

# WomenFitness

December 2020

INDIA

## Nidhhi Agerwal:

The Next  
**Big**  
Thing

**PARTNER  
YOGA**  
Workout For  
**MOM & KID**

**FACE THE  
WINTER  
TIPS TO**  
Take care

**5**

**AGILITY  
LADDER**  
**DRILLS** to  
BURN CALORIES

**SHAURYA  
SANADHYA**  
**ON COMFORT  
STYLING**  
**AND TRENDS**  
**2021!**



# DIGITAL NOT ENOUGH?



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# Editor's Note

2020 has been a year filled with highs and lows, leaving the human race with loads of time to reflect on their tumultuous lifestyle. Standing at the crossroad, Looking ahead to a year of renewed commitment for self-care, we explore the best new methods for optimizing your physical health, mental wellbeing and a sense of optimism.

Actor Nidhi Agerwal needs no introduction. Having been cast opposite Tiger Shroff in a project like Munna Michael, she has proved herself in Bollywood. On Women Fitness she uncovers her dreams, aspirations, health & fitness routine. We have a all new Nidhi Agarwal as our December Role model.

Ready to take on from her is the Millennial YouTuber Delight, Sejal Kumar, as the New Year Star. Her endearing smile and casual fashion sense have made people go crazy for her. Fashion is everywoman's delight, she is joined by Shaurya Sanadhya to enlighten you with what's instored for us in 2021. Her passion for fashion and skincare has made her start a community of her own on social media, giving birth to her clothing line and skincare brand.

With lots more to diet & exercise, we sign off with Spiritual healing to see you in the New Year.

Thank You for all For the love, acceptance and Adulation.

Merry Christmas & Happy New Year.

Namita Nayyar

President, Women Fitness

*An important attribute of  
success is to be yourself.  
Never hide what makes  
you, you.*

— Indra Nooyi



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## COVER STORY



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# Nidhhi Agerwal:

## The Next Big Thing

Nidhhi Agerwal is an Indian actress and dancer who appears in Telugu, Tamil and Hindi-language films. She was a Yamaha Fascino Miss Diva 2014 finalist.

Nidhhi Agerwal marked her Bollywood debut opposite Tiger Shroff in 'Munna Michael', She was also part Telugu blockbuster Savyasachi. She will also star in Akshay Kumar's Ikka directed by Ali Khan, it will be a remake of 2014 hit Kaththi.

In a candid interview with Women Fitness India, Nidhhi opens up about her journey and love for chocolates!

**An Aishwarya Rai Bachchan fan, you've fulfilled your childhood dream to be an actress. Today you are a successful Indian actress and dancer. Tell us how has the journey been for you?**

Yes, absolutely. My journey has been magical. It has been like a fairy tale where you dream of something and that happens for real. But, of course, I had to put in a lot of work, clear auditions, and be good during meetings so that I get more work. I'm extremely happy and lucky. I love the fact that I'm an actor and that keeps me going every single day. I'm so thankful to people within the industry and the audience that they've accepted me and motivated me to keep working.

**You made your debut in Munna Michael opposite Tiger Shroff and also won the best debut award. Share your experience while working for the film. How did you prepare for the role?**

Yes, I did. Thank you! It was my first film and I literally didn't know anything. I cleared all the auditions. I had to prepare and perform my lines and some dance sequences, among other things. I'm not a trained actor. I'm six films down and I now know what goes into it and what I need to do. But at that point of time, I felt like I was Alice in Wonderland. Everything made me go, 'Wow!' It was a lovely experience. I got to work with a wonderful team who helped me and took me along with them. I'm very, very happy that my first film was with someone like Tiger (Shroff). He'll always be special.



**Having worked for both Tollywood and Bollywood, how would you rate your experience, and which one did you like the most? 5 things that excite you about a role in a film?**

I cannot choose. I'm also working in Kollywood. 'Pan-Indian actor' is the right term for me as I'm working in different languages. I'm slowly learning them too. I've learnt Telugu and I'm learning Tamil. My experience on every film set is totally different. I love the fact that I'm working in so many industries and I get so many people to watch me.

- The first thing is the character. There are so many nuances and basic characteristics attached to it – whether it is a loud character or a soft and shy one or a bold one.
- The pitch of a character is also important. Every character has a different pitch.
- The third thing is the look. Films are a great way of experimenting with your looks.
- The fourth thing is the director.
- The fifth is of-course your co-actors.

**You have been a beauty pageant and Yamaha Fascino Miss Diva finalist in 2014. What exercises comprise your fitness regime or workout routine? The 5 strength exercises for legs and abs that you practice regularly**

My fitness regime keeps changing. Before the lockdown, it was all about going to the gym. I would love lifting heavy weights and that felt really good. I turned from being 'extremely skinny' as people would call me to a little bit stronger. In this current situation, I've doing yoga. And sometimes, I do pilates, dancing and gymnastics. Starting your day with exercising for 40-45 minutes is great.

I squat till I drop. Lunges are very important, along with deadlifts, step up, and cardio.

**Do you take some special diet or have a strict menu that you follow to remain healthy and physically fit? Share 5 desserts you enjoy eating. Is there a health drink you like to kick start your day with?**

I don't really follow a diet. It has taken me a while but I've now understood my body in terms of what works for me and what bloats me up. I don't ever go by the quantity of food that I'm eating but I always look at the nutrition aspect of it. It's about getting to know what works for you. I've found what works for me. To be very honest, homemade food works very well. You need not be on a very fancy diet. Simple ghar ka khaana will help you achieve a basic fitness level.

I'm not a dessert person. But I love chocolates cakes, brownies and chocolate ice-creams. I like anything chocolate.

I love starting my day with warm water and lemon. I love lemon. At times, I add some honey to it.

**You have glowing skin and gorgeous hair. Share your hair care and skincare routine. What are the skin packs and hair therapies you highly recommend?**

At school, my seniors would say to me, 'Your hair is so silky! Which shampoo do you use?' (laughs) Your quality of hair is determined by your genes. My entire family has better hair than me. When I was about 17, I used to have acne. But when it comes to skincare, I believe that the basic you keep it, the better it is. I use a dermatologically recommended face wash. I remove my make-up with Bioderma which is the simplest solution to remove your make-up. I don't use a very heavy moisturizer especially when I'm in Bombay. But when I'm in Hyderabad, I use a bit of a more intense moisturizer.

To be honest, I don't have a very intensive skincare routine. Sometimes, home remedies are great. If I tend to get a breakout or I see that I'm getting some kind of a rash on my skin, I simply put some turmeric, and the next morning, it pretty much goes away. I like experimenting but not too much. One should play it safe.



I squat till I drop. Lunges are very important, along with deadlifts, step up, and cardio.





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**Today social media plays a vital role in putting your message across to your followers and fans. What is your message for those 5 million followers you've on Instagram?**

Social media is a great platform. As of now, I'm at 5.6 million real-time followers. It feels amazing to be just two-and-a-half years old in the industry and having such a good fan base of people who want to listen to you and who like you. I really like using social media. My message to all my Instagram followers would just be, 'I love you.'

**What are your upcoming future projects, and how would you prepare for your role keeping in mind personal safety against the pandemic?**

I've quite a few of them and I'm very excited about them. The producers will announce the projects and you'll come to know about them very, very soon. I've to finish two projects and I'm starting two more. Work-wise, my slate is looking quite busy which is very good. I've had seven months of rest now.

The production will take care of the safety aspect. I'm confident about that. When it comes to my personal safety, I'll be wearing a mask as much as possible except when I'm in front of the camera, not touch things and keep a safe distance from people. I'll make sure that I don't touch my face and if I do, I'll wash my hands before that. I'll make sure that I follow the basic things that I've been following up until now. I'll follow a good and healthy diet with a lot of turmeric, ginger, and other Indian herbs and spices in it.

**Being the cover girl for Women Fitness India, you are an inspiration to many. What message would you like to share for our readers who wish to and aspire to enter the industry?**

First of all, thank you. It feels great to be on the cover of Women Fitness India. The message that



I would like to share for people coming into the industry is to train. It's quite contradictory that I'm saying it but I would genuinely advise them to train.

Never put all your eggs in one basket. You should do something else prior to joining the industry and then try your hands here and see how it works out because luck is also a huge factor. Do whatever takes off. One needs to know that nothing is the be-all and the end-all. Life is great and it's very, very long and so if you want to do something, you can do it.

**Since Women Fitness India talks about health and fitness, how would you define fitness and how do you keep yourself mentally fit?**


Fitness, for me, is definitely not just physical. It's all about mind, body and soul. I keep my body fit by doing a physical activity. I keep my mind fit by doing a certain kind of meditation.

Even five to ten minutes of meditation helps. Thinking positive is also important for a healthy mind. If you want to keep your soul happy, you can do that by eating nutritious food, growing some plants, spending some time with your pets if you have them and your family, doing some creative things like painting or whatever you like, and talking to your friends. I love my work and so for me, working is also a part of keeping my soul happy. One should definitely give all three aspects of equal importance. ■



## WORKOUT

# 5 AGILITY LADDER DRILLS to Burn Calories



**L**adder Workout is a great tool for agility-based exercise because it's lightweight, portable with endless variations to perform at home and outdoors. If you really want to kick up your metabolism and incinerate fat, you can intensify the cardio and conditioning nature of the workout. It is a high-intensity interval training to attack your fat: accomplish more in less time!

These short bursts of intense effort accompanied with a brief pause, blast fat and burn more calories. Exercises like the lateral bear crawl pounce and plank in-and-out travel will challenge your core endurance. All these moves will get your heart pumping and enhance your conditioning.

