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MS(Orthopaedics)



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AHMEDABAD MEDICAL ASSOCIATION

(Branch of Indian Medical Association)

ESTD : 1902

AHMEDABAD MEDICO NEWS

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Dr. JITENDRA SHAH
President - AMA



Dr. GARGI PATEL
Hon. Secretary - AMA

Imm. Past President - **Dr. DILIP GADHAVI**

VOL. 18

AUGUST - 2023

ISSUE - 4

HIGHLIGHTS

Programme

10-09-2023 PPS Zonal Seminar (Scientific Programme)
17-09-2023 / 24-09-2023 Installation Ceremony
29-10-2023 Ras-Garba - 2023

Articles

Bhagawad Gita - Its relevance in today's world. (Part-1 : Chaper 1-6)

77th Independence Day celebration dated 15/08/2023



Please Save Mob. No. : 97268 88775 of AMA to get regular updates on WhatsApp

'TOGETHER WE CAN, TOGETHER WE WILL'

Message from President's & Hon. Secretary's Desk

Dear members

The 121st Annual day celebration was a huge success. The event was graced with valuable presence of Shri Pankaj Patel, executive chairman of Zydus, Lifesciences & Padma shri Dr. J M Vyas, Vice chancellor of National Forensic Science University. Our memb opers, who contributed to society, were felicitated. The guests & the audience were given brief about the events being organized by AMA during this year. At the pinnacle, our ambitious movement, the organ donation drive was discussed. All, who were present in the hall, took the pledge for organ donation.

On 9th of July, Ahmedabad Medical Association organized a scientific programme in association with Marengo CIMS Hospital. All the organ transplantation teams presented their experience in the CME. On the day, the organ donation drive of Ahmedabad Medical Association was launched. The series of events arranged for entire upcoming month under this drive including seminars, public awareness programmes, debates in media, banners, meeting with major stake holders for preparation of road map for future.

We have just come across the fact quoted by Henry Ford,
*"If everyone is moving forward together,
 then success takes care of itself."*

The organ donation awareness drive, idea initiated by our Committee member, Dr. Dhaval Naik, being taken up by Ahmedabad Medical Association & IMA, Gujarat State branch; joined hands together with SOTTO, Gujarat & Gujarat Media Club – ended up with a huge successful event. With the blessings from

Respected Dr. Ketan Desai sir, a small beginning of drive turned out to be a voice of every compartment of society. We are thankful to Government of Gujarat especially Hon. Chief Minister Shri Bhupendrabhai Patel & Hon Health Minister Shri Rushikeshbhai Patel for their guidance & blessings on the occasion; mere presence of famous Indian cricketer, Mr. Jasprit Bumrah was loud enough for message to all; the major movers & shakers of the society - from Media, NGOs, Police department, EMRI department etc participated in the event. We are thankful to Dr. Anil Nayak, HSG, IMA HQs & Dr. Mehul Shah, Hon Secretary, IMA GSB for their very effort to make the event successful. The field of transplantation surgery is growing up very fast; against that, rate of organ donation from the family of brain dead individual is very less. The process of organ retrieval seems complex technically, socially & ethically; to make it easy, requires awareness not only amongst public but also amongst doctors. We will continue our efforts to strengthen awareness drive amongst all.

We are observing that, the things are changing very fast, whether we talk about technologies in healthcare, perception from patients side, medical education, healthcare set ups, accreditation etc. If we will keep ourselves updating & our mind set to accommodate the newer things then only we can remain in flow & can justify our services & profession. So, we all to remain in connected with each other, share & get the updates with our colleagues. We will keep organizing various scientific, social & entertainment events; request to all to participate & remain in touch with our colleagues.

Herewith we would like to quote for all our members,

A healthy outside starts from the inside

So, please take care of yourself. Wish you all the healthy monsoon season.

