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Press Clippings

Here's to a healthy 2008!

Don't set unrealistic goals for yourself this new year

Year after year, New Year's resolutions are one of the first things to fall by the wayside after the flush of fresh optimism at the beginning of the new calendar year has faded. The following five tips can help you stay on track with your health and other goals – and make this year a winner!

1 Word your resolutions constructively. The words you choose to describe your New Year's resolutions can have an impact on whether you will succeed or fail. If you choose positive words that empower you and that describe what you want clearly, you set yourself on a path to success (though whether or not you follow that path is still up to you!). If you word your resolutions negatively, you set yourself up for failure. For instance, "I have

instead of internalising emotional stress. If you're planning to stop eating refined sugar, do your research first and consider which alternative sweeteners you might use to replace it when you cook. Figure out which health food stores stock goodies and prepared foods that use safer sweeteners (honey, agave, maple syrup, or others) to replace white sugar and other toxic sweeteners.

4 Confide in a friend. It's a cliché but true: if you tell a friend about

your New Year's resolution, you multiply your odds of keeping it. Friends can act as a reality check and a cheering committee in one, helping you to stay on track by reminding you of your goal and asking supportively about your progress – and you can do the same for them. If you are cringing at the thought of telling anyone about your goal, ask yourself: Am I expecting to fail? Am I avoiding talking about this goal because I don't want to be embarrassed when I fail? If this is the reason for your silence, consider telling someone

Here are five tips to help you achieve your health-related goals and more in the new year

who will keep you on track and support you in achieving your goal, or set yourself a more reasonable resolution that you do believe you can follow. Another question to ask yourself might be – am I reluctant

OR

100 mg intravaginally
days

- In patients with infections (esp. infection)
- At the time of during the third

an effective way to break down and accomplish the goal you wanted to set (lose 15 pounds) – but would not have followed through on were you aiming for that final goal and not the seemingly smaller attainable goals along the way.

3 If a New Year's resolution involves eliminating a bad habit, come up with an alternative in advance to replace it. A smoker who is determined to quit might decide to replace the nicotine habit with chewing gum, or with an essential oil like cinnamon, which may help to break the physical craving. Someone who tosses up their neck or neck muscles might get a stress ball to squeeze in

2 Don't make a resolution you're not going to keep. Think of every resolution as a promise to yourself, and do your best to keep your word. Making a promise to yourself that you know you're going to break is discouraging and, ultimately, self-defeating. Sometimes you can make a seemingly impossible resolution more palatable by reframing it: Instead of setting a goal to "lose 15 pounds before next Christmas," why not make a promise to yourself to "consciously choose to prepare a healthier meal twice a week?" Or to walk in the park at least once a week and twice a week once the weather gets nicer? This kind of resolution seems smaller and is more attainable. It is also more focused – an effective way to break down and accomplish the goal you wanted to set (lose 15 pounds) – but would not have followed through on were you aiming for that final goal and not the seemingly smaller attainable goals along the way.

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over myself & I am happy with myself
in better than before then
I want to be happy
next time in future
Chokeberry results
in the present
PID: Pelvic Inflammatory
BV: Bacterial Vaginosis

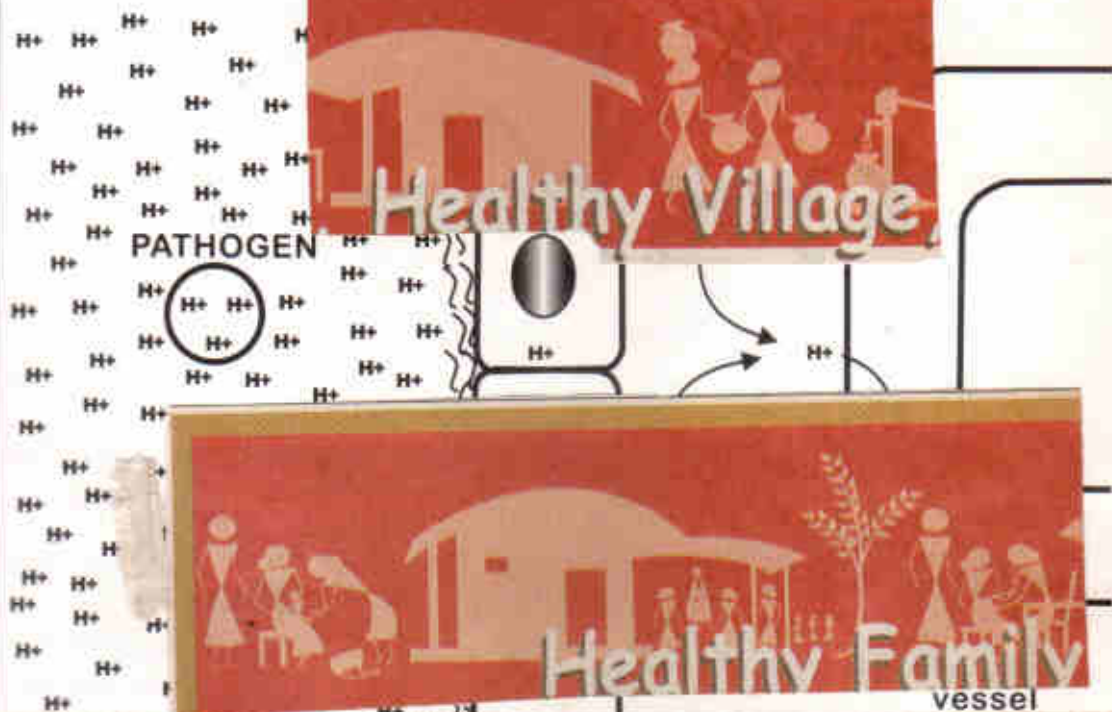
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- In co that



acidity,
of acid
blood.

Vaginal can

ying tissue



HYDERABAD TIMES, THE TIMES OF INDIA

HEALTH & FITNESS 5

to talk about my goal because my friends will belittle my aim and try to discourage me? If your answer to the latter is yes, good poor New Year's resolution is a discussion board for friendly cheering and support! The sim-

ple choice to write a resolution down, type it, or speak it out loud can empower your thought to become action.

5 Get professional help. If you've got a change that you are deter-

mined to make but you might have bitten off more than you can chew, please consider consulting your doctor, nutritionist, or another healthcare professional for assistance. The best healing and medical practitioners

make it their mandate to help you with your physical and emotional health goals. They may have information or access to resources that could make achieving your resolutions simpler and easier.

<http://www.healthymind.com>

Measurement of vaginal acidity

The New Year is a good time to take stock of the year that was, and more importantly, plan ahead to make a resounding success of the year that is. And while most of us forget our resolutions in a few weeks' time, some actually end up reformed. Like many others, India Inc. is also dreaming big and hoping that the 2008 will usher in more offerings for the employees than the past year.

function, organisations have gravitated towards the need to be more employee-centric.

Sudheesh Venkatesh, Head HR, Tesco HSC, says that one of the major changes that the year 2007 saw was the changing role of the CEO. He explains, "The changing role of the CEO was the highlight of the year. CEOs have started getting more engaged in people function within their organisation and they played

dull boy". And to make sure that their employees have their share of fun, organisations introduced and initiated 'fun@workplace' and realised the importance of team bonding for their employees. "For us, fun@work and team bonding exercises acquired new perspective. It became a part of the mainstream employee engagement activities and it formed a key performance indicator for many

The demand for talent at organisations and the battle for

It's that time of the year when everyone is making resolutions and expecting great things from the coming year. India Inc. is also thinking of imaginative ways to bring success and cheer to its employees.

Ramiya Bhas finds out

WISH LIST 2008



The year that was...

While expectations for the year 2008 are high, experts feel that 2007 saw a whole new trend in the way organisations, especially HR, works. They say that HR became more integral to the organisation's functions, rather than being just a support function.

As a domino effect of the growing relevance of the HR

an important role in shaping new and better HR policies that would suit the needs of the employees. This is important because it serves as an indication to the employees that their head cares about them and is a part of their working lives. And this trend will continue substantially in 2008.

Apart from this, many organisations realised that "all work and no play, makes jack a

of the project managers and team leaders," explains KPM Das, Head- Global Operations, Aztecsoft Limited. Organisations initiated games, dance classes, yoga sessions, employee health care initiatives, power lunches, team bonding sessions, etc. to make their employees feel more relaxed and free at work. In the past year, many organisations also initiated 360-degree appraisal, new methods of

recruitment, new retention methods, new methods of talent hunting and benching of employees. Some sectors that witnessed tremendous rise in ranks were retail and manufacturing.

A new beginning...

In 2008, experts feel, organisations should carry on the good work that had been started in the past year. They

The Audacity of HOPE

“

at all levels would continue to be the key focus area for finding the right talent will continue among them”



the new year

Venkatesh adds to this and says that there will be more focus on people management and that the existing talent will be made capable to deliver more and rewarding good performance will be an important thing in organisation. Archana Prakash, Director, PeopleTree HR Services Pvt. Ltd. explains that other big HR trends in 2008 will include immigration and the right to work, security in the workplace and minimising internal fraud, annual monitoring, increased use of e-recruitment, seamless HR, and screening third-party suppliers, contract and temporary employees.

However, every organisation is hoping for one change. Throughout 2007, most of them complained of the rising attrition and this year they are expecting this trend to end. "We are expecting attrition to fall against the backdrop of increasing employee engagement measures and realigned retention strategies. There are also indicators of improved talent availability in the market," says Das. He also adds that salary levels will see a change and will be stabilised. "As far as salary is concerned, it appears that the levels will stabilise and companies will increasingly go for innovative

organisations, the old ones will continue to be in the limelight in organisations. And these policies will be the reason that many of the employees will be retained within the organisation. They concur that this year will see India adopting new global policies. Though this has been happening for a while, many new trends will be set up and used by India Inc.

"Today, most of the global HR practices are being implemented in India. We use global practices across a wide range of innovative parameters like balanced score card approach for performance appraisal to designing of performance grade cards. Companies are looking at constantly adding to best practices which make them more attractive for employees, often enhancing productivity simultaneously," expresses Sampath Shetty, VP, TeamLease Services. Prakash explains that global policies like creating a broader database of employees and skills across the globe through internal company databases thereby reducing costs of hiring and encouraging individual employee career growth through internal transfers should be encouraged in Indian organisations.

So, get set, 2008... among many other things is set to

“

We are expecting attrition to fall against the backdrop of increasing employee engagement measures and realigned retention strategies”

contend that in terms of talent management, HR should be given more freedom and power. Shiv Agarwal, CEO, ABC Consultants explains, "As talent management is becoming the prime focus of India Inc., more businesses will be using HR as a strategic partner in their progress. A key HR role will be managing increasingly scarce human and intellectual capital. Apart from this, we will also see the focus of the HR

function will be on human capital development and organisational productivity." Prashant Nair - President and Head - HR, Thomas Cook (India) Ltd. says, "Like the year 2007, the demand for talent at all levels would continue to be

benefits and retention packages rather than linear upward revisions to the salaries. Retention will continue to be a challenge - quality will become dearer and premiums will continue. High performance and fast track

bring in more progressive, employee friendly, globally savvy organisations.

ramiya.bhas@
timesgroup.com

(With inputs by Priya C Nair
and Shubhashish)

Management of Common Vulval Conditions

- Community-based surveys indicate that about a fifth of women have significant vulval symptoms lasting over 3 months at some time in their lives.
- Common causes of itch or pain are dermatitis, recurrent candidiasis and the recently recognised pain syndromes - vulvar vestibular syndrome and dysesthetic vulvodynia.
- Diagnosis is usually apparent after a thorough history and examination, although conditions commonly co-exist and are complicated by prior treatment.
- Skin lesions not responding to treatment require biopsy.
- Treatment aims to control symptoms rather than to cure; avoiding soaps and other irritants is central to management.
- An early, accurate diagnosis should ensure management of vulval conditions, particularly pain syndromes.



PIN code to have eight digits soon

Ashish Sinha | TNN

New Delhi: The government has moved a proposal to increase the digits in Postal Index Number - or PIN code - from the present six to eight for easy sorting of mail and meeting international standards.

The proposal, likely to be implemented next year, would make the postman's job much easier because the last two digits would identify the 'beat' (specific mohalla). "It will help in speedier delivery of mail," communications ministry official said.

The PIN for New Delhi, for instance, is 110001 but it covers post offices in as many as 19 areas like Connaught Place, Constitution House, Eastern Court, Janpath, Krishi Bhawan, New Delhi GPO and Pragati Maidan to name a few.

"Our postmen have developed their identification skills fantastically over the years. It is hard work and experience that enables them to deliver the mail despite the confusion. The new system will be much better," the official said.

Under the new system, a person living near Pragati Maidan for example, could have a PIN code like 110001-11. The first six digits would identify his broader area (New Delhi), but the last two would zero down almost to his exact house. The US began with a 5-digit Zip code and later added four more digits. The American system is now known as Zip+4. The Indian system, when in place, would be something like PIN+2.

In 1941, Germany became the first country to introduce a postcode system. UK and US followed in 1959 and 1963 respectively. PIN was introduced in India as late as August 15, 1972. Even now, all countries do not have a postal code system. In 2001, only 117 of the 190 member countries of the Universal

Post Union (UPU) had a postal code system. (CK, MJA 2003; 176(8):391-395.)

- Avoid irritants
- Moisturise vulva with more soothing creams
- Use barrier creams for incontinence
- Reduce scratching
- Application of cream is often helpful
- Ensure there is no sexual intercourse;

cream (these are often used if there is itching or soreness).
Apply daily for 3-5 days.

Common Vulval Irritants

- **Body fluids:** Sweat, vaginal secretions*, urine and semen.
- **Hygiene products:** Soaps, gels, bath oils, bubble bath, douches, perfumes†, deodorants†, depilatory creams and sanitary pads†.
- **Medicaments:** Disinfectants†, tea tree oil†, preservatives in creams†, antifungal creams†, topical anesthetics† and topical antibacterial agents†.
- **Lubricants and contraceptives:** Spermicides†, condoms† and diaphragms†.
- **Physical items:** Sanitary pads and tampon strings, tight clothing, synthetic underwear, toilet paper, overzealous cleansing and scrubbing, shaving and plucking of hair.

*Including abnormal vaginal discharge requiring treatment.

†Some chemicals may also cause true allergic contact dermatitis.

Mankad-Roy record erased

Chittagong (Bangladesh), March 1: South Africa tightened the noose around Bangladesh after posting a huge first innings score on a record-shattering second day of the second Test here on Saturday.

After declaring their first innings on 583/7, the visitors reduced the home team to a shaky 60/3 at close to raise hopes of a complete mauling of their struggling rivals. Dale Steyn polished off the cream of the Bangladesh batting with figures of 24/3 off eight overs to complement the effort of double centurions Graeme Smith (232) and Neil McKenzie (226). The duo had created history in the third over of the day when they broke the world record of 413 runs for the best opening stand, held by India's Pankaj Roy and Vinoo Mankad against New Zealand in 1956. (AFP)

Scores: South Africa 583/7 (McKenzie 232, Smith 232, Hossain 3/107, Rafique 2/132) vs Bangladesh 60/3 (Siddique 18, Steyn 3/24)



DOUBLE DELIGHT: South Africa's Graeme Smith (left) and Neil McKenzie celebrate each other at the Chittagong Divisional Stadium on Saturday. (AFP)

MY TIMES, MY VOICE

English is language of Indian professionals

Though 'Myths About English' (Nov 17) by Prashant Agrawal was an interesting read, it fails to convince readers of the advantages of putting aside English in the Indian context. Our higher education system is in English, but this does not put regional languages in a lower category. Many literary works in regional languages have been translated into international languages.

Even the English-educated elite enjoy regional language programmes on TV, in addition to English shows. English has become the language of professionals in India, and this should not be disregarded since many Asian countries regard us with envy for this very reason.

Suresh K Parappurath, via E-mail

|| This is with reference to the article 'Myths About English' by Prashant Agrawal. The article was interesting. The writer correctly says that we should learn our own languages along with English.

It is a real pity if we don't respect our mother tongue. It is a myth that learning English is difficult. If taught scientifically and methodically, any student with a normal IQ can pick up basic English easily, even if he may not understand Shakespeare!

Ujjal Purdy

పాములూ మా నేస్తాలే!!



Hemogram, ES
aspirate, ELIS
for Mycobac

Genit

FSH, LH

TSH

thyroidism

Primary
microadenomas <10 mm

Primary macroadenomas
≥10 mm

A RAIL ODYSSEY

THE STEPHENSDOM CATHEDRAL

Cologne

London
Brussels

Vienna

Bucharest

TWO SHORT FERRY TRIPS
AT BOSPORUS AND THE
IRAQ-IRAN BORDER

Istanbul

Tehran

QUTAB
MINAR

LAHORE
FORT

VICTORIA
MEMORIAL

LONDON
BRIDGE

AYA SOFYA
MOSQUE

Lahore Amritsar

Quetta

Delhi

Dhaka

AZADI
TOWER

Kolkata

The Trans-Siberian Express runs from Russia to the Orient. At 15 days, it's the world's longest rail journey covering over 9,289 km

The epic Africa Train Journey from Cape Town to Egypt for tourists takes a phe-

nominal 35 days to cover over 9,286 km. But it has two phases by plane and a river cruiser

Western Canada Rail Explorer. Travel by train from Vancouver to Calgary & the Rockies takes 8 days

Wishful thinking

Actor RAJASEKHAR seems to be all gung ho about the prospects of his upcoming venture *Gorintaku*. AARTI AGARWAL and MEERA JASMINE are playing the lead in the film being directed by VR PRATAP. Produced by NV PRASAD, PARAS JAIN and RB CHOWDARY, the film is a family entertainer, say the film-makers. "This is my second film with RB Chowdary. My earlier flick *Simharasi*, went on to be a blockbuster and I am confident this film will follow suit. *Gorintaku* is a remake of the Kannada blockbuster, *Anna Tangi*. It is a touching subject and I am sure the audience will agree with me on this," says RAJASEKHAR. SA RAJKUMAR is composing the music for the film.

Approach to Amenorrhoea: Diagnosis and Management

progesterone challenge test
MPA 10 mg $\times$ 7 days

Your e-mail address is a 'mirror to personality'

London: Think twice before you pick an e-mail address — it can reveal your personality. Researchers at the University of Leipzig in Germany have carried out a study and found that an e-mail address may speak volumes about the character of the person who created the unique online identification.

According to lead re-

LEIPZIG VARSITY FINDING

searcher Mitja Back, even the thinnest slice of communication via the world wide web — the mere e-mail address — contains valid information about the personality of its owner. In their study, the researchers asked a panel of 100 students to guess the personalities of 600 young adults simply by looking at their e-mail addresses.

The panel's guesses agreed mostly with a personality survey the teenagers had completed when it came to qualities like openness, conscientiousness and narcissism, and diverged most on the trait of extroversion.

Addresses that gave away personality often contained full stops, numbers or a name that was obviously not genuine, the researchers found. Level of accuracy was explained using lens model analyses — the students made broad use of perceivable e-mail address features in their personality judgements, features were slightly valid and the observers were sensitive to subtle differences in validity between cues.

The study has been published by the Leipzig University research team in the latest edition of the *Journal of Research in Personality*.

RECENT BLASTS

May 2008: 63 dead in nine bomb blasts in Jaipur's walled city.

August 2007: 35 dead in blasts at Lumbini Park and Gokul Chaat Bhandar in Hyderabad.

May 2007: 9 dead in a bomb blast at Mecca Masjid in Hyderabad.

February 2007: 68 dead in two bomb blasts aboard the Samjhauta Express train from India to Pakistan near the town of Panipat in Haryana killing 68.

September 2006: 38 dead in three blasts in Malegaon, including one near a mosque.

July 2006: Over 200 dead as seven bomb blasts rip apart Mumbai suburban trains.

March 2006: 21 dead in two bombings at Sankat Mochan Temple and a railway station in Varanasi, UP.

MPA: Medroxy progesterone acetate

Treatment Guidelines for Inpatients with PID

Regimen A

Cefoxitin 2 g i.v. every 6 hours or cefotetan 2 g i.v. every 12 hours

plus

Doxycycline* 100 mg PO or i.v. (only if not tolerating PO) every 12 hours

Regimen B

Clindamycin 900 mg i.v. every 8 hours

plus

Gentamicin 2 mg/kg i.v. loading dose, followed by 1.5 mg/kg i.v. maintenance dose every 8 hours

Alternative parenteral regimens

Ofloxacin 400 mg i.v. every 12 hours plus metronidazole 500 mg i.v. every 8 hours

or

Ampicillin/sulbactam 3 g i.v. every 6 hours plus doxycycline* 100 mg PO or i.v. every 12 hours

or

Ciprofloxacin[†] 200 mg i.v. every 12 hours plus doxycycline* 100 mg PO or i.v. every 12 hours plus metronidazole 500 mg i.v. every 8 hours

PID: Pelvic inflammatory disease; i.v.: Intravenous; PO: By mouth.

*Doxycycline must be continued 100 mg PO b.i.d. for 10-14 days.

[†]Use of ciprofloxacin has been linked with resistance in several studies, particularly with organisms associated with bacterial vaginosis.

LIFE IS A RACE

A WINNING HORSE does not know
why it runs into a RACE
IT runs because of knots & pains

LIFE IS A RACE

GOD is your RIDER

So if U are in pain

Think God wants U to WIN

GOOD LUCK

FEBRUARY 2008

S	M	T	W	T	F	S
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MARCH 2008

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NEW
Year
Greetings
Week 1

JANUARY '08

01

TUESDAY

JAN

It is like a New Sun RISE
of hope, prosperity & Happiness

It is like a New Beginning
of thoughts, of words & of actions

It is like a New Dawn/Day
of Energy, of strength & of ideas

It is like a bunch of whole new things
of Prayers, of friends & of new goals
of satisfaction

Soframycin
Skin Cream

The harder the knock, you were through last year

~~the~~ more you learn to put them to use

in your future years in 2008 onwards

Do not be discouraged by setbacks & failures

in the past, because they make u more stronger
with u good luck. PVR Love determination & more zeal

Edema of vulva as a sign of vulval Crohn's disease can appear even several years before intestinal problems.

Skřenková J and Falt T. Ceska Gynecol. 2006 July;71(4):343-350.

JANUARY '08

02

WEDNESDAY

RECIPE for a Happy

DECEMBER 2007

JANUARY 2008

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Week 1

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20	21	22	23	24	25	26
27	28	29	30	31		

- 1) Take 12 whole months
- 2) Clean them thoroughly of all bitterness, hate & jealousy
- 3) Make them as fresh & clean as possible
- 4) Mix each - each month into 28/30/31 part
- 5) Don't make up the whole batch at once
- 6) Prepare it one day at a time with ingredients
- 7) Mix well into each day

Lactacyd

one part of faith
 one part of patience
 one part of courage
 one part of work

8) Add each day one part of HOPE
 faithfulness
 generosity &
 kindness

A model of the female perineum fashioned from harvested porcine tissue is a suitable instructional aid in the recognition and treatment of a Bartholin cyst.

Owen JW, et al. Am. J. Obstet. Gynecol. 2005 May;192(5):1385-1387.

New Year 2008

FEBRUARY 2008

MARCH 2008

JANUARY '08

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Week 1

03

THURSDAY

9) Blend each day with one prayer
one party meditation
one good deed

10) Season the whole with
a dash of good spirit
a sprinkle of fun
a pinch of play.

11) Add a cup full of good humor
Soframycin[®] Skin Cream

12) Cook thoroughly over a radiant joy

13) Garnish it with a smile

14) Serve with gentleness, unselfishness
+ cheerfulness

15) You are bound to have a happy &
Healthy & wealthy Prosperity

Proficiency in Word catheter placement is improved through the use of the model of the female perineum and instructional video.

Owen JW, et al. Am. J. Obstet Gynecol. 2005 May; 192(5):1385-1387.

New Year

JANUARY '08

04

FRIDAY

Week 1

DECEMBER 2007

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JANUARY 2008

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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Life & Teachings

Shri Shirdi Sai Baba is a

unique phenomenon on the

horizon of spirituality.

Sitting on a rugged stone,

Lactacyd like a torn Kaffni,

Sai Baba presents a picture of

a sage who descended on this earth
to answer the calls of his devotees

all over the world, irrespective
of caste, creed & Religion.

Radical vulvectomy associated with bilateral inguinal-femoral lymphadenectomy is a standard procedure in surgical treatment of invasive stages of vulvar carcinoma protruding more than 1 mm.

Durdevic S, et al. Med. Pregl. 2000 Nov-Dec; 53(11-12):607-612.

FEBRUARY 2008

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MARCH 2008

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23	24	25	26	27	28	29

Week 1

JANUARY '08

05

SATURDAY

FEB

MAR

APR

MAY

JUN

JUL

of Shirdi SAI BABA

8.00

10.00

11.00

12.00

1.00

2.00

3.00

4.00

5.00

6.00

7.00

8.00

9.00

10.00

Soframycin[®]
Preparation without G.F. 1% w/w
 Skin Cream

BE SUNDAY

Nobody knows his birth or parentage
 caste, creed or religion. He begged
 for food & shared with men & animals
 He advocated love, kindness and
 universal brotherhood and celebrated
 both Hindu & Muslim festivals alike
 (All for his teachings)

The application of two separate inguinal incisions after Hacker results in shortening the intrahospital postoperative period and reduction of the rate of wound dehiscence and postoperative complications.

Durdevic S, et al. Med. Pregl. 2000 Nov-Dec; 53(11-12):607-612.

JANUARY '08

07

MONDAY

Week 2

DECEMBER 2007

S	M	T	W	T	F	S
30	31					1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
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JANUARY 2008

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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Shirdie Baba's

9.00 1) NO harm shall befall on him,
10.00 who sets his foot on the soil of SHIRDIE

11.00 2) He who cometh to my SAMADHI
12.00 his sorrows & sufferings shall cease
1.00

2.00 3) Though I be no more in flesh & blood
Lactacyd I shall ever protect my devotees

5.00 4) Trust in ME & your prayers
6.00 shall be answered & fully

7.00 5) KNOW that my spirit is IMMORTAL
8.00 & KNOW this is for YOURSELF

9.00 6) Show unto me who has sought refuge
10.00 but turned away without results

The therapeutic approach of incision and AgNO₃ application in therapy of inflammatory changes of Bartholin's glands is an efficient, safe, simple and cheap method, which can easily be applied in ambulatory conditions.

Bulatovic S, et al. Med. Pregl. 2000 May-June;53(5-6):289-292.

FEBRUARY 2008

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Week 2

JANUARY '08

08

TUESDAY

Preaching

⑦ In whatever faith people worship ME
so do I render to them

⑧ Not in vain is my RESPONSE for
I shall ever lighten your burden

⑨ Knock, the door shall open for U
Ask, U shall be granted **Soframycin®**
Transcort® 1% (10 mg) Skin Cream

⑩ To him, who surrenders unto ME
totally, I shall ever be indebted.

⑪ Blessed is he, who has become one with ME

With blessings fromSRI SAI BABA

The majority of the physicians in Thuringia welcomed an interdisciplinary vulval disease clinic to improve the conditions for women suffering from genital diseases.

Bauer A. et al. Dermatology 1999;199(3):223-226.

JANUARY '08

09

WEDNESDAY

PREDICTION

tw

2007 says

Week 2

DECEMBER 2007

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JANUARY 2008

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Librans : Please think kind & carefully

using both your mind & heart
You will realise that instead of
looking outwards, you must look
inwards & tap your own resources
to ensure that you register yourself
not the just kind of progress

Lactacyd

that you desire, but the
best that you deserve as well.

Nevertheless political related factors

You will be benefited by some
post-budget resources & profits.

There are chances of multifocal cervical, vulval and vaginal dysplasia in HIV-infected patients. Therefore, an accurate short-term follow-up with colposcopy and cytological smears should be carried out after the treatment of HIV-infected patients with cervical intraepithelial neoplasia.

Kuppers V, et al. Geburtshilfe Frauenheilkd. 1994 Nov;54(11):612-616.

FEBRUARY 2008

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MIND

JANUARY '08

is a

10

Bio-Computer

THURSDAY

We go on collecting data
knowledge & informations
and then draw a Q&A used
this mind supplies to answers
out of the collection

Soframycin®
Skin Cream

It is not a real response
but it is a pick up
out of the dead part
or storage in the mind.

Women with lesion depths of 1.75 mm or smaller may be treated with wide local excision. Patients with greater lesion depths are at high risk for the development of distant metastases.

Look KY, et al. Cancer 1993 July 1;72(1):143-146.

JANUARY '08

11

FRIDAY

What is

Intelligence?

Week 2

DECEMBER 2007

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Understanding is pure Intelligence

You are born with it called IQ

Nobody can pass on his Intelligence

Knowledge can be passed on to another
but not Intelligence

Lactacyd

Intelligence is Growing

Sharpened being
Through meditation & so

in deep Thinking

U Stable Ur Thought

Since the data with respect to microstaging of vulvar malignant melanoma is, as yet, still limited, great caution should be used in electing less aggressive surgery than radical vulvectomy and bilateral groin lymphadenectomy for patients with early-microstage localized disease.

Pura B, et al. J. Surg. Oncol. 1992 Aug;50(4):234-240.

JANUARY '08

11

FRIDAY

What is

Intelligence?

Week 2

DECEMBER 2007

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JANUARY '08

12

Week 3

SATURDAY

Intelligence Quotient

IQ is a born gift.
 Through deep meditation
 one sharpens one being
 drops borrowed thoughts
 recovers one's own being
 & one's originality;
 Innocence & freshness

Soframycin®
 Skin Cream

Out of that freshness,
 then you act,
 U act out of
 understanding & intelligence

13 SUNDAY

Whether pregnancy has an effect on melanoma growth is still unknown. Early stages of melanoma disease may be treated without interrupting pregnancy, whereas advanced stages require termination of pregnancy, followed by specific tumor therapy.

Claubitz M and Kauffels W, Zentralbl. Gynaekol, 1992;114(2):59-67.

JANUARY '08

14

MONDAY

PONCAL

Week 3

DECEMBER 2007

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Life of LORD Hanuman

One of the outstanding figures
 that enters my mind, while running
 through the pages of Ramayana
 and shudders, across like a Colossus
 is LORD HANUMAN. His matchless character,
 heroic doings stirring spirituality
 made Vivekananda advise the youth
 "U have to make the character of
 MAHAVEER Hanuman, your ideal"

The presence of bacterial vaginosis or vaginal pH ≥ 5 at 16-36 weeks of gestation is associated with an increased risk of preterm labor birth and preterm prelabor rupture of membranes.

Azargoon A and Darvishzadeh S. Arch. Iran Med. 2006 July;9(3):213-217.

FEBRUARY 2008

MARCH 2008

JANUARY '08

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SANKRANTHI 15

Week 3

TUESDAY

In the eyes of no other country

there is a character, so powerful,

learned & philosophic as Hanumanjee.

His great-ideal was "personal service"

through which other ideals greatly manifested

The secret of his success was

Obedience to Gurus, without any questioning

and strict observance of "BRAHMA CHARYA"

He is the embodiment of 4 YOGAS

(1) His firm will (2) His emotions

(3) divine intellect (4) prompt actions

were perfectly refined & grounded in spirituality

Results of studies suggest that physiologic or microbicide-induced acid immobilization and killing of infected white blood cells may be effective in preventing sexual transmission of cell-associated HIV.

Olmsted SS, et al. BMC Infect. Dis. 2005 Sep; 30:5-79.

Soframycin[®]
Skin Cream

JANUARY '08

16

WEDNESDAY

Week 3

DECEMBER 2007

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Bruhaspathi, the preceptor of Gods,

had an attendant named Pungakasthata

She was cursed to assume the body

of a female Monkey. The curse was to be

removed on her jump back to ~~female~~ monkey.

Lactacyd an incarnation of LORD SHIVA.

According she was known as **AVJANA** and

together with her husband **KESARI**, lived a

life of chastity & purity. She performed Tapasya

for many years when then the Lord Shiva and offered her a boon.

Vaginal prophylaxis with estriol has proven its positive effect without serious gynecological side effects. There are also promising therapy modalities such as changing bacterial gut flora, general immune response (acupuncture, inpatient rehabilitation) and urine acidity.

Vahlensieck W, et al. Urologe. A. 2006 Apr.;45(4):443-450.

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Week 3

JANUARY '08

17

THURSDAY

9.00 Angana requested her Lord Shiva be born
 10.00 to her so that she may be freed from the curse.
 11.00 Then Dasaratha, the King of Ayodhya
 12.00 was given the sacred Pudding (pudding)
 1.00 by Agni Deva to be shared by his three wives
 2.00 so that they may beget divine children.
 5.00 (Rama, Lakshmana, Bharata & Shatrughna)
 6.00 A Kite snatched away a portion of pudding
 7.00 flew over the forest & dropped it in the
 8.00 outstretched hand of Angana, who
 9.00 swallowed it immediately. With the
 10.00 grace of that pudding Hanuman was born
 to her.

Soframycin[®]
Skin Cream

The Proseal laryngeal mask airway provides an effective airway for general anesthesia in fasted patients undergoing tubal ligation from 8 hours after normal vaginal delivery. While the safety of an unprotected airway in this population remains uncertain, this study suggests a low risk of regurgitation, especially in the first 24 hours post partum.

Evans NR, et al. Int. J. Obstet. Anesth. 2005 Apr; 14(2):90-95.

JANUARY '08

18

FRIDAY

DECEMBER 2007

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Week 3

JANUARY 2008

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Hanuman was born as an incarnation

of Lord Shiva, through the grace & blessings

of Pawan Dev with Angana & Kesari as parents

As soon as Hanuman was born,

Angana was released from the curse & returned to Heaven. Pawan ~~leaving~~

she blessed him that ~~he~~ "he would never be destroyed"

& fruits as ripe as the rising SUN

would form his food. Thinking that

SUN was his food, he flew up to make

a leap to swallow the SUN, when

Indra struck Hanuman with his thunder bolt.

Polygynax has such an advantage - rapidly restore disturbed ecological equilibrium in case of bacterial vulvovaginitis, caused mainly of intestine pathogenic flora.

Karag'ozov I, et al. Akush. Ginekol. (Sofia) 2004;43(Suppl. 3):34-39.

FEBRUARY 2008

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JANUARY '08

19

SATURDAY

Week 3

Pavan dev, The God father of Hanuman,

Carried injured Hanuman to
Panchajanya lake to treat his injured chin

As Pavan (the wind god) disappeared
from the earth, endangering the lives
of all living creatures on
the surface of earth,

Soframycin®
Skin Cream

Brahma & all other Gods approached
Pavan dev & requested him to return

In order to appease him to come back

They conferred great boons on Hanumanjee
making him INVINCIBLE and more powerful
than any other being divine or ordinary

20 SUNDAY

Data and empirical calculations suggest that vaginally applied human MAbs are likely to remain stable and active throughout the duration they are likely to reside in the vagina.

Castle PE, et al. J. Reprod. Immunol. 2002 July-Aug.;56(1-2):61-76.

JANUARY '08

21

MONDAY

DECEMBER 2007

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Week 4

JANUARY 2008

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The Hanuman has become the
embodiment of the power of
all gods & goddesses. He chose
SURYA (the Sun God) as his preceptor
He approached him to teach him all
the scriptures so that he may
manifest spiritually in his daily life.

SURYA agreed to have Hanuman as his disciple
but said he can't stop his journey
across the globe. Hanuman learned from
his guru while travelling with him round the world.

Results of studies support the hypothesis that vaginal bacteria, not epithelial cells, are the primary source of lactic acid in the vagina.

of scriptures all gods & goddesses.

Boskey ER, et al. Hum. Reprod. 2001 Sep;16(9):1809-1813.

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Week 4

JANUARY '08

22

TUESDAY

Lord Suya approached to manne

in which Hanuma accomplished

his duties as sufficient - $\text{॥} \text{ॐ} \text{॥}$

but Hanumanji pressed him to accept

more & more - $\text{॥} \text{ॐ} \text{॥}$

Lord Suya asked Hanumanji

to assist his son SUREEVA, who

was living in Kishkindha, as his

mentor & minister and be his

guide & companion for life

Soframycin[®]
Soframycin contains 1% of 2% w/w
Skin Cream

BufferGel appears to be safe and well tolerated by the cervicovaginal epithelium. Its effect on BV and yeasts merits further study.

van De Wijgert J, et al. J. Acquir. Immune Defic. Syndr. 2001 Jan; 1:26(1):21-27.

JANUARY '08

23

WEDNESDAY

Week 4

DECEMBER 2007

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In the Service of Lord Rama

Later Hanuman met Lord Rama

While he latter was in banishment

of the bow has broken LAKSHMANA

as he went out searching for SITA

Lactacyd

who was abducted by Ravana

Their search led taken them to

the vicinity of Rampa Lake

When Sugriva was hiding from ~~VALE~~ ALEE

who abducted his wife.

Observations of studies are consistent with vaginal flora, rather than epithelial cells, playing a primary role in creating the acidity of the vagina.

Boskey ER, et al. Infect. Immun. 1999 Oct;67(10):5170-5175.

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Week 4

JANUARY '08

24

THURSDAY

Sugreeva was suspicious. That they
 may be the person sent by VAAH!
 to kill him. So he sent Hanuman
 Kanchanam. He, the one friend or foe
 Hanumanjee approached them
 in the guise of a Brahmin
 His accent was so wonderful &
 auspicious that he is not an ordinary
 person. Hanuman fell flat.
 before him & bowed with respect

Soframycin[®]
 Skin Cream

Vaginal douching provides significant elimination of semen after sexual intercourse; it should be considered for study as a supplementary means for the prevention of heterosexual HIV transmission.

Tevi-Benissan C, et al. Clin. Diagn. Lab. Immunol. 1997 May; 4(3):367-374.

JANUARY '08

25

FRIDAY

Week 4

DECEMBER 2007

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When Lord Rama revealed

his identity, Hanuman had

prostrated before him and

Rama clasped him to his bosom.

He revealed his identity as
 the son of King Dasaratha

but Hanumanjee perceives him

to be the Lord of the Universe

and not an ordinary person & so

prostrates before him to be his servant.

It is expected that postintercourse neutralization of pH will both favor male-to-female transmission and prevent the acidity-associated loss of infectivity of the female-derived virions, thus allowing female-to-male transmission during further sexual contact.

Bouvet JP, et al Clin. Microbiol. Infect. 1997;Feb.;3(1):19-23.

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Week 4

JANUARY '08

26

SATURDAY

Thereafter the story of

Hamunagee is inexplicably

introduced into the story of Rama:-

- 1) Hamunagee introduces Rama to Sugreeva
- 2) Hanuman goes in search of Sita
- 3) Discovers her in Lanka.
- 4) Brings the city of Lanka
- 5) Brings Rama before Ravana
- 6) Exchange of gifts with Sita
- 7) Kills demons & burns Lanka.
- 8) Brings wife of Vishvanath to Ram.
- 9) Saves the life of Lakshman with his own
- 10) Serves his Rama as long as he lives

Soframycin[®]
Skin Cream

27 SUNDAY

The maintenance of vaginal flora is of major importance for users of hormonal contraceptives in order to exclude negative symptoms: Discharge, dyspareunia, and itching.

Nalbanski B. Akush. Ginekol. (Sofia) 1997;34(1):37-42

JANUARY '08

28

MONDAY

Wm?

Week 5

DECEMBER 2007

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Man's DAY

or Woman's DAY

readerSpeak



Woman's day for me is a day like any other. Because for women who are proud of being women, every day is a celebration. And this day is to celebrate the essence of a life lived in tribute to being a true and complete woman.

Reema Bannerjee
Advertising professional



It's a salute to women, who make our lives complete in every possible way, by being a friend, mother, sister, and lover. Each role that is played by a woman is special and important to the society as well. I honour all these roles.

Ashish Sarda
Software engineer



Being a woman, I feel probably it's another nice excuse to celebrate womanhood, for we certainly have come a long way. While it's not bad to pat yourself on the back once in a while for doing a great job of juggling between myriad roles.

Divya Gupta
Senior executive producer

Frequent persistence of semen in cervicovaginal secretions from heterosexually active women leads to a shift from acidity to neutrality that could favor male-to-female HIV transmission.

Tevi Benissan C, et al. Bull. Soc. Pathol. Exot. 1997;90(1):39-43

FEBRUARY 2008

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KARISHMA'S

Charishma

JANUARY '08

29

TUESDAY

Week 5

The top 10 for astronauts

Paris: Astronauts aboard the international space station (ISS) are to get an unusual treat—an MP3 player loaded with a playlist of songs specially chosen for people in orbit. The top ten was selected by a 14-year-old Norwegian girl, Therese Miljeteig, who won a competition staged by the European Space Agency.

Her prize: watch the launch this weekend of ESA's space freighter, the automated transfer vehicle, at Kourou space base, French Guiana. The winning 10 are:

Here Comes The Sun: Beatles
Come Fly With Me: Frank Sinatra
Rocket Man: Elton John
Up Where We Belong: Joe Cocker and Jennifer Warnes
Imagine: John Lennon
Flashdance: What A Feeling: Irene Cara
Walk Of Life: Dire Straits
Fly: Celine Dion
Rockin' All Over The World: Status Quo
I believe I Can Fly: R Kelly. AFP

BIZARRE

High-flying thief

A Chinese thief who went on a high-altitude crime spree, robbing airline passengers in mid-flight, has been arrested. Li Mingwan would buy cheap tickets and fly to rich cities or regions to plunder unsuspecting passengers in mid-air. Police said he flew on 209 flights over a 15 month period, buying cheap tickets on flights to wealthy cities and targeted businessmen. He would steal from passengers while they were asleep or watching in-flight movies. But he was caught at Shijiazhuang airport when a passenger sitting in front of him reported a theft on a flight to cabin crew. Police was called at the airport and the man was arrested with the stolen item.

Soframycin®
 Skin Cream

Your life today is the result of your attitude and choices in the past

Your life Tomorrow will be the result of your attitudes & the choices you make today

Hydrogen peroxide (3%) used, as a single vaginal wash was as effective as any other agent in current use in clearing the vaginal malodour of bacterial vaginosis at 3 weeks after treatment.

Winckelhaus SJ and Calver G. Int. J. STD AIDS 1996 July;7(4):284-287.

