



A LITTLE THANK YOU

50 years of life. How to look at? To celebrate or to mull over!

OR, look back?

As a schoolboy I remember having placed a yellow card in bold green types on my desk providing 18 different meanings to life based on Bhagwad Gita. It said, life is a game, play it; life is sorrow, overcome it; life is pleasure, enjoy it and so on.

But it did say, life is what you want it to be.

I also remember one of my teachers talking of *Qadha Pachisi* (25 donkey years) when I was yet to enter the second quarter. These donkey years have been a good journey, a journey that I am happy and proud of. This journey would not have been possible without those who either guided me or walked with or gave a halting support. Some of them are no more. Some of them are not here.

But many of you have been part of that journey.

Problems of principles, idiosyncrasies of ideals, rigors of realities, hopes & frustrations, needs & wishes. It has been a life full of colors with people & places, experiences & exposures, learning & growing, failures & success, obstructions and stagnation, agonies & ecstasies. And all that life is supposed to be. These years were never dull.

I feel very fortunate to have good foundation. A foundation that has helped me choose right, mostly difficult, path and has given me strength to adhere to it. Again I have been fortunate to be involved with subject related with life - health & disease - Ayurved. It has provided me with a purpose to which I could commit myself. It has been a commitment with a purpose, to self. I never knew of my destination but destiny has been kind. Efforts have been rewarded.

Some day I would like to share details of this wonderful journey and about specific contributions.

What can I say today?

Some of you guided me; some of you supported me. Some of you made efforts to understand me; some of you endured me.

At times my pleasures were your happiness, my pains were your concerns, my fears received your strength and my frustrations got your patient hearing.

My 50 years would not have been what they are today, without you.

And therefore, let me say a little thank you, for being there.

Narendra
Narendra

