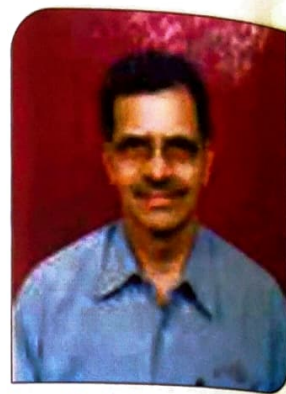


A Soldier Doctor – for better society and for own spiritual gratification

Lt Col.S.Jayaram, Retd consider himself proud to be a member of Armed Forces Medical Services from August 1972 to January 2000. His varied experiences were initially in Pune, Gujarat, Rajasthan desert, forward area of Jammu specially also as medical officer of Usman Memorial Dispensary, Jhangar, Noushera. The real challenge to maintain uprighteousness was at the Recruiting Medical Officer postings in Tamilnadu, which was exemplarily reflected positively in the confidential reports of him. The soldier-doctor was also had fruitful tenure as Station Health Officer of five large military stations including Bengaluru. It is a pity that such experiences of a soldier is not being utilized by the local self governments, atleast under the aegis of Public Private Partnership, for better governance. However his trying times was as health staff officer of BISON Division for over 2 years as part of OP PAWAN, IPKF is a memorable one. The subsequent supercession prompted him to say good bye to uniform, where as before the order he has to do his bit in the volatile Rajasthan deserts during peak of KARGIL operations.



Lt Col.S. Jayaram

At the beginning of this century as “son of the soil” for 10 glorious years he served initially as chief administrator of a prestigious teaching hospital and later as a medical teacher at Mangaluru Medical College of Manipal group. This was the GOLDEN ERA of this soldier – doctor in that he got himself towards spiritual gratification besides giving his soldier – doctor experience to Manipal and presently with A. J. group.

Spirituality is different from the present day too cumbersome and materialistic religious practices of Karma, Dharma and various conventions. Bhakti marga is simple to practice where in rather constantly one should feel and practice 'I' means 'Jeevatma' the minutest Almighty particle and not the physical 'Body'. Since 'I' and 'Almighty' are always together, somewhere in our HEART, one should establish connectivity rather constantly, that too without putting any wish-list to the Almighty. For 'BODY' requirement the 'Universe' was created by Almighty but He expects I or Jeevatma to be in constant remembrance and total surrenderance with paramatma or Almighty. A soldier tuned to utmost obedient behavior and to obey orders, surrenderance /sharanagati of mind towards Almighty may not be that difficult. By practicing such mental actions/karmas one can achieve not only spiritual happiness (as against various materialistic happiness) but also can become a useful, trustworthy, responsible citizen of the society. With such clean and calm mental make up that too without much desires may be the present day requirement in lowering the various ills of the society namely endless desires, double speak, thinking ill of others, corruption, nepotism and so on. At all levels we are good preachers but not practitioners. To overcome this please constantly abide to the tenants laid and practiced impartially by the omni presence Almighty who is also present inside us, noting all our good and bad actions.

With the above philosophy in life we the exservice persons can be a useful member of civil society but also can attain the required self gratification i.e spiritual happiness. Let us all try this simple Bhakti Marg, Shranagathi as nothing is impossible to a Soldier in us.
