

# Women Fitness

February 2023

INDIA

YOUR  
CHILD'S  
Mental Health:  
A Responsibility

ALL TIME  
FAVOURITE  
RECIPES

*For Loved Ones  
By Nidhi*

*Fit Body,  
Strong Mind*

**ELLI** AvrRam

# DIGITAL NOT ENOUGH?



## Grab A Pint Copy!

Simply drop an email at [womenfitnessorg@gmail.com](mailto:womenfitnessorg@gmail.com) and instantly get a print issue of our latest magazine delivered to your doorstep!

[womenfitness.org](http://womenfitness.org)

**wf**womenfitness.org

**Cover Photo Credit:**

**Photographer:** Nikhil Shenoy

**Assistant:** Sagar Patil

**Styling:** Arun R

**Makeup:** Ankita Manwani

**Hair:** Radhika Patel

**Studio:** Outtasyne Production and Studio

# Contents

## 03 Editor's Note

Being more physically active and eating a healthy diet are important steps for your heart health. You can make the changes gradually, one at a time. But making them is very important.

## 04 Feb Special

After films like *Malang*, *Naane Varuven*, and recently-released *GoodBye*, actress Elli Avram is finally getting the love and appreciation she deserves. The Swedish-Greek actress, who shot to fame after her stint on Salman Khan-hosted reality show *Bigg Boss*, is featured on *Women Fitness Magazine*.

## 08 Fitness & Exercise

Is it really that important to walk 10,000 steps a day? There was plenty of research that suggested walking 10,000 steps a day is a great thing to do, because walking 10,000 steps a day burns roughly 300-400 kcal, depending on your speed and body type, roughly equivalent to a ninety-minute walk.

## 12 Pregnancy & Childcare

"Parents don't want to take their children to counselors or psychiatric treatment because they are concerned what other family members may think, concerned about what society may think. I've come across situations where people who are experiencing mental illnesses want to seek help but the family won't allow them to do that." – *Deepika Padukone, actress. Check out the article, Your Child's Mental Health: A Responsibility.*





**17**  
Food & Culture

## 17 Food & Culture

An eating disorder begins with emotional health problem that escalate into a mental health illness that has severe physical consequences. It is not as simple as a desire for slimness. Read on to learn more.



**21**  
Nidhi Bothra

**21** Food blogger, Nidhi Bothra's goal is to simplify the hassles of healthy cooking for you and conquer the vast sea of food with traditional and modern recipes. Check out her colourful recipes to try for your loved ones.

## 31 Beauty & Fashion

As a dermatologist, one of the most common questions I get from patients in their 30s is whether they should start incorporating retinol into their skincare routine. The short answer is yes!



**31**  
Beauty & Fashion

Introducing Retinol in your Skincare: A Must after your 30's is shared by Dr Alpna Mohta, who is a Consultant Dermatologist.



**37**  
Pragya Jaiswal

**34** The festival of colours is round the corner and preparations are on for its celebration. With the increasing use of chemical colours for celebrating Holi, all of us need to take some steps for preventing the skin, hair, eye damage.

## 42 Life Beyond Cancer

Cancer survivor Anchal Sharma in a close interaction with Women Fitness, President, Namita Nayyar, shares how after taking charge of her life she set out to help and heal others in need.



**42**  
Anchal Sharma

## 55 Celebrating in Style

A theme for your party can be a great way to bring your celebration to life. There's no question that a good theme can take a party from average to wildly creative, fun and jaw-dropping (if you're willing to get crafty with decorations, of course).

## 37 March 2023

"I don't follow any strict diet, just eat everything in moderation also I am not a fan of junk food that's just a plus point. Moreover I make sure to do some physical activity at least 5 times a week." adds in Pragya Jaiswal who is an Indian actress and model who predominantly works in Telugu films.



**48**  
Nupur Patil

## 48 Weight Loss

Being an athlete & nutritionist as of today, Nupur Patil herself lost 30 kgs by following the diet plan she prescribes to her clients. Her clientele includes politicians, Bollywood celebrities, cricketers, sportspersons, and kids.

## Follow us on: ~~~~~



@womenfitnessindia



@womenfitnessorg



@womenfitnessorg

# Editor's Note

*“ You are braver than you believe,  
stronger than you seem, and smarter than  
you think ”*

**- Christopher Robin -**

Heart disease is the nation's leading killer of women. But paying attention to risk factors and living a healthy lifestyle can help keep heart disease at bay. Being more physically active and eating a healthy diet are important steps for your heart health. You can make the changes gradually, one at a time. But making them is very important.

The celebrity on our February cover is actress Elli AvRam who after doing films like Malang, Naane Varuven, and recently-released GoodBye, is finally getting the love and appreciation she deserves. She is accompanied by Pragya Jaiswal who is an Indian actress and model who predominantly works in Telugu films.

A special feature is with Anchal Sharma, a public figure who fought innumerable challenges, breast cancer is one of them and chose a path to serve others and become a role model.

*All this and lots more.*

**Thanks**

**Namita Nayyar**

**President, Women Fitness**



**Namita Nayyar**

Editor-in-Chief

**Rohit Nayyar**

Chief Business Officer

**Rhea Nayyar**

Head Social Media

**Contributors**

Nupuur Patil

Nidhi Bothra

Dr Alpana Mohta

**Guest Writers**

Praveen & Maahek Nair



*Fit Body,  
Strong Mind*

**Elli** *AvrRam*

**A**fter films like *Malang*, *Naane Varuven*, and recently-released *GoodBye*, actress **Elli AvrRam** is finally getting the love and appreciation she deserves. The Swedish-Greek actress, who shot to fame after her stint on **Salman Khan**-hosted reality show *Bigg Boss*, made her debut with *Mickey Virus* in 2013. She went on to star in some not-so-successful movies but eventually managed to prove her mettle as an actress.

**Photo Credits**  
Photographer: Nikhil Shenoy  
Assistant: Sagar Patil  
Styling: Arun R  
Makeup: Ankita Manwani  
Hair: Radhika Patel  
Studio: Outtasync Production and Studio

***The Verdict** – State Vs Nanavati Actress's Journey In The Indian Film Industry Has Not Been Easy. For An Outsider Like Elli, One Of The Most Difficult Things Was To Get The Right Projects.*

Women Fitness India Gets in a candid chat in our February #LoveThyself Issue with Elli AvrRam, on struggles, diets, and mental health.

**Elli you started your career as a dancer, being part of Swedish TV Drama, and now as a Bollywood actress, what has been the most pivotal thing in your journey?**

I was part of a Pardesi dance group in Sweden but it was a hobby while still studying in school And career-wise I first acted in a Swedish indie film then I got an opportunity from Bollywood as an actress in mickey virus (my first film). The most pivotal thing in my journey has been consistency and hard work.

**You have been part of reality shows and fictional shows, which genre of work is your favorite?**

I started my career as an actress and I was part of Big Boss reality show at the time my film was releasing. It was a great thing for me that happened, because I suddenly became a popular household name in India. The amount of love and support I got, is the reason for me being here today! After bigboss I did Kis Kisko pyaar Karoo with duo directors Abbas-Mustan sir that became a huge success at Box office.

Since then I've kept working hard on making a mark in the Indian film industry. I came here to act because that's what my passion is, being part of a reality show was just a step to show the industry.





**You recently worked with Amitabh Bachan in Goodbye, how was your experience?**

My experience was amazing, Bachchan sir is so professional and fun also! It was literally surreal to get to act opposite sir, and see myself on the screen with him. A proud moment in my career, where I feel every bit of my struggle have been so worth it. My parents just watched the film also on Netflix and message me how proud they are of me, I think there's no better feeling than when your parents feel proud over your work!

**You have also worked in the South Industry, what was your experience working with Dhanush? Your favorite memory from the set?**

It was a dream come true to work with Dhanush because I've always felt he's an amazing actor! I learnt a lot from working with him, and my entire team was amazing. Selvaraghavan sir made me discover what more I'm capable of as an actress and I feel blessed to have got an opportunity to work with this amazing duo Selvaraghavan - Dhanush! My favorite memory is when we would all sit together and eat the South Indian set food that was super yum!! And we would eat the food on the banana leaf with hands. I really enjoyed doing that!

**Photo Credits**

Photographer: Nikhil Shenoy  
Assistant: Sagar Patil  
Styling: Arun R  
Makeup: Ankita Manwani  
Hair: Radhika Patel  
Studio: Outtasync Production and Studio





**Photo Credits**  
Photographer: Nikhil Shenoy  
Assistant: Sagar Patil  
Styling: Arun R  
Makeup: Ankita Manwani  
Hair: Radhika Patel  
Studio: Outtasync Production and Studio

**Being the cover girl for Women Fitness India, your message for our readers who wish to make it big in the industry?**

You need to be the one who believes in yourself and not wait for others to see what you are capable of. There will be a lot of people who will try to bring you down and make you feel you don't have it in you, or don't belong here, but be strong enough to know who you are and what you have to share with the World! Keep working hard on your skills, and your well-being especially, because if you don't feel good from within, that will show on your face and posture, which won't make you shine when you go for meetings/auditions or shoot in fact!

**Lastly, how do you keep up with your mental health? How important do you feel it is to be mentally fit as compared to physical fitness?**

It's equally important to keep our mind healthy and fit, as well as our body. This is something I've learned recently, and I believe the reason is that the awareness around this have come up only in these last few years. The best thing I've discovered is, meditation. It truly helps more than what we tend to think.

**Women Fitness India talks about celebrity diets and fitness regimes, do you follow any special diet? What is your guilty pleasure in food?**

Yes I'm off gluten, dairy products and sugar, but my cheat meals do have all of these things in it! I love to eat pizza, fries and burgers sometimes, and of course chocolate. Otherwise my diet is very clean, hardly any oil, nothing is fried and no sweets at all. I decided years back to stick to a diet that will become part of my lifestyle.

**What comprises your fitness regime? Do you go cardio workout to burn the cheat meal calories?**

Since I'm keeping a balance in my diet, there's no need of getting stressed over a pizza one day! And that's what have helped me to live more peacefully. Before I used to stress a lot over these things, and it was just ruining my peace of mind. When you start to eat in a healthier way, and stick to it, you slowly start to enjoy eating healthy, and that makes it all easier!

“

Selvaraghavan sir made me discover what more I'm capable of as an actress and I feel blessed to have got an opportunity to work with this amazing duo Selvaraghavan - Dhanush!

