

GLAMOUR MANTRA

**Women
LAW & RIGHTS**

Dr Vanita Arora

*"A Woman Who Changed
the Rhythm"*

Dr. Vanita Arora's trailblazing
journey in cardiac electrophysiology

Blood Donation
(Breaking Myths, Saving Lives)

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Her Power**

Renowned Gujarati Film Actress

POOJA JOSHI

**Women
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Spring/Summer 2026

Dear Readers,

Welcome to this special edition dedicated to women—**“Aware. Empowered. Unstoppable.”** In a world that constantly asks women to balance careers, families, social expectations, and personal dreams, it has become more important than ever to pause, reflect, and celebrate the strength, resilience, and intelligence of women everywhere.

This issue is designed to be more than just pages to flip through—it is a guide, a conversation, and a companion. Inside, you will find insights into **health, mental well-being, career, financial independence, relationships, and self-care**—all tailored to the challenges and opportunities women face today. From hormonal health and heart awareness to leadership lessons and stories of women breaking barriers, our aim is to provide information that empowers while inspiring meaningful change in your lives.

We understand that being a woman today is both a privilege and a responsibility. It comes with choices, challenges, and sometimes, silent struggles. Our goal is to create a platform where these stories are recognized, where awareness meets action, and where every woman feels encouraged to prioritize her well-being, follow her aspirations, and embrace her individuality with confidence.

As you turn these pages, we invite you to learn, reflect, and celebrate yourself. This magazine is a testament to the idea that **well-informed, self-aware women are the architects of stronger families, communities, and societies.** We hope this edition leaves you inspired, empowered, and ready to embrace your journey with courage and clarity.

Thank you for allowing us into your world. Together, let's celebrate the limitless potential of women.

“

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where these
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recognized**

Warm regards,

Neha Tyagi

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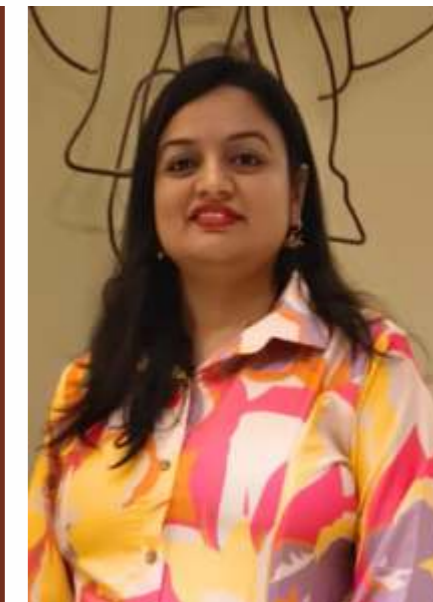


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"The strategic force behind Glamour Mantra's editorial operations. With a sharp eye for detail and a passion for excellence, Siddharth Tyagi ensures that every story meets our gold standard. From conceptualization to the final print, he bridges the gap between creative vision and flawless execution.

SIDDHARTH TYAGI
Managing Editor



"A Master in Communication and a gifted storyteller, Heena Mishra curates the intersection of lifestyle and industry. Balancing professional excellence with a refined creative vision, she leads our Hospitality and Entertainment segment, bringing readers the most compelling trends with clarity and flair."

HEENA MISHRA
Section Editor
Hospitality & Entertainment



With 18th years of expertise in Media, PR & Marketing Aditya Mishra bridges the gap between traditional journalism & digital innovation . Operating his business in India and Dubai, he leads our strategic vision in ensuring Glamour Mantra stays ahead of global trends while maintaining its editorial soul .

ADITYA MISHRA
Bureau Chief



The driving force behind our Jaipur bureau. With a sharp eye for local trends and a passion for networking, Manish connects the royal heritage of Jaipur with the modern vision of Glamour Mantra.

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Zulfi Azad

Transforming India's Real Estate Landscape with a Global Vision

In an era where India's smaller cities are emerging as powerful economic engines, visionary entrepreneurs are redefining traditional industries. Among them is Zulfi Azad, a globally exposed business strategist who is now reshaping the real estate sector with a structured and organized approach — particularly across Tier 2 and Tier 3 cities.

With a professional journey rooted in branding, media management, and strategic consultancy, Zulfi Azad built his foundation during his tenure at PLAN MEDIA PRIVATE LIMITED, where he worked closely with globally respected institutions. His portfolio includes collaborations with the Confederation of Indian Industry (CII), Bank of America, FUJIFILM, DLF Limited, Ansal Group, and the World Wide Fund for Nature (WWF). These engagements sharpened his understanding of corporate governance, brand positioning, and structured business execution.

Global Exposure, Strategic Perspective

Zulfi Azad's professional footprint extends far beyond India. Across the African continent, he provided consultancy services to leading industrial giants including the Dangote Group, African Industries Group, Mikano International, HFP Engineering Nigeria Limited. and others, His extensive travels and advisory roles in developing economies gave him first-hand exposure to high-growth infrastructure markets.

In the Middle East, his consultancy

extended to organizations such as VALAF, Indemnity Insurance, and ALfaan Interior, further strengthening his cross-border business acumen.

The Real Estate Shift

After years of working with structured global enterprises, Zulfi Azad identified a significant gap in India's real estate ecosystem — particularly in Tier 2 and Tier 3 cities. While

metr

opolitan hubs have long benefited from organized developers and transparent advisory systems, smaller cities often operate through informal networks with limited professional structuring.

Recognizing this opportunity, he launched a new business initiative focused on organizing the real estate sector in emerging urban centers. His model emphasizes transparency, ethical practices, proper documentation, digital systems, and strategic investment planning.

Building the Future in Emerging Cities

Tier 2 and Tier 3 cities are fast becoming the backbone of India's next economic expansion. With expanding infrastructure, improving connectivity, and rising aspirations among young populations, these markets present immense investment potential.

Zulfi Azad's venture is committed to identifying

high-growth residential and commercial opportunities in these cities while offering investors structured advisory support. The focus is not merely on property transactions but on creating a reliable, organized ecosystem where buyers and investors feel informed, secure, and strategically guided.

A Vision Beyond Transactions

For Zulfi Azad, real estate is not just about land and buildings — it is about systematizing opportunity. His mission is to elevate the standards of consultancy in developing markets and to bring corporate-level professionalism to cities that represent India's next growth frontier. As smaller cities rise and economic decentralization accelerates, leaders like Zulfi Azad are setting the foundation for a more organized, transparent, and trustworthy real estate future.



“A Woman Who Changed the Rhythm”

Dr. Vanita Arora's trailblazing journey in cardiac electrophysiology

India's first female electrophysiologist on leadership, innovation, and why true medical progress begins with courage.

The Rhythm Breaker: Dr. Vanita Arora's Legacy of Courage, Innovation, and Heart

In a field where precision determines life itself, Dr. Vanita Arora has done more than master the science of heart rhythms—she has rewritten its future. Widely regarded as one of India's finest cardiologists and electrophysiologists, her journey is marked by historic firsts, fearless innovation, and a deep, unwavering passion for healing.

As India's first female cardiac electrophysiologist, Dr. Arora broke barriers long before breaking new clinical ground. At a time when few women occupied leadership roles in highly specialized cardiac sciences, she chose to step forward—guided not by convention, but by conviction.

A pioneer in complex arrhythmia ablation, cardiac resynchronization therapy for heart failure, conduction system pacing, and most notably, leadless pacemaker technology, Dr. Arora has redefined what is possible in modern cardiac care. Her work has offered renewed hope to patients for whom traditional therapies were no longer enough.

Her academic journey reflects the same excellence she brings to clinical practice—MBBS, MD, DNB, complemented by multiple prestigious international fellowships. In 2016, she made history by performing the Asia Pacific region's first live leadless pacemaker implantation, a landmark moment that placed Indian electrophysiology firmly on the global stage. Nearly a decade later, she continued that legacy by introducing the AVEIR Leadless Pacemaker in India in 2024, once again expanding the horizons

of patient care.

Beyond the cath lab, Dr. Arora is a TEDx speaker, global mentor, and educator, with over 300 scientific publications to her name. Her influence extends far beyond borders as she proctors complex electrophysiology cases across countries including Nepal and the Philippines, sharing expertise with generosity and purpose.

Her contributions have been widely recognized with honors such as Healthcare Personality of the Year, Rising Star, Woman Entrepreneur, and Female Future Forward—yet she remains grounded in the belief that impact matters more than applause.

Now serving as Clinical Lead of Electrophysiology at Indraprastha Apollo Hospital, New Delhi, Dr. Arora continues to champion not just clinical excellence, but cultural transformation within medicine. She speaks openly about the need to redefine gender roles, emphasizing that true advancement in cardiac electrophysiology must walk hand in hand with societal change.

Reflecting on her journey, Dr. Arora distills decades of experience into lessons that resonate far beyond medicine:

- Teamwork is not a slogan—it can be a lifesaver
- Technology evolves, but principles endure
- Every case is a classroom
- Gratitude keeps you grounded
- Confidence must always be balanced with humility
- Quality practiced quietly speaks the loudest

As the field of pacing evolves at unprecedented speed, she believes reflection is as vital as

innovation—and that the joy of restoring life should never be lost to routine.

Dr. Vanita Arora's story is not merely one of professional triumph. It is a powerful call to action—for equity in medicine, fearless innovation, and purpose-led leadership. In every sense, hers is a legacy powered not just by science, but by heart.



Listening to Your Heart:

What Everyone Should Know About Heart Rhythm Problems

Most people associate heart disease with blocked arteries or heart attacks. But the heart has another vital system—one that often goes unnoticed until it causes serious trouble. It is the electrical system of the heart, responsible for maintaining a steady rhythm that keeps blood flowing properly throughout the body.

When this rhythm is disturbed, it can silently affect health, quality of life, and in some cases, survival.

The Heart Is More Than a Pump

The human heart beats around 100,000 times a day, guided by precise electrical signals. When these signals become irregular—too fast, too slow, or chaotic—it leads to conditions known as heart rhythm disorders or arrhythmias.

Unlike blockages, rhythm problems may not always cause chest pain. That's why many people ignore early warning signs, mistaking them for stress, fatigue, or aging.

According to leading cardiac electrophysiologists like Dr. Vanita Arora, early recognition and timely treatment of rhythm disorders can prevent serious complications such as heart failure, stroke, or sudden cardiac arrest.

Symptoms You Should Never Ignore

Heart rhythm disorders often send subtle signals before becoming dangerous. Pay attention if you or a loved one experiences:

- Repeated palpitations or a racing heartbeat
- Sudden dizziness or fainting
- Breathlessness during routine activities
- Extreme, unexplained fatigue
- Very slow heart rate
- Blackouts without warning

These symptoms are not normal, regardless of age.

A Common Fear: “Does This Mean Surgery?”

The word “heart procedure” often creates fear. Many people imagine open-heart surgery, long hospital stays, and lifelong limitations. The reality of modern heart rhythm treatment is very different.

Today, advanced procedures performed by specialists such as Dr. Vanita Arora, Senior Consultant Cardiac Electrophysiologist at Indraprastha Apollo Hospital, New Delhi, are:

- Minimally invasive
- Highly precise
- Safer than ever before
- Associated with faster recovery

Most rhythm disorders are treated through catheter-based procedures, where thin tubes are guided through blood vessels—without opening the chest.

Modern Solutions for Rhythm Problems

Medical science has made remarkable progress in treating heart rhythm disorders:

- **Catheter Ablation:** Corrects faulty electrical pathways causing abnormal heartbeats
- **Pacemakers:** Devices that regulate slow heart rhythms
- **Leadless Pacemakers:** Tiny devices placed directly inside the heart—without wires or large incisions
- **Conduction System Pacing:** Works in harmony with the heart's natural electrical system

Dr. Vanita Arora has played a pioneering role in bringing many of these advanced technologies to India, including leadless pacemaker technology, offering new hope to patients who earlier had limited options.

Every Heart Is Different

One important message from experts is that there is no one-size-fits-all treatment.

Each patient's heart rhythm problem is unique. Age, lifestyle, other medical conditions, and personal needs all matter. That is why treatment decisions must combine medical guidelines with clinical experience and judgment.

“Technology evolves, but principles endure,” says Dr. Arora—highlighting the importance of choosing the right treatment for the right patient.

Why Early Evaluation Matters

Many people delay seeking medical advice due to fear or lack of awareness. Unfortunately, untreated rhythm disorders can worsen over time and may lead to irreversible damage.

Early diagnosis allows:

- Better treatment options
- Less invasive procedures
- Improved quality of life
- Reduced risk of complications

A simple ECG, Holter monitoring, or evaluation by a heart rhythm specialist can make all the difference.

Breaking the Myths Around Heart Procedures

Myth : Heart procedures are always risky

Fact : With modern technology and experienced specialists, success rates are high

Myth : Pacemakers are only for the elderly

Fact : Rhythm disorders can affect young adults too

Myth : You must live with symptoms

Fact : Most rhythm disorders are treatable and manageable

Awareness replaces fear with informed action.



Dr. Vanita Arora has played a pioneering role in bringing many of these advanced technologies to India, including leadless pacemaker technology, offering new hope to patients who earlier had limited options.

A Message of Hope

Heart rhythm disorders do not mean the end of an active life. With timely care, most patients return to normal routines, work, and physical activity.

Doctors like Dr. Vanita Arora, who combine clinical excellence with compassion, emphasize that restoring rhythm is not just about correcting a heartbeat—it's about restoring confidence, independence, and quality of life.

Listen to Your Heart

The heart speaks softly before it cries out loudly.

If you experience unusual symptoms, don't dismiss them. Seek medical advice early. Awareness, timely evaluation, and expert care can save lives.

Your heart has a rhythm—and today, it can be protected, corrected, and restored.

Beyond The Beat

Precision, Passion & Power — Inside the World of a Trailblazing Cardiologist

The Woman Who Listens to the Heart's Hidden Language

Do you remember the moment you decided to pursue Cardiology and that too, such a specialized field as Electrophysiology?

Absolutely. During my cardiology training, most of my colleagues were moving toward interventional cardiology angioplasties, stents that was the mainstream choice. I had trained in interventions as well, but something else quietly drew me in.

Whenever electrophysiology (EP) cases were being done, I would find myself in that lab. At that time, EP didn't even have a separate dedicated lab. But the moment I began understanding the rhythm patterns the logic behind each heartbeat I felt a sense of confidence and curiosity awakening within me.

My mentor, Professor M.L. Bhatia, once told me, "Everyone is doing interventions. You think differently. Why don't you choose something different?"

When I hesitated — pointing out that the field was male-dominated and very few people in India were doing EP

back in 1997–98 he asked me a life-defining question:

"Do you want to be one of many, or do you want to be special?"

I chose to be special.

Electrophysiology fascinated me because it is pure mathematics. One plus one is always two. It demands precision, focus, and analytical depth. Many fear that complexity — but I embraced it. Over time, I didn't just practice it. I fell in love with it.

As Aristotle said, "Excellence is not an act, but a habit." That habit became my life.

What made the science of heartbeats so irresistibly fascinating to you?

Electrophysiology is like stepping into another universe.

I still remember watching Star Wars for the first time as a teenager being mesmerized by an entirely new galaxy unfolding before my eyes. That's exactly how I felt when I first entered an EP lab.

