

SHERU IN A NUTSHELL



Ashokraj SP, Head - IT Digital Channels

FOOD FOR MIND

- **Magazine:** *India Today, Naanayam Vikatan*
- **Website:** *youtube.com*
- **Newspaper:** *news.google.com*
- **TV channel:** Discovery Channel

STRESS BUSTERS

- **Music:** Ilaiyaraaja
- **Movie:** *Baashha, 3 Idiots*
- **TV programme:** Reality shows, comedy serials
- **Hobby:** Singing, photography

FITNESS MANTRA

- **Eat:** Any food when I am hungry
- **Drink:** Any freshly squeezed fruit juice
- **Exercise:** Walking
- **Avoid:** Preserved and junk food

NOTHING MORE THAN FEELINGS

- **Fear:** Failure
- **Joy:** Friends
- **Frustration:** Lies
- **Pride:** After helping others

A MATTER OF TASTE

- **Beverage:** Filter coffee
- **Dish:** Biryani and curd rice
- **Dessert:** Falooda
- **Restaurant:** Always @ home

AS I LIKE IT

- **Colour:** Sea blue
- **Season:** Spring
- **Scent:** Jasmine flower
- **City:** Tirunelveli, Mumbai and Paris

YESTERDAY ONCE MORE

- **As a child I played** kabaddi and cricket
- **I watched** "Oliyum Oliyum" and Sunday movies on Door Darshan
- **I read** comics related to technology
- **I dreamt of** becoming a singer