

## A2B -

A united family's  
business representing  
South Indian culture

What is

**16:8**  
diet?



WHAT'S STYLE WITH  
THE FASHIONISTA !

Pregnancy  
in the time of  
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THE IMPACT OF FASHION  
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# Health and Fashion

The People's Magazine

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## Lights, health, fashion and more

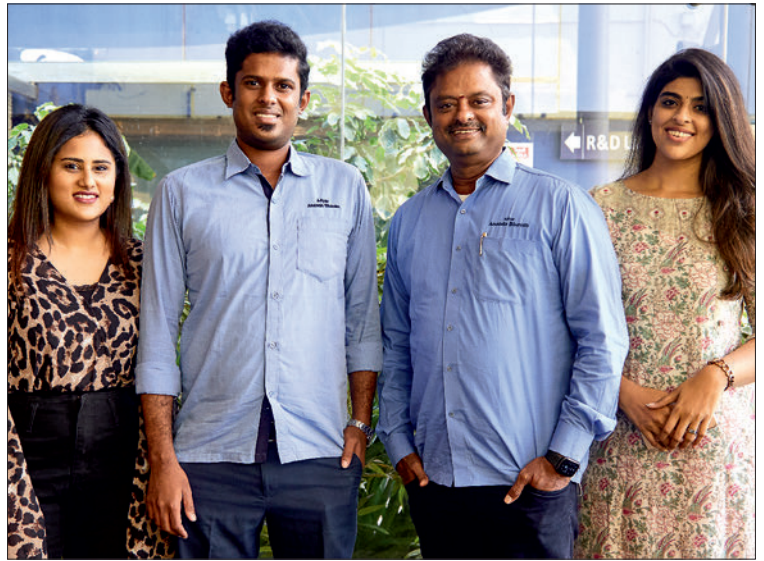
With celebrations taking place virtually and emotions being felt deeper than before, people have adapted themselves to the new-normal. As Diwali is around the corner, a shift from getting dressed, lighting firecrackers with friends, going for Diwali parties, which was previously celebrated amongst huge gatherings, now has been reduced to close circles only. This year has taken a toll on all of us and we all need to overcome it with a smile and wait for this phase to pass. If not in-person, let's take our celebrations online and spread happiness through home-made sweets and savouries; avoid lighting crackers in the open and spend time with family by having a chit-chat and favouring home-made feasts. Bring brightness to your interiors by changing those dull bed sheets to bright ones and decorating your interiors with diyas, lanterns and fiery lights. With all devotion, make sure your thali is ready for the lakshmi puja in the evening. Make a to-do list and tick those boxes, as and when you are done. Extend your Diwali celebrations with your near and dear by sending sweets, with services like Dunzo and Swiggy, and finally get ready for the evening and put your best foot forward. Order clothes online, promote small-scale businesses, pamper yourselves, match your outfits with the face masks, take pictures and talk about it, in another ten years down the line. Be a helping hand to the environment and make this Diwali eco-friendly, by planting a sapling. This Diwali, incorporate colours and highlight your creative side, by making rangolis and get rid of negativity by releasing sky lanterns for inner detox. Since you can't step out of the house, plan a small but loud Diwali party within the comfort of your house and spend it with your family members, alongside your extended family being virtually connected and socially distant. You can also shop your attires online on our website – 'Evantrah,' which focuses on selling products for men and women, being a one-stop destination for all your health and fashion needs, from attires ranging from traditional to modern, western to Indian, unusual to usual. Shop your dream look at Evantrah and may this Diwali bring you prosperity and success to the fullest.



Narendra B. Davey  
Editor

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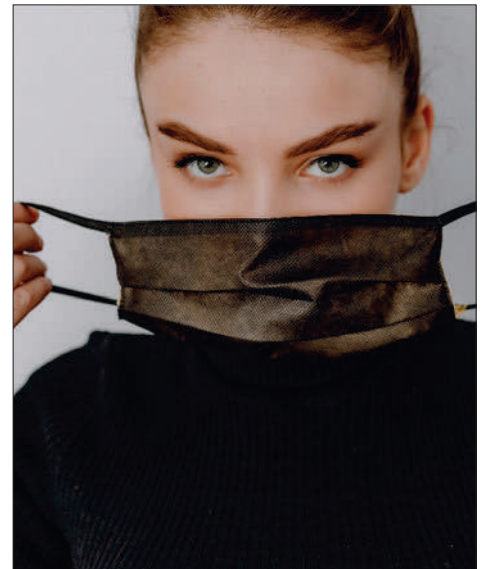
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# WHAT'S STYLE WITH THE FASHIONISTA !

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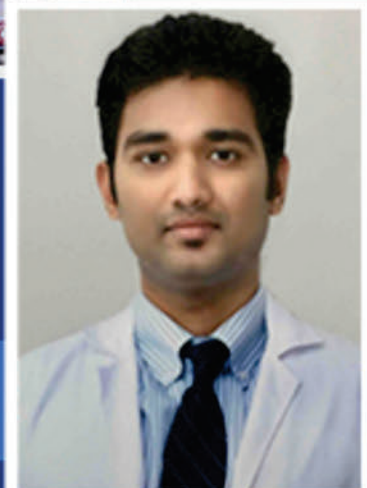


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*" we can become more understanding of the situations rather than being hijacked by our emotions"*



# Mindful Parenting: How to Respond instead of React!

*Saru Mukherjee, Mom Blogger, Diapers and Lipsticks*

**P**arenting is difficult! Often we get carried away with our emotions so much that we lose sight of what is happening. We often react to a child's act of spilling the cereals on the floor like they are being chased by a tiger! Mindful Parenting is about understanding our stress response, being attentive, and being thoughtful with our responses as parents.

Saru Mukherjee, a distinguished mom blogger popular for her Instagram handle @diapers\_and\_lipsticks has always vouched for the act of responding overreacting to the kids. She recognizes the need to set out emotional triggers and take mindful attention of situations before reacting to them. Here are some insights from Saru Mukherjee on Mindful Parenting and how we can inculcate the habit of responding instead of reacting!

## **What is Mindful Parenting?**

Mindful Parenting is about managing our own emotions and behaviors to be able to teach our kids how to manage theirs. With conscious attention to what is happening around us, we can become more understanding of the situations rather than being hijacked by our emotions.

So when your child runs around the house throwing tantrums and demanding a cup of ice-cream, mindful parenting is about making a conscious choice to handle the situation rather than scolding the child blindly.

## **Mindful Parents comes with a set of benefits!**

Mindful Parenting isn't all about being a better parent, it's a lot about being in charge of self-emotions. Practicing it comes with a set of benefits like:





- ★ Becoming more aware of our feelings and emotions
- ★ Taking charge of our thought process and reactions
- ★ Becoming aware of the child's needs, emotions, thoughts, and behavior
- ★ Learning to regulate emotions
- ★ Improving connection and relationship with the child
- ★ Staying in control of situations rather than being hijacked by it

#### **How to practice Mindful Parenting**

Mindful Parenting isn't a one-day advent, it's a process that helps you instill a greater sense of awareness towards you and your child's emotions, behavior, and stress triggers. Some steps to mindful parenting include:

- ★ **Get Familiar with your emotional Triggers** – Be it the kid throwing food at the restaurant, using bad words, or embarrassing in front of

others, understand what are your emotional triggers that push your reactions off the edge.

- ★ **Notice how you feel** – Acknowledge how these emotional triggers make you feel about yourself and the child. Do you get angry and start hating your child? Do you want to escape the situation? Don't ignore these feelings, be mindful of them.

- ★ **Learn to pause** – The most challenging and important part of mindfulness is to be able to pause for a moment and find calm in the heat of the moment. And it is here that you should inculcate it. Before reacting, take a moment, a deep breath, or a sense of calm to think through the situation.

- ★ **Take your child's perspective** – A child is going to act like a child! This means they won't always be able to manage their feelings, but you can. And so taking in the child's perspective is important. For a brief moment, understand the thought process of the child, even if you disagree with them, and then respond to them in the best way possible.

The ability to control emotions, regulate responses, and change how you react to others might take time, but with practice, you can be more aware of not just yours but your child's emotions too.

Mindful Parenting is all about unlearning and relearning the process of how we respond to our child.

# Varam -

*Where the future is built with*

# Hope

***MGM Healthcare broached 'Varam', a super claim to fame focused solely for ladies at Nelson Manickam Road, Chennai. This quaternary emergency clinic is an advanced advance towards ladies' medical care administrations, bringing innovation towards the strength of ladies implying the best of techniques.***

MGM Healthcare is known for its unmatched consideration and tender loving care. Adhering to these standards and norms, Varam envelops a heap of administrations including gynaecology, young adult wellbeing, menopausal wellbeing, feminine cleanliness, obstetric administrations and a whole lot more! Aside from giving 360 - degree all-encompassing administrations to ladies out of luck, Varam additionally expects to instruct the general population and make mindfulness about ladies - situated issues.

#### **THE GRAND LAUNCH:**

Situated at the heart of Chennai city, Varam is complete with a team of experienced and empathetic doctors who care for women of all ages. The launch ceremony was held at MGM

Healthcare on Nelson Manickam Road on October 18, 2020. Only a small gathering of select guests was invited, keeping the pandemic's guidelines in mind.

Aside from the exceptional visitors who went to the function face to face, a few others went to the function on the web. Prestigious actors from the south Indian film industry, Mr Suriya and Ms Jyothika were the visitors of honour who introduced the super-strength place during a shower of adulation and recognition. **MGM Healthcare's Director, Dr . Urjitha Rajagopalan** was likewise present at the scene.

A portion of the other conspicuous participants included Senior Consultant for Obstetrics and Gynecology, Dr Arcot Jaishree Gajaraj; Senior Consultant for Breast Oncology and





Oncoplastic, Dr Veda Padma Priya. S; Senior Consultant for Obstetrics and Gynecology, Dr Dakshayani. R and a few different representatives.

#### HIGHLIGHTS OF THE INAUGURATION:

During the equivalent, **Dr Urjitha Rajagopalan** stated, "We have more than 3,000 gynaecologists, more than 300 maternity medical clinics and more than fifty multi-strength medical clinics in the city of Chennai alone. Notwithstanding, relatively few medical clinics can give exhaustive medical services benefits explicitly to ladies, all things considered. With the dispatch of 'Varam', we intend to take out the complexities that are expanding step by step in giving extraordinary ladies' medical services". This was a sign to show how solid Varam was on their motivation.

Moreover, she referenced how Varam would go about as the complete examination driven focus genuinely necessary for ladies. This activity will

change public medical services everywhere and go about as a distinct advantage for ladies' wellbeing – be it juvenile young

ladies or old ladies. This undertaking would be a one-stop community for each lady's needs and convey plenty of value administrations.

**FACILITIES OFFERED AT VARAM** A group of clinical specialists in the fields of gynaecology, obstetrics, neonatology and fetal medication among numerous others are accessible at the middle. Bleeding-edge innovation and profoundly progressed a-list clinical hardware are pressed into the middle to improve the nature of medical care given. Also, the middle displays a wonderful foundation going from level – III neonatal ICUs, devoted working suites, high reliance units and an unheard-of level of cleanliness.

The notice of MGM Healthcare infers a single word – aptitude. This esteemed emergency clinic ensures upgraded understanding encounters, quick administrations, experienced specialists

and cutting edge innovation. It is the principal emergency clinic to be the most elevated evaluated USGBC LEED Platinum-ensured Green Hospital in Asia.

The specialists are an assortment of experienced specialists, famous doctors, instructional methods and effective medical caretakers. They keep on reliably convey exceptional developments and perform incredibly complex medical procedures over the previous years. In general, the emergency clinic houses more than 250 specialists, 12 focuses on greatness and 30 clinical divisions.

As far as foundation, the medical clinic offers more than 400 beds, 100 basic consideration beds, 50 outpatient discussion rooms, 12 working theatres and 24x7 crisis care the very pinnacle of effectiveness.

The name MGM Healthcare apparently represents greatness, experience, sympathy, headway, trust and clinical greatness



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Inspired by their mantra – 'be you, be only you, be brave and be bare,' Bare Body Essentials is the personification of BOLD in every way. The brand associated itself with individuals who don't view beauty as an universal standard, but carry it along with pride.

Resembling all the elements of being young, quirky and passionate, this company does not go by the ideology of, 'one size fits all.' Their products have natural ingredients which include Shea Butter, Argon Oil, Rose Oil, Hyaluronic Acid and Stearic Acid, amongst others. With an MRP of INR 399, these products are a must buy and apply!

Moving on with the motive of giving their customers an enriching experience, every product, from the packaging to individual aromas, demarcates a sense of individualism.



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# lip

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softens & repairs  
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# “SILENT NO MORE”

## EMBARRASSING GI DISORDERS

## IN WOMEN

### LOVE YOUR GUT.

**M**illions of women suffer in silence as they are embarrassed and shameful to talk about problems related to their health. They postpone their pain till it gets complicated and affects their quality of life.

It's no one's favourite subject but bowel problems and the painful, debilitating and downright embarrassing issues they result in is something we need to talk about.

Keeping tight lipped about these issues does a disservice, especially when effective treatment is available.

Women are more prone to GI symptoms than men. Fluctuating hormones and female anatomy are two big culprits.