When we map the heart its chambers, its electrical pathways a vibrant, colorful universe appears on our screens. It's not just medicine; it's decoding a living puzzle. Every abnormal rhythm is a riddle waiting to be solved.

EP requires a hawk's eye. Where a routine ECG may appear "normal," I can identify layers of information hidden within it. Declaring an ECG normal is often the hardest task of all.

It's the thrill of solving the invisible that keeps me captivated.

When the journey felt tough when doubt or fatigue crept in how did you stay mentally strong?

I have a personality that does not accept "impossible."

If someone tells me, "You cannot do this," especially because I am a woman I feel even more determined to prove that I can. That fire has always been part of me.

But beyond personality, my greatest strength is faith. I give full credit to God Almighty. Every

told to learn cooking instead.

Every taunt became a stone. I picked up each one, built a mountain out of them, and climbed it.

My work speaks for me. And it continues to.

Did being "the first" ever feel like pressure instead of empowerment?

In the early years, yes. Electrophysiology demands long, unpredictable hours. Work-life



achievement, every milestone — I see it as grace. Gratitude keeps me grounded; faith keeps me fearless.

Whenever things get tough, I remind myself: the tough get going.

The sky has never been the limit for me. If God has given me wings, I must fly.

As India's first woman electrophysiologist, what were the silent challenges in the beginning?

Gender bias and it still exists.

I had to work four to five times harder than my male counterparts just to prove I was equally competent even when I was better. If I achieved something, it was questioned. If I failed, it was declared proof that I never deserved it.

When I chose MD Medicine after MBBS at a time when women rarely selected that branch — I was

balance was extremely challenging, especially 30 years ago.

But society has evolved. Today, partners are more understanding. Systems are better. Women across sectors are more career-focused, and mindsets have shifted.

The journey has become less isolating though there is still room for growth.

Is the environment better today for women entering this field?

It is better but not equal.

The question that bothers me is: why must women still seek acceptance? Why must they continuously prove themselves?

A male doctor is assumed capable by default. A female doctor must demonstrate it repeatedly.

Beyond The Beat

The resistance has reduced but the bias has not vanished.

When you introduced Leadless Pacemaker technology and performed the first live case in Europe and Asia what was going through your mind?

It was a powerful and proud moment.

In 2016, I performed the first live leadless pacemaker implantation across Europe and Asia. Recognition did not come immediately — but that never stopped me.

I continued refining the technology. Today, leadless pacemakers are becoming standard care.

In October 2024, I performed India's first case of the newer prototype. In November 2025, I implanted India's first atrial leadless pacemaker.

I trained extensively in the United States and worked tirelessly to establish this technology in India. Leadless pacing is very close to my heart.

In an era of rapidly advancing technology, how do you decide what truly benefits patients?

Never say no to technology.

What we call “future” today becomes standard care tomorrow. But enthusiasm must be balanced with data.

Statistics matter. Data analysis matters. Understanding outcomes not just trends matters.

I carefully measure the pros and cons of every innovation. My responsibility is not to adopt technology for glamour but for genuine patient benefit.

You've said, “What looks easy is not always safe.” What shaped this belief?

In my field, nothing is easy.

If a patient comes with fever, you can prescribe medication and move on. But I ask — why the fever?

Similarly, I never take an ECG at face value. I

question everything until the answer satisfies logic.

Medicine demands curiosity. Safety demands inquiry.

Who is Vanita outside the Cath Lab?

A completely different person.

Inside the Cath Lab, I am focused, responsible, precise. A life is entrusted to me.

Outside, I unwind. I laugh loudly. I take long drives. I dance. Music is my therapy. Books are my companions.

Stress is part of my profession joy is my choice.

Is gratitude central to your leadership style?

Absolutely.

Before every procedure, I say a silent prayer. I see myself as an instrument in God's hands.

Gratitude keeps me humble.

In recent years, I feel society has become less



expressive with gratitude. But I continue to give thanks for every patient, every outcome, every opportunity.

Is gratitude central to your leadership style?

Absolutely.

Before every procedure, I say a silent prayer. I see myself as an instrument in God's hands.

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What real truth would you tell a young doctor who says, “I want to be like you”?

Passion first.

If you are not deeply in love with your branch, you cannot excel in it. Passion, dedication, and commitment when combined create mastery.

Which achievement is closest to your heart?

Bringing leadless pacemaker technology to

India and excelling in it.

When I began training, electrophysiology in India was basic. I embraced every technological advancement, trained doctors across the country and neighboring nations, conducted workshops, and helped build the ecosystem.

But leadless pacing remains my proudest contribution.

Of teamwork, humility, intuition, and joy which was the hardest lesson?

Teamwork.

Humility and intuition are part of one's personality. Joy is a conscious choice.

But building the right team aligning skills, managing dynamics, and creating collective excellence that was my biggest learning curve.

What outdated thinking about women must end — immediately?

The idea that equality is granted.

Women are not waiting to be validated. We are capable. We are strong. And often, we are better.

Confidence must replace comparison.

If you could speak to your younger self on the first day of medical college, what would you say?

Follow your heart.

Ignore noise about money, struggle, or convenience. Choose what resonates with your soul — even if it demands hard work.

Struggle is part of growth.

Your message to our readers?

There are no shortcuts.

Dedication, focus, and hard work always pay. Stay committed to what you truly want — and you will achieve it.

A PIONEER IN
TRANSFUSION MEDICINE
Dr. Nidhi Bhatnagar
 in conversation



Blood Donation:

Breaking Myths, Saving Lives

By **Dr. Nidhi Bhatnagar**
 Head, Department of Immunohematology
 & Blood Transfusion
 BJ Medical College, Ahmedabad

Blood donation is one of the simplest acts of humanity, yet it is surrounded by fear and misinformation. Thousands of lives depend on voluntary donors every year. Let us separate myths from scientific facts.



Q1. You pioneered the Department of Immunohematology & Blood Transfusion at B J Medical College when it was first separated from Pathology. What kept you moving forward while building something entirely new?

After completing my MD in Pathology, I was serving as a Lecturer when the new department was created in 2005 at B J Medical College. I chose to shift and take up the challenge of establishing it from scratch. It was exciting to be part of something innovative in Gujarat. At that time, only a handful of institutions in India offered this specialization. Our postgraduate course became the first in Gujarat and the fourth in the country. I saw it as an opportunity to be a pioneer in an emerging field, especially when very few were inclined toward working in blood banks.

Q2. As a Lead Assessor with NABH, did you face challenges as a woman in leadership?

I have always believed growth comes from continuous learning. When I had the opportunity to train as an assessor with National Accreditation Board for Hospitals & Healthcare Providers, I embraced it to strengthen quality systems in my own blood bank. It also allowed me to learn best practices nationwide. I never felt disadvantaged as a woman. I come from a family of accomplished women and have had strong support from my family. Ultimately, leadership is about competence your work must speak for itself.

Q3. During COVID-19, your department initiated

Convalescent Plasma Therapy under the ICMR PLACID trial. What was the most emotional moment?

When COVID struck Gujarat, fear and uncertainty were overwhelming. As part of the Indian Council of Medical Research PLACID trial, we introduced Convalescent Plasma Therapy at Civil Hospital, Ahmedabad. The most powerful moment was convincing our first donor. Transforming her hesitation into willingness was deeply emotional. Motivating recovered patients to return to a COVID-designated hospital was challenging, but with persistent counseling and teamwork, we began plasma collection by mid-April 2020 — helping many critically ill patients.

Q4. How do you see Indian women shaping global healthcare conversations?

Through my role with the International Society for Blood Transfusion Quality Working Group, I see immense potential. With increasing participation, heavy clinical exposure, and better global platforms, Indian women healthcare professionals are poised to take centre stage internationally in the coming decade.

Q5. What life lessons do you pass on to young women entering medicine?

Beyond academics, I encourage my students to be multidimensional to pursue research, publish their work, and develop soft skills. I also guide them on financial planning and maintaining work-life balance. My advice is simple: excel professionally, but never neglect personal well-being or family. Balance creates longevity in both career and life.

Myth 1: Blood donation makes you weak.

Fact: The body has 4–5 liters of blood. Only 350–450 ml is donated. Plasma recovers in 24–48 hours, and red blood cells are restored within 4–6 weeks. Healthy donors resume normal activities quickly.

Myth 2: Diabetics or Person with High Blood Pressure cannot donate.

Fact: Individuals with controlled diabetes (not on insulin) or controlled blood pressure can safely donate after medical screening.

Myth 3: You can get HIV or Hepatitis from donating blood.

Fact: Completely false. Only sterile, disposable needles are used. There is zero risk of infection.

Myth 4: Elderly people cannot donate.

Fact: Healthy individuals aged 18–65 can donate. First-time donors above 60 may seek medical advice.

Myth 5: Donate only during emergencies.

Fact: Regular donation ensures blood is readily available for accidents, surgeries, cancer patients, thalassemia patients, and childbirth emergencies.

Myth 6: Blood donation causes anemia.

Fact: Hemoglobin is checked before donation. The body continuously produces red blood cells, so healthy donors do not develop anemia.

Myth 7: Women are too delicate to donate.

Fact: Women with normal hemoglobin and good health can donate safely, just like men.

Myth 8: You will fall sick after donating.

Fact: Blood donation does not cause illness. In fact, basic health screening is done before donation.

Myth 9: Regular donation causes weight gain.

Fact: Donation does not cause weight gain. Overeating afterward might.

Why It Matters

One unit of blood can save up to three lives. Regular voluntary donation keeps blood banks ready for those in urgent need.

Safe Scientifically monitored Life-saving

Blood donation is not a loss — it is a gift of life.
 Donate Blood. Save Lives. Spread Awareness.

In the demanding world of obstetrics and gynecology, finding a balance between surgical precision and genuine empathy is a rare gift. Dr. Aastha Gandhi, MS Gynecologist and owner of Elite Hospital in South Bopal, embodies this balance. With a career spanning over a decade, Dr. Aastha Gandhi has not only brought thousands of lives into the world but has also dedicated herself to advancing women's health in Ahmedabad.

A Legacy of Care

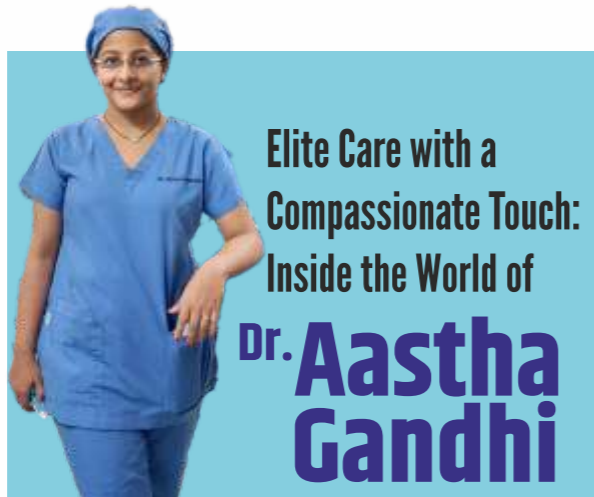
For Dr. Gandhi, medicine was not just a career choice - it was a calling inspired by the best in the field. Her mother Dr. Heena Mashkariya, a renowned obstetrician with over 35 years of experience had served as both mentor and motivation.

"Watching how my mother managed her hospital, her work and her family life with three siblings is still a surprise to me," Dr. Gandhi shares. "The day I took admission in MBBS, I was very sure that I wanted to be an Obstetrician and Gynecologist".

Beyond the Operating Room

Dr. Gandhi's professional portfolio is impressive, boasting over 10,000 successful deliveries and more than 2,000 laparoscopy surgeries. However, her true passion lies in delivering holistic care.

When asked about the challenges of being a female doctor in a demanding surgical field, Dr. Gandhi emphasizes the emotional rewards. "Gynecology demands that you be present at any minute of the day. But I enjoy delivering happiness. When I see those little smiles, those giggles, it makes my day".



Elite Care with a Compassionate Touch: Inside the World of Dr. Aastha Gandhi

Championing Women's Health

As a vocal advocate for women's wellness, Dr. Gandhi highlights three critical phases of a woman's life that require more attention and less stigma: menstrual hygiene, postpartum care and menopause.

On Menstruation: Dr. Gandhi urges young girls to ignore myths and focus on health. "Till 18 years, menstruation can be irregular. Rushing to get medicines or comparing issues with others is the wrong thing to do. The hormonal axis matures at 18".

On Postpartum Wellness: Stressing the importance of family support, Dr. Gandhi notes that "Every mother thinks best for the child. What she does for the baby should be appreciated. If she needs a break, her husband should take over. That is very mentally supportive".

Message to Future Physicians

For women entering the surgical field, Dr. Gandhi offers a poignant message: "This field demands compassion and empathy. If you are ready for that, it brings double happiness. You see the mother in extreme pain at one point and in the happiest state of her life at another. This is the only branch in which we tackle two lives at the same time".

At a Glance:

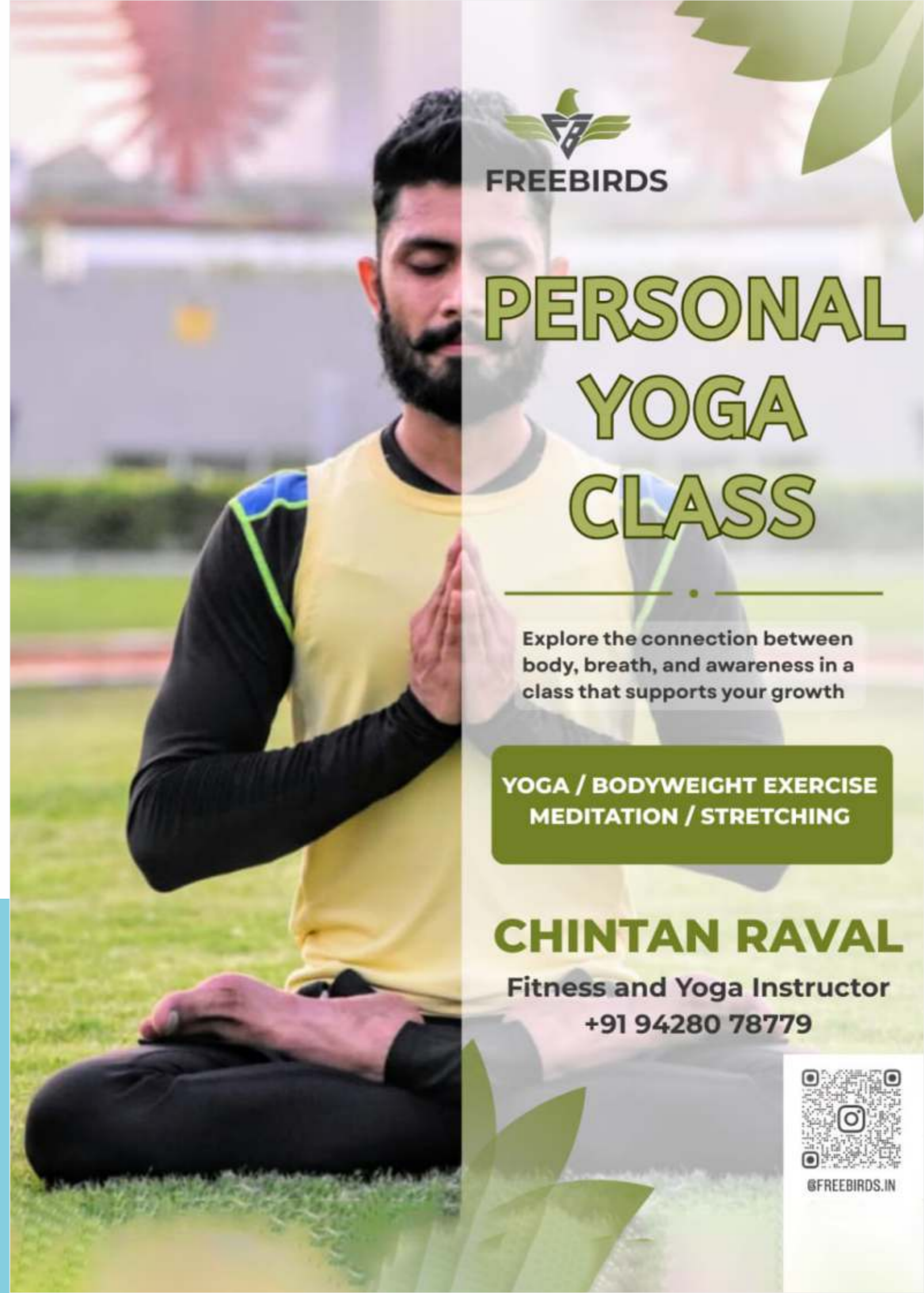
Dr. Aastha Gandhi

Specialty: Obstetrics, Gynecology, Infertility & Laparoscopy

Experience: 10 Years

Affiliation: Owner, Elite Hospital, South Bhopal

Quote: "Breast feeding is an art which is learnt eventually. Not all babies and mothers can acquire it from first day. Instead practice and right technique is the key."



