

MONOHAR AICH MR. UNIVERSE CELEBRATED HIS 100TH BIRTHDAY

Monohar Aich Mr. Universe celebrated his 100th birthday and he was awarded with US\$3000.- by the West Bengal Bodybuilding and Physique Sports Association an affiliate of WBPF and ABBF. The West Bengal Minister of Sports was present during this occasion. Dr. Tusar Sil was responsible in organizing the birthday celebration of Monohar Aich.

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SLICE OF LIFE



Mr Monohar Aich flexes his muscles in a gymnasium in Kolkata, India. Nicknamed "Pocket Hercules" because of his small size, the 1952 Mr Universe title-holder says happiness and a life without tensions are the key to his longevity. PHOTO: ASSOCIATED PRESS

Ex-Mr Universe turns 100

KOLKATA: A former Mr Universe who has just turned 100 said happiness and a life without tensions are the key to his longevity.

Mr Monohar Aich, who stands at 1.5m tall, overcame many hurdles, including grinding poverty and a stint in prison, to achieve bodybuilding glory.

Rippling his muscles and flashing a toothless grin, Mr Aich, winner of the 1952 Mr Universe bodybuilding title, says his ability to take his troubles lightly and remain happy during difficult times is the secret to his long life.

That, and a simple diet of milk, fruits and vegetables along with rice, lentils and fish have kept him healthy. He

does not smoke and has never touched alcohol. "I had to struggle to earn money since my young days, but whatever the situation, I remained happy," he said.

Mr Aich, who was born a puny youngster, was attracted to exercising and building his muscles when, as a schoolboy, he saw a group of wrestlers in action. Years later and after a host of awards, he earned the popular title of "Pocket Hercules" due to his small frame.

Now, he helps his sons run a gym and fitness centre, and guides juvenile hopefuls to reach the heights of bodybuilding that he did. A minor stroke has robbed him of the ability to lift weights, but he watches over them still.

Among his regrets, said Mr Aich, is that he never had a chance to meet his counterpart and fellow Mr Universe winner Arnold Schwarzenegger.

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