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Building Families Technology Trust

TIMES OF INDIA

ALL INDIA FERTILITY & IVF RANKING SURVEY 2019

BAVISHI FERTILITY INSTITUTE

4 YEARS IN A ROW

Ranked **No. 1** FERTILITY INSTITUTE OF WESTERN INDIA & **No. 2** in All India

AHMEDABAD INSTITUTE

MUMBAI INSTITUTE:
No 3 in Mumbai & No. 7 in Western India

DELHI INSTITUTE:
No 7 in Delhi/NCR & No. 10 in Northern India, 2018

KOLKATA INSTITUTE:
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AHMEDABAD MEDICAL ASSOCIATION

(Branch of Indian Medical Association)

AHMEDABAD MEDICO NEWS

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DR. MEHUL N. SHELAT
President - AMA



DR. KIRITKUMAR C. GADHAVI
Hon. Secretary - AMA

Imm. Past President - **DR. JAYESH P. SACHDE**

Vol.13

JANUARY-2019

Issue-9

HIGHLIGHTS

- 03-02-2019 Mega Health Check-Up Camp
- 03-02-2019 Kid's Talent Evening
- 14-02-2019 Valentine's Day with Thelesemia Kids
- 14-02-2019 Ladies Club Programme
- 17-02-2019 Scientific Programme No. 6
- 20-02-2019 to } Sports Week
- 28-02-2019 } Career Seminar
- 21-02-2019 The Guru Speaks
- 22-02-2019 Ladies Club Programme
- 03-03-2019 Woman's Day Celebration
- 10-03-2019



♥ Happy Valentine's Day ♥

"LOOK BACK & THANK GOD, LOOK FORWARD & TRUST GOD"

Message From President and Hon. Secretary Desk



Respected Seniors & Dear friends,
Namaste!

We are thankful to you all for your whole-hearted participation in AMA programmes in good numbers. This is what we all need to meet off & on & yes make us fulfil by Edutainment.

Please accept TEAM AMA's BIG THANKS for last month's programmes, we are trying to make every programme different & useful.

Sports Zone is ready. Thanks to Dr. Adit Desai for coming and inaugurate it. Request all of you to come AMA & spare time at Sports Zone.

Our thanks & salute to Dr. Maheshbhai Patel & Dr. Parimalbhai Desai for coming & give valuable suggestions in Career Seminar.

Now let's move forward with kids talents, Career Seminar for Medical Students, Community Projects & Sports Week. We have planned to celebrate Valentine Day in a special way.

Need your Suggestions always. Tell our mistakes to improve qualities.

Thanks & regards,

Jay IMA Jay AMA

Dr. Mehul N. Shelat

President

Ahmedabad Medical Association

Dr. Kiritkumar C. Gadhavi

Hon. Secretary

Ahmedabad Medical Association

AMA INITIATIVE - NARANGHAT, SHAHIBAUG



PROTEST DAY



PROTEST DAY



CAREER SEMINAR





CAREER SEMINAR



CAREER SEMINAR



LATE DR. ASHOK KANODIA SHRADDHANJALI



AMA INITIATIVE PASHUPATINATH TEMPLE - ODHAV



SPORTS ZONE INAUGURATION



AFPA CONFERENCE @ KD HOSPITAL



SWASTHYACON - 2019



NATCON 2018 - BANGALORE



Be a Member of
F.B.S.,
S.S.S., P.P.S.,
Health Scheme
and N.S.S.S.



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AHMEDABAD MEDICAL ASSOCIATION YEAR : 2018-2019

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	M. 98240 18848

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DR. ATUL GANDHI	DR. JITENDRA N. PATEL	DR. BHAVESH M. PATEL

Tribute to Late Dr. Ashok Kanodia Mega Health Check-up Camp

Date : 03-02-2019, Sunday
Time : 9.00 to 12.00 pm
Venue : Pashupatinath Temple, Odhav.

Doctors giving Honorary Services are...

Physician	: Dr. Sunil Chenwala
Surgeon	: Dr. Hiren Modi
Orthopaedic	: Dr. Mehul Shah
Gynaec	: Dr. Amit Kalyani
Paediatrician	: Dr. Bhadresh Prajapati
Skin	: Dr. Hiren Suthar
Ophthalmology	: Dr. Brijan Choksi
ENT	: Dr. Hitesh Shah

Co-ordinators

Dr. Sahil Shah
Dr. Amit Mistry
Dr. Dhiren Mehta

TELEPHONE NUMBERS

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A.M.A. (Fax).....2658 7498	N.S.S.S.....2658 5430
G.S.B.2658 7370	PHY.ASSO.....2657 4763
S.S.S.2658 0690	A.O.G.S.2658 6426



AMA KID'S CLUB

Presents

KID'S TALENT EVENING

Members, do not miss this opportunity to show
Your Kid's talent



Date : 03/02/2019, Sunday
Time : 6 pm onwards
Venue : AMA Hall, Ashram Road, Ahmedabad



Concept & Managed by
Dr. Mona Desai



:: PROGRAMME HIGHLIGHTS ::

- For kids up-to 18 years can participate
- Talent Showcase (a) Dancing - solo / group (b) Group Skit, (c) Singing (d) Mono-acting & Music...
- Each event will be scrutinised by the committee and then allowed to showcase
- Time duration : less than 5 minutes
- Last date for entry 26 January, 2019
- participation Fee Rs. 100/- per participant
- Entry Pass Rs. 100/- each for members, Rs. 200/- for guests
- Entry for participants - Free
- Passes will be available at AMA office from 5th January, 2019
- Token gift will be given to each participant
- The Programme will followed by dinner

