

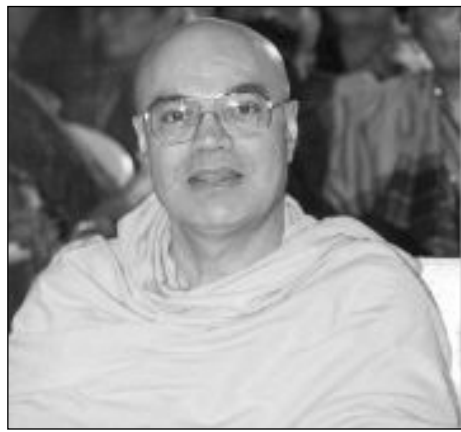
COMMUNITY

Swami Adhyatmanandaji coming to Chicago

Chicago: Swami Adhyatma-nandaji Maharaj of Sivananda Ashram, Ahmedabad, who has several followers in the US, will be visiting Chicago from June 14 to June 19. His visit will be part of his annual tour of the US.

The learned Swamiji, who is a renowned expert in practicing

and teaching yoga and meditation, says: "Yoga is eternal life in the soul or spirit. It transforms a man into divinity. It brings a message of hope to the forlorn, joy to the depressed, strength to the weak and knowledge to the ignorant. Yoga way of life brings happiness of sound mind in sound body. Yogic



Swami Adhyatmanandaji Maharaji.

author of a number of books on yoga and philosophy. His new release, *Yoga — A Way of Life*, is must possess book not only for yoga enthusiasts but also for all.

Swamiji has been the spiritual head of Sivananda Ashram in Ahmedabad over a decade. In addition to spiritual teaching, yoga and meditation, the center is actively involved in charitable work benefiting the poor and needy. Swamiji has inspired thousands of his devotees to donate blood and he himself has donated blood 117 times mainly for the armed forces.

Swamiji, who set out on a tour of the West on May 30, will complete it in September. His tour includes visits to the UK, the USA, Canada, Scotland and Germany. During his stay in Chicago area from June 14 to June 19, Swamiji will be conducting yoga classes at the Hindu Temple of Greater Chicago in Lemont (between 6.00 a.m. and 8.00 a.m.) from June 15 to June 19. One can experience the benefits of yoga practices, including Hatha Yoga, yogic breathing, deep relaxation and meditation.

For more information, please send an e-mail at divya.tour@gmail.com or to Minal B. Naik at minalnaik@gmail.com

Indian surgeon uses international background to provide care

Chicago: Dr. Vineet Shah, an orthopedic surgeon at the Neurologic and Orthopedic Hospital of Chicago, was literally born into "thinking globally." As a young boy, he lived in India and

Somalia where his parents, both doctors, worked on AIDS initiatives for the World Health Organization. His father, a pediatrician, worked as the Chief of Child Health and Development and his mother, an OB/GYN, worked alongside him, caring for and educating patients in developing countries. Dr. Vineet Shah's path became clear early on.



Dr. Vineet Shah.

Dr. Shah's family moved to Geneva, Switzerland, in 1980. After graduating from high school in Geneva, Dr. Shah came to the US and attended the University of Michigan where he obtained both his bachelors and masters degrees. He completed his master's degree in public health, majoring in epidemiology and international health. While completing his studies, he lived in India where he studied the attitudes of prostitutes towards sexually-transmitted diseases, HIV and condom use. He also conducted workshops teaching them how to keep themselves protected from these deadly diseases.

Following that he graduated from medical school and successfully completed his residencies in Internal Medicine and Orthopedic Surgery. He finally settled in the orthopedic field. "I was attracted to this field because I realized that in most cases, I could make someone better. A patient typically ends up in better shape than before they met me," he explained. He was also influenced by a well-known orthopedic surgeon, Dr. Chitranjan Ranawat, with whom he

completed a fellowship in adult reconstructive hip and knee surgery at the Ranawat Orthopedic Center at Lenox Hill Hospital in New York City.

Given his specialization in total hip and knee replacement, Dr. Shah enjoys the changing technology used in surgery and the ability to use an alternative form of pain management therapy. "At least half of all orthopedic surgeons use a nerve-block medication to treat post-surgery pain," he explains. "I like to use a multi-modal pain control regimen that provides more comprehensive pain management with

localized pain relief before, during and after surgery. As a result, my patients usually have decreased complaints of nausea, bowel trouble, leg weakness or confusion after surgery," he adds.

Dr. Shah speaks six languages, allowing him to develop close relationships with a diverse group of patients. And, as a doctor of osteopathy, his philosophy of care includes spending quality time with patients and their families before operating. "I feel that this prepares the patient and the caregivers for the challenges that may occur post-surgery," he explains.

He plans on working towards delivering care in a holistic manner addressing the orthopedic as well personal issues that affect his patients.

The Neurologic & Orthopedic Hospital of Chicago is the country's only freestanding acute care facility dedicated exclusively to neuroscience and orthopedic services. NOHC is located at 4501 N. Winchester Street in Chicago. For more information, please visit Web site: www.neuro-ortho.org.

living implies discriminative living. Yoga is equanimity, equipoise or equilibrium. It is skill in the performance of actions. It is the secret master-key to open the realms of eternal bliss and deep abiding peace."

Swamiji represents a great lineage of Holy Master Sri Swami Sivanandaji and Gurumaharaj Sri Swami Chidanandaji. Swamiji is a living example of the teaching of Gurudev Swami Sivananda. He is a Yogi, a Vedantin and a devotee all in one.

His talks are a spontaneous outpouring of divine wisdom coming from decades of personal experiences of living the spiritual life. People from all walks of life find solace in his holy presence. He has conducted more than 725 yoga camps all over the globe. He is

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