

How Well You Bond With Your Teenager Child?

To Girls and Boys!

As Michelle Obama said, "There is no boy, at this age, cute enough or interesting enough to stop you from getting an education."

Well said.

Instead of worrying how do you look, or how charming the boy in your class or college is, focus on which ability in you makes you more confident. Only self-confidence will help you tackle the circumstances in the upcoming future.

I have seen people regretting not pursuing their dream and giving their ambitions a chance. When they had the time and chance to polish their skills, they were busy concentrating on other stuff, like LOVE.

I am not saying falling in love is wrong. What I am saying is that how smartly you balance both love and studies. Also it is very important to know who you choose to share feelings when you see a problem in your paradise. Friends? But do you get best ideas from them? Do you get confused?

What makes you scare the most? How will My Parents react after finding me dating someone? This is the only fear every teenage faces other than losing partner.

What if you tell parents everything, then there is no worry.

Sometimes, you do not even care if your partner dumps you.

There is a magazine (I will not take the name) running on Facebook these days. It asks people to make confession publicly and see what other people has to say. Although every confession is assigned with a unique code which hides confessor's identity.

I am pretty sure the motto of the magazine is to help confessors get some good advice and suggestions. It was open for any type of confessions, be it about married life, crime, office issues or anything. But all I could see was confessions made by teenagers about their love life. One of them was,

"Hello, I am 15 year girl from (some country). I have a long distance relationship with this guy for more than 3 years now. We have not seen each other till date. But now he wants to meet me. He lives in (some other country) and is calling me. He also wants me to keep this conversation private and fly without notifying my parents. Please guys help me what should I do. I love him immensely and cannot live without him. I know he loves me the same way I do but this condition he has put is not what I want."

To Parents!

Parents who think their children playing or studying on computer are safe from the outside world, they are wrong. Most unexpected things can happen at your house also.

More than 100 comments made me think how immensely people take part when it comes to present views of their own. One woman replied;

"The answer is in your question only."

If you think this is all made up, you have not met this generation properly.

To Girls and Boys again!

How easily we get so restless, helpless and Monotonous that nothing makes us happy from inside but only a phone call. How easily we give the control button of our life to someone else?

Do not let someone else control your life/freedom/choices. It seems very romantic to do everything as per the partner's choice but what you do not realize is that you are losing the self-esteem and self-confidence in you which impact your future badly.

Do not say no to love. Teen-age is the time when you know what CRUSH is, you know how it feels to be in LOVE. But it is also about knowing yourself first, that you have a life. You are here to prove your abilities.

To Parents again!

A little thought for the parents also. Why is it too hard for us to talk with our kids on some certain topics? Like love, sex, boys, etc.

Twinkle Khanna said this in one talk show, "My daughter has questions to ask. She wants to know the WHY of everything. On the other hand, it is a reverse psychology with my son Aarav. We talk about everything. We talk about drug, we talk about sex. When the time comes when he needs to talk to someone I hope he picks me. I have kept those doors open. I joke with him about everything."

According to Karan Johar also she has a great bond with her son.

Any parent on this earth wants to know what is going on their children's mind. That cannot happen easily. When you cook some recipe you start with basics, like washing and peeling and then chopping. In the same way the bonding must start in the very early age. If you think the issue your kid has in his PG class is not a big deal then you are wrong. He needs to know you are listening. Even if he worries on losing his pencil, rubber, drawing book, fight with the other kid in the school, or anything. You must listen to them. If he says nothing, try to put questions and start the conversation. Two things will happen, he will be good at communicating, and he will know that he is important.

Self-confidence starts from here. When you put this practice daily, gradually your kid will be more open to you and instead of sharing personal thoughts with the world on Facebook through some random magazine he will directly come to you. KEEP THOSE GATES OPEN.

And when you do that you have the power to control them. Now with this you can help them with their teen-age issues and motivate more on their studies.

Believe me, when your kid knows that you are there to support, nothing on this earth can shake his or her confidence level.

Petrol-Diesel in Udaipur to be priced as per International Market Crude rates

Udaipur: Among the 5 cities selected for the pilot project related to pricing of petrol and diesel on the lines of such in western countries. RK Dhabai, President of Udaipur Petrol Pump Association confirmed the new, saying that on Friday evening they were informed that fuel will be repriced every day.

