

# Women Fitness

21<sup>st</sup> Anniversary  
Issue

August/September 2020

INDIA

## KAFTANS

Are  
**Hottest Trend**  
this Season

## Lockdown Weight loss Tips

By Dr Neomee  
Shah

Actor

## HINA KHAN

*on her*

New Found Love For  
**Pilates & Building  
Body Confidence**

**Namrata  
Purohit**

**3** Shares  
**Do's  
& Don'ts**

When Learning  
**Pilates**



# DIGITAL NOT ENOUGH?



## ***Grab A Print 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)

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

# Contents



04

Shirley Setia

## EDITOR'S NOTE

- 03** Pursuing a profession without passion remains just a job. But passionately choosing a career of choice is a commitment for a lifetime and a crucial ingredient to keep driving yourself. That holds true for most of us.

## MAIN STORY

A graduate student from the University of Auckland and marketing and publicity intern at Auckland Council, Shirley Setia is a top singer and now turned actress. Nicknamed "Pyjama popstar" by the New Zealand Herald and "Bollywood's Next Big Singing Sensation Just Might Be This Tiny Kiwi" by Forbes magazine's Rob Cain.

## 13 WORKOUT

Namrata Purohit is a Pilates instructor whose clients include Bollywood celebrities, sportsperson and other notable personalities. She shares do's and don'ts.

**15**

Increases range of motion and strengthens back of thigh and buttocks with these stretches for Knee Arthritis Pain Relief

## 22 HEALTHY EATING

Take a look at these 5 evening snacks that are healthy and perfect for a rainy day. PS-Nutritionist Approved!

**26**

With some creativity and simple ingredients, you can create a healthy dessert that's packed with good nutrients. Indulging your sweet tooth and the feeling of satisfaction that comes with no guilt is now possible with these simple and yet



**30***Kaftan*

healthy dessert recipes!

## BEAUTY & FASHION

**32** The defining features of a kaftan are its long sleeves, often worn with heels given the length of the cut.

From pencil-thin eyebrows in the '90s and early 2000s to extremely defined calculated and defined ones in late 2010s to natural bushy brows now in 2020, just like fashion, eyebrow trends have changed with decades.

## 34 WEIGHT LOSS

After a few months into your new diet or exercise regime, the weight you saw slipping off week after week suddenly comes to a halt. We bring you tips to overcome the weight-loss

**36** plateau.

Dr. Neomee Shah, an Award-Winning Lifestyle Nutritionist, and her daughter, Ms. Divija Shah, a fitness enthusiast join us to answer queries on Lock-down weight loss tips.

## SEPTEMBER SPECIAL

Hina Khan is an Indian television and film actress well known for playing Akshara in Star Plus's Yeh Rishta Kya Kehlata Hai. Catch Actor Ms. Hina Khan in an interview with Women Fitness President, Namita Nayyar.

## 51 SHOPPING

According to some experts, the 'Vocal for Local' campaign will change how brands will use digital marketing to communicate and establish themselves in India and also go from local to global.

Women Fitness India joins hands with 5 brands that are home-grown and local brands and gives them a huge shout out!

**36***Dr. Neomee Shah***42***Hina Khan***13***Namrata Purohit***26***Healthy Dessert Recipes!*

**Follow us on:**



@womenfitnessindia



@womenfitnessorg



@womenfitnessorg



# Editor's Note

*Some people come into your life as blessings.  
Other people come into your life as lessons.*

– Mother Teresa

Pursuing a profession without passion remains just a job. But passionately choosing a career of choice is a commitment for a lifetime and a crucial ingredient to keep driving yourself. That holds true for most of us.

This month, we choose singer and actor, Shirley Setia on our Anniversary Issue who started her career by posting home-made videos on YouTube to captivate music lovers to go on to become "Bollywood's Next Big Singing Sensation". She is joined by actress, Hina Khan who is a fitness enthusiast and was awarded "Rajiv Gandhi Global Excellence Award by the Former Chief Minister of Delhi Smt. Sheila Dikshit in 2018. She shares her diet, beauty & fitness secrets in her interview in Women Fitness Magazine.

Dr Neomee Shah talks about Lockdown Weight loss Tips to help us cope better on all fronts and come out strong through these testing times. She is joined by her daughter who happens to be fitness lover. Our nutritionist bring you lip-smacking snack and dessert recipes that are healthy and can be enjoyed in Moderation.

Congratulation to all our readers & followers for joining hands in completion of 21 years of Women Fitness.

Thanks & Take care.

Namita Nayyar

President, Women Fitness.

Namita Nayyar

Editor-In-Chief

Tanya Nayyar

Creative Editor

Rohit Nayyar

Chief Business Officer

Rhea Nayyar

Social Media Head

Contributing Editors

Kejal Sheth

Manoli Doshi

Guest Writers

Manoli Mehta

Pretty Tyagi



Credits-

Photography- Tamana Satsangi

Makeup By- Monika Sukhwani (makeupbymonika\_)





Youth Sensation

# Shirley Setia

*Rocks*

WF Anniversary  
Special





Photo Credits:

Photographer - Nikhil Shenoy

Stylist - Pallavi Jain

Hair and Make up - Preeti Dutta  
and Omkar Vardam



**A** graduate student from the University

of Auckland and marketing and publicity intern at Auckland Council, Shirley Setia is a top singer and actress. Nicknamed "Pyjama popstar" by the New Zealand Herald and "Bollywood's Next Big Singing Sensation Just Might Be This Tiny Kiwi" by Forbes magazine's Rob Cain. As of July 2020, she has 3.44 million subscribers on YouTube with 860 million views. She has 6.4 million followers on Instagram.



Photo Credits:

Photographer: Dev Purbiya

Stylist: Meagan Concessio

Hair and Makeup: Harry Rajput



**Shirley, you are a well-known face today with millions of followers from around the globe, how has the journey been from the time you took part in a T-Series contest to an actress today?**

I wouldn't say that the journey has been easy. The contest was held in 2013 and it's been quite a long time since then; almost 7 years now. That was when I still lived in New Zealand and was still studying. It's been a roller coaster ride, I've had to face so many different challenges throughout my entire journey so far. Everything that I'm doing is so new and I doubted myself every step of the way. I don't feel like I've achieved so much, because I have so much more left to achieve and I want to keep doing good work. The biggest challenge I faced was when I wanted to shift to India and I had to convince my parents to let me move to Mumbai and that wasn't easy because I don't have any family in Mumbai and they had to send me to a new place with new people, a place they didn't know anything about; they knew nothing about the industry because they're not from the industry. No one from my family knows anyone in Bollywood. It was very different, very difficult to convince them to let me come. I was able to do that after years of convincing and they gave me a time limit; that I can come here for a certain period of time, I have to stay here and see if something works out. Eventually, they realised that I was working and I was able to do the things that I set out to do. I wanted to focus on original songs and that's where the entire shift took place; where the thought for acting was reignited in my mind.

When I was shooting for *Koi Vi Nahi*, my director Robbie Singh actually suggested that I act; he's like your expressions are so good, why don't you try for movies? I'd always wanted to become an actor and when that thought came from a director, it really stayed with me and that's when I took this more seriously. I realised that this is something that I've always wanted to do and if I can work towards making that happen, I definitely should. I was already giving auditions, but I decided to take this further and that's when I decided to go and study acting at the NYFA and I went there for a few months to study acting. I realised that acting is what makes me happy and my teachers and professors in NYFA were extremely supportive and they encouraged me to just keep at it.

That really stayed back with me and that's when I decided that when I came back to Mumbai, I'd fully give it my all and do as many auditions as I can. I've given so many auditions where things have not worked out as well as I'd hoped, but I just see it as a learning experience. There's always something to learn from every audition that you do and every meeting that you go for. I just look at the brighter things in life and I know for a fact, that I have worked really hard for this and to be where I am right now. I'm extremely grateful that I have this as well and I'm extremely grateful to my parents and also to my fans, I wouldn't be what I am today without them.



**Did you have a chance to train in music? What has been the selling point for your music?**

I haven't had a chance to train in music yet. That is something I'd love to explore, I'd love to do some vocal training or training for pronunciations. That's a requirement for a singer and an actor to have your pronunciations be correct. When I'd initially started off I was young and was still learning as I went, I didn't know the details of the craft until very recently when I did *Maska*, where we had a vocal coach on set. She actually really helped us with the Parsi dialect used and she also helped us understand the intricate details of pronunciations and even my director Neeraj Udhwani was very particular about my pronunciations, especially English pronunciations because he didn't want my accent to be heard. Now, I feel like my English accent has been de-accented a little bit, because of working day and night on my character in *Maska*. It's been really good and it's been amazing. I'm absolutely for training for the craft that you're in. But training can also sometimes mean learning and getting better with time and experience. In terms of music, I've not had a chance to train in music yet, but what has worked with my music has been the relatability factor.

---

WHEN I SING OR WHEN I MAKE A SONG, I COMPLETELY AND FULLY RELATE TO IT, I BELIEVE IN IT AND I FEEL THE SONG. I FEEL THE EMOTIONS WHEN I SING IT AND THAT'S SOMETHING I BELIEVE THE AUDIENCE CONNECTS WITH.

---





Photo Credits:  
Photographer: Dev Purbiya  
Stylist: Meagan Concessio  
Hair and Makeup: Harry Rajput



**Who is your favourite singer and inspiration to start singing? 5 tips to be a good performer.**

My all-time favourite singer has been KK, I love his songs. I feel like he is someone who puts in a lot of soul in his songs and that's why I tried to follow that kind of path. My inspiration to start singing came from just listening to music, that has always been a part of my family, my parents love listening to old music. However, no one in my family really sings or has taken up music or entertainment professionally. I used to just sing for myself and it used to be something that I used to do like I'd just hum along to a song that was playing, I used to and still really love doing that. I just tried to do my own version of a song that I really loved, which was Tum Hi Ho. I didn't know it would reach out to so many people. I'm extremely grateful that it did though. I'm also still learning the tips to be a good performer because with every experience you learn something new. The things I have learned are to be confident, be yourself and that's not just when you're performing, we should all embrace ourselves and our individuality because that's what makes us different from each other. Believe in yourself, especially when you're performing or on stage, just enjoying the moment is very important. Sometimes, you can have a bad day but when you listen to the crowd singing the song with you it is absolutely magical. It's just important to live the moment as it is and when it happens. I also drink a lot of warm water while I'm performing, you'll always see me sipping warm water on stage. Just enjoying yourself is very important and when you enjoy yourself the audience also enjoys a lot more. The vibe just translates.

