

Vanshathara *We Make Something Different*

Vol : 9, Issue : 06, April 2021, Inr. 100 U\$ 3

FAT
Ways to
Burn



Powerful
Women
Awards
2021

Cut 100
Calories a
Day

Nupur Sinha

Fashion Designer & Model

From
Body Fitness
GYM

Date :
17 May, 2021

Venue :-
Lagan Palace,
Hisar



Anil Arora

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IN HISAR



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Educator

MEGHA MALHOTRA

(Celebrity Makeup Artist)

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ANIL ARORA

**CO-EDITOR, DIRECTOR
& VICE PRESIDENT**



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- ♥ MEDIA COVERAGE
- ♥ CERTIFICATION

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Audition On April 2021

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VANSH DHARA CO-EDITOR DIRECTOR



**SINGER SUNNY G
(PLAY BACK SINGER)**





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Vanshdhara

April, 2021
(Monthly)

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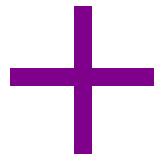
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HEARTBEAT



Sheela Devi
Editor / Chairperson

Simple foetal heartbeat monitoring is still the best method for determining whether a baby is in distress during delivery and can reduce 30 per cent unnecessary caesareans, suggests a study.

Caesarean delivery is the most common surgical procedure worldwide, performed to expedite birth and avoid neonatal complications. However, the procedures carry risks like infection, excessive bleeding, damage to reproductive organs and blood clots.

Listening to the foetal heart rate using a stethoscope -- intermittent auscultation -- has been used for years to assess the foetal state and whether the baby is experiencing distress that might require a caesarean delivery. Other monitoring techniques have become common in recent years, including echocardiograms and blood tests.

The study, published in the Canadian Medical Association Journal, showed that all methods had similar outcomes for babies, but only intermittent auscultation reduced the risk of caesarean deliveries up to 30 per cent without increasing the risk to babies' health.

"Our analysis suggests that all additional methods introduced to improve the accuracy of electronic foetal heart monitoring have failed to reduce the risk of adverse neonatal or maternal outcomes beyond what intermittent auscultation achieved 50 years ago, and this may have contributed to the increased incidence of unnecessary emergency caesarean deliveries," said researchers including Bassel Al Wattar, Warwick Medical School, University of Warwick, Coventry in the UK.

For the study, the team reviewed 33 studies that included more than 118,000 women, mainly from high-income countries as well as India and Tanzania, to evaluate the effectiveness of different monitoring methods in improving outcomes for mothers and babies and reducing the number of caesarean deliveries.

Rates of C-sections has risen in the developed world to more than 20 per cent of births, even though the World Health Organization recommends this surgery only for roughly 10 to 15 per cent of cases when the health of the mother or baby is in danger.

The researchers urged investments in developing novel techniques to monitor foetuses to make delivery safer for mothers and their babies.

Sheela Devi
Editor

HIGH-SUGAR

High intake of sugar-sweetened beverages during adolescence can affect brain development and cause impairments in learning and memory in adulthood, shows a study conducted on rodents.

While previous research linked high-sugar diets with obesity and heart disease and even impaired memory function, less is known about its effects on mental development, particularly on the hippocampus -- brain region critical for learning and memory.

The new findings, published in the journal *Translational Psychiatry*, showed that higher consumption of sugar during early life increased the level of parabacteroides -- a type of gut bacteria. The higher the level of parabacteroides, the worse the animals performed in the memory and learning task.

For the study, the team gave juvenile rats their normal chow and an 11 per cent sugar solution, which is comparable to commercially available sugar-sweetened beverages.

The rats were then subjected to a hippocampus-dependent memory task designed to measure episodic contextual memory, or remembering the context where they had seen a familiar object before.

"We found that rats that consumed sugar in early life had an impaired capacity to discriminate that an object was novel to a specific context, a task the rats that were not given sugar were able to do," said lead author Emily Noble, Assistant Professor at the University of Georgia in Athens, US.A "Early life sugar consumption seems to selectively impair their hippocampal learning and memory," Noble said.

Additionally, the researchers experimentally increased levels of parabacteroides in the microbiome of rats that had never consumed sugar. Those animals showed impairments in both hippocampal dependent and hippocampal-independent memory tasks.

"(The bacteria) induced some cognitive deficits on its own. We found that the bacteria alone was sufficient to impair memory in the same way as sugar, but it also impaired other types of memory functions as well," Noble said.

She noted that future research is needed to better identify how the gut bacteria alters development of the brain.



Anil Arora
Sub Editor



Atul Kumar
Executive Editor



Satabdi Roy
Marketing Head
Of Kolkata (West Bengal)

Anil Arora
Sub Editor

Atul Kumar
Executive Editor



“A dream isn’t one that you see when asleep but one that doesn’t let you sleep”



Anil Arora
Sub Editor

From commuting to famed yet chaotic markets of Delhi to source the right fabric in order to send to her sister to leading a thriving bustling boutique of her own a decade later, Delhi-based Nupur Sinha has carved a niche for herself in a short span of time.

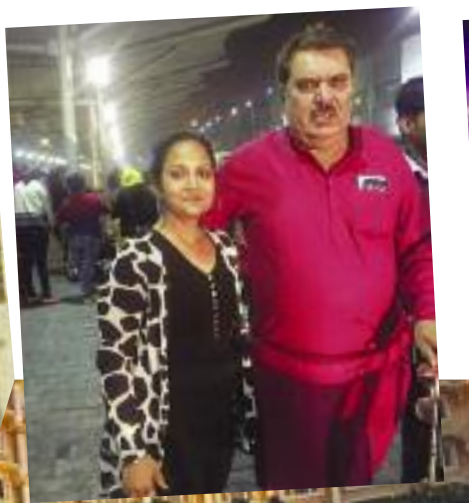
Her clientele sings praises of her designs, eye for detail, innovative outlook and above all, the warmth with which she treats everyone. What started as a small venture in a tiny corner of her house has now flourished into a well-established outlet for the latest designs in ladies’ clothing, delivered at budget-friendly prices.

Currently operating from Sector 11 in Northwest Delhi’s Rohini, Nupur’s Glamour Boutique offers a sterling collection of ethnic Indian wear. Customisation is her forte. In fact, her customers trust her vision so much so that they often bestow her with the responsibility to design their entire wedding wardrobe – a task she shoulders perfectly, with the proverbial creativity of an artist she truly is.

She has also designed apparel for over a dozen ramp shows and is spearheading the costume department of an upcoming Bollywood project. Add to that, she herself has signed up as the face of upcoming clothing lines as a model. A true example of “Beauty with brains” we say.

