



+ Editor's Note



Komal Mishra

Dear Readers.

Welcome to the latest issue of our magazine, featuring a diverse range of articles on fashion, fitness, health, beauty, and entertainment. We are excited to present a well-rounded collection of content that is sure to inform, inspire, and entertain.

Our team of writers and experts has worked hard to ensure that each article is unique and specific to its topic. Whether you are interested in the latest fashion trends, tips on staying fit and healthy, or insights into the entertainment industry, we have something for everyone.

We hope that you enjoy this issue and find the articles to be informative and helpful. As always, we appreciate your feedback and suggestions for future topics.

Happy reading!

Best regards.

GLAMDIA MAGAZINE



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F AS H I O







The tones we wear assume an urgent part in whether we look splendid, new, or dull and cleaned out. Some genuine style focuses by giving tones outside our usual range of familiarity a go, however discovering tints that work with your appearance is frequently actually quite difficult — with a particularly multicolored range of shades on offer.



It's no mean accomplishment arranging the wheat from the chaff. So look at this to discover what is the best tone for your skin tone.



COLORS FOR WARM SKIN TONES



you should go to red, peach, coral, orange, golden, gold, and yellow. You likewise should look incredible when you wear "hotter" forms of cool tones, similar to olive, greenery, orchid, and violet-red.



COLORS FOR COOL SKIN TONES

Radiant blues, emeralds, and profound purples will look incredible, alongside cold shades of lavender, ice blue, or pink. On the warm side, you can go to ruby, brilliant blushing red, or super-pale yellows. With neutrals, you can shake cool dim, dazzling white, and naval force.





COLORS FOR NEUTRAL SKIN TONES



As a nonpartisan, you can wear anything on the shading wheel Pick colors like dusty pink, jade green, cornsilk yellow, or tidal pond blue. For unbiased tones, go to off-whites, espresso, midrange grays, and dark.

Oversaturated colors like electric blue and fuchsia can overpower your nonpartisan skin tone.

EVERGREEN COLORS

Unadulterated white goes incredible with everybody's skin. Light redden pink lights up any skin tone and draws out the regular shine of your face. Bluegreen with an ideal blend of blue and green can be worn by anybody and is an incredible summer or winter conceal.

Hope these tips will be useful in choosing outfits for next time.

By: Rakshita Singh





















When you work out early morning, your body starts the metabolism process faster and helps you to lose weight by burning calories.

IT INCREASES ALERTNESS

Morning workout fluctuates hormones in the body. The hormone involves in the awake and alert cycle is cortisol. It is also known as the stress hormone. In the morning the level of cortisol increases and drops in the evening.

Importance of exercising every morning



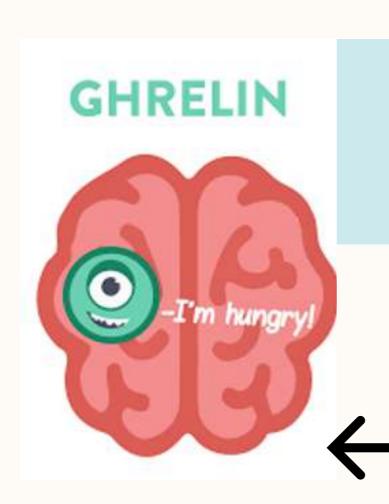
Exercising improves focus and concentration power. It helps in reducing mental pressure and calming your body which gradually increases concentration power.



IT ENHANCES YOUR MOOD

Physical activity helps in reducing stress. When you exercise, your brain releases more endorphins (feel-good) neurotransmitters.
Which improves your mood.

Importance of exercising every mornin



IT IS A GOOD APPETITE CONTROLLER

Exercise helps regulate your appetite by reducing the ghrelin hormone known as the hunger hormone.

IT CONTROLS BLOOD GLUCOSE LEVEL

Exercise helps in managing type 1 diabetes. It helps improve insulin resistance.



IT HELPS IN REDUCING BLOOD PRESSURE



Morning exercise helps in reducing blood pressure and avoiding the risk of a heart attack.



Researches say that exercising in the morning will increase the amount of slow-wave sleep, which means deep sleep.

By:

Jessica Joy



Feeling sleepy but has a load of pending stuff? Grab a coffee and get started!

