and taking care of your health overall will also help your vagina return to its usual size and feel.

8 Ways To Beat

Emotional Eating This Monsoon

By Dr. Siddhant Bhargava
Fitness and Nutritional Scientist

Monsoon is here and everyone can only think of going on a long drive with family and friends and gobble up fried Bhajiyas, Samosas, Hot chocolate to feel good. This is an example of Emotional Eating. Emotional eating can make you feel good. It is not actually hunger that makes you want to eat, but it is the emotional hunger which will make you feel satisfied even when you are not actually hungry.

This Monsoon try to be innovative with your “Emotional Hunger” by choosing a healthy and tasty alternative. Let's beat emotional eating this monsoon by,



- 1- Avoiding fried and fatty food,** *instead one can opt for tandoor or tikka or grilled options. This way you can skip the unhealthy fat and at the time have a tasty meal.*
- 2- Drink warm beverages like ginger tea or lemon tea.** *This helps to control your cravings, boost your metabolism and also will make you feel soothing.*
- 3- Exercise. Yes, you read it right.** *Opt for home workouts which in turn will help you burn calories and motivates you to eat healthy.*
- 4- Have a bowl of hot Soup or Stews.** *This will not only make you feel warm but at the same time help you stay hydrated and would help you fight cold and flu by de clogging your nasal passage.*



5- Nuts and Dry fruits can be your best snacking options which would help build your immunity as they contain essential vitamins and minerals. So now, when you are hungry- Walnuts, Almonds and Dates could be your immunity boosters

6- Eat Seasonal fruits like Lychee, Cherries, Plums and Peaches. As they all are rich in Vitamin C and are rich source of antioxidants which would again improve your immunity. Unseasonal fruits might contain pesticides and cause infection.

7- Try to eat home cooked food as there are more chances to catch flu and fall sick. Prepare your favourite dishes at home using spices and herbs which will help you fight congestion and aid digestion.



Last but not the least, enjoy this season by following these above-mentioned steps which are simple and easy to follow. Stay fit and healthy!

Food Fact

Despite controversy coffee is loaded with some health benefits. It is rich in antioxidants. Some studies have linked coffee intake to longevity and a reduced risk of type 2 diabetes, Parkinson's and Alzheimer's diseases, and numerous other illnesses.

To enjoy coffee safely and healthily, keep your intake to less than 4 cups daily and avoid high-calorie, high-sugar additives like sweetened creamer.



5 Innovative Recipes For Raksha Bandhan

I believe one can enjoy & celebrate festivals with great zeal and zest by preparing Desserts, Snacks or any recipes with local, seasonal and simple ingredients that are easily available in your Pantry. You don't have to use exotic or fancy ingredients to celebrate festivals. The most delectable and Healthy dishes are prepared with the simplest of Ingredients.





This Raksha Bandhan, do prepare my recipes that are not only delicious but nutritious too for your Brother/brothers & loved ones.

#1

Samak Kesar Phirni

Barnyard Millet Milk Pudding

Soaking Time for Rice- 30 minutes

Preparation Time: 10 min

Cooking Time: 45 min

Chilling time in Refrigerator: 1-1 ½ hours

Serves:4

Ingredients and Quantity:

- Full cream milk -1 ¼ thlitres
- Sama (Samak ,Samvat) (Barnyard Millet), washed
- soaked & drained:60 gm.
- Saffron, broiled -1/2 gm
- Pistachio nuts -12
- Organic Jaggerypowder -1/4 th cup or as required
- Green cardamom powder – ½ teaspoon
- Rose water- ½ tbsp.
- Screwpine water-1/4 tsp.

For the garnish:

- Pistachio slivered-15 gm
- Saffron strands-a pinch
- Rose Petals dried-2 tsp



Method:

- Drain & grind the samak rice coarsely.
- Blend it with 1/2 cup milk.
- Add Saffron strands & set aside
- Now boil the milk in a heavy bottomed pan.
- Add the coarsely ground rice paste to the milk & cook stirring continuously so that there are no lumps & it does not burn or stick to the bottom of the pan.
- Add rose water.
- Add green cardamom powder.
- When it starts thickening take it off the flame.
- Add Jaggery powder & mix well. Let it cool completely.
- Pour into soaked & sun-dried Kasoras / earthenware pots & keep them covered in the refrigerator to chill for 1 to 1 ½ hrs.
- Served chilled garnished with slivered pistachio nuts saffron & driededible rose petals.

#2

Kashmiri Shufta

Kindly Note: The traditional recipe of Kashmiri Shufta has saffron flavoured sugar syrup, cinnamon powder, candied sugar, dry ginger powder, a pinch regular salt is added to the mixed dry fruit sweet, I have replaced regular salt with rock salt & omitted adding candied sugar. I have drizzled Organic Honey over the ingredients instead of Saffron flavoured sugar syrup.

