



neiadvl

NEWSLETTER

Official mouthpiece of N.E. States Branch of IADVL



NEWSLETTER

EDITORIAL

Dr. N. Rahman

Change is inevitable. Environments change. Attitudes change. Perceptions change. Priorities change. You and I change. Yes, you will all agree to this stark reality of dynamism. So have I perceived during my tenure as editor of this newsletter which has seen just three issues under my pen.

When I was first entrusted the responsibility of editing the newsletter I was brimming with vigour, imagination, and a deep sense of ownership. I expected that my call for articles would be so answered that I would have to work real hard to accommodate all of them within the conventional eight pages of the newsletter. I did amass a sizeable number of contributions in prose and poetry, and happily I put in two extra pages to accommodate them all. I still remember having proudly announced in a GBM that getting articles from our members is not a problem at all but we should concentrate upon the type of content we would prefer to have in our newsletter. With renewed vigour I worked hard for the next issue, expecting a better turn-out. The outcome was catastrophic. I had to fill up two precious pages with "big" space-occupying photographs of the last Mid-term conference, which could have been utilized in a better way.

This time my tempo went down. I simply wrote to all the members officially, and sat back quiet, ironically not at all apprehensive of the outcome. Again came in a handful of articles from almost the same set of contributors while the rest either replied that they would try to do so, or are in the process of writing, or kept quiet. And perhaps forgot. The space-filling technique again comes to play. Such a state of affairs can be a real nightmare for an editor.

But there's none to blame. To write or not to write is a matter of choice. And again there are changing priorities, changes in the work and family environment, changes in interest and changes in attitudes. Change is inevitable, and one should learn to accept changes and move with the tide: so I say to myself and pacify my heart.

Nevertheless I thank all the contributors, who have taken the trouble to spare some of their valuable time and energy to help sustain this newsletter. As for those who could not contribute any, I expect a better participation next time. Happy reading!

Message from the President, Organizing Committee, Mid-Cuticon, Guwahati



It gives me immense pleasure to extend a most cordial welcome to all members of the N.E. States branch of the Indian Association of Dermatologists, Venereologists and Leprologists to Mid-Cuticon being organized in Guwahati on 15th June, 2014. The last annual general body meeting of our association, held at Silchar on 14th November, 2013 gave us the mundane duty of organizing this conference in Guwahati. We are trying our best to make the conference a successful endeavour. But that is possible only with your active participation. I hope the scientific deliberations will be rewarding and help in better understanding of the various problems faced by dermatologists. I also hope that our family members joining us in the conference will have a fun-filled enjoyable evening.

Jogesh Das
(Jogesh Das)

Message from the President, N. E. States branch, IADVL



It is a matter of great pleasure that the current issue of the NEIADVL newsletter is being released on the occasion of Mid-Cuticon 2014 organized in Guwahati. I am sure it will be another masterpiece from Dr. Nasiur Rahman. I wish a grand success of the same.

With warm regards,

Dr. Kanak Chandra Talukdar

neadv NEWSLETTER

International Dermatology Conferences May 18 – Oct 30, 2014

1. Australasian college of Dermatologists 47th annual scientific meeting
May 18-21, 2014
Melbourne
www.dermcoll.asn.au



2. European Academy of Dermatology and Venereology 11th Spring Symposium 2014
May 22-25, 2014
Belgrade
www.eadvbelgrade2014.org

3. Japanese Dermatological Association 113th annual meeting 2014
May 30 – Jun 1, 2014
Kyoto
www.congre.co.jp



4. 42nd Spanish National Congress of Dermatology and Venereology 2014
Jun 4-7, 2014
Maspalomas-Gran Canaria
www.congresoedv.net



5. International Workshop on Dermatology 2014
Jun 7-8, 2014
Ankara, Turkey
www.med-scoop.org/iwdr

6. 12th European Congress of the Society for Pediatric Dermatology 2014
Jun 12- 14, 2014
Kiel, Germany
www.espd.info