Jai AMA

Jai IMA

Dr. Jitendra Shah

President

Ahmedabad Medical Association

Dr. Gargi Patel

Hon. Secretary

Ahmedabad Medical Association



Ahmedabad Medical Association

RAS-GARBA 2023

It's that time of the year when every Gujarati heart begins to show tachycardia for a special reason. Yes, our wait for the extravagant celebration of cultural pride of Gujarat is over. Ahmedabad Medical Association is happy to announce the annual mega festival of Garba. Let's sync and shake our legs with the beats of the music at

"RAMZAT 2023"

Date : 29th October, 2023 Sunday

Venue : Rajpath Club Lawn

Artists on the Mic

None other than renowned

Abhijeet Rao & Payal Vakharia Group**Program Details**

Dinner : 7.00 to 8.30 pm

Arati : 8.45 pm

Ras-Garba : 9.00 to 12.00 midnight

Further details of Pass collection will be announced soon .

All the members are requested to join with family and friends in this block buster entertainment event.

Cultural Committee of
Ahmedabad Medical Association
Year 2023-24

**INSTALLATION CEREMONY**

Ahmedabad Medical Association is proud to announce the day when the new enthusiastic team takes the first step to carry forward the legacy of this esteemed organization. All the members are cordially invited to grace the occasion of Installation Ceremony of **Dr. Tushar Bhagavatprasad Patel** as President of Ahmedabad Medical Association and the team of Office Bearers & Managing Committee members for the Year 2023-24.

Chief Guest**Shri Bhupendrabhai Patel**

Hon'ble Chief Minister, Gujarat State

Date

17-09-2023 or 24-09-2023, Sunday 10.00 am Onwards...
(Date will be announce shortly)

Time**Venue**

Dr. R. M. Fozdar Hall, AMA House,
Ashram Road, Ahmedabad.



121st Annual Day Celebration

Dr. M. Goswami

Age and Civil Hospital & Professor and Head of the department of
dignized name in the field of medical education.

prestigious B.J. Medical College where she has served throughout her

head teacher with love for educating today's youth.

registrar when it comes to provide quality driven services in India's
charismatic personality are not developed overnight but due to her
long learner and teacher.

any even. She also got MBA in hospital administration from K.J. Somaiya
University and Law.

her medical education she is NABL, NANC & NABH accredited. She has
written numerous international and national journals.



2023, 11:31

MEDICAL ASSO
BRANCH
INDIAN
MEDICAL ASSO

Welcome

121st
ANNUAL
CELEBRATION
16th JULY



2023, 11:53



16, 2023, 09:21



Activity as a part of "Aao Gaon Chalen" campaign dated 10-08-2023



Angdaan Mahotsav dated 30-07-2023



Angdaan Mahotsav dated 30-07-2023



Angdaan Mahotsav dated 30-07-2023



Angdaan Mahotsav dated 30-07-2023



Angdaan Mahotsav dated 30-07-2023



Angdaan Mahotsav dated 30-07-2023



Angdaan Mahotsav dated 30-07-2023



Angdaan Mahotsav dated 30-07-2023



Angdaan Mahotsav dated 30-07-2023



Ladies Club Programme





77th Independence Day celebration dated 15/08/2023



77th Independence Day celebration dated 15/08/2023



AMA Sr. Citizen Club Programme - Antakshari on 13-08-2023



AMA Sr. Citizen Club Programme - Antakshari on 13-08-2023



Non-Scientific Programme on 13-08-2023



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**AHMEDABAD MEDICAL ASSOCIATION YEAR : 2022-2023****OFFICE BEARER**

PRESIDENT Dr. JITENDRA HARGOVANDAS SHAH 9824022362 VICE PRESIDENT Dr. SURESH KANTILAL PATEL 9824053995 Dr. URVESH VIPINCHANDRA SHAH 9228233441 HON. FINANCE SECRETARY Dr. KALPITA M. DAVE 9924558450	HON. SECRETARY Dr. GARGI M. PATEL 9824343744 HON. JOINT. SECRETARY Dr. SHAILESH DURGESH BHAI RAVAL 9825300296 Dr. RAJESH MOTIBHAI DESAI 9925193399 HON. LIB. SECRETARY Dr. SAHIL NITINKUMAR SHAH 9428501412 IMM. PAST PRESIDENT Dr. DILIP B. GADHAVI 9898047505
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MANAGING COMMITTEE MEMBERS

