

JUNE (SECOND) 2018 ₹ 50

Woman's era





Dear Magazine Distributors,

This is to inform that the distribution of Woman's Era, Alive & Suman Saurabh magazines will be done directly through Delhi Printing & Publishing Co. Pvt. Ltd.



Woman's era
ALIVE
सुमन सौरभ

Hence, the April (First) 2018 issue of **Woman's Era**, April 2018 issue of **Alive** and **Suman Saurabh** will be sent or sold to all agents/distributors from Delhi Printing & Publishing Co. Pvt. Ltd.

It is requested that you contact Deepak Gupta (Circulation) 09650922558/ deepak.g@delhipressco.com/ 011-47377788 to place the order.

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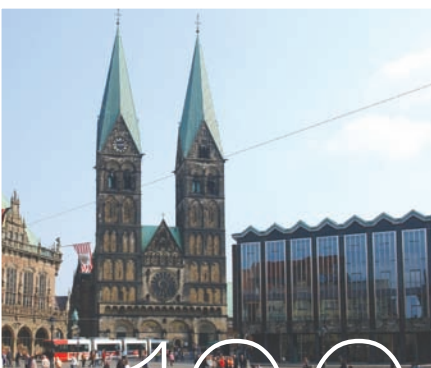
**HAPPINESS MUST
BE EMBRACED**
Kalpana M Naghnoor



SUMMERS WANDERLUST
Dr Romy Agarwal



**DECODING TEENAGE
DAUGHTERS**
Tarang Sinha



**10 BEST DESTINATIONS
FOR FIRST-TIME
TRAVELLERS**
Inder Raj Ahluwalia

**68 INDO-CHINESE
FUSION FOODS**
Sripriya Satish

**84 NAINA MAITHANI
KULKARNI**
Suman Bajpai

**86 DISCIPLINE FOR
DEVELOPMENT**
Clifford Martis

**95 SIGNS THAT
THE GIRL LOVES
YOU**
Shree Prakash

96 GOOD POSTURE
T. Rajagopalan

**108 LADIES, YOU CAN'T
AVOID STRESS**
Dr V.K. Nigam

**118 DREAM YOUR WAY
TO SUCCESS**
I. M. Soni

**122 MERCURY
CONTAMINATION**
Susheela Srinivas

128 JET VERSUS JET-LAG
Rajiv Bakshi



CREATIVE BLEND
Bindu Saxena

**32 ROUTE TO SHINY
HEALTHY NAILS**
Pushpa Bhatia

35 MYSORE JEWEL
Khushboo Jain

**40 WIFI AN INVISIBLE
KILLER**
Shakuntala Sinha

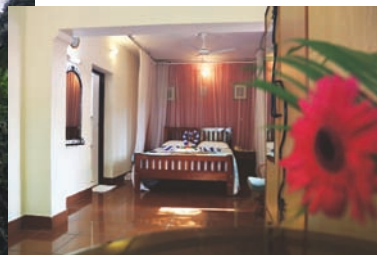
**42 THE PERFECT
GARDEN PATHWAY**
Lesley D. Biswas

**51 EMPOWERING
WOMEN TO TAKE
LEADERSHIP ROLE:
SUMMAIYA AFREEN**
Our Correspondent

**62 4 DAYS AND
FOUR NIGHTS**
Elsa Joel



Veg Quipes with Cheesy Cream Dip
Honey Glaze chana-Jaggery-Amla Wrap
Cheesy Rainyarakkal with
Tomato Chutney
Idli Chilli Chaat
Cheese Coxinha with Mustard Cream Dip
**Eggless Cofee Caramel with Orange
Cream**
Netted Crispy Chicken Popsicles
Jacket Potatoes with Crackling
Spinach & Tofu and many more...



Mysore Jewel

Spreading healing at Indus Valley Ayurvedic Centre.

By Khushboo Jain, Wellness Advocate

Here comes June and I landed for another wellness holiday near Mysore, amidst Chamundi Hills and overlooking famous Lalitha Mahal Palace. Indus Valley Ayurvedic Centre, referred to as IVAC, is the first ISO (9001-2000) certified Ayurvedic Rejuvenation wellness resort that follows time tested tradition of herbs combined with daily intake of Yoga, Ayurveda, Vaastu, giving healing a new dimension.

Founded by Dr Talavane Krishna, MBBS and FFARCS (UK) who practised medicine in the UK, the USA and Canada for 25 years, visioned to integrate Ayurveda with modern concept. That's how this authentic wellness resort was born where treatments are manned by highly experienced doctors. The focus is clear on rejuvenation and cure, in perfect accord of surroundings where air is fresh, pure invigorating.

Spread over 25 acre of tree lined walkways and flowering shrubs, IVAC was established in 1999.

Accommodation is luxurious and private, rooms are crafted cottage style with modern convenience. Even the Massage tables are designed and crafted out of single wood logs. Herbal garden called Jyothirvana developed on 8

acre property has more than 750 medicinal plants collection.

Healing check box

✧ **Top Ten Conditions** Treated are Acne, Arthritis, Diabetes, Digestive, Fibromyalgia, Hypothyroidism, Obesity, PCOS, Psoriasis, Spine, Tinnitus.

✧ **Photo-Bio-Modulation Therapy**- Also known as low-level laser therapy (LLLT), in which exposure to low-level laser light or light emitting diodes is given to stimulate cellular function leading to beneficial clinical results for various conditions and diseases. It can treat Acne, Aging, Hair Loss (Regrowth), Pain Relief, Fat Loss, Stem Cell Production, Alzheimer's, Parkinsons Disease, Traumatic Brain Injury, Stroke, Heart Attack, Spinal Cord Injuries and Nerve Regeneration.

✧ **Different yoga and meditation** forms like therapeutic Yoga, Yogic Kriyas, Yoga Nidra, Aqua Yoga and meditation.

✧ **Blissful healing treasures** with therapies like Navel oil bath-chakra bast, Colour therapy, Greeva basti for neck pain, Janu Basti for knee pain, Padaghata, Shiobasti, Kashayasekha-luxurious decoction treatment, Advanced luxurious massage with patra panda

sweda, Energy healing, Gem therapy, Packages on Panchkarma, WeightLoss, Rejuvenation and much more.

A must experience

✧ **Ayurvedic Cooking Course** – Know about food as Medicine with therapeutic vegetables and spices that detoxify the body and the food combinations that create toxins.

✧ **Customised Homas and Yajnas**- Arranged on request by the expert priests with vedic wisdom. 'Navagraha Shanti Homa' performed to bring harmony among the 9 aspects of the planetary energies. While Mahaganapathi havan is performed at the beginning of any new venture. Then 'Mahamrtyunjaya Homa' is from the Rk Veda is used for healing of chronic and incurable diseases in conjunction with Ayurvedic treatments.

✧ **Ayurvedic Leadership** Detoxification Programme of five days where guests go through sessions on various physical exercises, meditation and yoga practices along with the Abhyanga and other customised Ayurvedic treatments.

Contact- Indus Valley Ayurvedic Centre, Lalithadripura, PO Box No-3, Ittigegud, Mysore-570 028, Karnataka, INDIA
reservations@ayurindus.com/ +91 8033013047/+91 8212473437