”

Why Walk  
**10,000**  
S T E P S  
PER DAY?  
Answered! —————

**I**s it really that important to walk 10,000 steps a day? What's so special about 10,000 steps and why is that the standard set by wellness apps? Why not 8,000, 9,000, or even 15,000 or more? No doubt, Walking is a great exercise form.



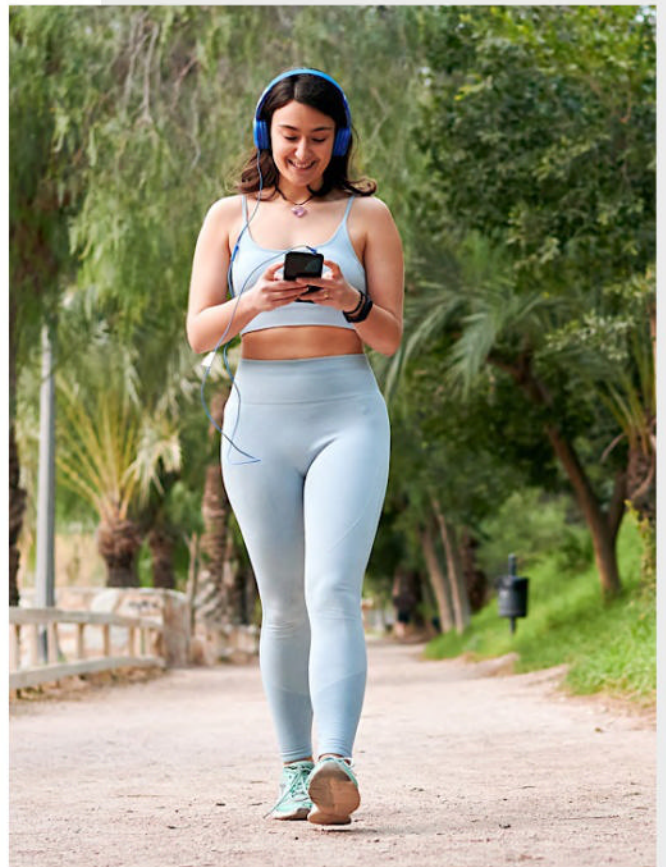


*The origins of the 10,000-step recommendation aren't exactly scientific. Pedometers sold in Japan in the 1960s were marketed under the name "manpo-kei," which translates to "10,000 steps meter," said Catrine Tudor-Locke, director of the Walking Behavior Laboratory at Pennington Biomedical Research Center in Baton Rouge, La. The idea resonated with people, and gained popularity with Japanese walking groups, Tudor-Locke said.*

## **The Science Behind Walking 10,000 Steps**

There was plenty of research that suggested walking 10,000 steps a day is a great thing to do, because **walking 10,000 steps a day burns roughly 300-400 kcal**, depending on your speed and body type, roughly equivalent to a ninety-minute walk.

According to **international exercise guidelines, it's recommended to get a minimum of 30 minutes of moderately intense exercise a day**. Studies have shown that people who exercised this much have less body fat and lower blood pressure than those who exercised less. Unfortunately, not everyone finds it possible to achieve this daily target, due to our increasingly urban lifestyles.





There is ever-growing evidence stating that walking is good for health. It reduces the risk of lifestyle-associated diseases like diabetes, obesity, and cardiovascular problems, but the number of 10,000 isn't special. Instead of walking, running would burn more calories, meaning that you'd burn just as many calories in fewer steps.

**WHO promotes walking 10,000 steps/day goal to increase people's energy expenditure.** They used the scientific research backing the benefits of walking and exercise to promote the 10,000 steps/day goal.

Also, **this step-based goal was more appealing to the public** than telling them to walk 30 minutes each day. People are also then more motivated to buy a pedometer and measure their path to 10,000 steps.

A woman with long, wavy brown hair is smiling and flexing her right bicep. She is wearing a bright pink sports bra and black leggings. The background is a solid light pink color with a faint grid pattern.

## FITNESS TIP

**L**ess will increasingly be more when it comes to fitness in 2023. We are expecting people to say goodbye to grueling exercise regimes, in favor of more low-impact workouts that offer enormous benefits.

Any form of exercise where your body is moving, and your heart rate is slightly raised is found to be beneficial and easier to keep up with.



## Your Child's Mental Health *A Responsibility*

“ Parents don't want to take their children to counselors or psychiatric treatment because they are concerned what other family members may think, concerned about what society may think. I've come across situations where people who are experiencing mental illnesses want to seek help but the family won't allow them to do that ”

**Deepika Padukone,**  
Actress



Children with good mental health feel loved, safe and secure in their environments. They also feel happy and positive about themselves most of the time. They're kind to themselves during tough times or when things don't go the way they expect. They enjoy life, learn well and get along well with family and friends.

On the other hand, a child suffering from mental health issues is generally defined as one having delayed or disrupted age-appropriate thinking, behaviors, social skills, or regulation of emotions. These problems disrupt their ability to function well at home, in school, or in other social situations.

It is important to identify the early signs and seek treatment.





## *What Are The Warning Signs Of Mental Health Illness In Children?*

Watch these Warning signs that your child may have a mental health disorder include:

- ❖ Persistent sadness that lasts two weeks or more
- ❖ Withdrawing from or avoiding social interactions
- ❖ Hurting oneself or talking about hurting oneself
- ❖ Talking about death or suicide
- ❖ Outbursts or extreme irritability
- ❖ Out-of-control behavior that can be harmful
- ❖ Drastic changes in mood, behavior, or personality
- ❖ Changes in eating habits
- ❖ weight loss
- ❖ Difficulty sleeping
- ❖ Frequent headaches or stomachaches
- ❖ Difficulty concentrating
- ❖ Changes in academic performance
- ❖ Avoiding or missing school








## Ways to Achieve Optimum Child's Mental Health

Here are ideas to promote your child's mental health and well-being through a loving and supportive relationship:

- ❖ **Tell your child that you love them, no matter what.** You can also show love through your body language and nonverbal communication – for example, making eye contact, giving a hug, or smiling at your child.
- ❖ **Use a positive, constructive, and consistent approach to guide your child's behaviour.** This means giving your child praise and attention when they behave well, rather than negative consequences when they behave in challenging ways.
- ❖ **Talk and listen to your child, every day.** If your child wants to talk, try to stop what you're doing and give them your full attention.
- ❖ **Enjoy time with your child doing activities they like.** This could be reading together, kicking a ball, drawing, playing board games, and so on.
- ❖ **Have regular family meals.** Eating together can strengthen your relationship with your child, give your child a sense of stability and connectedness, and have a positive effect on their development. It might also encourage your child to eat well too.
- ❖ **Make sincere efforts to solve problems and manage conflict between you and your partner, with your child, and among other family members.**
- ❖ **Encourage your child to connect with others in the community** – for example, waving and chatting to neighbours, attending local festivals, or helping out at a community garden. This gives your child a stronger sense of their place in the world and helps them learn how to relate to different people.



## PREGNANCY TIP

**I**t is very important to include fiber in your diet while you are recovering from surgery for an ectopic pregnancy. Not only are high-fiber foods healthier than low-fiber foods, but fiber also plays an important role in preventing constipation, a common complication after surgery.

# Red Flags

## TO IDENTIFY

### Eating Disorder

*in Your Loved One*



**A**dolescent eating disorders such as anorexia (starvation to achieve the 'ideal body' weight though the person may already be at it), bulimia (excessive eating and purging), binge eating disorder, and compulsive overeating are concerns every parent hopes to avoid. An eating disorder begins with emotional health problem that escalate into a mental health illness that has severe physical consequences. It is not as simple as a desire for slimness.



## Red Flags for Identification of Eating Disorder

- ❖ A sudden change to vegetarianism, as a means of cutting out food groups, fat or calories.
- ❖ Clothes that suddenly start to fit more loosely followed with negative comments about self-image or the body.
- ❖ Extra time in the bathroom, particularly after meals, with evidence of vomiting in the bathroom or elsewhere.
- ❖ A drop in weight noted at home, at school, or in the clinician's office.
- ❖ Lack of appropriate weight gain at a time when the child is growing.
- ❖ Cutting up food in tiny pieces, or playing with food more than eating food.
- ❖ Lot of time spent on meal preparation, without eating properly what has prepared.
- ❖ Obsession with food, calories, fat grams, or exercise.
- ❖ Extreme guilt if she cannot exercise on a given day.
- ❖ "I'm so fat" or "I need to weigh myself" repeated often to herself or to others around her.
- ❖ Concern by a parent, peer, or teacher that the child or adolescent has developed an eating disorder.
- ❖ Eating disorders are at times serious biologically influenced illnesses. Recent studies do speak of possibilities of increased family heredity, says Dr Das . "These are based on familial studies, where higher rates of eating disorder are found in the first-degree relatives of those with eating disorders." Similarly, twin studies have shown that monozygotic (identical) twins are more likely to develop eating disorders compared to dizygotic (fraternal) twins. Women and adolescents are at greater risk.



*The last red flag, in particular, should warrant investigation and close follow up; when a parent or other significant person in the child or teen's life expresses the concern, there is a strong likelihood of an eating disorder either existent or in its earliest stages.*

If any of these red flags occur, its an alarm signal that clinician should see the patient back at least monthly, and weekly when rapid weight loss is apparent.



## NUTRITION FOR MUSCLES

**B**efore going to bed every night, consume 1 cup of low-fat cottage cheese, 2-3 tablespoons of flaxseed oil, 2 ounces of mixed nuts, or 2-3 tablespoons of peanut butter. When you sleep, you essentially fast for 7-9 hours (or for however long you sleep). With no food available, the body goes to your muscle fibers for amino acids to fuel your brain.

A glass of mulled wine with cinnamon sticks and orange slices. The background is a warm, bokeh light effect.

