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International Women's Day- Dr. Bani Anand

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Dr. Bani Anand, Founder & Managing Director, Hairline International Hair & Skin Clinic



In just 8 years since its inception, Hairline International Hair and Skin Clinic boasts of a turnover of Rs 12 crore per annum. Hairline International has been ranked as #1 Trichology Clinic in Bengaluru for the third year in a row, as per the All-India Lifestyle Hospital and Clinic Survey conducted by i3RCInsights Pvt Ltd. Hairline International surpassed numerous city-based organizations to make it to the top of the list. With this third consecutive ranking, Hairline International's work in the field of hair and skin care management stands recognized for its quality of services offered.

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

My Daily Routine-

My day starts at 6:30 am with the kids and ends with them generally. A bit of walk and yoga in the morning with a reasonably nutritious breakfast for starters, organising lunch and dinner for the family followed with work at respective branches based on priority of work. Sometimes it is accompanied by a bit of travel for conferences, expos, researches, technology finds and so on.

My idea of fitness and nutrition-

I think both are very important. I ensure that I try and balance strength training with a bit of cardio and some breathing exercises to reduce stress. As for nutrition I try and get a good balance of protein, iron, fat, carbs and a good mix of vitamin and minerals into my diet.

My favourite cuisine-

I love Japanese and I totally indulge in lots of Salmon Sashimi whenever I get a chance.

My favourite holiday spot-

I love spending time in Goa. It's my favourite family den. It's the kind of place that is very peaceful, restful, alive and a place that I get to meet up and spend time with immediate, extended family and friends. Besides Goa, I love Italy. Be it the people, connects, the place, the food. It's a very special place, very close to my heart. I think it's the culture, the warmth of the people that draws me to this place and the learning that comes with the place.

My idea of balance between personal and professional life-

Well, as a rule I don't work on weekends for starters. That time is very much kept aside for family and myself. Rest of the days I generally focus on work.

My role model-

I don't have a role model. I think I just get inspired by the good in people and there's always something that we can learn from all those who we connect with. It makes me believe that one can build something remarkable by just having those people surround you in creating your dream.