

## Guest Lecture by Dr. A. V. Guruva Reddy – OSMECON 2024

Good morning Everyone, can you hear me?

This is a scientific academic conference, I know that but in the next 30 minutes, I am not going to talk for even a single minute about academics or research, so that is a disclaimer from me, this is entirely 12 P's for the peace, peace of humanity, whether you're a Doctor, whether you're an engineer, whether you're a collector, it doesn't matter, but this 12 P's I have just put it for the budding medical graduates and the future Doctors. This is entirely my philosophy, and how I live my life, I just want to share with you, lot of people told so many kind words about me. I don't know whether I am the best orthopedic surgeon in India but I can claim that I am the happiest Doctor in India. And I want everyone of you to feel that way, unless you're Happy, you cannot do justice to the patients, so it very important. (I request all the moving people please take your seats or get out of the auditorium, please, it is minimum courtesy on your part to let other people enjoy the talk, if you don't like it please move out of the auditorium, please be seated for next 30 minutes even the people who are standing in the back, I am not as good as your Principal Narendra Kumar)

Top 9 reasons to be a Doctor, have you ever introspected yourself?

I hate to sleep, I failed in maths, I like to study in school for hours, nobody can read my handwriting, my dad got extra money, I enjoyed my life enough, I can't live without tension, I want to pay for my sins , I don't want to marry before 40 or 30.

These are the 9 reasons, people say, to become a Doctor

(Referring to the image on screen)

This is 1<sup>st</sup> year medical student and final year Doctor after 15 years, so no doubt it is a big struggle and big challenge, to become one!

So, lot of competition is there now a days, you can see that

32.12

(We will start over again, the 9 reasons to be a Doctor and that is how we all feel isn't it?)

Oh come on!

No no no, I want you to be happy, not like this, but this is a reality, medical students taking selfie after graduation.(referring to the image on the screen)

There's a lot of competition compared to me joining my medical College, 1977.

This guy doesn't even know the spelling of ORTHOPAEDICS, but he is a competitor for me. This is right in front of your Osmania Hospital, so this guy treats more than 300 patients every day and again *kapalpatti*, you must've heard of that .

This is a very important slide, Amitabh Bachan is saying, *aaj mere pass specialisation hai, Gold medal hai, International papers hai, kya hai tumhare pass?*

RMP doctor Shashi Kapoor, *mere pass patients hai!*

This is an unfortunate thing in the present context and after giving so much of sweat and blood, after becoming a super specialist, still you are dependent on RMPs.

And again your medical career, once in, never out!

I don't know what medical specialty to choose? This slide you can take it home, read it at home, and it will tell you, what to take and what not to!

And that is the reality of life, school, high school, College life! And at the end of the day, medical career is running on a conveyor belt, you should keep on running, if you stay where you are, you will fall down!

So I'm going to simplify the 12 P's, if you follow these 12 P's you will be the happiest person in your life both as a person and as a Doctor!

First thing is planning, planning is nothing but a dream, a dream written down with a date becomes a goal, A Goal broken down into steps becomes a plan, A plan packed by action becomes a reality

Don't tell me that you don't have a plan at all! Our days in '77 I didn't know what I'm going to be next year, but now, you guys are in such a competitive world, you have to plan next 5 years, next 5 years, you got to know, what you are to be and you have to start planning from now, this is of paramount importance, for all the students in this auditorium, I'm telling you! Planning is very very important

And again your plan is straightforward like that, but you got to have Plan A, plan B, plan C and during this planning, don't lose your focus, and don't lose your happiness, so every day you should have leisure management or every week, this is called micro dosing of leisure. Leisure doesn't mean you have to go with your friends to Goa or other exotic places and enjoy a couple of beers and look at the sun rise and sun set, NO!

Micro leisuring means, every day or every week you should, get some "me" time and introspect yourself and find peace within yourself!

It doesn't matter, how many ever resources you have, if you don't know how to use them, it will never be enough, you got enough opportunities my friend!

Don't take them as challenges, take them as opportunities and build over them and this is one huge step you have reached today, you just ask yourself where you are, from I won't do it, to Yes! I did it and no. 2 is prioritization, every life has got a prioritization, for me at the age of 66, it is to do something good for the society and to play with my grandchildren and to go to exotic places, to enjoy my Holidays.