All Time Favourite

# RECIPES

FOR LOVED  
— ONES —

*By Nidhi*

*We fail to realize that love manifests itself in many ways and the most underrated is food. Be it Valentine's day celebration or Holi get-together everyone is in the lookout to try some new innovative lip-smacking recipes.*

## RECIPES BY NATURALLY NIDHI WITH LOVE



### Thai Lollipops with Mango Chili Coulis

#### Ingredients

##### Lollipops:

- ❖ 1/4 cup cilantro , roughly chopped
- ❖ 2 inch ginger , roughly chopped
- ❖ 2 green chilies , roughly chopped
- ❖ 3 inch lemongrass , roughly chopped
- ❖ 2 tsp oil
- ❖ 1/4 cup cabbage , finely chopped
- ❖ 1/4 cup carrots , grated
- ❖ 1/4 cup mixed color bell peppers , finely chopped
- ❖ 1 tsp. dried basil
- ❖ 1 tsp. red chili flakes
- ❖ 1/2 tsp. black pepper
- ❖ 1 tsp. chaat masala
- ❖ 1 tsp. mango powder (amchur)
- ❖ 1/2 tsp. garam masala
- ❖ 2 tsp. lemon juice
- ❖ 2 medium potatoes , boiled and crumbled
- ❖ 1/2 cup paneer , grated
- ❖ 2 tbsp. fresh coconut , shredded
- ❖ 1 tbsp. peanuts , crushed
- ❖ 1 tbsp. cashews , crushed
- ❖ oil , for frying

##### Breading:

- ❖ 1/4 cup all-purpose flour
- ❖ 1/4 cup water , as needed
- ❖ Pinch salt
- ❖ 1/4 tsp red chili powder
- ❖ 1/2 cup breadcrumbs , panko

##### Garnish:

- ❖ Black sesame seeds
- ❖ White sesame seeds
- ❖ Coconut , shredded
- ❖ Thai red chilies , thinly sliced
- ❖ Microgreens

*WF team got in touch with food blogger, Nidhi Bothra whose goal is to simplify the hassles of healthy cooking and conquer the vast sea of food with traditional and modern recipes. Being born and raised in India but eventually moving to the US, Nidhi's cooking strives to blur the lines between Indian style and modern flair.*

- She Goes On To Add -

“

I always try to use easily available ingredients and simplify recipes to make food that appeals to all generations. Reinventing traditional foods with a modern flair, I try to create recipes that are realistic for virtually anyone to make and enjoy!

”



## *Mango Chili Coulis:*

- ❖ 1/2 cup mango pulp , canned
- ❖ 1/2 tsp. red chili flakes
- ❖ 1/2 tsp. chaat masala
- ❖ Pinch garam masala
- ❖ Salt , to taste
- ❖ Sugar , if needed to balance taste
- ❖ 1 thai red chilies , finely chopped

## **Ingredients**

### *Mango Chili Coulis:*

- 1-** In a pan, heat the mango pulp on medium flame until it starts bubbling. If the pulp seems a bit thick, add a tbsp. of water. It should be the consistency of ketchup.
- 2-** Add in all the other ingredients and mix it well. If needed, add in lemon juice or sugar to balance the taste.
- 3-** Take off the heat and transfer to a separate bowl. Let it sit aside to cool.

### *Lollipops:*

- 1-** In a mortar and pestle, crush the cilantro, ginger, lemongrass, and green chilies until fine. You can use a small blender to achieve this consistency as well.
- 2-** In a pan, heat your oil and add this mixture. Sauté for 3-4 minutes on medium heat until fragrant. Then, add in your cabbage, carrots, bell peppers, coconut, dried basil, red chili flakes, black pepper, chaat masala, dried mango powder, garam masala, and lemon juice. Sauté on high flame for 3-4 minutes until the water starts to dry from the veggies.
- 3-** Turn the flame to low and add your crumbled potatoes, grated paneer, cashews, and peanuts. Mix together gently and take off the flame. Let them cool for 10 minutes until they are cool enough to shape.
- 4-** For the slurry, mix together your flour, water, red chili powder and salt.
- 5-** Shape the cutlets in a cylindrical shape on a small wooden stick (I used ice cream sticks). Dip them in the slurry and then coat evenly with the panko breadcrumbs. Set the lollipops on a plate and let them chill in the fridge for 30 minutes prior to frying.
- 6-** Heat oil in a heavy-bottomed saucepan. Once up to temperature, fry the lollipops two at a time for 3-5 minutes on medium heat until golden brown and crispy. Make sure to not overcrowd the pot.
- 7-** To serve, I recommend using individual dishes. Add a dollop of the mango chili coulis and then place your lollipops on top. Garnish with sesame seeds, coconut, micro greens, and Thai chili. Enjoy!





## #2 Makhana Chocolate Bark

### Ingredients

- ❖ 12 oz dark chocolate chips
- ❖ 2 tsp. milk masala powder
- ❖ 2 tsp. coconut oil
- ❖ 1 cup roasted makhana (popped lotus seeds)
- ❖ 1/4 cup mixed nuts , roasted
- ❖ 1 tbsp. pumpkin seeds
- ❖ 2 tbsp. dried goji berries, or any dried berries
- ❖ 1 tbsp. edible flowers
- ❖ Edible gold foil
- ❖ Golden sprinkles
- ❖ 1/4 tsp. sea salt, flaky

### Instructions

- 1- Melt your dark chocolate and coconut oil in the microwave in 30 second intervals, stirring in between to ensure it doesn't stick.
- 2- Once the chocolate is melted, mix in your milk masala powder.
- 3- Pour the dark chocolate out onto a parchment-lined tray. Spread out into a roughly 12x12 inch rectangle.
- 4- Gently sprinkle all of your toppings and lightly press into the chocolate. If the nuts or makhanas are too big, feel free to chop them roughly.
- 5- Let the bark set in the fridge for about 30 minutes or until set.
- 6- Cut the bark into pieces with a sharp knife and store in the fridge in an air tight container. Enjoy!



## Masala Bread Idli Tikki

### Ingredients

- ❖ 4 slices bread
- ❖ Oil , for shallow frying

### Potato Masala:

- ❖ 2 big potatoes , boiled and mashed
- ❖ 1/2 cup beetroot , grated
- ❖ 2 tbsp cilantro , finely chopped
- ❖ 1 tsp lemon juice
- ❖ 1 1/2 tsp oil
- ❖ 1/2 tsp cumin seeds
- ❖ 1/2 tsp ginger , grated
- ❖ 2 green chilies , minced
- ❖ 1 tsp red chili powder
- ❖ 1/4 tsp garam masala
- ❖ 1/2 tsp chaat masala
- ❖ 1/2 tsp roasted cumin powder
- ❖ 1/2 tsp mango powder (amchur)
- ❖ 1/2 tsp black salt
- ❖ Salt , to taste

### Cheese Layer:

- ❖ 2 tbsp cream cheese

### Yogurt Layer:

- ❖ 1 cup yogurt , beaten
- ❖ 1/2 tsp sugar
- ❖ Salt , to taste

### Tempering:

- ❖ 2 tsp. oil
- ❖ 1 tsp. mustard seeds
- ❖ 6 curry leaves , torn into small pieces

### Toppings:

- ❖ Podi powder , (optional) use store-bought or see my Flaxseed Podi Chutney Powder recipe.

### Instructions

#### Potato Masala:

- 1- Heat oil in a pan, add cumin seeds and let them crackle.
- 2- Then add in your grated beets, ginger, and green chilies. Sauté for 4-5 minutes on medium flame till the moisture evaporates.
- 3- Now, add in mashed potatoes, cilantro, all the spices, and lemon juice. Mix everything together and saute on medium flame for 5 minutes until the filling comes together. Switch off the gas, your potato masala is ready!

#### Yogurt mixture:

- 1- Mix together the yogurt, salt, and sugar until well combined. You can use milk or water to adjust the consistency of the yogurt; it should be like pancake batter.



### *Bread Tikki:*

- 1- Cut your bread into circles.
- 2- Spread cream cheese on one side of the bread and add the masala potato mixture on top.
- 3- Heat some oil in a non-stick pan and when the pan gets hot, place the bread with the potato masala side down.
- 4- Now, generously spread the yogurt mixture on the other side of the bread
- 5- Cover with a lid and cook on medium flame for 5-6 minutes till the potato masala turns golden brown, the yogurt get absorbed, and the bread becomes fluffy

### *Tempering:*

- 1- Heat oil in a small pan, and add in mustard seeds and curry leaves. Once crackling, empty it in a bowl and the tadka is ready for garnish.

### *Garnish:*

- 1- Sprinkle few drops of tadka (temper) and some podi powder (optional) on the idlis.
- 2- Enjoy it with your choice of sauces and chutneys. My kids love this with some hot sauce or ketchup, while I like this with some tomato chutney (store-bought or see my Masala Papad Platter for the recipe)



## Strawberry & Cheese Wonton Cups

### Ingredients

- ❖ 24 wonton wrappers , or 6 spring roll wrappers cut into 4 pieces
- ❖ 1 tbsp. olive oil
- ❖ 1/2 cup cheese , use goat cheese, feta, mozzarella, or use cottage cheese mixed with cheese spread and salt
- ❖ 1 tsp. honey
- ❖ 1 tsp. italian seasoning
- ❖ 1/2 tsp. red chili flakes
- ❖ 1/4 tsp. black pepper
- ❖ 6-7 basil leaves , finely chiffonade

### *Fruit Filling:*

- ❖ 1/2 cup strawberries , fresh and diced
- ❖ 1/4 cup gooseberries , diced, or any other berries
- ❖ 6-7 basil leaves , finely chopped

### *Garnish:*

- ❖ Balsamic vinegar
- ❖ Pistachio , slivered



## Instructions

- 1- Preheat the oven to 350°F/175°C.
- 2- Grease a mini muffin pan (or cupcake pan) with olive oil.
- 3- Lay out the wonton wrappers or cut the spring roll sheets into squares. I used spring roll sheets, cut into 4 pieces for making the cups.
- 4- Place the wonton wrappers in your mini-muffin pan. Use your fingers to push the wrappers into the bottom of the pan and gently press the wrappers to the sides to form a cup shape. Make sure that the wrapper points fold over muffin cup edges a little bit.
- 5- Grease them lightly with olive oil. Fill them with 1 tbsp dry beans of any kind to weight them down. These beans will help the cups get a the perfect shape during baking.
- 6- Bake for approximately 8-10 minutes, or until edges are slightly brown. Please keep an eye on them as they bake really fast. Make sure that you don't over bake, as we need to bake them again after filling in the cheese.
- 7- Take the cups out on a wire rack and remove the beans which were added only for the shape. Let the cups cool down completely. If you want, you can store these cups for up to a week in an air-tight container.
- 8- When you are ready to serve, mix the cheese with honey, chili flakes, black pepper, Italian seasoning and basil. Fill 1 to 1½ tsp cheese in each cup and bake in an oven at 350°F/175°C for 5 minutes till the cheese gets warm.
- 9- Meanwhile, in a medium bowl, mix the strawberries, gooseberries, and basil.
- 10- When your wonton cups are ready, add in your fruit filling, drizzle with balsamic glaze, and garnish with pistachios. Serve immediately!

