

International Women's Day- Dr Nandita Palshetkar

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Dr Nandita Palshetkar, Director, IVF and Infertility at Fortis Bloom IVF Center



Dr. Nandita Palshetkar is one of the pioneers of IVF Clinics In India specialising in Assistive Reproductive Technologies and has been instrumental in helping over 25,000 aspiring parents to have a baby of their own. She is credited with an average IVF success rate of 35-45% in started cycles in women under 35.

On the occasion of International Women's Day, Dr. Nandita Palshetkar shares her personal side with BioSpectrum-

My Daily Routine-

My morning starts with a small walk and light gym twice to thrice a week. Then breakfast with the family. My husband, son, daughter in law all have early mornings and busy days so we try to get in one meal together, at least breakfast. Then I head to the hospital and consult and operate depending on the days schedule. It's almost night by the time I reach home and my husband being totally loving waits for dinner. And then watch tv with my husband and call it a night.

My idea of fitness and nutrition-

Fitness and nutrition are an important aspect of my life. I do a small walk every morning and light gym twice to thrice a week. I also do a bit of Pranayam two to three times a day. I believe in YOGA . I go for the detox sessions with fasting every 6 months.

My favourite cuisine-

Japanese

My favorite holiday destination-

What better than our own country. I've travelled globally for conferences and workshops but the rich culture and heritage in

India somehow always appeals to me and is very relaxing. I love history and ancient architecture so whenever I visit a place I make it a point to visit the heritage and culture of the city.

My idea of balance between personal and professional life-

It's kind of difficult to do so but my family is so supportive that it makes it much easier. My husband has been by my side for over 30 years and you know women are good at time management.

My role model-

My father, Dr. D.Y.Patil, is one of the people who has influenced my life greatly. He is a visionary and his ability to bond with everyone is something I admire the most. His selflessness, humility and kind heartedness are qualities I endear.