



POISE

with

अनुभव के मोती

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Presidential Message.....



Dr. Jigneesh Shah

My Dear IMS family ,

At onset I wish you good physical and mental health .

I am very happy to provide you this second issue of POISE compiled by Dr Aarti Gupta, Chairperson of Club 35+ committee and all the committee members. I congratulate her for the same.

This issue includes 'Anubhav ke Moti' which will give you an insight into your colleagues life and their experiences.

As President of this important organisation my message is **we should return to society whatsoever we have taken from it**. We should work on concept of give and take. We should return to society by sharing our knowledge as awareness. Let us join hands and do it through Club 35 Plus. *We are celebrating silver jubilee year of IMS 2020 this year*. We want you to do Something other then academics too, which will always remembered as silver jubilee creation. Your inputs are invited.

I request all of you to start public awareness activities on digital platform to create more awareness amongst midlife women regarding Menopause and to start dedicated menopausal clinics.

I wish all the best for Navratri & Diwali.

With best regards,

Presidential Message

Message....

From our Secretary



Dr. Anita Shah

Dear friends,

Happy Greetings for Pre Diwali season & Navratri on behalf of Indian Menopause Society.

All of you must have enjoyed the 1st edition of '**POISE**' prepared by Dr Arti Gupta Sharma, the dynamic Chairperson of Public awareness Committee, Indian Menopause Society. Be ready for the next '**POISE**'.

We all are waiting eagerly the great day, when this Corona Pandemic will end & again we will be able to enjoy our healthy, happy, stress free life. But we are not sure when that day will come. Till then we have to take care of ourselves, our family members & our near & dear ones..

Under the banner of IMS, Public Awareness Committee is spreading best messages to the world, so that a midlife woman can enjoy the best quality of life.

It is rightly said.....

"Great things are done by a series of small things that are brought together."....

Similarly...the various small articles of ' Poise' will definately help to keep our mind loaded because...'Your mind is your weapon...keep it loaded'.

Finally I would like to say...

"Life is a choice between Ageing & Growing!"

Ageing is adding years to life,

While Growing is adding life to years."

So dear friends....Age gracefully & enjoy the life....

I wish all the best for Navratri & Diwali.

Dr Anita Shah

Secretary IMS.

Message

Editorial....



Dear friends wish you all a good health, great happiness, eternal peace, powerful inner strength and courage to move on.

Thousands of candles can be lighted from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared. There are more things to alarm us than to harm us, and we suffer more often in apprehension than reality. And this is very true for this Pandemic.

Although pandemic is still continued.... we are back to our basic life and realises the importance of family.. which we usually left because of so many things.. We know the basic requirements are very less... then why to run behind only money. We have to live a beautiful meaningful life with minimum requirements. Live your hobbies.

Above all be the heroine of your life not the victims. As life is what happens when you are busy making other plans. Live for your plans.

I am presenting you the second issue of **POISE** which includes *Anubhav ke Moti* it's a concept to bring you experiences of our members to enlighten us. I will need your feedback so that I can add value to it.

At last it's my appeal to all presidents of IMS family please activate your club 35+ and start awareness programmes for the society. Public awareness is the only means to fill the gap between doctors and society. By direct awareness to the public they can understand us and and we will be able to remove so many myths of society and can prevent the preventables.... Theme of our President.

Wish you best wishes for Navratri & Deepawali

A very big thanks to my co-editors Dr Subhashini and Dr Ila Kishore.

Dr. Arti Gupta

Editorial

QUIZ winners

SEPTEMBER



Kamya Sharma
Navika Club, Agra



Deepika
Chandigarh



Uma Solanki
Vadodara



Ruchi
Kamla Nagar, Agra



Shilpi Saraf
Varanasi



Pushpa Poptani
Agra City Branch



Arti Kaushik
Agra Taj Branch

Congratulations

QUIZ winners

OCTOBER



Dr. Seema Vijayvargiya
Bhopal



Pushpa Thakur
Bhagalpur



Sonali Sharma
Raipur



Anita Anand
Varanasi



Tahira Parvez
Hum Sath Sath, Agra



Chandrakanta Navika
Sikandra, Agra



Neelam Gupta
Kamla Nagar, Agra



Shabnam Jiruwala
Vadodara



Jyoti Gupta
Taj Branch, Agra



Rajni Goyal
Dholpur



Sangeeta Kala
Jaipur



Mrs. Pooja
Chandigarh



Rani Ralhan
Agra City Branch

Congratulations



Dr. Neha Mahajan

Dear Women Don't Pause



Dr. Sudhaa Sharma

You are still a little girl with dreams in your eyes
and they say the time flies....

You still have to open up your wings...
let none pull you back with his strings...
Yes you have gone into MENOPAUSE.

But remember its a phase – not a PAUSE...

Agreed, with menopause have come many problems.

But relax!!! You can still blossom....

With menopause you have become little irritable

You are still very capable, though a bit miserable....

You do suffer from hot flashes many times a day

And to deal with them you can find a way....

Sometimes it feels unbearable you don't know why

You just woke up one morning and you started to cry

The heat you feel in your body makes you feel on fire

Don't worry we all know you are not a liar....

Takeoff few of your layered clothes and put them again

When the feeling of on fire will no longer remain...

Feeling angry, anxious, aches and pains....

Drying skin, grey hair, mood swings & thinning nails...

Painful boobs, bloated tummy, heart pounding & tongue sore..

These are just a few I know you can count many more...

You tried primrose, you tried the sage..

But none to your rescue at this stage...

Even if, you don't want to take pills.

Wait..... its menopause which never kills...

A healthy lifestyle will make your day

Less carbs, calcium & exercise will keep the symptoms away...

With each year you will get better as if you got a cure!!

Remember age is just a number, day by day you be more mature ...

Dear ladies at your age you can be anything you choose:

Choose to be fabulous and live with not excuse...

You can be happy that there will be no cycles

No birth control pills, no barriers and no hustle!!!

Loosening of skin and graying of hair should not matter

You can go to parlor more often and look better

Menopausal symptoms will make your husband complain

Oh yes ..they have to sometimes restrain!!

And with menopause you have become multitasking

Same time you cough, sneeze, laugh, pass gas & pee its humiliating!!

Stay calm , enjoy life, travel , meditate and have fun..

Its time to grow up and not to grow old my dear women.

Mature women!! now they will call you..

All will agree to your point of view..



Happiness & HORMONES!



Dr. Sunila Khandelwal

My secret of Happiness is based on **HORMONES!**

- **Endorphins,**
- **Dopamine,**
- **Serotonin,**
- **Oxytocin.**

It is important we understand these hormones, as we need all four of them to stay happy.

Let's look at the first hormone the **Endorphins.**

When we exercise, the body releases Endorphins.

This hormone helps the body cope with the pain of exercising. We then enjoy exercising because these Endorphins will make us happy.

Laughter is another good way of generating Endorphins.

ACTION: I spend 30 minutes exercising every day, read or watch funny stuff to get our day's dose of Endorphins.

The second hormone is **Dopamine.**

In our journey of life, we accomplish many little and big tasks, it releases various levels of Dopamine.

When we get appreciated for our work at the office or at home, we feel accomplished and good, that is because it releases Dopamine.

This also explains why most housewives are unhappy since they rarely get acknowledged or appreciated for their work. Once, we join work, we buy a car, a house, the latest gadgets, a new house so forth. In each instance, it releases Dopamine and we become happy.

ACTION: Now, I realize why I become happy when I shop? I admit...I am a shopaholic!

The third hormone **Serotonin** is released when we act in a way that benefits others. When we transcend ourselves and give back to others or to nature or to the society, it releases Serotonin. Even, providing useful information on the internet like writing information blogs, answering people's questions on Quora or Facebook groups will generate Serotonin.

ACTION: I often use our precious time to help other people via our answers or articles...so now this one!

The final hormone is **Oxytocin**, is released when we become close to other human beings.

When we hug our friends or family Oxytocin is released.

The "**Jadoo Ki Jhappi**" from Munnabhai does really work.

Similarly, when we shake hands or put our arms around someone's shoulders, various amounts of Oxytocin is released.

ACTION: feel my warm hugs.. may be virtual in COVID times!

So, it is simple, we have to exercise every day to get Endorphins,
We have to accomplish little goals and get Dopamine,
We need to be nice to others to get Serotonin and finally hug our kids, friends,
and families to get Oxytocin and we will be happy.
When we are happy, we can deal with our challenges and problems better.

Now, we can understand why we need to hug a child who has a bad mood.

So in order to feel more and more happy day by day ...

- Motivate ourselves to play and have some fun -*Endorphins*
- Appreciate others for any small or big achievements -*Dopamine*
- Inculcate sharing habit through you to others -*Serotonin*
- Hug your family, friends..... -*Oxytocin*

Lastly, being a Menopausal woman,

I try to keep a proper oestrogen levels to have good QOL!

Have a Happy Life.

smart phones BOON OR BANE



Dr. Subhashini Gupta

Nowadays Smart Phones turn out to be a major part of our life, due to its advanced features, It is difficult yo avoid such new technologies. Smart phone revolutionize our lives, But at what cost ? It has both positive and negative impact.

Positive impacts :

- Better means of communication
- Learning options
- Exposure to latest things
- ways to personality development
- High level of Portability
- Easy access to internet
- Added safety
- Rescue for emergencies



Negative impacts :

- Radiation hazards - Excessive use increase the risk of cancer particularly brain tumour
- Causes sleep disorders
- Behavirol changes - causes headache, decreased attention, shortness of temper, depression etc.
- Can have poor impact on memory
- Eyes - weakens eye sight, long term use can be responsible for macular degeneration
- Negatively affects family and social life.

Using smart phone for work purpose during family time can increase distress and strain on a family, parents talk to kids less, respond more slowly and over react to being interrupted.

Smart phone addiction can negatively impact your life by increasing loneliness and Depression, while it may seem that losing yourself online may temporarily make you feel happy and excited and being surrounded by many friends, it can actually make you feel more lonely and depressed.

There is a term "**Phubbing**" let me explain it - "Phubbing is the practice of snubbing others in favour of our mobile phones". There is an irony in phubbing when we are using our mobile phones, we are often connecting with someone on social media or through texting. Sometimes we are flipping through our pictures the way we turned the pages of photo albums, remembering moments with people we love. Unfortunately however this can severely disrupt our actual present moment, inperson relationship, which also tend to be our most important ones.

In the end I sum up, Smart phones is just a tool to make your life convenient, Don't overuse it at the cost of your physical and mental health, social and family life.



CANCER PREVENTION & EARLY DETECTION



Dr. Arti Dibya

Cancer is a group of disease characterized by uncontrolled growth and spread of abnormal cells. According to IARC, one in every five male and one in every six female will develop cancer over the course of their life time .

Most cancer develop as a result of exposure to modifiable risk factors and have a long preclinical stage, where it can be treated very effectively. About 40% of cancer death are preventable. Screening can prevent many cancer and detect pre cancer or early stage disease and significantly reduces the morbidity & mortality due to cancer .

Cancer prevention is achieved through Primary, Secondary & Tertiary methods:

Primary prevention

It is carried out by two ways :

Promotion of health & wellness.

Reduction of risks known to cause cancer .

Major components of cancer risk reduction of general population include

- Avoid or cease smoking /tobacco.
- Minimize UV light exposure by using sunscreen lotion.
- Maintain an active life style with regular exercise, some kind of yoga & meditation.
- Maintain good health & avoid obesity by taking balance healthy diet, rich in protein, fiber, fresh fruits, and green leafy vegetables.
- Practice timed & safe sex with good sex hygiene.
- Vaccination against cancer if available (Liver cancer –HBV vaccine, Cancer cervix –HPV Vaccine).



