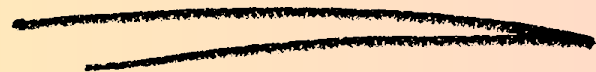


Nishtha Rohatgi

ARTS AND DESIGN



2012

2024



PORTFOLIO



Cinema Verité

An exponent of observational film-making, **Nisha Pahuja** tackles subjects like indoctrination camps, diamond trade and the Indian diasporas' search for identity.

Nisha Pahuja stumbled into film-making. The 42-year-old's latest film *The World Before Her* is the highest grossing Indian documentary of 2014, gathering a slew of awards around the world. She talks to us about her biggest challenges, the search for a story and why she makes films despite the odds.

What are the origins of *The World Before Her*?

Initially, I'd wanted to explore the role of women in post-liberalised India through the Miss India pageant. As I worked, somebody introduced me to Parchi Trivedi who belonged to Durga Vahini. I then had the idea of filming these disparate worlds, the Durga Vahini camps and the pageant.

WOMEN'S HEALTH MAGAZINE



1

What would you say to your teenage-self?
I'd say that there is no substitute for hard work, so just go for it.

What's most important to you in a relationship?
The connection and bond that two people have.

2

3

Your cure for heartbreak?
Keep yourself busy and occupied. Time will heal the wounds.

4

Your shower song?
I like listening to 'The Lazy Song' by Bruno Mars.



Women's Health

What Men Think

5 JUICY QUESTIONS FOR... Zaheer Khan

36, member of the Indian cricket team, who now runs ProSport Fitness, a health centre.

Fast Talk

- > Favourite dish to cook? Pasta
- > The ultimate turn-off? A person who doesn't use deodorant!
- > True or false: exes remain friends? True, actually.
- > Can you be trusted with a secret? Absolutely!

5

Your real-life hero?
Roger Federer—he's someone who's achieved a lot in life. And Aamir Khan is my reel-life one—I love his movies. ■

The Shooting Star

At 23, **Akanksha Singh** has 11 years of basketball experience behind her. The Delhi-based forward point guard plays for and has captained the state and the Indian national teams. This dynamic dribbler tells us her secret to long-lasting success.

Get Fit Tricks

WE SUPPORT WOMEN IN SPORT

WOMEN'S HEALTH MAGAZINE



SECRETS TO SUCCESS

Pre-match Ritual:
In the bus to the venue, we (the team) sing 'Yahan Ke Hum Sikandar' from the movie *Jo Jeeta Wohi Sikandar*.

Lucky Charm:
Whatever my sister Prashanti Singh (also on the team) lends me before the tournament. If it's a headband, I'll wear it for every match.

Leadership Tip:
I like making people feel light. I talk out issues and avoid making a big deal of things. It's also important for the team to trust the leader. If they trust you then they are more open to your suggestions.

WEIGHT LOSS SCOOP!



Avocado

A tasty and versatile craving killer that could help you avoid late-afternoon hunger pangs (and the junk-snack run that goes with them). Recent research published in *Nutrition Journal* found that adding half an avocado to peoples' lunches reduced their desire to eat over the next three hours by a whopping 40 per cent. To incorporate this satisfying green wonder, mash and spread it on a sandwich in place of mayo, blend into a green smoothie for a creamier texture or wrap chicken ham around fresh slices.

WOMEN'S HEALTH MAGAZINE



SHORT ANSWER

Caffeine

The pre-workout jolt that can raise the number of calories you torch afterward. When cyclists sipped espresso an hour before a ride, their resting metabolism—the number of cals they burnt just sitting on their duff later—leaped by 15 per cent. Reap the after-burn: gulp about 270 mg of caffeine (roughly the amount in a tall Starbucks coffee).

Source: *International Journal of Sport Nutrition and Exercise Metabolism*



2 COOKING BASICS
WHEN YOU'RE
HAVING FRIENDS
OVER FOR DINNER...
SIMPLICITY

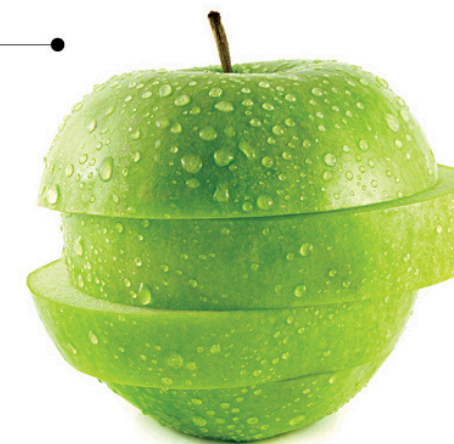
I love cooking easy dishes so that I don't spend too much time in the kitchen and can enjoy the meal as well! I usually make quick grills and simple pastas.

Women'sHealth

WH Readers' Meet A Cool Foods Tastina

Did you know?

Green apples are known as cooking apples. Their tangy flavour is great for jams, pies and tarts.



0.5

GRAMS

THE AMOUNT OF FIBRE ONE APPLE CONTAINS—THAT'S 20 PER CENT OF YOUR DAILY FIBRE RECOMMENDATION!

WOMEN'S HEALTH
DESIGNING

8 Things I'd Do If I Weren't Me



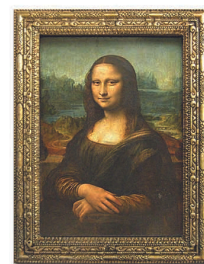
WHO
Sharmistha Ray

WHAT
Abstract artist, curator, writer and speaker! And she's the founder of Bellevue Brunches, a mobile cross-cultural salon to encourage and spread the word on contemporary art.