7. Journées de Dermatologie Interventionnelle de Paris 2014
Jun 19-21, 2014, Paris
www.jdip2014.com



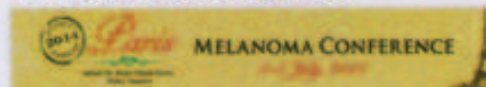
8. Canadian Dermatology Association 89th Annual Conference 2014
Jun 25-28, 2014
Toronto
www.dermatology.ca/annual-conferences



9. British Association of Dermatologists 94th Annual Meeting 2014
Jul 1-3, 2014
Glasgow, UK, www.bad.org.uk



10. Annual Paris Melanoma Conference 2014
Jul 4-5, 2014, Paris
www.primeoncology.org



11. New Horizons in Cosmetic Dermatology
Jul 10-13, 2014
Mumbai, India
www.cosdermindia.in

12. IACD 10th World Congress of Cosmetic Dermatology 2014
Jul 18-20, 2014
Rio de Janeiro, Brazil
www.iacdworld.org



13. Dermatology Society of South Africa 67th Annual Congress 2014
Aug 21-24, 2014
Johannesburg, South Africa
www.derma.co.za

14. New Zealand Dermatological Society Annual Meeting 2014
Aug 27-30, 2014
Dunedin, New Zealand
www.nzdsi.org

15. 15th World Congress on Cancers of the Skin 2014
Sep 3-6, 2014
Edinburgh, UK
www.wccs2014.org



16. International Pigment Cell Conference 2014
Sep 4-7, 2014
Suntec City, Singapore
www.ipcc2014.org

17. 22nd International Pigment Cell Research Congress 2014
Sep 4-7, 2014
Singapore, Singapore
www.ipcc2014.org



18. European Society for Dermatological Research 44th Annual Meeting 2014
Sep 10-13, 2014
Copenhagen, Denmark
www.esdr2014.org

19. 1st Euro-Asian Melanoma Congress 2014
Sep 18-21, 2014
Sarajevo, Bosnia and Herzegovina
www.melanoma.ba

20. 3rd Eastern Asia Dermatology Congress 2014
Sep 24-26, 2014
Jeju-Do, Korea
www.eadc2014.org



3rd Eastern Asia Dermatology Congress
September 24 – 26, 2014, Jeju, Korea

21. Italian Society of Dermatology 53rd National Congress 2014
Sep 24-27, 2014
Benevento, Italy
www.adoi.it



22. Brazilian Society of Dermatology 69th Congress 2014
Sep 27-30, 2014
Pernambuco, Brazil
www.dermatocife2014.com



23. European Academy of Dermatology and Venereology 23rd Congress 2014
Oct 8-12, 2014
Amsterdam, Netherlands
www.eadvamsterdam2014.org



24. International Society for Dermatologic Surgery 35th Annual Meeting in Cooperation with the Israel Society of Dermatology and Venereology 2014
Oct 22-24, 2014
Jerusalem, Israel
www.isdsworld.com

25. Skin Disease Education Foundation's 15th Las Vegas Dermatology Seminar & 11th Psoriasis Forum 2014
Oct 30-Nov 1, 2014
Las Vegas, Nevada, USA
www.globalacademycme.com

Achievement



Dr. J. Nath being awarded IADVL teacher *par excellence* award at the 42nd Annual National Conference of IADVL and XI International Conference of Dermatology, December, 2013





Guwahati City Chapter report

Dr. Rajib Kumar Gogoi

Since the last report of Guwahati City Chapter (GCC) published in the Newsletter in the month of September, 2013, the Chapter had 3(three) meetings on 28th Dec., 2013, 1st March, 2014 and on 24th May, 2014. On all these three occasions, CMEs and meetings of the General body of the Chapter were arranged.

In the GBM held on 28th Dec, 2013 one of the senior members of the Chapter- Dr. Jyoti Nath was felicitated on being conferred upon the prestigious "IADVL Teacher *par excellence*" award in the last DERMACON held in New Delhi.

