

Women Fitness

October/November 2020

INDIA

*Lockdown Brides
2020*

**Himanshi
Tekwani**

on her
Journey &
Tips for
Brides -to-be

+

Trending
**Mehendi
Design**
for Brides

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Ways to Style

**Chokar
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**Gauahar
Khan** On Being

*Fit, Fabulous
Fearless*





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Naina More

October Special

Naina More, after completing her C.A. noticed that there is a need for boosting motivation and self-confidence among the mass. Learn more about what she has to say about mental fitness

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Photo Credits: Rajesh Gupta

**19***Menstrual Cramps*

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For centuries, people have used oils to treat a variety of conditions ranging from headaches to heartburn. Check out these potent plant oils to help cope with menstrual cramps.

Fertility Tip: You can find them on our website too.

What's Cooking

21 October-November mark the beginning of festive celebration, a time for sweets & desserts. Check out these sugar-free dessert options you can try at home for your Diwali celebrations by our experts.

**21***Sugar-Free Dessert***30***Gauahar Khan*

November Celebrity

In 2013, she participated in India's most controversial game reality show "Boss Season 7" and emerged as the winner of season 7. Yes, you are right she is Gauahar Khan our Face for November 2020.

Yoga

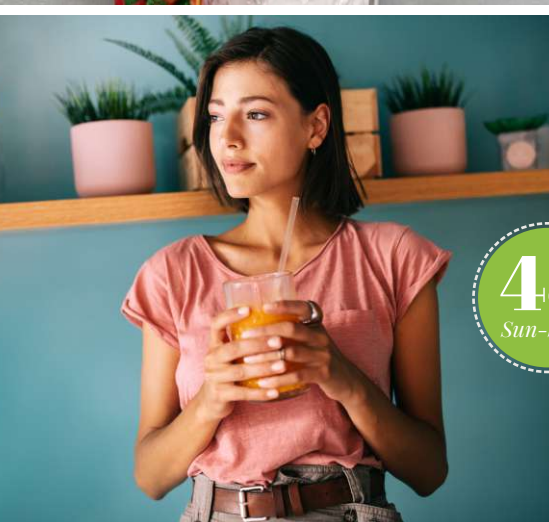
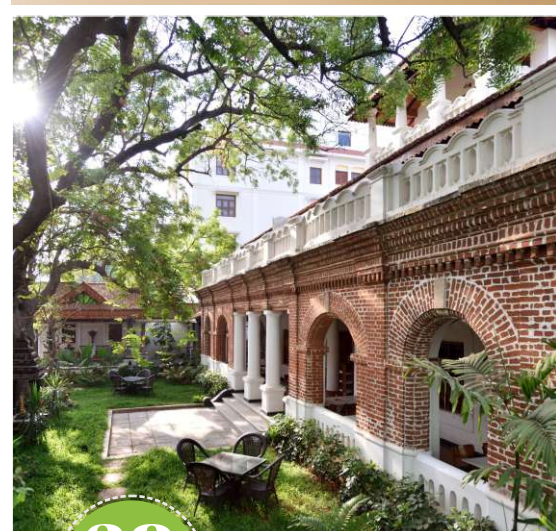
38 One cannot deny the healing power This centre providing a new approach to Wellness & Wellbeing. A destination to experience is the International Tatler "Check In to Check Out" award holder Svatma and the Swaram Spa. Read through to see how music & yoga heal.

Shopping

45 If your personal style is quite the departure from the trendy minimalist designs, there's a better way to wear a choker necklace with the right mish-mash combo. Here we have a few to choose from.

Sun-Signs

The human body is made up of cells, the cells contain minerals and salts. To increase immunity, the cells, tissues need to be replenished with conscious food habits. Learn foods to eat and avoid depending on your sun-sign.

**48***Sun-Signs***38***Svatma and Swaram Spa*

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Editor's Note



Nothing makes a woman more beautiful than the belief that she is beautiful.

— Sophia Loren

One of the most enjoyable part of publishing a Bridal issue involves working on their diet, clothing, beauty regime to look their best on the D'day. Starting from detox-diet, to trending mehendi designs, workouts, and holiday retreat we have it all.

One cannot deny the role of motivation in our lives, for the first time ever we feature Naina More on the cover who besides being a motivational speaker is a columnist in various newspapers and Magazines. She has her own show in leading tv channel of Bengal 'Taaza Tv'. Guess who is in line with her, a multi-talented star who won Bigg Boss 7 and even after 7 seasons later she is loved and remembered by all. Yes, you got it right its, Gauahar Khan. Women Fitness gets you an insight on her diet, exercise and beauty routine. She extends special tips for Brides of 2020.

In this issue We bring you tips and tricks, do's and don'ts from girls who've been there!

My tip: Be adventurous and splurge on beauty-from plucking eyebrows to bikini waxing, from teeth whitening to skin whitening, your wedding is the time to try it all-but not the day before D-Day!

Enjoy & stay Safe,

Namita Nayyar

Presient, Women Fitness

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**MOTIVATIONAL
SPEAKER**



'MENTAL FITNESS'
Has Been So
Underrated In Our
Country. People
Strive To Look Good
From Outside But
They Ignore The
Importance Of
Feeling Good From
Inside.



She is a renowned motivational speaker and a columnist in various newspapers and Magazines. Naina More, after completing her C.A. noticed that there is a need for boosting motivation and self-confidence among the mass.

She has her own show in leading tv channel of Bengal 'Taaza Tv' wherein she takes a live show on various topics and also solves problems of the people face to face on live calling. She writes columns on newspapers on topics which are need of the hour, like parenting and mental wellness.

You chose the path of being a 'motivational speaker' and decided to increase the awareness about 'mental fitness' among the masses? Share what inspired you to choose this unconventional career path.

Since the very beginning, I was very good at speaking and influencing people, but my journey towards this path began when I came across the fact that in spite of great professional degrees and knowledge a lot of people experience low morale due to lack of effective communication skills, I wanted to make a difference in their lives.

'Mental fitness' has been so underrated in our country. People strive to look good from outside but they ignore the importance of feeling good from inside. I wanted to spread awareness about; 'mental fitness' is as crucial as physical fitness for a healthy and happy life.

People due to the pandemic outbreak are facing demotivation & uncertainty which has resulted in an increase in suicide rates and depression. Message for WF followers.

This is indeed a difficult time for all of us, but we strongly believe it will pass by. It is very important to stay positive and hopeful in such a time. 'Having conversations' and 'Expressing feelings' is very important. Make the most of the virtual methods and call; message or video chat with your friends and loved ones.

One must acknowledge that they are not the only ones but everyone is vulnerable right now. The uncertainty of the future is overwhelming, so

"focus on what you can control". Plan for today and live it up. Exercise, meditate or pick up a new hobby, just do whatever it takes to maintain your peace of mind but have faith there will be a better tomorrow.

Share your experience on Live shows in leading tv the channel of Bengal 'Taaza Tv',

Being on live tv is an experience of its own kind. People call up and ask questions that are so personal to them. They put a lot of trust in me and my answer. While replying to them during the live show, I had to make sure that I was soft to their emotions and was showing them the right path. The kind of problems people share is alarming, the quantum of societal pressure that prevails is high and there's a need for change. The amount of love that I gathered by helping people in a small way is overwhelming.









Many people today in India feel it is a Taboo to talk about Mental Health, 5 tips for 'mental Fitness'.

People in India think 'mental health' is a term meant for people who are mentally unfit. This is totally a wrong approach, just like physical health is essential for every individual; mental health is equally normal and important for each one of us. It's giving importance to your mind and feelings. Just like brushing; eating right and exercising is needed for a good physical being; we need to feed our mind with good thoughts; nice feelings and meditation for a good mental being.

FIVE TIPS FOR MENTAL FITNESS WILL BE:



Schedule 'Me Time' Daily.
Give time to yourself and do whatever makes you happy.



Practise Positive Affirmation.
Every once in awhile keep telling yourself that you are strong; you love yourself and your body and you can do anything. Positive affirmations are basic statements that motivate one's subconscious mind.



'Express Feelings.'
One should accept their own feelings and also talk about them. Suppressing feelings creates frustration and mental imbalance. Vent out your feelings to your friends and loved ones.



