

## **DR. SEEMA RAO WONDER WOMAN OF INDIA (DETAILED BIODATA):**

Dr. Seema Rao is called WONDER WOMAN OF INDIA. As India's first & Only woman commando trainer, she has shattered the gender barrier to become a Woman's Icon who is an inspiration to crores of women to achieve their maximum potential.

She stands shoulder to shoulder with men of war and wins their respect. She can run 40 km marathons, shoot an apple off your head with an AK-47, split 5 targets in 2 seconds with a Glock pistol, defuse a complex explosive device and neutralize armed assailants in seconds.

Dr. Seema is featured as one of the 14 most influential women with Theresa May & Melinda Gates, by BBC host & UK MP Ruth Davidson in her bestselling book "Yes She Can".

Ranked no 6 Power Woman Trailblazer by Forbes magazine in 2019. She was voted by Indian women for the 'Femina Woman We Love' award & Reebok Fit to Fight Woman of Year. She is featured as a woman of substance by Savvy, Femina, Vogue, Society, Verve, Grazia, New Woman, Forbes India, India today, Radio One, Times of India & American magazine 'V'.

Internationally she got acclaimed World Peace Award in 2009. In India she got the highest civilian honour for women in the Republic of India Narishakti National award from the President of India.

### **MILITARY:**

Seema spent 20 years of her prime life as a Guest Trainer training 20,000 soldiers from Indian armed forces, paramilitary & police free of monetary compensation as selfless service to the Nation. She has trained commandos from every elite force including Army Special Forces, NSG- Black Cats, IAF GARUDS, Indian Navy MARCOS, BSF, Commando Wing, ITBP Commando School, Army Paratroopers and Ghatak units. Seema & her hubby invented Rao method of reflex shooting which was used by many Indian forces. The Rao couple were directed by Army Commanders Gen Deepak Kapoor & Gen VK Singh to impart their CQB innovations to Corps battle Schools in Northern & Eastern Commands. Seema has received 3 Army Chief Citations

### **POLICE:**

She has trained Police of 12 States/Cities. Her methodology caught the interest of the Indian Home Ministry who ordered a pilot course at ITBP Commando Academy to analyse Raos methods. The analysts found the training extremely beneficial.

Thereafter the Home Minister of India put on record her selfless service to the Nation for nearly 2 decades. The Home Secretary of India, Shri GK Pillai made her an approved resource in 2010 to train State Police Anti Terror Squad & Quick Response Teams to help fight terror. Following Taj Terror strikes, Raos were instrumental in training many key State Police ATS- QRT commando teams all over India. They were also called to impart Urban counter terror training at National Police Academy.

### **AUTHOR:**

Seema authored World's First Encyclopedia Of Close Combat Op & used her life's earnings in gifting 1000 copies to Home Ministry & Indian Army. She authored 7 Books on military subjects for sole use of Indian forces & gifted them without compensation or commercial publication. The Queen of UK, Robert Mueller FBI Director & Ronald Noble, Secy Gen INTERPOL commended her efforts & accepted her books in FBI, INTERPOL & Buckingham Palace libraries. Shri Narendra Modi applauded her service to the country.

Despite bankruptcy, Seema never accepted sponsorship, donation or grant for her books gifted to the Indian forces.

#### SACRIFICES:

Seema's father was a freedom fighter who fought in India's freedom struggle. Her Hubby Major Deepak Rao was 1 of 6 Indians to be knighted by President of India with Rank Honour alongwith MS Dhoni, Sachin Tendulkar & Kapil Dev.

She spent the prime years of her youth in freezing high altitude, scorching hot deserts, dense jungles & hostile LOCs. Due to her forces commitments and heavy physical demands, Seema decided to not have a child but instead adopted one. Her daughter Komal was fragile & skinny but Seema empowered her to become The only female Mixed Martial Arts Athlete in the world to defeat a male in a Pro MMA Cage fight in Germany.

Seema has fractured almost every bone in her body. She once slipped from a monkey rope at a height of 50 feet and broke her back fractured her vertebrae. During a grappling bout with a fellow soldier, she got upset when she heard the news of her fathers sudden demise. She lost her focus and took a fall on her head, causing severe head injury with loss of memory for months.

For someone who conquered her fear of heights with a Army HMI Mountaineering medal, who conquered her fear of water by becoming a PADI Deep Sea Diver, conquered her fear of fire by becoming a Fire fighter, survival & Rescue expert, her fear of eve teasing by becoming an 8th deg Blackbelt in Unarmed Combat, Seema is an extraordinary physical athlete. She also trained in Bruce Lee's art and philosophy under Bruce Lee's Student Grandmaster Richard Bustillo, becoming one of the highest qualified woman Instructors in Bruce Lee's art in the world.

In addition to brawn, Seema has excelled in Beauty & Brains too. She has studied Immunology from Harvard Medical School, Lifestyle medicine from Doane University & Leadership from Westminster Business School. She is a six times TEDX speaker, published Author of ten books and a Beauty pageant runner up at Mrs India World.

Whenever she is not on assignments, she travels widely giving motivational lectures. She lectured 25,000 women at the prestigious National Women's Parliament sending the crowd into a frenzy.

This year at 50 years, after completing 25 years of service to the soil without charging a single rupee as fee, She has decided to step down from field training and focus on woman empowerment!

Dr Seema Rao is living proof that A Woman can play a man's game and excel at it. She is India's Wonder woman

*(Please Note Dr Seema is NOT a serving personnel of any Indian force but an EXTERNAL guest resource who ended up training commandos for 25 years without compensation in modern close quarter battle alongwith her hubby Dr Deepak Rao who was made Hon. Major Deepak Rao in 2011 by Indian Army Chief)*