



neiadvl NEWSLETTER

Official mouthpiece of N.E. States Branch of IADVL



NEWSLETTER

EDITORIAL

Dr. N. Rahman

The last issue of this newsletter, which was incidentally the first to be edited by me, evoked a mixed response from the readers. Most of the responses were in the form of constructive criticism, and I am glad my well-wishers did so rather than praising from the mouth and criticizing from the heart. Such responses give you a sense of responsibility and urge for betterment.

If you remember, the last issue was multilingual, with articles in Assamese and Hindi alongside contributions in English. When two of the contributors told me that they would like to write only in vernacular if

allowed, I readily agreed thinking that all languages should receive equal importance in a publication that is primarily non-scientific. I realized my folly when some of our members hailing from the hill states of the North-Eastern region pointed out that since they were unable to read Hindi and Assamese they would not be able to enjoy the articles written in such a script and language. Since the newsletter is meant for the entire North-Eastern India it would be partial on our part if we incorporate a language and script that does not make sense to a good number of people in this region although that may be commonplace elsewhere. Now let's look at it from the other side. Well-established languages of the North-eastern region like Khasi, Mizo and Nagamese (to mention a few) may not make sense to people outside the

respective states. If our Khasi, Mizo and Nagamese friends decide to write articles in their own language a majority of people (like me) will not be able to have a taste of what they have written about. It was therefore unanimously decided in the general body meeting during the Mid-Cuticon in Bongaigaon that English being the connecting language in the North-eastern region as well as of the medical fraternity worldwide, all articles in the newsletter are to be published hereafter only in English.

At the end I shall like to thank all the contributors and our official sponsors without whose contribution the newsletter would have never seen the light of the day. I would also like to thank all members of the NEIADVL whose support and criticism have helped improve the work entrusted to me.

A Small Story



A boy and a girl were playing together. The boy had a collection of marbles. The girl had some sweets with her. The boy told the girl that he will give her all his marbles in exchange for her sweets. The girl agreed.

The boy kept the biggest and the most beautiful marble aside and gave the rest to the girl. The girl gave him all her sweets as she had promised.

That night, the girl slept peacefully. But the boy couldn't sleep as he kept wondering if the girl had hidden some sweets from him the way he had hidden his best marble.

Moral of the story : If you don't give your hundred percent in a relationship, you'll always keep doubting if the other person has given his/her hundred percent. This is applicable for any relationship like love, employer-employee relationship etc. Give your hundred percent to everything you do and sleep peacefully.

Contributed by Dr. Jogesh Das

From the Desk of the Branch President

Respected and Dear IADVLites
(N. E. States Branch)

Another issue of the NE IADVL NEWSLETTER, namely Vol. VII, is being presented to you by the dynamic editor Dr. Nasiur Rahman during CUTICON N. E. STATES 2013 at Silchar. The main motive to start the 'NE IADVL NEWSLETTER' during my tenure as Branch Secretary in 2008 was to publish all the activities of our branch which until a few years back remained undocumented and unrecognized. Another idea was to encourage extracurricular activities of our members which often remained unrecognized by the fellow members. The newsletter got a concrete foundation in the hands of its first editor Dr. Rajib Gogoi and I sincerely hope that it will flourish year after year encouraging newer talents and new endeavours.

I wish a grand success of this issue of the newsletter.



