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GOA E-JOURNAL DIWALI EDITION

(Non-academic Special) November 2024

Year 2024 - 2025

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FROM THE DESK OF GOA-PRESIDENT



DR. VIJAY R. SATA

It is really fantastic feel that this year GOA is in a position to publish special Diwali edition for all the members to bring about the hidden talent of so many of us!

The idea got nurtured by guest editor Dr. Mehul Shah and he has brought in so many shades of celebration that is life! It is truly said that an Orthopaedic Surgeon is like ripe, tender coconut. So much tough from outside but very sweet and gentle from inside! So many talents are known for the first time and as it has been rightly mentioned, so many of them are really so wonderful that they are going to give tough challenge to the professionals of the field!

We are seeing through the eyes of author what it takes to enjoy and celebrate life, very intricate and small incidences, how they may be life changing? Also to be experienced is how small small things in life may make us happy, and "happiness is always inexpensive"!

It has been an endeavor throughout the year to connect as many Orthopaedic Surgeons as possible with GOA activities and I am very happy that this special issue has further strengthened the bonds! Along with academics such other than core academics are also a part of this year's EC's dream to join all with GOA. Please keep on taking advantage of the same. Games are on the way, be in touch with your zonal representative for the same.

Much awaited GOA Fellowship has also been announced and the last date to apply for the same is 5th November. Details have been repeatedly posted in various city clubs WhatsApp groups, still if you need any help do contact your zonal representative for the same and join this journey of excellence!

There is one more reason to celebrate and it is absolutely befitting that such an extraordinary issue is getting published by GOA! Our Past President Dr. Navin Thakkar has been elected as Vice President, IOA and is officiating as President of IOA. Diwali has really come bit early to Gujarat! All those members who meticulously verified their membership and voted are really to be congratulated for this achievement! We are looking forward to so many great news coming to IOA as a whole and Gujarat, in particular under Dr. Navinbhai's able leadership!

Life is celebration! Let us keep on spreading happiness all around us! Do enjoy this great compilation made possible by the efforts of Dr. Mehul Shah, Dr. Ketan Shah & Dr. Preen Kantesaria along with constant help from Secretary, Dr. Ketan Thakkar. Enjoy delving into festivities, remain cheerful!

HAPPY DIWALI, AND HAPPY NEW YEAR!

Dr. Vijay R. Sata

President

Gujarat Orthopaedic Association



DR. KETAN THAKKAR

Diwali is a celebration of life. It is a fiesta of lights and colours . It is a fest of fun, food and frolic. It is a commemoration of home-coming. It is inarguably the biggest and most awaited festival of India.

નવું વર્ષ, નવો હર્ષ- નવી ધાર, નવાં નિર્ધાર. આમ તો New Year resolutions અને 'આદત સે મજબૂર' તેને અમલમાં ન મૂકવા એ ખ્રિસ્તી નવા વર્ષની પરંપરા છે. છતાં પણ આ વિક્રમ સંવત માં નવો ચીલો ચિતરવાની ચેષ્ટા કરીએ

Just as we decorate our homes with shimmering and scintillating sparkles ✨, adorn our abodes with the rainbow spectrum of Rangoli and grace our guests with delicious sweet and savoury delicatessens, we also need to enrich and endow our hearts and souls with relaxation and rejoicing. We can take this annual blessing to bestow us with the benevolence of ' Me-time' and do what we wish to do, try to blossom our flair and finesse beyond orthopaedics.

Orthopaedic surgeons are resourceful prodigies with hidden literary skills and arty talents. We are a group of versatile virtuosos. Diwali is the right time to illuminate such luminescence. This special Diwali bonus edition of Gujarat Orthopaedic Association is an ode to the incognito cogs ⚙️ of the wheel which drive, strive and thrive our organisation.

We present to you a myriad bouquet of arts and articles on various non academic subjects. These are mixed Bhajiyas of rituality and spirituality, philosophy and psychology, life lessons, experiences and expertise, aptitude and attitude, canvas and crafts, ballads and sonnets, humour and thankfully no rumours and frivolous WhatsApp forwards!

We hope you will all enjoy and appreciate the marvels of our colleagues and please do send your feedbacks. It's holiday time, family time, mauja hi mauja time.

એક બીજા ને ગમતાં રહીયે, મળતાં રહીયે, લાગણીઓ નો લ્હાવો લેતાં રહીયે, સફરનો સંગાથ માણતાં રહીયે અને જે સમાજમાં આપણને અદકેરું સ્થાન મળ્યું તેને યથાશક્તિ નવા વર્ષની return gift આપીને ઋણ ચુકવવાનો સંયોગ કેળવીયે.

Wish you all a very happy Diwali and a prosperous Gujarati New Year.

નવી ઉડાન, નવું ઉત્થાન
નવાં સપનાં, નવાં સોપાન
નવું રૂપ, નવું સુખ
નવી દ્રષ્ટિ, નવી સૃષ્ટિ

લ્હાલ મુબારક, સાલ મુબારક!

Dr. Ketan Thakkar

Secretary GOA 2024-25

FROM THE DESK OF GUEST EDITOR



DR. MEHUL SHAH

"Beyond the Knife: Into the World of Pens, Brushes, and More..."

" Firstly, I would like to congratulate the GOA-EC team for their innovative idea of a Diwali special non-academic issue of the E-Bulletin—and then actually bringing it to life. Kudos!!! As far as I know, this is the first such issue, and I am the guest editor; bingo!!

Editing this unique issue has been a joyful experience for me, especially as an avid reader and occasional writer myself. While reviewing the submissions, I realised that many of us are "forced orthopaedic surgeons," given their extraordinary talents in other fields. Their work rivals that of professionals, and I must admit, I envy a few of them! This edition reveals the softer side of "rough and tough" orthos.

All the articles in this edition are unique and enjoyable, showcasing the myriad of talent within us. This collection is like a rainbow—vibrant and diverse, with something to captivate every reader. From soulful paintings to intricate rangolis and precise hoopart, from the spiritual Narmada Parikrama to timeless lessons from Kurukshetra, and from sharp satire to insightful spirituality, geopolitics, and an inspiring patient encounter—this issue offers everything. I am confident that any and every reader will find these articles worth their time.

To be honest, the extraordinary quality of the contributions left me with little to edit(actually nothing) and it was more of compiling than editing.

I would like to express my sincere gratitude to Dr. Vijay Sata sir, President and Dr. Ketan Thakkar sir, Secretary of the GOA, for entrusting me with this task. I am also thankful to Dr. Ketan Shah and Dr. Pareen Kantesaria, Editors of the GOA E-Bulletin, for their constant help throughout this work.

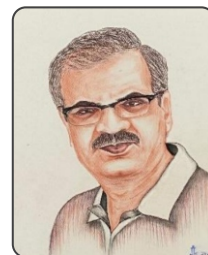
Any errors in this edition are entirely mine. I would appreciate any feedback via mail/whatsapp.

Happy reading!!

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Unlocked in lockdown



DR. J. K. SHANI

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Good wishes friends!

Many of us have hidden talent & hobbies which are unfulfilled due to the hectic life of an orthopaedic surgeon. No way was covid blessing to mankind but it was a blessing in disguise to many such rusted hidden artist. One such hobby of mine; painting, got unlocked during lockdown.

I had never even touched painting brush after my school days. But I have interest in painting; knowing that my daughter Divyanshi had gifted me a set of painting tools. Which was gathering dust in a corner. During lockdown there was hardly anything to do. On constant encouragement and reminder from my wife Himadri (who is my strong critic too!) I tried few painting- first on simple paper and then on canvas. Learned few things through online tutorials (Bob Ross is my favourite artist and his tutorials were and are of great help). I have tried different medium like oil, acrylic, water soluble oil paint, water colour etc. (& now oil painting is my medium of choice). I am using medium or fine grain canvas sizing from 16" * 20" to 24" * 32".

Few of the paintings are spontaneous, few from photographs and few painted live along with online live tutorials.

I have done 50+ paintings (still try to make at least one painting in a month or two). Sharing a few with you- you may enjoy it, if not then સહન કરી લેજો...

1. King and queen – oil painting.
2. Way through bamboos – acrylic painting
3. Lonely queen – water soluble oil painting
4. A flying parrot – acrylic painting
5. Morning reflection – oil painting
6. Kingfisher with blooming lotus- acrylic painting

few tips for newbie painter:

- ✦ જો interest હોય તો બસ ચાલુજ કરી દો.
- ✦ Initially horse may look like donkey but don't worry and keep painting.
- ✦ Its great stress buster.
- ✦ You must develop at least one hobby to enjoy your leisure time.

Acrylic painting

- ✦ It's better to start with acrylic medium. It's cheaper, safer and dry very fast (disadvantage : very little time for blending).
- ✦ No need for costlier specific natural hair brushes.
- ✦ Easy to clean up as it is a water-soluble.

✦ Oil painting (my choice) –

- ✦ It is very slow in drying so blending is easy and silky smooth and painting is workable for 24-48 hrs. though it takes weeks to completely dry.
- ✦ You can paint with wet on wet technique (not possible with acrylic paint).
- ✦ Its costlier, need costly natural hair (mainly Hogg hair) brushes.
- ✦ You need solvents (turpentine, thinner or mineral spirit etc.) for painting and cleaning up brushes etc. which are volatile and irritant to respiratory tracks & not that safe, though there are ways to avoid it but costly.
- ✦ Use mask, hand gloves and well ventilated space. Try yourself different mediums and you will come to know your liking. Hope this helps.





IMpERfeCtly pErFEct



DR. UMANG GANDHI

MS (Ortho) 1998 from Govt Medical College, Baroda, working as Partner & Consultant Orthopaedic & Joint Replacement at Spandan Multispecialty Hospital, a 70 bed tertiary care unit in Baroda. I have a penchant for extra-curricular writing and have published a few books as well as blogs on varied subjects.

THE TAJ MAHAL - It is considered as the epitome of 'Perfection'.
BUT, Is It Really Perfect?



The undisputed bankable superstar of Bollywood, Aamir Khan has been quoted in various media interactions that he believes in "quality over quantity". This has earned him the title of 'Mr Perfectionist'.

However, while gracing a special episode of a web show - 'Best Interview Ever', the actor said "I don't believe in perfection because I find that beauty lies in imperfection. I don't think that I'm a perfectionist. I think this tag was given to me by the media because I had a very long period in which I didn't have a film that didn't work." Revealing what he considers worth chasing, he said, "What I really love is magic and a magical moment is much more attractive to me than something that is just perfect."

All of us chase 'perfection' in our lives and end up jeopardising it.

Do you frequently find yourself ruminating over mistakes? Do you give yourself or others a hard time when things don't go according to plan? Do you find it painful to hand over tasks to others, for the fear that they'll mess it up?

In my Surgical Practise some years back, I would always strive to see that everything works to clock-like precision - I would try to be 'perfect' with the pre-op counselling, personally oversee the autoclaving despite having trained personnel for the job, confirming the post-op orders despite delegating it, looking into the patient ancillary services like diet, bedding, etc and many more things indirectly related to my surgical job. With Medical professionals, as they grow in seniority, they are able to delegate work to their juniors. However, the majority of them are unable to leave behind their quest for perfectionism and still keep on trying to correct or resurrect the minutest task which was laid down for others. In their pursuit for keeping things perfect, they put undue strain and stress on themselves. Similar outlook can be experienced by most of the people in their respective profession and even in daily household work regimes.

If any of this sounds familiar, you may be a perfectionist - someone who spends a significant amount of time feeling anxious about doing things 'correctly' and prioritizing what you feel you should do over what you'd like to do.



Almost all of us experience these feelings from time to time. However when our striving for perfection becomes excessive, we can end up feeling exhausted and entirely lacking in self-worth. Far from improving our lives, perfectionism can destroy our peace of mind, leading to a life feeling more like a chore than a joy.

“Have no fear of perfecon - y ou'll never reach it.” -- SALVADOR DALI

The media and the society in general have always focussed on Women and mounted pressure on the ideal image of a **'Perfect Woman'**- perfectly toned body, perfect mother, perfect career, perfect caring attitude towards husband and family, perfect daughter and perfect daughter-in-law. This unnecessarily puts a lot of duress on the female gender and their strive towards 'perfectionism' leads to catastrophic sequelae. The female gender is under lot of duress with regards their physical appearance, their image in front of their Colleagues, Seniors and Juniors, trying to be a role model for their kids and catering to the requirements of the Family. All the while, they try to maintain their perfect smile despite the odds stacked against them on most of the occasions.



Nowadays, modern society has seen increasing pressure and scrutiny being placed upon the other gender as well and it's this kind of pressure that fuels stress in **Men**, adding unnecessary social strain to the everyday stresses which are already prevalent.

Hence, there is nowadays, an equally emerging idea of the 'Perfect Man'.

The expectaons on the 'modern man' include:

Being a perfect father - the emphasis on being a family man, from taking or bringing back kids from games or dance classes, attending school PTM's, completing the school projects, being a protector, encourager and a friend, and letting them know that through thick and thin, they can depend on him.

Being a good husband - He is expected to be attentive to her needs, be passionate about her work, manage conflicts without hurting her self-esteem. Being a good Son to the old Parents as well as Being a good Son-in-law to the Wife's Family.

Having a successful career - A successful career is almost always linked with materialism e.g. car, clothes, home, etc and despite an evolution in the traditional family model, the man is still understood to be the 'provider' for the family.

Looking good - although predominantly a female domain, the growth of the markets for male-grooming products and the emphasis in the media on male body image, have created a greater need for men to adhere to an arbitrary standard of beauty.

