



neiadvl NEWSLETTER

Official mouthpiece of N.E. States Branch of IADVL



Secretary's Message

It is a matter of great pleasure to present before you yet another edition of the NEIADVL Newsletter, the mouthpiece of the North East States Branch of IADVL at the MIDCUTICON 2018 being held at the Spring Valley Resort, Sonapur.

The newsletter has served as a coveted platform for the exchange of views & knowledge amongst the members of the NEIADVL and the Editor, Dr. Nazneen Jahan has ensured that it gets the due shape and honour that it deserves.

Wishing all success to the Newsletter as well as the MIDCUTICON NEIADVL 2018.

With Warm Regards

Dr. Anal Jyoti Bordoloi

Secretary,
NEIADVL

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President's Message

It gives me great pleasure to know that the MID CUTICON NE STATES BRANCH of IADVL 2018 is being organized on 2nd June 2018 at Tepesia, near Sonapur.

I wish all success to the event and I hope all members of NEIADVL will enjoy it to the core.

Another issue of the NEIADVL newsletter, the mouth piece of the North East States branch of the IADVL, will be released at the MID CUTICON and like the previous issues, I wish the success of this issue as well.

Long Live NEIADVL

Dr. Pankaj Adhicari

From the Editor's desk:

As I present before you, yet another issue of the prestigious NEIADVL newsletter, I am overwhelmed to see the steady progress being made by our branch, and this time we have added a few more feathers in our cap by attaining the best small branch award which was presented in DERMACON 2018, held at Kochi. Two of our esteemed teachers who are senior members of NEIADVL, have also been awarded the "Lifetime Achievement award" and the Guruvandana award for Teacher par excellence (eastzone). Under the guidance of the organizers, we have had quite a number of academic feasts this time in addition to the regular conferences. The active participation in such activities, not only by the senior and experienced members, but also by the younger members, who the novices in the field, can be hopefully looked upon as a good sign.

In this issue, we are presenting before you, the vignettes of the events held, and also some articles that address both dermatological and non dermatological topics.

This issue of the newsletter is releasing at the MID CUTICON, to be held in the Spring Valley resort in Sonapur, which is around 14km from Guwahati. The venue is surrounded by the lush green foliage, while a lovely river flows through it, winding its way through the landscape. Thus it is an amazing place to unwind from the boredom of routine work, while sipping relaxingly from the cup of scientific knowledge, that will be presented before us by our invited speakers.

Hoping that you enjoy the conference and have a good read as well!

Nazneen Jahan
Editor, Newsletter, NEIADVL



The North East branch of the IADVL first started as North east regional association of dermatologist venereologists and leprologists in 1988. Subsequently the name changed to NEIADVL.

MILESTONES



The best small branch award for the year 2017, being awarded to the NEIADVL



The "Lifetime achievement award" at DERMACON 2018 at Kochi being awarded to Prof K.N. Barua



The Guruvandana award for teacher par excellence (East zone) being awarded to Prof Debeeka Hazarika at DERMACON 2018.

Activity Report North East States Branch IADVL – October'2017 to May'2018

Membership Drive:

Total Members – 153
LM- 122
PLM-31
Registered E-voters- 113

Statewise Life-membership breakup –

Assam-93, Arunachal Pradesh- 3, Meghalaya- 10, Mizoram – 5, Nagaland- 7, Tripura – 3, Sikkim - 1
NRI – 1

Achievements:

- The "Lifetime Achievement Award" by IADVL was given to Prof. K.N.Barua on the 18th of January 2018 at DERMACON Kochi
- The "Guruvandana Award" for Teacher per Excellence East Zone was awarded to Prof. Debeeka Hazarika on January 20th 2018 at DERMACON Kochi
- The "Best Small Branch Award" for the year 2017 was given to the NEIADVL on the 20th of January 2018 at DERMACON Kochi

Academic activities:

CUTICON 2017: The Shillong Chapter of the North East States Branch of the IADVL (NEIADVL) organised the 28th Annual Conference of the branch on the 27th & 28th of October, 2017 at the North Eastern Indira Gandhi Regional Institute of Health & Medical

Sciences (NEIGRIHMS), Shillong. The Organising Committee consisted of Dr. Meera Wahlang as the Organising President, Dr. Binod Kr. Thakur as the Organising Secretary, Dr. Jagjeet Sethi as the Scientific Chairperson & Dr. Sikha Verma as the Scientific Secretary. The present Director of the institute Prof. Devendra Mohan Thappa was the patron in chief of the event.

