

# CUTICON NE STATES 2017

## Souvenir



**28<sup>th</sup> Annual Conference of North East States Branch, IADVL**  
**27<sup>th</sup> & 28<sup>th</sup> Oct. 2017: Shillong**

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*From the Desk of Director*



It is indeed a great honour and a proud moment for the Shillong Chapter NEIADVL to be hosting this year's annual CUTICON on 27th and 28th October 2017.

This will be my first conference in NEIGRIHMS, Shillong as the director.

After a long and tedious discussion the organising committee has deliberately focused on addressing certain common skin conditions in a comprehensive way. I sincerely hope that NEIADVL CUTICON 2017 will be a unique learning and sharing experience for all the delegates amidst the beautiful surroundings of NEIGRIHMS.

I hope that all of you will have a comfortable stay and a fruitful interaction.

**Prof (Dr.) D.M.Thappa**  
Director, NEIGRIHMS

*From the Desk of National President  
IADVL*



I am immensely pleased to know that CUTICON NE states 2017 will be held on 27th-28th October, 2017 at Shillong.

It is always tempting to come to north east but I am not in a position to come.

The theme of the conference is "Addressing common skin diseases in comprehensive way".

My appreciation for focusing on common skin diseases.

Inputs during the conference will go a long way in giving a lot of insight for treating common skin diseases and in strengthening our approach while managing such problems in daily practice.

Pre conference workshop on Dermoscopy is the need of the hour.

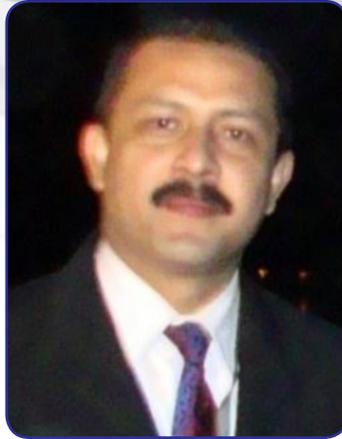
Shillong, the Scotland of east, will provide a scenic background and plenty of site seeing places will attract large number of participants.

I am confident that team NEIADVL, Shillong chapter along with support of veterans and seniors will make it a fruitful event, scientifically and otherwise.

Best wishes.

Let us create brilliance together.

**Dr. Yogesh S. Marfatia**  
National President IADVL



## *Message*

It is a matter of great pleasure that the 28th Annual Conference of North East (NE) States Branch of Indian Association of Dermatologists Venereologists & Leprologists (IADVL) – CUTICON NE States 2017 - is going to be held at Shillong, Assam on 27-28 October, 2017.

The Organising team, under the leadership of Dr. Meera Wahlang and Dr. Binod Thakur, ably assisted by Dr. Veera Bareh, Dr. Anil Balki, Dr. Kalkambe Sangma and many others, has left no stone unturned to make CUTICON NE States 2016 a most memorable event.

The Scientific Committee, with Dr. Jagjeet Sethi as the Chairperson and Dr. Shikha Verma as the Secretary, has prepared a comprehensive scientific program with topics of relevance to clinical practice. The delegates can look forward to enriching and interactive deliberations on various subspecialties of our composite specialty

I am glad that a Souvenir is being published on the occasion. I extend my congratulations and best wishes to its Editor - Dr. Anita Marak, the Co-Editor- Dr. Dabette Kharkongor and other members of the Souvenir Editorial Board for their dedicated efforts.

On behalf of the IADVL National Executive, I wish the very best to all members of NE States Branch and hope that the efforts of Team CUTICON NE States 2017 are crowned with overwhelming success.

To conclude, I take this opportunity to request all members of IADVL NE States Branch to sign up at [www.iadvl.org](http://www.iadvl.org) and log in to edit your profile details and gain access to a surfeit of online membership privileges. I would also appreciate if all of you download the IADVL Derm App and use the same to stay tuned to association announcements and to each other.

Long live IADVL!

**Dr. Shyamanta Barua**  
Honorary Secretary General, IADVL



## *Message*

It is a matter of great pleasure that 28th Annual Conference of NE States Branch of IADVL is going to be held at North Eastern Indira Gandhi Institute of Health and Medical Sciences (NEIGRIHMS), Shillong Meghalaya from 27th October 2017 to 28th October 2017. I hope these two days of scientific deliberation, exchange of information and experiences will be rewarding to all the fellow delegates.

I wish the grand success of the conference.

Long Live IADVL NE States Branch.

