

# Woman's era

Dr. Satinder Kaur

Dr. Nivedita  
Dhingra

Dr. Gagan Saini

Dr. Manish Singhal

**Dr. Upasana Arora**  
Leading Indian Healthcare  
Industry From Front

W.E  
336



**CARE BEYOND ROMANCE**  
BY DEEPSHIKHA PANDEY



**POLYCYSTIC OVARIAN DISEASE**  
BY DR SANJAY TEOTIA



**CURVEBALL CRUSHING**  
BY SAMRITI DHATWALIA



**HEALTH IS NOT A HASHTAG**  
BY RAMA KAHSYAP

19 **ICONIC LOCAL**  
BY VIDYA ARUN MAJUMDAR

28 **TRYING TO KEEP UP**  
BY NEHA SHUKLA

34 **LOVE THY MOUNTAINS**  
BY DR SUDHI AGARWAL

51 **WEDDING NOW AND THEN**  
BY RENUKA KRISHNARAJA

62 **WHEN NOSTALGIA BECOMES PALPABLE**  
BY S RADHA PRATHI

66 **YES OR NO**  
BY PUSHPA BHATIA

68 **A RAINY DAY REMINDER**  
BY SRIPRIYA SATISH

80 **SWEETS OR MEMORIES**  
BY SUCHI SARGAM

84 **THE COST OF CARE**  
BY TARU BAHL

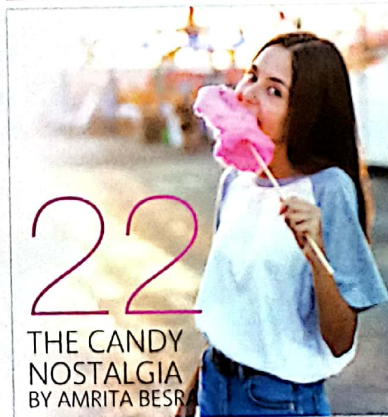
88 **TREK TO THE HIMALAYAS**  
BY AMRUTHA S RAO

90 **VEMBANAD SANCTUARY**  
BY BINDU SAXENA

94 **LOVE, LEGACY AND LUNCH**  
BY MIRA PAWAR

96 **THE TIGER'S NEST**  
BY VIJAYALAKSHMI SARMAH

106 **THE AMAZING RACE**  
BY DR ELSA LYCIAS JOEL



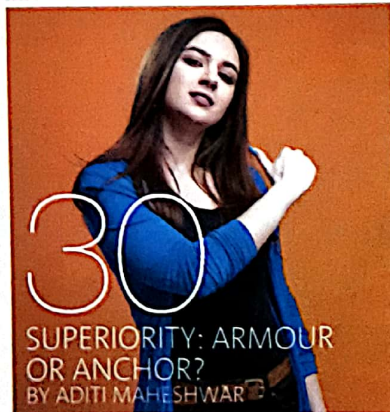
**THE CANDY NOSTALGIA**  
BY AMRITA BESHRA



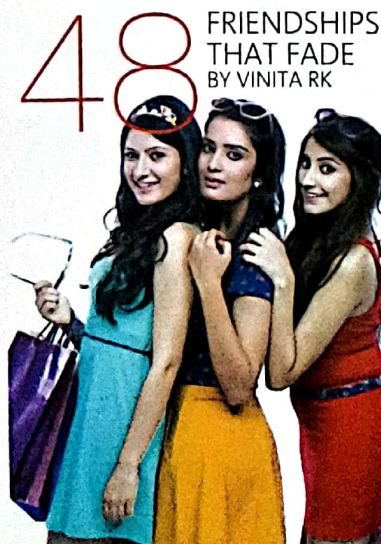
**YASHODA MEDICITY BUILDING ONCOLOGY ECOSYSTEMS**



**ARTIST AMRITA SOUL REFINED COLOUR**



**SUPERIORITY: ARMOUR OR ANCHOR?**  
BY ADITI MAHESHWAR



**FRIENDSHIPS THAT FADE**  
BY VINITA RK

## Cookery

### 36 Spice Route Rewritten

- Luchi Burger
- Sambhar Shots With CurryLeaf Dust
- Indian Ratatouille Rice Bowl
- Lemongrass Flavoured Indian Kulfi
- Honeyglazed Water Chestnuts

### 70 Rooted In Asia Open To World

- Naan Frittata
- Caramel Pudding With Ladoo Crumb
- Indian Style Chicken Khao Suey
- Steamed Chinese Bao With Indian Chicken

And Many More...





