



# *Daring to Dream*

EPISODE 2



BREAKING IMPOSED EDUCATIONAL BARRIERS

*Dr. Nileshkumar Dubey*

BIOFABRICATOR | PROFESSOR | DENTAL SCIENTIST

*21 January 2022 | 6 pm EST*



A PODCAST SERIES BY SCIKONNECT



# DARING TO DREAM

WITH DR. NILESHKUMAR DUBEY

How can a Clinician become a great Scientist? Listen to Dr. Nilesh Kumar Dubey talk about his life, career transition and following his dream as a prolific clinician cum researcher on the SciKonnnect podcast by Biopatrika. Dr. Dubey is the Assistant Professor at the National University of Singapore, where he is working on exploring the bio fabrication technology for tissue transplantation. Before his career as a researcher, he started his journey as a Dentist in Maharashtra, India. In this episode, Dr. Dubey shares his experience about the challenges of a career transition and how to overcome them. He also discusses the importance of mentoring, networking, and social media in career development and how these resources can help you achieve your dreams.

Connect with Dr. Nilesh Kumar Dubey on LinkedIn: 

Lab website: <https://sites.google.com/view/the4dlab>

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Hosts: Charu Gupta, Nikhil Tulsian  
 Editing: Samriti Sharma, Nikhil Tulsian, Virender Singh, Shreyansh Tiwari, Vikramsingh Gujar  
 Social: Charu Gupta, Albertha Joseph-Alexander  
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## TRANSCRIPT

**Charu:**  
 Biopatrika, your very own online science communication, brings science closer to you in so many ways. Today, Scikonnnect by Biopatrika welcomes all science enthusiasts to our Career Highlight podcast. I, Charu Gupta, and my co-host, Nikhil Kumar Tulsian, have been given the honor to hear about a dynamic career story that makes you never want to stop believing in your dreams, no matter where you begin.

**Nikhil:**  
 For our second episode, we have an excellent speaker and highly accomplished scientist, Assistant Professor Nilesh Kumar Dubey, at the National University of Singapore. Having begun his career in Maharashtra, India, as a dentist, Nilesh quickly realized his dreams were bigger. He has traveled the globe in his quest towards providing better dental care, leading him to amalgamate nanotechnology, biofabrication and 3D printing. How do you get so far in such a short time? Is it sheer hard work and motivation? Well, let's hear it from the man himself. So, Nilesh, can you share more on your journey?

**Nilesh:**  
 Thank you, Charu and Nikhil, for the wonderful words, and I'm very thankful that you guys invited me for this wonderful presentation. So, I will not take much time. I will just talk something about myself. As you mentioned, I'm a trained dentist. I have practiced for four years back at home,

on and off. And I realized, you know, that being a clinician, because I come from a researcher's family, my father is a researcher, my brother-in-law is a researcher, my sister got married in 2012. And that's where we realized, you know, I met a scientist, another one from a biological perspective, and that was something which makes me, you know, go and try this research career. And I went to MD Anderson, and I did something totally very different, which was in liver cancer, nothing related to dentistry. And that was my first time, you know, I got exposed to dentistry. And then, I decided to do a Ph.D. I came to NUS, where I did my Ph.D. in graphene, nanocoatings and nanomaterials. After that, I went to Michigan and did my two years of postdoc in Michigan in biofabrication technology. And I joined the National University of Singapore very recently into the faculty of dentistry, where I'm exploring this biofabrication technology for some tissue transplantation.

**Charu:**  
 Yeah, that is "Wow." I mean, I have to say, you sampled so many things throughout your career already. And there's also so much more to come. What I'm really curious about is, I mean, you mentioned that you're from a research-oriented family with different aspects, your brother-in-law and your father is scientific researcher, and you were a clinician. When did you decide or what was the turning point in your life that you said - Yes. This is what interests me. I want to be a scientist.

**Nilesh:**

Actually, it was in my third year of dental school, okay. And especially coming from India, we have this, I think we are the generation where our parents had forced us to do medicine or engineering. It's like we are the generation. They said, no, you will become a doctor, or you will become an engineer. But for me, it was clear in the third year of dentistry. My brother-in-law, he worked in WHO, and I still remember the date, it was the 8th of April, and he sent a photo to us. We had a skype call, and he showed me a photo of him with Krick. Okay. And I was like, amazed, and I said, you know, what you are telling, he must be dead because they discovered this model. And that time, I came to know that he was only 24 years old, if I'm correct, during that time, and that excites me. I will say, it was my childishness at that time, that you know, I can get to meet these people with whom I read about being a researcher. Okay. And I think it's childish motivation. But that was a motivation for me, you know, that I will get to meet these wonderful people whom they read about in the book. And maybe someday somebody will read about me. Research is a career. You don't get paid well, but you can become very famous. People can read about yourself in the book. And I think that was the motivation for me to become a scientist.

