

I am not just a GP I am your specialist in life

Life is all about happiness, make the most of it.

Our body is a biological engine like a car engine.
However you can replace a car engine, but you can
never replace a biological engine.

Feed your body with the right amount of good food, like
how you would fill your car with the right amount of good
fuel.

As a family or couple understand each other well. No one
in this world is with out difference of opinion, do not
let it escalate.

Respect yourself, you are you; never compare yourself
with others.

Guide and make our next generation proud citizens of the
nation.

Work hard and enjoy within a limit, don't let your hard
earned money go wasted, save it for a rainy day.
Financial difficulties are one of the main causes of mental
and physical health problems.



Healthy person
Healthy family
Healthy community
Happy nation