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POOJA JOSHI

Famous Gujarati Television Actress

Redefining Stardom On Her Own Terms

For Glamour Mantra's March Edition, we go behind the lens with the Gujarati cinema darling to discuss her transition from biotechnology to the silver screen, her disciplined upbringing, and life as one half of a powerhouse industry couple.

A Nomadic Childhood & The Gift of Discipline

Born in the bustling heart of Mumbai into a Gujarati family, Pooja's early years were anything but static. As the daughter of an Indian Air Force officer, her childhood was a vibrant tapestry of Indian cities - from the hills of Ooty to the historic lanes of Agra and Delhi. "My schooling was fascinating," she reflects. "Changing schools and cities every year transformed me from an extreme introvert into an extrovert. I learned the art of bonding with people quickly".

This defence background instilled a non-negotiable trait: precision. Whether it's a high-fashion shoot or a film set, Pooja is famously punctual. "Discipline, to me, is time management," she says. "If I give someone a time, I am there".

The Accidental Actress

Pooja's entry into glamour was serendipitous. While pursuing a degree in Biotechnology at Mithibai College, a chance encounter in a college lift with a producer led to an audition for Channel V's **The Buddy Project**. "I had zero knowledge of acting," she admits. However, the experience was transformative. After completing her graduation—a prerequisite from her parents—she dived headfirst into the industry, leading iconic Gujarati serials like **Kumkum Na Pagla Padya** before making her mark in Hindi television with **Kaal Bhairav Rahasya**.



The Silver Screen Transition

While television remains her "first love," Pooja finds the cinematic process deeply rewarding. "TV is a marathon of long hours and constant script changes that can become stagnant," she explains. "Films however, give you that vital month of workshops to build a character from day one".

Her most challenging portrayal to date remains 'Heer' in **Hothari Heer**. The role required navigating a complex emotional landscape of a small-town girl facing exploitation and the arduous journey of divorce. "Convincing the audience of Heer's pain was a massive task, but it's the work I am most proud of".

Inspirations & Aspirations

When she isn't on set, you'll likely find this self-described "Hardcore Reader" lost in a library or indulging her inner Shopaholic". Her professional

north star is Alia Bhatt, whose career trajectory and character choices she deeply admires - particularly in **Jigra** and **Gangubai Kathiawadi**.

As for the future? Pooja dreams of playing a pilot, a nod to her father and brother's profession. "If I weren't an actress, I'd be in the cockpit," she smiles.

Love & The Industry Equation

Following her high-profile wedding to actor Malhar Thakar in November 2024, Pooja notes that life remains grounded. The secret to their harmony? A foundation of a three-year friendship and a mutual understanding of the industry's "unconventional hours".

"Having a partner from the same industry makes life easier," she notes. "Malhar understands the 12-hour shifts and the exhaustion. We make it a point to spend at least one hour every night just talking, no matter how late we finish".

The Road Ahead

Fans can look forward to a busy spring and summer for the star. Her film **Vaaki Chuki Love Story** is set for an April release, followed by the highly anticipated "**Chutney**" in the summer.

If her life were a movie, she'd title it Self-Made - a fitting tribute to the only actress in a family of pilots who navigated her own way to the stars. For Pooja Joshi, *the journey is just beginning*.



Standout Design Voices

Burberry

A study in heritage redefined. Classic trench silhouettes were deconstructed into lighter, summer-ready iterations, paired with fluid tailoring and muted palettes that whispered sophistication.

Simone Rocha

Romantic yet rebellious, Rocha's collection blended ethereal fabrics with structured silhouettes a poetic tension between delicacy and strength.

Richard Quinn

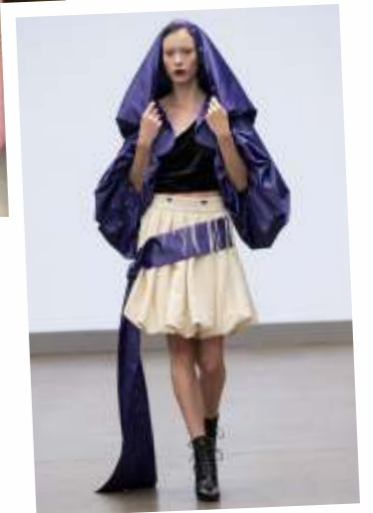
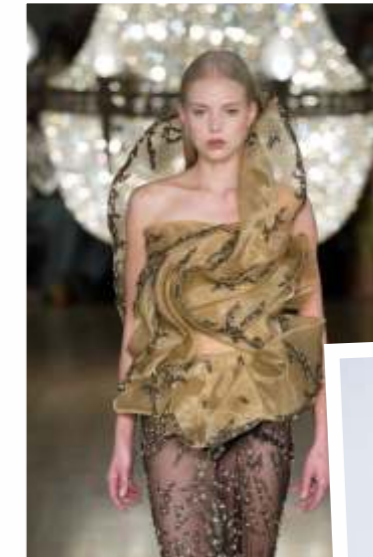
Bold florals, dramatic volume, and high-impact glamour reaffirmed Quinn's position as London's master of theatrical luxury.

British Fashion Council

Under its renewed leadership vision, the BFC reinforced London's global relevance by amplifying emerging designers alongside heritage houses a curated balance of legacy and future.



Designer
Juan-Juan Xu



The Luxury Mood of the Season

London's SS26 runways were less about fleeting trends and more about intentional elegance. Designers leaned into craftsmanship, sustainability, and narrative storytelling. There was a palpable shift toward pieces designed not just to be worn, but to be collected.

From impeccably cut linen suits to sheer organza gowns floating down industrial catwalk spaces, the season celebrated confidence without ostentation. It was understated power dressing for a new generation.

London Fashion Week Spring/Summer 2026



Etnik Shala Fashion Designer

Unfolded from September 18 to 22nd September, 2025, ushering in a defining new chapter for British fashion. This season marked the inaugural showcase under the leadership of British Fashion Council CEO Laura Weir a moment that signaled both renewal and refined direction for the industry.

With a distinct 'designer-first' philosophy at its core, the season celebrated creative authority and craftsmanship. The revitalized strategy translated into an 18% expansion of designers on the official schedule, reinforcing London's position as a global epicenter of innovation, avant-garde expression and emerging luxury talent.

From sculptural tailoring to fluid summer silhouettes, the Spring/Summer 2026 catwalks presented a masterclass in modern elegance. Below, we spotlight the most compelling runway moments captured during this remarkable season at London Fashion Week.



sona



The Defining Aesthetic of SS26

Spring/Summer 2026 delivered a masterclass in modern refinement:

- Fluid tailoring softened with architectural precision
- Sheer layering & tactile transparency creating movement and lightness
- Sculptural outerwear reimaged for summer dressing
- Muted neutrals punctuated by bold statement hues
- Elevated craftsmanship with visible hand-finished detailing

The collections balanced restraint with quiet drama — proving that luxury today lies in detail, cut, and confidence rather than excess.

Rooted in Faith, Driven by Story: Aastha Productions' Digital Journey –

Drushma Doshi

What inspired the start of Aastha Productions?

Aastha Productions began not as a calculated business move, but as an emotional leap of faith. Inspired by the simplicity and relatability of digital platforms like The Viral Fever, the founders noticed a clear gap—no Gujarati OTT platform was investing in original web series. Instead of waiting, they created their own path, beginning with **Bas Cha Sudhi**, a heartfelt series rooted in everyday Gujarati life.

What does “Aastha” represent in your storytelling?

“Aastha” means faith—and that belief defines every project. Their stories aim to strengthen faith in God, relationships and oneself. For them being culturally rooted is not about stereotypes but about emotional honesty and relatability.

Why choose Ahmedabad over Mumbai?

Staying in Ahmedabad was intentional. Beyond affordability, it offers authenticity. The city's warmth and grounded energy naturally shape their storytelling style simple, familiar and emotionally real. They believe strong stories can emerge from where you truly belong.

What made Bas Cha Sudhi so relatable?

Aastha Productions continues to build a creative legacy – story by story, with courage and conviction.

The answer lies in “Cha.” In Gujarat, tea symbolizes connection. Over chai, people fall in love, resolve conflicts and share dreams. The series captured this emotional simplicity, reflecting real college conversations, friendships and heartbreaks.

How has your content evolved over time?

Post-pandemic digital growth pushed them to raise production standards – improving cinematography and sound while deepening narratives. Even in thrillers like **Kokila Case** and **Satya**, emotional truth remains central.

Why was YouTube your primary platform?

YouTube allowed direct audience interaction. Viewer feedback influenced story directions, making storytelling a live conversation rather than a one-way broadcast.

What is your long-term vision?

Expansion into OTT and broader markets is part of the plan – but only with the right preparation and quality. Their belief remains simple: growth must be rooted in faith, discipline and emotional honesty.



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The Prismatic Pulse:

Gemstone Trends Redefining 2026 Luxury

In the ever-evolving theater of high fashion, we are witnessing a shimmering coup d'état. After years of the "quiet luxury" aesthetic—defined by sterile gold bands and invisible diamonds—the pendulum has swung back toward the vibrant, the visceral, and the volcanic. Welcome to the era of the Prismatic Pulse, where gemstones are no longer mere accessories; they are the heart of the ensemble.

The Big Four: A Renaissance of Royalty

While the market consistently looks for the "next big thing," 2026 has reclaimed the throne for the classics: Emeralds, Sapphires, Rubies, and Diamonds. However, the way they are being worn has undergone a radical transformation.



The "Uncut" Aesthetic: Move over, precision brilliance. The trend today leans toward organic, raw, and "imperfectly perfect" cuts. Designers like Mirari and Saint Laurent are showcasing stones that retain their natural crystalline structure, celebrating the "fingerprint of nature" over laboratory symmetry.

The Deep Green Dominance: Emeralds are currently the market's darling. Representing growth and renewal, they are being paired not just with evening gowns, but with oversized monochromatic blazers and minimalist streetwear to provide a sharp, intellectual pop of color.

The Rise of the "Mood-Shifters"

If there is one stone capturing the digital-savvy generation, it is the Alexandrite. Known as "emerald by day, ruby by night," its color-changing properties align perfectly with our desire

for transformative fashion.

The Use Case: These gems are trending in "East-West"



mysterious teals to deep purples as the ballroom lighting changes.

Sustainability: The New "Grade" of Gem

The modern Glamour Mantra reader is as conscious as they are chic. The market has seen a 40% surge in the demand for ethically sourced and lab-grown gemstones. * The Trend: Lab-grown sapphires and rubies are no longer seen as "alternatives" but as a deliberate choice of "Conscious Opulence." High-fashion houses are increasingly transparent about their supply chains, making "Traceable Luxury" the most sought-after certification of the season.



settings (where the stone is mounted horizontally) for a sleek, contemporary look. They serve as the ultimate conversation starter at gala dinners, shifting from



Statement Brooches and Sculptural Silhouettes

Fashion runways in Paris and Milan have liberated the gemstone from the finger and the neck.

The Brooch Revival: Gem-encrusted brooches are being seen everywhere—pinned to silk scarves, woven into intricate updos, or even placed on the lapel of a denim jacket.



Maximalist Stacking: The trend of "more is more" is back. We are seeing mixed-metal stacks where champagne diamonds are paired with smoky neutrals like moonstones and citrine to create a "warm-earth" palette that complements the Pantone Color of the Year, Mocha Mousse.

Healing Meets Haute Couture



The intersection of wellness and fashion is a trend that shows no sign of fading. Gemstones like Amethyst (for mental peace) and Yellow Sapphire (for success) are being integrated into "Amulet Jewelry."

How to Wear It: Modern spiritual jewelry has shed its "boho" skin. It now appears as sleek, 18k gold geometric pendants and minimalist cuffs, allowing the wearer to carry the "energy" of the stone without sacrificing a high-fashion silhouette.

EDITORIAL VERDICT

In 2026, the trend is Authentic Self-Expression. Whether you are investing in a rare Tanzanite heirloom or a contemporary lab-grown cocktail ring, the goal is to let the stone tell your story. Gemstones are the exclamation point of an outfit—and this season, the world is speaking in bold, brilliant colors.

Style Tip for the Mantra Reader: Pair a vibrant emerald choker with a crisp white shirt and wide-leg trousers for a look that screams "Sophisticated Power."



Stirring Legacy with Simplicity

Afreen Qureshi

and the Art of Preserving Awadhi Heritage

For Afreen Qureshi, food has never been merely sustenance — it is memory, identity, and inheritance gently simmered over time. Raised within a family deeply rooted in the celebrated traditions of Awadhi cuisine, she understood early that flavour carries emotion. Yet her entrepreneurial journey began not in a corporate boardroom, but in her own kitchen — in a quiet moment of reflection.

Despite her love for authentic Awadhi cooking, Afreen found herself facing a modern paradox: the desire to preserve tradition amidst the constraints of time. The elaborate layering of spices, precise ratios, and slow-cooked techniques that define royal Awadhi fare often felt daunting within the rhythm of contemporary life.

“The question stayed with me,” she reflects. “Why must something so comforting feel so inaccessible?”

With an academic foundation in Food Technology and professional exposure across food operations and brand strategy, Afreen possessed both scientific insight and strategic clarity. Later, while pursuing her MBA in Entrepreneurship and Innovation from Delhi Technological University, her ambition evolved from contributing to established systems to creating something

deeply personal.

Her defining moment arrived through observation. Watching customers at Alkauser Foods carefully pack kebabs and gravies to carry abroad, she recognized that what they were preserving was not just food — it was belonging.

