

JUNE - JULY 2025 ₹ 100

A Times Group Publication

FEMINA

Be unstoppable

PROUD!
CELEBRATING
THE LGBTQIA+
COMMUNITY

**SWEET
TREATS
DESSERT
OASIS**

**SLEEP
MESSY
WAKE
PRETTY**



*Femina
39*

**SCULPTED
IN SPIRIT
SHILPA SHETTY**



12 Cover Story
**THE
Shapeshifter**

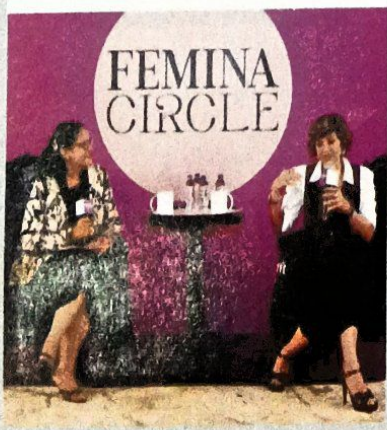
Bollywood stunner. Wellness warrior. Business maven. Shilpa Shetty Kundra gets candid about her many avatars — and why her next chapter might just be her most powerful yet

42 Femina Interview
WRITTEN IN THE STARS

They say life slows down with age, but Beila Gupta clearly didn't get the memo!

46 Femina Event
**THE HEART
OF THE MATTER**

Mandira Bedi shared her inspiring story of resilience, reinvention, and motherhood with Femina Circle members



BEAUTY

52 Feature
RISE & SHINE

Hot wellness trend or just hot air? We investigate the 'morning shed' buzz

54 Hair Spotlight
FEELING BEACHY!

Tamannaah Bhatia's beach waves are the definition of cool-girl glam

55 Trial-A-Trend
GET THE GLOSS

Glazed lips and glowing skin? Say less

56 Blast
CHEEKY BEHAVIOUR

Sometimes, a pop of blush is all you need

TEENS

60 Real Talk
**YOUR FRIEND COMES
OUT TO YOU... NOW WHAT?**

Consider this your crash course in queer friendship 101



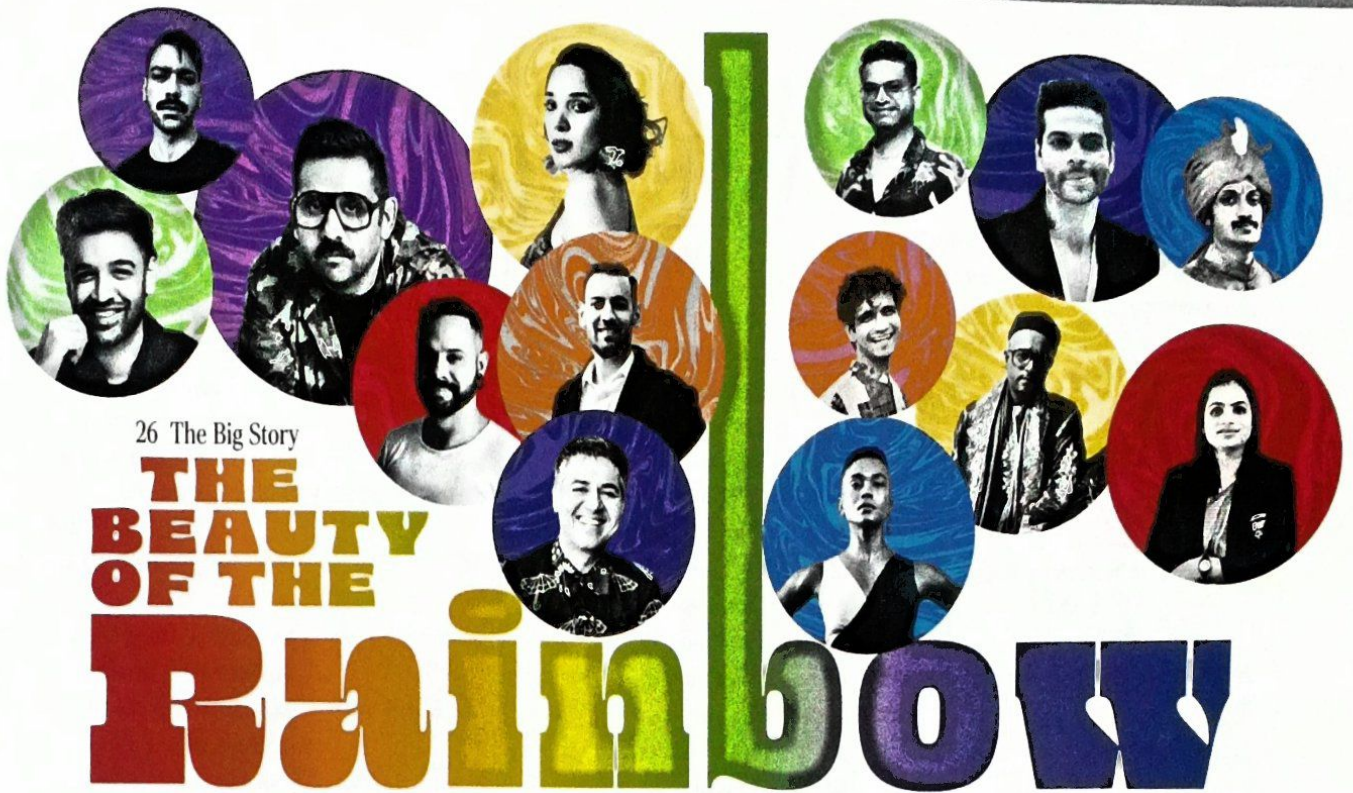
54
Wave
therapy

61 Music
POV: YOU'RE THE MUSE

These vibes scream: 'I'm the moment'

62 Beauty
SUNNY SIDE UP!

Think clouds cancel out UV rays? Think again!