**Charu:**

Yeah. Putting a name to the face. And I mean big people you learn about when you're just ten years old. Yeah, that's absolutely fantastic.

**Nikhil:**

Definitely, and definitely, you'll have a book on you in the near future. The young scientist.

**Nilesh:**

Thank you. Thank you, Nikhil.

**Nikhil:**

Clinical scientist. Yeah. So having been motivated in your third year as a dental clinic and you're currently in research, and your research is focusing on biofabrication and bioprinting by applying different types of nanomaterials in the engineering of tissues or organs for different drug delivery systems and regenerative medicine. So this is quite a new topic in the current world; although it is being applied for generating different types of models, but in the biology aspects, it's still not as prevalent as it should be. So, what are your thoughts on it?

**Nilesh:**

So as you mentioned, Nikhil, very correctly, biofabrication, that's the term actually biofabrication is really a biological take on additive manufacturing. Additive manufacturing is not something new. People have been making models so many things. But I still remember, I saw a talk of Anthony Atala from Wake Forest University in 2012, and that time he showed a TED talk. He has a kidney in his hand, which was painted live during that time. So still, we were there during that time, but still those things were painted without cells and the challenges. The current challenge still we are facing from last ten year is the vascular authorization, innovation, the size of the organ. We are still with the bio printing. We are not able to get to that side. And that's where tissue is not something very like, it's not like a laptop where you have this model and you build it. It is like, it has multiple cells and so many things are involved. And that's where the different type of cells coming in and all. So that's where biofabrication has come up because we figure it out how we can print the cells, because that was not possible because we used to have a three dimensional concept. But the cells, they cannot be spatially tased or placed in the place you want. So you can

have one layer of endothelial cells. Maybe you can one layer of keratinocytes, and then you can have some other layers to make those things possible. So that's why I thought biofabrication is something. It's a very interdisciplinary field, where the clinicians, a researcher, a physicist, a chemist. You just name the field, you know, it's a merge of all the fields. You know, where it is not something one person can achieve, because when it talks about the modeling and all, we need some people from physics, mathematical background to do this predictability kind of stuff. So it's an upcoming field, as you mentioned. And it is something which involves all this field. You know, I think, in my opinion, you know, it is a most introduced Interdisciplinary field, given the kind of expertise you need. And I will say like, this is not something one person can do. This is you really need to involve the other collaborate, pressing your work.

**Nikhil:**

Cool. That's really cool.

**Charu:**

Yeah. So what I'm a little bit curious about is that through the first question that we asked you where you mentioned about your journey, you said you were dentist. You practiced for a few years, and then you moved towards liver science. But your current research is very dental oriented. So what excites you about dentistry? And why is it that you stuck to dentistry? Why not go into oncology or like these other fields that already have so much with biofabrication going on there?

**Nilesh:**

Okay. That's a very good question. Remember, you put it very nicely that I have worked in a liver cancer and then came here. The first thing is like, I'm a dentist. Okay? I never wanted to be a dentist. Honestly, I wanted to be a neurosurgeon, but, you know, I ended up getting into a dentistry through a government round. So it was quite not by choice, I will say. I was quite disappointed with dentistry, but then getting into a dental school, I realized, you know, why I studied for five years. It's just tooth, that's the mentality we still have. People that don't visit a dentist very often, you know, because they don't think that is a life threatening condition. Right. And when I enter into a dentist school, I realize no, man, I study for five years in a dental school and same, just like medical students. And all these 32 teeth are different. And I don't know if you guys know, in dentistry, we have eleven speciality. Okay. Which two are included. There is a special care in dentistry which is very new. It's not still in India, but in New Zealand, Australia. This is one more speciality which is considered, you know, so that's why when I got into that and as a liver cancer was a stepping stone for me, just to understand what research is. And then I realized, you know, rather than going into some other field, I should contribute more in the field, which I have studied for five years. And I know in and out of those fields. And if I wanted to go into cancer and oral cancer is again, is a very highly prevalent cancer. But, you know, I got into a PhD with a dental material, and I will say, you know, I didn't went into that side because my supervisor was not working into a cancer, right. If you would have been working into a cancer, maybe I would have gone towards that side. But I realized, that is something I can contribute more into that because of

