

Dr. Prachiti Punde from Pune won the title ‘Mrs. Universe Austral Asia

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Pune, Dec 30, 2020 ([IssueWire.com](http://www.IssueWire.com)) - Mrs. Universe Austral Asia Dr. Prachiti Punde says “self-mastery is essential to build a rock-solid foundation for quality life”

Dr. Prachiti Punde from Pune won the title ‘Mrs. Universe Austral Asia and she will be representing India in December 2021 for Mrs. Universe where contestants from 90 countries of the world participate. She will be going through to Diva pageants. Karl and Anjana Mascarenhas director of diwa pageants and mentors will groom her to perfection. Recently Famous Bollywood actress Brunha Abdullah crowned Dr. Prachiti and Anjana Mascarenhas the National Director honored her with Mrs. Universe Australasia Sash. She is thankful to diva pageants for this honor and Looking forward to making India proud.

Dr. Prachiti through her life coaching firm Prachiti Kokoro preaches ‘helping people build a rock-solid Foundation through self-mastery is essential for the quality and longevity of a human being.’

She is happy with this title as it is helping her to spread the message to the world through Mrs. Universe’s participation. She says ‘with the changing lifestyle and Lifestyle modification people are moving away from health and the ‘SELF’ so working towards self-mastery for a quality life is essential.’

Dr. Prachiti through her form Prachiti Kokoro which is registered n working for the last 12 years has seen more than 5000 clients and conducted 350 plus lectures all across Maharashtra.

Mrs. West India Empress of West India 2020 season 2 finales was held in Goa Alila diwa by Diva pageants. MD of the Rosary Foundation Shri Vinay Aranha along with Jahangir orocare Dental Centre supported the event. Union Minister of State in the Ministry of Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy and Minister of State for Defence, M.P. Shripad Naik also present at the event as a chief guest.

Karl and Anjana Mascarenhas were the director and organizer of this event. Aman Yatan Verma hosted the show.

Dr. Prachiti from her home town was always taught about the importance of social work and consistency for a successful life by her parents. She has been into a lot of social activities for women empowerment and health solicited with lots of awards and honored by skilling India in 2017. She says “my husband Dr. Akshay and my kids are my Strong supporters because of whom I find new ways and keep moving towards spreading this health message for the well-being of mankind”.

Dr. Prachiti is M.B.B.S., D.A. and is certified in more than 13 life coaching courses like CBT, NLP, emotional intelligence, mindfulness and after her prolonged studies on health and psychology; she is now on her way ahead to fulfill her life purpose of spreading this message through Mrs. Universe 2021 representing India!!

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