

# POINT BREAK

Individually, Dr Sheetal Badami, founder, Slim Express, Kanchan Naikawadi, Founder, Indus Health Plus (P) Ltd and Rekha Dubey, COO, Aditya Birla Memorial Hospital, are forces to be reckoned with. But when the trio came together at the behest of *Femina* Pune, **Corina B Manuel** discovered that they were just what your doctor prescribed for the good health and general well-being of Puneites. And they've made it their life's mission to help look after your health

## BATTLING OBESITY

**Dr Sheetal Badami,**  
*MBBS, DA, SCOPE (Specialist Certification of Obesity Professional Education) Bariatric Physician*  
*Founder, Slim Express Obesity Clinic*

I love the way holistic health advocate Dr Sheetal Badami thinks. According to the petite medico, one looks fine just the way one is. However, to help you live better, the much lauded medicine woman has coined a simple phrase: Body Love Wellness, which just about covers a gamut of issues from self-esteem, to developing healthy relationships with food and exercise, to learning to love yourself at any weight—all with a healthy dose of humour and kindness.

### Dare to dream

So it really doesn't come as any surprise, when Sheetal unabashedly

confesses that "becoming a doctor was a childhood dream. I wanted to become a doctor when I grew up because I wanted to help people." And she never gave up on that dream. So much so that she was willing to pay the Piper for her dream. She shrugs and adds, "When the time to make sacrifices in my personal life for my career came along, I guess that came very naturally to me because it was a sacrifice made for my dream rather than work."

### What dreams may (be)come...

For those who aren't clued in yet, Sheetal, a gold medallist winner in her speciality (anaesthesia) and



## I HAD A VISION OF OFFERING HEALTHY AND MEDICALLY SUPERVISED WEIGHT LOSS SOLUTIONS. OBESITY IS A MAJOR CAUSE OF MORBIDITY.

a private practitioner, decided to change gears and shift lanes after the birth of her daughter. "After my daughter was a year old, I realised that managing a practice might be a bit tough since it involved frequent night emergencies. My husband, who is also a surgeon, often has to attend emergencies in the middle of night too. One of us had to make an adjustment in our professional lives; I voted for me because my little girl needed a mother more than the medical world needed another anaesthetist," she rationalises.

### Once a healer always a healer

However, Sheetal's childhood dream of helping people would

not let her quit. That is when Slim Express Obesity Clinic was born. "I had a vision of offering healthy and medically supervised weight loss solutions. After all obesity is a leading cause of morbidity today and prevention is better than cure. Of course, practicing as a bariatric consultant doesn't involve working late nights, but it still demands a lot of commitment and thank God, for my husband, who has been my north star and supported my decisions," she says.

### Strong medicine

Speaking of support systems, one cannot help wonder, whether she, like other female professionals, frets

or expresses concern as to what might happen if that balance isn't achieved? Sheetal is refreshingly candid when she muses, "I guess, every young, working mother is faced with the question: Am I devoting enough time to my family? And yes, there are days, when I really feel I could use some help from Harry Potter or get superpowers!" she says. "But I also believe your family is a reflection of who you are. And if you are calm and composed, things do fall into place. I can proudly say that my daughter is much more independent than most five-year-olds. So I guess one should know how to look at the brighter side of every situation."

## THE CASE FOR PREVENTION

**Kanchan Naikawadi,**  
*Founder, Indus Health Plus (P) Ltd*



Sometimes, it takes heartbreak and tragedy to rewrite our destiny that not only helps other people but goes a small way in finding comfort during our hour of grief and changes the course of our lives forever. It is a sentiment behind the woman responsible for Indus Health Plus (P) Ltd. When Kanchan Naikawadi got into prevention as a business, it was fairly coincidental and not a planned move. The epiphany to change the course of her life came when she lost her father due to late detection of an advanced cancer.

