



NOVEMBER - DECEMBER 2022 ₹60

A Times of India publication

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PUNE, AURANGABAD
AND NAGPUR SPECIAL
FREE WITH MAIN ISSUE

Be
unstoppable

ENJOY THE PROCESS

Here's how to not let
wedding planning
get to you

DREAMY DECOR

DIY Wedding
Decor Ideas
On A Budget



ARCHANA BEHEDE
& URVITA BEHEDE

DAZZLING
DUO



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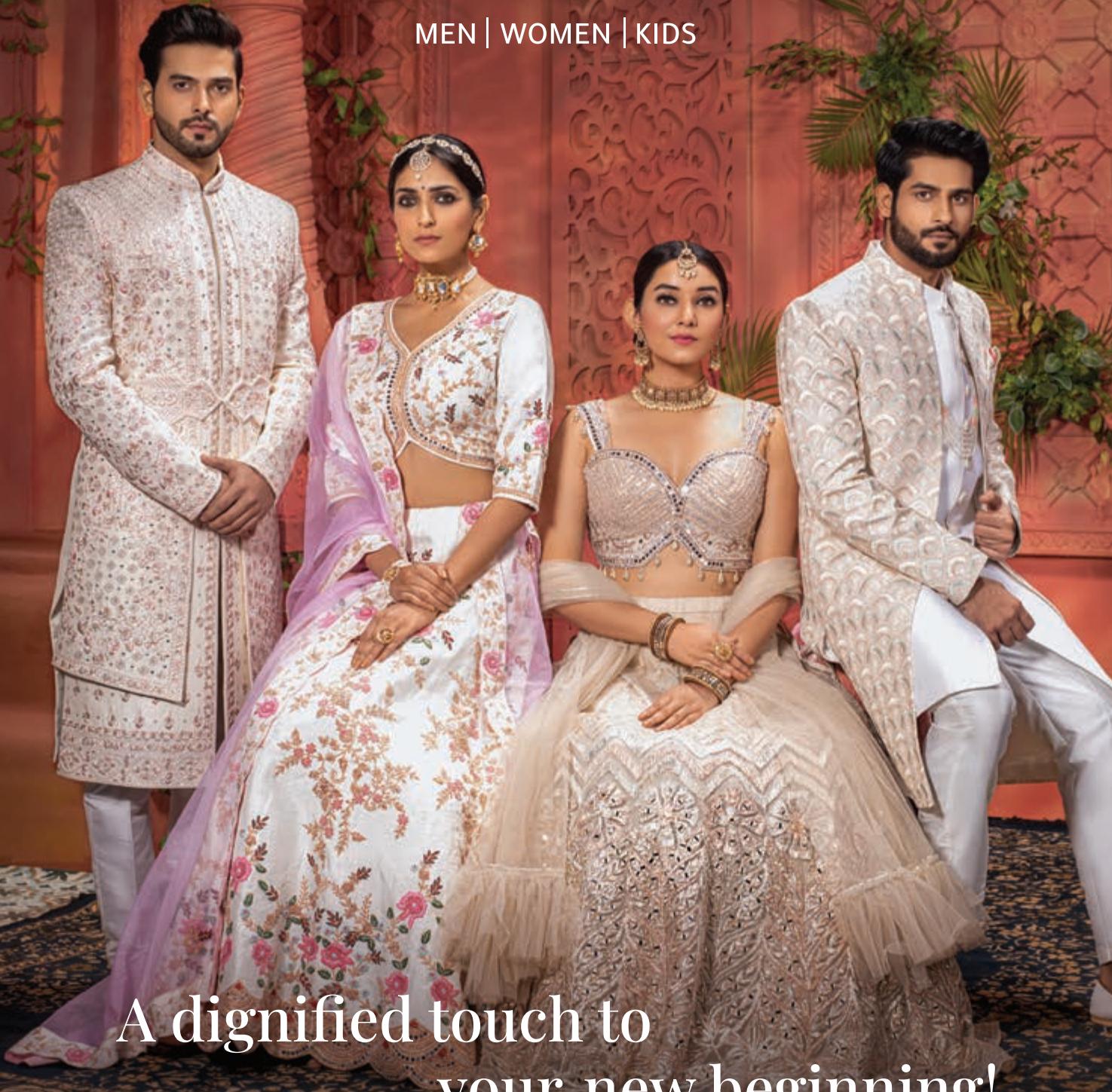
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FOREWORD

November in India can only mean one thing—it's wedding season! And after two years of downsized guest lists and socially-distanced ceremonies, weddings are back in a big way. This is why, in our recent issue, we've shed light on tips and hacks that'll come in handy this month. In our All About You, we've shared a few great

IN OUR RECENT ISSUE, WE'VE SHED LIGHT ON TIPS AND HACKS THAT'LL COME IN HANDY FOR THE WEDDING SEASON

tips on how to not let wedding planning get to you and how to enjoy the entire process. Our Beauty Blast sheds light on building an effective skincare regime months in advance for to-be brides.

In our Living Food section, you'll find easy dessert recipes that'll take no time to whip up for your friends and family, and in the Travel section, we've rounded up the best honeymoon destinations in the country you can plan to visit after your wedding.

Oh and, our Big Story Plus is all about easy wedding decor that'll look straight off a Pinterest board and won't burn a hole in your pocket.

Here's wishing you a lit season ahead!

AMBIKA MUTTOO

@MissMuttoo @missmuttoo

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FEMINA READER SERVICE

BRINGING SMILES TO INFERTILE COUPLES

LIFESTYLES THESE DAYS HAVE BECOME LARGELY ERRATIC AND UNHEALTHY. WITH STRESS, POLLUTION AND LACK OF EXERCISE BECOMING A MAJOR CAUSE FOR CONCERN, MORE AND MORE COUPLES ARE FINDING IT DIFFICULT TO ACHIEVE PREGNANCY. WHERE DOES ONE GO THEN FOR THE RIGHT ADVICE AND SOLUTION TO THEIR FERTILITY PROBLEMS? INDIRA IVF, A STATE OF ART, IS A ONE-STOP DESTINATION FOR ALL KINDS OF FERTILITY-RELATED ISSUES.



Asisted Reproductive Techniques (ART) has become one of the most sought after choices for infertile couples. IVF (In-vitro Fertilisation or test tube baby) is the process of fertilisation by extracting females' eggs, retrieving male's sperms and then manually combining an egg and sperm in a laboratory dish in a controlled environment. The embryo(s) so formed are then transferred to the uterus to achieve pregnancy.

"Assisted reproductive technology allows women to freeze their eggs when they are younger to preserve them for future use and pregnancy. ART can also help menopausal women to achieve pregnancy." So now you know exactly where to head to discover the best solutions to your fertility-related complications, says Dr Amol.

Dr Amol and Dr Ishita Lunkad are

BUSTING MYTHS ABOUT IVF

MYTH: IVF is the last resort treatment for infertile couples.

TRUTH: Treatment modality will depend on reason and duration of infertility and also on the age of the couple.

MYTH: IVF is very painful with a lot of side-effects.

TRUTH: Almost painless with negligible or short-term side-effects without any long term harm to the body.

MYTH: IVF requires prolonged hospitalisation and complete bed rest.

TRUTH: IVF neither requires hospitalisation nor strict bed rest. In fact, we encourage light exercise and stress-free work during IVF.

MYTH: There may be chances of mixing of other's egg/sperms and baby will be of someone else.

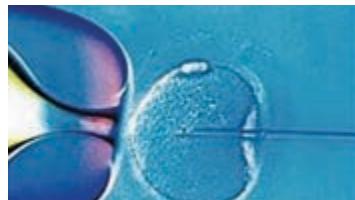
TRUTH: IVF Process has standardised protocols (SOPs), third observer technique is followed and at a time only one patient's egg/sperms are handled so there is no question of such mixing.

MYTH: Laparoscopy is a must for all patients.

TRUTH: Not all, only very few patients who have some pathology/disease which needs to be corrected before IVF will require laparoscopy.

1. Fallopian tube damage or blockage, making it difficult for an egg to be fertilised or for an embryo to travel to the uterus.
2. Ovulation disorders /PCOS - If ovulation is infrequent or absent. Fewer eggs are available for fertilisation.
3. Premature ovarian failure is the loss of normal ovarian function. If your ovaries fail, they don't produce good eggs.
4. Endometriosis occurs when the uterine inner lining tissue implants and grows outside of the uterus - often affecting the function of the ovaries, uterus and fallopian tubes.
5. Impaired sperm production/ function. Below-average concentration, motility or abnormalities in sperm size and shape can make it difficult for sperm to fertilise the egg.
6. Unexplained infertility- no cause of infertility has been found despite evaluation for common causes - in these couples also IVF is a good option if routine treatment doesn't give results.
7. Those couples who have taken simple form of treatments and still not able to achieve pregnancy should also go for the advanced IVF treatment without wasting valuable time of reproductive life.
8. Other indications of this treatment could be – sero-discordant HIV positive couples, recurrent pregnancy losses due to genetic causes like translocation or inversions, couples with need for pre-genetic diagnosis due to various genetic disorders in the family or in previous child, couples who need pre-genetic diagnosis because of being carrier for diseases like thalassemia, sickle cell anemia etc., couples who want pregnancy after family planning operations like tubectomy or vasectomy.

there to ensure you get the best of treatments. "Till now almost 80 lakh IVF babies have been born worldwide. Advancements like ICSI, IMSI, Blastocyst culture, Laser-assisted



hatching, Closed working chambers and PGD/PGS etc. have tremendously increased the success of IVF," Dr Lunkad elaborates. Most of the patients undergoing test tube baby treatment are not aware of these advancements. It is a combination of best techniques, best technology, the best team of doctors and embryologists that gives the best success in the process of IVF and Indira IVF ensures all of the above!

