



# GUJARAT STATE LIFESTYLE AND FITNESS COUNCIL



WOMEN'S INDIAN CHAMBER OF COMMERCE AND INDUSTRY

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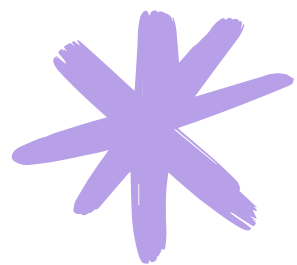


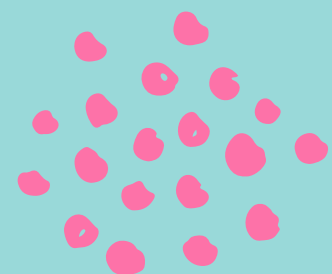
# Our Belief

Lifestyle plays a huge role in health, wellness and fitness. Today's urban lifestyle where one doesn't stop and take time for themselves is causing more harm than good when it comes to physical and emotional health.

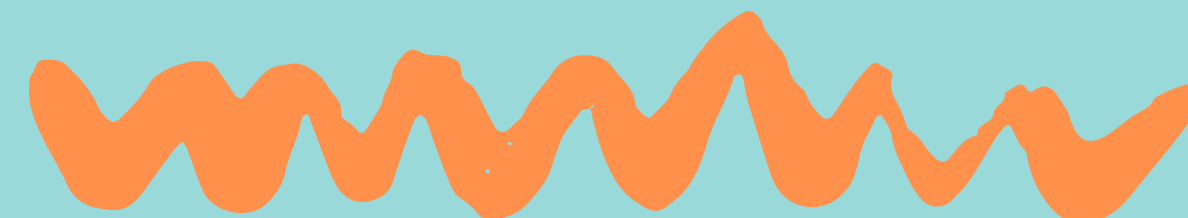
**Krsna says in Bhagavad Gita (2.15)** that by watering the roots of a tree, one automatically distributes water to the leaves and branches and thus by acting in Krsna consciousness one can render the highest service to everyone - namely self, family, society, country, humanity etc. If Krsna is satisfied by one's actions, then everyone will be satisfied.

Similarly , taking care of our lifestyle helps in nourishing our entire well - being- physical ,mental and psycho – social .





# Our AIM



We at Lifestyle and Fitness Council , Gujarat , will broadly focus on “Making fitness a lifestyle, not a fad’ and “Advocating holistic wellness”- including intellectual, emotional, physical, occupational, environmental, spiritual, social and financial health through lifestyle changes.

‘Finding our life's meaning and purpose and understanding the values, beliefs, and morals that guide our action ’will form the bedrock and basis to begin with , leading to nourishing both our soul and body .



**Sonal Narang**  
**Gujarat State President**

Educator by profession –  
Vice Principal, Anand  
Niketan Satellite – Deeply  
Krsna Conscious –  
Counsellor – Trainer –  
Spiritual Guide

The first purpose of life is to discover the  
purpose of life !!

The Bhagavad-Gita (18.61) indicates that our  
body is like a car, a machine manufactured by  
material nature in which we all are wandering  
in material existence. But we get so caught up in  
caring for the bodily car – feeding it, resting it,  
dressing it – that we forget to even ask where  
we are meant to go in it.

**Most of us are oblivious to the obvious !**

Armed with a veritable smorgasbord of  
experiences and interests , including teaching ,  
training , acting , public speaking and writing ,  
I endeavor to nurture and inspire compassionate  
human beings and guide them towards their  
spiritual identity through a lifestyle in the mode  
of goodness .

Let's grow through life instead of simply going  
through it .



## Vaishali Talwar Vice President

Educator- HOD Math's  
- Cooking Show Host –  
Multipotentialite

### My Life Mantra – जियो और जीने दो

A biochemistry graduate from St. Xavier's College, I am a caring educator and a curator with 14 years of experience, having an ability to inspire growing minds to bring out their creativity and innovation. An enthusiastic host of my online cooking show, 'CooknJoy' on multiple social media platforms.

Recipient of awards like 'Innovative Teacher of the Year'; 'Valiant Teacher of the Year'; nominee of 'The Pearson Teaching Awards' and many other acknowledgements.

A constant learner from life myself, have counselled and helped problematic, weak as well as students with special needs to steer through their learning process.

Coordinator of specialized cooking workshops and clubs.



## Nehal Kothari Council Member

Senior Holiday Expert  
Influencer  
Entrepreneur

### My Life Mantra....

'A vacation is everyone's need and to experience that in style is everyone's desire.' I like to make people feel and experience their Holiday in a luxurious way no matter the budget or destination. Travel is my passion and making each and every individual travel is my dream. In this era of extreme competition, I just want to help everyone with a small experience to view what nature and people have to offer.

### Education

- Bachelor's in Business Administration
- Master's in international business
- Tourism Management from KUONI

### Work Experience

- Local newspaper Ahmedabad Pulse-Travel writer 2012
- Freelance at MAD WORLD event 2012 Management company
- Senior Holiday Expert at MakeMyTrip India Pvt Ltd 2013 till date

### Key skills

- Communication
- Management &
- Organizational skills



## Meghana Oza Council Member

Dietitian - Dancer -  
Actress - Aspirant Mrs  
India (FSIA) - Speaker -  
Writer - Traveler

### My life Mantra

Love yourself. Believe in yourself, follow what  
Heart say. Spread positivity and make other  
people smile and make them laugh.

