'Good' Doctor!

↑ 9-year-old girl with blood-

sustained Cardio-pulmonary

stained clothing was rushed in

on a gurney. After 45 minutes of

Resuscitation (CPR), we declared

her dead. Then came the impossi-

bly horrible part of going to meet

with the parents! I still remember

the parents' look of absolute dis-

belief and utter pain. The worst

part was they had bought the girl

a new bike and she had gone for

her first ride on the street when

she was hit by a drunk driver. This

was my first brush with the death

of a child and it was hard for me

moving in rhythm with the slow

music in the chamber. After observ-

ing Sita and hearing everything her

mother said, the doctor told Sita

that he needed to talk to her mother

privately for a moment outside. Just

before he left his office, he turned un

the volume of the music in the office

and then walked out. A minute later.

he encouraged the mother to look at

Sita, through the small glass win-

dow on the door. She was dancing

uninhibitedly to the music. The doc-

tor surmised: "There is nothing

wrong with your daughter; she is a

natural dancer." He went on to

encourage Sita's mother to take her

to a dance school, which she did.

Sita went on to become a nationally

A less careful physician could

have simply given her some medica-

would be a poor student. The great

physician, as in this case, observed

and treated the whole patient. That,

in turn, helped the young girl to

to address the psychological, famil-

ial, societal, ethical and spiritual as

well as biological dimensions of

health and illness, may indeed help

ness and heal. It takes genuine car-

ing, kindness and compassion to

"People will forget what you

connect with patients and heal them.

said, people will forget what you did,

but they will never forget how you

Cognitive empathy (empathic

accuracy) is the ability to under-

stand what a person might be think-

ing. Emotional empathy (affective

empathy) is the ability to share the

feelings of another person.

Compassionate empathy (empathic

concern) is the ability to take action

and help however we can. This triad

physician-patient relationship.

some patients to manage their ill-

Holistic medicine, which seeks

renowned Kathak Dancer.

achieve amazing things

made them feel."

orld Introvert Day, observed on January 2, shines a spotlight on the power of solitude, reflection, and inner calm. It's a day that honours those who thrive in quieter spaces, valuing deep conversations over small talk and meaningful connections over crowds. The observance encourages people to understand and appreciate different personality types, promoting balance in a world that often rewards extroversion. Many introverts use the day to recharge, reading, journaling, spending time in nature, or simply enjoying peaceful moments at home. Ultimately, World Introvert Day is a reminder that quiet minds contribute immensely to creativity, empathy, and innovation.

as well as a strong social support

network helps a lot. In addition, cog-

nitive reframing, toughening up,

The Buck stops with you. "I am

Although there are many play-

not a product of my circumstances.

ers in the current healthcare sys-

tem, as a doctor, you will be the one

that everyone else is looking up to,

for a decision. If you have not

already, you will encounter critical moments where every minute

counts. During such situations, you

will need a quick mind, extreme

calmness, and most important of

Know that making no decision is a

decision itself and has its conse-

uences. Daring to decide during

I do not doubt that you will expe-

hose critical moments mav save a life

rience a sense of accomplishment

and fulfillment from your daily

work, but I'm afraid you will also

experience frustrations and disap-

pointments. During those moments

f disappointments, remember, "You

And when one day, you are tired

all the routines as a doctor,

emember John Rockefeller's words:

"The secret of success is to do the

mmon things uncommonly well."

doctor, are inspired by your life-

saving mission in medicine. If you

are spending your life chasing coin,

vou will miss out on counting your

and saved already and the thou-

sands of lives you are yet to touch.

In other words, when you truly fol-

low your passion as a physician,

product of your efforts. But if you

chase money and fame in the first

then, money and fame will be a by

stars: the lives you have improved

I would like to think that you, as

drown not by falling into the river,

but by staying submerged in it."

am a product of my decisions."

grounding connections and work

life balance are essential

RESILIENCE BUILDS

STRATEGIES

all, decisiveness

राष्ट्रदुत

02 January 2026

#UNIQUE GARDENING

Using Brown Sugar for Plant Health

Rooting new plants from cuttings can be challenging, but brown sugar and yeast powder offer a natural solution





How to Use

To make a rooting solution,

dissolve 1 tablespoon of

brown sugar and 1 teaspoon of

veast powder in warm water.

Soak the cuttings in the solu-

tion for 2-3 hours before plant-

ing them in the soil. This mix-

ture promotes faster rooting

3. Brown Sugar + Beer

for Encouraging

Beer is often used in garden-

ing for its nutrients, including

veast and carbohydrates.

which support plant growth.

