

# SHERU IN A NUTSHELL

**Chandresh Khona**, Head - Digital Assets

## FOOD FOR MIND

- **Magazine:** I read mostly different kinds of books
- **Website:** [www.nationalgeographic.com](http://www.nationalgeographic.com)
- **Newspaper:** *The Economic Times*
- **TV channel:** SAB TV, CNBC

## STRESS BUSTERS

- **Music:** Any music pleasant to the ear
- **Movie:** “*Lakshya*”, “*Imitation Game*”, historical movies and movies based on true events
- **TV programme:** “*Tarak Mehta ka Ulta Chashma*”
- **Hobby:** Studying and practising astrology

## FITNESS MANTRA

- **Eat:** Dry fruits; eat on time and eat early
- **Drink:** Milk, butter milk
- **Exercise:** Anulom Vilom and walking
- **Avoid:** Drinking alcohol, and watching TV or talking while eating

## NOTHING MORE THAN FEELINGS

- **Fear:** Losing loved ones
- **Joy:** Talking to friends or guiding them
- **Frustration:** Reworking an assignment or project
- **Pride:** When I am told that I am a good teacher/trainer

## A MATTER OF TASTE

- **Beverage:** Cardamom tea
- **Dish:** Dal dhokli, dal baati
- **Dessert:** Kheer
- **Restaurant:** Hotel Ramashray, Matunga East, Mumbai

## AS I LIKE IT

- **Colour:** Blue
- **Season:** Winter
- **Scent:** Skinn Verge
- **City:** Jaipur

## YESTERDAY ONCE MORE

- **As a child I collected** key chains
- **I played** cricket
- **I watched** Tom and Jerry
- **I read** Chacha Chaudhary
- **I dreamt of** growing wings so that I could fly

