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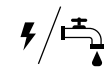
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ABOVE IT ALL



EDITOR'S LETTER

In the month of love, there can be no better candidate to look out for than yourself! We often forget, in the swirl of life rushing past us, that we deserve attention and TLC, and that giving ourselves the focus and self-care we need is what will stand us in good stead for a long time to come.

This issue brings you all the inspiration and tips and tricks to put yourself in the spotlight. Dress yourself like a girl boss, get yourself hair and nails that will help you shine, and do it all

THIS ISSUE BRINGS YOU ALL THE INSPIRATION AND TIPS AND TRICKS TO PUT YOURSELF IN THE SPOTLIGHT.

because you want to, not for anyone else's appreciation. You'll know you've got the art of self-love right when you feel that glow deep within.

Take inspiration to help you from Jacqueline Fernandez, who, since she took on Bollywood over a decade ago, has blazed a path for herself. She makes it look effortless, but you will find that she is like you and me; she's had her struggles and emerged victorious.

We believe that once you know where you stand in your world—top of the list, we mean—you can extend that loving feeling to others and draw them into the sweetness of your world; it might translate into irresistible desserts, like the ones in this edition. But, only after you've learnt to love yourself, we insist: because, as Lucille Ball put it so well, "Love yourself first and everything else falls into line. You really have to love yourself to get anything done in this world!"

Ruchika

Ruchika Mehta

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CHIEF EXECUTIVE OFFICER
DEEPAK LAMBA

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MANAGING EDITOR
PRIMROSE DSOUZA
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JOJI VARGHESE
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VICE PRESIDENT-CONTENT STUDIO
VIDYUT PATRA
HEAD EXPERIENTIAL MARKETING
AAKASH MISHRA

MANAGER, MARKETING
ASHA KULKARNI
asha.kulkarni@wvm.co.in

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FEMINA READER SERVICE

FOR THE LOVE OF LAW

ADVOCATE SEOUL SHAILESH SHAH BELIEVES THAT LOVING YOUR PROFESSION IS IMPORTANT, AND HE EMULATES THAT IN HIS PRACTICE AS WELL

His business-oriented family wanted him to pursue an MBA and he even got admitted to ISB&M college in Pune for it. Law, however, came to him as a wave for the new generation and being a person who wanted to do something different, he gave it a shot. The rest, as they say, is history. Seoul Shah, an advocate practicing criminal law in Pune and Mumbai, has never looked back. "I wanted to do something else apart from my family business, which would help me in developing my own skills and establish my own name. After pursuing law, I started practicing criminal law in Pune" he says.

A thing about the profession he loves is that he gets an opportunity to meet a new person every day. Today, more than winning high-profile cases, he derives satisfaction from working for those who can't afford to pay high litigation fees. He proudly says, "I don't charge any fees to the poor and needy and bear the expenses to help them to get justice." He also emphasises that Lonavala being his hometown he is ready to help his folks in all possible ways.

Shah says that the lockdown period gave everyone some much needed self time, and for him it was a great thing, since in his profession it is difficult to spare few days for family. "A criminal lawyer has to be always accessible to the clients. I have worked on Sundays also, many times," he says. During the lockdown he got an opportunity to spend quality time with his family.

Professionally, he says, everything went digital, which brought in the need to upgrade knowledge and skills to use



Advocate Seoul Shailesh Shah



video conferencing apps and be online. And today, he finds it fascinating that the Bombay high court has adopted the technology that people can use from far-away cities rather than travelling to Mumbai, making processes hassle-free.

Shah also feels that people in general should be aware of cyber-related crimes, as these have gone up in number. "The increase in cybercrime is over 200 percent every year and people still are not

aware about it. People think cyber means related to technology, but they don't consider their phones, things like internet banking and digital wallets can also fall prey to cybercrime," he informs.

Apart from focus on cybercrime, Shah is passionate for laws for women. "Sexual harassment of women at workplace established in 2013 is one of the most important law for women. The Vishakha Guidelines by Supreme Court make it mandatory to have a body or committee within the office or the organisation, which is a good start," he says. In future, the dynamic professional is looking forward setting up his own legal firm with a good team to "get the justice to whosoever knocks my door for help".

On a parting note, he says, "If you start loving your profession, wonder happens in that profession." And that is what he does.

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While focusing on everything and everyone else, it is necessary to divert some of it on yourself. Check out how it can help you in the long run.



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The svelte Jacqueline Fernandez gets candid on her struggles and how she emerged victorious from them.



ON THE COVER

JACQUELINE FERNANDEZ. PHOTOGRAPH BY TARAS TARAPORVALA. BODY SUIT. ₹5,800, FLIRTATIOUS; MULTI COLOUR JOGGER PANTS, ₹5,435, NARENDRA KUMAR; EARRINGS, ₹5,500, VALLIYAN; RUNE STAR SUEDE BRACELET, ₹6,500, PROTEGO SUEDE BRACELET, ₹6,500, BOTH OUTHOUSE; BLOCK HEEL ANKLE LENGTH BOOTS, ₹1,380, TRUFFLE COLLECTION



LIVING

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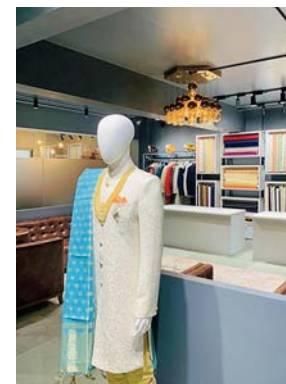
FEMINA READER SERVICE



FROM MARKETING TO MENSWEAR, DESIGNER **PANKAJ DESAI OF PANKAJ DESAI COUTURE** HAS COME A LONG WAY! THE DYNAMIC DESIGNER TALKS OF THE INSPIRATION BEHIND HIS DESIGNS

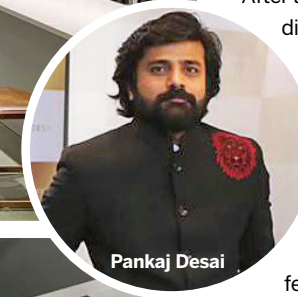
When he realised that it was his true calling to help men dress well, Pankaj Desai of Pankaj Desai Couture, who used to work in marketing earlier, decided to take the plunge to become a menswear designer. In this candid chat, he talks of how he started, and his process of design where his singular focus lies on what the client wants and how to make the client look his best.

"I personally always liked to dress well, and over the years I guided people to do the same. It started with my friends and colleagues. With word of mouth, more people started asking me to guide them, when I realised it was my calling, and decided to pursue it as my



mainstream profession" the young designer shares on how he started.

The very fact that Desai realises that he needs to be up to date on his knowledge, paves the way for his success. He finds inspirations in many sources. "I go through whatever is trending in fashion via reading articles, scrolling through social media to keep up and with information from clients. I find my inspiration through



Pankaj Desai

all these channels," the dynamic designer shares.

Desai believes that one of the best trends currently for bridal fashion is that couples are taking care as to match each other perfectly and be at their presentable best on D-Day. "After all, everyone wants to look different from the rest on their big day!" he smiles.

To do that, he takes great care in the design process, terming himself as a complete client-oriented designer, as he feels it is most important to fulfil the customer's needs and wants in accordance with what is best for him.

In-keeping with the trends, Desai identifies the unique identity of every fabric and appreciates the qualities of all types of material. In fact, he mentions that cotton formals, linen causals, kurtas *bandhgalas*, bridalwear brocades, dyed Lucknowis are in trend currently.

With that in mind, he finds the designing process for a groom more appealing for me. "Most clients nowadays want some out of the ordinary, an extraordinary element with is not seen or used before. Also, sentiments are attached to the designing part, because you are doing it for a special occasion for someone who made you a part of it of the process, and you will be remembered for that," he signs off.

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WE HEAR YOU!

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I loved the men issue and the monochrome theme on the cover. It was pretty inspiring to read about all the men of mettle. I think it was full of inspiration and I admired their journey and also to learn about their stories and to get such insightful tips from them. It was an absolute pleasure to read that.

Ruby Perveen, Aundh

This issue was a first for me and an utter delight to delve into such gripping articles about men. I enjoyed reading the one on grooming and styling for men. I think those tips are going to come to be a lot of handy for me. And I really can't wait to inculcate some of the style tips in 2021. Cheers to *Femina!*

Kabir Kunj, Nagpur

My boyfriend and I thoroughly enjoyed this Men's issue. There were so many great articles to read for both of us. And with our undivided love for food and especially for broccoli, we'd to try the roasted broccoli recipe and it was fabulously delicious, we cherished every bit of it, the recipe and the edition.

Dhwani Koladia, Aurangabad

I have been reading *Femina* since years now and it is such a fabulous magazine. There's always something or the other to learn about. This time, I picked up the mens issue and read the magazine. Each journey story on the whose who of the city proved to be an amazing and inspiring read. Thank you *Femina* for always churning out great content.

Neha Shahane, Kothrud

Hello, I am a big fan of *Femina*

THE BIG STORY

Men of METTLE

Leading from the front, it's what these dashing men do best. Making their mark in their respective fields, these men are inspiring others to follow.

ADAR POONAWALLA
CEO, Serum Institute of India

He is one of the most sought-after men in the country of our world, at the moment. Adar's son, Arjun Poonawalla — as the CEO of Serum Institute of India (SII), world's largest vaccine manufacturer — has brought out one of the currently approved and tested COVID-19 vaccines. He joined SII, an institute founded by his father Dr. Cyrus Poonawalla, in 2001 after graduating from the University of Westminster in London. He took his father's legacy with much determination and under his leadership and vision, has made SII an internationally recognized institution. The Serum Institute now exports its products to 55 countries. He also received that SII now produces an approved and pre-qualified by the World Health Organisation for supply to United Nations Agencies including UNICEF AND WHO. He has also partnered with many drug developers worldwide. Poonawalla is a board member of the G20 Alliance, which is the global vaccine alliance.

