

Editorial.....

Please Mind the Gap.....

॥ सर्वेभवन्तु सुखिनः सर्वेसंतुनिरामयाः,
सर्वेभद्राणिपश्यन्तुमाकश्चिद दुःखभाग भवेत् ॥

This prayer of Vedic times clearly denotes that we Indians always been considerate to the society in which we live. We have been community oriented and wish that all being should remain healthy, happy and prosperous.

It's an universal fact that we human beings are born as a **'biological being'** but as a need based individual we acquire lot of social traits from the society and become a **'social-being'**. This journey of becoming a social being pass through various stages of life Viz. Infant, Toddler, Adolescent, Youth, Adult, Old aged etc.

At every stage of life theses agencies of socialization i.e.- Family, Friends, Playmates, Relatives, Educational Institutions, Social Values, Social Norms, Practice of Ethics & Morality, Religious Rituals etc. has a deep impact **on the 'being'** but with the fast pace of urbanization & Globalization kept us busy in building career, making money, fulfilling our desires & thus we **lost our health & wellbeing** in achieving the unending short and long term goals.

This fast pace of life has originated many physical, mental and societal disorders in the form of suffering. The ailing humanity today has many modernday ailments- **In Mental Health-** Mood Disorders, Anxiety, Depression, Migrain, Emotional Trauma, Insomnia, Restlessness, Fatigue, Anorexia, Gaming, Gambling, Drug Abuse, Suicidal Ideation, Road Accidents and **In Physical Disorders-** Infertility, Abortion or Premature Delivery, PCOS, Thyroid Disorder, Obesity, Hypertension, Heart Disease, Diabetes, Cancer etc. **Moral Disorders** like- Corruption, Adulteration, Bribe, Rape etc. are also prevailing.

The agencies of socialization has lost its control over the fast growing civilization. People became self centered and many a times lonely. This aloofness in the society is clearly visible through nuclear families, people spending time in virtual world, face book, twitter, what's app, etc. The dependency on this virtual world makes people mentally sick. Spending lot much time in search of likes, approval, acceptance etc. for short term happiness.

This unknown world keeps them away from the realistic world and they become asocial with altered consciousness and there is a huge **loss of Human Interactions and interrelations**.

The human relationship is starving in the want of togetherness, time, space, sharing and caring. In due course of achievement of position, career, wealth; the Health is lost and once it is lost difficult to regain with accumulated money, position or prestige.

The recent WHO reports mentioned that India is upcoming country with growing number of Psychosomatic Disorders; it's high time to think about self, the significant others and the Nature or Nation (The environment in which we live).

Community Awareness for Health Promotion and Prevention of diseases is a must for this modern day menace. The step forward towards the goal of Healthy & Happy society starts with the self.

Start working on keeping yourself Physically fit, Mentally Healthy and Socially Vibrant with due care of your Spiritual journey.

So please mind the gap. After all mind matters!

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