



At her heaviest, Kiran (Mirchandani) Dembla weighed 80 kgs, suffered from low blood pressure, backaches, and general malaise. In the 7 months that followed, she lost 25 kgs. By her 40th birthday, Kiran decided she was going to work on the perfect six-pack. In November 2013, she competed at the World Body Building Championship held in Hungary, and made history as the first Indian woman to win two medals there. She ranked 6th in the world out of 20. Today, she is a fitness trainer, nutritionist, a DJ, a wife, and a mother of two.

But, growing up in Agra, Kiran originally aspired to be a classical singer and actually did her first ever stage show at the age of four. Passionate about music, she got her postgraduate degree in Hindustani Vocal Music. Soon after, she got married and moved to Mumbai before eventually settling down in Hyderabad. "I gained quite a lot of weight after the