

## Acharya Prashant meets Neeraj Chopra, says he wants the Tokyo Olympics Gold medallist to cross 100m mark

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**New Delhi:** Tokyo Olympics gold medalist Neeraj Chopra recently met spiritual leader Acharya Prashant. During the meeting, Neeraj revealed how he first came across Acharya through his “4C Analysis” of India’s Olympic performance—a thought-provoking model that identifies Capital, Culture,

Conformity, and Cricket as the core challenges holding Indian athletes back.

This spurred Neeraj to dive deeper, and he watched and read more of Acharya Prashant. Soon he found himself inspired to come to meet Acharya Ji face-to-face to discuss not just sports, but the essence of resilience and excellence. The Master and the Champion had a long dialogue lasting almost 2 hours, mesmerising those who were present there to silently witness.

Acharya emphasized the need for strength—physical, mental, and spiritual—quoting the Upanishads: “नायम आत्मा बलहीनेन लभ्यः” (The Highest cannot be attained by the weak).



Neeraj resonated deeply, sharing his journey of training against all odds and the sacrifices it demanded, from grueling routines to breaking societal norms of choosing safer paths, attaining guidance for scaling newer heights.

The two reflected on India’s potential to rise beyond systemic barriers. Neeraj’s relentless pursuit of excellence and Acharya’s mission to awaken deeper consciousness found a beautiful harmony, reminding us that whether on the track or in life, true success comes from transcending limitations and daring to lead with clarity and purpose.

At one point, Acharya Ji specifically said to Neeraj, “I am waiting for you to cross not just the 90m, but the 100m mark.” Any external barriers are firstly internal. Victory in any field is first and foremost about victory over oneself. And that inner victory comes from self-knowledge.