

MEDIA COVERAGE

THE HINDU

How Supriya Srivastav changed her life with a hula hoop

<https://www.thehindu.com/life-and-style/how-supriya-srivastav-changed-her-life-with-a-hula-hoop/article27059403.ece>

:: PRAVEEN SUDEVAN

Supriya Srivastav does what she loves. She teaches children, women and a few men how to twirl their waist with a hula hoop. She runs a social media consulting firm, Purple Filter. Through social media, she also helps a few people with depression.

Life, she says, is content. But it was not until a few months ago.

She had a bad breakup in 2017. Then, last February, her grandfather, who was her “biggest support system”, passed away.

“I could not move on. I just stopped functioning,” she recalls. She knew it was the onset of depression as she had experienced it before.

“I was sexually harassed at my workplace and knew there was something wrong about the whole thing. But at that point, I thought I must have done something wrong. I was naive,” she shares.

Supriya then went to Delhi to stay with her parents for a while. For six months, she was on antidepressants. “It was a difficult time for my parents too, to see me taking pills every day.”

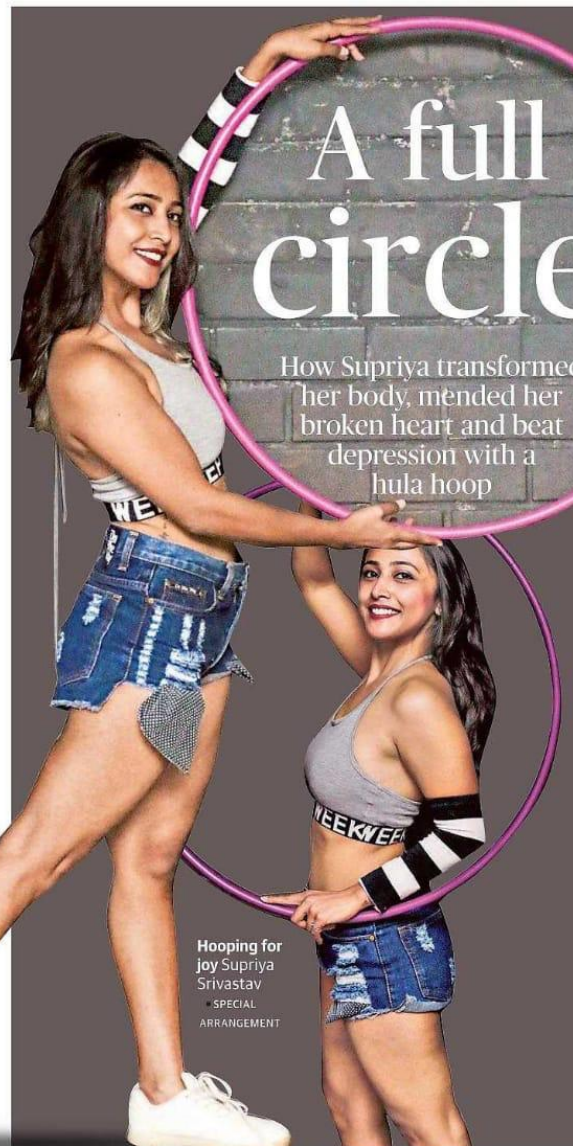
She gradually overcame it, returned to Bengaluru and focussed on her career. But following a job-switch in 2015 (which, in hindsight, was a bad idea), a breakup and a death, Supriya was sinking into depression again.

“This time, I was determined not to take medication. Of course, there is nothing wrong with it. But I felt I could do without them,” she adds.

Watching her from the corner of her room, when she would “lie idle on her bed, was her new “companion”: a hula hoop.

Going in circles

Supriya's first encounter with a hula hoop was by chance. She was holidaying in Goa, when she heard a Russian tourist say, ‘Indians are boring, they won't do this’, pointing to a dark green hula hoop on a table.



“I wanted to disprove her,” Supriya laughs. She twirled the hoop with her waist for two or three minutes. “It was for a short time but I liked what I did. I felt like a child again.”

After returning from vacation, she ordered a hoop online. “I would hoop for five minutes. Then, it became half-an-hour. Now I can even hoop with my hair,” she says.

Hooping, she says, is addictive, for it exercises the whole body and lets you have fun. “You might be embarrassed to rotate your hip in a big circle for the first time. But once you try it, you'd want to do it more.”

Hula hoop helped Supriya get fit. “I used to stress-eat a lot. I was gaining weight and was reluctant to pose for photographs.” She wanted to be fit but was averse to gyms. So, this was an added motivation to hoop. “I now love the way I look.”

Among her students – about 40 of them – is a post-partum mother, trying to lose weight. “When she hooped for the first time, she was in pain. She took a break but came back, saying she enjoyed it.”

Hula hooping, despite being a fad in several places in the West, is not a big deal in India, yet. Supriya's next project, hence, is to popularise the activity. “There are a few popular hula hoopers in India. They do some spectacular tricks, which, for a beginner, might look tough. But anyone can do it. This is the message I want to promote. I want others also to enjoy something that changed my life for the better.”

GOING ROUND



Before it was known and recognised as the common colourful plastic toy, the traditional hula hoop was made of dried willow, rattan, grapevines, or stiff grasses

THE HINDU

Will-weighted-hula-hoops-help-with-your-fitness-regimen?

