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It's February-the month of love and happiness to celebrate the spirit of togetherness with your loved ones. February is a special month with significance touching the secular and romantic realms. First, it is the shortest month of the year. This year's span is only 28 days. Also, Valentine's Day falls on the 14th of this month. Most of us will forget this romantic day until it is upon us a week or two before the 14th; remembering just in time to send candy, roses and cards filled with human

expressions of love and devotion to our true loves. It originally held to honor St.

Valentine and express love to sweethearts; Feb 14 has also come to be a celebration time for families in general. The modern

to be a celebration time for families in general. The modern celebrations of the day see people complementing their family members with gifts. We all need to be cherished. But despite our good intentions, too often we forget to tell the people we love just how precious they are to us. Valentine's Day reminds us to tell all of our loved ones (not only our sweethearts) how glad we are that they're

up with Valentine Day Special Edition for our readers. From how to express love to what to wear, from places to go to committing up to good health for your loved ones, we bring you all!

in our lives, that's why we thought of coming

Parallel to the keynote of the month, our cover girl is not just the brand ambassador of Love but also of Passion, Desire, Kindness and Humanity, the moral blend of beauty and intelligence, the dauntless and luscious Shelyn Chopra; up close and personal in conversation with Sherlyn Chopra in our column Look Upon!

Untill our next edition

Feel Sexy Feel Confident Feel Alive!!







Lee bon't 12E



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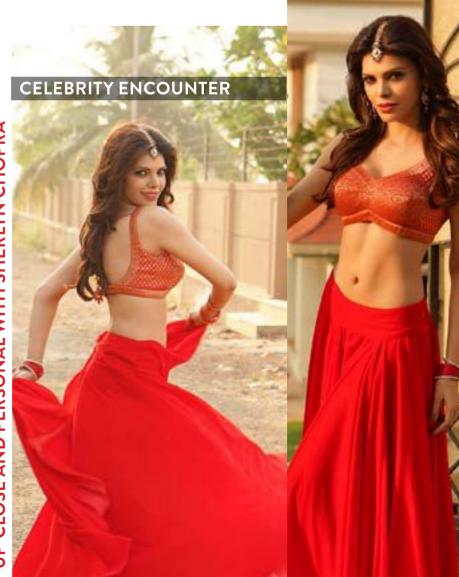
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VALENTINE'S SPECIAL







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POLLUTION IS AFFECTING YOUR SKIN-FIX IT!



Beauty expert Shahnaz Husain, bringing in a ray of Skin cleaning is quite important to get rid of the

remedies and keeping some plants at home can actually help you to get back your glow and also purify the air around.

Skin is the first to bear the brunt of air pollutants, which not only attack the skin surface, but also lead to an accumulation of toxins.

The excess amount of pollution not only threatens our health, but also our skin, causing premature ageing, wrinkles, loss of elasticity, dark patches and spots. Chemical pollutants in air disrupt the normal balances of the skin and scalp, leading to problems like dryness, sensitivity, rashes, acne, irritative or allergic reactions, dandruff and related conditions. They also make the

skin and hair dull, lacking vitality.

There are both long and short term effects of pollutants. Firecrackers also add to the chemicals in the air, which are potent skin irritants.

positivity to the whole scenario, said that some home impurities and pollutants that are deposited on the skin.

use a cleansing cream or gel; for oily skin, cleansing milk or face wash may be used. Shahnaz Husain further asked to look out for products with ingredients like Sandalwood, Eucalyptus, Mint,

Neem, Tulsi and Aloe

Vera when buying

If you have a dry skin,

cosmetic products.

The anti-toxic and tonic properties of such ingredients help in clearing skin congestion and eruptions that result



FYI BEAUTY & WELLNESS II

from exposure to chemical pollutants.

Aloe vera, for example, is a powerful moisturizer, relieving dryness and making the skin healthy and soft. So are ingredients like apricot kernel oil, carrot seed, wheatgerm oil, etc.

Anti-pollution cosmetics help to provide protection and reduce the damage caused by pollutants. These are basically "cover creams" that form a barrier between the skin and pollutants.

Sandalwood protective cream is very useful for this purpose as it forms a transparent protective cover. It even soothes the skin and protects it from irritative reactions and eruptive conditions. It suits all skin types and increases the skin's moisture retention ability too.

Not just your skin, but the pollutants collect on your scalp as well.

For this, try the following remedy. Mix one teaspoon each of vinegar and aloe Vera gel with one egg. Massage the mixture lightly into the scalp. Leave on for half an hour and then wash the hair. Rinse well with water or give hair hot oil therapy. Heat pure coconut oil and apply on the hair. Then dip a towel in hot water, squeeze out the water and wrap the hot towel around the head, like a turban. Keep it on for 5 minutes. Repeat the hot towel wrap three to four times. This helps the hair and scalp absorb the oil better. Leave oil on overnight and wash hair the next day.

The impurities and pollutants can also affect the eyes, causing burning or redness. The eyes should be washed with plain water several times. Soak cotton wool pads in chilled rose water or green tea and use them over the eyes as eye pads. Lie down and relax for fifteen minutes. This really helps to remove fatigue and brightens the eyes.

Pollutants in the air are making our cities increasingly hostile to our good health and well-being.

Respiratory and lung problems have become real health hazards. Indoor air pollution has also been causing headaches, burning eyes, nausea.

In fact, the primary concern of governments







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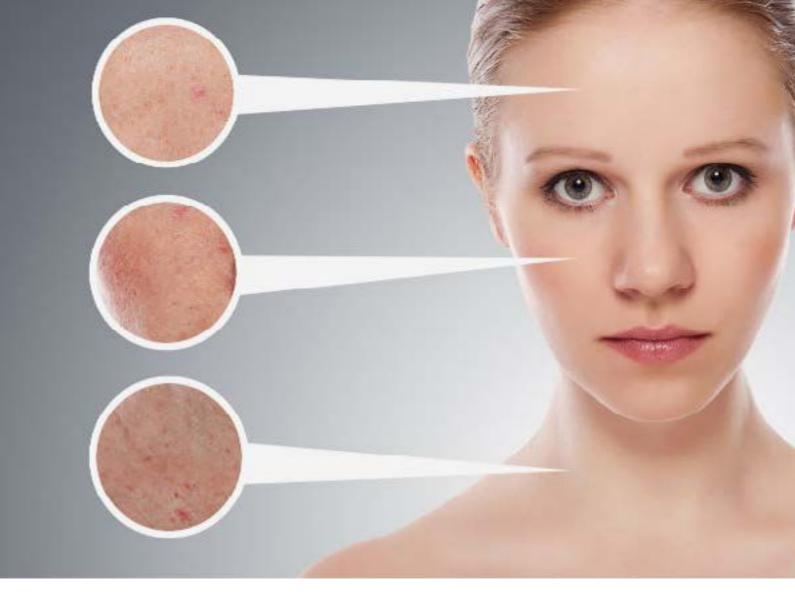












and scientific research agencies is the reduction of pollution to safer levels. NASA has also recommended keeping specific house plants to purify the air and remove toxins, making the air safe for us and specially our children. Research has shown that many of such plants actually absorb harmful gases and clean the air inside our homes.

Plants not only give off oxygen, which purifies the air, but also cleans the air of dust, paint and building materials.

One of the plants, mentioned by NASA, is Aloe Vera, which is actually easily available in many homes. It is also an antioxidant and prevents oxidation damage. It is said to release considerable quantities of

oxygen, while it absorbs carbon monoxide and carbon dioxide, as well as formaldehyde; this making the air much cleaner and purer.

Another plant, which is said to be very handy and easy to maintain is Ficus. It also helps to purify the air. The Spider Plant is also recommended by NASA, as it absorbs toxins from the air.

The other plants that purify the air and remove toxins, as identified by NASA, are the Areca Palm, English Ivy, Boston Fern and Peace Lily, which are easily available in India. These remove a variety of toxins from the air. Some are said to clean the air within a few hours of keeping them in a room.







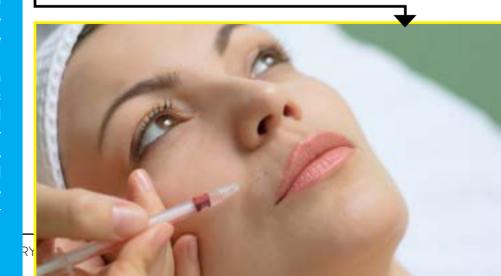
schemes and decor to searching online for wedding cards and scouting the perfect stylist for the special event, an increasing number of brides-to-be are now spending extra time and effort to ensure that their D-day is perfect.

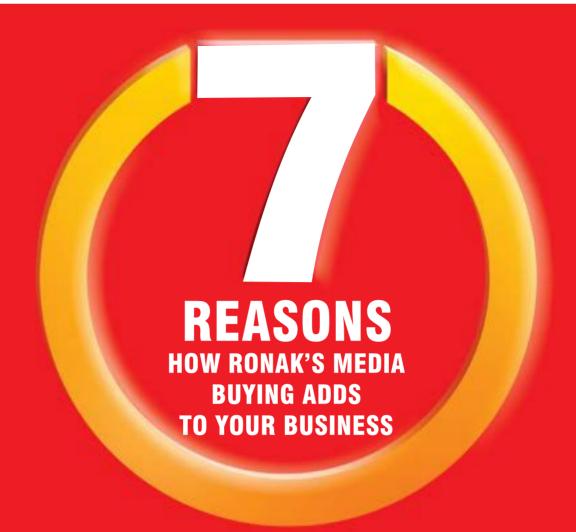
As far as looking their best goes, routine facials and bridal packages at the local parlour just don't make the cut anymore. After all, there are tonnes of cosmetic procedures that brides can undergo a few months before their big day to look as smashing as they have always imagined in their dreams.

It is not just the bride or the groom, who are keen to look their absolute best on that special day, but also the brides' mothers, aunts and friends who want to be in the spotlight on the memorable occasion.

From acquiring a slim body to getting a flawless complexion, there are a wide variety of cosmetic treatments that the bride can consider before saying, 'I do.' The very first thing is facelift, also known as Rhytidectomy. This type of cosmetic surgery gives a more youthful facial appearance. One of the most popular cosmetic treatments, a facelift improves visible signs of aging in the face and neck. It may take around two to three months to heal, therefore plan your surgery accordingly.

HERE'S HOW COSMETIC SURGERY HELPS TO LOOK PERFECT ON THE WEDDING DAY





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Secondly, one can go for breast augmentation, a surgical procedure that helps to increase the size and improve the shape of a woman's breasts.

"Getting a breast augmentation done just right before any major event is strictly not advisable. Your breasts may take time to heal and you may not feel comfortable showing them off just yet. It is advisable to go for the treatment five to six months prior to your wedding," said the expert.

Third is fillers. This is a good option for those who are looking to rejuvenate their face and smooth out facial lines. Opt for the treatment a couple of weeks before your big day to avoid major swelling or bruising.

One can also go for body contouring. This procedure helps to get rid of excess skin and loose tissue that diet and exercise cannot help diminish. Some of the common surgeries include tummy tuck surgery, thigh lift surgery, body lift surgery and arm lift surgery. Another common procedure is liposuction. It is done to remove fat from specific areas of the body and to look fit before the wedding day.

According to the expert "do it around a month before your major event to allow time for bruising to heal and disappear. Follow the medication as prescribed by the doctor and take ample rest."

People also go for nose job, also known as Rhinoplasty. This is a surgical treatment to reshapes or resizes the nose. While bruising and swelling is variable, the final result can be obtained only in 12-15 months.

"Before considering any of these treatments, your first step should be to consult your physician and learn if you are physically fit to carry on with a cosmetic surgery. Do ample of research and don't hesitate to clear all your doubts with the specialist".WW

Is this how your teenage daughter passes time?

Mirror... the expression of teenager's first love. Hours and hours in front of the mirror, trying out new hairstyles, latest designer wear and admiring new contours. What she needs is selfconfodence. Any teenager is naturally over conscious of her physical development, but her mother knows about the natural process and also knows the right time when her daughter would

need a bra. But will any bra suit her?



How to measure your cup size yourself? Teenager's Favourite Since 1985

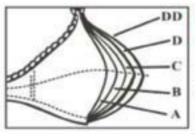
www.teenagerbra.co.in

For natural breast growth teenager needs a particular bra.

You must have observe that inspite of wearing a bra a teenager appears to be uncomfortable and feels a little awkward and shy. The reason: she wears wrong a bra, does not feel self-confident and relaxed. Even a bit of carelessness at this age will hamper the natural growth and will affect the figure and feminine beauty of your daughter.

Tenager Specifically designed for teenagers.

Designed with the advice and suggestions of medical experts, teenager provides the optimum support and comfort and helps in the natural growth of the figure. The Teenager bra has been carefully conceived after proper analysis.



Why the correct cup size is required for teenagers?

For natural figure growth and comfort, it is necessary that your daughter should wear the proper cup size bra. There are 5 cup sizes in

each bra size, A-small. B-medium, C-large, D-extra large & DDdouble XL, so that your daughter should get perfect fit bra.



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FASHION TRENDS TO LOOK FORWARD TO IN 2017

Pink Will Reign Supreme

While pink has certainly made its presence known among our favorite beauty products and accessories this year, we're willing to bet that the bubblegum shade will continue to reign supreme in 2017. Brands like Céline (shown here), Valentino, Gucci, Loewe, and more sent out an assortment of rose-hued ensembles for spring 2017, solidifying the color's "It" status among the fashion set for many more months to come.







