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International Women's Day- Manju M Abraham

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Manju M Abraham, Lead- Nursing, Nightingales Home Health Services



Manju M Abraham is the regional nursing head at Nightingales Home Health Services. She is a registered nurse from USA and is currently registered under Karnataka Nursing Council registration. She has acquired certification in Basic Life Support (BLS) and Advanced Cardiovascular Life Support (ACLS) from American Heart Association. Her area of expertise include nursing administration, risk management, people management, nursing induction and orientation. As the regional lead in nursing, she is responsible for identifying roles and deputing candidates to either provide care at home or step in for companion care in a facility. She also carries out clinical audits, making sure that a high quality standard of care is provided to all.

On the occasion of International Women's Day, Manju M Abraham shares her personal side with BioSpectrum-

My Daily Routine-

Get Straight Up: Once I'm up, I am up. I never hit the snooze button. Hitting the snooze button only makes me more tired. I wake up for the day around 6:30am
Sunshine is Key: The very first thing I do in the morning is to thank almighty for giving me one more day to live .Then I open all the curtains and windows in my house to allow fresh air and sunlight inside the house.

Hydrate: I drink a glass of water, every morning as it helps combat adrenal fatigue and hydrates my body
Stretch: I do a very light stretch first thing in the morning to get my joints moving. My breakfast is usual light but high in protein on weekdays.

Walk: I walk to my office which is only 15 minutes away but allows me to wake up and start the day with a burst of energy

Work Rituals: I work normal hours, Monday - Saturday 9:30-6pm even though I can technically work whenever I want. The very first thing I do every morning is write down my focus of the day alongwith my to-do list on my diary.
Break: I have "Time Out" installed on my computer which locks my screen every half an hour and forces me to get up, stretch and take a break. During these two minutes, I walk outside, chat with other nomads, and I have recently started learning how to juggle as it has a ton of benefits to clear your mind.
Family Time: My day is incomplete without spending quality time with my husband and children. We make it a point to pray and dine together every night.

My idea of fitness and nutrition-

Nutrition and fitness is extremely crucial and it's important to incorporate the same in our daily routine. I believe that it is important to lead by example. I make sure that I eat right and stay fit so that my family incorporates the same routine in their life.

My favourite cuisine-

I love Italian food. Italian anytime, any day!

My favorite holiday destination-

There are so many places I would like to visit. What tops my bucket list is Switzerland.

My idea of balance between personal and professional life-

Discipline in daily life and the ability to adhere to timelines is my compass for a balanced life. I work swiftly in a focused manner to ensure that there is no leftover work by the end of day. This attitude helps me to reach home to my family on time.

My role model-

My mother is my role model.