Indira IVF, New Airport Road, Viman Nagar, Pune 411014, 9028062638, 020-67087900; dramollunkad@gmail.com; www.dramollunkad.com; www.indiraijf.com



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Feat.: **Mrunmayee Deshpande**



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WEDDING COLLECTION



KAWEDIYA
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INBOX

WE HEAR YOU!

Write to us at femina@wwm.co.in with *Femina Pune* as the subject

Hello Femina!

I wish I could put into words how I've always felt about the magazine. I've always desired a best friend, and you've been that for me. My life has changed so much for the better as a result of reading Femina, and it continues to inspire me to continue learning and developing. Self-care and confidence are two of the most crucial lessons I've learned from Femina, and once again, the fantastic pieces about healthy food and skin care in this issue have helped me know something new. I look forward to reading more of such content!

- Raina Mehta, Pune

Hi Femina,

I just have one thing to say: thank you for the article on Establishing Healthy Boundaries! It was an eye-opener for me. To give you some context: I have always been a people pleaser all my life. And this trait has created a lot of problems for me,

especially at my workplace. This article gave me a reality check I didn't know I needed. Please keep sharing more content on boundary-setting and saying no!

Vedashree Jadhav, Pune

Good day, Femina

Please accept my sincere gratitude for being an older sister to me when I was growing up. I wanted to go all-in with my Diwali decorations this year, but I didn't have any leads. As always, your amazing cuisine and home decor rescued the day. I want to express my gratitude for assisting me in creating the finest Mysore Pak ever.

Mehak Lalwani, Baner

Hello Femina,

Congratulations! What a wonderful Diwali issue. My mom has been an avid reader of Femina for the longest time and then passed on that heritage to me in the last 6-7 years. Highly grateful to her

BEAUTY Make

BAKE IT TILL YOU MAKE IT

THE BAKE IT BAKES Dark chocolate, cinnamon powder, brown sugar, butter, flour, eggs, baking soda, salt, vanilla extract, and a dash of orange juice. Mix all the ingredients in a bowl until well combined. Preheat the oven to 180°C. Grease a baking tray and pour the mixture onto it. Bake for 15-20 minutes or until a toothpick inserted into the center comes out clean. Let cool completely before serving.

How can baking make you look good? Dark chocolate is a rich source of antioxidants, which help reduce inflammation and improve skin texture. Cinnamon has anti-inflammatory properties and can help regulate blood sugar levels. Vanilla extract has mood-boosting properties. Baking is a great way to stay active and have fun while also getting a healthy dose of vitamins and minerals.

for that. This Diwali issue is fun, and so creative. Cultural diversity put so beautifully together, I was honestly enlightened on how each state in the country gives Diwali a different fervor. Be it the oil bath in Tamil Nadu or a thousand floating diyas on the Dal lake, the festival of lights sounds like so much faith across a billion people. Love it!

-Reet Khanna, Pune

Hello Femina!

Your stories wrapped up in utmost warmth have always been my go-to content. My heartfelt gratitude to you guys for bringing together real stories of people twisting and turning their way up through life. It's truly inspiring to indulge in journeys fueled by the passion of people amongst us and around us. Your words are like a window to the creative world waiting to be righteously heard. It evokes curiosity and appreciation for the diversity of interests and the unique results each bear.

-Aisha Singh, Pune

ECO-FRIENDLY Diwali

SAY GOODBYE TO FIRE CRACKERS Firecrackers are a integral part of Diwali, but they're also a major source of noise and pollution. Instead of buying them, consider making your own. You can use dried leaves, twigs, and sticks to create a natural firecracker. You can also use dried flowers, petals, and leaves to create a fragrant firecracker. These are safe, eco-friendly, and fun to make.

Write to us at *Femina Pune*, Times House, 577, FC Road, Pune 411004



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GRAND OPENING

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Brand Owner NEHA GHOLAP PATIL
And Actor Madhura Deshpande



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A brand born amidst Covid lockdown Rajasa has mushroomed into a brand that made its presence felt nationally and internationally. from showcasing their collection at Dubai fashion week to getting ready for the upcoming London Fashion Week, Rajasa is acing each move.

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Achievement



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Singer Utkarsh Shinde And
OWNER NEHA GHOLAP PATIL



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Dubai Fashion week by Vivz fashion School
- Dipali Tulpule



Koregaon Park Opening



COVER STORY

DAZZLING DUO

Urvita Behede and Archana Behede, Co -
Founders of Gautam Banerjee Jewellery get candid
about balancing their personal and professional
lives, marriage, and the latest trends in the biz

Archana Behede
and Urvita Behede



Urvita Behede and Archana Behede are quite well-known in the jewellery circuit and are forces to be reckoned with. Their passion is unmatched and the love they have for their work is evident from the intricate and stunning pieces they craft. We sat down with the talented duo and spoke about how journeys, and how they balance their personal and professional lives, and most importantly, we got the bride-to-be Urvita to spill the beans on the latest jewellery designs that are apt for the wedding season! Here are excerpts from the interview.

How do you both balance out your personal and professional lives

AB & UB: It's definitely not an easy task but extremely essential to strike balance between one's Personal and Professional lives. Individually, We have decided our own set of working hours and accordingly we manage our clients, production calls, other meetings, store management as well as designing work.

But if there comes a time when there are any family-oriented functions, we work our work schedule around it. It's very important to put our own family first and to leave our work at our workplace so that we don't carry it back to our homes.

How does it feel to be getting married? Do you plan to take a break from work?

UB: It definitely has been quite overwhelming in a great way, so yes feels amazing! And yes, I do plan on taking a break for a few months from work as the wedding planning needs my complete attention, but I do end up going for the bridal clients or other client appointments.



Our professional journeys have been very smooth by god's grace and we continue to achieve new things in terms of new designs, techniques, and materials as a part of our design



Either way can't wait to get done with the wedding preparations and kickstart my new life back with the brand and launch new collections with my family !

Please tell us more about your professional journeys.

AB & UB: Our professional journeys have been very smooth by god's grace and we continue to achieve new things in terms of new designs, techniques, materials as a part of our design and it really adds on a sense of satisfaction when after putting so much thought process and hard work behind any single piece of jewellery is appreciated by our clients and then eventually by the rest of their families.

What is the one advice you've passed on to your daughter, now that she is getting hitched?

AB: I always feel that any relation doesn't be the same all the time and you have to really work to Make it happen the way you want it To be . Every relationship is a continuous process and you always have to work and make it happen

What trends do you see brides leaning towards this wedding season?

UB: The bridal trend in Jewellery definitely seems to be breaking away from the classic one big necklace to now layering versatile multiple jewellery pieces to add the same heavy look. Keeping in mind the wearability of the multipurpose necklaces will be more than the single chunky neckpiece.

How to build the perfect jewellery collection—one that'll last for years?

AB & UB: While building your own jewelry collection, one must remember to select your Jewellery first and then accordingly one must pick their outfit, as the jewellery will always cost more than the outfit, could be a great investment and at the same time will definitely get more used in the future, compared to the outfit.

One must also remember that the pieces of jewelry picked by you must define your own personality, as only then will you be able to carry it with confidence and hence that'll end up lasting for years.

One must try and understand the types of Jewellery as well- Polki, Diamonds , color stones, etc. Invest in classic versatile pieces as well as heirloom pieces that can be passed on to your next generation as well.



BIG STORY PLUS

DREAMY DECOR

Ravina M Sachdev lists wedding decor inspo that won't burn a hole in your pocket



Spending a lot on exotic decorations for a day might not be a good idea. You could instead invest in some creatively curated decor and spend the money saved, drinking mimosas at a beach on your honeymoon! Go through our list of ideas and invite your close friends and family members for a DIY party.

Floral fantasy

Flowers and weddings go hand in hand. It's almost as if weddings are

incomplete without them. Gorgeous blooms arranged in an aesthetic manner not only look pleasing to the eyes but also save big bucks in the décor department. Hanging floral arrangements for a day wedding look oh so pretty and straight out of a fairy tale. Floral chandeliers too are comparatively cheaper and look classy and tasteful.

Drape it

Invest heavily on big flimsy fabrics and you'd be amazed at what drapes

can do to a location! Drapes scream chic while being super affordable at the same time. Win-win! Drape the ceiling with white fabrics for an elegant and cosy engagement evening. You could also play around with fun bright colours like yellow or pink for the Mehendi party

Charming chalkboard

Chalkboard signage is the latest obsession for weddings! Chalkboards are simple and cheap, and allow you all the creative freedom in the world.





There are a number of places you can install a chalkboard placement at. From handwritten warm welcomes parked at the entrance to those special for the two of you quotes placed in the garden to directions giving signages to the ceremony, there's really no stopping when it comes to this prop.

Romantic lighting

Lights set the mood right, make the venue come alive and make the wedding seem whimsical and

romantic. Rent or buy a lot of fairy lights, string lights and vintage bulbs to make the setting truly sparkle. Hang string lights above dinner tables for a cosy setting. You could also wrap them in bare tree branches for

a vintage look. Add some lanterns and candle stands and you're all set to say 'I do'.

