

LA POLO

INTERNATIONAL

*Hundred+27th
Edition*



FIGHTING FIT

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POLO



This year let's pledge to take better care of our health by staying fit and wise.

World Health Day

Fighting Covid-19

The world is fighting the neo coronavirus outbreak with all its might. This one-in-a-century event has underscored how much health is important, above anything else. The mightiest of the nations are withering under the impact. The devastating effects of the fast-spreading virus are terrifying. In this, the world is together, and every individual is suffering equally.

While the reports in the initial stages suggested that the elderly are more at risk, later it emerged that even the younger population is affected. It's certainly more risky for those with a weaker immune system. On the occasion of World Health Day, LA POLO spoke to various doctors about healthy living for all, including our pets and the wildlife.



Cover Story



Dr. Hasneyn Mirza

Equine Challenges

Dr. Hasneyn Mirza, well-known equine veterinary, spoke about the health challenges to the equine life. Recalling the time of the Influenza outbreak in the late 2000s, Dr Mirza said: “Around 2008, the equine life suffered a huge loss due to the outbreak of the Influenza. However, even then, the flu never turned into a pandemic. The Australian outbreak was limited to the country and the Indian outbreak to its boundaries.”

Talking about the current scenario, he added: “It’s a time to reflect, for us all, how much we need to improve and how we need to be healthy.”

Cover Story

Dr. P Shanmuga Raja

Basic Hygiene For All

Dr. P Shanmuga Raja, Resident Veterinary Officer, Poonawalla Stud Farms, in a tete-a-tete with LA POLO underscored the importance of basic hygiene. He said: "Stick to the basics. We cannot forget, it's always the basics that are most important. If we move to wayward ways, ignorance shall lead us all to a downfall." He added: "Even when you are taking care of yourself and the horses, it is essential to look at the basics like using proper sanitizers, avoiding contact with outsiders at the stables, not moving out without masks, gloves or sanitizers, washing and cleaning the stables and the utensils. It's as basic as that. Just stay safe and clean!"

Cover Story



Dr. Makarand Chavan

Safe Planet For All

*On the occasion of World Health Day, we should understand it's not just about humans, but the overall health of the animals, birds and the wildlife as well. **Dr. Makarand Chavan, a veterinary expert**, said: "This World Health Day, I would really want people to understand that it is not just the humans whose health needs to be taken care of. The health of the animals and the wildlife holds equal importance. Let's take a pledge to maintain a safe society for them as well and not abandon them in the bad times."*

This is important to understand and maintain.

LA EQUUS

Stay at
home but
don't forget
to stay fit!



Covid-19

Fitness Hacks at Home

Equine activities are shut, but that does not stop us from staying active and prepared for the good days. Here we share with you a morning exercise--Polo style! Get onto the wooden horse and stretch your body and core to handpick the stick from the diagonal left to drop it on the opposite end. This will work on the muscles as you rotate and strengthen the inner thighs while you maintain the hold on the saddles and the reins.

[Click Here](#)



Covid-19

Exercises to Improve your Riding

We can't help the shutdowns and the isolations. Finally, they are for the good of all. While at home, try these three exercises that you may do while maintaining isolation.

Side Planks: Lie down on your left side. Place your feet together, on top of one another. Next, lift yourself on your left elbow as well as forearm. Begin exercise by raising your hips so that your body forms a straight line. Place the right hand on the right hip. Keep the position intact for 30 seconds, and then repeat for the other side.



Hip Stretch: During the hip stretch, to stretch both sides, sit with your legs straight in front while your back straight. Then, slightly work your legs apart-- as far as they can go. Hold onto the position to relax for a few seconds. Now, as you exhale, bend forward at your hips. Be sure to keep your chest up and maintain inward curvature of the lower back. Stay in this pose for an appropriate time. This exercise offers benefits within 30 seconds.



Bent Over Row: This exercise works at strengthening the muscles between the shoulder blades. All you have to do is stand on the middle part of the tights with your feet and shoulder width apart. Then, bend forward slightly keeping the back straight. Next, you need to hold your tights like reins and bend your elbows. Now pull your hands towards your chest and pull your shoulders back while bringing your shoulder blades together.



Latest News

The Show Goes On, Virtually!

The organisers of Royal Windsor Horse Show have decided to run virtual competitions, along with a range of other content, after this year's show got cancelled due to the pandemic. The event was scheduled from May 13 to 17, and so the organisers have launched the Virtual Windsor 2020 which is a free online hub. In this, the visitors will be able to enter online competitions, inclusive of a number of showing classes. All of this will be closer to the original schedule of the horse show.



