



Living in the Moment!

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Dear Readers,

As my children started to watch the old hit movie “*Kal ho na ho*” starring all-time favorite Shah Rukh Khan on the weekend, it got me thinking about something important...

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We, as medical professionals or for that matter the working class of today is so caught up in the rat race of trying to excel, to prove ourselves on the work front, to be recognized for our achievements that perhaps we don't realize that time is ticking by!

We spend many years getting ourselves educated and trained to enter a profession and then plunge into work with excitement and the belief that we can be better than the best! Sometimes, it is the professional fulfillment that drives us and at other times, it is the financial stability that success brings. In this time, however, we ignore our health and compromise on precious family time. Such a lifestyle is now taking a toll on the lives of young professionals as they battle loneliness, anxiety, and depression. So, dear friends, the message is “*Live in the moment*”! Cherish every day and be ever grateful to God for all that is yours in life! And since it all began with the movie, remember “*Kal ho na ho*”!

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Editor,

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