Secondary prevention

Screening in general population refers to detecting cancer when no apparent symptoms are present, with an overall goal of decreasing cancer related unfortunate outcome.

“Epitome of secondary prevention is SCREENING”

For an effective screening, Test must meet two criteria :

I The test must be able to detect the cancer at an earlier stage before the symptoms appear.

II The evidence must support the treatment given at an earliest stage, that results in improved outcome.

Screening guidelines must be followed while conducting a particular test & the sensitivity & specificity of the test should also be taken into consideration.

For example :

Cervical cancer	PAP test HPV DNA test
Breast cancer	USG and X-ray Mammography BRACA I and BRACA II gene mutation test.

Screening for high risk population begins earlier than the general population.

Tertiary Care Prevention :

It is applied to those individuals who have already been diagnosed with a malignancy but are now candidates for screening and an early detection of secondary malignancy. (e.g follow up case of a cancer breast on Tamoxifen –Regular screening is done to detect endometrial cancer).

Conclusion :

Prevention and early detection are integral part of cancer care continuum. Primary prevention in the form of risk reduction is the best way to decrease the incidence of cancer. Education of entire population and creating awareness through sensitization of community is very crucial as it encompasses information about various risk factors and various recommended screening practices for prevention of disease.

If we live long enough ,sooner or later we all would get cancer

Robert A Weinberg

Dressing up for YOURSELF/OTHERS



Dr. Shalini Tandon

This topic really made me ponder over and realize the truth, that I do love dressing up, and that too for my own self. Dressing up in my choicest way always makes me feel more confident, more strong and boosts up my Spirit and self-esteem.

I believe that one must always dress up tastefully and appropriately for any occasion. I feel one should develop their own style and take pride in one's appearance, it is important for every woman. Every woman should dress up to ensure that she always looks her very best.

During Work hours, for Professionals, it is important to dress up neatly & elegantly. Because personally I feel it is a form of expression, reflects our personality and what we wear is how we present ourselves to the world. I always believe that dressing up is not only to make a woman look beautiful to others, but it is always reassuring for her and makes her feel more confident.

"When you look good, You feel good!"

So dress up for your own self. Everybody is born with special looks and features. Cultivating how to be classy and well-dressed woman is a characteristic that every lady irrespective of age should refine. That's because although many societal trends may come and go, being a classy elegant and sophisticated woman is something that will never go out of style.

So dear ladies, dress up for your own inner happiness, Joy, of course in your comfort zone.

**"Beauty begins the
moment you decide to
be yourself"**

Real time for Self Evaluation

जिन्दगी थम सी गई है।

Dr. Smita Tandon



Ever since the lockdown started in the month of March, there had been no gatherings, no hangout, no parties, no outdoors masti. This has become the new normal for our daily lives now.

As a professional woman, it has happened for the first time that I have realized that I can be a good homemaker, a good daughter-in-law, a good mother and a wife all at once. My new morning rituals include me organizing yoga activities for my family, preparing breakfast and serving hot kadha to build immunity, after which I serve towards my work life by giving tele consultations to my patients and making them and everyone else aware about the precautions and safety measures one is supposed to take in such unprecedented times.

Our day leads me to sharing the table with my entire family for lunch followed by indoor games like ludo, playing cards and board games which is pleasurable and wholesome for each and every member of the family. The entire family contributes towards thinking about boosting immunity, prevention against the spread of infection, cleaning and hygiene by bringing various new ideas to light about the ways read online and other informative platforms.

Further, I have come to the self realization that I only require basic money for basic needs and necessities to live a wholesome, comfortable and healthy life. I have understood that a person like me, who has responsibilities beyond my professional life, does not need expensive clothes, expensive cosmetics or dining out in restaurants and that has been the biggest self evaluation lesson for me in this period where our entire lives are being considered to have come to a halt.

तो क्या हो गया, जिन्दगी थम सी गयी है, वक्त तो फिर भी चल रहा है, and so, I think it's high time that we utilize this period to realize what truly matters in our lives instead of seeking materialistic pleasures that we used to associate with happiness earlier.

Cultivation of sports since childhood is a must?



Neelu Mishra

Most parents wish to encourage children to play sports to help them feel valued. Every child can be successful in one sport or another. However, it takes time for parents to find the sport suitable for the child. Therefore, they should be patient in selecting the sports, since it is a process that will pay off in the long run.

It is undeniable that sports provide children an opportunity to develop positive character and helps them soak up other important qualities that are necessary for life. Albeit the benefits are countless, but here are a few of the many benefits that a child may absorb through sports:

A growing child needs to surround themselves with peers and friends that help him grow and develop in a positive direction. Through sports, a child is allowed to create friendships that would not have been otherwise possible. Often observed, bonds that professional athletes develop on the field, often remain intact beyond the ground and may last a lifetime.

Persons involved in sports often break the barriers of race, religion, caste, skin colour, nationality, and often unite as one. It is an essential phenomenon that brings people together, to see beyond the foggy spectacles of discrimination, which is itself an important lesson for a child to inherit while they are growing up.

Most children invested in sports, especially team sports, learn essential qualities like that of teamwork, which is another quality important for life. Children learn the significance of working together and understand the importance of collective efforts. Working together in a team also helps them interact more freely and help them grow over their social anxiety.

Fair play is an essential quality that helps in developing a kids' character and their moral principle. Through sports, children have the chance to learn to prepare themselves for competitions on and off the fields as they learn the essence of failure and success, both equally important to grow in life. They learn to be sedulous. And, in any case, if they 'fail,' they learn to pick themselves up and fight harder the next time. This life lesson



learned through sports is applicable to sports, academia, and every stage of life. As it is said, *'success comes to those who dare and will act.'*

Most importantly, being a sportsman teaches a child or even an adult to be patient.

Not limited to competitive sports, children could also indulge in physical activity in their leisure time. Involvement in any form of physical activity is an extremely popular form of stress reliever, while also ensuring the physical and mental well being of the child. Involvement in sports has also acted as a key element in the battle against juvenile delinquency.

In conclusion, a child must indulge in sports, it helps them grow, develop into a better version of their selves. There is an unlimited number of reasons for a child to be allowed to play sports that they find interesting, beyond the scope of this small article. Albeit, their development prioritizes over everything, parents should definitely understand the importance and encourage their children to participate in sports, they should interact with them and should make an attempt to understand their likes and dislikes, and accordingly should further nurture their interests.

Lastly development of muscle and bones with overall development of child's physical health is an ultimate and never lasting benefit of cultivating a sport at childhood and taking it to life time.



Our Body is the only place where we live!

Dr. Neelam Ohri



We do so many things to live longer and to have better lives. But we often get caught up in the rut of life that we ironically neglect our own selves; our mental and physical needs. Mind and body are deeply interconnected and both tend to bear the cost of each other. In this article I wish to emphasize one factor that is frequently overlooked in old age resulting in seriously poor quality of life - **Muscle Strength.**

Muscle Strength and Quality of Life: I had been playing badminton for many years and was happy with it. It was not only excellent cardio but also was mentally engaging as the mind was also invested in the wins and losses. Alas, I started to realise that badminton was taking a toll on my knees, despite good quality of the court surface and well-padded sports shoes. I had no option but switch over to other activities like swimming and physiotherapy. Though swimming built my stamina and agility, it was strength training exercises that worked best to alleviate the pain in knee joint. Also, I realised the importance of strength training in improving my motor functionality.

In younger age we don't realise the effects of aging but as we mature the impact is undeniable. This is the time when we have substantial wisdom regarding the world but may not have the body to apply that wisdom to improve our quality of life. This is a revolting development! We may experience sarcopenia, muscle shortening, joint stiffness, easy muscle fatigue and yet probably take them all for granted in old age. Way too many people fall victim to it.

For the most of us the loss of muscle mass starts in our 30s. We don't really notice it because it creeps up on us very slowly. We reach 50 and the drives are shorter, the handicap higher, the waistline larger. We hit 60 and find we can't get up easily off the floor. At 70, the back goes out and after 80 most of the days and nights of our remaining lives are spent in the bed.

Let us know what does 'exercise' mean in the context of health and our daily functionality.

Some myths we need to do away with:

Myth- For many of us, "exercise" means walking, jogging, treadmill work, or other activities that get the heart pumping.

Reality- While the importance of 'cardio' exercises can never be understated; we often overlook the value of strength-building exercises. "Just doing aerobic exercise is not adequate," says Dr. Robert Schreiber, physician-in-chief at Hebrew Senior Life and an instructor in medicine at Harvard Medical School. "Unless you are doing strength training, you will become weaker and less functional."

Myth- You can Lose Weight by cutting calories and doing exercise.

Reality- According to a research review, on average, **27% of the weight lost by diet was actually because of muscle loss.** When dieting was combined with cardio the muscle mass lost was about 14%. But when participants combined dieting and resistance training (strength training), all of the pounds lost were fat. What is more, the stronger your muscles are—the more benefits you will get beyond weight loss. You will develop a slimmer, firmer figure and have the energy to be more active. If you are trying to lose weight by cutting calories, you are likely losing muscle too, but strength training can counteract this effect.

Recommendations for setting goals and brief overview of exercises:

The Centre for Disease Control in US recommends a **minimum of 2½ – 5 hours a week of moderate-intensity or 1½ – 2½ hours of vigorous-intensity aerobic exercise per week. Muscle-strengthening activities involving all major muscle groups should be added on two or more days a week.**

Both weight training and strength training are crucial for muscle building. There is a slight difference between the two. Where weight training is with weights to improve general health and fitness outcomes, strength training is a specific type of training that uses your **body weight** to create resistance against gravity. It helps in building and strengthening muscle mass to make them stronger. It is usually coached by an expert in the strength training field and follows a specific long term plan towards a goal.

Strength training encompasses any of the following:

Some core exercises are Push-ups, Pull-ups, Crunches, Squats, Lunges, Planks, Calf Raises, leg raises, Resistance (elastic) bands of varying length and tension that you flex using your arms and legs.

Weight lifting:

There are various other exercises that can be done with weights (bar bells, dumbbells, kettle kegs or machines) that will target specific muscles like deltoids, biceps, triceps, quadriceps and calf muscles. Ankle cuffs and vests containing different amounts of weights are also used.

Getting started

Buying your own equipment is one option. This usually includes a set of basic introductory weight dumbbells, ankle and wrist weight cuffs and resistance bands. Health clubs offer the most equipment choices. Books and videos can help you learn some basic moves and start developing a routine. Many of these exercises can be done without the use of fancy gadgets.

As you start, go slow so you don't injure yourself. Discuss your needs and target with a trainer or physiotherapist and explain the level of workout you expect to achieve. Mild to moderate muscle soreness between workouts is normal, but back off if it persists for more than a few days.

In the beginning 20 minutes of strength building exercises are good enough, there is no need to exert and push yourself to the likes of a bodybuilder. Etching out a well-round program, being consistent with it and keeping the correct line and length of the body during exercise are the most crucial points to mind. Within four to eight weeks you will start enjoying the fruits of you labour.

Focus on proper diet is must during any exercise be it cardio or resistance.