KID'S CLUB CO-ORDINATOR : DR. DEVAL PANCHAL

Dr. Mehul N. Shelat
President, AMA

Dr. Kiritkumar C. Gadhavi
Hon. Secretary, AMA

AHMEDABAD MEDICAL ASSOCIATION SENIOR CITIZEN CLUB

& AHMEDABAD MEDICAL ASSOCIATION KID'S CLUB



Celebrates...
Valentine Day...
with
Thelesemia Kids



PROGRAMME

Date : 14-2-2019, Thursday
Time : 1.00 to 2.00 pm - Lunch
2.00 to 3.00 pm - Celebration
Venue : Indian Red Cross Society,
18, Gujarat Brahm Kshatriya Society, Paldi.

AMA Senior Citizen Club Co-ordinators

Dr. K. R. Sanghavi Dr. Abhay Dikshit

KID's Club Co-ordinator

Dr. Deval Panchal

Dr. Mehul N. Shelat Dr. Kiritkumar C. Gadhavi
President - AMA Hon. Secretary - AMA

DISCLAIMER

Opinions in the various articles are those of the authors and do not reflect the views of Ahmedabad Medical Association. The appearance of Advertisement is not a guarantee or endorsement of the product or the claims made for the product by the manufacturer.

Dr. Shantilal A. Shah SCIENTIFIC PROGRAMME NO. 6

Respiratory Update

Date : 17-02-2019, Sunday
Time : 9.30 am onwards
Venue : AMA Hall

YOU CAN COME WITH YOUR SPOUSE.

Reg. Fee Rs. 50/- for AMA member

Rs. 150/- for Spouse

Registration @ AMA on 26588775

9.30 am to 10.00 am Registration & Breakfast

10.00am to 10.40am ફેફસાની ફરિયાદ અને ફેફસાલો
વક્તા : ડૉ. નરેન્દ્ર રાવલ

10.45am to 11.45am Pannel Discussion

Subject : Respiration is Inspiration

Pannelist : (1) Dr. Narendra Rawal
(2) Dr. Parthiv Mehta
(3) Dr. Raj Bhagat
(4) Dr. Shweta Saraf

12.00 Noon Lunch

Chair Person & Moderators : (1) Dr. Ankit Patel
(2) Dr. Shwetang Jani

AMA Co-Ordinator

Dr. J. D. Patel Dr. Sunil Chenwala

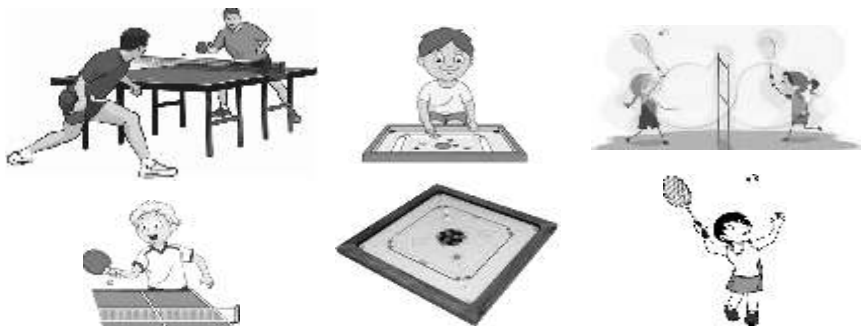
Dr. Mehul N. Shelat Dr. Kiritkumar C. Gadhavi
President, AMA Hon. Secretary, AMA



AHMEDABAD MEDICAL ASSOCIATION Organizes

SPORTS WEEK

20-02-2019 to 28-02-2019



TOURNAMENTS

- | | | |
|------------------|---|------------------|
| (1) Table Tennis | - | Single & Doubles |
| (2) Badminton | - | Single & Doubles |
| (3) Carrom | - | (4) Chess- |

Last Date of Registration 15-02-2019 @ AMA on 26588775

Entry Fee Rs. 50/-

Rules :

- » For AMA members only.
- » Co-ordinators decision will be final.
- » For each tournament 1st & 2nd prize will be given on Annual Day.
- » Minimum 6 Entries are required to stage the tournament.

Co-ordinators

Dr. Abhay Dikshit Dr. Jaswant Darbar Dr. Brijan Choksi

Dr. Mehul N. Shelat Dr. Kiritkumar C. Gadhavi
President - AMA Hon. Secretary - AMA



AMA YOUTH FORUM

PRESENTS



CAREER SEMINAR



For

UG & PG Medical Students

Programme Co-ordinator :- Dr. Diptiben Shah
Dean, AMC MET Medical College

- | | |
|---------|--|
| Date | :- 21/02/2019, Thursday |
| Time | :- 1.00 to 2.00 pm Lunch
2.00 to 3.30 pm Lectures |
| Venue | :- AMC MET Medical College,
Maninagar. |
| Subject | :- After MBBS & PG.... What Next ? |
| Speaker | :- Dr. Ashok Nirvan
Assistant Professor
Department of Anatomy,
B.J. Medical College |
| Subject | :- Foreign Education |
| Speaker | :- Ms. Janet Turner
Center Manager Education USA
Indo American Education Society |

For Registration Call AMA on 26588775 before 19-02-2019

Dr. Mehul Shah

Chief Co-ordinator, AMA Young Forum

Dr. Mehul N. Shelat
President, AMA

Dr. Kiritkumar C. Gadhavi
Hon. Secretary, AMA

Courtesy :





The Guru Speaks



Date : 22-02-2019, Friday
Time : 8.30pm
Venue : AMA Hall, Ashram Road
Speaker : Dr. Pankaj Nagar
Subject : Astrology & Science
 તન, મન, ધન ની તંદુરસ્તી

The Programme will be followed by High-Tea.

