

How Silicon Valley CEOs use weekends

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The way Silicon Valley CEOs tackle their weekends is proof that two days of weekend might be too much. In a recent Quora thread, these bosses explain how they use Saturday and Sunday. Take a look:

Wealthfront CEO Adam Nash "integrates" work, life

Adam Nash took over as CEO of investment start-up Wealthfront in January 2014. "I personally tend to prefer the 'integrated' version of work-life balance," he explains, "where I will periodically engage with work on evenings and weekends as needed, just as I will periodically engage with personal issues through the week as needed." The weekend, then, is usually parcelled out in: trucking the kids to birthday parties, baseball games; fixing things up around the house and other chores; time with old friends; date nights with his wife; and visits to his parents and sibling.

Dictionary.com CEO Michele Turner gets through the work – then hangs with the family

Turner's company helps people find the correct words. As you might imagine, she's quite articulate about how to tackle the end of the week. "I'm a mom of three boys," Turner says, "so weekends are busy and precious." So, as an executive does, she's found a few efficiencies. The key is to get the work out of the way early. "I'll spend one-three hours on work first thing in the morning and get it out of the way. I'll check email during the day to make sure there aren't any issues flaring up, but I really try to ensure that I'm not interrupting my family time."

SafeLogic CEO Ray Potter never hits the "off switch"

SafeLogic is a B2B start-up that takes care of cryptography and other security measures for cloud and mobile companies. CEO Potter navigates the weekend in much the same way as his peers. Saturday is getting the kids to where they need to go, fetching household essentials, texting with his team, making dinner, playing music, and catching up on email. "There is no off switch," Potter says. "No matter how much I delegate or what hip new productivity app I'm using, things have to get done that only the CEO can do. [and] that means working evenings and weekends to drive the company forward."



PIC: GETTY IMAGES

Finding the fun in games



Sachin Tendulkar with Shripal Morakhia, who managed to combine his love for games with technology

Smaaash founder Shripal Morakhia had regrets that he didn't play enough in school. He's fixing that by opening entertainment arcades all over India

ing. I tried bungee jumping in a virtual way. I got vertigo. I have never tried high jump or participated in a 100-metre race. I did it all at Smaaash. The whole idea is to take these experiences to the next level in the virtual reality space," says Morakhia.

Also on the cards is Morakhia's pet project that he calls the School of the Future; one that he hopes to complete in the next two years. Once again, the idea is born from his own trouble understanding concepts of geography and math. Calling the learning methods in school archaic and attacking what he sees is unnecessary pressure on children to study only to score in exams, Morakhia is banking on the internet and using audio visual experiences to create his school.

"I could never figure how to mark points on a map in geography. I had a learning disability. Then during my stint as a broker and an investment banker, I did a lot of travelling. I then understood what a coniferous forest is, why Sweden

is away from the Equator and why the Arctic would have nights for 24 hours. Adding logic to experiences gave me a correct understanding of the subject. The fact that you cannot see Switzerland in person should not deprive you from experiencing snow. We will make children do it. I want children to learn geography by experiencing it. That is how they will never forget," he says.

Advocating self learning, something he says "the examination culture" takes away the joy from, Morakhia knows he has a steep climb to make. "What I want to do for the rest of my life is to continuously innovate," he says.

up the Smaaash experience to a level where playing games will seem as real as it gets, without the pressure of competition. With Mumbai's arcade in place and a recent Smaaash in Surat, there are plans to open more in Noida, Gurgaon, Hyderabad, Pune and Bengaluru that Morakhia hopes to launch in 2015.

"We are not in the traditional toys and games business. All of us outgrow that. I have a granddaughter who is only five, but she is familiar with various devices. I am afraid of fly-

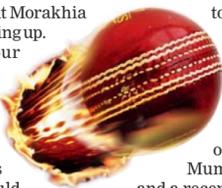


PICS: GETTY IMAGES, THINKSTOCK

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Shripal Morakhia has donned many hats. Stockbroking, investment banking, film production or publishing, the entrepreneur puts his money where his heart is. Today, the man behind Smaaash says that the idea for the popular entertainment arcade was born out of regret — a chance to offer what Morakhia personally missed out on growing up. "When you look back at your life, there are regrets usually. When I sold my businesses because of health reasons, I was contemplating how I could have lived my life differently. On the top of the list was the realisation that games could not become a part of my life. We give so much importance to studies, we miss out on games. Do I want the current generation and the next to miss it too? No," he says.

Coupled with Morakhia's love for technology, he created an arcade where patrons now take crease, facing the likes of world class bowlers like Shoaib Akhtar or Lasith Malinga, or race through a virtual Formula 1 track. These are



BREAKFAST FOODS TO AVOID

The three things you must avoid in the morning to feel good all day

Bad coffee
Coffee can both fuel entrepreneurial ventures or constantly lead to crashes and prolonged fatigue. This is because all coffee is not the same; coffee often carries naturally occurring mold toxins. Turns out that bad reaction has nothing to do with the coffee; it is a reaction to the mold on the coffee. Now, you won't see this mold — it's an invisible byproduct of shortcuts coffee producers take. When you brew that first cup, avoid cheaper coffee. These cost less because they not only use lower-quality beans, but also include a higher percentage of damaged beans. And avoid decaf coffee, which contains more mold on average.

