

Just **FIX** it!

They don't have much time to spare, jet-setting across the globe to keep pace with their professional lives. *After Hrs* checks on some busy bodies who can't do without one specific fix to keep them going...

Wondering how you could optimise your energy levels and stay ahead of time? Ask these professionals and they'll tell you what keeps them going...

TUSHAD TALATI, Head, Brand and Communication, Epson India: I just swear by my workout sessions at the gym every morning. I am very regular and it's part of my daily routine. I do a combined class of yoga and Pilates. Our jobs are very demanding and this is perhaps the best way by which you can be stress free and also stay in great shape and health. Golf is also something that I enjoy playing.

ALOK DUBEY, VP – Business Head, Arvind Brands, Bangalore: De-stressing is about getting your mind diverted from the activities that stress you on to things that are enjoyable for you. For me it has been changing with changing times. When I do manage to find time for myself, I do a variety of things like gaming, watching movies, meditation and reading...indulgence in gaming has been doing the trick for me these days.

MANJULA SRIDHAR, Co-founder and CTO, Aujas Networks: Every day is a busy day for me as there are not only enough meetings to take and attend but even deadlines have to be met. However going for cycle rides and doing karate helps me beat the stress. My day starts very early so I ensure that apart from weekends, I also go for cycling in the morning every day. It not only keeps my energy levels up but also helps me stay fit. Very recently I went cycling from Bangalore to Mysore.

RAMESH BULCHANDANI, MD, Atlas Brand (Bulchee Leather Accessories) Pvt Ltd: It's not only the meetings but also the number of emails that one has to check and respond to. I also sit with my designers and check the products in the evenings. Some days are really hectic but my daily routine of Yoga serves

as a great stress buster, which I practise every morning at 7 am. Apart from that golf sessions with friends also keep me going.

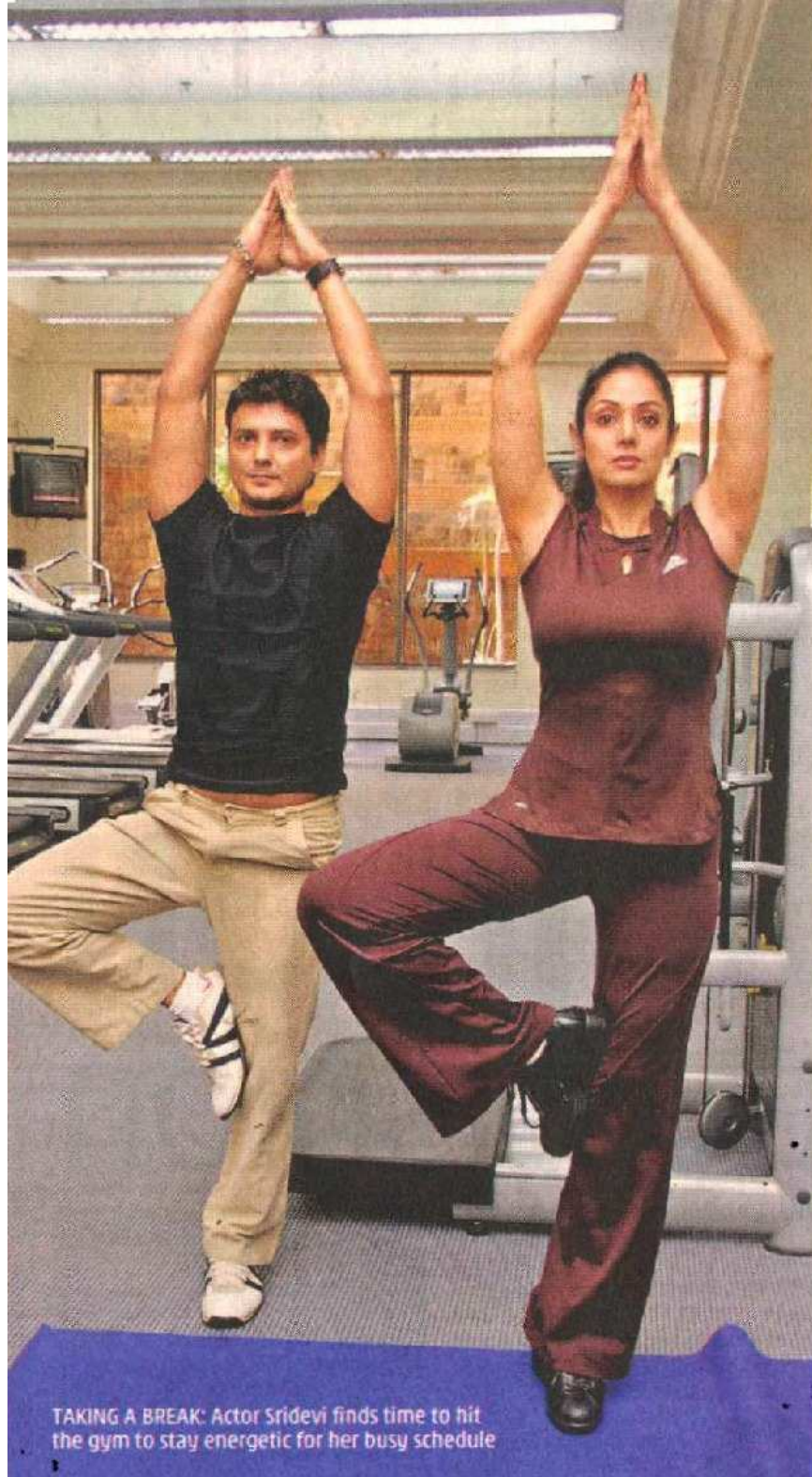
REHAAN PONCHA, Swimmer: Apart from staying fit for tournaments, I have to stay healthy all year long, even while I'm training. I train in ice cold pools even during winter and I have to keep my body well prepared for it. I have several supplements to keep up the level of iron and haemoglobin in my blood apart from vitamins like C, E and B prescribed by my doctor.

DEBOLIN SEN, Mountain climber/traveller: A regular workout regime is important to keep fit at all times. Building physical endurance is necessary as your body will be exposed to extreme weather conditions and you can't afford to fall ill mid-way while trekking. As high altitude can hit anyone, we take a pill, Diamox, which works as a blood thinner and generated more oxygen and red blood cells in the body. People tend to get nauseous and watery eyed because of the change in altitude and we always have to be prepared for this.

HARISH BIJOOR, CEO, Harish Bijoer Consults Inc: My basic mantra to stay healthy and fit round the clock is to walk six kilometres everyday irrespective of where I am. Gymming finds no space in my routine as I travel too much and have erratic timings as well. Walking is neither time centric nor equipment centric. I am foodie and often eat out. Walking helps me maintain my weight profile and also gives me permission to eat all I want. And then I also drink at least 2 litres of water every day.

SAM EASAW, MD, Renotokil: My work requires me to travel a lot — across cities and countries. When I am not travelling I start my day at 7.30 am, where in I check and review my calendar for the day, week and month. As I strictly follow my forward plan, I am very particular about time management. I check my mails between 8.30 am and 9.30 am, post which I have series of meetings with my clients, managers and the team. Post lunch I switch off my mobile for couple of hours and concentrate on strategy, reports and plan. I am usually done with work by 8 pm. So to unwind, I read management books and play golf.

(By Payal Pruthi and Jalaja Ramanunni)



TAKING A BREAK: Actor Sridevi finds time to hit the gym to stay energetic for her busy schedule