

# Sheru in a Nutshell

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## 1. Food for mind

**Magazine:** *Business Today*

**Website:** Google and Moneycontrol

**Newspaper:** *Economic Times* and *Mumbai Mirror*

**TV channel:** *CNBC TV 18* and *HBO*

## 2. Stress busters

**Music:** Old Hindi movie songs / Chess on iPad

**Movie:** *ZNMD* & *Gods must be crazy*

**TV programme:** *Indian Idol* and *Sarabhai v/s Sarabhai*

**Hobby:** Play Table Tennis

## 3. Fitness mantra

**Eat:** Soups & salads

**Drink:** Green tea

**Exercise:** Walking

**Avoid:** Late night parties

## 4. Nothing more than feelings

**Fear:** Gaining weight again

**Joy:** Vacation with family

**Frustration:** Hearing lies from people

## 5. A matter of taste

**Beverage:** *Ginger masala chai*

**Dish:** Most dishes cooked by my wife (just to name one, *Undhiyu*)

**Dessert:** Ice cream (almost all other sweet dishes also)

**Restaurant:** *Swati*, *Little Italy* and *RK*

## 6. As I like it

**Colour:** Red

**Season:** Winter

**Smell:** Deep woody fragrance

**City:** Mumbai

## 7. Yesterday once more

**As a child I collected:** Stamps

**I played:** Cricket, Marbles and Lagori

**I watched:** *Star Trek* / *Yeh Jo Hai Zindagi*

**I read:** *Mahabharata*

**I dreamt of:** Being a pilot and travel the world, but ended up in the broking business. I would still love to travel as much as possible