

feel where I can be represented I can go with the option, but where I have to give a talk, personally conveying my message is more important.

AKS: How do you cope with hectic schedules? How do you **take care of your health?**

ANJ: Well by taking everything out of every minute. And about health I really don't take much care about it. Family is always worried as I never take care of health, never sleep well.

SP: If you look at Sir's life he has lived it to the fullest. In the short span, the amount of accolades that he has gathered is so very impressive. Every minute he has made it count.

ANJ: Yes, I always felt that, it's not how long you live that matters but how well you live. How well means that whatever you have in your mind you can realise, achieve and accomplish. Somehow my accomplishments are not in building hospital or anything else. Mine are more of clinical and academic accomplishments which is something that I understand.

AKS: How would you like the legacy of Dr Johari to be known as?

ANJ: I don't know if I will leave a legacy at all! I have studied the lives of many people in the past and very few were fortunate enough to leave behind any legacy. They were all big people in orthopaedics and not common orthopaedic surgeons. I think good deeds are always forgotten. Like good you did for your patients will be forgotten, probably they will remember for their life time but nothing after that. I am a firm believer that our legacy is through our students who will remember you. They may or may not acknowledge it. Like when I started in paediatric orthopaedics, the spectrum of problems I saw, I had nowhere to fall back on. I hope I was able to create a fall back for my students through my work in academics. But it's difficult to leave a legacy and shelf life of legacy is becoming shorter. Also because so much of advancement is taking place, older techniques are replaced by new ones. Best is to live life to the fullest and when your job is done, leave. But that doesn't mean you leave your work, do it to the best of your abilities. Many things that you do are circumstantial, but you had taken up the opportunity and made it work.

SP: But even 100 years down the line people will remember you for starting paediatric orthopaedics in India and nurturing and

developing it.

ANJ: Yes, probably, but that's not important. It is important that you work, but others will say that you have created a legacy, and probably the coming generations will get inspired and join paediatric orthopaedics

AKS: The main purpose of this interview was to bring forth the efforts that you have taken and be inspired by it. Like for example you told us about Dr Katrak today, of whom my generation has only heard about the Katrak oration in WIROC.

ANJ: Yes Dr Katrak has actually written it down in a letter to Dr B Mukhopadhyaya where he describes his struggles in life. He was senior to Dr B Mukhopadhyaya and they might have met during some meeting. Dr Katrak was a very reclusive person and rarely socialised, but he wrote a letter to Dr Mukhopadhyaya and I got hold of this letter indirectly. In the letter he describes his life and the struggles he had. He said no one would support him and he had to go by public transport even after being an FRCS. He also writes about his first car where he mentions that after two years of practice, he could get a loan and buy a car to travel. There were very few surgeons in Bombay but since he decided to do only orthopaedics he had to face lot of difficulties. If he had started his shop as a general surgeon he would have done very well, but he underwent a trial to establish himself as an orthopaedic surgeon. So there are people who have sacrificed a lot for the speciality and they should be remembered.

AKS: You must have come across certain misconceptions about 'Yourself' that are part of the folklore? Anything in particular you wish to comment on?

ANJ: Sometimes colleagues are upset about my traits of meticulousness and perfection but I firmly believe in those qualities. It definitely reduces your output but once a job is done, you do not have to look back and revise and from the patient's point of view, this definitely works well in reducing complications.

AKS: What technical tips would you give for someone who has just embarked on his career as an Orthopaedic surgeon?

ANJ: To be a lifelong student of the science and art of Orthopaedics. We are very lucky to be working in this field which is both a science and an art and our lives should embody the best of both!

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