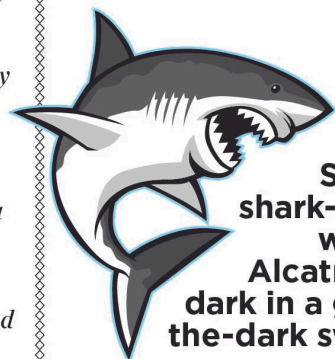
WHY WE DIG HER
She's made a mark internationally! Her work's been exhibited in the US, Germany, Austria, Italy, Singapore and Australia. And she's been a recipient of the TEDIndia Fellowship (2009) and the Joan Mitchell MFA Grant (2004).

Be Tintin in every single comic by Hergé.

What more does one need in life but exciting adventures that take you around the world, loads of mystery, a kaleidoscope of weird and wonderful acquaintances, a circle of good friends and a loyal pooch?



HANG IN THE LOUVRE AS THE MONA LISA.



Swim the shark-infested waters of Alcatraz after dark in a glow-in-the-dark swimsuit.

Be Ella Fitzgerald's voice when she sings 'Summertime'.



Women'sHealth

Ask the Guy Next Door

Jamal Shaikh
Editorial Director, Men's Health



Stronger together.

Does it mean something when a guy won't kiss you during sex?

—Sakina, Mumbai

Q

WH India

Let me admit, it is odd. Does he not kiss you even before sex? If that's the case, there may be a problem, which you'd have to address in conversation in a sane moment after the throes of attraction are done away with. However, if he kisses you regularly, and may be as part of foreplay, then forgets about your lips completely, just blame it on him being a man. Men's brains have evolved to identify and tackle one problem at a time, so it's possible that when we're fondling you, rubbing you, or watching your body move we just might forget to throw in the kisses. If you want some, just pull your guy's face forward towards yours during sex and he'll get the hint.

Q Women'sHealth

MAKE-UP SHAKE-UP



Ambika Pillai

Hair and make-up artist based in New Delhi. Send your questions at womenshealth@intoday.com

I'm breaking out everywhere! How do I use foundation and concealer to hide unsightly zits?

—Meghna, Srinagar

Take care when you're buying those products: avoid anything with silica or silicone as this tends to be a major skin irritant. Avoid products with fragrance and those that are not non-comedogenic. Be careful about using mineral make-up and most important: be gentle when you blend.

Ensure your skin is clean and hydrated before applying make-up, for a smooth finish. Lightly smooth on a primer and blend well. You can also use a tinted moisturiser. This largely

depends on the amount of concealing you need.

The best way to conceal blemishes is to use a soft liquid or creamy concealer with a colour corrector. For example, if the area of skin with break-outs is pinkish or reddish, a colour corrector with a green undertone will neutralise that significantly. Once you blend the corrector, dab a light liquid or creamy foundation all over your face. Apply lightly as too much product will highlight instead of camouflage the blemishes. Lastly, dust a translucent powder all over your face. Remember to use an oil- and fragrance-free make-up remover and thoroughly wash and cleanse your face.



1 YOUR FIRST STEP TO WEIGHT LOSS? CHECK-UP

Going to see an endocrinologist where I found I suffered from insulin resistance! It was consuming foods with a high glycaemic index that stopped me from losing weight.

beauty { buzz!

WHAT'S THE DIFF? Thickeners vs. Volumisers

We all crave a big, fat...head of hair. But which product helps you get it? We let these two duke it out. FYI: no matter your choice, use a light hand. Build-up of either kind can make locks seem punier (#FatHairFail).

TOPUMP UPFINE STRANDS...

Look for a thickener like Kevin.Murphy Full Again lotion (₹2,975). It has amla (Indian gooseberry) to help widen strands from roots to ends.




TOSCORE BODYAND BOUNCE...

A volumiser's polymers (waxes) coat the hair shaft and gently mould hair for all-over height. Try Rusk Volumizing Mousse (₹975).




Women'sHealth



Guy
Samit Basu

VS



Girl
Caroline D'Cruz

Samit writes books, films and comics. Caroline is WH's senior features writer. Here, they Gchat their way to settling scores on prickly issues.

I get a bikini wax and I expect my guy to do the same. Reasonable?

Tripti Khurana, on email

GUY

Absolutely not! You do what you want with your nether regions and let him too! But, are you getting your wax on because you like its effect or because he's asked you to?

GIRL

If you hate a mouthful of pubes every time you go down south, it's fair to ask him to consider cleaning up.

The Illusionist

What's the best thing about magic?

For me, it's that I am living my dream. For the spectator, a magic show is wish fulfilment—a fairy tale or science fiction fantasy on stage.

Magician *Maneka Sorcar* grew up with a lion as a pet. In some part, it makes her the woman she is today! She talks to us about inspiration, teenage angst and escaping from an onstage fireball.

BY
WOMEN'S HEALTH MAGAZINE



FOR WHAT ALES YOU

A marinade containing anti-oxidant-laden brew (black beer; a type of dark lager), worked best. It curbed the level of cancer-causing compounds in grilled pork by up to 53 per cent

WOMEN'S HEALTH MAGAZINE



Lace on, Race on!

We tried and tested these killer kicks so you can invest in just the right running pair. Here, the **WH** shoe guide 2015.



Nike Free Flyknit 4.0 (2015), ₹10,995
The upgraded 4.0 Flyknit offers a barefoot feel with medium support. The upper is reworked, so the fit isn't as compressive but is still comfortably snug. As you slip your feet in you'll notice the arch support. Pick these if you want a light shoe with a roomy fit around the toe box. The sole, like the upper, is flexible and you'll appreciate its durability in high abrasion areas such as under the toes and heels.

Reebok ZPump Fusion, ₹14,999

These are best suited for those with high arches. If you have a normal or low arch you may feel as if the shoe can slip off. The 'pump' button fills the heel area with air which creates a snug fit. The sole offers tyre-like traction for ease in multi-directional moves.



