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FORTY WINKS SHY

This corporate honcho enjoys being busy, but doesn't get his quota of sleep

Apart from handling myriad responsibilities at Mindtree, Subroto Bagchi ensures that he writes 60,000 words of publishable material every year and walks 10,000 steps everyday. Staying occupied is important to him — he visits forests at least four times a year, takes an annual writing vacation with his wife and even teaches at an educational institution overseas.

Up by 6am every day, his day begins with prayer. "It's helpful to recount major events of the previous day, say thanks and apologise for mistakes," he says. Following a breakfast of sprouts, toast and tea, he is at work

by 8.30 am. He catches up on newspapers, responds to e-mails and plans the day during his hour-long commute. "This is when I usually get a call from my older brother Amitav

DAY'S ANATOMY

who clues me into what is happening with the Bagchi clan," he says.

Once at office, it's work all the way — he powers through briefing notes, group interactions, customer visits and a review of the Mindtree Foundation's work with the help of 4-5 cups of tea and lunch packed by his wife. His day ends by 5 pm, unless he has to attend a dinner.

But work spills over — after a light snack, Bagchi spends time on emails, phone calls and writing at his home office. "Sometimes, you may see me at Ranga Shankara. Susmita and I are writers, we don't party or play golf. We are not members of any club," he says. With a laugh, he adds, "I am not as serious as this interview seems — I routinely flirt with my wife and there isn't a day that I don't get a serious reprimand from her. She is my window to the world of fiction."

The lights go out by 10 pm, but Subroto's mind chafes relentlessly, "I don't sleep as well as I'd like to. My mind is always on."

— Sindhuja Balaji



Subroto Bagchi (56)
Co-founder and Chairman,
Mindtree Ltd