Dr. Pragnesh M. Vachharajani Dr. Jitendra N. Patel
 Secretary, Guru Speaks Chairman, Guru Speaks
 Dr. Mehul N. Shelat Dr. Kiritkumar C. Gadhavi
 President, AMA Hon. Secretary, AMA

SPORTS ZONE @ AMA

Come and Play @ AMA...



Badminton

Carrom
Table Tennis

Chess

Kid's Games



Call : 26588775 before you come.

Dr. Mehul N. Shelat Dr. Kiritkumar C. Gadhavi
 President, AMA Hon. Secretary, AMA

WOMAN'S DAY CELEBRATION

Dear Ladies,

Greetings ! As we all know International woman's Day falls on 8th March and hence we along with Woman Doctors Wing, Ahmedabad Medical Association and Ladies Club of AMA will celebrate this event on Sunday, the 10th March, 2019, at Ahmedabad Medical Association Hall. So all ladies do not miss this wonderful programme. The details of the programme are as under :

10.00 a.m. to 10.15 a.m. - Registration
 10.15 a.m. to 11.00 a.m. - Talk on "MÖ... MKKÜKMKÖKÉ"
 Speaker Mr. Nandak Pandya
 11.00 a.m. to 12.00 noon - Self Defence Training Workshop
 12.00 noon to 12.15 p.m. - Skit on "Abuse"-by Medical Students
 12.15 p.m. to 1.00 p.m. - Housie & entertainment Games
 1.00 p.m. - Lunch
 Registration Charges - Rs. 50/- for members (Ladies only)
 Rs. 100/- for Guest

Registration at AMA Office before 7th March, 2019

Token gift will be given to all attending the event.

Housie Ticket - FREE

Dr. Mona Desai Dr. Mehul Shelat Mrs. Kilu Shah
 Chairperson GSB WDW President AMA President Ladies Club AMA

Dr. Gargi Patel Dr. K. C. Gadhavi Mrs. Darshana Shah
 Hon. Sec. GSB WDW Hon. Secretary AMA Hon. Sec. L. C. AMA