**Women Fitness India is a health and fitness portal, Share input on your diet and fitness regime?**

I don't have a set regime that I follow, but I do eat in smaller portions throughout the day. I eat everything, but I eat in smaller portions. I do try avoiding sweets because I get a sore throat when I eat sweets and that's always a problem I face while recording. I have not had ice cream in years, that's something I've completely given up on. I love dancing, you'll see me dancing and that's how I'm burning my calories. I do home workouts whenever possible and whenever it suits my time. A lot of easy home exercises like planks or squats. Also, this pandemic and this entire lockdown have made us all realise how important our mental health also is. It's as important as our physical health, so I've been trying to meditate whenever possible. I'm trying to get into it and it's been good for me. Meditation is very difficult, it's tough to just focus on something and to not let other thoughts bother you. It's quite important to take care of our minds as well.

**Forbes magazine's Rob Cain wrote a feature on you and your future goals recently in which he stated that you are "Bollywood's Next Big Singing Sensation Just Might Be This Tiny Kiwi", how does it feel to be the youth sensation and to be recognized by such great portals? The best compliment you ever received.**

I remember when I read the article on Forbes and honestly, it was extremely overwhelming and I'll always be very grateful to him for writing such beautiful words for me. Everything that he wrote and everything that people say and all the love and support I receive from my fans is extremely motivating and it's something that pushes me every single time to keep doing better work. I want to work harder as a return gift for all the love I receive. I still feel that I have a lot to achieve, I'm just getting started. I'm just finding my ground because as soon as I shifted here I was doing a couple of singles, but I've gotten into acting now, it's an entirely new space and I want to be able to do both. I still want to be able to act, I also want to be able to sing. I am slowly achieving that balance and I know it'll happen, but I feel like this is just the beginning and I have a lot to do. It does make a huge difference to know that so many people are supporting you and will love you and I'm extremely thankful to all my fans who call themselves #TeamShirley, I love them so much, their love is truly unconditional for me and it's because of all that I receive from them that I'm able to give back.



## **The Important Part Is To Believe In Yourself And Your Content And If You Like It And Are Doing It For Yourself**

**You are also set to make your Bollywood debut with “Nikkamma”, share your experience on the first day at sets?**

Nikkamma is my Bollywood debut and the first day on set was actually super fun, we started off with a song and that was my first ever experience of doing a proper Bollywood number. All my inner memories of when I watched films in a cinema as a kid, even as a teenager when I used to watch Bollywood movies. Just that feeling of, wow this is going to be me soon, it was quite an experience and it was just really fun, the entire team was super fun. I just had a really good time shooting, I can't speak a lot about Nikkamma yet but whenever I'm able to talk more, I'd love to chat more about it with you guys.

**Your YouTube the channel is full of melody and positive vibes, it also gives viewers and your fans an insight into your life, which is your favourite video on your YouTube channel**

I try and maintain a very positive outlook on my channel and my fans do get a little bit of an insight into my life but I've tried to keep that work and life balance going on. I'm trying to maintain it in a way, wherein there's a little bit of separation so that when I'm not working it should feel like I'm not working, it shouldn't always feel like that I have these things left to do for my video. I should have a little bit of that balance and that's what I'm trying to keep and maintain, I don't know how it's going to happen or how it'll shape up in the future but let's see. I don't think I can choose a favourite video on my channel, I do a lot of different content on my channel and initially, I used to do only covers and then I drifted to originals, I also did some originals with speed records and I've done a couple of songs with T-Series and I've also done Jab Koi Baat with Venus. I also do a lot of dance content on my channel cause I love dancing, I also do a little bit of Q&A, I've also done makeup videos, which is something I might explore more because I love makeup too. I feel like through all these little aspects people are learning more about me and about the things that I like to do because there's more to me than just music. All of these little things are also a huge part of my life. It's really nice to be able to express and do what you like doing and put it out on YouTube, but it's not always rosy. Everyone won't like your content and there's always a lot of trolls online and on social media. The important part is to believe in yourself and your content and if you like it and are doing it for yourself, whatever the trolls say should not matter to you. Sometimes you do feel bad, but you have to look at the bigger picture and see why you were doing in the first place. You realise it was never for those trolls, it's always been for yourself or your fans, the people who love your work. It's been really good and I actually like everything that I post.



**You are an inspiration for many young aspiring singers, motivation quote you live by**

That's very sweet, thank you so much. It means a lot when people tell me they're inspired by my work and it's extremely sweet. I feel like I am still learning and I feel like I have just begun and to be able to have that kind of an impact on anyone, even if it's one person. If I'm making a person smile, I feel that satisfaction from my job. One thing that

I Have Lived  
By And I Still  
Do And I  
Remind  
Myself Of Till  
This Day Is To  
Just Go With  
The Flow.

Sometimes we do have a lot of things planned, everybody had a lot of things planned for 2020 but everyone's plans are all over the place and everything has been stopped because of this pandemic. You just have to learn to go with the flow and as and when anything happens it'll all be for the good. This time that we're getting now is also important for us to self reflect, to spend that time with family, whenever or however it's possible. It is also extremely to just improve our way of life as well. Just going with the flow has been the quote that I live by.





Photo Credits:

Photographer: Dev Purbiya

Stylist: Meagan Concessio

Hair and Makeup: Harry Rajput





### 5 foods you love to eat.

I love biryani, pizza, sushi, street food like Pani puri and bhindi.



### Women Fitness turns 21 years old this August please share a message for our subscribers/readers.

Congratulations on this milestone achievement! 21 years is a long time. The message I'd like to pass on is that this is the time for everyone to concentrate on their mental health. The world around us seems like a really bleak place right now and that takes a toll on all of us, we all feel lost and dispirited and a little hopeless. That's a natural reaction, don't be so hard on yourself. I'd encourage you all to think positively and realize that there are brighter days ahead. Every cloud has a silver lining and the fact that you're healthy and happy is something to celebrate. I'd also encourage people to be cautious and stay home. As individuals, there isn't much we can do to stop the virus, except stay home and I encourage you all to do that. We'll fight this together and come out stronger!



### How did you celebrate your birthday this year, looking at the present health scenario?

My birthday this year was lowkey, because of our current situation. My friends organised a birthday video call at midnight and that's how I brought in my day. This lockdown has made me really appreciative of the smaller things in life and getting to celebrate my birthday with my loved ones is definitely something I will cherish always.

### Skin & Hair routine you follow to look the best?

For my skin routine, I have a pretty straightforward one which I follow. Every time I'm wearing makeup, I make sure that I remove everything before I go to sleep and I use a cleanser and toner, I'll use serum too if it's available. I end my routine with moisturising. I have a very straightforward regime that I always follow and I feel like I've learned to stay and stick with products that I know don't break me out. My skin changes with climate and it does react to the air quality but as long as I stick to my regime my skin stays as clear as possible. As far as hair is concerned, I try to oil my hair whenever possible, my mum tells me to keep oiling it. I don't oil it as much as I should. I just use a good shampoo and conditioner and wash it every 3 days, whenever my hair or scalp starts feeling a little oily, I'll wash my hair.





# Namrata Purohit

Shares

## 3 Do's & Don'ts

When Learning Pilates

**N**amrata Purohit is a Pilates instructor who co-founded The Pilates Studio with her father Samir Purohit. She was the youngest trained Stott Pilates instructor in the world at the age of 16, and by the age of 19 she had completed all the courses on Stott Pilates. Her clients include Bollywood celebrities, sportsperson and other notable personalities.



In her interview with Women Fitness she shares,

### 3 Do's And Don'ts To Keep In Mind When Learning Pilates

#### Do's

- Do ensure the trainer or studio you join is recognized and qualified to teach.
- Do train with a trainer and preferably using the Pilates equipment as well.
- Understand the form and ideology behind an exercise, as this is a mind body form of exercise.

#### Don'ts

- Do not rush the training, the first few classes are the most important to understand the basics.
- Don't over-train, Pilates works big as well as small muscles in the body. When done right it is an extremely challenging form of exercise. There is a popular saying, "Pilates is easy, until it is done right"
- Although Pilates is like Magic, do not expect miracles. Nothing can work without a good balanced nutritional plan.