Colors of celebration during the 2019
Royal Windsor Horse Show

BEYOND

Getting The
Fedora Edge

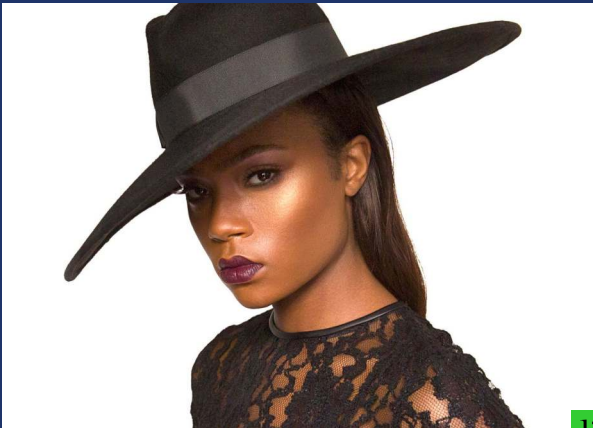


Fashion

Instant Impact With A Hat

The world is at pause mode right now, and while we have time on our side, let's look at how we can be stylish as well.

Fedora Hats : *Fedora hats are among the most popular styles for women and may be worn at any time of the day. Due to their availability in a wide variety of colours, these hats are often the best choice for parties by women. Moreover, the style has a longer brim which makes it ideal for wearing outdoors, and perfect for Polo afternoons. So the next time you step out for a Polo match, make sure to have your fedora on.*



A woman wearing a Fedora Hat

Fashion

Favourite Stars Dressed For Polo

Polo is associated with speed and fashion. Let's look at three times your favourite stars dressed their best for polo.



Never Wrong With A Suit

You are never overdressed when wearing a suit. Harold Perrineau killed the style of suiting with his broad checked blue suit and a white t-shirt.



A Fine Fusion

Like fine wine becomes finer with age, Ellen Pompeo becomes even more gorgeous with every passing year. We loved the fusion: a maroon dress and white sneakers.



Shades of Style

Haven't gotten over Ali Larter's look from the Devi Kroell dinner in Hollywood? She gave us a new reason to adore her as she walked in confidence at the Veuve Clicquot Polo Classic in what we call "a blend of colours" look.

Quote of the week

What I love most
about staying home
to self-quarantine
is who I share it
with.



HAS THIS BEEN
FORWARDED TO YOU?

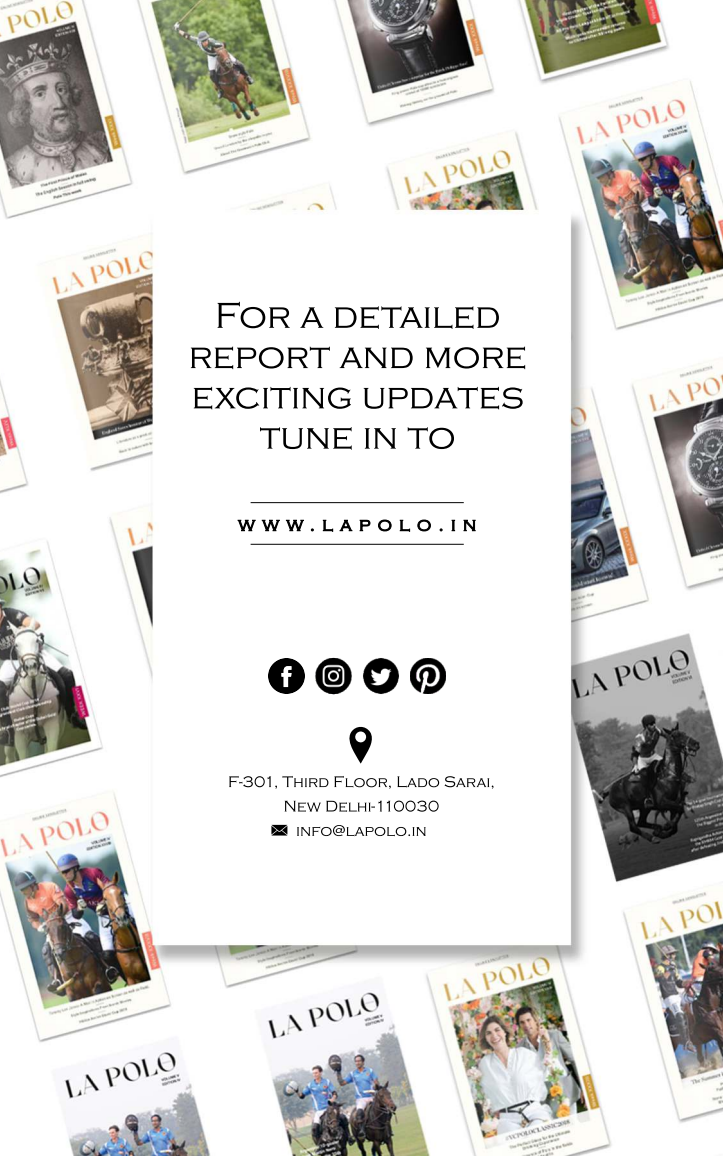
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✉ INFO@LAPOLO.IN