### 5 Calorie-burning Ladder Drills

#### Two Feet In Each Square

- Place two feet in each square before moving onto the next. You want to stay on the balls of your feet and move your feet quickly.
- Similar to the single foot in each square, the extra challenge to this move is to also pick up your knees. Think high knees down the ladder. Push your heart rate further and uses a bigger range of motion.



## Jumping Jack Feet

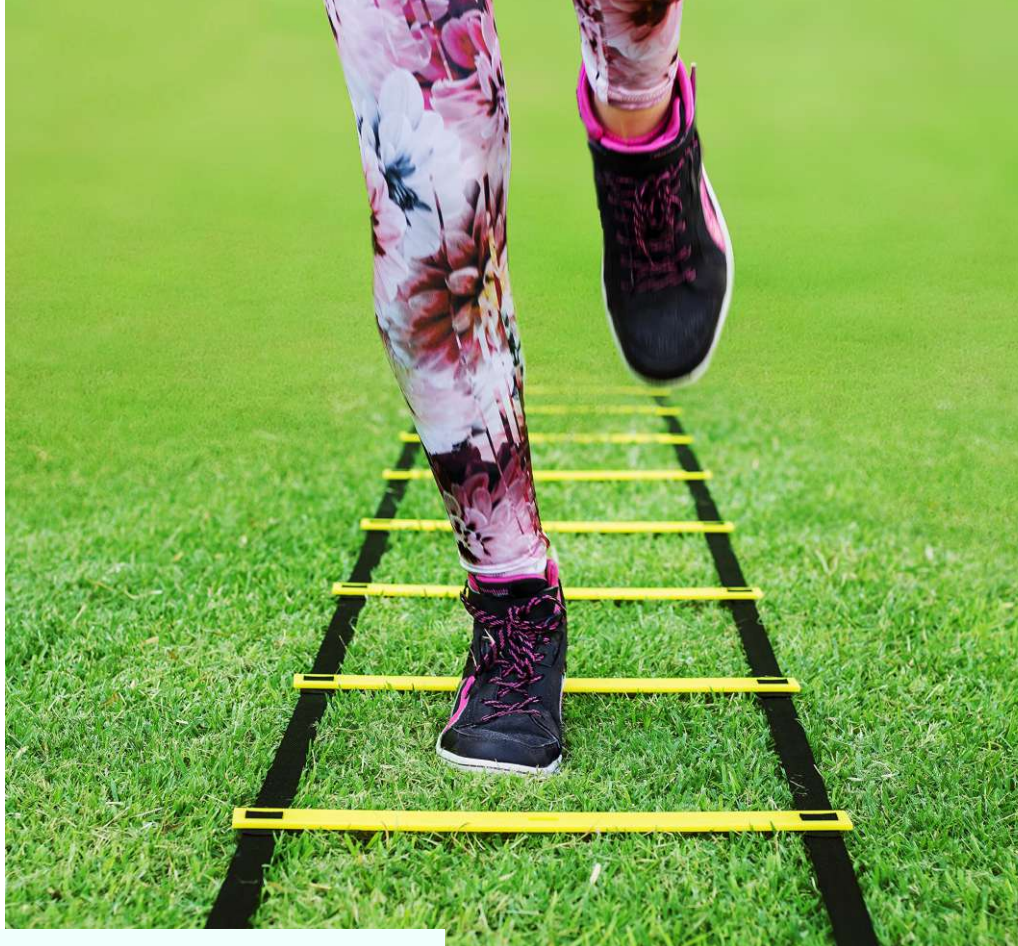
- Jump two feet together inside a square, then jump out while moving down the ladder. Just as you would do regular jumping jacks, continue to use your arms in an overhead position to increase the heart rate.
- Stay on the balls of the feet as you jack them out and in down the entire ladder.

## In In Out Out

- Begin by placing the right foot in the square and then the left foot. Then you will step outside of the ladder with the right foot, then the left, leaving both feet on the outside of the ladder.
- Follow the pattern of in in, out out, leading with the same foot as you go down the entire ladder.
- Once you are back, the challenge now is to start with the opposite foot, making sure you are evening out your body and not always choosing the more dominant foot to lead.

## Beast Crawl

- The beast drill is great for strengthening your upper-body and core.
- Proper beast form starts with getting into tabletop position and lining your shoulders directly above your wrists. Then, lift your knees an inch or two off the floor.
- The move is almost like a puzzle. You move from side to side to find the right spot. Your whole body is engaged throughout the movement.



## Single Foot Hops

- Begin with the ladder in front of you. Hop with the right foot into square one, then square two, square three, and so on.
- Continue hopping only on the right foot until the end. Then turn around and repeat the sequence hopping on the left foot.
- These exercises if practiced regularly will help improve coordination and body awareness for exercisers at all levels. As a result, activities of daily living (ADL) can become safer and easier to perform.

### Note:

- Perform each drill two times in a row. Always warm-up & stretch before a workout.
- The upper body shouldn't be leaning forward as your body moves forward. The shoulders stay over the hips

so that your weight is centered over the midline of your body.

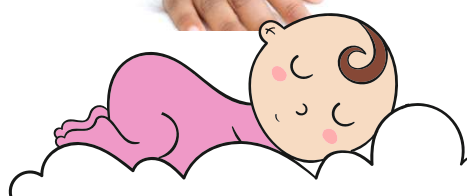
- The easiest way to make this exercise easier is to do it slowly. However, if you slow the movement down and still find it hard to coordinate your feet, consider using an agility ladder with bigger squares.
- Move down the ladder, shuffle back to the beginning of the ladder again and do it one more time.
- Do that for each of the 5 drills. Take a rest to catch your breath and then repeat all 5 again!
- You should have healthy knees and feet to use an agility drill ladder. Many physical therapists use an agility ladder as part of their treatment protocols for hip and other lower body injuries, but you should work with a qualified professional if you use the device for rehab.



## FIT TIP

Wrist curls are a good forearm exercise for days when you just can't make it to the gym. To do while sitting in a chair, take a small dumbbell in each hand (you can use a soup can if you don't have a dumbbell). Place your forearms against your legs with your wrists hanging off the front and palms facing up. Curl your wrists upwards towards your body. Then slowly lower them back down to complete one rep.





# 10 Tips to Choose a Baby Name

Choosing a name for your little one can be taxing and leave you lost at times for you very well know that name is going to last for a lifetime.

To make things a little easy for you we have top 10 baby-naming rules that can help you. So whether you're looking for baby girl name or boy name, you can pick the right one for your little one.

## Tips to Choose a Perfect Baby Name

### Avoid Passing Trends

Is the name you have in mind ready to stand the test of time. Ask yourself will this name sound completely ridiculous in 10 years, when it's not trending anymore? Will other children be tempted to chant it in a taunting tone in the school? Will my child have to spell or explain their name every single day of their lives? If the answer to any of these questions is "yes", consider passing on the name.

### Classic Names Don't Have to be Boring

When I suggest that you stick to classic names, I'm certainly not implying that everyone should choose popular baby names like Rajan, Shruti, Radha. How dull would that be? There are plenty of striking appellations to choose from that have been around for centuries but remain relatively obscure. Think Kiara, Neysa and Priyansh for girls, and Ritvik, Fateh and Arhaan for boys.

### Take Input from Your Family Tree

Another great place to seek inspiration is within your family tree. Perhaps your parents have old records of family names or one of your family members has created a family tree online. Have a look to see if anything catches your eye. There's something really special about choosing a name



that you not only love, but that also has a strong significance for your family.

## Always Respect Your Culture

Choosing a name from your cultural background is a beautiful way to honor your heritage. An online search for names from your culture is bound to turn up at least one that you love.

## Look Up for Meaningful Names

This step is imperative so that you don't end up choosing a name with a meaning that horrifies you. You might love the sound of Samar, look up for the meaning that is "talk in the evening" You may decide that you love the name enough to overlook the meaning, but be prepared to laugh it off when someone inevitably asks you the significance of your child's name.

## Contemplate all Possible Nicknames

It's a good idea to brainstorm possible nicknames with your partner or another trusted family member or friend to ensure there isn't some shocking possibility you're overlooking.

## The Importance Of The Middle Name

You may choose your child's middle name based solely on the fact that it fits nicely with their first and last names, but you could also use it to honor a family member such as a grandparent or a beloved aunt. It's also a nice place to "hide" a family tradition.

## Don't Ignore The Initials

This might sound petty, but your child's initials are another crucial consideration. Write down the initials of all the name combos you're considering just to be sure.

## Say It Out Loud

Do the first, middle and last names have a rhythmic flow when you say them out loud? While you're at it, do a Google search to make sure there aren't any sordid characters that carry the same name as your unborn child. The last thing you want is for people to say, "Wasn't there an adult movie star called that?!"



## Don't Stress Too Much

There's a lot of pressure to choose the perfect baby name, but remember that if you do make a mistake and regret the name you chose, you have options. You could use a nickname for your child and forget that their real name exists – Or you could use their middle name as their first name – hence the choose the middle name wisely.

And if it becomes an issue, you can always change your child's name legally. It requires a lot of paperwork and some fees, but it's not impossible.

Relax whatever name you choose will end up looking beautiful on your loved one.

## 5 Names for Girls

- Aashi: smile
- Chetna: power of intellect
- Hrutvy: Angel
- Enanya: Good
- Mihika: Dew Drops



## 5 Names for Boys

- Ashvath: Strong
- Darsh: Lord Krishna
- Hansin: The Universal Soul
- Jayesh: Victor
- Ranav king

# Tips to Overcome Late Night Party **HANGOVER**



**S**unlight is streaming in through the window. You try to open your eyes but there's a heavy pounding in your head. You feel like throwing up. You have no energy to face the world, and you hate yourself for drinking so much last night. It was a great party, and you really enjoyed it; maybe a bit too much! But there's always a price to pay and the universe has punished you with the worst hangover ever!

