

## SUMMER PROOF

### Skin and Hair Essentials

High humidity increases sweating and oil production, which can clog pores and trigger acne, folliculitis, and heat rashes. Using lightweight, non-comedogenic, oil-free moisturisers and cleansers remove excess oil without stripping the skin. A lightweight moisturiser containing glycerin, ceramides and hyaluronic acid helps maintain the skin barrier. The most crucial summertime need is a broad-spectrum sunscreen with SPF 30 or greater, reapplied every few hours, as well as an SPF lip balm to avoid lip dryness.

#### What to eat for glowing skin in summer?

To achieve a radiant summer complexion, focus on hydration and UV protection from within. Watermelon, ice-apple and coconut water help in hydration while yellow,



red and green foods like tomato, bell pepper, mangoes, papaya, berries and citrus fruits contain vitamin C and carotenoids that act as a natural defense against UV-induced sun stress. Omega-3 fatty acids also keeps the skin moisturised, plump, and smooth.

Hair and scalp health get equally affected due to pollution, UV rays,

and hard water. This causes problems with frizz, oil build-up, protein weakness, and oxidative stress. To minimise hair damage and scalp issues, use gentle products, antioxidant serums, and physical protection while limiting heat styling. For oily or dandruff-prone scalps, incorporate a clarifying and antifungal shampoo at least once a week.

While staying hydrated is good for the overall functioning of the body, drinking excessive amounts of water is not the sole factor. Skin radiance also depends on good sleep, balanced nutrition, stress control, sun protection, and maintaining a healthy skin barrier. While dehydration can make the skin appear dull and tired, drinking more water than your body needs does not automatically create flawless skin.

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## The Real Secret to a Healthy Glow

The most pervasive challenge confronting patients today is the sharp rise in fungal infections due to high heat and humidity, while crowded social gatherings act as primary transmission hubs. A major roadblock to recovery is patient self-medication. People tend to use over-the-counter creams which contain steroids, worsening the problem. One must seek medical guidance early and strictly complete the full course of medicine.



should be used." The only essential topical products are a simple cleanser and moisturiser.

#### The Gut-Mind Connection

Ultimately, true skin and hair health cannot be achieved through creams alone. The skin is intricately connected to both the gut and the mind.

What you feed your body and mind will always reflect on your skin. Healthy food, regular exercise, and healthy thoughts will give you a skin that glows from inside.

When it comes to daily maintenance, Dr Gopalani advocates for a minimalist, traditional approach over commercial products. He challenges the modern narrative surrounding sun protection. "Sunscreens are not mandatory, but sun protection is very important. I tell my patients to use a scarf, umbrella, or hat. Only if that is not feasible, sunscreen

**Dr Vinay Gopalani's Clinic**  
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## The Benne-Factor of Thane's Food Scene



Currently, Thane is experiencing a huge Benne Dosa wave. For something far more authentic, traditional, and fundamentally established in Bengaluru and Davanagere cuisine, local diners are turning down the thin paper crepes and fusion mayo. Lately, the Benne Dosa has taken over the city. If you've recently been near Kolshet Road or Jambhli Naka on a Sunday morning, you've likely caught a whiff of a rich, intoxicating aroma: pure white butter sizzling on a hot cast-iron tawa. A Benne Dosa is a perfect paradox: crisp and rigid on the outside, yet soft and porous on the inside, accompanied by a fresh, spicy coconut chutney and a heavily seasoned potato palya (mash). Authentic spots use fresh, unsalted white butter that melts into the dosa, leaving a

rich, nutty, and naturally sweet finish that lingers on your fingers. One bite, and you are back to the nostalgic childhood kitchens.

Thane, now, has a few exceptional corners where you can experience this feeling of nostalgia. Benne's by Ricky's in Hiranandani Meadows feels like the perfect place for morning traditionalists. Paired with piping hot filter coffee, the Podi Plain Benne Dosa completes the perfect morning ritual.

Benne Rush at Kolshet Road revives the charm of morning and evening hubs.

If you want the classic breakfast-on-the-go vibe, TOSI Benne at Jambhli Naka delivers pure comfort.

Reclaiming these old traditions reminds us that the classic ways are often the best ways.



# Embracing Neurodiversity: Communication, Inclusion and Early Intervention

In atypical and neurodivergent children, communication is the first core skill to observe. This includes listening, vocalising, and expressing through body language, gestures, pointing, or silence. Stronger communication makes imitation, peer play, and safety awareness much easier for a child.

