

An HFM Publication | Vol.5
Issue 03 | Apr-May-June, 2026

HELLO FITNESS



NOTES FROM THE HEART:

Tanmaya Bhatnagar's Journey
Through Music, Motherhood,
and Self-Expression

THE ARTIST AS AN ANTENNA:

Inside Gunda's Artistic World

MIXING THE INGREDIENTS:

How Darzi Builds Music Through
Curiosity and Experimentation

THE INHERITANCE OF FATHERHOOD:

*Carrying Forward
What Matters Most*

HELLO FITNESS



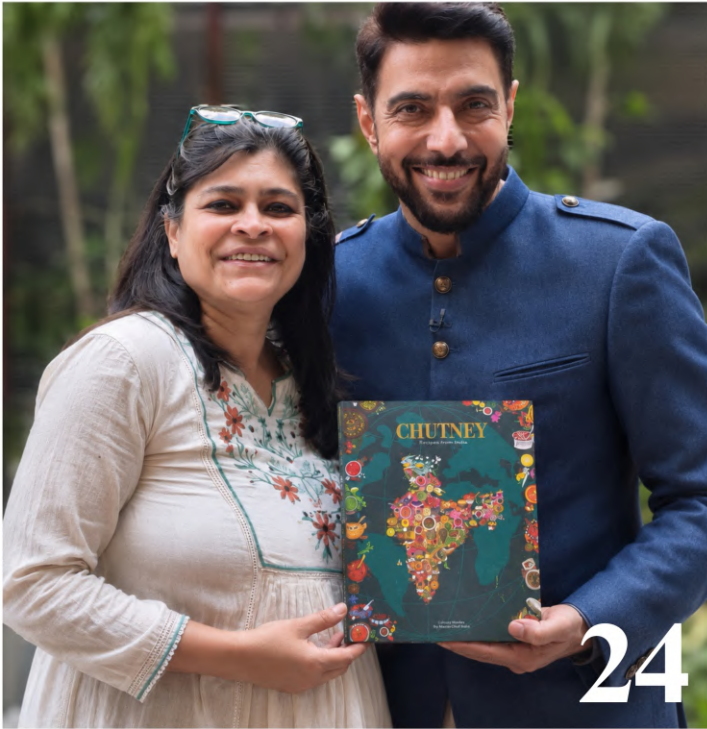
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EDITOR'S ADDRESS



Hello, all the beautiful and fit people,

June is the month in which we celebrate the Environment Day, Yoga Day, Music Day and Father's Day. Father's Day falls on the third Sunday of the month. Coincidentally, this year, three events fell on the same date: International Day of Yoga, World Music Day, and International Father's Day. The commander-in-talk for this edition is the *fathers*. A father naturally holds the most important position in our lives. We hardly talk about their emotions, their sacrifices and the abundance of love that they hold for us. To note, parenting styles may change from generation to generation, but emotions remain the same. But guess what? A few things never change, not even some parenting styles, when it comes to being a father.

In this edition, we bring you quite an impressive group of people. From an international cricketer, *Ryan Burl*, to a national-level bikini athlete and an aspiring international bikini athlete, *Vidya Salve*, to a calm and visionary yogi-entrepreneur, *Sailendra Rane*. Interestingly, we have covered a few independent artists from the nation, each with their own set of musical talents - *Tanmaya*, *Darzi* and *Gunda*. Additionally, since we preach healthy eating, we have two people preaching the same. *Ms Rushina Ghildiyal* talks about the science of Indian Chutneys, and *Dr Rebecca Pinto* talks about protein, fibre, and the missing balance.

My favourite elements
from the articles



The thing I love about being an editor-in-chief is meeting and interacting with new people and shoots. One memorable trip was to Mumbai, where we visited *Grey Soul Coffee Roasters* and had an interesting conversation with its co-founder, Umesh, about GSCR and coffee. However, the conversations with Rebecca and Sailendra Rane were no less of a lesson, since they occurred at different mental frequencies. Not only do we have interesting features, but we also have a few interesting reads for this edition. When it comes to choosing a partner, we match their vibe, but how often are we matching at the bedroom satisfaction level? And when we talk about sexual intimacy, we are all guilty of romanticising it as in our favourite rom-coms.

Conclusively, we are not missing out on our dear men, who are facing midlife crises, and a segment loyal to our pet parents, since monsoon brings a bunch of ticks for our pets.

Lastly, we have taken the liberty to add a new segment to our ever-so-interesting segments, called HFM Radar. You shouldn't be missing out on that.

Hope you enjoy the read, and I would love genuine feedback.

Much Love,
Shivani Jhaveri



Shivani Jhaveri

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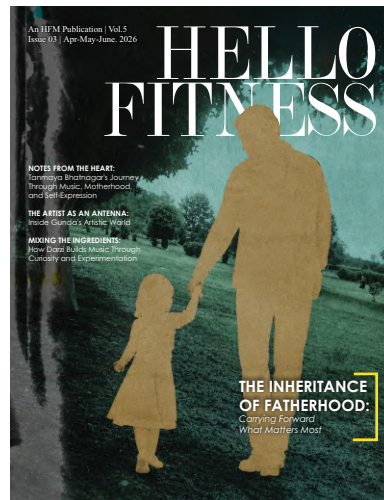
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ON THE COVER



This cover describes fatherhood: the first hand you'll hold. The last you'll ever outgrow. Every walk ends, but the confidence, kindness, and courage passed along stay for a lifetime.

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Darshan Jhaveri



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The Inheritance of Fatherhood:



Bhavesh Jain

Carrying Forward
What Matters Most





Every father was once a son. Long before he became responsible for raising a child, he was learning about fatherhood simply by watching the man who raised him.

Some lessons were taught through words. Others were learned through quiet observation, everyday habits, and the choices made at home. Over time, these experiences became the foundation for their own understanding of what it means to be a father.

As they grow older, every man carries those lessons differently. Some are preserved, some are adapted, and some are consciously left behind in the hope of becoming a better father to the next generation.

To understand this journey, we at Hello Fitness Magazine spoke to three fathers—Bhavesh Jain, Darshan Jhaveri, and Vivek Patel—from different walks of life. Through their reflections on the men who raised them and the fathers they have become, we explore how fatherhood is inherited, reshaped, and ultimately passed on.

The Many Roles of a Father

Imagine you're watching television after school. Then you hear your father's scooter or car pull into the driveway. Within seconds, the television is off, the books are open, and you're trying your best to look busy.

It might not be the studies for everyone, but there is that one thing that they have done, just because their father asked them to. At that age, those rules often felt unnecessary, even unfair.

Bhavesh Jain sums up that feeling: *"I used to feel like he's wrong on several things."* As children, we rarely see the responsibility behind those decisions. We only see the restrictions and make our father the disciplinarian of the house.

With age, another version of our fathers slowly comes into focus. We begin noticing the routines we once ignored.



Choosing What to Carry Forward

No father begins with a blank slate. Long before raising children of his own, he had already spent years observing another man's way of parenting. Yet fatherhood is rarely about imitation. Every generation carries forward certain values, lets go of others, and adapts to the realities of its own time.

The difficult part isn't deciding whether our fathers were right or wrong. It is deciding which lessons still serve the next generation. Some fathers choose to change what they experienced.

Bhavesh Jain says, *"My father never paid attention to my education. He, at times, wasn't even aware of which grade I was studying in, and that is one thing that I will never repeat with my children."* This is the one part of his childhood that he didn't want his children to experience.

Not every lesson needs to be replaced. Some simply need to grow with the times. Like, Vivek Patel sees today's fathers as more than just providers for the family. They're also the caretakers.

Therefore, with the work ethic and dedication that he admired in his father, he has incorporated another thing: participation. He believes children now need fathers who empathise and actively participate in their lives.

Darshan Jhaveri has a different perspective altogether. Instead of comparing the generations, he has come to accept that every father is shaped by the circumstances of his time.

"At every phase, the circumstances are different," he says, suggesting that parenting is less about finding the perfect approach and more about doing the best one can with the world they are raising their children in.

That is what truly changes from generation to generation.

The early mornings, the long workdays, the consistency with which they showed up, not because anyone asked them to, but because the family depended on them.

For Vivek Patel, that quiet dedication became the defining memory of his father. *"The first thing that comes to mind is his commitment to his work, his work ethic, his dedication towards every aspect of life."*

It is only when we become responsible for others that our fathers begin to look different. The sacrifices that once went unnoticed become impossible to ignore.

Darshan Jhaveri describes this shift through words such as struggle, hard work, dedication, and selflessness. *"Now I see myself putting myself in his shoes,"* he says. Without realising it, the man he once watched from a distance had quietly become the example he now finds himself following.

Perhaps the many roles of a father are not discovered all at once. As children, we see discipline. As adults, we notice dedication. And when we become fathers ourselves, we finally understand sacrifice.

Fatherhood isn't rewritten from the beginning. It is carefully edited, with every father deciding what deserves to be preserved, what needs to evolve, and what the next generation will inherit.

What Children Still Need

Many things have changed over the years. Fatherhood has evolved, conversations have replaced commands, and parenting has adapted to a world that looks very different from the one the previous generation grew up in. But one thing has remained constant: what children need from their fathers.

They still look to their fathers for security, guidance, attention, and the reassurance that someone will always stand beside them.

Bhavesh Jain believes attention and guidance were two things he missed while growing up. Today, he has consciously tried to bridge that gap by being more involved in his children's lives. That effort, he believes, has given his children a sense of security. *"They know, if Papa is there, then there's nothing to fear."*

For Vivek Patel, being present goes beyond simply providing for the family. He believes today's children want fathers who listen, understand, and become active participants in their everyday lives.

Darshan Jhaveri echoes this thought, suggesting that while the world around children has changed, their expectations of their fathers have not. Whether emotionally, financially, or socially, they have always looked to their fathers for attention and support.

The way fathers express their love may continue to evolve, but the need behind it remains unchanged. More than anything else, children want the quiet assurance that no matter how difficult life becomes, their father will be there.

The Legacy They Hope to Leave

Every father hopes to leave behind something greater than memories. It is not measured by the wealth he earns or the success he achieves, but by the values his children carry long after he is gone.

For Bhavesh Jain, that legacy is raising children who can take a stand for themselves. Vivek Patel hopes his son remembers him as a father who could guide, make him laugh, and teach life's lessons with warmth and humour.

For Darshan Jhaveri, it is much simpler. He wants his children to always know that they were loved, protected, and encouraged to surpass everything he has achieved.

Perhaps that is the true measure of fatherhood. Every generation leaves behind a different world, but every father hopes to leave behind stronger children, ready to write a better chapter of their own.



Penned by: Vaibhaw Tiwar



THE GUT HEALTH

SECRET

SITTING IN



NANI'S

KITCHEN



and the morbid environment have brought the gut microbiome into magnified focus.

Inside our digestive system lives a vast community of microorganisms that help break down food and support several important functions in the body. They help digest food and keep the body functioning smoothly. However, their role extends far beyond this. Scientists have found a link between your gut and your brain called the gut-brain axis.

This research has shown that your brain and stomach communicate with one another. Hence, they

share a co-dependent relationship. Disrupted gut health doesn't just show up as indigestion; it can also cause fatigue, frequent illness, and even mood changes.