**Professor (Dr) Pankaj Adhicari**  
President North East IADVL



## *Message*

Dear Members,

On the occasion of the 28th Annual Conference of the North East States Branch of the Indian Association of Dermatologists Venereologists & Leprologists being held at Shillong on the 27th & 28th October, 2017 I welcome all the delegates to this coveted event. The conference is very dear to the hearts of the NEIADVLites and this time the responsibility of organizing it has been taken up by the members of the Shillong Chapter who I am sure will not leave a single stone unturned into making it a grand success.

Shillong, rightfully hailed as "The Scotland of the East" has a history of organizing excellent conferences and the organizing committee lead by Dr. Meera Wahlang, Dr. Jagjeet Sethi, Dr. Binod Kr.Thakur and the others are making every single effort into giving it the shape & honour it deserves.

Wishing a successful CUTICON NEIADVL 2017.

**Dr. Analjyoti Bordoloi**  
Secretary North East IADVL



## *Message*

It is with great pleasure I welcome all of you to the 28th Annual Conference of the North East States Branch of the Indian Association of Dermatologists Venereologists & Leprologists being held at Shillong on the 27th & 28th October, 2017.

I know that each and every one of you has taken out some time from your hectic schedule to be able to attend this much coveted meeting. I hope that the dermatoscopy workshop and the discussions in the sessions will benefit all of us not only in current setting but in future as well.

I take this opportunity to welcome and thank all our respected speakers, chairperson, moderators and panellists for their valuable participation in this conference. I also extend my gratitude to all the members of the organising committee for their great and undying effort in arranging and organising this conference.

I would like to apologize for all our shortcomings and mistakes. May you find in yourself a forgiving heart.

Hope you all enjoy your visit and stay here at Shillong.

**Dr Meera Wahlang**  
Organising Chairperson  
CUTICON NE STATES 2017



## *Message*

This is a proud moment for me that the Shillong Chapter of NEIADV is organizing the 28th Annual conference of North East States branch of Indian Association of Dermatologists, Venereologists and Leprologists (IADVL) CUTICON NE States 2017 at NEIGRIHMS, Shillong on 27th and 28th October, 2017. I welcome you all to this prestigious event of NEIADV. With the help of our scientific committee we are committed to give you an academic feast.

To the best of my knowledge this is the first time that two full day conference including a Dermoscopy workshop is being held in CUTICON NE States. All our members have worked very hard to give you a memorable event. I am happy to share that Assam Council of Medical Registration has given 4 CME credit hour points for the conference.

I am deeply thankful to all our members of organizing committee. I am also thankful to the Director of NEIGRIHMS and all my senior members of NEIADV who have been helping me whenever I need.

I hope you will enjoy the scientific deliberations of the conference as well as our hospitality.

**Dr Binod Kumar Thakur**  
Organising Secretary  
CUTICON NE STATES 2017



## *Message*

I feel privileged to extend a most warm welcome to all the delegates and our esteemed faculty for the Cuticon NE States 2017 at Shillong, Meghalaya

The theme of the conference "addressing the common skin diseases in a comprehensive way" is to address the broader interest of all the delegates. The conference will be preceded by a workshop on dermatoscopy including onychoscopy and trichoscopy. We would cover most of the common prevailing skin conditions as psoriasis, fungal infections, acne, insight into trichology, dermatopathology and skin as a barrier followed by interactive panel discussions and the numerous award papers, posters and abstracts. I am sure it would make a great learning experience for everyone.

We are fortunate to have with us a highly experienced and renowned faculty to do the honours.

I earnestly thank Dr DM Thappa, director NEIGRIHMS for his support. Sincere thanks to all the members of the organising committee and the NEIADVL committee for the relentless support and inputs.

I hope you all will enjoy the conference and also our beautiful abode of clouds. Requesting an energetic participation from all delegates in order to make the conference a worthwhile and memorable experience.

Warm regards

**Dr Jagjeet Sethi**  
Scientific Chairperson  
CUTICON NE STATES 2017



## *Editorial*

On behalf of the NE States branch IADVL, I extend my warm welcome to all members and delegates to the 28th Annual Cuticon, here at Shillong.

I'm extremely fortunate to be given this opportunity to present you the souvenir book for this year.

It brings forth a collection of articles, poems, personal experiences in life and clinical practice in an attempt to let all the readers enjoy the ride as they turn every page.

Organising a scientific conference is never an easy task. It is the result of a long and arduous collective effort put in by each and every member of the organising committee; beginning from the conceptual stage working all the way up to the finale.

We may belong from diverse cultural and linguistic background, but conferences like these create a platform for us to come together and share our experiences and knowledge of this vast field of medical sciences.

Our endeavour for this year's conference is to bring to light and enhance our existing understanding in certain aspects of dermatology, by involving various renowned and expert dermatologists.

I hope that this programme will be able to do justice and that we will go back happy and a little wiser.