Nupur takes a keen interest in understanding the exact requirements of the designs her customers want, improvising it with her inputs to arrive at eye-catching outputs. She goes the extra mile in sourcing the most premium quality of fabrics and apparel for her eclectic range. Travelling often across the length and breadth of the country in the quest of the same, you’ll find the speciality of nearly every state’s fabric at her boutique. Now that’s a treasure trove for every fashion enthusiast, we say. Going by her single-minded dedication to her work, whole-hearted devotion to her clients and rapt attention to here craft the

Nupur Sinha





Anil Arora
Sub Editor

The city witnessed another valuable event 'India's Top Professionals', Launch of Edition-2 of a

The Event was conducted at Radisson Blu-(Airport-NH-8), at the New Delhi on 27th, Feb 2021 and was convened by Mr. Amit Tyagi (Founder

Mandeleshwar Kinnar Akhada), Spiritual Princess-Jayapala Shri Anil, Rtd. IG Dr. Suman Manjiri, Pt. Lalit Sharma and Advocate Virender Prabhakar.

The event was given a start with a soothing Meditation session by Guru Maa Nirmala Sewani on "SHRI VIDHYA" &

INDIA'S TOP PROFESSIONALS



Allure Coffee Table book holding many High edge Professionals. Ms. Neha Kala, founder of many successful endeavours, has been known from approximately 2 decades for her Entrepreneurship PR skills as well as Social Development initiatives.

Tyagi Talks). The Event was intimated with lamplight lit by respective Chief Guest, Dr. Jaince Darbari, Honorary Consul General of Montenegro-INDIA, along with other distinguish ones including Maa Nirmala Sewani-Holistic Expert, Maa Bhawani(Maha

being full moon the value and grace was automatically added. moving ahead Mr. Amit Tyagi shed the humour element and made all having a dip in laughter. Further to this humour, added was Violin to ease the Ears, hosted by Skill Box.

The Visual StoryTeller from



10 Vanshdhara / April, 2021





Kolkata/Mumbai Mr. Dababrata Pal painted the serenity of "India's Top Professionals" by his Visual Storytelling Skills.

Being an event headed by whose whose of INDIA, a Panel discussion was added, and Panelist Educationist Mrs. Ritu Bhagat, Holistic Expert Mrs Rachna Mehra, Founder of BodyCare- Mrs. Divya Sood and Tarot Lady- Mrs. Pratima Sharma added their view points on "LEADERS in MAKE" and the Discussion was addressed by Mr. Amit Tyagi (Founder Tyagi Talks).

The super main element of the Event was the Coffee Table Book, which was launched by all the dignitaries. The Coffee Table Book carries 10 of the Leaders and 29 Entrepreneurs who have been super well established in their own skin.

9 very aspiring People from various domains were further acknowledged for their ASPIRING Skill Set. Ms. Ashima Bhatia, Ms.

Sargam Mishra, Mr. Aseem Sood, Mr. Debabarata Pal, Mr. Aman Puri, Ms. Barsha Chabaria, Ms. Mona Sharma, Mrs. Divya Sood and Mr. Puneet Bakshi. The Event was Graced with the very famous Delhi Darlings Mrs. Sona Sharma, Mrs. Rashmi Sachdeva, Mrs. Pragti Pankaj Nagpal and Mrs. Manya Pathak, we must acknowledge these females have set Delhi on different standards.

Advocate Virender Prabhakar, legal Advisor of Ms. Kala thanked all the present ones for making the event Grand and Successful. Neha's team who happens to be her backbone was shoulder to shoulder with the lady and Neha thanked each one of them including Jyotish Acharya Vijaya Ji, Mr. Akash K. Pandey (Founder-Event Hub & Style Queen), Ms. Garima, Ekta and Ms. Yogita Das.

At the end, all enjoyed the well presented Dinner hosted by Ms. Neha Kala



WOMEN'S DAY CELEBRATION 2021 ORGANIZED BY SUPER WOMEN CLUB & LADY FORUM JANAK PURI CLUB



Atul Kumar



CELEBRATE **WOMEN'S DAY** CHEIF GUEST

THEME IS 55th बचपन

FREE ENTRY

Date : 06th March 2021

Timing : 3.00 pm to 6.00 pm

POOJA DUA
ZEETV REALITY SHOW
DILLIDARLINGS FAME

Venue : Janak Puri Club Distric Centre, Janak Puri, New Delhi-18

ANIL ANDRA
Co-Editor Director & Vice President (AIFTA)

प्रश्नचिह्न न्यूज एजेंसी

BEING CARING NGO ORGANIZED "INDIAN ENTREPRENEURSHIP AWARDS 2021" AT ISKCON AUDITORIUM, EAST OF KAILASH, DELHI ON 2ND OF MARCH 2021



Anil Arora
Sub Editor

The event was inspired by our National scheme of "Atma Nirbhar Bharat Abhiyaan" or the Self Reliant India initiative "vocal for local" by govt. Of India. The event aimed to honour the Entrepreneurs in various categories to motivate them to work even harder and along with them inspire our youth to learn from them and work hard to achieve success in their work fields as well.

North mcd mayor Mr. jaiprakash ji, South Delhi, shrinivaspuri's counsellor Mr. Rajpal Singh ji, Dr. Munish jindal ji : MD hoverbotix, Mr. Rohtash Chaudhary ji : Guinness book of world record holder graced the event as Chief Guests.

The event was well organized and started with an empowering Yoga performance by Rakesh kumar chobdar and team . There was another performance by a social performer and singer Mr. Jassie Wilkhoo ji on self reliant India.

Being Caring organization is founded by Sanskar Nagar a teen who aims to bring a positive change in the society with a motive of Incorporating and eternalizing the sense of "Care" in our youth. The organizers includes Dr. Apoorva Nagar and Dr. Nikhita Nagar who are Director and National president of the organization respectively.

Various other eminent personalities joined the event and graced the stage as vip guest, guest of honour and special guests including Dr. Bhawna Kapoor ji who's a celebrated vedic astrologer , Ms. Richa Basistha - politician, social activist, Dt. Dipikaa a bhatia and Mr. Ajay Bhatia : founder/ Director Aas ek prayaas Ngo, WBC champion Mr. Rajesh kasana - Lukka, South Asian games gold medalist Boxer Mr. Ankit Khatana, National secretary (yuva) of Ljp Mr. Sumit Pratap Singh, Renowned Bollywood Actor Mr. Rajesh Bhati , Dr. Pallavi Prakash : film maker, ms. Rakhi Tanwar editor Shades of India Magazine, Ms. Madhubala Nagar- Buisness mentor, Mahamedha Nagar ji a youth icon and a celebrated youth politician , Ms. Bhavisha Buddhdeo : founder rootskills, Dr. Sangeeta Ahuja : A power woman, and an entrepreneur herself, Mr. Anil Arora : co editor director and vice president AIFTAA, Dr. Zainab Ansari and Dr. Shruti khara.

Various Buisness personalities were honoured including MD Avani Group Mr. Vikas Sharma, MD Body Care Ms. Divya Sood, Team C cube : A complete Car care App based startup, MD : Mediworld Healthcare Dr. Jyoti kasana and Dr. Bhupender Bhati,

Vastu consultant ms. Seema bhattia, Ms. Mala thapar , ms. Simran bhatia, Ms. Rekha jha, ms. Shalini Diwan, ms. Madhumitra , ms. Sandhya : the soul reviver, ms. Suman arya, Dr. Preeti Srivastava, Dt. Sadhana : bluebud diet clinic, MD Potpourri originals ms. Shweta Khilwani, Mr. Praveen etc.

