



# PRIDE INDIA MOVEMENT

*I AM PROUD TO BE AN INDIAN*



**Gita Krishna Raj**, is the CEO of Maverick Fitness Studios (India). Gita combines her experiences as a classical dancer of over 30 years, a powerful orator transforming lives, a spiritualist writer, an inspiring actor, an international award winning director of Television serials and her business acumen gained from her professional work at Maverick over a decade to present a holistic approach to living life. Her workshops inspire and transform 8 to 80 year olds to take personal responsibility to live life. Her policy as CEO is to ensure that every Maverick centre becomes the hub of health and happiness thereby leading its clients to fitness and well being.

People have attempted to describe the colorful history of India, managed to chronicle her ancient events, interpreted

her varied philosophies, even enumerated on her distinct culture, language, customs and ethos. I am proud to be an Indian. I am an Indian. And it needs no 'because' to justify, for I live in her spirit India is a living unbroken civilization. Culture and tradition are important to her. And yet, it is not a static phenomenon. We are waking up as a nation to the truth that we can progress with new initiatives and understanding without needing to belittle or put down tradition. Freedom cannot be just the ability to make choices! To me freedom in the highest sense is the freedom to be able to make informed choices. This also means, one should be able to assimilate the information. It is time to build a nation capable of informed choices which can lead every individual to that state of freedom as expressed by Tagore. Among the several natural resources available to build any country, nothing can match the human resource, for the potential of a man is exponentially greater than any

other natural resource. The greatest asset of India is her people - maybe mostly raw and not yet ready.

### **About Pride India Movement initiative**

The only way to build a healthy society is through inspiration and not through instruction. Initiatives like the 'Pride India Movement' by the Mighty India magazine reminds us of the lives of those who live every moment in tune with the spirit of India, striving to make her better in every aspect. We need living inspirations we can interact with in our daily lives to keep alive these sentiments of pride and purpose in the wake of all the negative opinions publicized. If you are reading this, you must be one of those influencing your circle with pride for India! I salute you!



**Gita Krishna Raj**  
CEO of Maverick Fitness Studios (India)