The Poonawallas have scaled their business in those decades, overcoming challenges and taking their business global. The dashing CEO, in an interview with a publication, claimed, "We reach more children than Coca-Cola and PepsiCo combined." Speaking of the fight against the novel coronavirus, SII made an \$50 million commitment in the offering at the very start to ensure the vaccines are researched and made as quickly as possible. And they delivered.

He is also a philanthropist who believes in giving back to the society. He founded the Vitor Poonawalla Foundation which consists of an school, a hospital and 25 water plants at different locations. Also, his 'Clean City' initiative in Pune was of massive step in terms of advanced water collection and disposal methods. His vision is to help address the inequality that exists in India, and around the world, in the areas of healthcare, education, water, sanitation and environment. His work at SII and his philanthropic work, has been recognized by not just the media houses but also by leaders across the world. PII Poonawalla Medals were the ambassador of the Swachh Bharat Movement. UK's leading Royal Chartered Wills and The Duchess of Cornwall also had a private visit to the institute's manufacturing facility in Pune during a visit to the country.

—Sahar Campwala
2021, January • FEMINA • 11

He took his father's legacy forth with much determination and under his leadership and vision, has made SII an internationally recognized institution.

magazine. It has been of great help to me, especially when I got married because the articles are always super relatable. This time too, the food story on different preparations of broccoli came handy as my son refuses to eat the vegetable. I tried making the recipes and it was a huge success, even my eight-year-old ate it without any fuss. Thank you!

Manisha Pradhan, Aundh

I love reading *Femina* magazine as each issue is full of information and relevant content. I really liked reading all the fashion and beauty articles for men in the previous issue. There was one article that I especially enjoyed reading was the article on must-have pieces for men. It definitely made it easy to get a gift for my husband for our anniversary.

Pria Singhal, Fc Road

Femina means more than a magazine to me. I remember watching my

mother buy the magazine and me browsing through the colourful pages as a kid. I've been reading it ever since I was a little girl and I like how the content is always served fresh. I've always found the articles extremely relatable, this time too, there was one particular article that was super insightful to me was how to teach your child to take care of your pet. The article had some great tips that we've been trying out in our home and I found the piece really helpful. Love you, *Femina*.

Deepa Shroff, Aurangabad

Unlike other magazines, *Femina* always stay on top of it's game and keeps it's articles and stories, fresh and up-to-date. I thoroughly enjoyed reading the Borrow in Style story. After reading that, I've started borrowing and styling clothes from my husband's wardrobe, such a fantastic idea. Thank you, *Femina*.

Samruddhi Walwekar, Nagpur



ALL ABOUT FLAWLESS SKIN

Dr Rashmi Soni Lohiya who heads Skinsure answers essential questions on treatments and care for flawless and younger-looking skin

Q I've never been to a dermatologist before and want to understand how often should one consult a dermatologist for good skin?

Kimaya Sharma, Magarpatta
A There is no fixed routine for a visit to a dermatologist. On a daily basis, one needs to follow a healthy lifestyle and exercise. Use products according to your skin type and season. Generally skin issues resolve with these actions, but if you are facing red rashes, severe itching, any infections, or for that matter acne, scarring etc, then you must definitely consult a dermatologist rather than trying home remedies. Further, skin conditions require regular treatments which can continue for months. I recommend following your doctor's advice and regular follow ups for best results. Remember, there are no quick fixes when it comes to having great skin.

Q Are there any products or routines that you

recommend for maintaining good skin health?

Sejal Goje, Pimpri
A The products you use should be based on your skin type, the environmental conditions and your lifestyle. All of us are aware of the basic CTM routine. Additionally, a sunscreen is a must all year round. One can also opt for night creams or serums for mature skin and a under eye cream if needed.

Q My skin gets extremely dry and dull during the summers. What skin care routine should be followed?

Radhika Kashap, Kothrud
A With summer approaching, heat, sweat and the sun are the main factors that cause skin issues. Change your products to light creams or gel-based creams. Use a matte finish sunscreen as it is better-suited for the season, and it is a must. Use a foaming cleanser once a day, it works well for normal to oily skin. Also use hats or umbrellas for additional protection against the sun.

Skinsure Clinic is the brainchild of Founder Dr. Rashmi Soni Lohiya. She is a renowned skin and hair care expert who has obtained her degree of DNB, MD and post graduate diploma in dermatology from KEM Hospital, Pune. Her expertise covers all aspects of the intricacies of skin health, skin diseases, cosmetology and trichology.

Wearing cotton clothes helps the skin breathe better. For irritation, use dusting powder in folds of the skin, especially in the groin area. If you are on any clinical procedure like lasers, peels etc, it would be advisable to inform your doctor if you are going for a beach holiday as tanned skin can sometimes increase chances of side effects of these procedures.

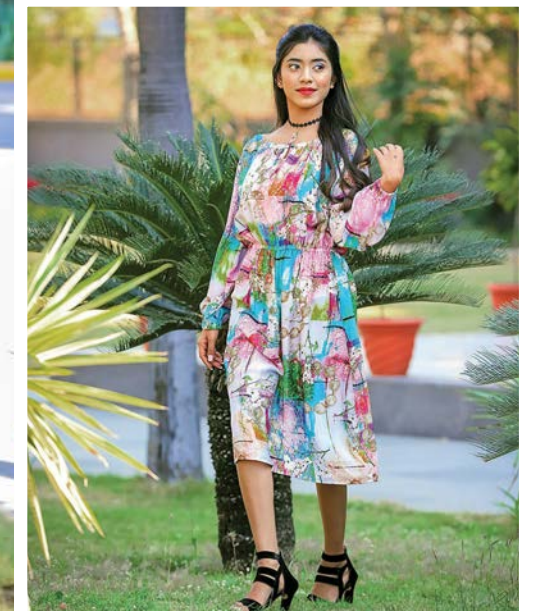
Q My daughter's skin is extremely dull. Can you recommend any fruits, vegetables, or supplements for glowing skin?

Simran Kaur, Koregaon Park
A The first step to get that glow is eating healthy. Try consuming seasonal fruits and vegetables like broccoli, cucumbers, greens, carrots, tomatoes etc. Additional supplements of calcium, omega-3 fatty acids, antioxidants like vitamins A, C, E and lycopene would be recommended as they are good

for the skin. A good multivitamin supplement can take care of all your requirements. Also, remember to drink up to two to three litres of water daily and avoid junk food and foods high in sugar.

Q I am getting married in a few months. What are your skincare tips in these months?

Karuna Soman, Baner
A We mentioned about the skin care routine apart from that important things to keep in mind always consult a board-certified dermatologist, and do not use over the counter medication or DIYs as these can cause irreversible skin damage. Have patience and faith on your doctor and give some time to the medicines to work. Focus on your skin and hair health along with a healthy lifestyle for long term results. Because healthy skin glows with happiness!



Prerna Gupta's Couture bring in their Spring Summer 2021 resort wear and cocktail wear which inspired by nature believing that natural imagery has a primal irresistible appeal they showcase their flora, fauna and Ocean and night colors collection which is chic, elegant and defines comfort.

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PRERNA GUPTA'S

THE ART OF SELF-LOVE

Learn all about how the art of self-love can be extremely beneficial for you. By **Ravina M Sachdev**

When we think of the term self-love, it's easy to picture someone slips on a sheet mask or enjoy a scented candle while sipping on some red wine or even take some time off during the weekend and finish reading a great book, but self-love is so much more than that. The term self-love has been bought up so often in recent times that its meaning has certainly gotten lost in transit. Self-love means accepting your truest self -with all the flaws and imperfections that make you unique as an individual. Read on further to understand the importance of self-love and how it affects all the other relationships that you have in your life.

RELATIONSHIP WITH SELF

In today's fast-paced lives, we're all guilty of working long extra hours and overtime during the weekend, skipping meals for presentations, choosing our colleagues over close friends, going the extra mile for that promotion - all in the name of chasing perfection. We've all become so used to the idea of achieving that perfect life and have put our jobs above everything else. And in the process of wanting that next best thing, we become incredibly hard on our own selves. Monotonous routines, climbing corporate ladders and long work scheduled days, along with maintaining the relationships with our SO, family and friend, don't let us concentrate on another relationship that we need to give just as much TLC to... our relationship with our selves.