Perhaps this is why gut health has become such an important conversation today. As our lifestyles have moved further away from natural rhythms, many people are searching for ways to restore a balance that the body has always depended upon.

But what if I told you the solution to this problem has always existed in the Indian kitchen?

Fermentation: The Ancient Process

Long before probiotics appeared on store shelves and gut health became a wellness buzzword, Indian kitchens had a way to keep the gut in check through fermented food.



The pandemic has made us realise the importance of gut health. As a result, your social media feed is now filled with videos selling you ways to keep your gut healthy.

Suddenly, products like probiotics, kombucha, and digestive wellness supplements have started appearing in abundance. The e-com shelves and supermarket shelves are filled with them.

But have you ever stopped to wonder why this sudden interest?

Why Gut Health Matters?

As the spotlight suddenly shifts to your stomach, it only becomes natural to ask: is my gut really that important?

For years, we have known that the stomach is responsible for the digestion of food and the absorption of nutrients that are later utilised by the rest of the body. But recent studies



So, what is fermentation exactly? It is a simple, natural process in which beneficial microorganisms, such as yeast and bacteria, break down sugars and starches in food. This changes the taste and texture of the food, making it easier for the body to absorb certain nutrients.

Look around yourself, and you'll find ample examples of fermented foods. Homemade curd, buttermilk, and pickles are just some examples.

As you move across the country, you'll find that in South India, fermentation gave us idlis, dosas, appams, and uttapams. In Gujarat, it



led to the development of staples such as dhokla, khaman, and handvo. Eastern India has preparations such as panta bhat.

At the same time, several Himalayan and Northeastern communities have developed their own fermented vegetables, bamboo shoots, and soybean-based foods.

Fermentation was not adopted because people were trying to improve their microbiome. In a time before refrigeration, it was one of the most practical ways to preserve food in India's varied climates.

It extended shelf life, enhanced flavour, and often made food easier to digest. What began as a practical kitchen solution eventually became a deeply rooted culinary tradition.

Despite the differences in ingredients and preparation, the principle remained remarkably similar. Families across the country were using naturally occurring microorganisms to make food tastier, easier to digest, and longer-lasting.

What We Thought Was Innovation Was Actually Tradition

Today, gut health has become a multi-billion-dollar industry. Supermarkets stock probiotic drinks, nutritionists recommend fermented foods, and wellness brands market supplements designed to support the microbiome.

Yet, for generations, Indian households practised many of these principles without turning them into products. A bowl of dahi after lunch was not consumed for its probiotic content. Fermented batters were not prepared to improve microbial diversity.



Pickles were not made to support digestive health. They were simply part of everyday life.

What our grandparents understood was simple: when digestion was good, people felt better. Meals were prepared with care, foods were chosen according to the season, and fermentation became a natural part of the kitchen. The language was different, but the intention remained the same.

Maybe it's time to revisit the wisdom that was sitting in Nani's kitchen all along.



Penned by: Vaibhaw Tiwar



PREPARING FOR THE STAGE

*Vidya Salve
on Discipline
and Progress*

You see a powerlifter or athlete on stage, and everything looks under control. The poses land exactly where they should, movements feel deliberate, and the whole thing comes together in a way that almost looks easy. It's the kind of moment where it's easy to assume some people are just built for it.

What doesn't show up in that moment is how much has already gone into holding that together. The days leading up to it are structured in a way that doesn't leave much room to drift, and it stays that way whether the body feels up for it or not.

To understand what that actually looks like beyond the stage, Hello Fitness Magazine spoke with Vidya Salve, an Indian physique athlete and three-time Miss Odisha winner, who has been steadily finding her place in the competitive circuit. Her journey begins long before the spotlight ever reaches her.



Where it started

Vidya didn't step into the gym with competition in mind. It began as a routine, something she built around staying fit and paying closer attention to how her body was changing over time.

"I started in 2018 just to improve my fitness and physique," she says. "But as I saw changes in my body, my interest grew stronger."

That shift didn't happen all at once. It built gradually through consistency, and the kind of progress that makes you take your training more seriously. Over time, the routine became more structured, and the approach more deliberate.

"With progress and positive feedback from people, I got a push towards competitive bodybuilding," she adds.

Training, discipline, and the cost

When asked about her preparation, Vidya describes it as going beyond training. *"Contest preparation is not just about lifting weights and exercising, but it requires complete lifestyle changes,"* she says.

A prep day runs on a fixed routine, with training sessions planned in advance and often split between weights and cardio, sometimes twice a day. There isn't much room to adjust things once it begins.

Food follows the same pattern. Meals are measured, repeated, and eaten at specific times, leaving little space for variation. *"There's no concept of eating what you feel like,"* she says. *"Everything is planned, and as the competition gets closer, even salt and water intake are monitored."*

The physical strain builds over time. As calories drop, energy levels shift, recovery slows, and sessions that once felt routine start to demand more focus.

That carries into the rest of the day as well. Fatigue lingers, and even small tasks feel heavier than usual. The routine, however, stays in place, regardless of how the body responds to it.

"In the end, the stage lasts just a few minutes," Vidya says.



"The preparation to get there, however, demands months of control."

Winning, and what it changed

Her early wins didn't make much noise, but they did change how she began to look at the stage. Winning **Miss Odisha** and then repeating it gave her the sense that she wasn't just participating anymore but could hold her own in that space.

That shift became clearer when she stepped into bigger competitions.

A bronze at the **Amateur Olympia** placed her among athletes operating at a different level, and it pushed her to take the sport more seriously, not just in terms of preparation, but in how she approached each appearance.

Results at events like the **Naresh Surya Classic** and consistent finishes across federations brought more visibility. Still, they also came with a different kind of expectation. It was no longer just about performing well once; maintaining that standard each time she stepped on stage mattered just as much.

Earning her **UIBFF Pro Card** after placing first at the **UIBFF Championship** marked another step in that direction. From there, the focus moved toward refining the smaller details, how she conditioned, how she presented herself, and how she carried each pose.

Over time, the goal itself shifted. What began as trying to prove she could compete gradually turned into the need to improve each time, to show up better than before, even as the stages became more competitive.

India vs Global Stage: The Gap and What Can Change

Competing across different stages hasn't just shaped her as an athlete; it has also influenced how she looks at the sport as a coach. Exposure to higher levels of competition made one thing clear to her: the gap isn't in effort, but in refinement.

"When you step onto an international stage, you realise the difference is in conditioning, detailing, and how athletes present themselves," she says.

Posing, she points out, is treated as a skill in itself globally, rather than something left for later.

That understanding has influenced how she prepares and trains others. There is a greater focus on precision now, whether it's sharper conditioning, cleaner execution, or building stage presence with more intent.

At the same time, she acknowledges the limitations in access to advanced coaching and exposure in India, which she continues to address by refining her methods and staying aligned with global standards.

The Road Ahead: Ms Olympia

The goal for Vidya from here is much bigger than anything she has achieved so far. The Ms Olympia stage remains firmly in her sight, not as a general idea, but as something she is actively working towards.

She understands what it demands: earning pro status, stepping into pro shows, and qualifying against some of the best athletes in the world.

"I know the path is clear, even if it's tough. Every prep, every show is taking me one step closer," she says. There is still work to be done on conditioning, symmetry, and stage presence. Still, the direction remains the same as she continues to build on each phase.

Penning by: Vaibhaw Tiwar



RYAN



NO STRAIGHT LINES:

Journey Through Zimbabwe Cricket



The Road He Nearly Didn't Take

Burl's journey began at the Peterhouse Boys School, where sport was never really optional. The school carried a compulsory sporting culture, and Burl found his first love in Squash, a sport he pursued seriously through his teenage years.

What eventually pulled him toward cricket, though, had less to do with technique and more to do with environment. *"I was a sucker for team sports,"* Burl says. *"I didn't really enjoy celebrating alone."*

Another influence sat much closer to home: Gary Ballance. Yes, the same player who went on to captain Yorkshire in every format in 2016 and also played international cricket for England.

"It was only around when I was 18 years old, and I had seen the pathway of Gary Ballance," Burl recalls. *"This proximity to him inspired me to pursue cricket."* Having witnessed the start of Ballance's journey from close quarters, Burl felt inspired and suddenly, cricket didn't feel so distant.

Breaking Into the International Setup

By the time Ryan Burl fully committed to cricket, he had already played one Under-19 World Cup and was preparing for another in 2014. Strong performances soon pushed him into Zimbabwe's plans. Still, after returning home instead of taking a university opportunity in England, a series of injuries delayed his rise at the worst possible time.

First came a torn meniscus and ACL, which kept him out for close to nine months. Then, barely a month after returning, he dislocated his shoulder badly enough to require surgery.

"In short, that period was hindered by a lot of injuries," Burl recalls. *"Which led to my debut being delayed about a year and a half."*

Zimbabwe cricket has spent years moving between rebuilding phases, financial uncertainty, and occasional flashes that remind the world what the team is still capable of.

Their recent T20 World Cup campaign was perhaps the clearest sign yet that the team is moving in the right direction again. Through it all, some players quietly became the glue holding things together. Ryan Burl has been one of them.

Most people recognise him as one of the most athletic players in the Zimbabwe setup. The catches that shouldn't be taken but somehow are. His lower-order cameos and the leg-spin. Also, the viral tweet about torn shoes briefly pushed him into conversations far beyond cricket circles. But beyond those moments sits a career that has rarely followed a smooth path. Hence, when we got the opportunity to hear Ryan Burl narrate his journey himself, it was difficult to pass up, because behind the highlights lies a career shaped by uncertainty, injuries, and adaptation.



Inside the Dressing Room

Ryan Burl has seen Zimbabwe cricket through almost every phase imaginable: the missed qualifications, the rebuilding years, the frustration of coming close without quite breaking through.

But over the last couple of seasons, something around the group seems to have shifted. There is a different kind of confidence around the side now, one that Burl believes comes from clarity rather than emotion.

A large part of that energy, according to him, comes from Sikandar Raza. *“He does not stop,”* Burl says. *“The energy you feel through the TV, it’s exactly like that. Even if it’s three in the morning.”* For Burl, Raza’s influence extends far beyond his own performances. *“He doesn’t just take care of his own game, but like a true captain, he’s also concerned about others as well.”*

“We had set up a few goals from the beginning,” Burl explains. *“We said we’re gonna lose some games along the way, but as long as we keep sticking to the process, we are going to be more successful than not.”*

Demand for the Game

Having represented Zimbabwe on the biggest stage for almost a decade now, while also moving through franchise leagues around the world, naturally comes with its own physical demands. But somehow, Ryan Burl has continued adapting his game and body to meet those expectations. As modest as he is, though, Burl shifts much of the credit toward Zimbabwe’s Strength & Conditioning staff and his captain, Sikandar Raza.

Around 2022-23, Burl admits he was carrying far more weight than he should have been for the kind of cricket he wanted to play.

“I was weighing around 94 kilos, and now I am around 80,” he says. *“So, I have lost around 13-14 kilos.”* The turning point came through an honest conversation with Raza.

“Burly, you’re such a good cricketer, but if there’s one thing I really need you to work on, it’s your physique.”