My heartfelt gratitude goes out to all those individuals for their wonderful and commendable contributions to this souvenir.

Once again I welcome all of you to Shillong, may you have a memorable and a pleasant stay here.

**Dr Anita Marak**  
Editor, Souvenir  
CUTICON NE STATES 2017

## Schedule for Cuticon NE STATES 2017

Time/ Date 27.10.2017	Session	Speaker	Chair person
09:00 am -12.30 am	Workshop on Dermatoscopy and live demo. <ul style="list-style-type: none"> <li>• Basics of Dermatoscopy</li> <li>• Dermatoscopy of Hyperpigmentary disorders</li> <li>• Vascular Patterns in Dermatoscopy</li> <li>• Onychoscopy</li> <li>• Trichoscopy of noncicatricial alopecia</li> <li>• Trichoscopy of cicatricial alopecia</li> </ul>	Dr Laxmisha Chandrashekar Dr Binod Kumar Thakur	
12.30 pm - 01:00 pm	CTD in children. A clinical perspective	Prof (Dr) D M Thappa	Dr Jogesh Das Dr Anita Barua
02:00 pm - 04:00 pm	Award and free paper		Dr Basobi Barua Dr Madhusmita Lahkar
04:00 pm - 05:00 pm	Inaugural function & High Tea		
05:00 pm - 06:00 pm	Dr TC Saikia Memorial Oration	Dr CR Srinivas	Dr Pankaj Adhicari Dr Jagjeet Sethi

<b>Time/ date 28.10.17</b>	<b>Session</b>	<b>Speaker</b>	<b>Chairperson</b>	<b>Moderator</b>	<b>Panellists</b>
09:00 am - 09.30 am	Systemic treatment of psoriasis: - What & when	Dr Pankaj Adhicari	Dr K C Talukdar Dr Sandra Albert		
09.30 am - 10:00 am	Panel discussion: Psoriasis affecting vulnerable population			Dr LakshmiPriya	Dr Pankaj Adhicari Dr Leishiwon Kumrah Dr Chayanika Kalita Dr Arup Paul
10.05 am - 10.35 am	Hair loss -past, present and future:	Dr Anil Abraham	Dr Krishna Talukdar Dr KK Das		
10.35 am - 11.05 am	Panel discussion- Evaluation and treatment of non scarring alopecia	Dr Analjyoti Bordoloi			Dr Anil Abraham Dr Anushree Baishya Dr Aruna Devi
11.10 am - 11.40 am	Role of Dermatopathology in diagnosis of cutaneous vasculitis	Dr M Ramam	Dr K N Barua Dr Jyoti Nath		
11.40 am - 12.10 pm	Panel Discussion: challenging dermatopathology cases.			Dr Sherina Laskar	Dr M Ramam Dr Vandana Raphael Dr Shikha Verma Dr Sandra Albert
12.15 pm - 01.15 pm	General Body meeting				
02 pm - 02.15 pm	Medical Ethics				
02.20pm - 02.50 pm	Recent trends in clinical presentation & management of Dermatophytosis:	Dr Shyamanta Barua	Dr Debeeka Hazarika Dr James Thanzama		
02.50 pm - 03.20 pm	Panel discussion: superficial and deep fungal infection.			Dr Rajib Gogoi	Dr Shyamanta Barua Dr Mhabemoo Ovung Dr Bornali Dutta Dr Montu Deka
03.25 pm - 03.55 pm	Medical management of Acne -An update	Dr Ruby Jain	Dr Meera Wahlang Dr Veera Bareh		
04:00 pm - 04.30 pm	Barrier function	Dr Sherina Laskar			
04.35 pm - 05.05 pm	Valedictory Function				



*Doctor*

YOUR DEVOTION AND CARE BRINGS  
HEALING ☉ COMFORT ☉ HOPE



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# PAKISTANI BOMB

This story dates back to the year 1965. Month September, India and Pakistan were engaged in fierce war and the affect of the war had reached to the North Eastern region. I was in the final year of my MBBS in Guwahati Medical College Hospital. After our summer recess, we were asked to shift to the newly constructed hostel at the foothills of Narakasur Hills, Dispur. During that time, the GMCH was situated in Mahendra Mohan Choudhury Hospital (MMCH) at Panbazar, a distance of about 7 kms from our hostel. The hospital authority had provided buses to commute to and fro from the hostel to hospital. Our hostel was situated in a very secluded place as there was not a single business establishment in and around our hostel. We had to walk about a kilometre to G.S. Road even to buy small essential items like soaps and eggs. The only restaurant, Mistimukh, was about 3 kilometres away from our hostel.

