

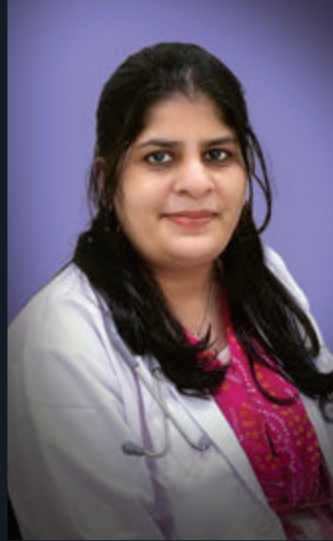
MAY 2022 ₹ 60

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PUNE, AURANGABAD
AND NAGPUR SPECIAL
FREE WITH MAIN ISSUE

*Be
unstoppable*



PRIORITISING HEALTH, VALUING WELLNESS

WORKING IN THE HEALTHCARE SECTOR IS NO MEAN FEAT. MEET THESE PHENOMENAL WOMEN WHO SERVE WITH UTMOST DEDICATION, PUTTING THE NEEDS OF OTHERS BEFORE THEIRS

Awards & Acknowledgment

Felicitation by
Hon'ble CM Uddhavji Thakare
on the occasion of
Inauguration of Kalwa centre.



Krsnaa Diagnostics Ltd. Awarded "Diagnostics Company of the Year"
"4th edition of Navabharat Value Based Healthcare Awards 2021"



Best Diagnostic & Imaging Center of the Year (Asia) award
by the hands of Hon.Smt.Manekaji Gandhi



Best Diagnostic Service Provider Of The Year 2021 on the occasion of
Six Sigma Excellence Awards & Leadership Summit at New Delhi.



Times of India ICONS of Health Award 2019

MAY 2022

A Times of India publication

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NAGPUR SPECIAL

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unstoppable*

MAKING QUALITY HEALTHCARE AFFORDABLE

**Managing Director of Krsnaa Diagnostics,
Pallavi Jain's unbeatable zest and rock
solid ambitions make her the inspiring
person she is**



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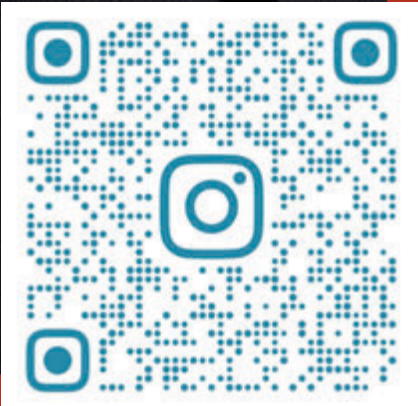
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SCAN ME





FOREWORD

It seems impossible to talk about anything else but the heat this time of the year. That, and the importance of staying hydrated and taking care of your health. And while we're sure you're doing all you can for yourself and your loved ones, we think it's only fair to give a shout out to people working in the healthcare sector who have dedicated their lives to the wellness of others. That's why our Cover Story for this issue features some phenomenal women working in this field.

It's also the time for appraisals and we hope you are happy with yours. But just in case you're looking for a change of scene, take tips on enhancing your CV with our Career story. In Life, we tell you how to get started on living sustainably to take care of our planet. Head on to Fashion to understand trendsetting in today's times, followed by Beauty where we give you the lowdown on using melatonin in your skincare routine. Finish with the Food section where we have refreshing recipes guaranteed to help you beat the heat. Remember to stay hydrated!

"IT SEEMS IMPOSSIBLE TO TALK ABOUT ANYTHING ELSE BUT THE HEAT THIS TIME OF THE YEAR. THAT, AND THE IMPORTANCE OF STAYING HYDRATED AND TAKING CARE OF YOUR HEALTH."

AMBIKA MUTTOO

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FIGHT COVID THE AYURVEDIC WAY

Jeevana the brainchild of **Dr Vinod P Nair** (M.D. Ay) which brings you the goodness of the 5000-year-old science called Ayurveda. Dr Vinod Nair was clear about his purpose in life early on. He completed his course from International Institute of Ayurveda, Coimbatore. A masters in Ayurveda, a diploma in Emergency Medicines, Holistic Health and preventive health, an advanced degree in Cardiac life support and a course in Lifestyle Medicine from Harvard Medical School USA made him a specialist in the many streams pertaining to health care.

In the wake of the Covid 19 outbreak, entire mankind across the globe is suffering.

Enhancing the body's natural defense system (immunity) plays an important role in maintaining optimum health. We all know that prevention is better than cure. While there is no medicine for COVID-19 as of now, it will be good to take preventive measures which boost our immunity in these times. Ayurveda, being the science of life, propagates the gifts of nature in maintaining healthy and happy living. Ayurveda's extensive knowledge base on preventive care, derives from the concepts of "Dinacharya" - daily regimes and "Ritucharya" - seasonal regimes to maintain healthy life. It is a plant-based science. The simplicity of awareness about oneself and the harmony each individual can achieve by uplifting and maintaining his or her immunity is emphasized across Ayurveda's classical scripture

POST COVID HEALTH ISSUES AND AYURVEDA

It can take several more days for a person's immune system to clear the virus from the body. Most people

SIGNS AND SYMPTOMS OF LONG COVID

1. Fatigue, Shortness of breath or difficulty breathing and cough
2. Joint pain and Chest pain
3. Memory, concentration or sleep problems
4. Muscle pain or headache
5. Fast or pounding heartbeat
6. Loss of smell and taste
7. Depression or Anxiety
8. Fever and Dizziness when you stand

DO'S AND DON'T'S IN POST COVID PERIOD

1. Drink adequate amount of warm water
2. Nutritious eating routine. Balanced nutritious diet, preferably easy to digest freshly cooked soft diet, increase the intake of turmeric, cumin, coriander and garlic.
3. Take immunity promoting Ayurveda supplements as prescribed by a qualified practitioner
4. Daily practice of Yogasana, pranayama and meditation, as much as your health permits and daily morning or evening walk at a comfortable pace
5. Enough sleep and rest
6. Play a few memory games
7. Drink herbal tea or decoction of holy basil, cinnamon, black pepper and dry raisins.
8. Inhale steam with basil leaves and caraway seeds.

DON'TS

1. Avoid eating out and avoid processed food, fast food, fried food and snacks, frozen foods such as pizza, pies, cookies, margarines and spreads.
2. Avoid snacks with high in salt and sugar contents and limit your intake of sodas or soft drinks and other drinks that are high in sugar.
3. Avoid smoking, alcohol and other addictive substances
4. Don't compromise on sleep



Dr Vinod P Nair

who have COVID-19 recover completely within a few weeks. But some people continue to experience many health issues even after their initial recovery. It is known as LONG COVID Although COVID-19 is seen as a disease that primarily affects the lungs, In some people, lasting health effects may include long-term breathing problems, heart complications, chronic kidney impairment, stroke and Guillain-Barre syndrome — a condition that causes temporary paralysis, many complications which arises from long use of antibiotics and steroids etc. Some adults and children experience multisystem inflammatory

syndrome after they have had COVID-19. People with a history of health conditions such as immune disorders, diabetes, hypertension etc. are at a much higher risk for post COVID-19 health conditions such as cytokine storms

TREATMENTS IN AYURVEDA IN POST COVID 19 PROBLEMS

Ayurveda, the world's oldest system of medicine has variety of therapeutic measures to tackle any health issues. Ayurveda is derived from the Sanskrit words ayur (e) and veda (science or knowledge). The standard protocol for management of the disease is performing Panchvidha Shodhanam (Panchkarma), administration of Rasayana (immunomodulatory supplements) and specific therapies. Also adopting Sadvritta (ethical code of conducts), wholesome food habits, as well as proper lifestyle management and other supportive psychological therapeutic measures, will help in managing COVID-19. The ancient traditional principles of management in the pandemic diseases can be precisely understood through the integrative method. Ayurveda physicians have described performing the Panchkarma in the preliminary stage, which may fight the viral entry into the body or may reduce viral load in the infected individual. Administration of Rasayana may delay the process of pathogenesis by increasing the immunity and eliminating the viral toxic effects on the body. The specific herb therapy may help in alleviating the residual viral load. Since, Ayurveda believes every individual body type is different the treatment can be administered only under the supervision of an experienced Ayurvedic physicians.



FEMINA CONTENTS



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ALL FOR WELLNESS

Serving in the healthcare sector with utmost dedication, these Pune women will definitely inspire you



ON THE COVER: TOP TO BOTTOM, LEFT TO RIGHT, REKHA DUBEY, SHEETAL AGASHE, PALLAVI JAIN, DR INDRANI MISRA, DR INDIRA NARAYAN PARKHE, DR ISHITA LUNKAD, DR HARJOT KAUR, DR SUPRIYA PURANIK, DR MANISHA KARMAKAR

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Transform Your Life With LASIK

Pune-based ophthalmologist and Director of **Indovision Cataract & Laser Eye Centre**, **Dr Sarika Sethia**, explains how LASIK can help you



WHAT ARE THE OPTIONS FOR SPECS REMOVAL DAY-CARE PROCEDURES AT INDOVISION CATARACT & LASER EYE CENTRE?

We offer wide range of treatments for specs removal right from Bladeless SMILE, Blade LASIK, Advanced Surface Ablation, Refractive Lens Exchange (RLE) and Implantable Collamer Lens (ICL). Depending on the power of your eyes and eye conditions a suitable procedure is chosen as per your eye needs.

WHAT ARE THE ADVANTAGES OF LASIK / SPECS REMOVAL PROCEDURE?

QUICK: LASIK eye surgery is a quick procedure takes only 20 min
COMFORT: Life-changing experience for most as you can live without the hassle of glasses or contact lenses
PREDICTABLE OUTCOMES: Recent laser treatments are artificial intelligence assisted so results are predictable.
FASTER RECOVERY: With modern technology the lasers are smooth and precise which enable a faster recovery and you can resume your routine activities within 24-48 hrs.
BETTER VISION: Most people experience vision better than 6/6 that is supervision!

FOR WHO ARE LASIK / SPECS REMOVAL PROCEDURES MOSTLY RECOMMENDED?

- Models, Celebrities who work in front of camera more often.
- People with high profile jobs who conduct Lectures, seminars.
- For Bridal make-over (not just for a day but for lifetime).
- Those who want to pursue career as Pilots, Navy or Government jobs

Indovision Cataract & laser Eye Centre is one of top eyecare institutes in Pune. Chief ophthalmologist & Director Dr Sarika Sethia is gold medallist in field of ophthalmology. Centre is located in heart of city at Deccan & provides latest best in class treatments and services. Refractive vision problems leading to spectacle use are very common in young adults. Sometimes ignorance or taboo of wearing glasses leads to worsening of vision

problems. Wearing glasses is troublesome & it affects our confidence. We have all heard those nicknames associated with wearing glasses. But a simple day-care procedure can change all this.