Burl says the conversation stayed with him because it came from a place of care rather than criticism. Soon after, he contacted a life coach in Australia and began changing his routines, diet, and overall habits.

“It just hit me in a good way,” Burl recalls. *“And yeah, it feels so much better.”* For a player whose game depends heavily on athleticism, the transformation has helped extend both his sharpness and longevity.

The Viral Shoe Tweet!

No conversation with Ryan Burl can

ever feel complete without mentioning the tweet that unexpectedly pushed him into global cricket conversations. What began as a light-hearted post about playing in worn-out shoes quickly became a reflection of the realities surrounding Zimbabwe cricket.

“It was almost like in jest,” Burl says. *“It was like showing the public what goes on behind the scenes.”*

The reaction, however, arrived far quicker than he expected. As the post continued to spread online, Burl recalls his wife nervously tracking the growing attention it was attracting.

“My wife was also kind of panicking,” he says. *“She kept showing me that now my post has many likes.”* But amid the sudden attention, one thing she told him stayed with him. *“Don’t be one of those people who now have so many likes and follows and neglect what people were saying.”*

Soon after, Puma stepped in with sponsorship support, not only helping Burl personally but also several Zimbabwean players. To this day, Burl speaks about the association with immense gratitude, acknowledging how significantly it changed his life and career.

Still Chasing More

For now, Ryan Burl’s story still feels far from complete. The Zimbabwe all-rounder still carries personal ambitions, including returning to the top 10 rankings for T20 all-rounders, while also helping Zimbabwe build on the momentum they have recently created on the international stage.

With another ODI World Cup cycle approaching, Burl hopes the team can replicate the progress they showed during the recent T20 World Cup and continue moving upward together.

And for someone whose career has already survived uncertainty, setbacks, and reinvention, betting against him now would probably be unwise.



On HFM Radar

Fitness and luxury go hand in hand. Whether it is a comfortable morning run, a productive workout session, a round of golf, or simply taking care of your personal style, the right equipment can make all the difference. Yet with new products launching almost every day, keeping track of what is genuinely worth your attention can be a challenge.

That is where HFM Radar comes in.

In this newly launched section, the Hello Fitness team brings together a curated selection of products that have caught our attention for their performance, innovation, craftsmanship, and design. From cutting-edge footwear and sporting equipment to premium fragrances, wearable technology, and lifestyle essentials, these are the products currently making an impact across the worlds of fitness, wellness, sport, and modern living.



Fragrance Family: Floral Lavender
Key Notes: Raspberry · Coconut Accord · Orange Blossom · Diva Lavender · Vanilla
Best For: Day-to-evening wear

LIBRE BERRY CRUSH EAU DE PARFUM

Radar Signal

Libre Berry Crush reimagines YSL's iconic Libre fragrance with a playful yet sophisticated twist. Juicy raspberry brings an immediate burst of sweetness, while French lavender and Moroccan orange blossom maintain the fragrance's signature elegance.

A creamy coconut accord and warm vanilla base add depth and indulgence, creating a scent that feels both vibrant and comforting. Bold without being overpowering, it is designed for women who embrace confidence, individuality, and a touch of spontaneity in their everyday style.

FRAGRANCE

The scents making an impression this season.

PRADA



LUNA ROSSA OCEAN LE PARFUM

Radar Signal

Prada's Luna Rossa Ocean Le Parfum combines fresh citrus notes with the warmth of saffron and smoky oakwood to create a scent that feels both energetic and sophisticated. The deep-blue bottle, inspired by extreme sailing boats, reflects the fragrance's performance-driven identity. Long-lasting yet refined, it is designed for men who want a signature scent that balances freshness, intensity, and everyday versatility.

Fragrance Family: Amberly Fougère
Key Notes: Lemon Essence · Saffron Accord · Oakwood Notes
Inspired By: High-performance sailing and modern exploration



Category: Luxury Travel & Lifestyle
Material: Responsibly Sourced Italian Calfskin Leather
Crafted In: Florence, Italy
Key Features: Adjustable Shoulder Strap · Multiple Interior Pockets · Studio-to-Street Storage Design · Smoky Quartz Crystal Charm

ALO YOGA Odyssey Bag

alo

Radar Signal

Designed to move effortlessly between workouts, workdays, and travel, the ALO Odyssey Bag blends functionality with understated luxury. Handcrafted in Florence from responsibly sourced calfskin leather, it features a structured silhouette, spacious interior, and dedicated compartments for keeping essentials organised throughout the day.

The addition of a Smoky Quartz intention crystal reflects ALO's wellness-first philosophy, while the refined craftsmanship ensures the bag feels equally at home in the gym, boardroom, or airport lounge. It is a practical yet elevated companion for those who live an active lifestyle without compromising on style.



NIKE Free Metcon 7

Radar Signal

The Nike Free Metcon 7 combines the flexibility of Nike Free technology with the stability of the Metcon platform, making it ideal for athletes who balance lifting and cardio.

A redesigned dual-foam midsole enhances comfort and responsiveness, while the new webbed lacing system delivers a secure fit. Versatile and adaptable, it performs equally well during runs, circuits, and strength training sessions.



Category: Training Footwear

Best For: Cross-Training, HIIT, Strength Training & Short Runs

Key Features: Dual-Foam Midsole · Flexible Forefoot · Stable Heel Platform · Webbed Lacing System



Category: Performance Footwear

Best For: Everyday Wear, Walking & Warm Weather Comfort

Key Features: 360° Airflow · Single-Piece Printed Construction · Seamless Design · Adjustable Lacing System

ADIDAS CLIMACOOL LACED

Radar Signal

The adidas CLIMACOOL LACED showcases a new approach to footwear design, created through an advanced additive manufacturing process that prints the shoe as a single seamless structure.

Its lattice-inspired construction delivers 360-degree airflow for enhanced breathability and comfort, while the lacing system adds a more adjustable fit. Innovative, lightweight, and futuristic, it offers an experience traditional manufacturing cannot easily replicate.

SPORTING EQUIPMENT

Engineered for athletes who demand more.



Category: Tennis Racquet
Best For: Advanced & Competitive Players
Key Features: StableFeel+ Technology · Turbo Taper Frame · DirectConnect Handle · FORTYFIVE° Construction

Wilson.

WILSON Blade v10

Radar Signal

Built for aggressive players, the Wilson Blade v10 combines power, control, and responsive feedback in the most attack-oriented Blade racquet to date. Featuring StableFeel+ technology and Turbo Taper construction, it is designed to help players dictate rallies with confidence.

Finished in a bold Championship Green colourway and trusted by World No. 1 Aryna Sabalenka, the Blade v10 delivers precision without compromising on attacking intent.

McLAREN GOLF Series 1 Irons



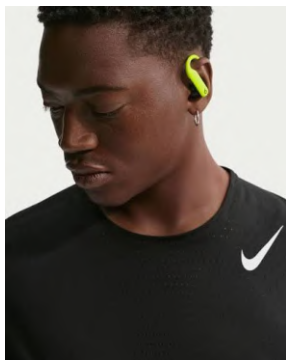
Radar Signal

McLaren's debut golf irons bring the brand's renowned engineering expertise from motorsport to the fairway. Developed alongside golf specialists and tested with input from major champion Justin Rose, the Series 1 Irons are designed for golfers who value precision, consistency, and performance.

Combining premium craftsmanship with meticulous attention to detail, they represent a bold new venture for McLaren and a compelling option for serious players.



Category: Golf Equipment
Best For: Serious & Competitive Golfers
Key Features: Precision-Engineered Construction · Custom-Fit Design · Motorsport-Inspired Engineering · Tour-Level Performance



Category: True Wireless Earbuds
Best For: Running, Training & Everyday Listening
Key Features: Active Noise Cancellation · Built-In Heart Rate Monitoring · 45-Hour Battery Life · IPX4 Sweat & Water Resistance

BEATS x NIKE Powerbeats Pro 2 – Nike Special Edition

Radar Signal

Bringing together Beats and Nike, the Powerbeats Pro 2 – Nike Special Edition blends premium audio performance with athlete-focused design. Finished in Nike's iconic Volt colourway, the earbuds feature adaptive noise cancellation, transparency mode, and built-in heart rate tracking.

A secure earhook design keeps them in place during intense workouts, while up to 45 hours of battery life ensures they are ready for training, travel, and everyday use.

AUDIO ESSENTIALS

Training Never Sounded Better



PACER Trail Vest

Category: Running Gear

Best For: Trail Running, Hiking & Endurance Events

Key Features: 2L Reservoir Compatibility · Quick-Access Storage · Breathable Mesh · Reflective Details

Radar Signal

Built for endurance athletes, the PACER Trail Vest delivers lightweight comfort, hydration compatibility, breathable storage, and adjustability.

ZONE T-Shirt

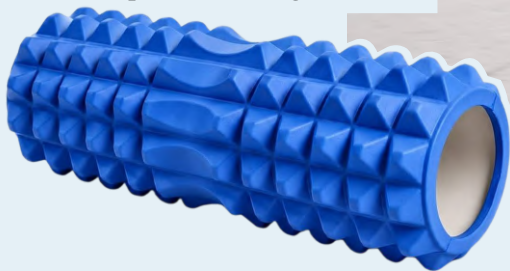
Category: Performance Apparel

Best For: Strength Training, HIIT & Functional Fitness

Key Features: Zoned Jacquard Construction · Strategic Ventilation · Anti-Odour Finish · Athletic Fit

Radar Signal

Engineered for high-intensity training, the ZONE T-Shirt delivers targeted ventilation, breathable comfort, anti-odour performance, unrestricted movement, and soft technical fabric, helping athletes stay cool, comfortable, and focused through demanding workouts and repeated training sessions.



Massage Roller

Category: Recovery Equipment

Best For: Muscle Recovery, Mobility & Injury Prevention

Key Features: Medium-Density Foam · Improves Blood Circulation · Supports Muscle Recovery · Made in Germany

Radar Signal

An essential recovery tool, the BLACKROLL Massage Roller relieves muscle tension, improves mobility, boosts circulation, enhances flexibility, and supports faster post-workout recovery.



RAPID Insulated Bottle 1.8L

Category: Hydration

Best For: Training, Travel & Everyday Use

Key Features: Double-Wall Vacuum Insulation · 18/8 Stainless Steel · Leak-Proof Straw Lid · 24-Hour Cold Retention

Radar Signal

Built for active lifestyles, the RAPID Insulated Bottle keeps drinks hot or cold longer with leak-proof design, premium steel, and effortless portability.