Remain Relevant in Society - Have to be conversant with current matters, be able to participate in geo-political conversations and be able to follow the ongoing sports of the country

Conforming to masculine stereotypes - with the rise of 'gym culture', the biceps flexing, chest thumping guy continues to set stereotypical standards for men and this is also a cause of peer pressure.



MY GOD.....What Pressure!!!! Be it MAN or WOMAN

We are putting too much stress on ourselves in our pursuit of Perfecon.

I remember a small incident from my second class in school when I was seven years old. My father had bought a stack of lined notebooks and brown coloured papers along with labels for the books. I spent hours neatly covering the notebooks and labelling each of them using different coloured pens in an artistic manner. If I even made one mistake like a jagged cursive letter or a spelling mistake, I would rip it out and redo it. This was tiring but it was also a compulsion.

Everything had to be neat and in orderly fashion or else I'd be out of control, scared, and overwhelmed!!!

Understanding the difference between a 'healthy striving' and 'perfectionism' is critical to laying down the shield and picking up your life. Research shows that perfectionism hampers success. In fact, it's often the path to depression, anxiety, addiction, and life paralysis.

Life is a practice and when we practice, we make mistakes. The desire for love and acceptance are universal. There is no shame in committing mistakes - it is just an opportunity to learn and to grow.

“Perfeconism is self -abuse of the highest order.” — Anne Wilson Schaef

You are loved just for being who you are, just for existing. You don't have to do anything to earn it. Your shortcomings, your lack of self-esteem, physical perfection, or social and economic success – none of that matters. No one can take this love away from you, and it will always be here.” – Ram Dass

As perfectionists, our focus is primarily on future goals – finishing the project, getting the grades, succeeding, achieving, completing. We're so busy working towards the “perfect outcome” that we completely miss the journey, along with any happiness which may lie in the process.

We want to reach perfection, so that we can finally stop and rest. And yet, we never seem to get there. We think that this determination to succeed makes us better at what we do. Yet while it may sometimes make us more productive and hard-working than others, it kills spontaneity, flexibility and ultimately the creativity that lies amongst us. Creativity requires the space to make mistakes and adapt; perfectionism restricts and confines us to a narrow view of how things ought to be there.

With so many internal should's and shouldn't's, we are dragged away from the present moment, locked into a rigid view of good and bad, right and wrong, success and failure. Failure in itself is not so bad, yet when we believe that our self-worth exists within success, failure then feels like the end of our world. It doesn't matter that we did our best, learnt new things, or had good experiences along the way!!!

If we didn't 'win', it didn't count!!!

The best example can be given about the Indian cricket team. They played splendidly for ten matches in the World Cup 2023, squashing all opposition along the way. Then, one game - the Final, didn't go their way and all the previous good things fell by the side!!



At its root, perfectionism isn't really about a deep love of being meticulous. It's about fear. Fear of making a mistake. Fear of disappointing others. Fear of failure. Fear of success." — Michael Law

“Perfection consists not in doing extraordinary things, but in doing ordinary things extraordinarily well.” – Marie Angelique Arnauld

This is where the idea of 'Perfectly Imperfect' is conceived.

Perfectly imperfect is an oxymoron. According to an interpretation, it means that I'm imperfect like all of us ... and yet, that imperfection is 'perfect'. It means that I accept my flaws heartily. I know where I lack. Like you are imperfect, so am I... and so are others. Different people have different views, strengths and weaknesses. You can surely get inspired by me but don't try to be like me...because even I'm full of flaws. I shall strive to do my tasks to the best of my abilities but would not lose my sleep over it.

There would be no need for love if perfection were possible. Love arises from our imperfection, from our being different and always in need of the forgiveness, encouragement and that missing half of ourselves

that we are searching for, as the Greek myth tells us, in order to complete ourselves.” —Eugene Kennedy

“Perfectly imperfect” is actually a beautiful compliment with a simple meaning that you are perfect in all aspects as long as YOU are YOU and do not try to be someone else. The little imperfections one has, adds to his/her beauty. Perhaps it is our imperfections that make us so perfect for everyone else in the society.

“Imperfectly perfect” is rather what we all actually are (or what we consider ourselves to be). We all have flaws, just stitching those together with good intentions make us imperfectly perfect.

"Imperfection facilitates improvement, perfection facilitates stagnation." — Abhijit Naskar

"The wise strive for their best. The foolish strive for perfection." — Mokokoma Mokhonoana

People get inspired from how we deal with our imperfections rather than just pretending to be perfect.

MANAGE BEING 'IMPERFECTLY PERFECT'

“Few good friends, one great partner, and something I love to do every day, that’s the idea of my little perfect life.” — Sarvesh Jain

Listen and read through the lyrics of the famous song by Sophie Michelle

<https://www.youtube.com/watch?v=5KT5jJHdWi0>

1. Laugh - About anything. Do it often. Having a sense of humour about ourselves and our actions, especially about embarrassing or disappointing experiences is great and it doesn’t have to be a shield or form of protection. Humour can heal or at least create enough dopamine and endorphins to get us through the tough moments.

2. Surrender - When we surrender to the moment, to change, to messiness or imperfection, we allow the seeds of excellence to grow. Excellence is that drive toward raising ourselves up to our own highest good, thereby allowing our unique gifts, talents, and personalities to benefit the highest good of all. Excellence, unlike perfectionism, is about lovingly pushing ourselves to act, think, relate, and create from the highest part of ourselves. Perfectionism is about trying to control the outcome in order to receive love and acceptance. It’s all about fear. Surrender is about accepting where we are at in any moment, knowing that we are a work in progress. Love and surrender gently tug us toward our own centers and ultimately to the center of the universe, which only knows love. Surrender also invites self-forgiveness, an act all perfectionists need to practice daily.

3. Learn to delegate jobs to colleagues and juniors and don't try to improve upon it and trying to match it up to your preconceived standards.

4. Forgive, forgive, and forgive. Most of all, Forgive yourself. Forgiveness is actually a selfish act. This is not a bad thing. Forgiveness releases us from fear-based thoughts and emotions. It is the gateway to surrendering our perception of control over our lives and over the actions of others.

Whatever maybe the root causes of your perfectionism or your desire for it, one should know that it is a desire for love and acceptance from others around you and also that there is always a another path to get there.

Maybe your family members or friends only showed you love and attention when you did everything right. Maybe, your boss only notices your work when you slave over every detail. Maybe you feel the need to challenge yourself to be bigger and do better in your work and your relationships. This is not a bad thing. But one should understand that there's a difference between excellence and perfecon.

'Acceptance is an Art and Not Everybody is an Artist



"Perfection is not a destination, it's a journey towards excellence." — Robin Sharma

"Perfecon is a myth. Embrace your imperfections, and use them to your advantage." — Arianna Huffington

The most Valuable thing that you can make is a Mistake - You can't learn anything from being Perfect.

**Embrace the idea of
being 'Imperfectly Perfect'
Instead of Running in Pursuit of
'Perfecon**

BACHCHANS & RAMBOS!



DR. MAHARSHI BHATT

Now at this juncture of our life Apart from our professional contacts, we come into contact with many other entities in our respective lives. For an example at our Gyms, Clubs, sports fields, residential apartments or societies etc. Being a doctor and specifically an orthopedic surgeon we have encountered enough uncertainties and catastrophe to take anything for granted. But interestingly those people around us are seemingly full of confidence and conviction about any and everything they do and gonna do. At Gym they would straight away ask us to start 40 pushups and 50 squats per set and not to worry about it. We shall see a 50 odd year guy doing extreme lunges with 10 kg dumbbells in his both the hands and he will be sure about running into forthcoming marathon in his city. At cricket ground I have seen people trying some of the atrocious looking shots, catching the ball with completely wrong techniques and still vocalizing their opinions about so called bad tactics of Rohit Sharma in a same breath. And when you told them to go and field at square leg they would go and stand at point !!!

When you ask any one residing in your society about the current political or economic backdrop of our country... he would be utmost sure about Modi's next move as well as Sensex reaching X number in 2days. I call them BACHCHANS or RAMBOS They belong to that tribe. Full of confidence, convictions and surety about whatever they think or do. They aren't afraid of their predictions going wrong, their methods bringing some disastrous results or their best laid plans could go haywire. We all during our college days and specifically in our residency days have been taught well about things going wrong and necessity of keeping contingency plans ready. But these Rambos are not. So problem arises when we doctors do seek or follow their guidance in our lives in spectrums other than medicines.

Gym trainers or fellow enthusiasts propel us in some risky maneuvers and we end up tearing a ligament or two. Some friend of us encourages us to buy a costly SUV which we aren't going to use much due to our practice schedules. Inadvertently we end up doing a completely bogus and non-profitable investment in a distant god for saken land because we have been advised by a builder friend to do so. Or suddenly we start intraday trading in bank nifty and before we know our bank account gets couple of million lighter. We are the doctors we have been trained well to do our respective jobs. We have put some really hard yards in our profession. But as a medico we are inherently polite ... we avoid contradicting a person in public becoz we don't want to hurt anyone's sentiments. But while doing so simultaneously we forget to cross checks the fact he is stating and sometimes we end up agreeing with his aggressive persuasion.

So those people who are nothing but just loud mouth.... Can easily take control of our thought processes and planning and lead us to the paths of destruction. Bcoz they are BACHCHANS They speak loudly, they speak confidently and they speak a bit glamorously. They sound authentic but they aren't. We are having enough IQ and knowledge to filter these Rambos out and stay away from them while taking important decisions of our life. So let's just check them out and enjoy their razzmatazz but never ever let them dictate our lives.

Dr Maharshi Bhatt.

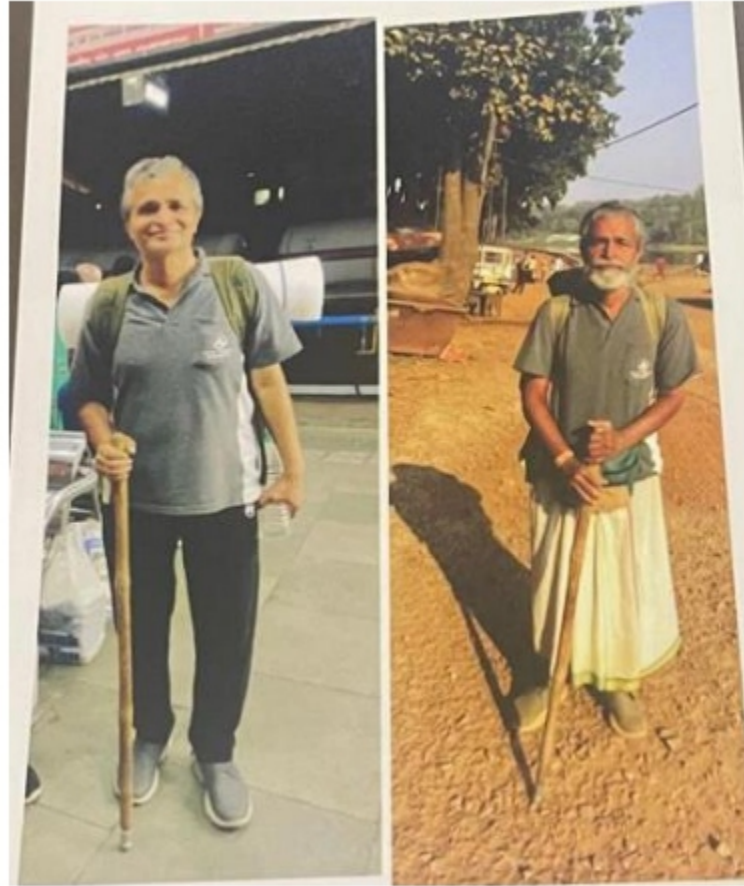
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મારી નર્મદા પરિકરમા = જીવન ની પાઠશાળા
નર્મદે હર જીવનભર



DR. SHAILESH DAVE

Practising orthopaedic surgeon in kalol since 1980



પરિક્રમા- મૂર્તિ કે પંચમહાભૂત સ્વરૂપે વસતા દેવોને આપણે દશે દિશા માંથી આવકાર,વંદન,અભિનંદન તથા આભાર માટે ક્રમબદ્ધ રીતે નિયમો સાથે ચારે તરફથી ફરવાની ક્રિયા ને પરિક્રમા = પ્રદક્ષિણા કહેવાય.

નર્મદા જી ભગવાન શિવ ના અશ્રુ માંથી ઉત્પન્ન થયેલ હોય તેમના પુત્રી છે. તેમણે તપ કરીને શિવજી ની કૃપા પ્રાપ્ત કરેલ છે. તેથી જ નર્મદા માં જેટલા કંકર છે તેટલા બધા શંકર છે. ગંગાજી નો કિનારો મોક્ષભૂમિ છે તો નર્મદાજી નો કિનારો તપોભૂમિ છે. ગંગાજી માં સ્નાન કરવાથી, યમુનાજી ના આચમન

થી પણ નર્મદા જી ના તો માત્ર દર્શન થી જ પવિત્ર તથા પાપમુક્ત થવાય છે તેમ શાસ્ત્રો તેમજ પુરાણો કહે છે.

જે પરિક્રમા કરે છે તથા જેની પરિક્રમા થાય છે તે બંનેની આંતરિક શક્તિઓ નું જોડાણ તથા તાદાત્મ્ય અદભૂત શક્તિ પેદા કરે છે; જીવ ને શિવ બનાવે છે.

નર્મદા પરિક્રમા કયારે કરાય ?