26 The Big Story

THE BEAUTY OF THE RAINBOW

Meet 14 changemakers from the LGBTQIA+ community who are redefining what it means to be seen, heard, and celebrated in India

LOVE & RELATIONSHIPS

64 Parenting

ACCEPTANCE BEGINS AT HOME

ICYMI, an inclusive world starts with an inclusive home

66 Feelings

BREAK UP, MAKE UP, REPEAT!

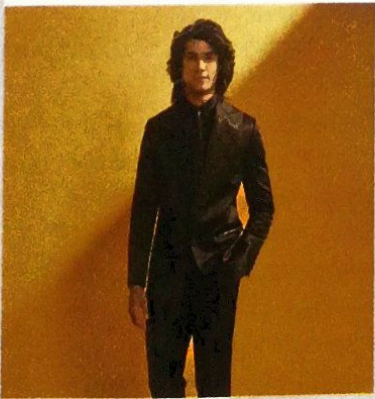
If your love life feels like a series of messy plot twists, we're here to help you hit pause

48 Femina Interview

DETOUR TO SUCCESS

Mr India Supranational 2025

Shubham Sharma lets us in on the hustle behind the glamour and the dreams that keep him going



68 Career

PRIDE AT WORK

Dig into what true representation for the LGBTQIA+ community in the workplace should look like – and the challenges that stand in the way

72 Feelings

DÉJÀ BOO!

You're in a new chapter – so why's your ex still haunting it?

74 Self

SITUATIONSHIP SOS!

Still waiting for a label while they send memes? We've got your map-out

LIVING

76 Food

SWEET PERFECTION

Ready to impress at mealtimes? Let *Plated By Parth* be your new secret ingredient

80 Interiors

IT'S RAINING...

...not men, but home inspo!

82 Travel

SERENITY & SPLENDOR

Angkor Wat might be Siem Reap's headline act, but the real magic of this Cambodian city lies in its quiet moments



82

Cambodia calling

86 Travel

DEAL WITH POST-VACATION BLUES

Tips to return to your inbox without falling apart

88 Food Plus

WHAT'S IN A LABEL? APPARENTLY, A LOT!

Here's how you can decode nutrition once and for all

IN EVERY ISSUE

04 Editor's Letter

06 Tombstone

10 Inbox

GET FEMINA RIGHT AT HOME

- To subscribe, SMS FESUB to 58888
- To subscribe online, visit mags.timesgroup.com/femina.html

FEMINA TAKES NO RESPONSIBILITY FOR UNSOLICITED PHOTOGRAPHS OR MATERIAL. ALL PHOTOGRAPHS, UNLESS OTHERWISE INDICATED, ARE USED FOR ILLUSTRATIVE PURPOSES ONLY. VIEWS AND OPINIONS EXPRESSED IN THE ARTICLES ARE OF THE AUTHORS/SUBJECTS AND DO NOT NECESSARILY REFLECT THOSE OF THE EDITORS OR PUBLISHERS. WHILE THE EDITORS DO THEIR UTMOST TO VERIFY INFORMATION PUBLISHED, THEY DO NOT ACCEPT RESPONSIBILITY FOR ITS ABSOLUTE ACCURACY. IN MATTERS WHICH MAY BE SUB JUDICE, FEMINA TAKES NO LEGAL STAND. FEMINA CANNOT BE HELD RESPONSIBLE FOR PRODUCTS, PRODUCT INFORMATION, PICTURES, ILLUSTRATIONS, ETC.

ANY INFORMATION RECEIVED BY US THROUGH RESPONSES BY USERS/SUBSCRIBERS TO THE SHORT MESSAGING SERVICES (SMS) KEY CODES OR SUCH OTHER SUBSCRIPTION SERVICE OF OURS WILL BE USED IN WHOLE OR PART, IN OUR PUBLICATIONS (OTHER THAN CONTACT INFORMATION), FOR OUR RESEARCH, INDIVIDUAL MARKETING, STRATEGIC CLIENT ANALYSIS AND FOR OTHER INTERNAL PURPOSES AND ALL COPYRIGHTS IN SUCH INFORMATION WILL VEST WITH US. YOUR CONTACT INFORMATION SHALL NOT BE SOLD, TRADED, RENTED OR IN ANY WAY DIVULGED TO ANY THIRD PARTY UNLESS WE ARE LEGALLY BOUND TO DO THE SAME.