You may be mulling over whether to participate in the next day's festivities and fun (after all it is Diwali week) or stay back in your room, close the curtains and sulk.

Usually hangovers subside within a few hours - 24 hours being the maximum so far. Although there is no absolute cure for a hangover, there are a few things you can do to reduce the symptoms.

## **1. Rest well**

Yes, rest! Not simply because you deserve it after last night but because lack of sleep can most certainly worsen your hangover. So it's better for you to go right back to sleep till at least 11 am.

## **2. Hydrate yourself**

A huge part of why you feel so terrible during a hangover is because you're dehydrated. So drink lots of water and re-hydrate. It is best to do that while you're drinking (have one drink and follow it with one glass of water).



### 3. Eat something

Do not drink on an empty stomach. It increases the rate of alcohol absorbed in the bloodstream. Carbohydrate-rich foods can slow down this absorption rate. Similarly, have a filling meal once you're awake. Do not stay hungry for long. Your blood sugar levels may be low and contribute to aggravating the symptoms of your hangover. A big healthy meal will increase your blood sugar level and help you feel better.



### 4. Moderation is key

You already know you're most probably going to drink at the party. So, the best way to avoid a hangover is to stay within your limit and drink in moderation.

Also, try to follow the one-for-one rule (one glass of water after one drink).

You'll not feel so terrible the next morning.



### 5. Avoid dark drinks

Vodka and gin are less likely to give you a bad hangover. This is because they have very small amount of congeners- a by-product of fermentation. Dark-coloured drinks have high amount of congeners which worsen your hangover symptoms.



### 6. No hair of the dog

Did a friend suggest that they drink more to get over their hangover and that it is effective? Alcohol is the reason you're feeling like this. Adding more of it to your system is simply going to worsen your hangover.

### 7. Medication

You can take some pills to ease your headache. But do not take any medicine with paracetamol in it. Alcohol plus paracetamol is just recipe for more trouble! Take an antacid if you're feeling nauseous. It is always advisable to check with your doctor beforehand. Also read the label for any warnings.

Want to know how to prevent a hangover completely? Unfortunately, the only answer is- don't drink! After all, prevention is better than cure.

By: Kejal Sheth





# Diet Planning for A Diabetic

By: Ms. Preeti Tyagi



## Food Groups for a Diabetic Diet

The common belief is that you must give up all your favorite foods as soon as you are diagnosed with Diabetes. It's not true, but there are a few items that should be either avoided or eaten in moderation.

Before we proceed to our diabetic diet, let's talk about the five important food groups that should be included in our everyday meals.

**Group I:** Non-starchy veggies: broccoli, capsicum, bottle gourd, carrot, cabbage, leafy vegetables, onion, lady's finger.

**Group II:** Whole grains: like roti, brown rice, whole wheat bread, oats, bajra, jowar, barley, corn.

**Group III:** Lean Protein: like soybean, pulses, eggs, fish, nuts, skinless chicken.

**Group IV:** Dairy/Dairy products: like low-fat milk, yogurt, cheese.

**Group V:** Fruits: like apples, berries, papaya, melon



A healthy diabetic diet should consist of all these above-mentioned food groups in the right portion size.

- One- half of your plate should have cooked or raw vegetables.
- One-fourth should have whole grains, and
- the other one-fourth portion should have lean protein along with one serving of fruit and one serving of dairy or dairy product.





## Sample Menu For Lunch & Dinner For a Diabetic Plate for Weight Loss

- Whole grains: 2 Roti or 1 cup of brown rice
- Proteins: 1 cup dal, or ½ cup of homemade fresh paneer.
- Veggies: 1 cup raw salad and 1 cup of mixed vegetables.
- Dairy: 1 cup Raita
- Fruit: 1 cup pomegranate.



While planning a diabetic plate, always be careful with the portions.



**The right food in the right portion is the key to living healthy with Diabetes.**


It is always better to ask an expert dietician's advice to know exactly what and how much to eat from the above-mentioned food groups for a better glycemic control.

## Diabetes Diet Related Myths, Busted!

- Fruits like Mangoes and Bananas should not be part of a diabetic person's diet. Not true! In fact, there is a compound called Mangiferin which is an antioxidant and helps in lowering the blood sugar levels. Just mind portion control, and consume during the day time, not in evening or night.
- High fat sweet fruits such as coconuts are not good for diabetic people diet. Not true! Coconut in dry form and coconut oil is good in diabetes.
- Carbs must be avoided. Not true! Carbs are an integral part of a diabetic diet plan. Go for high fiber and low glycemic index carbs while planning the diet.



## STAY HYDRATED

A smiling woman with dark hair, wearing a red top, is holding a clear glass of water. The background is blurred, showing green foliage. The text is overlaid on the right side of the image.

Set hydration goals or a target to drink a minimum number of glasses of water a day. It's a great way to incentivize oneself to keep hydrated. Add a fruit or raw salad, mainly lettuce / iceberg, or clear soup or even a glass of coconut water in your daily diet to keep yourself hydrated.



**BEAUTY & LIFESTYLE**



# SHAURYA SANADHYA On Comfort Styling & Trends 2021!

**S**haurya Sanadhya, one of the top content creators of Pune with exceptional creative skills. She an enthusiastic coffee and music lover. Her passion for fashion and skincare has made her start a community of her own on social media, giving birth to her clothing line and skincare brand.

In her interview, Shaurya talks about fashion trends and sustainable fashion!

**You hold a degree in economics and have worked for analytics. Being in a totally different field how did you plan to take up fashion blogging and started your YouTube channel**

I have a degree in economics and I worked in the field of analytics for about a year. But my love for fashion and my passion for styling goes back to my childhood days. I've always been that kid who would design her own outfit from scratch, beautiful family functions or even my own birthdays so I've always been that passionate about fashion and styling. And, That was the basis of the idea of creating my own YouTube channel or creating my own page on other social media platforms.

I actually wanted to create a community and make a platform wherein I could put across my ideas and my opinions about fashion, about how I style things, about my personal style to people. And at that point of time, there was no there was no better platform than YouTube or Instagram or Snapchat, Twitter, Facebook. So that was the idea to create my own community, which is why I started my own YouTube channel.

**"I had been interested in fashion since childhood. But the idea of making a career in fashion wasn't particularly appealing to my family." But as of today, you have 2 home-grown brands by you "Aryam " and "Shaurya Sanadhya Label". Tell us you're the philosophy behind them and also how do you manage them along with being an influencer**

Yeah, so that is true the entire idea of creating a career or making a career in the field of fashion. Basically, as a social media influencer, it was not very appealing to my parents.

They always thought, that having a more stable job is way better than something which is unknown. But at this point of time, I feel there's not nobody more happy as them when they see what I'm doing, when they see or read different articles about me and read about me in general and see my work, I think they're the happiest at this point of time.

But, yeah, there was a time that they were not very keen on me doing this. But now I have two of my own brand, Aryam, which is my own skin care and hair care brand, and then my label as well.

The entire philosophy of my label and Aryam was just to bring my idea of fashion, I would create for myself, to people in general, to my followers, to everybody around and, being an influencer, on an everyday basis, I get a lot of questions about hair care and skin care. And I consider myself very lucky that on a one-on-one basis I get to chit-chat with my followers and, understand what sort of problems they are going through.

So when I think about that, when I get to talk to them on a one on one basis, I actually listed all of these concerns down. With the help of my father in law, we created an entire line of skincare and hair products that would help people in general with the four basic skincare and haircare items like dry hair, dandruff, acne, pigmentation, tanning, all of this basic day to day problems. And the label has been my childhood dream as I really wanted to start my own clothing line.

That was the philosophy around creating my own label. When it comes to managing the two. I think I've said this a lot of times. I've had great help from my husband Amit, and he's helped me throughout the entire process from scratch till now. And he still stands strong next to me, he's been a very huge help. We do make it a point to give these two babies the attention that it requires. So even though it is tiring. We make it a point to incorporate the management of these two brands in our daily schedule.



**With 2021 approaches, share 5 fashion trends do you feel will dominate the fashion market, considering the impact of 2020**

If I talk about five fashion trends that that'll hit 20 21, I think the first is because everybody is moving towards comfort wear. So I think **stylish sweatpants**, like co-ords sets, would be a great trend in 2021 to anyone. Everybody's working from home these days. And, they want to look presentable as well as feel comfortable in what they're wearing. So I think **stylish sweats**, would be one of the biggest trends in 2021.

Next, I feel, **utility wear**, would also be a big trend in 2021. Apart from that, I've seen a lot of prints, in the current fashion show. So I think 2021 would be huge on **print**. Next, I could see, **oversized pants** or, types of **denim**, would also be a good hit in 2021 Again, coming to comfort is what we're looking at in the next year it looks also really good. So I think a lot of people would be sporting oversized denim and pants then. Fifth. I think **net**, because I did follow a couple of fashion shows some time back and I saw Net playing a very important role like there were a lot of nets that were being used. Sonet could also be a big hit in 2021.







**Do you practice sustainable fashion? Your pick from your wardrobe that serves the purpose. 2 designers whose work you admire the most?**

I feel that sustainable fashion is something that people should work towards at this point of time. And how I practice sustainable fashion is I love to swap my clothes with my friends. And that's something that I do. I've invested in organic fabric. Luckily, my mother and I are of the same size. So a lot of Indian wear, I take from my mother's closet. These are the few ways that I practice sustainable fashion.

Also, if I talk about two designers whose work I admire the most, I really love **Aneet Arora** and **Ruchika Sachdeva**. I think these are two designers that have done some great work towards sustainable fashion, and if you haven't checked it out, you should definitely check these two designers out.