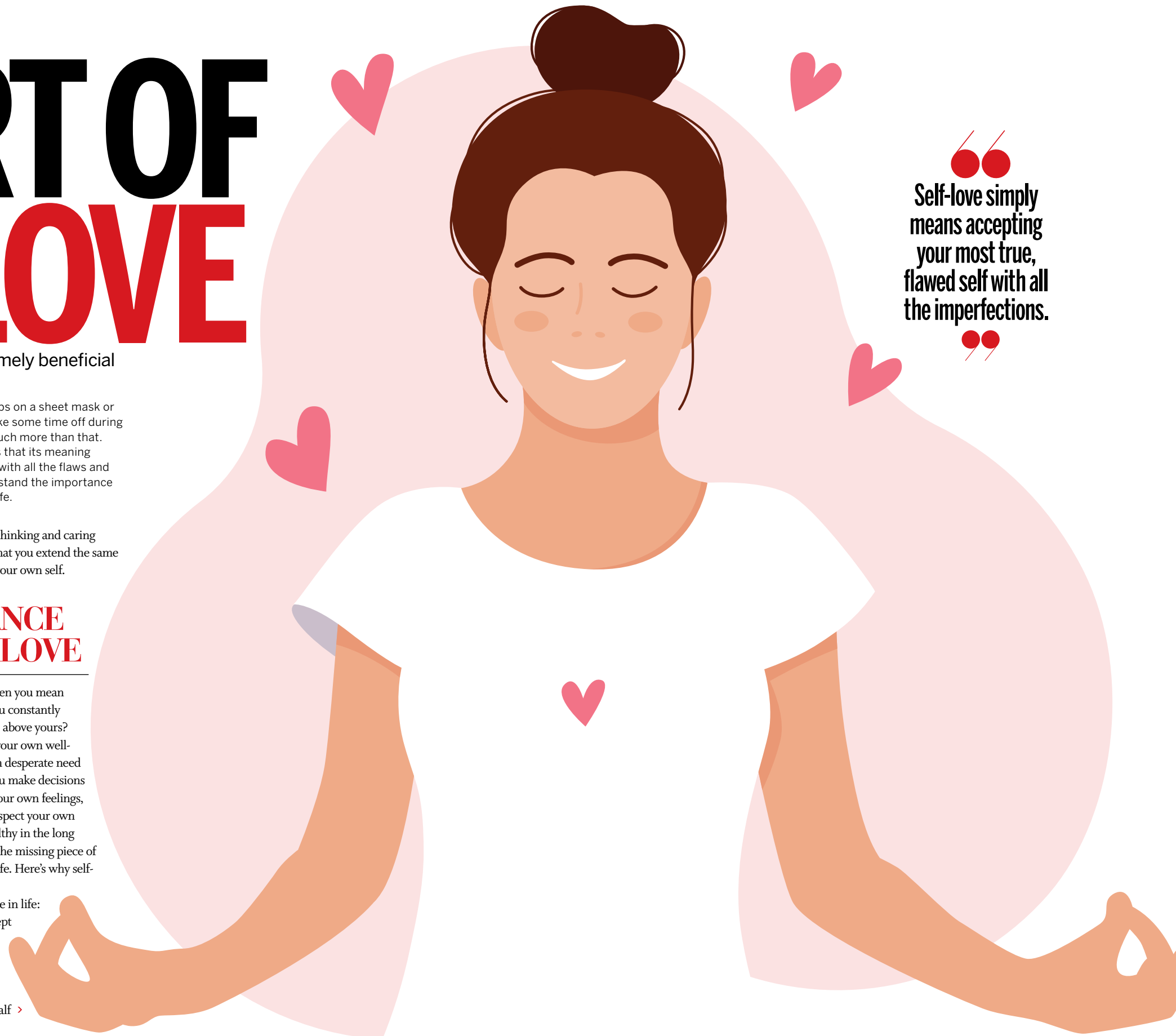
However, self-love doesn't mean putting yourself on a high horse and ignoring everyone else, reminds life coach Priya Gehi. "Self-love isn't being selfish. It isn't about showing everyone how great you are at everything. Quite the contrary, self-love simply means accepting your most true, flawed self with all the imperfections," she explains. Self-love

doesn't imply that you stop thinking and caring about everybody, it means that you extend the same care and kindness towards your own self.

IMPORTANCE OF SELF-LOVE

Do you say yes when you mean to say no? Do you constantly put others needs above yours? Do you neglect your own well-being? If yes, then you are in desperate need of some self-love. "When you make decisions to please others and avoid your own feelings, you put them first and disrespect your own self. That's extremely unhealthy in the long run," says Gehi. Self-love is the missing piece of the puzzle to living a great life. Here's why self-love is so important:

You become more secure in life: Self-love teaches you to accept yourself just the way you are. When you practise self-love religiously, you learn to accept your flaws and your weaknesses. "We often do half >



“Self-love simply means accepting your most true, flawed self with all the imperfections.”



LOVE YOURSELF

Make yourself a **PRIORITY**

of the things that we don't want to only to get earn approval from others. When we learn how to completely accept ourselves, we stop looking at others for approval and thus become more secure in life," explains Gehi.

You always have someone to depend on: There's only one person in the world you can completely trust and depend on and that person is you. When you fall in love with your own self before anyone else, you will always have your own-self to pull you through any situation. "It's always best to depend on your own self rather than depend on someone else as this way you don't end up being disappointed," quips in Gehi.

Self-love motivates you to make better and healthy choices: Did you know that almost 85 per cent people suffered from low self-esteem? When you love yourself, your self-esteem automatically increases thus helping you make the correct choices in life. It could be eating better, exercising better or developing healthy relationships with your colleagues.

Self-love is responsible for setting boundaries: When you set boundaries, it clearly indicates that you value yourself and won't have it any other way. The way you treat yourself is how you set the tone for people to treat you. If you treat

yourself with love and respect, that is how people would be expected to treat you.

Self-love helps you better your other relationships in life: Self-love is prerequisite for loving someone. When you practise the art of loving and being content with your own self, you simultaneously increase your chances of having a better relationship with everybody in your life. Self-love plays a significant role in your relationship with others. When you are happy with your own self, you stop being dependent on others for things and start expecting less from everyone. "Shift your perspective to see your relationship with yourself the way you see it with everyone else. Treat your own relationship with the same care and compassion that you would give to your partner. After all, the relationship that you have with yourself is the one you will have for a lifetime," advises Gehi.

Self-love is necessary for mental well-being: A major benefit of self-love is better mental health. "People who love themselves are less likely to suffer from anxiety or depression. Self-love is a happy and positive state of mind, it's difficult to feel angry, upset or disappointed with your own self when you're in love with you," says Gehi. >

People who love themselves are less likely to suffer from anxiety or depression. Self-love is a happy and positive state of mind.



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- WALK
- SMILE



HOW TO HAVE A BETTER RELATIONSHIP WITH SELF

Practise a social media detox day every week and be more aware of your present and live it fully.

The relationship that you will have with your own self will determine the type of relationship that you have with everybody else... which is why it is extremely crucial to develop a loving bond with your own self. And here's how you could improve your relationship with yourself.

Recognise and accept your mental and emotional state: One important step towards loving oneself is by accepting yourself in every way possible. Realise that nobody is as happy or positive as they seem on your Instagram feed all the time. Acknowledge the fact that it is alright to have bad days and feel sad and depressed at times. It's important to check in with your emotional state frequently so that you can recognize your moods and learn to accept them. Don't avoid or ignore

your feelings and act like everything is fine when they aren't.

Schedule me-time and stick to it: It's important to take some time off daily for something that relaxes you and makes you happy- it could even be just for 5 minutes if you're running on a tight schedule. But be honest with yourself and think of nothing else during those five minutes with yourself. During your me-time, do things that make you happy. Dedicating time to yourself doesn't necessarily have to mean overspending on yourself to be happy. No, the idea is to spend time with yourself doing something that you like doing such as enjoying a hot mug of coffee or listening to a track from college or even taking yourself out for an ice cream treat. It's the little things that count.

Practise some time off social media: Social media is a real killer of self-love. It's easy to get sucked into the comparison game and start being hard on yourself. The best way to avoid that is to actually practise a social media detox day every week and be more aware of your present and live it fully.

Practise forgiveness: Blaming yourself for every failure isn't exactly loving yourself behaviour. Constantly finding faults with your own self is getting you nowhere. Accept the fact that you aren't perfect, stop holding grudges against your own self and learn to be more forgiving towards your own self.

Maintain a diary: You'd be surprised at how maintaining a diary could help you immensely. If something is bothering you, let it out on a piece of paper. And then read it again and again unless you find the clarity that you need.

Be easy on yourself: You must have heard this a thousand times - self-love begins with you being easy on yourself. It's true, try being easy on yourself, stop overthinking about everything, stop trying to



People who love themselves realise that comparison never feels good and is almost as good as cheating on your own self.



control every situation if you ever want to have a decent relationship with yourself.

Practise meditation: A lot has been spoken about how meditation helps you in a number of ways and yet we keep ignoring it or postponing it by blaming our busy schedules. If you honestly want to start being true to yourself then you should seriously set out a few minutes aside to practise the art of meditation. With today's fast lifestyle, it becomes more and more increasingly important to focus on yourself and meditation helps you with just that. Set out a few minutes and practise it religiously every day.

Stop comparing yourself to others: When we compare ourselves to someone, we set ourselves up for failure. It's easy to browse through high gloss Instagram pictures of the perfect life, perfect home and perfect everything but you never know what's on the other side. It's extremely easy to compare yourself with your next-door neighbour who looks like she's got it all but in reality, is struggling every bit just as you are. People who love themselves realise that comparison never feels good and is almost as good as cheating on your own self.

Focus on the positive: Life is never easy but that doesn't mean that you get to complain about



it all the time. Let go of the situations that aren't in your hand and that you cannot do anything about and instead, try focusing on all the good that's going on in your life instead. Being grateful is a way of life and it's a great way at that. Begin each day by remembering everything that you should be grateful for- be it a roof over your head, food on your table, a wonderful family, a loving partner, anything and everything.

Get enough sleep: You don't need us telling you about the many benefits of sleep. We often miss out or mess up our sleep cycles due to our work or social lives. It's easy to justify working wee hours >

WAYS TO SELF-PARTNER:

- ◆ Listen to your inner self
- ◆ Let go of the urge to fix everything
- ◆ Love your negative emotions
 - ◆ Let go of expectations
- ◆ Stop overthinking everything
- ◆ Put yourself first
- ◆ Do things that you like
 - ◆ Practice social media detox regularly
 - ◆ Practise forgiveness
- ◆ Reconnect with friends and family



in the morning when you have so much on your plate. “Sacrificing your sleep hours a day or two is alright but when it becomes part of your regular routine that’s when your mental and physical health is negatively affected. Getting enough sleep should be a mandate and not optional,” warns Gehi. Create a bedtime routine and stick to it religiously. Ensure that you get at least 7-8 hours of uninterrupted sleep.

Engage in positive self-talk: A huge part of the journey towards self-love is by learning how to talk to yourself positively. Self-talk is the voice that goes on inside your head. More often than not, that voice is extremely negative and can lead to feelings of self-doubt and self-loathing. An easy way out of this would be to constantly say and remind yourself of the positive things about yourself and in your life. Reminding yourself of this on daily basis can put you in a very positive and happy state of mind. Daily affirmations are a good way to ensure you talk to yourself in a positive manner. They can be along the lines of 'I feel good about myself', 'I am happy', 'I am not dependent on others for my happiness', 'I can pave my own path to success', 'I'm courageous and stand up for myself', 'I deserve joy and success in life', etc. Make your own set of affirmations and say them daily.

“Daily affirmations are a good way to ensure you talk to yourself in a positive manner. Make your own set of affirmations and say them daily.”

