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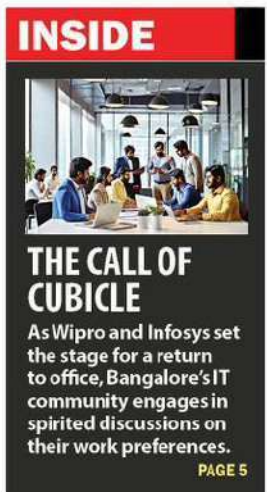
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INSIDE




THE CALL OF CUBICLE

As Wipro and Infosys set the stage for a return to office, Bangalore's IT community engages in spirited discussions on their work preferences.

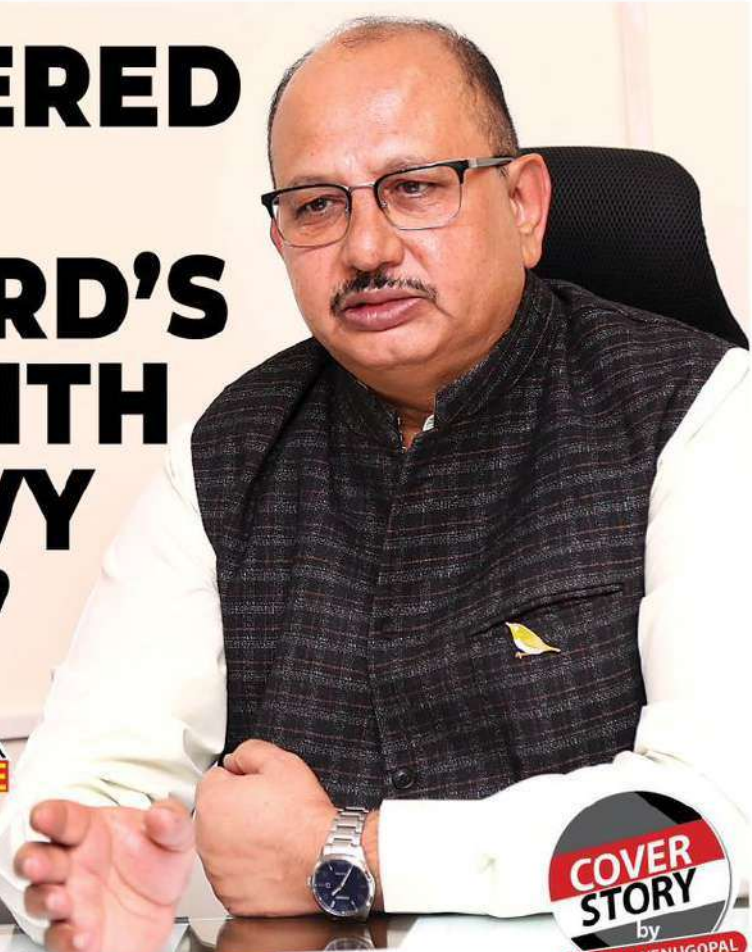
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'I ORDERED THE LEOPARD'S END WITH A HEAVY HEART'



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COVER STORY
by SHIVANI VENUGOPAL

... Says Chief Wildlife Warden **Subhas K Malkhede** reflecting on his decision to shoot down the big cat during a rescue operation at Kudlu Gate amidst controversy



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Victory Cinema's proposal to ban children below 6 years in theatre divides opinions, prompting reflections on cinema comfort, parenting choices, and inclusive spaces

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SWEAT LIKE STARS!

Step into the future of fitness with EMS - the 20-minute workout that has celebrities raving and fitness enthusiasts buzzing

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EMPOWERMENT ECHOES

Explore Karnataka's empowering female voices this Margaret Atwood's birthday—a literary journey echoing distinct issues across times and spaces

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Bindu Gopal Rao

What is common between Madonna, Alessandra Ambrosio, Roger Federer, Usain Bolt, Ashley Graham, Elsa Hosk and Heidi Klum? Well, they all have used EMS to train.

Closer home, actress Richa Chadda has also been seen undergoing a physical transformation using EMS as one of her exercise routines.

EMS is a new method of revolutionary training where a 20-minute session per week is equivalent to 90 minutes of conventional gym training.

The Specifics

EMS has been used by physiotherapists since the 1920's. It is a whole-body workout with hardly noticeable electric impulses and is done for 20 minutes maximum once or twice a week. The electrical impulses enhance the workouts. EMS is completely different from a normal fitness workout.

EMS training involves using an app and a suit with inbuilt electrodes to deliver electrical impulses to your muscles, says Aditya Chaudhary, Fitness Expert/Head of fitness department, ToneOp.

An electro muscle stimulation workout is the use of electric impulses that make your muscles contract whilst performing simple exercises.

"It is a new revolutionary method of training that is creating a sensation across the world, especially among Europeans. When we apply EMS into fitness training, we are applying the same method to different parts of your body at the same time. Also, we include straps around your arms, legs, and buttocks to stimulate all big muscle groups in your body," says Kam Kaur, mountaineer and fitness expert. Terming it more efficient than

SWEAT LIKE STARS!



POOJA HEDGE

STEP INTO THE FUTURE OF FITNESS WITH EMS - THE 20-MINUTE WORKOUT THAT HAS CELEBRITIES RAVING AND FITNESS ENTHUSIASTS BUZZING

standard workouts, Chaudhary stresses that it increases blood

flow, decreases the chances of getting a workout injury, improves focus and memory, improves posture, and helps to get stronger muscles.

"EMS training can help you improve your physique, and it can do much more quickly and with less fatigue on the body," he adds.

High Impact

EMS is both a combination of active and passive training. EMS stimulates the major muscle groups and helps to improve the motor connections to the brain so that even weaker muscles are activated.

"It makes a positive impact on wider health issues like bone density without the need to use additional weights. It helps in increasing endurance, increasing tone, avoiding injuries, recovering from pre-existing injuries as well as engages the lymphatic and cardiovascular systems for an all-round workout. This training is a medium of time saver for people who have a busy schedule. EMS training is attractive and beneficial and can be integrated into any

health and fitness scenario," says Dr Tejaswi P, Consultant Physiotherapist, Apollo Clinic, Kondapur, Hyderabad.

Other benefits of EMS include increase in metabolic rate which is great for weight loss. It is also helpful for post pregnancy fitness, is a great addition for athletes and can benefit people of all kinds of ages.

"EMS is always done on a one-to-one basis or max one to two client basis. Due to this, there has been a huge influx of gym goers moving to EMS and hence there are many EMS studios opening all over the world. We have noticed that EMS in India (at our studios) is not only being used by youngsters but also by seniors for improving their overall health and fitness. EMS is being used at our studios by fitness enthusiasts, Bollywood stars, Miss India contestants, sportspersons, cricketers, tennis players, badminton players, squash players, and the like," says Namrata Purohit, celebrity Pilates trainer, one of the only two fully trained coaches in the country as per 'EMS Trainers Worldwide'.



NAMRATA PUROHIT



KIM SHARMA



LEANDER PAES