An organizing committee for the Pulse therapy seminar to be organized under the aegis of Pulse therapy foundation was formed with the followings members as office-bearers:

Organizing President	: Dr. K. N. Barua
Organizing Secretary	: Dr. Jyoti Nath
Scientific Chairperson	: Dr. Debeeka Hazarika
Scientific Co-Chairperson	: Dr. Urmimala Das
Joint Organizing Secretaries	: Dr. K. C. Talukdar, Dr. Rajib Kumar Gogoi

It was also decided that the seminar will be organized in Guwahati in the month of December, 2014.



Dr. Sherina Laskar spoke about "Non-steroidal medical management of Melasma" in the CME. In the next meet held on 1st March, 2014 Dr. Nasiur Rahman delivered a lecture on "Simple diffuse hair loss" which was appreciated by all present and did generate good interaction among the attendees. The GBM that followed witnessed discussions about forthcoming MIDCUTICON in Guwahati and CUTICON in Kaziranga. Change of GCC Executive Committee was also discussed and it was decided that new EC would take charge in the next meet of the Chapter.

The last meet of the Chapter was held on 24th May, 2014. This meet was planned on 19th May to observe "Vitiligo Day", but had to be postponed due to unavoidable circumstances. Dr. Sherina Laskar once again graced the occasion by speaking about "bFGF- derived Decapeptides in Vitiligo". In the GBM that followed the CME, Secretary, GCC presented a report on the activities of the Chapter during last 2 years and it was followed by the report of Treasurer, GCC. As per decision taken in the last GBM, President GCC Dr. Basobi Barua tendered resignation of the Executive Committee. However, the house did not accept the resignation and asked the incumbent Executive Committee to continue till 17th July, the foundation day of the Chapter.

The participation of the members of GCC in the activities of the Chapter has been encouraging. An average attendance of 23 members was achieved in the meetings conveyed. The incumbent Executive Committee looks forward to continued patronage of the members during the last 2 months of its tenure.

Report of the Barak Chapter, N. E. States branch of the IADVL

Dr. N. Chakravarty, Dr. Ashis Dey

CUTICON 2013, the 24th Annual Conference of NE States Branch of IADVL, was organised by the Barak Chapter of NE States Branch of IADVL on 15th and 16th November, 2013 at Silchar, the hub of Barak Valley for the very first time. The event was a grand success with participation of a large number of delegates from the whole North Eastern Region.

Dr. Deepak A. Parikh from Mumbai, the President Elect of Indian Association of Dermatologists, Venereologists and Leprologists (IADVL), presented the Dr. T. C. Saikia oration. There was a special session on Paediatric Dermatology in this conference wherein Dr. A. K. Bajaj from Lucknow, past President of IADVL and Dr. Sandipan Dhar from Kolkata, President of Indian Society of Paediatric Dermatology, presented their scientific papers and shared their experiences with the delegates.

Other eminent speakers like Dr. (Mrs.) Jyoti Nath, Dr. K. C. Talukdar, Dr. Nasiur Rahman and Dr. Shyamanta Baruah presented papers in a special session on Psoriasis. Dr. S. Bhattacharjee from Kolkata presented a paper on cosmetology.

Other than the scientific programme there was an exhibition on Fine Arts organised in association with Assam University, Silchar. On both the nights cultural programmes were arranged wherein various artists of the valley presented their renditions but the special attraction was Debojit Saha, the Voice of India.

A CME on Melasma and its management with non-steroidal newer preparations was held on 28th February 2014. The seminar was presided over by Retd. Professor Dr. SK Bhattacharya and 11 other doctors. A scientific paper was presented by Dr. Mahimanjan Saha, post graduate resident, SMCH. This was followed by another CME on Psychocutaneous Disorders on 29th March 2014. The guest speaker was Dr. Kamal Nath, Associate Professor, Department of Psychiatry, SMCH. A few more seminars are planned in the near future designed for mass awareness.

The Chapter also organised a vitiligo awareness camp in Womens' College, Silchar in connection with Vitiligo Day observation.