Day 1: The programme started on the morning of 27th October, 2017 with a preconference workshop on Dermatoscopy conducted by Dr. Laxmisha Chandrasekhar & Dr. Binod Kr. Thakur. The workshop dealt on the basics of dermatoscopy with live interaction with the delegates on how to interpret the various findings associated with various conditions. The workshop helped a lot in sensitising the delegates towards this very important & integral aspect in the diagnosis of skin conditions.

The workshop was followed by a talk on **Connective tissue diseases in Children** by Dr. D.M.Thappa, Director, NEIGRIHMS who dealt on the clinical aspects, diagnosis & management approach towards the various diseases in this class of diseases. This was followed by the award & free paper sessions. Dr. Anshu Maheshwari & Dr. Atul Bothra both from Guwahati Medical College won the 1st & 2nd prize respectively for the award paper while Dr. Siva Subramanian from Assam Medical College won the 3rd prize.

The inaugural function started at 4pm & was graced by his excellency, The Governor of Meghalaya, Mr. Ganga Prasad as the Chief Guest & Prof. D.M.Thappa, director, NEIGRIHMS as the Guest of Honour. The welcome address was given by the Organising President, Dr. Meera Wahlang & was followed by the Secretary's report

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Activity Report of NEIADVL

given by Dr. Anal Jyoti Bordoloi. The Presidential speech was given by Prof. Pankaj Adhicari which was followed by the speech from the Guest of Honour, Prof. D.M.Thappa. The main highlight of the programme was the felicitation of seniormost dermatologist from Shillong, Dr. Robin Paul by the Chief Guest, the Governor of Meghalaya. Thereafter there was the release of the conference souvenir as well as the NEIADVL newsletter by the President, NEIADVL. The Chief Guest then delivered his speech. The meeting concluded with a vote of thanks by the organising secretary, Dr. Binod Kr. Thakur.



The prestigious Prof. T.C.Saikia Memorial Oration was delivered by senior dermatologist from Coimbatore Prof. C.R.Srinivas who spoke on some of his innovations in the field of dermatology like sterilised banana leaves for dressing in TEN, use of activated charcoal & sodium bicarbonate for bad odour, submersible pump for bathing in TEN patients, filter paper soaked in castellini's paint for candidial intertrigo & handheld trichotillometer for assessing hair loss. The oration was chaired by Prof. Pankaj Adhicari & Dr. Jagjeet Sethi.

A short cultural programme followed thereafter highlighting the rich heritage of Meghalaya.

Day 2: The 2nd day started with a symposium on Psoriasis. Dr. Pankaj Adhicari delivered a talk on "Systemic treatment which was followed by a panel discussion on the topic" which was chaired by DR. K.C.Talukdar & Dr. Sandra Albert. This was followed by a panel discussion "Psoriasis affecting vulnerable population" moderated by Dr. Lakshmi Priya from Army Base Hospital, Guwahati. The panelists included Dr. Pankaj Adhicari, Dr. Leishiwon Kumrah, Dr. Chayanika Kalita & Dr. Arup Paul. The discussion mainly dealt on paediatric psoriasis & the ways of managing such cases.

The second session was on "Trichology" with a deliberation by Dr. D.M.Thappa on the topic "Diffuse hair loss in women" chaired by Dr. Krishna Talukdar. This was followed by a panel discussion on the topic "Assessment & Management of Non Cicatricial Hair Loss" moderated by Dr. Anal Jyoti Bordoloi. The panelists included Prof. D.M.Thappa, Dr. Aruna Devi, Dr. Anushree Baishya & Dr. Binod Kr. Thakur.

The third session was on Dermatopathology where Prof. M.Ramam from AIIMS, Delhi delivered a lecture on "Role of Dermatopathology in the diagnosis of Cutaneous Vasculitis" chaired by Prof. K.N.Barua & Prof. Jyoti Nath. A panel discussion on the topic "Challenging Dermatopathology Cases" moderated by Dr. Sherina Lashkar followed thereafter. Prof. M.Ramam, Dr. Yookarin Khonglah, Dr. Sandra Albert & Dr. Sikah Verma were the panellists.