Depending on life style and body metabolism one must fix ones energy intake. Quality of energy intake matters. To make it balanced one must ensure as a thumb rule one third each from protein, good quality fat and fibre rich carb. It's also important to avoid refine food ingredients like sugar, refined wheat flour and high glycemic index items. You don't need to follow those fad diets!! Inculcate colours in your diet (greens, broccoli, carrots, tomatoes, capsicums, spinach, kale, mushrooms, berries etc). Don't starve yourselves, have adequate water intake.

The most overlooked part of exercise is rest and relaxation.

Muscles are stimulated by growth factors during exercise but the building always happens during rest. We must remember this simple mantra:

Aerobic exercise will give us life; strength training will make it worth living.

Live your life at your TERMS

Dr. Chhavi Sharma



Humm, The first perception about the writer who has chosen the above Topic is "SELFISH", 'Living for oneself', but believe me it was a thoughtfully chosen topic. After having spent 5 decades of life & having sufficient grey hairs, Things appear more clearer & transparent.

What I found is that Living life at your own terms doesn't makes you stubborn or non resilient but rather it becomes easier for you to let go people or situations, which are beyond you. For sure life has its own twists & turns and people have their own whims & fancy, you simply can't make everyone Happy all the time.

Don't push too hard people or situations, to fall in your way, enjoy if it does & if otherwise enjoy more, since it was not your type.

There is one single life for a person. No stage is having a reverse gear. Every single day is important, so why not to live moment to its fullest and at your terms. If you don't turn your life into a story of yours, you are just going to be part of someone else story.

The world always has opinion about everything, irrespective of how you can deal with people or situations, Try to be good to others, yet live life at your own terms.

Meryl Streep aptly says ***"The minute you start caring about what other people think, is the minute you stop being yourself"*** so never stop being yourself.

Here I firmly believe ***"Zindagi Na Milegi Dobara"***

Live LIFE King or Queen size.

Dancing ... challenges Cortisol

Dr. Pragati Khalatkar



Dancing is the hidden language of soul which reflects by movements on musical rhythm. Healing power of dance is recognised across the globe. Common evidence-based benefits of dancing are improvements in muscular strength, endurance, balance, flexibility, agility and memory. We know that dancing helps to building strength and stamina. Dancing has ability to ignites physical, emotional, cognitive and social elements in our life and so lift the spirit. It is a form of happy exercise, where you get release of more endorphins than during other forms of exercise and connect to the emotional centres in the brain. For many people, dancing prompts an emotional release of happiness, while for some it can make them cry. When you are dancing, your body is fully in that moment, focused on the music and your surroundings. This can help you focus on strictly the moment you are in and aid in reducing the amount of cortisol your brain produces.

Dancing is all about freeing up the body and allowing it to move, which is something we miss these days. Modern living often leaves us feeling disconnected from our own body, because we spend so much time sitting down and hooked up to technology more so in Corona crisis. Dancing makes you feel good because it makes you feel alive, as there is interplay of muscles, bones, joints, mind, ear and inner well being. It makes heart and lungs to pump more blood to each and every cell of the body and so help in rejuvenation.

Ginny Brown of the Imperial Society of Teachers of Dancing says "Dancing brings people into social space and is a powerful way of human connect through synchrony of dancing on a beat. It is a wonderful way of breaking down inhibitions and encouraging positive interactions. No age is exempted of pleasure of dancing.

Children attending dance classes and have better physical, social, mental and cognitive development. Young people have a wonderful time dancing spontaneously in nightclubs. Dance teachers often report that many of their students are retired couples looking for an activity that they can enjoy together. Dancing makes us feel good as, it's such great fun.



Reduced cortisol

Cortisol is a natural stress hormone, also known as the 'fight or flight hormone.' It is an hormone that deals with stressful situations, but excess of which can lead to many



health problems such as hypertension, anxiety and depression. Dancing has scientifically proven to reduce levels of cortisol caused by chronic stress. It also causes the brain to release dopamine – a natural mood booster, and endorphins which acts as painkiller. Five studies were designed to examine the cortisol response to competitive ballroom dancing and pleasure dancing. Competitive dancing produce increase in cortisol compared to a pleasure dancing.

Social Touch

Many types of dance require you to be physically closer to people you dance with. Your dance partner or group enter your personal bubble, known as your 'peri-personal' space. This form of close contact releases oxytocin which is happiness hormone. This hormone makes us feel happy, sociable and helps to bond with people around us. Ballet dancer-turned-neuroscientist Dr Julia Christensen revealed that we need at least 8 hugs a day to feel human or 4 hugs and a dance class.

Therapeutic potential

Some health care providers prescribe Argentine Tango for those suffering from Parkinsonism where treatment involves walking backwards, stepping over objects and turning. All these exercises are incorporated into the Tango along with added benefit from the physical support of a partner.

Smile therapy

Dancing and smile go hand in hand and stimulates our brain's reward mechanisms to releases all the feel-good chemicals like dopamine, endorphins and serotonin. The effect of these winning hormone helps in getting a good night's sleep, which is strong incentive in sleep deficiency era.



Depression

If you are suffering from depression, dance can give you an outlet for your emotions by using music or movements. Dance has the curative power to heal our mind, heart, and soul and ultimately enhance our mental health. Dancing provides an opportunity for a mental escape, it also provide an outlet to sooth, reflect, connect and release personal turmoil.

Meditation is cutting off from the world and connect to self. Dancing cuts me off from the world and thus for me **DANCING IS MEDITATION.**

SARCOPENIA is to muscles what OSTEOPOROSIS is to bones!



Dr. Madanjeet Pasricha

Sarcopenia is the age related progressive loss of skeletal mass and function. 8% of lean muscle mass is lost per decade from age 40 years with as much half of muscle mass is lost by age 80.

There are 3 aspects to muscle health

- Mass
- Strength &
- Performance.

Sarcopenia is low muscle mass accompanying low muscle strength or low physical performance. Severe sarcopenia is when all 3 criteria are observed.

Consequences of sarcopenia are milder symptoms such as difficulty in accomplishing daily tasks and need for assistance, falls and fractures to severe frailty.

Menopause and Sarcopenia

Both estrogen and androgen receptors are present in skeletal muscles! Relative deficiency of estrogen contributes to muscle catabolism. Menopause related decline in estrogen is associated with increase in visceral adiposity, decrease in bone mass and muscle strength. An average middle aged person gains about a pound of fat a year. There is decrease in both size and number of myofibrils. Since muscle burns more calories than fat, BMR drops. Loss of muscle mass induces 2-4% decline in the BMR per decade.

Diagnosis

Muscle mass is assessed by calf circumference or DEXA, muscle strength is assessed by Hand Grip strength, physical performance is associated with gait speed

Management

Exercise both aerobic and resistance exercise have shown to improve the rate of decline of muscle mass and strength.

Nutrition Standard adult protein requirements of 1g/kg/d are not adequate for older patients as proteins are absorbed less effectively. In presence of sarcopenia a higher protein intake of 0.54g/pound of ideal body weight is needed and patient should be counselled accordingly.

Vitamin D promotes muscle synthesis and enhance calcium uptake .

ACE Inhibitors have promising impact as they improve cardiac output, muscle perfusion and increase muscle glucose uptake. The trials are ongoing.

Protein Supplements also increase muscle mass but comes with a word of caution.

Testosterone has modest positive effect on muscle mass and strength but limited use due to virilizing effects

SARMS selective androgen receptor modulators may achieve gains without side effects

So, in nutshell early recognition of it as a health disorder, with some interventions some losses can be reversed by strength training



**"NOBODY IS SUPERIOR, NOBODY IS INFERIOR,
BUT NOBODY IS EQUAL EITHER.
PEOPLE ARE SIMPLY UNIQUE, INCOMPARABLE.
YOU ARE YOU, I AM I."**

OSHO

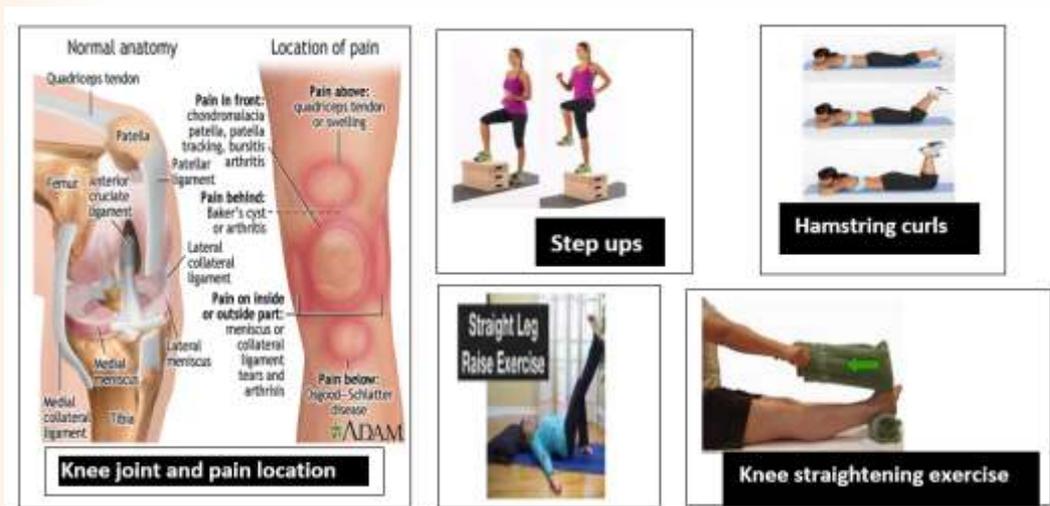
Tips for saving your KNEES



Dr. Bharti Bansal

Our knee, most complex joint of our body and more or less everyone after 30yrs or even before are struggling with one or another ailment of this knee joint.

Following figure depicts



anatomy of knee joint and location of pain----

If we want longevity of our knee then not only knee but we have to take care of the whole leg as all the muscles and bones of the lower limb are attached to the knee and it bears whole body weight

Now how can we do this. Friends I have gathered few tips from the experts which I am going to share with you.

Golden rule is weight reduction - Get your ideal BMI calculated and stick to it.

Muscle strengthening exercises—like Step ups, Hamstring (leg muscles) curls, Leg lifts for knees are very good stretches.

Flexible body – One must increase the range of motion that is you should try to straighten your knee. For this one can take help of physiotherapist or do knee straightening exercise.

The Warrior – Beneath the Mask



Dr. Deepti Srivastava

Dedicating a few lines in gratitude to Corona Warriors & my adorable daughter as well, who is working in Critical Care Covid Unit as a doctor in Delhi. My heart really moved every time I heard the worldwide challenges faced by all the health workers of Covid -19. But when it comes to my daughter, the experience became so real to me, as if I was witnessing the sight through her vision & courage.

The least I could do from far, for my little angel during these hardest times ever, was to lend a patience ear in her solitary hours after the long agonizing shifts. Each time I could sense, how much this exchange was needed to rejuvenate her, for taking charge of another challenging day. ***The small efforts of peppering up, appraisal & empathy from home, do matter a lot to the mental wellness of your dear ones, standing tall in this war.***

Not to overlook the anxiousness & hidden fear in the families, for their loved ones, taking the virus head on. ***The countless prayers are the ultimate protection for these Bravehearts! I feel they are the chosen ones to serve mankind !!!***

A mother's emotions took over me too and emerged this poem.....

Raincoats without rains

Goggles without Sun rays

Masks without stormy days

Tough to scream, with screens on the face

Wonder if my five senses, are just the same

Forgotten is my identity, behind this cage

Yet, a must is my attire, whatever it weighs

Wish with this make over, my people I can save, my people I can save !