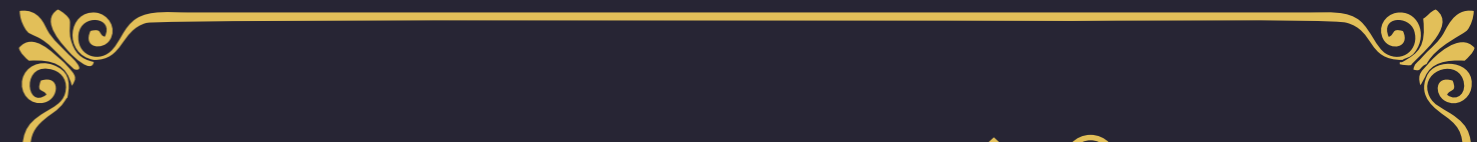
“Suitcases were filled with more than meals,” she says. “They carried nostalgia.”

From that realization, Alkauser Spices was born — not as a conventional spice label, but as a curated heritage experience. Each blend intelligently distills the intricate architecture of Awadhi cuisine into refined, precisely balanced compositions. It is not simplification, but thoughtful structuring — preserving authenticity while embracing practicality.

“Luxury, to me, is effortless without compromise,” Afreen shares.

Today, Alkauser Spices stands as a bridge between past and present — enabling kitchens from Delhi to Dubai, London to New York to recreate the depth of royal Awadhi flavours with confidence and ease.

“If someone, anywhere in the world, can open a box and feel closer to home,” Afreen says softly, “then we have honoured something far greater than a recipe.”



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Recipe

Dal Makhani

The Velvet Black Lentil Dream

Slow-Cooked Overnight **Cook Time:**
Punjab's Most Beloved Dish 90 minutes–3 hours
Prep: Soak overnight **Serves:** 6

Ingredients

The Lentils:

- 1 cup (200g) Whole urad dal (Black lentils / Sabut Urad)
- ¼ cup (55g) Rajma (Red kidney beans)
- 4 cups Water for pressure cooking

The Makhani Masala:

- 3 tbsp Pure unsalted butter (+ more to finish — be generous!)
- 2 tbsp Ghee (clarified butter)
- ½ cup Finely chopped onions
- 1 tbsp Ginger-garlic paste
- 1 cup Tomato purée (fresh or bottled)
- 1 tsp Kashmiri red chili powder
- 1 tsp Garam masala
- 1 tsp Sea salt
- 1 tbsp Kasuri methi, crushed
- ½ cup Heavy cream (plus more for garnish)
- Whole spices: 1 black cardamom, 2 green cardamoms, 1 bay leaf

For Dhungar Smoking (The Secret Royal Touch):

- 1 small piece natural wood charcoal
- 1 tsp Ghee
- The Royal Method
- Soaking — The Foundation: Rinse urad dal and rajma thoroughly. Soak in 4 cups cold water overnight (minimum 8 hours). Well-soaked lentils are the cornerstone of creamy dal makhani.
- Pressure Cooking: Drain soaked lentils, add 4 fresh cups water and pressure cook on medium heat for 10 whistles (or Instant Pot: 20 minutes high pressure). Both the rajma and urad dal must be utterly soft — press one between your fingers and it must mash completely without resistance.
- Building the Masala: In a heavy-bottomed pot, heat ghee. Add black cardamom, green



cardamoms, and bay leaf — let them sizzle and bloom. Add onions and sauté on medium heat to a deep golden brown (7–8 minutes — do not rush this). Add ginger-garlic paste and sauté 1 minute until fragrant. Pour in tomato purée and cook 3–4 minutes. Add Kashmiri chili powder, garam masala, salt. Stir and cook until the masala turns thick and fragrant and oil begins to separate (5 minutes).

- The Long, Slow Simmer: Lightly mash the cooked lentils and add them with all their cooking water to the masala pot. Add 1 cup hot water. Stir well. Now — lower the heat to the absolute minimum. Slow cook for 90 minutes, stirring every 10–15 minutes, adding hot water as needed to prevent sticking. The longer and slower you cook, the more divine the flavour. Traditionally, the best restaurants cook for 8–12 hours.
- The Finishing: Crush kasuri methi between your palms and add. Pour in the heavy cream. Cook 10 more minutes. Finally, stir in butter generously — at least 3 tablespoons. Turn off heat.
- Dhungar — The Smoky Royal Secret: Place a small foil cup in the center of the dal. Using tongs, heat a piece of natural wood charcoal over direct flame until glowing red. Place in the foil cup, pour ½ tsp ghee over it — you'll see fragrant smoke rise instantly. Cover the pot and allow to smoke 3–4 minutes. This is the ancient dhungar technique that gives restaurant dal makhani its legendary smoky depth.
- To Serve: Ladle into a deep bowl, swirl cream on top, add a dollop of cold butter. Garnish with a thin green chili. Serve with garlic butter naan or fluffy basmati rice.

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The Culinary Rescuer

When Gourmet Dreams Derail - And How to Salvage Them with Style

Even the most composed kitchens witness moments of chaos. A heavy hand with salt. A temperamental sauce. A distracted second that leaves a pot scorched.

Before you surrender your creation to the bin, pause. Precision — not panic — is the true mark of culinary sophistication.

Q: My sauce is overwhelmingly salty. Is it beyond saving?

The Rescue:

Over-salting is rarely fatal. Instead of thinning the sauce with water (which weakens character), rebalance it. Introduce acidity — a squeeze of fresh lemon, a splash of apple cider vinegar, or even a touch of tomato purée. Acid doesn't remove salt; it redirects the palate's attention.

For robust dishes like stews or curries, submerge a peeled potato or a small ball of dough briefly into the pot. These absorb excess salinity subtly before being removed. Another refined fix? A drizzle of cream to soften sharp edges.

Q: My emulsion has separated. Why does it look fractured?

The Rescue:

When a sauce such as Hollandaise or vinaigrette “breaks,” it simply means the fat and liquid have fallen out of harmony — usually due to excessive heat or hurried whisking.

To restore unity, begin anew. In a clean bowl, whisk a teaspoon of warm water or a fresh egg yolk, then slowly stream the separated mixture into it while whisking continuously. The gradual incorporation rebuilds structure and sheen. Patience is the secret ingredient.



Q: I've scorched the base of my dish. Is the damage irreversible?

The Rescue:

Resist the instinct to stir. That motion spreads bitterness. Instead, gently transfer the unaffected portion into a new pot without scraping the base.

If a faint smoky note lingers, add a neutral starch — a slice of bread works beautifully — and let it sit briefly before discarding. A subtle touch of sweetness, such as a hint of honey, can also soften residual sharpness.

Q: Why do my vegetables steam instead of caramelize?

The Rescue:

The culprit is often overcrowding. When vegetables are packed too closely, moisture accumulates, creating steam rather than the golden crust achieved through the Maillard reaction.

Cook in batches. Allow space. Ensure the pan is properly heated before introducing ingredients. A confident sizzle signals success.

Elevate Your Kitchen Vocabulary

The Glamour Mantra Glossary

Everyday Phrase	Refined Expression	Meaning
To taste	To refine the flavor profile	Adjusting salt, acid, or spice for balance
Soggy	Lacking structural integrity	When texture collapses
Burnt residue	Fond	Caramelized bits that enhance flavor
Mixing	Integrating	Blending elements into cohesion
Chopping prep	Mise en place	Preparing all ingredients before cooking begins

Print Feature Idea

The “Emergency Pantry” Edit

Three essentials that rescue almost any culinary mishap:

- Heavy Cream – Softens salt and heat
- Fresh Lemons – Brightens and balances
- Honey – Counteracts bitterness and sharp acidity

The Golden Rule

Heat is not merely a setting — it is a strategic instrument. Master it, and even mistakes become masterpieces



Pratishtha Srivastava

Co-founder at Siara Hotel & Resorts.

Recrafting Modern Hospitality With Heart & Vision



What inspired you to start Siara Hotels & Resorts?

Siara was born from the belief that hospitality should feel personal, not transactional. With backgrounds in operations and people management, we learned that guests remember how you make them feel more than the facilities you provide. That insight shaped our philosophy - warm service, thoughtful design and meaningful experiences.

What were the biggest early challenges?

Building credibility in a competitive market was tough. We focused on consistency, guest feedback and hands-on leadership. By staying present on the ground and listening carefully to both teams and guests, we earned trust organically.

What were the biggest early challenges?

Building credibility in a competitive market was tough. We focussed on consistency, guest feedback and hands-on leadership. By staying present on the ground and listening carefully to both teams and guests, we earned trust organically.

How do you balance creativity and business strategy?

Creativity differentiates us and strategy sustains us. We welcome innovative ideas - from room concepts to guest engagement - but evaluate each through feasibility, scalability and long-term brand value.

Women & Leadership

To Pratishtha Shrivastav: What perspective do you bring as a woman co-founder?

I bring a people-first lens rooted in empathy and emotional intelligence. Decisions aren't just about numbers - they're about team morale, guest comfort and long-term relationships.

Challenges as a female leader?

Early on I had to work harder to be taken seriously. My advice to women: be confident, stay informed and claim your space. Your perspective is your strength.

How do you ensure diversity and inclusion?

We promote equal opportunities, flexible policies and mentorship. Leadership is based on capability, not gender.

Work Culture & Growth

How do you support young talent?

Through training, exposure and real responsibility. We encourage ownership and fresh ideas.

Key leadership qualities in hospitality?

Empathy, adaptability, communication and calm decision-making under pressure.

A proud team moment?

Watching a front-desk associate grow into a supervisory role through dedication and learning.

Innovation & Vision

How does Siara Hotels & Resorts innovates guest experience?

Through personalized service, tech-enabled systems and local cultural integration.

Plans for female travellers?

Enhanced safety features, women-friendly amenities and business-ready spaces.

Sustainability approach?

Energy efficiency, local sourcing and community engagement guide our expansion.



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Final Thoughts

We believe hospitality is more than service - it's leadership, emotional intelligence and human connection working seamlessly behind the scenes.

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Mr. Anoop Kumar
General Manager

Siara Styles Amba Suites

“Where Every Stay Feels Special”

Located in the heart of Gandhinagar, **Siara Styles Amba Suites** offers a perfect blend of comfort, convenience and calm. Just 12 km from Mahatma Mandir, 15 km from Akshardham Temple and 18 km from Sardar Vallabhbhai Patel International Airport, the hotel ensures seamless connectivity while offering a peaceful retreat away from city rush.

Designed with a modern yet welcoming aesthetic, the hotel creates a space where guests feel relaxed, secure and truly at home. Whether travelling with family on a business trip or attending a celebration, every stay is thoughtfully curated for comfort and safety.

Each room is equipped with air-conditioning, free Wi-Fi, private bathrooms, spacious wardrobes, kitchenettes and dedicated work desks - ideal for both short visits and extended stays. The serene ambience and beautifully maintained garden area add a refreshing charm to the experience.

For corporate guests, the hotel provides hi-tech boardrooms and well-equipped banquet spaces with in-built AV systems - perfect for conferences, meetings and social events. From birthdays to business gatherings, the team ensures seamless coordination and personalized setups.

With a 24-hour front desk and a professionally trained team focused on caring service,

Siara Styles Amba Suites delivers a premium experience at exceptional value. By investing in quality, smart operations, and guest comfort rather than unnecessary luxury, the brand maintains its promise of *“Best Value for Money.”*

Under the growing umbrella of Siara Hotels & Resorts, the vision is clear - to expand thoughtfully while enhancing guest experiences through modern amenities, smart technology and genuine hospitality.

Comfort. Cozy. Care.

At Siara Styles Amba Suites, every detail is designed to make our guests feel truly special. As the General Manager, Mr. Anoop Kumar, often says, *“Memorable stays begin with heartfelt service.”*



Founded by experienced hoteliers with a legacy built on excellence, Siara Hotels & Resorts is committed to building India's most trusted and guest-centric mid-market hotel chain

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Asset Management



Franchise Management

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Siara Styles Amba
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Sparrow Hotels
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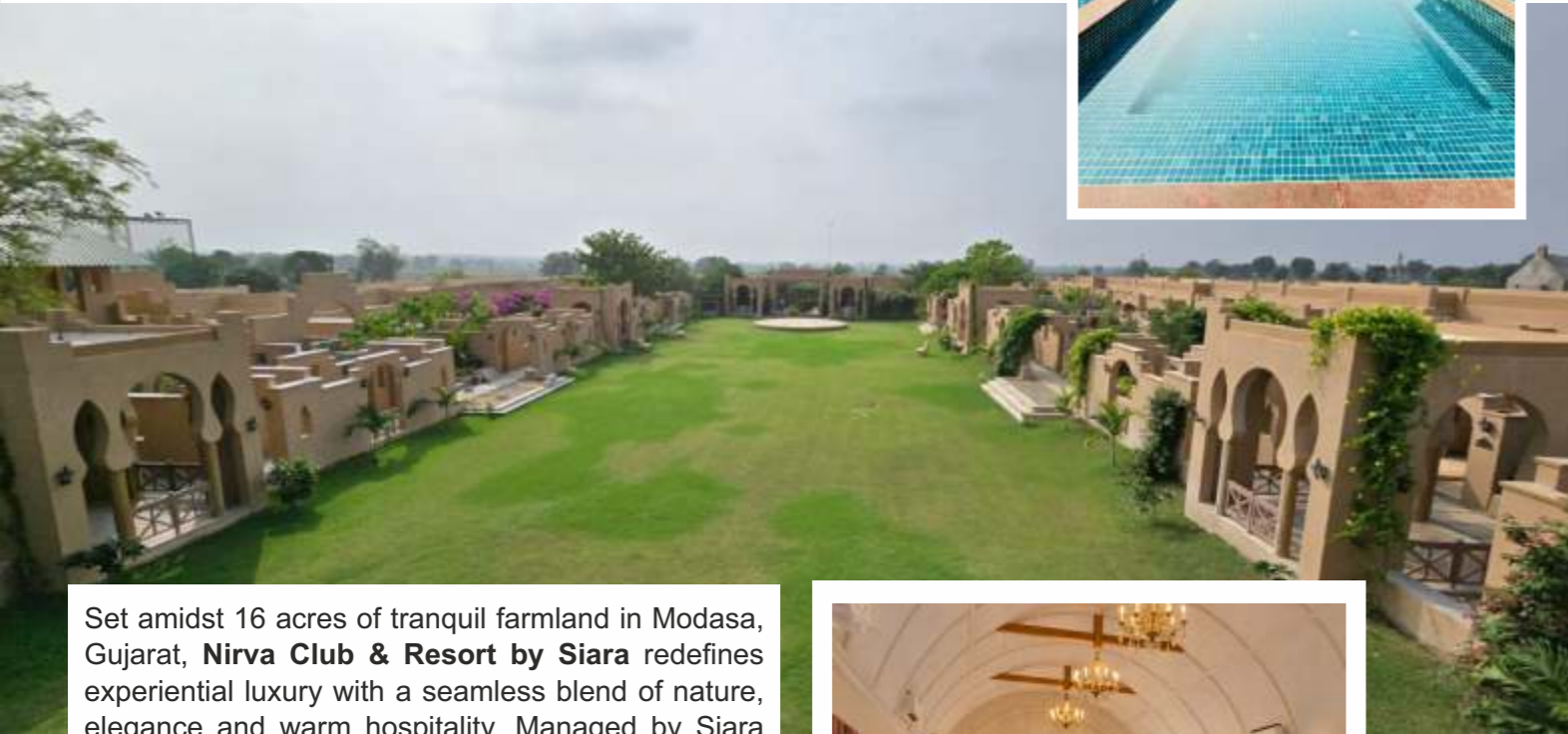
NIRVA CLUB & RESORT BY SIARA

Where Serenity Meets Sophisticated Celebration



NIRVA
CLUB & RESORT
by Siara

A Unit Managed by
Siara Hotels & Resorts



Set amidst 16 acres of tranquil farmland in Modasa, Gujarat, **Nirva Club & Resort by Siara** redefines experiential luxury with a seamless blend of nature, elegance and warm hospitality. Managed by Siara Hotels & Resorts, this premier destination features 62 thoughtfully designed rooms with private courtyards, vibrant multi-cuisine dining, expansive celebration lawns, grand banquet spaces and premium recreational facilities including a pool, café, gym and sports courts.