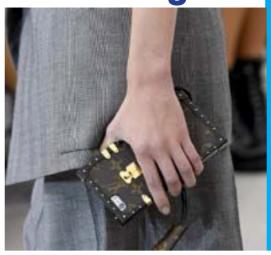


"It" Cases Are the Next "It" Bags

Why lug around a heavy tote when you can just carry your handy dandy cell phone? Next year, we're all for streamlining our daily essentials—and it seems, so are designers. For spring 2017, Louis Vuitton's Nicolas Ghesquière introduced an iPhone case version of the brand's signature leather bags, while Chloé, Valentino, and Dior sent down mini purses just big enough to hold your beloved device.

Reach for New Heights

Don't get us wrong, we love the comfort of sneakers, but it's time for a new footwear style to take over our shoe closet. For 2017, designers are proposing sky-high platforms, like ProenzaSchouler's spotted sandals and Gucci's lofty loafers embellished with studs. After seasons of ubiquitous all-white kicks, a dramatic heel is a (much needed) breath of fresh air





Statement Earrings Are Still Going Strong

Why mess with success? Statement earrings have been a favorite of the fashion set and partygoers this year, and it seems the trend will continue to dominate in 2017. Brands like J.W. Anderson (shown here), Delpozo, and ProenzaSchouler all sent down big and bold baubles down the runway—some that even dip well past the shoulder.





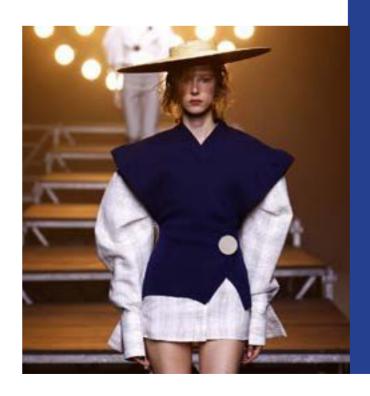
Stripes Galore

Who doesn't love stripes? Fashion's favorite print is timeless and totally wearable. Next year, get ready to see stripes in all sizes and colors on everything from chunky sweaters to knit dresses and oversize shirts.



Strong Shoulders

Next year, get ready to cover up voluminous sleeves and architectural shoulder pads reminiscent of the '80s. Balenciaga, Jacquemus (shown here), and Saint Laurent sent various options down the runway for spring 2017, marking the end of this year's much beloved (and overdone) off-the-shoulder silhouette





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Ugly Shoes Are Making a Comeback

A trend we never thought will see the light of day: Crocs, the footwear of choice for nurses and chefs around the world, finally got a sartorial makeover thanks Christopher Kane. The introduced designer bedazzled versions of the homely shoes, inciting a wave of shock fascination among the fashion set. We can't wait to see the brave souls who will take on this trend next year.



Activist Chic

Wondering what to wear to the Women's March in D.C. next month? A slew of designers have you covered. Slogan tops with empowering messages were all the rage on the spring 2017 Designer Stella runway. McCartney, best known for her sustainable ethics, sent down versions that read "Girls Thanks, and No Fur, No Leather," while Dior's Maria GraziaChiuri received praise for her "We Should All Be Feminists" tee. The message is loud and clear: Let your shirt do all the talking next year.





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WEASHIMA SHARMA



Ashima S Couture celebrates womanhood by keeping up with the best of international runway trends at affordable prices and adding to it the features of bespoke customization to make particular designs suit diverse body types. It works towards making women shed the stereotypes of body insecurities and make them feel proud of their real self.

The label creates a wide array of sizzling designs for a women's closet. Ranging from exclusive themes to imported fabrics, the label aims at giving your looks
.an additional X-Factor

The founder and designer of the label Ms. Ashima Sharma is and an internationally acclaimed award winning designer. Currently operating as an online retail brand, the label is planning to soon come up with physical stores to cater to the needs of their customers in a more personalized way

The brand targets women between the age ranges of 21 to 45 and is also available to provide customized styling advice. The label defines a woman who is modern and chic. It is for the women who love to be playful with their looks and have an eye for the latest trends. The one's who ooze out with confidence and appeal, not afraid to think out of the box, willing to try the unconventional and bend the rules. Every piece of her clothing is hand crafted to excellence. She's upbeat with the cutting edge new era but also true to her roots. She has an extraordinary demeanor among the ordinary, she's raw, she's soft, she's bold and she's the ultimate !trendsetter

Being established in the year 2016, the label has received enormous recognition and bollywood actresses like Manara Chopra have walked the ramp for it. The brand pays high attention to the quality of fabrics and is very playful with the colors it uses. Ashima S Couture carves out beauty within simplicity and mainly designs Pret and Indo-Western Custom made designs that are affordable for a trendy, educated working class woman



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An internationally acclaimed designer Miss Ashima Sharma is a well-travelled individual whose quest for designing knowledge has led her to receive various laurels in a very short span of time. Despite having a Bachelor's in Design and Fashion Technology from FIDM - Los Angeles, USA, her passion for design made her to get enrolled into various intensive courses in the most prestigious of designing schools of the world. She has been an alumnus of The New York School of Design, FIDM - Los Angeles, London College of Fashion, and the Art Institute of Las Vegas, wherein she learned from fellow designers and instructors from all over the world. Despite being in the industry for a short span of time, she is quickly making a mark in the designing business. She is an expert in Pret and Western Wear Drapes which she classifies as her strength area. She has been nominated for an award in Pret Category at the International Apparel Federation Students Awards. Being from a service class family, she was encouraged to be a doctor in life. However, her creative obsession made her resist all the pressure and follow her passion towards fashion and design. Starting a business was a huge challenge that she undertook and she had to

learn things the hard way. She learnt marketing by



observing tradesmen and deeply studying marketplaces. A mind full of willingness to learn and objectivity in approach, gave her the insight into markets and marketing. Though thoughtful, she is a zealous personality with great dedication and the courage to make things happen.

Ashima is naturally a creative person who has been creating sketches and designs from as early as she can remember. She loves to play the piano, read books, sketch her mind and has a keen interest in occult sciences and spirituality. Nevertheless,

her interest in writing and poetry speaks



What made you choose fashion designing as a career? (Describe moments and love for designing)

Fashion Designing was an area of interest since my childhood. I was good at arts and sketching. Drawing basic designs was also a hobby. Like any other kid, I was fascinated by the Barbie dolls, and the way they were styled. So becoming a designer was due to the love of dressing up and adding creativity to every look.



Fashion means an expression of one's self; fashion is a self-explanatory statement

that one gets when you look at someone for the first time.

Describe your collections so far? (Brief about major collections n projects)

My collections have comprised of Pret wear and customized couture based gowns. I love to play with shimmer and incorporate various styles such as off shoulder, cold shoulder, high low, peplum style, visual asymmetry, etc.

How would you describe your design aesthetic?

The designs at ASHIMA S are curated to be a delight to the eyes; they are meant to stand out amongst the crowd.

What gives you ideas and inspires to create such great collections?

I get ideas and inspirations from everything on a daily basis. Trees, skyline or birds, basically everything in nature is so beautiful and different that there is too much to be inspired from.

Describe your design process from mood boards to picking out fabrics to production?

We pick up colour or combination based mood boards, Lycra-infused polyester blends of different variety are used to give the best fit possible.

How much does travel influence your designs?

Travel enriches me with the cultural goodness of different places which helps give an exotic feel and vibe to my designs.

You are a global brand—how do you accommodate the needs, all over the world who might have different fashion sensibilities?

After knowing client's requirement, I ask them about their preferred fit, and create samples and examples to go through with the further process. I also have a good knack of understanding body types by which I create a subtle blend between classy and edgy style.

What are you fascinated by-at the moment and how does it feed into your work?

I'm fascinated by the learning process that put through each day because the challenges that a designer faces each day are more important than any lesson in design schools, I believe. It's more practical based than merely knowing the theory.

Do you think hair and make-up makes a lot of difference?

Yes, of course, hair, makeup, styling and accessorizing are very essential parts of accomplishing a certain look in designing. Without good makeup and hair the look looks incomplete.

How would you describe your personal style?

My personal style is subtle and sassy; I like light eye makeup, matte lip shades paired up with subtle dressy looks and comfortable heels.

A designer inspires you?

I'm inspired by Alexander McQueen greatly in terms of richness of the silhouettes.

Is there anybody you would love to design for?

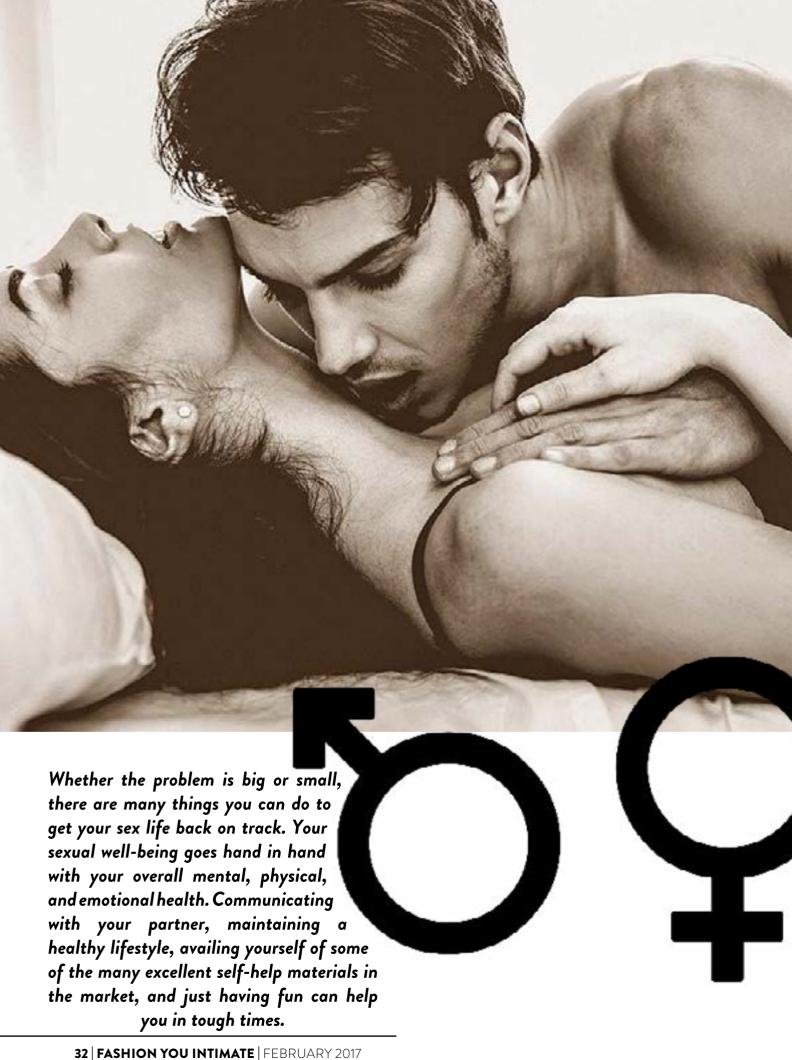
I would love to design for Kareena Kapoor Khan.

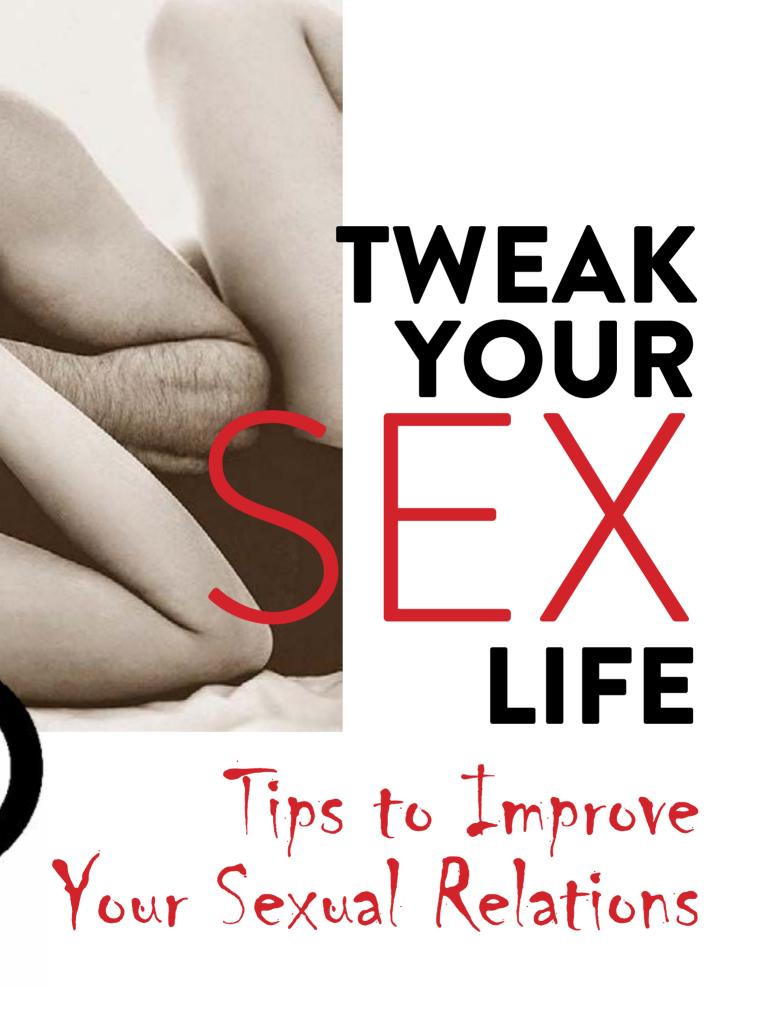
What's next for you professionally?

Arts always have been a parallel love for me apart from Designing.

FYI (magazine) for you?

FYI magazine provides with great Lifestyle solutions and trends. The articles are well written and engrossing.





