

DG desk, November 09, 2010

The visit of President Obama and his wife has dominated the news in India for quite some time now. Those who have been with the President's entourage during this period have noticed a visible change in his mood. During the three days of his visit to India I am told that when he first arrived here he looked preoccupied and depressed, undoubtedly because of the stunning defeat of the Democrats in the recent Congressional elections in the US. However it appears that his exposure to a number of pleasant situations and people in this country clearly buoyed his spirits, which showed a visible change in his disposition. The clouds of despair and depression, thankfully, do not stay long and sunshine does come through once they are gone.

It is not easy for anyone in the public eye to hide his or her feelings effectively, particularly when the TV cameras are focused on you. The past eleven months or so have been a difficult period for me, and I realize how important it is to keep faith in everything around you and in the future. At a time like this, one's friends and well wishers are an enormous source of strength. Last evening when I had gone to Rashtrapati Bhavan I saw Dr. Abid Hussain, and was pleased to hear his comment, that he thought highly of the fact that I stood my ground during this difficult period and did not allow others to break my resolve.

I thought I would convey to my colleagues in TERI the importance of keeping a balance between physical, mental and spiritual strengths that we all have huge potential for. I have often emphasized the importance of physical well-being as an important ingredient of one's mental and emotional health. Some people find it laughable that I take the game of cricket so seriously and indeed I do. I played a match this Sunday and was pleased with the last three overs that I bowled when I had fully warmed up. Playing cricket to my mind is an essential part of my mental well-being, quite apart from the ability to retain a reasonably healthy physical condition.

I have been pleading with all my colleagues in TERI to make sure that they exercise on a regular basis. You would never imagine how the lack of physical fitness is an invitation to disease and medical problems that only get more acute with time. As we approach the end of the year and plan to usher in the year 2011, please start telling yourselves repeatedly that you are going to be devoting enough time to your own physical well-being during the New Year and beyond. Strength of purpose, the power of concentration and physical health are all interconnected, and if we have to prevail in a world that is becoming increasingly complex, it is important for us to attain the potential we have for a balance between mental, physical and spiritual strength.