

Arming the Generation With A Brighter Future

With her goal to impact change amongst the next generation by promoting inner transformation and wellness, Dr. Vani B Rao, the founder and Managing Director of “Youthphoriya” is an inspiring icon to scores of people.

Enthusiastic philanthropist, spirited wellness coach, successful entrepreneur; these are a few words that can be checked off the long and impressive resume of Dr. Vani. As a go-getter armed with a never-say-die attitude, she is an unstoppable force to be reckoned with.

Dr. Vani began her highly dynamic and diverse professional career as a radiation therapist in the United States before moving on to enhance aesthetics as a cosmetologist. She went on to receive her diploma in cosmetology as well as certification in advanced skincare and chemical peeling by various cosmetology centers in the United States. To enhance her skills and be better in her field, Dr. Vani attended various dermatosurgery and cosmetology workshops. And soon enough, her precise skills with the laser beam made her the go-to cosmetologist when it came to aesthetic enhancement.

But things changed when she ventured into the world of wellness. Her journey began when she received the ‘Tree of Life’ certification from Petrov’s Foundation Training Centre, Bengaluru, regarding exercises to develop human abilities. Moving forward, she went on to receive various certificates related to wellness, healing, yoga, etc.

Today, Dr. Rao is a brilliant wellness coach guiding children, women, and senior citizens to balance the energies in their body, mind, and emotions. Her modern methods in promoting wellness include practicing therapeutic healing practices like yoga, meditation, personal training, dance, and music therapy.

Her work in the field of wellness and her concern and commitment towards the society at large resulted in Dr. Vani being awarded Honorary Doctorate in Wellness Science and Inner Transformation (Honoris Causa) by National Virtual University for Peace and Education in May 2019.

But one of her most important projects is “Youthphoriya,” an initiative that helps disadvantaged children by empowering them with career-oriented skill development, as well as providing professional guidance and coaching for competitive exams to ensure they secure gainful employment.

“Our work is at the cutting edge of science and spirituality. We believe that proper core engagement and form are essential for optimal functional movement, which cultivates an accepting and inclusive environment. As a multi-disciplinary center, we work toward recovery in every level, which is holistic, self-directed, and empowering,” described Dr. Vani about the work put in by “Youthphoriya.”

The idea here was to instill the concept “*you are more than you know*” among the youngsters. In arming today’s youth with various skills and confidence, Dr. Vani cements a better future for the next generation. Her work with “Youthphoriya,” especially the health and wellness initiatives, led to her being awarded the Times Health Excellence Award in 2019.

Youthphoriya employs yoga, meditation, and mindfulness, which enhances self-esteem among the youth, allowing them to tap into their inner potential, making them the best version of themselves.

A person who has had the privilege of being guided by “Youthphoriya” leaves with the excellent skills to plan, organize and manage events backed by a noble cause. The young are now encouraged to reach out to children from the slums, orphanages as well as students from below the poverty line and help them further, resulting in a generation that is compassionate. These youngsters who have now figured their complete potential will share the knowledge about life skills through yoga, meditation, dance therapy, music therapy, art, and crafts, leading to planting the seeds of good habits resulting in the development of energies of the body, mind, and emotions and channelize it in the right direction.

It isn't just the youngsters who are being guided; Dr. Vani also engages with children as young as three and a half years of age by concocting fun programs that include cooking, art & craft, dance, music, and fitness, which ensures that the little ones are actively engaged.

Dr. Vani Rao has immense love for children and believes that everyone should be armed with skills that could help empower them to have a bright future. To do so, she ventured into philanthropy by effectively leveraging Youthphoriya as a brand, an endeavor that resulted in benefiting underprivileged children and teenagers, who would be invited to summer camps, where they will be taught a variety of skills.

Dr. Vani practices what she preaches. Just like how Youthphoriya functions with the belief “*you are more than you know*”, she has realized her true potential and believes that “*I am enough*”, but also operates with the mantra, “*But now, I am worthy of greater possibilities.*” Youthphoriya imbibes the unique energy of its founder and reflects the same in all the activities they conduct.

Dr. Vani Rao does not intend to stop here. Her dream is to establish many more youth-empowering centers. In fact, she got one step closer to this dream when “Youthphoriya” became the first company registered with the Department of Economics in the UAE.

With the immense research that she had conducted on Mindfulness, Meditation, Alternative Medicine, Energy Medicine, Acupressure, Naturopathy, etc. and many more Modalities of Healing & Therapies, Dr. Vani has managed to create a special, commendable program called the “Inner Transformation.” This program is designed for kids aged 3-19 yrs old and allows every child to become & feel superior to themselves. It was noticed that participants of this program had a significant boost to their Self Esteem & Self Confidence, and one could notice an immense increase in positivity and focus. Dr. Vani attributed all of these changes as side effects of certain practices of Mindfulness, Meditation, Energy Force Exercise, Yoga, Music Therapy, Mind Gym & Brain Exercises.

These results achieved by Dr. Vani's program, “Inner Transformation”, led to it being recognized by Nitti Aayog as well as the United Nations Office at Geneva.

This recognition means that she is not going to stop at any point. Instead, she aims to build awareness around the world by developing a program, “Several Modalities & Tools to lead a simple, easy life with Nature & What the Universe has in Store for Us.”

Thanks to her contribution, these programs will be conducted under prominent banners such as the International Lions Club, NSDC, Skill India, Nitti Aayog, to name a few. And this is just the beginning.

Her success with social entrepreneurship led to her being an instrumental part of the “Skilling India” campaigns. She was also awarded the certificate of recognition at the Thought Leader Summit & Awards- TLSA, in Appreciation of her Long-Standing work and Inspiring success Journey in August 2019.

In addition to all of the above, Dr. Vani B Rao also leads her own independent chapter of the Lion’s Club. As a part of this organization, she installed the ‘*Wall of Kindness*’ in July 2019 at the Youthphoriya center. This “Wall” promotes charitable gestures from people by allowing them to leave whatever they don’t need, which in turn would provide for people who are in need. This installation earned her a Certification of Appreciation by the Lions Club of Bangalore.

Her distinguished achievement as a member of this reputed organization, in fulfilling the mission of Lions Club International during 2019 - 2020 earned her the Certificate Appreciation by Dr. Jung - Yul Choi, International President of the International Association of Lions club.

The recent pandemic caused due to the coronavirus did nothing to deter her from her path of enlightening young minds. The philanthropist in her could not sit by as many suffered. So, Dr. Vani and a few other members from the Lion’s Club independently chartered and worked together with the underprivileged. She also worked with organizations that cooked & distributed packed food for the nearby slums. Her relentlessness in protecting the disadvantaged earned her recognition as a Covid-19 warrior in 2020.

Despite providing a great deal for the young, and underprivileged, Dr. Vani prefers that her work remain silent, mysterious, yet compelling. In a world where the gap between the privileged and underprivileged is vast, Dr Vani's efforts in bridging it has not gone unnoticed.

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