



IN A NUTSHELL

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FOOD FOR MIND

- **Magazine:** *Forbes, Sanctuary, Business Today*
- **Website:** Sharekhan, Twitter, financial blogs
- **Newspaper:** *The Economic Times*
- **TV channel:** Any sports/English channel (*National Geographic Channel, Discovery, movie channels etc*)

STRESS BUSTERS

- **Music:** English rock, Hindi oldies, Ghalib's ghazals
- **Movie:** "Jaane Bhi Do Yaaron", "Pyaar Ke Side Effects", "Hangover"
- **TV programme:** SAB TV serials, "Prison Break", "Sherlock Holmes"
- **Hobby:** Playing cricket, swimming with my son, reading

FITNESS MANTRA

- **Eat:** Prefer home cooked food, or Subway sandwiches
- **Drink:** Hot lemon tea
- **Exercise:** Still working on it...trying...
- **Avoid:** Junk, fried and carbonated beverages

NOTHING MORE THAN FEELINGS

- **Fear:** God and any wrong doing
- **Joy:** Watching my son play
- **Frustration:** Delays, lies
- **Pride:** None, all is given by THE power above

A MATTER OF TASTE

- **Beverage:** Lemon tea, ice tea, Cappuccino @ Costa Cafe
- **Dish:** *Aloo paranthas*
- **Dessert:** Hot *gulab jamuns*, crisp *jalebis*
- **Restaurant:** Shwatra, Mainland China

AS I LIKE IT

- **Colour:** Blue
- **Season:** Rains
- **Smell:** Of the first shower of the rainy season, the early morning sea breeze
- **City:** Mumbai

YESTERDAY ONCE MORE

- **As a child I collected:** Stamps and coins, also comics
- **I played:** Cricket and football.
- **I watched:** Cricket, movies, animations and other programmes on Doordarshan
- **I read:** Comics of *Tintin, Asterix, Mandrake* and other Indian heroes, *Hardy Boys*
- **I dreamt of:** Being a pilot