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my training as a clinician, it will give me the orientation to think more from a clinical perspective, in developing a new solutions so which can not only benefit dentistry, it can benefit the other fields of the things. And that's where I talk about the biofabrication. It is not something it will just be used in dentistry. It is something which can help in making bone, skin, heart, liver, all other kind of thing. So it is not only dentistry. And I will say one thing. It's not like research is something you're not going to contribute only in your own field. You want to contribute in any field depending upon your expertise, your knowledge, how you will implement that. And then the second thing, which really excited me, being a part of this broader network of people working for better understanding and enhancing people's life is something which is I'm very proud of. And I think that is something. Being a clinician and being a researcher, it gives me the perspective to think more from a clinician perspective. But at the same time, I bring research because, you know, simple medicine takes 15 years to come into clinics. So then sometimes I realize that how much hardwork goes behind. So I really feel that one day some of my friends will use some material which I have made in clinic. And I think that is something which will be really be a gain for me. These are the things which really excites me.

**Charu:**

Yes. I mean, absolutely. I have witnessed both toothache and getting a medicine into clinical trials firsthand. And, you know, I absolutely appreciate. I mean, like you mentioned, I was also one of the people who would say, oh, yeah. I mean, you know, toothache, whatever. It doesn't hurt anyone so much. But now that you get older, you're learning more and more. And there's so much research, which is going on, even with the nerve connections and everything which is there in the jaw. I think it's such a complex field and we haven't given it any importance till now, which is really sad for us because we have lost out on so much time. And I mean, I really feel like you have identified such a crux field and such a crux moment in it. And I think your dream of getting into those textbooks is there.

**Nilesh:**

I hope so. Thank you for your kind words. You know, maybe one day, but not sure.

**Charu:**

I feel like you are someone who is wearing so many hats at once and you are excited about each aspect of it, which is something which is so rare and is also something which is so inspiring for all of us who want to do this interdisciplinary translational research thing.

**Nilesh:**

Yeah. Thank you.

**Nikhil:**

Your hard work is commendable in bridging clinical practice with research. And your transition has been transitioned from young scientists to now has been excellent where you have merged your clinical practice with your current research on dentistry, but not losing the focus by research of whatever funding agencies, but sticking it towards your dental practice. In your research, I have followed you closely and you have had multiple papers, book chapters, and that is commendable, really commendable. Having so many high impact papers. And that's how you're motivating more people towards doing research. Not only that you've been a part of various panels and also currently an academic editor of few journals. That's my dream not dream, but a short goal to be at such a stage where I have a large publication history, I'm being approached by various people. So what

should be an approach of a person like me or a young researcher who would want to be at some stage in their career to be at what you are now?

**Nilesh:**

It is very simple, Nikhil. Okay. I will say it's very simple, but sometimes in this world we get lost. I have to tell you in one sentence. If I have to say, you know how you can tell your story and that's how people know you. Okay. If you are not good at telling your story, not knowing your audience, so how good research you do, nobody is going to know that. Okay. And now we are in the world of social media. So it is very important for you to share your article. Okay. And right in the layman term, I will tell you my friends, you know, who are not scientists. They are also very instrumental in playing part in my success, because when I do something, I post that on my Facebook or Twitter or LinkedIn in the layman term, that gives an idea to the other people, and they might be having a friend who is a researcher, and that's how you build a network. Okay. And the other thing I will say many students and postdocs, even a faculty. We are shy of taking a course on paper writing, when you're a PhD student. Many universities, they have this courses. Forget about the University. The publication houses, they have their own courses. So you take those courses to understand what is the paper writing and that's where you will understand. It is not tough job because you are getting a guidance because supervisor will always guide you. But you need to bring something on table for your supervisor to do those kind of things. And then being the reviewer or being an academic panel. Again, as I mentioned, it is not tough. It is simple because you know, many people, I'm not sure how many of people they go and they take the courses of being a review because all these journals, they have started their own courses. So at least try to do those courses. It is not a waste of time. You enter the community. Once you are into that because you register, you log in. The academic Editors of these journals they see. Okay, who is Nikhil? Who is Charu? What they are doing. So you build your own community by yourself. You increase your visibility. I think the previous researchers were not benefited from that, but we are the generation. We are much benefited from social media. So Twitter, LinkedIn. You know, you guys can do. even people will come to know about you, so you have to increase your visibility. But the most important thing is, you are the best judge of how you can tell your own story, know your audience, okay. And that's what something will, you know, will give you a great publication. And you will get into a review panel. And most important things, try to be friendly with everybody, try to help, because that is what something people they think. You know, I have this idea. If I share this idea with this person, then he will or she will take it. No, because that gives you the motivation that you need to be even more competitive because he or she is your friend. Okay. I don't mind sharing my ideas with a friend from school of immunology, because they can give me some different perspective of my research, which I am thinking. And that is something which I can bring in my research, which would give me a good publication. And this was something which will make me known to the other faculties also, not only in the faculty of the dentistry. So that should be the approach. I will say, you know, if you really want to get into this publication and most important, know your story,