Education-B.Sc. Home sci.(DIETETICS)SNDT  
University Svt college Bombay.1994.

### Experience

- Child Nutritionist At Red bricks school-2012
- Chief Dietitian At Dr.Bimal Chhajer Heart  
institute Saaol Heart Centre Ahmedabad. Since  
2012
- My articles in Divya Bhaskar, Sandesh, Gujarat  
Samachar.
- TV interview at TV 9
- Health speech To Multi tasking mommies  
group and aum Helping Hand on fb
- Culturalcoordinator-4 year at Bhavnagar Mitra  
Mandal
- Nonstop garba performer ...society., lions club  
award winner
- Chief guest at she unite club on 8 th October  
2021.



Dhara Parikh  
Council Member

Transpersonal Regression  
Therapist– Reiki Master –  
Clinical Hypnotherapist –  
Awakening Awareness

**My Life and Passion**

Awareness is Grace. Inspire human being for being human, to stand for themselves and for others. Believer in Karma.

**My passion is to grow in consciousness and spread awareness about mental health.**

**Education**

- Past life Regression Therapist from TASSO INTERNATIONAL, Netherlands
- Clinical Hypnotherapist from EKAA.
- Chartered Account, M.Com, Jewellery Designer

**Experience**

- Practicing Therapist since November 2018 with experience to heal subconscious mind.
- Smoking cessation, Suicidal tendencies.
- Domestic Violence and relationships, Rape cases.
- Skin infections, allergies like psoriasis, ancestral issues.
- Parenting issues and child behavioural resolutions for all kinds of concentration, anger management, anxiety management.
- Depression among women (presented paper on this topic at International Mental health conference), PCOD and many other issues.





Sonal Shah  
Council Member

Sports Psychologist  
Research Scholar

### My Life Mantra

Success is not final.

Failure is not fatal.

It is the courage to continue that count.

Winston S Churchill

- Working as Sports Psychologist and Child Counselling
- Conflict resolution between parents and child.
- Coping mechanism to manage stress, anxiety, fear, etc.
- Understanding athlete mindset and its impact on performance.
- Intrinsic motivation and basic human needs.
- Understanding task orientation to build player's confidence
- Maintaining motivation and Goal setting.
- My topic of research is " Parenting Style, Adjustment and Emotional Intelligence of School Going Children"



Aarushi Desai  
Council Member

Advocate – VAW Activist -  
Lawyer – Social Activist

My Life – My Values  
'Don't be a Bystander'

- A practicing Advocate specializing in Matrimonial laws (divorce, child custody, maintenance and alimony, domestic violence matters, etc.)
- I practice at the family courts and High Court.
- ØHave done my LLB from Gujarat University.
- In the past I've worked with different NGOs like Manav Sadhana, Samvedana, and many more
- Since I became a lawyer, have also been fighting for domestic violence victims and try to get justice to them through court.
- Currently researching on impact on the minds of children of separated/divorced parents and different methods/plans of/forshared/joint parental custody.



Prachi Chaudhary  
Council Member

Home Maker – Aspirant  
Mrs. India – Anchor –  
Positive Healer-  
Philanthropist

**My Life Mantra.....**

'Make Happy, Feel Happy' has always been my mantra.

It is a message of spreading positivity and giving back to society. I am extremely helpful and cheerful by nature and possess good communication skills.

**Educational Background**

BCom. Graduate from H.R College of Commerce, Mumbai

**Experience**

- Scripted and anchored several Events
- Pre-Primary Teacher at Euro Kids, Ahmedabad
- Part of the NGO 'Vatsal Foundation', aiding underprivileged children
- Completed all 3 levels of Narayan Reiki, and mentored for the same
- Participant at Mrs. India 2021, (FSAI)



Bharti Vipani  
Council Member

Educator – Trainer-  
Recruiter – Philanthropist  
- Explorer

### Adventure is My Life.....

**“If you are Positive, you will see opportunities and not obstacles.”**

This is the mantra of my life. I totally believe in Karma and positive and negative vibes. Life has been grateful so far to me.

Have been on earth as a successful mother to a 9-year-old boy, as a wife for 10 years . I am proud to follow my passion religiously as an educator and a recruiter. I have been working for 17 long years and have tried almost all the professions right from call centers to trainer to bankers to hospitality to being an air hostess and finally as recruiter and educator.

In this journey of my life, instead of focusing only on destination I like to appreciate the Journey, appreciate and value the goodness of the people I meet on the way. I also love talking to people who are interesting, passionate, positive and knows how to keep a conversation going in a positive way.

My passion for meeting people, my love for life, and my desire to serve the society has got me involved and a proud part of many platforms like Rotary Club, Round Table India, YFLO, GCCI and BNI.



Fitness is not a seasonal hobby  
Fitness is a Lifestyle....

