

THE BIGGEST FREEDOM IS,  
THE FREEDOM OF MIND



As we enter the 70th year of independence, we celebrate our freedom from the British rule. There is joy and happiness that, we as Indians, have come a long way from 1947. A bundle of granny memories are recited to us every year, on this historic day. The painful experiences, slavery, struggles, sacrifices, martyrs, heroic acts and heartbreaking division of India come alive in our minds. This day also sparks off debates on controversial issues, such as authenticity of decisions, justifications and valid tackling of the events.

A number of thoughts come to our mind on this great day. What does freedom mean to us? Is it only freedom from the white colonial rule? Or is it freedom of speech, expression, life-style or travel? Is it freedom from a nine to five job, financial freedom, freedom to live the way we want? Does freedom mean tolerance of religion, caste, creed, gender? Does it entitle freedom to live a peaceful, organized, well-governed life? Or is it freedom to vote and choose our representatives to the parliament?

For us, the most pressing need of the hour is freedom from our own compulsive thoughts! From the time we get up to the time we sleep, our 'inner chatter' continues, giving us no respite. It is often said, over-thinking is the art of creating problems that do not exist. We are enslaved by our own dominant thoughts and habits. We have become so habituated to it, that we do not realize the number of times it tries to push out our rationality and innate sense of wisdom and love.

We desperately need to change our pattern, because it has been correctly said, 'The brain is very clear with what you want, you will attract'; is a clear validation to the most common

phrase in fashion 'Think Positive'. True freedom begins with freedom of the mind.

Should we allow our minds to rule us? Many a times, the worry may be real and overwhelming, but there is no reality to it. The irony is, there is no coaching to change our mind, but positively speaking, the problem is not the mind, but how we use it. When we feel remorse, anxious or jealous, we give too much power to our thought process. Silencing the mind is the essence of life, as happiness is an inside out job. If you are happy from inside, you will be able to take disturbing situations in your stride. Keep a check – 'We rule the mind or

the mind rules us?'

We also need freedom from compulsive thinking. Repetitive, worrying contemplations - washing hands frequently, turning off the stove, locking doors repeatedly, checking our wallets, frequent glances for messages on the phone, baseless assumptions, show that our mind is working overtime. Thus, we see that intrinsically, our mind is scared. Its job is to be cautious, to keep us alive and safe, but if left unchecked, it can paralyze us!

So, when do we become aware that our mind is trying to control us? It is when we do not pay heed to our natural instincts: when we want to say 'No' but we say 'Yes', we set limit to



ourselves, impose self-defeating ideas, eat even when we are not hungry, a company irritates us but we unknowingly tolerate it; so we put ourselves through various ordeals. Life is so simple and beautiful; it is the mind that makes it complicated for us.

Addiction to technology or the overuse of it also sucks our mental energy. It kills creativity, zest for life, passion for reaching the sky, for achieving our goals; we, indeed, function like zombies and forget the true meaning of life. We lose connection with nature, aesthetic skills of writing with our hand is long forgotten, and the real food for the soul is missing from life!

Our mind is machine-smart. It needs facts, calculations and proofs. For instance, if we want to approach someone, we feel, he may not respond back, so we don't initiate the action. But, if we had followed our instincts,

just imagine the wide range of possibilities that might have ensued eg. new friends, contacts, acquaintances, proposals and what not.

Therefore, we see, while on one hand, our mind is amazing, on the other hand, it can crush us. We should not be controlled by our mind, but thank it in gratitude and leave it. We

should have faith that happy thoughts will replace unhappy ones. A human mind approximately has 60,000 thoughts in a day; we can choose them righteously and experience 'inner freedom'. When we have positive uplifting thoughts, we ourselves are uplifted!

It's our mind we need to worry about. Our mind where we locked the memories, our mind where we have kept pieces of the ones that hurt us, that still cut through us like shards of glass. Our mind keeps us awake at night, makes us cry, destroys us over and over again. We need to convince our mind that it has to let go, because our heart already knows how to heal.

The freedom of the mind is the beginning of all freedoms.

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AN ORGANISATION WORKING TOWARDS  
BUILDING A HEALTHIER NATION



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Metabolic diseases are striking with epidemic proportions. With more than 69.1 million cases of diabetes reported in 2015 and over 1 million diabetes-related deaths reported in 2013, International Diabetes Federation (IDF) has been stressing on holistic diabetes prevention and treatment strategies for India. The state of Gujarat is the second largest state in India with the highest number of people living with diabetes. The city of food-lovers, Surat is home to a very high number (approx. 10% of adults) of people living with diabetes.