Preparation Time – 25 min

Cooking Time - 5 min

Serves- 6 to 8



Method:

- Heat the clarified butter (for frying) and fry cubed paneer lightly
- Remove & put aside. Cut the almonds into halves.
- Soak all the prepared dry fruits in 4 cups of warm water for 15 min. except sliced dry coconut & dates.
- Drain the water from the dry fruits
- Heat 1 tbsp. of clarified butter in a heavy bottomed pan.
- Lightly sauté the almonds, raisins, coconut, walnuts & apricots for 1 minute.
- Transfer to a glass mixing bowl
- Add fried paneer cubes
- Add crushed green cardamoms, Black pepper powder, cinnamon powder & dry ginger powder, rock salt & Saffron
- Pour the honey over the dry fruits.
- Add lemon juice (Optional). Mix well.
- Serve warm garnished with of edible dried & organic rose petals

Ingredients and Quantity:

- Cottage Cheese, cubed- 3/4 th cup
- Clarified butter- for shallow frying Cottage Cheese + 1tbsp. extra for frying nuts.
- Almonds- 1/4 th cup
- Pistachio nuts-1/4 th cup
- Raisins (Stems removed & discarded) - 1/4th cup
- Black currants (Stems removed & discarded) - 1/4th cup (Opt)
- Dates (deseeded & chopped)-1/4th cup
- Walnuts, broken= 1/4th cup
- Dried Apricots (deseeded & cut into chunks)- 1/4th cup
- Dry Coconut, sliced- 2 tbsp.
- Dates, deseeded – 16
- Green cardamom, crushed- 1/4 th tsp.
- Black pepper powder- 1/4 th tsp.
- Cinnamon powder- 1/4 th tsp.
- Dry ginger powder- 1/4 th tsp.
- Rock salt- to taste
- Saffron- a pinch
- For the garnish:
- Edible Dried & Organic Rose petals-2 tsp
- Organic Honey- 1/4 th cup or more, if desired.
- Warm Water- 4 cups

#3

Punjabi Kachi Haldi Di Panjiri

Punjabi Style Fresh Raw Turmeric Panjiri

Preparation Time: 15 minutes

Cooking Time: 25 minutes

Serves: 12

Ingredients and Quantity:

- Fresh Raw Turmeric (Kachi Haldi), peeled & ground /puréed/grated-
- 200 gm. (Wear food grade hand gloves to prevent from your hands getting stained)
- Whole Wheat Flour- 3 cups
- Desi Ghee- ½ cup + 4 tbsp.
- Mixed melon seeds sauté in desi ghee- 1 tbsp.
- Poppy Seeds sauté in desi ghee- 1 tbsp.
- Dry Ginger Powder- 1 tsp.
- Jaggery powder, organic / Desikhand- ½ cup or more, if desired Sauté in Desi Ghee Separately, cool it completely & grind into acoarse powder
- Fox nuts – 1/4th cup (Optional)
- Cashew nuts– 1 tbsp.
- Almonds– 1 tbsp.



Method:

- Heat ghee in a heavy bottomed Kadai add the haldi cook on a slow flame until it's completely dry but ensure that it does not brown. Set aside & cool Puree & set aside.
- Heat ghee in another clean heavy bottomed non-stick pan add the whole wheat flour cook / bhuno on a slow flame stirring it occasionally until it turns a little light golden brown or light reddish ensure that the raw aroma disappears & you can smell the nuttiness of the cooked whole wheat flour.
- Set aside & cool a little.
- In a sterilized dry glass bowl or a Parat/ Steel Thali.
- Add & mix Melon seeds and Poppy seeds. Coarsely ground the mixture.
- Add dry ginger powder .Mix.
- Add ground fresh cooked Turmeric.
- Mix it well.
- Add Jaggery powder& let it cool completely.
- Transfer & store in a sterilised & dry air-tight jar / container.
- Consume as & when required.



Chef Tips::

- Ensure that you cook the Kachi Haldi well in desi ghee without over-browning it / discolouring it.
- Kachi Haldi (Raw Turmeric has a warming affect “Garam Taseer”,I know it's too delicious, but do not consume it in larger quantities. Consume in smaller quantities, preferably with hot / warm unsweetened milk.
- Use a dry spoon while removing the Panjiri from the air-tight jar /container.

#4

Sitaphal Aur Kesar Ki Basundi

Custard Apple and Saffron Basundi

A twist to the traditional Maharashtra dessert, very popular in Gujarat & Karnataka. This scrumptious dessert is prepared with thickened full fat milk, fresh custard apple pulp / puree, which is in Season, loads of nuts and blanched Buchanania Lanza seeds, mildly flavoured with green cardamom powder and saffron, garnished with pistachio nuts and almonds drizzled with rose water. -free it is... Due to the Inherent sweetness of Custard Apple

Preparation Time: 8 to 10 minutes

Cooking Time: 01 hour 10 minutes

Refrigeration Time- 1 hour

Serves: 4



Ingredients and Quantity:

- Milk, Full-Fat- 1.5 Liter
- Fresh Sitaphal (Custard Apple), pulp / puree- 1 cup
- Saffron strands steeped in 2 tbsp. lukewarm milk- ¼ th gm.
- Green Cardamom Powder- 1/4 th tsp.
- Rose Water- 02 tsp.
- Buchanania Lanza seeds (Charoli) blanched- 1/4 th tbsp.
- Pistachio nuts, chopped / slivered- 01 tsp.
- Almonds, chopped / slivered- 01 tsp.

