

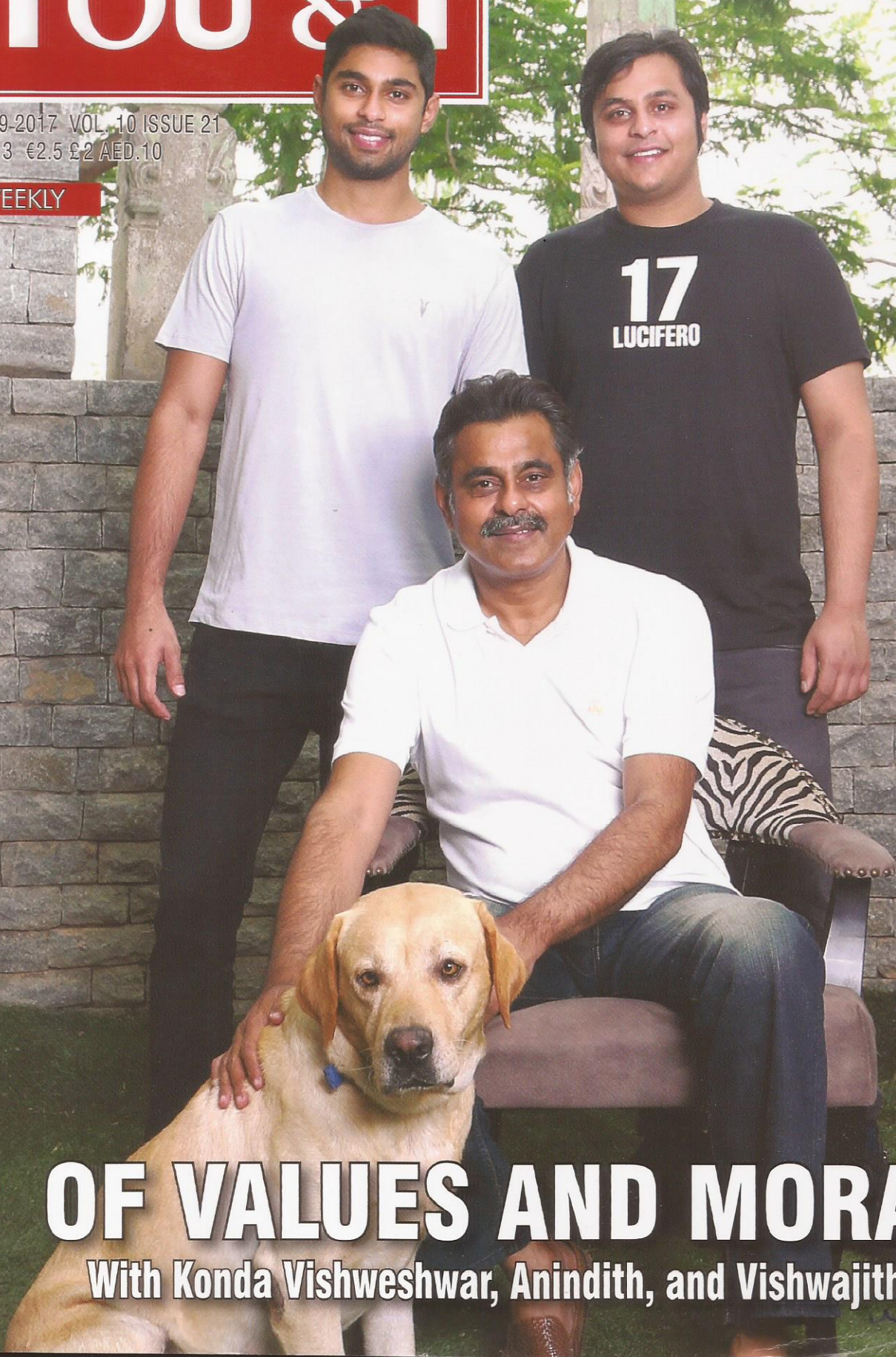
You & I

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WEEKLY

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OF VALUES AND MORALS

With Konda Vishweshwar, Anindith, and Vishwajith Reddy

Grooming the Future

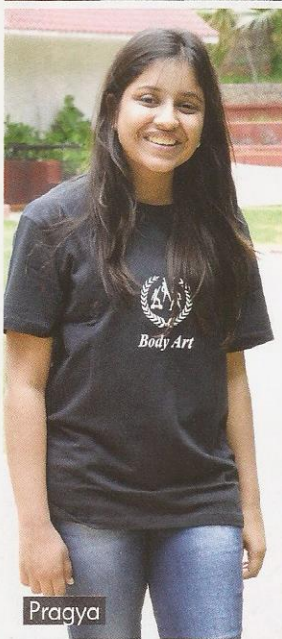
Fitness guru, wellness icon, and life coach Nawaz Modi Singhania conducted a special grooming program on June 6 and 7 at Taj Banjara. Organised by Archana Dalmia, Namita Kanodia, Ritu Dalmia, Vanita Kanodia, and Savita Bansal, this two-day program covered a plethora of topics that were