## Notes:

- ❖ Unfilled wonton cups can be made in advance and stored in an airtight container for up to a week.
- ❖ The wonton cups taste the best when served immediately after filling.
- ❖ Play around with the ingredients to get different flavors out of your strawberry and cheese wonton cups.



## #5 Spiced Mulled Wine

### Ingredients

- ❖ 1 bottle (750 ml) red wine , any fruity red wine such as Merlot or Zinfandel
- ❖ 1/4 cup rum , or brandy (optional)
- ❖ 2 tbsp. maple syrup
- ❖ 2 medium orange , sliced plus more for garnish
- ❖ 1 small apple , diced plus more for garnish
- ❖ 1/4 cup cranberries
- ❖ 2 cinnamon sticks
- ❖ 2 star anise
- ❖ 4-6 cloves



## Instructions

- 1- Mix all the ingredients in a saucepan or pot.
- 2- Bring the mixture to a simmer over medium heat. As soon as it reaches a simmer, reduce the heat to low and let it gently simmer for 15-20 minutes. Do not boil or the alcohol will burn off.
- 3- Remove the oranges, cranberries, apples, cinnamon sticks, star anise and cloves with a spoon or sieve. If you want a more intense flavor, you can leave them in for 30 minutes to an hour before taking them out.
- 4- Adjust the sweetness according to your taste.
- 5- Garnish with fruits of your choice and serve it warm. Enjoy!

## Notes:

- ❖ You can use your favorite liquor (rum, brandy) or leave it out completely if you want it less alcoholic.
- ❖ Don't boil the mixture otherwise it will burn off the alcohol.

## Lemon Frosting:

- ❖ 1/4 cup powdered sugar or confectioners (icing) sugar
- ❖ 1/4 tsp. lemon juice
- ❖ 1/2 tsp. lemon zest
- ❖ 1 tbsp. water , as needed



## Eggless Mini Gingerbread Loaves

### Ingredients

- ❖ 2 cups all-purpose flour
- ❖ 2 tsp. baking powder
- ❖ 1/4 tsp. baking soda
- ❖ 1/4 tsp. salt
- ❖ 1 tsp. cinnamon powder
- ❖ 1/2 tsp. ginger powder
- ❖ Pinch nutmeg powder
- ❖ 3/4 cup milk
- ❖ 1 tsp. apple cider vinegar
- ❖ 1/2 cup unsalted butter , softened
- ❖ 1/2 cup brown sugar
- ❖ 1/2 cup molasses
- ❖ 1 tsp. vanilla extract

### Instructions

- 1- Preheat the oven to 350°F/180°C.
- 2- In a large bowl, sieve together the flour, baking powder, baking soda, salt, cinnamon, ginger, and nutmeg. Lightly whisk until combined. Set it aside.
- 3- Now in a separate bowl, combine milk and vinegar in a cup and let sit for 10 minutes. The milk will thicken slightly and you will see small curdled bits when your buttermilk is ready. Set it aside.
- 4- In another medium bowl, take butter and brown sugar and whisk them thoroughly until the sugar dissolves. Add in molasses and vanilla extract and mix until well combined.

- 5- Now, add in the sieved dry ingredients on top of the wet ingredients. Then, add in your buttermilk and mix until well combined. Don't over-mix the batter.
- 6- For mini loaves: Spoon the batter into mini bread loaf molds about 2/3 way full and arrange them on a baking tray. For muffins: Line a cupcake pan with cupcake liners and fill in the batter about 2/3 way full.
- 7- Bake it for about 20 minutes. To test if the gingerbread is done, insert a small toothpick in the center and if it comes out clean, the gingerbread is ready
- 8- Take the gingerbread out of the oven and let them cool completely for about an 1 hour on the counter.
- 9- Lemon Frosting: In a small bowl, mix together powdered sugar, lemon juice, and lemon zest, and 2 tsp. water. Now, slowly add more water, 1 tsp. at a time, until you reach drizzling consistency. It should be a little thicker like a paste if you want to use a piping bag.
- 10- Pipe or drizzle the frosting on the cooled gingerbread loaves/muffins. Garnish with your desired toppings. I used fresh mint and red currants. Enjoy!



To know more about the Nidhi & her recipes visit:  
 Blog: <https://naturallynidhi.com/>  
 Instagram: @naturallynidhi



## HERB FROM THE KITCHEN

**T**urmeric is a powdered gold that plays a very important role in healing various wounds and injuries. A curcumin supplement is very effective in reducing the discomfort linked with delayed onset muscle soreness, reduces the impact of injury, and improves recovery of muscle performance. One must add a substantial sprinkle of curcumin-loaded turmeric to eggs, milk, and smoothies to get the effect.



Introducing Retinol in your

# SKINCARE

*A Must After  
Your 30's*

By Dr Alpana Mohta, MD, DNB,  
Consultant Dermatologist

**A**s a dermatologist, one of the most common questions I get from patients in their 30s is whether they should start incorporating retinol into their skincare routine. The short answer is yes!

But what exactly is retinol, and why is it so important for your skin after the age of 30?

Retinol is a form of vitamin A that is commonly found in skincare products. It is well known for increasing collagen formation, smoothing fine lines and wrinkles, and improving skin tone and texture. To put it another way, it's a potent anti-aging substance.



A close-up photograph of a person's face, showing their eye and hand applying a product to their skin. The person has dark hair and is looking towards the camera. Their hand is visible, with fingers gently touching their cheek. The background is a soft, out-of-focus light color.

### **What are the different types of retinol?**

Retinol esters, retinyl palmitate, and retinaldehyde are some of the most popular types of retinol on the market. These retinol forms can be found in a number of skincare products, such as serums, creams, and masks.

The concentration of retinol in these products can vary greatly. A product may include 0.025% retinol, whereas another, may contain up to 1% retinol. It is critical to read the label and select a product with the appropriate concentration for your skin type and issues.

### **How should you start using retinol?**

In general, those who are new to retinol should begin with a lesser concentration and progressively raise their strength as their skin adapts. Retinol should ideally only be used at night. To avoid dryness and sun sensitivity, it's also critical to follow the directions on the product label and to apply a moisturizer and sunscreen when taking retinol.

### **Are there any side effects?**

Well, retinol can be a bit intimidating for those who have never used it before. And, certainly, there may be some adverse effects connected with retinol use. These can include skin dryness, redness, and peeling. Retinol can cause irritation and discomfort in some people, especially those with sensitive skin or who are new to using the treatment.



### **How to ensure that retinol doesn't irritate your skin?**

There are several steps you can take to minimize the risk of side effects while using retinol.

#### **These include:**

- 1- Starting slowly and gradually increasing the frequency of use as your skin becomes more tolerant.**

*Using a product with a lower concentration of retinol at first and then moving up to a higher concentration as needed.*

- 2- Apply a moisturizer before using retinol.**

*Maintaining a gap of 30 minutes between cleansing your face, and applying retinol.*

- 3- Since retinol is a photosensitizer, never apply it in the morning.**

*Wearing sunscreen in the daytime for as long as you are using retinol since it can cause sun sensitivity.*

- 4- Avoid using retinol on broken or irritated skin.**

*Avoiding using other products that can cause irritation, such as harsh cleansers or exfoliants, at the same time as retinol.*

If you notice any serious adverse effects or irritation while using retinol, discontinue use and visit a dermatologist. They can advise you on how to take retinol correctly and help you control any negative effects.

Despite these possible disadvantages, the benefits of retinol for aged skin are indisputable. It can enhance uneven skin tone, minimize the appearance of fine lines and wrinkles, and give your skin a beautiful, young glow.

So, if you're in your 30s and looking to up your skincare game, consider including retinol into your regimen. Your future self (and skin) will thank you!

#### **More about the author:**

Dr Alpana Mohta, MD, DNB  
Consultant Dermatologist  
Dr. Alpana's skincare  
<https://www.drалpana.com/>



Skin & Hair Care

# Alerts For This Holi

**T**he festival of colours is round the corner and preparations are on for its celebration. With the increasing use of chemical colours for celebrating Holi, all of us need to take some steps for preventing the skin, hair, eye damage and also know the correct methods of removing the colours.

Traditionally, spring flowers were used as a source of colours for Holi, but with time artificial colours have replaced these natural ingredients. For yellow, turmeric powder was used, hibiscus flowers made for the red colour and henna was for green. But today, markets are flooded with expensive artificial colours with chemical solvents mixed in them. These colours are actually industrial chemicals — black (lead oxide), green (copper sulfate and malachite green), silver (aluminum bromide), blue (Prussian blue, cobalt nitrate, indigo, and zinc salts), and red (mercury sulfate). Occasionally, additives such as mica dust and glass particles are added to the colours to give them a shine. These again are very harmful to the skin. The sale of such products is largely unregulated.



## Side effects of Using Synthetic Holi colours

Industrial colours carry side effects including itching, dryness, exfoliation of skin, erosions of skin and eczema. Skin abrasions can occur due to scrubbing of skin to remove the colour along with secondary bacterial infections and aggravation of acne and pre-existing eczema. Also, chemical colours when applied to the skin can cause loss of hair (alopecia).

Contact of chemical colors in eyes can cause irritation, watering of eyes, corneal abrasions and conjunctivitis. In rare cases, systemic side effects can occur due to chemicals which can manifest as breathlessness and cyanosis. These chemicals can even cause serious injury to the skin upon scratching besides leading sadly sometimes even to life long impairments like blindness, skin diseases like vitiligo. Liquid colours available in the market are even more harmful than powder colors as they tend to collect in fold areas such as groin and armpit area.



## Precautionary Tips

- ❖ To prevent your skin from getting damaged: Apply oil on the skin as well as hair.
- ❖ Wear nail enamel so that the colours cannot go inside the nail bed.
- ❖ Wear protective glasses while playing Holi.
- ❖ Splash eyes with clean water multiple times.
- ❖ Do not scrub aggressively while removing.
- ❖ Use a mild soap to wash off the colors. To remove oil paint from your face, mustard or coconut oil can be used. Use cotton to apply the oil on your face and rinse it off gently with both hands. If you want to remove gulal or dry colour from your head, on never make the mistake of pouring water to wash it off. This only spreads the gulal all over your body



and makes it stick. Try to dust away the gulal by using dry hands first, and use water only when this does not work. For washing the colour off your hair, use a mild herbal shampoo or a home-made one. Soak shikakai, reetha and amla or Indian gooseberry overnight, boil and strain it in the morning and you have a very good shampoo ready. If you had already applied oil on your hair before playing with colours, it would not be too difficult to wash the colours off.

