



29 THINGS

YOU DID NOT KNOW ABOUT

Parminder Varma

Director and Chief Business Officer,
Sharekhan

Food for mind

- **Magazine:** *Time*
- **Website:** *Google Scholar*
- **Newspaper:** *The Economic Times*
- **TV channel:** NDTV, CNBC TV 18

Stress busters

- **Music:** Ghazal
- **Movie:** "Abhimaan"
- **TV programme:** "Goofy"
- **Hobby:** Travelling

Fitness mantra

- **Eat:** Tofu with multigrain bread
- **Drink:** Water
- **Exercise:** Run or walk at least 12km five days a week
- **Avoid:** Starvation

Nothing more than feelings

- **Fear:** None
- **Joy:** Running time with my husband
- **Frustration:** Not meeting deadlines
- **Pride:** My integrity

A matter of taste

- **Beverage:** Tea
- **Dish:** Rajma rice
- **Dessert:** Caramel pastry (served warm)
- **Restaurant:** The Big Chill

As I like it

- **Colour:** Blue
- **Season:** Winters
- **Scent:** Aroma of baking
- **City:** London

Yesterday once more

- As a child, **I collected** sea shells.
- **I played** hide and seek.
- **I watched** Chitrahaar.
- **I read** school books and comics.
- **I dreamt** of getting a job to support my mom.