

SP SAIF PUBLISHING

GRANIA

PAKISTAN

VOLUME 1, ISSUE 76
SEPTEMBER-OCTOBER 2022

#PINKTOBER
AWARENESS

SIZZLING NEW
AUTUMN FAVOURITES BY
CELEBRITY MAKE UP ARTIST

KANIZ ALI

PROFESSOR
Devi Sridhar
BREAKING STEREOTYPES

TOP
STORY
UK'S
NEW PM

EMIRATES
PALACE

A Palace
OF YOUR
Dreams

SHOP
PINK

GRAZIA

Editor's Note



We have a team of fashion visionaries who work passionately and tirelessly to bring you the best of global trends. We aim to strive higher and work harder to bring you the best of fashion, beauty, and lifestyle from around the globe, issue after issue.

Grazia aims to be your one-stop for everything fashion, beauty, and lifestyle-related. We hope

you enjoy reading this issue as much as we enjoyed putting it together for you.

@zahraasaifullah
www.grazia.pk

Zahraa

ZAHRAA SAIFULLAH



Page 22



Page 44



Page 52



Page 58



FEEL FIRED UP ABOUT SOMETHING YOU'VE READ IN GRAZIA? LET US KNOW...

FROM THE DEPUTY EDITOR'S DESK



This issue is a very special issue dedicated to the month of Breast Cancer Awareness. We have hand-picked everything pink for you to add to your closet a constant reminder of how important it is to get yourself routinely checked. Remember that an early diagnosis is a life saved.

We have the empowering Devi Sridhar as our cover star who shares with us her dedication to the world of academics and encourages the upcoming generation to follow their passion. We also bring to you some of the Celebrity Makeup Artist, Kaniz Ali's favourite bridal looks of the season. As the wedding season is right around the corner - we are here to inspire your big day!

In an exclusive interview, Sabina Ranger tells us all about her venture in to the world of beauty and the magic of her hit mascara.

We also have a bold beauty shoot all the way from Miami which takes us through some of the beauty looks we can don this fall.

Happy reading!

Noshmia Amir

NASHMIA AMIR BUTT



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8 becomes infinity for a world without limits!
Forever young, as Grazia.

GRAZIA

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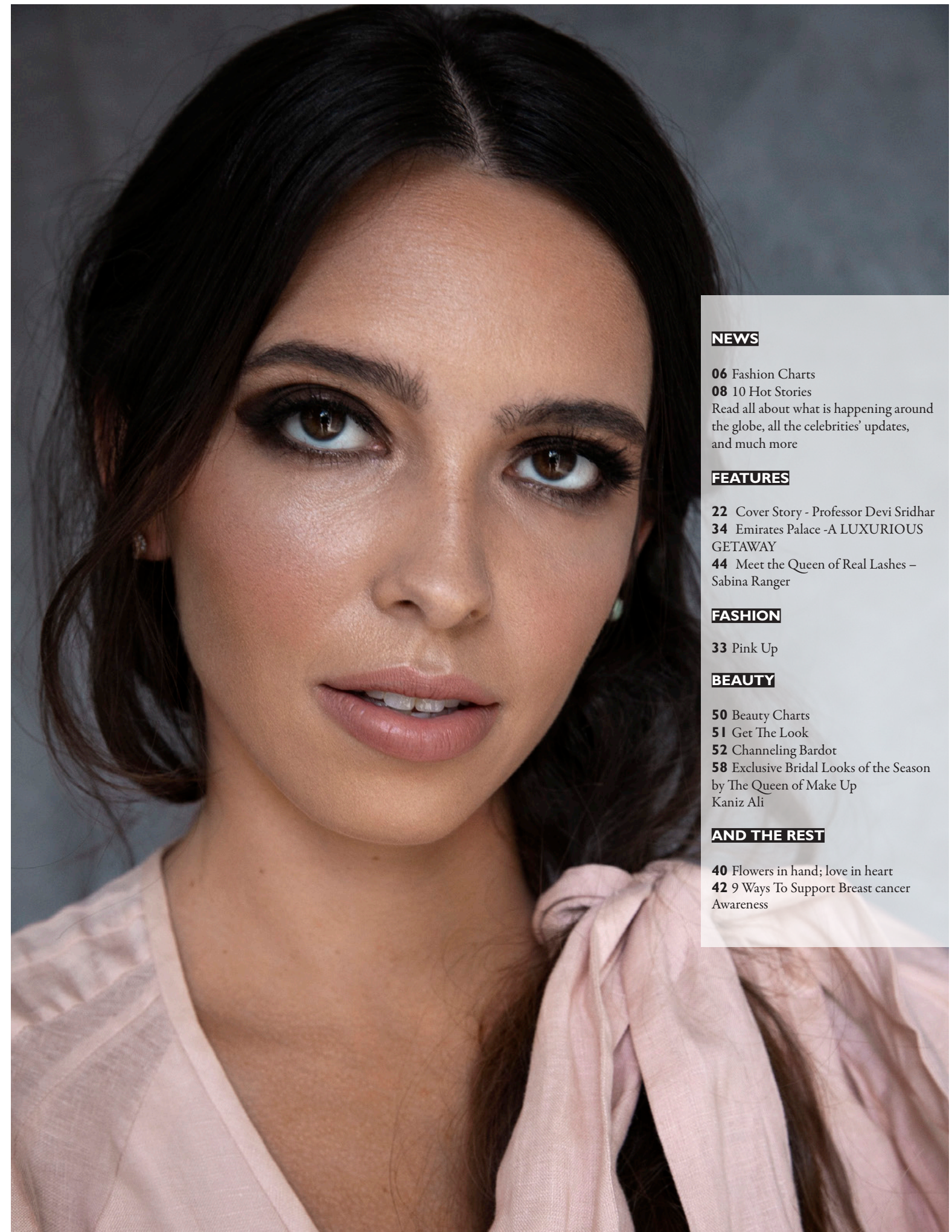
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NEWS

06 Fashion Charts
08 10 Hot Stories
 Read all about what is happening around the globe, all the celebrities' updates, and much more

FEATURES

22 Cover Story - Professor Devi Sridhar
34 Emirates Palace -A LUXURIOUS GETAWAY
44 Meet the Queen of Real Lashes - Sabina Ranger

FASHION

33 Pink Up

BEAUTY

50 Beauty Charts
51 Get The Look
52 Channeling Bardot
58 Exclusive Bridal Looks of the Season by The Queen of Make Up Kaniz Ali

AND THE REST

40 Flowers in hand; love in heart
42 9 Ways To Support Breast cancer Awareness

FASHION CHARTS

Bringing you the trendiest ten wardrobe items

1

FRAME

Looser and slouchier than classic styles, these high-waist jeans are made from premium non-stretch denim in a vibrant solid hue.

PKR 48,000

www.nordstrom.com



2

KURT GEIGER

A signature crystal-encrusted eagle head embellishes a geo-quilted wallet fashioned with a zip-around closure to secure your smaller essentials.

PKR 23,000

www.nordstrom.com



4

HERMÈS

The Oran sandals are truly the ultimate classics! This month, the pink color stands out for us the most.

PKR 145,000

www.hermes.com



6

GUCCI

These full-coverage shades are reminiscent of a bygone era in a contemporary evolution of the late '50s silhouette.

PKR 120,000

www.gucci.com



5

TOPSHOP

Extended cuffs put a contemporary spin on a classic point-collar shirt in lightweight cotton poplin.

PKR 16,000

www.asos.com/topshop



3

ALEXANDER MCQUEEN

Signature Alexander McQueen skull imagery brings Gothic-chic style to a tissue-weight modal scarf crafted in Italy.

PKR 67,000

www.alexandermcqueen.com



8

VERSACE

A signature Medusa head stands out on a leather satchel that comes with two different shoulder straps.

PKR 540,000

<https://www.nordstrom.com/>



BLACK HALO

Look polished and professional in this figure-flaunting jumpsuit that pairs a dramatic tie neck and puff sleeves with wide-leg pants.

PKR 135,000

www.blackhalo.com

9

10

VALENTINO GARAVANI

A tonal VLOGO buckle fronts this smooth calfskin belt, adding a touch of metallic gleam to a style done in a wider, bolder silhouette.

PKR 240,000

<https://www.valentino.com>



7

SWAROVSKI

A dramatic trilliant cut Swarovski crystal adorns a rhodium-plated cocktail ring for glamorous sparkle.

PKR 40,000

www.swarovski.com



10 HOT STORIES

EVERYONE'S BEEN TALKING ABOUT...

01



'JOYLAND' IS PAKISTAN'S ENTRY FOR OSCARS 2023

After much deliberation, Pakistan's Oscars Selection Committee has shortlisted Joyland as the country's submission to the 95th Academy Awards for the 'International Feature Film Award' category.

entries, including *Close* by Belgian director Lukas Dhont and *Tchaikovsky's Wife* by Kirill Serebrennikov. Both were hot contenders for the Cannes Festival's top Palme d'Or award. *Joyland* had left the Cannes audiences slack-jawed too, receiving roughly an over 10-minute standing ovation from the opening night's crowd.

After experiencing raging applause in France, the short queer drama won another award at the Indian Film Festival of Melbourne (IFFM). *Joyland* won in the Best Film from the Subcontinent category at the prestigious festival.

A tale of the sexual revolution, *Joyland* tells the story of the youngest son in a patriarchal family who is expected to produce a baby boy with his wife. He, instead, joins an erotic dance theatre and falls for the troupe's director, a trans woman.

The award-winning film is set to release in Pakistan on November 18.

The film will mark the ninth submission by the Pakistani Academy Selection Committee having previously submitted *Zinda Bhaag* in 2013, *Dukhtar* in 2014, *MOOR* in 2015, *Mah-e-Mir* in 2016, *Saawan* in 2017, *Cake* in 2018, *Lal Kabootar* in 2019 and *Zindagi Tamasha* in 2020 to represent the best of Pakistani cinema for award consideration in the International Feature Film category. ■

THE ACADEMY of Motion Picture Arts and Sciences will choose the final nominees for all award categories including International Feature Film in December 2022. The complete and final list of Oscar nominees will be announced on January 24, 2023, with the presentation show for the 95th Academy Awards scheduled to take place on March 12, 2023.

Written and directed by Saim Sadiq, and produced by Apoorva Guru Charan, Sarmad Sultan Khoosat and Lauren Mann, *Joyland* features Ali Junejo, Rasti Farooq, Alina Khan, Sarwat Gillani, Salman Peerzada,

Sohail Sameer and Sania Saeed.

Speaking about the selection of his recent offering, writer and director Saim Sadiq has said, "I am humbled, thankful, and excited about this immense honor to represent Pakistan at the Oscars with a film that I truly believe is an honest and compassionate representation of who we are as people. I hope that the joys and sorrows of these characters foster empathy amongst the viewers in Pakistan and abroad. In the coming months, we will need many duas and good wishes from our people for the road ahead."

The director went on to add, "We always complain about how - despite the presence of many great artists in all fields - Pakistani art has remained grossly underrepresented in the world. This year, however, has been different already. So, I'll take this moment to feel hopeful. With my gratitude to the selection committee, I wish the best of luck to *Joyland* and to Pakistan!"

