

The billionaire way of life

Everyday habits of wealthy people that we can learn from

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They meditate

According to science, meditation has a number of mental and physical health benefits. Ray Dalio, founder of Bridgewater Associates, says, “Meditation, more than anything in my life, was the biggest ingredient of whatever success I’ve had.” Dalio is not alone. Jack Dorsey, CEO of both Twitter and Square, and media mogul Oprah Winfrey say that they practice meditation daily.

They’re charitable

A handful of billionaires have taken to philanthropy, including founder and CEO of Bloomberg Media Michael Bloomberg, who has donated \$3 billion over his lifetime. Then there’s the Giving Pledge, which Warren Buffett and Bill and Melinda Gates, created in order to invite the world’s wealthiest people to pledge more than half of their riches to charitable causes either during their lives or in their wills. Some have even pledged to give away more than 99 per cent of their fortunes.

They wake up early

The wealthiest people tend to be early risers. Richard Branson, founder of the Virgin Group, wakes up at 5.45 am to exercise before starting his work day. In his five-year study of rich people, author Thomas C Corley found that nearly 50 per cent of them woke up at least three hours before their workday began.

They live below their means

Just because they have billions in the bank doesn’t mean they have to overspend. In fact, some of the world’s wealthiest people choose to live frugally. As Murray Newlands wrote at *Entrepreneur* website, “Sam Walton, the founder of Walmart drove around in a 1979 Ford F150 pickup truck. Mark Zuckerberg owns a modest \$30,000



Azim Premji is a philanthropist while Bill Gates was known to fly in commercial airlines for years

entry-level sedan and Bill Gates was known to fly commercial for years.”

They read

Many of the world’s most successful people are avid readers. In 2015, Facebook’s Mark Zuckerberg resolved to read a book every two weeks. When tech billionaire Elon Musk is asked how he learned to build rockets, he reportedly answers, “I read books.”

They exercise

Highly successful people don’t just push themselves in the office. They push themselves physically outside it too. Mark Cuban, *Shark Tank* investor and owner of the Dallas Mavericks, does cardio for at least an hour, six to seven days a week.

They hang out with other successful people

The wealthiest people like to stand next to the smartest person in the room. Author and podcast host James Altucher says: “Harold Ramis did it (Bill Murray). Steve Jobs did it (Steve Wozniak). Craig Silverstein did it (Larry Page). Kanye West did it (Jay Z).”



Mark Cuban is a sports enthusiast and does cardio everyday for an hour

Dilip Shanghvi says he was often inspired by the Harry Potter books

Oprah Winfrey is a regular practitioner of meditation

PICS: GETTY IMAGES

The Man Who Knew Infinity (Biographical Drama) ★★½

Cast: Dev Patel, Jeremy Irons, Devika Bhise, Toby Jones, Stephen Fry
Director: Matthew Brown
Language: English

Hollywood has a few infatuations and it keeps revisiting them. A rags-to-riches story is staple, but if it’s a wrestler or a mathematician, even better. It’s possibly why S Ramanujan, the untrained Tamil genius from India who managed to get a fellowship at Trinity College, appealed to the current mood of the more diversity-seeking studios.

Hailing from a conservative Brahmin family with a typical nagging mother, Ramanujan (Patel) is a newly-wed mathematician who is trying to sustain himself and also get published. He has, after all, two notebooks full of theorems that just appeared in his mind. When he gets called to Trinity to collaborate with GH Hardy (Irons) in the era of Bertrand Russell (Jeremy Northam, as the comic



Movie Review

relief and conscience), he leaves behind his family to make sure his work lives beyond him. This could have been Patel’s *Theory of Everything* or *A Beautiful Mind*, but instead ends up being more *Slumdog Millionaire*. As he overemotes in every scene, a trait that worked wonderfully in the *Exotic Marigold* series, here it gets bothersome and one-note. The gruff Hardy believes in rigour and pushes Ramanujan to think beyond

his ‘divine’ gift and give proof of his theories. The role is right up Irons’s wheelhouse and comes alive on screen but director Brown chooses to represent him as the cynic with no cause. Sure, it’s a film about a man’s struggle in extenuating circumstances and his achievements do not occur in a vacuum. But shy to tackle the math head on (to be fair, math can be hard to translate on screen), Brown chooses to roll with the formula and give a superficial treatment to Ramanujan’s love life, his few encounters with racism, and an incurable disease. With incomplete scenes that leave a viewer wondering why a conversation was left midway, continuity issues plague the film. Even visually, the film appears inauthentic and from a period ahead of its time. Too bad, because with its earnest intentions (and fantastic title), *The Man Who Knew Infinity* could have joined the pantheon of greats. – tasneem.balapurwala@timesgroup.com

Poor ★ Average ★★ Good ★★★ Very Good ★★★★ Excellent ★★★★★

Freshly Squeezed by Ed Stein



Bizarro by Dan Piraro



Lasting value leaves behind a mark



So does Valmark, Bengaluru’s leading realty group, headed by Tejraj Gulecha and Ratan Lath