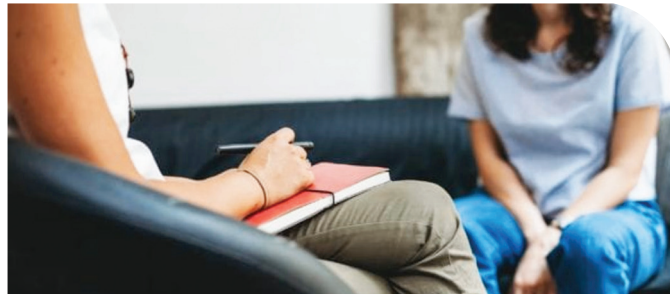
Inclusivity in school is suitably adapting teaching and learning so students with and without disabilities can learn together.

**Learning, adaptability, and teaching are the pillars**



**of inclusivity.**

"I worked in a school in Bangalore as a behaviour technician



and a shadow teacher. The system was so beautifully set that I could see how everyone around us were supportive, empathetic and active

to help that one kid in need," says Aishwarya Sawant. True inclusion requires educators to adapt their mindsets and habits, proving that

learning is for everyone.

At the same time, when parents embrace their child's unique journey they meet them where they are. Early intervention helps in early brain adaptability and delaying therapy, especially for communication, misses vital growth. Early support builds essential communication, safety, and adaptive skills, helping children absorb new concepts, apply learning to new settings, and navigate life with greater emotional calm and flexibility.

**Aishwarya Sawant (Behaviour Analyst) | aishwarya@insightaba.in | www.insightaba.in | Contact no: 7710969076**

## Let's Build Emotional Safety

Often, people believe that they are incapable of making decisions. Therapy helps clients recognise their true capabilities, rebuilding the self-trust and confidence needed to make their own choices, and if there are any genuine skill gaps, they can be actively addressed along the way. Feelings can feel very real, but they are not always facts.

As a clinical psychologist, Ishita Akula's approach has always been to cater to what the client actually wants because, ultimately, only they can know what is the best for themselves.

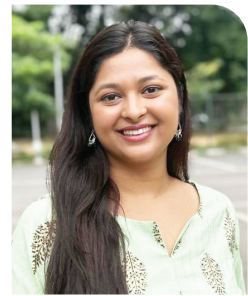
Sometimes people come because they feel disconnected from themselves, emotionally exhausted, stuck in patterns, overwhelmed, anxious, numb, lost in

relationships, unable to regulate emotions, or simply because life feels harder than it should. If a problem persists despite insight or effort and starts affecting your personal life, it is worth exploring. Therapy is a space for growth, helping you explore identity, boundaries, childhood, attachment, grief, perfectionism, emotional regulation, self-worth, loneliness, burnout, and life transitions. Sometimes people come in saying "Nothing is wrong, but something feels off," and this reason is good enough.

**How can people bring a "safe space" of therapy into their own homes?**

It starts with openness, respect, trust, and communication. Good communication extends beyond speaking. It is expressing yourself without fear of judgement or invalidation, while actively listening and comprehending the other person's perspective. Safe spaces are built through small, everyday habits: listening without reacting, staying emotionally available, and making others feel respected. It is the small things that make a huge difference.

**- Ishita Akula,  
9175333710**



## The Story Foundry Unravels Tomorrow's Unicorns

While cold algorithms and artificial intelligence dominate the headlines, a Thane-based initiative is shifting the spotlight back onto the most powerful human tool ever invented: The Story.

The Story Foundry, a high-impact podcast and narrative consultancy hosted by Rramandeep M is making waves among founders and CXOs from Bangalore to Mumbai. The mission is simple yet profound—helping leaders build what Rramandeep calls a "Narrative Moat".

"Most leaders build great products, but they struggle to build the trust that makes them uncopiable," says Rramandeep, a Brand Storyteller and Communication Strategist.

She highlights a shift where consistency, community, and credibility are being rebranded as the ultimate competitive advantages in the global market.

The Foundry's success lies in the R.A.D.A.R. method, a proprietary framework designed by Rramandeep to help professionals navigate the noise of digital platforms. By focusing on



Resonance, Authority, Defense, Authenticity, and Results, the framework teaches leaders how to communicate their "Controversial Truths" and claim their unique "Category Voice."

The recent session with Nikhil Ballal explored how a third-generation business like Thanevaibhav has survived decades of disruption. "Nikhil's journey is a masterclass in the Narrative Moat," Rramandeep shares. "By staying true to the 'Voice of the Soil,'

they've built a defense that no tech platform can disrupt."

As The Story Foundry continues to record sessions with global innovators and regional stalwarts, it serves as a reminder that the strongest brands are forged in the fire of authentic conversation. For Thane's burgeoning startup ecosystem and its seasoned corporate veterans, the message is clear: Your story is your most valuable asset. Are you ready to forge it?

