

ARGHYA

SPECIAL ISSUE-4

PART-3

[AUG-2018]

INTERNATIONAL WOMEN'S DAY

8th March 2018



Theme: *Time is now Rural and Urban activists transforming women's lives
'Win the world as a Women'*

Organized By:

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S.Y. B.A Gujarati [SEM-3]

Sub :- Win the world
As a woman

LADIES, YOU CAN'T AVOID **STRESS**

Face it and deal with it. By Dr. V. K. Nigam


Mental tension, frustrations, insecurity, aimlessness are some of the most damaging stress factors and psychosomatic studies have shown that how they frequently cause migraine, headaches, peptic ulcers, heart attacks, hypertension, mental diseases, suicide, or just hopeless unhappiness.

– Hans Selye, father of Stress Phenomenon



Be alert!

- ✧ Stress levels are increasing in women nowadays.
- ✧ Women are more likely to report physical and emotional stress than men.
- ✧ Married women report greater stress than unmarried women.
- ✧ Women feel more than men that they require a good relationship with their family members.
- ✧ Women do more stress management activities such as religious service and meditation than men.
- ✧ Men exercise more than women to bust stress.
- ✧ To manage stress women eat more and junk food than men.
- ✧ Women acknowledge more than men that they are not doing enough to manage stress.



**STRESS AFFECTS BOTH MEN AND WOMEN
BUT STRESS AFFECTS WOMEN'S
PSYCHOLOGICAL AND PHYSICAL HEALTH
MORE THAN MEN'S.**

IN TODAY'S WORLD WHEN MEN AND WOMEN ARE EQUAL PARTNERS OF THE WORKFORCE AND PROFESSIONAL WORLD THEY ARE ALSO EQUALLY AFFECTED BY STRESS, ANXIETY AND DEPRESSION.

techniques like guided imagery, meditation, muscle relaxation and relaxed breathing can help in relaxation. It lowers heart rate, blood pressure and muscle tension. Frequently repeated or continuous stress can precipitate a heart attack, depress the immune system leading to increased risk of infections, lead to cancers, irritable bowel syndrome, insomnia, weight gain or loss, hypertension, heart diseases, irregular menstruation, depression, ageing, mental disorders and even suicidal tendencies. Stress can be positive or motivational which is called 'eustress' and it can be negative or harmful called 'distress'. Eustress is required by athletes and other competitors to win tournaments. One has to balance these stresses to have a productive and enjoyable life. Distress is a threat to normalcy of life and it has to be controlled before it reaches harmful level. The factor which

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CHRONIC STRESS CAN CAUSE DEPRESSION, DIABETES, HIGH BLOOD PRESSURE, HEART DISEASE AND STROKE.

IT ALSO SUPPRESSES IMMUNITY AND LOWERS THE BODY'S ABILITY TO BOTH FIGHT AND RECOVER FROM ILLNESS.



Types of stress

Stress is of two types:

Acute Stress: This is the body's response to imminent danger. It prepares the body for a "fight or flight response" and is specifically harmful to the cardiovascular system.

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MEDITATION IS A SAFE AND SIMPLE WAY TO BALANCE A PERSON'S PHYSICAL, MENTAL AND EMOTIONAL STATES.

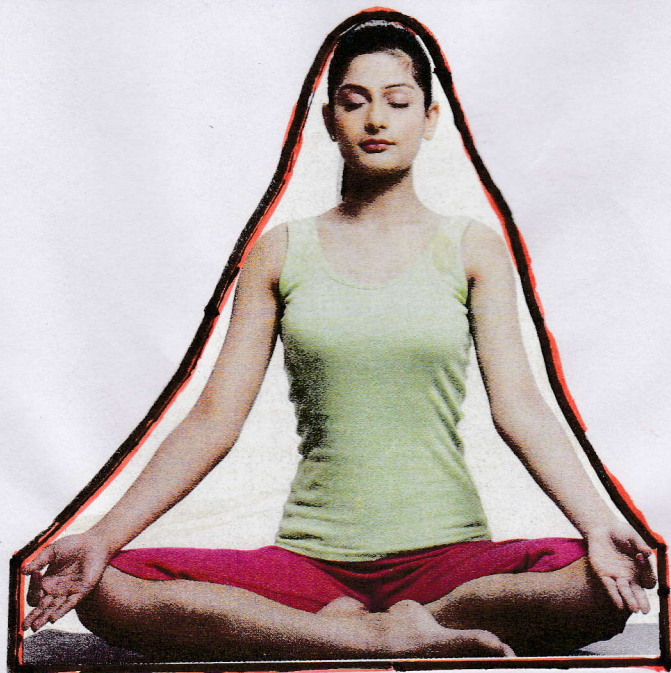
IT IS EASY TO LEARN AND USEFUL FOR TREATING STRESS AND PAIN. IT KEEPS THE ATTENTION FOCUSED ON THE PRESENT.

- ❖ Princess Diana suffered with depression, loneliness and postpartum depression also.
- ❖ Brooke actress, Shields, suffered with postpartum depression, and was treated for it.
- ❖ Ashley Judd, famous Hollywood actor, suffered severe bouts of depression and thought of committing suicide. She fought and came out, improved her relations with family members and got involved in humanitarian and charity work which gave her peace of mind.
- ❖ Paulina Porizkova, model and actress, fought the depression with exercise and self-esteem.
- ❖ Demi Lovato, actress and singer, suffered with bipolar disorder and bulimia and was treated for.
- ❖ Catherine Zeta-Jones, actress, suffered with depression and bipolar disorder and went it public and improved with will power.
- ❖ Amanda Beard, gold medalist at



the 1996, Atlanta Olympic Games for swimming, suffered with depression and was treated for it.

