



ANKIT PIPLANI



## Jersey No.10

Here is my Sports Story

# Year 2011

I participated in a 100m race & a 15 year old **kid sprinted past** me. I tried to accelerate but my body felt strange.



Doctors told me I had damaged my back **permanently**. I would never run again. I was shattered



**I couldn't bend,** so I would stand the whole day.

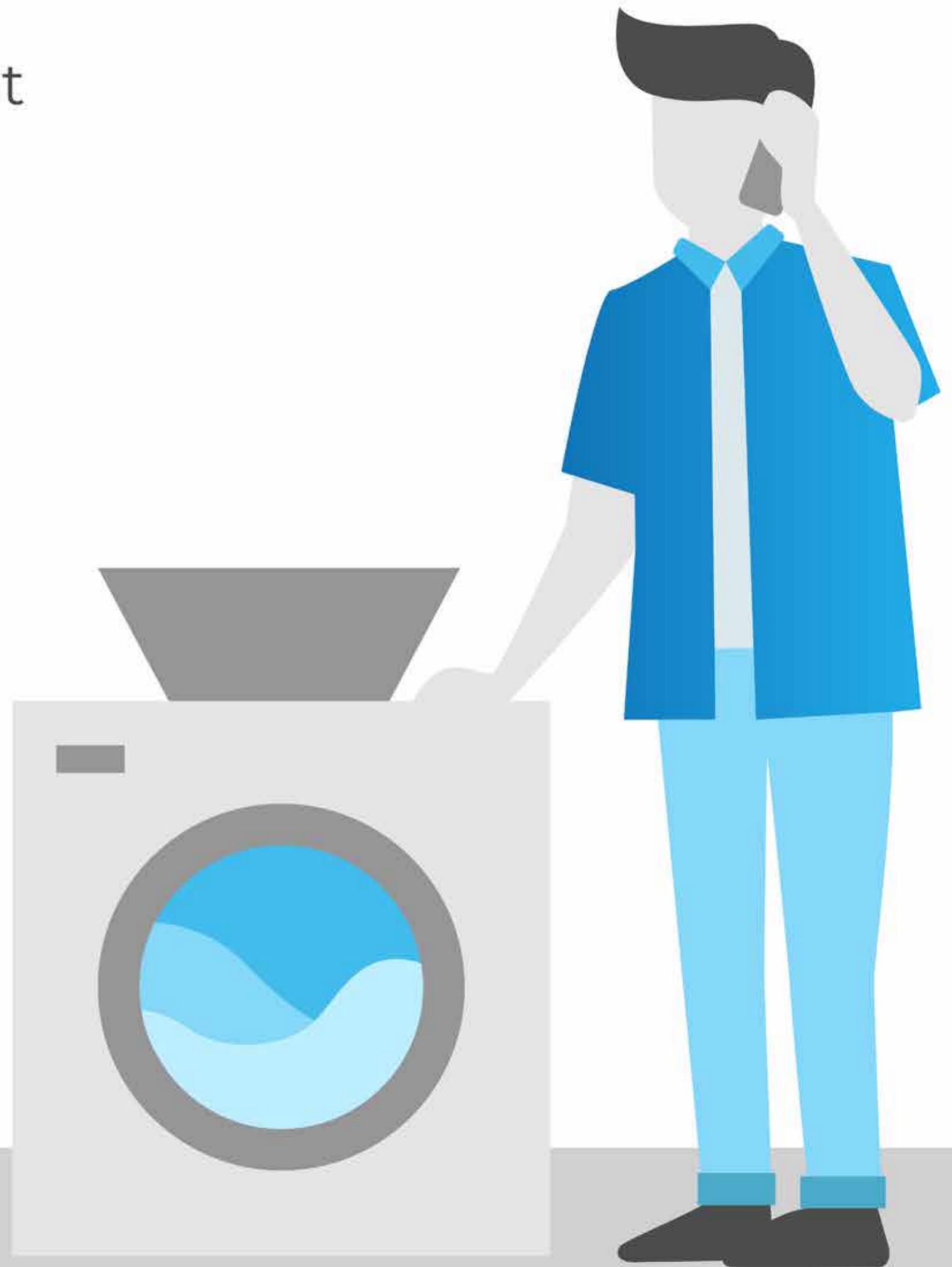


If a paper fell off my hand, I would **use my toes** to lift it back up.

