

SHERU IN A NUTSHELL

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FOOD FOR MIND

- **Magazine:** *CIO*
- **Website:** *cio.com, economictimes.com*
- **Newspaper:** *The Times of India*
- **TV channel:** India TV, BBC India

STRESS BUSTERS

- **Music:** Jagjit Singh ghazals, soft melodies
- **Movie:** *Andaz Apna Apna*
- **TV programme:** BBC News
- **Hobby:** Jogging, working out, singing

FITNESS MANTRA

- **Eat:** Healthy breakfast
- **Drink:** Orange juice
- **Exercise:** Practise yoga
- **Avoid:** Late dinner

NOTHING MORE THAN FEELINGS

- **Fear:** Getting injection or donating blood
- **Joy:** Playing with my kids
- **Frustration:** Not getting results from hard work
- **Pride:** The launch of Espresso

A MATTER OF TASTE

- **Beverage:** Coffee
- **Dish:** Lasagna, paneer tikka
- **Dessert:** Rasmalai, rice pudding
- **Restaurant:** Delhi Darbar

AS I LIKE IT

- **Colour:** Blue
- **Season:** Autumn
- **Scent:** Issey Miyake
- **City:** Kullu Manali

YESTERDAY ONCE MORE

- **As a child I collected** stamps
- **I played** different forms of local games like the tree and the monkey
- **I watched** Giant Robo
- **I read** Gandhi: A Life by Krishna Kripalani
- **I dreamt of** flying with super power