For the Garnish:

- Pistachio nuts, chopped / slivered- 02 tsp
- Almonds, chopped / slivered- 02 tsp
- Saffron strands steeped in 1 tbsp. of lukewarm milk- a pinch

Method:

- In a heavy bottomed non-stick pan, pour milk and bring it to a boil.
- Simmer for 1 hour and let it reduce it to ½ its quantity. Add broiled saffron strands, green cardamom powder and rose water.
- Add the slivered nuts and charoli. Let it cook for another 5 to 10 minutes.
- Switch off the flame and let it cool completely.
- Add the fresh sitaphal pulp / puree, mix it till well combined.
- Pour into soaked and sun-dried Kasoras / earthenware pots and refrigerate it covered for 1 hour.
- Serve chilled garnished with slivered nuts and broiled saffron drizzled with a little rose water.

Chef Tips:

- You may add different fruit purees like when Alphonso Mangoes, when in season.
- Other variations are Figs (Anjeer), Oranges, Rose, Gulkand and the list goes on.

#5

Smoked Black Chickpea Chaat

Dhungar Wali Kale Chane Ki Chaat

A mouth-watering sweet and tangy chaat is overloaded with nutrition and is prepared with cooked black chickpeas, pomegranate pearls, crunchy peanuts, onion, tomatoes, green chilies, raw mango, fresh cilantro and powdered masalas, drizzled with lemon juice and given a dhungar with live coal, desi ghee with cumin seeds which further imparts a smoky flavour.

Preparation Time: 10 minutes

Soaking Time for Chana: Overnight / 08 hours

Cooking Time: 15 minutes, **Serves:** 4



Smoked Black Chickpea Chaat

Ingredients and Quantity:

- Black Chana, soaked overnight -1 ½ cup
- Water- 04 cups
- Salt- 1/4 th tsp.
- Peanut oil- 1 ½ tbsp.
- Pomegranate Pearls- ½ cup
- Peanuts without skin, roasted- 01 tbsp.
- Onions chopped- 01 large
- Tomatoes pulp removed, chopped- 01 large
- Green chillies, finely chopped – 02 nos.
- Raw mango, chopped- ½ tbsp.
- Fresh Cilantro, finely chopped -02 tbsp.
- Black salt -to taste
- Freshly ground cumin powder - 01 tsp.
- Chaat masala -1/2 tsp. tsp.
- Dry mango powder- ½ tsp.
- Red chilli powder 1/2 tsp
- Lemon juice - 02 tbsp.
- For the Dungan / Smoking Technique:
- Small bowl-01 no
- Live coal- 02 small
- Clarified butter (Desi ghee) - 01 tsp.
- Cumin seeds- ½ tsp.

For the garnishing:

- Cilantro, finely chopped -01 tbsp.

Method:

- Wash and pressure cook soaked black chana in 04 cups of water and 1/4 th tsp. of salt for seven to eight whistles or till done. Transfer them into a non-stick kadai and simmer till all the water evaporates add peanut oil and sauté for a minute.
- In a large salad bowl add the cooked hot chana. Let it cool. Add pomegranate pearls, peanuts, chopped onions, tomatoes, green chillies, chopped raw mango, chopped cilantro, black salt, roasted cumin powder, chaat masala, dry mango powder, red chilli powder and lemon juice and mix well.
- Place the small bowl on the prepared chana. In that place the live coal.
- Add the cumin seeds and desi ghee. Once it starts smoking cover the salad bowl with a tight fitting lid, so that smoke does not escape.
- Serve the chaat immediately garnished with chopped cilantro.

Chef Tips:

1. You may add chopped cucumber, boiled and cubed potatoes.
2. You may make the same chaat with Green chana, when in season.
3. “Dhungan” :Dhungan (Smoked / Smoking) is a technique of imparting a smoky flavour to a dish, when a particular dish has finished cooking, a live coal is taken and pure ghee is poured on it, when it starts to smoke this is put in the pot; the smoke from the coal must be trapped in the pot by tightly closing the lid. The smoke thus trapped for about 25 to 30 minutes, permeates the cooked food / beverage. But you may decrease the smoking time for salads / chaats to 5 minutes. Occasionally the Dhungan flavour is enhanced by first sprinkling spices on the live coal such as Cumin Seeds, Cloves or Cardamom -Green or Black on the live coal and then adding pure ghee and covering it. The spices / flavourings used while giving dhungan varies according to the recipe.

Have a Blessed RakshaBandhan!



Author:

Chef Reetu Uday Kugaji

Culinary Expert,
Chef Consultant,
Mentor and Food Blogger.

