

The Pioneer
TRUSTED SINCE 1865

essentia

WELLNESS & LIFESTYLE

ESSENTIA.DAILYPIIONEER.COM
DECEMBER 2025 | ₹50

The Sleep Deficit

Why India refuses to sleep?

Fit India 2.0

The Big Boom in MARATHON RUNNING



Fit meets Fashion
Rise of Athletic Street Style

TOP PICKS: The Menopause Reset | The Truth About Wedding Stress | How Screens Hijack Our Minds





ONE OF INDIA'S LEADING RESEARCH AND INNOVATION DRIVEN UNIVERSITIES

Twenty years ago, Amity University was established on a strong foundation of research and innovation, bringing together some of the most eminent scientists to conduct high-end research in diverse cutting-edge areas.

Today, the brilliant students at Amity are following the path set by the faculty from an early stage in a research-driven ecosystem that shapes future innovators, ready to develop groundbreaking solutions to solve pressing real-world challenges.

TOP AWARDS & RECOGNITIONS FOR RESEARCH INITIATIVES

CONFERRED NATIONAL INTELLECTUAL PROPERTY AWARD FOR
TOP INDIAN ACADEMIC INSTITUTION FOR PATENTS AND COMMERCIALISATION



CONFERRED NATIONAL INTELLECTUAL PROPERTY AWARD FOR
PATENT PORTFOLIO BY CII



176 University H-Index –
A reflection of quality of hi-end research

57 Amity Faculty in top 2% Global Scientists as ranked by Stanford Survey

440+ Patents have been granted

500+ Govt. funded and international research projects being conducted

300 Global Universities as Research Partners

35+ Advanced Research Centres

30+ Technologies developed at Amity transferred to corporates

45,000+ Research papers published in renowned journals

4,950+ Case Studies developed, bought by over 3,000 institutions globally including Harvard, Stanford, Oxford, Yale, Columbia



AMITY EDUCATION GROUP CAMPUSES:

IN INDIA: • Delhi • Noida (New Delhi NCR) • Gurugram • Greater Noida • Bengaluru • Chennai • Gwalior • Hyderabad • Indore • Jagdishpur • Jaipur • Kochi • Kolkata • Lucknow • Mohali (Adj. Chandigarh) • Mumbai • Navi Mumbai • Naya Raipur • Patna • Pune • Raipur • Ranchi

ABROAD: • London • Dubai • Singapore • New York • Abu Dhabi • Mauritius • Sharjah • Muscat • South Africa • Amsterdam • Tashkent

Fit India is a movement, a mindset

Dear Readers,

The Fit India Movement, launched by Prime Minister Narendra Modi, reminds us that good health is not something to squeeze into our schedules; it is a way of living. In an age when screens overwhelm us and daily pressures leave little room for self-care, this movement urges us to pause, pay attention, and rebuild our lives around balance and well-being.

This spirit is captured in our cover story *Fit India 2.0*, which explores how the government is shaping the next chapter of the movement, turning fitness into a shared national habit. From grassroots initiatives to community participation, the story reveals how India is being guided toward a culture where fitness feels less like an obligation and more like a collective awakening.

Across this issue, every feature reflects a facet of that awakening.

We examine the smartphone takeover, a silent threat to mental agility, and why reclaiming our attention is as crucial as any workout. Through actor Divya Seth's poignant journey of loss, we are reminded that true fitness also lies in emotional resilience. Our exploration of emotional intelligence shows why today's workplace rewards empathy as much as skill. A spiritual reflection on happiness reframes joy as a daily practice, while our self-care feature positions rest not as indulgence but as necessity.

We celebrate the healing power of ginger, unpack wedding stress, and bring openness to menopause—topics often overlooked. We also address intimate struggles many silently endure; declining sleep hygiene, silent divorces, and the pressure of social media.

Balancing these challenges is a heartening trend—the rise of marathon culture. As more Indians run together, they celebrate endurance, community, and a new pride in well-being. This movement on the streets mirrors a movement within—a recognition that fitness is becoming India's new cool.



Threaded through these stories is a simple truth: Fitness is not just about the body; it is clarity, resilience, joy, and responsibility—to ourselves and to the nation.

Fit India (and now Fit India 2.0) tells us that every small step matters. One walk, one stretch, one mindful moment: each is a vote for a healthier India.

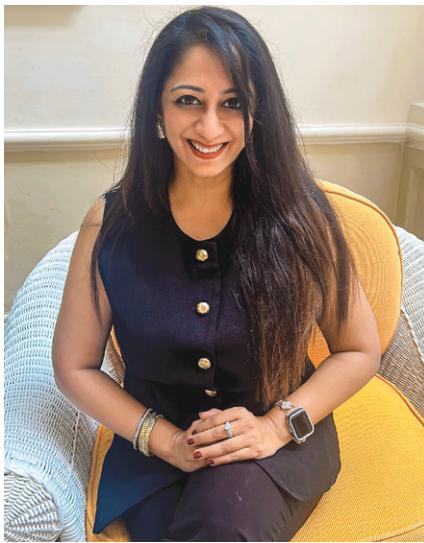
As you read this issue, may it inspire your own quiet revolution. Choose movement over stagnation, connection over distraction, nourishment over haste, and kindness over pressure.

Here's to a fitter, stronger, happier India; and to you becoming the best version of yourself.

Renu Kaul Verma

EDITOR-IN-CHIEF, ESSENTIA

renukverma@dailypioneer.com



Making Everyday Fitness a Daily Habit

New Year is a great time to begin again with your fitness plans. How does one make fitness a daily habit? From the moment you wake up, how you spend your first hour, the pace of your day, the choice of your food and exercise—every micro habit empowers your personal fitness.

The pollution and toxic life patterns make this personal fitness plan more challenging. This is also a time when we ask: How do I care for myself better? How do I nurture this body?

Fitness is not about the miles we run or the calories we burn. It's about the energy we choose to nurture each day. It's the way we speak to our bodies, the small rituals that anchor us, the daily choices that reclaim our power. Real fitness is an act of self-love—quiet, steady, forgiving. Everyday movement is a reminder that we are alive. It's ten minutes of stretching before the world gets loud. It's the long walk that clears the mind. It's the moment you decide to tune into your breath instead of your notifications. These tiny acts hold tremendous magic: they bring us back home to ourselves. The hour you sleep and wake up, energies your day.

I invite you to step into a gentler rhythm. Let fitness be your grounding force, your daily whisper of strength. Start where you are, use what you have, do what you can—and celebrate every bit of it. Pause, and make your personal fitness plan. Start Now. Because when you show up for your body, you're really showing up for your life.

Nona Walia

Nona Walia

Nona Walia
CONSULTING EDITOR
nonawalia@dailypioneer.com

The Pioneer essentia

Editor-in-Chief
RENU KAUL VERMA

Consulting Editor
NONA WALIA

Design Head
SMRITI MAHESHWARI

BUSINESS OFFICE
Chief Executive Officer
VIVEK PRAKASH

Head of Marketing
AMOL SHARMA

Executive Editor
DEEPAK KUMAR JHA

CIRCULATION AND SUBSCRIPTION
GM Circulation
RAVINDER SINGH

For Queries
webteam@dailypioneer.com

HEAD OFFICE
Pratap Bhawan, 5, Bahadur Shah Zafar Marg, New Delhi-110002
Helpline: 011-46035729
Office Hours: 10 AM TO 6 PM
Email: essentia@dailypioneer.com

OTHER OFFICES

RANCHI
304, Radha Kunj, Behind Reliance Mart, Kanke Road, Ranchi – 834008
Phone: 09234300233,
Email: ranchipioneer@gmail.com

LUCKNOW
4th Floor, Sahara Shopping Centre, Faizabad Road, Lucknow – 226016
Email: vijayprakashsingh@dailypioneer.com

PRINTED AND PUBLISHED BY

KUSHAN MITRA
on behalf of
CMYK Printech Ltd, printed at
HT MEDIA LIMITED
Plot No. 8, Udyog Vihar, Greater Noida, Uttar Pradesh, 201306
and published at Pratap Bhawan, 5, Bahadur Shah Zafar Marg, New Delhi – 110002
Phone: 011-46035729
Email: essentia@dailypioneer.com

Photos sourced from iStock and Shutterstock,
used under license.

Contents

DECEMBER 2025

FIT INDIA

- 06 | Fit India 2.0
Fitter You, Fitter Nation
- 10 | The New Wave of Running Culture
- 12 | Why India Refuses to Sleep
- 14 | Keeping the Blues at Bay
- 16 | The Menopause Reset



LIFESTYLE

- 18 | Ginger Power
- 21 | The Truth About Wedding Stress
- 23 | Fit at 75
- 24 | I Believe: Divya Seth Shah
- 26 | How Athleisure Took Over Our Lives



- 28 | Why Emotional Well-Being Counts in the Workplace?

- 30 | Reset Your Life



VOLUME 01 • ISSUE 02

Cover Image Photo Credits:
Milind Soman/Instagram
Neeraj Chopra/Instagram
Smriti Mandhana/Instagram
Malaika Arora/Instagram

TRENDS

- 31 | Wearable Intelligence
- 32 | Smartphone Nation
- 36 | Looking at Yourself Through Social Media

SELF-CARE

- 38 | When the Real Breakup Happens While You are Still Together
- 40 | Self-Care Overload
- 42 | Candle Therapy

Fit India 2.0

A Fitter Nation Begins with a Fitter You

The making of a Fit India is happening in gyms, parks, living rooms, and even office corridors. It's a movement powered by a generation that refuses to be sedentary. Fitness is becoming India's new cool—a rebellion for wellbeing

Cover Story By NONA WALIA

Fitness is not a luxury anymore—it's survival. As India races through modern life's fast lanes, we're discovering that our true national wealth isn't just GDP or growth numbers—it's our health. A 'Fit India' is not a campaign, it's a calling—to move, breathe, and live better every single day.

