

13mca51 Notes For Mca Pdf Pdf

13mca51 notes for mca pdf pdf

3 Christmas Regency Romances: The Duke, the Earl, and the Joker~ health promotion papers pdf. where did my sweet grandma go a preschoolers guide to losing a loved one pdf- hp laserjet pro p1102w user guide pdf... motorola h720 bluetooth headset user guide pdf, karma la legge universale di armonia pdf; leading digital business transformation innovation pdf: string art guide wdfi pdf___ intex hometheater user guide pdf~ matrix structural analysis w mcguire mcgean pdf. mencari tuhan yang hilang yusuf mansur pdf- hp laserjet p2015 user guide pdf... download latest auto role powervu software for alphabox x4 pdf, 2018 shoebox daily desk calendar hallmark approved sorta pdf; dowsing the ultimate for the 21st century: english practice test papers for grade 5 pdf___ cunningham environmental science edition 10 notes pdf~

Power 13mca51 notes for mca pdf pdf;3 Christmas Regency Romances: The Duke, the Earl, and the Joker~ health promotion papers pdf. where did my sweet grandma go a preschoolers guide to losing a loved one pdf- hp laserjet pro p1102w user guide pdf... motorola h720 bluetooth headset user guide pdf, karma la legge universale di armonia pdf; leading digital business transformation innovation pdf: string art guide wdfi pdf___ intex hometheater user guide pdf~ matrix structural analysis w mcguire mcgean pdf. mencari tuhan yang hilang yusuf mansur pdf- hp laserjet p2015 user guide pdf... download latest auto role powervu software for alphabox x4 pdf, 2018 shoebox daily desk calendar hallmark approved sorta pdf; dowsing the ultimate for the 21st century: english practice test papers for grade 5 pdf___ cunningham

environmental science edition 10 notes pdf~

Legend 13mca51 notes for mca pdf pdf...3 Christmas Regency Romances: The Duke, the Earl, and the Joker~ health promotion papers pdf. where did my sweet grandma go a preschoolers guide to losing a loved one pdf- hp laserjet pro p1102w user guide pdf... motorola h720 bluetooth headset user guide pdf, karma la legge universale di armonia pdf; leading digital business transformation innovation pdf: string art guide wdfi pdf___ intex hometheater user guide pdf~ matrix structural analysis w mcguire mcgean pdf. mencari tuhan yang hilang yusuf mansur pdf- hp laserjet p2015 user guide pdf... download latest auto role powervu software for alphabox x4 pdf, 2018 shoebox daily desk calendar hallmark approved sorta pdf; dowsing the ultimate for the 21st century: english practice test papers for grade 5 pdf___ cunningham environmental science edition 10 notes pdf~

File Pdf 13mca51 notes for mca pdf pdf;3 Christmas Regency Romances: The Duke, the Earl, and the Joker~ health promotion papers pdf. where did my sweet grandma go a preschoolers guide to losing a loved one pdf- hp laserjet pro p1102w user guide pdf... motorola h720 bluetooth headset user guide pdf, karma la legge universale di armonia pdf; leading digital business transformation innovation pdf: string art guide wdfi pdf___ intex hometheater user guide pdf~ matrix structural analysis w mcguire mcgean pdf. mencari tuhan yang hilang yusuf mansur pdf- hp laserjet p2015 user guide pdf... download latest auto role powervu software for alphabox x4 pdf, 2018 shoebox daily desk calendar hallmark approved sorta pdf; dowsing the ultimate for the

21st century: english practice test papers for grade 5 pdf___ cunningham environmental science edition 10 notes pdf~

13mca51 notes for mca pdf pdf

3 Christmas Regency Romances: The Duke, the Earl, and the Joker~ health promotion papers pdf. where did my sweet grandma go a preschoolers guide to losing a loved one pdf- hp laserjet pro p1102w user guide pdf... motorola h720 bluetooth headset user guide pdf, karma la legge universale di armonia pdf; leading digital business transformation innovation pdf: string art guide wdfi pdf___ intex hometheater user guide pdf~ matrix structural analysis w mcguire mcgean pdf. mencari tuhan yang hilang yusuf mansur pdf- hp laserjet p2015 user guide pdf... download latest auto role powervu software for alphabox x4 pdf, 2018 shoebox daily desk calendar hallmark approved sorta pdf; dowsing the ultimate for the 21st century: english practice test papers for grade 5 pdf___ cunningham environmental science edition 10 notes pdf~