Weight Loss Tip

Fruit and vegetables are good for lowering blood pressure – and in turn aiding weight loss – not only because they are low in calories and fat but because they are rich in antioxidants, substances found in plants that counteract the effects of oxidative stress, which occurs in our bodies every day



NIMRAT

Kaur Ahluwalia

Empowered and Fit

Nimrat Kaur Ahluwalia, a name that resonates with strength, elegance, and versatility, graces the cover of Women Fitness India this month. With a journey marked by remarkable performances and a dedication to fitness that inspires many, Nimrat embodies the modern woman who balances career, health, and personal growth with effortless grace. In this exclusive cover story, we delve into her fitness regimen, her philosophy on health and well-being, and the motivation behind her relentless pursuit of excellence. Join us as we explore the many facets of Nimrat Kaur Ahluwalia, a true beacon of inspiration for women everywhere.



You've undergone a remarkable fitness transformation. Can you share the key factors that motivated you to embark on this journey and the challenges you faced along the way?

Nothing worth having in life comes easily. The hardest part for me was finding consistency. Getting up every day and sticking to my routine was a challenge. Whenever I felt demotivated, I reminded myself why I started. Drawing inspiration from your own life is crucial. When you realize how badly you want something, commitment flows naturally.

What does a typical day in your fitness regime look like? Can you describe your workout routine and any exercises you find most effective?

Working out and eating clean has become therapeutic for me. Whenever I feel lazy, I remind myself that I can't cheat on myself. No matter how tired I am, I ensure I make time for some endorphin. I enjoy mixing different workout forms, including MMA, Cross Fit, Mobility, and Strength Training, and incorporating them throughout the week.



How important is diet in your fitness plan? Could you share details about your nutrition plan and any favorite healthy recipes or foods you swear by?

They say fitness is 70% diet and 30% workouts. Eating right doesn't mean depriving yourself of food choices. My diet is high in protein, and balanced with healthy carbs and fats. My micros and macros are precisely measured according to my needs. It's essential to understand your body type, as different things work for different people, and comparing yourself to others is unfair. My favorite breakfast is guacamole with sourdough.

You've had a successful career in the entertainment industry. What have been some of your professional journey's most memorable moments or milestones so far?

I've had many career highlights. My journey has been interesting, from Miss India to the success and love I received for my first show. Becoming an actor has always been my dream, and achieving that after becoming a lawyer felt like making the impossible happen. That will always be special to me.



Who are your role models or inspirations in both your personal and professional life? How have they influenced your approach to health, fitness, and work?

Both my parents have deeply inspired me. My father, being in the army, taught me the importance of discipline and valuing time. My mother, a principal and educationist, shaped my holistic approach to life. They instilled in me leadership qualities and the drive to think outside the box. For fitness inspiration, I look up to Ronaldo and Virat Kohli. Their commitment and passion for fitness always push me to exceed my limits.

“

Working out and eating clean has become therapeutic for me. Whenever I feel lazy, I remind myself that I can't cheat on myself. No matter how tired I am

”



What are your future goals in terms of your career and personal well-being? Are there any new projects or milestones you aim to achieve, both professionally and personally?

This is just the beginning. There's so much I want to experience. I don't want to set limitations for myself. I aim to explore different genres and mediums. I recently wrapped up shooting for the reality TV show Khatron Ke Khiladi Season 14 in Romania. I am in talks with some other projects, currently it's in the initial stage hence can't talk much about it

Nail ART IDEAS For Festivity

Here are some fresh nail art ideas for August and September, taking into account the late summer and early autumn vibe. With Raksha Bandhan being a significant festival celebrating the bond between brothers and sisters.



Nail art for this occasion can be both traditional and festive, incorporating elements of Indian culture and the festive spirit. Here are some creative nail art ideas for Raksha Bandhan:

#1 Traditional Henna Designs

Henna Patterns: Use intricate henna-inspired designs in shades of brown or maroon. These can include paisleys, flowers, and geometric shapes.

Henna Colors: Incorporate typical henna colors like deep reds and browns for an authentic look.



#2 Rakhi Motifs

Rakhi Symbols: Design nails with small rakhi motifs, such as the circular centerpiece and strings.

Thread Designs: Paint delicate threads or ribbons to represent the rakhi tying around the nail.