The main objective being incorporating self reliant behaviour and pattern in the upcoming generation , and to help them lead the path of success. The celebration was huge and overwhelming, guests were appalled to see such eminent personalities together on stage. Being pandemic situation the organisers made sure to instill all the precautionary measures being it mask only entry restrictions or installing a sanitization tunnel unit at the entry.

Various brands were associated with the event in some way or the other like Nimco tea : Mr. Ashok kothari ji, Soul Reviver : sandhya ji, oriflame - through Madhubala Nagar ji, Dxn- through Madhu Mitra ji , rootskills : Ms. Bhavisha Buddhdeo ji and the Body Care : ms. Divya sood ji. The organisers made sure to honour all the guests present there and requested them to incorporate the sense of "care" in their everyday behaviour.



MAKEUP ARTIST CONTEST & FASHIONISTA 2021



Sahana Mallick Degrees; MPhil in Mathematics. She is masters in philosophy of maths and working as a senior teacher. But glamour and glitz has always attracted me. Passion drive you long way and today She is invokved in multi speciality work. She is in poetry and shayaris as well .One of her written it should b one of her poetries 'Nawankur' along with eminent poets is going to launch in the end of this month. Her books of quotes is coming soon. She is working as a poetess in Sahitya Gharana. She have worked for Tolly wood Designer Irani mitra as a model.

She is recipient of few titles like Mrs Intelligent 2020 by Glitterz Mrs India and Mrs Active by Opera Mrs India Australia and also Mrs Photogenic Bengal 2020 by Iglam and top 8 by Iglam. She own a channel sahana ki duniya it will be youtube. And presently She is organising show with Renowned company in the world of beauty

products GLOCUS as a co sponsor by Her own production house A and M and yuvraj films is due on 14th March..which is rowed up 3 more projects. She is recipient of Bharat sewa trust meri scholarship. She believe that beauty should go with brain ..coz if you think good you can do good.



Satabdi Roy

She owe her success to God and beautiful family of her who supported her in all her thick and thin..Being a daughter of defence officer her life was shaped in a very discipline way..which helped her to shape up her multi tasking personality.

My quotes which she believe is inspired by her parents is-

Zindagi koshishon k uran se age barti hai.
Uroz ki chahat dil me samaker insan ko taqat milti hai.
Warna raste chote bhi kayi hain..
Per mehnat ki rahen sabse lambi hoti hai.

Lines by sahana.

Presenters:
GLOCUS, CREAMBERRY, ASH, YUVAJ FILMS

Organiser: Sahana Mallick, Poetess

Event: Makeup Artist Contest & Fashionista 2021

Date: 14th March

Guest: Anil Arora, President, AIFTRA

- ✓ All models will get gift hamper worth 2k
- ✓ All muas will get gift hamper worth 1.5k
- ✓ Models will get photoshoot in two different attires
- ✓ TV Commercial for models for the launch of their products
- ✓ Drawing and momentos for models and muas
- ✓ Walk with celebrity guests and media coverage for all

Media Partner: Zanshdhara, Aapki Sehat, NEWS, Contact - 8051258675

Presenters:
GLOCUS, CREAMBERRY, ASH, YUVAJ FILMS

Organiser: Sahana Mallick, Poetess

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Date: 14th March

Guest: Sharik Aryan, Actor, A&M Production

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Media Partner: Zanshdhara, Aapki Sehat, NEWS, Contact - 8051258675



Satabdi Roy

Glocus a beauty product company having more than 100 distributors has organised a Make up Artist contest 2021 which was new not only in Bengal but in India..The company director Mr Chandan Shaw a humble and gentle person believes in the true creativity of mua...which was later joined by A&M production house and yuvraj films.The idea and theme of Fashionista 2021 was executed and planned by Poetess and model Sahana mallick and the owner of production house Actor Sharik Aryan ...Jayashree mukherjee was the managing partner of the production house who worked really hard for the show. The jury panel has eminent people



Makeup Artist Competition

like Designer Irani Mitra ,Sulekha Bhadra chef and owner of saree verse Queen entertainment founder and owner Mr.Tanveer Khan, Director RajSekhar Banik Actor Sharik Aryan Poetess Sahana Malick and Mr Chandan Shaw owner Glocus.

The programme was anchored by beautiful and elegant model Saptami Banerjee. The guest performer was guitarist Md .Sabiuddin Halder . The ethnic wear was sponsored by Designer Irani mitra and Sulekha Bhadra.The gowns were sponsored by designer Keshar bhagat.

Each mua and model were given gift hampers from Glocus and photo shoots.

The programme was conducted in Rupashi banquet and guest house on 14th of march

As Guest Mr Sushovan kundu And Anil Arora

graced the show.Satabdi roy Marketing head has received the gift and memento on behalf of Vansdhara .



CHAMBER OF TRADE & INDUSTRY WOMEN COUNCIL WOMEN ACHIEVER'S AWARD



Anil Arora
Sub Editor

Guest Of Honour
Executive Member
Women Achiever's Award
On the Occasion Of 6th
Founder's Day With Delhi
Government Minister
Imran Ji & Greter Kailash
South Delhi MLA Saurabh
Bhardwaj Ji Thanks
CHAMBER OF TRADE & INDUSTRY
WOMEN COUNCIL TEAM





SUBHASH KHANDELWAL
(PRESIDENT)

BREJESH GOYAL
(CHAIRMAN)

You are Cordially Invited to our

Women Achiever's Award

ON THE OCCASION OF OUR

6th Founder's Day

10th March 2021

WEDNESDAY | 4.08 PM onwards

Lajpat Rhoton Auditorium, Near Moolchand Hospital, National Park,
Lajpat Nagar-II, New Delhi-110024
Contact us : 9821225579

 MAMTA GARGANI (PRESIDENT)	 NEHA TANDON (PRESIDENT)	 JYOTI TEWARI (PRESIDENT)	 ANSHU KULKARNI (PRESIDENT)	 PRIYANKA CHANDRA (PRESIDENT)	 RAJNI KULKARNI (PRESIDENT)
 BHITA SINGH (PRESIDENT)	 LEVVEY SINGH (PRESIDENT)	 CHANDNI MITTAL (PRESIDENT)	 ANSHU KULKARNI (PRESIDENT)	 POOJA KULKARNI (PRESIDENT)	 RAJNI KULKARNI (PRESIDENT)

BE U UNISEX SMART SALOON NEWLY OPEN IN GURUGRAM SECTOR 90



Be U SMART SALON
NEWLY OPEN UNISEX
Gurugram 06 March, 2021
at Shop No. 133, Sapphire

Mall, Sector 90, Chief Guest: Shri
Captain Ajay Yadav Ex Finance Minister,
Govt. of Haryana. Guest of Honour Amit
Kumar Rai Deshsewak Gurugram

Haryana AIFTAA CEO and President Anil
Arora Co-Editor, Director Chetan
Advertising & Vice President AIFTAA with
Saurabh Jain & Abhipriya



Dk Events Londaon in Association With Elite Club International Present 4TH ANNUAL NATIONAL WOMEN EXCELLENCE AWARDS INDIA-2021



Anil Arora
Sub Editor

New Delhi : Women are the real architects of the society. International Women's Day is celebrated annually on March 8 to commemorate the cultural, political, and socioeconomic achievements of women.

