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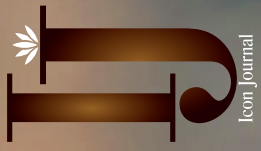
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Nikki Galrani-

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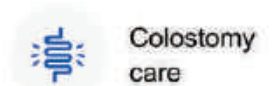
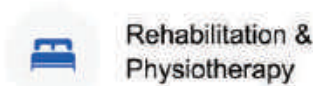
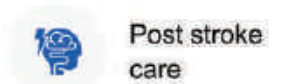
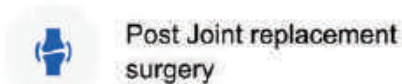
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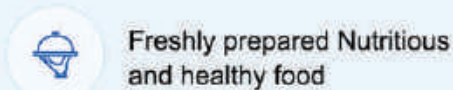
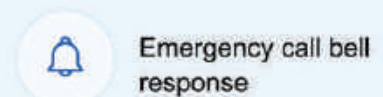
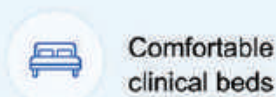


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Editorial



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This edition of “Health and Fashion” presents, Mr. Arvind Katrela, the Managing Director of JCS Jewel Collection sharing their success formula who strives to create a unique experience out of jewelry shopping and successfully creating a brand that feels “home” to the customers and what makes them stand apart in the Jewellery market.

In addition, we have Ms. Nikki Galrani - “The woman who lights up her own sky”. From making a cameo to being the second lead to becoming the main lead, she has made a name for herself. She shared her story and her experience working in the pandemic and much more!

We, as a nation are facing a challenge, challenge to survive this pandemic, with the overwhelming situation that is surrounding us, one must try to keep sane, while it is easy said than done, let us try to stay home and continue the use of masks and sanitizers while keeping at least six feet distance. The registration for the COVID 19 vaccinations has started for 18 + years to 45 years, if you are eligible for the same, please do take the vaccination and practice the rules in place. While the Government and Medical fraternity is working around the clock for us, let us try to do our bit to support in means which is possible by us.

Remember to mask up, stay home, sanitize, and social distance!

Narendra B. Davey
Editor

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The Woman who lights up her own sky

Starbucks

forays into the ice-cream industry

Starbucks first forayed into India in the year 2012 and has since become the public's favourite neighbourhood coffee shop, marking a steady growth in its business. Starbucks now is foraying into the ice-cream industry backed by its customer favourites. The new range of ice-cream products is here to make our summer a tad better.

Expertly handcrafted with finest sourced ingredients the new range includes flavours, formats, and personalised options to cater to the need of every customer. The new range is sure to set customers on a treasure hunt of mix-ins, flavour, texture, and decadence. The new range promises customers yet another way of indulging in the Starbucks experience while at the same time remaining committed to its objective of reinventing the coffee experience.

Available from the 14th of April 2021, coffee enthusiasts can now get their hands around ice-cream flavours like Java Chip, Caramel Macchiato and Vanilla flavoured ice creams. The products are available in the form of scoops, family packs and Affogatos. Customers can also indulge by adding the scoops to their Frappuccinos or other beverage orders. To add to the excitement the company has also launched ice-cream-based beverages like House Affogato, Cold Brew Float, Nitro Cold Brew Float & Cold Brew Malt.



Foods that trigger acne-

Dr. Poorva Shah, M.D.,



For years, world-leading dermatologists have been questioning and discussing the relationship between diet and acne. But the question remains, is our diet linked to the breakouts of the awful, scarring acne on our skin? The current state of the relationship between the two is uncertain and under discussion. On the other hand, recent studies have indicated a close relationship between diet and acne.

Acne myths are nearly the same as the skin problem. The exact cause of acne is unknown, but there are several factors, including

hormones, genetics, and emotional stress which can lead to or make acne worse.

It's Acne. A dreaded word for most people since it hits their skin during or after puberty. I've had my share of patients asking me if "Acne is harmful?" "Well, honestly, acne is as harmful as any other skin disease and has an excess of negative effects on a person, especially with scars left behind when not properly treated.

The following foods may only react if you have acne-prone and excessively oily skin or poor intestinal health and no proper cleansing process.

“Specifically, studies have shown that acne improves when these patients are treated with drugs that enhance their body's ability to regulate or monitor blood sugar, and a low-carbohydrate diet has also been shown to balance these patients hormones, which may trigger breakouts”

1] High GI food- Recent studies have shown that highly glycemic foods could lead to acne by raising serum insulin concentrations. The occurrence of acne seems associated with high glycemic load and the patient can be unharmed by a recommendation for a low glycemic load diet. High glycemic load seems to be correlated with the incidence of acne, and the suggestion for a low glycemic load diet cannot damage the patient. The glycemic index (GI) is a ranking of foods rich in carbohydrates based on their ability to increase blood sugar levels. The glycemic load (GL) includes the quality and amount of carbohydrates consumed in a serving of food into account. For example, high-GI foods include white bread, chips, and white potatoes and low-GI food includes multi-grain bread, peanuts, vegetables, and beans.

2] Cow's Milk- Various new studies have examined the potential connection between diet and acne, and especially carbohydrates and dairy products. A

report published in the Journal of the American Academy of Dermatology in the May 2008 issue investigated the diet of teenagers. The young men who drank the most Milk had the worst acne, too. Interestingly, skim milk caused breakouts are more frequent than whole milk, so the fat content of milk does not seem to be at fault. The studies also indicated that the intake of milk could potentially alter the production of insulin. Acne continues to wax and to lose something on its own, too. So, to test this idea for yourself, you're going to have to cut milk out of your diet for a few months to make you feel good if it works for you.

3] Soft Drinks- Soft drink is a sure-fire way to spike your blood sugar filled with added sugar. Try anything like kombucha or fruit-infused mineral water rather than this high GI sip. Studies have shown that the risk of mild to serious acne in teenagers is substantially higher when a daily soft drink intake of sugar exceeds 100g per day. People with chronic acne issues should consider switching to a low glycemic index diet. This can result in lower levels of inflammation and fewer acne lesions.

4] Milk Chocolate- Unfortunately, but true: milk chocolate is a smooth, acne-causing product. This sweet contains some of the most popular triggers of acne: refined sugar, milk, and sometimes trans-fat. However, this doesn't mean that you can't offer your sweet tooth; simply opt to save your skin with dark chocolate made of at least 70% cocoa. You can make a real difference on your skin through a healthy meal plan with lots of whole grain, green vegetables, and lots of water. If you want to make sure you don't break out, avoid all of these foods as much as you can.

5] Dried Fruits- Fruit loses some of its health power when it's dry. It causes a dramatic increase in blood sugar and a subsequent rise in insulin levels. This leads to a cascade of Harmon's rise in oil production and induces breakouts. "Every type of white bread, pasta, crackers, or cereal all fall into the category of food that causes acne. So, Choose fresh fruit as much as possible and substitute the white versions of your favorite carbohydrates for whole grains.

Conclusion- We cannot rule out the

possibility that diet would not affect acne. Particularly when the diet affects nutrient absorption or medication that affects disease mitigation. Patients with acne need to monitor for food causes and/or food-related allergies that could make the condition worse. I advise people to visit a Board Certified Dermatologist for the best advice on acne and its recovery, as well as for a proper diet plan that will assist in its healing. Acne is a common disease present in infants and adults, acne is caused by enlarged sebaceous glands. They can be present in the form of blackheads, whiteheads, pimples, cysts, papules, pustules, or nodules. Acne normally occurs in the facial region, back, and/or chest, where the sebaceous glands are most prominent. They can also occur in other areas of the body, such as the neck or upper arms. Acne can be inflammatory or non-inflammatory. Another proof of the connection between diet and acne comes from polycystic ovarian syndrome patients because acne is a popular symptom. Specifically, studies have shown that acne improves when these patients are treated with drugs that enhance their body's ability to regulate or monitor blood sugar, and a low-carbohydrate diet has also been shown to balance these patients' hormones, which may trigger breakouts.

About the Author-

Dr. Poorva Shah, M.D., a board certified Dermatologist and the founder of Derma Centre - Skin, Hair & Laser Clinic, registered with the Medical Council of India (MCI) and the Maharashtra Medical Council (MMC), is in private practice since 2012 in Pune. She practices all aspects of medical & cosmetic Dermatology related with Skin, Hair & Nails. Her practice is a blend of traditional and conventional medical Dermatology including Sexually Transmitted Diseases (STD's) and modern and innovative cosmetic Dermatology especially laser therapy. Dr. Shah utilizes the latest treatments and technologies to enhance her patients' natural beauty. She believes in helping patients look their best at all ages with the most conservative, personalized and gentle approach.

MUHARAT- A SHOWCASE OF JAIN AND MARWARI CUISINE

Brought forth by Four Points by Sheraton Mahabalipuram Resort & Convention Center, one of Chennai's largest destination for weddings, events and conferences, Muharat- The Jain Chapter is an event that saw rich flavours, tradition, culture, and dedication come forth to create the exquisite Jain & Marwari ceremonial feast.

The feast is crafted by Maharaj Bhanwar Lal Upadhyay, a 6th Generation he, hails from the city of Bikaner, in Rajasthan. He brings with him his ancestral knowledge, culture, tradition, and experience that he channelizes into all of his cuisines. Having presided over a thousand weddings his culinary creations are truly very unique, they comprise dishes like Mogar Ki Kachori, Dhal Pakwan, Ker Sangri, Bajre Ki Roti & many more, that exhibit a homely emotion.

With the ability to whip up around 50 varieties of halwas he always ensures that he gives his guest something unique to savour. The guest at the event were treated to a surprise blind tasting session where they had to guess the desert from the sampler presented. His learning began from a very young age when he used to shadow his grandparents and imbibed all of their technique and fineness. Muharat also featured an array of cuisines spanning across South Indian, Italian, Oriental and many more that were adapted to the Jain Palate. Marking the beginning of new chapters, the afternoon was a complete immersion, into a showcase of culinary art and depth of flavours, that would leave your taste-buds longing for more.

Satish Srinivasamurthy, the Hotel Leader of Four Points- Sheraton Mahabalipuram had this to say at the event- "Our vision is simple; we believe in crafting memorable experiences in Weddings & Staycations. The catalyst being great food clubbed with hospitality accompanied by emotion."

Spread over 24,500 sqft of convention space with a dedicated and exclusive vegetarian kitchen and 42,000 sqft of an open-air Lawn, along with the capacity to accommodate more than 3500 people with adequate social distancing, elevated & amplified by culinary experts, Sheraton Mahabalipuram is the ideal space to create your successful & memorable wedding experience.



Mani Ravi
(Director Of Sales) &
Satish Srinivasmurthy
(Hotel Leader)



Gunavathy



Arun Suresh & Yashika Aannand



Sonali Jain



Maharaj Bhanwar Lal Upadhyay



Health and Fashion

Pooja Vipul

Yashika Anand

Work and family stress affects women's heart health

Researchers believe that stress and cardiovascular health are linked, but not yet clear how. A new study has made the discovery of a unique kind of stress, the stress of not having a healthy work-life balance.

According to the American Heart Association (AHA), stress affects the body so much, that it leads to an increase in the risk of heart disease, including increase in blood pressure and cholesterol level.

One major source of stress is the workplace.

In fact, a 2015 review of 27 studies that appeared in the journal *Current Cardiology Report*, found that an increase in work stress leads to a "moderately elevated risk of coronary heart disease and stroke."