- ચોમાસા ના ચાતુર્માસ ને બાદ કરતાં કોઈ પણ ઋતુ માં કરી શકાય. નર્મદાજી ના કોઈપણ સ્થળેથી, તેમને જમણી બાજુ રાખીને જે સ્થળે થી શરૂ કરી હોય ત્યાં પાછા આવવાનું. લગભગ 3500 કિલોમીટર અંતર થાય. પ્રદક્ષિણા પછી નર્મદા જળ થી ઓમકારેશ્વર માં શિવલિંગ પર અભિષેક કરવો.

નિયમો

- અર્કિયન રહીને જે મળે – ખાવા, પીવા, રહેવા તથા અન્ય જરૂરિયાત પરત્વે, તેને નર્મદા માતા નો પ્રસાદ સમજી, સ્વીકારી ને ચાલતા રહેવાનું, આપણા પૈસા નો ઉપયોગ કરવાનો નહીં.
- રસ્તા માં પોતાના પૈસાથી કન્યા ભોજન (કઢાઈ- શીરો) બાળકો ને કરાવતા રહેવાનું. અહી કન્યાઓને, કુમારિકા ઓ ને નર્મદા સ્વરૂપ માનવામાં આવે છે.
- નર્મદા જી માં કોઈપણ પ્રકાર નું પ્રદૂષણ ના ફેલાવવું. ઓછામાં ઓછી જરૂરીયાતો થી જીવન કેમ જીવાય તેની આ પાઠશાળા છે.

માર્ગ

- નર્મદા પટ, નર્મદા તટ અને સ્થાનિક રસ્તાઓ.
- રસ્તા માં આટા, ભાટા અને કાંટા મળે.
- માં નર્મદા હમેશા તમારી સાથે જ હોય છે અને તમને બધીજ મદદ કરે છે. તેમના માં શ્રદ્ધા, ભક્તિ અને વિશ્વાસ રાખવાનો હોય છે. અનુભવવાનો હોય છે.

મેં શું કામ કરી ?

પરિક્રમા વાસી વિચિત્ર, વિલક્ષણ, ધૂની અથવા અર્ધપાગલ હોય છે. વર્ષો ના અનુભવ પરથી અમારા ક્ષેત્ર ની મર્યાદાઓ ખબર પડી તો આમ કેમ? તેની જીજ્ઞાસા એક મધ્યમવર્ગીય બ્રાહ્મણ, પ્રાથમિક શિક્ષક ના પરિવાર માં જન્મી ને, જરૂર કરતાં વધારે અને સમય કરતાં પહેલા, ઉપરવાળા એ ઘણું આપ્યું, તો તેનો આભાર માનવા.

જીવન ના ઘણા રંગો જોયા, ચાલો હવે નવા રંગ જોઈએ તેવી ભૌતિક ભાવનાઓ.

દિનચર્યા

સવારે 4 વાગ્યા ઊઠીને, કુદરત ને ખોળે, ઊભાપગે બેસીને લોટે જવાનું, ખુલ્લામાં સ્નાન કરવાનું, નર્મદાજી ના જળ નું પૂજન કરી, સૂર્યોદય પહેલા ચાલવાનું શરૂ કરવાનું, રસ્તા માં કોઈ ચા કે નાસ્તો આપે કે દક્ષિણ આપે તે સહર્ષ સ્વીકારવાની.

બપોરે 11-30 વાગ્યા જ્યાં જમવાનું, કે સદાવ્રત મળે ત્યાં પહોંચી જવાનું, કપડાં ધોઈ સુકવવાના, રસોઈ તથા જમવા ના વાસણ ધોવાના. થોડો આરામ કરવાનો.

લગભગ 2 વાગ્યાની આસપાસ ફરી ચાલવાનું શરૂ કરી સાંજે 5 વાગ્યા ની આસપાસ, જેમ પક્ષી સાંજે માળા માં પાછું ફરે તેમ જ્યાં ભોજન કે સદાવ્રત મળે ત્યાં રાતવાસો કરવાનો. કોઈ મંદિર ના બાહ્ય પરિસર માં, કોઈની ઝુંપડી , ગાયો ની ગમાણ તથા કોઈ ના ઓટલા પર શિયાળા ની કડકડતી ઠંડી માં સુવાનું.

માં નર્મદાજી આ સમય દરમ્યાન, પરિક્રમવાસી ની પરીક્ષા કરે, મદદ કરે અને પાસ પણ તે જ કરે. તમે ધાર્યું હોય તે પ્રમાણે ન જ થાય, પણ જે થાય તે તમારી અપેક્ષા કરતાં પણ વધાર સાડું થાય. નર્મદા માં તમને કોઈપણ દિવસે ભૂખ્યા સુવા ન દે, તમને કોઈ પણ તકલીફ ના પડવા દે, ક્યાંક થી ને ક્યાંક થી ભર જંગલ માં પણ તમને અણધારી મદદ કરે. તમારી શ્રદ્ધા, ભક્તિ, વિશ્વાસ તથા સમર્પણભાવ ની પરીક્ષા લે. તમારી અંદર તથા બહાર તમારી સાથેજ છે તેનો અહેસાસ તથા અનુભૂતિ કરાવે.

શરીર તૂટે, પગ તૂટે, વાઢિયા પડે, પગે ફોલ્લા પડે. મારુ વજન 14 કિલો ઘટેલું, જંગલ, નદી-નાળા, પર્વત,રોડ બધે થી પસાર થવાનું અને જંગલી રાની પશુઓ નો ભય પણ ખરોજ.

રોજે રોજ નવા અનુભવો તથા અનુભૂતિ ઓ થયા જ કરે છે તે પરિક્રમાવાસી નો ઉત્સાહ તથા મનોબળ વધારે છે તેમજ કંટાળો આવતો નથી અને નાસીપાસ થવાતું નથી. અહીં લૂંટાઈ જવાનો ભય નથી; પણ કિનારાવાસીઓના સંસ્કાર, સંસ્કૃતિ, માનવતા, આતિથ્યભાવ તથા માં નર્મદા માં તેમની અતૂટ શ્રદ્ધા તથા સમર્પણ નો અનુભવ થાય છે. અબાલવૃદ્ધ અહોભાવ થી પરિક્રમવાસીઓને મદદ કરવા હરહંમેશ નિરંતર તૈયાર હોય છે.

નર્મદા ના જુદા જુદા સ્વરૂપો થી ઉત્પન્ન થતાં ધ્વનિ માં સપ્તસૂરો, નાદબ્રહ્મ તથા શબ્દબ્રહ્મ ના સ્વરૂપો દર્શાવે છે. તેના ગુંજનો, બીજમંત્રો, સ્વર, વ્યંજન તથા શબ્દો ની ઉત્પત્તિ તથા વ્યુત્પત્તિ દર્શાવે છે. નેમાપરનું નાભી સ્થાન પરા, પશ્યતિ, મધ્યમા તથા વૈખરીણી - વાણી નું સ્થાન તથા સ્વરૂપ દર્શાવે છે.

મને શું મળ્યું ?

આંતરયક્ષુ ખૂલી જાય છે. દ્રષ્ટિ બદલાઈ જાય છે. બધે જ રાગ દેખાય છે. દ્વેષ જતો રહે છે. ખરાબ માં પણ સારા તત્વો જ અનુભવાય છે. દરેક પરિસ્થિતિ માં માં નર્મદા જી ના આશીર્વાદ અનુભવે છે. અંદર થી શાંતિ તથા નિજાનંદ મળે છે. પાંચ મહાભૂતો નું શ્રેષ્ઠ સંતુલન મળે છે. આપણા મન, વિચારો, જ્ઞાન તથા અનુભવ થી બંધાતી ગ્રંથિઓ કેટલી વામણી હોય છે તથા કુદરત ની વિશાળતા નું આપણને ભાન થાય છે. માનવી ક્ષુલ્લક છે, કરામતી કુદરત સર્વસ્વ છે તેની ખાતરી થાય છે. જિંદગી ના બધાજ રંગ અનુભવી જવાઈ છે. પરિક્રમા પછી કશુંજ જાણવાનું, કરવાનું, વાંચવાનું, સમજવા નું કે વિચારવાનું બાકી જ રહેતું નથી.

સ્વ થી સર્વસ્વ તરફની ગતિ એટલે નર્મદા પરિક્રમા. ટુંક માં તમારે જો ભગવાન ને જોવા, જાણવા તથા અનુભવવા હોય તો, માં નર્મદ ની પરિક્રમા કરવાથી બધુંજ મળે છે.

શરૂઆત – તા. 11-10-2022

પૂર્ણાહુતિ – તા. 21-01-2023

મારી નર્મદા પરિક્રમા 2022-23 ડો. શૈલેશભાઈ દવે – YouTube પર વિડીયો છે.

મારા પથદર્શક – શ્રી હરીઓમભાઈ વ્યાસ- ગાંધીનગર.

<https://youtu.be/p3-3Yj30u4c?si=CGPX1Y1gW6b-6dK>



DR.KETAN THAKKAR

senior orthopedic surgeon

“ If God made anything better than a woman, may be He kept it for himself “

- Kris Kristofferson

Where there is a woman, there is magic. It's another matter that that magic may be black, at times! The voodoo may be hoodoo for us, the simple, unassuming men- naive novices. Ladies are complex, convoluted, circles within circles and dripping sweet Jalebis to the flat, straight, ungainly Fafdas- the gentlemen! Men prefer to remain unembellished, women will always claim to be unblemished.

Men and women together are antagonistic and oxymoronic(thankfully not moronic!) ; yet they are synergistic and symbiotic. Most of the men feel they cannot live with women and paradoxically they can't live without them as well!

Woman is a unique creation, a special species. If we embark on describing her qualities and features, the entire edition may be short! On occasion of this Diwali edition, it is optimum and appropriate to say that they are the light ☀ and sparkle ✨ of our life. (I dare not say that they are fatakadas 🎉 !)

Long time back, there was a viral, forwarded article on “ What does a woman want?” If some mortal earthling knows the answer to that, he will be immortal! That would be Zen. Ladies are luscious, females are feisty, women are w00t, girls are gorgeous and eves are a revolution of evolution! Yet, the most important aspect is - they are unpredictable! Oscar Wilde quoted, “ Women are meant to be loved and not understood at all!” Women can be charisma, drama and enigma- all in one.

Every (well almost every) lady worth her salt 🧂 talks about the equality with men(the go to phrase is पुरुष समोवर्ती! - my answer to that it is a la Aamir Khan - आप पुरुष ही नहीं!) Men actually do not have control over their fate, the women in his life do it for them. Men may be indifferent to one another and believe in forgetting and forgive; whilst women are by nature their own nemesis and they have the memory of an elephant 🐘 (I am in no way telling that they are elephants! I don't wish to get trampled!!) Women need to have power over themselves, not over men. Women bondings with one another are rarities, oddities.

Women can never be as successful as men. Do you know why? They have no wives to guide and advise them. Maggi (not the more popular two-minute variety!) Thatcher famously quoted, “ If you want something said, ask a man 🤔; if you instead want something done, ask a woman 😊 “. Women want and deserve the lights and cameras on them, as they are symbols of ‘action’ ; only when they have men around them, they follow Newton- they become cymbals of ‘reaction’!

The ladies are stronger than ‘gentle’-men— bound to be so! No arguments! The in vogue word is ‘Shakti’ because it directly connects with Goddesses. अगर आप खुद खुदा को इस में घसीटेंगे तो ...FIR ...! They have more flexibility, more forbearance, more fortune and more fortitude; whilst men only understand one ‘F’ word! No comparison- game over! It was suggested that multitasking was a female’s forte whilst men will be a cropper; I will subtly disagree with that though because the biggest task that men face is to face the women in their life- the mother and the wife-and ‘mark’ the words, “ Never the twain shall meet” - Kipling was Nostradamus! For a man, here, even two is a crowd!

Why this inadvertent comparison ? "ladkiya kyun ladko jaisi nahin hoti" separate kinds of human beings(with due respect to the third gender!) with each gender having its own special charms and harms, pulses and repulses. Men are suave whilst women are sassy, men are debonair and women are dainty and you can imagine the chaos and conundrum arising if these interchange! To each one his/ her own. The physical, mental, emotional attributes are entirely different- God made it so; who are we to challenge it? Mathematically these are two different subsets which interact as in Venn diagrams and do have something in common- those are the human feelings, desires and humanity in general. Just as you cannot compare apples 🍏 with oranges 🍊- yet you can still mix them to have a cocktail 🍹 !
Women’s Day— That one day of ‘upright infinity’ (8) when the entire women world is in ‘March’ mode!!! Just one day? Is it an ODI slam-bang? Like that old time Pan Parag advertisement - ‘ Ek se mera kya hoga?’ As Gabbar would say- “Bahut na insaafi hai!” But it was Gabbar who can be blamed for the gender bias- “Kitne ‘Aadmi’ the?” - so... !

Christian Dior did confess- "After women, flowers 🌸 are the most lovely thing, God has created." Whilst on God, He created Adam first! Why? Sex selection blame could be squarely put on Him- isn't it? NO. Because, He then created Eve- which was so perfect that He never ever created a new species and closed shop. Adam gave a damn and sinned Eve. Even in our scriptures, Ram doubted and deserted Sita over a wash man's comment. Krishna had 16108 wives, Ranchhoding Radha. Religions, cultures, societies and countries - all are equally culpable culprits for the derogation and denigration of ladies.

Women ‘contain’ men- figuratively, literally, embryonically— every which way! Women are an omen as well as an Amen for men.