Dr. Kanak Ch. Talukdar
Branch President,
N. E. States Branch of IADVL

Forthcoming International Dermatology Conferences

12th Asia Pacific Environmental And Occupational Dermatology Symposium In Conjunction With 13th Annual Scientific Meeting Of Indonesian Society Of Dermatology And Venereology 2013 (APEODS PERDOSKI 2013)



Venue: Sahid Rich Jogja Hotel
Location: Yogyakarta, Indonesia

Start: 23 Oct, 2013
End: 26 Oct, 2013
Website: www.perdoski.org



Skin Disease Education Foundation Presents 14th Annual Las Vegas Dermatology Seminar Featuring 10th Annual Psoriasis Forum (SDEF 2013)

Venue: The Cosmopolitan Hotel
Location: Las Vegas, Nevada
Start: 31 Oct, 2013
End: 02 Nov, 2013
Website: www.globalacademycme.com

10th Colombian Congress Of Pediatric Dermatology 2013

Venue: Four Points By Sheraton
Location: Bogota, Colombia
Start: 01 Nov, 2013
End: 04 Nov, 2013
Website: http://asocolderma.com

International Society Of Dermatology 11th International Congress Of Dermatology 2013 (ICD 2013)

Venue: India Expo Centre
Location: New Delhi
Start: 04 Dec, 2013
End: 07 Dec, 2013
Website: www.icd2013.com

Dermatologic & Aesthetic Surgery League 2nd Annual Congress 2013 (DASIL 2013)



Venue : Millennium Hilton Bangkok Hotel
Location : Klongsan, Bangkok
Start : 06 Nov, 2013
End : 10 Nov, 2013
Website : www.thedasil.org

Society For Melanoma Research 10th International Congress 2013 (SMR 2013)



Venue: Philadelphia Marriott Downtown
Location: Philadelphia

Start: 17 Nov, 2013
End: 20 Nov, 2013
Website: www.melanomacongress.com

8th Annual Practical Course In Dermoscopy And Update On Malignant Melanoma 2013



Venue: Westin Kierland Resort
Location: Scottsdale, Arizona
Start: 06 Dec, 2013
End: 09 Dec, 2013
Website: www.mayo.edu

13th Annual Caribbean Dermatology Symposium 2014



Venue: Radisson Aruba Resort
Location: Aruba, West Indies
Start: 21 Jan, 2014
End: 25 Jan, 2014
Website: www.caribederm.org

Skin Disease Education Foundation 38th Annual Hawaii Dermatology Seminar 2014 (SDEF 2014)

Venue: Hilton Waikoloa Village
Location: Waikoloa Village, Big Island, Hawaii
Start: 16 Feb, 2014
End: 21 Feb, 2014
Website: www.globalacademycme.com

American Academy Of Dermatology 72nd Annual Meeting 2014 (AAD 2014)



Venue: The Colorado Convention Center
Location: Denver, Colorado
Start: 21 Mar, 2014
End: 25 Mar, 2014
Website: www.aad.org

Dermatological Society Of Thailand 39th Annual Meeting 2014 (DST 2014)

Venue: Centara Grand And Bangkok Convention Centre
Location: Bangkok
Start: 26 Mar, 2014
End: 28 Mar, 2014
Website: www.dst.or.th

Dubai World Dermatology & Laser Conference 2014



Venue: Dubai International Convention Centre
Location: Dubai
Start: 08 Apr, 2014
End: 10 Apr, 2014
Website: www.dubaiderma.com

21st Asian- Australasian Regional Conference Of Dermatology Incorporating The 6th Annual Meeting Of The Asian Academy Of Dermatology And Venereology 2014(AADV 2014)

Venue: Furama Resort Danang
Location: Danang, Vietnam
Start: 09 Apr, 2014
End: 12 Apr, 2014
Website: www.asianderma.org

12th European Congress Of The Society For Pediatric Dermatology ESPD 2014) 2014



Venue: Kieler Schloss
Location: Kiel, Germany
Start: 12 Jun, 2014
End: 14 Jun, 2014
Website: www.espd.info

Message from the President and Secretary, ISD

Dear Colleagues and Friends,

It is with pleasure that we invite you to attend the XIth International Congress of Dermatology (ICD) of the International Society of Dermatology (ISD).

It will be nearly twenty years since India last hosted the ICD. Since 1994, the number of dermatologists in India has tripled from 2,000 nationwide to over 6,000. Dermatology in India is facing polar demands from a modern, upwardly mobile India and from those still mired in poverty. And medical tourism is now a growth market attracting patients from developed countries. It's a different world from 1994!