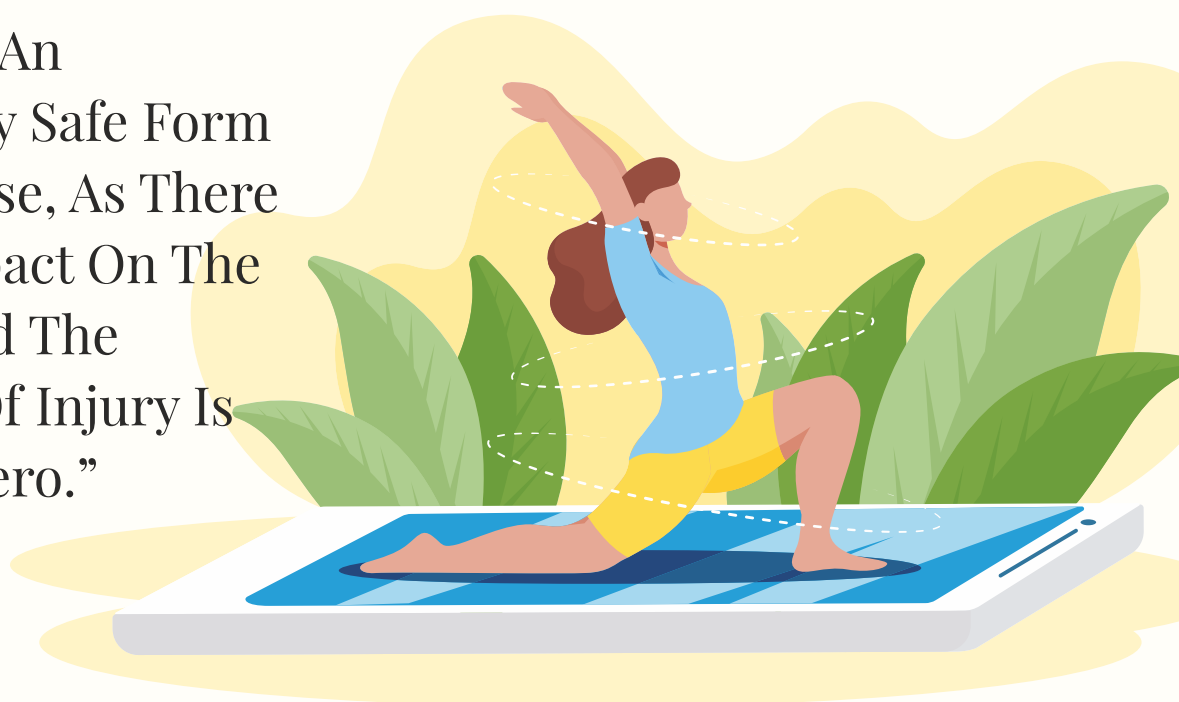


#### Benefits of Pilates Training

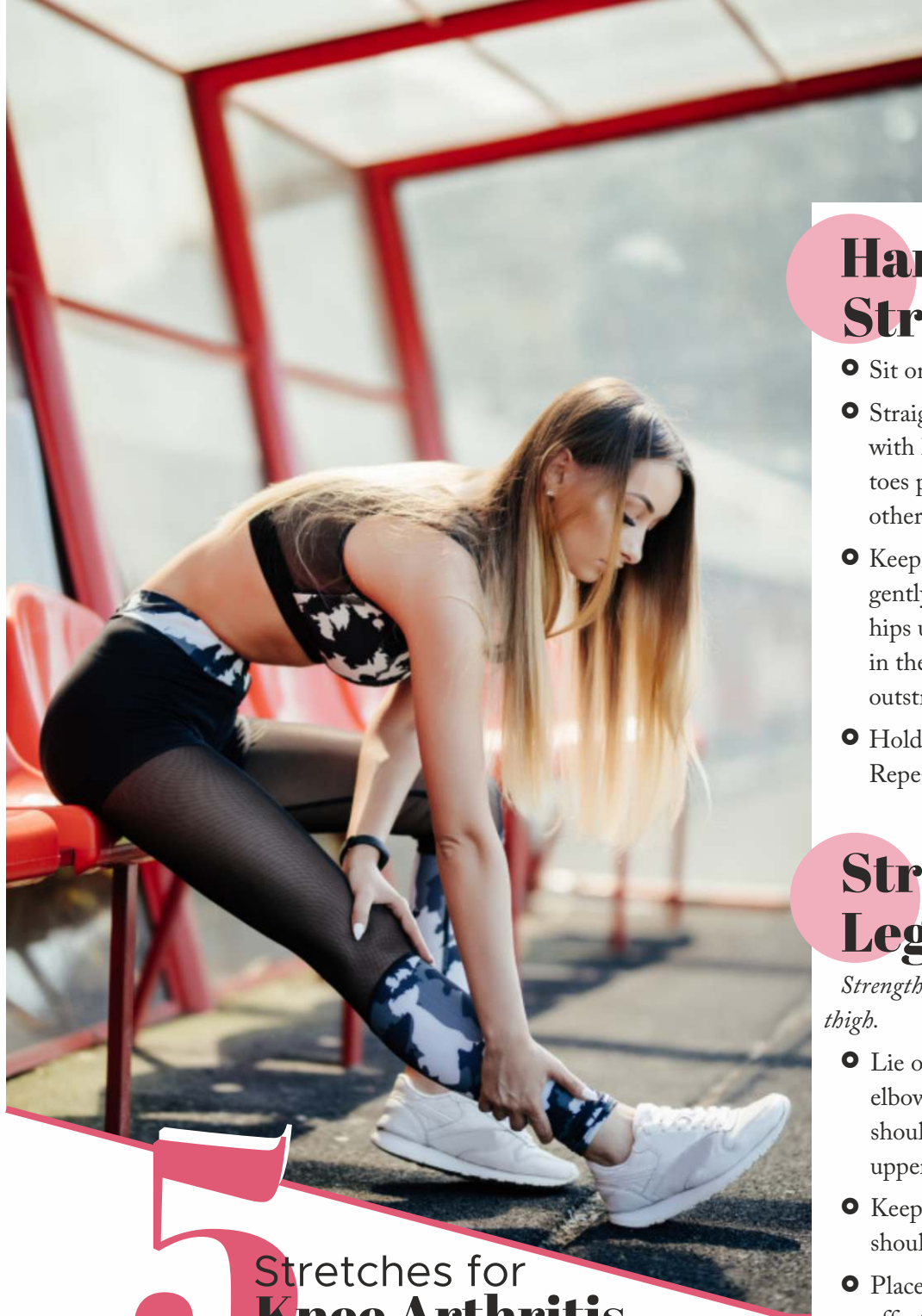
- Improve your core strength
- Define your abdominals
- Improve your flexibility
- Improvement in posture
- Stop back problem and pain
- De-stress and engage your body
- Improve your health, fitness and well being.

She goes on to add

Pilates Is An  
Extremely Safe Form  
Of Exercise, As There  
Is No Impact On The  
Joints And The  
Chance Of Injury Is  
Almost Zero.”







## Hamstring Stretch

- Sit on the edge of a chair.
- Straighten one leg forward, with heel on the ground and toes pointed up. Keep the other foot flat on the floor.
- Keeping your back straight, gently lean forward from the hips until you feel a stretch in the back of the outstretched leg.
- Hold 10 seconds and release. Repeat with each leg.

## Straight-Leg Raises

*Strengthens the front of your thigh.*

- Lie on the floor with your elbows directly under your shoulders to support your upper body.
- Keep your neck and shoulders relaxed.
- Place your leg with the affected knee straight in front of you, and bend the other leg so your foot is flat on the floor.
- Tighten the thigh muscle of the straight leg and slowly raise it 6 to 10 inches off the floor.
- Hold this position for 5 seconds and then relax and bring your leg to the floor. Repeat for three sets of 10.

# 5 Stretches for Knee Arthritis Relief

**E**xercise is an important part of a knee arthritis treatment plan, and your doctor will recommend it, whether you have osteoarthritis or an autoimmune, inflammatory form such as rheumatoid or psoriatic arthritis.

# Sit-and-Stand

*Increases range of motion and strengthens back of thigh and buttocks*

- Stand in front of a sturdy chair that won't move, with a table in front of you for support, if needed.
- Stand with your feet planted on the floor about hip-distance apart.
- Press your buttocks and hips back first, then bend your knees and slowly lower yourself into a seated position. Bending your knee first puts a lot of pressure into the joint. A cue you're doing it wrong: if you notice your knees going over your toes as you sit back (instead of staying stable over your ankle and heel), or if you feel a sharp, stabbing pain in your knee joint.
- Hold on to the table, if needed, so you don't fall back into the chair.
- Then tip forward from the hips, push through your feet and up with your legs to a standing position. Repeat.

# Leg Stretch

*This exercise also strengthens the quadriceps.*

- Sit on the floor with both legs out straight. Stabilize yourself with your hands on either side of your hips, and keep your back straight.
- Slowly bend one knee until it feels stretched, but not until it becomes painful.
- Hold your leg in that position for 5 seconds, then slowly straighten your leg out as far as you can, again holding for 5 seconds.
- *Exercise tip:* Repeat and switch legs whenever one begins to tire, 10 times.

# Standing Calf Stretch

*This gentle calf stretch increases flexibility in your leg muscles and knee joints.*

- Bring your right foot a few feet in front of your left foot. Bend your right leg, making sure your knee doesn't go past your toes.
- Keeping your left leg straight, press your left heel toward the ground to stretch the calf of your back leg.
- Hold for 30 seconds. Repeat on opposite leg.
- Do 3 times daily.