#### **Why are women more prone to GI disorders than men?**

- Intestines are more sluggish in a woman and the emptying of food takes longer. Hence food stays for a long time in the intestines which causes the bacteria to break them down producing a lot of gas.
- During pregnancy and around menstrual cycle due to hormonal changes, a lot of gas is produced (due to increased estrogen) and this can make one feel uncomfortable.
- The growing uterus can compress on the intestines and can compete for space causing constipation

#### **THE 7 COMMON EMBARRASSING BOWEL PROBLEMS SEEN IN WOMEN :**

- ★ Irritable bowel disease (IBD)
- ★ Irritable bowel syndrome (IBS)
- ★ Constipation
- ★ Fissures
- ★ Haemorrhoids
- ★ Anal itching
- ★ Flatulence / gas bloat



**Dr Anisha Ashok**

*Chairman and Managing director of  
LASER AND LAPAROSCOPIC HOSPITAL  
Chennai*





## **IRRITABLE BOWEL SYNDROME.**

Stomach cramps , bloating , diarrhoea and constipation are the four main symptoms of this functional disorder. The cause is not known it's aggravated during stress. It affects twice as many women than men.

"IBS" can be a debilitating condition it can affect every aspect of a person's life – from their career to their relationships to their general wellbeing. And can have a negative impact on a person's self esteem and confidence. If left unmanaged can lead to anxiety or depression.

## **INFLAMMATORY BOWEL DISEASE ( Crohns / Ulcerative**

### **colitis)**

This is slightly different from IBS ,patient may have fever with blood in stools. They may need colonoscopy to check for infection or ulcers. Symptoms include pain , diarrhoea , fatigue , loss of appetite. They can have a family history or autoimmune condition .

If left untreated can lead to life threatening complications.

## **CONSTIPATION**

Have you been having difficulties going to the bathroom? You may be suffering from constipation if you have one of the following.

Passing motion less than three times in a week  
Passing hard / pellet like stools  
Straining while passing motion.

This could be due to a lack of fibre in the diet, not eating sufficient fruits and vegetables, being too sedentary or overweight.

Chronic Constipation Can Lead To Fissures , Haemorrhoids, Perianal Abscesses , Fistulas , Diverticulosis, Flatulence And Colonic Cancers

## **HAEMORRHOIDS**

### **'Who wants to admit to having haemorrhoids?'**

They are dilated veins in the lower part of the anal canal, also known as piles ,and are extremely common. They appear as swellings , one can have itching and bleeding due to this. They can get painful when complicated ( Thrombosed piles).

## **HOW CAN ONE AVOID THEM?**

Avoid straining while passing motion, lifting heavy weights.  
High fibre diet and lots of water is required to keep the stools soft.  
Ointments are given to reduce the size of the pile masses.  
Tablet Daflon to reduce the bleeding.  
Laxatives to prevent constipation.  
Warm sitz baths to alleviate discomfort

## **LASER HEMMORRHOIDECTOMY:**

If the pile masses are bleeding and they continue to grow and get painful you need to remove it.  
Laser procedure is minimally invasive, less painful , and has faster recovery.

## **FISSURE**

### **WHAT IS A FISSURE HOW DOES ONE KNOW THEY HAVE IT ? WHAT SHOULD ONE DO?**

Fissure Is a painful tear in the lower part of the anal canal ,that may occur when you pass hard stools during a bowel movement . They typically cause pain and bleeding with bowel movements. You may also experience spasms in the ring of muscle at the end of your anus. (anal sphincter)

It is very common after childbirth. Most fissures get better with simple treatments, such as increased fibre intake or sitz baths. Some people may need medications or occasional surgery.

## **ANAL ITCHING**

Itching around the anus . it is also known as "pruritus ani"  
This is uncomfortable and sometimes embarrassing.

It can be associated with burning and pain if the skin is traumatised by itching. Most frequently it is caused by pin worms, piles, fissures. Sometimes skin lesions , yeast infections or fecal incontinence can also cause this.

If you find small white worms in your stools , it is advisable to deworm yourself. Avoid scratching the area, or using hard, perfumed soaps or wet wipes. Use loose cotton underwear. Avoid chocolates, colas, coffee, carbonated beverages and nuts that can increase the itching. Anxiety and stress can also increase itching in that area.

Certain home remedies like neem oil , coconut oil , carrots or grated garlic with Vaseline jelly can reduce itching in that area.

## **FLATULENCE**

A LOT OF WOMEN AROUND MENSTRUAL CYCLE AND DURING PREGNANCY COMPLAINS OF FLATULENCE ( PASSING A LOT OF GAS ) HOW TO AVOID THIS This can be avoided by

- ★ Eat slowly ,chew well, eating smaller frequent meals. ( don't binge eat)
- Exercise to keep the intestines moving
- ★ Avoid using straws and chewing gums.
- ★ Avoid foods that cause a lot of gas like high fat dairy , cruciferous

vegetables ( broccoli , cabbage, cauliflower , brussel sprouts) chocolates , artificial sweeteners , carbonated beverages.

- ★ Gasex can be given to reduce gas build up .
- ★ Probiotics to break down carbs that are not broken down easily in the stomach.
- ★ Enzyme supplements to aid in digestion.

**IT IS IMPORTANT WOMEN RECEIVE THE TREATMENT THEY DESERVE EARLIER DETECTION IS SAFE AND CAN PREVENT COMPLICATIONS**  
**"YOU ARE NOT ALONE" IT IS IMPORTANT TO LIVE A PAIN FREE LIFE "**

### **Dr Anisha Ashok**

MS. Mch surgical gastroenterologist, MRCS (Edinburgh). FAIS .  
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Fellow of robotic surgery -Illinois Chicago.  
Fellow of Hepatobiliary and Pancreatic ,and colorectal surgery -" ASAN- Seoul."  
Fellow of minimal access surgery(FMAS )  
Chairman and Managing director of **LASER AND LAPAROSCOPIC HOSPITAL -** Chennai. 28154590 , 9841435713



# Renee Cosmetics

Reborn To Empower

*A premium quality, cruelty-free and  
a versatile range of makeup for  
modern women*



**M**arking its entry into the market with cruelty-free eyelashes, an eyebrow growth roll and a Kohlistic Kajal Pen, which provides an accurate application with just a swipe, Renee cosmetics has introduced an all-new Strobe Queen Highlighter, with Rose Gold, White Gold and Gold.

With this, Renee claims to change the 'makeup game' of Indian women by launching a professional range of cruelty-free, premium quality products, for women whose personality talks a lot about them.

By the name referring to – 'reborn,' the company began its journey out of sheer need for wide-ranging makeup for modern Indian women. By modern women, it implies for women who are boss-ladies- fearless and make heads turn..

# WHAT'S STYLE WITH THE FASHIONISTA !

**S**wathi Purushothaman is a designer who picked style planning past her instructive foundation to seek after what she was energetic about throughout everyday life. Swathi was a young lady when she decided to do form disregarding living in the conventional music and traditional move. Studio 149 is the space that Swathi as a fashioner had made for herself where her apparel displays convey stories instead of being only a garment. Every one of her outfits depict interesting style made with stylish ascribes and style preferences. FASHION is a word with limitless importance and here we have Swathi sharing what design is as per her and her excursion directly from the beginning.

## **Q. Can you tell us something about yourself and Studio 149?**

A. In this way, to start my schooling, I'm an Architect by education. I learned at CEPT (School for engineering, Ahmedabad). I owe everything to my engineering school for the sort of creator I am today which I think I am today. To me, the plan is the equivalent in each field. There is no variety anywhere with regards to the plan. Regardless on the off chance that you plan a household item or a mug, Design is the equivalent in all fields. In any spot where there is a client, there is a brief and afterwards a necessity and afterwards comes the plan which takes into account every one of these

prerequisites. As a fashioner I accept structure follows capacity and I apply this to every one of my fields. I discover basic elements in each space and outfit I do. The structure and vehicle of articulation is extraordinary.

Studio 149, is where we are situated in Chennai. I hadn't anticipated being a style creator as I was all the while doing my engineering, so the space was exceptionally broad for me in those days.

## **Q. When did you first realise you wanted to pursue a career as a fashion designer?**

A. I needed to pick among design and engineering during my last year (2011) as I was dealing with both and I should have been reasonable and just to accomplish my work. Around then, style was doing really well, so I picked design as there was

additionally a prerequisite. I adored attire and planning garments, so I just picked style. That was an extremely intuitive choice. I might return to making spaces later on yet, at this moment, I am extremely upbeat in making garments.

## **Q. What according to you is the best part of being a fashion designer?**

A. The best part of being a style fashioner, yet any planner whatsoever is the capacity to make something. It is a clear space toward the beginning and on completing it, there is shading,

feel, extent and there is a completely new thing that has come up from a clear space. The delight of making something from nothing is the thing that thrills me as a planner.

## **Q. What is the definition of fashion for you?**

A. To me, Fashion is confidence. It empowers you to be confident and it speaks out for yourself. The way you look and present yourself even before you speak, presents volumes about you and your personality is what I strongly believe. So, fashion to me is confidence and personality.

## **Q. What skills and qualifications according to you are required to be a fashion designer?**

A. Being an architect by education, I don't know about responding to this inquiry. Be that as it may, YES! you need an establishment in plan instruction and it is unquestionably required. Energy can't make you a planner. You need some handy preparing or working under somebody in this field could help as strong schooling. There is a great deal in this field that you learn simply by doing and not by having simply energy. However long you have the energy, information about plans and the experience of working under somebody where you have picked up the experience of making a wide scope of things, that is the capability you will require. In any case, here, not just your energy or aptitudes matter, your dedication and your imaginative ability





matters the most. You likewise should be acceptable with the numbers here! There are many individuals who need their number abilities like their courses of events and estimations and don't get a handle on things promptly and this is the place where they go somewhere near not having enough core interest. In this way, all these are the characteristics and aptitudes that a planner needs to have.

**Q.What are your biggest strengths and fears?**

A. My greatest qualities have consistently been the manner in which I can pre-imagine stuff. I can assemble things in my mind, before it is made. It is now developed and envisioned in my mind before it is made. When it gets to the meaningful part of assembling countless things together, the cycle has consistently been oblivious for me. It falls into place without a hitch instead of attempting to make timetables and diagrams.

At times as a planner you feel that you may be insignificant and keeping up to the

manner in which we introduce ourselves relies upon patterns and innovation and the way toward keeping up to that is probably the greatest dread at the present time.

**Q. Any past fashion trends that you want to bring back or recreate?**

A. Designers are re-inventing stuff from so many decades back and we cannot bring what is fashion for a particular year or season. It is a potpourri of things that is happening around the world. But for me, I like classic timeless styles. I don't want them to be relevant to the day but want them to be fashionable even after twenty years. I love the classic silhouette that was made like a Chanel suit or dress which is relevant at any point of time. Looking back at the designs of designers who I look upon, they appeal to me only if they are relevant today.

**Q. Being a fashion designer, what are the few magic tips that you want the students to follow while pursuing fashion designing?**

A. My tips for a maturing fashion designer is research however much as could be expected. Take a gander at what architects have done personally and not what they are on magazines or Instagram. Take a gander at pieces of clothing that were made before. Contact, feel and see articles of clothing both inside and outside. Engage with the way toward making in a point by point way. The cycle of what you make as an understudy isn't what you get when you are in the business world. You have the opportunity in your grasp just when you are an understudy and not in the business world. In this way, make an assortment. Put that during the time spent creating and watching. Taking in by doing and from realizing by what others have done is the best thing that you can do when you are youthful. Watch things like a wipe. You don't have a book to concentrate on yet the world. Thus, see whatever number things as could be expected under the circumstances. Take a gander at engineering, old structures, old plans, garments thus numerous different things. They return at a state of time and that is of so much assistance that you could never know.





Foreshore Photography - S Muthukumar  
MUA - Salomi Diamond





Photography : PV Subramanian

Health and Fashion

23

Oct-Nov, 2020

Watch and learn.

**Q. What role do you think social media plays in fashion today?**

A. Social media plays a huge role today! I had to hunt on the internet ten years back, If I wanted to research a designer's collection. But these days, we have everything on social media, from the making process to everything.. So, yes, it is a great platform to learn and it also has changed the way that designers work. There are a lot of designers doing good work because of each other and there is a competition to do better every single time. This helps because it drives the design standards up by such a huge notch because each one is always trying to uproot the other and project the best. But here, there is also a negative side, things are being made too fast as they want to keep posting stuff on social media on a daily basis. We do not need to give in to the pressure to make stuff really fast, but making stuff really well to say that we are the best out there as well as make new stuff.

**Q. Which Hollywood celebrity's fashion is your all-time favourite and why?**

A. AUDREY HEPBURN is my favourite hollywood celebrity that i look upto even today because the styles are so classic, relevant and super stylish.

**Q. Do you have a foundation with style and planning or was it your interest?**

A. My foundation with style is always trying to be classic and relevant. Doing a lot of clothing for women, it is the style that i alway look at here. Women should always be dressed in a respectable and empowering way is what I believe in. When people look at them, people need to respect women with whom I style. Their style should demand respect. I define the style of Studio 149 in such a way. Empowering and bold.

**Q. Returning to days, what was 'Design' indicated by you as a beginner?**

A. Design to me as a beginner comes from my architecture school. FORM follows FUNCTION. All the extras and

the decorative ones are really not important as how the form follows the function. This was fed to me as a beginner and I still stick to that principle so much that i feel is what inhibits my creative process.