### Rising from the ashes

In the midst of her grieving, Kanchan says, "Maybe we could have saved him if we got to know of it early. I had just delivered a baby and wasn't told about my father's ill health during my pregnancy. Despite having all possible resources, we could not save him and I realised that technology, money, or for that matter even health insurance cannot help you stay away from the lethal grip of lifestyle diseases like cancers, heart attack and diabetes." ▶

## EARLY DETECTION THROUGH REGULAR PREVENTIVE HEALTH CHECK-UPS IS THE KEY TO LASTING HEALTH AND HAPPINESS.

### On the path of prevention

That huge blow in Kanchan's life compelled her to take the road less travelled. "It all became very clear to me and I decided to take a step further and create awareness in people towards the path of prevention. It is really easy; all you have to do is be aware and take care of yourselves—you owe it to yourself and your family," she says simply.

"Early detection through regular preventive health check-ups is the key to lasting health and happiness," Kanchan reiterates.

### Family matters

So when her dream took flight, Kanchan found that the support came easier to her family and friends because, as she says, "Indus started with a sore spot in my heart and since we all knew the importance and felt the emotional connect with the loss at home, there was encouragement at every phase of life. Thankfully, for me, juggling home and work wasn't a difficult task. Moreover, I am grateful to Sadanand Bapat, an eminent entrepreneur, my friend, philosopher and mentor, who has been an inspiration in my life and played an influential role in molding my personality. And lastly to my husband, Amol Naikawadi. He works closely with me as my colleague. We understand each other's roles. Since we work together towards making a successful business, there isn't any upper hand; prioritising our job is always on the table for us. I think of it as smart prioritising."

### Make it happen

"Often people ask me on how do I manage to strike that balance between work and home. To which, I have always replied, 'Difficult, but I make it happen'. The trick is to smartly prioritise things according to the situation on both fronts. In fact, I have always believed a working

mother makes a woman more equipped for entrepreneurship than it is widely believed," Kanchan muses.

### Negotiating roadblocks and speed breakers

Kanchan reminisces, "The challenges were many but we were determined to fight and win, come what may. I remember, we started in a small room with a few people. Today, we have grown to an organisation of close to 400 employees with 90 centres in 14 states." Her quick fix has always been a single practice of accepting failure in a positive manner. "Someday, when I am unable to be a good mother, I can't fuss over things and the same applies for work too. Accepting downswings and celebrating upswings has always been my mantra. I have been multitasking and playing different roles successfully. It really isn't

possible for you and me to be at all places at all times. The need of the hour has to be gauged and that's exactly what I have always endeavoured to do. With a skilful balancing I have no regrets for missing at one and receiving at the other end. I would always encourage everyone to accept failure with a smile. One cannot really measure over 70 to 80 per cent being a good mother and leave the rest for work. The balance has to be perfect at both ends and I am happy to be a 100 per cent good mother and a 100 per cent good professional."

And for all the times, she has run into a wall, Kanchan is practical when she says, "Sure, there have been times when I have failed and fallen down. But the strength and encouragement from my loved ones always makes me stand up and fight back to make my dream come true."

## MANIFEST YOURSELF

### Rekha Dubey

COO, Aditya Birla Memorial Hospital

Anyone who knows Rekha Dubey, the soft-spoken, no-nonsense chief operating officer of the Aditya Birla Memorial Hospital in Thergaon, Pimpri Chinchwad knows that lady is as fair as she is tough. A trait she has cultivated even before she took over the reins at the state-of-the-art, multi-speciality medicity. However, what they do not know is that Rekha is quite the risk-taker and adventure-seeker as well.

### A healthy outlook

As she travels down memory lane, Rekha says, "When I completed my studies, I had an open mind about

choosing my career. Taking up healthcare operations just happened to me and I was ready to welcome this new experience of working and was determined about one thing: to give my 100 per cent to my job and the company for whom I was working. My first break came with Apollo hospitals in Delhi and for six years, I worked in various areas of operations and business development. With an appetite to do things differently and an attitude to step ahead and make things possible amidst all the chaos reigning around us, I joined Aditya Birla hospital in 2006 and since then there has been no looking back." ►