JANUARY '08

30

WEDNESDAY

Week 5

DECEMBER 2007

S	M	T	W	T	F	S
30	31					1
2	3	4	5	6	7	8
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JANUARY 2008

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27	28	29	30	31		

BLESS US LORD

TODAY



AT LORD'S SERVICE: As part of ongoing five-day annual float festival at Tirumala, the second day was dedicated to the idols of Lord Krishna and Rukmini. The idols being taken out in a procession from Sri Vari temple to the Pushkarni situated near the temple on Tuesday as hundreds of devotees witness the celestial event.

The VI-SENSE test was found to be superior to traditional individual tests in facilitating preliminary diagnosis of vaginal infections.

Geva A, et al. Am. J. Obstet. Gynecol. 2006 June 9.

FEBRUARY 2008

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MARCH 2008

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23	24	25	26	27	28	29

Memory
Tip

Week 5

JANUARY '08

31

THURSDAY

FEB

M
A

Don't drink more coffee/tea
 When can dehydrate Ur brain
 Instead DRINK more water,
 It rehydrate Ur brain & improve
 Your memory over a time

Five is the magic number



Last & bestie cosy on the dance floor.

MORE PEOPLE

The dancers were so dedicated and DJ

Akbar Sami so good that the furniture at the venue had to be removed to make space for more people on the dance floor!



PAANCH KA Jadoo: Five days of non-stop work, glam and glitter deserved one huge bash to end it all. And that's exactly what the Grand Finale bash of the Wills Lifestyle India Fashion Week in Delhi was - one no-holds-barred extravaganza of *masti* and glamour. Hosts Ashish Soni, Anamika Khanna and Atul Chaudhary got the do going post midnight after the Grand Finale show, which was appreciated as truly grand too.



Vaginal prophylaxis with estriol has proven its positive effect without serious gynecological side effects. There are also promising therapy modalities such as changing bacterial gut flora, general immune response (acupuncture, inpatient rehabilitation) and urine acidity.

Vahlensteck W, et al. Urologe. A. 2006 Apr;43(4):443-450.

FEBRUARY '08

01

FRIDAY

Week 5

JANUARY

2008

S	M	T	W	T	F	S
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FEBRUARY

2008

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Ratha Saptami celebrated

On religious path

2nd Feb 08



LORD'S JOURNEY: The deity of Lord Venkateswara being taken in procession on the 'Surya Prabha' vahanam at Tirumala on Wednesday on the occasion of 'Ratha Saptami' festival.

Commercially available yogurt may restore the microenvironment and pH of the vagina, thus representing a viable treatment of bacterial vaginosis.

Tasdemir M, et al. Arch. AIDS Res. 1996;10(4):239-241.



**విశిష్ట సేవలకు
అత్యున్నత పురస్కారాలు**



గడతంత్ర దినోత్సవం సందర్భంగా విభిన్న రంగాల్లో పేరు పొందిన ప్రముఖులకు కేంద్ర ప్రభుత్వం పౌర పురస్కారాలను ప్రకటించింది. మొత్తంమీద 119 మందిని 'పద్మ' అవార్డులకు ఎంపిక చేసింది. 13 మందికి పద్మ విభూషణ్ ను, 35 మందికి పద్మ భూషణ్ ను, 71 మందికి పద్మశ్రీలను ప్రకటించింది. మన రాష్ట్రానికి చెందిన అయిదుగురికి 'పద్మ అవార్డు'లు లభించాయి. ప్రముఖ గాయని సుశీల, కేంద్ర హోంశాఖ మాజీ కార్యదర్శి పద్మనాభయ్యలకు పద్మ భూషణ్, మృదంగ విద్వాంసుడు ఎల్లా వేంకటేశ్వరరావు, కలంకారి కళాభానుడు తొన్నలగడ్డ గురప్ప శర్మ, సామాజిక సేవా రంగం నుంచి ఎయిడ్స్ వ్యాధి వ్యాప్తి నిరోధం కోసం పనిచేస్తున్న బైడ్మ్యును కూటికుప్పల సూర్యారావులకు పద్మశ్రీలు లభించాయి.

పద్మ విభూషణ్

1. ఆకాశాంస్త (సిని గాయని)
2. ఆనంద్ గేట్ ఆనంద్ (సుప్రీంకోర్టు మాజీ ప్రధాన న్యాయమూర్తి, మానవ హక్కుల కమిషన్ చైర్మన్)
3. శ్రీధర్ (టివి మేట్రో టైలు నిర్మాత)
4. రాజేంద్ర వడోద్ (శోభిల్ విజేత్, గ్లావెల్ కార్పొరేషన్ కృషి సేనున్న పర్యావరణ వేత్త)
5. ఎన్యూడ్ హిల్లర్ (ఎవర్గ్రీన్స్ తొలిసారిగా ఆదిరేపించిన వ్యక్తి)

6. సమీప బంధువ్యక్తి (క్రొత్తది)
7. విశ్వానాథన్ ఆనంద్ (చదువుకు అనుబంధం)
8. లక్ష్మీ నారాయణ ముద్దూర్ (ప్రభావం భారతీయ ఉత్పత్తి ద్వారా)
9. నారాయణ ముద్దూర్ (ఉత్పత్తి ద్వారా)
10. రమేష్ భాగ్య (ఉత్పత్తి ద్వారా)
11. సి.ఆర్.ఎస్.ఆర్. రాయ్ (ఉత్పత్తి ద్వారా)
12. ప్రభాకర్ (ఉత్పత్తి ద్వారా)
13. సి.ఎస్.ఆర్. (ఉత్పత్తి ద్వారా)

ప్రధాని ఇందిరాగాంధీ ముఖ్య కార్యదర్శి)

పద్మభూషణ్ అవార్డులు

క్రీడలు

డి.మహేంద్ర(గాంధీ), అమర్నాథ్ మహా
గిరి (శ్రీ), ఉత్తర అనర్ అభివృద్ధి (స
ర్వము), ఉత్తర లోకము పరిమళము
హార్ (గాంధీ), మహా కుమార
నకర (కొం మహానకర).

సినిల్ సర్కి, పెస్

రంధ్రేశ్వర్ దాస్‌గుప్తా, వి. రామచంద్రన్,

FEBRUARY '08

04

MONDAY

Week 6

mystery visit
to TN golden
temple

FEBRUARY 2008

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24	25	26	27	28	29	

Attended US Embassy and Chennai

collected appointment letter from the

FARO Chennai & Repro Repn. Officer ✓

collected OCI cards along with own
US passport duly affixing the OCI card

Lactacyd 5/3/08

Visited Poompuhar on Monday, Chennai

to purchase door bells, & other brass momentary
like decorated garlands & table decorations
of presentation articles like curtains clothesOH (brass) pieces. On the following day
we left ^{Chennai} to visit Golden temple @ Srirangam (Vellore)

The acidity of lidocaine used as a local anesthetic during the insertion of Norplant System capsules can cause patient discomfort.

Nelson AL. Contraception 1995 May;51(5):299-301.



గర్భగుడికి వెళ్ళేవారికి
అమ్మల సేవలను మార్గం

దక్షిణాది స్వర్ణ దేవాలయం

VISIT

VISIT
To

శ్రీపురం

స్వర్ణదేవాలయం అనగానే మనకు ఇప్పటిదాకా అమ్మకొనర్లోని సిక్కుల ఆలయం మాత్రమే గుర్తుకొచ్చేది. ఇకపై దక్షిణాదిన ఉన్న ఒక గ్రామం సైతం గుర్తుకొస్తుంది. తమిళనాడులోని వేలూరు పట్టణానికి ఏడు కిలోమీటర్ల దూరంలోని తిరుమలైక్కోడు అనే గ్రామంలో కొత్త స్వర్ణ దేవాలయం వెలిసింది.

100 ఎకరాలలో, 55,000 చదరపు అడుగుల విస్తీర్ణంలో ఒకటిన్నర టన్నుల (1500 కిలోలు) మేలిమి బంగారంతో ఈ ఆలయాన్ని నిర్మించారు. ఈ ఆలయానికి వినియోగించిన బంగారం ఒకటి మిల్లియన్ 300 కోట్ల రూపాయలు. మొత్తం అద్దపు సుమారు 500 కోట్ల వస్తువులను ఖాళీపెట్టారు. ప్రవాస భారతీయుల విరాళాలతో ఈ ఆలయం నిర్మాణమైంది. రిజర్వుబ్యాంకు నుంచి అనుమతి పొంది తమిళనాడు మినెరల్స్ అండ్ మెటల్స్ డ్రైడింగ్ కార్పొరేషన్ ద్వారా ఈ బంగారాన్ని ఆలయ ప్రాంగణానికి తీసుకువచ్చారు. ఇన్నాంటా తిరుమలైక్కోడు గ్రామంగా పిలిచి ఈ ప్రాంతం ఇప్పుడు స్వర్ణ దేవాలయంతో 'శ్రీపురం' అయింది. సంపదకు ప్రతీక అయిన శ్రీ మహాశక్తి ఈ ఆలయ ప్రధాన దేవత. ఈ ఆలయంలో నడికే వేల తప్ప మిగతాదంతా బంగారం.

ఈ ఆలయానికి రూపకల్పన చేసింది, రూపొందించి నారాయణి అమ్మ ప్రజలు ఇతన్ని శక్తి అమ్మగా పిలుస్తుంటారు. ఆయన వయస్సు 81 సంవత్సరాలే. 'ముంతాశేఖరం' ప్రేమకు ప్రతీకగా పావన ఆగ్రాలో తాత్మపూర్తిని నిర్మిస్తే నేను ఈ శ్రీపురం స్వర్ణ దేవాలయాన్ని యావత్తు మానవాళి

చేస్తానని ప్రేమకొనం నిర్మించాను. తాత్మపూర్తి ఒక్కటి కొనం కట్టిన ప్రేమ చిహ్నం అయితే ఈ స్వర్ణ



గర్భగుడి ముఖం
ఉపరి విభాగంలో
అయిన భక్తిచిహ్నం

దేవాలయం మొత్తం మానవ సమాజం కోసం' అని నారాయణి అమ్మ అన్నారు. 1992లో వేలూరుకు సమీపంలో నారాయణి పేరం పేరుతో ఒక ఆశ్రమాన్ని నిర్మించిన నారాయణి అమ్మ ఆ తర్వాత అమెరికా, కెనడా, బ్రిటన్ లో ప్రస్థాన రిజిస్టర్ చేసి ఈ ఆలయం కోసం నిధులను సమీకరించారు. భక్తుల విరాళాలతోనే ఈ ఆలయాన్ని నిర్మించానని, అందుకోసమే ప్రస్థాన పెర్మిట్ నాగని నారాయణి అమ్మ చెప్పారు.

తిరుమల ఆలయం వాస్తు శిల్పంతోనే ...

2001లో ప్రారంభమైన ఈ నిర్మాణం 2007లో పూర్తయింది. పసిడి పద్దంతో మెరిసిపోయే ఈ ఆలయం రాజగోపురం ఎత్తు 48 అడుగులు. ఇందులో పదు అంతస్తులు వున్నాయి. గత సంవత్సరం ఆగస్టు 24వ తేదీన ఈ ఆలయం కుంభాభిషేకంతో లాంఛనంగా ప్రారంభమైంది. తిరుమలలోని శ్రీ వేంకటేశ్వరస్వామి ఆలయంలో పనిచేసే సేవకు, కళాకారులతోనే ఈ స్వర్ణ దేవాలయం కూడా రూపొందింది. సుమారు 400 మంది కార్మికులు దాదాపు ఆరు సంవత్సరాల పాటు రేయిబువళ్ళు శ్రమించారు. ఈ ఆలయం గర్భగుడిలో కొద్దిది అడుగుల ఎత్తులో శ్రీ మహాశక్తి దేవత కొలువై ఉంది. తిరుమల ఆలయం తరహాలోనే ఈ ఆలయం రాజగోపురం రూపొందింది. దీని చుట్టూ 38 స్తంభాలు వున్నాయి. ముందుగా ఈ స్తంభాలను నిర్మించి రాగి రేకులపై వివిధ ఆకా



ఆదివారం ఆంధ్రజ్యోతి • 3 ఏప్రిల్, 2008 • 32

దాలో దేవతా విష్ణులను చెక్కి అతికించారు. ఆ తర్వాత తొమ్మిది పాదాలుగా బంగారపు రేకులను పెట్టించి చెక్కులతో అతికించారు. మరి దీనికి బ్రహ్మత ఎలా అనుకుంటారేమో! ఈ బంగారాన్ని లేచుకుని వెళ్ళాలంటే తేలికేం కాదు. అతికించిన రేకులను చిడగొట్టడంకంటే, తొట్టగా బంగారం కొనక్కోవడమే మేం. అంత బట్టబందీగా వాలేని అతికించాలని జిల్లా ఆదివారం ఒకరు చెప్పారు.

లోపిలరు నడవాలి ...

ఈ ఆలయానికి వెళ్ళాంటే స్వతంత్ర ఆధారం ఉండే నడవం గుండా నడిచివెళ్ళాలి. దీనిలో 18 మలుపులు ఉన్నాయి. ముందు ఒక పుష్పక తిలోపిలరు మీద నడిచిన తర్వాత గర్భానికి వస్తుంది. గర్భగుడి ఒక కోనేరు ఉంది. తర్వాత తొమ్మిది అడుగుల మీద నీరు ఉంటుంది. రాత్రివేళల్లో ఈ ఆలయం చిరువజ్రం వెలుగుతో రంగారాడుతూ ఉంటుంది. అయితే నీడ కొలనులో ప్రతిబింబిస్తుంటుంది. చురు పూలకుల ఆధారంలో ఉండే నీడంపై

నారాయణ్ అమ్మ శివ వంటుంది. ఆలయంలో మహామండువం, వసుంతమండువాలూ కూడా ఉన్నాయి. భక్తులను ఆకర్షించడానికి ఒకటి స్వర్ణ తీర్థం బంగారంతో నింపించిన శత్రుగోపం ఉంది. ఆలయం ఆవరణలోకి ప్రవేశించిన తర్వాత మండపం గుండా లోపలికి వెళ్ళంటే స్థంభాలపైన భగవద్దేవత, దైవిత, మరాన్ తదితర గ్రంథాలలోని మాట్టలు కనిపిస్తాయి. ఎంతటి బోళిబెడన అయినా సరే ఈ ఆలయాన్ని ఒకసారి సందర్శిస్తే తనని తాను ప్రశ్నించుకోక తప్పదు. అతనిలో నిశ్చింతమై ఉన్న ఆధ్యాత్మికతను గుర్తించక తప్పదు" అని ఈ ఆలయ విశిష్టతను తెలిపే కరుణాశ్రాలో ఉంటుంది. గర్భగుడి మొత్తం బంగారు రేకులతోనే తయారైనా, శ్రీ మహాలక్ష్మి పిగ్మహం మాత్రం గ్రానైట్ రేకులతో తయారైంది. దానికి స్వర్ణ కుంభం తొడిగారు.

మానవానికి అంకితం

ఇంతటి భారీ భయ్యతో రూపొందిన ఈ ఆలయాన్ని కాపాడడానికి ప్రభుత్వ పోలీసులు, ప్రైవేటు సెక్యూరిటీ గార్డులు 24 గంటలూ కాపలా కాస్తుంటారు. ఈ ఆలయ ప్రస్తావన వదిలూత్రమే కాక విద్యాసంస్థలు, ఆసుపత్రు కూడా ఉన్నాయి.

ప్రముఖుల సందర్శన

మాజీ ముఖ్యమంత్రి చంద్రబాబు నాయుడు, తర్వాత మాజీ ముఖ్యమంత్రులు డి.ఎస్.ఆర్. అయిన కుమారుడు కుమారస్వామి తదితర అనేక మంది రాజకీయ నాయకులు ఇప్పటికీ ఈ ఆలయాన్ని పలుమార్లు సందర్శించారు. పిల్లవరి, మార్కెట్ నెట్లో అయింకిత, భద్రాద్రిని నడిమిలో రాయాకు అమ్మతో కూడా శ్రీపురం సందర్శించినవన్నారు. సోమవారం మొదలు శుక్రవారం వరకు ప్రతిరోజూ సగటున 50 వేల మంది భక్తులు ఈ ఆలయాన్ని సందర్శిస్తూ ఉంటారు. శని, ఆదివారాల్లో ఈ సంఖ్య లక్షలలోనే ఉంటుంది. ఆలయం ఆవరణలో అనేక పూజలెట్టు, బెడద గుఱాలు కలిగిన



ఆలయం వెళ్ళావు పెరిలో లుంటి

మొక్కలు కనిపిస్తాయి

దేశంలో కోట్లాది మంది శిండికి లేక ఆలయ జీస్తూ ఉంటే రూ. 300 కోట్లు పెట్టి ఈ ఆలయాన్ని నిర్మించాల్సిన అవసరం ఉంటే ఆది నారాయణ్ అమ్మను ప్రశ్నిస్తే... 'శ్రీపురం దేవాలయాన్ని సందర్శించాక భక్తులంతా మంచి మనసుతో తిరిగి వెళ్ళారు. భక్తులంతా విద్యాసంస్థలు, ఆసుపత్రులు వంటివి నిర్మించాలని కోరుకుంటారు. నేను రూ. 300 కోట్లు పెట్టి విద్యాసంస్థలు, ఆసుపత్రులు నిర్మించినట్లయితే అది అక్కడికినే అయిపోతుంది. కానీ ఇప్పుడు ఆలయాన్ని సందర్శించిన భక్తులు పాఠశాలలను, కళాశాలలను, ఆసుపత్రులను కట్టి 'నడవారికి సాయపడాలన్న మంచి మనసును పొందుతారు. ఆ విధంగా వందలాది, వేలాది విద్యాసంస్థలు, వైద్యశాలలు నిలకొంటాయి' అని అన్నారు.

-రాజేశ్వరి, ఆనంద్, వేలూరు

చిరునవ్వు: ఉదయం బయటకుల మొదలు, రాత్రి ఎనిమిది గంటల వరకు.

ప్రవేశం: తెల్లవారు జామున వరు గంటలకు, సుదాహ్నం 12 గంటలకు, సాయంత్రం ఆరు గంటలకు.

ప్రతిరోజూ ఉదయం 11 గంటల నుంచి సుదాహ్నం మూడు గంటల వరకు నారాయణ్ అమ్మ ప్రత్యేక పూజ.

అన్ని మతాల వారికీ ప్రతీకం ఉంది. అందరికీ ఉదేశమే.

భక్తుల రద్దీ తట్టుకోవడానికి తిరుమల ఆలయం లాగానే ఎర్రాట్టు రేఖలు.

తిల్లంకు వారంవారీ భాషల్లో ఈ ఆలయ విశిష్టతను చెప్పడానికి గ్రేటు కూడా ఉన్నాయి.

అక్కడో హెచ్చు శారం ఆంధ్ర, కూర్మాటక రాష్ట్రాల వాడో. ఆ తర్వాతనే తమిళనాడు భక్తులు.

అంత ప్రాంతాల నుంచి వచ్చేవారు వేలూరు పాత బస్టాండులో దిగాలి. అక్కడి నుంచి రూ. 75 డిస్ట్రిబ్యూట్ ఆటోలో ఆలయానికి చేరుకోవచ్చు. పేర్ ఆటోల ద్వారా కూడా వెళ్ళవచ్చు.



అలయ పూజకుంట్ దానియి అలయ ప్రధాన

FEBRUARY '08

08

FRIDAY

WART

JANUARY

2008

FEBRUARY

2008

S	M	T	W	T	F	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		

Week 6

S	M	T	W	T	F	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

1) If U ~~wakes~~ up in the morning
with more HEALTH than illness

U are more blessed than millions
others who don't survive this week

2) If U have never experienced the
danger of battle, loneliness of imprisonment

Lactacyd ^{ON the} agony of torture or prangs of starvation
U are ahead of 20 million people
around the world

3) If U can attend a church meeting
without fear of harassment

Torture or death, U are more blessed
than 3 Billions people in the world

4) If U can read this message, U are more blessed

During pregnancy, a local treatment restoring the normal acidity and vaginal flora, without systemic effect, may be preferable to any other treatment.

Neri A. et al. Acta Obstet. Gynecol. Scand. 1993 Jan; 72(1):17-19.

thous are two billions people who can't read anything

MARCH

2008

S	M	T	W	T	F	S
30	31					1
2	3	4	5	6	7	8
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16	17	18	19	20	21	22
23	24	25	26	27	28	29

APRIL

2008

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20	21	22	23	24	25	26
27	28	29	30			

WORTH

Remembering

FEBRUARY '08

09

Week 6

SATURDAY

4) If U have food in Ur Refrigerator
clothes on Ur back } I have a rickshaw
w a roof over U head } than 75% of
and a place to sleep } the world population

5) If U have money in the Bank
money in your wallet ; ^{small} change in a dish
U are among the TOP 5% of the wealthy
WORLD

Soframycin[®]
Skin Cream

6) If Ur Parents are still married & alive
You are very rare especially in the USA

7) If U can hold up Ur head with a smile
on your face & are truly thankful
U are more blessed than the majority

8) If U can hold someone's hand & hug them
or even touch them on their shoulder
U are blessed because U can feel God's Golden Touch

The vaginal pH could be reduced by estrogen-substitution, but local application of estriol has only a short-term effect.

Sommer H. Zentralbl. Gynakol. 1993;115(12):541-544

9) If U manage this,
U are more blessed than U may ever even know

FEBRUARY '08

11

MONDAY

Week 7

JANUARY

2008

S	M	T	W	T	F	S
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27	28	29	30	31		

FEBRUARY

2008

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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	

9.00

10.00

11.00

12.00

1.00

2.00

Lactacyd Three Steps to DIVINE LIFE

① What ^{ever} has happened has happened
by God's will, don't brood over it.

5.00

(2) Whatever is happening now is happening only
by God's will. Don't worry & fear

6.00

3) Whatever is going to happen also is by God's will.
Remember the first & last words in spiritual life
are faith in God & I. Surrender to HIM.

7.00

8.00

9.00

10.00

The determination of vaginal pH is a practical method to control the vaginal homeostasis.

Sommer H. Zentralbl. Gynakol. 1993;115(12):541-544.

MARCH

2008

APRIL

2008

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30	31					1
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20	21	22	23	24	25	26
27	28	29	30			

Greatest
Thoughts

Week 7

FEBRUARY '08

12

TUESDAY

Crux of

1) To be good & To do good is the whole religion

9.00

2) To think oneself weak is the greatest sin

10.00

3) Help if U can, otherwise stand with folded hands

12.00

4) Don't get injured in the process of helping others

1.00

5) Be unselfish always which is Insp.
from visiting temples or reading religious books

2.00

6) Nature wants us to react -
It requires divine force } to return blow for blow
not to do anything } to lie for lie
in your reaction } cheating for cheating
hit back for hitting

5.00

6.00

7.00

8.00

9.00

10.00

7) You must have an iron will
1) if u want to cross an ocean
2) or to pierce mountains.

The local treatment restores the normal vaginal acidity and facilitates recolonization with lactobacilli.
It may be preferable to oral antimicrobial therapy, especially during pregnancy.

Holst E and Brandberg A. Scand. J. Infect. Dis. 1990;22(5):625-626

M
A
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20	21	22	23	24	25	26
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17	18	19	20	21	22	23
24	25	26	27	28	29	

WEDN

TIMES GLOBAL

100-yr-olds who use Google

Three in every hundred centenarians have used the online encyclopedia, and four times that number use the web



existence, 87 when Amazon launched its online store, 89 at the time of the first Google search, and 95 when Apple launched its music download service, iTunes.

The study, carried out on behalf of Evercare, a US healthcare provider, surveyed 100 centenarians by phone.

According to the Office for National Statistics, there were 8,970 aged 100 or over in England and Wales in 2006, and that number is predicted to grow to 241,000 by 2051.

In a somewhat curious measure of technological awareness, the US researchers asked whether they knew who Steve Jobs — the chief executive of Apple — was. Three quarters said they did not.

They needn't have worried, though. Just over half of those aged 20 to 29 — who were surveyed as well — also did not recognise the name of the man who gave the world the iPod. SUNDAY TIMES LONDON

site. The percentages may seem small, but it is worth bearing in mind that a person who turned 100 this year would have been 83 when the world wide web came into

research a health topic. When it comes to e-mail, usage is even higher: 7 per cent are familiar with the idea of an inbox, and of those more than half have either sent or received digital photos.

The Internet more generally has been used by 12 per cent of those aged 100 or more, though that is still a stretch behind mobile phones, which have been embraced by 19 per cent.

Texting is slower to catch on — only one in a hundred has tapped out a message on a phone. Twice that number have visited a political web-

None, it seems, can escape the infinite grasp of the world wide web — not even those who have entered their second century.

Although most centenarians would appear content to live a low-tech life, three in every hundred have done a lit-

The diaphragm is one of the least accepted methods of birth control by adolescents. It acts as a physical barrier to sperm at the cervical canal.

100-yr-olds who use Google

...in every hundred
...arians have used the online
...lopedia, and four times that
...ber use the web

...research a health topic.
...When it comes to e-mail,
...cent are familiar with the
...idea of an inbox, and of
...those more than half have
...either sent or received dig-
...ital photos.
...The Internet more gen-
...erally has been used by 12
...per cent of those aged 100
...or more, though that is still
...a stretch behind mobile
...phones, which have been
...embraced by 18 per cent.
...Texting is slower to catch
...on — only one in a hundred
...has tapped out a message on a
...phone. Twice that number
...have visited a political web-



existence, 87 when Amazon
launched its online store, 88 at
the time of the first Google
launched its music download
service, iTunes.
The study, carried out on
behalf of Evercare, a US
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awareness, the US researchers
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Steve Jobs — the chief execu-
tive of Apple — was. Three
quarters said they did not.
They needn't have worried,
though, just over half of those
aged 20 to 29 — who were
surveyed as well — also did not
recognise the name of the
man who gave the world
the iPod. SUNDAY TIMES, LONDON

SEALING LOVE ON TREES

JANUARY							FEBRUARY							MARCH						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
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TIMES GLOBAL

100-yr-olds who use Google

Three in every hundred centenarians have used the online encyclopedia, and four times that number use the web

None, it seems, can escape the infinite grasp of the world wide web — not even those who have entered their second century.

Although most centenarians would appear content to live a low-tech life, three in every hundred have done a lit-

research a health topic.

When it comes to e-mail, usage is even higher: 7 per cent are familiar with the idea of an inbox, and of those more than half have either sent or received digital photos.

The internet more generally has been used by 12 per cent of those aged 100 or more, though that is still a stretch behind mobile phones, which have been embraced by 19 per cent.

Texting is slower to catch on — only one in a hundred has tapped out a message on a phone. Twice that number have visited a political web-



site. The percentages may seem small, but it is worth bearing in mind that a person who turned 100 this year would have been 83 when the world wide web came into

existence, 87 when Amazon launched its online store, 89 at the time of the first Google search, and 95 when Apple launched its music download service, iTunes.

The study, carried out on behalf of Evercare, a US healthcare provider, surveyed 100 centenarians by phone.

According to the Office for National Statistics, there were 8,970 aged 100 or over in England and Wales in 2006, and that number is predicted to grow to 241,000 by 2051.

In a somewhat curious measure of technological awareness, the US researchers asked whether they knew who Steve Jobs — the chief executive of Apple — was. Three quarters said they did not.

They needn't have worried, though. Just over half of those aged 20 to 29 — who were surveyed as well — also did not recognise the name of the man who gave the world the iPod. SUNDAY TIMES, LONDON

SEALING LOVE ON TREES



embraced by 18 per cent.
Texting is slower to catch on — only one in a hundred has tapped out a message on a phone. Twice that number have visited a political web-

site. The percentages may seem small, but it is worth bearing in mind that a person who turned 100 this year would have been 83 when the world wide web came into

being. Just over half of those aged 20 to 29 — who were surveyed as well — also did not recognise the name of the man who gave the world the iPod. SUNDAY TIMES LONDON

SEALING LOVE ON TREES



MARK OF TOGETHERNESS: The so-called 'Trees of Love' with padlocks placed by newlyweds to seal their love, are seen across Luzhkov bridge in downtown Moscow on Wednesday. According to the Russian tradition as long as the padlock remains, the couple's love will remain intact

mycin®
Salin Cream

DAY

MAR

FEBRUARY '08

15

FRIDAY

Mind
Intellect
Week 7

JANUARY 2008

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FEBRUARY 2008

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Mind Composes Impulses, feelings, ^{ideas} desires

Intellect is the thinking equipment

It reasons, discriminates & judges

What is right & what is wrong

as a child an adult — in you

The Adult must control the Child.

Mind is compared to the flowing water

while intellect is its banks controlling either side

Lactacyd When the water flows within the banks

it provides water for irrigation & drinking purposes

When the water loses its course, it becomes a CURSE

When the desires of the mind are many / powerful

the intellect is breaking, the individual loses control

Yields to the pressure of the mind, resulting

in disastrous consequences, In order to control desires

You must strengthen the INTELLECT,

give up an ideal work for it.

Increased acidity could not be attributed to the action of lactobacilli as their total incidence or concentration does not change during the menstrual cycle.

Wilks M and Tabagchali S. J. Med. Microbiol. 1987 Nov.;24(3):241-245.

MARCH

2008

APRIL

2008

FEBRUARY '08

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Week 7

16

SATURDAY

HUGE MONEY FOR "PENNY"

Violin goes for \$1.2 million

Stradivari worked in Cremona, Italy, making harps and guitars as well as violins

NEW YORK: A violin made by legendary 18th century Italian luthier Antonio Stradivari was sold at auction in New York Friday for \$1.27 million.

The violin, known as "The Penny" after its previous owner, English violinist Barbara Penny, who died last year, was expected to reach between \$1 million and 1.5 million at the Christie's auction.

The record for a "Strad" stands at \$3.5 million, set at auction in New York in May 2006 for the "Hammer," named after Christian Hammer, an 19th century Swedish collector.

Stradivari worked in Cremona, Italy, making harps and guitars as well as violins until he died in 1737.

He is believed to have made more than 1,100 instruments, of which some 650 have been preserved. — AFP



The violin "The Penny".

Soframycin®
Skin Cream

17 SUNDAY

Autogenous ribitol teichoic acid was found to block the attachment of *S. aureus* to labium majus and labium minus cells by 76% and 81% respectively, and to vaginal cells by 66%.

Bibel DJ, et al. J. Med. Microbiol. 1987 Feb.;23(1):75-82.

FEBRUARY '08

18

MONDAY

Four
fact:

Week 8

JANUARY 2008

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FEBRUARY 2008

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Hindu Religion (Essence of Vedas)

1) **KARMA** is that the soul undergoes in one of two ways whether its actions are virtuous or not - Karma is not fate. U have a free will to respond to your Karma. To be responsible for ur Karma is strength. To blame another is sheer weakness. So remember to treat law of karma & act wisely.

Lactacyd

REINCARNATION

2) Your soul is immortal body of light. As you proceed in life U do so many crimes resulting in more & more lives to react. After resolving residual karmas, ur soul no longer incarnates into human form. When ur soul realizes GOD then U live joyously. Shine for your spiritual growth without fear of DEATH.

Ranitidine is very effective in increasing gastric pH and at the same time reducing gastric volume in patients.

Duffy BL, et al. Anaesth. Intensive Care 1985 Feb; 13(1):29-32.

MARCH 2008

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Essence
of
Vedas

Week 8

FEBRUARY '08

19

TUESDAY

(3) DIHARTHA is to the individual. That is development to a seed.

When U follow Dharma, U are in harmony. Later the cosmic order + U are close to GOD.

Hindu Dharma is embodied in the 8

8 YAMAS

1) Non violence

2) not stealing

3) Disciplining desire

4) Abjuring lust + greed

5) Curbing anger + arrogance

6) not lying

7) Avoiding injustice

8) Shun evil company + wrong doing

8 NIYAMAS

1) Be pure in body mind + speech

2) Love mankind

3) Seek always contentment

4) cultivate devotion

5) develop forbearance

6) Give Charitably

7) study scriptures

8) Perform sacrifice + penance

④ + worship GOD

Soframycin
Skin Cream

The capacity of the collagen sponge to absorb a large volume of cervical and vaginal fluid produced two symptoms that were annoying to the volunteers: An awareness of either vaginal dryness during intercourse or, conversely, saturation of the sponge from the vagina.

Chvapil M, et al. Am. J. Obstet. Gynecol. 1985 Feb. 1;151(3):325-329.

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Week 6

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Urbanis power into Vanity

sprawling industrial conglomerate in 2002, but never figured out how to play together nicely." Indian-born American venture capitalist Vinod Khosla, one of the co-founders of Sun Microsystems, is the only other influential person with an Indian connection in the New Establishment list published. Khosla, 53, has been described as Silicon Valley's pre-eminent eco-investor, who has invested more than \$300 million of his personal fortune to back scores of startups in green technology.



Anil Ambani

million-plus capital investment. He also plans to finance films for the production companies of George Clooney, Tom Hanks and Brad Pitt. The article also highlights the fact that the brothers inherited their father's



Mukesh Ambani

the fact that the elder Ambani is building a new, 27-floor, 550-foot tower in Mumbai as his residence, which is likely to be the world's costliest home. Anil, according to the article, is on the verge of buying into Steven Spielberg's DreamWorks with a \$500-

LONDON

locate brothers Anil Ambani Indians who Fair's annual world's 100 and influen- are a joint on the list, as is the "thicker," with a com- rth of \$85 bil- 49, mentions

Lactac

Ambanis power into Vanity

BY OUR SPECIAL
CORRESPONDENT

LONDON

Sept. 3: Billionaire brothers Mukesh and Anil Ambani are the only Indians who figure on American magazine *Vanity Fair's* annual listing of the world's 100 most powerful and influential people.

The brothers are a joint new entry on the list, at number 67 spot.

Described as the "bickering brothers", with a combined net worth of \$85 billion, the entry on Mukesh, 51, and Anil, 49, mentions



Mukesh Ambani

the fact that the elder Ambani is building a new, 27-floor, 550-foot tower in Mumbai as his residence, which is likely to be the world's costliest home.

Anil, according to the article, is on the verge of buying into Steven Spielberg's DreamWorks with a \$500-



Anil Ambani

million-plus capital investment.

"He also plans to finance films for the production companies of George Clooney, Tom Hanks and Brad Pitt."

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FEBRUARY '08
23
SATURDAY

Exercise the
mind, make
brain 10 yrs
younger

London: If you are worried that your mental power will decline as you age, there's some good news — a relatively brief flurry of brain exercises can improve your memory by a considerable period. A team of international researchers has carried out a study and found that doing the right kind of brain exercises can slow down the mind's deterioration by about a decade.



Doing the right kind of brain exercises can slow down the mind's deterioration by about a decade

"The Daily Telegraph" reported here on Tuesday. "Doing the proper designed cognitive activities can actually enhance abilities as you age," lead researcher Dr Elizabeth Zelinski of the University of Southern California Andrus Gerontology Center was quoted as saying. In fact, the researchers came to the conclusion after analysing a group of 65-plus people who exercised their mind with a brain revitalisation computer programme. Half of more than 500 participants in the study completed up to 40 hours of the computer-based brain fitness programme. The other half completed up to 40 hours of a computer-based educational training programme. The group that relied on cranial calisthenics showed superior improvements in standardised clinical measures of memory gains of 10 years. "The changes we saw in the experimental group were larger than gains in the control group. People got better at the tasks trained, those improvements generated those improvements in their lives," Dr Zelinski said.

Cohen SE. Clin. Obstet.

Pulmonary aspiration of gastric contents poses a continuing hazard to obstetric patients with a history of gastric surgery.

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MARCH

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Exercise the mind, make brain 10 yrs younger

London: If you are worried that your mental power will decline as you age, there's some good news — a relatively brief flurry of brain exercises can improve your memory by a considerable period. A team of international researchers has carried out a study and found that doing the right kind of brain exercises can slow down the mind's deterioration by about a decade.



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FEBRUARY '08

23

SATURDAY

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"The group that relied on cranial calisthenics showed superior improvements in standardised clinical measures of memory gains of 10 years. The changes we saw in the experimental group were larger than gains in the control group. "People got better at the tasks trained, those improvements generalised to memory, and people perceived improvements in their lives," Dr Zelinski said. 21

Pulmonary aspiration of gastric contents poses a continuing hazard to obstetrical patients.

Cohen SE. Clin. Obstet.

2008

MARCH

2008

APRIL

2008

FEBRUARY '08

26

TUESDAY

Week 9

FIVE Rules for HAPPINESS

- ① True or Heart for Heart
- ② free your MIND for Love
- ③ Live simple ^{gently} & hope
- ④ Give more & more
- ⑤ expect less & less.

Soframycin®
 Skin Cream

Erythromycin is not effective for the treatment of *H. vaginalis*-associated NSV; this may be partly attributable to the reduced activity of this drug in acidic vaginal secretions.

Durfee MA, et al. Antimicrob. Agents Chemother. 1979 Nov; 16(5):635-637.

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4 Indians among world's 8 richest

TIMES NEWS NETWORK

As in cricket, Indians are also emerging as world-beaters at creating wealth and unlocking value. Four of the world's eight richest individuals are Indians. In fact, India has more billionaires in the top 10 than any other country, according to Forbes magazine.

In all, India has 53 billionaires — the most in Asia and the fourth highest in the world, behind the US (469), Russia (87) and Germany (59). The Indians in the top 10 are Lakshmi Mittal (4th, \$45b), followed by Mukesh Ambani (\$43b), Anil Ambani (\$42b) and K P Singh (8th, \$30b).

Anil Ambani was the biggest gainer globally, with his wealth soaring by \$23.8b since last year. Mukesh followed with a rise of \$22.9b. But these figures were based on value of equity holdings as on February 11 and the subsequent downturn in the markets would have eroded some of these gains. Back-of-the-envelope calculations indicate that on Feb 28 alone, Mukesh Ambani lost Rs 5,000 crore (\$1.35b) and brother Anil about Rs 2,500 crore (\$625m).

► India boasts of 53 billionaires: P 12

GLOBAL COMMONWEALTH



Lakshmi Mittal



Mukesh Ambani

1	Warren Buffett (US)	\$62b
2	Carlos Slim Helu (Mexico)	\$60b
3	Bill Gates (US)	\$58b
4	Lakshmi Mittal (India)	\$45b
5	Mukesh Ambani (India)	\$43b
6	Anil Ambani (India)	\$42b
7	Ingvar Kamprad (Sweden)	\$31b
8	K P Singh (India)	\$30b
9	Oleg Deripaska (Russia)	\$28b
10	Karl Albrecht (Germany)	\$27b

● US has most billionaires (469), followed by Russia (87), Germany (59) and India (53)

● The combined wealth of 53 Indian billionaires (\$334.6b) is greater than the \$284.6b of Germany's 59 billionaires put together

● Moscow is home to most billionaires (74), followed by New York (71) and London (36)

Guinness record for Brahmanandam

Ace-comedian **DR BRAHMANANDAM** has been bestowed a rare honour for his stellar contribution to Tollywood. Brahmanandam has earned a place in the Guinness Book of World Records for acting in a phenomenal 754 Telugu films in a career spanning 20 years. Dr Brahmanandam confirmed that he got the official confirmation on Wednesday from the Guinness Foundation. "I am very pleased to have been selected for this rare privilege. It's been a

Brahmanandam



long and wonderful journey for me but feels like it was just the other day when I started my career in films. I am very grateful to this wonderful Telugu cinema industry and the audience for all the love and unflinching support without which it would not have been possible," says Brahmanandam.

The mature human delivery.

response to stresses associated with labor and vaginal

Miclat NN, Anesth. Analg. 1978 Jan.-Feb.;57(1):98-101.

India boasts of 53 billionaires

India has 53 billionaires, according to the latest Forbes list. However, analysts point out that estimates of wealth based on holdings in unlisted companies could be quite misleading. They could overstate the value of the holdings, in which case they are unfair to potential investors in the relevant company. Or they could understate the value, which would be unfair to those who currently hold the shares.

Apart from those in the global top 10, the wealthiest Indians include Essar group's Shashi and Ravi Ruia (43rd with a combined networth of \$15 billion), Wipro's Azim Premji (60th, \$12.7 billion), Sunil Mittal and family (64th, \$11.8 billion), Kumar Mangalam Birla (76th, \$10.2 billion), Unitech's Ramesh Chandra (90th, \$9.6 billion) and Gautam Adani (91st, \$9.3 billion). Adani emerged as Asia's richest newcomer to the list.

The combined wealth of India's rich-rich crowd is equivalent to about 31% of the country's GDP, a higher proportion than in most other countries. The only country of any significant size which has a higher figure is Russia, where the 87 billionaires have wealth that is about 36% of GDP.

The combined wealth of India's 53 billionaires, at \$334.5 billion, is in fact greater than



PUSHED DOWN: Bill Gates slips to Rank 3 after remaining on top for 13 years

only get him third place with \$58 billion. It might be some consolation to Gates that Buffett had announced in 2006 that he would donate a majority of his fortune to the Bill & Melinda Gates Foundation.

Sweden's Ingvar Kamprad, founder of home furnishing retail chain Ikea, was seventh with \$31 billion, making him the list's top European, while Russia's richest man, Oleg Deripaska, was ninth with \$28 billion. Retired German supermarket mogul Karl Albrecht was 10th with \$27 billion. The world's richest woman, France's Lilliane Bettencourt, the daughter of the founder of L'Oreal cosmetics company was 17th overall, with \$22 billion.

the \$284.4 billion that all of Germany's 59 billionaires could tot up among themselves. This does not include billionaires of Indian origin like Pallonji Mistry, now an Irish citizen, Amar Bose or PNC Menon, Omar's lone billionaire. Among cities, Moscow is home to 74 billionaires, followed by New York (71), London (36), Istanbul (34), and Hong Kong (30).

Meanwhile, US financier Warren Buffett overtook software tycoon Bill Gates as the world's richest man. Buffett, the 77-year-old chief of Berkshire Hathaway, saw his wealth jump from \$32 billion last year to \$62 billion, pushing Gates into third position after 13 years at the top. The legendary investor, called the 'Oracle of Omaha' said last year that his investing method was to "be fearful when others are greedy and be greedy when others are fearful". It obviously paid off.

Mexico's telecom mogul Carlos Slim Helu grabbed second place with a tidy nest egg of \$60 billion, up from \$49 billion last year. Gates saw his wealth rise by \$2 billion but that could

year for young billionaires, with 50 under the age of 40, and 25 of them new to the list. An impressive 68% percent of the under-40 tycoons are self-made billionaires, including Google co-founders Sergey Brin and Larry Page; India's Sameer Gehlaut, who started online brokerage Indiabulls; and Facebook founder Mark Zuckerberg, who at age 23 is the youngest self-made billionaire ever to make a Forbes list.