ALL ABOUT SELF-PARTNERING

Reframing relationship status seems to be the order of the day. From ‘conscious uncoupling’ to ‘ghosting’, millennials sure do keep things interesting. The Gen-Z doesn’t like to be put into labels that were cut out for them by their older generation. And hence, it seems apt that they make their own labels. The newest one being - self partnering. The term picked up with Emma Watson and Gwyneth Paltrow came out and used the terms to describe their current status.

So what exactly does it mean? Self-partnering focuses on the idea of being happy and complete as an individual. A happy self-partnered person doesn’t wait to be somebody’s half but instead is her own person. A self-partnered person would feel fulfilled and content with his own self and does not need to seek fulfilment from another person/ partner.

In basic terms, It means building the life you want for yourself, going on trips that have been on your wish list since forever, and reconnecting with your family and friends. **F**

MORE ACCESS TO GOOD HEALTH

RUBY HALL CLINIC OPENS A NEW POLYCLINIC IN PIMPLE SAUDAGAR, AND INCREASES ACCESS TO SPECIALITY SERVICES AND DIAGNOSTICS

Puneites from Pimple Saudagar and nearby areas don’t have to travel far for their medical needs anymore. Ruby Hall Clinic, a comprehensive hospital for multi-speciality tertiary care services in Pune announced the opening of its newest centre in Pimple Saudagar. Ruby Hall Clinic Pimple Saudagar is bound to give families in the North-Western Metropolitan Corridor of Pune better access to OPDs, a host of diagnostic facilities as well as speciality and super-speciality clinicians and services. This centre will be staffed by doctors and support staff who are dedicated to providing the same compassionate care that has made Ruby Hall Clinic one of the Pune’s leading healthcare systems.

In what was a grand opening, the official inauguration saw Bomi Bhote,



CEO, Ruby Hall Clinic; Dr Manisha Karmarkar, COO, Ruby Hall Clinic - Sassoon Road and Wanowrie; Dr Sudheer Rai, COO, Ruby Hall Clinic Hinjawadi and Pimple Saudagar and Dr Purvez Grant, Managing Trustee, Ruby

Hall Clinic along with Sandeep Khot, Dy Commissioner / Sports HOD PCMC, Justin Mathew, PCMC Smart Sarthi and ACP Shrikant Disale, Traffic Police PCMC in attendance. The inception of this centre comes at a significant time; as communities begin to safely resume daily life amidst the pandemic.

This polyclinic will cater to the IT diaspora who live in the vicinity along with the geriatric population. A host of advanced facilities such as X-Ray, Sonography, Colour doppler, Stress test, 2D echo, PFT and bone density tests will be made available to aid diagnostic care for those in need. “At Ruby Hall Clinic Pimple Saudagar, we are looking to expand medical services to areas in need of better access to the comprehensive and innovative, yet affordable, healthcare solutions that this new facility will provide. An intense focus on quality, timely and patient -focused care are the hallmarks of Ruby Hall Clinic and this is what you can expect from this centre as well,” says Bomi Bhote CEO, Ruby Hall Clinic.

SKILL, STYLE AND MORE

MEET MANJIRI JAMKHINDKAR, SOFT SKILLS AND LANGUAGE TRAINER, STYLING AND GROOMING COACH AND A PAGEANT MENTOR AT ANTARAA ATELIER DE STYLING AND LIFE SKILLS.



Communication plays a key role in our life, and doing it right is essential to success. Manjiri Jamkhindkar ensures she teaches communication skills that aid everyone in not just at their workplace but in life in general. A soft skills and language trainer, she is also a styling and grooming coach and a pageant mentor at Antaraa Atelier de Styling and Life Skills. This multi-faceted lady realised the importance of communication in our lives and the misconceptions people have around it. In order to bust these myths and guide people in communication – spoken and non-spoken – Jamkhindkar turned to language and soft skill training. Her initial leaning towards teaching as a vocation, tied nicely into this too.

Seeing her clients transform in front of her is the biggest high of this line of work. But people not taking this seriously is one of the major challenges; what people don’t realise that in order to groom

someone and work on their personality, the trainer has to “take much effort and time to understand the psyche of a person, their lifestyle and why they are the way they are. If they do lack confidence, then what is the reason behind it and why they feel they won’t do well... whether it is on stage or in a relationship,” she notes. Another challenge – especially when it comes to women – is that they don’t prioritise themselves. Overcoming this and similar hurdles is what is needed and Jamkhindkar does just that!

While pandemic has posed its problems, for this multi-faceted personality, it proved to be a blessing in disguise. “I re-discovered my strengths and re-affirmed the ways in which I have led my life. Going digital – something that the lockdown sped up – has given a great boost to my work. Many people suffered from different losses and setbacks, especially mental setbacks, and reaching out to them and talking about it has become easier,” she smiles.

WANDERLUST Rules

Travel blogger **Bhagyashree Joshi** opens up on her journey, her career switch and running a blog. By **Ravina M Sachdev**



“I WRITE ABOUT SPECIAL-INTEREST TOURISM IN INDIA LIKE CULTURAL TRAILS, ECO TRAILS, NATURE TRAILS, BORDER TOURISM IN INDIA AND MORE. MY NICHE IS OFF-BEAT EXPERIENCES IN INDIA WITH A CHANCE TO INTERACT WITH LOCAL COMMUNITIES.”



story, which will engage the reader,” she adds. She’s also quick to point out that while most travel blogs answer the question how and when, her blog addresses the question ‘why’ and ‘what’.

them, and that fuelled her career shift. “I love sharing my adventures with people through travelogues on my blog, Thepoongirl,” she says.

Owing to her education in business management, developing her brand from scratch did not prove to be quite tough. “My qualification as a Business Management graduate in Hospitality and Tourism and as an IATA-certified travel professional helped me acquire relevant skills. Secondly, my work experience as a travel expert and a flight attendant took me to different destinations, where I got to observe and analyse the difficulties tourists faced,” she elaborates. Third, she shares, are her writing skills that help her create her content.

Talking about her blogging style, Joshi shares that she narrates her experiences in the form of a travelogue. “They are raw accounts of my journey written in the past tense, as a

Blogs, according to her, gives the reader a virtual experience of the destination which eventually motivates the reader to take up travel. “I write about special-interest tourism in India like cultural trails, eco trails, nature trails, border tourism in India and more. My niche is off-beat experiences in India with a chance to interact with local communities,” she mentions.

Being an early riser, Joshi has plenty of time to plan her day efficiently. “My current job in the field of travel education helps me stay connected to the subject and my working hours allow me to be at leisure in the evening, giving me sufficient time work on the blog.”

Furthermore, working in the field of education also gives her ample of time to explore local destinations during the weekends while festive holidays encourage her to take up long distance travel. “Having a job that fuels my passion of travel writing feels like wish granted,” she signs off with a smile.



I write about special- interest tourism in India, like Cultural trails, Nature Trails, Border tourism in India, Workations, and More. My niche is off-beat experiences in the country with an opportunity to interact with local communities.



Meet Bhagyashree Joshi, former flight attendant with a five-year stint as a travel expert with brands like Cox and Kings Ltd, MakeMyTrip and Indigo Airlines, who later gave it all up to follow her passion and switched careers to become a travel blogger.

The switch came about when she realised while working with different brands in the tourism industry that tourists often look for thorough information on a destination on the internet before they plan their trip. “A well-written travel blog can go a long way in enriching their travel experience

through important information and realistic expectations,” she explains.

Another thing that contributed to starting her blog, Joshi shares, was that she had the habit of writing a diary since childhood. “My Observations during my travels were regularly recorded by me and when the pandemic came as a blow to the tourism industry, I decided to do my bit to revive the tourism in the country by promoting domestic destinations,” she adds. It is then that the idea of travel blog sourced from her diaries was born.

Joshi always was passionate about exploring new places and writing about

PLAN FOR THE FUTURE

Are you in your 40s? Are you thinking how best to do your financial planning? **Rishabh Parakh**, chartered accountant and founder of Money Plant Consultancy gives an insight



If you're in your 40s already and are wondering about how best to plan your finances, then you might have some questions about it. Here're the answers to help you.

WHAT ARE SOME OF THE WAYS OF BUILDING YOUR WEALTH IN THE 40S?

If you plan to retire at a standard age of 60 then you will be having 15 to 20 years for your retirement. In fact, then your 40s will be the best time to take serious

control and stock of your personal financial matters. By that time, it is assumed that you would have done reasonably well with your life and for your family which is nothing but your professional success. Practically things will move forward from here and hopefully, income will be more than your expenses. You are also experienced enough to understand what has worked for you and what hasn't. So, considering all these aspects, this is a high time for you to focus

on creating long term wealth for a smooth ride in your golden years and thereby it calls for you to follow a strategic asset allocation. As long as you are aware of it and keep things simple and do not play any stunt, you will be able to create a good corpus for a happy retirement. In short, come out of every wrong investment which was made earlier and wherever you can come out of it, shed your unproductive insurance policies, stocks bought without planning, sell off excess real estate, pay off personal loans or rebalance your debt and things like these.

WHAT ARE SOME OF THE MISTAKES THAT ONE COULD BE MAKING WHEN THEY REACH THIS AGE?

- ◆ Still investing without a proper financial plan
- ◆ Not following the right asset allocation like having an excess real estate or fixed investments not linked to goals.

SHED UNPRODUCTIVE INSURANCE POLICIES, STOCKS BOUGHT WITHOUT PLANNING, SELL OFF EXCESS REAL ESTATE, PAY OFF PERSONAL LOANS OR REBALANCE YOUR DEBT

THE RIGHT TIME TO PLAN YOUR RETIREMENT WAS RIGHT WHEN YOU STARTED WORKING AND THE SECOND-BEST TIME IS NOW! 40 IS A HIGH TIME WHEN YOU HAVE TO TAKE YOUR RETIREMENT VERY SERIOUSLY.



- ◆ Still getting trapped into speculating or uniformed stock investing for making a quick buck.
- ◆ Not having sufficient life and health insurance cover.
- ◆ Not thinking about the post-retirement period and what you would do when you are free to do whatever you wish to do!