Woman has a man, madam has an Adam, she has a he, female has a male, XX has a XY- yet we still have just 'heroes' ; high time we have 'Sheroes'- oh so sweet, smooth and strong! Women have been pilots and priests, ornithologists and Orthopaedic surgeons, wrestlers and wranglers, bar bouncers and badasses (Santa Claus 🎅 may be a clause in contention)

not allowed to drive a car 🚗

Gujarati lady writer Sharifa Vijliwala says, " In the dark, if there is a shadow, men fear it is a

[illegible][illegible]

hundreds of deaths, we have our own malevolent insults – a 40% increase in deaths, and a

about sharing पाँचों का आँखें and खुशियाँ का समझना

women participatin side by side with men" .



DR.KISHOR DUDHAT

Accomplished Artist:

Award-winning Rangoli creator (Surat & Jamnagar competitions)
Organized Rangoli seminars for IMA activities, Surat

Rangoli is a beautiful and vibrant art form that originates from India, often created during festivals, celebrations, and special occasions. It's a wonderful hobby that allows for creativity and self-expression. Here are some aspects to consider if you are exploring Rangoli as a hobby:

1. Materials Needed:

- ❖ Colors: You can use colored powders, rice, flower petals, or even sand. Traditionally, colored powders made from natural sources are preferred.
- ❖ Tools: Simple tools like a sieve, stencil, or your fingers can help in creating intricate designs.
- ❖ Base: A clean, flat surface such as the ground, a courtyard, or even indoors.

2. Design Ideas:

- ❖ Traditional Patterns: Explore geometric shapes, floral designs, or motifs that are culturally significant.
- ❖ Festive Themes: Create Rangoli designs for specific festivals like Diwali, Pongal, or Onam, incorporating symbols and colors associated with those celebrations.
- ❖ Personal Touch: Combine traditional elements with your own creativity, perhaps integrating modern designs or personal symbols.

3. Techniques:

- ❖ Freehand: Start with freehand designs to develop your skills and confidence.
- ❖ Stencils: Use stencils for more complex patterns, especially if you are a beginner.
- ❖ Layering: Experiment with layering different colors to create depth and dimension in your Rangoli.

4. Inspiration:

- ❖ Online Resources: Browse websites, social media platforms like Instagram and Pinterest for inspiration and tutorials.
- ❖ Local Workshops: Join workshops or community groups to learn from others and share your work.

5. Practice:

- ❖ Regular practice will enhance your skills.
- ❖ Start with simple designs and gradually move to more complex ones.
- ❖ Take photos of your creations to track your progress and share with friends and family.

6. Community Engagement:

- ❖ Participate in local competitions or exhibitions to showcase your work.
- ❖ Collaborate with friends or family to create larger Rangoli designs, making it a fun group activity.

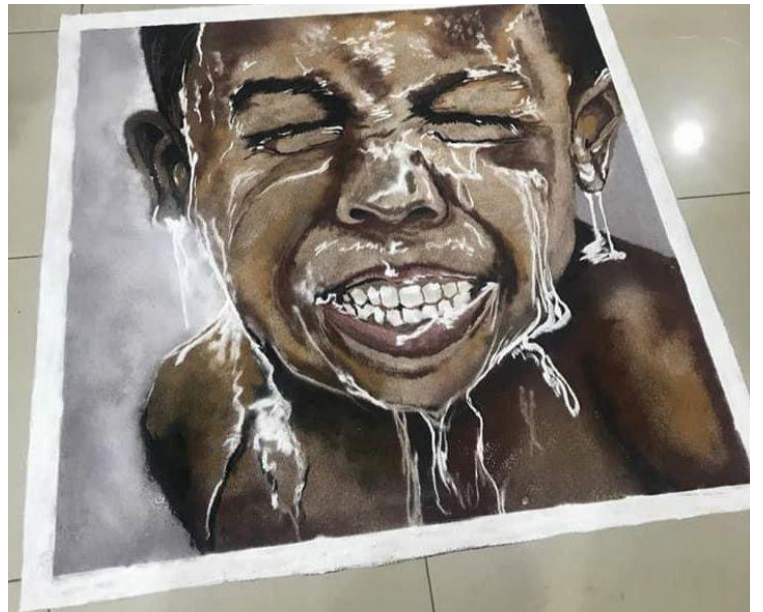
7. Mindfulness and Relaxation:

- ❖ Rangoli can be a meditative practice, allowing you to focus and relax as you create.
- ❖ Use this time to enjoy music or podcasts while you work on your designs.

Conclusion:

Rangoli art is not just a creative outlet but also a way to connect with culture and tradition. It can be a fulfilling hobby that brings joy to both the creator and the viewers. Enjoy the process and let your imagination flow.



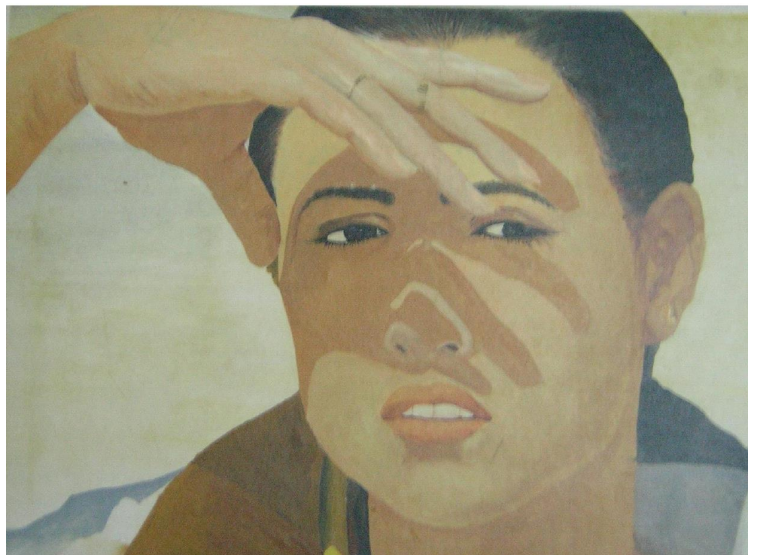




Dr. Kishor Dudhat

M.S. Orthopaedics
Foot & Ankle Surgeon
Hand & Elbow Specialist

Practicing at Dudhat Orthopaedic Hospital, Surat (since 2006)
Fellowship in Foot & Ankle Surgery, NHS Golden Jubilee Hospital, Glasgow, UK



HEALING THE FRACTURED SELF: CONSCIOUSNESS (BHRAM) HEALS MATTER (BODY)



DR. VIKAS JAIN

While orthopedics is primarily concerned with the physical repair and rehabilitation (restoration) of the musculoskeletal system, philosophy (**aadhyathm**) encouraged me to think deeply about the broader implications of pain, injury and healing in a patient.

I realised that management in orthopaedics is dynamic interaction between orthopaedic surgeon and patient, and the connect and outcomes are purely at the level of mind (**Chitt**) of both the surgeon and patient.

We loosely use the term, **Mind over matter**, however it is the Human consciousness (part of the cosmic consciousness) that defines and reflects the entire ecosystem of any patient and orthopaedic surgeon. **Chitt, Cretan, Pran** are our ways of understanding human consciousness, while they are same as cosmic consciousness and the absolute.

Philosophical convergence in orthopaedics is vital in addressing Ethical, Existential, and Professional challenges that arise in our daily practice. It deepens the understanding of patient care, promotes empathy, and helps us as surgeons to navigate complex decision-making processes with greater clarity and moral insight. This reflective process ultimately enhances both the orthopaedic surgeon's professional integrity and the patient's experience of care.

There are two sides that we need to understand, **the surgeon's perspective** and **the patient's perspective**, not merely from body (matter), injury, pain point of view, but also the caregiver (designated next to God) is an orthopaedic surgeon who cannot be purely materialistic in his patient management approach.

The Patient's Perspective

Understanding pain, loss of function is not only a physiological experience but also as a subjective, existential one requires spiritual (Consciousness) reflection of life. Similarly, injury is not merely deviation from normal anatomy, physiology but a greater spiritual and existential impact on the patient.

Injury can be understood as a disruption not only of the body but of one's overall existence. Injuries can challenge a person's worldview, the way they navigate daily life, and their relationships. Injuries highlight the inherent fragility of the human body and, by extension, human life. Here **injury** is coherently used for **loss of function** and **pain** together.

Injuries compromise a person's ability to engage with the world and can change how they

experience their own body. This sense of alienation can challenge a person's previous understanding of their body, affecting their identity and sense of control over their physical being.

The spiritual identity of injury is deeply intertwined with the concepts of **embodiment**, **selfhood**, and the nature of **injury** itself. These ideas help us understand injury from **patients' perspective**, not merely as a physical phenomenon but as something that affects a **person's sense of self and existence**.

Embodiment as existential challenge

Embodiment refers to the way the patient experiences their bodies as not just physical objects but as integral to how to exist in and perceive the world. The bodies are the medium through which it interacts with everything— environment, other people, and even themselves. Injuries force a person to re-examine the body not merely as an instrument but as something deeply constitutive of their being, with the potential for pain, vulnerability, and dependency.

German Philosopher like **Martin Heidegger** emphasize how injury can make individuals aware of the contingent nature of human existence (**ontology**). Rehabilitation can be seen as a journey back to a more integrated experience of embodiment, where a person reintegrates the injured part into their sense of self, adapting to new physical realities.

Rehabilitation can be seen as a journey back to a more integrated experience of embodiment, where a person reintegrates the injured part into their sense of self, adapting to new physical realities.

Injury can impact the person's sense of self

Selfhood concept concerns the way individuals understand themselves as unique, autonomous beings. Injuries, particularly severe or long-term ones, can profoundly impact a **person's sense of self**.

Eg. Patient with Ilizarov fixator.

Patients Injury as a threat to identity and the self is often tied to one's bodily capabilities, physical appearance, and autonomy. When an injury occurs, these can be compromised.

Eg. Patient to have undergone amputation surgery.

Injuries can make individuals feel powerless, as they no longer have control over their own bodies or over their ability to engage in activities that once defined them. This loss of power can challenge the individual's sense of autonomy and independence. The process of adapting to an injury can involve re-narrating one's sense of self to accommodate new physical limitations or abilities. This can be commonly seen in patients with non-union, failed surgeries, multiple surgeries and at last after months they try to reshape their original identity.

Injuries, therefore, force individuals to reflect on the core of their identity and to consider how much of it is tied to physical capabilities versus internal, psychological attributes. This reflection can lead to a reconceptualization of selfhood, integrating vulnerability and limitation into one's sense of identity.

This is very important for every orthopaedic surgeon to realize when any patient becomes the part of his orthopaedic ecosystem.

Injury reminds us that our bodies are not indestructible; they are vulnerable to harm and decay, which in turn raises existential questions about mortality and human finitude.

Injuries disrupt a person's sense of time.

Recovery can feel slow and difficult, and time may be experienced differently when one is immobilized or in pain. The idea of "healing time" introduces a sense of waiting or Suspension in life plans, which can lead to feelings of frustration or even existential crisis.

Injury has transformative potential

An injury is not always purely negative; it can also serve as a catalyst for transformation. Some individuals use injury as a moment of reflection, leading to personal growth, greater resilience, or even a re-evaluation of life priorities. In this way, injury is philosophically significant not only because it causes pain and limitation, but because it can prompt a person to reflect on their values and life goals.

Psychosomatic dimensions of injury often reveal the intricate relationship between the mind and body. Psychological factors such as anxiety, fear, or depression can exacerbate the perception of physical pain, while recovery can be facilitated by a positive mindset that arises from positive thoughts. This interplay highlights the complex nature of injury beyond mere physical damage.

The Orthopaedic Surgeon's Perspective

Patient-Centered Care and approach prompts us as orthopaedic surgeons to engage deeply with the concepts of **empathy and ethical communication**. The experience of pain and disability by the patient can be profoundly subjective as seen above, and a holistic approach invites reflection on how the patient experiences these conditions, beyond measurable clinical outcomes. This **helps to improve patient-surgeons communication** and **align treatment plans** with the patient's values and life goals.

Conceptualizing **Health and Healing** in orthopaedics help us understand our patients better. There are many ways in which we can focus on pain and injury. Most of us focuses on treating physical pathologies (fractures, tears, deformities) through surgery and other interventions. However, there is a **Holistic model** that views health as more than the absence of disease, considering a patient's mental, emotional, and social well-being. This is the model with healing with empathy and care. Thereby, consciousness of the surgeon outplays the materialistic choice of management.

Orthopaedics often involves complex decisions about surgery, treatment options, and end-of-life care. Experience of consciousness helps orthopaedic surgeons consider not only the technical aspects of treatment but also the **ethical, moral and human** dimensions of life.

Spiritual reflection helps ensure that decisions are aligned with ethical principles, ensuring patient dignity and justice.

Facing uncertainty & complications in orthopaedics is not uncommon. Orthopaedics often deals with uncertainty. Not all surgical outcomes are predictable, and complications can arise. Reflections at level of consciousness enables us to come to terms with the limitations of our knowledge and skills. It fosters

humility and encourages a mindset where we as orthopaedic surgeons reflect on the ethical importance of being transparent with patients about risks and uncertainties. Errors or adverse outcomes are seen as opportunities for growth, self-reflection, and improvement. Understanding the Limits of Technology and its use is important. Just because technology exist, should we use unnecessarily? There is a fine line of delineation between human touch and mechanization in orthopaedics. Technological Advancements in orthopaedics (e.g., robotics, prosthetics, AI-assisted surgeries) open new horizons, but they also raise philosophical questions about the limits of human intervention. Reflection helps ortho surgeons to balance optimism about innovation with caution about over-reliance on technology.