But for you, in this auditorium, it is entirely different, you got to pass the exams now, if you are falling in love, you got to change your girlfriend that, is a priority! So priorities are different at different times and ages. And you can see this guy (referring to the guy on screen), he is so addicted to social media, he was in ICU, he took the plug out, and put the social media, gone in next minute.

So that's why you got to make the time management, time management is an important tool, for all the budding graduates and budding medical Doctors because you cannot do everything, so you got to have this matrix, you got to do urgent and important things immediately and urgent and unimportant things, delete them and some of the things you can delegate it, this is called Eisenhower Matrix, very important!

And don't burn your opportunities for temporary comforts, if you feel good, you sleep until 8 o'clock, 9 o'clock in the morning but that is not the way to do it .

The future belongs to people, who wake up at 5 o'clock, very important!

Now third P is perseverance, I got medical seat in 4<sup>th</sup> attempt

1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, 4 times I had to write medical entrance, every time , I missed one or two marks and as I said, I am not as clever as your Principal, he got in the 1<sup>st</sup> Time, he is my junior in Guntur Medical College, Narendra, Narendra's brother is my classmate and I took 4 years to get into medical school, what I'm trying to tell is, if you want to do something you have to persevere that is the 3<sup>rd</sup> one , perseverance is nothing but stubbornness with a purpose and again if you find a path with no obstacles it probably doesn't lead you anywhere. I keep telling everyone, every Doctor, Rome is not built in a Day, it takes a long time. The first one gets oyster, the second one gets the shell , there is nothing like second or third, you got to be first in whatever you do that's why I keep telling you , you also join this 5am club, my friends, if you don't wake up at 5 o'clock you are missing something very important in life, that 1 hour, extra you get in the morning, will have tremendous value to your life, as a person and as a doctor, so please wake up at 5 o'clock and then see the miracle and magic. And hard work pays and every time, I keep showing this slide, this gentleman is old, he is a Doctor, he doesn't have patients, so what is he doing, he has gone there, he has sculpted the stones into, stone balls, painted them as footballs and kept them in the playgrounds in the night, and children thought they were real balls and started kicking them and the second day, his clinic is full of patients, okay, what I'm trying to tell is, practice or building up your own profession is not a simple thing, it is a hard work, so hard work is very important

Now, coming to the 4<sup>th</sup> P, Passion, whatever you do, you got to do it with passion, when you want something with all of your heart the universe conspires to helping you achieve it, *The Alchemist*, Paulo Coelho famous quotation, so very important, if we want something with passion, all the people will help you out, indirectly or directly but the passion should be there, commitment should be there, but whatever you want to do, you want to be an orthopedic surgeon or you want to be a principal, whatever you want to do, do it with passion, you do it with commitment all people will appreciate that, it is wonderful quotation from Martin Luther King( pointing to the image on screen), if you have not come across that, please take this slide home , he says, "a street sweeper should sweep a street in such a way that the angel should stop and ask who swept this street" ,

so that is an important point, whatever you do you should give it utmost respect and do it well

And chase excellence, again a very famous quotation from *Emerson*, If a man can write a better book, preach a better sermon, or make a better mousetrap than his neighbor, though he builds his house in the woods, the world will make a beaten path to his door, this is a very important one, excellence is one non negotiable thing there.

You must have seen, many mall food outlets, people will be queuing in front to get food there, why? Because the food there is excellent, the same thing here, so whatever specialty you do, whichever branch you choose! Excellent.

This is an important slide for all the youngsters, we are all in the comfort zone, safe in control, but unless, you move out of it to fear Zone and learning zone, you will not be going into growth zone, you will never do it , that's why you always got to try new things , you always got to learn new things, then only you will go to the growth zone and then no boundaries for your progress.

5<sup>th</sup> P is patient centric, my friend we are all in this provision at the end of the day, patient is the number one object for us, whatever branch you do, what all little success I have in my life, has been patient centric. I always think of patient and patient first is the moto of our hospital, whenever you go out for practice put this as a primary thing, patient first, all the things will fall into place, so that is what it is.

So IQ vs EQ or IQ vs EI , emotional quotient is also very important in addition to IQ.

And again a very famous quotation from *Patch Adams* movie, if you have not seen *Patch Adams* movie, go download from YouTube, one of the most beautiful movies.

At the end of the day, I am at peace because, my heart is pure, as I said my friends, do it with pure heart, everything will fall in place , so that is important. I asked an elderly gentleman, tell me Sir, in which field could I make a great career?