WHAT ARE SOME OF THE FINANCIAL GOALS ONE SHOULD ACHIEVE BY THE TIME THEY ARE 40?

- ◆ Should have minimum one residential property.
- ◆ At least one year of an emergency fund.
- ◆ Sufficient amount of life and medical cover.
- ◆ Have at least 50% required corpus for your kid's education.
- ◆ A strategic financial plan with a proper asset allocation.

IS THIS THE TIME TO PLAN FOR YOUR RETIREMENT?

The right time to plan your retirement was right when you started working and the second-best time is now! There are few who take retirement seriously when they are in their 20s and early 30s but 40 is a high time when you have to take your retirement very seriously. **F**

HOW TO SAVE MONEY FOR PEOPLE IN 40s?

- ◆ Set auto-debits i.e. ECS for all your investments so that money doesn't remain in your account.
 - ◆ Avoid buying luxurious purchases through EMIs.
- ◆ Do not use your emergency funds other than for an emergency
 - ◆ Focus on your equity exposure basis your asset allocation.
- ◆ Start a mutual fund SIP for your children or increase the same and link it to their education corpus. Assess whether the same would be available when your kid turns 18 years of age
 - ◆ Save money by paying off your high-interest loans.
- ◆ Follow the tips mentioned earlier to focus on your asset allocation and save more.

STYLE BOSS

Seher Campwala peaks through statement outfits that leaders have in their closet.

Ever wondered about what leaders have in their closet? Here are leaders across the world and India from different walks of life who are all about contributing to society but also doing it whilst making a fashion statement.

MICHELLE OBAMA

Michelle Obama is the former first lady of the United States, attorney and author. She has always managed to do things in style. Be it a red-carpet look, a formal function or just going out for a walk, she always manages to look elegant and perfect. Whilst she may not be gracing the halls of White House, she still does things in a fashionable order whilst keeping her aura and powerful looks intact.

Pantsuits are the thing right now! They not only make you look powerful, but they have a fierce touch to it. Though trousers and blazers don't have to be together always, you can take these two pieces separately and style them individually to bring out more variety. For winters you can go for a warm turtle neck inside a blazer or you can also switch the blazer for a trench coat. Versatility and playing with colours is the key.

A Floral-appliqué dress is a perfect example for keeping it appropriate for work and as well as carrying it out for a casual outing. Floral never goes out of style, as one should never underestimate the power of florals. Printed dresses, in general, adds a variety in the wardrobe. It's not necessary to stick with a printed top-wear, you can also experiment with the print in bottom wear. Even if you want to play it safe and do not want to go for print on print, don't always stick to white or beige. Several other neutral colours look great with print, like grey, ivory, beige or even deep blue. Printed outfit are timelessly classic pieces.



PHOTO: SHUTTERSTOCK



LIEUTENANT GENERAL MADHURI KANITKAR

PHOTOGRAPHS (LT GEN KANITKAR): ANIL CHAWLA, MAKE UP AND HAIR: PRIYANKA KAPOOR

Lt Gen Madhuri Kanitkar, AVSM, VSM is the third woman in the Indian Armed Forces to be promoted to a three-star rank. She is also a doctor and a teacher. She is the prime example of woman empowerment and fashionably conquering the world.

Her uniform sari look, speaks volume about power. Sari is an example of fine drapery skills. It's a five-yard-long elegance. And to accessorize it with the badges of honour is beautiful. Sari has now become a global fashion and even in a formal look it always looks very poised.

A uniform is a head-turner. An armed forces' one, even more so! The combat dress especially makes a powerful statement. A coordinated button-down shirt tucked into trousers with a wide belt looks smart and smart and poised, even if not in camouflage print like the army uniform. >

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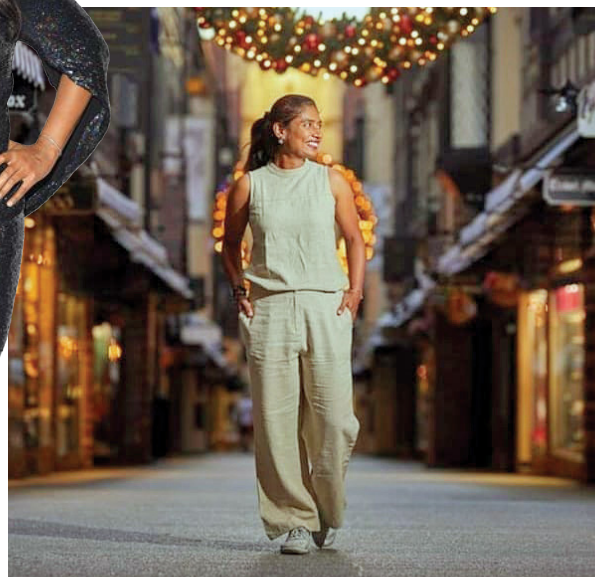


MITHALI RAJ

Mithali Dorai Raj is the Test, ODI Captain of women's national cricket team. Raj has also made a successful debut at Lakme Fashion Week too! This girl boss knows how to ace her matches and her style.

Dresses are the trendiest and the most versatile thing ever! You can wear it in any season and give your taste to it. It works well for a day outing and can also do for a party outfit or as a work wear. Depending on the occasion, choose the silhouette that works best, like Raj.

A blazer is all you need to make a casual look smart and work-ready. Wear it over a pair of denim and a plain T-shirt and you're ready for a smart casual Friday at work. Wear it over a flowy dress for an evening out or over a slim-fit for office. **f**



PHOTOS (MR): INSTAGRAM

MINDY KALING

Indian-origin Mindy Kaling is an actor, comedian, writer, producer, and director. She has always been unapologetically herself and when it comes to her fashion sense, she can be the most relatable. Some days she loves wearing colour and making a statement, whilst on the other side, she also adores her sneakers, jeans and t-shirts or sweatshirts.

One can never go wrong with a sparkle in their dress. This LBD has been given a little glamorous flavour with the action sleeves. And paired boldly with silver heels. So, there is no such thing as too much bling in your dress! This statement piece looks very astonishing. Such dresses can also be styled with a bunch of different things.

Glamorous a day and girl-next-door the other, Mindy Kaling does the best of both worlds. Without the blazer, it can work fabulously for an office wear look. And just with the touch of a blazer, you're party-ready. Style it with the right accessories, like she has done with gold hand clutch to match the blazer.

PHOTOS (MK): SHUTTERSTOCK

FEMINA PROMOTION

“UPDATING SKILLS IS ESSENTIAL”

Kalyani Umrani, a successful entrepreneur, opens up to Femina about her journey and how she stays at the top of her business



salon industry, then I decided to pursue the best education in the field and make the most out of opportunity that life had given me,” she shares.

Talking about her clinic, Umrani tells us that as the name suggests, Impression Hair and Beauty Clinic has several clinical hair and beauty services on offer. Impression doesn't fall under the typical salon category but is a more evolved clinic—a place wherein you can seek world-class treatments, she adds.

“We suggest to our clients the best treatments that would work for them, rather than the client picking out a service off a menu card,” she stresses.

Further, the salon/clinic and academy are celebrating their 25th anniversary this year and Umrani proudly tells us that she has trained over 10,000 students up until now. Many of these students, all from diverse backgrounds, have gone on to become successful names in the industry.

Since the vast beauty industry is ever-changing, we asked Umrani how she stays up-to-date, and she's quick to point out that a person's success depends a lot on the education that one pursues. “The key to run a business is to continuously keep updating your knowledge and skills. I constantly keep learning and regularly pursue courses on skin, hair and spa treatments, especially when I travel abroad,” she explains. The woman doesn't stop there, she even keeps learning more on accounting, management, social media marketing and communication in order to understand her business better.

“After all, to be a successful entrepreneur, you have to be an all-rounder and learn every aspect to keep reinventing yourself. That's what keeps the interest on otherwise it becomes monotonous,” she signs off.

Meet Kalyani Umrani, owner of Impression Hair and Beauty Clinic and Impression International Academy practising from twenty five years, who entered the beauty field purely by chance and went on to become a notable name in the industry. Although Umrani had a connection with the industry as her mother started a home based salon thirty years ago, she wasn't too keen on pursuing the same at the beginning since she had her heart set on becoming an architect. Life, however, had different plans for her, and unable to pursue her dream programme, she tried her hand in the salon business after 12th grade, while studying for her bachelor's degree. “Once I joined the

“**The key to run a business is to continuously keep updating your knowledge and skills. I constantly keep learning and regularly pursue courses on skin, hair and spa treatments, especially when I travel abroad.**”

MANE IMPRESSION

Want to obtain that lasting impression? **Sanika Salunke** lists down five easy hairstyles that will have you looking like a boss



HIGH PONYTAIL

We all love the famous Ariana Grande high-pony look from her music video "Thank you, Next", but did you know this hairstyle can make you look like a boss lady? Here's how to accomplish a high-ponytail look!

STEP 1: Line up your hair with your cheekbones in a diagonal fashion and then pull it back to the point where they remain aligned

with your cheekbones. Then, take a hairspray and bristle brush, then smooth all around it.

STEP 2: Tie it up. For a high, swingy pony, secure your hair with two elastics. **STEP 3:** Take sections from the ponytail, starting from the middle and make way to the front, teasing a little bit at the root, and then hairspray it!

STEP 4: To complete your look, add some hairspray onto your hands and lock in all the little hair and flyaways!



THE FOUR-STRAND BRAID

Get the classic yet head-turning look by following these simple steps. It might seem a bit complex at first but it gets easier with time. Just follow these steps!

STEP 1: Start by pulling all of your hair over one shoulder.

STEP 2: Make four even sections, simply use your fingers to divide your hair. There's no need to be perfectly precise but make sure there are no knots, comb out your hair properly.

STEP 3: Weave it up! Pull your outer right strand over your inner right and then under your inner left. Now, stop right there with that strand. Next up, weave the outer left strand under the new inner left strand and then over the inner right. This completes one full stitch of the classic four-strand braid! Keep on repeating.

