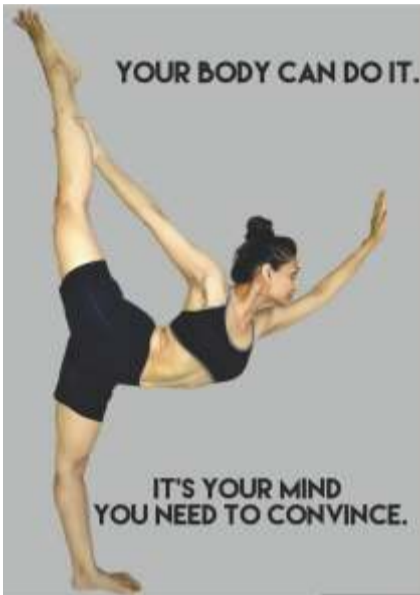


"SKY IS NOT THE LIMIT"



The phrase "Sky is the limit" is used to indicate that we can reach beyond the bounds of planet Earth and enjoy limitless success.

she was honoured with- Excellence in Fitness award as an International Yoga Expert by legendary cricketer Kapil Dev. She has also been honoured with Women of Influence award on 8th March 2019. In this beautiful journey of life, I want to expand my wings in many fields. I am a seed who wants to sprout, a bud who wants to blossom. Surely, turning thoughts into deeds and taking the germ of an idea and making it work has immense challenges and hurdles on its way and the first time around it's like taking a step into the unknown and it can be scary. But once we get beyond the fear, there awaits a wondrous world of excitement, achievement and satisfaction. My inner voice talks to me, encourages me and recognizes my true potential. Any transition is easier if you believe in yourself and your talent. I firmly believe that we need not be limited by anything. There is an entire unexplored cosmic universe out there that is beckoning us: a limitless universe that sets new sights and new standards for goal-setting. The mantra by which I live by is dream until your dreams come true and when you dream, let them be BIGGER!!! Who said we can't have it all?? Never settle for a life that's anything short of extraordinary. Why shoot for the sky when you can shoot for the outer reaches of the vast celestial cosmos? Be fearless! Be limitless! One's potential goes way beyond the sky. One can achieve whatever one wants to achieve with the right attitude, determined confidence and with

innovative ideas. Our deepest fear is not that we are inadequate, our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us. We have to know what sparks the light in us so that we in our own way can illuminate the world. To me, health is the most divine gift to the mankind and that is why I take utter most care of my health daily by practising yoga in Ashtanga Yoga Studio. I have wonderful trainers who bring out the best in me: Sachin Jagtap & Harshad Bhosle. A healthy body, a happy heart and a calm mind determines the quality of our life. In this mighty universe in my own small way by voicing my opinion, reaching out to the masses on a broader spectrum and spreading this 5000 year ancient wisdom of wellness and health called Yoga, I am helping in making this planet a better place to dwell in. Nothing worth in life comes easy and the real magic happens only outside the comfort zone. My grit of steel and the sense of commitment to anything I put my mind into makes me the person who I am today. When we invest our heart and soul into something we truly want it's a magical, life-energizing and transformative experience. Challenge yourself to achieve greatness. Find your passion. Share it with others. Collaborate. Shake off any shackles that have been holding you down. Ignore the naysayers and the critics. My trials, my struggles and my failures have carved out of me a fearless, confident and independent woman who



Dr. Roopal Patel resident of Mumbai who holds the title of Mrs. India 2018 runner up believes that this phrase is an antiquated term. She believes that "Sky is definitely NOT the limit". While interacting with Dr. Roopal, she told us about her beliefs in life and what makes her to indulge in diverse fields.

She is a Dentist, an International Yoga Icon, Chief Administrator of a yoga institute, a Fashion Lifestyle model, an avid traveller at heart having explored 71 countries till now and an alpha mother. A spunky and adventurous woman with an insatiable and burning desire to explore the world who wishes to spread her wings and share the gift of ancient science: YOGA in every nook and corner of the world. 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

has the ability to adjust and perform in any of the circumstances even in the worst face of adversity. That is what sets me apart. That is what defines my individuality, my uniqueness and I embrace it completely. Limitations live only in our minds. With our imaginations, our possibilities become limitless. If you want to be unforgettable, memorable forever and want people to be madly in love with you, connect with them at the root level. Give them the "The gift of inspiration" and the reason that they believe in you. My aim in life is to inspire and bring a smile to every life I touch. When someone comes up to me and says that I am the role model for them, an inspiration for them or a ray of hope of for them that in true sense is my real reward. It is then when my personality comes to serve the energy of my soul. That is my true authentic power which can not be taken away from me ever.

Ranveer Singh's post will remind you of India's 1983 cricket world cup victory

Ranveer Singh, who is all set to play the role of cricketer Kapil Dev and recreate the iconic World Cup win of 1983 on the silver screen with his upcoming film '83', shared a post remembering the 1983 victory. The 33-year-old actor took to his Twitter handle and shared a video which features snippets of newspaper clippings of the 1983 cricket world cup victory. After showcasing various newspaper clippings, the clip ends with a prestigious cricket trophy. India was rejoicing back then as they created history after winning the trophy. Last week, Ranveer shared pictures of having a gala time with

the one and only Kapil Dev. Some time back, ahead of the London schedule, the 'Gully Boy' actor shared a still in which he was seen jotting down notes from the ace cricketer at his residence. Giving a glimpse of his session, Ranveer shared pictures on Instagram and wrote, "Becoming the Hurricane." Ranveer, who is essaying the role of Kapil, has been sweating out to get into the character. Last month, the actor shared a video, which showed Ranveer working out in a gym and practising on a cricket pitch in the picturesque town of Dharamshala in Himachal Pradesh.

The clip also features the actor training with Kapil, who was the captain during India's 1983 World Cup win. The film is based on the legendary cricketer Kapil Dev, who lifted the World Cup for India in 1983 and also coached the team from October 1999 to August 2000. '83' also features R Badree, Hardy Sandhu, Chirag Patil, Saqib Saleem, Pankaj Tripathi, Tahir Bhasin, Ammy Virk and Saahil Khattar as the Men in Blue. Helmed by Kabir Khan, the movie is slated to release on April 10, 2020.