As war loom large, all boarders, except the final year students were asked to vacate the hostel. Here in our hostel, we were trained by military personnel as how to protect ourselves in case of an emergency. We were taught to build our own trench for our safety. The trench should be either V or Z shape and each limb should be around two to three feet in length and at least one foot in depth. While some of us took the task very seriously and build an entire trench in a day, others did not bother. The army personnel further instructed that in the event of an air strike, the civil defence cell will blow sirens to intimidate of the impending danger. We also had mock drills for a few times to prepare us for the danger, if any. At that time, Bangladesh was a part of Pakistan and they had several air bases at Dhaka. People of the northeast were scared because of a possible air strike by Pakistan due of its proximity to Assam.

One night, rumours were strong that two Pakistani fighter planes reconnaissance around Guwahati to drop bombs at the newly constructed Saraighat Bridge. However, the Pakistanis dropped the plan for that day as they were not sure of the target. There were also murmurs around that our newly constructed hostel could also be a possible target. One day in the middle of a night, we got



up suddenly with someone shouting "Siren, Siren" "Come down" "Run to trench immediately" etc. I was a boarder in the second floor and with sleepy eyes ran out of my room. There was chaos inside the building and everybody ran in the hope to reach to their individual trench soon and bumped into each other.

When I reached my trench, I found someone had already occupied my trench. When I asked him to vacate my trench, he calm said "this is not the time to argue about whose trench it is or not. It's a matter of life and death, no time to discuss what's mine and what's yours. If the enemy drops a bomb neither you nor I will survive. Go and lie down to the next safest possible place". Unable to find a trench for myself to hide, I lied down on the ground with my eyes closed and covering my ears with my hands.

As we lie down on the ground, and waiting for the fighter plan to come and drop bombs and getting us killed any minute, there was no sounds of any planes hovering around in the sky. Half an hour passed by, and neither there were any sounds of enemy planes nor any clearance signal. Everyone got anxious and tired of waiting inside the trench. While no one had the courage to do so, finally one of our batch mates gathered some courage and came out of the trench. He gathered the courage and asked "Who heard the siren first?" But no one came with a reply. After few minutes, when everyone was out of trench and look at each other, we realised that a particular classmate was absent in this entire chaos. Not too sure, if he had played the mischief or not, we ran towards his room to see if he is okay. When we reached his room, we found him sleeping peacefully in his bed.

**Dr. Jogesh Das**

# Choosing a Friend: Do's & Don'ts

People in our life can be broadly classified as family (people we are related to); colleagues or companions (people we work or study with), acquaintances (people we just know), & friends (people we share our joys and sorrows). Among all these people, it is a friend we have the liberty to choose as rest of the people enter our life by destiny. We may choose our work or workplace, but probably not colleagues. Though we may get attracted to people for their looks, sweet talks, possessions, however a friendship should be cultivated based on some other qualities, if it is to persist & be a source of joy and agony. Qualities which could be a basis of a long lasting & deeper friendship are similar nature, similar likes & dislikes in work & hobbies and similar ethics and integrity. Every association is bound to face misunderstandings, conflict, and difference of opinion at some point or other. A friendship which can withstand these tests grows deeper and better. In some cases, friends just drift away which is also acceptable, but friendship between wrong people may end in a life time misery or crime arising from



feelings of hatred, hurt, anger, jealousy or revenge. Thus, knowing people and maintaining a formal association with them is a different thing; but allow friendship to develop gradually, after understanding the person. Initially everybody is nice; however, as we know familiarity allows them to show their true nature, we should decide whether to proceed to a deeper level of association or remain at a formal level or just drift away subtly.



**DO's**



**DONT's**

**- Dr. Manika Agarwal**

Associate Professor  
Dept.of Obstetrics & Gynaecology,  
NEIGRIHMS

Acknowledgement- thanks to the editorial team of Beacon 2017 for sharing this article with us.

# Mystique of Riwai

**M**eghalaya "Abode of clouds"- has never failed to astound me. True to its name this place has held a marvellous but humble position amongst many states in India or to say the world as one of the most beautiful and blessed place. The State has been adorned with luscious green forests, cascading waterfalls, weathered caves, the blanket of clouds embracing the escalating terrain, innumerable streams that exist in one accord to make the State a complete entity of its own.