When combined with brown

sugar, beer becomes an excel-

ent stimulant for seed germi-

nation and sprouting. The

yeast and sugars provide

energy for the seeds, while the

slightly acidic nature of beer

creates an optimal environ-

Mix 1/4 cup of brown sugar

with 1 cup of beer and dilute

with 2 cups of water. Use this

mixture to water your soil

before planting or apply it to

seedlings to boost sprouting.

This solution encourages

faster germination and

4. Brown Sugar + Garlic

ering plants that need extra

for Flowering

stronger growth.

and healthier plants.

Sprouting

rown sugar, a com household ingredient, is not only useful in the kitchen but also has several surprising applications in gar dening. When combined with

other household ingredients like white vinegar, yeast powsugar can enhance soil health and support plant growth in various ways. From adjusting soil pH to promoting rooting, sprouting, and flowering, these combinations can offer eco-friendly and effective solutions for gardeners.

1. Brown Sugar + White Vinegar for Soil ph Adjustment

Soil pH is crucial for plant health, as it affects nutrient availability and microbial activity. Acid-loving plants, such as blueberries and azaleas, thrive in acidic soils. Brown sugar and white vinegar can be used to lower soil pH indirectly. Vinegar, being acidic, can lower the pH of the soil while brown sugar provides food for soil microbes, promoting healthy microbial activity and accelerating the breakdown of organic matter.

How to Use

Mix 1 part white vinegar with Garlic is known for its anti-2 parts water and add a tablefungal properties, while spoon of brown sugar. Water brown sugar serves as a nutrithe soil around acid-loving ent source for beneficial microbes. When combined. plants with this mixture monthly. This helps maintain they help plants develop acidic conditions and prostrong root systems, fight funmotes healthy soil life. gal infections, and support flowering. This mixture is 2. Brown Sugar + Yeast especially beneficial for flow-

support to bloom. Rooting new plants from cut-**How to Use**

tings can be challenging, but brown sugar and yeast powder offer a natural solution Brown sugar acts as a food source for yeast, which helps create a favorable environment for root development. The veast produces carbon dioxide and alcohol, which can stimulate root growth in plant cuttings.

Powder as a Rooting Agent

Crush 2 cloves of garlic and mix them with 1 tablespoon of brown sugar and 2 cups of water. Let the solution sit for 24 hours, then strain it. Water flowering plants with this mixture weekly to promote healthy blooms and prevent fungal diseases that could hinder flowering.



will often convert 'cases' into 'real

people' with whom we can

vear-old patient, Ram Prasad, with

appropriate prescriptions. However,

I continued to have all sorts of prob-

lems with his heart failure. Neither

did lab reports nor his clinical con-

I just couldn't seem to adjust his

medications sufficiently to get him

into the stable spot, no matter how

My team checked regularly that he

was getting the correct medications

often I changed my prescriptions.

dition had stabilised.

medicine.

ciated this dictum:

"To cure sometimes, to relieve him to take during the day. This often, to comfort always" is an chaotic way of giving medicine, important dictum in practicing although ingenious, was dangerous! And our fix? My nurse obtained Sir Arthur Conan Doyle, in his a Braille month tablet container and had Ram Prasad bring each month's Case-Book of Sherlock Holmes enunsupply of medicines to the clinic "When you have eliminated the The nurse would then put the corimpossible, whatever remains, howrect daily dose in the container for ever improbable, must be the truth.' the next month. After that, his heart Early in my career. I had a 73failure improved.

and when your gut instinct tells you confirmed heart failure. He was nearly blind from diabetes, so, his something else, there is a likely semi-literate equally aged wife was alternate explanation in charge of his medicines. **SO DIG DEEPER!** After thoroughly testing and examining him, I gave him the

"Intelligence and skill can only function at the peak of their capacity when the body is healthy and strong. Exercise has been associated with many physical, sleep and physiological benefits (mental and emotional benefits), including relief of tension, improved self-image and better mood, just to name a few. In your life, you have probably

experienced this. The normal rule of

Use the mindset of a detective

so that they were well distributed

Then, each day, she would take an

eighth-cup scoop and give them to

from the pharmacy. So, it was impos-

sible that it was a medication prob-

lem at my end. I asked Ram Prasad if

he could bring his wife next time, so

effort and return only goes so far. At

was committing the act. This taught me that an understanding of his nonverbal cues helped to correctly diagnose and manage his problem. Patients are more satisfied and more likely to follow advice if the physician spends

#DOCTORING

more effort and yet the output is the same. Further on, the output even starts to decrease. This is wisely put by the Chinese idiom, wu ii bi fan. which means that things turn into their opposites when they reach the extreme. So, it's important for us to not take things to exhausting end (Burn out!). Remember to regroup, recharge and recover (3Rs). Too much work leads to too much stress, which leads to damage to your body, physically and mentally. So, remember, as a doctor; look after yourself properly, so that in return, you can look after your patients efficiently.

telling vou the diagnosis." This means using all your senses and skills. Even after you set your ears, your eyes, your heart, your mind and your intuition, you will need to actively listen to your patient. I recommend you sit and face the patient while listening and note both their verbal and nonverbal language, avoiding any other distraction like perusing old records or medical reports. Give the patient 100% focus. They are more likely to follow your advice if they feel you

have listened well to them.

