



“  
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!”

my patients shower their praise on me once they are treated, it gives me immense happiness. So it is not really anything material that I value.”

While he has done several complex surgeries to date, Rajesh admits that helping his patients get back on their feet is what gives him the most joy. “I do a lot of Primary Angioplasty in Myocardial Infarction (PAMI) where patients come to me with very low blood pressure and have suffered a cardiac arrest. Being able to open up the artery and send the patient home is what gives me a sense of satisfaction.”

As for what inspires him, he says that while initially it was his mother (who continues to drive him), his close set of friends and spiritual master have all inspired him at different points in his life. Looking ahead, Rajesh is clear about his plans to relocate to Coonoor in the Nilgiris by 2025-26, where he owns a home. “I want to further develop cardiology in the hills and give the science more direction there. Currently, people there have to go to the plains for treatment. I hope to change that and perhaps in the process, like I said earlier, find my true nature.”



than food and other vices, it is important to stay away from stress which is the major killer. I do recommend basic exercises like climbing the stairs, brisk walking, and the like, as well as non-invasive tests for your heart health like the Coronary CT angiography. If you can go to the gym then that's great but do remember that you must not smoke.”

The recipient of many awards, Rajesh most recently received one for “Excellence in Cardiology, Mumbai” at India Today's Excellence Health Care Awards 2018. But quiz him on which award means the most to him and he says unflinchingly, “When