- ❖ The list is unending: Angelina Jolie, Lady Gaga, Gwyneth Paltrow, Dolly Parton, J.K. Rowling, Britney Spears, Emma Thompson, Deepika Padukone, Anushka Sharma, Ileana D'cruz, etc.
- ❖ Stress and depression can be deadly. So many celebs committed suicide – i.e. Marilyn Monroe, Whitney Houston, Amy Winehouse, Jiah Khan, Silk Smitha, Divya Bharti, Praveen Babi etc.



Ten commandments to beat stress

- ✦ Set a realistic goal for yourself and develop a time management programme.
- ✦ Don't remember failure or disappointments, instead think of the positive and successful events of your life.
- ✦ Learn to say "No".
- ✦ Exercise regularly and play games of your liking. Make an exercise programme for at least three times a week which should include aerobic exercises, resistance training and flexibility exercises such as yoga. *Alix Kirsta* writes in her best seller *Stress Survival*, exercise is a way of using up... accumulated energy to Danish term.
- ✦ Sleep for a full 6-7 hours.
- ✦ Follow a low-fat vegetarian diet. A diet rich in fibre, fruit and fresh vegetables relaxes the mind and body.
- ✦ Be happy and enjoy life. Find ways to relax.
- ✦ Develop a support system where you involve your partner, close relatives and friends.
- ✦ Practise a few minutes of meditation, yoga, progressive muscle relaxation and deep abdominal breathing daily.
- ✦ Open your heart to your partner - discuss every problem.

**MENTAL STRESS
CAUSING OXIDATIVE
STRESS LEADS TO
ABNORMAL
CONCENTRATION OF
FREE RADICALS WHICH IS**

BOTH HARMFUL TO THE
HEALTH AND AGEING.
FREE RADICALS ARE
PRODUCED IN MOST
CELLS OF THE BODY
AS A BYPRODUCT OF
METABOLISM.

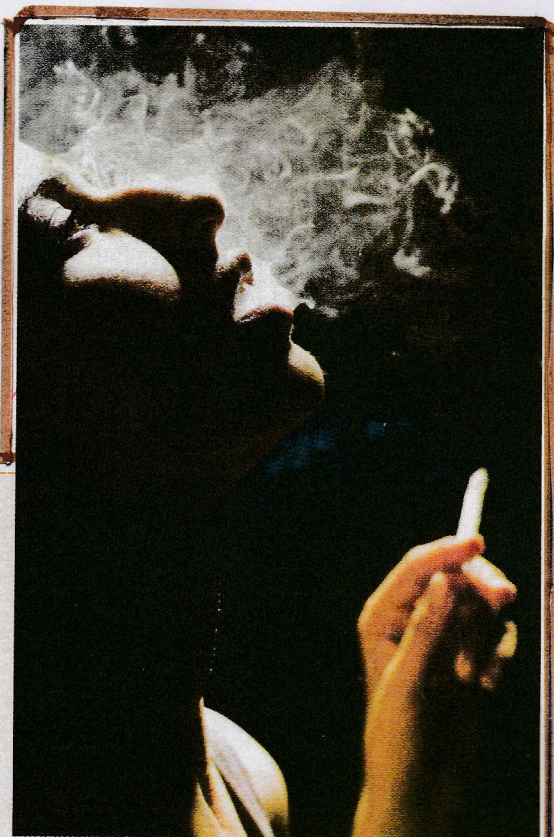
False stress busters

Cigarette smoking: Nicotine acts as a tranquiliser but increases heart rate and blood pressure.

Caffeine: Coffee, tea, cola etc stimulate the body and relieve tiredness, but also increase heart rate and blood pressure and cause insomnia.


Alcohol: It depresses the brain and causes reduced tension and anxiety. However, regular overuse leads to disturbed sleep and depression, it also causes problems of the liver and heart.

Bottomline: I feel that 'living in the present' is the best form of meditation, no matter what activity one may be involved in (as



long as it is a morally and socially accepted activity), it should be considered as an act of meditation. For instance, if you are exercising, eating or bathing, it should be carried out in totality, as if you are truly getting lost in the occupation. Meditation is the best way to deal with stress.

#MeToo



The hashtag #Me Too
Has taken the world
By storm unprecedented.
The famous women
And the not so well-known
Sharing their travails
Of sexual abuse, groping
And inappropriate touch
By men in power,
Men who they trusted.
Men in the guise
Of the mentor, protector
Turning into predators
Preying on women
To be abused
And molested.
Innocent children too
Not spared.
How many promising
Careers sacrificed.
Families broken
Not to talk of
The mental agony.
Wake up men, women
Say NO.
Break the silence,
Shame the perpetrator.
Achieve the very aim
Of #MeToo.

– Radhika Chandika.

Common sense and nature will do
a lot to make the pilgrimage of life
not too difficult.

**ANXIETY HAS EVEN BEEN
SHOWN TO BE AN
INDEPENDENT
PREDICTOR OF HEART
ATTACK IN MEN. IF YOU
FEEL SIGNIFICANT STRESS
ALMOST EVERY DAY,
THEN YOU HAVE
ANOTHER RISK FACTOR
FOR HEART DISEASE.**

Shri P.K. Chaudhary
Mahila Arts College



Name :- Chaudhary
Vimala J.

Roll No :- 1161 [SEM-3]

S.Y. B.A. Gujarati

Sub :- Win the world
As a woman



The daughter of a navy veteran, Tejaswini Sawant was born in Kolhapur, Maharashtra and is the oldest of three sisters. It was her father's dream that she become a world-class shooter, and she fulfilled this at the 2018 Commonwealth Games—she won the women's 50 m rifle final, setting a record in the process. Sawant started training at the age of 13, and showed great aptitude for the sport, winning gold at the 2004 South Asian Sports Federation Games, and silver and bronze at the 2010 Commonwealth Games. However, it wasn't an easy journey for her. In February 2010, she lost her father to an illness months before she became the first Indian woman to win gold at the Munich World Championships. The Arjuna awardee will next be seen competing in the Asian Games and the 2020 Tokyo Olympics.

