

Every family has its
 American family has its
 piece into the recent.

ups & downs in their daily life
 booms & busts in their personal
 ebb & flow of American Market.

Rest your pen



Paulo Coelho

ALL THE energy of thinking is eventually shown in the nib of a pen. Periods of inactivity are necessary — a pen that is always writing ends up losing the awareness of what it is doing. So let it rest whenever possible, and concern yourself with living and meeting your friends. When you return to the business of writing, you will find a happy pen with all its strength intact. Pens have no conscience: They are an extension of the writer's hand and desire. They serve to destroy reputations, make us dream, send news, trace pretty words of love. So, always be clear about your intentions.

The hand is where all the muscles of the body, all

the intentions of the person writing, all the effort to share what he feels, are concentrated. It is not just a part of his arm but also an extension of his thought. Hold your pen with the same respect that a violinist has for his instrument.

THE WORD: The word is the final intention of someone who wishes to share something with his neighbour. William Blake said: All that we write is the fruit of memory or the unknown. If I can make a suggestion, respect the unknown and look there for your source of inspiration. The stories and facts remain the same, but when you open a door in your unconscious and let your-

self be led by inspiration you will see that the way to describe what you have lived or dreamt is always far richer when your unconscious is guiding the pen. Every word leaves a memory in your heart — and it the sum of these memories that form sentences, paragraphs, books. Sentences do not hesitate in changing course when they make a discovery, when they spot a better opportunity. Words have the same quality as water: they go around rocks and adapt to the riverbed, sometimes turning into a lake until the depression has filled up and they can continue their journey. Because when words are written with feelings and the soul, they do not forget that their destination is the ocean of a text, and that sooner or later they have to arrive there.

Translated by
JAMES MULHOLLAND

Forgettinp cannot be forgiven. But
 Forgiving shall not be forgotten

TRAFFIC SLOGAN against DRUNKEN DRIVING

RELUISH Ur Drive with ALCOHOL
 PERISH on the roads once for all

This is how a person can spend his time usefully
 on Art & Culture to maintain Your alertness &
 not succumb to Depression (CSMAWI - Hoopsee)

WISER Counsel to Prevail on U to realize the

- 1) Life is a game — play it.
- 2) Life is a challenge — Meet it.
- 3) Life is an opportunity — Capture it.
- 4) Believe in yourself
- 5) Do not follow where the path may lead
Instead proceed where there is no path
& leave a trail of Ur walking.
- 6) There is nothing like a dream to create future
- 7) Persistence prevails when all else fails
- 8) What I do today is important because —
I am exchanging a day of my life for it
- 9) Enjoy where U are at, while U are waiting
to get to where U want to be.
- 10) Keep Ur eyes on the stars & Ur feet on ground
- 11) Count Ur many blessings.

Personal Data

NAME

P. V. RADHA KRISHNA MURTHY

Office

Residence

Date to Remember 8



FIRE HANDS

Fire hands are characterized by a square or rectangular palm, flushed or pink skin, and shorter fingers. The length of the palm from wrist to the bottom of the fingers is usually greater than the length of the fingers.

PALMISTS' READINGS



EARTH HANDS

Earth hands are generally identified by broad, square palms and fingers, thick or coarse skin, and ruddy colour. The length of the palm from wrist to the bottom of the fingers is usually equal to the length of the fingers.



WATER HANDS

Water hands have short (sometimes oval-shaped) palm, with long, flexible, conical fingers. The length of the palm from wrist to the bottom of the fingers is usually less than the width across the widest part of the palm, and usually equal to the length of the fingers.

Fingers: Five is the optimum

EVER WONDERED why we have five fingers, not six or seven in each hand? By studying mice with extra digits, a British researcher thinks he has found the answer.

If animals grow more than five digits, he says, their other limb bones get distorted to such an extent that they can't walk or run properly, dramatically affecting their ability to catch prey and flee from predators.

"It seems that five is the maximum," says Chris Hayes, who studied the abnormal mice at the Medical Research Council's Mouse Genome Centre in Harwell, Oxfordshire.

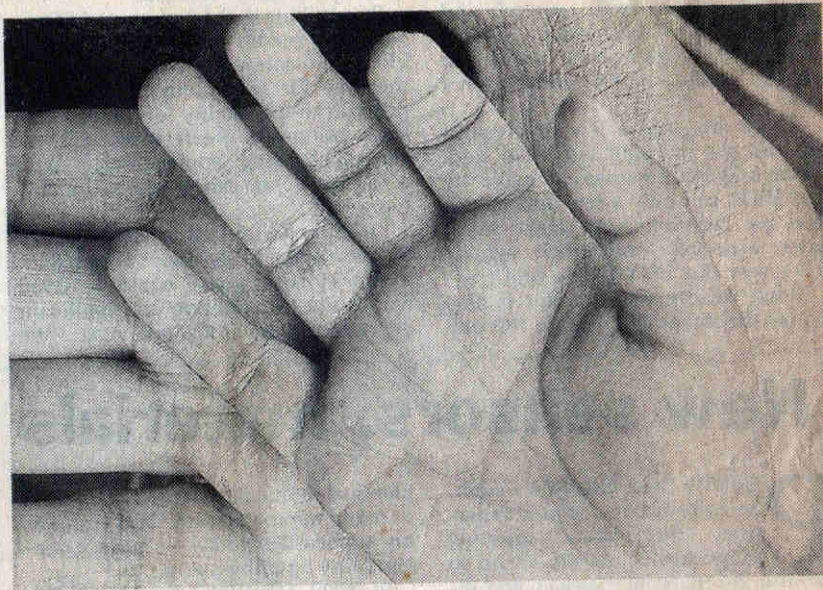
Hayes has found that extra digits stress the limbs of mice so much that they are forced to grow in an arc instead of straight.

The animals are then unable to put their feet flat on the ground, and they become angled to cope with bowed leg bones. "It affects (the) mobility and gait of animals, and that dramatically affects their ability to survive," he says.

The more extra digits, the worse the bowing and immobility, Hayes found. For example, a mouse he studied with a natural mutation called Doublefoot, giving it 10 toes on each foot, was severely affected. Other mice studied by Hayes had a defective gene called Spagluxate.

These animals also have too many digits, plus abnormal tibia bones which cause the limb to rotate.

But animals can easily cope with fewer than five digits, it seems. Hoofed animals such as horses essentially walk



If animals grow more than five digits, their other limb bones get distorted to such an extent that they can't walk or run properly.

on the tip of a finger that has been covered with a hoof in the course of evolution.

He believes that if the reverse were true, animals with more than five digits would be abundant in nature. For example, the panda has five digits on each paw plus an extra pad on its wrist for steadying bamboo shoots as it eats.

Why, Hades asks, didn't the panda simply develop a couple of extra digits to hold the bamboo? "There must be some reason why that animal would

not have prospered with more than five digits," he says. In people, however, extra digits have no impact on survival and so are quite common.

"The biggest problem for humans is probably psychological, rather than any disruption to motor abilities," says Hayes.

He says that limb deformities, which affect 1 in 500 live births, are the second most common malformation behind heart defects, which affect 1 in 200. — **New Scientist**

TUESDAY, September 14, 2010 • C7

PIRE

Coming Soon



Election 2010 Road Trip

Your ELECTION FRANCHISE is linked with your signature

Sri. V. JAGANNATHAN

Managing Director, M/s. Star Health & Allied Insurance Co. Ltd.
Chairman & Managing Director (Retd.), M/s. United India Insurance Co. Ltd.



Dr Hawley Harvey Crippen (1861-1910). Murderer

Crippen's signature is narrow with a right slant, angular, regular and fairly large, and all the letters are connected. This shows that he was an inhibited shy man with bottled-up feelings, yet headstrong, aggressive and hard.

ABC guide to graphology

Check the qualities you think you possess, then see if your handwriting confirms your opinion.

For an explanation of some of the technical terms used, see the chart below.

Upper zone	Page 12
Middle zone	Page 12
Lower zone	Page 12
Garlands and arcades	Page 16
'Pasty' and 'sharp' writing	Page 18

GRAPHOLOGY GUIDE

Quality	Style of handwriting
ADVENTUROUS	Right-slanted writing. Broad, large upper and lower zone. Firm pressure and narrow right margin.
AMBITION TO DOMINATE	Large writing, large middle and upper zones. Firm pressure, rising lines; large signature; and strong, rising 't' crosses placed high on the stem.
AMIABILITY	Medium-size writing of average width with fluent, harmonious rhythm, rounded letters and garlands.