Often breathless, even with clear X-Rays

Can't help CO₂, but..... inhale

Scars on the face, without any rage

Sanitizers over perfumes, forgotten my age
Feels like an Alien, when I am gazed
Ignore my existence, while treating a positive case
Witnessing all the sufferings, Covid has no age

We are without a family, days & days

Blessed to hold your hand, when you are in pain
Deadly may be the virus, the impact won't remain
Remember my friends, it's not an easy game
Don't be in haste, let our ordeal not go waste

We certainly will win over, this life threatening phase

You will be safe, your Mom has this faith
Let me pat your back, I am amazed
Blessings are on your ways, hold the Fort always
More strength to you my child, a powerful EMBRACE

Still on a wait ! Still on a wait !

Bless them all ! Love them all !

Shower them with your praise

They are Humans, in any case ! Angels for Human Race !

Life will be beautiful

Trust His Grace ! Trust His Grace !

***A heartfelt thank you to all the daring doctors and health workers once
again for holding your breaths to revive our's !!!***

BE A WARRIOR – NOT A WORRIER

*A Proud Mom, Deepti
August 2020*

Alzheimer Diseases

How to Fight ???

Dr. Ila Kishore



Alzheimer's disease is an irreversible progressive brain disease, it is the most common cause of dementia. This disease slowly robs people of the memory and thinking skills. In the later stages it can cause patient to lose interest in the outside world. The disease completely changes a person's life. It affects his self Esteem, Autonomy, interpersonal relationship, Employment, Income Medical care, Residential decision and future plans.

Patients with this require assistance with daily living and eventually long-term supportive care.

Alzheimer's disease is the fourth leading cause of death in Asia Pacific region.

The Fight against this MORBID CONDITION

Self Examination Test

Risk Factors

Lifestyle management

Help in preventing progressive mild cognitive impairment of Alzheimer disease.

Self assessment for Risk of dementia done by self administrative Genocognitive Exam (SAGE). This is an online test that promise to detect early stage of Alzheimer disease. This is designed to done at home and then taken to physician for more evaluation. This helps to evaluate all early signs of cognitive and Brain dysfunction

Memory Loss

Language Problem

Change in personality or mood

Executive

Difficulty in decision making

Using poor judgement

impaired organisation skills

Know your risk factors

Age: 1 in 20 people the age of 65 will develop AD

Gender: women appear to be at high risk than men

Family history : Risk of developing disease at an earlier age is higher if a primary relative is affected.

Autoimmune disease, Depression & Stress

Head trauma and traumatic pain

Down's Syndrome

Your Diet =DIET IS MIND DIET

Green leafy vegetables..... 2 serving a week

Spinach

Broccoli

Salad and other vegetables..... 6 more serving a week

Nuts.... 5 times a week

Antioxidant, lower bad cholesterol, Reduce risk of heart diseases

Beans..... High in fibre protein low in calories fat. Keep your mind sharp
3 times a week

Whole grains.... key component 3 serving a day

Fish..... once a week

Poultry

Olive oil greater protective against cognitive decline

Wine "Raise a toast" keep your mind healthy

Food to avoid

Red Meat, Butter sticks, Pasteries, Fried food & fast food

Cheese..... Not more than once a week

Exercise

It strong evidence for prevention of AD

Mental Stimulating Exercise

Brain training programs , Read , Write, Do cross words, Engage life long learning

Stress Management

Stress effects cognitive function

Stress lead to memory reduce brain size

Weight Management

Cognitive functions improves with loss of weight

THOUGHY FOR ALZHEIMERS ABOVE EVERYTHING ELSE IS TENDER LOVING CARE

Too often we underestimate the power of a touch, a smile, a kind words or the smallest act of caring all of which have the potential to turn a life around.....

You are the **ARTIST** of your **LIFE**

don't give the paint brush to **ANYONE** else

"Farm to Plate"

Make Food Safe to Eat

Food Safety - The Best Security for a Healthy Life!



Dr. Rekha Gupta

It is very necessary to create awareness regarding food safety to avoid food borne diseases. We can't see, smell, or taste harmful bacteria that may cause illness. Handling food is as important as buying and storing them. It becomes my duty as a nutritionist to bring awareness regarding food safety to the common man.

These are some common facts which should be kept in mind while handling food are:

- Purchase refrigerated foods the last and don't buy packets which are leaking or torn.
- Never thaw food on the counter. Harmful bacteria's grow when foods are in the danger zone between 40°F and 140°F. Thaw foods in the refrigerator, cold water or in the microwave.
- Don't taste food to see if it bad because you can't see, smell and taste bacteria with your eye. Furthermore, you are increasing the chances of contracting a disease.
- Don't leave food out of the refrigerator for more than two hours or one hour if it is over 90°F outside. Instead, always refrigerate foods in a timely matter.
- Never eat any raw eggs because they may contain Salmonella or other harmful bacteria. Instead, cook eggs thoroughly, avoid foods that contain raw or undercooked eggs.
- Always marinate raw meat, seafood and poultry in the refrigerator. Otherwise of bacteria growing on meat becomes very high.
- Cooked food is safe only after it's been heated to a high enough internal temperature to kill harmful bacteria.
- Illness-causing bacteria can survive in on your hands. Washing your hands the right way can stop the spread of these bacteria.

- Sponges and kitchen cloths can hold on to harmful foodborne pathogens and cause a serious health risk. Always sanitise your sponges at least every other day and replace them every week.

Five keys to safer food

Food safety is a shared responsibility. It is important to work all along the food production chain – from farmers and manufacturers to vendors and consumers. Five keys to safer food offer practical guidance to vendors and consumers for handling and preparing food:

Key 1: Keep clean

Key 2: Separate raw and cooked food

Key 3: Cook food thoroughly

Key 4: Keep food at safe temperatures

Key 5: Use safe water and raw materials.

It is our responsibility to keep food safe and free from contamination of any kind to have a good health.

जब तक हम एक दूसरे की मदद करते रहेंगे,

तक तक कोई नहीं गिरेगा।

फिर चाहे वो..

व्यापार हो... परिवार हो... या समाज



Unspoken Love



Dr. Nishi Gupta

There was an unspoken love,
abundance of love, pure and serene.

He admired me silently, I admired his endurance,
he wanted to say something always,
but could not convey,
he followed me in all pursuits.

I loved his silence, dedication, patience and modesty
I begin to gather courage to listen to him,
but he constrained due to wariness.

I wished he could be able to break silence one day but that day never arrived.

His perseverance was very exceptional, my tenacity was quite optimum.

Inspite of ferocity of our admiration and vastness of adoration,
my timidity was so enormous that substantially was restrained.

Abundance of longingness and passion got repressed due to meekness.

Enthusiasm got drowned, the budding love was lost
as was the era of lost love those days

The time came to bid farewell, but we could not concile.

How to Get Rid of Osteoarthritis pain

Dr. Anjali Singh



Osteoarthritis is the most common type of arthritis of knee joint. It occurs when wear and tear of cartilage cushion causes bones to rub together leading to friction damage and inflammation. This causes pain, stiffness and swelling the joint.

Though OA has no cure but, treatment can help relieve pain and discomfort and the quality of life.

Relieving Osteoarthritic pain Naturally

There are many ways to relieve arthritic pain naturally -

Reduce Body Weight

As extra weight puts more pressure on joints especially knees, hips and feet. Reducing body weight can also reduce the stress on joints which in turn helps in :

- Improving joint mobility
- Decrease pain
- Prevents future damage to joints

Exercise

Exercise keeps the joints flexible and strengthens the muscles around joints. Low impact exercises includes :

- Walking
- Cycling
- Swimming
- Water activities

Meditation and Yoga

These techniques help in reducing the pain of arthritis by lowering stress and may also help in lowering the inflammation

Hot & Cold therapy

HEAT TREATMENTS include taking a long warm shower or bath, using an electric blanket or moist heating pads to ease the stiffness and discomfort.

COLD TREATMENT includes wrapping a gel ice pack or a bag of frozen vegetables in a towel on painful joints for quick relief.

Accupuncture

It may reduce arthritic pain, while there is not enough evidence to confirm its benefits but the risk of harm is considered low

Follow a healthy diet

A diet that is rich in fresh fruits and vegetables and whole foods can help reduce inflammation by eliminating free radicals from the body with the help of antioxidants.

On the other hand, diet rich in red meat, processed foods, saturated fat and added sugar and salt may aggravate inflammation.

Herbal Supplements

Some of the herbs included in these supplements are :

Boswellia

Bromelain

Devil's Claw

Stinging nettle

Thunder god vine

Medications for Pain Relief

These includes NSAIDs such as ibuprofen

Acetaminophen

Topical preparations that contain NSAIDs

If these medicines are not effective then, tramadol and duloxetine can be recommended.

Surgery

If joint pain becomes severe and other therapies don't help then surgeries are recommended. These includes :

Arthroscopic Surgery

Osteotomy

Total Knee Replacement

DO MORE OF WHAT
MAKES YOU HAPPY

Our role to save ENVIRONMENT

Dr. Seema Singh



ENVIRONMENT Can be defined as the surrounding conditions in which a person, animal, and plant lives, operates. It plays an important role in healthy living and existence of life on earth. We all are dependant on environment for our basic needs like food, water, air and other things so this is our basic duty to conserve our environment

HOW DO WE AFFECT OUR ENVIRONMENT- We affect our physical environment in many ways like- over population, burning of fossil-fuel, pollution, deforestation, industrialisation. Changes like these have triggered climatic changes, soil-erosion, air pollution, undrinkable water, global warming.

WE CAN PROTECT OUR ENVIRONMENT BY FOLLOWING RULE OF 3 "R" - Reduce, Recycle, Reuse.

A REDUCE To minimize the amount of waste we create to conserve natural resources, landfill space, and energy

AT HOME

Watch your water waste

No Leakage from any tap

Use Automatic Tap

Rain water harvesting

collect water & use it to wash vegetable and for your garden

Turn off all equipments when not in use.

Use LED Bulb.

Use Rechargeable batteries

Don't use disposable items.

Use cloth bag instead of plastic bags

Send Electronic greeting Cards and E-mail

Let cloth dry naturally instead of in dryers and in fan

The Garden

1. In garden, use Rain water
2. Watering the Plant early morning or in evening to reduce evaporation.
3. Make your garden lively by Planting tree and shrubs that attract birds.
4. Make a compost pit to form manure from organic kitchen waste.
5. Don't use chemical fertilizers use only organic fertilizers.

While at shopping

1. Buy seasonal Fruits and Vegetables. It will reduce the transport cost and fuel consumption.
1. Bring your own cloth bag.
2. Only Buy what you need.
3. Choose product with less packaging, look for item that you can reuse

At work

1. Always try to buy recycled paper
2. Use both side of paper
3. Use printer that can print on both side
4. Turn off light , computer ,monitor ,printer etc at the end of your work as even in stand by mode they are still using electricity and consuming energy.
5. Use Refillable pens.

ON HOLIDAY

1. Go in peak season to prevent over straining of resources
2. Don't travel by air as they consume large amount of fossil fuel
3. Use public transport, cycle, walk instead of using a car
4. Don't disturb wild life habitats
5. Be carefull what to choose as a souvenir many species like coral, conch, shell, from elephant to alligator are endangered because they are killed for such souvenir.

RECYCLE Process of converting waste material into new useable material and objects in order to prevent emission of many green house gases, water pollutant, and to save energy.

Recyclable material, paper plastic bottles, metals, glass, brick, cotton textile, card board, aluminium cane.

