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LOSE YOURSELF TO THE OUTDOORS

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Udit Sheth, Founder and MD, SE TransStadia says he never underestimates the power of the outdoors which he feels can change the way we live our lives and also can bring a sense of peace and balance

BY UDIT SHETH

Founder and Managing Director, SE TransStadia

Day 2 of the Santosh Trophy has just ended at The Arena in Ahmedabad. The team briefing on 'what went right' and 'what could be done better/ differently is being concluded'. That's when I hear the bounce of a basketball and in the distance see two guys catching a game. I leave the meeting and in my boots and jeans go join in the game – a 40-minute gruelling lesson on how unfit I have become and a reminder of how much I love playing. I played a '2 on 2' game – bump and grind, hard body contact, lots of back and forth; something that's bound to break the body down at 39.

As someone who can't sit in one place for too long, if I'm office, I'm always doing meetings or meeting with my team, outdoors, if the environment permits. My own mails, communication, thinking and researching are not done during office hours. This has all happened because of my love for the outdoors.

The most recent example of this was a trip to Jaipur for a business development meeting, on a Sunday during Sankrant. I told myself that if the meeting was wrapped up on time, I would go and fly some kites with my colleagues. Indeed we did. We bought a bunch of patangs and some manja – and went to the scenic balcony of the Amer Fort and flew kites into the sunset. We were witness to the incredible festive scene of Jaipur, as the night sky was lit up by a million lanterns.



On every work trip, I carry my sneakers and fitness gear. No matter what, it is imperative to give your body those 60 minutes a day of exercise – in the gym, in the pool, or simply just walking down the road, even while sightseeing during one's travels. The best part about being in India is that there is always something to do, as our country is a great combination of history, architecture, urbanization, rural expanses and diverse ecology. There is always something to see and a hidden gem to unearth. I always urge my team members when they travel on work to try and include a weekend in the trip, so that they can visit a lovely destination. They would anyway be incurring hotel and travel expenses for official purposes, so all they need to do is pay for their partner, in order to have an enjoyable weekend destination experience as well.

It's also important to take a month off in the year (maybe in two parts). In my case, the oceans always call out, and I must pay heed. Personally I love to take off and go diving. The Indian Ocean is home to scenic destinations that are not too far away. There is something every coast, and island has to offer. Diving for me is very meditative and fun. It's the time to see new things, learn and most importantly remind myself that I'm only a speck on this planet. There is a saying in scuba diving lingo, "You dive not to escape life, but for life to not escape us." Having said that, I also urge my team to find something they love to do and to do it.

Never underestimate the great outdoors; whether it is sport, adventure, taking a walk through history or lazing on the beach – even a few hours during work can change the way we live and bring a sense of peace and balance. Indeed, it increases the cognitive powers of the human mind.

Lose yourself to the outdoors and you may find your true self – life is about creating experiences.

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