P.G.	OTHER THAN P.G.
Dr. VISHVAS KIRITBHAI AMIN 9825556359 Dr. ALPA ATUL GANDHI 9825065061 Dr. MUKESH AMBALAL MAHESHWARI 9825174671 Dr. DHAVAL DINKERRAI NAIK 9099111133 Dr. BIPIN JIVANBHAI PATEL 9925024474 Dr. HARJIVAN GANGARAM PATEL 7990099260 Dr. KAMLESH RATILAL PATEL 9723555699 Dr. MAHESH BABULAL PATEL 9824050347 Dr. MANSI JITENDRABHAI PATEL 9725114940 Dr. JATIN GOVINDBHAI SANANDIA 7016396661 Dr. JIGNESH RATILAL SHAH 9825493922 Dr. MONIKA BHAVESH VYAS 9925039149	Dr. ROHAN PIYUSHKUMAR CHRISTIAN 8866125201 Dr. MAHESH RATILAL JIVRANI 9825343198 Dr. VIRAL ISHAVARLAL KHAMAR 9825928938 Dr. AMRATLAL KIRPALDAS MAHESHWARI 9426285940 Dr. MAHESH BABULAL MAKVANA 9924448900 Dr. KAMLESH RAGHUVIR NAIK 9824068671 Dr. ARVINDKUMAR TRIKAMLAL PANCHAL 9825846300 Dr. HITENDRA MAGHABHAI PARIKH 9426027986 Dr. GUNJIT RAJENDRAKUMAR PARMAR 9898680178 Dr. MAHESHKUMAR AMBALAL PATEL 9879495551 Dr. HETALBHAI GUNVANTLAL SHAH 9824029761 Dr. PRATIKKUMAR VIJAYKUMAR SHAH 9714399838

BULLETIN COMMITTEE

Dr. JITENDRA SHAH Dr. GARGI PATEL Dr. URVESH SHAH	Dr. BIPIN PATEL Dr. ATUL GANDHI Dr. ARPIT PRAJAPATI	Dr. SHIVANG PATEL Dr. MEGHA PATEL Dr. K. R. SANGHAVI
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AMA FAMILY BENEFIT SCHEME

Office : "A.M.A. House", 1st Floor, Opp. H.K. College, Ashram Road, Ahmedabad-380 009. (Gujarat)
Tel. (079) 2658 8775 E-mail : amagsbima@yahoo.co.in Website : www.ahmedabadmedicalassociation.com

Time : 2.00 pm to 6.00 pm



Dr. Mehul J. Shah
Chairman

Dr. J. P. Darbar
Hon. Treasurer

Dr. Pragnesh M. Vachharajani
Hon. Secretary

Dr. Jitendra H. Shah
President - AMA

Dr. Gargi M. Patel
Hon. Secretary - AMA

ANNUAL GENERAL BODY MEETING

Annual General Body Meeting of AMA FAMILY BENEFIT SCHEME will be held on Wednesday, 20-09-2023 at 4.30 p.m. to transact following agenda.

AGENDA

1. To welcome the members.
2. To pass Annual Report of AMA FBS.
3. To appraise the Audited Report & Audited Account for the year 2021-2022 & 2022-2023.
4. To discuss the estimated Budget for the year 2023-2024.
5. To conduct the election (if required) for the year 2023-2024 (two years).
6. To appoint the auditor & his/her remuneration.
7. Any other business with the permission of the chair.