Throughout the years Shillong has been engraved in my name as I am often asked where I am from. However it is sad to say that for years I did not take the initiative to discover this unknown realm that has been open to everyone. Recently I went for a trip to Riwai village, 82 km from the city of Shillong. As we unravelled each mile I could not stop thinking that this has been my home all along and I have been unaware of the wonders this place had in store for me. The land and sky juxtapose each other in perfect harmony, alluding our utmost attention to its beauty and serenity. The people of the region have found a unanimous way of living in solidarity with the environment. On the way to Riwai we discovered a restaurant under construction that was perched along the cliff. It had extended skywalks radiating in all directions, gifting us the view of the two streams converging in the valley. This made me realize that even the smallest detail in this world accentuates the comprehensive beauty of nature and the people played an important role in bringing that to the

tourists. This was just a preview of what was yet to come ahead. On reaching Riwai, I was awestruck at the number of tourist cars trailing behind each other and the number of people making their way to the Living Root Bridge. However, we diverted our way to the Eco Park that is still unadorned by human touch. The gazebos and the skywalk made of bamboos merge themselves with luscious greenery all around the park. The skywalk being the most intriguing of all the structures climbed up to the top and was buttressed by the trees rooted strong to the ground. This picture portrayed a dominant factor of nature in sustaining life on this planet and we humans have buried this truth deep down in this concrete jungle of the world.

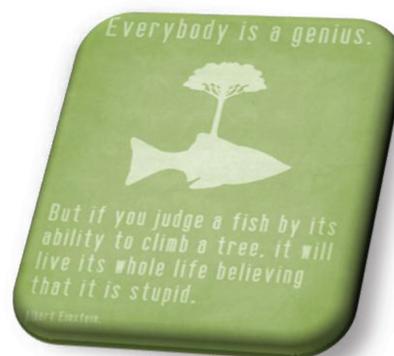
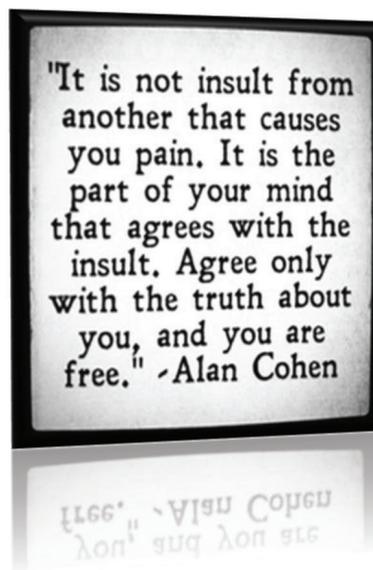
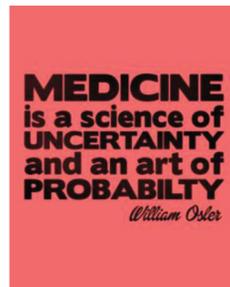
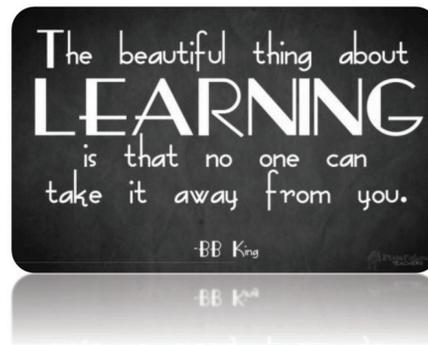
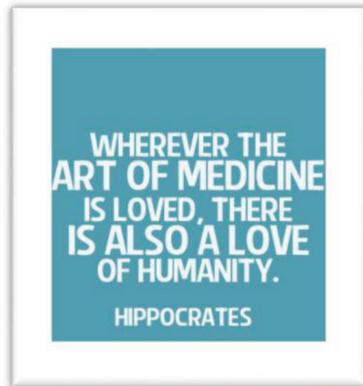
This journey would not have been complete without a visit to the Living Root Bridge. As we descended down, the picturesque bridge spanned from one end of the river to the other. Pondering on the thought that nature had already devised a way to make life comfortable for the beings living on this planet even before we humans did, intrigued me. As I embarked through this beautiful terrain, where man and nature complement each other, a feeling of awe and joy filled my inner self. It also changed my perspective on appreciating and conserving nature.

Reminiscing on my discovery of such great and unfathomable beauty this State has to offer, I had this inevitable urge of penning down all of these experiences on paper. This was my experience and I am happy that I have shared it with you.