<https://www.thehindu.com/life-and-style/fitness/will-weighted-hula-hoops-help-with-your-fitness-regimen/article28821849.ece>

THE VOGUE


<https://www.vogue.in/culture-and-living/content/hula-hooping-eshna-kutty-empowerment-tool-to-subvert-gender-stereotypes>

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CULTURE & LIVING

How hula hooping became the dance of empowerment and a tool to subvert gender stereotypes

Meet the hoop artists who are changing the conversation around the artform in India

BY REEM KHOKHAR
29 November 2020



Supriya Srivastav has more than 70 hula hoops in her collection
| Pandarinath B

“ I was into acting in school but I wasn't allowed to pursue it as a career. Though the hula hoop, I found a way to express myself again —Supriya Srivastav

HOPE IN A HOOP

This mental health awareness month, Supriya Srivastav talks to CE about how using a hula hoop helped her get through trying times and how it helps her manage anxiety issues

• Simran Ahuja

As Supriya Srivastav walks out of the café where she just met CE, a man comes running behind her to return the mobile charger she left behind. “See, good things always happen,” she says with a smile. The 32-year-old claims she has always been an inherently positive person but somewhere along the way a difficult job, heartbreak and the loss of a loved one turned her into a ‘complaint box’. But the one thing that gave her a sense of hope through all this was her trusty hula hoop. “During my breakup too, I would listen to some sad music but while using my hula hoop. If it fell down, I’d pick it up again and my only focus was on keeping it spinning. That’s a great way to align and give yourself the attention you deserve,” says the founder of Purple Filter, a social media branding and consultancy company. Srivastav’s love for hoops began by accident in 2015 and she has a certain Russian lady to thank for it. During a trip to Goa, Srivastav was hanging out with the other members of the hostel

she was staying at when a Russian woman deemed Indian women to be ‘too boring’. Feeling challenged, Srivastav took it upon herself to prove her wrong. “There was a hoop in the room so I decided to try it out. She wasn’t the only one surprised. This was the first time I was trying the hoop and even I couldn’t believe I could keep it spinning for as long as I did,” she recalls.

During the bus ride back home from the same trip, Srivastav ordered her first hoop online. What started as a way to digest a heavy meal post dinner soon turned into mini hoop sessions scattered through the day – while waiting for a cab to arrive or for her tea to boil (she now has two hoops hanging in her kitchen for the same reason). “I was using the hula hoop just before heading out for client meetings too. I’ve always had anxiety issues but I slowly realised that the hula hoop helps me cope with it. It made me feel like my heart is pumping for a reason,” shares Srivastav. Eventually, she was hooping for two or three hours straight. “I was into theatre and acting in school and college but I wasn’t allowed to pursue those as a career. Though the hula hoop, I found a way to express myself again,” she says, adding that she now hoops for at least an hour every day.

Hearing Srivastav speak about her hoops, it almost seems like she is describing a person. Last year, when Srivastav’s grandfather passed away, she felt herself slipping back into depression and left hooping for a month. “I was just lying down when I felt one of the hoops on the wall staring at me, almost like it was calling out to me,” she says. Srivastav didn’t just get back to hooping but started conducting hula hoop fitness classes too. The biggest change it has made to her life? She’s more centred and grateful as well, so much so that she even actually says ‘thank you’ to her hoops after using them.

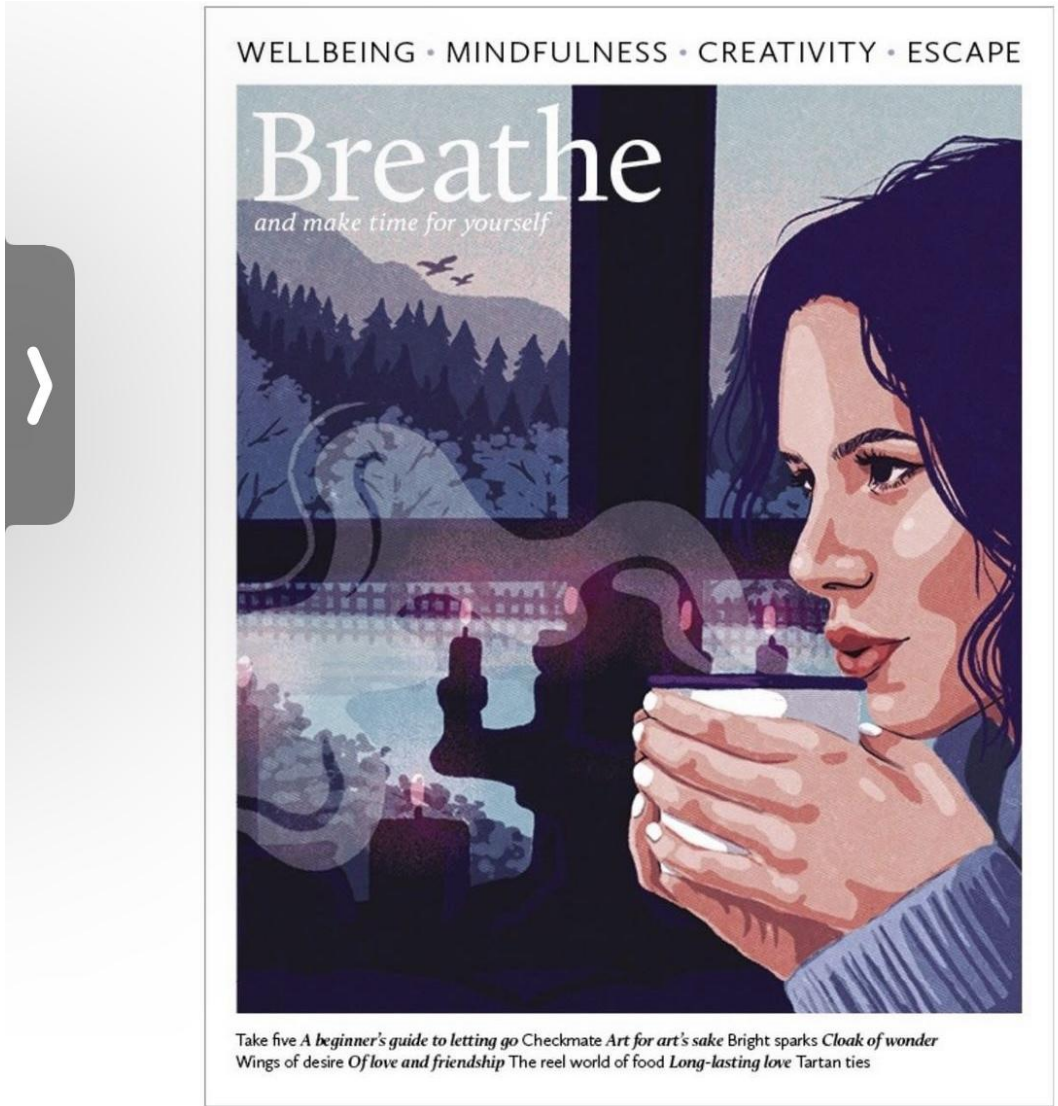
While her parents are supportive, her mother does question why she has to wear short or tight-fitting clothes while using the hoop. “People still associate hula hoops with a circus act but that mindset is slowly changing. My mother finally came around when I told her there’s no way I can hoop with a *ghagra*. Now, she gives the same response to her mother when she questions my clothing choices,” she says with a laugh.