Composting

Natural way of recycling organic waste into new soil which can be use in gardening.

REUSE-

Promote Recyled paper and other things that can be reused.

OTHER MEASURES

1. Plantation.
2. Prevent deforestation and desertification.
3. Family planning to control over population.
4. Proper disposal of industrial waste.

"Let us nurture the nature so that We can have a better future! "

Behaviour

Dr. Savita Tyagi



Behaviour is the way in which one acts or conducts oneself, especially towards others. A study on human behaviour has revealed that 90% of the population can be classified into four basic personality types;

Optimistic-The definition of optimistic is a feeling or attitude of being positive or hope full about the future.

Pessimistic-A person who tends towards a more negative-or some might say realistic-view of life.

Trusting-showing or tending to have a belief in a persons honesty or sincerity. Envious is the most common,with30% compared to 20%each of the other groups ,to picture mentally some future events;

Good behaviour -,orderly and law full action, conduction that is deemed proper for a peaceful and law-binding individual

Bad behaviour- that hurts others or yourself is bad behaviour, it is a prelude to poor self esteem and mood disorder.

Four common function of behaviour

Social Attention- A person may engage in a certain behaviour to gain some form of social attention or a reaction from other people. Example-child may engage in a behaviour to get other people to look at them, laugh, play, etc

Tangibles or activities - Some behaviour occur so the person can obtain a tangible item or gain access to a desired activity |For example, some one might scream and shout until their parents buy them a new toy.

Escape or avoidance - Not all behaviour occur so a person can obtain something;,many behaviour occur because the person wants to get away from something or avoid something altogether.

Sensory stimulation-The function of some behaviours do not rely on anything external to the person and instead are internally pleasing in someway- they are “self-stimulating”,They function only to give the person some form of internal sensation that is pleasing or to remove an internal sensation that is displeasing(pain).

Human behaviour is quite unpredictable .we can not presume one set pattern

It can be :

- Goal oriented
- Motivated behaviour
- Caused behaviour

Each person has a unique combination of characteristics, some of these characteristics are present from birth, other develop over the time. These can be called as inherited and learned characteristics .

Although there are some inherited characteristics, but these are very few, and not significant, Learned characteristics are very important .Individual differences can be because of environment, personal and psychological factors, Locus of control.

People are assumed to be of two types: Internal and External , Internal are people who believe that much of what happens to them is controlled by their destiny, Externals believe that much of what happens to them is controlled by outside forces

So it is clear behaviour of a person is determined by many factors and the same person behaves differently at different time and environment plays a major role.

BE STRONG

WHEN YOU ARE WEAK

BE BRAVE

WHEN YOU ARE SCARED

BE HUMBLE

WHEN YOU ARE VICTORIOUS



Workout Should Include



Dr. Bhavana J. Sheth

Ideal workout plan should include several elements-
Aerobics, Asanas, Strength Training, Flexibility and stretching .
Balancing, Laughter, Deep breathing, Meditation HIIT
Exercise at least 5 days a week, 50 minutes each day.

Balanced workout plan

Aerobics- (4 days, 20 minutes each time)

Two strength training sessions per week, with 10 minutes each time..

Balance exercises, twice a week, for older adults at risk for falls., with 5 minutes each time.

Asanas- 5 days a week, each session of 8 minutes.

Flexibility & stretching- twice a week, each session of 10 minutes.

Laughter- twice a week, each session of 5 minutes

Deep breathing -5 times a week, each session of 7 minutes.

Meditation-twice a week, each session of 10 minutes.

HIIT(High intensity Interval Training) -10 minutes, once a week. (Dancing, Cycling, Running)

POINTS TO CONSIDER-

An ideal weekly workout allows training of each muscle.

Timing should be fixed, mornings preferred.

Workout should be according to body needs.

Should be enjoyable .

If toning of muscles required ,decrease Aerobic and increase strengthening. On the other hand if stamina & endurance required, reverse.

Each session starts with a warm-up and finishes with cool-down.

Asanas must be done in rotation, according to body areas-

a. Chest b. Abdomen c. Back d. upper limb. e. lower limb.

8 Slow lifting- . Lift and lower to a 5-second count in each direction.

Start with minimum weight.

Remain well hydrated.

Healthy Wheat Banana Raab CAKE

Dr. Rekha Singh

Ingredients:

Atta - 2 Cup, Ripe Banana - 3, Refined oil - 1/4 cup

Raab (khad) - 3/4 cup, Thick curd - 1/2 cup

Baking powder - 1.5 tsp, Baking soda - 1/2 tsp

Cinnamon powder - 1 tb, Salt - pinch

Vanilla essence - 1tsp

Walnut, almonds (cut in small pieces) rasin - 1 cup

Mix well banana + raab, then add oil, vanilla essence and curd. Mix it well. Sieve atta, baking powder, baking soda, salt, cinnamon powder two or three times. Then add dry fruits. Mix dry ingredients into wet ingredients very gently. Then transfer the mixer in greased tin.

- Preheat oven for 10 min@180.C
- Bake for 40 min.
- Take it out from oven and let it
- cool for 30 minutes.

You can decorate the cake with icing sugar, dry fruits or whatever you want.



Are we moving away from Culture of Respect and Love?



Dr. Ritu Arora

क्या हम सम्मान और प्रेम के संस्कारों से दूर हो रहे हैं, वर्तमान समय में अगर हम आंकलन करें तो यह परिलक्षित होता है कि हमारी अगली पीढ़ी इससे दूर बिल्कुल नहीं है, लेकिन रिश्तों में प्यार और सम्मान के दायरे की रेखा थोड़ी सी संकुचित हो गई है। हमारी पीढ़ी में त्याग की भावना कूट कूट कर भरी हुई थी। सबको प्यार और सम्मान देने में कष्ट भी होता तो हम अपनों की खुशी के आगे उसे सहर्ष स्वीकार कर लेते। किन्तु अब प्यार और सम्मान अपनी सहूलियत के हिसाब से दिया जाता है। इस समय की पीढ़ी वहीं तक हमको दे पा रही है, जहां तक उनको खुशी मिल रही है या जहां तक वो किसी चीज को करना सही समझ रहे हैं।

बच्चों में अपनों के प्रति प्रेम तो है, होगा भी क्यों नहीं, क्योंकि उनको ये संस्कार देने वाले तो हम ही हैं, लेकिन भावनाओं को समझने की कोशिश उनमें कम हो रही है।

अगर इसका कारण ढूंढा जाए तो पता चलता है कि यहाँ कोई दोषी नहीं है। ना हम संस्कार देने वाले और ना संस्कार लेने वाली हमारी अगली पीढ़ी। दोष है तो वर्तमान समय की हवा का, जिसमें सबको सारी भौतिक सुख सुविधाएं हर कीमत पर चाहिए। इस होड़ में स्त्री पुरुष सब पैसा कमाने की दौड़ में शामिल है। पहले स्त्रियां घर की जिम्मेदारियां संभालती थी और पुरुष बाहर की। सबकुछ Balanced रहता था। इस प्रक्रिया में सबको एक दूसरे की भावना समझने का मौका आराम से मिलता था। लेकिन घर में रहकर अति महत्वपूर्ण भूमिका निभाने वाली स्त्री जाति को नीचा दिखाने और पैरों तले दबाने की प्रवृत्ति ने स्त्रियों को अपना अस्तित्व साबित करने के लिए घर से बाहर निकलने पर मजबूर किया गया। साथ ही साथ आज के दौर में सब कुछ हासिल करने की जरूरत ने भी परिवार के सभी सदस्यों को घर से निकल कर कुछ करने की चाह में शामिल कर लिया। तो जब एक दौड़ में भाग ही रहे हैं तो कहाँ समय है कि थोड़ा रुक कर अपनों की ओर एकाग्रतापूर्वक विशेष समय दिया जाए और भावनाओं को समझा जाए।

समाधान : हमें लगातार प्रयास करना होगा कि हम अपनी पीढ़ी के समक्ष अपने भारतीय संस्कारों के महत्व को समझाते रहे और भौतिक सुख सुविधाओं से बढ़कर मानसिक सुख प्राप्त करने की ओर अग्रसर करने में उनकी मदद करते रहें। निश्चित तौर पर प्यार और सम्मान के संस्कार से दूरियां मिटने लगेंगी।



दिल की बतियाँ

Dr. Manju Singh



“ का से कहूँ दिल की बतियाँ”
एक पहेली ज़िंदगी,
मुझसे सुलझती ही नहीं थी ,
आग थी मुझमें छुपी,पर
वह सुलगती ही नहीं थी,
एक उम्र से भटक रहे मेरे भाव ,
जुबाँ तक आते,आते गुम हो जाते न जाने क्यों .
किस से कहूँ,जो समझ सके मेरा भाव



सुनो
दिमारा पर एक बोझ सा है
उतारना है
हल्का हो लेना है
इधर काम कुछ बढ़ रहा है
ख़ाली समय कुछ घट रहा है
डरती हूँ, ये दिन कहीं और सिकुड़ गए तो
मुझे छोड़ तुम आगे निकल गए तो
ये सफलता रास ना आएगी
ज़हर सी जीवन को डँस जाएगी
सरलता से कहती हूँ
सरलता से सुनो
ऊँचाइयो को मैं छूना चाहती
पंख फैला स्वच्छंद उड़ना चाहती
याद तुम्हें दिलाना चाहती
व्यस्त रहूँ या अस्तव्यस्त रहूँ
जहाँ भी रहूँ
तुम्हारी हूँ
सीने से लगा कर रखना
अपनी मुझे बनाए रखना



बढ़ती उम्र व सत्संग

Dr. Ranju Agarwal



**तात स्वर्ग अपवर्ग सुख धरिय तुला एक अंग।
तूल न ताहि सकल मिलि जो सुख लव सत्संग॥ (रामचरित मानस)**

अर्थात् हे तात! स्वर्ग और मोक्ष के सब सुखों को तराजू के एक पलड़े में रखा जाय, तो भी वे सब मिलकर (दूसरे पलड़े पर रखे हुए) उस सुख के बराबर नहीं हो सकते जो लव (क्षण) मात्र के सत्संग से होता है।

सत्संग का अर्थ है सत्य का संग। सत्य वो है जो सदा रहने वाला है, जो अक्षर है, जो अविनाशी है, जो अजर है, जो अमर है, परमात्मा। वो ही एक मात्र सत्य है। बाकी जगत मिथ्या है क्योंकि वह क्षण नाशवान है, हर क्षण छय की ओर जा रहा है, हर क्षण बदल रहा है। परमपिता परमात्मा का संग, माने अपनी आत्मा का संग, माने मैं जो हूँ उसका संग सत्संग कहलाता है, गीता के अध्याय 4 के 34 वे श्लोक में श्री भगवान ने कहा है कि आत्मा के तत्वज्ञान को हे अर्जुन तू किसी तत्वदर्शी ज्ञानी महापुरुष के पास जाकर, उन्हे दण्डवत प्रणाम करके, उनकी सेवा करके, उनका संग यानि सत्संग करके समझ। सत्संग से विवेक जागृत होता है।

बिन सत्संग विवेक न होइ, राम कृपा बिन सुलभ सोई (रामचरित मानस) विवेक होने पर ही कर्म, अकर्म और विकर्म का पता चलता है और आज का कर्म यानि पुरुषार्थ ही कल का प्रारब्ध है। मेरा जीवन निष्कामी हो जाए और मैं अपने आत्मस्वरूप में रहूँ ऐसा संकल्प सत्य के संग से ही हो सकता है। हम सब जब जन्म लेते हैं तो हमारे चार बड़े उद्देश्य होते हैं।