- ❖ Try to opt for home made herbal remedies to do away with holi colours like, lemon which is a natural bleaching agent and is useful in getting rid of colour stains. Lemon contains citric acid which is a perfect component for lightening Holi colours. Mix lemon juice with equal amount of honey or curd, and apply it all over your face, body & hair. Leave it for 15 minutes and then apply plenty of moisturiser after that.

*Play Safe & Enjoy  
Healthy Holi.*



MARCH 2023

# PRAGYA Jaiswal

Taking It All  
In Stride

**P**ragya Jaiswal is an Indian actress and model who predominantly works in Telugu films. She made her acting debut in 2014 with the Tamil-Telugu bilingual *Virattu / Dega* in 2014. Jaiswal had her breakthrough with the Telugu period drama *Kanche*, for which she was awarded the Filmfare Award for Best Female Debut – South.



*She also appeared in song with ace singer Guru Randhawa, all set to make way for more work and accolades her way.*

Pragya Jaiswal gets in a heart-to-heart conversation with Women Fitness India on our March Edit.

**Pragya you started your journey in 2014, with the south film industry, today after almost a decade, how do describe your journey as?**

I moved to Mumbai, with a dream to act in the movies, it began with my debut in the south film the industry with “Kanche”, and I think that was one of the best decisions ever, people still refer to me as Sita Devi, and that is something I would always be grateful for, because firsts are always special. The film also received many awards and it will be always close to my heart. And I wish to go only upwards from here.

**You have expanded your work in Bollywood and Hindi film industry as well, tell us how your experience when working in Bollywood was?**

I don't think I can say that I have expanded my work in Bollywood as yet. But I am super grateful that my first project in Hindi film industry was with Salman sir, biggest superstar of Bollywood and I can't just wait to work more in Bollywood.





**Women Fitness India talks about celebrity diets and fitness regime, do you follow any special diet regime? What is the first thing you have in the morning when you wake up?**

I don't follow any strict diet, just eat everything in moderation also I am not a fan of junk food that's just a plus point. Moreover I make sure to do some physical activity at least 5 times a week.

The first thing that I have in the morning is a glass of lukewarm water with some lemon in it.

**What comprises of your fitness routine? Besides physical fitness how do you keep up with your mental health?**

My fitness routine consists of weight training in the gym alongside with dancing on alternative days. I make sure to do certain physical activity for at least 5 times a day.

I definitely agree that alongside physical fitness, mental health is extremely important I generally try to surround myself with positive vibes and cheerful mood. But there are certain days when you feel low and down , in those times I make sure to share my feelings with the people around me that really helps.

**Social media has definitely changed our lifestyle and influences, how do you connect and disconnect from it?**

Yes, social media has definitely changed our life I feel that although social media is a great platform to share and connect with others it has also caused , the key is to have a BALANCE, and one should know when to connect and disconnect from their social media life and reality.





“

Many People Get Carried Away And Have Delusional Lives, The Key Is To Have A Balance, And One Should Know When To Connect And Disconnect From Their Social Media Life And Reality.

”

**Being the cover girl for our March Issue you are an inspiration to our readers, what piece of advice you would like to give that made you going?**

I don't want to be preachy! But I would just want to say that one should do what they love and at the same time love what they do!

**What are your plans for Valentine's Day, how would you describe a perfect date according to you?**

I would love to spend Valentine's Day with my friends and have a lovely lunch.

What a perfect date according to me would be to go on a candle light dinner by the beach with my special one, no matter how cliché that sounds like!



**Lastly, what message you would like to give to our readers on Women Health and Fitness?**

I think all I want to say is that live in the moment, don't worry about the past or get anxious about the future. And do something you love, be it Zumba, cardio or any physical activity to increase your happy hormones and find your Bliss!

# Anchal Sharma

## Cancer Does Not Define Me!

**A**nchal Sharma, a public figure is often referred to as the Iron Lady.

She in spite of innumerable challenges breast cancer being one of them chose a path to serve others and become a role model. She is the founder of Meals of Happiness (MoH), an NGO that provides free food to underprivileged children across Delhi and Gurugram every day, a Social worker, Entrepreneur, Josh talk speaker & Founder of CANHEAL, a One-Stop shop for the cancer community.



Cancer survivor Anchal Sharma in a close interaction with Women Fitness, President, Namita Nayyar, shares how after taking charge of her life she set out to help and heal others in need.

When cancer treatment ends, people begin a new chapter in their lives, one that can bring hope and happiness, but also worries and fear. No two people are alike. In your case Anchal, how did the fight against cancer change the direction of her life?

in my case cancer is not the only challenge I phased in my life but lot more and because of all those experiences I become so strong and deal able to deal cancer with lots of positivity also I am big time believer...i believe that this is not the end of my life. I can't skip my pain or discomfort or any other challenges I am going through because of my cancer treatment...so why don't I accept my illness and focus on my treatment, be positive trust me being positive and affirmations for good help plays a big roll.....I start helping other in whatever capacity and trust me I forgot about my pain i forgot about my cancer I use to dress up every day like a doll wear my best make-up and go for my treatment alone.....and that's the time when I realized this is what I want to do I found purpose for rest of my life....and started "MOH"



**You have talked about the lasting scars physical, emotional and psychologically left after the fight against cancer. How did you go about handling yourself?**

How did I go....so that's the problem in all over the world we don't want accept ourselves talked about no hair, chemo port scar, radiation burn and scars, skin turn black etc....i wanted tell the world if I can't accept myself who else and why.....I love my body before cancer during the cancer and after the cancer that's my power acceptance is power....live this beautiful life once again.

**Cancer patients tend to lose all their hair during chemotherapy and are often advised to use a wig. You found the same very uncomfortable and that led to starting off CanHeal- selling chemical-free skin care products and gift baskets for cancer patients. Please share more input about this option available for cancer patients. Detail of how one can reach out, what is available etc.**

I realized that during the fight with cancer and Journey after need people that understand you, support you, and above all comprehend your problems. She ventured out to create such a support system for her peers. I started sharing experiences and how overcame the pain of cancer treatment with cancer fighters and their families in sessions organized by several hospitals in Delhi.

I lost all hair during chemotherapy. That is when, like many other patients, I decided to get a wig and wore it for the first time during a public event, an hour into the event; I felt an unbearable pain in head, neck and waist. I removed the wig publically and put on a scarf... was carrying with me. I felt the relief almost immediately and it became a life-changing moment for me. I decided to face the reality and take control of my own situation, not dictated or distracted by societal pressures. I styled and offered scarves and bandanas to her fellow cancer fighters. The appreciation I received from them and my doctors, stemmed into a business idea of starting a range of products and accessories for the cancer fighters.

I started with a range of cotton scarves and bandanas sold at the shops in hospitals of Delhi NCR. I looked back at my journey and reflected on my needs during my cancer fight and how i had to re-establish physically and emotionally by keeping the spirit kindled. I customized stylish comfortable clothes for chemotherapy and paired them with bohemian Bandanas to make a style statement, keeping them positive and happy. Skin needed hundred percent natural, organic and very potent body care products to overcome the inflammation and dryness caused by chemotherapy. I also observed equipment and accessories used by financially resourceful patients, to ease the discomfort of the cancer treatment. As i further discussed these issues with cancer fighters, i became aware of so many of their other needs.

What started as an effort based on individual experiences slowly became a collective understanding of many cancer patients' needs. I took a lead to create CanHeal, a platform specifically designed to serve the needs of cancer fighters. Can' represents the power to achieve whatever one wants through will and resolution and 'Heal' represents the power of healing through positive affirmation. This platform offers a range of products aimed at healing cancer patients; the healing of body, mind and spirit – that creates the ability to live life to the fullest. Not only has we developed the CanHeal range of products and services, has curated a range of products from various sources available to cancer fighters on a single platform.

CanHeal is also a platform for cancer fighters to interact with peers and experts to share and learn from each other's experiences. Can heal encourages patients to look good, be comfortable, laugh, and just really enjoy life, regardless of the pain of treatment and the anguish accompanying it!



**What was the reason behind choosing the name “CanHeal”?**

Can' represents the power to achieve whatever one wants through will and resolution and 'Heal' represents the power of healing through positive affirmation.

**What led to starting "Meal of Happiness"?  
How far have you been able to meet your goal? What motivated you to start this NGO?**

Meals of happiness I start in 2017 after a week of diagnosed with cancer.....one day I was coming back to my home after meeting my friend and my car stopped at one of the red light....3 kids came to me and start asking money which I don't give no matter what so one of the kids said “my khana kila do ya fir ek roti dila do” so I took them to one the dhaba we so there we suppose to pack 3 plants of chow-min but we end up packing 5 plants mean while kids are very, very demanding “Mera bhai bi hai meri behan bhi hai chamch chahiye” etc. and jumping around guess what during the whole time I was only smiling yes I forgot about my cancer diagnosis since them we distributing food we start with 5 meals then 15 then 50 then 200 and now 2000 meals every day, we didn't plan to make this NGO but when friends saw us helping more and more people they suggested “you should register this as NGO” & then after 6 month meals of happiness was born in July 17th 2017.



We adopt 300 migrant cancer patients' families for monthly ration support, we also sponsor cancer treatment we help handicaps with limps artificial legs etc. We also sponsor education, specializing in flood relief, and soon starting our skill development center for empowering women's so that they don't depend on any NGO they care of them and their families. We serve 40 lakh meals till now. During the Covid-19 we distributed more than 22 lakh meals and thousands of ration kids. I don't know about goal as of now because still we don't have much support lots of people coming forward to support the cause. Aim is only one no one sleeps hungry.

### You upcoming future plans for 2023?

There is no such future plan as of now in "MOH" we planning to sustain and thinking to start MOH skills center for empowering women's

In CANHEAL planning to reach to more cancer community and hospitals by awareness so that we can help cancer fighters so that we can help as I said CANHEAL encourages patients to look good, be comfortable, laugh, and just really enjoy life, regardless of the pain of treatment and the anguish accompanying it.



**Please share a message for all people out there suffering & recovering from cancer?**

Don't give up! Cancer is just a Disease not a sentence. You live equally happy and healthy life post cancer.



**How has cancer changed you as a person, at a personal and public level?**

Changed everything in my life i am more happy, more beautiful, more positive, more active person now and cancer give me a lot.

