

# Photography: My spiritual pursuit

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**Figure 1:** This landscape was taken in the beautiful Tuscany region of Italy. Such endeavors keep me fresh in my work field

*Do you feel as a neurosurgeon, you have skills beyond your profession....write to us!*

*As neurosurgeons we all are subjected to the pressure of handling lives, irregular timings and growing consumerism. We all need a getaway to freshen ourselves! A spa for the mind and soul!.. for me it's my photography, do you have one?*

"The joy of not working" is what I would reveal while I write this piece. A few years back, I learnt this through the perusal of an article in Reader's Digest, quoting the Oxford Hand Book of Clinical Medicine. It is needless to say that we are not an inexhaustible source of energy, though we are perceived so by most around us.

It is worthwhile to choose 'not to work' sometimes, to break the monotony and to replenish our own resources. For me photography remains my ultimate spiritual pursuit, which engulfs me with creativity and freshness in my mind to work through the odd or demanding hours in the field of Neurosurgery.

Neurosurgery induces me to work with precision, accuracy and planning; while photography offers me the

collateral perspective of keen observation, and sensitivity towards my patients. This blend of science and art fuels my mind and settles it with inner peace and content. One should seek to be inspired to develop an alternative aspect of oneself, as different situations in life demand the presence of a different self. As Neurosurgeons, we need to explore within ourselves to beautify the journey of life interestingly.

I developed the field of Neurosurgery in a virgin area called Ujjain (MP) where neurosurgical facilities were highly negligible, nothing in terms of what could be defined as 'Modern Medicine'.

Performing Complex spinal surgeries, operating brain tumors or treating Cerebro vascular diseases in such a context is definitely a tall order. This was the result of immense energy, courage and self belief. Creating history in that sense was achieved as the product of my well structured training and the artful nature induced by my photographic skills. I take pride in the fact that I was instrumental in executing the high standards and ethics of Neuroscience instilled by my institute in me, in an unprecedented manner despite these difficult circumstances.

All of us could excel in our own way, but we could be better by engaging the other side of our self which might absorb you with joy and content, elusive to us despite our task and skill it commands. For me, it is photography. What would offer you that elusive world ? Painting, Music, Travel, Writing....find it, seek it and live better.

Access this article online	
Quick Response Code:	Website: <a href="http://www.ijns.in">www.ijns.in</a>
	DOI: 10.4103/2277-9167.94382