



# YEARN, LEARN & EARN

**C**hristopher Morley has said, “There are three ingredients in the good life: learning, earning and yearning.” And yearning can make up for a great lack in the other two.

In Daniel Steele’s book, *I Am, I Can* (Fleming H. Revell Co., 1973), the author tells a heart-warming story about the power of yearning. He tells that Columbia University football coach Lou Little was stopped on campus and informed of the unexpected death of the father of one of his players. He agreed to break the news to the student, as he knew that the young man and his father were quite close.

Two days after he went home to attend the funeral, the student returned to campus and was back on the practice field. “What are you doing back so soon?” asked the coach. “You could have taken a week or two... we would have understood.”

“Coach,” the young man said, “my father was buried yesterday, and the rest of the family is taking care of things. Coach Little, I’ve just got to play in that game tomorrow. That’s why I came back today.”

The coach reminded him that tomorrow’s game was a critical game and he might not play at all since he wasn’t a usual starter.

But the student pressed, “I know I haven’t played much, Coach, but I’m asking you for a chance to play tomorrow. I’ve just got to play in that game.”

After a moment’s hesitation, Coach Little said, “Okay, son, tell you what. If we win the toss, I’ll let you play on the receiving team, but I can’t promise you more than that.”

The next day Columbia did win the toss. That young man went into the game and played like he had never played before. In fact, he was playing so well that Lou Little decided to leave him in longer. He had an outstanding day and, largely because of his effort, Columbia won the game.

In the locker room, the coach asked the student, “What in the world happened to you out there? You never played ball like that in your whole life. That’s the best exhibition of football I ever saw. How in the world did you do it?”

“Well, Coach,” the exhausted and exhilarated young man said, “you never met my father, did you?”

“No, I didn’t.” Little replied. “I knew you were very close to your father, and I saw you walking arm in arm across the campus on several occasions, but I never met him.”

“Well, you see,” the student said, searching for the right words, “for most of my life my father was blind — and today was the first day he was able to watch me play.”

There are few qualities more vital than a strong yearning to do or be something. Earning and learning help, but our desire, our yearning, will take us over the top.

An admirer once exclaimed to President Theodore Roosevelt, “Mr. Roosevelt, you are a great man!”

“No,” he replied, “Teddy Roosevelt is simply a plain, ordinary man — highly motivated.” It was his yearning that set him apart.

Your circumstances may be uncongenial, but they shall not remain so if you only perceive an ideal and strive to reach it. You cannot travel within and stand still without.

One of the lines in poem called Do’t Quit says, “stick to the fight when you’re hardest hit - It’s when things seem worst that you mustn’t quit.”

In our darkest hour it’s hard to see the end of our circumstance. All we can think of is our conditions worsening. But it’s usually at this time that our greatest growth can occur if we’ll see the moment as a growth opportunity. If we’ll see it as a time to learn how to control our thoughts toward an ideal that we cherish.

What we ponder and what we think about sets the course of our life. Any day we wish; we can discipline ourselves to change it all. Any day we wish, we can open the book that will open our mind to new knowledge. Any day we wish, we can start a new activity. Any day we wish, we can start the process of life change. We can do it immediately, or next week, or next month, or next year.

We can also do nothing. We can pretend rather than perform. And if the idea of having to change ourselves makes us uncomfortable, we can remain as we are. We can choose rest over labor, entertainment over education, delusion over truth, and doubt over confidence. The choices are ours to make. But while we curse the effect, we continue to nourish the cause. As Shakespeare uniquely observed, **‘The fault is not in the stars, but in ourselves.’** We created our circumstances by our past choices. We have both the ability and the responsibility to make better choices beginning today.