Producers Apoorva Guru Charan and Sarmad Sultan Khoosat have said, "The journey of making *Joyland* has brought together the most wonderful team from around the world, united in a truly South-Asian, universally human story

from Pakistan. We are so grateful to the committee - with this entry, we get to share *Joyland* with a larger audience. With love from Pakistan, to the world."

The Saim Sadiq directorial is a befitting pick, granted its success at Cannes and following global acclaim. In May, the film won the Queer Palm prize for best LGBT, queer or feminist-themed movie at Cannes. The first-ever Pakistani competitive entry at the festival, the film also won the Jury Prize in the 'Un Certain Regard' category, a segment focusing on young, innovative cinema talent.

Joyland beat several power-packed



02

Covid-19 virus engineered in a laboratory, claims new research

A TEAM of three researchers concluded that Sars-CoV-2 was a genetically modified virus, after comparing its structure to that of “wild” and laboratory-borne equivalents, according to a report published.

Sars-CoV-2 literally has “fingerprints” of genetic manipulations, according to a preprint released by Valentin Bruttel of Germany’s Wuerzburg University, Alex Washburne of the US-based Selva Analytics research centre and Antonius VanDongen of Duke University.

The paper published this week reported that the three scientists had found a recurring genetic structure element called a restriction site, which they describe as a sign of the virus’ genome having been “stitched” together.

“To make a virus in the lab, researchers usually engineer the viral genome to add and remove stitching sites, called restriction sites. The ways researchers modify these sites can serve as fingerprints of in vitro genome assembly,” the paper, which has not yet been peer-reviewed, claims.

The structure of Sars-CoV-2 is “anomalous in wild coronaviruses” but “common in lab-assembled viruses,” it adds, pointing to the certain “synonymous or silent mutations” that differentiate the restriction sites. The

The virus — SARS-CoV-2 — that caused the Covid-19 pandemic did not have a natural origin and it was most likely created in a laboratory, German and American scientists have claimed in a new research.



concentration of such mutations “is extremely unlikely to have arisen by random evolution,” the preprint says.

The study results show that “this virus is 99.9 per cent an artificial, probably manipulated, copy of a natural virus”, Bruttel told Germany’s ntv news media outlet. The researcher said that, during his study, he found the signs of similar manipulations he carries out daily to create protein-based drugs for autoimmune diseases.

Bruttel, who holds a doctoral degree in the field of immunology and was awarded this year’s Innovation Prize at German Biotechnology Days – the national forum of the biotech industry – told ntv he had been working on the study since summer 2021, when he first noticed abnormalities in the virus genome.

The study, however, has been promptly lambasted by other immunologists, including Kristian Andersen of the Scripps Research Institute in La Jolla, California.

Andersen branded the paper “nonsense” that was “so deeply flawed that it wouldn’t pass kindergarten molecular biology”. He also presented his own version of Sars-CoV-2 genome analysis in a series of tweets.

German virologist Friedemann Weber, who leads the Institute for Virology at the University of Giessen, said that the “fingerprints” found by Bruttel and his colleagues do not necessarily point to the artificial origin of the virus, since genetic manipulations with it are possible even without the techniques the study was pointing to.

At the same time, he admitted that one “can actually do it like” the study suggests it was done but called such a method “not necessary and actually more complicated”. ■



HE REPLACES Liz Truss – the shortest-serving UK PM – who resigned last week after just 44 days in the role. She was brought down by her economic programme which roiled financial markets, pushed up living costs for voters and enraged much of her own party

Sunak, the 42-year-old former finance minister, will become Britain’s third prime minister in less than two months.

Boris Johnson, who was ousted as prime minister by his lawmakers in July, was aiming to make what would have been an extraordinary political comeback, before quitting the race.

Sunak, one of the wealthiest politicians in Westminster, will become prime minister when invited to form a government by King Charles.

A former Goldman Sachs analyst, Sunak will be the United Kingdom’s first prime minister of Indian origin.

Sunak’s family migrated in the 1960s to Britain, which ruled India for about 200 years before the South Asian country gained independence in 1947 after a long struggle led by Mahatma Gandhi.

Sunak is the son-in-law of Indian billionaire NR Narayana Murthy, founder of Indian outsourcing giant Infosys Ltd.

Revelations that Sunak’s wife Akshata Murthy, an Indian citizen, had not been paying British tax on her foreign income through her “non-domiciled” status – available to foreign nationals who do not see Britain as their permanent home – hurt Sunak ahead of his race against Truss in the summer.

Murthy, who owns a 0.9% stake in Infosys, later said she would start to pay British tax on her global income.

She and Sunak entered The Sunday Times UK Rich List at number 222 with a reported net worth of 730 million pounds, the Sunday Times newspaper reported in May.

Sunak’s colleague Braverman, currently Britain’s attorney general and also in the race to succeed Johnson, was born into a Christian family of Indian origin. Her parents migrated to Britain in the 1960s from Kenya and Mauritius.

She has previously spoken about her parents, saying they came to Britain with nothing.

In 2017, Braverman posted on Facebook that her mother was awarded



03

RISHI SUNAK: UK’S NEW PM

Rishi Sunak has won the Tory leadership race to become the United Kingdom’s next prime minister, the first person of Indian origin in the country’s history.

the British Empire Medal for 45 years of service in the National Health Service as a nurse and for voluntary work abroad.

Sunak is tasked with steering the country through an economic crisis and mounting anger among some voters.

A nationwide election need not be called for another two years, but opposition parties said voters should now be given a say.

The opposition Labour Party leads the government by more than 30 points in some opinion polls. ■





'THE LEGEND OF MAULA JATT' BEATS BOLLYWOOD FILMS AT GLOBAL BOX OFFICE

Bilal Lashari's *The Legend of Maula Jatt* has proven to be a success through and through not just in Pakistan but at the international box office as well.

THE FILM entered the coveted Rs100 crore club on the 10th day of its release and seems to have surpassed two recently released Bollywood films at the global box office.

Two Diwali releases, Akshay Kumar and Jacqueline Fernandez's *Ram Setu* alongside Ajay Devgn and Sidharth Malhotra's *Thank God*, failed to attract an international audience. Indian film trade analyst took to Twitter and shared that Fawad Khan and Mahira Khan-starrer has managed to pull in more numbers on its 13th day than the aforementioned Indian films on their day of release.

"*Ram Setu* and *Thank God* at least managed fair

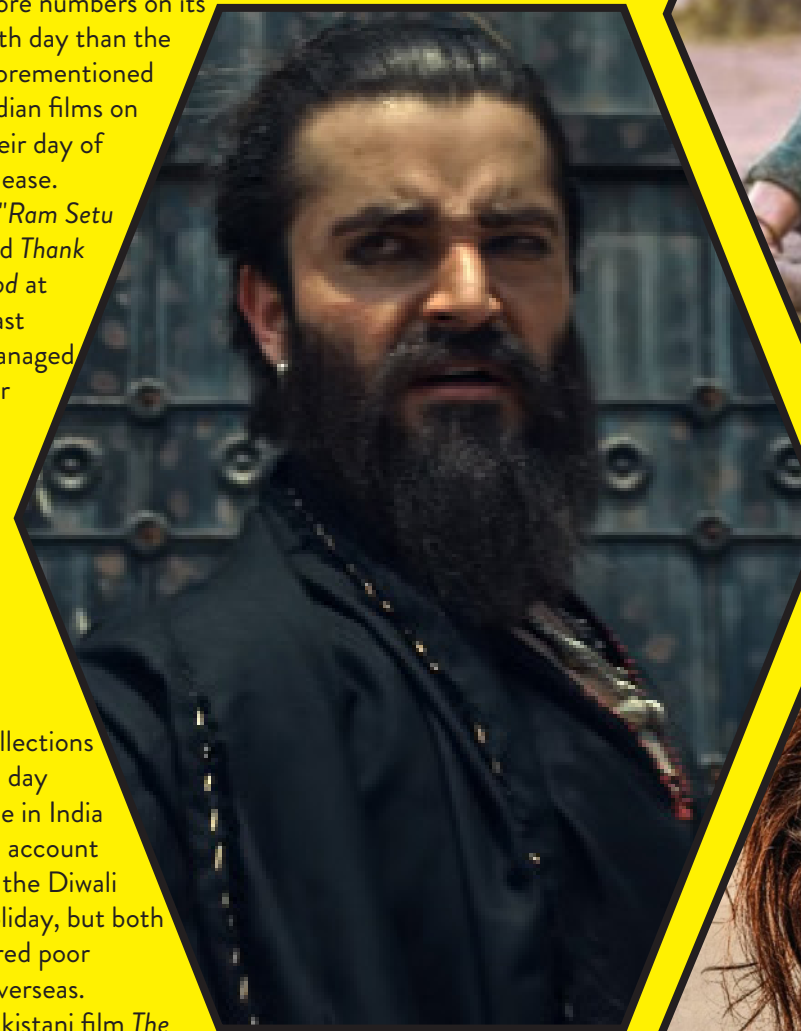
collections on day one in India on account of the Diwali holiday, but both fared poor Overseas.

Pakistani film *The Legend of Maula Jatt* on 13th day is higher than both Bollywood films on their 1st day," Nahta shared on Twitter. Adding numbers to support his claim, he shared box office figures from several countries. "Canada, Tuesday, October 25, 13th day of *The Legend of Maula Jatt*: \$31,183. *Punjabi* [film] *Honeymoon*: \$20,923, *Thank God*: \$14,444; and *Ram Setu*: \$12,714."

Nahta further shared, "UK: Tuesday, October 25, 13th day of *The Legend of Maula Jatt* is £32,261. *Ram Setu* (Day 1) £11,794; *Thank God* (Day 1) £11,884." Revealing Australia's numbers of the

same day, Nahta tweeted, "*The Legend of Maula Jatt* is \$10,282. *Ram Setu* (Day 1): \$11,307 and *Thank God* (Day 1): \$9,273."

A reboot of Yunus Malik's 1979 cult classic *Maula Jutt*, the film is a re-telling of the story of the rivalry between Maula Jatt



and Noori Natt. Directed by Lashari, *The Legend of Maula Jatt* also stars Khan, Hamza Ali Abbasi, Humaima Malick, Mirza Gohar Rasheed, Faris Shafi, Ali Azmat, Nayyer Ejaz, Shafqat Cheema, Raheela Agha, Zia Khan and Saima Baloch. ■

ALI SETHI FEATURED IN 'TIME' 100 LIST OF EMERGING LEADERS INFLUENCING THE WORLD

Time Magazine's annual list of emerging leaders influencing the world – titled, TIME100 Next – is out, and we are proud to announce that Pakistani singer Ali Sethi has fittingly made the cut.



05

THE PASOORI hitmaker took to his Instagram to share the big news. "Proud to be included in the 2022 TIME100 Next list – that too with a write-up from guru Amitav Ghosh," he penned alongside screenshots of the write-up attached on his Instagram. "[In] this old-world portrait of me by Umar Nadeem, I am wearing ZN ALI and looking *pyaar-se* [lovingly] at the pre-colonial past," added the singer.