Dazzling photo booths

Every wedding has a corner dedicated to the can't-do-without photo booth! Photo booths serve as the perfect place to click those Insta-worthy pictures. They are no rocket science and actually pretty easy to build if you do it right. Get a simple Instagram order cut-out with your names and the wedding day printed on it and plant it against a floral background. From alphabet lights to balloons to a rustic scooter to fringed papers to pictures of the two of you, there are a zillion options available to experiment with. **F**

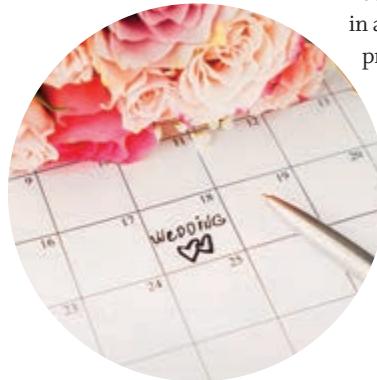




ENJOY THE PROCESS

Rishma Shah shares tips on how to not let wedding planning get to you

When the thrill of your engagement wears off, it's natural to feel overwhelmed by the onslaught of decisions you'll have to make in the months leading up to the big day. Are you unable to decide what to do next because your to-do list has taken on a life of its own? Do well-intentioned "How are the wedding planning going?" questions make you secretly want to



vomit? Can't recall the last time you went on an actual date with your future spouse? If you responded "yes" to any (or all) of the questions above, it's probably time to take a break.

Here is some sanity-saving advice to help you get back on track and enjoy the process again. You'll be counting down the days till your I-dos before you know it!

SET REALISTIC DEADLINES FOR COMPLETION

You won't be able to plan your wedding in a week, so don't fall into the trap of procrastinating. Make a schedule with all of your key tasks on it, and allow for extra time in case of unforeseen events.

Give yourself a thoughtful treat when you finish a big task to keep yourself motivated. Use one folder to keep all of your bridal-related business cards, vendor checklists, contracts, and any other relevant paperwork, if you haven't >



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ALL ABOUT YOU *relationships*

already. That way, you'll never have to hastily sift through a mountain of chaotic papers for a crucial wedding document.

STEP AWAY FROM THE PINTEREST BOARD

If it all becomes too much, take a break and put yourself on a self-imposed wedding ban for a few days (or even a week). Don't peek at your wedding Pinterest board, wedding emails, or the massive binder of notes and documents you've amassed over the last few months. Instead, make the most of your last days as a bachelorette by spending time with your friends, taking long baths, doing yoga, or doing whatever else calms you.

OUTSOURCE SOME OF YOUR RESPONSIBILITIES

Burnout is sometimes caused by a lack of delegation, so sit down with your fiancé and discuss what you can both delegate. If you don't think you have enough time to organise your wedding, consider how you might free up time in other aspects of your life. Examine your household responsibilities to determine if there is any room for flexibility, such as hiring a cleaning service on a temporary basis or using online subscription services to have food delivered to your home.



IF YOU DON'T THINK YOU HAVE ENOUGH TIME TO ORGANISE YOUR WEDDING, CONSIDER HOW YOU MIGHT FREE UP TIME IN OTHER ASPECTS OF YOUR LIFE. EXAMINE YOUR HOUSEHOLD RESPONSIBILITIES TO DETERMINE IF THERE IS ANY ROOM FOR FLEXIBILITY



RECONNECT WITH YOUR SPOUSE-TO-BE

Plan a low-key date or outing with your partner, such as strolling in a park, sipping a cappuccino at a neighbourhood coffee shop, or seeing an art show. Gift your partner a box of gourmet macaroons and a bottle of champagne, along with a note encouraging him to take a night off from planning and reconnect. Make a rule about no wedding talk—and stick to it. If you can go on a cheap weekend trip or staycation together, you'll score bonus points.

FOCUS ON THE FUN PARTS

Setting aside time to focus on the fun aspects of wedding planning will help you re-energize your enthusiasm. Invite your gal-pals to join you and convert your to-do list into a bonding activity. For example, after picking your outfits, you may plan a celebratory-champagne brunch. Spending the day with your friends will definitely lift your spirit. **F**

PHOTOGRAPHS: SHUTTERSTOCK



ALL ABOUT YOU relationships



BFFS...OR NOT?

Ravina M Sachdev points out warning signs that prove that your BFF secretly hates you

It's often said that having a best friend, someone you can rely on, during good and bad times is a blessing. Your BFF brings out the best in you and makes your life easier. Unfortunately, that's not always the case. Sometimes your biggest enemy is your closest friend. Confused? Here are some signs that your BFF might secretly hate you

SOMETIMES YOUR BIGGEST ENEMY IS YOUR BFF

YOU'VE HEARD THEM TALK BAD ABOUT YOU

If you've heard them talk bad about you multiple times in the past, only for them to say that they didn't mean it seriously, it's time to end the friendship for good. No person who genuinely likes you will badmouth you. Why bother being friends with someone who doesn't love and appreciate you? >





ALL ABOUT YOU *relationships*

THEY DON'T CELEBRATE YOU

Your best friends are supposed to be the ones to celebrate you when you accomplish something. But, if your BFF makes it seem like it's no big deal or ignores your success, it might mean that they're not happy for you.

THEY MAKE YOU FEEL DUMB

If your BFF constantly points out your simple mistakes, it might be a sign that they're trying to undermine your intelligence as it might make them seem better in comparison. It can also be because they're afraid of letting you shine due to the fear of being replaced.

YOU'RE THE ONE REACHING OUT ALWAYS

If you find yourself being the one initiating contact, making plans to meet up all the time while they put in zero effort to see or talk to you, it's probably because they don't like you much.

THEY DON'T CARE

Whether you're sharing your feelings with them after a bad day or telling them about your breakup, they don't seem to care too much about it. Yes, they will listen, but won't take any real interest and ask questions or try to make you feel better.

THEY MAKE FUN OF YOU

If your BFF makes fun of you with other people around, it might be because they don't respect you and want to make you feel bad about yourself. In such situations, it's best to ask them to stop saying things that you don't like.

YOU FEEL EXHAUSTED

Do you find it difficult to communicate with your bestie? Do you constantly feel drained mentally after talking with them? Well, it's time to focus your energy elsewhere! Your friendships and relationships are supposed to bring you peace, and not put you in a bad mental space. ☺

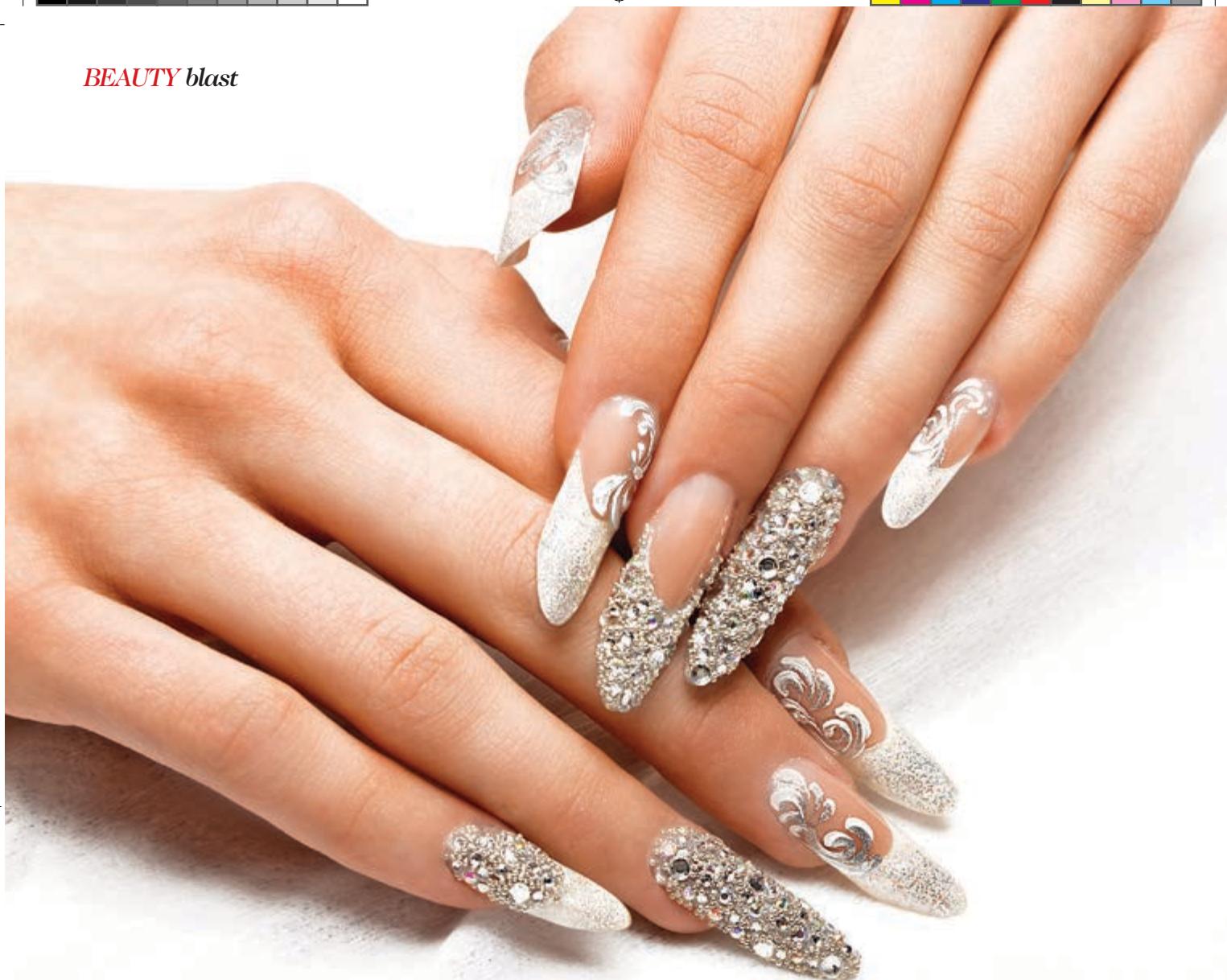
PHOTOGRAPH: SHUTTERSTOCK

THEY'RE AFRAID OF LETTING YOU SHINE





BEAUTY *blast*



LET YOUR NAILS DO THE TALKING

Mehak Sirohi sheds light on all the latest nail trends you need to try this holiday season

