

Publication: The Times Of India Mumbai;Date: Apr 22, 2011;Section: Bombay Times;Page: 54;

e-paper



LIFE'S GOOD:  
Manasi Parekh

# 'A GOOD OLD CHAMPI IS A GREAT STRESS BUSTER'

...says television actress **Manasi Parekh**, whose hobbies include reading, photography and writing

## My personal de-stress mantra is...

I am doing yoga. I do *pranayama* everyday on my way to work. When I am not shooting, I go to the gym and enjoy doing a combination of power yoga and aerobics. I also love to visit the spa everytime I have a holiday from work, which is usually at least five to six days a month. And if not the spa, then a good old *champi* is a great stress buster. I feel any physical activity can be a good stress-buster such as going up and down the stairs or even cleaning up one's house!

## In my leisure time...

I love listening to my husband play the piano. I feel the piano is one of the most romantic instruments. I also love to read as I get transport-

ed into another world. There could be an earthquake or storm but when I am reading, I am completely lost in the book to realise what's happening around me! In fact, I don't only like to read books but I generally have the reading bug as I love to read everything from prescription labels to ingredients on the toothpaste!

## A cook or a foodie?

For me, eating is an indulgence. Eating activates all of my senses and makes me feel alive. Cooking is definitely therapeutic. After a tiring day at work, I like to go home and make a different type of salad or a cold pasta. And if it turns out good, then that makes me very

happy.

## My hobbies are...

I have a curiosity for life and I love to explore different arts. I study photography and love to capture things through my camera lens. In fact, I have created my own calendar which has photographs clicked by me with the theme of bug's eye view photography. I enjoy penning down my thoughts on various topics and I do so for my blog. And yes, I love traveling. Once my show is done, I plan to go backpacking to 15 different unexplored places in India.

## Chilling at home or a party animal?

If I have an option I would love to

chill at home but if there is an interesting party happening then I don't mind being a part of it. I love swimming pool parties where we can just plunge in to the water for hours and enjoy with a group of close friends. I like to party and stay at home as well.

## Tips to de-stress

If you have somebody in your life that makes you laugh, it is the biggest way to distress. Another way to distress is visiting your grandparents, as they love you unconditionally. The amount of affection they have for us is mind-blowing. Taking a long drive or getting some fresh air is also so distressing and makes you feel good.

As told to **Lisa Antao**

**DE-STRESS MANTRA**