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'Work-Life balance'

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Work-Life balance



As an easily recognizable face in India's private healthcare firmament, I have a huge responsibility on my shoulders to perform diverse roles efficiently and meet expectations all the time. I think I am both an able administrator and a passionate family person, although I don't quite subscribe to the concept of 'work-life balance'.

For me, my professional and personal lives go hand-in-hand and I don't always feel the need to compartmentalize the two.

Today, with my valuable experience of managing healthcare facilities across different geographical locations and my penchant for excellence across a wide spectrum of goods and services, I am able to drive growth in my institution continuously and dredge out the best from each and every team member. Carving out a niche in a domain hitherto regarded as a male bastion hasn't been easy and I have had to constantly fine-tune systems and processes and import best practices to stay ahead of the game and produce tangible results. However, I must say I have always received tremendous support from all my colleagues.

Be it at your workplace or in the larger world outside, nothing is ever served to you on a platter and you have to earn your stripes. I strongly believe in Warren Buffet's philosophy of 'IIE', i.e., Integrity, Intelligence and Energy, to be the drivers of success in work and life. I have also been strongly influenced by Louis Pasteur, who believed Tenacity to be the core strength required to achieve set objectives. And eventually, like our visionary chairman, Dr Prathap C. Reddy, I also practise what Mahatma Gandhi said: "Be the change you want to see in the world". In other words, lead from the front.

I draw my energy both from my colleagues at the workplace and from my family. At home, I'm not the boss. If my husband is the MD, my daughter is the chairperson. They play a very important role in my life, by helping take a lot of load off me. The freedom to just be myself at home entails a lot of adjustment on their part and we end up perfectly complementing one another. I can say I have been indeed lucky to have such unstinting support at home and work.

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I make it a point to find time for myself, to read, watch my favourite soaps and of course, design sarees, which is a very special retreat for me and has now become a significant part of my life. Designing is a great source of inspiration for me and helps me relax and recharge, while creating something beautiful and adding colours and flair to other peoples' lives.

Also, I take great care to stay healthy, which is an absolute prerequisite to function at my own exacting levels. Today, the three most deadly contemporary killers are Diabetes, Cancer and Heart ailments and these are directly linked to one's lifestyle. I make it a point to eat healthy and exercise daily. I am very careful with my calorie intake, I monitor it meticulously.

I also keep myself busy with the Ladies Study Group, where I'm part of the working committee. I'm associated with an NGO - Welfare Society for the Blind, which imparts vocational training to the visually impaired. Besides, I'm the president of the Association of Hospitals in Eastern India (AHEI) and a member of the National and Regional Healthcare Committees of CII & FICCI, and Executive Committee Member of ICC & BCCI.