

Dear Ladies,

In these trying times of COVID-19 and lockdown we are the only ones who can bring our lives back to normal. God has made us Creators of Life and Multi-Taskers. In addition, He has also given us the quality of completing our work with Dedication and Perfection. So, we will naturally experience stress in our lives.

A woman lives TWO LIVES in her life-time. One – “before Marriage” and another-“after Marriage”. All our relations, priorities, values change and we adapt ourselves without a glitch from one stage to another. Those who cannot take this transition smoothly are always unhappy and at war with themselves. What we all need to realise is self-worth and self-respect. If we don't love and respect ourselves, nobody else will.

There is a popular adage -"**Don't complain about things you have never asked for.**" Try to FORGET the Past and start living in the Present. We have a bad habit of carrying unnecessary baggage of the past which sometimes becomes too heavy and makes it difficult to move forward. So, it is necessary to discard it time to time. To be happy we need to grab our 'ME TIME' and try to enjoy everything we do. Let us STOP CRIBBING about life and thank GOD for keeping us alive and healthy. The KEY to our HAPPINESS lies within us.

Be happy and spread happiness around you!

With Warm Regards,

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President

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