4 BUSINESS SENSE

Large lower zone. Letters mainly connected but some disconnected. Right slant. Thread-like writing, with mixed connections or angles. Broad, medium or large size. No right margin.

5 CALM AND POISE

Upright or left-slanted regular writing, rounded letter forms, straight lines, regular spacing.

6 CARELESSNESS

Irregular writing, thread-like, broken letters with the bodies incomplete.

7 COLD NATURE

Left-slanted writing, narrow, sharp stroke. Angular letter connections and words far apart.

8 CONVENTIONALITY

Copybook connections. Writing medium size or small. Straight lines, upright or right slant with balanced zones and regular word spacing. Letters connected.

9 DECISIVENESS

Angular connections, regular writing, careful letter forms.

10 ECONOMY

Narrow, small writing with no end strokes to letters. No margins.

11 EFFICIENCY

Regular writing with angular or copybook connections. Carefully formed letters, with 'i' dots and 't' crosses accurately placed.

12 EXTRAVAGANCE

Large, broad writing, with wide left margin, large spaces between words and lines.

13 EXTROVERT PERSONALITY

Large, broad writing with a right slant. Large middle-zone words near together, with all the space filled.

EXTENSION COUNTERS

(The branch indicated in bracket is the base branch of the Extension Counter)

ABC GUIDE TO GRAPHOLOGY

14	GENEROSITY	Large, broad writing, with large garland end strokes to letters.
15	GOOD JUDGMENT	Clear, regular, legible, medium-size writing, letters connected. Upright or slight slant. Straight lines and margins.
16	IMAGINATION	Large, broad writing. Letters disconnected. Large upper and lower zones with full loops, irregular writing.
17	INDECISION	Thread-like connections, broad, irregular writing with lack of definition in letter forms.
18	INFERIORITY FEELINGS	Small, narrow writing with light pressure and left slant. Descending lines; small signature and small personal pronoun 'I'.
19	INTROVERTED PERSONALITY	Small, narrow writing with a left slant. Small middle zone and words far apart with space left vacant.
20	MODESTY	Small writing, small signature, small personal pronoun 'I' and small upper and middle zones to letters.
21	OBTRUSIVENESS	Very broad writing with firm pressure and angular connections.
22	OPTIMISM	Rising lines with a dynamic, lively stroke and rounded letter forms. Signature clear and rising, placed to the centre or right.
23	PESSIMISM	Falling lines and falling words with angular connections and broken letter forms. Signature crossed through or placed to the left.

24	PRECISION	Regular writing, straight lines and margins. Letters clearly and meticulously formed with angular connections. Accurate placing of 'i' dots and 't' crosses.
25	SECRETIVENESS	Writing completely connected with arcades or copybook, vowels such as 'o' tightly looped and sealed, cover strokes-retracing letters.
26	SELF-CONFIDENCE	Large, regular writing with large middle zone. Upright or slight slant. Large signature and large personal pronoun 'I'.
27	SELF-DISCIPLINE	Regular writing, straight lines and margins and even word spacing. Balanced zones and upright or slight slant.
28	SENSUALITY	Thick, 'pasty' stroke, broad writing but narrow word spacing. Large lower zone to letters.
P	SOCIABILITY	Broad, legible writing with harmonious rhythm. Right slant and words close together. Large middle zone, letters connected with garlands. Rounded letter forms.
30	TACT OR DIPLOMACY	Medium or small writing of average width with rounded letter forms and even pressure. Garlands, arcades or mixed connections. Upright or slight slant. Words decreasing in size and wide spaces between words.
31	TALKATIVENESS	Large, broad writing, connected with garlands. Words and lines close together.

PTO
for
32 to 37

Everyone has his own style of writing, which to a graphologist bears the indelible stamp of his personality. It is the brain, after all, that controls the movement of the hand holding the pen. It is not surprising that the movement of the pen tends to match the emotions of the writer.

Thus the exhibitionist pop-singer who wriggles and leaps all over the stage almost certainly has the large, elaborate handwriting with long, leaping stems to letters such as 'd', 'b', 'h', and 't'. And the shy housewife, who doesn't have many friends and keeps herself to herself, is likely to write small, with letters and words squashed together so that no one can pry between the gaps.

A guide to understanding graphology

Each feature of handwriting will reveal something about the writer's character. All features have to be examined and the meanings put together like a jig-saw puzzle.

Small writing usually indicates modesty, but other features, such as the width or slant of the letters, may suggest that a person with small writing is also outgoing and friendly.

Nevertheless, it is sometimes the case that one particular feature, such as the way in which the writer crosses the letter 't', dominates all the others and therefore gives a marked clue to his personality.

The hints on handwriting analysis that follow examine the subject under 12 main headings. They will not turn you into an instant expert—that can take years of study, but they indicate the main points to look for in a written sample.

Typical jobs are given where appropriate.

1. SIZE

(a) Large writing

Please may I
have you an suer

WHAT YOUR HANDWRITING REVEALS

Emotionally he is controlled. At times he seems a bit inhibited and to have restricted, unchannelled energy that makes him slightly gingery, frustrated and irritable. He can find it hard to really enjoy life. He is unconcerned with elaborate frills, immaculate clothing, self indulgence or pomposity.

Social tendencies

This writer is a reserved, cautious, exclusive sort of person. Although he is frank and open and has in no way a closed mind, he does not come forward to meet people; they can accept him as he is, on his own terms. He can add lively caustic wit at the right moment but he is not a jolly, gregarious, pleasure-loving, party man. He can be abrupt and curt with people.

Working qualities

This is the writing of a high-level 'thinker', not emotionally involved with other people and their problems. He will prefer to state his case briefly and then cut off. He is an individualist, finds it hard to co-operate and blend in. He likes to do things his way. His thinking is rather jumpy, but he can have immediate grasp and insight into a situation. His strength is his intellect, sharply observing, clarifying, pruning, arranging, and coming up with inspirational new ideas.

Based on his handwriting analysis, and on the qualities he showed at the interview, the job went to Michael, who produced Sample A.

Graphologists claim that their services can be used in many fields besides selecting candidates for jobs.

The study of handwriting, they say, could be a valuable tool for teachers and social workers in understanding those in their care.

For handwriting is frozen gesture—rather like a candid camera photograph that catches someone unawares.

What's in a signature?

Like finger-prints, everybody's signature is unique and uniquely revealing.

The changes in Napoleon's signature during the course of his life illustrate how signatures—and handwriting in general—mirror personality and the writer's reaction to events. In 1791, when he was a young sub-lieutenant, his signature was clear and legible, strong but not ostentatious. At the height of his power, his signature was abbreviated but written with fierce strokes and heavy pressure.

When his power was disappearing and he was surrounded by disaster and defeat, Napoleon's signature became confused. With the final defeat and exile, it dwindled away to a shrivelled nothing.

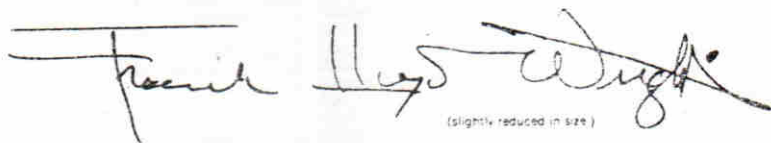
While handwriting reflects the genuine attitude of the author, a signature reflects what he wants the outside world to think of him.

If, for example, the signature is smaller than the writing in the text, then the author wishes to be thought more modest and self-effacing than he really is. Conversely, if it is larger than the text, he is pretending to be a 'bigger' personality than he thinks he really is.

When signatures and the main text look so different that they could have been written by different people, it can mean that the writer wants to protect himself, not give too much away.

Famous signatures

The terms *upper*, *middle* and *lower zone* are explained on page 12.

A handwritten signature of Frank Lloyd Wright, consisting of the words 'Frank Lloyd Wright' in a cursive, stylized script. The signature is written in black ink on a white background. The 'F' is large and capital, and the 'L' is also large and capital. The rest of the letters are smaller and more fluid. There is a horizontal line above the signature.

(slightly reduced in size)

Frank Lloyd Wright (1869-1959). American architect

One of the most inventive architects of modern times, Lloyd Wright viewed the house as a shelter which should be designed to blend, fit into and be a part of the landscape around it. He emphasised horizontal lines and large interior space in his buildings.