Elite club Intl in association with D . K events london organised 4th National women excellence award2021 at India International centre (IIC)in New Delhi on 8th March .Her excellency Dr Janis Darbari, Mrs Renu Hussain,Ambassador of Argentina, Ambassador of Egypt graced the occasion.Magazine Revista and Beauty and the Best were also launched at the event.Around 60 women were honoured on this occasion. Jasleen Sethi, Disha sandhu,Gurbal kaur, Anshi Sharma, Gunjan Sodhi were also present.Elite Club 's Chairperson Gunpreet kahlon Kohli congratulated all the awardees and said that she will continue to honour all those women who will make distinctive mark in their respective fields.









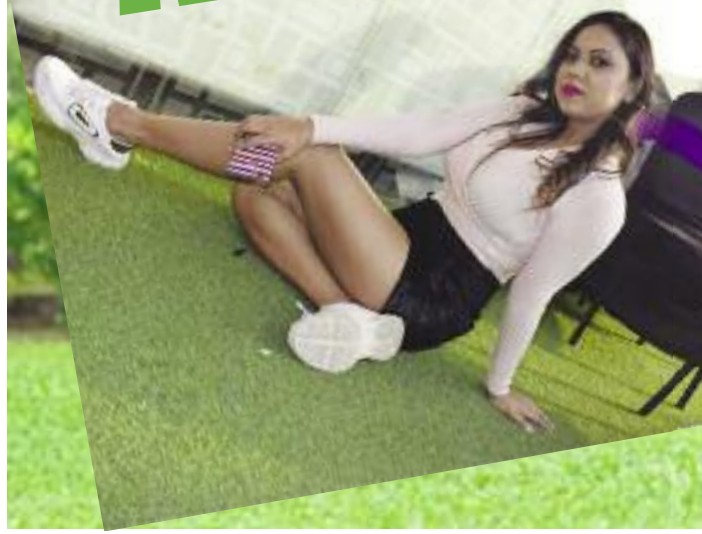
FINALIST MR
MISS AND
MRS NORTH
EAST 2019
2ND RUNNER-
UP MR&MISS
MODEL HUNK
2021
MUSIC
ALBUM:-
ON YOUTUBE
AK
PRODUCTION



Anil Arora
Sub Editor

My self Aniee born In up and raised in Guwahati. Be a gril with a mind a woman with attitude and a lady with class. Coming form a middle class and bit conservative family. Where it was little hard to be an independent gril. But my heart always feel that, what is important for me ? I should start follow my dreams and do something what I want. When I start my journey I faced lost of thinks. Currently I doing job and modeling also. Modeling is my passion. Some people try to image tarnishing. But they can't My achievement is finalist in Mr, Miss and Miss North East 2019 2nd Runner-up Mr Miss And Miss model hunk 2021. I have done bhojpuri song release on youtube.

ANIEE



Powerful Women Awards 2021: The Crazy Tales



Anil Arora
Sub Editor

On the 8th of March 2021, The Crazy Tales, a premiere 'Content Media Company' in Delhi/NCR, came up with the 'Powerful Women Awards 2021' at the Constitution Club of India'. The main motive of the event as mentioned by the founders Manish Mishra and Amrita Kar was to give women honour & recognition, who have done exemplary work on their own.



The main focus was to create a platform for them so that by this platform they encourage and empower more women. The Crazy Tales would also design an



comprise renowned profiles such as doctors, business leaders, social activists, fashion influencers and more. We also had Fitness 365 days as our associate partner. The opening ceremony started with the lamp lighting with some of the most renowned guests. After this, a cultural programme was performed which

Wazir-Director Cloudnine Hospital, Neeru Dawra - Dietician and Sakshi Khattar-founder of Fitness 365 days in the first panel where the discussion was more focused on work-life health and how to keep an equal balance between health & professional life.

The event was also attended by some



autobiography, which is the whole life journey of the awardees.

The event was Powered by Cloudnine hospitals, supported by IndianBraveHearts & executed by The Passion Events. All the awardees

mesmerised the event.

Since it's the 8th of March "The International Women's Day", the event had a power-packed audience. We had Dr Chetna Jain-Senior consultant of Obstetrics & Gynecology, Dr Sanjay

prominent & renowned personalities, some among them were Amanpreet Kaur- Joint Commissioner of Income Tax, Mr Vijay Kumar - OSD DSIDC, Jitendra Mani Tripathi- DCP Metro & RJ Divya - Radio City. All these prominent



personalities felicitated the awardees from all over India. Jitendra Mani Tripathi-DCP Metro also encouraged women and honoured many awardees during the event.

Some of the eminent awardees were Dr Anshu Arora - Best Academician & Organ Donation Activist, Manisha Joshi-Dynamic Personality, Tanya Chadha-The Lady with Fire, Prerna Awasthi-Best Poetess, Dt. Shilpa Nijwahan-Best Nutritionist, Rehana Ali-Social Activist, Tanya Jaswal-Social Activist, Anooja Bashir-Best Business Women, Megha Dahiya-Best Poet and Homemaker, Manmeet Kaur-Best Tech Savvy, Dr Vasima Khan-Best Nutrition & Wellness Expert, Poonam Soni-Best Junior School Principal, Deepika Udawat-Best Artist & Home Décor Expert. Nazia Zafar-Best Make-UP Artist, Supriti Garg-Best Content Creator Expert, Antara Verma-Best Parenting Coach, Sadhana Sharma-Best Programme Manager, Healthcare, Dr Indu Bansal-Best Cancer Expert, Pooja Srivastava-Best Sales Expert, Dt. Neeru Dawra-Best Dietician, Deepika Bellaney-Best Social Activist of the Year, Dr Tanu Goyal-Most Powerful Women Awards 2021, Dr Aakriti Sambyal-Best Creative Personality Award 2021, Dr Suruchi Sharma-Best Health Expert, Sara Khan-Best Entrepreneur, Vandana Sardana-Best Corporate Sales Expert, Nirupama Bagley-Best Seller Sports Author, Dr Meghna Dewan Gopal-Best Lifestyle and Fitness Coach, Anupama Yadav Ghai-Best IPR Expert of the Year 2021, Parul Siddiqui-Best Entrepreneur, Devika Mehta-Best Digital Journalist, Ekta Vohra-Best Match Making Expert,

Aishwarya Interiors-Best Interior Designing Brand, Payal Madan Arora-Best Fitness Entrepreneur, Usha Shahani-Best Dynamic Artist, Usha Vardhan Sharma-Best Educationist, Jyoti Chauhan-Leading Women in IPR, Ankita Srivastava-Best Legal Expert, Shipra



Rathor-Young Artisan, Taran Deep-Dynamic Personality of the Year 2021, Azka Khan-Best Business Leader, Dr Zia Zehra Zaidi-Most Dynamic Personality, Sunaina Agarwal-Best Energy Healing Therapist, Dr Smriti Sharma-Best Lifestyle Disease Expert, Shaily Srivastava-Best Social Media Influencer, Dr Ramandeep Kaur-Best Contributor in

Physiotherapy & Social Service, Shivangi Verma-Best Educator, Ranjita Yadav-Best Social Entrepreneur, Neha Bhateja-Best Young Researcher, Aparna Shrivastava-Best Educationist & Mentor, Amna Mirza-Best Fashion Influencer, Sunita Singh-Best Animal Activist, Rajni Yadav-Best Gymnast Coach, Vandana Anchalina-Best Prolific Writer, Ankita Prakash-Best Educationist, Pushpa Singh-Best Edupreneur, Sumedha Sodhi-Best Digital Marketer, Vibhuti Taneja-Best Fitness Expert, Leena Guha Roya-Social Activist and Jyoti Shrivastava-Social Activist.

