

A serene night scene of a beach. A large, bright full moon hangs in a dark sky filled with stars and the faint Milky Way. The moon's light reflects on the ocean's surface, creating a shimmering path. Gentle waves with white foam wash onto a sandy beach. On the left, a palm tree stands in silhouette against the dark sky.

# *My Thoughts*

**PROF. (DR.) GANGADHAR SAHOO**

# MY THOUGHTS



**PROF (DR.) GANGADHAR SAHOO**

DEAN , I.M.S. & SUM Hospital

SOA Deemed to be University, Bhubaneswar

Vice – President ISOPARB

## **FOREWARD**

**Om,**

‘The nicest thing about quote is that they give us a nodding acquaintance with the originator which is often socially impressive.

Kenneth Williams, Acid drops.

It is a great pleasure on my part to provide a foreword to this booklet “My thoughts”. I am very fond of quotes and never begin an article without a quote so also my very dear student Gangadhar .

This booklet contains two chapters. First One “ My Thoughts” contains 100 quotes, some of which are paraphrases. The second chapter of 50 quotes are mostly related to medical profession. Out of his original quotes, the following quote has touched my heart.

“You are my Saraswati”,

I learn from you,

“You are my Lakshmi”,

I earn from you.

My association with Gangadhar, the author of this booklet is since 1976 when he joined as a post graduate students in OBG & Gyn, VSS Medical College, Burla, where I was an Asst. Prof. This ever green teacher student relationship is still maintained and flourishing day by day.

From a shy student in VSS to the Dean of IMS & SUM Hospital, he has climbed the ladder successfully with his dedication and commitment.

As “Morning Shows the Day” Gangadhar has put his signature as a different person from his student career. He has outshone others as a learner, teacher, healer and a leader. Now he has reached the stage of a preacher. His deliberations on “No”, “BhagbatGita and Physician”, “Fertility & Spirituality” are few examples of his brilliant oratory.

Along with all these qualities, he is a complete family man. He has never failed in his duties as a son, brother, husband, father & grandfather. From the morning cup of tea prepared and served by his mother daily at 4.00 a.m.

to the receiving of “best friend award” from his granddaughter, he has perfectly designed his life style maintaining perfect equilibrium.

Rarely you can find a devoted student, an inspiring teacher, a mesmerizing orator, a physician with healing touch, an exemplary leader & a balancing family man in one man called Gangadhar.

He is our most ideal student. He is our eternal student. In every Guru Divas Day, the first pranam to me and Prof Tripathy is from Gangadhar very early in the morning and the first new year wish for a peaceful year ahead. I bow down before the great lord for His gift.

Last but not the least he is an ideal teacher. ‘The mediocre teacher tells, the good teacher explains, the superior teacher demonstrates, and the great teacher inspires.’ He belongs to the last group.

His effort of coming out with a booklet which reflects his analytical & philosophical skill is well begun. I am sure this small step will open the doors to express his literally skill in future.

I hope it will find recognition among both the young and older generation of Obstetricians and Gynaecologists so also among the general community. I wish all success to the booklet.

May the great Lord Jagnnath shower His choicest blessings on him and his family.

Jai Jagnnath

**Prof. (Mrs) Sindhu Nandini Tripathy**

MD, FICOG,

Ex. Professor and HOD, Dept. of Obstretics and Gynaecology,  
SCB Medical College, Cuttack.

## **FOREWARD**

Professor Gangadhar Sahoo, our friend Ganga, is specially gifted with deep insight and out of the box thinking not only in his medical career but also in his life as a human being. In every challenge in his life whether pleasant or unpleasant he has emerged with rare positivism and courage without being manipulative . This has made of him one of the best teachers of the medical colleges not only of the State but the Country. He has been unobtrusive, silent, disciplined and hard working in his professional life as a great surgeon and medical teacher inspiring hundreds of students and junior colleagues. Providence has graciously placed him in the present assignment as Dean and Principal of IMS & SUM Hospital where his unique administrative capabilities are steering the Institution to greater heights.