**Q. Studio 149 is remarkable with the name itself. What motivated you to pick such a name for your boutique?**

A. Studio 149 is a very simple name. The address of the building where we are now is AB 149 and initially when i started, i did not know if i had to fashion or architecture. The studio was a space where work happens. It's a workshop and it is an atelier where design happens and where things are made. More than a showroom, Studio 149 stands for where things are made and I think I enjoy the process of designing or making more than the selling. Studio 149 in that way is very special to me and is the name of my clothing label. it stands for the place where it all happens.

**Q. How elusive was it for you to get to where you are today?**

A. My process of creating this label was very organic and I did not have any five or ten year plan. I was only very passionate and I still am and I think it is what has helped me to get to where I am. I feel I have made only the foundation and I think it is time to start growing from now on. When I look upto my brand I need to be proud to say that this was made at Studio 149. That is what I strive towards even now. Even when I make outfits today, I have an expectation towards a studio 149 outfit. Each piece we made is what has helped us come so far. Every piece is important. Every piece that has our label on it has to be of a certain standard and that is what i want.

**Q. What caused you to feel that design was the ideal decision for you in those days? The field must not have all the consideration and promotion in those days as it does now.**

A. I was an overweight child and all that I needed to wear was customized and nothing at the rack fit me. So the entirety of my garments must be sewed and I was additionally exceptionally fussy. It was only a cycle.

Nothing at the rack fit me and I needed to make my own personal garments and it was a characteristic cycle. My family was additionally a lot of associated with the cycle. I was making garments for myself as well as other people at a youthful age and keeping in mind that making garments for other people, my family didn't think that it's amazing. It was anything but a choice however I do feel now and again that I was intended to cause garments and I to don't see myself doing anything extraordinary.

Back then, there was no advancement and we were glad to plan since we didn't have the strain to show what we made and we rather decided to appreciate the creation cycle. At the present time, there is a great deal of weight in showing what we have made. At first, I felt that time span was great and the 3-4 years time that I had before instagram got mainstream, it was simply facebook and we were not expected to be there consistently. It was without a doubt a decent time. Nowadays, we do just bridal, yet in those days, I did a ton of western, combination, ordinary garments and I attempted each type of making stuff. That time span was truly useful for we had the opportunity time frame to choose what we needed to do later on as a brand. It shaped the early stages of framing the brand which I am thankful for, with no weight.

**Q. You have gained amazing ground and you've grown a ton from where you began. Discussing your forthcoming branch in Manchester, what might you want to share with us concerning that?**

A. My space in Manchester is ready and I am just waiting for the right time to launch it because of the pandemic. The store in India is flourishing because of the strong base we have. To startup in a new country is very challenging especially in times like this with COVID. I am focussing more on the online platform these days due to the lockdown and people are not so keen on us visiting them in person and that is how i have been running the show in the UK right now. But once things settle, the store will be up and will be running soon in Manchester.





Photography : Ganesh Vetriivel

Health and Fashion



# Mask



Dr. Jaishree Sharad  
Mumbai

*“Apply  
petroleum jelly  
on your lips  
before wearing  
a mask and  
at bedtime”*

In this era of the COVID 19 , it is extremely important to wear a mask the moment you are outdoors especially in the company of others. Masks when worn correctly reduce viral transmission and also prevent asymptomatic spread.

Sometimes, masks can cause rashes or acne now known as maskne. When you wear a mask and breathe out into the mask, the saliva, breath, sweat salts and oil from sebaceous glands can either clog pores or create a warm, humid environment absolutely apt for microbes, yeast, bacteria to grow, thus resulting in break outs, boils and rashes.

However, this should not dissuade us from wearing masks. Let's look at simple steps to follow to prevent these Maskne and rashes.

1. Cleanse your face twice a day. Use a gentle, fragrance free cleanser if you have normal or dry or sensitive skin. If you have oily skin, use a salicylic acid based foam cleanser at bedtime and a gentle cleanser in the morning.

2. In the morning after cleansing your face, apply



# and skin

a thin layer of moisturiser. Look for ingredients such as hyaluronic acid, dimethicone, ceramides in your moisturiser. These will hydrate and protect the skin. If you have oily or acne prone skin, use a water based or gel based moisturiser. If you have dry skin, use a cream.

3. Use a sunscreen on the exposed parts of the face and body. You need not wear a sunscreen below the mask. Or you can skip the moisturiser and just wear a sunscreen under the mask. Mineral sunscreen or gel based sunscreens or zinc oxide sunscreens are best beneath the mask.

4. Avoid layering your skin with serum, day cream, moisturiser and sunscreen under the mask. Just a light moisturiser should be enough.

5. Avoid using any make up including lipstick under the mask. You do not want to increase the chances of infection or clog the pores.

6. If you develop rashes, avoid using products which cause exfoliation even at bedtime. Retinoids, Alpha hydroxy acids such as glycolic acid, mandelic acid or beta hydroxy acids like salicylic acid and scrubs should be avoided as they will irritate your skin more and increase the redness, burning sensation and even cause hyperpigmentation or acne.

7. Apply petroleum jelly on your lips before wearing a mask and at bedtime. Lips tend to get dehydrated or chapped when you breathe in and out into the mask.

8. Apply a dimethicone based moisturiser behind your ears. This will form a barrier layer on your skin and prevent rashes where the string of the mask loops on your ears.

9. Wear a well fitted comfortable mask. If the mask feels too tight or slides around on your face, it can irritate your skin.

10. Make sure to dispose your masks daily if they are disposable ones

11. If you are wearing a cloth mask, opt for a two layered cloth mask with soft, breathable fabric, such as cotton, especially on the inside layer that rests against your skin. Synthetic fabrics, such as polyester, rayon, nylon can irritate your skin and cause acne as well as rashes.

12. When you touch your mask, you can transfer germs to your mask and your face. So make sure your hands are always sanitized. When you remove your mask for sometime, make sure to keep it on a clean sanitized surface and make sure the inner part of the mask does not touch the table top or any surface that you have kept it on.

13. Whenever you are alone, remove the mask and take breathe in fresh air. You can also remove your masks

at home or when you are alone in your car or when you are exercising in parks but are at least 6 feet away from people.

14. Make sure you wash your cloth masks every day. Sweat salts, particles that you breathe out as well as oils on your skin can collect on the inner surface of the mask. As these build up, they can irritate the skin covered by your mask. Hence it is important to wash your mask properly to remove germs, oils, and particles.

15. Wash the masks preferably in hot water. Hot water will kill all the germs. Use a fragrance-free, hypoallergenic laundry detergent. Sometimes the detergent remains in the cloth and causes allergic contact dermatitis or rashes. So rinse the detergent away thoroughly.

**Do not stop wearing your mask if you get acne or rashes.** Consult a dermatologist for the maskne and rashes but do continue to wear the mask.

*“ Do not  
stop wearing  
your mask  
if you get  
acne or rashes ”*





# Yes, Weight matters



**W**HO defines infertility as a disease of the male or female reproductive system, with failure to achieve a pregnancy after 12 months. There are specific causes of infertility - like blocked tube or uterus disorders in women, and low sperm count in men. Apart from this - environmental and lifestyle factors such as smoking, excessive alcohol consumption and obesity can affect fertility. Obesity is the cause of fertility struggles in six percent of women suffering from infertility. The prevalence of overweight and obesity in women of reproductive age has increased over the past 30 years.

Overweight and obese women have a higher incidence of menstrual irregularity and ovulation problems. A fine tuned hormonal balance is needed for regular menstrual cycles - and this gets disrupted in overweight women due to hormone production in fatty tissue. Obesity does affect pregnancy rates, increases the risk of miscarriage and may result in poorer outcomes with invitro fertilization.

Apart from causing problems in getting pregnant- being overweight or obese increases a woman's chance of having complications in pregnancy- like high blood pressure during pregnancy, pregnancy diabetes etc.

And it's not just the woman's weight that affects fertility. Obese men are more likely to have fertility issues. Having an overweight or obese partner may also affect a woman's chance of getting pregnant. Certain hormones in men - including testosterone, that are essential to reproduction- may be affected by obesity. Low sperm counts and poor sperm motility (movement) are more often associated with men who are overweight or obese than men who are a normal weight.

Can losing weight help improve fertility? There is some good news for any woman who is overweight or obese and trying without success to get pregnant. Data shows a weight loss as small as 5%-10% can improve pregnancy outcomes. Losing as little as 5% of body weight can result in a regular menstrual cycle, increase the frequency of ovulation and improve endocrine systems such as lowering fasting insulin levels. Whether a person should try and lose weight - and how much- before pursuing infertility treatment may be different for each woman.

Doctors usually get asked this question - how much weight do i need to lose to improve my fertility chances? Research has shown that having a medically healthy weight-to-height ratio or BMI improves the likelihood of ongoing pregnancy. For those trying to conceive, losing weight may allow them to actively boost fertility.

So, while having to discuss weight may be uncomfortable, weight loss - unlike other factors that affect infertility - is one area where it is possible to achieve change and a real increase in chances of a successful pregnancy. Addressing fertility challenges starts with getting to a healthy weight. Losing weight is a simple concept, but in practice, it's not always easy. Having a supportive medical team with dieticians and physiotherapists, and having a plan and goal for weight loss - makes the process easier. At Dr Manu's Gynaecology clinic-

women are encouraged to remain active, and pursue any physical activity that is feasible for that person - like walking, yoga or stair climbing.

For couples struggling with infertility - the concerns are as much social as medical, especially in a country like India. The couple not only have to deal with their own anxiety and stress of treatment, but have to also deal with the social stigma of being infertile. Maintaining their weight and undergoing regular exercise will help with coping with stresses of treatment as well as boost their chances of conceiving naturally, and improve treatment success rates.

**Dr Manu Lakshmi DA MRCOG Obstetrician and Gynaecologist Fellowship in Andrology and Reproductive Medicine Chennai**

# EASING THE PRESSURE OF MOTHERHOOD WITH

Dr. LAVANYA THINESH !

Dr. Lavanya Thinesh MRCPCH(UK) is a new mother herself and has been helping new and expecting mothers on conquering the battle of postpartum depression.

She is actively working with mothers on improving maternal mental health and spreading awareness on infant care.

She shares her encounters as a mother and also as a paediatrician enabling each mother to get over their confusions during complementary feeding.

***“ Holding your world in your Arms  
Overwhelming the Emotions  
Spreading the Joy  
And Living to Live for the rest of Each Moment ! ”***

No infant knows the distinction between vegetables and meat or sweet and sour. It is the mother or the primary caretaker who plays an important role in introducing the right type of food in appropriate proportions.

She is here to help you out with few of the most frequently asked questions.

**Q. When do I start complementary feeds?**

The preferable age would be 6 months onward. You can continue to breast feed and balance complementary feeds accordingly.

**Q. Can I give water during the feeds?**

Yes, Of course, you can. You can use the open cup method. You can use a medicine cup or a silicone cup. Your child can have sips of water with each meal.

**Q. How do I monitor weight gain and what are the enriching foods to gain weight?**

We need to focus on a balanced diet more than looking on to a fat enriched diet for better development. Give your baby a balanced meals of carbohydrates protein & fats.

If you feel your child is not gaining weight consistently, talk to your pediatrician immediately and get the best diet for them.

**Q. What amount of food should I give when I start weaning my baby?**

I would advise you to start in really small proportions at frequent intervals. Do not force-feed your baby.

**Q. When can I give eggs and meat to my baby?**

Egg yolk followed by the entire egg could be given to your infants from around 8-9 months and so on . Meat can be initially given in the form of soups followed by minced well cooked meat later.

**Q. When should I start cow's milk?**

You can start cow's milk after 1 year of age. Starting cow's milk early can make your child prone to gastrointestinal issues and allergies.

**Q. Do I have to stop Breastfeeding while giving my baby complementary feeds?**

No, you don't have to stop breastfeeding while giving your baby complementary feeds. You can continue feeding and feed as frequently as the baby wants.

**Q. Can I feed my baby complementary food at night?**

Yes, of course you can give your Baby the regular, balanced diet meals.

**Q. Can I try new food every day?**

It is always best to try one new type of food one at a time & I would not advice to introduce two new types of food together in a day. In case of food allergies, one would not be able to find out the cause. It is always better to introduce new food at smaller proportions, to see if the baby can tolerate them.

**Q. I tried out a new meal yesterday & my baby vomited, what do I do?**

Don't not force feed your baby. You can try out the food after a month or so. If there is a vomiting episode, I would





advice you not to give the same to your baby. Consult your paediatrician for further advice.

**Q. Are ready-made infant foods that are available in the market, recommended ?**

I would advise you not to give them daily since they are processed foods. They can be given in circumstances where home cooked food is not an available option.

**Q. Can I add salt or sugar to the food?**

You can add them once the kid is about a year old. However you can add natural flavouring agents like garlic, onions, cloves and cumin etc. to make the food more palatable for your baby.