There was another panel discussion on Entrepreneurship and women empowerment. The Panel was attended by Aakriti Sambyal-Mrs Delhi NCR 2020, Neeru Dawra- Health Expert, Sara Khan-Entrepreneur, Parul Siddiqui- PM Enhance and Devika Mehta- Digipreneur and Gunjan Gupta- counsellor.

Fitness 365 and Indian Bravehearts were our main Associate Partners. Fitness 365 focus is to help you lose weight in a healthy way, without any side effects. And also help you decrease your medicines' intake if at all, and gradually take you off medicines.

Whereas, the Indian Bravehearts is a not-for-profit social organization (NGO) registered under The Indian Trusts Act 1882, and a proud initiative of an Army officer. The main focus is on the welfare, rehabilitation and well being of the Indian Bravehearts fraternity (all armed forces personnel under Min of Defence and Min of Home Affairs), both serving and retired, including the veterans, battle casualties, war widows, orphans and their families.



After that Sarah Khan owner of Jot Down Venture and Sakshi Khattar, founder of Fitness 365 days spoke about their own ventures and how they can help the women awardee become more empowered and also how they can

Pachouli and RJ Divya - Radio City, Anil Arora Co-Editor & Director Chetan Advertising.

After the panel discussion, the Award ceremony started where almost 100 women in different categories from all over India were honoured and felicitated on stage with the "Powerful Women Award" trophy and certificates.

The event was also supported by Cloudnine Hospitals and the Health panel was attended by Dr. Chetna Jain- Senior consultant of Obstetrics & Gynecology and Sanjay wazir, Director Cloudnine Hospital. Preeti Seth - Founder of the Pachouli group, Divya Sood - Founder of Bodycare and Devika Bhatia - founder of SMUK also supported the event.

consisted of around 100 awardees from all over India. The Crazy Tales received nominations over 1500. The women comprised from the larger corporate world, academicians to research scientists, astrologers, image coach, life coach & some of the best social activists. The event was hosted by Anchor, Rishika while Mrs Amrita moderated both the panel discussions. Lastly, the founder of The Crazy Tales, Manish Mishra had passed a message "that their main initiative is to empower more & more women. So they would be encouraging and creating a platform in the coming future.

The Panellist along with all renowned awardees had passed a message that "women don't need to be empowered, she just needs support". Lastly, The Crazy

Tales, a content media company, who writes influential stories of people, would like to thank all the supporters, associate partners and media partners of the event for making it again a grand success.



receive more help from fitness 365 days.

The event also had a fashion walk by some eminent makeup artists with their models. All the makeup artists were from Geeta's Makeover Academy. The event was also supported by Cloudnine Hospitals and Shikha Sharma-Marketing Head also shared some of the insights of the hospital with the audience.

The event also had a 'Book Launch' - The Breaking Down- The Riverine Girl by Sarah Rawat. The stage was accompanied by Amanpreet Kaur(- Joint Commissioner of Income Tax), Gunjan Gupta, Rahul Shawel-Head Marketing

The Crazy Tales is known for providing a platform to many prominent women from all over India and they have also completed many events in the past. The event



ENTREPRENEUR EXCELLENCE AWARDS 2021 JAIPUR & INDIA HERITAGE RUNWAY FASHION SHOW



Anil Arora
Sub Editor

Honble governor of Rajasthan Sh Kalraj Mishra presided as chief guest along with Hon'ble member of parliament - Sh Ramcharan Bohra. Lions Club Delhi Veg organised the The Third Edition of Entrepreneur Excellence Awards 2021 on 6th March at Jaipur. Chief Guest of the event were Honble Governor of Rajasthan Sh Kalraj Mishra. The event was graced by the following Guest of Honour: Sh Ramcharan bohra (Member of Parliament), HE Mr Hector Cueva Jacome (Ambassador of Ecuador), HE Dr Riad Abbas (Ambassador of Syria), HE Mr Freddy Svane (Ambassador of Denmark), HE Mr K L Ganju (Hony Consul General of Union of Comoros) and Diplomats from Embassy of Burkina Faso, Panama, Syria, Ghana, Korea, also graced the occasion with their presence. Vikram Sehgal (IG CRPF), BL Soni (DG - Anti Corruption Bureau), Mr. Prakash Soni, Mrs. Devangi Swarankar, deputy commissioner were among many special invitees. The Award Ceremony was powered by Center of Diabetes & Allied Sciences. Charter President of Lions Club Delhi veg Lion Gaurav Gupta shared the Dias with Honble Governor of



Rajasthan Sh Kalraj mishra and sh ram Charan Bohra to felicitate various entrepreneur for their excellence in their respective fields. Lion president & Director of Bikanervala Lion Navaratan Aggarwal was appreciated by Hon'ble governor in his address for promoting Rajasthani food, Art & Culture through their outlets. Fashion Partner Ms. Seema Gumber (Founder - Starbuzz Events) organised India Heritage Runway Fashion show to promote Rajasthani Art and culture and to empower women on the eve of international women's Day. Wife of Ambassador of Ecuador & International Model – Ms. Toya Cardenas, Daughter of Ambassador Syria – Ms. Hiba Abbas & Wife of Diplomat of Panama- Ms. Fauzia Bakshi also walked the ramp. Few of the

Celebrity models of the show were Twinkle Kapoor, Aanchal Thapar, Manvi Taneja and Sraboni Chatterjee who wore designs of label by Tajinder Ruchika and Bhavika Couture. The event also witnessed the presence of Sh Ashok Aggarwal - International President of International Vaish Federation, Zone Chairman Dr. Vinod K Verma & Co organiser Ms. Nehaa Singh along with Mr. Bharat Naruka from Aditya Birla Group, Rajasthan. It is remarkable to note that the first two editions of EEA were held in the capital city of New Delhi and this was the first event outside NCR by Lions Club Delhi Veg. Everyone appreciated the organisers of the event for their wonderful efforts and enjoyed dance performances of Malika Baig and her team OI That Jazz.





Anil Arora
Sub Editor

Founder Chairperson of Purwar Achievers foundation- Prof. Dr. Manoj Purwar and Prof. Dr. Anita Purwar, organised a national level award ceremony in Jajpat Bhavan Auditorium, Delhi, on 28 February in which

different-different people who are active in their field were selected from all over India. 101 profiles of people of all ages who have made a unique identity in their field were selected. Earlier, 11 national



Guest in the program, BJP Delhi State Vice President Honourable Shri Rajan beautified the program. Special guest, actor, director, BJP leader Dr. V.K.