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GURU Pro Yoga Mat – Flare

Category: Yoga Equipment

Best For: Yoga, Pilates & Mobility Training

Key Features: Natural Rubber Base · Polyurethane Surface · Three-Layer Construction · Sweat-Resistant Grip

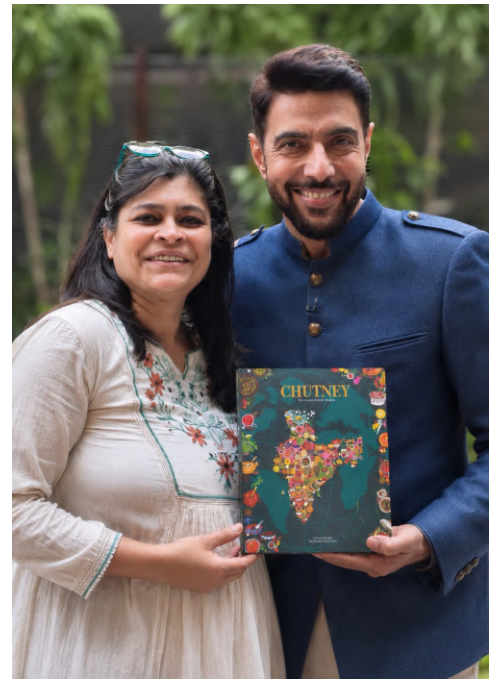


Radar Signal

Designed for serious practitioners, the GURU Pro Yoga Mat offers superior grip, posture alignment, lasting durability, hygiene, stability, and comfort.



www.tego.fit.com



THE STORY SITTING AT THE EDGE OF THE PLATE: A Conversation with Rushina Ghildiyal



“Ma, can I have some chutney?”

For many Indians, those words arrive almost instinctively at the dining table, usually the moment a less-than-favourite dish arrives at the table.

A spoonful of coconut chutney beside dosa, garlic chutney packed into travel meals, tamarind chutney balancing the heat of chaat, coriander chutney crushed together in hurried kitchens. Somehow, that small spoonful changes the entire plate. But chutney has never been just a condiment.

Across India, it appears in hundreds of forms, shaped by geography, climate, season, migration, and household memory. Some are made in minutes with garlic, salt, and chillies crushed together by hand. Others, like the pirandai chutney of the South, demand patience and technique. Each carries traces of the place and people it comes from.

Few people have chronicled India’s chutney traditions as extensively as **Rushina Munshaw-Ghildiyal**, a Food Writer & Culinary Chronicler. Her book, *Chutney: A Compendium of Stories and Recipes*, maps more than 230 chutneys across regions, climates, and communities.

It was this immense body of work that made her the ideal person to speak to about the history, memory, and ingenuity sitting quietly beside the Indian meal.

Chutney is often treated like a side dish. When did you realise it meant much more to people?

Honestly, I did not realise how important chutneys were to the Indian plate until I started working on this book.

The book itself was inspired by a movement I started in 2017 called Indian Food Observance Days. Around that time, I had participated in Macaron Day and it inspired the question, of why we don't have Indian versions of such days? So, we started celebrating different Indian foods through dedicated days, and one of them was Chutney Day.

Among all the observance days, Chutney Day resonated the strongest.

Say 'chutney,' and almost everybody immediately associates it with a face, a memory, or a flavour. That may not happen with every dish, but it definitely happens with chutney.

During the pandemic, I moved more seriously towards writing, chronicling, and documenting food stories. We continued celebrating the food days online. That's when I realised how deeply the concept of chutney reverberates with people. Over the years, I had gathered so much material around chutneys and I always felt it needed to live somewhere, where the world could access it. I felt a book was the most immersive way to do justice to the subject.

Was chutney always meant to do more than just add flavour to food?

Every chutney, beyond flavour, is made to bring something to the plate. It originates from the concept of the

shad rasas, the six rasas spoken about in Ayurveda. Chutneys not only bring together different flavours, on a plate but rasa, goes beyond taste to encompass how food supports the body. Traditionally in that context chutneys evolved to ensure we got all the nutritive power of these 6 elements in our meals. Because of seasonality, you cannot always control what's in your main meal, and chutneys became a way of balancing the plate.

Any cuisine is built on three things: what the land gives us, how climate and season affects the produce of the land, and then how human beings create using those ingredients. This philosophy also deeply connects chutneys to both geography and season. In the Himalayan regions, for instance, you'll often find chutneys made with warming ingredients like *radish*, *walnuts*, and *sesame*, becoming prevalent in the winter because those foods balance the heavier foods eaten in colder periods.



In coastal areas, chutneys are heavily coconut-based, this is not only because of the obvious availability but also because coconut is a nutritional powerhouse providing a dense source of healthy fats (MCTs) for sustained energy, that help the body efficiently absorb fat-soluble vitamins, and is a rich source dietary fiber and essential minerals.

Similarly in the Northeast, there is a strong fermented-food culture, that adds to the chutney repertoire. The region has historically preserved excess produce by harnessing the wetter tropical climates to ferment ingredients. These eventually became part of intensely flavourful chutneys made with things like *Axone* (fermented soybean), *Shidol* (fermented fish), and often fiery with local *chillies* like the Naga and Dale varieties.

Many chutneys are also vehicles for medicinal ingredients because they allow for bitter or strong flavours to be alleviated with other ingredients. One of the best examples is *Pirandai chutney*, which is considered very good for bones. Similarly, tribal communities across Jharkhand, Chhattisgarh, and Odisha make a chutney using *Fire Ants* because they are believed to help with immunity, coughs, colds, and fevers.

Chutney occupies a very small space on the plate, but within that it carries climate, memory, preservation, and generational food wisdom.



Many traditional chutneys use herbs, seeds, and fermented ingredients. Do you think people are rediscovering the value of these foods today?

Absolutely. But all these benefits only come from freshly made chutneys, not something out of a packet. Packaged chutneys are homogenised, flattened versions of the real thing, designed to deliver flavour, but not what a chutney truly stands for: freshness, nutrition, and taste. They are almost anti-chutney in that sense.

The very nature of chutney is that it is made fresh with whatever is available around you. You don't need a complicated recipe or even too much time. Many chutneys like the kuchla can be crushed together by hand. That flexibility is what made them such an intrinsic part of Indian kitchens.

Today, many global food movements are rediscovering ideas like seasonal eating, fermented foods, and functional nutrition, but many of these practices have existed in Indian food traditions as part of daily life. We never labelled them because they were - ARE- living systems. In fact traditional systems like *Ayurveda*, *Unani*, and *Siddha* have always

connected food to digestion, climate, and everyday health. Somewhere along the way, we inherited the 'what' of these practices, but forgot the 'why.'

Chutney is one of the simplest examples of that knowledge still surviving in our kitchens.

Chutneys travelled far beyond India through migration and colonial history. Why do you think they remain such an emotional part of food identity even today?

Chutney didn't travel in bottles; it travelled as an idea in people's heads! Indian palates have always had a huge affinity for maximalist flavours. The taste memories of the flavour bombs that are chutneys, travelled with people wherever they went.

Long before the colonial version of bottled chutney came into being, the concept of chutney had already travelled with Indian communities through ancient trade routes, migration, and the indentured labour movement. Etymology adds a lovely link that illustrates this. The word ‘satni’ travelled with people to places like Mauritius, and Reunion, where it is still used today as ‘satini’

The flavour logic stayed the same. What changed were the ingredients.. People carried the taste with them, even though they couldn’t always find the exact ingredients, adapting whatever they found around them. For example in the Caribbean, *Coriander* was replaced with the easily available *Culantro* and *Scotch bonnet chillies* were used for heat, instead of more familiar spices like pepper or chillies used back home.

Chutneys remain a deeply emotional part of food identity even today centuries later, because they are a powerful sensory link to heritage, comfort, and community.

While researching and writing the book, was there any chutney or story that changed the way you looked at Indian food traditions?

It was every chutney, honestly. When I started, I knew chutney was an interesting concept that people would resonate with.. But while working on the book, I realised just how intrinsic chutney is to the Indian plate, not just for flavour, but also culturally.

What fascinated me most was how people use the simplest things to create flavour. From the poorest household to the richest one, there will always be some form of chutney on the plate. It could be as basic as garlic and chillies crushed together, or as elaborate as Maharashtra’s panchamrit chutney, with multiple ingredients cooked into it.

That range tells you a lot about Indian food traditions. Chutney is built from instinct, availability, and ingenuity.



It reflects how people learned to make the most of what they had around them. And despite occupying such a small space on the plate, it carries generations of knowledge, taste, and memory.

In a time of packaged sauces and fast food, what does chutney still represent in the Indian kitchen today?

The little piece of real estate that chutney occupies on the plate represents the ingenuity of the cook, because at the end of the day, a chutney comes from the mind of the maker.



We documented over 230 chutneys in the book, and honestly, that is just scratching the surface. There are so many chutneys that have never been documented, and many that may never be made the same way again. A chutney can be created from whatever is growing in the garden that day, and the person making it may never repeat it in exactly the same way.

That's because chutney is driven by a formula that exists in the cook's head. A maker knows the base ingredient they want to use and instinctively understands which flavours, textures, or ingredients go with it. That basic daily practice of thinking on the fly about what your family needs, I don't even have a word for. Is it intuition, ingenuity, creativity, or latent wisdom of functional medicine that comes from daily food?

That small spoonful of flavour represents generations of knowledge and creativity at work. No packaged sauce can really replicate that. A chutney or three have always had the ability to transform a simple meal into a feast.

For something that occupies so little space on the plate, chutney continues to carry an extraordinary amount of memory, instinct, and everyday wisdom across generations. That is why they continue to thrive on the Indian plate..

PROTEIN, FIBRE, AND THE MISSING BALANCE: A CONVERSATION WITH DR REBECCA PINTO



DR. REBECCA PINTO

Protein is everywhere today. In powders, bars, shakes, oats, chips, cookies, and even coffee, it is being sold as the answer to almost every health problem.

Soy, whey, plant-based, yeast-based, and countless other forms now compete for attention. Brands, ads, reels, and health commentators repeat the same message: India needs more protein. Some concerns may be valid, but the marketing often pushes people towards products they may not fully understand or need.

Yes, protein matters. But is it the only nutrient our body needs to stay healthy, balanced, and nourished?

To take this conversation beyond the noise, Hello Fitness spoke to Dr. Rebecca Pinto, a physiotherapist and nutrition-focused health educator whose work connects nutrition, posture, gut health, recovery, and lifestyle.

Protein has become the most talked-about nutrient in wellness today. In your opinion, where did this obsession begin, and why has it become so marketable?

Protein became popular because the results are easy to show. You can see muscle gain, weight loss, transformation photos, gym progress, and that makes it very easy to market. Fibre does not have that kind of visual story. You do not see it working in a dramatic way, so people do not talk about it with the same excitement.

But that does not make it less important. If fibre had been explained with the same seriousness as protein, more people would understand how much it matters for gut health. It feeds the trillions of microbes in your gut, and those microbes influence hunger, blood sugar, inflammation, metabolism, and long-term health.

Protein may have built the fitness industry, but fibre has the potential to change the way we understand health.

Protein is important, but has the conversation around it become too one-sided? Where do you think people misunderstand its role in everyday health?

People go wrong with protein when they start treating it like the only nutrient that matters.

Today, people track calories, protein,



but rarely stop to ask, “How much fibre does this meal have?” That is the blind spot.

We are eating more protein, but often forgetting the fibre our gut needs to digest, function, and stay healthy. That changes the overall gut environment in which digestion, absorption, and metabolism happen.

Gut bacteria break down certain fibres into compounds that help the body function better, including how full you feel after eating. We have become good at counting protein grams, but bad at understanding what our gut actually needs.

Fibre is still mostly linked with constipation in public conversations. What are the bigger roles it plays in gut health, blood sugar, satiety, cholesterol, mood, and long-term health?