However, researchers often fail to address the stress felt by a person striving to have a work life balance.

An in depth evaluation into this may help health professionals better identify and treat cardiovascular issues according to a new study, which appears in the *Journal of the American Heart Association*.

What is work-family conflict?

Cardiovascular diseases are currently the leading cause of death worldwide, says the World Health Organization (WHO).

Health professionals can determine people's cardiovascular health score based on seven metrics including diet, blood pressure levels and physical activity levels. The researchers who conducted this study used this score to evaluate how work and family stress can impact heart health.

According to the study paper, work-family conflict refers to "a form of inter-role conflict in which pressures from the work and family domains are mutually incompatible in some respect."

More than 11,000 workers between the ages of 35–74, from six capital states in Brazil, made up the study's sample. The participants came from a variety of backgrounds and the study included a slightly higher number of women.

Each participant filled out a questionnaire to determine how

their job affected their family life, and how their family life impacted their work.

The researchers calculated the participants' cardiovascular health scores using a combination of clinical examinations, laboratory test results, and self-reported questionnaires.

Stress takes a higher toll on women than men

The analysis showed that stress impacts men and women differently. Men reported less work interference with family and more time for personal care and leisure. Both sexes reported a similar amount of family interference with work.

However, women appeared to be worse off. Those who reported frequent work-family conflicts had lower cardiovascular health scores.

"This was interesting because in our previous study, job stress affected men and women almost equally," says senior study author Dr. Itamar Santos, a professor at the University of Sao Paulo in Brazil.

A simple explanation as to why this is the case has to do with traditional gender roles. "You feel the stress to fulfill the gender roles, and I think women still feel

more of a need to have that nurturing home life," says Dr. Gina Price Lundberg, clinical director of the Emory Women's Heart Center in Atlanta, GA.

"Men are helping more than ever, but I think working women still feel the stress of trying to do it all." She goes on to describe the study as "well-designed," due to its large sample size, the diverse background of the participants, and the balance of men and women participants.

However, certain elements of the study relied on the participants' personal thoughts and feelings, which may lead to personal bias in the findings.

How to cope with stress

This study tells us the importance of a good work-life

"A form of inter-role conflict in which pressures from the work and family domains are mutually incompatible in some respect."



balance. However, this is easier said than done in many cases.

Dr. Santos hopes that the new findings will encourage workplaces to introduce initiatives to reduce stress among employees and encourage doctors to look for signs of stress when examining patients.

"We're not going to eliminate stress," Dr. Santos says. "But we should learn how to live with it to not have so many bad consequences."

Whether that would be through measures such as at-home meditation or employer-led strategies is yet to be determined.

Dr. Santos and team are now planning to follow the same participants for up to a decade to gain further insight.

Muhurth for Life's Celebrations

In an exclusive interview with Mrs. Sindhuja Prasad, founder and CEO of Muhurth, she shares her journey from the past, how Muhurth evolved, the designer and traditional collections available.

Muhurth is a contemporary, valued brand representing the finest craft of Kanjivaram Art from the tales of artisans and aims in branding this luxury garment in the fashion platform. It has been brought forth by one of the country's best known families renowned for preserving the traditions of Kanjivaram textiles for many generations and is led by Mr Prasad Dayalan, Director, mentored by Mr. Dayalan Venkatachala Bhagavathar, Founder of Dayal Silk Traditions and managed by Mrs. Sindhuja Prasad, Founder and CEO of Muhurth. They have travelled along with the history of the birth of Kanjivaram and take pride in keeping this art alive as its best as they have always kept. With lot of love towards art, they barely could withhold themselves from sharing knowledge through social media platforms, print media and blogs. It is the constant endeavour to promote this art of Kanjivaram to patrons around the world. Enamoured with this craft for generations, a new venture as Muhurth will continue to transcend Kanjivaram Weaves at its top-notch and will last through the times of trend for the generations to come.


What inspired you to become a brand ?

The brand culture is very recent. Our family owns its name as KKR V referred to as a brand across the nation for many years. With changing times, we understood the importance to launch a brand that spoke culture, ethics and knowledge.

From whom did you draw the inspiration of carrying the business forward for many years ?

It's been our breath and every person working on this craft sees it the same way. Our family has immense knowledge passed on for generations and it's interesting and curious segment of research of the craft has always kept us going.





Can you tell us about the origin of this finest craft of Kanjeevaram Art ?

Kanjivaram, a luxury garment of Tamil Nadu came to origin for the king's requirements. Surat being a largest port many years ago, it had the zari culture influenced by the Persian visitors. We are honoured to have travelled to weave zari in silk for our rulers and kings during the Pandyas, Cholas & Cheras during the 14th century. We have done our best to innovate and keep the luxury element of Kanjivaram alive and we are excited to carry this on.

Are there any upcoming collections that can inspire the buyers out there ?

Muhurth launches collections more from innovation perspective from time to time. Our products are updated with craftsmanship and as an artisan brand, we ensure to keep its luxury element alive that every saree speaks of something special in it. Our collections are available only online at www.muhurth.in.

What are the other designs that you have worked on in the past?

With every upgradation that happened in the Kanjivaram Industry, we pride to have been a part of it pioneering them and the future awaits many more definitely. From design perspective, launching Paithani in Kanjivaram was our notable peek.

Can you share a glimpse of your journey so far as a founder and CEO?

Journey of your has been overwhelming. Lots of new things that we got exposed to. Million thanks to the technology today that helped us reach very quick. We are very excited for the future to tell more stories and share knowledge on this craft.



How to avoid passing your own anxiety to your child

by Ms. Fatema Agarkar, Educationist & Founder of ACE

Parenting comes with its own set of trials and tribulations, and the pandemic appears to have brought out the 'worst-case' scenarios for some in terms of their relationships with their children, and for many, they have emerged stronger. Often when the variables around them change – could be emotional, physical and in many cases financial, the behaviours exhibited change dramatically and drastically, and these are 'straining' times for families. The change does not have to be monumental; it could even be a minor alteration from the path or what was anticipated but the consequent reactions that families undergo on an account of it, adult and children remain long lasting. Parenting with every age group must work with the developmental changes a child undergoes but most often than not, it remains a strategy or an approach that worked historically at times but the anticipation that adults have is that will continue to be useful for any future course as well. Classic error! Owing to Corona, the bedrooms have become boardrooms, entertainment zones and essentially work has come into homes with periods of complete isolation that was not something that people could understand and cope with. For starters, accept these are the trying times and will continue to be in the next 15-18 months, till we become a world free of anxiety caused by this distraction single-handedly. For starters, accepting sometimes will be difficult, it is about how you handle the pressure and find some easy solutions.

As expressed previously, parenting is a dynamic phenomenon that takes effort, consistency and revision from time to time. Some quick strategies that help you get started:

Walk Away:

Be it if you are angry at your house help or staff, work peer or even your spouse, conversations with raised voices and unpleasant tones and words, are not for public viewing or for family consumption. These are your private moments, so take a moment to settle those nerves and let there be private words exchanged. Chances are you will go back and apologize but the family around remains in the dark, and those words linger on without a rationale and become seeds for anxiety. No child enjoys an unhappy environment and one with tension makes them very unsettled to a point of withdrawal or their aggression when faced with similar pressures.

Private conversations devoid of body language attention are not ideal either, so be mindful. Perhaps taking a walk or a shower, or even watching a funny sitcom or listening to music would be a great way to blow off steam. You can excuse yourself and have a private conversation, this will work wonders for the family as the anxiety is not expressed overtly.

There's saying that nothing said in anger or reacted to in anger has ever led to anything meaningful for anyone, so remember this before you express yourselves in front of the family.

Structure the conversations with clarity:

There may be occasions for 'no escape' at times, and these are the moments to brave up and explain yourself to family members and take a moment out to reassure them that you are in control. Transferring the fear on to them, or making them anxious means that you also have to worry about calming them down and the best solution is to remain consistent with the communication, honest about "fearing" something and also letting the loved ones know that often when faced with such challenges, there are also solutions and becoming anxious is no cause for concern.

Crisp communication and sticking to facts:

Remember, poor body language, using inappropriate comments, shouting, screaming and tensing up causes nothing but a loss of control for the family members around you. It's best to have that private conversation with them, share your pain or suffering in a way that is normal and not 'shy' away simply because you think it will hurt them. Depending on their age group, you can always alter the extent of the content that you share – little ones do not need gory details and the older ones can be saved from this as well by structuring conversations as a friend. Remain calm, stick to stating facts and not the emotions around it and get over it. Act as you would lean on a friend, you are reaching out will be less threatening than watching you panic and lose control.

Always, follow this up with conversations that are light and change the mood by doing something as a family that you enjoy together, let them know that the world comprises of moments with different emotions and not everything is long-lasting. It's what you do as an adult that matters to the children, and they want you to be reassured knowing that you are ok, so demonstrate that by being okay!

Seek help:

This world that we are experiencing is not a world devoid of ups and downs and often

when it gets overwhelming, it is best to consult an expert or a professional to help seek guidance. They are trained hands and can guide, and sometimes it can simply take the pressure off!

Have a confidant handy to discuss:

If the route to an expert is not something you are comfortable with, ensure you have at least one or two confidantes – could be a peer or a family friend or even another adult in the family that will walk you through your stress so that you do not pass this on to the children. Their role is to enable you to vent, speaking about it helps immensely and a large part of what you say may help you find some answers.

Maintain a journal; read articles:

Sometimes, the best thing to do is to write down your thoughts. Research, time and time have emphatically documented that writing helps take away the 'sting'. Technology today is an able stress-buster when you can read about how others have handled a particular crisis or a situation and learn from their journey. Be wary of the source though, and ensure these are authentic sites that you are reading from or chatting on.

Ensure that you maintain a healthy lifestyle

Fitness and sport are great stress busters as picking a hobby to get your mind off something for some time. 'Park – it overnight or for a few days' and getting the body to exercise, cooking or gardening can be super therapeutic and help you think through your problem with all the right hormones that rush in, and instantly put you in a better frame of mind to deal with a problem and that relieves your family from the burden of seeing you anxious.

These are some strategies that have worked for dealing with all kinds of challenges pre- and post-pandemic, and parenting isn't a path of extreme surety because the children form a big part of that two-way communication so ensure that your relationship is healthy and open and you are able to compassionately listen and share with your children without 'forcing' it. This means you will have to have family routines and time together enjoying each other's company and not simply 'looking from each other'. It means building relationships and that takes time.



Making Ayurveda a global choice for preventive healthcare

by Rakshit Mehta, Founder of Nanoveda



Ayurveda is the Indian comprehensive system of medicine with an admirable amalgamation of religion, science and philosophy. It has sustained for aeons the onslaught of modern medicine and science. It is an immaculate symmetry between nature and the human body and believing in the essence of prevention rather than cure is its speciality. Today, there is worldwide recognition of Ayurveda and a further accreditation is the establishment of wellness centres as Ayurveda is being fused with modern technology. This blend of age-old science with sustainable technology is garnering attention globally. Various innovations are being dedicated to integrating modern technologies and techniques with Ayurveda.

Many times, modern medicines have side effects and are very strong due to which, there has been a shift to Ayurveda as people have started believing more in humanistic remedies. Using ayurvedic treatment is beneficial in many ways, it is natural and also economical. In India and abroad, many ministries and healthcare institutions have acknowledged and promoted Ayurveda, improving its global presence. Ayurvedic research has increased internationally and the highlight is on it being preventive healthcare.

