

In this insightful episode of our podcast, we sit down with Professor Dr. Intekhab Alam, a distinguished internal medicine specialist, academic, writer and a mentor. With decades of experience in the medical field, Dr. Alam opens up about the realities behind the white coat—sharing how he navigates the demanding world of medicine while maintaining personal well-being and spiritual grounding.

From striking a sustainable work-life balance to incorporating religion as a source of strength and guidance, Dr. Alam offers candid reflections and timeless advice. He also speaks directly to the younger generation of doctors and students, offering wisdom rooted in experience, empathy, and humility.

Whether you're a medical professional, a student, or someone navigating the pressures of modern life, this episode is a must-listen for anyone seeking clarity, purpose, and inspiration on their personal and professional journey.