12th National award ceremony In Delhi



Tiwari Ji, inaugurated the program by lighting the lamp and gave his best wishes to all the awardees. In this program, Bollywood Celebrity Guest, film actor Kunal Singh Rajput, graced the program and informed about his upcoming film '3 Sayane', and congratulated all the selected awardees. VIP guests Shri Jaikishan Goyal ji (Executive member BJP), and Shri Vijendra Yadav ji (Deputy Chairman North Delhi Municipal Corporation) were also present in the program. Gujarati actress and dancer Minakshi Kapoor also



Vyanktreshan ji, (film producer, Digital Guru, Senior journalist) Shri Dr. Ayyanjit

level programs have been successfully carried out by the organization. The organization held 3 Awards - Rashtriya Ratan Award, Pride of India Award, and 21 Empowered women award. The Chief





ji, Shri Mukesh ji (managing director RUPYAAPAI SA Solution Pvt. Ltd.) Shri Harish Chandra, (MSME / NSIC / Gem advisor) Shri Arvind Arora ji (look-alike Amitabh bachhan) were also present. Anjali Dhamija (President BJP Sikh Sangat) and AAP Netri Poonam Verma were also present at the event. Pop-singer Montu Mast Punjabi also arrived and captivated all the people present in the program with his songs. Sakshi Dhanjal, (Anchor, astrologer, motivational speaker), was the anchor of the program. She fascinated everyone with her anchoring on stage. Dancer, model,



choreographer Anshika Verma and her school children rocked the stage with their dance. In this program, several media channels in Delhi were also honored with the Pride of India award. In the end, Anita ji and Manoj ji thanked all the guests, media and all the colleagues for making the program a success and gave best wishes to selected awardees from across the country. Along with this, the 13th Samman Samaroh has also been announced, according to Anita ji and Manoj ji, this program will be different in which singing, Dancing, modeling show and honors ceremony will be organized.

Alishan Entertainment Presents Women Achievement Award 2021



Anil Arora
Sub Editor

New Delhi, 13 March 2021
 India International Center
 Multipurpose Hall Lodhi Road
 Alishan Entertainment Presents
 Women Achievement Award
 2021 Organised By Mo.Ali Ansari
 Director of Alishan
 Entertainment. Chief Guest
 Music Composer Dilip Sen, Ashu Panjabi Sufi
 Singer, Bollywood Actress Poonam, Yamini
 Swami, Raveena Swami, Sakil Saifi, Dr Ajay
 Pandey Rajneeti ki Pathshala, Dr Anju Bhandari,
 Dr KD Arya, Anil Arora Co-Editor, Director
 Chetan Advertising Vice President All India
 Films & TV Artist Association (AIFTAA), Editor
 & Chief Tarun Kumar Vanshdhara, Aapki Sehat,
 Margoday.





Alishan Entertainment
Presents
"Women Achievement Award 2021"
Powered By
Uniqoo Education Welfare Centre
On 13th March 2021 at 2:00pm

Venue:
India International Centre, 40, Miss Maller Marg, Lodhi Road,
New Delhi-110003

Organizer:
Mohanraj M
Director of Alishan Entertainment
Contact: +91-8585061494 / +91-9810671735
E-mail: alishanentertainment@gmail.com









Anil Arora
Sub Editor

From having brilliant scores throughout her school and college life to spearheading her home-grown start-up Glamorganics, Delhi-based Nidhal Sinha dived into entrepreneurship while she was pursuing Economics (Hons) from the reputed University of Delhi.

“DREAMS DON'T WORK UNLESS YOU DO”

From practising Ayurvedic rituals in her daily life to studying Ayurveda in different parts of India (Mysore in Karnataka, Kannur in Kerala and at last at

the prestigious National Institute of Ayurveda in Jaipur) she has helped over 1,000 ladies transform their skin and hair organically, using simple at-home ingredients and dietary changes.

Instead of suffocating skin and hair with toxic chemically-loaded products that are easily available nowadays at every nook and corner of our localities (in fact on our smartphones too) she guided them every step of the way towards embracing effective natural & organic personal care recipes. The result? Porcelain clear skin & long, thick and luscious locks.

She started her journey by penning articles for a couple of Indian beauty blogs as a freelance writer and slowly developed a keen interest in addressing skin and hair problems using home remedies as opposed to chemical-laden products. To start her own blog, I invested everything she had earned as a freelancer into the same and also taught herself the basics about WordPress using YouTube.

She then started curating content for her site with pictures clicked in the backdrop of her plants. Soon as people started noticing her content, her following began growing. Readers would often her for help in treating their skin & hair problems such as – hair fall, shedding, baldness, acne, pimples, pigmentation, age spots, dull skin, etc.

It was after 9 months of running her blog that she finally decided to start her online skin & hair consultation program. An instant hit with her clientele, the number of people interested in solving their skin & hair problems naturally kept on increasing as she shared the success stories of her customers regularly on her social media (Facebook & Instagram).

3 years down the line, she has been titled with flattering and humbling titles such as “The Magic Maker”, “The Skin Expert” and “The Organic God-Mother” amidst many others.

The success stories of her clients on Facebook & Instagram speak volumes about her online consultation service's authenticity & effectiveness. More power to this budding young entrepreneur!



NIDHAL SINHA



Feminine 2021 award show was organized by SRC Entertainments



Anil Arora
Sub Editor

New Delhi: Feminine 2021 award show was organized by SRC Entertainments at The Golden Palm Hotel, East Delhi's Patparganj, on the occasion of International Women's Day. The awards show honoured women from several states including Delhi. During the show, women ramped up the stage and walked up, Bollywood singer Shankar Sahney and Captain Raspreet Sidhu of the Indian basketball team who were the celebrity guests at this event also cheered all the women by appearing there. In this awards function Designers like Richa Upadhyay, Fascinate Wardrobe, Sandeep Shrivastava and Soumya Sharma, who played their important roles as designers in the show, whose collection was very much liked by all. Amit Gupta, Farhad Ali and Deepak Singh Solanki, Associate Partners of the same show. Silki Chhabra, Organizer of the show, said while talking to



the media that I first of all thank both my celebrity guests and my VIP guests - Pooja Dahiya Dhankar, Neena goel & Anil Arora who gave their precious time for this show and I would also like to thank my sponsors. Silki Chhabra organiser of the show, said while talking to the media that I first of all thank both celebrity guests who gave their precious time for the show and I would also like to thank my sponserd and of the designer who supported us shoulder to shoulder in getting this show done. Today, on the occasion of International Women's Day, we honored women who have made a different identity by working in different fields.



Cut **100** Calories a Day

Lose 10 Pounds a Year



Dr. Ajay Singh Pundeer

The last thing you want to do right about now is go on a diet. Luckily you can zap the bulge without resorting to rabbit food. The trick: Eat just a little less. Scientists at Harvard and Louisiana State University in Baton Rouge found that people who lowered their calorie intake lost an average of 13 pounds in six months no matter what kind of diet they were on.