**Your personal diet routine? 5 foods you absolutely love.**

Ever since I was a kid, I've never done any sort of diet. It's only as these days that I am on a diet, but my diet is for weight gain. I am very underweight according to my height and my age. So at this point of time I'm on weight gain diet. So my weight gain diet includes a lot of ghee, paratha, but it has everything healthy, nothing.

No junk, no bread. My dietician has asked me to avoid bread, junk food, and all of that, but has given me healthier options that would help me increase my weight and five things that I absolutely love, I'm a sucker for Indian food. I also love Asian. But my most favorite has to be Rajma chawal I love curry chawal too, give me biriyani I'll drool over it.





## Your personal skin and hair care routine. 2 Skincare tips before going to bed.

That's a very elaborate topic to talk about. But when it comes to my skin, there are three things that I feel are really important. Firstly is to cleanse your face. And the first thing that I do when I get back home or after I do my makeup like once I'm done with my shoots and everything, it's really important to cleanse your face and to get that gunk off your face.

And it also helps your skin breathe well. So that's really important. The next thing is to tone. A lot of people think that toner is unnecessary, but it's really important to restore the Ph. level of the skin. So using a toner is very important, And the third thing is that I feel is very important is using sunscreen.

A lot of people skip sunscreen, but it's really important because we are always in front of our TV laptop screens, phone screens out in the sun, asking does need protection from UV rays, and drinking lots and lots of water.

Again, getting rid of the toxins that your body has is a very natural way to get good skin and hair as well. When it comes to hair If I talk about hair, massaging your scalp holds utmost importance in terms of scalp health and hair health as well.

If you do like hair oil massage, that's great. But if you don't every night before going to bed, you can just massage or scalp from your fingers. It helps increase the blood circulation and in turn, obviously helps to get greater scalp and hair health. So that's what's important and, refraining from using a lot of heating tools.

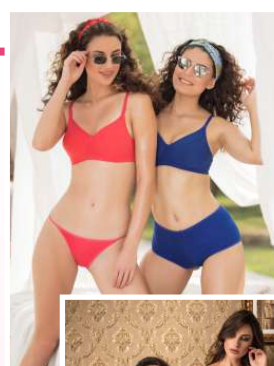


## Shop

Groversons group has a heritage of over 60 years in the segment of intimate clothing for women in India. **Groversons Paris Beauty is an inspirational innerwear brand that caters to Modern Indian women. It promises to deliver comfort, fashion, and value in the right measure to a confident, fashionable & independent woman of today's generation.** The brand believes that a free-spirited woman deserves a product that is made to fit her body and support her in all aspects of life.

Available both offline and online, Groversons also has a retail presence in more than 15000 MBO's pan India. It is the first Indian lingerie brand that caters to women's varied taste in style, fabric, colors and patterns in terms of bras, panties, leggings, shapewear, loungewear, and thermals.

Visit: [gsparisbeauty.com](http://gsparisbeauty.com)





I understand that to style your hair, you need to use heating tools. But if you can keep the heating tools to a minimum, I think that will also help your hair become healthier. Before going to bed I make sure that I massage my skin really well it just increases the blood circulation in the skin.

So that is something that I do. And drinking lots of water even before going to bed is something that I really do on a day to day basis.

**As indicated you have been underweight and skinny. Share input about your fitness regime**

So as I mentioned earlier, that I am currently on a weight gain diet, but it's really important to have a fitness regime just for your own body health. And my doctors also advised me to have a fitness regime. She advised me to do weights to increase my muscle mass. So a lot of weight training is involved and also yoga for body flexibility.

So these are the things that I'm currently doing. And having a fitness regime, in general, is really important for your health. It also energizes you for the day. And you can never say that it's OK. Even if I'm skinny. How does it matter? I don't need exercise. Everybody needs to have a fitness regime, needs to exercise on a daily basis, even if it's just some yoga or some stretching or some walking. It's really important to have a fitness regime in place. It's really important to have some sort of exercise routine on a day to day basis.

**New year message for Women Fitness followers and your followers**

2020 has been very difficult for all of us. There have been ups and downs that we've all seen. So at this point in time, the only message that I'll send out to people who are not just my followers, but everybody in general is you should never take life for granted. Just live in the moment Just find happiness. And in whatever situation you are in you should never give up is what 2020 has taught me. The business was down, nothing was in place. And, a lot of people had to start from scratch. So never lose hope and never stop believing in yourself is what I'd say.

Love yourself for who you are. That's the only message that I have for everybody. Just make the most of whatever you have, make the most of the New Year in every way possible, and stay strong.





# Face the Winter Tips to Take care

**W**inter is a season welcomed by most people, as it signifies the start of the festive season and is a welcome change from the heat and humidity as well as the incessant rains. It's also the time to bring out our lovely winter coats and scarves and give our wardrobe a stylish change. However, it's not just your wardrobe – your personal care routine also needs an overhaul!

Winter air is extremely dry, and as a result, your skin and hair lose moisture. This means that you end up with dry skin, chapped lips, dandruff, hair fall and, in some cases, irritation and rashes. You could try OTC products for each of these concerns, but then you'll only be subjecting your body to an array of chemicals which cause more harm than good in the long term.

Fortunately, you don't have to do that – not when we have a treasure trove of traditional home remedies, otherwise known as 'dadi ma ke nushke'!

Today we bring you 10 of the best grandmother's home remedies to face the winter chill, which will leave you feeling and looking great all season!

Grandmother's Home Remedies to face the Winter Chill



### 1. Use Cinnamon and Honey to Cleanse

Commercial facial cleansers can be very drying, and this is particularly harmful in winters, when the skin can end up feeling tight and parched. A cinnamon honey cleanser is a much gentler option. Cinnamon and honey are both anti-inflammatory and antimicrobial, cleansing and keeping germs at bay. What's more, honey is a humectant and an emollient, which means it traps moisture in the skin and locks it in. Mix 2 tablespoons honey with half a teaspoon of powdered cinnamon and apply all over the face with your fingers or a soft facial brush. Leave it on for 10-15 minutes and rinse off with cool water.





## 2. Use Raw Milk as a Toner

Toners help in tightening pores and thus preventing acne and breakouts. However, most of the toners available are quite drying to skin and not suitable for winter. Raw milk is an excellent alternative this season as it is naturally moisturizing, closes pores and evens out the complexion. It is also full of antioxidants that help fight free radicals that cause premature ageing. Just apply some raw milk to a cotton pad and pat it all over your face. Leave for 10 minutes and wash off. You can also mix equal amounts of milk cream or malai with honey and use it as a face mask.

## 5. Apply Coconut Oil before Bed

We know that coconut oil is one of the most moisturizing ingredients out there, but not many of us realize that it's also a great night moisturizer. Coconut oil is anti-inflammatory and antimicrobial, while also being a great humectant. It's also great for those with sensitive skin conditions like eczema that's likely to flare up when it gets too dry. Simply apply some virgin coconut oil over your skin. Wait for some minutes and wipe off any excess. You can also apply it on your hands and feet and wear gloves and socks before going to sleep.



## 3. Replace Soap with Gram Powder

You have to bathe in all seasons, even though the prospect of doing so during winter is not appealing! It's recommended to take short showers in winter, in water that's not too hot, to prevent drying out the skin. Additionally, it's best to stay away from soap and opt for grandma's tip – green gram powder. This is a great cleanser that also acts as a scrub to exfoliate skin. You can also mix the powder with raw milk or curd along with essential oils, honey, lemon juice, sandalwood or turmeric. Make a paste, apply it all over the body and then wash off.



## 4. Use a Natural Body Scrub

Exfoliation is an important part of skin care as it gets rid of dead skin cells and impurities that are accumulated on the surface of skin and lets the skin breathe. It also reveals a fresh, healthy glow and makes the skin tone more even. You can easily exfoliate the natural way by using a mixture of 2 tablespoons of coconut oil and half a cup of sugar. You can also replace the sugar with coffee grounds that have more antioxidant properties. Massage the scrub into the skin, leave it on for 5 minutes and then wash it off.





## 6. Use a Milk Compress for Irritated Skin

Skin is most likely to get dry and chapped in winters, and those with sensitive skin are more vulnerable to these changes. Their skin can end up with red, irritated skin that can be uncomfortable and even painful. Raw milk possesses anti-inflammatory properties that help soothe and heal irritated skin without any side effects. Simply dip a clean cloth or soft towel in cool milk, wring out the excess and place it on the affected area.



## 7. Apply Ghee for Soft Lips

Lips are among the most badly affected body part during winters, thanks to their prominent location on the face. The skin on the lips is also thinner than the rest of the face, making it prone to more damage. Nearly everyone ends up with dry, chapped lips during winter, but commercial lip balms offer only temporary respite. Instead, try applying a small amount of homemade desi ghee on the lips and leaving it on for the day. It also works very well as an overnight treatment to heal chapped lips.



## 8. Give Hair a Hot Oil Treatment

Winter is the perfect time to give yourself a hot oil treatment. The heat not only warms you up in the cold weather, but it increases the absorption of the nutrients in the oil and encourages better moisturization of the hair and scalp. Coconut oil is the best choice of oil, but you can also use olive oil or amla oil or a combination of these. Heat the oil till just comfortably warm and apply all over the scalp and hair shafts. Cover with a shower cap or a towel dipped in hot water to trap the heat in and leave for 30-60 minutes before washing off.

## 9. Opt for a Deep Conditioning Hair Mask

Winters take a toll on hair, as the extreme dryness increases the incidence of dandruff and flakes. It also causes hair fall, split ends and breakage. Solve all these problems with a deep conditioning hair mask made with fenugreek and mustard oil, two ingredients ideal for winter. Soak a couple of tablespoons of fenugreek seeds overnight and grind them to a paste. Add a few tablespoons of mustard oil and apply the mask all over the hair and scalp. Leave on for 30 minutes and wash off. This mask encourages hair growth and strengthens hair, preventing breakage and hair fall.