In all, this year's list sees 1,125 people around the world making the billionaire's list, up from 946 last year. Among the additions is J K Rowling of Harry Potter fame, even if she shares bottom rank with dozens of others.

The total net worth of the world's billionaires stands at \$4.4 trillion dollars, up from \$3.5 trillion last year.

Asians accounted for 211 people on the list, up from 160 last year, with India counting 53, up from 36 in 2007, and China, which had just 20 billionaires last year, now boasting 42. Hong Kong saw five more entrepreneurs make the grade, giving it a total of 26. China and Hong Kong, which has a special administrative status under Beijing, would lead the Asian list if grouped together.

Japan, which last year lost Asia's leading spot after 20 years at the top, by contrast counted only 24 tycoons on the list, unchanged from last year and down from 27 in 2006.

A poor man who craves for more wealth is really RICH

A Rich man who craves for more wealth is really POOR

The possibility of a low gastric pH and the resultant pulmonary damage if aspirated must be considered in the initial care of the newborn with poor muscle tone or reflex activity as well as in the anesthetic management of neonates undergoing emergency surgery.

2ND FINAL

BRISBANE HIGHLIGHTS

The start from Tendulkar and Uthappa and steady contributions from Dhoni and Yuvraj took India to 258. Praveen Kumar's three wickets upfront set the game up. The Aussies stayed in till the end but India held their nerve.



WORTH GOING SMILES TO SEE: Yuvraj Singh (left) hugs Praveen Kumar after the latter dismissed Ricky Ponting

IND	OVERS	AUS
14-0	5	13-2
36-0	10	36-3
66-0	15	56-3
92-0	20	81-3
121-1	25	115-3
144-2	30	138-5
207-4	40	183-5
220-5	45	223-6

FINAL SCORE

Aus 258-9, 50 ov
India 249, 49.4 ov

NUMBER GAMES

1

• No of Tri-series tourneys India have won in Australia. This was India's first championship win after six years. They had last won a championship beating England at Lord's by 2 wickets in the NatWest series on July 13, 2002.

Smells like team spirit

Bobill Vijay Kumar | TNN

TO begin with, the opening pair looked shaky and unsure; the middle order too seemed wobbly and short of depth. Worse, their strike bowlers had also already come home on the injury boat.

Yes, everything that could have gone bad for India had gone doubly bad even before the farewell Tri-series had begun. Everybody, however, forgot one little thing: the Indian team, enraged by Australia's antics throughout the tour, was desperate to win.

The last time India had shown a similar resolve and flaming desire was in 2003, during the World Cup in South Africa. But then, the circumstances then were totally different: the players were at the receiving end from none other than their own fans.

This time the attack came from another source: the host country itself. The Australian team, media and crowds stooped to such lows that any self-respecting bunch would have taken to arms. India did just that but in their own unique way.

They fought ball for ball, stroke for stroke, word for word; it was all so relentless and pointed that somebody had to eventually wilt. Somebody did and it was Australia, against all odds. India overcame a tough but vain opponent; they surmounted history (having never won this Tri-series) and their own track record too in finals.

Dhoni's dudes were left looking at a mountain when Anil Kumble and his battle-scarred veterans returned after a seminal Test series. Between the lies too believed they would find

it a tough act to emulate. But as the tournament unfolded, the boys rose to every challenge and soon transformed into men.

Sehwag, firing on an old touch, fell by the wayside soon enough. But Gambhir showed how much he has blossomed in the last few months; Dhoni and Yuvraj were not exactly on song but they scored crucial runs at crucial times. Uthappa too fluttered briefly.

The key batsmen, however, were at the opposite ends of the spectrum: young Rohit Sharma and seasoned Sachin Tendulkar. While the former batted confidently, offering the straightest of willows, the latter tiptoed into a new zone, innovating and teasing the Aussie bowlers.

The highlight of the tour, however, is the discovery of two young fast bowlers. Ishaant Sharma, with his pace, and Praveen Kumar, with his swing, have given a new edge to the Indian attack. Now, suddenly, no total seems to be too small or no batting too formidable. Most significantly, these unassuming boys bowl to take wickets.

It's amazing that just a few months ago the selectors were crying hoarse about the skeletal bench-strength. Today, almost miraculously, talent is seeping out of every pore of the country. Another set of boys have made it even more delightful by winning the Under-19 World Cup.

And in both victories, there has been one common link: the smell of team spirit; the whiff of a new India. Perhaps the end of an era; and the beginning of a new one too.

bobillvijay@timesgroup.com

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Gastric lidocaine
cesarean sec

mparison to

122(1):79-83

We are the champs

Story Down Under: India Beat Oz To Sweep Triseries 2-0

9.00



'Greatest win after T20'

Vinay Nayudu | THN

Brisbane: A calm and composed Sachin Tendulkar termed the Tri-series triumph as the "greatest" after the Twenty20 World Cup win.

"I think other than winning the Twenty20 World Cup for me, this is the greatest win. How many teams come to Australia and beat Australia in Australia?", wondered a delighted Tendulkar wiping champagne drops from his head.

"The best part is that this team was a superb blend of youth and experience and we all gelled well. The credit for the big success goes to every member including the coaches and the support staff. I am extremely delighted," said Tendulkar.

He, however, chose to play down his own role in the hard-fought win. "The team has done well and that is what I value more than my own contribution."



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VIDEOCON

Whatever role life gives you, play it big.

07

POLIO
ERADICATION
DAY
Week 10

10 pc toilet users don't wash hands

Singapore: A stakeout of Singapore's public toilets revealed a dirty secret — 10 percent of the users did not wash their hands, a news report said.



Despite the city-state's zeal for hygiene and proper behaviour in loos, 75 out of 792 people did not wash up after using the toilets, The Sunday Times said.

Those caught dry-handed included professionals, food preparation staff, housewives and students of both genders. Some told the newspaper they washed only after 'big business' and 'never thought of washing after urinating'.

Other reasons for not washing included the general cleanliness of toilets, not knowing how to use the automatic taps, lack of time, and apathy towards germs. "Even those who washed their hands did not do so thoroughly," the report said. Out of 717 who washed, only 134 used soap and 66 washed only one hand.

The Restroom Association of Singapore has distributed 2,000 posters to schools and public toilets on the correct way to wash hands and is launching a programme next year including roadshows. The newspaper check coincided with an outbreak of food poisoning that affected 153 people after eating PrimaDeli bakery's chocolate cakes.

The salmonella enteritidis detected causes fever, diarrhoea, vomiting and pain in abdominal.

The factory has been closed during sanitising and so have the franchises.

(AFP) was not elevated. The vulva however is

India records highest number of polio cases

POLIO DRIVE CRIPPLED

India, Nigeria, Pakistan and Afghanistan are the only four countries where polio is still endemic.

Over half of the world's polio cases were reported in the country last year.

This year, efforts to reach mobile populations from UP and Bihar living in Punjab, Haryana, Gujarat, Delhi and Mumbai are being strengthened.

Five immunisation rounds in the first half of 2008 and three rounds in the second half have been planned.

In Bihar, special focus will be directed to the 72 high-risk clusters. The P1 strain of the virus has been India's major enemy.

P1 causes paralysis in 1 out of every 200 children, as compared to P3, which causes paralysis in 1 out of every 1,000 infections.

There were 83 P1 cases in the country in 2007 compared to 648 in 2006. Chidambaram allocated



Rs 1,042 crore for polio in the Budget, most of which will be spent in Bihar and UP.

Case breakdown by country

Country	Till Feb 27, 2008	Year-to-date '07	Total in '07
India	82	7	894
PAKISTAN	2	4	32
NIGERIA	19	5	246
NIGER	2	0	11
AFGHANISTAN	2	0	17
NEPAL	2	0	5
ANGOLA	1	0	8
CHAD	1	0	21

Total Polio Cases in India

106

1111 March 6, 2008



Polio cases in Bihar

1998	131	2003	18
1999	115	2004	39
2000	49	2005	30
2001	27	2006	61
2002	121	2007	193

2008

89

1111 NEW

07

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ERADICATION
DAY
Week 10

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2008

89

1111 NEW

2008

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APRIL 2008

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MAY 2008

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**WORLD
KIDNEY
DAY**
Week 11

MARCH '08

11
TUESDAY

In connection with World Kidney Day,
the Dept of Nephrology, Osmania General
Hospital will educate the people about
kidney diseases & seven patients with
kidney problems @ OP of Dept - APCO ST

Soframycin[®]
Skin Cream

Genital schistosomiasis adds to the disease burden of women in all age groups. Pathological consequences due to the involvement of different genital organs can be damaging for the affected women.

Swai B, et al. BMC Infect. Dis. 2006 Aug; 23;6:134.

APRIL

2008

MAY

2008

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World Kidney day at OGH: In connection with World Kidney day, the Department of Nephrology, Osmania General Hospital will screen patients for kidney diseases and educate people about the problem on March 13 from 9 am to 2 pm at room no. 227 in the out patient block of the hospital.

MARCH '08

13

THURSDAY

WORLD KIDNEY DAY.
celebrated at OGH

Holi Hai!

Sapna Sharma

With the breakdown of the joint-family system, Indian festivals are no more the great fun fiestas they used to be, especially for children. More so, the unique festival of Holi. Growing up in a large family at laid-back Jabalpur, one looked forward to Holi with great excitement. The festivities began with the preparation of basketfuls of sweets. For our part, we children would collect money from the elders and hit the corner shop to buy colours, gular and pichkaris. On Duhendi day, rising early, the first thing one did was apply mustard oil on one's body so that colours would later come off easily. Then, donning the whitest of clothes, we would first go to the elders with platefuls of gular. They would apply a pinch of it on our faces and along with blessings give us garlands of sugar candy. This over, the family would flock at the large courtyard, which had a well at the centre. By its side a large tube filled with colour was kept ready. Beginning with children, one by one all would be thrown into it and the fun would go on. Meanwhile, at the verandah by the courtyard, thailfuls of sweets and other eatables would wait to be consumed as the day progressed.

The revelries continued well into afternoon. Meanwhile, one uncle would prepare thandal with a dash of bhang in it. It would be served to only selected adults and just a sip given to a young cousin so that he could put up a great show of being under its influence to everyone's pure delight. Bath over, everyone dressed up in new clothes and sat down for a round of music and songs that went on till late evening. For us children it didn't matter if the faces still betrayed the obstinate hues. These one could flaunt in the school the next day as proof of the fun one had had. That wasn't very long ago. But it feels like another time. Now, those surreal images return more to haunt than to soothe. Telephone calls, Happy Holi SMSs can hardly fill the gap. Even as I join children and friends in the revelry now, I can't help wishing there were a time machine which could transport me back to our old family Holi. Just once!

**LET'S
CELEBRATE**

Soframycin®
Skin Cream

In endemic areas cervical schistosomiasis should be considered in differential diagnosis of cancer.

Swai B, et al. BMC Infect. Dis. 2006 Aug; 23;6:134.

MARCH '08

19

WEDNESDAY

POWER
A
INSTANT
Week 12

FEBRUARY 2008

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1) Instead of seeing problems
Look for opportunities

2) Instead of chasing efficiency
Take time to be effective

3) Instead of making statements
make a point of asking Qns

Lactacyd

4) Instead of winning an argument
create a dialogue
within everyone wins

5) Instead of fixing a BLAME
Team up into colleagues
To fix the system

Our data suggest that adjuvant radiotherapy may improve the disease-specific survival of patients with single-node-positive vulvar cancer who underwent a less extensive lymph node resection (≤ 12 nodes removed).

Parthasarathy A, et al. Gynecol. Oncol. 2006 Aug; 2: [Epub ahead of print].

2008

APRIL

2008

MAY

2008

MARCH '08

20

THURSDAY

Week 12

- 6) Instead hemoanip Vv
 climb from the RUT
 and create a new path
- 7) Instead of getting blurred in Task
 type myself up
 with a mission
- 8) Instead of exaggerating
 Vv perceived weaknesses
 Examine Vv real strengths
- 9) Instead of waiting for perfect conditions
 Choose Today
 as the day for change
- 10) Instead of saying "No"
 find a way to say "Yes"

Soframycin®
 Skin Cream

Patients with inoperable primary tumors or lymph nodes benefit from chemoradiation if an operation can be performed.

van Doorn HC, et al. Cochrane Database Syst. Rev. 2006 July 19;3:CD003752.

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Principles for well-being

Daivajna K N Somayaji

Whether it's a home or office, people seek well-being. Vaastu has some principles to ensure good health and prosperity. All this is a part of well-being and happiness. Following these principles will keep family members safe and sound. Here are some basic guidelines:

North-east is the most important place in a building. It should be left vacant or used only as a puja room or study room.

Everyday, getting up from your right hand side is considered good as it brings in positive energy that stays with you throughout the day. It is advisable to look at

pleasing photos or portraits early in the morning.

It is preferable to have breakfast facing east. Provide an inlet to the overhead tank from the south-west side and outlet in the north-east side. Place the sofas or chairs in such a way that you face east or north while meeting guests.

Water should flow from south to north or from west to east at home. Elevation in the south will bring prosperity and all-round growth. Plan the building in such a way that the south-west part is a little higher than the other parts.

Lactacyd

అ మూడూ...

అప్పుడే ప్రజలొంది నీవిన యాపిరొ
ప్రేమగా నిగనిగలాడుతా కనిపించొచ్చు మీరు.
ఈ మూడూ తరచూ తింటే అవే... బెర్రెస్,
అరెంజెస్, క్యారెట్స్

ചിട്ടി: കോർപ്പറേഷൻ നിലനിൽക്കേ യാൻ
 കോർപ്പറേഷൻ ഓഫീസിലായിട്ട് കുറേക്കാലം ഇല്ല
 യാൻ റിപ്പോർട്ട് ചെയ്തതുകൊണ്ട് പരിശോധിക്കുക
 വേണ്ട. 2000 കുറയ്ക്കുക.

కారణము: నిమిషాత్ ముప్పులు

భక్తాంశు, పద్మ, ఎముకలపూ,
చూరబడి చక్రబి కంటిపూసినపూ...
అన్నది మందిరి పచ్చికాడెట్లు తినడం
మీది తినడం.

నారినజిల్లా: చర్మకణంను వీరుతుగా ఉండే కొద్దికైనా అధికంగా ఉంటుంది. విటమిన్ సి స్థాయిలు కూడా అత్యధికంగా ఉంటాయి. మృదువులైన వర్షం సొంతం కాదాంటే తరచుగా నారినజిల్లా తినాల్సిందే.



In patients with complications

iteration.

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MARCH 22, 2008

3

10 TIPS TO FINE DINING

■ The table you buy today is likely to remain in your home, or in your family, for many years, and will see multiple residences and several decorating schemes. So when buying a dining table, choose carefully.

The dining table should be scaled appropriately for the room; a small room looks best with a small table and a big room demands a big table.

■ The dining table should measure 35-40 inches across. Narrower than that leaves no place in the middle for food; wider than that makes conversation difficult with the person seated opposite you.

■ Rectangular tables are most common, but many people prefer sitting at a round table, as it is conducive to conversation.

■ If you're buying a wood table, select the wood that goes well with the ambience of the room or another piece of furniture in the room. This will make the table feel like a cohesive element in the home's decor.

■ Glass-topped tables can withstand spills and staining, but show fingerprints more readily, so they require some diligence to maintain. Many hosts don't like glass tabletops because you can see your guests' laps and feet, but a tablecloth can be used to block the view.

■ Skirted tables can be added to nearly any room; they are as functional as they are attractive. Not only stylish, they are also inexpensive, and versatile taking on a variety of roles according to room and size.

■ Children often use the dining room table for their own activities - home-

work, artwork, and games. This may lead to scratches and stains on your table. So if there are children in the house, choose a surface which does not show up damages easily.

■ Choose a dining table with drawers or a shelf to store things like napkins, tablecloths and the good silverware. If a centerpiece is used to decorate the table, make sure it is not so overwhelming in its size so that it would obstruct the view of your guests. Try to keep the centerpiece smaller in size but just as eclectic in your choice of style.

■ There must be space for people to walk behind the chairs when they are pulled out. Dining room chairs must be able to fit underneath the table to at least half way.

timesproperty.hyd@indiatimes.com



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BHAGYASHREE BUILDERS

Bowenpally, Lalapet, Tarnaka

☎ : 97044 77224 / 5 / 8.



With the current knowledge neoadjuvant therapy is not justified in patients with tumors that can be adequately treated with radical vulvectomy and bilateral groin node dissection alone.

van Doorn HC, et al. Cochrane Database Syst. Rev. 2006 July 19;3:CD003752.

MARCH '08

24

MONDAY

Jogging

Week 13

FEBRUARY 2008

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MARCH

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Jogging is very beneficial for legs & feet.
 I don't think jogging is healthy especially
 morning jogging. sit-ups & bellation jogging
 It is not natural for people to run around the
 street, unless they are there as victims.
 Jogging may be good for legs
 but not for the body

Lactacyd

5.00

6.00

7.00

8.00

9.00

10.00

Evaluation of sentinel lymph node may be useful in case of micro-invasive Paget's disease.

Baron M, et al. Gynecol. Obstet. Fertil. 2006 July-Aug.;34(7-8):619-21. Epub 2006 July 18.

APRIL

2008

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MAY

2008

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MARCH '08

25

TUESDAY

Week 13

Running

Running is like Month 282 after brushing
 If u can feel the burning, it is working

Learn to Run before u feel the pain

Don't run against a stop water

Do natural running better a label

Take things easy as you run

Don't look back or to the sides

Soframycin[®]
 Skin Cream

Education of vulval diseases to non-specialists should focus on conditions that they are most likely to encounter and find difficult to manage.

Cheung ST et al. J. Obstet. Gynaecol. 2006 July;26(3):435-437.

MAY 2008

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JUNE 2008

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APRIL
FOOL'S
DAY Week 14

APRIL '08

01

TUESDAY

Today's MOMENT becomes Tomorrow's MEMORY
So enjoy every MOMENT Good or BAD.
BEST of LUCK.

TEAM INDIA'S TAILOR-MADE WIN!



WOTCH! Harbhajan Singh and captain M.S. Dhoni exult as Paul Harris tridges back to the pavilion during the final Test at Green Park in Kanpur on Sunday. Powered by a tailor-made pitch, India avenged their humiliation in Ahmedabad, winning the final Test by 8 wickets to square the series 1-1 | Reports & pic: P 19

framycin®
Skin Cream

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New seven wonders of architecture revealed

New York: From the tall tower in Dubai to a contemporary art museum on New York's Lower East Side, noteworthy architecture is springing up around the globe. Conde Nast Traveler's April issue picks seven designs as the "new seven wonders of the architecture world." They are:

- Cumulus, an exhibit hall at Danfoss Universe, a science and technology museum in Nordborg, Denmark.
- Burj Dubai, the world's tallest building, which is under construction in the Middle East.
- London's new Wembley Stadium. **LONDON**
- New Museum of Contemporary Art located on the Bowery on Manhattan's Lower East Side. **USA**
- Kogod Courtyard, Smithsonian Institution, Washington DC. **USA**
- Red Ribbon, Tanghe River Park, in Qinhuangdao, China.
- The Crystal, a controversial new entryway and exhibit space at Toronto's Royal Ontario Museum. **CANADA**



Drug interactions may limit the effectiveness or increase the toxicities associated with hormonal contraception.

Williams AB. J. Obstet. Gynecol. Neonatal Nurs. 2003 Jan.-Feb.;32(1):87-93.

MAY 2008

JUNE 2008

APRIL '08

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Week 14

03

THURSDAY

LEAN ON!



A TALL STORY! A combination photo shows Italy's famous Leaning Tower of Pisa (L) and a German 15th century church with its tilting tower in the small northern German village of Suurhusen. The Guinness Book of World Records has ruled that the church steeple, not the famous leaning tower of Pisa, is the most tilted tower in the world. The 25.7-meter church tower tilts at an angle of 5.07 degrees, while the tower of Pisa tilts at just 3.97 degrees, said Olaf Kuchenbecker, head of Guinness's German edition. Although its tilt angle is greater than Pisa's, it is less than half the height of the Italian tower and has none of its ornate beauty.

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Skin Cream

Antimicrobial spectrum dequalinium chloride is an efficient alternative in the local therapy of vaginal infections such as fluor vaginalis, bacterial vaginosis, aerobic vaginitis, vulvo-vaginal candidiasis and trichomoniasis.

Della Casa V, et al. Arzneimittelforschung 2002;52(9):699-705.

2008

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JUNE 2008

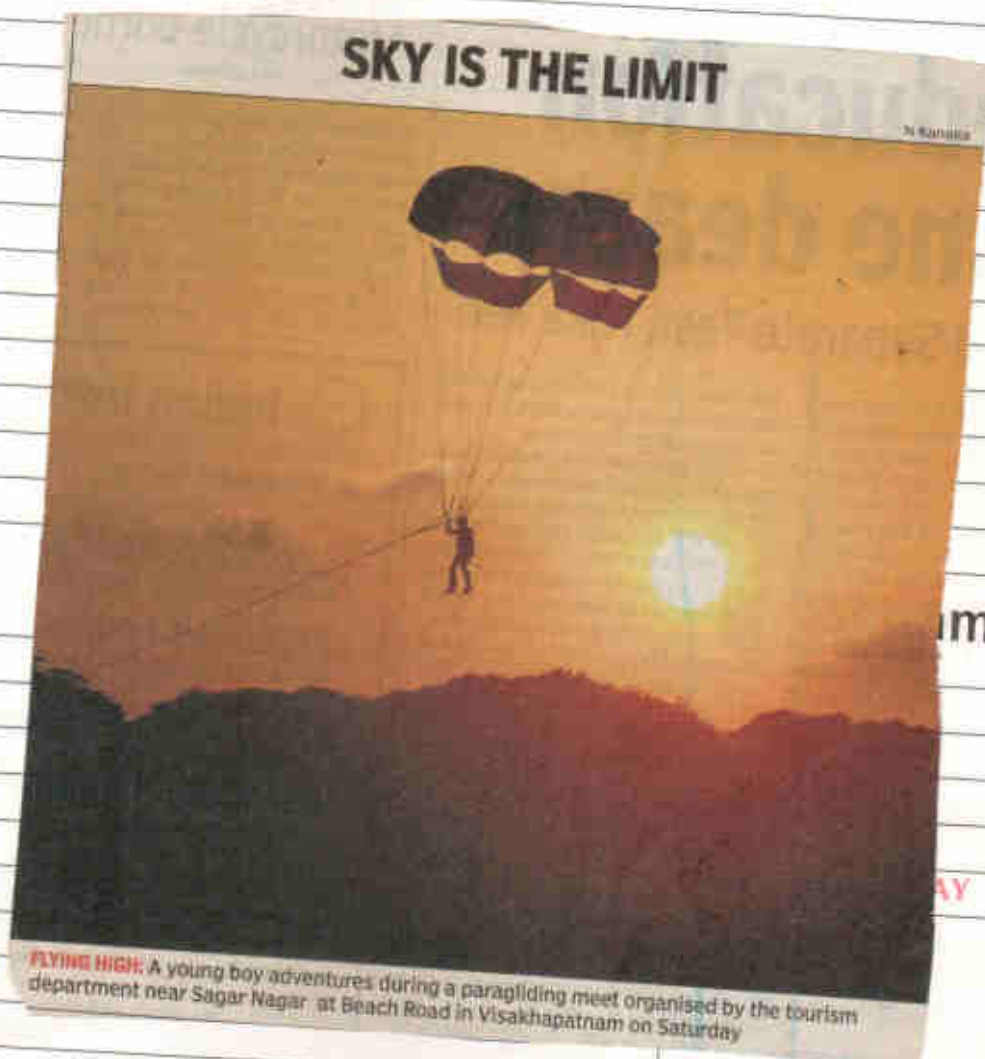
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Week 14

APRIL

05

SATURDAY



Be fast to LOOKS & not heads foxes

Nifuratel shows a very favourable risk/benefit ratio for the treatment of patients with vulvo-vaginal infection

APRIL '08

07

MONDAY

MARCH

2008

APRIL

2008

UGADI

Week 15

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On this Ugadi DAY

of SARVA DHARI

May God shower you
with Good Health.

Lactacyd

Health, wealth & Prosperity

SWEET, BITTER LIFE



HAPPY NEW YEAR: Dressed in new clothes and holding a plateful of Ugadi 'pachadi', these girls get ready to celebrate the Telugu New Year

Quarternary am

471-484

MAY

2008

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JUNE

2008

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APRIL '08

08

TUESDAY

Week 15

It is believed that the
 Creator of Hindu Pantheon;
 Lord Brahma started creation this day
 Chaitra Suddha Padyami or Chitra

The great Indian Mathematician
 Brahmagupta's calculations
 proclaimed Ugadi for sunrise

Soframycin®
 Skin Cream

as the beginning of the New Year
 The onset of Spring season marks
 marks the beginning of new life
 All plants acquiring new shoots & leaves
 Spring heralds a new year & new beginning
 The vibrancy of life & colorful environment
 signifies growth, prosperity & wellbeing

A very good compliance and low costs of Quaternary ammonium compounds suggest that they may be used alone as well in association with specific antimicrobial agents in the treatment of most of gynecological infections, and particularly in bacterial vaginosis.

Battaglia F, et al. Minerva Ginecol. 2000 Nov;52(11):471-484.

APRIL '08

09

WEDNESDAY

MARCH

2008

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Week 15

APRIL

2008

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Nobody knows who Sai Baba was
who his parents were & where he was born

According to Sai Gurm Chentha,

Sai Baba came to Shirdi

when he was 16 yrs old & stayed there

for some time & left to some
place of marriage & returned after 10 yrs
of remained there for nearly 60 years

Baba was born somewhere in 1838

of Holland & he died in 1918
on Vijaya Dashami Day.

A correct microscopic diagnosis could also be obtained by sending the vaginal smear to the local microbiologist for rehydration and phase contrast microscopy.

Petersen CS, et al. Acta Derm. Venereol. 1999 Nov;79(6):473-474.

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29	30					

Many people worship Baba as God's

incarnation & offer his name daily
in all their daily activities.

Baba is $\left\{ \begin{array}{l} \text{OMNI PRESENT} \\ \text{OMNI POTENT} \\ \text{OMNI SCIENT} \end{array} \right.$

Sai Baba; in order to dispel the
greed for money in his devotees

Soframycin
Skin Cream

used to collect small amounts instead
of blessed them with plenty, peace
of prosperity for their entire life

Baba was not a medical practitioner
but still cured his devotees from
chronic ailments & incurable diseases

It is suggested that the previously described vaginal wet smear criteria are used in place of Amsel's criteria for routine diagnosis of bacterial vaginosis.

Petersen CS, et al. Acta Derm. Venereol. 1999 Nov;79(6):473-474.

APRIL '08

11

FRIDAY

MARCH

2008

APRIL

2008

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Week 15

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The old Mayor Mee Sai lived
 is called DWARKA THAAYI and
 became a pilgrim centre.
 Sai used to beg for oil to light
 his lamps.
 One day when oil merchant
 decided not to give oil freely

Lactacyd®

Baba returned home filled the
 oil can ^{from his mouth} with oil & lighted the lamps.
 The oil merchants were surprised
 & pleaded guilty for their fault
 & started supplying oil for his life.

These data strongly suggest that the evaluation of the immunitary state, before starting therapy, is important in deciding when it would be useful to associate immunostimulating substances at the common treatment of vulvo-vaginal infection.

Zarcone R, et al. Minerva Ginecol. 1996 Mar;48(3):61-63.

MAY

2008

JUNE

2008

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29	30					

Week 15

APRIL '08

12

SATURDAY

Baba assured that all those who pray

will overcome their sins &

those who pray will always be HAPPY

He did not want people afflicted
to be brought to him but wanted

wanted us to pray late Bhakti
and feed the poor & the needy
like these offerings.

Soframycin
Skin Cream

Weekend a precious morning May
San Baba not only brought the

creases of human but

also creases of GOD

He freed us from Ram & Hindu

are the same. & Rahim & Muslim

13 SUNDAY

Although systemic hormone replacement therapy is frequently used for the treatment of urogenital atrophy, recent attention has also focused on local delivery of estrogen to the affected urogenital tissue.

Bachmann C. Maturitas 1995 Dec;122, SupplJ:51-53.

APRIL '08

14

• MONDAY

Rainbow

MARCH

2008

APRIL

2008

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27	28	29	30			

Week 16

Both Rain & sunshin are needed
to form a Rainbow. Similarly
both Joy & sorrows are needed to make life
beautiful and colorful.

THE TIMES OF INDIA, HYDERABAD
MONDAY, APRIL 14, 2008

ANNAMAYYA IN YANKEE LAND



IN GOD'S SERVICE: Devotees carry the deities during the Annamacharya Jayanti utsavam in New York on Saturday

In this era of fiscal constraint, intervention to maintain urogenital health by the use of estrogen must be considered for all postmenopausal women.

Richa Singh G. Maturitas 1995 Dec;122 Suppl 1:57-58

MAY

2008

JUNE

2008

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APRIL '08

15

TIMES CITY

ALL SET FOR RAM NAVAMI



TIME TO WORSHIP: A woman selects an idol of Rama at a market in ESI in the city on Sunday. The state will celebrate Sri Rama Navami on Monday

Toxic shock syndrome has been associated with the use of hyperabsorbent tampons as well as numerous other gynecologic procedures but has not been reported in patients with gynecologic cancer.

Rose PG and Wilson G. Gynecol. Oncol. 1994 Feb.;52(2):264-266.



MARATHON MAN: Shaho Qadir crosses the finish line on his hands in the men's wheelchair 2008 London Marathon on Sunday. The Britisher drew huge applause when he got out of his wheelchair a few metres short of the line, pushed it across, and then pulled himself over the finish on his hands.

MARCH

2008

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Week 16

APRIL

2008

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Steam Bath Health Benefits

For thousands of years people of all cultures have used the healing power of steam to soothe their body and mind. Wealthy people in ancient India often included a bathhouse with a steam room; in fact, bathhouses are still an integral part of life in Muslim culture.

Steam therapy causes body temperature to rise above its normal level of 98.6 degrees F., bringing about a state of hyperthermia, or artificial fever. Fever is one of the body's most powerful defense mechanism in fighting disease because many invading organisms have a limited tolerance to heat and cannot survive higher temperatures.

A study conducted by the University of Munich suggested that benefits of a steam bath include helping with bronchitis, asthma, hoarseness. It also helps in clearing the skin from impurities, as a steam bath increases the blood flow to the skin and removes dead skin and leaving your skin smooth, clear and soft.

Home Steam Bath

A home steam bath can be incorporated into new construction or in an existing room. Today several type steam baths can be fabricated for old constructed houses keeping in mind that a steam bath enclosure will need a power supply and a water supply for the steam generator. If you wish to construct a steam bath the room needs to be sealed except for a small area generally under the door to allow fresh air. The materials used to construct a home steam bath are critical as they will be exposed to very high humidity.

Lactacyd[®]

Four Things U Cant recover

5.00

6.00

7.00

8.00

9.00

10.00

11.00

12.00

1.00

2.00

3.00

4.00

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9.00

10.00

Solubacter proved to be a suitable additional aid in the treatment of vulvovaginitis.

Colau JC. Rev. Fr. Gynecol. Obstet. 1989 Mar; 25;84(3, Pt. 2):291-294.

'SOX' SITS PRETTY



CHRISTENED A WINNER: A baby female giraffe born at Boston's Franklin Park Zoo on Thursday, and named 'Sox' on Monday, after the Boston Red Sox won the 2007 World Series

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A polyglot in child of Indian origin

London: A British student of Indian origin has stunned his teachers by learning to speak ten different languages.

Ten year-old Arpan Sharma, a primary school student from Oldbury, West Mids, taught himself French, Spanish, German, Italian, Swahili, Mandarin, Polish, Thai and the difficult Lugandan language of Uganda.

The genius has also learnt Hindi from his parents, the 'Daily Mirror' reported here on Tuesday.

"Arpan is a language genius, a natural when it comes to listening to an exact pronunciation and repeating it perfectly," deputy headmaster Richard Lynn of Blue Coat School was quoted as saying.

Arpan studied using CD-roms. He learned Italian fluently at seven, German at eight, and Spanish when he was nine. "Learning Swahili was one of the biggest challenges," he said.

PROBLEM

Baby Jonathan weighing 900g born prematurely developed breathing difficulties within two weeks after birth.

Jonathan's heart was just one inch long and had a one centimetre of fungal mass in the right chamber which had infected his blood. After losing up to one tenth of his weight, Jonathan was put on ventilator support and given very less chances of survival.

SOLUTION

An open heart surgery was Jonathan's only chance of survival, but was risky considering his loss of weight.

HEART of the MATTER



SURGERY

Though there were chances of post-surgical infection because of the use of heart machine, doctors could not avoid the use of heart-lung machine, as it was the only way to access the tiny heart, which was just an inch long. The six-hour surgery was led by Dr Devananda and Dr Prakash Vengal, paediatric critical care specialist of the Wockhardt Hospital, Bangalore on January 10.

POST-SURGERY

After surgery, Jonathan was put on anti-fungal medication for eight weeks and closely examined for repeated infections. Periodic scans for organ malfunction or distress were performed. Jonathan is responding well, his vital organs are functioning normally with brain development. He now weigh 1.8 kg.

Due to the relatively rare occurrence of yeasts in the urine from pregnant and non-pregnant women it is suspected that the increased frequency of vaginal mycoses during pregnancy is not caused by a general disposition, but that locally effective factors are responsible.

Newmann G and Kaben U. Zentralbl. Gynakol. 1975;97(6):372-378.

MAY

2008

JUNE

2008

1 ADD

18

MAY

2008

JUNE

2008



ॐ श्री महावीराय नमः ॐ



घृणा, आतंक, शोषण और अनाचार की
वर्तमान परिस्थितियों में महावीर का अहिंसा सिद्धान्त
केवल मानव समाज के लिए ही नहीं, अपितु प्राणी मात्र के
कल्याण की दृष्टि से आज भी प्रासंगिक है।



अहिंसा एवं करुणा के अवतार भगवान महावीर स्वामी
के श्री चरणों में कोटि कोटि वन्दन
इस परम पावन स्मरणीय दिवस पर सभी को
हार्दिक शुभकामनाएं

प्रदीप जैन

should be encouraged.



ॐ श्री महावीराय नमः ॐ



घृणा, आतंक, शोषण और अनाचार की
वर्तमान परिस्थितियों में महावीर का अहिंसा सिद्धान्त
केवल मानव समाज के लिए ही नहीं, अपितु प्राणी मात्र के
कल्याण की दृष्टि से आज भी प्रासंगिक है।



अहिंसा एवं करुणा के अवतार भगवान महावीर स्वामी
के श्री चरणों में कोटि कोटि वन्दन
इस परम पावन स्मरणीय दिवस पर सभी को
हार्दिक शुभकामनाएं

प्रदीप जैन

should be encouraged.

Are You Walking?

Anjana Pradhan

Grandmom has nicknamed him Left-Right—his sons, in his absence, call him Apollo 13, and we call him Baba. Our 87-year-old Baba, a disciplinarian in his own way, has seldom skipped his morning and evening walks. Baba, my grandfather, walks 16 km every day as he has been doing for the past 50 years. When we were kids, an invitation from grandpa to accompany him on his walk was a tough thing to avoid. So willingly or unwillingly, we would put in our best effort to keep pace with his brisk style for 20 minutes, after which we would gradually step back and vanish from his sight. Even now, it is hard to walk with my grandfather. Be it rain, sunshine or when the sky is pregnant with mist-laden clouds in Sukhia Pokhari, a hamlet just 20 km from Darjeeling, my granddad never misses his walks along the 4-km winding road covered with pine and rhododendron trees. For the monsoon, he has a pair of gumboots and an umbrella. And with the onset of wintry weather, Baba takes out his black overcoat, a woollen cap from the closet and a pair of sneakers. People who live along his walking route have been seeing him for years. He is no stranger to the schoolchildren he meets everyday. He has a special bond with them, and chats with them about their studies, sports and TV serials too. His constant advice to them is: "Walking keeps one away from all sort of diseases; never stop walking."

We've been hearing this since our childhood, but grandpa doesn't tire of repeating the same sentence. He is hundreds of miles away from my brother and me but the first line we hear every Sunday morning when he calls us is "Are you guys walking? Or do you have another excuse?" We cannot explain how difficult it is to walk on Bangalore's roads, which is reeling under the grip of chaotic traffic. Baba has not seen the jam-packed roads, inhaled the choking air or walked on the congested pavements. As an old-timer, he knows Bangalore as the Garden City, famous for her fresh air and cool weather. But, how long can we go on making excuses? Or, maybe he should visit us and see the chaos himself. On second thoughts, perhaps it's better he waits till Bangalore is unlocked.

BRIEF CASE

SNAPSHOTS FROM HYDERABAD'S TREASURE-TROVE (Clockwise) Charminar, Golconda, Osmania hospital & Chowmahalla Palace

SARIT RAY

Times News Network

Scene 1: Paris—Cobbled-stone lanes, gothic pillars, many a colour on the sidewalk cafes on a lazy afternoon, a tour-guide leading a group of excited tourists with cameras pressed to their noses. Truly the place for a lover of architecture to be.

Scene 2: Cut to the by-lanes of the Old City area of Hyderabad. People, two-wheelers, dogs and *bundis* jostling for space on the road. Tour guide? What's that? Consider yourself plain lucky to get the camera up to your eye-level, frame the Charminar and hit the shutter, all in one swift movement, before an auto-rickshaw barges into your frame! 'World heritage status?' You must be joking, right?

Well... would you believe us if we told you, 'We're not and that there's ample reason behind it.' M Vedkumar, chairman,

health-promoting behaviors are relatively uncommon. Effective health-o menopausal women's health needs are highly recommended.

Shakhatreh FM, et al. Climacteric 2006 Aug;9(4):305-311.

APRIL '08

23

WEDNESDAY

Week 17

MARCH

2008

APRIL

2008

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PRAISE
of
GOD

9.00 We praise thee O God, our Lord & King
 10.00 Accept our praise be gratefully bring
 11.00 Thanksgiving & worship we offer to thee
 12.00 Thou ruler of nations, in whom we are free
 1.00
 2.00

Lactacyd

5.00 We praise thee O God,
 6.00 for Thy guiding hand
 7.00 in leading Thy church to freedom's fair land
 8.00 through some persecution our fathers
 9.00 here free & unfettered they worshipped
 10.00 thy name & idols &
 mighty personality

Sildenafil seems to improve the clitoral blood flow of premenopausal women with type 1 diabetes.

Caruso S, et al. Urology 2006 July;68(1):161-165.

MAY 2008

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JUNE 2008

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Praise

92
900

APRIL '08

24

Week 17

THURSDAY

9.00

10.00

11.00

12.00

1.00

2.00

5.00

6.00

7.00

8.00

9.00

10.00

We praise Thee Oh God,
for years of increase
for faith unassailed, peace & prosperity
United we offer our anthem of praise
To Thee our Supporter & Strength
Our Ancient & True

Soframycin®
Skin Cream

We pray Thee Oh Christ
Our Saviour & Friend
From error & strife ~~Thy~~
Thy Zion defend
Blessed on us, we pray Thee
Oh Spirit of Love and
Fit us for union with Thy Church
above

Menopause at an age younger than 40 years increases the risk of death from all causes among the Japanese.

Amagai Y, et al. J. Epidemiol. 2006 July;16(4):161-166.

APRIL '08

25

FRIDAY

Bejaval
Geethe
Week 17

MARCH

2008

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APRIL

2008

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9.00 NANNANA BHAVA Mad BAKHTO

10.00 MADYAJEE NAAM Namaskuru

11.00
12.00 Name Vaishyasi Yukhava
1.00 Aameancom Matparaynata
2.00

Meenune
Lactacyd

Fill Thy mind with ME
be my DEVOTEE

5.00

6.00

7.00

8.00

9.00

10.00

Sacrifice unto ME
Bow Down to ME
Keep making Thy heart steadfast in ME
taking ME as the SUPREME GOAL
Thou shalt come to ME

Coffee intake, especially decaffeinated, was inversely associated with risk of type 2 diabetes mellitus in this cohort of postmenopausal women.

Pereira MA, et al. Arch. Intern. Med. 2006 June 26;166(12):1311-1316.

APRIL '08

28

MONDAY

Goodness

Week 18

MARCH

2008

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APRIL

2008

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9.00 Always wrap your day in Goodness

Today & every day I am surrounded by Goodness

11.00 I imagine that I am always surrounded by Goodness

12.00 In your mind's eye imagine all goodness

2.00 I imagine that all good things happen to you.

Lactacyd

3.00 Feel the joy & comfort all things happen to you.

6.00 In the screen see all good things happen to you

8.00 Continue to imagine all the joy you see

9.00 Help for others so that you always

10.00 know & visualize good things happening to you.

Parathyroidectomy has positive effects on some of these variables and reverses them to the same level as the controls, while conservative treatment fails to normalize the investigated metabolic variables.

Hagstrom E, et al. Eur. J. Endocrinol. 2006 July;155(1):33-39.

APRIL '08

30

WEDNESDAY

LIFE
IS
A
GIFT

MARCH 2008

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APRIL 2008

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Life is a GIFT given by GOD to us

Life is like a DIAMOND which makes us beautiful
of feathers much precious
an life is

so file ur life carefully colour it

Lactacyd

Don't waste it or spoil it.

Because God will never give you
a second chance

It is essential to develop strategies to prevent sexual abuse and to have adequate counselling measures, especially in juvenile delinquents.

Pandhi D, et al. J. Dermatol. 2003 Apr;30(4):314-320.

JUNE

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29	30				

Deccan Chronicle
wishes all its
Marathi readers
a very happy
Gudi Padwa

Week 18

MAY '08

01

THURSDAY

9.00

10.00

11.00



ఈ తంబూరా బరువు 150 కిలోలు

మహారాష్ట్రలోని పీఠాని తయారైన ప్రపంచ రికార్డు సృష్టించిన 33 మ్యూజిక్స్ గిర్లా వారికి సినెమారాకు మరో రికార్డు సృష్టించింది. తంబూరా ప్రపంచంలో ఎక్కడా లేని అతి పెద్ద తంబూరాను తయారుచేసి వివాదం కలగకుండా దాని సేవకులో ప్రదర్శించారు.