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know your audience when you're writing a publication.

**Nikhil:**

I totally resonate with you Nilesh. Your thoughts and your approach should be more mutual where you're not just forcing your ideas through, but you are also listening or getting the expertise of your colleague or any other person. I totally agree with you. Any publications alone are not enough, putting them in a layman's term on the social media since now, for the last two years, most of the like 80% of the life is social media or through Internet. And putting the questions or you're making yourself more socially accessible and socially present makes it very useful. And somehow in the last two years, even when I published a few papers and I got opportunity to edit a few papers and you mentioned about the courses as well. Right. The courses researcher has to take in rather than just let people approach you. I had taken a few courses and after taking those courses, I am currently a part of a junior editor of two publications. So I totally understand what the approach should be. Thank you so much.

**Nilesh:**

And this is not only for the staff, you know, the PhD students, they are shy, they are fearful. Okay. You will get an opportunity to review an article during those times, and that's where you can bring your mentors to ask your mentor. You know, your mentor will be a correct person to tell. Okay. This article is something which can be reviewed by Nikhil or Charu, if you're a student. He can forward that article because that's where when we get a review, we can say, okay, if we don't have enough time, so you have to build that relationship with your supervisor. Also, he'll trust you. So he can start exposing you to those things during your early career during your PhD. So you get known during those times. So these are important important points. It's a very small step. It's a very simple thing, but take a small step.

**Nikhil:**

Yes. I was fortunate. My PhD adviser did the same. He gave a few articles during my PhD journey and initial postdoc journey to review or comment on like, share my thoughts with him.

**Charu:**

Yeah, absolutely. Nilesh. Whatever you have told us right now, I mean, the way that mentors, the ability to mentor a student and about networking and knowing your value and knowing how to express your value. I think all those things are so critical, and they are so important and something that we don't stress enough on because we measure ourselves in terms of and I mean in a way that we did to you as well, a little bit now that you have so many papers and you have so many, you've held so many seminars you presented in so many places. But that's not the extent of your value. Your value goes beyond and perhaps even more in the relationships that you formed in your emotional intelligence, your emotional quotient, and the way that you connect global research, as you also mentioned in our conversation previously, that you are able to contribute to a large global network, which is becoming more and more impactful. And following up from this, I wanted to ask you if it would be possible for you to maybe have a seminar or a panel discussion for us as well at Biopatrika, where we could talk a little bit about, of course, managing the clinical and the research aspect, but more importantly, how to harness the power of social media.

**Nilesh:**

Definitely. We can have this thing. It's a very good thing you brought it up. You know, I think we should definitely have

something like this.

**Nikhil:**

Thank you, Nilesh. Talking about the social media and many people have lost their jobs and scientists are reviewing their careers to switch. And even I had a thought once, like, I am doing a lot of wet lab research now and there's a lot of data analysis going on. Big data analysis. Should I switch? So how did you think or what do you feel should be an important step in career transition.

