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Work is meditation

There will not be many students, or professionals for that matter, who have not heard of Minocher Patel in Pune. A Corporate Trainer, when you meet Minocher across the table, he looks like any other ordinary guy. But put him in a roomful of people for an audience and watch the transformation take place.

HE is like a human dynamo as he talks, listens, jokes, and interacts intensely with everyone. The entire atmosphere in the room is charged and it is the rare individual indeed, who does not come out feeling energized, elevated and a totally changed person. As Minocher himself describes it, "Being a trainer is a demanding profession. I'm on my feet eight hours a day and I have not only to sustain the high energy level throughout the day, talking and listening to the audience, I also have to handle audience interruption with calmness and patience, and simultaneously have a heightened consciousness to change the flow according to the level of the audience."

For this of course, it is very necessary to keep mentally, physically and emotionally fit and Minocher makes every effort to do so. A correct diet no doubt, is of paramount importance, because he strictly believes what the Gita says, "Jaisa anna, waisa mun (you are what you eat)."

In compliance with that, he gave up red meat four years ago and also partakes rather sparingly of chicken and fish, sticking to only vegetarian food twice in the week.

The day begins with 2-3 glasses of water followed by a few almonds and a teaspoon each of honey and Chyavan-prash. A bowl of fruits such as papaya or water melon and a couple of egg yolks with chapatti (he's given up white bread completely) rounds off his breakfast. Lunch is brown rice with dal and vegetables, while some juice or fruits or soya bean milk suffices in the evening. Tea is sweetened with honey. Dinner is chapatti, dal and veggies. While he does indulge in curd during summer, he lays off any cold or fried stuff, which could adversely affect his throat.

Water is his mainstay throughout the day, as he drinks at least 13-14 glasses during the day, in small sips at 15-minute intervals. What he is very particular about, is that no in-between snacks pass his lips and meal times are followed strictly. Even dinner is over by nine at night, followed by an early-to-bed routine. Minocher ensures at least seven hours of sleep and he smiles as he recounts how he often has to face jibes from friends for these strict habits.

But Minocher is firm about his belief that, "Taking care of one's health cannot start too early. It's like taking out insurance and the earlier you start paying your premiums, the better it is."

His fitness schedule also includes a 45-minute walk in the morning, along with trips to the health club, where he spends an hour with some light weights and the treadmill. In summer swimming is a wonderful and refreshing substitute. Where emotional fitness is concerned, Minocher motto is, "Work is meditation." and he enjoys every activity that he indulges in to the hilt, even if it is a simple act like drinking a cup of tea.

"A sense of humor and a good attitude are also important for emotional and physical health," he re-affirms. "Learn to forgive, never carry bad thoughts, because it is like carrying garbage."

He concludes on this note, "If you have clarity of thought and purity of intention and if you mix it with conviction and passion, you can make sure of success and happiness"