MIRABAI CHANU

IRON MAIDEN

“At first, I wanted to be an archer. They are neat and clean and stylish,” said Saikhom Mirabai Chanu, in an interview. But destiny had other plans for her; the 23-year-old Manipuri girl became a weightlifter instead. It was a dream come true not just for her but every Indian when she won the gold medal in the women’s 48 kg weightlifting event at the 2018 Commonwealth Games. Earlier this year, she was awarded the Padma Shri by the Government of India. The weightlifting prodigy decided to become a sportswoman when she was only 13-years-old, but only recently overcame financial struggles to become one of the best weightlifters in the world. Inspired by ace lifter Kunjarani Devi, Mirabai now looks forward to the Asian Games in August and the 2020 Tokyo Olympics.



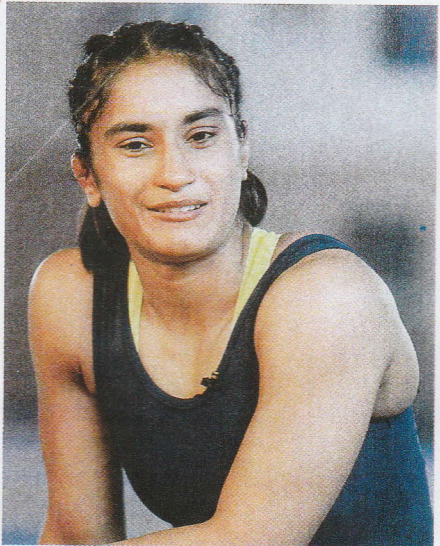
POP LIFE
CORCAL
Bone & Beauty

SALUTES
**INDIA'S
GOLDEN GIRLS**

STYLE PARTNER

NYKAA

Your Beauty. Our Passion.



PUNAM YADAV

RAISE THE BAR

Varanasi's Punam Yadav is another gem in the Indian women's weightlifting squad. The 22-year-old lifted a total of 222 kg, winning gold in the women's 69 kg category at the 2018 Commonwealth Games. This was Yadav's second medal, after winning bronze at the CWG 2014. Coming from an agrarian family, Yadav is no stranger to hardship; two of her siblings also took up the sport, but had to quit as their father couldn't financially support all three of them. Her father even sold off their buffalo to sponsor her trip to the Commonwealth Games in 2014. The sturdy weightlifter made her family's efforts worthwhile when she brought home a bronze medal that year. Despite achieving something so extraordinary, Yadav remains simple and down-to-earth.



MANU BHAKER BULL'S EYE



It's a delight to watch 16-year-old Manu Bhaker hit her target. She does it with precision and clarity, like nothing else exists apart from her target and herself. And by winning gold in her first-ever Commonwealth Games outing, she's taken things to a whole different level. Bhaker won the 10 m air pistol final at the games, defeating veteran Heena Sidhu. Touted as someone who hates to lose by none other than her father, Bhaker has done a great job of living up to expectations. **F**

VINESH PHOGAT ROLLING WITH THE PUNCHES

While we know of Geeta and Babita Phogat as exceptional wrestlers, there's another Phogat girl who has quietly become a wrestler to watch out for. Brought up by her uncle, former wrestler Mahavir Singh Phogat, Vinesh grew up brawling with boys twice her size and fighting the patriarchal community that was against the Phogat sisters becoming wrestlers. At the 2014 Commonwealth Games, Vinesh finally got the spotlight she deserved after winning gold in the women's 48 kg wrestling event. She repeated her incredible performance at the 2018 Commonwealth Games in the women's 50 kg freestyle wrestling event. At the pace Vinesh is going, it's safe to say that Indian wrestling is in good hands.



CHAUDHARI MESHVA JASHUBHAI
SHREE P. K. CHAUDHARI MAHILA
ARTS COLLEGE

SECTOR :- 7 GANDHINAGAR

GUJRAT INDIA

S.Y. B.A. ENGLISH

1510

win the world
as a woman

REALITY what it takes to be



SISTER ACT

Filmmaker, actor, writer, activist—Vaishnavi Sundar plays all these roles with élan. But the one she plays best is that of an unapologetic feminist. **Nikita Sawant** chats with the multifaceted woman

She is all about women helping each other out. It's for this simple reason that Chennai-based filmmaker Vaishnavi Sundar started Women Making Films in 2015, a not-for-profit community that helps women filmmakers, actors, screenplay writers, editors, cinematographers and sound designers network and collaborate with each other. With 166 members across 18 countries, her 'little' community is doing some good work. Sundar herself has created short films like *Pava*, which portrays the relationship between a young girl and a barber, and *The Catalyst*, which talks about

moral dilemmas. These films, among others, have been screened at film festivals such as the 2015 Asian Women's Film Festival in Delhi, the 2015 International Short Film Festival in Bangalore, the 2017 London Feminist Film Festival, and The HeForShe Vienna Gender Equality Short Film Day, Austria 2018. Over to Sundar, who talks about her love for celluloid and why she believes women helping women is the only way to change things.

How did acting and filmmaking happen?

I've performed on stage for almost nine years. I was always involved in acting, directing and producing plays while I was in college, and even while working. It was only natural for me then to write for films and also to direct them. After college, I sort of stumbled my way into financial independence. When I graduated, India was in the clutches of a recession, and there wasn't such a thing as a dream job. Before I started making films, I must have changed 10-11 jobs. I was not one for job security; my lifestyle was quite modest. After five to six years of working, I got married and moved abroad. But the marriage turned abusive, so I left and had to rebuild my life again. It was extremely difficult, but I think it was my ego that helped me. Growing up in an abusive household might have also helped. I had dealt with a lot of yelling, beating and crying myself to sleep. Moving out of the marriage was cathartic; after the divorce, I turned my life around, and the pain that was constantly lurking in the background actually helped me. It reminded me that I was not okay, but somehow I had to pull myself together. I started making films and writing a lot.