Be it prevention of any health problem, Ayurveda is always ready for the rescue. Western medicine is all about a cure but Ayurveda prevents health issues and reduces the need to use other strong medication. Be it for our skin, hair, digestive problems, stress or any other health issues, Ayurveda helps prevent damage which would normally have to

be masked up by harsh chemicals and strong medicines.

With the advent and infusion of technology, such as nano, bio technology and latest encapsulation methods, Ayurveda is further promoted globally. For years, Ayurveda was not internationally accepted as a sure shot preventive method or cure but now, health care has a new angle to it and it is safe for everyone to use as it is sustainable and environmentally friendly.

Modern Ayurveda is the impeccable blend of technological transformation and the ancient wisdom of living a healthy organic life. This is what has helped the stalled progress of the Ayurvedic industry gain momentum all over again and garner worldwide recognition as a powerful science. The consumption or at times, the application of ayurvedic medicines is way easier than that of modern medicine and it is also more economical.

Using Ayurveda internationally as preventive health care would surely lead to a boom in the global Ayurvedic market. While looking out for more humanistic remedies to prevent health issues and living a more sustainable lifestyle, modern Ayurveda is the one to choose.

The World Health Organisation has promoted the advancement of Ayurveda. Contemporary innovations fused with Ayurveda will surely help it grow as preventive health care and make it more acceptable globally. Developing awareness amongst people will help them adapt Ayurvedic products in their everyday routine to enrich their lifestyle.



Protein shake – before or after a workout, which one is better?

By: PallavBihani, Founder of Boldfit

Protein is a necessary nutrient for muscle growth, repair, and optimum nourishment. Protein powders and shakes are extremely popular at the moment and are a high-quality source of the nutrient. However, as the founder of a health supplements brand, I'm often asked about the best time to drink a protein shake. Is it better to have it before a workout or right after? Let's get into the subject!

Our body needs daily consumption of a specific amount of protein. The RDA or Recommended Daily Allowance of protein is 0.75-1 gram per kilogram of body weight. It is the amount of protein that a person needs to avoid a deficiency. For most people, especially those who follow a vegan or vegetarian diet, it can be difficult to fulfil this daily requirement of the body. Hence, protein shakes are a great way to supplement the body's protein need. It is important to keep in mind that it cannot substitute the whole sources and should only be supplemented along with whole

sources of protein.

The right time to have a protein shake and reap maximum benefits is a highly debated topic. Many people believe that drinking a protein shake within 30 minutes of a workout is the best way to maximize their workout results. This 30-minute window is the "anabolic window" or the magic window, which is a short period in which the muscles are broken and hungry for nutrition causing the best absorption of protein in this period. The idea is that the body does not effectively utilize protein or build muscles when it is consumed outside of the anabolic window.

So if you are someone who works out regularly, the best time to consume protein shakes for you is after a workout. However, if you do not workout, then you can consume your protein shakes anytime of the day. It is a great idea to drink your protein shakes in between meals to keep hunger pangs at bay.

Whey protein is the quickest form of protein to get absorbed. It takes only 30

minutes for whey protein to get absorbed in the body. It fuels the muscles with the right nutrients and aids in optimizing muscle growth and repair.

However, if you take casein protein, it is advisable to consume it before you sleep. It takes about 6-8 hours for casein protein to get absorbed by the body. Therefore, when you consume casein protein before you sleep, it keeps giving nutrients to the body while you are sleeping and recovering.

Be it health and fitness enthusiasts, or people trying to optimize their macronutrient consumption, Protein Shakes has found emerging usage today. As a smoothie add-in, post or pre-workout drink, or adding into your desserts, Protein supplements are both health and taste enhancers now.

At Boldfit, we offer a variety of vegan protein supplements that are sugar-less, protein-packed, and extremely delicious. They are a great way to meet your body's protein requirement and achieve muscle

Too busy with your work schedule?

5 exercises for working women to stay fit and healthy

By: Swapneel Hazare, Strength and Conditioning Coach, Founder - Shield Fitness

W

W for "women" W for "working" whether they are running the house, functioning at the office or juggling the two.... women are always "working". To help women cope with the amount of work they do here are 5 effective exercises.

1. Squats: The best exercise to develop your quadriceps strength, squats burn more calories per rep than any other exercise. Along with the quadriceps, it hits all muscles of your lower body like glutes, hamstrings, calves and your core muscles

Start with your feet shoulder/hip-width apart (broader of the two). Point your toes slightly outwards (pointing at 11 o'clock and 1 o'clock). Place your hands in front of you at shoulder level. Engage your core and slowly lower your body down. Lower your body as low as possible while keeping the torso upright. Take a slight pause at the bottom and slowly push yourself back to the start position. Make sure you don't bounce/jerk at the bottom of the movement and perform the movement in a smooth and controlled manner. Perform 12-15 reps and 3- 5 sets as per your fitness levels.

2. All 4s to High Plank and Pushups: An excellent full-body exercise that focuses on the upper body.

Get on to your hands and knees on a mat and position your shoulders above your wrist with your hips stacked above your knees. Slowly activate your core by tucking your navel in and engaging your core, lift your knees 1 inch off the floor. This is the starting position. Straighten the legs and get into a high plank position forming a straight line from your shoulder's hips to your heels. Slowly lower your entire body towards the floor until the chest almost touches the floor and come up again to the high plank position. Gradually return to the all 4s position. This complete 1 rep. Perform 10 -12 such reps and 2- 3 sets according to your level of fitness.

3. Lunges with Rotation: A functional exercise that challenges your balance and stability.

Stand in shoulder width staggered stance with one foot slightly bent in front and the other behind (2- 3 feet apart). Make sure your back leg is on the ball of the foot with your



heel raised. This is your starting position. Slowly lower your back-leg knee towards the floor and get as low as possible. As you reach the bottom-most position gradually rotate your upper body to the side of the leg which is in front. Push yourself back up (don't jerk) and rotate your body so that it faces in front. This is one rep. Complete 10 such reps and then switch legs. Do 2- 3 such sets as per your fitness levels.

4. Plank with Arm reaches: A vital spine stabilizing exercise, the plank is essential for lower back health and peak performance in any sport. It is also effective at working the abdominal muscles that are most visible- including the one that makes up your 6 pack.

Get into a pushup position placing your forearms on the floor instead of your hands. Your body should form a straight line from your shoulders to your ankles. Brace your core by tucking your navel in and squeezing your glutes. Slowly lift one hand and straighten it out as if you are reaching out to touch something in front of you and get back to your starting position. Repeat on the other side. Do 10 – 12 reps per side and do 2- 3 sets of the exercise.

5. Crab and Reach: An animal flow movement, crab and reach is excellent for posterior chain activation, anterior chain lengthening and thoracic mobility exercise.

Sit down on the mat with feet placed shoulder wide apart, knees bent at 90 degrees, palms placed under the shoulders and fingers pointed away from the body. Lift your pelvis a couple of inches above the mat. This is your starting position. From here lift your right hand and reach upwards as high as you can over your chest. While doing this push your hips up and twist your upper body to the left to get even higher. Once you achieve your maximum height slowly return your right hand to its starting position and repeat the same with your left hand. Perform 10 reps on each side and 2- 3 sets as per your level of fitness.

The above exercises increase lean muscle mass and metabolism and reduce fat percentage making women stronger, mobile and energetic.

Multivitamins- Is it good or is it just in your mind?

By: Komal Dora

Multivitamins with fruit and vegetables

News stories have reported

that taking a multivitamin might be a waste of cash when it involves heart health. We glance behind the headlines.

Research has found that taking a multivitamin doesn't reduce your risk of heart and circulatory problems.

There are not any shortcuts when it involves nutrition - supplements aren't a replacement for healthy food

The large study checked out the danger of coronary cardiopathy (including heart attacks), moreover as strokes, and also the risk of death thanks to any heart and circulatory conditions. Although there was some variation between studies, overall, the research showed there was no benefit in taking multivitamins when it involves heart and circulatory conditions.

The researchers said: "Our study supports current professional guidelines that recommend against the routine use of multivitamin and mineral supplements for the aim of disorder prevention within the general population."

The British Heart Foundation view

Victoria Taylor, BHF Nutrition Lead, said: "There are not any shortcuts when it involves nutrition - supplements don't seem to be a replacement for healthy food.

"You may well be prescribed a vitamin or mineral supplement by a professional for other reasons, but we don't recommend people take multivitamins to assist prevent heart and circulatory diseases. This review supports our position.

"Rather than taking multivitamins, target eating a healthy, diet which incorporates many fruit, vegetables, wholegrains, fish and unsaturated fats like oil. We all know that this could help to lower our risk of heart and circulatory diseases." The studies that were included were all assessed and deemed high-quality.

This analysis included quite two million (2,019,862) people. The follow-up period was quite long, 11.6 years, making the results more reliable.

The results were adjusted to think about the participants' fruit and vegetable intake, smoking habits, and physical activity

The researchers also made sure the results were adjusted to think about the participants' fruit and vegetable intake, smoking habits, and physical activity, so we all know that these items didn't cause the results they found.

A weakness of this analysis is that only five of those 18 studies specified the dose or kind of supplement that the participants took. Also, the definition of multivitamin and mineral supplements varied among the studies that were included.

The researchers defined multivitamin and mineral supplements as dietary supplements made from quite three vitamin and mineral ingredients.

A strength of this research was that the participants were from multiple countries (USA, France, Sweden, Germany, and Japan), though no participants were from the United Kingdom.

Some studies in recent years have revealed a pair of negatives concerning multivitamins. One is that a number of them may offer you an excessive amount of an honest thing, which may cause health problems. The opposite is that some multivitamins don't contain exactly what the label says, and a few even contain a bit something extra.

Multivitamins are an honest thanks to help supplement a diet for those that don't always have time to buy for fresh vegetables, fruit and whole grains. But most health experts agree that a multivitamin is not any replacement for an honest, well-balanced diet. In fact, if you are doing eat a well-balanced diet, you not only haven't any need for a multivitamin, but you truly can be getting an excessive amount of an honest thing -- especially once you consider that a lot of foods are already fortified with vitamins and minerals. Supplementing the areas where your diet falls short with specific vitamins is also an improved plan if you are a relatively healthy eater.



Photo by Ella Olsson

How good quality yoga mats helps to support your mind and body?

By: Komal Dora

To perform the poses and transitions with fluid accuracy, you would like a yoga mat to stay your feet in situ. Mats are fabricated from a range of materials, but as society has grown more eco-conscious, manufacturers have sought for materials that are sustainable and promote human and environmental safety.

If you're uninterested in using your studio's yoga mats, it's time to induce one in all your own. Finding the proper yoga mat is comparable to selecting the proper pair of jeans—it must fit good. Our bodies are unique, then our yoga needs. Whether you've just taken your first Vinyasa class or you're a lifelong practitioner looking to upgrade, we've compiled an inventory of our favorite mats for every, unique need.

For beginners: Gaiam Yoga Mat

For anyone on a decent budget, you can't get it wrong with Gaiam's yoga mat. This can be perfect for the beginner who wants to ditch the studio's mats, but might not be able to get something a touch more premium. Gaiam offers a good style of color and style options, too. The mat is additionally extremely lightweight, which makes it perfect for toting to-and-from your favorite studio.