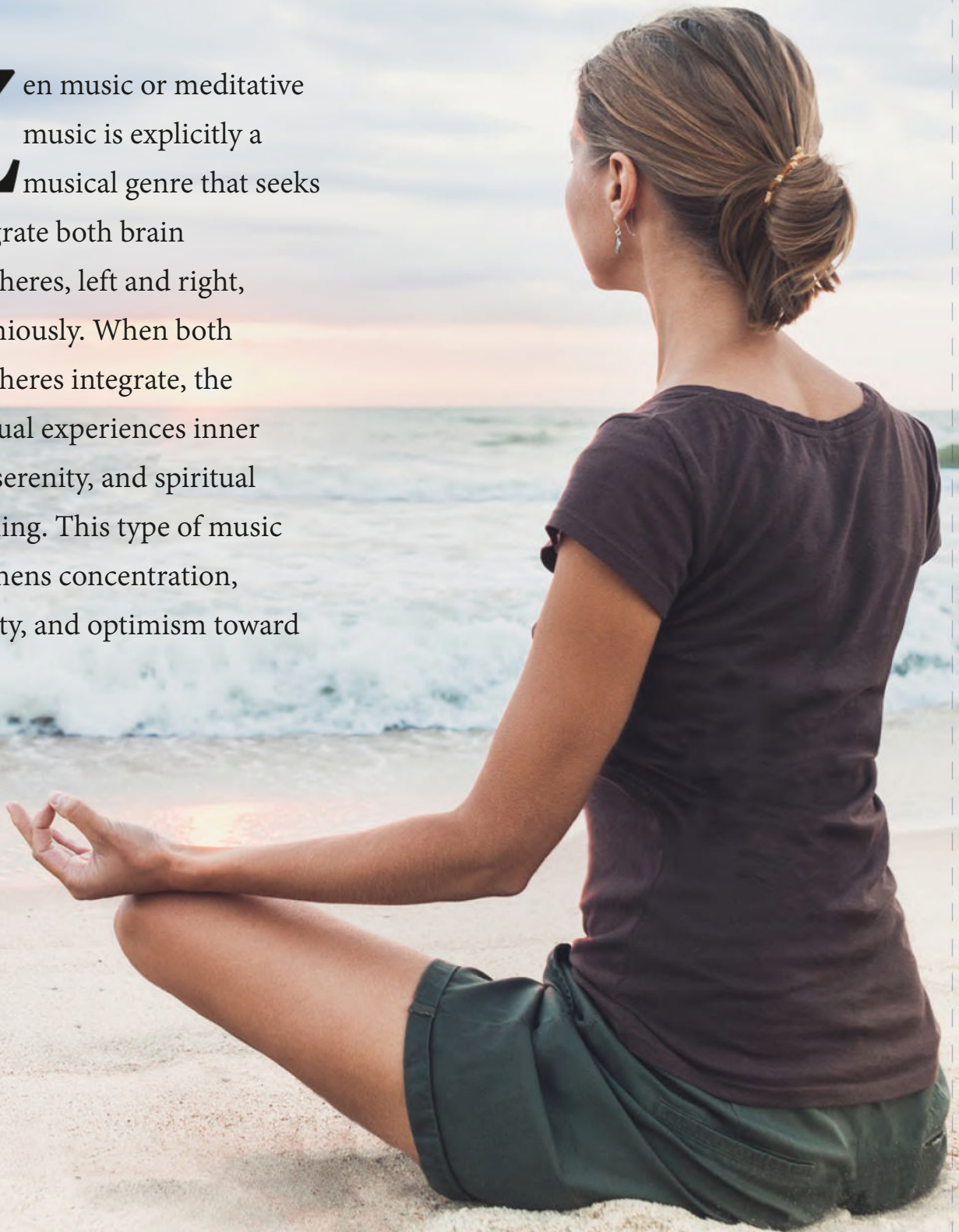
*All Good And Best Things.*





## MEDITATION TIP

**Z**en music or meditative music is explicitly a musical genre that seeks to integrate both brain hemispheres, left and right, harmoniously. When both hemispheres integrate, the individual experiences inner peace, serenity, and spiritual awakening. This type of music strengthens concentration, creativity, and optimism toward life.



# Nutritionist NUPUUR PATIL: *Before, After & Now!*

**C**elebrity nutritionist  
Nupuur Patil is  
dedicated to bridging

*the knowledge gap for people  
and changing the  
perception of the  
word diet. She is a  
believer in  
sustainable holistic  
nutrition which is a  
homemade balanced meal.*

*Being an athlete she herself lost  
30kgs by following the diet plan she  
prescribes to her clients. She caters to  
homemakers, corporate professionals,  
senior citizens, and people from all walks of  
life. Her clientele includes politicians,  
Bollywood celebrities, cricketers,  
sportspersons, and kids.*

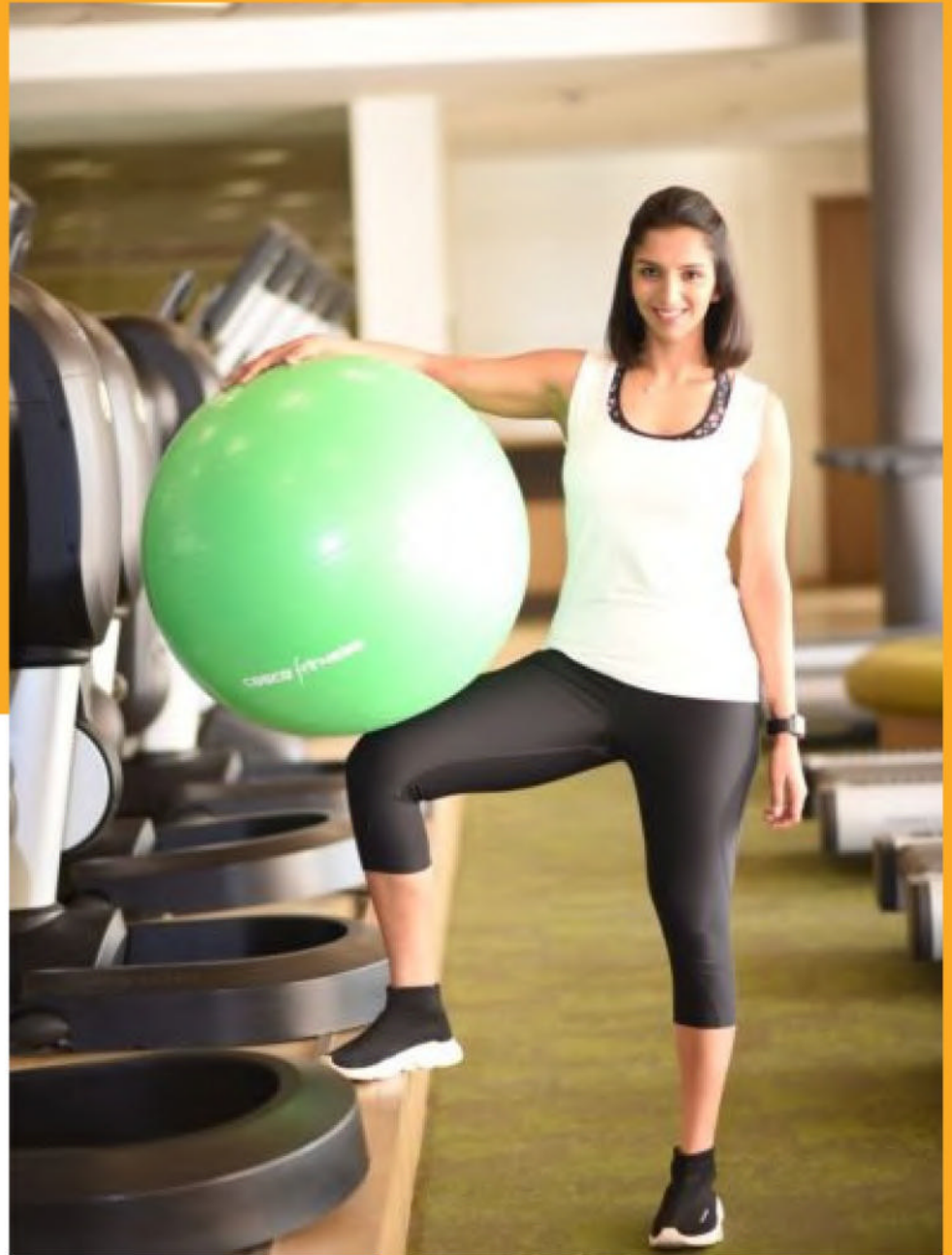


*Read On as Nutritionist, Nupuur Patil Walks Us Through Her Personal Weight Loss Journey & Tips To Achieve Optimum Fitness.*

**You started off as a trained pilot but as of today, you are a renowned nutritionist. Share the series of events that lead to this major shift in career.**

I started off as a commercial pilot I was flying as a co-pilot in the Philippines but because of the schedule my health had taken a toll I was unhealthy, I had gained weight, I had depression, and I had PCOS. For some personal reason I took a three-month sabbatical when I came back to India and just being at home and eating good and home-made food made me feel so much better in three months I was feeling so much better and I realized that I am doing something right and that's when I developed an interest in the nutrition field. That's when I started studying nutrition and then I got my degree and that's how slowly and

steadily I applied it to my family members, my self and then I had a few clients initially, and then when they also saw the changes that my diet brought about for them, the progress that they achieved, they started recommending me to their friends and family and that's how my journey as a nutritionist began.



“

*My Goal Was Never Set Out To Lose 30 Kgs Initially, It Just Happened Because Of The Diet That I Made For Myself*

”

**As shared by you “I used to be heavy or obese as an adult. Unfortunately, I added EVEN more weight about the time I became a co-pilot. The sedentary lifestyle of spending lengthy flying hours as a co-pilot and eating fat-laden junk foods all contributed to the weight I never wanted.” What motivated you to lose unwanted weight and that too 30 kg? Also, share the challenges you faced to achieve a desirable body & weight.**

My motivation to lose the 30 kgs that I had gained, was very simple. I wanted to be fit. I wanted to feel good. I wanted to look good, but more than looks I wanted to feel good I wasn't feeling good at all I was feeling lethargic I had so many health issues like I said earlier like PCOS and depression so I just wanted to get rid of what I was feeling.

Yeah, of course, there were many challenges along my journey and some of them were insulin resistance which I had used PCOS another challenge that I faced was sugar cravings because of the unhealthy lifestyle I was so addicted to sugar that I used to crave sugar a lot but these challenges are very easy to overcome once I started eating healthy started following the diet that I have now converted into a transformation program so that I can help more people like me I felt much better and the cravings reduced now they've completely gone and my insulin resistance has been completely cured so these were some of the challenges but it was not very difficult to overcome them with lifestyle and diet changes.