Long Live Barak Chapter,
Long Live NE States Branch of IADVL,
Long Live IADVL.

THE ART OF PARENTING

Dr. Anita Baruah

Now-a-days the deteriorating moral values of the younger generation has become a common topic of discussion with the older population. One out of every ten parents complains about their child's unwillingness to obey their wishes, and their intolerance towards corrective gestures. The older generation feels that the youngsters of today no longer respect their elders. They often retort back at the slightest provocation without taking the actual facts into consideration. As a result, parents and their children start throwing around tantrums, and each of them ends up blaming the other for the mess.

When it comes to complaining, the younger generation is not far behind. They have put forward the argument of generation gap, claiming that their parents and elders seldom make any effort to understand them. Parents rarely spend any quality time with their children. Youngsters are pressurised to excel in every available field, become class toppers and focus on establishing careers that revolve around degrees. Parents, fearing their child's future security prohibit them from pursuing any non-conventional dream and ask them to 'stop mixing up careers and hobbies.' What's even worse is that certain parents go so far as to impose their own dreams onto the child. This often turns out to be a traumatic experience for the youngster, and he ends up feeling bitter and dejected.

So what is the right thing to be done? Both the generations have put forward valid points and debating over which generation gets the final say will not solve any problem. The gap between the two generations can be bridged only by effective communication, and this can only be done with careful parenting. Good parenting thus becomes an essential skill, one which every parent should strive to learn.

Here I would like to present an article written by Arun Gandhi, grandson of Mahatma Gandhi, about his experiences with parenting.

Dr. Arun Gandhi, grandson of Mahatma Gandhi and founder of the M. K. Gandhi Institute for Non-violence, in his June 9 lecture at the University of Puerto Rico, shared the following story as an

example of "non-violence in parenting": "I was 16 years old and living with my parents at the institute my grandfather had founded 18 miles outside of Durban, South Africa, in the middle of the sugar plantations. We were deep in the country and had no neighbours, so my two sisters and I would always love to go to town to visit friends or go to the movies.

One day, my father asked me to drive him to town for an all-day conference, and I jumped at the chance. Since I was going to town, my mother gave me a list of

groceries she needed and, since I had all day in town, my father asked me to take care of several pending chores such as getting the car serviced. When I dropped my father off that morning, he said, 'I will meet you here at 5:00 pm, and we will go to town together.'

After hurriedly completing my chores, I went straight to the nearest movie theatre. I got so engrossed in a John Wayne double-feature that I forgot the time. It was 5:30 before I remembered. By the time I ran to the garage and got the car and hurried to where my father was waiting for me, it was almost 6:00.

He anxiously asked me, 'Why were you late?' I was so ashamed of telling him I was watching a John Wayne western movie that I said, 'The car wasn't ready, so I had to wait' not realising that he had already called the garage. When he caught me in the lie, he said 'There's something wrong in the way I brought you up that didn't give you the confidence to tell me the truth. In order to figure out where I went wrong with you, I'm going to walk home 18 miles and think about it.'

So, dressed in his suit and dress shoes, he began to walk

(continued to page-9)

Treasurer's Report 2013-2014 IADVL of N. E. states branch (from Nov. 2013 to May, 2014)

INCOME AND EXPENDITURE ACCOUNT FROM NOVEMBER 2013 TO MAY 2014

RECEIPTS	AMOUNTS	PAYMENTS	AMOUNTS
Bank Interest	4,526	Web.com India Private Ltd.	3,877
Stall money from CUTICON Silchar	44,500	Paid to Branch secretary	4,500
Mid CUTICON collection	25,000	Surplus:-	65,649
Total	74,026	Total	74,026

