

Nitin Shrotri

The Scalpel and the Pen



CONTEMPORARY
POEMS

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Born and educated in India, Nitin always had a head for thoughts and ideas. Coming to the UK in 1989, he trained and then worked in the National Health Service for 30years. He has enjoyed it thoroughly and has met many wonderful people. He loved his patients and always did his very best for them. He was particularly fond of teaching and cared greatly for his students and junior doctor colleagues. Nitin retired from the NHS in February 2020 after serving as a Consultant Surgeon for twenty years, just before the Covid 19 crisis started. Whilst waiting for his offer to return work accepted, Nitin decided to write poems and has written a poem for nearly every day of lockdown. "The Scalpel and the Pen" was one of his first ones. He is considering writing a novel about his very interesting life experiences and continues to practice independently as a Consultant Urologist.

Nitin Shrotri

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To my wife and family for their patience.

**Be kind, always, for you know not, what battle
the other person is going through.**

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Prologue

The COVID crisis has brought home many things to society. We have learnt that money has limited value and there are far more important things, far more valuable, and irreplaceable. Society may see a return of values.

We have also learnt that the rich, and politicians, cannot be depended upon. Truth and Fact are no longer synonymous, and, sorry, for many, is a difficult word to utter.

Mortality was suddenly fact, and possibly just round the corner. These verses have been written, as ideas have flooded through my mind, as i now have time to watch the world go by while i wait to be called back to service.

I. A bit about me

Why I write

A sudden dam burst, almost a first
Words pour out, full on i spout
My oh! think i, certainly a reason why
Basic an instinct, comes through succinct
Time on hand, yes hourglass sand
Instant awakening, the world a shaking
Brains a storm, in super great form
Message to give, not much reprieve
Babies to teach, nearly out of reach
Friends to remember, many a number
Families far apart, no travel'n cart
Loved ones missed, for so long unkissed
Time is running out, is time running out?
Hopefully not, Oh hopefully not!

The Scalpel and the Pen

A surgeon one morn, having a very long think
His career a glowing, so very in the pink
Looked at the pen in his hand, with it's nibbly nib
Wondered if the scalpel, or the pen had the dib

The scalpel he thought, had cured many ills
From cancers to stones, and no treatments with pills
The pen and ink, who in different style sharp
Would not about this, ever a-carp

The scalpel sharp edged, cures in a month fifty
The pen with it's big reach could win the battle nifty
Reaching thousands a millions, it would do very quickly
While the ever sharp scalpel cured a few or so sickly

The battle quite even, the two had their turn
At deciding which of them, would the accolade earn
So they asked wise, and old but not daft
Which of them, was the better at their craft

The surgeon who had fought, many a battle
Said he'd make decision sharp, not very long prattle
The scalpel n pen he said, with their working edges thin
Would be equal both, in his right hand within

Depending he said on the battle he fought
In operating room, or stage theatre without
With the help of his mind he won battles a -grand
Whether scalpel or pen, gently in his right hand

Living with a surgeon

Two surgeons living together
Precision balance light as a feather
Decision making often with knife
Could a problem between hubby'n wife

Both used to rapidfire questions
And making super quick decisions
On daily basis every working moment
Clashes between often cause torment

Many occasions and many a clash
Mind 'n matter do each other bash
Tongues sometimes whip out a lash
Before civility steps in or we make a hash

Not very easy is life with a surgeon
Every being treated as ordinary person
Decisions often knifelike instantaneous
Factors other are uncounted extraneous

The solution here is certainly not easy
What's really needed is armchair diplomacy
When the knives out 'n sharpness abounds
The trick is to disappear on busy ward rounds

II. Lockdown

Isolation

Matt and Boris say
it's time to isolate
If we don't follow orders
They are gonna us berate

Babies n parents run around
Please instead, men n women
Think of putting 'em on ground
In a little play pen

Joggers and Bikers,
Usually a very sensible bunch
Should listen to the ministers
When it's coming to the crunch

In their tiny little digs
Unfortunately they are stuck
Tis the poor family and many kids
Suffer 'coz a few behave as muck

If you love ur health service
And all the health workers
Going out, give it a miss
Have respect, don't be nutters

Stay at home, i plead you,
Dear bro 'n sis
Treat COVID 19 seriously
Right now, do stop taking the piss!!

The Real Saviours

Planes grounded, as mankind muses
All wondering, and everybody loses
Humans locked in bricked up cages
As the Corona virus rages

Humans so many dying
Leaving their loved ones crying
Against the enemy, as nurses and porters
Valiantly battle alongside their doctors

The rightest of the rightwing right
Of the new Government in the fight
Having moved so dramatically to the left
With all their money still look bereft

Society has been made to know
In this fight, before having sunk so low
Who in real are their actual saviours
Sincere selfless health workers

I pray when comes the new day
These memories are not thrown away
Doctors nurses porters who fall
In ultimate sacrifice are revered by us all.

The birth of lockdown

As humanity is stuck, for a while in lockdown
Think for a moment, does the rest of the planet frown?
Perhaps it does, and perhaps it doesn't
Let's a moment think, thoughts to others pleasant

The road it's normal day, usually a daily grind
Has autos and vehicles, running it over unkind
So as we the mighty, humans stay locked up,
The big Road's happy, as long as there's no truck

For a moment stop, and think about the massive truck
Usually and always, it's covered with dirty muck
It's having a restful lie in, on our beautiful driveways
As stuck in home we are, not going our wayward ways

A sigh of hush 'n relief, near the road breathes a tree
Of oily sticky muck, and many carcinogens free
Thank heavens it says, for this fab lockdown
Totally free remaining, of it's usually icky gown

The tiny little insects, and birds on the tree
Are happily flying around, feeling very pretty and free
Not every little being, on lovely planet Earth
Is disappointed or displeased, from the human lockdown
birth.

Why I love Lockdown

As the decade slowly ends
World crazy round hairpin bends
Many a sad story i ve had to hear
But Me loving Lockdown o dear

This is when we ground to stand still
For weeks on end still on even keel
Hamster wheel usually ever so fast
Now not at all, everything's past

Golden hours to chat and sit
With dear ones, time is no limit
Time to slow up very quickly
Hey relationships too mend swiftly

Time to ponder, time to think
Body well rested, mind in the pink
Never has anyone seen Time thus
Running every morn to catch the bus

Hours to chill, hours to catch up
Friends and family, together we sup
Great nights in, no nights out
Watching the stars, to do there's nowt.