It is a well-known fact that drinking coffee or tea vanishes our sleep but do we really know what's the secret behind it?

LET'S SEE HOW'S CAFFEINE AND QUALITY SLEEP RELATED?



Well, the credit goes to caffeine! Caffeine (1,3,7-trimethyl xanthine), widely found in plants like cocoa pods, coffee beans, tea leaves, and kola nuts, is a psychoactive substance used in energy drinks and beverages for its alertness-enhancing and energizing effects.



Effect on the brain

Caffeine is an 'adenosine receptor antagonist'. Adenosine, a sleep-promoting chemical, is produced by our brain during waking hours. More the adenosine production, the sleepier we feel. Caffeine blocks this process and thus, make us vigilant and keeps us from feeling sleepy. It crosses the blood-brain barrier and gets quickly distributed all over our bodies. It interferes with the circadian rhythm of our bodies and delays sleep if taken close to bedtime.







Caffeine and quality sleep

Caffeine strongly affects the sleep cycle of humans. There is a well-established relationship between caffeine intake, sleep quality, efficiency, and increased daytime sleepiness. Its effect doesn't only depend upon the amount taken at bedtime, but also on the total intake of caffeine in the whole day.

Slow-wave sleep, a deep and restful sleep that leaves us refreshing the following day, is notably reduced. These effects can even be seen if it is consumed six hours before bedtime. Shorter time sleep, worsening of sleep quality, fatigue, sleep deprivation, and frequent awakenings are some of the prevalent effects of caffeine.

Severe effects of caffeine

Other than sleeping irregularities, caffeine also has some other severe effects. Pregnancy complications occur due to a high dose of caffeine. At high doses, a person may experience the following side effects- diarrhea, sweating, nausea, increased heart rate, increased breathing rate, and muscle tremors.

Did you ever hear about caffeine addiction? Yes, it's there. A person gets addicted to caffeine if he is taking it on a regular basis for a long period of time. On withdrawal, he may experience symptoms like headache, sleepiness, low energy levels, and bad mood.



A whole day of caffeine abstinence can help improve sleep quality and lengthen the duration of sleep. It forms a part of sleep hygiene advice, recommended by doctors.

A study shows that the subjects had quite less difficulty falling asleep when they consumed decaffeinated coffee.







CAN CAFFEINE CAUSE INSOMNIA?

Caffeine has its benefits only short-termed, in long run, it may cause insomnia symptoms or even worsen the existing one. Sleep-disordered breathing, the primary characteristic of Obstructive Sleep Apnea (OSA), is increased by caffeine from soda and surprisingly not from tea or coffee.

So, if you struggle with day sleepiness, get your caffeine intake checked, especially from caffeinated sodas.



As we just saw, caffeine can be both, beneficial and harmful depending upon its intake. The Food and Drug Administration (FDA) recommends a daily intake of 400mg of caffeine i.e., 4-5 cups per day.

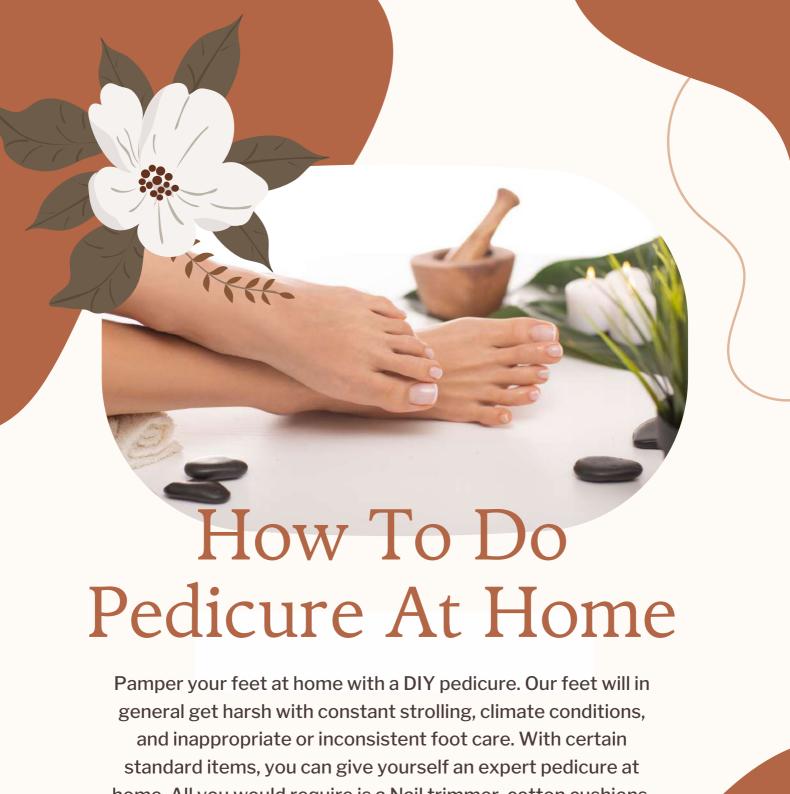
If it increases our concentration and alertness, it also causes sleep deprivation and low-quality sleep. So, when you feel yourself losing sleep, just put down your coffee mug and go get some much-needed rest!