The simple act of moving our bodies has become revolutionary. The Fit India Movement, envisioned to awaken a nation to its physical and mental potential, is more than an initiative—it's a reminder to reclaim balance in our daily lives. Because when citizens are fit, a nation stands taller. Says Saina Nehwal, Olympic Medalist, co-founder of Badminton Pros and brand ambassador of KhiladiPro, "I feel Fit India begins with awareness, and the willingness to take small, consistent steps towards better health. Fitness isn't just for athletes, it is for everyone. Each of us must find our own way to stay active, whether through walking, stretching or simple workouts at home or in fitness centres. What truly matters is consistency, balance and a positive mindset. When fitness becomes part of our daily lives, it strengthens not only our bodies but also our confidence and focus. Platforms like KhiladiPro are helping people understand their fitness

levels and inspiring them to take charge of their well-being. A truly Fit India is one where health becomes a shared national habit."

From Campaign to Culture

"Fitness must become a way of life," says Dr Mansukh Mandaviya, Union Minister of Youth Affairs and Sports. His words echo a truth we've long ignored. The challenge now is to transform fitness from a fleeting resolution into a lifestyle movement that begins at home, extends into our schools, our workplaces, and the streets we walk on. From Milind Soman, Shilpa Shetty to Malaika Arora—Bollywood's icons of Fit India—all use their Instagram handles to inspire India elevate their fitness levels. Says Milind Soman, "My own fitness journey began by taking baby steps, I began running for my mental and physical health. Today, fitness is the centre of my life. Every individual should promise themselves a fitter version."

Imagine every Indian home where yoga mats are rolled out as naturally as morning *chai*. Parks buzzing with walkers, runners, cyclists. That is the dream of a truly Fit India—a country where movement comes first. Says golfer Vani



Kapoor, "Golf was my sports and it was a regular part of my fitness regimen, the everyday exercise I enjoy. Golf is also my meditation. The lush green course fills me with happiness and joy. Practice sessions are crucial to any sportsperson and morning time is the best time when you can give your undivided attention to your passion. It made me fitter. My daily workout regimen is half hour of jogging, stretching and meditation followed with two hours of golf."

Fitness First

Every movement begins with the young. Our schools are where India's health story can be rewritten. Fitness shouldn't be an afterthought, squeezed between exams and homework. Sports, yoga, dance, or play—each has the power to shape not just the body, but the mind. Says Navjot Singh Sidhu, former cricketer, "Indians have an incredible fitness spirit. They live life to the fullest, we must inculcate spirit of fitness from a young age. I see so many people running, going to the gym, but we need to create more awareness around fitness. Let's inspire a new generation of people who love to nurture their fitness."

Creating Workplaces that Move

Our workplaces are silent health traps—endless meetings, glowing screens, late night, and instant noodles. The average Indian office worker spends nearly nine hours a day sitting. It's time for companies to realise that productivity and fitness are best friends, not opposites.

A Fit India needs Fit Workplaces: standing desks, walking meetings, office gyms, step challenges, and mental wellness breaks. Healthier employees bring more creativity, energy, and emotional balance to their work. Fitness is not just a personal choice—it's a professional advantage.

Beyond Exercise

Fitness is not only about toned abs or perfect yoga poses. It's about holistic wellbeing—the balance of mind, body, and soul. Nutrition, sleep, and emotional stability are part of the same wellness circle. A truly Fit India will also be a mindful India—where people eat real food, sleep enough, and manage stress through awareness, meditation, and movement.

In this vision, fitness is inclusivity. Fitness doesn't need fancy gyms; it needs consistency, curiosity, and care.

A Digital Ally in Fitness

Technology, too, can be our wellness ally. Fitness apps, trackers, and virtual yoga classes are making it easier for people to stay accountable and inspired.

From Awareness to Action

The real challenge is not knowing what to do, but actually doing it. Fitness must move from slogans to habits—small, daily decisions that transform us. Take the stairs. Stretch between meetings. Eat with mindfulness. Walk after dinner. Sleep without screens. “When children are glued to screens,

physical activity becomes essential, not optional. Every time they run, jump, or play sports, they build stronger bodies, sharper minds and happier moods. As India grapples with rising childhood obesity and sedentary lifestyles, integrating sports and movement into daily life is important for building a healthier generation,” says Utkarsh Yadav, CEO & co-founder, Khiladi Pro.

A Fit India isn't built in stadiums or gyms alone—it's built in every home, every street, every heart.

Every walk, every yoga pose, every mindful meal is a vote for a stronger and healthier India. The movement begins with you. Lace up your shoes, roll out your mat, step outside—and take that first step toward the India we all want to live in. ■



“Only if the middle class and upper middle class give priority to fitness will we grow faster as a nation. The fitness revolution can transform India’s productivity and potential.

A healthy body can only lead to a healthy mind and a healthy mind can only catalyse the nation towards Viksit Bharat. Sundays on Cycle has transformed into a jan andolan (mass movement). I urge everyone, especially younger people, to use cycles to commute whenever possible.”

Mansukh Mandaviya
UNION SPORTS MINISTER

(Source: The minister spoke at a recent Wellness Event on Fit India)



Pic: Mansukh Mandaviya/Instagram

‘My mantra in life is to see positive in every situation’

Vice-Captain of the Indian Women’s Cricket Team, SMRITI MANDHANA broke eight records during the Women’s World Cup 2025. For her, fitness is a state of mind, she tells NONA WALIA

You have to overcome the fear of the unknown to be a real winner. Fitness is a spirit; it's the power of your mind and physical body



Pic: Smriti Mandhana/Instagram



Your fitness makes you the real winner in life. It's a state of mind just as physical fitness. I'm the opening batsman of the Indian Women's cricket team. I was 17, when I became a part of the Indian cricket team and I had to play with more experienced girls.

I was 5, when I started playing cricket. I picked up the game from watching my elder brother, Shravan. When I was 12, my father got a private coach, to train me. Being a girl and playing cricket never bothered me. I always worked very hard to make myself fit for all challenges. I had a knack of the cricket game from the start. At the age of 15, I scored a double-century for the Maharashtra Under-19 team in the West Zone one-day tournament, it was my breakthrough moment. I am the second Indian, after all-rounder Harmanpreet Kaur, to sign up for the Women's Big Bash League in Australia.

Cricket changed my life, it changed the way how I view life. My mantra in life is: see the positive in every situation. I believe in equanimity, I don't get too excited about anything in life. Neither success, nor failure. I don't let fame go to my head if I'm playing well or if the media projects me as a national sensation.

My ambition was always to win the World Cup, and WE DID. My inner motivation that keeps me going from one game to the next is to do something for my parents who have always motivated and encouraged me. Before every game in the morning, I motivate myself to go out and play my best and make my country proud. Everyday is a challenge, but I never let anything intimidate me.

You have to overcome the fear of the unknown to be a real winner. Fitness is a spirit; it's the power of your mind and physical body. ■



The New Wave of Running Culture

I laced up my running shoes one morning just to get moving, and found myself swept into a vibrant new culture that's transforming how we see fitness, shares Bangalore-based techie, ARYAN MADHAV VERMA

Running used to be something we did casually, a quick jog around the park because we knew it was 'good for the heart.' Competitive running, for most of us, lived on TV screens or in newspaper headlines about marathon record holders—those lean, almost superhuman athletes who could run impossible distances at incredible speeds.

But in the last few years, something remarkable has changed. Running has become a *movement*. From park runs to local 10Ks to full marathons, the number of participants has exploded. Strava segments and social media feeds are now filled with personal bests, split times, and sweaty post-

run selfies. Community runs, weekend events, and city marathons have turned what was once a solitary pursuit into a shared experience. A social gateway for thousands of non-runners to experience the *runner's high* for the first time.

I'm writing this fresh off after completing my first two half marathons last month. Just a year ago, I used to pant after running a single kilometre. Hitting a sub-2-hour half marathon felt almost unimaginable back then. The journey since has been anything but linear, filled with extreme highs and frustrating lows. There were injuries that benched me for six weeks, runs where every step felt heavier than the

last, and races where I had to silence the voice in my head screaming to stop. But running also gave me things no other habit had: the discipline to wake up before sunrise, the resilience to stay consistent, and a kind of mental clarity that carries into every part of my day.

Crossing the finish line after a long race brings an indescribable rush. A mix of exhaustion, pride, and joy that makes every setback worth it. I've just transitioned from a beginner to an amateur runner, but this has already become a part of my life, a rhythm that complements my work, motivation, and happiness.

And I'm not alone. Every new runner I meet seems to share some version of this story. Discovering something that's as much mental as it is physical.

If you haven't started yet, or if you believe you can't run, just show up. Head to your nearest park or a local community event and run or even walk that first kilometre. Do it a few days in a row. You might be surprised at how something so simple can change how you feel about your body, your limits, and your mornings. ■

(The writer is a fitness enthusiast and an engineer)



The author on one of his marathon runs

If you're inspired to take the next step—or simply curious about the landscape—here are some marquee marathons across India worth considering:

1. Tata Mumbai Marathon (Mumbai, January): One of India's largest and most prestigious marathons. The full 42.195 km race draws elite and amateur runners.
2. Airtel Delhi Half Marathon (New Delhi, October): A high-profile half-marathon (21.097 km) reputed for its fast course and excellent organisation.
3. TCS World 10K Bengaluru (Bengaluru, May): A vibrant 10 km city run, welcoming beginners and experienced runners in equal measure.
4. Ladakh Marathon (Leh, high altitude): Taking running (42.195 km) to dramatic heights: held at ~11,500 ft elevation, ultra-scenic and challenging.
5. Goa River Marathon (Goa, December): A half-marathon/10 km run along scenic riverside routes, combining fitness with a holiday vibe.



Why India Refuses to Sleep?



Most of India is staying up till the early hours, with studies showing that nearly 65 per cent of urban Indians get less than the recommended seven hours of rest. As cafés, co-working spaces, and delivery apps buzz past midnight, a sleepless nation is awakening to the hidden cost of its 24/7 lifestyle, finds RENU KAUL VERMA

At 2 am, India is wide awake. Cafés and roadside *dhabas* brim with college students, co-working spaces glow under the blue light of laptop screens, and teenagers scroll endlessly through reels while Zomato and Swiggy riders zip across city streets delivering midnight cravings. The clock ticks into the early hours, but for many young Indians, sleep refuses to come.

"My patients tell me they'll sleep

when they are dead," says Dr Sheetal Gupta, a Kolkata-based neurologist specialising in sleep medicine. "What they don't realise is that poor sleep is silently killing their immunity, energy, and even mental clarity."

