

TOP GUNS, TOP LEARNINGS

Five CEOs tell us what their most recent learning on the job was?



VINEET VERMA

Executive Director - Brigade Hospitality Services Ltd

A very dear friend of many years, so full of life and never to say no to any challenge in life, be it in office or at play, died unexpectedly while playing Rugby in Kolkata. This was not his age to die and neither could we even in our wildest nightmares, dream of such a tragedy coming to pass. His only mistake and his last, was to ignore signals of something being amiss with his health. How we wish, he had not taken life for granted and been more conscious of staying healthy. The old adage of "work hard and party harder" still holds true especially for the young generation but please do not do so at the risk of ignoring your health. Find time, in fact, force yourself to step out and exercise your body even if it is for just a few minutes each day. Also ensure that you do not fight shy of going for a general health check-up at least annually if not more often depending on your age and fitness level.

While I have been a sportsman all my life and a fitness buff, my friend's sudden passing away at a young age of 42 has made me further ensure that I do not neglect my health and exercise regime. I have no doubt that even our office will appreciate this habit of ours that in turn will ensure we are in office each day in good health and vigour and with a smile on our face.