Fancy nail art trends have long been a great way to enhance your appearance and make your outfit seem all the more put together and out of the ordinary. There are some evergreen styles that work all well (looking at you french manicures!), but how about experimenting with something unique

this holiday season? Here are some suggestions that'll help:

Different Textures

Winter season means a nip in the air, and wrapping yourself in rich fabrics like wool and velvet. So, how about opting for velvet nails? Truth be told, velvet nails are having

quite a moment and from the looks of it, they aren't going anywhere for a long time. If you want to go lighter, opaque sea glass nails and glossy jelly nails, especially in bright colors, are great options. You can even try rigid or rough surfaced nails for an added extra factor to simple plain polishes. >

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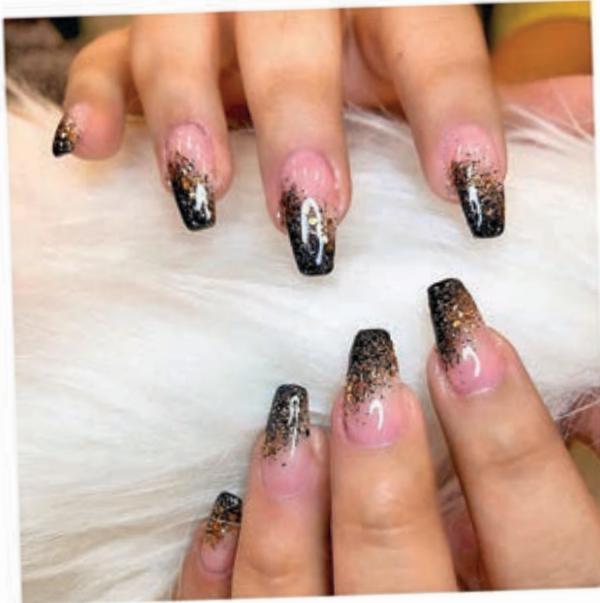
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BEAUTY blast



International Influence

Besides the usual styles of nail art, a lot of people are also looking at international influences for inspiration. According to Chetali Purswani, the Owner of Soho Nails Pune, Hailey Bieber's iconic pearl chrome effect nails are a huge hit this season, especially with the younger demographic.

The Classics

You can never go wrong with the classics! The usual glitter, gold, and chrome effects are well-suited for the holiday season and for good reason. However, take things up a notch and experiment with bold colors like

USING DECALS AND STICKERS LIKE PEARLS, STONES AND PATTERNS IS ALSO A GREAT WAY TO MAKE YOUR SIMPLE MANICURE LOOK EXTRA. IT'S FUN, CHIC, SOMETHING OUT-OF-THE-BOX & APT FOR THE HOLIDAY SEASON

red, black, and blue instead. Go for french manicures with brighter hues, you can also get holiday stickers like candy canes or christmas trees to amp up your nails.

Decals and Stickers

Using decals and stickers like pearls, stones and patterns is also a great way to make your simple manicure look extra. There is an appliquéd for every type of nail art design you want to try, including stickers, gemstones,

and pearls. Keeping the background a nude shade, you can really do a lot with these materials.

Holographic And Glitter Effects

"There is also a shift from the regular gold glitter stuff towards a subtle kind of bling like the holographic effect and the reflective glitters that seem to be really trending and liked by a lot of our clients." said Chetali. These kinds of effects also turn out to be quite eye-catching and tend to go with any kind of outfit.

Customisation

If you are still confused about what to get, well, fret not. The easiest thing that you can do is get a custom job done. Chetali adds, "We're also doing a lot of customised sets for clients with initials or some intricate mylar work as well." In the long run, this is perfect as not only will your set be completely unique, but it is also a great way to reflect your personality. **F**



PHOTOGRAPH: SHUTTERSTOCK/INSTAGRAM





BEAUTY *blast*

STEP-BY-STEP SKINCARE REGIME

Mehak Sirohi shares steps to build a fabulous and effective skincare routine

A person's skincare routine is something that is carefully curated to suit their skin and to keep it protected and nourished. A good skincare routine is supposed to be convenient and easy to enact on a

daily basis. Here is a step-by-step breakdown of what to include in your skincare regime.

CLEANSING

Before beginning your skincare routine, always cleanse your face.

The simplest approach to accomplish this is to wash your face. Begin by cleansing your face with a mild cleanser. Rinse your face well to remove any debris and grime. You can also opt for an oil-based cleanser or gel-based ones that are gentle on the skin and also convenient to use.

TONER

Next comes toner! If you've been skipping out on toners, we highly suggest you stop doing so. A good toner can go a long way to help balance out your skin tone. Take a small amount and apply it to your skin with a cotton pad. If your skin toner contains an exfoliating ingredient, such as glycolic acid, you should only apply it at night.

SERUM

Serums are the holygrail of skincare! They're super easy to apply and >





BEAUTY blast



oh-so hydrating. You can use serums during the day or at night, depending on your skincare routine. Using antioxidant-rich serums, such as Vitamin C, is ideal as they protect your skin from free radical damage. Simply add a few drops to your sunscreen and you're set for the day! As for the night, using an oil-based one that'll help repair your skin is ideal.

MOISTURISING

Is it even a skincare routine without a moisturising cream? They help retain moisture and protect the skin from drying out. This also aids in the prevention of fine lines and wrinkles. Moisturised skin also seems fresh and supple. Use a product that is lightweight and simple to apply as it can keep you comfortable throughout the day.

EXFOLIATING

Exfoliating your skin once every week can be extremely beneficial it can help clear away dry and dead skin and enhance the skin's radiance and clarity. Exfoliating also helps unclog pores, prevents acne and evens skin tone.

FACE OIL

Want that much-needed glow? Ensure to use a face oil regularly.



**TO KEEP YOUR SKIN
PROTECTED ALL DAY, APPLY
A SUNSCREEN LOTION
WITH AN SPF OF AT LEAST 30**

However, use face oil as the last product as oil is tough to penetrate and this ensures that the other products are protected and remain sealed into your skin.

SUN PROTECTION

You don't need us telling you that the majority of skin damage is caused by UV exposure which is why it's crucial to use a sun protectant on daily basis regardless of whether you're strutting around in the sun or staying indoors. To keep your skin protected all day, apply a sunscreen lotion with an SPF of at least 30. **F**



FEMINA READER SERVICE

AN EVENING OF GLAMOUR

THE GRAND FINALE OF FACE OF INDIA 2022 WAS HELD IN PUNE



Internationally acclaimed Face of India in association with the Asia Model Festival, held its grand finale in Pune and crowned six winners from the 6000 entries received from various parts of the country. The property opens gates to endless opportunities for aspiring models and plays the role

of a mentor in their fashion journey. The extensive judging panel included Mr. Badal Saboo, Chairman, Face of India, Rajiv Sonigara, Co-Director, Sonigara Corp, and acclaimed Indian actors that included Sahil Shroff, Elakshi Gupta, Nikki Tamboli, Ayeesha Aiman, and Kabir Singh.

Alisha Chandrakar from Bhilai, Chhattisgarh and Vedant Mahewar from Nanded, Maharashtra were crowned as the winners of Face of India. Ravi Naval from Mumbai and Niharika Joshi, Una, Gir Somnath, Gujarat, Maharashtra were the second winners, and Kriti Karmakar from Gauripur, Assam and Rohit Rana from Chalisgaon near Jalgaon, Maharashtra were third winners. All the winners will further represent India and compete with the winners from other 27 Asian countries for the most coveted Face of Asia title at the Asia New Star Model Contest 2022 which has prize money of 100,000 USD.

The whole world of fashion, glamour, and culture was present as contestants all across India spiritedly walked the ramp to be the next Face of India with acclaimed designers such as Amin Farista, Niti Singhal, Bhavini Parikh, Ivodia London, Sumit Das Gupta, Ashok Maanay and Siddhant Agrawal. The showcased collection was a story beautifully woven through sustainable fashion in different styles

CRAFTING ELEGANCE

Backed with a rich tradition of offering quality products and services in the retail industry since 1975. Kawediya Jewellers is one of the leading jewellers in Pune city. A one-stop shop for all jewellery needs. Our products include all kinds of gold and silver, diamond, branded and platinum jewellery. Under the leadership of Ankit Kawediya, who is running this family legacy says, "the mission of this brand is to give every customer much more than what he/she asks for in terms of quality, selection, value for money and customer service, by understanding local tastes and preferences and innovating constantly to eventually provide an unmatched experience in jewellery shopping."

We want to provide the world with intricately designed jewellery that will spread happiness to all. For keeping

up with the current trend Ankit prefers traveling a lot and keep on studying the latest trends and he always prefer transforming the traditional jewellery to contemporary so that it can be worn for long, and it looks fashionable. Ankit gives a huge credit of his success to his lovely team and to his family who always believed in him through thick and thin. Asking about his experience of the last two years or the covid learnings Ankit says "that the last two years have opened a new horizon people are no more reluctant on buying online and percentage of digital purchase



has been exponentially increased. When asked that what are three must have jewellery to this Ankit says with a grin.

- A traditional set that can be mix matched on any attire.
- A nice pair of daily wear earrings or everyday jewellery.
- Last but not the least a beautiful ring with a million-dollar smile.



FEMINA READER SERVICE

PARENTHOOD MADE POSSIBLE

**JEHANGIR HOSPITAL, PUNE HAS LAUNCHED STATE OF ART
JEHANGIR - ASSITED REPRODUCTIVE TECHNOLOGY/IVF CENTRE**



The most modern and state-of-the-art IVF centre [JH ART] is equipped fully to offer a range of services which include IUI IVF ICSI, laser hatching, egg donation program, oncofertility for sperm preservation, social egg freezing, vitrification of gametes and embryos, surrogacy, and donor egg programs, ovarian rejuvenation, PGT-A, preimplantation genetic testing for aneuploidies and ni (non-invasive), PGTA along with andro plus which is a specialized male infertility clinic and implantation clinic.