Undergoing LASIK (spectacle removal procedure) can be a life changing event. Dr Sarika Sethia says, "That's true, because after LASIK, you'll love the view — not just of the world around you but of yourself. At Indovision Cataract & Laser Eye

Centre, you partner with us for your eye health, vision care, and vision correction needs, and your priorities become our priorities. It's our passion to help you achieve your goals, so you can live a life with confidence. We are committed to serving our patients and are proud to be their vision partner. With LASIK vision correction, you can have that calm, confident, free feeling!"

"For most of us, wedding is one of the most important occasions of our life. Call it a new beginning or a critical juncture, we all have expectations for our wedding day and looking flawless through all the celebrations

is one major goal. However, wearing eyeglasses can take away the charm and wearing contact lenses the entire day can cause irritation to your eyes. A vision correction procedure can transform your look forever. One must consider getting your vision problem cured, once and for all. Adopting the vision correction procedure in time and with appropriate measures can prove to be very effective to your eyesight and the married life." adds Dr Sarika.

FOR MORE INFORMATION CONTACT:

Indovision Cataract & Laser Eye Centre
1st Floor, Sathe Hospital, above Post Office, Deccan Gymkhana, Pune-04
Contact No: 9763115500/ 9371934157



WE HEAR YOU!

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

Team *Femina*, I look forward to the recipes in the magazine each month, and I absolutely loved each one of them in your last issue. I tried out two of them and my family just couldn't stop praising me for the delicious treat. Thank you!

Reema Patil, Pune

Your story on keeping your life private was completely true. I've myself been the victim of oversharing my dreams with people who brought me down with their negativity. As they say, work in silence and let your success make the noise! I'm sure many of your readers will benefit from the sound advice you have to share. Keep up the good work.

Kruti Shah, Pune

Reading about all the women achievers in the *Femina* cover story not only gives me immense happiness but also fuels my passion and pushes me to work for my dreams. Kudos to all the wonderful



women out there who manage to do so much in their professional lives while balancing their personal lives!

Dharti Pawar, Nagpur

As a mom to two kids, I can vouch for healthy disciplining. Physical punishment never works and has its consequences in the long run. It's all about teaching kids the right things right from the start, and setting a good example to them by doing the right things ourselves.

Tithi Shankar, Aurangabad

The last issue of *Femina* had so many wonderful stories of amazing women! It's always a delight to read success tales, more so when these are about women who dared to follow their hearts and made their dreams come true. Looking forward to more such great stories.

Heena Gowde, Pune

I loved the summer special stories in the last issue of *Femina*, right

from the health tips to the fashion story on bottom wear options! Just because it's too hot, we shouldn't take our health and fitness for granted. And we don't have to compromise on fashion either!

Pooja Singh, Aurangabad

I have quite a few celebratory occasions lined up in the next couple of months. And as much as I love to cook for my loved ones, I'm always on the lookout for new recipes to surprise them with. The food section in your last issue looked fantastic, and I can't wait to try out those recipes!

Manjri Pednekar, Nagpur

I'm happy that you carried the story on tips to have a healthy summer. It listed all the basics, which is exactly what we need to focus on this season. Just eating right and staying hydrated can help one avoid serious health issues due to the heat.

Drishti Ajay, Pune



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





Priyanka Madur

AN EYE FOR DETAIL

DYNAMIC PUNE-BASED ARCHITECT **PRIYANKA MADUR** IS YOUR GO TO PROFESSIONAL FOR ALL YOUR ARCHITECTURAL AND INTERIOR DESIGN NEEDS

Architect Priyanka P Madur, the founding partner of Bricksbasket, has over 13 years of extensive experience gained from influential mentors. An alumni of M.M College of Architecture, Pune, Priyanka has worked in Mumbai & Pune since 2009. Prior to cofounding bricksbasket, Priyanka has extensively worked with various Architects & Developers in Mumbai and Pune.

She also has hands-on

experience in Landscape design from her mentor Shobha Bhopatkar. Priyanka believes that only plants can save humans with oxygen & food during crisis. A touch of green can uplift a space & mood.

Her last association with TATA Group gave her an insight to largescale commercial project & corporate work environment. She later co-founded Bricksbasket alongside Prathamesh



Madur, while constantly reinventing herself and her design approach. She believes in timeless minimalistic approach towards her designs. **"Simplify. Amplify"** The belief that every space reflects the personality of the dweller with the aim to simplify the spaces as much as possible, she thrives to maintain balance between aesthetics & functionality in her design.

Looking to bring your dream home to life? Or the perfect office space to boost productivity? Whatever architectural or interior design needs you might have, Bricksbasket is your one-stop solution for all. Founded and spearheaded by dynamic duo Architect Priyanka Madur and Prathamesh Madur, Bricksbasket is dynamic & responsive design team with the vision to provide thoughtful & innovative design solutions for a wide range of architectural, interior design, and planning challenges. No matter what style or vision you



have in mind, their dedicated designers are here to help you bring it to life with the belief that your home has the potential to be an artwork with the right designers on its side.

They've got an eye for detail that enables them to create environments that are tailored right from concept visualization down to the last detail to suit the individual. They take challenges head on and are passionate about making your space even better than you'd ever imagined it could be.

They provide hassle-free process for your home interiors that fits your pocket with professional services, superior quality and timely delivery.

Instagram: <https://www.instagram.com/bricksbasketin/>
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THE COVER STORY



ALL FOR *Wellness*

We know that prioritising health is a must, it's the key to everything else, after all. But what goes on in the minds and lives of those who have dedicated their journey for the health of others? **Rushika Dave** speaks to some inspirational women working in this sector >



KRSNAA DIAGNOSTICS AND YOUR GROWTH TRAJECTORY

Spokesperson: **Ms Pallavi Jain, MD, Krsnaa Diagnostics**



1. Women have played a crucial role in the healthcare sector during the pandemic. Please tell us about your views on gender equality and how at Krsnaa Diagnostics, you give equal opportunities to women employees. Not only during the pandemic but otherwise as well Women play crucial roles as front-line workers. Other than Doctors several other healthcare professionals like Aasha workers, Sisters, Ward womens, Anganwadi workers, Lab technicians, Phlebotomists and many more were highly exposed to the risk during the pandemic. In spite of the risks involved they successfully managed their work

roles and roles at home as well. We at KRSNAA believe in creating a healthy environment suitable for working women and in giving them equal opportunities. Today we have a work force of almost 32% of our staff as Women's leading and contributing to our growth.

2. Please explain the COVID-19 Test Bus concept and how it helped people.

To tackle COVID-19 pandemic in India and to improve access to healthcare, we, at Krsnaa Diagnostics, initiated a new concept of India's first COVID -19 Test Bus in Mumbai. The COVID-19 test bus was launched to facilitate rapid testing in dense population and conduct large scale testing. The bus used indigenous technology and is first-of-its-kind that is onboarded with genetic testing, AI based tele-radiology and contactless sample collection. The bus is equipped to conduct rapid RNA testing, digital X-ray and wireless robotic tele-operated ultrasound lung probe and nanopore gene sequencer. We also launched two more buses in Pune and Pimpri-Chinchwad. The mobile bus helped people avail free X-ray services to patients who were tested COVID-19 positive.

3. Any tips for working women on maintaining work-life balance?

Many times, women get mentally exhausted with the smallest of the tasks as they aim for perfection. Also, women leaders should not compare themselves with others. Women are full of compassion and love and empathy, which is lacking in men.

They should take it as a strength and not as a weakness.

I would suggest these below points for a better work life balance:-

- Divide (your work) and Rule. A perfect family is built on team work and you are the leader of your team
- Confront yourself & Stop complaining about time. Everyone got the same 24 hrs. Focus on the solution rather than cribbing on the problem.
- Prioritize your professional and personal goals

Lastly, don't let fear, lack of confidence, or humility get in your way. Instead, own your intelligence and your ambition. Simultaneously, one should find the right balance to give equal attention to your personal and professional goals.

4. What does success mean to you?

For me, success is doing something that makes you happy and achieving the goal that you had set. The true mantra behind this is believing in yourself. If you can do that you can make anything happen. Also, for me, success is about the journey that one goes through, rather than the destination.

5. Who or what motivates or inspires you?

I am strongly intrigued and inspired by Mr Rajendra Mutha, chairman of Krsnaa Diagnostics and his vision for creating a patient-centric organization. Mr Mutha always wanted to leverage advanced technology for improving the healthcare outcomes. The tele-radiology service of Krsnaa Diagnostics was the vision of Mr Mutha and today this service is widely used by experts to share accurate diagnosis even for patients from remotest parts of the country.

REKHA DUBEY

CEO, ADITYA BIRLA MEMORIAL HOSPITAL

CEO of Aditya Birla Memorial Hospital, the dynamic Rekha Dubey started her professional journey in 1999 as a management trainee with the Apollo Hospitals Group in Delhi. Six years later, she joined Aditya Birla Memorial Hospital, Pune as Assistant Manager to explore possibilities. "I believe the moment I was selected at ABMH in July 2006 changed my journey. I managed to chart an upward graph with my designation as CEO that I cinched within five years. Since then, there has been no looking back," she says.

With an appetite to do things differently and to make things possible amid all uncertainties, Dubey has always been engaged and dedicated in setting up the hospital and enabling it to reach the world class standard which it has today. "I believe that the route to success is only hard work,

patience and perseverance," she adds.

Core values and a human approach with different vision are the biggest strengths of the organisation. Dubey says, "Our team gives utmost importance in maintaining the highest standard of care given to our patients. Providing state-of-the-art and top-notch quality services is where our focus lies." Being cost-effective and helping masses from all communities to live a healthy life is what drives them to work harder. Additionally, their approach towards adopting new-age technologies with rapidity to offer patients a premium experience also makes them a class apart.



"I believe that the route to success is only hard work, patience and perseverance."

DR INDIRA NARAYAN PARKHE

MEDICAL OFFICER, PUNE ZILA PARISHAD HEALTH DEPARTMENT

Hailing from Ahmednagar, Dr Indira Narayan Parkhe grew up seeing her father work for the Health Department and her elder sister serving as a nurse with government hospitals. Needless to say, she knew she would also end up in the medical field, and she chose to become a doctor! She completed her MBBS from BJ Medical college and started her career with Jehangir Hospital Pune as a Casualty Medical Officer. In 2006, she joined the government services and started working as a Medical Officer (MO) at Rural Hospital, switching to Pune Zila Parishad in 2009.