His signature follows the same theme. It takes up an exceptional amount of space, and it is easy to understand his 'broad view' of space. He has a defined, original, structure in form of his capital 'F' and 'L', but the interior small letter forms show neglect and are not a focus of careful attention.

Neil B. Armstrong (b. 1930).

First man to land on the moon

Notice the small, neglected middle zone and the high, thrusting upper zone—'reaching for the stars'. The writing also has a deep, penetrating lower zone. He would probably like to explore the depths as well as the heights.

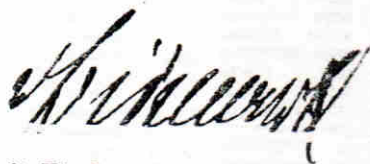
Sincerely,

Neil A. Armstrong



Fred Astaire (b. 1899). American dancer and film star

The intricate interlacing upper-zone strokes in his signature mirror the swaying and interweaving of his skilful dance movements.



Bismarck (1815-1898). The Iron Chancellor who created modern Germany.

Bismarck united Germany by a policy of 'blood and iron'. His signature is large and inflexible. The particularly large middle zone is indicative of a power complex; it is also narrow, suggesting that he was narrow-minded, beset with inner fears.



Jacob Epstein (1880-1959). Sculptor

Leading portrait sculptor of the 20th century. This signature is large and shows firm, articulate letter forms with 'body' to them, so that they stand out clearly. As with his sculpture, so with his signature: there is nothing delicate about it.

IT IS ALL TOO GOOD

E/F

FIVE Reasons to feel HAPPY

⊠ About the world we live in
⊠ The people who live in it

- ① A recent study proves that kindness is really contagious — because people who benefit from a good deed are more likely to go on to help others (paying it forward actually works)
- ② Because SOAP can help foster ^{WORLD} PEACE
"Kiss my Face" has donated 100% of profits from its new line of SOAP to "SEEDS" a nonpolitical, nonprofit orgn ^{PEACE} dedicated to bringing better and empowering teens from regions like Middle East & South Asia
- ③ Because Real Winds do happen —
A large chequ for \$11k kept in total wind shield got blown out of car by a gust of wind & was taken for granted as lost — but returned to owner within 2 weeks with a note: "This was too important not to return"
- ④ Because everyone deserves a fresh start —
One W started a program to help female ex-cons find housing, jobs & rehabilitation — even free haircuts
- ⑤ Because Dogs also can be heroes too —
The family's Queen of healers dog saved Victoria's (3 yr old) life by keeping her warm & alert on the Arizona hills



SUNIL K. POOLANI

Write stuff, right stuff

Though I have written — and continue to write — for several national and international print and electronic journals, I have never received the kind of responses I get from the readers of the paper you are now holding in your hands.

The responses have been a torrent, if not mind-blowing, and they are of all kinds: prospective authors trying to send their manuscripts, criticisms (reiterating that my writing is pretentious), overwhelmingly patronising.

But I was touched when, last week, a Chakravarti from a small Andhra Pradesh town, wrote to me, requesting, I should bestow on him tips to improve his writing skills, and tell him which all books would eventually ensure that. He wanted to write a “good manuscript”.

and that is a pity.

Now, many readers may think this is a devious digression — from someone as meticulous and marvellous as Orwell to, well, a carefree and iconoclastic Hunter S. Thompson. But Thompson, mainly due to his irreverence to everything around him, shaped the way I thought and wrote. And I was particularly in awe of the company (of the New Journalism ‘movement’) he kept.

A great collection that I still admire is *The New Journalism*, edited by Tom Wolfe and E.W. Johnson. This comprised the best “literary” journalistic pieces I have ever read, written by — apart from Thompson and Wolfe — Rex Reed, Norman Mailer and Truman Capote. Fully doped, Thompson wrote *The Kentucky Derby is Decadent and Depraved*, a seminal sports article; it still remains a marvel in both journalism and literature — a rare achievement.

I, a college dropout, am hardly a person to help him, I told him as much, but promised I would share some thoughts that had cropped up while delighting in some good writings that I have come across in my short life.

For me, George Orwell is God; he will always be. Apart from his 1984 and *Animal Farm*, those great political expositions in literature vivifying the traps of both capitalist and communist hegemonies, I was really fascinated with his non-fiction, which talked about the English language and its use.

For any writer worth her or his salt, *Politics and the English Language*, *Why I Write and Writer* and the *Leviathan* are must-reads that should be imbibed into the system. When I compiled the above three essays for a volume one year ago, Ramachandra Guha wrote in the Foreword, "(Orwell's) clarity of language, his moral courage, and his principled independence from party politics set him apart from the other writers of his generation, and from those who have followed since."

Orwell was always consistent with his claim that prose degenerated into purple passages whenever it lacked political purpose. And as Orwell once said, "(English) becomes ugly and inaccurate because our thoughts are foolish, but the slovenliness of our language makes it easier for us to have foolish thoughts." He died an untimely death,

Thompson's much-publicised work is the *Fear and Loathing* series. Nevertheless, his short works, published mostly posthumously, really stand out. In *The Mailbox* he talks about his confrontation with the FBI and he sums the article thus, "Never believe the first thing an FBI agent tells you about anything — especially not if he seems to believe you are guilty of a crime."


If you are in the august company of Orwell and/or Thompson, who needs to dope? Or a stiff drink?

TAILPIECE

I used to work with a national weekly some years ago. We were bringing out a special on Orwell on his 50th death anniversary. A trainee sub-editor was asked to make the page in which we were reproducing *Politics and the English Language*. When I was checking the page before sending it to the press I realised there was something amiss in the Orwell classic. What happened, I asked the scribe. His reply, "Well, the whole article did not fit in the page, so I had to edit it." Now, that is what I call guts.

The writer is the publisher and managing editor, Frog Books, an imprint of Leadstart Publishing Pvt Ltd, Mumbai. Write to him at poolani@gmail.com

JIAH'S HANDWRITING SHOWS THAT SHE WAS SENSITIVE, ALOOF, CARRIED A BAGGAGE OF HURT



We asked handwriting expert Vinit Bansode to deduce Jiah Khan's state of mind and personality traits from an analysis of the handwriting in her suicide note. Here's what he has to say

She comes across as very sensitive, compassionate; a person who prefers to be independent. She actually enjoys being alone and prefers to be aloof. Quiet, introverted, organised and meticulous, she also has the traits of a thinker and a good strategist. These kind of people need constant mental activity. She was loving and caring, liked her space and soli-

tude, not a very social person. She wouldn't enjoy partying and socialising and would have very few friends. But her handwriting also shows a high degree of fear, insecurity, low self-esteem, dependence on others and a submissive nature. These people find it hard to handle hurt and rejection. They have difficulty raising their voice against injustice.

The connection between handwriting and personality traits

People who have a small handwriting prefer to be indoors. They are thinkers—they like to read, research, introspect. All researchers and scientists across centuries and cultures have had a small handwriting. But they are low on social confidence.

When I tried my hardest to make your birthday special. You chose to be away from me on Valentine's day. You promised me once we made it to one year we would get engaged. All you want in life is partying, your women and your selfish motives. All I wanted was you and my happiness.

CURVY WRITING — SOFT-HEARTED

Jiah's curvy handwriting says that she is very soft at heart; loving, caring, approachable and understanding. But she could also be taken for a ride because of an inability to say no.

I don't like
But I might
nothing to
everything
I might
to leave. I
not have
me deeply
myself in
tormented me
see no lie
to wake up

STACKED LEFT MARGIN — ORGANISED

Jiah's handwriting shows the left margin is well-stacked. That tells us about her organised behaviour. If her margins are organised, everything in her personal space would've been organised. Like they say, the way you do one thing, you do most things that way.

I don't like
But I might
"

STRAIGHT I — PERSONAL FREEDOM

The capital alphabet 'I' is a very important alphabet in handwriting analysis (graphology). Jiah's 'I' is just a straight, vertical line, which means personal freedom and space were very important to her.

denier when I came back. When I tried my hardest to make your birthday special. You chose to be away from me on Valentine's day. You promised me once we made it to one year we would get engaged. All you want in life is partying, your women and your selfish motives. All I wanted was you and my happiness.