Ghosh acknowledges Sethi's globe-trotting hit in the listicle shared. "Though written in Punjabi by a Pakistani artist, Ali Sethi's song *Pasoori* has become a global sensation with

close to 400 million views on YouTube. Even more remarkable, the song has found a huge following in neighbouring India despite the escalating tensions between the two countries."

According to the award-winning author, Sethi's "gift" is that he can use an ancient form of music, the classical raags, to "challenge and expand the notions of gender, sexuality, and belonging." He goes on to add,

"*Pasoori* is a virtuoso demonstration of how artists can, in subtle ways, subvert the restrictions that are being imposed upon them by new forms of authoritarianism and intolerance."

Ghosh asserts that the *Chan Kithan* singer is doing more than spinning melodies out of words. "Sethi shows us that differences of culture, language, religion, and gender do not need to be antagonistic, they can, and always have, enriched us, and given us some of our greatest works of art."

News of Sethi's latest feat has been met with love from around the world, including the likes of filmmaker Sharmeen Obaid-Chinoy, artist Misha Japanwala and activist Malala Yousafzai. ■



AFTER DRAMAS, MALALA GETS INTO FILM PRODUCTION WITH THREE APPLE PROJECTS



06

Last year after partnering with Apple Inc to produce several dramas, Pakistan's youngest Nobel Prize Laureate Malala Yousafzai has now signed a deal for three films.

HER PRODUCTION company Extracurricular has partnered with the indie studio A24 for a still-untitled feature documentary on the legendary "haenyeo" society of fisherwomen, who live on South Korea's Jeju Island.

The Apple Original Films title is directed by Peabody Award nominee Sue Kim (*The Speed Cubers*) and is the first project to go into production from Extracurricular's partnership with Apple TV+, which was struck in March 2021.

The publication revealed that the first project in the upcoming slate is a feature film adaptation of Elaine Hsieh Chou's acclaimed book *Disorientation* - a satire published earlier this year about a college student's revealing dissertation on a young poet. The outlet further revealed that the project will be produced by *Don't Look Up* helmer Adam McKay's Hyperobject Industries, with Stephanie Mercado and Todd

Schulman overseeing. A director has not been named.

The second project which was announced by Malala's production house was a scripted series based on Asha Lemmie's coming-of-age novel *Fifty Words for Rain*, about a woman's search for acceptance in post-World War II Japan. Overall, the Apple pact will cover dramas, comedies, documentaries, animation and children's series.

"What I hope to bring to the table are the voices of women of color, and debut writers and Muslim directors and writers," Malala told the publication. "I hope we can have a wide range of perspectives and that we challenge some of the stereotypes we hold in our societies. And I also hope that the content is entertaining and that people fall in love with the characters and have the best time together." ■



07

Sajid Sadpara

becomes first Pakistani to climb Mount Manaslu's 'true summit'

SON OF RENOWNED HIGH-ALTITUDE CLIMBER MUHAMMAD ALI SADPARA SUCCESSFULLY SCALED THE WORLD'S EIGHTH HIGHEST PEAK - MOUNT MANASLU - IN NEPAL WITHOUT THE AID OF SUPPLEMENTARY OXYGEN.



SAJID HAS become the first Pakistani to climb the 'True Summit' of Manaslu. Mount Manaslu is 8,163 metres above sea level. It is in the Mansiri Himal, part of the Nepalese Himalayas, in the west-central part of Nepal. The name Manaslu means "mountain of the spirit".

Before Sajid achieved the feat, his expedition reportedly avoided an avalanche which struck below C-4. He had crossed 8,000m at this time.

Sajid has already summited K2 (8,611m) twice. The mountaineer has also climbed the peaks of Gasherbrum-I (8,080m) and Gasherbrum-II (8,035m) without additional oxygen.

In July last year Sajid had retrieved the bodies of three missing climbers including his father, who went missing while attempting to summit K2 in February 2021, from the 'Bottleneck' and secured them at Camp-4.

According to Sajid and government officials, the bodies were found below the Bottleneck by Sherpas.

Ali Sadpara, along with two colleagues – John Snorri Sigurjónsson from Iceland, and Juan Pablo Mohr Prieto from Chile – were declared dead on February 18, nearly two weeks after they went missing on the 'Savage Mountain'.

The trio had lost contact with the Base Camp on February, 5 while attempting an unprecedented winter ascent without supplemental oxygen. ■



Rihanna to perform at Super Bowl Halftime show next year

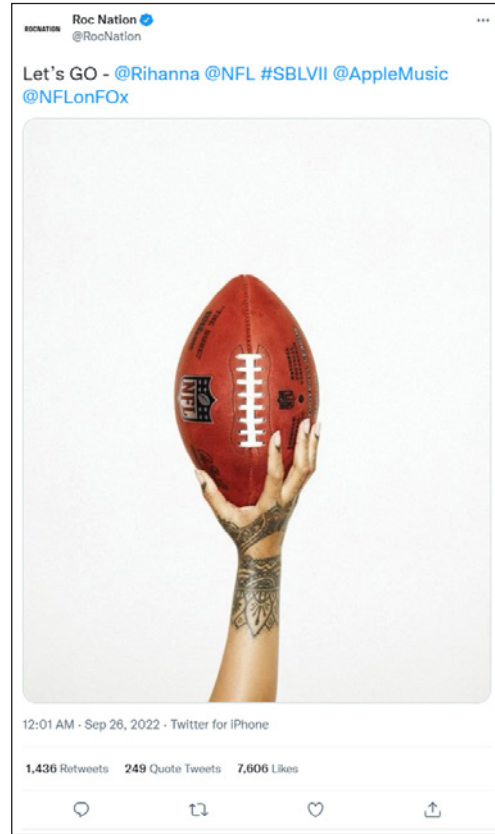
08

Superstar Rihanna will return to the stage for the Super Bowl halftime show in February, Apple Music - the main sponsor of the event, which draws massive audiences each year.

"IT'S ON. Rihanna will take the stage for the first-ever Apple Music Super Bowl Halftime Show on 2.12.23," Apple Music said in a tweet featuring a photo of the *Umbrella* and *Diamonds* singer's raised hand holding a football. Rihanna, 34, and the NFL also tweeted the same image.

The Barbadian-born Robyn Rihanna Fenty has in recent years put music aside, at least publicly, to focus on her cosmetics brand Fenty Beauty. The entertainment and fashion mogul's Super Bowl performance will follow an impeccably choreographed 2022 halftime show that featured rap legends including Dr. Dre, Snoop Dog and Eminem.

The 2021 halftime show featured Canadian artist The Weeknd, while Jennifer Lopez and Shakira performed



the year before. The halftime show has since 2019 been produced by Roc Nation, founded by New York rapper-turned-businessman Jay-Z. Apple Music announced in September that it would be the main sponsor of the event, ousting Pepsi and reportedly paying \$50 million for the privilege. The 2022 Super Bowl, in which the Los Angeles Rams defeated the Cincinnati Bengals, drew an average of 112.3 million viewers on television and streaming, according to NBC Sports. ■



MUSK BEGINS HIS TWITTER OWNERSHIP WITH FIRINGS, DECLARES THE 'BIRD IS FREED'

09

Elon Musk has taken ownership of Twitter Inc with brutal efficiency, firing top executives immediately but providing little clarity over how he will achieve the lofty ambitions he has outlined for the influential social media platform.

"The bird is freed," he tweeted after he completed his \$44 billion acquisition, referencing Twitter's bird logo in an apparent nod to his desire to see the company have fewer limits on content that can be posted.

The CEO of electric car maker Tesla Inc and self-described free speech absolutist has, however, also said he wants to prevent the platform from becoming an echo chamber for hate and division.

Other goals include wanting to "defeat" spam bots on Twitter and make the algorithms that determine how content is presented to its users publicly available.

Musk has not offered details on how he will achieve all this and who will run the company. He has said he plans to cut jobs, leaving Twitter's 7,500 employees fretting about their future. He also said he did not buy Twitter to make more money but "to try to help humanity, whom I love."

Musk fired Twitter Chief Executive Parag Agrawal, Chief Financial Officer Ned Segal and legal affairs and policy chief Vijaya Gadde, according to people familiar with the matter. He had accused them of misleading him and Twitter investors over the number of fake accounts on the platform.

Musk, who also runs rocket company SpaceX, plans to become Twitter's CEO after completing the acquisition and also plans to scrap permanent bans on users. ■



FEROZE'S CO-STARS REACT TO ABUSE ALLEGATIONS

Since Syeda Aliza Sultan submitted evidence in court of having suffered alleged physical abuse at the hands of her ex-husband Feroze Khan, many celebrities, including Feroze's co-stars, have been speaking up against domestic violence on social media.

10



Many have expressed solidarity with Aliza and some are also spreading awareness about trauma survivors. Actor Ushna Shah, who is Feroze's Habs co-star, expressed her "shock" at the news. Taking to Twitter, the Baaghi star extended her support for Aliza. She said, "I am still processing this and in a state of shock. Nothing can justify violence against women."

Soon after, the director emphasised that one must "separate the art from the artist." Malek went as far as calling Feroze an "a**hole," however, his account appears to have been deactivated ever since. After receiving many requests, Dania Enwer also shared her unpleasant experience with Feroze on the sets of Habs.

Ushna Shah @ushnashah · Follow

I am still processing this and am in a state of shock. Nothing can and will justify violence against a woman. My heart is with Alizah as well as Sultan, and Fatima.

Ushna
3:20 PM · Oct 25, 2022

2.7K Reply Share

Read 69 replies

In an Instagram story, she noted, "I never knew him before this project, but while working he made unpleasant and derogatory remarks about women. It was not easy to cope with, and my last day of shooting with him was the most painful."

musaddiqmalek HABS Tonight 8 PM.

-the hardest upload so far!

-a team of 40 people worked day and night for 100+ days to put up a show with litreally blood and sweat. can't let some ignorant, self-centered, egoistic man to ruin that for all of us. Please keep the art (HABS)seprate from the artist ie (asshole) in this case.

#iwillspeak #undercontract

43m

Dania concluded her statement by voicing her support for Aliza and her family. She said, "It is not easy to bring your trauma in front of the public." Khuda Aur Mohabbat 3 star Hira Soomro also expressed her "shock" and "disappointment" at the news online. She shared a photo of Feroze, writing, "Why should a woman get a beating for any man to feel better about himself?"

dania_enwer 3 h

From create mode

I hope all the fans who kept asking me please tell us how was your experience...

Many reasons I didn't respond

I never knew him before this project but while working, it was unpleasant, derogatory remarks on women in general were not easy to cope with. My last day of shoot with him was the most painful to deal with.

Strength to Alizay and the kids to Alizay's family. It's not easy to bring your trauma in front of public.

Feroze has denied all evidence of abuse against him, while more celebs continue to speak against domestic violence in Pakistan and its lack of accountability.

WHY SHOULD WOMEN BE BEATEN DOWN FOR ANY MAN TO FEEL BETTER !!??