The set-up hosts state-of-the-art equipment along with three beds recovery room, an andrology lab, embryology lab with some extremely sophisticated equipment. A well-equipped lab has several types of powerful microscopes, state-of-the-art embryo incubators, and IVF micro tools. In order to grow and develop properly, an embryo requires a complex set of

environmental controls at every stage.

The air quality in an embryology lab has an enormous effect on the health and viability of embryos

Embryos are exquisitely sensitive to changes in ambient light and temperature as they develop. Both of these factors are profoundly important. These specialized embryology labs have a vital role to play in IVF, and access to a great IVF lab can greatly raise the chances of success in fertility treatments along with a team of

specialist doctors and support staff. Jehangir Hospital IVF centre understands the need for an hour and the fact that the standard of an IVF lab plays a crucial role in the treatment cycle and that the quality of an IVF lab is perhaps the most important factor

Vinod Sawantwadkar, CEO Jehangir Hospital said, "IVF centre was the only missing link in our comprehensive Mother and Child Unit and with Jehangir – ART we now are a complete one stop solution for all the mother and child services. The ultimate advantage of IVF is achieving a successful pregnancy and a healthy baby. IVF can make this a reality for people who would be unable to have a baby otherwise: Around 14% of married couples are going through infertility issues and it continues to grow by approximately 10% annually. Hence, it is extremely important to have more such centres."





LIVING food

KUCH MEETHA HO JAYE

Looking for easy but delicious desserts to whip up for your family? We got you! Check out these yummy dessert recipes that are effortless to make

CHOCOLATE AND HAZELNUT FUDGE SQUARES

Chef Priyanshi Khandelwal, La Sucree, Artisan Cake Cloud Boutique,



For the fudge:
500 g plain chocolate
(chopped)

90 g butter (room
temperature)

400 g canned
sweetened
condensed milk

1/2 tsp vanilla extract
oil, for greasing

For the topping:
toasted hazelnuts,
as required

sea salt,
as
required

hazelnut spread,
to drizzle (optional)

SERVES: 20-25 squares > PREP TIME: 10 minutes > CHILL TIME: 40-60 minutes

Calorie
count:
200 calories
(per serving)

1. Grease a 9" square tin with oil, and line with parchment paper.
2. In a microwave-safe bowl, add the chopped chocolate. Microwave the chocolate, stirring at regular intervals after every 30 seconds to avoid burning.
3. To this, add the condensed milk and softened butter. Melt everything together, while stirring regularly.
Add in the vanilla extract. Mix till the fudge thickens.
4. Pour the fudge mixture into the prepared tin, and smoothen it out. Tap to release any air bubbles.
Sprinkle some sea salt and toasted hazelnuts on top and press them gently.
5. Refrigerate for 40-60 minutes or until it's firm.
6. Take out of the pan, cut into squares of desired dimensions. Warm the knife to get cleaner cuts.
Drizzle some hazelnut spread on top of the squares (optional).

TIP:

CAN STORE IN A COOL ROOM, OR REFRIGERATE. SERVE AT ROOM TEMPERATURE FOR BEST RESULTS.
THE BETTER THE CHOCOLATE THE BETTER THE TASTE OF THE FUDGE. >



FEMINA READER SERVICE

ON THE FIELD

PUNE SARAF ORGANIZATION ORGANISED PUNE JEWELLERS PREMIER LEAGUE 2022



Recently, Pune city saw all the jewellers coming together for a cricket premier league match organized by Pune Saraf Association. The winner of the tournament was Dileep Sonigara jewellers, the team was playing against



Nagarkar jewellers, and they won the match by eight wickets. There was also a cricket match between the women's teams and Gandhi jewelers won the match in women's category.

Speaking about this association president of Pune Saraf association, Fatehchand Ranka said "This kind of competition we organized for the first time and am glad about the factor that all youngsters participated in this, we had total of 34 matches all together between men and women and am very happy that we giving the importance to sports and we looking forward for more such big events organized by the Saraf committee. Dharmesh khergaonkar Director of Drishti Events and Promotions Pvt Ltd who was the channel partner for this event was felicitated by President of Saraf Association Pune Mr. Fatehchand Ranka and speaking about this event he said he is very happy that he associated with this event and he is looking forward more such events in the future.

GET RADIANT

HERE'S HOW TO GET FLAWLESS AND GLOWING SKIN

Natural/ herbal products for internal and external use have shown magical effects. Everest Pharma, a GMP certified trusted name in manufacturing of herbal cosmetics & ayurvedic medicines have had proven results of products containing natural, herbal or plant-based ingredients, oral and external products.

Saffron is a precious well-known widely used herb with richness of fragrance, taste and applications. Its use is identified traditionally and culturally with astonishing results for oral and external applications. Saffron based face cream with natural oils of sweet almonds, hempseed, gow-ghrita, etc, with other herbs infused in it like manjishta, turmeric, anantmool, sandalwood, aloe vera, rose, jasmine, nutmeg, almond, etc. works well as a moisturiser. Eparna E-Alfrron cream

consisting saffron distillate and stigmas have revealed glowing, fair & healthy skin defeating wrinkles and aging.

Face scrubs used to exfoliate and remove the dead skin, excessive sebum oil, acne, reduce pigmentation, unclog the skin pores with a moisturising, glowing, brightening and smooth soft effect and texture. Walnut shell powder, clay, ubtans, etc., are proven natural exfoliators in scrubs. Eparna Strawberry Rose face scrub is a must have for use once or twice



a week along with daily application of good face cream and/ or gel.

Face gels are non-oily-based formulations. Spirulina, a sea alga in research have been found good for wholesome application. Eparna Spirulina Gel is a novel plant based NON-GMO product in the market. Besides, spirulina gel other natural ingredients rose, saffron, orange, tomato, or strawberry have also shown marvellous results for reducing dark circles under eyes, acne, and pigmentation.



ANJEER KAJU ROLL

Recipe by Suraj Kumar Sahoo, Executive Chef, Novotel



200 g cashew nut
400 g sugar
50 g ghee (divided usage)
300 g dry figs (anjeer)

100 g pista + extra to garnish
50 g dates
1 g saffron
50 g poppy seeds

SERVES: 5 > PREP TIME: 45 minutes > **COOKING TIME:** 30 minutes

1. Soak the cashew nuts for two hours. Drain and grind to a fine thick paste. Add the sugar and mix thoroughly.
2. Heat a non-stick kadai and cook this sugar-cashew nut mixture over a low flame with a little ghee for 15 minutes to the consistency of a thick dough. Remove from the flame and set aside to cool.
 3. Soak the anjeer for one hour, drain and grind to a rough paste.
 4. Heat the remaining ghee in the same non-stick pan, and add the anjeer paste.Cook on a low flame for 10 to 12 minutes until the mixture is like a soft dough. Remove and set aside for cooling.
5. Dry roast the pistas and grind to a fine powder. Set aside
6. Divide the sugar-cashew nut dough into half. To one half, add the pista powder and mix thoroughly to get the pista-cashew nut dough for stuffing.
7. Soak the saffron in one tablespoon of warm water. Add the saffron mixture to the second half of the sugar-cashew nut dough and mix well.
8. To assemble the kaju anjeer roll, baste a chapati rolling board with ghee (to ensure the dough does not stick to the board when rolling).
 9. With the rolling pin, roll out the cashew nut-saffron dough to a long cylindrical shape. Carefully set aside.
10. Roll out the anjeer dough like a roti using the rolling pin. Repeat with the pista-cashew dough on top of the anjeer sheet. Then place the saffron cashew roll on one side of the sheet. Gently roll together to get the desired roll shape.
11. Now spread the poppy seed on top of the work table and roll the final anjeer dessert over it to get a coating. Keep the dessert in the freezer for a few hours until firm enough to cut.
12. Cut the chilled dessert into roundels. Garnish with chopped pistachios. >



SHAHI TUKDA

Recipe from Chef Neha Deepak Shah



4 bread slices,
corners removed

1 cup sugar

1 tbsp ghee

For the filling:
1 cup roasted
walnuts

1 tbsp ghee

½ cup khoya
½ tsp cardamom
powder

2 tsp rose water

Dried rose petals
¼ to ½ cup sugar,
to taste

**For the instant
rabri:**

½ tin condensed
milk

1 cup milk
A few saffron
strands
dissolved in water

½ tsp cardamom
powder

2 tsp milk powder

For the garnish:
Dried rose petals

Walnuts

Silver leaf

SERVES: 4 > PREP TIME: 25 minutes > COOKING TIME: 30 minutes

1. To prepare the filling, start by grinding or crushing the roasted walnuts coarsely.
2. Heat one tablespoon of ghee in a pan and add the ground walnuts. Roast them lightly on a medium flame, stirring continuously. Crumble the khoya and mix well with the walnuts. Cook until the mixture turns crumbly. Add the cardamom powder and rose water and cook for another few minutes. Mix in the dried rose petals, remove from the flame and set aside to cool.
3. To prepare the instant rabri, heat the condensed milk in a heavy-bottomed pan on a medium flame. Add the milk and keep cooking and stirring. Add the saffron water, cardamom powder and milk powder. Cook for a few minutes, then remove from the flame and set aside.
4. To make the rolls, flatten and roll out the bread slices using a rolling pin.
5. Mix the sugar into the prepared filling and place a little of the crumbly mixture in the centre of a slice. Apply some water on the edges of the bread, roll tightly and seal the roll. Repeat with other slices.
6. Stir the prepared rabri and place it on a medium flame to warm it up.
7. Heat one tablespoon ghee in a pan and lightly toast the rolls from all sides. Divide each toasted roll into two.
8. To plate, pour some rabri into a flat dish and place the rolls. Pour some more rabri over them. Garnish with walnuts, silver leaf, and dried rose petals. Serve immediately.



