**Play to your strengths**

Viji Venkatesh, region head, South Asia, The Max Foundation, TEDx speaker and actor, points out Bachchan’s ability to play to his strengths. Watching him take over screen with grace and verve, Venkatesh drew parallels to steer her own career forward. She says, “Amitabh Bachchan was an unlikely hero as he toppled a heart-throb of the film industry. He changed the goalpost to make an impactful difference. When I began looking for a job and didn’t get what I wanted, I too, moved the goalpost. You cannot be diffident if you want to achieve.” Borrowing a line from Kaalia (1981) to encapsulate this lesson, Venkatesh shares, “Hum jahaan khade ho jaate hain, line wahan se shuru hoti hai.”

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**High on humility**

To borrow words from poet Maya Angelou, people will never forget how you make them feel. This is where kindness goes beyond self-growth and contributes to a standing legacy. Zarina Screwwala, co-founder and managing trustee, Swades Foundation, highlights the manner in which Bachchan interacts with those around him, with humility, warmth and compassion. She shares, “I fondly recall his visit to Rai-gad, where he and Jayaji met with empowered communities with whom the Swades Foundation had worked for many years. Unruffled by the heat and huge crowd, he intently heard what everyone had to share, absorbed every nugget of information, and took time with each encounter before sharing genuine words of encouragement. I hope we can learn to emulate these qualities to grow into better versions of ourselves.”

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**Say it again**

Film dialogues can sum up an entire journey in a few words. That is why lines like “Aree, ye jeena bhi koi jeena hai, Lallu?” (Mr Natwarlal, 1979) and “Jigar ka dard upar se kahin malum hota hai? Ki jigar dard upar se nahn malum hota hai” (Sharaabi, 1984) are just some of the Big B dialogues Radhika Maheshwari, art therapist, uses as reference in her sessions with clients to share new perspectives and make art therapy fun yet introspective. Noting how such lines can resonate with people, she says, “His roles aren’t just iconic figures of a brooding and charming young man, they also portray transmuted emotions in the young and old alike.” In an incident where a parent came to her with complaints about their child, Maheshwari shared the line, “Wahan te tumhain yeh chheh dikh raha hoga. Lekin yahan se mujhe yeh nau dikh hai!” from Aakhree Rasta (1986), and added, “Aapke bete ki dard upar se kahin malum hota hai?” This helped widen their mind to include other aspects, and re-look at the situation with empathy.

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**Unbreakable resilience**

Zarina Poonawalla, a leadership and emotional intelligence coach, and host of The Life Manifesto podcast, shares, “Mr Bachchan is not only a legendary actor but also a classic example of rising like a phoenix from the ashes. I remember when he went bankrupt in the late ’90s, and how he rose back and retook his place in the industry. He furthered his career in his late 50’s, a time when others plan to retire.” Poonawalla highlights aspects of self-growth to learn — one being that failure is not final; we can learn to get up and try again.

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**One step at a time**

For head chef and founder, Raveena Taurani, of her now-famous ‘deep baritone’; The actor has since reflected on the struggles as necessary factors that sharpened his drive for acting.

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**Respect for nature and surroundings**

Based on his record of cleanliness, it’s obvious that Bachchan would support the Swachh Bharat Abhiyan, says Riea Enok, therapist at The Mood Space. She adds that following his example of respecting nature can boost mental well-being.

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**Big B: Big life lessons**

In Amitabh Bachchan’s birthday month, experts share self-growth tips inspired by the superstar.

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**Before success arrived, Amitabh Bachchan faced several rejections by the film industry. He was also declined by All India Radio (AIR) for his now-famous ‘deep baritone’. The actor has since reflected on the struggles as necessary factors that sharpened his drive for acting.**

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**When this writer was in school, a teacher was invited with her class to attend the recording of a Kaun Banega Crorepati episode. Her relay of the experience, which has stuck with this writer, highlighted one of many values upheld by Amitabh Bachchan. She said, “After being introduced, the actor walked onto the set to the crowd’s cheers. Amidst it all, he stopped to pick up some trash on the floor.”**

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**“Mr Bachchan is not only a legendary actor but also a classic example of rising like a phoenix from the ashes. I remember when he went bankrupt in the late ’90s, and how he rose back and retook his place in the industry. He furthered his career in his late 50’s, a time when others plan to retire.” Poonawalla highlights aspects of self-growth to learn — one being that failure is not final; we can learn to get up and try again.”**