Shocked and disappointed!!
#Ferozekhan
Say NO to violence stand with those who need justice Alizeh I'm with you!
#JusticForAlizaSultan
#SyedaAlizayFatima

She further voiced her support for Aliza by stating, "Say no to violence and stand with those who need justice. Aliza, I am with you!" Ayesha Omar, on the other hand, spoke about trauma survivors, highlighting where her stance lies regarding abuse victims.

Dr. Glenn Patrick Doyle @DrDoyleSays

It can be ENORMOUSLY frustrating to trauma survivors who struggle w/ falling asleep or staying asleep, to be CONSTANTLY told how important sleep is.

Yes, we know. Believe me: no trauma survivor is skipping on sleep just to be difficult.

10:00 PM · 10/23/22 · Twitter Web App

@drdoylesays

Thank you 🙏
Yes we do

PROFESSOR

DEVI SRIDHAR

BREAKING STEROTYPES

In our current issue, Grazia's Front Cover Creative Director - Kaniz Ali has had the pleasure of glamming up and catching up with our cover star, inspirational world renowned public health researcher - Devi Sridhar FRSE who is both Professor and Chair of Global Health. In this exclusive interview Devi opens up to Kaniz about breaking stereotypes, health, education and much more!

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Outfits by : Raishma Couture

Hair / Make Up / Styling : Kaniz Ali assisted by Mehreen Syed

Location: Grosvenor Suites, Edinburgh



“ I tell young women to be confident, bold, and not to be judged by other people’s expectations or judgement. You do you. ”

Grazia: What inspired you to head into the world of research?

Devi Sridhar: My grandmother who lives in Chennai has been a huge source of inspiration. She did her PhD quite late in life (after raising her family and helping raise her grandchildren) and always enjoyed research and writing. Quite simply, research is finding out more information about a particular topic- and in universities, this is done in a tightly structured way through working in a lab doing experiments, or collecting data during fieldwork, or analysing data in order to answer pressing problems and offer solutions. And over the decades, that research builds into a particular expertise.

I used to spend a lot of time in libraries as a child and teenager. It’s one of the few places to go without spending any money, which is welcoming to anyone, and where I could spend hours reading, learning about a new topic and writing.

Grazia: Were you always aware you wanted to become a researcher from a young age?

Devi Sridhar: I wasn’t clear that I would become an academic and work at a university. But I enjoyed school, reading, books, ideas, really anything that involved learning more about the world, understanding how things worked and why, and then trying to get information from wherever I could. Back then it was libraries, books, encyclopaedias, teachers- that was

before the internet and online resources. Now whatever information you want- whatever you want to learn about- all you need is the internet and it’s all there.

I think many young people don’t know what they want to do with their life- and my advice for them is to do something you enjoy, make sure you’re also good at it through practice and training, and then see where your skills are needed. This can change over time- when I was younger I wanted to be a pediatrician, then I wanted to work with animals, then I wanted to be a tennis player, before ultimately seeing that an academic career was the best fit for my interests.

Grazia: You hold many positions including being a Professor and Chair of Global Health at the University of Edinburgh, Head of the Global Health Governance Programme and an author of 3 books. You also regularly contribute to BBC World Service, CNN, Channel 4 News, and BBC Radio 4. How do you manage personal life and working life?

Devi Sridhar: If you enjoy what you do, you’ll never work a day in your life. And that’s how life feels to me. I enjoy my work- it’s meaningful in that I think it does help make the world a better place- and improve people’s lives. So this gives me the energy and motivation each day to pursue my research projects, do university teaching, but also share this information with the wider world through going on

TV, or writing a column for the Guardian, or presenting radio documentaries. Work doesn’t feel like work to me: it feels like a vocation, it feels meaningful and it feels fun. Not always, but most of the time. But I also make time for other things that make me feel happy: seeing friends and family, and also baking. I love following a recipe, baking a cake or biscuits or something yummy, then sharing these with loved ones. Having outlets outside of pure work are important: they create a balance.

Grazia: You have some incredible achievements from a young age. You were promoted to Professor and Chair at the University of Edinburgh at the age of only 30. What’s the best advice you can give to someone who is looking to enter the same career path?

Devi Sridhar: Education, education, education! Study hard and take advantage of opportunities to learn. Education is the one thing that no one can take away from you- so though it can be difficult at times, stay in school, go to university, keep studying, keep reading, keep learning from senior people in your area of research, and don’t be afraid of hard work. It won’t feel like work if it’s an area you’re passionate about. Also when you’re looking to do research, go for a puzzle or research question that no one else is looking at - be original and creative. That’s where breakthrough





findings are done. It's looking at a problem in a different way, or being willing to re-analyse data and question what's been done before, and being open to trusted colleagues input. I always cross-check my work and listen to others in the field.

Grazia: What has inspired you to write *The Battle Against Hunger* (Your book that was released in 2008)?

Devi Sridhar: While I was doing a masters degree at Oxford, I was offered a fully-funded place at Harvard Law School. And when having to sign a lease on a flat in Boston, I decided that I'd rather go to India and do research on infectious disease, malnutrition and poverty. I chose to take a different path that tied into my passions in public health and well-being. And so I did my PhD at Oxford based on fieldwork in India, and this became the book *The Battle against Hunger*. It documents the extent of hunger in India, efforts to address this problem and proposes solutions. It's hard to write the first book: there's a sense of "can I do this?" or a "will people read it?" and "is it good enough?" - all those questions went through my head and I just kept working away one day to the next.

Grazia: Tell us more about your latest publication: *Governing Global Health: Who Runs the World and Why?*

Devi Sridhar: Chelsea Clinton and I met in Oxford while she was finishing her PhD on the Global Fund to Fight HIV/AIDS,

TB and Malaria and I was doing a postdoc fellowship focused on the World Bank and the World Health Organization. We decided to combine our interests and research into a book looking at global efforts to improve health - how the UN works, what it tries to do, and how it could work better especially in low and middle income countries.

This book was timely as it came out just after the 2014 West Africa Ebola crisis and so could summarize some of the lessons learned and how the world could respond better in the future. I think that book was useful to those working in global health in governments and UN bodies, but also students in the field wanting to understand how the system works, and where the gaps are.

Grazia: Can you tell us about your future goals and aspirations?

Devi Sridhar: I've been fortunate to have great mentors and people who've guided me through my career. So I'd like to help other people, especially those from underrepresented groups like women, in their career. It feels like an obligation to build a ladder - or a climbing frame as life isn't always going in one direction - and support young people. My team in Edinburgh is a fantastic mix of people from all kinds of backgrounds because diversity makes for a smarter and better team. And I tell young women to be confident, bold, and not to be judged by other people's

expectations or judgement. You do you. I'd love to continue writing articles and books on global health topics as well as recording radio shows and documentaries in this space. Outside of work, I want to become a better baker, perhaps try to be more creative with cakes, as well as start leading outdoor bootcamps to get more people into exercise and moving.

Grazia: You've achieved an incredibly inspiring amount by the age of 38, what would you say has been the highlight of your career and some of the most memorable achievements?

Devi Sridhar: I've had a meaningful career - and there are many moments. But one clear highlight is that I could contribute to the World Health Organization and governments responses across the world during a major public health crisis. I worked closely with ministers, senior leaders, scientists, and this was only because I had spent years before building up expertise in global public health. Another huge moment was having my last book *Preventable* make the Sunday Times best-seller list. To have arrived in Britain with two suitcases in 2003 as a student who wasn't sure she was smart enough for Oxford - and to go from that to having my book read across the UK and seeing it on that list in the Sunday Times on a Sunday morning - that was a special moment.

Grazia: During the pandemic you played a vital role in the UK media, tell us about

your experience throughout that time.

Devi Sridhar: The pandemic affected everyone, in one way or the other. And my job was simply to communicate what was happening and why. My brain works quite simply- I try to break down complex problems into their parts, and then explain them to myself. Once I understand something, I can pretty much explain it to anyone. Social media has also been positive- I'm active on twitter and Instagram- as I've been able to directly engage with people without it being filtered through politicians. Because I'm independent and try to always be honest and straightforward, I would just share the latest information whether on vaccines, variants, transmission or emerging new data. I'm happy to see a lot of interest now in public health- whether it's in daily conversations, government meetings, readership of my column in The Guardian, or reading a book on public health. Health is one of those things we take for granted until we become unwell and it's usually been a low priority for governments. That's all changed with COVID-19.

Grazia: If Devi was not a researcher what would she be?

Devi Sridhar: I love sport, so probably a footballer or some kind of athlete. Tennis is my favourite sport but I also enjoy football, running, swimming, paddle-boarding, really any kind of physical activity and movement. Or a school teacher as I like young people and children, and sharing knowledge and supporting the journey from child to adolescent to adult. I love novels and fictional worlds- whether it's about dragons or mermaids or set in different parts of the

world. So maybe I'd also try to write some fiction myself and see whether I could use creativity and imagination to bring something new to people.

Grazia: What do you enjoy doing most in your spare time?

Devi Sridhar: I love exercise and fitness: physical activity of any kind has major physical and mental health benefits. It makes you happy, and it's fun. It's good for meeting people and being part of a community, and also for dealing with stressful situations. So I'll turn to yoga, or running, or going to the gym and lifting weights. I've just finished my personal training certification so that I can teach group and individual fitness, and also on my list is becoming a trained yoga teacher. In the summer I try to be outside as much as possible. And in the winter I try to find inside spaces to stay warm while exercising. Family and friends are also important to me - I don't think we talk enough about the importance of friendship, for me my girlfriends- who have been there for decades. People are what make life joyful- relationships are the core of a happy life.

Grazia: You are a Professor at The University of Edinburgh what inspired you to go into teaching?

Devi Sridhar: I love sharing knowledge- and I like young people and children. They're full of passion and possibility and the ability to learn incredibly quickly and then build on that knowledge in a creative and original way. Teaching young people doesn't have to

be in a classroom. It can be taking a walk in nature and talking about the plants and animals around, or working as a team on a project and learning how to get on with people with different personalities, or reading a wide range of books to learn about the world, or baking a cake and learning about chemistry. Education of course needs to involve literacy and numeracy, but needs to go beyond that to developing a love of information, how to find that information and using that information in the world today.

Grazia: You are incredibly passionate about education. If there is anything you can change in the world, what would it be and why?

Devi Sridhar: I would love to see more girls staying in school- being supported by their families, communities and teachers to get an education and dream big. In the end, most of the world's problems could be solved if more girls were able to stay in school, if they were able to go onto higher education, and we had more female leaders across the globe in government, private sector and across the arts and other areas. There's clear research that when girls are educated- child survival improves, domestic violence goes down, societies are more equal, and there's a greater sense of community and well-being.