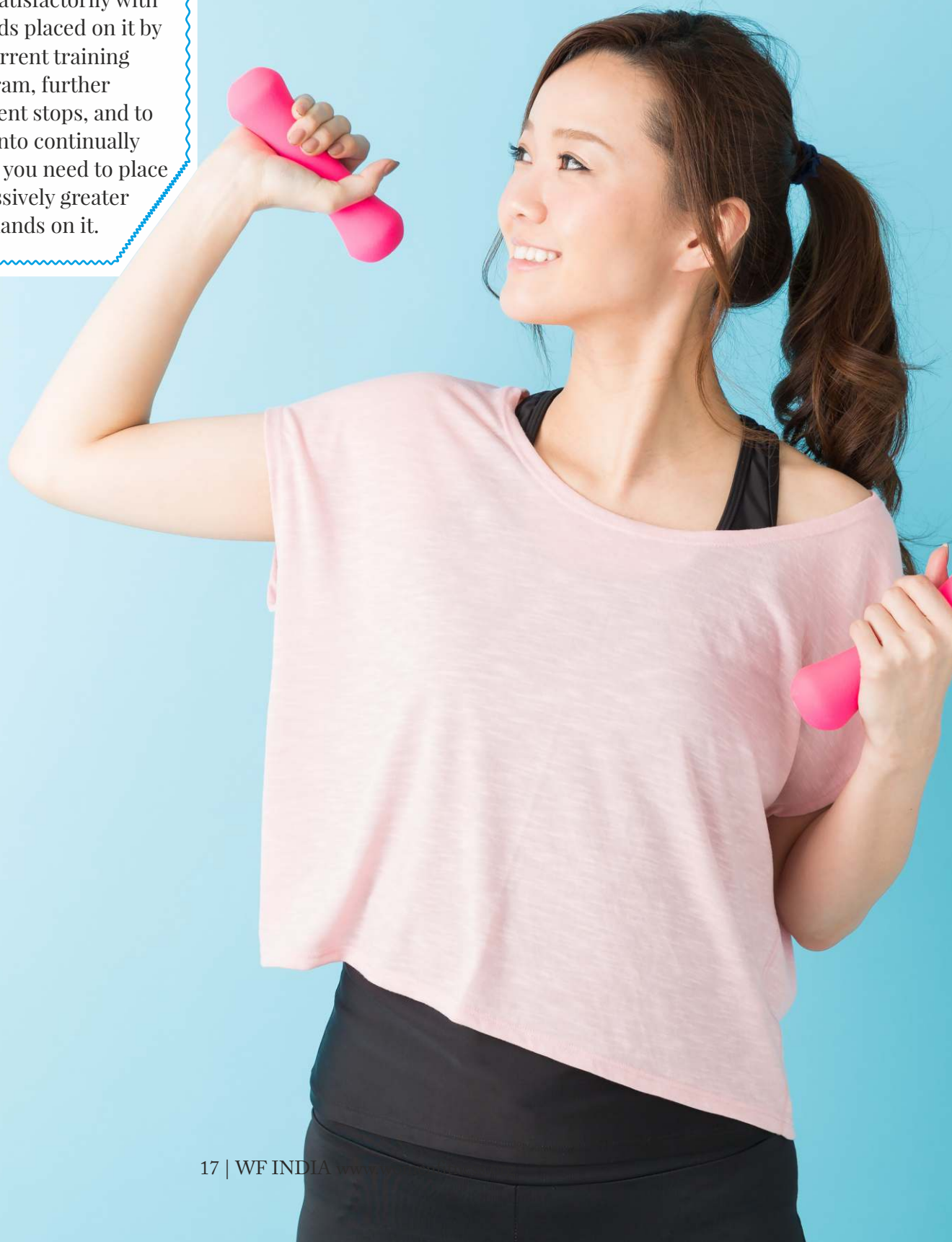
You can't cure arthritis or make it go away, but if you strengthen the muscles that support and stabilize the knee, you can take some of the stress load of weight-bearing or walking off a joint that's worn out and weakened from arthritis, and place it on the stronger muscle.





**Workout  
Tip**

Don't spoil your training experience with impatience. Progress is gradual, you don't get results overnight. You have to give nature a chance to work on your behalf. Nature is a bit conservative when it comes to energy expenditure. Once your body can cope satisfactorily with the demands placed on it by your current training program, further development stops, and to force it into continually developing, you need to place progressively greater demands on it.



# Ragi

The Super Food For You  
&  
Your Baby

**R**ich in calcium, protein (especially amino acid called tryptophan), fiber, minerals like phosphorus, potassium and iron. It has abundant amount of antioxidants, and Vitamins (D, B1, B2). Sprouted form of ragi provides Vitamin C.





## Benefits for Your Baby

- A very good substitute to canned baby food
- Development of healthy bones in babies and maintain bone health
- The high protein content helps to prevent malnutrition in babies.
- Sprouted form of ragi provides Vitamin C and thus makes it easy for the baby's body to absorb iron.
- Babies have an underdeveloped digestive system and ragi helps babies to digest food.
- Controls the overall cholesterol level of the baby's body and helps to prevent childhood obesity.
- The presence of various essential nutrients help it to boost the overall immunity of the baby. Babies have a weak immune system and including foods such as ragi in the baby's diet is of utmost importance to keep diseases and infections at bay.
- Best foods that can be given to babies to help them gain weight.

## Health Benefits for You:

- Helps in weight-loss
- High Fiber content helps diabetics
- Assists Weight loss & obesity
- Aids heal digestive problems
- A great substitute for those with lactose (milk) intolerance
- Helps in improving bone strength, a study by the National Institute of Nutrition says that 100 grams of ragi contains 344 milligrams of calcium.
- Good option for anemic women whose haemoglobin levels are low
- Helps reverse Ageing: Ragi contains amino acids methionine and lysine, both of which help in reversing skin ageing.
- Reduces cholesterol by curtailing the formation of plaque
- A good Antioxidant

## For Lactating Mothers

Ragi facilitates the production of breast milk in lactating mothers and also improves the quality of breast milk with its numerous nutrients. It helps to enrich the mother's milk with calcium, iron, proteins, and essential amino acids. Lactating mothers must include ragi in their diet in some form or the other. It is also helpful in weaning babies.





## How to Consume Ragi ?

- **The easiest way to consume ragi is mudde.** Ragi flour has to be added to boiling water and let it cook. Once the water reduces and a mass is formed, it has to be kneaded well. After kneading, it can be rolled into lumps.
- **Dosa:** Soak urad dal with dosa rice for about 30 minutes. Grind it and then mix ragi flour and let it stay for about 30 minutes. Add salt, coriander, chillies and onion. This batter is ready to be made into dosas.
- **Milkshake & Lassi:** In boiling water, add fine ragi flour and keep stirring. First add salt, cool and then add to buttermilk. Green chillies, coriander and finely chopped onion can be added to make a refreshing and nutritious porridge-like mix. For those who like it sweet, milk and sugar can be added to the ragi-water mix for a nutritious meal.
- **Roti:** Can also be made by mixing ragi flour with water, finely chopped onion, green chillies and coriander. This thick mix is flattened on a hot girdle for a delicious meal.
- **As porridge** is one of the best first foods that you can give to your baby.
- It can be made into **puri, laddoo, upma, and halwa.** Other ways of giving it to the babies after 1 year of age include **ragi malt, upma, pancake, laddoo, halwa, idli, seviyan, and cookies.**

Above all, it's cheap and won't burn a hole in your pocket.





Let go of expectation of yourself in your practice. Everyone is different and everyone has different body proportions too – your leg may never be physically long enough to wrap around your head, and that person who can most likely struggle with other areas of their practice on or off the mat.



# Nutritionist Approved Healthy Snacks For Monsoon

**T**he people of India welcome and enjoy monsoon like a festival. The time when you love to sit with your friends and family with 'Garam chai' or hot tea along with 'pyaaz ke paore'. Seriously, a rainy day feels to be incomplete without this combo.

After the scorching summer, Rain, unarguably, is a pleasant experience. Who doesn't like rainy days? They are simply the reason to hog onto those crispy veg pakoras and samosas in the evening with tea. However, if you are on a diet or are struggling to lose weight, rainy days might bring you cravings that are hard to die. So, we say, ditch the idea of deep fried samosas and switch to healthy evening snacks that will take care of your craving along with your weight.

Take a look at these 5 evening snacks that are healthy and perfect for a rainy day. PS-Nutritionist Approved!





## PANEER FRANKIE

paneer kathi roll recipe | paneer frankie | paneer roll | paneer wrap

Our very own roll, from the streets of Mumbai, the Paneer Frankie is the perfect snack for everyone! This super tasty, filling and easy to make frankie will make the perfect evening snack.

### INGREDIENTS-

● 250 gms paneer ● 2 tsp oil ● 2 tsp chili powder ● 2 tsp garam masala ● ½ tsp chaat masala ● 1 tbsp finely chopped coriander ● 1 small onion, finely chopped ● Salt to taste ● 2 rotis ● 1 katori green chutney



### METHOD

- Add the oil to a pan and the onion and saute till soft. Then add the chilli powder, garam masala, chaat masala and salt and saute.
- Add the paneer and mix well. Cover and let it cook for 5 mins till soft.
- Add the paneer and onion mixture and green chutney to roti and roll into a frankie and toast on the pan till crispy.
- Enjoy with ketchup or green chutney.

## MOONG DAL CHILLA

Made up of moong dal, these chillas are not only delicious but have a number of healthy nutrients attached to it as well. Cook them in olive oil to make them healthier. You can have them with a paneer or potato filling as well!

### INGREDIENTS

● 1 cup Yellow Moong Dal ● 1 tsp Salt  
● 1 inch Ginger (Chopped) ● 1 Green Chilli ● 1/4 cup Onion (Chopped) ● 1 tbsp Coriander (Chopped) ● Oil for frying



### METHOD

- Wash and soak the dal for 2-3 hours.
- Drain the water.
- Grind the dal with ginger, green chili, and little water to make a smooth paste.
- Add salt, onion, coriander and more water to make a dosa like batter (medium-thick consistency)
- Heat a non-stick pan and pour a ladle full of batter in the center.
- Spread the batter to make a thin round using the back of a ladle.
- Pour a tsp of oil on the sides and cook till golden brown.
- Flip and cook the chilla from both sides.
- Serve hot with green coriander chutney or ketchup.





## CORN BHEL

Fresh Corn Bhel is a delicious North Indian snack recipe. The main ingredients used in this quick and easy-to-cook dish are corn kernels, potatoes, cucumbers, onions and tomatoes. This delightful dish is not only delicious but healthy too as it is loaded with the goodness of all the vegetables used in it. In fact, it is a healthier version of bhel, a famous Indian street food.

Fresh Corn Bhel Recipe: How to Make Fresh Corn Bhel Recipe ...

### INGREDIENTS

- 2/3 cup corn kernels ● 1/4 cup coriander leaves ● 1/2 teaspoon chaat masala ● 1 teaspoon green chutney ● Papdi as needed
- 1/2 potato ● 2 cups sev ● 1/2 cucumber ● 1 teaspoon sweet tamarind sauce ● 3/4 tomato ● 1 & 1/2 onion ● salt As required ● 1/2 raw mango (optional) ● Lemon juice

### METHOD—

- Boil and peel the potatoes and set aside.
- Boil the corn kernels for 10-12 minutes until soft and keep aside to cool.
- Wash and chop cucumber, coriander leaves, tomatoes, onions, raw mango and boiled potatoes and add to a bowl.
- Crush the papdi and add it to the bowl. Also add salt, sev, green and sweet chutney and chaat masala. Mix all the ingredients well and top with the lemon juice. Serve!

## VEG TOAST SANDWICH

Veg Masala Toast Sandwich Recipe - Mumbai's Favorite Aloo Toast ...