BADAM PISTA FUDGE BARFI

Recipe from Chef Narasinh Kamat

1 cup badam (almonds)	1 cup sugar
1 cup pistas (pistachios)	1 cup water
2 tbsp butter	7 saffron threads
½ cup milk powder	½ tsp cardamom powder
A pinch of salt	Nuts to garnish (optional)



SERVES: 5 > PREP TIME: 20 minutes + chilling **> COOKING TIME:** 30 minutes

1. Using a food processor, coarsely powder the almonds and pista.
2. Heat the butter in a non-stick pan over a low-medium flame. Add the coarsely-powdered nuts and sauté them for two to three minutes, ensuring that they do not burn.
 3. Add the milk powder and continue sautéing for another two minutes.
If your nuts are unsalted, add a pinch of salt at this stage. Remove and set aside.
4. In another pan on a medium flame, add the sugar, water and saffron threads. Cook until the sugar dissolves completely, then continue to simmer until you get a one-string consistency. To check for a one-string consistency, dip a wooden spoon in the syrup and lift it out. Give it a few seconds to cool. Now, touch the syrup with your forefinger, then touch your forefinger and thumb together and pull apart gently. You should see one string.
5. Add the sugar syrup and cardamom powder to the roasted ingredients and continue stirring for five to six minutes on a medium-low flame until the mixture leaves the side of the pan.
6. Transfer this mixture onto a greased plate or parchment paper. Spread it to the desired thickness. Sprinkle on additional nuts if desired and press in slightly using the back of the ladle.
7. Allow the barfi to cool down completely before cutting it into the desired shapes. >



CLASSIC FRUIT CREAM

Chef Ashita Baijal, Founder ME:ETTE Atelier and Patisserie

1 cup whipping cream (35% fat), refrigerated
1 cup sour cream
½ cup condensed milk
1 tsp vanilla bean paste
½ tsp orange blossom water

1 mango, cut into cubes
1 cup fresh berries (strawberries can be quartered)
1 banana cut into slices



SERVES: 4-6 > PREP TIME: 30 minutes + chilling **> COOKING TIME:** 15 minutes

1. Let's get all the fruits prepped and cut.
2. One of hero ingredients of this recipe is the cold whipping cream. Whip some cold cream into a bowl until it gets smooth and soft and has soft peaks. Refrigerate it until it is ready to use.
3. Place the condensed milk in a mixing bowl and gradually pour the vanilla bean paste and orange blossom water over it, mixing continuously. Mix until the texture becomes smooth. Add in the sour cream and continue mixing until you have a smooth, lump-free paste.
4. Now take out your cold whipped cream and start folding it into the mixture slowly. For this step, take some time and carefully fold. You want all the ingredients to be integrated so that they have a uniform structure and taste.
5. Bring in all your cut fruits – mangoes, bananas and berries and add them into the mixture. Keep stirring for a while to combine every ingredient together. Add fruits and stir to combine.
6. Finally, store this fruit bowl in the fridge until ready to serve.
7. Serve chilled. **F**



LIVING travel



GET *Away!*

Planning your next holiday? Consider these places to vacation at. By **Ravina M Sachdev**

You don't need us telling you how stressful planning a vacation can get. Searching and zeroing in on a location, hunting for great hotels online, and planning an itinerary can get a tad too overwhelming. This is why we decided to share a few best places that you could travel to that rank high on our list. >



HIDEAWAY BEACH RESORTS

Hideaway Beach Resorts at Dhonakulhi is an island resort that is surrounded by 16 islands in the Maldives. Situated in Haa Alifu Atoll and spanning 297,000sqm, Hideaway is home to the first Yacht Marina in the Maldives. In order to reach the property, you need to take an international flight to Male airport and then take either a domestic flight and a sea boat to the property or a direct seaplane.

Once there, you can opt for any of the stunning villas that epitomize comfort, luxury, and a fully-equipped home-away-from-home. There

are eight categories of 103 villas ranging between 176 sqm to 1,400 sqm and are amongst the largest in the island country. Hideaway takes luxury to a whole new level with its private Butler service. Guests are given the exceptional promise that their every wish will be anticipated and catered to by a personal Butler.

The resort features four different restaurants that specialize in different cuisines—Meeru Bar & Grill, Matheefaru, Samsara

Asian Fare, and the Sunset Pool Cafe. You can also dine in your villa or pack a picnic basket and enjoy a private meal on a secluded part of the beach.

You'll find there's so much to do on the private island without getting bored even for a minute. The resort offers plenty of activities to keep you busy. There's a fully equipped gym, Tender Hearts Kids Club, and a shopping centre among other things. They also offer activities like stimulator golf, paddle

tennis, snorkeling, scuba diving, fishing, golf, etc among other things.

We suggest you start your morning with a lavish breakfast buffet at Matheefaru, take a dip in their stunning pool, work up an appetite by opting for a paddle tennis session, and have lunch at Meeru Bar & Grill. Post lunch, you can go snorkeling in the noon and take a sunset dolphin boat ride in the evening. Later, enjoy a lovely dinner at Samsara and end the day by taking a lovely walk on the beach. Oh, you can also squeeze in a relaxing spa in between!

The property also has a doctor on call.

Hideaway Beach Resorts at Dhonakulhi is an island resort that is surrounded by 16 islands



TREE OF LIFE, JAIPUR

If you're looking for a property where you can start your day with a meditation session, practice yoga, and take it slow, then head straight to Tree of Life Jaipur.

Situated 21 minutes away from Amber - or Amer - Palace and nestled among the undulating centuries-old Aravalli Hills, the resort features 13 luxury villas set across seven acres of land. Each villa comes with a stunning private pool and enormous living

room, bedroom, and bathing room.

You can start your mornings with a meditation session, take a dip in the bell-shaped infinity pool that offers a gorgeous

view of the hills, or walk through the Eternal Garden. Next, enjoy a delicious breakfast at their restaurant and head straight to the games room post. After which you can enjoy

lunch at the restaurant or in your room. In the evening, you can request a high tea at sunset at the Ridge, an open-air sit-out that offers a bird's-eye view of the valley. >

Each villa comes with a stunning private pool and enormous living room and a stunning bedroom





VATSALYA VIHAR UDAIPUR

Udaipur makes for a great holiday destination as there are so many different things to see and do in the city of lakes. From going on a guided tour to the City Palace to indulging

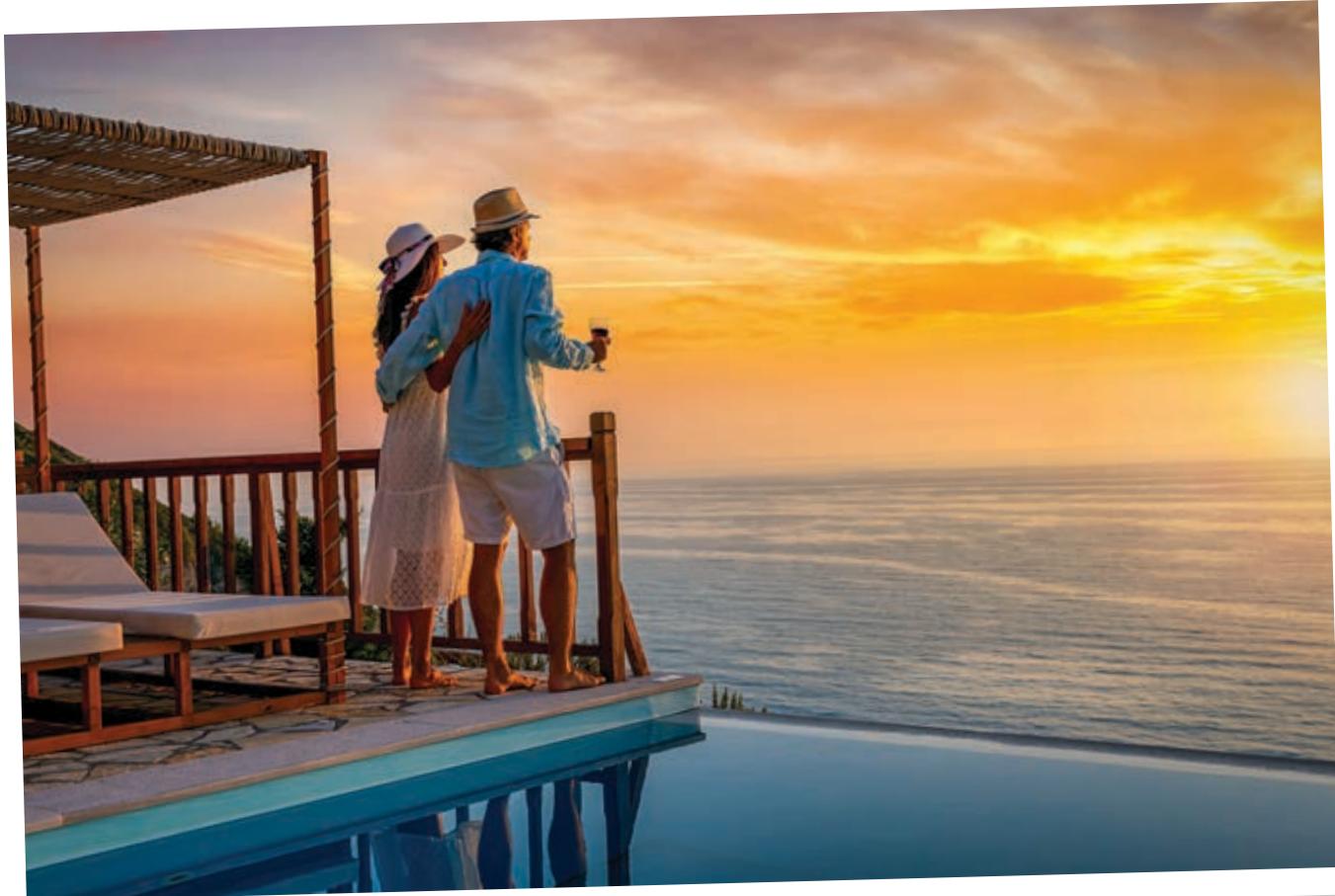
in street shopping in the old city—there's plenty to do in Udaipur. And if you're looking for a boutique stay that ranks high on privacy and comfort, opt for Vatsalya Vihar. Located just 20 minutes away from the heart of the city, it'll make sightseeing and

travel more convenient. The property is home to beautiful suites and villas and there are plenty of activities to participate in including games, karaoke, foosball, badminton, cricket, etc. They also have a common dining room.