## 10. Keep Hair Tied Up

Another of Grandma's valuable tips is to keep your hair tied up to prevent breakage and split ends. It also prevents the hair strands from drying out. Don't go outside right after washing your hair as it can lead to damage. Always wrap your hair in a cap or scarf before going outside to avoid exposure to the harsh winter air. Choose a silk scarf or a cap with a silk lining so that it's gentle on your hair.

Enjoy the Winter Season,  
Take Care.

By: **Dr. Hemapriya** from **My Little Moppet**

## FACIAL TIP

Work a frozen milk cube from the center of the chin along the jawline to the earlobe, then upward towards the highs of the cheekbones, under eye region, and across the forehead. Repeat the massage for 5 minutes to get the firming, contouring effect. Milk contains cell-regenerative Vitamin A and naturally exfoliating lactic acid.



**JANUARY 2021**





Sejal Kumar. A YouTuber, Influencer, Singer, Actor, and an Artist in her own capacity.

With over a million subscribers on YouTube, Sejal kick-started her channel with budget-friendly fashion looks, making fashion relatable and easy to put together for everyone. Taking her personal style one step forward, Sejal also released her line of clothing with Stalk Buy Love which is not common for someone who doesn't come from the fashion industry.

She has always been an adamant supporter of girl's education and an open environment at home. Sejal was one of the 9 creators to be a part of YouTube's Creators For Change Initiative with the Michelle Obama Foundation to support girl's education this year.

For the same, she created her first-ever original song 'Aisi Hun'. The lyrics and the video resonate with the reality of so many girls. Apart from this, she has a series on her Instagram channel called Mom and Me with her mother, Anjali Kumar, who is a gynecologist. With this series, she is helping thousands of girls to get answers to uncomfortable questions like sex, consent, periods, etc.

Women Fitness team catches up with her journey, fitness, diet, beauty in a candid conversation!





**You are a popular social media influencer with over 1 million subscribers on YouTube. Walk us through your incredible journey?**

I have been in this field for 5 years now and I am extremely grateful for all the opportunities that came my way. I have learnt and grown immensely. From my first ever summer look book that I shot in Turkey to being one of the lead actresses in Engineering girls, launching my own clothing line to composing and launching my original song “Aisi Hun” with YouTuber Creators for Change, I think every day has been an adventure and that’s how exciting my journey has been.











**You recently took a break from YouTube, to feel good about your mental health. do share your opinion about tips to mental wellbeing and coping with social pressure**

It is extremely important to look after your mental health. Especially, when the entire world is facing a crisis. Work should come first but it should not come before your health. Meditate, exercise and always speak your heart. Understanding how you are feeling is the primary step in coping with your issues. Avoid what others have to say, focus on what your mind is telling you.

**Every person goes through moments of ups and downs. was there ever a time you thought of giving up this career or thought that it was not going as planned?**

Of course! I have thought that things are not going right SO many times. I have always been a perpetual overthinker and too ambitious for a very long time. Only recently I have given more time to my mental health and made myself understand that patience and focusing on my craft is the key. The rest is out of my control and that something or the other always works out.

**You are a big source of inspiration to the youngsters in our country. give us 3 tips to grow a YouTube channel.**

My 3 tips would be:

-Learn about making videos, videography, scriptwriting, video treatment, and KEEP learning, each and every day you do this

-Don't worry about numbers too much, they will come with consistency

-Don't let anybody put you down!



**Women Fitness India works with a goal to reach out to women all over the world providing them with the best in health, fitness, nutrition, beauty & fashion. What do you wish to say about the magazine and website?**

I absolutely love and support this initiative that the brand has taken and I think it is doing wonders with helping women all over the world. I always look forward in reading your magazine and I think, the website would help a lot of women out there looking for achieving a set goal.



**What New Year message would you like to give to our readers for 2021**

With a difficult year behind us, I've learnt to stay in the moment as that is the best you can do. Launching my own clothing line to composing and launching my original song "Aisi Hun" with YouTuber Creators for Change, I think every day has been an adventure and that's how exciting my journey has been.







Shop

### The Designer-

Shreya Agarwal, fashion graduate from Lasalle College of the Arts, Singapore. What you get is an amalgamation of western aesthetics in traditional wear, redesigned to showcase a modern look from the old world crafts.



### The Brand-

SHREYA AGARWAL'S collection entails from evening gowns to lehengas, saree and more. Each collection is a reflection of her personal style.

Where to buy- Jhelum- Mumbai (online), Citrine- Kolkata 6 degrees (online), Sylk (online), Agashe (online), The label basket, Wed me good and Vasaas. You can place your order on the website ([shreyaagarwal.in/](http://shreyaagarwal.in/)) or Instagram ([instagram.com/shreyaagarwallabel/](https://www.instagram.com/shreyaagarwallabel/))





# Partner Yoga Workout For

## MOM & Kid



**I**f you have been practicing yoga in some form already, I am sure you want your kid to adapt it too. Practising yoga is a fantastic way for anyone to find balance emotionally, mentally and physically.

Just imagine how beneficial it can be in the life of your kid? Yoga is particularly helpful for kids who have lots of extra energy or intense emotional fluctuations

However, It should be made fun and relatable and never be forced on them. If you make it a fun activity for you to do with your kids, then it also becomes a bonding time with your kids and they will adapt it more openly.



## Below are Mom and Kid Yoga Poses

### Open legs Car Wiper



**Benefit:**  
Great for  
shoulder opening  
and oblique  
stretch.



Sit with both legs wide open.



Parent and the kid will join their feet to each other and hold alternate hands. Now with the other hand free hand hold your opposite leg for eg. if your right hand is free hold your left big toe with it and bring your left ear to your left knee.



The partner will do the same in the opposite direction making it look like a car wiper motion.

### Intertwined



#### **Benefit:**

While it's an abdominal crunch for one, it's a chest and spine opening for the other partner



Sit with your back joined and hands interlocked. At one time, your partner goes down trying to bring their head or chin towards the ground and in the same motion you are pulled up.



Doing it back and forth is also fun. Try and see who can touch their head or chin to the ground.



## Rowing Partner Forward Bend

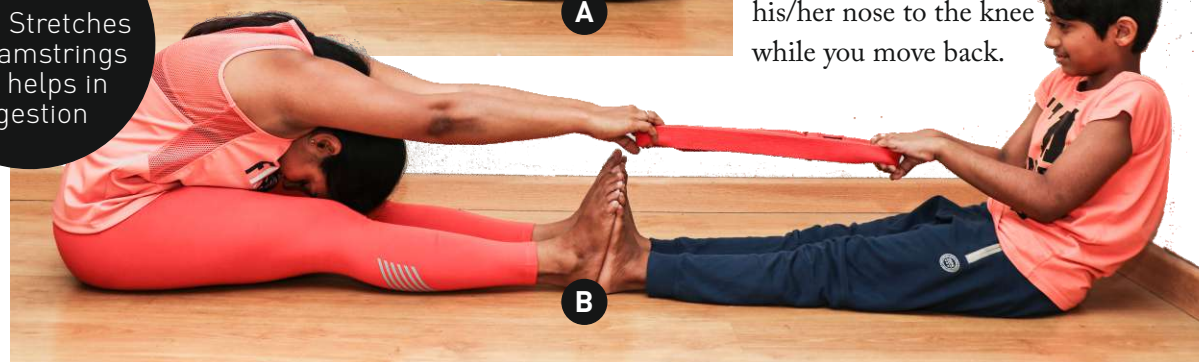


**Benefit:**  
This Stretches  
the hamstrings  
and helps in  
digestion

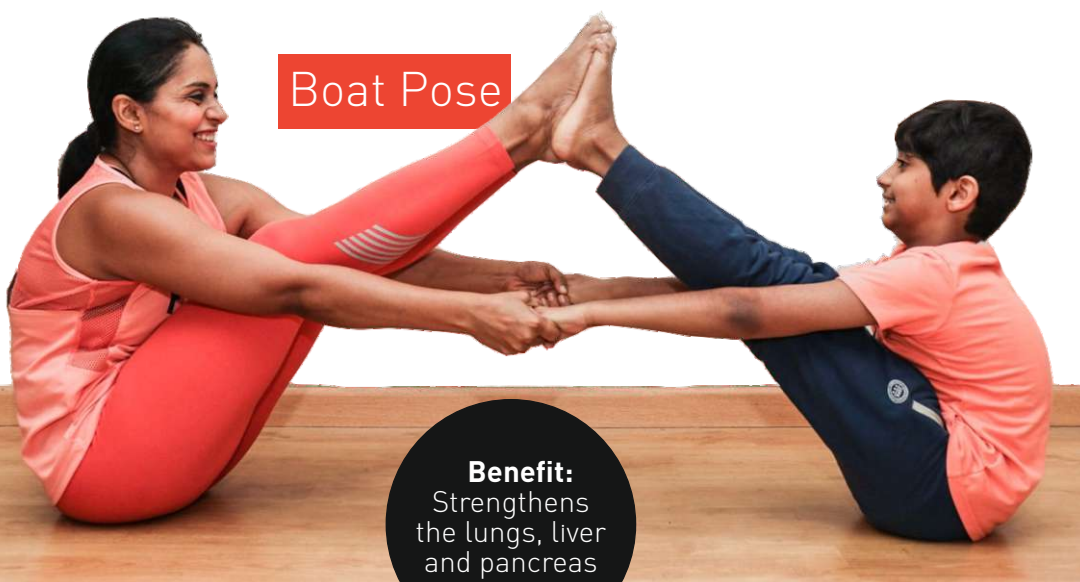
Repeat with the  
kid pulling you  
towards him/her.