Kalenji Kiprun Pronation, ₹7,999
It's designed for the road and the seasoned marathoner weighing under 70 kg. Pick this if you have a mild overpronation (low foot arch). The shoe offers stability to control excessive rolling of the foot. The cushioned midsole offers a comfortable rebound.

Bata Power Plazma 2, ₹3,599

On a shoe-string budget? Get your hands on this. It's just what a heel stricker needs. We kid you not, you actually feel the foam in the heel bounce back with every strike. Even on a 15-K, it's a treat to run in. The shoe is not exactly light weight but it makes up for it with responsive cushion pads in the midsole and heel.



Puma Ignite, ₹8,999
Light-weight with a comfy fit—that's the first thing you notice. The shoe has a narrow toe box so may not be the best option for those with broad feet. For a long-run junkie a pair with more cushioning may be a better idea, but a pronator will appreciate the stability it's designed to provide.

Women'sHealth

Shuttle Run

Ashwini Ponappa owns the court. The badminton player, who plays doubles, is quick on her feet and dexterous with her wrist. That's the pro athlete. Now, meet the girl who wields the racquet.

By Gagan Dhillon

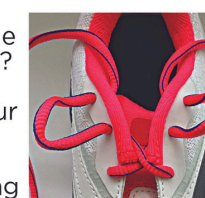


WE SUPPORT WOMEN IN SPORT

THAT (W)HOLE SECRET



And the point of the top hole is? Use it to secure your ankle and keep toes from hitting the toe box.



Loop in laces on the same side. Next, cross them over and bring the left lace into the right loop & vice versa.

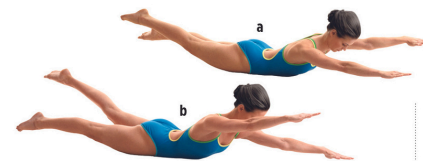


Then, pull the laces down to close the loop. And you're done! Knot your lace like you do.

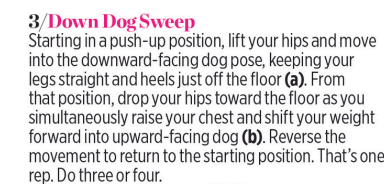
Women'sHealth

Poolside Shape-Up

Eight dry-land moves to sculpt an even sexier body



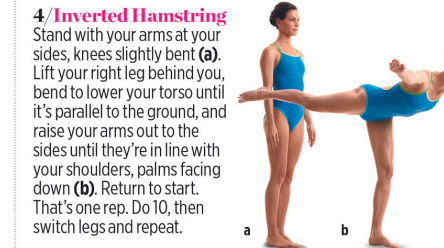
1/Alternating Superwoman
Lie face-down with your arms extended forward, palms facing down, legs straight back and together. Raise your arms and legs a few inches off the floor, then simultaneously lift your left arm and right leg six to eight inches (a). Keeping your head and chest lifted, switch arms and legs, lifting your right arm and left leg (b). That's one rep. Do 10.



3/Down Dog Sweep
Starting in a push-up position, lift your hips and move into the downward-facing dog pose, keeping your legs straight and heels just off the floor (a). From that position, drop your hips toward the floor as you simultaneously raise your chest and shift your weight forward into upward-facing dog (b). Reverse the movement to return to the starting position. That's one rep. Do three or four.



2/Uneven Push-ups
Get into a push-up position with your left hand on top of a rolled-up towel and your right hand on the floor (a). Lower into a push-up until your chest is as close to the floor as possible (b). Press back up. Do five or six reps, then repeat with your right hand on the towel and your left hand on the floor.



4/Inverted Hamstring
Stand with your arms at your sides, knees slightly bent (a). Lift your right leg behind you, bend to lower your torso until it's parallel to the ground, and raise your arms out to the sides until they're in line with your shoulders, palms facing down (b). Return to start. That's one rep. Do 10, then switch legs and repeat.



6/Star Ups
Lie on your back with your arms and legs outstretched so that your body forms an X. Brace your core and raise your head, arms, and legs a few inches off the floor (a). From that position, simultaneously bring your right arm and left leg together over your abdomen (b). Lower back to start. Repeat on the opposite side. That's one rep. Do eight to 12.



5/Glute Bridge with Knee Squeeze
Lie face-up with your knees bent and feet flat on the floor. Place a rolled-up towel between your knees and hold it there as you perform the movement (a). Raise your hips so that your body forms a straight line from your shoulders to your knees. Don't allow the towel to slip (b). Pause, then lower your hips toward the floor. That's one rep; do eight to 12.



7/Side Plank Reach
Assume a side plank position, left elbow on the floor directly beneath your left shoulder, right arm along the side of your body. Stagger your feet so the right is in front of the left (a). In one motion, drop your hips slightly, then lift them as high as possible while sweeping your right arm overhead (b). Return to start. That's one rep. Do eight to 12, then switch sides and repeat.



8/Scorpion
Lie facedown, arms out to the sides at shoulder height (a). Lift your right leg off the floor, bend your knee 90 degrees, and, twisting your torso, reach your leg across your body and touch your foot to the floor near your left arm (b). Hold for two seconds, then return to start. That's one rep. Repeat on the other side, and keep alternating until you've done eight to 12 reps each.