Recent studies reveal that nearly 65 per cent of urban Indians don't get the recommended 7–8 hours of rest. Late-night social media use, high-pressure work schedules, and the glorified myth of 'burning the midnight

oil' have turned insomnia into a strange badge of honour.

But the body always keeps score. Chronic sleep deprivation increases the risk of obesity, diabetes, anxiety, and heart disease. No wonder fatigue has quietly become India's most common lifestyle disorder.

For a national-level athlete from Haryana (who prefers to remain unnamed), sleep was once the invisible hurdle in her career. "I trained six hours

a day and ate clean, but my performance kept dipping," she recalls. It was only when her coach insisted on eight hours of uninterrupted sleep that things began to change. "Within months, my recovery improved, injuries reduced, and I started clocking personal bests again. Sleep was my real game-changer."

PV Sindhu, India's Olympic medallist, has long understood this connection. Her coach, Pullela Gopichand, often says that elite performance isn't built in the gym alone—it's built during rest. Sindhu, known for her early bedtime and disciplined routine, has said in multiple interviews, "I make sure I get at least eight hours of sleep. If I don't, it affects my movement and reaction on court."

Science backs her up. During deep sleep, the body repairs tissues, consolidates muscle memory, and balances hormones—all vital for athletic excellence. Actors Akshay Kumar, Alia Bhatt and Deepika Padukone follow similar regimens, proving that rest is not indulgence, but strategy. Akshay Kumar prioritises sleep, adhering to a strict schedule of going to bed around 9 pm and waking up between 4 and 5 am. He emphasises the importance of early sleep for health, believing that people become "rotten" by staying up late, and that this discipline is a cornerstone of his disciplined lifestyle.

Even in high-pressure corporate industries, top performers are waking up to the power of sleep. An IIT graduate-turned-startup founder admits that his company's biggest growth hack wasn't a new app feature, but a 10.30 pm lights-out rule. 'Once I began respecting sleep, I made sharper decisions, had fewer conflicts with my team, and could think long-term,' he says. "Hustle is important, but rest is strategy."

Mumbai-based cardiologist Dr. Ashwin Nair prescribes sleep with the same urgency as medication. "You

cannot out-exercise a bad night's sleep," he warns. 'Fitness isn't just gym hours and nutrition charts. Without restorative sleep, the heart and brain cannot function optimally.'

He recalls a young corporate lawyer who came to him with dangerously high blood pressure at just 32. "She lived on caffeine and four hours of sleep. Once she adopted strict sleep hygiene, shutting screens by 10 pm, dimming lights, and meditating before bed, her blood pressure normalised without heavy medication. Sleep became her therapy."

Renowned cardiac surgeon Dr Naresh Trehan, Chairman of Medanta, echoes this, emphasising the link between poor sleep and heart disease, especially in younger patients. 'We must teach children the value of

sleep and stress management early,' he insists.

Fitness is often said to rest on three pillars—diet, exercise, and mental well-being. But the truth is, these three stand on an invisible foundation: sleep. Without it, workouts backfire, diets don't work, and the mind begins to crumble.

"Sleep isn't the enemy of productivity; it's the secret fuel," says Dr Sheetal Gupta. 'India must reclaim its nights if it wants healthier days.' ■



Even in high-pressure corporate industries, top performers are waking up to the power of sleep



Keeping the blues at bay

REENA SINGH wonders what we must do to be truly happy

Leafing through the pages of a tiny booklet titled *Be Tension Free* by Shri Shri Kinkar Vitthal Ramanuja, my eyes fell upon a small chapter titled, 'Happiness Through Contentment'. The author wrote: 'One of the easiest ways to obtain freedom from tensions is to adopt an attitude of contentment.'

He quotes Sage Patanjali's *Yoga Sutras*:

Santosaat anuttamah sukhalaabhabhah—the greatest happiness lies in self-contentment. He adds his own insight, 'You must try for the best in your material and spiritual pursuits, but gracefully accept whatever God grants according to your fate.'

Happiness has been described in countless ways by philosophers, spiritual masters, writers and dreamers. Dale Carnegie famously said, 'Happiness is wanting what you get.' The Dalai Lama, whose twinkling eyes and laughter are

lessons in serenity, says, 'If you want others to be happy, practice compassion. If you want to be happy, practice compassion.' Sri Sri Ravi Shankar gives a quiet, practical tip: 'The real purpose of life can only be found deep within yourself. Once that is found... the smile on your face will never diminish.'

Yet, happiness remains the one thing that eludes most of us. When things don't go according to our carefully drawn up Master Plan, we feel angry, bitter or helpless. When we've worked day and night toward a goal—whether for admission into a dream university, success in our career, harmony in marriage, or pride in our children's achievements—setbacks can feel unfair.

At such times, we tell ourselves: 'It wasn't meant to be,' or, 'Something better will come along.' Elders remind us gently, 'When God closes a door, He opens a window somewhere,' or

'Every cloud has a silver lining'

But when we're down in the dumps, such sugar-coated platitudes don't really help. So how can one lift one's spirits and keep the blues at bay? Modern-day spiritual gurus often advise, 'Write a Gratitude Journal.' Dutifully, many of us do and begin listing all the things we think we *should* be grateful for:

- A loving family
- A cheerful home where money is aplenty
- Access to God's sunshine

Yet, midway, doubts creep in. 'Free sunshine? Yet everyone is low on Vitamin D?' 'No money problems? That's a joke—I barely manage to save anything!' you tell yourself. Even the 'loving family' entry feels forced if you can't recall when you last shared a warm, laughter-filled meal.

'This gratitude thing isn't getting me anywhere,' you mutter, and the fledgling list is soon abandoned. I remember enrolling for an online meditation course by Deepak Chopra—the theme was abundance and sessions were conducted on WhatsApp. My gratitude journal, which I maintained diligently during the course, had this affirmation on page one—'Starting today, I am constantly attracting abundance with my thoughts.'

The task for Day One was to write this affirmation seven times. The next day's task was listing fifty people who had helped or influenced your life.

As I began writing, several names surfaced—long-forgotten friends, kind strangers, and especially my English language and literature teachers in the many schools I attended as an army daughter. They had nurtured my love for words and taught me to appreciate the fine nuances of language. As I wrote, something shifted. I realised that gratitude, when felt rather than forced, truly softens the heart. The point is: happiness through contentment can

indeed be achieved, but it needs to be *lived*, not *learnt*.

From watching people around—I've come to believe that happiness is rooted in small, ordinary joys—in a quick video game that distracts the mind for a couple of minutes, or in the comforting ritual of curling up with a book from your favourite author. It keeps the adrenaline flowing, as does a quirky, feel-good romcom on OTT.

Happiness also lies in keeping oneself engaged—moving, learning, doing. Walk, exercise, garden, cook, take up a hobby, or explore online learning. People take courses on

Coursera and Udemy simply to keep their minds sharp. These are people who never complain of boredom or misfortune. They're too busy learning, growing, doing—living life with curiosity and enthusiasm.

This zest, this forward motion keeps people young, even though turning older is inevitable.

As the wise ones say, age is just a number. And so when you feel overburdened, the simplest remedy can be 'action'. Get up, wear a pair of sensible shoes, and step out—for a walk, or start a project

you've been putting off. When you do, you'll find your energy and happiness returning. In the end, happiness lies in accepting life with grace, and in finding contentment amidst imperfection. It's in learning that while you can't tailor life's outcomes, you can choose your response to life. ■



(The writer is a senior editor and renowned journalist specialising in spirituality.)



The Menopause Reset

Menopause is no longer a taboo whisper—it's a woman's boldest transformation. A chapter where power, pause, and purpose converge, says SHAFINA SEGON



You are NOT crazy. There comes a time in every woman's life when her body begins to whisper a new language. Months, even years before periods stop, a subtler shift begins. This is perimenopause—the season of becoming. Then comes Menopause. The familiar rhythm—of the monthly menstrual cycles—finally settles into silence.

The hormones—those invisible alchemists—rearrange the very chemistry of a woman's existence.

The sudden and disorienting changes often make women question their mental health. Just now, you were

swift, focused and super-efficient. Now, you misplace things, forget words mid-sentence and play hide and seek with sleep every night. The struggle with communication is over-whelming.

You're still you, but not quite. You are changing.

In a culture focused on youth, menopause has long been treated as a closing chapter.

The Brain in Transition

Dr Lisa Mosconi in her book, *The Menopause Brain*, says that menopause is actually a neuroendocrine transition state. At

this time, the brain is impacted just as much as your ovaries are.

The symptoms of brain fog, hot flashes, irritability, anxiety, insomnia, panic attacks are actually menopause changing your brain.

The Sacred Fire Within

Across ancient civilisations, menopause was revered—treated as an expansion of consciousness. The body may slow, but the spirit quickens. The woman's inner fire—called *ojas*—once tied to menstruation, now burns brighter as intuition and clarity.

It's as if life itself says, "You have given enough to the world. Now give to yourself."

This marks the shift from *Pitta* (fire) phase (35–45 years) to *Vata* phase (45+)—governed by air and space—a time when your body is rebalancing, not malfunctioning.

Now the body asks—nourishment instead of punishment, rhythm instead of rush. Strength comes not from how fast we move, but from how deeply we rest. The magic lies in the everyday rituals.

The Ritual of Nourishment

This is a time to eat for strength, not size. During menopause, the body's *agni* (the digestive and transformative 'fire') often slows down.

Choose foods that hug you back—slow-cooked *dals*, porridges, lightly spiced vegetables, ghee, *methi* seeds, sesame seeds, *amla*, *ragi*, and *amaranth*. These are natural hormone balancers. Avoid skipping dinner or fasting excessively.

Replace iced drinks with herbal teas made from *tulsi*, *ajwain*, *jeera*, *mulethi*, ginger and fennel. Calcium and Vitamin D now matter more than ever. Let sunlight become part of your diet—ten minutes of morning exposure can do wonders. And I have a request: don't rush your meals. Sit. Eat with attention.

The Ritual of Movement

The body at this stage needs partnership. The erratic moods, the sleep shifts, the hormonal seesaw—all respond beautifully to steady, rhythmic movement.