**Haziel Mercy Buam**



# FOOD FOR THOUGHT



google image

# River Friend

*"To the Silent River"*

*(Patil Chest Nala)*

*They call you a gutter;*

*But I call you a river.*

*Even when you're too adamant to move,*

*I knew...*

*Gushing through your spine*

*Is a silver mirror.*

*Beneath all that stench*

*Is a sweet symphony of dreams.*

*They come heavy and packed.*

*Some burn the bridges and leave empty-handed.*

*Some step up the ladder and never look back,*

*You see, those gaudy landowners in their matchbox houses*

*Raise their rent by thousands, every single year.*

*Somehow by your banks is the lowest bid.*

*So here is where all the boys will stay.*

*Despite the landslide of bricks,*

*College girls in their cotton scarfs and brown sandals*

*Climb down to become photographers and videographers.*

*"Some water pollution project", they say.*

*Don't say they were the ones calling you a smelly gutter.*

*This is why I call you a river.*

*You stand in the streets with such vigour.*

*Your face, composed stricken with silent valour.*

*You look out for friends: the lonely ones.*

*Barefoot and naked, of all the joys in the world.*

**- Miranda Thoudam**  
MBBS Batch of 2015

# Tomorrow

*Tomorrow always comes  
Is what I believe  
My existence in it  
Is what I predict  
To make life better in it  
Is what I always think  
A helping hand  
Is what I want to give  
Love, care, knowledge  
Is what I want to gift,  
Until my heart pumps the last.  
A smile with minimum regret  
Is what I want to achieve  
Is why I always relieve.*

**- Karishma Brahma**  
B. Sc Nursing 1st Year

**Acknowledgement**-thanks to the editorial team of Beacon 2017 for sharing this article with us.



# MAN AND RELIGION

The earth with other creative, animate and inanimate is pre-human and man is pre-religion. There is perhaps no way of knowing how long the earth had existed before emergence of man and how long man had survived without religion.

It is a sublime paradox that human existence becomes impossible without religion whereas the pre man species of life have been existing without religion. Yet history tells that religious wars destroyed many human civilisations in the hoary as this century is facing a conflict on human race.

Man has conquered the high heavens and the bottom of the bottomless oceans but he has not yet been able to settle conclusively who had created him - the very basis of religion.

Religion, as a hasty and skin—deep view on religions with extent sway over| mankind suggests, owes its origin in the fact that whenever man's living-in-togetherness was threatened, great social thinkers, in different parts of the earth and at different points of time, made genuine attempts to make man's living-in-society viable by implanting in man's mind a belief in the existence of a metaphysical entity as the Creator of the Universe and also a fear of vengeance for disobeying the Creator transcending human knowledge. It is perhaps for difference in geographical locations and difference in language that the same Creator got differently named and the mode of propitiating the creator varied. Prescription of community prayer in the temple in Hinduism, in the church in Christianity and in the mosque in Islam, for instance, seems to be indicative of the pious attempts at sustaining man's social existence.

Human body, like man-made crafts, seems to be an assembled one of parts of as many manufacturing agencies as there are parts in the body without any contribution of man. No one can have a male or female baby as one's fancy dictates. Structurally, organically and functionally human

body is identical all over the earth as procreation, for instance, out of a sexual relationship between a male and female from any part of the globe, notwithstanding religious distinction, is only natural.

All human beings crawl over and feed upon the surface of the same earth like the ants and are amenable to the same eternal law that like a part of the sea-water perpetually evaporating, a part of the human-sea has been perpetually evaporating every day irrespective of age, sex, creed and social position. The suggestion, the above facts lead to, seems to be that human beings, wherever they live and whatever religion they embrace, must be handiwork of only one and the same architect.

Paradoxically enough again, human beings are alike in respect of what they cannot survive without—food, cloth and shelter but curiously differ in respect of what they can live and die without religion. Every man can, if He so chooses, change his religion, yet man has made religions water-tight compartments and applicable even to dead man, since a non-Hindu dead body cannot be cremated in a Hindu cremation ground and so is the case with non-Christian or non-Muslim dead body.

Yet another inexplicable paradox inherent in the human mind "The inexhaustible miracle" in the words of Gilbert Highet, is that every human being can live without religion since childhood to attaining majority but curiously cannot survive a few more years since attainment of majority to old age without discrimination, may often killing or being killed in the name of religion. Yet it is vaingloriously said that majority brings with it, men's maturity in judgement and wisdom.

Dispassionately viewed in addition to orthodoxy and ignorance man's playing politics wherever and whenever it might be with religion as tool is a factor creating cleavages and chasms among men bringing suffering ruin-age in its trail.

Politics concerns slab fit for raising pre-fabricated structure but unfit for raising garden of love, amity and fellow-feeling. To the politicians to whom amassment of earthly resources become the only one goal of life, an issue be it religion having the prospect of leading to self and power becomes far more important than even the very continuance of life on our planet.

It is indeed politics – the game of convenience and lurge of the educated elite of our society as politicians that divided, on religion basis India where people of all faiths lived together for ages as a garland of flowers of variegated colours intertwined by an unseen thread of love, empathy and brotherliness.

Present day political pyrexia under a thin veneer of religious fervour wherever be it betray a refusal to accept the truth that civilization is leading man only where he sprang from.

The inconsistencies impel citting a part of an ancient Greek Chorus – 'Wonders are many but none, is more wondrous than man .....

