

Dr. Anuja Shelar: A Journey of Resilience and Healing Through Homeopathy

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Success never comes easy. Behind every achievement lies years of struggle, lessons from failures, mental resilience, and unwavering self-belief. The journey of **Dr. Anuja Fulsundar Shelar**, who runs **Dr. Anuja's Homeopathic Clinic at Mumbai Naka, Nashik**, is a living example of this truth.

Choosing Homeopathy and the Early Challenges

Dr. Anuja consciously chose homeopathy with a vision to treat not just the symptoms, but the patient as a whole—considering the body, mind, and emotions together. During her **MD in Homeopathy**, she faced the pressure of studies, demanding examinations, and high expectations. Yet one belief kept her motivated:

"We can bring positive change in patients' lives."

After completing her education, stepping into clinical practice proved to be a major challenge. Starting a clinic required not only medical knowledge but also financial planning, patience, and confidence. In the initial days, patient visits were few. There were times when not a single patient walked in throughout the day, leading to financial uncertainty and emotional stress.

Mental Strength and the Will to Learn

Questions like *"Am I on the right path?"* often troubled her. Instead of giving up, Dr. Anuja turned these doubts into strength. She utilized her free time to study advanced medical literature, analyze cases deeply, and understand patients' psychological and lifestyle patterns. Every challenge became a learning opportunity.

Balancing Responsibilities as a Woman Doctor

Managing family responsibilities along with a medical career is not easy, especially for a woman doctor. With strong family support and self-confidence, Dr. Anuja never lost hope. She firmly believes that trust and communication between doctor and patient are as important as medicine itself. Gradually, this trust began to reflect in the increasing number of satisfied patients.

Clinic Philosophy and Treatment Approach

At Dr. Anuja's clinic, treatment is based on empathy, understanding, and holistic healing. Today, she provides specialized care for:

- PCOS, hormonal imbalance, and infertility cases

- Allergic conditions in men and women
- Chronic illnesses, skin diseases, and autoimmune conditions
- ADHD, Autism Spectrum Disorder, concentration issues, and emotional instability in children, along with parental counseling

Her approach focuses on identifying the **root cause of illness** rather than suppressing symptoms, ensuring long-term and positive results. The real joy of success for her is seeing long-suffering patients regain health and confidence.

Expansion and a New Identity

One of the bold decisions in her career was opening a new clinic at **Mumbai Naka, Nashik**. Establishing a practice at a new location with higher expenses and the challenge of building recognition was not easy. However, with a long-term vision, she took the step—and today the clinic is known as a calm, positive, and trusted healing center.

Her Definition of Success

For Dr. Anuja, success is not merely financial stability. True success lies in reducing patients' pain, offering them emotional support, and guiding them toward better health. She believes that struggles shape personality and give birth to real achievement.

Her journey stands as an inspiration for everyone striving to fulfill their dreams. No matter how small the beginning may be, consistent effort and self-belief always lead to success.

Selected for Maharashtra's Prestigious Awards

Recognizing her dedication and achievements, she has been selected for the prestigious "**Maharashtra Business Icon 2025 / Maharashtra Style Icon 2025 / Maharashtra Fashion Icon 2025**" awards.

This honour is being presented by **Reseal.in and India Fashion Icon Magazine**, celebrating Maharashtra's emerging entrepreneurs and artists.

The selection marks a proud moment not only for her, but also for the entire region.

Presence of Renowned Film Personalities

The grand award ceremony will be graced by celebrated film personalities:

- **Ms. Varsha Usgaonkar (Bollywood Actress)**
- **Ms. Sonalee Kulkarni (Indian Actress)**
- **Ms. Prarthana Behere (Indian Actress)**

Event Hosted Under Expert Leadership

The event is organized under the leadership of **Mr. Sudhir Kumar Pathade**, Founder & CEO of Reseal.in (Sure Me Multipurpose Pvt. Ltd.), who continues to provide a national platform for Maharashtra's rising entrepreneurs, designers, and creative talents.

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