**Nilesh:**

Okay. So this is very important, the career transition. I will say, like nowadays, you know average the job, a person does is almost four, five, four years. Not more than that. If we will see so many of your friends in a corporate where you talk to them, they are in this company. And then after five, six years, they are in a different company. Our parents, they stayed in their company until they retire. Right. And this is something which is a new, normal job transition is not something frowned upon. Nowadays people do there as a generation expert we call nowadays because every time you're not going to land your dream job in the first shot and job optic, it is not like it is not something only you will like nowadays, so many people are getting laid off. It's not because not of your talent. So many things are happening. So it is a two way street. So that's why nowadays there is a baby boom happened, so many populations. So a person, you know, you change the job. It is very easy for the company to replace you. Okay. So it is not something which is like, you know, but the only thing which I will tell you the one key thing, pursue your energy instead of passion. Passion is like, you know, it's a very filmy term. Okay. It's like, you know, how in India we say it's like a Bollywood. Okay. I want to be, I'm very passionate about this. But. Okay. You are passionate. Okay? It is always interchange with determination. The thing which you want to do, it is what which will make your success, no. I'm very passionate about music, but, you know, but if I'm gonna sing, everybody will leave the room. Okay. So I cannot be passionate about something, which is, I need to know, you know, I'm good or not.

**Nikhil:**

Yeah. You have to be good at that as well.

**Nilesh:**

You have to be good at it. Okay. We have a lot of passion. Okay. When I was young, I wanted to be an IAS officer because my sister, she cracked the civil service examination. Okay. And I have scored better marks than her in my 10th grade. Okay. So that was my motivation that I can do better than her. But that is not me. I wanted to be..., And that time Sarfarosh movie came. That becomes, and you're a kid, it becomes fashion. But once you grow, you start becoming mature and you realize, you know, passion is not, You know, when you see something and things. No, it is what something which you're good at. But again, the passion is not something it takes overnight. You build over the time. Okay. I was a very good clinician. I will say that. Okay. I don't care if people say that is an arrogant bird. I was a very good clinician. I practice independently for 4 years after I graduated. I'm still in touch with a lot of my

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patients, and I'm good. But then I wanted something different. I always dreamt of doing clinics and both things together. I went into the research. The only thing I will say, you know, wherever you will go, try to build that as your passion rather than thinking, oh this is my passion and I will do this. No. Passion is developed over the time. Okay. So that's why you develop that over time. Just don't give up. Okay. And once you realize that's why, you know, you have friends, you have mentors. Talk with them. Well, sometimes, you know, when you are frustrated, you will not think straight. And that's where it is very important to keep good people close. Talk with them. They are the one, You know, everybody has a problem in the job. Okay. And nowadays the millennia, they say, oh, I'm not happy with my job. It's such a boring job because I do the same thing. You tell me one job. Okay. Which is not a repetitive job. Even if you are roaming around the world, it's a repetitive job. You go, you take a picture somewhere and you write some blog. People think when we are sitting here and we go, Oh, he might be traveling the world. But he is always traveling in the air. He has no life in that perspective rather than be sitting in the lab. So that's why, you know, it's like, just don't worry. The transition carrier is very normal nowadays. It's not like our parents, time, but you really need to believe in yourself and what you want to do. You are good at that. And then it is a correct time for you to make this transition. The timing is very, very important. Dig deeper.

**Nikhil:**  
Excellent put.

**Nilesh:**  
Yeah. It is like, you really need to know your life. It's not like that. Oh, my mentor is not. My boss is not good. My corporate colleagues are not good. You know, there is no guarantee. Okay. So that's why sometime, you know, exclude without expectations. That's where everybody be like, no, they have expectation when they change the job. Don't. Expectation is not going to take you anywhere. You explore. Okay. So these are the few things you know, I will say for the career transitions, just it's not random, but you have to put a good thought into that. And it's very new normal. So just don't think that, Okay, Somebody will talk something like that. It's very normal nowadays.

**Charu:**  
Yeah. I think, so a follow up to your answer, because the previous question and this one. What you've mentioned is that, of course, we have passion and passion is always momentary. It's always, you know, this thing that pushes me towards changing your career. But you need to have the energy. What you also mentioned was that you need to know if you're good at something, right? But the other point that I wanted to get towards that, you said one of inspirations was that you scored better marks than your sister. And this feeling of competition, is something that we, I mean, as researchers, we are fractured competitors. I think we are much more competitive than athletes. So how do we keep that in control when you're working with a team? And how do you think? I mean, how can your channel? Of course, competitiveness is good. But how do you think that, I mean, with all your success and with making friends with everybody, how do you channel this competitiveness to be something positive?