The ISD Task Force on Community Dermatology chaired by Dr. Terence Ryan (UK) has advocated the use of the appropriate technology to achieve the highest clinical results in a given social and economic environment. Indian dermatologists have been at the forefront of this initiative and have reported on innovative ways to combine traditional and modern health care for the practical improvement of patient skin health. This is not just a conundrum for developing countries but for all societies struggling with skyrocketing health care costs.

While we anticipate that we have a great deal to learn from our colleagues in India, the purpose of the XIth ICD is to provide a global

opportunity to share new information and experiences. The Scientific Committee of the XIth ICD will be chaired by our esteemed colleague, Prof. Thomas Ruzicka (Germany) and committee members represent all regions of the world. Prof. Ruzicka and his committee will work with the local Scientific Committee to create an innovative learning experience. We strongly encourage you to consider presenting an oral or poster abstract.

Over the last 10 years, the ISD has championed programs that foster young leadership in global dermatology. One of those programs has been providing travel grants to young dermatologists who present at our meetings. It is an exciting opportunity for the participants, many of whom have not attended an international meeting. Scholarships will be made available for the XIth ICD as well.

For over 50 years ISD's mission has been to provide opportunities for all dermatologists to access the information and people they need, no matter their circumstances. We keep our membership dues low and deliver high quality as evidenced by the International Journal of Dermatology which all members receive.

We hope you will join us in India from December 4-8, 2013 and be part of an incredible learning experience with us.

Francisco Kerdel, MD
ISD President

Evangeline Handog, MD
ISD Secretary-General

REPORT OF MID-CUTICON 2013, BONGAIGAON



(by Dr. Ashimav Deb Sharma,
organizing secretary)

The MID CUTICON 2013 was held on 16 June 2013 in the beautiful town of Bongaigaon, Assam at Hotel Neer and brought together 30 delegates and 5 speakers hailing from Assam, Meghalaya, and Mizoram.

The half-day programme started at 1 p.m. with the ceremonial lighting of the lamp by Dr. James Thanzama, immediate past president, NEIADVL, who travelled all the way from Aizawl to attend the function. This was followed by Saraswati Bandana, homage to the goddess of learning, which was rendered by cute little Aarinee along with Ms. Oligunjana. The welcome address was made by the present branch president, Dr. Kanak Talukdar who also released the current issue of the NEIADVL newsletter in presence of Dr. Nasiur Rahman, editor of the newsletter. The welcome ceremony concluded with a vote of thanks by Organizing secretary, Dr. Ashimav Deb Sharma.

The scientific programme proved to be a grand success. It was designed in a way that covered at least some of the important topics related to day-to-day dermatological practice. Five eminent speakers, namely Dr. J. Das, Dr. K. N. Barua, Dr. Debeeka Hazarika, Dr. Pankaj Adhicari and Dr. B. Nair presented excellent scientific papers which gave way to a rich speaker-audience interaction. The scientific session was chaired by Dr. Robin Paul and Dr. J. Thanzama. The second part of the program was a unique quiz competition. The quiz master was none other than Dr. Shyamanta Barua and the program was an instant hit! Everyone in the audience enjoyed and appreciated the program. Hats off to Dr. Shymanta for his innovative ideas!

The General Body Meeting turned out to be too long, almost two-and-a-half hours, as various important topics had to be discussed and debated. The build-up of tension was quickly defused by the following entertainment show, which included a lucky draw and a housey game among the delegates that again was admired by one and all. The program concluded with cocktail and dinner.

I, as Organizing secretary, like to thank my friends, namely, Arun Chatterjee, Somnath Chaudhary, Dipankar Das, Debashis Pramanik, Ashish Pramanik, Naba Sarma, Gopal Saha, Birinchi Bora, Dipankar Saha, Walter Ahmed and Debashis Nandi among many others without whose help and co-operation it would not have been possible to organize the event.

