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International Women's Day- Dr Pratima Srivastava

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Dr Pratima Srivastava, Director, Biology Services, GVK Bio, India



With more than 25 years of extensive leadership experience in academia and industry Dr Pratima Srivastava, is the key member in the management team at GVK Bio, a leading Contract Research & Development (R&D) Organization that services the global Biopharma industry.

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

My Daily Routine-

My day starts at 5:30 am. The first thing, I do after waking up, is to thank Almighty to give me another day of my life and to Mother Earth who bears all our burden, providing us everything required for survival. This I got from my father. After freshening, I go for a walk about 2 to 3 km, come back help my daughter in getting ready for the school. Then I start getting

ready to come to work.

My idea of fitness and nutrition-

Fitness and Nutrition play a major role in shaping up our lives. For me it is very important to be physically fit and have correct nutrition. Yes I do exercise regularly.

My favourite cuisine-

I like Indian cuisine, especially the food made by my mother.

My favorite holiday destination-

My favourite holiday spot is Niagara Falls in US.

My idea of balance between personal and professional life-

For a working woman there has to be a fine balance between personal and professional lives. In real terms there is not a fixed percentage of the time/efforts devoted in each.

In my case it is based on priorities and requirements.