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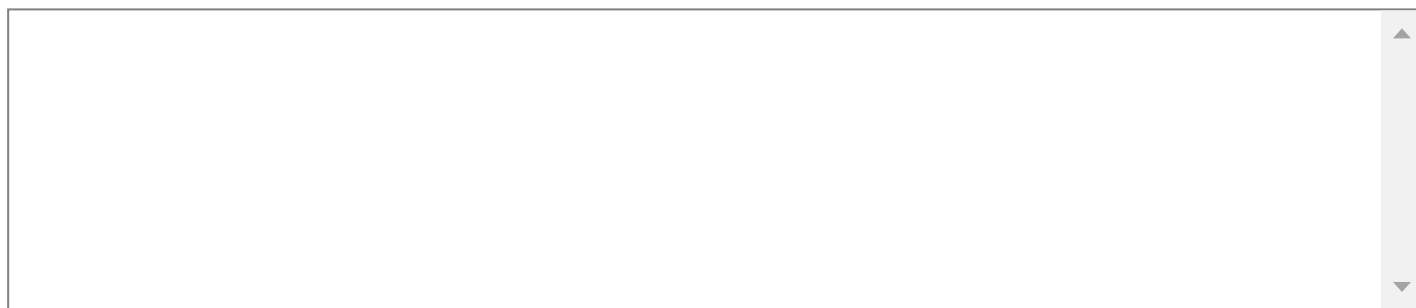
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LIFESTYLE (/LIFESTYLE), VIRAL AND TRENDING (/LIFESTYLE/VIRAL-NEWS)

So Mimimpressive!

DECCAN CHRONICLE | NAMITA GUPTA (/byline/namita-gupta)

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Whenever she gets time she likes to trot the globe



📷 Mimi Parthasarathy

Her face lights up as she smiles. Mimi Parthasarathy, MD, Sinhasi Consultants dabbles with myriad tasks, each with equal passion. She has been a part of many households as a financial planner for high networth clients like Kiran Mazumdar-Shaw, CMD Biocon, Dr Sunita Maheshwari, chief dreamer and co-founder, Teleradiology Solutions and many others. And that's not all; she also teaches yoga at her yoga academy in Bengaluru and is a popular classical dancer. We speak to her about her journey and juggling so many things with equal élan.

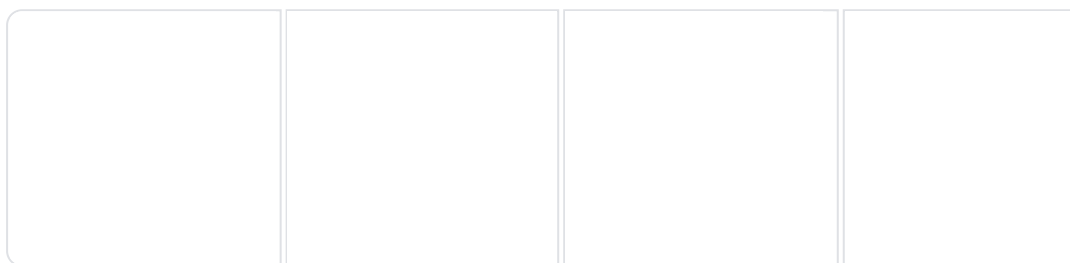
How did the inclination for yoga happen we ask and Mimi explains, "At the age of eight, I was formally trained by many renowned gurus in dance. My yoga journey began when both my parents fell very ill in 2010. I joined yoga classes and then got trained to be a master teacher. I loved it so much that I set up my yoga school Krishna Wellness Centre in my home in Malleshwaram and today 150 students come everyday to learn yoga."

Her academic accomplishments include a double masters in finance and marketing and diploma in accounting from the Webster University in Geneva, Switzerland, but she was always passionate about dancing. "We also have



Bharatnatyam dance classes and other interesting cultural programmes. Due to my hectic work schedule and several activities, it gets difficult for me to attend regular classes or conduct classes. So I ensure I practice yoga by myself atleast thrice a week. Self practice is tough since it involves a lot more concentration but I enjoy it. I'm also a student of the Indian scriptures," she says about her passion for the art form.

Despite a hectic schedule, Mimi likes to take out time for her other passion. Whenever she gets time she likes to trot the globe. "I love travelling and especially love the outdoors and nature. I loved my trip to Ireland. It was spectacular. We indulged in a grand ball gala dinner at the Irish Castle in Dublin. I enjoyed the magical landscape of Namibia and Bhutan for its natural beauty. Spain and Portugal, Canada, The Alaskan Cruise, South Africa, Australia, many parts of Europe like Geneva and Paris are our favourite cities and so are Italy, Borneo and the US. My daughter Hamsini and I have travelled a lot but we have a lot more to see. I also love animals, dogs in particular and wildlife. My daughter (who is studying conservation) and I share this passion."



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