Tough choices: Easing lockdown

As humanity struggles with locking down
Many faces do wear a slight frown
Foreheads all over with furrowed brow
Days weeks pass and worries grow

Light at the end of the tunnel we see
Is to survival we think that is the key
Living in hope as the days pass by
Ending lockdown is vital truly well nigh

Will it be next week, or will it be later
Economics dictate we must start to soon cater
But fear anxiety amongst people we see
As live to fight another day must we all be

Politics is tough for the ones in the middle
Only so much they can do to solve the riddle
Government opponents must all work together
Balance 'n light touch needed as a feather

Today tomorrow or Sunday is the day
When we hope to have on lockdown a say
Do your best for our people to leaders i say
Enough deaths we've had, not many more we pray.

Better New World

Mankind has had a massive shock
From the Covid, that has talked the talk
It has laid us, completely flat and low
More than ever, in the years we've know

Yet mankind within, it's own bright spark
It realises it's errors, as it sits in the dark
And slowly but surely it begins to hope
A better new world, instead of sit'n mope

As families, huddled together at home
Some of us are alone and lonesome
Love's come back to us, in difficult days
For who we haven't had, for years a craze

Out of the house, a few lucky ones roam
O'er vales en green, as t' world's a-storm
By hapless police, get caught in the park
Or get a spot to survive, in Noah's ark

As we watch, Planet Earth taking back
What it had lost under our human attack
We realise that perhaps and very much
Mankind must stop behaving as such

Google and Apple creating new apps
Gates and Microsoft filling in the gaps
As social distancing becomes the norm
Humans to stay away as per app inform

Living with other in happiness, harmony
With other creatures, lovely bugs & bunny
Countries too must immediately stop
Treating poor badly, so heal from d'shock

The only one way, some of us will make it
By keeping from other 'an each every Brit
But more so also by respecting our planet
Unless we want to be called, a Covidiot!

III. Corona: The good

Positivity

As i ambled across the park
Heard my neighbour's dog bark
Saw it's human friend rushing behind
The knot between an two obviously bind

Walking along the path we were at a fork
Puzzled which way should we torque
The virus made our minds think 'n pause
Not wish to infect t'other 'n be the cause

Reminiscent of those days gone by
When meeting neighbours passing by
We would usually have waved or hugged
Cause our heartstrings always tugged

In these tough days I paused to think
Are we still really establishing a link
Between one human being and another
Or should we simply not try 'n bother

Bright thought to me came straight away
That even in today's awful Corona day
If we fight social rules to separate us
Minds thinking alike make us closer thus
Nitin Shrotri 06/05/20

Changing values

Catastrophic loss on planet earth
Has brought to us, what is worth
Shaken our minds, stirred our souls
Overnight suddenly changed our goals

Money much loved, glittering gold
Has swiftly so lost on us it's hold
As humanity and poor humans cower
Glitter has lost it's hold and power

Power at one time so quick many grab
Desire to hold it has become very drab
Power now brings responsibility to fore
Misuse it and get shown the door

Idols and icons once so precious
Lost today in world turned vicious
Fans and followers once in abundance
Now see key workers are truly the ones

Love and loved ones taken for granted
Physical beauty much once vaunted
It is now mankind has realised
Who and what should really have prized

Nitin Shrotri
28/04/20

Small is beautiful! Again!

Till a few full moons ago, the world raged with greed
Big fish swallowing little, any they could upon feed
Large corps on plunder ate, 'n tore little ones asunder
Speed so shocking with which, one could only wonder

Then swept round the world, from the mysterious east
A disease came so quick, so horribly nasty a beast
It changed things in an instant, for each 'n every mendicant
Specially the rich 'n clever ones, who loved taking a punt

Every thing that was global, changed instantly to the local
Large big corps abruptly, looked after everyone so focal
Chain stores o'ernight shut down, leaving employees a
frown
Letting many and the poor, with little babies down

Overnight it all changed, little shops now in the fight
To fill a huge gap for those, hungry bellies in sight
Milkmen floats bring bottles fast, farmer's shops a bloom
Small little traders suddenly, have found their business
boom

So rapidly overnight 'n sudden, the world quick alight
The flavour certainly different, 'n the big traders plight
Global to local preferred, and from supersize to small
Humans 'n loyalty fickle, the little ones having a ball!

Optimism

Optimism, a word profound
Upbeat does it so sound
Where positivity it's abound
Picks hearts up from ground

Glass half full is feeling similar
A half empty one is the other
It looks at our wide world
Rosy tint eyes unfurled

Looking at the pessimistics
Ask em straight to up sticks
Better that we try 'n fix it
Afore negativity cometh 'n sit

Times there are when mankind
Must delve deep down and find
Sources unbeknown within without
Strength to not being downed no doubt

Optimism is the way ahead
As our human race sees red
This is such a time in our life
Whilst Corona is here and rife.

IV. Fun with Politics

BJ: Past, Present, Future

Boris Johnson, a few years ago
Was a proper Tory, we'd heard him so
His views past, in world around so vast
Were well known, and likely stone in cast

Then Boris became our Tory PM
He wished to sell off the NHS Ahem
Privatisation was then really the buzz word
He wanted to sell off at least a third

Then our dear nation's Prime Minister
Fell ill, positively did Corona register
Was nursed back to good health by our nurses
From abroad, their names Jenny 'n Luis

He narrated his gratitude about the Nash
And their role in not getting The Big Bash
He sang their praises very sincerely
To show he was truly yours very gratefully

We hope that overs years to forth come
That Boris and the Tories do so hum
The praises of the Nash over the years
It reward, and stop privatisation fears.

Nitin Shrotri April2020.

BJ: Past Present Future 2

Boris Johnson, a few years ago
Was a proper Tory, we'd heard him so
His views past, in world around so vast
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The praises of the Nash over the years
It reward, and stop privatisation fears.

Sad to say that a month after discharge
Boris was back replying Sir Keir's charge
900 million was too much to give away
Those bloody foreigners, let them pay

So in fair conclusion am forced to write
No effort to pay Jen'n Luis for the fight
A leopard never changes it's spots
Disappointed in Boris many of us are a lot

Then when Boris realised he wasn't loved by all
He found this could lead to his downfall
He swung around overnight'n suddenly U Turned
Called off tax on the foreign staff concerned

Nitin Shrotri 22/05/2020.

Hindsight

Hindsight comes later
But we could've done better
For the NHS and PPE

We could've started early
For ventilators, the burly
For the NHS and PPE

Early fight for equipment
To stop the staff's lament
For the NHS and PPE

Fewer a Nurse and Doctor
Would've come a cropper
For the NHS and PPE

Perhaps many men 'n wives
Would've not lost their lives
For the NHS and PPE

All we ask from the government
To accept and not let it ferment
Sooner 'bout the NHS and PPE.

Nitin Shrotri April 2020

Face off!

