

### Happy New Year

When this journal is published, the year will be drawing to a close, marking the passing of another year in our lives. I wish you all a happy, healthy, and beneficial new year.

The beginning of a new year is an involuntary inspiration for some to have new concepts. Around the world, many people like us set new resolutions such as to losing one's weight, starting an exercise regime, controlling anger, quitting smoking, etc. In the new year, 40-45% people maintain this for 3-4 months; gradually, they tend to be abandoned. Despite knowing this, many people struggle to adjust their priorities and manage their time, which leads to frustration and stress. Friends, let us give priority to all such things from the beginning of this New Year 2026. Due to the uneven changes in the environment, the lifestyle of the people is often disturbed. However, we have to face these problems. Our nation is a powerhouse with immense potential, capable of achieving what is generally out of reach of an individual. Its strength lies in its people.

Similarly, our association is also a powerhouse with immense activities, accomplishing many things for our members.

In terms of developments, we have continued to provide our members with facilities, keeping them updated through CMEs and conferences. We have provided a platform to the members to share their professional work through paper presentations in the journal and CMEs, and if possible, at conferences. Many of our members get engaged in organizing health camps and other activities, either individually or in association with local bodies of their NIMA branches. As we look to the future, we are

confident that our members will continue to stay at the forefront of all such achievements.

NIMA has become an inspiration and model for the formation of such associations. The celebration of NIMA's activities has inspired all our branches. As a result, all the branches of our NIMA are experiencing a gradual increase in friendship, companionship, cordial relationships, along with organizing get-together programs on holidays, family entertainment events, sports activities, family picnics, medical checkup camps, and more. NIMA is the best and most homely platform for all of us.

Friends, God gives us two gifts everyday: one is choice and the other is chance—the choice to live a good life and the chance to make it the best.

Wishing you all a happy, healthy, and prosperous New Year!

JAI HIND, JAI NIMA



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