



Moods of solitude

SAMIR SONI

I am an introvert and love spending quiet and peaceful time with myself. I live a simple life and what makes me happy is spending quality time with simple people and having good conversations.

I believe that you are at your best when you're in touch with yourself. Everyone has the need of charging themselves after a long hard day. I charge my battery by listening to good music and reading spiritual books. What keeps me going is spending quality time with myself. And this is the reason you can never find me on Facebook or Twitter.

I believe that you are at your best when you're in touch with yourself. I charge my battery by listening to music

Work needs a lot of energy and I need to conserve it. I adore everything that has to do with peacefulness and quiet, so whenever I have time, I love being with my parents in Shimla. It's a very quiet

little place with simple people.

I never miss out on going on long walks wearing my iPod, it makes me feel one with nature. Shimla has quite a few of those very old temples, which are surrounded by lush greens. Once I went out with my parents to a similar temple that stood on a very high altitude. As we entered the temple, we came across a panditji who was the only one there. As we were the one of the very few visitors, he was sweet enough to make *chai* for us. And I couldn't stop admiring the magnificence of that place with a glass of *chai* in my hand.

As told to Vankoor Raina



SOUL SEARCHING

Exercise makes me happy

BOISHALI SINHA MASSOT

I idolise wrestler John Cena, and I love watching wrestling (WWE) in my spare time, it's fun. Exercising is a stressbuster for me. It makes me happy. My father is also a big influence as he was into body building and he has certainly inspired me. I've been religiously working out since 2004, and it's an intrinsic part of my daily life, that I hate to miss.

Whether I am upset or angry, I exercise and channel my negative emotions into positive. The angrier I am, the heavier weights I pick

up! Exercising centers and calms me down, I am at peace when I am physically active. Staying fit is as important as eating healthy. I devote two hours every day for exercise and if for some reason if I miss it, I don't feel good the entire day.

I end up working out more when I am stressed, it helps me get over the blues! For me it's the time when I am one with myself and nothing else matters.

Boishali is an artist and an art director
As told to Saumya Bhatia

Whether I am upset or angry, I exercise and channel my negative emotions into positive

self service

LISTEN TO YOUR BODY



DR REKHA SHETTY

FOLLOW THE DOG

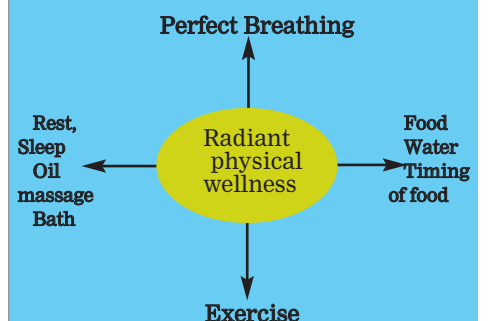
Physical transformation is possible, if like the ancient yogis, we follow the actions of young animals. Watch the young dog. It is always in movement and bouncing and stretching. Make physical movement a part of your daily life.

As the salesmen say 'Cover territory instead of covering your chair'. 'Use it or lose it' said Jane Fonda. Violent physical exercise once a week is no use, if you're just vegetating for the rest of the week in front of the TV or computer. Listen more and bark less, use non verbal actions to show unconditional affection to family and friends.

Listen to your body. If you are tired, rest. If you are hungry, eat. If you are lonely, communicate, ask for a hug. If you are angry, deal with your anger constructively, resolve it. The body is our vehicle for the journey of our soul in this world. You may be an immortal soul who happens to own a body, but the body-vehicle has to be maintained in good condition, so that we may achieve the goals for which we were created.

You have much to live for. Don't become one of the many million people who have a heart attack every year. Fifty per cent die in the first five minutes. No second chance. Now is the time to adopt the daily habits of good health, because health is a 365-days-a-year affair.

Parameters for Physical Wellness



- There are eight components of yoga:
- Follow universal moral commandments.
 - Self-purification by discipline.
 - Maintain good posture.
 - Rhythmic control of breath.
 - Withdrawal of the mind from the domination of the senses and exterior objects.
 - Concentration
 - Meditation
 - A thoughtless state in which one becomes one with the object of the meditation.

Start by practice the first four. Find a teacher to help you do it right. Meanwhile, follow the dog!

Dr Rekha Shetty is the author of the bestseller The Happiness Quotient and Zero Heart Attack Path