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International Women's Day- Sandhya K Sirsi

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Sandhya K Sirsi, â??CEO, SOI Design and Crest LLP



Sandhya K Sirsi has an experience of 25 years in design and art. SOI Design and Crest LLP is an early stage start-up in design and creative space for science and technology. Sandhya has handled numerous projects for design and art solutions for growing companies, institutions, government, startups, researchers and entrepreneurs.

On the occasion of International Women's Day, Sandhya K Sirsi shares her personal side with BioSpectrum-

My Daily Routine-

Starts with a small thanks giving note to the divine for gift of life and for a beautiful day ahead

Enjoy a steaming cup of filter coffee

20 minutes of work out or stretching.

20 minutes of prayer and meditation.

Breakfast

Tea in our garden – Check out on social media and review plans.

Start work by 9.30 am mostly work from my studio starting with emails followed by art and design activities and discussions with my clients and team or client visit or attending events.

Work Lunch light by 1 pm followed by power nap if possible.

Resume work and the day extend till 8 most of the days.

Dinner with family

My idea of fitness and nutrition-

I believe that fitness of the mental and physical state of an individual is very important. While trying to be positive in my thought and actions. A good mix of fruits, vegetables, wheat, rice and pulses, Most importantly controlled intake of spices, ghee and oil.

My favourite cuisine-

Mom’s Cooking is my all time favourite. Love my mix of south and north Indian food. Eating out favourites are Andhra and North Indian Cuisine and enjoy the spread of Italian and Mexican once in a while - Vegetarian.

My favorite holiday destination-

Bali with a hint of Hindu Culture – I even created a series of paintings on them. On the bucket list... right now it is to visit Iceland to experience the Northern lights extravaganza.

My idea of balance between personal and professional life-

Indulgence in the right measure is what keeps me going. My family is very supportive and encouraging. Being an entrepreneur, I have the choice to prioritize if the need be.

My role model-

I draw inspiration from many people. Kiran Mazumdar Shaw, Sudha Murthy, Chanda Kochchar and Indrani Nooyi for their perspective, drive, persistence, focus, vision and energy.