"If you don't like what you're eating, you're not going to stick with it. These findings give you flexibility to trim a bit here and there and still enjoy your favourites."

In fact, by nixing just 100 calories a day, you'll lose more than 10 pounds a year. Up your cuts to 250 and you're down 26 pounds. Want to lose faster? Ditch 500 calories daily and you'll drop those pounds in half the time. We found so-easy ways for you to trim a little but save a lot.

CUT 100 CALORIES AT BREAKFAST

- ❖ Use skim milk in place of flavoured Coffee-mate in your two morning mugs.
- ❖ Eat a bowl of high-fibre cereal and you'll consume fewer calories all day.
- ❖ Order bacon, not sausage, with your eggs.
- ❖ Choose a yeast doughnut instead of a denser cake one.





CUT 100 CALORIES AT LUNCH

- ❖ Use 1 tablespoon of mayo and 1 tablespoon of low-fat cottage cheese to make tuna salad.
- ❖ Put barbecue sauce, not honey mustard, on your chicken sandwich at Wendy's.
- ❖ Top your burger with onions, lettuce, and tomato and skip the cheese.
- ❖ Ask for the 12-ounce child-size soda instead of the 21-ounce medium at the drive-through.
- ❖ Slim down your sandwich by using Arnold Select 100% Whole Wheat Sandwich Thins instead of whole wheat bread.
- ❖ Toss your salad with 1 tablespoon of dressing until every lettuce leaf is coated. You'll get away with using half the usual serving size. Try this trick at dinner too.
- ❖ Skip the crackers and shredded cheese on your chilli.



CUT 100 CALORIES AT DINNER

- ❖ Trade butter for a flavourful spread made with garlic, fresh rosemary, and light, trans fat-free margarine.
- ❖ Making meatballs? Mix half the amount of ground beef the recipe calls for with half as much cooked brown rice.
- ❖ Instead of two slices of medium pepperoni pan pizza, choose thin-crust.
- ❖ When munching on chicken wings, don't toss the bones midway through. Seeing the evidence of your feast may help you eat less, studies show.



CUT 100 CALORIES FROM A SNACK

- ❖ Trade 1/2 cup of premium vanilla ice cream for 1/2 cup of Breyers Chocolate Chip Cookie Dough ice cream.
- ❖ Ordering a cone? Make it the sugar, not the waffle, kind.
- ❖ Munch on Pirate's Booty. In a study, switching to an air-puffed cheesy snack twice a day saved about 70 calories a pop.
- ❖ Grab a Dannon Light & Fit yogurt, not a low-fat fruit blend.
- ❖ Replace half the butter in cake, muffin, and brownie recipes with an equal amount of applesauce or mashed bananas. You'll save about 100 calories for every tablespoon you swap.
- ❖ Indulge in a slice of angel food cake drizzled with chocolate syrup rather than three cookies.



Body Fitness *from* Gym



Pooja Dahiya Dhankhad



Want to know the secrets to getting a toned, trim body in record time? We did too, so we went straight to the top personal trainers, exercise physiologists and fitness instructors for the ultimate moves and motivation tricks to kick a fitness routine into high gear. Put a few of these tips into action each week and you're guaranteed to see faster results!

1. Tone Up on the Treadmill

"Save time at the gym with this 10-minute cardio/sculpt session: Hop on a treadmill holding a three- to five-pound dumbbell in each hand, and set the speed to a brisk walk. Do a one-minute set each of shoulder presses, biceps curls, triceps extensions, side laterals, front laterals and standing triceps kickbacks one after another as you walk. It's an amazing upper-body challenge that also gets your heart pumping. Do this series two or three times each week. As you improve, work up to doing four-minute sets."

2. Power up your Runs

"Adding wall sits to the end of every

run will strengthen your quads, hamstrings and gluts, improving your speed and endurance. Lean against a wall with your feet shoulder-width apart, then squat until your knees are bent at 45 degrees. Hold for 30 to 60 seconds; work up to doing 10 sets. Add a challenge by including heel raises: Lift your left heel, then the right, then lifts both together twice."

3. Chart Your Progress

"Stay motivated using a fitness report card. Jot down these subjects: Cardio, Muscle Conditioning, Flexibility and Attitude. Set goals (for example, doing 10 "boy" push-ups) and grade yourself A through F at least four times a year. When you see how much you improve, you'll want to stay in great shape."

4. Try This All-in-one Toner

"A side-step squat with wood chop works your arms, torso, abs, back, legs, inner thighs and butt. Stand with your feet shoulder-width apart holding a three- to



four-pound medicine ball in your hands. Bend your arms up so that the ball is at eye level over your right shoulder. As you bring the ball toward your left knee, step out with your left leg and bend it no further than 90 degrees, keeping your right leg straight. Return to the starting position. Do 10 to 15 reps and repeat on the other leg."

5. Brask out the shovel

"Why pay someone to clear snow from your driveway? Besides burning nearly 400 calories per hour, shovelling snow develops muscular endurance and power. But be safe: Minimize the amount of snow on each shovelful, and bend from your knees and hips, not your back."

6. Work Out During Your Workday

"Sit on a stability ball to strengthen your core, and keep dumbbells or exercise tubing at your desk. Squeeze in 12 to 15 reps of exercises like dumbbell curls, overhead presses and ab crunches; aim for two or three sets of each. This gives you more free time to fit in fun workouts like biking or tennis."

7. Take This Jump-Rope Challenge

"The best cardio workout is the jump-rope double-turn manoeuvre. It's intense: You'll burn about 26 calories per minute! Does a basic jump for five minutes, then jump twice as high and turn the rope twice as fast so it passes under your feet twice before you land. This takes timing, patience and power. But you'll get in great shape just by working at it."

8. Give Yourself a Break

"You don't have to be a fitness saint to get results. Follow the 80/20 plan: Eighty percent of the year, you'll exercise regularly and eat well. Know that you'll slip 20 percent of the time

due to holidays and work deadlines. When you accept that fitness isn't an all-or-nothing proposition, you're more likely to stick with it for life."

9. Get a Jump on Weight Loss

"Add polymeric box jumps to your workout to improve your cardiovascular stamina and leg strength -- you'll really sculpt your hamstrings, quads and gluts. Find a sturdy box that's at least one foot high [like a Plyo Box, \$139.95; 888-556-7464; performbetter.com]. Starting from a standing position, explosively jump to the middle of the box, and then jump back down. Repeat 20 times."

10. Don't Skimp on Carbs

"Your body needs them to fuel a workout, so reach for fruit or high-fiber crackers an hour beforehand. If you are exercising for 90 minutes or longer, include some protein so that the carbs break down more slowly, giving you longer-lasting energy. Your best bets: low-fat cheese and crackers, trail mix or half of a peanut butter and jelly sandwich."





FAT

Ways to BURN

Deepali Taneja



Want to get rid of that stubborn excess body fat? Follow the tips to become healthier, leaner, and stronger.

1. Avoid fad diets. There's no magic bullet when it comes to weight gain. In particular, avoid diets that eliminate any one food group; you should be consuming carbohydrates, protein, and fat at every meal to stay balanced.

