

My TMM Journey - My Story....

This is the story of my Marathon journey. Do share in your stories as it can be an inspiration for others.

A couple of days back , I spoke about the physical challenges I had to face in undertaking the Run at the Mumbai Marathon. But the focus on a bigger cause for running the Marathon did help me not to be distracted by the cramps, aches and pains

The price of being so busy is losing the time for self-care. That's what happened to me and over time, my health took a toll. As it was said "If you don't strain your muscles, you weaken them" Something similar happened to my muscles.I realized that it was a wake-up call.

That's when I realized that I needed to turn my focus to my health . Knowing that wellness practices are one of the critical factors in ensuring health, I tried to figure out which ones I could start with. The solutions were not literally far too seek! Fortunately, we had a Gym in our office. So I thought I would make the best use of it and registered myself. क्यों डरें जिन्दगी में क्या होगा, कुछ ना होगा तो तजरूबा होगा...

All major journeys begin with a single stepMy journey also began with such a step and that step was not easy to take.I recall when I set foot first into the gym for the first time in my life I was clueless as to what to do. Working on a treadmill looked the easiest. It was only once I got on it I realized how difficult it was.

I could barely walk on a moving belt for more than 2-3 minutes! . It was a challenge for me to walk on the treadmill as the heartbeat elevated and exertion quickly set in. I said to myself that this is no my cup of tea and thought of quitting the gym and sliding comfortably back to my old ways. But at the same time I steeled myself saying nothing comes easy and I started with walking at a speed between 3 – 5 initially , gradually increasing the speed as my confidence increased.

Every time I was able to walk an additional kilometer, it was a milestone achieved. Over a period of time I could walk for an hour and voila! before long, I could also run comfortably and was happy at my progress. That small step made a huge difference over time. Now I began to enjoy the walk. डर के आगे जीत है .

Zidagi Hai To Khwab Hain, Khwab Hai To Manzilain Hain,

Manzilain Hai To Faasle Hain, Faasle Hai To Raaste Hain,

Raaste Hai To Mushkilain Hain, Mushkilain Hain To Hausla Hain,

Hausla Hai To Vishwas Hai

Isse vishwas aur hausle ke saat from 2014 onwards I became part of the Mumbai Marathon. I started off with Dream run which is about walking 6 kms and later graduated to a half Marathon. Ever since I have faithfully continued the Marathon journey every year and will continue to do so. Don't wait for tomorrow to focus on your health because हर घड़ी बदल रही है रूप ज़िंदगी, जो है समँ कल हो न हो...

कामयाब होने के लिए अच्छे मित्रों की जरूरत होती है, और ज्यादा कामयाब होने के लिए अच्छे शत्रुओं की आवश्यकता होती है. Issi vishwas ke saat milege jarur agle Marathon mein. आओ अब शुरुआत करें कदम कुछ अब साथ भरे...

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