Election of AMA FBS for the year 2023-2025 will be held with the Annual General Body Meeting of the scheme on Dt. 20-09-2023 at AMA House, at 4.30 pm for following posts :

Nomination invited for following Posts :

OFFICE BEARERS

Chairman	-	1 Post
Vice Chairman	-	1 Post
Hon. Sec.	-	1 Post
Hon. Jt. Sec.	-	1 Post
Hon. Treasurer	-	1 Post

MANAGING COMMITTEE MEMBERS - 10 POSTS

Give Nomination on Letter Pad before 13-09-2023 before 3.00 pm withdrawal before 18-09-2023 before 3.00 pm. Election at General Body meeting if required.

Dr. Mehul J. Shah
Chairman

Dr. Pragnesh M. Vachharajani
Hon. Secretary

**NOTICE**

Dear Members,

The Annual General Body Meeting of the members of the Ahmedabad Medical Association will be held on Wednesday, 13-09-2023 at 3.30 p.m. at our premises to transact the following agenda.

N.B. For the want of quorum the meeting will be held after 15 minutes.

AGENDA

1. To read and confirm the minutes of the previous Annual General Body meeting.
2. Anything arising out of it.
3. To pass the Annual Report for the year 1-10-2022 to 30-9-2023. (The Annual Report will be available in office from 6th September, 2023 To 11th September 2023, 5.00 pm)
4. To pass the Income & Expenditure A/C for the year 2022-2023.
5. To pass the Audited Report for the year 1-4-2022 to 31-3-2023. (The account will be available in office from 6th September, 2023 To 11th September 2023, 5.00 pm)
6. To pass the estimated budget for the year 2023-2024.
7. To appoint Auditors for the year 2023-2024.
8. To pass the resolution to operate Bank A/C.
9. To elect members for State Council for the year 2023-2024, post 125 (123+2) Members for Central Council Post 123 (121+2) Nomination Forms will be available from the office from 6-9-2023. Last date for receiving the form is 9-9-2023, before 3.00 p.m. Last date for withdrawals is 12-9-2023 before 3.00 p.m.
10. Election of the following sub committees :
(1) Scientific (2) Sports & Entertainment (3) Building (4) Library



(5) Rules (6) Benevolent (7) Ethical (8) Insurance (9) Family Planning (10) Public Relation. The nomination Forms will be available from the office from 6-9-2023. Last date for receiving the form is 9-9-2023, before 3.00 p.m. Last date for withdrawals is 12-9-2023 before 3.00 p.m.

GENERAL RULES FOR ELECTION :

- (a) The Nomination form of candidate should be duly proposed and seconded.
- (b) Photo Identity document is required to cast the vote (AMA Identity card, IMA Identity card, Identity card issued by Election Commission. Driving License. Passport etc) whenever asked for.
- (c) The attendance register will be closed at 4.00 p.m. sharp.
11. Any other business with the permission of the chair.

Dr. Gargi M. Patel
Hon. Secretary

NOTICE

Annual General Body meeting will be held on Wednesday 27-9-2023 at 3.30 p.m. at our premises.

N.B. For the want of quorum the meeting will be held after 15 minutes.

AGENDA

1. To confirm minutes of proceeding of the Annual General Body meeting held on 14-9-2022.
2. To delegate powers of Annual General Body to the Managing Committee till next meeting of the Annual General Body except those relating to changes
3. Any other business with the permission of the chair.

Dr. Gargi M. Patel
Hon. Secretary



SCIENTIFIC PROGRAMME

PPS ZONAL SEMINAR

Organized by AMA and PPS, GSB IMA

Date : 10/9/2023, Sunday
Time : 9-00 am to 12-30 pm
Venue : Ahmedabad Medical Association,
Ashram Road, Ahmedabad.

● Programme Coordinator ●

Dr. Jigneshkumar C. Shah
Zonal Representative

Important topics like Medical records, Negligence, Consumer Protection, Consent, Prevention of medico-legal issues in clinical practice, Case studies, etc. will be discussed by the experts of this field.

Programme will be followed by lunch.
Further details will be announced in due course.