SPACED OUT WORDS — ISOLATION

The space between her words is gradually increasing from the first line to the last. That shows that she was getting

more isolated day by day. Also, there is consistently more space around the letter 'T', which increases the intensity of isolation.



Jiah Khan

I don't like
But I might
"

LOOPED d — SENSITIVE

Jiah has upper loops in the alphabet 'd'. That says a lot about her sensitivity and the

ability to handle criticism, hurt, taunts, etc. These people carry the baggage of past hurt and it's difficult for them to enjoy the present. They live their lives in the past. Unfortunately, they choose to remember more bad memories of the past. To avoid getting hurt in return, they learn to be extremely soft-spoken, and are often taken for granted.

to read

LOW T-BAR — LOW SELF-ESTEEM

The most important trait seen in Jiah's handwriting, one which is consistent

throughout, is the horizontal stroke on the small letter 't', also called the 't-bar'. Her t-bar is placed very low on the vertical 't' stroke. This shows her low self-esteem. These people value their life less. They feel inferior about themselves and their lives. They find it extremely difficult to handle a dominating person. They become submissive and often choose to escape from the problems of life.

LIFE STYLE

Staying awake long hours can make you fat

The word, obese, is thrown around a lot now-a-days. The complex medical problem is defined as excessive storage of fat — men with more than 25% fat and females with more than 30% fat are considered obese.

Excess of fat predisposes a person to diabetes mellitus, heart diseases, obstructive sleep apnoea, hypertension, osteoarthritis, cancer and other life-threatening diseases.

In addition to genetic, environmental, behavioural, and social factors, healthy adults with late bedtimes and chronic sleep restriction are also susceptible to weight gain. A sleep deprived body is more apt to generate hormones that increase its appetite. Low levels of leptin and increased

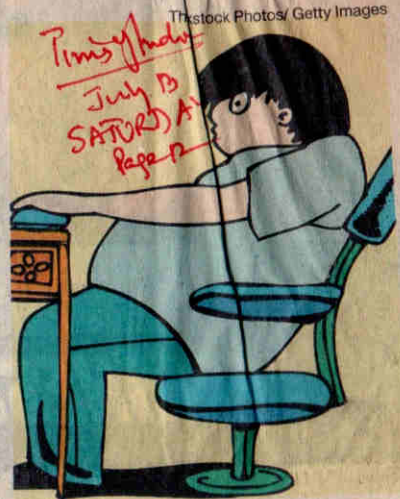
cortisol levels causes increased hunger, which not only makes one more hungry, but also makes one crave for fattier, sugary, high carb foods.

Weight loss is achieved with healthy eating and regular activity, while fat loss can be best achieved through non surgical, non-invasive, painless treatments, wherein fat cells are targeted, causing its breakdown and resulting in an instant loss of 1-3 inches of fat.

To know more about sculpting your body the right way, visit Instasculpt centres at Begumpet and Himayath Nagar.

For appointment, call 1800-267-7575 between 10 am to 8 pm or SMS INSTA to 57575.

Email: appointment@insta-sculpt.com or visit: www.insta-sculpt.com



Thstock Photos/ Getty Images

Painkillers can up heart attack risk

Kounteya Sinha | TNN

London: Two of the world's most common painkillers taken in high doses over a long period of time increases the chances of heart attack.

The painkillers Ibuprofen and Diclofenac, called non-steroidal anti-inflammatory drugs (NSAIDs), are used by millions of Indians. A study announced by the Lancet on Thursday showed that 11 out of 1,000 people who pop these pills regularly and in high doses will suffer a heart attack.

High doses of NSAIDs, researchers say, increases the

and death) by around a third, mainly by increasing the risk of heart attacks.

Importantly, the risk is highest in those with a previous history of heart disease or people prone to high blood pressure or cholesterol.

NSAIDs have been used by people with inflammatory disorders like rheumatoid arthritis. Earlier research has linked their use with an increased risk of serious gastrointestinal complications, while a new generation of NSAIDs (coxibs) developed to reduce these gastrointestinal side effects

APRIL	MAY	JUNE
1 SUN	1 TUE	1 FRI
2 MON	2 WED	2 SAT
3 TUE	3 THU	3 SUN
4 WED	4 FRI	4 MON
5 THU	5 SAT	5 TUE
6 FRI	6 SUN	6 WED
7 SAT	7 MON	7 THU
8 SUN	8 TUE	8 FRI
9 MON	9 WED	9 SAT
10 TUE	10 THU	10 SUN
11 WED	11 FRI	11 MON
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13 FRI	13 SUN	13 WED
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21 SAT	21 MON	21 THU
22 SUN	22 TUE	22 FRI
23 MON	23 WED	23 SAT
24 TUE	24 THU	24 SUN
25 WED	25 FRI	25 MON
26 THU	26 SAT	26 TUE
27 FRI	27 SUN	27 WED
28 SAT	28 MON	28 THU
29 SUN	29 TUE	29 FRI
30 MON	30 WED	30 SAT
31 TUE	31 THU	

Reading books could boost your brainpower

New research suggests that reading books, writing and participating in brain-stimulating activities at any age may preserve memory. The study is published in the journal *Neurology*.

"Our study suggests that exercising your brain by taking part in activities such as these across a person's lifetime, from childhood through old age, is important for brain health in old age," said author Robert Wilson, with Rush University Medical Center.

For the study, 294 people were given tests that measured memory and thinking every year for about six years before their deaths at an average age of 89. They also answered a questionnaire about whether they read books, wrote and participated in other mentally stimulating activities during childhood, adolescence, middle age and at their current age.

After they died, their brains were examined at autopsy for evidence of the physical signs of dementia, such as lesions, brain plaques and tangles.

The research found that people who participated in mentally stimulating activities both early and late in life had a slower rate of decline in memory compared to those who did not participate in such activities, after adjusting for differing levels of plaques and tangles in the brain. Mental activity accounted for nearly 15 per cent of the difference in decline.

The study found that the rate of decline was reduced by 32 per cent in people with frequent mental activity in late life, compared to people with average mental activity, while the rate of decline of those with infrequent activity was 48 per cent faster than those with average activity.



AUGUST

1 WED

2 THU

3 FRI

4 SAT

5 SUN

6 MON

7 TUE

8 WED

9 THU

10 FRI

11 SAT

12 SUN

13 MON

14 TUE

15 WED

16 THU

17 FRI

18 SAT

19 SUN

20 MON

21 TUE

22 WED

23 THU

24 FRI

25 SAT

26 SUN

27 MON

28 TUE

29 WED

30 THU

31 FRI

MBER

W

0009

W 4

W 47

700

W 48

SUN-DASA 2

Monday

JANUARY

DECEMBER							2005							JANUARY						
W	M	T	W	T	F	S	W	M	T	W	T	F	S	W	M	T	W	T	F	S
48				1	2	3	4	52	30	31				1	2	3	4	5	6	7
49	5	6	7	8	9	10	11							2	9	10	11	12	13	14
50	12	13	14	15	16	17	18							3	16	17	18	19	20	21
51	19	20	21	22	23	24	25							4	23	24	25	26	27	28
52	26	27	28	29	30	31	-							4	23	24	25	26	27	28

During Sun-DASA,

there will be long involvement with Public life with focus on finances, career, education, travel and acquisition of land. The affairs of the SUN rules (Vashishta) and occupancy in the birth chart will be emphasized in this period of 6 years in VIM DASHA, if the SUN occupies the 6th, 8th, or 12th house in the birth chart for 6 or 6 otherwise poorly placed, there may be

- ① Loss of position

- ② Illness related to Eyes or Teeth

- ③ Difficulties with authoritative figures; the father or anything connected with the paternal line including inheritance

This ill placed Sun could cause damage in his ^{SUB}planet via manhood of the planet - by which it does not maintain a healthy relationship.

Further Rikha movements of planets will also affect the results marginally on ± side

MARCH							2006								
	M	T	W	T	F	S	S								
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	-

Op 3

Tuesday

JANUARY

Handwriting

003-362 Week 1

Graphologists say that the study of handwriting, could be a valuable tool for teachers & social workers etc in understanding those under their care; for handwriting is a frozen gesture rather like a CANDID CAMERA photograph that catches someone unawares unwittingly.

Everyone has his own style of writing, which to a graphologist bears the indelible stamp of personality. After all, it is the brain that controls the movement of the hand holding the pen. It is not surprising that the movement of the pen tends to match the emotions of the writer.

