



IN A NUTSHELL

Hemendra Agarwal

FOOD FOR MIND

- Magazine: *Business Today*
- Website: Google and Wikipedia
- Newspaper: *The Economic Times*
- TV channel: Sony and ET Now

STRESS BUSTERS

- Music: Sufi songs
- Movie: "Sholay" and "Wanted"
- TV programme: "CID"
- Hobby: Studying human behaviour

FITNESS MANTRA

- Eat: Light and less oily
- Drink: Coconut water and apple juice
- Exercise: Walk regularly
- Avoid: Fried and sour

NOTHING MORE THAN FEELINGS

- Fear: Drunk drivers
- Joy: When my kid asks me to play with him
- Frustration: When people lie
- Pride: Happiness of team members

A MATTER OF TASTE

- Beverage: Sprite
- Dish: Rajma and dhokla in snacks
- Dessert: Cakes and *gulab jamuns*
- Restaurant: United Coffe House at Connaught Place

AS I LIKE IT

- Colour: Yellow and red
- Season: Spring
- Smell: Fragrance of chandan
- City: Varanasi

YESTERDAY ONCE MORE

- As a child I collected: Photographs of cricket players
- I played: Basketball
- I watched: "Chanakya"
- I read: Archie Comics and books by Enid Blyton
- I dreamt of: Living in a Mercedes car

