



# 29 THINGS

YOU DID NOT KNOW ABOUT

**Anand Barbhaya**

Head - Operations  
Sharekhan

### Food for mind

- **Magazine:** Inshorts app
- **Website:** Twitter
- **Newspaper:** *The Economic Times* and *the Times of India*
- **TV channel:** TVF, Amazon, Netflix

### Stress busters

- **Music:** Bollywood songs
- **Movie:** *Andaz Apna Apna*
- **TV programme:** *Sarabhai vs Sarabhai*
- **Hobby:** Travel

### Fitness mantra

- **Eat:** All vegetables
- **Drink:** Lots of water
- **Exercise:** Walking and practising yoga
- **Avoid:** Anything in excess

### Nothing more than feelings

- **Fear:** Water
- **Joy:** Being with kids
- **Frustration:** Honking
- **Pride:** My eldest kid getting into IIT Bombay

### A matter of taste

- **Beverage:** Butter milk
- **Dish:** Undhiyu
- **Dessert:** Home-made milk mawa
- **Restaurant:** Café Mysore in Mumbai's Matunga East suburb

### As I like it

- **Colour:** Black
- **Season:** Monsoon
- **Scent:** SKAI Aquatic perfume
- **City:** Gangtok

### Yesterday once more

- As a child, **I collected** unique marbles.
- **I played** a lot of cricket, kabaddi, kho-kho and marbles.
- **I watched** *Nukkad* on Doordarshan.
- **I read** the weekly magazine, *Phulvadi*.
- **I dreamt** of getting paid for playing cricket.