AYATANA, COORG

Nestled away from the crowds, in the heart of Coorg's lush hills, Ayatana embraces traditional culture and blends the sanctuary of senses with the decadence of an upscale resort. As you enter the property, you are greeted with an open lobby, which overlooks the incredible view of all the cottages in the lush. The luxurious resort offers cottages, suite cottages, and a presidential suite that come with private balconies that overlook the Kodagu landscape. The property also offers facilities spa, infinity pool, and a number of activities including bird watching, nature walks, and a bonfire that you can enjoy. ■





FLY ME TO THE *Moon*

Here's your guide to romantic honeymoon destinations in India

Are you getting married soon? Beyond the actual wedding festivities, there is another thing you need to pre-plan. Your honeymoon! Get those travel tickets and accommodations booked in time to get good deals. It will also reduce the

stress of looking for rooms and tickets closer to the wedding when you have a thousand other things to take care of.

Where to go, though? The current situation with the pandemic has limited our international travels. You don't have to worry

**GET THOSE
TICKETS
BOOKED IN
TIME TO GET
GOOD DEALS**

about that as we make it easy for you with a list of honeymoon destinations in India. The country is vast and encompasses different types of terrain and destinations. So whatever type of destination you're looking for, India has it! ▶



Manali

This is amongst the most popular honeymoon destinations in India for many years. The tourist-friendly town has many hotels and resorts to pick from for rooms with picturesque views and top amenities. The best time to visit is between October and June. The winters are snow-bound and beautiful here. There are quite a few sights to take in, in Manali including the Great Himalayan National Park, Hadimba Temple, Rohtang Pass, Vashishth Baths as also adventure sports like skiing, paragliding, zorbing, etc to indulge in.

→ **TIP:** The nearest airport is the Kullu Manali Airport at Bhuntar with direct flights from Chandigarh and Delhi.



Kashmir

Popularly known as 'Heaven on Earth', Kashmir has been amongst the favourite honeymoon destinations in India for honeymooners (rightly so). The place is blessed with breathtaking mountains, impressive lakes, dense forests, grasslands, and activities like trout fishing, rafting, boating, trekking, and snowboarding, etc. Whether you want to experience snow,

water, forests, temples, or historical monuments, Kashmir has something for everyone. Gulmarg for skiing in winters, Pahalgam for majestic views of lush greenery and green meadows, Srinagar for a whimsical ride on shikaras on the famous Dal Lake, and Patnitop for adventure sports.

→ **TIP:** Srinagar has its own airport.



Dharamshala

For those who wish to have a laidback honeymoon in the mountains, Dharamshala is the perfect place to go. Dharamshala has various monasteries like Gyuto. For the history buffs, there is the Library of Tibetan Works and Archives which contains scripts and artefacts from the 12th century. For adventure lovers, there is Dharamshala Jungle camping and trekking to Bhagsunag waterfalls. Also, one just cannot miss out on

exploring the tea gardens. Although Dharamshala is pretty all year round, the best time to visit is during summer, ie, from March to Mid-July. Some other major tourist attractions are the War Museum, Kangra Valley, Chintpurni, St John In The Wilderness Church, Kareri Lake, Dalai Lama Temple complex, and Triund Hill.

→ **TIP:** The Dharamshala-Kangra Airport is located in Dharamshala itself.

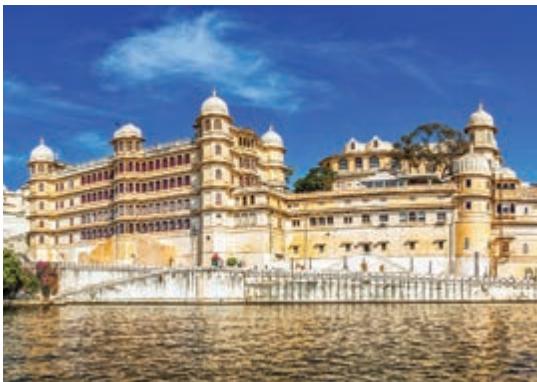


Udaipur

The extravagant royal palaces, serene lakes, majestic forts, startling architecture are only a few words that describe Udaipur, the City of Lakes. Set amidst the Aravalli hills of Rajasthan, Udaipur has five prominent lakes: Lake Pichola, Udai Sagar Lake, Fateh Sagar Lake, Rajsamand Lake, and Jaisamand Lake. Other than lakes, couples can explore the City Palace, Lake Palace, Monsoon Palace, Doodh

Talai Musical Gardens, Saheliyon Ki Bari, Vintage Car Museum, Under the Sun Aquarium, stroll at the Gulab Bagh, marvel at the light and sound show at Manek Chowk, have a romantic dinner at Ambrai Ghat, seek blessings at Jagdish Temple, and shop local goods at Hathi Pol Bazaar. The best time to visit Udaipur is in winters.

→ **TIP:** The Maharana Pratap airport has one terminal that caters to all flights to Udaipur.



Goa

Goa, popularly known as the beach and party capital of India has made a name for itself with the sun, sand, and sea. North Goa hosts some of the most popular beaches like Anjuna, Vagator, Calangute, and Sinquerim. It is also known for its electrifying party and hippie vibes. Whereas, South Goa beaches like Palolem, Morjim, Colva, and Benaulim are known for solitude, tranquillity, and water-sports. Goa has something for everyone; casinos, wildlife sanctuaries, cruise rides, churches, flea markets, waterfalls. The best time to reach Goa is anytime between October to April and the nearest airport is Dabolim International Airport.

→ **TIP:** The airport at Dabolim near Panjim is domestic as well as an international airport.



Kutch

The Kutch region is divided into two sub-regions: Great Rann of Kutch and Little Rann of Kutch. Situated about 100km from Bhuj City, the White Salt Desert in Great Rann of Kutch is a majestic place. One can go on camel rides, walk hand-in-hand, and experience the enchanting sunset. Kala Dungar or Black

Hill is the highest point of the Kutch region and offers a panoramic view of the whole desert. Prag Mahal and Aina Mahal at Bhuj encompasses the rich heritage of the Kutch region. Vijay Vilas Palace, Narayan Sarover, are other must-visit places.

→ **TIP:** The Bhuj Airport is around 70 km away from Kutch.

ONE CAN GO ON CAMEL RIDES, WALK HAND-IN-HAND, AND EXPERIENCE THE ENCHANTING SUNSET



ONE STEP AT A TIME

Meenal Mohadikar talks to **Harshvardhan Shahi** about her entrepreneurial journey.

Every year, right before Diwali, the city comes together for its iconic Festival Shopee Exhibition in Aurangabad and Meenal Mohadikar is the name behind it. The trailblazer organizes such exhibitions in various cities across the country and also abroad named Consumers Shoppee.

Born in Ratnagiri, Meenal completed her education in Mumbai at King George Highschool and Ruia College with B.sc in Microbiology and then completed a Diploma in Medical Laboratory Technology from Grant Medical College.

Having grown up in a household of businesspeople, Meenal inherited entrepreneurial qualities right from when she was a child.

After education, she worked at Tata Cancer Hospital until she got married in 1981 to a businessman. She shares, "After marriage, I ran a pathology lab for some years and then started Swarup Marketing Agency for distribution of food products."

With an intense interest in developing and expanding business, she also started Swarup Publication and the brand



Meenal inherited entrepreneurial qualities when she was a child

received huge commercial response and popularity. Anand Trade Development Services was established in 1990 and she started organizing exhibitions of

products and services of small businesses to global brands. "This was the first exhibition of its kind in Mumbai and with the great response I started

organizing it in other cities and decades together we have helped hundreds of businesses to go better," she explains.

In 1997, Meenal started Aamhi Udyogini group and magazine providing focused guidance for women entrepreneurs. "Since 1998, we are organizing Women Entrepreneurs Conference and honour inspiring business women with Aamhi Udyogini Award," she quips in.

With great work in entrepreneurship development, Meenal was appointed as the President of the Maharashtra Chamber of Commerce in 2008-09 being the only woman in the post and creating record of innovative and cognizable work.

Her exhibitions are now expanded to the cities of Mumbai, Pune, Nashik, Aurangabad, Ratnagiri, Goa, Belgaum, Kolhapur and Dubai.

Meenal is currently working as the Vice President of the Maharashtra Economic Development Council and has been honoured with Business Express Award, FIE Foundation Award and many more for her unparallel contribution to entrepreneurship development.



Wedding Saga Leaving A Legacy

What: Bridal and festive trousseau

What's interesting: An Indian bride's trousseau is highly treasured. Kush Clothing Store offers a variety of ethereal and glamorous silhouettes to choose from. If you have any ideas and want to get your wedding Lehenga stitched, they offer customizable stitching services too. In their

collection, this season they have lehengas, sarees, fusion-kurtas, and fusion sarees, and they all are quite alluring. The intricate details on the saree and kurtas look fabulous. The pastel palette amps up the timeless silhouette of the saree.