Tell us about your early life.

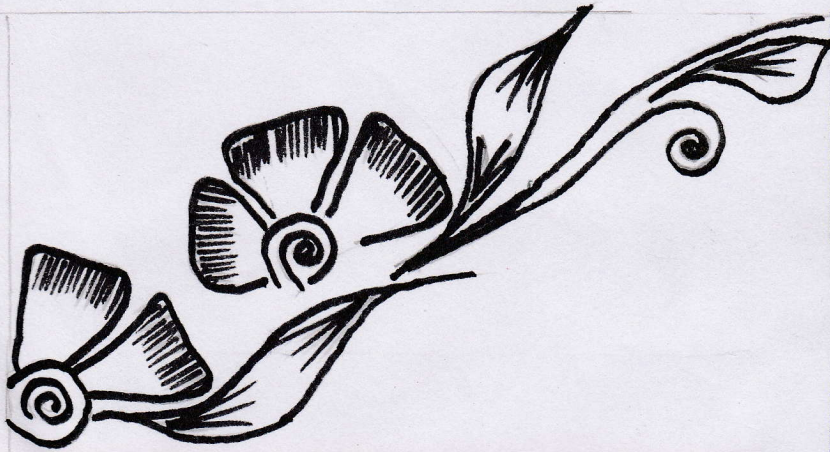
I was born and brought up in a suburb called Avadi in Chennai. I was always more interested

in extracurricular activities in school. Being confined to a classroom felt limiting. In school, they taught us English too in Tamil (*laughs*). It was quite uncomplicated to live in a small place like Avadi where everyone knew everyone else. It continued to be this simple and naive until the day I decided to step out of my comfort zone to go to college. It was a huge culture shock for me. I was brought up in an extremely conservative atmosphere, and exposure to 'different people and experiences opened up a new world for me.

I never really wanted to settle for a normal life and always wanted to go out and do something more. So I contested the student union election and won. The final year was a whirlwind—all the cultural activities and networking moulded me into a different person. For someone who came from a small town, who wasn't even able to speak English properly, I suddenly had to deal with all kinds of people. That was a life-changing experience for me.



"I wrote extensively about women directors and producers from the past who worked on women's issues. If not for them, I wouldn't be able to speak so freely. I would still be fighting an archaic system."



What prompted you to start Women Making Films?

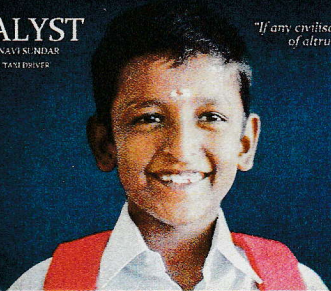
I had always wanted to start a community where women could come together and talk about films.

A community like this is rare. There's usually a mixed crowd, but there is little scope for only women to come together and talk about the techniques they use, the scripts they've written, and the roles they've played. I realised that I was tired of speaking to men about the films I wanted to make. I wanted to work with women. It started out in a humble way—with me interviewing women filmmakers who were doing good work, but were not very popular. How could they be? Pop culture was dominated by rich directors and producers. So I decided to dedicate my time to this project. I also wrote extensively about women directors and producers from the past who worked on women's issues. If not for them, I wouldn't be able to speak so freely. I would still be fighting an archaic system. They have fought these battles and have passed on the baton to us and I take this responsibility very seriously. >