2006							MARCH							2006												
1	2	3	4	5	6	7	W	M	T	W	T	F	S	S	8	9	10	11	12	13	14	15	16	17	18	19
10	11	12	13	14	15	16	16	17	18	19	20	21	22	23	24	25	26	20	21	22	23	24	25	26		
17	18	19	20	21	22	23	27	28	29	30	31	-	-	-	27	28	29	30	31	-	-	-	-	-	-	-

7 Saturday
JANUARY

To quote from my personal experience, two youngmen, aged in their thirties, roized up each other intensely & tried to kill their nervous minutes with their small talk as they wait for a call from inside. Both were after the same job, with more or less same field experience & in terms of qualifications & professional experience there was nothing to choose between them. They knew it & the interview panel knew it. After the interview, faced with the problem

8 Sunday

of choosing between the two, the selection panel had done. Most large companies are doing to call in the graphologist.

an expert in the analysis of handwriting

2006							MARCH							2006							
S	S	S	S	S	S	S	W	M	T	W	T	F	S	S	S	S	S	S	S	S	S
							9		1	2	3	4	5								
							10	6	7	8	9	10	11	12							
							11	13	14	15	16	17	18	19							
							12	20	21	22	23	24	25	26							
							13	27	28	29	30	31	-	-							

5 What Ur Handwriting
reveals?
 Thursday
 JANUARY

Like a candid photograph snapped in an unguarded moment, ^{your} handwriting

can say more about you than what you may think. No matter,

how you are taught, to write @ school,

your handwriting will eventually

take you on your own personal style

and become a unique personal guide

to your character. For example,

a pop singer who keeps all over the stage

has certainly the large, elaborate handwriting

with long looping stems & letters like d, b, h...

While the shy housewife who mostly

keeps herself to herself, is likely to write

small ^{with} letters & words squashed together

so that no one can interpolate in between

2006	MARCH	2006
1 2 3 4 5	6 7 8 9 10 11 12	13 14 15 16 17 18 19
20 21 22 23 24 25 26	27 28 29 30 31	-

10 Tuesday
JANUARY

To many people

010-355 Week 2

Graphology is no more than a parlour game, on a level with palmistry, or reading the tea leaves. But most of our business firms, are serious enough to advertise in the job-forge notices to ask all the applicants to apply in their own handwriting, so that the candidates could be selected into some form-facie applications wrt the needs & requirements of the job.

Based on the handwriting Analysis the qualities are shown at the interview table. The candidate can be selected. The study of handwriting could be a valuable tool for teachers & social workers for understanding people in their personal care:

W	M	T	W	T	F	S	S
9			1	2	3	4	5
10	6	7	8	9	10	11	12
11	13	14	15	16	17	18	19
12	20	21	22	23	24	25	26
13	27	28	29	30	31	-	-

12 Thursday
JANUARY

012-358 Week 2

Each feature of the handwriting
 can reveal something about the
 writer's character. All features have
 to be examined & the results put
 together like a jig-saw puzzle.
 For example
 a small hump indicates modesty,
 but other features such as WIDTH,
 or slant of the letters, may suggest
 that a person with a small writing
 is also outgoing & friendly. All
 said & done, it is sometimes the case
 that one particular feature, such as
 the way with which he crosses the letter "t"
 dominates all others as a marked clue
 to his personality, which is unique.

14 Saturday
JANUARY

Usually the hand writing analysis
examine the subject under 12 headings

a) Large writing: as a sign of AMBITION

It a desire to think BIG &
more often they are successful.
like American Presidents.

The only exception was Mahatma Gandhi
who had a very small hand writing
His method of leadership was to humble
himself, in order to lead "from below"

b) SMALL WRITING: People with small writing
tend to be modest & shun publicity

People with

c) LEFT SLANT: 15 Sunday tend to stay
in their own shell while

015-350 Week 2

d) RIGHT SLANT people come forward
to meet other people boldly.

W	M	T	W	T	F	S	S
9			1	2	3	4	5
10	6	7	8	9	10	11	12
11	13	14	15	16	17	18	19
12	20	21	22	23	24	25	26
13	27	28	29	30	31	-	-

17 Tuesday
JANUARY

e) VARYING SLANT indicates that a person is unpredictable with changing inclinations & standing at the crossroad.

f) Upright letters indicate that the writer has more control over himself. Completely vertical writing is a sign of poise, calm & self-reliance & neutral attitude towards most things.

Both Queen Elizabeth & Prince Phillip have upright handwritings.

(g) People with narrow handwritings tend to hold all restricted views.

h) A broad writer is always likely to spread himself around in a train or a hotel foyer.

W	M	T	W	T	F	S	S
9		1	2	3	4	5	
10	6	7	8	9	10	11	12
11	13	14	15	16	17	18	19
12	20	21	22	23	24	25	26
13	27	28	29	30	31	-	-

(i) People who stick to the copy book dimensions have a good sense of proportion.

j) just as walking is steady & disciplined so is the person. who walks symmetrical

k) The person who links his letters together concentrates on details rather than the whole.

l) the person who links his letters together sees the logical order in which things are ought to be done. and problems solved. His conversations flow easily & he mixes well with all other people in the household because he understands relationships.

W	M	T	W	T	F	S	S
9		1	2	3	4	5	
10	6	7	8	9	10	11	12
11	13	14	15	16	17	18	19
12	20	21	22	23	24	25	26
13	27	28	29	30	31	-	-

21 Saturday
JANUARY

Margins

m) Coming to the Margins, the Letter who leaves no left margin at all is like the swimmer who chings to the edge of the pool due lack of self confidence

o) The person who rushes to the edge of the paper, leaving no margin at all, is probably un inhibited and very much involved with everyone & everything around him.

p) Letter who leave no margin at all & goes to the 22 Sunday extent of turning the letter upside down & writing last letters on the address space are considered economical & THRIFTY but no ARTISTIC SENSE.

2006							MARCH							2006							
S	M	T	W	T	F	S	W	M	T	W	T	F	S	S	M	T	W	T	F	S	
1	2	3	4	5			9			1	2	3	4	5	1	2	3	4	5	6	7
6	7	8	9	10	11	12	10	6	7	8	9	10	11	12	13	14	15	16	17	18	19
13	14	15	16	17	18	19	11	13	14	15	16	17	18	19	20	21	22	23	24	25	26
20	21	22	23	24	25	26	12	20	21	22	23	24	25	26	27	28	29	30	31	-	-
27	28	29	30	31	-	-	13	27	28	29	30	31	-	-							

24 Tuesday
JANUARY

024-341 Week 4

q) When the writing is steady, disciplined & symmetrical, it reflects the personality of the person as it is. He is unlikely to be late for any appointments or a dinner or to office.

r) The irregular pattern reflects the writer in an obvious manner. Also they may be original thinkers.

s) The person who links his letters together sees the logical order in which his things ought to be done & problems solved. His conversation flows easily and he mixes well with other people because he understands relationship.

2006					MARCH					2006					
S	M	T	W	T	W	M	T	W	T	F	S	S	S	S	S
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	-

26 Thursday
JANUARY

026-339 Week 4

1) Sharp looking suggests a puntan sheek, a lack of sensuality & interests that are spiritual & intellectual

2) The person who notes rising notes, acts according to his moods. Just as a rising notes in music, tend to be more exciting & uplifting than those which go down the scale, so to talk writing as well.

3) People who leave large gaps between their words are usually clear minded.

4) Very very small space between words indicate that the writer likes people around him for most of the time. He is indiscriminate in his choice of friends.

2006							2006						
MARCH							JANUARY						
W	M	T	W	T	F	S	W	M	T	W	T	F	S
1	2	3	4	5	6	7	9	10	11	12	13	14	15
8	9	10	11	12	13	14	16	17	18	19	20	21	22
15	16	17	18	19	20	21	23	24	25	26	27	28	29
22	23	24	25	26	27	28	30	31					
29	30	31											

28 Saturday
JANUARY

*) All of us are taught in school
to join letters in copy book connections
Some show to the copy book while most
find their own connections;

- 1) The person with stiff angular connections
is firm, strong minded &
uncompromising & terse.
- 2) People who make garland-like
script are friendly, receptive, kind
& lacking in aggression.
- 3) People who write in a thread like way
are insecure & uncertain
unable to make definite or
clear-cut decisions about
fancy matters.

