Indian surgeon uses international background to provide care

Chicago: Dr. Vineet Shah, an orthopedic surgeon at the Neurologic & 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 ORGYN, worked alongside him, caring for and educating patients in developing countries. Dr. Vineet Shah's path became clear early on. 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 bachelor's 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 professionals, both doctors, and 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 pre-surgery care is 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 explains.

Dr. Vineet Shah.

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 yoga 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 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 Sivananda and Gurumaharaj Sri Swami Chidananda. 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 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 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 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