#3 Floral Patterns

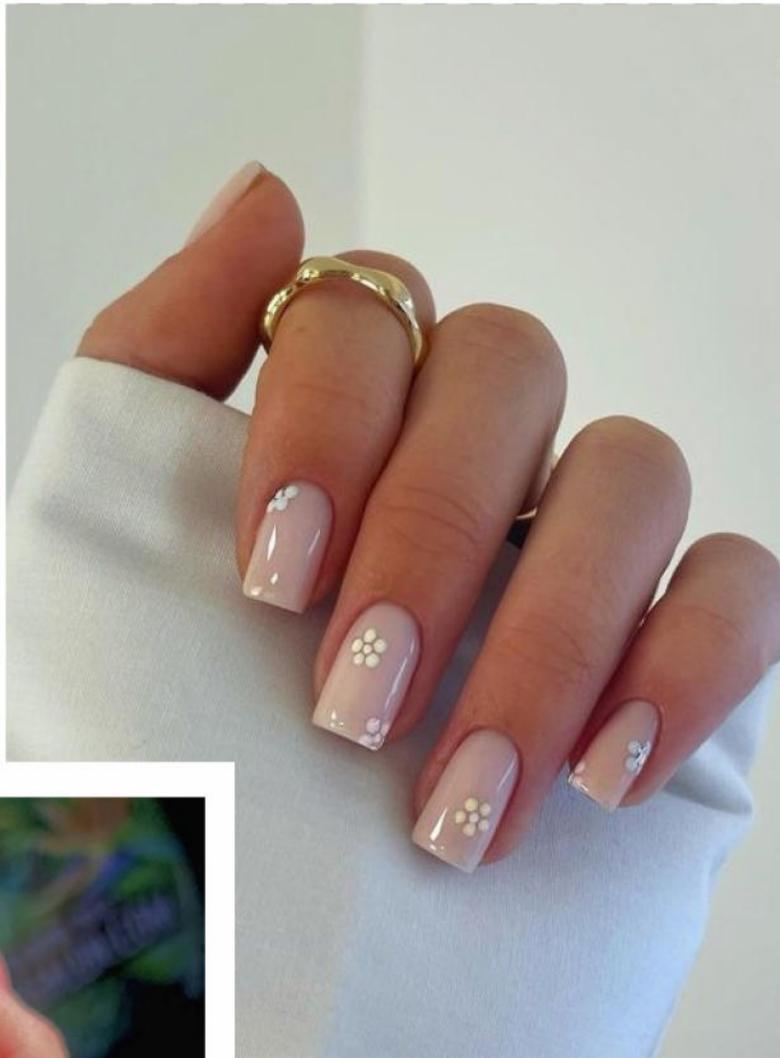
Marigold Flowers: Use bright orange and yellow to paint marigold flowers, symbolizing the vibrant festivities.

Lotus Designs: Incorporate lotus flowers in pink or white for a touch of elegance.

#4 Traditional Indian Patterns

Paisley Prints: Use colorful paisley prints, which are a staple in Indian designs.

Mughal Art: Draw inspiration from Mughal art with detailed and intricate patterns.



#5 Gold and Glitter

Gold Accents: Use gold polish or foil to add a touch of opulence to your nails.

Glitter Tips: Add glitter tips to a solid base color for a festive sparkle.

#6 Color Themes

Bright Colors: Use bright and bold colors like red, orange, yellow, and green that are often associated with Indian festivals.

Color Blocking: Create color-blocked nails with complementary festive colors.

#7 Saree-Inspired Designs

Saree Patterns: Draw inspiration from the intricate patterns and borders of traditional sarees you plan to wear on the occasion.

Brocade Designs: Mimic brocade fabric designs using rich colors and gold detailing.

#8 Ethnic Jewelry Motifs

Kundan and Meenakari: Paint designs inspired by traditional Kundan and Meenakari jewelry.

Pearls and Stones: Use tiny pearl or stone embellishments to recreate the look of ethnic jewelry.



#9 Simple and Elegant

Minimalist Designs: Use simple lines and dots in gold or white over a bright base color.

Accent Nail: Keep most nails simple with one nail featuring an intricate Raksha Bandhan-related design.

10 DIY Stamping And Stickers

Stamping Kits: Use nail stamping kits with Indian motifs for quick and precise designs.

Festive Stickers: Apply festive-themed nail stickers for an easy and effective look.

Example Combinations

- **Henna Design with Gold Glitter:** Henna patterns on a maroon base with gold glitter on the tips.
- **Rakhi Motif with Floral Accent:** Rakhi symbols on a few nails with the rest featuring floral designs.
- **Paisley Prints with Color Blocking:** Color-blocked nails with intricate paisley patterns.
- **Jewelry-Inspired with Kundan Stones:** Using tiny stones to mimic Kundan jewelry on a bright base color.

These ideas blend the festive spirit of Raksha Bandhan with creative nail art, allowing you to showcase your style and celebrate the festival in a unique way.

BOOST YOUR METABOLISM WITH THE 2-2-2 PLAN

A Balanced Approach to Nutrition

The 2-2-2 Metabolism Plan is a simple and structured approach to nutrition designed to boost metabolism, promote weight loss, and ensure balanced nutrient intake. The name "2-2-2" signifies a specific pattern of food consumption, typically involving different food groups or meal components.

While there isn't a universally recognized 2-2-2 plan, one common interpretation includes the following components:



PLAN STRUCTURE

- *2 Servings of Protein*
- *2 Servings of Healthy Fats*
- *2 Servings of Vegetables*

Creating a 2-2-2 meal plan that fits within an Indian diet involves using traditional Indian foods and flavors while ensuring a balance of protein, healthy fats, and vegetables.