By:

Chitranshu Sihania







home. All you would require is a Nail trimmer, cotton cushions, nail paint remover, fingernail skin cream, a nail record, a loofah, a decent foot scour, and last but not the least, lotion. Accumulate your items and follow our directions and spoil yourself at home:



For the first step, you need to manage and shape your nails.

Eliminate your old nail paint with the nail paint remover and trim your nails conveniently. Ensure you cut straight across and don't compromise excessively, as this can prompt excruciating ingrown nails. Utilize a nail filer to give them the ideal shape.

Give your feet a decent foot shower. In a bowl or tub, fill warm water enough to conceal to your lower legs and add some shower salts. You can likewise add a couple of drops of any essential oil of your choice. Additionally, add a couple of smooth stones to the water. These will give a delicate back rub as you place your feet on them. Douse your feet and unwind for 15-20 minutes. Pat dry them with a towel.

The following stage is exfoliating.

Whenever you are finished with the foot shower, dry your feet and rub some fingernail skin cream on the base of each toenail. Leave it for a couple of moments.

Then the interim, utilizing a foot clean and eliminate all the dry and dead skin cells. Be firm yet don't scratch excessively hard.

Then, clear off the fingernail skin cream and push back the fingernail skin tenderly with a fingernail skin pusher.



Whenever you are finished scrubbing, wash your feet clean and saturate them. Saturating hydrates the skin and shields it from breaking. Rub a liberal bit on your feet and back rub well. Customary foot kneads likewise help keep sensitive spots invigorated, improve blood course and sustain the skin and foot muscles!

Presently your nails are prepared to get painted. Paint them with a shade of your decision. Continuously apply a base coat. Sit tight for it to dry and afterward apply a layer of top coat. Allow it to dry totally before you apply the following coat. This will make your nail clean last more. You can likewise jazz your feet up with a beautiful anklet or toe rings!



Do this twice a month or weekly depending on whatever fits your schedule. Pamper your feet with these amazing tips because they need all the love and conditioning just like your face.

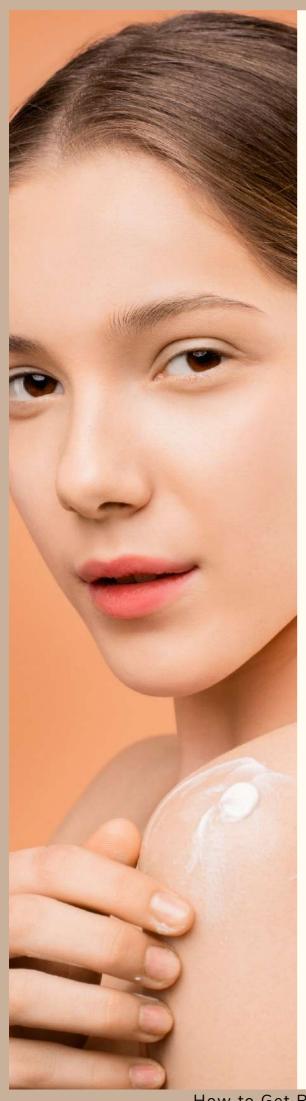
By: Rakshita Singh

HOW TO GET RID OF DRY SKIN



The dry skin, regardless of weather, is still of significant concern to all. Certain people have small white lines when they itch, and some have skin flakes of medical significance. However, if we attempt to take care of the skin every day, this can be avoided and we do not have to worry about costly, complex time-consuming medicines that will not benefit us. Therefore we have identified few able to get rid of dry skin that is readily accessible.