# A2B – A united family's business representing South Indian culture

*Mr. Srinivasa Raja opened up about his childhood, family business and struggles he went through to make his business a success. Being the **Managing Director** of **Adyar Ananda Bhavan**, one of South India's most beloved restaurant chains, he has indeed carved a mark in the history of quality service. Since 1960, Srinivasa Raja and his brother have been gaining loyal customers and touched lives with their exceptional cuisines. They have succeeded in representing the culture, heritage and tradition of South India and her cooking. The humble Managing Director opened up about initial struggles, current policies and plans for the future. He threw light upon globalising his brand and incorporating top notch quality in every step of his food production. He particularly elaborated on how the ongoing pandemic affected his business and how as a team, the business coped with COVID - 19. Edited excerpts follow.*





Myar  
Ananda Bhavan

Mr. Srinivasa Raja





*K T. Venkatesan*



**Q: Let's start with you introducing yourself and how your business began.**

A: My brother, **K T. Venkatesan** and I are the Managing Directors of our family business, Adyar Ananda Bhavan. In 1960, my father started a small sweet shop after facing heavy losses in our agriculture business. The business was very successful as he introduced a lot of new sweets and practices to our village. But he had no support and we again faced heavy losses. Soon, we left the city and in 1975, he started another sweet shop in Bangalore.

Later, we moved to Chennai. In 1979, he started a sweet shop in Chennai and I learnt to cook along with my brother from him. In 1988, we started Adyar Ananda Bhavan (A2B) and we served only sweets and snacks. In 2000, we started A2B veg restaurant and began to serve chaat items, fruit drinks, South Indian, North Indian, Continental and other delicacies as well. Now, we have nearly 150 outlets and one lakh vendors who sell our products.

**Q: Tell us more about how A2B Greens was born.**

A: We decided to change the style of our food and policies once every ten years. We have a separate brand called AAB Bakery that sells breads, rusks, ice creams, etc. By 2010, we were focussing on health through traditional foods and millet - based foods to prevent obesity. We also introduced keto diets, our own dairy to prevent adulteration of milk, invested in quality raw materials, sourced vegetables without fertilizers and other health factors. We funded and supported farmers to acquire quality vegetables, fruits, milk, butter, ghee and raw materials. This resulted in the birth of A2B Greens.

**Q: What's the plan for 2020? Are there any new additions in place?**

A: We wish to improve both the quality and grade of the raw materials we procure. Our products will reach more vendors and the cuisines we serve will increase manifold. We are investing in innovative products and multi storage facilities. Furthermore, we will start exporting globally and we aim to make our products even more affordable. We want to encourage entrepreneurs and

self - employed individuals after Diwali this year. We have a Research and Development team in the making and we hope to introduce more healthy dishes soon.

We want the next generation to carry forward this venture and employ more employees, bring new innovative products and incorporate modern technology in the business. Our mission is to promote our culture and esteemed traditional food globally within the public's budget and with lots of health benefits. Tourism is constantly developing and we want tourists to appreciate our cuisine when they taste our food.

**Q: Are there any social activities your business has contributed to for the public good?**

A: We have done a lot for the environment such as tree plantation drives. We have created job opportunities for single mothers and sponsored medical expenses for families in need. Furthermore, we have sponsored education for several students and plan to launch an initiative to provide free meals three times a day for the needy. This project is in the making and will be another means to reflect the quality of our food.

**Q: Tell us more about how the entire family came together to overcome your losses and difficulties. How do you hope the next generation will manage the family business?**

A: We have been through very tough times and there was even a point where my father decided to end his life. Thankfully, the whole family came together and we all did our bit to overcome the huge losses the business faced. From learning to cook sweets from experts to expanding the business across cities, countries and the globe, we have lived by our principles and held up the family name.

I know it won't be easy taking over the business being the third generation of the family. There are a lot of gaps that need to be filled and the business needs to transition into a modern restaurant to meet this generation's expectations. But at the same time, this

is an old family business and the principles and underlying motives of A2B must not be altered. The originality of the business needs to exist despite new improvements being incorporated.

**Q: Where there any difficulties in particular that you found hard to overcome when you started this business?**

A: We faced a lot of difficulties in the old days owing to low customer footfall, buying options and buying power. People would purchase sweets only when there was a celebration at home and even then, it was only those who didn't know how to prepare sweets themselves. The culture back then was such that if there were five people at home, you would buy five separate packets of sweets for each of them. Sales was very challenging at that time as we didn't know how to boost production as per customer demand.

Our prices were also low and we couldn't earn much profit. Our rations and raw materials were of very low quality as there were a lot of government systems in place. Now, sourcing raw materials and making sales have become easier as people don't wait for occasions to celebrate. They purchase sweets for temple poojas, for the weekend, or to celebrate good moods and victories.

**Q: Most businesses tend to compromise their quality of products when they expand. But no matter which of your A2B branches we visit, the same quality and stringent policies are in place. How do you maintain this quality?**

A: Our core strength is sweet production. When our business was in its initial stages of development, we had a team of employees training along with us and learning to cook. They were taught standards and parameters to maintain. Furthermore, our ingredients are sourced from quality farmers and our technology is advanced. We are updating our policies and ingredients and our R&D team is top notch.

The taste of vegetables changes based

on which soil and which district they are cultivated in. In order to maintain a consistent taste, we use the same varieties of vegetables and fruits. The quantities we use and methods of cooking remain constant. It takes a long time to train oneself for all this – from which temperature you roast potatoes to how much spice to add in a mix. We are a labour oriented business and we invest in training sessions and monitoring periods for new employees. No matter how much our business expands and our brand develops, our existing employees train new ones. Subsequent employees are consistently trained as to what parameters we follow and hence, there is a smooth transition and continuity.

**Q: Out of all the sweets and savouries you have to offer, which is your favourite?**

A: I love laddoos, halwa, jangaree and milk sweets like Rasmalai and Kalakand. In the morning, I love mixing pooris and Rabdi. During the mango season, I love mixing mangoes, Rabdi and pooris. Children these days prefer chocolate – based sweets and sweets with low sugar content. But if you ask a forty – year – old, they will always prefer authentic milk sweets, almond sweets and Bengali sweets. Similarly, we cater to various ages and moods of our customers.

**Q: What were some challenges you faced coping with the pandemic?**

A: One main issue we faced was the lack of customer movement. COVID – 19 hit India only in mid – March. But our branches in the United States faced COVID way back in November. This gave us a heads up and we began to boost immunity for a limited number of staff. We made arrangements to train our employees on how to manage mental stress and still maintain production and social distancing. We supplied food to our employees' families and to people in need.

Our online sales on social platforms was consistent and was a huge support. Nevertheless, our regular sales in shops was functioning at barely 50%. The biggest challenge we faced was getting specific foods to specific households within a given time. We



had to educate people on product wastage and we faced a huge loss owing to wastage. We struggled for nearly two months owing to excessive food wastage, but things began to improve from the third month itself.

**Q: What was your reaction when you got back to business? Were you hesitant or did you feel you were way ahead of your competitors?**

A: Cultures tend to change as time passes. The first definitions of success were skill plus luck. Now, it has evolved and is more knowledge oriented. Our awareness of COVID grew on a step by step basis and we had to learn how to survive. We still have several of our customers from 1990 and even the customers from 2010 have travelled with us till 2020. This loyalty and customer retention is key and we need to keep updating our business as per how their mindsets change.

It went from visiting a hotel with family to have a meal to ordering it online and eating at the comfort of one's home. In the end, the winner is he who is consistent with changing times and understands the moods of his customers. We are constantly discussing new innovations and the management implements new policies based on changing audience patterns.


**Q: The food industry is all about labour and hence, you have strong manpower. Being a global business and catering to so many countries, how did you manage your employee base and adhere to the different rules of different countries?**

A: Knowledge is based on experience. You can gain knowledge based on watching competitors, by reading books or in many other ways. We gained experience based on loss in the olden days and based on trial and error now. We observed how different countries are coping with COVID and our R&D team was circulating feedback forms to our customers. This way, we were aware of their needs and concerns.

Our culture policy varied based on customer requirement and satisfaction. Our management is involved in food safety reports and customer relationship reports. By staying up to date with changing trends and policies, we manage all our employees and services across the globe.

It is evident that from the above interview that Mr. Srinivasa Raja has high hopes for the business's future and has a lot planned. This down – to – earth Managing Director has worked tirelessly through the years and has ensured that the name A2B brings to people's minds nothing but quality delicacies. With the constant support of his family backing him and the able guidance of his brother and co-managing director, Venkatesan, Srinivasa Raja continues to bring pride and honour to our South Indian culture. He is currently working on globalising the business and introducing a myriad of new sweets and snacks with enhanced quality of ingredients.





# What you need to know about using oils on oily skin

**O**ily skin can be a bane – it can cause breakouts, unwanted shine and make it hard for make-up to last all day. Developing a routine to treat oily skin is essential, but with skincare oils becoming the new 'it-girl' of beauty shelves, the question arises; should you really treat oil with oil?

Before we dive in, we need to understand that skin turns oily only when the sebaceous glands are working overtime and producing too much sebum. This can be triggered by a number of factors like a poor diet, wrong skincare habits, hormones and even genetics. The grease on the skin can then block pores and attract pollution to it, only to end in a vicious cycle of acne and over cleansing, which is bad for oily skin.


When dealing with excess sebum, it is quite common to steer clear from oil or oil-based products. However, this is extremely inaccurate in most cases. Oily skin usually compensates for the oil (moisture) we wash away from it by cleansing and produces more oil. When we use oil-based products, the sebum in our skin attracts the oil from the product and dissolves it, without stripping skin of its natural oils. Which means the skin remains hydrated and less oily.

When it comes to picking oils for oily skin, it is certain that not all of them are built equal. You simply cannot use the coconut oil, cocoa butter, avocado or castor oil lying in your pantry as they are heavy in texture and clog the pores. The key here is to find skincare products with non-comedogenic oils (that don't clog pores). Argan oil, carrot seed, sunflower, rosehip, bergamot and almond are great options if you have oily skin. They provide key vitamins, minerals and antioxidants to the deep layers of the skin, and simultaneously regulate sebum production. You can use a oil-based cleanser twice a day, in the morning and evening, to help balance the skin, or stick to a thick facial oil as the last step to your night-time routine. Remember, facial oils are by nature more dense than other skincare products and tend to block lighter water-based serums from absorbing.

That being said, we can't deny the fact that skincare is an individual concern. While oils may suit some with oily skin, they may not be the best option for others and aggravate their breakouts and rosacea. Always speak to your dermatologist or an expert before you incorporate an oil, or new product into your routine.

Dr. Kiran Lohia  
New Delhi





# Pregnancy in the time of COVID

Dr. Manu Lakshmi DA MRCOG(UK)  
Dr. Manu's Gynaecology Clinic  
Chennai

Photo by Anna Shvets



It is quite often an ecstatic moment when a couple's pregnancy is confirmed - especially one that follows years of struggle to grow the family. When this happens at a time the whole world is trying to come to terms with a new dilemma - anticipation gets mixed with anxiety and apprehension about the course of pregnancy. Amidst hospital visits for scans and check ups, the couple have to deal with the new normal for pregnancy care. What does this mean for the pregnancy, and what are the risks to the unborn child?

As the world grapples with COVID and its fallout, an added challenge awaits pregnant women - worry about themselves and about their unborn baby. Fortunately - studies show that pregnant women are at no greater risk of becoming seriously unwell than other healthy adults if they develop coronavirus infection. The large majority of pregnant women experience only mild or moderate cold/flu-like symptoms. Women with a high risk pregnancy - for example those having high blood pressure or diabetes - have to be extra careful in following the safety precautions to safeguard themselves.

The current recommendations are that pregnant women who have been exposed to someone with COVID infection - are advised to stay in self isolation. The purpose of self-isolation is to prevent spread of infection from an infected person to others who are not infected. Women who test positive for the infection have to contact their doctors for advice specific to their medical history. What to do in self isolation? While home-isolation or home-quarantine may sound like a staycation or holiday - women should be prepared for a long period during which they may feel disconnected from others and anxious about their health. Staying in touch with others by phone or online can be helpful to maintain social connections. It is important to stay hydrated, and to keep active with some kind of exercise program or online fitness routine and yoga. This is to reduce the chance of blood clots forming. People in self

isolation should monitor themselves for fever by taking their temperature twice a day and remain alert for cough or difficulty breathing.

What about hospital appointments when in self isolation? There may be medical problems like bleeding in pregnancy or pain - which require hospital visits. It is important to inform the medical team so that arrangements can be made to attend the hospital at a different time or a different place - to protect other patients.

Staying alert and staying safe are the most important precautions to follow. This is especially true for women in the third trimester of pregnancy. Staying attentive to social distancing and making sure to wear a mask and frequent hand washing are the best tools we have to protect ourselves.

It is customary for women to have a family member accompanying them for check ups at the hospital. But in the current scenario it becomes necessary to limit the number of people at the hospital. Pregnant women are advised to attend hospital alone and these measures are being put in place to protect maternity staff and other women and their babies. Where possible - blood tests, scans and routine antenatal care are combined in a single visit.

It is often a stressful and anxious time for the mother, and upsetting to learn that she can't have her family around during her delivery. But these precautions are needed to reduce the number of people in the hospital. Fortunately - newborn babies do not appear to be at higher risk of becoming unwell with the virus, but the same precautions of hand hygiene and masks are advised for the people handling the baby. If the mother is COVID positive at the time of delivery - her doctors will advise on breastfeeding or isolating the baby depending on the severity of her infection.