directed towards transforming oneself into a smart, healthy, and confident individual. The workshop included a fitness session, nutrition guidance, training for interpersonal and communication skills, skin and hair care, dining etiquette, personality development, and more. Needless to say, the program was a huge success with the young attendees.



Nawaz Modi Singhania



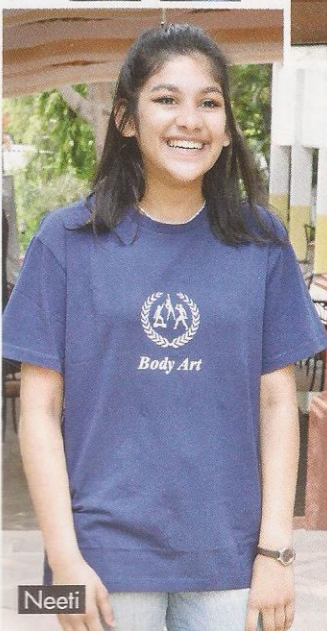
Vanita Kanodia



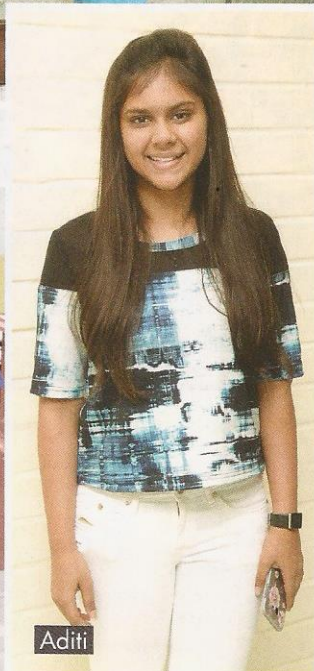
Pragya



Kavya



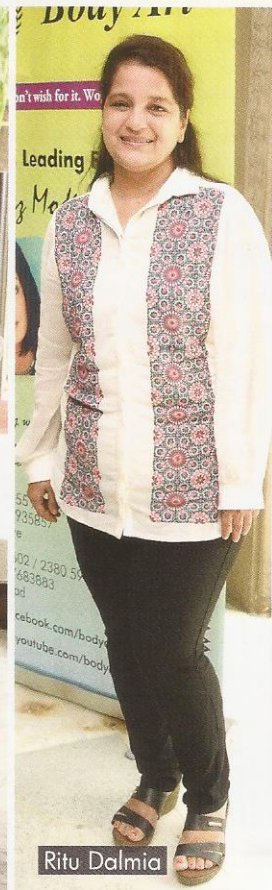
Neeti



Aditi



Archana Dalmia



Ritu Dalmia



Savita Bansal