Advancements in orthopaedics (e.g., robotics, prosthetics, AI-assisted surgeries) open new horizons, but they also raise philosophical questions about the limits of human intervention. Reflection helps ortho surgeons to balance **optimism about innovation** with caution about over-reliance on technology.

Orthopaedics can be physically and emotionally demanding. Philosophical reflection on the nature of work, vocation, and personal fulfilment can help surgeons navigate feelings of **burnout** by reconnecting with the **deeper purpose** of their profession. Reflect on how their role contributes to society, fostering resilience and a sense of meaning in their practice.

Orthopedic surgeons who incorporate mindfulness, compassion, and empathy into their practice can improve patient outcomes. This topic could look at the emotional and spiritual needs of patients undergoing surgery and how the surgeon's mindful presence can enhance the healing process.

Spiritual Practices by orthopaedic surgeons such as meditation, positive visualization, and spiritual affirmations reflects on patient's physical healing and emotional resilience after all orthopaedic surgeries like joint replacements or fracture repairs. There is a role of Mind (consciousness) over any healing of the body (matter).

Lord Krishna encourages Arjuna not to get dejected but upgrade himself so that he can deliver his duties with a clear mind and soul, – his biggest friend. At the same time, he reminds him that the same mind, if contaminated, can become his biggest enemy. Urging Arjuna, the Lord says.

“तद् विद्धि प्रणिपतेन् परिप्रसनेन सेवाय, उपदेश्यन्ति ते ज्ञानं ज्ञानानि तत्त्व-दर्शनः।”

From a spiritual perspective, orthopedic surgeons are often seen not just as medical professionals but as God healers who help restore people's ability to walk, move, and work. Who restore their Embodiment and selfhood, restore their faith in their own body. This role can have profound spiritual significance for both the surgeon and the patient, fostering a sense of higher purpose and connection.

EQUANIMITY (HUMANE VALUES)

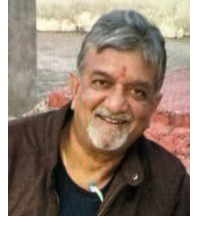
Science alone does not make a good physician; Lord Krishna says one also needs to inculcate humane values of compassion and care.

Verse 6:9 reminds us to treat all patients alike, irrespective of their background. The Lord reminds us that a doctor should continue to work for patient betterment in an unbiased manner.

“सुहृन्-मित्ररी-उदासिना मध्यस्थ-द्वेष्य-बन्धुसु, साधुस्व अपि च दुपेसु साम-बुद्धिर विशस्यते।”

The spiritual convergence of orthopaedics encourages a more holistic approach to patient care, integrating physical, emotional, and spiritual well-being. It acknowledges that the healing process goes beyond physical repair and embraces the mind, emotions, and, for many, the consciousness. By understanding, respecting and incorporating a patient's spiritual beliefs, orthopaedic care can become more personalized and compassionate, ultimately supporting not just the body's healing, but optimization of ourselves and patients as human

**Consultant Orthopaedic Surgeon,
Digital technology,
Healthcare Management.**



DR. MAHESH MARU

પછી જોજો રે... કાનો...

પ્રેમ દિવાની તને કરતાં ના આવડી પ્રીત,
ઘેલી આતો જે પ્રેમની અડીખમ ભીત.

લખ્યે રાખ્યું, મુજને અવર, મુજને અવર,
ભૂલ્યા કુલ-ફોરમ ને લાલ-પીળા કવર.

વાસીયું અંદરથી અમે અમારી ડેલ્યું,
શાણગારી શેરીયે શેરીયે તારી હવેલ્યું.

રોજ વલોવય તું ને વેદનાથી પિંધાય,
નામ પડતાં ચામે ચામે રૂંવા ઢસડાય.

અમે પરોવી સુગંધી રંગી કુલોહાર,
માખણ - મીશ્રી સાથે કાનો નિત તૈયાર.

ઘરીયે માવા - મઠાઈ, ખોરાક - ખજૂર,
ઘંટડી વાગેને એતો હજારા - હજૂર.

મીરાબાઈ તમે કેમ ભૂલ્યા આવી રીત,
ખોયા આ ભય પ્રાણ સમા મર્મી મીત.

હવે રાધાનો શાણગાર ઉછીનો લેજ?,
હેલીયે હેલીયે ગઢને હવેલી કેજો,
પછી જોજો હે, કાનો બનશે આંધળી ભીત.

સંબંધ - શેર

જો નામ માત્ર દેવાથી બંધાય જતા હોત
તો આ સંબંધો,
તો આજ આ રાહને દઈદો જળનું નામ.

કંઈક

નાતો અમારાથી જુદોજ લાગે છે
આ પંખી અને ઝાડનો,
એક કાયમ મીઠા મીઠા ફળ છે,
એક મધુરા ટહુકા !

ખૂબ સમથવ્યો દિવો દાણો પાણી પણ,
તોય એને મારે ઘેર ન વાંધ્યો માળો,
આ મુમુક્ષ વૃક્ષે જ દિધો દુરો મારા
હાથ અને હથોડા નો ઇશારો.

બે ભાઈઓને ઘરાવે બનવું નહીં તો,
વચ્ચે દિવાલ કરી લીધી.

સ્નેહથી જ રાપણ ગુરવાયું નહીં ને
વચ્ચે તિરાડ કરી લીધી !

સરવાળા સંબંધોના અમને ઓછા પડ્યા,
છેવટ કરી વાહવાહી તો બરબાદ થઈ ગયા!

ડૉ. મહેશ મારુ
(અંશ)

ડોક્ટર ઉપર ORTHO

આજ બાંધ કાલ બાંધ,
આંખે પાટા તું ગમે તેટલા બાંધ,
છેવટ તો આપણે નક્કી જ છે,
ચાર શ્રીફળ ને ચાર કાંધ !

હે મહાદેવ કયા સંસયથી
કોને આ શ્રાપ આપ્યો છે ?
કે આ બુદ્ધ ને યુદ્ધ
કદી ખતમ થતા જ નથી !

સલામ જવાનોને

જવાની કાયમ, મોત મુઠ્ઠીમાં રાખીને જીવે છે,
આ સુરતી સરહદોને, જીવનદોરથી સીવે છે.
અર્પણ તુજને કેમ - સરોવર - તળાવ પાણી
ખુદ તો રણના બળબળના જાંજવા થી જીવે છે.

મોજી પિયારો, હોળી, દિવાળી જસ્ત્ર મનાવે છે,
ફોજી બિયારો, બંદુક - તોપ કાયમ સજાવે છે

સૌદાગરો ભારતના, ફતવા - ફોટા રોજ પડાવે છે,
હાર જવાનોને, જીત તેમના નામે ચડાવે છે.

કોઈ ભડકાવે, કોઈ સરહદ સળગાવે છે,
જવાન જીવન, કે રક્તધારોથી એ બુઝાવે છે.

મરતા - મરતા આંખ મીચે, પણ ક્યાં સુવે છે !
પૂઠાઈ પાળીયે, આંસુ ઇતિહાસના એ લુવે છે.

ડો. મહેશ માડુ
(અંશ)

સલામ : A True Inspiraonal Story



DR. MAULIN SHAH

"સર, એક એકવીસ વર્ષની લેડીને બતાવવા આવવું છે." મારી સેક્રેટરીએ ઇન્ટરકોમ પર જણાવ્યું.

"એકવીસ વર્ષ?" સામાન્ય રીતે પીડીયાટ્રીક ઓર્થોપેડિક્સ માં અઢાર વર્ષ સુધીનાં દર્દીઓને અમે જોઈએ, એટલે એકવીસ નો આંકડો સાંભળી મને આશ્ચર્ય થયું.

"હા સર, એમ કહે છે કે આપણું જુનું પેશન્ટ છે. આપણી જુની હોસ્પિટલમાં તેનું ઓપરેશન થયું હતું." સેક્રેટરીએ ફોડ પાડ્યો.

"ઓહ, તો બોલાવી લો તેમને." જુના દર્દીઓનો પ્રોગ્રેસ જાણવો મને ગમે. અને તેમને તફલીક હોય તો યોગ્ય ઠેકાણે મોકલી આપવું પણ. "તેની ઓપરેટીવ નોટ કાઢી મને આપજો." મને દર્દી આવે તે પેહલા તેને શું રોગ હતો અને શું સારવાર કરી હતી તે જાણવાની ઉત્કંઠા જાગી.

ઓપરેટીવ નોટ જોઈ મને યાદ આવ્યું, આ દીકરીને એક ગંભીર રોગ હતો, એમાયોપ્લેસીયા, જેમાં પગનાં અને હાથનાં અમુક સ્નાયુમાં સંકોચન વિસ્તરણની કાર્યક્ષમતા ન હોવાથી સાંધાઓ વળી જાય. આ દીકરીને પણ જન્મથી ધૂંટણ અને પગનાં પંજા વળી ગયા હતા. ઉદયપુરની નારાયણ સેવા સંસ્થાનમાં ઓપરેશન થયા પછી પણ દીકરીનાં પગ વળેલા જ રહ્યા હતા અને તે ચાલી શકતી નહોતી. ખેડૂત કુટુંબની આ દીકરીને લઈ સાવ સામાન્ય લાગતા પપ્પા અને કાકા, ૨૦૧૨માં ઓર્થોકીડ્સ આવ્યા હતા. મને યાદ છે, તેના બંને પગમાં ઓપરેશન એકાંતરે દિવસે કરી દીકરી ને પાંચ દિવસ સેમીસ્પેશ્યલ રૂમમાં દાખલ કરવામાં આવી હતી. જ્યારે પણ રાઉન્ડ લેવા જવું, ત્યારે તે મારી સામે ના જોવે, તેની નજર હંમેશા હોસ્પિટલની બારીની બહાર સ્થિર રહેતી.

તેનાં પ્લાસ્ટર નીકળ્યા પછી અમે થાપા સુધીનાં કેલીપર બનાવ્યા હતા અને નિયમિત કસરત કરવાની સલાહ આપી હતી. પાંચ-છ મહિના પછી આ દીકરી ટેકા સાથે ચાલતી થઈ હતી, પરંતુ ત્યારબાદ ક્યારેય તેઓ મને ફોલો-અપમાં બતાવવા આવ્યા નહતા. આજે અચાનક તેનો આવો ફોન આવ્યો અને મને ફાળ પડી, ચોક્કસ આ દીકરી ફરી વ્હીલ-ચેરમાં આવી ગઈ હશે.....ઓપરેટીવ નોટ અને મારા વિચારો બાજુ પર મૂકી હું ફરી ઓપીડીમાં વ્યસ્ત થઈ ગયો.

એકાદ કલાક પછી ફરી મારો ઇન્ટરકોમ ફોન રણક્યો, "સર પેલું, ૨૧ વર્ષનું દર્દી આવીગયું છે, નિરાલી પટેલ, મોકલું?"

"હા, હા, મોકલી દો."

મારી અપેક્ષાથી વિપરીત, એ દીકરી વ્હીલ-ચેરમાં નહિ પરંતુ જાતે ચાલતી મારા કન્સલ્ટીંગ રૂમમાં દાખલ થઈ. આશરે સાડા ચાર ફૂટની હાઈટ, સુંદર લાંબા વાળ, પેન્ટ-ટી શર્ટમાં સજ્જ યુવતી એ પૂછ્યું, 'મેં આઈ કમ ઈન સર?'

"આવ ને બહેન." તેનાં પેન્ટ નીચે કેલીપર હતાં તે હું જોઈ શક્યો. તેને ટેબલ પર બેસવાનું કહી, હું કન્સલ્ટીંગ રૂમનાં દરવાજા તરફ જોઈ રહ્યો હતો. દીકરી સાથે કોણ આવ્યું છે તે જોવા માટે. થોડીવાર સુધીમાં કોઈ બીજી વ્યક્તિ ન આવી એટલે મેં તેને પૂછ્યું.

"દીકરી તું એકલી આવી છો?"

"હા સર, હું અહીં ગુજરાત યુનિવર્સિટી હોસ્ટેલમાં એકલી જ રહું છું." તેણે આત્મવિશ્વાસથી જવાબ આપ્યો.

"અને પપ્પા લોકો?"

"તે લોકો તો મહીસાગર જીલ્લાનાં ગામમાં રહે છે."

"પપ્પા શું કરે છે?"

"ખેતી!"

"અને તું શું ભણે છે?"

"હું એમ.એ. કરી રહી છું. 'હિસ્ટરીમાં' તેનાં ચહેરા પર સ્મિત અને મારા ચહેરા પર આશ્ચર્ય છવાયું.

"તારા પપ્પાએ તને આમ એકલા ભણવા મોકલી દીધી છે? તેમને ચિંતા નથી થતી?" મારા મનમાં આવતા પ્રશ્નો હું સ્કેન કર્યા વગર પૂછવા લાગ્યો. એકવાર ભૂલી ગયો કે દર્દી તરીકે તેને શું તકલીફ છે તે મારે પૂછવું જોઈએ.

"મારા પપ્પાને ખબર છે, હું મારી જાતે બધું ફોડી લઈશ...." દીકરી ખડખડાટ હસવા લાગી.