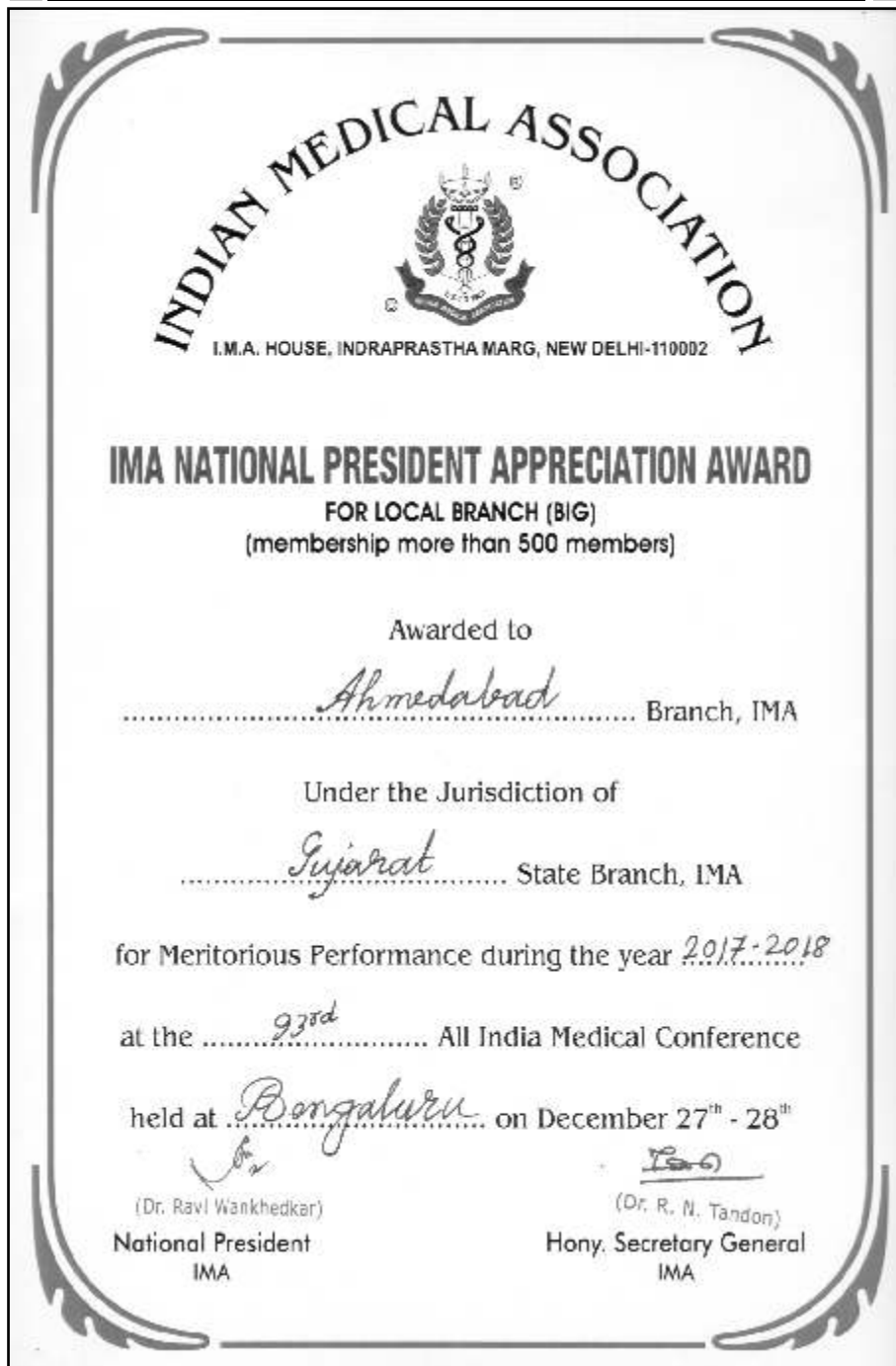
AFPA CME

- | | | |
|-----|------------|---|
| (1) | 30-01-2019 | Subject : EECp@AMA
Time : 1.00 to 3.00 pm |
| (2) | 02-02-2019 | Subject : Appropriate Antibiotic
Prescription@Starotel
Time : 1.00 to 3.00 pm |

I.M.A. (HQ) Award Winners : 2017-2018

- ❖ IMA National Social Security Scheme
Being awarded I.M.A. National President's Appreciation Award for Best Scheme of IMA.
- ❖ Ahmedabad Branch, Gujarat State Branch
Being awarded I.M.A. National President's Appreciation Award for IMA Best Local Branch Trophy (for Big>500)
- ❖ Ahmedabad Branch, Gujarat State Branch
Being awarded Organisational Awards for IMA Special Award for Organising Working Committee Meeting.
- ❖ Dr. Mona P. Desai Ahmedabad
Being awarded Outstanding & Distinguished Services Award for Best IMA Dr. P. C. Bhatia Award.
- ❖ Dr. M. M. Prabhakar Ahmedabad
Being awarded IMA National President's Appreciation Award.
- ❖ Dr. Mehul J. Shah Ahmedabad
Being awarded I.M.A. National President's Appreciation Award for Distinguished Service.







ACTIVITY REPORT

- (1) 02-01-2019 -Walk for a cause Mega event with strong pledge to "Save the Girl Child – Walkathon" public awareness program organized with FOGSI. RJ Dhvanit, Ruzan Khambhata & Chaula Jagirdar were Guests. It was start with Jumba & school students also participated. Program was grand success.
- (2) On 24th January, 2109 IMA announced Protest day for 1. NMC Bill, 2. Consumer Protection Bill, 2018 , 3. Medical Council amendment Bill. All Doctors wear Black Badges & gave Memorandum to Collector & gave Memorandum to two M.P.- 1. Dr. Kirit Solanki and 2. Shri Pareshbhai Raval.
- (3) On 05-01-2019 " Chalo Ek bar Firse " with theme Aap Ki Parchhaiya organized by AMA Cultural Board was grand success..
- (4) On 06-01-2019 - AMA Young forum presented Career Seminar. Dr. Maheshbhai Patel was Chief Guest & Dr. Parimalbhai Desai was Guest of Honour. It was well attended by 150 members & students. Dr. Rupesh Vasani, Prof. Pradip Malik, Mr. Chitan Gandhi, Mr. Chirag Thakkar, Dr. Jagdish Patel & Mr. Bhanubhai Mehta through the light over subject. Program was very grand success.
- (5) On 19th January, 2019 " પાર્થ ને કહો ચઢાવે બાણ, હવે તો યુદ્ધ એ જ કલ્યાણ " Program was attended by exam going students & their parents. Mr. Nandak Pandya gave the information and tips to students & parents. Parents appreciated the program and it was well attended by more than 80 students & parents.



WE WELCOME FOLLOWING NEW LIFE MEMBERS

- | | | |
|------|----|----------------------------------|
| 9636 | L | DR. SHAH BIREN HARSHADBHAI |
| 9637 | L | DR. CHAUHAN VAIDIK MAYURKUMAR |
| 9638 | L | DR. TADAIYA MAHAVIRKUMAR V. |
| 9639 | L | DR. KHARSADIYA MEET KIRITKUMAR |
| 9640 | L | DR. PATEL TEJAS JAYANTILAL |
| 9641 | LC | DR. ASARI ASHISHKUMAR N. |
| 9642 | LC | DR. ASARI ANURADHA ASHISHKUMAR |
| 9643 | L | DR. SAVALIA BHUMIKA HIREN |
| 9644 | L | DR. PRAJAPATI MITTAL S. |
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| 9651 | L | DR. PATEL SAUMIL BHIKHABHAI |
| 9652 | L | DR. SHAH MANAN SURESHCHANDRA |
| 9653 | LC | DR. PATEL MALAV VINODBHAI |
| 9654 | LC | DR. PATEL KINJAL MALAV |
| 9655 | L | DR. AKHANI DHAVALKUMAR D. |
| 9656 | L | DR. GANGWANI RITA ANIL |
| 9657 | L | DR. MEHTA VATSAL KIRITKUMAR |
| 9658 | LC | DR. CHRISTIAN ROHAN PIYUSHKUMAR |
| 9659 | LC | DR. PARMAR KUMARI NEHA SUMAN |
| 9660 | L | DR. PANCHAL TORAL BHUPENDRABHAI |
| 9661 | L | DR. TANVIR SAQUIB |
| 9662 | L | DR. MODI SEJAL TANISH |



ભેડીઝ-કલ્પ

यत्र नारी पूज्यते तत्र समन्ते देवता

Hello my dear friends,

Ladies in large number did yoga with Dance, Garba and Music and enjoyed hot snacks.