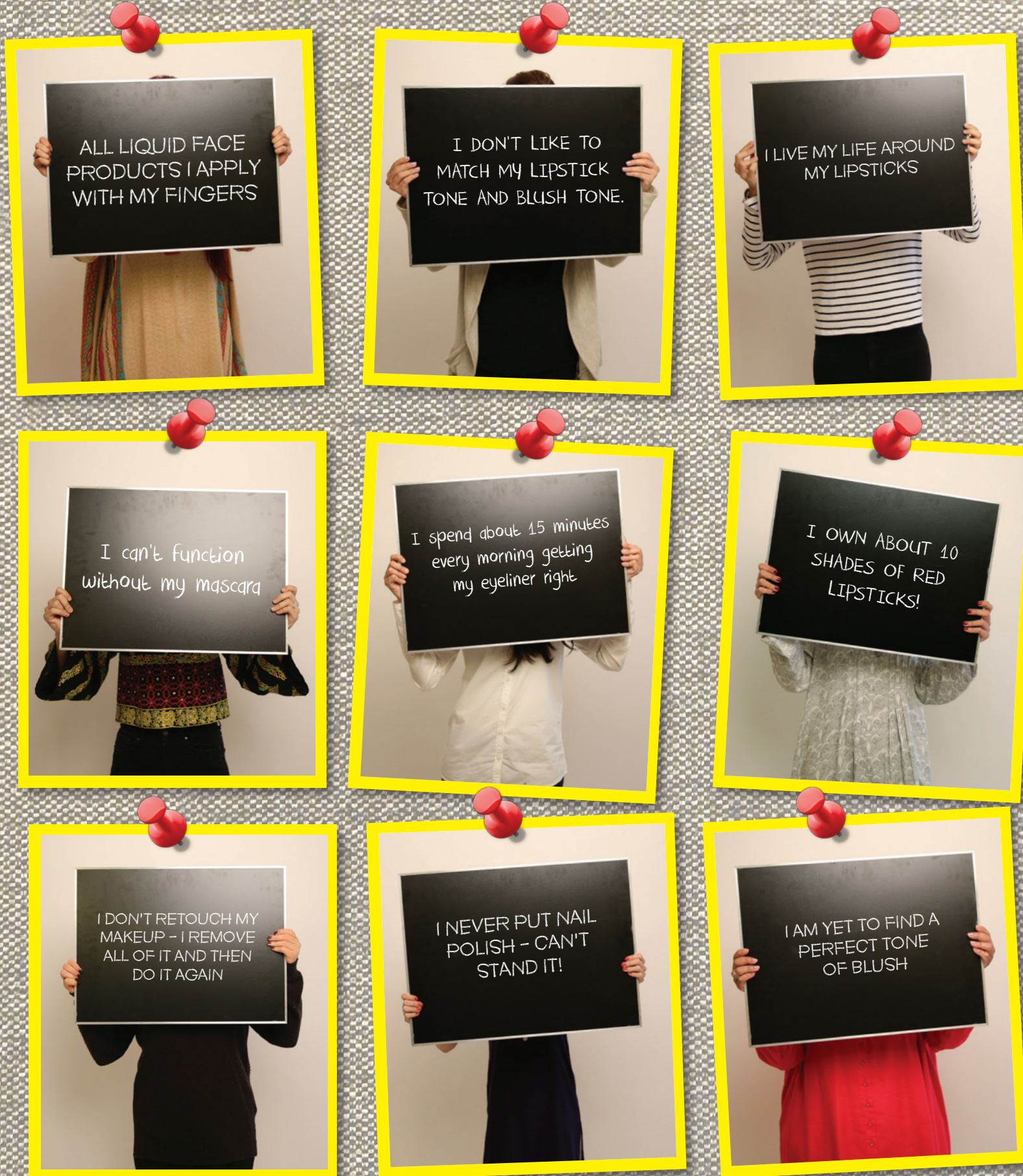
If half the world's population is women, then women should be represented at that level across society. But that has to start early and with telling young girls that anything is possible. I'm a classic example of this- if I could make it as a professor, then anyone can. ■





GRAZIA CONFESSIONS

WE, AT GRAZIA PAKISTAN, SHARE SOME OF OUR MAKEUP RELATED TRUTHS!



VERSACE
 Buffed leather belt in pink. Tonal signature Medusa head hardware at adjustable post-stud fastening.
PKR 80,000
www.versace.com



RAINA
 Bring a bit of beach romance to an everyday outfit with this belt featuring a golden clasp buckle shaped as a trio of shells.
PKR 41,000
www.rainabelts.com



AKRIS
 This sporty, stretchy elastic belt is refined by a smooth calfskin-leather front boasting the brand's signature trapezoid buckle.
PKR 96,000
www.akris.com



Pink Up

Add a hint of pink to your closet with the right colored belt to spread awareness for breast cancer this month!



MOSCHINO
 From the Fashion Illustrations collection comes this Italian leather belt featuring a runway-worthy print.
PKR 86,000
www.moschino.com



VALENTINO
 A tonal VLOGO buckle fronts this smooth calfskin belt, adding a touch of metallic gleam to a style done in a wider, bolder silhouette.
PKR 256,000
www.valentino.com



Written by: Sibgha Batool
 Managed & Edited by: Kaniz Ali

The Emirates Palace transcends every definition of grandeur and lavishness. Once you cross over into its magnificent doors, a fairy tale comes to life — you automatically transform into a royal as you breathe in the air of luxury in this paradise on earth.

The Emirates Palace has set its own raft of records, adding luster to the city's ever-growing array of attractions. It is opulence at its best as it flows with the utmost best quality of Arabian hospitality. A truly incredible sight in the desert, the Emirates Palace gleams with brilliancy from its hospitality to all the services it has to offer. The stupendous Emirates Palace hotel dominates Downtown Abu Dhabi's southwestern side. Opened in 2005, the hotel cost a reputed \$3 billion and is built on the grandest of scales, stretching for well over a kilometer along its own exclusive 1.3km long beach

The hotel's regal red-sandstone exterior, topped with rippling domes and surrounded by gushing fountains, is guaranteed to impress. Even more majestic, however, is the lavish interior, a dazzling, shimmering

Emirates Palace

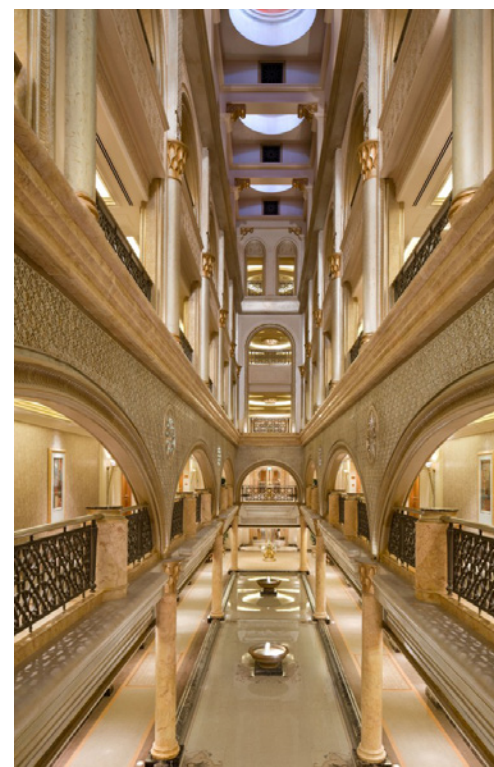
A LUXURIOUS GETAWAY

When it comes to extravagant hotels, there's luxury on one end and then there's The Emirates Palace giving luxury a whole new different meaning. A Palace renowned for its brilliant service and enchanting views.

vision of marble, gold leaf (24k) and opulent decorative features.

Before entering the Emirates Palace, you'll be dazzled by a magnificent pink Triumphant Arch gate with a dome. 1,002 chandeliers crafted using Swarovski crystals adorn the interior of the Palace at every step you take. There are 114

domes — the most stunning is the Grand Atrium dome (decorated with silver and gold glass mosaic tiles). There are 8,000 trees within the hotel, and some of the palm trees have been petrified to preserve their natural state. The city's wealth is ostentatiously put on display as you're greeted by the gold-plated





MARTABAN BY HEMANT OBEROI RESTAURANT

lobby. The opulence of the lobby's gold interior is breathtaking: an entrance to heaven on earth. Also be ready to take advantage of 24-hour butler service.

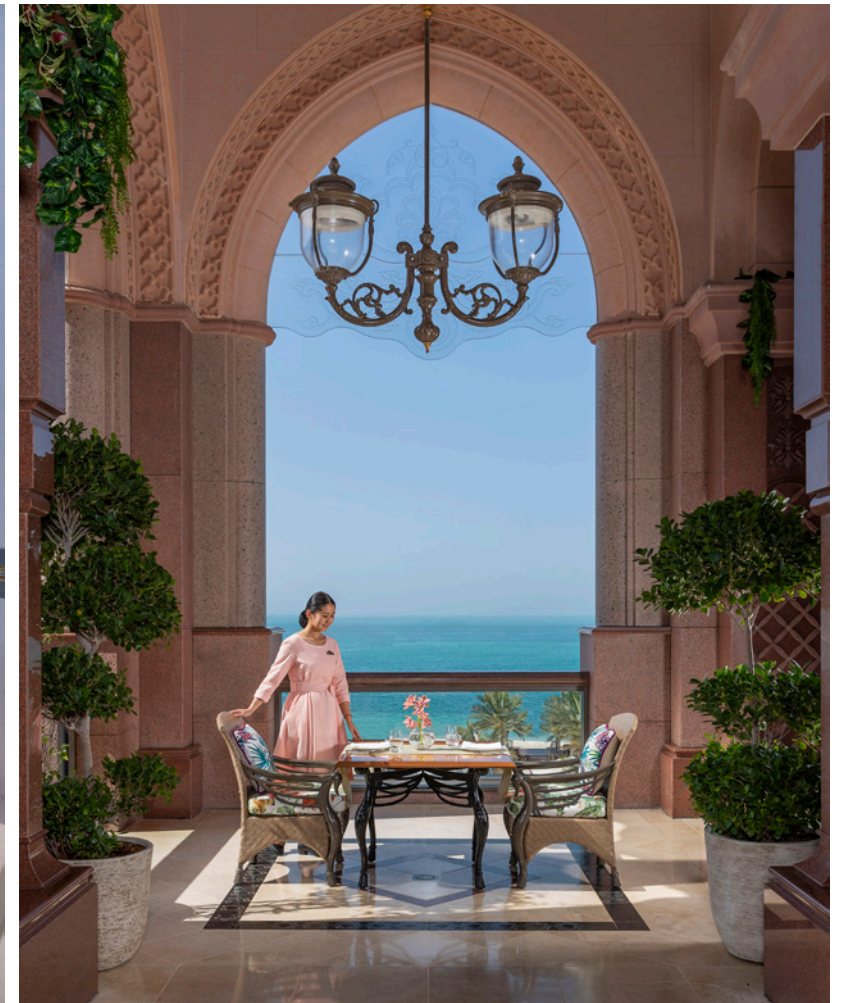
On a scale like no other, the Emirates Palace has around 2000 staff from 50 different countries.

They speak several languages to accommodate their guests at best.

ROOMS:

Emirates Palace has 390 plush rooms and 92 lavishly decorated Sea View Suite and Palace Suites. Every nook in the hotel has a state of art technology that leaves you

astonished and excited. They have rooms with the view of the city: an eclectic array of megalithic skyscrapers jutting through the clouds, garden view room, garden terrace room, deluxe sea view room and several suites. On the fifth floor is a reception for kings and heads of



MARTABAN BY HEMANT OBEROI

state and on the eighth are suites designed especially for the Gulf Rulers. The Saudi Suite even has its own barbershop.

