

International Women's Day- Supriya Kashikar

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Supriya Kashikar, Founder, COO, Genext Genomics



Supriya Kashikar has graduated from Delhi University in Microbiology and earned Post graduation in Biochemical Technology. She brings with her more than 14 years of academia and Industrial Experience. She worked on a various international project of Drug discovery assay development at Jubilant Biosys Pvt Ltd. At GNG, she is Chief Operating Officer where she is nurturing company in the field of delivering an effective solution to the scientific problem in terms of proteins, antibodies, and various assays. She added value to the company by bringing in funding and prestigious grants from both public and the private sector and successfully leading her work in tuberculosis. She also serves as CO-PI for an INDO-FRENCH collaborative project along with the University of Bordeaux, VIT and SPAN SRL for development of prognostic diagnostic of CVD. She is taking her startup company to stepping stone of the success with each milestone.

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

My Daily Routine-

My daily routine starts with myself, I rejuvenate my day with a daily bit of exercise and yoga early in the morning to keep myself running. My daughter is six years old, so then the day starts with making her ready and dropping her to school along with my husband. Household chores are part of the daily program and then a quick sneaking to my mails before starting my work so that I prepare myself. My day is divided into designing of the experiment to actually doing the experiment and handling the clients. My 9:30-7:00 PM flies like anything. After reaching home, it is family time. I have a loving joint family which is a blessing in all sense for both me, my kid and my work.

My idea of fitness and nutrition-

It is a necessary part of life, there are days when I miss on my Yoga and exercises and I realize how it is important especially when you must run around. I travel around 2 hours a day, Yoga has helped me keep up with travel. Let me tell you something, 2014 I was diagnosed with Meniere's Disease and I was just at the doorstep of leaving everything but Yoga has helped me to work on every aspect of life.

My favourite cuisine-

Biryani

My favorite holiday destination-

Goa anytime. Its relaxing.

My idea of balance between personal and professional life-

Sometimes I feel, I don't balance them. My Personal and Professional life balance me! My professional life gives me satisfaction and I become self aware of doing justice to my personal life. My family which is full of loving and caring eleven individual, everyone makes an effort to balance mine and theirs personal and professional life.

My role model-

Since Class 12th, I used to admire Kiran Majumdar Shaw because she as a scientist and woman brought the seething changes in our perception towards life sciences in India. Life Science earlier for girls was just a subject which can get her job of teaching, but she made it a profession which has brought her tons of accolades beside bring in lot of relevance to biotechnology sector in India. The Indian Biotech sector changes tremendously once Biocon made strides. Another person who influenced me is my father in law Mr. Ravi Kashikar, founder Ankur Seeds. I am always in awe of how he created such a huge bispance out of his sheer grit and perseverance without losing his focus on the ground realities of the Indian Agriculture sector. There are many another role model I have met and I feel we need to learn a lot from so many people around us who make the difference in the society.