But remember, if you think that your skin condition is not getting any better, we suggest immediately consult a doctor to avoid any further skin troubles.



Never Forget To Moisturise

It is perhaps the most significant tip for skincare. Hydrating agents help preserve the skin's fluids and create a seamless coat. So, the less loss, the less dry skin. Moisturize regularly after showers and after work, as all body washes remove moisture from the skin and leave it gritty and hard.

Oiling For Extra Nutrition Of Skin

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Petroleum Jelly Instead Of Moisturisers and Oils



Petroleum jelly and glycerine manage to cure dried skin much like the aforementioned materials. They are smooth and clean and maintain hydration as well as lubrication. Moreover, it also aims to clear the itchy skin. The glycerol is beneficial per month to preserve humidity and absorb water from the air.



Coconut Oil as A Better Alternative

coconut oil is not only great for hair, but it is also good for the skin. It is made from untreated coconuts and contains fewer additives. It contains essential oils, which save the openings from losing any of their moisture. If you can't find virgin pressed coconut oils, opt for the more widely accessible marketed coconut oils.



Aloe Vera with Its Magical Powers

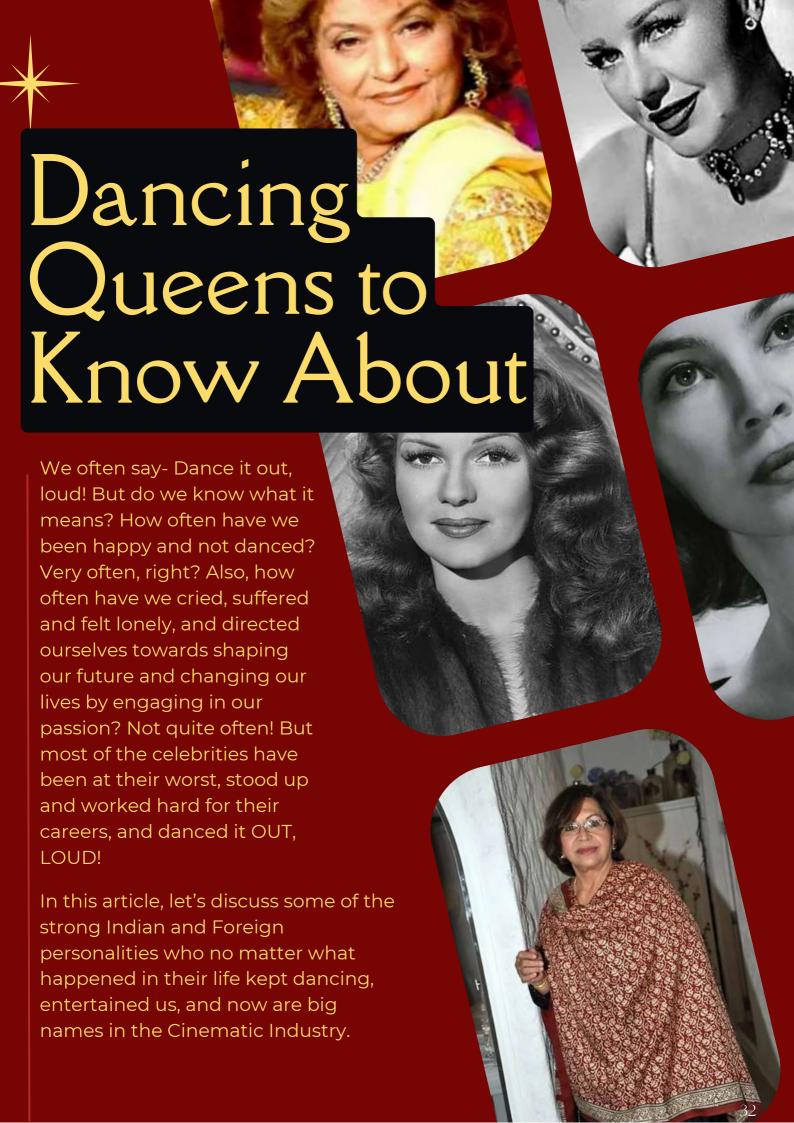
Aloe vera gel is yet another effective treatment for dry skin. It incorporates cooling components that serve to relieve itching and itchiness while still retaining moisture. It is also useful for those with allergic skin. Use in moderation; extreme use can have the reverse reaction. The aloe vera stem should be hung overnight, to let the yellow juice come out from inside. This yellow juice can cause rashes, so it is better to check out before utilizing it on the skin. If the herb is not available, purchase items with aloe vera material. These are therefore few tips for skincare that will greatly reduce and treat dry skin each season. Daily care makes the skin appear good and has a long-term effect.