చగిరిలో వ్యవసాయ పని ఉన్న రెడ్డి కుటుంబం నుంచు 21 సంవత్సరాలు క్రిమిని చేసి పూర్తి చేసినట్లు సమాచారం తెలిపారు. అది సాధారణ తంబూరా కంటే మూడు రెట్లు పెద్దది. పొడవు 11 అడుగులు, 10 అడుగుల వ్యాసం, 3 అడుగుల వెడల్పు. 150 కిలోల బరువుతో ఈ తంబూరా తయారైంది. ఈ తంబూరాను తయారు చేసినందుకు సందరిని ప్రభుత్వస్థాపన అయిన తెలిపారు.

-తంగిరెడ్డి, మ్యూజిక్స్

in the absence of increased PCOS

et al. Fertil. Steril. 2006 Aug;86(2):405-410.

MAY '08

02

FRIDAY

MIND

APRIL 2008

S	M	T	W	T	F	S
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Week 18

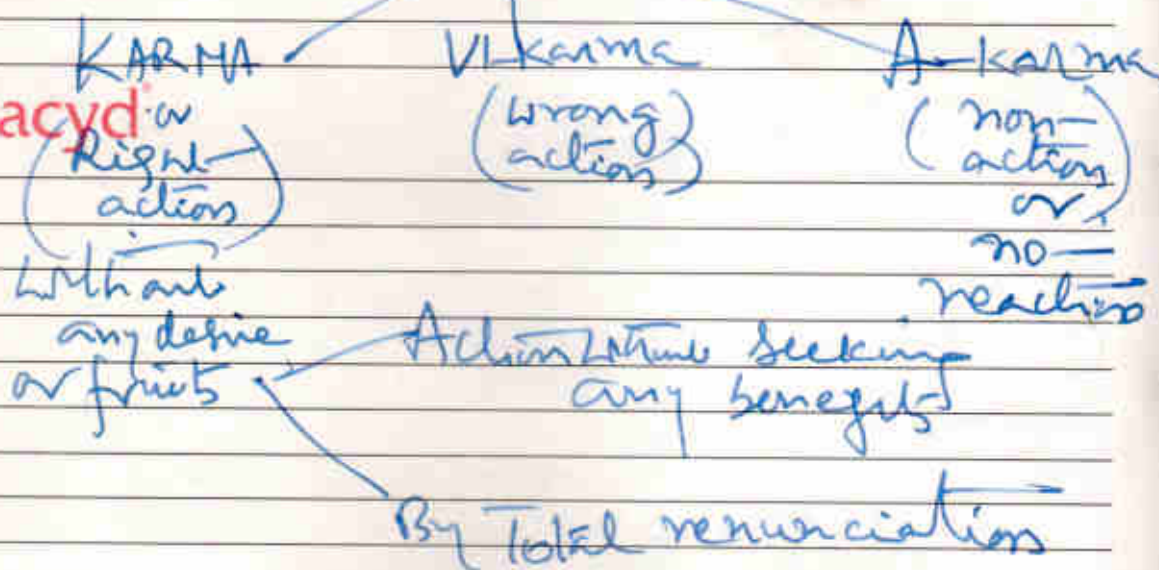
MAY 2008

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Three aspects of Your MIND

The process of Karma starts as soon as
the thought to perform an action enters
Our mind. It then translates into ACTION

People classify Karma into 3 categories



MAL-PDT is a feasible treatment and seems to offer a reliable strategy in the control of vulvar Paget's disease and of its symptoms.

Raspagliesi F, et al. Gynecol. Oncol. 2006 June 19; [Epub ahead of print].

నజరానా !

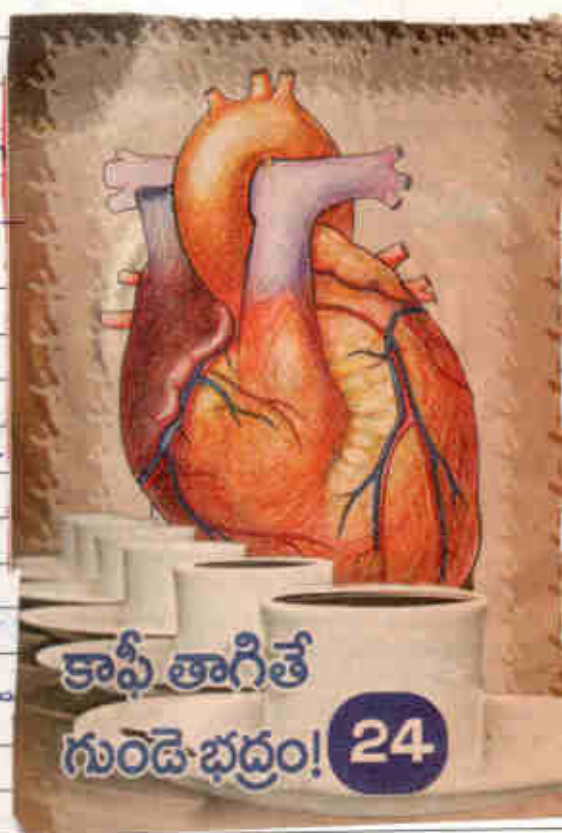
- ♦ కాఫీ దీక్షాస్థులు చదివేటే బోకోపాదీ చేస్తున్న సరికొత్త రుచి, సువాసన కన్పించి.
- ♦ ఫెర్లర్లో వాచేసిన కాఫీ పొడితో బాత్రాం బైర్లను తుడ్డవలసి చూడండి. కొత్తబాటిలా మెరుస్తాయి
- ♦ కాఫీకి కొత్త ముద్రాను రావాలంటే... ఫెర్లర్లో దీక్షాస్థు వేసి ముందు చదివేటే ఉప్పువేసి చూడండి.
- ♦ పొడవాసిన వేస్తున్న కాఫీపొడిని వేటిబాగాలో వేయించి చూడండి. కచ్చుని వాసన వేస్తూ తాజాగా చవిపెస్తుంది.
- ♦ వెండిసామానుతో మేకుప్పును వాచేసిన కాఫీపొడి... నిట్టుపొడి కలిపి చూడండి. మెరిసిపోతుంది మీ వెండిసామాను.

కాఫీ తాగితే గుండె భద్రం

ఏర్పడాలిగా కాఫీ తాగితే గుండెజబ్బుల నుంచి రక్షణ లభిస్తుందని తాజా పరిశోధనలో వెల్లడయ్యింది. దీనికి ముందు కాఫీ ఎప్పుడూ తాగడం వల్ల కొన్ని అవయవాలలో పొటలు పెట్టుకుంటున్నారని భావించేవారు. ప్రస్తుత పరిశోధనలో తేలికైన కాఫీ తాగితే ఎలాంటి హాని కలగదని, పైగా గుండె జబ్బులు, క్యాన్సర్ వల్ల అవయవాలు తగ్గుతాయని తెలిసింది కాఫీ మెర్చి. శరీరం నాము తరచూ అరటికా కాఫీపొడిలో సువాసన కోసం చికాకి పొడి కలుపుతారు. ఫెర్లర్లోని మాడ్డిట్ల పెంచిన పరిశోధకులు 1980 నుంచి 2004 వరకు రోజూ కాఫీ తాగే 84214 మంది మహిళలను 1996 నుంచి 2004 వరకు 41,798 మంది మహిళలని పరిశీలించారు. పైగా కాఫీ తాగిన వారి కంటే అరుదు తాగిన వారిలోనే గుండెజబ్బుల ఎక్కువగా వస్తున్నాయని వీరు తెలియజేశారు.



11.00 (1) Be aware ga wonder
12.00 2. Train some; think some; work every day some
13.00 (3) Take a nap in A/N
2.00 (4) Be aware ga wonder
5.00 (5) When U go out into the world; Watch the traffic
7.00 Hold somebody's hands
Stick together
8.00 (6) The Golden Rules
9.00 Is Love; Love sanitation
10.00 Ecology & Politics
Same time



కాఫీ తాగితే
గుండె భద్రం! 24

Alcohol sclerotherapy might be an ideal and safe procedure in the treatment of the Bartholin's gland or abscesses with a low percentage of relapses.
Cobellis PL, et al. Minerva Ginecol. 2006 June;58(3):245-248.

MAY '08

05

MONDAY

TIMES GLOBAL

Don't travel, take a 'staycation'

Stores Promote Stay-At-Home Activities

9.00

10.00

11.00

12.00

1.00

2.00

5.00

6.00

7.00

8.00

9.00

10.00

Things I want for K&C class

1) Share everything with somebody

2) Play fair

3) Don't hit people

4) Put things back from where I found them

5) Clean up your own mess

6) Don't take things that are not yours

7) Say I am sorry when I hurt somebody

8) Wash my hands before I eat

9) Flush when I go to bathroom

10) Live a balanced life

Lactacyd

Early diagnosis of vulvovaginal gingival syndrome combined with appropriate therapeutic measures, may help to minimize the significant physical and psychologic morbidity associated with this scarring disorder.

Setterfield JF, et al. J. Am. Acad. Dermatol. 2006 July;55(1):9B-113.

16

Britons prefer to talk like Queen

If Britons could choose the way they spoke, most would prefer to sound like queen Elizabeth with rocker Ozzy Osbourne's Birmingham accent the most disliked, according to a survey on the many varieties of British accents. The online survey of 2,181 adults found that 73% of people in Britain don't like the sound of their own voices and would prefer to have the rounded vowels and precise speech of the queen. The second most popular accent was Irish followed by Scottish. The poll, conducted by voice-to-content company SpinVox, found the most disliked accent was from Birmingham. **REUTERS**



CHHATTISGARH

A crack at the Guinness

Cracking eggs is his hobby. Big deal, right? But Radheyshyam Patel of Mahasamund does it with a difference. He places an egg on the back of his hand and bends a finger backwards to crush the shell. Recently, he cracked 21 eggs in 30 seconds during a public demonstration in Raipur. You guessed it: he is aiming at the Guinness Book of World Records.

28 **The Week** Nov 28, 2004

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21	22	23	24	25	26
28	29	30	31		

Week 19

TUESDAY

HAIRY & FIERY STUFF



QUITE A TRAIN-ING: Saeelendra Nath Roy, 42, a cop, attempts to enter into the Guinness World Records by pulling three train coaches and its engine, weighing 47 tonnes using his ponytail, at a railway station in Siliguri on Monday

*in vulval cancer may reduce the need for radical groin lymphadenectomy
SLN detection for other gynecological cancers has little potential to alter*

Adib T, et al. *Eur J Surg Oncol*. 2006 June 9; [Epub ahead of print].

FESTIVAL OF GOLD

AKSHAYA TRITIYA - PRE BOOKING OFFER

2008

MAY

2008

F	5
4	5
1	12
8	19
15	26

S	M	T	W	T	F	S
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WEDNESDAY

Akshaya Tritiya

make it the most preferred destination for jewellery this Akshaya Tritiya. And moreover, you can be sure that you will get the best value for your money, as the store believes in customer's delight and satisfaction. Marriages are made in heaven. And what's a perfect bride without tons of jewellery? Visit RS Brothers if you are on a lookout for dazzling range of wedding jewellery.

Each piece here is a reflection of excellence and trust. Brides have gotten bold and are adding colored accents to their bridal ensembles. And so is the case with their jewellery! Pastel tones have been captured into making of authentic bridal jewellery with an inspirational difference, here.

good, deed on Akshaya Tritiya one can earn *Punya* (merit) for life. This day is considered auspicious for starting new ventures and making new purchases. So its time to indulge yourself in the precious metal shopping, isn't it? In fact shopping hubs like Samskirta and Secunderabad are all geared up with sparkling boardings and special offers. And for hoards of people what sparkles even brighter is the gold jewellery!

The heat is on. And one thing that goes synonymous with the heat is the sparkling festival of gold. The golden day of eternal success is here. It's one of the most auspicious day according to the Hindu calendar as it's the third day of the bright half of *Vaishakh*, which is considered one of the four most sacred days of the year. The word *Akshaya* means 'never diminishing' - hence beginnings, made or valuables bought on this day are considered certain to bring luck and success. To the *Paranots*, this day marks the beginning of the *Treta* Yuga. The birthday of *Parashurama*, the sixth incarnation of *Vishnu* falls on this day. It is believed that by doing

is a distinct entity and

May 2006 June 30(3):223-228:

Gold rush for Akshaya Tritiya

By K. SRINIVASA RAO

BOTTOMLINE

Hyderabad, May 3: The drop in gold prices has brought cheer to people on the eve of the auspicious Akshaya Tritiya, which falls on May 8 this year.

Price of the yellow metal has dropped from Rs 11,850 per 10 gm to Rs 10,650 per 10 gm in the last one month because of a combination of global economic factors.

The strengthening of dollar is said to be the main reason for the

reduction in gold prices. Internationally, the price has come down by 10 per cent causing an attendant dip in the Indian bullion market.

Consumers, who have been eagerly waiting for the price to come down, feel that it is the right time to buy gold.

"I am planning to buy gold on Akshaya Tritiya since there is a little chance for a further dip in the prices," said Ms J. Subhadra, a

lecturer in a private college.

Mrs Y. Madhavi, a housewife, said she had earlier dropped her plan to buy gold since the price was around Rs 13,000 per 10 gm. "Now we have decided to purchase ornaments on Akshaya Tritiya, the most auspicious day to buy gold," she said.

Jewellers of Hyderabad have reported an increase in sales by around 30 per cent in the last few days. They expect the demand to go up further in the coming days.

Turn to Page 2



creation," says Dimple Rathor, a media executive. No wonder, when they say that the store has amassed the unshakable trust of the fashion conscious Hyderabadis. So this Akshaya Tritiya, if you are planning to buy an exclusive ruby studded diamond necklace or bracelet or if your wife loves sleek work wear jewellery, you know exactly where you can find them!

Soframycin®
Skin Cream

Inclusivity Is The Key

Estro
estro

MAY '08

09

FRIDAY

Week 19

Heavenly
Inspiration

APRIL

2008

S	M	T	W	T	F	S
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MAY

2008

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- 9.00 1) All things come to those who wait
- 10.00 2) Seize the day, you will get rich someday
- 11.00 3) Never judge a book by its cover
- 12.00 4) The pen is mightier than the sword
- 1.00
- 2.00

Lactacyd 5) Make hay while the sun shines

- 6.00 6) Don't give up the ship without a fight
- 7.00 7) Nothing ventured, nothing gained
- 8.00 8) Where there is a will, there is a way
- 9.00 9) Better late than never
- 10.00

Methods to screen for various gynecological malignancies need further evaluation before implementation in the general population.

Sharma A, et al. Eur. J. Surg. Oncol. 2006 May 6; [Epub ahead of print].

S
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31

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Week 19

10

SATURDAY

9.00

There is a bomb in your mango!

TIMES NEWS NETWORK

Jaipur: What is common between your favourite summer fruit — mango — and your most hated nasty thing — a crude bomb?

Have you ever thought both of them contain calcium carbide.

The chemical is used to make crude bombs as well as for welding purposes.

But calcium carbide is also widely used by greedy wholesalers and retailers at Mahana fruit mandi in Sanganeer to fasten the ripening of mangoes in order to make a fast buck.

This method also helps

make mangoes look more attractive, agrees Ramesh Sharma, a fruit-seller at the mandi. Misuse of this chemical is banned.

This correspondent visited half a dozen wholesalers and retailers at the mandi to gauge the extent of use of this illegal method and was surprised to find

that almost all the fruit-sellers were using calcium carbide to ripen the mangoes.

The chemical, calcium carbide, is widely available at the mandi at the cost of Rs 40 per kilogram.

"Nearly 200 kilograms of mangoes can be artificially ripened by using only one kg of calcium carbide," said a mango retailer.



Soframycin®
Skin Cream

11 SUNDAY

10.00

Results of large multicentred trials are awaited. Presently, screening for endometrial, vaginal and vulval cancers is not justified.

Sharma A, et al. Eur. J. Surg. Oncol. 2006 May 6; [Epub ahead of print].

MAY '08

12

MONDAY

STRENGTH In life it is important
but we all need VS

APRIL 2008							MAY 2008						
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27	28	29	30				25	26	27	28	29	30	31

Week 20

1) It takes STRENGTH to be funny

2) It takes STRENGTH to stand ground

3) It takes STRENGTH to conquer

4) It takes STRENGTH to be certain

5) It takes strength to fit in

6) It takes strength to feel a friend's pain

7) It takes strength to hide its feelings

8) It takes strength to endure abuse

9) It takes strength to stand alone

10) It takes strength to LOVE

Individualized reconstructive surgery of the vulva leads to good results in patients with recurrent vulvar cancer.

Weikel W, et al. Am. J. Obstet. Gynecol. 2006 May 6; [Epub ahead of print].

11) It takes STRENGTH to SURVIVE

to have both strength
 the more enough
 distinguish
 between the

JUNE 2008							JULY 2008						
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29	30						27	28	29	30	31		

COURAGE
strength
 Week 20

MAY '08
 13
 TUESDAY

- It takes courage to be gentle
- It takes courage to let down ur guard
- It takes courage to SURRENDER
- It takes courage to have a doubt
- It takes courage to stand out
- It takes courage to feel ur own pain
- It takes courage to show them
- It takes courage to stop abuse
- It takes courage to lean on another
- It takes courage to be loved

Soframycin
 Skin Cream

Plastic surgery enlarges the spectrum of feasible surgical alternatives so that a more favorable oncological outcome and excellent cosmetic results may be expected.
 Weikel W, et al. Am. J. Obstet. Gynecol. 2006 May 6; [Epub ahead of print].

It takes courage to LIVE

JUN

MAY '08

14

WEDNESDAY

EASY

Week 20

APRIL

2008

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MAY

2008

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BUT

- 1) It is EASY to find a place
in someone's Address Book
- 2) It is EASY to judge mistakes of others
- 3) It is EASY to talk without thinking
- 4) It is EASY to hurt someone who loves U
- 5) It is EASY to forgive others
- 6) It is EASY to set rules to others
- 7) It is EASY to dream every night
- 8) It is EASY to show victory
- 9) It is EASY to admire a full moon
- 10) It is EASY to stumble into a stone

UVA1 therapy may be of benefit in the management of vulval lichen sclerosus, a disease that is often poorly responsive to standard therapies.

Beattie PE, et al. Clin. Exp. Dermatol. 2006 May;31(3):343-347.

UVA1
severe

JUNE 2008

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29						

BUT

JULY 2008

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29	30	31				

DIFFICULT

Week 20

MAY '08

15

THURSDAY

9:00 It is Difficult to get a place
in some one's heart

10:00 Difficult to recognise Ur own mistakes

11:00 Difficult to restrain Ur Tongue

12:00 Difficult to heal the wound

1:00 Difficult to ask for FORGIVENESS

Soframycin®
Fungicide active 1% w/w
Skin Cream

Difficult to follow them Ur selves

Difficult to fight for a dream

7:00 Difficult to assume defect our dignity

8:00 Difficult to see the other side

10:00 Difficult to get up from a fall

UVA1 phototherapy is well tolerated and could provide an acceptable therapeutic option for patients with severe genital lichen sclerosus.

Beattie PE, et al. Clin. Exp. Dermatol. 2006; 31(3):343-347.

JUN

MAY '08

16

FRIDAY

APRIL

2008

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Week 20

MAY

2008

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18	19	20	21	22	23	24
25	26	27	28	29	30	31

- 1) It is EASY to enjoy life everyday
9.00
- 2) It is easy to promise something to anyone
10.00
- 3) It is easy to say "we LOVE"
11.00
12.00
- 4) It is EASY to criticize others
13.00
- 5) It is EASY to make mistakes
14.00
- 6) It is EASY to keep for a lot love
15.00
- 7) It is EASY to think about improving
16.00
17.00
- 8) It is Easy to think BAD about others
18.00
- 9) It is EASY to ~~GIVE~~ RECEIVE
19.00
10.00
Read this
- 20) It is Easy to keep friendship with words

Topical ultrapotent corticosteroid is an effective treatment for erosive lichen planus of the vulva, giving relief of symptoms in 71%.

Copper SM, et al. Arch. Dermatol. 2006 Mar;142(3):289-294.

MAY '08

16

FRIDAY

APRIL

2008

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Week 20

MAY

2008

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- 1) It is EASY to enjoy life everyday
9.00
- 2) It is easy to promise something to anyone
10.00
- 3) It is easy to say "we LOVE"
11.00
12.00
- 4) It is EASY to criticize others
13.00
- 5) It is EASY to make mistakes
14.00
- 6) It is EASY to keep for a lot love
15.00
- 7) It is EASY to think about improving
16.00
17.00
- 8) It is Easy to think BAD about others
18.00
- 9) It is EASY to ~~GIVE~~ RECEIVE
19.00
10.00
Read this
- 20) It is Easy to keep friendship with words

Topical ultrapotent corticosteroid is an effective treatment for erosive lichen planus of the vulva, giving relief of symptoms in 71%.

Copper SM, et al. Arch. Dermatol. 2006 Mar;142(3):289-294.

JUNE

2008

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JULY

2008

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Week 20

MAY '08

17

SATURDAY

Difficult to give its real value

Difficult to fulfill their promise

Difficult to show it every body / everyday

Difficult to improve oneself

Difficult to learn from them / avoid repetition

Soframycin
Skin Cream

Difficult to take care of it - so not to lose it

Difficult to stop thinking & put it in action

18 SUNDAY

Difficult to give them Benefit of Doubt

Difficult to give or to follow

Difficult to keep it with meaning

With time and treatment, three quarters of patients of erosive lichen planus of the vulva can expect overall improvement of symptoms and one half, healing of erosions.

Cooper SM, et al. Arch. Dermatol. 2006 Mar;142(3):289-294.

MAY '08

19

MONDAY

ಬುಧ
ಶರಣ

Week 21

APRIL

2008

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MAY

2008

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BUDDHAM SHARANAM



MONKS IN MEDITATION: Buddhist monks offer prayers on the occasion of Buddha Purnima at AP State Museum in Hyderabad on Monday

19 May 2008

Indian-origin boy wins Nat Geo Bee contest in US

New York: An 11-year-old Indian American boy won the 2008 National Geographic Bee contest, taking home a \$25,000 college scholarship and a lifetime membership.

The contest was organised by the National Geographic Society. Akshay Rajagopal, a grade six student from Lincoln, Nebraska, emerged winner at the contest held in Washington for students from fifth to eighth grades, aged 10 to 14. Nearly five million students take part in the contest each year.

The final question to which Rajagopal provided the correct answer in a jiffy was: The urban area of Cochabamba has been in the news in recent years due to protests over the privatisation of the municipal water supply and regional autonomy issues. Cochabamba is the third largest conurbation in what country? Answer: Bolivia.

Rajagopal, who attends Laux middle school in Lincoln, answered all questions correctly in preliminary rounds and the final and championship rounds where the top 10 contestants pitted their geographical knowledge against one another.

Adrenal cortisol and the highly elevated postmenopausal levels of LH may stimulate DHEA-S production; the physiological significance of this association and plausible contribution to the metabolic syndrome observed after the menopause remain to be evaluated.

Aleyzaki M, et al. Eur. J. Endocrinol. 2006 June;154(6):875-881.



59° 55' 57" N
23° 46' 30" E
SNAPPERTUNA
TAMMISAARI

A SCENERY THAT TAKES YOU TO HEAVEN

rk 21

MAY '08

20

TUESDAY

Mohan
vs

Chaps

Marriage DAY
(20th May 1987)

at
Vasevi
Kalyana Mandap

Soframycin®
Skin Cream

may contribute to the development of
Eur. J. Med. Res. 2006 May 3;11(5):198-202.

2008

MAY '08

21

WEDNESDAY

APRIL 2008

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(Staying alone)

MAY 2008

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There is something spl about Solitude
 It sets U in an introspective mood &
 takes U on a plane beyond the mundane
 When U are alone, Ur inner
 voice takes charge & like other companions
 does not let U down nor does it let
 go of You. I think of Ur inner voice
 Lactacyd & see the way it guides U.
 Far from the meddling crowd,
 U feel respite by being Yourself
 No amount of material meetings
 could have produced the result
 that U could cherish cherish
 during Ur confinement

Consumption of coffee, a major source of dietary antioxidants, may inhibit inflammation and thereby reduce the risk of cardiovascular and other inflammatory diseases in postmenopausal women.

Andersen LF. Am. J. Clin. Nutr. 2006 May;83(5):1039-1046.

JUNE 2008

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JULY 2008

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Values

2

Solitude

Week 21

MAY '08

22

THURSDAY

Today we are in such a pitiable condition that, even if I want to, I can't afford to retreat for peace or solitude when the inclination is time to go into such social situations.

Even if I can't move physically away, do so at mental level. It's all in your mind & heart. It can take away from us daily disappointments & hurt us & put a hole in the tissue of factors that surround. So save solitude & be at peace within & without.

Soframycin[®] skin cream

Onset of menopause in Turkish women living in rural region is earlier on average women living in western or industrialized countries.

Discigil G, et al. Maturitas 2006 Oct; 20(53):247-254.

JUN

MAY '08

23

FRIDAY

Akhan

Bribal

Week 21

stomach

APRIL

2008

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MAY

2008

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9.00

10.00

11.00

12.00

1.00

2.00

5.00

6.00

7.00

8.00

9.00

10.00

Akhan Bribal went into
the forest & some held up ducts
Bribal went to Meditation. In Ramnaam
Akhan said "Here Chanting Ramnaam
but not feeling food".

Went out in search of food

Lactacyd
Lactose-based Laxative

Akhan went out on
his own & found a hole to quench
his hunger & came back
with a bag of food for
the sake of Bribal. & tried
to profess his own presence of mind
to look for food

Hot flushes in peri-menopausal, and urogenital, and psychological in post-menopausal women are the most prevalent symptoms.

Disciglio G, et al. Maturitas 2006 Oct; 20:55(3):247-254.

JUNE 2008

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JULY 2008

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Week 21

MAY '08

24

SATURDAY

Burial ignored him & had
his food & became & then
came to Akbar to treat him

"I have just now expressed
the power of freedom
of Ramnemo which
enable him to eat food from
the hands of the King
of the country"
"What an effort!" May 25th

Soframycin
Skin Cream

Have Krishna
Have Krishna
Have Ram have Ram

25 SUNDAY
WORLD
Thyroid
DAY

Successive annual increases from 1994 through 2001 in the prevalence of current hormone therapy use by postmenopausal women living in Geneva were dramatically reversed to the level in 1994 just after the results of the WHI trial were published, but only for naturally postmenopausal women with an intact uterus. Approximately one in three of the latter women who stopped using hormone therapy may also have lost its beneficial effects on bone health.

Morabia A, et al. Menopause 2006 Jan-Feb;13(1):111-115.

MAY '08

26

MONDAY

Kitchen
DRUGS

Week 22

APRIL

2008

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MAY

2008

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18	19	20	21	22	23	24
25	26	27	28	29	30	31

① **GARLIC** Adds body natural ability to resist disease & lower BP
It is a natural Antibiotic & fungicide

② **GINGER** Ginger root is nourishing to the gastrointestinal System
Enhances blood circulation & acts as a catalyst for herbs to increase its effectiveness

③ **Lactacyd (TULSI)** It is a nerve tonic
Lots many healing powers, like
fever, common cold, cough, sore throat
Kidney stone, heart diseases,
mouth infections; insect bites
head ache & other disorders
like eye disorder

Past oral contraceptive use is associated with less coronary artery disease, measured by quantitative coronary angiography, among postmenopausal women with suspected myocardial ischemia.

Merz CN, et al. Fertil. Steril. 2006 May;85(5):1425-1431.

JUNE 2008						
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JULY 2008						
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Kitchen
Drives

MAY '08
27

Week 22

TUESDAY

ABILITY to DO

There is no limit to

What U can imagine
with commitment & effort

U can become

What U imagine to become

Put Ur Mind to work for U **Soframycin®**
Neomycin sulfate 1% Cream Skin Cream

Believe that U can do it

The world has told U that cannot

But U, with your skills & wisdom

will find the same strength &

U have just the ABILITY to do it anyway

The risk factors such as age, pregnancy history, menopause age, BMI and presence of DM or HT were not related to Endometrial thickness in women.

Nakamura H, et al. Eur. J. Obstet. Gynecol. Reprod. Biol. 2006 Mar. 21; [Epub ahead of print].

JUN

MAY '08

28

WEDNESDAY

Week 22

APRIL

2008

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MAY

2008

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Six Enemies of MAN

① DESIRE — Kame

2) AVERAGE — Krodhe

3) Greed — ^{Lo Bha} ~~Stake~~4) Attachment — ^{Moha} ~~Matsaryam~~

5) PRIDE — MADAM

6) MALICE — Matsaryam

I can be really happy only when
I am immersed in the spiritual
practice — Eat soberly with limits

Lactacyd

Topical pimecrolimus 1% cream has been found to be an effective treatment for genital lichen planus. Local irritation can limit its use, but it may be better tolerated than topical tacrolimus.

Lonsdale-Eccles AA, et al. Br. J. Dermatol. 2005 Aug;153(2):390-394.

Diamond-studded crown donated to Padmavathi

After Lord Venkateswara of seven hills, it looks like goddess Padmavathi is reaping the gold harvest. In the past four months alone, Rs 2.3 crore worth jewellery has been donated to the goddess of Tiruchanoor. A Bangalore-based industrialist donated Rs 1.15 crore worth diamond-studded golden crown to the goddess on Thursday. Temple deputy executive officer V Chengalrayalu said B Kumar of Corner Stone Properties Private Ltd made the offering, which weighed over four kgs. The devotee handed over the crown to TTD board chief B Karunakar Reddy on the Tiruchanoor temple premises. It is learnt that the crown would be decorated on the goddess on Friday. **TNN**



GLITTERING CROWN

1.00

2.00

Vaastu Shastra for ideal living

Vaastu shastra, an ancient art and science of Indian architecture, explains the practices of constructing buildings which ensures a harmony between man and the five elements and thereby bring all round peace, health, wealth and prosperity. I.e., Vaastu Shastra is looked upon as a highly evolved, building philosophy in which directions and shapes are the most vital aspects of designing. Here's a look at some of the rules that need to be followed while building a home on the basis of Vaastu Shastra.

Shapes: The ideal plot shape is symmetrical. Shapes like circular, hexagonal, rectangular and square is beneficial and good from all aspects. Other asymmetrical shapes are inauspicious. The shape of the plot must be to the north or east, other directions are not good.

Direction: It is good if each side of plot is facing exactly to the north direction, south direction, east direction and west direction. It is better if the length of the plot in the east-west direction is more than that in the north-south direction.

Space: The building should be so located in the plot so as to leave more open space in the east than in the west; and more open space in the north than in the south. If there is more open space in south than in north, it will lead to damage.

Have details, comment or feedback for this column that you'd like to share with us? We invite information-based write-ups from our readers. Write to us at newsyoucanuse@rediffmail.com

Vaastu Shastra is looked upon as a highly evolved, building philosophy in which directions and shapes are the most vital aspects of designing.

5
3
10
17
24
31

Lectured

WEDNESDAY AUGUST 13, 2008 V

M E S T I C

Warm at heart Affectionate in behaviour.

NACIL is looking for you
to conquer the sky with your smile.

Pudendal nerve integrity may play a role in female sexual dysfunction.

Connell K, et al. Am. J. Obstet. Gynecol. 2005 May;192(5):1712-1717.

A computer game that lets people play god!

Emeryville, (California): Computer buff Will Wright created a multi-billion-dollar franchise with "The Sims" video games that let people play at real life affairs such as dating and raising children. Now from September, Wright will let people play god with his latest brainchild "Spore."

"The big hook with 'Spore' is that practically the entire game is user created," said Shane Satterfield, editor-in-chief at GameTrailers website. "'Spore' is really the first game that pretty much puts all the power in the hands of the player."

Players start as microscopic life forms competing for survival in primordial ooze and work their way onto land, where they evolve into creatures that build civilizations and rocket into space.

"It is still probably the most interesting question for sci-

tists and five-year-olds: What is life?" Wright said, giving an advance peek at the game, which hits US and European markets in September. "It starts out as single-cell organisms and then you eventually fly around the galaxy exploring new worlds, meeting other creatures and creating federations."

GAME OF LIFE

"I see a lot of games with a science fiction back story, but that is different than having science as their DNA," Wright said. Players dictate how their animated characters evolve. Creatures can have scales, fins, wings, claws, extra appendages, additional eyes, or body parts in unexpected places.

The online game's programming gives characters artificial intelligence and figures out how they should walk,

laugh, dance, fight or do other things based on what they look like. For example, a creature given fangs will be more hostile than one with teeth for grazing. "How they play the game has a lot to do with how they evolve their character," Wright said. "My engineers have the tough job of figuring out how something will move before they get to see what it is."

Creatures pass on virtual genes to their progeny and build civilizations with cities, governments and economies. "It is more of a social experiment," Wright said. "Science, economics, sociology, things like that are very fun to simulate in the computer." In order to avoid what Wright sees as "inconsistencies" in online games, "Spore" provides players personal universes with copies of planets made by others. *AP*

అమ్మ చెప్పింది

దున్న పోతు మీద వాన కురిసినట్లు...

దున్నపోతుకు సున్నితత్వం అంటే ఏమిటో తెలియదు. దాని చర్మం పట్టగా, మందంగా ఉంటుంది. మనం కొట్టితా దానికి నొప్పి ఉండదు. ఒంటి మీద గుళ్ళు వడితా వున్నా ఉండదు. కాబట్టి ఎంతటి వానలోనైనా తడుస్తూ ఆదాగి ఉంటుంది తప్ప తడవని రోలుకొనున్న స్వహా కండు దానికి మరే ఒంటి మీద దెబ్బ వడితే ఎంత నొప్పిగా ఉంటుంది! కాస్త తడిస్తే ఎంత వడిగా ఉంటుంది! దానికలాంటిదే ఉండవచ్చు.

మాకు మనం ఏదైనా తప్పు చేసినప్పుడు అమ్మానాన్నలు దాని చేయి కాచి కొట్టడమే, సున్నితంగా మందలించడమే దిస్తారు. మా! అంటే అలాంటి పని మరొకసారి చేయవద్దని కదా ఆర్థం! సున్నితంగా చెప్పినా, మందలించినా, నష్టం తిట్టినా, దివంగి కొట్టినా వాదా ఏ మాత్రం మార్పు లేకుండా, అలాంటి తప్పునే మళ్ళీ మళ్ళీ చేస్తూనే వాళ్ళను ఒప్పించాలిగా చెప్పి దానికి మన్నిపోతున్న ఉదాహరణగా చెబుతారు.

అమ్మ ఒడిలో సామెత, నాన్న ఒడిలో నానుడి, జీవితానికి పాఠ్యకళ

tmenopausal

JUNE '08

02

MONDAY

A

to Z

Week 23

MAY

2008

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JUNE

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29	30					

STRESS

1) Always take time for yourself at least 30 minutes per day

2) Believe in becoming Dr. on Stress Meter know when to step back & cool down

3) Concentrate on controlling Dr. on situation, without controlling everybody else in this uncontrollable world

4) Daily exercise will burn off the stress chemicals & ingredients

5) Eat lots of fresh fruits, veggies bread & water and give your body the best food words to perform its best

Serum adiponectin concentrations may be a predictor for development of cardiovascular disease in postmenopausal diabetic patients.

Jaleel F, et al. Clin. Chim. Acta. 2006 Aug.; 370(1-2):76-81.

JULY 2008						
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JUNE '08

03

TUESDAY

A
5
2
Week 23

MANAGEMENT

- 7) **Forgive Others & be Tolerant**
 Lament - holding any spl grudges
 everyone is not as capable as you
- 8) **Gain perspective on things**
 how important is the issue?
- 9) **Hugs: (love kisses & laughter)**
 Have fun & don't be afraid in
 sharing ur feelings love others
- 10) **Identify stressors & plan to deal**
 with them better next time
- 11) **Judge Ur own own performance realistically**
 Don't set goals beyond ur reach

Soframycin[®]
Skin Cream

The Framingham Score system is not an accurate device to estimate risk of CVD in premenopausal women with type 2 diabetes mellitus, who otherwise have a multiple features of the MSyn.
 Aviles-Santa L, et al. J. Diabetes Complications 2006 Mar-Apr;20(2):69-74.

JUN

JUNE '08

04

WEDNESDAY

Week 23

MAY 2008

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JUNE 2008

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1) **K** keep ^(+ve) attitude because your outlook can influence the outcome of the way others treat U in return.

2) **L**imit Alcohol, drugs or other stimulants that affect or perception of behavior.

3) **M**anage Ur money well; seek advice & **Lactacyd** gave atleast 10% of what U earn.

4) **O**utdoor your activities by Urself or Ur close friends and family can be a great way to success.

5) **P**lay your favorite music cassette rather than watching TV / Video.

If used to estimate risk of CVD, the Framingham score system could underestimate the risk of CVD in both young men and women with type 2 diabetes mellitus.

Aviles-Santa L, et al / J. Diabetes Complications 2006 Mar.-Apr.;20(2):69-74.

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16) Quit Smoking; as it stresses
 Ur body, not chemicals killing too

17) Relationships nurture you
 Enjoy less. Learn to
 listen more but talk less

18) Sleep well since firm Mattress
 a suppling pillow

Soframycin
 Skin Cream

19) Treat - Use up once a week
 with a massage, dinner out,
 followed by a MOVIE

20) Understand things for the men's
 point of view

Women in different groups hold different beliefs about HRT use. Uncertainty among women with diabetes is not resolved as quickly as among women without diabetes.

JUNE '08

06

FRIDAY

MAY

2008

JUNE

2008

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Week 23

21) V enjoy inflections from the source before exploding

22) W or my less: it does not help in anyship better or worse

23) ~~X~~ press; Make a regular retreat to your favorite space
 Lactacyd Make holidays p/o the park plant budget

24) Yearly goal setting. Plan over-
 use because of unforeseen needs

25) ^{Treat} Less for life - each day is a gift
 Be thankful that you have a body

More favorable levels of metabolic and hemostatic factors were associated with higher levels of follicular-phase estrogen, a pattern consistent with a more competent ovary, and higher levels of follicular-phase PdG, perhaps of adrenal origin.

Matthews KA, et al. J. Clin. Endocrinol. Metab. 2006 May;91(5):1789-1795.

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GLOBAL

THE TIMES OF INDIA, HYDERABAD
SATURDAY, AUGUST 23, 2008

Dogs know right & wrong

They Show A Strong Aversion To Inequity, Finds A Study

London: Human's inclination to invest dogs with human-like states of mind isn't as unscientific as it might appear for scientists are now suggesting that canines are becoming more intelligent and are even learning morals.

Studies presented at the first Canine Science Forum in Budapest, Hungary, backs the idea that the descendants of grey wolves have become more intelligent, and even learn a sense of right and wrong, the New Scientist Journal reported.

Dogs show a strong aversion to inequity. I would prefer not to call it a sense of fairness, but others might, said Dr. Friederike Range, of the University of Vienna, who led the study.

Through experiments done with children and dogs, Prof. Ludwig Huber and colleagues at the University supported the idea that dogs have a rudimentary "theory of



'Snoring linked to dog'

It's a research that might upset dog lovers across the world — kids who grow up with a canine at home are more likely to be heavy snorers as adults. Researchers in Sweden have carried out the study and found that growing up with a pet dog could increase a child's chances of being a snorer later in life by almost a quarter. Dogs may increase airborne particles that would encourage inflammation and thereby alter upper airway anatomy early in life, causing an increased susceptibility for adult snoring," said lead researcher Karl Franklin of University Hospital ÖH, in

Vienna.

During one study, dogs which held up a paw were rewarded with a food treat. When a lone dog was asked to raise its paw but received no treat, the researchers found it begged for up to 30 minutes.

But when they tested two dogs together but rewarded only one, the dog which missed out soon stopped play-

people, adds Prof. Marc Bekoff from the University of Colorado at Boulder.

According to the journal, Dr. Peter Pongracz from Eotvos Lorand University, Budapest, and colleagues have produced evidence that dog barks contain information which people can understand.

They found each of the different types of bark has distinct patterns of frequency, tonality and pulsing, and that an artificial neural network can use these features to correctly identify a bark it has never encountered before.

This is further evidence that barking conveys information about a dog's mental state, reports New Scientist magazine. They found even people who have never owned a dog can recognise the emotional 'meaning' of barks produced in various situations, such as when playing, left alone and confronted by a stranger, subjects

Metabolic and hemostatic factors may be sensitive to hormonal variation during the early perimenopausal transition.

Matthews KA, et al. J. Clin. Endocrinol. Metab. 2006 May;91(5):1789-1795.

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Scientists argue that the fact that rough-and-tumble dog play rarely escalates into full-blown fighting shows that the animals abide by social rules and expect others to do the same. In other words, they know right from wrong. They possess a moral compass too, in order to negotiate the complex social world of the canine.

During one study, dogs which held up a paw were rewarded with a food treat. When a lone dog was asked to treat, the researchers found it begged for up to 30 minutes. But when they tested two dogs together but rewarded only one, the dog which missed out soon stopped playing. The idea that dogs have a sense of right and wrong is not new. In 1980, Ludwig Huber and colleagues at the University of Vienna, who led through experiments with children and dogs, said "but others might," which called it a sense of fairness. I would prefer to show a strong aversion to inequity, the New Scientist reported. The study, the New Scientist reported, showed that even intelligent, and even very wolves have become domesticated. Hungary, backs up the findings. Canine Science Forum studies presented at the annual meeting of the American Society for Learning and Brain Sciences are being presented. Scientists are now suggesting that canines are as intelligent as it might appear. In fact, as it might appear, it is as intelligent as human. It is a research that might upset dog lovers across the world — kids who grow up with a canine at home are more likely to be heavy smokers, as adults. Researchers in Sweden have carried out the study and found that growing up with a pet dog could increase a child's chances of being a smoker later in life by almost a quarter. Dogs may increase airborne particles that would encourage inflammation and thereby after upper airway anatomy early in life, causing an increased susceptibility for adult smoking," said lead researcher Karl Franklin of University Hospital Umea.



'Snoring linked to dog'

2008

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2008

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2008

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GLOBAL

THE TIMES OF INDIA, HYDERABAD
SATURDAY, AUGUST 23, 2006

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GLOBAL

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in Green

JULY 2008

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AUGUST 2008

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Steps to June '08
Divine Life 10

Week 24

TUESDAY

- ① Be good & do good & be kind & compassionate
- ② Let our actions be full of love & goodness
- ③ Speak truthfully & purely

'Stairs instead of lift could save your life'

London: Attention all office-goers and shoppers! Take the stairs instead of the lift or escalator at work or mall, for a study has revealed that climbing a flight could save your life. Swiss researchers have found that taking the staircase regularly can lead to better fitness, less body fat and a drop in blood pressure, cutting the risk of dying prematurely by up to 15 per cent.