If you sweat: Aurorae Synergy 2-in-1 Yoga Mat

The Aurorae Synergy 2-in-1 yoga mat is

an absolute game-changer for anyone sweats enough to risk slippage. The Aurorae Synergy combines a supportive, light-weight mat with a microfiber top layer that absorbs moisture and prevents sliding. The machine-washable mat fends off lingering sweat smells, which makes it a good choice for warm yoga practice.

For the perfectionist: Liforme Yoga Mat

The Liforme Yoga Mat is one amongst the simplest yoga mats on the market. With its unique alignment chart, you'll never need to worry if your hands and feet are within the right position. The markers offer you all the guidance you would like so you'll want a professional even when practicing without a lecturer. This mat also provides a non-slip grip, longer and wider extent, and a new cushion for extra support.

Diagram, schematic: The COVID-19 pandemic is creeping toward its first anniversary, and one thing is becoming clear: this can be the new normal. The maximum amount as you may want to urge back to the gym, you're likely to be out of luck for the subsequent few months, if not longer. But you do not need to—and shouldn't—give abreast of your fitness routine. Studies have linked moderate, regular exercise with reduced illness frequency and an overall improved system. Exercise also positively impacts psychological state,

reducing conditions like anxiety and depression and increasing energy. Heading into a lonely, chilly winter, exercise can be more important than ever, and residential gyms have not looked better. Now, unlike the primary few months of the pandemic, home workout gear is another time readily available online. Just about each piece of kit you like using at the gym, including free weights, rowing machines, and exercise bikes, will be yours—no more sharing or waiting in line. And lots of it's actually pretty affordable, considering the utilization you will get out of it. Ready to start investing in your at-home workouts? Here are absolutely the best pieces of home gym equipment available online, consistent with reviewers.

For the unique yogi: Sisyama Circle Yoga Mat

If you concentrate on yourself an outside-of-the-box thinker with daily personal practice, then consider the Sisyama Circle Yoga Mat. It's all the identical great qualities as a conventional mat—a grippy surface and cushioned support—but it provides a special shape and more expanse for your practice. This is often ideal for daily at-home work, one-on-one lessons, and meditation sessions, but it's also fantastic for mommy and me classes.



Photo by Gabby K

Health and Fashion

LITTLE LUXURY OF JAIPUR

The clothing we choose to wear helps others to form an initial opinion of what type of person we are. Wearing comfortable and fashionable clothes will make your features pop, and help you feel good about yourself. It also boosts up the level of our self confidence. Many Researches have also proved that the way we dress can majorly reduce our stress hormone. Choosing comfortable fashionable clothing with a Little Luxury will have a huge impact on our personality.

Little Luxury is an amalgamation of mindfulness and style in clothing. The clothes are made with absolute love, mindfulness, quality, great design, and sustainable practices. As the fast fashion industry grows exponentially, with covid 19 pandemic in addition to the pollution inflicted on the environment, recreating the design as per the given scenario and strategizing the whole process plays an important role.

Sustainable fashion to me is creating or redesigning the existing fabrics with the designer, so as to yield minimum wastage, says Mrs. Ruchi Marodia, a NIFT graduate and a mother of twins. Cruelty and wastefulness are no longer serving fashion buyers and if designers want to turn a profit, they must change now. She further adds that the fabric should be a full circle and accelerate and simplify the process and form a closed-loop. Mrs. Marodia was inspired by young parents with kids who do not wish to give up on their aesthetic choices of luxury clothing for the sake of dressing their children. There existed a vacuum between the latent desire and offering luxury clothing for kids in India. She aims to assist parents in offering that necessary bit of fitness and glamour to their kids'



wardrobe with the most effective luxury clothing styles. We should be more inclined towards the usage of timeless design, as to cherish the emotions attached to it. In the notion of fashion, everybody loves talking about those classic, timeless, and essential pieces that fit everyone well and be more comfortable and safe. However, the pieces celebrated today as cult objects have not been consumed with the timeless built-in feature. According to her, one of the major icons to take care of the ecosystem and to reduce the resource is making use of sustainable and natural fibre fabric in the long run which should be totally produced. Till date, no one is sure what the future might bring, resources-wise, and how it will impact the fashion industry. She takes environmental factor into account by not using the hazardous chemical in the entire process and generating eco friendly products. Currently, consumers are aware of fast fashion and increasing scarcity for resources in the fashion industry. On the other side of fast fashion, a parasite that replicates and depletes resources, slow fashion is the only way forward as it nurtures and protects the environment. In line with sustainability, she also considers unemployment which would lead to women empowerment and thereby reduction in other forms of resources can be achieved while generating employment for women. Fashion provides fair and equal pay to enrich the livelihood of everyone working across the industry. Little Luxury is quite

influenced by this idea and hence taking all necessary steps to completely venture into it.

About the collection

Jaipur combines the allure of its ancient history with all the advantages of a metropolis. Renowned globally as 'the pink city' Jaipur is a symbol of hospitality. Maharaja Ram Singh of Jaipur painted the entire city pink, that stands as a marvellous spectacle to behold. Jaipur royalty captures the grandeur of Maharanis and Maharajas. A seamless blend of traditional festivals silhouettes the place is curated in soothing gemstone pastels, embroidered with lively childlike motifs giving an opportunity to take along the glory of the city as a souvenir to appreciate its beauty and intrigue.





Celebrity's diet plan

Shikha Singh

Anchor | Content Curator | Conversationalist

Diets are like band-aid solutions, they make you feel deprived. Add to it the fact that a celebrity's high-performance life doesn't look the same from one day to another, how are you then supposed to stick to a meal plan for days?

A lot of Celebs take pride in eating clean foods but hello! Are you aware about nutritional deficiencies that might still exist? There is no one-size fits all diet. Your health needs are just as unique as YOU and your passion is! Food is supposed to bring you joy. The approach of calorie-counting diets fails miserably in a celeb's fast-paced life with frequent travels and long hours of juggling multiple roles.

The best and most scientifically proven diet plan is a nutritious and a balanced lifestyle change that consists of 65% carbs, 25% lean protein and 10% fats with an abundance of vitamins and minerals. You support this by eating small meals more frequently (four meals, four fillers & exercising at least 4 times a week), by drinking lots of water and getting a good night of sleep. Insomnia is the greatest pandemic after all. Top up the above with dietary changes, supplements and detoxes where required.

Nutrition is a priority but boring so isn't on the list. For celebs who are constantly on-the-go, one raw meal seems like a realistic commitment to make. Add lots of greens for micronutrients, healthy carbs and fiber, coconut and pure peanut butter for healthy fats. For proteins, try Ace Blend, a premium, plant based source of complete proteins. Add 10 grams of multi – greens (Ashwagandha, Amla, Pure Chlorella, Organic Barley Grass and Organic Spinach) and natural antioxidants (Natural Tomato Lycopene, Grape Seed Extracts and Green Tea Catechins) and it means that you've started the day right!

Let's recapitulate a few basics for you household names!

Water: A 'secret tool' to weight loss, water is also one of the easiest ways to look younger. 2-3 litres of water every day especially in hot cities such as Mumbai to tackle dark circles, acne and hair loss, is a must. Even a 2% dehydration in your brain can affect your memory skills, cognitive behaviour etc, so why to compromise on its intake?



Juice: 1 glass of raw vegetable juice is very good for the body. Coconut water, kokum water, jaljeera, chaas are other beverages to go for.

Food: Eat a little portion of food after every 2 hours gap. Your body is like a car. It needs fuel. Listen to your body, it gives you signs. Do not obliterate carbs from your diet. Practice moderation in everything. Fruits and vegetables are loaded with fiber, which can help in easy bowel movement, make you feel fuller, so go for them.

Milk: Avoid consuming milk & try switching to nut milk.

Sugar & lactose: The spotlight heroes practice sugar-distancing already but for the ones who've real sweet tooth, switching to healthier alternatives by using stevia-based sweeteners (also known as Meethi tulsi in India) or a non-refined raw coconut sugar as they are

100% natural, helps. Nature itself has given us great sweet fruits, mangoes can be a great fruit to eat as a sweet. Eat your mango, don't drink it. Always eat a fruit as a filler in between meals. Have curd set with raisins, dates or dry dates (Khajoor) as your dessert.

Since summers are in full-swing all over the country, you can guilt-free dig into seasonal goodies. Take a look at some Summer Tips here!

For lunch –pair your Dal, sabzi and chawal with some yogurt (if you ain't a vegan). Instead of cooked sabzi, do a salad and instead of cooked dal do sprouts. Mix all of these up in one big bowl and have it chilled. Remember, happiness starts from your gut! Serotonin is released by the gut, and not the brain. If you're eating wrong, your mood automatically dips and at your position a good mood with a deep breath, is elementary!

Put Sabja seeds in your first litre of water in the morning. Keeps your system cool.

Take 1–2 tablespoons (15–30 ml) of Apple Cider Vinegar (ACV) with water first thing in the morning, also remember to gargle off any traces of ACV left in your mouth. This can support the internal system of your body in numerous ways and can even make your skin healthy. You may keep experimenting with your detox drink by say taking lemon juice mixed with water too.

Make empowered diet choices for yourself, in any situation. It's a given some cheat meals are allowed, just remember to splash it with an extra class of your favourite workout training. Happy nourishing, you stars!

skincare products you should stop using in the summer

With summer quickly approaching, you may want to reconsider the skin care products you use on a daily basis, particularly because some moisturisers and makeup products may be a little too heavy (not to mention greasy) for everyday use. From facial oils to retinol, here are seven things you can stop as summer begins:

1] Stop using facial oils- When the weather starts to warm up, it's probably a safe idea to discontinue using oils in your skin care routine. The higher the temperature and humidity, the more oil your face produces. So I recommend you don't use oils during summertime.

2] Give a rest to your facial scrub- Exfoliating facial scrubs with a grainy texture are harmful to your skin. And even more so in the summer. The abrasions caused by the scrub can cause burning and irritation especially in the summers due to excessive sweating.

3] Stop using thick moisturising facial masks - summer is an ideal time to replace heavy masks with chemical exfoliating masks. Exfoliating masks contain acids, which can be too harsh for drier winter skin. Speak to your dermatologist for a recommendation of a good exfoliating mask. If you do want to use a heavy moisture mask, you could still do so by using it only once a week at night.

4] Stop using a heavy oil based foundation- People with and without Acne-prone skin experience increased oil production when the weather warms up. Hence, Make certain that your makeup is light and non-comedogenic. Now is an ideal time to swap your oil based foundation for a mineral based foundation. Mineral makeup will not clog pores.

5] Give rest to your winter body moisturisers- Moisturiser is one of the most important measures in any skin care regimen because it keeps the skin moisturised, the skin broody intact and free from itchiness, especially in the winter. Thick winter moisturisers can be overwhelming for the skin in the summer, causing excessive sweating and can even clog pores on the body leading to boils. Thicker facial moisturisers should also be given a rest and you could move to moisture gels or thermal spring waters in the summer to avoid clogging pores and acne flare-ups.

6] Avoid greasy sunscreen- This is a tight rope walk. In the summers, you want a good sunscreen with good UVA and UVB protection factors, something that will not melt away with your sweat and yet not be greasy or visible! Some sunscreens can be quite heavy. Zinc oxide and titanium dioxide are two common ingredients that cause a white cast on the skin. Fortunately, those ingredients are now being reformulated into more mattifying versions that are ideal for oily skin types. Speak to your dermatologist to find the perfect non greasy sunscreen offering the highest sun protection.

