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## A Day In The LIFE OF...

### ... Anupam Sibal,

Consultant Pediatric Gastroenterologist and  
Hepatologist, Indraprastha Apollo Hospital

**M**EDICINE has always been his first love, but he always found the electronic media extremely fascinating. "I was in two minds whether to opt for a career in medicine or try my luck in television shows." Ultimately, this 31-year-old doctor who "always found it extremely fascinating to delve into the psyche of children" was drawn towards the world of pediatrics. And, it's incredible to watch this man as he juggles to and fro from Apollo Hospital to his private clinic in Greater Kailash to giving out innumerable lectures and to watching innumerable cartoon channels on the telly with his six-year-old son.

Dr. Anupam Sibal, Consultant Pediatric Gastroenterologist and Hepatologist, Indraprastha Apollo Hospital, finds it rather tough to curtail his interests. No wonder, he went right ahead and produced a series of 13 health programmes for Doordarshan called "The Health Show" and found himself anchoring episodes of *Medical Channel* on Jain satellite channel. With such a tight schedule you're bound to expect a tired, worn out look on one's face, but not Sibal — who feels that "work becomes easier if one approaches it systematically." An ideal day for this doctor begins at around six in the morning "when I take a walk along with my son and drop him to his bus-stop." Sibal, then browses around 5-6 newspapers and by 10 am is all set to hit the road leading to

Apollo Hospital. Then begins the daily routine of examining patients, reading biopsy reports and reeling lectures and also touring for atleast a week in a month.

The weekend allow him to put up his feet and relax and gives him a chance to indulge in two of his favourite activities. "Golf and movies" screams the doc, making no effort to hide the excitement in his voice. And, instead of heading to the likes of Anupam PVR or the new-look PVR I, his favourite haunt is Shakuntalam theatre. "It's simple, it's real and I feel completely at ease over there," quips the movie



**HANDLE WITH CARE:** Anupam Sibal examines one of his little patients

buff. But, make no mistake for this is one of the doctors who despite a fellowship in Pediatric Gastroenterology, Hepatology and Nutrition from University of Birmingham, UK and "better opportunities" decided to come back and helped set up the Liver Transplant programme at Indraprastha Apollo hospital. "I found that there were children dying for want of liver transplant and along with a dedicated team of doctors at Apollo I was confident that children could be saved of innumerable diseases."

And what does he visualise for the future? "An India where children will be free of all kinds of diseases and I have to work very hard to achieve this ambition."

—ABHILASHA OJHA