"વાહ!" તેની તકલીફો વિશે વાત કરી, તેને મેં એક એક્સ-રે કરાવવા મોકલી. દીકરી પાસે તેનાં પપ્પાનો નંબર મેળવ્યો. અંતરમાં એક પ્રશ્ન થયો, શું આવી તકલીફ મારી દીકરીને હોય, તો તેને મારાથી અળગી કરી આ રીતે દૂર ભણવા મોકલું? તેને તેનાં

કમ્પ્યુટરમાંથી બહાર કાઢી, આ વિશ્વમાં તકલીફોનો સામનો કરવા મૂકી શકું? આપણા બાળકો સૌ રીતે સ્વસ્થ અને સમૃદ્ધ હોવા છતાં આપણે તેમને અગવડોનો અનુભવ કરાવી નથી શકતા, જ્યારે આ ખેડૂત માં-બાપનાં આ હિંમત ભર્યા અભીગમને નમન કરવાનું મન થયું. મેં પપ્પાને નંબર જોડ્યો.

"હું ડૉ.મૌલીન શાહ બોલું છું, અમદાવાદથી."

"હા સાહેબ, નિરાલી આવી છે ને બતાવવા?"

"હા."

"કેમ છે તેને? કૈડમાં કેમ દુઃખતું હશે? પટ્ટાના લીધે પગમાં થોડી ચામડી પણ છોલાણી છે, તે મેં કહ્યું કે સાહેબને એકવાર બતાવી આવ. તેણે કોમ્પ્યુટરમાં જોયું ને કીધું કે તમે તો હવે નવી જગ્યાએ હોસ્પિટલ કરી છે." તેમણે બધી જ વાત ટુ-ધ-પોઇન્ટ કરી. તેમને ખ્યાલ નહોતો કે મારું ફોન કરવાનું તાત્પર્ય કંઈક જુદું જ હતું.

"તેને બહુ મોટી તકલીફ નથી. બધું સારું થઈ જશે. એક વાત આપને પુછવી છે. દીકરીને ચાલવામાં આમ તકલીફ છે, છતાં તેને અહીં તમારાથી દૂર ભણવા મોકલવા માટેની હિંમત તમારામાં કેવી રીતે આવી?" મેં પૂછ્યું.

"બાળકનાં સારા ભવિષ્ય માટે મા-બાપે હિંમત તો કરવી જ પડે ને સાહેબ? જો કે હવે તો એ અને અમે, બંને ટેવાઈ ગયા છીએ." પપ્પા હસ્યાં.

"એટલે?"

"સાહેબ તે નવ વર્ષની હતી ને તમે તેનાં બંને પગનું ઓપરેશન કર્યું હતું. તે પહેલા તે સાવ સુન-મુન ઉદાસ રહેતી હતી. તમારી હોસ્પિટલ ની સામે અપંગ માનવ મંડળ નામની સંસ્થાની હોસ્ટેલ હતી. ઓપરેશન પછીનાં પાંચ દિવસ અમે ત્યાં રહ્યા હતાં ને નિરાલી જેવી અનેક દીકરીઓને બારીમાંથી અમે તે સંસ્થામાં રહેતી જોયેલી. કોઈ ઘોડી વડે ચલે, તો કોઈ લાકડી વડે, તો કોઈ વ્હીલ-ચેરમાં હોય ને કોઈ નીચે પાટીયા પર. પણ બધીયે દીકરીઓને અમે બહુ ખુશ જોયેલી. ચોથા દિવસે નિરાલીએ મને કહ્યું કે બાપા મારે ત્યાં રહેવા જવું છે, મારા જેવી બીજી દીકરીઓ જોડે. તમે રજા આપી એ દી હું અને મારો ભાઈ સામે સંસ્થામાં મળવા ગયા અને તેમણે તેને દાખલ કરવાની મંજૂરી આપી. થોડી ચાલતી થઈ પછી અમે નિરાલીને અપંગ માનવ મંડળમાં મૂકી. તેને મેં કહ્યું હતું કે તને ના ફાવે તો હું ને કાકા તને પાછા લઈ જઈશું. પણ તેને ત્યાં ફાવી ગયું હતું. તે પાંચ ધોરણથી દસ ધોરણ ત્યાં જ ભણી. અગિયાર-બાર ધોરણ બોર્ડ હતું એટલે ગામડે કરાવ્યું. પાછી એણે અમદાવાદમાં કોલેજ કરવા જીદ પકડી. અને પછી હોસ્ટેલમાં રહી બી.એ. કર્યું. અત્યારે પાછી આગળ ભણે છે - એમ.એ. કરે છે. શનિ-રવિ એકલી બસમાં ઘરે આવે અને સોમવારે પાછી જાય...."

"જુવાન દીકરી ગામડે બસમાં પોતે આવે તો કોઈ અનિચ્છનીય બનાવ નથી બન્યો ને?" મેં પૂછ્યું.

"ના સાહેબ, ક્યારેય નહીં, ઉડતાનું બધા તેને મદદ કરે!" પપ્પાના જવાબથી મને આનંદ થયો. હું ક્ષણિક મારા વિચારોમાં ખોવાઈ ગયો.

"પેલા બુટ વાળા ભાઈને જરા ફોન કરી દેજો સાહેબ, બરોબર રીપેર કરી આપે." પપ્પાએ અમારી વચ્ચેનું ક્ષણિક મૌન તોડ્યું.

"હા." આવજો સાથે ફોન કપાયો.

નિરાલીનાં એક્સ-રે ને મેં વ્યુ-બોક્સમાં લગાવ્યો. "તારો એક્સ-રે તો નોર્મલ છે, દીકરી. તારા સ્નાયુમાં સોજો લાગે છે."

"હા, એ તો મેં પેરા ઓલીમ્પીકમાં જેવેલીન-થ્રો માં ભાગ લીધો છે ને, એટલે એની પ્રેક્ટીસમાં સ્નાયુ ખેંચાયા હશે."

"જેવેલીન-થ્રો ?! કેટલે દૂર સુધી તું જેવેલીન ફેંકી શકે છે?" મારું આશ્ચર્ય પૂરું નહોતું થઈ રહ્યું.

"૧૮ મીટર....."

નિરાલીને દવાનું પ્રીસ્ક્રીપ્શન આપ્યું અને અમારું કન્સલ્ટેશન પૂરું થયું. સામાન્ય રીતે ઘણાં દર્દીઓ મારી સાથે ફોટો પડાવવાનો આગ્રહ રાખે, પણ આ દીકરીનાં બહોશીભર્યા અભિગમથી હું અંજાઈ ગયો હતો. મેં કહ્યું, "દીકરી, તારી સાથે એક ફોટો પડાવવા દઈશ?"

સ્મિત સાથે તે મારી સાથે ઊભી રહી અને કહ્યું, "હા, સર..."

આ એક કન્સલ્ટેશને મારી અંદર અનેક વિચારો ધબકતા કરી મૂક્યા હતાં. અનેક વ્યક્તિઓ પર મને ગૌરવ અને માન નિપજ્યું હતું.

પહેલી સલામ છે આ દીકરીને, તેના હિંમતભર્યા અપ્રોચને, પોતાની ડીસએબીલીટીની દરકાર કર્યા વગર પોતાની પ્રગતિની દીશામાં હરણફાળ ભરવા બદલ. સમુદાય અને સગવડભર્યા સમાજમાં રહેલી કેટલીયે તરુણીઓ માટે તે એક ઉત્તમ ઉદાહરણ છે.

બીજી સલામ છે તેનાં માતા-પિતાને. સામાન્ય માં-બાપ પોતાનાં સ્વસ્થ-નિરોગી બાળકોને પણ થોડું ડિસકમ્ફર્ટ આપી શકતા નથી. તેમના અવ્યવહારુ ટેન્ડ્રમ્સને પ્રેમનાં ઓથા હેઠળ તાબે થઈ જતા હોય છે. ત્યારે આ માં-બાપને તેમની નાની દીકરીને પોતાનાથી દૂર કરી વધુ સાડું ભવિષ્ય કેળવવા મોકલવી, તે વિશેની દૂરંદેશી રાખવી એ સન્માનજનક છે.

ત્રીજી સલામ છે અપંગ માનવ મંડળ અને તેનાં જેવી ઘણી બધી સંસ્થાઓને. આ એક દાખલો મારી નજર સામે બન્યો છે, જેમાં બાર વર્ષ પહેલાં માં-બાપ બાળકને સ્ટ્રેચર પર લાવ્યા હતાં, તે આજે બધી રીતે પગભર બની ચૂકી છે. આ સંસ્થાઓ આવા અનેક ડીસેબલ બાળકોને એબલ બનાવતી હશે. તેમની કામગીરી ખરેખર બિરદાવવા લાયક છે.

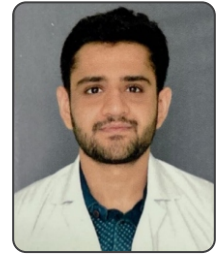
અને છેલ્લે, આ સમાજ પણ એક સલામને પાત્ર છે. આપણી આસપાસ જ્યારે નિર્ભયા જેવા અસંખ્ય કિસ્સાઓ બનતા હોય, સંભળાતા હોય ત્યારે આવી યુવાન દીકરીઓ હિંમતપૂર્વક ટ્રાવેલ કરતી હોય, ભણતી હોય, પોતાનાં લક્ષ્યને પ્રાપ્ત કરતી હોય અને આ સમાજ તેને સહકાર અને સુરક્ષા આપતો હોય તે જ સાચી સામાજિક પ્રગતિ છે...

ડૉ. મૌલીન શાહ

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Since the economic liberalisation in the 1990s, India has emerged as an economic powerhouse on the global stage. Its hard power comes from its strong army and vast and varied navy. The soft power comes from its geopolitical location, varied and spread out diaspora and historical connections. In this article, we explore the former.

Geopolitically speaking India has always had an advantage. Vast and varied climate and fertile lands didn't necessitate a need for colonialism or military expansion. The peninsular nature of the geography meant that it had numerous sea trade links while being safe from those directions. That leaves two directions. The northwest and the north. In the northwest are the plains extending to the Hindu Kush mountains in Afghanistan. Leaving that the only place from which the non-European invaders attacked. The north is shielded by the Himalayas. These are the ranges which prevented the mixing of the two great cultural and historic powerhouses to mix. India and China.

Through the past 3 decades China has experienced economic growth like none other recorded in history. Its efficient (though controversial) use of its massive human resources has propelled it to the nickname 'Factory of the world'. With that comes a whole lot of financial muscle which after a while starts to turn from soft power to hard power. Initially backed by Soviets, to now becoming the ones to back the remnants of the old Soviets in the Russian Federation.

China has cracked the code when it comes to colonialisng in the 21st century. Here the colonialisng is done economically. China fuels its own domestic infrastructure development using low interest loans from the IMF and World Bank, while financing big infra projects in South Asia, Africa and South America using its own money and giving loans. This gives it power over those nations when it comes to key geopolitical policies of said nations and also the first choice to their resources.

Let's focus on South Asia for the moment. Nepal, Sri Lanka, Maldives and Bangladesh. 4 of the 5 most important neighbours of India. India for decades has had a very favourable relationship with all of them, supplying resources, funding for projects and redevelopment and in case of Bangladesh, the fight for its independence. In recent years,

Beijing through economic colonialism has caused all of these nations to distance itself from New Delhi. Thus surrounding India from all sides.

New Delhi has responded in two strikes to the soft underbelly of China. First being a member of QUAD, the quartet of USA, India, Australia and Japan to ensure dominance in the Indo-Pacific, including the South China sea and protection of Taiwan which always is a touch subject for Beijing. Second and the most important one has a lot of economic implications for China.

By creating and expanding its naval and air bases in the Andaman and Nicobar Islands, India creates a choke-point and can stop all eastbound sea traffic from China and west bound into China. This results in perilous export of Chinese manufactured goods to reach Europe, Middle East and Africa. Also, this can prevent most of the oil reaching China as the tankers cross the Persian gulf and go through this narrow sea corridor. This is a masterstroke and an effective countermeasure from India.

China has tried to offset this by creating the CPEC (China-Pakistan Economic Corridor). This results in China being able to Bypass the Indian controlled seas and use the Pakistani ports. Though the threat of political instability in that region always makes it a less reliable option.

In conclusion, both the Tiger and Dragon continue to move the pieces in this geopolitical chessboard giving armchair diplomacy aficionados like this scribe more interesting stuff to research and write about.

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WOVEN WONDERS: CAPTURING ART IN THE CIRCLE OF A HOOP



DR. SHITAL VAIDYA

Embroidery hoop art dates back to the Middle Ages, with hoops originally used to keep fabric taut for precise stitching. Over time, they evolved into decorative frames that showcased intricate, hand-stitched designs.

Today, hoop art blends history with creativity, transforming simple threads into charming, framed pieces of handcrafted beauty.

Almost three years ago, I discovered a passion for hoop art, a form of hand embroidery where stitches are made on fabric stretched in a hoop or ring.

I was initially drawn to this craft as a way to channel my creativity and focus, and YouTube became my primary resource for learning. I loved the accessibility of learning at my own pace, practicing new stitches like satin stitch, chain stitch, and French knots...

Embroidery appealed to my creativity, offering a way to bring detailed designs to life through hands-on work. Its repetitive, soothing nature provided a peaceful, meditative escape from daily stress. The craft connected me to traditional artistry, offering a sense of timelessness.

Hoop art's simplicity and portability made each project a practical, displayable piece of personal expression.

One of my earlier works featured a simple floral motif, where I practiced basic stitches like satin and backstitch. As I gained confidence, I created a vibrant butterfly design using layered stitches and shading. My recent landscape project challenged me to blend stitches for texture, showcasing my growth as an artist.

Each hoop art project showcases not just technical growth, but also my evolving style and creativity, reflecting how embroidery has become an important part of my artistic journey.