As per this model, the retail prices of both petrol as well as diesel will be changing each day, based on the global price of crude oil. This will ensure that the pricing is in line with changes of the base rate of crude. New rates will be implemented at midnight every day. Chandigarh, Visakhapatnam, Puducherry and Rajkot are the other cities where this pilot project will commence. The first phase of this model run will be done in Chandigarh because all gas stations in Chandigarh.

Demonetization has not Succeeded in any Part of the World : Dr.H.S.Chandalia

Eighteen days after the announcement of the demonetization of Rs. 1000 and Rs. 500 currency notes by Prime Minister Narendra Modi, the initial fanatic enthusiasm and tide of nationalism is gradually dying out. The government has been compelled to mobilize the entire party machinery to launch a huge nationwide propaganda campaign including huge advertisement in print and electronic media to justify this step as an attack on the alleged black money.

Those who called it a financial and political emergency, are now swearing that the effects of this step has been more pervasive and suffering caused is more massive than the political suppression of the emergency declared by Ms. Indira Gandhi. This has unsettled the lives of almost every section of the society - rural - urban, male - female, young old, shopkeepers - public servants, labour-contractors, students - teachers, wage earners - professionals. The worst hit are daily wage earners who have lost their employment. The season of marriages caused bitter suffering in families which had to meet the expenses for marriage ceremonies. Nearly seventy five deaths have been recorded in the media caused by this phenomenon.

Many people have the view that the step is right but the implementation is wrong. It is said that government did not do proper home work before taking this step. It is also said that black money will be curtailed through this action.

The PM and other ministers have attacked the opponents of the step of demonetization by saying that they are not nationalists and that they too are involved in black money. If a rational study is made about the history of demonetization in the world we will find that this step has never succeeded in any part of the world. Demonetization was done in 1982 in Ghana, in 1984 in Nigeria, 1987 in Myanmar, in 1991 in USSR, in 2010 in North Korea and in India in 1946 and 1978.

In all these attempts the desired objective of abolishing black money was not achieved. In India currency notes of Rs.



1000 and Rs. 10000 were demonetized in 1946 and currency notes of Rs. 500, Rs. 1000 and Rs. 10000 were demonetized. Despite these the black money has increased. The editorial of Economic Times of 14th Nov. 2016 states that the black money constitutes 20 % to nearly 60 % of India's economy. The experts give different data but one thing is certain that it is a sizeable portion of country's economy. But it is beyond dispute that the step of demonetization will not be able to control more than 2% of this black money.

The argument that demonetization will be able to destroy

the fake money in the economy. But the experts say that fake currency in Indian economy is not very widespread. Experts estimate it at about Rs. 400 crores. But demonetizing currency worth Rs. 14 Lakh crores for controlling this much money is not very commendable when the cost of new currency notes is going to be nearly Rs. 12000 crores. The security features of new currency notes are in no way much different from existing currency, as stated by the RBI officials. The result is that within a fortnight of demonetization fake currency notes have come into circulation. Even terrorists who have been shot

have been found possessing new currency notes. It is shocking that the ruling party speaks of terrorists and Naxalites in the same breath. The fact is that the two cannot be compared.

The passionate appeal of the PM to give him fifty days has proved to be hollow since there is no improvement in the situation in twenty days.

More problems will come on 1st December when salary distribution will take place and suddenly demand for new currency will rise.

Today, banks are cashless. Many banks have imposed limits on withdrawal from personal saving banks accounts although there is no such announcement from the side of the government. The 86% currency which has been withdrawn cannot be replaced within the declared fifty days. Saumitra Choudhury, former member of the Planning Commission has stated that the capacity of minting institutions is sufficient to replenish the chests in the given time. The currency notes demonetized are 1571 crores of Rs. 500 and

633 crores of Rs. 1000. The capacity of Bhartiya Note Mudran Private Ltd. which prints Rs. 1000 notes is 133 crore pieces per month. In the place of 633 crore Rs. 1000 notes, 318 crore pieces of Rs. 2000 are to be printed. This will require at least two months. Similarly, Security Printing and Minting Corporation India which prints Rs. 500 currency notes has the capacity of printing 100 crore pieces per month.

To replenish 1571 crore arithmetically it will require fifteen months. In this situation the excessive stress on the use of plastic money and private players like Paytm is easily understood.

However, the doubts about the ruling party's intentions have already been aired by opposition parties.