Dr. Mahavirsinh JadejaPresident
GSB IMA**Dr. Mehul Shah**Hon. State Secretary
GSB IMA**Dr. Bipin M. Patel**Chairman
PPS**Dr. Jitendra Shah**President
AMA**Dr. Gargi Patel**Hon. Secretary
AMA



Report of activity as a part of 'Aao Gaon Chalen' campaign dated 10/08/2023

Ahmedabad Medical Association have adopted 9 slum areas / UPHCs of Ahmedabad city namely Jamalpur, Sardarnagar, India Colony, Isanpur, Amraiwadi, Saijpur, Meghaninagar, Usmanpura and Juna Vadaj for 'Aao Gaon Chalen' - esteemed project of IMA. As a part of this humble initiative, a health camp focusing on Viral Conjunctivitis outbreak was organized by AMA at nine different places on 10th August, 2023 simultaneously. Number of patients were examined by our team of ophthalmologists and medicines, eye drops, etc. were provided to the needy patients. AMA is thankful to all the ophthalmologists namely Dr. Wasea Akhungi, Dr. Dhara Patel, Dr. Parth Patel, Dr. Brijan Chokshi, Dr. Vimal Nandlal, Dr. Ajay Panchal, Dr. Farhad Mansuri, Dr. Parth Shah, Dr. Vaibhav Sutariya and all the co-ordinators and support staff for rendering their services to the mankind.

Report of Non-Scientific Programme dated 13/08/2023

A non-scientific programme was organized by Ahmedabad Medical Association in collaboration with Finnovate Financial Services & Rao Consultants at AMA hall, Ashram road on 13th August, 2023. Ms. Nehal Mota Co-founder / Director of Finnovate was invited as a speaker to deliver a talk on Financial fitness for the doctors. Mr. Gopal Gajjar Manager- Foreign Education was invited as a speaker to provide insights on Study, Settle and Travel abroad – Opportunities for students and doctors. Nearly 100 participants had attended this session. The sessions were lively, engaging, educative and informative.



Report of Senior Citizen Club programme 'Antakshari' dated 13/08/2023

A unique entertainment programme 'Antakshari' was organized by Senior Citizen Club of Ahmedabad Medical Association at R.M.Fozdar hall, AMA house on 13th August, 2023 evening. Light refreshment was also provided following the programme. The programme was beautifully co-ordinated by Dr K. R. Sanghavi, Dr. Abhay Dikshit, Dr. R. C. Shah, Dr. K. C. Gadhvi and team. It was a great experience and event was thoroughly enjoyed by the participants.

Report of 77th Independence Day celebration dated 15/08/2023

77th Independence Day was celebrated with great zeal and enthusiasm at AMA house on 15th August, 2023 morning. Flag hoisting was done by Dr. Jitendra Shah – President of Ahmedabad Medical Association. Dr. Gargi Patel – Hon. Secretary of Ahmedabad Medical Association delivered a beautiful message honoring our great freedom fighters on this occasion.

FOR SALE / RENT

**A running Paediatric Clinic 530 Sq.ft., Fully Furnished
at a Prime Location at Jodhpur Cross Road, Satellite Road.**

for Sale / Rent

Contact : Dr. Nimish Shah M. : 9825012421

**WE WELCOME FOLLOWING NEW LIFE MEMBERS**

12529 L	DR. DESAI DHVANIT KETANBHAI
12530 L (Transfer)	DR. TRIVEDI SUDHIR INDRAVADAN
12531 L (Transfer)	DR. KAKKAD VIVEK PRAVINCHANDRA
12532 L (Transfer)	DR. RAJANI TWINKLE SATISHBHAI
12533 L	DR. SHAH JUGAL NIKHILKUMAR
12534 L	DR. PATEL PURVESH KAUSHIK KUMAR