Long live NEIADVL!

REPORT OF DIBRUGARH CITY CHAPTER

In December 2012, the first meeting of Dibrugarh City Chapter was organised at Hotel Rajawas wherein Dr. Pankaj Adhicari was elected president and Dr. Ranjan Bhattacharya, secretary of the organisation. The newly elected body organised their first scientific meeting on 21/05/2013 at the same venue. Dr. Rahul Patidar and Dr. Runjun Saha presented scientific papers in this meet. This was followed by a general body meeting in which Dr. Ranjan Bhattacharya resigned from his post and Dr. Sagarika Gogoi was appointed secretary of Dibrugarh City Chapter. A resolution was made to conduct such meetings every two months for better exchange of scientific information among the dermatologists of the region. On 29/10/2013 World Psoriasis Day was observed in the form of a special clinic at the Department of Dermatology, Assam Medical College Hospital where free medicines were provided to psoriasis patients.

From
Dr. Sagarika Gogoi
Secretary
Dibrugarh City Chapter.



REPORT OF GUWAHATI CITY CHAPTER



Guwahati City Chapter of North East States branch, IADVL has completed 12 years of existence on 17th July, 2013. The Foundation Day was celebrated by the members on 19th July in a humble way.

Dr. Rajib Gogoi,
Secretary,
Guwahati City Chapter

REPORT OF BARAK CHAPTER

The Barak Chapter was formed in 2011 with just five members with an aim to create awareness on skin diseases and skin care among the people of Barak Valley. At present we have ten members. Although our activities till date are not up to the expectations, we have nevertheless organized an awareness camp on vitiligo this year at the outpatient department of Silchar Medical College Hospital, and observed AIDS day last year. We also organized one CME on Recent Advances in the Management of Androgenetic Alopecia in the month of April 2013. We have taken all efforts to ensure a smooth performance at the 24th CUTICON at Silchar, the hub of the Barak Valley, and I hope you will enjoy every moment of this event.

(Compiled by Dr. Ashis Dey on behalf of Dr. Nirupam Chakraborty,
Secretary, Barak Chapter)

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Puja Holidays (in a lighter vein)



Dr. Basobi Barua,
Senior Consultant,
Skin Centre, Guwahati.

As soon as I got Nasiur's SMS requesting the members to write something for the newsletter during the Puja holidays, it made me ponder, 'Does a working woman really have a holiday (meaning complete relaxation and no work)?' "No" is the emphatic answer!

I have taken 5 days off from my practice – feels good there will be no bothersome patients with their petty complaints and no tiresome procedures on for these days. But what about my 'Home Sweet Home' which revolves around me and my tireless labour? For me everything at home should be spic and span, all things should be in proper order, right from the boys' bedrooms to the living room, from the dining room to the kitchen. When you are at home everyone craves for your attention – the big black Labrador is always up to some mischief, the ducks squawking in the pond, the fishes in the aquarium – I have to look after each and every one of them, never forgetting my teenage boys or my fussy husband.

I have a great passion for cooking and baking, so holidays mean making some more yummy and mouth watering delicacies, and the boys will upgrade their expectations and keep on asking, 'What's for lunch or dinner?' 'Sometimes I get so fed up that I admonish them and yell that it will be only 'Aloo Pitika and Bhat' today if they don't behave!

There is a small kitchen garden and a flower garden at home with numerous fruit plants and flowering tubs. The joy of looking after them and plucking ridge gourd or bottle gourd or lady's fingers from one's own garden is a luxury not too many can have in the city nowadays, which I am so lucky to enjoy.

