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My dear brothers and sisters of the advocate fraternity,

I hope all of you and your near and dear ones are keeping up with good physical and mental health during these troubling times.

The Covid -19 pandemic has brought misery and suffering in ways possible in the lives of all of us just like a dark cloud covering the sun. But remember, my friends, there is light at the end of every tunnel. I am fully cognizant of the fact that this pandemic has brought severe emotional, physical and financial strains to many of us. It has not only affected the ones who have contacted the virus but also to the family members and friends of such affected persons by laying them in a ferry of stress and uncertainty. This apart, the second wave of the pandemic has swallowed the lives of many of our colleagues in the bar, staff members of the courts and several of their family members. While my heart goes out to the bereaved family of the departed souls, I wish to convey my word of advise to all my brothers and sisters of the Bar. As the old saying goes, health is wealth, it is of paramount importance that all of us pay utmost care and attention to maintain the best of our health, both mental and physical, by observing good dietary practises and indulging in exercises which train the body and the mind. While doing so, I advise you all to keep yourselves away from toxic and false news which make their rounds in the social media. This ensures

that our minds are drenched in a pool of positivity and aids all of us to feel some degree of comfort amidst this turbulence.

In conclusion, I call upon you all to join me to pray to the almighty to bless us and all our near and dear ones with joy, happiness and above all, good health. As William Shakespeare once said, hope is the medicine to misery, let us all hope that the days of living without masks and face shields meet us sooner than later.



C V Nagesh
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