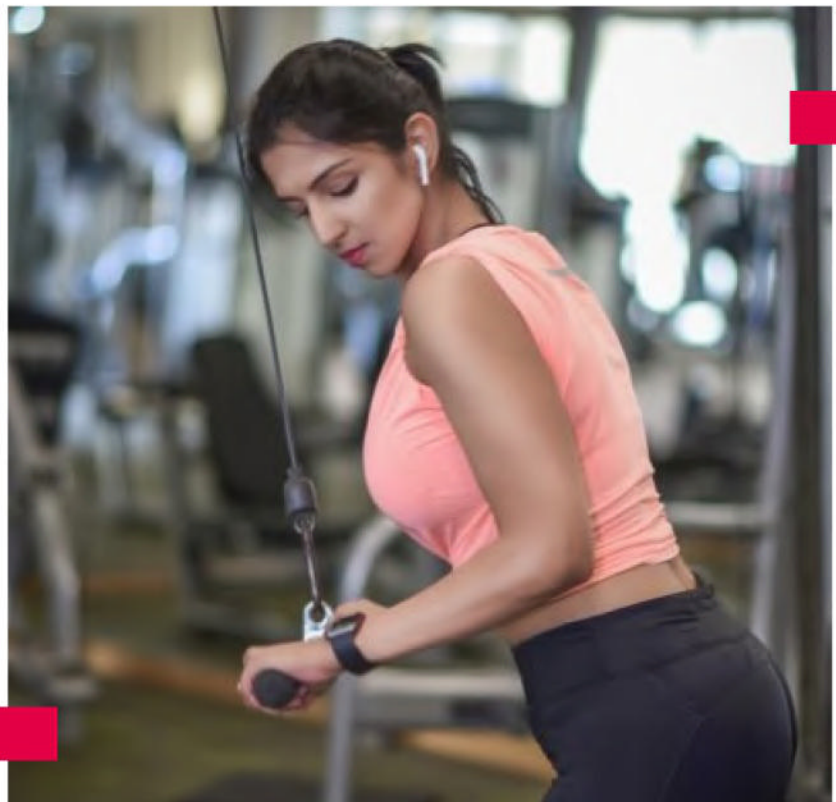
**Apart from being a nutritionist, you are also a runner, cyclist, and an open water swimmer. Being certified by the Olympics committee as a sports nutritionist, you are also involved in the training of participants for the world's toughest competition – the Ironman. Share 5 tips that are a must when one is training for any competition.**

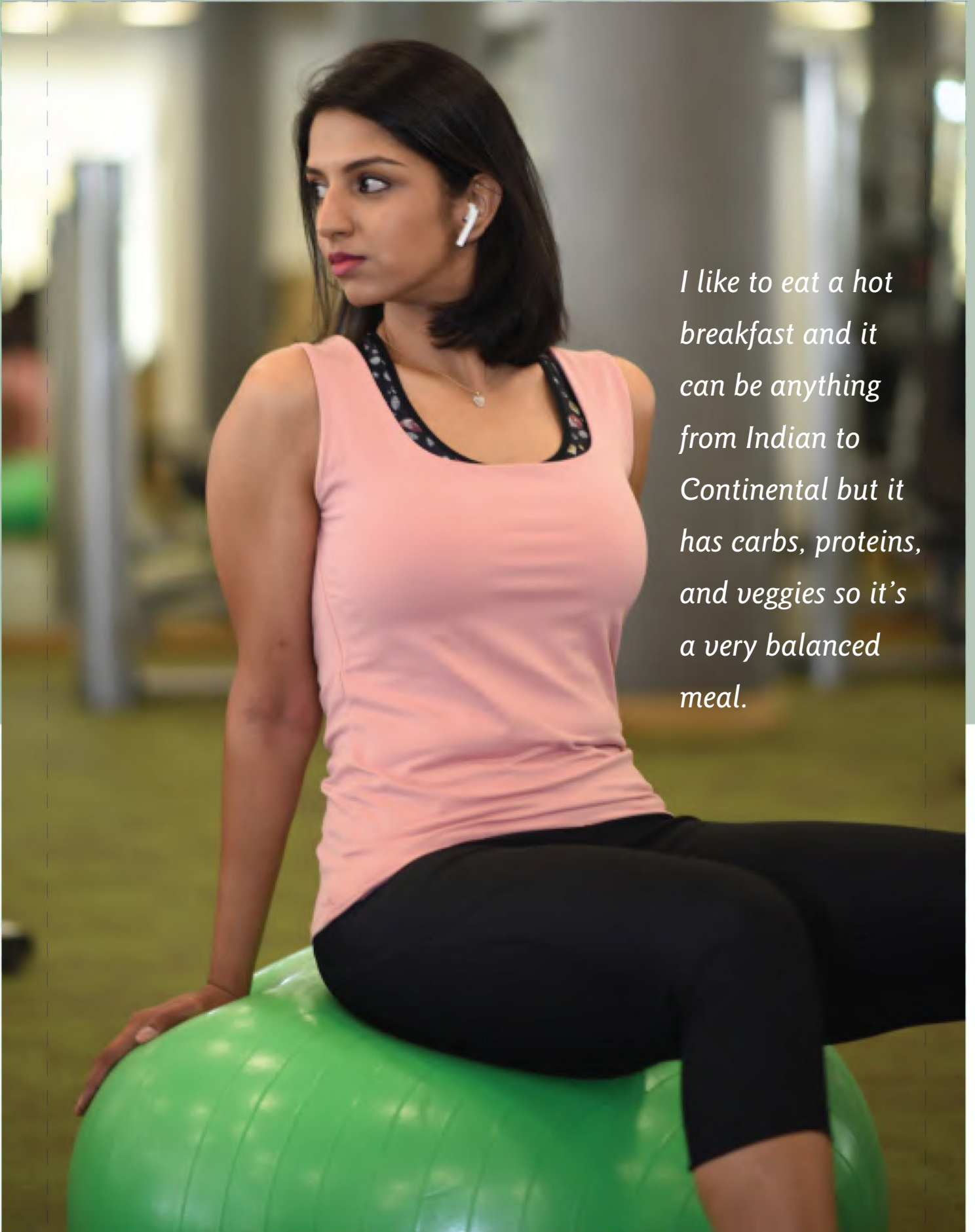
Actually, most people think that I train for a triathlon is the reason that I lost weight but that is not true.

## 5 tips for someone who is training for any competition

- 1- Focus on recovery that's how you progress
- 2- Not every time you have to train hard, slow and aerobic training is more important if you want to keep playing the sport for a longer period of time or maybe for a few years and maybe for the rest of your life
- 3- Do not undermine the importance of nutrition when it comes to sports, nutrition is everything. Focus on nutrition, protein intake, and micro and macronutrient intake.
- 4- Your sleep will decide how quickly you recover so sleep is also very very important when you're training for competition audio playing any sport in general or even if you're going to the gym sleep well decide how will you recover and how much of your training will benefit you yeah
- 5- Water intake if you're an athlete or if you're exercising more than an hour every day you should be drinking a lot of water if you do not drink water your gonna be dehydrated you're gonna feel tired you will see that your body is not gonna respond very well to training.

If you follow the steps I think you will also benefit from the training that you're doing for the competition.





*I like to eat a hot breakfast and it can be anything from Indian to Continental but it has carbs, proteins, and veggies so it's a very balanced meal.*

### **How do you like to kick-start your day? What do you like to eat for breakfast?**

I am a very early riser I wake up at 5 AM every day I like to kickstart my day with meditation and some quiet time, journaling or just meditation which gives me time to reflect and gives me the empowerment to go through my day.

I go for a workout it can be running cycling or a swim and then I come back and I'm so hungry I'm starving so I generally have a good huge breakfast so it's either oats or poha, Dosa Idli, or sometimes 2 eggs with a toast. I like to eat a hot breakfast and it can be anything from Indian to Continental but it has carbs, proteins, and veggies so it's a very balanced meal.

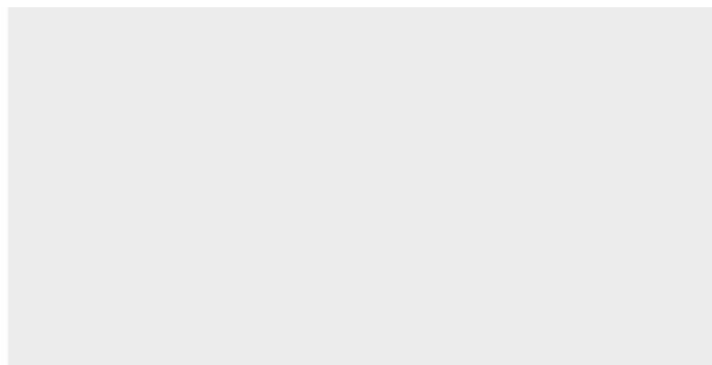


### **PCOD & PCOS are health issues that have become increasingly predominant in teenage girls & women. 5 lifestyle & diet modifications that need to be incorporated to manage hormones in the body?**

It's so true that PCOD is becoming more relevant and more prevalent in today's lifestyle for girls /women of all ages I was also battling PCOS and I have completely recovered without medication just from dietary and lifestyle changes.

#### **Five Lifestyle And Diet Modifications That Need To Be Incorporated To Manage PCOS**

- 1- First would be eating a high-protein meal I'm when I say high Protein I just don't mean that it just protein because the Indian diet is deficient in protein make sure you're having protein in every meal.
- 2- The second would be to make sure you do not have processed food because processed food is directly linked to insulin resistance which is a side-effect of PCOS so if you reduce your processed food consumption you will see improvements in your PCOS
- 3- Third is practicing yoga is a very good form of exercise for all PCOD patience and I highly recommend it because I practice yoga every day
- 4- Fourth is to eat healthy fats so include good fats in your diet reduce the consumption of trans fats include omega 3 fatty acids in your diet some examples can be like flaxseeds fatty fish like salmon mixed seeds nuts avocados and ghee.
- 5- Fifth is to move every day in the form of exercise or walking or just anything, 30 minutes of movement per day and maybe 5k to 8000 steps every day is very very important when you start this you will start seeing changes in your PCOD symptoms right away.
- 6- Sixth is managing stress. stress also affects how your body is managing your hormones so if you have a stressful life you need to find out ways to combat or reduce the stress I used meditation and yoga when I had PCOS which helped me tremendously and a lot of Pranayam which are breathing exercises.





