

## International Women's Day- Dr Parvathi Unninayar Iyer

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**Dr Parvathi Unninayar Iyer, Director, Paediatric Cardiac Intensive Care, Fortis Escorts Heart Institute**



Dr Parvathi U Iyer is currently Director, Paediatric Cardiac Intensive Care at the Fortis Escorts Heart Institute (FEHI), New Delhi - one of the busier Paediatric cardiac programs in India. She is a pioneer in the specialty of Paediatric cardiac critical care. She was closely involved in setting up the Paediatric program in 1995 - the first integrated program that incorporated an intensivist in India. She graduated from the All India Institute of Medical Sciences, New Delhi and trained in Paediatric and Neonatal Intensive care at the Royal Childrens' Hospital, Melbourne and Royal Prince Alfred Hospital, Sydney.

On the occasion of International Women's Day, Dr Parvathi U Iyer shares her personal side with BioSpectrum-

### **My Daily Routine-**

I start my day at 5 o'clock in the morning. I make coffee for the family. I get ready and plan my entire day. Around 5.30 I call the hospital to check on the overnight status of our patients. I prepare a tentative care plan for the hospital for all my patients.

I draw up separate to do lists for work and home. I assign tasks to my domestic staff and expect these to be done when I return home... usually around 6pm. Of course I am available on the phone for hospital emergencies around the clock.

**My idea of fitness and nutrition-**

It is extremely important to me. I feel life is very precious and one should value it. I am disciplined about my fitness and nutrition.

**My favourite cuisine-**

I like all kinds of vegetarian cuisine but I prefer South Indian as it is light and easy to digest.

**My favorite holiday destination-**

Japan is my favourite holiday spot because of its beauty. I feel the people there are very gentle courteous, disciplined and hospitable. Visitors feel very safe there.

**My idea of balance between personal and professional life-**

When I was younger I found it difficult strike a balance between both but with time I have learned to be more organised and now I don't neglect either of them.

**My role model-**

My role model is Marie Curie because she was very focussed about her work and despite her achievements remained a humble person. She was a complete human being from being a good mother to being a fine person.