Having had the pleasure of staying in the Deluxe Sea View Room, the magnificent views of the Gulf leave you mesmerized. The room has an undisturbed view of the sea, with a large picture windowed balcony that blurs the lines between indoors and outdoors. The light flows through the large balcony windows making you fall in love with your surroundings. The colors in the room are carefully matched, which creates a calm overall impression. The light brown bamboo tones on the walls and tables matched with the perfect turquoise shaded sofa welcomes the guest to indulge... and perhaps never even leave the room. Words may run out the dictionary to describe the sumptuous vibrancy of the Emirates Palace; it's a palace fit for royalty.

AMENITIES INCLUDE:

- Daily Replenished Fruits (usually sprinkled with gold because it's a must have in Arabia)
- Diptyque Bath Amenities (the shampoo and conditioner leave the hair feeling like a million dollars)
- Marble Bathroom and Dual Sink
- (enough space to sprawl out all

- your makeup for a photoshoot)
- Pillow Menu (dream in luxury)
- Bluetooth Speaker Alarm Clock
- Not Checking in? No problem! Officially you need an advance reservation to get into the hotel, but the lobby is open to the public. If you're not staying at the hotel, there are several activities and





services provided in which you can still partake and feel like royalty.

SERVICES:

The Signature 24-Carat Gold Radiance Facial: For a soothing evening, Emirates Palace Spa offers an array of excellent spa escapes. One not to be missed out on is the signature 24-Carat Gold Radiance Facial. The facial helps renew your skin, increase blood flow, and is high in antioxidants and minerals. Your skin will feel youthful and radiant

with an instant glow and illumination as you feel like an emperor or empress!

Afternoon Tea at the Palace: After having the afternoon tea at the Emirates Palace, you'll miss 24-Carat gold being casually sparkled on to your sandwiches, tea, and coffee when you go elsewhere. At the Palace, you get to choose from an unparalleled selection of herbal infusions, teas, and coffee to awaken your palate. You'll bite into

scrumptious and sumptuous sandwiches filled with luxurious delicacies and delicately crafted French pastries. Each bite will be filled with rich flavor. The two-hour experience is priced at 485 AED per couple.

CAMEL RIDING:

You'll be greeted by a noble Bedouin as he offers you tea and gets the camel ready for your ride along the beach. The best time to ride is when you can catch the sunset on the horizon. Plus, it's completely free! it's completely free for in-house guests.

RESTAURANTS:

Emirates Palace has award-winning cuisine with renowned chefs from around the globe.

HAKKASAN ABU DHABI:

The ambiance of Hakkasan's 1-Michelin star restaurant sets an exceptional mood with the dining area crafted into a wooden cage surrounded by backlit blue glass and a stainless-steel frame. The staff are exceptionally attentive and serve you within the blink of an eye. My favorite recommendations at the restaurant would be the Hot and Sour Soup with Chicken, Crispy Duck Salad, Crispy Chicken with Dry Chili and Almond, Hakka Platter (Hazelnut



Parfait, Spikey Lemon, Sweet Caviar, Chocolate Souffle and Raspberry Pistachio).

MARTABAAN BY HEMANT OBEROI:

Contemporary and classic Indian cuisine mastered by Hemant Oberoi. It's an ode to innovative musings. His state-of-the-art recipes have transformed the approach to Indian cuisine. His innovative style sets the taste of his recipes apart and satisfies every

palate. Recommendations: Masala Chai Crème Brulé, Kursi Chaat, Different Strokes (three flavors of Jalebi: saffron, orange and fennel & pepper).

THE LEBANESE TERRACE:

Arabic flavours unlocked; this outdoor venue showcases authentic Arabic cuisine with stunning views of the palace grounds. The best local flavours of the Arabic culture are found at this gem in the Palace. Recommendations: Mixed Grill Platter, Lamb Chops, Lebanese Kofta Kabab, Charcoal Baked Pistachio Baklava, Cheese Kunafa
TALEA BY ANTONIO GUIDA: If you're looking for a taste of Italy in the deserts of Arabia, look no further than TALEA by Antonio Guida. Some of the ingredients get imported on a daily basis from Italy to keep the authenticity of the flavors—Mamma Mia!

Recommendations: ravioli, handcrafted carbonara, artisanal pizza.

The hypnotizing Arabesque, award-winning five-star hotel is wonderfully unique and gives you a taste of the world as it sits impressively in the deserts of Arabia. Technology and tradition converge in Abu Dhabi's dreamy desert metropolis. To most visitors, the Emirates Palace is a land of awe and opulence, a shopper's paradise and a spectacle that must be seen to be believed. The Palace is a meticulously designed luxury hotel to cater to every whim and desire. It is a delicate harmony of mesmerizing peaks and enchanting troughs well worth visiting. Beyond the expected glitz and glamour lies an even more enthralling world of adventure for those who seek it. ■



FLOWERS IN HAND LOVE IN HEART

5 LOVELY FLOWERS TO GIFT YOUR LOVED ONES THIS FALL!

WRITTEN BY PAKHI RAJESH KUMAR DIXIT

Something about flowers just draws us in, whether it's their vibrant colors or how they make us feel. Flowers fill us with happiness and amusement, even if they're protected by sharp thorns. They convey freshness and help soften our hearts when we are drained – a little slice of good juju if you may. Flowers uplift our life. And there's nothing quite like giving flowers to someone we love. It's an extraordinary gesture that always brings us closer together. So, if you're thinking of someone special this month, here are 5 flowers to surprise them with.



DAHLIAS

Dahlias are a reminder that new beginnings are always possible. They represent the hope of something different and exciting in a world that can sometimes feel boring or repetitive. They also remind us that even in tough times, we can still be kind and graceful. When things are hard, dahlias remind us to stay committed to what we believe in. They symbolize perseverance and the inner strength everyone has – even in dark times. So, a dahlia would make the perfect gift for someone going through a difficult time.



WHITE ORCHIDS.

White Orchids are associated with fertility, innocence, purity, grace, and joy. They make great gifts for friends and loved ones to celebrate special occasions or accomplishments. They also symbolize royalty and admiration and are traditionally given as a sign of respect. In some cultures, they symbolize pride, enthusiasm, and boldness. They will bring beauty and meaning into your life, for sure!



FORGET-ME-NOT

Giving someone a forget-me-not flower is a way of telling them that you genuinely love and respect them. It symbolizes your dedication to the relationship and promises the other person that you will never forget them. This flower represents long-lasting connections that can exist between not only lovers but also friends. This connection can't be broken or shaken by anything or anyone.

IRIS

Flowers have been given specific meanings throughout history and continue to do so today. For example, different colors of irises represent other things - purple iris blooms represent wisdom and compliments, while blue iris blossoms symbolize hope, faith, and trust. Also, according to ancient Greek mythology, the goddess Iris carried messages between humans and gods and is often associated with rainbows because of her descent from heaven to earth. The symbolic meaning of the Iris flower is thus "I have a message for you". So next time you're looking to send a bouquet, consider giving your loved one this piece of heaven!



GLADIOLUS

The gladiolus flower has many meanings, the most common being -faithfulness, integrity, and infatuation. Usually, gladiolus flowers symbolize being honest and faithful at all times. However, they also indicate strong moral values and are often seen as a symbol of integrity. In addition, they represent internal strength and the ability to overcome challenges in life because of their ability to grow in the wild, where other plants struggle to take root.





gently drape the scarf around your head so that the point hangs down your back. Finally, tie the scarf to the nape of your neck. You can wear your hair down or in a low bun with this half-headwrap style. In some cultures, it is believed that a bandana headscarf keeps negative energies away – so here is a double win!

3. ROSE GOLD BRACELET

Whether you are new to rose gold or a seasoned lover of the hue, there is no denying that it looks gorgeous when teamed with silver. The two colours complement each other perfectly, and the combination is sure to make a

comfortably without hurting the sole. Women can wear platform sandals with shorts, jeans, capris, long skirts, or dresses. They also look great worn on their own as a stylish accessory.

5. JOGGER JEANS

Joggers are the epitome of casual and relaxed style, making for the perfect weekend look when paired with a t-shirt. Not to mention, you will be incredibly comfortable in this outfit. Just be sure to choose a t-shirt that fits well and that the bottom of your joggers falls at or above your ankles. This will create a clean and tidy silhouette while

adding a touch of velvet will make you feel elegant and rich. It is a great way to feel beautiful and luxurious on days that are going south. The deep colours of velvet are rich and the fabric can be used in a variety of ways to create different looks.

8. PEPLUM TOP

A peplum top is adds a bit of flair to any outfit. This season, try pairing a fitted peplum blouse with a pair of wide-leg trousers or distressed denim. They work equally well with cut-offs and sneakers for brunch or shopping with your friends. To be honest, there is really

9 Ways To Support Breast Cancer Awareness Through Fashion In Pink

The fashion industry has been a powerful voice for many causes, one of the most vital being breast cancer awareness. We are in October; it is Breast Cancer Awareness Month - a time to reflect on the millions of women who go through breast cancer every year and to discuss how we can better support them. If you would like to show your support but do not have the capacity to donate to a non-profit or campaign, here are 9 ways you can support breast cancer awareness through simple daily fashion choices.

WRITTEN BY PAKHI RAJESH KUMAR DIXIT

1. AWARENESS BROOCH

It is an elegant adornment that can add a touch of class to any outfit. It can be worn on a variety of different garments, from coats and jackets to shirts and blouses. One way to style a brooch is to pin it to the lapel of your jacket. This adds a bit of interest to your look and

draws attention to you. If your jacket has a breast pocket, you can also pin the brooch to the pocket to champion the cause. Another fantastic way to style a brooch is to pin it to the collar of your shirt. This is a wonderful way to dress up a classic button-down shirt. You can also wear multiple brooches at once by

pinning them to both the lapel and the collar of your shirt.

2. BANDANA

The vintage bandana is a chic and effortless way to style a silk scarf. To try it at home, fold your scarf in half diagonally to create a triangle. Then, hold the corners of the triangle and



statement. We recommend pairing a rose gold bracelet with silver earrings. This combo is playful yet subtle, and it is perfect for those who want to experiment with rose gold and silver jewellery. From there, if you are feeling a little more adventurous, you can try pairing this bracelet with either a pair of silver or rose gold plated silver earrings.

4. PLATFORM SANDALS

A platform sandal is a shoe with several wide straps that fit around the ankle and are secured with Velcro. They are available in all white or in various colours. These shoes are easy to walk in and exceptionally durable, making them ideal for extended periods of walking



maintaining a cool and relaxed aesthetic.

6. BAGGY DENIM JACKET

Oversized denim jackets are a great way to add some extra style to your look in a comfortable way. They are versatile and can be worn with almost anything. You can dress them up or down, making them perfect for any occasion. And they come in so many different colours and styles, you are sure to find one that you love.

7. VELVET DRESS

Velvet is a luxurious fabric that is perfect for all occasions. It feels soft and loving on the skin, making it ideal for all body types. Whether you are wearing a coat or dress in the winter or early spring,



nothing you could not wear a peplum top with!