Dr Parkhe's biggest challenge came

during the COVID-19 pandemic, when frontline workers had to work 24*7; while she was treating countless patients, she was dealing with the loss of her mother and husband, and also staying away from her kid. As a COVID warrior, she shouldered all her responsibilities duly, earning accolades along the way. "I was awarded the Best Medical Officer award, Aanandi Bai Joshi award for my work in the healthcare department, and Kayakalp award by Ministry of Health and Family Welfare."

Dr Parkhe always keeps her dad's advice close to her heart. She proudly says, "Do your duty with honesty and



help the needy as much as you can. In my 15 years of government service, I have tried to give my best to the needy, leaving no stone unturned towards extending my helping hand." >

RUBY HALL CLINIC RECOGNISED AS

ONE OF THE



RECOGNITION BASED ON FOLLOWING EVALUATION:

Hospital recommendations from peers:

By more than 80,000 Doctors, Hospital Managers
& Healthcare Professionals across Globe

Patient experience: Patient satisfaction with hospitals

Medical KPIs: Patient safety, Hygiene measures & Quality of treatment

THE WORLD'S BEST HOSPITALS 2022 RECOGNISES THE BEST MEDICAL INSTITUTIONS ACROSS 27 COUNTRIES

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DR INDRANI MISRA

MD, SENIOR RESIDENT, DEPARTMENT OF PAEDIATRICS, BAVMC

From an early age, Dr Indrani Misra was creative and had an innate sense of caring. She used to volunteer with NGOs that provided care to underprivileged patients, and chose to study to be a doctor to serve humanity. She has participated in projects to extend proactive medical care to over 3 lakh children in Pune district by helping in designing the IT system to empower health workers to diagnose illnesses. She has served kids and adults during the pandemic, treating some of the most challenging cases in Pune, which was a global COVID-19 hotspot.

Through her kind-hearted nature

Dr Misra earns the appreciation of all her patients and their parents. She says her mother has been the biggest source of her inspiration. “My mother always wanted to have a child who was a doctor. When I completed my 10th grade, though I was more interested in humanities, my parents encouraged me to take up science. Zoology became my natural interest, especially human anatomy. 10 days before my 12th exam, I had a dream in which I was the hand who treated someone. I never turned back after, and worked hard to complete my MBBS and MD.” When asked about future plans, she says, “There is no other happiness than making sure people around you are happy and healthy. My endeavour would be to continue making sure people avail basic needs and necessities in life, be it medical, social or psychological.”

“There is no other happiness than making sure people around you are happy and healthy.”

SHEETAL AGASHE

MD, GREENLEAF ALOE VERA GEL

Pune-based Brihans Natural Products Ltd is one of the first few companies in India to have extensively explored and offered the benefits of aloe vera to the Indian consumer with their brand Greenleaf, for over a decade. Sheetal Agashe, MD of Greenleaf Aloe Vera Gel, says, “Our product range aims at helping people fight common skin and hair problems caused due to today’s stressful lifestyle.” Greenleaf aloe vera gel has been clinically proven to reduce inflammation and improve skin healing as per a clinical study dated April 2018. This makes Greenleaf stand apart from the other aloe vera gels available in the market.

A decade ago, aloe vera and its benefits were not known to the Indian

consumer. People were trying to ape the West and getting drawn towards quick fixes and cosmetic products with chemical active ingredients which were expensive, not very safe and not effective every time. “Ayurveda had taken a backseat in India in the 1990’s. Hence in the 2000’s, we thought of introducing aloe vera and its benefits to the Indian consumer, and promoting natural active ingredients to them. We wanted to give natural, affordable and effective products to the consumer,” explains Agashe.

On asking about the challenges faced, Agashe replies, “Challenges keep changing with time, but they also help you grow and learn. The recent pandemic has been our biggest challenge till date, but we have come out stronger as a brand and company.” >



NEVER SETTLING FOR LESS

Dr POORVA SHAH, M.B.B.S, M.D (Dermatology), AND THE FOUNDER OF DERMA CENTRE, TALKS ABOUT HER JOURNEY, AND SHARES ADVICE FOR FLAWLESS SUMMER SKIN

Dr Poorva Shah, M.B.B.S, M.D (Dermatology), is a renowned name in the field of Medical and Cosmetic Dermatology (skin, hair, and nails). She established her private practice, Derma Centre in 2012, and is also a faculty member, and a Consultant Dermatologist at Ruby Hall Clinic, Pune.

The celebrity cosmetic dermatologist is one of the most sought-after

cosmetic doctors in the country with a clientele of celebrities and other prominent personalities. She believes in using the latest treatments and technologies to enhance her patient's natural beauty. Dr Poorva also runs a Youtube channel by the name of Dr Poorva Shah, The Skin Talk, and publishes dermatology and skincare blogs on Medium.

In her career, she has received a lot of accolades for her success including the Rising Star Scholarship Award at the 23rd World Congress of Dermatology held in Vancouver, Canada. Not just that, Dr Poorva has also presented papers at various national and international conferences, and has also authored a chapter in the National Textbook of Dermatology.

Summer weddings are romantic and scenic, but it comes with their own skincare challenges. Since Dr Poorva has extensive knowledge of skincare, she shares some essential pointers for brides to ensure that your skin is summer-proof.

1. Use a foaming cleanser to avoid oily skin.
2. Avoid using thick and heavy moisturisers on the face, especially during the day.
3. Avoid thick and heavy sunscreens.
4. Move from creams to lotions for the body.



Dr Poorva Shah, Consultant Medical & Cosmetic Dermatologist

BEAUTY TREATMENTS

As per Dr Poorva, here are certain treatments that brides can opt for:

Hydra Facial

Hydra facial cleanses the excessive oil, hydrates the skin, and also helps get rid of dead skin cells by mildly exfoliating the skin via hydradermabrasion. It also helps soothe the skin, which is extremely essential for summers, and restores and maintains the barrier of the skin.

Skin Booster Injections

Skin booster injections are minimal invasive injections of HA in the skin. They aren't the same as fillers, and help improve the overall appearance of the skin. These booster injections help plump and hydrate the skin, and smoothen out roughness thus making the skin supple.

Treatment For Excessive Sweating

Botulinum injections are highly recommended for brides opting for summer weddings as they can reduce the excessive sweating in the underarms, over the palms and soles, and over the forehead.

Laser Toning:

Laser toning evens out the skin tone, promotes collagen production, and helps reduce pigmentation. Laser toning also reduces post-acne spots and blemishes.

Carbon Laser:

Carbon laser works wonders to reduce the oiliness of the skin, and exfoliates the dead skin cells. It helps reduce the redness of the cheeks, and works well especially for those suffering from rosacea. It reduces spots and blemishes too.

Aquagold Treatment:

The acquagold treatment is a microinfusion facial that reduces the oiliness of the skin, and gives an incredible glass-like appearance to the skin. That's not all, it also plumps and hydrates the skin.

DR ISHITA LUNKAD

GYNAECOLOGIST, SENIOR IVF
CONSULTANT, INDIRA IVF PUNE

Gynaecologist and IVF Specialist Dr Ishita Lunkad is a postgraduate from the prestigious All India Institute Of Medical Sciences New Delhi and also has a management diploma from Harvard University (USA). Her commendable managerial skills led Indira IVF Pune to be named as the most Integrated IVF centre of India at the National Fertility Awards in 2022.

Dr Lunkad, who belongs to a family of doctors, wanted to become a doctor too since childhood. It was during her post-graduation from AIIMS that she developed interest in the field of IVF and considered specialising in the field.

She adds, “My journey hasn’t been a simple one of progress. There have been many ups and downs, and it is the choices that I made at each of those times that have helped shape what I have achieved. Despite the challenges, I have enjoyed my journey of life as I had companionship of my husband who helped me sail through times of happiness, sadness and hardships.”

Dr Lunkad adds that she is a firm believer in God, and also that everything is achievable and possible with dedication, devotion and determination. Her greatest motivation is the smile of her patients when they achieve the results they wish to see.



“Everything is achievable and possible with dedication, devotion and determination.”

DR HARJOT KAUR

FOUNDER-DIRECTOR, THE INSPIRATION

Dr Harjot Kaur is the Founder and Director of the Inspiration. She is an aesthetic physician with the most promising name known in town for treatment of obesity, skin, hair procedures, Dr Harjot Kaur has been awarded for her work with various accolades. She is the Founder and Director of The Inspiration clinic. Speaking about her foray into her field, she says, “While studying in medical school, I used to ponder over and question my professor just one thing – when we carry out research trying to treat diseases, how nice would it be if we could prevent them from happening in the first place! This question never left me, and the answer I found was in



wellness. But this was soon met with the disappointing fact that there is a lack of awareness and willingness to act on time for wellness. For example, when we are diagnosed with high blood pressure, we rush to a doctor; why not rush when we start gaining weight, which is one of the greatest causative factors of all systemic diseases.”

Dr Kaur adds that counselling people to initiate their journey towards self-help, start working on wellness more than cure, and creating awareness for the masses towards their wellbeing, excites her the most. “It makes me believe that I have done my due of educating others the right way to achieve health. The subjective wellbeing of an individual goes up when they start taking care of themselves, be it by getting into the right weight, slipping into their favourite pair of jeans, or redefining their jawline. The happiness and contentment that I see on my patrons’ faces is the most fulfilling part,” she signs off. >

HAPPINESS BEGINS WITH HEALTH

DR PRAGATI TIWARI, PHYSIOTHERAPIST, TALKS ABOUT HER JOURNEY AND THE IMPORTANCE OF PHYSICAL THERAPY

Dr Pragati, is a renowned name in the field of physical therapy with an experience of more than a decade. She is a certified practitioner of therapeutic taping, dry needling, cupping, and myofascial release techniques, and is also a pilates instructor. After graduating in 2010, she started working in private hospitals and colleges as a lecturer. After moving in Pune post marriage, she was associated with Sahyadri hospitals as a consultant physiotherapist. However, she decided it was time to establish her own clinic in 2015 and since then, there has been no looking back.

WHY IS PHYSIOTHERAPY IMPORTANT AND HOW DOES IT HELP?

Physiotherapy helps to restore movement and function when someone is affected by injury, illness, or disability. Physiotherapy is a healthcare profession that assesses, diagnoses, treats and works to prevent disease and disability.