"This suggests that stair-climbing at work may have major public health implications. It underlines the importance of architectural design and convenient placement of stairwells to help people make healthy choices," the 'Daily Mail' quoted lead researcher Prof Philippe Meyer

as saying. For their study, Prof Meyer and his fellow researchers at the University Hospital of Geneva recruited 77 colleagues whose lifestyle was defined as sedentary — meaning they did less than two hours exercise or sport each week, and less than ten flights of stair-climbing a day.

Over 12 weeks, the subjects were asked to use the stairs exclusively at work instead of taking the lift.

The average number of floors they went up and down each day increased from five to 23. After three months, treadmill tests showed that their aerobic capacity — the amount of oxygen the body can use — had increased by 8.6 per cent. AGENCIES

③ Speak sweetly
Speak softly
Speak lovingly
Soframycin
Skin Cream

The use of hormone replacement therapy and baseline insulin sensitivity are significant independent predictors of the development of worsening insulin sensitivity in postmenopausal women.
Goodrow GL, et al. Am. J. Obstet. Gynecol. 2006 Feb;194(2):355-361

JUNE '08

11

WEDNESDAY

DAD'S DAY

Week 24

MAY

2008

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JUNE

2008

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Dad is the one who ^{love} be our first HERO

He gives us a strong shoulder
to lean on. He is the one who

shares a joke with all of us
a smile with us at lunch.

Lactacyd

He is our friend, benefactor & confidant.

He is someone whom we should look up

to for our needs & who understands us &

admires us on our achievements

On father's day, pl reach out to the Spl man

Coronary vasoreactivity is reduced in asymptomatic individuals with a greater coronary risk factor burden.

Wang L, et al. J. Am. Coll. Cardiol. 2006 Feb. 7;47(3):565-572.

Dad's the way

On Father's Day, we put the dads in the limelight, and surprise, surprise... you won't believe how they've evolved



I rearranged my entire schedule after my kids were born so I could be home around five everyday and do all the chores.
NIKHIL MEHRA
Fashion designer

I think it's a good opportunity for fathers to get gifts from their children! It's also a nice excuse to bond with your family. Frankly, we already have plans for the day even before I realised it's Father's Day.

VISHWESHWAR REDDY, MD, Citadel Research

To be a father and a good son feels very different... sometimes I feel like a sandwich! On a serious note, Father's Day is a great occasion. In the West, fathers stay home and have a crucial role to play in the development of the child.

PRAVEEN KESAVA, leader in a fortune 500 company

I feel that this is basically a commercial thing, which is beginning to gather support here. It obviously feels nice to see importance being given to fathers instead of just mothers and teachers! It's basically going the western way, first it was Valentines Day, then Mother's Day...



PIYUSH SULTANIA, Businessman

Every day is Father's Day to me, though the day isn't as popular as Mother's Day! Quite understandably, mother's are always around while dads aren't. But from this year I'll make it a point to plan something special.

N SUNIL REDDY, CEO Protech

Isn't it unfair that dads are given just one day in the year? Moms get pregnant just once, while dads are pregnant all their life.

They carry their children all through life, through thick and thin and for that at least they certainly deserve a day more than one for celebrating fatherhood!



PRIYADARSHINI RAM REDDY, Filmmaker

Of late, it's looked at from a marketing point of view, as an occasion to celebrate. But, in a way, it's a special day where a father can make an effort to take one day in a year to make a difference with his child. The child can also look forward to spending a day with their fathers.

Personally, I see nothing wrong with it. If something becomes an occasion, only then do we make an effort to celebrate it!

SUDEEP MEHTA, Businessman

Today instead of touching feet, my young daughter cuddles my hair. She treats me not as a figure of authority but as a friendly advisor. I recommend this relationship to all dads. Gain your child's love before you



ask for her respect.
ALYQUE PADAMSEE, ad guru

Today, kids no longer think of their dads as the breadwinners. Rather they think it's their duty to cater to them.

SHEKHAR SUMAN, Actor



My kids come first. Now I know that if I have to take the boys to the park, I'll put that before heading out for drinks with friends.

CHETAN BHAGAT, Writer

JUNE '08

13

FRIDAY

MAY

2008

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Week 24

JUNE

2008

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Twelve points on You

- 1) It is your attitude towards life that will determine life's attitude towards you. Despite many people's belief to the contrary, life plays no favorites.
- 2) **Lactacyd** It is your attitude at the beginning of a task (more than anything else) that will determine success/failure.
- 3) Act as if you have a good attitude. Remember that your action triggers feelings just as feelings trigger actions.

Type 1 diabetic women should be targeted for osteoporosis screening and possible fracture prevention as they transition through menopause.

Strotmeyer ES, et al. Diabetes Care 2006 Feb.;29(2):306-311.

JULY 2008

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AUGUST 2008

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Week 24

JUNE '08

14

SATURDAY

MARRIAGE
AnniversaryATTITUDE

④ It is better U control your attitude
 If U are negative, it is because
 U have decided to be negative &
 not because things wanted U to be so
 now it is a face of circumstances.

5) Act as if U have good attitude

6) Before a person can achieve
 the kind of results he wants, he must

first believe that person
 must think, talk, walk & act
 & conduct in all his affairs
 as the person he wishes to become

15 SUNDAY 1949

MARRIAGE
Anniversary
60th

In obese subjects who are free from atherosclerosis and impaired renal function, plasma tHcy levels do not differ from healthy subjects.

Uysal O, et al. J. Endocrinol. Invest. 2005 Nov; 28(10):928-934.

JUNE '08

16

MONDAY

Week 25

MAY

2008

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JUNE

2008

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29	30					

- 7) Treat everybody as the most very important person in the world.
- 8) Attitudes are based on assumptions. In order to change one's attitude, one must first change one's assumptions.

Lactacyd

- 9) Develop the attitude that there are more reasons why I should succeed than reasons why I should fail.
- 10) When I am faced with a problem, adopt the attitude that I can & will surely succeed.

Contrary to commonly held opinion, SD may be associated with some diseases and/or triggered by some conditions.

Taskiran O, et al. J. Eur. Acad. Dermatol. Venereol. 2006 Jan; 20(1):58-62.

JULY 2008

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Week 25

JUNE '08

17

TUESDAY

(11) He ~~thinks~~ definitely became
 what we think about anytime later
 Central Uv thoughts & U control U life.

(12) Radiate the attitude of confidence,
 of well-being, of a person
 who knows where he is going.
 You will then find good things
 happening to you right away.

Soframycin[®]
 Skin Cream

To sum up Inadequate develop
 to right/good attitude
 take charge first in the morning
 to say: "Good morning LORD"
 or "Good LORD Good morning"

Vulvodynia has many possible treatments, but very few controlled trials have been performed to verify efficacy of these treatments.

Haelner HK, et al. J. Low Genit. Tract Dis. 2005 Jan;9(1):40-51.

JUNE '08

18

WEDNESDAY

SAI
DARSHAN

Week 25

MAY

2008

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2008

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29	30					

9.00

Tell me all Ur secrets

10.00

Let me keep them like ME

11.00

Accept me as Ur best friend

12.00

1.00

Be assured that I will always be there
With U.

2.00

Lactacyd

Lactacyd Lactacyd

5.00

I will not only hear you
but will always come to Ur Rescue
from all your faults & dangers

6.00

7.00

8.00

Do not let anyone come between U & ME

9.00

10.00

For Always Loyally Compares Like ME

Consideration to the occurrence of vulval Keratoacanthoma is important to avoid both an erroneous diagnosis of vulval SCC and the associated consequences of radical surgery.

Nascimento MC, et al. Gynecol. Oncol. 2005 May;97(2):674-676.

JULY

2008

AUGUST

2008

JUNE '08

19

THURSDAY

Eat a big breakfast 'to shed weight'!

London: Want to cut flab? Gorge on a healthy breakfast everyday and the bigger the bowl, the better the result, says a new study.

Researchers have found that women who eat around half of their daily calories in the morning lose more weight in the long term as compared to those who start their day with just a small breakfast. What's more is that good breakfasters are less likely to pile the pounds back on, the study found. *en*

China's Olympics stadium under scanner for its shape



ON SHAKY GROUND

The Olympics national stadium, popularly called the "bird's nest" because of its shape, with its giant twig-like structure of metal girders and bowl-shaped roof covers an area of 20.4 hectares with a seating capacity for 91,000 spectators over three floors. *en*

The bird-nest shaped stadium is among other buildings that are under scanner for their 'anti-earthquake capabilities'

Soframycin®
Soframycin Cream 1% w/w
Skin Cream

Four forms of Hindu

MANAS

- 1) When it is filled with thoughts — it is CHITTA
- 2) When it contemplates — it is CHITTA
- 3) When it makes decision — it is BUDDHI
- 4) When it takes the form of — it is Ahaṁkāra (Intellect)

Postmenopausal women with type 2 diabetes have both clinical and biochemical evidence of androgen excess that may contribute to more adverse cardiovascular risk profiles.

Korytkowski MT, et al. Metabolism 2005 Dec;54(12):1626-1631.

JUNE '08

20

FRIDAY

ECHO
of
LIFE

Week 25

MAY

2008

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You Life is not one

of COINCIDENCE

It is a reflection of you
your actions

Lactacyd[®]
Lactate Acid & Lactamase

Life gives You Everything
in all aspects of LIFE.

Life and give you
Everything you have given it
to Give to good things always

Previous pregnancy itself is a risk factor for severe SUI among women who reach the age of 50. In this age group the impact of the mode of delivery (spontaneous, forceps or caesarean) on severe SUI is slight.

Fritel X, et al. BJOG 2005 Dec; 112(12):1646-1651.

JULY 2008

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AUGUST 2008

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On World Music Day, Hyderabad Times looks into the changing trends in

JUNE '08

21

SATURDAY

De-stress the Thai way!

At the 5th Element, the new spa in town

Traffic snarls, changing work cultures, hectic lifestyles... are all adding to city dwellers' stress quotient. The addition of another spa would only do well to us. After the success of The 5th Element Spa in Bangalore, a unit of K.P. Groups, a Bangalore based company, has launched it in Hyderabad.

A complete body treatment is meant to de-stress you and soothe your senses. The all-Thai crew at The 5th Element Spa transports you to a world of serenity with its massage and health packages. The 5th Element, an authentic Thai spa and healthcare centre is named so after the other four natural elements - air, water, fire and earth. It's a complete body treatment place. The decor exudes the same lightness and all the therapists here are certified from Thailand. The rooms are painted brown, red, blue and white representing different elements. That's not all! The Jacuzzi is on the top floor with two open sky treatment rooms. Pankaj, co-owner says, "Our Bangalore branch is definitely the best spa in the whole country when it comes to authenticity of a Thai Spa. It's a complete experi-



ence, which makes the difference. It's a must visit for all those who are looking out for a complete body care treatment" Kay, co-owner says. "The 5th Element is a Spa and not a massage parlour. We are happy to see that those coming in to our Bangalore outlet are all very up-market and understand the meaning and value of it. The same would definitely follow in

Hyderabad as it has a huge segment of those who wouldn't compromise on luxury." Treatments vary from body wraps, massages to body scrubs to facials and other complete body care treatments and packages.

Contact numbers: 23547333, 23547555 and (mobile) 9866533114



Pamper your body and soothe your senses

mycin®
Skin Cream

It is unlikely that CYP17 c.1-34T>C has a role in breast cancer etiology, overall or in combination with established non-genetic breast cancer risk factors.

Einarsdottir K, et al. Breast Cancer Res. 2005;7(6):R890-R896.

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“YOU HAVE ONLY ONE MOMENT AT A TIME. SO IF YOU KNOW HOW TO LIVE ONE MOMENT YOU CAN PLAN YOUR WHOLE LIFE IN THAT VERY LIVING. BUT THERE IS NO NEED TO PLAN FOR IT, BECAUSE IN PLANNING YOU WILL FORGET TO LIVE.”

— OSHO

Lactacvd

8-yr-old a blues guitar prodigy

Elkhorn, Wisconsin: When Tallan “T-Man” Latz was 5, he saw Joe Satriani playing guitar on TV. “I turned around to my dad and said, ‘That’s exactly what I want to do.’”

Three years and countless hours of practicing later, 8-year-old Tallan is a blues guitar prodigy. He’s played in bars and clubs, including the House of Blues in Chicago, and even jammed with Les Paul and Jackson Browne. He has a summer of festivals scheduled and has drawn interest from venues worldwide.

And what, you might ask, would a kid not even in the third grade have the blues about? The Wisconsin state for one, and some possibly jealous older musicians for another.

An anonymous email sent to state officials complained that Tallan was too young to perform in taverns and nightclubs because of state child labor laws. His booking agent even got an anonymous letter



Tallan Latz

threatening her with death if she keeps booking him.

When Tallan’s father read him the state’s letter saying he couldn’t play clubs anymore, the boy’s response

like — seemed beyond his years. “He goes, ‘It’s not how many times you get knocked down but it’s how many times you get back up and go forward,’” Carl Latz said his son told him. AP

Gout in women has a later onset and higher frequency of upper limb joint involvement in comparison to men. Those with premenopausal onset tend to be refractory to standard therapy.

De Souza AW, et al. J. Rheumatol. 2005 Nov;32(11):2186-2188.

People change personality when they switch language.

Why not adopt American English?

Many Indians consider American English *infra dig*. But it's time we got over this distaste. A recent survey has found that people unconsciously switch their personality when they change languages. Since American English is by far the most dominant language today, anyone who wants to be a confident player in a globalised world has to speak the American lingo.

In India, there is an attachment — especially among the older generation — to the Queen's English or the English that we imagine is spoken in England. But we tend to forget that very few people speak the Queen's English any longer. In England and elsewhere, the language spoken on the street is different from the Queen's English spoken in a plummy accent.

Today, English dominates the world as no language ever has. It is estimated that some 400 million speak English as a foreign language, another 300 to 500 million as a fluent second language and 750 million

as a foreign language. From Shanghai to Sarajevo, schools have sprung up to teach English. And increasingly it is American English, rather than British English, that is being taught.

Indeed, American English has unconsciously entered the language spoken in large parts of the world, particularly by younger people. Greetings such as "yo" or "what's up" — which have their origin in America — can be heard in campuses and offices across the world. This is in contrast to traditional English phrases like "how do you do?" or "how are you?" which are now considered archaic. Much of this is due to the impact of American popular culture, especially its movies, music and books.

But more than anything else, it is the internet that is spreading a global language that is much closer to American than traditional English. American phrases and spellings abound in blogs and e-mail exchanges. There is no reason to fight this. Instead it might be sensible to accept it.

TIMES
VIEW

2:00

says study

It's English, stupid

Question: Where did the English language come from? Presumably from the country that it's named after, England. So, what's wrong with using the English version of, well, English? Some people seem to believe that we'd be better off adopting American English as our *lingua franca* instead of British English. What will this proposed shift entail, apart from dropping some 'u's and changing some 'y's into 'i's? Or adopting an American twang, much like those annoying video jockeys on music television channels.

For one, it will cause immeasurable confusion across the country. Hard as it may be to believe, the evolution of language cannot be controlled and directed. Attempting to get over a few hundred million people to change their language overnight is an invitation to chaos. Don't we have enough trouble getting understood in our native languages?

Let's not forget that the Indian Constitution recognises 22 different languages, besides several dialects. There is enough

of a communication gap between the north and the south, which speak different languages, without adding to the confusion by switching between two versions of the same language.

The British ruled India for over 200 years. Such a strong heritage cannot be disregarded, certainly not overnight. Language does evolve, but that happens organically, over a long period of time. American English may well become the *de facto* form of the language in the future. It's a free society after all, and people can speak in any way they wish.

But we must let that happen in its own time, rather than forcing the change and throwing everything out of gear by moving too fast and too soon. British English is still considered to be the form in which English should be spoken. Professor Higgins's desperation in *My Fair Lady*, where he wonders why the English can't teach their children how to speak, may soon be equally valid for India, if we suddenly change from British English to American English.

COUNTER
VIEW

Tara Gupta

framycin®
Skin Cream

and statin use, and type of menopause on...
little weight can be placed on these significant results.

ected between HRT use
number of comparisons,

Woman gives birth to septuplets



Egyptian nurses tend to the newborn septuplets at the El-Shatbi hospital. — PHOTO: AP

CAIRO: An Egyptian woman gave birth to septuplets early on Saturday in the coastal city of Alexandria after taking fertility drugs in effort to produce a son, a hospital director said.

Ghazala Khamis, 27, was in good condition after having a blood transfusion during her Caesarean section due to bleeding, said Emad Darwish, director of the El-Shatbi Hospital where she gave birth.

The newborns, four boys and three girls, weigh between 3.2 pounds and 6.17 pounds and are in a stable condition, Dr. Darwish said. They have been placed in incubators in four different hospitals that have special premature baby units, he said.

"This is a very rare pregnancy — something I have never witnessed over my past 33 years in this profession," Dr. Darwish said.

He decided to carry out the Caesarean section at the end of Ms. Khamis' eighth month of pregnancy due to the pressure on her kidneys.

"From the initial checkup, I say that none of the babies have any sort of deformities or have incomplete organs,"

Dr. Darwish said.

Ghazala, the wife of a farmer hailing from the northern province of Beheira, is already the mother of three girls. She was admitted to the hospital two months earlier.

Dr. Darwish criticised Ms. Khamis's doctor at her local clinic who prescribed fertility drugs after she hadn't ovulated for five years.

"She didn't actually need those drugs. There was other simple medication to take," he said.

Her brother, who has followed the case from the very beginning, said she kept on trying to have children because they wanted to have a son. In rural Egypt, sons are preferred to daughters.

According to her brother, the Egyptian Minister of Health has decreed that the seven babies will receive free milk and diapers for two years.

Egypt's population has tripled since 1952 to 76 million people in 2006, according to the latest census.

The Egyptian government this summer launched a new campaign to raise awareness over the repercussions of a rising population. — AP

2008

JUNE

2008

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Don't look back
I gave you part
for it is gone

Don't be humble
about the

FUTURE
for it has not
yet come

LIVE in the present
make it so
beautiful
that will be
worth
remembering

hy women and better than that of women
cal health.

ost KJ, et al. Life Res. 2005 June;14(5):1251-1261.

More math ease, say majority of americans

Washington: More math. e. A large majority of Americans thinks schools are putting too much emphasis on strong subjects, and more than half think they're doing a fair job in preparing children for the work force or giving them the practical skills they need to survive as adults, according to an Associated Press poll released Friday.

So what do people think the schools should focus on?

More than a third said math. English was a distant second, at 21 percent. A tiny fraction picked art, music and life sciences, such as biology and chemistry.

"I don't think math is getting nearly enough attention," said Larry Michalec of San Diego, who has a grown daughter. "When was the last time you added up something without a calculator?"

Parents may want more math in school because they feel unprepared to help at home, said Janine Remillard, who teaches math-related courses at the University of Pennsylvania's education school. "Math is the subject that parents are often intimidated by," she said. "We've allowed a lot of kids to just say, 'I'm not good at math,' ... and those kids become parents."

The economy and gas prices are the most important issues facing the country, according to those surveyed. Education was rated after those issues, generally viewed to be as important as health care. It was rated slightly ahead of the Iraq war.

Brain scientists discover why adventure feels good

London: Scientists have identified a primitive area of the brain that makes us adventurous — a finding which may help explain why people routinely fall for "new" products when shopping.

Using brain scans to measure blood flow, British researchers discovered that a brain region known as the ventral striatum was more active when subjects chose unusual objects in controlled tests.

The ventral-striatum is involved in processing rewards in the brain through the release of neurotransmitters like dopamine. Scientists believe the existence of this age-old reward mechanism indicates there is an evolutionary advantage in sampling the unknown.

"Seeking new and unfamiliar experiences is a fundamental behavioral tendency in humans and animals. It makes sense to try new options as they may prove advantageous in the long run," said Bianca Wittmann of the Wellcome Trust Centre for Neuroimaging at University College London. Being daring, however, also carries risks. Some choices could be dangerous and, in the modern world, selecting the new may, for instance, make consumers susceptible to marketing hype. **REUTERS**



THE RISK FACTOR

Lift is like a LIFT
Handbook is like STAIR Case
Soframycin®
Skin Cream

Lift may feel sometimes
Handbook pays you always
staircase like always late to the top
Lift may help u once
But Handbook pays u always

In postmenopausal women, intensive statin therapy for 1 year caused a greater LDL reduction than moderate therapy but did not result in less progression of coronary calcification.

Raggi P, et al. Circulation 2005 July 26;112(4):363-373.

Most Americans believe in miracles

Washington: Around three-quarters of Americans believe in miracles, more Americans believe in heaven than in hell, and nearly six in 10 pray every day, a report based on a survey of 35,000 US adults showed.

Of those who pray regularly, around a third say God answers their prayers at least once a month, and one in five Americans said they receive direct answers to prayer requests at least once a week, the report by the Pew Forum on Religion and Public Life said.

Out of those surveyed for the report, called the US Religious Landscape Survey, 74% said they believed in heaven as a place where people who have led good lives are rewarded, while only around six in 10 believed in hell, where unrepentant evil-doers languish in eternal punishment.

The report reflected the changing face of the US religious landscape and also the diversity of belief among Americans, Pew researchers said.



"Once upon a time, belief in heaven and hell were very closely related and in many people's views were two sides of the same coin," John Greene, a senior research fellow at Pew said. "That does not seem to be the case any more."

Many more people believe in heaven than believe in hell," he said, surmising that Americans today view God as "someone who is merciful, generous and forgiving"

rather than as "a judge who punishes people."

Nearly 79% American adults believe that miracles occur, the survey showed. But perhaps most striking in the report was the near unanimous belief in God, held by more than nine out of 10 Americans.

Oddly, one in five of those who identified themselves as atheists in the survey said they believe in God. "It may very well be that they don't really know what atheist means. It sounds good so they answered it; we call that measurement error," Greene said.

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Baba Teelay

1) Hear the words of
Ur parents

2) Help Ur mother
with task.

3) Speak back always

4) Talk to God

5) Ur friends will
share till the end

6) Don't leave Ur sacra



8.00

9.00

10.00

LADIES' MAN



"Men are definitely waking up to looking better and being conscious about maintaining their skin, hair and even nails. There is nothing effeminate about it. Trying to look your best is everybody's goal today. Women also prefer men who are slightly aware and well maintained."

Amrita Rao, Actress



"Grooming has become an essential part of life, be it for men or women. But obsessing over it is quite a turn-off. They can do what they want as long as they look like men and don't start resembling women by plucking eyebrows, waxing their bodies and wearing makeup. Tip: The hair on the ears has to go!"

Asmita Marwa, Fashion designer



"Men can be metrosexual and still be attractive, but they don't have to be metrosexual to be attractive. I don't find it a put-off. As fashion changes, ideas of looking good change too. If I'm compatible with the man, it doesn't make a difference to me."

Sindhu Gadde, Model

Unin

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JUNE '08

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1921-2004



A heartfelt homage
to the
humanitarian
beyond compare...

28th JUNE, 2008
BIRTH ANNIVERSARY
CELEBRATIONS

The father of Indian economic reforms...
The leader who refused to be afraid...
The scholar who remained a student...
The linguist whose expression knew no bounds...
The towering personality who personified humility...
The go-getter who was an embodiment of patience...
The man who thought on his feet and with his heart...
The first and only Prime Minister from Andhra Pradesh...

The Govt. of Andhra Pradesh
pays rich tributes to the great son of the soil
Pamulaparti Venkata Narasimha Rao
on his
88th Birth Anniversary

Computers in use pass 1 billion mark

Helsinki: The number of personal computers in use around the world has surpassed 1 billion, with strong growth in emerging markets set to double the number of PCs by early 2014, research firm Gartner said on Monday.

Mature markets accounted for 58% of the first billion installed PCs, but would only account for about 30% of the next billion, Gartner said. "Rapid penetration in emerging markets is being driven by the explosive expansion of broadband and wireless connectivity; the continuing fall in PC average selling prices, and the realization that PCs are an indispensable tool for advancement," George Shiffer, research director at Gartner, said. Gartner expects more than 190 million computers will be replaced this year. **HELINKI**

...highest with diabetics are more likely to experience severe an...
Jackson

JUNE '08

30

MONDAY

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Remember to say always "YES" when U mean
 Don't be afraid to express Urself freely
 Reach out & tell someone that U mean
 Because when U decide
 That is the right & perfect time
 It may be too late later on
 Seize the day - don't have regrets later

Lactacyd

Most importantly

Stay close to your friends & family
 for they have helped you to
 make you
 the person U are today

UTI history is a major risk factor, postvoid residual bladder volume plays no demonstrable role, and BMI confounds the relationship between diabetes and incontinence among healthy postmenopausal women.

Jackson SL, et al. Diabetes Care 2005 July;28(7):1730-1738.

Complement antibiotic therapy

Rx



For effective pH balance with convenience

Lactacyd[®]

An Effective & Safe Perineal Wash

A unique combination of

Lactic Acid (0.07%)
With natural antiseptic properties

- Inhibitory effect on local pathogens-bacteria/fungi¹
- Restores normal vulval pH of 5.2²

Lactoserum (1.01%)
With healing & moisturising properties

- Soothes vulval discomforts
- Curbs malodour¹

With antibiotic therapy...

... & beyond



50ml

For maintaining
pH level during
antibiotic treatment



120ml

To reduce
the incidence
of infection

For further information please write to:



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Mumbai 400 093. Tel: (91-22) 2827 9000. Fax: (91-22) 2537 0939

1. Data on file, sanofi-aventis. 2. A. Saito, Revue Internationale des Sciences de Santé des Antennes de Tonn, de Mex et de l'Air 1975, volume 40, numéro 3, pages 241 to 250

In surgical wounds

16

TIMES

Distress signal SOS turns 100

Worldwide Accepted Signal Came Into Effect On July 1, 1908

London: 'SOS', the distress signal that saved thousands of lives, has turned 100 today. 'SOS', which is the commonly used description for the International Morse Code distress signal containing three dots, three dashes and three more dots, was first adopted by the German government in radio regulations on April 1, 1906.

But, it became the world-wide standard when it was included in the Second International Radiographic Convention which was signed on November 3, 1906, and became effective from July 1, 1908.

SOS

SOS call first became famous when radio operators of the ill-fated Titanic had supposedly said to his colleague: "Send SOS"

In the past century, 'SOS' has become a firm part of popular culture used in everything from do-it-yourself (DIY) programme titles to Abba hits. British newspaper 'The Times' reported.

But, it may be mentioned here that the call actually became famous when one of the

radio operators of the ill-fated Titanic had supposedly said to his colleague: "Send SOS". The tragedy revealed just how vital a universal system was. After the collision in April 1912, the ship's radio operators sent out both the old CQD and the new 'SOS' signals, but some ships in the area ignored

both, thinking that they were having a party. They soon learnt otherwise, as international headlines told how Jack Phillips, Titanic's first radio operator, and 1,500 others had been lost along with the "unsinkable" ship.

The new SOS distress signal was rarely ignored after that. Of course, technology has moved on dramatically since 1908 and only very occasionally are the telltale dots and dashes that have saved countless lives employed today. So, it seems 'SOS' is safe for another century too! **en**



Soframycin®

Framycetin sulphate I.P. 1% w/w Skin Cream

Framycetin sulphate is a broad spectrum antibiotic with a bactericidal action against a wide variety of Gram-positive and Gram-negative bacteria including *Staphylococcus aureus*, *Streptococcus pyogenes*, *Streptococcus faecalis*, *Streptococcus pneumoniae*, *Proteus* spp., *Pseudomonas* spp., *Escherichia coli*, *Klebsiella* spp. etc. Soframycin produces its effects by inhibiting bacterial protein synthesis. SOFRAMYCIN is reserved exclusively for topical use. When applied topically, SOFRAMYCIN Skin cream is miscible with water and wound exudates. The incidence of development of resistance is low & skin irritation or sensitisation is seldom reported. **Indication & usage:** SOFRAMYCIN Skin Cream is indicated for the treatment of primary infections of the skin such as impetigo, folliculitis, pyoderma, otitis externa, furunculosis, paronychia, ecthyma, etc. **Traumatic:** Lacerations, abrasions, bites, punctures, wounds, crush injuries, Thermal Burns, scalds, ulcerative, diabetic, decubitus & tropical ulcers. **Contraindication:** Soframycin is contraindicated where there is known allergy to framycetin sulphate. Preparations containing framycetin should not be used for treating otitis externa, when the ear drum is perforated because of risk ototoxicity.



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Discover health solutions

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Tel: (91-22) 2827 8000 Fax: (91-22) 2827 0829

AUGUST

2008

SEPTEMBER

2008

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Week 27

JULY '08

01

TUESDAY

JUL

10 Stages of Human Birth

1) Residence within the womb

2) Birth into the world

3) Infancy upto five years

4) Childhood upto 12 years

5) Juvenile (10 years upto 16 years)

6) Youth upto 48 years

7) Ad age upto 75 years

8) Decrepitude

9) Suspension of Breath

Patients with a previous history of hypertriglyceridemia on oral estrogen therapy should have serum triglyceride levels monitored closely after beginning raloxifene therapy and may even require fibrate

Soframycin
Skin Cream

02

3.00

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1.000

2.50

5.00

6.00

7.00

H. O. G.

9.00

10.00

॥ आरोग्य मन्त्र ॥

ॐ नमो भगवते वासुदेवाय
धन्वन्तरये अमृतकलशहस्ताय ...



The Aanaga Mantra is believed to be a proven remedy for all bodily diseases. The vibrations of these chants set right all the functions on a cellular level – harmonizing food, body and creation.

Lactacyd®

55% Tare 2/1000

According to Apter's Dictionary of words,
takes its origin from the supposition
that a cow has only one eye ball & that
it can move it from right to left & back

Results of studies support the existence of peripheral nerve hyperplasia in vestibular tissue obtained from patients with vulvar vestibulitis, and exclude the role of active inflammation or mast cells as probable etiologies for the vulvar vestibulitis syndrome.

Halperin R, et al. *Gynecol. Obstet. Invest.* 2005;59(2):75-79.

AUGUST

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French honour for Yash Chopra



Filmmaker Yash Chopra (right) toasts the crowd after being conferred the Officier de la Legion d'Honneur during a function at the French Embassy in New Delhi on Saturday. Looking on is French Ambassador to India Jerome Bonnafont.

PHOTO: AFP

JULY '08

03

THURSDAY

Soframycin[®]
Skin Cream

The maxim is applied to a word or phrase
when things used only once in a sentence
may, if occasion demands, serve
two purposes — like one of the same adjective
qualifying two nouns

(PT3)

Vulvar dystrophy could be effectively treated with focused ultrasound therapy. This approach appears to be a new promising treatment method, although further studies are still needed.

LEVEL OF EVIDENCE II-3; Li C, Bian D, et al. Obstet. Gynecol. 2004 Nov;104(5, Pt. 1):915-921.

JULY '08

07

MONDAY

Indian voters face Ravana's dilemma

This is with reference to Narendra Nair's insightful and entertaining article 'Heading Nowhere' (Jul 5), commenting on the chaotic circumstances of modern life that lead the frustrated and downtrodden to a labyrinth of crime as well as the pandemonium that coalition politics has created, which has reached its apex in the row over the nuclear deal between the UPA and the Left Front.

The humorous and sympathetic portrayal of Ravana's frustration at lugging nine useless heads around wherever he went is a sharp comment on the multitude of contending ideologies that seem to be guiding various political parties in their endeavours. The writer mentions various Indian delicacies as being the favourites of one head or the other, a reference to the multicultural pot of contradictions that India as a nation and as a political battleground seems to have become. The hideous cacophony is surely a reference to the tumultuous sessions of the Indian Parliament. The Left and the NDA's repeated attempts at restraining the UPA from 'romancing' America is also aptly conveyed at the end of the article.

Jatin Anand, VIA E-MAIL

2008

JULY

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My grandmother used to tell me
Lactacyd about cross's "Heraldship guests"
 by causing difficulty for its regular cable
 (the direction its fees while causing indicates
 the direction for which I can expect guests)
 The setup was strong but at the very
 call of my grandmother my mother
 used to prepare extra food for my "2020"

Clitoral priapism is extraordinarily rare.

Xiao H, et al. Zhonghua Nan. Ke. Xue. 2004 July;10(7):524-525.

All in the family



GLORIOUS ON GRASS: Winner Venus Williams (left) with sister and runner-up Serena after the women's singles final at Wimbledon on Saturday. Venus won 7-5, 6-4 to retain the title. This was her fifth singles triumph at The Championships. - PHOTO: GETTY IMAGES (REPORT ON MAIN SPORTS PAGE)

5.20



తమన ఉంటే రికార్డులు బద్దలవుతాయో... అప్పుడని నిరూపించాడు శ్రీరాం గౌడ్. ఏదో సాధించాలనే తపన అతన్ని గిన్నెస్‌లో చోటు కోసం పరుగులెక్కించింది. చిన్నప్పుడు ఓకే సేన్ హోటల్ సాహసం కొలి చీజం నాటగా, రికార్డుల పోరు అతన్ని నిలవనియలేదు. సాహసమంటే మాటలా అన్నట్లు ఆదిలో ఎన్నో అటుపోట్లు... విమర్శల జడివానలు...! అయినావట్టు వీడని శ్రీరాం ఛాత్రపై 40క కిలోల బియ్యేలు బద్దలు కొట్టించుకుని గిన్నెస్‌లోకి ఎక్కబోతున్నాడు.

AUGUST 2008

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SEPTEMBER 2008

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MAN

Week 28

JULY '08

10

THURSDAY

Man is made up of 3 constituents

1) The Body

2) The Mind

3) The Atma (Soul)

Man needs the Body to perform actions

But if the actions are done without

applying his mind, man behaves like ^{an} animal
which acts on its impulses.

Soframycin
Fusidic acid (1% w/w) Skin Cream

||| If the mind without relying on ATMA

follows the demands of the Body & senses

The actions will be DEMONIC.

Except of the influence of Atma, the

combination of MIND & body = DEMONIC. Why

Is an Atmic principle. Transcending Body & Mind
one attains the DIVINE.

Valvar dystrophy can be treated with focused ultrasound effectively and safely. This approach appears to be a new promising treatment method, although further studies are still needed.

Li CZ, et al. Zhonghua Fu. Chan. Ke. Za. Zhi. 2004 June;39(6):373-377.

So transcend all Ur words, thoughts & deeds & have DIVINE

JULY '08

11

FRIDAY

WORLD

POPULATION

DAY

JUNE

2008

JULY

2008

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Week 28

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10.00

Lactacyd

Lactacyd, Aurore & Co. Distribution

Do not be deluded by
 short term gains
 for its give you only momentary pleasure
 But a lifetime of sadness.
 Try to look into the truth of the situation
 Do not be partial even to U rself
 Truth never lies. May be hurtful present
 but we definitely realise in the future
 and in the long run
 Give ^{our} full the forgiveness you have
 shed up all the negative traits that stay U
 Concentrate on the ultimate goal
 You need hundreds and of course
 I stand beside U bleed U out of the
 Let us seek the truth TOGETHER

Care should be taken during examination, as vulval rashes may be subtle. All postpubertal patients should have a low vaginal swab to diagnose candidiasis rather than treating empirically.

Welsh B, et al. Aust. Fam. Physician 2004 July;33(7):505-510.

'City a stepping stone to the western world'

Nikhila Henry | *tw*

Hyderabad: Irani chai, Osmania University and Hyderabad seem to have cast a spell on Zhao Teng Zhan, a 23-year-old Chinese student pursuing a career in the city.

A Buddhist to the core and a professional cyclist, Zhan dreads the very sight of AP-SRTC buses. He hates the crowded lanes and the hustle and bustle of the city, but will remain here for pursuing his dream.

To him pursuing studies in the city is just a ticket to a wider western world which will accommodate him only if he knows English.

"The medium of learning in most universities and colleges in my country is Mandarin and this will not help me pursue my dream of settling down in the UK or the US, hence I chose India as a training ground," Zhan said in a candid interview to 'TOI'.

Zhan studied English for a year at the Osmania University before applying for a course in Jawaharlal Nehru Technological University (JNTU). A computer science graduate from the North China University, Beijing, Zhan

would join the first batch of foreign students of JNTU for an MBA programme.

Why did he choose the city? Pat comes the reply. "Familiar with the city through narratives of friends,

who had done their higher studies in the country."

"There are students who take one or two-year-long courses in various colleges and universities in the city. And it seemed affordable," Zhan said.

Currently, there are around 20 students who have joined various courses in the city. While many are pursuing BSc and B Tech, some have taken up MBA.

According to Zhan, many of the institutes in the city, including English and Foreign Languages University and Osmania University, are well-known in China.

"Education here is very affordable compared to China. There is a difference of around \$32,000," the Chinese youth said. While the fee at JNTU is \$18,000 per annum, in China it could be around



Zhao Teng Zhan

\$50,000 and in the UK around \$4,00,000 per annum.

Zhan would stay back in the city even after completing MBA.

"I would like to work in the city for two years after completion of the course. After that, I

will apply for a course in the US, go through it and get a job following that," Zhan said.

Asked why he plans to settle in the West, he said: "Hip Hop may be, Bob Marley is my favourite." Though not all words are intelligible to him, he hummed a familiar tune.

To another question whether he has adjusted to the city life? Zhan said he likes Irani chai, which is served in the Osmania University canteen.

"I do not eat much of spicy food, and also get some provisions from home when friends come," Zhan said. But the ambitious student does not miss home much.

Besides, Zhan's father, Zhao Pa Quan, who is an engineer in Beijing, would fly down to the city to bring greetings from home.

ramycin[®]
Skin Cream

Ectopic breast tissue in the vulva is a rare entity and fibrocystic disease of this tissue has rarely been reported in the English literature.

Baykal C, et al. Gynecol. Obstet. Invest. 2004;58(3):151-154.

JULY '08

18

FRIDAY

JUNE

2008

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Week 29

JULY

2008

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Lactacyd

Lark U a happy Rakshasa

Who is Gum?

One Who guides us
rightly into him.

I am Gum der Mutter

There is an association between sexually transmitted infections in young women with vulvovaginitis and lower abdominal pain, abnormally colored vaginal discharge, a positive urine culture, and an abdominal ultrasonographic evidence compatible with pelvic inflammatory disease.

Velarde-Jurado E, et al. Salud. Publica. Mex. 2003;45(Suppl. 5):S641-S646.

2008

AUGUST

2008

SEPTEMBER

2008

JULY '08

19

SATURDAY

Week 29

Dhyana modern Gurur Moorthi

9.00

10.00

11.00

12.00

1.00

2.00

(LWW - Telugu Bhakti - com)

Soframycin[®]
Skin Cream

5.00

6.00

7.00

8.00

9.00

10.00

He grants ultimate
reunion with Gop

20 SUNDAY

Jai Gurur Deva Datta

Invasive vulvar carcinoma had a score statistically higher of MMP-2 than normal tissue, VIN, and lichen sclerosis.

Bovo AC, et al. Gynecol. Oncol. 2004 May;93(2):454-457.

JULY '08

21

MONDAY

JUNE

2008

JULY

2008

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Week 30

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LIVE

YOUR TIME IS LIMITED

SO DON'T WASTE IT- ^{on} living someone's life

1) Don't be trapped by DOGMA

Which is living with ~~other people's~~
results ~~thinking~~ of other people's thinking

2) Don't let the noise of others opinions
drown your own inner voice

3) Have the courage to follow
your own heart & intuition

Prevalence rate of urinary incontinence varied from one country to another and from one study to another study. Possible reasons for such inconsistency were discussed.

Shakhateh FM, Saudi Med. J. 2005 May;26(5):830-835.

AUGUST

2008

SEPTEMBER

2008

JULY '08

22

TUESDAY

Week 30

Your BEST LIFE

④ Don't live other people's thinking
 they somehow already know
 what I truly want to become

⑤ Everything else is secondary

⑥ Live on your own
 thinking &

Satisfy ur needs.

⑦ LIVE your best life.

Soframycin®
 Skin Cream

Results of this study suggest that hormone therapy is associated with a reduction in urinary albumin excretion in postmenopausal women.

Agarwal M, et al. Am. J. Kidney Dis. 2005 June;45(6):1019-1025.

JULY '08

23

WEDNESDAY

To day
is
Gurupurnima

Week 30

JUNE

2008

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JULY

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When I celebrate Gurupurnima today

9.00 U welcome Gura in your life today

10.00 Gurupurnima (full Moon) enlighten the sky

11.00 leave no room for fear in the dark

12.00 Gura walks into your life, a life

1.00 that fills your heart with ignorance & darkness

2.00 He takes the form of full moon to enlighten

Shepherd your belief into ultimate supreme

5.00 Look for Moon ⁱⁿ everyday of ur life

6.00 He stands behind you whether it is day/night

7.00 Carries your burden & wipes ur tears

8.00 Instilling faith in all your actions

9.00 He looks for purity & response to his love

10.00 He waits eagerly for U call anytime

When U do, he appears to carry U away

to a world where U & He only belong

Body weight loss is an important component of perimenopausal women rehabilitation.

Izmozherova NV, et al. Ter. Arkh. 2005;77(3):67-69.

JULY '08

25

FRIDAY

Seal
of
Life

Week 30

JUNE

2008

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JULY

2008

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Sealing life can be summed up ⁱⁿ 4 words

9.00
10.00
① **THINK** Think about the values U wish to live in your life by

11.00
12.00
1.00
2.00
Lactacyd
② **BELIEVE** Believe in yourself based on the thinking you have done about the values U are going to live U r life by

5.00
6.00
7.00
③ **DREAM** Dream about the things that can be, based on your belief & values U are ^{going to} live by

8.00
9.00
10.00
④ **DARE** Dare to make U r dreams become a reality based on U r belief in yourself & U r values

Researchers found that the majority of patients diagnosed with endometrial cancer at a young age were obese and nulliparous.

Soliman PT, et al. Obstet. Gynecol. 2005 Mar.;105(3):575-580.

AUGUST 2008

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JULY '08

26

SATURDAY

OPPORTUNITIES
Small or Big

They come & go

Some can be easy to take
 advantage of while some others
 can be difficult.

But once U let them pass
 in hopes of something better

these OPPORTUNITIES

Soframycin®
 Paracetamol 1% / 15 mg
 Skin Cream

can never come back to you.