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Real estate company Valmark’s vision is to innovate and improve development practices and use them to create valuable real estate assets for its customers. So far, with its make-it-happen spirit, it has been successful in realising this vision. The brand’s track record of excellence in the realty sector for over two decades is a testament to that. Tejraj Gulecha and Ratan Lath are the Chairman and Managing Director of Valmark Group, respectively. They are the men with grand plans, the twin pillars of Valmark, so to speak. Gulecha, a stellar name in the realty sector in Bengaluru with nearly three decades of experience, is also among the main promoters of the Manyata Group. Valmark and Manyata together amount to the largest realty player in south India. Lath, a man of entrepreneurial skills and over 20 years of experience, has been instrumental in effecting the right associations, which has helped in the group’s growth.

Using great insights

Founded on the need to impact lives in meaningful ways, Valmark uses a judicious choice of sites and a pool of invaluable insights, enabling people of rising aspirations to discover

addresses of lasting contentment and pride. Over the last few years, Valmark has been engaged in the development of several premium residential projects in areas of high future value along Bannerghatta Road and Hebbal. The

brand is also poised to deliver more projects across the city through a range of joint ventures and self-owned properties. With strict adherence to project timelines, pursuit of only world-class quality and an endearing level of integrity, Valmark is rapidly growing in popularity and turning into a builder of choice for the discerning class.

Luxury, comfort and convenience

The best that Bengaluru has to offer is Cityville, a conclave of luxury villaments off Bannerghatta Road. These villaments integrate modern architecture with warm and elegant tones. Facing Hulimavu lake, these 3BHK and 4BHK homes are spread across 35 acres amidst beautiful gardens. Valmark Cityville allows residents an escape away from the chaos of the city and yet keeps close to the malls, hospitals, schools and IT parks. The complex is 70 per cent self-sufficient including mineral water production and solar heating.

Bringing smiles to faces

Valmark has always believed in the spirit of giving. A manifestation of this is the Valmark Foundation, which uplifts the downtrodden with its core areas of education, health and sustainable development. The foundation funds elementary education for children from economically disadvantaged families. Address: The Residency, 10th Floor, #133/1, Residency Road, Bengaluru – 560 025 Telephone: +91-80-41477330-31-32 | Fax: +91-80-41135897 Website: www.valmark.in



Championing education for the needy

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Leaders are born and not made is an adage that holds much truth in the case of AC Shanmugam, the chairman and the founder of RajaRajeswari Group of institutions. A self-motivated individual, Shanmugam has held several prestigious positions including that of a parliamentarian.

He was a member of the state legislative assembly, a member of the parliamentary advisory committee and the estimate public undertaking committee and the house committee.

A visionary and trendsetter

With his penchant for providing quality education, it comes as no surprise that Shanmugam

AC Shanmugam, the chairman and the founder of the RajaRajeswari Group, has been spearheading change in the knowledge and social sector for 25 years

has founded three charitable educational trusts in Chennai, Arni and Bengaluru. He is now the driving force behind 25 educational institutions in south India. More than 20,000 students pursue their studies in these institutions. A separate private university, in the name of Dr MGR, was started by him and is functioning in Chennai under his chancellorship.

Accolades and humanitarian contributions

Shanmugam was conferred with an honorary fellowship by the International Medical Sciences Academy. He was the first person from

a non-medical fraternity to receive this honour. He is also a compassionate humanitarian. Many poor students have been given admission in the RajaRajeswari College of Engineering and ACS College of Engineering, thus enabling them to pursue their dreams. In addition to this, Shanmugam has adopted 100 children and has provided them with free education right from school to post-graduation. He has also been running an old age home for the needy. Dedicated to uplifting the needy, he plans to open many more orphanages and old age homes in other parts of the country.

Designer brand launches memento collection

Luxury shoppers can now get their hands on a range of limited edition bags and shoes that mark Jimmy Choo’s 20th anniversary

To celebrate fashion brand Jimmy Choo’s 20th anniversary, creative director Sandra Choi has de-

signed a collection that pays tribute to the entrance-making moments that define the brand’s style. The collection called ‘Memento’ includes 20 shoes and bags honouring the

legacy of high glamour on the red carpet. The British fashion house is also offering a limited edition shoe trunk designed by Choi. The handmade trunk incorporates 20 individual shoe drawers, each lined in suede and finished with a brass card holder to accommodate a shoe sketch from the Memento collection. Other highlights include Grab Cloud, a red flocked metal clutch bag (\$3,995). For \$4,950, Cloud can be ordered in gold embroidery with a crystal knot clasp. There is also Rox (\$3,850), a pair of suede T-bar peep toe pumps encrusted with hundreds of Swarovski crystals.



Grab Cloud, a metal clutch

Rox, a pair of peep toe pumps

– pursuist.in



Taylor Swift in Jimmy Choo

PICS: GETTY IMAGES