Showcasing a few of my hoop art projects highlights the journey I've taken over the past three years...

Grace in Flight: A Dance of Colours and Threads



Delicate wings, crafted with love—an embroidered butterfly in full bloom



Elegance in every stitch—bringing a lady's grace to life, one thread at a time



Enchanted Beauty, Rooted in Nature



Paris in Every Stitch



Timeless London, Stitched in Charm



Art in Every Feather: Weaving Life onto Fabric



A fusion of hand-painted fabric and intricate double hoop embroidery



Timeless Blooms, Crafted in Every Moment



Several Types of Embroidery Stitches are Blended (Too Technical !!):

1. French Knot – The small, textured dots in the flowers and around the edges (for the flower centres and the dotted design along the border).
2. Satin Stitch – Used to fill the petals and leaves with solid, smooth colour (especially in the larger floral designs).
3. Lazy Daisy Stitch – Forming the petals of the flowers, particularly in the more open and petal-like floral elements.
4. Bullion Knot Stitch – Seen in some of the spiral, rose-like flowers.
5. Buttonhole Stitch – used along the edges of some of the floral motifs and leaves for a neat, raised edge.
6. Stem Stitch – Used for outlining the clock face and the hands, as well as possibly the stems of some flowers.
7. Rosette Chain Stitch – used for creating the circular rose-like flower shapes.
8. Leaf Stitch (Fishbone Stitch) – Applied to form the leaves around the flowers for a more textured look.
9. Woven Wheel Stitch – For creating the circular, dimensional flowers seen in the design.
10. Pekinese Stitch – used in the decorative lines around the clock or for some of the border designs.
11. Picot Stitch – for creating a 3-D woven petal.

Architectural Poetry



Stitching Tranquil Peaks and Blossoming Meadows



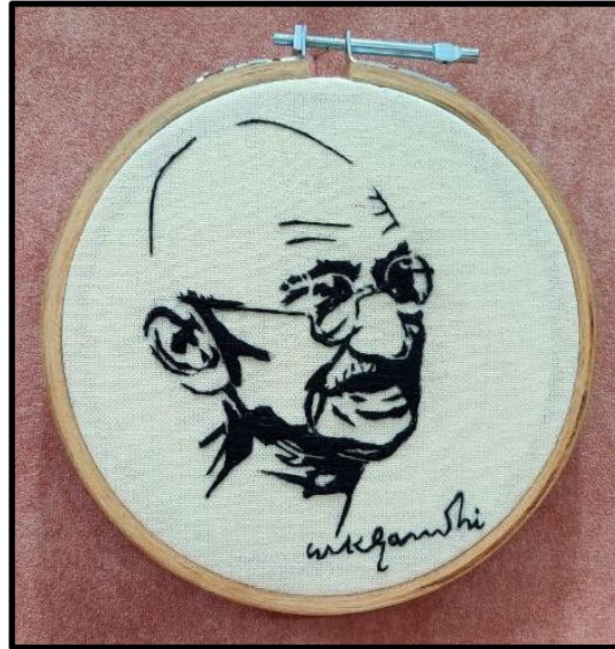
Awakening the Soul with Sunlit Forest Pathways



In Every Thread, Lord Rama's Legacy: A Timeless Embodiment of Power and Courage



Mahatma in Stitches: A Heartfelt Birthday Tribute to the Father of the Nation



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Vadodara

HAPPINESS



DR. MILIND PORECHA

And it often happens. We are constantly in search of conventionally big happiness but the thought of 'big happiness' is absurd; as there is only mere happiness, it cannot be classified into big and small. But we, as human beings, are intelligent/stupid enough to discriminate even happiness into big and small. The happiness that we desire or prioritize is considered as 'big happiness'; On the other hand, the happiness that we don't desire or prioritize at present, is termed as 'small happiness'.

Mostly during our youth, we want a huge success in business, a lavish house to live in, a branded car to flaunt in front of the society and term these desires as big happiness/prioritized happiness. Most of our actions are for mere vanity and show off. We do not value our kids' innocent smiles while they are playing with us, or our wife's desire to have a leisure walk along with social gossiping at night, our parents' wishes to recall some of our childhood anecdotes as we term these as small happiness/secondary happiness.

I have come across two types of people during my life. Majority of the people that I have met don't accept the things as they are; they work hard and spend their youth to achieve the desired big happiness and consider themselves to be successful people after undergoing great struggles. They say, "Dream is not something that you see at night, but it is something which doesn't allow you to sleep at night". I salute them.

Minority of the people that I have met accept their fate, leave all the struggles and live a comfortable life with the so called small happiness and sometimes even criticize the so called successful people who have lost the real ecstasy of life, who spend their maximum youth struggling and not enjoying the small pleasures of life. They say, "It is foolish to sacrifice your health to earn money while you are young, and then to spend that money for improving your health when you are old." I applaud them.

In this way, a majority of the people either choose to be hard workers, not accepting the reality and working hard to achieve their goals or to be ordinary people satisfied with their life with no great ambitions in their minds. Both are 'Extremists'. One as a hard worker and the other as a non-ambitious person. But why should one not choose to be a TOTAL person, accepting both the things simultaneously; working hard to achieve big happiness without any prejudices for others and enjoying life after a great hard work with small happiness which already exists. Why can we not understand that 'THE REST BEFORE WORK IS LAZINESS AND THE REST AFTER WORK IS LEISURE'? Why can't we understand that 'THE GAP BETWEEN EXPECTATIONS AND REALITY IS DEPRESSION WHICH IS THE GREATEST CAUSE OF SORROW.' We should not compare our actual self to a hypothetical self.

We can't understand this simple solution because we have been trained for a race. We have been taught that we should run fast on the running track with full energy and should anyhow avoid the other men behind us who try to overtake us. We have been taught that our colleague is our competitor and that we must not allow our colleague to be more successful than us by hook or by crook. But we forget 'The Desired Goal' for which we have started to run. Although we may have achieved our 'Desired Goal', we are still running just to prove ourselves to be more successful or more superior to our colleague who is

running behind us. We aren't able to understand that the other person is running to complete his goals and not to overshadow us. We are constantly under the Fear of inferiority and the Fear of comparison because of which we can't realize that if our goal is achieved, we should now sit at the pavilion and cheer the other runners to achieve their goals. However, this does not necessarily mean that one should not run on the running track again, one might run if one wishes to, but not to overshadow anyone else or prove one's superiority to others but for some other 'desired goal'. It is one's spiritual freedom to use the track whenever and however one wants to. Fears of inferiority or of comparison are actually the root cause which prevent us from being happy; But now the which question arises is that how should we overcome these fears? I believe answer lies in these two verses of the Geeta.

1. अनन्याश्चिन्तयन्तो मां ये जनाः पर्युपासते ।
तेषां नित्याभियुक्तानां योगक्षेमं वहाम्यहम् ॥

"There are those who always think of me and engage in exclusive devotion to me. To them, whose minds are always absorbed in me, I provide what they lack and preserve what they already possess." - This is a promise given by Krishna in the Geeta. We have to 'Believe' this completely with our heart and our soul. This is known as Faith. Faith in Supreme Power – 'My father, the Almighty is there and that he will take care of me; Whatever He does is for my welfare and I shall believe it till my last breathe without doubting it for a single fraction of second.

2. न मां कर्माणि लिम्पन्ति न मे कर्मफले स्पृहा ।
इति मां योऽभिजानाति कर्मभिर्न स बध्यते ॥

"Activities do not taint me, nor do I desire the fruits of my actions. One who knows me in this way is never bound by the karmic reactions of work." - A noble thought which teaches us to do Karma without affection - the so called 'ANASKTA KARMYOG'. We should do our Karma fearlessly believing in God and accept the fruit. It may be sweet or bitter, but has to be ultimately submitted before the God. –'KRISHNAM SAMARPAYAMI.'

We should work for our desired happiness but we must not blame "the Other" termed as the people in our surroundings, friends, family, the society, the system or ourselves for the failures that we might have to endure. We must remain 'THANKFUL' to everyone; both our helpers and our enemies. Thankful to helpers for their kindness which helped us achieve our goal, and Thankful to our enemies for improving our mistakes.

We should not ask ourselves "Why Me?" in both the conditions either success or failure. We should work hard and if we are not getting big happiness then perhaps the path undertaken by us is wrong and we should try to find the right path while enjoying the small happiness in our life.

And the last question that we might come across during this thought process is how this 'Sthitpragya' status can be achieved? We find the answer in these two Sutras:

1. Abhyas (Study): Constant practice to live by the ideas of 'FAITH' and 'ANASKTA KARMYOG' mentioned above, remembering these sutras frequently, in each phase of our life; which can either be Euphoric or Depressive.

2. Vairagya (Indifference): Accepting our status as it is without any prejudice; don't clutter your mind by imagining other versions of yourself in some other imaginary worlds, where you might have made different choices and decisions. Don't drown in a sea of 'what ifs'. Live in today; not in tomorrow nor in yesterday. Accepting where you are in life makes it so much easier to be happy for other people without feeling terrible about yourself.

Let us now try to focus on these two Sutras to obtain 'Pure Happiness'....

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Work life balance in busy professional career



DR. YATIN DESAI

Senior orthopaedic surgeon at Zydus hospital Ahmedabad. Ex. prof & Head of dept. at NHL Municipal medical college. A bird photographer, sports adventurer, trekker & writing poems & have travelled 64 countries

I always loved Nature & decided that there should be work-life balance in orthopaedic surgeon's life. So from first year of my professional life I took vacations each year!

But after doing all hill stations of India & few overseas trips, I thought I must go to places where all people don't go! I thought of trekking to mountains above 15000 feet. At age of sixty i did my first high altitude trek to Everest base camp which was approximately 19000 feet. Then I did Annapurna base, Chadder trek, kailash parikrama, Antartica, Machupichhu trek, Zermatt trek & many more in Switzerland, Norway.

I think Nature is a monument & we must preserve it.

In all treks I was eldest in trekking group of mine.

But remember, you must prepare physically & mentally for trek so you don't struggle on trek but enjoy it. I would start preparing before 3 to 4 months by walking 10 kms in 1.5 hrs. Sometimes with 5 kg weight on back or climbing 8-10 times my Zydus hospital building of 15 floors.

Adventure trips make you a better surgeon as in trek you climb as a team, giving help to your co trekkers and sometimes you may have to take help.

My passion of Nature led me to its photography . I decided to photograph Northern lights Aurora Borealis in Scandinavian countries. This is a very beautiful natural physical wonder of lights in sky of countries above Arctic Circle in freezing winter months. I visited Norway, Finland & Scotland in winter in different years.

I filmed northern lighting finish Lapland taking about 3000 clicks putting DSLR on tripod to long exposure of 5 seconds every fifteen seconds with 12-18 mm wide angle lenses. & processed video from all those clicks. It is usually hard to catch the northern lights on video because of low light in dark, usually around midnight with freezing temp of winter above Arctic Circle.

When solar waves enter earth atmosphere, they emit blue red green colour most of times & give a spectacular wave in sky. I call these Gods laser show staged in sky which no human can perform!

Enjoy my videos.

<https://youtu.be/nde-3OeNcnE?feature=shared>

<https://youtu.be/04X431EUDug?feature=shared>

Also enjoy my poetic adventure

સાપોલિયા જેવી સરિતા ને કિનારે
પનઘટ તેડી ગોરીઓ ચાલી
શું એમની શિરકતી ચાલ
જાણે દરીઆના મોજા ની ધાર
સિમિત એનું મધુર ("SMIT")
જાણે અમૃત રસ નો ખ્યાલો
રૂઆબ એનો ભપકાદાર
જાણે રાની નો અવતાર
તળાવ ને કિનારે બેસી
હું વિચારતો
કોઈ જોઈ આવી શહેર ની નાર!!

-યતીન

સમીર કેરા સંગે આવ્યા
આ વાદળો ના વરઘોડા
સાથે લાવ્યા ગટગડાટના વાજા
ને કાયલ,મોર ના લગ્ન ગીતો
પણ મેઘરાજા એમ શેના પધારે
માગે બહુ માન
ધરા કહેતી ભીંજવ મને
વરસાવ પ્રેમની આંધી
આખરે વરસ્યા
સાથે લાવ્યા લીલી સાડી
ને મેઘધનુષનો પાલવ
ધરતી રાણી હવે હરખાયા
ને આપણે જાનૈયા મલકાયા!

-યતીન

Discovering who I am!



DR. JAWAHAR TULSIDAS JETHWA

I am, I am. Maharshi Raman says “When I removes I yet remains I.” Difficult to understand these statements, we call this "gorkhagna".

At the outset we know that we are fine, all is well. Ups and downs are part of life. Do we need to know Who I Am? Mooji says “Our nature is freedom. Our perfume is peace, joy, wisdom, silence and love. We cannot even study or develop these, you’re only discovering that all this is ever present in you, masked momentarily by the fascination with personhood.” There is a state where there are no more questions and only long-lasting contentment prevails. Shri Nisargdatta Maharaj says, “Where is the question when the instrument of question (mind) is kept aside?”

Study the Studier

As an orthopaedic surgeon and as a student of science we have learnt, searched, discussed, and acquired, all scientific information from our teachers, textbooks, publications and the Internet. We have studied all this but now, it is the time to study the ‘Studier’.

Who is this studier?

In the quest to find ‘Who I am’, we come across philosophers, motivational speakers and inspirational books, religious preachers, spiritual scholars and with the grace of God selfawakened, self-realized and self-enlightened Sadgurus.