**The Story Foundry Podcast | Rramandeep M | Contact no: 880971092**

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## Why Discipline Beats Motivation Every Time

"I just don't feel motivated to study."

I hear this often from students. And honestly, it sounds valid. Some days, you just don't feel like doing the work. But here's what I've observed after working with so many students is that motivation is unreliable. It comes and goes. One day, you're inspired after watching a video or attending a session. The next day, it's gone. And if you depend only on motivation, your progress becomes inconsistent. Discipline works differently.

I remember a student who told me he started studying at the same time every day—even when he didn't feel like it. No drama, no overthinking. Just a simple routine. Over time, something



interesting happened. He stopped waiting to "feel ready." He just started. That's the shift. Discipline is not about being strict or harsh with yourself. It's about creating small, repeatable actions that don't depend on your mood.

"You don't need to study for 10 hours. Start with one focused hour. You don't need to fix



everything. Just begin with one subject."

Leadership, even as a student, starts with self-leadership. Because if you can't lead your own habits, it becomes very difficult to lead anything else. So the next time you say, "I'm not motivated," don't wait for that feeling to change. Sit down and start anyway. Because in the

long run, it's not motivation that builds your future. It's discipline.

**- Sandhya Iyer Bhide,  
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# Glass Skin Trends Don't Warn You About Indian Weather

From “instant glow” creams to viral skincare hacks, social media has made skincare feel more confusing than ever. Scroll for five minutes and you’ll find people recommending miracle soaps, D-tan creams, overnight glow facials, and complicated routines that promise flawless skin instantly. But according to Dr Jaya Patil, blindly following these trends may be doing more harm than good.

With over 16 years of experience in wellness and cosmetology, Dr Patil says one of the biggest misconceptions today is the obsession with “glass skin.” While the trend looks appealing online, Indian weather conditions do not agree. Heat, humidity, pollution, and constant sun exposure make heavy skincare layering unsuitable for many people, often leading to clogged pores, breakouts, excess oiliness, and pigmentation. “What works in



another country or on camera may not work for Indian skin,” she explains.

Rising hair fall among young adults has become a major concern. Stress, poor sleep schedules, crash diets, nutritional deficiencies, hormonal imbalances, pollution, and even post-illness weakness are contributing heavily to the problem. Many people

focus only on shampoos or oils while ignoring the internal causes behind hair and skin issues.

Skincare does not need to be complicated to be effective. A simple routine with gentle cleansing, lightweight hydration, regular sunscreen, proper nutrition, and consistency works far better than chasing every viral beauty trend online. In a world obsessed with filters and instant results, she believes healthy skin is ultimately about balance, patience, and understanding what truly suits your body.

**Dr Jaya Patil**  
**Shree Ganesh Clinic and Aesthetic Center, Kasar Vadavali, Thane West.**  
**Contact no: 9833919028**



## Before rubbing lemon on your skin, read this.



Every day, social media introduces a new skincare trend like ice facials, lemon remedies, overnight glow hacks but according to dermatologist Dr Kaberi Som, healthy skin is far simpler than the internet makes it seem.

Dr Som believes most people ignore the basics while chasing trends. Her summer skincare advice focuses on protection and consistency: apply sunscreen daily on the face and neck, reapply it before stepping outdoors, use a scarf for extra protection, and keep the skin hydrated with a light moisturiser. She

also stresses the importance of drinking enough water, wearing loose cotton clothes, and maintaining proper hygiene during hot weather.

While some DIY trends may appear harmless, Dr Som advises caution. Ice facials can temporarily soothe the skin if done carefully, while lemon remedies should always be diluted and avoided on sensitive or irritated skin.

She also debunks common myths, explaining that acne is not simply caused by non-vegetarian food and that shingles are a nerve infection, not a fatal condition. For Dr Som, glowing skin ultimately comes from healthy habits, balanced meals, exercise, hydration, and proper sleep not viral skincare shortcuts.



**Dr Kaberi Som | Dr Som's Skin Clinic, 2nd floor, Giridarshan Bldg, next to 3 Petrol Pump, Thane(W) Pin 400602 | Contact: 9320851287/9320460817**



The skincare market today is filled with “active ingredients” like Retinol, Vitamin C, Niacinamide, and Hyaluronic Acid. While many are effective, overuse is becoming a common problem.

Retinol is one of the best-studied ingredients for acne, fine lines, and uneven skin tone. However, using strong formulas too quickly can cause redness, peeling, and irritation. It

should be started slowly and always paired with sunscreen.