I am sure that the thoughts compiled in this booklet will not only be enjoyable due to his wisdom and wit but also act as a pathfinder to many groping for a direction to sort out their incapacitating situations.

With deep admiration I wish the author to keep shedding light and laughter in this manner for many more years-

**Shyama Kanungo**

(A batchmate SCB 70)”

## **PREFACE**

It is said that thousands of thoughts can pass through one's mind in one minute. Most of those are volatile. Early morning is the best time to pluck them.

It is my hobby to circulate few thoughts daily (some are original and some are forwarded) to my students, staff, friends and family members. I don't know if it benefits them or not but it gives me a positive impetus to start my daily work.

The inspiration from my teachers, well wishers and critics inspired me to come out with a compilation of those thoughts in the form of a booklet "My thoughts".

I am indebted to my teacher Prof. Sindhu Nandini Tripathy and my friend Prof. Shyama Kanungo to encourage me through their "Fore Words" & friend Dr. Prasanna Kumar Sahoo for his constant forceful motivation.

The esteemed readers are humbly requested to read one thought at a time and take some time to analyze it. I invite healthy criticism from them which will help me to perform better in future.

I am thankful to Prof. Manoj Ranjan Nayak, honorable founder president of SOA Deemed to be University for his appreciation & constant support for bringing out this issue.

As it is released on the golden jubilee celebration day of my batch "SCB 70", I dedicate this first issue to all my friends.

Jay Jagannath

**Dr. Gangadhar Sahoo**

**Mob: +91 98610 17510**

**Email: drgsahoo@yahoo.co.in**

- 1. Use every moment of your life with a positive objective, doesn't not matter when you achieve and how you achieve. In the long run you will develop a positive mind set.*
- 2. Never try to defend your mistakes or your weaknesses, rather try harder to find a solution.*
- 3. Develop a will power within you. Will power is the stepping-stone for win power.*
- 4. Judge yourself. It's none of your business to judge others.*
- 5. Make a habit to do something good daily. Maintain a record of it. After some time you will be astonished to see that you can't harm anybody even if you try hard.*

6. *Have faith and make it your strength. You are nothing to lose. In the long run you will be surprised to find that the most disloyal has turned to be the most loyal one.*
7. *Keep your mood under control. Rest of the things will be controlled by themselves.*
8. *What you want to do, do it today. After some time you will find that you had neither a bad yesterday nor will have a bad tomorrow.*
9. *Try to be simple and don't care for sophistication. It will automatically come to you.*
10. *Every negativity has a positive angle. To stay happy you have to explore it.*
11. *Make a habit to appreciate. It costs nothing but earns a lot for you.*

*12. Every face you know will pay you one day.*

*13. Do something good daily irrespective of the situations you face.*

*14. Make a habit not to find fault with anybody. You will be surprised to see that in the long run you have come out faultless.*

*15. Always take a full cup of tea. If needed you can change the size of the cup according to the situation but never change the volume ( from full to half ).*

*16. Don't be a defaulter. No one can be so unless one tries hard.*

*17. Always keep yourself in motion, pace doesn't matter. At last you will feel like a winner.*

18. *Do not be in the delusion that you are in motion because your mother earth is in motion.*
19. *Believe in yourself. Self belief is the greatest strength for anybody.*
20. *Try to search for the pole star out of millions of stars.*
21. *Punish your anger not yourself.*
22. *If you feel yourself ordinary you can achieve extraordinary.*
23. *Everything may not be easy. Something may be difficult but not impossible.*
24. *Before going to bed practice introspection daily. It will help you to wipe out your enemy within.*
25. *Try to be an “Iron Man”, but be aware of the rust.*