Sample Meal Plan

BREAKFAST

2 Servings of Protein:

- ❖ **Paneer Bhurji:** Scrambled paneer (1 serving)
- ❖ **Moong Dal Chilla:** Protein-packed savory pancakes made from moong dal (1 serving)

2 Servings of Healthy Fats:

- ❖ **Coconut Chutney:** Made with fresh coconut (1 serving)
- ❖ **Ghee:** Used in cooking the chilla (1 serving)

2 Servings of Vegetables:

- ❖ **Tomatoes and Onions:** Included in the paneer bhurji (1 serving)
- ❖ **Coriander and Spinach:** Added to the chilla batter (1 serving)



MID-MORNING SNACK

2 Servings of Protein:

- ❖ **Greek Yogurt:** Plain or with a sprinkle of spices (1 serving)
- ❖ **Roasted Chana:** Protein-rich roasted chickpeas (1 serving)

2 Servings of Healthy Fats:

- ❖ **Nuts:** A handful of almonds (1 serving)
- ❖ **Seeds:** Flaxseeds or chia seeds mixed into yogurt (1 serving)

2 Servings of Vegetables:

- ❖ **Cucumber Sticks:** Served with yogurt dip (1 serving)
- ❖ **Carrot Sticks:** Served with yogurt dip (1 serving)



LUNCH

2 Servings of Protein:

- ❖ **Dal Tadka:** Lentils cooked with spices (1 serving)
- ❖ **Chicken Curry:** Made with lean chicken (1 serving)

2 Servings of Healthy Fats:

- ❖ **Ghee:** Used in tempering the dal (1 serving)
- ❖ **Coconut Milk:** Used in the chicken curry (1 serving)

2 Servings of Vegetables:

- ❖ **Mixed Vegetable Sabzi:** Including carrots, beans, and peas (1 serving)
- ❖ **Salad:** Cucumber, tomato, and onion salad with a dash of lemon (1 serving)

AFTERNOON SNACK

2 Servings of Protein:

- ❖ **Sprouts Salad:** Mixed bean sprouts (1 serving)
- ❖ **Boiled Egg:** Seasoned with spices (1 serving)

2 Servings of Healthy Fats:

- ❖ **Avocado:** Sliced and added to the sprouts salad (1 serving)
- ❖ **Olive Oil:** Drizzled over the sprouts salad (1 serving)

2 Servings of Vegetables:

- ❖ **Bell Peppers:** Chopped into the sprouts salad (1 serving)
- ❖ **Cabbage:** Finely shredded in the salad (1 serving)



DINNER

2 Servings of Protein:

- ❖ **Grilled Fish:** Seasoned with Indian spices (1 serving)
- ❖ **Rajma:** Kidney bean curry (1 serving)

2 Servings of Healthy Fats:

- ❖ **Mustard Oil:** Used in cooking the fish (1 serving)
- ❖ **Coconut Oil:** Used in cooking the rajma (1 serving)

2 Servings of Vegetables:

- ❖ **Bhindi (Okra) Fry:** Cooked with spices (1 serving)
- ❖ **Palak (Spinach) Dal:** Dal with added spinach (1 serving)

Tips for Success

- 1- Meal Prep:** Prepare components like paneer, dal, and vegetables in advance to save time.
- 2- Variety:** Use different types of dal (lentils), beans, and vegetables throughout the week for a varied nutrient intake.
- 3- Hydration:** Drink plenty of water, and include traditional Indian drinks like chaas (buttermilk) and coconut water.
- 4- Spices and Herbs:** Use spices like turmeric, cumin, coriander, and herbs like cilantro and mint to enhance flavor and provide health benefits.
- 5- Mindful Eating:** Pay attention to portion sizes and listen to your hunger and fullness cues to avoid overeating.



Factors for Success

- 1- Personalization:** Tailoring the plan to individual dietary needs and preferences increases the likelihood of adherence.
- 2- Consistency:** Following the plan consistently while allowing for occasional flexibility can yield better results.
- 3- Physical Activity:** Combining the diet with regular physical activity enhances metabolic benefits and overall health.
- 4- Hydration:** Drinking adequate water supports metabolic processes and overall health.
- 5- Mindful Eating:** Paying attention to hunger and fullness cues can prevent overeating and promote a healthy relationship with food.

Challenges

- 1- Adaptation Period:** There might be an initial period of adjustment as you get used to the new eating pattern.
- 2- Meal Preparation:** Consistently preparing balanced meals requires planning and effort.
- 3- Individual Differences:** Everyone's metabolism and nutritional needs are different, so results can vary.

The 2-2-2 Metabolism Plan, can be successful due to its emphasis on balanced nutrition and flexibility. However, its success largely depends on individual commitment, lifestyle, and how well the plan is personalized to meet specific health needs and goals. Monitoring progress and making necessary adjustments with professional guidance can enhance the likelihood of achieving desired outcomes.

CONQUERING THE MOUNTAIN POSE Tadasana

Mountain pose, or Tadasana, may treat conditions like Parkinson's disease or chronic obstructive pulmonary disease (COPD). Though it seems deceptively simple, Tadasana has complex benefits. It can help correct muscle imbalances, improve posture, and deepen awareness.

Mountain Pose

(TADASANA)

Step-by-Step Instructions

Step 1: Stand with the base of your big toes touching, heels slightly apart (so that the outside edges of your feet are parallel). Lift and spread your toes and the balls of your feet, then relax them back down.

Step 2: Keeping your lower belly soft, activate your thigh muscles and lift the knee caps (lift your quads). Lift the inner ankles to strengthen the arches of your feet. Imagine a line of energy rising all the way up from the arches of your feet, along your inner thighs to your groins, follow that line of energy up through the core of your torso, neck, and head, and out through the crown of your head.

