

*Ft: Dr. Mrinal Gawali*

# BEAUTY WITH BRAINS

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## WHY IS IT IMPORTANT TO BE A MULTITASKER IN TODAY'S WORLD?

You should schedule your priorities and work on that specific thing. I don't believe in multitasking; I believe in mindfulness. I was working in modelling and dentistry at the same time, but my father has always taught me that Jack of all trades is the master of none.

## GIVE US YOUR VIEWS ON PINK TAX

Most of the people don't know what Pink tax is. People should start voicing their opinion about razor, tampons and basic sanitary needs for women. More than action, awareness is important. Do you bleed by choice? It's how we are made. Sanitary napkins and tampons should not be treated like a luxury. Women are paying extra money to buy beauty products, perfumes and even basic health needs just because they are pink in Color.

## WHAT ARE THE STRUGGLES THAT YOU HAVE FACED PROFESSIONALLY? WHAT DID YOU LEARN FROM THEM?

I was a shy and timid child who lacked confidence because I was constantly told "You can't do it". When I was interviewed during my first pageant, I had cold feet and was unable to answer; so yes, modelling taught me confidence. Listening to my own voice and not people's opinions is what I've learnt throughout the journey.

## DO YOU THINK AFFORDABLE HEALTHCARE FOR ALL CITIZENS OF THIS COUNTRY IS A RIGHT OR PRIVILEGE?

Yes, it's a right. We need to come up with more government hospital and healthcare facilities thereby making it affordable for everyone. I personally have a group of seven clinics where we diagnose cancer for free. We can organize camps to create awareness about the policies of government like yojana, etc.

## RAPID FIRE QUESTIONS

- # First thing you do as soon as you wake up in the morning?  
-Take my dog out for a walk
- # Would you rather trade looks for intelligence or intelligence for looks?  
-Intelligence works for daily life so intelligence over looks
- # Do or Die makeup product?  
-I will name two: Lip balm and Kajal
- # Kill/Marry/Alternative for dental subjects  
-Kill: prosthodontics  
Marry: oral surgery (obviously)  
Alternative: Oral pathology
- # Bags or shoes?  
- Shoes
- # Going out or staying in?  
-Staying in
- # Early bird or Night owl?  
- Early Bird



## Pink tax

The pink tax refers to the tendency for products marketed specifically toward women to be more expensive than those marketed toward men. This phenomenon is often attributed to gender-based price discrimination,



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## WHAT ACCORDING TO YOU IS THE ESSENCE OF BEING A WOMAN?

There is nothing more rare nor beautiful than a woman being unapologetically herself and comfortable in her imperfection. To me, that is the true essence of beauty. The essence of being a woman comes from her soul - her spirit illuminates all that she does.

## WHAT IS YOUR DEFINITION OF SUCCESS?

Success is very personal, so each and everyone has their own definition. What I feel is attempting to move forward and being open to self growth is success.

'I never dreamed for success, but worked for it!'

## WHAT ARE YOUR THOUGHTS ON PSEUDO-FEMINISM ?

Pseudo-feminism can take many forms and can be found in variety of contexts, be it workplace or day to day life. It is important to recognize and challenge pseudo feminism as it can be harmful to genuine efforts to promote gender equality. Feminism isn't about making women strong. We are already strong. It's about changing the way the world perceives this strength.



## WHAT DOES YOUR SELF CARE ROUTINE LOOK LIKE ?

Self care routine is the practice of improving ones health, well-being and overall happiness. It can be any activity that strengthens you physically, emotionally, mentally, intellectually or spiritually

I would like to share some self- care routine tips with you all:

- # Learn to love yourself.
- # Set healthy boundaries
- # Meditate
- # Put down your phone
- # At least get 8 hours of sleep a night.
- #Always LOVE YOURSELF!