For a long time, nutrition was made to sound very simple: calories in and calories out. Then protein took over the conversation. Now, microbiome science is reminding us that the body is not just feeding itself. It is also feeding an entire ecosystem.

That is where fibre becomes important. It supports gut barrier health, digestion, inflammation control, blood sugar balance, satiety, cholesterol management, and long-term metabolic health. Certain fibres also feed good gut bacteria, which produce compounds that influence metabolism, immunity, and even fullness signals.

For blood sugar, fibre can help slow sudden glucose spikes. For satiety, it helps you feel satisfied for longer. For cholesterol, certain fibres help remove excess cholesterol from the body.

So, fibre doesn’t just help you pass stool better, but also affects how your body digests, responds to food, and feels through the day.

What happens inside the body when someone eats a protein-heavy diet but does not get enough fibre from fruits, vegetables, pulses, grains, nuts, or seeds?

A high-protein, low-fibre diet can create problems over time because the gut is not getting enough support from fruits, vegetables, pulses, grains,

nuts, and seeds. It may affect digestion, bowel movements, cholesterol, blood sugar balance, and long-term gut health.

Low fibre intake is also linked with a higher risk of constipation, haemorrhoids, diverticular disease, insulin resistance, type 2 diabetes, heart disease, and colorectal cancer.

So, the question should not only be, “How much protein am I eating?” It should also be, “Is my gut getting enough fibre to support the way my body functions?”

Indian food traditionally has many fibre-rich ingredients. Where do you think modern eating habits have reduced fibre from our plates?

I would tell people to stop looking for a superfood and start looking at what is missing from their everyday plate. Fibre does not need to come from anything fancy. It can come from one whole fruit instead of juice, a little more sabzi with lunch, sprouts in the morning, dal that is not skipped, or nuts and seeds added wherever they fit.

So, next time before asking, “Where is the protein?” we should also start asking, “Where is the fibre?”

Expectations

The Gap Between Reel Intimacy and Real Intimacy

Whenever you think of intimacy with your partner, does *Careless Whisper* by George Michael start playing in your head? With soft lighting and perfect chemistry, two people getting lost in each other as if the world outside no longer exists.

If that sounds familiar, chances are you too carry a few sexpectations: sexual expectations shaped by the media you consume.

Long before most people experience real intimacy, they have already watched hundreds of versions of it through films, OTT dramas, music videos, pornography, romance novels, and social media. Slowly, intimacy begins looking less like a human experience and more like a performance.

The problem begins when those performances start becoming our reference point for reality. Because real intimacy is rarely flawless. It can be awkward, vulnerable, emotionally messy, and deeply dependent on communication.

And somewhere between reel intimacy and real relationships, many people stopped learning how to connect and started learning how to perform.

The Fantasy of Effortless Intimacy

We all have seen movies where couples seem to strike the same level of intimacy just moments after meeting each other. Their timing feels perfect, the chemistry looks effortless, and what follows is often presented as the ideal version of passion and romance. Everything appears spontaneous, smooth, and emotionally synced.

But real life rarely works that way.

Outside cinematic storytelling, intimacy exists alongside stress, exhaustion, deadlines, insecurities, family pressures, mental fatigue, and emotional baggage people carry from previous experiences.

There are days when affection feels natural, and there are days when even closeness feels difficult to navigate. Long-term relationships especially do not operate on perfectly timed passion alone.

Yet many people quietly begin measuring their relationships against these polished portrayals. The expectation to always feel chemistry, always feel desired, or always be emotionally and physically aligned slowly creates pressure that real relationships struggle to sustain.

Most couples are not failing intimacy. They are simply comparing human experiences to scripted performances.

How Expectations Create Silent Pressure

Both partners carry their own expectations into a relationship. If a man believes his partner should match the appearance, availability, and attractiveness he desires, a woman is equally entitled to expect confidence, emotional presence, stamina, desirability, and reassurance in return.

The real problem begins when these expectations remain unspoken.

Most couples do not even realise how much pressure they quietly place on each other. While one partner may expect spontaneity, the other may simply be searching for emotional comfort and security.

At the same time, passion can feel difficult to access when stress, exhaustion, work pressure, or daily responsibilities begin taking up emotional space.

Slowly, intimacy stops becoming something naturally experienced and starts becoming something that needs to “live up” to an imagined standard. That is where expectations begin damaging relationships.

Affection starts feeling forced. Rejection feels heavier than it actually is leading to overthinking attraction, effort, and emotional connection without ever addressing the real issue beneath it.

Eventually, two people who genuinely care for each other can still end up feeling distant, misunderstood, and inadequate inside the same relationship.

Real Intimacy Is More Emotional Than Cinematic

The biggest problem is that people slowly forget how intimacy began between them in the first place. Before sharing a bed, they were sharing attention, effort, excitement, and curiosity. They spent time wooing each other, making each other feel seen, valued, and emotionally wanted long before physical intimacy entered the picture.

Somewhere along the way, many couples begin reducing intimacy to physical moments alone, while ignoring the emotional connection that once made those moments meaningful.

Perhaps the way back is not through dramatic gestures or perfectly scripted romance, but through smaller and more intentional changes:

- Spend less time comparing your relationship to what you see online, and more time understanding what actually makes your partner feel loved and emotionally safe.
- Bring back the habits that existed before intimacy became routine: flirting, checking in, planning time together, and showing affection without expecting something in return.
- Stop treating emotional closeness and physical intimacy as separate things. Feeling heard, reassured, respected, and emotionally supported often shapes intimacy far more deeply than people realise.
- Accept that real relationships are imperfect. Some days intimacy will look passionate, while on others it may simply look like comfort, patience, and presence.



Relearning Intimacy Without the Script

Perhaps the problem is not that people expect too much from intimacy, but that they expect it to constantly feel cinematic. Real relationships are rarely built through perfectly timed passion or grand romantic moments alone. They are built slowly, through attention, effort, emotional safety, honesty, and the willingness to keep choosing each other even after routine sets in.

Maybe intimacy becomes healthier when people stop asking whether their relationship looks exciting enough from the outside, and start asking whether it still feels emotionally fulfilling within.

Because reel intimacy is designed to impress an audience. Real intimacy is supposed to make two people feel understood, wanted, and safe around each other.





No humour gap, no swag gap - yet an orgasm gap?

POV: You met the man of your dreams. You match the vibe and the aesthetics. That is, there is no humour gap nor is there any swag gap. Your man is an A++ in good looks, intelligence and humour. Oh wait! Is that all in the list? Look back! Well, you monitored your man at level 1 and assumed it was a match made in heaven until you discovered he couldn't score even a B in bed. Your dreams suddenly shatter, and the haze of true love starts disappearing. Oh, so dramatic! Except that it is indeed a matter of fact.

Research says about 95% of heterosexual men routinely climax in comparison to 65% of heterosexual women. Strange, but true. Orgasm, the ultimate climax, is what the partners seek after good intercourse. Ironically, in an era where women are claiming their spaces from the boardroom to the bar, the scene in the bedroom still looks like a one-sided loop where only the climax of the man matters.



The Root Causes: Unpacking the Bedroom Blueprint

Let's close the gap and review the outdated script that was handed over. For decades, society has operated under a "coital imperative", an unspoken rule where sex begins with the penetration and ends as soon as the man ejaculates. Anything that happens before is labelled as foreplay, a mere warm-up before the main action.

The matter of fact is that the majority of women cannot climax alone with mere penetration; external clitoral stimulation is a biological requirement. This brings us to enlighten the fact that women too have a biological structure similar to a penis called a clitoris, which, when stimulated, erects, and once the intensity reaches its peak, the body triggers a reflex, often termed as orgasm. This is clearly an anatomical negligence on the part of the male counterparts.

The narrative has been set by the mainstream media, where intimate scenes are depicted by an arousing foreplay followed by penetration, and the female is shown to experience the pleasure and ultimately the typical back-arching climaxes from the penetration alone. Imagine the spicy scenes from shows like *Bridgerton* and *Euphoria*. This leaves men like failed mind-readers and women feeling like a machine.

Unravelling the issue is the pattern of women's socialisation. From a young age, women are conditioned to be people-pleasers; unfortunately, the trait follows them beneath the sheets as well.

Most of the time, women fake orgasms to save their partner's ego and to avoid an awkward conversation. But each time you fake an orgasm, you are ultimately strengthening their theory of climax, which is not working for you. You are subsidising the male confidence at the expense of your satisfaction.

The Queer Contrast: Rewriting the Rules


If you think that the pleasure gap is merely anatomical, you need to think again. The dynamics change when you move out of the heterosexual dynamics. Data reveals that lesbians orgasm during partnered intercourse at a staggering rate of roughly 86%.

So, what's the secret sauce? It's no magic; it is the total rewrite of the playbook. Their action doesn't follow the conventional book's focus on penetration. Instead, the focus shifts to an extended foreplay, exploring the sensitive parts of the partner and understanding the anatomy of pleasure of their partner.

In short, a queer couple can offer a complete practical masterclass on the female orgasm to a heterosexual couple.

The Action Plan: Bridging the Divide

Closing the gap doesn't require a miracle; it simply needs a modern upgrade to your daily lifestyle and bedroom routine. Here's a quick personalised action plan:

 **Redefine the script:** Let the foreplay take the centre stage, and penetration as a tool of pleasure and not the means to reach the climax. Explore the sex toys like vibrators, and understand that the sex toys are not a threat to intimacy but a tool to bridge the anatomical gap. (Because the amount of consistent and concentrated pressure a clitoris needs to arouse and reach the climax may not necessarily be possible by human touch alone.)

One of the most crucial players in the game of orgasm is stress. However hard you try or are good in bed or redefine your sex life, everything is a failure when your mind is stressed. One of the key pieces of advice is stress management because a tired mind can never reach the climax, however good your partner is.

Conclusion: Equality is Sexier

Ultimately, a good relationship is not just about matching the killer aesthetics or sharp wit at a dinner party. True intimacy is demanding the same energy for your pleasure that you bring to every other part of your life.

Bridging the orgasm gap is not an overnight fix. One needs to unlearn the conventional sexual scripts, shed bedroom people-pleasing habits and treat sexual satisfaction as one of the core components of wellness. If you cannot settle with a partner that doesn't match your vibe aesthetically and intellectually, then why settle for unequal pleasure? It's time to bring that same energy into the bedroom and make sure everyone crosses the finish line.

