

## This month, we put Dr. Ravi Seshadri under the spotlight.

text by eng xin hui

**WHICH ARE YOUR FAVOURITE HOLIDAY DESTINATIONS SO FAR?**

I enjoy touring the US for the sheer expanse of it. I like Europe too for the beautiful architecture. And of course, I like India for the heritage.

**WHICH IS A PLACE YOU WOULD LOVE TO VISIT?**

China; Beijing. I would like to return to the UK, where I did my fellowship posting in 1990.

**WHAT DO YOU DO TO KEEP HEALTHY?**

I run 3 to 4 km 2 to 3 times a week. I either run with my wife or my kids. Right now, I do golf mostly. I enjoy watching cricket because I used play it. I was in the under 16 state team when I was in school.



**DO YOU HAVE A FAVOURITE MOVIE OF ALL TIMES?**  
None in particular but I love thrillers.

**WHAT IS YOUR FAVOURITE WAY TO START THE DAY?**  
With a run.

**WHAT IS YOUR FAVOURITE WAY TO END THE DAY?**  
With a good book.

**WHAT ARE YOU CURRENTLY READING?**  
Dan Brown's books.

**WHICH IS CURRENTLY YOUR FANTASY CAR?**  
The Lexus 430. It's a well-engineered car and I heard it gives few problems. I am a practical person.

**SHARE WITH US YOUR RETIREMENT HOPES!**

I'd like to relocate and travel the world. But that's going to be a long time more as my 3 children are still young.

**WHAT IS YOUR BIGGEST FEAR?**  
Being a family man, my biggest fear is what would become of my family if anything were to happen to me.

**WHAT IS YOUR LANDMARK ACHIEVEMENT?**  
Coming out into private practice.

**WHAT IS YOUR PATIENT PET-PEEVE?**  
Patients who expect the world but are not willing to pay.

**WHAT IS THE MOST VIVID MEMORY OF YOUR LIFE?**  
When I graduated from medicine.

**TELL US SOMETHING WE DO NOT KNOW ABOUT YOU.**  
I'm a good listener. My wife knows that. That is my best asset. Also, I'm vegetarian.

**WHAT'S SOMETHING YOU'VE FIRMLY BELIEVED SINCE YOUNG?**  
Don't blow your horn. I remember my final year in medical school and I had an interview with Professor Seah Cheng Siang. He told me to be "humble because it catches up with you".

**WHAT IS A TRAIT YOU ADMIRE IN OTHERS?**  
Patience. I have lots of it but none for those who are impatient.