LOVEOLOGY



US Publication: YOUR BIG YEAR

<https://yourbigyear.com/young-innovators-1/hooping-with-supriya-purple-filter-your-big-year-supriya-srivastav-bangalore-india>



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BREATHE ISSUE 42



Sai Tejas V R and Supriya Srivastav

FIFA 'seriously impressed' with Bengaluru artistes

Soccer body shares video showing duo's hula hoop, football skills

• Simran Ahuja

When hula hoop artiste Supriya Srivastav and football freestyler Sai Tejas V R got together to collaborate on a trick shot, little did they know that their video would get recognition from the FIFA World Cup's official Instagram account itself. "We just wanted to create something killer," said the 32-year-old founder of Purple Filter, a social media branding and consultancy company.

The two connected with each other on Instagram and found many similarities in what they do with their skill, the main difference being their instrument of choice. While Srivastav uses a hula hoop (or multiple), Tejas, a football freestyler, uses footballs to creatively express himself.

The 49-second video – which was first shared on Srivastav's account (@hoopwithsupriya) – has her balancing three hula hoops (one on each arm and one around her waist) and a spinning football on her head. Tejas then aims another

football towards the spinning one and sends it flying off to the side. The stunt left many stunned, including the FIFA World Cup officials, who shared the video on their Instagram platform, and said, "We are seriously impressed! How is that even possible?" The video has been viewed over 3 lakh times on their page.

For Tejas, watching his video being shared by FIFA was a dream-come-true moment. The 23-year-old football fan said, "So many big football stars, like Cristiano Ronaldo for example, follow the page too. So to think that they might have seen our video too is an incredible feeling."

Agreed Srivastav, who "jumped with joy" when she found out about the news. "I then scrolled through their feed endlessly to see if they had shared any other Indi-

an's video and didn't find any," she said with a proud beam.

One of the most remarkable things in the video, however, is the unflinching reaction Srivastav has towards the ball hurtling towards her, not moving an inch even from the impact of the stunt. "Many people asked me how I did that or how I could trust someone to hit something this close to my face but the thought just never occurred to me," she explained.

It took Srivastav and Tejas two days of practice and 15 attempts to nail the feat with a plastic bottle on the former's head. For Tejas, aiming with precision was the biggest challenge and trying the same feat with a spinning football took them 20 attempts. "Finding a space to shoot the video was also a challenge since we needed a big space and had to wake up at 5am to get the best of the weather," recalled Srivastav, adding that they shot the video at the basketball court in BTM.

Though the two are still doming a glow on their faces from the response the video has received, they don't plan on stopping here. "We're planning to do something cool and will hopefully come out with it soon," said Tejas.

“ I scrolled through their feed endlessly to see if they had shared any other Indian's video and didn't find any

—Supriya Srivastav, founder, Purple Filter

FRIDAY 7 MAY 2021

PUNE IS TALKING ABOUT

PUNE TIMES, THE TIMES OF INDIA 3

Hula hoop your way to fitness

Many are turning to the playful and nostalgic activity as a form of workout

The pandemic has made us nostalgic for all sorts of things, ranging from the childhood favourites to the back-to-school TV shows. And this is reflected in the current fitness trends as well. Hula hooping has become a popular activity — one that has become a serious workout.

"Hula hooping has definitely picked up during the pandemic," says Supriya Srivastava, a hula hoop instructor. "I lost last year's lockdown, when I lost 10 pounds. Hula hooping has become a fun way to get back into fitness."

It is most popular among parents who like to wear fit while keeping their kids engaged at the same time.

Hula hooping also comes in many varieties, with videos featuring people hula hooping in parks, making it a fun activity for all ages.

— Rahul VJ, Fitness expert



FROM IMPROVING BALANCE TO STRENGTHENING YOUR CORE MUSCLES, THERE ARE MANY POSITIVES TO HOOPING. IT'S A GREAT ACTIVITY FOR PEOPLE OF ALL AGES

— Rahul VJ, Fitness expert

WHICH HOOP IS RIGHT FOR YOU?

The market is flooded with different types of hoops, from weighted, to smart and polypropylene hoops. Supriya suggests picking one based on where you are in your fitness journey.

"If you are a beginner, you might want to go with a larger size of LEDPE (High Density Polyethylene) hoops, which allows slower rotation. It is easier to learn and helps with making it more fun. As you progress, you can move on to smaller hoops, which are more challenging and help with core strength and balance."

— Supriya Srivastava



POPULAR HOOPING STYLES:

STRETCHES: Side, back, front stretches are easy to do and perfect for beginners.

BASIC ISOLATIONS: Isolations involve moving your hoop in such a way that it appears to be floating in the air. It usually involves the feet, one leg, and one arm.

HOOP YOGA: The polypropylene hoops for a great yoga prep and adds a little weight, which helps improve flexibility and coordination.

HOOP FLOW: Dance routines involving the hoop. With some aid from music, you can also add hooping to different dance forms like belly dancing, salsa, etc.

HOOP MEDITATION: Hoop, hooping is integrated with meditation for a calming practice.