He said with a smile, be a good human being, there is a huge opportunity in this area and with very little competition, so very important, be a good human being. A lot of people come to me with jobs, I ask them, first of all I want you to be a good human being and I don't mind you being an average surgeon, but not the other way round, unless you are a good human being you can never be a good doctor.

Kindness is more important than wisdom and the recognition of this is beginning of wisdom.

And this is a famous quote from *Warren Buffet*, look for 3 things in a person – intelligence, energy and integrity. If they don't have the last one, don't even bother with the first two, that is the precious importance and emphasis of credibility. Again, in medical career, credibility is very important, it is like a shadow, it goes before you

So again 7<sup>th</sup> P, positivity, all these things I'm telling you, my goal is to build a life, I don't need vacation from! That means life should be like a holiday, when it becomes a holiday! When you are positive, when you take everything in the proper perspective

Train your mind to see the good in everything. Positivity is a choice. The happiness of your life depends on the quality of your thoughts.

Again see this example, the same bus, same scenario, this guy is sitting this side, looking towards the rocks and hills, depressed, the same guy on the opposite side, seeing the mountains, rivers and enjoying, so how you position yourself in the life, makes all the difference, whether it is positivity or negativity.

Happiness depends on your attitude, not on what you have, this woman has got a beautiful floral garden but she is crying, that woman has got only one flower but dancing!

Important point, I personally love to remind myself of good thoughts, I have got calendars on my desk, my towels, my breakfast bowls, all have some happiness quotation, so every day, I get reminded of these and again I (can you play this video) see positivity in every adversity, so convert negativity into positivity, as I said, I failed in biochemistry, but I was not depressed at that time and those days if you fail in biochemistry you got to stand back again, called referred, I don't know if that system is still here. There are no supplementary exams in those days, '78 and I had to wait for about 6 months to one year, but I worked as an English lecturer in a tutorial college, and I converted my negativity into positivity.

So, life's 3 best teachers: heart breaks, empty pockets, failures they make you complete!

So don't bother that you got last marks or less than the upto marks, don't worry, even if you are a back bencher, you can be a prime minister some day, all those 3 guys have become prime minister, (pointing to the screen)

So there is a life for the back benchers also, now coming to the 8<sup>th</sup> P, Partner, how many people here are married, (no response from the crowd) so all young students! How many people have fallen in love, come on guys! (good number of response from the crowd) Very good, excellent, ya one day, you will fall in love and you will marry, the partner is very important part of your life, in the 12 P's this single P is very important, this single P is very important, if you don't have 11 P's with this P, all 11 P's are gone for toss, so be careful about this P. A happy marriage is about 3 things, memories of togetherness, (ya that is my wife, pointing to the screen), forgiveness of mistakes and a promise to never give up on each other. Again, building up a marriage and maintaining a relationship is of paramount importance and a fundamental principle of life and again as I said, you got to keep spending time with your wife.

Never confront wife, because there are books available in the internet now "how to kill your husband" so be careful, men, never confront your wife.

9<sup>th</sup> P is parents, very important part of life, in fact if God wanted me to rewind my life , I would ask to spend time with my mother , I could not spend enough time with my mother , running after my practice, when she became ill, she was with me , but by that time , she was with stroke and in wheel chair ( pointing to screen, like that) and she could not recognize me. I felt so helpless and so idiotic for not spending the time with her, so guys please go home and spend time with your parents, just go to their rooms , sir there , hold their hands , don't bother about generation gap or anything, you don't need to explain to them anything, you don't need to understand what they say. Whatever they say, just listen, parents are very important part of anybody's life.

My father, I lost my father , in January this year, incidentally, today is my father's 92<sup>nd</sup> birthday, ya and again , another important thing, I wanted to share with you is, after death, before that he wanted to donate his body to anatomy department, so we donated his body to anatomy department, initially it was supposed to come to Osmania, actually I spoke to your previous principal, Shashikala , but body went to Srikakulam, because my co- brother, Dr Bhaskar has got a medical College there , so body has gone there and , it was donated to anatomy department and I feel so proud for my father's words.

And again, never compare about the things your parents could not give you, it was all they had.

All of us come from middle class or lower middle-class people and parents give a lot of sacrifices to keep where we are and bring us money. So please respect that part.

Now 10<sup>th</sup> P is Peers that means friends again, I put friends as capsule (referring to the image on screen) take 2 capsules every day, so 2 friends every day, that means friendship is very important! Very important friends are, good friends help you find important things when you have lost them, things like your smile, your hope and your courage.

