

KIRAN ORIGINALLY ASPIRED TO BE A CLASSICAL SINGER AND ACTUALLY DID HER FIRST EVER STAGE SHOW AT THE AGE OF FOUR

birth of my second child. That is when I decided that I wanted to be fit, so I joined the gym. My love for working out increased when I saw the changes in my body." After training for a few years, Kiran, with another partner, set up her own gym. "I even began to train Tollywood celebrities like Rajmouli, Taapsee, Tamannaah, Rakul Preet, and Prakash Raj to name a few!"

Along with her fitness regimen, Kiran also focused on her own diet and increased her workout levels. "Next, I worked towards getting abs, building a proper body, and got into the World Championship. I work out every day for an hour or so without fail and yoga is something I love as well." She now specializes in weight loss, toning, functional training, nutrition and diet, Pilates for sports specific clientele, and sculpting the ideal physique. She is also trained in Parkour – a discipline that focuses on movement and has been developed from military obstacle course training.

All this while, her love for music was not lost. "Three years ago, I began

my career as a DJ and also received an award for being the best female DJ by the Telangana Chamber of Events Industry. Today, I play across the country and it is a wonderful feeling," she smiles.

Being a female body builder, she naturally gets mixed reactions. "On one hand, people are in awe and call me an inspiration, but on the other hand some people say I look like a man. At the end of the day, I take in all the positive stuff and leave the negativity out."

Managing her personal family time with both her professions is no cakewalk and Kiran admits there are challenges. But what is important is that she makes sure not to be distracted from her goal. Apart from work, Kiran loves spending time with her family, travelling to new places, and listening to music (not the kind that we play in clubs, she adds). A little known fact – she loves mountaineering and has so far done the Rookkund Trek, Chadar Trek, Stok and Kangri Trek and believes nothing beats that thrill!



In her role as DJ