

MAN OF THE MONTH FOR JUNE



***PRADEEP MADHOK A.K.A
BABA MADHOK***

Born on 11th September 1968 in Varanasi City, India. The year 1968 was the history part of the swinging societies where Beatles, Rolling Stones, Supremes and a host of other popular musicians emerged and captured the music scene.

Baba was born under the Chinese Zodiac sign of the Monkey. Monkeys are diligent, motivated, honest, calm, and serious about their occupation and friendship.

Under the English horoscope, he is a Virgo and people born under this star are creative, diplomatic, delicate and intelligent, logically analytic. Well read, scholarly, artistic, practical and extremely organized. Virgo reputation for over-analyzing emotions by saying "One of the Virgo lessons in life is to learn that to err is human, to forgive divine"

Baba is the youngest in the family of three sons. He has two other elder brothers. By profession, he is an educationist and bodybuilding promoter by passion.

He is owner of 21 schools with student strength of over 20,000 students and 2500 teachers and support staff. His parents were teachers and education was taken up as business in the family and so it came to him as a hereditary business and his family owns 44 schools in Uttar Pradesh, and they are acclaimed to be owning the largest number of private owned schools in that part of the country.

Baba is happily married to Pooja Madhok and she helps him in business and they are blessed with a son Arnie and daughter Alisha.

WHAT ARE THE SPORTS THAT YOU ARE INVOLVED IN YOUR EARLY LIFE?

"I have been a diehard fan of bodybuilding since childhood and it's been as my first and last love in this life" quoted Baba.

He has always been impressed by the bold and herculean looks of men and have always been driven by the MAN inside the men. This drove him madly towards the sport of bodybuilding since he was 14 years old and his passion and craving for bodybuilding is growing year after year.

WHO MOTIVATED YOU INTO THIS SPORT?

"In the early years my father motivated me to this sport and in since the last 12 years I am highly motivated by the work culture of most honorable Datuk Paul Chua".

He started weight training when he was about 14 years old in 1982 and competed in bodybuilding contests at state level and have won gold medal as many as 10 times from the year 1986 till 1995, although he had never competed in the nationals due to studies and repent it now.

Baba was elected as the President of the IBBF in the year 2009 amidst chaos and identity crisis of India being a country with about half dozen self styled bodybuilding federations and his first and foremost priority was to bring the prize money concept more and more to popularize the sport and to unify the bodybuilding federations of India into one single for India as ONE INDIA ONE FEDERATION.

WHAT MADE YOU TO MERGE WITH THE INDIAN BODYBUILDERS FEDERATION? WHEN AND WHY?

"I am an advocate of victories and consolidations, INDIA is a large and big country in size, the motto and slogan of our great leaders have always been unity in diversity so marching on the philosophy of the great men, we discussed this with the father of modern bodybuilding the honorable Datuk Paul Chua and under his guidance we took the initiative and on August 24 2011 a mega merger meeting of the federations in India took place in the city of Varanasi which was attended by Datuk Paul Chua along with Ms. Christina Kam the Asst. Secretary-General of WBPF and thus a major breakthrough was brought in the Indian bodybuilding scene and we all merged as the Indian Bodybuilders Federation, except the IFBB sponsored federation which rejected the idea of merger due to their own vested commercial interests and other agendas best known to them.

"I was elected the President of the unified federation and Mr. Chetan Pathare of Maharashtra state was elected the General-Secretary respectively. It was a rough ride initially but with the rock solid support of Datuk Paul Chua and the golden consultancy with Ms. Christina Kam, we have assumed a smooth sail now and bodybuilding in India has started growing multifold with never before prize money and quality of bodybuilders flowing in. In figures over US\$200,000.00 already given in various championships since August 2011. I give all credit to Datuk Paul Chua and Ms. Christina Kam and to our patriotic country men like Mr. Amit Swami, Mr. Premchand Degra and our Chief Patron Mr. Madhukar Talwalkar, Mr. Chetan Pathare to name just a few".



Solidarity and friendship picture of the officials taken in Varanasi, U.P. India on 24th August 2011 after the signing of the "Varanasi Declaration" to merge into one federation.

WHAT IS YOUR OPINION OF ABBF AND WBPF AND WHY DO YOU SUPPORT THESE TWO FEDERATIONS?

"ABBF and the WBPF are the only federation of the bodybuilders by the bodybuilders and for the bodybuilders fully transparent and answerable to all its affiliated units.

In other words these federations and its affiliates are like the galaxy of stars in the solar system wherein all are working autonomous yet under the gravitational forces of each other together forming one formation, making it a complete organization.

The huge support WBPF has accumulated due to its various members on board with a common mind set for the benefit of the sport at large which has proved to be a property of magnificence that it has gained so much of popularity in a short span of almost three to four years since its inception.

For us in bodybuilding the FATHER OF MODERN BODYBUILDING sport is DATUK PAUL CHUA and this says all."

WHO IS YOUR MENTOR IN BODYBUILDING AND WHY?

"My mentor in bodybuilding is Datuk Paul Chua and Ms. Christina Kam and this is not blindly said as we scroll through the life history of these two personalities we learn from their sacrifices and abilities that they have all reason to be my mentors and the mentors of many people like me worldwide.

In my early age it was my parents, my dad was concerned about my fitness training in war torn India which faced partition during his young hood and mother (Maa) was always a sports loving lady. So lucky me I was introduced to a gym by my parents when I was 14 years old."

WHO IS YOUR ICON IN BODYBUILDING?

"I was a great admirer of Arnold in my childhood so much that I have named my son - ARNIE since the time he was born.

As a teenager I was a great admirer of Premchand Degra who was a world champion in 1988 from India, in my thirties I saw Datuk Paul Chua first in the year 1999 in Maldives during South Asian Bodybuilding Championship and ever since he has been an icon in bodybuilding for me."

WHAT FOOD YOU LOVE MOST?

"I love to have chicken cooked in any style."

WHAT ARE YOUR HOBBIES?

"My hobbies are riding superbikes, SUV jeeps; music is my lifeline, golf, reading books about great men and history, adventures, apart from my first and last love bodybuilding."

WHAT KIND OF SONGS YOU LIKE BEST AND WHO IS YOUR FAVORITE SINGER?

"I love country music and Kenny Rogers and Don Williams are my favorite."

WHAT WILL BE THE FUTURE OF BODYBUILDING IN THE COMING YEARS AHEAD?

"I foresee more and more bodybuilding coming in a big way as a competitive sport with a lot of prize money for the bodybuilders. Bodybuilders will see new avenues of respectable jobs and professional openings in the upcoming years with more and more doctors, medicos etc. prescribing exercises to common man to avoid health hazards in daily life."

WHAT ELSE THAT YOU WOULD LIKE TO ADD FOR THE READERS TO KNOW?

Bodybuilding is a lifestyle adores this for a lifetime and this will give you self respect and self confidence and the difference will be seen in you by the others in the society who are not hooked to this greatest of all sport.