HULA HOOPING IN ITSELF IS A VERY MEDITATIVE PRACTICE IN A WAY, WHEN YOU ARE TRYING TO GET THE HOOP TO SPIN, YOU CANNOT THINK ABOUT ANYTHING ELSE AT ALL

— Supriya Srivastava

I'll forever be indebted to Minnakshi: Harshvardhan

Full cover: Barun



Popcorn sizzled when Harshvardhan Rane told his wife Minnakshi Dhanraj that he is forever indebted to her for taking care of him during his COVID-19 illness. The actor, who is currently recovering from the virus, says that his wife's love and support were the only things that kept him going during his four-day hospital stay.

"I was in the hospital for four days. During that time, Minnakshi took care of me. She was with me every second of the day. She was so patient and so loving. I don't think I could have survived without her. She was the only family member who stayed with me. I don't think I could have survived without her. She was the only family member who stayed with me. I don't think I could have survived without her. She was the only family member who stayed with me."

— Harshvardhan Rane and Minnakshi Dhanraj

THE ONLY FAMILY MEMBER OR IF I MAY CALL HER MY PARENT, WHO WAS WITH ME WHEN I TESTED POSITIVE, WAS MINNAKSHI. SHE WAS INFECTED, TOO, BECAUSE SHE WAS TENDING TO ME

— Harshvardhan Rane and Minnakshi Dhanraj

SHARE YOUR STORY ALONG WITH A PICTURE OF THE PERSON WHO HELD YOU TOGETHER DURING THE PANDEMIC USING #PANDEMICMOM

— Harshvardhan Rane and Minnakshi Dhanraj

EARLY END TO TOURIST SEASON IN GOA THIS YEAR

Just when things were getting better, the spike in COVID cases in early April has forced the tourism sector to shut down early this year



While it seemed like the pandemic situation in Goa was getting back on track, the tourism sector in Goa was still in a state of uncertainty. The state government has allowed hotels to open, but it has also imposed strict guidelines for tourists.

"We have seen a significant increase in COVID cases in Goa in early April. This has forced us to shut down the tourism sector early this year. We are currently in a state of uncertainty and we are not sure when we will be able to fully reopen the sector."

— Litesha Gera, Travel agent

FROM OCTOBER TO FEBRUARY, WE WERE GETTING BOOKINGS, BUT IT'S BEEN DOWN AFTER THAT. I ASSIST IN BOOKINGS FOR EMERGENCY NOW, AND SUGGEST WEEKEND DRIVES FOR LEISURE

— Litesha Gera, Travel agent

NO FOREIGN TOURISTS, SHACKS FACING THE BRUIT

The Goa Shacks Association, a group of 100 shacks, has been hit hard by the pandemic. The association has been struggling to keep its members afloat.

"We have seen a significant decrease in bookings since the start of the pandemic. We are currently in a state of uncertainty and we are not sure when we will be able to fully reopen the sector."

— Goa Shacks Association

HOTELS SEE A SLOWDOWN IN BUSINESS

Hotels in Goa have seen a significant decrease in bookings since the start of the pandemic. The industry is currently in a state of uncertainty.

— Hotel Association of Goa

AN EMPTY CAFE AT ANJUNA

The cafe at Anjuna is currently empty, reflecting the impact of the pandemic on the tourism sector in Goa.

COVID IMPACT ON TOURISM

Nearly 2,100 of 3,200 registered tourists in Goa have been affected by the pandemic. The tourism sector has seen a significant decline in revenue.

— Tourism Department of Goa

THE INDIAN EXPRESS

● Simran Ahuja

Wellness festival Fit Bengaluru is back with its third edition on February 15 and 16. As usual, this edition too focuses on giving visitors a chance to explore various forms of fitness, ranging from the regular kick boxing to more unconventional forms of fitness such as hoop alignment, parkour and calisthenics, capoeira, piloxing, lyrical yoga, poi and more.

The event will take place at UB City and Cubbon Park and according to Uzma Irfan, director, Prestige Group, the main objective of this festival is to inspire people to take to fitness. "We also want to encourage people to take on a better way of life by exposing them to various aspects of the industry (diverse workouts, diet options etc.) on a single platform," she says, adding that there is something for every age group at the event. This two-day festival has at least 15 sessions to offer on both days, including sound bath meditation, drama therapy and art therapy to incorporate a focus on mental wellbeing as well. Festival director Carun Carumbiah adds, "We noticed that people tend to hit a midday slump from 12pm to 2pm. So we've included some acrobatic, freestyle, b-boi performances during those hours. Instruments like hand pans, didgeridoo and djembes will also add a musical element to the festival."

On both days, the event winds up with a dance session to end things on a high note, with dancer-choreographer Melvin Louis conducting a session on the second day. Besides this, the event will also introduce people to newer forms of workouts, ones that people wouldn't have considered as effective fitness routines before.



For instance, Supriya Srivastav's hula hoop alignment session will focus on aligning your physical and mental self. The session will also focus on hula hooping, which she says, is a great core workout and concentration improving and centering activity. "I lost 10 kg by just hula hooping because going to a gym was not a solution for me. After monitoring the results on a daily basis, I have developed combination of tricks and fitness modules that are bound to work for any body but it is still not fully explored by adults," says brand strategy consultant, who is also a hula hoop trainer who conducts classes at Studio 7, HSR Layout and The Artery at JP Nagar.

Deepti Martolia's lyrical yoga session, on the other hand, though strongly rooted in traditional vinyasa flow, is set against the backdrop of soothing instrumental music, while also incorporating elements of contemporary dance in it. "We focus on micromovements to better understand the transition between postures,"

explains Martolia, who regularly conducts these sessions Indiranagar. She adds that this slower, softer movement is easier on beginners too.

Some of these workouts may seem like all fun and games, quite literally, since parkour is inspired by military obstacle courses and involves elements of jumping, climbing and rolling. But according to Delson Joy D'Souza, who is conducting the parkour and calisthenics session, one hour of this workout can burn 400-450 calories.

