

Matters of heart



Dr Trehan Shares His Views On Integrity And Selfless Service

Pic: Chhavi Gupta, AIS Gurugram 43, XI C

INTERVIEW

Rajit Ranjan Pandey, XI D &
Chhavi Gupta, XI C
AIS Gurugram 43



GT reporters with Dr Naresh Trehan

Dr Naresh Trehan, a renowned cardiovascular and cardiothoracic surgeon, has been honoured with numerous prestigious awards, including the Padma Shri, Padma Bhushan, and Dr B C Roy Award, for his outstanding contributions to cardiology. As the head of Medanta - The Medicity, one of India's leading heart institutes, he is also a staunch advocate for integrity and selfless service. He gives GT an insight into all that matters.

Inheriting integrity

I was born into a family of medical professionals – my father was an ENT specialist and my mother, a gynaecologist. My family migrated from what is now Pakistan during the partition when I was just one-year-old. We settled in Connaught Place where my parents started their private practice.

I was witness to how magnanimous my father was in his actions, and this early influence sowed the seeds of service in me. Curing people, and not merely making money, was the credo in our home. His commitment to selfless service and his ability to connect with every patient taught me that character outweighs material wealth. The gratitude with which patients left his clinic inspired me to don the white coat.

Walking the ethical path

While my father will always be my moral guide, I consider Dr Frank Spencer as my 'professional father'. He taught me to worship integrity and respect fellow humans. He imparted two pieces of

advice that I want all youngsters to follow: keep moving and be better than you were yesterday. Wealth holds no value on the deathbed. It's our character that defines us. We need to denounce greed, ego, and selfishness to make this world a beautiful place to live in. This realisation is what propelled me to work for society. I had a comfortable life in New York, but I had a burning desire to return to India as there were hardly any good heart institutes in India back then. And despite facing a lot of skepticism, I worked tirelessly to establish Medanta. Today, it has grown to serve numerous areas of healthcare.

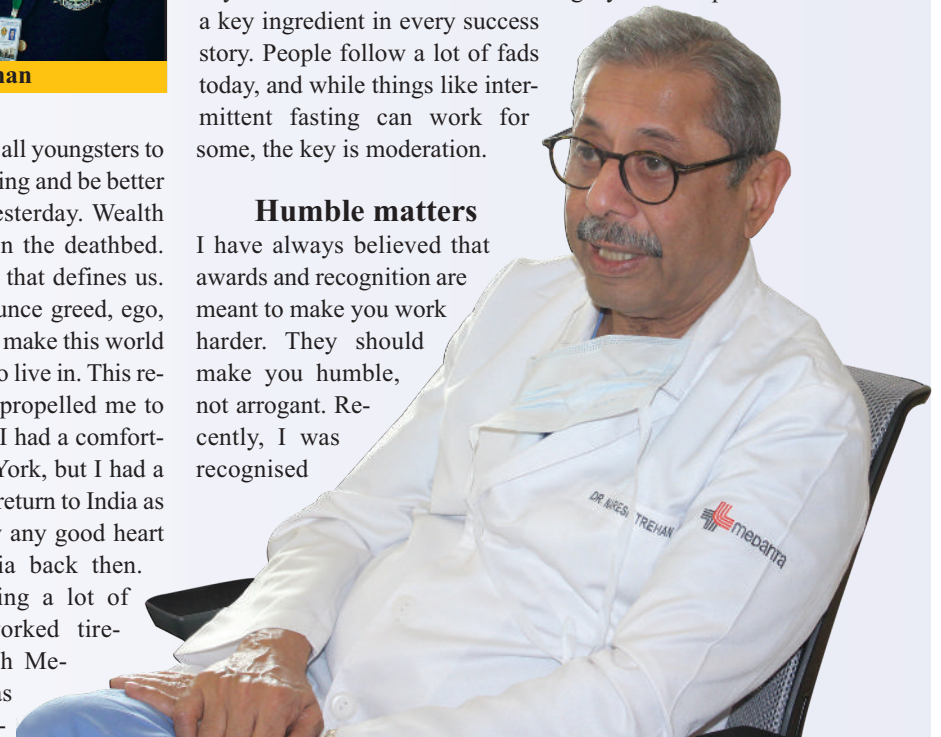
Healthy and hearty

I am 78, but fitness is a priority for me. I wake up every day at 6 am, and ensure that I exercise for at least half an hour. In fact, sports has always been a part of my life – I have played cricket, hockey, and football during my school days in Delhi. I believe fitness is a key ingredient in every success story. People follow a lot of fads today, and while things like intermittent fasting can work for some, the key is moderation.

Humble matters

I have always believed that awards and recognition are meant to make you work harder. They should make you humble, not arrogant. Recently, I was recognised

at the Greek parliament as one of the 'Seven Wise Men', seven accomplished doctors globally who had made advanced progress in cardiac surgery. These accolades are deeply humbling. But behind the honours, I am simply a doctor, committed to healing with integrity and compassion.



Dr Naresh Trehan, chairman & managing director, Medanta and cardiovascular and cardiothoracic surgeon

Book Review

Chasing shadows

Synopsis: In a world where science, magic, and fate intertwine, the story of Lyra Belacqua begins - a spirited 12-year-old with an unconventional upbringing at Jordan College, Oxford, alongside her ever-present daemon, Pantalaimon. Her ordinary life takes a thrilling turn when her enigmatic uncle, Lord Asriel, arrives with staggering revelations about a mysterious substance called Dust and the existence of parallel worlds. Intrigued and determined, Lyra embarks on a journey to uncover the truth, only to find herself entangled in a web of danger, betrayal, and cosmic intrigue. When her closest friend, Roger, is abducted, Lyra's quest

Book: Northern Lights
Author: Philip Pullman
Published on: July 9, 1995
Genre: Fantasy, Fiction, Children's literature

becomes a desperate race to the North, a land of icy wilderness, armoured bears, and sinister experiments. As she battles forces that will stop at nothing to control Dust, Lyra discovers that her fate is bound to the clandestine secrets of the universe itself.

Why is it worth reading: The plethora of characters and personalities interwoven with the amazing writing style of the author, Philip

Pullman, the story draws the reader in, without seeming too fast or too forced. With a plot which is a perfect blend of sci-fi, fantasy, and fiction, it undertakes fragile topics, such as Church and violence with such mastery. Additionally, the author's blend of fantasy and philosophical questions challenges readers making it appealing to both young readers and adults alike.

Iconic quote: "Human beings can't see anything without wanting to destroy it. That's an original sin. And I'm going to destroy it. Death is going to die."

Rating: 5/5

Review by: Kanak Verma
AIS Gurugram 46, IX H