29 Sunday

029-336 Week 4 •

2006					MARCH							2006					
W	T	F	S	S	W	M	T	W	T	F	S	S	W	T	F	S	S
1	2	3	4	5	9			1	2	3	4	5					
6	7	8	9	10	10	6	7	8	9	10	11	12					
13	14	15	16	17	11	13	14	15	16	17	18	19					
20	21	22	23	24	12	20	21	22	23	24	25	26					
27	28	29	30	31	13	27	28	29	30	31	-	-					

31 Tuesday
JANUARY

031-334 Week 5

4) When a person puts too much pressure on his signature, is full of energy & vitality.

3) These two write lightly, can be sensitive, tender or perceptible. But they can fall short of any determination or stamina.

2006							APRIL							2006							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
							13						1	2							
7	8	9	10	11	12		14	3	4	5	6	7	8	9							
14	15	16	17	18	19		15	10	11	12	13	14	15	16							
21	22	23	24	25	26		16	17	18	19	20	21	22	23							
28	29	30	31	-	-		17	24	25	26	27	28	29	30							

2 Thursday
FEBRUARY

SIGNATURE

033-332 Week 5

Like fingerprints, everybody's signature is unique & uniquely reveals. White handwriting reflects a genuine attitude of the author, a signature reflects what he wants the outside world to think of them. For example, if the signature is smaller than the writing then the author wishes to be thought more modest & self-effacing than he really is. Conversely, if it is larger than the text, he is pretending to be a "bigger" personality than he thinks he is really is. When the signatures are quite different, it means that the writer wants to protect himself, not to give too much away.

2006							APRIL							2006									
S	S	F	T	F	T	S	W	M	T	W	T	F	S	S	1	2	3	4	5	6	7	8	9
10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	-	-

4 Saturday
FEBRUARY

035-330 Week 5

Mahatma Gandhi (1869-1948)

Lawyer & leader in Freedom Movement for Indian Independence
Signature is very small - the style of penmanship was to humble himself

ADOLF HITLER : Dictator

This signature is virtually illegible, very angular & rigid with sharp cuts

Charles Chaplin : (1889-1977) Filmmaker

Looking like right-ward & sharp angle

Charles Darwin : Naturalist who proposed Theory of Evolution

Thomas Alva Edison : American Inventor

036-329 Week 5

Edison's signature is upright with small letters - carefully formed, showing a calm deliberate & unhurried disposition

10) Smartest People in Technology

23 Thursday
FEBRUARY (TECH SAVVY)

2006 APRIL						
W	M	T	W	T	F	S
13					1	2
14	3	4	5	6	7	8
15	10	11	12	13	14	15
16	17	18	19	20	21	22
17	24	25	26	27	28	29
30						

054-311 Week 8

Winston Churchill once said this:

The empires of the future are empires of the mind.
These words have never held more weight.
Our greatest technological advances do not
come through physical might, tools or cash,
but through intellect & imagination.

FORTUNE magazine has taken pains
to introduce to us TEN of the field's Brainiest Brains

These are the people whose collective intelligence
propels us into a future that looks nothing
like the present. They have dreamed
up phones that let us surf the INTERNET
websites that help us feel more connected.
They are smart because they apply their
mind to investments that have potential
to change their lives or at least life styles.
You may not find Phron Plymouth, Nicholas Copernicus
or Bill Gates in our list. And it's a ranking
based on a pure IQ chart.

W	M	T	W	T	F	S	S
						1	2
3	4	5	6	7	8	9	
10	11	12	13	14	15	16	
17	18	19	20	21	22	23	
24	25	26	27	28	29	30	

To **25** Saturday
FEBRUARY

arrive at this list,
FORTUNE reached out to nearly 100 aspirants
056-309 Week 8
know trusted advisers experts to select nominees
You can check them out on FORTUNE.COM
to Smartest.

- 1) Smartest CEO: STEVE JOBS, a visionary
CEO APPLE (55 yrs)
- 2) Smartest Analyst: MARY MEEKER
Analyst, MORGAN Stanley (52 yrs)
- 3) Smartest founder: MARK ZUCKERBERG
CEO, face-book (21 yrs)
(college dropout)
- 4) Smartest Engineer: CHRISTOPHER BISCIGLIA
Co founder, CLOUDERA. (29 yrs)
- 5) Smartest Designer: JONATHAN IVE
Senior V.P. of Industrial Design Apple (43 yrs)
- 6) Smartest Investor: JIM BRAYNER
APPLE PARTNER (38 yrs)
26 Sunday 057-308 Week 8
- 7) Smartest Hybrid: James CAMERON
Director Avatar. (56 yrs)
- 8) Smartest Scientist: Robert CORRIS
VP Senior Research IBM (55)
- 9) Smartest Academic: DANNA ROY
MICROSOFT Research (32 yrs)

2006	APRIL	2006
W T F S S	W M T W T F S S	1 2
13	14 3 4 5 6 7 8 9	
15	10 11 12 13 14 15 16	
16	17 18 19 20 21 22 23	
17	24 25 26 27 28 29 30	

16 Thursday
FEBRUARY

047-318 Week

Teachers of today are a hurried and

busy lot. With tonnes of answer sheets to correct, they are inclined to avoid making marks to a readable matter than one written in a haphazard, hurried & clumsy.

A brilliant student will become top ranker if he can develop good handwriting.

TYPES of HAND WRITING Handwriting is 3 Types:

- ① Straight (2) Right slant (3) LEFT slant

Before choosing your style, write a page & see which attracts you most & then develop.

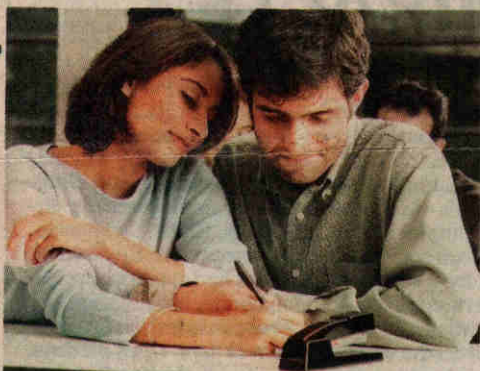
And the three styles of handwriting are:

- 1) writing on the line 2) above the line 3) below the line

For myself write in between the two lines. This accommodates a bigger handwriting style than above & below the line. Anyway, it is an individual choice of each writer.

JANUARY							2006	FEBRUARY						
W	M	T	W	T	F	S	S	W	M	T	W	T	F	S
52	30	31					1	5		1	2	3	4	5
1	2	3	4	5	6	7	8	6	6	7	8	9	10	11
2	9	10	11	12	13	14	15	7	13	14	15	16	17	18
3	16	17	18	19	20	21	22	8	20	21	22	23	24	25
4	23	24	25	26	27	28	29	9	27	28	-	-	-	-

Write choice



Alex Mathew, a former banker, was blessed with great handwriting which always made him the first choice at office to pen words on greeting cards, envelopes and letters. Gradually, he observed that what came so naturally to him wasn't so easy for others, especially kids. "Most children struggle with their writing, resulting in mistakes, and a bad impression," says Mathew.

Don't lose precious marks to bad handwriting. Here's how to make an impression with your writing

WHY IT'S ESSENTIAL

Teachers today are a harried and busy lot. With tonnes of answer-sheets to correct, they will naturally be inclined to award more marks to a clean, beautifully written paper. A brilliant student can be a top ranker with good handwriting.

HANDWRITING TYPES

Handwriting is of three types: Straight, Right slant and Left slant. To choose what suits you best, write a small paragraph — if most alphabets are straight, you have a straight handwriting. Whatever you choose, just ensure you adhere to that style forever.

WATCH OUT FOR GRIP

Hold the pen/pencil with the thumb to the left, the index or the forefinger on top and supported by three fingers from the underside. The lower part of the pen/pencil should rest on the middle-finger while the upper part should rest on the knuckles.

PAPER POSITION

Keep the paper at an angle to the edge of the table to ensure a gap between the writing hand and the body for smooth movement.

CORRECT HAND POSITION

Always make proper use of the table surface. The hand shouldn't come below the table surface and dangle in the air.

FOLLOW THESE TIPS

- Try to write without cancellations or over-writing. If you need to cancel, do it with a neat line over the word.
- Write all words on the line.
- Do not mix up slants.
- Maintain space between words.
- Give two finger spacing when you start a new paragraph.