**Nilesh:**  
It's very simple. You just leave the ego-ness and jealousy outside. Okay. You know, I will quote here the 'Three Idiots' movie. You know, I think everybody is aware of that movie. You know, when you fail, you feel bad, you know, but when

your friends goes, the highest marks you feel very bad, right. But still you saw, you know, they all stay so close knit. Right? So that's where, you know, because, you know, if I have a friend, he's doing good in research. You know, we are human. We're gonna feel that. Okay. But just let that thought cross your brain or heart for that moment. And when you come next day. Okay. That's come because, you know, the person is your friend, and he always wanted good for you rather than thinking, you know, you will know your competitor. The good part is you have think that you're knowing your competitor, rather than trying to bring him or her down. Try to reach to that level. Okay? I will not say, you know, I'm like a Saint. You know, I don't feel jealousy. You will feel. okay. That's a human nature. But just don't overshadow. Okay? By those jealousy and Ego-ness. It will come. Just keep it there for one day, okay? I will not tell you to do yoga. And this thing. That doesn't tell you unless until if you don't want to do this thing willingly, no matter what kind of meditation and things you do, it is not going to help. It is you. So you really need to trust your instinct. Okay. Hear, that he or she is your friend. Okay. Because that's where you feel bad. Okay. But if the third person wins or does better, you don't feel bad. These things doesn't come. But most of the time, we make the mistake of seeing our friends and colleague progressing. And that's where you know, as you gave the example of my sister. Okay. I took that as a motivation. But then I realized I have to work. I have to read everything from first grade to seven grade because they asked to the history and everything. I said that I cannot do. Okay. So I got a motivation. But then I realized because of that jealousy of the company. But I realized that it was not good for me. So I gave up. So it is your, you have to really rely on your instinct and talk with your family members. They will be helpful because they know your friends, you know. So it is not like something. We just know your friends, your family member needs to know that. And then when they can, they are the one who can help you. Okay. So he is a good person. He's not thinking of doing that. But even if somebody does bad to you, just don't do that. Okay. Just follow Mahatma Gandhi, it's a step. You know, we were not in their foot. So that's how you, just try to be patient. And just that's the thing I'm talking about, Mahatma Gandhi, like he was very patient, so many people in so many things. But it takes so many things to have patience, you know, that will not come from yoga or this thing. You know, you can do that thing. But it is really your instinct.

**Charu:**  
Yeah.

**Nikhil:**  
Yeah. I totally understand having patience is key for multiple things, not only becoming successful in your career but also personally. So we have to know our feelings. We have to understand what they mean and how to translate them and definitely learn from our failures.

**Nilesh:**  
Yes.

**Nikhil:**  
So you have been a clinician. You are now a researcher, and you aim to translate or go into more clinical scientist or a

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clinical researcher. And that is excellent. And very few people are actually doing this. So what would you say to our listeners and young professionals to look out and how to translate or transition between these and bridge the gap?

**Nilesh:**

I'm very glad that you asked this question. I get a lot of calls sometimes. The good part is we are connected with social media. When I post, I'm very active on social media, I get a message or call from some person I know they are dentist and they want to be a researcher. Okay. But the reason when I get a call from this, I ask them only one thing because they are not happy as a clinician, they are not having enough patient. So what they try to do, they just run in the opposite direction of the world to just stay because they are unhappy from their careers, they just completely run in the opposite direction. Okay. Being a clinician and coming into a research, you have to start a game like your first grade because research, you know, like we as a clinician, we are never trained how to hold a pipette. Okay. That is the most important thing when you start your research career. I can treat patient, but I don't know how to hold a pipette. So that is what something the people they really need to understand. As I mentioned before, dig deep. Why? Okay. What you can bring, what you can contribute. You really need to be very selective about your narratives. Okay. Because if I get an application from a clinician, okay. I really want to know, you know, what he has done or she has done in clinic, they can bring that to me on my research table. Otherwise, you know, there's no point because they just want to just transit. Okay. And Secondly, a lot of people, you know, they really need to consider the financial. Okay, because we are not kid. Our parents when we are in twelfth grade, our parents take care of that. But after that, we really have to become. Some people they think, okay, this person is doing good in research. He's a clinician. So I should also try my hand in research. But you need to see whether you, are you financially stable during that career transition, because if you come and do a PhD, it's a four year program and in four years, so many things change, you know, every year we get a new iPhone version, new Samsung phone version. That's how fast the world is moving. So after four years, you think I will do a research and then I might become somebody like they are following. It's not going to happen. You might be jobless. Okay. So that is why very important for a clinician come, especially from India, you know, where this is not the trend where Clinicians and parents they used to see, like "Oh mera Baccha, how can he or she become a researcher?" But that is something. It's not a job for a person who goes into a doctor and medicine. But I'm glad now I'm seeing the Indian parents where they are more open now. I have seen my friends who are a clinician, but they are working as a consultant for the health care sector. They are working in a corporate world, you know. So before it was the job for a doctor was only one job. But nowadays, they are in a marketing. They are into this civil because for the hospital designs and all. So I have a friend. They are working with the hospital design because. Okay, how needs to be OT and all because they being a doctor. So they come from that perspective. And then the civil engineering comes from their own perspective. So that's the advice for me from them. Dig deeper. Know your life is very important. Just don't switch career because you are not making enough money because this is totally the end of the world. Okay, being a clinician coming to a research is totally different. Understand. Try to talk with people. Now you are in a social media. Talk with the researcher, the clinicians like me who have done clinic. What was the motivation for me? Okay, what I gave, what kind of help I was having because that is the most important thing. You will not get any help when you will transit. Because we don't know the people from a research field.

