

Body Art

Nawaz Modi Singhanian

Indian Idol Junior

MEDIA COVERAGE

Print Coverage

Publication:Mumbai Mirror

Headline:Fit as a fiddle

Date:05.08.2015

Fit as a fiddle

THE gorgeous Nawaz Modi Singhania is rarely in the limelight, so when she is, she makes news. The lady, wife to India's popular scion Gautam Singhania of Raymond, is a celebrity in her own right if you are a health freak. Modi Singhania's propensity to fitness and exercise is well known, and many fans have been drawn to her Marine Drive studio, Body Art. News comes to us that Modi Singhania will be meeting the young participants of *Indian Idol Junior* at her studio today.

The lady has been training the children in fitness, nutrition, exercises to improve their voice and such. "What we want to do is stress management, lungs and diaphragm opening, positive visualisation, releasing stress physically to reduce their tiredness due to late-night shoots and anxiety," says Modi Singhania. "The kids are truly a joy to work with, each one is a winner."



Publication:Ahmedabad Mirror

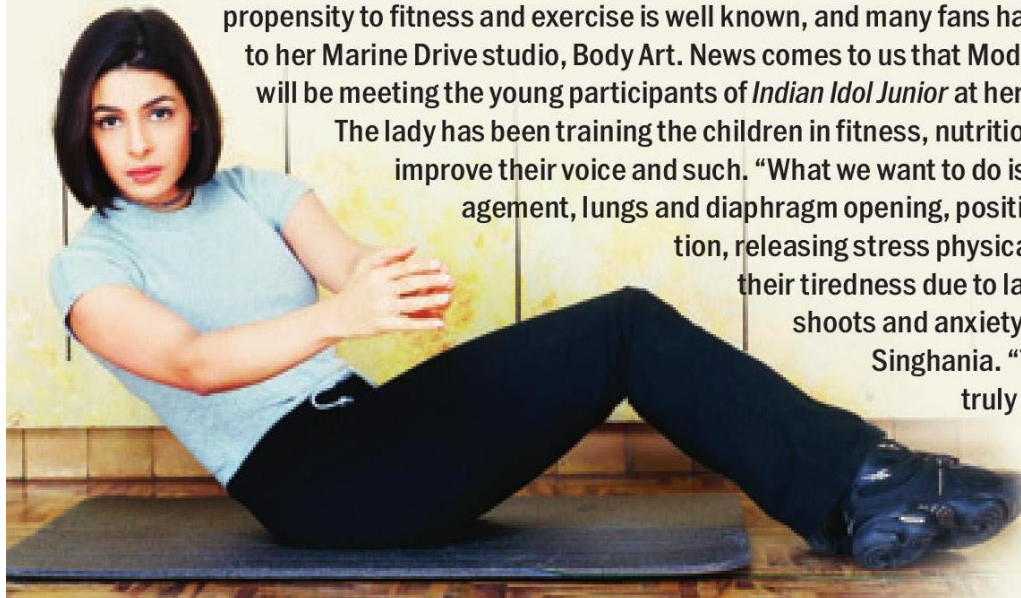
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Publication:Mid-Day

Headline:A thousand and one words

Date: 07.08.2015



Publication:Absolute India

Headline:Fit to sing

Date: 07.08.2015

Ruchita Mishra
connect@absoluteindianews.com

As the contestants are slowly paving their way to the finale, the competition on Indian Idol Junior is surely getting severe day by day. While the talented kids are having gala time training and rehearsing together, they are surely a bag of nerves on the day of their performance. Starting at a young age, it is imperative that the kids know how to maintain their calm and perform with aplomb in front of the crowd. Easy physical exercise is a great way of staying in the game and crooning with confidence and hence the channel has roped-in celebrity fitness expert, Nawaz Modi Singhania to train the contestants of Indian Idol Junior.