By: Sayantika Chatterjee



How to Get Rid OF Dry Skin- Tips For Skincare





Saroj Khan



One of the finest and graceful dancers who lifted the cinematic Industry dance performances is the evergreen, Saroj Khan. She gained an immense appreciation not only from India but also from the world in terms of graceful dance moves, styles and lessons. She also played a potential role in making the career of many celebrities through dance. Later she was also launched as a dance teacher in the celebrity dance lessons show on Imagine TV.

Rita Hayworth





Rita Hayworth is an American celebrity who is a famous actor, dancer, and producer. She is also coined as 'The Love Goddess' by the American media. She was a popular star in the nineteenth century and achieved huge fame, name, and recognition. Due to her hard work and mesmerizing performance the American star, Rita Hayworth had become the most glamorous star in the 1940s.

Helen



Helen Richardson or simply Helen was among the pioneer dancers in the Bollywood industry during the early 90es. The beautiful dancer was introduced into the Indian cinema by one of the popular celebrities Cuckoo. Initially, she started her career in the Hindi cinema in the films Shabistan and Awara in the year 1951. Later she became a popular and widely renowned actor and is quite appreciated for her work in the Indian cinema.

Ginger Rogers





Born in Missouri on July 16, 1911, Ginger Rogers became of the synonymous names in the field of dance. Her aura on the dancing stage was such that she became very famous for her mesmerizing and jaw-dropping performances. She was in her earlier life known as Virginia Katherine McMath. She is one of the prominent known faces when the Golden era of dancing started in the Hollywood industry. Ginger Rogers is a well-known face as an American icon and is best remembered for her performances in the RKO's musical films.

Leslie Caron



Leslie caron was popularly known as the French star.

She was born in the suburbs of the capital city of
France, Paris. She is one of the fine and gracious
dancers and big-screen actors who hail from France
and later entered the American Industry. She is the
recipient of the precious Golden Globe Awards and
twice the British prestigious awards called the BAFTA
awards. She started her career in early 1951 with the
help of her college Gene Kelly. She is an
unconventional beauty and indeed a remarkable
personality!

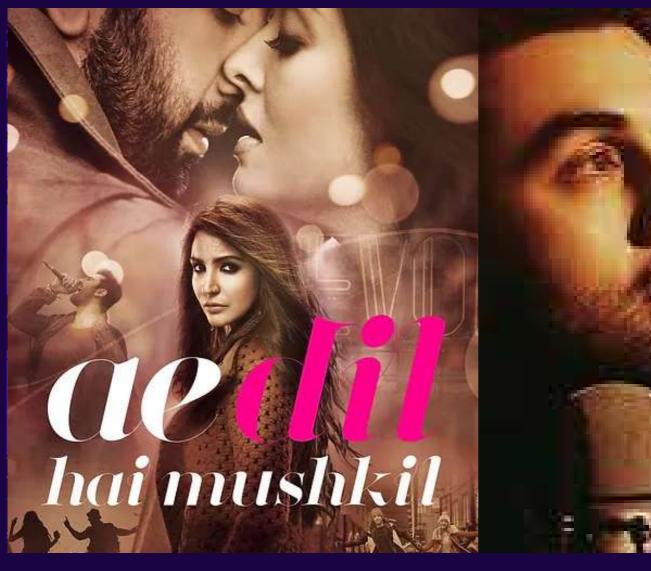
TOP HINDI HOMANTIC MOVIES

There has been an unlimited quantity of heartfelt Bollywood romantic pictures that have been made by the top overseers of this media outlet. Heartfelt motion pictures have managed Bollywood since the time the commencement of the Hindi movies turned into a piece of India and individuals love to marathon watch heartfelt films.

