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International Women's Day- Dr Duru Shah

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Dr. Duru Shah, Director, Gynaecworld, the Center for Women's Health & Fertility



Dr. Duru Shah is the Scientific Director of Gynaecworld and the Gynaecworld Assisted Fertility Center, Mumbai, India and is a Consultant to the Breach Candy Hospital, Jaslok Hospital and Sir Hurkisondas Hospital in Mumbai. Dr Duru Shah leads a highly qualified team of Consultants at the Gynaecworld Assisted Fertility Centre that offers a wide range of specialised fertility options under one roof - from IUI, IVF, ICSI, TESA and PESA to freezing of embryos, eggs, sperm, semen analysis, egg donation, surrogacy and embryo donation.

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

My Daily Routine-

Morning starts at 5.00 am

5.00 – 6.00 am – Answer mails

6.00 – 7.00 am – Exercise

7.00 – 8.00 am – Coffee and Newspaper & calls

9.00 – 10.00 am – Leave for work

Surgery / Rounds in hospitals

Infertility clinic

12.00 – 1.00 pm – Meeting with staff in clinic

1.00 – 3.30 pm - Meetings for academic, professional activities

3.30 - 8.30 pm- Patient Consultation

8.30 - 9.00 pm – Calls for the day to patients

9.00 – 10.30 pm- Dinner and watching News on TV.

10.30 – midnight- Personal calls

Prepare for lectures, meetings etc.

My idea of fitness and nutrition-

Extremely important. I exercise 4- 5 times a week.

My favorite cuisine- Anything healthy

My favorite holiday spot- Europe

My idea of balance between personal and professional life-

Very difficult to balance, usually Sundays devoted to personal life.

My role model-

Gandhiji, because of his simplicity, principles and ideologies in life.