



THE  
SPIRIT OF  
MANAGEMENT



# Money is something that one can Make or Ignore!

An interview with

## Dr. R.K. Rudhran

Consultant Psychiatrist with more than thirty years of experience. His forte is clinical psychiatry with emphasis on precise diagnosis and eclectic intervention strategies. He is the pioneer in using Drama Therapy in India. He is an artist, sculptor, poet, bilingual orator, writer & director of 12 stage plays which include adaptations of Kafka, Tamil versions of Sophocles and Shakespeare. He is the author of 14 books on Psychiatry, Philosophy and Theatre

*The moon has aged too, and became no more the romantic muse of adolescent attempts at poetry. My hair turns whiter every day, while my mind delves into days and dreams that I lived in my younger and younger days.*

Source: <https://rudhran.wordpress.com/>

### **A Glimpse of My Younger Days:**

From a childhood peppered with Perry Mason books, and the after-school bus stand in front of the High Court in Chennai came the initial wish to become a lawyer. Though my mother wanted me to become a doctor the family background was simply a dampener to her dreams, and it was just good marks that put me in the great grounds of the Madras Medical College. After a tumultuous MBBS in which my rebellious nature and an inflated self-esteem based on self-belief posed conflicts and problems with examiners, I finally started a modest general medical practice.

As luck would have it, I was quickly blessed with a fairly good number of patients and soon was busy throughout my clinic timings. I had managed even to save a decent amount in my first two years and it was then that I decided I would produce my stage play. I chose Apitha by LaSara, a novellete written almost in a stream of consciousness style. Scripted it for stage and even convinced the eminent musician M.B.Srinivasan to score and give me recorded music for the play. The

*(The views expressed  
are personal)*

play bombed. I did not have money to start another venture. The play also reduced my practice as I had taken off on many days to oversee rehearsals. I began to feel the economic pinch again in my life.

In my teens, in the early years of my MBBS, my family plunged so much into a financial pit that there were times when I would scrumptiously peep into the kitchen and if the stove and the vessels were barren, would declare I am going out, and going out I looked and found many odd job-painting wall advertisements, working in a printing press and at times painting and selling my paintings in a store.

### **Psychiatry & Drama:**

Through my teens art and literature were my most trusted companions in moments of poverty's pain, boredom and lonely contemplations. Psychology was naturally an allied interest and then I read Irving Stone's 'passions of the mind'. Psychiatry became my choice of specialization not just inspired by Freud, but also because it was a challenge- not the intrinsic clinical challenge of the speciality, but the huge challenge it faced with the still-present stigma and the abounding myths and misconceptions regarding the field amidst the public.

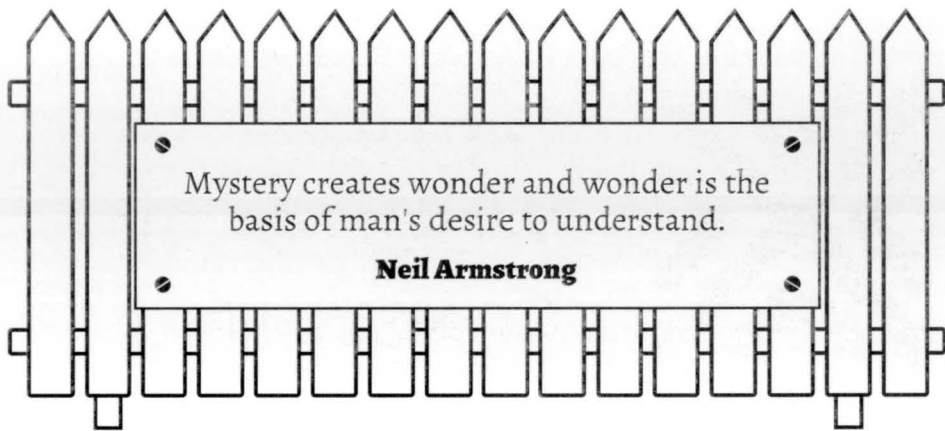
Theatre sparked my smothered embers and though there was no money to produce plays, I kept reading and creating characters and their dialogues in my mind. This led to trying to fathom their psyche, and like all I imagined that psychological medicine would be the best avenue for me to travel in the future.

### **Reading & Writing:**

Post-graduation in Psychiatry had all the text books that mattered in psychology to be read, but the focus was on the clinical and medical part of psychology. I still remember the day when I almost thought a deluded paranoid person was speaking the truth and wanted the family to be reported! Within a few months of clinical psychiatry exposure, I fell in love with the subject. I did not need a stethoscope or an ophthalmoscope, I did not even need to do an X-ray investigation; all I needed was my mouth to ask and my brain to interpret. I felt relieved that I would not need much of an investment when I start my psychiatric practice!

I keep reading. When my reading becomes stalled and I find it laborious to go through words that are really worth reading, I resort to reading crime thrillers- finding clues before the author discloses them is as intriguing as listening to a patient tell his complaints and his story and seeing through the layers of defence that always dominate a psychiatric narration. I keep painting and drawing though not for money anymore. With advent of digital art, it has become a daily ritual for me to sit in

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Mystery creates wonder and wonder is the  
basis of man's desire to understand.

**Neil Armstrong**