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International Women's Day- Dr Rishma Dhillon Pai

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Dr Rishma Dhillon Pai, President of the Federation of Obstetric and Gynaecological Societies of India (FOGSI), President- Elect of Indian Society of Assisted Reproduction and Indian Association of Gynaecological Endoscopist



Dr. Rishma Pai is one of the pioneers in india in uterine Balloon Ablation therapy, for the treatment of Dysfunctional Uterine Bleeding (DUB), She also has the distinction of delivering for a 60 year old woman, possibly one of the oldest woman in india. She is the Chairperson of the food, Drugs and Medico Surgical Equipment committee of the Federation of Obstetric and Gynecology of india, a 17,000 member strong society of gynecologists of india. She is also an active member of the managing committee of the Mumbai Obstetric and Gynecological society.

On the occasion of International Women's Day, Dr. Rishma Pai shares her personal side with BioSpectrum-

My Daily Routine-

My day starts very early. I try and work out at least thrice a week. However, I have numerous commitments every day including meetings with government bodies and NGOS, travelling, lectures, etc. which ensure that I am working day in and day out.

My idea of fitness and nutrition-

Fitness and nutrition are extremely important to me. It is very important to be fit and take care of one’s health. For example, I get extremely distressed if I do not feel fit or lack energy and, therefore, I try and stick to a fitness routine. However, given my schedule and lifestyle, it does become difficult sometimes. When I finish my Presidency period (I am the current President of the Federation of Obstetric and Gynaecological Societies of India (FOGSI)), I will definitely try and go back to a routine where I can give adequate time to my fitness routine.

My favourite cuisine-

I love Chinese cuisine due to the variety it offers and the many flavors it brings to the palate.

My favorite holiday destination-

My favorite holiday spot is San Francisco.

My idea of balance between personal and professional life-

It is very difficult for doctors to strike a balance between their personal and professional life. For instance, as a gynaecologist, I have numerous engagements throughout the day, such as deliveries and other procedures. I can be called in for an emergency anytime. For all this, I need to be very planned and organized failing which I would never be able to finish the amount of work I have. I am, as such, a very well-planned person because I know I may not get time for a lot of things otherwise. I am also a perfectionist who is never too easily satisfied. Due to this, I end up doing a lot of things myself. However, despite a hectic schedule, I would not want anything to be any different, since this is something I have always wanted to do.

My role model-

I saw this fantastic interview by Indira Nooyi, the CEO of PepsiCo, where she talks about how she balances life between being the top-notch CEO of one of the top most companies of the world and a wife and mother. The story is the same with every woman who is trying to achieve a certain position in her field. She must juggle a million things, plan well, and try to get a little bit of everything into her life. Thus, I look up to women like her, who are super achievers and balance their personal and professional lives beautifully.