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International Women's Day- Dr Indira Hinduja

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Dr. Indira Hinduja, Honorary Gynaecologist (IVF and Infertility specialist), PD Hinduja Hospital and Medical Research Centre



Dr. Indira Hinduja is an Indian gynecologist, obstetrician and infertility specialist based in Mumbai. She pioneered the Gamete intrafallopian transfer (GIFT) technique resulting in the birth of India's first GIFT baby on 4 January 1988. Previously she delivered India's s first test tube baby at KEM Hospital on August 6, 1986. She is also credited for developing an oocyte donation technique for menopausal and premature ovarian failure patients, giving the country's first baby out of this technique on 24 January 1991.

On the occasion of International Women's Day, Dr Indira Hinduja shares her personal side with BioSpectrum-

My Daily Routine-

In our crazy, hectic, modern life, we're inundated with choices. I usually start my day by 6.00 am collaboratively plan my day and make sure to get the most important work first. My routines give me a sense of control over my life and help me re-calibrate my psyche so I can be more efficient and I feel Evening and morning routines lose all their power if they are kept vague. So I try to stick to the decided schedules but of course it gets deviated when emergency cases need attention. If you really want to know I start the operations before outpatient care and opd usually gets over by evening . I always like to confirm the wellbeing of morning operated patients so my work gets over after evening rounds.

My idea of fitness and nutrition-

Yes I regularly go for my morning walk and I love the daily exercise which keep me fit enough. Exercise is a fun and enjoyable activity for me and I found that if you continue on a regular basis it will add something good to your life. As far as Nutrition is concerned I feel it should suffice your physical requirements as well as take care your psyche. So for physical health Good nutrition is fundamental for good health. Your body's health reflects what you put into it. A healthy diet prevents malnutrition and protects from diseases like obesity, heart disease, diabetes, cancer and stroke. Today, many people's diets consist of more saturated fat, trans fats, sugars, and more sodium than fruits, vegetables and dietary fiber which I feel not good and I try to avoid this. I try to eat 4 meals /day.

My favorite cuisine-

Having tried all vegetarian different cuisine I am partial towards Indian cuisine. I find it tasty and I feel it meets your various daily dietary requirements , specially home made.

My favorite holiday spot-

The maximum hours of a day I have to spend out of my house so if I get a holiday I like to spend it at home. If you ask me about other spots then I must tell you , I am a great nature lover. I like to be in nature's lap, in bright sun shine, near the sea shore playing with the fresh breeze.

My idea of balance between personal and professional life-

To successfully walk the tightrope between professional and personal you need to understand where your priorities lie so everyday I prioritize whether my family needs me first or my clinic. Therefore, in a pinch or when faced with an urgent circumstance, you aren't conflicted about what's most important to you. You'd be surprised how much distractions are impeding on your time and productivity. If you are committed to the task whether it is at profession front or personal life and if you are capable to avoid distractions, It makes life easier.

My role model-

Whenever I looked at my mother I could not realize that time but when I think about what she did and how she did it she becomes divine vital force to me. My mother has taught me that hard times can be overcome with patience and that losing battles can be won with sincere efforts. She has taught me more than I could have learnt from any book. I still remember the way she handled the house when we had adverse situations. She was the person whom we looked upon and whole family could survive through the tough times. She cultivated all the values and morals in my life.