OBITUARY**May their soul rest in eternal peace.****DR. KISHAN CHANDULAL DALAL**

L-1763 LMP

Date of Birth : 24-08-1938

Date of Death : 17-07-2023

We send our sympathy & condolence to the bereaved family.A matchmaking service by a doctor
LET US HELP YOU FIND A PARTNER WHO UNDERSTANDS &**SUPPORTS YOUR
CAREER AS A DOCTOR**Dr. Vaishali Joshi Patel
(Ophthalmologist)+91 9998895635
www.matchedforever.in**દોડીઝ-કલબ****નારી સમાજસ્ય કુશલ વાસ્તુકરારા ।**

કશી ખેવના છે, લગન છે, લખુ છું ! હજુ શબ્દ અતિ ગગન છે, લખુ છું !
ફરી આંખ ઘેરાય છે ઘુમ્મસોથી અને આભ જેવાં સપન છે, લખુ છું !
હજુ નાવ ફૂલી નથી ઝંખનાની હલેસાય મારા પવન છે, લખુ છું.

ગત માસનાં કાર્યક્રમ નો અહેવાલ જોઈએ તો તા. ૨૫-૦૭-૨૦૨૩ ના રોજ બ્યુટી થેરાપીસ્ટ યામિનીબેન મહેતાએ ઘરગથ્થુ વસ્તુઓથી બહેનોને સુંદરતાની સમજ આપી ખૂબ સરળ અને સાદી ભાષામાં ડેમોસ્ટ્રેશન આપ્યું. બહેનોએ ઉત્સાહભેર ભાગલઈ કાર્યક્રમ સફળ બનાવ્યો.

બીજો કાર્યક્રમ તા. ૦૮-૦૮-૨૦૨૩ ના રોજ રિલાયન્સ જવેલ્સની મુલાકાતમાં બહેનોએ મ્યુઝિકલ હાઉસીની મજા માણી. જવેલ્સની સુંદર માહિતી લઈ બહેનોએ કાર્યક્રમ સફળ બનાવ્યો.

આપણા આગામી કાર્યક્રમો આ પ્રમાણે છે**કાર્યક્રમ નં. ૧ :**

તારીખ	: ૦૯-૦૯-૨૦૨૩, શનિવાર
સમય	: બપોરે : ૩.૦૦ થી ૫.૦૦ કલાકે
વિષય	: Vastu Remedies / Changes for Prosperity & Health
વક્તા	: ચરણપ્રિતજી પાઠક (Vastu Consultant / Numerologist)
સ્થળ	: એ.એમ.એ. હોલ, આશ્રમ રોડ.

કાર્યક્રમ નં. ૨ :

તારીખ	: ૨૩-૦૯-૨૦૨૩, શનિવાર
સમય	: રાત્રે ૮.૧૫ કલાકે
વિષય	: બોલીવુડ મ્યુઝિકલ નાઈટ (સુરાંજલી કલબ)
સ્થળ	: એ.એમ.એ. હોલ

આ કાર્યક્રમ અમદાવાદની પ્રસિધ્ધ સુરાંજલી મ્યુઝિકલ કલબ કે જેનું સંચાલન છેલ્લા ૮ વર્ષથી ઉમેશ શર્મા (પ્રોફેશનલ સિંગર) કરે છે. તેમના દ્વારા આયોજિત પોપ્યુલર ગીતોનો ધમાકેદાર કાર્યક્રમ છે. તો સૌ સભ્યોએ ઉત્સાહભેર હાજર રહી કાર્યક્રમ સફળ બનાવશો.

કાર્યક્રમ પહેલા હળવા ભોજનની વ્યવસ્થા રાખેલ છે. વધુ માહિતી વૉટ્સએપ મેસેજ દ્વારા જણાવવામાં આવશે.

શ્રીમતી સુષમા નયન શાહ
પ્રમુખ - મો. ૯૩૨૮૦૮૩૩૬૯

શ્રીમતી જશનાબેન મહેતા
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Bhagavad Gita – Its relevance in today's world. (Part 1: Chapter 1-6)

Why to read and follow Bhagavad Gita in today's world?

First of all, we should be very clear that Gita describes life's guiding principles. It is not a religious book which should be read after retirement. It is one of the best self-help/self-improvement books in the world. It is more of a user guide on how to live a peaceful and happy life. It teaches emotional intelligence which is a critical skill to avoid anxiety and depression in this stressful life.

