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Bengaluru, Sep 22, 2019 (IssueWire.com) - Yoga Teacher from Bengaluru wins Mrs. India Pride Of Nation Ravishing 2019 as 1st Runner-up

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Bengaluru, September, 2019: In the grand finale of Mrs. India Pride Of Nation Season-3 held recently in Gurgaon, Bengaluru girl **Prathima David** won the prestigious title of **Mrs. India Pride Of Nation Ravishing 2019 – 1st Runner-up**. She was crowned during the grand finale held at The Leela Ambience Gurgaon along with Pooja Desai from Gujarat who won the title of Mrs. India Pride Of Nation Ravishing 2019. Organised by **Glamour Gurgaon**, this was the third edition that focussed on Breast Cancer Awareness. Among the dignitaries present on the occasion were popular Indian cine actress **Padmini Kolhapure** and **Nayani Dixit** who were part of the jury panel. The Grand Finale of Mrs India - Pride of Nation 2019 had three rounds where more than 90 contestants wore designer ensembles – Henna Sharma and Wedding Bells Rent-a-Attire by Srishti Arora Anand. The finalists were chosen from around 4500 participants who appeared for auditions from different parts of the country. The contestants had to go through many strenuous training sessions spread across five days to groom them for these prestigious titles. **Prathima is the first finalist from South India to reach the top-5 and win the crown at Mrs. India Pride Of Nation - Ravishing.**

Aged 37 years, Prathima is a Yoga trainer. She was born in Coorg and completed her graduation from St. Joseph's Evening College in Bengaluru. She quit her corporate job in a B-School to fulfil her passion after marriage and successfully completed the International Teachers Training course in Yoga, specialising in *Hatha Yoga*. She overcame many obstacles with a positive frame of mind and a go-getter attitude, including total recovery from an ACL reconstruction surgery for ligament tear. She not only mastered her yoga practice, but went on to set-up her own yoga studio called '*Abhisarga – creating yoga for you*' where she continues to improve health and quality of life for many women who practice yoga under her guidance and training. At the Mrs. India Pride Of Nation 2019 pageant, she was acknowledged with the **sub-title of Ms. Catwalk** by celebrity fashion choreographer **Shie Lobo** who was one of the trainers at Mrs. India Pride Of Nation 2019.

The key message that echoed during the grand finale was that women are looked upon as a weaker section who need upliftment and support to reach greater heights, whereas the fact is that women are stronger and capable of achieving commendable success in all walks of life; the perception needs to change. Conceptualized by **Barkha Nangia, Director – Glamour Gurgaon**, the pageant is the epitome of womanhood in the modern world. With an aim to showcase the beauty and talent of these enthusiastic ladies, Mrs India – Pride of Nation 2019 also strives to empower them to be better contributors to society.

Talking about adding one more feather of a successful edition of the pageant to her cap, **Barkha Nangia – Director, Glamour Gurgaon says**, “*Mrs. India Pride Of Nation 2019 is a step towards acknowledging a married woman's contribution to her family and society, and at the same time keeping herself in shape and good health. Through this platform, we also empower these women by imparting knowledge about various health and wellness issues. This title is not just about beauty and talent, she is a woman of substance with style, wisdom, passion and intelligence. All the contestants*

not only take care of themselves, but also show active support in helping lesser-blessed women rise in life”.

While continuing to campaign for breast cancer awareness, Prathima aims to work towards the betterment of women’s health and fitness as she strongly believes that a healthy mind and a healthy body contributes to a healthier society. Prathima is the founder of ‘Abhisarga - Creating yoga for you’ (www.abhisarga.in). She stays in Bengaluru with her husband and seven year old son.

About Glamour Gurgaon

Glamour Gurgaon is a renowned name in the field of Fashion Industry, Beauty Pageants & Entertainment Events hosted around the country for nearly a decade. Glamour Gurgaon is committed to support upcoming talent from diverse backgrounds and appreciate new and innovative ideas that pioneer and reflect the climate. It gives women a platform to fulfil their dreams and work towards their goals with determination, perseverance and integrity. The mission of the organization is to provide the tools which help women to be their personal best. Self-confidence is the key. Mrs. Barkha Nangia is the Director of Glamour Gurgaon and also a plus size model. She is a visionary and new-age businesswoman in the world of beauty and fashion.

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