

SHERU IN A NUTSHELL

Jigar Pandit, Co-head, Commodity Business

FOOD FOR MIND

- **Magazine:** *Chitrlekha* and *the Economist*
- **Website:** *sharekhan.com*, *netdania.com*, *investing.com* and *kitco.com*
- **Newspaper:** *The Economic Times* and *the Business Standard*
- **TV channel:** Sports and news channels, and documentary films on Netflix

STRESS BUSTERS

- **Music:** Ghazals, Sufi songs, and bhajans in Hindi and Gujarati
- **Movie:** *Parinda*
- **TV programme:** *Yeh Jo Hai Zindagi*, *The Kapil Sharma Show*, reality show of singers
- **Hobby:** Playing flute

FITNESS MANTRA

- **Eat:** Fruits and salads
- **Drink:** Mixed fruit juice
- **Exercise:** Surya Namashkar and regular walks
- **Avoid:** Brinjal and bitter gourd (karela)

NOTHING MORE THAN FEELINGS

- **Fear:** Time, which does not wait for any man
- **Joy:** Spending time with family and friends
- **Frustration:** Having to wait for anyone, especially when I am hungry
- **Pride:** My relationship, time and people management skills, and passion for learning new skills

A MATTER OF TASTE

- **Beverage:** Hurricane Mocktail and Raki
- **Dish:** Anything with paneer in it
- **Dessert:** Falooda and kheer
- **Restaurant:** Bombay Blue, The American Joint and MexiChino

AS I LIKE IT

- **Colour:** Blue
- **Season:** Winter
- **Scent:** Sandalwood
- **City:** Auckland

YESTERDAY ONCE MORE

- **As a child I collected** stamps and coins
- **I played** cricket, volleyball and table tennis
- **I watched** cricket and Wimbledon
- **I read** Phantom comics
- **I dreamt of** becoming a pilot