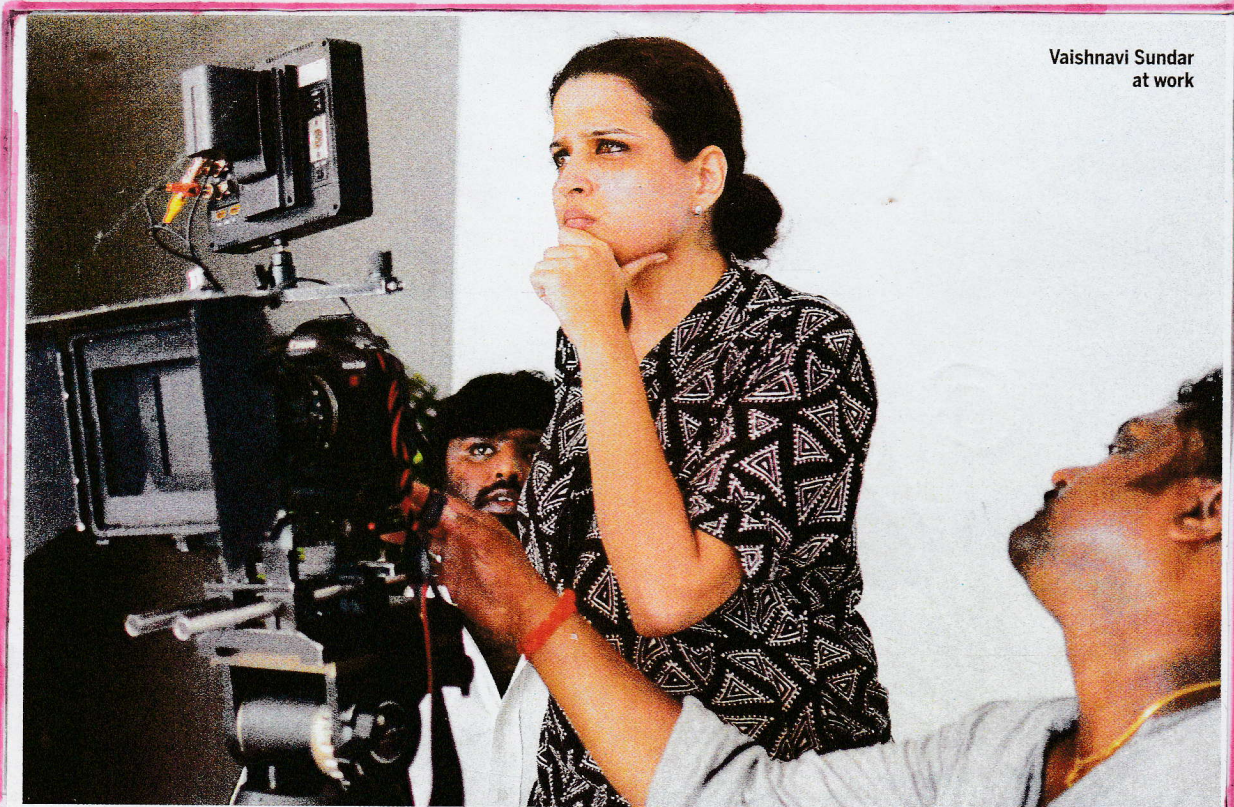
THE CATALYST

WRITTEN & DIRECTED BY VAISHNAVI SUNDAR

INSPIRED BY KARTAL SINGH ENGLA'S 'TAMERIVER'



"If any civilisation is to survive, it is the morality of altruism that men have to reject."



Vaishnavi Sundar
at work

“Where is our chance to make crappy films and learn from our mistakes? I want to make films that are so bad that even I wouldn’t watch them. How else will I learn?”

What do you hope to achieve with this project?

Think about it, men have been making films for far too long. They have had countless opportunities to make bad films, and now they’ve got better at their art. We’ve just begun—where is our chance to make crappy films and learn from our mistakes? I want to make films that are so bad that even I wouldn’t watch them. How else will I learn? I want to create characters that don’t make sense, because in reality, that’s how we are. We don’t have avenues where we can make films about women who don’t care what the world thinks. We need more characters that we all can resonate with.

Who is your favourite filmmaker and why?

That’s too difficult! There are hundreds of women I have dug out of the archives. Some of these women have done such remarkable work, and still not much information is available about them. There was this woman named Tressie Souders who was the first African-American woman to direct a feature film. So to answer >

What kind of films do you wish were made more often in India?

Films with characters that women can relate to. Men who produce women-centric films don’t consider getting a woman director. There are enough women filmmakers who would do a much better job of portraying another woman on screen. Most of us are not like the strong women portrayed in many mainstream films; we don’t roam with hockey sticks or go around burning bras. We stand our ground and fight for our rights, and I think that is strong. But

the portrayal of the damsel in distress is still going strong. Of course, it wouldn’t be fair to say that there hasn’t been any filmmaker who got it right. But the credit for those films also goes to the female protagonist and the rest of the women in the team. *Tumhari Sulu*, for example, was not bad. They didn’t turn the protagonist into an all-powerful wonder woman who has everything going for her.





CHAUDHARY REENA. P

SHREE P.K CHAUDHARY MAHILA

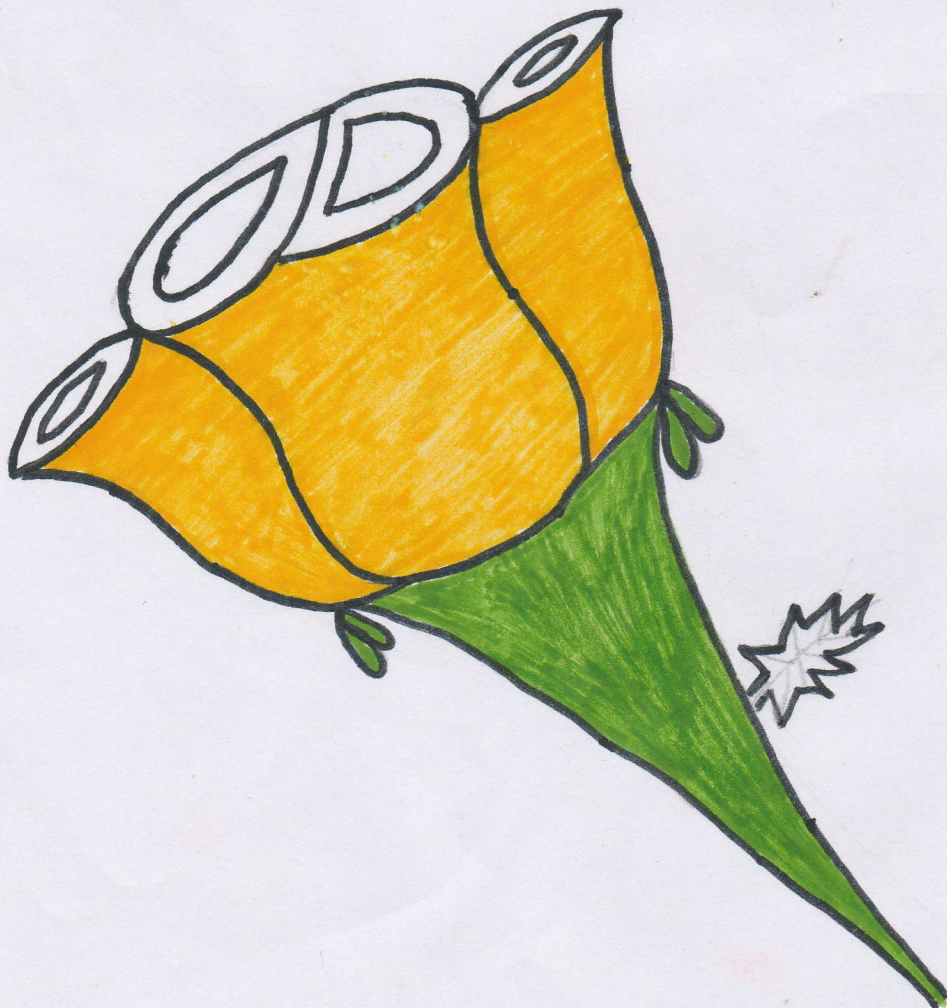
ARTS COLLEGE GANDHINAGAR

GUJARAT INDIA

S.Y B.A [ENGLISH]

ROLL NO:- 1560

win the world
as a woman



Speaking at the United Nations

Facing a world of women. By Dr Veena Adige



Speaking at the United Nations and presenting a paper is a great, grand and an unforgettable experience. Six months ago when my name as a delegate to the CSW62 (Commission on the Status of Women) was accepted, I was delighted. A chance of a lifetime! More than five thousand women from over 150 countries of the world participating in a 15-day seminar (from 12 March to 23 March, 2018) made it an event to reckon with. And I, was a chosen one, thanks to Madam Dame Meher Master-Moos, president of the Zoroastrian College and All India

Behram Baug Society who had proposed my name and done all the ground work.