Below is the discussion about the differences amongst all these sources on various aspects of understanding and discovering the ultimate TRUTH, an answer to ‘Who I am’.

What is the supreme feeling?

Naturally, we do not want negative feelings like pain, discomfort, sadness, depression, frustration and so on. Do we know the highest state of positive emotions? We wish to rise from feelings of painlessness, comfort, pleasure, and cheers to joy and happiness. Wait, do not stop, beyond happiness is PEACE. Every day we experience deep sleep as the most satisfying state and here it is PEACE.

States of our daily life

We experience three states namely waking, dreaming and deep sleep. All these three states are inside the so-called fourth state, the state of unchanging I, the true self. The feeling, ‘I exist’, witnesses all three unexchangeable lives of waking, dreaming and deep sleep. Interestingly, now with advancements in artificial intelligence, we can have one more life, the life in the metaverse.

Ways to discover the TRUTH, who we are.

Self-realization is discovering our true self, which is timeless, it has no birth, no date of expiry, no concept and no concept of concepts. In a quest to find ‘Who I am’, there are long ways taught and preached by great thinkers, philosophers, leaders of religions and masters of holy scriptures. But there is a short way to recognize the TRUTH by understanding ‘pointings’ expressed by the awakened saints and sages.

Let us see how each source namely Philosophy, Religion, Spirituality, and Freedom ("moksha") deals with

various aspects of our life journey. Feelings and Sensations Philosophers look at the moments, as moments of sadness or happiness("dukhi ya sukhi"). The religion explains it as cycles of good times and bad times. Spirituality teaches us to remain neutral, स्थितज on every moment. The freedom group watches it as a witness.

What process to acquire the ultimate knowledge?

Motivational teacher calls it learning, religious pandit would ask to follow, the spiritual scholar believes in practicing and the awakened guru calls it a discovery.

What quality of activity is advocated?

While the motivator asks to remain punctual, the religious enthusiast values consistency. The spiritual devotee teaches meditation and transcending. The one who knows the truth says, it is not doing, not undoing, it is effortless witnessing.

Who are we?

Philosophically we are persons with personalities. Theologically we are creatures living life("aham brahmasmi") the spiritual literature. The liberated ones understand that we are the presence- ("parbrahma")the 'absolute'

How do we gain knowledge of our true nature?

The inspirational speakers give opinions, talk about biographies of popular dignitaries and conclude with motivational sayings. The religious stalwarts put forward translated books based on ancient Vedic and other holy scriptures. While the spiritual leader conducts programs to teach techniques of 'Spiritual Gymnastics', the enlightened "sadguru" asks to stay empty and discover it as 'Information less', subtle, shapeless knowing.

What type of efforts are needed to achieve the best of life?

An elocutionist, expert orator and rhetorician highlights, the 'To-do list', write targets and learn time management. A revered person who is uncompromising in pursuit of their religion instructs for daily prayers, rituals, and to go on pilgrimage before death. The spiritual scholar establishes courses to practice concentration techniques, Mantra chanting, and meditation. The spiritually enlightened offer guidance on the art of remaining quiet effortlessly, and allowing the truth to emerge naturally.

What should one do to gain knowledge of pure self?

There are grades of workshops, seminars and syllabus-based courses scheduled by spellbinder motivational speakers. To know it as per the religion, one needs to attend कथ, discourses and participate in religious ceremonies. The Spiritual maestro organizes basic and advanced courses for teaching Yoga, Meditation, and Holistic Healing. The spiritually accomplished person, "sidhhpurush" allows us to participate in Silent Retreat on self-inquiry, an event called "satsang", where there is an opportunity to reveal TRUTH.

What is the purpose of life?

A famous entrepreneur, a nerdy person, or a philosopher talks about our duties, responsibilities, accomplishments and renownedness in mundane life. A religious master connects the purpose of life with good deeds, "satkarm", religious devotion and offering everything to the almighty God. An expert of spirituality, an "achyak", or a guru says the purpose of life is "dhyana, tap, samadhi" and surrendering to "parmatma". The one who is free and knows the TRUTH describes the purpose of life as not performing duties, not holding responsibility but realizing that, it is an opportunity to discover the TRUTH.

Impetus by motivational, aspirational and philosophical stalwarts gives us visible materialistic results. However, many of them at some point in time mention spirituality as an authentic path to follow. Now let us briefly understand the comparison of other aspects of life described on the paths of Religion, Spirituality, and Freedom which are beyond motivational and philosophical teachings.

Religion: Read and listen, who are you? **Spirituality:** Learn, who are you? **Freedom:** Discover, who are you?

Religion: Questions for guidance. **Spirituality:** Questions for knowledge **Freedom:** Questions for the state of freedom (moksha).

Religion is not just one, there are many. **Spirituality** is one. **Freedom** is zero.

Religion is for those who sleep. **Spirituality** is for those who are awake. **Freedom** is for those in stateless state.

Religion is for those who need someone to tell them what to do and want to be guided. **Spirituality** is for those who pay attention to their inner voice. **Freedom** is neither outer observation nor inner voice.

Religion has a set of dogmatic rules. Spirituality invites us to read holy books for everything and to question everything. **Freedom** is the disappearance of the questioner.

Religion is governed by codes and rules. **Spirituality** is encompassing all. **Freedom** is space within space.

Religion speaks of sin and guilt. **Spirituality** speaks about surrendering all to the supreme. **Freedom** is a silence that speaks only TRUTH.

Religion represses everything inconvenient. **Spirituality** transcends everything, it brings you closer to your truth!! Freedom discovers that "You are truth", no distance, no TWO.

Religion speaks of a God. **Spirituality** speaks about the relationship between God and us. **Freedom** reveals, 'YOU ARE THAT', without names and forms without duality.

Religion invents. **Spirituality** finds. **Freedom** discovers.

Religion does not tolerate any question. **Spirituality** allows questioning everything. **Freedom** is a state with no more questions.

Religion is an organization with rules made by men. **Spirituality** is Divine, without human rules. **Freedom** has no concept of rules.

Religion is the cause of divisions. **Spirituality** unites. **Freedom** discovers all as one.

Religion is looking for you to believe. In **Spirituality**, you have to look for it to believe. **Freedom** is beyond beliefs and all knowledge.

Religion follows the concept of a sacred book. **Spirituality** seeks the sacred in all books. **Freedom** is no longer a 'SEEKER'.

Religion feeds on fear. Spirituality feeds on trust and faith. **Freedom** is complete and perfect, without fear or any attributes.

Religion lives in thoughts. **Spirituality** lives in inner Consciousness. **Freedom** is a state, prior to consciousness.

Religion deals with performing rituals. **Spirituality** has to do with the Inner Self. **Freedom** has nothing to do or undo.

Religion feeds the ego. **Spirituality** drives us to transcend the ego. **Freedom** transcends the transcender.

Religion makes us renounce the world to follow God. **Spirituality** makes us live in God, without renouncing our existing lives. **Freedom** discovers that you are not living life, 'YOU ARE LIFE'

Religion is a cult. **Spirituality** is inner meditation. **Freedom** is effortless presence.

Religion fills us with dreams of glory in paradise. **Spirituality** makes us live the glory of paradise on earth. **Freedom** is beyond the cycle of birth and death.

Religion lives in the past and the future. **Spirituality** lives in the present. **Freedom** is 'TIMELESS'

Religion creates cloisters in our memory. **Spirituality** liberates our sufferings. **Freedom** reveals the timeless and desireless presence.

Religion makes us believe in eternal life. **Spirituality** makes us aware of eternal life. **Freedom** is not eternal (where the concept of time is needed). It is timeless, beyond time.

Religion promises life after death. **Spirituality** is finding God in our interior during our current life before death. **Freedom** discovers that you are never born, because you never died. You are not an 'Entity'.

In every era, time and again sages say, be empty. When there is emptiness there is silence. When there is silence, there is peace. When there is peace, there is contentment. When there is contentment there is love. And when there is love, it is the TRUTH.

A handful of awakened gurus ask us to remember the following.

Do not remain spiritual, be free.

We are not human beings, who go through a spiritual experience.

We are spiritual beings, who go through a human experience.

"Shh!.. let us not talk so much about ourselves...they don't even exist

DR. JATIN SHAH

Dear Friends

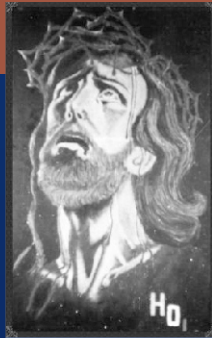
I am Dr. Jatin Shah

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Painting was my hobby, and I have done many Rangolis during Diwali days. I have made many Diwali greetings and watercolour paintings, during my childhood days.

It is difficult to make rangolis from sand colours. But gradually I have developed skill to make bigger and better Rangolis. Some facial expressions to present in rangoli is too much difficult. I used to spend more than 24 to 36 hours to make one big size rangoli (10 feet x 8 feet=80 square feet). We used to keep rangolis for 10 days after Diwali. Here with I am sharing few pictures of my rangoli.



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Rangoli -Ardhnareshwar
1980 - First MBBS-10 feet x 8 feet-Vadodara



Rangoli- 1984-Lord Ishu
During internship -On hard board,5x4 feet -Vadodara



1989 During Marriage reception -Tigar
After M S Ortho-On hard board-5x4 feet -At Mumbai thane



Rangoli -1985-Smiling Boy
During internship -On hard board-5x4 feet



Rangoli -Krishna Arjuna
1982-second MBBS -12x8 feet -Vadodara



Water colour painting, Shrinathji and Ranchodji
in 1976 10th vacation

(Decline of) men's fitness after 40. - Natural selection!??



DR. MEHUL SHAH

Orthopedic surgeon, marathoner and fitness enthusiast. Jamnagar.

Why we keep talking about fitness after 40 (common topic in reunions and family gatherings)? Why internet and social media overflows with articles and fitness routines for people above 40 and most importantly why we ourselves start thinking about our health and fitness as first priority only after 40? Why we don't think about health and fitness the same way in our 20's and 30's?

Because it's natural!! Yes perfectly natural. Let's try to understand this with a bit of science. Yes I know it's a non-academic edition but it need not be non- scientific also.

Two important hormonal change that takes place in men after 40.

First is reduced testosterone production. - When we reach late teens (say 16 to 19...) our testosterone production peaks and stays in higher range for almost two decades. That two decades of high testosterone is the time when we are on the favorable side of natural selection and we reach at the prime of our physical and mental fitness; which is much needed for success and growth of our personal and professional life; and society at large. We stay fit and strong without any special efforts. That is the reason both my sons can easily outrun me for a 5km distance in spite of the fact that I am an experienced runner and train harder than them (same will be true with you also, only if you can run 5km!!); BUT they are naturally selected. Nature wants a younger man to outrun/overpower an older one in a survival situation and save himself. Survival of the fittest.... Cruel isn't it?? But that is how it works!! And then starts a gradual testosterone decline from thereon. Decline actually starts in 30s; however its cumulative effect shows up after 40.(So when you are blowing off candles on your 40 th birthday cake, your testicles are doing something similar to its Leydig cells!!) We start losing bone (osteopenia) and muscle mass (sarcopenia) roughly at the rate of 1% per year after the age of 40. Loss is not linear with age, initially it is slower but as we age it becomes profound if we don't maintain it. Our muscle co-ordination and reflexes slow down; our ability to maintain balance and avoid falls decline quickly. Domestic falls leading to hip fracture!! Classic example. We also experience loss of libido and erectile dysfunctions (please mekul, don't discuss this anymore!!).

Second is development of insulin resistance. - As youngsters we could eat anything and everything and at whatever me without worrying about gaining weight or actually gaining weight (remember eating ice-creams, gulab-jambus and pizzas late night?!!) That is because till 40 our insulin sensitivity is high and we can break down sugar easily and utilize it as energy not allowing its conversion into fats. However as we age insulin sensitivity decreases leading to pancreas pumping more and more insulin resulting in hyperinsulinemia and insulin resistance (if it goes unchecked). Going into depth of metabolic dysfunctions caused by insulin resistance is scary but just remember that insulin resistance is the root cause of our protruding abdomen, high blood sugars, fatty livers, atherosclerotic arteries and even Alzheimer's and Parkinson 'disease.

Other changes include diminishing cardiorespiratory reserve (we get out of breath after climbing a few stairs or an uphill path). Neuro-degeneration sets in; leading to us forgetting things, shortening of attention span and lack of concentration.

In short after 40 we fall out of loving eyes' of Mother Nature (and her daughters' too !!) and after 40 she doesn't care whether we remain fit, strong and attractive or not.

Now what??

Should we accept this natural decline in our fitness or fight against it? I think most men are ready to fight (provided we don't lose our fountain of youth). But it's not easy!! Nature works 24 hrs. and we have to work with equal dedication and discipline. Now good news is that we can definitely arrest this decline in fitness with proper training. But it has to be on a regular basis throughout life; paying for 6 months gym membership and then forgetting doesn't help.

Going into detailed training program is not feasible in this article (you will find infinite training programs on net) and I am no fitness expert. So I just want to leave readers (if there are any) with three keywords to help reverse (or at least arrest) this inevitable process of physical, mental, cognitive and sexual decline after 40. And these three keywords are:

1. Exercise,

2. Exercise and

3. EXERCISE.

JUST DO IT IN ANY FORMAT! At least 45 min. a day.

For those who want a little clearer roadmap, try to achieve these 2 goals in next 6 months.

1. Run 5km in less than 40 min.
2. Do 10 reps of deadlift equal to your body weight.

Achieve these and see the changes.

Now signing off here, as it's time to go for a long run.