WHAT INTERESTS YOU MOST ABOUT PHYSIOTHERAPY?

Becoming a physiotherapist helps you can play a key role in enabling people to improve their health, well-being, and quality of life. It's a profession that works with people to identify and maximise their ability to move and function – an essential part of what it means to be healthy.

CAN YOU HIGHLIGHT THE STEPS YOU TAKE WITH A PATIENT?

I am specialised in cardiorespiratory physiotherapy. When a patient approaches me, first I ensure that their condition isn't serious, and that it can be relieved by physiotherapy. Post which, I decide on a suitable treatment plan.

PLEASE TELL US ABOUT THE SERVICES OFFERED AT YOUR CLINIC?

.I have a well-equipped clinical setup in Pune, and we provide services like electro modalities, manual therapy, taping, dry needling, cupping, and exercises. Additionally, I practice both manual therapy techniques and modalities. The treatment plans usually take up to 3- 10 days, depending on the condition, in chronic cases, it takes a month too.

CAN YOU TELL US ABOUT YOUR ACHIEVEMENTS?

I consider building my own brand from the ground up my



**Dr Pragati Tiwari, (PT) MPT(cardio)
MIAP, CPTT Pilates instructor**

biggest achievement to date. Helping people through physiotherapy has been my biggest motivation, and here's hoping I'm able to help many more in the future.

HOW DO YOU STRIKE A BALANCE BETWEEN YOUR WORK AND HOME LIFE?

For women, it's very tough to strike a balance between family and work. I have two daughters and a nuclear family, and I've never taken a break from work. The key is balance and if you're passionate about your work, it all falls into place.

WHAT ARE YOUR FUTURE PLANS?

I want to make people aware more of physiotherapy, and its importance in today's sedentary lifestyle. I hope to encourage people to consider alternate options, not rely on medicines, and adopt an active and healthy lifestyle.

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DR SUPRIYA PURANIK

GYNAECOLOGIST, INFERTILITY AND IVF SPECIALIST AT SAHYADRI SUPER SPECIALTY HOSPITAL

Gynaecologist, high-risk obstetrician and Infertility and IVF Specialist Dr Supriya Puranik feels she has been fortunate to be in a field where she gets the chance to serve and help people. “With over two decades of experience and having assisted over 10,000 couples with infertility with the help of IVF, I am satisfied with my journey so far, although I feel, there is a lot more to do,” she says.

At the beginning of her career, Dr Puranik had understood that infertility was one of the biggest issues faced by many women in India. So, she further studied infertility as there were only a handful of infertility and IVF centres in the country then. “Along with my team,



“It is our responsibility to ensure every woman gets the best medical assistance, be it preventive healthcare or treatment, whenever needed.”

I’ve had the honour of delivering the first test-tube baby in Satara district. I’ve helped treat infertility amongst hundreds of couples in semi-urban and rural areas around Karad (Satara) before moving to Pune in 2013,” she states. She also makes YouTube videos on various health topics to spread knowledge on infertility, gynaecology, and women’s health.

Her advice to readers? “If a woman is healthy, the family, and in turn the society, will be healthy. The difficulty is that many women neglect their health, while many do not have access to quality healthcare. So, it is our responsibility to ensure every woman gets the best medical assistance, be it preventive healthcare or treatment, whenever needed. It gives me immense satisfaction that me and my team at Sahyadri Hospitals have been able to make a positive difference in the lives of many women and their families. The response, respect and the blessings that we get from them inspires us to do more and keep going.”

DR MANISHA KARMARKAR

COO, RUBY HALL CLINIC

From being a practising anaesthetist to becoming the first woman COO in six decades of not just one but two leading hospitals in Pune, Dr Manisha Karmakar has challenged conventional norms and shown the world how inclusive leadership can make a staggering difference in the lives of career-oriented women.

In today’s environment, COVID-19 has impacted the healthcare system the most. However, it is under the strong leadership of women like Dr Karmakar that hospital systems are working to build more resilient health systems and help transform the way healthcare is provided. As COO of



Ruby Hall Clinic, leading from the front, she took up the challenge of not just handling the turmoil every wave of the pandemic brought forth, but also successfully managed to keep one hospital completely COVID-19-free – a true feat in itself!

Ruby Hall Clinic is one of the most technologically advanced hospitals in India. Add to that the fact that Dr Karmakar isn’t just a leader, but she leads by example to take the team to greater heights of success. “As a leader, I know that it is my responsibility to give directions, and the decisions I make not only affect the success of the hospital but also impact our employees and patients alike. I believe in channelling this very power to progress and choose to emulate the very change I wish to bring forth,” she says. **F**



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“EVERY MOTHER IS UNIQUE AND SO IS HER MOMSTORY...”

Dr. Supriya Puranik
 Head of the IVF & Gynaecology Department
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ADD VALUE TO YOUR CV

Interning comes with ample perks; **RUGVED MARATHE** tells you how you can leverage these for a bright future



for a specific time. Even then, the purpose of an internship, or rather an apprenticeship, was to gain new skills to be able to obtain future work. Today, interns or trainees can work for organisations for a specific amount of time, and then depending on their performance, and other more indirect parameters like social skills, behaviour, habits, punctuality, persistence, fortitude, etc. can be hired as full-time employees.

Soaring Popularity

Internships are popular amongst graduate and undergraduate students >

Interning is a stepping stone in the job market, as it's an official or a formal program to provide practical experience for beginners in their occupation of interest or selected profession. Not only does it help you improve public skills but it also makes you street smart and adept at handling tough situations when pursuing permanent/round-the-clock jobs. With the COVID-19 pandemic, the job market today is highly competitive with rigorous skill upgradation needed. With changing technological advancements at present,

both skilled and unskilled labour has to strive to adapt their expertise based on the newer trends. In such a scenario, interning gives undergraduates and graduates work exposure and helps them develop other necessary skills required to root themselves firmly in the saturated job market.

Internship, Over The Years

Internships first started with skilled labourers taking on young individuals and teaching them their art or trade. In exchange for being taught a skill, the trainee would agree to work for the labourer



“WITH THE COVID-19 PANDEMIC, THE JOB MARKET IS HIGHLY COMPETITIVE WITH RIGOROUS SKILL UPGRADATION NEEDED.”



you can prove your mettle armed with banking and economics knowledge. The stock market runs parallelly, and investing in stocks or bonds can be a start in today's volatile world. Moreover, with the rising popularity of cryptocurrency and NFTs, one can always

“AN INTERNSHIP IS ONE OF THE BEST WAYS TO GAIN THAT ALL-IMPORTANT JOB EXPERIENCE.”

who need to research or gain valuable work experience. Almost every sector and type of company, from a large multinational corporation to a small startup, now offers internships. Additionally, there has been a rise in remote/virtual internships.

The Benefits

There's no doubt that your CV looks astoundingly better when you have some official and formal experience. Prior experience of any kind can help you demonstrate your commitment and capabilities to a potential employer while highlighting the skills that are both appropriate and transferable to the post you are applying for. An internship is one of the best ways to gain that all-



important job experience! Interning can also give you valuable resources that will help you through your life and career in the long-term. There is a high chance of being able to establish a network and create acquaintances that further better your job prospects and boost your relationships on the professional level. Interning also helps you decide what field your true interests lie in; it helps you learn about your capabilities and ultimately encourages you to have a greater understanding of your strengths and



weaknesses. It can be a challenging experience at times, but the benefits you gain from being pushed out of your comfort zone will help you tremendously in the future when you are presented with a difficult task or situation. Now there are quite a few jobs in the market that one can get their hands upon. There is the creative field where you can achieve wonders in content creation, blogging/vlogging, designing, coding, photography, digital marketing, and various other niches. There is also the finance sector, where

aspire to work in companies dealing with the same. You can even start in the government sector in countries like India where crypto is handled and monetised by the government. The quaternary or IT sector is a fast-developing industry, especially with innovations in AI and data science. Interning in these fields requires basic knowledge about computers, coding, computer languages, and other necessary elements in the field. So, the world's your oyster; you just have to be brave enough to give things a try! **F**

IMAGE: SHUTTERSTOCK

THE ANSWER LIES IN *HOLISTIC TREATMENT...*

ACCORDING TO STATISTICS, 6% OF CHILDREN IN INDIA ARE AFFECTED BY ASTHMA. **DR TUSHAR MISHRA** HELPS US UNDERSTAND CHILDHOOD ASTHMA AND ALLERGIES AND ELABORATES HOW HOMEOPATHY CAN BE THE ANSWER TO A HEALTHIER FUTURE

Asthma is a chronic inflammation of lung bronchi which leads to difficulty in breathing. It is commonly associated with seasonal allergies i.e., allergic rhinitis and eczema (atopic dermatitis). These three conditions together are known as atopic triad. The aetiology of paediatric or any asthma is multifactorial, which includes both genetic and environmental factors. A family history of allergies is one of the most common trigger factors. Children with such allergies are more likely to get asthma, and in kids who already have asthma, these allergies can exacerbate their asthma symptoms.

When an individual has allergies, the body or immune system shows a specific reaction or response to the allergens, leading to release of certain chemicals which affects different parts of the body, especially the air passage, like nose, throat, eyes, tongue, skin, etc. Thus, when the airways in the lungs are affected, symptoms of asthma like coughing, wheezing, or shortness of breath are produced. The body remembers this response, and whenever it comes into contact with the allergens, the same thing can happen. Because of this, it is hard for some people to keep their



Dr Tushar Mishra

asthma under control.

Nowadays, due to increase in air pollution and industrialisation, a lot of allergens are found in the environment which can trigger such asthmatic reactions. Common allergens are pollen, dander, dust mites, cleansing agents like detergents, smoke, and also some drugs. As such, childhood asthma and allergies are most common conditions faced by physicians and pulmonologist in their daily practice.

Doctors say that paediatric

asthma usually gets better with age, but the fact is that it needs to be identified early and controlled systematically. If left untreated, it may cause irreversible lung damage. The usual treatment for this includes steroids, antibiotics and antihistamines. Metered dose inhalers, nebulisers and injectables are also ways to keep asthma and allergies under control.

That being said, homeopathy is the best way to treat such chronic and recurring conditions

safely as it not only reduces inflammation of lungs but also improves immunity towards various allergens and prevents further damage in a rapid and gentle way. The major benefits of homeopathic treatment are that it gives long lasting relief, medicines are easily palatable and most importantly, children love to take the small sweet pills and there are no major side effects. "The basic principle of homeopathy which helps to fight asthma is that by increasing immunity and giving minute dosage so that the child's body does not fall ill while recovering and also does not suffer from the side effects of heavy bombarding of medications at once. We have treated a lot of little ones with such asthma and allergic symptoms, and we've not only controlled the symptoms but have also given kids a cure of the disease. This brings a smile of happiness on our patients' faces making our lives as physicians worthwhile." says Dr Mishra and Dr Eena kotwani.