'Meditate And Practice Breathing Exercises.'
Try to take out time for meditation even if it is for 15 minutes.



'Get Good Sleep.'
This is the most important. Even when you are busy take out time for at least 6 hours of good sleep to make your mind work effectively.

Working women at times are left to balance between personal, home, and professional life. Reasons mental wellness is as important as physical. 5 optimum foods add in the diet to boost mental balance.

Managing all fronts of life is not an easy job, one needs a lot of energy and motivation to do so. To work efficiently it is necessary to feel good from inside. They say 'To look good, one must feel good' and this is so true.

Everything in life goes in vain if there isn't a feeling of happiness and content. Having no time to relish simple pleasures of life affects the emotional being. Not taking press and pause once in a while, makes a person frustrated and depressed.

Also overthinking, bad sleep and constant work pressure hamper mental wellness which in turn will bring down physical health. Ignoring mental fitness for very long can sometimes unknowingly lead to bigger outcomes; like anxiety, depression, and the urge to suicide. So always keep a check on 'mental fitness' and seek help if needed, before it's too late.

To Boost mental balance focus on eating plenty of fruits and vegetables along with foods rich in Omega-3 fatty acids.

- Include '**Walnuts**' in diet, they are rich in omega-3 fatty acids.
- Start your Day with '**warm water with lemon**', this antioxidant drink cleanses toxins not only from the body but also from mind.
- '**Yogurt**' is a must. Not many people know that probiotic bacteria found in yogurt directly impacts mental health by lowering stress and anxiety.
- '**Avocados**' are full of vitamin K and folate, which boosts memory, energy, and concentration.
- '**Dark chocolate**' is an absolute mood booster and increases attention levels. So rejoice the indulgence.

5 exercises or activities would you suggest to relieve stress and manage pressure.

Any form of exercise that involves releasing Endorphins, which are hormones that fight stress can be particularly 'stress-relieving' but most important is to pick an activity that you enjoy.

I will recommend Yoga, Running, brisk walking, dancing, and cycling. It is very important to be consistent. Practice breathing exercises to manage pressure.

Nowadays Social media is both a boon and bane, many people face stress and anxiety due to picture-perfect lives shown on the internet. How would you advise them?

Social media has evolved over time with its own advantages and disadvantages, but the most important thing is to not get intimidated by it. Do not get fooled by the picture-perfect lives of others, a lot of it is fake. Posts on social media should not make one feel inadequate or burden them with comparisons and pressure, this in turn leads to depression and anxiety.

Have control over screen time and also stay away from unnecessary arguments, trolling, and bullying that goes on in social media. Being there on social platforms is not bad, but getting affected by them on a personal level is harmful.

Being there on social platforms is not bad, but getting affected by them on a personal level is harmful.

Top 2 motivational speakers you admire and favorite motivational quotes that you live by.

I am a great admirer of 'Abraham Lincoln' and 'Robin Sharma's' approach towards life. Since childhood, I have believed in Lincoln's quote



"Life's battles don't always go to the Stronger or Faster man. But sooner or later, the man who 'wins' is the man who thinks 'he can'."



I make my decisions based on the quote "Anything that costs your peace is too expensive." and I never forget that "The ultimate purpose of our lives is to be happy."

Being the cover girl for Women Fitness India, the message you would like to share with our readers.

It's a great honor to be the cover girl for Women Fitness India. I am glad that WF came forward to spread awareness of 'mental fitness' in their magazine.

I want the readers to know that being a 'woman' is not easy and we have so many roles to play. This should not make you forget, that you are 'Yourself' before everyone and everything, so do not ignore your own well being. Give yourself some 'me time', you totally deserve it. Make time for 'physical and mental fitness' and most importantly have pride in who you are.

How would you best describe yourself as a role model?

For me every woman is a 'role model' because it is not easy to balance work; home and family all together, only we women can do it so well. I am a mother, a wife, and a daughter but while playing all these roles efficiently and wholeheartedly, I did not give up on my dream. I try to be a powerhouse of positivity because I believe in 'practice before you preach'.

I am on my mission to bring a difference in other people's life by showing them the path of positivity and happiness. I am working hard towards educating the children and youth of our country the importance of inner happiness and satisfaction over monetary achievements and a hollow lifestyle. Spreading awareness about 'mental fitness' is my little contribution to the world for a better and happier humanity.









Reasons why Women Develop Belly Pouch



While the tools and plans to attack belly fat once and for all may seem relatively straight forward, the causes of excess belly fat are less so for many women.

What's Behind Belly Fat ?

Your weight is largely determined by three main factors:

- How many calories you consume during the day?
- How many calories you burn off through daily exercise?
- Your age

If you eat too much and exercise too little, you're likely to carry excess weight - **including belly fat**.

Also, your muscle mass might diminish slightly with age, while fat increases. Loss of muscle mass also decreases the rate at which your body uses calories, which can make it more challenging to maintain a healthy weight.

Many women also notice an increase in belly fat as they get older - even if they aren't gaining weight. This is likely due to a decreasing level of estrogen, which appears to influence where fat is distributed in the body.

Let's get our facts clear: eating a slice of pizza, candy, or your favorite dessert every now and then is completely OK - it's all about moderation and watching the calorie intake.



There isn't one specific reason why women develop fat in their abdominal region, poor diet and low-activity levels are contributing factors to increased amounts of belly fat.

Other reasons women develop belly fat are, "hormonal changes such as menopause, age, stress, and family history,"

CALORIES IN VS. CALORIES OUT

There are many reasons why women may have excess belly fat, the main one is down to the number of calories in and the number burnt off.

Quite simply if we consume too much food, it is stored as fat. However, most of us know when we attempt to reverse the fat, that it might not be as simple as that!

MENOPAUSE

Aging plays a role. Even if they don't gain weight on the scales, many women notice an accumulation of belly fat as they age, particularly around menopausal age.

This is due to hormonal shifts, when a decrease in estrogen impacts our fat distribution, making it belly focused instead of hips and thighs.

SLEEP

Sleep affects our weight. For those of us who sleep poorly, five hours or less a night is linked with weight gain. Sleep disordered breathing such as sleep apnea, is linked with higher amounts of belly fat.

Stress

Stress can cause belly fat! The body interprets any stress the same, whether it is physical stress such as smoking, or perceived stress such as driving in rush hour.

The bottom line for stress in the body is the production of the hormone cortisol, and cortisol, unfortunately encourages the body to deposit more fat at our bellies.

GENES

Genes can be a major factor in belly fat and obesity.

PCOS

Women with PCOS have a higher amount of visceral fat than women who don't have the disorder. It's unclear whether the mechanism of PCOS is from hormones promoting weight gain or weight gain promoting hormone dysfunction.

Managing these factors with an effective diet and exercise program including resistance training can help you develop a toned healthy body.

By- Praveen & Maahek Nair, BodyProCoach

Although it is a simple exercise, it is excellent when it comes to increasing stamina. You need to lie down on the floor and lift your body until your arms become straight. While you are on the ground, make sure the palms are close to the chest.

As you rise, the arms should be at a distance greater than the width of your shoulders. Go down, till your elbows are 90° or the chest touches the floor. Return to the starting position, which completes one rep. You need to do a minimum of 10 reps each in two sets at least three times a week.

5

Popular Essential Oils

For Menstrual Cramps

When you are feeling the pain of fluctuating hormone levels and a crampy uterus during menstruation, try using these essential oils to ease your period pains. For centuries, people have used oils to treat a variety of conditions ranging from headaches to heartburn. Today, these potent plant oils are gaining popularity once again as more and more people are turning to nontraditional treatments.

1. Lavender Oil

Lavender with its medicinal value is estimate to affect the prostaglandins that mediate pain and uterine contractions. Lavender oil's potential to lessen contractions makes it one of the best essential oils for menstrual cramps. "Lavender oil used as an inhalation has been shown to effectively reduce cramps and menstrual bleeding when compared to a placebo," shares Jennifer Stagg, MD, a naturopathic physician and founder of the Whole Health Wellness Center in Avon.