Always grab the
 first opportunity

as soon as U come across

27 SUNDAY

Data suggests that HRT does not affect microvascular function in healthy women, but adversely affects it in diabetic women.

Gooding KM, et al. Diabet. Med. 2005 May;22(5):536-542.

JULY '08

28

MONDAY

Rules to
live by

Week 31

JUNE

2008

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JULY

2008

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- ① Never under any circumstances
take a sleeping pill or a laxative same night.
- ② Don't worry about ^{what} people think of you
they don't do it very often.
- ③ Going to church does not make U Christian
in as much as standing in a garage makes U a car.
- ④ Artificial intelligence is no match for
natural stupidity.
- ⑤ My idea of house work is to sweep
the room with a glance.
- ⑥ If U must choose between two evils,
pick the one U have never tried before.
- ⑦ Not one shred of evidence supports the
notion that life is serious.
- ⑧ A person who is nice to U but rude
to the waiter is not a nice person.
- ⑨ For every action there is an equal and opposite
program.
- ⑩ If U have like U's passport photo, ^{probably} you need the trip.

Lactacyd

Lactacyd is a trademark of Lactacyd Inc.

A model of the female perineum fashioned from harvested porcine tissue is a suitable instructional aid in the recognition and treatment of a Bartholin cyst.

Owen JW, et al. Am. J. Obstet. Gynecol. 2005 May;192(5):1385-1387.

AUGUST 2008

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SEPTEMBER 2008

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Week 31

JULY '08

29

TUESDAY

- 1) Balls travel through the mail at twice the speed of cheques
- 2) A conscience is met hurts when all the other parts feel so good
- 3) Eat well, stay fit, die anyway
- 4) Men are from Earth } Deal with them
Women are also from Earth } equally
- 5) NO man has ever been shot while going to death washing
- 6) A balanced diet is a cookie in each hand
- 7) Middle age is when broadness of MIND change places. (Narrowness of waist)
- 8) Opportunities always look bigger while going than while coming
- 9) Junk is something you have kept for yrs & throw away a week before you need it
- 10) If you don't find the index scan through catalogue

Edema of vulva as a sign of vulval Crohn's disease can appear even several years before intestinal problems.

By 2025, Mumbai will be 2nd biggest city in the world

Delhi Will Replace NY In List Of Cities With More Than 10mn People

Rema Nagarajan | T10

New Delhi: In less than two decades, Mumbai will be the second most densely populated city in the world behind Tokyo and just ahead of Delhi and Dhaka. Thus, by 2025, the four biggest cities in the world will all be in Asia. Today only one Asian city, Tokyo, is in the top four. That is an estimate by UN Habitat in its latest report, State of the World's cities 2008/09. The three south Asian cities leaping into the top four will replace Mexico City, New York and Sao Paulo in Brazil.

Kolkata, currently the 8th biggest city, will retain the same rank though its population will have risen by 40%. Chennai will also join the ranks of mega cities to those with a population of over 10 million. By 2025, that list will have 26 cities, up from 19 at the moment. Five of the new entrants are from Asia and two from Africa.

Interestingly, the anticipated rapid growth of Indian metros is happening despite the fact that Asian cities also account for the bulk of what the report describes as shrinking cities, those whose populations are in

decline. Globally, 143 cities experienced the loss of 13 million people from 1990 to 2000. More than half of this population loss (6.8 million people) occurred in Chinese cities, while roughly 18% (2.1 million people) was in other Asian countries. Asia, the report noted, accounts for 60% of all shrinking cities in the developing world.

While the world's two most populous countries, India and China, are both witnessing this phenomenon of shrinking cities, the patterns are not quite the same. In China, most of the cities projected to shrink are intermediate and big cities. In India, which accounts for 20% of the shrinking cities, it is the smaller urban centres that are shrinking as people migrate to bigger cities or to other newer cities that become more attractive as desti-

nations for migration.

For instance, local authorities, along with the political and economic elite, are transforming their cities into dynamic economic areas as in the case of Salem, Pimpri, Chinchwad and Pune, which

are all growing at an annual rate of 3% or more by adopting pro-growth strategies through marketing, promotion and focusing on high-potential economic sectors, the report says.

Despite shrinking cities, the urban population keeps growing as a proportion to the total in the developing world, as rural towns and centres grow to become new cities and further migration happens between these cities.

Migration has been the primary reason for growth of cities in countries with low levels of urbanisation as is the case in Asia and Africa. However, in many countries, the largest movements of population are taking place between cities and not from rural to urban areas. This city-to-city movement has been one of the strongest reasons for some cities expanding at the cost of others.

SIZING THEM UP		
	Rank by 2025	Population (in millions)
Tokyo	1	36.4
Mumbai	2	26.4
Delhi	3	22.5
Dhaka	4	22.0
Sao Paulo	5	21.4
Mexico City	6	21.0
New York	7	20.6
Kolkata	8	20.5
Shanghai	9	19.4
Karachi	10	19.0

many countries, the largest movements of population are taking place between cities and not from rural to urban areas. This city-to-city movement has been one of the strongest reasons for some cities expanding at the cost of others.

Dhaka is the fastest growing mega city those with populations above 20 million — in the world with a population growth rate of 4.4% per year. But some of the fastest growing cities are in China, with Chongqing, Xiamen and Shenzhen all growing at over 10% per year. Its no surprise that China is expected to be 70% urban by 2050. In India, on the other hand, urbanisation is likely to be at a slower pace. The report estimates that about 55% of the population or 900 million people would be living in urban areas by 2050.

7.00
8.00
9.00
10.00

● మనకు అందరినీ ప్రజలు కూడా ఏ మార్పునీ చేయకపోతే అది వాస్తవం అవుతుంది. - కృషికియ్య ప్రకాశ్ కుమార్

● నేడవరో వెలుగు వెలుగుమిందో పోయి (ఎర్ర కిరీట) పుడే పరివారంలో కుటుంబస్థుని పెద్దది వాడూ దానినామందిన యాదాకిరీటి వాళ్ళని పెరిపించి. - అనిమోహరి

● గోడను పై (secale) మెట్టలను నలవ వరకె అయిదవవరకే రావ్వన మెట్ట, ఏదో. - కృషికి

● పొద్దులో మంద పన్నె ఏ కిరీటాలు మోస్తూ వీరో అభివృద్ధిపడతే కిరీటం బట్టకాస్తా ర్న కాలమవ్వతాయి. - అనిమోహరి కిరీటాలు

● పొద్దులో మెట్టమంద పుట్టినట్లే వాడ పరివారం కిరీటం ప్రజలకాయ్య ఏదో. - అనిమోహరి

● అప్పుడేమి పని పుట్ట వెలుగులో వెలిగిరి అంతే కానీపాదాన్ని ఏ వాడూ మోస్తాడు. - అనిమోహరి

● అలాగే మెట్టపై పుట్టిన చీన అప్పుడప్పుడు ప్రజలకాయిన ఏ కృషికిరీట అప్పుడప్పుడే అని అంటారు. - కృషికి అని మందర

● యిక్క మెట్టలలోనే ఇంకావ్వ వ్యవసాయ కిరీటం వాస్తవం. - వెన్నెన్ సింగ్ గోగు

● మనవల్లలే అది రిచ్చ ఎవరూ అంటారు.

పైవే ఏ లాగంలో ఉంటుంది. - వెన్నెన్

● మనవల్లనే ఎక్కడో కాలం కిరీటాలు ఎంతో. - మిమారు 120 రోజులు

● ఏ కిరీటంనో అందరి అభివృద్ధిగా పని చేసి కిరీటంనో ప్రజలకాయిన గడిచిపోయింది. - విలిమిన్ ఎ. సి. ఆ

● మనవల్లలే పుట్టినట్లే వీరే పొద్దుల్లో అప్పు అయితుం ఏదో. - కాశీయం

● గర్భధారణ కుటుంబం మనవల్లమేమి ఏ వెన్నెన్ అప్పుడూ పెట్టవచ్చుంది. - కాశీయం సింగ్

రాష్ట్రం బి.నరేష్

01

Solar eclipse today

TIMES NEWS NETWORK

FRIDAY

Hyderabad: The last solar eclipse of the year will be witnessed on Friday, provided clouds do not play a spoilsport. In the city, the partial solar eclipse will begin at 4.42 pm and end at 6.06 pm. However, experts are concerned that the cloud cover might obstruct the fascinating celestial view.

Viewing the eclipse with naked eyes could be dangerous for the eyes. It is best viewed either through a telescope or a pair of binoculars but not without proper filters as it is much more dangerous than seeing directly. The safest way of viewing a partial solar eclipse is through the method of projection, see the shadow of the sun through the dense foliage that cast a pinhole image on a white sheet of cloth. The next total solar eclipse will occur on July 22, 2009.

2008

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AUGUST

2008

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Nature has always
Surprised us with
its unusual phenomenon
Eclipse is one such
happening which makes

It manages to attract the same attention
everytime. Right from taking Holy DIPS

Lactacyd to dampen religious ceremonies
Eclipse becomes of national importance

As people brace up for solar eclipse on
Friday (1st August), there is further
news of a lunar eclipse round the corner
in 10 days. All want to find
out about its significance

The acidity of lidocaine used as a local anesthetic during the insertion of Norplant system capsules can cause patient discomfort.

LEG THEORY: IMPOSSIBLE IS NOTHING

AUGUST '08

02

Ram chant for 44 years

BY V.N. BALAKRISHNA

AHMEDABAD

Aug. 2: One hears the name of the Lord when one steps into any place of religious worship.

It is however not everyday that one hears of a temple where the name of Lord Ram is being chanted, continuously, for the last 44 years. Jamnagar's Shri Bala Hanuman temple located near Lakhota Lake in the city has set a new record in chanting Lord Ram's name.

It began on August 1, 1964, when the temple was constructed by the late Sant Prembhikshuji Maharaj.

It was he and his handful of devotees who first uttered the Ram chant.

In an unbelievable record the chant entered its 45th

NS



Indic bats on LANKA

editorial

DECCAN Chronicle

TEST 3 AUGUST 2008 MATCH

An important day for India

వెరి 'గుడ్డు' రికార్డు!



ఈ భారీ కోడి గుడ్డు
పూకారా? దీని బరువు 180
గ్రాములు. పక్కమన్నది
సాధారణ గుడ్డు. ప్రస్తుత
ప్రపంచ రికార్డు కంటే ఈ
భారీ గుడ్డు 10 గ్రాముల
ఎక్కువ బరువు ఉందని
చిత్రంలోని మహిళ పుస్తా
గువెరా చెబుతున్నారు.
కర్నూలులోని క్యాంపింగ్ థ్రో
డాకు చెందిన ఈ
మహిళకు చెందిన కోడిపెట్టు
గురువారం ఈ పునతను
సాధించింది

is after Hacker results in shortening the intrahospital wound dehiscence and postoperative complications.

Dardovic S, et al. Med. Pregl. 2000 Nov-Dec;53(11-12):607-612.

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ORDINARILY LOVE IS A RELATIONSHIP, AND WHEN LOVE IS A RELATIONSHIP YOU BREATHE ONLY TOWARDS A CERTAIN PERSON. YOU BREATHE HIM OR HER, BUT THE PASSAGE IS VERY NARROW. THE UNIVERSE IS SO VAST AND LOVE GIVES SO MUCH; WHY MAKE IT SO NARROW? LET IT EXPAND AND BE UNCONDITIONAL. WHEN IT IS UNCONDITIONAL, IT BECOMES DIVINE.

OSHO

FRIENDSHIP DAY FIASCO



FRIENDSHIP DAY HANGOVER: LJP chief Ram Vilas Paswan serves food to rail minister and RJD supremo Lalu Prasad, after a joint press conference in New Delhi on Monday

Soframycin®
Skin Cream

Results suggest that, if providers used buffered lidocaine, women who were apprehensive about insertion pain might be more likely to accept the Norplant system for contraception.

Nelson AL Contraception 1995 May;51(5):299-301.

AUGUST '08

08

FRIDAY

9.00

10.00

11.00

12.00

1.00

2.00

A rush to marry
on 08.08.08

MOSCOW: Russian marriage offices have seen a surge of applications to wed this coming Friday due to the supposedly lucky character of the date: 08.08.08.

In Moscow, registry offices will stay open late as applications to marry on August 8 are up by more than two thirds compared to a normal Friday in summer, a spokeswoman for the city's registry offices, Yevgenia Smirnova, said.

Normally between 900 and 1,000 marriages take place on a regular Friday or Saturday in summer, she said, but applications had already reached 1,675 by the end of last week.

Many couples deem August 8 especially fortuitous as the digit eight resembles the mathematical sign for infinity. — AFP

JULY

2008

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Who is bothered
about India?

With the UPA lacking strong will and displaying general apathy, the BJP 'bereft of ideology' as pointed out by Prakash Nanda (Aug 7) in its naked lust for power, and the CPM-Third Front combine exhibiting shameful political opportunism, one wonders who is really bothered about the interests of the Indian republic. Thankfully, the Supreme Court's timely intervention has again saved the day much to the embarrassment of these political parties. In such a scenario, the media should also take up the initiative to create awareness and shape public opinion on issues that affect all of us as a nation.

Harsha Nagaraju, VIA E-MAIL

We want your views and comments. Please SMS MYVOICE <space> your comments and name to 50888. Or email mytimesmyvoice@timesgroup.com with Editor, Delhi in the subject line. Or write to us at My Times, My Voice c/o Edit Page Editor, The Times of India, 7 Bahadur Shah Zafar Marg, New Delhi 110002.

AUGUST

2008

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Lactacyd

Govt seems to be suffering
from British hangover

This is with reference to the Second Opinion 'State of denial' (Jul 6) by Jug Suraiya. The article brings out the act state of affairs in this country where are more 'Nos' than 'Yes's as far as la and regulations are concerned. I assu this is due to a premonition on the pa the Indian state that its citizens are e crooked or ignorant in most aspects everyday life. This seems to be a hang from British times, when the colonial treated the citizenry miserably. It shou not come as a surprise to us if our rule do not change their attitude and contin to indulge themselves in negativity.

Kirit Shroff, VIA E-

|| This is with reference to the article 'State of denial' by Jug Suraiya. The solution to all this negativity on the pa of the state is to have a negative vote and create a constitutional amendment accordingly. Such a vote would debar politicians who only know how to say 'No' from gaining power. We could the ensure positive legislation for the survival of our democracy.

Unmesh Mashruwala, VIA E-

Have A Gr8 Day!

TIMES NEWS NETWORK

New Delhi: Today's just another day, or is it? The calendar says 08.08.08 which is not such a rare occurrence in this decade of the oh-ohs. Meaning, 08.08.08 was preceded by 07.07.07 and 06.06.06 and so on. But wait a moment, this doesn't mean that such a date occurs every year. This peculiar alignment of numbers on the calendar will stop after 12.12.12 as, obviously there's no month after 12.

As a matter of fact, the next time a date like this will visit us is in 22.2.22 that is 2022! From then on it will occur every 11th year like 3.3.33 and 4.4.44 and so on. Just as it did in the previous century with 9.9.99 and 8.8.88 and so on.

But what's the significance of such dates? Based on Gregorian calendar, such alignment of numbers doesn't have great significance in ancient Indian studies. Still, numerologists believe the number eight has special powers.

"Eight is the number with both positive and negative features," says Dr Ram Chandra Pathak, numerologist and editor of the Panchang Section of the faculty of Sanskrit Vidya Dharma Vigyan (SVDV) at BHU. "For

all numbers up to nine, eight has positive energy in terms of business or economic gain. 08.08.08 could turn out to be a day of boon for traders," he added. "But the number also has a dark side," Pathak warns. It's usually associated with snake, and thus has potential for violence.

In China, 8 is referred to as the number of economic prosperity. No wonder Olympics begin on 08.08.08. According to certain Biblical interpretations, 08.08.08 is also referred to as the number of Jesus, just as 07.07.07 was the number for The Cross and 06.06.06 of the Anti-Christ.

An expert in Indian divine sciences, Praveen Chaturvedi says, "The date has no astrological, numerical, scientific, or philosophical significance."

According to some other Indian beliefs, there couldn't be a better number combination 08.08.08 for babies to be born. The day's propitiousness is enhanced by the month of Shravan. In Ahmedabad, operation theatres are booked for delivering 08-08 babies with some parents opting for a caesarean delivery exactly at the eighth hour of Friday!

(Inputs from Varanasi and Ahmedabad)

Brought 08-08-08

AUGUST '08

09

SATURDAY

Week 32

When someone tells me how much he worked for God, I pity him because nobody thinks that way. There is no limit to serve God. Let us recall how much God has done us giving us this human body.

With a brain to think ^{god} ^{Bag}

With a heart to pray ^{have}

With hands & legs to help others

Though we can render service to others

Soframycin
Skin Cream

Pray to the Divine Father to help me

to do my best for those in need.

to pray & think of them for all time to come

to render service with all our limbs

of limb to love God as

our FATHER / MAKER / Benefactor

10 SUNDAY

Women with lesion depths of 1.75 mm or smaller may be treated with wide local excision. Patients with greater lesion depths are at high risk for the development of distant metastases.

Look KY, et al. Cancer 1993 July; 1:72(1):143-146.

AUGUST '08

11

MONDAY

LIVE
Today

Week 33

JULY

2008

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AUGUST

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To live a little

I have got to love a lot

Love turns ordinary into extra-ordinary

Life is a gift we are given
each & every dayLIVE EACH DAY

but Dream about TOMORROW

but live for TODAY

Don't wait for TOMORROW

MAKE MEMORIES TODAY

LIFE IS for Living

ENJOY - but think of God

THANK Him for each day.

The presence of bacterial vaginosis or vaginal pH ≥ 5 at 16-36 weeks of gestation is associated with an increased risk of preterm labor birth and preterm prelabor rupture of membranes.

Azargoon A and Darvishzadeh S. Arch. Iran Med. 2006 July;9(3):213-217.

SEPTEMBER

2008

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OCTOBER

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Thank
You

AUGUST '08

12

Washington man bags worst writing award

San Jose (California): A grotesque comparison of a steamy love affair to a New York City street has won a Washington man this year's grand prize in an annual contest of bad writing.

Garrison Spik took top honors in San Jose University's 26th Bulwer-Lytton fiction contest with this opening sentence: "Theirs was a New York love, a checkered taxi ride burning rubber, and like the city their passion was open 24/7, steam rising from their bodies like slick streets exhaling warm, moist, white breath through manhole covers stamped 'Forged by DeLaney Bros, Piscataway, NJ.'"

The contest is named after Victorian novelist Edward George Earl Bulwer-Lytton, whose 1830 novel "Paul Clifford" famously begins "It was a dark and stormy night." Entrants submit bad opening sentences to

Entrants submit bad opening sentences to imaginary novels. Awards are given for many categories, like 'purple prose' and 'vile puns'.

imaginary novels. Awards are given for many categories, like awards for "purple prose" and "vile puns."

Other noteworthy submissions: "'Toads of glory, slugs of joy,' sang Groin the dwarf as he trotted jovially down the path before a great dragon ate him because the author knew that this story was a train wreck after he typed the first few words." "Like a mechanic who forgets to wipe his hands on a shop rag then goes home, hugs his wife, and gets a grease stain on her favorite sweater, love touches you, and marks you forever." *AP*

Highs & Lows

Whether
may be
followed by specific tumor therapy.

sease
ancy,

Glaubitz M and Kauffels W. Zentralbl. Gynaekol. 1992;114(2):59-67.

Aaj ka Arjun:

OLYMPICS
DAY

14

THURSDAY

Proud dad's gift: 200-crore hotel

Anita Mukhopadhyay | TNN

Chandigarh: The joy of AS Bindra's face, father of India's golden boy Abhinav Bindra, knew no bounds. And why not? After all, till Monday, no Indian father could boast of having a son with an Olympic gold in his kitty.

"Abhinav has not only brought laurels to the city but has made the entire country proud. I have no hesitation in saying that today is the happiest day of my life," said AS Bindra, who runs a booming agro-based business sitting at his palatial farmhouse at Ludhiana.

"We all were hopeful that he would perform better than he did in the Athens Olympics, where he finished seventh. But a gold has indeed come as a very pleasant surprise. However, once he entered the finals, finishing fourth in the qualifying round, we were quite confident that he would miss such a golden opportunity. Once he took the lead, I was sure that the gold was just round the corner," said AS Bindra, who has a masters degree in animal science from Denmark and started with an export-import business of dairy products, before shifting to agro-food products.

When asked what kind of a gift he's planning for his son, the happy father disclosed his plan of building a Rs 200-crore hotel. In addition, he also has a classy wedding planned for his only son. "It will be a grand affair. The only thing is we are yet to look for a girl," he said with a smile.

The ace marksman's mother, Babli Kaur, a housewife, also found it hard to control her emotions. "It's a day for which we have been waiting since Abhinav first took part in the Olympics at Sydney in 2000. We all knew that he had it in him to beat the best in the world. But due to many factors, it didn't work the way it should have. But Abhinav's performance on Monday will be scripted forever in the history of Indian



The VI-SENSE test was found to be superior to traditional individual tests in facilitating preliminary diagnosis of vaginal infections.

Geva A, et al. Am. J. Obstet. Gynecol. 2006 June 9;

SEPTEMBER 2008

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OCTOBER 2008

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Week 33

Partial lunar eclipse today

New Delhi: A partial lunar eclipse will be seen around midnight on Saturday when the moon comes in the shadow of the earth.

The moon will enter the lighter shadow (penumbra) of the earth at around 23:53 IST on Saturday. However, nothing is noticeable during a penumbral eclipse, Nehru Planetarium Director, Delhi, Piyush Pandey said.

The partial eclipse will begin at 01:08 IST on August 17. The night sky will host an 81 per cent murky red moon at 02:30 IST, when the eclipse will be at its maximum (middle).

The phenomenon will end at 03:11 IST.

PROFILE

NAME: ABHINAV BINDRA

Date of Birth: 26.9.1982

Event: Air Rifle 10m

• Youngest Indian participant at the 2000 Olympic Games.

• Won six gold medals at various international meets in 2001.

• At the 2004 Olympic Games, he broke the Olympic record but failed to win a medal.

• Arjuna awardee in 2001 and Rajiv Gandhi Khel Ratna award for the year 2001-2002.

• Head coach: Lt Col J S Chibba.

• Holds an MBA. He is the CEO of Abhinav Futuristics, a PC games peripherals distributor based in Chandigarh.

• Studied at the Doon School, Dehradun till 10th standard and then left for St Stephen's school, Chandigarh to pursue shooting.

MEDALS WON

• Olympic Games, Beijing 2008 - Gold

• ISSF World Shooting Championships, Zagreb 2006 - Gold

• Commonwealth Games, Manchester 2002 - Silver, Gold (in pairs event)

• Commonwealth Games, Melbourne 2006 - Bronze, Gold (in pairs event)

• Asian Shooting Championship in 2007 - gold (team)

• Asian Airgun Championship at Beijing, 2008 - silver

GOLDEN EYE

Abhinav Bindra hit the bull's eye in the 10m air-rifle to become the first Indian ever to win an individual gold in the Olympic Games

mycin®
Skin Cream

ing of infected

005 Sep. 30; \$179.

AUGUST '08

18

MONDAY

Week 34

JULY

2008

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AUGUST

2008

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Worth his weight in gold?

BY SUNIT KAUL

Only cricket

As the initial frenzy over Abhinav Bindra's Olympic gold subsides, questions are being raised

remain stable

Aug.; 56(1-2):61-76.

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GOLDEN BOY IS BACK

Greeted with drums at airport, meetings with VVIPs



HERO'S WELCOME | (clockwise from bottom) Abhinav Bindra meets President Pratibha Patil at Rashtrapati Bhavan; is hugged by mother, Babli Bindra, at the airport; calls on Sonia Gandhi at her residence on Thursday evening



Polygynax has such an advantage - rapidly restore disturbed *en*biologi... case of bacteri...
rulvovaginitis, caused mainly of intestine pathogenic flora.

Karag'ozov I, et al. Akush. Ginekol. (Sofia) 2004;43(Suppl. 3):3

20

WEDNESDAY

WHY WE MUST
SLEEP WELL

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HELPS US
REMEMBER

When you pull an all-nighter to study, you're storing information in short-term memory. For long-term retention, you need to learn a little every day. During sleep, your brain will process a lot and turn it into long-term memory. "Memory is a function of what we think sleep does," says Dr Niles Dave, medical director of the Sleep and Breathing Disorders Center.

HELPS DEALS
WITH STRESS

Our bodies use sleep to release certain hormones including those essential for growth. If we wake in the middle of the night, those functions are disrupted. One example is cortisol. For people with normal sleep patterns, this stress hormone peaks around 4 a.m. We're blissfully unaware because we snooze through it.



BODY NEEDS IT

Sleep rejuvenates. It refreshes. It restores. While it may seem as if sleep renders us inactive, the truth is quite the contrary. Our bodies, our brains, our minds are accomplishing great things while we slumber.

If you're awake longer than you should be for a few days, that puts your body under stress, this, in turn, leads to high BP, more sugar in the blood etc.

PERSONAL
BLOGS

The personal blog, an ongoing diary or commentary by an individual, is the traditional, most common blog. Personal bloggers usually take pride in their blog posts, even if their blog is never read by anyone but them. A type of personal blog is referred to as "microblogging," which is extremely detailed blogging as it seeks to capture a moment in time.

The protective efficacy of Buffer Gel in five of the six animal models suggests that this microbicide warrants clinical evaluation for both contraception and disease prevention.

Zeitlin L, et al. Sex Transm Dis. 2001 July;28(7):417-423.

Hyderabad: When K V. Anil applied for the post of an occupational therapist in a New York city clinic, she was among the five applicants from various nationalities for this coveted government job. What went in her favour was not only her decade-long stay in the US but also that she spoke Spanish. "In fact, an additional \$5 was added to my monthly pay cheque because I spoke the language," she says.

Predictably, more Indians, many of those in Hyderabad are polishing their Spanish with even BPOs and multinational companies starting coaching classes in the language. "There has been a definite shift away from English and towards Spanish, German, French and Japanese.

There are a number of projects coming into India especially from Latin American countries like Chile, Mexico and Brazil and most companies demand employees who can communicate with clients from different countries," says NP Ashley, director, Increment Language Solutions (INLAS).

F Mary of Lengua Foreign Language Training Institute says Spanish is the language to watch out for. "Spanish is the second most spoken language in over 21 countries. A large number of Americans also speak Spanish fluently. Thus MNCs, BPOs and even schools have started Spanish coaching classes," she stresses.

The soaring popularity of the language is also because Indians are expanding their business the world over. Take for instance, Joydeep Roy, director of MindGrid Technologies who felt it was imperative for him to master Spanish, as his company was rapidly expanding business opportunities with several countries in Latin America. "It breaks down the first barrier if you greet and talk to a person in his or her local language and instantly creates a greater comfort level. We also get a lot of off-shore work, a lot of documents come to us in foreign languages like Spanish and German and it always helps if you can translate the work yourself," feels Roy who also knows a smattering of Russian and German. The next step, he says, is to teach Spanish to a bunch of engineers in the company who are involved in the Latin American projects.

It's not just Spanish but also

German that seems to be riding high on the popularity charts. Amita Desai, director, Max Mueller Bhavan explains, "Germany is the third largest economy in the world but it does not have the manpower resources. In order to meet their economic pace they need talent and India is an important destination for them to recruit skilled professionals."

Reportedly, the demand for foreign language professionals will rise to over 1.60,000 in the Indian IT and BPO industry alone by 2010 and there will be an urgent need for candidates who are well versed in foreign languages.

"The remuneration package offered to students of foreign languages

is very attractive," says Ashley. Translators involved in projects can expect a starting salary of Rs 40,000 to Rs 50,000 per project while those employed in BPOs with two to three years of experience can expect a minimum pay of Rs 4 lakh per annum and teachers who are paid by the hour can receive anything between Rs 200 to Rs 300 per hour.

Some of the other languages in demand are Russian, Chinese, Korean, Arabic and Italian and there are several avenues open to those proficient in these languages like content writing, legal and medical translations, editing, proof reading, voice-over in movies, sub-titling and captioning. The tourism and aviation sector, foreign embassies and various international organisations like UNO and Unicef also offer lucrative employment opportunities.

Besides, language experts say that knowing a foreign language helps and not just professionally. Padma Nafini, for instance, had learnt Japanese hoping to be a better host to the Japanese guests her husband brought home often. Now she is involved in the translation and interpretation work for several companies.

Abhay Maurya, vice-chancellor of Effu, says, "Apart from building a person's career learning a foreign language adds to one's personality as you learn not just the language but also about the culture and the fabric of a place. It leads to the deepening of one's personality and widens one's horizon."

-SS

Si, mind your
Ps and Qs for a
fat pay-check

SUNDAY TIMES OF INDIA, HYDERABAD
AUGUST 17, 2008

eria, not epithelial cells, are the primary source

onkov ER, et al. Hum. Reprod. 2001 Sep;16(9):1809-1813.

27

WEDNESDAY

Food Offering

Week 35

Week 35
L07

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Before we take any food, we offer it to God from whom we receive it as a mark of respect to the giver. Five morsels of food are offered acknowledging our debt to the Lord.

Chanting for life - giving

Lactacyd Physiological functions :-

- 1) Pratyaya Swaha (२००००)
 - 2) Apratyaya Swaha (६००००)
 - 3) Vyanaaya Swaha (२५०००)
 - 4) Udanaaya Swaha (६००००)
 - 5) Samanaaya Swaha (२००००)
- ५) Brahmane ~~Swaha~~ (२००००) ५००००
- ५) Brahmane ~~Swaha~~ (२००००) ५००००

Frequent persistence of semen in cervicovaginal secretions from heterosexually active women leads to a shift from acidity to neutrality that could favor male-to-female HIV transmission.

Tevi-Benissan C. et al. *Bull. Soc. Pathol. Exot.* 1997;90(1):39-43

2008

SEPTEMBER

2008

OCTOBER

2008

AUGUST '08

28

THURSDAY

Week 35

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HITOPADESHA

Sukhamepittham Savyam
Dukhamapittham TATHA.

Chakravata parivasitam Te

Dukhamevha Sukhamevha

Planning

One must accept sorrows

just as one accepts happiness

Happiness sorrows come

rotating one after another

just as riding on a

rotating wheel of fortune

The maintenance of vaginal flora is of major importance for users of hormonal contraceptives in order to exclude negative symptoms: Discharge, dyspareunia, and itching.

Nalbarski B. Akush. Ginekol. (Sofia) 1997;36(1):37-38.

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India's three medals in the Beijing

Let's celebrate our success

The rest of the world is amused at our response to India's performance in the Beijing Olympics. The amusement is because one, a nation of a billion people won its first individual Olympic gold only now, 112 years after the Games began; and two, the response in the country to the three medal-winning performances seems over the top to the world outside. But India winning so few medals is precisely the reason why we go over the top when an Indian performs well at the Olympics. And, that's fine.

India lacks a modern sporting culture. We need to nurture it. How do we do it? One way is to celebrate our successes, few as they may be, in sports. That could trigger a new enthusiasm across the country and push people to look at sports other than cricket in a new light. Cricket owes its success in India to media coverage. Advertising and branding started the flow of money into cricket. That's thanks to the media and the hype — if you insist — it created around cricket.

Shooting, boxing and wrestling could

certainly do with a bit of public interest and funds. Abhinav Bindra, Sushil Kumar and Vijender Kumar may provide the push factor that these sports desperately need to reach the next level of excellence and mass participation. The media is only helping these stars reach out to the public. In any case, they are national heroes and need to be treated as such, for they are so rare. Each country has its way of treating heroes.

We, Indians, are a festive people. We wait for an occasion to celebrate. And, we are also desperately short of top-class sportspeople. So, it's natural that the whole country is celebrating the few good performances at the Olympics. After all, we never before won more than two medals in an Olympics. If that seems over-the-top to some people, so be it. We are like this only! Hype in India is not restricted merely to achievements in sports. We love to exaggerate. So it is a combination of celebration and exaggeration, as exemplified by Bollywood films. We make it large, even when it is a bronze.

TIMES
VIEW

Worth Reading Thought

Our first duty is not to hate ourselves
To advance in life, U must have faith
first in ourselves & then God
Those who has no faith in themselves
Can never have faith in God

Commercially available yogurt may restore the microenvironment and pH of the vagina, thus representing a viable treatment of bacterial vaginosis.

Tasdemir M, et al. Arch. AIDS Res. 1996;10(4):239-241.

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Week 35

SATURDAY

30

Olympics has the world talking

We have gone over the top

In case you've been living under a rock the past couple of weeks, India has won a whole three — count 'em, three — medals this Olympics. Not that they aren't grand individual achievements by the men in question. But our performance as a nation was, as ever, underwhelming and not deserving of the frenzy of celebration that the country has been indulging in ever since. Our celebrations have been so loud that the rest of the world has taken note, with no small amount of amusement. Mocking articles have appeared in international dailies. The Chinese splashed Abhinav Bindra on the front page of their newspapers, but with a certain amount of patronisation at India's one and only individual gold medal. But before we take umbrage at these darts thrown at our national pride, let's consider our behaviour over the past fortnight.

Non-stop coverage on the 24-hour TV news channels, inches of column space devoted to analysing whether this supposedly great performance heralds a new era in Indian sport

— isn't this over the top, considering the scale of India's achievement? The athletes in question have performed admirably but India, a country of over a billion people, has only three medals this Olympics, which is less than half what Michael Phelps managed.

Those hoping that the disproportionate attention being lavished on the three medals will somehow transmute into something approximating a genuine sporting culture can dream on. More likely these athletes and their achievements will remain in the public imagination only so long as the Olympics last, to be trotted out when we need to pat ourselves on the back for producing 'winners' and feel good as a nation. All the yelling and celebrating we're doing now will look even sillier in hindsight, when we're busy agonising over the Indian cricket team's next loss. So, let's get some perspective. It's great that Bindra, Sushil Kumar and Vijender Kumar have managed to win medals in Beijing. But let's not kid ourselves that it's because of the system, or that it's a great achievement by India.

COUNTER

VIEW

Yamini Lohia

ycin®
Skin Cream

Nine 4 cup

- ① Fratanam ② Keerthana
③ Vishnu ④ Smeranam
⑤ Adaservanam ⑥ Archanam
⑦ Vandanam ⑧ Jasyam ⑨ Sakhyam
⑩ Athma Nivaranam

Hydrogen peroxide (3%) used, as a single vaginal wash was as effective as any other agent in current use in clearing the vaginal malodour of bacterial vaginosis at 3 weeks after treatment.

Wincelous SJ and Calver G. Int. J. STD AIDS 1996 July;7(4):284-287.

SEPTEMBER '08

01

MONDAY

EIGHT

FLOWERS

AUGUST

2008

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SEPTEMBER

2008

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10.00

Ahimsa Pradhosam Pushpam

Pushpam Indrya Nigicham

Sarabhotha Daya Pushpam

Kshema pushpam. Viseshata

Santha pushpam Tapah Pushpam

Lactacyd Dhema Pushpam - Thekavache

SATYAM Ashwaththam Pushpam

Vishnu Preethakaram Bhaveth

Commercially available yogurt may be preferable during pregnancy, since the use of any drug during pregnancy should be minimized. It will reduce the likelihood of a premature delivery.

Tasdemir M, et al. Arch. AIDS Res. 1996;10(4):239-241.

Harvest The Sun

In a hybrid model combining solar heat to be backed by existing with natural gas or coal. While heat from the combined generation of heat and power can be used for industrial applications, district heating and cooling and seawater desalination.

What then is the rub in implementing STEG in a big way? First, it costs between Rs 7.50 and Rs 17 per kWh to generate electricity through STEG, compared to Rs 1.40 for certain coal-fired plants. In India, however, many consumers make their own arrangements for back-up power. The installed capacity of captive power plants in India is more than 20,000 MW, approximately 40 per cent of which are based on diesel/generator (DG) sets. The real cost of generation of diesel power, therefore, comes to around Rs 17/kWh if



we add the subsidy component. So while STEG may cost more compared to conventionally generated power, these costs are competitive with peak load power costs generated by DG sets.

The cost of generation from a STEG plant is also higher compared to, say, wind power. But here, scale will reduce costs. The US Department of Energy estimates that the cost of STEG power generation may come down to Rs 1.50-2.50/kWh in the next 15 years, which would be comparable to conventional power.

Second, we give STEG only half-hearted policy support. Other countries, many of which receive half the sunlight we get, are taking the lead in successfully commercialising solar power technologies. Germany is becoming the largest PV market in the world. The US and Spain are hot spots in the global STEG market.

We must urgently focus on solar energy

Arund Mahabadi

You won't win any prizes for guessing what the world's current preoccupation is: how to cope in a world where oil prices have risen dramatically. One might think that India would be an exception to the rest of the world to wither in the aftermath of the oil price rise. Unfortunately, there isn't enough evidence of that. But why aren't we willing to grab this potential inflection point, and with our low-cost innovation skills tip the world into the widespread use of viable alternative energy sources?

Let me focus on our approach to solar power, as an example. The good news is that the issue of solar power is definitely on the government's radar. While releasing the National Action Plan on Energy recently, the prime minister described solar power as having the potential to change the face of the nation. There is a goal to increase production of photovoltaics to 1,000 MW/year and generate at least 1,000 MW of solar thermal power. This is a step in the right direction. But is this the best that can be done?

Thinking small would be tragic, given that the world's most abundant energy resource bottoms itself generously over most of our country. Pundits say that dedicating just 0.3 per cent of India's land area for solar power could meet our entire electricity needs. Solar Thermal Electricity Generation (STEG) is a simple technology that consists of curved mirrors that concentrate sunlight onto a receiver tube to heat a working fluid flowing through it. The remaining part of the plant is very similar to a conventional power plant.

There are many reasons why STEG is a sure gift to us. STEG is one of the cleanest technologies available today. A 50-MW plant would save around 90-120 million kg of greenhouse gas emissions. Secondly, its energy payback is merely five months compared to a useful life of more than 25 years. Most importantly, STEG technology is the only solar technology that provides "firm" power and allows plants to dispatch power when demanded. It can also work

All this is due to policy and incentives support. However, India has a liquid and diversified policy support. The Ministry of New and Renewable Energy provides a maximum incentive of Rs 10 per kWh to STEG plants provided these plants are between 1 to 10 MW range. This is a nice gesture, but it can hardly be said to open the floodgates for speedy development. STEG plants are cost effective in more than 50 MW range, where the incentive doesn't apply. The policy incentive is also unavailable to plants that operate in the hybrid mode, with the back up support of fossil fuels like natural gas. The policy kills entrepreneurship viability that can lead to quick commercialisation.

We are not ambitious enough. The National Action Plan speaks of a quantum leap in the share of solar energy in the national energy mix. However, the plan has set a goal of installing 1,000 MW of STEG capacity by 2017, as against India's need of 3,00,000 MW additional capacity. Such a modest goal would not significantly impact the energy mix in favour of solar power and reduce the carbon footprint.

What could be an alternative scenario? We plan around future imperatives and leapfrog to STEG. We leverage our skills of frugal innovation to make it affordable and scalable, not just for India but the rest of the world. We focus our policy support on scale and commercialisation and attract public-private partnerships. We put all plans on the fast track, and become STEG technology leaders and suppliers to the world. And get ourselves plenty of clean energy in the bargain.

Let's not revert to our old pre-reform avatar, and wait for a beneficent western power to find the solutions, and then go around with a begging bowl for 'technology transfers'. As we try to address global issues of climate change, energy security and snowballing oil prices, a commercially viable technology that is clean, scalable and utility-friendly is staring us in the face. We are endowed with abundant sunshine and a 1,70,000 sq km desert which is a natural energy generator waiting to be harnessed. What on earth are we waiting for? The time is ripe for a public-private partnership to help this technology — and India — attain its place under the sun.

The writer is an industrialist.

9.00

8.00

7.00

6.00

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Lactacy

3.00

2.00

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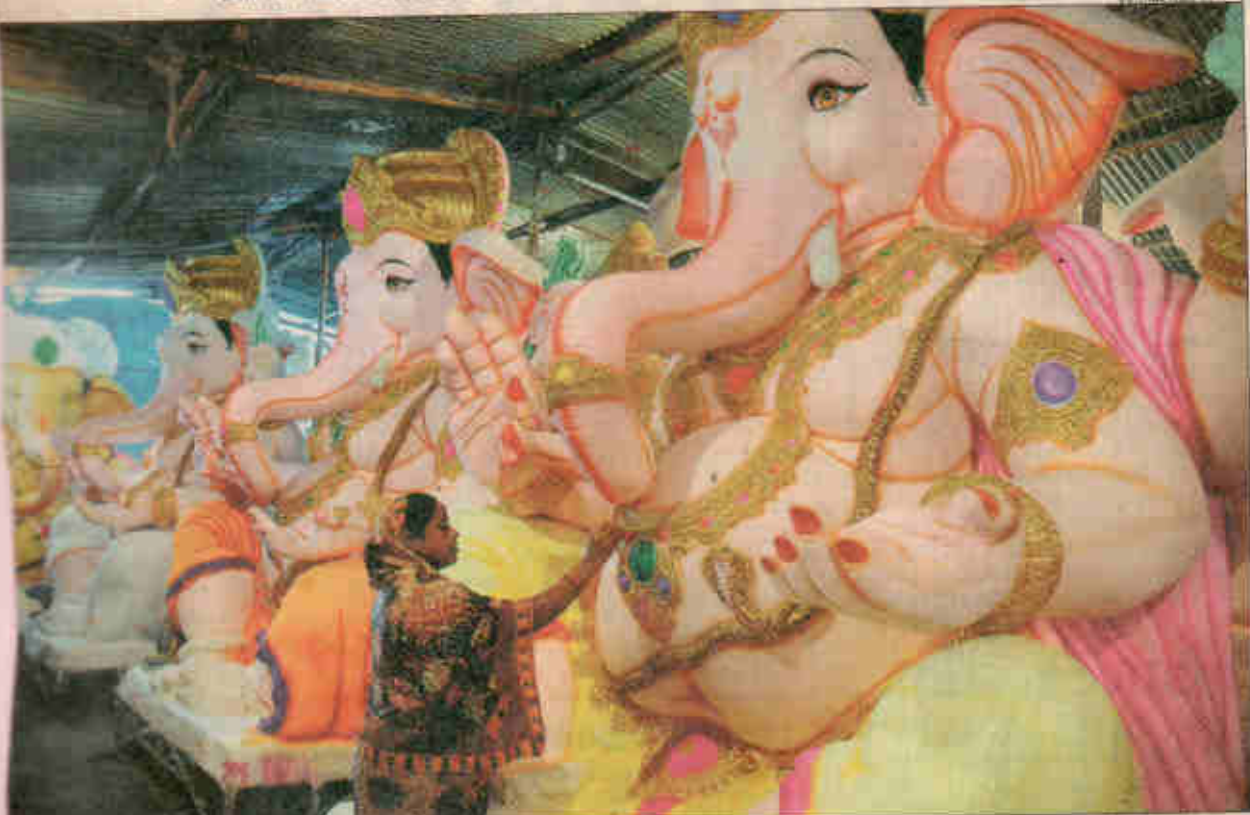
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GANESHA FACES INFLATION HURDLE

Venkitt Das M



HARD DAYS: A woman gives finishing touches to a Ganesha idol in city on Thursday. With the cost of raw materials going up, the artisans are decreasing the size of idols



OCTOBER 2008

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NOVEMBER 2008

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Week 36

SEPTEMBER '08

04

THURSDAY

DRINK Water on Empty Stomach

Scientific tests have proved value of water for all serious diseases as well as modern illness. Japanese Medical Society has said "Water is permanent remedy & 100% cure for all".