26. *Life is a train but can't run on a parallel track.*
27. *Always pay respect to the experienced persons irrespective of their age.*
28. *Don't be afraid of mistakes. Mistakes are made to be corrected. You can't progress without committing mistake.*
29. *Say, "Yes. I will try to do it. "If you are realistic nothing is impossible.*
30. *Learn to take a diversion when you are challenged by an adversity .Taking a diversion is neither cowardice nor escapism. It is just avoiding a confrontation and finding a path of peace and safety.*
31. *It is better to be ordinary and useful than to be extraordinary and useless.*

32. *Develop patience to listen someone. It may not be important for you but it may mean a lot to the person, you are listening to.*
33. *God has given you no locker to store your happiness. Invest it and see the difference.*
34. *Always try to be the single person to come out with innovative ideas to inspire others. Try to search for the lotus bud in a muddy pond.*
35. *Don't try to escape from burdens. It will be better if you face it and try to handle it in a convenient way.*
36. *Be patient to taste the fruit of your hard work. At the same time continue your work as religiously as before. Don't stop.*

37. *First acquire knowledge, utilize it in practical field in a positive and progressive way then imagine what you are capable of doing next.*
38. *Make a conscious effort to activate your smiling muscles and deactivate your frowning ones.*
39. *Be a person of minimum requirement and maximum contentment.*
40. *To be adventurous doesn't mean to make impossible to possible, but to make simple things simpler.*
41. *Always try to be a lender but not a burrower. Best thing you can lend some body is a few minutes of your valuable time.*
42. *Try to make all your communications with others soothing, touchy, respectful, meaningful and positive.*

43. *Always feel like a beginner and learner. Once you start feeling like a winner, that will be the end of your progress.*
44. *Try to face any adversity. If you try to escape, it will chase you. If you try to face, it will run away from you.*
45. *Flexion is the cream of life. Be flexed and stay blessed. Always wish with NAMASKAR, the symbol of flexion, taught by our mothers.*
46. *If you try to learn how to appreciate, apologies, visualize and actualize nothing is impossible to achieve.*
47. *Avail any opportunity that comes first. Opportunity is opportunity, whether it is small or big. If you don't care of the first, hoping for a better, it may be your last one.*

48. *Adversity, problem, misfortune and accident are not in your control, but their solutions definitely are.*
49. *Learn to appreciate. Doing so costs nothing but earns a lot. So never compare nor be jealous.*
50. *It's better to be the master of self than to be the slave of remote.*
51. *When you plan something good it appears impossible. When you start it appears difficult. But once it falls to your habit you will be astonished to see what a change! ! !*
52. *Committing mistakes is natural with anybody. But detecting & rectifying it is the hallmark of progress.*
53. *Learn to be patient. Patience is the Panacea of many Problems. (triple Ps).*

54. *Do positive. If not, think positive. Still if not, at least dream positive.*
55. *Human nature is that he internally likes flattering words and compliments. Nobody likes criticism. A great man is he who invites healthy criticism.*
56. *Keep on trying even if you fail. Trying costs nothing rather it opens the door to success.*
57. *Target the most difficult problem first. Other problems will take care of themselves.*
58. *Always be a dedicated team member but avoid to sit on the bench.*
59. *Do not allow your emotions dictate on you.*

60. *You need not fly in the sky nor dip in the ocean in search of beauty. The simplest and easiest thing you need to do, is to explore yourself.*
61. *Humanly it appears impossible to be absolutely truthful. But it's not so in trying.*
62. *Don't be miser in investing, you may be so while harvesting.*
63. *Who said happiness is rare? Might be the definition and understanding of happiness is not universal.*
64. *Try to understand the value of "No" , which is invaluable. So have the courage to say "NO" when required.*
65. *A great man can differentiate between wisdom & knowledge, vision & eyesight, silence & mute, dynamism & motion and voice & noise.*