Milk, yogurt, and cheese, but not butter
The main problem with dairy is the harmful pasteurisation. While this process does reduce the small risk of milk contamination, it kills off the beneficial probiotics, denatures milk proteins, and transforms milk from a source of nutrition into a source of health problems. In the morning, you should avoid milk and most things made from milk — cheese, yogurt, cream, buttermilk, and ice cream — but not butter. Butter is significantly healthier than the milk it is made from.

Sugar, including fruit
Your body needs more sodium than potassium so your blood pressure can go up, but eating fruit (which has a lot of potassium) for breakfast causes your blood pressure to go down. Low blood pressure in the morning makes it harder to feel energised for the day. Most people are familiar with the term "sugar crash," but many don't know where it comes from. After you eat sugar, it's not only your focus and energy that crashes, but also your actual blood sugar levels. This is the crash that causes brain fog, sluggishness, and food cravings.



PICS: THINKSTOCK

In celebration of good food

1 MG Road and Lido Mall, Trinity Circle celebrate all things food this festive season.

The Big Foodie Fiesta 'season 2' will unfold from Friday, as chefs from Yauatcha, Fort Kochi, Blimey, TGIF, Barbecue Nation, Foodhall, Mama Mexicana, Tao Terraces will dazzle your senses with their popular delicacies that they whip up live, right in front of you. Cha Bar at Oxford, Coffee Bean and Tea Leaves, Haagen Dazs will further entertain with their specialised fare.

Diners at Fort Kochi will even be able to buy the fresh catch at market rates and have it cooked at a nominal price. Diners billing above ₹1,000 will also get a free packet of 500 gm prawns (December 5 to 14).



Charcoal Lamb Bun



Shop for ₹3,000 at 1 MG Road Mall and win the bumper prize, a Toyota Etios Liva or weekly prizes such as LED TV, refrigerator, and gift vouchers

ITINERARY	RESTAURANT	CHEF STUDIO	DATES	DAY	TIMINGS	LOCATION
	Barbeque nation	Signature Grills	12th Dec 2014	Friday	5 pm to 6 pm	Barbeque Nation
	Fort Kochi	Kerala cuisine	13th Dec 2014	Saturday	5 pm to 6 pm	Fort Kochi
	Food Hall	Pasta making	14th Dec 2014	Sunday	5 pm to 6 pm	Food Hall

Additionally, Yauatcha will treat diners with a special menu priced at ₹1,000, including a mocktail. The offer is available from 12 pm to 7 pm.

Seats are limited. For registration log on to onemgroad.com or [facebook/1mgroad](https://www.facebook.com/1mgroad). The mall is located at 1/2, Swami Vivekananda Road, Trinity Circle



Prasad Rao Kamineni, MD, Urban Estates

"We have some interesting projects in the pipeline that will help a customer get the best return of investment for some of the best locations"

'We understand the nuances of your dream home'

Urban Estates MD Prasad Rao Kamineni talks about what differentiates them from the competition

How was Urban Estates conceptualised?
At Urban Estates, we do not believe in selling real estate, we believe in making dreams come true. We place ourselves in your shoes, understand your needs that result in homes specifically meant for you, and has "you" written all over it.

What makes you different from all the others in the same fraternity?
The talent pool, the dedicated team, the visionary leadership, the passion and a vision to be the most trusted, complete real estate partner — that ensures we give the best to the city and its people.

So what can people expect this new year from your group?
There are very interesting projects in the pipe-

line. We are using some of the best locations for returns on investments (ROI) for some of the best plotted developments in the industry. Look out for the Urban Aster Park, Urban Serenity, Urban County and Park Ville (Villa Project on Jigani-Anekal Road) that will soon take wing and make jaws drop.

What are the key factors you keep in mind before you venture into a project?
We study the market in terms of the development of location around the city, then we see its returns for a customer investing, we see the amenities in and around the location and its future developments. We also ensure that we consult with the best in the team to ensure all approvals and paper work are with clear titles so that it does not cause any hassle to any customer.



Quality lifestyle villas on Main Sarjapur Road

Professionals come to aid real estate development



Management team of NVT quality lifestyle: Tanuj Garg, Nitin Garg and Vivek Garg, alumnus of The Wharton School and Carnegie Mellon, IIT Bombay and Carnegie Mellon, and Purdue University respectively

What defines a good real estate developer? In the words of a senior Wipro executive who has invested in a recently-completed villa project by NVT Quality Lifestyle, it is about professionalism, quality and value. "A real estate company headed by the alumnus of reputed international schools gave me confidence. They are professional in their dealings, clearly stating what they will be doing. My wife is a civil engineer and she was impressed by the quality of the materials that they are using," he said. As a company with international standards, the NVT

Group is a quality certification, training and real estate development company with operations in India, South East Asia and the Middle East. Their ongoing project, NVT Arcot Vaksana, is an exclusive villa township on Main Sarjapur Road that is steeped in sound value and good design ethics, conceptualised by architects from Singapore. The project comprises 66 villas on 7 acres of land. The villas, with 4

bedrooms each, are built in an Edwardian style, which boast of generous proportions, large spaces, open parks and gardens. That's the reason why professionals are taking note. NVT Group's corporate office is located at Whitefield. Tel: 888-0112345/9535155663/96637 55663 Email: contact@qualitylifestyle.in Web: www.qualitylifestyle.in