The Annual General Body Meeting was held thereafter which was attended by 40 delegates. Various decisions pertaining to the activities & functioning of the branch were taken.

The post lunch session started with a talk on Medical Ethics by Dr. Amarjyoti Patowari, Professor & HOD, Deptt. of Forensic Medicine, NEIGRIHMS.

A session on Dermatophytosis followed thereafter with Dr. Shyamanta Barua speaking on "Recent trends in Clinical presentation & management of Dermatophytosis". It was chaired by Prof. Debeeka Hazarika & Dr. James Thanzama. A panel discussion on "Superficial & Deep fungal infection" moderated by Dr. Rajib Kr. Gogoi followed thereafter with Dr. Shyamanta Barua, Dr. Bornali Rai Baruah, Dr.Mhabemoo Ovung & Dr. Montu Deka as the panellists.

The last session consisted of two lectures delivered by Dr. Ruby Jain on "Medical Management of Acne" & Dr. Sherina N. Lashkar on "Barrier correction in Acne". It was chaired by Dr. Meera Wahlang & Dr. Veera F. Bareh.

The conference concluded with a Valedictory Function.

PGCON East 2017 : The PGCON East 2017 was held on the 29th & 30th December 2017 at the O&G Hall of the Guwahati Medical College & Hospital (GMCH), Assam. Dr. Pankaj Adhicari, HOD, Department of Dermatology, GMCH was the organising chairperson with Dr. Bornali

Ray Baruah, Associate Professor, Deptt. of Dermatology, GMCH as the scientific chairperson and Dr. Sherina Lashkar as the Scientific Secretary. The programme was given "4 Credit Hours" by the Assam Medical Council. And it was attended by about 70 post graduate students from eastern India.

The programme started on the 29th of December at 9.30 am with Dr. Nilay Kanti Das speaking on how to conduct research and publish papers. This was followed by Dr. Shyamanta Barua speaking on the topic "Making the best out of residency" emphasizing on how best to utilise once time during the residency tenure besides concentrating on studies. This was followed by a short inaugural function with the lighting of the ceremonial lamp by the principal of GMCH, Prof. Atindra Adhicari. Dr. Pankaj Adhicari welcomed all the delegates to the conference.

The next session was on dermatopathology consisting of two lectures namely "Infective Granulomas" by Prof. Subhra Das. Pathologist from Kolkata and "Basic Skin Reaction Patterns" by Dr. Sherina N. Lashkar, Deptt. of Dermatology, GMCH. The next session included two lectures by Dr. Sandipan Dhar who spoke on "Fever with Rash in infants and children: emerging conditions in India" and Dr. Pankaj Adhicari speaking on "Approach to Ulcerative STIs".

The preliminary round of post graduate quiz was held with Dr. Saloni Katoch as the quiz master. It was a MCQ round with twelve participating teams. Four teams were selected for the final round to be held on the next day. These were RIMS, Jharkand; Assam Medical college, Dibrugarh; JNM Medical College, Kalyani and SCB Medical College, Cuttack.

The post lunch session was on leprosy with two lectures namely "Clinical Spectrum of Leprosy" by Dr. Prasenjit Mohanty and "Clinical aspects and management of reactions and relapses in Leprosy" by Dr. Debeeka Hazarika. The last session of the day was on "Basics of Dermoscopy" by Dr. Nilendu Sarma.

The programme started on the 30th of December at 8.00AM with the final round of Post Graduate quiz. SCB Medical College, Cuttack were the winners followed by Assam Medical College, Dibrugarh as the runners up.

The next session was on Case Discussion with clinical cases being presented as long cases by the final year PGTs and questioned by faculty members. Four groups with three PGTs in each were formed. One case each was presented by each group namely SLE, Systemic Sclerosis, Leprosy and Vesicobullous Disorder and each group was cross examined by a group of moderators to replicate a viva exam. The moderators included Prof. D.M.Thappa, Prof. Jyoti Nath and Dr.