Now it's time to celebrate Valentine's Day.

We are planning Unique Cooking Competition with three rounds.

1st Round

****Let's DATE...****

Bring a dish from DATES (khajoor) along with written recipe. Participant with unique recipe, presentation and taste will be declared winner of 1st round.

2nd Round is "No Gas Cooking" ****Let's GUESS****

Run and select your favorite stuff available there to prepare your dish in 20 minutes.

In 3rd Round ****Let's DRESS****

It is Fund round - couple round. Enjoy cooking with your husband.

You prepare any variety salad from your own stuff.

Your salad-dressing, co-ordination, presentation, nutritional value and taste will be considered.

Registration : Members - free
Participant - 100/- Spouse - 150/-

Date : February 14

Time : 2.00 pm to 5.00 pm

Venue : AMA House, Ashram Road.

Judge : Cooking expert Mrs. Sumiraben Shah

Prizes Courtesy : Rajani Group of Industries

Event Sponserer : Rujul Vora Photography and Cinematography.

Event will be followed by High Tea

Program with Spouse.

March is a month of tax Planning.

How to invest.. Where to invest.. When to invest. And when to withdraw !!!

Very useful and important tips from a financial advisor

Mr. Jay Desai (JayWealthcare)

Date : 3rd March, Sunday

Time : 11 am

Venue : Hotel E1 Dorado, Opp. Pasport Office,
Mithakhali Six Roads.

Congratulations to Winner of Webquiz-1

Mrs. Paresha Shah

pareshashah202@gmail.com

For program details visit website www.ladiesclubama.com

Mrs. Kiluben H. Shah

President

9825316222

Dr. Mehulbhai N. Shelat

AMA President

9825398891

Mrs. Darshnaben A. Shah

Secretary

8780970821

Dr. Kiritkumar C. Gadhavi

AMA Secretary

9998370353

OBITUARY

We send our sympathy & condolence to the bereaved family.
May his/her soul rest in eternal peace.



Dr. PARIKSHITRAY B. DESAI

Date of Birth : 05-02-1934

Date of Death : 20-12-2018



Dr. LAKSHAMAN S. DUTT

Date of Birth : 19-07-1951

Date of Death : 26-09-2018

Gujarat Medical Council

No. GMC/ 7 / 21

of

2019

1ST Floor, Old Nursing College
Building, Nr. M. P. Shah Cancer
Hospital, Civil Hospital Campus,
Asarwa, AHMEDABAD-380016

Tele-Fax: 079-22680534

E-mail: mail@gmcgujarat.org

Date: 08-01-2019

ADVISORY REGARDING ADVERTISING IN MEDICAL PRACTICE

It has come to the notice of Gujarat Medical Council recently, that in today's era of competitive medical practice, corporate hospitals and private practitioners have been knowingly or unknowingly overstepping the boundaries of ethical advertising. This results in violation of Code of Professional Conduct, Etiquette and Ethics 2002 under the MCI Act. Violation of this act is punishable and Gujarat Medical Council has legal obligation to take suitable actions against registered medical practitioners violating the code of ethics.

In such circumstances, the Gujarat Medical Council decided to issue an advisory to all its registered medical practitioners to exercise great caution while advertising and take abundant precaution not to violate the code of ethics by unethical advertising.

Herewith are mentioned the situations and circumstances wherein a registered medical practitioner is allowed to advertise in an ethical manner (clause 6.1 of code of ethics)

1. On starting practice
2. On change of type of practice
3. On changing address
4. On temporary absence from duty
5. On resumption of another practice
6. On succeeding to another practice
7. Public declaration of charges

Also herewith are mentioned some relevant unethical acts and professional misconducts as defined by the Code of Professional Conduct, Etiquette and Ethics 2002, for wider awareness of all registered medical practitioners.

ADVERTISEMENT

Soliciting of patients directly or indirectly, by a physician, by a group of physicians or by institutions or organizations is unethical

Not to invite attention to him or to his professional position, skill, qualification, achievements, attainments, specialties, appointments, associations, affiliations or honours and/or of such character as would ordinarily result in his self aggrandizement

Printing of self photograph, or any such material of publicity in the letter head or on sign board of the consulting room or any such clinical establishment shall be regarded as acts of self advertisement and unethical conduct

ENDORSEMENT

A physician shall not give to any person, whether for compensation or otherwise, any approval, recommendation, endorsement, certificate, report or statement with respect of any drug, medicine, surgical, or therapeutic article, apparatus or appliance or any commercial product or article with respect of any property, quality or use thereof or any test

FEE SPLITTING/COMMISSIONING

A physician shall not give, solicit, or receive nor shall he offer to give solicit or receive; any gift, gratuity, commission or bonus in consideration of or return for the referring, recommending or procuring of any patient for medical, surgical or other treatment

A physician shall not directly or indirectly, participate in or be a party to act of division, transference, assignment, subordination, rebating, splitting or refunding of any fee for medical, surgical or other treatment

All registered medical practitioners are hereby advised to adhere strictly to the norms of advertisement as well as all other norms laid down in Code of Professional Conduct, Etiquette and Ethics 2002 and all further amendments made to it without fail. Breach in this code will invariably lead to suitable actions/punishment by the Gujarat Medical Council


I/C REGISTRAR,
GUJARAT MEDICAL COUNCIL

NOTE: The council also hereby deems it appropriate and relevant to bring to the notice of concerned registered medical practitioners about the judgment given by MCI on the appeal filed by Shri Rameshkumar Khatri, wherein the MCI ordered to remove the names from IMR for 15 days of 10 Registered Medical Practitioners working in a multispeciality hospital in Sonapat, Haryana, as their names with photographs appeared in advertisements. The council interpreted such advertisements as an act of violation of code of ethics.