Step 3: Tuck your shoulder blades in towards one another then let them slide down your back towards your hips. Draw your lower front ribs back into your body and lift the top of your sternum straight toward the ceiling. Broaden across your collarbones and your arms hang beside the torso. Keeping the arms and fingers active, visualize energy flowing down your arms and through your fingertips.

Step 4: Balance hips over heels, shoulders over hips, and the crown of your head directly over the centre of your pelvis. Have the underside of your chin parallel to the floor, soften your throat, and relax your tongue. Soften your eyes and the muscles of your face.

Step 5: Stay in the pose for 30 seconds to 1 minute, breathing easily.

TIPS & TRICKS TO CONQUER TADASANA

- ❖ Check your alignment: You may find more stability in this pose by standing with your feet hip distance apart. Or you can challenge your balance by closing your eyes. Closing your eyes is a great way to improve your awareness of the pose and alignment.
- ❖ Notice where you are carrying your weight: Find a gentle rocking motion, back and forth, and side to side. Gradually reduce this motion until you stand still with your weight balanced evenly across the feet.** Do you stand with your weight further forward towards your toes or back towards your heels?
- ❖ Don't flatten the curve of your lumbar spine by tucking your tailbone down, under, or anywhere else for that matter. This will push your hips forward and prevent you from finding that long line from your feet through the crown of your head.

OTHER VARIATIONS:

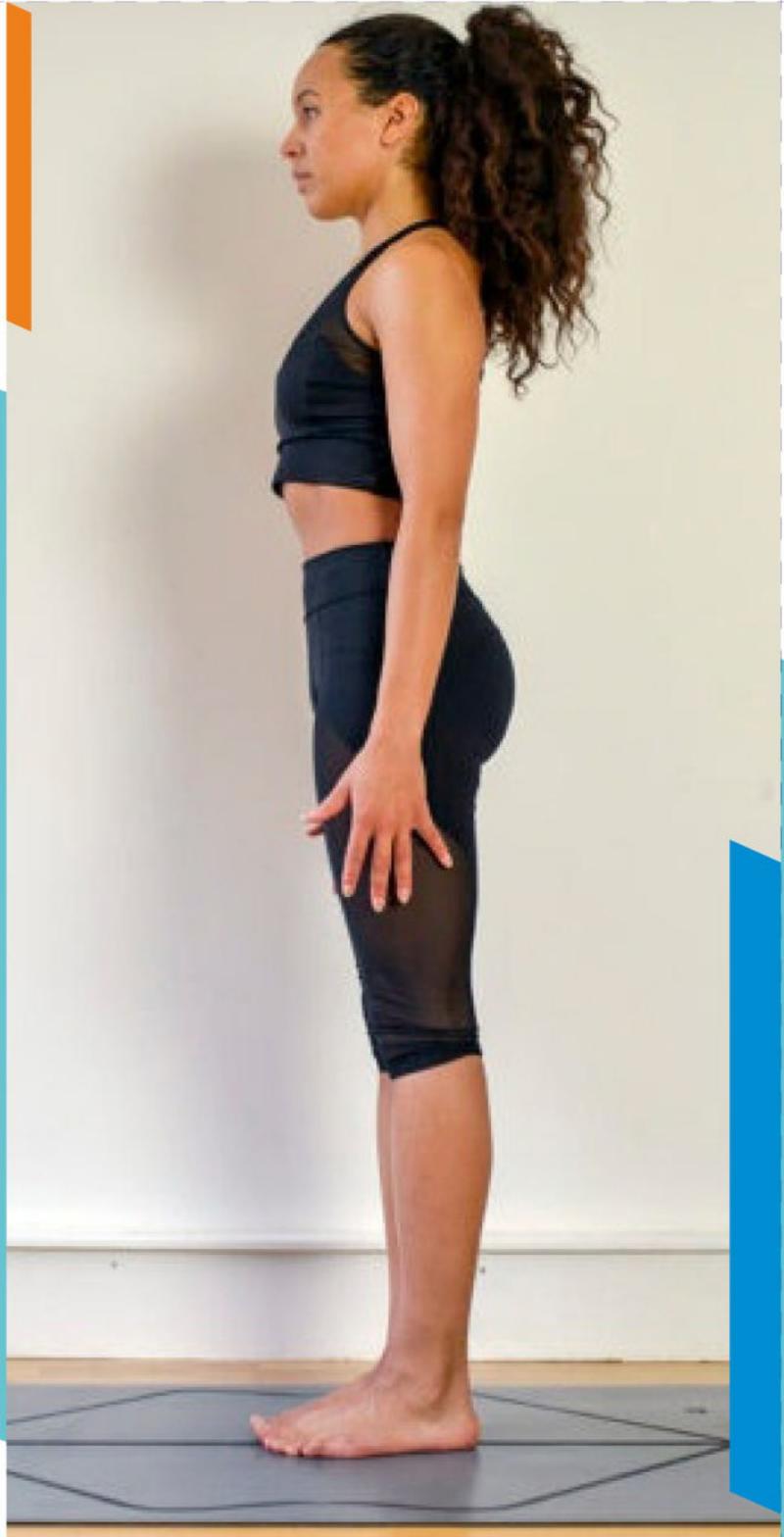
You can bring your palms together at the heart centre (Anjali mudra) or try interlacing your fingers behind your back, reaching the hands down past the tailbone, and lifting the sternum straight up.

