

An unbelievable life story of him from average performer to fit sportsman to falling prey to tobacco addiction and to becoming an inspiration to many

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'**I'M Possible**' - the story of a lad, who shone as bright as a star, yet fate showed him down the narrowest lanes of life. He came out UNSCATHED, authored by Dr. K Hari Prasad, President, Apollo Group-Hospitals; Dr. Prathap C. Reddy, Chairman, **Apollo Hospitals Group** wrote the Foreword for the book and health industry stalwarts introduced the book in a grand event held at Indian Institute of Management Bangalore on February 9th 2020

Dr. Hari Prasad is a popular figure, not just because he helms one of the largest healthcare organizations of the country, but also because he is an extremely popular erstwhile cricketing star. He made his Ranji trophy debut with Mohammed Azharuddin, and played alongside stalwarts including M. V. Narsimha Rao, L. Sivaramakrishnan, W. V.Raman and Saad bin Jung.

'I'M Possible captures the unbelievable life story of Dr. Hari Prasad, who has seen it all-from being an average performer in school to becoming a cricketing star; from fighting a legal battle to get into a medical college to giving up cricket overnight; from falling in love to tying the knot at a barely-marriageable age; from excelling as a doctor to giving up practising completely; from being a fit sportsman to falling prey to tobacco addiction and eventually combating cancer taking up a nearly impossible health challenge and emerging as an inspiration to many.

Speaking during the book launch **Dr. Prathap C. Reddy, Chairman, Apollo Hospitals Group** said, "Everybody I met here has a good word for Hari, I met him 23 years ago, he is instrumental in creating an emergency system like nowhere in the world. He created a model emergency care for the Indian Healthcare. But what really impressed me was his ability to bring a change and make this huge difference for healthcare in our country. He has many more things to do, to transform a good institution into a great institution."

"Like everyone I too had my peaks and valleys, as the saying goes, one learns from mistakes I too learned many lessons from mistakes, this book is a compilation of all the mistakes I made and the lessons I learnt. There are many twists and turns in my life, I have been honest and captured my journey factually. It is more aimed at helping readers to avoid what is avoidable. It's a celebration of all those who impacted my life and what I am today is because of them. I have started a charitable institution for helping the needy in education, health and sports and all the proceeds of this book will go towards these causes," says, **Dr. K Hari Prasad (President, Apollo Group-Hospitals) during his interaction at Apollo Hospitals Bannerghatta Road (Bangalore).**

The Delhi-based publisher Ananya Sharma said that the book has become a sensation even before being launched and has gone into a third reprint on the day of the launch. The book is available on Amazon and leading book stores.

Talking about the challenges associated with the book, **Ananya** said, "Anyone who knows Dr Hari would know that he is a private person and a man of very few words. Thus, developing the story was a major challenge. His responses were mostly syllabic! Our team kept interacting with him, determined to tell this larger-than-life story in the simplest of words that vividly bring out the emotional side of an otherwise stern and reserved individual-one who underplays his achievements and often does revolutionary things from behind the curtain. And I daresay the product is a masterpiece! I have done books all my life but this one altered my DNA. The leaves of I'M Possible hold magic between them! It would leave the readers intrigued, enchanted and motivated. This book could be the sacred text for all those who have bullish ambitions and want to achieve something extraordinary in life."

Blurb of the book

Dr. Hari Prasad has seen it all-from being an average performer in school to becoming a cricketing star; from fighting a legal battle to get into a medical college to giving up cricket overnight; from falling in love to tying the knot at a barely-marriageable age; from excelling as a doctor to giving up practising completely; from being a fit sportsman to falling prey to tobacco addiction and eventually combating cancer...

This book, I'M Possible, is the journey of a young Hari, who becomes an overnight sensation in the world of cricket. His bails fell when he fell for a Hyderabad lass, who remained oblivious to his feelings for quite some time, But an ardent Hari finally succeeded in wooing her..

From '**Hari**' to '**Dr Hari**' to '**Daddy, hurry!**' he did well at each stage in his life; he took many a difficult

decision, even in the face of bitter opposition. Throughout his life, whenever things would seem settled, the earth beneath his feet would move, shattering everything around him.

This is the story of a visionary the man behind the evolution and revolution of Emergency Medical Services in India. This book captures Dr Hari's meteoric rise to being the Group President of one of India's leading hospital chains-Apollo Group of Hospitals.

He was extremely successful, but had a weakness-addiction to tobacco. With considerable effort, he overcame it, but the damage had been done. Soon after giving it up, he was diagnosed with leukaemia-a type of cancer. He fought the deadly disease and came out unscathed. Once cured, he decided to do something about his health.

This led to a radical shift in his life; he became a new Hari! He has lost almost 50 kilos in twenty-five months and all of this was done through dietary changes and exercises. I'M Possible is his unbelievable journey of transformation from weighing 115 kilos to less than 68 kilos!

In this magnificent book, Dr. Hari captures his larger-than-life story in the simplest of words that vividly bring out the emotional side of an otherwise stern and reserved individual-one who underplays his achievements and often does revolutionary things from behind the curtain.

I'M Possible is an astounding page-turner that possesses the charm of a bygone era and holds the promise of a beautiful tomorrow. It is a tale of love, hope, grit, determination, courage and triumph. I'M Possible is a treat for everyone, irrespective of age, gender, geography and profession.

About the Author

Born in 1964, Dr. K. Hari Prasad has had a long and successful career as a cricketer, clinician and administrator. He was one of the youngest Ranji Trophy players, having represented Hyderabad while he was still at school.

After completing his post-graduation in anaesthesiology-which helped him in many ways as a practising anesthesiologist, intensivist and emergency physician during his clinical career-he joined his father at their family-run hospital, Sridevi Nursing Home, in Hyderabad. But then, when no one expected him to, Dr. Hari joined Apollo Hospitals.

At Apollo, he transitioned to a full-time administrator while setting up Emergency Services across Apollo units in the country. He is often regarded as the pioneer of Emergency Medicine in India. His journey from being the Vice-president of Apollo Hospitals Hyderabad, to CEO-Central Region, and finally, the Group President, has been phenomenal!

On the personal front, he faced several difficulties, some self-inflicted and some beyond his control. He faced each of these challenges and overcame them with grit and determination. I'M Possible is his first foray into writing.

Apart from what he does at work, Dr. Hari is now trying to make a difference to the lives of those around him. He plans to spend his post-retirement years working for a cause that has been on his mind for quite some time now.

URL :

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