

**Anuj Mathur says now is the most difficult time for a business to sustain; is looking forward to going back to office**



Despite an uptick in productivity on both the work and home front, Mathur misses the energy of the office.

Synopsis

**The MD & CEO of Canara HSBC Oriental Bank of Commerce Life insurance worked almost 25% more during WFH.**

If there is one piece of advice Anuj Mathur, MD & CEO, Canara HSBC Oriental Bank of Commerce Life insurance, could give people, it would be to focus on yourself (your health and family) and to step up during this time of crisis.

"My advice to everyone would be to focus on fitness and fun during this time and give your full commitment to the business you are working for, Please be loyal during difficult times and give your best ever performance, as it is the most difficult time for a business to sustain," he said.

For his part, Mathur said he has been spending almost 20 to 25 per cent more time working on weekdays. "On the professional front, I focused on my work with full dedication, loyalty, and passion, considering that it is my own business. I have spent almost 20-25% more time on weekdays with almost no holidays, as the difference between personal time and work time got blurred in WFH," said the MD.

### **Don't Hamper Yourself**

The key for Mathur was starting his day early. "My advice to people would be not to disturb your daily schedule by sleeping late, starting late for work, and then disrupting your own self. I tried to maintain a healthy schedule of getting up early and starting work early morning. (While) I have saved on commute time, the additional time goes towards work. I start taking calls from 8.30 am and try to work in the early part of the day, which is best from a concentration perspective."

Mathur was equally dedicated when it came to his fitness and family life. "To be honest, nothing much has changed in my life post lockdown and I am trying to adhere to my daily schedule of morning walks and exercise, as it was before. Instead of sitting, I do walk around to stretch my legs while on a call. (I believe) It is best not to keep a sedentary lifestyle in WFH but to do enough physical exercise, as that will keep you up and going. For me, WFH has helped me in increasing my productivity and at the same time taking care of health for myself and my family. I was also able to give some more time to my elderly father and family during this time."

### **Back to the Office**

Despite an uptick in productivity on both the work and home front, Mathur misses the energy of the office. "Sitting at home, life seems a bit idle and monotonous. The fun and collaboration (we have) at work is missing. (While) WFH was required to keep the health and safety of employees, I am looking forward to joining the office at the earliest and seeing my colleagues face-to-face rather than over Zoom or Webex calls. It will be good to see the innovation and energy at the office, rather than just managing work as usual from home."

Link - <https://economictimes.indiatimes.com/magazines/panache/anuj-mathur-says-now-is-the-most-difficult-time-for-a-business-to-sustain-is-looking-forward-to-going-back-to-office/articleshow/78380498.cms>