ENJOYING A SATISFYING SEX LIFE

Sex; The word can evoke a kaleidoscope of emotions. From love, excitement, and tenderness to longing, anxiety, and disappointment—the reactions are as varied as sexual experiences themselves. What's more, many people will encounter all these emotions and many others in the course of a sex life spanning several decades.

BUT WHAT IS SEX, REALLY?

On one level, sex is just another hormone-driven bodily function designed to perpetuate the species. Of course, that narrow view underestimates the complexity of the human sexual response. In addition to the biochemical forces at work, your experiences and expectations help shape your sexuality. Your understanding of yourself as a sexual being, your thoughts about what constitutes a satisfying sexual connection, and your relationship with your partner are key factors in your ability to develop and maintain a fulfilling sex life.

TALKING TO YOUR PARTNER

Many couples find it difficult to talk about sex even under the best of circumstances. When sexual problems occur, feelings of hurt, shame, guilt, and resentment can halt conversation altogether. Because good communication is a cornerstone of a healthy relationship, establishing a dialogue is the first step not only to a better sex life, but also to a closer emotional

bond. Here are some tips for tackling this sensitive subject.

FIND THE RIGHT TIME TO TALK

There are two types of sexual conversations: the ones you have in the bedroom and the ones you have elsewhere. It's perfectly appropriate to tell your partner what feels good in the middle of lovemaking, but it's best to wait until you're in a more neutral setting to discuss larger issues, such as mismatched sexual desire or orgasm troubles.

AVOID CRITICIZING

Couch suggestions in positive terms, such as, "I really love it when you touch my hair lightly that way," rather than focusing on the negatives. Approach a sexual issue as a problem to be solved together rather than an exercise in assigning blame.

CONFIDE IN YOUR PARTNER ABOUT CHANGES IN YOUR BODY

If hot flashes are keeping you up at night or menopause has made your vagina dry, talk to your partner about these





things. It's much better that he know what's really going on rather than interpret these physical changes as lack of interest. Likewise, if you're a man and you no longer

of interest. Likewise, if you're a man and you no longer get an erection just from the thought of sex, show your partner how to stimulate you rather than let her believe she isn't attractive enough to arouse you anymore.

BE HONES

You may think you're protecting your partner's feelings by faking an orgasm, but in reality you're starting down a slippery slope. As challenging as it is to talk about any sexual problem, the difficulty level skyrockets once the issue is buried under years of lies, hurt, and resentment.

DON'T EQUATE LOVE WITH SEXUAL PERFORMANCE

Create an atmosphere of caring and tenderness; touch and kiss often. Don't blame yourself or your partner for your sexual difficulties. Focus instead on maintaining emotional and physical intimacy in your relationship. For older couples, another potentially sensitive subject that's worth discussing is what will happen after one partner dies. In couples who enjoy a healthy sex life, the surviving partner will likely want to seek out a new partner. Expressing your openness to that possibility while you are both still alive will likely relieve guilt and make the process less difficult for the surviving partner later.

USING SELF-HELP STRATEGIES

Treating sexual problems is easier now than ever before. Revolutionary medications and professional sex therapists are there if you need them. But you may be able to resolve minor sexual issues by making a few adjustments in your lovemaking style. Here are some things you can try at home.

EDUCATE YOURSELF

Plenty of good self-help materials are available for every type of sexual issue. Browse the Internet or your local bookstore, pick out a few resources that apply to you, and use them to help you and your partner become better informed about the problem. If talking directly is too difficult, you and your partner can underline passages that you particularly like and show them to each other.

PRIVACY CONCERNS AND INTERNET USE

The Internet is a valuable source of all types of information, including books and other products (such as sex toys) that can enhance your sex life. Although it may be obvious, never use your workplace computer to do such searches, to avoid potential embarrassment with your employer, who is likely able to track your search history. People who feel uneasy even about using their home computers and credit cards to order sex-



related information or products online might be able to find a nearby store (especially in major cities) and pay with cash.

GIVE YOURSELF TIME

As you age, your sexual responses slow down. You and your partner can improve your chances of success by finding a quiet, comfortable, interruption-free setting for sex. Also, understand that the physical changes in your body mean that you'll need more time to get aroused and reach orgasm. When you think about it, spending more time having sex isn't a bad thing; working these physical necessities into your lovemaking routine can open up doors to a new kind of sexual experience.

USE LUBRICATION

Often, the vaginal dryness that begins in perimenopause can be easily corrected with lubricating liquids and gels. Use these freely to avoid painful sex—a problem that can snowball into flagging libido and growing relationship tensions. When lubricants no longer work, discuss other options with your doctor.

MAINTAIN PHYSICAL AFFECTION

Even if you're tired, tense, or upset about the problem, engaging in kissing and cuddling is essential for maintaining an emotional and physical bond.





The sensate focus techniques that sex therapists use can help you re-establish physical intimacy without feeling pressured. Many self-help books and educational videos offer variations on these exercises. You may also want to ask your partner to touch you in a manner that he or she would like to be touched. This will give you a better sense of how much pressure, from gentle to firm, you should use.

Try different positions

Developing a repertoire of different sexual positions not only adds interest to lovemaking, but can also help overcome problems. For example, the increased stimulation to the G-spot that occurs when a man enters his partner from behind can help the woman reach orgasm.

THE G-SPOT

The G-spot, or Grafenberg spot, named after the gynecologist who first identified it, is a mound of supersensitive spongelike tissue located within the roof of the vagina, just inside the entrance. Proper stimulation of the G-spot can produce intense orgasms. Because of its difficult-to-reach location and the fact that it is most successfully stimulated manually, the G-spot is not routinely activated for most women during vaginal intercourse. While this has led some skeptics to doubt its existence, research has demonstrated that a different sort of tissue does exist in this location.

You must be sexually aroused to be able to locate your

G-spot. To find it, try rubbing your finger in a beckoning motion along the roof of your vagina while you're in a squatting or sitting position, or have your partner massage the upper surface of your vagina until you notice a particularly sensitive area. Some women tend to be more sensitive and can find the spot easily, but for others it's difficult. If you can't easily locate it,

shouldn't

During intercourse, many women feel that the G-spot can be most easily stimulated when the man enters from behind. For couples dealing with erection problems, play involving the G-spot can be a positive addition to lovemaking.

Oral stimulation of the clitoris combined with manual stimulation of the G-spot can give a woman a highly intense orgasm.

WRITE DOWN YOUR FANTASIES

This exercise can help you explore possible activities you think might be a turn-on for you or your partner. Try thinking of an experience or a movie that aroused you and then share your memory with your partner. This is especially helpful for people with low desire.

DO KEGELEXERCISES

Both men and women can improve their sexual fitness by exercising their pelvic floor muscles. To do these exercises, tighten the muscle you would use if you were trying to stop urine in midstream. Hold the contraction for two or three seconds, then release. Repeat 10 times. Try to do five sets a day. These exercises can be done anywhere—while driving, sitting at your desk, or standing in a checkout line. At home, women may use vaginal weights to add muscle resistance. Talk to your doctor or a sex therapist about where to get these and how to use them.



TRY TO RELAX

Do something soothing together before having sex, such as playing a game or going out for a nice dinner. Or try relaxation techniques such as deep breathing exercises or yoga.

USE A VIBRATOR

This device can help a woman learn about her own sexual response and allow her to show her partner what she likes.

DON'T GIVE UF

If none of your efforts seem to work, don't give up hope. Your doctor can often determine the cause of your sexual problem and may be able to identify effective treatments. He or she can also put you in touch with a sex therapist who can help you explore issues that may be standing in the way of a fulfilling sex life.

MAINTAINING GOOD HEALTH

Your sexual well-being goes hand in hand with your overall mental, physical, and emotional health. Therefore, the same healthy habits you rely on to keep your body in shape can also shape up your sex life.

EXERCISE, EXERCISE, EXERCISE

Physical activity is first and foremost among the healthy behaviors that can improve your sexual functioning. Because physical arousal depends greatly on good blood flow, aerobic exercise (which strengthens your heart and blood vessels) is crucial. And exercise offers a wealth of other health benefits, from staving off heart disease, osteoporosis, and some forms of cancer to improving your mood and helping you get a better night's sleep. Also, don't forget to include strength training.

DON'T SMOKE

Smoking contributes to peripheral vascular disease, which affects blood flow to the penis, clitoris, and vaginal tissues. In addition, women who smoke tend to go through menopause two years earlier than their nonsmoking counterparts. If you need help quitting, try nicotine gum or patches or ask your doctor about the drugs bupropion (Zyban) or varenicline (Chantix).

USE ALCOHOL IN MODERATION

Some men with erectile dysfunction find that having one drink can help them relax, but heavy use of alcohol can make matters worse. Alcohol can inhibit sexual



reflexes by dulling the central nervous system. Drinking large amounts over a long period can damage the liver, leading to an increase in estrogen production in men. In women, alcohol can trigger hot flashes and disrupt sleep, compounding problems already present in menopause.

EAT RIGHT

Overindulgence in fatty foods leads to high blood cholesterol and obesity—both major risk factors for cardiovascular disease. In addition, being overweight can promote lethargy and a poor body image. Increased libido is often an added benefit of losing those extra pounds.







USE IT OR LOSE IT

When estrogen drops at menopause, the vaginal walls lose some of their elasticity. You can slow this process or even reverse it through sexual activity. If intercourse isn't an option, masturbation is just as effective, although for women, this is most effective if you use a vibrator or dildo (an object resembling a penis) to help stretch the vagina. For men, long periods without an erection can deprive the penis of a portion of the oxygen-rich blood it needs to maintain good sexual functioning. As a result, something akin to scar tissue develops in muscle cells, which interferes with the ability of the penis to expand when blood flow is increased.

PUTTING THE FUN BACK INTO SEX

Even in the best relationship, sex can become ho-hum after a number of years. With a little bit of imagination, you can rekindle the spark.

BE ADVENTUROUS

Maybe you've never had sex on the living room floor or in a secluded spot in the woods; now might be the time to try it. Or try exploring erotic books and films. Even just the feeling of naughtiness you get from renting an X-rated movie might make you feel frisky.

BE SENSUAL

Create an environment for lovemaking that appeals to all five of your senses. Concentrate on the feel of silk against your skin, the beat of a jazz tune, the perfumed scent of flowers around the room, the soft focus of candlelight, and the taste of ripe, juicy fruit. Use this heightened sensual awareness when making love to your partner.

BE PLAYFUL

Leave love notes in your partner's pocket for him or her to find later. Take a bubble bath together—the warm cozy feeling you have when you get out of the tub can be a great lead-in to sex. Tickle. Laugh.

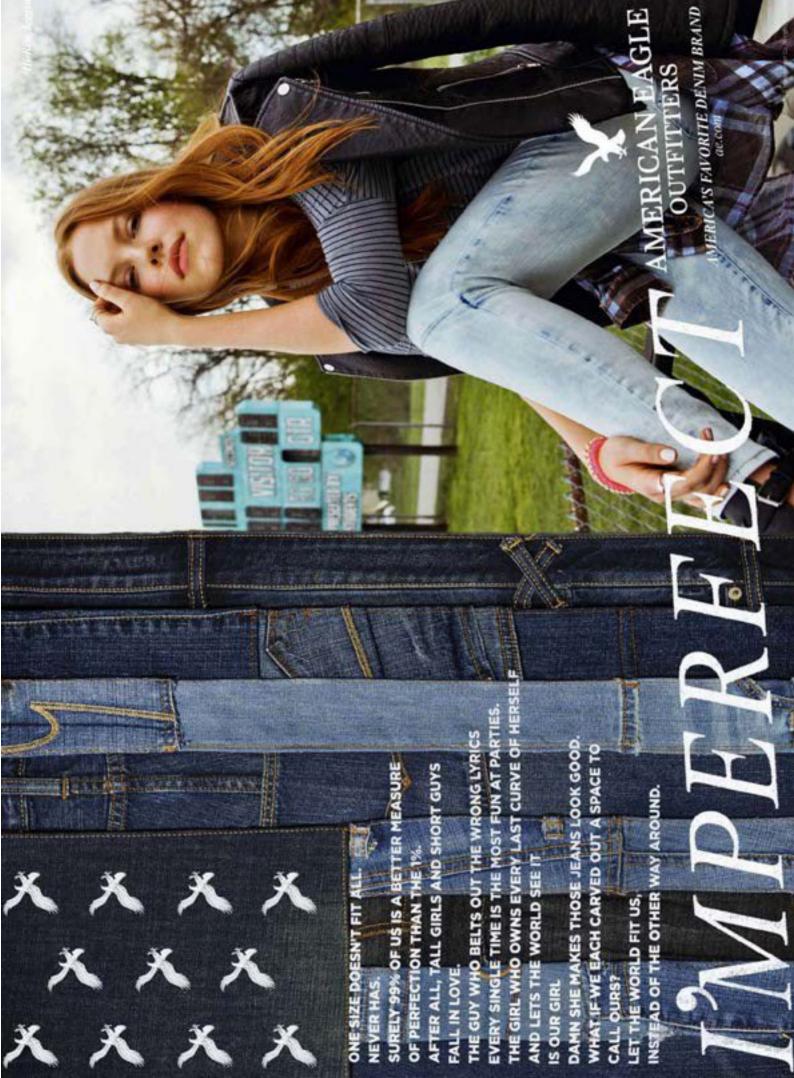
BE CREATIVE

Expand your sexual repertoire and vary your scripts. For example, if you're used to making love on Saturday night, choose Sunday morning instead. Experiment with new positions and activities. Try sex toys and sexy lingerie if you never have before.

BE ROMANTIC

Read poetry to each other under a tree on a hillside. Surprise each other with flowers when it isn't a special occasion. Plan a day when all you do is lie in bed, talk, and be intimate. The most important tool you have at your disposal is your attitude about sexuality. Armed with good information and a positive outlook, you should be able to maintain a healthy sex life for many years to come.

