

**"WHEN GOING GETS TOUGH, THE TOUGH GETS GOING"**

“ The art of living is neither careless drifting on the one hand nor fearful clinging to the past on the other. It consists in being sensitive to each moment, in regarding it as utterly new and unique, in having the mind open and wholly receptive.”

Above mentioned words of Alan W. Watts hold so much wisdom and guidance especially in this current chaotic covid era, which has not only burdened the medical resources but has also severely impacted our mental health. Indeed seeking knowledge and learning proves to be an effective tool in combating the fear of unknown and brings in cultivating faith and hope of a peaceful future.

I congratulate the editor Dr, Shalini Mohan for her sincere efforts in improving the scientific material and for the upcoming issue of UPIJO.

Wishing all the readers a great scientific treatise and an insightful learning experience. Happy learning.

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