Nawaz Modi Singhania is a fitness and lifestyle professional and founder of Body Art. She is trained and certified in America as a fitness professional by the American Council on Exercise and International Dance Exercise Association. Nawaz launched her centre Body Art in 1992 in Mumbai with the sole intention of bringing in international fitness methods to Mumbai. She believes that body is your temple and the only way by which your soul can enjoy a human existence is when you treat it with the care and respect. She is actively involved in the Body Art Studio that offers an aerobic studio, gym, pilates hub and aqua aerobics in South Bombay. Body Art has a large team of instructors and trainers and Nawaz personally master trains every trainer/instructor according to international standards.

Nawaz has set-up a complete training program for the kids that will spread over almost four months, to enhance their voice power and that will make sure that children excel



Nawaz Modi Singhania who will be training the contestants of Indian Idol Junior for the coming four months, talks about her fitness studio and shares her experience in mentoring them

in the competition.

Speaking about the same, Nawaz says, "With the kids, we are doing Pranayams for lung strengthening, breathing and voice holding power as well as to increase stamina with various yoga asanas. Other exercises for the voice includes expanding the lungs and diaphragm, to hold the breath and voice longer and posture improvement for performance. What we spe-

cialise at Body Art is Bollywood training, zumba, salsa, merengue, reggaeton combined with cardio, box aerobics, taekwondo and body routines to improve stamina, lung capacity and overall health which is essential for singing."

Nawaz arranged for a special workshop for the children yesterday at Body Art Studio which helped them to enhance their stamina, improve lung capacity and reduce competitive stress.

On conducting this overall training, Nawaz Modi Singhania says, "These kids are such a joy to work with. They are fun, enthusiastic, spontaneous, confident and humble as well. Many a

times, we feel that we almost have a spiritual experience with them. We see them on television and on the sets; it is such a transformation. Each one is a star and they are all winners. I loved working with them and it has been fantastic all through."

The top seven contestants who were a part of this workshop are Moti Khan, Nityashree, Vaishav, Ananya, Nahid Afreen, Ranita Banerjee and Niharika Nath.

The kids will be doing Pranayams for lung strengthening, breathing and voice holding power as to increase stamina



Nawaz Modi Singhania; (inset) the fitness trainer training the kids

Publication:Lokmat

Headline:Nawaz to give training

Date: 11.08.2015



Online Coverage

Publication: MumbaiMirror.com

Headline: Fit as a fiddle

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Publication:PuneMirror.com

Headline:Fit as a fiddle

Date: 06.08.2015

PuneMirror

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Publication:Indiatoday.intoday.in

Headline:Fitness time for Indian Idol Junior contestants

Date:06.08.2015

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NEWS

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Fitness time for Indian Idol Junior contestants

Indian Idol Junior, which airs on Sony Entertainment Television, features actress Sonakshi Sinha and musicians Vishal Dadlani and Salim Merchant as judges.

IANS August 6, 2015 | UPDATED 20:23 IST

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Indian Idol contestants and fitness expert Nawaz Modi Singhania

Celebrity fitness expert Nawaz Modi Singhania has been roped in to train the contestants of the singing reality show *Indian Idol Junior*. He says certain workouts will help the contestants enhance their stamina, improve lung capacity and reduce competitive stress.

"With the kids we are doing Pranayams for lung strengthening, breath and voice holding power, as well as to increase stamina with various yoga asanas. Nutrition and oxygen improvement for the participants to improve vigour is also worked upon," Singhania said in a statement.

"Other exercises for the voice will be to expand the lungs and diaphragm, to hold the breath and voice longer. Posture improvement is important for a performer as it also hinders the lung capacity," she added.

Publication: Absoluteindianews.com

Headline: Fit to sing

Date: 07.08.2015

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Fit to sing



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Nawaz Modi Singhania; (inset) the fitness trainer training the kids

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Publication:Indiantelevision.com

Headline:Indian Idol Junior: Singing their way to fame & fitness

Date: 06.08.2015

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Indian Idol Junior: Singing their way to fame & fitness

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Friday, 07 Aug

By Papri Das

If you've been following the latest season of *Indian Idol Junior* on Sony TV, then you must be familiar with the tiny tots who have been winning hearts across the nation with their power packed singing. While these little singers have been getting vocal training to give their pro-like performance on stage, there's also another training listed in their daily schedule. The contestants are undergoing a four week-long fitness program conducted by none other than celebrity fitness trainer Nawaz Modi Singhan!