Sometimes this situation plays out where both partners expect the other to fulfill them and "make" them happy. They are in a perpetual stand-off of neediness and frustration leading to disengagement in the relationship. Lasting relationships simply cannot be built upon a partnership in which one or both people are seeking a host organism to provide emotional and psychological nourishment. Lasting relationships require unconditional love. The term "unconditional love" might imply that one does attempt to meet all of the needs of the other, to read their minds, to accept and overlook all of the partner's behaviors and actions no matter how selfish or demanding. But this is not unconditional love. This is co-dependent love. It's not grounded in a healthy foundation of self-respect and respect for the unique individual sharing the relationship with you.





doesn't mean you never have emotional difficulties or don't need support and extra attention at times.

But you do need to feel generally good about yourself, to like yourself, and to recognize the positive qualities you bring to a relationship. It also means you can stand on your own two feet as an individual without requiring а romantic partner to define you or complete you. You can be together with someone and still remain fully yourself — as a person you like and respect.

If you are low with your self-esteem or don't feel confident about yourself, as a valuable person, then your relationship suffer. Your insecurities will have an impact on your partner and on your

Within the relationship itself, unconditional love is the ability to love the other person as they are in their essence. If you have fallen in love with this person and want to build a lasting relationship with them, then you must view them as a unique individual not as an extension of yourself.

When you find someone who loves you as you are, and you are able to love them as they are, it is an amazing experience. They may be different from you in many ways. They may view the world differently and have habits that you don't share, but you can embrace these differences because they are part of this unique person you love.

But is love enough to build a lasting relationship? And does unconditional love mean that no matter what your partner does, your feelings don't change?

The answer is "no" to both.



relationship is a dance in with the essentials of see and embrace the innate personality and the influences of their and ingrained

within the



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relationship requires lots of wiggle room. As part of self-love, you know your own personal boundaries and the limits of what you find to be acceptable and healthy behaviors and reactions from your beloved.

According to the expert, it is your job in the relationship to "use your influence in a caring and disciplined manner to create a balanced exchange with your partner. Such skills are not exercised to 'control' or 'manipulate' for selfish gain, but rather to maintain a mutually-beneficial and satisfying partnership."

When both partners are aware of their personal boundaries and are committed to communicating them in loving and non-threatening ways, then the relationship can continue to recalibrate and grow ever stronger over the years.

With the ability to communicate openly, negotiate willingly, and compromise and make adjustments, you can build a strong relationship in which unconditional love develops and grows more satisfying over time.

For both partners, unconditional love means putting the health of the relationship above all else. This is a conscious decision made by both people, and it requires

- •Regular and open communication;
- Active and engaged listening skills;
- •A willingness to calmly express concerns or hurts;
- •A willingness to make behavior adjustments that don't compromise your boundaries;
- •A willingness to communicate boundaries;
- •The ability to accept and even embrace personality differences that don't compromise the health of the relationship;
- A willingness to continue to work on your own self-awareness and self-esteem;
- •Complete trust that your partner "has

your back" and you have theirs;

- •The ability to forgive and forget, especially when forgiveness is requested for flaws and failures and there's a real effort to make change;
- •The firm commitment never to withhold love (or sex or money, etc.) to get what you want or need;
- •The desire to express your love with small daily actions and words;
- •The decision to let go of the "small stuff" that might bug you so you can focus on the best aspects of your partner;
- •The willingness to show extra love and have patience with your partner when they go through periods of difficulty, sadness, or disconnection, knowing it's a short-lived condition;
- •Loving the other for the joy of loving, without thought for what you will get in return.

Unconditional love is more intricate and complicated than simply loving your partner "no matter what." Unconditional love requires stepping back and seeing the bigger picture of your partnership and how to maintain the health of the relationship so that love can continue to thrive and grow.

The first step toward loving your partner unconditionally is learning to love yourself unconditionally. It requires understanding and communicating your own boundaries and limits, yet being flexible enough to adapt and compromise when possible.

And most of all, it requires a daily mutual commitment to maintaining the health of the relationship and nurturing the bonds of love that brought you together in the first place.





The love family is greatest blessing

The sacrifices, beliefs, and values parents implant in their children, help them to determine the person they grow up to. A child is like a sponge that absorbs their parent's thoughts and viewpoints that will stay with them for the rest of their lives.

Parents make great sacrifices for the care of their children. The term unconditional love is a wonderful way to think about a parent's love for his/her child. It conjures up visions of limitless support, of advocacy, protection, absolute and beautiful love. Day after day, parents protect their children from danger, attend their cries, and reassure their children after a bad dream. Parents give up many necessities for their children every day. The sacrifices parents make for their children will have an impact on them when they become parents. I don't know how I'll live without my parents, because I realized that they are the only people, I'll always have on my side. Friends don't last forever, and partners don't either. But your parents, they stick with you from the beginning until their very end. Even when they leave the world, their memory and their wise lessons guide you throughout the life. The love

your parents have for you is the strongest love ever felt by humans. And I think it would be halfwit to say otherwise. One of my client once said, the older you get, your parents become more precious, even if they can't do any anything, they still have the highest value, it's like a company, the older it gets, its brand value increases. Unfortunately, sometimes feign parents love unconditional make up for the fact that

they are not willing to give
their children the valuable
time needed to properly
parent. They are not
willing, or able, to work
with their child, to listen
to their child, to talk to
their child or really get to
know their child. These
parents are simply too
busy to properly parent
and appropriately support
their children.Defining a
person, good or bad,
at everyone has their own



individual definition depending on who you ask. The same is true for trying to define a good parent. However there are some generalizations of a good parent that are common. Parents should have a foundation of love where they actually care about the child. This includes giving attention and showing affection to the child. Parents must be able to create and sustain a good family environment. Possessing the resources and capital to be able to support the baby for many years after their birth is just a small part of this. A good parent should also be a good person. They should be able to take care of themselves and have the general characteristics of patience, care, responsibility, and understanding. A good parent is someone who can provide love, life necessities for their child and themselves. Understanding your child also plays an important role.

Children need balance in their lives. Good parenting is certainly not a simple task, but here are some to-do's to finding a healthy parenting pathway: Give your child a sense of uniqueness: Let your child know



that he/she is special and wonderful. You just can't love a child too much. This is where the unconditional love comes in to play. Send a message to your child that you respect them as human beings. Praise reinforce appropriately. your child

Give your child models: Let your child know the expectations for his/her behavior and establish consequences. Model that which is appropriate morally and socially right. Let your child see and experience good behavior and appropriate response to situations. The old adage, "Do as I say, not as I do" just does not work. Children will model what

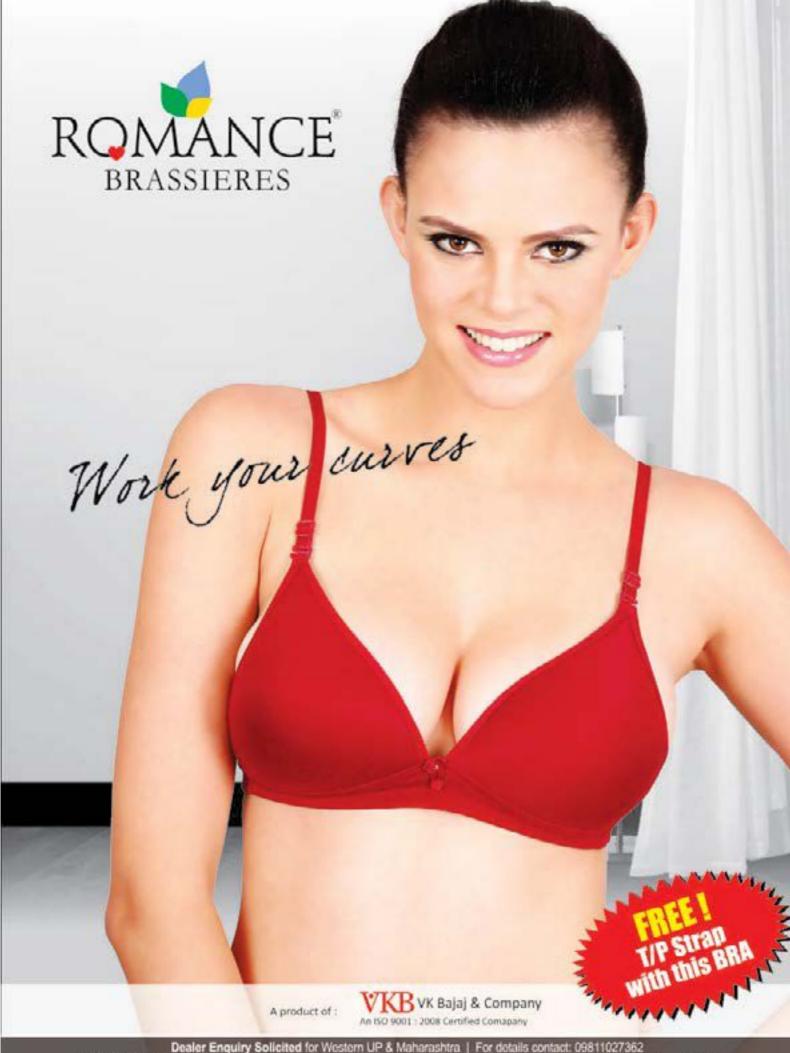
you do, not what you say. Give your child a sense of power: Give your child an understanding of the structure and boundaries you have created for him/her and then allow your child to experience the needed independence which gives them a sense of power and control over their lives. Allow your child to participate in the family decision-making process (i.e., what color to paint the room, where to go to eat out, what dessert to have). Help guide your child

through a logical problem-solving model. Give your child a sense of connectedness: Provide strong family traditions for your child. Help and guide your child's involvement in being a part of a group or team: sports, church, clubs, etc. Feeling connected to others is an important psychological need, but there is a point of

diminishing returns. Prioritize your child's options and then choose an appropriate number of outside activities to complement his/her life. Three outside activities is the limit. Do not

over-book your child. Parenting is the most important and difficult job for which we will ever apply. The best advice I can give is to lay the strongest foundation for your child's healthy development and then get out of the way and trust your child will "make

So this Valentine celebrate love with your you proud." parents and your kids. Tell your parents that you are blessed to have parents like them and your kids that you are proud of them.





Most of us treat our pets like members of the family: we enjoy their company and we do everything we to ensure their happiness and wellbeing, including providing them with veterinary care and emergency veterinary services when they are sick or injured. But it is not immediately obvious why human beings should bond so closely to members of other species, partly because we are virtually unique as a species in the fact that we choose to do so. In captivity, certain different types of animals can form social bonds and in the wild, some species coexist with However, this occurs much more often in the context of a symbiotic relationship than for friendship or companionship. Symbiotic relationships include situations where species benefit from one another's protection from predators or parasites. More broadly, it seems that many animal species have a capacity to form close friendships with other species, as is evident in the way that our pet cats and dogs and many other types of pets (eventually) form close social bonds despite being different species that may be naturally antagonistic to one another or even predator and prey in the wild.

However, there are also other hypotheses, expert suggest other explanations for the affinity of human beings toward other animal species. Specifically, Wilson argued





that during evolutionary periods in early hominid history, there was a distinct survival advantage to observing and remaining close to other animals living in nature. The existence of other species thriving within an environment was consistent with the

availability of essential life-sustaining elements (such as fresh water and edible vegetation); and early humans who gravitated toward animals had a distinct survival advantage over any early humans who kept their distance from animals. More fundamentally, and possibly for reasons that also relate to why animal-assisted therapy can improve human psychological wellbeing, there seems to be something inherently positive about being in the close proximity of other thriving living things.

Psychologists explain our affection for our pets in terms of several different possible contributing factors. First, humans have been breeding the species that we adopt as pets most frequently to have the physical characteristics that appeal to us, such as large eyes in relation to the head, in particular. All dogs are members of the same species (Canisfamiliaris), whether the short, squished noses of brachycephalic canine species like those of the Pug and Bulldogs, the floppy ears of the Labradors and Retrievers, or the skin folds of

the Shar Pei, those characteristics were all products of artificial selection by human beings. They appeal to us the way they do simply because we bred them in the first place as much for those physical features that we consider so "cute" as for their other breed-specific characteristics and capabilities. The fact that we typically "infantilize" our pets (meaning that we treat them like infants throughout their entire lives) may have a lot to do with the emotions they evoke in us in conjunction with way the physical characteristics that we have bred into them appeal to our subconscious nurturing instincts.

Similarly, because our pets are entirely dependent on us, they probably trigger some of the same protective and nurturing instincts as do our own children. It is rewarding and "validating" to us to have another being, be so dependent on us.

This concept of validation is extremely significant throughout the field of human psychology. Essentially, it means that we derive psychological comfort and satisfaction from being perceived positively by others, and



especially, from being perceived the way we perceive ourselves. In human relationships, even the deepest love is "conditional" and with the possible exception of parental love for children, the love we may have for others



today can change or even disappear altogether based on the choices, values, and beliefs of people we love, tomorrow. Meanwhile, the love that our pets (particularly our dogs and pet birds) have for us is virtually "unconditional." Whereas we might sometimes lose the respect and love of other people because of things that we do or because of things they may find out they do not like about us, once we have an established bond with our pets, they continue to love us regardless of any personal flaws that might cause other people to stop loving us.

Therefore, our love for our pets is probably a function of multiple factors that contribute simultaneously to our deep affection for them. We may have evolutionary tendencies to derive comfort from being around other living things; we have bred into our pets the very characteristics that make them most appealing to us; our pets fulfill our need for validation because of their perpetual dependence on us; and (perhaps most of all), our pets love us unconditionally and in a way that is less susceptible to being lost than the love of other human beings.

