

Life Without Limits Born With The Wings

In conversation with Dr Roopal Patel.

By Our Correspondent

Dr Roopal Patel is an International Yoga Icon, the Chief Administrator of a Yoga Institute in Rishikesh, a Dentist, a Fashion Lifestyle model, an avid traveller at heart having explored 76 countries till now. She is a resident of Mumbai who holds the title of Mrs India 2018 runner up.

What is Dr Roopal Patel's say on her success?

Dr Roopal Patel is a resident of Mumbai who holds the title of Mrs India 2018 runner up. She believes that everything is within your power and your power is within you. There is a limitless universe that sets new sights and each day has new standards for goal-setting. It was an absolute delight interacting with this versatile woman who leaves her mark in diverse fields and emphasises that one need not be limited by anything. Her mantra in life is Be strong! Be Different! Be You! She adds: what makes you different or weird is your real strength! Defined by no man, you are your own story, blazing through the world, turning history into "Her Story". Let your story inspire the world!!!

Who is Dr Roopal Patel? What are her achievements?

She is an International Yoga Icon, the Chief Administrator of a Yoga Institute in Rishikesh, a Dentist, a Fashion Lifestyle model, an avid

traveller at heart having explored 76 countries till now. With her charismatic personality, positive attitude and holistic approach via Yoga she is contributing something really meaningful to the society at large. On 11th January 2019 she was honored with- Excellence in Fitness award as an International Yoga Expert by legendary cricketer Kapil Dev. She has also been honored with the Women of Influence award on 8th March 2019.

What does she do?

Being a Yoga fanatic, she takes utter care of her health, as to her health is the most divine gift of mankind. She began her yoga journey in Shiva Yoga Peeth in Rishikesh in 2013 and since then she is a devoted yoga practitioner. Currently, she practices in Ashtanga Yoga Studio in Mumbai. She regularly promotes the importance of physical as well as mental well-being through her social media posts and is an inspiration to several people.

How does she balance her tough life?

She affirms: I think there is a significant amount of balance when it comes to woman's energy-great intuition, higher multitasking abilities and a greater deal of leadership with sensitivity and compassion as women are the personification of love. A woman is



Mrs India 2018 Runner Up.

born with the grit of steel to build a home and commitment to lead success into anything she puts her mind to. For me, the true essence of a woman is in her patience to perform and her agility to adjust to circumstances even in the worst face of adversity! From the breakfast table to boardrooms and everywhere in between, the absolutely essential skill of multi-tasking is breaking glass ceilings and shattering myths across the world.

What are her views on failure?

She believes: I take failures of my life as a learning tool to success and believe that one should never be afraid of challenges or struggles for it is these hard times that shall bring out the best in you. No one knows what you have been through or what your pretty little eyes have seen, but I can assure you, whatever you have conquered, it shines through your mind and illuminates the world. Life's journey is not to arrive at the grave safely in a well-preserved body, but rather to skid in sideways, totally worn out, shouting "Holy Shit" what a ride!!! So buckle up and know that it's going to be a tremendous amount of work, but embrace it!!!

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