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FOR A HEALTHY PLANET

Rushika Dave and **Sanika Salunke** bring to you easy tips to get started on living sustainably

The idea of living a sustainable life is becoming more mainstream day by day as people are realising the benefits of eating healthy, shopping ethical, and reducing their carbon footprint. But it can be difficult when you're trying to remember what to do about each issue, or are unsure of how to begin. So read on for 25 ways to get onto the green living and sustainability bandwagon.

REDUCE, REUSE, RECYCLE

One of the easiest ways to live a sustainable life, this is the mantra all

eco-warriors live by. Reduce, Reuse, and Recycle are the three Rs of being sustainable. If you're like most people, you've probably already started following the first two Rs, but never or rarely the last one. So, start recycling and get into the habit today to become truly sustainable.

RENEWABLE ENERGY

In an age of global warming with the greenhouse effect playing havoc with the planet, reducing our energy consumption and increasing the efficiency with which we consume energy can be our only hope. Save

energy by consuming less energy, buying energy-efficient appliances and gadgets, insulating your home, installing solar panels and using passive solar energy. You can reduce the amount of energy you consume and the number of things you buy by setting your priorities straight and buying the right consumer goods. An easy way to get started is to switch to solar energy where possible — it comes directly from the sun and is free!

ECO-FRIENDLY PRODUCTS

Use products that can be recycled easily without causing damage to the environment. Another great sustainable living tip is using eco-friendly cleaners around the house. So many of the products we use are actually harmful to our health and environment; plenty of new products available today are safer. It's not hard to find eco-friendly cleaning products online or at your local store. Just read labels and make an informed purchase!

BURN LESS FUEL

Trying to live sustainably doesn't have to mean making a big financial



commitment. Implementing small changes like carpooling and using public transport can go a long way. Some ideas like riding your bicycle to work can even save you money in the long run.

USE WATER WISELY

We all need to cut down on our usage of natural resources and water is one of the most essential of all. Instead of turning on the shower as soon as you get into the bathroom, keep it turned off while you scrub yourself using a sponge or washcloth. Also avoid leaving the toilet tank dripping after flushing. Using less water will help the sustainability movement in your house, as well as save money. Apart from taking shorter showers, try using less toilet paper.

DONATE ITEMS

When you think about all the energy and resources used in creating items for use, it makes much more sense to pass those items along to someone who can use them rather than throwing them away. So, as a part of living sustainably, donate things you don't need instead of tossing them in the trash. This is also a great way to declutter your home and make clear decisions about what you need and what you really spend your money on.

START COMPOSTING

If you have a garden with beautiful plants producing fresh oxygen, great! You can go one step further in doing your bit for the environment by composting. This can be a fun and easy addition to your lifestyle that will leave you feeling good about yourself. It is a sustainable choice that the entire family can get involved in to lessen carbon footprint, create healthier soil and prevent food waste from ending up in a landfill.

GROW YOUR OWN HERBS AND VEGETABLES

Gardening is a great way to live a sustainable life; by growing your own produce, you can save money, eat healthy, and reduce carbon footprint by not having to buy produce that's imported from around the world with no regard of quality control.

“INSTEAD OF TURNING ON THE SHOWER AS SOON AS YOU GET INTO THE BATHROOM, KEEP IT TURNED OFF WHILE YOU SCRUB YOURSELF.”

You can also go organic and save the planet from the harm caused by insecticides and other chemicals.

ORGANIC FERTILISERS ARE THE REAL DEAL

Manure or compost are organic fertilisers created from plant or animal waste. Using organic fertilisers gives soil all the nutrients it needs without polluting the environment. Organic fertilisers are also non-toxic to plants, the environment, and pets, unlike synthetic or chemical fertilisers.

OPT FOR NATURAL BEAUTY PRODUCTS

Cosmetics and personal care products do the most damage to the environment after they are washed down the sink. The chemicals in these products are recycled into water bodies, so it is time we start treating ourselves and the planet better by putting safety and purity first.

DON'T WASTE FOOD

Unfortunately, a lot of food is thrown away every day and ends up rotting in the trash because people simply didn't know how to use it. If you're trying to live a more sustainable life, avoid wasting food by cooking smaller or exact portions, keeping tabs on produce in the fridge and pantry and using the same before expiry date, using leftovers to create new recipes, using food scraps for compost, etc.

AVOID FAST FASHION

Everyone loves to look good, which is why we all go shopping and buy new clothes. But at the same time, this creates a lot of waste. The fashion industry is one of the most polluting industries in the world because of overproduction and excessive shopping. If we change our lifestyle by purchasing ethical clothing, we can make a huge >



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Obstetrics and
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impact. Buy less, buy high quality, buy durable and long-lasting clothes, buy environment-friendly fabrics, wash clothes with cold water, and shop sustainable brands. Also, invest in trans-seasonal fashion which is not only practical but also cost-effective and highly environmentally friendly! You will consume less and require fewer clothing if you stock your wardrobe with stuff that you can wear throughout the year.

FEMININE HYGIENE PRODUCTS

Using sanitary pads made of cotton keeps you and the environment healthy. Pads made from cotton don't contain super-absorbent polymers, meaning they decompose quickly than their plastic counterparts. Regular use of biodegradable sanitary pads will



help maintain a healthy environment. If you are okay doing so, give up using sanitary pads altogether and opt for menstrual cups or discs. These washable, reusable products are made of silicone and are great for feminine health and hygiene. These products are also supremely great for the environment as they are durable and last for years, and don't generate waste that takes up landfill space.

“REDUCE YOUR CARBON FOOTPRINT BY EMPLOYING ENERGY-SAVING TECHNIQUES LIKE AIR DRYING YOUR HAIR. THIS ALSO IMPROVES HAIR HEALTH.”



AIR DRY YOUR HAIR

If you have a curling iron or hairdryer, just put it away. Reduce your carbon footprint by employing energy-saving techniques like air drying your hair. This also improves hair health.

CARRY YOUR OWN BOTTLE/MUG

All single-use coffee cups cause unnecessary waste that pollutes the environment. You can be environmentally conscious and enjoy your drink at the same time by using a reusable cup.

CARRY YOUR OWN SHOPPING BAGS

Unlike paper and biodegradable bags, plastic bags contain many toxic chemicals that damage the environment and marine life. You can further lessen the impact on the environment by carrying along your own cloth bags when shopping.

SAY NO TO PLASTIC

Take a moment to recall the last time you visited the beach – strewn with plastic straws, bags, and other trash. Note that only a small percentage of plastic garbage actually gets recycled the remainder ends up polluting our rivers, seas, and natural areas. So switch your plastic for something that's renewable, like wood, metal, fabric, or any other alternative.

OPT FOR REGIONAL PRODUCTS

Buying locally is the best way to be environmentally responsible while supporting your community. It simply >



PRIORITISE HEALTH, *THE HEALTHY WAY*

DR NIKITA KULKARNI, MD HOMOEOPATHY, FOUNDER OF DR NIKITA'S HOMOEOPATHIC CLINIC, ALWAYS WANTED TO BECOME A DOCTOR. SHE HERSELF HAS BEEN UNDERGOING LONG-STANDING TREATMENT FOR SINUSITIS SINCE CHILDHOOD, AND HOMOEOPATHY HAS BEEN A BOON FOR HER. FASCINATED BY THE SCIENCE BEHIND THE POWER OF THE SMALL PILL, SHE DECIDED TO TAKE PURSUE IT AS A CAREER OPTION. TODAY, SHE IS HELPING COUNTLESS OTHERS WITH THIS RAPIDLY GROWING SCIENCE THAT IS SEEING INCREASING POPULARITY AND ACCEPTANCE WORLDWIDE. SHE TALKS TO FEMINA ABOUT HOMOEOPATHY IN DETAIL.

PLEASE EXPLAIN WHAT EXACTLY IS HOMEOPATHY AND THE PRINCIPLES IT IS BASED ON.

Homoeopathy is a system of medicine discovered by a German scientist, Dr Samuel Hahnemann. Just as every science is based on certain principles, homoeopathy is too. There are seven cardinal principles, but the main fundamental law on which homoeopathy is based is 'Similia Similibus Curenter', or 'Like cures like'. It is this principle that sets homoeopathy apart from allopathy and naturopathy.

HOW HAS HOMOEOPATHY TREATMENT ADVANCED IN THE LAST DECADE?

In India, homoeopathy is included as a national system of medicine under Ministry of Ayush. It is the second largest system of medicine in the world where more than 100 million people entirely depend on it as a first line of treatment. Just as every science has undergone a revolution, homoeopathy is also stepping ahead towards revolution with vast increase in homeopathic medicine manufacturing companies,

both nationally and internationally. Company patents, cosmetics are on increasing demand.

THE CURRENT SITUATION GIVEN THE PANDEMIC IS VERY STRESSFUL. DOES HOMOEOPATHY HAVE A MEDICINE THAT WILL HELP INDIVIDUALS TESTED POSITIVE FOR COVID-19?

Homoeopathy can offer very promising results not only at physical level, but also mentally, in relieving distress. Bachflower medicines can especially be considered in this situation. These can be used efficiently for pre and post COVID-19 care.

ARE THERE ANY MEDICINES TO HELP INCREASE IMMUNITY?

Yes, definitely there are effective medicines in homoeopathy which will help in strengthening immunity. Homoeopathic medicine helps boost the natural defense mechanism by strengthening immunity.

WHAT ARE SOME HEALTH TIPS YOU WOULD SUGGEST TO THE READERS TO STAY SAFE IN THE



Dr Nikita Kulkarni

CURRENT TIMES?

My advice to everyone is to try to follow a healthy balanced lifestyle by keeping a check on your diet, exercise. Indulge in stress relieving activities like meditation and follow up regularly with your doctor because health is not one of the priorities, it is the only priority.

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Homoeopathic clinic

means buying things grown or made close to your house. Purchasing locally produced food and other goods can support your community's economy. Jobs are produced or kept, cash is generated for the community, families and cultures are nurtured, and things flourish and expand. Buying locally minimises the cost of transportation for products, and when it comes to produce, you can be sure of buying fresh this way.