Researchers found that the same hormone, oxytocin, spikes in both human and canine brains when a pet is gazing at its owner. Oxytocin is known to play a strong role in triggering feelings of unconditional love and protection when parents and children look into each other's eyes or embrace. So the findings suggest that owners love their pets in the same way as family members, and pets return their devoted affection.

Dewest sweetheart, a day

Dearest sweetheart, a day without you in my life must never come for if it does, then that will for sure be the last day of my life. I feel you not only on Valentine's Day but with every breath of everyday.

"I look at you and see the rest of my life in front of my eyes."

The greatest thing you will ever learn in this world is to love and to be loved in return. Thank you honey for coming into my life.

Love cannot be measured in actions and words but when expressed in the right terms it can sure melt someone's heart. It's very much conventional for people to go out on Valentine's Day for a romantic candlelight dinner for two. There's an exchange of gifts. Shiny boxes contain little token of affection. Sometimes, the occasion is quite serious. A diamond engagement ring appears. Other times, the mood is playful, and candy, cufflinks or an album of heartfelt songs are unwrapped. Finding the right message for your partner on Valentine's Day can be hard to do. You're going out together on that night. What shall you put in the card? Or s/he's away, and you want him/her to think of you. How can you say it so s/he'll truly know you care? Choose from our list of Valentine's Day Quotes for him/her, and s/he will know your heart:



I love you because the entire universe conspired to help me find you.

> "All, everything that I understand, I only understand because I love."

On this Valentine's Day I like to whisper in your ear the silent songs of my heart.



When you trip over love, you can still get up. But when you fall in love, you will fall forever. I love you.

That very moment that you came into my life, I was just enjoying my normal life just for the sake of living. Yet, the moment you embraced me in your arms, I have never felt so alive.

On this special day, I want to say thank you! Thank you for always making me feel like a Princess, for being my best friend and for being the best man a woman could ever wish to have by her side. Happy Valentine's Day to the man of my dreams.

Every time you hold my hand. I find another reason to fall in love with you Love you always.

I keep myself busy with things to do. But every time I pause, I still think of you.

Your breath is the scent of a rose and your voice is the melody of angels, while your eyes are more precious than jewels.

We were given two legs to walk and two hands to hold. But why do we have only one heart? It's because the other was given to someone else. As for mine, it was given to

This Valentine's Day is extra special because I get to celebrate it with the most caring, And handsome man that ever walked on Earth! Happy Valentine's Day to my one and, only.

The day I saw you, the world stood still, baby I love you and always will, although I smile and seem carefree, no-one could love you more than me.

All I wanted was someone to care for me. All I wanted was someone who would be there for me. All I ever wanted was someone who would be true.

All I ever wanted was someone like you. Happy Valentine's Day to my inspiration.

night. and it's not because I'm lanely, and it's not because I'm lanely, and it's not because cause it's New year's eve. I came here tonight because when you realize you want to spend the rest of your life with somebody, you want the rest of your life to start as soon as possible."

when hamy met sally

"... love that you are the last person I want to talk

Valentine's Day is my favorite because your gifts always make me feel like a Queen. However, your love is the greatest gift of all.

I consider myself the luckiest person on Earth it's because 1 own the most precious jewel in the whole universe, and that is you, my love.

As a little girl, I remember dreaming of my Prince Charming and of how handsome he would have been. Now that I found you, my dream has finally come true.

You're not just my friend, You're my love You're not just my love, You're my heart You're not just my heart, You're my life You're not just my lite, You're my Everything

hearts

two

become one, they make

the world complete.

Indeed, nothing more

is needed in this world

When

You wipe away tears and hold me when I have fear. You are everything I need, my Valentine dear.

On this special day, keep on loving you If there ever comes a day when we can't be together keep me in your heart, there stay 171 forever.

I want you to know that I want to grow old with you and until the end of time.

Love is a four letter word with meanings that I never understood. But when you walked into my life, you have helped me to understand the

They say that we fall in love only once in our lifetime. I know that this is not true because every day, I fall for you over and over again.

real meaning of love.

When we hug it feels like the world has stopped for those few seconds.

than love.

WHEN I SAW YOU FOR THE FIRST TIME, I THANKED GOD FOR NTRODUCING ME TO E MOST BEAUTIFU ANGEL.

Love is just too weak of a word to express what I feel for you. One life is just not enough to tell you how madly in love I am with you.



MALVAN, MAHARASHTRA:

Love, sweetness, pristine beaches, array of water sports and the untouched beauty of the nature. Your dreams will no more be dreams while on a trip to Malvan! Hidden away in the Sindhudurg district Maharashtra, this quaint town is indeed one of the most romantic destinations in India. Due to the seclusion from the rest of the country, Malvan showcases the most pristine form of nature and will surely bring both of you closer than before!



GANESHGULE, MAHARASHTRA:

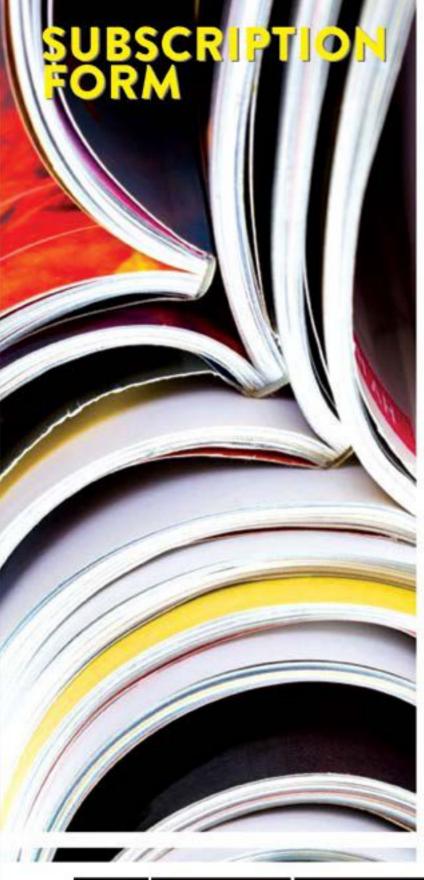
A secluded, yet romantic beach, this hidden beach in Maharashtra is all about you, the love you have for each other, moments of togetherness, warm hugs, bits and crunches of love! Plan your V-Day in Ganeshgule, and there won't be any dearth of moments that will urge you for more and more!



ARAKU VALLEY, ANDHRA PRADESH:

When the shades of green captivates all your senses, you are left with no choice other than surrendering yourself! Besides, if this happens in the presence of your hearty partner, there is no doubt; you would love to surrender yourself each and every time! Make this wish come true in the spectacular Araku Valley carve way for love and romance to hit the both of you.





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2 YEAR	24	2400	20%	240	2160
SYEAR	26	2600	30%	260	3240





DHANKAR LAKE, SPITI VALLEY:

The gracious beauty of a glacial lake, when cuffed by the celestial beauty of the snow-clad peaks and fascinating mountains under the azure sky, love and romance prevails in every bits and corners! If you happen to spend moments togetherness beside this lake in the Spiti Valley, you will experience how the low flying clouds, towering peaks and the snow ushers love and romance into the atmosphere.



SANDHAN VALLEY. MAHARASHTRA:

The journey of love that you both started, do not just celebrate it: make it a reason to love each other for the rest of your lives and beyond! Also known as the 'valley of shadows'. the Sandhan Valley in the Western Ghats, with its enchanting beauty and splendour, will surely allure both of you to shower all your love on each other!



NAINI LAKE, NAINITAL, UTTARAKHAND:

Love, an eternal journey where two hearts unites and beats with the same rhythm! The Naini Lake in Nainital will surely make both of you fall for each other even more than before. Let both of your hearts speak all the volume while enjoying a boat ride in this lake, with the backdrop of the captivating hills and mountains witnessing your everlasting



This Valentine's Day, do not miss the chance to show your partner, how precious s/he is for you. Let each other feel the warmth of your love, fondle each other in the serene environs of Ooty and curate some of the most romantic moments of your life!



ALLEPPEY, KERALA:

If Kerala is the God's Own Country, Alleppey is the abode of love in this country! On a visit to this scenic destination, you will realize, love is not always about expressing yourself. times, by being silent like the backwaters, you can make your other half feel your love and romance that dwells in your heart!



KHAJJIAR, HIMACHAL PRADESH.

Holding each other's hand, a walk amidst the lush pine trees, the eternal Himalayas guarding both of you and the love-spell that exists in the atmosphere; this is all one can wish to make his/her partner feel special. While in Khajjiar the 'Switzerland of India'.



MINICOY, LAKSHADWEEP:

Hidden away from the rest of the country, Minicoy is one of the most bountiful offerings of Lakshadweep. Surrounded gracefully by the Arabian Sea, this island is amongst the least discovered romantic holiday destinations in the country. It is such islands that can make you forget to keep a track on the time and pleasantly get lost in each other's arms!



PELLING, SIKKIM:

fascinating Khanchendzonga Peak witness Make the bond that unites the both of you. Let the colorful valleys of Pelling add some more shades to your lives and enchant all your days with unconditional love and eternal togetherness.



MUNNAR, KERALA:

While the scenic peaks in Munnar will keep you soaked wonderment, winding and terrains evergreen greeneries will allure you bewitch every single moment with each other! The love and romance, freshness, purity, devotion and natural beauty that exists in this hill station is purely divine.



BUTTERFLY BEACH, GOA:

Even if the Butterfly Beach is in the party capital of India, it is amongst the least explored holiday spots in Goa. Accessible through a ferry or boat ride, the mesmerizing beauty and the magical coastline of this beach will instantly make you fall in love with the ambience. Moreover, the scenic palm groves, the cool breeze and the tranquil waves in this beach will never allow any dull moment between the two of you!



HAVELOCK ISLANDS, ANDAMAN:

Let love and romance behold both of you in the most alluring way while cossetting each other in any of the stunning beaches in the Andaman Island! Fly to the Havelock Island and have a tryst with the azure waters, tepid beaches and enchanting greeneries. Show her the fascinating beauty of the underwater and give her all the reasons to cherish the divine journey of your love!



ZERO VALLEY, ARUNACHAL PRADESH

On this Valentine's Day, embrace the first rays of the sun with a heart filled with so devotion, togetherness and romance! Also, let the peace, serenity heavenly beauty of Arunachal's Ziro Valley cast a never-ending spell on both of you!



MAWSYNRAM, MEGHALAYA:

The two of you, cossetting in your arms, millions of thoughts caressing both of your hearts and the sudden drizzling! Yes, every moment in this gorgeous Meghalayan village is filled with exoticness and romance. Nestled amidst the East Khasi Hills, Mawsynram is currently the rainiest place on earth and the surreal beauty of the hamlet just makes for an amazing romantic destination.



TALL CHHAPAR SANCUTUARY, RAJASTAN:

Music, love and romance just complete each other! While both of you plays the love and romance, let the nature, the chirping birds and the swaying leaves under your feet play the music for you. Spend the day amidst the surreal ambiance of Tal Chhapar, witness the playful Blackbucks reveling around colorful you and the butterflies bring you the message of love!



SIMARSAR LAKE, JAMMU & KASHMIR

Rajouri, one of the hidden gems of Jammu & Kashmir is the home to one of the most romantic lakes in the country. Known as the Simsar Lake, this is the place, where time stands still and allows both of you to make each other feel special and loved to the core of your hearts!



YERCAUD, TAMIL NADU:

This Valentine's Day, escape all the humdrums of the city-life and brace each other with the surreal beauty of Yercaud. Nestled amidst the Shevaroy Hill of Tamil Nadu's Salem district, this hill station is a true delight to those couple who seek peace, tranquillity and only each other's company!



MALAP BEACH, UDUPI, KARNATAKA:

Believe it or not, this is the place where you can travel back to the time, both of your eyes met first! The charm and aura that Malpe Beach holds is just like the fresh smell of the earth after the first rain. Moreover, the swaying waves, the sea breezes and the serenity of the beach will allow both of you to adore each and every moment with utmost togetherness and romance!





VERO MODA BLUE MAXI SKIRT RS. 759 MYNTRA.COM

LINOPERROSBLUE FAUX LEATHER HANDBAG RS. 1,797 JABONG.COM



STEVE MADDENMID-ANKLE CASUAL SNEAKERS RS. 4,799 AJIO.COM



PIPA BELLABLADE EARRINGS

EDITOR'S PICK



BOSS ORANGECAT EYES SUNGLASSES RS. 7,505 JABONG.COM



DANIEL KLEIN ANALOG SILVER DIAL WOMEN'S WATCH - DK10532-4 RS. 2,250 <u>AMAZON.IN</u>



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Valentine Day













stepped-up From sweets to personalized mementos, take this on stress out Valentine's Day shopping with these unique finds. Real Simple's editors have searched far and wide to curate this thoughtful and varied array of gifts for your partner.Whether an astute businessman who spends most of his/her days brokering





deals in the office, an enthusiastic foodie with an insatiable appetite (no pun intended) for the coolest new snack crazes, a trend-driven designer with a penchant for home décor, or a kid at heart, these choices are certain to satisfy even the most discerning person. Take the plunge and scroll through for gifts that are sure to please even the pickiest on your list.







SHOES

KEEP YOUR HEART HEALTHY THIS

RD, CDE, CPT, CISSN, ND, M.D (A.M), MDHA Registered Nutritionist, Wellness Coach, Certified Diabetes Educator,

Certified Pump Trainer & Author

Sheryl Salis is the Founder & Director of Nurture Health Solutions, a true health & wellbeing company offering niche comprehensive Health & Wellness solutions to Corporates and Individuals.