Women'sHealth

WOMEN'S HEALTH DESIGNING

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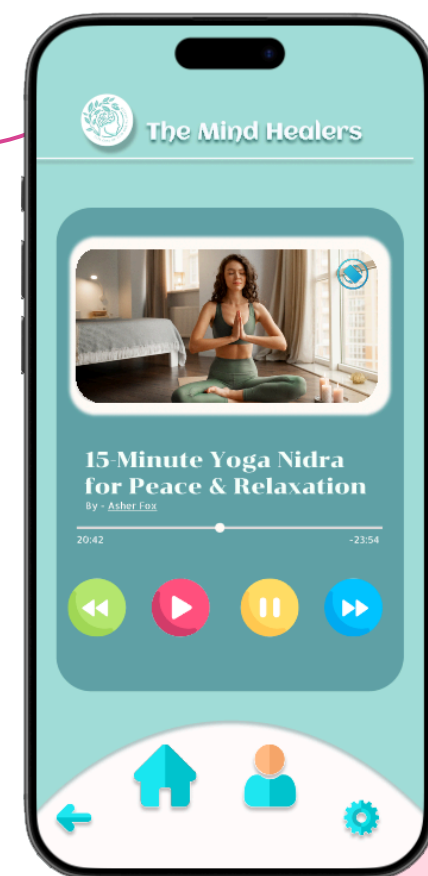
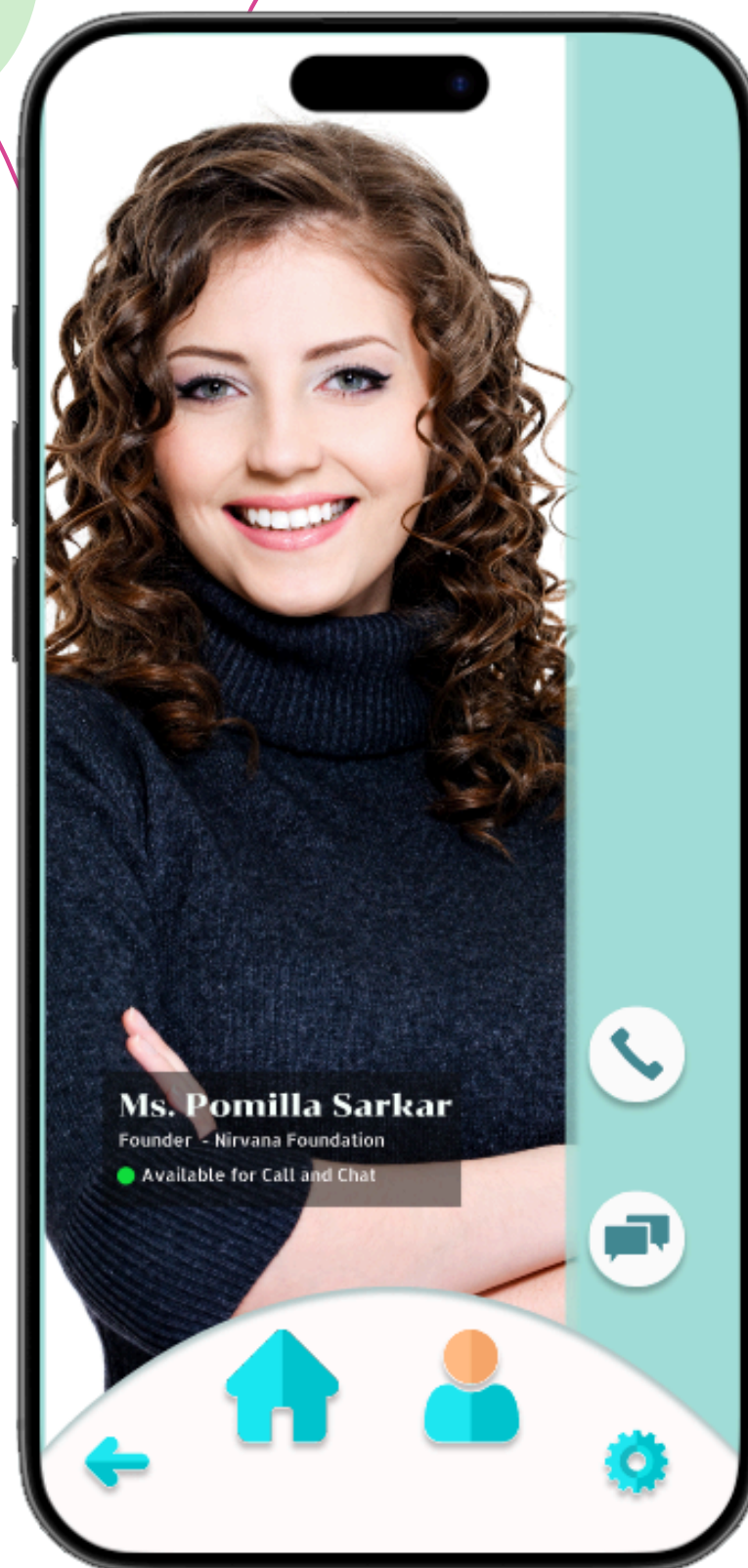
