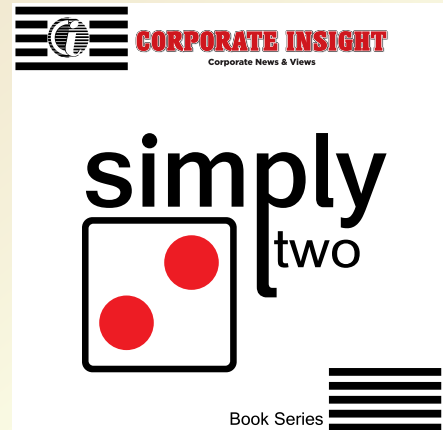


SIMPLY TWO by Gurbeer Singh Chawla



Akanksha. S. Nehra

- Dietician
- Wellness Expert
- Public Health Specialist
- Actor

■ Two things one must possess to reach high growth & Success in life?

Over time I have realised there is nothing greater than discipline and perseverance.

Doing things with discipline and not giving up is the key secret to success.

■ Two things that impact your achievements?

Hard work and humility. I believe humble people go a long way.

■ Two things about people that annoy you?

Arrogance and talking down to others are two qualities that are a definite turn off.

■ Two reasons you chose to be a dietician ?

How eating healthy changes your life and its long term effects really fascinates me in general and hence I chose to pursue this.

Secondly, every human being eats and it is what makes them up and heals them. The idea of healing people without medicines really interests me.

■ Two major responsibilities as the owner of Dietology - Be Nutriwise in Kenya?

Ensuring every patient's happiness and success.

Managing my clinic its marketing and its administrative duties.

■ Two big achievements as an actor in bollywood?

Working with Amitabh Bachchan and with Suhasini Mulay.



Both of them are such legendary actors and it was truly an honour to interact and learn from them.

■ **Two good qualities of a good actor?**

Discipline and love for what you do.

■ **Two of your best movies of bollywood as an actor?**

Abcd 2 and Inkaar. Both taught me a great deal and were great fun.

■ **Two most challenging phases of your life?**

Getting through my studies and doing well to graduate was a challenging set of years.

Also the phase of struggling to take off, and understanding the field of acting and auditions.

■ **Two things that motivate you in difficult times?**

The secret and vipassana meditation- the lessons I have learnt from them and their teachings.

A visit to the gurdwara really transforms my internal being and helps me get through the tough times.

■ **Two personalities who inspired you most?**

Barack Obama and Nawazudin Siddiqui.

They inspire me because they changed their lives around and achieved such great success and heights, not many dare to dream of and their attitude of not giving up is a huge feat.

■ **Two of your favorite books?**

Shantaram and 36 short stories by Jeffrey Archer.

■ **Two people who fascinate you?**

Vincent Van Gogh and Sylvia Plath.

■ **Two things you always remember of your struggle period?**

There are hundreds, but i think if i choose two impactful things that remain.

- My friends who stood by me.

- The rejections that taught me alot and made me tougher.

■ **Two decisions of your life you never regret?**

Moving to Mumbai and deciding to be an actor and giving it all.

Secondly, the decision of coming back to Kenya due to Covid.

Two things you do for your happiness?

I enjoy exercise, whether its running, taekwondo, or going to the gym; working out gives me great happiness and joy.

Listening to music and dancing away changes my mood and brightens the day.

Watching funny videos really makes me happy too.

Two things you want to say as a wellness expert for mental health?

Drink more water and laugh everyday.

Two Awards which you feel proud of?

It is hard to choose, but well, at Miss India Kenya 2010 in Durban i was awarded a sub award for best hair, its a beautiful plaque.

And my football trophy where my team won the women's league in football in Mumbai, it was such a huge trophy.

Two values of life your parents have given you?

My dad always taught us to be kind and giving and he phrased it as "you take it".

My mum constantly reminds us to be soft spoken and diplomatic to get far in life, and I have seen it truly does help.

Two things you want to say to your fans, followers and supporters?

Thank you for all your words and feedback truly helps me to grow and prosper.

I wish each and everyone who supports my growth , 10 folds of success and prosperity.

Two things you miss about India in Kenya?

Good food especially momo's and my friends there.

Two Lessons Covid-19 has given to the World?

To not live in the future but rather in the present.

And to appreciate your family and loved ones- they are irreplaceable.

Two goals you want to achieve in life?

Work in a huge Hollywood project.

Transform Africa with feeding projects.

Two things you are currently working on?

I am currently working on a Kenyan - British movie, The schemer by Peter Pages.

I am also pursuing my Masters in Public Health from Scotland.

Two secrets of life that keep you going in tough times?

Knowing it will always work out and god has bigger plans for me and my family's never ending support.

