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I am a doctor! This line, where at one end, makes all doctors immensely happy and proud of themselves; at the other end, places a great burden on their shoulders professionally. And a person realized this when he steps into his professional life. The tiring working hours, the competition to prove oneself the best and to establish one's name out there in the world is not at all a child's play.

The video beautifully mentions the dilemma of a doctor's life, a balance which he has to maintain between his professional and personal life.

I have personally known doctors who are unable to maintain this balance. This affects either their professional or personal life both of which are equally significant. These doctors either let their patients or family members cry out for them. Some of them give a lot of time to their professional life becoming persona non grata in their homes while others spend maximum of their time with their family putting their professional life at risk,

The video depicts that how effective every one of us has to be at our workplaces. Our profession demands 100% efficiency, a drop in even 1% leads to an outcry. This efficiency rate later shows an increase to 150% in the video, which results in the person earlier returning at 5:00 p.m. then to return at 8:30 p.m. The situation worsens when he asks for a leave and folks are shown out there who are hungry, anxious and determine to resume and steal the other person's lunch. Now being forced to cope with the extra working hours there is no quality time left for the family but just a big, fat cheque which although necessary to fill the basic necessities of life can never fulfill the emotional needs that were to be fulfilled by that quality time which he spends with his near ones.

Thus, work-life balance is extremely important. In order to do it as doctors we all should fully realize the nobility of our profession as well as the importance of our family life for us. It is better to make your efficiency 100% during optimal working hours rather than increasing the working hours and decreasing the efficiency.

Even after graduation, for one's family life, sit with your parents showing your respect, love and care, give time to your spouse, drop your children at school,

have lunch and dinner with your family and return home at time. This all not only strengthens your bond with your family but makes you and them emotionally stable.

In New York State Department of Health Code, Section 405, also known as Libby Zion Law was regulated that limits the amount of resident physicians work in New York State hospitals. This law was named after Libby Zion who died under the care of what her father believed to be overworked resident and intern physician.

This clears the fact that overworked doctor cannot do justice to his profession and in the long run society can suffer.

To sum up, it is necessary for us to realize the fact that doctors are humans not robots and they deal with sacred human lives not concrete things nor machines. To put their maximum into their profession doctors need to balance their work and personal life. There lies a narrow line between the personal and professional life. It is very necessary for a doctor to walk on that line very carefully without losing balance and tripping over to either side.