

Economic Times

EXECUTIVE LOUNGE

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Chander Agarwal



Chander Agarwal, Executive Director, Transport Corporation of India (TCI) likes to watch movies and read books! And many of his leisure pursuits take place 40,000 feet up!

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TIME

While the amount of time I spend at work restricts how I pursue my hobbies, the amount of time I spend on airplanes is a good way for me to catch up on a few of my favoured down-time activities. One of my favourite past-times is watching movies.

When I am flying around the world constantly, I could watch upto eight movies en-route. I really don't enjoy Bollywood films but manage to catch the "popular" ones, and enjoy most watching international movies from Korea, China, France and especially Japan. My favourite movies are *Transformers* and *Blood Diamond*.

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FLIGHT

Flights are good places for me to catch up on my interest in books. When I am in an international location, usually post-work, I am sitting in a side-walk café or the hotel lounge reading a book. It's a great way to relax and unwind after a busy day at work. My involvement in flying is almost addictive! My other favourite pastime is indulging my dream of being a Top Gun – flying

on a flight simulator. I do this on my laptop which means I can use it as a down-time activity wherever I go – on a plane, train, departure lounge or in the car. The flight simulator is a lot of fun. I get to choose aircrafts, destinations, weather... It's almost like real flying!

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STYLE

As far as health-related hobbies go, yoga, weight-lifting and the treadmill are my picks. With the treadmill, I try to put a goal on the distance covered or the speed at which I can run to give myself benchmarks to beat. Doing weights helps me tone my physique – I think it's important to present well in international business – while I find that yoga gives me exceptional stamina for my busy schedule. It's hard to quantify which of my hobbies interests me the most. As people say about the music they listen to at any particular time, my choice changes depending on the need of the moment or my mood. I do carry close to 15,000 songs on my I-POD from multiple genres.

-Viren Naidu