Check your breath:

Notice the effect that adjusting your alignment has on your breathing. As you inhale visualize energy rising from the base of your spine and up through the crown of your head drawing you taller. As you exhale, maintaining the length of your spine visualize your weight dropping down through your heels, into the earth.

Use props:

Props are not cheating. They are only a crutch if you make them one. Use a block gripped between your thighs to engage your adductors (inner thighs muscles), grow tall from the arches of the feet, and press your inner thighs back behind you.



Check in the Mirror:

There is no shame in taking a look at yourself in the mirror. It is a great way to check the natural alignment of the body in a posture. Do the arches of your feet drop? What effect does that have on your knees, your pelvis, your spine, shoulders, and the position of your head?

Yoga Tip

The three most important elements our body relies on are air, food, and water. Our stomach, should comprise half of the food and accommodate the remaining two quarters for air and water.

According to Hatha Yoga, the diet a yogi consumes should contain food cooked with ghee, rice, wheat, barley, and sweets. In this way, hunger is controlled and provides room for air and water.



Celebrating Rakhi 2024

The Art of Thoughtful Gifting

As the monsoon showers breathe life into the parched earth, the festival of Raksha Bandhan arrives, infusing warmth, love, and joy into the hearts of siblings across India. Rakhi, as it is lovingly known, is more than just a ritual; it is a celebration of the unique bond between brothers and sisters. In 2024, the spirit of Rakhi is further enlivened by a trend that emphasizes thoughtful and personalized gifting, making the occasion even more special.



A Journey Through Tradition

Traditionally, Raksha Bandhan involves sisters tying a rakhi, a sacred thread, around their brothers' wrists, symbolizing protection and care. In return, brothers promise to protect their sisters and often give them gifts as a token of their love. This timeless tradition has evolved, embracing modern nuances while retaining its core values.

The Evolution of Rakhi Gifting

In recent years, there has been a noticeable shift towards personalized and meaningful gifts, reflecting a deeper understanding and appreciation of the sibling relationship. This year, Rakhi gifting trends highlight creativity, sustainability, and emotional resonance.

Glocal Store



Just as this beautiful festival honors the bond of love and protection between siblings, we celebrate conscious living rooted in sustainability. Discover our curated selection of organic makeup, skincare, foods, baby care, pet care, and home essentials, perfect for gifting your loved ones and promoting a greener lifestyle. Join us in transforming everyday choices into a force for positive change, creating a harmonious world where organic, natural, and sustainable choices are the norm. This Raksha Bandhan, give the gift of care, love, and sustainability with Glocal Store.

Where to buy - www.theglobalstore.com

T.A.C.

This Raksha Bandhan, gift your sibling the essence of Ayurveda with The Ayurveda Co skincare and wellness products. T.A.C blends high-quality, clinically proven Ayurvedic formulations with modern scientific technology, backed by experts from IITs, BHU, and former FMCG leaders. Each product targets skin, hair, and wellness concerns, ensuring effective and credible results. Seamlessly integrating into daily routines, T.A.C. offers relatable expert guidance for modern skincare problems. With T.A.C., you can be confident that what's "good" outside isn't "bad" inside. Make this Rakhi special with the gift of holistic wellness from T.A.C.

Where to buy - theyurvedaco.com



Gobbleright

This Raksha Bandhan, celebrate with Gobbleright, a vegan and gluten-free brand offering delightful almond wraps, chickpea wraps, pizza crust, and crunchies. Perfect for health-conscious siblings, these gut-friendly treats promise both taste and nutrition. Give the gift of wellness with their wholesome, innovative products that cater to diverse dietary needs. Whether indulging guilt-free or sharing a meal, Gobbleright ensures a memorable Raksha Bandhan filled with delicious, plant-based goodness. Embrace the bond with thoughtful, wholesome choices that cherish both tradition and well-being

Where to buy - gobbleright.com



Paul and Mike Chocolates

This Raksha Bandhan, celebrate the cherished sibling bond with the finest luxury chocolate experience from Paul and Mike. Their farm-to-bar approach ensures the highest quality cocoa beans, carefully selected and crafted with precision to bring out the richest flavors.

Paul and Mike's dedication to using honest ingredients and their unwavering commitment to quality result in a true delight in chocolates just like a bitter-sweet relationship with your siblings. Their award-winning creations, including Gin and Ginger (92.1), Sichuan Pepper and Orange Peel (91.1), Mango IPA Beer (90.0), Rum and Rummy Raisins (89.8), and 87% Dark Plain (86.9), promise an unforgettable experience. These unique flavor combinations are meticulously crafted to pamper loved ones. Paul and Mike chocolates are not just a gift, but a token of love and appreciation. Share the joy of pure, luxurious chocolate and make this Raksha Bandhan truly unforgettable.

Where to buy - www.paulandmike.co



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