Authorities at present, are in a total dither
Shields or Face masks, shall we go wither
Discussion arguments, over it uncanny
Decisions needed and, opinions too many

Humble the face mask, available so easily
Germs filter thru, so safety not feasibly
To reassure the public, evidence is hazy
Reassure it does, but angry makes many

Face Shields from lands, here and there
Made locally too, nearly every and where
Offer more safety, reusable risk minimal
Not transmit this virus, making life dismal

Some set in their ways, say do nothing
As evidence for all, is poorly compelling
Take no account of, fears causing ripple
Anxiety in minds, 'n fear in the people

Vital is balance that, we get this so right
Walking a tightrope, are naturally uptight
Egos and evidence, a lot less of the latter
But assure our people, 'n safety should matter

Nitin Shrotri 5/5/2020

NHS:All Change please

When i were a lad, 'n chatted with the bosses
Used to talk about dragging, our tired old masses
To appointments in clinics, for a few short minutes
Hello and good bye sir, plus any other titbits

Money said the bosses, was a very vital matter
Payments made indeed, for very short natter
If we didn't see them, in crowded clinic quick
T' bosses would get themselves, into a right 'n proper fit

Recently came a blast, from the very far and east
A virus that blew us all, so totally off piste
Overnight the Nash, changed it's very standard practice
Phone video clinics, face to face chats given a total miss

The net much maligned, will save expected fate
Of the Nash which a few, had come to so much hate
Face to face consultations, are likely total history
The odd one needed, when the patient's still a mystery

Will truly really change, the way we all will work
But we must take this, further quickly forth
Fewer tests be done, to save our Nash some dosh
Not let the lawyers in, and our staff get the cosh

It's feasible to save, so very a useful penny
And decrease investigations, in the past been many
In house specialist referrals, for little aches and pain
Secondary care referrals only, if your specialists do so deign

Is it right?

What is right, and what is not
Huge query in this world we've got
As it thrusts itself onwards
Am sure we're not going forwards

The world is really reeling
With the Corona we are feeling
So much death, economic destruction
In society we see major ruction

So is it right to go to work
This decision not too alert
While the R crawls beyond one
Getting more Covid is no fun

Making decisions based on science?
Throwing our old ones to the lions
No money we'll need to spend on
Social Care's taken the toll full on

The poor, old and the BAMEs
In trouble big, with these no games
As wait we for second big wave
More lives we have to try and save

Near the top of deaths on world hill
Britons forced to swallow this bitter pill
No more deaths can us Brits afford
Save us from this please, O dear Lord! 6/6/20

Democracy

Democracy such a popular institution
Followed in the world by many a nation
Still probably the best form of governing
Has it's imperfections, some concerning

First ever thought of in glorious Athens
By a Greek citizen named Cleisthenes
Land ownership by citizens were common rules
Some in slavery treated as slaves 'n fools

Slowly evolved four elements it's basics were
Elections, Citizens, Human rights Laws fair
Gave every human being a very decent chance
Of ensuring their leaders danced to the dance

Monarchy Oligarchy and also Dictatorships
Tyranny Aristocracy Republics used in sealing lips
Were other forms of governing to be had
Impartiality, fair justice, so Democracy a reasonable fad

But Democracy has still many a limitation
Tyranny of majority seen in many a nation
Minority rights somewhere sometimes in question
But speaking up unlike others still feasible option.
24/5/2020

Protest

When humans today, unhappy in this world
Feel reason to speak up, for those of us unfavoured
Therein underlies the meaning of protest
But different every nation for this has its taste

Many a country, will allow all of us
To come out and speak up, without any fuss
Actions taken to these in response
May or not offer solutions or some plans

Others there are that may let us
Come out solidly but not allow any fuss
Should violence occur and peace violated
Batons rubber bullets sadly to some fated

Still many others are stricter still
Not allow get togethers or allow appeal
Should any show silliness in trying to protest
Would simply end up enjoying a prisoner's fest

Still gets worse in many such a place
If whisper you that chief has no bloody grace
Straight away to the gallows you go
Life or limb lost, as you are nation's foe

7/6/20

V. Values

Friendship

Friendship is a thing wonderful
Human towards each other pull
Bond so special will slowly form
Often breaking norm after norm

An entity with many a quality
Could start serious, but also joviality
Depends on what is the requirement
Or at times causing much torment

Loyalty is more perhaps most vital
At times so demand, need to fight all
Occasionally steely, do you not believe
Sometimes soft gentle if need grieve

A human lucky will have many a friend
Some superficial drive round the bend
But some will select and have only few
Childhood whom with they really grew

Best friends forever is a new fashion term
How long do you think, can remain it firm
One's best friends are those in the heart
Long distances couldn't hold ever apart

Gratitude

Gratefulness is a feeling have some
Others, a few of this, often have none
Some spend life in being indebted
Others couldn't care less they so boasted

To whom should we all be grateful to
Anyone everyone good have done us who
How much it affect our behaviour should
Level of kindness and have done us good

Parental caring 'n love must 'n should be
At the very top level and on bended knee
For rarely a parent would cause any harm
Unless they 'n their mind aren't very calm

Teachers 'n carers a very close second
Look after us often for a very small fund
Their love for their work and for humanity
Never wanting in return especially our pity

Friends 'n family and others who pass by
And others who speak truth and ne'er lie
These are the ones deserve our gratitude
To 'em all society must review it's attitude
Nitin Shrotri 22/5/2020

Justice

A request landed on my door, what is justice fair
Thought I would try 'n dare, to beauty and compare
One person's justice, unlikely so for another
As what's beauty for one may, matter not for other

Justice, vaunted word, i compare to beauty dare
A unique entity very, in eye of beholder is it fair
Not every human being or, another living one would say
Is this certainly right path, may rather they say nay

Beauty to most is one outer, is one we behold
Tis the other that matters, it's certainly is gold
Inner is a solid beauty, with a steely quality
Not everyone may agree, is which the super entity

Justice is a total sum, over a lifetime i say no doubt
Beauty too must be seen total, as inner and without
What may seem lack of justice, or as that of beauty
Never discard at face value, what may seem a non entity

So worry not of battles lost, nor gloat on battle won
In circle of life too beauty, maybe in or outer one
It's all about a keeping, a balance it's so true
Justice Beauty for both, Almighty what for us drew.