7] Stop using creamy cleansers- While cream cleansers can be a great source of moisture for dry or sensitive skin, they aren't always the best option in the summer. High temperatures cause more sweat, dead skin, and oil to accumulate on the surface of our skin, resulting in a dull, sallow complexion. To combat this, use cleansers containing glycolic acid, lactic acid, or salicylic acid. These ingredients can help exfoliate your skin gently and promote new collagen growth. To find out which of these acids are best suited to your skin, consult your dermatologist.

Conclusion- It is important that we take the best care in our skin throughout the year,

and especially in the summer. Above, I have mentioned the 7 things that you must change in your skincare routine as the summer sets in. We must remember that there are many different skin types and all types respond differently to every weather. Although what I suggested here is a good general measure, it is always best to consult your dermatologist well before the summer sets in to formulate or tweak your summer skin care routine, so you're ready to take on the summer and enjoy this beautiful, sunny, picnic weather without a care in your mind!



Foods that helps to control cholesterol levels



There are a lot of people suffering with higher cholesterol levels and it is actually a pain. There are plenty of foods that you can eat to lower your cholesterol levels

1. Dark Chocolate- Dark chocolate is known for several health benefits. When it comes to high cholesterol, dark chocolate carries a powerful weapon and that weapon is cocoa, believe it or not! Cocoa is the main ingredient in dark chocolate.

The reason it is so effective is that it protects the bad cholesterol in your bloodstream from oxidation. If it did it, you will be risking heart disease. Along with reducing bad cholesterol, it helps to decrease blood pressure in the body. So, if you like to try healthier options, put down chocolate bars and start eating dark chocolate instead.

2. Avocados- If you are suffering from high cholesterol, start eating avocados. Avocados are packed with a bunch of both fiber and unsaturated fats. These nutrients battle against bad cholesterol, ultimately making you healthier. Those who eat avocados experience a great decrease in cholesterol comparative to those who don't eat. According to a study, Avocado helps to decrease LDL by 22%. Even if your cholesterol level is healthy, you can still eat avocados. They hold a ton of other great nutrients including potassium. They help to boost your eyes, lowers the risk of certain cancers.

3. Tea- If your cholesterol is on an unhealthy level, it is best to start drinking tea. You can go for different kinds of teas including black tea,

green tea and white as well. Tea carries ingredients called catechins which help to keep your blood pressure to normal and maintain cholesterol levels in your body.

4. Kale- If your cholesterol is bad, you have no option to be choosy. Kale contains lutein, it is a type of carotene known to lessen the risk of heart disease. Carotene in general serve as antioxidants which relieve your arteries and kill free radicals. Lutein located in kale and other green leafy helps with the main levels of cholesterol preventing it from accumulating in your artery walls.

5. Olive Oil- Extra Virgin Olive oil is another cooking item that is strongly recommended for decreasing high cholesterol. It contains monounsaturated fatty acids. The consumption of which is linked to the state of your cholesterol. If all your intake is healthy, it helps to increase your HDL, lowers your LDL. Olive oil also reduces the risk of heart issues.

6. Carrots- Carrots are staple vegetables that are healthy and linked with lowering cholesterol levels. Carrots are rich in fiber and antioxidants. Just a single cup of chopped carrots carries 4 grams of fiber. Carrots are soluble fiber that lowers your bad cholesterol. This helps to maintain a healthy heart. Intake of carrots prevents cardiovascular diseases.

7. Fish- Fish contain omega 3 fatty acids, that increases the ability of

good cholesterol. It decreases the risk of cardiovascular disease and less risk of developing metabolic syndrome.

8. Garlic- Many of us see garlic nothing but a simple cooking ingredient. But in reality, it is so much more. Garlic has been used as a medicine as well. Garlic contains plenty of powerful compounds, the most important is allicin. Allicin is linked to lowering the levels of cholesterol.

Conclusion-

To maintain cholesterol levels in your body, eat healthy meals, include above mentioned foods in your diet, avoid oily foods and most important exercise to stay fit!

About the Author **Dr Archana Batra** is a dietitian, physiotherapist, and a certified diabetes educator. Dr Archana has 12 years of experience in nutrition and diet counselling. She believes in maintaining healthy eating. Her specialization is on weight management diets and diets related to metabolic disorders like diabetes, high cholesterol levels, and hypertension etc.

Archana Batra's Diet Clinic, Gurgaon



COMPASSIONATE, YET PASSIONATE!

Hailing from a long line of jewellery families in India, **Arvind Katrela** was the first to explore opportunities in the direct retail segment of the industry with a vision of creating an identity for his brand and himself in a market that already boasts long-standing names. Keep reading to find out more this successful man.

JCS Jewel collection, was a mere startup back in 2013. Many brain-wrecking ideas and sleepless nights gave him success along with dark circles. Establishing a brand name is not an easy never easy and takes dexterity along with fire of passion to make you brand appear on bags, newspapers, and posters. JCS is now an established player in the market, with only profits over the years. He strives to create a unique experience out of jewellery shopping with the idea of expanding into experiential product consulting, He struggled a lot to create a brand that feels "home" to the customers, rather than discombobulated.

Who inspired you to start the business and what were the incumbent steps taken to business start and make it big?

Having a degree in commerce and coming from a family of pawn brokers, who later ventured into jewellery business, you could say that business has always been in my blood.



Being into pawn broker business for a long time, it was sudden change into field of jewellery when my dad gained interest in silver jewellery, which marked our first investment in the silver market. Later when we ventured into the gold business, we introduced a new technique called 'machine-cut'. Soon after, we became market leaders in crafting impeccably unique chains.

People have different goals and ideas for business, what motivated you to enter the jewellery industry?

I was inclined towards making my own jewellery and being the best at it. As a 12 year old I spent most of my time at our silver shop on festivals like Diwali and Akshaya Trithiya, looking at the designs people like, and trying out my own miniature versions later on. I had no doubt about my entry into the jewellery business, because the energy and enthusiasm I put into each piece determines the distinctive quality of our one-of-a-kind jewellery designs.

Every business has its own ups and downs, what was yours and how did you make it out?

Starting a boutique and competing against the existing stores was a huge challenge for me, clear vision, determination and a perfect action plan can help one overcome hurdles, these are the main contributors to my success making me one among the market's best players.

If you had to name one person as your role-model who would it be and why?

I am inspired by the person in the mirror. Every day I keep growing as my business continues to grow. I have realized to learn from my mistakes. Take pride in what you do, confidence and self-love can take you places.

How would you distinguish your business from others?

I often ponder as a zealous reader of Indian history and culture, the jewellery my design may not be deemed ethnic but has a very distinct Indian flavor to it. It's for all the women in the world. Jewellery is meant to make the person who wears it the centre of attention. To make it possible, bold and dramatic

jewellery are best options, which are really dexterous. Yet, I try to make miracles happen.

Your business mantra?

Being distinctive is the key. Upon entering our store, you might find some unique yet attractive jewellery, that are found no where else.

What would you call as the key factor for a successful business?

The profit or loss is not what always accounts for a successful business; it is also the customer satisfaction. Customer satisfaction is the key for the success of any business venture.

Can you brief us about your jewellery collection?

Our expertise lies in temple jewellery,

"North Indians trying out temple jewellery and South Indians are trying the Jadau jewellery, not only states inter-state relationship but also is an attractive trend"

Jadau jewellery, and designer diamond Jewellery and designer gold, platinum and silver jewellery.

Steps taken to establish a successful business despite the heavy competition?

Giving sole priority to customer satisfaction is reason why my company has grown to become one of Chennai's most successful boutique showrooms. I believe that a customer's satisfaction begins the moment they step out of their car, the experience they have should leave a remarkable memory every time they consider purchasing jewellery from our store. The warmth and comfort they experience at our store should always be a memory.

What are some of the recent trends the customers prefer?

Customers who follow influencers and social media are more willing to try new

things. Customers active on social media tend to experiment various types of jewellery to make them stand out from the rest. I think it is a nice trend - people are trying things that they never did. Change is essential for business as well. Hence we always keep our collection trendy.

Any up comings and your forecast about the trends in jewellery that the people can look forward to?

Lately there has been a lot fusion and customisation taking place. North Indians trying out temple jewellery and South Indians are trying the Jadau jewellery, not only states inter-state relationship but also is an attractive trend.

Any upcoming expansions in your business?

Yes, we have plans for expansion in the coming year (2022).

Any upcoming collection or designs too look out for in JCS?

No spoilers, but we do have something exciting coming up.

How do you manage your work life balance?

My wife Jayshree, who takes complete responsibility of the household, allowing me to focus on my job. My children are old - enough to look after themselves.

Despite all the mess, I try my best spend quality time with them. But I must mention that my wife has been my constant pillar of support.

A few words to the young entrepreneurs out there?

The initial years will always be difficult so never lose hope, and be consistent. Most importantly believe in yourself. Good things take time.

Any words for the fashionistas out there?

We have unique collection of jewellery at our store which you won't find anywhere else. I welcome all the influencers to come try it for themselves. They will definitely love it. I promise you won't be disappointed.











How to deal with hair loss caused by cancer

Cancer comes with a lot of concerns on the sidelines, varying in the degree of distress perhaps. Hair loss is one such related distressing side effect. The probability of facing hair loss is high if you have to undergo chemotherapy or radiation therapy. With due intervention, in most cases, you can have your hair back. A very small fraction of people who undergo chemotherapy, may not be able to regrow their hair. This is due to some specific drugs that increase the risk of permanent hair loss. It is not cancer in itself that causes hair loss, but the chemotherapy or radiation therapy and accompanying medications that lead to this situation.

What does chemotherapy actually do?

The drugs used in the therapy are very powerful formulations that attack rapidly growing cancer cells. However, what happens on the sidelines, unfortunately, is that these drugs also attack other healthy cells in your body — including those in your hair follicles. And it's not just the follicles on your scalp, but also in other parts of your body – eyelash, eyebrows, armpit, pubic and other regions. Hair thus falls out.

Hair loss could be one of the side effects of such therapy, that you may face. Usually, hair may start falling out 10 to 14 days after you start your treatment. It then continues through the course of your treatment and for a few weeks afterwards as well. You will notice, hair thinning, hair fall and perhaps scalp tenderness as well.

Effect of Chemotherapy/ Radiotherapy on Hair

Both radiation therapy and chemotherapy can affect your hair. Radiotherapy concentrates on a specific region for treatment. Its side effects, too pertain mostly to a particular region, unlike chemotherapy. If you have radiation near your head, you are most likely to lose hair on the head.

The amount of hair loss and its regrowth will depend on the treatment. Different types of radiation and different dosages will have different effects on your hair, with very high doses that may even lead to permanent hair loss. As regards chemotherapy in most cases it is temporary hair loss.

Dr. Apoorva Shah, Founder of RichFeel and Pioneer of Trichology in India shares some advice on how to tackle hair loss caused due to cancer.





Photo by Thirdman

Hair loss cannot be prevented completely in such circumstances, but can surely be managed.

Pick a hair care regimen, in consultation with your hair doctor, that would help maintain and promote hair growth.

Stay away from commercially sold shampoos that are strong and contain chemicals for fragrance, alcohol, or salicylic acid. Use prescribed hair care products only, as guided by your Trichologist.

Stay away from using styling equipment and products. No perming or straightening for a while.

Avoid hair colouring. Hair colours contain peroxide, ammonia, forms of lacquer, and other chemicals that can irritate the scalp and damage the hair.

