

# Flying in Rahul's genes: trainer

Swati Shinde | TNN

**Pune:** While Amethi MP Rahul Gandhi took a break from politics to learn paragliding, one man who has been at it is Sanjay Rao of Nirvana Adventures. Rao told the *Sunday Times of India* on what it takes to train someone like Rahul Gandhi and what he has been going through in the past three days.

**On Rahul Gandhi and paragliding:**

It's an amazing experience to have someone like Rahul Gandhi and share my knowledge with him. Simply amazing.

**Any pressure on him?**

Yes and no. Yes because he's

Rahul Gandhi, and no because I know my sport and I knew I'll give him the best. We had tight security arrangements.

**On Rahul the paraglider:**

Fantastic! Rahul and seven of his friends from Amethi took up this course as part of a team-building exercise. We worked to the three-day plan, Rahul picked up the sport very well. Flying is in his genes, he fared extremely well.



Rahul Gandhi

**Did you prepare any special food for Rahul?**

Nothing in particular. We've gone as per the diet regimen. Since they wanted to explore villages, they enjoyed homemade food. For Rahul, it was more of a fun trip with a bit of learning.