

I love the variety of healthy options, says Antara Senior Living's Tara Singh Vachani



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The Apple iPhone is Antara Senior Living CEO Tara Singh Vachani's saviour and she swears by Japanese cuisine.

Book

The Prophet by Kahlil Gibran. A non-literary book that is also special is my own wedding planner.

Phone

I have been an Apple user for many years. I am not a big fan of technology, but my iPhone has always been a saviour.

Apparel

Tarun Tahiliani, Kotwara, Valentino, Zadig & Voltaire, Max Mara and my grandmother's chiffon sarees.

Travel Destination

New york for theatre, Singapore for college memories. Koh Samui in Thailand and Franschoek in SA for the wining and dining.

Cuisine

Japanese food — sushi and soba noodles. I love the variety of healthy options and the small portions.

Fitness

I love walking and swimming. My fitness regimen is best when I am on holiday and worst when I am in work mode.