9. HIGH WAISTED MAXI SKIRT

The high-waisted maxi skirt has three tiers that combine to create ruffles and provide movement. It is a classic feminine - romantic style that is still subtle yet powerful, which makes it easy to style to suit your personality. You can go edgier with it by pairing it with a leather jacket, or adding lace or simply rock it with a T-shirt for an ultra-casual ensemble and some simple pearl jewellery. ■



Meet the Queen of Real Lashes – Sabina Ranger

THE FOUNDER AND CEO OF BELLA | BEAUTY EMPOWERING YOU

Grazia's Beauty Editor Kaniz Ali had the pleasure of catching up with entrepreneur CEO of BELLA, Sabina Ranger. In this exclusive issue Sabina talks to us about business, life and much more.

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Grazia: What inspired you to head into the world of beauty after graduating from The London School of Economics and Political Science?

Sabina Ranger: Quality products have always fascinated me. I grew up in a family business that specialised in producing high quality consumer products, that would outperform those available on the market. For example, when a leading air freshener had 0.5% fragrance in it and was not long lasting (but was being sold at a premium price), my father then created one with double the scent and different technology to make his longer lasting so that customers could use less to gain more, and at a price that is right. I watched the business grow from a £2 operation in a shed in Hayes, to a world class company winning an unprecedented 5 Queen's Awards for International Trade and exporting to 130+ countries, because of the quality of its products and the reputation that preceded them. Therefore, product quality and innovation has always been in my DNA,

so a career centred around this was a natural path for me to follow. After spending 5 years developing products in the business, creating brands, and getting these onto the shelves of retailers; I was inspired to venture into an area of passion; beauty, where I could innovate and make an impact by solving a problem; the issues I faced with wearing false eyelashes. My research showed me that as many as 97% of women also face similar issues and I wanted to create a beauty product that would give the false lash effect without the pain, discomfort and inconvenience that I experienced, to improve the lives of many; allowing them to look their best but also now also feel their best. Thus, after 3 years of development, WANDERLASH mascara was born, and I officially entered the beauty industry. Beauty has always been an area of interest for me. During my parent's journey together, I would watch the transformative effect, aesthetically and emotionally, when my mother would apply her makeup and the confidence

it would give her to pull through on the most difficult of days. Ending every regime with a flick of mascara (now, our hero product), she would set off as an empowered woman ready to conquer her day ahead. Thus, from an early age I realised that beauty is incredibly powerful as once we feel our best, the world is limitless, no matter what our circumstances are. This, coupled with my understanding of how to produce quality products, is what gave birth to BELLA. Vegan, cruelty-free and clean focused products made to empower you, solve beauty problems and outperform what is on the market.

Grazia: Tell us a little bit more about your background before entering the world of beauty.

Sabina Ranger: I graduated from The London School of Economics and Political Science with a First-Class degree in BSc (Hons) Management Sciences. I did internships with both Google and PwC before joining PwC on their graduate scheme in consulting.

CEO Zahraa Saifullah
 Managing Editor Nashmia Amir Butt
 Creative Director Kaniz Ali
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 Hair/MakeUp/Styling Kaniz Ali
 Outfits by Front Row
 Location Mayfair, London





I loved my time working with content creators at Google via my time spent in YouTube; some of whom I am approaching today to collaborate with for BELLA! Prior to this, I had done numerous work placements at banks and investment banks such as Credit Suisse, UBS and Lloyds. After my time in the corporate world, I then joined my family business as explained above. I absolutely loved creating my own products and their branding. I am a creative person and love adding value. I have a very strong eye for detail- although this coupled with my perfectionist nature can sometimes be a curse as well as a blessing!

Giving back has always remained important to me. At university, I would mentor underprivileged school children and I enjoy working with charitable organisations, helping to raise funds via walks and taking part in events. I'm now proud to say that at BELLA, 5% of all sales support mental health. As many as 1 in 2 people are experiencing a mental health challenge of some kind and I want to create a platform for positive change.

Grazia: Why did you choose to start off with mascara as your first product?

Sabina Ranger: I wanted to solve issues I faced with false eyelashes. I grew up with a round face and chubby cheeks

and relied on false eyelashes as I felt they slimmed my face and opened my eyes, giving me the confidence I needed to look and feel my best. However, I found all false eyelashes irritating, uncomfortable and heavy would pull out my own lashes when trying to remove them! My eyes would be red and inflamed, I looked unfriendly when wearing them and as a contact lens wearer, the glue would stick to my lenses and give me blurred vision. I looked my best but never felt my best. Given my product background, this was a problem I needed to solve. I embarked on a journey to create a mascara that

would give the false lash effect without the pain! 3 years later – WANDERLASH was born! #BellaLashLeader. I do also believe that mascara is one's most important beauty product. I feel that a face can never be complete without mascara, but mascara alone can complete a face.

Grazia: What makes BELLA's WANDERLASH Mascara different from others?

Sabina Ranger: Firstly, the RESULT- it's incredible! We call it the 30 second lash lift. Due to special brush technology, lashes are lifted, lengthened, curled and thickened. It builds volume FAST and you can keep layering for a total false lash effect. People say it is the best mascara they have ever used!

Secondly, it has added innovative active ingredients to care for your lashes. Hemp Extract to condition and hydrate, Jojoba to promote lash growth and Blackcurrant to promote lash thickness effect.

Finally, WANDERLASH is clean focused and free from many undesirable ingredients such as fragrance, allergens, parabens, silicones, talc and much more. I must also say that the packaging is beautiful and very unique. It is re-usable too.

Grazia: What other products do you plan on launching in the future?

Sabina Ranger: We have a whole range of amazing products coming out, all centred around innovation and high performance. From eyes to lip to cheek, I can't wait to share them with you all! However, WANDERLASH is our hero product and we want to really establish this in the marketplace. It is most definitely a revolutionary mascara.

Grazia: Talk to us about a typical week in the world of CEO - Sabina Ranger.

Sabina Ranger: Extremely varied! I'm hands on and take an interest in all aspects of the business, especially as we are in the early stages. No two days are the same. I get involved in many areas such as branding, distribution, logistics, social media and future product launches.





Grazia: Being an entrepreneur, what are some challenges you have had to face?

Sabina Ranger: There have been endless! In the few years preparing BELLA for its launch along with the first few months of the brand, leading us to where we are now, very few aspects have come without a challenge. These have ranged from packaging to working with the right people. I have learnt that the key is to expect the unexpected and remain adaptable and open to change. Challenges help us to grow and enable us to make improvements which benefit the business overall.

Grazia: What have been your favourite moments to date with BELLA?

Sabina Ranger: Officially releasing WANDERLASH mascara to the market and receiving everyone's reaction and positive feedback. Getting text messages, calls, and emails from people saying it is the best mascara they have ever used and that they truly love the product! This gives me immense happiness and satisfaction that my years of hard work have paid off. Pushing myself out of my comfort zone & new experiences; for example, prior to this, I had never done a personal photoshoot before.

Grazia: What is your best beauty advice?

Sabina Ranger: We can only look as good as we feel inside. So be kind to yourself, surround yourself with positive energy and always strive to be the best version of yourself. Beauty will naturally radiate from the inside out.

Grazia: Which audience is the mascara tailored towards?

Sabina Ranger: All who seek their best lashes.

Grazia: What are your future plans for BELLA?

Sabina Ranger: I would love for BELLA to become an internationally loved beauty brand, one that people truly resonate with. To launch the most amazing beauty products that really work and are different to what people have used before. I am particularly looking forward to BELLA launching



in retail and giving customers a full BELLA brand experience.

Grazia: What is the best advice you can give to anyone who is thinking of starting off their own business?

Sabina Ranger: Having a good mindset. Bob Proctor said that success is 5% strategy and 95% mindset, and I truly believe this. In business, there are many challenges through which we must remain positive, have nerves of steel, and believe in a vision of

something greater than what we are facing. Don't get disheartened by any difficulty, instead, channel this to keep going and allow it to empower you to reach further. Also, patience. Nothing happens 'overnight' and the 'overnight success stories' that we hear of are typically 5-10 years minimum and we aren't aware of their circumstances. The truest test of our character is how we manage when things don't go our way and remember that when things feel difficult, there is always something brighter around the corner.

Grazia: If Sabina Ranger was not an entrepreneur, what would she be?

Sabina Ranger: A personal shopper or a property developer. Both are very different, haha! I absolutely love fashion and I think it's a brilliant way of expressing yourself and who you want to be for the day. Fashion brings empowerment and confidence - just like beauty. Property development because I find creating something from nothing fulfilling, and I've always loved architecture and interior design. ■



1

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2

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3

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5

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4

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PKR 1,200
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GET THE COVER LOOK ON DEVI SRIDHAR

CREATED BY CELEBRITY MAKEUP ARTIST, KANIZ ALI

1.



2.



3.



4.



5.



6.



7.



CELEBRITY MAKE UP ARTIST - KANIZ ALI

PROFESSOR DEVI SRIDHAR

1. **Origins Ginzin' Gel Moisturiser** is great for those who love lightweight moisturisers. It's perfect for oily skin and leaves the skin feeling soft. It has a strong, fresh citrus smell to it and contains vitamin c. It's great for those who prefer something very light on skin.
www.origins.co.uk

2. **Origins Ginzin' Serum** is super refreshing on the skin and is one of my favourite products from the Origins family of skincare. It delivers hydration to the skin without feeling heavy and it oozes with vitamin c in this product. The fresh orangey smell just wakes you up and it fabulously brightens the skin. www.origins.co.uk

3. **Bobbi Brown Lipstick** in Pink Puff is a beautiful lipstick which has a warm, light brown tone with a satin finish. It's gorgeous finish is great for making the lips look plumper and fuller. It looks incredible when lined with a brown pencil to enhance the lips. www.bobbibrown.co.uk

4. **Clinique Chubby Stick** is one of my all time favourites! This gorgeous stick is cream based, glides on so easily and a small amount makes a great impact on the face whether it's used for chiselling the jawline, sharpening the nose or defining the cheeks. It's so easy to blend and is a complete have for all women who love to contour. www.clinique.co.uk

5. **Wanderlash Mascara** by Bella creates a bolder, thicker look for anyone who loves a full mascara look. It's a mascara designed for those who prefer not to wear false eyelashes. Wanderlash by Bella is vegan and gluten free which is an added bonus. www.bellaworld.com