But that's not the only reason these workouts are gaining popularity. "There are two types of people who opt for these: Those who are bored of monotonous workouts and those who want to relive their childhood dream of jumping around, but with more focus on the technicalities of this," he says. He regularly conducts these classes at Chaos Factory HSR Layout.



Shop till you drop

One can expect to find a host of ethical and organic range of products at the 'Fit Market'. "Previously we had 10 stalls at the event but this time we have 50," says Carumbiah. Expect smoothie bowls, athleisure, locally produced goods, healthy snacks, artisanal teas, handmade ceramics and pottery, and more.

Unconventional workouts decoded:

■ **Parkour:** Focuses on going from one point to another swiftly and efficiently. "It originates in France and is derived from military obstacle course training," says D'Souza.

■ **Calisthenics:** Body weight training that relies on one's own body weight as resistance to build strength and endurance.

■ **Poi:** Movement artform that is performed by spinning a tethered weight in rhythmic and geometric patterns. "It sharpens your reflexes, body coordination and spatial awareness," say Yacobeh and Sarena Beri, flow artists and fire performers. They run the organisation IndieFlow, where they conduct workshops on poi and other flow arts.

■ **Capoeira:** Brazilian martial art form that combines dance, acrobatics, music and self-defence.

CITY READ



EDEXLive

Hula Hoop fitness trainer Supriya Srivastav's four simple steps to hoop like a pro



<https://www.edexlive.com/people/2020/apr/27/hula-hoop-fitness-trainer-supriya-srivastavs-four-simple-steps-to-hoop-like-a-pro-11486.html>

THE NEW INDIAN EXPRESS
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HOOPERS TO FOLLOW



Pam Hoops



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Eshra Kutty

SCAN THIS CODE TO READ THE WHOLE STORY



15

Has spending quality time at home become a task? Have you run out of things that you like doing and want to learn something new because you have all the time in the world now that you are at home? Well, here's a social media professional who is the founder of a social media branding and consultancy company called Purple Pixel, but more importantly is a hula hoop artist and fitness trainer. Supriya Srivastav (30), from Bengaluru, can show you how to hoop like a pro and can also teach you how to make a DIY hoop at home. So, don't worry if you do not have a professional hoop at home, you can still follow Supriya's tutorials to learn the art of hula hooping, enjoy it and get fit during the lockdown. Maybe you will become an expert hooper by the end of this lengthy lockdown. Here's how.

Size matters

The correct size of the hoop is the most important. If you do not have the correct size, it's never going to work. Supriya suggests that you stand straight and put the hoop across your body vertically and check if one side touches your belly button. Then, that's your size.

Technique

Getting the technique right is quite simple. You need to go front and back from your waist and side to side. You have to hoop reminding yourself of this, step by step. This will help build your muscle memory and your body will know how to do that movement.

Aligning the self

Once you get those two right, then your mental body and physical body start aligning themselves to each other.

Practise, practise, practise

Just like how in Bollywood only 'entertainment, entertainment, entertainment' works, for hooping, practising is quite similar. Do it as many times as you want, enjoy while you are hooping and then, you are a pro!

PRO TIP
Try it out in case, the pipe seems to be of the wrong size, then you have to pop it up and redo it. If you have a lighter pipe, you can put some rice grains in it to make it heavier.

ring this

Hooping gives you joy and achievement. It is not like other exercises, you get addicted to it in no time.

Supriya Srivastav

4 rounds to get you hoopin'

Supriya Srivastav, a hula hoop fitness trainer and social media professional, teaches *Shreeshha Ghosh* how to hoop like a pro amid the lockdown, how to make a DIY hoop at home and a whole lot more of that stuff

Now that you know what to learn, you would also want to know how to make a hoop, right? Here are four simple steps from Supriya to make a DIY hoop:

STEP 1: Use a high-density polyethylene pipe, which is quite easily available at home, if not, you can also use a lighter pipe. Stand straight and hold the pipe, bending it to make it circular. Keep it vertically straight and if it reaches your belly button, then that is your size.

STEP 2: Then, you need two pieces of scrap wood (any shape will work), if you can find them anywhere in your house, which can be fitted inside the hole of the pipe on both sides of the opening. Make sure the pieces can completely fit inside both the holes of the pipe. Dip the pipe in hot water in case the wood pieces don't fit in easily.

STEP 3: Next, you will need four nails. Make sure that the wood pieces are not seen from the outside. Put in two nails on each side, hammer it into the wood pieces so that they are joined together. That is the locking system.

STEP 4: Use tape of any colour, start from where you have locked the nails, go around the whole thing and nicely wrap it around. And that's it, your hoop is ready to use!

Physical benefits of hula hooping

Hoops can also be practiced focusing on one area, like legs, arms, neck and abdomen, and you will definitely lose weight and inches in about six months. You will lose inches around the waist immediately. You will see a change in the shape of your body within a few months.

Don'ts while you're learning to hoop for the first time

Don't feed your brain with negative thoughts, have a spirit if a child during the process of learning. Don't let yourself get discouraged if you are an adult. Anyone can learn hooping at any point in their lives. Avoid weight of hula hoops in the beginning, start with lighter ones.

Supriya's got everyone spinning right round

For Supriya, who's been hooping for the past six years, spending time at home during the lockdown has been quite easy. "It hasn't created much of a difference as I am mostly used to at home on regular days," the hooper says. Currently, she has kept herself busy with the 21-day hoop challenge where she's been coming up with one new hoop trick a day for people to learn at home. A major part of her day is spent hooping, editing the videos and posting them on her social media platforms. She tells us that this lockdown has given her an opportunity to get better at it and is adding to her growth. One of Supriya's trick shot videos with a football freestyle in Bengaluru had received recognition last year from the FIFA World Cup's official Instagram account. The hula hooper adds that there's no limit to hooping and the number of tricks that you can do with it. "It's a flow art and there's no end to a flow. And therefore, all of us have different flows and every hooper is unique," she says.