Rooted in the philosophy of *Peaceful, Elegant, and Welcoming*, Nirva Club & Resort is more than a resort — it is a lifestyle retreat crafted for weddings, corporate gatherings and rejuvenating escapes. The ambience is serene yet refined, offering guests a space to disconnect from routine and reconnect with meaningful moments.

Guests consistently celebrate its charm. Wedding photographer Akash Sadhu describes it as “a beautifully maintained property with scenic backdrops that create magical memories,” while Neeta Parmar calls her stay “tranquil, stress-free, and brilliantly hosted.”

At Nirva Club & Resort, luxury is understated, service is heartfelt and every celebration unfolds with effortless grace - making it Aravalli's most distinguished destination for unforgettable experiences.



Mr. Jitendra Jha
General Manager

“Nirva Club & Resort by Siara is nestled in nature's embrace. We craft unforgettable weddings and soulful escapes, where impeccable service and breathtaking landscapes create timeless celebrations for every guest.” — Jitendra Jha, General Manager

A premier destination set amidst 16 acres of serene farmland in Modasa, offering 62 well-appointed rooms with private courtyards, multicuisine dining, café, luxurious banquets, expansive lawns for grand celebrations, and premium recreational facilities. Ideal for weddings, corporate events, and peaceful getaways.

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Hotel Prarambh

by Siara

Where Celebrations Come Alive & Every Flavour Tells a Story

Ideally located in Nadiad — 57 kms. from Ahmedabad, 21 kms. from Anand and 59 kms. from Vadodara — Hotel Prarambh by Siara with 19 elegantly designed rooms is the perfect venue for guests, events that deserve to be remembered and meals that linger on the palate.

Prarambh

— BY SIARA

Nadiad

A New Beginning in Refined Hospitality

Inspired by its name, Prarambh — meaning “a new beginning” — **Hotel Prarambh by Siara, Nadiad** is thoughtfully designed to mark life's special moments with comfort, elegance and warmth. Whether it is a wedding celebration, a business engagement or a peaceful getaway, every stay here begins with intention and grace.

The hotel stands apart not merely through luxury but through heartfelt hospitality. Its calm, refined interiors, balanced lighting and uncluttered aesthetics create an atmosphere of mindfulness and quiet sophistication. Each room offers a gentle pause from the outside world - a space to breathe, reset and rejuvenate.

Dining at Hotel Prarambh reflects a harmonious blend of traditional flavours and contemporary finesse, offering guests an experience that is both



Mr. Tushar Chouhan
General Manager

comforting and elevated.

The versatile banquet spaces host weddings, social gatherings and corporate events with seamless precision, transforming milestones into timeless memories.





As the General Manager, Mr. Tushar Chouhan shares, “We warmly invite guests to experience comfort, elegance and genuine hospitality — creating a welcoming destination for celebrations, business and family moments.”

Where Every Stay Begins Beautifully.

BANQUET AT HOTEL PRARAMBH

Your Grand Stage for Every Occasion

4,000 sq. ft. fully air-conditioned banquet hall for corporate and social events. A versatile space designed for meetings, celebrations, and grand gatherings.

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Where Tradition Meets Innovation on Every Plate

Prarambh Restaurant offers a fine dining experience with traditional and contemporary flavors. Crafted with fresh ingredients and warm hospitality, it's perfect for family meals, business lunches and celebrations.

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-  **Buffet Breakfast**
-  **Exclusive Mocktails**



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Redefining What's Possible

In an industry driven by movement, ambition, and vision, **Leena Sethi** stands tall as a powerhouse who has redefined success on her own terms. Her journey is not just about building a thriving travel empire — it's about resilience, reinvention, and relentless belief in herself.

The Beginning of a Dream

Leena's story began with a simple passion for travel. After completing a tourism course, she stepped into the industry as a Tour Executive at a travel agency. Yet, her heart was set on becoming a Tour Guide. Despite delivering exceptional performance, she faced bias from her boss — a challenge that tested her confidence but not her capability.

Then came the defining moment.

“You should believe the boss is always right,” the company head told her during a conversation.

That sentence didn't discourage her — it ignited something powerful. If the boss was always right, she decided, she would become the boss.

Taking the Leap

With the unwavering support of her family — especially her husband, who was then her boyfriend — Leena took her first entrepreneurial step. Marriage and motherhood came early, but they never diluted her ambition. Instead, they strengthened it.

But life had tougher lessons ahead.

Her husband was diagnosed with cancer. The pandemic struck. Debt accumulated. With a young child in her arms and responsibilities mounting, Leena found herself balancing survival and aspiration simultaneously.

She worked from the office with her baby beside her. She hit the gym to maintain her mental strength. She showed



up — for her family and for her dreams.

“It was tough, but I worked hard and kept growing,” she reflects. “I had to be present for my family, yet chase my dreams.”

Building an Empire

Today, Leena is the proud owner of a successful travel agency and has expanded her footprint into hospitality and finance. Her journey from employee to entrepreneur is a masterclass in perseverance.

She credits her strength to the women who shaped and surround her. “My mom taught me patience and hard work,” she says. “And my five girlfriends keep me going. We uplift each other as women.”

In her world, success is collective — not solitary.

Giving Back with Purpose

Beyond business, Leena's heart lies in service. Through Bholi Muskan Trust, she actively supports old age homes and orphanages.

“Giving back is just part of being human,” she says. “We all have so much; sharing with those who need it more is a basic instinct.”

For her, philanthropy is not an obligation it's instinctive compassion in action.

Lessons in Strength and

Relationships

Leena's journey hasn't only shaped her professionally; it has reshaped her understanding of relationships.

“Sometimes, people you do a lot for will hurt you,” she shares candidly. “Focus on genuine connections, not obligations.”

Each challenge has revealed a new dimension of her strength — as a mother, entrepreneur, friend, and woman.

“I'm a mom, entrepreneur, and friend — and I wouldn't trade it for anything.”

Living Life on Her Terms

Looking back, Leena is grateful for the storms. They taught her to adapt, prioritize, and believe in herself fiercely.

Today, she is passionate about empowering other women to take bold steps toward their dreams.

Her advice?

“Don't be afraid to take the leap. Trust yourself, uplift others, and stay true to your heart.”

Those who know her best see the impact she makes daily. “Seeing her balance life and business is motivating,” says a close friend. “She's a true example of what it means to live life on your terms.”

Leena's story is more than success — it is a testament to grit, grace, and the unstoppable power of self-belief.

Anshu Sharma

Guiding the way to justice



(Former Add. Civil Judge & Judicial Magistrate First Class, Gujarat Judiciary | Motivational Speaker | Practicing Advocate, High Court of Gujarat)

Ms. Anshu Sharma, a former Judge in the Gujarat Judicial Services, has served as an Additional Civil Judge and Judicial Magistrate First Class in the Gujarat Judiciary. Today, she continues her legal journey as a Practicing Advocate at the High Court of Gujarat while also helping and inspiring budding legal practitioners for judiciary. In this exclusive interaction, she shares insights on justice, cyber safety and empowering women through legal knowledge.

What inspired you to join the judiciary?

Judiciary was never just a career choice for me. It was a natural calling shaped by my upbringing. My father served as a Judge in the Delhi Judiciary, has been my biggest inspiration. During his tenure, I witnessed the immense trust and faith people placed in the judicial chair. Seeing the impact of his work and the respect attached to the office deeply motivated me. Additionally, coming from a family where many members are in the legal field further strengthened my inclination towards the judiciary.

As a former Judicial Magistrate, how have you seen the nature of crimes evolve, especially against women?

As a former Judicial Magistrate, I have observed that crimes against women are not a new phenomenon – women have long faced violence and harassment, not only in public spaces but also within the confines of their own homes. However, what has evolved significantly is awareness and reporting. Today more women are coming forward to report offences, which reflects greater legal awareness and societal support. This increased reporting is one of the reasons why crime statistics appear higher, but in many ways, it signals a positive shift toward empowerment and access to justice.

How serious is the issue of cyber crime against women today?

Cyber crime against women is extremely serious and rapidly growing. With increased digital presence, and in times of rising AI influence, women are facing offences such as online harassment, stalking, morphing of images, blackmail, identity theft and threats through social media and messaging

platforms. The virtual space often gives offenders a sense of anonymity, which emboldens such behaviour. Content on internet can spread instantly and remain online indefinitely, causing severe emotional, social and reputational harm.

What legal steps should a woman take if she becomes a victim of cyberstalking or online harassment?

If a woman becomes a victim of cyberstalking or online harassment, she should act promptly and systematically:

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What legal steps should a woman take if she becomes a victim of cyberstalking or online harassment?

If a woman becomes a victim of cyberstalking or online harassment, she should act promptly and systematically:

1. Preserve Evidence – Take screenshots of messages, emails, profiles, URLs, call logs, and any other relevant material. Do not delete the content, as it may be required for investigation.
2. Report on the Platform – Immediately block and report the offender on the concerned social media or digital platform.
3. File a Police Complaint – Lodge an FIR at the nearest police station or approach the Cyber Crime Cell. Cyber offences can be reported online through the National Cyber Crime Reporting Portal.
4. Relevant Legal Provisions – Such acts may attract provisions under the Information Technology Act, 2000 and the Bharatiya Nyaya Sanhita (BNS), including offences relating to stalking, harassment, defamation, criminal intimidation and transmission of obscene material.
5. Seek Legal Assistance – Consult a lawyer for guidance, especially if the matter involves blackmail, image misuse or threats.

Most importantly, she should not remain silent. Timely reporting not only helps in securing justice but also prevents further harm.

Do you believe current laws are equipped to deal with emerging threats like deepfake technology?

Current laws do provide a basic framework to address harms caused by deepfake's through provisions relating to impersonation, defamation, obscenity and privacy violations. However, due to the speed, sophistication and wide reach of deepfake technology, there is a clear need for more specific legal provisions and stronger digital enforcement mechanisms to effectively tackle this emerging threat. Additionally, proper and continuous training should be provided to investigating agencies so that they are better equipped with the technical skills and forensic expertise required to handle such complex cases effectively.

What message would you give to young women aspiring to enter the legal profession or judiciary?

My message to young women is that the legal profession and judiciary need your perspective, your sensitivity and your strength. Women understand ground realities in a unique way, especially issues that often remain unheard. Your presence on the Bench or at the Bar is not just personal success – it contributes to a more balanced and empathetic justice system.

Do not allow societal expectations, stereotypes or fear to hold you back. The path may demand extra resilience, but your determination can break barriers for many others. Step forward with confidence, invest in your knowledge and remember – when a woman rises in the judiciary, she inspires generations to come.

In one sentence, what does justice mean to you?

Justice to me, simply means doing what is fair and right, while ensuring that every person feels heard, valued, and treated with dignity.

Closing Note

From presiding over courtrooms to inspiring budding lawyers, Ms. Anshu Sharma continues to redefine the boundaries of legal service. Her journey reflects commitment, courage and a belief that justice extends far beyond the courtroom.

Women Law And Rights



Awareness as the First Step to Empowerment

In a society that is rapidly progressing, women continue to shoulder multiple roles—leaders at work, pillars at home, and changemakers in communities. Yet, despite constitutional guarantees and legal safeguards, many women remain unaware of the rights meant to protect them. Legal awareness is not merely information;

it is a tool that enables women to live with confidence, security, and dignity. The Indian legal system provides a strong framework to ensure equality and protection for women. The Constitution of India guarantees equal rights, freedom from discrimination, and the right to live a life of dignity. Over the years, specific laws have been introduced

to address challenges women face in their personal, professional, and social lives.

Laws addressing domestic violence, workplace harassment, marital cruelty, and financial security exist to protect women from abuse and exploitation.

These legal provisions recognize not only physical harm but also emotional, mental, and economic abuse issues that often go unnoticed or unreported. The law empowers women to seek protection, financial support, and justice without fear.

At the workplace, women are entitled to a safe and respectful environment. Legal mechanisms ensure accountability and provide a structured process for addressing grievances.

Similarly, laws related to maternity benefits, equal wages,

maintenance, and child welfare aim to ensure that women are not disadvantaged due to social or biological factors.

However, the presence of laws



alone is not enough. The real strength of any legal system lies in awareness and access. Many women hesitate to seek help due to lack of information, social pressure, or fear of judgment. This gap between

law and awareness often prevents justice from reaching those who need it the most.

Legal awareness empowers women to make informed decisions, stand up against injustice, and protect not only themselves but also future

generations. When women know their rights, they are better equipped to break cycles of silence and dependency. From the moment she steps into education, employment, marriage, or motherhood, a woman is legally entitled to fairness and security. The Constitution ensures her right to equality, freedom from discrimination, and the right to live a life of dignity. These principles form the foundation of laws created to safeguard women in both personal and public spaces. Her rights protect her within the

home, recognizing that abuse is not limited to physical harm. Emotional, verbal, and financial exploitation are equally acknowledged by the law. In the workplace, her rights ensure a safe environment, respect, and protection from harassment, hesitate to assert their rights due to social conditioning, fear, or lack of awareness. Silence often becomes the greatest barrier to justice. Understanding her rights gives a woman the confidence to speak, seek help, and make informed



generations. When women know their rights, they are better equipped to break cycles of silence and dependency.

From the moment she steps into education, employment, marriage, or motherhood, a woman is legally entitled to fairness and security. The Constitution ensures her right to equality, freedom from discrimination, and the right to live a life of dignity. These principles form the foundation of laws created to safeguard women in both personal and public spaces.

Her rights protect her within the

allowing her to pursue her career without fear or compromise.

Financial independence is also a key aspect of her rights. Laws support equal pay, maternity benefits, maintenance, and protection against economic abandonment. In times of personal crisis such as separation or domestic conflict the law provides mechanisms to ensure her security and wellbeing, as well as that of her children.

Despite the presence of strong legal safeguards, many women

choices about her life.

Empowerment begins with knowledge. When a woman understands her rights, she gains the courage to protect herself and inspire others to do the same. Her rights are her voice, her shield, and her power.

A society truly progresses when every woman knows that the law stands with her—and that she is never alone in her fight for dignity and justice.

The Poetry of Becoming:
SHAGUN
AGARWAL'S
Inner Landscapes

In a culture that constantly seeks clarity, Shagun Agarwal invites us into ambiguity.