Founder of Body Art fitness studio with over twenty years of experience in training celebrities in fitness and lifestyle, Singhan is a familiar name amongst the fitness fanatics in Mumbai. She not only excels at training one's body, but helps one deal with stress related problems to bring out the best in them. With knowledge, experience and technique, there couldn't have been a better lifestyle coach for the junior idols to groom their body and mind.

Exec Lifestyle caught up with Singhan on one of her sessions with the *Indian Idol Junior* contestants Nihanka, Ranita, Vaishnav, Nithyasree, Nahid, Ananya and Moti to find out how her specially tailored fitness program for the kids, help them become a better performer on stage and in life.



Here's an excerpt:

How important is it for the contestants to maintain their bodily and mental fitness?

It is really important that you stay fit and healthy so you can cope with the rigorous training and the pressure of competition. For that the fitness program, which I have specially tailored for the kids, and proper nutrition is essential. Ultimately their success depends upon them. I also give them certificates from The Body Art studio, which explains the reason behind them doing this program, what they have covered as well as how it enriches their health and their capacity as an artist. This holds true in other realms in life as well. The competition will end but it's important that these kids continue with their fitness sessions and nutrition to make the most of their lives.

What does the four week program you have tailored for the kids cover?

I work with them three times a week. The main aim of the program is to work on their voice, so the content also includes exercises for the throat, which makes the voice more melodious. A major chunk of the program deals with increasing the lung power through cardiovascular activities, which helps in increasing the diaphragm width and the mobility and flexibility of the rib.

Another important aspect that I look after is their body posture. It's important that they have a good body posture on stage as it adds to their confidence and stage presence. Bad posture also limits one's lung capacity, and thereby affecting their singing quality. So workouts, which are aimed at enhancing their body posture is also covered within this program. We also teach them a little bit of yoga, which can be a combination of asanas, pranayams and kriyas. It helps them focus and deal with stress better.

Is their diet also covered within the program?

After going through the data available to me on each one of them I have given them information on nutrition as well. I have also asked the production team to make changes in their daily food intake based on that. There are fruits and vegetables, which are good for immunity and their voice, and foods that increases their stamina. It's important that they stay hydrated all the time.

To make sure that their voice is not damaged or hoarse, there are certain citrus and sour fruits, which need to be avoided. Additionally, too much sugar can cause damage to the vocal chords. Certain lactogenic foods need to be avoided, as they increase the chances of mucous in the glands. They are high on protein but not good for singers, especially the ones susceptible to cold.



How does this fitness program benefit the contestants?

The fitness program for the contestants has been made keeping in mind their Peak Performance Level (PPL). PPL in fitness terminology is the level at which you perform your best. If you are above your PPL, you are very high strung and worked up. You lose appetite and don't get enough sleep, you probably even forget going to the toilet. All these things add to your mental frame and the way you perform on the stage eventually. You may become too nervous, you may forget lines or even freeze on stage. So these are the ill effects of exceeding the PPL level.

On the other hand if you don't meet your PPL, you may remain an under achiever. That means you are not too bothered, you haven't prepared well enough and maybe aren't even ready to face the stage. Therefore it is very important to be at that mid-level so that you can draw the best out of yourself, and you are fully in charge of yourself. The fitness program I have created for them helps them reach that PPL.

The contestants are under constant pressure from being eliminated and rigorous voice training. How do you ensure that their fitness sessions with you don't add to the stress?

I consciously refused the organisers request for a five days session, as it's important to take those breaks in between to relax your muscles. Overtraining is a common mistake.

A few days before I was asked by the organisers if I can do a slightly shorter session with the kids, because they have been very tired and exhausted lately with late night shoots. So I switched the whole thing around. Instead of doing what I normally do with them, which is more body training like cardio vascular exercises, I focused on more stress management programs. There are various ways of achieving that. Things like visualisation, exercises that help in releasing stress on particular parts of the body, exercises that help endorphin release, etc are some of the methods.

