

International Women's Day- Dr Seema Puri

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Dr Seema Puri, National Vice President, Indian Dietetic Association

With over 30 years of teaching and research experience, Dr Seema Puri has been a consultant for UNICEF, WHO and UN WFP and a Member of the Project Review Committees at the Scientific Panel on Labeling/Claims and Advertisements of FSSAI.

On the occasion of International Women's Day, Dr Seema Puri shares some personal space with NuFFooDS Spectrum-

My daily routine-

Nothing really exciting. I wake up to a leisurely cup of tea and the newspaper. Off to college and the day goes by in a mad spin of conducting classes, guiding doctoral researches, overseeing research projects, paper writing, administrative duties and so on. Back home by 5, I oversee household activities and enjoy the company of family and friends. After dinner, spend a couple of hours on the computer doing serious writing etc before retiring for the day.

My idea of nutrition and fitness-

While both fitness and nutrition is very important, it is only lately that I have started giving a thought to fitness and physical activity, though still am not very regular with these. Diet is important and I try to eat healthy.

My favourite cuisine-

Unfortunately fond of snacks and sweets which are often not really very healthy.

My favourite holiday spot-

The Swiss Alps

My idea of a balance between personal and professional life-

Evenings and weekends are generally reserved for family. Try and take short holidays together every few months.

My role model-

My mother and my former boss for their positivity and clarity of thought and direction.