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# Food for mind

- Magazine: None, look at Flipboard app
- Website: Google.com
- Newspaper: None, look at news apps like NDTV
- TV channel: None, only over-the-top (OTT) content

### **Stress busters**

- **Music:** Soft Hindi Bollywood music, particularly Mohit Chauhan numbers and *Jab We Met* soundtrack
- Movie: Science fiction, Marvel franchise
- **TV programme:** OTT science fiction, *Star Trek* types, Marvel shows on Disney Plus, *The Boys* and *Picard* on Amazon Prime, *Arcane* on Netflix
- **Hobby:** Coding (I single-handedly built kahaniverse.com, a social media platform for reading, writing and collaborating on short stories, just for fun and as a means to relax)

## **Fitness mantra**

- Eat: Healthy food
- Drink: Tea
- Exercise: Walk maybe
- Avoid: Junk food

## Nothing more than feelings

- Fear: That my focus on work will hurt my family's feelings
- Joy: My younger daughter
- Frustration: When my dad insists that his way is the right way
- Pride: My elder daughter

## A matter of taste

- Beverage: Sweet lime soda
- Dish: Biryani and kebabs
- Dessert: Baked rosogolla
- Restaurant: Peshawari @ ITC Maratha

## As I like it

- Colour: Red
- Season: Autumn
- Scent: My daughter's when she was a baby
- City: Mumbai and New Delhi

## Yesterday once more

- As a child, I collected stamps and coins.
- I played chess sometimes (was not into sports at all).
- I watched The Wonder Years.
- I read [Isaac] Asimov's Science Fiction.
- I dreamt of having superpowers.