2. Chamomile Oil

Aromatherapy was used for pain management by the ancient Egyptians, and one of their go-to oils was Roman chamomile. Adding a few drops to a foot bath can help diminish the intensity of cramps. Chamomile tea possesses anti-spasmodic properties, which can relieve the painful cramps associated with the menstrual periods.



3. Peppermint Oil

Its an amazing oil because it can relieve headaches and inflammation and boost energy. Fluctuating estrogen, progesterone, and testosterone can leave you feeling fatigued at different points of menstrual cycle. A little peppermint EO can help!



4. Clary Sage Oil

Clary sage (*Salvia sclarea*) is a flowering herb. This oil is extracted from the leaves and buds of the plant and can be used as a skin balm or gently inhaled as part of an aromatherapy treatment.

Women who use cream containing clary sage oil and other essential oils to apply onto their lower abdomens daily, between menstrual cycles have a significant reduction in menstrual cramps.



5. Cinnamon Oil

Cinnamon has been used for centuries in alternative medical treatments. It is known to reduce inflammation in the body. Massaging lower abdomen with cinnamon essential oil may help reduce inflammation and symptoms of menstrual cramping.

A study examined a combination of oils from:

- cinnamon
- clove
- rose
- lavender

These oils were added to almond oil. Women were instructed to massage the oil combo into the abdomen. This study found that women using the essential oils reported less pain and bleeding during menstruation.

How to Use:

Before using essential oils, always mix them with a carrier oil, like coconut oil or jojoba oil. Carrier oils work by safely "carrying" the essential oil into your skin, and helping to spread the oil over a large area.





Sugar Swap Diwali Desserts

While everyone is celebrating and pleasing their sweet tooth, people suffering from diabetes must be extra cautious when it comes to their sweet intake. What if we were to tell you that you can enjoy Diwali celebrations along with your share of sweet treats? Being diabetic does not mean that you must give up on sweets entirely. Choose carefully and limit your portions. Desserts made at the best. Do not use full-fat milk if you are preparing sweets at home. Also, replace sugar with natural sweeteners such as jaggery and dates.

Here are some sugar-free dessert options you can try at home for your Diwali celebrations.



Ragi Coconut Laddu

Made with millet or Ragi flour, Ragi Coconut Laddu is an immensely popular dish. This delicious laddoo is loaded with fibre, minerals and protein which makes it a great treat for diabetics. The wholesome delight is packed with the goodness of coconut, jaggery and crunchy peanuts.



Custard Apple Kheer

A round up on festive treats and no mention of Kheer? Well, here you go! This creamy kheer is made with custard apples, jaggery, coconut milk and nuts and is exactly what you are seeking for this season of celebrations.



Fruit Payasam

Sugar Free Fruit Payasam is a great alternative to the traditional South Indian payasam recipes as it provides a comparatively healthier version of the same. This recipe brings in the goodness of fruits while substituting sugar with the sugar alternatives like dates, jaggery or honey. Payasam is the perfect way to end a meal by making everyone happy with its wonderful flavours. This recipe is extremely easy to make as it can be prepared with such simple ingredients from the kitchen pantry as seviyan, guavas, pomegranate seeds, pineapple slices, oranges, jaggery or honey, and milk



Dry Fruit Barfi

The best, healthy, energetic, and nutritious dry fruit barfi is delicious. According to me, it is truly a soul satisfying sweet thing. Because it has all the goodness of nuts and only nuts. No added sugar and sweetened with dates. And that fact makes me so incredibly happy. It is not overly sweet, not heavy, just wholesome and filling.



Date Ladoos

Healthy balls of nuts and dates, this ladoo recipe is the perfect snack to binge as a snack. Healthy, sugarless, full of nutrients and way too easy to make. You can customise them according to your taste by adding different nuts or even dark chocolate!

Diwali is a difficult time for diabetics who must resist the wide variety of mithais on offer.

For those who have been got a sweet tooth but have been told go off sugar completely, it is time to learn to make these simple, yet tasty sugar-free delicacies. Celebrate with these guilt-free desserts but make sure you do not go binging without control. Moderation is the key to enjoy good health.

By Dt. Manoli Mehta

A woman with dark, curly hair is smiling and looking upwards while eating a tomato from a fork. She is holding a glass bowl of salad in her other hand. The background is a plain, light color.

Diet Tip

If you really eat only the foods on the clean eating plan, you probably won't have to count calories, since you will feel naturally satiated. You'd be surprised how many calories you eliminate when you remove white starch, added sugar, and alcohol from your diet (all of which provide empty calories, with no significant amount of vitamins, minerals, or fiber).

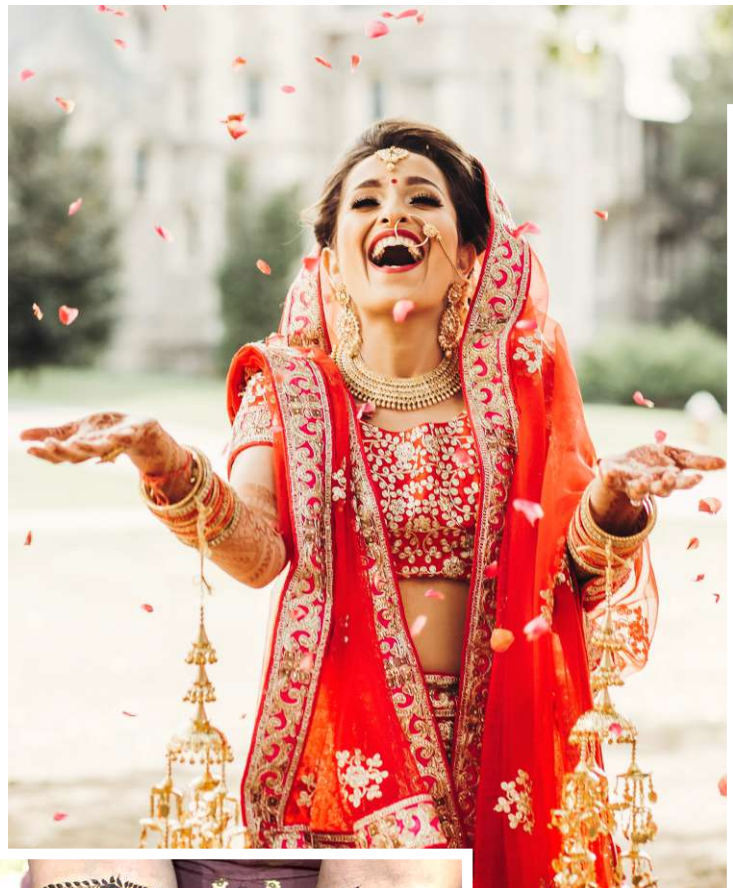
Trending Mehendi Design for Brides

Komal Khot is a mehendi artist sine 2015, according to her the the latest bridal trends are towards “floral designs , memory sketches and story board.”

She goes on to add, “cutwork also known as reverse filling, negative space etc is loved by almost all the brides and It’s been trending since years. In bridal figures, brides go for western figures too. Couple logo, phrases or hashtags are in trend too and trust me that makes the mehendi look really attractive.”

Check out the some of the latest designs special done for Women Fitness.

“floral designs ,
memory
sketches and
story board.”



She shares some of her favourite designs. Trust me you will love her work.

To get a look on more bridal designs check her out on instagram

By Komal Kishor Khot, Mehendi Artist

Blue Skies Ahead

Embrace The Color Of Heaven
And Authority, Denim Jeans And
Corporate Logos.



1. Covergirl Melting Pout Vinyl Vow, Below Deck, 0.11 Ounce, 1 Count
Brand: COVERGIRL Full coverage color with intense glossy finish

2. SEPHORA COLLECTION Colorblock Liner - 03 Beachwalk Draw, scribble, tag and unleash your creativity with no guilt.

3. Freeman Anti-Stress dead sea mineral Clay mask

4. Nykaa Nail Enamel Polish - Blue Raspberry 62 (9ml) Beautiful pastel colour.... Perfect for evenings.

5. Miss Claire Single Eyeshadow - 0456 long-wearing crème powder formula that is super creamy, insanely pigmented, and has one swipe intensity.