It is more beneficial than Google Map as it shows not only directions of the destination but helps the individuals to even choose the right path and destination in the life.

Many great leaders have described the significance of Bhagavad Gita in day-to-day life. Mahatma Gandhi, Nelson Mandela is few of them.

Table 1 : Chapter wise summary of Gita and its application in day-to-day life

Chapter Name & Brief Description	Practical applications in day-to-day life
Chapter 1 : "Arjun Vishada Yoga" also known as Observing the Armies on the Battlefield of Kurukshetra <ul style="list-style-type: none"> This first chapter is more of setting up the scene for the bigger picture? Two armies, those of the Pandavas and the Kauravas (Cousins) face each other on the Battlefield of Kurukshetra. Arjuna, one of the five Pandava undergoes an emotional turmoil just before the fight. He is overwhelmed by compassion for his family members and teachers, whom he is supposed to kill. 	Chapter 1 : Wrong thinking is the only problem in life. <ul style="list-style-type: none"> This chapter explains Arjun's sorrows. We all are in a way Arjuna of the battle of our own life. Living a peaceful and happy life with a purpose is almost like a war to win for most of us. Arjuna's grief is the main topic here. This grief is due to his wrong thinking of attachment being more important than dharma. Veiled by attachment, he makes false judgements and as a result became very disturbed. We also become stressed and indecisive in day-to-day life, especially in the demanding situations. Isn't it sound familiar? This is also considered as 'the war

- After submitting before Krishna many noble and moral reasons why he wishes not to fight, Arjuna casts aside his weapons, overwhelmed with grief. (Arjun Vishada Yog)

within' i.e the ongoing was in mind between Dos and Don'ts, right and wrong etc.

- The main take away from this chapter is that you are not alone; most of the humans suffer the same emotional turmoil in life even Arjuna was not spared even though he was intellectually so much intelligent. This is what life thoughts to everyone. But once you read the Gita; you will have answers to all your problems.

Chapter 2: "Sankhya Yoga" or Contents of the Gita Summarized

- Arjuna who is in grief, attachment and delusion finally surrenders completely to Krishna who points out that all the problems of Arjuna are because of ignorance.
- The true nature of all including Drauna and Bhishma are that they are all Atmas which are indestructible and thus are immortal.
- Krishna advises Arjuna to engage in buddhi-yoga, work without attachment to the results.
- Avoiding war here is avoiding the dharma which is a sin. If he does not fight, he will be called a coward so he should protect his reputation.

Chapter 2 : Right knowledge is the ultimate solution to all our problems by focusing on Self-Realization.

- This chapter is all about self-realization.
- Self-realization is much needed to explore life well.
- It helps to introspect our own life and the purpose of life.
- Arjuna's decision not to fight is based on his desire to enjoy life with his relatives, even at the cost of wisdom and duty. Such a mentality keeps one bound to the material world.
- We should work without attachment to the results. By living in this way can focus more on efforts and can give our 100% of what we are doing without having the fear of failure.

Chapter 3 : "Karma Yoga"

- Arjuna is still confused. He thinks that buddhi-yoga means that one should retire from active life and practice penance and austerities.
- But Krishna says, "no. Fight! But do it in a spirit of renunciation and offer all the results to the Supreme. This is the best purification. By working without attachment, one attains the Supreme."

Chapter 3 : Importance of actions in life and selfless action is the only way to progress and prosper.

- Karmayoga which is selfless service. A Karma yogi gives importance to the spiritual goal offers all his actions to the Lord.
- He/She is not concerned about the result and free from possessiveness and stays calm.