A moment from PGCON (east zone) at GMCH

Nilendu Sarma for Systemic Sclerosis, Prof. Pankaj Adhicari, Prof. Jyoti Nath & Dr. Nilendu Sarma for SLE; Prof. D.M.Thappa, Prof. Urmila Das Baruah & Dr. Piyush Kumar for Leprosy and Prof. Prasenjit Mohanty, Prof. Padmaja Saikia and Dr. Shyamanta Barua for Vesicobullous disorders.

The next session had two lectures namely "Mucocutaneous manifestations of HIV" by Prof. Sumit Sen and "Pulse therapy-Challenging situations" by Prof. Jyoti Nath.

The last session was on "Spot the Diagnosis" Comoderated by Dr. Sherina N. Lashkar, Dr. Seujee Das and Dr. Ananya Kalita. Clinical pictures of cases were presented alongwith their histopathological features and the PGTs were asked to give the diagnosis. It was a one hour session and nine cases were presented.

Overall it was a very captivating two day programme which have beniftted not only the PGTs but all the delegates present.

Psoriasis IMPACT 2 Programme: The Psoriasis IMPACT 2 programme was held on the 24th of February 2018 at Hotel Taj Vivanta, Guwahati. It was attended by about 50 delegates from different parts of the region. Prof. D.M.Thappa, NEIGRIHMS, Shillong & Dr. Tarun

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Activity Report of NEIADVL

Nagar, PGI Chandigarh were the SIG Speakers while Dr. Indrani Dey, Dr. Chayanika Kalita and Dr. Seujee Das were the speakers nominated from the branch. The programme started with a welcome address from the President of NEIADVL, Dr. Pankaj Adhichari. Prof. D.M.Thappa started the proceedings with his lecture on "Combination Therapy in Psoriasis" followed by Dr. Tarun Narang who spoke on "Indian Perspective on Biologics". This was followed by the second session focusing on special case scenarios. Dr. Chayanika Kalita spoke on "Psoriasis & Pregnancy", Dr. Indrani Dey on "Psoriasis & HIV Comorbidity" and Dr. Seujee Das on "Palmoplantar Psoriasis & Nail Involvement". The last session was a panel discussion moderated by Prof. D. M. Thappa. There was active participation from all the delegates. The programme ended with a vote of thanks from the Secretary, NEIADVL, Dr. Anal Jyoti Bordoloi.

**The O-SCAR meet**

Oscar Programme: The Oscar Programme at Guwahati was held on the 7th of April 2018 at Hotel Taj Vivanta. It was attended by about 30 delegates from different parts of the region. The programme started with a welcome address from the Vice-President NEIADVL, Dr. Basobi Barua. The First session consisted of two lectures namely "Systemic Associations of Acne" delivered by Dr. Sherina N. Lashkar & "Optimizing Topical Therapies" by Dr. Sanjay Rathi. This session was chaired by Prof. K.K.Das and Prof. Jogesh Das. The second session also had two lectures namely "Rational approach to Systemic Therapy"

by Dr. Anushree Baishya and "Acne Sequelae & their prevention" by Dr. Jagjeet sethi. It was chaired by Prof. K.N.Barua & Prof. Jyoti Nath.

This was followed by a panel discussion moderated by Dr. Sanjay Rathi with the other three speakers as panellists. The programme concluded with a vote of thanks from the Secretary, NEIADVL

Chapter Activities:**Guwahati City Chapter:**

A CME on "Photo damage and Pigmentation-Basics and Management" was held on the 23rd of December 2017.

Dr. Anupam Das from Kolkata was the speaker.

A CME on "Non-invasive Body Contouring Devices" was held on the 16th of February at Guwahati. Dr. Saloni Katoch deliberated on the the topic focussing on the latest modalities available for body fat reduction. It was attended by about 30 delegates.

A CME on "Recent Trends in management of fungal Infections" was held on the 27th of April. Dr. Indrasish Poddar from Kolkata was the speaker

Barak Chapter: 19th November 2017: Role of Apremilast in Psoriasis by Dr. Angshuman Bhattacharjee organised by Barak Chapter

A CME on "Moisturisers in Dermatology" was organised at Silchar on the 28th of January. Dr. Adityam Bhandari, Final Year PGT, Silchar Medical College, spoke on the topic.

Observations of Important Days :

Leprosy Day: The World Leprosy Day was observed on the 30th of January 2018 at different places of the branch.