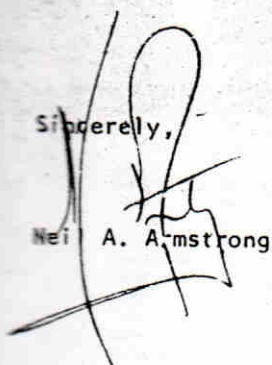
WHAT'S IN A SIGNATURE?

Neil B. Armstrong (b. 1930).

First man to land on the moon

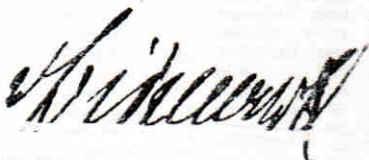
Notice the small, neglected middle zone and the high, thrusting upper zone—'reaching for the stars'. The writing also has a deep, penetrating lower zone. He would probably like to explore the depths as well as the heights.

Sincerely,
Neil A. Armstrong




Fred Astaire (b. 1899). American dancer and film star

The intricate interlacing upper-zone strokes in his signature mirror the swaying and interweaving of his skilful dance movements.



Bismarck (1815-1898). The Iron Chancellor who created modern Germany.

Bismarck united Germany by a policy of 'blood and iron'. His signature is large and inflexible. The particularly large middle zone is indicative of a power complex; it is also narrow, suggesting that he was narrow-minded. Bored with inner fears.



Jacob Epstein (1880-1959). Sculptor

Leading portrait sculptor of the 20th century. This signature is large and shows firm, articulate letter forms with 'body' to them, so that they stand out clearly. As with his sculpture, so with his signature: there is nothing delicate about it.

2006	APRIL							2006							
W	M	T	W	T	F	S	S	W	M	T	W	T	F	S	S
13						1	2	13						1	2
14	3	4	5	6	7	8	9	14	3	4	5	6	7	8	9
15	10	11	12	13	14	15	16	15	10	11	12	13	14	15	16
16	17	18	19	20	21	22	23	16	17	18	19	20	21	22	23
17	24	25	26	27	28	29	30	17	24	25	26	27	28	29	30

14 Tuesday
FEBRUARY

045-320 Week 7

Handwriting is a reflection
of the individual's character

Most children struggle with their writing, resulting in mistakes & a bad impression with their teachers & parents. Said Alex Mathew Ornela, a famous writer Alex, a former banker was blessed with a great handwriting, which always made him the first choice at office to pen words on greeting cards, envelopes & letters. Gradually, he observed that what came naturally to him was no so easy for others especially kids at school level. Once the difficulty is overcome at school stage, it can be maintained for life. That is my own experience that I want to pass on to my...

2006	APRIL							2006
W	M	T	W	T	F	S	S	
13						1	2	
14	3	4	5	6	7	8	9	
15	10	11	12	13	14	15	16	
16	17	18	19	20	21	22	23	
17	24	25	26	27	28	29	30	

18 Saturday
FEBRUARY

Style of holding the Pen or Pencil 049-316 Week 7

Hold the pen/pencil with the thumb & the left, the index or finger on the top supported by the other three fingers from the underside. The lower part of pen/pencil should rest on the middle finger while the upper part should rest on the knuckles.

Paper Position is the next essential requirement.

Keep the paper at an angle to the edge of the table to ensure a gap between the writing hand & the body for smooth movement of writing straight.

Correct Hand Position is the signature of a good handwriting.

Always make a proper use of the surface of the table.

19 Sunday 050-315 Week 7

The hand should not come below the table surface and dangle in the air. To ensure perfect writing

you can use a writing plank to connect

the ~~beam~~ ^{base} of the hand on the table supporting

You can follow these writing tips

- ① Have a firm grip on Pen/pencil (are sitting with)
- ② The writing surface is steady & firm
- ③ The difference in the level of your sitting & the writing surface is connected by a writing plank
- ④ Try to write without cancellations/overwriting
- ⑤ If you need to cancel, do it with a neat line over the word
- ⑥ Write all words on the line
- ⑦ Do not mix up slants
- ⑧ Maintain reasonable space between words
- ⑨ Give two finger spacing when you start a new paragraph
- ⑩ Pray to God (any of your favourite Gods) before starting a new write up

If you follow these ten tips, I am sure you will make a good impression with your writing &

2006

APRIL

2006

W	M	T	W	T	F	S	S
13						1	2
14	3	4	5	6	7	8	9
15	10	11	12	13	14	15	16
16	17	18	19	20	21	22	23
17	24	25	26	27	28	29	30

21 Tuesday

FEBRUARY

finally,

052-318 Week 8

You can follow these writing tips

- ① Have a firm grip on Pen/pencil (are using LATE)
- ② The writing surface is steady & firm
- ③ The difference in the level of your sitting & the writing surface is connected by a writing plank
- ④ Try to write without cancellations/waivering
- ⑤ If you need to cancel, do it with a next line over the word
- ⑥ Write all words on the line
- ⑦ Do not mix up slants
- ⑧ Maintain reasonable space between words
- ⑨ Give too large spacing when you start a new paragraph
- ⑩ Pray to God (any of your favourite Gods) before starting a new write up

If you follow these ten tips, I am sure you will make a good impression with your writing.

2006	APRIL	2006
1 2 3 4 5	W M T W T F S S	1 2
6 7 8 9 10 11 12	14 3 4 5 6 7 8 9	
13 14 15 16 17 18 19	15 10 11 12 13 14 15 16	
20 21 22 23 24 25 26	16 17 18 19 20 21 22 23	
27 28 29 30 31 - -	17 24 25 26 27 28 29 30	

finally

052318 Week 8

You can follow these writing tips

- 1) Have a firm grip on pen/pencil & are sitting well
- 2) The writing surface is steady & firm
- 3) The difference in the level of your sitting & the writing surface is connected by a writing plank
- 4) Try to write without cancellations/overwriting
- 5) If you need to cancel, do it with a neat line over the word
- 6) Write all words on the line
- 7) Do not mix up slants
- 8) Maintain reasonable space between words
- 9) Give too finger spacing when you start a new paragraph
- 10) Pray to God (any of your favourite Gods) before starting a new write up

If you follow these ten tips, I am sure you will make a good impression with your writing & secure highest marks in your group. Jai Hindu

2006 MAY 2006

W	M	T	W	T	F	S	S
18	1	2	3	4	5	6	7
19	8	9	10	11	12	13	14
20	15	16	17	18	19	20	21
21	22	23	24	25	26	27	28
22	29	30	31	-	-	-	-

7 Tuesday FIVE FINGERS
MARCH

Why do we have five fingers? 066-299 Week 10

Did you ever wonder why we have five fingers on each hand?

Why not six or seven or ten?

By studying the mice with extra digits, a British researcher found the answer.

Of animals grow more than five digits, their other limb bones get

distorted to such an extent that

they can't walk or run properly,

thus dramatically affecting their ability

to catch prey & flee from predators.

It seems five is the MAXIMUM!

By Prof CHRIS HAYES, who studied the abnormal

mice at Medical Research Council House

(MOUSE Genome Centre) OXFORDSHIRE.

9 Thursday
MARCH

068-297 Week 10

2006	MAY	2006					
W	M	T	W	T	F	S	S
1	2	3	4	5	6	7	
8	9	10	11	12	13	14	
15	16	17	18	19	20	21	
22	23	24	25	26	27	28	
29	30	31	-	-	-	-	

HAYES had found that extra digits stresses the limbs of the mice so much that they are forced to grow in an arc instead of straight.

The animals are also unable to put their foot on the ground & they become angled to cope up with bowed leg bones. It affects their mobility & gait of the animals which in turn affects dramatically their ability to survive!! He says.

The more extra digits, the worse the bowing & immobility or gait of animals. For ex: a mouse he studied with a natural mutation called "DOUBLE FOOT" giving it 10 toes on each foot, was severely affected. Other mice had a defective gene called SP4 LUXATE. These animals have too many digits, plus abnormal TIBIA BONES which cause the limbs to rotate with ease.

His research has further proved
that animals ^{can easily cope} with fewer than five digits

Hoofed animals such as horses, essentially walk on the top of a finger but has been covered with a hoof (in the course of latest evolution)
He believes that if the reverse were the true, animals with $>$ five digits would be abundant in nature.

Prax: "The panda has five digits on each paw plus an extra pad on WRIST for bleeding bamboo shoots as it eats"
but this affects their survival.

