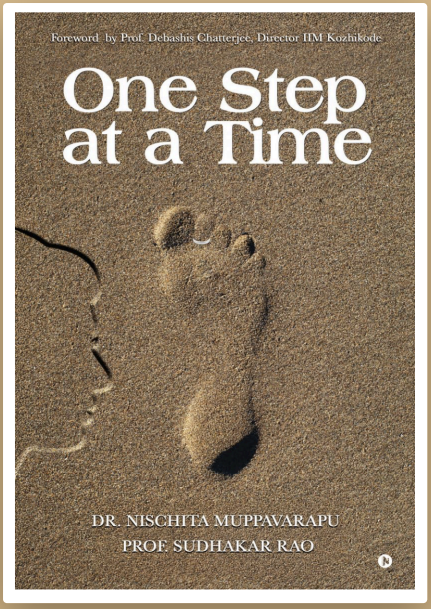
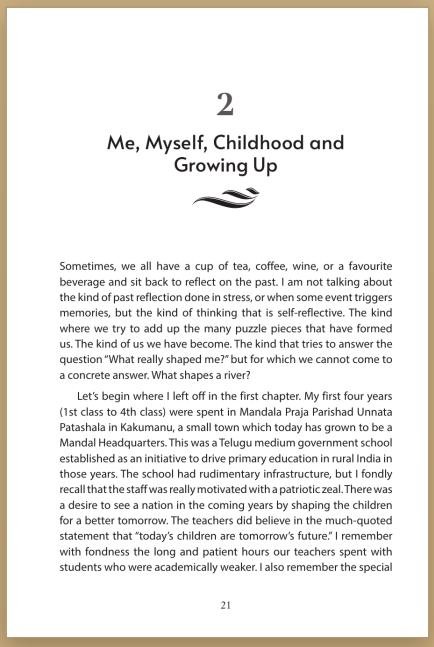




2

Me, Myself, Childhood and Growing Up

Sometimes, we all have a cup of tea, coffee, wine, or a favourite beverage and sit back to reflect on the past. I am not talking about the kind of past reflection done in stress, or when some event triggers memories, but the kind of thinking that is self-reflective. The kind where we try to add up the many puzzle pieces that have formed us. The kind of us we have become. The kind that tries to answer the question "What really shaped me?" but for which we cannot come to a concrete answer. What shapes a river?

Let's begin where I left off in the first chapter. My first four years (1st class to 4th class) were spent in Mandala Praja Parishad Unnata Patashala in Kakumanu, a small town which today has grown to be a Mandal Headquarters. This was a Telugu medium government school established as an initiative to drive primary education in rural India in those years. The school had rudimentary infrastructure, but I fondly recall that the staff was really motivated with a patriotic zeal. There was a desire to see a nation in the coming years by shaping the children for a better tomorrow. The teachers did believe in the much-quoted statement that "today's children are tomorrow's future." I remember with fondness the long and patient hours our teachers spent with students who were academically weaker. I also remember the special

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One Step at a Time

A physician-entrepreneur's memoir on what success means for a woman · Notion Press · 2025

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CHAPTERS	WORDS	IN ACKNOWLEDGEMENTS	PUBLISHED

THE BOOK

Part memoir, part inquiry into one question: "What does success really mean for me?" The author argues that success has been defined through a male lens and that women need a multidimensional, self-authored definition. The arc runs from a Telugu-medium government school in rural Andhra Pradesh, through an MBA, medicine at 23, a cosmetic dermatology practice in Chennai, international leadership recognition in London and Dubai, an appointment as Honorary Consul of Costa Rica, and back to the classroom at IIM Kozhikode. A Venn diagram of male, female and universal success introduced in Chapter 1 is revisited at the close. Foreword by Prof. Debashis Chatterjee, Director, IIM Kozhikode.

STRUCTURE

1 What is Success?
2 Me, Myself, Childhood and Growing Up
3 Being Inspired by Giants
4 History Happening Every Day
5 Looking Into the Mirror
6 Can One Restart?
7 Starting a Business
8 The Apprentice Journey
9 London Diaries
10 The Dubai Award
11 Costa Rica Calling
12 IIM Kozhikode: Full Circle

WHAT THE COLLABORATION INVOLVED

Working with the author from concept to final manuscript: the book's thesis and chapter architecture, the central success framework, the shape of each chapter's narrative, and editorial passes to keep a first-person memoir in the author's own voice, specific and unsentimental. Nothing invented; where a memory was missing, the author supplied it.

CREDITED IN THE ACKNOWLEDGEMENTS

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Dr. Nischita Muppavarapu, Acknowledgements, One Step at a Time

Role: writing and developmental collaboration. Structure, framework and narrative shaping for a full-length memoir; credited by name in the published book.

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