66. *Learn to be patient. A few seconds of patience at the moment of anger, frustration, make and break situation, provocation, depression and failure will give you thousand hours of peace of mind.*
67. *The bitter truth is, you have to make your decisions of your own life. Others will either guide you or misguide you. Choice is yours.*
68. *Don't reject outright something as unwanted. May be inside it, hidden something most wanted.*
69. *Manage your time in right direction. Wise men are more conscious of waste time management.*
70. *Never feel lonely. Always think that there is someone with you, Who is helping you breathe and helping your heart to beat.*

71. *Life is a relay race. The most vital part of the race is how you pass on the baton to the next person.*
72. *Yes! I am proud to say that I have got ego, jealousy, complexity, selfishness and what not because I am an ordinary human being, neither a superhuman nor a subhuman.*
73. *When I see a decorated dish of SANDWICHES, I feel sorry for the middle layer . This layer is the most vital component of the sandwich, which adds flavour without being expressed and always being suppressed .*
74. *Never wait for defaulters to start any function, rather pay respect to them who have reached on time. It is the attitude and the quality of the audience that matters not the quantity.*
75. *The antidote to stress is TO CONFESS not TO CONCEAL.*

76. *If you think of STRESS the STRESS will think of you.*

77. *In life follow the three commands of success.*

→ *On your mark*

→ *Set and*

→ *Go*

*You will definitely touch the finishing line, doesn't matter when.*

78. *When I do gardening people call me low profile, when I go for a morning walk in a group with track suit, boot, cap on the head and a baton in my hand I become high profile. It is better to be low profile and productive than to be high profile and counterproductive.*

79. *The best way to manage solitude is to be a friend of it.*

80. *True friendship can neither be purchased nor be sold. It is a hard earned asset. Preserve it at any cost.*

81. *One who by nature, always boasts of oneself is either an ignorant or an arrogant.*
82. *The pleasure of climbing down the hill lies with forgetting the pain of climbing up.*
83. *Peace is like God. It's omnipresent. Only thing required is one's effort and commitment to search for it.*
84. *Your dustbin is the mirror of the cleanness of your mind.*
85. *We all are participants in a music chair competition knowing fully well that at any moment we may be out.*
86. *Every problem in life is just like a boiling cup of tea. If you want to solve it in a hurry, there is every chance that you will get blisters on your tongue.*

87. *Every person has a unique positive quality. Try to extract it and absorb it. Then only you will be richer day by day.*
88. *Fix realistic goal and try to achieve it. You need not fix a time frame but must fix your commitment.*
89. *When everyone takes care of himself / herself then whole world will be taken care of automatically without any extra effort. Self-caring is not selfishness.*
90. *Be transparent irrespective of your Position, Possession and Personality (3 Ps ) ultimately you can own the fourth P (Peace).*
91. *Only people on the move can reach their destination not the idle ones.*

92. *Friendship is not necessarily born in one's paradise of neighbourhood unless one plants it.*

93. *While facing any situation you have got three options :*

*1. React*

*2. Respond*

*3. Ignore*

*Never react. Either you respond or ignore, depending on the situation.*

94. *Make a habit to start with ZERO and continue with small incremental progress without looking back. Oneday you will be surprised to see that the world greets you as a winner.*

95. *One can learn from every place, everything and everyone, if one has the will to learn.*

96. *Daily keep a record ,how you use your time. Then only you can know how much of your time is used or misused.*
97. *If you don't maintain the dairy of your time management then you will be in the delusion that you are the best and the most successful manager of time .*
98. *A rose is beautiful not because of its color and fragrance but because of presence of thorns.*
99. *Doing something without understanding is foolish.*
100. *Our general mentality is that we avoid to follow the rules unless there is a fear of penalty.*
101. *Experience doesn't come with age but with exposure.*

\*\*\*\*\*

*My Thoughts  
For The  
Younger Generation*

1. *A great teacher knows, when not to teach & what not to teach.*

2. *An average student listens*

*A good student listens & writes*

*A great student listens, analyses & writes .*

3. *A good clinician is one who utilizes one's theoretical knowledge in the practical field.*