Sit with your kid legs  
stretched forward in  
front of each other, feet  
joined together.

Now hold each others  
hands and pull your kid  
towards you in a rowing  
motion, your kid goes  
down and touches  
his/her nose to the knee  
while you move back.



## Boat Pose



**Benefit:**  
Strengthens  
the lungs, liver  
and pancreas

Bend your knees, hold each  
others hands and join the feet  
together.

Now one by one lift your  
legs up and straighten them  
to make a boat.

Let's see who will leave the  
hands first.

Make it a competition on  
who can hold for longest.

The parent goes into a child  
pose where as the child stretches  
on their back putting pressure  
and stretching the parent's back.

It's a great relaxation pose for  
both the parent and the kid.

Change and make sure to keep  
asking your partner if the  
pressure is ok.

## Lizard on a Rock



**Benefit:**  
Relaxation.  
Great Spine  
stretch and good  
for Digestion.





## Flying Superman

**Benefit:**  
Learning to trust,  
communicate  
clearly, and give  
and receive.

It is one of the acrobatic yoga poses. It needs a lot of trust in your partner. If you are unsure or don't have enough strength then try it on a mattress or a bed.

Parent will lie down on their back, bend their knees and will place half their feet on the kids side pelvic area and half on the side of the stomach.

Hold hands and then slowly the parent will lift up their kid, straightening the legs.

Only if the legs are completely straight and balance has been achieved, let go of the hands.

## Double Plank Rectangle

The parent starts by getting into a high plank and holding the pose.

The child climbs on the parents back and catch the ankles while his feet rest on the parents upper back.

Hold the core and tighten those glute muscles. Shoulder right above the wrists. Once you achieve stability in this pose, you can even do a plank walk and make it more fun.



**Benefit:**  
Builds  
abdominal  
strength,  
understanding of  
balance

**Try these fun poses with your kid and introduce them to the magical world of yoga.**

Once they start enjoying it and enjoying the time you spend together doing it, they will adapt to it naturally.

Happy Bonding. Namaste.

By- Prerna Sinha



# Herbs & Spices

## That are Effective Fat Burners

**M**aking a healthy choice is imperative (and compulsory) during a weight loss program but making healthy food tasty is in our hands. If we can make our diet food tasty then the reason, we hate dieting would no more exist.

Spices and herbs are the best way to add flavor to your food without adding any calories, sugar, junk and sodium – the four things that you must avoid while on a weight loss plan.

Sticking to a healthy diet becomes easier if you enjoy and like the food. Herbs make your food tastier and boost metabolism, which in turn helps you burn fat.

### 1 5 Herbs and Spices that Boost Fat Burning or Metabolism.

#### MINT:

Mint works by stimulating the digestive enzymes that absorb nutrients from food and consume fat and turn it into usable energy. That's one crafty herb! By adding mint to your diet, more of the fat you eat will be put to good use, as opposed to steadily making your pants tighter.

If you are suffering from gastric and bloating issues which makes you feel full then Pudina leaves can come to your rescue. The Menthol in the leaves can boost digestion and indirectly aids weight loss. Poor digestion is one of the reasons why your weighing scale is not budging.







## 2. OREGANO:

Oregano contains carvacrol, a powerful compound that may help boost weight loss. Carvacrol supplements are also found to directly impact some of the specific genes and proteins that control fat synthesis in the body.

It also aids digestion and reduces bloating. You must add it towards the end of the cooking process to retain its essential oils.



## 4. TURMERIC:

Turmeric is a warming spice; it increases the body heat which can boost your metabolism and provide other health benefits. Another way in which turmeric helps in losing weight by regulating sugar levels and further preventing insulin resistance.

Extracted from the ground uproots of the *Curcuma longa* plant is a powerful antioxidant and anti-inflammatory agent called curcumin. Always have black pepper with turmeric as black pepper increases the absorption of curcumin by the body. Curcumin offers substantial benefits for inflammation as well as enhanced antioxidant activity.



## 3. FENNEL:

Fennel is a rich source of fibre, which helps you stay fuller for longer, further preventing you from cravings and overeating. This leads to lesser calorie consumption, resulting in weight loss. Consuming saunf may help reduce fat storage by improving vitamin and mineral absorption in the body.

Saunf has diuretic properties; therefore, drinking fennel tea can help remove toxins from the body, which in turn, may contribute to weight loss.

Fennel seeds are also responsible for kick-starting your metabolism. A healthy metabolism is the key to losing weight in a healthy way.



## 5. CINNAMON:

Cinnamon is said to curb hunger cravings, control blood sugar level and make you feel fuller for longer. It also helps curb sugar cravings, reduces inflammation, it helps you lose visceral fat and supports weight loss. Antimicrobial, antiparasitic properties of cinnamon make it one of the healthiest spices of all time. It helps lower blood pressure, cholesterol, boosts insulin function and metabolism as well. You can add cinnamon to your oatmeal, mix it in yoghurt or put it in your tea. It is also a great addition to meat and chicken.

You can try these herbs & spices to speed up your metabolism. The speed of weight loss depends on your body metabolism and techniques to give it a health boost.

These techniques include a healthy diet, proper workout, and sleeping schedules. These herbs will merely lend a helping hand in boosting your fat loss.

By **Dt. Manoli Mehta**



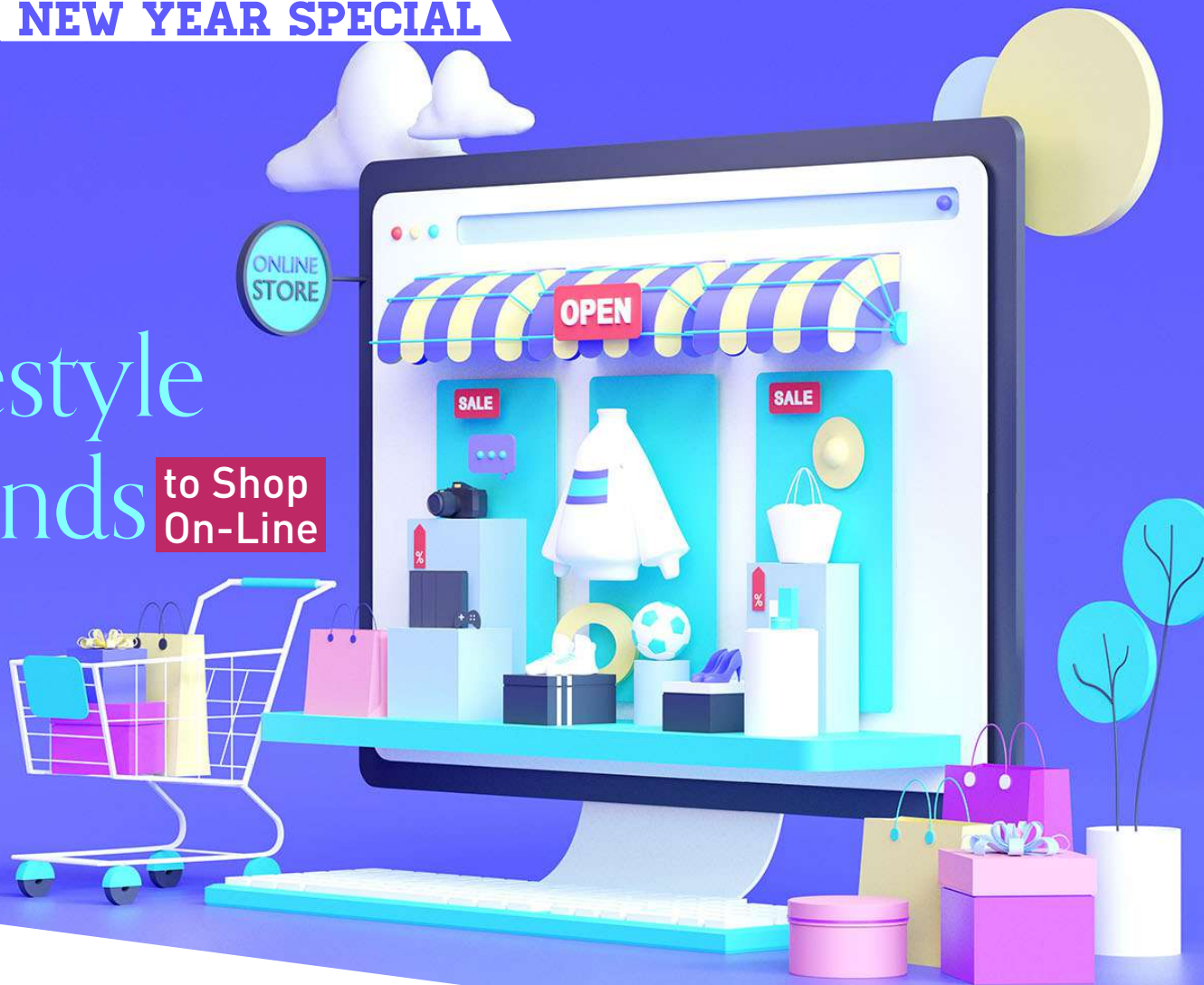
## WEIGHT LOSS



Broccoli is a nutrient powerhouse. It is packed with the goddess of calcium, vitamin C, vitamin K and iron. Moreover, it is low in calorie and high in fiber content, which makes this green vegetable an excellent weight loss friendly food.



# 5 Lifestyle Brands to Shop On-Line



**I**n our never-ending pursuit to bring you the best here we bring you 5 brands/products to satisfy your hunt.

Christmas and New year are here and while you shop peep into the wide range of these products for yourself & your loved ones.



## Wings lifestyle

A leading name in the Audio Segment today unveiled Wings Elevate, Neckband Bluetooth 5.0 Wireless Earphones, at a price of just 1399/-. It will be available on Amazon.