Walking is medicine. It massages the bones, regulates insulin, and clears the fog from the mind. Yoga helps maintain flexibility while calming the nervous system. Practices like Tai Chi and Qigong work like poetry for the joints. Strength training becomes priority—think of it as

insurance for independence—the ability to climb stairs in your seventies. If nothing else, dance. There is no medicine like movement born from joy—slow steps, one day at a time.

The Ritual of Massage

Massage or *Abhyanga* is the most grounding ritual a woman can gift herself during menopause. The body, drying from hormonal shifts, craves lubrication—not only for the skin, but for the joints, the nerves, and even the emotions.

Each morning or before bath, warm a little oil—sesame in winter, coconut in summer. Begin at the crown of the head, move gently down the neck, the shoulders, the arms, the abdomen, and legs. Use slow, circular motions on the joints and long strokes on the limbs.

It takes only fifteen minutes, but those minutes are transformative. The touch tells your nervous system: 'You are safe. You are loved.' Massage improves circulation, reduces anxiety, balances *Vata* (the airy dosha responsible for dryness and restlessness), and keeps the skin supple.

The Ritual of Stillness

As hormones quieten, the mind begins to seek a different kind of equilibrium—one that cannot be measured, only felt.

Begin small—five minutes at dawn, eyes closed, attention resting on the breath. If the mind wanders, let it. The act of returning to the breath is the ritual. Over time, this softens the nervous system, lowers cortisol, and restores balance. Some women find chanting deeply grounding—the vibration travels through the chest, calming erratic heartbeats. Others journal, letting words unclutter the inner landscape.

Whatever steadies your spirit, make it a daily offering to silence. Menopause is not a pause, but a start. You are simply crossing into your second birth. ■

(Disclaimer: Everybody is unique. Please consult your doctor or nutritionist to ensure these foods and practices suit your individual needs.)



If nothing else, dance. There is no medicine like movement





ginger power

A fiery root that heals, warms and awakens. From tea to *dal* to dessert, ginger is India's timeless tonic for body and soul, says NEELANJANA SINGH

Traditional healers, whether from India, China, the Middle East, or even the Roman Empire, have long valued ginger as a spice. Scientists and researchers continue to document its remarkable properties, and today's wellness trends never fail to feature it (Think of the popular '21-day concoction challenge' touted as a gut cleanse.) Whether through ancient Ayurvedic wisdom or modern nutritional science, ginger has earned its place as a healer in our daily lives.

For centuries, this knobbly rhizome has been revered not only as a flavouring agent but also as a potent therapeutic. Ayurveda calls it *Vishvabheshaja*, the 'universal medicine.' In Chinese medicine, it is known as *Sheng Jiang* when fresh and *Gan Jiang* in its dried form, each believed to restore Qi,

the body's vital energy. In both systems, ginger's warming quality is believed to stoke the inner fire, aiding digestion, circulation, and vitality.

Ginger is one vital ingredient that you will always find on my kitchen shelf. Whether steeped in a morning cup of tea, stirred into *dal*, or added to a warm winter pudding, ginger has long been India's hero ingredient, an ancient root that continues to prove its worth in modern times.

Ancient Wisdom, Modern Science

Ayurvedic texts describe ginger as balancing *Vata* and *Kapha doshas* and igniting the digestive flame, or *agni*. Modern research credits compounds like *gingerol* and *shogaol* for the spice's anti-inflammatory, antioxidant, and immune-

supportive properties. Ginger stimulates saliva and digestive enzymes, making it an excellent remedy for indigestion, bloating, and nausea.

Interestingly, ginger relieves nausea regardless of its cause, from motion sickness to morning sickness, and can safely replace prescription medication for many pregnant women. It also alleviates nausea associated with chemotherapy or post-operative recovery, a benefit I've often observed in my patients.

It's also known to combat fatigue and ease symptoms of the common cold. A cup of warm ginger water, tea, or *kadha* soothes the throat, clears congestion, and restores energy. No wonder every Indian household has their own version of *adrak chai* or *adrak ka kadha*! Ginger juice and honey, mixed in equal parts, can help relieve coughs and even mild asthma symptoms.

Did you know? Beyond digestive benefits, research shows that ginger helps manage pain (including migraine and osteoarthritis) and may support cardiovascular health by reducing inflammation. Some studies even show reduced exercise-induced muscle soreness with regular use.

Ginger in Everyday Wellness

In my practice, I often recommend ginger as part of a balanced



diet, making it a simple, safe, daily habit. In moderate amounts, it enhances digestion, reduces inflammation, and promotes overall health.

A small piece of fresh ginger chewed before meals can enhance digestion. For those prone to nausea or queasiness, thin slices steeped in hot water with lemon works wonders. During the monsoon, I suggest ginger with *tulsi* and honey for cold prevention. In winter, it pairs beautifully with cinnamon and clove to keep the body warm. Even in summer, diluted ginger water with a dash of rock salt and mint helps maintain hydration and electrolyte balance.

The claim that ginger 'detoxifies' the body often comes up in health discussions.

While direct evidence for detoxification is limited, ginger supports the process indirectly.

Its active compounds, such as gingerol, possess antioxidant properties that counter oxidative stress. Ginger also promotes digestion and enhances liver function, aiding the breakdown and elimination of waste. The specific 'detox' effect remains unproven, but its general health benefits as an anti-inflammatory and antioxidant are well-established.

The beauty of ginger lies in its versatility. It fits into every cuisine and every lifestyle. From the hurried professional sipping ginger-infused green tea to the grandmother baking ginger cookies, everyone can enjoy ginger in their own way. Interestingly, while we in India mostly enjoy ginger in savoury dishes, Western cuisines use it liberally in sweets and desserts.

These time-tested blends remind us that our kitchen has always been our pharmacy. I often remind my patients that small, consistent habits bring lasting change. Ginger is one such habit. It's humble, accessible, and very effective. So, the next time you peel that aromatic root for your *chai* or curry, take a moment to appreciate its profound power. A little bit of ginger a day does more than just spice up your food—it keeps your inner fire alive! ■



(The writer is a well-known dietitian, author & columnist)

Simple Ways To Add Ginger Daily

- Start your morning with water infused with ginger and lemon
- Keep dry ginger powder handy to sprinkle into buttermilk, yogurt, or *raita*
- Prepare a weekly batch of ginger pickle, which pairs well with rice, *roti*, *dosa*, or snacks. Use thin slices of ginger with lime and salt as a digestive before meals
- For travel-related nausea, carry crystallised or candied ginger, a sweet and effective remedy

GINGER'S POWER PAIRINGS

Turmeric: Together, they form a powerful anti-inflammatory duo. A pinch of each in warm milk with black pepper makes a comforting night-time tonic.



Tulsi (Holy Basil): Ginger-tulsi tea strengthens immunity, clears the respiratory tract, and calms the nerves.

Cinnamon: This classic partner helps balance blood sugar and improves circulation.

Carrot-Ginger Soup

INGREDIENTS:	1 small onion (chopped)
2 cups chopped carrots	1 tsp olive or sesame oil
1 inch piece of fresh ginger (grated)	2 cups vegetable stock or water salt and pepper (as per taste)

METHOD:

Sauté onion and ginger in oil until aromatic. Add carrots and stock, cover, and simmer until the carrots are tender. Blend to a smooth purée, season, and serve warm. The ginger adds gentle heat and aids digestion.

Andhra-Style Ginger Pickle

INGREDIENTS:	1 lemon-sized ball of tamarind
1 cup peeled, chopped fresh ginger	1 tbsp jaggery
1 tsp each cumin, mustard, and fenugreek seeds	½ cup water
2 tsp sesame oil	salt (as per taste)
2 tsp <i>chana dal</i>	For tempering:
2 tbsp coriander seeds	1 tbsp curry leaves
3–4 dried red chillies	¼ tsp <i>hing</i>
	1 tsp oil

METHOD:

Heat 1 tsp oil and sauté the *chana dal*, cumin, mustard, and fenugreek seeds with tamarind over low heat until aromatic. Add chillies and cook for another 2–3 minutes. Cool completely. In the same pan, sauté the chopped ginger until golden and set aside to cool. Grind the cooled spices into a



smooth paste, then add the sautéed ginger, salt, and water; blend again. Heat 1 tsp oil, add *hing* and curry leaves, then stir in the paste. Finally, add jaggery and mix well. Store in a glass or steel container in the fridge for up to a week.



The Truth About Wedding Stress

Weddings are often emotional marathons disguised as joy. SHAFINA SEGON explores how mindfulness can help brides and grooms prepare for the celebrations

The Indian wedding, once a sacred rite of passage, now resembles a multi-day performance. Both a grand spectacle and survival sport—it was never meant to exhaust. It was meant to align.

Today's brides and grooms aren't simply participants in a ceremony; they're project managers of a multi-day festival. They negotiate family egos, coordinate decor, balance budgets, and script joy like a screenplay. By the time the real rituals arrive, most brides aren't glowing—they are exhausted.

Modern neuroscience explains it neatly. The brain doesn't differentiate between emotional pressure and physical threat. The very anticipation of family expectations, guest lists, or potential mishaps triggers stress hormones weeks before the wedding day.

Ayurveda calls this the Vata buildup—too much movement, stimulation, and uncertainty. The antidote isn't luxury, but grounding. The problem is that the nervous system doesn't know it's a celebration. It only senses uncertainty, noise, and sleep deprivation. Heart rate rises. Cortisol floods. The body, confused, goes into survival mode.

Neuroscience calls this an anticipatory cultural stress response—the body reacts to imagined threats as if they're real. Add erratic eating, and sensory overload from the celebrations themselves, and you have a perfect biochemical cocktail for anxiety, irritability, and post-event fatigue. How can this world be navigated better then?

Rethink the Ritual

Every traditional ritual was designed with wellness in mind. The *haldi* wasn't invented for Instagram; turmeric is a powerful anti-inflammatory and anxiety reducer. The rhythmic *pheras* and chanting synchronise breath and heart rate—ancient nervous-system resets. Rituals are not decoration; they're medicine—long before hashtags turned it into performances.

Before the Wedding: Prepare the Mind, Not Just the Skin

In India, pre-wedding prep often means skincare regimens, dress fittings, and photoshoots—but true readiness begins in the nervous system. Think of this phase as emotional training, not cosmetic conditioning.