4. *How can one become a good physician ?*

*Follow the 5D's*

⌚ *Discipline*

⌚ *Devotion*

⌚ *Dedication*

⌚ *Decision making*

⌚ *Dignity*

5. *If one wants to be heads of many  
then one will be either an  
anencephaly (brainless)  
or a monster (Demon).*

6. *Surgery is neither easy nor difficult, it is either made easy or made difficult.*
7. *A big tree gives us many good things. But one disadvantage with it is that it doesn't allow the siblings to grow under its shadow.*
8. *A professional is one who knows "what not to do" better than "what to do".*
9. *An expert is one who after careful examination can declare that, "No abnormality was found".*
10. *Physician labours, God delivers .*
11. *A gynecologist to his/her patient :  
"You are my Saraswati",  
I learn from you,  
"You are my Lakshmi",  
I earn from you*

12. *My four cardinal principles of managing any ailment: Prevent the preventable, Delay the inevitable, Treat the treatable and Endure the incurable.*
13. *Don't be afraid of bleeding. It's a sign of life.*
14. *Diabetics can take sweet as PRASAD. (It is not a joke. It is the faith that cures.)*
15. *A premature baby inside an incubator cannot feel the temperature of his/her mother.*
16. *Be a human being first, then a Doctor.*
17. *Discipline is the key word of medical profession. Slightest indiscipline can cost a life.*
18. *Try to avoid using the word "SORRY". Sorry is a word, not found in the Medical Dictionary. By saying sorry one can not make a dead man alive.*

19. *Do not be miser in taking second opinion.*
20. *I do not believe in statistics and law of average in medical science. It is always "All or None" law.*
21. *Medical profession is the only profession where a dead teaches the living.*
22. *Every patient is litigant unless otherwise proved.*
23. *There is no good patient or bad patient, so also the disease.*
24. *A good physician should never be emotionally attached to his/her patient.*
25. *A tool can become an instrument if used properly and a weapon if misused.*
26. *A physician who has the attitude is blessed with the divine touch called healing touch.*
27. *Physicians may not assure cure but they can assure care.*

28. *A true physician has no friends. He only discovers friendship in a patient.*
29. *Be a learner. Since teaching is the best way of learning I became a teacher.*
30. *Labor is unpredictable.*
31. *Women are destined to bleed. But they should not bleed to death.*
32. *A good physician always believes in his touch not in the tech. (technology).*
33. *If doctors stand united then no force on the earth can defeat them.*
34. *Population explosion & environmental pollution are the twin causes of all diseases in the society which is still undiagnosed.*
35. *Over confidence is more dangerous than ignorance. It is the commonest cause of all complications.*
36. *Obstetrics is the only branch of medical science where the “discharges” may outnumber the “admissions”.*

37. *For a physician every day is an examination and every patient is a question paper.*
38. *Quality of a physician is judged not by her/his percentage of marks scored rather the skill of managing time and language he /she has.*
39. *Not necessarily the best medical graduate will be the best physician.*
40. *A medical professional is the life line of a society.*
41. *Medical science is extremely changeable. A medicine which is used as a panacea for a disease today, is proved to be a poison tomorrow.*
42. *There is hell & heaven difference between advising "change in life style" and practicing it.*
43. *Where the air is poisonous, water is polluted, edibles and medicines are adulterated, then only cure is the prayer.*

44. *The first sign of down fall of a society is the commercialization of health and education.*
45. *When so many artificial options are available why will people depend on naturopathy.*
46. *In the past the teachers were searching for a mistake in a student and now they are searching for a right thing.*
47. *Communication, confidence and confidentiality are the three cardinal characters of medical practice.*
48. *There is no place of dogmatism in medical science.*
49. *There is no place of heroism in labor room & emergency ward.*
50. *Spirituality begins where medical science ends.*

☆☆☆☆☆