- R.S. Bhatia

**Optimists enrich the present, enhance the future, challenge the improbable and attain the impossible.**

- William Arthur Ward

#### EDITORIAL BOARD

Mr. R. S. Bhatia, Dr. Parveen Bhatia, Dr. Indu Bhatia, Dr. Sandeep Chopra, Sanchit Bhatia

# ENDO-SURGERY INSTITUTE

## Centre for Laparoscopic, Endoscopic & Obesity Surgery

- Centrally air-conditioned 50 beds-Deluxe & Economy
- Super Speciality Clinics
- Tele Surgery Facilities
- 3 Modern fully equipped Operation Theatres and labour room
- Operating Microscopes
- 8 bedded I.C.U. with state-of-the art monitors & Siemen Ventilators
- 6 bedded Nursery (Septic & Aseptic)

### GLOBAL DIAGNOSTIC SERVICES (24 HOURS)

- Mini Vidas hormone analyzer
- Biochemistry auto analyzer RA 50
- AVL ABG 995
- Elisa Reader EldEX 2.8
- NYCOCARD Reader

### GLOBAL IMAGING SERVICES (24 HOURS)

- 300mA High Frequency GE X-Ray Machine
- 100mA GE (USA) mobile X-Ray
- Stenoscope GE (USA) C-Arm-Digital

### GLOBAL HEALTH CHECK UP

- Ideal Annual Health Cheq
- Executive Health Cheq
- Global Gold Cheq
- Senior Citizen Health Cheq
- Child Health Cheq
- Teen Health Cheq
- Eve's Cheq
- Heart Cheq



24 Hrs. Emergency • Diagnostic Lab • X-Rays • Chemist • Ambulance Services

'The greatest discovery of my generation is that human beings can alter their lives by altering their attitudes of mind.' - William James

# Global Fertility Centre

## Specialized Centre for Laparoscopy, Infertility & IVF



### In Vitro Fertilization ( IVF)

### Giving the joy of Parenthood to all

- Laparoscopy (Including testing of tubal patency and diagnosis of pelvic pathology, endometriosis, polycystic ovaries, adhesions, genital malformations and tubal cannulation)
- Hystero-salpingography and Hysteroscopic Surgery for fibroids, polyps and uterine septum.
- Hystero-salpingography (HSG).
- Ultrasound {(abdominal & vaginal) including follicular monitoring, sonosalpingography for tubal patency, USG guided cyst aspiration etc)}
- Semen analysis
- Sperm Concentration
- Hormonal assays.
- Ovulation induction
- Artificial insemination using husband's sperm (AIH)
- Donor insemination (DL)
- Psychosocial support
- Counselling
- In vitro Fertilisation (IVF)
- Intra cytoplasmic Sperm Injection (ICSI)
- Frozen embryo transfer (FET)

- Egg donation and Egg sharing
- Surgical Sperm Retrieval
- Adoption
- Surrogacy

#### OUR FUTURE PLANS

- Preimplantation Genetic Diagnosis (PGD)
- Assisted hatching
- Cytogenetics

**You were born an original.  
Don't die a copy.**  
- John Mason

**Of all the attitudes we can acquire, surely the attitude of gratitude is the most important and by far the most life changing." - Zig Ziglar**

# “Minimally Invasive Surgi Centre”

## All Endoscopic Surgery under one roof

RNI NO.: DELENG/2001/6114  
 REGD. NO.: DL(W) 10/2076/06-08  
 LICENSED TO POST WITHOUT  
 PRE-PAYMENT: U(W)-38/2006-08

### LAPAROSCOPY (KEY HOLE SURGERY)

- Gall Bladder (Stones) Removal (Lap. Chole)
- Appendix Removal
- Hernia Repair (Inguinal, Umbilical, Incisional etc.)
- Ulcer Surgery (Achlorasia, Hiatus Hernia)
- Bowel Surgery (Rectopexy, Perforation Closure, colectomy etc.)
- Spleen, Liver, Pancreas (Pseudocyst) surgery
- Micro Lap. Surgery
- Children Laparoscopy (Hernia, Undescended testis)
- Piles (Stapler Surgery)

### OBESITY SURGERY

- Lap. Band, Gastric Bypass

### RETROPERITONEOSCOPY

- Stone Removal (from Kidney & Ureter)
- Kidney Removal & Lumbar Sympathectomy

### ENDOUROLOGY

- Kidney stone removal (PCNL), Ureteric Stones (URS),
- Bladder Stone Removal
- Prostate Surgery (TURP), Bladder Growth (TURBT)

### GYNAECOLOGY

- Laparoscopy for infertility
- Ovarian Cyst Removal
- Fibroid Removal (Myomectomy)
- Uterus Removal (Hysterectomy, LAVH, TLH)
- Sterilization (Tubectomy)
- Ectopic Pregnancy

### HYSTEROSCOPIC SURGERY

- Infertility Diagnosis, Removal of Septum, Polyps, Fibroids, TCRE etc.