Balance Sheet As At May, 2014

Liabilities, Capital Account		Assets	
Balance in SBI A/c before	Rs. 1,83,721/=	SBI A/c No.30052767474	Rs. 2,49,370/=
Fixed Deposit before	Rs. 5,02,987/=	Fixed Deposits-	
Surplus:-	Rs. 65,649/=	1. (Will be Matured On June'2014)	Rs. 74,999/=
		2. (Will be Matured On July'2014)	Rs. 20,393/=
		3. (Will be Matured On August'2015)	Rs. 58,979/=
		4. (Will be Matured On July'2014)	Rs. 1,09,308/=
		5. (Will be Matured On July'2014)	Rs. 1,09,308/=
		6. TC Saikia memorial, maturity date August'2015	Rs. 1,30,000/=
Total	Rs. 7,52,357/=	Total	Rs. 7,52,357/=

OTHER ASSETS

One Almirah - With Dr. Kanak Ch. Talukdar
Memento of Best Branch -- With Dr. Kanak Ch. Talukdar
Registration Certificate- With Branch Secretary
PAN CARD- With Branch Treasurer

Dr. Jyoti Prasad Rajkhowa
Treasurer

neelavali NEWSLETTER

No second chance

Contributed by: Dr. Jogesh Das



Mistakes are always painful when they happen
But years later a collection of mistakes constitute experience
which leads you to success.

One of the best eye - opener messages:

It was their anniversary, and Aisha was waiting for her husband Rajiv to show up.

Things had changed since their marriage, the once cute couple couldn't-live-without-each-other had turned bitter.

Fighting over every little things, both didn't like the way things had changed.

Aisha was waiting to see if Rajiv remembered it was their anniversary!

Just as the door bell rang she ran to find her husband wet and smiling with a bunch of flowers in his hand.

The two started re-living the old days. Making up for fights, then was the plan for champagne and light music And it was raining outside! It was perfect.

But the moment paused when the phone in the bedroom rang.

Aisha went to pick it up and it was a man. "Hello ma'am I'm calling from the police station. Is this Mr Rajiv Mehra's number?"
"Yes it is!"

"I'm sorry ma'am; but there was an accident and a man died. We got this number from his wallet; we need you to come and identify his body."

Aisha's heart sank.!!! She was shocked!

But my husband is here with me?"

"Sorry ma'am, but the incident took place at 2 pm, when he was boarding the train."

Aisha was about to lose her conscience.

How could this happen?!

She had heard about the soul of the person coming to meet a loved one before it leaves!

She ran into the other room.

He was not there. It was true! He had left her for good!!

Oh God she would have died for another chance to mend every little fight! She rolled on the floor in pain. She lost her chance!
Forever!

Suddenly there was a noise from the bathroom, the door opened and Rajiv came out and said "Darling, I forgot to tell you my wallet got stolen today".

LIFE MIGHT NOT GIVE YOU A SECOND CHANCE. SO NEVER WASTE A MOMENT WHEN YOU CAN STILL MAKE UP FOR YOUR WRONGS!!

There is always an opportunity; let's start making amends.

Indian Hell is the best

Contributed by Dr. Utpal Das

An Indian dies and goes to hell. There he finds that there is a different hell for each country.

He goes to the German hell and asks, "What do they do here?" He is told, "First they put you in an electric chair for an hour. Then they lay you on a bed of nails for another hour. Then the German devil comes in and whips you for the rest of the day." The man does not like the sound of that at all, so he moves on. He checks out the USA hell as well as the Russian hell and many more. He discovers that they are all more or less the same as the German hell.

Then he comes to the Indian hell and finds that there is a long line of people waiting to get in. Amazed, he asks, "What do they do here?"

He is told, "First they put you in an electric chair for an hour. Then they lay you on a bed of nails for another hour. Then the Indian devil comes in and whips you for the rest of the day."

"But that is exactly the same as all the other hells - why are there so many people waiting to get in?"

"Because maintenance is so bad that the electric chair does not work, someone has stolen all the nails from the bed, and the devil is a former Govt servant, so he comes in, signs the register and then goes to the canteen..."

Parachute jumping

On the first day of training for parachute jumping, a blonde listened intently to the instructor. He told them to start preparing for landing when they are at 300 feet.

The blonde asked, "How am I supposed to know when I'm at 300 feet?"