Okay. I was lucky because I had my brother in law. Okay. Who was a researcher outside. Okay. My father was a researcher in defense. Okay, but it's a very close family during that time. So that's why you need to find that background. Who can help you, who can guide you rather than just taking a big step.

**Nikhil:**

I totally agree with you, Nilesh. Having help or the right kind of help at various stages of a career is very important. And in this fast paced world, there are numerous opportunities for anyone to perceive or try out.

**Charu:**

Absolutely.

**Nikhil:**

It was an excellent discussion, Nilesh.

**Nilesh:**

I will add one more thing into that because I remember my time. We used to pay ten rupees to go to this cafe and we used to switch on the Google to find job. It used to go round and round and our was the generation we used to look for the job in a newspaper. Find the things in a newspaper. But now today's millennia, they have everything on their fingertips. Okay, so use those things in a correct way. Try to connect with the people we have the generation writing letters using a public phone. Okay. Putting the money which we used to save to call to know and ask some people about some information. Okay. But now the social media like LinkedIn, Twitter. You add people just like that and everybody they accept most of the people. Sometimes I don't understand some people if they don't accept, that are people who don't accept, but these are the social media platform which you can use. Okay, so you are a generation who are blessed with this kind of thing. So make a good use of it rather than just, you know, doing some things which is not going to help. But come with a plan then only the person will help you. If you just comment below, I want to be a researcher, but you have no knowledge, so the person will not open, he or she they don't know you. Okay, so make a good use of this social media platform. That's something.

**Nikhil:**

I totally agree, Nilesh. Mindless scrolling will not take you very far. It's where to start going to cafe. Not for talking, but to talking to the right people and broadening your network. I'm highly motivated Nilesh, from your talk. Thank you so much.

**Nilesh:**

Thank you, Nikhil. I hope I changed some more people. You know, I hope.

**Nikhil:**

I am sure.

**Charu:**

Nilesh, you know what I've learned from you today? It is to always dream and not be scared to dream and always look beyond the horizon and think out of the box.

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**Nilesh:**  
Thank you.

**Charu:**  
You just have to try everything. And with your story, I feel if I try, life will pave the way for my success as well. And so thank you so much for giving us the opportunity to speak with you today. Since this is a recorded event, I'm sure our listeners will have several questions for you. How can they contact you?

**Nilesh:**  
As I mentioned, I'm very active on social media so you can find me on LinkedIn. They can find me on Twitter. Okay.

**Charu:**  
Excellent. Thank you.

**Nikhil:**  
Are you ready for a barge of spam to your email or LinkedIn or Twitter profiles?

**Nilesh:**  
No. I will be happy if I can help some people.

**Charu:**  
Our listeners don't spam.

**Nikhil:**  
Thank you so much, Nilesh.

**Charu:**  
We have Nilesh's email address, LinkedIn profile, URL and information on his Venture Cranium Club Linked with this podcast for all of our listeners and please do share your feedback with us, Nilesh, as well as our listeners on [biopatrika.in@gmail.com](mailto:biopatrika.in@gmail.com) as well. Now we take your leave and hope that you enjoyed your day today with us and you will tune in again for our next podcast.