The priority theme of the seminar was "Challenges and opportunities in achieving gender equality and empowerment of rural women and girls". Since, I am associated actively with Ram Krishnaa Academy, an English medium school in rural Panvel, having 440 students from seven villages, I was awarded the chance to speak.

My joy knew no bounds when I received this information on 21 January this year and I began my



preparations in earnest. I spoke to the girl students of RKA, their mothers, teachers, took photographs and googled all-India status on the rural girl child. Armed with my papers, I arrived at the United Nations, butterflies in my stomach as mine was the very first presentation on 12 March. I had wanted to observe the proceedings and then present mine but the UN had decided to begin with me.

My daughter, son-in-law, children, and friends got special invitations to see and listen to me speaking. The Temple of Understanding which organised the event consisted of Alison Van Dyke and Grove Harris, two charming ladies and the speakers with me were Donna Bollinger, executive director, RPA, USA, and Dr Angela Reed of the UN. I spoke extempore for 15 minutes. Though, I had my papers with me (but this, they said, came from my heart), pictures and recordings were made and I was happy and satisfied with the accolades heaped upon me.

drop silence during the sessions. All speeches were listened to with great interest, questions were asked and answered.

The problems women face are the same worldwide, in different formats. Child marriages, trafficking, domestic violence and gender discrimination are all similar the world over, I felt as I listened to a few discussions. These women who have come are representatives of their countries, the educated cream of society. Each one is an important person with an interesting story of her own.

I met women from New Zealand, Kenya, Japan, Pakistan, Bangladesh, Nepal, Peru, Ecuador, Canada, Brazil, Nigeria, Ghana, the UK, and many others. All were eager to talk and exchange notes. My colourful

their talks were in English, Spanish and Portuguese, there were translators and we had no problem. Ninety-five per cent speeches and discussions I attended were in English.

Being at the United Nations is a great experience. The women from all over the world came together to discussed about the rural women,

AN UNFORGETTABLE EXPERIENCE

I then focused myself in observing and seeing others. At the UN main building there were women everywhere, all cheerful, smiling and talking to each other. I noticed that the women who came to the United Nations are all great in their own fields and have no complexes. They are dedicated to whatever they do and speak freely about their work. We saw the First Lady of Nigeria, Queen Mother of Africa, ministers from all over the world, social workers, women of faith and others and they were all so polite and nice. During the seminars, presentations and discussions, there was pin-drop silence. No mobile rings, no coughs or sneezes either. And all listened attentively.

I met a couple of Brazilian girls in the cafe and they invited me and my friends to their event. We went and the girls were so thrilled! Though

I MET WOMEN FROM NEW ZEALAND, KENYA, JAPAN, PAKISTAN, BANGLADESH, NEPAL, PERU, ECUADOR, CANADA, BRAZIL, NIGERIA, GHANA, THE UK, AND MANY OTHERS. ALL WERE EAGER TO TALK AND EXCHANGE NOTES. MY COLOURFUL SILK SARIS (MADAM MOOS HAD INSISTED THAT I WEAR SARIS AS A PROUD INDIAN) WERE INSTANT HITS AND PEOPLE TOOK PICS OF ME WHILE OTHERS EYED ME WITH INTEREST.

their problems, and challenges. There were more than a hundred seminars, about 200 side-events in places just outside the UN headquarters and it was a beehive of activity. Women dressed in colourful attire rubbed shoulders with the black-and-white dresses of the local people, the bonhomie exhibited by all was something one has to see and experience. There was no discrimination, instant friendships were made and there was laughter in the cafes and pin-

silk saris (Madam Moos had insisted that I wear saris as a proud Indian) were instant hits and people took pictures of me while others eyed me with interest. During the seminar, I noticed that India held an important place. There were references to India and Indians, and there were a few Indian speakers like Dr Pam Rajput of Delhi.

Dr Shivani Khetan from Delhi, Dr Jayshree Borad from Bengaluru, a couple of girls from Nepal and Bangladesh and a photographer from Florida became good friends. We attended as many sessions as possible. Because of the large number of women, the conference



rooms would get filled up fast and there was not even standing space in some.

Each session focused on a different aspect of rural girls and women (there were at least a hundred events every day, one and a half hours each from 8.30 am till 6 pm) simultaneously and we would go to the ones which caught our interest. We made notes, listened and asked questions.

We met interesting people like the Queen Mother Dr Delois N.

Blakely, who had come to the United Nations seminars for the forty ninth time! Dr. Blakely, who is 61 years old, dresses in a colourful African style, and has been a mayor for the last eight years. She has headquarters in an ordinary-looking apartment house on West 142nd Street in New York, although her true office is Harlem itself, which she traverses each day on foot from 6 a.m. until after dark at a pace that is faster and perhaps more reckless than most of the New York's yellow cabs.

"I have what you might call a travelling office," she said. "I am a 24/7 operation. There is no such thing as 9 to 5 when you are servicing the community." In that service, Ms Blakely does anything from approaching a state senator, petitioning City Hall or speaking with police officers at the local station house. For this she receives no payment other than the gratitude of her constituents. She has received her master's degree from Harvard and a doctorate in education from Columbia.