6. FOREST ESSENTIALS Ultra-Rich Body Lotion - Indian Rose Absolute. Infused with burnt Cane Sugar and Apricot Oil that seal the moisture in the skin for a supple and plump finish.

7. Katyani Exports 100% Pure And Natural Organic Chamomile Blue Oil.



Hello Sunshine

Try this colour Therapy to lift your mood for the day.



1. SEPHORA COLLECTION

Fingertip Liner - 06 Gold

2. Nykaa Nail Enamel Polish - Lemon

Pudding 48 (9ml)
Rs.179

3. SEPHORA COLLECTION

Contour Eye Pencil
12Hr Wear Waterproof
- 37 Gold Heart

Tip: Apply to the outer contour of the eyes.

4. Nykaa Skin Secrets Lemon + Honey Sheet Mask(20ml) MRP:100

5. Lakme Sun Expert Ultra Matte SPF 40 Pa+++ Compact

6. Nike 5th Element Basic Yellow Deodorant Spray - For Women(400 ml, Pack of 2)

7. TONYMOLY Magic Food Mango Hand Butter Formulated with potent Ingredients like Shea Butter and Mango Seed Oil.

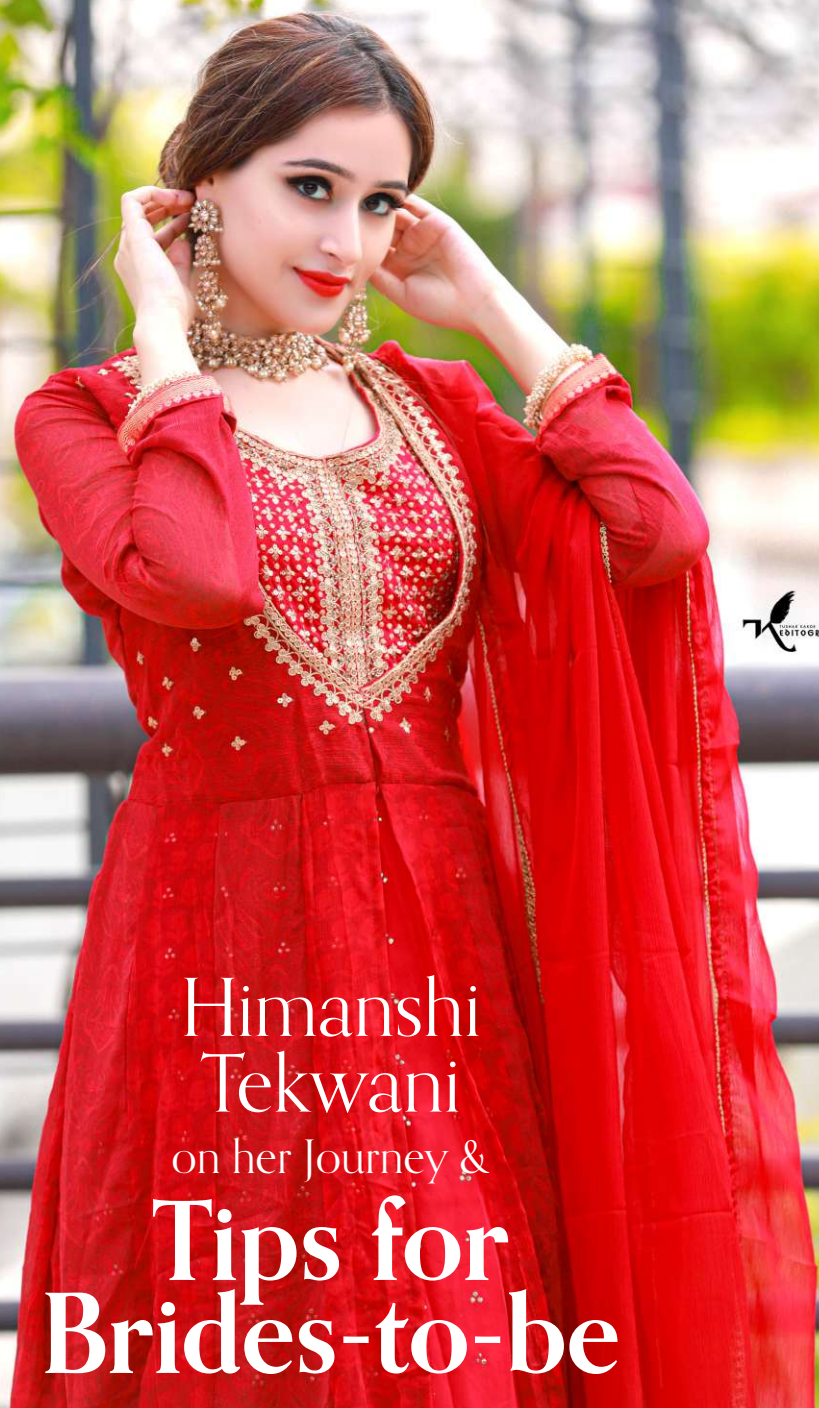
8. MyGlamm LIT - pH Lip Balm - Main Squeeze (2gm) the fruit-kissed lip balm reacts to your pH levels and deliver a sheer wash of custom colour that's absolutely unique to you.

**Beauty
Tip**

If a whitehead appears, a hot compress will reduce it, followed by a cold compress and a tiny dab of benzyl peroxide to kill any bacteria. If your skin is irritated from stress, the solution is to apply cool cotton pads soaked in milk or chamomile tea, followed by an application of lukewarm water.



You Have To
Be 2 Things -
**Confident and
Different** That's
All You Need



Himanshi
Tekwani
on her Journey &
**Tips for
Brides-to-be**

Popularly known as the Glam Girl, Himanshi Tekwani is a famous YouTuber and a fashion influencer. She launched her channel on 20 July 2016 but in no time her popularity grew to more than 3 million subscribers.

Catch **Himanshi Tekwani** in her first ever interview on Women Fitness with Ms. Namita Nayyar where she shares her journey as a vlogger & bridal tips.



Himanshi, today you have 3 million subscribers on YouTube and 200k+ followers on Instagram, what inspired you to venture into YouTube. Your first video ever.

Everyone is too much into makeup, I wanted people to realize the importance of natural beauty and how they can enhance it. So mostly I made videos on beauty and DIY home remedies, while also I shared makeup tutorials so that people can do makeup for events or functions while still maintaining being their natural self.

About inspiration is that I wanted to do something on my own and never depend on my parents, who had by the way a lot to offer to me, but standing on your feet gives a different kind of pleasure.

You recently got married. Share 4 tips for new brides when planning their trousseau?

Hehe so,

1. Relax

2. Do not copy anyone for your main day or choose to wear any Heavy 10- 20 kg outfits you are not comfortable in,

3. Your marriage will happen once so make sure you are able to Live it Fully and enjoy every moment rather than being tangled in your outfits.

4. And yes about planning trousseau Get what is necessary, and most importantly what you are comfortable in , as after marriage too the shopping never stops!

You are an established beauty and lifestyle vlogger, share things that you changed in your fitness routine /diet before your wedding to have that extra glow on your D day!

Actually I maintained a Really Strict Diet 2 months before my Marriage but in the last 15 days I Really Gave into the pampering of my family and forgot about my diet which made me gain 2-3 kgs in my marriage.

Many people feel that post-wedding lot of content creators become less active, how have you been managing work/home post-wedding? Also has your content diversified on your channel?

Yes thanks to My wonderful in Laws for Supporting me & also My husband and I wish every girl gets a family like mine.

Its all our understanding because of which I am able to manage both!

And yes about the content my family is there too, so we make really fun videos for our audience.



Many times women tend to overspend on their wedding outfits and makeup. Smart budget-friendly tips for new brides when planning their outfit and look.

Yes women should spend on makeup On their wedding and also on their outfits but they should be stylish yet comfortable, as after spending 5 lakhs on a lehenga what is the use if I am unable to enjoy my own wedding! So telling you guys I always took what was stylish yet suited my body and made me feel comfortable those were all the outfits I wore (best decision) and it will really help to cut your budget. Also don't overthink, dont look at 100 shops, just buy the outfit which you cannot stop thinking about!