- अपनी आत्मा की उन्नति (आध्यात्मिक उन्नति) आत्मा की शैशव से लेकर अतीन्द्रिय तक अवस्था होती है।
- जो पाठ सीखने से रह गए, संस्कार बदलने के लिए
- पुराने कर्ज चुकाने के लिए
- प्रेम करने के लिए, प्रेम बांटने के लिए, खुश रहने के लिए।

बिना सत्संग के हमें अपने उद्देश्य का पता भी नहीं चलता। अब अगर उम्र की बात करें तो सत्संग की जरूरत हर उम्र को है। यह ज्ञान बचपन का है पचपन का नहीं क्योंकि बढ़ती उम्र में जब शरीर, इन्द्रियाँ, साधन साथ नहीं देते तो साधना, सत्संग मुश्किल है। लेकिन भगवान तो कहते हैं जब भी तू मेरे सम्मुख होगा मैं तेरे ऊपर कृपा करूँगा।

सम्मुख होइ जीव मोहि जबही, जन्म कोटि अध नासहिं तबही (रामचरित मानस)

सत्संग भी कृपा साध्य है परमात्मा की कृपा से ही मिलता है, हमारा शुद्ध संकल्प होना चाहिए हमें सत्संग मिले।



“अत्यंत जटिल विषय को सरलतम प्रस्तुत करने का एक सूक्ष्म प्रयास”



Dr. Kamini Khurana

इस संसार रूपी कुरुक्षेत्र में “कर्म” युद्ध ही तो है, उसमें विजयी हो अथवा पराजित हो दोनों ही परिस्थितियों में संतुष्टि प्राप्त नहीं होती क्योंकि भगवान् श्री कृष्ण ने गीता में कहा है संसार दुःखालय है।

जब मनुष्य कोई क्रिया इन्द्रियों के वशीभूत होकर करता है और उसमें कर्तापन जोड़ देता है यानि मैं कर्ता हूँ तब ये कर्म फलदायक हो जाते हैं और सांसारिक बंधनों को प्रगाढ़ करते हैं, किन्तु जब कर्म परमात्मा को समर्पित होकर निष्काम भाव से किये जाते हैं, अर्थात् कर्ता परमात्मा को माना जाता है तब परमगति अर्थात् परमात्मा की प्राप्ति होती है।

कर्म है क्या ?

कोई भी मनुष्य किसी भी अवस्था, कुछ न कुछ कर्म करता है

विचारों के माध्यम से जैसे सोचना

शब्दों के माध्यम से जैसे किसी को कुछ कहना

क्रियाओं के माध्यम से जो हम स्वयं करते हैं।

क्रियाओं के माध्यम से जो हमारे निर्देश पर दूसरे करते हैं।

यूँ तो हम कर्मों को श्रेणियों में विभाजित नहीं कर सकते किन्तु समझने के उद्देश्य से हम इसकी व्याख्या इस प्रकार कर सकते हैं—

संचित कर्म – हमारे पूर्व जन्मों का लेखा

प्रारब्ध कर्म – अर्थात् भाग्य जो संचित कर्मों का अंशमात्र है।

क्रियमाण कर्म – जो अभी किया जा रहा है।

कर्म व भाग्य एक ही सिक्के के दो पहलू हैं। इस विषय पर यदि और मंथन करें तो भाग्य हमारा भूतकाल है अर्थात् हमारे जीवन में अच्छा या बुरा घटित होता है, जिन पर हमारा नियंत्रण नहीं वह इन्हीं कर्मों का परिणाम होता है, और यह अज्ञानी मन उसके लिए परमेश्वर को उत्तरदायी मानता है।

भाग्य लोहे के समान होता है, जिस और कर्म का चुम्बक हो उधर आकर्षित हो जाता है—

“कर्म प्रधान विश्व करि राखा, जो जस करयि, सो तस फलु चाखा”

जो जैसा करेगा, वैसा ही भरेगा



जिस प्रकार बैंक के लॉकर की दो चाबियां होती हैं, एक मैनेजर की तथा एक धारक की उसी प्रकार हमारे जीवन की दो कुंजी हैं हमारे कर्म की तथा एक मैनेजर अर्थात् भगवान की वह है भाग्य। हमें कर्म की कुंजी का निरंतर प्रयोग करना चाहिये क्योंकि पता नहीं कब ईश्वर अपनी चाबी घुमा दे और भाग्य रूपी लॉकर खुल जाये।

अकेलापन

— एक कटु सत्य

पुष्पा सेठ



अकेलापन एक कटु सत्य है, जो धीरे धीरे जीवन को अवसाद में बदल देता है यह अवसाद दीमक की तरह चाटकर अंदर ही अंदर खोखला कर देता है, जिसका दुखद परिणाम होता है निराशा। निराशा का विकराल रूप है जीवन का अंत। वर्तमान समय में जो महामारी रोग का संक्रमण काल चल रहा है वही अकेलापन का अहसास भी बढ़ा रहा है। यह अकेलापन वृद्धो (बुजुर्गों) में ही नहीं बल्कि युवाओं में भी देखने को मिलता है। परिवार और समाज में रहते हुए भी इसका एहसास हो सकता है। कही धन का अभाव तो कहीं विचारों का आपस में न मिलना, कभी समाजिक अवहेलना तो कभी जीवनसाथी का अचानक छोड़ कर चले जाना—कारण कुछ भी हो — परिणाम वही अकेलापन, अवसाद और दुखद अंत।

इसका समाधान क्या है? मेरे विचार से इस अकेलेपन को एकांत या एकाकीपन में बदल दें। एकाकीपन में अपना आत्मविश्लेषण करके कमियों को दूर किया जा सकता है। इसमें थोड़ा अंतर्मुखी होना होगा। अच्छे विचार, सुखद घटनायें एवं अनुभव, प्राकृतिक सुन्दर दृश्यों का स्मरण मन में ही करके आनंदित होना होगा। आपका अपना शौक जैसे—बागबानी, पेंटिंग, नृत्य, गाना सुनना या स्वयं गाकर आनंद प्राप्त करना, पुस्तकें पढ़ना इत्यादि से भी अकेलेपन को समाप्त किया जा सकता है। इससे अच्छा एक और सुझाव है कि संभव हो तो अपने परिजनों एवं मित्रों से मिलकर अपने को हल्का महसूस करना। यकीन करिये यह सब करने से अकेलापन कब छूमंतर हो जायेगा पता ही नहीं चलेगा।

आत्मविश्लेषण को लेकर कुछ याद आ रहा है जब किसी समस्या से धिरे हों या बहुत दुखी हों— तो यह कहते अक्सर सुना होगा — थोड़ी देर के लिए मुझे अकेला छोड़ दो या मुझे एकांत चाहिए। इसका अर्थ है आत्म चिंतन करना है। उन अकेले क्षणों में सोचने समझने कि शक्ति बढ़ जाती है और समस्या का समाधान भी मिल जाता है और शांति भी।

“सबसे बड़ा रोग, क्या कहेंगे लोग”

इसकी परवाह न करके सच्चे मन से जो अच्छा लगे करें। आनंद स्वयं ढूँढे। आत्मचिंतन करते हुए एकाकीपन को अपनायें, तो आप देखेंगे कि अकेलापन एक कटु सत्य न होकर वरदान सिद्ध होगा। जीवन में नयी ऊर्जा तथा आत्मविश्वास देगा। अतः अकेलापन सदैव कटु हो ऐसा नहीं है, अपितु आनंददायी मीठा होगा। अपने इन्हीं विचारों के साथ मैं अपनी लेखनी को विश्राम देती हूँ। जाते—जाते एक बात और— अकेलेपन को अपना सच्चा साथी मानते हुए गर्व से कहें

“अकेले हैं, तो क्या गम है ?”

जी लो यारो....



डॉ. आरती गुप्ता

कुछ कह लो, कुछ सुन लो यारो
कुछ जी लो, कुछ गा लो यारो
जीवन के इस मेले मे
अपने लिये वक्त निकालो यारो

शाम ढली है, हवा चली है
अरमानों की साँझ खड़ी है
खोलो बाँहे अंग लगा लो
कुछ कह लो, कुछ सुन लो यारो

नई सुबह की, नन्हीं कोपल
नवसृजित, नवकल्पित पल में
नित नूतन, नन्हें सपनों को
अपने गले लगा लो यारो
कुछ कह लो, कुछ सुन लो यारो

सूरज की पहली किरणों संग
चाय का एक प्याला लेकर
अपनों से बतिया लो यारो
दिल के दर्द निकालो यारो
कुछ कह लो, कुछ सुन लो यारो

अरमानों की लाशों पर
मिट्टी मत डालो यारो
नवनिर्मित, नवसंकल्पित मन से
सपनों का महल बचा लो यारो
कुछ कह लो, कुछ सुन लो यारो ॥

अनुभव के मोती

Pearls of Wisdom

Dr. Atul Munshi

Learning with my experience

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Rain drops & operation theatre

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Personal Perspective & Insight

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अनुभव के मोती

Pearls of wisdom



Dr. Atul Munshi

In more than 40 years of my professional career I have learnt few important lessons. I think I can put this as my “Pearls of Wisdom” and hope that it will be useful for my younger colleagues.

- Learn whatever is possible from wherever it is available.
- There is no substitute to knowledge.
- Practice operative skills till you are fully satisfied.
- Give due respect to everyone, especially your teachers, your seniors and your colleagues.
- Treat your all patients alike, irrespective to their social status.
- Be sympathetic and kind to all the patients as they have come to you with full faith and lots of hope.
- Sincere hard work will automatically bring enough remuneration.
- Never criticize your colleagues.
- Always be grateful to all who have done small or big favour.
- As a doctor we all know that we get ups and down during our practice. At times even morbidity and mortality, in such condition always remember golden words of our seniors–
“You may get credit for work, you may not have done, same way you may get discredit for things you may or may not have done – accept both – pause, introspect, and move on”.
This gives us courage in our difficult times.
- Keep simple living and high moral standards in all our deeds.
- Above all remember there is no short cut to success, be patience and continue your ethical practice.
- Life is too short for unnecessary grievances – try to be happy and enjoy every moment !

LEARNING WITH MY EXPERIENCES

Dr. Sandhya Agarwal



I have been a teacher for thirty years, and also warden doctors hostel for ten years in the beginning of my carrier. I looked after two hundred girls per day apart from my two daughters. As there was not much age difference with the girls, they used to discuss with me all their problems.

The commonest problem was to adjust with in laws with the heavy work load, irregular long duty hours and pressure of studies.

My message remained always to adjust, forget your egoes, become best friend of your husband and it always worked with happy ending.

This struggle continues throughout in life of working women.

WHAT IS SUCCESS for a DOCTOR -- ALWAYS DECIDE THE AIM -- Is it a big crowd of patients with totally unplanned life, lot of money and no entertainment. Or a well planned routine, consultation with relaxed brain and pleasure.

TYPE OF ACHIEVEMENTS -- Overbusy, lot of money, no time for hobbies, high reputation, no quality time with family, dissatisfied life partner and children though they enjoy your money and reputation.

SELF SATISFACTION is very important to decide the cost of success.

