

# 29 THINGS

YOU DID NOT KNOW ABOUT

**Gautam Kalia**

Head – Super Investors Segment

## Food for mind

- **Magazine:** *The Economist*
- **Website:** *Bloomberg.com*
- **Newspaper:** *Mint*
- **TV channel:** CNBC

## Stress busters

- **Music:** Composing and producing music
- **Movie:** My all-time top movies are *Cinema Paradiso*, *City of God* and *The Godfather*
- **TV programme:** *Last Week Tonight with John Oliver*
- **Hobby:** Too many to list, the latest being board games (currently playing the *Pandemic Legacy* trilogy with my wife and son)

## Fitness mantra

- **Eat:** a little bit of portion control as well as quality control
- **Drink:** Sugarcane juice and coconut water
- **Exercise:** Nothing since the pandemic but under normal circumstances, I like to swim and go to the gym
- **Avoid:** Highly processed food

## Nothing more than feelings

- **Fear:** Climate change — as a scuba diver, I have seen first-hand the damage caused to coral and marine life by the rising temperature of waters
- **Joy:** My son — enjoying each age and phase
- **Frustration:** Absence of logic, be it in a situation, person or thought
- **Pride:** My wife — very lucky to have a partner who enables me to evolve into a better version of myself

## A matter of taste

- **Beverage:** Beer — my top beer brands are *Murphy's Irish Stout*, *La Chouffe*, *Westvleteren 8* and *Augustiner-Bräu*
- **Dish:** I can eat Chinese food every day — my favourite dish is crispy prawn cheung fun
- **Dessert:** Anything with dark chocolate
- **Restaurant:** My all-time favourite is *Fujiya* at *Malcha Marg*, New Delhi — good food combined with a sense of nostalgia

## As I like it

- **Colour:** Blue and its shades
- **Season:** Summer
- **Scent:** Hugo Boss for Men
- **City:** Goa/Bruges

## In my childhood

- I collected life-long friends and happy memories.
- I played hide-and-seek, football, cricket, squash, badminton, Atari — I wanted to only play.
- I watched *Mahabharat*, *Tom and Jerry*.
- I read Enid Blyton.
- I dreamt of flying.