Meet Dr. Sushruta: Marina Medical's New GP with a Passion for People and Procedures

19 May 2025

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We’re excited to introduce Dr. Sushruta, one of the newest members of our general practice team here at Marina Medical. Bringing a rich background in medicine, both abroad and in New Zealand, Dr. Sushruta blends experience, empathy, and a growing interest in procedural care to offer patients a well-rounded and supportive approach.

A Career Across Continents

Dr. Sushruta's journey in medicine began in India, where he completed his medical training before moving to the UK for postgraduate work as a GP. Over the years, his career evolved to include extensive work in cardiac surgery and geriatric medicine - fields that helped shape his compassionate, detail-focused approach to patient care.

After completing his general practice training, Dr. Sushruta made the big move to New Zealand in 2022. Since then, he's been building his roots in the local healthcare system, embracing the challenges and opportunities that come with practising in a new country.

"It's been a big transition," he says, "but it's also been incredibly rewarding. Every step has taught me something new - whether about medicine, communication, or the subtle art of just listening."

An Evolving Passion for Minor Surgery

Though Dr. Sushruta sees a wide range of patients as a GP, he’s especially interested in the procedural side of general practice. He’s already been performing occasional minor procedures like incision and drainage, and he’s now actively exploring opportunities to gain further training in minor surgery.

“I’d love to build up that niche,” he shares. “I think it would add something different to the clinic—and for me, it keeps things dynamic. It’s that mix-and-match nature of general practice that I really enjoy.”

A Fresh Start at Marina Medical

Since joining Marina Medical in October 2024, Dr. Sushruta has found the clinic to be a supportive and well-organised place to work—something he deeply appreciates after previous experiences where the work environment could be chaotic and unreceptive to feedback.

“Here, everyone listens. From the practice manager, Sandy, to the admin team and other clinicians—it really feels like a team,” he says. “Most days are structured, which I love. I know what my day looks like, and that allows me to focus more on patient care.”

Life Beyond the Clinic

Outside of work, Dr. Sushruta enjoys exploring the outdoors—especially hiking through Auckland’s beautiful trails. Weekend walks and short treks are his way of staying grounded and recharged.

He’s also a bit of a sports enthusiast, having played volleyball, cricket, and badminton during his college years, along with a recent interest in table tennis. While he doesn’t compete these days, he’s always keen to join in when an opportunity comes up.

Another creative outlet for Dr. Sushruta is writing. He used to journal regularly, capturing meaningful moments from his day-to-day life, especially when something unusual or thought-provoking happened during a shift. It’s a habit he’s trying to revive—having recently penned a piece after a particularly moving patient interaction.

And yes—he cooks too! Vegetarian meals are his speciality, and cooking a few times a week is one of the ways he winds down after a busy day.

Looking Ahead

When asked if there's anything else he'd like people to know, Dr. Sushruta is quick to share his gratitude for the role he's stepped into.

"Starting here was a bit of an adjustment - new systems, new patients, and a new pace - but now I feel at home," he says. "The structure, the people, the feedback loop - it all makes a big difference."

As he continues to settle into life at Marina Medical, Dr. Sushruta is looking forward to growing his skill set, connecting with more patients, and contributing to a team that shares his values.

"It feels good to be part of something that works well and supports growth. I'm excited for what's ahead."

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