Justice: a perspective

A request landed on my door, what is justice fair
Thought I would try 'n dare, and to beauty compare
One person's justice, unlikely to be for another
A personal win for one, some else's grief 'n bother

Justice, vaunted word, i compare to beauty dare
A very unique entity, in eye of beholder is it fair
Not every human being or, another living one would say
Is certainly this the path, may rather they say nay

Justice is a total sum, say I'd on a basis that
Every little matter count, 'n must be totalled fact
For in our long lives, know this and that abound
A total sum of our lives, will need be counted sound

So what seems lack of, true justice please don't care
The balance of a whole life, we must indeed compare
For what you thought a battle won, may not be wholly true
The poor sad one may have, lost 'nother unknowing you

So worry not of battles lost, nor gloat on battle won
In circle of life you may lose, but win another one
It's all about a keeping, a balance it's so true
Nature and Almighty will always help those who're true

Truth 1

Human beings have lived with values
Basic Truth always tops no excuse
But as many an era has over passed
Thoughts opinions have changed fast

Truth for common man is the very real
Educated or uncouth still the same feel
Judge 'n jury want the whole, nothing but
Absolute complete and so totally uncut

Truth among friends is usually no problem
Competition doesn't occur, no us or them
The odd little thief is never an issue
Honour amongst or they would soon cosh you

Good leaders stick to reality 'n facts
Principles are never, or rarely ever lax
Political ones can be leaders so different
Truth changes daily for them no affront

So truth is a matter nothing too constant
It changes for some every other instant
What matters really in every situation
Fact must be fact till come damnation
Nitin Shrotri 07/05/2020

Truth 2: Why humans lie

Dogs horses often a man's best friend
They never lie, their master they defend
Man very often lies through his teeth
Making others with much anger seethe

Man when queried and questioned why
Does he so often quickly and easily lie
Many a reason get us from a he or a she
Unfazed 'n rational the explanation can be

Some of us lie cause it's a force of habit
Does not prick conscience even tiny little bit
Others do so simply because they're thick
Or it gives their egos a nice little kick

Then there are some who have total lack
Of confidence in selves 'n being given the sack
Of course a few nasties without any knack
Their hearts always are just so dark black

The only ones i think do lie with honour
Are those that tell white lies with candour
They are the decent who gulp 'n swallow
Protecting loved one so not being shallow
Nitin Shrotri 7/5/20

Thoughts

Thoughts and turmoil intense
Deep 'n personal through my lens
Looking inward within its so dense
Only to a few may make some sense

Light now shines right through me
As strikes me such an epiphany
Understand why not so many
Follow Archimedes story uncanny

These often are thoughts 'n ideas
Deep seated can they be 'n face bias
Many times can ourselves not see us
Cause worry we may 'bout making fuss

Very deep and personal fears
Neural networks 'n mental gears
Stuck in same shift over years
Often heart and mind it sears

Cognition of this really matters
Stop the mind going in tatters
Time Now important not latters
Important to ourselves must natters

So look into ye brain o my friend
Before undergoes breaks and bend
Vital to society must message send
Small important matter comprehend

Hope

The human mind and it's physical being
Have a spirit within, it's deep self seeing
A light, a spark that lights up within
The world too much, is us wearing thin

When all is too much, us unable to bear
Our nerves and psyche all totally wear
The spark a flicker that keeps us going on
Is known as Hope when all else torn

What it is how comes about we know this not
The situation usually is a super tight knot
But the being in the human, what in there it's got
To the end, every time 'n always when it's fought

That little spark is one that makes all of us
Fight every battle like we are a Spartacus
Strength where it comes from no one really knows
Before the human being elsewhere goes

An innate quality in every living being
Respected admired in God's every thing
Be kind and considerate to all round you
Caring for them all, the many not the few

Nitin Shrotri 18/5/20

Freedom

Freedom and rights, are such buzzwords today
That all and us want, as we must have our say
Something so basic, and something essential
Something not every living being, enjoys for real

As a human we want to be, free to do whatever
Must stop see for a moment, coz it's really a favour
For if we haven't done, whatever's our duty
We don't really deserve, all we think is our booty

Think of the animals, we cage up in a zoo
Living all their lives, we tease 'em say boo
We do it for our pleasure, and ideas confusing
To teach our little kids, but animals we're abusing

Each living being'n plant, that a human destroys
Is wasted unless consumed, by us girls 'n boys
We mustn't, I repeat, mustn't just ever bin food
Unless it's badly spoilt, and to eat not really good

So do what's your duty, and use freedom wisely
It's not an option, for those poor trapped badly
Remember your rights, but try and look after
Each every living being, or you are just dafter
Nitin Shrotri 8/05/2020

Anger

Raging red and often blurting blue
Things no one should say when seated on a pew
Anger is rather a totally useless way
Feelings expressed'n held no longer at bay

Feelings running high in society today
Cummings has changed the rules of play
What's good for the goose wasn't, for gander
As towards Durham silly man, he went a meander.

Anger a feeling of types two different
Can be cold or hot, still both abhorrent
Doesn't really matter you're young or old
Revenge is a dish believe best served cold

As light dawns upon our simple human mind
And ties that tie, as from them we unbind
Realise we that neither cold nor hot
Anger destroys us, maketh us better not

So I would say that when feelings run high
The face goes purple and veins bulge by
Count ten very slowly take deep breaths by jolly
Calm yourself quickly before stroke out you wally

Reunions

The pain of parting, the joy of reunion
Are both ends of, a spectrum we soon learn
Heartbreak 'n tears, and mostly our fears
Bout will we ever meet, as our heart sears

When happen reunions, happiness shines through
Laughing 'n fun with, all together we who grew
Hugs 'n hugging, releasing hormones in
The pituitary is chock full, of this lovely endorphin

Long distances keeping, us ever far apart
Only our bodies, and never our dear heart
Slightly and more so, often disappointing
Helps no one ever, with finger 'n pointing

Think to your own self, how will you cope with
Not meeting loved ones, anger you with seethe
Calm yourself be peaceful, do not feel hurtful
Only few more days fore, again you feel full

Reunions not always, necessary face to face
Though that is the method, most 'n superace
Rise up 'nother plane, think of souls meeting
As long as hearts close, to each other flitting
30/5/20

One Life

There's only one life, must do what we wanna do
A line we often hear, from many who we chat to
Question though is, do you do what you must do
Or do what you want, for your own self must do

Reason often disparity, there's tween the two
Choice made must be, to satisfy don't know who
Selfishness is choice that, we must make for the "me"
Or selflessness chosen as we must make for thee

Theological teachings some say, life is just this one
Only chance we have, to have our share of fun
Some speak the opposite, nine lives and more we have
But this is the only one, goodwill where we can save

Idea is to reach abode, the very best we can
Non atheists will try'n make, the Lord a happy fan
Atheism who follow will, still try 'n be their best
For good humans that they are, be it east or west

So any sort of human, being living that we are
Rich or poor, thought of maker not too very far
Whether life you have one, or you have so many
Ensure you do not hurt, creatures around you any!