Today you are a well-known face of YouTube India, what advice would you like to give to new YouTubers? Challenges you faced while running your channel and what helped you stay on.

Yes there is lots of Competition I agree, but you have to be 2 things – Confident and Different and that's all you need, other than that you all are great in your research work and know what's trending on youtube

The challenges which I faced are not much or maybe I feel so coz I love what I do but ya thanks to my parents as in the Start they did not really know what I was doing, they were doubtful, but they never stopped me from doing whatever I was doing –

I remember a Line My Mom said – 'Meri Beti to Jo karegi Acha hi Karegi' and that's what motivated me and to Prove My Mom that Yes She is Right and I can do big things, I kept on Going.



GAUHAH KHAN

On Being Fit, Fabulous & Fearless

Gauhar Khan is an Indian model and actress. After pursuing modeling, she made her acting debut with Yash Raj Films' Rocket Singh: Salesman of the Year. Khan also starred in films such as the action thriller Game, the revenge drama Ishaqzaade, the suspense thriller Fever, the romantic comedy Badrinath Ki Dulhania.

In 2013, Gauhar participated in India's most controversial game reality show "Boss Season 7" and emerged as the winner of season 7.

Women Fitness India joins the glamorous and stunning actress in a candid conversation.







You started your career with modelling and went onto to do some amazing work in Bollywood with leading banners and then winning the most popular reality show. Tell us how the journey has been for you.

I think I'm really fortunate to have had, you know, the opportunity to be accepted and loved in every medium of all the entertainment industry, whether it was the modelling world where I excelled, whether it was on television when I did great reality shows. And got love there and Bollywood yes, of course, working with some amazing banners and being accepted as a credible actor. And also the theatre world where I did Zangora, which is the world's biggest Bollywood musical. I think I find myself to be extremely, extremely fortunate and blessed to having, you know, have had that opportunity in my life. My journey has been a dream. It's something that I am living every single day. And I hope that it never ends. It's every single day is a new page. But I want to be excited about the work that I do and everything that comes my way. And it's just not about what comes your way, but it's also about creating opportunities for yourself and making sure that you're relevant with the kind of work you do and do your best so that people appreciate your work and give you more work.

My journey has been a dream. It's something that I am living every single day.

Gauahar you are a fashion icon and inspiration to many. Share 2020 bridal tips for brides on how to look their best.

I'm not a bride yet, so I can't really give tips for that. But I would say that I find brides pay too much attention to a very heavy makeup. And I don't think women or Indian features need that much makeup in any case. So, yes, of course, you need to be glammed up and you need to be all dolled up. But I think the makeup can be a tad bit less and easy since obviously now and covid time, even the guest list is going to be less so and people are going to be very intimate within any functions that you're doing. So, yeah, and always don't forget to wear your smile because pretty girls look better with, a smile on and of course, coming months are going to be great on weather. So you could wear as heavy outfits as you want and enjoy yourself on your wedding day.

Gauahar you won Bigg Boss 7 and today even after 7 seasons later you are loved and remembered through Bigg boss. how does it feel? And who has been your favorite contestant from the show?

Thank you so much, I feel like all again, this is a blessing that even after seven seasons, I get the love and respect for my journey on the show. I absolutely love the show and I'm an ardent fan of it. In fact, I feel like I'm the number one fan because I keep getting involved in every season, whether I'm in it or not because my heart is still there. , my favorite contestants to date I really like Urvashi's journey, I think she was great on her show. Strong, feisty, respectful, she was quite good.

Women Fitness India is known as the encyclopedia for health and fitness and celebrity diets. You are an epitome of fitness. Tell us about your workout routine. And 4 best body toning exercises.

My workout routine is simple I eat healthy, I eat a balanced diet, and I am a weight trainer. So I love going to the gym and lifting weights. I'm not that much of a cardio person, so I enjoy skipping. Yeah, that's pretty much my workout regime. I work out about four to five times a week,

Four exercises that I swear by for a toned body is one is a deadlift because it gives you a really strong back. The other one is ABS because any kind of AB training, gives you a strong core and that's very much the centre of any kind of work out that you do. I love having toned arms so anything to do with the upper body exercises is my favorite.

Share your daily diet routine? A diet that has helped you look your best. What are your favorite protein supplements?

I believe in natural protein, so I kind of like eggs and a fish as much as I can. I don't know of as of now, over the last two years, I haven't taken any protein supplements. I eat a balanced diet. So that means I can eat a heavy breakfast, go light on lunch, and then probably just go absolutely light on dinner and just have a soup or something for dinner. on most days, I don't starve myself of anything. I don't deprive myself of anything. If I feel like having a bite of something sweet, I will do that a lot. It oh my God, of course, I'll lose weight or something, then I will be very careful about what I put in my



mouth. But otherwise, it's usually a balanced diet with high protein and fewer carbs. But I don't exclude carbs. Absolutely. I still have a few carbs when I want to, or maybe in the daytime and not at night

You have always spoken for women's rights and also been an inspiration for women to be outspoken. Share why is it important for women of India to stand up.

This is not about Indian women, it's about any woman because it's about speaking your mind, especially in India. A lot of people in a lot of states or cultures deprive a woman to have a voice of their own. There are a lot of definitions that women have to live by. And I feel like that in itself. Grabs your right to speak and have a mind of your own and a voice of your own. So it's important to give women that confidence, to speak but speak correctly. I think if anything needs to be taught whether to a man or a woman, it's about how to put your point across. It's not about how much to talk or how less to talk. So for me, that is important that you give a person, whether a man or a woman, the right to have a mind of their own and then a voice of their own.

Who according to you has the best fashion sense in the industry? And whose wardrobe would you like to raid.

I honestly have OCD, so I don't think I want to raid anybody's wardrobe because I'll be like, oh, I don't want to wear worn clothes. That's one. And somebody I love in terms of the fashion sense is Malaika Arora in the industry. She is pretty fab. She's hot. And I think Katrina Kaif also has a good sense of dressing, not just she's not over-the-top, and she's subtle and elegant.

Being in front of the camera you need to look flawless all the time. What are your must-have makeup products in your bag?

A good makeup wipe, because I hate too much

makeup on my face, I just take it off when I'm done with my work a mascara because I feel like my eyes will look absolutely dead without mascara, an eyebrow filler because it just enhances your eyes and makes it look fresh, a lip balm for sure.

Share with our skincare and haircare rituals that you swear by?

For skincare keep it clean. Don't sleep with makeup, have lots of water, use right products, don't overload your face with too much makeup. You actually don't need it. Haircare, I actually swear by vitamins. So people neglect vitamins for your hair. So just have lots of nice vitamins for your hair. Biting zinc, B Complex, vitamin D, all of that that you need for your hair and you'll get like a head massage or oil massage or something like a protein massage for your hair every month at least once a month. It really helps the conditioning of hair.

Being the cover girl for Women Fitness Bridal issue. Share your message for our readers on how to look the best this Diwali?

So festive seasons obviously get really hectic because you have so much to do, you have to visit all the families and there will be people who will come home. And we tend to kind of obviously wear our best

during a night or a Diwali card night but I think this season you should be very careful about not wearing something that is going to be dangerous because, you know, this year is all upside down. So be careful what you wear, what kind of materials you wear and where you're at, even if you wear lighter materials, you can accessorize it heavily. I think no festival is complete without great jewellery. And of course, a red lipstick never goes wrong no matter what outfit you're wearing during festive. And just make sure that you're not overpowering your makeup or doing anything with the jewellery find a balance. If your outfit is not too heavy, you can add up the jewellery. If your outfit is heavy, keep your jewellery minimalistic. And yeah, it's all about balance.

For skincare keep it clean. Don't sleep with makeup, have lots of water, use right products, don't overload your face with too much makeup.



Yoga

Visit Svatma and the Swaram Spa To Experience The Healing Power Of MUSIC & YOGA THERAPY

“Sound is the force of creation, the true whole. Music then, becomes the voice of the great cosmic oneness and therefore the optimal way to reach this final state of healing.”

