

DENTIST BEYOND DENTISTRY

**CAN A WOMAN
HAVE IT ALL???**

**LIFE WITHOUT LIMITS,
BORN WITH THE WINGS!**

**In Conversation With
The Versatile Woman**

**Dr. Roopal
Patel**



A Dentist, Mrs. India 2018 runner-up, an International Yoga Instructor, the Chief Administrator of a Yoga Institute, a fitness model, and an avid traveler at heart with an insatiable and burning desire to explore the world, having set her foot in 76 countries across 6 continents as of now. An adventurous alpha mother who lives by the phrase "Carpe Diem" and firmly believes in 'Zindagi lambi nahi badi honi chahiye... life need not be long, it should be big'. All this briefly sums up Dr. Roopal Patel. A spunky globetrotter from Mumbai who has a claim to fame: 'Atlas in my hands, adventure in my eyes, and never-ending wanderlust in my veins.' She 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- she is contributing something really meaningful to the society at large. She regularly promotes the importance of physical and mental well-being and is an inspiration to several people.

It was an absolute delight interacting with this vivacious and versatile woman who leaves her mark in diverse fields and emphasizes that one need not be limited by anything. She affirms- in this beautiful journey of life, I want to expand my wings in many fields. I am a seed who wants to sprout and a bud who wants to blossom. Turning my thoughts into deeds does have immense challenges and hurdles on its way. 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. Any transition is easier if you believe in yourself.

Achievements & accomplishments



Featured in various Magazines and Newspapers-

- Cover Page Woman's Era Magazine- January 2020
- Women of Influence Award on International Women's Day, Delhi - March 2019
- Yoga Asian Excellence Award by Avtar Gill, Karnal - Feb 2019
- Yoga Excellence Award by Legendary cricketer Kapil Dev, Delhi- Jan 2019
- Fitness Model for Lifestyle Magazine, Delhi- Jan 2019
- Featured in Gujarati Chitralekha Magazine- May 2019
- Mrs. India 2018 Runner up, Delhi- Dec 2018
- Mrs. India 2018 Social Influencer
- Mrs. India 2018 Best video presentation on Women Issues
- Mrs. India 2018 Diamond Award and Gold Medal for Social Activity
- Featured in Phulchhab Newspaper, Gujarat- November 2020
- Featured in Mumbai Global Newspaper - June 2019
- Featured in Times of India, Speaking Tree-Serving of Gratitude- Dec 2017
- Featured in Times of India, Speaking Tree-Is Motherhood all about Sacrifice?-Feb 2017
- Featured in Times of India, Speaking Tree-The Joy of Solo Travelling- August 2016
- Featured in Times of India, Speaking Tree-Magical Healing Power of Yoga- Sep 2015