15 FANTASTIC DAYS

During the 15 days, I met several others and had interesting conversations with them. There was a professor from Canada who hailed from New Zealand and we had many things to discuss. I met another New Zealander whose father is from Kerala and she was thrilled to talk about her country and mine. The ladies from Bangladesh, Pakistan and Nepal

**THERE WERE SEVERAL
PARALLEL SESSIONS AND
SIDE EVENTS IN PLACES
AROUND THE UNITED
NATIONS BUILDING WHICH
WE ATTENDED. THE FIRST
LADY OF NIGERIA
ADDRESSED A GATHERING
WHERE SHE SPOKE OF THE
WOMEN OF NIGERIA.**

Woman's Era • April (Second) 2018

recognised each other and we made an interesting group.

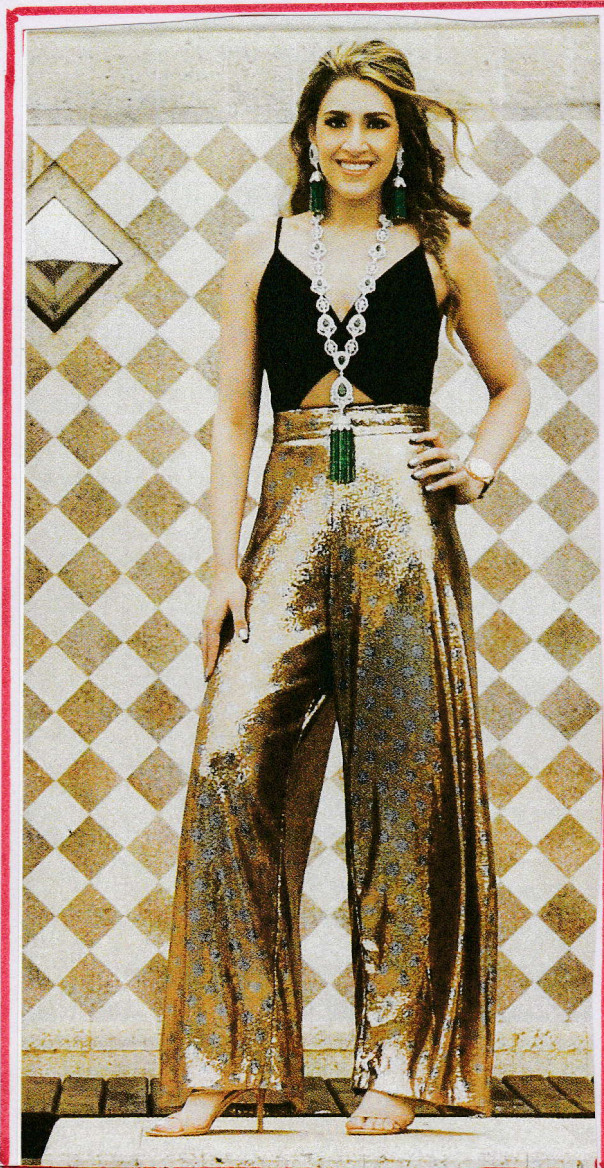
During the sessions no one would talk but during the breaks, we met in the cafeterias (there were plenty on each floor of the huge United Nations buildings), talked laughed and enjoyed. There were several parallel sessions and side events in places around the United Nations building which we attended. The First Lady of Nigeria addressed a gathering where she spoke of the women of Nigeria.

My friend Dr Shivani Ketan summed up the meeting by saying: My experience at the 62 Commission On the Status of Women with my fantastic colleagues Veena Adige and Jayshree Borad: Over the last two weeks, and during my first delegation as an NGO representative of Zoroastrian College to the commission on the status of women (CSW) at the United Nations, I participated in official events organised by country missions and UN agencies on diverse matters, including ending child marriage, closing the gender gap in agriculture, violence against women, encouraging women for greater purpose, health, environmental degradation, gender equality programs and much much more. The best part about my time at the CSW was, without a doubt, the fascinating people I met. My personal network has been enriched and blessed with amazing friends doing great work in their fields. The energy, excitement and exchange of ideas and appropriate steps to take for the issues to transform our passions into a better world for all of us. The seminar had a positive impact on our lives and provided us with unique experience of national exchange and good practice for bringing the voice of women's movement to the women of the United Nations." We



College ⇒ Shei
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win the world
as a woman



daughter Reya just over a year ago, I wanted to strike a good balance from the start. If I am healthy, happy and refreshed, it influences all parts of my life. I plan my days so that I can even work remotely and design jewellery from home so I can maximise time with my children. My kids come first and foremost and I want to savour moments with them before they grow up. Be it soccer class or playgroup, I try my best to shuffle my day around their needs, and it definitely helps that I am blessed with a wonderful support system. Many times, I eat half my dinner with them by 6.00pm so that when it comes to dinner time, I just eat a light snack. This gives me time to spend with the kids in the evening, and eating the majority of my meal early means I don't go to bed right after a

heavy dinner."

What are some foods that actually help burn fat or keep it away?

"I start my mornings with a nutritious smoothie which I feel kick-starts my metabolism for the day and keeps me full all morning. My favourite ingredients are pomegranate for an iron boost, banana to reduce bloating and coconut milk with natural fatty acids. Another fat burning favourite is berries, packed with fibre and antioxidants as well as containing less sugar than most fruits; berries with Greek yoghurt is a recent addition to my diet, inspired by both my kids' love for strawberries."

Do you subscribe to the high-protein, low-carb diet, by and large?"

"Before my kids, I would cut carbs and have

super-high protein meals to keep fit. After having kids, through the busy life of a new mom, I started to eat what gave me energy and ultimately made me happy, and have followed this philosophy ever since. The majority of my meals consist of good old-fashioned white rice. Moderation is paramount; I believe in eating balanced meals with protein, good fats, vegetables and carbohydrates. Rather than fixating on food groups, I focus on the quality of the food – be it handmade pasta, or organic vegetables. I do occasionally indulge in dessert and will end my night with a little bit of my favourite chocolate before bed."