Pride

Pride, a complex secondary emotion
Can be about self, or someone else, a notion
Connotations it may have, both positive or not
Depends very much in who, pride you have got

If it's all about self, it can lead to a fall
Sliding down slippery slope, while having a ball
If one is proud of another's achievements
It's positive as long as, not one's own vents

It can also be demonstrating one's egoism
Probably related to some sort of nepotism
Some religions call it, a fraudulent form of sin
Ego right at the top, but behaviour in the bin

It's also about our entity, not always vanity
National, or other groups, and sometimes ethnicity
Or it's all about one's high social status
When high up someone else wants to put us

It's not good when it's in the idolatry sense
Or often a love of ones own sweet excellence
Unless it's about a pride of fabulous lions
No other definition is really one of the good ones
11/6/20

Belief

A strong feeling and placement of trust
Based on no scientific evidence often just
There isn't about it mustn't or must
It's there, unless something can shake it first

Beliefs are often convictions deep within
Political or Social, Moral or personal deep in
Confidence, theory, acceptance or thinking
Sometimes they lead to persons a linking

The basis of this is deep inside the core
Deeper one isolates its more and more
To change beliefs in many impossible
Unless a way to just shock them visible

Uncertainty ambiguity physicality reality
Are traits that belief is less a possibility
Doubt distrust disbelief disagreement
Are also occasions cause beliefs to bent

But belief is what makes world go round for some
Deeply within they are often lonesome
Often the deeper these ideas they sit
In powerful people many they a narcissist
12/6/20

4. Growing up fun

What is Love

What is Love I remember, when i had my first crush
So young was i very, and a bit of a lush
I would then easily, fall so in love daily
A good while fore twas, I realised my silly folly

Then i grew little older, day by day slowly bolder
I met a pretty girl, who was not very much older
I married her one day, full of really strong passion
That was so in the days, when it wasn't much in fashion

We then had a baby, and then we had two
To them in the early days, i wasn't much aglue
As they started to grow, and grow up quick they did
My brain fast realised, how much of them I'd missed

From then on for me, my girls who were so wee
Became part of my heart, was i glued to the three
I know so inside, tho they often cuss my hide
My heart swells of them three, with ever so much pride

As i have grown a bit older, perhaps a little wiser
With my heart may some think, perhaps a big fat miser
Tis not at all true, i make a promise to you
For those crazy three, 're in my heart stuck like glue

So what is this Love, is the query remaining
Please do stop 'n think, ye and ye complaining
Tis the feeling in your heart, of being torn simply apart
From your loved 'n loved ones, who're close to your heart.

Love in stages

Eternal question, fiery a passion
Let's explain using sensible ration
Schoolboy love is crush 'n fashion
Teenage love physical passion
Young adults gyrating motion
Busy parents no time for action
Older couples often separation
Sensible sixties love sees true fruition
When older perhaps take some potion
If not interested, hey! Give some tuition?

Joy

Joy is very short three letter word
Feeling your heart leap like a bird

Feeling you get when as a little child
See parents running to you with love wild

A laddie you get your first Christmas gift
The same for a girlie your face so does lift

Look on face when you get your first bike
Or when you see your girl treat you right

Sixteen and you get your fast motor bike
No longer you are now a tiny little tike

Then you get your rattling old car
Don't care if it doesn't really drive very far

Then when your girl says yes to a date
No longer be lonesome is written in ur fate

Joy when you get your first paycheque
One day a millionaire you probably will make

Then when your babies are born
Joy in your eyes never ever forlorn

So in and so forth you get such moments
Joy again and again the heart vents

Fate

Fate, Middle English term coined in history
First ever mentioned in the fourteenth century
The will or principle or determining cause
Makes some before actions think and pause

Described as inevitable, and often negative end
Occasionally to some a straight flush, no bend
Final outcome or sometimes normal result
Or circumstances that befall members of a cult

Atropos, Clotho, Lachesis three goddesses
From mythology as human life progresses
In any about Fate which way we think about
Supernatural or divine, it has a certain clout

There are of course many who believe
That fate will take you to where and when you leave
Your final destination and destiny
Decided not by you, but by other and any

Only way us humans can deal with this
Is not let it dictate, give these thoughts a miss
Courage, hard work and conviction within
Will take you to your end, once you begin
13/6/20

Health

Some of us are blessed, some really not
Must just do your best with whatever you've got
Good health is absolute a treasure such
Many don't realise it that they must clutch

Some unlucky suffer at such an early stage
Lucky ones fly through all life 'n old age
Unaided unscathed unscarred through it
Unfortunate suffer with every passing bit

Health is not just physical, but mental 'n emotional
As a humans, many sides make proper total
So also reasons are many for being in good health
It's not just a matter of how much you have wealth

Poverty is just one of cause to be unhealthy
Lack of love 'n care, been abused you feel filthy
Genes from Pop 'n Mom, passing down can be reason
Treated bad when when a lad, can make you feel off season

Tis so very important we bring up all our kids just so right
For life growing up should not be for 'em a fight
Eat well and exercise as you're growing 'n show your mettle
Do your best 'n stay healthy, so you keep in best fettle

Intelligence vs Wisdom

So many of us, born intelligent
Members of Mensa, duly diligent
Not all of these are necessarily wise
For the two are different, though similar guise

Intelligence is about knowing it all
Wisdom is when use it at the right call
Intelligent often brim with knowledge
Wise ones may never have even been to college

The intelligent often have something to say
Wise ones usually will say it nay
Unless of course if opinion you ask
Then to give an answer, they pick up the task

Intelligence often is holding on
Wisdom usually knows when to let it go
Intelligence takes and leads you further
Wisdom guides you to stop 'n go no farther

Intelligence leads understanding what's said
The wise one will cleverly know the unsaid
The intelligent preach and the wise one reach
Out to the masses, when asked to teach

So try we all must, to use our intelligence
As most of us are not any sort of dunce
What matters is how we put to good use
Faculties emotions intelligence together fuse 6/6/20

Emotions

Basis of human existence are they
Without which no point in living be may
Us humans have brain, with thoughtful mind
Make us think things some cruel and some kind

Sometimes emotions can and be often good
But on occasions other, better be as wood
Too much of anything is never any good
Keep balanced expression says clever dude

On others they can be expressed so kindly
Cruelty by some is also a very distinct possibility
Being too kind and naive is almost too silly
Better still of course than be cruel willy nilly

For some less fortunate of us as such,
Emotions have never been true or much
Having suffered emotionally in their life
With their partners, often end up having strife

But if you look back and wonder over all your days
You know life could have gone so many ways
But if your emotions had not really played any part
Life would have been empty without any joy or art
9/6/20

