ECENTER SPREAD FACE OF THE WEEK

ONE ADVISE NEVER STOP LEARNING AND EVOLVING

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THE CENTERSPREAD TOP DOCTOR DELHI, INDIA





)r. Shalini Goel,

TOP DOCTOR: PEDIATRICIAN





MY INSTA



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My Occupation:

Doctor and a nutritionist

Dr. Shalini Goel,

Birthday / Sun sign: July 29th, LEO

Me as a person:

TOP DOCTOR: PEDIATRICIAN

I am a pediatrician, nutritionist and a mother of two adolescent kids passionate about blending science with wellness to help others thrive. A firm believer that learning never stops. I pursued a diploma in nutrition and fitness at the age of 50, proving that passion and determination have no age limits Beyond my profession I live & breathe fitness and nutrition. whether its lifting weights, flowing through yoga or trekking up mountain trails. The mountains are my escape, a place where I feel the most alive. I find my true joy immersed in nature rather than hustle of big cities. But above all my heart belong to my pediatric patients, whose resilience and laughter inspire me every day.

My Likes:

Lifting weights, climbing mountains and chasing sunsets.

My dislikes:

Negativity or a fixed mindset

What does success mean to me?

Success to me is the ability to grow, evolve and make a meaningful impact while staying true to my passions. it's not just about achievements or external validation but about continuous learning pushing my limits and inspire others along the way. Whether it's helping my pediatric patients, guiding someone towards better health or challenging myself in fitness, success is the fulfillment that comes from progress, purpose and resilience.

My secret formula for success?

Passion fuels my purpose, hard work shapes my journey, and resilience keeps me moving forward, I believe in lifelong learning. Success to me is about making impact, embracing challenges, and staying committed to growth. With discipline a positive mindset and an unwavering love for what I do, I turn every obstacle into an opportunity

My achievements

With 23 years of experience as a dedicated pediatrician I have spent my career ensuing the health and wellbeing of children. I combine medical knowledge with evidence-based coaching to bridge the gap between healthcare and sustainable wellbeing proving that it's never too late to learn, grow and make a lasting impact.