Bollywood has given us a ton of extraordinary stories on affection, and enthusiastic sentiment. From Heer-Ranjha to Raj-Simran, the tales have made us cry, giggle, and assisted us with improving affection as people.

To revive your gorge rundown of one of the best Hindi heartfelt motion pictures, we drilled down the best 5 heartfelt Bollywood films at any point made. You can watch them today with lights off and popcorns in your grasp.







Ayan, a musician, and Alizeh an independent and free woman meet each other in New York and end up forming a bond. From here their experience of heartbreak, love, and what life is about begins.

Actors: Ranbir Kapoor, Anushka Sharma, Fawad Khan, and Aishwarya Rai Bachchan

> Director: Karan Johar. Budget: Rs. 100 Crores.

Box Office Collection: Rs. 237.56 Crores.



Two youngsters from Delhi, Bittoo, and Shruti start a wedding planning company together called Shaadi Mubarak. But their professional relationship becomes unstable when Shruti falls head over heels in love with Bittoo.

Actors: Ranveer Singh, Anushka Sharma, Manu Rishi, and Shena Gamat Director: Maneesh Sharma.

Budget: Rs. 10 Crores.

Box Office Collection: Rs. 965.1 Million.



Kamal and Neelam on the occasion of their anniversary invite their close family and friends for a cruise. But, on their journey, they learn about their family and also learn a lot of lessons then end up changing their life for the better.

Actors: Ranveer Singh, Priyanka Chopra, Farhan Akhtar, Anushka Sharma, Anil Kapoor, Shefali Shah, and Vikrant Massey

> Director: Zoya Akhtar Budget: Rs. 85 Crores.

Box Office Collection: Rs. 145 crores.

Top 5 Hindi Romantic Movies





Veronica, an independent woman welcomes her new friend Meera and her boyfriend Gautam to come live with her, though everything was happy and fun for a while, things start to get complicated when Gautam falls in love with Meera, who is now Veronica's best friend.

Actors: Diana Penty, Deepika Padukone, Saif Ali Khan, dimple Kapadia and Boman Irani

Director: Homi Adajania.

Budget: Rs. 650 Million.

Box Office Collection: Rs. 1257 Million.



Janardhan, a simple boy from a simple town and a college student set out on a journey to find inspiration for the music inside him. This journey leads him to find himself as a musician but also leads him through heartbreak and self-destruction.

Actors: Ranbir Kapoor, Nargis Fakhri, Sanjana Sangree, Shammi Kapoor, and Aditya Roo Hydari

Director: Imtiaz Ali.

Budget: Rs. 600 Million.

Box office Collection: Rs. 1.08 Billion.

Binge on these movies with your ice-cream tub on lonely/not-so-alone nights and feel the LOVE.

By: Rakshita Singh

LIFESTYL



HABITS OF SUCCESSFUL PEOPLE TO TAKE NOTE OF!



One important thing to remember is that the many successful people in the world did not come here by chance! Successful people, whether they are millionaires or people who have just achieved their goals in real life and enjoy their life every day. They end up in this circumstance due to a special reason: their habits.

Work hard until it is entirely exhausted. However, unless you formulate certain customary addictions from prosperous people, you are uncertain to realize these habits.



We will share some of these successful habits and wish you contemplate adding them to your well-being and success!





Experts of Modern science have focused on goal setting approach and have discovered that the brain is the organism that sets goals. Successful people realize that if they set goals for the subconscious, they must achieve them day and night.

You set rational and measurable high goals, and you work hard towards these purposes every day!

They are doing their best! Successful people know that if they want to succeed in their career, science, and vitality, they must work hard. The rewards they get exceeded the expectations of others (their consumers, their teams, their are mostly families). and awarded science commitment recommendations. projects. opportunities, and wealth. They don't pay attention to the politics of "what is to me". They do not examine whether certain things are fair and are reimbursed for all their efforts.