She is a Senior Registered Clinical & Sports Nutritionist, Naturopath, Certified Diabetes Educator, Wellness Coach, Public Speaker, Lecturer, Author & Certified Insulin Pump Trainer.

With a career spanning sixteen years, she has rich experience in the field of Nutrition and Metabolic Disorders. Over the years, she has trained over ten thousand Patients & Healthcare Professionals. Her clients include CXO's, Industrialists, Celebrities, and Corporate Executives, members of the royal family, homemakers and children.



It's the Valentine month, While we celebrate love, let's make a pledge to take care of our heart this Valentine's Day.

Today's lifestyle with long sitting hours, faulty eating habits, lack of physical activity and high stress levels makes us prone to heart diseases.

When there is too much cholesterol in your blood, it builds up in the walls of your arteries. The arteries become narrow and blood flow to the heart muscle is slowed down or blocked. The blood carries oxygen to the heart, and if enough blood and oxygen cannot reach your heart, you may suffer chest pain. If the blood supply to a portion of the heart is completely cut off by a blockage, the result is a heart attack. If the blood supply to your brain is cut off by a blockage, the result is a stroke or paralysis.

High cholesterol (hypercholesterolemia) can be inherited, but is often preventable and treatable. A healthy diet, regular exercise and medication (if prescribed by the doctor) can go a long way toward reducing high cholesterol. Here are a few cholesterol lowering items your kitchen that easily available at the supermarket in your locality:-

APPLE CIDER VINEGAR: A health tonic promoted for treating allergies, rashes, infections, aiding in digestion and weight loss. The American Diabetes Association recommends vinegar as a way to increase insulin sensitivity for Type-2 diabetics. Studies have shown that apple cider vinegar when consumed

with water showed a LDL (bad) cholesterol and in HDL (good) cholesterol, its strong flavor and relatively content, apple cider vinegar is alternative to creamy dressings sauces.

consumed reduction in an increase because of low caloric a healthy



BROCCOLI: Has shown to have cholesterol lowering properties.
Steamed broccoli is more beneficial than raw broccoli in lowering cholesterol levels. The fiber in broccoli lower cholesterol by binding with bile acids in the digestive tract and excreting it out. Make it a part of your diet by including it in your stir fry, salads and soups.

BARLEY: One of the most nourishing cereals known to lower blood cholesterol and triglyceride levels which regulate blood sugar levels. Studies suggest that the cholesterol lowering effect is caused by betaglucan, a type of fibre present in barley, which has shown to reduce cholesterol levels from 4% - 10% depending on the amount of barley taken. Barley can easily be substituted for wheat in the form of rotis, khakras, noodles.

Delicious soup can also be made from pearl barley available at chemist outlets.

BEANS AND LEGUMES LIKE BENGAL GRAM
(CHANA), KIDNEY BEANS (RAJMA) AND
CHICK PEAS(KABULI CHANA): They are rich
in dietary fibre which help to lower Cholesterol
levels and prevent blood sugar levels from rising too
rapidly after a meal. Studies suggest that taking as little
as 3/4 cup beans daily can help lower LDL-cholesterol,
total cholesterol and triglycerides. They are low in fat (most of
this is polyunsaturated) and are a healthy source of carbohydrates for persons with
insulin resistance or diabetes. Have in the form of sprouts, salad, hummus, baked

BROWN RICE: Being unpolished, retains most of its fiber and nutrient content that are otherwise removed from refined, white or polished rice. These nutrients include B vitamins, selenium, magnesium and phytonutrients. A cup of brown rice supplies about 14% of the daily recommended value for fiber. This high fiber content helps lower blood sugar and cholesterol. Best to be used as a substitute for white rice, dosa, pulao or biryani.

CELERY: Due to its high antioxidant content has shown to lower risk of heart disease by preventing oxidation of LDL (bad) cholesterol. Make it a part of your diet by including it in your vegetable juice, stir fry, salads and soups.

falafel, chillas.

CINNAMON: Just half a teaspoon of cinnamon a day has shown, significant reduction in blood sugar levels, triglycerides, LDL (bad) cholesterol, and total cholesterol levels in people with type 2 diabetes. Add it to your green tea or use it in food to add flavor.



CORIANDER SEEDS: It has useful cholesterol lowering properties. Boil two tablespoon of coriander seeds in a glass of water. Strain the decoction after cooling and drink this twice a day for good results.

cluster BEANS, (gavar): It has shown to lower cholesterol levels. It is rich in dietary fibre (guar gum) which is beneficial in lowering cholesterol levels.





FENUGREEK SEEDS (methi):

When consumed on a regular basis, it has shown lower total cholesterol, LDL (bad) cholesterol and triglyceride levels in blood. Regular consumption of fenugreek seeds have also found to be effective in controlling blood sugar levels in people with diabetes.

FATTY Salmon. FISH: Tuna. Mackerel and Sardines are rich source of Omega3 fatty acids and proteins. Scientific evidence shows that consuming fish rich in omega-3 fatty acids reduces triglyceride levels by as much as 25-30 percent, increases levels of high-density lipoproteins (HDL), and therefore reduces the risk for heart disease. The American Heart Association recommends eating two servings (1serving=100gms) of fatty fish every week. To get maximum health benefit, it is better to bake, broil, steam or grill fish instead of frying them in oil.

FRUITS: Pear, Apples, Oranges, Berries, Grapefruit and Pomegranate have shown to reduce cholesterol levels in blood due to its high fiber content. Eat fruits with skin wherever possible Their edible skin is an additional source of fiber.

GARLIC: It contains allicin which has shown to lower total cholesterol, LDL cholesterol and triglycerides. Several studies have shown that less than half a clove (900mg) of raw garlic a day can lower cholesterol by 9-12%. It can be taken in the form of raw cloves one to two a day.



GINGER: It has shown to improve heart health. A study testing the properties of ginger found that ginger reduced cholesterol, triglyceride and blood sugar levels. It also raises HDL (good) cholesterol. It also helps improve blood circulation, reducing the risk of heart attacks and strokes. You can enjoy your morning cup of ginger tea or add it to your food and lower your risk of heart disease.

GREEN TEA: It contains catechin polyphenols which are known to provide protective effects on the heart. Studies have shown that drinking green tea lowers total and LDL (bad) cholesterol but has no effect on HDL cholesterol and triglycerides. Since it has zero calories (when taken without sugar), it is great for people watching their weight.

ISPAGHULA HUSK (PSYLLIUM): It contains high levels of soluble fiber and is considered to be an adjunct to statins in lowering blood cholesterol levels. Studies have shown that consumption of 7-10 gms (one to two teaspoon) psyllium/day lowers blood cholesterol levels by 4-11% and LDL cholesterol levels by 6-18%. It has also shown to aid weight loss, provide satiety and lower blood sugar levels. Recommendation is one teaspoon twice a day with water daily.

fat free, sodium free, cholesterol free, high in vitamin C and low in calories. Lemons contain limonoids, which has shown to reduce the production of Apo B, a substance associated with higher cholesterol levels. Flavonoids, also found in lemons, have potential antioxidant properties which reduce the oxidation of LDL (bad) cholesterol, thereby reducing the risk of heart disease and stroke. Use lemon in salad dressings, make lemon juice or add to foods to enhance flavor.

MULTIGRAIN ATTA: A perfect blend of whole wheat flour, soya, oats, husk powder, barley, maize flour, bengal gram flour. It is a rich source of B vitamins and fiber which helps to lower LDL Cholesterol (bad cholesterol) thereby reducing the risk of heart diseases.



NUTS & SEEDS: Walnuts, Almonds, Chia seeds, Sunflower seeds and Flax seeds (Alsi) provide considerable amounts of healthy fats (omega - 3 fatty acids), fiber, and other heart friendly nutrients which have shown to help reduce the risk of heart disease. They can be taken as a mid meal snack or added to the breakfast cereal, however one must take care not to eat more than a handful of nuts (30g) per day as they are a rich source of calories. Avoid those that are salty, sugar-coated, chocolate-coated or honey-roasted to enjoy their health benefits.

OATMEAL AND OATBRAN: It contain soluble fiber called betaglucan, which is also found in some other healthy foods like apple, pear and prunes. Studies have shown that eating as little as 3 grams of soluble oat fiber daily, present in one bowl of oatmeal, can reduce total cholesterol by 8-23 percent in people with high cholesterol. The recommended amount of oatmeal to eat per day for people with diabetes or high blood cholesterol is about 11/2 cups of cooked oatmeal which contains about 150 calories and 4-6 grams of fiber. Other than porridge, Oatmeal can also be served as part of other foods like Oats pancakes, Oats upma, Oats idli, Oats raita, Oats in soup.

RICE BRAN OIL: Extracted from the bran layer contains healthy fat, mono unsaturated fatty acid(MUFA) shown to lower LDL levels in people with high cholesterol. Keep a watch on the amount of oil used even if it is healthy.1 liter oil is sufficient for 2 adults per month.

TOMATOES: They are significant source of a plant compound called lycopene, which reduces levels of LDL cholesterol. Research shows that the body absorbs more lycopene if the tomatoes are processed or cooked, so drink tomato juice and add tomatoes to your minestrone soup as well to get maximum benefits of the cholesterol lowering property of cholesterol.

THE NATIONAL INSTITUTE OF NUTRITION RECOMMENDS THAT EVERY INDIVIDUAL SHOULD CONSUME AT LEAST 300 GRMS OF VEGETABLES (50 GRMS OF GREEN LEAFY VEGETABLE, 200 GRMS OF OTHER VEGETABLES AND 50 GRMS OF ROOT VEGETABLES) AND 100GMS OF FRUITS DAILY.

^{*} Including these foods in the diet is just one step to lowering cholesterol. For best results, also incorporate physical activity on most days of the week, choose healthy foods, quit smoking, maintain a healthy weight and eliminate or reduce alcohol intake.

Disclaimer: Although these foods are generally safe, they can interfere with some medications you may be taking. We recommend you consult your physician/dietician before making these foods an everyday part of your diet.







WHAT IS YOUR CURRENT STATE OF MIND BEFORE WE CONTINUE WITH THE INTERVIEW?

I just finished my yoga session and I'm feeling relaxed.

WERE YOU SPELLBOUND TO THE 'GLAMOUR INDUSTRY' SINCE YOUR CHILDHOOD DAYS?

As a school going girl, I excelled in academics and extracurricular activities such as poetry recitation, elocution, debates, skits and stage plays. I was the darling of all my teachers. Everything was right on track until I bagged the title of 'Miss Andhra'. Nineteen and absolutely mesmerized by the glamour of showbiz, it was at this crossroads that I chose to walk a different path.

DID WINNING 'MISS ANDHRA' SLAM ALL TITTLE-TATTLE AND BOOST YOUR CONVICTION? HOW WAS THE JOURNEY AFTER THAT?

Until my twelfth standard, I was a total nerd and books were my best friend! So winning the Miss Andhra beauty pageant was a big deal for me as it boosted my self-image. I never considered myself beautiful as I was slightly over-weight and used to wore reading glasses most of the time. When I was crowned a beauty queen, it was then that I realized that I was much more than being a nerd and a book worm! Soon, modeling assignments started to pour in, and life just kept on getting more and more beautiful!

YOU ARE A TALENT POWERHOUSE, WORKED IN REGIONAL CINEMA, MAIN STREAM, TELEVISION, SINGING AND MODELING, WHAT YOU ENJOY THE MOST?

My journey has been really fascinating! I had done one film in Telugu (A film by Arvind) which did more than a 100 day business in Andhra Pradesh! Also, I did one reality show as a contestant (Big Boss) which was one hell of an experience and another reality show as a host (MTV Splitsvilla) which provided me scope to express my individuality. I also did few Bollywood films as a new comer. I strongly believe that my best phase both personally and professionally has just begun as I have recently gotten to discover my real self who is happy, bubbly, fun-loving and confident regardless of circumstances and conditions. I enjoy creating art through my craft as I believe that we are here not to face reality but to create it!

ALL INTERVIEWS OF YOURS ARE INCOMPLETE TILL THE TIME FEATURING IN PLAYBOY IS NOT DISCUSSED. WHAT MADE YOU CHOOSE THE ODD?

My sister often says "Better an 'oops' than a 'what if'!" I'm proud of having had the courage to fulfill my dream of becoming a cover girl of Playboy. Not once did I feel awkward during the photo-shoot. Perhaps, its to do with the consistent re-conditioning of the human mind through which one can overcome pre-conditioned prejudices and false premises. Surprisingly, upon my return to India from Los Angeles, post the iconic photoshoot, the plaudits for my global accomplishment had outnumbered the brickbats. Therefore, it would not be unfair to say that India is more progressive and tolerant than otherwise.

YOU ARE CALLED A CONTROVERSY KID BECAUSE OF THE STATEMENTS AND PICTURES OF YOURS. WHAT'S YOUR TAKE?

I'm a far cry from being controversial! I strongly believe that being in the spotlight and being successful are not necessarily the same. I enjoy being unapologetically myself by being an authentic version of myself. There is absolutely nothing wrong, sinful or distasteful in embracing one's sensuality in ways that are unadulterated and equally poised.

LET'S START THE INTERVIEW:

ARE YOU A LARK OR A NIGHT OWL?

I love my beauty sleep! However, when it comes to work commitments, I can be both a lark and an owl. I enjoy leading a disciplined life as I love to feel and look great always.

WHAT IS THE FIRST THING YOU DO WHEN YOU GET UP?

I thanks the Almighty for a brand new day to explore more awesomeness and fabulousness!

HOW DO YOU MAINTAIN YOUR BODY?

I watch what I eat and I do yoga.

ATTIRE IN WHICH YOU ARE COMFORTABLE?Gym wear.

ONE THING YOU DON'T LEAVE YOUR HOUSE WITHOUT?