This veg toast sandwich recipe is very quick to make with simple ingredients off your pantry that you can serve either as breakfast or as a snack.

### INGREDIENTS

- 8 to 10 slices brown or whole wheat, multi grain or white bread ● 1 medium size tomato, thinly sliced
- 1 medium size onion, thinly sliced ● 1 small cucumber, peeled and thinly sliced ● 1 boiled beetroot, thinly sliced (optional)
- 1 or 2 boiled potatoes peeled and thinly sliced ● butter at room temperature, as required ● chaat masala or sandwich masala to sprinkle on the veggies, as required ● black salt or rock salt or regular salt to sprinkle on the veggies, as required coriander & mint green chutney



### METHOD—

- Apply butter on the bread slices
- Apply the green chutney on the buttered slices.
- Place the 2-3 slices of all the veggies alternately on four bread slices.
- Sprinkle chaat masala or sandwich masala and black salt on the veggies alternately.
- Cover these with the remaining bread slices. Now toast the sandwiches in a toaster or grill.
- Serve veg toast sandwich with tomato ketchup and some coriander chutney.





## OATS UTTAPAM

Uttapam loaded with veggies is already a healthy snack, and it becomes healthy when cooked with oats. Add as many veggies as you would like in the Uttapam and relish them with a hot cup of tea/coffee. Sounds heaven right?

### INGREDIENTS:

- ½ cup oats
- ¼ cup rice flour
- 2 tablespoons curd
- Salt as needed
- Water as needed
- ½ onion, chopped
- ½ tomato, chopped
- 2 green chillies, chopped
- Coriander leaves, chopped

### METHOD:

#### Preparation:

- Add oats to a blender jar and make a fine powder.
- If you do not have rice flour then add sooji along with oats to the blender and powder finely.
- Transfer the oats flour, rice flour or semolina, salt, yogurt to a mixing bowl.
- Mix together with water to make a batter similar to the dosa batter consistency.
- The batter should be neither too thick nor too thin. But must be of slightly spreading consistency.
- Check salt and add more if needed.
- Cover and rest this aside for 5 mins.
- Meanwhile rinse and chop onions, tomatoes, chillies and coriander leaves.
- Mix together all the veggies on the chopping board and keep them ready.
- Grease a tawa with few drops of oil and heat it on a medium flame.
- Stir the batter well and adjust the consistency if needed by adding little water.
- Pour a ladle of batter and spread a bit to make a thick oats uttapam.
- Sprinkle the veggies as desired and gently press them with a wooden spatula.
- This helps them to stick to the oats uttapam.
- Cook until the base is done well & slightly crisp. You can also cover and cook until the base is set.
- Flip and cook well on the other side as well.
- Flip again and fry until the base is slightly crisp.
- Remove the oats uttapam to a serving plate.
- Before you make the next one, clean the tawa with a tissue if needed and grease it again.
- This way make more oats uttapam until you finish the batter.

A good book or a movie and delicious food are what you need on a beautiful rainy day. With the rainy season just around the corner, try these scrumptious snack recipes which you can enjoy during the rains with a hot cup of tea or coffee.

But how about welcoming the monsoon with some lip-smacking and delicious hot snacks with friends or family on a cozy and cold evening. Organize a small cozy table or just a down sitting in your balcony and enjoy the weather with some food and your favorite beverages.

By- Dt. Manoli Mehta

# 5 Healthy Desserts to Eat Guilt-free During Festivity

**W**ith Festivity round the corner, Below are five healthy dessert recipes. Clean and healthy eating comes with ditching processed foods, cutting back on sugar, and incorporating more veggies and whole grain in your diet. But even though you start feeling great, cravings are bound to happen. Although you probably shouldn't wreck your entire diet with a mug of ice cream, you can treat your sweet tooth and still stay on track with your healthy eating.

In fact, with some creativity and simple ingredients, you can create a healthy dessert that's packed with good nutrients. Indulging your sweet tooth and the feeling of satisfaction that comes with no guilt is now possible with these simple and yet healthy dessert recipes!



## Strawberry Frozen Yogurt

In a series of healthy dessert recipes, this fruit yogurt gets its creaminess from low-fat Greek yogurt, which is packed with good proteins that will keep you feeling full and satisfied.

Strawberries are loaded up with antioxidants and provide a great flavor too!

### Ingredients

- 2 cups strawberries.
- 2 Tablespoons honey or agave nectar
- ¼ cup low-fat Greek yogurt
- 1/2 Tablespoon fresh lemon juice

### Method

- Put the strawberries in the freezer overnight or for 3 hours for a better flavor.
- Add the frozen strawberries, honey (or agave nectar), yogurt, and lemon juice into a food processor.
- Process until creamy, about 2-3 minutes. Scrape down the side of the bowl to make sure there are no lumps left.
- Transfer it to an airtight freezable container and freeze for a minimum 6 hours but preferably overnight.





## 2 Dark Chocolate Peanut Butter Banana Bites

Dark Chocolate Peanut Butter Banana Bites are quick, easy, and define as healthy dessert recipes that can be made ahead of time. A lot of media coverage on Dark Chocolate has been given in recent years because it's believed that it may help protect your cardiovascular system. The reasoning being that the cocoa bean is rich in a class of plant nutrients called flavonoids.

Flavonoids are antioxidants which is the major contributor behind dark chocolate associated health benefits. The use of bananas and peanut butter enhances the nutritional quality by providing a good amount of potassium and protein making it a really healthy dessert. It can also be taken as a snack to munch on in between meals.

### Ingredients

● 2 medium ripe bananas ● 1/4 cup creamy nut butter of your choice ● 3/4 cup baking chocolate (I use dark chocolate chips but you can also use semi-sweet chocolate chips) ● 1 1/2 tablespoons coconut oil

### Method

- Cover a baking sheet with parchment paper. slice each banana into thin slices and arrange half the pieces on the baking sheet.
- Spread peanut butter onto each banana slice, then cover each slice with another slice. place in the freezer for about 30 minutes or until frozen.
- Place the coconut oil in a microwave-safe bowl and microwave until melted. stir in the chocolate, and continue to microwave until smooth. use a fork or spoon to cover each banana bite in chocolate, then place back on the sheet. freeze for one hour and enjoy!



## 3 Healthy Chocolate Cake

A healthy makeover to the delicious chocolate cake, this version does not contain refined flour and added sugar, therefore a really healthy dessert! Packed with dates, cocoa powder, whole wheat flour instead of all-purpose or refined flour makes it super healthy and chunks of walnuts give it a nice dense texture.

This is a perfect guilt-free chocolate treat to satisfy your sugar cravings, and easy to make too! You can even make them vegan by using coconut or almond milk instead of regular cow milk.

### Ingredients

● 20-25 dates (seeds removed) ● 1/4 cup water ● 1 and 1/4 cup milk ● 1 cup whole wheat flour ● 1/2 cup coconut oil (Or any other oil) ● 2 Tbsp. cocoa powder ● 1 Tsp. coffee powder ● 1 tsp baking soda ● 1/2 tsp baking powder ● 2 tbsp. walnuts ● 1 Tbsp. dark chocolate chips (Optional)

### Method

- Blend the dates and water using a blender until smooth.
- Mix the melted coconut oil, milk, dates puree and keep aside.
- Now mix the whole wheat flour, baking soda, baking powder, cocoa powder, and coffee powder and sieve them 2-3 times.
- Now slowly mix the wet ingredients into the dry flour mix one tablespoon at a time. Make sure no lumps are formed.
- Add chopped walnuts, chocolate chips, and mix.
- Preheat the oven at 350F. Bake the cake in a greased oven dish for 35-40min.
- Once done, remove from the pan and let it cool on a cooling rack.





## 4 Apple Oats Crumble

A simple, yet very healthy dessert recipe, it is nourishing and healthy enough for breakfast, and delicious enough for dessert. Made with oats and just a touch of brown sugar and scented with beautiful warming spices, it is loaded with fiber and tastes amazing!

### Ingredients

● For the crumble topping: ● 100g (1 cup) rolled oats, divided ● 30g (2tbsp.) brown sugar or coconut sugar ● ½ tsp. ground cinnamon ● ¼ tsp. ground ● nutmeg ● ¼ tsp. salt ● 40g butter, cubed and cold ● 60g walnuts or almonds, roughly chopped

### For the apples:

● 600g apples, peeled, cored and cut into a roughly 3cm dice (I used pink lady, but any tart cooking variety will work)\* ● juice of ½ a large lemon ● 2 tbsp. water ● 30g (2 tbsp.) brown sugar or coconut sugar (honey would work too) ● ½ tsp. ground cinnamon ● ¼ tsp. ground nutmeg

### Method

- Preheat oven to 180 C (350F)
- In a food processor or blender, blend half the oats into flour. Place the oat flour with the rest of the oats in a bowl, along with the sugar, spices, and salt. Whisk to combine. Add the cold cubed butter and using the tips of your fingers, rub the butter into the mixture until it is well dispersed and the mixture is crumbly with small clumps. Mix through the chopped nuts. Cover the bowl and place it in the freezer while you prepare the apples.
- Butter a baking dish or pie dish (the one I used is 22cm x 15cm and 5cm deep/ 9"x6" and 2" deep) and set aside.
- Peel, core and chop your apples, place them in a bowl. Add the lemon juice, sugar/honey, water, and spices and mix well. Pour this mixture into your prepared baking dish and spread it out evenly.
- Take the crumble mixture out of the freezer and spread it evenly onto the apple mixture. Bake the apple crumble for 45-60 minutes until the top is golden brown and the apples are sizzling and bubbling. Serve warm with some frozen greek yogurt!



## 5 Chocolate Popcorn – A healthy dessert replacer

Are you running out of healthy dessert option? Here we bring you a healthy dessert replacer – chocolate popcorn recipe.

Who doesn't like popcorn while watching a movie or binge-watching their favorite show? But did you ever think that your favorite snack could replace your dessert? Homemade popcorn is really easy and a healthy snack to make. It's inexpensive, easy to make, low- fat, and gluten-free. And when you add dark chocolate to this delicious snack, it also satiates your sweet craving.