Vitamin C brightens the skin and protects against sun and pollution damage, however, higher strengths are not advisable for sensitive skin. Niacinamide is a gentle, versatile ingredient which is tolerated well by most people. It helps in reducing oiliness, redness, and improves the skin barrier. For hydration, Hyaluronic acid is excellent, but it is not a miracle anti-ageing ingredient on its own. It works best when used with a moisturiser. The biggest mistake today is using too many actives together. A simple routine with cleanser, moisturiser, sunscreen, and one suitable active is often enough.

## How Actives and Habits Shape Your Skin

Apart from using the right products, lifestyle factors play a major role. A balanced diet rich in fruits, vegetables, protein, and healthy fats support healthier skin, while excessive junk and sugar may worsen acne. The skin repairs itself while we sleep, and poor sleep can cause dullness, dark circles, and faster ageing. Stress can also trigger acne, eczema, psoriasis, and hairfall by increasing inflammation in the body. Healthy skin requires a balance of proper skincare, sun protection, nutritious food, good sleep, stress management, and regular exercise.

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**Dermatologist, Cosmetologist & Trichologist | Contact no: 9653411158**  
**HOD and Professor, Dermatology Department, RGMC and CSMH**  
**Consultant Dermatologist at Kaushalya Medical foundation,**  
**Dr Bhanushali hospital, Medicare hospital**



# The Rise of Sourdough in Thane

For many years, pizza in India was associated with a familiar, chewy base from large franchises, packed with toppings and designed to be consistent. Anywhere you go, you are most likely to get the same taste of the commercial cheese, heavy sauces, and a lot of toppings. Over the past few years, however, the thick fast-food crusts are becoming less popular. Sourdough pizza has subtly evolved from curiosity to a legitimate

trend. Plus, the city's foodies are constantly searching for new dining experiences.

Instead of utilising commercial yeast, the organically fermented dough used to make the crust uses lactobacilli and wild yeast. The gradual fermentation breaks down gluten and sugars, making the pizza easier to digest and less likely to leave you with the "post-pizza regret" feeling.

The standard for a real, feel-good sourdough pizza is set by Si Nonna's in Hiranandani Estate. Their cuisine tends to be neopolitan, including items like Fior de Latte, Kalamata olives, and fresh basil.

Beyond Si Nonna's there are a few Italian eateries in Thane, including Pizza Express, that offer the classic "romana" base with a distinct, hand-stretched texture, and a deep flavour profile. ENSO Sourdough Pizza by Nomad delivers a base combined with bold toppings that appeal to both conservatives and those seeking a little modern sophistication.

What sourdough pizza offers is intention. The lengthier process, and no commercial additives reflect a different philosophy of food.



## UPCOMING Events

- Amateur Comedy Show: Catch brave first-timers and emerging comedians testing fresh material.**  
 Location: Backspace, Thane  
 Date: Monday, May 25, 8.30 PM.
- Aao Twist Karein: A retro musical celebration of 60s, 70s, and 80s Hindi hits.**  
 Location: Ram Ganesh Gadkari Rangaytan, Talav Pali.  
 Date: June 4, 7:30 PM.
- Deool Bandh 2: Marathi Drama Film**  
 Release Date: May 21  
 Tickets available on Bookmyshow.com.
- Decathlon Sports Utsav**  
 Location: Across all Thane Stores.  
 Date: May 23- May 24.
- Thane's Biggest Paithani Sale**  
 Location: Satkar Residency, Vartak Nagar, Thane West.  
 Date: May 22- May 24.
- Between the Notes**  
 Location: Atrangi Katta, Thane.  
 Time: 7 PM onwards
- Weekend Art Gallery Tadka with Amitabh Pendse**  
 Location: Atrangi Katta  
 Time: 4 PM onwards

## HOW TO GET YOUR NATURE FIX THIS WEEKEND

Thane is changing fast, but it has not yet lost complete touch with nature. For nature enthusiasts, the best way to spend the weekends is away from the crowd.

### The Wilderness Trail: Yeoor Hills (Shalonda / Air Force Station Route)

The Air Force Station and Shalonda trails offer beginner-friendly morning hikes through dense, fragrant forests filled with local birds like the Greater Racket-tailed Drongo.

### NaMo Grand Central Park (Kolshet Road)

The park features distinct themed gardens, play zone, sports arena, and a lake-side. Perfect for those looking to relax with their families.

### Ovalekar Wadi Butterfly Garden (Ovale)

Only on Sunday mornings from 8 am to 1 pm. You get the feeling of stepping into a rainforest.