✂ Kill the mind-reading: Let's

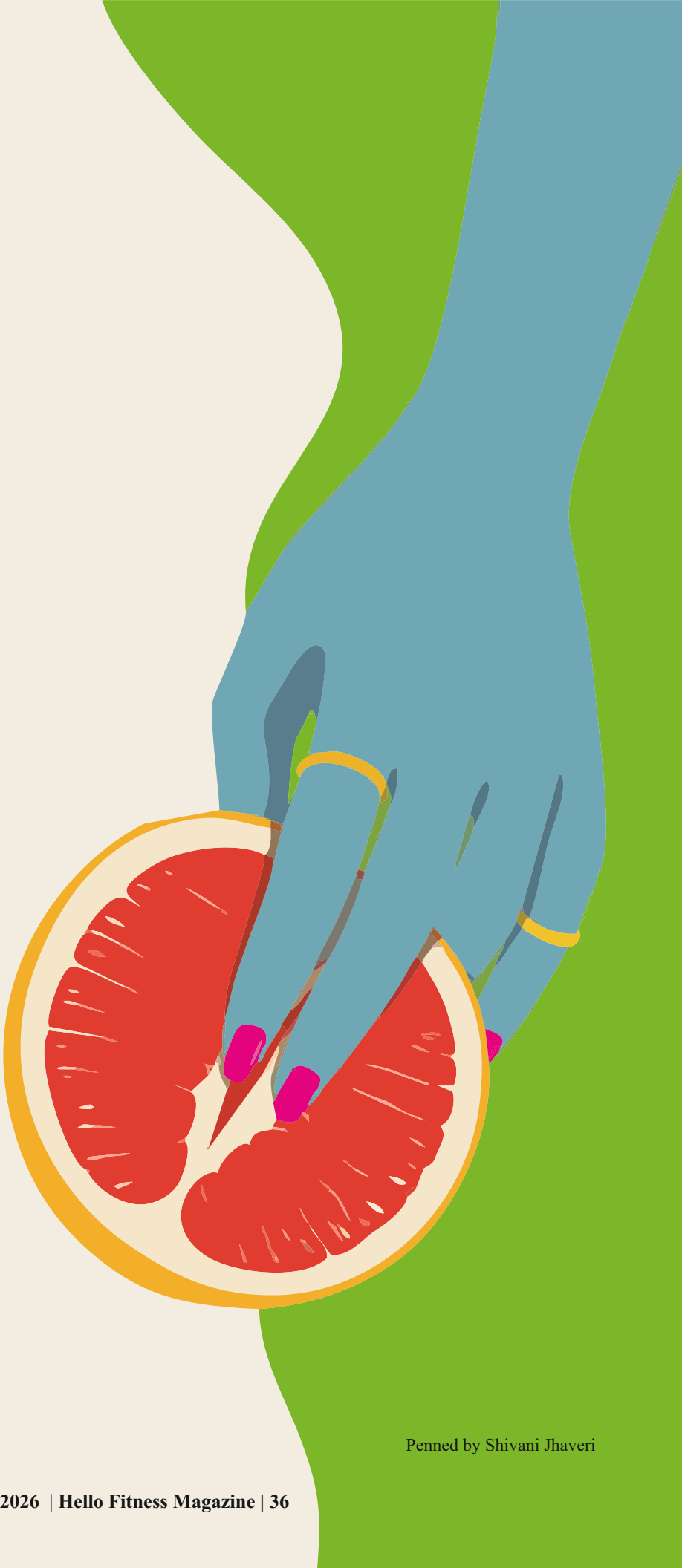
face it, your partner cannot read your mind, no matter how much "swag" they have. You will have to do that awkward conversation with your partner for the sake of your pleasure. Replace the guesswork with explicit GPS directions. Keep it casual yet direct: a simple "a little higher", "be gentle", or "exactly like that" will help your partner understand it better and boost their confidence.

✂ Decentre the climax: It is an

unsaid rule that obsessing over the climax creates performance pressure, which ultimately blocks orgasm. Having said that, dear men, asking "did you?" or "did you not?" is a total buzzkill. Because while the woman is experiencing the pleasure, you are pressuring her to experience orgasm. Instead, focus on the full-body pleasure and exploration. When the pressure to perform is removed, the orgasm naturally follows.

✂ Master the solo exploration:

This is quite important because, dear ladies, you cannot lead your man to the destination unless you are aware of the path of your pleasure. Treat masturbation as a means of sexual self-care. Utilise it to understand exactly which angles, speed, and pressure work for your body so that you can share the knowledge effortlessly.



Penned by Shivani Jhaveri



Notes From The Heart:

Tanmaya Bhatnagar's Journey Through Music,
Motherhood, and Self-Expression

Most musical artists today have learnt to capture the pulse of the masses. Then there are those whose music feels less like a performance and more like a conversation.

Tanmaya Bhatnagar belongs to the latter. Through deeply personal lyrics and gentle melodies, she transforms emotions into songs that feel intimate and honest.

What makes her journey even more interesting is that she never intended for most of these songs to be heard by anyone else. For years, they remained private, written simply as a way to process her thoughts and feelings.

We sat down with Tanmaya to explore the stories, emotions, and experiences that continue to shape her music.

Finding Her Voice

The best part about Tanmaya's journey is that it never happened by accident. In fact, she grew up in a house where music played a huge part.

While music was always around her, it was writing that became her first language of expression. Long before audiences, releases, and streaming platforms entered the picture, Tanmaya was writing poetry inspired by the emotions and experiences that filled her everyday life.

As those poems grew, so did her curiosity for music. Armed with a ukulele and a collection of YouTube tutorials, she slowly began teaching herself how to pair melodies with the words she had been writing for years.

Yet, becoming an artist was never the goal. *"I had written a couple of songs, and I thought I would never release them. They were just for me."*

For years, songwriting remained a deeply personal practice, something she did for herself rather than for an audience. It was only after encouragement from friends that she decided to share her music with the world, releasing her first song in 2020 and turning a private passion into something others could find comfort in too.



Tanmaya Bhatnagar

From the heartbreak that inspired *Kya Tum Naraaz Ho?* to the emotions of pregnancy and motherhood that found their way into *Phoolon Sa Dil*





Writing What She Cannot Say

For Tanmaya, songwriting has always come before singing. While many artists discover themselves through performance, she discovered herself through words. Long before she released music, she was writing poetry, using it to process feelings she struggled to express elsewhere.

That instinct continues to shape her music today. Almost every song she writes is rooted in her own experiences. From the heartbreak that inspired *Kya Tum Naraaz Ho?* to the emotions of pregnancy and motherhood that found their way into *Phoolon Sa Dil*, her songs are often reflections of moments she has personally lived through.

This emphasis on expression also influences the way her music is produced. For Tanmaya, the lyrics and vocals always take centre stage. *"The instruments, the music is always secondary. I make sure the vocals are really upfront compared to the music. It's almost like singing in someone's ear."*

Perhaps that is what makes her music feel so intimate. At its heart, each song begins with a feeling, and a desire to give it a voice.

For Those Who Feel Deeply

Tanmaya understands that her music often leans towards the melancholic, but she doesn't see it as something sad. Instead, *"Maybe the people who connect to my music are a*

lot like me. Maybe they're deep thinkers. People who feel deeply as well," she says.

For her, music is less about providing answers and more about making people feel understood. *"It doesn't just have to make you feel sad about it. It just gives you a sense of belonging."*

That feeling of connection is what matters most to her. Much like the artists she once listened to, she hopes her songs remind listeners that they are not alone in what they feel.

Music, Motherhood, and Meaning

In many ways, life has come full circle for Tanmaya. The little girl who grew up watching her mother sing and write songs is now a mother herself, with music once again filling her home.

While motherhood has left her with far less time for songwriting, it has given her something even more meaningful. *"She's a very small person, my daughter, and she is singing my songs,"* says Tanmaya. *"That is the purest form of happiness for me."*

For now, Tanmaya looks forward to returning to the stage and sharing her music with the people who have found comfort in it. Along the way, she hopes to inspire not only her daughter but an entire generation to pursue what truly fills their hearts, just as music has always filled hers.



The Artist as an Antenna:

Inside Gunda's Artistic World



he builds through his music. The purpose behind his melodies, the emotional weight of his lyrics makes it feel like each of his song is guided by instinct rather than created.

Curious to understand this relationship between inspiration and expression, we sat down with Gunda to explore the experiences, beliefs, and emotions that shape his art. What followed was a thoughtful conversation with an artist who has always trusted the process more than the plan.

Bound To Become An Artist

For Gunda, music was never a career choice waiting to be made. In many ways, it was always destined to find its way into his life.

Tanmay Saxena

"My music was bound to come out in some way or the other,"



"My music was bound to come out in some way or the other," he says. The belief stems from his childhood, which was deeply rooted in music.

Coming from a family of musicians, he was surrounded by melodies, performances, and song writing from an early age. His biggest influence, however, was his mother, a professional singer who ran an orchestra of her own.



"My mother is a singer and a songwriter. She had an orchestra of her own, and I used to accompany her everywhere she performed."

Those experiences left a lasting impression on him. Watching music being created and performed up close made it feel less like a distant profession and more like a natural extension of who he was.

By the time he began creating music in 2012, the foundations had already been laid. Music was not something he discovered later in life. It had been quietly shaping him all along.

An Antenna for Inspiration

What truly sets Gunda apart is his relationship with creativity. Unlike many artists who follow a fixed or process, he approaches songwriting with an open mind, allowing inspiration to arrive whenever it chooses.

"There's no set process for me. Some of my songs come out of a small word, some through a line, or at times even just melodies turn into living and breathing songs."

Art is subjective. Every artist has their own way of creating it. For Gunda, however, the process is less about creation and more about reception.

"I consider myself as an antenna that receives messages from the universe and I just reproduce them through my work," he says.

It is an unusual philosophy, yet one that helps explain the world

For him, every song begins differently. A phrase, a melody, a fleeting thought, or an unexpected emotion can become the foundation of an entire piece. The only constant is his readiness to receive it.

"So, I am always prepared for that inspiration and the moment it strikes, I make sure that I note it down or, if possible, record it immediately."

This ties back to the philosophy that defines both the artist and his work. Gunda does not believe inspiration can be forced. Instead, he sees himself as an antenna, receiving messages from the universe and translating them into music.

Turning Pain Into Music

While inspiration may arrive from anywhere, there is one emotion that consistently finds its way into Gunda's music: pain.

"Pain and sadness are two emotions that we cannot relay to everyone. Hence, they come out in the form of songs."

For Gunda, music becomes a space where difficult emotions can be expressed without restraint. Whether drawn from personal experiences or the world around him, pain often acts as the starting point from which his songs take shape. It is not about dwelling on sadness, but about giving voice to feelings that are otherwise left unspoken.

That is why Gunda remains confident that good music will always find its audience. Trends may come and go, but honest emotions rarely lose their relevance.

For Gunda, music is neither planned nor pursued. It arrives when it wants to, carrying emotions, stories, and fragments of the world around him. His role, as he sees it, is simply to remain receptive enough to turn those messages into songs.





Mixing The Ingredients:

How Darzi Builds Music Through Curiosity
and Experimentation



through experimentation, honesty, and a willingness to keep exploring. The result is a sound where diverse influences come together, creating music that feels both deeply personal and distinctly his own.

The Unexpected Detour

Before becoming the voice behind some of the most loved songs on the internet, Darzi describes himself as “a confused preteen who started playing music on a guitar in his school days.” However, from the outset, his path seemed destined more towards a conventional profession in the field of engineering.

“I would have joined a job as an engineer,” says Darzi, “had it not been for a health issue.” What followed next was an unexpected shift, where he was forced to slow down. This actually helped him explore his musical capabilities.

“While I was dealing with the health issues, I started making more music, I started producing, I started learning more about the recording and engineering part of music, and it really enabled me to make my own stuff.”