Guwahati Chapter: The Guwahati Chapter observed the day at the premises of the Guwahati Medical College by holding public awareness programmes. The President of NEIADVL, Dr. Pankaj Adhichari stressed on the need to initiate treatment early in cases of leprosy to prevent permanent deformities and that the treatment is available free of cost at all government hospitals. He also called upon the people to put an end to the age old misconceptions surrounding leprosy. And to report any suspected case to the nearest health centre. Pamphlets emphasizing all these points were distributed amongst all the people attending the hospital on that day as well as for the whole week.

Barak Chapter: Similar activities were organised by the Barak Chapter at the Silchar Medical

Treasurer's Report N. E. states branch, IADVL (from October 2017 to June 2018)

ITOTAL COLLECTION	AMOUNTS	TOTAL EXPENDITURE	AMOUNTS
Provisional life membership fees as received from Central Committee	23,400/-	To Avishek Media (for newsletter printing)	25,000/-
Surplus money from CUTICON 2017, Guwahati	1,60,830/-	For Web.com	5,310/-
Amount received from Lupin Pharma for Newsletter	30,000/-	Total expenses incurred at PGCON 2017 Guwahati	2,48,084/-
Amount received from Intas for PGCON 2017	2,30,300/-	Fraudulent transfer of money (theft)	12,43,600/-
Amount received from Sun Pharma for Mid Cuticon, Tinsukia	14,699/-		
Interest credit	40,383/-		
Total income	4,99,612/-	Total expenditure	15,21,994/-

Deficit amount = Total expenditure – Total income = Rs.15,21,994 - Rs.4,99,612= Rs10,22,382/-

In our General Savings A/ C till October 2017 there was Rs.21,64,400 /-

Now the amount in the same A/C is Rs.21,64,400/- - Rs.10,22,382/- = Rs.11,42,018/-

Fixed deposits

- Rs. 15,500/- (Matured in July 2014) Presently Rs. 23,006/-
- Rs.1,30,000/- (Matured in Sept. 2014) Presently Rs. 1,73,032/-
- Rs.1,08,605/- (Matured in July 2014) Presently Rs. 1,45,824/-
- Rs.1,08,605/- (Matured in July 2014) Presently Rs. 1,45,824/-
- Rs. 45,158 /- (Matured in Aug. 2015) Presently Rs. 55,748/-
- Rs. 58,703 /- (Matured in June 2015) Presently Rs. 90,050/-

Total amount as fixed deposit Rs. 6.33.484/-

Amount of money in the name of association Rs. 11,42,018/- + Rs. 6,33,484/- = Rs.17,75,502 /-

Dr. Chayanika Kalita
Treasurer,
N.E.States Branch, IADVL

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Activity Report of NEIADVL

College to raise public awareness. Poster presentations were conducted amongst the undergraduate students.

World Skin Health Day: The NEIADVL along with the rest of India & the world observed World Skin Health Day on the 6th of April 2018. Some of the activities that have been carried out are-


- Public awareness programmes mainly in the medical colleges on Fungal infections & Topical steroid abuse.
- Distribution of information leaflets mainly on management of fungal infections
- A video highlighting the ill effects of topical steroid abuse and the emergence of resistant fungal infection was constantly being played at the waiting area of the Dermatology OPD, Tezpur Medical College, Assam.
- The Faculty members of Tezpur Medical College organised a camp at the Dhekiajuli Tea Estate where about 200 patients were seen. Health education on the common skin conditions, maintenance of personal hygiene and to contact a specialist dermatologist for any

skin conditions were imparted.

•An article on Topical steroid misuse written by Prof. Jogesh Das was published in an Assamese daily.

Anti-Quackery Campaign :

Following the formation of the IADVL Taskforce against Quackery (ITAQ), the branch has nominated Dr. Anushree Baishya as the branch co-ordinator for such activities. Complaints have been placed against such doctors without appropriate qualifications and quacks who are practising as specialist dermatologists to the State Medical Council and other relevant authorities. The matter has been taken up by the authorities and action is expected against such quacks.