"That's a good question. When you get to 300 feet, you can recognize the faces of people on the ground."

After pondering his answer, she asked, "What happens if there's no one there I know?"

Sleeping Problems

An exhausted looking blond dragged herself into the doctor's office. "Doctor, there are dogs all over my neighborhood. They bark all day and all night, and I can't get a wink of sleep."

"I have good news for you," the doctor answered, rummaging through a drawer full of sample medications. "Here are some new sleeping pills that work like a dream. A few of these and your trouble will be over."

"Great," the blond answered, "I'll try anything. Let's give it a shot."

A few weeks later the blond returned, looking worse than ever. "Doc, your plan is no good. I'm more tired than before!"

"I don't understand how that could be", said the doctor, shaking his head. "Those are the strongest pills on the market!"

"That may be true," answered the blond wearily, "but I'm still up all night chasing those dogs and when I finally catch one it's hard getting him to swallow the pill!"

SEXUAL DYSFUNCTION



Dr. K.K. Sharma
Jorhat

It has really been an interesting subject, which is not much included in the curriculum, nor freely discussed in under-graduate or post-graduate levels. Sexual dysfunction may be due to physiological and psychological problems. The subject is gaining importance today and the problem is very common amongst Indians. Books on the subject are very limited. Here I would like to discuss mainly the disorders in men. We have few problems under this heading like (1) Premature ejaculation (2) Erectile dysfunction (3) Lack of sexual desire. I would also like to add nocturnal emission and spermatorrhoea to the list.

Premature ejaculation is the discharge which occurs prematurely resulting in unsatisfactory sex. It is one of the commonest conditions and affect almost every individual in his life time. This condition is on the rise today. It may be primary (lifelong) or secondary (acquired). In this regard the International Society for Sexual Medicine (ISSM) described primary premature ejaculation as the type which generally occurs before or within one minute of penetration. Secondary premature ejaculation differs from the primary one in that it develops after someone had a previous satisfactory sexual experience. In most of these cases psychological roles play rather than physiological cause.

In case of Erectile Dysfunction (ED) one cannot produce sufficient penetration or coitus. It is said that after forty years, a person loses 1% of sexual performance per year. But it can continue for long. ED is a treatable condition. A penile erection is the hydraulic effect of blood entering and retained at Corpora Caverosa of the penis, which is under tonic sympathetic control via nerves from the thoracolumbar plexus which maintain smooth muscle contraction. The most important causes of Erectile Dysfunction are Hypogonadism, depression with reduced libido, psychological problems with intact libido mainly anxiety, vascular insufficiency (atheroma), diabetes mellitus, alcohol intake and multiple sclerosis. Drugs like beta-blockers and thiazide diuretics may also be responsible. Among the investigative procedures, blood should be checked for glucose, prolactin and testosterone. Certain tests are available, though not encouraging, which includes "Nocturnal Tumescence Monitoring" using a plethysmograph.

Lack of sexual desire (LSD) is condition in which there is total loss of sexual urge. In today's busy life with anxiety, these problems are also on the rise. The general causes are stressful life, lack of sleep, alcohol or drugs usage, and lack of time.

But few people consider Nocturnal Emission as sexual dysfunction, in which, the flow of semen from the erect penis, usually occurs while the subject is asleep. Though not a very serious condition, the person concerned slowly recovers from it.

Spermatorrhoea refers to the involuntary discharge of semen without orgasm. Semen is usually discharged by ejaculation at orgasm and does not normally discharge at other times.



Conventional treatment for sexual dysfunction usually targets only the symptoms and not the causes. Some Ayurvedic drugs in combination with yoga therapy helps overcoming these problems. The combination of L-arginine, Safed Musli and Shilajit helps to improve the condition. Tadalafil also helps. Sometimes a combination of "Ashvagandha" Kapi Kachu and Safed Musli is seen to give better results.