Eventually

Where does one go,
Never really know
So reap as you sow
Are crafty if you crow
Worries furrow ye brow
Creep if you're a low
Nice then have no foe
Friendly as a Joe
If Royal get a bow
Marry turn a frau
If go easy with the flow
Aging makes one slow
Wise when you know
Happy then you grow
Find this treasure trove

Sibling

A sibling or half usually treasured highly a lot
For in life when thrown a curved ball you've got
And the whole world has risen right against you
Not many shoulders can you rest on, only a tiny few

Not all lucky enough to have a sibling or few
Some of us have to push parents for two
Jealousy is a feeling that occasionally we see
It's when we've grown up spoilt with me me me

When grown up and have pursued our dreams
Seeking partners who will satisfy our whims
That's when the time comes to be put to the test
Is our sibling really the best of the rest

Then as approach our early twilight years
Dreams have been achieved or turned into fears
We start to give ourselves more time and slack
Get along with siblings just fine all a pack

So what binds us together is a warm feeling
Love for each brother or sister a thing
As said, after all blood is thicker than water
Love for each other, come what no matter.

Sadness: The passing of a parent

The passing of a parent, an emotion unique
Happens to us, twice in a lifetime each
Sad but very special , as we grieve so alone
Though all are with us, we still lonely and forlorn

Time to look back, and think of years all
The care and love, offered us when we were little
All those times when were we insecure
Knew they would be there to hold us to their core

Those years fly by in your mind in a flash
As we simply just can't help but cry unabashed
Those memories when we were young and fickle
And just now we feel so old but still brittle

It's all bound to happen
Lost and lonely feel we and heart soften
That moment as we remember and think
Loving bond from we did together drink

It will happen to us all
That dreadful telephone call
Just remember the love that you had
Cherish it to stop you from feeling sad
9/6/20

VII. Earth, Mother and Nature

Earth day

The ultimate animal he was
Built much broke nature's laws
For really his very own cause
During which did never pause

Animals birds bees nearly extinct
Many a human skint
Became a story succinct
Planet may be soon extinct

Virus swept quick in
Planes, retail in the bin
Mental strength so thin
Not single face with a grin

Ozone hole is it better?
The economy a stutter
Pollution maps less clutter
Some leaders still a nutter

Today fiftieth Earth day
Brighter is sunshine's ray
Mankind appears faded away
Nature having it's wonderful way

Global Citizen

Born in a distant land, a few thousand miles away
Lived here for many a more, very long you coulda say
I sometimes do pause, and wonder to my mirror self
Where do you really belong, you lonesome country elf

My motherland named India, is many miles so far
It tugs at my heartstrings, at every earthly hour
But i know home is here, where i stay all year 'n day
Tho my heart often does cry, how can i give my mother
away

The United Kingdom has been, my home year on year
My dear loved ones though, live many far and some near
I often think long and hard, of the ones i do without
In my heart of hearts, sometimes I have a little doubt

Ponder and ponder i do, many a time so wonder
Do i really belong here, or over there in yonder
Realise do i as time goes by, it doesn't anyway matter
Absolutely and totally, whether tis the former or the latter

For i am a global citizen, a citizen of the world
Many a time round which, in aeroplane i have hurled
I belong to mother Earth, the blue planet so fun
It's our very real mother, pretty third rock from the sun.

Global citizen: Mother

Pondered global citizenship , i sat 'n mused one eve
Reflecting 'n wondering, as thought couldn't just leave
Sat 'cross from me a lady, wise and wonderful she
Happened to be my mother, o lucky lucky me

Had said to all my nation, India where I was born
To be my mother country, my early seeds where sown
I felt a tug in my heart, towards one nation so fine
Where parents and family, all taught to toe the line

But then i emigrated, to island away so far
Great Britain and Ireland, my new nation, my first car
Lived life of Reilly i did, and splendourous luxury
It gave me all i ever, wanted without any misery

So i asked the wise old lady, who sat across from me
Which country would i belong to, which one should it be
She gave a reply with, the wisdom of all her years
Immediately and straight away, allaying all my fears

She said the first was real, my mother as one could be
The other was my foster, as good any mother could she
She left me another query, which couldn't let me be
What would i call the planet Earth, mother of mothers was she

England, land so beautiful

England, land of hope and glory
It's beauty only adds further to it's story
As the sun rises early in summer morn
Forget it wasn't land where you were born

The golden rays and bright orb rising
Fills your heart with joy'n makes you sing
Warmth from rays sparkles on window pane
Your world and your life increased the gain

Flowers beautiful coming into bloom
Heart swells so much not left any room
But the beauty of nature is at it's best
In lovely pretty England if that is your quest

Trees spring to life, it's branches now full
The leaves have stopped falling as a rule
Coloured green nature's life all round you
Argue about no one could, not even few

Whenever i 've been like a bird in it's flight
Luckily often that has been my own plight
How lucky i 've been to be able to see
The beauty of all England visible to me.

Four seasons

Four seasons round the Sun us bring
Winter and summer, autumn and spring

Winter is cold, us blue and freezing
If cover we don't with nice warm thing

Summer, so hot, can make us so glow
Sweat from the poor, too easy will flow

Autumn windy, with stunning colours
Golden leaves inspire many lovers

Its spring in the air, life shining anew
Every shoot, strong 'n springing grew

Of all four seasons we humans settle
Spring's the one finds us in fine fettle

Night time musings

Shadows lengthen late in long summer days
Mind slowing down as it goes about it ways
The rose tint in the sky slowly a changing
Growing darker as the night is more looming

The clear sky still slightly alight up high
Traffic still rushing by planes no longer fly
Birdsong and chirping slowly going quiet
As the sun's gone down and there is no more light

As the house winds down, and cleaned up too
Lying back and looking up at sky i eschew
How quickly the day has indeed gone me by
As chilled out in my comfy recliner i lie

The fish in the pond have gone to lie low
The bees and the birds know it's time yo home go
The damp in the grass and it's feel in the air
Makes my skin feel so cool with loving care

So calming it is as the night settles down
Quiet and soothing much as have i ever known
Such peace in my mind have I never felt before
Tranquil i feel, neither mind nor body sore.

