

Ritu Phogat Faces New Challenges in Parimatch Sports' Inside the Game Episode 3

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Parimatch Sports, a premium sportswear brand inspired by the world's top athletes, continues its Inside the Game YouTube series with a third episode featuring Ritu Phogat. The Indian MMA fighter and wrestling champion, also known as the "**Indian Tigress**," takes on a new set of questions and unusual situations that show new sides of the champion beyond her career in combat sports.



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With millions of followers and a career that keeps her in the public eye, Ritu is no stranger to other people's expectations. But how much of that attention actually matters? During the conversation, she opens up about dealing with opinions on the internet and staying focused on her own path rather than trying to satisfy everyone watching from the outside. *"It's absolutely easy because I don't overthink those things and take them as motivation. It's okay – I'll show them, no problem,"* **Ritu** said.

The episode also touches on life outside the arena. Ritu talks about managing demanding training and competition alongside family life, and why pursuing her goals does not mean putting everything else on hold. *"It's really hard balancing everything. Motherhood requires a lot of discipline, training requires a lot of discipline, and then there's managing the house and everything else. Discipline and balance are absolutely necessary,"* she added. She also addresses the pressure on women to get everything right, sharing her view on finding a way that works for her rather than trying to please everyone.

The conversation is accompanied by a series of interactive activities that put Ritu in situations far removed from the MMA arena. Through playful tasks, she shows her competitive side in a completely different setting. One of them, however, leaves viewers with a particularly difficult choice: would Ritu give up training for a million dollars?

The answer might surprise you.

Watch Episode 3 of Inside the Game with Ritu Phogat on YouTube to find out what she chooses and hear more of her candid answers. Subscribe to the Parimatch Sports channel to follow the series and catch the next episode.

