



# VIRAT KOHLI

## RAPID-FIRE QUESTIONS

<https://youtu.be/ROXXNgHsSVc>

**Mayanti Langer:**

So let's take your mind further away from cricket. We have fun, a little bit of a rapid-fire for you. Some of your fans might actually already know the answers or think they know the answers. So surprise us. Favorite holiday destination?

**Virat Kohli:**

Favorite holiday destination would be somewhere in Europe.

**Mayanti Langer:**

Nobody knows you?

**Virat Kohli:**

Yeah, somewhere in Europe. But if I'm playing cricket and I want to have some downtime, I think Australia is a great place. But if I want to be on a holiday where no one recognizes us, then I'm definitely somewhere in Europe or one of the Arctic countries, Arctic countries, you know, where there's so much snow...

**Mayanti Langer:**

Have you been?

**Virat Kohli:**

Yeah, I have. I have been. And it's a wonderful experience. No one knows you at all. And just to be able to walk on the streets going unnoticed is a great feeling.

**Mayanti Langer:**

You, like I introduced you as someone who's kind of transformed India's sporting culture is mainly because of what you eat. So what's your favorite cuisine?

**Virat Kohli:**

Now? Japanese? Earlier, it was...

**Mayanti Langer:**

A couple of years, I think you like the Japanese because it's most healthy. Isn't it?

**Virat Kohli:**

For about three years now? I can eat Japanese food at any time of the day. I totally love the cuisine. I've developed a taste for it. But earlier it was mostly butter chicken. But I'm far from it now.

**Mayanti Langer:**

I tell you what if rumors are to be believed, **Virat Kohli:** has not touched carbs in six years. If rumors are to be believed.

**Virat Kohli:**

That's. not true.

**Mayanti Langer:**

I want to ask you that is because, for us, that's like comfort food, like cheat day food. Do you have comfort food? Do you have a cheat day? Do you give yourself that time?

**Virat Kohli:**

Cheat day for me would be some gluten-free.

**Mayanti Langer:**

No, it has to have gluten. Virat, c'mon. It's not a cheat day without something fried, without something gluten.

**Virat Kohli:**

That's what I'm saying. You know, it's not only black or white, it's, you know, it's a mixture of everything. You have to understand that you can't live without carbs. You know, as a human being, you have to eat carbs. What kind of carbs you eat is what is important, and that's what I keep a check on. So when I have people come and tell me, Oh, you haven't eaten carbs in six years and I tell them, you've got to be joking, man, I would be on the hospital bed, you know? So I'm very smart about what I eat, and that's been the main factor for me. So indulging in, I would probably have a gluten free-dessert, which is, you know, made of natural sugar and all that stuff. So that once in a while I do, but I don't, I don't get those cravings anymore.

**Mayanti Langer:**

And that's what I was going to ask. You have a craving, but you've changed yourself so well, you don't have it. So when you have this off time, like what's a habit of yours at home, favorite thing that you like to do and you just have nothing else on your mind?

**Virat Kohli:**

Oh, I can sit and not move from one place for hours. You know, that's how lazy I can be as much energy as I show on the field. But when I get time at home, I can just be a total vegetable and you know, I can be very annoying because I don't move at all.

**Mayanti Langer:**

And spending time with your dog, I'm guessing with the dogs?

**Virat Kohli:**

I'm living in Mumbai now. So the pet is in good gal. I haven't seen him in a few days, so I don't have any dogs at home in Mumbai at the moment, but we'll think about it in the future. We both love dogs and, you know, but in Mumbai right now we don't have any.

**Mayanti Langer:**

We're looking forward to that. OK, so what's on your playlist right now? What's the current favorite song, or maybe a song that's just like stuck in your head?

**Virat Kohli:**

Current favorite song would be Say Something by Justin Timberlake. That's the latest favorite of mine on my playlist.

**Mayanti Langer:**

And like a current favorite movie or a book or something?

**Virat Kohli:**

Book the last book I read was... I read Nadella's autobiography, which I think was really cool. Before that, I read Autobiography of a Yogi, which was an eye-opener in many ways. So yeah, those two have to be the recent favorite books.

**Mayanti Langer:**

You know what become really popular these days are movies on sportspeople because they're so inspiring, their journeys are inspiring. So if there was to be a biopic made on you, who do you think should play you? Just a fantasy...

**Virat Kohli:**

I don't think there'll be a biopic made on me. I think it'll be just a real account of what my life has been like. So I don't know. I mean, the many talented people out there, I mean, I'm still quite a few years from that.

**Mayanti Langer:**

Quite a few years. Some 20 years in the future.

**Virat Kohli:**

Some new, new talented actor would come along and, you know, he might fit the role perfectly if something like that happens. But that's far, far down the line, you know, I can't even think about that right now.

**Mayanti Langer:**

And apart from cricket, obviously, this is the game that is giving you everything. This is the game that has given the country everything. Do you have like a favorite sportsperson or a sportswoman apart from cricket that you really look up to these days?

**Virat Kohli:**

Yes, Roger Federer is my ultimate favorite just because of the way, you know, that belief shows when he plays and it's so beautifully... He has a family now. He has his priorities set, and he takes time off the game without worrying about opinions and, you know, criticism of people. And then he comes in and wins grand slams at 36. So he's defying all the logic, and that's something that I totally love. You know, I hate following the norm. And, you know, he's someone that's breaking all those barriers on a daily basis, so I have huge respect for him.

**Mayanti Langer:**

Before we move on to IPL, I just got to say just going back to what happened in South Africa. So many personal milestones for you as well. You know, you carry that form forward. You'd scoring centuries. You picking up the test mates yet again and now back into the cricket. Looking forward to the IPL? Physically fit, mentally ready?

**Virat Kohli:**

Yeah, physically I had a few niggles. I'm just getting over those niggles. You know, it's... the workload has started to disagree with me a little bit. So I have to be very careful about how I go forward with my body, my mind, and my cricket. So, you know, at times like these are very, very important going ahead and I'm totally enjoying it. You know, I don't even have an inch of me missing out on anything because my body really needed this. Although I'm keeping a track on the games, I watch the boys play, you know, whenever the matches are on. And yesterday again, it was a really good win for us. But look, I don't watch matches right now and feel like I want to be on the field because I've started to listen to my body. And yeah, when I'm done with this period, obviously IPL, I'll be coming out fresh. I'll be mentally in a better, better place to want to be there on the field because I've been on the road for a long, long time and I've hardly missed any games. And yeah, look, you need to pay respect to your body as well at times. And as I said, this phase is very important for me.

**Mayanti Langer:**

So if you had to give someone a Tissot watch, who is it going to be, and which watch would you give them?

**Virat Kohli:**

Well, it depends of...

**Mayanti Langer:**

Let's pick someone. Pick anyone. It doesn't even have to be a teammate.

**Virat Kohli:**

I would give Jahiel a watch because he's always late. So I'll give him any watch just to keep a check on time.

**Mayanti Langer:**

Is going to be a little tricky to find a watch that doesn't fall off his wrist. Let's be honest about that.

**Virat Kohli:**

I know it has to be a rubber band strap or something because all the other straps will be loose for him.

**Mayanti Langer:**

Ladies and gentlemen, thank you so much for joining us today. I really appreciate the time that all of you have taken. I want to thank you on the behalf of Tissot and on Virat's behalf as well. Thank you so much.

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