

# **Sarangapani Club**

## *Bad Day in Office*

<https://bridgepathshala.com>

**Sarangapani Club** is a weekend hangout of 4 budding youngsters just out management school and trying to build careers in Information Technology Mumbai. Read link for details [https://drive.google.com/file/d/1eXKsYJw7BDX-pegg53Acy4k8BVb\\_xzK7/view?usp=sharing](https://drive.google.com/file/d/1eXKsYJw7BDX-pegg53Acy4k8BVb_xzK7/view?usp=sharing)

Kingo lost a big order to a competitor and Padma had to stop delivery of a software as it did not pass the quality test. Both were in bad mood as company management was upset about the loss of order and delay in delivery. It was a normal day in office for Kaushik and Prabha. When you have had a bad day in office, the only way to get over it is to stop thinking about it and divert your attention to other things in life.

Kaushik always diverted the discussion to Bridge. He wanted to know what should be in the interest of the team if a player is having a bad day at the Bridge table on a particular day. It was Prabha who spoke first saying, "We have a captain in the team. It is the captain that must review if the person played badly due to lack of focus and made unforced errors or whether it was judgment and bad luck which resulted in the loss. When everything is going well, the captain can just congratulate the team members and move on to discuss things other than Bridge. Resting a person who had a bad set is generally a good idea as it will help the person gather their thoughts and gain confidence. When it is resting time, one should not kibitz matches as that is not resting"

Padma had a point to make. She said, "One of the reasons why Bridge players don't get Alzheimer's disease is because we keep constantly thinking about the errors one made at the table. While this keeps the mind active, this also removes the focus on the next round. One must be able to switch off and play the next round with a fresh mind. The captain must field players who are in good spirits and able to focus on the game – if someone has a relative in hospital or has not done well in one the professional exams or has not got the promotion that was expected, they should play only minimum required rounds against deemed weaker opponents".

Kingo was in his usual joyful mood saying, "Emotions and other things never bother me. When I am at the bridge table, I forget other issues in life and focus on the game. I can switch off and on between various situations quickly. One must realize that this is just a game and not a life-death situation and if that is understood, you will enjoy the game. Do your best and accept whatever happens. This is the fundamental message given by Lord Krishan to Arjun in the Gita"

Kaushik was in full agreement with Kingo's comments. He emphasized on the fact that if processes are followed, results will come. If Bridge can relieve your stress in other activities, then it is ideal. However, some people are not able to switch on and off so easily. It is a skill all of us must develop. Prabha and Padma understood that Kaushik was addressing this point to them, and they nodded and said they will improve and Kaushik was happy about it.

**Tailpiece** Goofy wondered if he was ever distracted by other thoughts. He was very contented as he had limited needs in life and things like happiness and sadness were not part of his daily life. Every day was just eat- have a wash-run around- play with master and nothing else bothered him. Nice to lead a dog's life than a human being.