The purchase of lands by the BJP for its Party offices a few months before the announcement is being seen as fishy. The long term effect of this decision is yet to be seen but in the immediate scene the working class is the most hard hit community.

Rajasthan based IIHMR University to provide Training in Health Sciences to Khesar Gyalpo University of Bhutan Govt.



Jaipur: IIHMR University signed a MoU with Khesar Gyalpo University of Medical Sciences (KGUMS) of Bhutan to collaborate on Academic, Research Consultancy and Training in Health Sciences at IIHMR, Delhi.

This marks the start of an era of mutually beneficial collaboration to support the newly

formed Health University in Bhutan. Dr K P Tshering, President KGUMS, Bhutan and Dr S D Gupta, Chairman, IIHMR University and Trustee Secretary IIHMR Group were the signatories to this historic collaboration.

Immediately, two Key Trainers training programs of two week duration each are being organ-

ized by IIHMR at Bhutan in next two months.

Dr. S D Gupta, Chairman of IIHMR University said, "Under this five year tie-up programme, IIHMR University will be providing training to the health professionals of Bhutan.

Training of Hospital Management, Leadership Development, Faculty Development, Teaching and Training, Technology, Pedagogy and Grant Management are the key modules of this training programme."

IIHMR has a long history of successful international collaboration with neighbouring countries such as Sri Lanka, Bangladesh, Afghanistan and Myanmar. KGUMS, Bhutan is

the only Medical University of Bhutan and aspires to become a centre of excellence in human resources development in medical and paramedical sciences.

IIHMR University is a pioneer health management research institution in India which started three decades earlier and has progressed to become a WHO Collaborating Centre on Districts Health System based on Primary Health Care and Centre of Excellence in Health Management Research. It has collaborations with Johns Hopkins School of Public Health, JHU. Over the years, IIHMR has been instrumental to mentor thousands of health management professionals in India and other countries.

Will KAHANI 2 Movie Live Up To The Expectations Of The Audience ?

S. K. De :

Sujoy Ghosh's Kahaani 2 movie has released today on 2nd December, 2016 at a theatre near you. However, when the entire country is queuing up at Banks and ATMs to withdraw or deposit cash for their daily basic needs are they actually planning to watch a movie without paying in Cash for this week's release Kahaani 2? Are the movie goers booking movie tickets through their Debit Cards, Credit Cards, Paytm and other online modes is a question which will reflect in terms of Kahaani 2 box office collections over this weekend.

Kahaani 2: Durga Rani Singh

was keenly awaited by movie buffs as they had loved the first Kahaani movie starring Vidya Balan (as Vidya Bagchi), Parambrata Chatterjee (as Satyoki "Rana" Sinha) and Nawazuddin Siddiqui (as Khan). Kahaani was made in a budget of Rupees 80 Million (US \$1.2 Million) and it had minted money in both single screens and multiplex theatres as the box office collections was Rupees 1.04 Billion (US \$15 Million).

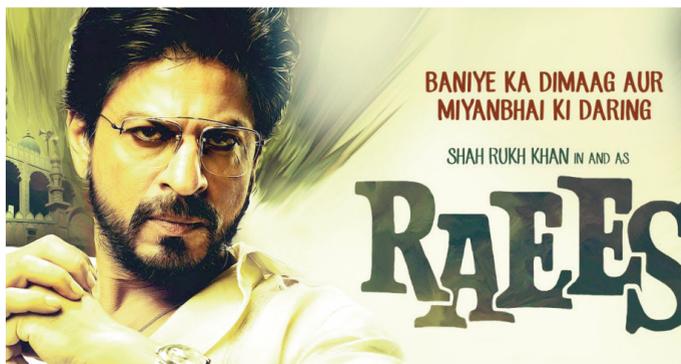
Kahaani 2: Durga Rani Singh stars Vidya Balan (as Vidya Sinha/Durga Rani Singh), Arjun Rampal (as Sub Inspector Inderjeet Singh), Naisha Khanna (as Minnie Dewan),



Jugal Hansraj (as Mohit Dewan) besides others. This movie has 3 songs namely Mehram, Lamhon Ke Rasgulle, Aaur Main Khush Hoon and the evening shows of this film are expected to pick up. So do you feel that a film like Kahaani

2 will be affected by Demonetisation or the audience will prefer to watch Shah Rukh Khan and Alia Bhatt starer Dear Zindagi. Do let us know if you are planning to watch Kahaani 2 and this Public Review might help you decide.