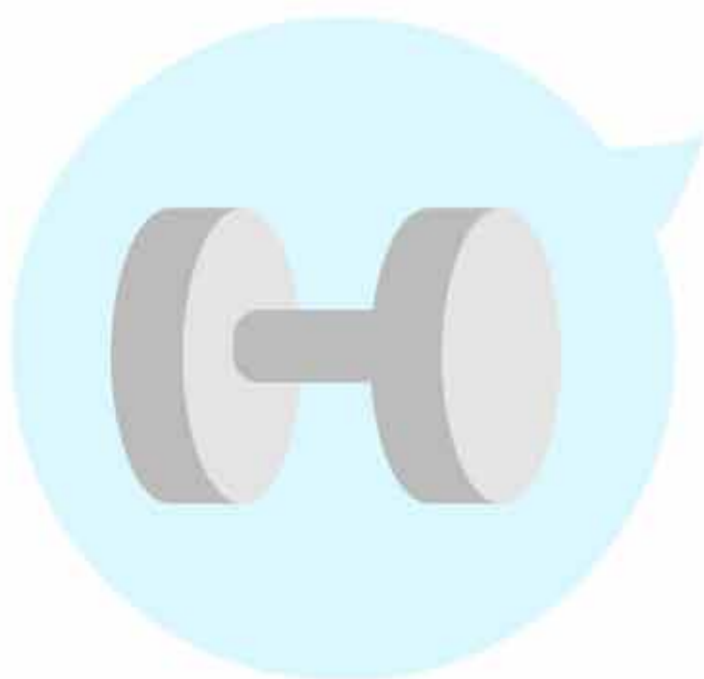




I could place clothes in my washing machine, but **I would call my friends** to remove them since I couldn't bend.



I couldn't lift any weight, even holding a glass of water was **difficult.**



Doctors were treating me for a broken back, and there was **no permanent cure**

Even jumping over a small water puddle was impossible for me. I would walk around.



Driving over a speedbreaker  
or a bump hurt my back.

I had a severe **burning  
sensation**, as though ants  
were biting all over my body.

