



29 THINGS

YOU DID NOT KNOW ABOUT

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FOOD FOR MIND

- **Magazine:** *Harvard Business Review, National Geographic*
- **Website:** *www.google.com*
- **Newspaper:** *The Times of India*
- **TV channel:** *Times Now, Romedy Now*

STRESS BUSTERS

- **Music:** Ghazals, Hindi songs from the 70s
- **Movie:** *Guide, Padosan, 3 Idiots* 😊
- **TV programme:** News
- **Hobby:** Reading, chess, drawing, singing

FITNESS MANTRA

- **Eat:** Dosas
- **Drink:** Coconut water with fresh lime
- **Exercise:** Yoga
- **Avoid:** Fried and spicy foods

NOTHING MORE THAN FEELINGS

- **Fear:** Myself or nothing
- **Joy:** When I bring a smile on a face
- **Frustration:** Bottlenecks
- **Pride:** Ability to trust

A MATTER OF TASTE

- **Beverage:** Tea
- **Dish:** Mushroom tikka masala
- **Dessert:** Carrot halwa, gulab jamun
- **Restaurant:** Banana Leaf

AS I LIKE IT

- **Colour:** Green
- **Season:** Winter
- **Scent:** Petrichor
- **City:** Mumbai

YESTERDAY ONCE MORE

- **As a child I collected:** Stamps, marbles
- **I played:** Cricket, volleyball
- **I watched:** *Chhayageet, He-Man and the Masters of the Universe, Didi's Comedy Show and Sherlock Holmes*
- **I read:** Mythology and historical comic books (Amar Chitra Kathas)
- **I dreamt of:** Staying in a small Himalayan village