BASIC REQUIREMENT FOR SUCCESS IN PRACTICE

- Knowledge and adequate skill
- Positive Climate of the clinic—Reception should be informative
Cheerful Waiting with music, T.V. Flip Chart, magazines, simple informative books on medical topics.
Inside the chamber only one patient and a relation. It has now become very important with CORONA Pandemic.
- Assistance by Modern Aids like Colposcope, US Graphy.
- Behaviour - A Confident doctor cleanly dressed with soft polite behavior relieves half of the agony of patient, listen before you speak, explain every query, explain the prognosis politely, write it on prescription in a descent language and also share the responsibility by second opinion in serious cases.
- Non verbal communications like eye to eye contact, facial expression are important but distracting gestures should be avoided.

- **REMAIN SOFT BUT VERY FIRM.**
- **NEVER SHOW PERSONAL STRESS TO PATIENT**
- **UPGRADING OF KNOWLEDGE IS VERY IMP.** – Every patient is studying Google, and daily new innovations so knowledge should be always upgraded by refresher courses, group discussions, seminars, latest books, journals and internet.

At the last I **WILL SUGGEST ---DISCIPLINE, PUNCTUALITY, TRANSPARENCY, MEDICAL ETHICS** and most important **HONESTY TOWARDS PATIENTS AND TO DOCTOR COLLEGUES.**

How to run Virtual club 35+

- How to run Virtual club 35+
- Create a group of club 35+ on whatsapp.
- Add some of your active members of IMS to it.
- Now create a link of group.
- Acknowledge the people what are your objectives to run this group.
- Like.
- This is a platform for health awareness to remove your myths and to give your health related information by DOCTORS only.
- What, when, how and to whom should you proceed for your health related problems.
- Now forward link to different non medicos groups to be member of this group. These may be your friends, family members, patients, medical representatives wife etc.
- They will join by link to be members of this group.
- Now you make them busy by forwarding health related informations like small videos, voice messages and health related small articles.
- Please do it as this is the only way o fill the gap between doctors and society.

Raindrops & Operation Theatre....



Dr. Ranu Patni

It was a slightly humid afternoon on the 16th day of the first phase of lockdown during the coronavirus pandemic crisis. I was standing in the operation theatre near the fixed glass windowpane overlooking the lush green entrance garden of the hospital. Although the weather outside was cool, sweat was continuously trickling down my back. I was geared up in full 'personal protective equipment' to do an emergency surgery!

Due to some last minute preoperative formalities remaining, it would be another half an hour before the patient would be wheeled in the theatre, my chief OT assistant told me. To hide my irritation, I abruptly again turned towards the glass pane! At that very moment, it started drizzling outside. The raindrops falling on the windowpane amazingly synchronized their movement on the window pane and then tuned into a kaleidoscope of colours....

It was a similar afternoon about 25 years back! I was a teenager then, a simple, bubbly, short tempered but well mannered girl who had dreams in her eyes and determination in her step. That day the result of my pre medical test (PMT) was about to be declared. I was not too worried about the result because I had a list of plans for my life but my parents were! At 3 pm the result was disclosed and I got selected in PMT. I will never forget the twinkle and pride in my parents' eyes on knowing that I had cleared PMT! That day, the future doctor in me decided to make my parents proud by excelling in the medical field.

Medical profession those days was the most sought after profession. The society held doctors in high esteem and they in turn lived up to their reputation. Learning came before earning and duty before family. Life for me went into a fast forward mode from there on. After MBBS and MD I did senior residency and speciality trainings. In the meantime marriage, children and social obligations continued. Finally, I was appointed as a consultant in a reputed corporate hospital. Fifteen long years passed like whirlwind.

During those years, a subtle change had started creeping in the society and the medical profession. Corporate culture was gradually seeping in with the medical professionals in corporate hospitals becoming answerable to management consultants. Diagnostics, procedural/surgical techniques and ancillary services were improving fast. Clinical sense was somehow becoming less dependable. Money and politics entered medical profession too. Negligence cases started rising and random instances of physical attacks on doctors began happening.

I became a successful superspeciality surgeon. One day, a young couple came to my OPD. The lady, in her mid thirties was suffering from advanced malignancy of the ovary which had spread to her lungs as well. She had cachexia, breathlessness and massive ascitis. Her history showed that she had been diagnosed with an Ovarian malignancy about ten months back and had been advised surgery and chemotherapy but she did not comply. Her present condition made her land in my OPD with the local doctor's referral letter. On confirming her diagnosis as stage IV adenocarcinoma of ovary, I advised her admission and thoroughly explained the seriousness of her condition and the expected grave outcome. Her husband was not ready to accept that his wife might not survive long. He

expected me to do some magic and cure her. After repeated counseling and a written consent, he got the patient admitted. After two days of intensive care, the patient succumbed to her disease.

As I was breaking the news to the husband, he suddenly pounced and hit me hard on my head with the paperweight lying on the table! Just before passing out, I pressed the call bell on my table. The last sounds I heard were the scream of the ward lady and an accusation mouthed by the patient's husband that I had killed his wife! When I opened my eyes, I found myself in a private neurosurgery room with my family standing beside my bed. I was feeling a little dizzy. I was told that I had suffered a concussion and was now 'physically out of danger'.

The shock of that sudden attack remained fresh in my mind for long. I often had the feeling that someone was lurking around the corner and would attack me anytime! I decided to take a break from medical practice and research myself. It was an extremely tough decision. I felt as if I was giving up my entire life's earnings. But I knew I had to do it!

Life slowed down quite a bit after that. I spent more quality time with my children, pursued my hobbies and caught up with childhood friends. I missed the intellectual pursuits of my profession and the thrill of surgery but was happy in my own space. It had been almost six months since I had given up practice. Then came the Corona Virus pandemic and the subsequent lockdown. Every day thousands of people were dying all over the world. The worth of medical practitioners and health care workers had suddenly gone up and they were being openly applauded. I felt proud that I belonged to the medical fraternity.

One morning around 9 am, I received a call from my old hospital requesting me to come and see a patient in the emergency. They said, their regular surgeon was stuck up somewhere out of the city and the doctor on duty was too junior to handle the situation. They also said that the patient had mild symptoms of suspected Covid-19 infection and samples had been sent for testing. My first instinct was to refuse and say that I had left surgical practice. Then my conscience got the better of me and I said yes.

On my way to the hospital, fear suddenly struck me again. The horrifying experience of the patient's attendant attacking me came alive in my mind and I stopped the car in a side lane. My breathing had become labored and mind dizzy. Then, I remembered the twinkle in the eyes of my parents and my determination to make them proud. This was my chance to do that, I told myself. I knew I was taking a big risk operating on a suspected Corona positive patient but my mind had cleared up now. I switched on the ignition and swerved the car on the main road. The sound of the stretcher being wheeled into the OT jerked me back to the present. The patient was sedated but I had met her earlier in the pre operative area. She had been diagnosed with post surgical acute intestinal obstruction. The precautions for Covid and the preparation for surgery were already in place. The surgery lasted for about two hours and was successful.

Before leaving the OT, I looked out of the window pane. The rain had stopped but a few raindrops were still sliding down the glass. The weather had cleared and the kaleidoscope on the windowpane had shifted to the sky in the form of a rainbow! I could not meet my patient the next day because she turned out to be Covid positive and was shifted to the Corona ward but I got to know that she was fine. Whole OT team involved in her surgery was also quarantined for the specified period.

In my quarantine room, alone, I was sitting on the bed and thinking about the events of last six months. Now, my mind was at rest. I laid my head against the backrest of the bed and felt two happy tears trickle out of the corners of my eyes. They felt the same as the raindrops dancing on the window pane of my operation theatre.....

"Honesty and Humanity still Exist"



Dr. Ujjwala Kedare

Yes! I mean it. I got this experience when a couple of days ago I was in Mumbai, for my treatment at Juhu. My daughter was accompanying me, who stays in Mumbai. She decided that after the treatment session will be over we will do some shopping at Linking Road at Mumbai to buy small things road side which she enjoys and lovingly call as "Chutra Shopping", .

So after my treatment session finished at around 1.30 pm we went to linking road. I had all my medical reports of last 20 years with me in two long heavy carry bags, containing X-rays, two MRI reports with its two films etc. We hired an autoriksha to reach the linking road from Juhu. After sitting in autoriksha my daughter kept all my reports (which were kept in two carry bags) to the back empty space of autoriksha, behind the seat, where we usually keep big suitcases. As usual we fondly started talking to each other. As soon as we reached to linking road my daughter became very happy seeing different shops, too many cloths, lots of women rushing to the shops, we got down happily from autoriksha and rushed to shopping area. After around half an hour we remembered that Alas!! we forgot to take the medical reports from back seat of autoriksha. This was definitely a foolish mistake, happened due to over excitement of shopping. Now what to do?? We were thinking. My daughter was feeling very bad, started cursing herself –"This all happened because of me saying "Now what to do mamma?". "How to get your medical reports back?" She became very sad and suddenly stopped shopping saying –"Now I am not going to buy anything "Ab mera shopping ka man nahi kar raha".

I was also feeling bad but as per my nature I kept myself cool and said-"forget dear "jo hona tha wo ho gaya". Now it is difficult to get the reports back in such a huge city. The rikshawala must have travelled a long distance and don't know when will he notice the carry bags. But without listening to my saying she stopped shopping and took me to the point where autoriksha had dropped us, in a hope that he might be still there. But he was not there.

Suddenly I saw a police man managing the traffic. I introduced myself to him & narrated the whole story. He was a very nice policeman, listened to me carefully and advised to go and report it to Khar police station, at 15 minutes distance & even immediately stopped another autoriksha and ordered him to take us to Khar police station for reporting. That time I realised that people unnecessarily blame & pass bad comments for Mumbai police, in fact they are very cooperative.

Now my daughter said “all my mood of shopping has spoiled now”.But I said to her “forget dear, this beautiful day 'where you & me enjoying a day out' is not going to come again. So let's go to the same place and do the rest of the shopping.”

We reached to the same place and got engaged in shopping. Suddenly my phone rang and an unknown number appeared, thinking it may be from the person who got my medical report,I answered the call and yes!! It was from a an unknown lady who saw my reports at same autoriksha. She informed me that “autorikshawala bhैया” was so keen to return my reports that he forced the lady to search my phone number from my reports and call me. She searched in Goggle also and called me. My daughter's face lit up with a spark of happiness which I could see. It was good that we were at the same place where the rikshwala had dropped us first time, he could trace us easily, he came and returned us the medical reports.

I felt very good and realised that humanity and honesty still exist. All people are not bad as we usually imagine.

After some time that unknown lady called me and confirmed whether I got all my reports or not. She informed me that “autowala bhैया” was so good that he was saying –“he will keep roaming in Mumbai until he would return my papers”. He was even ready to come to my home (at Nagpur) to return my papers.

That was a wonderful day when I met three nice people -that unknown lady who took pain to searched my phone number & called me, that autowala bhैया, had been so keen to return my papers and the police man of linking road, Mumbai. All forced me to believe that humanity and honesty still exist.

Dont Stop until you
Get yours

DREAMS

"Be a Learner"

Dr. Anju Soni



Life brings to us many joyful moments, as also pitfalls and it is this spontaneity to act and react, that makes this journey evolutionary and wonderful. Thus, there can not be a manual, or do's & don'ts but there can be path ways to give us motivation and inspiration, like a guiding star in the Sky.

My very own lesson in life has been "Success is not Final, Failure is not fatal: it is the courage to continue and tide over all adversities is what counts.

There is sayings that if you want to make God laugh, tell him about your plans. While it is good to have a blue print for your future, your day to day learning's and experience sharing is important conduit to gain WISDOM.