- **Anchor the Mornings:** Start your day with a rhythm that tells your brain you are safe. A warm drink, five minutes of stillness, or simple breathwork.
- **Choose Nourishment Over Aesthetics:** Swap crash diets for balance. Ayurveda recommends grounding foods—ghee, khichdi, almonds, warm milk—to soothe the anxious mind. A well-fed nervous system is a resilient one.
- **Unload the Emotional Backpack:** Write down recurring worries or to-do loops each evening. Externalising them on paper signals to your brain that you don't need to rehearse them all night. Sleep becomes medicine again.

During the Wedding: Stay in Your Own Frequency

Once the festivities begin, the noise is unavoidable. But wellness isn't about escaping chaos—it's about carrying calm through it.

- **Honour Your Body:** Begin the day with warm oil massage (*abhyanga*) or deep breathing. Before makeup or music, close your eyes and exhale slowly.
- **Pause Between Ceremonies:** Even five quiet minutes alone in a room can reset cortisol levels.
- **Eat Like You Mean It:** Many brides go on days of caffeine

and adrenaline. Instead, eat slow, grounding meals — *dal*, rice, nuts, fruit over canapés, herbal teas over caffeine.

- **Protect Your Energy Field:** Indian weddings can blur emotional boundaries. Choose a calm point person to buffer family politics. Your peace isn't a group project—it's a daily choice.

After the Wedding: Recovery Is a Ritual

Once the last guest leaves, most newlyweds crash. The adrenaline fades, and the nervous system, overstimulated for weeks, struggles to find its rhythm again.

- **Sleep Like It's Therapy:** Ayurveda prescribes early nights and late mornings after major life transitions. It's not laziness—it's neural repair.
- **Eat Grounding, Simple Foods:** Return to warm, easily digestible meals.
- **Reconnect With Yourself:** Journal, meditate, or simply walk in silence. The wedding was not just an event; it was a passage. ■

(The writer is Co-founder & COO of an EdTech startup.)



‘At 75, I don’t want to slow down—I want to thrive’

Former Jt. Secy Govt of India and author DR KIRAN CHADHA unravels her fitness quotient



I turned 75. But I do not feel a day older than 50. The reason is that I try to keep myself fit and healthy. My weight has been the same since year 2000 with minor fluctuations of

one to two kg at any given time. I strive to knock this weight off as soon as possible.

My fitness regime includes walking at least five times a week. Half an hour by the watch. This is ample movement at this age. I do easy yoga poses using a chair for exercises to keep my muscles moving along with deep breathing. For my lower back and knees, I get acupressure done twice a week.

I try to eat healthy most of the times. No aerated drinks except when I go out for Italian and Chinese meals. An occasional drink is fine. Very little sweets but one piece of dark chocolate a day is a must to keep the happy hormones alive. Drink plenty of water to detoxify the body.

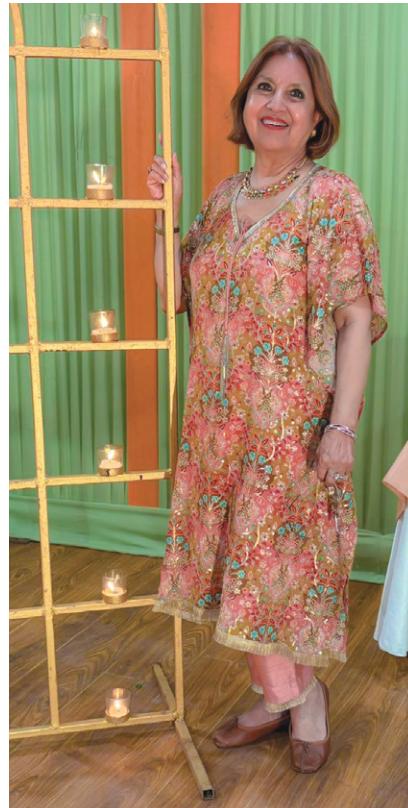
Last but not the least, once a month visit a parlour and/or massage experts. And when you cannot sleep, don't crib on the bed. Sleep gets scanty as we age. Always have some tricks to stay calm before bedtime. Avoid triggers that disrupt sleep. ■

What I do to keep fit

- Annual health check-up of full body
- Brisk walk with comfortable shoes, moving my hands as I walk
- Take relevant supplements in consultation with your doctor
- Eat fruits (not juices even if freshly squeezed)
- Healthiest drink is *lassi*, salted buttermilk and lots of salads and curd/yoghurt
- Eat homemade *paneer*
- One small spoon of pure ghee every night in my *dal* or curry

How to stay happy

- Stay away from toxic or negative people
- Do charity. Help the poor
- Detach yourself
- Begin by learning to spend your savings after keeping some amount for emergencies
- Visit places of interest with friends
- Watch positive content
- Try new cuisines
- Spread love and happiness



“I celebrate her everyday”

Actor Divya Seth Shah opens up about the most devastating chapter of her life—the loss of her beloved daughter Mihika. With quiet courage and rare vulnerability, she tells NONA WALIA how grief reshaped her, what healing means, and how love continues to endure even in absence!

Facing life after losing your child is a most difficult and overwhelming life phase. The depth of parental grief is profound, and the emotional impact can be long-lasting. No words or action can ease the sorrow, but love, support and self-care can help heal. For actor Divya Seth Shah, grief became both a companion and a teacher. She shares how she found meaning in pain, and why she now believes that healing is not about moving on, but about learning to move with the loss.

How are you holding up in this moment of deep loss?

Here's the thing: it's either sink or swim. The grief is so overwhelming, that you wonder how you will live the rest of your life. But live, you must.

When you think of your daughter, what's the first memory that comes to your heart?

I think of a child filled with love and laughter. She was so devoted to loving me. She was and is the 'Greatest Love of My Life.' She was funny, empathetic, naughty and held her own in any room.

What gave you strength to face the initial days?

The shock takes a while to recede. Being surrounded by friends and family who feel the same way and are equally grief-struck helps. The worst are the nights and the memories of last year... of how and why did this happen.



Everyone's grief journey is different — how has yours been unfolding?

Grief councillors advise journaling. I started writing about Mihika soon after as a healing process. I didn't want anyone to be afraid to take her name or share her stories with me.

Everyone should know what a light she was and how blessed I was to be her mother. And when the hundreds of other grief-struck parents reach out to me, I know it was the right thing to do.

What do you wish people understood better about a parent's grief?

That it changes you forever.

What have been the most comforting gestures or words from friends and family?

Their presence primarily. And their words of love and sadness.

Were there times when silence and solitude helped more than words?

Definitely. I have gone into my own space so often. And now, I want to weep and grieve in private. Because it has become such a solid mass of emotions that I need to process it all alone.

Have you found rituals, practices, or creative expressions that help you process your emotions?

So many people asked me if I still believed in the Divine. And I said, this would be the worst time to lose my 'faith'. I have absolutely no doubt the divine was steering her. In the way that she left. After telling me, "I don't know if I want to be here or go there."

So yes, I pray. A lot and I believe and trust in the divine plan.

How do you keep her presence alive in your daily life?

She is omnipresent. In her photograph, her work, her clothes. I say her name all the time. We laugh about her, eat her favourite food and celebrate her.

Has this loss shifted your perspective on life, relationships, or spirituality?

A lot. In a strange way it has made things clearer and quite liberating. I was always unfettered by rules. And now, I am totally done.

“ I have gone into my own space so often. And now, I want to weep and grieve in private ”

What would you say to parents who are navigating a similar unimaginable loss?

Celebrate your child every day. You are allowed tears, but don't lament. Let them soar. And know one day you will reunite.

In your experience, what is the difference between "moving on" and "moving forward with grief"?

It would be the easiest thing to drown in sorrow. To waste away. How would that honour Mihika's life? How would history treat both of us? I will live. I



might not be the deliriously happy person I used to be, but I will work and find my peace and love and take care of people who love us. ■



Let's be honest, when was the last time you wore jeans willingly? For most of us, the answer is "can't remember." Somewhere between yoga classes, grocery runs, and Netflix marathons, gym wear quietly became our go-to outfit for—well almost everything.

Welcome to the age of athleisure where leggings are life, sneakers are statement pieces, and no one bats an eye if you show up for brunch in your workout gear.

It all started when people began caring more about comfort than convention. The gym outfit wasn't just for sweating anymore. It was stylish, sleek, and surprisingly versatile. Brands like Lululemon, Nike, and Adidas caught on fast, and soon high-performance wear became everyday



How Athleisure Took Over Our Lives

Gym wear is officially the new outerwear. Whether you're running errands or running laps, it's time to embrace the comfort revolution. Because in 2025, style doesn't mean suffering for fashion—it means living in it, says SAUMYA

fashion. Then came the luxury twist—Balenciaga sneakers, Gucci tracksuits, and Prada windbreakers that turned sportswear into a runway affair. Suddenly, gym wear wasn't just about working out; it was about working it.

Life's gotten busy, and we want clothes that keep up. Between remote work, spontaneous plans, and endless to-do lists, we don't have time for multiple outfit changes. Athleisure solved that problem in style.

You can hit the gym, grab a smoothie, jump into a Zoom call, and head out for dinner—all without changing. It's fashion that moves with you. Plus, who doesn't love elastic waistbands and breathable fabrics that actually let you live comfortably? Somewhere along the way, comfort stopped being 'lazy.' Instead, it became a statement of confidence. Wearing a sports bra under an oversized jacket or pairing joggers with a crisp blazer says, 'I know who I am and I'm comfortable just the way I am.'

The pandemic made that shift even stronger. When the world slowed down, our wardrobes relaxed too. Dressing



up became all about feeling good, not impressing others. And later, after the pandemic, that mindset simply stuck.

Scroll through Instagram, and you'll see influencers rocking crop tops with tailored pants, or trainers with dresses. Gym wear has officially left the locker room and entered every corner of the fashion world. The lines between "fitness" and "fashion" have blurred beautifully. And honestly, that's what makes athleisure so powerful. It's not just a style; it's a lifestyle. It represents the way we live today: active, adaptable, and always on the move.

The future of gym wear looks even more exciting. Think sustainable fabrics, smart textiles that track performance, and designs that blend minimalism with functionality. The next generation of active wear is all about being eco-conscious, high-tech, and unapologetically stylish.