**PROFESSIONAL PROTECTION SCHEME; G.S.B. I.M.A.**

"P. P. S. House", Beside Sakar-V Building, Nr. Mithakhali Railway Crossing,
Off Ashram Road, Navrangpura, Ahmedabad-380009.

Tele No. : 079-2658 8929 E-mail : ppsgsbima1@yahoo.in

Website : www.ppsgsbima.com

Attention Please !! - ALL THE MEMBERS OF P.P.S.

Coverage :	Per Case	Aggregate Per Year
From 01-04-2016	₹ 20 lacs	₹ 42 lacs

Dear Member,

Professional Protection Scheme has already sent a notice alongwith a Renewal Application form for renewing the membership before 31st March, 2019 for the year 2019-2020 "By Registered Post January 2019 to all the members.

We request you to draw kind attention towards the constitution of P.P.S.G.S.B.I.M.A.

- Clause 10/B :-** A member who does not pay the annual membership fee in advance – before 31st March (before the expiry of the indemnity cover) shall be discontinued without any notice.
- Clause 10/C :-** However if a discontinued member wants to revive his/her membership within one month of the expiry of the indemnity cover he/she shall pay annual membership fee only, but the indemnity cover shall be provided from the day of revival of the membership."
- Clause 10/D :-** After one month if a member wants to rejoin the scheme, he/she shall be treated as a new member and he/she shall have to pay admission as well as annual membership fees."

The member who has not sent the Renewal Application form duly filled in alongwith required amount is requested to send it immediately.

For Online : **Renewal**

Please visit our

Website : www.ppsgsbima.com

Dr. Bipin M. Patel
Managing Director



Spirituality, the missing link in modern medicine.....

- Dr. Ayyappan Thangavel
MBBS MS MCh DNB MNAMS

The last two decades has witnessed a rapid advance in medical sciences particularly the technological aspects and gadgetry, probably we are living in the most advanced state of art, status ever enjoyed by medical science, the benefits are tangible, for example polio has been eradicated, tuberculosis a major killer has been contained, there are many vaccines for children, the average life expectancy has increased significantly, there has been an increase in comfort levels and material prosperity at all levels, however when we contemplate how much happiness and wellness, especially the mental health for both the doctors and the patients are concerned, the results are very disappointing, the doctors are in huge stress, especially, they are insecure just about everything from their jobs to their sanity.

The emergence of corporate hospitals, which are basically managed by professional managers, has almost replaced the quintessential small hospitals, besides the netting of doctors in the consumer protection Act has literally reduced the doctor to a service provider and its far reaching consequences.

The mushrooming of social media and insensitive vitriolic news coverage of instances of complications and unsatisfactory results and deaths which are inevitable in terms of percentage are blown out of proportions and has virtually unleashed doctor patient strife by spreading unverified, unsubstantiated rumours.

The political establishments also have not helped the cause of Doctors and I am of the opinion that this era is one of the most difficult eras ever, of being a doctor and the future is also not looking promising or bright, this is especially unsettling for the younger doctors. The scenario is more worrisome when doctors themselves become aware of the level and extent of the disillusionment of medical career, which is very long and most difficult, they encourage the younger generation to take up any option other than being a doctor, despite it being the most noble profession.

"First do no harm","primum non nocere" is one of the most important dictums of modern medicine, I do not think by any stretch of imagination any doctor will intentionally do harm to their patients, they will always do the best and have the best of intentions, despite that sometimes the results may not be up to the mark, because of reasons not

under their control.

Herein lies the malady, The doctors despite their training in best institutes, are taught all the different subjects which helps them deal with their patients, however they are not taught what life is?

The reason is that no one knows, including the teachers and researchers, as to what is the principle, that makes the body breathe, see, move, digest, excrete and mate and that which, when exists in the body creates the aura and disappears with the phenomenon of death.

Though the stages of death are well documented, we can only declare death, we cannot even predict it with certainty. We neither know what life is, nor we know what death is, everything else we profess to know, infact, everyone is a specialist in everything and a superspecialist when it comes to things about which he knows next to nothing especially in our country.

Physician heal thyself is an old saying, which is very important advice and something that must be given a very thorough introspection especially in these times of ongoing strife and unsettlement in the medical community due to reasons we all are well aware of.

The surgeons cut with confidence because he knows that healing happens, though volumes have been written about healing and many tall claims made about accelerating healing, the fact remains healing is governed by many factors still ununderstandable by human minds, hence no guarantee, a very wise move.

The anesthetists give anesthesia with the confidence gained out of practical experience that patient usually comes out of anaesthesia safely, provided all the safety parameters are met, still accidents can happen, but the fact remains that besides a basic understanding despite volumes written, the fact remains that none really know what actually happens, and hence no guarantee again a very wise move.

For we do not know what conscience is and what exactly is the relation between conscience and life or death.