Leaving aside the pleasures of grooming the house or cooking and being with natural beauty or pets, there is a constant sense of sadness lingering in our house. My mother-in-law is virtually confined to bed for almost 3 years now, having been diagnosed with Alzheimer's disease about 5 years ago. She is now unable to move or eat without help, and lately have even stopped talking. There are two marvellous women looking after her 24 hours a day, changing her diapers, sponging her and feeding her and helping her to sit. But then I have to do the overall supervision – whether they are doing their duties thoroughly, that they are really doing whatever is expected of them. Sometimes I seem to forget the definition of a holiday as for me there is no real holiday at home. Though ideally a holiday should be at a place far away from all things dull and mundane, maybe basking in the winter sun in some sea-side resort, or playing with snow in a mountain getaway, I still look forward to these 5 days at home, for pleasure is really in what feels good to do, and not necessarily in doing anything even in paradise.

Sorrow of Youth

I am a child in youth,
Struck in the middle, confused.
Holding on days gone by,
And youth blown away,
Future knocking at my face.
I can't be too careless,
For I was forever fearless.

Joyous and reckless in youth,
Living free like no tomorrow.
Youth, the prime of life,
Why walk with curved backs?
Wrinkles painted too early,
And burden of the life to lift.
Oh, I wish to be a child again.

Silver bells of life lived,
With sagging shoulders to show,
And a face with a weary smile
Oh, they do not know.

I am a child within,
Longing for youth to spring in,
And live young to the grave.

Dr. Pavan Raj. R

YOUTH

Samuel Ullman

Youth is not a time of life; it is a state of mind; it is not a matter of rosy cheeks, red lips and supple knees; it is a matter of the will, a quality of the imagination, a vigor of the emotions; it is the freshness of the deep springs of life.

Youth means a temperamental predominance of courage over timidity of the appetite, for adventure over the love of ease. This often exists in a man of sixty more than a boy of twenty.

Nobody grows old merely by a number of years. We grow old by deserting our ideals.

Years may wrinkle the skin, but to give up enthusiasm wrinkles the soul. Worry, fear, self-distrust

bows the heart and turns the spirit back to dust.

Whether sixty or sixteen, there is in every human being's heart the lure of wonder, the unfailing child-like appetite of what's next, and the joy of the game of living. In the center of your heart and my heart there is a wireless station; so long as it receives messages of beauty, hope, cheer, courage and power from men and from the infinite, so long are you young.

When the aeries are down, and your spirit is covered with snows of cynicism and the ice of pessimism, then you are grown old, even at twenty, but as long as your aeries are up, to catch the waves of optimism, there is hope you may die young at eighty.

(Contributed by Leishiwon Kumrah)

Treasurer's Report 2012-2013 IADVL of N. E. states branch (from Dec. 2012 to Sept. 2013)

INCOME AND EXPENDITURE ACCOUNT FROM DECEMBER 2012 TO SEPTEMBER 2013

RECEIPTS	AMOUNTS	PAYMENTS	AMOUNTS
Membership Fees	16,200	Web dot com India pvt. Ltd.	3,707
Bank Interest	4,932	Bongaigoan Midterm meet expenses (Dr. A. Devsharma Rs. 44,000+ Hotel Neer Bongaigoan Rs. 1,01,350)	1,45,350
Cash in hand (last year)	50	Dr. Krishna Talukder (Air ticket to Patna for president & gen secretary Rs 19,038+ Beverage bill Rs.12,010)	31,048
From Shillong conference	50,000	Fixed deposit	1,30,000
Midterm meet collection	1,56,800	Surplus	53,252
From family of Dr TC Saikia	1,30,000		
From Aizawl conferance	5,375		
	3,63,357		3,63,357

Balance Sheet as on September '13

Liabilities, Capital Account		Assets	
Balance in SBI A/c before	1,30,469	1. SBI A/c No.30052767474	1,83,721
Fixed Deposits	4,49,361	2. Fixed Deposits-	4,49,361
Surplus:-	53,252	1. (Will be Matured On June'2014) Rs 58,703/=	
		2. (will be Matured On July'2014) Rs 15,500/=	
		3. (matured On August'2012) Rs 45,158/=	
		4. (Will be Matured On July'2013) Rs 1,00,000/=	
		5. (Will be Matured On July'2013) Rs 1,00,000/=	
		6. Deposited on Sept. 2013 Rs. 1,30,000/=	
Total	6,33,082	Total	6,33,082

