



IN A NUTSHELL

R Kalyanaraman

FOOD FOR MIND

- Magazine: *Forbes*
- Website: *firstpost.com*
- Newspaper: *Times of India/ Mumbai Mirror*
- TV channel: Hindi/Carnatic music channels

STRESS BUSTERS

- Music: Carnatic classics, old Hindi songs, ghazals
- Movie: Hindi comedies
- TV programme: Any telecasting Indian music
- Hobby: Doing *reeyaz* in free time

FITNESS MANTRA

- Eat: Every three hours and light
- Drink: Gallons of water
- Exercise: 20-minute jog @ 6am
- Avoid: Alcohol, aerated beverages

NOTHING MORE THAN FEELINGS

- Fear: Uncertainties
- Joy: Seeing my wife/kids laze around
- Frustration: In not getting my driving skills right
- Pride: In owning a debt-free house

A MATTER OF TASTE

- Beverage : Plain water
- Dish: *Aloo jeera, jeera rice*
- Dessert: Black Currant from *Amul*
- Restaurant: Mantra, near my house

AS I LIKE IT

- Colour: Blue
- Season: Monsoon
- Smell: Of vegetables being fried and shampooed head
- City: Mumbai

YESTERDAY ONCE MORE

In childhood:

- As a child, I collected: Marbles
- I played: Cricket, marbles
- I watched: "Ramayan" on TV, all Amitabh movies
- I read: Indrajal Comics (*Bahadur, Mandrake*)
- I dreamt of: Becoming a professional classical singer