Hazrat Inayat Khan

International Tatler “**Check In to Check Out**” award for 2020 holder Svatma and the Swaram Spa located at Svatma Thanjavur is an experiential boutique hotel providing a new wellness experience based on the healing qualities of music.

One who visits here experiences a new vibrant sound therapy session offered as part of the Soukyaam spa program named Swaram.



Healing Qualities of Music

Once cannot deny the healing power of music. This centre providing a new approach to Wellness & Wellbeing.

The role of music and sound as a source of inspiration and healing is harnessed here to create an uplifting, aesthetic, and harmonizing experience.

Special Features:

A Sound Healing Session at Svatma and the Swaram Spa creates an atmosphere and dedicated space of listening, tuning, aligning, and coming into resonance with the universal sound of music.

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The naturally tuned instruments reflect the harmony of the spheres and the organic fluidity of waves – life in its original expression.

The experience at the spa leads to a heightened awareness and deep relaxation throughout all the cells, opening layers of self and soul.

Benefits:

- Calming the mind and stopping internal dialogue.
- Rebalancing the physical, emotional, and spiritual bodies
- Awakening higher states of consciousness that are conducive to healing and transformation.
- A sound bath experience alleviates stress, relax muscles, lets the entire being relax, renew, and rejuvenate.



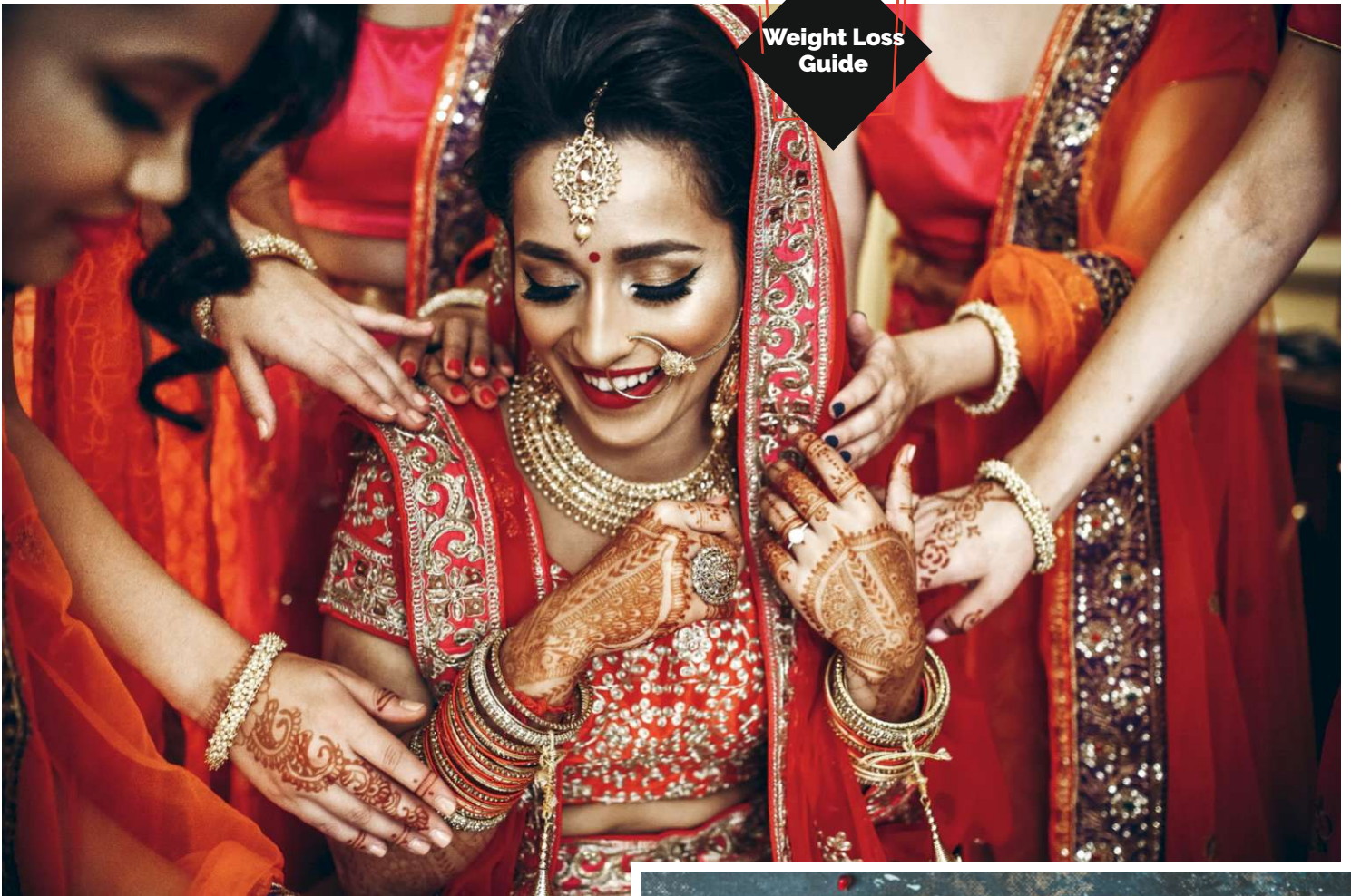


After the journey at Svatma and the Swaram Spa one feels content, clear, minded, energetic and optimistic. Scientists have proven that Sound and vibration can change brainwave patterns and alters consciousness. In this case, increased Alpha is a state of deep relaxation which can allow the mind/body to relax and heal.

Visit here to enjoy the new wellness modality of Swaram sound spa treatment. Relax into an ancient practice of sound and soul enhancement. Listen with your whole body. You have had a sensory bath of sounds and intuitive opening into the vibrational reality of existence.

Check out more details about Svatma at <https://www.svatma.in/>





Detox Diet for Bride-to-be

For many brides, setting the date means committing to a glaring deadline: that day you will want look the most incredible you ever have in your life. It's no secret that engaged women often go to extremes to achieve perfection: crash diets, intense workouts, serious cleanses, and dramatic treatments to fix every problem spot. Couple that with the stresses of wedding planning, and a bride's beauty quest can run her dry.



Nutritionist Manoli Mehta agrees: the goal for slimming down and getting that bridal glow should be to get healthy, not hangry. The gatekeeper to the looking and feeling your best (and let's be real, maintaining your anti-bridezilla cool) is taking a few extra minutes a day to nourish yourself.

That dewy angelic skin, silky hair, strong nails and flat tummy can be the result of a solid Bridal Detox plan.



Definition of 'Detox'

Firstly, let's be clear about our definition of the word 'detox'. The concept of detox is simple and not faddy; focus on eating whole unprocessed foods. This means filling your diet with an abundance of vegetables, wholegrains, healthy fats and lean proteins whilst cutting back on sugar and bad fats, which are well known to promote good health.

Sticking to this way of eating will not only help to future-proof your long-term health but also promote mood, energy levels, weight loss, healthy skin, hair and nails.

Healthy eating should be seen as a collection of small changes that span your entire lifetime. Getting married offers the perfect incentive to change the way you eat and the sooner you adopt this way of eating the better.

In preparation for your wedding, start adopting a healthy way of eating as soon as possible.

Weight Management

Weight loss is a major consideration for new brides, as you want to look your best on the big day. Planning your meals around lean proteins such as poultry, fish, tofu, pulses, beans and lentils is a good place to start as these help promote satiety and prevent snacking between meals. Make up the remainder of your diet with heaps of vegetables and a little wholegrain such as brown rice or grains like quinoa, which are rich in fibre that has a satiating effect to help with weight loss. Perfect examples include a quinoa and chicken salad or mixed bean chilli.

Hair, Skin & Nails

Hair, skin and nails are a major concern for new brides and the foods you choose to eat can help. Try to eat a couple of servings of oily fish every week as these are rich in omega 3 fatty acids that help to reduce inflammation and maintain healthy cell membranes such as those in the skin (omega 3 can help to plump up the skin and reduce wrinkling).

Vegans can get omega 3 from nuts and seeds but the conversion in the body to more usable forms of omega 3 is poor. Those following a plant-based diet may want to consider taking an omega 3 supplement.

