



several sub branches. "For example, we have electrophysiology, to help with electrical disturbances of the heart. There are so many things you can do now - insert devices, make a weak heart strong, and cure very fast or very slow heart rates with the help of pacemakers and machines. Then, there is also pediatric cardiology for babies and small children with abnormal heart conditions. This has grown by leaps and bounds."

In interventional cardiology too there have been a spate of innovations with newer kinds of stents. Transcatheter aortic valve replacements and pulmonary valve replacements are minimally invasive procedures that can help patients without opening up the chest. "Today, we are able to do

an angioplasty instead of open heart surgery. I think in five or ten years, we may not have surgeries at all. Newer drugs have come into the picture and clinical and preventive cardiology has changed. All holes in the heart can be closed with devices today and cardiology research will soon ensure that people passing away because of a weak heart will be a thing of the past."

Rajesh lives in Mumbai with his wife, Cheena, a homemaker, and has two children - Raoul (who is working with J Walter Thompson) and Simran (who is getting her under graduate degree in California). Considering his busy schedule I ask him how he manages to strike the right balance between his professional and personal life.

"Since 2013, I decided to walk on the path of spirituality, not so much religion but just trying to know my highest self and true nature. I have a spiritual master *Dadashreeji* (based in Karjat) who guides me. He was a medical doctor himself and is a phenomenal guide. I have learnt to mediate even when I am walking or doing other things."

A key aspect that helps him is his ability to not think of the past or the future but to keep the focus on the present. "I try not to form opinions and pass judgments on people, and meditate early in the morning for at least one to one and a half hour daily." Rajesh's main advice for maintaining a healthy heart is to remain stress free. "I feel that more