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I get an intense energy boost while playing a sport

UDIT SHETH
 Founder & MD, TransStadia



■ **BALANCING WORK-LIFE:** Being from a business family, I always look to optimise my time. I enjoy my work and I've never seen it from a '9-5' perspective. I just give it what it takes. I try to get work out

for at least two to three days in a week in the gym. Travelling takes up a lot of my time but when home (Mumbai), I make sure I'm with my family. ■ **A HAPPY AND FIT STATE OF BEING:** My highest energy comes out when things are the toughest. I love challenges, exploring new things,

fitness and sport. I get an intense energy boost when I'm playing a sport.

■ **YOUR DARE QUOTIENT:** Taking very high risks. I like taking up challenges, chasing tough targets and setting high goals. The way I see it, one has 'x' amount of time – and you could use it to take up strong challenges that can make a difference in your life and in this world.

■ **WINNING TRICK:** No tricks – I believe in simple straight objectivity – and leave a sweetener, always. Be 'immersive'; never do stuff to simply achieve the goal. It's the manner in which one achieves it that decides the outcome. Everything must have passion, commitment and thought.

■ **YOU SAY 'NO TO...'** I have a hard time saying 'no' in general. But I'm a stickler for systems and processes.

■ **LIFE LESSONS LEARNT:** Slow



down, breathe and take more time out for myself. Be more grateful for everything I have.

■ **SPIRITUAL DIET:** Diving (at least once a year).

■ **SUCCESS VS FAILURE:** You win or you learn. There's nothing

■ **THE SONG I LIKE TO HUM:** *Streets Have No Name* (U2); *November Rain* (GNR).

like failure.

■ **TACKLING LIFE CHALLENGES:** Be objective and immersive – be simple. And don't try pleasing everyone.

■ **DE-STRESS MANTRA:** Gym = therapy.
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