The *B vitamins* are essential for the maintenance of healthy skin, hair and nails. These vitamins are abundant in many whole foods including wholegrains, poultry, eggs, beans, pulses, nuts, seeds, dark green leafy vegetables and fruits. These nutrients help to promote blood circulation, delivering nutrients to the skin and removing waste. They also help to oxygenate the skin by causing blood vessels to widen, which promotes microcirculation to the top layers of skin.

Vitamin C is important in the development of collagen which is essential for healthy skin as it helps to retain structure and elasticity. Vitamin C is found in citrus fruits, berries, broccoli, and red peppers.

Antioxidants found in all vegetables can help to reduce the damage inflicted on cells.

Vitamins such as E (avocado, nuts, seeds and olive oil) can help to promote healthy skin.



Gut Health

Protect the health of your gut. This is where the magic happens! The diversity of bacteria in your gut influence digestion, which helps to utilise nutrients and may even impact on mood and weight. Probiotics are beneficial bacteria found in live yoghurt and fermented foods such as miso, kimchi, kombucha and tempeh. Include plenty of these foods in your diet.

Also include prebiotic foods such as onions, garlic, Jerusalem artichoke, asparagus, oats, barley as well as cooked then cooled potatoes and wholemeal pasta as these helps to feed good bacteria in the gut. If your gut bacteria are out of balance this can cause bloating and other digestive upsets.

6 Pre-Wedding Detox Hacks

- ❶ Include at least two servings of fruit and veggies with every meal and especially greens to ensure a mega dose of micronutrients and phytonutrients that reduce free-radical damage.
- ❷ Include a serving of lean protein with every meal (poultry, beans, pulses, tofu or soya).
- ❸ Include fibre-rich wholegrains with your meals (oats, quinoa, barley, spelt, rye bread).
- ❹ Ditch free sugars. Stick to honey and add just a little to your dishes to sweeten.
- ❺ Include at least two servings of oily fish every week. Vegans should include foods such as nuts, seeds, seed oils and green leafy vegetables but may also want to consider a supplement.
- ❻ Include probiotic foods in your diet to aid digestion and tackle bloating.

Your wedding day should be one of the happiest, most memorable days of your life. It also happens to be one of the most documented, so it is only natural to want to look, and feel, amazing. But the unhealthy pressure some brides put on themselves to look a certain way on their big day will do anything but make them feel amazing.

Thankfully, there are sustainable, and enjoyable, detox changes you can make to your lifestyle that will make you feel less stressed, more energised and lighter on your big day, with glowing hair and skin.

By-Dt. Manoli Mehta



**Fertility
Tip**

If your menstrual cycle longer or shorter than 28 days, chances are, you won't ovulate on Day 14. Ovulation typically occurs 14 days before the start of the next menstrual cycle—not 14 days after the end of the last one.



Top 10 Ways to Style Choker Necklace

While many of us have already been bringing back tattoo choker, thanks to this season's designers and celebrities, we now have plenty more designs and inspiration to choose from.

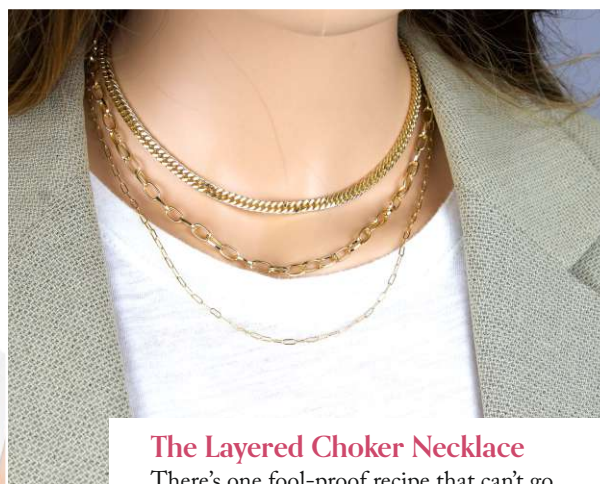
Boho Beach Vibes with the Leather Pearl Choker

Master the look of bohemian beach style with this unique pairing: a crochet bikini or halter top and a leather pearl necklace. A solitaire pearl on a minimalistic string is all you need in order to encapsulate that vibe to perfection.



The Mish-Mash Appeal with Pearls and Karma Metallics

If your personal style is quite the departure from the trendy minimalistic designs, there's a better way to wear a choker necklace with the right mish-mash combo. Our pick: your ultra-long pearl necklace, mixed with Karma pendant necklaces on thin gold chains. Paired with a button-down or worn with your casual attire, this mix is anything but predictable.



The Layered Choker Necklace

There's one fool-proof recipe that can't go wrong, when it comes to style. Call it a weekend uniform, but a pair of blue denims and a cozy white top are sure picks that simply emanate weekend vibes. And the piece of résistance is, you guessed, no other than the choker necklace, in all its layered and dainty glory. Mix different lengths, simple or pendant-adorned pieces and stick to gold for a look that's on-trend, easy to create and totally versatile.



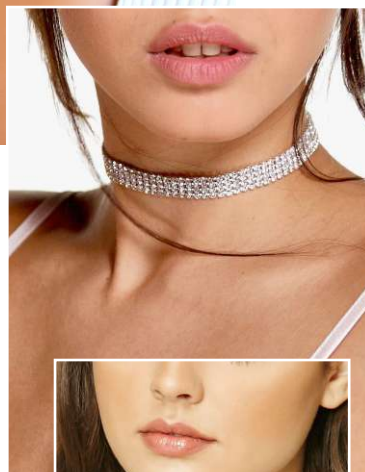
Choker with a Charm

If you like to wear necklaces that you believe can bring you good luck, then you can choose the lucky charm choker. There are so many different varieties and lucky charms you can select from. You can express yourself easily by selecting a choker with a talisman that represents your interests and personality. You can combine this choker with casual or dressed up looks.



The Modern Maximalist with Pearl Chokers and Bling Galore

You're creative, expressive, and passionate and your clothing style totally reflects that. The new rule in fashion is that there are no rules to be followed – just your very own creative instincts. Hop on the eclectic mishmash trend with a mix of pearl chokers, gemstones and crystals, lots of bling and vintage brooches, all merged in one animated, charmingly quirky look with tons of personality.



The Multi-Layer Leather Choker Necklace

Whenever in need of a little style inspo that's on the effortless side, look for SoCal. As the epitome of relaxed, Californian style, SoCal calls for easy, no-fuss accessories and jewelry pieces. And a minimalistic, ultra-long and thin leather choker plays right into that look. For an easy weekend afternoon spent with friends, embrace the Cali vibes and pair up an off-the-shoulder top with a long wrap & drop leather choker necklace. A fedora hat comes in handy to complete the look, as do the optional loose beach waves.



The Beaded Choker Necklace

Enjoy the casual vibe sand beads have to offer through a few layered bohemian choker necklaces. Adding a pop (or multiple pops) of color to your outfit is definitely easy when going for an ethnic-inspired collection of chokers (with or without dangly pendants), easy to pair with everything from bikinis to vintage tees and maxi dresses.



Wrap choker combined with thick choker

Chokers can be perfectly worn depending on your style.

Thick chokers could be combined either in a casual or dressed up way depending on your situation. Neck accessories are a great way to make a statement and an effortless way for you to top off your look.



Work Appropriate For A Business Look

If you are a working lady who is a fan of the chokers don't worry, because chokers are suitable for professional outfits as well!

The choker is not meant only for teenagers, street styles, or summer vacations. You can rock the choker to go to work without looking too sexual or trashy. Try to find a sophisticated, yet simple looking choker and throw on your stylish and chic clothes to work. Don't hesitate to turn your normal looking clothes into a fashionable podium outfit.

Mix and match until you create the on point trendy style for your special event or soirée.

Designed as a statement accent to any look, be it a formal office look or a party-ready ensemble, the choker necklace is all about allowing yourself to fully express and rock your style, wherever the day takes you.



Metallic Choker For Top Fashionistas And A Diva Look

The metallic look is definitely a "can't miss it" staple piece that will accessorize your neck in a very modern and delicate way. You will be able to attract people's attention with such a stunning design. You can easily style them by adding your night-out makeup and chic clothes.