Hence we take a separate consent for anaesthesia and surgery, accepting our limitations, every doctor has a sword of Damocles hanging on his head, thousands of successful patients goes unmentioned, one patient dies and the results cause a havoc in the personal life and career which is beyond redemption.

There is none to uphold your cause, no medicine for your wound, no healing for you.

Jeremiah 30:13

When we pause from our ever busy routines while continuing our play acting and look at us in the stillness of our minds, if one is lucky enough to permit himself this luxury, only then we can

understand and justify our deeds.

The essential need of the hour is to integrate spirituality in to the curriculum of modern medicine, We must not wait and this need not have to come from the west, as we have a penchant to accept without fail whatever comes from the west and criticize without mercy even genuine thoughts from our own.

Now we need to understand that the best time to integrate is much younger, in the primary schools, which is being done in some form in most schools as in the morning prayers, moral education etc, all this comes to a sudden stop when the young boy enters medical college. This is the right time to start integrating spirituality to the young curious minds, especially when it is shared by prominent, successful and leading eminent specialist doctors who must have by now found the peace and happiness and the importance of being spiritual and moral in contrast to being grossly material minded though helps accumulating wealth results in stress, tension, unhappiness and anxiety and insecurity illustrating poverty amidst plenty, poverty of happiness amidst plenty of bungalows, cars and material comforts.

What is spirituality?

Historically, the words *religious* and *spiritual* have been used synonymously to describe all the various aspects of the concept of religion Spirituality is a flexible concept with many perspectives which includes a sense of connection to our creator, and involves a ongoing search for meaning of life. a universal human experience it connects all of us, it has been described as a spiritual experience. as *sacred* or *transcendent* or simply a deep sense of interconnectedness of all beings and nonbeings.

Some of the experts have defined spirituality as follows

- Christina Puchalski, MD, Director of the George Washington Institute for Spirituality and Health, contends that "spirituality is the aspect of humanity that refers to the way individuals seek and express meaning and purpose and the way they experience their connectedness to the moment, to self, to others, to nature, and to the significant or sacred."
- According to Mario Beauregard and Denyse O'Leary, researchers and authors of *The Spiritual Brain*, "spirituality means any experience that is thought to bring the experiencer into contact with the divine (in other words, not just any experience that feels meaningful)."
- Nurses Ruth Beckmann Murray and Judith Proctor Zenter write that "the spiritual dimension tries to be in harmony with the universe,

and strives for answers about the infinite, and comes into focus when the person faces emotional stress, physical illness, or death."

- *Religion is belief in someone else's experience.*
Spirituality is having your own experience."

– Deepak Chopra

The truth is that spirituality is the most truthful thing there is: it is simply your own conscious self recognizing that you are more than just a body, that you are a soul with infinite potential. This realization happens when one starts the process of looking within from the usual habit of looking without. The following highlights the differences between religion and spirituality.

1. There are no rules to Spirituality
(*These rules were originally published on *The Spirit Science*, by Kasim Khan)

It truly sets you free to be the best you can be, with no promise of punishment or reward. The reward is simply your own inner happiness.

2. Spirituality is based only on love and not fear

Dotted throughout religion there is lots of fear. Fear of the consequences of your actions, fear of what might happen after you die if you don't live your life accordingly.

Well, with spirituality there is only Love, it encourages you to focus all of your energy only on the good, and to act only based on love.

This is a key point for me as any choice made out of fear will not be good for your soul. Whereas decisions made out of love will empower you, make you braver and feed your soul.

It shows you how to stand despite being afraid, how to move on doing what you feel is right despite the consequences that may come.

3. Religion tells you the truth – Spirituality lets you discover it
As opposed to telling you in black and white how the universe was created and why we are here, Spirituality lets you discover these questions and answers for yourself.

It empowers you to find your own truth in all things and sets no limits to how deep you can go in understanding all there is to know.

4. Religion separates, Spirituality unites

In our world, there are many religions and they all preach that their story is the right story.

Spirituality sees the truth in all of them and unites them because the truth is same for all of us despite our differences

and uniqueness.

It focuses on the quality of the divine message they share and not on the differences in details of the story they speak.

5. The difference between Karma and Punishment

Instead of talking about punishment or the threat of hell, Spirituality only talks about Karma.

It's the Law of Attraction — you get what you give. Simple.

6. Walk your own path

Instead of ancient stories about angels and Gods, spirituality encourages you to make your own path and create your own stories. This sets you on a journey of enlightenment and self-discovery to which the only limits can be set by yourself.

It encourages you to trust your heart and follow it wherever it may lead you.

If you look at religion it all stems from a deep spirituality. Jesus and Prophet Mohammed (PBUH) for example all had deeply profound spiritual journeys before they embarked on their own journeys.

So I do believe that all religion has truth in it and that many people can be both truly beautiful souls and religious at the same time, but ultimately anything that separates you or creates division is not good for your soul and definitely not good for the greater good of mankind.

Spirituality reminds us that we are not separate, there are no borders, no races and no cultural divides.

All that is true is that we are all one and the only constant is Love.

•

So it is important to realize that religion is different from spirituality, religion may be a stepping stone to spirituality but very different from it.