Birth of a baby is a joyous event, usually celebrated with a large gathering to announce the baby's arrival. Limiting these gatherings is recommended to protect the new mother and her baby. The need of the hour is for the family and health care personnel to wholeheartedly support the women during their delivery - a joyous long awaited event. With social distancing being advocated - the onus is on the obstetrician and her team to care for women with covid infection while taking precautions for their own safety. And doctors are up for the challenge.

The pandemic has taught us that good health is a privilege. Staying optimistic, practising gratitude and staying physically active can help us cope with the difficult circumstances.

# What is 16:8 diet?

## What is 16:8 diet? Benefits and how to do it?

The 16:8 diet has skyrocketed in popularity in recent years, especially among millennials who are looking to lose weight and burn fat. Perhaps the reason behind the popularity is that it does not come with a strict set of rules you ought to follow, or a list of foods to include in or exclude from your diet. It is considered less restrictive and more flexible than most diet plans. The 16:8 diet shows effective results and can easily fit into your lifestyle.

## What Is 16:8 Intermittent Fasting?

16:8 intermittent fasting or 16:8 diet is an easy, convenient, and sustainable way to lose weight and improve overall health. It involves cutting down and limiting the consumption of foods and beverages rich in calories to a set window of eight hours per day and fasting for the remaining 16 hours.

One can repeat this cycle as frequently as they like. You can start with once or twice per week to every day, depending on your nutritional needs and personal preferences.

## Benefits Of 16:8 Dieting

★ **Aids In Weight Loss:** In 16:8 fasting you are expected to cut down your calories for the limited time span in which you're eating, and this helps the weight loss process. Apart from that, fasting for most of the day boosts metabolism, which in turn aids in weight loss as well.

★ **Lowers Cholesterol:** When combined with a nutritious diet and regular exercise, 16:8 intermittent fasting can help keep your cholesterol in check.

★ **Improves Heart Health:** The 16:8 fasting keeps your cholesterol in check, controls your calorie intake, and manages your food habits which are all contributing factors for a healthy heart.

★ **Beneficial For Diabetics:** It helps in reducing insulin resistance which helps in diabetes management.

Enhanced Brain Function: It can help enhance brain function and improve

concentration. It can also protect against age-related memory loss.

★ **Reduces Stress:** The 16:8 diet plan helps reduce the levels of cortisol in the body, which means less stress.

★ **Prevents Diseases:** It may also help prevent and manage diseases such as diabetes, certain heart conditions, some types of cancers, and some neurodegenerative diseases.

## How To Get Started?

You can begin by picking an eight-hour window and limit your food intake during that time-span. One way of doing it is eating between noon and 8 pm. This way you'll only need to fast overnight and skip breakfast the next day, but can still eat a balanced lunch and dinner along with a few snacks throughout the day.

Another method would be eating between 9 am and 5 pm. This will give you plenty of time to have a healthy, filling breakfast and a normal lunch around noon, and a light early dinner or snacks around 4 pm.

These are some of the most common methods. However, you can experiment and pick a time frame that best fits your schedule.

## Recommended Foods

While the 16:8 diet does not specify what food to include and what to avoid in a diet, it can be beneficial and will maximize the potential of the diet if you stick to a healthy, nutritious diet. Try balancing your meals with a good variety of healthy whole foods, such as:





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**Fruits:** Apples, bananas, berries, oranges, peaches, pears, etc.

**Vegetables:** Broccoli, cauliflower, cucumbers, leafy greens, tomatoes, etc.

**Whole grains:** Quinoa, rice, oats, barley, buckwheat, etc.

**Healthy fats:** Olive oil, avocados, and coconut oil.

**Sources of protein:** Meat, poultry, fish, legumes, eggs, nuts, seeds, etc.

Avoid, or at least limit, junk food, and processed foods. Try sticking to calorie-free beverages like unsweetened tea and coffee. Drinking water and beverages while fasting will keep you hydrated and full, and help control your appetite.

#### **Useful Tips**

- ★ Drinking cinnamon herbal tea during the fasting period is recommended, as it helps suppress the appetite.
- ★ Consume water regularly throughout the day, including the fasting period.
- ★ Watch less television and limit Internet exposure to reduce exposure to images of food, which may stimulate a sense of hunger.
- ★ Exercise just before or during the eating window, as it will trigger hunger and ensure that you are full.
- ★ Ensure that you are mindful when you are having your meal.
- ★ Try meditation during the fasting period to allow hunger pangs to pass.



# GUIDE TO LIGHTEN YOUR STRETCH MARKS

*By Ms. Lalita Arya, Vice President- DermaPuritys*



Stretch marks are commonly known as body badges for various individuals. If we talk about women as they become pregnant, they grow stretch marks that more often involve the abdomen if we talk about men who develop similar marks as they get into their manly physic. A stretch mark is a type of scar that forms when our skin expands or shrinks quickly. Stretch marks can occur as the skin heals. This usually happens as people gain weight and loses it. But, they just simply show you've grown, which is a good thing because who wants to stay 13 forever.

Essentially, they look like the actual traces of the stretching skin. These look like stripy patterns that are either lighter in color than the skin or reddish in hue. Stretch marks are the figuring lesion. Stretch marks are long, thin streaks or curves that form on the skin. They occur when the skin is abruptly stretched and is exceedingly normal. They're sometimes called striae. In the initial phase, the stretch marks tend to appear in the color red or the color dark purple but they can be treated and cured completely through various steps so people should not be worrying about them. When the stretch marks start to appear they can be reduced by regular moisturizing and oil at home itself, so that there is no fuss do go out and buy expensive products to cure them. The Aloe-Vera plant is an herbal



way to reduce stretch marks. But sometimes people do not notice them when they are in red or in dark purple color when the color changes to white then they are more noticeable by people and are then a bit difficult to treat. When the color of the stretch marks turns into white then they become difficult to cure them completely.

Although, there are medications that are generally prescribed by the dermatologists are the Retinol-Based creams or moisturizers and anti-oxidants. If the marks are in a much more worsen condition then it is of utmost importance to consult a good dermatologist for a better cure. There are several treatments for the same, like Collagen Induction Therapy (CIT) which are also known as micro-needling, derma rolling, or skin needling; it is a cosmetic procedure that involves repeatedly puncturing the skin with tiny, sterile needles.

There are various treatments that can treat stretch marks. The other procedure is PRP which is Platelet-rich plasma, also known as Autologous Conditioned Plasma, which is a concentrate of platelet-rich plasma protein extracted from whole blood, incubated for the elimination of red blood cells. The other treatment is a chemical peel it is a procedure used to enhance and soften the appearance of the skin. Facial skin is typically treated, and the scarring may be reduced. Chemical peels are meant to strip the outer layers of the skin. To achieve this function, the solution selected by the peel causes managed to damage to the skin.



# Hail Naturally !



**Naturally Yours, noodle and pasta brand** who aims to make healthy eating fun, tasty and nutritious.

Naturally Yours has come up with healthy noodles that are 100 per cent made of whole grains. Naturally Yours believes that eating healthy does not necessarily mean boring, timeconsuming and expensive. During the time of Covid-19, it is really important to eat healthy for a healthy immune system. Avoiding maida and consuming whole grains by itself is a small but significant step to adopt a healthy lifestyle.

**Naturally Yours Healthy Noodles come in different flavours -** Multi Millet Noodles, Buckwheat noodles, Quinoa Noodles, Soya Noodles and Red Rice Noodles.

Naturally Yours Noodles are absolutely free from maida, preservatives, chemical additives and basically every kind of junk that needs to be away from our body. They are prepared from organic wholegrains which have time and again proven to be a rich source of proteins, minerals and fibre. They are easy to make and super delicious. Now you don't need to worry about the health of your kids while serving noodles.



# Healthy Aging Tips on World Alzheimer's Day

*by Dr. Sneha J. Karmani ,  
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Aditya Birla Memorial Hospital*

**B**rain is an important and vital organ in our body. Our brain is responsible for various things like our feelings, thoughts, memories, amongst other things. As one grows old, they also tend to get susceptible to developing dementia. Alzheimer's disease is a common type of dementia in which neural cells get degenerated and die. It includes various symptoms like change in behaviour, personality and mood that take toll on the health of the person affecting their ability perform daily chores. Most of us are concerned about how we look on the outside, however, it is equally important to be concerned how our brain functions on the inside. Currently, there is no cure for dementia, and treatment is centered around delaying the disease progression and improving quality of life. On the bright side, we can reduce the risk of dementia by introducing few changes in our lifestyle.

**Here are some lifestyle changes that one can follow to prevent the risk of dementia.**

**1. Be active:** If you are physically active, the risk of dementia is prevented. Being physically active or exercising on a regular basis has a lot of benefits



that includes well-being of the mind. If you are a beginner, start by exercising for a few minutes daily and later you can build it up gradually. You can start with any form of exercise. The various forms of exercise include aerobics, jogging, swimming amongst others. Maintaining a healthy weight is important as one ages.

**2. Diet:** Diet plays a very important role when it comes to the impact on your lifestyle. A healthy diet not only reduces the risk of illnesses like that of cancer, diabetes, but also prevents the risk of dementia. Include at least 5 portions of fruits and vegetables in your diet. Limit the intake of sugar and drink at least 6- 8 glasses of water in the day. High blood pressure, increased blood sugar and cholesterol are closely related to heart and kidney disease, both of which are involved in increasing the risk of dementia.

**3. Quit smoking:** If you are smoking, you are putting yourself to the risk of dementia. Not only dementia, you are also increasing your risk to other diseases like diabetes, lung cancer also. Smoking harms the body as it creates obstacle to the circulation of blood in the body.

**4. Avoid alcohol:** Drinking alcohol increases the risk of dementia as alcohol is directly toxic to the brain. As an alternative, one can consume juices, soft drinks/ alcohol free drinks..

**5. Practice mind exercises:** Keeping your mind active surely reduces the risk of dementia. Indulge yourself into regular mental exercises as it helps to form a barrier against dementia and gives you mental strength to cope with the disease. You can start by learning something new, include a brain engaging hobby, start solving puzzles, read books that help you think differently. These are some of the techniques that will help you in keeping your mind active and also reduce the risk of dementia.

# Just put it on with style



**N**ow that the world is tip-toeing its way into the new-normal, people have started to get out and roam about, for which Nova Safeguard has come in, to give an aesthetic look to your face with a sleek range of outdoor sunglasses and face masks.

Ranging from INR 1290 + taxes, its features include UV protection, anti-fog coating, high impact resistant lenses and fluid repellent material, which acts as an effective barrier to germs with optimum eye protection.

For complete face protection, it has collaborated with Nova Face Masks, which has layers of purification for protection, allowing customers to step out with proper face safety in style.



# DIET FOR JOINT PAIN

By: Dt. Shikha Mahajan, Holistic Nutritionist & Founder, Diet Podium

*Arthritis could be a devastating condition. It is a term where the person experiences joint stiffness, swelling, and pain. There could be different types of arthritis i.e. Osteoarthritis, which develops in joints with overuse and Rheumatoid, which is an autoimmune disease where your immune system attacks your joints.*

Fortunately, there are many foods that can reduce inflammation and may help relieve some of the joint pain and relax stiffness.

**Fish:** Fatty fish varieties such as salmon, sardines, mackerel, and trout are high in omega-3 fatty acids, which have anti-inflammatory effects.

Fish is also a good source of vitamin D, which can prevent deficiency. Multiple studies have found that rheumatoid arthritis may be associated with low levels of vitamin D, which could contribute to arthritis symptoms.

**Citrus fruits:** Fruits like oranges, grapefruits, and limes are rich in vitamin C. Research shows that getting the right amount of vitamin helps in preventing inflammatory arthritis and maintaining healthy joints with osteoarthritis (OA).

**Grains:** Whole grains lessen the levels of C-reactive protein (CRP) in the blood. CRP is a marker of inflammation associated with heart disease, diabetes, and rheumatoid arthritis.

**Beans:** Beans are full of fiber that helps lower CRP. Beans are also an excellent as well as an inexpensive source of proteins,





which is essential for muscle health. Some beans are rich in folic acid, magnesium, potassium, iron, and zinc all known for their heart and immune system benefits. Look for red beans, kidney beans, and pinto beans.

**Garlic:** Garlic is jam-packed with health benefits. Some research has shown that garlic may boost the functioning of certain immune cells to make the immune system stronger.

**Spinach:** Leafy greens like spinach are full of nutrients, and some of its components may actually be able to help decrease inflammation caused by arthritis. Spinach contains plenty of antioxidants as well as plant compounds that can reduce inflammation and strengthen the immune system. Spinach is especially high in the antioxidant kaempferol, which has been shown to decrease the effects of the inflammatory agents associated with rheumatoid arthritis.

**Step Up to Soy:** Soybeans are low in fat, high in protein and fibrous. If not a fan of fish but still wants the inflammation-busting benefits of omega-3 fatty acids to try heart-healthy soybeans.

**Olive Oil:** it Well-known for its anti-inflammatory properties, olive oil may have a favorable effect on arthritis

symptoms.

**Berries:** A lot of antioxidants, vitamins, and minerals are included in each serving of berries, which may partially account for their unique ability to decrease inflammation. Also, berries are rich in quercetin and rutin, two plant compounds that boast a huge number of benefits for your health. Fortunately, if you want to take advantage of these remarkable health benefits, there's a wide variety of berries to choose from. Strawberries, blackberries, and blueberries are just a few options that can satisfy your taste buds and provide plenty of arthritis-fighting ingredients.

