

Designation:

Dr. Smita Dipankar Chaudhari
M.B.B.S; D. A (Anaesthesia)

India's 1st Certified Teen Life Coach
Founder Forevermagicalteens™
Published Author
Podcast host
Consultant Anaesthesiologist and Intensivist
Certified Ho'opono pono and EFT Healer
Co-founder of Skillistaan™



Profile:

Dr. Smita Dipankar is a **consultant anaesthesiologist** with an experience of more than 23+ years in this profession.

She is also a **Certified health and wellness consultant** who is passionately working with many families guiding them to achieve optimal health.

She found her passion as a **life coach for teenagers** during her daughter's teenage journey. The heartfelt connection she felt for every teenager and the happiness she experienced while guiding & supporting teenagers & their parents, lead her to become **India's first TeenWisdom.inc certified life coach for teen girls**. She has a knack for being a teenager's best friend and many teen boys and girls trust and rely on her to seek solutions or simply talk to her to share their problems. Dr. Smita's belief in teenagers and her love for them, makes her the best teen life coach. Her passion and vision to make a difference in every teenager's life are reflected in her work.

She is the **founder & CEO of Forevermagicalteens™** where she provides exclusive coaching programs and workshops that contribute to this passion of hers. She is on a **MISSION** to "**Simplifying Teenage for every teen and their families**".

She along with her daughter founded the **1st teen club for girls in India named Forevermagicalteens™ club**, which is a safe space where teen girls can meet, talk, share, support & enjoy being themselves without being judged.

She is the **author of the book "Simplifying teenage"** which is an easy and powerful practical guide to simplify the teenage journey exclusively for teenagers, parents, grandparents, teachers, coaches and everyone who knows a teenager.

She hosts "**The Simplifying teenage podcast**", a podcast for teenagers where she shares simple practices, techniques and wisdom that can make teenage more fun and magical.

Dr. Smita along with her two friends are **Co-founders of Skillistaan™**, an online platform for every girl & woman, to collaborate & form a Community of Expertise in different fields to upgrade their Life skills.

Internationally certified as an **Ho'opono pono and EFT healer**, she works with women to support them to heal and release their past, hidden or unknown traumas and live a happy, successful and peaceful life.

Smita is a fun-loving person with an aura of an angel. Anybody who comes near her would immediately get comfortable with her. She has a knack for being not only a teenager's best friend, but also of their parents. She is a package of happiness along with hard work and dedication when needed. If you ever need anyone to talk to or share your problems with, then she is the one who'll be there always!

Awards:

1. **“Meticulous mentorship as a leader”** award for her outstanding accomplishments as a change maker in the field of education and parenting!
2. **“Super mom” award** for her contributions in raising her daughter with the right values and shaping the future.
3. “Simplifying teenage book” got featured among **the top 10 books to read** in November 2021 on Delhiwire.
4. Felicitated as a **“SHERO (She-hero)”** on Woman’s Day 2022 and recognised for her outstanding community spirit, leadership and contribution towards society.
5. Her book “Simplifying teenage” was awarded 2nd ranking in the personal transformation category in **LIFT awards 2022**.
6. **Speaker at an event by TEDx Rambaug** 2022 on Mental health issues.
7. **“Inspiring Woman 2023” award** by Fox Story India for being the trailblazer and for her inspirations and contributions towards the society.
8. HerRising 2024 excellence award for **“Woman in education”**.

NOTABLE MENTIONS:

1. Guest speaker on JGI schools, Bangalore
2. Guest speaker 1min CM on Wurk TV
3. Featured speaker on Parenting Champions
4. Guest Speaker at Kid-do-mentoring
5. Chief guest & Speaker at Leva Bal Sanskaar, Nagpur
6. Guest speaker on Beautiful Minds on Wurk TV
7. Guest speaker at Ishanya Rotary club, Nagpur
8. Guest speaker at Motherhood club.
9. Guest speaker on Humangiri channel
10. Guest of honour inauguration of 15 book challenge at Ryan international school, Dombivli.
11. Guest speaker at Ryan global school, Kharghar
12. Guest speaker at Sree Narayana college, Chembur.
13. Guest speaker at Ryan International school, Nerul
14. Speaker at Kone Elevators, Pune.
15. Guest speaker at St. Aloysius school, Bhusawal.
16. Guest speaker at D.Y. Patil Pharmacy college, Navi Mumbai.
17. Featured speaker for mentoring the mentors at D.Y. Patil Pharmacy college, Navi Mumbai

Interview featured on --

1. Writing geeks Magazine
2. LIFT magazine

Websites:

To know more about **Life Coaching for Teenagers**, visit: www.forevermagicalteens.in

To know more about **Life Coaching and Healing sessions for women**, visit: www.drsmritadipankar.com

LinkedIn profile: <https://www.linkedin.com/in/dr-smrita-dipankar-chaudhari-13a57715>