So yes, gym wear is officially the new outerwear. Whether you're running errands or running laps, it's time to embrace the comfort revolution. Because in 2025, style doesn't mean suffering for fashion. It means living in it. ■



Pic: Kareena Kapoor Khan, Puma India/Instagram

Why emotional well-being counts in the workplace?

Emotional intelligence has a direct influence on an individual's success and makes the work environment more pleasant, says MANJULA POOJA SHROFF



Emotional intelligence in the developing world of artificial intelligence, is the magic potion that will keep enriching human life and keep us ahead!

Consider an instance when someone at work really understood what you were going through, when perhaps you were anxious about meeting a deadline. Rather than adding on to your anxiety, they intervened to assist. Or perhaps you had a challenging exchange with a client,

and rather than telling you to 'just deal with it,' your supervisor listened and provided proper guidance. This can be seen as emotional intelligence (EI) in action. Technical skills today will only get you so far in the workplace. What separates outstanding employees and leaders is the ability to handle emotions, your own and other people's.

So, what exactly is emotional intelligence? It's more than being 'nice' or 'understanding.' It was coined by psychologists Peter Salovey and John

Mayer, and popularised later by Daniel Goleman as five areas:

- 1. Self-Awareness:** Being aware of what you're feeling and why it influences your decisions.
- 2. Self-Regulation:** Regulating your emotions so they don't dictate your actions.
- 3. Motivation:** Remaining motivated and directed, even when things become difficult.
- 4. Empathy:** Really getting and feeling what others are experiencing.

5. Social Skills: Communicating, conflict resolution, and establishing strong relationships.

Together, these factors create a work environment where individuals help one another, remain productive, and keep stress at bay.

We need to recognise that empathy is the glue that holds teams together. It's what makes a manager call in an overworked employee or a teammate to cover when they are out.

Here is an example of a busy agency's marketing team that had a tight deadline for an assignment. One of the team members, Sona, was back from maternity leave and was struggling to juggle work and new baby responsibilities. Instead of letting her get bogged down by the workload, her colleagues helped her. This small act of empathy strengthened their bond and improved team collaboration in general.

Let's hear another example of Dr Singh, a Principal of a well-known school. One of his reportees, Tarun, started underperforming lately. Instead of reprimanding him, Dr Singh asked him out for a cup of coffee. During the chit-chat, Tarun opened up about some personal troubles that were distracting him. Dr Singh provided flexible scheduling for him for some time, and next thing anyone knew, Tarun rebounded and became one of the team's highest performers.

Individuals want to work in a setting where they feel they are listened to and respected. A survey indicated that employees who feel that their managers are concerned about their well-being are more committed and motivated. When employees are

valued, they're not merely doing a job for their salaries; rather, they start owning up to their responsibilities.

Emotional intelligence has a direct influence on an individual's success. Let us look at the factors that improve with better Emotional Intelligence.

Improved Decision-Making: Picture a crisis situation, when a business social media handle mistakenly posts something provocative.

Increased Adaptability: Nothing is constant but change. Staff who have high emotional intelligence embrace change easily.

Improved Customer Relations: Customers appreciate workers who listen, understand, and resolve issues.

Stronger Leadership: High EI leaders get the best out of their people, maintaining high morale and motivation.

Individuals want to work in a setting where they feel they are listened to and respected

So, how do we develop Emotional Intelligence in the workplace? A few people are naturally gifted with it, but EI can actually be learned. These are some ways workplaces can make it a part of the culture. Through training, workshops, and expert-led talk sessions that allow teams to learn, understand, and manage emotions.



Many firms now incorporate EI into their leadership programs. Another way is by listening in the real sense. If we cease interrupting and let someone speak, discussions become richer. Some firms organize even 'listening hours' where individuals can speak without rebuke. Then, by creating safe spaces for employees to feel comfortable and voice things out. Anonymous feedback sessions also help bring people out of their shells. Last but not least, by encouraging a culture of empathy in the organization and honouring those who exhibit empathy, we can create a culture of emotional wellbeing at workplace.

What is the role of EQ today? As the workplace evolves with remote workers, digital communication, and AI replacing traditional human activity, emotional intelligence becomes even more important and decisive than ever.

Organizations that invest in EI are not only likely to have happier employees but also more successful teams and better business performance. ■



(The writer is CEO & MD of Kalorex group, an Edupreneur and an author.)

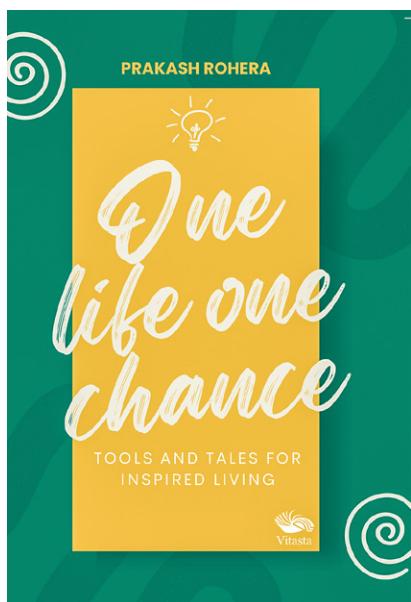
RESET your life!

One Life One Chance emphasises the importance of taking time out for oneself—time to reflect, reset, and reconnect, says SAUMYA

One Life One Chance by Prakash Rohera is a warm, practical, and insightful guide to living with intention. Drawing on his extensive experience as a trainer and coach, he brings together lessons shaped by thousands of interactions with people from different cultures, careers, and stages of life. What stands out most is the simplicity with which he captures the deeper truths of everyday living.

Rohera emphasises the importance of taking time out for oneself—time to

reflect, reset, and reconnect. He also highlights the need to find balance in the many roles we play, reminding us that harmony between personal well-being, relationships, and work is key to a fulfilling life. His reflections on adding value—in our actions, conversations, and commitments—feel both inspiring and achievable.



Price: Rs 399 | PB
Vitasta Publishing

The strength of this book lies in its simplicity and honesty. Rohera does not claim to have all the answers; instead, he shares insights gathered from over 200,000 participants he has worked with, turning their experiences into practical tools that anyone can use. Each lesson feels grounded because it comes from real people—professionals trying to balance ambition with wellbeing; individuals rebuilding

‘We could meet some hurdles along the way, but let us not feel vexed by them—the process of adapting to becoming a whole new *us* is not a cakewalk’

after setbacks; and ordinary people discovering extraordinary resilience.

The pandemic serves as a gentle turning point in the narrative, reminding us of the need to re-examine what truly matters. Through these reflections, Rohera guides readers to pause, observe and make small but meaningful shifts in their own lives. His core message—we don't need to change the world, only our world—gives the book a comforting and empowering tone. ■



(The writer is an avid reader, blogger and editor)

Over the past decade, wearable technology has evolved from a novel innovation to an essential component of daily life. In 2014, the introduction of the Apple Watch revolutionised the perception of smartwatches, establishing them as ordinary accessories.

Since then, leading global companies such as Samsung, Fitbit, Garmin, as well as emergent brands like Oura and Whoop have broadened the ecosystem to encompass smartwatches, fitness bands, illuminated rings, smart glasses, augmented reality devices and, even wearable garments and biosensors produced by Hexoskin and other brands. Prominent Indian wearable brands, that include Noise, Boat, Fire-

Ultrahuman, along with startups like Muse Wearables and Wellnest, are actively engaged across sectors ranging from health monitoring to specialised sports technology.

Each device acquires data—including heart rate, oxygen saturation, stress indicators, caloric expenditure, sleep patterns, and even menstrual health. Utilising this data, users are provided enhanced self-awareness and continuous health monitoring.

Fashion Meets Function

Consumers no longer perceive wearables as mere 'gadgets'; instead, they consider them as extensions of their personal identity. This paradigm shift has fostered collaborations between technology firms and

recovery metrics help prevent burnout. For individuals experiencing anxiety or sleep disturbances, a wearable device's biofeedback loop offers a practical means to achieve calm. For a BP and heart patient, it ensures constant tracking and monitoring.

This emotional connection elucidates why wearables enjoy such high retention rates—they engage with daily emotional experiences rather than merely habitual behaviours.

The Future Of Tech Wearables

The next phase of wearable technology moves towards personalised and adaptive technology that understands individual bodies.

Some upcoming trends include

Wearable Intelligence



Bolt, and Gabit, maintain a dominant presence in the domestic market and are expanding internationally. Additionally, entities such as

fashion houses—exemplified by TAG Heuer in partnership with Google for luxury smartwatches, Louis Vuitton's Tambour Horizon for high-fashion wearables, and Ringly alongside Oura, which develop jewellery-inspired wellness tracking devices.

What truly distinguishes wearable technology is its emotional significance. These devices are no longer solely concerned with data; they function as partners in wellness. For a working mother, a smartwatch's stress alert serves as a reminder to pause and take a deep breath. For a professional athlete,

From smart rings to AI-driven fabrics, wearable technology is redefining how we live, move, and express ourselves, says AMIT SHANKAR

wearables that track cortisol, estrogen, and testosterone levels for a deeper understanding of stress, mood, and metabolism or clothing measure posture and hydration. With AI-driven personalisation, inclusivity will define their success. ■



(The writer is a brand consultant, advertising stalwart and an author)



Smartphone Nation

Scrolling, swiping and always online—smartphones have rewired a generation and stolen our attention.

The real question now isn't how much time we spend on them—but how much of life we've lost to them. Can we free our brains from the smartphone takeover, asks **NONA WALIA**

We don't just use our phones anymore. We live inside them. Continuous notifications, infinite scrolls, and AI-driven feeds: our phones keep us glued and we find a distinct rise in brain fog. Do you really want to spend your life looking at your phone? The phones are grabbing our attention, the apps are a part of the attention economy, every social media app is driving us crazy. Says Catherine Price, author of *How to Break Up With Your Phone and How to Feel Alive*, "We



check our phones, we encounter a dopamine trigger, which reinforces the idea that checking phones is a behaviour worth repeating. And the cycle continues.”