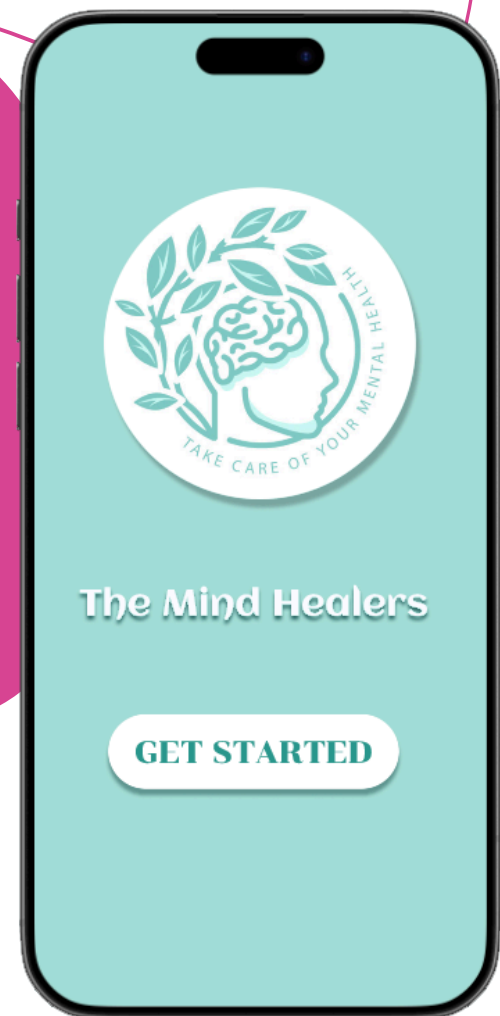
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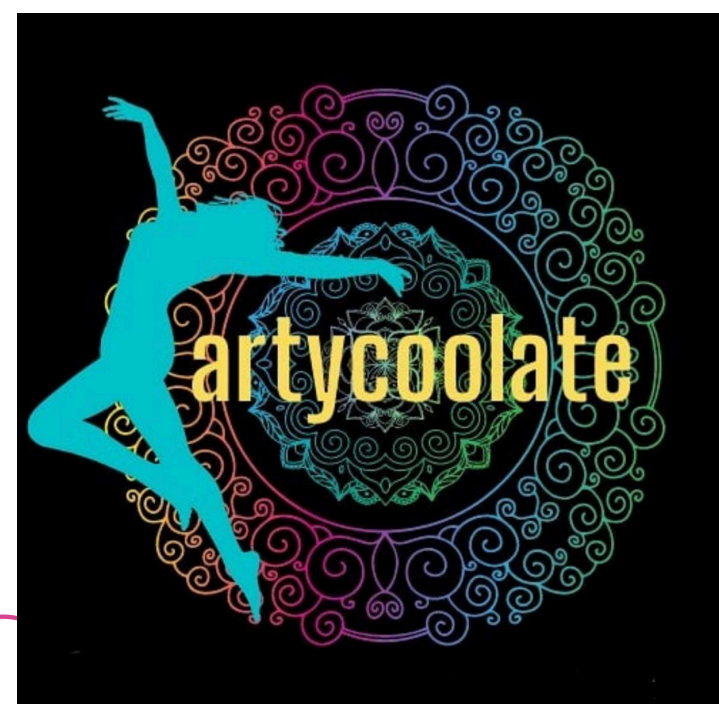
