



Editor's Note

The last few episodes were an eye opener.

#STRONG glimpsed into the lives of women from all age groups and travelled their journey with them, felt their emotions and found out what they did to overcome their pain and challenges. It was tough, but these women persevered.

#STRONG will continue to reach out to as many women so that their stories can inspire you and give you an opportunity to look at your own challenges, figure out ways to reshape your precious life and even help you to help someone dear to you, to overcome their pain and challenges.

#STRONG is a journey of stories which aims to create a community of strong female role models for younger female audiences.



Shan Singam

BECOMING #STRONG



LET THE TEARS FLOW

Over the last few episodes, **#STRONG** engaged women who shared their personal journeys which helped them regain confidence, remove their mask, wipe away their stigma and live a normal and fruitful life.

“Surrounding yourself with people who truly believe in your talent and your vision - that’s the most important thing,” shared Nimi who was once a national tennis player. Her life changed after an injury. She did not give up, but instead she embraced her pain and moved on. Nimi credits her family for always being there for her. She believes that your family will always love you no matter what.

Like Nimi, all the women that **#STRONG** spoke to had their own version of challenges and recovery.

Each and everyone of them had gone through rough patches in life.

We often assume that articulate, professional and courages looking women have life easy. But you will be surprised to know that these women are all here today because of some great pain they have endured in past - loss of loved ones, discrimination for the color of their skin and even incurable medical conditions. Some of these women almost drowned on the way, some kept afloat as they tried to figure out and some embraced, accepted and carried on with life.

One word connects them all - **STRONG**.

However, they did not gain strength overnight. It took a process for them to achieve the life they live today. A process of feeling the pain without ignoring it and embracing their weakness and grieving for as long as they wanted to. They did not stop their tears.

Eventually, they took their pain further and turned it into an opportunity. They reshaped their priorities and built a strong support system for themselves. They found more meaning to their lives in doing the things that they loved most. They did not rush. They took all the time needed until they were ready to be strong, and most importantly they were able to look past the negativity surrounding them. #

“Each person’s happiness lies within them and does not depend on anyone or anything outside of themselves.”

Zarine