SUPRIYA'S PLAYLIST

- Dance Monkey
- Travis
- Charlie Puth
- Psychadelic music
- Wiz Khalifa
- Bibi Eckst
- Sophie Tucker
- Old Bollywood music
- It's what moves her
- The music she doesn't like: DJ Snake's Taki Taki

Photos: Chaitan Kumar



A turn for the better

Hula hooping has gone from being a happy childhood throwback to a serious means to get healthy—both mentally and physically

Amita Bakshi
amita@bloomr.com

Four years ago, a Russian woman challenged Supriya Srivastav, 32, to hoop in Goa. "Because she was so condescending towards Indians, I was like, I will beat you at that, but that was the first time I had ever seen a hoop," she recalls. Somehow, it worked. "I just started spinning, and, to my own surprise, I was able to hoop for almost a minute back then." Soon, Srivastav was hooked to the hoop. When she returned to Bengaluru, she ordered one online and it became her escape and obsession—she would hoop to bust stress and anxiety



injar88

and consulting her "hoop mentor", Gunjan Saraf. Today, Srivastav shuffles between her social media consultancy, Purple Filter, and taking hooping classes at The Artery, an art space created by actor Samyukta Hornad in JP Nagar, and The Green Pocket, a children's activity centre in Indiranagar, Bengaluru.

Hula hooping has gone from being a happy childhood throwback to a serious means to get healthy—both mentally and physically. With workshops and classes across cities in the country, people of all ages are learning how to hoop with trainers who are mostly self-taught and for whom hooping has also been personally transformative.

A CLASS APART Rajni Ramachandran from Delhi has close to 80,000 followers on Instagram, where she regularly posts hooping videos. They are a mix of her hooping to popular tunes, at different venues or on TV shows, using one or more hoops in incredible routines that she both creates and then flawlessly executes. "The transition to a freelancer to a full-time happened within the span of a few years, somewhere in 2015, during which I was



Rajni Ramachandran teaches elaborate hoop techniques.

more convinced that this is what I would want to do," says Ramachandran.

In 2015, she travelled to Egypt, Russia and China as part of a Bollywood musical. "I recall dancing through the entire musical, and, at the back of my mind, waiting for the 2 minutes where I get to hoop!"

Ramachandran makes it clear that she is not a certified fitness trainer and says the effects of hooping may vary from person to person. Her classes typically begin with a warm-up, such as stretching or running. So too do Srivastav's, who likes to start with Surya Namaskars.

"In a beginners' class or workshop, I would break down the basics of hooping on different parts of your body and explain the outcome of using different-sized hoops," says Ramachandran. "For hoop-technique and choreography-specific workshops and classes, I combine different hoop techniques and create a sequence that involves some use of a single hoop, twin hoops and so forth depending on the level of the attending students." Her go-to music choices also vary depending on the type of class. She opts for instrumental music—Lindsey Stirling and Beanie Sigel being favourites—for performances. At other workshops, she prefers to teach in silence, focusing on technique.

SPIN INTO SHAPE

Hooping is an effective low-impact workout, and a great way to get into both a cardio routine and tone-up different parts of the body. A weighted hoop ups the intensity and caloric burn. It's no surprise then that celebrities such as former US first lady Michelle Obama and actor Zosely Deschanel are avid hoopers.

Closer home, trainers are clear that hooping is great for overall fitness. Ramachandran teaches hooping as a performing art more than a fitness regime, but says one breaks into a sweat within a few minutes of hooping since "the heart gets pumping", just as it does after a session of running or Zumba. "It is a full-body workout where every part from head to toe is involved in hooping. Even basic waist-hooping requires the whole body and your core to be involved," she says.

"Moving on to hooping on different body parts, one could specifically work on hooping on the neck, palms, arms, knees, and work on transitions and flow, also adding a number of hoops which requires different parts of the body to work with each other in harmony, coordinating and balancing all at the same time," she adds. Srivastav says that depending on the intensity, an hour at one of her classes can help burn 400-500 calories.

Hooping is good for more than just cutting fat though. Ekha Kotty, 22, who conducts hooping workshops in the Capital, has a bachelor's degree in psychology and is trained in dance therapy. "I want to find a way to bring hoops into my therapy and bring the safe space of therapy in hooping," she says. "Other than it being a great tool for hand-eye coordination and toning your muscles, especially around the waist, it is such a feel-good toy. It makes me sharper and more aware and creates challenges I am motivated to overcome."

So for a fun fight against those extra kilos, a quick tone-up or just mental and physical strength, you could give hooping a shot.

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ABOUT SHOP PROGRAMS MEDIA CHANNEL PARTNER WITH US Log In

Hooping With Supriya

December 17, 2019





সুপ্রিয়া শ্রীবাস্তব
ছবি: গৌতম কুমার রেড্ডি

পেশিগুলোরও মেদ ঝরাতে সাহায্য করে ছলাছপ।

কীভাবে ছলাছপকে নিজের ফিটনেস রুটিনে আনবেন?

আপনার ফিটনেস রুটিনে ওয়ার্ম আপ হিসেবেই শুরু করতে পারেন ছলাছপ। তবে প্রাথমিক শুরুর ধাপটা হতে পারে ওয়েস্ট ছপিং, যেটা শরীরের বিভিন্ন কোর মাসলগুলোকে সক্রিয় করে। সুপ্রিয়ার মতে, এটা কার্ডিয়ো হিসেবেও বেশ ভাল। কারণ এটা পরবর্তী যে কোনও ধরনের শরীরচর্চার জন্য অ্যাবসগুলোকে প্রস্তুত করে তোলে। তবে পুরো অভ্যাসটাই নিয়মিত রুটিনে ধীরে-ধীরে আনার চেষ্টা করুন। প্রথমদিকে বেশ কয়েক বার ছপ পড়ে যেতেই পারে, কিন্তু হাল ছাড়বেন না।

কতক্ষণ ধরে ছলাছপ করা উচিত?