A multidisciplinary artist and trained psychologist, Shagun works at the delicate intersection of emotional inquiry and visual expression. Her canvases are not constructed to impress; they are created to be experienced. Each piece emerges from sensation before language — from quiet heaviness, restlessness, or stillness that asks to be witnessed rather than solved.

“There wasn't one dramatic moment,” she reflects on her journey. “I slowly realised my work was expressing things I didn't yet have words for.”

With formal training in Clinical Psychology, Shagun brings a rare depth to her practice. She understands that much of human experience lives beneath articulation — in memory, in the body, in subtle internal movement. Rather than analysing emotion, she allows it to unfold through material, repetition, rhythm, and form.

“The process feels less like making and more like listening,” she says. “If I stay with a feeling long enough, it reveals its own shape.”

Her art resists fixed interpretation. Instead, it creates space — for vulnerability, uncertainty,



and transformation. Identity, in her view, is not static but fluid, layered, and relational. This philosophy translates visually through evolving forms, circular rhythms, and compositions that feel alive rather than concluded.

“Becoming,” she shares, “is about giving yourself permission to be unfinished.”

Though her background in psychology informs her sensitivity, she draws a clear distinction between therapy and art. “Art can be therapeutic,” she notes, “but it isn't always about healing. Sometimes it's simply about honesty.”

What she ultimately offers viewers is not explanation, but resonance — a moment to pause and meet themselves.

“If someone finds a fragment of their own inner world in my work,” Shagun says softly, “that encounter is enough.”

In Shagun Agarwal's universe, creativity is not performance — it is presence. And within that presence lies the quiet luxury of truth.

“For me, art is not about answers. It is about sitting with feeling, allowing it to move, shift, and transform into something honest.”
 — Shagun Agarwal



Artisanal Alchemists:

Elevating the Modern Home with Heritage and Couture

In the realm of high-end design, the home is no longer just a living space—it is a curated gallery of one's soul. This season, two titans of Indian luxury, **Temple Town** and **Milaaya Interiors**, are redefining the "Statement Wall." By blending ancient woodcraft with couture embroidery, they are transforming cold surfaces into quiet storytellers of art and culture.

Temple Town: Walls That Breathe Tradition

Hailing from Thrissur, the cultural heart of Kerala, Temple Town presents a vision where furniture and walls exist in effortless harmony. Under their philosophy, an interior is a series of "art-led corners"—intentionally curated vignettes that pair handcrafted teak furniture with layered artworks.

The aesthetic is one of restrained elegance: botanical studies framed in warm wood and sculptural artifacts resting on finely carved consoles. Using earthy greens, natural whites, and rich wooden finishes, Temple Town creates a calm backdrop that allows art to take center center stage. Their commitment to "material honesty" ensures that every piece of responsibly sourced Indian teak acts as a canvas, aging gracefully and rooting modern living in time-honored techniques.



Milaaya Interiors: The Couture of Surfaces

If Temple Town provides the soulful anchor, Mumbai-based Milaaya Interiors provides the breathtaking tactile finish. Founded in 2019 by Gayatri Khanna, Milaaya brings the world of high-fashion embroidery into the architectural fold.

Known for bespoke embroidered surfaces, Milaaya transforms walls, ceilings, and room dividers into couture masterpieces. This year, they unveil a mesmerizing range of embroidered wallpapers and fabric panels. From lush tropical landscapes to intricate architectural geometries, these surfaces offer a depth and texture that paint simply cannot replicate. Each panel is fully customizable, allowing homeowners to drape their rooms in the same level of artistry found on a runway gown.



The Intersection: A New Era of Luxury

When the solid, artisanal excellence of Temple Town meets the intricate, embroidered artistry of Milaaya Interiors, the result is a space that transcends trends. It is a movement toward "Lived-In Elegance"—where negative space is as vital as ornamentation, and where every glance reveals a new nuance.

The Verdict:

For the modern connoisseur, luxury is no longer about mass-produced perfection. It is about the hand-finished surface, the recycled teak, and the custom stitch. Together, these brands offer a complete lifestyle from a modern Indian perspective—one where culture, craftsmanship, and contemporary design coexist in a symphony of style.

Directory

- Temple Town: Bespoke handmade furniture and complete interior design services based in Thrissur, Kerala. Specialist in recycled Indian teak and antique replicas.
- Milaaya Interiors: Mumbai-based specialists in luxury embroidered surfaces, wall coverings, and couture-inspired upholstery.

Nidhi Mehta

Architect of Entrepreneurial Ecosystems

“Where Entrepreneurship Meets Energy.”

Nidhi Mehta is a rare force where entrepreneurship meets purpose, and business blends seamlessly with soul. A serial entrepreneur from Silicon Valley with over twenty-three years of venture building experience across the USA, Singapore, and India, she has mastered the art of transforming simple ideas into scalable, high-impact businesses with enduring brand recall across both product and service industries.

An entrepreneur, investor, speaker, and host of India's leading podcast “8 Ounces of Inspiration,” Nidhi is deeply passionate about building businesses from the ground up—and knowing when to let them soar independently. People energize her, which explains her natural gravitation toward public speaking and community-building. At the core of her work lies a singular mission: enabling individuals to unlock their fullest potential and achieve economic autonomy through entrepreneurship.



A committed advocate of women's empowerment, Nidhi Mehta actively champions homemakers and women from diverse socio-economic backgrounds, guiding them into the world of micro and nano entrepreneurship. Her impact extends further as she trains, mentors, and supports refugee women, helping them rebuild their lives through economic independence, dignity, and renewed hope.

Beyond boardrooms and business plans, Nidhi's world moves to rhythm and breath. A trained danseuse, yoga instructor, choreographer, and fitness professional, she founded Stepz Dance Inc. in 2002 in the San Francisco Bay Area—now globally rebranded as BollyBeatz. What began in a

humble garage evolved into a thriving wellness movement, spanning multiple studios across seven cities, serving participants aged 21 to 82.

BollyBeatz redefined fitness by blending Bollywood dance, movement, and yoga into an inclusive, judgment-free experience. Entrepreneurs danced alongside engineers, homemakers alongside venture capitalists—united by movement, joy, and community. The brand grew over 200% in three years, entirely through word-of-mouth, with waitlists becoming the norm.

Today, BollyBeatz spans two continents, six cities, and a robust digital platform, delivering workshops and wellness experiences for leading global banks, multinational corporations, universities such as NTU Singapore, INSEAD, and Stanford, as well as organizations including EO, YPO, FICCI, Rotary, and government agencies worldwide.

For over twenty-three years, Nidhi Mehta has held space for transformation helping individuals reconnect with their bodies, quiet their minds, and rediscover joy through movement.

Many credit her classes with helping them emerge from anxiety, sadness, and emotional fatigue; others found lifelong friendships, and some even found love.

For Nidhi Mehta, every session is a reminder of gratitude of doing what she loves, and sharing that joy with the world. Her workshops are heartfelt, immersive, and unmistakably energizing. Engage BollyBeatz for your next event, and experience movement as celebration, connection, and liberation.

She will fly anywhere in the world to make you dance.

Dr. Minal Madhav is a Global Health Coach and Cellular Wellness Mentor



PhD in Clinical Biochemistry. Bridging the gap between rigorous science and practical living, she specializes in sustainable weight loss and holistic health through lifestyle modification. Her philosophy rejects crash diets and meal replacements, focusing instead on cellular nutrition, gut health, and the power of balanced, home-cooked meals.

Dr. Minal's approach is rooted in the belief that true transformation begins with a "simple YES" to consistent, small choices. She provides personalized one-on-one mentoring and structured nutritional plans designed for lifelong maintenance rather than temporary fixes. By addressing the root causes of wellness—from joint health to skin vitality—she empowers individuals to reclaim their health through scientific insight and empathetic guidance. Her mission is to prove that long-term vitality is achievable without extreme restrictions, one healthy habit at a time.

Dr. Tejasvini Seth: A Testament to Endurance

Dr. Tejasvini Seth, an Ahmedabad-based anaesthesiologist, recently made history by becoming part of only the second couple in India to complete the grueling 161-kilometer & Hell Race in Jaisalmer. Spanning the desert from Jaisalmer to the Longewala border, the race is a "Do or Die" tribute to Indian soldiers, forcing runners to endure temperatures that feel like by day and near-freezing winds by night.

Despite the "pitch darkness" and unsettling silence of the Thar Desert, Dr. Tejasvini displayed immense mental grit. Even after suffering a leg injury during the night, she drew inspiration from ultra-runner David Goggins to push through the pain. Supported by her family and nine months of rigorous training, she



finished the 100-mile challenge an hour ahead of her husband, proving that human willpower can turn a "hellish" ordeal into a heavenly triumph.



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Priyanka Bhardwaj:

The Power of Reinvention

In a world where identities often remain confined to a single role, Priyanka Bhardwaj embodies evolution. A choreographer, actress, influencer, entrepreneur, and CEO — her journey is not defined by titles alone, but by the courage to continuously transform.

Her story began with rhythm. As a passionate dance choreographer, Priyanka found her first expression through movement. Marriage and motherhood soon followed, bringing responsibility — but never restriction. Instead, they deepened her resilience.

“Marriage and motherhood gave me strength, not limitations,” she shares. “A woman can nurture her home and her dreams together — if she chooses courage over fear.”

Determined to grow, she dedicated five years to teaching, shaping young talent while refining her own creative voice. She later stepped into the beauty industry as a professional beautician, building financial independence with quiet determination. Each chapter prepared her for something larger.

Today, Priyanka commands a formidable digital presence over 3.5 million followers on Instagram, 2 lakh+ on Facebook, and a million-plus across Josh and Chingari. As an actress, she has featured in multiple Bhojpuri music albums and collaborated with leading brands through impactful digital campaigns.

Yet her ambition extended beyond performance.

As the CEO & Co-Founder of Antra Vinus Music Pvt. Ltd., alongside Managing Director Rahul Kumar, Priyanka has helped produce over 50 songs featuring prominent Bhojpuri and Bollywood artists. Her shift from artist to industry leader reflects strategic vision and



entrepreneurial depth.

“Growth means evolving,” she says. “I never wanted to be limited to one identity — I wanted to create my own.”

Priyanka Bhardwaj represents the modern Indian woman balancing family, fame, and business with confidence and clarity. Her journey is not merely about recognition; it is about reinvention.

“Dreams don't work unless you do,” she affirms. “And when you commit fully, nothing can stand in your way.”

A portrait of passion, power, and perseverance — Priyanka continues to rise, on her own terms.

Amrit Kaur

Raised in a Sikh family as the eldest daughter, Amrit Kaur's life has always been guided by the timeless Sikh principle of Seva—selfless service to humanity. From childhood, she was taught that helping others transcends religion, caste, or social status. This value system became the cornerstone of her personal and professional journey.

Professionally, Amrit built her career as a travel agent, while simultaneously exploring her passion for self-expression and leadership through beauty pageants. Her confidence, grace, and purpose-led mindset led her to remarkable achievements in 2020, when she was crowned **Mrs. India Perfectionist 2020** and **Mrs. India International Queen 2020**.

Winning these prestigious titles marked a turning point in her life. As she became a brand ambassador for several renowned companies, Amrit traveled extensively across different cities and interacted with women from diverse socio-economic backgrounds. During these interactions, she encountered a disturbing and recurring reality—most women were unaware of their legal rights. Many suffered silently, unsure of how to respond to injustice, harassment, or exploitation.

This realization ignited a stronger sense of responsibility within her and led to the formation of **Anokhi Sahayata Trust**.

The primary mission of Anokhi Sahayata is to empower women, children, and senior citizens—especially those from

Redefining Purpose Through Service and Social Responsibility

marginalized and vulnerable sections of society—by providing **free legal assistance and legal awareness**.

To strengthen this mission, the trust partnered with **Sumit Law Group**, led by **Advocate Sumit Chauhan**. Today, Anokhi Sahayata is supported by an esteemed legal panel of 20–25 highly qualified High Court lawyers who share a collective vision of justice and social welfare.

Together, Amrit Kaur and the legal panel began organizing **Free Legal Aid Camps**, where individuals could seek professional legal guidance without any financial burden. These camps primarily cater to abused women, helpless children, and neglected elderly citizens, educating them about their legal rights and the correct legal pathways to seek justice. The trust has been consistently organizing these legal aid camps every 4–5 months, creating a strong impact at the grassroots level.

While actively working within communities, Anokhi Sahayata Trust identified another deeply sensitive yet overlooked issue—thousands of people pass



away with no family or relatives to claim their ashes. As a result, their remains remain unattended in cremation grounds for years.

Moved by this painful reality, the trust took a compassionate pledge to ensure dignity even after death.

To date, **Anokhi Sahayata Trust** has respectfully carried the ashes of approximately 3,000 to 4,000 unclaimed individuals from various cremation grounds across Delhi to **Haridwar**, where their final rites were performed according to Hindu traditions. This initiative stands as a powerful testament to humanity, compassion, and respect for life beyond social boundaries.

Today, **Anokhi Sahayata Trust**, under the leadership of Amrit Kaur, continues to serve society with unwavering dedication. Her journey reflects that true leadership is not defined by titles or crowns, but by empathy, courage, and a relentless commitment to uplift the voiceless.



BEAUTY

The Aesthetic Edit: Mastering the Art of Beauty Redemption

In the high-stakes world of personal presentation, a single stroke of a brush or a misplaced drop of pigment can feel like a disaster. However, for the Glamour Mantra reader, a beauty blunder is simply an opportunity for a sophisticated pivot. From base-layer betrayals to architectural eyeliner errors, here is how to navigate the most common cosmetic complications with grace and professional precision.

Q: My foundation has lost its seamlessness and appears "cakey" or heavy. Is a total wash-off the only solution?

The Resolution: What you are experiencing is pigment congestion, often caused by a lack of dermal hydration or over-layering. Instead of adding more powder—which only highlights textural irregularities—reach for a botanical facial mist. A light veil of moisture reactivates the emollients in your foundation. Use a clean, damp beauty sponge to gently press the product back into the skin. This encourages dermal fusion, allowing the makeup to melt back into a second-skin finish rather than sitting on the surface.

Q: I've over-saturated my contour or bronzer, and the result looks "muddy" rather than sculpted. How do I fix the tone?

The Resolution: When you've crossed the line into tonal saturation, the instinct is to scrub. Resist this. Instead, utilize a diffusion technique. Take a clean, fluffy kabuki brush dipped in a trace amount of translucent setting powder. Using circular, outward motions, buff the edges of the bronzer. This acts as a "soft-focus" filter, blurring the harsh lines and sheering out the intensity until you achieve a natural, sun-kissed gradient.

Q: My winged eyeliner is asymmetrical, but I'm already running late. How do I achieve balance?

The Resolution: Perfection is the enemy of the editorial. If your lines aren't mirrored, transition the look into an intentional smudge. Use a dense, angled brush to soften the crisp edges of the liner, turning a technical error into a "lived-in" smoky aesthetic. If a sharp tail is non-negotiable, use a pointed cotton bud saturated with a silicone-based primer rather than makeup remover. The primer will erase the mistake without leaving a greasy residue that prevents your next layer from sticking.

Q: My lipstick has feathered into fine lines, ruining the lip's silhouette. How do I contain the bleed?