(1) Headache (2) Body aches (3) Arthritis

(4) Heart-System (5) Fast-Heart Beat

(6) Epilepsy (7) EXCESS FAT (8) Bone Arthritis

(9) Asthma (10) Meningitis

(11) TB (12) GASTRITIS (13) DIARRHEA

(14) PILES (15) Diabetes (16) Constipation

(17) Womb Cancer (18) All eye diseases

(19) Menstrual disorders (20) Kidney diseases

(21) Ear, Nose, Throat - diseases

Soframycin®
Skin Cream

During pregnancy, a local treatment restoring the normal acidity and vaginal flora, without systemic effect, may be preferable to any other treatment.

Neri A, et al. Acta Obstet. Gynecol. Scand. 1993 Jan; 72(1):17-19.

SEPTEMBER '08

05

FRIDAY

Metros

9

Treatment

AUGUST

2008

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SEPTEMBER

2008

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- ① A.V. Wakeup with morning & before brushing Ur Teeth, drink 4 ~~160~~ 160 ml glasses of water
- ② Brush & clean Ur mouth. don't eat or drink anything 45 mts
- ③ After 45 mts You may eat or drink whatever You like as usual
- Lactacyd**
- ④ After 15 mts of B/P, lunch or dinner do not eat or drink anything for 2 hours. You can drink straight after a meal within 15 mts but not after 2 hrs
- ⑤ Those who can't drink 4 glasses @ one time take little by little & raise to 4 glasses
- ⑥ This will cure all your diseases

The vaginal pH could be reduced by estrogen-substitution, but local application of estriol has only a short-term effect.

Sommer H. Zentralbl. Gynakol. 1993;115(12):541-544.

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06

SATURDAY

Period

7

Treatment

Week 36

- 1) High BP — 30 days
- 2) Gastric — 10 days
- 3) Diabetes — 20 days
- 4) Constipation — 10 days
- 5) TB — 90 days
- 6) Cancer — 180 days
- 7) Arthritis { 1st week — 3 days
Later — Daily

Soframycin®
 Skin Cream

Symptoms of Heart-attack

- ① Left arm Hbting
- ② Intense pain in Jaw line
- ③ Nausea & Intense sweating
- ④ Restlessness

07 SUNDAY

The determination of vaginal pH is a practical method to control the vaginal homeostasis.

Sommer H. Zentralbl. Gynakol. 1993;115(12):541-544.

SEPTEMBER '08

08

MONDAY

AUGUST

2008

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SEPTEMBER

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Handwritten notes in green ink:
 6/9
 10/10/08
 Week 37

- 1) Mahadev Wada Ganapathi (Pune)
- 2) Chintamani Ganapathi (Pune)
- 3) Sivtha Lomaya Ganapathi (Pune)
- 4) Sri Vigraha Wada (Lahaditit)
- 5) Mahot-Kaba Ganapathi (Pune)
- 6) Bhallaleswari Ganapathi (Colaba)
- 7) Varada Vinayaka (Colaba)
- 8) Siddhi Vinaya (Ahmednagar)
 (Siddipat village)

Lactacyd

The diaphragm is one of the least accepted methods of birth control by adolescents. It acts as a physical barrier to sperm at the cervical canal.

OCTOBER 2008

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Week 37

SEPTEMBER '08

09

TUESDAY

Om Sahene Vakethu

Sahene Bhurakethu

Sahakanyam Karavachethu

Tejaswinim Vaddhethamethu

Heared Vishavahar

Om Santh Santh SanthiniSoframycin®
Skin CreamOm Parne medham① Parne maadath② Parne medhamParne medham medham④ Parne medham medham⑤ Parne medham medham

The local treatment restores the normal vaginal acidity and facilitates recolonization with lactobacilli. It may be preferable to oral antimicrobial therapy, especially during pregnancy.

Holst E and Brandberg A. Scand. J. Infect. Dis. 1990;22(5):625-626.

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43
FI
Vizag

factfile

- Around 50,000 Ganesh pandals have been put up in Hyderabad this year.
- More and more cities and towns in the state are putting up idols.
- About 470 idols are put up across Visakhapatnam and 400 in Vijayawada this year.
- Majority of the Ganesh idols are 3 feet to 14 feet tall.
- The famous Khairatabad Ganesh is 48 feet tall this time.

Lactacy

5.00

6.00

7.00

8.00

9.00

10.00

Increased acidity could not be attributed to the action of lactobacilli as their total incidence or concentration does not change during the menstrual cycle.

Wilks M and Tabaqchali S. J. Med. Microbiol. 1987 Nov.;24(3):241-245.

Ganesha goes global

BY OUR CORRESPONDENT

HYDERABAD

Sept. 6: The gigantic Khairatabad Ganesha has now become an icon for devotees across the world.

Thousands of people from various countries including the United States have asked the Khairatabad Ganesha Utsav samiti to do pujas in their names.

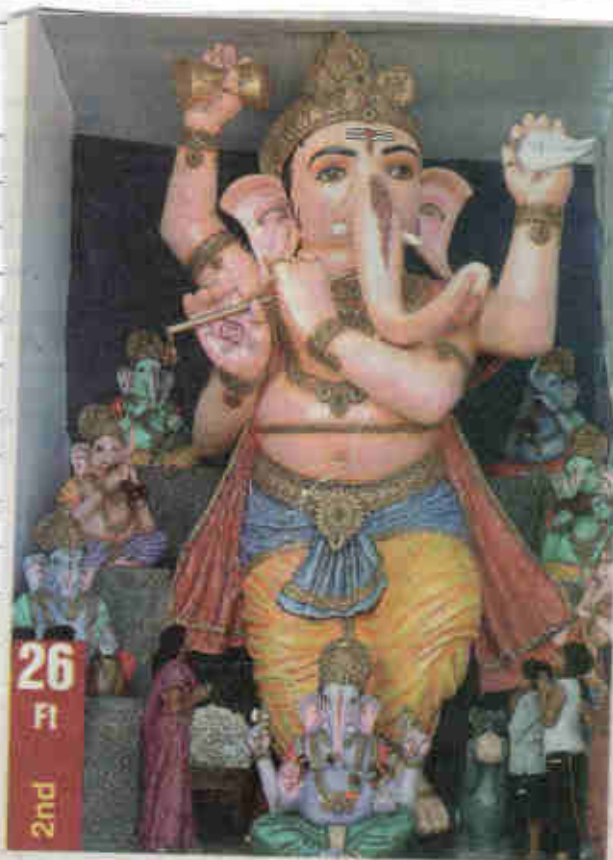
On the eve of the commencement of the festival, over 4,000 people from different countries have registered their names on www.ganapathideva.org, the official website of samiti.

There is a quantum jump from last year when not more than 300 people registered their names.



R '08

Y



Soframycin®
Skin Cream

Paracetamol 17.15 mg

OCT

NOV

cts due to ill-fitting diaphragms.
ss. Ginecol. 1988 Sep.;98(9):479-481.

allergic reactions t

SEPTEMBER '08

12

FRIDAY

AUGUST 2008

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Week 37

SEPTEMBER 2008

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Thoughts

Actions

9.00

U how thoughts & resp actions

10.00

U how actions & resp habits

11.00

U how habits & resp character

12.00

U how character & resp a FORTUNE

1.00

Thus fortune depends on character

2.00

Character depends on habits

Habits depends on ^{ur} Actions

Lactacyd

ur actions depends on ur thinking

5.00

In the ultimate analysis,

6.00

Thinks shapes one's future (as well as) fortune

7.00

Thoughts & destiny are interlinked

8.00

9.00

10.00

Ranitidine is very effective in increasing gastric pH and at the same time reducing gastric volume in patients.

Duffy BL, et al. Anaesth. Intensive Care. 1985 Feb.;13(1):29-32.

2008

OCTOBER

2008

NOVEMBER

2008

SEPTEMBER '08

13

SATURDAY

Talking
VS
Doing
Week 17

Talking creates controversies
Doing produces results
stop talking & START DOING
Talk less & DO MORE

Soframycin[®]
Framycetin 1% Cream
Skin Cream

14 SUNDAY

Ganesh idol immersion on September 14

Hyderabad: The Bhagyanagar Ganesh Utsav Samithi has clarified Ganesh idol immersion will take place on September 14, the auspicious day of Anantha Chaturdasa. On Monday, the Samithi, in a release, appealed to all pandal organisers to prepare for immersion of Ganesh idols on Sept 14. 788

Autogenous ribitol teichoic acid was found to block the attachment of *S. aureus* to labium majus and labium minus cells by 76% and 81% respectively, and to vaginal cells by 66%.

Bibel DJ, et al. J. Med. Microbiol. 1987 Feb; 23(1):75-82.

SEPTEMBER '08

15

MONDAY

Week 38

AUGUST

2008

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SEPTEMBER

2008

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Peace

am

1) Peace is not merely a distant goal that we seek, but a means by which we arrive at the goal.

— Dr Martin Luther King

2) Nothing can bring you peace except yourself. — Ralph Waldo Emerson

Lactacyd

3) Peace like Charity begins at HOME

{ Jonathan Lanson Remr }

4) The real & lasting victories are those of PEACE not of WAR

{ Ralph Waldo Emerson }

The local secretory immune factors, together with the effects connected with acidity and proteolytic activity, are deployed only in the stomach and duodenum at the first level of mucous membrane defense.

Somai Z. Acta Med. Hung. 1985;42(3-4):115-123



OCTOBER 2008

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NOVEMBER 2008

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23	24	25	26	27	28	29

SEPTEMBER '08

16

TUESDAY

Week 38

LOVE

All we are saying is
"GIVE PEACE a chance"

(John Lennon)

WINNING SMILE



WELL DONE Batsman Rohit Sharma (right) congratulates his teammate Yuvraj Singh after India's victory over Sri Lanka in the Super Four round match of the Asia Cup Cricket Championship at National Stadium in Karachi on Thursday. Report P 19

ced two
rcourse

SEPTEMBER '08

17

WEDNESDAY

NO ONE IS BEAT

AUGUST

2008

SEPTEMBER

2008

S	M	T	W	T	F	S
31					1	2
3	4	5	6	7	8	9
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Week 38

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21	22	23	24	25	26	27
28	29	30				

No one is beat till he quits
 NO one is through till he stops
 NO matter how hard failure hits
 NO matter how often he drops
 A fellow is not down till he lies
 in the dust & refuses to RISE.

Lactacyd

FATE Can slam him & bang him
 around
 And batter his frame till he is SORE
 But she can never say that he is downed
 While he bobs up serenely for more
 A fellow is not dead till he dies
 Nor Beat till no longer he tries.

The Papanicolaou counterstain can be standardized to suit the taste of the individual cytologist and can add to the predictability of the results.

Drijver JS and Boon ME. Acta Cytol. 1983 Nov-Dec;27(6):693-698.

2008

S	S
3	6
12	13
19	20
26	27

OCTOBER

2008

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NOVEMBER

2008

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LIFE

is

A

Bright sky

Week 38

SEPTEMBER '08

18

THURSDAY

Life is like a bright sky

Clouds represent instances of unhappy times

Sometimes the clouds are so dark

It is hard to remember

that the sun still shines
Be patient. The light will return

It is just waiting
for an opportunity
to peek through
hazy world

Soframycin[®]
Skin Cream

'Clue cells' seen in wet mounts from vaginal discharge of women with bacterial vaginosis were very similar to VEC covered with ACR in in vitro tests.

Moi H, et al. Scand. J. Urol. Nephrol. Suppl. 1984;86:185-190.

SEPTEMBER '08

19

FRIDAY

Week 38

AUGUST

2008

S	M	T	W	T	F	S
31					1	2
3	4	5	6	7	8	9
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24	25	26	27	28	29	30

SEPTEMBER

2008

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21	22	23	24	25	26	27
28	29	30				

OH or AUM represented by

A = Around

U = phanthalas in pul-

M = phanthalas in MUM

3 letter symbols:

Three states of being = Waking / Dreaming / Sleepy

Three deities = Brahma / Vishnu / ESHWARA

Lactacyd

Three Lokas = BHU / BHUVA / SUVAR

Three Vedas = Rig / Yajur / Sama

Aspiration of significant volumes of acid, alkaline or food-containing gastric contents can cause serious morbidity and mortality.

Cohen SE. Clin. Obstet. Gynaecol. 1982 Aug;9(2):235-254.



2008

F 5
 6
 12 13
 19 20
 26 27

OCTOBER 2008

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NOVEMBER 2008

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23	24	25	26	27	28	29

Week 38

SEPTEMBER '08

20

SATURDAY

(WB) Working Base - x
 (TB) Thermal Base

41x41

=

Soframycin®
 Mupirocin ointment 2% w/w
 Skin Cream

21 SUNDAY

Pulmonary aspiration of gastric contents poses a continuing hazard to obstetrical patients, resulting in needless loss of life in previously healthy women.

Cohen SE. Clin. Obstet. Gynaecol. 1982 Aug;9(2):235-254.

SEPTEMBER '08

22

MONDAY

Hinduism

AUGUST 2008

S	M	T	W	T	F	S
31					1	2
3	4	5	6	7	8	9
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17	18	19	20	21	22	23
24	25	26	27	28	29	30

Week 39

SEPTEMBER 2008

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21	22	23	24	25	26	27
28	29	30				

1) I believe in the divinity of Vedas

9.00

2) I believe in an all-pervasive Supreme beings (God)

10.00

11.00

12.00

1.00

2.00

5.00

6.00

7.00

8.00

9.00

10.00

Lactacyd

with Anti B Lactation

3) I believe the world undergoes endless cycles of creation & preservation & dissolution
4) I believe in Karma; the law of cause & effect by which each individual creates his own destiny by his thoughts words & deeds

The mature human fetus produces gastric acidity in response to stresses associated with labor and vaginal delivery.

Miciat NN. et al. Anesth. Analg. 1978 Jan.-Feb.;57(1):98-101.

23

TUESDAY

Hinduism

9 beliefs

Week 39

5) I believe that the soul reincarnates
 evolving through many births & deaths

6) I believe that divine beings exist
 in unseen worlds while temple songs
 & spiritual knowledge creates a strong
 communication with these devas & gods

7) I believe that a spiritually
 awakened master or SAT GURU
 is essential to realize GOD

Soframycin[®]
Skin Cream

8) I believe that LIFE is sacred,
 to be loved & revered & ^{one} has
 to practice ahimsa & no injury

9) All genuine religions are facets of the
 same GOD though they follow different ways of salvation

Erythromycin is not effective for the treatment of *H. vaginalis*-associated NSV; this may be partly attributable
 to the reduced activity of this drug in acidic vaginal secretions.

Durfee MA, et al. Antimicrob. Agents. Chemother. 1979 Nov.;16(5):635-637.

SEPTEMBER '08

24

WEDNESDAY

TAR
NAKA
Week 39

AUGUST 2008

S	M	T	W	T	F	S
31					1	2
3	4	5	6	7	8	9
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17	18	19	20	21	22	23
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SEPTEMBER 2008

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21	22	23	24	25	26	27
28	29	30				

9.00

Tannaka area (in Secunderabad)

10.00

derived its name from

11.00

TAR = WIRE

12.00

1.00

NAKA = guard room (Police station)

2.00

It was thus called because

Lactacyd[®]

NIZAM Banked the area

5.00

I put up a guard room inside to

6.00

protect his fruit garden.

7.00

8.00

Though ^{neither} the TAR nor the NAKA

9.00

is there now, the boundary still exists

10.00

covering the Osmania University campus

Lactobacillus acidophilus and other bacterial species that occur in the lower genital tract of healthy women, e.g., some strictly anaerobic species, adhered by significantly lower numbers per cell than *Neisseria gonorrhoeae*, group B streptococci, and *Corynebacterium vaginale*.

Mardh PA, et al. Infect. Immun. 1976 Mar;13(3):661-666.

Costliest divorce settlement

Phil Collins agrees to pay £25 million to third wife Orianne Cevey

Former Genesis frontman Phil Collins has agreed to pay £25 million pounds in divorce settlement to his third wife Orianne Cevey, topping the £14.2 million payment that was awarded to Heather Mills in her acrimonious split with Sir Paul McCartney.

Collins and Cevey, who ended their marriage after seven years, have been together for 13 years. They have two children - Nicolas, eight, and Matthew, four.

This is not the first time that Collins has had to face a costliest settlement, for he had paid his second wife Jill Tavelman £17 million after finishing their relationship by fax in 1994. Overall, the singer has paid out over £42 million to his former wives, about a third of his £140 million fortune.

His settlement came to light following the release of his accounts for his personal management company, Philip Collins Ltd. The former Genesis drummer met Miss Cevey on tour when she was just 23, and was working as a translator. He was still married to Jill at the time.

The couple, who have a 23-year age gap, set up home in Geneva, and were together for five years before their lavish three-day wedding in Lausanne, Switzerland, costing £200,000.



Phil Collins & Orianne

Moscow, world's most expensive city for expats

London: Moscow is the world's most expensive city for expats, while Tokyo has pipped London to move into second place, according to a global cost of living survey.

The study takes New York as the base measure for prices, comparing over 200 items, including housing, transport, food, clothing, household goods and entertainment in 143 cities across the globe. Europe and Asia dominate the top 10 in the study by consultancy firm Mercer, while the Paraguayan capital Asuncion is the least expensive for the sixth straight year.

Moscow is the world's most expensive city for the third straight year, with a cup of coffee in a Moscow cafe priced at 10.40 dollars (6.60 euros) including service. The weakening dollar has a key impact on costs for expatriate staff, making American cities comparatively cheap for non-Americans. "Moscow's position as the most expensive place for expatriate living has been strengthened by the appreciation of the ruble against the US dollar and ... rising accommodation costs," said Mercer research head Yvonne Traber.

The top 10 most expensive cities, with their 2007 positions (in brackets):

1 (1) Moscow 2 (4) Tokyo 3 (2) London 4 (10) Oslo 5 (3) Seoul 6 (5) Hong Kong 7 (6) Copenhagen 8 (7) Geneva 9 (9) Zurich 10 (11) New York

The possibility of a low gastric pH and the resultant pulmonary damage if aspirated must be considered in the initial care of the newborn with poor muscle tone or reflex activity as well as in the anesthetic management of neonates undergoing emergency surgery.

Miclat NN, et al. Anesth. Analg. 1978 Jan.-Feb.;57(1):98-101.

SEPTEMBER '08

26

FRIDAY

Abhishek
gives

Week 39

AUGUST

2008

S	M	T	W	T	F	S
31					1	2
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SEPTEMBER

2008

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28	29	30				

9.00

1) Milk gives you LONG LIFE

10.00

2) Ghee gives you MORBHA

11.00

3) Curd gives you good children

12.00

4) Honey gives you melodious voice

1.00

5) Rice Powder gives freedom from debts

2.00

6) Sugar Cane juice gives good health

5.00

7) Anchooruttem gives WEALTH

1.00

8) LETON removes fear of Death

7.00

9) Sugar removes ENMITY

8.00

10) Tender Coconut gives ENERGY

9.00

11) Cooked Rice (Bajra) Majestic LIFE

0.00

12) SANDAL gives Lakshmi's grace

0.00

Since Cesarean sections in twins are often performed for a fetal indication, short time intervals between the births of both infants correlate intrinsically with a higher risk for the second twin. Therefore only vaginal delivery in order to exclude this intrinsic correlation was considered.

Muller-Holve W, et al. J. Perinat. Med. 1976;4(2):100-105.

13) LOVE - He (God) gives himself to you

OCTOBER 2008

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NOVEMBER 2008

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SEPTEMBER '08

27

Week 39

SATURDAY

PANCHAMRITHFIVE GOLDEN PRINCIPLES

- 1) I am Bhagawan's
- 2) I live in His Kingdom
- 3) I do His work
- 4) I receive His gifts

Soframycin®
Skin Cream

5) With His Gifts

28 SUNDAY

I serve His children
 Yeh Yashemcam Prapadyanthu
 He does all the work because His son

The adherence of gonococci increased with increasing acidity of the test medium.

Mardh PA, et al. Infect. Immun. 1976 Mar.;13(3):661-666.

SEPTEMBER 08

29

MONDAY

NAME

AUGUST

2008

SEPTEMBER

2008

S	M	T	W	T	F	S
31					1	2
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22	23	24	25	26	27	28
29	30					

Week 40

9.00

A

You are ^{very} quiet when I have something on the mind

10.00

B

I am always cautious when it comes to only new people

11.00

12.00

C

I am definitely have a ^(favourite) side in I. Don't feel shy to share it

1.00

2.00

D

Lactacyd

I have trouble in hushing people

5.00

E

I am a very exciting person

6.00

F

Everyone loves you

7.00

8.00

G

I have excellent way of making people

9.00

10.00

H

I am not judgemental

Gastric lavage for the treatment of neonatal lidocaine intoxication may be more beneficial in reducing fetal systemic local anesthetic concentration after vaginal than after elective abdominal delivery.

Datta S, et al. Can. Anaesth. Soc. J. 1975 Jan; 22(1):79-83.

OCTOBER 2008

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NOVEMBER 2008

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16	17	18	19	20	21	22
23	24	25	26	27	28	29

NAME

SEPTEMBER '08

30

Week 40

TUESDAY

I U are always something & make them smile

J You are jealous

R U like to try on new things

L Love is something U deeply believe in

M Success comes easily to you

Soframycin
Skin Cream

N U like to work, but
always U want a break
before taking new job

O U are very open minded

P U are friendly & understanding

Cortic lidocaine concentrations were higher and the pH was lower after vaginal delivery in comparison to Caesarean section.

Datta S, et al. Can. Anaesth. Soc. J. 1975 Jan.;22(1):79-83.

OCTOBER '08

01

SEPTEMBER 2008

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Week 40

OCTOBER 2008

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12	13	14	15	16	17	18
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26	27	28	29	30	31	

WEDNESDAY

- Q U are a hypochondriac
- 9.00 R U are a social butterfly
- 10.00 S U are very broadminded
- 11.00 T U have an attitude, strong & big
- 12.00 U feel like U have to equal up to VII standards (greatness)
- 1.00 Lactacyd[®] You have a ^{very} good physique & looks
- 5.00 W You like U r own privacy
- 6.00 X U never let people tell U what U have to do
- 7.00 Y U cause a lot of trouble to others (No interfere with you)
- 8.00 Z U are always fighting like someone

The drugs used for chemotherapy of metastatic melanomas or sarcomas of the vulva are the same employed for the melanomas or sarcomas developed in other sites.

Gadducci A, et al. Crit. Rev. Oncol. Hematol. 2006 Aug; 29; [Epub ahead of print].

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Example
Lamp

Week 40

Oct 2 likely to be declared 'global dry day'

Kounteya Sinha | TNN

New Delhi: Mahatma Gandhi's birth anniversary could soon be a dry day globally.

India on Friday officially proposed at the ongoing World Health Assembly in Geneva that October 2 - the birth anniversary of the father of the nation - be designated as "World No Alcohol Day".

The proposal, which has already got support from all 11 South East Asian countries, has been accepted by the assembly. Officials in the Indian delegation told TOI from Geneva that final discussions on the proposal's approval would take place in the assembly's executive body meeting in January.

"It could take a year for the proposal to be granted official approval. We are confident that it will go through," a health ministry official said.



alcohol related harm worldwide."

WHO said it was deeply concerned by the extent of public health problems associated with harmful use of alcohol, including injuries and violence.

Member states also drew attention to the links between alcohol and domestic violence, the risks to pregnant women and road safety. WHO estimates that alcohol is responsible for about 4% of deaths each year.

Officials said the blueprint of the alcohol strategy would cover guidance on the marketing, pricing and distribution of alcoholic drinks.

Ramadoss had earlier said that alcohol consumption posed a grave threat to India - the world's youngest nation with 600 million people less than 30 years of age.

He said that according to Article 47 of the Constitution, alcohol consumption has to be prohibited. "However, barring four states - J&K, Gujarat, Mizoram and Manipur - no other state has an anti-alcohol policy," he had said recently.

దీనిని అంతర్జాతీయ దినంగా ప్రకటించాలి. దీనిని అంతర్జాతీయ దినంగా ప్రకటించాలి. దీనిని అంతర్జాతీయ దినంగా ప్రకటించాలి. దీనిని అంతర్జాతీయ దినంగా ప్రకటించాలి.

Preethi Masadam

is given 3 Times

to protect you

from Soframycin[®] Skin Cream

- ① 4 times a day
- ② Desh all Sine
- ③ Cure from all diseases

The serum alpha-fetoprotein (AFP) was not elevated at the initial diagnosis of primary yolk sac tumor (endodermal sinus tumor) of the vulva however it was elevated during recurrence.

Baigul A, et al. Eur. J. Gynaecol. Oncol. 2006;27(4):395-398.

OCTOBER '08

03

FRIDAY

Shloka-
sopa
choeva
Puga

Week 40

SEPTEMBER 2008

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OCTOBER 2008

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26	27	28	29	30	31	

DHARMA
ARTHA
KAMA
MOKSHA

Fare Fold Dharma =

- Dharma covers 10 attributes
- ① Firmness
 - ② Forgiveness
 - ③ Control of senses
 - ④ Rejection of others wealth
 - ⑤ Cleanliness
 - ⑥ Education
 - ⑦ Truthfulness
 - ⑧ Hatred to none
 - ⑨ Courage
 - ⑩ Development of personality

Lactacyd[®]

Genital schistosomiasis adds to the disease burden of women in all age groups. Pathological consequences due to the involvement of different genital organs can be damaging for the affected women.

Swai B, et al. BMC Infect. Dis. 2006 Aug; 23;6:134



NOVEMBER 2008

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DECEMBER 2008

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28	29	30	31			

OCTOBER '08

04

Week 40

SATURDAY

After welcome we offer him a seat,
 offer water to wash his hands and feet
 bathe him, apply perfume, garland him
 light an incense stick, offer something to eat
 to provide us Happiness/satisfaction/irangulity.

Step ① lighting of the lamp

② Ringing the bell to welcome
 & blowing the conch.

③ Use of flowers/Tulsi/Betel

Soframycin[®]
 Skin Cream

④ Abhisheka with milk/coconut water

⑤ Offer flowers of various types

⑥ Navvredya with female food

⑦ Pradakshina namaskara

⑧ Aarati

⑨

⑩

⑪

05 SUNDAY

Results show a good correlation between HER-2/neu protein over expression and HER-2 gene amplification in Paget disease of the nipple, but this correlation in HER-2/neu protein overexpressing Paget disease of the nipple was not confirmed.

Bianco MK, et al. Diagn. Mol. Pathol. 2006 Sep.;15(3):131-135.

OCTOBER '08

06

MONDAY

SEPTEMBER

2008

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Week 41

OCTOBER

2008

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It was India that gave the world

the ingenious method of expressing nos

by means of 10 symbols (Decimal system)

an idea which escaped Archimedes / Apollonius

One of greatest men produced by antiquity

Highest fig known to the world = 10^{30} But -

Indian Mathematicians have given exact names up to 10^{53}

Lactacyd $1 \text{ KAM} = 10^0 = 1$

$1 \text{ DASAKAM} = 10^1 = 10$

$1 \text{ SHATKAM} = 10^2 = 100$

$1 \text{ SAHASRAM} = 10^3 = 1000$

$1 \text{ DASA SAHASRAM} = 10^4 = 10,000$

$1 \text{ LAKSHA} = 10^5 = 1,00,000$

$1 \text{ DASA LAKHSA} = 10^6 = 10,00,000$

$1 \text{ KOTI} = 10^7 = 1,00,00,000$

In endemic areas cervical schistosomiasis should be considered in differential diagnosis of cancer.

Swai B, et al. BMC Infect. Dis. 2006 Aug. 23;6:134.

2008

S	M	T	W	T	F	S
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NOVEMBER 2008

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DECEMBER 2008

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21	22	23	24	25	26	27
28	29	30	31			

Week 41

OCTOBER '08

07

TUESDAY

AYUTHAM = 10^9 = ~~10~~ 1,00,00,00,000

8:00

= One Billion

NIYUTHAM = 10^{11}

NIRAVADYAM = 10^{41}

10:00

KANKARAM = 10^{13}

HUDRABAZAM = 10^{43}

11:00

VVARAM = 10^{15}

SARVABAZAM = 10^{45}

12:00

PARABADHAM = 10^{17}

VISHVAGATIHI = 10^{47}

1:00

NIVAAHAHAHA = 10^{19}

SARVAGNAHAHA = 10^{49}

2:00

UTSANGAHAHA = 10^{21}

VISHVUTANGAHAHA = 10^{51}

BAKULAM = 10^{23}

Soframycin[®]
Skin Cream

Naaga Balaha = 10^{25}

TALLAKSHANAM = 10^{53}

TILLAMBAM = 10^{27}

PRAGNAPTHIHI = 10^{29}

HETUHEELATI = 10^{31}

KARAHUHU = 10^{33}

HETVIN DREYAM = 10^{35}

SHAPTA LAMBHAHAHA = 10^{37}

GANANAGATIHIHI = 10^{39}

Clinical unawareness of genital schistosomiasis can lead to misdiagnosis and therefore false and ineffective therapy.

Swai B, et al. BMC Infect. Dis. 2006 Aug; 23:6:134.

OCTOBER '08

08

WEDNESDAY

YOGA

Week 41

POSTURES

SEPTEMBER

2008

S	M	T	W	T	F	S
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OCTOBER

2008

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- 1) Adhomukha Svanasana (Dog post)
- 2) Anganeyasana (Kneeling quadriceps)
- 3) Ashwanga Namaskar (Knees, Chest & chin)
- 4) BADDHA KONASANA (Bound angle pose)
- 5) BALASANA (Child's pose)
- 6) BHUJANGASANA (Cobra pose)
- 7) DANDASANA (STAFF POSE)
- Lactacyd 8) MATRIASANA (CAT COW pose)
- 9) PASCHIMOTTASANA (Seated forward bend)
- 10) PAVANA MUKTHASANA (Like Boat pose)
- 11) PHALAKANGASANA (Plank pose)
- 12) SHAVASANA (CORPSE POSE)
- 13) SUPTA PADMANGUSHTASANA (Reclining frog to foot pose)
- 14) TADASANA (Mountain pose)
- 15) TRIKONASANA (Triangle pose)

Knowledge of acquired melanocytic naevus is important for appropriate management and follow-up and to avoid radical surgery.

NOVEMBER 2008

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DECEMBER 2008

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OCTOBER '08

09

THURSDAY

YOGA
POSTURES
Week 41

SUPTA

- 6) PANDARAVUSHTASANA (Finger to Foot Pose)
- 16) UPAVUSHTA KONASANA (Wide angled pose)
- 17) URDHWA HASIHASANA (Raised hands pose)
- 18) VITTANASANA (Startup forward bend)
- 19) VAJIRASANA (Extended puppy pose)
- 20) VRIKSHASANA (TREE Pose)
- 21) PARIVRUTA SURYA YANTRASANA (Compass pose)
- 22) BAKASANA (Crows pose)
- 23) SARVODASANA (Eagle pose)
- 24) TITTIBHASANA (.Fly pose)
- 25) EKAPADA GALAVASANA (Flying Crow pose)
- 26) PINCHA MAYURASANA (.Forearm stand)
- 27) SALAMBA SIRSHASANA (Head stand pose)
- 28) NATARAJASANA (King dancer's pose)
- 29) Hanumanesana (Monkey pose)

Soframycin®
Skin Cream

The development of a melanocytic naevus at sites of blistering in an auto-immune subepidermal blistering disease in childhood has been reported.

Lebeau S, et al, Dermatology 2006;213(2):159-162.

- 30) VRISCHIKASANA (Scorpion pose)

OCTOBER '08

10

FRIDAY

SITTING
POSITION

Week 41

SEPTEMBER 2008

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OCTOBER 2008

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- 1) DHAYANA MUDRA (Meditation Pose)
- 2) SWASTIKASANA (Auspicious pose)
- 3) SAMASANA (Balance Pose)
- 4) PADMASANA (LOTUS POSE)
- 5) PARVATASANA (Mountain pose)
- 6) Kanne DHANOURASANA (Bow Pose)
- 7) PADMASANA YOGA MUDRA
- 8) Lactacyd[®] MAKRASANA (Twisted pose)
- 9) ARDHA MATSLENDRIYASANA (Half spinal TWIST)
- 10) SHARANGASATHA MUDRA (forward bending)
- 11) VAZRASANA (Thunderbolt pose)
- 12) PASCHIMOTTASANA (FULL Half forward Bend)
- 13) JANU HASTHASANA
- 14) HASTA SEERSHASANA

The basis for certain therapies are derived from appropriately conducted randomized clinical trial, whereas in some settings, therapy is based on clinical experience and intuition.

Kehoe S, et al. Best Pract. Res. Clin. Obstet. Gynaecol. 2006 Aug; 6: [Epub ahead of print].

15) DATTA MUDRAASANA

NOVEMBER 2008

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DECEMBER 2008

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Week 41

OCTOBER '08

11

SATURDAY

16) SARWANGASANA (Shirda stand)

17) UTTHAN PADASANA (leg raised pose)

18) MATYASANA (fish pose)

19) HALASANA (Plough pose.)

20) NOUKASANA (Boat pose)

21) SHAVASANA (CORPSE POSE)

22) TADASANA (POND POSE)

23) PAVANA MUKTHASANA (gas release pose)

24) ARDHA CHATURASANA (Half moon pose)

25) Anantashana

26) SHALABHASANA

27) DHANURASANA (Bow Pose)

28) MAKARASANA (Crocodile pose)

29) SARALA Hasti Bhujangasana

12 SUNDAY

Therapeutic interventions for gynecological cancers include surgery, chemotherapy and radiotherapy, with combination modalities often required.

30) ADHVASANA

Kehoe S, et al. Best Pract. Res. Clin. Obstet. Gynaecol. 2006 Aug. 6; [Epub ahead of print].

NOV

OCTOBER '08

13

MONDAY

AARTHI

Week 42

SEPTEMBER 2008

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OCTOBER 2008

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The philosophical meaning of AARTHI

is: The SUN, Moon & stars and the

natural source of light (sun is the first)

The Lord Surya is the source of the ^{Wonderful} phenomenon

It is due to Him that ^{all} stars get shining

to be light up to Lord Lord Aarthi,

we turn our attention to the source of light

Lactacyd This symbolizes knowledge LIFE

SUN is the presiding deity of this intellect

Moon is the deity of the Mind

Fire is the deity of speech

Lord is the supreme consciousness that

illumines all the 3 (Sun, Moon, FIRE)

Without Him intellect can't think
Mind can't feel

Patients with inoperable primary tumors or lymph nodes benefit from chemoradiation if an operation can be performed.

van Doorn HC, et al. Cochrane Database Syst. Rev. 2006 July 19;3:CD003752

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Week 42

14

TUESDAY

As we pray to the earth, we chant
 "NA TARA SURYO BHANTI ~~NA~~

NA CHANDRA TARAKAM

NETA VIDUTO BHANTI KUTO YAMAGNI BHIA

Thameva Bhantam Anubhoshi Sarva

Thanya Bhasa Sarva midam VIBhaathi

Meaning: He is there where the sun does not shine
 Now the moon, now the stars **Soframycin**[®]
 & lighting Paracetamol 17.5 mg Skin Cream

Then what to talk of this small flame? in my hand

Everything (in the universe) shines ^{only} after the LORD

By his light only we are illuminated

Our data suggest that adjuvant radiotherapy may improve the disease-specific survival of patients with single-node-positive vulvar cancer who underwent a less extensive lymph node resection (≤ 12 nodes removed).

Parthasarathy A, et al. Gynecol. Oncol. 2006 Aug; 2; [Epub ahead of print].

15

Week 42

RASAM

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On everyday lunch time RASAM
is a mixture of SIX RASAS

1) MADHURA : Jaggery or sugar
we add at the end

2) AMLA - Tamarind

Lactacyd 3) Lactams = The salt-

4) KATU = CHILLIE POWDER

5) ~~KASAA~~YA = Inguva / ASOFATIA

6) $\text{JHKT A} = \text{KAD PATHAR}$

With the current knowledge neoadjuvant therapy is not justified in patients with tumors that can be adequately treated with radical vulvectomy and bilateral groin node dissection alone.

van Doorn HC, et al. *Cochrane Database Syst. Rev.* 2006 July 19;3:CD003752

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820

Week 42

OCTOBER '08

16

THURSDAY

SHAD RASAM

Kashaya is a mixture
of 6 different tastes.

Rasam is also a Kashayam
wherein all the six RASAS
are boiled together.

Soframycin
Skin Cream

Kashayam means a liquid
in which different materials
get their complexions changed
when mixed together & boiled on fire.

In patients with large tumours that can only be treated with anterior and/or posterior exenteration, complications of neoadjuvant therapy might outweigh complications of exenterative surgery.
van Doorn HC, et al. Cochrane Database Syst Rev. 2006 July 19;3:CD003752.

OCTOBER '08

17

FRIDAY

in
October 17
Week 42

SEPTEMBER 2008

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OCTOBER 2008

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9.00 The [Sun] will rise continuously
10.00 for 36 hours (1.5 days)
11.00 Sleep the time USA will
12.00 be dark for 1.5 days. It will
1.00 Convert 3 days into 2 big days
2.00

Lactacyd It happens once in 2400 years

5.00

6.00

7.00

8.00

9.00

10.00

Education of vulval diseases to non-specialists should focus on conditions that they are most likely to encounter and find difficult to manage.

Cheung ST, et al. J. Obstet. Gynaecol. 2006 July;26(5):435-437.

2008

NOVEMBER 2008

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DECEMBER 2008

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INSTEAD

OCTOBER '08

OF

18

Week 42

SATURDAY

- 1) Instead of facing problem Look for Opportunities
- 2) Instead of Chasing Efficiency, take time to be Effective
- 3) Instead of making stupid mistakes make a point basic things
- 4) Instead of Winning Arguments } Create a dialogue in which everyone wins
- 5) Instead of finding a blame } Team up with colleagues to fix the system
- 6) Instead of bemoaning your boring day } climb from the RUT & create a new path
- 7) Instead of getting buried in too many tasks } Lift yourself up with a MISSION
- 8) Instead of exaggerating your perceived weaknesses } Exercise your real strengths
- 9) Instead of waiting for perfect conditions } Choose Today as the day for a change

Soframycin®
 Parapharm GmbH 17, 76, 88
 Skin Cream

NOV

Evaluation of sentinel lymph node may be useful in case of micro-invasive Paget's disease.

Baron M, et al. Gynecol. Obstet. Fertil. 2006 July-Aug; 34(7-8):619-621.

10) Instead of saying NO, find a way to say YES

PM may meet Bush again at G-20

Chidanand Rajghatta | THN

Washington: Prime Minister Manmohan Singh's sentimental goodbye to President Bush in the White House in September may have been a little premature. He — Manmohan Singh — is likely to be back at 1600, Pennsylvania Avenue, in November for a summit of world leaders that Bush is convening to discuss the economic crisis.

"The President is inviting the leaders of the Group of 20 countries to a summit in the Washington, D.C. area, on November 15 to discuss financial markets and the global economy," White House spokesperson Dana Perino announced on Wednesday. The leaders will review progress being made to address the current financial crisis, advance a common understanding of its causes, and, in order to avoid a repetition, agree on a common set of principles for reform of the regulatory and institutional regimes for the world's financial sectors, she added.

India is one of the members of the G-20 finance process, which includes key developed and emerging market countries, and was established in 1999 after the last financial crisis with worldwide



MEETING AGAIN?

INDIA +

implications. Other members of the group are Argentina, Australia, Brazil, Canada, China, France, Germany, Indonesia, Italy, Japan, South Korea, Mexico, Russia, Saudi Arabia, South Africa, Turkey, the UK, the US and the European Union.

While the summit itself is expected to take place on November 15 in the Washington DC area — which could include retreats in Maryland or Virginia — Bush will host a dinner at the White House the night before, officials said. That will give the opportunity to Singh, and other world leaders, to say their final goodbyes to Bush, and also possibly greet the Presi-

dent-elect, since the presidential polls would be over by then. The new president is typically sworn in on January 20, which is officially the inauguration day.

During his meeting with Bush in the White House on September 26, Prime Minister Singh told him that "this may be my last visit to you during your presidency and let me say thank you very much."

"The people of India deeply love you, and all that you have done to bring our two countries closer to each other," a sentimental Singh had said in remarks that were parsed endlessly by many commentators — and ridiculed by some.

The Singh-Bush meeting took place at the height of the economic crisis, hours before the White House announced the mega-billion bail-out of Wall Street. Although India's stakes in the financial quagmire is relatively small, Bush was reported to have said he found it calming to be in the company of Singh, a distinguished economist himself, at the time of the crisis.

Singh was the alternate governor for India on the board of governors at the International Monetary Fund (IMF) in Washington DC in the early 1980s when Bush Sr was the vice-president.

Get real, we are living in a fake world

5.00

6.00

7.00

8.00

9.00

10.00



Everything known to human beings can be faked. Thanks to advances in digital technology, 3D laser scanners and counterfeiting software, there is now little that cannot be quickly and cheaply reproduced — and sold around the world as the genuine article. The result is that one in 10 of all products sold across the globe is now believed to be counterfeit.

Mapping biopsy with care: cases of vulval tumor.

The G-8 has been under pressure to secure commitments by wealthy nations to push forward stalled UN-led talks on forging a new accord to battle global warming by the end of next year.

