

SHERU IN A NUTSHELL

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FOOD FOR MIND

- **Magazine:** *Harvard Business Review*
- **Website:** *sharekhan.com*, *yahoo.com* and *google.com*
- **Newspaper:** *The Economic Times* and *the Hindustan Times*
- **TV channel:** Business channels

STRESS BUSTERS

- **Music:** Old Hindi Bollywood songs
- **Movie:** *Anand*
- **TV programme:** Hardly watch any
- **Hobby:** Reading biographies of business tycoons

FITNESS MANTRA

- **Eat:** Vegetarian food, especially salads
- **Drink:** Honey lemon juice
- **Exercise:** Walking and Isha yoga
- **Avoid:** Cheese

NOTHING MORE THAN FEELINGS

- **Fear:** Of being left out
- **Joy:** Spending time with wife, walking on the beach
- **Frustration:** Tardiness
- **Pride:** Family

A MATTER OF TASTE

- **Beverage:** Mixed fruit juice
- **Dish:** Anything vegetarian
- **Dessert:** Caramel custard
- **Restaurant:** Peter Cat in Kolkata and Tunga in Mumbai

AS I LIKE IT

- **Colour:** White
- **Season:** Winter
- **Scent:** Musk
- **City:** Delhi

YESTERDAY ONCE MORE

- **As a child I collected** Books
- **I played** Cricket
- **I watched** Rangoli on Doordarshan
- **I read** Odiya novels
- **I dreamt of** Becoming an astronaut