"Listen to your patient; he is

An interesting case is about a man whose implantable loop recorder (that's a subcutaneous continuous electrocardiogram recording device) kept showing runs of ventricular tachycardia (irregular heartbeat) during early morning hours (400 AM to 600 AM) and none during the day. I noticed that he kept breaking my gaze when I was asking him if he was having nightmares or perhaps exercising during these early morning hours. I got the feeling there was more to this story. So, I gently probed. He finally confessed that he was having an affair and those episodes occurred when he

the person. It is essential to have a

good verbal and nonverbal indirect interpersonal communication and understand the demands of the

NEVER LET A PATIENT LEAVE

YOUR CHAMBER WITH THE

FEELING THAT ALL HAS NOT BEEN SAID AND HEARD. "Your work is going to fill a large part of your life and the only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do. If you haven't found it yet, keep looking. Don't settle FOR

LESS."- Steve Jobs When I was 9 years old, I was over at my best friend's house. Unknown to me, they had just had their large glass entry doors that lead out to the backvard cleaned. In my eagerness to play outside, I ran right through a glass door, smashing it into pieces lacerating two inches of skin above my right knee. At the local doctor's office, to distract me while suturing, Dr. Chandra Prakash, let me listen to my heart with his stethoscope. This is when I heard the lub-dub for the first time!

I was completely fascinated! From that moment. I loved all things medical. I have carried that passion with me. I love my patients, teaching. research and most importantly making a difference. Such meaningful work, especially that falls at the intersection of one's values, passions and strengths appear to be the key for healthcare rofessionals to give their best.

Additionally, those who are passion Empathy plays a critical role in the physician-patient relationship ate about their work are less likely and has a positive impact on health "A good physician treats the disoutcomes. The good news is that empathy can be taught. The bad ease. The great physician treats the news is that physicians are not good patient who has the disease." -Sir William Osler at practicing it.

Sita was born in 1971. When she was 7 years old, she was hopeless at school, underperforming, frequently late and often fidgeting. She was rarely able to concentrate for long periods of time.

The teachers suspected that she had a learning disorder. So, they recommended her mother to take her to see a doctor. While Sita sat, he noticed that her hands and feet were

Rehearse with yourself by asking vourself: 1. What would you think? 2 How would you feel?

An Efficient Or A (DR)

Each month, she would receive the medicines. They all came in similar orange bottles. The number varied and she could not read the label. Her solution was to open them all up and tip them into a

large cooking bowl. Then, she would stir them, like mixing ingredients in a recipe, so that they were

well distributed. Then, each day, she would take an eighth-cup scoop and give them to him to take

during the day. This chaotic way of giving medicine, although ingenious, was dangerous!

3. What would you like someone to do for you? It can be difficult putting yourself in someone's shoes, but do your

best to connect verbally and nonverbally. Speak slowly, be curious, find out things you have in common and listen actively. Share and always be supportive. So, the key takeaways are: Attention to detail; Always have a plan B, in case a problem occurs.

You go in with a plan A, but things change rapidly and you need to have a backup plan or plan B. Everything we do or say or fail to do or say, has consequences. Finally, not all patients behave or respond equally. "It's not the strongest of a species that survive, nor the most ntelligent, but the ones most resilient and responsive to change."

It was Diwali and I was a newly minted intern working the day shift in the emergency department. There were decorations and soft music. The nurses were in a festive mood.

Charles Darwin

Suddenly, the entry doors from the ambulance bay burst open: A 9 vear-old girl with blood-stained clothing was rushed in on a gurney After 45 minutes of sustained Cardio-pulmonary Resuscitation (CPR), we declared her dead. Then came the impossibly horrible part of going to meet with the parents! still remember the parents' look of absolute disbelief and utter pain. The worst part was they had bought the girl a new bike and she had gone for her first ride on the street when she was hit by a drunk driver.

This was my first brush with the death of a child and it was hard for me. I remember my attending physician putting his arm around me and saying, "this goes with the territory."