66

CINEPLEX

- 50 BEAUTY QUERIES
- 52 LOVE MEETS LIFESTYLE
- 61 FAMILY FRIENDS AND ME
- 64 PERSONAL PROBLEMS
- 69 KITCHEN QUERIES
- 82 UNFORGETTABLE EXPERIENCE AS A BRIDE
- 83 TEENACHE
- 107 CHILD CHALLENGES
- 108 NEWS IN PICTURES
- 111 DATING HANGOVER
- 112 AS YOU SAY



Fashion

46

LOOKS BETTER



AFRICA FASHION WEEK

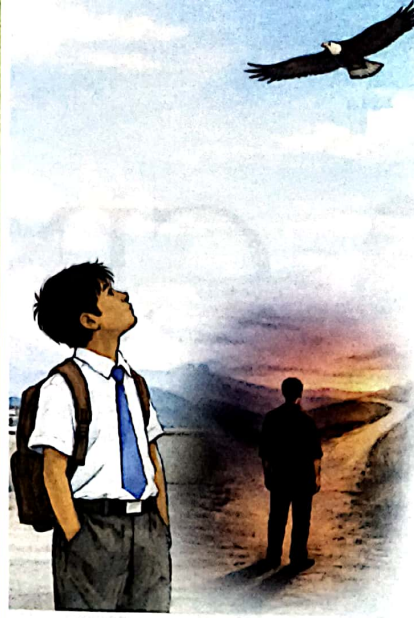


55

ED WITH GRACE

NEWS IN PICTURE

108



# Fiction

58 AN APPARTITION PERSON BY MADHUR GOYAL

104 RETURN OF MATRIARCH BY SUPREENA NARAYANAN

Editor, Printer & Publisher  
**DIVESH NATH**

Published on behalf of Delhi Printing & Publishing Co. Pvt. Ltd.  
Editor@WomansEra.com

Printed at:  
B-23, Site-3, Industrial Area,  
Meerut Road, Ghaziabad,  
Uttar Pradesh - 201003

Founder: Vishwa Nath (1917-2002)

1. Contribution articles and stories write@womansera.com
2. For advertising and product promotion queries: advertising@womansera.com
3. To participate in features: features@womansera.com
4. Opinion on articles: letters@womansera.com
5. Subscriptions and others: admin@womansera.com

### OFFICES

Mumbai: 1704, Lodha Supremus,  
Dr E Moses Marg, Worli Naka,  
Worli, Geeta Talkies Building,  
Mumbai-400018  
Phone: 09810160122

### EDITORIAL, ADVERTISEMENT & PUBLICATION OFFICE

Delhi Press Building,  
E-3, Rani Jhansi Marg,  
Jhandewala Estate, New Delhi-110 055.  
Phone: 011-47377777.

Title WOMAN'S ERA registered with Government of India as trade mark.

Copy sale, subscription, all advertisers and writers can send mail to:

Woman's Era  
Delhi Press  
E-3, Rani Jhansi Marg,  
Jhandewala Estate, New Delhi-110055.  
INDIA

[www.womansera.com](http://www.womansera.com)

### Woman's Era Print Subscription Plans

Current Issue  
₹ 100

with effect from August 2020.  
Shipping by Indian Postal Services.

1 year - 12 Issues  
₹ 1200

Shipping by Indian Postal Services.  
Services by courier Assured delivery plus  
Add ₹ 360 for delivery by courier.

2 year - 24 Issues  
₹ 2400

Shipping by Indian Postal Services.  
Services by courier Assured delivery plus  
Add ₹ 720 for delivery by courier.

3 year - 36 Issues  
₹ 3600

Shipping by Indian Postal Services.  
Services by courier Assured delivery plus  
Add ₹ 1080 for delivery by courier.

Cheques in the name of Delhi Printing & Publishing Co. Pvt. Ltd.  
Posted to Delhi Press Building, E-3, Jhandewala Estate, New Delhi-110 055.

The names of characters used in all fiction and semi-fiction articles are fictitious.

Copyright Notice  
© Delhi Printing & Publishing Co. Pvt. Ltd.  
New Delhi-110 055. India.

ISSN 0971-1503

No article, story, photo or any other matter can be reproduced from this magazine without written permission. This copy is sold on the condition that jurisdiction for all disputes concerning sale, subscription and published matter will be forums/tribunals at Delhi.

Self-addressed stamped envelopes must be enclosed with all manuscripts, otherwise the rejected material will not be returned. No responsibility is assumed for material submitted for publication.