Acquisition of Wisdom is not a passive exercise and I would like to emphasise the importance of learning's for excellence, through consistency and regular up-gradation of knowledge base.

To grow professionally, there is a need to have continued learning. A curious and enquiring mind surpasses all barriers and one is never too old to venture in the hitherto untravelled path.

To summarize, my aim in life is firstly to remain a student lifelong. Secondly, whatever you do, it must be done with passion and joy. Thirdly, help is other's lives. For greatness lies not in being seated on a pedestal but by building up foundations for the young generation to achieve higher level of knowledge and enrichment.



COMMUNICATION IS A HEALER

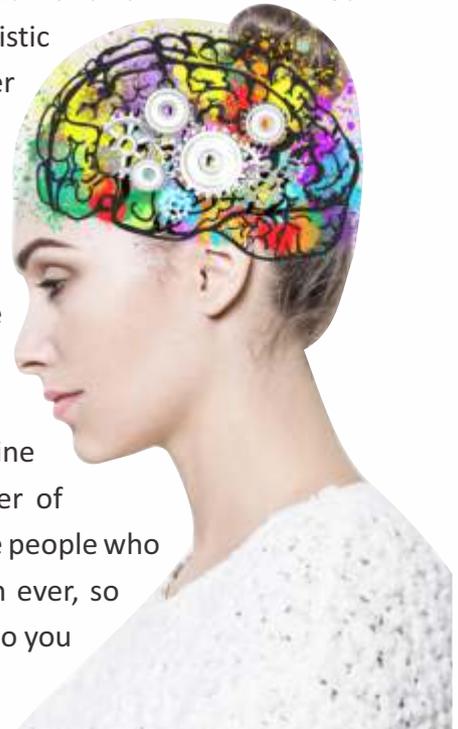


Dr. Madhu Maheswari

The Corona Pandemic has taken a toll on each and everyone in this whole world. Where everyone is so engrossed in its physical implications, I want to bring in light a different perspective. What would you do if one day you were told that you have a life-threatening disease and would have to stay all alone till you recover? Sounds horrific, right?

My personal experience is as recent as on 22nd July to 8th of August when my mother aged 76yrs (throughout the lockdown period never left home) was tested COVID positive.

She was then admitted to Seven hills hospital Mumbai for further treatment and father tested negative was isolated at Kandivali residence. She not only beat COVID but emerged more optimistic than before. But was it just the treatment that kept her positive all the time? No. What didn't let her moral down was the ability to Communicate? Even when things didn't look up and negative vibes were on the rise, she was able to communicate with her near & dear ones throughout and this led to her spirits remaining high. Compassionate communication is a great healer. It is vital to our emotional well being and to our very existence. 50% of physical diseases are mainly caused by the mind. You can thus imagine what we can be capable of if only we attain the power of controlling our minds and let our thoughts flow among the people who love and care for us. We need empathy now more than ever, so don't shy away from talking to others. You never know who you might be unknowingly healing with your kind words.



You can't buy Love BUT YOU CAN RESCUE IT

Dr. Trisha Naik

Almost ten years ago, we had this beautiful addition to our family and they were no other than our beloved pets Johnny and Razor. These timid fur balls identified as homeless, abandoned and left out on the streets of our locality, were found by my father while he was out for his morning walk that winter .

The next moment I remember was that these twins were home. Being a dog lover and having some knowledge about the various breeds of dog, my brother and I were keen on having Labrador, Dalmatian, Alsatian or any other breed but not a roadasian.

Despite of the confrontations we had initially, these fur balls stepped into our house and slowly into our hearts. With time I realized that there are no perfect dogs, breeds or stray, for there are only dogs and only our love, care and time makes them perfect.

Razor our golden coated furry friend, the apple of our eye grew up to be one of the most sober dogs ever, a thorough gentleman one can say. Frankly, much more obedient than us "human kids". Johnny on the other hand, our black coated furry friend turned out to be the typical watchdog having potentials to by himself.

My brother and I famous "Tom and our fight potentials personalities. Hence on the same page, balls home, who shared the similar sibling's bond.



and a crazy fellow, open the door latch all

were entitled as the Jerry" of the house for and contrasting never settling down until we had our fur

While Johnny was active, health conscious, lean, muscular and possessed healthy food habits. Razor was equally opposite in terms of being lazy, obese and possessed habits of binge eating. Not to forget these two too fought like crazy over our mother's love, so our parents dealt with two set of siblings with similar problems to tackle with.

Despite these differences, together, they made an unbeatable team. No matter how much they fought, they always ate all meals together in the very same bowl. At the end of the day they would always lick and clean each other's eyes and ears respectively.

They could neither even stand to see either of them suffer in pain whether due to vaccination or any illness.

Ten years flew in a glimpse and our babies turned old. While Razor succumbed to death due to cardiac arrest recently, Johnny lives with us sharing the grief, love and beautiful memories of Razor. In the end I would say - These roadside fur balls changed our lives and ideas about pets in many ways. Whether you get a breed or stray dog doesn't matter at all, for a dog's heart is always full of love to give. You give him your heart and he'll give you his. When my dogs were fed well, they matched the Labrador breed in many ways, so much so that the trainer we hired for them failed to identify them as roadasians.

If breed dogs reflect your financial status in the town, RESCUED one roadside orphan reflects the status of heart. So never be ashamed of your dog, for **“there are no bad dogs, there are only bad masters”**.

गुलज़ार साहब ने कितनी खूबसूरती से बयां किया कि जिंदगी क्या है।

कभी तानों में कटेगी,
कभी तारीफों में
ये जिंदगी है यारों,
पल पल घटेगी !!
-पाने को कुछ नहीं,
ले जाने को कुछ नहीं
फिर भी क्यों चिंता करते हो,
इससे सिर्फ खूबसूरती घटेगी,
ये जिंदगी है यारों पल
पल घटेगी!
बार बार रफू करता रहता हूँ,..
जिन्दगी की जेब !!
कम्बखत फिर भी,
निकल जाते हैं...,
खुशियों के कुछ लम्हे !!

A Family Thanksgiving....



Dr. Preeti Niranjana

The year was 1999. My medical practice was at its peak and I was quite satisfied with the way it was progressing in every aspect. I was able to concentrate on running my own nursing home and was not hassled by the demands of work in a multispecialty set up. It was a bright, usual morning when a staff member told me that a 'family' wished to meet and speak to me for some time after the OPD ended. I was puzzled and hesitant. Could it be some representative from the social sector making unreasonable demands, I wondered! The Consumer Protection Act had just been ratified and these were tough times for medical practitioners. My heartbeat began to pace up as I had to wait for two-three hours for the OPD to conclude before I could find who was eager to meet up. Had something gone wrong? Towards the end of a marathon work schedule, I braced myself up for an aggressive brawl. I was prepared for the worst! But I was taken aback with surprise when I finally met the family, who entered my room with folded hands, wanting to express their gratitude. A picture-perfect family it was. Smiling parents with their adolescent children. They had come to thank me for giving back to them; their "loving caring mother". I was overwhelmed. I asked them what role I had played, and they took me down the memory lane. As they showed the lady's clinical file to me, I saw my own hand-written notes on it. I recollected her repeated visits with complaints about sweating, irritation and constant bouts of arguments with her children for no reason whatsoever. I treated her with newly introduced Isoflavanes , & hormones and gave a patience listening to what she was going through. "*Aapne hamari purani maa wapas de di*" ... Twenty years on, the image still rings a bell in my mind. This incident motivated me to explore more about pre menopausal changes due to low hormones in their body affecting each system. At same time children are going through turbalance of excess hormones in their body .As a doctor, I became more attentive to the phenomenon of mid-life crisis and the changing dynamics of family needs. This token of gratitude has stayed with me for long and has sustained me in my difficult times.

Now I am practicing as menopause consultant after clearing exam. It is my special interest of practice as gives me immense satisfaction.

Life is BEAUTIFUL

Dr. Anita Muktaawat



Everyday the sun rises with new energy which is the source of life on our planet. Everyday I get up and see the beautiful sunrise with reddish hue & birds chirping. After workout I am full of positivity and ready to win world.

It gives me complete satisfaction to see my body and clothes full of sweat. Then I collect beautiful flowers which are the best gift of nature early in the morning. My day time goes in my noble profession to serve the society. I am fortunate enough to be in such a profession where I can help others just by doing my work.

Sunset is the time to appreciate the goodness of whole day spent and to plan a better tomorrow with new energy and hope.



Personal Perspective & Insight



Dr. Sunila Khandelwal

Providing a personal perspective and insight into the people who represent the leadership of the Society.

Professor Sunila Khandelwal is the Director of Midlife Women Health Care & Menopause Centre, working as Senior Consultant in the Department of Obstetrics & Gynaecology, Fortis Escorts Hospital, Jaipur, India. She is an Executive member of the Board of Trustees of the International Menopause Society, also was the past President IMS.

I've been reading

Literature on 'Art of Living', the spiritual and scientific benefit of yoga. I love reading the books of famous authors like Dale Carnegie, Shobha De and Robin Sharma to satisfy my interest, other than updating myself through scientific academic journals.

I've been researching

On psychosomatic health and lifestyle recommendations to reduce non-communicable diseases to improve the quality of life specifically in the Indian scenario. My recent interest is to have a new insight into female sexuality, management of menopause with endometriosis – a challenging situation but poorly researched. Further studies are required in the area of reproductive factors affecting the longevity and how to empower women with early age of menopause in my own country.

My team

I am privileged to be a leader in my journey with a strong dedicated team, especially the members of the young enthusiastic group who have the same passion as me to work for the health care of mature women, both in the government and private sectors and also the non-profit organizations who contribute to the social cause at all levels.

An anecdote

The documentary film that I prepared during my Presidential year in the Indian Menopause Society gave me a great sense of satisfaction as this has acted as a wonderful vehicle for changing the lives of women. The up-to-date and accessible medical information together with other lifestyle measures provided a unique, common sense guide for this 'rite of passage'. Also, I am thankful to the International Menopause Society for providing the annual theme-based public education leaflets for World Menopause Month, which I have enjoyed translating into Hindi; globally non-resident Indians are benefitting through the IMS website!

I'm worried about

The early age of menopause (premature ovarian failure/induced menopause) in the Indian population, and specifically the rising number of cases of early surgical menopause, ignorance, and the non-availability of expertise, especially in rural India.

I've been thinking

About improving the dedicated multi-specialty health-care model with respect to the health care of mature women. Non-government organizations and role models should take the lead in spreading public awareness.

In my spare time

I love to socialise and enjoy my hobbies of gardening and designing my own clothes. However, I always try new healthy recipes and doing group exercises.

A thorn in my side

My country has given a wonderful health practice to this world – 'yoga' – to keep fit 'the body, mind and soul'. Unfortunately, although yoga is becoming popular across the world but, in India, people are still not practising yoga regularly.

What challenges me

Keeping the balance between my academic hunger and my other responsibilities!

Success mantras that I follow

- No short cuts for success, Hardship often prepares an ordinary person for an extraordinary destiny.
- Culminate knowledge, skills and passion to serve poor and aging population.
- Core desire, perseverance, proper action with sincerity & dedication are the tools for success.

Wow factor-Passion for Mature women health care, Hard work with honesty but Modest!

NEVER CRY FOR THAT PERSON

WHO DOESN'T KNOWS THE VALUE OF YOUR TEARS

Our next issue will be on

CANCER

PREVENTION

articles are invited....



EARLY
DETECTION
SAVES LIVES