

Anil Balani, Co-head, Franchise Business Servicing

FOOD FOR MIND

- **Magazine:** *Business Today*
- **Website:** *moneycontrol.com*
- **Newspaper:** *The Economic Times*
- **TV channel:** CNBC

STRESS BUSTERS

- **Music:** Kenny G
- **Movie:** *Padosan*
- **TV programme:** *Aap ki Adalat*
- **Hobby:** Singing

FITNESS MANTRA

- **Eat:** Fresh fruits
- **Drink:** Lots of water
- **Exercise:** Cycling and running
- **Avoid:** Overeating

NOTHING MORE THAN FEELINGS

- **Fear:** Missing out on things
- **Joy:** Achivement
- **Frustration:** Things not moving forward
- **Pride:** Family

A MATTER OF TASTE

- **Beverage:** Glucon-D
- **Dish:** Pav bhaji
- **Dessert:** Gulab jamun
- **Restaurant:** The Sahib Room @ St Regis

AS I LIKE IT

- **Colour:** Black
- **Season:** Monsoon
- **Scent:** Mogra (Arabian Jasmine)
- **City:** Mumbai

YESTERDAY ONCE MORE

- **As a child I collected:** Coins
- **I played:** Cricket
- **I watched:** Tom and Jerry
- **I read:** Chacha Chowdhary
- **I dreamt of:** My father