I take every opportunity (referring to the picture, that is Tagore on the right side , your principal's brother, he is an ENT surgeon in Guntur, whenever I go, wherever I go, I like to make my medical College friends meet , and I got so many holidays together.

This is a very important quotation, in Hindi, I think a lot of people speak Hindi,

Umar ki chadhar kheench kar utar dete hain, yeh khambhakth dost kabhi budha nahi hone dete hain, doston se bate Kiya Karo janab, yeh who hakeem he jo alphaz se ilaz kar dete hain

Really wonderful things, spend time with your friends they are the doctors who make you better with their simple smile, so that is important.

And OfCourse unhealthy friendship is not good, you got to be clever enough not to enter in them.

And then the important thing is, again important point if you look at the people in your circle and don't get inspired, you don't have a circle, you have a cage.

That is where selection of friendship is very important from now onwards, as you go into the life, your friends or your circle of friends should be able to inspire you, those are sort of people, and you have to select them.

These are all my inspiration from orthopedic surgery, Dr. Sanjay D and my colleagues, my seniors (pointing to the people on screen), always learn from people who have done it, that is an important point, it is not Rocket Science.

Now coming to 11<sup>th</sup> P Paisa, that means money, I'm not underestimating that, it is important factor in the family, in your career, but don't put it as a front line, patient is your front line, money is an automatic by product of your success. See the pulse, not the purse. The one thing that you should not have in the first 5 years is that this doctor is money minded, then you are doomed, so don't get that tag at all, always look at the patient, money is an automatic by product of your success. Never put money as your primary goal and again life is like this, simple my friends, very philosophical, we keep running after money at the end of the day, there is nothing to go for it.

Now last one my friends, Play and Pray, play is again a very important thing, again life is a balance between brain and heart. I want you to bunk the classes, I want you to fall in love, I want you to make a prank, I want you to go to cinema, I want you to enjoy the life.

See, academics is not the only thing, I'm telling you, I did everything.

Now see this one, medicine, law, business, engineering these are noble pursuits and necessary to sustain life but my friends, poetry, beauty, romance, love, these are what we stay alive for! So that is more important.

As far as I'm concerned, you might have seen my social media, I love dance and this video (referring to the one on screen) has gone viral, if you see Guruva Reddy dancing on social media, you will get this video but fortunately that is my wife not my girlfriend.

So, what I'm saying is do everything that makes your heart fonder not only the brain.

Like that (referring to the video on screen) I do everything in my life, all these things. Tranquil nature – nice books- good music – bliss

But my friends don't get tied down with social media, this is unfortunate thing and word of caution, the digital detoxification is very very important for all of you guys. No doubt it is a wonderful arboretum in your career, but it should be your servant not your boss. Don't get addicted to social media then you will be suffocated one day.

Don't forget to enjoy the world, this guy (referring to the guy on the screen) has got a beautiful girl next to him and he is tweeting.

So, at the end of the day, family, career, health, friends, that is life balance my friends

And pray, again it depends on individuals and it depends on whom you like, I'm not a great God fearing man, but I believe there is some super human power, so that is what it is, pray is also important and another P is philosophy

wherever you are, whatever you are, do something for the society. You don't have to say, I want to be Guruva Reddy, earn 10 lakhs a month then only I'll do philosophy, no! You can do it from now. Whatever little you can, do it for the humanity.

These are the 7 daily prayers(referring to screen) and again when you do good things, God will save you!

You feel sometimes frustrated and again, meditation is the best. You should sit in meditation for 20 minutes a day, unless you are too busy, then you should sit for an hour, so very important point.

If you go on Monday this way (referring to the animation on screen) it is not the right thing my friend, so you got to be positive, you got to be cheerful and you got to do whatever you like.

And again, enjoy what you do, do what you enjoy, this is a simple principle of a happy life.

You can see that (referring to the image on screen), I don't need t to explain that slide

So here (referring to the image on screen) the new mindset is, I achieved twice as much in half the time thanks to my energy, confidence and performance.

(Referring to the image) If you have a family that loves you, a few friends, food on your table and a roof over your head. You are richer than you think.

You can get girlfriends, you can get masseurs, you can get everything, so at the end of the day, my friends I'm telling you, you follow this 12 P's. Life is beautiful for who can feel it. Thank you so much