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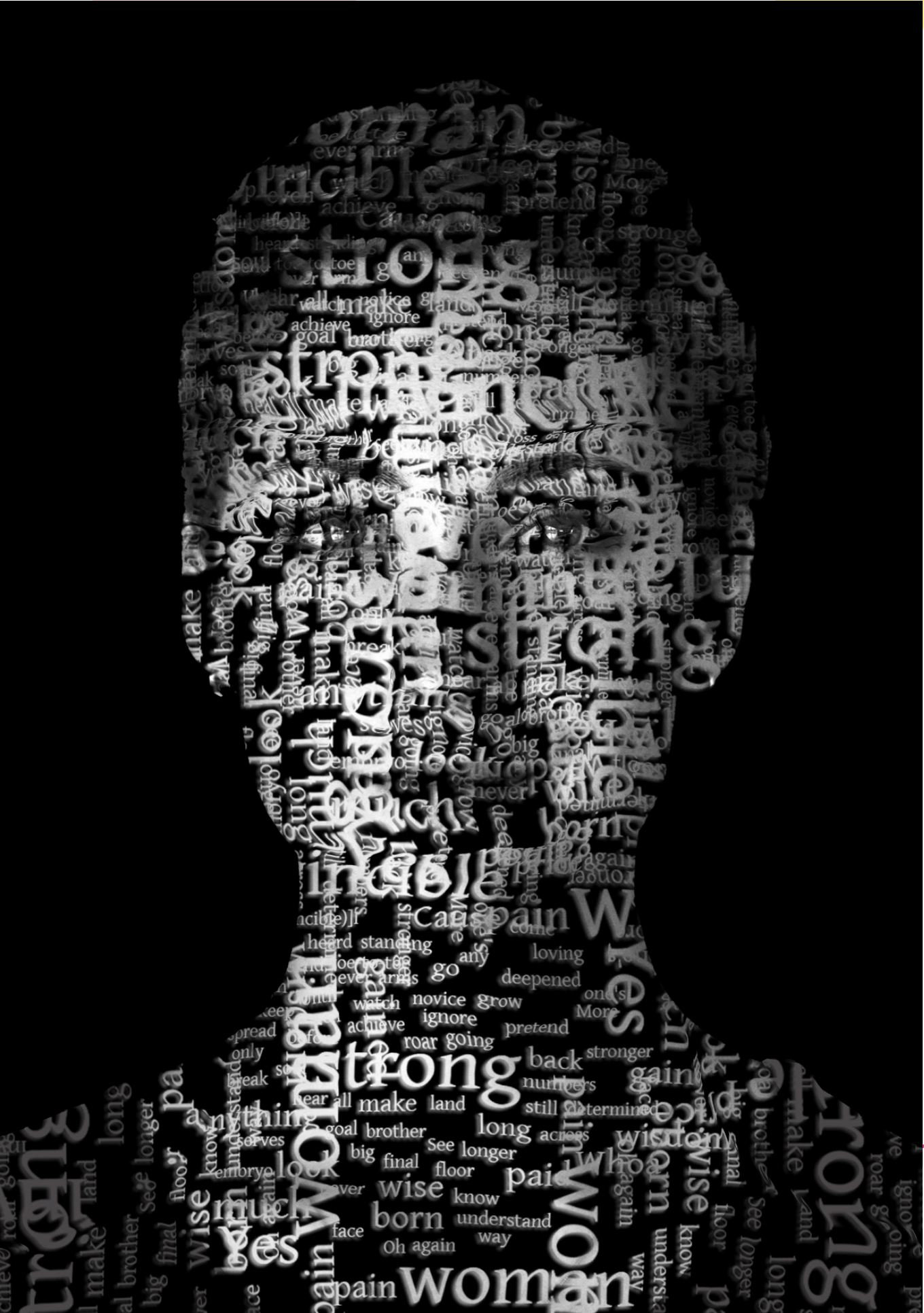
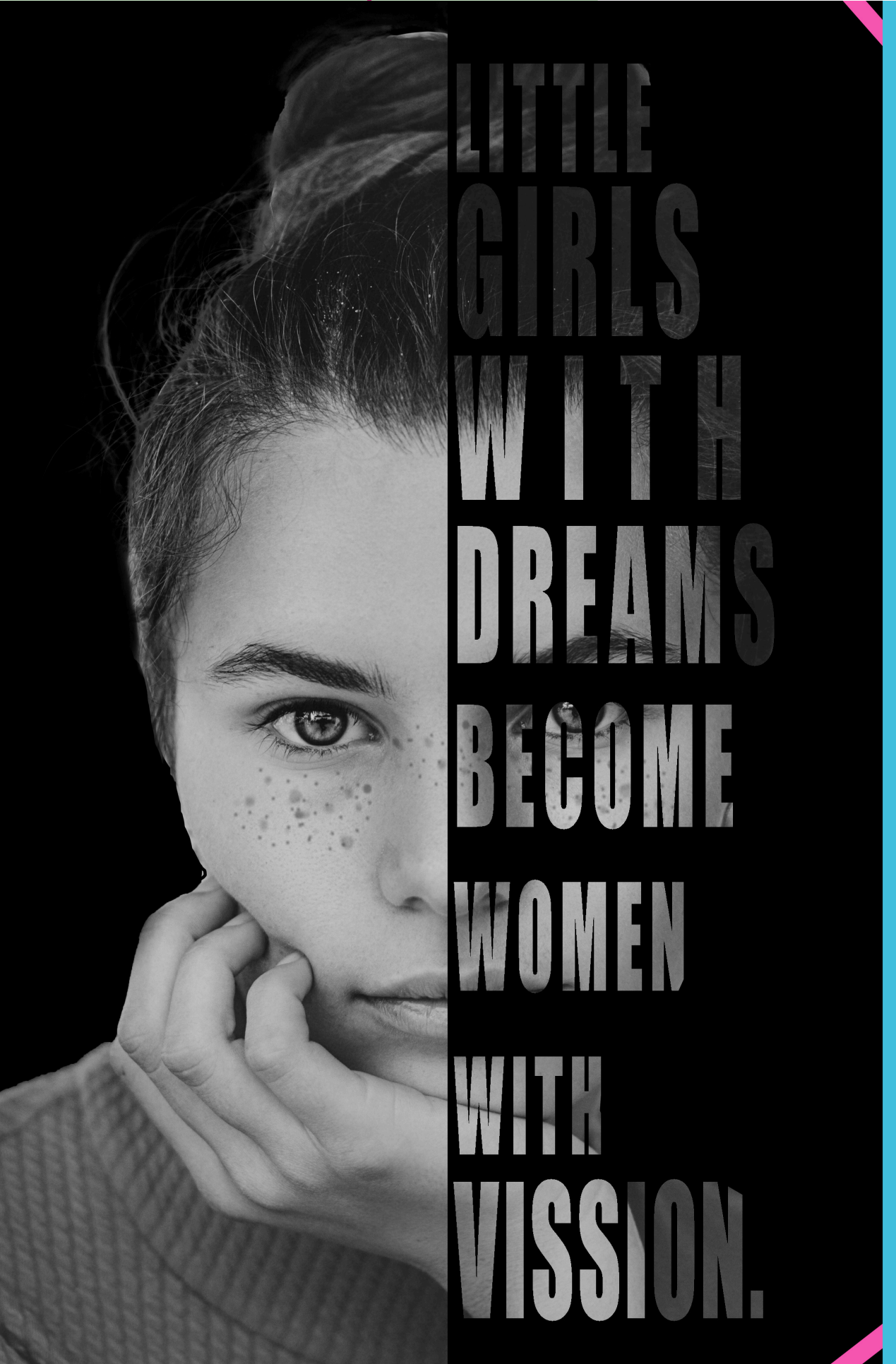
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