

The young 16-year-old tightly gripped the reins as the horse began to bolt majestically on the sandy ground.

With each movement of its sinewy legs, the horse propelled itself and its rider forward swiftly along the tracks. She had just finished with her 10th Standard board exams and welcomed the break.

The exhilaration that the rider felt was difficult to describe to someone who had not had any equestrian experience. The horse, a Sleek beauty, with muscles that roll underneath the supple coat that hangs majestically on the frame. A flowing mane that unfurls and whips as the wind calls it, feet that pound the ground, a natural canter, gait. The quivering of the haunches as they rocked forward, a toss of the head and the eyes rolling backward - big, genuine eyes that saw through and with you.

The rider hesitated slightly when the horse decided to turn towards the right. Pulling the reins sharply to the left, the rider was unexpectedly thrown from her ride.

Landing on her back, she could see the blue sky full of clouds
“ How beautiful” she thought before the world went dark around her.

When she awoke, she was in a hospital bed with her loved ones standing around her. The doctor stood grimly by her side gently patting her on the head
“ You are lucky to be alive, Namrata.” He said
“ Will I be able to ride again soon?” She asked innocently
The doctor looked at her parents and then turned his gaze on the inquiring young lady
“ Consider yourself fortunate if you can walk again “

Tears welled up in her eyes. “The fall damaged your knee really badly” he continued, “You may not be able to live your life the way you used to. No dancing, no sport and certainly no riding.”

While she assessed the gravity of the situation, the determined girl stared the doctor squarely in the eye and said, “You know doc , I’m going to prove you wrong.”

The young lady is one of India’s leading fitness instructors today. Her name is Namrata Purohit.

“After the fall I started looking at different ways of healing and getting rid of the pain. My to-do list included everything from various exercise forms to physiotherapy, and although I was getting better, I knew that I wasn’t perfect. It was around this time that my dad, Samir Purohit, was hosting a Pilates course in Mumbai. I asked if I could be a part of it, even though everyone else had a background in fitness and were certified instructors already. Against all odds, I managed to complete the course. I remember studying longer, putting in extra hours and working harder than everyone in the room to keep up. The payoff came when I was awarded the title of the ‘Youngest Trained Stott Pilates



Instructor' in the world. I still remember the rush of excitement that convinced me to continue on the path that I was on. For the first time in what felt like forever, I was absolutely pain-free and I decided to celebrate by playing the squash nationals that year. That I managed to win 4th place with barely any practice can be credited to Pilates, and the stability that it brought to my body.

To my coach's complete surprise, I was even better now than I was before my injury"



Talking about school "I loved my time at AVM!" She exclaims

"The mantras, havans, football, Handball, Athletics, singing , plays... I participated in them all! The school gave me the confidence to handle every situation and I absolutely loved studying, well learning new things!"

Whatever piqued my interest, the school encouraged my participation in it. Be it squash, athletics, drama, singing or dance. I was given an open platform to explore my talents and whenever I found something that I liked, I was given the freedom to

practice and perform to my heart's content.

The school also opened me up to exploring spirituality and towards holistic living. Something that has stuck with me till today. I consider myself complete only because of the all-round education I received at AVM. It put me on the path of the person that I was to become.

The school gave me a platform to explore my passions and gain confidence. And it is with that confidence and self-belief that I started my first studio. A small 400 sq ft location in 2011.

"What's the current area that all your studios occupy?" We ask.

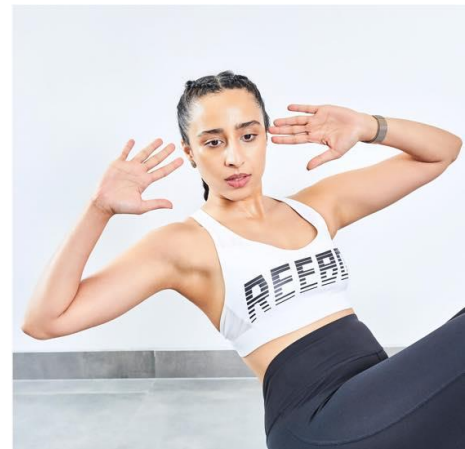
Beaming with pride, she says "Approximately 25000 sq ft in 25 locations all over the country" "Next step- overseas!"

"Pilates helped me so much, I decided to follow the 9th niyam and try and help everyone through pilates."

Your most cherished memory from school? we ask

"As I grew older, my love for sports simply grew with me, and I tried everything possible. I took up gymnastics and won a few medals in competitions, that were then proudly displayed on our mantle at home. I represented my school in 100m, 200m and 400m races, and even the relay.

On sports day, which had all the 4 branches of my school competing, I remember coming in first in multiple races with pride. I still vividly recall my grandfather showing up as the chief guest, and I was so excited to show him what I could do, that I tripped a few meters before the finish line of the 100m race. I could see my other competitors overtaking me, but all I could hear was my dad's voice



asking me to stand up and finish the race. And finish the race is what I did, despite knowing that I'd come in last." She says with a laugh

Namrata is also an accomplished author with her first book being published at the age of 20 (The lazy girl's guide to being fit) and her second book is expected at the end of 2021.

While exercise is her main passion, her other passions include music and dance. To that end she has launched a music video called flow to amalgamate her love for Fitness, music and dance <https://www.youtube.com/watch?v=BKcQb70Ap2Y> . We couldn't help notice that the video started with "sarve santu sukhinah", thus proving that you can take a child out of AVM but you can't take AVM out of a child.

"I have a few more videos coming" she says cheerfully.



It's hard to imagine that this bright young girl was once close told her movement would be restricted for the rest of her life. And that might well have been the case had it not been for her determination, confidence and her never say die attitude. She now trains the best in the business. Her clientele includes Sara Ali Khan, Janhvi Kapoor, Kangana Ranaut, Jacqueline Fernandez, Varun Dhawan, Arjun

Kapoor, Aditya Roy Kapur, Nargis Fakhri, Neha Dhupia, Lauren Gottlieb, Shibani Dandekar, Kareena Kapoor Khan, Elli Avram, Bruna Abdullah and Malaika Arora

Her advice to the kids at AVM?

" Stay connected to yourself, don't overthink and deal with life with confidence "

Wise words indeed, from a survivor and achiever.