Last week, Ranita Banerjee, the youngest of the lot, broke her arm. So I strictly advised her to refrain from the normal exercises we do. I reshaped her exercise schedule with activities, which will not hurt her or stress her arm. Instead I added physiotherapeutic exercises that will help her recover sooner.

Have you become attached with the kids?

Working with these kids has been one of my best experiences because their energy is so great. It's pure and unadulterated. And this is coming from someone who has trained celebs for years. One might think they are hard to manage but they are actually very easy. They lighten up the sessions with their jokes and masti, but as soon as we start, they are immediately focused. They are all very goal oriented and therefore serious with what they have at hand. I have a nine year old daughter myself, same age as the youngest contestant. Not getting attached to them would be the stranger thing.

Publication: Zeenews.india.com

Headline: Nawaz Modi Singhanian to train 'Indian Idol Junior' contestants

Date: 06.08.2015

Nawaz Modi Singhanian to train 'Indian Idol Junior' contestants

Last Updated: Thursday, August 6, 2015 - 19:09

Mumbai: Celebrity [fitness expert Nawaz Modi Singhanian](#) has been roped in to train the contestants of the singing reality show "Indian Idol Junior". He says certain workouts will help the contestants enhance their stamina, improve lung capacity and reduce competitive stress.

"With the kids we are doing Pranayams for lung strengthening, breath and voice holding power, as well as to increase stamina with various yoga asanas. Nutrition and oxygen improvement for the participants to improve vigour is also worked upon," Singhanian said in a statement.

"Other exercises for the voice will be to expand the lungs and diaphragm, to hold the breath and voice longer. Posture improvement is important for a performer as it also hinders the lung capacity," she added.

"Indian Idol Junior", which airs on Sony Entertainment Television, features actress Sonakshi Sinha and musicians Vishal Dadlani and Salim Merchant as judges.

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Publication:Timesofindia.indiatimes.com

Headline:Nawaz Modi Singhanian to train 'Indian Idol Junior' contestants

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Publication:Mid-day.com

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By IANS | Posted 07-Aug-2015

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Publication:Jagran.com

Headline:Nawaz Modi to train 'Indian Idol Junior' contestants

Date: 07.08.2015

'इंडियन आइडल जूनियर' के प्रतिभागियों को ट्रेनिंग देगी नवाज मोदी



मुंबई। सेलेब्रिटी फिटनेस एक्सपर्ट नवाज मोदी सिंघानिया को सिंगिंग रियलिटी शो 'इंडियन आइडल जूनियर' के प्रतिभागियों को ट्रेनिंग देने के लिए साइन किया गया है। उनका कहना है कि कुछ वर्कआउट से प्रतिभागियों को अपना स्टैमिना बढ़ाने, लंग कैपिसिटी को सुधारने और स्ट्रेस कम करने में मदद मिलेगी।

टीवी शो के सेट पर लगी आग, कोई हताहत नहीं

नवाज ने कहा, 'हम बच्चों के साथ फेफड़ों की मजबूती, सांस और आवाज को होल्ड करने की ताकत के लिए प्राणायाम कर रहे हैं और साथ ही स्टैमिना बढ़ाने के लिए योगा के अलग-अलग आसन कर रहे हैं। न्यूट्रीशन और ऑक्सिजन के सुधार के लिए भी काम किया जा रहा है।'

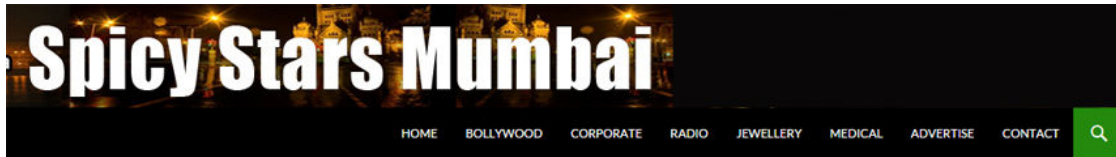
उन्होंने आगे कहा, 'आवाज के लिए बाकी एक्सरसाइज फेफड़ों और डाइअफ्रम को विकसित करेगी। सांस को रोकने और आवाज को बढ़ाने में मदद मिलेगी। एक परफोर्मेर के लिए पोस्चर में सुधार जरूरी होता है क्योंकि इससे फेफड़ों की कैपिसिटी में रुकावट पैदा होती है।'

