

# Matters of the heart

## Surgical Precision With Emotional Resilience: Dr Das's Magical Formula

Alvina Parvez, X F &  
Arushi Soni, XII B, AIS Noida

One of India's foremost cardiovascular and cardiothoracic surgeon, Dr Bhaba Nanda Das holds an extensive experience of over four decades having performed over 25,000 cardiac surgeries, including the first Coronary Artery Bypass Grafting (CABG) on a beating heart in India. Currently the chief consultant at Indraprastha Apollo Hospital, Dr Das has also been an integral part of the Department of CTVS at AIIMS and was awarded Vishishta Chikitsa Ratna Award in 2012. He shares some insights into his journey with GT.

### Humble beginning

I come from a small village in Assam where there were very few doctors. My parents and teachers encouraged me to become a doctor so that I could help in some way. Getting a seat in medical college during my time was quite difficult. When I got selected, I felt very special. After completing my master's from Chandigarh, I came to AIIMS for my super-specialisation where I got to meet many impressive stalwarts. At that time, heart surgery was something new, and this motivated

me to specialise in this field.

### Unmatched skill

When I started my journey, very few people were known to perform open heart surgery, so operating on a beating heart was a memorable moment for me. I remember how in the middle of the night, a man who had been stabbed in the chest had been brought to the hospital. The injury had damaged one of his coronary arteries which had to be immediately repaired. We had no time to prepare the machines, so we decided to operate without

arresting the heart. The surgery was successful, and he went on to live for almost thirty more years. Nowadays, of course, there are many gadgets that have made open heart surgery a simple procedure.

### Emotions aplenty

Whether it's a simple procedure, or a complex one, one of the hardest things to do is to manage one's emotions. Even after 40 years in this profession, every surgery of mine feels like the first one. I want every surgery to be successful, that's how involved I become emotionally. I often find my strength in praying. It gives me the courage to go through the day. Cardiac surgery is a practice where even if the smallest of mistakes is made, everything can be over in a second. The atmosphere in the operation theatre is always tense. So, it

Pic: Ravinder Gusain, GT Network



GT reporters with Dr Das

is important to stay calm and composed.

### Message for Amitians

I find that not too many youngsters aspire to be a heart surgeon because they feel this profession is very demanding. But this is also a very rewarding one. So, if you have the utmost dedication and can handle stress, you can be very successful in this field. Moreover, it's important to create a balance between personal and professional life. I believe that unrealistic professional targets can cause a lot of stress which can take a toll on your overall wellbeing, especially your heart. One must understand that in today's fast-paced life, it is very important that you pay attention to your health.



Dr Bhaba Nanda Das, cardiovascular & cardiothoracic surgeon

## Book Review

# Secrets galore

**Synopsis:** In this second installment of Harry Potter's adventures at Hogwarts School of Witchcraft and Wizardry, the young wizard returns for his second year, brimming with mysteries. A forewarning from a mysterious elf informs Harry to expect trouble, but nothing can prepare him for what lies ahead: bewitched trees that fight back, talking spiders, and ominous messages written in blood on the school walls. Together with his friends Hermione and Ron, Harry sets out to uncover the many secrets enveloping Hogwarts. They come across Tom Riddle's diary, which leads them into a series of dangerous events, including the petrification of students and the mysterious disappearance of

**Book:** Harry Potter and the Chamber of Secrets  
**Author:** JK Rowling  
**Published on:** July 2, 1998  
**Genre:** Fantasy, adventure, and mystery fiction

Ron's sister, Ginny, into the fabled Chamber of Secrets. As they delve deeper, they face various mishaps and perils, but their determination never wavers. The trio bravely confronts and defeats the creature lurking within the Chamber, putting an end to the terror that has gripped the school. This book is a captivating blend of suspense and adventure, unraveling numerous mysteries that keep readers on the edge of their seats.

**Why is it worth reading:** The author explores themes of friendship, loyalty, and prejudice in this book. The novel is a perfect blend of humour and heartbreak. The narrative has great psychological undertones as it inculcates the idea of accountability in its characters. It depicts Rowling to be an exceptional storyteller as she weaves light-hearted moments with some intense scenes. Although the world of Harry Potter is said to be a fictional one, it has instilled in us a burning desire to attain the impossible.

**Iconic quote:** "It is our choices, Harry, that show what we truly are, far more than our abilities."

**Rating:** 5/5

**Review by:** Sejal Suri  
AIS Vasundhara 1, X E