STEP 4: Tie off with a hair tie, spray on some hairspray, and fall in love with your new braided hairstyle.



CRIMPED WAVES

Never tried crimping before? Don't worry we got you covered! Follow these steps for naturally pretty and crimp waves.

STEP 1: Add in some frizz control cream on your hands, use your fingers to apply the product through your hair. This will mostly help encourage the texture, but without all the frizz.

STEP 2: Start at your temple, twist 2-inch sections of hair away from your face, and fasten with clips or bobby pins. This creates natural-looking waves without any heat. Remember the bigger the twists, the looser the waves. Also, don't end up twisting your entire head either, make sure to just pick random sections throughout for a natural-looking texture.

STEP 3: This one's up to you. The current look after completing the previous step will give you a perfect look. But you can go ahead and break it up, hold your hair between your palms and give them a stretch for a more natural look.

A SLEEK HALF BUN FOR A PUT-TOGETHER STYLE. **NO MORE BASIC-BUNS**, THIS HAIRSTYLE IS IDEAL FOR THE BAD-HAIR DAY!



SMOOTH AND STRAIGHT

This one is a no-brainer, but sometimes it can be difficult to get that perfect smooth finish. Here's how you can get your everyday sleek look.

STEP 1: Start by applying heat protectant spray then blow cool air with the help of your hairdryer.

STEP 2: This one depends on you,

either add in a volumising cream or the frizz control one. Just make sure you use it according to the minimum required quantity.

STEP 3: This is easy, part your hair and continue with your regular hair straightener. Make sure you have combed your hair neatly and they are smooth enough to add in the heat.

STEP 4: Don't forget to apply a hair serum of your choice, it will make your hair glossy!

HALF UP, HALF DOWN

A sleek half bun for a put-together style. No more basic-buns, this hairstyle is ideal for the bad-hair day!

STEP 1: Place your thumbs right above your ears and pull them to the rear of your head until they meet to collect the highest half of your hair. Hold the hair securely with one hand and use your other hand to smooth down the front and top

so that it's sleek and flat. Twist the hair into a bun and twist a transparent elastic around it.

STEP 2: If you've got very thick hair, you'd likely want to secure your hair during a ponytail with an elastic first, then twist the hair into a bun, followed by another elastic. Mist your style with hairspray, this will help it last the entire day.

STEP 3: Lastly don't forget to, apply a serum to your hair before pulling it into a bun for the smoothest look. **■**



MISS CONGENIALITY!

HER BIGGEST STRENGTH LIES IN FINDING CONTENTMENT IN HER STRUGGLES. SUKRITI SHAHI PRESENTS AN UNFILTERED, UNADULTERATED VERSION OF THE MODEL-TURNED-ACTOR WE HAVE ALL COME TO KNOW AND LOVE—JACQUELINE FERNANDEZ.

PHOTOGRAPHS BY TARAS TARAPORVALA



“ I EXERCISE AND MEDITATE. I UNDERSTAND THAT NOTHING IS IMPORTANT ENOUGH TO UPSET YOURSELF WITH.”

and can't stand people who do. I know some people who are not like what they pretend to be on social media, and that irritates me. However, people in the virtual world can be highly judgemental since there are millions of opinions, beliefs and perspectives. It's difficult to cater to everyone. There's a good chance that, sometimes, what you post might disturb or offend someone. And I do not wish to do that, or create controversy.

You are also a philanthropist, and work for humanitarian issues as well as animal rights. What motivates you?

Animals are my first love. I grew up with nine dogs and several rescued cats. Our house was like *Dr Dolittle's* place (laughs) with birds, fish, and turtles. I also have witnessed a lot of cruelty towards animals, and, as a human being, it irked me. People need to understand that animals and humans co-exist on this planet. A lot more needs to be done, though there are certain groups doing a fantastic job. I am also associated with Habitat for Humanity for over a decade. It's about rehabilitating people who have been displaced due to natural calamities.

Take us through your fitness routine.

Getting up is the most unenjoyable part of staying fit. Nonetheless, I wake up at 5.30 every morning to go for horse riding. Now, I do not exercise anymore to look thin or fit, I do so to strengthen my mind so my choices and thoughts are stronger. When I am not shooting, I train in dance and stretch whenever I can. **F**

industry, is that the content seems to be different; it's not so commercial. It's out of the box!

You are calm, patient, and polite even in difficult situations. How do you manage to strike that balance?

It's not as easy as it looks; there is a lot to cope with. You do have to hold your tongue to keep from replying to silly questions and remarks. But it's important to maintain a sense of calmness. I exercise and meditate. I understand that nothing is important enough to upset yourself with. Also, sometimes, things get blown out of proportion and become news. We are also human and it's not possible to always be in a good mood. But we don't get the freedom to express it. That's why I prefer to stay calm and patient; it's the best way to avoid controversy! **You are active on social media, and connect with your fans regularly. How different are you in the virtual and real world?** I would say 98 per cent of it is real (laughs). Honestly, I cannot fake it,

A

n aspect that's undeniably attractive about Jacqueline Fernandez is her ability to bring out a sense of childlike optimism in everyone she meets. She is perhaps one of the few actors to have joined an acting school after having established herself in the movie business. The actor is also not afraid to speak her mind. Over to her as she opens up about her new approach to fitness, philanthropist interests, and her social media presence.

You have worked across different platforms—movies and digital. How different are the two?

It's pretty much the same as you work with the same people and technicians that you have worked with from the film industry. The only difference between digital or OTT platforms, and the film

(ON LEFT PAGE) SPORTS BRA: ₹1,599; FILA; SPACE LUXE JUMPSUIT: ₹12,000; PURPLE PAISLEY: THE SLYPHINA TAIL EARRINGS: ₹10,250; OUTHOUSE SHOES: ₹7,599; ADIDAS ORIGINALS; (ON RIGHT PAGE) MYSTIC SEA BLOCK BY BLOCK MONOKINI: ₹7,280; FLURTTA OUS; SEQUENCED PANT: ₹8,100; WASH BY MALVIKA SHROFF; ALPHA 'J' HOOP EARRINGS: ₹8,500; MISHO: CLASSIC BANGLE: ₹3,420; STAC FINE JEWELRY; STARBURST SNEAKERS: ₹8,999; ALDO; HAIR AND MAKE UP: SHAAN MUTTATHIL (SHAANMU) (SPARKLE TALENTS); STYLIST: YUKTI SODHA; STYLING INTERNS: KEYURI NISHAR, SANSKRITI SHAHJEE AND SHER SINGH; SENIOR CREATIVE DIRECTOR: MEETESH TANEJA; PROPS: THE SELECTION SPORTS AND THE CHAMPION STORES

LOVE BITES

Chaitrali Sardesai from The Cake Charm shares some easy choco-laden sweets you can make for your SO!

NUTELLA PUDDING

This satin smooth and chocolate-y Nutella pudding is easy and so quick!



- 1 1/4th cup milk
- 2- 2.5 tbsp nutella
- 1/4 tsp white sugar
- Salt to taste
- 2 tbsp cornflour

For garnish
Crushed digestive biscuits OR chopped, roasted and salted nuts

SERVES: 2 > PREPARATION TIME: 15 minutes

1. In a small bowl pour 1/4 cup milk and cornflour. You can mix it with your fingers to avoid any lumps of cornflour. Set this aside.
2. In a heavy bottom pan add the remaining cup of milk, Nutella, sugar, salt and stir with a hand whisk over a low flame. Let it come to a boil. Stir and cook this till the Nutella is well blended into the milk. This could take two minutes.
3. At this point, feel free to taste and adjust the sweetness or Nutella if desired.
4. Now, add in the cornflour and milk mixture. Stir it in the nutella mixture while constantly stirring. Stir and keep cooking till it becomes thick and coats the back of the spoon. Let it reach a custard type consistency. This will take about four-five minutes.
5. Remove from flame and pour it into individual serving bowls or a single bowl of a suitable size. Set it aside to cool to room temperature. Once it cools completely, cover it with a cling wrap and refrigerate it for 2 to 4 hours.
6. Just before serving the pudding, garnish it with crushed biscuit or chopped nuts. Serve chilled.

CHOCOLATE MOCHA MOUSSE

Decadent chocolate mousse with a fun twist of mocha, creamy and rich, it is so simple to make!

- 1 cup fresh cream
- 2 cups dark chocolate compound chips OR 2 cups finely chopped dark chocolate compound bar
- 1 cup heavy whipping cream
- 2 tbsp strong coffee powder
- 2 tbsp hot water, boiled
- Salt to taste



For garnish:
Chocolate strands OR chopped, salted, roasted nuts.

SERVES: 2-4 > PREPARATION TIME: 25-30 minutes

1. In a heavy bottom pan, on low flame, bring the fresh cream to a medium boil. Be careful not to over boil it since it can burn easily. Once it starts to bubble, turn off the flame.
2. Add in the chocolate chips/finely chopped chocolate to the boiled cream that is still hot. Mix it gently with a spatula till all the chocolate is completely melted and blended with the cream and no lumps of chocolate remain. This mixture should look dark brown in colour. Set aside to cool completely.
3. Add the coffee powder in the boiled water and stir it till coffee is fully dissolved. Cool it completely.
4. Now, in another bowl, pour the heavy whipping cream and beat it with an electric hand mixer or a stand mixer on medium high speed, till it forms soft, stiff peaks.
5. To the whipped cream, add the cooled chocolate mixture and the cooled coffee mixture. Mix all of it with a spatula till everything is well incorporated.
6. Pour it in individual serving bowls or a single bowl of a suitable size.
7. Refrigerate it for 4-5 hours to set.
8. Once it sets, garnish it with your favourite toppings! Serve chilled. >

CHOCOLATE BOMBS

An easy-peasy, no fail recipe for delicious chocolate bombs, ready in a jiffy!