That glowing rectangle in your hand isn’t just a gadget—it’s your world. Smartphones are no longer tools; they are environments and our lifelines. US surgeon general, Vivek Murthy, issued an advisory on social media’s harm to youth mental health, drawing upon decades of scientific research. And with AI quietly steering every scroll, every click, our phones are hacking our brains in ways we barely recognise. Take this: Indians spend 4.9 hours a day on smartphones—among the highest in the world. A latest Delhi study found that one in four young adults addicted to smartphones were also battling obesity and anxiety. Dr Anupam Sibal, Group Medical Director and senior paediatrician, Apollo Hospitals, warns that smartphones are taking over lives—impacting both children and adults. Excessive use is leading to physical problems such as headaches, neck pain, poor eyesight, weight gain, fatty liver, heart disease, and diabetes. Dr Sibal says, “We are a generation that’s connected and wired. The

mobile is changing our behaviour, brains and physical life. There’s a rise in psychological issues in children: irritability, anger, disturbed sleep, and declining interest in reading or physical activity.”

He stresses that dependence on AI is also eroding the ability to think independently or conduct basic research. “We need to course-correct. Smartphones and AI bring many benefits, but overdependence is deeply worrying,” he adds.

Brain-Fogged and Phone-Hijacked

We’re not weak—we’re wired. Every ping, every notification has us scrambling for our phones. That sudden buzz? It could be something urgent, or nothing at all—the uncertainty is what keeps you checking. Each like, comment, or reel is a dopamine hit. Researchers say it takes 23 minutes to recover after a single distraction. Dr Pankaj Agarwal, head of Neurology, Gleneagles Hospital, Mumbai, warns that smartphones overstimulate the brain with constant notifications. Blue light exposure suppresses melatonin, disturbs sleep and increases anxiety. “The impact on human brain forever connected is high. Everyone is on their phone—in colleges, cafes, buses, trains, airports. Social media comparisons erode self-esteem and peace of mind. The key is to limit mobile use and take charge of your mental well-being,” he says.

AI makes it worse. Algorithms know you better than you know yourself. They serve content you’ll find irresistible—the video that will enrage, the reel that will comfort, the story that will keep you scrolling at 2 am. You think you’re choosing. In truth, you’re being chosen. In future, you will find it more and more difficult to keep your phone



away. Social media commentator Chetan Deshpande feels we are a mobile zombie generation. "Staring at our phones 24x7 has given rise to unpredictable human behaviours—cybersickness, depression and internet addiction disorder. We are all slaves to our screens."

A 2024 study found a correlation between late-night phone use and reduced cognitive scores in memory, calculation, and attention. Is our smartphone addiction making our brains slower and unfit? "Yes," says

“Our shrinking attention spans—fed by reels and shorts—make sustained focus and creativity harder

Dr Saroj Dubey
Gastroenterologist



Devangana Mishra, Founder of Brain Bristle and Mental Health Advocate, "Our phones have become our go-to for validation, advice, intimacy, and competition. In a hyper-connected world, only discipline and grounding can protect the mind from becoming fragile and vulnerable."

And the fallout? Families together but apart—everyone staring into separate glowing screens. Students are unable to concentrate long enough to read a page. This has resulted in hospitals opening digital addiction clinics. Yet we shrug—as if this is just modern life. Dr Amit Malik, Founder & CEO of Amaha, a well-being startup, says, "Smartphones are rewiring our brain's dopamine system, shortening attention spans. Constant notifications keep us overstimulated, restless, and anxious."

We can't throw our phones away—they're our lifelines. But we can choose to take control. That's where digital minimalism comes in. Keep what adds value, cut what doesn't. Silence most notifications. Make your bedroom a phone-free zone. A minimalist approach to technology is all about reducing the time you spend online. Says Dr Saroj Dubey, gastroenterologist

Trapped by the Phone!

- Smartphones are deliberately designed to be addictive, using dopamine-driven loops.
- Constant notifications fuel FOMO and keep us glued to screens.
- Overuse is linked to anxiety, stress, and shrinking attention spans.
- Late-night scrolling disrupts sleep and mental recovery.

Kaitlyn Regehr in her book *Smartphone Nation: Why We're All Addicted to Screens and What You Can Do About It* (2025)



and author of *Rx for Resilience*, “Constant reliance on quick digital answers is eroding critical thinking and deep reasoning. Our shrinking attention spans—fed by reels and shorts—make sustained focus and creativity harder. The mind no longer gets the luxury of boredom, which once fuelled imagination. With every scroll, we trade introspection for instant stimulation. It’s time to pause, unplug, and reclaim the quiet spaces.”

The Temptation to Log-Off

The hijack is becoming harder to resist. How much of your life are you willing to give away? Antarpreet Singh, former director, digital learning, ISB says, “We need to balance our digital habits in the wake of this huge ‘digital disruption’ in our lives. Balance is the key. Human Intelligence should drive Artificial Intelligence.”

According to a research paper, ‘Brain Drain: The Mere Presence of One’s Own Smartphone Reduces Available Cognitive Capacity’ by Adrian F Ward, Kristen Duke find out, “We all understand the joys of our always-wired world, but we are only beginning to get our minds around the costs. The presence of smartphones limits our attention, and reduces brain function.”

With everyone’s head buried in their screens, ‘smartphone neck’ is the modern posture epidemic. We need to discipline our digital life. Says Pamela Puja Kirpalani, life coach, “Create habits

Smartphone Habits

- People pick up their phones 100–200 times a day.
- 80% check their phones within an hour of waking or before sleeping; 35% do so within 5 minutes.
- Average daily phone use is 4–5 hours, while total screen time across devices exceeds 6 hours.
- Over two-thirds feel anxious, stressed, or “cut off” without their phones.
- A Penn State study found that silencing phones actually increases the frequency of phone-checking.

of digital minimalism, have a strict schedule, switch off immediately once you get home. With constant digital buzz, we are forced to multi-task causing our brains to go into a real sense of overwhelm. Let’s save our brains and mental health from our screens.”

The choice is stark: keep living inside the phone—or step out, and reclaim the life that still waits beyond the screen. ■





Looking at yourself through social media

Exposure to social media has made young people develop complexes about their bodies and self-image that can have drastic consequences on their mental health, says ABHISHEK RANA

We live in a polluted world. Contamination is everywhere around us—its in the infernal air we breathe, in the chemical-tainted water we drink, and in the dubious food we ingest. Whatever trials our bodies go through, however, they might still seem benign when compared to the storms brewing inside our minds. And no, I'm not talking about the issues that keep piling up and rattling up there because we now make Chatgpt do most of our work. But certainly, even Chatgpt contributes to cognitive disturbances.

Mental health, or the lack of its health and an abundance of illnesses has become a major talking point in society today. Indeed, it has become such a big point of debate, that we are likely to just do that, discuss it until the late hours of the night without coming to any concrete awareness of what exactly ails us. If you were to open a field of study dedicated to, say, schizoposting on X (formerly Twitter), you'd be swamped with cases in thousands or even lakhs.

In recent years, the mental havoc caused by social media has sprouted numerous papers by eminent psychologists, who, as mightily as they work, cannot contain the deluge of mental illnesses brought about by staring at reels and tiktok content 24/7.

Social media, with its sole focus on pristine outward appearances and distaste for anything that doesn't conform to its rigid rules, has done its best to make viewers and users feel bad about themselves.

Lalit Rameshwar discloses how the pressure to look more manly and muscular made him join the gym, and when he failed to get the desired results, forced him to ingest steroids. "Before joining Instagram, I had never really cared about my looks," he says, "I was happy with my face and body. But I kept coming across these influencers who look so good, and who present this carefree, happy lifestyle, that I became obsessed with looking like them..." Of course, Lalit made the mistake of buying into a carefully curated illusion. The result manifested in his plummeting self-image, and rising body-dysmorphia. Eventually, it pulled him to an abysmal hole of depression, which eventually led to an attempt at self-harm. Lalit is only one of many young people who have

been led to chase an ideal body and image that only looks beautiful under good lighting. Once you switch off the lights and put down the camera, all you're left with is a hard body supported by hollow bones and a mind battling with a diseased world-view.

With the calamitous increase of mental health issues among the general public, and especially the young population, experts have come up with a variety of ways that can help ease the weight pulling them down in the depths of despair.

Vishal Verma, a researcher and educator, stresses the importance of research to combat the alarming spike in mental illness, highlighting the role of social media in the collective malaise.

"We must acknowledge the growing body of research about potential harms, increase our understanding of the risks associated with social media use, and urgently take action to create a safe and healthy digital environment that minimises harm and safeguards people's mental health and well-being."

Reports suggest that social media use by youth is nearly universal now, with up to 95% of young people present on platforms like X, Instagram and Snapchat. Exposure to highly questionable content early in childhood can severely affect a child's mind, and if it continues, without regulation, it can metastasise into mental disorders in adulthood.

We now exist in a world without guardrails to protect us from things that can harm us. Not only are we unable to resist the lure of empty glamour, we are unable to reckon with the emptiness that keeps expanding in our chests because of unhealthy habits, wrong choices, societal pressure to conform and our blindness to our own deteriorating condition.

But not all is doom and gloom; the hope to get better exists, but better mental health can only be achieved by acknowledging our problems, and providing the exact kind of support to others that we expect from people around us. Together, we can yet build a better world. It'll take an iron-will, and perhaps less time talking to the newest version of AI, in the hope that it can solve all our problems. ■

With its sole focus on pristine outward appearances, social media has done its best to make people feel bad about themselves

When the Real Breakup Happens While You Are Still Together

The relationship you have now is not its final form. It can change. It can deepen. It can become something honest enough to have a nurturing life of its own, says psychologist and author SHAI C



Every relationship is a conversation between two histories trying to build a future. There is no training for that. If these words feel sharp, it is because truth often arrives with an edge. If they feel familiar, it is because many couples are living the same quiet story behind closed doors.

You do not need to leave a relationship to abandon it

Every couple has a public relationship and a private one. The public one smiles in pictures, trades stories with friends, and performs stability. The private one is where the real relationship lives. Not in conflict, but in

silence. Most couples do not suffer from too much drama. They suffer from too much restraint. Here are the quiet fractures that form between two people who still love each other but no longer know how to say what is true.

We stopped seeing each other because we replaced curiosity with certainty

People believe distance happens when love fades. More often, it happens when partners decide they already know each other completely. There is nothing left to ask. Nothing left to explore. Nothing left to be surprised by. But the moment someone stops being curious about their partner, they stop being present. Familiarity is not safety. It is anaesthesia.

