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ASIA EDITION

International Women's Day- Sandhya Nurgund

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Sandhya Nurgund, Senior Manager, Shimadzu, APAC, Singapore



Based in Singapore, Sandhya Nargund is currently the Senior Manager for Shimadzu APAC.
Prior to joining Shimadzu, Sandhya worked in Harman Finochem Ltd, a leading API industry in India. Sandhya has nearly 20+ years extensive experience in the pharmaceutical industry spanning across various departments of Quality Control, Quality Assurance, R&D, Validations and USFDA audits. Under her leadership, Shimadzu has received 'Frost & Sullivan Mass Spectrometry company of year' award for three consecutive years.

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

My idea of fitness and nutrition-

I am not a fitness freak but I do believe in fitness for efficiency and energy. I exercise 3-4 times a week which includes long walks and cycling.

My favourite cuisine-

At home, Indian cuisine is best but if not home food, I like Chinese, Thai and Mexican food

My favorite holiday destination-

Hard to say one. After travelling to so many places it is hard to select. I love natural beauty so any place near to nature is my favourite. Recently visited Salzburg, Austria and was in love with that place.

My idea of balance between personal and professional life-

It is always a challenge to balance work and family for a working woman. However, for me, I believe in spending quality time no matter how small it is.

I had very clear thoughts about family so I took one year break when my daughter was born and focused fully on her development. This was a risky decision but I believed in importance of focusing on her development which was crucial. It did slow down my career but I have no regrets. Now, I try to spend more time with family by delegating routine house chores to helper. It is challenging but not impossible if you accept that you are not a superwoman and give up some daily chores like cooking to helper. Of course, I do special dishes for my family on and off but not daily. Since my job involves extensive traveling, I have to compromise many things such as attending family functions, Parent teachers meetings or sometimes even birthdays but it can always be compensated by some other ways such as planning short holidays or day out and being with them during exam times when the kids needs you the most.