On the contrary, they have to concentrate more than anticipated, pay more notoriety to details, and most importantly, do integrity chores.

TAKE OPPORTUNITIES!



Successful people understand that the world will not give you what you know. You will be paid for your work. They work hard to form their own opinions, set motives, break them down into small steps, visualize and corroborate their achievement, speculate in themselves, and then come out and try. Regarding the truth, they say that nothing happened when they did not act.



When you take part in an activity, many things will be learned by you, which inevitably leads to an accomplishment. You start to learn from your own experience, and you cannot discover by heeding to other people's things or reading books. You begin to captivate other people to benefit and stimulate you.

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With these habits, please let us know the habit you want to develop!

By: Ayushi Bose



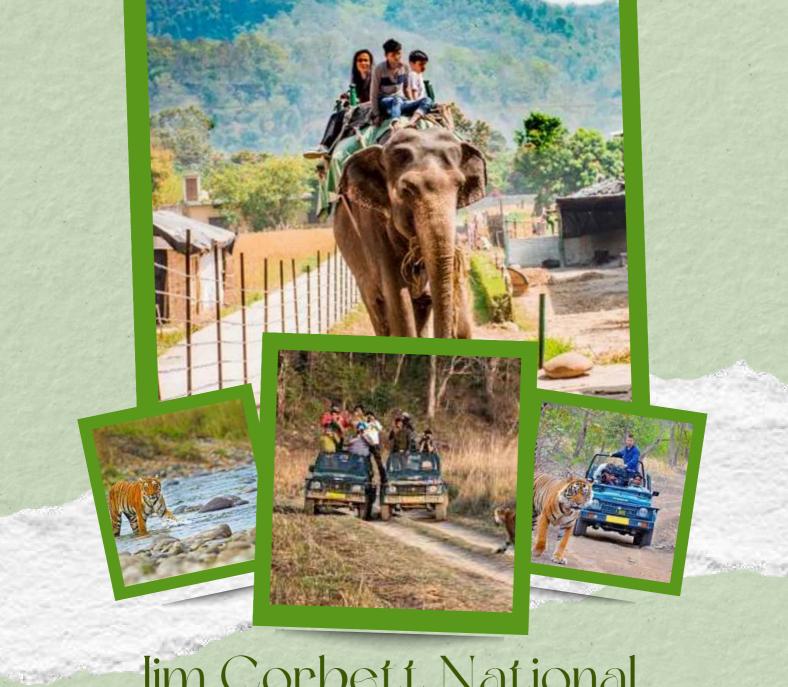








You can encounter the wildlife predators here in Ranthambore National Park, Rajasthan, and see how life works here for them, tourists having an interest in wildlife photography can surely have a look at this National Park having tigers as the most attention gathering predator here and cause luring of tourists from all over the world, March and May being the ideal seasons for Tiger encounters.

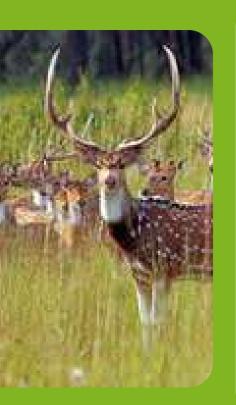


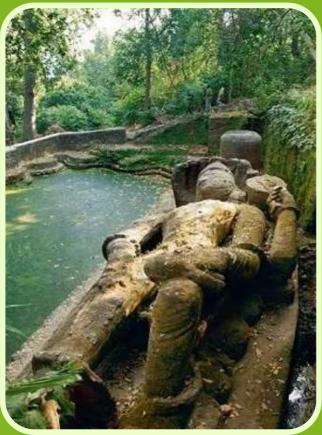
Jim Corbett National Park, Uttarakhand

Uttarakhand is a place definitely known for its beauty whether for its scenic regions or for the breathtaking mountains, being Asia's first National Park and it has now seen a saga of wildlife established here centuries ago, you can encounter very fascinating species here in Jim Corbett National park which especially includes 'Tigers' attracting most of the tourist here, the best time to visit this National Park is between March to May.



