

In Conversation With Revansh Adlakha International Para Swimmer

Name: Revansh Adlakha

Age: 16 Years

Date of Birth: 20 October 2009

Place of Birth: New Delhi, India

Educational Institutes Attended: DAV Public School, Sector 14, Gurugram

Educational Qualification: Class XI Student

First Job: Not Applicable

Currently Working as: Student, National Para Swimmer, Cybersecurity Enthusiast, Public Speaker and Advocate for Inclusion

Introduction to Swimming: I was introduced to swimming as a form of hydrotherapy to improve my physical strength and mobility. What began as therapy gradually became my passion and purpose. In 2022, I participated in my first National Para Swimming Championship and won my first National Gold Medal. Since then, I have won 9 National Gold Medals, 1 National Silver Medal, and 2 National Bronze Medals. I have also been recognized as the "Best Swimmer of India" and have represented India on international platforms, including World Para Swimming competitions in Berlin and Italy.

First Coach: My first coach was my mother, Mrs. Sapna Adlakha. When many coaches were hesitant to train me because of my condition, she stepped into the pool herself and became my first teacher. Before teaching me swimming, she taught me courage, determination, and self-belief.

Your Favorite Indian Swimmer (if any & why): My favorite Indian swimmer is Murlikant Petkar. His life journey is an inspiration far beyond sports. He faced immense challenges, yet never allowed circumstances to decide his future. His determination, patriotism, resilience, and ability to turn adversity into achievement continue to inspire me every day. His story reminds me that true champions are not defined by the obstacles they face but by the way they overcome them.

Your Favorite International Swimmer (if any & why): My favorite international swimmer is Michael Phelps. I admire his dedication, discipline, and relentless pursuit of excellence. One



statement by him deeply influenced me. When someone told him that he was lucky, he replied that if a person spends 12 to 14 hours a day in the water for years, sacrifices comfort, entertainment, and countless other things, people later call that "luck." That perspective taught me that success is not luck; it is the outcome of consistency, sacrifice, and hard work performed when nobody is watching.

Turning Point in Life: The turning point of my life was winning my first National Gold Medal at the National Para Swimming Championship. That moment transformed my mindset. It made me realize that I was capable of competing at the highest level and that my limitations did not define my potential.

Most Cherished Moment in Life: One of the most cherished moments of my life was being recognized as the "Best Swimmer of India." It represented years of physiotherapy, training, sacrifices by my family, and countless early mornings in the pool. It was not just my achievement; it was a celebration of everyone who believed in me.

Major Achievements as a Swimmer:

Winner of 9 National Gold Medals, 1 National Silver Medal, and 2 National Bronze Medals.

Recognized as the "Best Swimmer of India."

Represented India at international competitions, including World Para Swimming events in Berlin and Italy.

Secured Second Position in the 50m Breaststroke event at an International Swimming Championship in Berlin.

Multiple-time National Para Swimming Medalist.

Awarded Arjuna / Major Award / Recognition in the Year:

Best Swimmer of India.

Pradhan Award.

Multiple National Gold Medals in Para Swimming.

Recognition as one of India's youngest ethical hackers.

Speaker and mentor on national platforms including IITs and leading educational institutions.

I Give Credit of My Success To: I give credit for my success to my parents, grandparents, sister, teachers, coaches, mentors, and everyone who believed in me throughout my journey. My family has been my strongest support system. Their sacrifices, encouragement, and unwavering faith gave me the strength to pursue my dreams despite the challenges.

What are the challenges involved in training as an elite swimmer? Elite swimming demands discipline, consistency, and mental resilience. Balancing academics, training, recovery, physiotherapy, nutrition, and competitions requires continuous commitment. The greatest challenge is maintaining the same level of effort every day, regardless of whether results are immediately visible.

What is your advice to elite swimmers? Trust the process. Focus on becoming better every day rather than chasing immediate results. Medals are won during competitions, but champions are built during training. Stay disciplined, remain humble, and never stop learning.

What are the challenges you faced while training as a differently-abled swimmer? Initially, several coaches refused to train me because of my condition. There were also physical challenges such as muscle cramps, fatigue, pain, and the additional effort required to perform movements that many people take for granted. However, these challenges taught me resilience and perseverance. When opportunities were not available, my mother stepped forward and helped me begin my journey.

How can Indian Swimming Progress? India has tremendous talent. To unlock its full potential, we need stronger grassroots programs, better coaching infrastructure, increased accessibility, greater support for para athletes, and more awareness about swimming as a competitive sport. With the right ecosystem, India can emerge as a global powerhouse in swimming.

What all has changed for good in Indian Swimming since you started competing? There is increasing awareness about swimming, improved infrastructure, better exposure for athletes, and growing recognition for para sports. More young athletes are now seeing swimming as a serious career pathway, which is a positive sign for the future.

How are you contributing currently to Indian Swimming? I contribute by competing at national and international levels, representing the para swimming community, inspiring young athletes, and promoting inclusion in sports. Through my journey, I hope to encourage others to believe that ability should always be valued above limitations.

How do you see yourself five years from now? Five years from now, I see myself representing India at the highest international stages in para swimming while continuing to grow in the fields of cybersecurity and technology. I also hope to build innovative solutions that improve accessibility and create opportunities for people with disabilities. My goal is not only to achieve success personally but also to create meaningful impact for society.

Message for Everyone: Life does not begin equally for everyone, but everyone has the power to create an extraordinary journey. Challenges may shape your path, but they should never define your destination. Believe in yourself, trust the process, work hard even when results are not visible, and never allow circumstances to limit your dreams. Sometimes the very struggles that seem unfair today become the reason others are inspired by your story tomorrow.

MEENAKSHI PAHUJA