My debit card!

SUPERSTITIONS YOU BELIEVE IN?

None.

WHAT MAKES YOUR DAY?

Kindness.

WHAT SPOILS IT?

I let nothing spoil my day as I choose deliberately to not pay attention to the factors that don't feel good.

MUST TO BE IN THE WARDROBE AND WHY?

Cocktail dresses and gowns! I love dressing up!

FAVORITE BRAND AND WHY?

Alexander MC Queen. Its bold and edgy!

WHAT IS YOUR FAVORITE THING, YOU LIKE SPENDING MONEY ON?

Sexy lingerie.

WHAT HAS BEEN YOUR BEST/ WORST DATE?

I wouldn't say the 'worst' but the 'cutest' was when my friend showed up in a tuxedo and was trying hard to be cool and suave as James Bond! The best I believe is yet to come!

SEXY V/S BEAUTIFUL AND WHY?

Both. Why be just one of them when I can be a fine blend of both.

HOW WOULD SOMEONE GET YOUR SPECIAL ATTENTION?

By not trying too hard.

WHAT DO YOU THINK VICTORIA'S SECRET IS?

Very stylish, sensual n erotic.

REMAKE OF A MOVIE WHICH U WANTS TO BE PART OF?

Erin Brokovich.

FAVORITE ACTOR AND ACTRESS?

Shah Rukh Khan and Sridevi.

ANY UPCOMING MOVIE WAITING FOR?

Raees.

FAVORITE TV SERIES?

The Kapil Sharma Show!

SOLO TRIP OR GROUP AND WHY?

With my sister and my new born niece as they are sheer joy to be with.

FAVORITE DESTINATION AND WHY?

Maldives! I'm a water baby and I love the luxury cottages

in Maldives which are surrounded by clear water.

HIGH POINT IN LIFE?

Meditation and yoga get me high on life!

LOW POINT IN LIFE?

There's absolutely no room for regret in my life. I choose to live with an attitude of gratitude.

BEST COMPLEMENT EVER?

That there is child like innocence and ocean like depth in my eyes.

WHAT'S THE WEIRDEST THING A FAN HAS EVER DONE FOR YOU?

A fan once dispatched ill fitting clothing items for me from LA to my business manager's office!

WHAT SPORTS DO YOU ENJOY DOING?

I love swimming and playing chess.

WHAT'S YOUR TAKE ON PDA?

To each his own. As for me, I think holding hands in public is cute.

DO YOU BELIEVE IN LOVE AT FIRST SIGHT?

Yes, I do!

WOULD YOU RATHER WIN AN OLYMPIC MEDAL, AN ACADEMY AWARD OR THE NOBEL PEACE PRIZE?

Since my childhood, I've been dreaming of winning the Oscar for Best Actress and I believe that dreams do come true. All I got to do is protect my dream and trust the timing and the ways of the Universe/ Almighty!

WHAT DOES MUSIC MEANS TO YOU?

Where words fail, music speaks!

ARE YOU A SPIRITUAL PERSON?

We all are spiritual beings with physical bodies.

WHAT'S KEEP YOU BUSY THESE DAYS?

I've been working on my debut short film as a writer, director and an actor.

WHAT DO YOU LIKE DOING IN YOUR SPARE TIME?

I love to read.

WHAT'S YOUR ONE ANNOYING HABIT?

I'm highly obsessed with cleanliness and tidiness.





FY January'17 Cover Unveiling



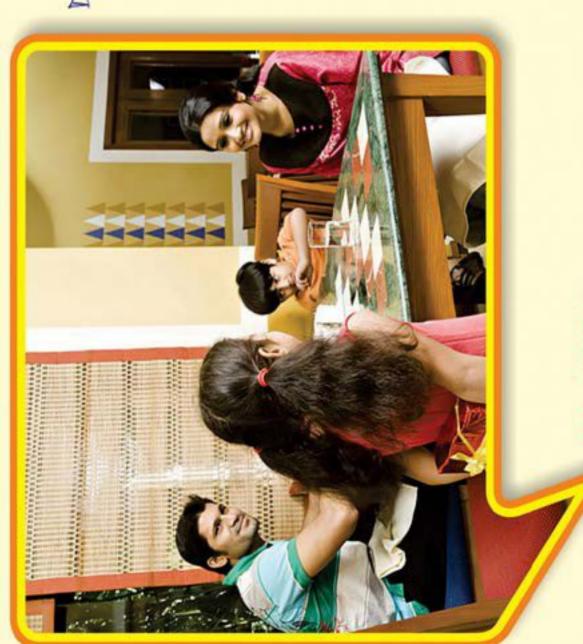












dining table... Tonight on your

everyone should know about it Discuss the new food Law,



New Food Law (Food Safety and Standards Act)

- Empowers the consumer to take samples for food testing
- Aims to ensure safety and hygiene throughout the food
- Food Operators manufacturing, storing, selling, distributing food products would require license or registration
- Science based standards to be followed for processed and other foods
- For suggestions, queries, complaints, call our toll free helpline number at 1800 - 11 - 2100 or visit fssai.gov.in





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VAPH COLLABORATES WITH LOVE AND OTHER BUGS Curates an exclusive capsule collection

Chennai based premium leather footwear brand VAPH launches a whole new set of styles in collaboration with lifestyle and fashion bloggers Love and Other Bugs (Sisters Shereen Sikka and Trishala Sikka along with partner Kayaan Contractor).

The collection varies from a sporty sneaker to a unicorn slippers to flat mules and slides in colors of red, black, pink, green, silver and more. A set of four styles in eight different shades. Overall, the collection speaks about madness, chic vibes, obsession, and perfection besides the style, comfort and zen that VAPH already stands for.

"Shereen's style is more classy, and Kayaan's is more flamboyant and off-beat and along with Trishala modish style it adds to being a complete fashion mix" said Harish Nekkanti, Director, VAPH. "We were looking to curate a collection as an acknowledgement to fashion icons and who better then Love and Other Bugs to make that style statement? We look forward to showcasing this collection that we believe is a perfect fit for every fashionista." The aim behind VAPH is to fill the gap in the Indian market for premium, high fashion, genuine leather footwear for women and girls at affordable prices. Besides the new capsule collection, VAPH already offers a range of loafers, sandals, moccasins, lace-ups, clean-cut slippers, brogues, oxfords and boots. In respect to age, the footwear for little girls begin from age two. And for women, they cater to all the age groups.

Available on www.vaph.in



Sugarbox Collaborates with Celebrity Trainer Namrata Purohit for an exclusive Fitness Edition

Renowned subscription based gift box, Sugarbox, collaborates with the well-known Pilates and fitness expert Namrata Purohit to bring you an exclusive Fitness Edition. Post the huge success of their earlier editions- Boho Chic, Jumpstart, Summer Romance, Holiday, Red Carpet amongst several others. Sugarbox decided to delve into something different for its followers. This is how the idea of Fitness edition along with Pilates expert Namrata Purohit came about. Namrata Purohit is country's leading Pilates and Fitness expert who trains personalities like-Varun Dhawan, Shraddha Kapoor, Jacqueline Fernandez, Malaika Arora Khan, Ileana D'cruz, Nargis Fakhri and many others. "Today, we are in the era where everyone has become fitness conscious. It's more than just a trend, it's about staying fit in the longer run. Keeping this in mind, we decided to bring to our audience something that they would really love to use! And who better to curate it with than the youngest fitness expert of the country?"said Niharika Jhunjhunwala, Founder, Sugarbox."It was a pleasure having Namrata onboard, her expertise helped us curate a box that we are sure will be really appreciated." added Niharika. The Fitness edition contains a gym duffle bag, an edgy workout T-shirt, a quirky gym bottle, skipping rope, quinoa puffs, luxurious coffee body scrub, and 'The Lazy Girl's Guide to Being Fit' book written by Namrata Purohit. As per the theme followed by Sugarbox, the edition has an array of products in the category of fashion, beauty, lifestyle and gourmetand all the products are full sized as opposed to samples and with a value of more than double.

So, how about trying this out of the box (in the box) Fitness edition! www.sugarbox.in

Rs. 2, 499/-



OBEETEE's vision to introduce the incredible Indian craft to the rest of the world, sees the coming together of India's leading designers to display high end couture rug pieces that have never been woven before. While Tahiliani has designed the brand's maiden India-inspired collection, it has also brought on board, other illustrious designers of the Indian design circuit like Raghavendra Rathore, Abraham & Thakore, to conceptualise this ambitious project, Proud to be Indian.

Talking about the concept, Mr. Rudra Chatterjee, Chairman, OBEETEE, "Over the last decade, India has become the largest manufacturer of carpets, surpassing the production by Iran, Turkey, Nepal, Pakistan, Morocco, and other areas; yet the designs have been a hybrid of India and other nations. It was imperative for us to be known as more than just another carpet manufacturing unit. We want our rugs to echo and reflect our country's diverse design sensibilities. With this new collection, we intend to proudly exhibit that India is indeed the core and the heart of various design experiments, as its pattern library differs from region to region. Progressing this intent ahead, we are celebrating India as a theme, by associating with incredible Indian designers, starting with Tarun Tahiliani." Adding further on the partnership, Angelique Dhama, Chief Marketing Officer, OBEETEE, said: "As far as the rug category is concerned, there was little or no presence of Indian art in this domain. In fact, Indian art was perceived to be hiding in the shadows of Indo-China, Indo Persian or Indo-Nepal for that matter. There was a



need to break out of the shackles of colonization and create something uniquely Indian. With this initiative, we want to promote contemporary India, its growing aspirations and its unique design sensibilities, by creating an exhibition of modern carpets, as conceived by the Sub Continent's most talented fashion designers."

The limited edition designs will also be taken across the globe, beginning with US in February. A series of exclusive exhibitions and receptions will also be held in honor of each designer in New York, spanning next few months.

CROCS SWIFTWATER FLAT: THE SHOES WOMEN CAN'T DO WITHOUT







The Crocs Swiftwater flat is such a knockout pair that it can instantly elevate your outfit, be it your office wear, a flirty summery dress and even your sensual sheaths. It's a pair you'll love to ditch your heels for.

Flat shoes for women needn't be boring, and Crocs Swiftwater flat proves just that. Designed for free-spirited women, these slipon shoes seamlessly blend active styling with feminine aesthetics. Lined for comfort, this pair offers a relaxed and secure fit.

That's not all – the Crocs Swiftwater flat has a wiggle room at the front of the shoe so that your toes do not touch the front and protects you from several foot issues. Featuring the iconic Crocs comfort and cushy foam bed, these are light in weight and high on trend. So, go-ahead and enhance your look with these wear-with-anything flats, this season.

Price: INR 3,495



MAHIRA KHAN UPSET AS 'RAEES' IS NOT RELEASING IN PAKISTAN

In spite of getting an opportunity to work with the Badshaah of Bollywood, Mahira Khan Feels her achievement has come under the evil eye since 'Raees' is not releasing in Pakistan. In an interview with popular Pakistani entertainment portal



Dunya News, Mahira expressed her disappointment as she said, "I am the first Pakistani actress who got the opportunity to work with Shah Rukh Khan as the main lead. But I feel that my success and fame has come under the evil eye due to which my film has not been able to release in Pakistan." However, reports suggest that Bollywood films will be permitted to screen in Pakistani cinemas. "It is a good sign that the exhibition of Bollywood films is being reopened in the country," said the Pakistani starlet. "Pakistani films are my priority, however; I had never compromised on the role. I will work in films based on quality productions and significant characters," she signed off.



BOX OFFICE COLLECTION: 'RAEES' WINS OVER R-DAY, KAABIL STEADIES ITSELF

The Box-Office clash between two big movies is nothing new, but this time it was a little special as two Bollywood biggies were up against each other. Shah Rukh Khan Starrer 'Raees' has taken the box-office by storm, raking in the highest one day collection on the account of Republic Day, while Hrithink Roshan starrer 'Kaabil' steadied itself. Both the movies, af-

ter locking horns on January 25, saw a huge jump on their second day. According to Box Office India, the SRK starrer earned around INR 26.30 crores on the second day, beating the record of Salman Khan Starrer 'Jai Ho' which raked in INR 25 crores in 2014. On the other side, the Sanjay Gupta directorial, which opened to an 'average' response has come back in the race by witnessing a jump of 80 percent and collected around INR 18.67 crores. The Rahul Dholakiadirectorial now leads the battle by collecting INR 46.50 crores in two days, while 'Kaabil' has earned INR 29.1 crores. With weekend coming up, we truly look forward for a great battle at the Box-Office!

SRK'S PERFECT 'LA LA' DAY WITH KIDS ABRAM, ARYAN, SUHANA!

Children can always the perfect stress buster!

After starting the New Year on a very busy note, courtesy 'Raees,' Shah Rukh Khan finally got an off to spend quality time with his children Aryan, Suhana and AbRam. The 51-year-old actor made the most of it, from holding his little munchkin AbRam in his arms to having sweet conversations with Suhana and joking with Aryan. Cherry

on the top was signing off the day with Oscar-nominated movie 'La La Land." Off day. So lil one in arms. sweet convo with daughter on phone jokes with elder son. La La Land 2 falls in love sleep. Life is beautiful," he wrote on Twitter, describing the day. On the work front, the 'Dilwale' actor's 'Raees,' starring Mahira Khan and Nawazuddin Siddiqui, got released on Wednesday, just a day before the Republic Day.

SRK has lived the character on celluloid, as he plays the layered personality of Raees, who is less of a gangster and more of an impresario, garnering reverence, love and fear, with utmost ease and perfection. The film has proved true to the audiences expectations and collected Rs. 20.46 crores at the Box-Office, on the first day.