Cunning cunning is man

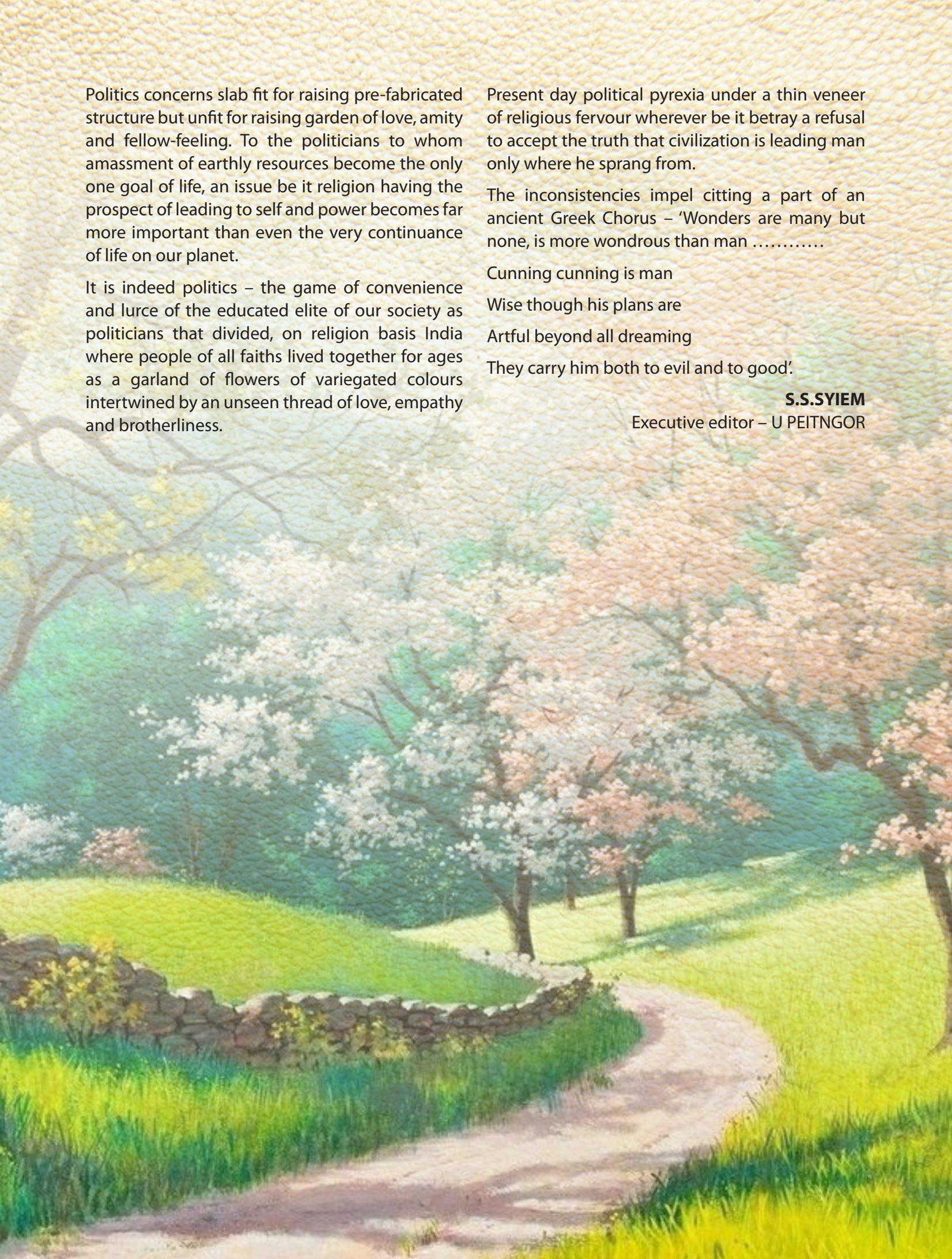
Wise though his plans are

Artful beyond all dreaming

They carry him both to evil and to good!

**S.S.SYIEM**

Executive editor – U PEITNGOR



# FROM MY DIARY PAGES

**August 25, 2014:**

## **Everyone's Wish I Suppose !!!**

**T**hat day I was talking to one of my patients. He was a young guy of 25 years. After his examination was over, I casually asked him what his father does for a living. He answered,

"He has done a lot for us Sir. Now we have asked him to take rest. My mother expired long back when we were still too young. I don't even remember her face! Whatever we are today, it's just because of him. He has done his part, now it's our turn to do ours. Now we try to have our own source of income and I hope he will be able to enjoy a better life!"

You know, his reply was totally unexpected, but it created such a heart warming feeling that I feel short of words to express it properly.