The Resolution: Migration usually occurs when the lip's perimeter lacks a structural barrier. To reclaim the shape, use a high-coverage concealer on a flat brush to "carve" the outer edges of the lips. This acts as an architectural cleanup, sharpening the border while hiding any staining. For future prevention, ensure you "prime the perimeter" with a colorless wax liner to create an invisible dam against pigment travel.

Q: I've applied too much blush and look flushed rather than radiant. What's the professional pivot?

The Resolution: Rather than wiping and risking a patchy base, use your foundation brush (the one you used earlier, which still carries a whisper of product). Lightly stipple over the apples of your cheeks. The residual foundation will act as a veil, "taming" the blush from beneath and creating a lit-from-within glow that looks far more sophisticated than a heavy-handed application.

EDITOR'S SELECT

THE 2026 REDEMPTION KIT

The Essential Indian Beauty Curations for High-Stakes Glamour



Kay Beauty Hydrating Foundation

The "Second-Skin" Skin Tints

2026 is abandoning mask-like foundations in favor of breathable, skin-fusing bases. The modern Indian complexion edit leans toward serum-infused formulas enriched with niacinamide, hyaluronic acid, and botanical actives that refine texture while delivering soft luminosity.



Forest Essentials Soundarya Radiance Cream Foundation



Mamaearth Glow Serum Foundation



Lakmé 9to5 Primer + Serum Foundation

Architectural "Reset" Mists

Today's setting sprays are climate strategists — designed to withstand Indian humidity, long celebrations, and high-heat environments. Think micro-fine diffusion that refreshes texture without disturbing base makeup.



Plum Green Tea Makeup Fixing Mist



Sugar Cosmetics Grand Finale Dewy Setting Mist

The Vibe: Dew restored. Base revived. Zero meltdown

Precision "Blur" Balms

Correction in 2026 is subtle and strategic. Instead of stripping makeup off, these blurring primers refine pores and mattify shine — even layered over foundation for touch-ups.



Kay Beauty Illuminating Primer



PAC Cosmetics Pore Primer

The Vibe: Seamless texture. Filtered finish. Editorial sharpness

In today's fast-paced world, stress and anxiety have quietly become part of everyday life. Our minds are often disconnected from the present moment—either replaying memories of the past or worrying about what lies ahead. In this constant mental movement, we forget the simple yet powerful art of living now.

When the mind clings to the past, it carries regret, emotional pain, and unresolved experiences. When it races toward the future, it creates fear, pressure, and uncertainty. Both patterns disturb inner balance and drain emotional energy. True mind healing begins the moment we gently bring our awareness back to the present.

Mind management is not about controlling every thought or forcing positivity. It is about becoming aware of our thoughts and learning to respond to them with calmness and clarity. Simple practices such as conscious breathing, silent sitting, and mindful observation help the mind slow down. Even a few minutes of deep, intentional breathing each day can significantly reduce stress and anxiety.

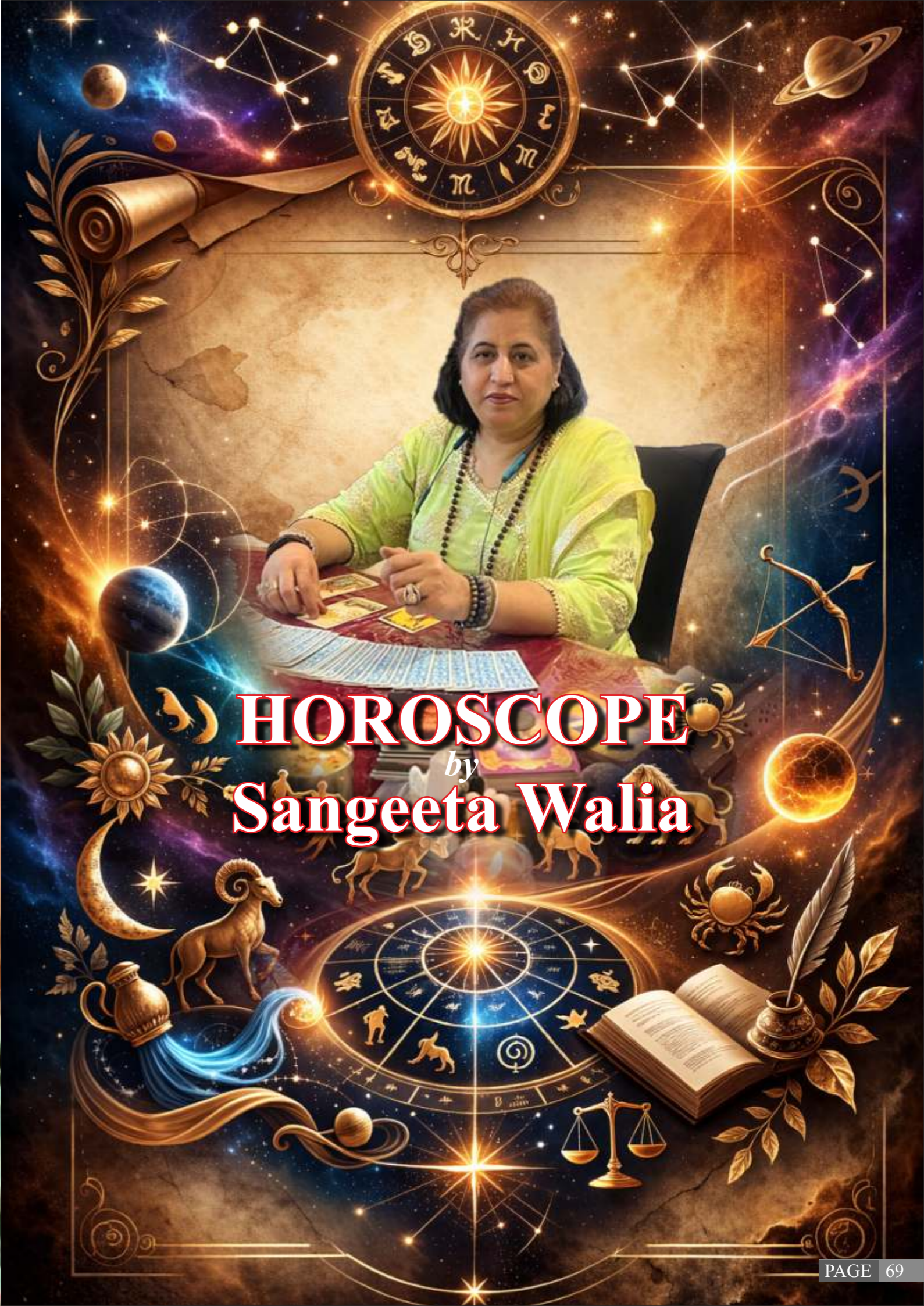
Thoughts carry energy. When the mind is filled with fear, anger, or confusion, this energy becomes unsettled. When we consciously choose calmer, more balanced thoughts, our inner energy begins to align with the natural rhythm of life. This alignment brings emotional stability, mental clarity, and a sense of balance from within.

Connecting with universal or creator energy does not require complex rituals or strict discipline. It begins with intention and awareness. Sitting quietly, cultivating gratitude, and trusting the flow of life allows us to tune into higher, calmer frequencies. This connection shifts our experience—from feeling overwhelmed to feeling supported.

Mind healing is a gentle and gradual process. It does not happen overnight. With patience and consistent practice, the mind learns to remain steady even during challenging situations. Over time, anxiety softens, stress becomes manageable, and inner peace begins to grow naturally.

Living in the present does not mean escaping responsibilities. It means handling life with awareness, balance, and clarity. When the mind is calm, decisions become clearer, emotions feel lighter, and life feels more harmonious.

For those seeking guidance in managing stress, anxiety, or emotional imbalance, Paramjeet Chaddha offers mind-healing and intuitive guidance with sensitivity, balance, and understanding—supporting individuals on their journey toward inner peace and emotional well-being.



HOROSCOPE

by

Sangeeta Walia

Sangeeta Walia

Tarot Reading: Reality, Myth, or a Tool for Inner Guidance?

For many people, tarot reading sounds mysterious. Some believe it is magic, some think it is a myth, while others quietly turn to it for answers. The truth is, tarot is neither about predicting miracles nor about blind belief. Tarot is best understood as a tool for inner guidance.

Tarot cards do not control destiny. They do not force events to happen. Instead, they reflect emotions, thoughts, fears, and possibilities that already exist within a person. When someone sits for a tarot reading, they are often confused, emotionally tired, or standing at an important life crossroads. Tarot helps them pause and look within.

Each tarot card carries symbols that speak to the subconscious mind. These symbols trigger intuition, self-awareness, and clarity. In a reading, the tarot reader interprets these symbols while connecting them with the client's current situation. This process often helps people understand why they are feeling stuck, rather than just asking what will happen next.

Calling tarot a myth often comes from misunderstanding. Tarot is not meant to replace logic, effort, or personal responsibility. It does not promise guaranteed outcomes. Instead, it

highlights patterns, emotional blocks, and possible directions. Much like a mirror, tarot reflects what is already present but unseen.

In today's fast-paced world, people rarely take time to listen to their inner voice. Tarot creates that space. It encourages reflection, honesty, and emotional clarity. When approached with an open and grounded mindset, tarot becomes a gentle guide rather than a mystical claim.

Tarot reading is real not because it predicts the future, but because it helps people understand themselves better. And sometimes, that understanding is exactly what is needed to move forward.

If you are seeking clarity, emotional guidance, or a deeper understanding of your current life situation, you may connect with tarotbysangeetawalia, where tarot is approached with sensitivity, honesty, and grounded insight.

The year 2026 is marked by steady planetary shifts, transformative transits, and significant opportunities for growth across life's major domains—career, love, finances, health, and personal evolution. Astrologers emphasize balance between bold action and patience as key to making the most of the cosmic energies this year brings.



Aries

A year of transformation and self-confidence.

2026 will ask Aries to balance impulsive desire with structured planning. Career progress becomes possible through disciplined effort, with recognition arriving especially toward the latter part of the year. Strategic decision-making, rather than haste, brings rewards. Financial stability improves through careful budgeting. In love and relationships, communication and patience deepen bonds.

Tip: Use early months to strengthen fundamentals; long-term success grows through consistency.



Taurus

A stable and progress-oriented year grows your foundations.

2026 brings steadiness in finances and career. Practical planning helps you move toward long-term goals. Your patient nature becomes a strength, enabling savings growth and wise investments. Relationships gain from mature conversations and shared plans. Health benefits from a routine that blends activity with rest.

Tip: Long-term financial and professional growth is rooted in patience and planning.



Gemini

A year of growth through learning and connection.

Gemini's curiosity is rewarded. New ideas, skills, and communication opportunities open doors—especially in career and education. Early challenges may arise from mixed signals or confusion, but perseverance will turn these into breakthroughs. Relationships are enriched by thoughtful dialogue and emotional honesty.

Tip: Stay focused on clear goals to convert change into opportunity.



Cancer

A year of emotional richness and nurturing progress.

Cancer sees blessings in family life, career, and finances. Support from loved ones helps you stay grounded. Jupiter's influence brings soft growth, while mindful health habits keep energy levels strong. Minor conflicts can be resolved through compassion and steady communication.

Tip: Lean into emotional clarity and self-care routines.



Leo

Visibility and leadership.

Leos are poised for career growth and recognition this year, provided pride doesn't cloud judgment. Self-confidence is one of your biggest assets in 2026; channelling it into disciplined action will create opportunities. Relationships may require tuned understanding and compromise.

Tip: Stay humble even as success builds.



Virgo

A year of steady progress and systemized gains.

Virgos benefit from disciplined work and attention to detail. Career and finances show growth when you set routines and stick to them. Communication and honesty in relationships deepen trust. Occasional stress may surface, so prioritize mental health and calm planning.

Tip: Strength lies in practical systems and daily habits.



Libra

Balance, harmony, and growth.

Libra's strength is in diplomacy and fairness—qualities that help flourish in 2026. Relationships deepen with honesty; career success comes through teamwork and strategic decisions. Emotional well-being benefits from balanced routines and self-reflection.

Tip: Harmonizing emotions with actions brings satisfaction.



Scorpio

Inner transformation and outward success.

Scorpios experience powerful personal growth through the year. Emotional clarity and resilience help you navigate challenges. Career and financial changes may require adaptability, but your intense focus brings meaningful results. Relationship bonds deepen as you embrace vulnerability and trust.

Tip: Embrace change rather than resist it.



Sagittarius

Expansive growth and learning.

Sagittarius finds adventure in education, travel, and new life philosophies in 2026. Career progress evolves through expanding your worldview and mastering new skills. Financial growth is steady; relationships benefit from honesty and shared exploration.

Tip: Explore boldly but keep feet grounded.



Capricorn

Ambitious growth and structural stability.

Capricorns see real progress when they focus on systematic goals. Career opportunities arise through strategic planning; financial foundations strengthen steadily. Emotional balance and health routines support long-term success. Partnerships grow through openness and shared purpose.

Tip: Slow, sustained effort builds lasting achievement.



Aquarius

Innovation, wisdom and progressive change.

Aquarians are poised for personal growth and leadership. 2026 rewards creativity and strategic thinking. Career success favors those willing to embrace new ideas. Relationships grow through honesty and mutual understanding. Emotional and financial stability comes through patience and intelligence.

Tip: Reinvent yourself with confidence and clarity.



Pisces

Deep intuition and steady evolution.

Pisces steps into 2026 with emotional insight and creative inspiration. Jupiter's influence brings growth in career and family. Occasional confusion or hesitation can appear—yet you have the intuition to navigate it. Health improves with balanced routines; relationships deepen through compassion and truth.

Tip: Follow your inner voice, but combine it with practical action.

If you want personal guidance, yearly tarot reading, love guidance, career clarity or energy healing, connect with:

Upcoming MOVIE

in **APRIL – MAY**

Chiranjeevi Hanuman
2 April 2026



Awarapan 2
3 April 2026



Bhooth Bangla & Dacoit
10 April 2026



Ek Din
1 May 2026



Gabru
8 May 2026



Pati Patni aur Woh DO
15 May 2026



17 APRIL 2026

Kairali

The Ayurvedic Healing Village

A Timeless Sanctuary for Modern Wellness



In an era where wellness has become a global priority, travellers are seeking experiences that go far beyond indulgence. The new luxury is not excess, but balance. It is the ability to pause, reset, and return to life with clarity, vitality, and purpose. At the heart of this transformation stands Kairali – The Ayurvedic Healing Village, a destination that has quietly shaped the global perception of authentic Ayurvedic wellness for over three decades.

Set in the serene landscapes of Palakkad, Kerala, surrounded by forests, mountains, and unspoiled nature, Kairali is more than a retreat. It is a carefully designed healing ecosystem where ancient wisdom meets modern expectations. Rooted in four generations of Ayurvedic heritage, the brand has earned international trust for its personalised care, medical depth, and guest-first philosophy.

Today, Kairali attracts a diverse global audience—from entrepreneurs and wellness seekers to families, solo travellers, and high-performing professionals looking to invest in long-term health.

Personalised Healing in a Fast-Paced World

One of the defining aspects of Kairali is its deeply personalised approach. Wellness here is not a pre-designed package but a carefully crafted journey. Every guest undergoes a detailed consultation with experienced Ayurvedic physicians to understand their body constitution, lifestyle, stress levels, and health goals.