This recipe is low on calories as compared to a traditional dessert, making it a perfect snack for people who are watching their weight!

The coconut oil not only provides healthy fats but also keeps you feeling fuller for longer while the dark chocolate is an antioxidant-rich superfood! And the best part? It takes just 5 minutes to make!

### Ingredients:

● ¼ cup (45g) popcorn kernels ● 1 tablespoon coconut oil ● 50 g melted dark chocolate (85% cocoa) ● 1 teaspoon salt ● ½ tsp cinnamon powder (optional)


### Method:

- Put the popcorn kernels along with coconut oil in a pressure cooker or a big pot.
- Cover and cook over medium-high heat.
- Wait for a few seconds. Cook, shaking the pot occasionally until the popping slows down.
- Remove from heat and put in a serving bowl with a lid.
- Add the salt, cinnamon powder, and melted dark chocolate and shake well with the lid on till the popcorn is well coated.
- Enjoy hot!

Enjoy these Delicious Desserts with family & friends.

By- Ms. Preeti Tyagi



A woman with long dark hair is eating from a glass bowl filled with fruit. She is holding a fork with a strawberry on it, about to take a bite. The bowl contains strawberries, blueberries, and orange slices. A thought bubble is positioned in the upper right corner of the image.

To Help Control  
Your Blood Sugar, A  
Diabetic Person Need To  
Learn How To Calculate The  
Amount Of Carbohydrates Is  
Eaten Daily So That You Can Adjust  
The Dose Of Insulin Accordingly.  
It's Important To Keep Track Of  
The Amount Of  
Carbohydrates In  
Each Meal



# Kaftans ARE Hottest Trend this Season



**K**aftans is used to mean “one-piece dress” and is best suited for hot summer days. The defining features of a kaftan are its long sleeves, often worn with heels given the length of the cut.

Elegant version of kaftan styles are reserved for special occasions and wedding celebrations, and are worn with great pride by all classes of society. In fact, true fashionistas head to their couturier for a hand-made dress that is often beaded and decorated with embroidery and using the finest fabrics that represent one’s individual style. Worn by women all over the world even celebrities they are seen as the perfect garment for housewife hostesses, hippies, and the “jet set”.





# Kaftans:

## A Craze Among Celebrities

Recently, kaftans have started popping up on celebrity Instagrams. Celebrities from Sofia Coppola to Christina Hendricks are talking about their love of kaftans in interviews and hosting kaftan-themed parties. Chrissy Teigen wore a kaftan on the red carpet.



Indian actress Kareena Kapoor has made a 'kaftan series' on Instagram.

Actress Priyanka Chopra was seen walking about Cannes in 2019 with an upgraded version of kaftan. She wore a silk kaftan by Rick Owens with the cinched waist detailing and a white fedora. They are sported by Mallika Arora, Neena Gupta and many more.

## Tips to Style a Kaftan:



- Wear your brightly-coloured kaftan with the beautiful safari/West Africa patterns with a matching head wrap and scarf (or even a straw hat!).
- You can make your waist look tiny by cinching your kaftan in with a wide leather belt.
- A silk or cotton kaftan top looks wonderful over shorts. Top it up with beads and achieve the perfect casual summer look. A medium-length, printed kaftan is much more preferred for a day in the office, especially when teamed up with a pair of leggings.
- Kaftans are very comfortable and loose-fitted, which is why they are the perfect sleepwear and lounge-wear too. Just pick a pattern you like and make sure your item is made of a natural fabric like cotton so that your body is kept cool on hot days. Choose rayon, georgette, satin or silk for a more formal event, such as an evening party.
- A pair of nude heels looks fantastic when teamed with a printed kaftan. The great thing about kaftans is that you can wear them with whatever shoe you wish, from wedge sandals to a pair of high heels, depending on the look you want to achieve.
- Small purses and bags (for a casual look), as well as clutches (for an evening party or formal occasions) go well with it.
- Best Suited for all body-types.





# Eyebrow Trend for 2020

**C**oming down to eyebrow a lot has changed over the years. From pencil-thin eyebrows in the '90s and early 20s to extremely defined calculated and defined ones in late 2010 to natural bushy brows now in 2020, just like fashion, eyebrow trends have changed with decades.



## Tips to Recreate 2020 Eyebrow Look:

- Let your eyebrows grow out in its desired shape. Remember, the bushier, the better.
- With a tweezer, just take off any excess hair in the centre of your brows. You can take off the unibrow if you aren't into it.
- Brush the rest of your brows and take off any excess hair around your original brows to give a cleaner finish.
- Do not take off any extra hair from the brows in order to give it a defined shape. Let the natural shape and growth of your eyebrows be the centre of attention here.



## What about that scar you got as a kid?

Instead of filling it in and covering it up, Perfectly imperfect brow style encourages you to embrace it. Of course, you can brush and shape it, but try to factor in any imperfections.



## Dewy Brows

For those dewy brows looking healthy and radiant. Go for that wax-finish formula and add a generous layer of clear brow gel to lock it all in place.

## Tips to Overcome Weight-Loss Plateau After Menopause

**H**as your weight-loss progress decreased or stalled completely since you entered menopause? Do not get discouraged, we've all been there. It's quite normal for weight loss to slow down or even stall.

### WHAT IS WEIGHT-LOSS PLATEAU?

After a few months into your new diet or exercise regime, the weight you saw slipping off week after week suddenly comes to a halt. The scale has stopped budging for no reason you can think of even though you are still eating carefully and exercising regularly.

### WHAT CAUSES WEIGHT-LOSS PLATEAU?

During the initial weeks of weight-loss, your body gets energy by releasing stored glycogen, a type of carbohydrate found in the muscles and liver. Glycogen is made partly of water, so when it is burned for energy, water is released which causes weight loss.

You lose some muscle along with fat as you lose weight. Muscle is what helps keep your metabolism up. So your metabolism declines as you lose weight, causing you to burn fewer calories. Your slower metabolism slows down your weight loss. You reach a plateau when the calories you burn equal the calories you consume.

### MENOPAUSE & WEIGHT- LOSS PLATEAU

Menopause causes a weight loss barrier for most women due to loss of muscle mass, insulin resistance, and high/low levels of estrogen that lead to fat storage.

Menopause causes a decline in the levels all sex hormones including testosterone, the "male" sex hormone which encourages muscle mass production. So, low testosterone along with estrogen dominance causes weight gain after menopause.



# Tips To Overcome The Weight-loss Plateau:



## ● INCREASE INTAKE OF PROTEIN AND FIBRE

Make sure you include enough protein in your meals, so you do not have frequent hunger pangs and stay fuller for longer time periods. Eating protein helps to burn more calories during digestion.

## ● INTERMITTENT FASTING

Intermittent fasting is a great way to overcome the weight-loss plateau. There are three methods of intermittent fasting- alternate-day, periodic, and daily time-restricted. You can discuss with your nutritionist on the best plan that suits your health conditions and your daily routine and chalk out a proper meal schedule along with healthy food options and recipes.

## ● EXERCISE REGULARLY

Even though you might feel disheartened by lack of results because of the weight-loss plateau, do not give up on regular exercise. It is important to ensure regular physical activity to keep your body fit. Exercises that target belly fat will provide the best results. You can use resistance bands, weight training, and cardio to slim your waist while avoiding muscle loss.

## ● GET SUFFICIENT SLEEP

Menopause means that a restful night's sleep is not always possible. Hot flashes and night sweats may keep you tossing and turning for hours after you go to bed. But irregular or lack of sufficient sleep is a huge detriment in your weight-loss journey. Make sure to get at least 7 hours of sleep daily. You can try breathing exercises or yoga before bedtime or sleeping in a cooler environment to get proper sleep.

## ● REDUCE STRESS

Menopause causes an increase in stress levels. This makes you feel tired and irritated. It also increases cortisol levels that are linked to increase in belly fat. Eat balanced meals to give sufficient nourishment to your body. Avoid heavy dinners and too much salt and spice in your food. You can also try calming exercises.

## ● FOCUS ON OVERALL HEALTH

Your waistline is not a perfect indication of health. So it is ok if you think that you still need to lose 2-5 kilos. Instead, focus on your overall health and not just the numbers on your scale or the shape of your waistline.

If you feel your efforts to get past a weight-loss plateau are not giving results, talk with a dietitian. Each body is different, so maybe this might be your body's way of telling you to take notice. You've already improved your health by improving your lifestyle with healthy diet and regular exercise. So now, don't give up and revert to your old lifestyle with unhealthy eating habits and no exercise.

Appreciate your success and be consistent in your efforts to maintain your weight loss.



# Lock-Down Weight Loss Tips By **Dr. Neomee Shah**

**D**r. Neomee Shah, the founder of Dr. Neomee Shah's Forever Wellness, an Award-Winning Lifestyle Nutritionist, and her daughter, Ms. Divija Shah, a fitness enthusiast join us to answer queries on Lock-down weight loss tips.

First of all, we must remember that we all are in it together. And in these testing times, the least we can do is take responsibility of our own self.

Maintaining weight, staying fit and boosting immunity are the need of the time. And one can't let loose on these by messing up their lifestyle. Hence, one must set a routine and stick to it to the D. Remember the rule.

Get up, dress up, show up and never give up. Allot a specific time for your daily course. Keep fixed time for sleeping, waking up, eating office work, Netflix, social media, working out, cooking family, kids, housework and so on. Make a proper time table and organize your days well in advance.

When your day is well planned, you will not tend to overeat, which generally happens when there is a lot of free time or when you are in a holiday mood. Take to three major simple home cooked meals. Do not stock up on any unhealthy, processed, packaged foods at home for snacking as out of sight, out of mind. Instead you may stock up on fruits, fresh fruits, veggies, nuts, seeds, eggs as healthy snack options.

Additionally, you may also practice intermittent fasting or make the most of this time to align your body to its natural circadian rhythm just by following these simple guidelines. You will surely be able to maintain weight even in this lock-down.