**Dairy:** Low-fat dairy products, like milk, yogurt and cheese are packed with calcium and vitamin D; both are beneficial for bone health. Vitamin D is essential for calcium absorption, and it has been shown to boost the immune system. If dairy doesn't suit you, aim for other calcium and vitamin D-rich foods like leafy green vegetables.

**Bet on Broccoli:** It's no secret that broccoli is one of the healthiest foods. In fact, it may even be associated with reduced inflammation. Broccoli also contains important components that could help reduce symptoms of arthritis. It is rich in vitamins K and C, broccoli also



contains a compound called Sulforaphane, which could help prevent or slow the progression of osteoarthritis (OA). Broccoli is also rich in calcium, which is known for its bone-building benefits.

**Green Tea:** Green tea includes polyphenols, antioxidants believed to reduce inflammation and slow tendon destruction. Other antioxidants in green tea called epigallocatechin-3-gallate (EGCG) blocks the production of molecules that cause joint damage in people with rheumatoid arthritis.





# Would you try the slush facial?



Dr Priyanka Reddy



With certain international celebrities endorsing it, slush facial has become quite the rage these days. But is it really worth the hype? And is it a suitable treatment for your skin type? Before you decide to try the slush facial, let's understand the procedure in detail. Slush facials get their name because dry ice is dipped in acetone which creates a slushy texture. The treatment involves exfoliating the surface of the skin with dry ice wrapped in a gauze and dipped in acetone. This combination helps in exfoliating and removing built up dirt and oil when applied to the skin. It is also said to decrease skin bacteria and can help calm the inflammation caused due to acne.

#### **So, how do these two ingredients work?**

##### **Dry ice**

Using dry ice to treat acne and acne scars isn't something new. It can help in reducing the appearance of acne scars by shrinking the pores of the skin. Dry ice is known to improve the overall appearance, health and condition of the skin.

##### **Acetone**

This is the volatile, toxic and flammable solvent that you use to remove nail polish. Acetone is a drying agent that can remove oil from the skin surface and unclog pores which helps in the reduction of acne breakouts.

But how safe is the procedure? The slush facial treatment may work well on oily skin, but it is a big no-no for dry and sensitive skin type. Acetone is an extremely drying agent and people with dry or sensitive skin would get side effects that may include even drier skin or redness. The treatment is also not suitable for people with darker skin tone as it can lead to hyperpigmentation. The procedure should only be done by an experienced dermatologist and should never be tried at home.

There are many safer and more effective alternatives to the slush facial which can be done based on the skin type. At DNA Skin Clinic, treatment for acne includes oral medications, topical applications and safe procedures such as chemical peels and laser treatments. Some popular procedures of acne treatment include

##### **Medi-facials**

Facials that are done under the supervision of a dermatologist and involve the use of chemical peels and laser machines. There are different types of medi-facials based on the skin condition and client requirement. The use of science-based ingredients helps in removing dirt and oil from the skin, making it look more radiant.

##### **Microdermabrasion**

This is a non-invasive procedure that involves exfoliating and removing the superficial layer of dry, dead skin cells. This is also effective in reducing the appearance of acne scars.

While procedures like the slush facial may provide some relief to people with oily skin type, the key to reducing the appearance of acne is by controlling the sebum content of skin by keeping it clean. Discuss your skin issues with a dermatologist you trust and understand the best treatments available for your skin type.

Skincare secrets:

# An Ayurvedic and Yoga regimen for healthy glowing skin

Ayurvedic healing methods always look at the root cause of a problem and then try to eliminate that for good. Ayurveda does that by identifying which Dosha or element is creating an imbalance and then applies various strategies to bring it in balance. This approach requires interventions in terms of herbs and potions and lifestyle changes that we must initiate and commit to for good. All together, this helps us get permanent relief from our health issues.

When it comes to skin, multiple inputs go into making it healthy, and you can cover all of them in a day by following some simple guidelines. Let's take a look at them.

## Starting the day right

Hydration is vital for the skin; therefore, always begin your day with a glass of lukewarm water. Sleeping in an airconditioned environment can dehydrate the skin overnight, and adding some lemon to the water not only helps hydrate better, but it also aids your digestion, which helps keep the skin clear.

## Meditation and Pranayama

Early morning is the best time to meditate as the environment is quiet and peaceful, with minimum distractions. Starting your meditation with some gentle joint rotations followed by deep breathing or yogic practices like Sama Vritti Pranayama (Equal Breathing) or Vibhaga Pranayam (Sectional Breathing) will be even more effective as they calm the nervous system. This is important as stress is one of the worst enemies for our health, and it has a powerful impact on our skin and hair. Therefore, making time daily for some mindfulness activities is absolutely essential. Not only does this improve your mood, but it also regulates hormones and slows down the process of aging.

## Yoga Asana Practice

Once daylight breaks and the sun starts to rise, you can begin your asana practice. 6 am to 10 am is a good time to do physical activities like exercise or yoga asanas. This gets your blood circulation going, which nourishes the skin. More intense activities can also result in sweating, which has a cleansing effect. Vigorous movements, when done with breath awareness such as in Surya Namaskara (Sun Salutations), also activate the Lymphatic system and help the body detox and eliminate waste materials more efficiently.

## Eating healthy

Healthy skin is built by the nutrients we provide the body. Therefore eating a



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wholesome diet, which includes a wide variety of local and seasonal produce, is essential. Eating more colorful fruits and vegetables ensures we get enough antioxidants to prevent skin damage. Eating healthy fats is very important for good skin, so use seeds, nuts, ghee, olive oil, avocado, etc. as per your appetite. Vegetarians should consider Omega 3 supplements derived from algae as current science suggests that the type of Omega 3 found in Flax Seeds and other such veg sources is not sufficient.

## Get Enough Sleep

You simply cannot have a healthy body





or healthy skin without enough sleep. This is when the body rests and repairs all the damage that has happened during the day. If we do not sleep, the body does not get enough time to rebuild itself. If you have trouble sleeping due to stress, try herbs like Ashwagandha. Taking a pinch of nutmeg with Milk at night is also known to induce sleep. Practices like Yoga Nidra (Yogic Sleep) or pranayama like Bhramari (Humming Bee Breath) have a very relaxing effect and help you sleep. It is also a good idea to do some meditation again before sleeping.

#### Topical Treatments

Last but not least comes ointments, lotions, and herbs that we can use to keep our skin protected from our environment. For this, it is best to do an Ayurvedic Prakriti Assessment and understand what your predominant Dosha is.

Vata Dosha (air and ether) people tend to have dry and thick skin, prone to wrinkles. Dry feet are a clear indicator of overactive Vata. Warm-oil massage like Abhyanga is good for them. Sesame or avocado oil, Milk is good for Vata Skin.

Pitta Dosha (fire and water) tends to suffer from sunburn, rashes, inflammation, and acne. They do best with cooling treatments like sandalwood and rose water. They are the least tolerant of chemicals and should choose their cosmetics with care.

Kapha Dosha (earth and water) tends to suffer from boils, oiliness, clogged pores, blackheads, etc. Their skin does not wrinkle easily and stays youthful for longer. But they need to wash their face often and keep it clean. To prevent dryness from frequent washing, they should include aloe vera treatments. Clay masks like Multani Mitti, with lemon, are suitable for them.

There is no one single magic pill for good skin, which can only come from a healthy daily regimen. Make sure you get enough sleep and wake up on time. Have a few glasses of water, freshen up, and start your day with some pranayama and meditation. Then you can do your exercises or yoga asanas and ensure that you take good food and nutrition during the day. All of this will ensure you're strong and healthy in the body and mind, and finally, as per your needs, you can use some topical treatments to give an extra boost to your skin to keep it healthy, vibrant and glowing!



# “I take sheer joy in serving people”:

Dr. Anubuchelvan Thirumarban

Dr. Anbuchelvan Thirumarban, Physician, Diabetologist and Medical director of **Life Care Multi-specialty hospital**, Kanchipuram specialised in the treatment of diabetes, thyroid and male infertility. Here are some excerpts from the interview.

## **How did your journey into the medical field start?**

I was in Chennai practicing for almost 8 years and now it's been another 8 years since I started my own Hospital in Kanchipuram. Going back to my earlier days, I did my undergraduate MBBS degree in Government Mohan Kumar Mangalam college and passed out as a meritorious student. Later, I worked at JIPMER and in Mahatma Gandhi medical college, Pondicherry.. Later, I got a postgraduate degree from Ramachandra medical university in Chennai. Chennai has not only given me medical education but also has taught me several things concerning my personal life too.

## **What inspired you to set up a multi-specialty hospital in Kanchipuram?**

During my initial stages of practice at Chennai I felt a void, I realised that the job did not give me enough satisfaction. One of the probable reasons for it was that, even though I had more number of outpatients per day there were very less people who visited the hospital for regular follow up. In Chennai, People are scattered. As there are a lot of other hospitals, people rarely visit a particular hospital.

They tend to choose a hospital based on proximity. So that is when I decided to start my own hospital in a second-tier city like Kanchipuram, which is surrounded by many small villages as well. The biggest advantage of setting up a hospital in a place like this is that patients are loyal to you. They visit the hospital regularly for their timely checkup. I am completely satisfied with my job and I take sheer joy in serving people continuously by monitoring and helping them prevent complications.

## **Tell us more about your hospital and the facilities that you provide for the patients.**

As I have specialised in Diabetics, after coming here I felt the need for comprehensive diabetic care. This made me start our lifecare hospital that provides everyday consultation for diabetes and 24hr service for emergencies. Regarding the facilities, We have 5 bedded casualty wards in the basement, 2 bedded ICU, and all of the beds in casualty are connected to centralized oxygen and monitors which enables us to monitor 5 patients admitted simultaneously. At the same time, we provide comprehensive care for diabetes and associated problems, in particular, complications like nephropathy, retinopathy. We are also famous for providing diabetic food care - we have a team of diabetologists, plastic surgeons, orthopedics surgeon and general surgeons who take care of diabetic patients as a team. We are trying to preserve their limbs, if not possible we preserve their quality of life by doing necessary surgeries. When I say surgeries, we are having 2 theatres for emergency and elective surgeries where we have round the clock service. We have well-equipped theatres too, which includes a specially dedicated theatre for orthopedic surgeries equipped with a C-arm facility which helps the orthopedics fix the fractures properly with live streaming of x ray.

## **Apart from treating diabetes, what are the other treatment facilities do you offer?**

We do all kinds of surgeries apart from hydrocele, hemorrhoids and other basic surgeries. We do oncology surgeries and have been producing high success rates. We also provide treatment for male infertility. There are not many male infertility centers in Kanchipuram. Male infertility is a very easy and simple problem to identify and treat. I can proudly say that my male fertility treatment success rate is around 60-70%.



**Since you are specialised in Diabetology and offering services to treat diabetes and associated complications, when are you planning to start a dialysis unit?**

One other complication of diabetes is diabetic nephropathy which forces people to do a dialysis procedure almost twice a week. Even though we are not allowing our patients to develop nephropathy as far as possible but for the people who are in need, we are planning to start a good dialysis unit very soon. In another 3-4 months, we are planning to have around 6-7 machines and a dedicated machine for hepatitis positive patients to prevent other people from getting affected.

**In your opinion, Why are people not serious about dialysis? Some tend to discontinue it mid-way. Is this good or bad?**

Firstly, the problem with diabetes is that it does not cause any pain or harmful effects/symptoms to the patients. So the patients think that they don't have any serious disease. Like hypertension, diabetes is a silent killer. It can sometimes produce symptoms but that might not disturb the patients to a great extent. Secondly, the false propaganda made by non-qualified people that diabetes is not a disease but a deficiency and there is no need to treat it. These un-scientific things tend to confuse patients. People do not want to take medicines or injections on a long-term basis. But as trained professionals, we have to make them understand the complications of diabetes and that it is a road that does have any u-turn. It is a one way, progressive disease. If you don't rectify it now by you cannot repair the problem when it gets too late. So educating people is essential. If treated from the initial stages, they can postpone or prevent the complications. Treating a patient in the initial 5 years intensively has resulted in complication rates reducing to almost 50-60%.

**What are the types of diabetes?**

Regarding the types of diabetes, Type 1 diabetes refers to absolute insulin deficiency. That is when there are no insulin cells left in the body. Next, Type 2 is when your body produces less



insulin or when your body doesn't work to the required level, the body will refuse to take the sugar, ie., insulin resistance. This results in glucose to remain in the blood. One has to keep himself active to improve the insulin level.

**Who is more prone to get type- 2 diabetes?**

Typo-2 is very less in ratio. Young people get affected by type-1 diabetes. Type- 2 diabetes usually occurs in elderly people. During our undergraduate period, it was 50 years and now it has come down to 30 years. So when you don't have sufficient work, your body will refuse to take sugar. I still use the staircase rather than taking a lift, I walk from the hospital to my house every day. So if you avoid your sedentary lifestyle you will not get type 2 diabetes unless you have a genetic history. Apart from that, there are also situations when young people develop type- 2 diabetic Mellitus. On the other hand, an elderly person can have type- 1 diabetes. Apart from this, we have type 3 diabetes and call it as Gestational diabetes mellitus, diabetes in pregnant women.