The experience transformed the way he approached creativity. For the first time, he could take an idea from its earliest form and shape it entirely on his own. As he puts it, it gave him the ability to “have a part that I can play and call it a song.” That independence would go on to become a defining part of his artistic identity.

Every artist has their own way of finding inspiration, shaping ideas, and bringing them to life. Hence, when Darzi casually remarked, “Music is fun for me,” we knew we were in for a refreshing perspective.

In a world where creativity is often associated with struggle, inspiration, or intense emotion, Darzi approaches music with curiosity. For him, it is not an occasional pursuit reserved for moments of inspiration, but a daily practice that brings him joy.

As we discovered during our conversation, his songs are built

दरज़ी

“If I wait for things to happen to me, so that I can write about them, that will make me not write music at all.”

Building Through Curiosity

One of the standout features of Darzi's music is his creative process. Unlike many artists, he doesn't wait for inspiration to strike. Instead, he treats music like a daily practice. He believes, *"If I wait for things to happen to me, so that I can write about them, that will make me not write music at all."*

The process of creating music for Darzi is less about chasing a muse and more about staying curious. The process itself is enjoyable, which is why making music has become a routine. Yet, every time he sits down to write, he asks himself: *"What am I going to write about that's honest to me?"*

That honesty is also reflected in the sound he has built over the years. Drawing inspiration from old Bollywood music, house, disco, garage rock, and psychedelic rock, Darzi sees music much like cooking.

"These things come together weirdly.

Like cooking, when you add spices here and there, you get something new."

The result is a sound shaped by experimentation, curiosity, and an unwavering commitment to staying true to himself.

When Music Finds Its Audience

Perhaps the biggest achievement for any artist is seeing people connect with the emotions they are trying to convey through their work. For Darzi, that moment arrived through his debut album, which explored themes of gender oppression and patriarchy.

"A lot of women connect to the music, and I see that as a success."

The response meant a great deal to him, especially because he had approached themes of gender oppression, societal expectations, and the everyday struggles women face with honesty and care. Through his lyrics, he sings about inequality,



resilience, and the quiet strength of women navigating patriarchal systems.

Experiences like these have only strengthened his belief that meaningful work eventually finds its audience. As he puts it, he is simply *"waiting for the project and the people to meet."* Judging by the connection his music has already forged with listeners, that meeting has already begun.

The Road Ahead

As independent music continues to evolve, Darzi remains comfortable with uncertainty. While he believes he has begun discovering what could become his signature sound, he is equally open to changing course.

"I don't know where I stand in the wave of independent artists, but I do feel like I'm part of the community."

Darzi's journey has never been about fitting into a category. He is an explorer at heart. Hence, with a new album already in the works and a willingness to keep experimenting, Darzi seems content letting the music lead the way, wherever it chooses to go next.



Mid-Life Crisis: When Life Doesn't Match the Plan

Tamasha (2015)

Mid-life crisis is one of those phrases that people throw around far too casually. A man changes careers, buys something expensive, starts behaving differently, or simply looks lost for a while, and suddenly the phrase enters the conversation almost as a joke.

What rarely gets acknowledged is what may actually be happening underneath that change.

For many men, there comes a point where the life they imagined for

themselves no longer matches the life they are living. The career may not have moved the way they expected. Financial stability may feel further away than it once did. Responsibilities continue to grow, while the sense of control slowly begins to shrink.

Most men never openly say this out loud. Instead, they internalise it as personal failure.

That is what makes this phase far more complicated than the stereotype attached to it.

It is not always about age, impulsive decisions, or dramatic behaviour.

More often, it is the psychological effect of carrying expectations, timelines, and definitions of success that no longer fit reality.

In this article, we explore why this identity gap affects so many men silently, what causes it, how it begins shaping behaviour, and what it actually takes to rebuild a healthier definition of success and self-worth.

When Life Moves Differently Than Expected: Men all around the world, and especially in India are given a blueprint of how their lives should look like at different point of time. It goes like:

- Study till 22
- Get a job at 23
- Get married by 25
- Have children by 30
- Buy a house by 35
- And then, repeat the process with your children.



The structure itself is not flawed. The problem begins when life moves differently than expected. Not everyone graduates on time, careers do not always grow steadily, and even salaries often rise slower than responsibilities. Some men struggle to find stable work, while others spend years in jobs that look secure from the outside but feel directionless internally. Marriage gets delayed.

Financial stability takes longer than expected, and plans change.

Yet, the world around them rarely pauses. Friends begin buying homes, social media constantly showcases promotions, vacations, weddings, and milestones. And even

family gatherings quietly turn into reminders of what has not happened yet.

Most men never openly admit that this affects them. Instead of saying they feel lost or left behind, they internalise it as failure. Over time, the gap between expectation and reality stops feeling temporary and starts shaping their entire sense of self.

Why This Gap Hits Men Differently

Now, one may argue that disappointment, pressure, and uncertainty are not experiences exclusive to men.

Anyone can struggle when life does not go according to plan. But what often makes this phase heavier for men is the way their worth continues to be measured, both by society and by themselves.

A man is still expected to prove himself through visible success. A stable career, strong income, financial security, and

the ability to provide are not seen as achievements alone, but as indicators of whether he is doing well in life.

The pressure does not stop at personal survival. He is expected to build a lifestyle that reflects success outwardly too. A good house, a respectable social image, financial stability for the family, and the ability to absorb responsibility without visibly struggling.

Over time, this creates a mindset where self-worth becomes deeply tied to performance.

The difficult part is that this judgement rarely feels direct. It exists in small, everyday moments. Questions about salary during family gatherings. Comparisons with more “settled” relatives. The expectation that men should pay the bill during social outings. Even appearance quietly becomes part of the equation, from the clothes they wear to the car they drive.

Many men continue functioning normally through all of this. They go to work, fulfil responsibilities, socialise, and carry on with routine life. Yet internally, they may feel stuck, inadequate, or left behind. Because performance continues, the struggle often remains invisible.



Sharmaji Namkeen (2022)



The Lunchbox (2013)



No Smoking (2007)



Indagi Na Milegi Dobara (2015)

When the Gap Turns into a Crisis

Over time this misalignment of how life should have been and how it actually turned out becomes too hard to bear, and results in what we casually call a “mid-life crisis.”

The signs of the same, include men withdrawing instead of expressing what they feel. Small things irritate them very easily, even rest becomes feeling undeserved, making them become obsessed with productivity, constantly trying to “catch up” with life. Even after long work hours, there remains a lingering feeling that they are still behind.

For some, this pressure begins shaping financial decisions too. Risky investments, sudden luxury purchases, or overworking beyond exhaustion are often less about greed and more about trying to feel successful again. Others turn to endless self-improvement content, hoping the next podcast, book, or motivational video will finally make them feel in control.

The difficult part is that many men are not trying to become extraordinary. They are simply trying to convince

“A mid-life crisis is rarely about wanting a different life. More often, it is about grieving the life one expected to have.

themselves that they have not failed. Over time, that constant pressure changes behaviour, relationships, confidence, and the way they begin seeing themselves.



The Family man (season 2)

Closing the Gap

The difficult part about this cycle is that most men are never taught to question it. They are only taught to survive it. So, when life starts feeling heavy, the response is usually to work harder, earn more, suppress emotions better, and keep moving. Very few pause to ask whether the pressure itself is built on unrealistic expectations.

That is where change has to begin.

A healthier approach does not mean abandoning ambition or responsibility. It means creating space for men to build identities beyond constant performance. Financial success matters, but it cannot become the only measure of self-worth.

A man should be able to experience failure, career changes, delayed milestones, or uncertainty without feeling like he has failed as a person.

This shift also needs to be implemented in children. Most boys grow up learning that respect has to be earned through success. Earn well. Stay strong. Provide for others.

But very few are taught what to do when life does not go according to plan. So, they grow into men who know how to keep functioning, but struggle to process disappointment, uncertainty, or the feeling of falling behind.

Perhaps that is where the real correction lies. Not in mocking men once they reach a breaking point, but in raising a generation that understands success as something broader than money, status, or social comparison alone.

Penned by: Vaibhaw Tiwari

TICKS, TRAILS, AND TOXIC ATTACHMENTS: Surviving Tick Season With Your Dog

Who doesn't enjoy a calming evening walk with their furry companion, especially during summer, when the heat finally begins to settle down?

Just like your furry buddy, there's another tiny creature just as excited about that walk. Barely visible to the human eye, it waits patiently in the grass with its tiny arms stretched out in excitement. That creature is the **Brown Dog Tick**, and trust us, it may be even more excited to see your dog than you are.

If you've been a dog parent long enough, you already know about the attachment issues these tiny parasites seem to have. They latch on quickly, settle in comfortably, and refuse to leave without creating chaos.

Honestly, it's the definition of a toxic relationship, except your furry friend is the one paying the price. While the tick feeds, breeds, and multiplies, your dog is left dealing with the itching, irritation, and potential health complications that follow. But thankfully, it doesn't have to be that way this summer. At Hello Fitness, we believe every member of the family

deserves equal attention to health and wellbeing, including the four-legged ones.

As the warmer, more humid months begin to settle in, we decided to put together a practical guide to help dog parents better understand ticks, spot early signs, and keep their pets protected without turning every walk into a panic-filled mission.

What Ticks Are and Why They're Dangerous?

Sun Tzu, a famous Chinese philosopher, once said: *Know your enemy*. Hence, that is where we will begin, knowing who ticks really are.

Ticks are not insects, but arachnids, which means they are more closely related to spiders than mosquitoes or ants. And in India, the most common culprit behind those endless scratching sessions is the Brown Dog Tick.





These tiny parasites thrive in warm, humid weather, which explains why summers and monsoons feel like vacation season for them.

Unlike fleas, ticks don't jump or fly. They dig their trenches and wait patiently in tall grass, bushes, kennels, or damp corners, stretching out their tiny legs until your unsuspecting dog brushes past.

Once onboard, they crawl around looking for the perfect spot, usually around the ears, neck, paws, or belly, before latching onto the skin and feeding on blood.

And that's where the real problem begins. Beyond the itching and irritation, ticks can transmit dangerous infections like tick fever,

cause anaemia through blood loss, and leave dogs weak, lethargic, and seriously unwell if ignored for too long.

What Pet Parents Should Do?

The obvious question now is, how do you prepare against an enemy you can barely see with the naked eye? You simply can't; they're very sneaky and will certainly find their way. So, once you spot a tick, what next? Do you panic, shave your dog completely, cancel all walks forever, or prepare

for war? Thankfully, none of that is necessary. What matters most is consistency and catching the problem early.

Start With Regular Checks

Ticks are sneaky little creatures. Before feeding, some of them are barely the size of a sesame seed, which means they can hide surprisingly well under thick fur. Make it a habit to check your dog every day, especially after walks, visits to the park, or play sessions outdoors.

Focus on areas where ticks love hiding, like the ears, neck, under the legs, between the toes, around the groin, and under the collar.

Sometimes your fingers will spot them before your eyes do, so don't just look, feel through the coat properly.

Remove Them Safely

If you find a tick, resist the temptation to yank it out dramatically with your fingers like you're defusing a bomb in an action movie. Improper removal can leave the mouthparts stuck inside the skin and increase the risk of infection. Instead, use tweezers or a proper tick-removal tool, grip the tick as close to the skin as possible, and pull steadily without twisting.

