

# IN A NUTSHELL



**Nidhi Ambardar**, cluster head

## FOOD FOR MIND

- **Magazine:** *Reader's Digest*
- **Website:** *Economist.com*
- **Newspaper:** *Times of India*
- **TV channel:** Epic channel

## STRESS BUSTERS

- **Music:** Songs by Adele
- **Movie:** *Kung Fu Panda*
- **TV programme:** *Friends*
- **Hobby:** Reading

## FITNESS MANTRA

- **Eat:** Fruits
- **Drink:** 13 glasses of water
- **Exercise:** Daily
- **Avoid:** Sugar

## NOTHING MORE THAN FEELINGS

- **Fear:** Not living up to my own expectations
- **Joy:** Sound of my children's laughter
- **Frustration:** On being taken for granted
- **Pride:** Family

## A MATTER OF TASTE

- **Beverage:** Chaas
- **Dish:** Rogan josh
- **Dessert:** Gajar ka halwa
- **Restaurant:** Gajalee

## AS I LIKE IT

- **Colour:** Pink
- **Season:** Autumn
- **Smell:** Rose
- **City:** Mumbai

## YESTERDAY ONCE MORE

- **As a child I collected:** Stamps
- **I played:** Badminton
- **I watched:** *Discovery of India* and *Yes Minister*
- **I read:** Enid Blyton
- **I dreamt of:** Being an astronaut