

*From Stethoscopes to Sneakers***From Indian Navy to Healing: A Life Dedicated to Service and Compassion**

**Surgeon Captain
(Dr.) Malvinder Singh Sahi**

Dr. Malvinder Singh Sahi, a 62-year-old ex-serviceman, currently works as an anaesthesiologist in a Delhi corporate hospital. He also has a deep interest in critical care, palliative care, end-of-life care, and has specialized in interventional pain management at the World Institute of Pain in Texas.

Growing up in a military family, Dr. Sahi developed a love for the outdoors, hockey, and long-distance running - passions that continued through his time at the Armed Forces Medical College during his graduation. He served in the Indian Navy for 26 years, participating in a variety of competitive events, including marathons, competitive swimming, mountain climbing, trekking, skydiving, and skiing.

Reflecting on his life, Dr. Sahi says, "Life has been very interesting with not a minute's boredom." His career has taken him to extraordinary experiences, including caring for Tamil refugees in Sri Lanka during periods of violent conflict and internal displacement.

Dr. Sahi has been deeply inspired by the work of his spouse, Dr. Muneet Kaur, at MOHAN Foundation in advancing organ donation in India. Having participated in the anaesthesia aspects of organ donation and transplantation, he has witnessed both the quiet desperation of families facing critical illness and the overwhelming joy they experience when a patient recovers successfully.

When approached to run and raise funds for "Anudaan-Making Transplants Affordable", Dr. Sahi immediately recognized it as a "worthy cause," one that directly saves the lives of children. "Supporting Anudaan combines my love for fitness with the opportunity to make a tangible difference in children's lives," he notes.

"There's always a prayer opportunity to thank the Almighty for the chance to participate in this service, and gratitude for continued good health," he notes. He often reflects on a quote from the Sikh Holy Granth: "In the end, nothing else matters except the realization that the world is a Divine Play where one's journey of service and compassion is Liberation."

Dr. Sahi also cites another guiding thought: "Sometimes the longest journey we make is the sixteen inches from our heads to our hearts." (Elena Avila) This philosophy continues to shape his approach to medicine, service, and life.

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