Same day I had my clinic at my hometown Morigaon. After finishing my duty at my workplace at Guwahati, I reached there at around 4 pm. In the evening we had a marriage invitation at Nagaon, which is around 40 kms away from our house. Actually one of my relative was getting married. As I was likely to become late after finishing my patients at my chamber, my parents left early for the marriage. At around 7.30pm, I started my journey with some of my relatives. As I reached the marriage hall, I noticed Maa and Papa with the bridegroom. Papa was telling something and both the bridegroom and my mother were happily responding with smiles. Yes, they seemed to be much happy and it somehow reminded me of the same boy that I met in the morning. Yes, these '2'

are the persons for whom I, my younger sister and brother could see the light of this world. Whatever we have achieved till date, we mostly owe them. And whenever we do something good and our parents become happy, it invariably brings us immense pleasure.

At 25, that boy was around 8 years younger to me, but the irony is that personally I have not been able to do the same till now. May be my parents won't like the idea to take rest leaving aside their activities, but I have never been able to ask them to relax leaving all the responsibilities upon me!

Whatever the boy is trying to do for his father, it might be an example for all of us. I am not going to discuss all other factors. May be not everyone is lucky enough to have considerate parents. May be not everyone is lucky enough to become self sufficient to support his/her parents. Not all are lucky enough to still have their parents by their side when they are sufficient enough to support them. Not everyone is lucky enough to have the mindset to do something for the parents. And last but not the least, some people, it seems, are totally indifferent towards their parents or become totally self cantered towards their 'new family' or may be that they even get sadistic pleasure to witness their parents suffer! And for those last categories of people, I don't give a damn.

Well done boy, provided all of us can somehow think like you, no parents with a 'living child' would ever have to suffer mental agony any more!

November 12, 2014:

## A Beautiful Day!

**Y**ou know, some kids look younger than their chronological age. That day I was at my chamber when this child was brought to me by her mother. She was a cute little girl of 9 yrs and studied at 3rd standard. I came to know about her age from her registration slip, but she appeared much younger. The way she talked, my heart did melt. I won't hesitate to say, but when she was talking, I just wished if she were my daughter. After I examined her, I was writing her prescription. Her mother was sitting opposite me across the table and she was standing near me watching curiously what I was writing. For a moment I wondered if she was also going to say the same 'wonderful' words that one little boy said to me months back, "Uncle, your handwriting is not good!!" But thankfully she didn't say such.

After I finished my job, I casually asked the mother if other kids in her class are older to her..

Her mother smiled, but the answer came from the child,

"Actually uncle..."

She tried to say something, but hesitated for a moment, then looked towards her mother, then at me and then politely asked,

"May I say uncle?"

Oh, this little kid just asked for my permission to say something!

It was really great to witness that at this younger age she could easily understand that she somehow interrupted my conversation with her mother! This is truly an example of good upbringing. Anyway, charity begins at home!

I said with a smile which probably expressed my adoration that came straight from my heart,

"Please continue Majani.."

"Actually uncle, I only look younger, but I am old enough! You know uncle, I am already 9..."

"Kids these days are smart. But this kid could well retain her innocence while expressing it. My smile broadened even more.

I playfully pinched her both cheeks and said, "Oh, really? Yeah, I see Majani. You are quite old. But still you are a cute little girl to me!"

She smiled. For me, her pleasant smile was like the reward of the moment. And by her innocence, she definitely made my day even more beautiful!

**Dr. Kumar Partha Pratim**

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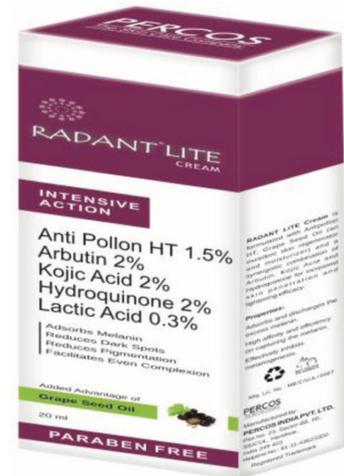
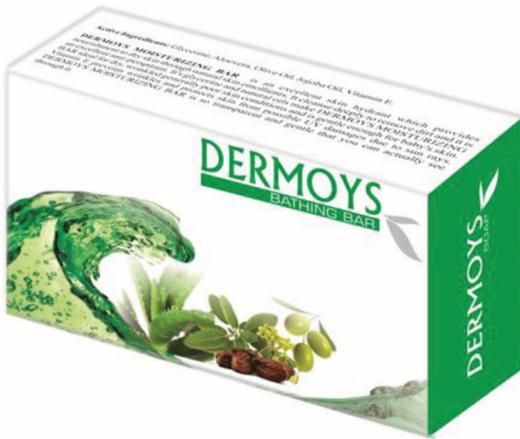
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