

SHERU IN A NUTSHELL

1. Food for mind

Magazine: Business Line

Website: Moneycontrol

Newspaper: Business Standard

TV channel: NGC

2. Stress busters

Music: Tamil/Malayalam soft numbers

Movie: *3 Idiots*

TV programme: News

Hobby: Reading

3. Fitness mantra

Eat: Salads

Drink: Water

Exercise: Gym and shuttle

Avoid: Late dinner

4. Nothing more than feelings

Fear: Loss

Joy: Success

Frustration: Failure

Pride: Accomplishment

5. A matter of taste

Beverage: Wine

Dish: Fish

Dessert: Caramilk custord

Restaurant: Mirchi & Mime

6. As I like it

Colour: Blue

Season: Monsoon

Smell: Sharp and strong

City: Mumbai

7. Yesterday once more

As a child I collected: Sportstar Centrespread

I played: Cricket

I watched: Cricket

I read: Enid Blyton

I dreamt of: Being a sportstar



Joby John M