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ASIA EDITION

International Women's Day- Bhavani Sivalingam

March 7, 2018 | Opinion

Bhavani Sivalingam, Head of R&D Solutions, APAC, IQVIA

Bhavani Sivalingam has more than two decades' experience in clinical research, including
20 years with IQVIA (then Quintiles), where she has held roles of increasing responsibility across the region.

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

My Daily Routine-

On weekdays, I wake up at 5 o'clock. On weekends I like to sleep in a little longer!

Get a cup of coffee and scan my emails for any urgent messages.

After coffee and a quick phone check I head for the gym and then the office. I like to get in the office fairly early – before 8. I bring my breakfast with me and go through emails while having my breakfast.

My idea of fitness and nutrition-

They are important. I try to go to the gym two to three times during the week and I do yoga on the weekend. My job requires me to travel frequently, which does make it more challenging to maintain a consistent diet-exercise-sleep routine.

My favourite cuisine-

I can't just pick one. Being Singaporean, I've grown up exposed to a wide variety of great foods! However recently, I find myself veering more towards a vegetarian diet. Although not intentional but it has the added benefit of helping me stay healthy.

My favorite holiday destination-

At the moment, Bhutan. I've been there twice and hope for a third visit before too long.

My idea of balance between personal and professional life-

It's hard to place a percentage on that. I think of it as giving 100 percent to each aspect of my life that's important – family, friends, personal growth and happiness. As I get older and "wiser", I am trying to set aside more time for my personal life.