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International Women's Day- Dr Parul Ganju

05 March 2018 | Features

Dr Parul Ganju, Co-founder, Executive Director, Ahammune Biosciences



Pune based Ahammune Biosciences is one of the earliest start-ups to have been granted a three-year tax holiday by the government. Founded in May 2016 by Dr Parul Ganju, PhD in skin biology and Dr Krishnamurthy Natarajan, Professor, Jawaharlal Nehru University (JNU), this drug discovery company focuses on immune related skin disorders.

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

My Daily Routine-

After waking up I take about 15 minutes to do a few stretches and back strengthening exercises. I prefer a light breakfast, but tea/coffee is a must in the morning. While driving to work, I review all the tasks for the day followed by office work. I come home, have dinner and watch TV, do some light reading and go to sleep.

My idea of fitness and nutrition-

Both fitness and nutrition are very important. I am trying to catch up with it. I have very recently included light exercises in my daily routine.

My favourite cuisine-

I love home-cooked Kashmiri cuisine. Dum-aloo is my all-time favourite.

My favourite holiday spot-

My home-Delhi.

My idea of balance between personal and professional life-

I am either working or thinking about work most of the time. Our company is very young and hence I want to do my best to take it forward. However, everyday I have an elaborate chat with my family. That keeps me grounded.

My role model-

I do not believe in role models as I don’t want to emulate others. The people around me- my family, friends, mentors- inspire me. They guide me to make my own path. I admire many qualities in them and try to learn from their experience.