Advanced Diabetes Centre is committed to helping you and your loved ones successfully alleviate the burden of diabetes and prevent its complications through a unique blend of latest technology, information, and holistic treatment strategies

namely 'Organized Diabetes Care'.

As a chronic disease, Diabetes demands chronic attention. A multidisciplinary approach works the best to improve quality of life for people living with diabetes. Advanced Diabetes Centre (ADCPL) advocates Organized Diabetes Care, which includes:

- Individual treatment
- Diagnostic facilities
- Prevention and management of complications
- Lifestyle advice
- Diabetes education

Advanced Diabetes Centre offers the promise of complete care for people living with diabetes under one roof. A complete team including diabetes specialists, dietitians, physiotherapists, and diabetes educators are working together at Advanced Diabetes Centre to offer a holistic care for people

living with diabetes.

Additionally, the center has state-of-the-art diagnostic facilities that help in the timely and accurate diagnosis of various complications due to diabetes. This, in turn, helps in deciding proper treatment strategies for the patients.

Complications due to diabetes often take a toll on patients as well as their relatives. Advanced Diabetes Centre offers convenience and complete care with all facilities under one roof. From customized insoles to a special footwear, from unique pre-diabetes scanning to specialized eye testing, from diabetes-friendly breakfast at the pantry to various diabetes-related supplies, dietary supplements, medications available at the pharmacy, the center is a complete one-stop destination for all the needs of person living with diabetes

The goal of diabetes manage-

With a holistic approach to treating diabetes, Advanced Diabetes Centre makes for one-stop medical centre for diabetes care and cure which is a huge contribution towards making a healthy nation and society

ment is to make the person living with diabetes lead a happy and cheerful life and not let him/her suffer because of diabetes. Thus, diabetes management involves multidisciplinary approach.

Since diabetes is a chronic disease, timely diagnosis, prevention and/or treatment of complications due to diabetes is equally important. It is indeed very beneficial to opt for Organised Diabetes Care instead of tackling individual issues in isolation.

With access to additional resources including the top specialists including Dr Piyush Desai, Dr Amish Shah, Dr Ami Mehta and many more, the centre provides patients with the full range of treatment options. Trained exclusively at Joslin Diabetes Centre, Boston, MA and other national centers of repute viz. CMC, Vellore, clinical experts at Advanced Diabetes Centre (ADCPL) have combined clinical experience of over 3 decades.

In the past one year, Advanced Diabetes Centre has screened over 6,500 people for diabetes and its complications in multiple camps held within Surat city since July 1, 2015. With state-of-the-art diagnostic facilities and all the services under one roof, Advanced Diabetes Centre has helped more than 1,800 patients to plan the right treatment strategies with timely diagnosis of diabetic neuropathy in last one year. More than 1,500 patients got benefitted from advanced foot scanning and orthotics facilities. The centre has also helped

over 400 patients with early stage eye damage assessment to take the appropriate prevention and treatment strategies for diabetic retinopathy. This has been the modest contribution of Advanced Diabetes in spreading the message of health and prevention of diabetes and its complications.

Control over blood sugar levels is important but that is not sufficient when it comes to diabetes management. Every day, a patient living with diabetes faces multiple lifestyle choices, environmental changes, concurrent diseases, disorders and several other factors that affect glucose control on a day-to-day basis. Emphasizing on the need



for Organized Diabetes Care, Dr. Amish Shah, an eminent expert in diabetes management recommends, "Patients need to treat diabetes as their friend and not as an enemy. When a person is diagnosed with diabetes he/she has to live with it for the rest of their life. As we take special care and understand our true friends, 'Understanding Diabetes' and knowing its complications can actually make it a lot less stressful."

'Center of excellence', Advanced Diabetes Centre, offers not only comprehensive care for complex cases of severe diabetes but also the preventive management of the disease for patients with borderline and pre-diabetic conditions. The advanced patient-care plans are perfectly tailored to address individual needs.

As an endeavor to offer organised diabetes care, the center have garnered much-needed support from their esteemed partners who are equally committed like them to take the diabetes pandemic head-on. The center has reputed consultants, technical experts, and caregivers from different specialties including endocrinology, cardiology, nephrology, psychiatry, dermatology, plastic surgery, and vascular surgery.

On this momentous occasion of celebrating India's Independence Day, everyone at Advanced Diabetes Centre renew their vows towards strengthening their commitment to preventing and control diabetes and build a healthier nation.