### ENT

- Functional Endoscopic Sinus Surgery (F.E.S.S.)
- Micro Laryngeal Surgery (M.L.S. For vocal nodules)
- Micro Ear Surgery (Myringo Plasty, Mastoideotomy)

### EYE

- Cataract Surgery
  - Stitchless (Phaco) with foldable lens
  - Intra-ocular lens (IOL) implantation
- Glaucoma Microsurgery
- Complete Eye Check-up (retina etc.)

### PLASTIC SURGERY

- Cosmetic Surgery Micro Vascular Surgery,
- Liposuction, Cosmetic Nose Correction (Rhinoplasty),
- Breast (Implant, Reduction Surgery)

### ARTHROSCOPY (JOINT SURGERY)

- Key hole Surgery (C-Arm guided) for fractures Hip, Thigh, Leg, Arm (interlocking nail, Gamma nail, DHS etc.)
- Joint (Hip, Knee) Replacement

### NEURO SURGERY

- Spinal Surgery (Fracture, Disc)

### ENDOSCOPY (GASTRO): DIAGNOSTIC & THERAPEUTIC

- Endoscopy, ERCP, Sclerotherapy, Foreign Body Removal, colonoscopy, Sigmoidoscopy etc.

### BRONCHOSCOPY, THORACOSCOPY, ETC.

## EMPANELLED WITH

### CORPORATE

CGHS, B.S.E.S, FCI, SAIL, IOCL, NTC, NBCC, IBP Co; Engineering Projects India (Ltd.), SBBJ Bank, Indian Railway Catering and Tourism Corporation Limited, Mother Dairy

### INSURANCE CO.

National, United India, Oriental, New India, LIC, Reliance, ICICI Lombard, IFFCO Tokio, Cholamandalam

### THROUGH TPA

Paramount, Raksha, Family Health Plan, Genins India, E-Meditek, TTK Healthcare, Vipul Medcorp, Health India, Universal Medi-Aid, Park Medclaim, United Healthcare, Dedicated Healthcare Services, Star Health etc.

## BHATIA GLOBAL HOSPITAL AND ENDOSURGERY INSTITUTE

(MULTI-DISCIPLINARY MINIMALLY INVASIVE SURGI-CENTRE)  
 SPECIALIZED CENTRE FOR LAPAROSCOPY, INFERTILITY AND OBESITY SURGERY

305, 307, 308, Ambika Vihar, Opp. Central School, Paschim Vihar, New Delhi - 110087.

**PHONE**  
 25270500, 25270701, 25270702, 25256408

**FAX**  
 91-11-2-5273200

**MOBILE**  
 9810008507, 9810138656

**EMAIL**  
 bhatiaglobal@yahoo.co.in

**WEBSITES**  
 BhatiaGlobalHospital.com  
 BhatiaEndoSurgery.com

**ISDN lines: 6**  
 011-42334011, 13, 15, 17, 42334657, 42334673

**REGISTRATION NO**  
 2006-2007/512  
 dt. 16-04-2002

**Approval of hospital**  
 u/s 17(2)(ii)(b) of I.T. Act 1961, F. No: Addl. CIT (Coord.)/ Hospital/2002-03/3563

A symbol of excellence, commitment and dedicated patient care, established in July, 2001. The vision is borne out of a single-minded focus on providing world class minimally invasive surgery to patients in many super-speciality areas. All under one roof.

No matter whether it's medical equipment, care facilities, or international associations... the perspective is global.

**Design Credits:** i Links 'n' Grafix Pvt. Ltd.; 41424287-88, 9811162454; www.ilng.in

Printed, Published and owned by Dr. Parveen Bhatia and printed at Hindustan Offset Press: A-26, Naraina Industrial Area, Phase-II, New Delhi-110028. Phone: 25705629 and published at 307 & 308, Ambika Vihar, New Delhi-110087. Editor: R.S. Bhatia