100 grams
digestive biscuits
1 tbsp cocoa
powder



90 grams
condensed milk

½ cup milk or
dark chocolate
compound chips
or from a bar

SERVES: 2-3 > PREPARATION TIME: 15-20 minutes

1. Finely crush the digestive biscuit into a bowl. You can do it in a mixer to make the process faster.
2. Add in the condensed milk to the crushed biscuits and mix well until you get soft dough.
3. Scoop and roll it with your palms, into medium sized balls out of the prepared dough.
4. Repeat the process till you finish the dough.
5. Place the balls on a tray or a plate.
6. Refrigerate the balls for 20 minutes, till they are firm.
7. For coating, add the dark chocolate to a microwave proof bowl and microwave for 1 minute.
8. Remove the bowl from the microwave and give the melted chocolate a gentle mix.
9. Dip the formed balls in the melted chocolate and coat them well. Place these on a clean tray lined with a parchment paper.
10. Repeat the same process for all the prepared balls.
11. Refrigerate it for at least 10 minutes.
12. Once the bombs harden, place each one in individual cupcake liners of a suitable size. (optional).
13. Then using an icing bag, decorate the bombs on top, with the leftover melted chocolate. (You can make pretty zig-zag lines or swirls!) (optional). Serve cold. **F**

PHOTOGRAPHS: SHUTTERSTOCK | IMAGES USED FOR REPRESENTATIVE PURPOSES

THE PHOENIX

Babita Patney, an acid attack victim who faced injustice herself, is busy helping others in not having to face what she did.

By Harshvardhan Shahi



A young girl returning home with her cousin after work suddenly finds an unknown person holding her hair from the back. The next thing feels is the acid on her face, burning all her dreams and turning her life upside down with a totally unjustified shock to an innocent life.

Recalling the most unfortunate incident of 11 March 1997 at nine in the night, Babita Patney shares, “Suddenly I was targeted and the acid burnt my face, I ran to the nearby house and washed my face with water, to

find that my skin was falling down in pieces and it was burning a lot.” The burning was such that there are no specific terms for the amount of pain she tells.

After doing her BCom and DBM, Patney was pursuing the ICWA course. This incident stopped her career midway, as she had to undergo as many as 32 surgeries and various other treatments for 14 years. She had to wear painful pressure garments and many other experiments to bring her face back to how it was. Adding to the pain, she sadly mentions, was that “The accused was never arrested; I did not get any kind of help or support either from government or any

women’s organisation even after prolonged follow up.” It turns out that she had been mistaken to be another girl and wasn’t meant to be attacked to begin with!

At present living with

“Be your own light on the dark path of life. Others only can guide or support, but it is you who has to go ahead at own.” **F**

father and brother, Patney practices palmistry, tarot card reading, numerology, Reiki healing and has also started an online business, dealing in garments. Keeping own grief aside, she is busy in delivering motivational speeches and conducting counselling sessions for those who are in depression, cancer patients, and residents of old age homes and orphanages among others. She is attached to local NGOs and various social works and activities about women’s issues.

“I decided to spread positivity and help the people who are in need for such assistance, no matter the reason, or losing hope and need psychological support. I am blessed with an extremely supportive family, but there are many who need this. Although I have received thorns, I want to give flowers to the world.”

Patney works for social activist Lakshmi Agrawal’s NGO, Chhanv Foundation from Delhi and also for skin donation under another NGO, ‘Atijeevan Foundation’ run by Pragya Prasun from Bengaluru. With her favourite song that describes her thoughts and nature, *Ruk Jaana Nahi Tu Haar Ke*, Patney tells, “Be your own light on the dark path of life. Others only can guide or support, but it is you who has to go ahead at own.” **F**



NAIL THE NAILS

Ensure you keep your nails healthy and strong with these care tips.

Do your nails chip off easily? Do you want to go for that trending nail art but can't because of weak nails? Having the perfect pointers is what we all want, and to ensure that we need to make sure our nail health is ideal. Here are some home remedies that you can do to nail the nails!

OLIVE OIL, LEMON, TEA TREE OIL

The olive oil penetrates the nail cuticles and helps strengthen and repair nails. Lemon removes any stains on the nails and adds a shine to them. Tea tree oil helps treat any fungal infection in nails as also discolouration on nails. **DIY:** Take one tablespoon freshly squeezed lemon juice and three tablespoons olive oil in a glass bowl. Heat this in a microwave for a few seconds, till it is a little warm. Massage this mixture onto your nails using a liberal amount of the mix. For the remaining mix, soak your nails in it for 20 minutes. Once done, wear gloves to keep the mix on your



NAILS NEED A LOT OF PROTEINS AND CALCIUM TO KEEP STRONG.

nails and leave it overnight. In the morning, add five to six drops of tea tree oil to half a tablespoon of olive oil. Rub this onto the nails and keep as-is for 30 minutes. Then wash your hands with lukewarm water and pat dry. Apply a moisturising lotion to keep hands soft. You can do this twice a week.

EGG YOLK, MILK, VITAMIN E

Nails are made of calcium and protein, and lack of these nutrients causes brittleness. Eggs and milk are two of the best sources of these nutrients. Vitamin E helps hydrate and moisturise the nails.

DIY: Take one egg yolk in a bowl and add two tablespoons of fresh milk to it. Beat the mixture until it's cohesive. Soak your nails completely into this mix and keep for 20 minutes. Then wash off with lukewarm water and use a very mild soap to wash off the smell. Take a Vitamin E capsule and extract the oil inside. Coat this oil on your nails and massage gently. Keep this as is overnight before washing off with lukewarm water. Apply moisturiser to your hands. You can do this once a fortnight.

HERBAL NAIL MASK

Nails need a lot of proteins and calcium to keep strong. As mentioned before if you provide these to the nails, they won't become brittle. Gram flour is rich in proteins, as is an egg. Vitamin E helps hydrate and moisturise while coconut oil helps soften cuticles, better the blood circulation to nails as also make nails stronger. Apple cider vinegar has alpha-hydroxy acids and acetic acid that aid in moisturising the nails and preventing breakage. The Vitamin C in lemon juice strengthens the nails and fights free radicals. **DIY:** Take three tablespoons of gram flour in a bowl, add an egg yolk to it. Take two capsules of Vitamin E and add the oil in them to this mix. Add a teaspoon each of coconut oil and freshly squeezed lemon. Mix a teaspoon of apple cider vinegar and two teaspoons of water and then add to the bowl. Mix all of this in a way that it makes a paste. You can add a little water if it is too thick. Once it is paste-like, apply it over your nails and keep it on for an hour. Wash it off with lukewarm water and very mild soap. Apply moisturising lotion to your hands. You can do this once a month. **E**



BURST OF FLAVOURS Slice-full of taste

What: Pizzas by Freaky Pizzas
What's interesting: Here's the new hang-out spot in Aurangabad where you can taste yummy delicious pizzas with your BFF's. At Freaky Pizzas, the bamboo interiors look urban chic with those trendy melodies playing in the background. Your mood will be uplifted by the delicious pizzas, sandwiches and coffees. We recommend you try the Carnival Pizzas as it will bring in different taste with each slice. They have got you covered with their hot chocolate and chocolate sandwiches which are tasty and won't burn your pockets. Takeaways are also available and yes all the safety protocols are followed. So, hurry to get the freaky bite now at Freaky Pizzas.
Price: On request
Available at: Instagram @Freaky_pizza_aurangabad



NATURAL BOUNTY Sustainable beauty choices to pick from

What: Handmade skincare products.
What's interesting: As you start making more sustainable choices you also start preferring being more inclined towards cruelty-free products. As our skin requires the essence of Mother Nature and not the harsh chemicals being put up on the skin, an organic product does wonders. It doesn't have any side-effects and treats well. VarshavanEco has a great range of lip scrubs, lip balms, body butter, soaps and so on. This venture was started by Rutuja Wadkar early this year to create a range of total cruelty-free beauty. The products are made with love and are pocket friendly as well. Pamper yourself with some organic products which will make you skin plump, soft and clean.
Price: On request
Available at: Instagram @varshavaneco

FRAGRANCE POINT What's smellin' so good?

What: Perfumes by Scentkraft
What's interesting: Here's a great subscription platform for getting your perfume samplers from amazing luxurious brands at a very reasonable price. The 8ml vials are sent to you as per your choice and later you can commit to the full-sized bottle if you loved the notes. So, if you are looking forward to revamping your perfume department and want to choose a completely new fragrance, try this out! There are woody aromas for your man and peachy fragrances for your BFFs... You'll get to choose from a host of options! What's your favourite fragrance?
Price: On Request
Available at: Instagram @Scentkraft_india





Silken knots

Having found artistic success late in life, Neerja Mohunta paints a glorious story to **Kanika Rekhi**, on how it's never too late to achieve the 'colourful' life you want!

Always having been zestful and creatively inclined, Neerja Mohunta found her calling at an age when most of her counterparts chose to retire! "I got married when I turned 18 and at the age of 56 when both my children had settled, I thought it was time to relax and enjoy the fruits of the seeds sown. But there was always a feeling of emptiness in me to do something for my personal attainment, that the candle had not burned fully. I tried to brush aside this feeling as all my peers were in the retirement mood, and I was well aware that to start something anew would require a lot of effort! But I decided to take the plunge, and let my creative juices flow, once again!"

Mohunta recalls how while taking the responsibility of family

she developed her artistic flair; "Just like an energetic river flows to make its own path, I too with all my enthusiasm and energy made my way in the natural space I got. I was lucky in having Vineet as my husband who was not only encouraging and supportive but was the answer to all my problems in arts."

With an idea to explore various creative styles, she started taking classes on cooking, icing, sugar craft and garnishing. She soon moved on to Tiffany stained glass, mosaics, marquetry, porcelain, Tanjore painting, moulding, statue making and more. Dabbling with an array of creative skills, she eventually landed up taking 25 courses! Then again life took a steep turn when her kids

"It's never too late; Invest in yourself!"

were going abroad to study and she decided to join the growing family business.