There are a lot of get-slim-quick protein shakes, etc, being marketed today. Do you subscribe to these... do they work?

"I admit that I have tried these in the past, but pregnancy made me rethink what I put in my body as it was all going directly to my baby. Since my first pregnancy, I have adopted the philosophy of eating natural, even after giving birth, and I now won't eat anything I wouldn't let my kids eat. I feel that there are so many healthy sources of natural proteins and vitamins like flax seeds, chia seeds and goji berries, which I try to incorporate into my diet. Our bodies were made to digest natural foods and I think forcing it to digest too many man-made chemicals will eventually backfire."

Any other new knowledge on health and wellness that you have discovered through your travels, interaction with non-Indian friends in other cultures?

"Growing up in Hong Kong, surrounded by Asian and Chinese cultures, I have seen how their meals actually consist predominantly of carbohydrates and vegetables with a little bit of protein thrown in. I had always wondered how my non-Indian friends were able to stay so skinny whilst eating so many carbs. After my children, I have tended to follow a very 'Chinese'-inspired diet consisting of rice as the staple centre of my meal. It keeps me fuller for longer, means I snack less and am completely satisfied afterwards. I am always open to trying different workouts around the world. In London, I would go to a variety of classes, including spinning and Zumba."

Your own mom, Sunita Vachani, at 50, is a stellar example of the triumph of

a good lifestyle and staying fit even as a grandma! What have you imbibed from her?

"My mother has always been an inspiration to me. Seeing her take care of and worship her own body, has in turn inspired me to do the same. As a child, I would see her wake up early and head to aerobics classes, and until today she walks 10km a day and counts her minimum of 10,000 steps. Her motto has always been "more is more... less is boring," and she applies it to all aspects of her life!"

TEXT: SANGEETA WADHWANI
 PHOTOS: ALI GHORBANI
 MAKE-UP: KAREN YIU ASSISTED BY REGINA CHAN, HONG KONG
 HAIR: MUDYWITTY, HONG KONG

KARINA BUXANI

CREATIVE DIRECTOR, TEMPTATIONS JEWELLERY

Karina, you have had quite a global orientation before motherhood happened. Do tell us a bit about yourself?

"I'm a 28 year-old mom of two. I was brought up in Hong Kong, went to school here, got married here and had my children here too. I was born in Delhi, and in between I spent short bursts of time in America, Switzerland and finally London where I got my undergraduate degree from the London School of Economics and Political Science. I simultaneously graduated from the Gemological Institute of America (GIA) in London. I got married, moved back to Hong Kong and started working at our very own Temptations Jewellery brand around six years ago. In between having my kids (my son Nivaan is now three-and-a-half, and my daughter Reya is 14 months old), I have been an integral part of the company as it has continued to expand its client base all over the world with our most recent store opening in Singapore. Today, I am the Creative Director here and focus mainly on jewellery design."

Did you take very strong steps to regain your super-toned body after the kids arrived... can you share, for new moms, what the most critical measures were?

"I am a big believer in the 'mind-body' connection. After having Nivaan, I ate what would restore and repair my body, and give me the energy I needed to be a new mom. By no means was it a crash diet, or a strict

workout regimen; it was a positive attitude and a focus on nourishment. I quickly found that the less emphasis I put on losing the baby weight through my diet, the easier I lost it. Most of all, I believe having a positive mind set definitely impacted the biological workings of my body. After giving birth both times, I had the Indonesian 'Jamu' treatment wrap and massage done for 10 days, which helped rapidly reduce water retention. Every day after removing the wrap, I could see the results: my abdomen felt more toned, and I myself was more relaxed and confident. I have been practicing yoga in different forms since I was 10 years old and continued throughout and after my pregnancies. Yoga is considered a 'mind-body' therapy. All of our organs and emotions share a common language and constantly communicate with each other. The endorphins released and Relaxin hormone emitted into the body through yoga reduce cortisol and other stress hormones, and this aids weight loss and promotes well-being."

Many mothers say time is too short to dedicate to self-care, be it paying attention to one's diet, or making time to exercise. What is your solution to this time-management issue, given you are a working mom too?

"In terms of exercise, a hot yoga or spinning class in the morning while the kids are at school or napping, gives me much-needed time for myself to sweat and detox. Through raising two young kids and having my





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win the world
as a woman

KRITI SANON

on her style choices

The actor talks about winning accolades, her style philosophy and her upcoming projects



How does it feel to have won the Dadasaheb Phalke Excellence Award for your performance in *Bareilly Ki Barfi*?

It's an honour! There are certain films that change you, make you grow, help you discover a part of you that you weren't aware of—and change people's perception of you too. *Bareilly Ki Barfi* was all this and more for me, and the character Bitti Mishra will always be close to my heart.



What are the five fashion essentials that every woman must have in her closet?

My latest obsession is a pair of Red Label floral print block heels from Bata. Other essentials are distressed jeans, printed dresses, a crisp white shirt and a classic red lipstick.

What is your personal style philosophy?

Being comfortable in my skin. You can look great only if you are confident and happy. The clothes that I wear don't just suit my body but are also comfy both on and off camera.



Who are your style icons?

I think style is personal and needs to have a bit of one's personality in it. I don't have a style icon in particular. There are, however, actors like Sonam Kapoor, Priyanka Chopra and Kangana Ranaut, whom I admire for their individual styles.

You will be seen next in Ashutosh Gowariker's period drama, Panipat. How are you prepping for the role?

It's my first period drama and I am very excited about working with Ashutosh sir, Arjun (Kapoor) and Sanjay (Dutt) sir. I have already begun revisionary horse riding lessons; I just need to learn how to gallop. I will also be learning Marathi to get the diction right.

What else are you working on currently?

I've recently been roped in as the face of Bata India and I will be seen endorsing this iconic brand. 

—As told to Nikita Sawant