



As Naveen strikes a pose, she intricately details her work. She shares her inspirations, with a focus on a cockatrice, a mythical creature with a dragon's head and a serpent's body. She also mentions the dramatic and delicate nature of the design, and the human form.

'Some of my garas have been conceptualised and designed by me, with the gara maker. Each one takes nine to 12 months to make once the design concept is absolutely ready'

and must never be separated. However, all too often, one finds that one is sought at the cost of the other. When clients come to us at Body Art they put their physical well-being in our hands, be it fitness or health. They have put their trust in us – and we have a vitally important responsibility and duty towards them."

How has Body Art evolved over the years?

"Body Art started off 25 years ago as just an Aerobic Studio with some skeletal classes. Over time, the number of diverse mind-body class offerings grew exponentially. Now we have about 25 different types and forms of classes, including 'box-aerobics,' 'cardio-dance,' 'body sculpt,' 'anti-ageing facial fitness,' 'trampoline training,' 'side training' and so on. The first Pilates Studio and Gyrotonics in India soon followed. Our latest offering is 'Aerial Training' – where one trains off the ground, in the air, using different methods."

You've worked closely with notable personalities such as Atul and Gayatri Raju, Harsha Bhogle, Dr Swati Piramal, Elna Meswani and Bijal Meswani...

"It's been a fabulous journey so far... each client has their own special needs and we specialise in creating bespoke solutions for each individual."

How has your love affair with art matured?

"One grows and flows. Thoughts, approaches and notions all develop, change, redevelop and change again... it's a constant process. One experiments with technique, form, colours, mediums and materials. It's all a wonderful, never-ending journey."

Your solo shows have explored themes of dance, grace and form...

"I've studied human anatomy and proportion deeply. I suppose this comes from my fitness background. I've done a lot of portraits as I find them endlessly fascinating. My last show was a collection of portraits of well-known international personalities. I experimented with various mediums, styles and forms. It was such a profound journey working on that collection."

What's next for you artistically?

"Wait and watch! I'm very excited about it. I haven't revealed the theme as yet. I prefer to keep that for the show itself..." (smiles)

TEXT: FARAH PALLA
PHOTOS: ASHIMA MEHRA
HAIR & MAKE-UP: RYAN PETERSON
STYLING: SHARMA AND SONS

THE WIFE OF GAUTAM SINGHANIA, CHAIRMAN AND MANAGING DIRECTOR OF INDIA'S LEADING TEXTILE GIANT, RAYMOND LIMITED, IS ALSO A LEADING HEALTH EXPERT, A BURGEONING ARTIST AND A DIRECTOR ON THE BOARD OF RAYMOND LIMITED. SHE SPEAKS TO HELLO! ON HER LOVE FOR FASHION, FAMILY & FITNESS

You have a beautiful family...
Thank you, Niharika is really... very strongly by both - her mother and father. She actually likes her and designs clothes, goes and works with our Park Avenue design team in Thana and some of her designs have been reproduced by our team and greatly appreciated. She's also very athletic... she's a great gymnast. She's very excited about coming to my Fitness Center Body Art to workout with me. I often take her along. She dreams of teaching one day - like her mama... umm... Our younger daughter, Nisa, is just four-years-old and we're looking forward to seeing the young lady she will become.

How do you enjoy spending family time?
"In many ways. It could be just hanging out and chatting, watching TV or a movie, reading, travelling, shopping, having meals together, and so on. Just the regular, everyday sort of thing."

As a proud Parsi, tell us about your relationship with the beautiful gerg...

I just love, love, love *goraz*! Most people do, in fact! I own seven pairs – of which two were handed down to me. The rest, I either bought or had made bespoke. The ones I have are very unique, specially the three that I've designed myself. The workmanship is to die for. The fine *resham* work is usually in off-white, but also in coloured thread. This is typical to the *goraz*. I love *goraz* so much, perhaps because they are so intrinsic to our *Parsi* religion and culture. I consider *goraz* to be both classic and beautiful. I usually tend to wear them to very formal dinners or to weddings. O

How would you describe your personal style aesthetically in relation to the care?

"I would typically wear a gown with pearls or with diamonds. I prefer heavily embellished gowns with gorgeous design elements that are intricately detailed. I also prefer brighter colours. I personally stay away from pastel shades."

Who are some of your favourite gear designers?
 "My all-time favourite would be Nike."

Tell us about your holistic approach to health and fitness...
Health and fitness should be a part of your life. It's not a goal, it's a lifestyle. You should be healthy and fit every day, not just on the days you go to the gym. It's about taking care of your body and mind, and making sure you're doing everything you can to stay healthy and fit. It's about finding a balance between work, play, and rest, and making sure you're taking care of yourself every day. It's about being proactive and taking control of your health, and making sure you're doing everything you can to stay healthy and fit. It's about finding a balance between work, play, and rest, and making sure you're taking care of yourself every day. It's about being proactive and taking control of your health, and making sure you're doing everything you can to stay healthy and fit.

...go hand-in-glove. They are bedfellows ▶

"This gaze is influenced by Japan - with designs of weeping willows, bamboo, pagodas, men and women in their traditional clothes, storks and herons, bridges and moats," says Nawaz in a five-wheel time-a-time with HELLO!