Shah Rukh Khan's RAEES Movie Trailer to be Launched



S. K. De

The entire world is waiting with bated breath for the highly anticipated Raees movie trailer starring Shah Rukh Khan, Mahira Khan and Nawazuddin Siddiqui in the main lead. Shah

Rukh had confirmed on Twitter himself that his Raees Official Trailer is finally coming on 7th December 2016 and since then #RaeesTrailerAaRahaHai was trending on Twitter ever since he tweeted about it. As

per the latest updates, today also RAEES TRAILER IN FOUR DAYS is Trending on Twitter.

Shah Rukh has been loved by all for his performances in Chak De! India and My Name

Is Khan in the last few years and Raees is being cited as his most intense performance till date.

So, as a Shah Rukh Khan Fan or movie enthusiast what are your expectations from Raees Movie Trailer and the Film.

Well, if you have any questions you can address them directly to Shah Rukh Khan himself and he will be more than glad to answer all your queries about the Raees movie through the medium of UFO Digital Cinema on 7th December 2016 from morning 11 a.m onwards.

I know it's only 4 days left however before the Raees Trailer comes here is the Raees Movie Preview Video just for You! visit: <https://www.youtube.com/watch?v=oiXP4Cr0UI>

Be away from addiction :one death every 19 minute by opiod overdose in USA



Narrating the real story of his student life about one of his friends who was the only son of his family, suffered from excessive vomiting of blood who was admitted in hospital for 22 days & was given 22 bottle of the blood but his life could not be saved. This was because of excessive use of alcohol at a time.

Dr P.C. Jain said that when the "casual drug & Alcohol user" turn to the "Compulsive Drug User (A disease) is not certain which is very common among teenagers. Out of ten such users four becomes permanent users. Recent scientific evidence says that the full development of the Brain in girls is from 21 to 23 yrs but for boys from excessive 23 to 25 yrs. so vulnerability is more in this age group.

He suggested them to see his tele interview on NNN network about Teenagers Addiction in world.

Dr Jain was giving his presentation among the new batch of first year in which he guided as to how to save ourselves from the addiction.

He told them about the recent report released by the surgeon general of America

Which was released on 17th. November of 2016 says "Facing addiction in America" says that America is facing a serious disease of addiction in which every 19 minute one

is dying due to opiod overdose. 27 million misusing the prescription drugs. 66 million has some time used drugs. Report says that it is not a moral failure but "chronic brain disease" in which

1. Prevention - works
2. Treatment - Effective
3. Recovery - Possible
Mean that they be treated.

The surgeon general is Dr Vivek H. Murty. He explained them by his video the medical complications of the alcohol, tobacco & opium related drugs like heroin, brown sugar etc so that they can save themselves & others from these substances.

They all took the oath they will not use such substances which causes the addiction & save others also & pass the message in the society that the addiction is a disease which is treatable.

The students both boys & girls showed the short play "nasha-di ki maut" to all also recited the nasha geet "Rate tu nail me pad gyao". Staff of the anatomy department Dr Seema prakash, Hema Joya were also present. Manali Arora introduced Dr P.C. Jain an alumni of the college to the students.

Dr. Ganshyam Gupta the head of the department of Anatomy thanked Dr P.C. Jain for his such very interesting & informative talk.

Expecting women will receive free treatment at GBH General Hospital: Dr Anand

Udaipur: GBH General Hospital, Bedwas of American International Institute of Medical Sciences organized a free treatment and consultation camp on Friday. This camp was funded by European Commission and jointly collaborated by Trade Craft UK, AIKA New Delhi and Vishvas Sansthan under the Going Green Project.

147 registered women were provided with free consultation. During this, the women beneficiaries of Going Green Project were also provided with an Artisan ID card registration camp with the help of DCH Handicraft.

All women at the treatment camp were given medicines free of cost and were also given free treatment card of GBH General Hospital. Group director Dr Anand Jha announced that all expecting women associated with self-help group will be provided with free treatment in the hospital and a concession of 50 percent will be provided for their family members at GBH General Hospital. Project Manager, Going Green's Trade Craft UK, Pragna Majumdar briefed about the project. She informed that Goay Green Project is employed to work for women in Udaipur.