**There is a lot of media hype on a low-fat, low-carb, high-protein diet, intermittent fasting, etc. On the other hand, You put a lot of stress on home-cooked meals. Throw some light to break the myths due to a lack of knowledge.**

There is definitely a lot of hype on low-fat low carb, high-protein, intermittent fasting all these fad diets. I have one question for people who go on a low-carb intermittent or keto diet can you follow this diet for the rest of your life? if the answer is no you shouldn't be following such a diet because this will not be counted as a lifestyle change and in my experience of being a nutritionist and losing 30 KG, a lifestyle change is what Defines your progress. Only if you can follow something for the rest of your life only then it is beneficial for you and this is the basis of how I also lost 30 kgs.

**Late-night food craving tips as shared by Nupuur Patil would be... Please share 5 tips.**

Late-night cravings or a result of not eating enough throughout the day so instead of foods I will give you some tips to reduce late-night cravings which will definitely help you and you will start saying change right from the first week onwards.

1. Sleep early: if you have a long gap between dinner and sleeping time you are bound to get hungry and that's when the cravings kick in.
2. Eat enough during the day do not skip breakfast do not skip any meals.
3. Reduce the consumption of processed food because the more processed food You eat the more you are going to crave it.
4. Start your day with healthy fats for example nuts.
5. Make sure you drink 2 to 3 L water per day

*If you follow the steps you will notice that you don't have midnight cravings.*



### **How can one achieve optimum mental health with diet? throw some light**

Mental health is a very important part of any healthy body because if you are healthy you should be healthy mentally and physically and food helps a lot because you Are What You Eat. You think good when you eat well. you feel good when you eat well. when I had depression I noticed how my mind and how mentality changed when I started eating healthy, homemade food. being healthy does not mean you have to chomp on salads. By healthy I mean home-cooked balanced meals that you have been eating right since childhood, food that your parents and grandparents have been eating.

This has a huge impact on mental health there is a ton of research to prove that the food you eat decides how you feel mentally physically emotionally.

### **What motivational quote do you live by?**

My favorite motivational quote is “one day or day one? you decide” which means there is no right time to start.

This doesn't just apply to fitness or exercise a diet you can apply this quote to any situation in your life the important thing is to start if you start taking the first step you will automatically know how to take the second step on how to go ahead.



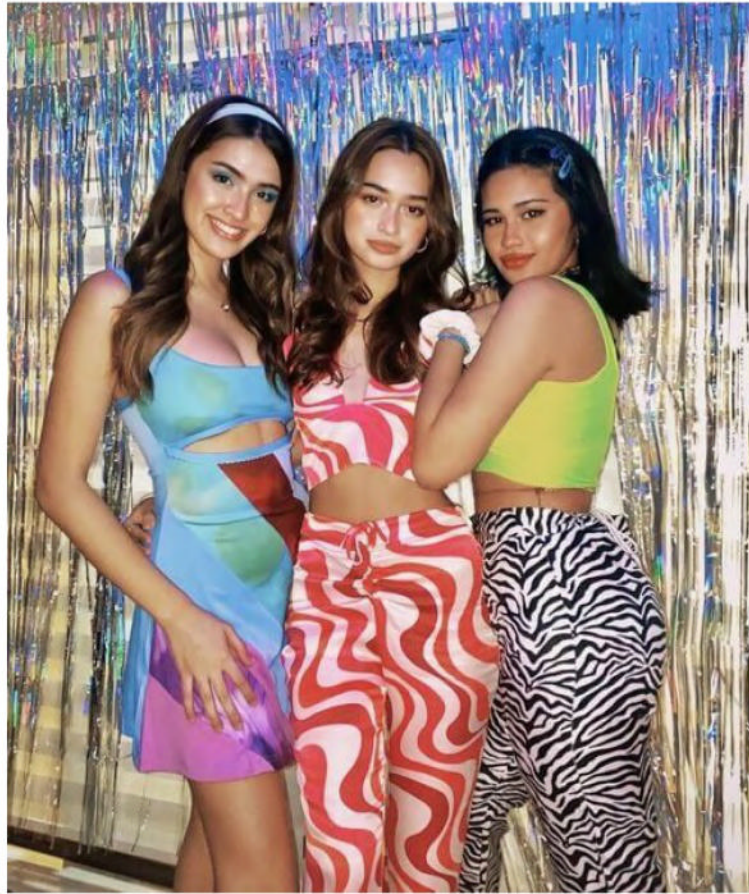


# Theme Party Options The Ultimate List

**A** theme for your party can be a great way to bring your celebration to life. There's no question that a good theme can take a party from average to wildly creative, fun and jaw-dropping (if you're willing to get crafty with decorations, of course). One of the hardest parts about planning a party, though, is coming up with the perfect theme in the first place—which is why we turned to the experts.

## 70'S Disco, 80'S Retro, Or 90'S Pop Theme

Everyone loves a good dress-up party so why not get everyone to come dressed in the fashion of the 1980s or as one of their favourite movie stars or celebrities of the decade. You could have your event management team put together an 80s-inspired playlist as well as some brightly-coloured mocktails for the guests to drink whilst dancing the night away to cheesy pop music! Leggings and ra-ra skirts at the ready! Pull out the wigs for a 70's theme party, or even a 90's UV party!



## Bollywood Theme

Cloth drapes in bright pink orange-gold and red, saris, draped gazebos, palm trees, palm fans, palm leaves, flower garlands, Bollywood sign, Taj Mahal scenery, gold pots and beads, elephants, reed screens.

## Heaven Theme

3D carved clouds, cherubs and angels, cloud cushions, cloud scenery, cloud banners, white Roman pillars, white swings, flower garlands, small white birds, pearly gates.

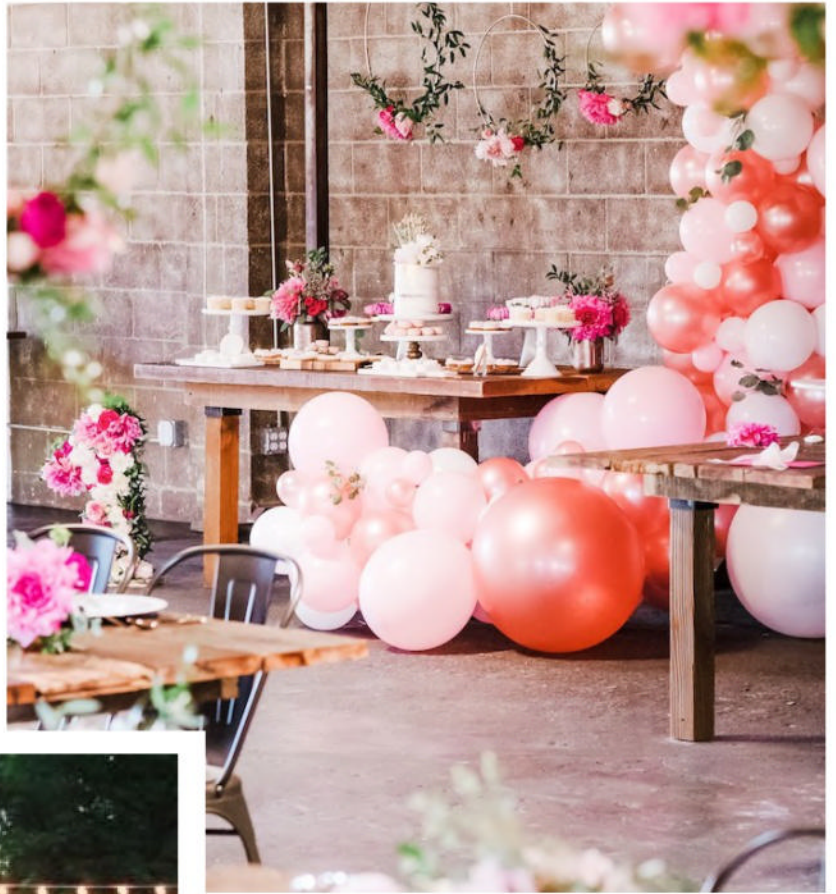


## Florals Theme

What's cuter than a bouquet-making party? You can buy flowers for cheap at your local grocery store or flower market and spend the afternoon testing out your arranging skills.

## Caftans and Cocktails Pool Party

Gather up your girl friends and bust out the caftans! Summer begs for pool parties, loud floral prints and cocktails with the ladies – a cocktails and caftans party delivers in all areas.



## Astrology Party

Take a nod from the universe and throw a star-studded soirée. Have guests dress up as their zodiac sun sign (bonus points if everyone has to guess based on the ensemble) and complete the cosmic vibes with space-themed decor, such as the planets and moons.





## Pop Art

Give a try to a Pop Art themed baby shower and use tons of Campbell's soup cans for flowers.

## Beach Party

The Bash suggests adding a seafood-theme food truck (like The Shucking Truck) to your beach party.



## Target Theme (yes, like the store)

Choose the decor of your choice: red, white, and polka dot. Go for a theme and don't hold back. Guests notice and appreciate the small details more so than if you spend a ton of money to have an extra layer on the cake. It's always fun to create any type of "help yourself bar" where guests really interact with the event and can personalize their experience.



A theme party doesn't need to mean a costume party. It can be a fancy dinner party or a unique experience. It's a great way of planning a memorable event that is sure to get guests thinking about how they can make the theme work for them.

## Arabian Nights Theme

Rich shades of red and luxurious gold cloth drapes, large palm trees, desert oasis, Bedouin tent booths, cushions, large pots and baskets, large lanterns, flying carpets, palace scenery.



# SUBSCRIBE TODAY



## Women Fitness India Digital One Year/6 Issues



### Great Reasons To Subscribe

Receive each copy straight in your inbox.

Be the first to read about the latest happenings on Women Fitness India.

Tons of workout, nutrition, pregnancy, fashion and weight loss tips to inspire you.

### How to Subscribe?

Go To:

[www.womenfitness.org](http://www.womenfitness.org)

Mail Us:

[womenfitnessorg@gmail.com](mailto:womenfitnessorg@gmail.com)



@womenfitnessindia



@womenfitnessorg



@womenfitnessorg

WomenFitness.Org



**Namita Nayyar**  
President

For More Inspiration  
Log on to:  
[www.womenfitness.org](http://www.womenfitness.org)

For Any Business  
Or Health Inquiries  
[womenfitnessorg@gmail.com](mailto:womenfitnessorg@gmail.com)