## What according to you is an ideal lock-down diet?

A diet comprising of seven essential nutrients carbohydrates, proteins, fats, dietary fibre, minerals, vitamins and water, along with adequate amount of probiotics, is the best kind of diet to follow in this lock down.

A balanced diet is very important because our organs and tissues need proper nutrition to work, effectively fight infections and boost immunity. Without good nutrition, our body is more prone to infections, fatigue and poor performance.

Here is sample diet planned for you

- For breakfast you can have Oats or upma or Idli along with a bowl of curd or you can have eggs and toast.
- For lunch you can have one plate of raw salad along with that. You can have either a bajri, nachini, jowar or wheat roti and dal or fish curry plus green vegetables. Or vegetable Kichidi followed by a glass of buttermilk.
- For snack you can have hummus with carrots and celery sticks or makana behl or fruit plate, nuts and seeds.
- For dinner you can have a bowl of vegetable soup , along with sprouts or moong dal cheela or chicken or quinoa khichdi. So this is the plan for the entire day. And note that the quantity will differ from person to person.

**Your daughter, Divija Shah recently ventured into the field of nutrition and fitness, what advice would you like to give her and other budding nutritionists and dietitians. Please share your daughter's area of specialization.**

Divija Shah is an 18 year old fitness enthusiast studying in 12th grade of the Dirubhai Ambani International School. In school, she has pursued sports science and currently she has also taken up a fitness coach certification program from the American College of Sports and Medicine. Meanwhile, she has started her research on nutrition and has also taken up various short courses on the subject.

Recently, she also went to the Johns Hopkins University to learn about nutrition and bio-hacking. Her drive for nutrition and fitness kick started her Instagram page – Step up with the fitness .She specializes in fitness for teenagers. She designs fun and result oriented workouts, which encourages teenagers to exercise regularly.

She, herself, being a teenager, understands the psychology of her peers and can help them become the best version of themselves. Her motto is #Fitteen Fit India.

**My advice to her and all the other budding nutritionists and fitness enthusiasts is just that. Be unique, just be yourself and don't try to copy others when you follow your passion. By retaining your own unique self-miracles happen and success is inevitable. Only those who are fully in spirit can be torch bearers of health and wellness and pioneers of the future.**



**5 Tips for the New Generation who look around for Quick Fix Diets to lose and maintain weight? Divija's and your say on the same.**

*Nutrition tips by Dr. Neomee Shah.*

**Number one**, most of the people try to eat clean during the week, but then on a weekend they go all out and they're bingeing and cheating, which defeats their entire weight loss goal. My advice would be to have two cheat meals per week and not to have cheat days

**Number two**, most people confuse thirst for hunger, often mistaking the former for the latter. My approach to cure would be to be mindful and avoid overeating by consuming ample water.

**Number three** have well balanced meals comprising of carbohydrates, proteins, fats, fibre, vitamins, minerals and water. My PRO TIP would be not to cut out on any essential nutrients drastically and be deficient in it. Instead, you can play around with the proportion in each meal and exercise portion control.

### **Workout Tips By Divija.**

**Quick 25 minute HIIT cardio workout.** This is a high-intensity interval training workout that engages your full body. They include alternating periods of intense, cardio exercises with very sharp, less intense recovery periods. Along with being a quick workout that can be fit into anyone's daily routine. It also burns a lot of calories in a short period of time that's being effective for weight loss.

**Daily twelve sets of Surya Namaskar**, any type of yoga helps tone your muscles and also improves your blood circulation. This, as a result, helps in improving your digestive system, relaxes your muscles, and farms you down mentally. Surya Namaskar, in specific, has one extra added benefit of losing weight and improving the metabolism as at a faster pace. It can be considered as a cardio exercise.





**What according to you & Divija are the challenges to follow a healthy diet for teenagers & college students? With PMS becoming a common health issue, suggest lifestyle tips to manage it?**

According to Divija and I there are a couple of factors that can pose as challenges for teenagers and college students to follow a healthy diet.

**Number one**, some of the most common factors are stress, anxiety cut throat competition and to cope up with all these emotions they resort to emotional eating and depend on junk, sugary foods.

**Second**, teenagers are at an age where they go through a lot of hormonal changes. They are exploring themselves, understanding the changes around them. And college students are at a stage where they may have a heart breaks. They have to make career choices or financial problems where their main focus is to eat something that pampers their emotions. Hence, they resort to emotional eating, not knowing that this is a vicious cycle which will in turn adversely affect their emotional state.

**The third**, the trend nowadays is to socialize over food with the rise of restaurants and a variety of cuisines the youngsters want to go out and eat with their friends. And these restaurants serve unhealthy but very tasty food. And hence they opt for the taste over health. Sometimes healthy food is sold at a premium rate and students who are living on a budget find it easier to source junk and a pocket friendly food which is found in abundance all around



**Fourth** also, we live in a world where every celebration, be it a birthday or wedding or graduation. Everything calls for, junk, sugary and unhealthy food like cakes, pasteries, fried, colas etc. There is a culture of associating eating junk food with celebrations and happiness. And for youngsters, every day is an occasion so the whole problem is because of the system, lack of correct education and knowledge about the right kind of food.

Hence, I feel that if they can be guided by a professional at a very young age, then they would be able to make better food choices and live a healthy life. Creating awareness and showing them the right path is the key to all the problems.





**Share three 5 minute healthy recipes to try on the go?**

**Recipe one:** Besan Cheela high in complex carbohydrates and protein. Add one cup of Gram Flour in one bowl. Add a little water to it and make the Chela Batter. Then add an onion, tomato, Capsicum, salt, turmeric powder, ginger, coriander leaves to it. Mix all the ingredients. Now heat the pan and add one teaspoon of mustard oil to it. Put the batter on the pan and spread it evenly. Let it cook till it becomes nice and crispy when ready. Serve it with green chutney. It's healthy, tasty and filling.

**Recipe number two:** Ragi Malt recipe mixed three to four tablespoons of Ragi with some water and make a paste out of it. Then take a pan add some water, some rock salt and Ragi paste to it then cook for two to three minutes and let it cool. Then add it two to three tablespoons of curd. Do it and mix it will add your gluten free high fibre, vitamins, and minerals. Indian smoothie is ready.

**Recipe 3: Overnight Oats.** This is no cook method of making oatmeal, soak raw oats with some coconut milk and some honey and rested in the refrigerator for at least six hours overnight. The next morning you have ready to eat a delicious, creamy bowl of oatmeal topped up with some seeds, nuts, dried fruits or fruits and enjoy this delicious power packed breakfast.

**A day in Neomee Shah life during lock-down**

I have made a time table and set a purposeful routine for myself which I follow everyday during the lock-down.

**I THINK IT'S VERY IMPORTANT TO ALLOT A SPECIFIC TIME FOR EVERYTHING IN ORDER TO FULFILL ONE'S AIMS & GOALS.**

I wake up by 8 am and begin my day with a short prayer while still in bed.

Then I drink a glass of warm water with some cinnamon powder and lemon followed by fresh amla-haldi juice or my immunity booster tea.



Then I give myself a short massage with coconut oil which is followed by some stretching exercises or yoga for 30 minutes.

After that I shower with my signature Chakra cleaning scrub, get ready and do diya, aarti & meditation in my house temple.

Later, I join my family for breakfast. This includes seasonal fruits and a handful of overnight watersoaked nuts & seeds. Sometimes it's just a big bowl of curd or homemade guacamole dip with carrot & celery sticks. This time is very important to me as we all have breakfast together, fill each other in and get ready for the day ahead.





Post dinner, I sit in Vajrasan pose for 10 minutes to facilitate digestion and absorption of nutrients.

Then, my daughter and I perform a thanksgiving ritual and fill in our jar of gratitude. This is also the time where we discuss our day, work and plan our short term and long term goals. We keep a check on each other and this keeps us motivated. Also, we have set this habit of learning something new everyday, so we share that knowledge with each other as well.

After this, I reply to all the queries of my clients and then unwind by either watching a Netflix show, talking to friends or relatives on video call, reading or anything that makes me happy.

Lastly, to end my day on a good note, I have a glass of warm water with some haldi & pepper, conduct a short prayer, program my subconscious mind and then sleep off by midnight.

Thus, I segregate my time well to reap the benefits of a life well lived. Stay healthy, stay happy!

Women Fitness is grateful to them for this enlightening interaction.

After this, it's a roller-coaster of work. Before lock-down, I used to meet my clients in person but now, I connect with them on video call. We strategically plan the entire week's diet and I monitor them closely everyday too. So my working hours are 12 to 5 pm. I just take a short lunch break between that.

My lunch includes a wholesome bowl of salad along with vegetable khichdi or a vegetable & paneer roll. In addition to that, I always have a small glass of buttermilk or kaanji post my meal.

After wrapping up work at 5 pm, I enjoy a light snack like a small portion of dried fruits, homemade protein balls or a fruit and peanut butter as my pre workout snack.

I usually workout for an hour to an hour and a half.

Post workout, I have a cold water shower which is excellent for anti-aging and then I sit for my dinner. This could be either a moong daal chilla or a hot quinoa salad, hummus and gluten free crackers or sprouts chaat.

So basically I eat clean & wholesome meals throughout the week with the exception of 2 cheat meals which are generally on a Thursday and a Sunday.

September  
Special

# Actor **Hina Khan**

On Her New Found Love For Pilates  
&  
Building Body Confidence





“

**My faith in  
myself to do the  
best i can, utilize  
my skills and  
abilities in the  
best way  
possible**



**H**ina Khan is an Indian television and film actress well known for playing Akshara in Star Plus's Yeh Rishta Kya Kehlata Hai. She participated in the reality show Bigg Boss 11 and emerged as the first runner up in 2017.


On 7 March 2018, a day before Women's Day, Hina also received a "Power Woman" award at Power Women Fiesta Awards 2018. In March 2018, she appeared on the magazine cover of Fitlook magazine for March issue. She also appeared on the cover of FHM India December 2018 edition.

As of recent Hina Khan has been motivating fans to keep up with their fitness routines during the coronavirus pandemic by sharing her workout videos.