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 Secretary

Dr. Jyoti Prasad Rajkhowa
Treasurer



From "Subar bon" Bus to "Baingan Bhartha" in a Taxi

Dr. Kanak Ch. Talukdar

"Subar bon" Bus : I used to visit Goalpara occasionally around 1990-91. There I had seen buses running from Goalpara to Pancharatna which were clearly labelled "Subar bon Bus" in English and Assamese. I was confused by the term. When I asked a stranger about the meaning of "Subar bon Bus" he explained confidently that the buses that ran between Goalpara and Pancharatna were known as "Subar bon" buses. When I dared to ask the reason behind such a name, the simple and proud answer he gave was that just as "city buses" ply in Guwahati, so "Subar bon Buses" shuttle between Goalpara and Pancharatna. After a few years finally I came to know that this "Subar bon Bus" were actually "Sub-urban bus", transformed "Subur-ban Bus" then to "Subar bon Bus."

Soket Jover repairing Centre: Around 1995-1999, I noticed some signboards at some roadside shops near Mirza whereupon was written "Soket Jover repairing centre". I was confused with the term. On close look I found that these were shops where old shock absorbers of scooters, bikes, cars and other vehicles were repaired by mechanics. I finally came to the conclusion that the term "Shock Absorber" was transformed to "ShockAb sorber" and then to "Soket Jover"!

"Sihu" of Brahmaputra is not Dolphin: When we were 8 or 9 years old we used to see many Gangetic dolphins in the Brahmaputra. The Gangetic Dolphin is known as Sihu in Assamese. I observed some similarity between Sihu at Brahmaputra River and pictures of dolphins in a book. When I asked my teacher whether Sihu and Dolphins were same animals, the teacher scolded me and 'taught' me that Sihu lives in the Brahmaputra and dolphins live in the sea.

Calculating genius : I hired a boy from a poor family to help me in my work when I joined Health-A Services in 1991. In return I helped him go to school. He was an expert in calculation when it comes to buying and selling in the market. But when a similar problem was asked to solve at school, he would miserably fail. He was actually a genius in informal calculation but an idiot in formal Mathematics! Once he even asked me a question, "Why does the left side of a road becomes right side when we turn back?"

In a road without a footpath which side should we walk? : Funny question, isn't it? What do you think should be the answer? Let's read further. A teacher once pointed out that the advice given in a textbook to walk on the right side of the road that does not have a footpath, is wrongly printed, and wrote to the publisher that the word "right" should be replaced by "left". The book was revised many times and few petty mistakes corrected but the sentence in question remained unaltered. What could be the matter? Still confused? Think about it.

12.30 a.m. or 0.30 a.m. : Once while compiling a medico-legal report I wrote the time of examination of a person as 0.30 a.m. instead of usual writing as 12.30 a.m. as I thought that was the correct way of writing. When the case came for hearing and I was called as witness, the judge asked me why I had written 0.30 a.m. instead of 12.30 a.m. I explained that it should be the right way of expressing the time, as the next day starts after 12 midnight but not at 12 midnight. The judge asked me, "Have you seen anybody writing that way?" I had no answer. The judge passed the judgement that I can't go against tradition!

Conference of the Millennium : In 2000, the 28th National conference of IADVL was held in Bangalore and in 2001 the 29th National conference of IADVL was held in Agra. If my memory is correct the Organiser of 28th National conference of IADVL in Bangalore claimed that their Conference was the first Conference of this Millennium, and the Organiser of the Agra Conference never mentioned the term "Millennium" in their Conference. If I am not wrong, the Conference of 2000 was the last conference of the previous Millennium and the Conference of 2001 was the first conference of the present Millennium. What do you think?