Do not use hot rollers or straighteners, or any such equipment that applies heat on the hair shaft.

Use a soft-bristled hairbrush and comb gently.

Towel and air-dry your hair after a wash. Avoid blow dryers.

Go for a shorter hairstyle for a few months. Shorter hair won't lie flat on your scalp and will give a fuller look.

Do not wear tight headgear or wear your hair in any tight manner that can put a strain on the hair follicles. Hair shouldn't be tugged.

Do consider going in for customisable hair systems. Not wigs. Your hair doctor and a professional stylist can help you get one that will suit you and your lifestyle best.

Make the best of your look! Don't let your tresses stress you out, making matters worse! Leave your hair worries to your Trichologist and rebuild your confidence & life!

How can a Trichologist help?

Your Trichologist is the most important person for your hair needs especially when you are out of your cancer treatment. Be it any hair and scalp related concern that has been triggered by your entire experience with the disease, the Trichologist is the right person to approach, to draw a clear diagnosis and guide with a way forward.

“Stay away from commercially sold shampoos that are strong and contain chemicals for fragrance, alcohol, or salicylic acid. Use prescribed hair care products only, as guided by your Trichologist”

At RichFeel, we have pledged to help cancer patients get their confidence back. Through the Look Good Feel Better and Drop the Scarf programs, RichFeel enriches the lives of the cancer patients, providing newfound confidence, while recognizing those who have supported them all the way. Through these initiatives, free external application for patients who have undergone chemotherapy and free hair systems for patients who have undergone radiotherapy is given.

What is the right time to exercise? Does a morning session gives the best result or a relaxed session in the evening time post all the routine activities? Lot of times we hear our elders say about starting early, exercising and eating good so that one stays activated for the rest of the day.

Well it all depends on how one feels while exercising during any time of the day. Some are night owls who like to sweat it out during late evenings and feel the laziest in the morning whereas some are early birds who like to start their day with a good dose of exercise and get ready for the rest of the day. Some however like to sweat it out any time of the day basis their time availability.

The truth is that there is no time of the day that can be termed as best to exercise as everybody is different and what influences most is how one feels while exercising. One must choose a time of the day one can stick to, so that it becomes a habit.

Lot of people who work in multiple shifts or have irregular work hours may not be able to stick to one time, hence it becomes important that one exercises as and when one can and not wait for that particular time of the day to get going.

Body clock plays an important role especially when one is working in multiple shifts, one must follow the body clock to be able to exercise well. Good diet and sleeping patterns are the two other important factors that keep one motivated; hence, providing equal importance to both is a must requirement. Set a number of hours for exercise every week, one may divide these hours basis how one is placed during the week but this helps one to stick to the time devoted to exercise.

Body temperature plays an important role to get one ready to exercise. A cold body leaves muscles stiff and is more prone to injury whereas a good warm up body allows muscles to stretch better. Usually body temperature increases during the day that allows for increased endurance and enhanced performance. One

Irregular work hours should not stop one to move towards a fitter life.

must warm up well before they start exercising, especially if done during the morning or evening.

If one is working both in the day and night shifts, one must try to find time before leaving for work or post the shift ends just before taking that nap. If one is working a few days on longer shifts and a few days off, combining an intense strength building routine on 'off days' with light exercise routines on long shift days can help one stick better to the schedule. One may not be able to hit the gym all the time instead do a simple workout at home just before the work shift starts or ends.

Make time to work out at least for those few minutes at home, do some own body weight exercises, try exercise equipment's that are easy to use such as a suspension trainer or kettlebells to perform simple exercises. A sample circuit can be as below:

1. 2 handed kettlebell swings
2. Body weight push ups
3. Suspension trainer rows
4. Burpees
5. Body weight squats
6. Climb the Stairs

For 30 seconds perform first exercise followed by 15 seconds break and then for next 30 seconds perform second exercise followed by 15 seconds break and continue the same until the sixth exercise. Once all the exercises are performed – one circuit will be completed, take a 3 minute break. Complete the circuit for 3-4 times. One can modify as per the conditioning level.

One must also remember to warm up and stretch well before exercising and cooling off post the workout again with some stretches.

Also small changes in daily habits like climbing stairs instead of taking an elevator, walking that extra mile, replacing that soda or latte with green tea, black coffee etc. can go a long way in building the body for life.

To conclude what is most important is sticking to an exercise schedule no matter what the time of the day it is. One must be ready and feel good whenever exercising, as that is what matters in the end and gives one the best results.

Beat those crazy hours at work with determination to complete those exercise hours during the week now and see the improvement in results!



Photo by CATHY PHAM

"How aromatherapy proves to be an antioxidant for stress."



Essential Oils are also known as the fragrant pharmacy. Our mind, skin and hair all benefit from the pure essential oils. They make excellent stress busters and hence can be aptly called an antioxidant for stress.

When these oils are applied topically, they not only benefit the skin but also penetrate inside to be absorbed into the bloodstream where they infuse more intense therapeutic benefits. Their odoriferous molecules are inhaled which means the essential oils can affect us on an emotional and mental level as well. How wonderful is this. There are certain oils that help to calm our mind and improve our breathing.

Everyone in this world is under some kind of stress. Mental health is as precious as physical health. One has to identify the stress that is bothering and then choose essential oil synergistic blend to act on mind.

Let us distinguish between different kinds of stress. It may be positive stress, normal stress or a distress. It is very important to understand the kind of stress one is facing.

Positive Stress

Positive stress makes us leap higher and excitedly take on tasks & challenges on hand. This calls for oils that keep us focussed and our mind elevated to face the challenges and let the creativity flow.

This positive stress is caused when we try to achieve something for example stress during exams. In this case we want the oils to help us focussed and relaxed.

A blend of following oils or individually these oils can be used.

Geranium, Lavender, Basil, Sandalwood, Bergamot, Patchouli and Cardamom

Normal Stress

Normal stress occurs when our body performs its functions for survival as a response to circumstances. Most of the time it catches us unprepared. For example, when in a car

accident there is a rush of adrenalin in the body. It may lead to our heart pounding or heart shivering. Sometimes the trauma lingers for days. In this situation we need to normalise our body and mind.

The following oils are very good individually or as a blend to uplift our spirit and normalise an anxious mind

Bergamot, Grapefruit, Neroli, Palma Rosa, Lavender, Lemon, Ginger and Rosemary

Distress

Distress is another level of stress that happens when our normal stress becomes chronic, and as a result one loses hope, willpower and energy. It often is associated with feeling of frustration and guilt.

These are the oils that one can use for distress situation;

Pettigrain, Clary-sage, Lemon, Marjoram, Neroli, Nutmeg, Roman Chamomile and Lavender.

Now you all must be wondering how should you use these oils. For all kinds of stress a bath after work every night works wonders. Simply add 8-10 drops of your favourite oils to the bath.

You can also make a blend of essential oils in a carrier oil that can be massaged on to the body gently for 5 minutes before shower.

These oils can be used in a diffuser (it can be electric or candle) to diffuse the energy into the atmosphere.

One can also sprinkle a few drops on a handkerchief or pillow cover to let the fragrance enter the nostrils and blood stream.

So don't stress out and make yourself a priority. Watch your body and keep away from people and situations that alleviate it.

By Pooja Nagdev

Co- Founder, INATUR

All you should know about Covid-19 Vaccine and Pregnancy

by Dr. Aruna Kalra

Senior Gynaecologist and Obstetrician at CK Birla Hospital, Gurugram)

Since the COVID-19 vaccine has started rolling out, there is an urgent need for pregnant women to look at their medical histories and the factors that can be risky in order to determine if they should get the vaccine shot. The studies and experiments that were conducted to examine the efficiency of Covid-19 vaccine did not include pregnant women and that is why very little data is available to work with.

As per the Advisory Committee on Immunization Practices (ACIP) recommendations, prioritisation of covid-19 vaccine allocation has been done.

Phase 1a- health care and frontline workers and long-term care facility residents

Phase 1 b- persons ≥ 75 years of age and frontline essential workers

Phase 1c- people between 65-75 years of age, and 16-64 years of age with high-risk medical conditions INCLUDING PREGNANCY and other essential workers.

High risk medical conditions outlined by CDC (Centres for Disease Control and Prevention) include the following-

Pregnancy,

Cancer,

Chronic Kidney disease,

COPD,

Heart conditions,

Immunocompromised states,

Obesity,

Smoking, and

Type 2 Diabetes.

COVID 19 vaccines should not be retained from pregnant women who meet the criteria for vaccination based on ACIP (Advisory Committee on Immunization Practices) recommendations.

The Covid-19 vaccine is unlikely to reach the placenta so the it is not supposed to cause any harm to the baby. It is also believed that the

vaccine would not cause situations of miscarriage, infertility or any harm to the mother or baby.

While safety data on the use of COVID 19 vaccines in pregnancy are not currently available, there is also no data to indicate that the vaccine should be contraindicated.

In the end, it is totally upon the pregnant woman if she wants to get the vaccine shot or not. It is very important to consider all risks and benefits attached to it. Also, one should consider their medical history and health conditions like lung disease, diabetes, obesity which may increase the risks. Before taking any final decision, the pregnant women, who are considering to get vaccinated, should necessarily consult their doctors first.

Post vaccination Phase

After getting the Covid-19 vaccine shot -

Pregnant women who experience fever following vaccination should be counselled to take Acetaminophen. In pregnancy it is safe and it does not seem to impact the antibody response to COVID 19 vaccines.

Two dose regime of same vaccine product should be completed

In pregnant women, COVID 19 vaccine should not be administered within 14 days of receipt of another vaccine. Vaccines including Tdap and influenza should be deferred after administration of COVID 19 vaccine.

Anti-D should not be withheld from an individual who has recently received COVID 19 vaccine or is planning to get one. It doesn't interfere with the immune response.

Covid-19 vaccination is highly recommended for non-pregnant women. If an individual becomes pregnant after getting the first dose of COVID 19 vaccine series, the second dose of Covid-19 vaccine should be administered as indicated.

A HUGE REFORMATION IN HEALTHCARE AND BUSINESS

Dr. Karan Goel shared about his childhood, schooling, education, and the challenges he encountered to pursue his career in cardiology and in establishing the most trusted brand called Keva Industries. Dr. Karan Goel has engraved a watermark in the history of Healthcare Business, through his endorsements and laurels that arrive in stacks and hurdles every day. Over the past eleven years, he has reached new horizons, resolute dedication and yearning passion; making him the CEO of a leading direct selling company dealing in world class health, Food, personal care, home care, FMCG, Animal and Agricultural products. Keva Industries is an ISO 9001-2015 certified company that is ranked as one of the most trusted brand name & a conglomerate in Healthcare sector in India. It has a dominant network footprint overseas contouring as one of the world's largest Natural Healthcare company ever since its inception backed by a strong track record of innovation. Keva Industries has carved a niche for itself & today it is rated as the foremost name in Direct Selling Companies. In addition, the company has 50 copyrights, trademarks and patents. Keva Industries is a legitimate business opportunity and it follows Direct Selling Standards as per Government of India. Dr. Karan Goel is a sterling example of entrepreneurial determination and the self-belief being a rare combination of a magnificent mind with expertise accomplishments. Dr. Goel was conferred the 'Distinguished Services Award' that was bestowed upon him by Her excellency Ms Prathiba Devisingh Patil, then Hon. President of India, for outstanding contribution in the field of Cardiology. A multi-faceted personality, Dr. Goel is a connoisseur, who takes interest in different activities that enrich and enliven life. Keva Industries is also inclined towards Corporate Social Responsibility & contributes greatly towards the community and society. Edited excerpts follow.