VIII. Reflections on Society

Life Work Balance

Grew up 'n thought by some a lazy lad
Once in a while sure made feel me bad
Shrugged shoulders, raised brow'n carried on
Cared not much at being a little put upon

Grew further up and became a good doc
Stopped those fellas from giving me mock
O'er a hundred hours a week at work
Bought myself, typical Indian, a very nice Merc

As life went by and the money tree grew
The babies too out of their nests soon flew
Muses to myself one fine day
Work or Life, need to balance my way

Work Life Balance good old fashioned term
The Covid had shaken, the ground no more firm
Values in society suddenly resurrected
Rich and famous no longer as respected

Better we change our lingo a little bit
Call it Life Work balance not being whim or a wit
Precious lessons we all have just been taught
The battle with Covid which has made us all fraught

So wake up and get about changing your life
Work less important and spend time with your wife
The best thing about this super tiny virus
A lesson important, it's definitely taught us

Blessings

Feeling down today, some may be
Only total darkness, they anywhere see
Must pull out of, the depths themselves
Despair not allowed, take into deep wells

Many a soothsayer, will point the afflicted
To ways different getting out 'n not wasted
Other wish well, may point the sufferers
To medics 'n others who makes 'em offers

I would go another way i would say
Think back on the past 'n previous day
Count the good things in Life which are
Certain have happened in time near 'n far

Life is long 'n full often of turbulence
Battles many fought with 'n without guns
All men 'n women at time or another
Bound to have had some reason to suffer

Pray not take yourself in deep dark depths
Of despair or loneliness and have some faith
Make effort count blessings 'n try to talk
Use phone, the net make yourself unlock
Nitin Shrotri 8/5/2020

Halfway

It's usually either or, sometimes neither nor
Sometimes it's peace, sometimes bloody war
What should it be, whether friend or foe
A total yes or a complete no

Dwelled i did on this for a very short while
Computer brain going through file upon file
I thought to myself that the best way be
A balance of opinions, not just you or me

So when there is war and the nukes are out
And the little old world is right up the spout
Think peace for a moment and count to ten
Till the red mist's settled not now not then

Whenever there are many squabbles at work
And XYZ you think getting many a perk
Just try 'n use your pretty balancing act
'N look very carefully at every little fact

You'll find usually in all that balance is key
It's not always everytime about you or me
There's magic in meeting friend or enemy
Best halfway every time to all is my plea
Nitin Shrotri 22/5/2020

A random act of kindness

When you sit 'n reflect, 'n look into your deeper self
Think of your moral compass, steeped deep in it's inner
wealth

A mine of goodness, accumulated o'er many years
Tap as 'n when needed, for friends who've fears

Ever that time, when you feel you have stumbled
Your deep 'n dark secrets, have perhaps been rumbled
As you grow your mind, getting ever richer 'n richer
Clearing the confusion, ever clearer the picture

To feel lighthearted, and be someone good
Try your ever best, and never be rude
If people 'n friends, say you are a good dude
You'r a pretty good human, by avoiding a feud

It's even better perhaps, if we go a step farther
By being kind and caring, for ever and further
A random act of kindness, performed every week
Towards someone unexpected, especially the poor or meek

Once this you start, and it becomes a jolly habit
Good feelings you get, will make us all do it
Again n again, as make you all those met glad
Closer to salvation, and hope there is less of 'my bad'!

A lesson in humility

On my daily walk today
I thought of a simple way
Looking as it lush green lay
Under my feet had no say

We admire beauty around us
Flowers with their bees making fuss
Trees swaying grandly over us
Shady comfort making offer thus

Birds flying and enjoying in their nests
Feeding their young make progress
Comforting against their gentle breast
Nature supporting its own guests

Man of course is lord of all he sees
Even though this moment on his knees
His lungs feeling a mammoth wheeze
His time up on earth and his lease

It's humble grass on which tread we daily
Grumbles not at all at anyone really
We crush it under us so easily
Complain it never but looks up happily

Nature Nurture

As the years have gone by
I see that Nature has been asking why
Has Man gone blindly his own way
More and quick rapidly astray

As a child for commoners wasn't easy
Thought of flying made many queasy
As the years slowly turned century
There was huge major change to the story

As I became a young active adult
I noted the change forming new cult
Walking around and running were no more
The moped and scooter so at the fore

Then i was eventually a grown up
Some behaviours made me really throw up
As i saw the way food was wasted
Just because it not good enough tasted

The earth then grew rapidly hot
Virus and stuff made by a bot
Human 'n animal got along not
Nature nurture started story rot

Began then the fight back from Nature
It showed it's huge immense stature
Mankind then so cowed and bowing
Realised reaped what had it been sowing

Human needs

Survival of man needs now too basic
Planes trains automobiles now so static
Tiny a fragment challenging mankind
So suddenly fragile it self does it find

A time to query what indeed our need
In one day many times need we feed?
Banquets wine fancy food abound
Obese unfit and very totally round

Do we really need run round in cars
Fumes in cities an eco friendly farce
Fly the world in globe warming planes
Abusing planet through ill gotten gains

Excuse we used is one life we've got
Round the world must we have gotta trot
Never ever a think about nasty footprint
Leave we behind if unnecessarily didn't

The world it survives on economy sound
Must a better way be certainly found
Another way to survive better mature
Man shoulder together Nature 'n nurture

Confidence vs Arrogance

Sure of oneself but depends on who you are
Confidence, a term, if you have, takes one far
But stop, think, for just one fleeting moment
Confidence in one, oft termed arrogance in another

This sterling quality, valued so highly by some
But not accepted as such in each and every one
For it really depends really on one who it exudes
Is it the ruler and elite, or is it one of the lowly dudes

Cause should who's not part of the inner elite
Appear to show a little, 'n not appear at all beat
It's seen as a feature and unwanted trait
Labelled arrogance with a swaggering gait

A big matter, major one, stakes probably uneven
Arrogant one, matter dismissed, reason so given
Working class 'n foreigners, everywhere less liked
If elite, or smart Oxbridge, results possibly bribed

Judgement in world over, must try 'n get a balance
Ensure both sides reviewed, arrogance'n confidence
For if you try hardest, to pull eyes over some wool
Do certainly not take, the world to be a fool
31/5/20

IX. Race issues

Behaviour

This morn watched a dad tasered in Manchester
Reminded me of the situation in our society fester
Occurred in front of his child, it was saddening
Set me reflecting in the country what's happening

Such bad behaviour has been there for centuries
Much of it natural set deep due to our boundaries
All humans beings are to some extent racist
Their behaviour being protective to ensure we exist

It is a pattern so inbuilt and nasty
Allow it to project not, appear not feisty
Cause an eye for an eye, and a tooth for a tooth
Will make us all end up in coffins the truth

Whenever the blood boils, when ever see red
Think of those people from other races who've said
Niceties and good stuff and helped you in the past
Make sure those memories in your mind do everlast

Be good'n do your duty, 'n look into own behaviour
You and you alone can be your own saviour
Be kind be grateful and be a better citizen
The Earth needs good ones like you good denizen
Nitin Shrotri 10/05/20

The minority report

The minorities are dying, their families crying
Loved ones are lost, hugely massive the cost

Apart from their skin, have other reasons been
Responsibility only is not, ethnicity there's more rot

