

The Second Wind



SweeKaar
PRODUCTIONS

A FILM BY - INDIRA BAIKERIKAR

DIRECTOR, PRODUCER, SCREENPLAY - INDIRA BAIKERIKAR, WRITER - INDIRA BAIKERIKAR & KUNDAN VIDYARTHI

ASSOCIATE DIRECTOR - AKASH HATKAR, DOP - ABIJIT VIVEK, LINE PRODUCER - AKSHAY KHANVILKAR

AD - SIDDHANT SAGAR, OFFLINE EDITOR - SUJIT LAD, COLORIST - SHIVESH KATEWA

MUSIC COMPOSER - ANAHATA & MALLIKA BAIKERIKAR, SOUND ENGINEER - RAHUL SHINDE, POSTER - ANMOL KANOJIA

CAST - INDIRA BAIKERIKAR, MAYURA SHIVALKAR, NANDINEE KHOSLA, MALLIKA BAIKERIKAR

SYNOPSIS



The Second Wind is the debut production of filmmaker Indira Baikerikar.

An athlete for the past 13 years, she recently explored theatre with Rangshila Theatres. As she performed on stage, her love for writing grew.

Sports has always been her passion, and she wanted to share this incredible journey with the world through the real stories of two athletes. Their stories are deeply heartfelt, and she hopes the audience will witness their journey and experience their transformation firsthand.

The film features an all-women cast, portraying the stories of four women. Notably, the director, writer, and producer—Indira Baikerikar herself—is also a woman.

Authenticity is at the heart of the film, featuring real races as part of the story. The cinematography beautifully brings the narrative to life, capturing real-time locations and transforming them into a visual masterpiece. The music is organic, composed and launched for the first time by the artist, adding a unique touch to the film.

Recognizing the power of this women-centric, inspiring film, the Indian Motion Picture Producers Association (IMPAA) has recommended *The Second Wind* for showcasing and marketing at the Cannes Film Festival. Alongside the film, Indira Baikerikar's book, also titled *The Second Wind*, will be launched at the festival.

The purpose behind both the film and the book is to inspire the 99% of the world—across different generations—who may be unaware of the importance of mental and physical fitness. Through her own experience with sports, Indira has learned the value of reinventing one's passion, and she hopes to pass on this message to the world:

"Nothing in life is over until it's done."

PROJECT IMAGES













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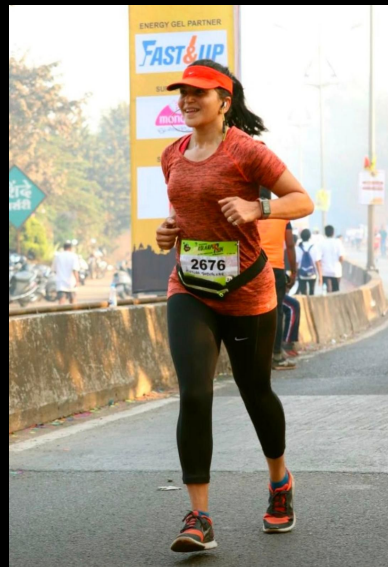
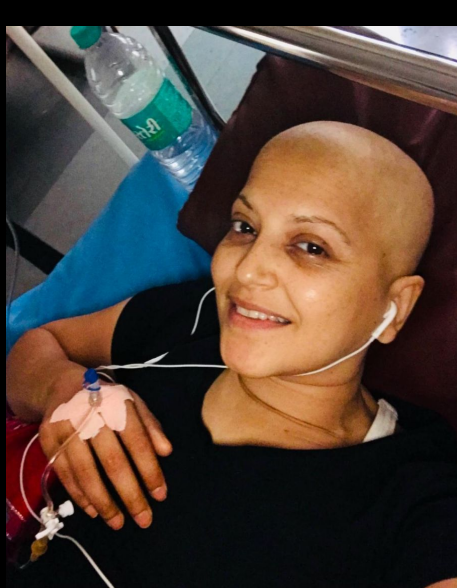