How did this journey start?

The young & dynamic, **Dr. Karan Goel** is a sterling example of entrepreneurial determination and self-belief being a rare combination of a magnificent mind with expertise accomplishments.

During his graduation he explored immensely in Direct Selling Industry with diligent determination for a span of 5 years globally from USA to Europe to become able to render the most efficient, competent & prospective Direct Selling Business Model for Indian people. He persisted for a dream company like no other on earth: a company that metamorphoses lives

through its amazing products and ever growing business opportunities.

After graduating from San Francisco State University, USA, he joined the Aarhus School of Business, Denmark to explore diverse academic pursuits. After a year, he joined a company called Droisys Inc. in San Francisco as a management analyst to Pharma & Biotech companies. During the same time, he worked as a local affiliate for an NGO named Delta Sigma PI in USA to convey a message that a person can do everything if he/she gets right training, education & accommodation.

Dr.Goel moved back to India and joined his family business and later he started a healthcare business by the name "Keva Industries" with a strong vision of providing people with financial freedom & healthy life. A multi-faceted personality, Dr. Goel is a connoisseur, who takes interest in different activities that enrich and enliven life.

What encouraged him to start his Business/Profession? His detailed career profile.

Earlier Dr Karan worked with NGOs with a vision to bring awareness and to improve scientific understanding in Stem Cell field for finding cure of the incurable diseases by integrating all the sectors like doctors, patients, scientists, legal bodies, business people, students & NGOs etc and got an idea to open a company with segment of Ayurvedic/ herbal products. And named his company the 'Keva Industries' as he wanted to step in the healthcare business. I wanted to make the benefits of all our products to reach every customer through a well-defined distribution channel and to let the distributing leaders succeed ahead in business development by awarding promotional plans in monetary terms with an abundance of material possessions and wealth.

What type of Struggles/problems did he face in his life?

Changes & difficulties are the other name of life for him. They are bound to happen, but if your values are intact, nothing can stop you. Taking such attitude in life he passed many hurdles like establishing new business & promoting the marketing concept through direct sellers. Train people from different backgrounds and retain them as your consumer and business associates.

Whom did he consider his inspiration/Idol?

Dr.Goel's family is his support always. His father is his inspiration and he is the one who always kept him motivated in all his endeavors.

What makes Dr. Karan Goel unique as a person?

He is not only a dreamer he is also passionate about his goals. He believes taking initiative and risk; looking out for opportunities; being resourceful; tapping into interests; thinking flexibly, creatively, critically and independently; questioning; working with a team; having a sense of wonder, of adventure and of determination are the major personal attributes. He is always open to them.

What are the biggest risks he has taken to achieve his goal?

He believed in himself and coined a company Keva Industries from just 5 products in Healthcare. When he started he has no team except 2 researcher fellows and few in operations. He didn't join any job or his family business. And today there are more than 450 products in the basket.

How he identifies the opportunity in the market?

Customer Survey and feedback is the best tool to identify the opportunity in the market as they are into FMCG & healthcare sector.



Awards and achievements of Dr. Karan Goel

Mr. Goel was conferred the 'Distinguished Services Award' that was bestowed upon him By Her Excellency Ms Pratibha Devisingh Patil, Then honourable President of India, in President House, for outstanding contribution in the field of Cardiology in World congress on Clinical, preventive & Geriatric Cardiology held between 19th - 21st Sep 2008.

Best Citizen Award For Bharat Vikas Conferred to Dr. Karan Goel

Dr. Karan Goel Facilitated with the CEO Of the Year award in South Asia Pacific Healthcare Summit & Business Awards 2019.

What life lessons does Dr. Goel follow?

Make yourself necessary and you will always be needed. Walk your own path Don't mind other people's aspirations, don't ever let someone else's goals and dreams influence your vision of life. It's your path and you decide where it takes you and how long it takes you to see it through.

Keva Industries is also willing towards Corporate Social Responsibility and it contributes greatly towards the community and society. Keva operates meeting the unique needs of people in a powerful way in every market and every community through NGOs. Keva has a long history of sharing with the communities, both through volunteer efforts and charitable contributions where it does business. It is a growth oriented and socially responsible corporate through it's highly potential and effective business ethics, committed teams and satisfied customers. This down to earth, yet perfectly talented and hard-working businessman has established numerous accomplishments in his field of choice already and still has a lot more left to offer.

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Nikki Galrani-

The Woman who lights up her own sky

Nikki Galrani is an upcoming Indian actress widely known for her role in Darling alongside G.V.Prakash in the comedy-horror film. This talented woman is not only an actress but also a model. She made her debut through the Malayalam language film 1983, with the girl's heartthrob, Nivin Pauly. Galrani made her acting debut in August 2013. She signed her first film to play the lead role in Ajit the Kannada remake of the Tamil film Paiyaa after an audition. Little did she know she had movies lined up? In the blink of an eye, Nikki has acted in over 30 movies. From making a cameo to being the second lead to becoming the main lead, she has made a name for herself. Excerpts as follows:-

What describes "Nikki Galrani" the best?

If I were to describe myself in a phrase, the phrase would be "a ball of sunshine". I am basically high with energy and I love making others feel the same way. It's more like I'm radiating my happiness to them and they absorb it.

How do you maintain your work-life balance?

I believe balancing life as it is, is important. I have to say that I am blessed with an amazing group of friends and family. They support me through my hardships and it's their smile and the trust I have in them knowing that they'll have my back no matter what keeps me going. I cherish every moment I spend with them because, during a shoot, I'll be gone for days and it's these memories that boost my energy.

With the COVID 19 pandemic, how are you managing your work?

Work has taken the backseat for everyone. The film industry did suffer. But I guess, adapting to the new normal while maintaining social distancing is a new experience. I have finished filming 2 movies post lockdown, and I must say I'm glad that the sectors are picking up.

Was being an actress always something you were interested in?

To be honest, I never imagined becoming an actress. It just happened and I often say "it was meant to be this way".

How do you manage the stress of your work?

I am kind of a patience equipped person. I'm not the type to feel pressured easily. But there are days when I'm stressed and my lovely pets help me get through it.

How does a day in Nikki Galrani's life like?

During shoots, I'm up early, I get back home late spend time with my pets, probably have some friends for dinner, and hit the bed. During the days with no shoots, I like to travel, spend time with my parents, and hit the gym.

Your workout regime

Lockdown made me a fitness freak. I like to challenge myself so I like to do functional training and probably try to gain some muscle. I don't particularly have a fixed workout regime.

You favorite designers

Gucci, Sabyasachi, Louis Vuitton, the list goes on. I like certain designs from certain designers.



Celebrities that you have enjoyed working with in the past with?

My co-stars have been super sweet and the shoots have always been fun with them around.

In the past, did you face any issues as a woman?

I feel the problems women face never stop. I am scared to step out at night without my dad or brother by my side. Back from the shoot, I have a whole crew accompanying me, because I didn't feel safe.

Words of inspiration for the young women out there who are interested in becoming an ac-tress?

It's not a piece of cake. If you're sure this is your cup of tea, go for it. Be persistent, because there are a lot of talented people out here and it only gets tougher. But never give up.

In the past, have you received any criticism? If so, how do you handle it?

Definitely. I am my own critic. I have been criticized for my weight gain, sometimes for my acting and I personally feel criticism is all about the way the individual decided to perceive it. Criticism can be healthy too.

How do you maintain a professional life without affecting your personal life?

CATEGORIZE! More like prioritize. That's the only way you can balance it. I work like a 9-6 job. Post 6 no official calls, and during the work hours no personal calls.

A project that was close to your heart?

NONE! They have all taught me something and I have started to learn from my mistakes to be where I am today.

Any upcoming projects?

Yes, I have two Tamil movies "Idiots and Rajavamsam" and a 1 Telugu movie called Shivdu coming up.

Your take on feminism?

I support feminism, but it is not something to use against men. Everyone deserves equality. Be it salary or opportunities men and women deserve equal rights.

How do you choose a project?

When I listen to a story, I put myself in the shoes of the audience and if I feel it will have a good response, I will go for it.

What is a strong "No" for you both professionally and personally?

Disrespect and lying. No one is superior or inferior, we are all equal. I also hate people who lie, I just put your dignity down.

Your Favourites:

Cuisine: Thai and South Indian.

Brands: Gucci, Louis Vuitton, Sabyasachi

Perfume: Gucci guilty, OUD entire collection, Tom Ford Black Orchid







Workout regime: I have no fixed workout regime apart from muscle training.

Vacation destination:Maldives

Social Media Platform:Instagram

Celebrity Crush:Brad Pitt

Tell us about your education and some of your awards

I did my PUC (pre-university course) from Bishop Cotton Women's Christian College, Ban-galore and later took up a course in fashion designing. I took up science in PUC because my parents and sister wanted me to become a doctor but they later pursued fashion designing. Later I did modeling and appeared on many commercials. Some of my well-known awards are SIIMA, Film-fare, and Vanitha awards.

What keeps you motivated?

The feeling that I need to be better than yesterday. Improve my personality and work. I guess, this is what keeps me going.

Your favorite quotes of inspiration?

"Do your best, God will do the rest"

"What you seek, is seeking you"

"Only from your heart, can you touch the sky". I am a person who believes in quotes and these inspire me a lot.

Make your skin healthier with Pilgrim's new skin care routine packs

In our age of social media and documenting our life virtually, looking our best has never been more important. While a good skin care product can help you look your best the wrong one will only add to your woes. Pilgrim's new range of skin care routine packs is here to help make our lives a little better.

Pilgrim's Vino Sunrise ritual comprises of a face wash, toner, and day cream. Topped with a exquisite fragrance that helps uplift your spirit the Vino Sunrise ritual is the perfect way to start your day. Any skin care routine consists of a cleanser that acts as the base for the other steps. Vino's sulphate free cleanser gently cleanses off the grime while imbuing the skin with moisture. Infused with nutrients like Vitamin C and aloe brightens the face while leaving out the skin's essential oils intact. Vino's toner is a concoction of antioxidants derived from red vine extract, aloe, and Vitamin B3. It helps prevent radical damage to your skin and gives you porcelain like skin while the aloe gives a refreshing touch. Vino's day cream with SPF 50 and imbued with Red vine extract, Vitamin C and Rosehip oil it saturates the skin with moisture and gives you the glow of a healthy skin.

Vino' Good Night Ritual also comes with a cleanser, toner and night cream. The sulfate

free cleanser swipes off the grim and pollutants leaving the skin firm. The toner softens the skin and Vitamin B3 tightens pores leaving the skin with a porcelain like appearance. The night cream with its easy to absorb formula fights wrinkles and stimulates collagen production.



GRAND OPENING OF ROOFTOP LOUNGE THAT IMPLIES LUXURY

A place with warm food, a cosy couch, extravagant drinks, flavourful cocktails, and an infinite luxury is The Thief Bar & Kitchen. It celebrated the successful launch and grand opening of their first ever outlet alongside The Lash Luxury Salon on 22nd April. The grand launch witnessed an Amazing Fashion Show by the Renowned Fashion Choreographer, Vignesh Chandrasekar along with music by DJ Dominic and a Wonderous Cocktail Dinner that follows right after. It is a place where food and fun collide, along with our spirits.