Poverty is major factor, as no rich benefactor
Has suffered ever bad, for them illness a fad

Diabetes and Obesity, disease more severity
Breathing problems severe, another one is fever

Crowding in the cities, viral load heavy sees
Worser is the outcome, die many, not just some

Lockdown is being unlocked, by some of us tis mocked
The month of June coming, tell how much virus roaming

By middle of the next, month we'll know best
How many can go out, how many can really nowt
Nitin Shrotri 14/05/20

The R word

The R word mentioned time and time again
Is getting too stale and ineffective for gain
So thought i, that I would look into deeper
Understand things better in the form of a seeker

The problem as i see it is not just about colour
Neither is it to do others simply out of favour
The way it appears and to me it really bothers
Issue is we get comfort seeing us same as others

First quality jumps to mind is no longer how we look
Its more to do with what lingo you spook
If that is just like what the other guys have said
The glass ceiling then moves higher up friendship made

Next is the truly about how much are they elite
Cause this is where each does their different bit
Fashionable fads and common day chit chat
Is different in different levels of society by diktat

The only way to get this matter to resolve
Is to be more accepting of how each other revolve
Differences between humans will there always be
Unless we are more forgiving, no hope for humanity

Nitin Shrotri 17/05/2020

Complicity

Complicity, involvement in a wrongful act
It's morally wrong, 'n that's absolute fact
Collusion and connivance are words other
Usable for people, birds of wrong feather

World today seeing violence 'n turmoil
Blacks 'n minorities been unable to foil
Injustice over the years, a few hundred
Modern slavery leaving so many dead

Poverty from which, not able to ever rise
Stolen from these wretched, many a prize
Powerful 'n evil hearted many rulers are
Fairness not seen in lands near and far

Pitted at present, black against white
It's complicated more, and just not right
Good 'n bad folks in each'n every faction
The problem often is total lack of reaction

Not speaking up for those downtrodden
Is appalling wrong very Roman unmodern
Keeping quiet 'n ignore round you this fire
Complicit you are, your morals in the mire
3/6/20

Protectors? No one does really know!

We're all now in conflict, more 'n ever so
Wars bout money, and arms sold also
Who's your friend, who's your foe,
No one does really know

Governments of, by 'n for the people
With responses to crises emerging fickle
So many deaths, yet a very small ripple
No one does really know

Police on the roads, firing many bullets
Gas and batons, press on black gullets
No peace 'n sleep as you lie in your billet
No one does really know

Protesters angry, burn cars 'n buses
Thugs ransacking, shops 'n shout curses
Police prevent in vain on horses
No one does really know

The world on fire, is internet the sire
Principles Truth and Fact in the mire
Reputations run thin on the wire
No one does really know.

31/5/20

Slavery

Affliction that has affected all humanity
Over centuries it has gone on, a pity
Buying selling of bodies, humans knaved
On occasion even before birth enslaved

Something that goes back many a century
Treating humans so very bad raising little fury
Poor underdog bought and sold for some money
Whilst owner lives in land of milk and honey

How do these owners sleep in their bed
Do they hide conscience and leave this unsaid
To buy and sell another human
Is the lowest of acts compared to anyone

It is so vital that all on earth
Show total lack of desire and dearth
Whether we white black brown or yellow
Ensure we never enslave a human fellow

So that we must completely abolish
Slavery any sort at all times admonish
Make sure that all of us human
Are able to live brethren together as one

8/6/20

Brutality

Many beings inhabit our earthly kingdom
Plants and Animals live with very good wisdom
Times there are when living together
It's difficult when humans are not too sober

See beings all calmly living in peace
Tigers and lions, the birds and the bees
Hunt when hungry, but never for greed
Wasted not as some other will often feed

There is one animal, a sad exception
Building his empire, nation upon nation
He does not realise, his eyes so badly blinded
Greed destroying as he is simply just overfed

Rampant growth and much wanton destruction
Killing all, planet hot, with no solution
His brutal approach, in time immemorial
Treat planet bad, but also human filial

His greed his treatment, of his fellow human being
Cruel and brutish, with his eyes unseeing
For animals only hunt when they need to feed
It's human himself that needs saving from his greed.
10/6/20

X. Mental Health Awareness

MH: An Urgent issue

Mental health has, always been issue
Often hidden, affects many not few
The Covid crisis, will this amplify
Huge numbers certain, in coming by

Men women children, any all human
Likely are reeling, but tell really no one
Suffering in silence, many sadly all are
Age, sex, money, race, nothing a bar

Post traumatic stress disorder
Manic depression on the border
Or any who think, rational thoughts
Will suffer trauma, tie oneself in knots

Bullying Intimidation, pressures at work
Covid's made the, situation more murk
Understand though public need support
Doctors therapists can't just hold the fort

More Psychology and Psychologists
Therapy Therapists and psychiatrists
All trained to support or counsel
Will make huge effort, hope result be well

What needs to be done starting stat
Number who can help must increase fast
Train all in looking out own mental health
Therein lies the future, for our important wealth.

Tiredness

Walked ten thousand steps down my road other day
Slightly out of breath by the end of the way
Muscles ached, the heat so stifling
Tiredness, I understand the very strong feeling

Made me dwell on the word on it's own
The meaning in my mind slowly grown
Tiredness always wasn't just physical
The look on my face perhaps a little quizzical

Physical feeling seen in working men usually
A day's hard work following which sleep fitfully
These are the ones, and lucky are they
Their minds clear, conscience level at bay

Mental tiredness, has a very dragging feel
Causes us humans, often completely to reel
Pushes you down to, dark depths and beyond
Pulling you out difficult, even by those of you fond

Stress the killer, an affliction common'n profound
The limits it pushes, boundaries know no bound
So if o friend you are, specially one who needs support
Seek help not hide behind, walls of your prisonous fort.
Nitin Shrotri 25/5/2020

Vulnerability

A word with deep meaning, so very deep
What does it mean, and let one still keep
Keeping one's respect, maintaining esteem
Does it truly matter, individualism or team

Physical it can be, it's about your strength
Social of course too but that's not about wealth
Economic it is when one's poor 'n hard up
Attitudinal is negativity about changes, not yup

All are eventually faced with one of some type
Because Life is after all really full of hype tripe
Children in society are likely the ones who
Suffer the most because they are cared by too few

Women too badly always suffer so highly
Their emotions on their sleeve worn so tightly
But they have strength deeper they where do dig in
Winning battles not physical in which they're hurtin

Men appear strongest, and physically the very best
But they are the weakest, when put to emo test
When truly they need to reveal their weak side
Have no where to go sad opt often for suicide



Nitin out for a walk on his favourite golf course during the Lockdown days