GO FOR SEASONAL

Seasonal foods are healthful, cost-effective, and environmentally friendly, so buying your fruits and vegetables in season is beneficial in many ways. They taste better and if you buy organic, you know they've ripened naturally on the parent tree, without the use of chemicals. Eating seasonally further supports local agriculture by reducing demand for out-of-season agricultural food, reducing carbon footprint.

USE RECHARGEABLE BATTERIES

With rechargeable batteries, you get a cost-effective product that offers longer service and run duration. You get to replace thousands of single-use batteries, thus reducing your carbon impact. Plus, these don't need to be disposed off to finally end up in landfill!

VENTILATE TO MINIMISE ELECTRICITY WASTAGE

The most cost-effective and energy-efficient approach to cool a building is through ventilation. When



“EATING SEASONALLY SUPPORTS LOCAL AGRICULTURE BY REDUCING DEMAND FOR OUT-OF-SEASON AGRICULTURAL FOOD.”

paired with strategies to prevent heat accumulation in your house, ventilation is most effective. In an energy-efficient home, it is critical. It also aids in moisture control, lowering the risk of mold growth and structural damage. Though natural ventilation is provided by opening windows and doors, many people keep their homes closed all year since they rely on central heating and cooling.

SAY NO TO TAKE-OUT CUTLERY

Restaurants are now creating more garbage from single-use take-out



goods than ever before. Plastic utensils, bags, straws, food containers, and lids are examples of this waste. While certain plastics are difficult to avoid, others may be reduced with very little effort. When ordering take-out, simply request that restaurants not use plastic utensils, straws, or bags.

USE REUSABLE FACE MASKS

Face masks appear to be here to stay, which is all the more reason to select ones that keep you safe while still being mindful of the environmental impact they make. During COVID-19, many people have gotten accustomed to wearing disposable surgical masks as a measure of protection since they are convenient and familiar. However, this isn't always the best option as disposable masks are made from single-use plastic, adding to a greater environmental concern. A single reusable mask can be used up to 50 times, this means you are preventing the usage of 50 disposable masks. This saves you money and ensures that surgical mask inventories are renewed for our doctors when needed. Plus, you won't have to worry about contaminating reusable masks or disposing them off. **F**

PHOTOGRAPH: SHUTTERSTOCK

इहोपेक्षे चोचक्षे
by SAYAJI



CELEBRATING
THE
Indian bride
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*T&C APPLY

Grand Amenities | Customised Package | Indoor Venue | Delicious Cuisines | Wide Spread Buffet | Welcome Drinks | Veg/Non-Veg Starters | Exquisite Ambience

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A SHIFT IN POWER

Vishakha Sarecha looks at how the power of trendsetting across the globe has shifted from big designer houses to social media influencers over time and how these trends decide what fast fashion brands should produce

In 1947, the first-ever fast fashion brand, named Hennes (now Hennes and Mauritz or H&M), was established in Sweden, that intended to produce runway trends set by big designer houses, at affordable prices. Thus, what walked the runway at New York, Paris, Milan, or London Fashion Week was now mass-produced in a New York minute and sold to the general public. This insinuates that these billion-dollar designer houses now had the power to decide what the world wears by setting 'trends', reminiscing the Little Black Dress by Coco Chanel or Power Suits by YSL.

At present, there are numerous players in the fast fashion game, some of them being Zara, Forever 21, Primark, Fashionnova, etc., and are now million-dollar companies themselves, spread across the globe, being consumed by a large portion of the population, thus, leading the apparel industry. But the real question is, do these big designer houses still hold as much power to determine the fashion choices across the globe?

With the growth of social media in the last five years, we have seen a rise of 'social media influencers' who are highly followed on platforms such as Instagram, YouTube, and TikTok. Numerous people reach out to these social media accounts for fashion inspiration, which gives these influencers an enormous responsibility. Social media influencers share a large part of their lives online, of course, including their





OOTDs, which are thus perceived by several people. Due to their high following (some even in millions), they now assert dominance over the fashion industry and possess the power to influence the purchasing decisions of their followers. Outfits worn by these Instagram influencers consequently become a 'trend', and as a result, fast fashion brands begin to produce just that to gain maximum profit. A survey was conducted to comprehend the purchasing decisions of the Gen-Zs and 100 per cent of them (only 16.7 per cent of them being fashion students) professed that they follow influencers on social media in place of big fashion houses, and 66.7 per cent of them declared that they tend to buy items they spot influencers wearing.

In 2020, relaxed workwear was the staple uniform, and everyone went head-over-heels for it. The trend of pairing casuals with formals was growing massively, and it all started



“IN 2020, RELAXED WORKWEAR WAS THE STAPLE UNIFORM, AND EVERYONE WENT HEAD-OVER-HEELS FOR IT.”

thanks to influencers. With having to work from home, influencers were seen wearing T-shirts with blazers, and due to their stronghold over the fashion market, in no time, the trend blew up, and in the wink of an eye, Zara and H&M began producing cost-effective formal-wear sets. Multiple celebrities too, hopped onto the bandwagon; Hailey Bieber was clicked sporting an oversized blazer with a T-shirt and denims, and Kendall Jenner was spotted donning blazers with sweatpants and sneakers. >



WOMEN EMPOWERMENT



Celebrating the first anniversary of Studio Sheetal Creations, Sheetal Biyani presented the premiere season of Sheetal Creations by Sheetal Biyani Women Empowerment Awards 2022 at a glamorous evening held on Tuesday April 12, 2022 at the enchanting Studio Sheetal Creations in Koregaon Park. Acknowledging the outstanding contribution by women of the city who made a remarkable difference to their lives by making strategic life choices which were previously denied to them. This resulted in these women empowering themselves within their families and society.

Pune City Police Commissioner, Amitabh Gupta, and the Mayor of Pune, Murlidhar Mohol chief guests for the evening. Corporator Arvind Shinde was the guest of honour and Umesh Gaikwad the Corporator Koregaon Park and Vijay Kutty were special guests at the event. Multiple award-winning Bollywood playback singers and favourite singing couple Samir Date and Dipalee Date mesmerised the audience with their melodious voices.







FASHION feature

In 2021, Y2K fashion was trending; bucket hats, baguette bags, sweater vests, miniskirts, wide-leg jeans made a huge comeback. Just like most fashion trends, Y2K too kick-started on Instagram and spread like wildfire. Countless influencers flaunted this aesthetic and Gen-Z caught on in no time. Due to high demand, fast fashion brands began manufacturing clothes inspired by the Y2K aesthetic. Racks were filled with vintage garments; everyone aspired to the so-called 'Pinterest Girl' look. The Y2K aesthetic then made its way to the red carpet; Dua Lipa was spotted wearing an exquisite Versace butterfly gown at the 63rd Annual GRAMMY Awards, inspired by Mariah Carey's infamous Emanuel Ungaro mini butterfly top from the year 2000. Meghan Thee Stallion was also seen flaunting the Y2K aesthetic at the event with



**“JUST LIKE MOST FASHION TRENDS,
Y2K TOO KICK-STARTED ON INSTAGRAM
AND SPREAD LIKE WILDFIRE.”**

ombre lips and space buns. Thus, it is reasonable to say that social media influencers hold more power than big designer houses when it comes to setting trends now and

dominating fast fashion brands. On that account, can we also say that there has been a role reversal in the fashion industry on some level? We think, yes! **F**

IMAGES: INSTAGRAM



JEHANGIR HOSPITAL LAUNCHES NEW STATE OF THE ART ADVANCED MOTHER AND CHILD CENTRE

With great respect for its powerful heritage that provides the foundation for an innovative vision, Jehangir Hospital has a huge legacy of providing care for mother and child. Generations have been born here. The department of Obstetrics and Gynaecology at Jehangir Hospital was formally started in 1968 by renowned Gynaecologists Dr R J Dhalla. Since then, hospital has been continuously upgrading and enhancing its scope to compete with the best.

Yet again, Jehangir Hospital embarked on the journey to enhance and upgrade the scope of its mother and child unit and launched advance upgraded Zodiac Care Labour and Neonatal Intensive Care Unit. With this expansion in infrastructure, the hospital has added best in class latest technologies that will be steered by highly skilled clinicians in obstetrics, gynecology, fetal medicine, neonatology, pediatrics and pediatric sub-specialties. It is further backed by a comprehensive tertiary/quaternary care set-up under one roof to tackle any maternal and childcare emergencies as required.

ADVANCED MOTHER AND CHILD CARE

The advanced Mother and Child Care unit provides comprehensive specialty healthcare exclusively for mother as well as the baby, and a wide array of premium services across Maternity, Gynaecology, Neonatal Intensive Care and Paediatrics". The newly upgraded Mother and Child unit consist of Obstetrics and Gynecology Department, Pediatrics and Neonatology Department, Intensive care units (Paediatrics and Neonate), Fetal Medicine Department, Emergency and Trauma center, Operation theatres, Specialized services like physiotherapy, diet consultations, specialized obstetric nurses, and lactation consultation, and an in-house Laboratory Unit along with a 24/7 blood bank The Obstetrics and Gynaecology unit at Jehangir Hospital offers a comprehensive care plan. With personalized patient-focussed care before, during and after pregnancy from family planning, fertility and reproductive health to prenatal care, the department of obstetrics works to monitor and ensure the safety of the child and mother, facilitating natural deliveries wherever possible. With an intensive focus

on high-risk pregnancies unit treats patients with obstetric, medical, surgical or genetic complications.

It prepare couples for the journey into parenthood with services from counselling to guidance on lifestyle modification, diet and nutrition for mothers-to-be. It starts from pre-conception to delivery.

The new facility is equipped with state-of-the-art the art infrastructure which includes labour room, maternity suites, Labour, Delivery, Recovery and Postpartum (LDRP) suite, HDU and Neonatal Intensive Care Unit (NICU) and Paediatric intensive Care Unit and paediatric ambulance.

Neonatal ICU is equipped with equipment specifically designed for infants and medical staff specially trained in newborn care. Most often, babies who need to go to the unit are admitted within the first 24 hours after birth. The advanced NICU has the state of the art infra-structure, equipment and team of experts to ensure that the baby receives the best care possible. The new state of the Labour Unit and NICU also Known as Zodiac Care places Jehangir Hospital at par with most advanced mother and child units providing end to end care for the expecting mothers, neonates, and children





SUPER CARE FOR SENSITIVE SKIN

Kalwyna Rathod tells you all you need to know about using melatonin in your skincare routine

Melatonin, a modern beauty term that has become popular nowadays, has been touted as the best beauty ingredient for super sensitive skin. And for good reason too; this ingredient boosts the skin's natural defenses against free radicals and UV radiation, as well as wards off visible signs of stress and pollution. Read on to know more.