Price: On request

Available at: Kush Clothing Store, Gulmandi



Happy Hours Good times and good food

What: La Comida

What's interesting:

Aurangabad's culinary scene is booming and the new hang-out place slating yummy Mexican, Italian & Asian Food is here, La Comida. We recommend trying their White Sauce Pasta and Oh So Blue Mocktail. They also do provide Mexican food such as Burrito Bowls, Burmese

Khaw Suey and Green Thai Curry. If you want to hang out with your buddies and watch the world cup this season you can swing in some hurrahs together as they switch on a big television screen while you sip your favourite coffee. So, why wait? Bookmark this place now.

Price: On request

Available at: La Comida, Dashmesh Nagar Road.

Relaxing Treatment Pamper yourself and get that million-dollar glow

What: Salon and spa

What's interesting: As we all venture into a great wedding season this winter, a luxurious pamper routine can do wonders. Brides-to-be deserve it all! The D-Day glow-up, if done right is a build-up of self-care and aesthetic treatments. Divine Salon & Spa offers a customisable service so you can avail of their spa, makeup, and

nail art offerings at a reasonable price. As per the requirements of the brides, all the bridal looks are curated to suit their skin type/tone as well. They also offer different packages and we recommend checking them out and comparing the same.

Price: On request

Available at: Divine Salon & Spa, Jyotinagar [F](#)





FEMINA

NAGPUR



Design Of Determination

Fashion Designer **Nupur Dhariwal** gets candid about her life journey; by **Kanika Rekhi**.

Nupur Dhariwal hails from a small town in Shillong being brought up in a stringent and conservative household. Going down memory lane, she recalls how the love for creativity and bridal fashion was instilled in her, since her childhood days. She says,

Even as a kid who grew up in a small town in Shillong, Nupur Dhariwal was fascinated by bridal fashion. "As a kid, I was obsessed

"RELOCATING TO A BIGGER CITY GAVE ME AN AMAZING PLATFORM TO SHOWCASE MY CREATIVE FLAIR"

with stitching fashionable dresses for my dolls and gawking at beautiful outfits while watching movies, at family gatherings, and at weddings," she says. As a result, when she grew up, she decided to take that up as her

profession and after completing her BBA, she went on to pursue a diploma course from INIFD.

She moved to Nagpur in 2010 and this is what helped her grow. "Relocating to a bigger city gave me an amazing platform to showcase my creative flair and I started my bespoke label here. Luckily, I got a very good response and garnered a loyal client base. I was always inclined toward bridal fashion and thankfully, the fact that my work can make a bride feel like a million bucks on her D-day and be the center of attraction, gives me a very fulfilling feeling," she explains.

Nupur's career was flourishing, but unfortunately in 2020, before the first lockdown, she was diagnosed with a chronic and life-threatening illness. She says, "I was diagnosed with cervical cancer and fortunately it was found out early. I had my family, my husband, kids, and career, all at one end and my growing sickness on the other. Deep down I knew I had to be strong and not let my ailment get the best of me. Finding my strength in my family's support and my passion, I completely doused myself in work that kept me thoroughly distracted". Soon with willpower and the right treatment, she was cancer free, and with a loving family by her side, she was able to conquer her illness. "I feel when God puts roadblocks in your life it is only because he wants you to overcome it and not stop midway," she says with a smile. ■



MOULDING MEMORIES

Capturing beautiful memories for a lifetime

What: Precious foreva impression, a venture that creates impressions of hand and feet

What's interesting:

Precious Foreva Casting Impressions is an innovative venture by Sonal, where 3d impressions are captured in a beautiful way. A new born baby has fascinating tiny little hands and toes so parents can freeze those moments. Similarly, newlywed couples, elders' hands as blessings, and even our adorable pet's paws can be cast and kept for a lifetime as keepsakes. Process of taking moulds is quick and safe.

Price: On request

Available at: Instagram @preciousforeva-impression

FRESH BLOOMS

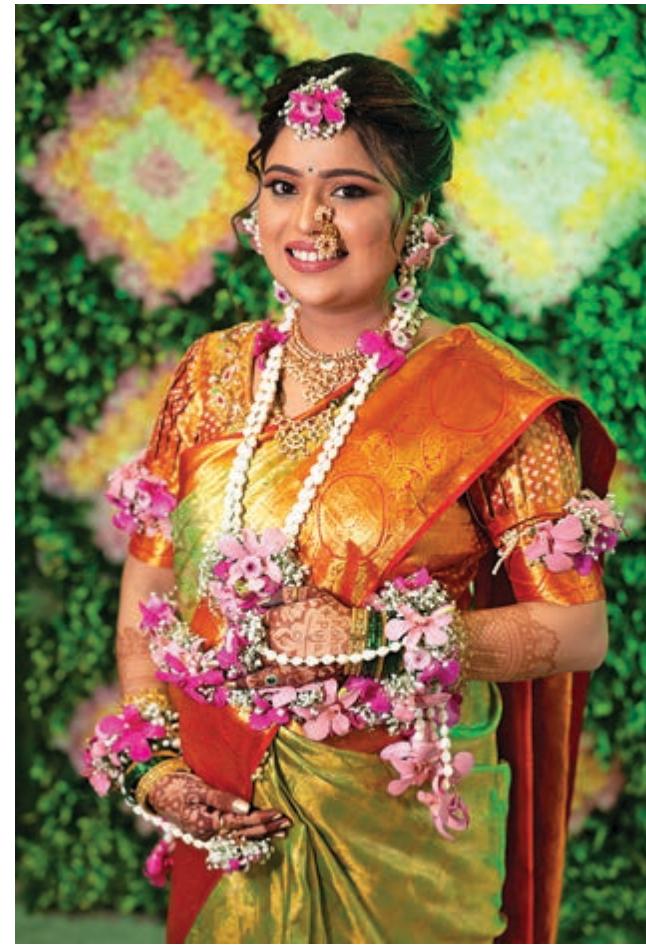
Beautiful melange of floral accessories and jewellery

What: Raee flowers

What's interesting: Raee Flowers, a venture by Pranita Ingole, adds colours, fragrance and life to jewellery with assorted exotic real flowers and diverse designs for special moments. They curate artificial personalised flower pieces of jewellery and accessories for weddings, ring-ceremony, baby showers, photoshoots and more such occasions. The brand believes in capturing the essence of fresh floral blooms that transcends the beauty of nature, with their alluring designs.

Price: On request

Available at: Instagram @raeeflowerss



CREATIVE CURATIONS

Intricately handcrafted and personalised creations

What: Roove giftry

What's interesting: The success of an experimental exhibit gave Roove, the brainchild of Disha Chugani an identity in 2018. The brand does a great job at attention to detail, be it their personalised doodles or wedding logos and invites. From potpourri, vegan candles and devotee intricate mandalas to customised diaries and mugs, everything is curated as per the client's budget and preference and



handcrafted with detailed thought which makes their beautiful hampers and creations one of a kind. Their work has garnered clientele

that is local, domestic and international.

Price: On request

Available at: Instagram @roovegiftry

- Compiled by Kanika Rekhi



YOUR
CITY

YOUR GUIDE TO THE EVENTS IN PUNE

Sunshine Beauty Centre Turns Thirty-Four!

Sunshine Beauty Centre, has had the honour of redefining beauty over the last three decades in the heart of Pune city. This legacy celebrated its glorious 34th anniversary over high tea.

The founders of Sunshine Beauty Centre- Mr. Gurudas and Mrs. Vasundhara Vaswani, started their store in a 90 square feet shop 34 years ago and have been successfully growing ever since. Their milestone was celebrated with



an exclusive preview launch. Colorbar's new cruelty-free and vegan skincare range- Co-earth for the first time in India.

Grand Launch Of Ishaara and Dobaraa

A few days ago, Restaurateur Prashant Isshar and Bellona Hospitality threw a grand two-stage launch party for Mumbai's famous Dobaraa and Ishaara. Guests began the evening with cocktails, appetizers, and socializing at Dobaraa, then walked into

Ishaara for an amazing sit-down dinner. This innovative double-launch was much appreciated by city socialites, foodies, and partygoers. Located on the second floor of Phoenix Marketcity, Dobaraa and Ishaara serve delicious food with a difference.



ZYZZYVA, PUNE'S NEW FINE DINING FOR THE FOODIES

Zyzyva is a new fine dining restaurant in the city by restaurateurs Preerna and Sangram Gaikwad. Zyzyva is a chic place to experience leisure that is set apart from star culture but offers delectable cuisine in a spacious setting. To make it as traditional and timeless as possible, wood, veneer, and brown colourations are incorporated. Its atmosphere

and ambience are well suited for taking in the music from a bygone period while relishing delicious meals. It serves a variety of Continental, Pan Asian, and comfort Indian cuisine and exquisite in-house desserts. The brand's tagline is "the last word in hospitality and food," and the restaurant wants to offer the same to the people of Pune.



An Exquisite Art Brunch At Courtyard By Marriott Pune



Courtyard by Marriott Pune Chakan kickstarted the festivities by hosting an exquisite art brunch followed by the cake mixing ceremony. The fun-filled soiree was hosted by Amit Kumar, General Manager, Courtyard by Marriott. The event was filled with cheer, laughter, and delicious nibbles to munch on. The guests enjoyed the live illustrations on the Mercedes GLC car by artist Madhavi Joshi and other artists who painted the canvas colourful. To add to the fun and frolic of the event, everybody came together and played the djembe while enjoying some lip-smacking food and refreshing cocktails.



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