

CARDIOLOGIST DR ATUL CHOKSI, DELIVERS LECTURE ON 'BHAGWAD GITA'S ROLE IN HEALTH CARE'

# NRI doc suggests *Gita's* remedy for good life

## DNA Correspondent

A lecture on 'Bhagwad Gita's role in health care' was conducted by Dr Atul Choksi, MD, Krishna Heart & Super Specialty Institute on Sunday. Some 300 people attended the lecture.

Dr Choksi said, "The holy book does not talk about any particular religion or cast, but it talks about duty (karma). Similar is the job of a cardiologist or a doctor."

Explaining some shlokas (chants) from the book, he stated, the sacred book speaks of various ways of living life. The eighth shloka of Chapter 17 of the book reads that satvik food is best for maintaining ideal health. The ninth shloka of the same



The holy book does not talk about any particular religion or caste, but it talks about duty (karma), the doctor emphasised in his lecture on Sunday. —Piyush Patel, DNA

Chapter talks of healthy food which assures a long, disease-free life filled with happiness. This is what we doctors ad-

vice our patients in order to lead a good-healthy life. On the other hand, eating unhealthy food leads to a stress-

ful, chaotic and unhappy life, he added.

Another shloka in the book speaks of the balance one should have in life. We should have food and sleep in moderation. Too much of everything is bad for health and body. Dr Choksi blamed today's working class executives who do not care about their food habits and sleeping schedule, and later fall ill.

Speaking to DNA he said, "It was the year 1991 which changed my life. I had gone to pick my daughter at Vivekananda Vidyapeeth in New Jersey, USA, where by chance I happened to look at the Bhagwad Gita. I read the preface which compelled me

to go through the entire book. I found it very motivating and fascinating. It is like a treasure to me."

After spending more than 35 years in USA, Dr Choksi is back to the city with the soul aim of serving people. "All my materialistic needs and worldly wants have diminished after I read the sacred book. I have left my family behind in USA," he added.

Dr Choksi has decided that the Krishna Heart & Super Specialty Institute will now charge minimum fees for carrying cardiac and bypass surgeries for the first 100 patients. "This has been done to serve poor people who cannot afford high fees," he stated.

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