Resilience is necessary to survive the frequent exposure to illness and death that doctors face. You will need to take a step back and stay emotionally strong, knowing that you've done your best and need to move onto the next patient. Without resilience, the emotional burden that comes with such illness is drastic. Death is just too heavy for most people to shoulder and they burn

place, then, the true joy of being a doctor will elude you. It will be It's often the small gesture or lit-

tle things said by the great physician that makes a big difference. Applying some of these tips will help vou enhance vour patient care and brighten your starry sky.

rajeshsharma1049@gmail.com out. I have found that a stoic attitude

#HEAVENLY BEING OF BLISS

Kangiten and Lord Ganesha 🚜

The Shared Legacy of the Elephant-Headed Deity

or as symbolically rich as the elephantheaded god. In India, he is known as Lord Ganesha, the remover of obstacles and the patron of wisdom, prosperity, and beginnings. In Japan, he is venerated as Kangiten, the 'Deity of Joy.' Though they appear in different religious traditions, these two figures are in fact deeply connected. Kangiten is the Japanese Buddhist form of Lord Ganesha, adapted and transformed through centuries of spiritual exchange between India and Japan.

The Journey from India to Japan

The story of Kangiten begins in ancient India. As Hinduism and Buddhism developed side by side, certain deities crossed religious boundaries. One such deity was Ganesha, also known in Sanskrit texts as Vinayaka. Early Buddhist scriptures in India occasionally mention Vinayaka, sometimes as a mischievous spirit who placed obstacles in people's paths, and later as a protector who helped remove them. When Buddhism spread

eastward, first to Tibet and China and eventually to Japan, it carried with it a wide range of gods and symbols. Along this route, Ganesha's image transformed. In China, he was known as Vinayaka Tian. When these teachings reached Japan during the Heian period (8th-9th century CE), the deity was incorporated into Esoteric Buddhism and became known as Kangiten, literally, 'Heavenly Being of Bliss.' Thus, Kangiten represents a

Japanese Buddhist reinterpretation of Lord Ganesha, maintaining his elephant head and benevolent nature, but gaining new layers of meaning within Buddhist philosophy. **Shared Iconography**

and Symbolism

Both Ganesha and Kangiten are elephant-headed deities representing joy, wisdom, and the



From Public Celebration to **Secret Devotion** One of the most striking differ

lies in the manner of worship. In India: Ganesha's **Public Presence**

Lord Ganesha is among the most openly and joyfully wor

ences between the two deities

shipped deities in Hinduism festival, Ganesh Chaturthi, transforms entire cities into centers of music light, and devotion. People install large idols, offer sweets, and pray for good fortune and success. Ganesha's image is visible everywhere. from temples to street shrines

where divine truth is revealed

only through initiation and

vate and symbolic. Devotees

offer radishes, fruits, or sweet

rice wine (amazake) at his

altar to seek blessings for hap-

piness, harmony, and protec-

tion. The secrecy surrounding

Kangiten's image adds to his

aura of mysticism, suggesting

that true joy and enlighten-

Worship of Kangiten is pri

In Japan: Kangiten's

adapted to different cultures. Physical Appearance Kangiten, by contrast, is often Lord Ganesha is typically called the 'Hidden God.' His statues are typically kept conshown with a single ele phant head, a large belly cealed in temple sanctuaries and four arms holding sym and are rarely displayed to the public. This secrecy reflects the bolic objects such as a lotus. esoteric (hidden) nature of a rope, sweets (modak), and Shingon and Tendai Buddhism

Kangiten, on the other hand, is most often depicted as a pair of elephant-headed figures embracing each other, one male and one female. This form is called Soshin Kangiten, meaning 'the dual-bodied deity o joy.' Their embrace symbolizes the union of wisdom and compassion, or the harmony between opposing forces in the universe.

power to overcome obstacles. Yet

the way they are depicted and

worshipped reveals the subtle

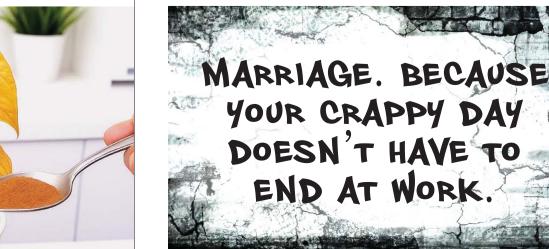
ways in which the same idea was

ment are not external but found within. **Continuing Legacy**

Even today, both deities inspire millions. In India, Ganesha continues to be the most wor shipped god, symbolizing good fortune and new beginnings. In Japan, Kangiten remains a protector of merchants, artists, and couples, often invoked for success in both worldly and

Kangiten is rarely seen, his influence in temples across Kyoto, Tokyo, and Osaka endures. Each praver offered to Kangiten is, in essence, a continuation of the same ancient devotion that once began with Lord

THE WALL



BABY BLUES





By Rick Kirkman & Jerry Scott









meditation.

spiritual matters.

Though the Statue of