The new accord would succeed the troubled Kyoto Protocol when its first phase expires in 2012.

G-8 for

New Accord Will

Rusutsu(Japan): World leaders on Tuesday endorsed halving world emissions of greenhouse gases by 2050, edging forward in the battle against global warming but stopping short of tough, nearer-term targets.

The Group of Eight leading industrial nations the United States, Japan, Russia, Germany, France, Britain, Canada and Italy also called on all major economies to join together to stem the potentially dangerous rise in world temperatures.

"This global challenge can only be met by a global response, in particular, by the contributions from all major economies," the G-8 said in a joint, five-page communique. The G-8 last year at a summit in Germany pledged to consider the 2050 target, and this year's Japanese hosts had hoped to solidify that commitment at the meeting in Toyako, northern Japan.

OCTOBER '08

22

WEDNESDAY

Week 43

Teacher's DAY

SEPTEMBER 2008

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DECEMBER

2008

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OCTOBER '08

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23

THURSDAY

Week 43

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9.00

10.00

Postal screening for chlamydia does not appear to improve well-being and can lead to a decrease in anxiety

Today is Teacher's Day

Today every good man are

the celebration of 9 day

in different form of

All our children

introduced into the

Lactacyd (C 50)

We celebrate

on this

Today is

our first

Grand Lord

of the family

Tom

Chopre

Lactacyd

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22

WEDNESDAY

Week 43

Teacher's Day

SEPTEMBER 2008

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OCTOBER 2008

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Today is Teacher's Day, when we today have good won over the evil the culmination of 9 day worship of DEVI in different form of DURGA, LAKSHMI & SARASWATHI

All our children / grand children are introduced into the great process of learning Lactacyd (C507250) on this festival day

We celebrate Teachers Day / Gurm Purnime on different days, but strictly speaking today is the day on which we remember our first Gurm who initiated us Grand Father / Father / eldest member of the family residing with us

Screening for chlamydia does not appear to have a negative impact on overall psychological well-being and can lead to a decrease in anxiety levels among respondents.

Campbell R, et al. BMC Public Health 2006 Apr; 6:106.

NOVEMBER 2008

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DECEMBER 2008

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VIJAYA
DASITHI

OCTOBER '08

23

Week 43

THURSDAY

Today's the day when we
stand before our favorite teachers
at school / college / university etc
Asking them to remember us or not,
if we can meet them sometime
they feel very much elated & happy.
Unlike the present day environment
where the teacher-student interaction is NIL
Education was quite different those days
Our teachers take arduous care &
attention of his students. They
teach but also remember
their parents / grandparents
who brought them to the school.

Soframycin[®]
Skin Cream

NOV

OCTOBER '08

24

FRIDAY

Week 43

SEPTEMBER

2008

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OCTOBER

2008

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A few years ago, I happened to meet
 the teacher who taught me English
 in my fourth form. He was
 decrepit, old. > 95 years old
 half blind but living like ^{his} great grand
 children.
 When I introduced myself as son of
 S/O of S/O of S/O of Pamula.
 He was so happy to recall his memory
 of recall back his association with them.
 Shook hands with me & embraced me.
 I presented him with a THERMOS FLASK.
 He was so happy to receive it &
 preserve it & use it till his death.

The results confirmed a linear relationship between nifuratel+nystatin dose and effect. The least effective dose was nifuratel 250 mg+nystatin 100,000 IU once daily for 5 days and the best dose in terms of risk/benefit ratio was nifuratel 500 mg+nystatin 200,000 IU once daily for 5 days.

Polatti F, et al. Arzneimittelforschung 2003;53(10):730-737

NOVEMBER 2008

DECEMBER

YOUR DAY OCTOBER 26

OCTOBER '08

25

SATURDAY

Week 43

'World Arthritis Day'

'World Arthritis Day 2008' is being organised at Medwin Hospitals, 11th Floor Auditorium, between 4 pm and 5 pm.

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W/ly after my retirement for service
 I came to Meers once to see my daughter
 married here & settled @ Thiruvannam
 I happened to go one day for a bath
 along with my grand son ^{going to on} walk with
 his dog for a stroll. I came
 across Prof. Srinivasan who taught me
 personnel Mgt at Nizem's ^{Every college} Hyderabad
 I was not sure whether he was the same &
 introduced myself to check his credentials
 After hearing my version he immediately
 recalled! Are you the same MURTHY
 who secured 72% for me @ 1 mark per page
 such is the love & respect for his students
 who remembers them for life

The data underline the importance of laboratory examinations in the diagnosis of low genital tract infections for the ambulatory gynecological practice.

Boselli F, et al. Minerva Ginecol. 2004 Apr.;56(2):149-153.

OCTOBER '08

27

MONDAY

Deepavali

SEPTEMBER

2008

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Week 44

OCTOBER

2008

S	M	T	W	T	F	S
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This festival marks the Victory of
GOOD over EVIL

"Deepavali" means : Array of LIGHTS
lit - stands for victory of
Brightness over Darkness

Indian Business community starts new financial year
of new Accounts Books on this festival day

Lactacyd is an effective Cause for the Divali.

① According to Skanda Purana,
Golden SAUTI observed 21 days of austerity
starting from Sukla Pasha Ashlami, to get desired
half part of Shiva's body (3 parts of 6 parts)
Lord Shiva accepted Sakthi as his wife & offered 50%
of his body to her as 2 parts of 6 parts

Drug interactions may limit the effectiveness or increase the toxicities associated with hormonal contraception.

Williams AB. J. Obstet. Gynecol. Neonatal Nurs. 2003 Jan-Feb; 13(1): 87-93

NOVEMBER 2008

DECEMBER 2008

DIDALEG

OCTOBER '08

28

Week 44

TUESDAY

② Madi is also Celebrated for the successful
return of LORD RAMA AND HIS JOY. So the
blessmore killing Ravana with help of Sugreev
People lit oil lamps blight their path.

③ Commemoration of killing Narakaasura
The evil demon who created havoc.
Satyabhanu who lost his son
did the miracle in killing ^{Soframycin®} demon
during Dwapara Yuga.

May this light of **HAPPINESS**

Light up your life

May this Diwali be most sparkling & light up

the eyes & sounds of filling up our heart
with joy & **HAPPINESS**

It is essential to develop strategies to prevent sexual abuse and to have adequate counselling measures,
especially in juvenile delinquents.

Wishing you & your family a **HAPPY DIWALI**

Pandhi O, et al. J. Dermatol. 2003 Apr;30(4):214-32

NOV

ANDHRA PRADESH

Confident strides towards
a bright future

AP STATE CONCEPTUAL MASTER PLAN

Programs

Infrastructure Development

- Proposed APSEZ including proposed extension lands.
- "CONDUCTORS" OF LAND.
- Special Industrial: HPCL & MMTPA Refinery.
- Multi-Purpose City and SEZ.

Human Resource Development

- Proposed area for Petrochemical Refining, more polluting industry.
- Area to be reserved for this purpose.

300 crore scale budget

Bornes - Sister's Day.

Enkummales

Bornes to

come late here

the gift her

of her - her long married life

Younger son is like daughter

Elder son is like MOTHER

Other Mothers are

1) Dev is Universal mother (2) Foster Mother

3) Mother who gave U birth (4) Spouse Mother

5) MOTHER'S MOTHER (6) Elder brother's wife

7) Foster Mother

8) Spouse's wife

IT in AP - QuickBytes

- NASSCOM-KPMG projects India's software exports at US \$ 49 billion by 2009
- AP to achieve US \$ 14 billion exports in ICT sector by 2009
- Provide employment Direct-4,00,000 & Indirect- 12,00,000 by 2009
- The share of AP in national exports in IT increased from 8.62 per cent to 12.39 per cent during the last 3 years.
- While the National average is 36 per cent, AP achieved 51 per cent growth rate.

Dequalinium chloride is an efficient alternative in the local therapy of vaginal infections such as flor vaginalis, bacterial vaginosis, aerobic vaginitis, vulvo-vaginal candidiasis and trichomoniasis.

Della Casa V, et al. Arzneimittelforschung 2002;52(9):699-705.



04

TUESDAY

Week 45

Fun Quick Tips for a Happier Life

① Don't ever take anything personally! -
When U are happy with who you are
it should not matter what anyone thinks anyway!

② Don't worry - Worrying never solves anything
Whether U have control over something or not
U should not waste U r time or efforts on unnecessary stress

③ Always do the absolute best
You can do & always tell the truth
The more effort U put forth,
the more U learn the less regrets U will have

④ Don't Expect too much
Don't ever expect someone as much as U gave
it, opens the door for disappointment
Be happy with what U do for others &
be pleasantly surprised if they do the same (or more) for U

A low cost compliance and low costs of Quaternary ammonium compounds suggest that they may be used alone as well in association with specific antimicrobial agents in the treatment of most of gynecological infections, and particularly in bacterial vaginosis.

Battaglia F, et al. Minerva Ginecol. 2000 Nov;52(11):471-484.

NOVEMBER '08

10

MONDAY

Humility

Week 46

OCTOBER

2008

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NOVEMBER

2008

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One Rama asked Hanuman:

"How do you like on ME?"

Hanuman: Oh Rama, As long as I have the feeling of "I" I can't feel good.

I feel that I am the whole & I am the part. You are the Master & I am your disciple.

Then the 1st step of a devotee: **HUMILITY**

Lactacyd

The next step is SELF SURRENDER.

A devotee has to surrender to GOD 100% wholly & exclusively with his senses.

Then he becomes personal servant of GOD.

Then the entire responsibility of life & protection is taken up by the LORD himself.

Solubacter proved to be a suitable additional aid in the treatment of vulvovaginitis.

Colau JC. Rev. Fr. Gynecol. Obstet. 1989 Mar; 25:84(3; Pt. 2):291-294

2008

DECEMBER

2008

JANUARY

2009

VEDIC

MESSAGES

NOVEMBER '08

11

TUESDAY

Week 46

- ① ལོ་ལྔ་མ་འདྲི་བ་ལུ་ = lead us from bad to good
- ② ལོ་ལྔ་མ་འདྲི་བ་ལུ་ = lead us from darkness to light
- ③ ལོ་ལྔ་མ་འདྲི་བ་ལུ་ = lead us from pain to happiness
- ④ ལོ་ལྔ་མ་འདྲི་བ་ལུ་ = let us exist together
- ⑤ ལོ་ལྔ་མ་འདྲི་བ་ལུ་ = let us share our food together
result of our work
- ⑥ ལོ་ལྔ་མ་འདྲི་བ་ལུ་ = let us work together
- ⑦ ལོ་ལྔ་མ་འདྲི་བ་ལུ་ = let us get enlightened
- ⑧ ལོ་ལྔ་མ་འདྲི་བ་ལུ་ = let us not have HATRE ^{Soframycin} _{a part of my body}
- ⑨ ལོ་ལྔ་མ་འདྲི་བ་ལུ་ = tell the truth & preach Dharma
- ⑩ ལོ་ལྔ་མ་འདྲི་བ་ལུ་ = Never deviate from learning
- ⑪ ལོ་ལྔ་མ་འདྲི་བ་ལུ་ = Never deviate from Dharma path
- ⑫ ལོ་ལྔ་མ་འདྲི་བ་ལུ་ = Arise Africa - slip not till I reach Göt
- ⑬ ལོ་ལྔ་མ་འདྲི་བ་ལུ་ = Words are founded in Ur Hms
- ⑭ ལོ་ལྔ་མ་འདྲི་བ་ལུ་ = let our words be as sweet as honey

Tampon shock syndrome has been associated with the use of hyperabsorbent tampons as well as numerous other gynecologic procedures but has not been reported in patients with gynecologic cancer.

Rose PG and Wilson G. Gynecol. Oncol. 1994 Feb;52(2):264-266.

NOVEMBER '08

12

Chaitu Wille
WEDNESDAY

OCTOBER

2008

NOVEMBER

2008

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23	24	25	26	27	28	29

Vasudev = Who's doing every thing being

Sanghoshem = Who does not descend ^{his} position

Pradhyumna = Who is free of wealth

Aniruddha = Who can never be opposed

Lactacyd by using the nearest by which,
 illumination by taking water in spoon
 we derive multiple benefits of water.
 Touching various part of the body
 into diff fingers in a particular order
 acts like a shield or armour. It
 prepares the sadhaka by focusing the mind

Due to the relatively rare occurrence of yeasts in the urine from pregnant and non-pregnant women it is suspected that the increased frequency of vaginal mycoses during pregnancy is not caused by a general disposition, but that locally effective factors are responsible.

Newmann G and Kaben U: Zentralbl. Gynakol. 1975;97(6):372-378

NOVEMBER '08

13

THURSDAY

ॐ = Who takes many forms (2) of, etc. etc.

ॐ = The final refuge of Nara or human

ॐ = father of Lakshmi

ॐ = one who is attained by Vedic chanting

ॐ = one who pervades everywhere

ॐ = Destroyer of ^{demon} or evil & etc. etc.

ॐ = Who measures entire universe in 3 steps

ॐ = The small figure who ^{does} everything

ॐ = one who sustains Lakshmi

ॐ = Who rules the senses

ॐ = Who has a lotus birth in Navel

ॐ = One who has universe as his abode

ॐ = concentrated mind can perform the series of activities without mistakes

Continued treatment with pessaries and econazole cream seems to be worthwhile in order to isolate the vagina from possible *Candida* reservoirs or to hasten symptomatic relief.

Lecart C, et al. *Eur. J. Obstet. Gynecol. Reprod. Biol.* 1979 Apr;9(2):125-127.

NOVEMBER '08

17

MONDAY

Body
Shape

Week 47

OCTOBER 2008

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NOVEMBER 2008

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23	24	25	26	27	28	29

God is assembling your body with

9.00

① Laryngeal voice box - functions organ for speech action

10.00

11.00

12.00

② Upper limbs - for prehension action

1.00

③ Lower limbs - for locomotion action

2.00

④ Digestive system for sustenance action

Lactacyd

⑤ Reproductive system for procreation action

3.00

4.00

⑥ Body is mass endorsed with 4 high faculties

5.00

6.00

7.00

8.00

9.00

10.00

① Mind

② Will

③ Skill Power

④ Self awareness

Sildenafil seems to improve the clitoral blood flow of premenopausal women with type 1 diabetes.

Caruso S, et al. Urology 2006 July;68(1):167-168

2008

DECEMBER

2008

JANUARY

2009

NOVEMBER '08

18

TUESDAY

Material
Ingredients

Week 47

① Skeleton → Axial skeleton for the core
Appendicular skeleton for upper limb
Lower limb

② Bone Marrow → In manufacture of
white blood cells & storage

③ Flesh → Muscles for the body to work effectively
flesh is made to body contours
(WORK & WORKSHIP)

④ Cardio Pulmonary Vascular System } In circulation of blood
Heart to pump 72 times / min
Lungs breathe 18 times / min
6 litres of blood consume by blood vessels

Soframycin[®]
Skin Cream

⑤ Digestive system for expediting digestion

⑥ Reproductive system for propagation of species

⑦ Nervous System → Central system for commanding
Peripheral system to follow

Effective health practices and health-promoting behaviors are relatively uncommon. Effective health-care delivery systems responsive to menopausal women's health needs are highly recommended.

Shakhatreh FM, et al. Climacteric. 2006 Aug;9(4):305-311.

NOVEMBER '08

19

WEDNESDAY

God
vs
Elements
Week 47

OCTOBER

2008

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NOVEMBER

2008

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23	24	25	26	27	28	29

1) Sky element

9.00

Sound sense

Ear sense again

10.00

2) Air element

11.00

Touch sense

Skin sense organ

12.00

3) Fire element

1.00

2.00

Sight sense

Eye sense organ

Lactacyd

5.00

4) Water element

6.00

Taste sense

Tongue sense organ

7.00

5) Earth element

8.00

9.00

10.00

Smell sense

Nose sense organ

Coffee intake, especially decaffeinated, was inversely associated with risk of type 2 diabetes mellitus in this cohort of postmenopausal women.

Pereira MA, et al. Arch. Intern. Med. 2006 June 26;166(12):1311-1316.

Celebrate the child

20

THURSDAY

November 20 is Universal Children's Day observed to help

BLESHNAI KAMAGIRI

In 1954, that United Nations General Assembly recommended that all countries

Celebrate a Day

observe Universal Children's Day on the date suitable to each country. In India, we celebrate it on November 14, the birthday of Jawahar Lal Nehru.

November 20 marks Universal Children's Day, the date on which United Nations General Assembly adopted the Declaration of the Rights of the Child, in 1959, and the Convention on the Rights of the Child, in 1989. Find out about the Rights of the Child.

Change makers

Children make up about 32 per cent of India's population. Children's Day is a call to all concerned to know about the rights and privileges that would help children have a safe and secure childhood, and develop their full potential.

Children's Day is also the time to celebrate the exemplary deeds

of children whereby they have shown the way in being active members of the citizenry. For example, every year children in schools in several parts of the country take a pledge not to burst crackers not only for a smoke-free and noise-free Deepavali, but also to mark their opposition to the rampant child labour in cracker manufacturing.

CHILDREN MAKE UP ABOUT 32 PER CENT OF INDIA'S POPULATION. WHAT ARE THEIR RIGHTS?

This is also recognition of the right of every child to be protected from economic exploitation and work that is hazardous, interferes with her/his education, harms health and/or physical, mental, spiritual, moral and social development (Article 32, Rights of the Child)

Children's Media Unit, Centre for Environment Education
www.kidsrgreen.org

Act Now

Education is a fundamental right of every child. Yet millions of children are not able to enjoy this right due to different reasons. We ask each of us to do something to help such children? A good way is "teach one, reach one". Teach reading, writing, arithmetic, computers, etc., to at least one child who may not be as privileged as you. Encourage out-of-school children to join school.

BEST GIFTS

1) A smile to brighten

2) A hug to comfort

3) A hand to hold

4) A shoulder to cry on

Soframycin®
Skin Cream

5) A moment to listen

6) A memory to share

7) A word of encouragement

8) A piece of advice

9) A friendship to last

10) a lifetime

... at an age younger than 40 years increases the risk of death from all causes among the Japanese.

Amagai Y, et al. J. Epidemiol. 2006 July;16(4):161-166.

DECEMBER

2008

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JANUARY

2009

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DAY

7

Thanksgiving

Week 43

NOVEMBER '08

27

THURSDAY

A day of Thanksgiving

A day to feel happy with ^{all} family members
and not to worry about anythingA day to forget & forgive
to let all in one's strideA day to be nice to all
without any maliceA day to feel thankful
& not to be resentfulSoframycin[®]
Skin CreamA day to be kind to all neighbors
with love & affection to neighbors

A day of PEACE & LOVE

With no violence to Nature & LIFE

A day to remember all best things
& to forget all past worst things.

MAL-PDT is a feasible treatment and seems to offer a reliable strategy in the control of vulvar Paget's disease and of its symptoms.

Raspagliesi F, et al. Gynecol. Oncol. 2006 June 19; [Epub ahead of print].

DECEMBER '08

01

MONDAY

TIME

Week 49

NOVEMBER 2008

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DECEMBER 2008

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Time stands still when Mind stops
 Ancient sages measure TIME in terms of KSHANAS
 This is the time between two of your thoughts
 Buddha referred to this as "SOONYA"
 In the case of an average person, this is aching,
 desires & thoughts pass out without any STOP
 The time between two thoughts is very small

Lactacyd In the case of an enlightened being
 who is no mind - self states, STOP is infinite
 One can make effort to lengthen the
 KSHANA (SOONYA) or SOONYATI (Buddha)
 as much as possible, so that he dwell
 on the same thought (like the same person)
 as much as possible

Nodular hyperplasia of Bartholin's gland is a rare lesion with benign behaviour. It is a distinct entity and can be separated histologically from an adenoma.

Santos LD, et al. Pathology
 2006 June; 38(3): 223-228

2008

JANUARY

2009

FEBRUARY

2009

DECEMBER '08

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Prayer

02

TUESDAY

Oane to give of LIFE

Om Bhoo Bhuvah Svaha

Tat Savituri Varanyam

Bhargo De Vasya Dhymahi

Dheyo yonah Pracho dayaat

Oh Supreme Lord, You alone are TRUE

You alone are worthy of glorification & adoration

You are the Creator & Sustainer of all

Some father, You are all powerful

All wise, Eternal & Merciful

Soframycin[®]
Skin Cream

I want to worship You in the temple of my heart

I want to feel Your presence in my body

I know my feelings & nothing is hidden from You

You are great - It helps me believe good & pure.

Let me lead a sinless life & happily

Illuminate & inspire my intellect

Grant me great understanding & peace of MIND.

Estrogen-based therapies are the treatments of choice in young women with a premature menopause since estrogen deficiency before the age of 40 increases the risk of osteoporosis and cardiovascular disease.

Rees M, et al. Eur. J. Surg. Oncol. 2006 May 11; [Epub ahead of print].

So that I live happily under Your Divine GLORY

DEC

DECEMBER '08

03

WEDNESDAY

Week 49

NOVEMBER 2008

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DECEMBER 2008

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28	29	30	31			

This is A Sabakam in Telugu language
 All 100 wisdom poems included in
 various genres jinnal occupiers
 an honorable position in Telugu culture
 The SS is composed by Bhadracharya
 popularly called BHADRACHARYA of 13th century
 He has a Chola portrait & was a
Lactacyd student - disciple of the
 reputed poet TIKKANA SOMA BHASHE
 one of the authors of Mahabharatham
 It contains the essence of Ramayana
 in a nutshell
 in between the lines of the Sabakam
 for one's personality development &
 excellence paving the way for peace & bliss.

Results of large multicentred trials are awaited. Presently, screening for endometrial, vaginal and vulval cancers is not justified.

Sharma A, et al. Eur. J. Surg. Oncol. 2006 May 6; [Epub ahead of print]

2008

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JANUARY 2009

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FEBRUARY 2009

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2020
2020

Week 49

DECEMBER '08

04

THURSDAY

Sunnati Satakam is one of the earliest Telugu literary works translated into European language. Sri Charles Peter Brown, the then civil servant in AP rendered some poems into English in 1840.

All through the years, this Satakam is familiar to all parents & teachers to teach the right ^{of special values} conduct to children. Even after 700 years the majority of poems are relevant to modern times. Speaks volumes of the great compositions.

Soframycin®
Skin Cream

Methods to screen for various gynecological malignancies need further evaluation before implementation in the general population.

Sharma A, et al. Eur. J. Surg. Oncol. 2006 May 6; [Epub ahead of print].

DECEMBER '08

05

FRIDAY

Difficult
to read

Week 49

NOVEMBER

2008

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DECEMBER

2008

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9.00

10.00

11.00

12.00

1.00

2.00

Lactacyd

5.00

6.00

7.00

8.00

9.00

10.00

1) Ganapathi Homam = welcome Hanuman

2) Durga Homam = to avoid negative energy

3) Punyachavacharam = Samadhi up to place of purpose

4) Agastya Homam = Celebrate coronation & promote longevity

5) Vastu Homam = Control surface around the house

6) Mahadevi Homam = Marriage partner to promote

7) Mangal Samskaram Homam = auspicious event like Birthday Marriage

8) Kritya Karthavya yoga = to negate Black Magic

Plastic surgery enlarges the spectrum of feasible surgical alternatives so that a more favorable oncological outcome and excellent cosmetic results may be expected.

Weikel W, et al. Am. J. Obstet. Gynecol. 2006 May 6; [Epub ahead of print]

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JANUARY 2009

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FEBRUARY 2009

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2009

Jr 200

DECEMBER '08

06

SATURDAY

Week 49

purpose

- 1) Vidya Homam = to provide education for students
- 2) Dharmavanti Homam = to expedite healing of wounds
- 3) Sayatri Homam = to negate Bad Karma
- 4) Navagraha Homam = to set right stars in horoscope
- 5) Lakshmi Kubera Homam = financial success
- 6) Sukarshana Homam = for small success
- 7) Niluja Homam = for daily progress

Soframycin®
Skin Cream

17 SUNDAY

AC 2008

DATA JAYANTHI

Individualized reconstructive surgery of the vulva leads to good results in patients with recurrent vulvar cancer.

Weikel W, et al. Am. J. Obstet. Gynecol. 2006 May 6; [Epub ahead of print].

DECEMBER '08

08

MONDAY

NOVEMBER 2008

~~| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| 30 | | | | | | 1 |
| 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 | | | | | | |~~

Week 50

DECEMBER 2008

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21	22	23	24	25	26	27
28	29	30	31			

Self Discipline

9.00

10.00

11.00

12.00

1.00

2.00

5.00

6.00

7.00

8.00

9.00

10.00

Spiritual discipline determines the character of a person.

Character determines destiny. Liked food or bad or neutral.

Character is built up by constant practice of good & noble actions.

Acting in him, one based on one's thoughts & intentions.

Whenever any thought arises in the mind one should examine whether it is right or wrong.

It has to be good to society or cause harm to.

Our thoughts & actions alone are responsible for our plight.

If I entertain pure thoughts & does all actions with pure heart in GOD, He has to fulfill the God's grace.

UVA1 phototherapy is well tolerated and could provide an acceptable therapeutic option for patients with severe genital lichen sclerosis.

Beattie PE, et al. Clin. Exp. Dermatol. 2006 May;31(3):343-347

2008

JANUARY

2009

FEBRUARY

2009

DECEMBER '08

09

TUESDAY

Presently
Week 50

Man has been enslaved by Money &
 People live a life of a slave, a life of a
 slave. One should seek to possess only as much money
 as is required for his essential living.
 Many have been subjected to complete loss of
 self because of money, it breeds pride & egoism.
 In pursuit of money, man becomes a beast.

Money is the nature of man, it
 piles up at one place, it breeds pollution
 spread it wide, if we have a bumper harvest
 of it, spend money well for quarters
 of joy, contentment & happiness.

Modernism means self control & self confidence.

Soframycin[®]
 Skin Cream

UVB therapy may be of benefit in the management of vulval lichen sclerosus, a disease that is often
 poorly responsive to standard therapies.

Beattie PE, et al. Clin. Exp. Dermatol. 2006 May;31(3):343-347.

DECEMBER '08

10

WEDNESDAY

*Human
Rights
DAY*

NOVEMBER 2008

S	M	T	W	T	F	S
30						1
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Week 50

DECEMBER 2008

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21	22	23	24	25	26	27
28	29	30	31			

9.00 Hope there are the type for Humanity

10.00 Hope you are the certainty for Electricity

11.00 Hope U are the essence of longevity
12.00 for global universality

1.00 Hope U are the string of continuity
2.00 in the past, present & future connectivity

Lactacyd
Local Anesthetic

3.00 Hope Kon are the energy
4.00 that moves world community

5.00 Hope U are the fraternity of creativity,
6.00 Collectively, I comment shared with
7.00

8.00 Hope is based on true spirituality

9.00 There is always I live & am shall be. HOPE
10.00

FW

With time and treatment, three quarters of patients of erosive lichen planus of the vulva can expect overall improvement of symptoms and one half, healing of erosions.

Cooper SM, et al. Arch. Dermatol. 2006 Mar;142(3):289-294

DECEMBER '08

12

FRIDAY

Event

9

Ramayana

Week 50

NOVEMBER 2008

S	M	T	W	T	F	S
30						1
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DECEMBER 2008

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28	29	30	31			

- 1) Rama's Birth Date 4th Dec 7323 BC
- 2) Rama married Sita 7th April 7307 BC
- 3) Rama Exiled on 29th November 7306 BC
- 4) Rama meets Hanuman
- 5) Hanuman entered Lanka 18th Sep 7292 BC
- 6) ^{Lactacyd} Hanuman meets Sita 2nd Sep 7292 BC
- 7) Setu Bridge Built on 26-30th October 7292 BC
- 8) War began on 3rd November 7292 BC
- 9) Kumbhakarna ^{son} killed 7th November 7292 BC
- 10) Ravana was killed by Rama 15th Nov 7292 BC
- 11) Rama returned to Ayodhya 6th Dec 7292 BC

Obesity, hormone replacement therapy and anti-depressant therapy may contribute to the development of severe pulmonary hypertension in genetically predisposed women.

Taraseviciute A, et al. Eur. J. Med. Res. 2006 May 5;11(5):198-202.

DECEMBER '08

15

MONDAY

ODE
TO
MOTHER

Week 51

NOVEMBER

2008

S	M	T	W	T	F	S
30						1
2	3	4	5	6	7	8
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DECEMBER

2008

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7	8	9	10	11	12	13
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21	22	23	24	25	26	27
28	29	30	31			

Oh Mother, I bow to Thee My dear Mother
 Divine Mother of All Mothers & All fathers
 Mother of all brothers & sisters
 Mother of all Daughters & sons
 Mother of Three Divine Mothers of Life
 I owe you; Mother of TRINITY ^{WISDOM & Wealth}
 Mother of Primordial, Theosophical
 spiritual & Anthropological, Biological &
 Geneological
 Every one's Mother & Universal Mother
 Great Grand Mother, Material & spiritual
 My Mother, Your Mother X
 X Chromosomal & DNA Mitochondrial
 Thankful to you for everlasting Maternal Love
 Says love Krishna filial & blissful

Onset of menopause in Turkish women living in rural region is earlier on average women living in western or industrialized countries.

Discigil G, et al. Maturitas. 2006 Oct; 20(55(3):247-254

2009	1	2	3	4	5
1	2	3	4	5	6
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25	26	27	28	29	30
31					

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17	18	19	20	21	22	23	24
25	26	27	28	29	30	31	

Worship

DECEMBER '08

16

Week 51

TUESDAY

Diff forms of worship

PRATHAMA PRATHMA POOZA

Japa Stotram Madhyama

Uttama Manasa Poza

Soham Vachanam

(Meaning) : Of all forms of worship of God
 The 1st one is worship of idol
 The 2nd one is Meditation & prayer
 (middle)

The best one is MENTAL WORSHIP

Better than the BEST is

MEDITATION says SOHAM

Soframycin[®]
 Skin Cream

Consumption of coffee, a major source of dietary antioxidants, may inhibit inflammation and thereby reduce the risk of cardiovascular and other inflammatory diseases in postmenopausal women.

Andersen LF. Am. J. Clin. Nutr. 2006 May;83(5):1039-1046.

DECEMBER '08

17

WEDNESDAY

LIFE
Made
SIMPLE
Week 51

NOVEMBER 2008

S	M	T	W	T	F	S
30						1
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DECEMBER 2008

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28	29	30	31			

Life is a fantastic experience

U can transform it to anything U want
if only U have the will & time to go for it

I am attracted by this term for the

page of the classifieds which seeks

to make the life of the reader simpler

by dividing ^{ads} into various attractive terms like

Lactacyd
skin care & cosmetics

A for Automobiles

B for Business

C for Cultural Heritage

E for Education

L for Life style; M for Motivation

V for Vacancies & more

Successive annual increases from 1994 through 2001 in the prevalence of current hormone therapy use by postmenopausal women living in Geneva were dramatically reversed to the level in 1994 just after the results of the WHI trial were published, but only for naturally postmenopausal women with an intact uterus. Approximately one in three of the latter women who stopped using hormone therapy may also have lost its beneficial effects on bone health.

Morabia A, et al. Menopause 2006 Jan-Feb;13(1):111-115.

JANUARY

2009

FEBRUARY

2009

BEING

A

FRIEND

Week 51

DECEMBER '08

18

THURSDAY

Believing in ME

Encouraging ME to be myself

Inspiring ME to do my best

Never letting ME DOWN

Giving me so much in life.

Always being there for ME

Soframycin[®]
Skin Cream

Finding the good things in people

Reminding ME how wonderful the world is

Interesting ME in new things

Expanding my horizons

Nurturing my soul

Doing all nice things I can do.

Hot flashes in peri-menopausal, and urogenital, and psychological in post-menopausal women are the most prevalent symptoms.

Discigl G, et al. Maturitas 2006 Oct; 20(55(3):247-254.

22

MONDAY

9

Unives e

Week 52

S	M	T	W	T	F	S
30						1
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

1) Law of BIOmechanics: The severity of the itch is inversely proportional to the reach

2) Heister Rule: The people whose seats are farthest arrive last

3) Law of coffee: As soon as you sit down for coffee or tea you will call it to do something else you had until your coffee gets cold

4) Brown's law: If the shoe fits, it is ugly

Lactacyd

5) Oliver's law: A closed mouth gets no feed

6) Wilson's law: As soon as you find a product that you really like the co. will stop producing it.

Topical pimecrolimus may be a valuable second-line treatment for patients with steroid-related side-effects or steroid-resistant genital lichen planus.

Lonsdale-Eccles AA, et al. Br. J. Dermatol. 2005 Aug; 153(2):390-394.

JANUARY

2009

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4	5	6	7	8	9	10
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FEBRUARY

2009

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22	23	24	25	26	27	28

MEDITATION

DECEMBER '08

PRAYED

23

Week 52

TUESDAY

- 1) May I live for 100 years
- 2) May my body be still & comfortable
- 3) May my head, neck & trunk be aligned
- 4) May my breath be smooth, slow, serene & with no pauses
- 5) May the flow of thoughts in my mind be undisturbed
- 6) May my meditation bring peace, happiness & BLISS
- 7) May I maintain good health
- 8) May I complete my manipulations daily
- 9) May all my children live happily with their families
- 10) May I think of your presence always & pray for you

Soframycin®
Neomycin 1% / Fluocinonide 0.05%
 Skin Cream

Neomycin 1% cream has been found to be an effective treatment for genital lichen planus. Local use is safe, but it may be better tolerated than topical tacrolimus.

Lonsdale-Eccles AA, et al. Br. J. Dermatol. 2005 Aug.;153(2):390-394.

DECEMBER '08

24

WEDNESDAY

MAITRI

30 (6)

Week 52

NOVEMBER 2008						
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DECEMBER 2008						
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

MAI + TRI

Mind
Body
Soul

(A feeling of oneness in Mind, Body & soul)

Lactacyd

Short-term treatment with tibolone showed a good clinical-laboratory safety profile in postmenopausal women with NIDDM.

Freitas AK, et al. Arq. Bras. Endocrinol. Metabol. 2005 June;49(3):433-440

2008

JANUARY

2009

FEBRUARY

2009

WHAT
WE
DON'T
HAVE

Week 52

DECEMBER '08

25

THURSDAY

Too many of us are hung up
on we do not HAVE, can't have
or won't ever HAVE
we spend too much of an energy
and getting down
then we could use the same energy
if not less of it
doing or atleast trying to do

Soframycin®
Skin Cream

Some of the things we really want to
So use use your
TIME & ENERGY
on certain things you can do
To achieve what U want.

Research shows Viagra may play a role in female sexual dysfunction.

Cornell K, et al. Am. J. Obstet. Gynecol. 2005 May;192(5):1712-1717.

2008
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19 20
26 27

JANUARY					2009		
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FEBRUARY					2009	
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22	23	24	25	26	27	28

WHAT
WE
DON'T
HAVE

DECEMBER '08
25
THURSDAY

Too many of us are hung up

on we do not HAVE, can't have
or won't ever HAVE

We spend too much of our energy
and getting down

When we could use the same energy
if not less of it

Doing or at least trying to do

Soframycin[®]
Skin Cream

Some of the things we really want to do

So use use your
TIMED ENERGY
on certain things you can do
To achieve what U want.

Pudendal nerve integrity may play a role in female sexual dysfunction.

Connell K, et al. Am. J. Obstet. Gynecol. 2005 May;192(5):1712-1717.

DECEMBER '08

26

FRIDAY

NEVER
SAY

Week 52

NOVEMBER 2008

S	M	T	W	T	F	S
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DECEMBER 2008

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That I don't have enough TIME

I have exactly same no of hours
in a day that were given to
Helen Keller, Louis Pasteur
Michelangelo; Mother Theresa
Leonardo DA VINCE

Lactacyd

Thomas Jefferson or Albert Einstein

Make best use of all TIME

Available at Ur Command

[Once lost] is gone for ever
Ur never get it
again & again.

The Framingham Score system is not an accurate device to estimate risk of CVD in premenopausal women with type 2 diabetes mellitus, who otherwise have a multiple features of the MSyn.

Aviles-Santa L, et al. J. Diabetes Complications 2006 Mar-Apr; 20(2):69-74

JANUARY 2009

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25	26	27	28	29	30	31

FEBRUARY 2009

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Forms of
Showing
RESPECT

Week 52

DECEMBER '08

27

SATURDAY

1) APTUTHANA → Rising up to welcome a person

2) Namaskara → Paying homage with NAMASTE

3) PASANSRAHAN → Touching the feet of elders

Sashtanga → Prostrating fully with
forehead, arms touching
the front of the elder's
feet, knees, chest & stomach

Soframycin®
Skin Cream

4) Prashnivandana → Returning a greeting

28 SUNDAY

Low adiponectin concentrations may be a predictor for development of cardiovascular disease in postmenopausal diabetic patients.

Jaleel F, et al. Clin. Chim. Acta. 2006 Aug.; 370(1-2):76-81.

JANUARY 2009

S	M	T	W	T	F	S
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FEBRUARY 2009

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Forms of
Showing
RESPECT

Week 52

DECEMBER '08

27

SATURDAY

- 1) PRATYUTHANA → Rising up to welcome a person
- 2) Namaskara → Paying homage like NAMASTE
- 3) UPASANSRATHAN → Touching the feet of elders
- 4) Sashtanga → Prostrating fully with
Pranam
the feet, knees, chest & stomach
and head, arms touching
the ground in
front of the elder
- 5) Pratyushirandana → Returning a greeting

Soframycin®
Skin Cream

28 SUNDAY

Serum adiponectin concentrations may be a predictor for development of cardiovascular disease in postmenopausal diabetic patients.

Jaleel F, et al. Clin. Chim. Acta. 2006 Aug.;370(1-2):76-81.

DECEMBER '08

29

MONDAY

Way
to
Salve

Week 1

NOVEMBER

2008

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DECEMBER

2008

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28	29	30	31			

9.00 ① Apply Sai Viboothi (mixed with water)
to the affected part of your body

10.00 ② Pray Sai to change water
with his rays of blessings

11.00 ③ Visit Temple, light lamps
Do prayers at your house

Lactacyd

12.00 ④ Keep SAI SAT CHARITHRA
near the person, curing
while being treated

1.00 ⑤ Speak about Shirdi Sai
leelas, stories & Anecdotes

Women in different groups hold different beliefs about HRT use. Uncertainty among women with diabetes is not resolved as quickly as among women without diabetes.

Huston SA, et al. Maturitas 2006 Aug; 20:53(1):38-68

JANUARY 2009

S	M	T	W	T	F	S
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4	5	6	7	8	9	10
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FEBRUARY 2009

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15	16	17	18	19	20	21
22	23	24	25	26	27	28

When U are in
some
Problems

Week 1

DECEMBER '08

30

TUESDAY

⑥ Chanting SAI Ram mantra
OAM SRI SAI RAAM

9.00

10.00

11.00

12.00

1.00

2.00

⑦ Play Sanki Sevi Baba cassette
or Songs or Anthi

5.00

6.00

7.00

8.00

9.00

10.00

8) Try to involve yourself in
some humanitarian work

Soframycin[®]
Skin Cream

9) Baba likes when you
pray whole heartedly

10) Sai Lin appear before you
with His Blessings

If used to estimate risk of CVD, the Framingham score system could underestimate the risk of CVD in both young men and women with type 2 diabetes mellitus.

Aviles-Santa L, et al. J. Diabetes Complications 2006 Mar-Apr;20(2):69-74.

DECEMBER '08

31

WEDNESDAY

NOVEMBER 2008

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DECEMBER 2008

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Week 1

FAITH
helps you

to a better state of living

9.00

10.00

11.00

12.00

1.00

2.00

1) Living in confidence. Let them
will be healthy in days to come

2) Living WITH TRUST Let them burn
Shanti Sai Lini surely heal U & pains

Lactacyd

5.00

6.00

7.00

8.00

9.00

10.00

3) Living WITH HIS Support—
Trusting Sai from bottom of Ur heart
Let He Lini protect U forever

4) Living with wholehearted belief
Let SAI has powers to cure
Ur disease & make U healthy

5) Leave all Ur problems @ the feet of SAI

More favorable levels of metabolic and hemostatic factors were associated with higher levels of follicular-phase estrogen, a pattern consistent with a more competent ovary, and higher levels of follicular-phase PdG, perhaps of adrenal origin.

Matthews KA, et al. J. Clin. Endocrinol. Metab. 2006 May;94(5):1789-1795



Q. ITA MAHATYAY

Index

When can a human being
be called a martyr?

0.544144

GITA MAHATMYAM

Index

Bhagavan } Qn: When can a human being
to } facing his own Karma,
Lord Krishna } then can be called Bhagavan?
Ans: by } When one is facing his own Karma
Lord } start meditating GITA (Aes)
Krishna } through his life he can be relieved
of can lead his life happily, thoughtless.

Water can not stay on lotus leaves. Similarly
sin will not stay in him, who reads holy book
GITA. Where Gita parayanam is done,
then Gods, sages, Yogis etc will come & help
in dire situations.

Bhagavan: Whosoever is listening to GITA,
there my presence will be there,
because GITA is my NIVASA MANDIR.

A person who is facing his own Karma,
start listening to GITA with interest &
later enters Vaikuntha like Lord Krishna
happily & permanently.

TIME

Index

Time is meant to be measured by MOMENTS

Not- the seconds or mts or hours or days
It is how U spend these mts/seconds/hours
That matter most-
For TIME can be wasted in so many ways.

All the TIME in the world could be lost in a flash
U never know just where the time has gone ^{into}
So if U have people whom U love in Ur life
Use Ur TIME wisely & let them all know

Make the best of Ur life's moments
What really matters at the end of the day
is if U have made best-use of the TIME.
I said everything that U have needed to say
Don't ^{sit} just there waiting. Only live once
in a life time



RAMA : What it means?

RAMA has three meanings:

- ① the one entity from which yogis get bliss
- ② It is most glittering entity of the universe
RATI = Glittering (RA)

- ③ Mahindra = WORLD (MA)

So glittering entities get their glitter from
RA of RATI & MA (MAHINDRA)

The moon gets its glitter from ~~EARTH~~
The earth entity gets its glitter from SUN
The sun gets energy from cosmological nucleus

- ③ The third meaning is Ravana Ma rama

The first syllables of Rati the above words
When Ravana asked Hanuman how he can jump to
Hanuman's reply: - I will take his name singing
Hence the name is more powerful.
When the name is named

The named by the being named remains nameless
When there is no devotee, God has no name
Only when Hanuman became his devotee
Ravana's name got glorified