To experience the elite and exotic side of Chennai the resto-bar of The Thief Bar & Kitchen houses the perfect combination of food, drinks, entertainment, comfort, and luxury. Right in the heart of Chennai, the Thief Bar and Kitchen stands for its specific taste and vibrant crowd. The idea behind the name 'Thief Bar and Kitchen' has its origin from an instinct of being made increasingly glamorous yet comfortable enough to leave the customers with an urge of stealing something from the arena. The interior setup in the restaurant can never be seen before, and people are interested in taking away parts of it to keep it in their homes. It radiates all-black with a vibe of sheer sophistication, gold and green theme, along with unique and elegant designs for the furniture. The bar is been lavishly designed by Mr. Hari Chandran and Mr. Lakshmana Perumal which consists of 3 floors including the



widely admired rooftop. The first floor with a traditional theme of a sit-down restaurant serving foods and drinks for the purpose of spending memorable moments. The second floor can be specially reserved for celebrations and parties as it is an entire wide space bar area. The rooftop, the most people's favourite part of the setup, is ideal for cool nights and pleasant evenings right under the sky. It has a live kitchen for the people to go and order the food themselves. Along with an open smoking lounge, giving a beautiful view of the city and the entire area. The cuisines like Italian, continental and North Indian are all offered by experienced and talented chefs from 5 star restaurants keeping the quality and the taste of the food highly ranked. The place is notable for an array of entertainment options including live bands playing soulful music and famous DJs making one tap their feet on vibrant tracks, thereby rising the excitement of the entire bar. The place can be considered a hub for all age groups showing an experience of dining and partying in plush atmosphere and formal service.







RENÉE

CREME MINI LIPSTICKS

PINKER BELL



Health and Fashion

POUT IN PLUMP



RED RAVEN



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POP THE CHERRY



MOOD FOR NUDE



April-May, 2021

EFFECTIVE TRANSPORT OF VACCINES ACROSS TAMIL NADU

To safely transport vaccines across Tamil Nadu Rotary Club of Madras has lend the hand to provide the necessary infrastructure. A simple ceremony marked the handing over of the End-to-end Covid cold chain maintenance equipment such as Reefer trucks, Refrigerators, and Vaccine carriers valued at around 1 crore to the Government of Tamil Nadu. It is ensured by donation that "vaccines reach people in every corner of Tamil Nadu in its potent form". The assets were handed over by KapilChitale, President of Rotary Club of Madras to Principal Secretary - Health and Family Welfare - Dr.T.Radhakrishnan IAS who will hand it over to the Director of Public Health and Hygiene Dr. Selvavinagayam. The ceremony took place at the Tamil Nadu Government Multi Super Speciality Hospital, Omandurar Estate, Chennai on April 27, 2021.

Following are the assets that were handed over to the Government of Tamilnadu

- * Two 14 ft refrigerated trucks with a total capacity of transporting 4500 litres of vaccine i.e. 44 lakh doses from the Central vaccine store to the Zonal vaccine stores.
- * Two 8 ft refrigerated trucks with a total capacity of transporting 2000 litres i.e. 20 lakh doses of vaccine from the Zonal stores to the District stores.
- * One thousand vaccine carriers that can be used to vaccinate up to 30 lakh people each time.

The donors **Cookson, Godrej, SRF Ltd., Vinayaka Mission Foundation, Omega Health Care, Rotary Club of Madhavaram, Rotary Club of IT City and members of Rotary Club of Madras**



were present at the handover. This donation would go a long way in helping Tamilnadu significantly ramp it's cold chain facilities. The safe delivery of vaccines for mass immunization against covid-19 is a massive challenge. This involves many moving parts, including cold storage facilities that store products waiting to be transported, cooling systems to keep it at an appropriate temperature during all aspects of the supply chain such as storing and transporting. Unlike drugs, virtually all vaccines need to be transported at cold temperatures, usually between 2 and 8 degree Celsius. The vaccines lose potency when exposed to temperature higher than eight degrees or lower than two degrees. Union Health Minister Shri. Harsh

Vardhan said earlier this week that the government expects to receive and utilise 400-500 million vaccine doses for Covid-19, and cover approximately 20-25 crore people by July 2021. It is imperative that Tamil Nadu like that states make a robust plan for vaccine storage and distribution by october 15. While the Tamilnadu Government has an established cold chain it is limited in capacity and the equipment is not geared to move the large quantities of vaccines that are required during the current pandemic. Therefore, the current challenge for the state is to maintain Covid-19 vaccines strictly between 2 and 8 degree Celsius, while in transport and storage until delivery. This sizable Donation is a first step towards fulfilling its commitment to the people of Tamil Nadu.

Recognising Maskne and the one step solution to it.

M

Maskne aka mask acne is a common side effect of using mask. For people with acne, the issue can get aggravated if they further use a mask. Mask clog the pores and trap oil, bacteria, and dead skin cells. Mask can also trap humidity thus increasing the risk of acne breakouts. Maskne can also cause redness, bumpiness, and irritation.

Suffering from acne breakouts from masks? Beaumark, a homegrown clean beauty start-up brand is here to put an end to your woes. Formulated with sustainably sourced ingredients, Beaumark's Maskne Gentle Cleanser is a revolutionary product that helps you get rid of acne, leaving you with healthy and glowing skin. Infused with salicylic acid, citric acid, and tea tree oil, Beaumark's Maskne Gentle Cleanser fights acne by reducing oil, bacteria, and dead skin on your face.

With this brand, Shikha, the founder of Beaumark aims to break conventional barriers of visual and beauty standards and create products that goes beyond discrimination. Beaumark aspires to defy beauty of all labels and definitions through its products that are aimed at bringing about skin positivity.

One of the main mottos of the brand is to 'say no to colourism' and to make a conscious effort to build a community which is not centralized on conventional and baseless norms that consider being fair as an equivalent of being beautiful. With this initiative Beaumark Beauty not only intends to bring in products to keep your skin healthy but also looks at stirring conversations around beauty stereotypes associated with light, clear and perfect skin.

Commenting on the launch of Maskne Gentle Cleanser, Shikha, founder of Beaumark, said, "I wanted a brand that would provide a simple and safe solution to my skin concerns. Instead of putting thousands of chemicals on my face that wouldn't end up working, I thought why not just create a one stop solution! As a millennial, I also longed for a beauty brand to break the standards of beauty rather than to set them. So, I created my brand as an innovative and forward-thinking platform"



A peaceful solution to the opioid crisis

DEver heard of the term opioid crisis? Well, before we get into the detail with what this crisis really is, let's know what opioids are! They are nothing but one among the class of drugs, that include the illegal drug, heroin.

Back in the late 1990s, pharmaceutical companies guaranteed the medical community that, the patients would not get affected or addicted to prescription paid opioid pain relievers, and the healthcare management began to prescribe them at higher rates. Ultimately, this led to widespread aberration and these medications were highly misused, before it became clear that these were in turn, highly addictive.

As a result, in 2017, more than 47,000 Americans died as a result of the opioid overdose, which included prescription opioids and heroin. In the same year, around 1.7 million people in the United States suffered from prescription opioid pain relievers, and another 652,000 were the victims of heroin use disorder.

This issue has become a public health crisis, where in, the consequences are devastating, along with 'neonatal abstinence syndrome' which is due to opioid use and misuse during pregnancy. With an increase in injection drug use, diseases like HIV and Hepatitis C have become the trauma factor for all.

But, a new study focuses only on full mind-body therapy in addressing opioid treated pain. Researchers have found that certain mind-body therapies can reduce the pain, along with a reduction in opioid use for patients being treated with prescription opioids.

Eric Garland, a lead author on the study said that, these findings are critical for medical and behavioural health professionals as they work with patients to determine the best and most effective treatments for pain. He also explained that these

therapies focus on the change in behaviour and the function of the brain, with a goal of improving the quality of life and health.

Mind-body therapies include the clinical use of mindfulness, hypnosis, relaxation and cognitive-behavioural therapy. The researchers have also examined around 4,200 articles to spot 60 previously randomized controlled trials that were published, that included around 6,400 study participants.

The team also looked into the type of pain that was experienced by the study participants, the type of mind-body therapy that was used and a check on the misuse of opioids.

The results were that meditation and cognitive therapy, all had a significantly helped in improving the severity of the pain. Also, it was found that suggestive cognitive therapies and meditation sessions, helped in the reductions of the opioid misuse.

An important factor that was highlighted was that mind-body therapies could be easily integrated into standard medical practice and could effectively prevent the long-term use of opioids and opioid use disorder.

After a proper treatment, patients can get a mind-body therapy done which use mental techniques. The researchers concluded by saying that, when two of the body-mind therapies were examined, cognitive therapy and meditation proved to be the most effective ones and have the highest clinical impact.

Garland also said that a study published this year highlighted that by 2025; around 82,000 Americans will die each year due to an opioid overdose. The research suggests that mind-body therapies might help make this public health crisis less severe, by reducing the amount of opioid patients. If all included, that is, nurses, social workers, patients and policymakers use the evidence, we can help stem the tide of the opioid epidemic, he added on.

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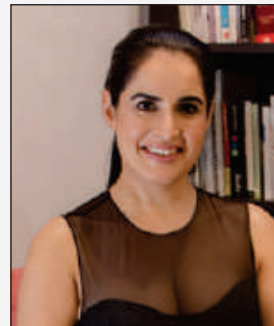
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The truth about shaving your face and body



Dr. Kiran Lohia

If you follow beauty's biggest influencer, Huda Kattan (Huda Beauty), you'll find that she has a rather unexpected way of ensuring her skin is smooth as butter for make-up application. Yes, I'm talking about shaving your face. Historically, women have always been told to avoid shaving their faces and body parts, and that's where the hair removal technique comes as a real shock. The reason is probably due to the common belief that shaving increases risk of cuts and infections, causes redness or pigmentation, and makes hair grow back darker and thicker than waxing, threading or other forms of hair removal.

But it turns out that shaving is actually a great and convenient method to get rid of unwanted peach fuzz. Infact, the Japanese have been doing it for years. The only catch? Follow the right technique, because you can't really hide the nicks in a face shaving accident.

First things first, it's essential you start with a brand new, clean razor that is designed especially to shave your face. So as short on time you might be, the handy Gillette tool that's lying in your shower is a big no-no. To begin, wet your face with warm water that softens the hair and apply a shaving cream or gel. Unlike your legs and arms, make sure you shave in the direction, and not




opposite, of the hair growth to prevent accidents. Finish with a moisturiser that is rich in antioxidants- the shaving will allow for better penetration of the antioxidants, which help to minimise inflammation and irritation. And voila, your skin will felt baby soft and super exfoliated, just like you used a face scrub.

That being said, constant vigilance is required to maintain the result of this hair removal technique. Unlike waxing or threading, you will definitely see a stubble in close to 24 hours. You'd likely have to shave almost every alternate day to avoid visible regrowth, which is quite a commitment. Ingrown hairs (hair growing inside the surface of the skin) can also occur if you shave incorrectly or have dry skin, so exfoliate regularly with a scrub to guard against this. Those with acne-prone skin must also avoid shaving, as it might be too harsh on the breakouts and increase scarring. And before you ask, no, shaving does not make hair grow back faster or darker-it is just more visible because of the stubble.

So if you're up for a little extra after care in exchange of the gruesome pain of waxing and threading, shaving your face is a perfectly safe and effective alternative to get rid of unwanted facial hair.

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