**How to prevent Diabetes?**

You cannot prevent Type 1. It is an autoimmune disease. But we can prevent type 2 diabetes. A few solutions that can be applied to get rid of not only diabetes but also many lifestyle diseases.

Workout 1 hour every day, which should include 30 mins of walking and 30 mins of strengthening exercises.

Make sure that your food consists of more than 50% green vegetables or eggs and meat. This is done to reduce carbohydrates.

Expose your body to sunlight for at least thirty minutes. It nurtures you, provides the body with vitamin D, and increases your immunity. I would also suggest you to do these to prevent corona too.

### **What are your achievements so far?**

During the last 20 years of my practice, I have acquired plenty of experiences to handle any complications associated with diabetes, thyroid, and male infertility. As I am interested in medical and public health education, I make sure that I spread my knowledge to other people as well. A Tamil quote which reads as 'varum mun kaapom', has motivated me to share my knowledge with people. When you educate people about diseases and their complications along with proper guidance they will look after them very well. It is always better to follow, "prevention is better than cure" proverb. My aim is to educate people in person or through social media to create awareness on the same. I used to educate my patients during the consultation every day and also trying to educate school students whenever possible. This has given me immense pleasure and the satisfaction that I am giving something back to the society.

### **As the hospital is in the city, do you get emergency admissions from in and around the city as well?**

Yes, we are getting a significant number of patients in and around Kanchipuram from Arakonnam, Vandhasvasi, Cheyyar, Arni and Uthiramerur which are located in a 60-70km radius. People are coming to lifecare not only because they are satisfied with the treatment that we offer there is a emotional bond.

### **What diet would you recommend for diabetic patients?**

We have 3 components in our food namely, carbohydrates, protein and fat. The fat will be utilized directly if you are taking a direct fat, because the brain and hormones consist of fats. Direct fats such as eggs, the yolk of the

egg, and meat are not injurious. Regarding meat, follow the 8:2 diet plan where if you are taking 10 times meat, you can consume only red meat (goat, beef) twice. Regarding protein, the body utilises it only when it needs, otherwise excretes it. So this tells us that there is no problem with direct fat and protein. The problematic thing is carbohydrates because 40% of carbohydrates are getting converted into fats which get deposited in the belly as well as the waist. It is hence better to restrict carbohydrates. If consumed in excess, it leads to Dyslipidemia, i.e. altered cholesterol/ high cholesterol level. This spoil the health and a person becomes prone to cardiac arrest, Cerebral venous problems and other neurology problems.

### **Why do you think that there is a rise in diabetes cases?**

Nowadays our physical activities are reduced and our stress levels have gone up. Psychological and physical stress can alter the immune system. Another less spoken factor is the use of agricultural pesticides, ie - agro poisons. Try to increase your physical activity and you can easily defeat diabetes.

### **Being a multi-specialty hospital, why haven't you treated corona?**

During the initial stages of this pandemic, we took a tough decision not to treat corona. The government is handling corona quite effectively and hence we wanted to take care of other emergencies. We have never closed the hospital in the pandemic, we have treated several emergencies. Even though the beginning was tough, we did not get enough patients to run the hospital and financially speaking, we have lost a huge percent of our income. Amidst all this as a thanksgiving, we have served the people from day 1 of the pandemic. Despite many requests from many people to convert our hospital into a covid center, we refused only in the intention to cater to other emergencies. We are now providing treatments for non-covid patients keeping in mind all the necessary precautions.

### **Can we associate corona with**

### **diabetes in any way? Studies have found out that there is less chance of survival for people with comorbidities like diabetes. What is your say on it?**

As far as the result and sources available, diabetic people are more prone to develop corona. A non-diabetic patient can also get affected by corona because of various reasons. But the probability of diabetic patients getting affected by corona is little more than a non-diabetic patient. The probability of a normal person getting affected by corona is 2.3% but for diabetic patients, it is 7.8%. So I insist that diabetic patients should remain home and try to maintain a normal sugar levels. This will help them protect themselves against covid. Social distancing, wearing a mask, and sterilizing the hands frequently is a must for the patients as well as the others.

### **How to maintain sugar levels during a pandemic?**

Post covid syndrome has been yet another common term used by people who were initially tested positive and are now covid-free. So I would advise the people above the age of 50 to continue taking the medicines prescribed. For the non-covid diabetic patients, try to keep yourself active by walking indoors. Walking by itself is a very good physical activity to keep yourself active. In addition to this, stretch your body once in an hour. Keep in mind that 'sitting is the new smoking'. Eat a lot of green vegetables, fruits and do not forget to disinfect the vegetables and fruits before consuming. People With diabetes check your glucometer frequently and use teleconsultation technology effectively. Let's refrain from going out unnecessary, let's be precautious and fight against covid.

Life Care Hospital  
15, Railway Rd, Min Nagar,  
Kanchipuram,  
Tamil Nadu - 631501



# Dab it on virtually, with LipHue

**D**abbing on a lipstick to look decent enough is the age-old norm that every girl has stuck onto, be it for an office meeting/a casual meet with a friend. To add in a different touch to it all, LipHue announced the launch of India's first Augmented Reality e-commerce beauty platform, which is all-set to create wonders in the beauty industry.

This platform not just allows its customers to create their own lip shade, but also to try it on virtually before purchasing. But, it isn't really easy to stick to a particular shade as per the mood or occasion, right? Here, the customers can choose their preference, in terms of the colour, fragrance and finish.

For those who would like to know about the customization, it is a basic three-step process. The first step is to mix your shades and visually suit it as per your requirements. The next would be to choose your desired finish and fragrance and the last would be – in your hands!

Before it reaches you, the lipsticks are handcrafted at the studio. Speaking about the history of the company, the founders – Avni Sricharan and Dyuti Waghray emphasized on the journey of its beginning in 2019 as a lip studio in Hyderabad and its success rate at the moment.

# Keep the second version of your child in check!

By: Brasha Prakash



**W**ith the lockdown being extended by another two weeks, everything has come to a standstill, yet again. While, we have alternative modes of entertainment to keep ourselves busy, the worst hit by this phase are the elderly. Since, everybody has been told to self-isolate, the elderly, in particular have been told to keep a double-check on themselves, due to cardio-vascular illnesses diabetes and other mental-health issues.

Now, with the government taking a call for the safety of the elderly, certain implementations have been imposed. Groceries and medicines will be home delivered, social contact with friends and family is restricted, which will indirectly affect them mentally and physically.

Earlier, they had several distractions that kept their health in check. Their only social-contact was either having a chit-chat with neighbours or strolling out to the park or the temple. For those, whose children were in the same city, visiting them once in a while would also be a possibility. But, now there is only room for additional sickness, counting in those who were already quiet and lonely.

According to a survey done by YouGuv, about 67 per cent of the Indian urban population claimed that they couldn't survive without smart phones, majority being the elderly, aged between 60 and 65. But, the problem that lies is that, amongst those in majority, just know how to make a simple phone call. Apart from this, do they really know how to use it?

If not for smart phones, how much television can one watch? After a point, everything seems to look like a dead-end, where there are no signs of hope, resulting



in loneliness and anxiety. Even though, there have been alternatives that have come up, which involve virtual care visits or a telephonic conversation, but when this becomes a routine, you tend to get sick of it.

But, where there is a will, there is way! You can do a lot of things to keep them busy and distracted, even when you aren't around,

#### **Create a contact list –**

You might not be able to check-in on them every day, but at least prepare a list of contacts, with whom they would love to engage with on an everyday basis. And, as a result, they will feel a lot more connected than before.

#### **Make it fun –**

When you do manage to get into a telephonic conversation with them, make sure you don't end up talking about the pandemic all the time. Talk about their childhood, about how their day went or about their favourite TV shows.

#### **Educate them –**

There is a lot of support available for them to avail during the pandemic. But, if they don't have an access to Wi-Fi or a smart phone, they might not be able to make any use of it. There are many initiatives out there that would encourage friendly chats online. Just Google them out.

#### **Double-check –**

Make sure that all the necessary supplies reach them on time and give them assurance that asking for help does not add to the burden, in fact, it is encouraged.

#### **Encourage them to be physically active –**

The lockdown has only restricted everybody from going out. Physical exercise still has a column in that routine of theirs! If nothing else, tell them to do yoga every morning, or watering flowers and make – 'stay healthy, stay active,' their mantra.

#### **Help them being productive –**

This is the time when they can indulge themselves into doing something productive. Help them choose what they are best at or might be their long-lost hobby. Let it be reading, baking or playing an instrument, let them keep themselves occupied.

#### **Give them hope –**

Tell them that when this is all over, you would definitely plan a lovely outing together. Maybe a road-trip or a trip to somewhere that they have been pestering you about!

After all, they are the second version of a child. So, why not take care of them just like you would do to your own kid. Let it be a reverse chain. Take care of them, like they once cared of you and let the virus not bother them at all!



## HOW TO MAKE A MORINGA FACE PACK AND ITS USES

**A**n ancient yet effective healthcare product is moringa. This medicinal herb is an essential part of ayurvedic treatment and holds many health benefits, especially with regards to skincare.

An effective way to use moringa, for your skin, is in the form of a face pack or mask. An added benefit of this beauty treatment is that it can be prepared at home, using the following ingredients.

½ tablespoon of moringa powder (store-bought or can be made grounding dried moringa leaves to a fine powder). Essential oil (optional).  
1 teaspoon of rose water or witch hazel, for drier or oilier skin respectively.  
1 tablespoon of raw honey. ½ teaspoon of lemon juice.

To the moringa powder, add a tablespoon of honey and then, slowly incorporate a teaspoon of rose water or witch hazel. Followed by this, add half a teaspoon of lemon juice and mix until it becomes a smooth and thick paste. You can also add around 3 to 5 drops of an essential oil of your preference.

Once the mask appears to be at the right consistency, apply it to your face and let it sit for 10 to 15 minutes. Then, rinse with lukewarm water, dry your face with a clean towel and moisturize. You will be left with smooth and soft skin.

This homemade skincare remedy consists of a variety of uses.

Prevents acne -

Due to its anti-bacterial properties, moringa powder helps manage and prevent any breakouts that may appear on your skin, such as pimples or blackheads.

Removes dark spots -

This product is useful in obtaining clear skin as it helps in the removal of blemishes and also gets rid of dark spots.

Reduces signs of aging -

Moringa powder is rich in anti-oxidants and as a result, it helps in achieving and maintaining clear and youthful skin. It removes fine lines and wrinkles and also prevents saggy skin.

Minimises large pores -

As it boosts collagen production, moringa powder closes large pores and tightens the skin.


Gentle moisturizer for lips -

Moringa is a key ingredient in lip masks and balms as it is a subtle yet effective moisturizer and keeps the lips soft and smooth. Thus, it can be used for sensitive skin as well.

Heals certain wounds - Due to its anti-septic and anti-bacterial properties, moringa powder is capable of treating certain cuts, bruises and rashes. However, research is still being conducted on the matter.

Overall, moringa is an excellent skincare remedy as it contributes to most areas of skin health and can be easily prepared.





# Anxiety Exercises -

# exercises for relief and relaxation

**T**he advantages of exercise in refining physical conditions, combatting ailments alongside reliving one's stress and bouts of anxiety are widely known. Hence staying physically active is the best way to get rid of stress and this is all the more true during the current pandemic situation which has managed to up our anxiety levels. Exercise also has an important role to play in maintaining mental fitness which can reduce stress. Physical activity is very effective at plummeting

*By: Shalini Bhargava,  
Fitness Expert and Director at JG'S Fitness Centre*

Photo by RF\_studio



tiredness, improving attentiveness and aiding in the enhancement of the overall cerebral function. This can be particularly helpful when stress has exhausted your energy or capacity to concentrate.

When stress impacts the brain, with its multitude of nerve connections, the rest of the body too feels the impact or if your body feels restored, so does your mind. Workouts and physical trainings tend to generate endorphins — chemicals present in the brain that tend to act as natural painkillers and also improve the ability to sleep, which in turn reduces stress. Below mentioned anxiety-fighting exercises will help in stimulating anti-anxiety effects, decreasing the overall tension levels, uplift and soothe the mood, recover sleep patterns, and improve self-esteem:

#### **Belly-breathing:**

To perform this exercise, you must be seated with your eyes closed your concentration must be turned towards your breathing patterns. Inhale naturally, preferably through the nostrils and while you do so, don't attempt to hold your breath. Be attentive of the sensation of the breath as it passes in and leaves the nostrils.

You must start by placing one hand on your stomach, and the other should be positioned on your torso. At a count of four consider taking a deep breath. Hold your inhalation for a count of three. Breathe out for a count of four. Ensure that the hand on your chest remains fairly motionless, while the hand on your tummy rises mildly upwards. Contract your belly muscles to exhale, breathe out through your mouth. Replicate the move as many times till your mind is settled on the breath.

#### **One Minute Breathing:**

Begin this relaxation exercise by inhaling in and out gradually to become conscious of your natural breathing pace. Allow the breath flow in and out easily, as you make your lungs ready for deeper breaths.

Step one: Breathe in for a count of 4

Step two: Hold your breath for a count of 7

Step three: Let your breath out for a count of 8.