Bandhavgarh National Park, Madhya Pradesh







This National Park in Madhya Pradesh known for its exotic wildlife species including Tigers and striped cats making it the best place to have a Jungle Safari here, back in the past Royal Families used to hunt in this place but is now a protected place because of the preservation of wildlife is necessary to have to protect these species from getting endangered, March to May is the ideal season for a visit.



Kanha National Park, Madhya Pradesh



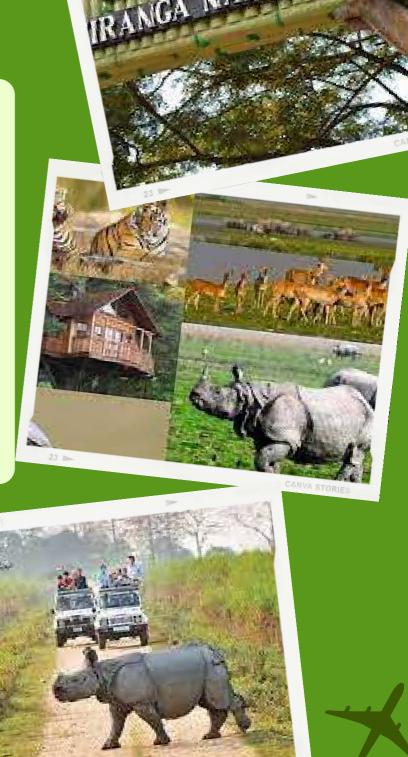


Mogli land is the name Kanha National park is proud of having the most exotic species of Tigers, Rudyard Kipling's most famous classic "The Jungle Book" is inspired by Kanha National Park luring the tourist for a valid reason because of its most wild and exotic species here, so it a must-visit place for the people who are fans of The Jungle Book or the wildlife, the peak time for visiting here is between March to May.

Kaziranga National Park, Assam

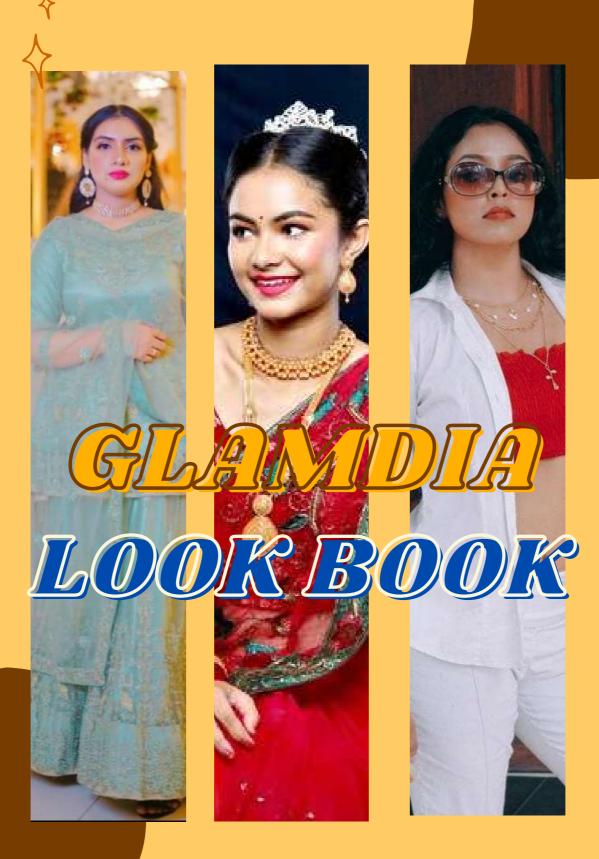
The One Horned Rhinoceros is the hero here being one of the most exotic species in this national park it surely has the tourists coming here from all over the globe because the flourishing wildlife here with Giant Rhinos, Elephants moreover you can also find a variety of species of birds here and can have a bird watching, being included in UNESCO's famous World Heritage Sites it surely lives up to its standard, November to April being the peak time of the season to visit this beautiful yet thrilling National Park in Assam.

With lush green forest surrounding you and encountering animals at every stance of your trip, sounds itself so much fun to have! I know how the situation is right now and it's not safe to travel. But you can definitely plan things out for next year when things will be much better hopefully.



World Herstage

Glassidia
FASHION FITNESS BEAUTY













Ethnic Finery Look Model: Priyanshi





Ethnic Finery Look Model: Priyanshi



