

IN A NUTSHELL

Channaraj

FOOD FOR MIND

- Magazine: *The Week*
- Website: www.rediff.com
- Newspaper: *Mint*
- TV channel: *National Geography*

STRESS BUSTERS

- Music: Old Kannada songs
- Movie: Ravichandran's old movies
- TV programme: Programmes on wildlife
- Hobby: Going on wildlife safari

FITNESS MANTRA

- Eat: Papaya everyday before breakfast
- Drink: Tender coconut water the first thing in the morning
- Exercise: Play badminton
- Avoid: Over sleeping and smoking

NOTHING MORE THAN FEELINGS

- Fear: God and telling lies
- Joy: Cat and fish
- Frustration: When things are not in order
- Pride: Family

A MATTER OF TASTE

- Beverage: Lime soda sweet and salt
- Dish: Coorgi style spicy food
- Dessert: Natural ice-cream
- Restaurant: Barbeque Nation

AS I LIKE IT

- Colour: Red
- Season: Summer
- Smell: Of blossoms in coffee estate
- City: Goa

YESTERDAY ONCE MORE

- As a child I collected: Stamps
- I played: Kabbadi
- I watched: Kannada films
- I read: "Ramayana" and "Mahabharata"
- I dreamt of: Becoming a coffee planter ☺