Wings Elevate will be available in 3 colours Black, Grey and Teal. – Wings lifestyle, a leading name in the Audio Segment today unveiled Wings Elevate, Neckband Bluetooth 5.0 Wireless Earphones, at a price of just 1399/-.



## WHERE TO BUY

It will be available on Amazon. Wings Elevate will be available in 3 colors Black, Grey and Teal.



## Auravedic

Launched in the year 2013, Auravedic is a natural beauty brand that firmly believes and focuses on sourcing and using the best local natural ingredients.

The brand also boasts of a wide range of products like Face Masks, Face Oils, Serums, Moisturizers to name a few. The key “USP’s of Auravedic is the fact that all their products are Sulphate and paraben-free and there are no nasty chemicals used as they firmly believe in using natural botanicals”. Auravedic’s top-selling products are the Kumkumadi range of face oil, Serums, Mask and Moisturizers, The Neem Tea Tree and the Turmeric range to highlight a few.



### WHERE TO BUY

The brand is currently selling its products and operating through its online website <https://auravedic.com/>.



## Ishrey

**About the Brand-** Ishrey is the dream of better days not just for the world of fashion, but for our world – with a goal of coming up with a sustainable clothing line. At Ishrey every garment is handmade with comfortable fabrics and hand-block or digital printing – a new mark in western and casual wear. Ishrey is something that aims to empower the new age woman as she begins her journey to move forward and is confident on her path to success

**About the founders–** Ishrey came into existence because of two sisters, two passionate women who share an immense love for craft, culture, lifestyle, and fashion travel. Shreya and Ayisha Agarwal are not just fashion enthusiasts but aim to bring a clothing line that’s not only fashion-forward but also affordable and promotes a cool lifestyle. ‘Ishrey’ originates from combining the essence of AyISHa & ShREYya.



### WHERE TO BUY

You can shop their amazing collection at their official website – [www.ishrey.com](http://www.ishrey.com). They also take orders through their Instagram handle





## The Active Story Label

**About the Brand** – With growing concern & passion for Fitness in India, The Active Story aims to cover every woman's fashion needs to get noticed even when at the gym.

The brand brings together an interesting combination of Chic sportswear, Stylish swimwear & Cosy Nightwear clothing for every women that believes in self-love. We promise comfort, ease and a unique style in our clothing.

**About the Founder** – The Active Story, is an Indian Athleisure label by Ishita Gupta, A Design graduate from NIFT, New Delhi & Fashion Institute of Technology, New York.



## WHERE TO BUY

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# The White Light

By  
Dr Devanshi  
Wadhwana  
Doshi



A professional dentist, Dr. Devanshi Wadhwana Doshi turned tarot card

reader is a staunch supporter of occult science. She is an ardent believer of the law of attraction & believes everything in life happens for a reason.

Dr Wadhwana offers talk about how she ventured into the spiritual healing after gaining a doctorate in dentistry

**You are a qualified dentist and an avid science student, what inspired you to choose the conventional path of becoming a tarot reader? Also, how did you take its professional training?**

I'm Dr. Devanshi Wadhwana Doshi, a dentist, psychic tarot card reader, white light worker and practice many other modalities in spiritual healing too. The journey of practising dentistry along with spirituality has been magnificent. Most of the "awakened" people would agree, and like I put it, "You don't choose spirituality, spirituality chooses you". And it's so apt in my case. To be very open to my fellow people, I was always someone who was not religious, didn't really practice any chanting or as simple as praying. It's just something that never came to me. But destiny had something beautiful in store for me. "The awakening", what I spoke about





earlier is nothing but to get a deep awareness of it's existence and it's synchronicity to the Universe and other life forces.

When asked to think of awakened people, names like Mahatma Gandhi, Buddha, and Jesus come to mind. Or perhaps Mother Teresa or Nelson Mandela. These inspiring figures might lead you to believe that being awakened is akin to being perfect. If so, try to think of more relatable examples of individuals who are awake. It helps to see examples of people who are simultaneously flawed but striving to live a good life with a focus on the greater good.

## My Inspiring Role Model:

- Russell Brand, who seems to model a strange contradiction of constantly questioning and striving for more knowledge with bathroom humor.
- Jim Carrey, whose comedic genius helped him to see through the illusion of celebrity and detach from any need for fame.

Everybody has their own sets of different experiences for awakening. Mine was rather a smooth and lovely one (on contrary to general belief) and I'm grateful for the Universe to give me that chance. Tarot came to me very naturally. It kind of called me and it seems I already knew the intricate details of it before even having them in my hands. It's said, that the soul carries knowledge of all it's lives with it. I had been reading initially only for my family and closed ones.





But Covid-19 made me realise that I need to reach out to people. This was my second calling. And the response and support that I received was absolutely amazing. I'm hoping to help more and more people and use this gift of the Universe bestowed upon me. I'm grateful for it.

**You are an ardent believer of the law of attraction? Tell us more about it and how our readers can implement it when trying to achieve weight loss goals.**

**How does the Law work to live a healthier lifestyle?**

What if everything you've ever wanted really was just a thought away? What if you could easily manifest the money, relationships, health, success, and life you always desired?

And what if there really was a universal principle known as "The Law of Attraction" that made it all possible? You attract whatever you give your energy, attention, and focus to. If you're thinking about it, you're magnetizing it to your life — whether it's positive or negative. Your focus may be on something you want. Or it may be on something you don't want

(or the lack of what you want). This is simply the way the Universe works. And once you accept it and live your life based on this truth, things you never previously dreamt of suddenly become possible.

There are many ways to achieve "Law of Attraction". One such simple technique and yet a powerful one is visualisation. If your goal is to loose weight and become healthier. Then do this technique for 28 days, continuously, without breaking the cycle. And if you break it even for a day, the whole cycle begins again.

Now sit in a quiet corner, take a few relaxing breath and gradually look at your own body with your inner eyes peacefully start from head and go upto your toes. Imagine your dream has already come true, think of the weight that you wanted, you've already achieved, that waist size, that body.

How happy does that make You? Let that happiness flow, be in that zeal. That's the energy you're extending out in the Universe. And that's exactly the language of the Universe. This, along with minor changes in your lifestyle shall do wonders, even without you exercising (but again, exercising defined does wonders to your body). I have personally experienced lot and it has worked so beautifully that it leaves me amazed. My advice, go out there and explode your positive energies into the Universe.



**“The white light” is a one-stop destination for spiritual healing why did you choose to call it the white light?**

**5 steps to achieve optimum mental health status.**

We know for a fact, that there's hierarchy everywhere, government offices, at your work place, in your family, even at your school. Have you every wondered that there's hierarchy in the Universe as well?

Let's take a quick example. We know about angels but do you there's hierarchy there as well? It's called The 9 choirs of Heaven. The bottom of this hierarchy are our beloved angels. And the ultimate end of the same is the Supreme / The white light / Lord / Brahma / Vishnu / Mahesh. I believe, no matter, what caste, creed, religion that you belong to, ultimately there's only one source. At the end of the journey, all souls crave to merge with that Supreme White Light. It's the source of all creation and destruction. Hence the name of my foundation, “The White Light”. I use that source and do all my healings, readings or practices.

### **5 Ways To Achieve Balanced Mental Health Status.**

- **Meditation:** it really helps to calm you and think better. It's like the food for your soul. For people, who think, they can't meditate, I often guide them, and for the readers who think , they can't mediate, a simple , breathe in, breathe out exercise is also a part of the mediation.
- **Crystals:** working with certain Crystals proves to have beautiful results. For example, for people, who have insomnia (lack of sleep), all they can do is keep an amethyst tumble under their below. Amethyst is said to invoke calmness and is a

great sedative. You'll observe that you've woken up quite fresh the next morning.

- **Energy Circle(EC):** these are circles that you can draw yourself to enhance your mood, or manifest your desires. If you're lazy to exercise, you can make an EC for that, soon, you shall realise, you're actually going to work out without any force.
- **Switchwords:** these tap directly into your subconscious mind and make you do, what you desire from your innermost self. It has worked wonders for me personally.
- **Chakras:** balancing your chakras is of utmost importance. You shall see significant difference if you had a chance to see, what you Experience with a blocked Chakra and the same chakra being opened.

There are a number of options for us to dwell into. And I'm sure there's so much more for all of us to learn and explore.

**You practice crystal healing, as well, share how it has helped your clients.**

One of my clients (and a member of my family), was suffering from depression and it so happens that it's considered a taboo to talk about depression. So most likely, I wasn't going to be aware of my clients/family members mental health status. But through my Crystal healing, she did happen to have a beautiful Experience (since, it was her first time and never knew anything about it plus the depression, she was taken aback & scared). Later, she came upto me and narrated the whole incident as being negative. Later, did she know through me, that she actually had an opportunity to meet Archangel Ariel. It's was a beautiful Experience for her.

**With 2021 approaching, message you would like to share for our readers on how to maintain positivity and go about their goals**

2020 has struck chords for all of us to be on our guard, to learn discipline the hard way. The sum of 2020 is 4.

The numerological importance of 4 is said to be of foundation, discipline. And I'm sure we all agree on the same.

- Who used to wash Vegetables after getting from the market?
- Who used to wash hands thoroughly after coming from outside?

With the end of 2020 approaching, I'm sure that we've got accustomed to the healthier way of lifestyle.

I would recommend everyone to,

- Continue taking good care of your health
- Avoid eating outside as much as possible
- Wash raw veggies
- Exercise
- Meditate and over-all compete with your own self
- set goals for your own self.

The world has enough competition already. This shall also keep that “stress” and tension factor far away from u. Be like the horse, watch only your path ahead.