CHARACTER INTRODUCTION



MAYURA SHIVALKAR

Her running journey started at the age of 38, with fitness and weight loss as her goals. She has run 7 full marathons and over 35 half marathons. In 2013, she did her first Olympic triathlon in Hyderabad as the next challenge in her life and achieved 3rd place. In 2015, she was diagnosed with fatal thyroiditis, where she was nearly in a coma but was saved by doctors with steroids. Her hunger for more challenges got her back on her feet, and she participated in the Kolhapur Olympic Triathlon in 2017, once again ranking 3rd. In 2018, she registered for the Half Ironman in Colombo, becoming the first woman from Belgaum (North Karnataka) to do so. A week prior to the race, her biopsy report was positive, and she was diagnosed with cancer. Despite this, she went on to complete her race in 36°C in 7 hours 15 minutes (cutoff was 8 hours 30 minutes). She was diagnosed with metastatic breast cancer and underwent 3 surgeries, including the removal of her ovaries and uterus. After 8 rounds of chemotherapy and 28 sessions of radiation, resting for 8 months, she was invited by Sri Lanka Ironman as a speaker and attempted the race as well, but with an extra 15 kgs and a time of 7 hours 45 minutes. Her dream of completing the full Ironman was still unfulfilled, so she came back like an Ironwoman and completed a full Ironman with her son in 2022. They became the first mother-son duo to complete a triathlon together. She is also the first cancer survivor triathlete. She is a speaker on cancer awareness. She was felicitated by Sachin Tendulkar. She is one of the strong women featured in the book *Triumph Over Cancer* and was felicitated by actor Nawazuddin Siddiqui at its launch by actress Kajal. She is a fundraiser for Cancer Kids, helping with children's nutrition through the Cankids NGO. She has now started her own Pink Step Foundation. She provides free counseling and helps cancer patients live happily through trusts and organizations like Network 18, Sanjivani, Tata Trust, and others.



MALLIKA BAIKERIKAR

Mallika started her training in 2010 at the Police Swimming Pool. She won the National Championship in 2015 as a freestyler. She also won state championships for many years. She continued training and was selected for the World School Championship but was pulled back due to sports politics. This was a turning point for her, as it led to a major heartbreak and downfall. Despite this, she participated in the Asia Pacific School Championship at the age of 15 in Adelaide, where she fell in love with Australia. She continued to compete in various events but eventually stopped swimming in 2018. After leaving the country, Mallika pursued a degree in music at Macquarie University in Sydney, Australia. She played masters at a gap of 5 years in the Great Barrier Reef, Queensland. Currently, Mallika works as a music agent, managing many artists around the world. She finds peace in both music and water. She continues to train for triathlons.



INDIRA BAIKERIKAR

Indira Baikerikar, from Dibrugarh, Assam, began her running journey in 2012 at the age of 39, inspired by her daughter, Mallika Baikerikar, a national elite swimmer, and her mother, Dr. Namita Ghosh. She has completed 33 half marathons, 15 full marathons, and 9 ultra marathons. Some of her major runs include the Athens Marathon, EuroAsia Marathon, Cape Town Two Oceans 56 km, Bangalore Ultra (50 km and 75 km), where she finished as a podium finisher, the Mumbai 12-Hour Stadium Run, covering 78 km as a podium finisher, the UTMB Blue Mountain Ultra Trail in Australia (50 km, 2023), and the UTMB Ultra Trail Tarawera (50 km, 2024). She is also preparing for her 13th marathon at the Tata Mumbai Marathon in 2025. Indira holds a Limca Record as the first all-women triathlete to run a marathon. She is an ACSM-certified strength trainer, working with elite athletes as well as amateur fitness and sports enthusiasts. Her motto, "It's not over till you're done," continues to inspire others, and her passion for fitness led her to produce *The Second Wind*, a project inspired by stories of perseverance, laying the foundation for her remarkable achievements today.



NANDINEE KHOSLA

Nandinee Khosla is a theatre actor, writer, and model. She has performed in over 12 plays to date, with shows across Mumbai, Pune, and Ahmedabad. She also starred in the reality show *Tinder Swipe Ride* alongside Kusha Kapila and Shruti Hassan. Since 2016, Nandinee has been a part-time volunteer with the Vcare Foundation, an emotional support group for patients and caregivers affected by cancer. Currently, she is writing, producing, and directing two plays in Mumbai, and she is also acting in an unreleased micro-drama series. After being inspired by a short film and the journeys of her co-actors, Nandinee decided to start her "second wind" and embark on her fitness journey. On February 23, 2025, she ran and completed her first-ever marathon in Mumbai at AARAMBH 25. After successfully completing the 5km run, she has now enrolled in the upcoming 10km and 15km marathons with the Bombay Gymkhana.

PROJECT TRAILER LINKS

TRAILER 1 - <https://youtu.be/vBDLvtjwZs8?si=lpT93S9xLERzuNXn>

TRAILER 2 - <https://youtu.be/UORNGhuFZUY?si=KmHPa9DMlrd3AZui>



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THANK YOU