



EMPOWERMENT
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CLARITY OF
YOUR THOUGHT,
THE SMARTNESS
OF YOUR
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CAPABILITY OF
ORGANISATION,
THE PEACE OF
YOUR CALMNESS,
THE AGGRESSIVE
PASSION IN YOU

Fitness Coach **GITA KRISHNARAJ**

SHAPING A HOLISTIC LIFE

SHE HAS WORN MANY HATS. AS SHE IS BUSY WORKING ON HER NEW PARTNERSHIP ENDEAVOURS WITH FIRMS IN AUSTRALIA TO TAKE FITNESS PROGRAMMES TO SCHOOLS IN SOUTH-EAST ASIA, HER HANDS ARE MORE THAN JUST FULL. WITH A BLUE BLOOD PEDIGREE, GITA KRISHNARAJ, CEO OF MAVERICK FITNESS CENTRE, IS A BUNDLE OF TALENT. IN A QUICK CHAT WITH **JAGYASENI CHATTERJEE**, SHE SHARES THE SECRET OF HER ENERGY, HOW MAVERICK IS NOT JUST ABOUT EXERCISING AND HOW SHE FINDS HAPPINESS IN BEING A FITNESS BUFF

Daughter of the internationally renowned documentarian couple - Dr.S.Krishnaswamy and Dr. Mohana, Gita Krishnaraj has had a family of over-achievers. If it is the artistic talent on her father's side, it is the academic brilliance on her maternal side.

In 2003, her husband Krishnaraj launched Maverick Fitness studio as a diversification from his successful air conditioning business. A fitness aficionado, he wanted to participate in the grooming of the fitness industry which was just being launched in India. "I wanted to spend some quality time working together since we were otherwise too busy in our own careers. My role was limited to being just an administrative head. It was in 2010 that circumstances made me to take a step forward and take charge of the business," says the CEO.

To do justice to her responsibilities, Gita accomplished international certification. And to spread it further, she encouraged 40 trainers of Maverick to get international certification as well. 'The art of listening to your body' workshop was launched to directly share what she had learnt. "When I took charge as CEO, I did not leave behind my 'other' talents but incorporated them in to fitness - bringing in video delivery of exercises and presenting the science with technology. With Maverick Fit Kids it has only manifested even more as this is a fitness curriculum entirely designed by me for grades 1 to 12 to groom the child's multiple intelligence," she adds.

Gita, did her Aragetram at the age of 9 and has performed across many stages says, "I no longer wish to play roles or imitate - not even the Gods and Goddesses, not even for a moment to enact a role. Dance has become my way of communion to my God which doesn't require me to wear any masks of emotions. She stepped onto acting at the age of 13. And by the time she was 18, she was already assisting her father in direction. "All this has helped me to innovate a good structure for Maverick," she says.

So, what does her daily schedule look like? "I normally wake up at 4.30 am and meditate for sometime before I directly hit my computer with my morning coffee. I either, write an article, devise a lesson, record a music - whatever is the need of the day. I workout around 8am - I love strength training which I do 3 to 4 days a week. Other days are for walking, cycling, swimming or gardening. I normally try to be back home by 4.30pm when I generally have routine admin work to catch up on. Shooting days are hectic and super packed. But I fail to make any sense after 9pm. By 10pm I won't even know you," she shares.

For this entrepreneur a minute silence is enough to destress and continue working. This she attributes to her Guru Mahatria, who is known to have founded the path 'infiniteism'. "I have been blessed to be able to participate in the annual spiritual camp year on year since 2002 with my Guru Mahatria - 8 days away from the

world which literally is a rebirth of sorts," she quips.

Her series on the life of Swami Vivekananda (52-parts) was recently released. Her book 'Kaivalya' was published by Giri traders in May 2015 and she continues to write for various magazines. Besides, there is also a new partnership endeavour with Australia to come up as her new venture that would take her fitness programmes to schools in South-East Asia.

Talking about what empowerment means to her, she reiterates, "Empowerment lies in the clarity of your thought, the smartness of your decisions, the capability of organisation, the peace of your calmness, the aggressive passion in you."

Ask her what gives her the energy, she confidently replies, "Watching my mother who did much more and did them all perfectly. Further, it never struck me that doing several things can be difficult. It made my life more interesting. My parents, my husband Krishnaraj, parents (in-law), impetus I have got from my daughter to always be the best for her sake and the benevolent grace of my Guru to constantly guide me. Besides, rather than saying I am multi-talented (which I believe all of us are), I would say, it's just that I have understood they are not independent verticals that need isolated grounds of expression but an integrated talent called 'I' that energises our expression to the outside world! ♦