In people, however, extra digits have no impact on survival and so are quite common.

The biggest problem **12** ^{Sunday} for human beings is psychological, rather than ^{disruption to} motor abilities.

He says the limb deformities affecting 1 in 500 live births are the second most ^{common} malformation behind heart defects, which affect 1 in 200

(Courtesy of NEW SCIENTIST)



YOUR HANDWRITING REVEALS ALL



■ ■ RAFIULLAH BAIG

What kind of person are you? How do other people see you? Why are your sexual relationships not working? Are you and your partner compatible? How can you advance and be liked at work? Are you misunderstood by friends and family? An analysis of your handwriting and the person's handwriting you are interested in will point out the areas that you have in common and the areas that you would need to work on to be more compatible knowing what kind of person you are with help you make the right decisions.

Handwriting analysis offers unique advantages over any other form of understanding relationship successes and failings. It gives an insight into your complete personality and helps you understand your thinking pattern.

that you made a wrong decision? Does he really love you? Or is she using you? Is he/she pushy or gentle? Is he/she generous or stingy? Would he/she desire other sex partners?

For all the above questions, and many more, Handwriting Analysis is the answer. It comes as a boon to people who are in the throes of personal crisis. Handwriting Analysis not only helps them to gain insight into partner's personality, it also helps them understand themselves and their needs better.

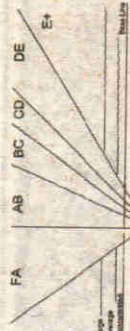
HANDWRITING ANALYSIS FOR CAREER

Are you a better musician or a painter? Would you make a better doctor or an engineer? Will you be happy spending your whole life in the lab working as a scientist? Will you be a successful entrepreneur? As to what one is good at, it is in this confined scenario that career counselling is required, and what better way to start with than handwriting analysis. Your handwriting can tell you if

that they have given their knowledge of the crime and so on. Then the handwriting analyst finds a kind of personality profile of the culprit who has committed the crime.

In studies of writings of mass murderers, graphologists have found a preponderance of bizarre drawings or doodles. In addition, they frequently use small letters with large flamboyant signatures; meaning that they were severely introverted with a desperate need to be noticed by the public. Even in cases of suicide, wherein the kin of the victim are unconvinced by the act itself on part of the victim, a quick analysis of the suicide note might spell doom for the murderer.

Counselling handwriting analysis is a powerful tool that helps an individual gain greater insight into his/her own character and personality. It is a way to help especially those in conflict with work, where mutual understanding can play a large part in bringing about forgiveness and compassion for each other. There is something about hav-



EMOTIONAL GAUGE

You are a head over heart person. You keep your feelings and emotions to yourself and do not express them easily to others unless in extreme situations such as great anger, stress and passion. People around you may find you cold and unemotional. You don't act impulsively. Basically you use logic and judgment to arrive at a decision. You are not swayed by emotional influences. You have a tendency to look out for self-interest first. You are not the one who gets back home and confesses your love to your spouse everyday, you don't see any need for that. Instead you do things to

show your love. I have a very soft voice. You are a head over heart person. You feel sympathetic towards

E+ Writer (150 deg +)

Now is the time for all your... to come... out of this energy.
You are wearing your emotions on your sleeve all the time. You may get hysterical with the most common emergency. You are very quick to feel and express everything that you feel.

Your emotions - anger, jealousy sorrow, burst out with terrific force. Being an extremely emotional person, in emotional situations, you may say a lot of things you may not mean at all and you may regret later for your conduct words. You are very affectionate towards others and you want reciprocation from others.

In fact, you have a tendency to take on the feelings of other around you, so you should be careful in choosing your company

... I am a very soft voice. You are a head over heart person. You feel sympathetic towards

...to be more compatible
knowing what kind of person you
are will help you make the right
choice in a relationship.

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plete personality and helps you
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ities and many more things.

And then you have an answer
why you behaved in a particular
manner or why somebody
responded to you in some other
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Handwriting Analysis has poten-
tial application in various fields.

HANDWRITING ANALYSIS FOR RELATIONSHIP

In today's world of personal inse-
curities, people spend years
together trying to know their part-
ners better, expecting him/her to
be someone that they can never
be.

Every now and then they are
hounded by questions such as,
Is there a sure shot way to know
the qualities of our partner? Is
there a way to look behind the
outer shell? Is there a way to look
at the hidden qualities in each
other? Is there a better way to
earn than to live life and find out

life in the 1/20 working as a scien-
tist? Will you be a successful
businessman?

as to what one to find as it is in
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ual through his/her handwriting
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ous fields, including crime detec-
tion.

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Handwriting analysis can be used
in discerning falsehoods from
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There is something about hav-
ing your differences (and similar-
ities) revealed to you on paper
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these differences can have.
Handwriting analysis has been
widely used in counselling mar-
ried couples, students and also
individuals to build up their per-
sonality and various aspects of
their lives effectively well.

There are many more uses of
this wonderful science, but the
best use according to me is to
know oneself better by analysing
our own handwriting and discov-
er both the conscious and the sub-
conscious personality traits in us,
perhaps the most important dis-
covery in our life is of our own
self like the saying goes "Know
thyself".

HANDWRITING SAMPLES WITH ANALYSIS

AB Slant (90 to 112 degrees):
Head over heart

your love to your spouse every
day, you don't see any need for
that. Instead you do things to
please your spouse.

You are a head over heart person.
You feel sympathetic towards
others but do not express your
feelings and emotions easily
unless you experience extreme
emotions such as great anger,
stress, passion etc. You keep your
cool in emotional situations and
do not react on impulse. When it
comes to decision-making, you
use hard facts and logic.

CD Slant (125 to 135 deg): Ambivert

*Head of the scissor
Conditional but logical*

You are an outgoing person. You
come across as friendly, warm
and affectionate to others. You
have the ability to put yourself in
others' shoes. You can feel situa-
tions. Emotional stories can stir
your sympathy. You have the
amazing ability to get along well
with both extroverts and intro-
verts. You can be somewhat
moody at times. You are likely to
act on impulse too.

take on the feeling
around you, so you
are careful in choosing your
reactions.

*As a reserved person
you are not at ease expressing
feelings to other people
express your feelings only
in event of extreme emotional
situations, such as great anger,
or extreme passion. You
introvert. You will hardly
act on impulse and take cold,
and unemotional decisions
are in the habit of "stac-
things - if someone offend
you feel unable to express
displeasure and you stac-
incident in your mind and
No.1, and when the next
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refuse to take it any more
your fuse will blow at the s-
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Therefore, whether it is personal crisis or career options, handwriting analysis helps you in decision-making, self-confidence, improved judgement and also to gain an insight into human behaviour. Handwriting analysis in itself can also be a good career option that can be applied to various fields, including crime detection.

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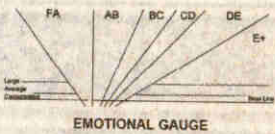
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day, you don't see any need for that. Instead you do things to

I have strong opinions

You are a head over heart person. You feel sympathetic towards others but do not express your feelings and emotions easily unless you experience extreme emotions such as great anger, stress, passion etc. You keep your cool in emotional situations and do not react on impulse. When it comes to decision-making, you use hard facts and logic.

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E+ Writer (150 deg +)

Not in the class for all ages. Be come too out of their country

You are wearing your emotion on your sleeve all the time. You may get hysterical with the most common emergency. You are very quick to feel and express everything that you feel.

Your emotions - anger, jealousy, sorrow, burst out with terrific force. Being an extremely emotional person, in emotional situations, you may say lot of things you may not mean at all and you may regret later for your conduct. You are very affectionate towards others and you want reciprocation from others.

In fact, you have a tendency to take on the feelings of other around you, so you should be

careful in choosing your

Be careful in choosing your

Be an independent form of the spirit. When the deepest level of night. Walks and makes music and checks. And me by me back on the floor.

You are a reserved person. You are not at ease expressing feelings to other people. You express your feelings only in event of extreme emotional situations, such as great anger, or extreme passion. You are an introvert. You will hardly be on impulse and take cold, and unemotional decisions are in the habit of 'stating things - if someone offend you feel unable to express displeasure and you stuck incident in your mind and in No.1, and when the next happens till one day when you refuse to take it any more your fuse will blow at the slightest provocation.

To be content. The writer is a handw...