Dr. Anal Jyoti Bordoloi

Secretary

North East States Branch IADVL

MAHO HO - A FOLK FESTIVAL OF LOWER ASSAM

Dr. Jogesh Das

There are many festivals celebrated in Assam; prominent among them are Bihu, Durga Puja and Deepawali.. One can definitely get a fair knowledge of Assamese culture in these festivals. But there are a few little known folk festivals which are celebrated only in some parts of Assam. One such folk festival celebrated in lower Assam is *Moho Ho*. Celebrated only in lower Assam, the literal translation of Maho Ho is to drive out the mosquitos from the locality. This festival is usually celebrated in the full moon day of Aghon (in the month of November).

Young boys of the locality aged between 10 to 16 years dressed in local attire will visit every house in the locality and will start singing in the courtyard of the houses they are visiting. It is an unsaid rule that the group of boys will only go to the families of their locality and will never cross boundary of other locality, as the group of the other localities also form their group and visit individual houses. One in the group will take the lead, start singing and dancing and others will follow to repeat the song. Some of the songs are as follows :

অ হৰি মহহৌ
মহ খেদিবো টোকান লৌ
মহে বোলে মললু দে,
টোপোৰ পোৰা খালো দে
টোপোৰ পোৰাত নহ'ল নুন
গৃহস্থই দিব আমাক চাউল দোণ, দোণ

(Meaning : Take the stick and we will go to drive out the mosquitos. The mosquito will cry out for death. We will eat tenor pora (a local fruit, sower in taste). Tepor Pora is having less amount of salt and the family will give us rice in abundance.)

Note : In Assamese language to rhyme a poem, sometimes words are used which really may have meaning of something.

Sometimes in an attempt to get money from the family they will sing as follows :

বাঁহৰ পাত পকা
আমাক দিব টকা,
বাঁহৰ পাত চিকিমিকি
আমাক দিব সিকি, সিকি

(Meaning : The leaves of bamboo is ripe, the family will give us rupees and the leaves of bamboo is shining; the family will give us quarter of rupee.)

The family members also sometimes join in the fervor of song and dance along with the young boys. After the singing and dancing ritual is over, the family will offer uncooked dal or rice or as per their ability or will offer money. Then the group will bless the family. Some will sing as:

সোনৰ হাৰ ৰূপৰ মণি
এই ঘৰ মানুহ বৰ ধনী,
ভাল হওঁক, কুশল হওঁক
গলিৰ গৰু বাঢ়ক
ভখেৰিৰ ধান বাঢ়ক,
গৃহস্থই আমাক টকা দিয়ক

(Meaning : This family is very rich. God bless the family and the family will prosper and they will donate us plenty.)



Traditional Maho ho Dance

When visit to all the families of the locality is over, the group pulls out their collections of money, uncooked dal, rice and vegetables and the following Sunday will go on a picnic to any nearby place with whatever additions are necessary. The group consists of boys of the locality and there is no distinguished between cast, creed or rich and poor.

However, these days, no one has time for others and everybody is running after name, fame and money. We can only hope that those golden days of our society will be back soon and everyone will continue to live with peace and prosperity harmony.

Scientific publications

Scientific publications by members of NEIADVL (from October 2017 to June 2018)

1. Hazarika D, Raj P. Prevalence of metabolic syndrome in newly diagnosed psoriasis patients: A case control study from a tertiary care hospital in Assam. Indian Journal of Health Sciences and Research 2017; vol7 :14-21.

MY ADVENTURE WITH WHITE - WATER RAFTING

Dr. Basobi Barua

My husband and I with a friend couple recently went for a week-long trip to Bali, the Hindu island enclave in Indonesia. We all belong to the same age-group, nearing sixty, but all fairly active and hearty. Water sports have always been a favourite agenda in our travels, activities such as parasailing, under-sea walking, water-skiing and white-water rafting. I am myself not too keen on parasailing, seeing my sons do it in Goa made me sure it will make me queasy. Under-sea walk I have done in Mauritius, and loved it! Though one of my sons was thrown into the river while rafting with their father upstream from Rishikesh, and in spite of not knowing a thing about swimming, I always wanted to enjoy the thrill of white water rafting. The right opportunity came when we were in a mountainous place near Ubud in Bali, and we really had a lovely adventure never to be forgotten.