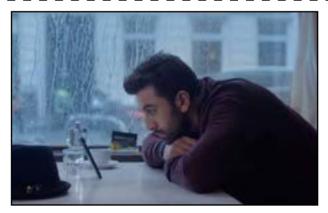


B-TOWN CELEBS CONDEMN ATTACK ON SANJAY LEELABHANSALI

Bollywood celebrities, including filmmaker Ram GopalVerma, AnuragKashyap and SonamKapoor have expressed their anger after Rajput KarniSena workers created ruckus and vandalised the sets of filmmaker Sanjay LeelaBhansali's 'Padmavati' in



Jaipur, saying the entire film fraternity should come together and take a stand. Taking stand of 'Bajirao Mastani' director, Varma took to twitter and wrote, "Bhansali is an artiste and if any country cannot protect its artistes from street hooligans it doesn't deserve to be called a country. "Expressing concern, director Anurag Kashyap also took to twitter and called for the entire film industry to come together and take a stand and "refuse to be a pony that all bullshit and bullshitters ride on". The 'Neerja' actress also came out in support to voice her concern and said, "What happened on Padmavati sets is appalling and heinous. Is this the state of the world. "The protesters manhandled the ace director and alleged that the film has love scenes between Queen Padmini and ruler Alauddin Khilji, played by actors Deepika Padukone and Ranveer Singh. The Karni Sena claims that Padmini was a proud queen known for taking her own life rather than submit to Alauddin Khilji, the emperor who attacked the Chittorgarh Fort. Padmini committed "Jauhar" or immolated herself with scores of other women as Alauddin Khilji waited to conquer the fort and claim her. The Rajput Karni Sena has demanded that Bhansali should delete such scenes in the film, if any.



FIND OUT! WHY ISN'T RANBIRKAPOOR ACTIVE ON SOCIAL MEDIA

While a major chunk of B-town celebs make sure to keep their fans updated on social media, there is one actor who stays aloof from all the 'Tamasha'. He is, none other than, Ranbir Kapoor, who prefers to stay 'invisible'. When asked as to why he isn't active on social media, the 'AeDil Hai Mushkil' star replied, "I cannot use social media engagingly. Then it doesn't make sense, you lose your popularity, you seem boring. And I prefer

to be invisible," reports Filmfare. The 34-year-old further said he prefers to stay away from the media glare when he does not have a release. I'm not a people's person. I like to disappear when I don't have a release. I enjoy the invisibility," he said. On a related note, RK is currently busy with Sanjay Dutt's biopic and is gearing up for the release of 'JaggaJasoos' that hits theatres on April 7.

THE CONTROVERSY ENDS! HARSHVARDHAN KAPOOR APOLOGIZES TO DILJITDOSANJH

Bollywood never ceases to amaze us by the amount of shocking comments an artist makes on another. The 'Mirzya' actor, Harshvardhan Kapoor, after taking on Diljit Dosanjh for his Filmfare award, has now issued an apology. The actor took to twitter and wrote, "Love you to sir, have lots of respect for you and your body of work sorry if I said anything that came out wrong @diljitdosanjh @Anil Kapoor." On a related note, the 'Do You Know' singer recently won the 'Best Debutant Actor (Male)' Filmfare for 'Udta Punjab' which seemingly did not go down too well with the Kapoor son.

Diljit, however, did not take the issue too seriously as he said in an interview that he is not hurt by the comments Harshvardhan made. The 26-year-old's apology has now resulted in a happy ending!



LOVED YOUR ANGER IN IT: B'WOOD'S ANGRY MAN BIG-B PRAISES 'RAEES' SRK

Eclipsing the era of male leads, playing the conventional good characters, superstar Shah Rukh Khan got curiosity levels soaring high with Raees, a character having shades of grey.Rahul Dholakia directed 'Raees' and the 51-year-old actor's angry man avatar in it, is hailed by none other than Bollywood's original 'Angry Man' Amitabh Bachchan.



The veteran actor recently took to Twitter to share his thoughts on SRK's impeccable performance in the movie and wrote, "T 2515 - Congratulations Shahrukh ...RAEES ..loved your anger in it !!"Shah Rukh has lived the character on celluloid, as he plays the layered personality of Raees, who is less of a gangster and more of an impresario, garnering reverence, love and fear, with utmost ease and perfection. The film has proved true to the audiences expectations and collected Rs. 20.46 crores at the Box-Office, on first day.

HERE'S ANOTHER GLIMPSE OF 'BAAHUBALI 2'



'Baahubali 2: The Conclusion', sequel to the blockbuster 'Baahubali: The Beginning', is all set to entice the audiences this summer and the makers have now unveiled the third poster of the film. Director SS Rajamouli recently shared a fresh look of the second part of magnum opus on his Twitter handle and dubbed it as "one of the most artistic sequences in #BAAHUBALI2." The poster shows a young Devasena (AnushkaShetty) pulling the bow string along with AmarendraBaahubali (SrBaahubali). Starring Prabhas, RanaDaggubati, Anushka and Tamannaah Bhatia in the key roles, the second part to the period war film is all set for an April 28 release worldwide.

DEEPIKAPADUKONE FEELS 'PROUD' TO BE CALLED HIGHEST PAID ACTRESS IN HINDI FILMS

In almost a decade long career in the film industry, DeepikaPadukone has carved a niche for herself as she is one of the most successful and highly paid Hindi film actresses. During an interview with Filmfare, the leggy lass was asked if it is overwhelming to be called the highest paid actress in India, to which she replied, "The generic tags of

being a superstar or being well paid don't affect me at all. I feel proud that people call me the highest paid actress in Hindi films. I also feel humbled. I have better sense than to let these titles affect me. Eventually, it's the work that matters.""I would be worried if I was labeled for the kind of kind I did - say if someone referred to be as a 'bubbly' actor or as an actor who can only do a certain type of films. That sort of classification would worry me. That's something that happens in our film industry," said the 'Tamasha' star. The 31-year-old feels this tag is an achievement not just for her but for women around the world. "The reason I hold the title of the highest paid actresses is because I'm able to deliver at the box-office. I see that as an achievement not just for myself but for women around the world," she said and added, "Be-



cause it's not just in the film industry but in every walk of professional life where women are dealing with this situation. They have to prove their capability to be paid well in keeping with their efforts. I've achieved something with this particular epithet. But there's still a long way to go."On the work front, Deepika is gearing up for Sanjay LeelaBhansali's magnum-opus 'Padmavati' that also stars ShahidKapoor and Ranveer Singh.

WHAT! EMMA STONE WAS NOT KEEN ON DOING 'LA LA LAND'?

Many a times we hear actors saying how they did not want to be a part of a project. This time, it's Emma Stone on how doing 'La La Land' was not even an option for her. During an interview with The Hollywood Reporter, the Academy Award nominee



shared she was doing 'Cabaret' when the musical was offered to her and how the idea of doing another project of that genre was something she never even considered. The 28 year-old-actor said, "My voice was gone, and I was struggling to get through the shows - I was still doing 'Cabaret' - and the idea of doing another musical was like, 'You've got to be out of your mind.' After 'Cabaret', I wasn't sure I would ever sing or dance again." But, director Damien Chazzelle persisted and again met Stone in her dressing room, bringing demo tracks of Justin Hurwitz's score and how he hoped to shoot each production number. The fact that Chazelle also was talking to Gosling for the film must have helped melt some of Stone's reluctance; she had co-starred with him in 2011's 'Crazy, Stupid, Love' and again in 2013's 'Gangster Squad'.

The neo-musical is now nominated for 14 Academy Awards. The movie and Stone are the front-runners for taking the Oscars in their respective categories.



THE SALESMAN' PROTAGONIST BOYCOTTS OSCARS OVER TRUMP'S 'RACIST' VISA BAN

Looks like U.S. President Donald Trump's 'anti-Muslim' statements have started sparking controversies already. According to The Guardian, the lead actor of an Iranian drama, nominated for an Oscar in the best foreign language film category has decided to boycott this year's ceremony over Trump's expect-

ed decision to impose visa bans on Iranians. Asghar Farhadi's 'The Salesman' protagonist, Taraneh Alidoosti said, "I consider the blanket ban on my fellow countrymen to be racist. I would boycott the awards ceremony." She went on to say, "Even if I was excluded from the ban - despite it being the first time I qualified to attend, I would boycott the awards ceremony. "Taking her anger to her Twitter handle she tweeted, "Trump's visa ban for Iranians is racist. Whether this will include a cultural event or not, I won't attend the #Academy Awards 2017 in protest "Although Trump's new measures against seven Muslim-majority countries - Iran, Iraq, Libya, Somalia, Sudan, Syria and Yemen are expected but not confirmed.

TRENDING! KIM K SHOWS OFF HER NEW PIERCED NAILS

When it comes to creating a trend in Hollywood, Kim Kardashian has always been on the top. And now she comes

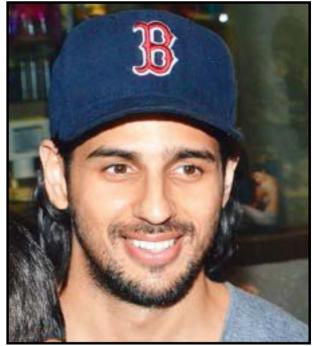
off with this insane piercing of her nails which might take everyone by storm. The 36 year-old-actress posted a video on Snapchat, taking her nail-game to a whole new level, piercing every single of them through the top. The video she posted shows the 'Keeping up with Kardashian' star, moving her hand back and forth and also turning it around to show the dangling hoops from the tip. The nails look completely fake because the real nails would have a really hard time supporting so many holes through the top. The matte light purple coloured nails are chrome finished and are extended far beyond her fingers allowing them to make room for two or more hoops in each finger. The mother-of-two has always been pushing her boundaries when it comes



to flaunt his fashion sense. Now let's see for how long these hoops hang in there because it will definitely not be easy for the reality star to work with those on.

SIDDHARTH EXCITED ABOUT TRYING OUT DIFFERENT GENRE OF MOVIES

Looks like Siddharth Malhotra is all set to change gears in his Bollywood career. With so much contrast in his upcoming movies, he surely has a lot to offer his fans! At a recent event, the 32 year-old-actor said, he is quite excited for his upcoming movies because of their varied genre. "Reloaded is almost done. Only one song has to be shot. It will be coming out in August, 2017. I and Jacqueline Fernandez are in the movie. This is an action movie, with some humor in it. To me, it is a popcorn flick. Next month, I will start shooting for Ittefaaq, which is a murder mystery, I have never done movie on such a subject, so I am really excited for it too," said the 'Baar-BaarDekho' star. The contrast in both of his upcoming movies shows how the actor wants to experiment with his projects. When asked about being clicked with Alia Bhatt recently.



When asked about being clicked with Alia Bhatt recently, Sidharth quipped, "So I should not go out with Alia?" Adding, "It's not about getting spotted with anyone. Whenever we go to any public place, you guys (Media) are everywhere, to click our pictures. We are friends, so I don't think there is any kind of problem in getting clicked with your friends."



THE BACHELOR' NICK VAIL BOWLED OVER BY PEECEE

Looks like Priyanka Chopra is all over in the West and the latest one is in the promo for 'The Bachelors.'The 34-year-old actress posted a little boomerang clip made, saying, "Just give me the rose already @viallnicholas28! #TheBachelor passes on the baton to #Quantico! Now on Mondays at 10|9c"In another video, Priyanka can be seen threatening Nick Viall. "Are you really gonna try that on me @nickvi-

threatening Nick Viall, "Are you really gonna try that on me @nickviall? It's #QuanticoMondays at 10|9c right after #TheBachelor on @abcnetwork @abcquantico." The actress can be seen looking red-hot in the promo with 'The Bachelor' star.

The whole premise of the video is the promotion of her hit TV series 'Quantico,' which is moving to a new time-slot and will follow the reality series 'The Bachelor'. Other than this, PeeCee will soon be seen in her Hollywood debut 'Baywatch,' alongside Dwayne Johnson and ZacEfron

TAYLOR, ZAYN RELEASE "I DON'T WANNA LIVE FOREVER"

"I don't wanna live forever, 'cause I know I'll be living in vain," the pair belt out. "And I don't wanna fit wherever; I just wanna keep calling your name until you come back home." Finally, the finished product to Taylor Swift and Zayn Malik's 'Fifty Shades Darker' single called "I Don't Wanna Live Forever" is out and you don't want to miss it. The song, which is already climbing the charts, is shot at London's historic St. Pancras Renaissance Hotel and helmed by acclaimed director Grant Singer. The famous pair acts out a wide variety of emotions as they sing about love and heartbreak



STRESS-BUSTER



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ASPARAGUS NOINO BEAN PARSNIPS BEET PEAS BROCCOLI PEPPER CABBAGE POTATOES CARROT RADISH CAULIFLOWER RHUBARB CHARD RUTABAGA COLLARD TURNIP CUCUMBER WATERCRESS

EGGPLANT GARLIC KOHLRABI LETTUCE MELON

Sudoku

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DECEMBER 5 LUCKY WINNERS:

- 1.Suraj Singh (Surat) 2. Richa Gupta (Raipur)
- 3. Yogesh Kale (Mumbai) 4. Sandra Smith (Bangluru)
- 5. Hitesh Pancholi (Kanpur)

Rules- The rules of the game are simple: each of the nine blocks has to contain all the numbers 1-9 within its squares. Each number can only appear once in a row, column or box.



Send us the entries before 15th of february on fashionyouintimate@gmail.com along with your contact details. Five Lucky winners will get the FYI Hamper.



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So why not be one?

Vespa. The name envokes clean, perfected, Italian design. The world reconized scooters are known for their speed, efficiancy and versatility. This allows the Vespa to be its own ican.



You live in a sea of icons.



















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