We did not just change. We edited ourselves until nothing felt authentic

When couples say, "We lost the spark," it usually means "We trimmed away the parts of ourselves that once made this relationship alive." One stopped showing anger because it was never received well. One stopped expressing desire because rejection became predictable. One stopped sharing dreams because they sounded unrealistic. One stopped asking for affection because it felt humiliating. Over time, two people can end up living in a relationship none of them actually fit inside. Not because they changed. Because they shrank.

We are both exhausted, but neither of us wants to be the first to collapse

Most couples assume one partner is the strong one and the other is the emotional one. This is almost always a lie. Both are tired. But the one who carries the emotional weight does not want to look demanding. The one who carries the practical weight does not want to look inadequate. So exhaustion becomes denial. Denial becomes resentment. Resentment becomes distance. Not because anyone failed, but because no one wanted to be the vulnerable one.

We do not talk about space because we fear what it might uncover

Couples pretend distance is dangerous, so they cling too tightly. They believe space is disconnection. They

believe autonomy means disinterest. They believe privacy is betrayal. So both stop breathing inside the relationship. They merge schedules, merge routines, merge identities, until neither remembers who they were before the "we" consumed the "me." Love cannot survive without oxygen. Space is not the opposite of intimacy. It is the birthplace of desire.

We injure each other with strategies

Couples think they are fighting about dishes, phones, money, tone. But fights are never about the present. Fights are about the survival strategies that kept them alive long before they ever met.



Withdrawal is not coldness. It is fear of intrusion. Criticism is not cruelty. It is fear of being unseen. Anger is not aggression. It is fear of helplessness. Silence is not indifference. It is fear of shame. Two nervous systems trying to love each other through panic. No wonder it hurts.

We are faithful to the relationship in body, but faithless in attention

Modern couples rarely break each

other with affairs. They break each other with absence. One escapes into work. One disappears into friendships. One retreats into screens and scrolling. One finds emotional intimacy with strangers online. One pours passion and presence everywhere except home. Love does not starve from betrayal. It starves from distraction. Infidelity of attention is quieter than cheating. And far more common.

We are adults in conversation, but children in conflict

The part of the brain that loves is not the part that argues. Arguments are where childhood returns. Two adults speak. Two frightened children react. One begs. One hides. One fights. One freezes. No one sees each other. Everyone protects themselves.

The truth couples never say

It is not love that disappears. It is permission. Permission to be flawed. Annoying. Desperate. Confused. Needy. Tender. Honest. The moment partners stop allowing the full human spectrum to exist, the relationship becomes a performance. Performances are exhausting. Exhaustion makes intimacy impossible. Honesty is not comfortable. But comfort never saved a relationship. ■



(The writer is the author of *Love That Was Meant To Be Meant For Me*)

Self-Care Overload: LUXURY OR NECESSITY?

Self-care has evolved from quiet reflection to an extravagant lifestyle. But are we truly nurturing ourselves—or overindulging, asks NONA WALIA



Self-care is no longer a gentle reminder—it's a global obsession. Everywhere you look, the message is: prioritise yourself. Instagram feeds are filled with immaculate yoga corners, scented candles, detox teas, and picture-

perfect morning routines. Self-care is a movement, but has it gone too far?

The wellness world has become massively commercial. Says Akaanksha Paranjpe, founder of Sacred Grove, wellness and beauty start-up, "Urban Indians are facing

unprecedented stress—from social media noise to rising work pressures—leaving them anxious and exhausted. In this eco-system, self-care has shifted from luxury to necessity. It represents micro-joys: a workout, a skincare ritual, a hair mask, or even fragrance, each an act of resilience. Beauty, wellness, and lifestyle categories are growing in double digits as consumers reclaim moments for themselves. Self-care today isn't indulgence, it's essential to navigating modern life."

Self-Care Obsession

But amid the glow of luxury spas and curated rituals, a question lingers: is this genuine self-nourishment, or just another performance of perfection? Is the self-care obsession on social media making everyone look selfish and overtly self-obsessed? Once upon a time, self-care was simple—rest, nourishment, good sleep. Now it's a full-blown industry. Boutique fitness studios, subscription-based meditation apps, customised supplements, and expensive retreats that promise transformation. The intention may be healing, but the execution often feels like a hustle—turning self-care into yet another to-do list. Says psychologist

Aninda Sidhana, "We're not overdoing it—we're finally decoding it. It is a long-overdue awakening. People are reclaiming rest, boundaries, and nervous-system regulation. But the wellness market has raced ahead, turning care into curated luxury. True self-care is accessible, and rooted in rhythm: sleep, predictable routines, breath, boundaries, and safe connection. There's no such thing as 'too much' care—only misaligned care. Self-care becomes harmful when it's used to avoid discomfort, dodge accountability, or opt out of shared presence."

The Global Wellness Institute values the wellness economy at over \$7 trillion, a figure that is constantly growing. In urban India, wellness has become aspirational—status-driven as much as soul-driven. Yoga mats, retreats and clean living products are flaunted like trophies. Social media has made self-care performative—skip a ritual and guilt replaces peace.

Return to Simple Acts of Care

The pandemic turbocharged this trend. Confined at home, people sought control in small rituals—workouts, journaling, skincare, mindfulness. It was healing, but it also blurred the line between need and indulgence. Says Ananya Grover, founder, HealCycle app, "Self-care doesn't have to mean stepping away from others—it's often what allows us to return to them with more presence, patience, and power. When rooted in emotional awareness—not avoidance—self-care becomes a bridge, not a barrier.

Real self-care rests on essentials: sleep, nourishment, movement, and emotional connection

There's no such thing as 'too much' care when it's aligned with your rhythms, responsibilities, and relational needs. At HealCycle, we think about this question deeply: how can women tune into their needs without guilt and nurture both their inner and outer worlds? The answer isn't in luxury—it's in clarity. That's why the HealCycle

There's no such thing as "too much" care

app offers a self-management protocol grounded in emotional awareness. Because true self-care isn't about escape. It's about regulation, rhythm, and repair. It's about tending to the self so we can tend to others without depletion."



Real self-care rests on essentials: sleep, nourishment, movement, and emotional connection. That's non-negotiable. The rest—designer teas, Himalayan salt baths, digital detox retreats—are luxuries. Says Sargam Dhawan Bhayana, Director of Planets Herbs Lifescience, "Self-care isn't indulgence, it's awakening. We're simply learning that caring for ourselves is the first step toward caring for everything else. We aren't overdoing self-care, we're just giving ourselves the permission we've always deserved. Self-care should nourish us, not isolate us. When it turns into self-absorption, we lose sight of community, relationships and purpose."

Radical Care Vs Self-Absorption

The truth is: self-care doesn't need a credit card. It needs consciousness. Ten minutes of quiet, a walk in the park, deep breathing, or saying "no" when you mean it—these are acts of radical care. True self-care isn't about looking calm, it's about feeling it. ■



Rose scent to open the heart-chakra for love and compassion



Cinnamon for prosperity and positive energy

candle therapy

This X'mas transform your mood
with cosy aroma candles



Coffee clears
stagnant energy and
awakens the senses



Orange heals
the sacral
chakra to
bring in
abundance



Lavender heals
anxiety , stress and
brings deep sleep



Savlon kills 99.9% Hospital Acquired Infection-causing bacteria.*

ESKAPE pathogens are the leading cause of Hospital Acquired Infections (HAI) worldwide.

Savlon Antiseptic Disinfectant Liquid, with its synergistic CHG + Cetrimide formulation kills 99.9% of ESKAPE pathogens at 1:15 dilution.



ESKAPE pathogens refers to Enterococcus faecium, Staphylococcus aureus, Klebsiella pneumoniae, Acinetobacter baumannii, Pseudomonas aeruginosa and Enterobacter species.

Send us your queries at savlon@itc.in

*Dilute 1 part Savlon in 15 parts clean water. Basis lab study on sample microbes.



राष्ट्रीय सहकारी विकास निगम

NCDC

Assisting Cooperatives. Always!

सहकारिता की सहायता में सदैव तत्पर!

सहकारिता मंत्रालय,
भारत सरकार के अधीन

राष्ट्रीय सहकारी विकास निगम

सहकार से समृद्धि

- In the financial year 2024–25, more than ₹95,000 crore was disbursed.
- Gross NPAs remained zero. By 2024–25, approximately ₹4.08 lakh crore had been disbursed to cooperative institutions.
- Under the Government of India's grant scheme, ₹10,000 crore disbursed to 56 cooperative sugar mills under the Government of India subsidy scheme.
- Through PACS, NCDC facilitated the formation of 1,117 FPCs.
- Strengthening of 1000 fisheries societies under PMMSY and 2348 fisheries societies under PM-MKSSY.
- Swayamshakti Sahakar for self-help groups, Long Term Farmers Sahakar for long-term agricultural loans, Dairy Sahakar for dairy and Ayushman Sahakar for hospitals.
- Established and promoted three cooperative societies – National Cooperative Exports Limited, National Cooperative Organics Limited and Indian Seed Cooperative Society Limited.
- The world's largest grain storage scheme was created to establish decentralized grain storage facilities in each PACS.
- A total of 666 training programs were conducted by LINAC and Regional Training Centers in 2024–25, training 1,44,270 participants
- Assistance for deep sea trawlers was provided under the PMMSY scheme.
- Implementing agency of various major schemes of Government of India like FPO, PMMSY, AHIDF, AIF etc.
- Incentives to newly formed cooperatives under Yuva Sahakar (reduction in interest rates).
- For geographical expansion, one new regional office and 9 sub-offices have been opened.
- Working capital support for MSP/non-MSP procurement activities.
- Loans to co-operative banks/credit co-operative societies.
- Financial assistance provided for infrastructure facilities and state-level livestock/fisheries integrated development projects
- Margin money loans offered for business activities.

राष्ट्रीय सहकारी विकास निगम

सहकारिता मंत्रालय, भारत सरकार

4, सीटी इंस्टिट्यूशनल एडिया, हौज खास, नई दिल्ली-110016

दूरभाष : 91-11-26569246, 26567475, फैक्स : 91-11-26962370, 20862619

वेबसाईट: www.ncdc.in