Replicate the moves for about four times.  
Health and Fashion



*Ms. Shalini Bhargava*

#### **Alternate Nostril Breathing:**

In this exercise, you must make use of your right thumb to close off your right nostril. By gradually breathing in through your left nostril, you must consider taking a pause for a count of one. This must be followed by closing your left nostril with the help of your ring finger and slowly release your thumb off your right nostril. Breathe out and breathe in through your right nostril. Take a break for a count of one. This must be followed by closing off your right nostril with your right thumb and exhale through your left nostril.

#### **Muscle relaxation:**

When you feel stressed out, you might witness strain or tension happening in your muscles. This muscle stress will further increase your levels of anxiety. By releasing muscle stress, you can shrink your anxiety levels too. While performing this relaxation exercise you must be seated in a quiet and comfortable place with your eyes being closed and you must be focused on your breathing. Respire gradually into your nose and breathe out of your mouth. You must use your hand to make a tight fist and consider squeezing it tightly. You must hold your clasped fist for a few seconds to notice all the stress you feel in your hand. Gradually open your fingers while being conscious of how you feel. You may witness a feeling of strain leaving your hand while you feel lighter and more relaxed. You can continue tensing and then freeing various muscle groups like your shoulders, hands and legs.

#### **Running:**

Running is one of the best workouts for recovering your health: Along with torch calories, this physical movement greatly lowers your threat for heart ailments. Furthermore, running can uplift mood in many ways than one. This physical activity causes long-lasting alterations in our 'feel good' neurotransmitters serotonin and norepinephrine, both during and post exercise and tend to have meditative effects on the brain. Running may make it easier for you to fall asleep at night which aids your mental health by refining memory, reducing stress levels and guarding against depression.

#### **Tai Chi:**

These are a series of self-paced, flowing body movements and inhalation techniques. Even though the movements are deeply rooted in martial arts, they have been designed in a way to calm the mind and condition the body. Hence Tai Chi is an exceptional workout for offering relief from stress. Along with condensing anxiety levels, this mind-body practice has a numerous health advantages like it helps in building bone density, lowers blood pressure, enhances the immune system, and even ease signs of conditions like arthritis and heart failure.

# THE IMPACT OF FASHION BLOGGERS AND MAGAZINES ON SOCIETY:

The development of blogs, particularly those relating to fashion and sweetness has developed drastically over time. The businesses have begun to react to their rising influence by participating sure bloggers through publication and press events and together with them into their advertising campaigns. They typically send free products to authoritative bloggers and in this manner have the chance that their brand/product could be mentioned within the on-line discussion. As a result, blogs square measure currently in serious competition for audiences, a contest that's clearly confirmed by emergence of special mensuration and classification tools like Ebuzzing. The power of fashion bloggers as outlined by technology has terribly cogent influence on the customers helped by the zoom of social media and technologies. Fashion may be a quick paced trade that contributes to the business world joined by the biggest industries. Fashion itself may be a reflection of social, economic, political and cultural changes. It expresses contemporaneity, symbolizing the spirit of the times. With high competition it's necessary to vary the designs, trends and makes. Fashion magazines square measure a technique of influencing trends as they show footage of designers, celebrities and models sporting the newest fashions. However, additional and additional individuals square measure victimization social media for wardrobe recommendation, inspiration, and to form new trends. In the year 2015, it had been recorded that forty first of shopper trends were influenced by fashion blogs whereas twenty third of

customers disclosed that they got direct purchases on the physical market instead of searching on-line. It's currently a contemporary culture of making AN inter-relationship between setting of trends and directly persuading customers to shop for garments that supported the influence of fashion bloggers on customers. Consumers see fashion bloggers as more reliable than ancient marketers and that they tend to believe the style bloggers quite like anyone else. they need the facility to create a trend and additionally break it with independence of institutional organizations. The improvement of social media has extremely helped fashion bloggers to diffuse their vogue within the marketplace abundant quicker as a result of there's instant unfold of knowledge on the social media that diode to a discount in ancient blog-based bloggers World Health Organization created the transition over to visual blogging on Instagram. The transition to Instagram may be a good move as a result of it's a part of the influence during which customers square measure approaching trends. There's a right away impact between the division of Instagram and web log based mostly blogs that influence customers, despite the fact that the 2 divisions were interested in completely different audiences. Instagram bloggers intend solely to strictly give a visible cross-check trends of fashion that the customers ought to follow, whereas on the opposite hand, web log based mostly blogs square measure additional reliability as a result of their contents producing direct exposure of a selected complete or trend. Fashion

bloggers influence customers on their outfit selections and additionally produce a social acceptance code. This code shows the trends that square measure hot and also the trends that aren't worthwhile. Fashion bloggers square measure capable of setting and discarding trends with none social consent in contrast to fashion designers whose acceptance is entirely captivated with public accord. The code additionally creates a stratified system of consumption that the influence of the blogger determines the market audience either to adopt or discard

some fashion trends. In making a secondary trend, the new generation of bloggers currently specialize in ennobling fashion bloggers instead of selling to the overall audience, as a result of they're aware that giant numbers of the followers are bloggers. The influence of fashion blogs on customers has been an argument within the past with some fashionable bloggers, they were questioned by their fans on the trends they set and their successes. Their square measure still some dishonest fashion bloggers out there World Health Organization will not reveal originality so as to sell some product on their blogs. These dishonest bloggers continue smart terms with a complete rather like some ambassadors do for various brands for cash and not the genuineness of the product. Reading a sponsored post or reviewing dishonest comments are some things to be avoided once making an attempt to influence the customers, trust the honest bloggers for your personal vogue and to refresh your fashion life.





Photo by Arnel Hasanovic

Health and Fashion





# Chakras 101 — 7 Ways to Harness Your Energy for Enriched Mood and Sleep Patterns

by Dr. Devanshi Wadhwana,  
Life Coach & Healer, Founder - *thewhitelight111*

**O**ur chakras form the ultimate path towards our physical, emotional, and spiritual health. Once we learn about the ways to open them for harmonizing our energy, we automatically tend to feel happier, calmer, healthier, and well balanced in life.

In this article, I will explain ways to open your chakras to harness your energy for a balanced life.

Let's start by understanding a little about Chakras.

Your chakra is the energy center of your body. Your body contains 7 chakras. Each of these has a specific position and a unique role to play in your life.

A few telltale signs and symptoms indicating you are suffering from a broken chakra include mood swings, depression, difficulty in sleeping and concentrating, anxiety, etc.

## 5 Best Ways to Open Your Chakras

Try the following proven techniques to enjoy a peaceful, balanced and happy life.

### 1, Meditate

Since eons, meditation has been a powerful way to connect with your higher spirit. You can meditate to stay in the present, get rid of negativity and create positive energy around you. While the most basic form of meditation can also help you heal your broken chakra, there are specific meditation techniques you can employ to activate your dormant chakras for bringing out the best in you.

### 2, Yoga

Practicing yoga can open up your body and help balance out your chakras. It can control your erroneous mood swings, cure basic bodily illnesses (such as body pain, digestive issues, common cold and cough, muscle pain, etc.), and help you sleep peacefully. Each yoga posture accounts for a specific benefit to your body. Practicing yoga regularly can calm your body, mind and soul alike, along with balancing out your chakras.

### 3, Creative Visualization

This is a powerful tool you can employ to clear your mind and body from all the negativity that's within you. Start by relaxing yourself – you can sit on a cushion, comfortably lie down, or find some cool, green grass in the park to settle on. Then visualize colors, images and things that represent happiness to you. Visualize a happy place in your mind, and think of your chakras as beautiful blooming flowers, unlocking your inner joy and peace.

### 4, Affirmations and Mantras

A great way to open yourself up to unconditional love and compassion is by chanting mantras. You can either chant them while meditating or repeat them throughout the day aloud or in your mind. You have the liberty to use Sanskrit words, or you can also come up with your own positive affirmations.

Similarly, repeat your affirmations out loud, in your mind, or even write them down. Mantras and positive affirmations have the power to create positive energy in your body. A combination of these two is the most powerful way to heal and activate your chakras to create peace in life.

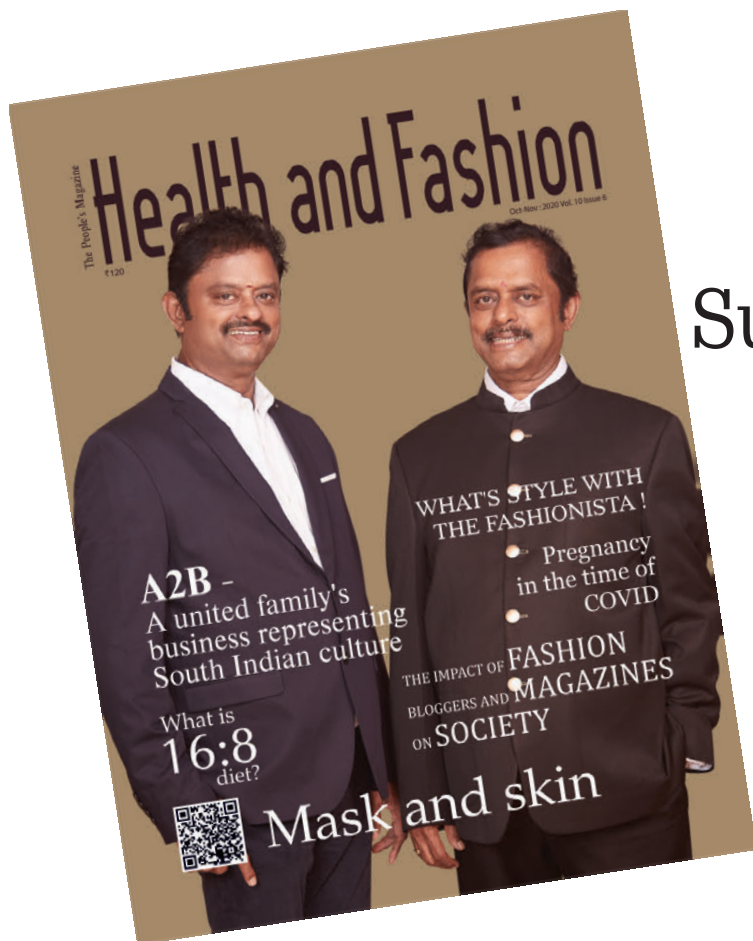
### 5, Gratitude

You can instantly raise your bodily vibrations and activate your chakras by practicing gratitude. With a gratitude practice, you can indefinitely attract more abundance, meaningful relationships, happiness, health, peace, love, and so many other positive attributes into your life. Once you wake up, visualize everything you are grateful for in life. You can also keep a gratitude journal for listing a couple of things each evening you were grateful for that day.

### 6, Striking the Perfect Balance

The first step to leading a balanced, joyful and peaceful life is opening up your chakras. I hope this article has helped you understand a gist of your chakras and different ways to activate/heal them.





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# Just set it and forget it



Waiting to be the talk of the town? With 'Havells HS4109 Hair Straightener,' not only would you be the talk amongst all, but your life-long dream to have straight and smooth hair will come to reality.

Ranging between INR 1695 in a white colour variant – INR 1895 in a black colour variant, the straightener features 25 mm x 120 mm ceramic coated floating plates which glissade smoothly, adjusting to the thickness of your hair and avoids pressure.

Being portable, it also comes along with a plates lock system which makes it safe to travel around with. The straightener raises up to the temperature of 210°C, which is an ideal temperature for Heat-Styling. Within 45 seconds, the plates heat up and leave you looking flawless. The product also accommodates a 360 degree swivel cord for hassle-free usage and is worth a buy.

## Mamearth – brings the goodness of Ayurveda to you



If you are someone who still believes in the usage of Ayurvedic products, **Mamearth** is your destination to shop at. As a brand, it has been widely marketised and promoted by various social media influencers and at various social media accounts.

Following **Narendra Modi's initiative – 'Make in India,'** the Mamearth production brings you goodness of Ayurvedic herbs and essential oils, by launching a set of Ayurvedic products for hair-care. With an add-on of BhringAmla oil, Mamearth's product range has oil made with a 4000 year-old Kshirpak process.

In this process, Kshira or milk is boiled with herbs like Bhringraj, amla, Bhrami and Shikakai, after which they are distilled and mixed with potent natural oils. This process is complicated, yet effective, so give it a try.

Their range specifically consists of hair oil, shampoo, conditioner and hair masks, made from a pure blend of Ayurveda, including herbs.

### The BhringAmla Hair Oil

After a long and tiring day, give yourselves a head massage, which is a 100 per cent natural blend of 14 medicinal herbs. It acts as a controlling agent and tonic that controls hair loss, prevents premature greying and reduces dandruff.

### The BhringAmla Shampoo

With similar properties as the oil, it acts as a multi-tasker with a goodness of 14 herbs

### BhringAmla Conditioner

The next step after the shampoo is the Bhringamla conditioner that resuscitates the opulence of the hair, preventing the adverse affects of constant hair styling, keratin deficiency and UV damage.

### The BhringAmla Hair Mask

Crafted with natural ingredients like Bhringraj and Amla, this deep conditioning hair mask offers you the goodness of Ayurveda in just 15 minutes.

On getting the above items purchased, you will receive a leaflet with the exact recipe and ingredients used in producing the range of BhringAmla products and valuable information about the Kshirpak process. In addition, the aroma that rises from these products is known to calm the mind.

Oct-Nov, 2020





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