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Publication:Spicystarsmumbai.com

Headline:Nawaz Modi Singhania trains Indian Idol Junior contestants

Date: 07.08.2015



GENERAL

NAWAZ MODI SINGHANIA TRAINS INDIAN IDOL JUNIOR CONTESTANTS

🕒 AUGUST 6, 2015 📍 RAJENDRA GANOTRA

NAWAZ MODI SINGHANIA TRAINS INDIAN IDOL JUNIOR CONTESTANTS

India's leading fitness icon is a wellness mentor to the Indian Idol juniors

Mumbai 6th August, 2015: As the contestants are slowly paving their way to the finale, the competition on Indian Idol Junior is surely getting fierce by the day. While the talented kids are having a gala time training and rehearsing together, they are surely a bag of nerves on the day of their performance. Starting at a young age, it is imperative the kids know how to maintain their calm and perform with aplomb in front of a crowd. Easy physical exercise is a great way of staying in the game and crooning with confidence and hence Sony Entertainment Television roped-in celebrity fitness expert, Nawaz Modi Singhania to train the contestants of Indian Idol Junior. She has done a complete training program for them, which is spread over almost 4 months, to enhance their voice power, making sure the children excel in the competition.

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The top 7 contestants to be part of this workshop are Moti Khan, Nityashree, Vaishav, Ananya, Nahid Afreen, Ranita Banerjee and Niharika Nath.

Stay tuned to Indian Idol Junior every Saturday and Sunday at 8:30 pm only on Sony Entertainment Television

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Publication:Tellychakkar.com

Headline:Nawaz Modi Singhania trains Indian Idol Junior contestants

Date: 06.08.2015



NEWS

Nawaz Modi Singhania trains Indian Idol Junior contestants

By TellychakkarTeam
06 Aug 2015 02:22 PM



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On conducting this overall training Nawaz Modi Singhania said, "These kids are such a joy to work with. They are fun, enthusiastic, spontaneous, confident and humble as well. They are just wonderful. Many a times we feel we almost have a spiritual experience with them. We see them on television and on the sets, its such a transformation. Each one is a star and they are all winners!! I loved working with them and it has been fantastic all through!"

The top 7 contestants to be part of this workshop are Moti Khan, Nityashree, Vaishav, Ananya, Nahid Afreen, Ranita Banerjee and Nihanka Nath.

Stay tuned to *Indian Idol Junior* every Saturday and Sunday at 8:30 pm only on Sony Entertainment Television.

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Nawaz Modi Singhania trains Indian Idol Junior contestants
Tv Talks Networks , 6 August 2015



As the contestants are slowly paving their way to the finale, the competition on Indian Idol Junior is surely getting fierce by the day. While the talented kids are having a gala time training and rehearsing together, they are surely a bag of nerves on the day of their performance. Starting at a young age, it is imperative the kids know how to maintain their calm and perform with aplomb in front of a crowd. Easy physical exercise is a great way of staying in the game and crooning with confidence and hence Sony Entertainment Television roped-in celebrity fitness expert, Nawaz Modi Singhania to train the contestants of Indian Idol Junior.

She has done a complete training program for them, which is spread over almost 4 months, to enhance their voice power, making sure the children excel in the competition.

Nawaz says, "With the kids we are doing Pranayams for lung strengthening, breath and voice holding power as well as to increase stamina with various yoga aasanas. Nutrition and oxygen improvement for the participants to improve vigour is also worked upon. Other exercises for the voice, to expand the lungs and diaphragm, to hold the breath and voice longer, posture improvement - for a performer and as it also hinders the lung capacity. What we specialise at Body Art is Bollywood training, Zumba, salsa, merengue, reggaeton combined with cardio, box aerobics, taekwondo and body routines to improve stamina, lung capacity and overall health which is essential for singing. Stress management, lungs and diaphragm opening, positive visualisation, Releasing stress physically to reduce their tiredness and fatigue due to the late night shoots and anxiety."

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