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Feature Stories



THE MOST ADMIRIED GLOBAL INDIANS 2025

Radiating brilliance with their spirit, these pioneers carve unmatched legacies while inspiring generations towards limitless horizons."



DR.

NAVAL MENDIRATTA

Healing with Compassion, Leading with Innovation

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In the rapidly changing world of medicine, where science tends to struggle with compassion, there stands a name that transcends both, Dr. Naval Mendiratta, Senior Consultant Rheumatologist at Fortis Hospital, Gurugram. Renowned for his medical expertise and empathetic touch, Dr. Mendiratta is not just a healer; he is a visionary who strives to provide quality health care to all while mentoring the next generation of doctors and medical practitioners.

“Being listed among the Most Admired Global Indians 2025 is not only an honour, but an obligation that I hold very close to my heart,” he says. “I embody India’s ethos of service and excellence in healthcare, and my vision is to make sure that science and compassion are always hand in hand.”

Medicine was not only a job

option for Dr. Mendiratta, it was fate forged in a mother’s unrealized dream. “My mother had always dreamed of being a doctor, but she couldn’t do that because of financial constraints. I took up this profession to fulfill her desire and to relieve others from their pain,” he says.

This mission-oriented path took him into the subtle realm of rheumatology, a comparatively specialized branch of medicine then. With an MBBS from Sri Ramachandra University, Chennai (2007) and an MD in Medicine from Bharati Vidyapeeth University, Pune (2011), his specialization grew with a Fellowship in Rheumatology and Immunology at Tan Tock Seng Hospital, Singapore (2013). In the past 12+ years, he has emerged as one of the top rheumatologists of India, treating chronic ailments like Rheumatoid Arthritis, Lupus, Gout, and Ankylosing Spondylitis.

DR. NAVAL MENDIRATTA

Healing with Compassion, Leading with Innovation

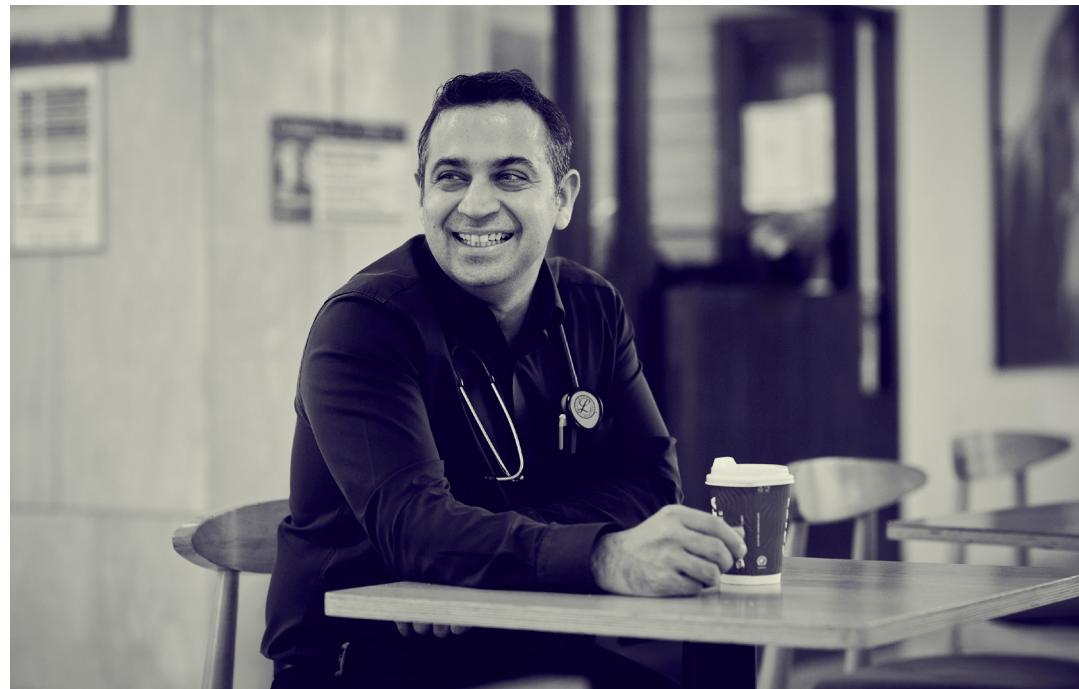


From being a Junior Resident during the mentorship of Dr. Ashok Kumar in his early years to driving the Rheumatology Department at Fortis Gurugram in 2018, Dr. Mendiratta's professional journey is all about a mix of information, determination, and creativity. He has also been Organizing Secretary for Delhi Rheumatology Association Conferences (2018 & 2025) and Treasurer for the Indian Rheumatology Association Conference next year, influencing the medical fraternity further.

Though his qualifications shine, what gets Dr. Mendiratta going are the patient anecdotes. "My greatest inspiration has always been my patients, their resilience motivates me to push the limits of what medicine can do," he explains. His mantra is based on listening profoundly and fashioning treatments that revive quality of life long-term. "The most rewarding moment is when patients come back pain-free on their second visit."

His style is characterized by persistence and availability. "I never abandon a case, no matter how complicated. Chronic conditions are not on a schedule, so I remain available, even via late-night calls or WhatsApp," he says. However, he acknowledges this as his strength can be exhausting. "I take my patients' challenges with me home, but it's taught me the value of balancing care with resilience."

In spite of the demands of medicine, he maintains



a balance. "My daughter complains of my late nights a lot, so I dedicate Sundays and evenings to family time," he says. Chess, exercise, films, and night-time conversations with his daughter ground him and recharge him.

To Dr. Mendiratta, leadership isn't about power but about being inclusive. "Healthcare is teamwork. True progress occurs when everyone has a voice, whether it's a colleague, nurse, janitor, or patient," he stresses. His collaborative leadership approach makes those around him feel empowered and valued, developing a culture of trust and shared responsibility.

With humility and conviction, he offers a powerful message to readers, "Never ignore the

signals your body gives you. Early diagnosis is the key. Conditions like arthritis, lupus, and autoimmune diseases often go undiagnosed because they mimic everyday fatigue or aches. Early detection and treatment can transform lives, prevent deformities, and reduce dependence on painkillers."

He also encourages all to adopt proactive healthcare, by means of constant check-ups, mental health, and lifestyle discipline, since "Good health is the foundation of everything we aspire to achieve."

Mendiratta's proficiency has been very much recognized: Gold Medalist in MD Medicine (2011), Most Compassionate Doctor - TOI Awards, Best Rheumatologist

in Haryana - ET Healthcare Awards, and ranked Top 3 Rheumatologists in Gurgaon consistently for the last five years. He has also been a faculty member for national medical conferences and has worked on several drug trials.

"Each award is not just mine, but also that of my mentors, colleagues, patients, and family," he modestly acknowledges.

With plans for the future, he sees outstation OPDs in tier-2 towns revving up rheumatology care, while grooming young doctors to lead with empathy. "Science provides us with the tools, but compassion heals in real measure," he smiles, words that define his journey and legacy.

A healer and a beacon of hope, Dr. Naval Mendiratta proves that when innovation meets compassion, lives transform, one patient at a time.