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# International Women's Day- Kanchana TK

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**Kanchana TK, Director General, Organisation of Pharmaceutical Producers of India**



Being one among the very few women who make it to senior roles in industry, Kanchana TK, Director General, Organisation of Pharmaceutical Producers of India (OPPI) has not hesitated to make bold career moves. Her professional experience of over two decades at the leading edge of a spectrum of businesses related to healthcare consulting and delivery, healthcare access and pharmaceuticals stands her in good stead with her many interlocutors.

On the occasion of International Women's Day, Kanchana TK shares her personal side with BioSpectrum-

**My Daily Routine-**

My mornings begin with my strong south Indian filter coffee, it's my life saver. I check my mail folders to see if there any emails that need responses immediately. Traffic in Mumbai is a boon too, I do my morning call to my mother on the way to work and make all the calls that I can. On reaching office I try and meet with every team member for a quick chat on what they are working on and then my day starts. A lot of it about meeting stakeholders and responding to emails.

**My idea of fitness and nutrition-**

I'm obsessive about fitness and nutrition. I'm vegetarian and so it's assumed I'm missing out on protein. It's a misconception. Abs are made in the kitchen so I try to eat home cooked food as often as I can. I ensure I do not eat packaged food or aerated drinks.

Weekdays my gym routine is almost sacrosanct to me. I believe that a healthy body is so important to have a clear head. Also, the need for eight hours of sleep, we under estimate how important sleep is to thrive.

**My favourite cuisine-**

Thai, I can eat that cuisine for the rest of my life

**My favourite holiday spot-**

Italy especially Milan

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

It's all about organizing and prioritizing. Personal indulgence is as important as immersion at work.

**My role model-**

My mother, in the 60's she was a working woman, and someone who balanced home and work so effortlessly.