2. Remember that fat is not as important as calories for controlling weight. To lose weight, you must burn more calories than you consume. It's as simple as that. The reason we're taught to be wary of fatty foods is that they tend to have high calories; however, this often causes us to eliminate healthy fatty foods, like avocados, oils, and salmon, from our diet unnecessarily. Just make sure you're eating healthy monounsaturated and polyunsaturated fats instead of saturated and Trans fat. If you're on a 2000-calorie-per-day diet, don't eat more than 20 grams of saturated fat per day.

3. Strength train. This means lifting weights at home or in the gym for at least 30 minutes at a time twice a week. Muscle helps speed your metabolism, as the bodies of muscular people burn more calories even while they're at rest.

4. Cut down on processed foods. Stick with all-natural foods, which have little added preservatives and chemicals. If you can't find it in nature, think twice before you eat it.

5. Do cardio exercise. For example, interval training, which means alternating between low- and high-intensity activities, is a quick and extremely effective way to improve heart health and endurance. Note that anyone over the age of 60 or who has heart disease, high blood pressure, or arthritis should consult a doctor before attempting interval training.

6. Carefully consider eating more frequently. Instead of having 3 square meals a day, many go for 6 micro meals to sustain their energy and steady their blood-sugar levels while on a low-calorie diet. There is, however, a tendency for people to justify turning "micro meals" into junk food sessions; research has indicated that people often consume not just more calories, but emptier ones when taking the snacking approach. Know yourself well enough to make this choice.

7. Aim for least 3 to 4 exercise sessions per week in the beginning. Once you get into the habit of exercising, work up to 4 to 5 sessions per week (or more).

यौन (Sex) रोगों के इलाज के लिये शेख दवाखाने का नाम हिन्दुस्तान ही नहीं पूरी दुनिया में कई दशको से जाना जाता है। एक मुलाकात डा. शेख के साथ

- ★ Gold Medalist
- ★ Best Sexologist of India
- ★ Pride of Country
- ★ Kohinoor A Tibb.
- ★ Chikitasak Ratan
- ★ Manav Sewa Ratan
- ★ Ahinsha Dharam Rattan

प्र. सर मैं नामर्दी से परेशान हूँ काफी इलाज कर चुका हूँ कोई फायदा नहीं हुआ।

उ. आप हमारे दवाखाने पर आईये और भरोसा रखिये हमारे यहाँ पर कीमती जड़ी-बूटियों और भरमों से इलाज किया जाता है जो शत-प्रतिशत कामयाब इलाज है।

प्र. शीघ्रपतन (Premature Ejaculation) की वजह से मेरा वैवाहिक जीवन खराब चल रहा है इलाज बतायें

उ. शीघ्रपतन का रोगी अपनी पत्नी को कभी संतुष्ट नहीं कर सकता शीघ्रपतन कह वजह से आज रोजाना तलाक हो रहे है और तमाम नाजायज संबंध बन रहे है हमारे यहाँ पर इसका सफल इलाज मौजूद है या आप हमारी मर्द एक्ट्रेस टाईम वटी उपयोग कर सकते है।

प्र. क्या लिंग (Penis) का साईज बढ़ सकता है।

उ. बचपन में की गई गलतियों के कारण या हार्मोनस अनबैलेस होने की वजह से लिंग के अंदर छोटापन, पतलापन है तो इसका इलाज हमारे यहाँ कई दशको से किया जा रहा है जो शत-प्रतिशत कामयाब है या आप हमारी XXL Cream उपयोग कर सकते है।

प्र. आजकल नौजावनो को स्वप्नदोष (NightFall) की आग समस्या हो गई है नौजवान इधर उधर इलाज करा कर परेशान है। कोई सफल इलाज बतायें।

उ. नौजवान आजकल फास्ट फूड और नंगी फिल्मों और इंटरनेट का ज्यादा उपयोग कर रहे हैं इसकी वजह से स्वप्नदोष की आग समस्या है हमार इनके लिये यही सलाह है की यह शर्म संकोच को छोडकर और नीग डकीमों के चक्कर में न पड़ें किसी योग्य डाक्टर से सलाह लें शेख दवाखाने पर घात, स्वप्नदोष, शीघ्रपतन, का इलाज किया जाता है और रसायन कल्प पाऊडर के नाम से दवा भी बाजार में उपलब्ध है।



अयुर्वेद के विद्वान डॉ. शेख शे. शेख को अजिमाज केबी पारक दिल्ली 24/06/2019 को टिबल गीतान भु, नई दिल्ली में Best Sexologist of India के अवार्ड से सम्मानित किये गये



प्र. आजकल तमाम दम्पतियाँ औलाद न होने की वजह से या शुक्राणुओं की कमी के कारण माता पिता नहीं बन पा रहे है।

उ. आजकल IVF कृत्रिम गर्भाधान आम बात हो गई है डाक्टर जिन रोगियों के वीर्य के अंदर 10 से 15% शुक्राणु है उनको भी न (IVF) की सलाह दे रहे है। शेख दवाखाने पर जिन भाईयों के शुक्राणु कम है, निल है या मृत हैं उनके लिये देशी जड़ी-बूटियों भरमो, कुश्तों, हीरा भरम, स्वर्ण भरम जैसी बहुमूल्य दवा तैयार है और इन दवाओं के इस्तेमाल से 99% रोगियों को लाभ पहुँचता है और उनको औलाद का सुख प्राप्त होता है। अगर आप भी शुक्राणुओं की समस्या से परेशान हैं तो एक बार अवश्य शेख दवाखाने पर सम्पर्क करें।

प्र. क्या आप की दवाएँ विदेशों में भी प्राप्त हो जाती है।

उ. हमारी दवाएँ व हमारे इलाज देश के साथ विदेशों में भी उपलब्ध कराये जाते है। हमारे दवाखाने पर तमाम देशों से लोग इलाज के लिये आते है और जो भाई सकुदी अरब, कुवैत, ईरान, ईराक, अमेरिका, श्रीलंका, चीन, इंडोनेशिया, अफ्रीका व अन्य देशों में रह रहे है और इलाज के लिये भारत नहीं आ सकते उन्हें फोन पर सम्पर्क करके व उनकी बिमारी को समझकर उनको दवाएँ डाक के जरिये भेजी जाती है। उनको पहले शेख दवाखाने के एकाउंट में पैसा जमा करना होता है।



- स्वप्नदोष (Nightfall),
- स्त्री-पुरुषों में कामशीलता,
- शीघ्रपतन (Premature Ejaculation)
- वीर्य में शुक्राणु न होना (Azoospermia)
- स्त्री-पुरुषों में संभोग शक्ति का अभाव



स्त्री-पुरुषों में सन्तानहीनता (Infertility), वीर्य में शुक्राणु कम होना (Oligospermia), पुरुषों में विभिन्न यौन समस्याएँ इन्द्रिय दुर्बलता आदि समस्याओं का सर्वोत्तम निदान

भारत प्रसिद्ध Best Sexologist in India

गोल्ड मेडलिस्ट

डा. शेख

G.A. M.S. (Ayurvedacharya), D.U.M. (Unani), M.D.(TCM) Specialist (Sex & Piles)
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