



I PRAY THAT ALL YOUNG WOMEN ESTABLISH A BEAUTIFUL BOND WITH THEIR BODIES AND TAKE ON AND PURSUE FITNESS LIFELONG

and being in character. Anupam Kher was a wonderful mentor and guide through his acting school and I underwent his *Kuch Bhi Ho Sakta Hai* Program with ten students from India in the hills of Mussoorie.”

Having been a successful model, Shrradha says whatever she does is guided by a strong sense of purpose. “I want to experience life to the fullest and find the purpose of my soul in this lifetime.” Her advice to young women is to start their professional careers as soon as possible and not while away their teenage years and their early 20’s. “I also pray that all young women establish a beautiful bond with their bodies and take on and pursue fitness lifelong. A woman’s body as compared to a man’s is destined to face more metamorphic changes and

it is up to us to train the body to adapt and enjoy all these phases. Women must be educated about their safety and learn to protect themselves.”

Shrradha extols the ability of women to multi task and says this is a life skill that all women can use. “Balancing a career, marriage, home and the responsibility of a child is something women are blessed to experience. The sooner one trains and engages in learning, the easier the journey is. My father encouraged me to learn full Sindhi cooking at the age of 18 and that kept me in good stead during my years living abroad. It prevented me from falling into the fast food trap.”

In her free time, she loves listening to music and working out! Reading a

spiritual book every day, cleaning her house and occasionally cooking new recipes for her children make her happy and she hopes to get back to playing the piano soon.

Reminiscing about her school days, Shrradha recalls her principal writing her a note that said, “Leadership is a lonely position. Never give up and never give in” – this has gone on to be her motto in life. As for the future, she says she sees herself representing India either politically or on a larger professional platform in the future. “I also hope to extend to all the areas that I have not yet explored,” she says while sharing that she is in the final stages of writing her first book – *B Iconic!*