"Life was going on smoothly with the kids settled and me enjoying life with family and friends. But again lockdown halted our lives. It jolted us and we were forced to face the new reality," she recalls. Rather than sitting idle, she decided to spark her creative mojo again! "I used to scan a lot of new creative stuff and was working on writing a book on how to tie scarves, 200 ways. That's when I happened to come across silk painted scarves and instantly I was glued to them as a moth to flame! It reminded me of my stained glass days. The colours on silk just fascinated me and I decided to explore this art form."

Thus began her journey of self-learning through books and videos... It took her six months to conquer this detailed and difficult art form as silk is non-forgiving; "It was difficult to self-learn this form of art, but knowing there are a very few silk painters in India and no one in Nagpur, that again gave me a boost! I realised it was a sophisticated, intricate, elegant art form even though expensive, just worth it!"

"Single-handedly doing all myself, now making silk scarves has become a way of life," she says, "I received a lot of appreciation from friends and orders started pouring in, that's when I decided to make it a venture." She now has clients all over India via Etsy and her website and plans to showcase her scarves in USA too. "Apart from this I plan to start an online school of all my arts in near future. Today I'm my mid 50s and yet I found myself and my passion, even if it's at this age! That's why I keep saying and believing in - It's never too late; Invest in yourself!"

CUPPA LOVE Coffee-holics unite!

What: Premium pour-over coffee bags from Coffeeza
What's interesting: Drinking a hot cuppa perfectly brewed coffee has never been as easy. The Coffeeza pour-over coffee sachets are available in four variants like Light Roast, Medium Roast, Medium-Dark Roast and Dark Roast. These pour-overs are 100% Arabica coffee are sourced from the best coffee plantations in India. Simply pour hot water into the pre-packed coffee filters and your coffee is ready in minutes. The month of February saw their online store having a specially curated Valentine's Coffee Gift Box with an assortment of 40 Coffeeza pour-over coffee sachets available.
Valentine or not, these boxes of coffee make for a great gift for your friends and family, or even yourself!
Price: On request
Available at: www.brew.coffeeza.com



WOODEN WONDERS Creative contemporary customized wooden creations

What: Bespoke personalized wooden gifting hub
What's interesting: Naaz Studio believes in engraving precious memories onto chunks of wood. Wood grows and changes over time, it 'seasons' like us, doing so with grace, and thus same way their wooden gifts are beautiful and brimming with sentimental value. Their founder Arwa Ali, an architect by profession, transferred her love for ancient rich wood carvings on monuments to creating eccentric engraved wooden pieces. They believe in personalisation than mass production, so each product is handcrafted and customized with a picture or message of one's choice. They deal with different wood species and their product line includes customized gifts, home decor, artefacts to furniture.
Price: On request
Available at: Instagram @naaz.studio

WOMAN WOES, NO MORE! Eco-friendly menstruation products curated for a comfortable feminine experience



What: Organic and biodegradable menstrual products
What's interesting: Lexie was started with a mission of eco-friendly menstruation, working on sustainable and organic lifestyle and creating a value for life. Lexie offers efficient and easy to use Organic Sanitary Pads which will ensure that you have a safe, rash-free and comfortable period without the fear and impact of any harmful chemicals or plastic. Lexie pads are made of cotton and organic polymer making them biodegradable and since they are also light and ultra-thin, makes them breathable. The Sanitary Pads can be customized according to your flow with variable sizes available. Packaging makes it stand apart since Lexie provides with disposal envelopes and doesn't use any plastic packaging, but only cardboard. They also have other array of products enabling you to have carefree experience.
Price: ₹99 onwards
Available at: Instagram @mylexiewoman

- Compiled by Kanika Rekhi



YOUR GUIDE TO THE EVENTS IN PUNE

It's Salon Time! Give Your Hair The Luxurious Salon Treatment

Recently, Pune saw the launch of the city's third salon set up by Shackya Nanda. Shackya Nanda, the founder of 'House of Bumble' brings all the latest trends from fashion runways around the world to you with a range of luxurious salons. After successfully setting up the salon in Kalyani Nagar, JW Marriott—one can now experience the luxurious facility of this salon in Aundh as well. The salon boasts luxury hair, nails and spa services with world-class hair products from American Crew, Depot, Moroccan Oil, and Nashi. Schwartzkopf Nanda is incredibly involved in every aspect of his business. He says, "Quitting a fancy engineering job to opening a salon, whenever I give a new hair cut to someone and when I see them appreciate it and smile in return that's what keeps me going." The guests who attended the opening of the salon were Sunetra Pawar, Pallavi & Amit Vaidya, Ashish Chandani, Anshu, Ajinkya Mhetre, Eshita Deoskar, Neha Sonavane.



NEW BAR IN TOWN Invite Your Buddies For Some Bottoms Up!

Need a place to drink in Pune? Recently, Pune saw the launch of PTown Bar, a perfect spot for everyone. Owned by Siddharth Kalokhe and Aarti Kumbare PTown is a pocket-friendly restaurant and offers alcohol at MRP all day, every day. Along with affordable alcohol, PTown also has delicious food options. Street food meets fine dining at PTown with dishes like Pani Puri Tam Jham, Dabeli Bao, amongst other tasty delights. It is the perfect place to drink, vibe, and have a blast with your gang. Located at the Balewadi high street the bar also has a valet parking facility.

THE MG FACELIFT 2021

Your SUV Will Listen To You, 'Cause It's A Human Thing

Recently, B.U. Bhandari MG Baramati launched MG Hector 2021 and MG ZS EV. On this occasion, Vivek Dhawan from MG India and Vaijayanti Shewade (GM), Amol Soma (Sales Head) and Sohail Shaikh (Sales head Baramati) from B.U.Bhandari were present. Personalities like Dr Bhoite and Mrs Bhoite were also present on this occasion. The ribbon-cutting was done by S.P. Baramati Milind Mohite and Dy RTO Sanjay Dhayagude. Vaijayanti Shewade was revealing the New MG Hector 2021 facelift SUV. It's the first internet SUV—it's a human thing, in new Hector the car can listen to you in your language. For Example—Hello MG AC Chala Do, FM Baja Do, On AC, open roof as well. It is one of the most spacious cars and is available in petrol and diesel versions. MG ZS EV is also the first electric SUV. It has all the features, in one charge it goes 350 to 400km along with Eco and Sports mode. It is one of the best electric SUVs by MG.



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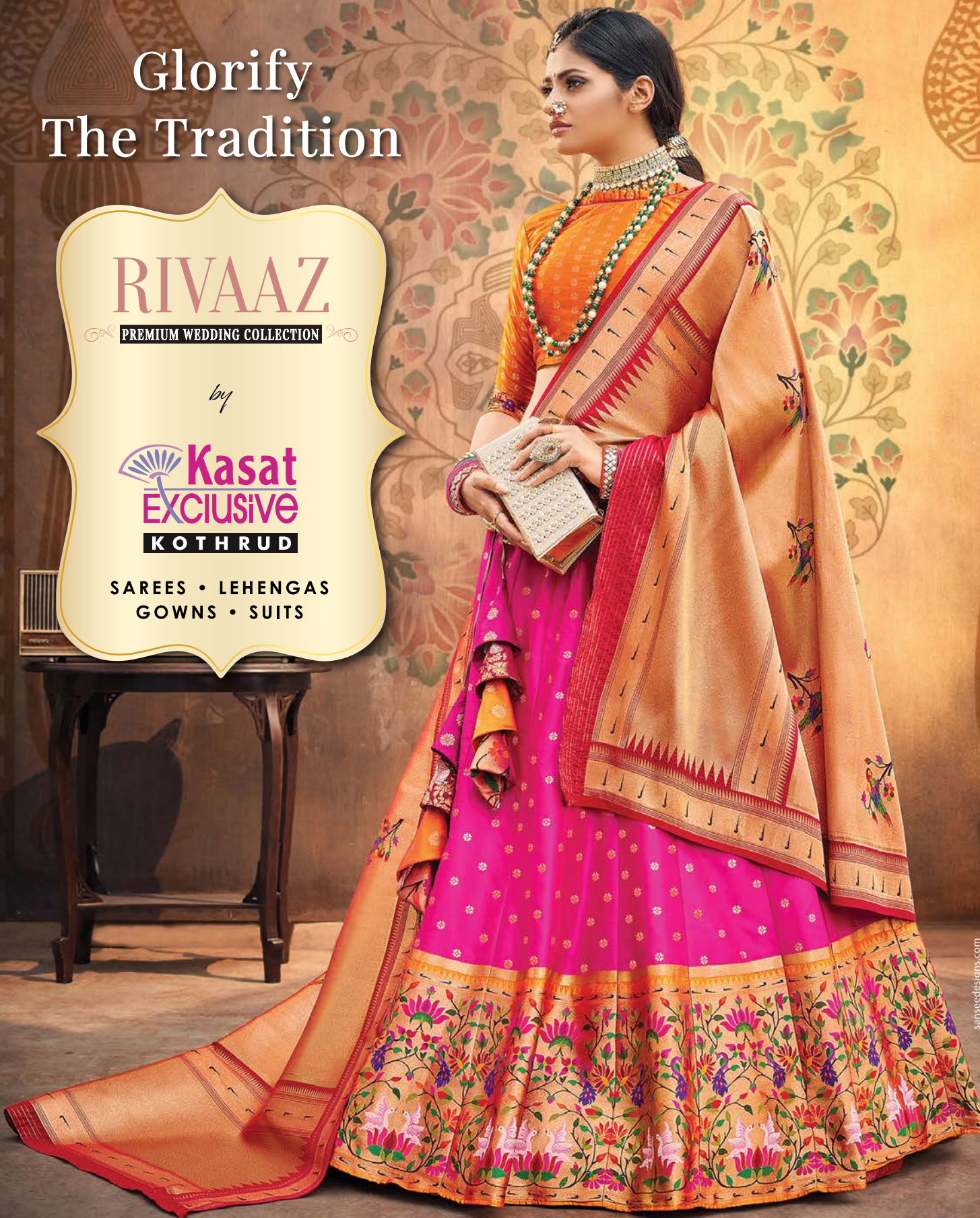
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