While spirituality may incorporate elements of religion, it is generally a broader concept. Religion and spirituality are not the same thing, nor are they entirely distinct from one another. The best way to understand this is to think of two overlapping circles like this:

How to discover spirituality

1. Set your intention.

The first step in establishing a spiritual practice is acknowledging that you actually want one in the first place

2. Feed your mind.

Read everything you can get your hands on. Start with something like, *Soulcraft* by Bill Plotkin or *Care of the Soul* by Thomas Moore,



which are great primers on fostering sacredness in your everyday. Watch documentaries; one of my favourites that's available on Netflix right now is *I Am*.

3. Be still every day.

Lao Tzu began the *Tao Te Ching* by stating, "The way that can be spoken of is not the true way". Our connection to spirit/God/the universe or whatever you want to call it is primarily a felt experience. This is why most spiritual traditions include some type of formalized stillness practice, such as meditation, chanting, or mindfulness. (ation) email.

4. Don't neglect your meat suit.

Mind, body, and spirit are not separate so don't forget to employ your physical body in your pursuit of the mystical. The experience of inhabiting a body is one of the most profoundly spiritual experiences available to us. Dancing, drumming, yoga, singing, walking a labyrinth, even playing sports are deeply intuitive, bodily ways of expressing our spiritual selves. Not to mention a hellava lot of fun.

5. Approach your practice with playfulness.

You may believe that a spiritual practice must be solemn and serious. Joy is one of the five noble emotions and laughter is its language. So above all else, approach your budding practice with a light heart. Laugh at yourself, laugh at your teachers, laugh at the sheer silliness that is the human experience. We are mammals made of recycled star-stuff rocketing around on an anomalous blue planet in the vacuum of an exploding universe and yet somehow we allow ourselves to get derailed by jammed printers or cat sick on the carpet. How could we not laugh?!

6. Watch for signs.

As you begin to cultivate a spiritual practice you may find that the universe sends you little nudges or clues to encourage you on your seeker's path. You may begin to notice strange coincidences or undeniable signs that point you deeper into your connection with spirit. It may be something as simple as having three different people recommend the same book, or connecting with a kindred spirit through a seemingly random occurrence. Want to speed things up? Ask for a sign. One of my favourite practices is to write the Universe a letter. Request help with whatever you are struggling with. Thank her for her guidance and don't forget to date and sign your letter. Stay open and you will begin to feel subtle course corrections as you travel through life.

7. Connect with your tribe.



I used to believe that spirituality was a solitary endeavor. I could not have been more wrong. Want to feel your practice really open up? Get together with other seekers. Attend workshops, classes, and retreats. Join online communities like this one. There is a reason that most spiritual traditions are built around congregations. There is an energetic resonance that only comes from being part of a group. That is where spirit resides the strongest. It doesn't have to be a formal gathering. It can be any circle of individuals who support and encourage each other on this ride we call life.

8. Experiment.

The best thing about building your spiritual practice is that it is yours. You alone get to choose what works for you. And there are no rules so don't be afraid to explore. Cherry pick from any discipline, idea, or philosophy that speaks to you. Try everything and trust your gut. Whatever fuels your interest, resonates with your heart, and feeds your soul...do that!

(a version of this post originally appeared on MindBodyGreen)

In summary,

Values in Healthcare(Brahma Kumaris) helps healthcare organisations and practitioners at four levels: professional, personal, organisational and educational. The programme provides them with opportunities to:

Professiona

- ? Set professional standards and codes of practice
- ? Help resolve ethical issues
- ? Manage workload, expectations and change more effectively
- ? Work in teams with better co-operation
- ? Improve the quality of relationships and communication at all levels
- Personal
 - ? Build self-esteem and sense of purpose
 - ? Renew enthusiasm and vitality
 - ? Consider self-care as essential to well-being and good patient care
 - ? Cope better with stress and prevent burnout and ill health
 - ? Improve staff recruitment and retention
 - ? Provide better support to staff
 - ? Boost morale in the workforce and reduce sickness absence
 - ? Enhance performance and cost efficiency
- Educational
 - ? Introduce positive, values-based change into healthcare environments
 - ? Introduce a holistic educational programme

- ? Provide opportunities for learning new caring skills
- ? Enhance reflective practice and personal development plans
- ? Develop a spiritual approach to personal and professional development

Healthcare professional training has been predominantly about acquiring knowledge and learning practical skills, with less time spent on communication and interpersonal skills, and even less time on self-care.

Given the current challenges faced by people working in the healthcare field today, the Values in Healthcare programme sets out to redress the balance by adopting three key principles in teaching values:

1 Physician heal thyself The first is to put the professional care givers at the centre of healthcare delivery and give life to the ideal of ' physician heal thyself '. Nourishing and supporting the care giver, and paying attention to their personal development, will help to raise morale and restore the sense of purpose and altruism with which they set out in their careers.

2 Learning through experience The second is that values in healthcare are best understood and explored through direct experience , so the programme should provide facilitated ,experiential learning , rather than didactic instruction ,with time for silence ,reflection and sharing in a supportive environment .

3 Relevance to work Thirdly , the learning experience should be relevant to participants 'work and lives ,with an emphasis on reflection action planning and evaluation and a commitment to ongoing learning .

Finally I want to impress that death is the single common factor for both the doctor and the patient , its very important to understand and accept death as a important aspect of life it is nothing but the two sides of the same coin all our fear insecurity malpractice misdeeds stem from our identity with body and material things and total unawareness about the spirit and subtle dimensions ,spirituality will be the link that connects the twain and let us live our life in ways we were originally intended to ,so that we can explore all dimensions and have a complete satisfied life which includes our personal and professional lives

Behold I will bring to it health and healing and I will heal them and reveal to them abundance of prosperity and security .