Catch Actor Ms. Hina Khan in an interview with Women Fitness President, Namita Nayyar.







**You started your career with longest-running television series “Yeh Rishta Kya Kehlata hai” and became a household name since, you also hold a degree in management and coming from a non-film background, share your journey as an actor. One factor that was instrumental.**

Oh, the journey has been long, eventful and one to cherish forever! My faith in myself to do the best I can, utilize my skills and abilities in the best way possible and never give up on the one and only key factor which is hard work was all which played an instrumental role in bringing me to where I am today.

**You have broken the stereotypical image of a “bahu” and today are considered one of the most fashionable celebrity, tell us your 5 favourite fashion style and your 2 favourite fashion icon**

For me, fashion is all about confidently carrying off what you wear! The outfit might not be stellar, but the way with which you carry it off and showcase your confidence of wearing that particular is what defines your true style statement.

**You have been part of reality show like Bigg Boss II and Khatron Ki Khiladi, also been part of web series and now you started your YouTube channel as well, Tell us which part of your work do you enjoy the most**

I honestly enjoy working on all these mediums of content. Every medium has proved to be fruitful and amazing in its own way, bringing out something new to the table each time, and that's what I have thoroughly enjoyed.

**Choosing to opt for the cover girl for Women Fitness India, you are an inspiration for all women out there, tell us what importance does fitness hold for you? Also, share with us your favourite workout type. 5 great ab exercises out of your experience**

Working out is a part of my daily lifestyle. That is something I never compromise on. It not only keeps me physically fit but also helps me be refreshed at all times and maintain good mental wellbeing which in these times is extremely important! I am currently doing a lot of pilates! A newfound love which I am thoroughly enjoying. The workout form is very different and I am learning so many new ways of exercise through it, which is great.

**5 good Ab exercises I would suggest are**

- Ab curls
- Ab curls obliques
- Roll downs
- Bridging
- Single leg circles.







**You walked the red carpet as Cannes Festival last year, and you looked mesmerising and confident, you went on to mention that Indian designers did not support you much, tell us how was the experience and how did you prepare yourself for the moment?**

My Cannes moment was one which I will forever cherish! Just being on that red carpet to represent my work and my country, along with personalities from around the world who were doing the same was a lifetime experience!

Throughout it all I just ensured that my confidence levels were high, and come what may that was the only side of myself that I showcased at the event.



**As an actor, it is very important to look at your best on-screen, share with us your skincare and haircare tips that help you look flawless**

I try and keep it as natural as I can. Homemade remedies for my hair and skin always work well for me. Other than that I ensure good moisturizing of my skin with products recommended by my dermatologist, as well as more natural and chemical-free shampoos and conditioners for my hair. I ensure to keep myself hydrated at all times, good sleep is also a must for me and just thinking positively is what keeps me going strong and healthy at all times.







**Do you follow any particular diet, What are your favourite cheat meals? 5 energy boosters you like**

When it comes to a role requirement or a certain physique type required for a project I do follow various diets, but otherwise, I believe in eating whatever I like in moderation and burning it off with a good workout post that. My favourite cheat foods are sizzlers or cheesecake. Also spinach pineapple and an apple energy drink.



**You make time to hit the gym even after back-to-back shooting schedules and travels. How do you gather the motivation for the same?**

Like I mentioned earlier, working out is an integral part of my daily routine. I feel that your body is your temple, it is the only place you have to live in, so there is nothing better you can offer it than to exercise and keep it rejuvenated at all times.



**Lastly, with a huge following of 8million on your social media, what message would you like to give to your fans and readers**

It is nothing but their love that has made all of this possible! And I am extremely humbled and grateful for it all!





**Fashion  
Tip**

Denim Is That One Classic Piece Of Clothing We Swear By And Honestly, There's No Denying That! Over The Years, We Have Watched Favourite Denim Looks And Are Always Surprised By How Classy & In They Look. One Can Create A Variety Of Different Looks With Denim To Get Inspired From.





## Shopping

**W**omen Fitness India joins hands with 5 brands that are home-grown and local brands and gives them a huge shout out!

India's fastest growing FMCG direct selling company which was founded by Mr. Samir Modi, an intuitive entrepreneur who is constantly striving to bring new and radical ideas to life, who is also the founder of Colorbar cosmetics and 24Seven.



**nua**  
Different women have different period cycles. That's why Nua experience is tailored to a woman's needs. They create custom pack. This Mumbai-based start-up co-founded by Ravi Ramachandran and Swathi Kulkarni in 2017 offers a customized pack of 12 sanitary napkins with doorstep delivery.

**Modicare**



**INATUR**  
AYURVEDA & AROMATHERAPY

A range of natural skin, hair and wellness products ethically made from pure Ayurveda and Aromatherapy ingredients in a scientific and research backed way to be result oriented and safe on skin.



**Vocal for Local**  
**5 Home Grown Popular Brands**

**IS.U**

Rashi Menda, Founder, IS.U is a fashion addict. She saw a massive gap in the shopping experience of Indian millennial, which led to the birth of Zapyle.



Established in 2017 to address a huge gap of toxin-free products in the Indian market, The Moms Co. was created with a mission to help families make Natural, Safe and Effective choices for themselves and their loved ones.



# Zodiac Signs & Mental Well-being

By Dr. Larra Shah, Celebrity Holistic Healer

Sun-Sign  
Fitness



## ARIES

With your attributes of energy and a pioneering spirit, you need many exciting and challenging activities that stimulate you and capture your interest for your mental wellbeing.

Avoid food that have yeast in them post 6 pm as it will cause bloating and indigestion. Eat roasted ajwain (Carom seeds) caraway or ajwain early in the morning.

Dark reds and brown colours will support and balance your energy.



## TAURUS

The practical and logical mentality of earth blends with considerable artistic talent, signified by Venus, the ruling planet of your sign. Crafts or studies can be applied usefully to be mentally stimulated. Avoid eating left over foods as your solar plexus chakra is sensitive.

All shades of greens and blue will be soothing and uplifting.



## GEMINI

Quick thinking and outgoing, you burn up vast amounts of nervous energy. Fortunately, you are blessed with a plentiful supply of vitality and drive. Physical exercises will be refreshing and revitalizing for you.

Avoid sugar rich food post 7 pm as your adrenals kick in energy and it causes insomnia. Replace the urge of sugar with honey or jaggery.

Peach, pink and lemon yellow are favourable colours to keep negative vibrations away.



## CANCER



Creative expression is a must for a cancerian. Whether it is learning a musical instrument, dancing, or painting. You will feel frustrated and dissatisfied without some form of artistic involvement. Yours is an emotional sign and you need to pour your feelings and energy into productive things to help maintain your emotional equilibrium.

Avoid dairy products post 7pm as it can cause discomfort and acidity. Eat fresh white turmeric with lemon juice with your meals. Whites will bring endurance and red will add vitality

## LEO



You need challenge to bring out your talents and sustain your enthusiasm. Leo is the sign of the hero; rather glamorous but serious and important tasks is a must. Leo is a highly creative sign that likes to have 'a say' in things.

Avoid cold salads and cold food as your sacral chakra is weak suggesting slow digestion and assimilation. Warm water with honey and lemon juice will increase your energy.

The colors pink and peach will add energy and exuberance in you.

## VIRGO



As a Virgo, you may like handling small things which have intricacy and detail. You simply love and enjoy social media. It's a prerequisite every day in your life. Activities that require focus are exciting and stimulating mentally for you.

Avoid caffeine and long hours of fasting, your energy levels will be unbalanced. Violet and red colours will protect and bring in fulfillment.

## LIBRA



There are two facets of the Libran nature, it is an air-sign, which denotes intelligence and versatility and its ruling planet is Venus, signifying artistic awareness, an appreciation of beautiful things and a sociable nature.

Helping people will be mentally relaxing and fulfilling for you.

Avoid overeating and only eat when you are hungry, do not forget to breathe deeply. Black, White, cream, red & blue will be mood enhancing colors.

## SCORPIO



Scorpions generally like to be dependent on their own resources. They are the sign of drama and you could find that involvement with the stage, acting offers an exciting outlet for your emotional and creative energy and talents.

Avoid spicy and tangy foods completely, have at least 3 portions of fresh fruits a day. Colours orange, blue and brown will bring in luck.

## SAGITTARIUS



As bursts of enthusiasm characterize the Sagittarian nature, you could try out lots of different things before you discover what you really want to do. Support from friends can be mentally relaxing. Avoid heavy and late dinner as it can cause anxiety. Eat fruits with your meals.

Colours blue and red will keep negative vibes away.

## CAPRICORN



Is the sign of tradition and heritage, yours is a very practical sign. Fascinated by history you find historical places strike your inner chords with awe and admiration. Avoid eating at random hours and bingeing rich foods. Drink plenty of water to curb false hunger pangs.

Dashes of sunrise colours will set in harmony and balance emotionally.

## AQUARIUS



It is a gregarious air-sign, major prerequisites are that you need mental stimulation, or you will grow bored. If you are a typical Aquarian, you are bold and adventurous. You need space and quiet to be mentally happy, meditation will be relaxing.

Avoid eating too many carbs and pickles. Fresh greens will build your energy levels.

Lucky hues will be smoky grey and blue they will add more calmness and peace.

## PISCES



Pisces derive their greatest pleasure from their home and family involvement. Pisces is a creative sign and so, for you, artistic hobbies will be like unlocking a prolific source of ideas. You will love creating and achieving bigger and better things. Avoid overthinking your food, relax and have balanced meals.

The colors yellow, green, and white will enhance your mood.

Stay Healthy.

**Namita Nayyar**

President  
Women Fitness

Launches 1st Book

Kindle & Print Edition Worldwide



**Buy Kindle Edition**

**Buy Print Edition**

Available at Amazon

**amazon**



# 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

A woman with long, wavy brown hair is posing in a dramatic, flowing red dress. She is looking over her shoulder towards the camera. The dress has a halter neckline and a very full, ruffled skirt that spreads out on the floor. The background is a plain, light gray.

**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)