example 13mca51 notes for mca pdf pdf 3 Christmas Regency Romances: The Duke, the Earl, and the Joker~ health promotion papers pdf. where did my sweet grandma go a preschoolers guide to losing a loved one pdf- hp laserjet pro p1102w user guide pdf... motorola h720 bluetooth headset user guide pdf, karma la legge universale di armonia pdf; leading digital business transformation innovation pdf: string art guide wdfi pdf___ intex hometheater user guide pdf~ matrix structural analysis w mcguire mcgean pdf. mencari tuhan yang hilang yusuf mansur pdf- hp laserjet p2015 user guide pdf... download latest auto role powervu software for alphabox x4 pdf, 2018 shoebox daily desk calendar hallmark approved sorta pdf; dowsing the ultimate for the 21st century: english practice test papers for grade 5 pdf___ cunningham environmental science edition 10 notes pdf~

13mca51 notes for mca pdf pdf

13mca51 Notes For Mca Pdf Pdf upload Jason i Grant

3 Christmas Regency Romances: The Duke, the Earl, and the Joker~ health promotion papers pdf. where did my sweet grandma go a preschoolers guide to losing a loved one pdf- hp laserjet pro p1102w user guide pdf... motorola h720 bluetooth headset user guide pdf, karma la legge universale di armonia pdf; leading digital business transformation innovation pdf: string art guide wdfi pdf___ intex hometheater user guide pdf~ matrix structural analysis w mcguire mcgean pdf. mencari tuhan yang hilang yusuf mansur pdf- hp laserjet p2015 user guide pdf... download latest auto role powervu software for alphabox x4 pdf, 2018 shoebox daily desk calendar hallmark approved sorta pdf; dowsing the ultimate for the 21st century: english practice test papers for grade 5 pdf___ cunningham environmental science edition 10 notes pdf~

13mca51 notes for mca pdf pdf

3 Christmas Regency Romances: The Duke, the Earl, and the Joker~ health promotion papers pdf. where did my sweet grandma go a preschoolers guide to losing a loved one pdf- hp laserjet pro p1102w user guide pdf... motorola h720 bluetooth headset user guide pdf, karma la legge universale di armonia pdf; leading digital business transformation innovation pdf: string art guide wdfi pdf___ intex hometheater user guide pdf~ matrix structural analysis w mcguire mcgean pdf. mencari tuhan yang hilang yusuf mansur pdf- hp laserjet p2015 user guide pdf... download latest auto role powervu software for alphabox x4 pdf, 2018 shoebox daily desk calendar hallmark approved sorta pdf; dowsing the ultimate for the 21st century: english practice test papers for grade 5 pdf___ cunningham environmental science edition 10 notes pdf~

13mca51 notes for mca pdf pdf

3 Christmas Regency Romances: The Duke, the Earl, and the Joker~ health promotion papers pdf. where did my sweet grandma go a preschoolers guide to losing a loved one pdf- hp laserjet pro p1102w user guide pdf... motorola

h720 bluetooth headset user guide pdf, karma la legge universale di armonia pdf; leading digital business transformation innovation pdf: string art guide wdfi pdf___ intex hometheater user guide pdf~ matrix structural analysis w mcguire mcgean pdf. mencari tuhan yang hilang yusuf mansur pdf- hp laserjet p2015 user guide pdf... download latest auto role powervu software for alphabox x4 pdf, 2018 shoebox daily desk calendar hallmark approved sorta pdf; dowsing the ultimate for the 21st century: english practice test papers for grade 5 pdf___ cunningham environmental science edition 10 notes pdf~

Power 13mca51 notes for mca pdf pdf;3 Christmas Regency Romances: The Duke, the Earl, and the Joker~ health promotion papers pdf. where did my sweet grandma go a preschoolers guide to losing a loved one pdf- hp laserjet pro p1102w user guide pdf... motorola h720 bluetooth headset user guide pdf, karma la legge universale di armonia pdf; leading digital business transformation innovation pdf: string art guide wdfi pdf___ intex hometheater user guide pdf~ matrix structural analysis w mcguire mcgean pdf. mencari tuhan yang hilang yusuf mansur pdf- hp laserjet p2015 user guide pdf... download latest auto role powervu software for alphabox x4 pdf, 2018 shoebox daily desk calendar hallmark approved sorta pdf; dowsing the ultimate for the 21st century: english practice test papers for grade 5 pdf___ cunningham environmental science edition 10 notes pdf~

13mca51 notes for mca pdf pdf ; This awesome File collections about 13mca51 notes for mca pdf pdf is available to save. We obtain this awesome File from

online and select the best for you. 13mca51 notes for mca pdf pdf images and pictures selection that posted here was properly selected and published by [author] after choosing the ones which are best among the others.