**How do you start off your day, to keep yourself healthy & fit for optimum performance?**

Over the years, I've learnt to set an alarm in your subconscious mind. And it's no rocket science. We all have that beautiful ability to set alarms in our minds. You don't really need an alarm clock. So first thing, in the morning, when you out of your REM sleep, don't linger around and get up.

This provides an energetic start of the day. So suppose today, my subconscious mind woke me that the exact time that I had planned, I get up and feel happy, every single day. I start by thanking myself and my higher self. Being grateful for another day. It's proven that being grateful gives a sense of grounding helping you to be humble and grow positively in life.

Next, I just pull a tarot card for myself. It's a single card of the day. Anticipating and planning what lies ahead, or how can I make better use of this card today. What's in store for me today. At the end of each day, I go back and journal it. After which a few minutes of short meditation kicks off my day. All of this takes barely 20 mins.





We all know how hectic lives we live. But I'm sure, you can definitely remove 10-15 mins of your morning for yourself each day. Visualise how you're going to spend the rest of your day, set goals. And one mini goal for yourself like – Today I shall smile whole heartedly minimum 3 times, or I shall help 3 people today. It could be anything, smallest of the small. And see how dramatic difference it makes. You as a person shall start feeling lighter and more aligned in your life.

**According to you "Crystal healing offers excellent stress relief, which is particularly useful for people suffering from panic attacks, pain, stiff joints, migraines, insomnia, digestive disorders, etc."**

**5 ways it can help backache and pain management.**

Healing crystals have magnificent powers inside them. That is because they are magic crystals created by mother nature in her womb. When one uses crystals for chronic back pain or pain management, these magical crystals aid in healing one's problems. Never ever replace crystals with medications. Always consider and use crystals as a support to augment the power of medications.

Hematite, Lapiz Lazuli, Lodestone(Magnetite), Calcite(Blue/Green) and Fluorite are the top recommended crystals for pain management.



**5 Ways Crystals Aid in Pain Management.**

- ❶ **Regeneration and Repair** – Another imperative power of crystals is regenerating and repairing. It helps repair your back pain to resolve the chronic pain over long term use. When one uses crystals for pain management, we suggest using crystal patches. By doing so, one surges the exposure to the crystal and energize the area of pain. This is a recharging ritual for chronic pain and backache.
- ❷ **Pain relief and Relaxation**– A little known advantage of crystal for pain management is the pain relief. One wouldn't have to be liable on pain remedies when they have the exact crystal by their side. It will relax your muscles and unwind your tensed knots. One will feel grounded and calm with healing crystals for back pain and pain management.
- ❸ **Resolving underlying issues** – If an individual experiences pain that is caused by other ailments, many crystals can aid realizing that. It is the best resolution to find the root cause of chronic pain caused.
- ❹ **Flush out toxins** – Depending on the crystal one is using for pain management; they can accordingly use it to flush out the toxic energies residue in the chakra centres. Crystals can yield energies within these centres with enormous pressure that when they flow to diverse chakra points, our body will be detoxified.
- ❺ **Empower Your Chakras** – By now we have already conjectured that chakras have a lot to do with back pain and pain. That's because your back is around the root chakra, sacral and solar plexus. If one experience's upper back pain, pick a solar plexus solidification crystal and sacral chakra crystal for middle back ache. Root chakra crystals gives us best results for lower back pain. It can also support other crystals during recovery

Special Thanks to Dr. Devanshi Wadhwana Doshi.

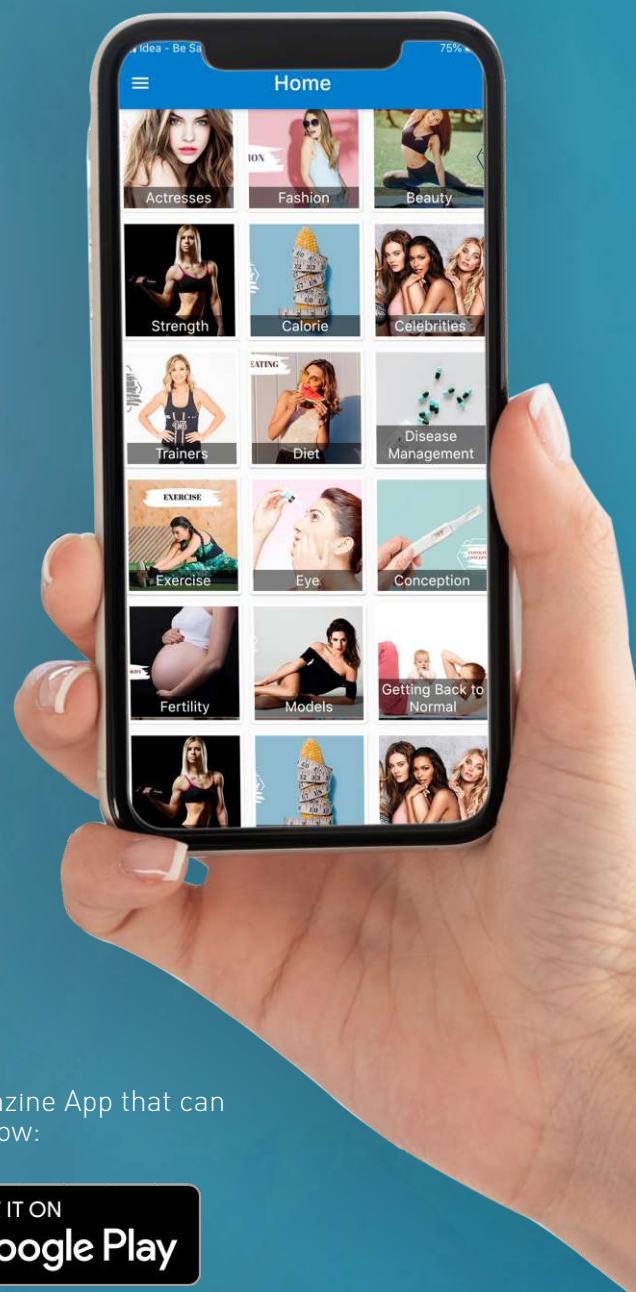
# Women Fitness Magazine App Launched

We are delighted to inform you that Women Fitness has launched the "Women Fitness Magazine App".

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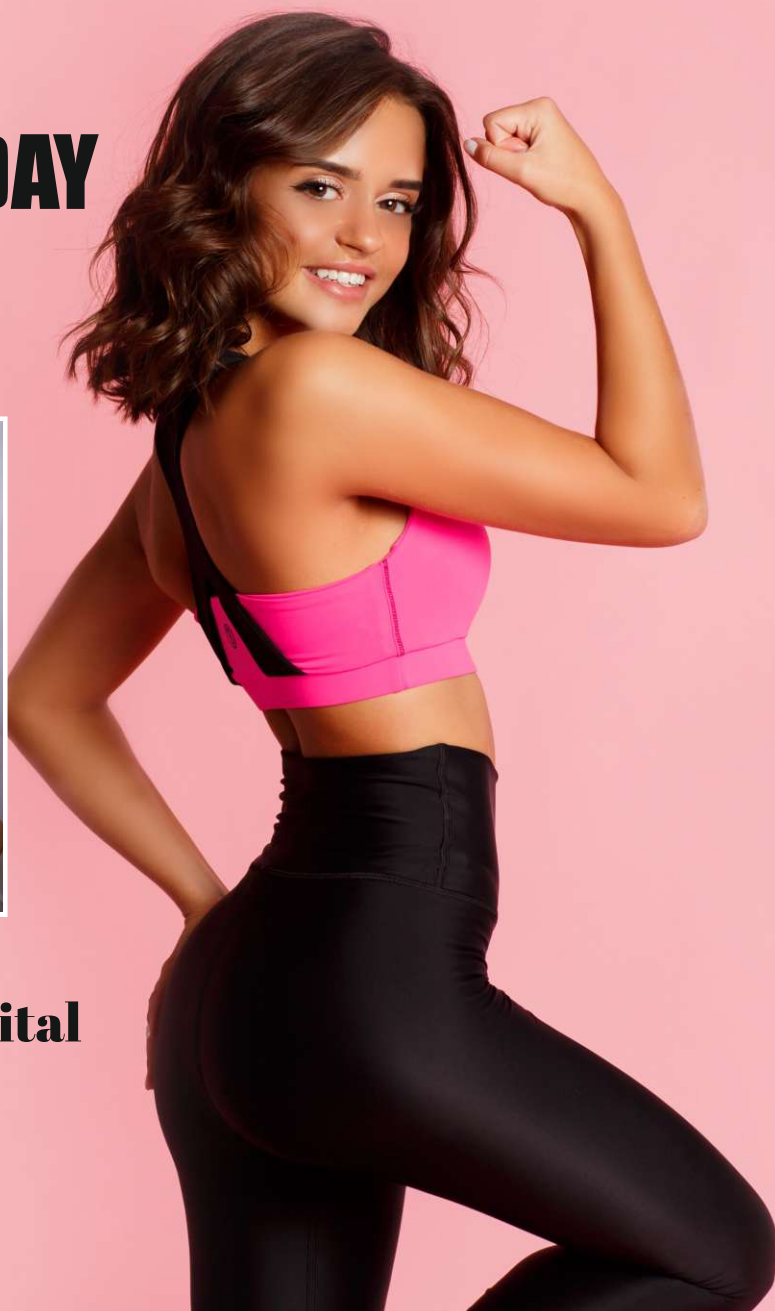
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The background is a dark blue gradient with a large, curved, lighter blue shape on the left side. Scattered throughout are numerous circles of various colors (white, yellow, orange, purple, teal, blue) and small white stars, creating a festive, night-sky-like atmosphere.

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**VERY HAPPY**  
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