Baingan Bhartha : My two friends and I were discussing all possible food recipes from duck to eel when our taxi got caught in a long traffic jam. The most detailed discussion was about different recipes of brinjal (Baingan). At one point of time we were discussing one recipe popularly known as "Baingan Bhartha". The driver was overhearing our conversation and could partly understand our discussion. He commented that one variety of round Brinjal is known as 'Bhartha'. If that is true can the term "Baingan Bhartha" be correct?

Blue print to a happy life.....



Compiled by
Dr. Anita Baruah

01. Have a firm handshake.
02. Look people in the eye.
03. Sing in the shower.
04. Own a great stereo system.
05. If in a fight, hit first and hit hard.
06. Keep secrets.
07. Never give up on anybody. Miracles happen everyday.
08. Always accept an outstretched hand.
09. Be brave, even if you are not, pretend to be. No one can tell the difference.
10. Whistle when you feel like.
11. Avoid sarcastic remarks.
12. Choose your life's mate carefully. From this one decision will come 90 percent of all your happiness or misery.
13. Make it a habit to do nice things for people who will never find out.
14. Lend only those books you never care to see again.
15. Never deprive someone of hope, it might be all that they have.
16. When playing games with children let them win.
17. Give people a second chance, but not a third.
18. Be romantic.
19. Become the most positive and enthusiastic person you know.
20. Loosen up, relax. Except for rare life and death matters, nothing is as important as it first seems.
21. Don't allow the phone to interrupt important matters. It's there for our convenience, not the callers.
22. Be a good loser.
23. Be a good winner.
24. Think twice before burdening a friend with secrets.
25. When someone hugs you, let them be the first to let go.
26. Be modest. A lot was accomplished before you were born.
27. Keep it simple.
28. Beware of the person who has nothing to lose.
29. Don't burn bridges; you will be surprised how many times you have to cross the same river.
30. Live your life so that your epitaph could read "No Regrets".
31. Be bold and courageous. When you look back on life, you will regret the things you did not do more than the ones you did.
32. Never waste an opportunity to tell someone you love them.
33. Remember no one makes it alone. Have a grateful heart and be quick to acknowledge those who helped you.
34. Take charge of your attitude. Don't let someone else choose it for you.
35. Visit friends and relatives when they are in hospital, you need only to stay a few minutes but that really matters.
36. Begin each day with some of your favourite music.
37. Once in a while, take the scenic route.
38. Send a lot of valentine cards, sign them, "Someone who thinks you are terrific!".
39. Answer the phone calls with enthusiastic sound and energy in your voice.
40. Keep a note pad and pencil on your bedside table. Million dollar ideas sometimes strike at 3 a.m.
41. Show respect for everyone who works for a living, regardless of how trivial their job.
42. Send your loved ones flowers, think of a reason later.
43. Make someone's day by paying the toll for the person in the car behind you.
44. Become someone's hero.
45. Count your blessings.
46. Marry only for love.
47. Complement the meal when you are a guest in someone's home.
48. Wave at the children on a school bus.
49. Remember that 80 percent of the success in any job is based on your ability to deal with people.
50. Remember that talent is not always that matters. Don't expect life to be fair. Be a happy go lucky Dame.
This is life.....just enjoy, and live life king size!

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Glimpses of Mid-Cuticon, Bongaigaon, 2013





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Glimpses of Mid-Cuticon, Bongaigaon, 2013





India's First



In All Grades Of Acne



PERODUO Gel

Adapalene 0.1% w/w + Benzoyl Peroxide 2.5% w/w

The Powerful **DUO** for ACNE

- Most acclaimed and well documented combination for Acne
- Stable at room temperature
- Now approved for age group from 9 years & above

WITH LATEST CARBOMER



For the use only of a Registered Medical Practitioner or a Hospital or a Laboratory

ajanta

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