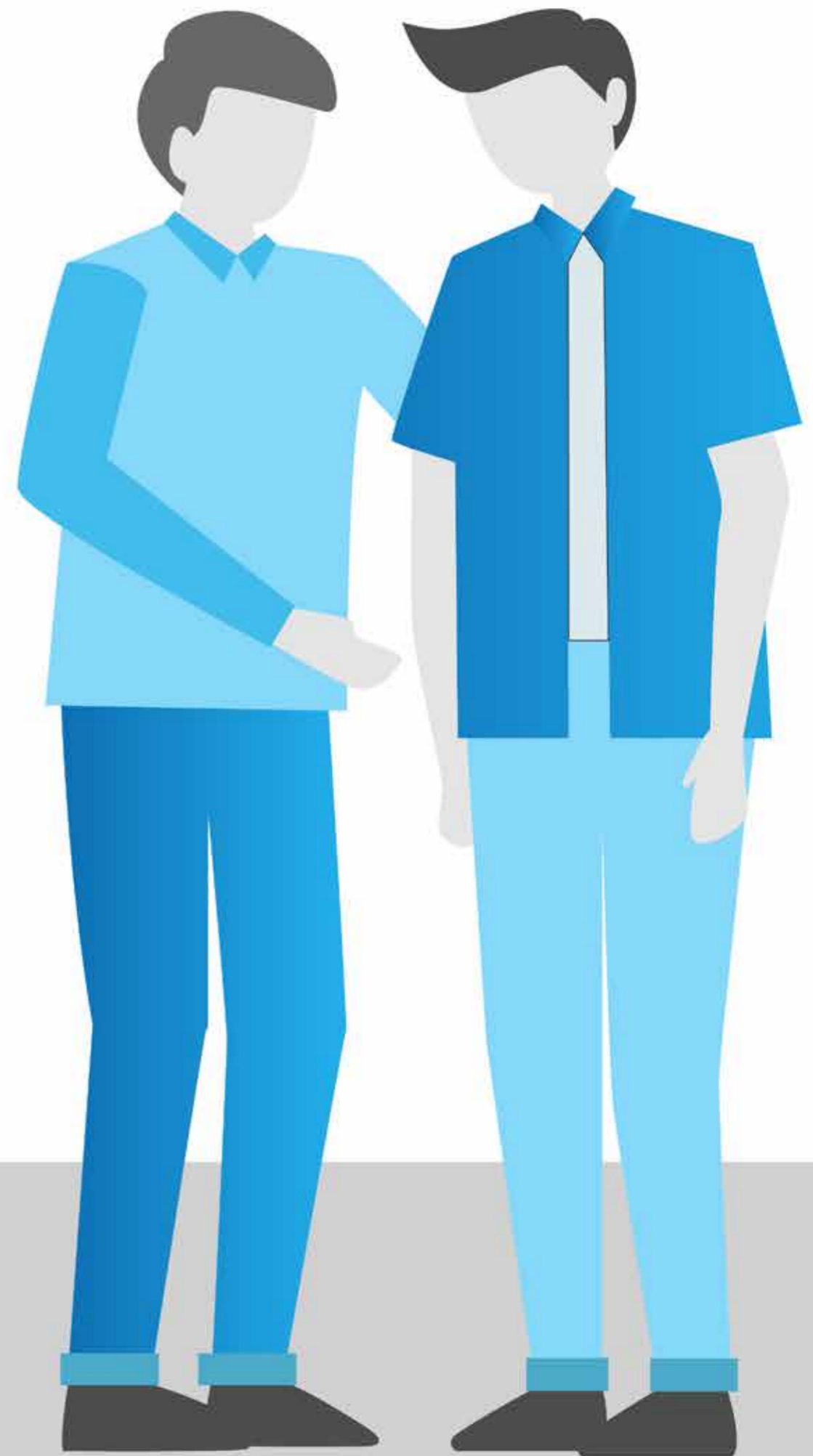




My friend Nitin **convinced** **me** to consult Dr. Swaroop, a specialist.

I needed help. I agreed

The first thing the doc told me was that **my back was fine.**



He diagnosed a rare condition where all **my muscles had frozen** from head to toe on the backside of my body. The frozen muscles didn't allow me to move freely.



It sometimes takes 6 to 13 years for people to recover. The doctor however told me, if you have a **strong will power**...you may recover earlier.

I was ready to do anything because I wanted to compete on the field again.



My friend Dr Vimal guided me and kept me motivated. I would exercise each day.

In 3 months the muscles opened up from my head to my back, I could sense freedom.



I repeated the **process with more purpose.** In 6 months the muscles opened up till my toes.

I ran for the first time in 18 months  
I felt like I was flying.





**10 years later** i.e. in year 2021

I ran a 4X100 relay

I was running a race after 10 years. I wanted to do well for my team, I wanted to break the shackles of a decade.

I didn't want to let my team down.

My preparation was good, and so was my body



**I ran**  
**We ran**  
**We won!**

It felt magical. From not  
being able to walk,  
to running, to flying,  
**to winning**



Since 2011,

**I wear number 10 on my jersey**

Not because I am the best player on the field

It's only because...

**I don't quit, and I don't let others quit their race too.**



All of us are running a race against injuries, weight gain, personal losses, work pressure, family problems and more...

**Remember** - you may not win today, but if you persist...you may win tomorrow with your will power and small efforts towards your goals

My gratitude to Nitin & Dr Vimal for being my mentors, Dr Swaroop for curing me with your accurate diagnosis and to Karnam, Ravi and Melwin for running with me as this relay race shall be special forever.

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