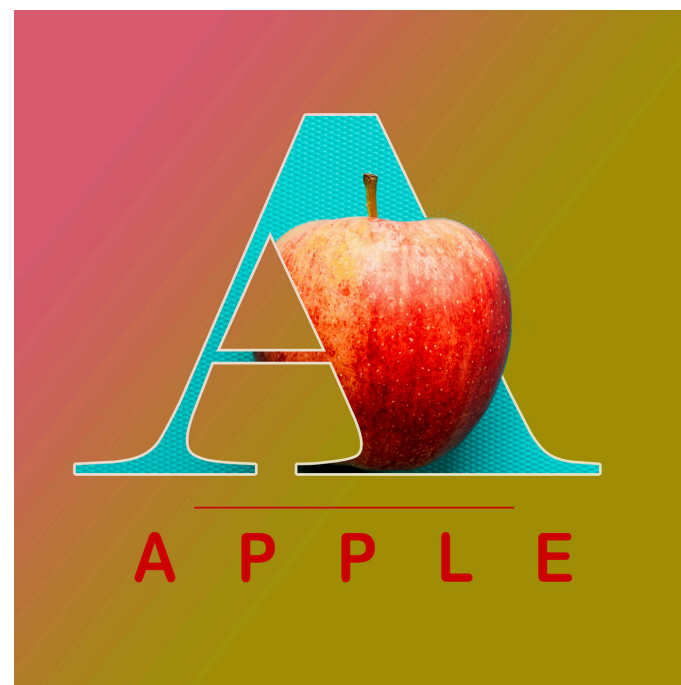
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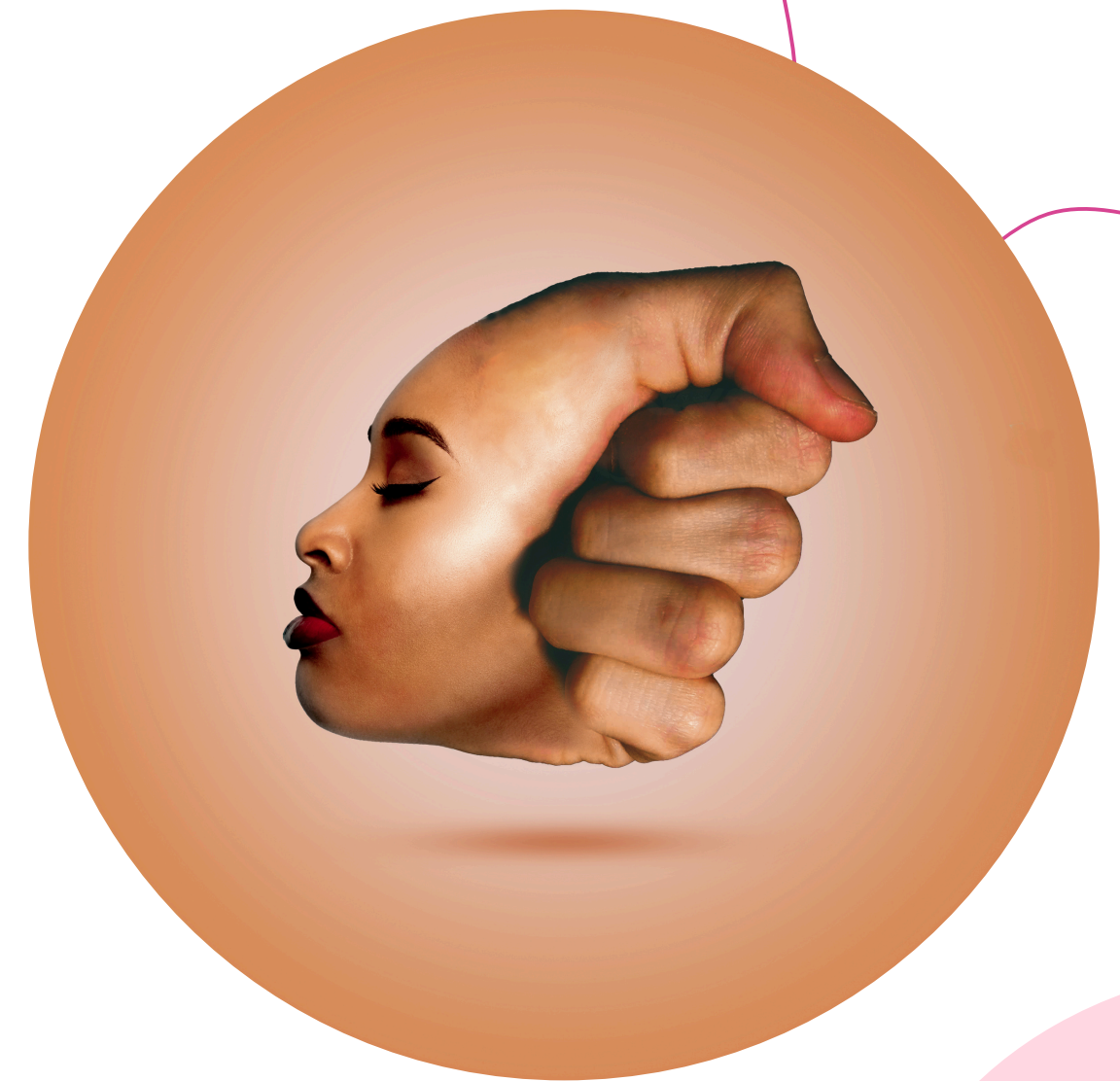