After registering in the office of the rafting company, we were asked to first put on the safety gears – helmet and the floatation jacket. To reach the boarding point of the raft in the river, we were taken on a pick-up truck through dirt roads and open fields, carrying our oars with us. At one point, finally, we were required to climb down almost about 500 mossy, wet, slippery, steep stone steps, holding the oars as our walking support. Finally we reached the bottom of the gorge, and saw the swiftly flowing roaring, foamy, cold river, on which we were now committed to raft down, careening in the wild waters downstream for about 10 km, taking almost one and a half hours in the process. Each raft seated 6 people, plus the pilot, who sat at the back, and our companions were a young Aussie couple, who were seated on the front row.

The ride was a wild gallop, going up and down, and round and

under, and more often than not, crashing onto the huge rocks that formed the walls of the gorge. Many a time we were thrown up, crashing down onto the bottom of the boat, somehow not being thrown overboard. Except for my husband, none of us three could swim, but we knew that in any case we wouldn't drown, but would only be smashed by the rapid water against the rocks. When the river reached smooth waters for some time, allowing us to catch our breath, we could admire the vegetation on the bank, or the wild monkeys and birds. At some places we were surprised to find ancient carvings on the rocks, depicting various scenes from the Ramayana or other Hindu mythology. Sometimes we crossed some local people fishing in the eddies, and once even crossed some guests having lunch by the riverside in an exclusive luxury resort in the wild. At one point a waterfall fell into the river, and we were taken close to it, enabling the more adventurous of us (not me!) to climb out of the raft into the river and stand under its thundering waters with the helmet on.

About halfway through the course we stopped at a resting place for 10 minutes or so, fortifying ourselves with some drinks, and resumed our wild ride again for another 45 minutes. Finally, fully drenched, cold and tired, we reached the end point. To our utter dismay,



we realised that we have to climb up from the gorge, some 400 steps in all, carrying all our gear with us. Imagine our plight, particularly mine, when carrying the oar as a walking support was also turning out to be too much to bear. I

somehow coaxed by aching legs and arms and my thumping heart to finally clamber up to the top, huffing and puffing like one of the 3 little pigs, where the pick-up waited to take us back to the rafting company office.

All said and done, white-water rafting is a tough sport, and I proved to myself that I am indeed a toughie myself, age no bar!

EVOLUTION OF LASERS IN DERMATOLOGY

Dr. Anushree Baishya

The acceptance of lasers by dermatologists as well as by patients has been very high. With a positive attitude towards such a powerful source of harmless-looking light, lasers became regarded as magic bullets for treatment of various conditions. Gone are the days when one had to spend hours straining eyes to electroepilate a small patch in a patient of hirsutism. The same task can now be performed in a much shorter time with ease.

LASER (Light amplification by stimulated emission of radiation) is a device that amplifies light and produces coherent light beams. The root of its technological innovation lies in fundamental physics research. Albert Einstein first proposed the idea of stimulated emission in the early twentieth century and Theodore Maiman at Hughes Aircraft Company created the first working laser in 1960.

With the first laser being produced by Theodore H. Maiman on 7th July 1960 (using ruby as a lasing medium that was stimulated using high energy flashes of intense light); more than ten different lasers were invented in the 1960s using solid, gaseous, semi-conductor as well as liquid lasing media.

In 1961, Fred J. McClung and Robert W. Hellwarth introduced the quality-switching (Q-switching).

In 1963, Chandra Kumar Naranbhai Patel, an electrical engineer developed the carbon dioxide laser. He demonstrated that the carbon dioxide laser was capable of very high continuous-wave and pulsed power output. In 1996, President Bill Clinton awarded Patel the National Medal of Science.

In 1977 Gould was recognised as the father of the laser, who also had coined the term "Laser" ("Light Amplification by Stimulated Emission of Radiation").

Dermatologists have used artificial light sources for the treatment of skin conditions for centuries.

The American Society for Laser Medicine and Surgery honors a dermatologist, Leon Goldman, as the 'father of lasers in medicine in the United States'. He was Chairman of the Department of Dermatology at the University of Cincinnati when he learned of the invention of Theodore Maiman's ruby laser in 1960. In 1961, he founded the first biomedical laser laboratory at the University of Cincinnati. In 1963, Goldman and his co-workers published the first study on the effects of lasers on skin describing the selective destruction of pigmented structures of the skin including hair follicles with the beam of the ruby laser.

