

## Do Your Duty with Discipline and Devotion

“Vasudhaiva Kutumbakam” (the whole world is one family) and “Ekam Sat Viprah Bahudavanti” (truth is one but the wise call it by various names) are two basic statements, which come from the ancient Rig Veda and form the fundamentals of Vedic philosophy.

One should do one’s duty with devotion and discipline. This principle can be remembered as the principle of three Ds.

In daily routine ‘one should remember the purpose for which one is born, which is to fulfil *Dharma* (duty), *Artha* (wealth), *Kama* (desire) and *Moksha* (liberation). To achieve them, one needs to follow the four Fs: (i) Follow the teacher, (ii) Face the negative devils of the mind, (iii) Fight till the end and (iv) Finish at the goal.

The essence of Bhagwad Gita can be summarized in one shloka (Chapter 2.48) where Krishna says to Arjuna “*yogastha kuru karmani*”, which means ‘concentrate on actions’ (do all actions while remaining in yoga). He further says that one should take success and

failure in the same stride. (*yogastha* = steadfast in yoga, *kuru* = perform, *karmani* = duties or action).

To acquire spiritual health, one should follow three Ss which are: (i) *Satsang* (company of good people), (ii) *Sadhana* (hard work) and (iii) *Sanskar* (good deeds). Adi Shankaracharya in Bhaj Govindam describes them as Satnam or Simran (bhakti, or reciting the name of their God), Satsang (company of good people) and Seva (good karmas).

Before doing any work, one should follow the principles of three Hs: (i) listen with the Head, (ii) follow the Heart to choose one of the choices and (iii) order the Hands to take an action.

The ABCs of a good professional are Availability, Behavior and Competence. Competence comes last; the first is the availability of the professional.

An action should be based on Truth; it should be coming from consciousness and should end in internal bliss. Various Vedic literatures have termed this triad by different names like *satha*, *chitha*, *ananda*, and *satyam*, *shivam sundaram*.



### Microplastics Discovered in Human Heart Tissues Pre- and Post-Surgical Procedures, Study Finds

A recent study has revealed that microplastics have been discovered in the heart tissues of individuals who underwent heart surgery. Microplastics are tiny fragments of plastic, typically <5 mL in size, comparable to the dimensions of a pencil eraser.

Evidence suggests that these minuscule plastic particles can infiltrate the human body through entry points such as the mouth, nose and other bodily openings connected to the external environment.

However, many organs and tissues are enclosed within the body, and there is a dearth of knowledge about their potential interaction with and impact from microplastics. This information gap is highlighted in a study by the American Chemical Society. In an initial trial, scientists procured heart tissue samples from 15 individuals during cardiac surgeries.

Additionally, they obtained pre- and postoperative blood samples from half of the participants. These samples were then subjected to analysis using laser direct infrared imaging. The investigation revealed particles measuring 20 to 500 µm in width, composed of eight distinct types of plastic, including polyethylene terephthalate, polyvinyl chloride and poly(methyl methacrylate).

While the quantity and composition of these particles varied among participants, all blood samples contained plastic particles. Notably, the size of these particles diminished after surgery, and they originated from a broader array of plastic materials.

(Source: <https://www.punjabnewsexpress.com/health/news/researchers-find-microplastics-in-human-heart-tissues-before-after-surgical-procedures-218974>)