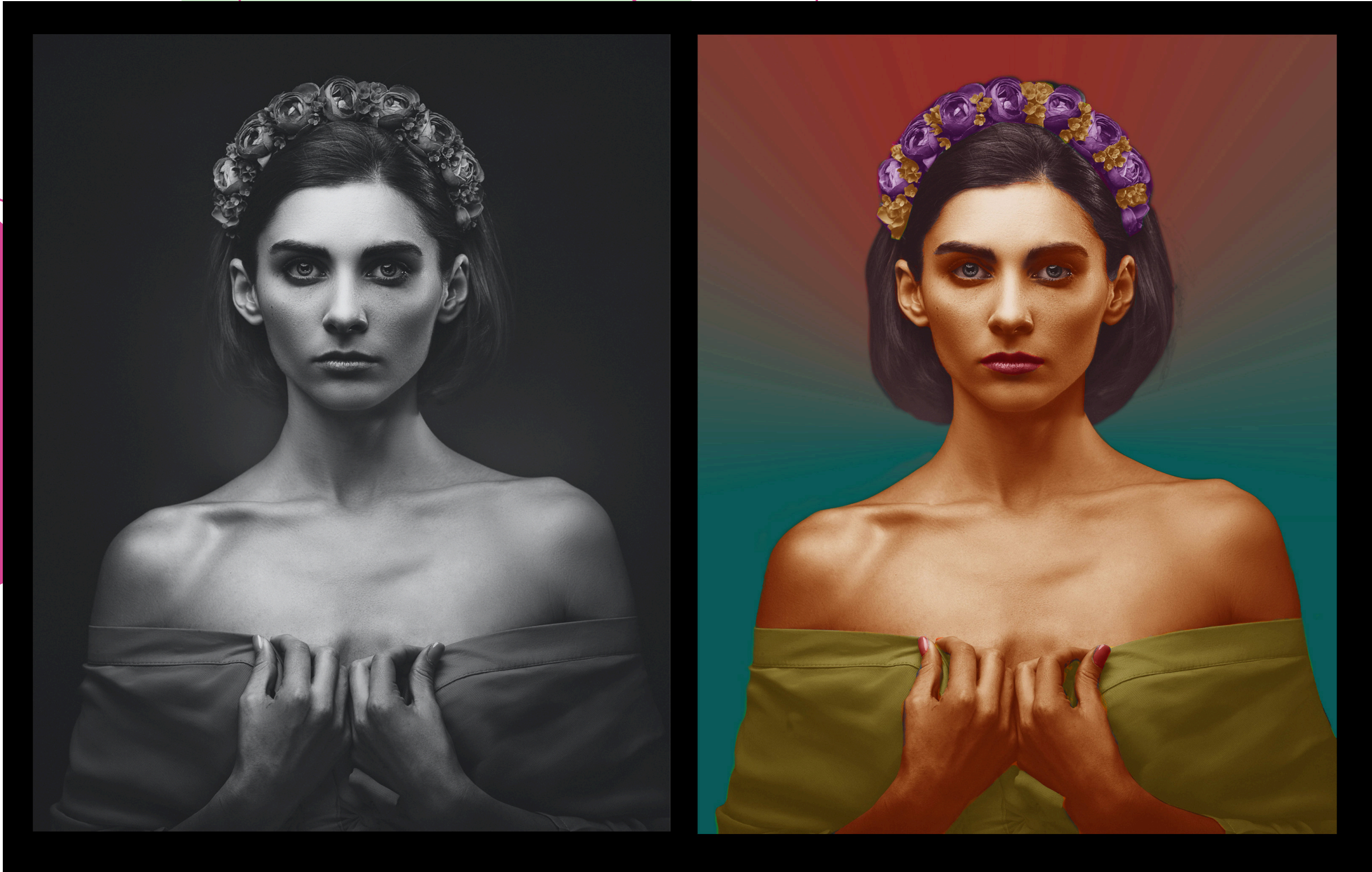


A **WOMAN**
can be
LIGHT and **DARK**,
GENTLE and **FIERCE**,
STRONG and **SOFT**,
WARRIOR and **HEALER**.
AND that **BALANCE**
doesn't make her **BAD**,
it makes her
POWERFUL.

**B
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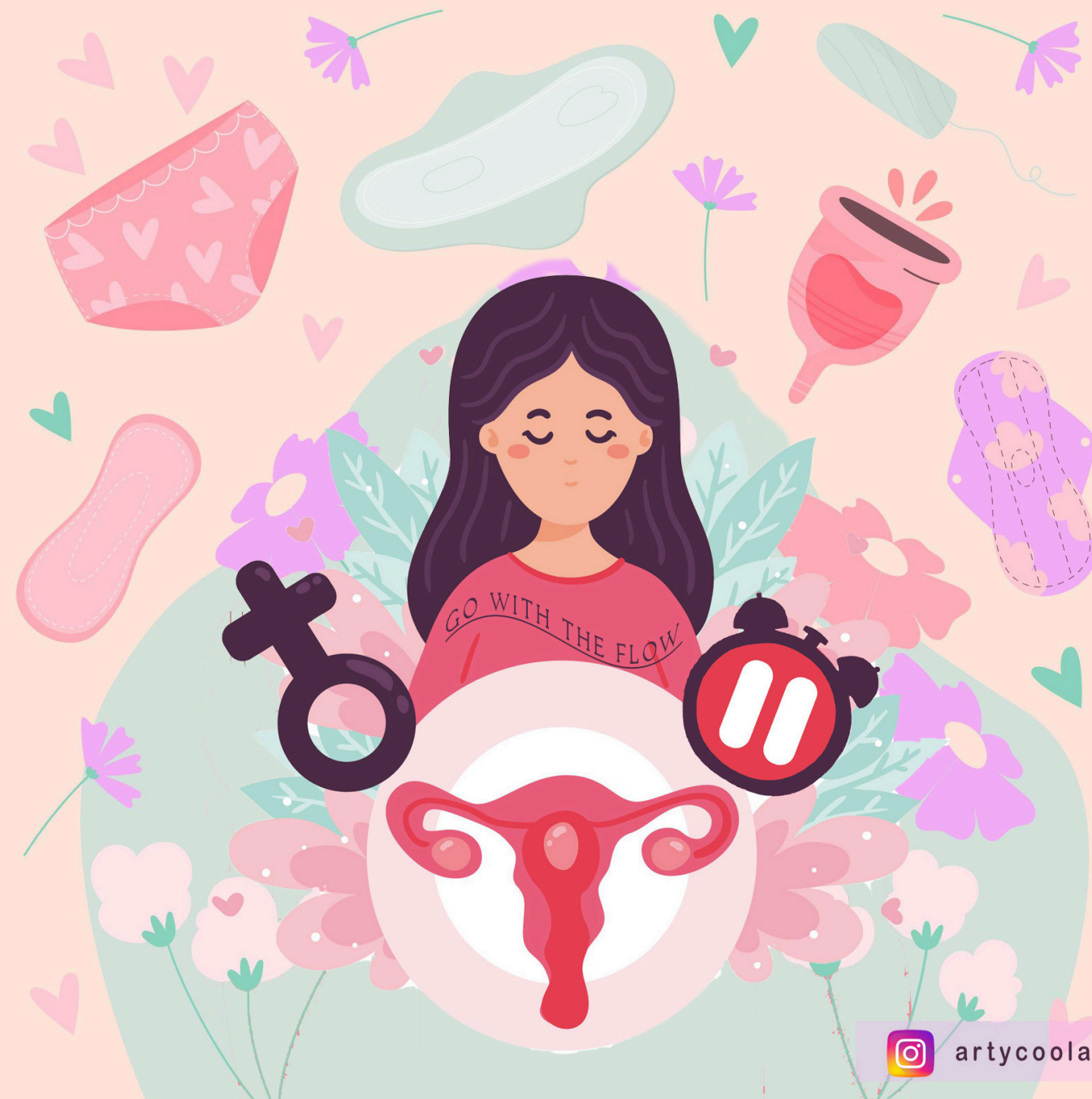






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