সুপ্রিয়া শ্রীবাস্তব বলছেন, “এ ক্ষেত্রে এ রকম কোনও ধরাবাধা সময় হয় না। কেউ ৫ মিনিটও করতে পারেন, আবার কারও যদি ভাল লেগে যায়, দিনে পাঁচ ঘন্টাও করতে পারেন। তবে যদি ক্যালোরি ঝরানোই কারও মূল উদ্দেশ্য হয়, তা হলে রোজ ঘড়ি ধরে ৩০ মিনিট করে ছপিং করলেই যথেষ্ট।”

ছলাছপের জন্য সঠিক ওয়েট বাছবেন কী করে?

ছলাছপ করতে একটা ঠিকমতো ওয়েটের দরকার হয়। সেই রকম ওয়েটই বাছা উচিত, যাতে কোনও ক্ষতি না হয়। আবার



আমেরিকান কাউন্সিল অন এক্সারসাইজের একটি গবেষণা বলছে, ৩০ মিনিটের এই ছলাছপই যথেষ্ট বুট ক্যাম্প, কিং বক্সিংয়ের মতো শরীরচর্চার সঙ্গে টক্কর দিতে।

খুব একটা হালকা ওজনও বাছা উচিত নয়। তবে যদি কেউ প্রথম শুরু করেন, তা হলে তাঁর ক্ষেত্রে ২০০-৩০০ গ্রাম ওজন হওয়াই বাঞ্ছনীয়। কারণ এর চেয়ে বেশি হলে আহত হওয়ার আশঙ্কা থেকেই যায়। শুরুর দিকে ছপের সাইজ ৩৬-৪২'এর মধ্যে হওয়াই ভাল।

সতর্কতা

● একটানা ছলাছপ করতে-করতে কোমরে ব্যথা পাচ্ছেন? তা হলে কিন্তু মাঝে-মাঝেই ব্রেক নেওয়া দরকার। যেহেতু শরীরের চার দিকে এই ভাবে কোনও জিনিস ঘোরানোর অভ্যাস আমাদের থাকে না, তাই প্রথম

প্রথম বেশিমাাত্রায় করলে কালশিটেও পড়তে পারে। তবে এ ছাড়া এই শরীরচর্চা থেকে কোনও রকম বিপদ হওয়ার আশঙ্কা নেই।

- ছলাছপ করার সময় সোজা থাকার চেষ্টা করুন। কোনওভাবে কোমর থেকে সামনের দিকে ঝুকবেন না।
- কারও যদি পিঠে কোনও আঘাত থেকে থাকে, তা হলে ছলাছপ করার আগে চিকিৎসকের পরামর্শ নিয়ে করাই ভাল।

তথ্য সহায়তা: এষণা কৃষ্টি
ছবি: আইস্টক

MANSWORLD Feature on Hula Hooping rise during the pandemic amongst men and woman

FOB / FITNESS

Dance, Get Fit, Repeat

The jury on the pandemic's impact on the fitness culture is out. While home gyms record the days, it's not for the most fervent of all—dance. Here's your guide to dance forms that'll get you fit while having fun, and all in the safety of your home

By Samreen Tangkar

POLE DANCING

Yes, pole dancing for fitness is a very real thing. And it's not just dance! Hell yeah. The enthusiastic men at *MW* took a pole dancing class last year before the pandemic, and had a blast. "I'm a dancer, a pole dancer in New Delhi, he had a lot of male students before lockdown during classes at her studio. They wanted to have a separate batch for men, but then lockdown struck, so she continued to teach privately at home, but given the restriction of space and entry due to the pandemic, she had to keep the number of students at home limited.

"Pole dancing takes care of every fitness aspect you can think of: it's great cardio, helps with toning your body, weight loss, strength training, flexibility. It's a combination of everything. Additionally, it also improves your start development, because so many of the body parts—your feet, elbows, wrists—help you to hold on to the pole. So even though you aren't knee-walking, it's a part of it. There are so many benefits to pole fitness, she adds. "It helps build confidence, because people start liking their bodies, they become stronger, so it has a lot of emotional and mental advantages as well."

However, pole fitness does require some training. Subina says, "I've never learnt anything at a pole at home, because of the injuries that can take place on the pole. As a beginner, you can start working on your core strength and flexibility before going to the pole class if you are, as it will definitely be complementary but it's not a prerequisite for taking the class. I provide online and offline classes, or let me know if others do. Maybe you can clear your basics in an offline class, and then join online classes to continue," she advises.

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DANCE HIT / CARDIO

Anyone who has ever attempted Zumba or any dance cardio can tell you that it's exhilarating, and so energetic. Yes, you enjoy it, but you feel the burn as well, and need to catch a breath. Anshu Nandan, co-founder at The Tribe India, has had male clients right from the get-go of her professional career. A lot of male clients are aesthetic at first, but once they try the form of exercise, they enjoy it, and become regulars.

Nandan says that Zumba and dance cardio, both being full-body cardio routines, have numerous benefits. "The music helps your mind relax, while your body is in constant motion. It helps you stay at a constant target heart rate, which aids fat burn, is great for building stamina, and for cardiovascular health. It works to strengthen the entire body, and particularly, helps gain immense core strength, while also shedding fat from the arms, face, and glutes.

With respect to the calories the workout burns, it depends on the intensity level, and can't be given a fixed bracket as everyone's body type is different, and loses weight in a different way," she explains.

Dance fitness and cardio is the easiest dance form to implement at home, Nandan explains, and thanks the power of technology for her to be able to pick up online lessons. YouTube videos, as well as app classes for dance cardio, Zumba, and aerobics. An easy and fun way to stay fit and sane, one can say.

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HULA HOOPING

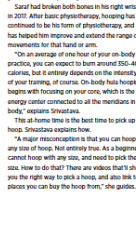
So much fun, so tiring, and such a good workout. Hula hooping can be fun, surprising, and so energetic. Yes, you enjoy it, but you feel the burn as well, and need to catch a breath. Anshu Nandan, co-founder at The Tribe India, has had male clients right from the get-go of her professional career. A lot of male clients are aesthetic at first, but once they try the form of exercise, they enjoy it, and become regulars.