You can pair your golden choker with longer necklaces depending on your outfit. Also, I recommend that you combine a simple, yet elegant dress with the metal choker because the necklace itself can serve as the main detail to complete your look.

Tinkling Toes Fall/Winter 2020

Co-Founders - Ms. Sakshi and Varinda Handa,

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Our latest collection is named as life; We generally are ignorant of the sources which are solely responsible for bringing life into existence. Thus, we took an initiative and inspiration from these resources and created signature and fashion-forward juttis to give your feet comfort and feather-like feel.

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Sun-Signs & Food for Good Health

The human body is made up of cells, the cells contain minerals and salts. To increase immunity, the cells, tissues need to be replenished with conscious food habits. Birth zodiac describes the physical, emotional, and mental energy of an individual. Eat right in COVID- times to be healthy.



ARIES:

For the Aries sun sign a deficiency of the salt Phosphate – Potassium can result, in stress, nervous temperament, restlessness & anxiety.

Lentils, peanut butter, dark meat, salmon, soymilk, and such. Foods rich in potassium and protein will ensure good health. Adequate rest will increase energy and confidence.



TAURUS:

The Tissue salt for Taurus is Sulphate of Soda, it supports the distribution of Calcium in the body, preventing build ups in particular areas, & helps to prevent fluid retention.

Fresh food and 40% raw food must be included with green leafy vegetables, curly kale, spinach, fish with bones like sardines, dairy foods.

Rich food and lack of exercise can cause complications.



GEMINI:

The tissue Salt for Gemini is Potassium Chloride helps balance nervous temperament. Reduce excessive intake of stimulants like coffee & tea.

Fresh fruits, banana, cereals, meats, avocados, potatoes, large white beans, etc. Stress, sleep deprivation, and smoking must be contained



CANCER:

The tissue Salt for Cancer is Calcium Fluoride, it helps keep you will flexible, your emotional temperament causes depression or ill-health.

Foods such as egg yolks, whole grain rye, yogurt, fish, oysters, grapes, raisins, broths & stews. Avoid excess alcohol consumption, exercises are mandatory for good health.



LIBRA:

Sodium Phosphate is the tissue salt for Libra. Its purpose is to help maintain the balance of fluids in the system.

Foods that work for you are cured meat, canned tuna, fish, tofu, milk, chicken. Libras need nature walks, emotional equilibrium, and mental harmony.



CAPRICORN:

Calcium Phosphate is the cell-salt for your sign. It is also vital to keep your hair, skin & teeth healthy.

Foods are rich in calcium, fish, dairy foods, oranges, figs, beans, greens like arugula, collard greens....

Excessive work or worry habits must be curtailed.



LEO:

You live to eat and drink as you please, you do not like to be advised on your dietary habits. Magnesium phosphate is essential for Leos. It helps you to unwind & de-stress.

To help you to follow my guidance start with dark chocolate, nuts, tofu, legumes, seeds, fatty fish, avocado....Modify your lifestyle with fat-free food, spiritual practices, and meditation.



SCORPIO:

Calcium Sulphate is the cell-salt for Scorpio. (Sulphur is natures purifier)

Chia seeds, almonds, soy milk, broccoli, spinach, black-eyed peas, okra, trout, clams.... Cultivate a routine in lifestyle, avoid excessive emotional stress.



AQUARIUS:

Sodium Chloride and Vitamin B is essential for Aquarians. This helps to distribute the water in the body.

Foods such as seaweeds, table salt, rye, tomatoes, greens like lettuce, celery, olives, eggs, red meat, mackerel, salmon, oysters....

Energy must be replenished with adequate rest and breath work.



VIRGO:

Potassium Sulphate is essential for the Virgos; it helps promote the distribution of oils in the system.

Oranges and orange juice, beets, parsnips, sweet potatoes, all beans, prawns, shrimps, mussels, nuts, pumpkin seeds....

Virgos are sensitive to allergies; yoga helps to pause overthinking.



SAGITTARIUS:

Silica is the cell -salt for Sagittarius. It is an important constituent for healthy hair and nails.

Food that supports your health is antioxidant sources like fruits, vegetables, asparagus, nettle leaf, onions, jacket potatoes, eggs....

Irregular sleep patterns cause health issues.



PISCES:

Iron Phosphate is the cell salt for Pisces, Iron enriched foods must in taken generously like red vegetables, red fruits, fish, poultry, carrots, squash seeds, whole grains, scallops....

To keep up your stamina weight training is essential,

emotional health must be kept in check.

For all sun signs it is important to have salt in moderation, yes you may have heard this many times but yoga and meditation should be a part of everybody's life-style as emotional health issues are silent trouble makers that creep up without your knowledge.

By: Dr. Larra Shah- Alternate Science expert, Astrologer.

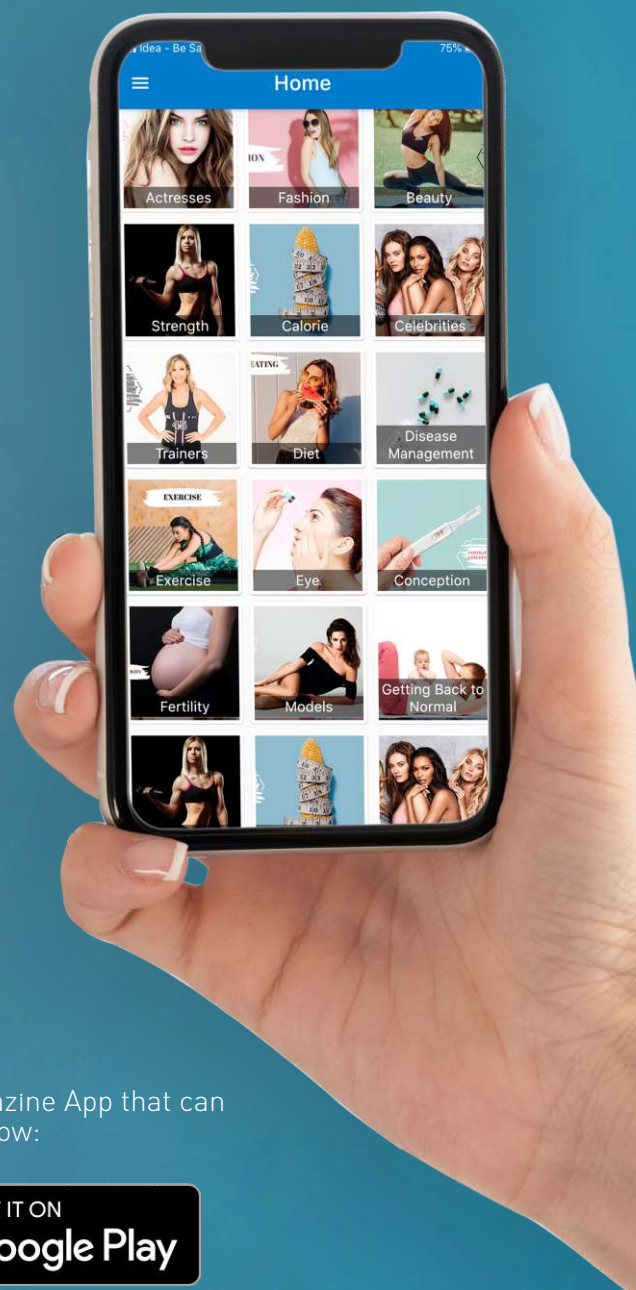
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We are delighted to inform you that Women Fitness has launched the "Women Fitness Magazine App".

It is a women's health and fitness knowledge bank. You can enjoy reading at your leisure the latest articles on Diet, Nutrition, Healthy Recipes, Weight loss, Beauty, Workout, Skincare, Haircare, Yoga, Pregnancy, Celebrity Interviews of actresses, fitness trainers, sportsperson in more than 42+ categories on the Women Fitness App.

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A close-up portrait of a woman's face, focusing on her eyes and nose. She is wearing traditional Indian jewelry, including a pearl headband, a large gold nose ring (nath) with a central oval stone, and a multi-strand necklace with pearls and gold. Her eyes are heavily lined with gold and black makeup, and she has red lipstick. The background is a solid light blue.

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Namita Nayyar

President

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