

**Watch your thoughts, for they become  
WORDS.**

**Choose your words, for they become  
ACTIONS.**

**Understand your actions, for they become  
HABITS.**

**Study your habits, for they will become  
your CHARACTER.**

**Develop your character, for it becomes your  
DESTINY.**

" I WAS CHALLENGED, I CONQUERED.  
BUT I DESIRE TO DELIVER MORE..."



**THINK TWICE BEFORE DECIDING  
NOT TO CHARGE FOR YOUR WORK.**

**PEOPLE OFTEN DON'T VALUE  
WHAT THEY DON'T PAY FOR.**

**INSTEAD OF USING THE WORD PROBLEM**

**TRY SUBSTITUTING THE WORD OPPORTUNITY**

**NEVER RESIST A TEMPORARY INCONVENIENCE  
IF IT RESULTS IN A PERMANENT IMPROVEMENT.**



DON'T CONFUSE WEALTH WITH SUCCESS

**BE WILLING TO LOSE A BATTLE  
IN ORDER TO WIN THE WAR**



**WHEN YOU HAVE STRONGER  
WILL POWER AND DETERMINATION,  
NO HURDLE IS TOO HIGH.**



**IF THE DECISIONS YOU HAVE TAKEN  
WILL CAUSE YOU EMBARRASSMENT  
AND MAKE YOU ASHAMED IF THAT  
DECISION IS EXPOSED IN THE PUBLIC  
THEN THAT DECISION IS NOT AN  
ETHICAL DECISION**

BETTER TO HAVE TRIED  
VALIANTLY AND LOST  
THAN  
NOT TO HAVE TRIED AT ALL.

# F R I E N D S H I P

If you live to be a Hundred, I  
want to live to be a Hundred  
minus one day, so I never  
have to live without you.

Friends are God's way  
of taking care of us.

Everyone hears what you say.  
Best Friends listen to what  
you say and don't say.

If all my friends  
were to jump off a  
bridge, I wouldn't  
jump with them, I'd be  
at the bottom to catch them.

A real friend  
is one who walks in  
when the rest  
of the world walks out.

If you should  
die before me, ask if you  
could bring a friend.

My father always used to say that  
when you die, if you've  
got five real friends,  
then you've had a real life.

LET ME TRY AGAIN

LET ME TRY AGAIN

LET ME TRY AGAIN

*Do remember to thank people when they have done something nice for you. Don't postpone it till later - pick up the phone or send a little card or note as soon as you can. Every act of kindness needs to be appreciated - it makes the world a smaller, friendlier place.*



Passion for performance.  
Thirst for challenges.

# **COMMUNITY EYE CARE BULLETIN**

**A continuing Medical Education Programme (CME)**

**Published by : Institute of Ophthalmology Joseph Eye Hospital**

**Tiruchirappalli - 620 001**

## **MYTHS AND FALSE**

1. Reading for prolonged periods in dim light can be harmful to the eyes.
2. Children should be taught not to hold their books too close to read since this can harm their eyes.
3. Wearing glasses that are too strong can cause damage to the eyes.
4. If children sit too close to the television they may damage their eyes.
5. Older people who may be having trouble in seeing should not use their eyes too much since they can wear them out sooner.
6. People with weak eyes should rest their eyes often in order to strengthen them.
7. Children with crossed eyes will likely to outgrow this if given a little time and patience.
8. Contact lenses are good for correcting nearsightedness so that eventually neither lenses nor glasses will be needed.
9. Children who have a problem in learning to read are likely to have an eye coordination problem and can be helped with special exercises.
10. Cataracts can sometimes grow back after cataract surgery.
11. Cataracts have to be "ripe" before surgery can be done.
12. Nearsighted people may outgrow their need for glasses, since they will become farsighted as they get older.
13. A sign of healthy eyes in old people is their ability to read the newspaper without glasses.
14. People who wear glasses should be checked every year to see if a change is needed.
15. Watching a bright television picture in a dimly lighted room can be harmful to the eyes if done for long periods of time.
16. Ideally, more people should have an eye wash regularly to clean their eyes.
17. Blue eyes should not be used for transplanting in a brown-eyed person.
18. Rarely, contact lenses can get lost behind the eye and even get into the brain.
19. A cataract is actually a film over the eye which can be peeled off with surgery.
20. Headaches are mainly due to eyestrain.