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BELLY DANCING

Men belly dance? Absolutely. Even more so when you know what a killer workout it can be for your abs, core, and more. You may have recently seen Gopichandrupa's Shreyas Kapoor's videos, but he's not the only one. In fact, there are a lot of fitness influencers who have incorporated belly dance in their routines. Sometimes, men who have been advised to strengthen their core by doctors also have approached to train," she adds.

Shreeya, a former and current, has had a different experience. "I have seen men taking up this art form more as a passion. I have never seen men learning belly dance just to get fit. People often think of belly dancing as a fitness exercise, but in reality, it is more than that. We get to control our body by exercising."

Getting an overview of how belly dancing works as a fitness dance form, Shreeya explains, "Belly dance is a low-impact, low-impact exercise. It's a great workout for the hips and waist—when you're hip-shaking, you're doing some low movements, it helps in strengthening and toning the hips. Belly dancing can also lower blood pressure if you exercise your core, and hold the posture correctly."

Belly dancing is an active form of dance fitness that can totally complement at home through online classes. "Online learning has bridged the location gap, and people who are busy can't go to a studio can learn from home," she says, and Shreeya also adds that belly dancing is a low-impact exercise.

Belly dancing is surely the best way to accept yourself, love yourself, and nurture yourself.

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METROPLUS

A slice of Italy in Switzerland's Canton of Ticino
Page 2

Subbakrishna's sketches of Gandhiji will soon be on display
page 3

The NBA comes to India for the first time
page 4

Think out of the gym

Pilates and aerobics too passé? We give you some unconventional fitness options in the city

By PRAVEEN SUBDEVAN

Hoop with Supriya

What: Hula Hoop
A six-discipline-old form is fast becoming a popular fitness accessory across the world. The hula hoop was marketed by American toy company Wham-O, based on John Anderson's idea in the late 1950s. It was an instant hit. The hoop isn't just a child's plaything anymore. Supriya Srivastava, who took to it when she was trying to get fit, says, "The main objective for most fitness activities is to develop core strength. Hooping primarily involves the core area. The second reason for hooping is that it gives you so much joy when you do it and it makes you want to do it more."

The activity helps in weight-reduction and develops muscles. Because hooping involves belly exercises, Supriya says, there's an misconception that it's only for women. A lot of men are into it also.

When: Weekdays for children (5 pm to 6 pm), weekdays for adults (5 pm to 6 pm)
Where: Studio 2, HSR Layout
How much: ₹3500/month
☎9986580726



Jumpo Fitness

What: Bungee Fitness
Bungee fitness isn't a one-time adrenaline hit, unlike bungee jumping. You wear a harness that goes around your wrist and your legs are attached to bungee cords. Then, instead of falling from a tall structure, you do certain exercises. Soumya Venkatesh, the program director of Jumpo Fitness, believes participants are most excited by the feeling of flight they experience during the session. As many workouts require them to do burpees, it's what excited Soumya when she tried it for the first time this June in Bangkok, Thailand. Within four weeks, she lost 10 kg, says. According to Soumya, the exercises appear simple but are, in fact, complex and effective. "When we opened, we invited a few fitness enthusiasts to try it out and they said a session burns around 500 to 600 calories," says Soumya.

When: All days, 7 am onwards
Where: Horramangala 4th Block
How much: ₹5,500/month (plus tax) onwards
☎9972812987



Hydro Fit

What: Aqua Fitness
As a young mother, Pooja Arora wanted to get rid of the post-delivery weight. But at 21, she was diagnosed with arthritis and doctors advised her to only take up Aqua Fitness. But the water exercises she was taught were too slow. So, she signed up for an aqua trainer course in Singapore. "I had to learn anatomy, physiology and general exercise," she says. Upon returning home, Pooja started her aqua fitness classes, Fit Nermatic, which has been renamed as Hydro Fit. Of the reasons for renaming it, she says, "There is a perception that aqua fitness is gentle, and is only for women. I want to break that. My classes are intense and a lot of men come for it too." Aqua fitness, she argues, is better than gym training as it exercises more muscles, is safer (the risk of injury, she says, is significantly lesser in water) and can be practised by people of all ages (one of her clients is a 70-year-old woman).

When: Weekdays (7 am to 8 am and 8 am to 9 am)
Where: Conrad Hotel near Ulsoor Lake
How much: ₹7500 (plus tax) onwards
☎9739011246



Kalariyogi

What: Kalari and yoga
Unlike the other options, Kalariyogi teaches two of the most ancient Indian traditions: Kalariyattu and yoga. If you are looking to get a quick start-up or a beach body, then Kalariyogi may not be the place for you.

Its founder Master B Kalariyogi says, "We are trying to revive a culture of living a fulfilling life." Exerting the body is just a part of the exercise at Kalariyogi. "We ask questions, we hold debate sessions, we are into literature," says Master B Kalariyogi. The two forms, he explains, were practised by warriors so they could be still in the chaos of battle. "Urban life is similarly chaotic," he says, making a case for the relevance of these ancient practices. Master B says the ones who wish to sign up for the classes should be in the long haul, as they will witness change in themselves only gradually.

When: Yoga on weekdays (7 am to 8 am and 7 am to 8 pm), Kalari on Saturday and Sunday (8.30 am to 10 pm, 3.30 pm to 5 pm and 5 pm to 6 pm)
Where: Indraganga
How much: ₹3000/month (for yoga or kalari) and ₹4000/month (for yoga and kalari)
☎9242367074



DUBAI:

<https://tickikids.com/ae-du/think-n-innovate/hila-hoop-classes/>

Kingfisher Namma Rap Video Featuring All Bangalore Artists

https://www.youtube.com/watch?v=-rVyebLL_bA