Dr. J. Nath being felicitated by Guwahati City Chapter of N. E. States branch of IADVL after receiving the prestigious IADVL teacher *par excellence* award



neadvi NEWSLETTER

GLIMPSES OF CUTICON, SILCHAR, 2013



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GLIMPSES OF CUTICON, SILCHAR, 2013



An Old Lady's Poem

Dr. Leishiwon Kumarah

What do you see, nurses, what do you see?
What are you thinking when you're looking at me?
A crabby old woman, not very wise,
Uncertain of habit with faraway eyes?

Who dribbles her food and makes no reply
When you say in a loud voice "I do wish you'd try!"
Who seems not to notice the things that you do,
And forever is losing a stocking or shoe.....

Who, resisting or not, lets you do as you will,
With bathing and feeding, the long day to fill....
Is that what you're thinking? Is that what you see?
Then open your eyes, nurse; you're not looking at me.

I'll tell you who I am as I sit here so still,
As I do at your bidding, as I eat at your will.
I'm a small child of ten ...with a father and mother,
Brothers and sisters, who love one another.

A young girl of sixteen, with wings on her feet,
Dreaming that soon now a lover she'll meet.
A bride soon at twenty – my heart gives a leap,
Remembering the vows that I promised to keep.

At twenty-five now, I have young of my own,
Who need me to guide and a secure happy home.
A woman of thirty, my young now grown fast,
Bound to each other with ties that should last.

At forty, my young sons have grown and are gone,
But my man's beside me to see I don't mourn.
At fifty once more, babies play round my knee,
Again we know children, my loved one and me.

Dark days are upon me, my husband is dead;
I look at the future, I shudder with dread.
For my young are all rearing young of their own,
And I think of the years and the love that I've known.

I'm now an old woman ...and nature is cruel;
'Tis jest to make old age look like a fool.
The body, it crumbles, grace and vigour depart,
There is now a stone where I once had a heart.

But inside this old carcass a young girl still dwells,
And now and again my battered heart swells.
I remember the joys, I remember the pain,
And I'm loving and living life over again.

I think of the yearsall too few, gone too fast,
And accept the stark fact that nothing can last.
So open your eyes, people, open and see,
Not a crabby old woman; look closer....see ME!!



The story behind the poem.....

When an old lady died in the geriatric ward of a small hospital near Dundee, Scotland, it was felt that she had nothing left of any value. Later, when the nurses were going through her meager possessions, they found this poem. Its quality and content so impressed the staff that copies were made and distributed to every nurse in the hospital. One nurse took her copy to Ireland. The old lady's sole bequest to posterity has since appeared in the Christmas edition of the News Magazine of the North Ireland Association for Mental Health. A slide presentation has also been made based on her simple, but eloquent, poem. And this little old Scottish lady, with nothing left to give to the world, is now the author of this "anonymous" poem.

Remember this poem the next time you encounter an elder. Before you brush by, take a moment to look at the soul within... We will one day be there, too!

Courtesy of



Hugs for Health Foundation

Making a difference—one hug at a time!

www.hugs4health.org

(Continued from page - 4)

home in the dark on most unpaved, unlit roads. I couldn't leave him, so for five-and-a-half hours I drove behind him watching my father go through this agony for a simple lie that I uttered.

I decided then and there that I was never going to lie again. I often think about the episode and wonder, if he had punished me the way we punish our children, whether I would have learned a lesson at all. I don't think so. I would have suffered the punishment and gone on doing the same thing. But his single non-violent action was so powerful that is still as if it happened yesterday. That is the power of non-violence."

Announcement

Barak Chapter of NE States Branch, I.A.D.V.L is happy to inform that a day long Dermato-pathology workshop will be organised in Silchar Medical College, Silchar in collaboration with DSI on 12th July 2014 (Saturday). Prof. (Dr.) H. Ramam, HOD, Deptt. of Dermatology, AIIMS, New Delhi and Dr. (Mrs.) Subhra Dhar, Kolkata will conduct the workshop.

All dermatologists and PG Students of the NE States Branch are invited to participate the workshop.

With regards,

Dr. Ashis Dey

AGS, Barak Chapter,
NE States Branch, I.A.D.V.L



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