

I Am Not a Fitness Freak ...

SUBRAT SINHA is a popular lyricist whose 'Mann Ka Radio Bajne De Zara' seems to have become the flavour of the season. From being a regular graduate who spent two years only to figure out what he wanted to do in life to a popular lyricist churning out soulful lyrics, he has come a long way. He is not a fitness freak like other celebrities but a dreamer who pursues words and new ideas. Subrat in a candid one to one with BEENUM YADAV.

HI: You have a whole nation humming 'Mann Ka radio bajne de zara'. How does it make you feel?

SS: It is immensely gratifying... definitely. Though, my previous songs were also very popular but Mann ka radio has done very well probably because there is a contemporary feel to it. In a modern urban setting, this song talks about listening to your heart and following the right path. I think that must've struck a chord somewhere. As far as the success of the song goes, it makes me feel happy, content and re-energized.



HI: Creativity..... Novel ideas, beautiful words... You have to be at it constantly. How do you bring this about? What's your inspiration?

SS: Well, for me the best source is kids. They are full of ideas. Whenever, I need inspiration I chat with school children and college-going youngsters and recharge my creative batteries with original feelings and dreams. These people have amazing powers of observation and this sets them apart from other busy people.

HI: You chased your dreams and chose your own methods to achieve success. How difficult or easy was it?

SS: The journey was not easy at all. It took me 13 years to get here. Nevertheless, I did court success occasionally as I found people appreciating my work. It was tough initially but I gradually learnt the skill of approaching the right people and making them believe in my work. You need a lot of patience and faith in yourself.

It was radio film director Ishaan Trivedi, who encouraged me a lot and gave me the opportunity to try my hand at direction, script writing, songs, TV shows etc. It is, I guess, a question of meeting the right people at the right time. When that happens you suddenly realize that things have begun to move on.

HI: To use a cliché - a healthy mind resides in a healthy body. How do you keep yourself fit?

SS: Well, I am a very lazy person. Some years ago I used to workout regularly but it's been a long time since I stopped. I've been trying to resume but I somehow cannot get down to doing it regularly. Writers are not too concerned about their physical fitness. They eat whatever they can lay their hands on. And I am no exception to this but the truth is that if you don't respect your body, it will harm you ultimately.

HI: What exactly would you call healthy eating habits with respect to breakfast, lunch, dinner or smart snacking?

SS: You really should not be asking me this question.... I'm not sure if I am the right person to answer this. Anyway, here's what I think... It's a good idea to eat protein rich food. Must have good breakfast and must eat at regular intervals so that your metabolism remains high and you don't put too much workload on your digestive system.

HI: What, do you think, is the importance of a positive attitude? How do you de - stress yourself?

SS: I love my work and whenever I write a scene or complete a song, I feel elated and de - stressed. Otherwise I listen to good music and go for long walks to relax.

Without a positive attitude you can't move an inch in life. It's the most important thing as far as living a healthy life is concerned. It is my positive attitude that has helped me succeed in life.

HI: Are there any specific medicines that you generally carry around?

SS: No, not really. Although when I am travelling, I do carry a small first aid kit with me. This kit usually contains Crocin, Dettol and Band-aid.

HI: In your opinion who is the fittest person in Bollywood and why do you think so?

SS: I think Aamir Khan is the fittest personality in the film industry. He never abuses his body, he doesn't smoke and he has a disciplined dietary regimen.

Gulzar Sahib is other person who, I think, is really fit. He still plays lawn tennis to keep himself in shape.

HI: Any upcoming ventures? A lot of fans are eagerly awaiting new releases...

SS: Plenty actually...Very soon, by February or March next year, my movie Unplugged with Himesh will be released. I have done its script and screen play. ☑