In 1989 R. Rox Anderson and John A. Parrish from the Department of Dermatology at the Harvard Medical School in Boston developed a nearly identical ruby laser (by the selective photothermolysis theory,) to the one used by Goldman to become the first device approved by the FDA for permanent removal of pigmented hair.



In 1991, the Q-Switched Nd: YAG laser received FDA approval as a treatment modality for tattoos.

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EVOLUTION OF LASERS IN DERMATOLOGY

More recently lasers have been USFDA approved for skin resurfacing (2004) and melasma (2005).

In 2012, the United States Food and Drug Administration (FDA) approved the very first picoseconds laser, a 755-nm alexandrite laser, for the treatment of pigmented lesions. The picoseconds laser is a revolutionary laser technology due to its much shortened pulse duration.

Although the excellent results achieved by the use of laser in dermatology, this special treatment modality is in continuous evolution.

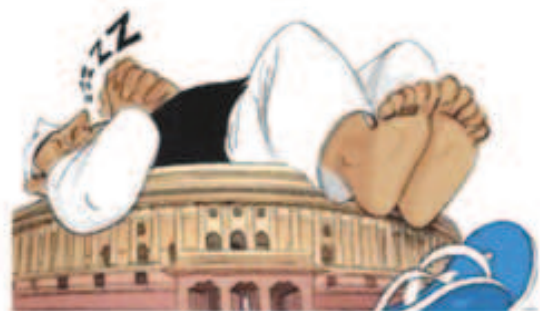
At present, new devices have been under development for the therapy of different kind of diseases, while lasers, already in use, has been changing, in order to be more secure, effective and be useful in many others disorders.

A Collection of superb, hard hitting, humorous quotes on govt, politics, bureaucracy.

Compiled by: Dr. Anita Baruah

" In my many years I have come to a conclusion ... that one useless man is a shame, two useless men is a law firm and three or more useless men is a government."

~John Adams



" If you don't read the newspaper you are uninformed, if you do read the newspaper, you are misinformed."

~Mark Twain

" I contend that for a nation to try to tax itself into prosperity is like a man standing in a bucket and trying to lift himself up by the handle."

~Winston Churchill

" A government which robs Peter to pay Paul can always depend on the support of Paul."

~George Bernard Shaw

" Foreign aid might be defined as a transfer of money from poor people in rich countries to rich people in poor countries."

~ Douglas Casey, Classmate of Bill Clinton at Georgetown University

" Giving money and power to government is like giving whiskey and car keys to teenage boys."

~P.J. O'Rourke, Civil Libertarian

" Just because you do not take an interest in politics doesn't mean politics won't take an interest in you!"

~Pericles (430 B.C.)

" No man's life, liberty, or property is safe while the legislature is in session."

~Mark Twain

" The government is like a baby's alimentary canal, with a happy appetite at one end and no responsibility at the other."

~ Ronald Reagan

" The only difference between a tax man and a taxidermist is that the taxidermist leaves the skin."

~Mark Twain

" What this country needs are more unemployed politicians."

~Edward Langley, Artist (1928-1995)

" A government big enough to give you everything you want, is strong enough to take everything you have."

~Thomas Jefferson

government the people



" We hang the petty thieves and appoint the great ones to public office."

~Aesop

" If you think health care is expensive now, wait until you see what it costs when it's free!"

~P.J. O'Rourke

Message from the Secretary,
Organising Committee,
Mid-Cuticon NE States 2018 .



We take the privilege to invite all the members of NE IADVL along with their family to Mid-Cuticon NE States, 2018 on the 2nd of June this year.

This year we are organising the event at Spring Valley Resort, Sonapur, which is approximately 14kms from Guwahati City. We hope that you all will enjoy the lush greenery and fresh ambience of the venue while sharing in-depth knowledge of the scientific sessions. We are trying our best to make this event a pleasant memorable one for all of you. We will be highly honoured by your gracious presence and active participation.

Thanking you

With warm regards,

Dr.Aruna Devi

IADVL observership Aesthetic Dermatology at the Hope Clinic, Shillong



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World skin health day celebration across the region on 6th April 2018



World leprosy day awareness programmes



"Moments from CUTICON, NE STATES, 2017" at Shillong