<ul style="list-style-type: none"> Arjuna then asks the Lord what it is that causes one to engage in sinful acts. Krishna answers that it is lust which induces one to sin. This lust bewilders one and entangles one in the material world. Lust presents itself in the senses, mind, and intelligence, but it can be counteracted by self – control. 	<ul style="list-style-type: none"> Performing sacrifices for the pleasure of the Lord guarantees material prosperity and freedom from sinful reactions. Our desires, anger, attachments are our real enemies, make us selfish and take away our peace and progress. Take care of your senses and mind so that you replace false values with right ones
Chapter 4 : “Gyaan Yoga” or Transcendental Knowledge <ul style="list-style-type: none"> The teachings of Bhagavad – Gita was first spoken by Krishna to Vivasvan, the Sun-God. Vivasvan taught the science to his descendants, who taught it to humanity. This system of transmitting knowledge is called disciplined succession. Whenever and wherever, there is a decline in religion and a rise of irreligion, Krishna appears in his original transcendental Form, untouched by material nature. Krishna created a system called Varnasrama, with divisions of social and spiritual life, to engage people according to their psychophysical natures. 	Chapter 4 : Wisdom that every act can be made an act of prayer. <ul style="list-style-type: none"> We are born because of our own Past Karma. And if we keep doing the good Karma, we may get renunciation or rebirth in a prosperous family. One who imbibe the wisdom of the Lord & follows his teachings also becomes liberated, becomes free from actions and their results thus making every act an act of prayer. You will see and realize that a combination of knowledge and action is important. This is about wisdom. Ignorant and faithless people who doubt the revealed knowledge of the scriptures can never be happy, nor attain God Consciousness.
Chapter 5 : “Karma Sanyasa Yog” or Action in Krishna Consciousness <ul style="list-style-type: none"> Arjuna doubts, how can one remain in duty and be free from actions at the same time. Krishna explains a true karmayogī dedicates all his actions to the Lord without concern for the result. A person working in such consciousness is renounced. This process, called karma yoga, helps one escape the result of fruitive 	Chapter 5 : Choose the Best Suitable Path for Your Life <ul style="list-style-type: none"> One, who works in devotion with his mind and senses controlled, is in divine consciousness. Although his senses are engaged with sense objects, he is aloof, situated in peace and happiness. Because of this attitude, i.e. focus on the work without getting attached to the outcome, the results do not cause any reactions in one’s mind. Gradually, the person develops

<p>action—entanglement in rebirth.</p>	<p>self 77th Independence Day was celebrated with great zeal and enthusiasm at AMA house on 15th August, 2023 morning. Flag hoisting was done by Dr Jitendra Shah – President of Ahmedabad Medical Association. Dr Gargi Patel – Hon. Secretary of Ahmedabad Medical Association delivered a beautiful message honoring our great freedom fighters on this occasion. - control, discovers his true nature, and thus renounces ego and stays in bliss.</p>
Chapter 6 : “Dhyana Yoga” <ul style="list-style-type: none"> Real yoga entails meeting the Supreme Soul within the heart and following His dictation. This is achieved with the help of a controlled mind. Through knowledge and realization, one becomes unaffected by the dualities of material existence (heat and cold, honor and dishonor, etc.). By regulation of eating, sleeping, work, and recreation, the yogi gains control over his body, mind and activities and becomes steady in his meditation on the transcendent self. Ultimately, he achieves Samadhi, characterized by the ability to relish transcendental pleasure through transcendental sense. 	Chapter 6 : Connect to the Higher Consciousness daily <ul style="list-style-type: none"> This chapter teaches us the art of meditation to transform the extrovert mind into a contemplative mind and connect with true self. Meditate with a calm, withdrawn, undisturbed, tension free, one pointed mind with focus, determination, and patience. The emphasis is on self-confidence and self-control to lead a quieter and detached life. By connecting to higher consciousness, one becomes capable for the continuation of spiritual pursuit.
References : <p> https://www.iskconbooks.com/chapter-wise-summary-of-bhagavad-gita-as-it-is/ https://www.hinduismvibes.com/bhagavad-gita-chapterwise-benefits/ https://www.speakingtree.in/allslides/bhagavad-gita-teachings-of-each-chapter-simplified </p>	

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