



# Loss is Science

## A BRIT IN MUMBAI

look to be colourful and fun because I am in Florida. It's sunny and I wanted to get rid of the British blues and greys that I always wear.

### What is your best and worst quality?

My worst quality is I am so very impatient. (Laughs) Even when I go to a restaurant, I think I get there before it opens. And with my work, I am very particular and need things to be on time.

I think my best quality is I am punctual. I think British people are very punctual, generally. We like to be on time, but when you are in India everything is just different and never on time. So I don't know if it's me who is impatient or they are just really laid back. I know as a person I am quite impatient. (Laughs) My good quality is probably that I'm impatient and want things done on time. I think that is also a good quality.

### What would you say is the best advice you have ever been given?

(Thinks) A job is something that you do, like your work is something that you do and you shouldn't make it your life. For a long time, if I had five days and wasn't working, I would think, 'what am I doing', but now I have realised that good things come to those who wait and you shouldn't make work your life. It is just something you do and it doesn't define you as a person. Be a good person, be a happy person, you could be anything, just don't think work should be your life.

### Have you made a plan going forward or are you taking things as they come?

I definitely want to do TV for the next few years, and then we will see.

### Is fashion something that interests you?

I don't know. I have been approached by different people, but I am not sure about that yet. I think presenting has taken over, but I am a workaholic in the sense that I would like to have a business even if I'm relaxing.

### What inspires you?

Honest people. If I bump into people in this industry and they are really honest and straightforward, and have made it, that is quite inspiring.

### How do you feel about fake stories popping up about you in the press?

It's quite interesting to read, but I don't think anybody really believes them. My friends and family don't believe it. So it doesn't bother me.

### Tell us something that not many people know about you?

I am seriously an organiser. I have OCD about cleaning and tidying up – if you go into my hotel room before the cleaners have come, I have already tidied up.

### Finally, what is your idea of happiness?

My idea of happiness is I like to find peace when I'm at home reading a good book, watching a good film or having a nice glass of wine. That makes me happy because being with my friends makes me happy. I have passed the phase of clubbing and partying for instant gratification. What makes me happy now is just being content.



EXPAT APPEAL: Karishma Kotak; and (left above) with *EE's* Asjad Nazir

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## Is it better to fake it than to be alone?

I'M NOT going to lie to you – this week's column comes straight from an episode of *Sex And The City*; from the thoughts of my Caucasian equivalent, Carrie Bradshaw.

Admittedly, I do have the fear of being single forever but which 32-year-old singleton doesn't? It is something I have been thinking about a lot recently.

This particular episode made me think about how people in this day and age are more likely to settle for less than what they were hoping for when they were perhaps in their early 20s, rather than being alone for the rest of their lives. They may have put marriage off for a while due to many factors; work, travel or the fact that they simply were not ready for the commitment, but when the times comes, perhaps at 40, they realise that a lot of people got shackled up in their late 20s and decent partners are slim pickings.

I was talking to someone about this and she said to me she would rather be with someone who may not be that attractive but understood her, and I would say the same. If someone didn't get the fact I wrote columns about topics that may offend others or be controversial, then I couldn't be with them.

But let's fast forward, say eight-10 years, and I am 40 and still single. Yeah, I would pretty much take whomever I could. Not that I'm desperate but the fact is I don't want to be alone and would want someone to share my life with, a life partner. It might be too late for me to have children at 40-42 – maybe if I find a guy who is divorced and he may have children already, I know I would make a cool stepmother.

I think many women of my age or slightly older have settled for someone who may not be exactly what they want (and let's face it, how often do we find the perfect person who ticks every box on our wish list?). However, this doesn't mean you are not going to hit 40 and not find that perfect person. Don't dismiss people who might be too old or too young or because they have been married before or have children, it doesn't mean they aren't going to be your knight in shining armour. The same goes for when you're young. Don't be scared to be picky: just because you're 30 and your friends and cousins are finding their life partners doesn't mean you won't. Some of us are destined to not ever get married; sounds sad but it's the truth.

I'm going to end with this clichéd but true statement – sometimes the person we are looking for is under our nose and because we are so actively looking for love, love may have passed us by. On Twitter, @ravmania says, 'as long as you're not looking for the perfect person, the perfect person for you is definitely out there.'