This individualised diagnosis forms the foundation of a customized programme that may include Panchakarma detoxification, yoga, meditation, nutrition, and lifestyle correction. The goal is not just temporary relief, but sustainable transformation.

In a world driven by quick fixes, this slow, intentional process is both rare and powerful.

Signature Programmes for Contemporary Health Challenges

Modern lifestyles bring new health concerns—burnout, metabolic disorders, hormonal imbalance, lifestyle diseases, and chronic stress. Kairali's programmes are designed to address these realities holistically.

Among the most sought-after are:

Preventive Health & Regenerative Ayurvedic Detox Program – Swasthya Rakshana Chikitsa

A structured programme focused on strengthening immunity and preventing disease.

Weight Management & Metabolism Therapy – Sthoulyaghna Chikitsa

A science-backed, holistic approach that integrates therapies, nutrition, and behaviour change.

Comprehensive Stress Relief & Mental Wellness Program – Manas Shānthy Chikitsa

Designed for professionals navigating high-pressure environments.

Complete Rejuvenation & Detoxification Therapy – Shodhanam Karma

Focused on vitality, aging gracefully, and enhancing overall well-being.

Chronic Disease Management

Specialised programmes for diabetes, hypertension, arthritis, and autoimmune conditions.

These programmes are supported by organic, farm-to-table meals, daily yoga, meditation, and a calming natural environment.



Wellness for Women, and Beyond

While Kairali welcomes all guests, it has become especially trusted among women seeking meaningful and safe wellness journeys. Today's women face unique challenges—hormonal imbalances, stress, PCOS, thyroid disorders, post-pregnancy recovery, and emotional burnout.

Kairali's dedicated women's wellness programmes focus on restoring balance naturally through Ayurveda, yoga, and mindful lifestyle changes. From women's hormonal balance & endocrine therapy, post-partum rejuvenation therapy to Ayurveda skin vitality Revival treatment and Comprehensive stress & mental wellness program, the approach is holistic and personalised.

What makes the experience truly special, however, is the sense of comfort and security. Whether travelling alone or with companions, guests often describe Kairali as a space where they feel respected, cared for, and free to focus entirely on healing.

This environment of trust and dignity has made it a preferred destination for solo travellers and groups alike.

Luxury Rooted in Authenticity

Luxury at Kairali is subtle yet deeply experiential. The property reflects traditional Kerala architecture with Vastu Shastra villas surrounded by greenery. Silence is part of the design. Digital distractions are minimal. Nature is the central element.

Service is intuitive, personalised, and discreet. Instead of overwhelming guests, the focus is on creating space—for reflection, rest, and inner clarity.

This philosophy resonates strongly with global travellers who are redefining luxury as wellness, privacy, and meaningful experiences.

A Safe and Structured Wellness Environment

Safety, privacy, and medical supervision are integral to the Kairali experience. Licensed Ayurvedic doctors, certified therapists, and structured daily routines ensure that guests feel secure and supported.

Dedicated therapy areas, personalised schedules, and an environment rooted in calm and discipline allow individuals to focus fully on their transformation.

This has helped Kairali build long-term trust among international travellers seeking not just healing, but peace of mind.

The Rise of Conscious Luxury and Holistic Living

The global wellness industry is evolving rapidly. Travellers are no longer looking for superficial relaxation; they want education, self-awareness, and longevity.

Kairali's approach aligns perfectly with this shift. Guests leave not only rejuvenated but empowered—with tools to maintain health through diet, mindfulness, sleep hygiene, and stress management.

This emphasis on education and lifestyle integration sets Kairali apart from conventional wellness retreats.

Looking Ahead: Ayurveda for the Future

As Ayurveda continues to gain recognition worldwide, Kairali is expanding its reach while preserving authenticity. With a presence across hospitality, wellness products, and global partnerships, the group is playing a key role in bringing traditional healing to modern audiences.

The future lies in blending ancient knowledge with contemporary science, and Kairali is at the forefront of this movement.

A Journey That Stays With You

For many, a stay at Kairali becomes more than a retreat—it becomes a turning point. Guests return home with renewed energy, clarity, and a deeper connection to themselves.

In a world that rarely allows pause, Kairali offers something invaluable.

The space to breathe, heal, and begin again.



Sunita Meena

(Additional SP)
in Jaipur, Rajasthan

*Breaking Barriers with Courage:
The Inspiring Journey of
Sunita Meena*

In a country where leadership and courage shape the future of society, women officers in the police force stand as powerful symbols of strength and commitment. One such inspiring personality is Sunita Meena, currently serving as Additional Superintendent of Police (Additional SP) in Jaipur, Rajasthan.

Early Life and Inspiration

Born and raised in Rajasthan, Sunita Meena always believed in the power of determination and education. From a young age, she was inspired to serve society and contribute to

maintaining justice and law and order. Her upbringing instilled in her the values of discipline, integrity, and hard work.

Journey into the Police Service

Entering the police service was not just a career choice but a mission for Sunita Meena. Through dedication and perseverance, she worked her way through the challenges of a demanding profession. Today, as Additional SP in Jaipur, she plays a key role in ensuring public safety, crime prevention, and community trust in the police system.

Leadership and Responsibilities

As a senior police officer, Sunita Meena handles critical responsibilities such as:

- Maintaining law and order
- Supervising police teams
- Handling sensitive investigations
- Ensuring women's safety and public security

Her leadership style focuses on **discipline, transparency, and community engagement.**

Champion for Women Empowerment

Being a woman in a leadership role in the police force, Sunita Meena is also a role model for young girls who aspire to join uniform services. She believes that women can excel in any field with determination and confidence. She often encourages youth to:

- Stay focused on their goals
- Maintain physical and mental strength
- Serve society with honesty and dedication

Vision for the Future

Sunita Meena believes that modern policing must combine **technology, community participation, and empathy.** Her vision is to build stronger trust between citizens and the police while ensuring a safer environment for everyone.

A Message to the Youth

Her message to the younger generation is simple yet powerful:

“Hard work, integrity, and courage are the keys to success. If you believe in your purpose and work towards it with dedication, no dream is impossible.”

”



The Glamour Shopping Guide

Where Style Meets Luxury

Fashion and jewellery are more than accessories—they are a reflection of personality and timeless elegance. From designer couture to exquisite gold and diamond jewellery, India offers some of the finest shopping destinations. Here is a curated shoptlist of iconic brands and boutiques known for craftsmanship, luxury, and trendsetting designs.

Jewellery & Diamond Brands

Tanishq

One of India's most trusted jewellery brands, Tanishq is known for its elegant gold and diamond collections. The brand blends traditional craftsmanship with modern designs, making it a favorite choice for bridal and everyday jewellery.

Malabar Gold & Diamonds

A globally recognized jewellery retailer offering a wide range of gold, diamond, and precious gemstone jewellery. Malabar Gold & Diamonds is known for its luxurious bridal collections and intricate craftsmanship.

Kalyan Jewellers

Famous for its rich heritage designs and celebrity campaigns, Kalyan Jewellers offers a diverse range of jewellery collections that combine tradition with modern elegance.

CaratLane

A modern jewellery brand popular among younger buyers for stylish and lightweight gold and diamond jewellery. CaratLane focuses on contemporary designs suitable for daily wear.

Fashion & Designer Brands

Sabyasachi

Renowned for luxurious bridal couture and heritage-inspired designs, Sabyasachi is one of India's most prestigious designer labels known for opulent embroidery and timeless style.

Iconic Jewellery Stores in Jaipur

Amrapali Jewels

One of Jaipur's most iconic jewellery houses, Amrapali Jewels is internationally known for its exquisite handcrafted pieces inspired by royal Indian heritage. The brand specialises in traditional designs featuring precious gemstones, polki, and kundan craftsmanship.

Gem Palace

Established more than 150 years ago, Gem Palace is a legendary jewellery store famous for its rare gemstones and timeless royal jewellery designs. It is a favourite among celebrities and international visitors looking for authentic Jaipur craftsmanship.

Fashion & Designer Boutiques

Anita Dongre Jaipur Store

A premium fashion destination offering elegant bridal couture, festive wear, and sustainable fashion collections by celebrated designer Anita Dongre.

Manish Malhotra

A leading name in Indian fashion, Manish Malhotra is known for glamorous couture, bridal wear, and celebrity styling.

Biba

A popular ethnic wear brand offering elegant and comfortable outfits for women, blending traditional prints with contemporary designs.

Fabindia

Fabindia celebrates Indian craftsmanship through sustainable fashion, handwoven fabrics, and artisanal clothing.

Luxury Accessories & Lifestyle

Titan

A well-known brand offering premium watches and accessories that combine elegance and innovation.

Michael Kors

Known worldwide for its stylish handbags, watches, and fashion accessories that blend sophistication with modern style.

Jaipur Luxury Shopping Guide

The Pink City's Finest Fashion & Jewellery Destinations

Jaipur has long been celebrated as India's royal centre for gemstones, handcrafted jewellery, and traditional fashion. From exquisite diamond boutiques to heritage jewellery houses and designer stores, the city offers an unmatched shopping experience for lovers of luxury and craftsmanship.

Raniwala 1881

Known for luxury bridal jewellery, Raniwala 1881 combines traditional techniques with contemporary aesthetics. Their collections feature polki diamonds, emeralds, rubies, and intricate gold work.

Birdhichand Ghanshyamdas Jewellers

A prestigious heritage jeweller, Birdhichand Ghanshyamdas is famous for high-end bridal jewellery and magnificent gemstone pieces reflecting Jaipur's royal legacy.

Nidhi Tholia

A renowned Jaipur-based designer known for luxurious bridal wear, intricate embroidery, and royal-inspired lehengas.

Raw Mango Jaipur

A contemporary fashion label known for its handcrafted silk sarees and minimalist luxury designs that celebrate traditional Indian textiles.

Ahmedabad Luxury Shopping Guide

Fashion & Jewellery Destinations of Gujarat

Ahmedabad is one of Gujarat's most vibrant cities for fashion, luxury jewellery, and designer boutiques. Known for its rich textile heritage and growing luxury market, the city offers a blend of traditional craftsmanship and contemporary fashion. From exquisite gold and diamond jewellery to designer ethnic wear, Ahmedabad has become a preferred shopping destination for style-conscious buyers.

Kalyan Jewellers

A renowned jewellery brand offering a wide range of gold, diamond, and bridal jewellery. The brand is known for its craftsmanship and elegant traditional designs.

TBZ – Tribhovandas Bhimji Zaveri

One of India's most respected jewellery houses, TBZ is famous for its luxurious gold and diamond collections, especially bridal jewellery.

PNG Jewellers

Popular for its fine gold jewellery and modern diamond collections, PNG Jewellers offers beautifully crafted pieces for weddings and special occasions.

Tanishq

A trusted jewellery brand offering contemporary gold and diamond jewellery with a perfect blend of tradition and innovation.

Designer Fashion & Ethnic Wear

Kalki Fashion Ahmedabad

A luxury fashion boutique known for glamorous bridal lehengas, designer sarees, and festive couture collections.

Aza Fashions

A multi-designer fashion store showcasing premium Indian designers

and contemporary couture collections.

Panetar Ahmedabad

A well-known boutique specialising in bridal sarees, traditional Gujarati wedding outfits, and handcrafted ethnic wear.

Lifestyle & Premium Shopping

AlphaOne Mall

One of Ahmedabad's most popular luxury malls featuring international brands, fashion stores, jewellery boutiques, and lifestyle outlets.

Iscon Mega Mall

A major shopping destination offering fashion, accessories, and premium lifestyle brands.

Ahmedabad – A Hub of Textile and Fashion Heritage

Ahmedabad is often called the textile capital of India because of its long-standing tradition of handloom fabrics, bandhani, and intricate embroidery work. Many designers and boutiques in the city combine traditional Gujarati artistry with modern fashion trends, creating unique collections that attract buyers from across the country.

From luxurious bridal jewellery to designer outfits and handcrafted textiles, Ahmedabad offers a rich shopping experience that reflects Gujarat's vibrant culture and craftsmanship.



Mumbai Luxury Shopping Guide

Fashion, Jewellery & Luxury Brands in the City of Dreams

Mumbai, the fashion and entertainment capital of India, is home to some of the country's most prestigious jewellery houses, designer boutiques, and luxury brands. From high-end diamond jewellery to couture fashion worn by celebrities and brides, the city offers a vibrant shopping culture that reflects glamour, creativity, and craftsmanship.

Iconic Jewellery Stores in Mumbai

Tribhovandas Bhimji Zaveri

One of India's most respected jewellery houses, Tribhovandas Bhimji Zaveri is known for its exquisite gold and diamond jewellery. The brand has a long heritage and is especially popular for bridal collections and finely crafted diamond pieces.

Tanishq

A trusted jewellery brand offering elegant gold, diamond, and contemporary jewellery collections. Tanishq is known for combining modern design with traditional craftsmanship.

Kalyan Jewellers

Kalyan Jewellers offers a wide variety of bridal jewellery, gold ornaments, and diamond collections that appeal to both traditional and modern buyers.

Anmol Jewellers

A luxury jewellery boutique known for high-end diamond jewellery and exclusive designs often seen on celebrities and socialites.

Designer Fashion Boutiques

Sabyasachi Flagship Store

A dream destination for brides and fashion lovers, this store showcases the iconic designer's luxurious bridal lehengas, sarees, and heritage-inspired couture.

Manish Malhotra Store

One of India's most celebrated designers, Manish Malhotra's store features glamorous couture, bridal wear, and celebrity-inspired fashion.

Aza Fashions

A premium multi-designer boutique offering collections from top Indian designers, making it a popular destination for luxury fashion shopping.

Luxury Shopping Destinations

Palladium Mall

One of Mumbai's most luxurious malls, Palladium houses international fashion brands, premium jewellery stores, and designer boutiques.

Jio World Plaza

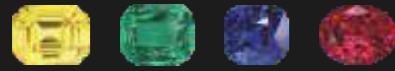
A modern luxury retail destination featuring global designer brands, high-end fashion labels, and exclusive lifestyle stores.

Mumbai – The Heart of Fashion and Glamour

Mumbai's shopping scene reflects the city's vibrant lifestyle and global influence. From heritage jewellery houses in traditional markets to glamorous designer boutiques in luxury malls, the city offers something for every fashion enthusiast. Whether it is a sparkling diamond necklace, a couture bridal lehenga, or an elegant designer outfit, Mumbai continues to be a trendsetting destination for luxury fashion and jewellery in India.



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MR. ARJUN SONI
(DIRECTOR)

About Gems Science

Established in 2010, Gems Science offers exceptional natural gemstones sourced directly from the world's finest mines, with complete transparency and trust.

Each gemstone is expertly cut, polished, and evaluated on the four pillars of quality—color, clarity, cut, and carat—ensuring lasting beauty and authenticity.

Every stone is certified by our advanced in-house gem laboratory, with international certifications from GRS, GIA, IGI, and GII available on request.

Our Offerings

- **Natural Gemstones**
Sapphire, Ruby, Pearl, Coral
- **Rudraksha**
1-21 Faces, Gori Shankar, Ganesh
- **Healing Bracelets**
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- **Astrology Essentials**
Pendant, Rings, Yantra



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