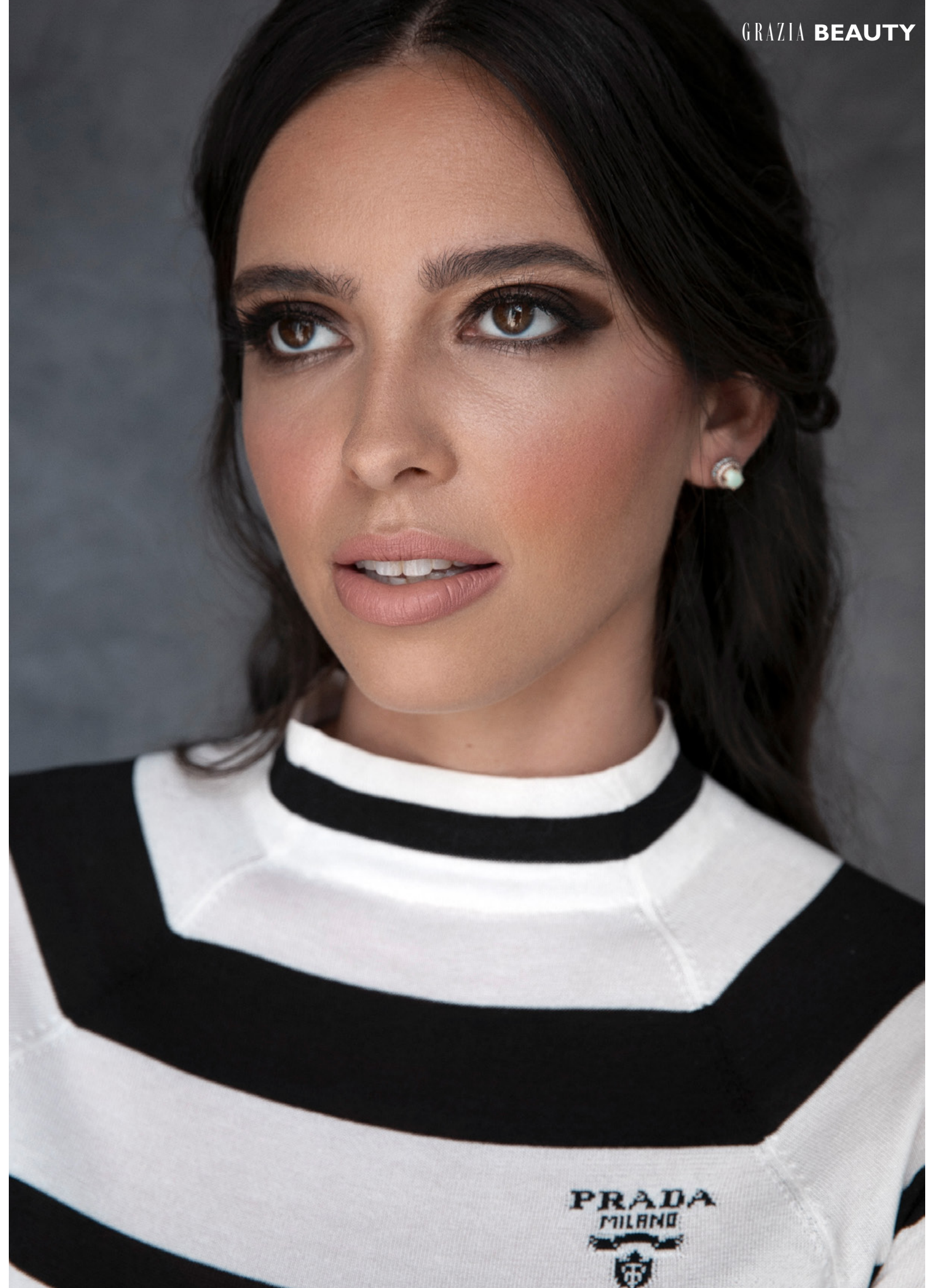
6. **Too Faced Natural Nude Eyeshadow Palette** is a must have palette for every woman in her kit! It's one of those palettes that you can keep for all occasions. The eyeshadows are highly pigmented and easy to blend on skin. The palette contains a good amount of daily wearable matt colours to shimmery evening wear shade of colours to create that smokey heavier look. A two in 1 palette. www.toofaced.co.uk

7. **Kilian's Good Girl Gone Bad** is one of my favourite perfumes of all time. The alluring perfume will draw you right to it! It has a beautiful, feminine smell which is great to wear both during the day and evening. Those who love floral, airy, light and fresh smells this one is for you!
A very strong and unique blend. www.bykilian.co.uk

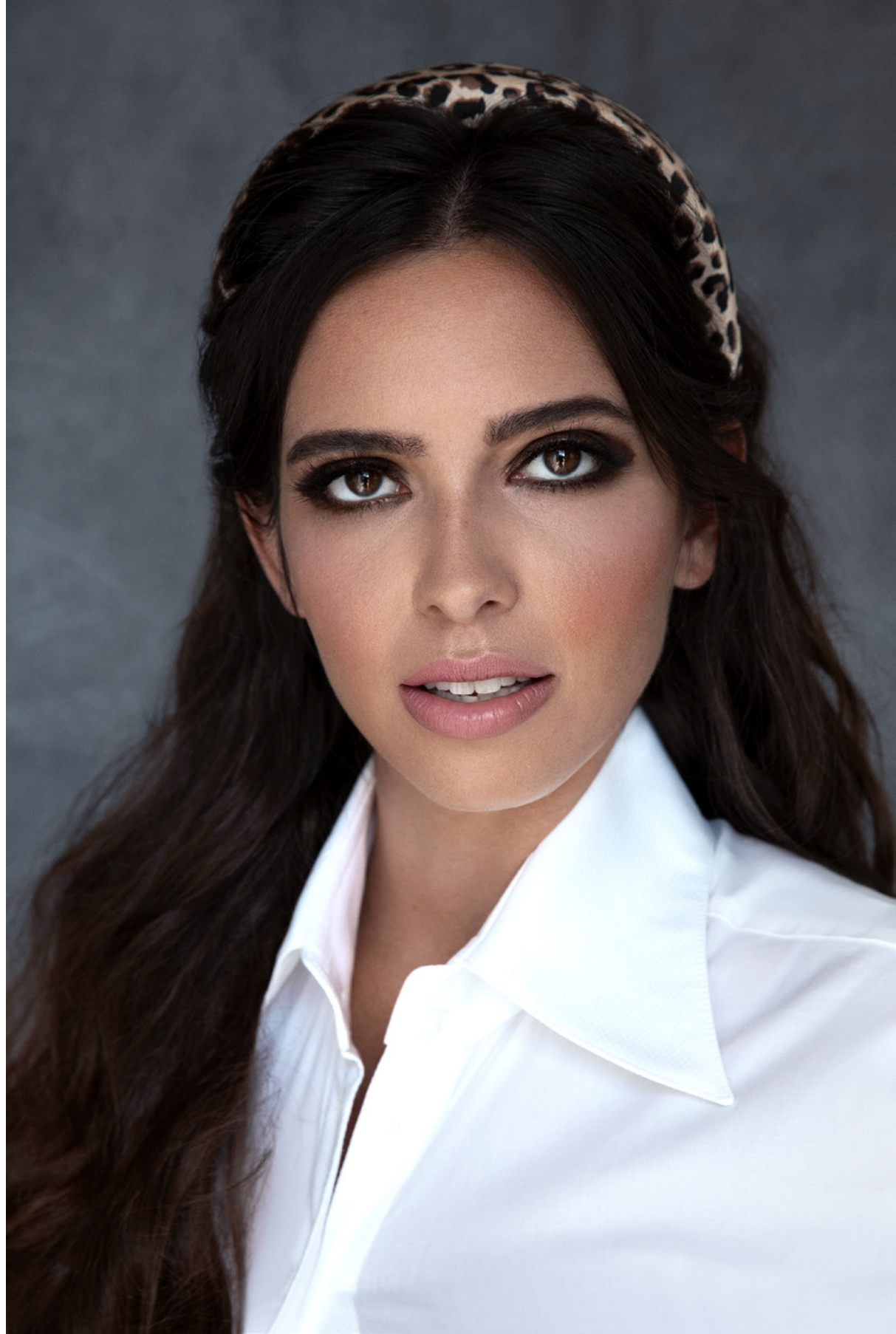


CHANNELING BARDOT

Photography: Aubrey Chandler Model: BrittanyHugoBoom Makeup & hair: Jan Tinkley







Exclusive Bridal Looks of the Season by The Queen of Make Up **KANIZ ALI**

International Celebrity Make Up Artist / Beauty Editor
Kaniz Ali never fails to impress us with her versatile signature bridal looks! In this issue of Grazia she talks to us about her current new looks for the season!



REGISTRY LOOK:

International Celebrity Make Up Artist Kaniz Ali says " Everything just looks fabulous in white and you can never go wrong with it! I kept the look clean and effortless. I opted in creating a smokey eye on Mehreen, then giving Mehreen a flawless glossy base complimenting the look with soft hues of browns and nude pinks on the lips . It's so important to get the balance right and enhance the features in the correct way especially when you are creating a strong eye look and that's exactly what I did".

PRODUCTS USED TO CREATE THIS LOOK:

SKIN: Origins GinZing Gel Moisturiser, Origins Serum, Tom Ford Illuminate Soft Radiance Foundation, MAC Sunbasque Blusher, Urban Decay All Nighter Setting Spray, MAC Medium Mineralise Compact Powder, Clinque's Contour Chubby Stick.
EYES: Too Faced Eyeshadow Palette, Wonderlash Mascara by Bella, Tom Ford Eyeliner, Tatti Lashes TL4.
LIPS: MAC's Velvet Teddy Lipstick mixed with MAC'S Modesty Lipstick



RECEPTION LOOK:

International Celebrity Make Up Artist Kaniz Ali says " Most people like to keep there reception / walima a lot softer and effortless after the main traditional wedding day.

I created an effortless glam look, keeping the hair down and curled, not having too much structure to it so it is more relaxed. The make up was kept dewy and flawless on the base, keeping greens under the eye to compliment the bottle green outfit and warm tones of coral mixed in with a slight hue of pink for the lips".

PRODUCTS USED TO CREATE THIS LOOK:

SKIN: Origins GinZing Gel Moisturiser, Origins Serum, Tom Ford Illuminate Soft Radiance Foundation, MAC'S Sunbasque Blusher, Urban Decay All Nighter Setting Spray, MAC Medium Mineralise Compact Powder, Clinque's Contour Chubby Stick.

EYES: Dior Backstage Eye Palette in Khaki Neutrals, Tom Ford Eyeliner, Wanderlash Mascara by Bella, Benfit's Eyebrow Palette, Tatti Lashes TL4

LIPS: MAC'S Kinda Sexy Lipstick outlined with MAC'S Spice Lipliner.



CONTEMPORARY BRIDAL LOOK

International Celebrity Make Up Artist Kaniz Ali says " The tradition of wearing red amongst south asian brides is now changing, brides are now opting for colours that they feel most comfortable with as a pose to what is expected of them. In this traditional blue bridal outfit I complimented the make up with a dewy base, strong eyes and nude lips. I added in a hint of blue under the eyes to compliment the outfit and we kept the hair sweeping clean and so it is not too overpowering on the face".

PRODUCTS USED TO CREATE THIS LOOK:

SKIN: Origins GinZing Gel Moisturiser, Origins Serum, Tom Ford Illuminate Soft Radiance Foundation, MAC'S Sunbasque Blusher, Urban Decay All Nighter Setting Spray, MAC Medium Mineralise Compact Powder, Clinque's Contour Chubby Stick.

EYESHADOW: Victoria Beckham Smokey Eye Brick in Royal Eyeshadow Palette, Wanderlash Mascara by Bella, Tatti Lashes TL4.

LIPS: MAC'S Kinda Sexy Lipstick outlined with MAC'S Spice Lipliner.

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GRAA

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