Choose The Right Treatment

Today, there are several treatment options available, including spot-on applications, medicated shampoos, sprays, collars, and oral chewables. But there's no universal "best" option.

The right treatment usually depends on your dog's age, skin sensitivity, lifestyle, and the severity of the infestation. That's why a vet's guidance matters, especially if the problem keeps returning despite your efforts.

Prevention Is Easier Than Treatment

We know ticks sound tiring, and some of

*Always remember:
with great paws
comes great
responsibility.*

you must have already experienced it firsthand. But it doesn't have to be that way every year. In fact, ticks are preventable far more often than people realise.

Small habits like washing your dog's bedding regularly in hot water, vacuuming carpets and corners, trimming overgrown grass, avoiding dense bushes during walks, and properly checking your dog after outdoor play can dramatically reduce the risk of an infestation.

Grooming sessions also stop becoming "just grooming" once you realise they double up as daily tick inspections. And while tick treatments, shampoos, sprays, collars, and chewables all help, consistency matters far more than occasional panic-driven action after spotting one tick.

Most serious infestations happen not because pet parents are careless, but because the early signs are easy to miss. So no, finding a tick on your dog is not the end of the world. It might be unpleasant, irritating, and, admittedly, enough to ruin your evening mood.

Still, it is manageable with the right care and awareness.

Penned by: Vaibhaw Tiwari



The Space Between Success and Satisfaction

*A conversation with Sailendra S. Raane
on reconnecting with yourself in a world
obsessed with achievement.*

Sailendra S Raane

It is a big day.

You have finally secured admission into one of the country's most prestigious colleges. Or perhaps the project you have spent months working on has finally earned the recognition it deserves.

The congratulations keep coming. Friends, family, and colleagues tell you how proud they are of you. This is the moment you had imagined for years.

Yet something feels missing.

Instead of excitement, there is a strange sense of emptiness. The achievement is real, but the satisfaction feels fleeting. You find yourself disconnected from the person who once dreamt of reaching this point.

For many people, this feeling arrives as a surprise. After all, success is supposed to bring happiness. But according to **Sailendra S Raane**, founder of Mahati Wellness, the issue is not a lack of achievement. It is a weakening connection with one's inner self.

Modern life encourages us to chase goals relentlessly. We pursue productivity, growth, recognition, and validation, often without pausing to understand what is happening within. Over time, the external journey continues, while the internal one is neglected.

When HFM sat down with Raane, the conversation moved beyond wellness trends and quick fixes.

Instead, it explored a more fundamental question: in a world that constantly asks us to do more, how do we learn to reconnect with ourselves and create genuine inner balance?



Wellness Begins With Respecting the System

According to Raane, many people spend their lives searching for complex solutions while overlooking the basics. The body, he explains, is a system with certain non-negotiable requirements, and many of our struggles begin when those requirements are ignored.

"When you start doing the things your system truly needs, you gain better control over it and are able to experience life with greater comfort and balance," he adds.

For Raane, habits such as sleeping on time, eating the right food, staying hydrated, breathing correctly, and moving regularly are not rituals or trends. They are basic necessities.

"Sleeping and getting up early is not a ritual. Eating the right food is not a ritual; a good amount of water, these things are requirements."

He believes that people often push their bodies beyond their natural limits and then wonder why they feel exhausted, restless, or disconnected. Lasting well-being, he suggests, does not begin with doing more. It begins with understanding the needs of the system and learning to work with it rather than against it.

Your Patterns Shape Your Life

The problem begins when this system is broken. When all the energy spent by an individual, which is supposed to go toward the right things, gets spent on things that don't add real value.

Over time, these choices stop being occasional mistakes and become patterns. The late nights become routine, stress becomes normal, and unhealthy habits become familiar. Before long, people find themselves stuck in cycles they no longer enjoy, yet continue to repeat every day.

According to Sailendra Raane, this is where most people struggle. *"Most of the people are in the same loop because they're unable to change the pattern,"* he says. While many seek motivation or quick solutions, he believes real transformation comes from changing the behaviours that shape daily life.

"If a person wants to come out of the loop, if they're unhappy there, they'll have to come out of the pattern and the loop of what they're practising."

Breaking a pattern requires awareness, acceptance, and consistent action. As Raane explains, if something is not working, it must be corrected. The process may seem uncomfortable at first, but only by changing the pattern can the outcome change. The system begins to improve when we stop repeating what is breaking it.

Yoga as a Practice of Balance

If unhealthy patterns keep people stuck, the next question is simple: how does one begin to change them?

Before a person can change a habit, they must first become aware of it. Raane believes that yoga creates that awareness by bringing attention back to the body, breath, and mind, allowing individuals to recognise patterns they may have been repeating unconsciously for years.

He believes yoga is far more than a set of postures or a few minutes of meditation. *"What we are doing at this moment is also yoga,"* he explains. *"Sitting and channelling energy, thinking about life, and even movements."*

At its core, yoga is about creating balance within the system. Raane argues that when people learn to balance their internal state, they become better equipped to handle the demands of daily life. *"I can take pressure and also meditate. I can take a lot of things in my life and withdraw also. That is balance."*

This balance creates the space for reflection. It allows individuals to step back, recognise the patterns that are no longer serving them, and consciously replace them with healthier ones.

As the body, breath, and mind begin to work in harmony, reacting gives way to responding, and old habits slowly lose their hold.

In that sense, yoga is not an escape

from life, but a practical tool for navigating it with greater awareness, clarity, and control.

The Foundation Beneath Everything

Perhaps wellness is not about fixing yourself when something breaks, but about understanding yourself before it does. We spend years building careers, relationships, and ambitions, yet often overlook the person experiencing them all.

Success can be achieved at many points in life. Contentment, however, requires practice. And as Raane's philosophy suggests, while achievements may shape the direction of our lives, inner balance determines how deeply we can experience and enjoy the journey.



GREY BY CHOICE

Inside Grey Soul Coffee Roasters' vision for speciality coffee in India

For years, coffee in India was viewed largely through the lens of function. You drank it to wake up, stay productive, or simply because it was part of your routine. Few people paid attention to where it came from, how it was grown, or the flavours hidden within the bean itself.

Today, that relationship is beginning to change. A growing number of consumers are moving beyond caffeine and discovering coffee as an experience shaped by origin, processing, roasting, and craftsmanship. What was once seen as a simple beverage is now becoming a subject of exploration.

Among the brands helping drive this shift is **Grey Soul Coffee Roasters**. Founded by **Chirag** and co-founded by **Umesh Bajaj**, the company believes coffee deserves to be understood, appreciated, and experienced differently.

From Drinking to Consciously Consuming

At the heart of Grey Soul Coffee Roasters lies a simple belief: the more you understand what you consume, the more you begin to appreciate it. While that philosophy shapes every coffee the brand serves today, its roots can be traced back to co-founder Umesh Bajaj's own relationship with coffee.

The philosophy behind Grey Soul was shaped by a simple realisation. As Bajaj became more conscious about his lifestyle, he also began questioning what he was consuming every day. Coffee, which had long been little more than a functional beverage, suddenly became something worth understanding.

"I started to learn about what I was putting in my body. That awareness led me to look beyond the convenience of instant coffee and understand the ingredients, preservatives, and processes behind it," he recalls.

That shift changed the way he looked at coffee. Instead of seeing it as a source of caffeine, he began seeing it as the product of countless decisions, from the farm and processing methods to roasting and brewing. It is this way of thinking that eventually became the foundation of Grey Soul Coffee Roasters.

Suddenly, coffee was no longer just a drink for them. It was a story waiting to be served. That shift in perspective eventually laid the foundation of Grey Soul Coffee Roasters.

Living in the Grey

The idea for Grey Soul Coffee Roasters took shape during the pandemic, with a simple ambition: to build a roastery that could source, roast, and share some of India's finest speciality coffees.

But Grey Soul was never meant to be just another coffee company. It was built on the belief that speciality coffee shouldn't be confined by convention. As the team immersed itself in the world of speciality coffee, it encountered a long list of assumptions.

Consumers preferred familiar flavours. Indian palates were not ready for speciality coffee. Espresso had to be dark roasted. Rather than accept these ideas, Grey Soul chose to question them. That philosophy eventually inspired the name itself.





"We don't define ourselves as black or white," Umesh explains. "We stand for endless possibilities in this world of speciality coffees that we can explore, both me as a roaster and you as a customer."

Today, that belief continues to shape everything Grey Soul does.

"What we really want is for people to walk away with a sense of curiosity," says Umesh. "If they can discover that coffee can offer much more than bitterness, that it can have natural sweetness, fruity notes, chocolate undertones, and flavours they never associated with coffee before, then we've done our job."

The Story Behind Every Cup

Grey Soul wants people to experience coffee differently, and that process begins long before the coffee reaches their cup. It starts at the farm, where people grow, process, and experiment with the beans that eventually make their way to the roastery.

But what exactly makes a coffee "speciality"?

"Speciality coffee is about understanding where your coffee comes from, how it was processed, and what unique flavours it has to offer."

That understanding shapes Grey Soul's sourcing philosophy.

The team works closely with producers who are committed to quality and willing to experiment with new processing methods. Every coffee is evaluated not only on its cup quality, but also on its consistency, traceability, and the story behind the people who produce it.

"We spend a lot of time cupping coffees, understanding their unique characteristics, and identifying what makes them special," says Umesh Bajaj.

While cupping scores remain an important benchmark, Grey Soul looks beyond numbers. The team is equally interested in whether a coffee reflects the character of its farm, region, and processing method while offering a memorable experience to the consumer.

That pursuit of exceptional coffees has taken Grey Soul far beyond the region's most people traditionally associate with Indian coffee, opening the door to origins that are helping redefine the country's speciality coffee story.

India's Coffee Story Is Still Being Written

Grey Soul's sourcing philosophy extends beyond finding exceptional coffees. It is equally driven by a desire to showcase the remarkable diversity of Indian coffee and introduce consumers to origins they may never have experienced before.

"What excites me most is that Indian coffee is finally beginning to tell its own story," says Umesh Bajaj.

While regions such as Chikmagalur and Coorg have long been recognised among coffee enthusiasts, producers in Nagaland, Assam, Odisha, Tripura, and other emerging coffee-growing regions are experimenting with new





varieties, processing methods, and flavour profiles that challenge traditional perceptions of Indian coffee.

Through its sourcing efforts, Grey Soul hopes to bridge that gap. By bringing coffees from these regions to its customers, the brand is not only introducing new flavours and brewing experiences but also celebrating the people, places, and craftsmanship shaping the future of Indian coffee.

Beyond the Coffee Cup

That same philosophy extends beyond coffee and into the food served at Grey Soul. Built around a live kitchen, the menu focuses on fresh ingredients, wholesome meals, and dishes that people can enjoy as part of their everyday routine. From protein-rich bowls to nutrient-dense breakfasts, the emphasis remains on quality and conscious consumption.

In many ways, it reflects the journey that started Grey Soul itself. What began as a search for better coffee evolved into a broader appreciation for what we consume every day. And through every cup and every plate, Grey Soul hopes to help people experience that difference for themselves.

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