HOW DOES MELATONIN INFUSED SKINCARE WORK?

Explaining how our body works to stop UV damage, Dermatologist and

Aesthetic Physician Dr Ajay Rana says, "We have two natural systems for the same – antioxidants like vitamins C and E, and antioxidant enzymes like SOD (superoxide dismutase) and CAT (catalase)." He further says that melatonin stimulates the body's natural production of these antioxidant enzymes during the night. Applying melatonin typically can trick the skin into triggering antioxidant behaviour that would otherwise kick in during sleep, where skin regeneration is naturally at its best performance. "When the body is in a deep, restful sleep, the skin's metabolism increases, and cell turnover and

renewal escalates. Many people take a melatonin supplement to get a good night's sleep, only a few know that it is a skincare ingredient too," he adds. Earlier, a handful of luxury brands launched products formulated with melatonin, but now, an increasing number of skincare companies are coming up with their line of products infused with this molecule.

BENEFITS OF MELATONIN FOR SKIN

"The outcome of using topical melatonin at night is increase in the natural defenses to fight free radicals caused by UV radiation, stress, and >

A WINNER ALL THE WAY

Suchita Singh made the nation proud by winning the coveted crown of Mrs Asia International held in September 2021 in Dubai. She was outstanding and her scintillating performance earned her two more subtitles of Mrs Vivacious and Mrs Social Media Queen in the same contest. She also holds the title of Mrs India Most Photogenic which she won at a national-level pageant in 2019. Besides that, she's been featured in various lifestyle magazines and

has worked with many endorsements for Flipkart and Spice Magazine in Mumbai. A renowned name in Patna, she keeps getting invited frequently as a jury for various pageants in the city.

As a kid, Suchita was fascinated with the world of glamour since childhood. Like most young girls, she also dreamt of walking the ramp one day. But, life had other plans. Getting married at an early age left little room for her to pursue her dreams.



But, her grit and determination ensure that she didn't lose her focus. Along with running the house, she was constantly working towards making her dreams a reality. When the opportunity came, she grabbed it with both her hands and there was no looking back since.

Suchita attributes the credit for her success to her mentor Mrs Pallavi Kaushik, who is a renowned International pageant grooming expert, under whose guidance she's

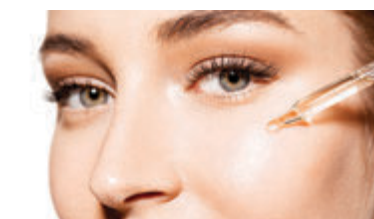
been groomed and trained over a period. Eventually, Suchita hopes to have her grooming institute in her hometown in Patna. She aims to provide a platform to girls like herself who are passionate about being a part of the industry. Besides that, she's a social worker who believes in contributing her share back to society.

Her future plans include participating in Milestone Miss & Mrs Global International which is scheduled to happen in Istanbul in September 2022.



pollution, as well as damage repair. It also offers antioxidant benefits that make the skin look healthy and rejuvenated. Melatonin also has a calming effect on the skin and provides a relaxing sensorial experience,” says Dr Rana. Furthermore, this powerful skincare ingredient helps with natural skin regeneration, rejuvenates and hydrates the skin from within, combats visible signs of ageing, and helps get rid of skin problems caused due to pollution. With the help of melatonin infused skincare, you can make your skin look plumper, smooth, radiant and youthful.

“SIDE-EFFECTS OF MELATONIN ARE MILD, SUCH AS HEADACHES, **GROGGINESS, OR WEAKNESS.**”



CORRECT SEQUENCE OF APPLYING SKINCARE PRODUCTS

- **Cleanser**
- **Toner**
- **Serum**
- **Eye cream**
- **Spot treatment**
- **Moisturiser**
- **Face oil or special skincare ingredients**
- **Sunscreen**



SIDE-EFFECTS OF MELATONIN INFUSED SKINCARE PRODUCTS

Topical melatonin is relatively a new ingredient in the skincare and beauty space. Cautioning against its side-effects, Dr Rana says, “Since hormones like oestrogen, testosterone, and cortisone can have both benefits and side-effects when used in topical form, the same can be the case with melatonin. Side-effects of melatonin are very mild, such as headaches, grogginess, or weakness.” He advises that the best way to avoid these side-effects is to use melatonin infused skincare products wisely. “You will mostly find overnight masks, serums and moisturisers containing melatonin as an active ingredient. Build these products into your skincare routine by using them in the correct sequence,” adds Dr Rana. **F**

PHOTOGRAPHS: SHUTTERSTOCK



SUMMERY GOODNESS

Looking for fresh salads and mocktails to make at home? Look no further as **Ravina M Sachdev** rounds up the best recipes that will leave you wanting more

SHAKARKAND KI BHEL

Recipe by Bharat Bhavan, Pune

Ingredients

- 80 grams Sweet potato
- 5 grams Fresh coriander leaves, finely chopped
- 1 teaspoon Sweet tamarind chutney
- Salt, to taste
- 2 grams Chaat masala
- 1 teaspoon Mint chutney



- 2 grams Red chili powder
- 5 grams Roasted cumin powder
- 1 Green chili
- 1/2 Onion, chopped
- 20 grams Murmura
- 3 teaspoons Sev
- 1/2 Tomato, chopped

Prep Time: 10 minutes > Cook Time: 20 minutes > Serves: 1

METHOD:

1. Julienne the sweet potato and deep fry in oil.
2. Take the fried sweet potato, murmura, onions, tomatoes and dry spices in a bowl.
3. Add the chutneys and mix well.
4. Serve it on a plate and garnish with sev and fresh coriander leaves. >



GREEN APPLE CIDER

Recipe by VHC, Vida Hydari Contemporary, Pune

Ingredients

50 grams
Green apple

10 ml Apple
cider vinegar

1 pinch
Cinnamon
powder

170 ml Honey

200 ml Water



Prep Time: 5 minutes > Making Time: 5 minutes > Serves: 1

METHOD

1. Stir 150 ml honey with 50 ml water.
2. Fill half a Tom Collins glass with ice cubes.
3. Take half a green apple, chop it and slightly muddle it in a shaker.
4. Add apple cider vinegar, 20 ml of honey syrup and a pinch of cinnamon powder.
Add 150 ml of water.
5. Shake it till it mixes well, then double strain it into the glass.
6. Garnish with green apple. Serve chilled.





WARM ROASTED CORN EQUITES

Recipe by Independence Brewing Company

Ingredients

200 grams
Corn kernels

20 grams
Onions, sliced

30 grams
Scallion leaves

10 grams Cotija
or feta cheese



30 grams
Mayonnaise

Lime juice from 1
lime

Few Pomegranate
seeds

10 grams
Jalapeno

Prep Time: 5 minutes > **Cook Time:** 5 minutes > **Serves:** 2

METHOD

1. Heat a pan on very high heat. Toss the corn in the pan; there is no addition of oil in this recipe, it's dry roasted.
2. In a bowl, add the rest of the ingredients except for the pomegranate seeds and half the cheese.
3. Toss in the warm corn and mix well.
4. Plate up and top off with cheese and pomegranate seeds. >



GINGER ROSE BLOSSOM

Recipe by 2.0 Culture, Pune

Ingredients

- 15 ml Ginger syrup
- 15 ml Rose syrup
- 10 ml Lemon juice

- 4-5 Cubes of ice
- 1 can of Ginger ale
- Fresh ginger, for garnish
- Rose petals, for garnish



Prep Time: 7 minutes > Make Time: 3 minutes > Serves: 1

METHOD

1. Take 4-5 cubes of ice in a shaker.
2. Add the ginger syrup and rose syrup into the shaker along with lemon juice.
3. With the help of a bar spoon, mix the ingredients and top it with ginger ale.
4. Serve the drink in a highball and garnish with some rose petals and fresh julienned ginger.





THE RED AND WHITE QUINOA SALAD

Recipe by One8 Commune

Ingredients

½ cup Red quinoa, cooked

½ cup White quinoa, cooked

½ cup Avocado, peeled and diced

3-4 Asparagus tips, blanched

2-3 tablespoons Pomegranate seeds

½ Cucumber, thinly sliced

1-2 leaves Lollo rosso

Beet cress, for garnish

For dressing:

¼ cup Extra virgin olive oil

2 cloves Garlic, finely chopped

1 tablespoon Lemon juice

½ tablespoon Mustard

Salt, to taste



Prep Time: 15 minutes > **Cook Time:** 10 minutes > **Serves:** 2

METHOD

1. Take a bowl and add all the ingredients for the dressing one by one and whisk together.
2. In another bowl, combine red quinoa, white quinoa and pomegranate.
3. Add dressing to the quinoa and mix well.
4. Take another bowl and arrange the cucumber slices nicely.
5. With the help of a cutter or a mould, arrange the quinoa.
6. Arrange the asparagus, lollo rosso and cress on top of the salad and serve. **F**

SERVING A GREATER PURPOSE

A government medical officer's passion to work for senior citizens made it possible to start the first Geriatric Department and post graduate course in the state.

Harshvardhan Shahi tells Dr Mangala Borkar's story

Born in Pune, Dr Mangala Borkar completed her school education in Aurangabad. She went on to pursue her MBBS and MD (Medicine) from Government Medical College, Aurangabad and joined her alma mater as a lecturer in 1981. While she rose in her career as reader, assistant professor, professor, and head of the department of Medicines, she was also involved in editing the health supplement for a local daily newspaper which led to her developing an interest in journalism. And nothing could stop this powerhouse of a woman – apart from managing all her duties, Dr Borkar studied well for her Master's in Journalism and Mass Communication, standing first in the order of merit and earning a gold medal from Dr Babasaheb Ambedkar Marathwada University!

Impressive so far indeed, but Dr Borkar's life was supposed to serve a greater purpose. Being a member of the Medical Council of India, in 2013, she was in Mangalore for the inspection of



medical colleges, where she was happy to see a separate department of Geriatric. She observed the department's workings and considering the need of the hour, prepared a proposal for opening a

Geriatric department in the Government Medical College in Aurangabad. After initial approvals, a government resolution was finally issued in June 2017. Dr Borkar shares, "Though it all worked out

fine, it was not so easy; I was swimming against the tide. The approval was granted on the condition that not a single rupee fund would be allocated to the initiative." But Dr Borkar had decided that it had to work, so she gave her everything to make the department a success. From sharing facilities with other departments, the Geriatric department eventually got its own space owing to offering the best services to old age needy people and garnering appreciation over time. "We look after the physical and psychological health issues of senior citizens as well as conduct counselling for their family, social and other issues", explains Dr Borkar. She also sponsored a gold medal in the University of Health Sciences, Nashik for the MD Geriatric course in the memory of her mother, and established a small museum in the college on Geriatric studies in the memory of her mother-in-law. Her advice to readers? "Respect senior citizens and never let them stay alone. Be kind and polite to those who have spent their life looking after you!"

