#### Ria

Senior Clinical Dietitian & consulting
Nutritionist | Holistic wellness & Therapeutic
Nutritional consultant | Mom



# Where in Your Life do You Have Complete Peace of Mind?

"The moments when I connect subconsciously with the higher essence. If it's about the place, then it's my 'home/nest' or 'Nature'- pure calm mother nature."



# How and When Can You Peacefully Coexist with Uncertainty?

"The time I surrender myself to the will of the Lord."



# What is The Earliest Memory That You Can Remember of Your Childhood?

"I must say that I am blessed to have had a wonderful childhood. Each memory shared with parents, and everyone was blissful."



What Prevents You From Being in The Moment, More Than Anything Else?

"Future thoughts."



# What do You Usually Think About Whenever You're Alone?

"My past, present and future."



What Questions or Doubts Are Currently Unresolved in Your Heart?

"None in particular. I leave it to God."



# What is Your Effect on Those Around You?

"I believe I have managed to impact many people in my journey till date, thankfully. Be it family, extended family, friends, clients or even strangers. I take it as one of the most beautiful blessings I have received from God."