## பாரதியார் பாடல்களில் உங்கள் ஃபேவரிட் எது ?

பாரதியார் பாடல்கள் எல்லாமே அற்புதம்தான். இருப்பினும், கல்லூரிப் பருவம் முடிந்த கையோடு வேலை தேடி அலைந்தபோது ஒருநாள் மனசு ரொம்பக் குமுறியது. கார்ட்டூன் போடும் திறமையைக் கடவுள் தந்தது குறித்துக் கோபம் வந்தது. இரவு சுமார் 12 மணி இருக்கும். நான் வரைந்த கார்ட்டூன்கள், பிரஷ், பேனாக்கள் எல்லாவற்றையும் உடைத்துக் கிழித்து மூட்டையாக எடுத்துக்கொண்டு வாசலுக்குச் சென்று குப்பைத் தொட்டியில் போட்டுவிட்டுத் திரும்பி வந்து அழுதேன். சிலநாட்கள் கழித்து பாரதியார் பாடல்களைப் புரட்டியபோது, என் உணர்ச்சிகளை எதிரொலித்தது ஒரு பாடல். அந்தப் பாடலை இப்போது கேட்கும்போதும் எத்தனை இளைஞர்கள் சூழ்நிலை காரணமாகத் தங்கள் திறமையை வெளிப்படுத்த வழியில்லாமல் தவிக்கிறார்களோ என்று மனம் குமுறும். அநேகமாக எல்லோருக்குமே தெரிந்த அந்தப் பாடலின் ஆரம்ப வரிகள் இதோ:

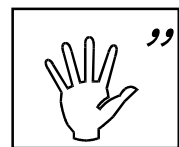
நல்லதோர் வீணை செய்தே - அதை

நலங்கெடப் புழுதியி லெறிவதுண்டோ!

சொல்லடி, சிவசக்தி! - எனைச்

சுடர்மிகு அறிவுடன் படைத்து விட்டாய்...

ஆனந்த விகடன் ■ 30.8.98 ■ “மதன்”





# TIPS TO ACE THE JOB INTERVIEW

**G**etting a job is a lengthy process. There's the screening, the group discussion and the final interview to wade through first. Phew! so face it and max it. The interview however, is the clincher

## First things first

- \* Research the company thoroughly. Get your facts.
- \* Hone your language and communication skills .
- \* Check your CV one last time to see if it's updated.
- \* Practise before a mirror. Check to see if you have any nervous tics or a bobbing adam's apple or are prone to fidgeting when you are uncomfortable.
- \* Do a thorough self-analysis, identify your strengths and weaknesses, skills and talents, and achievements, career goals and ambitions.
- \* Anticipate the interviewer's agenda. Make a list of probable questions and practise answering them.

## On the D-day

- \* Dress well. Be conservative.
- \* Take more than one copy of your resume.
- \* Get the place, time and person right! Check out the venue the day before!
- \* Make a head-start, arrive at least ten to fifteen minutes early so that you have enough time to gather your thoughts before the interview begins.
- \* Be courteous to everyone.
- \* Wait till you are asked to take a seat before you sit!
- \* Stay attentive and alert. Never slouch.
- \* Take your time answering questions.
- \* Talk in a firm and confident, yet polite tone. Stick to the point, avoid lengthy answers.
- \* Be prepared for some irrelevant questions!
- \* Ask a few questions (company's growth, expansion plans, what they look for in an employee, etc) to show that you are interested in the company and know something about it.

ANGER IS ONE LETTER  
SHORT OF DANGER

FRIENDS ARE LIKE ANGELS

WHO HELP US FLY

WHEN OUR WINGS HAVE FORGOTTEN

HOW TO FLY

**" NEVER SETTLE  
*for* SECOND BEST."**

GOD GRANTS WHAT ONE DESERVES  
AND NOT WHAT ONE DESIRES

# **Dr. A.P.J. அப்துல் கலாம் இன் உதடுகள் அடிக்கடி துடிப்பது இவ்வார்த்தைகளைக் கொண்டு :**

**“நீ வாழ்ந்த இந்த தேசத்திற்காக  
உன்னை வாழவைத்த இந்த தேசத்தை  
ஒரு அங்குலமாவது உயர்த்த முனைந்திடு  
நாளைய இந்தியா உனது கைகளில்தான்”**



**A MINING INDUSTRY -**

**THIS IS MINE**

**THAT IS MINE AND**

**EVERYTHING IS MINE**

**WE WILL NEVER BE  
A FAILURE WITHOUT  
OUR CONSENT!**