"Be kind and polite to those who have spent their life looking after you!"

PHOTO BY HARSHVARDHAN SHAHI

Pitcher And Pictures

A place to decompress after a hectic day.

What: Café

What's Interesting: Are you a fan of cosy cafes? Well then, Café Crunch has got you covered. This café has been in town for the last nine years and remains an Instagram-worthy and budget-friendly one for the youth. Their classic coffee pitcher is a good grab if you want unlimited coffee to keep your conversations going. Totally a catch! They also have a variety of other delicious food available such as sandwiches, burgers, shakes, noodles, pizza and fries. The ambience is serene and playful during the day while it becomes a very happening place at dusk with nostalgic as well as latest music tracks playing. The price point is reasonable and the food is tasty. Bookmark this hang-out place and get there with your BFFs.

Price: On request

Available At: Instagram @cafe_crunch



Healthy Dose

Munch on some tasty treats.

What: Family health store

What's Interesting: Introduce tasty high protein treats available at Rayate Dryfruits to your daily diet. You can find quality dried fruits, seeds and nuts, dates and Macadamia nuts here too. Dates sugar is, hands-down, their best product.

Grab flavoured cashews, protein bars, almonds, and Turkish apricots at a budget-friendly price without compromising on quality. They also provide hampers for festivities and events.

Price: On request
Available At: Instagram @rayatedryfruits



Paint Your Thoughts!

Making thoughtful choices with art.

What: Artwork store

What's Interesting: Want to upgrade interiors one step at a time? Adding a splash of great paintings can oomph up your favourite nook. If you have been digging K-Drama lately, at Yanxx Art Store, you can even get a miniature caricature of your favourite character. One can get customised artwork done on coasters, phone covers, cups,

etc. here to gift loved ones on anniversaries, birthdays and other events, making for a thoughtful gift. All the pieces are well made and designed intricately. These pieces of art will give a personal touch to your workplace or home alike.

Price: On request

Available At: Instagram @yanxx_art **F**

- Compiled by Vrushi Khadilkar



Leaving the right kind of footprints

An ardent believer and advocator of sustainable lifestyle and healthy living, entrepreneur **Ankita Aditya Sarada** talks about her passions and ventures to **Kanika Rekhi**

An engineer armed with a Master's in Management from Imperial Business School London, Ankita Aditya Sarada has always had the entrepreneurship drive in her. But along with this, she has also been passionate about sustainability, health and fitness right from the start! Speaking about her initiative, she says, "I come from a background where sustainable lifestyle and healthy living has been deep-rooted in us. Add to this, I had the opportunity to be conferred a

Diploma in Sustainable Businesses and Responsible Leadership from Sweden in 2016. The COVID-19 lockdown made us realise how important it was to concentrate on health, live with limited resources and be engaged in positive activities. Thus, Sustain and Save Pvt Ltd was born!"

Sarada started this initiative with her sister Pranati Shroff Munot, focusing on promoting green products and services, creating Changepreneurs with innovative

solutions, and hosting challenges to inculcate sustainable habits tracking the carbon footprint. Explaining further, she says, "The brand's app can track sustainable habits to know the user's carbon footprint in categories like water consumption, reusing waste, CO2 emissions, fitness, and eating habits, etc. We'd love to collaborate with companies and individuals to create impact and be responsible citizens."

Sarada, who was born in Mumbai and raised in Pune, shifted base to Nagpur post her marriage. She wanted to keep her entrepreneurial spirit alive, so with a desire to create a brand in the retail industry, she joined the dairy family business. Their dairy farm is located in Kharora and they offer 50+ SKUs like ghee, milk, paneer, shrikhand, mishti dahi, flavoured milk and more, with the products having presence in about 15 states in India. Sarada adds, "Dairy products are consumed in every Indian household but people are unaware of selecting the right ones, keeping in mind health and sustainability. So, I decided to enter into the organic and health-conscious segment that focuses on purity, and launched our premium single origin pure cow ghee and milk brand called Farm Classics. These products are untouched by human hands, antibiotic and pesticide-free."

Sarada strongly stands by the ideology that drive and desire will take one places in life, whether personal or professional. She adds, "I am a firm believer of consistency and dedication. A dream can become a goal when action is taken towards it." **F**



UNBOXING HEALTH

Making healthy eating a habit by curating delicious and nutritious meals.

What: A health food venture

What's Interesting: Ceebo started in 2018 with a thorough understanding of nutritional science and the simple intention of serving honest healthy food. Armed with a team of highly trained chefs, nutritionists and doctors who pay deep attention in planning, they are dedicated to preparing and delivering delicious, nutrient-dense and high-quality food right to your doorstep. The menu comprises a wide array of delicious salads, super-bowls and keto-friendly meals including beverages and sugar-free desserts. They offer monthly subscription meal plans to make healthy eating fun every day, helping you achieve your personal goals.

*Price: ₹89 onwards
Available At: Instagram @ceebo_thehealthmonk*

GREEN GOODNESS

Inspiring healthy living through moringa infused products.

What: Organic moringa based health, skin and hair care products venture
What's Interesting: After a tremendous response to their initial product range, Daivik Moringa has evolved from a small setup into a full-fledged processing facility now showcasing over 30 moringa based products. Moringa being a powerhouse of nutrients and anti-oxidants, offers a complete solution to your health and skincare needs. They have widened their product portfolio from health, hair and skincare products to face-tools and wellness kits curated for specific pain points. With case studies, R&D and health experts, they have



curated products that help in managing diabetes, blood pressure, arthritis, post COVID-19 fatigue, hair fall, dandruff, and skin issues like

acne, stretch marks to name a few.

Price: On request
Available At: www.daivikmoringa.com

THE FITNESS FIX

Seamlessly integrating fitness and health through Pilates.

What: Reformer Pilates studio providing solutions for a healthy lifestyle
What's Interesting: Started by Dr Anushree Duseja (MPT), PHYX (PHY-Physiotherapy, X-Exercises), pronounced as FIX, is the first Reformer Pilates studio in Nagpur. It allows a full body workout with controlled breathing and forces the body to move in correct postures. It is a low impact workout that can be safely performed even in injuries. PHYX studio plans your workouts for fixing worries of pain, weight gain, bad posture and other health issues through supervised, guided Pilates exercises. Their ideology lies in correcting the problem



before it interferes with body function. These kinds of workouts can help you experience strength, opening of stiff joints and

destress the body at the same time.

Price: On request
Available At: Instagram @phyxstudio

- Compiled by Kanika Rekhi



PICU Set Up At Surya Sahyadri Hospital

A state-of-the-art Paediatric Intensive Care Unit has been set up at Surya Sahyadri Hospital under the CSR program of Interpump Group, Italy and its subsidiaries in India. The 10-bed unit will benefit underprivileged children. The equipment includes eight ventilators, monitoring equipment, USG and ECG machines, dual chamber pacemaker, ultrasonic nebulizer etc.

Present during the occasion were former Mayor of Pune Shri Murlidhar Mohol, company officials of Interpump Group including Girish Garud (Country Co-Ordinator, Interpump Group Companies in India), Aniket Kunjir (CFO, Inoxpa India), along with Dr Jaisingh Shinde (Medical Director, Surya Sahyadri Hospital, Prakash Tulpule (Trustee), and Dr Ketan Apte (Vice President).



From left to right: Prakash Tulpule (Trustee); Dr Jaisingh Shinde (Medical Director, Surya Hospital); Pune Mayor Murlidhar Mohol; Girish Garud (Country Coordinator, Interpump Group Companies in India); Aniket Kunjir (CFO, Inoxpa India Private Limited); Ketan Apte (Vice President Marketing, Sahyadri Hospitals Private Limited)



PUNE GETS ITS BIGGEST ETHNIC FASHION STORE

Pareha, a traditional and Indo-western garment brand opened a flagship store on Bajirao Road, Pune. The store and brand are born out of a desire to provide the very best in traditional apparel to discerning customers. Catering to men, women, and children, Pareha is sure to gain appreciation by fashion connoisseurs and regular customers for its exceptional quality and premium service. The biggest fashion store of its kind in Pune, Pareha is also redefining the wedding fashion

buying experience. At Pareha, not just the bride and groom, but the entire family can shop according to their preferences. The five-storeyed, 9,000 sqft spacious shop enables you to shop for various occasions at a single place and even match your outfits with your better half! The wedding selection ranges from traditional lehengas, silk saris, salwar suits, sherwanis, kurtas to Indo-western fusion wear like party gowns, tuxedos, blazers, making the brand your perfect partner for the perfect fit.

Fitness First!

Athenova Fit, a Pune-based studio dedicated to getting fit through body movement, recently opened its doors at Bund Garden Road to the fitness enthusiasts of city. This 1,000 sqft fitness community encompasses innovative and interesting fitness techniques like pole dance, trapeze, calisthenics, boxing, Pilates, and more. They also plan on introducing more skill-based disciplines in the future. They currently offer personalised coaching focused on Technogym bench, kettlebell, and body-weight exercises to complement these classes.

The workouts are tried and tested by the founder, Simona



Jadronova, who conceptualised the Athenova Method, which transforms the body through enticing and

challenging movements. All their classes improve flexibility, core strength, balance, and endurance. Taught and guided

by talented fitness professionals, they ensure to inspire results. So head over, and try a class out!



Mother & Child

PUNE'S ADVANCED MOTHER & CHILD CARE

Aditya Birla Memorial Hospital has one of the best comprehensive Mother and Child care facility with highly qualified and experienced doctors and nurses offering services in a safe, segregated and sanitized environment from outpatient to indoor treatment and ICU. The hospital has one of the best level III NICU and a dedicated level III PICU with the latest equipments, trained and experienced staff to take care of the neonates and the sick children.

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- Migraine, Sinusitis, Insomnia - Shirodhara
- Psoriasis, Chronic Skin Problems - Takradhara
- Sciatica, Slip Disc, Back Pain etc. - Kativasthi
- Trigeminal Neuralgia, Facial Paralysis Disorders Affecting Cranial Nerves - Shirovasthi
- Chronic Headache, Frozen Shoulder - Nasya
- Problems Related to Eyes, Optic Nerve Degeneration etc. - Tarpanam
- Panchakarma Treatment - All Chronic Ailments

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