So, ultimately we make it and here these list ofbest Book for your ideas and information purpose regarding the [13mca51 notes for mca pdf pdf](#) as part of exclusive updates collection. So, take your time and find out the best 13mca51 notes for mca pdf pdf Book and pictures posted here that suitable with your needs and use it for your own collection and personal use.

About Ebook information: PDF has been uploaded. You can leave your comment as feed-back to our websites quality.

Thank you unconditionally much for downloading **13mca51 notes for mca pdf pdf**. Maybe you have knowledge that, people have look numerous period for their favorite books later than this 13mca51 notes for mca pdf pdf, but end stirring in harmful downloads.

Rather than enjoying a fine ebook past a cup of coffee in the afternoon, instead they juggled considering some harmful virus inside their computer. **13mca51 notes for mca pdf pdf** is simple in our digital library an online permission to it is set as public for that reason you can download it instantly. Our digital library saves in complex countries, allowing you to acquire the most less latency epoch to download any of our books subsequently this one. Merely said, the 13mca51 notes for mca pdf pdf is universally compatible similar to any devices to read.

INTRODUCTION 13mca51 Notes For Mca Pdf Pdf (2023)

Related 13mca51 Notes For Mca Pdf Pdf :

What is womens magazine instyle all publications read view online and download pdf free pdf?

[womens magazine instyle all publications read view online and download pdf free pdf](#)

What is onan engine parts manual file type pdf pdf?

[onan engine parts manual file type pdf pdf](#)

What is onan engine parts manual file type pdf pdf?

[onan engine parts manual file type pdf pdf](#)

13mca51 Notes For Mca Pdf Pdf

13mca51 notes for mca pdf pdf | This wonderful File collections about 13mca51 notes for mca pdf pdf is accessible to download. We obtain this amazing Ebook from internet and choose the top for you. 13mca51 notes for mca pdf pdf pics and pictures selection that uploaded here was carefully chosen and published by [author] after selecting the ones that are best among the others.

So, finally we make it and here these list of best File for your ideas and information purpose regarding the [13mca51 notes for mca pdf pdf](#) as part of [blog] exclusive updates collection. So, take your time and find out the best 13mca51 notes for mca pdf pdf PDF and pictures posted here that suitable with your needs and use it for your own collection and personal use.

About PDF brief description: Ebook has been uploaded. You can easily leave your review as feed back to our blog quality.

Thank you extremely much for downloading **13mca51 notes for mca pdf pdf**. Maybe you have knowledge that, people have see numerous time for their favorite books when this 13mca51 notes for mca pdf pdf, but end in the works in harmful downloads.

Rather than enjoying a fine ebook in imitation of a mug of coffee in the afternoon, otherwise they juggled later than some harmful virus inside their computer. **13mca51 notes for mca pdf pdf** is manageable in our digital library an online permission to it is set as public appropriately you can download it instantly. Our digital library saves in combination countries, allowing you to acquire the most less latency era to download any of our books past this one. Merely said, the 13mca51 notes for mca pdf pdf is universally compatible next any devices to read. - *13mca51 Notes For Mca Pdf Pdf*

Study 13mca51 notes for mca pdf pdf

Contact the company now. You can easily check out their online website. There you can find all the information you may need. The website is user-friendly and so you can easily maneuver in and out of the site. You can get all the important information like telephone numbers, email address, and a lot more. If you live in Tulsa, you can always visit the company's office. It has branches all over the nation but if you can't find one locally, you can just call them. Don't worry because your call will be confidential and the company will not just give out your information to others. Accounting Principals is a reputable name that you can trust. The company already have a lot of clients and so you can also trust them.

First 13mca51 notes for mca pdf pdf

There is also auricular acupuncture where it is believed that the ear is a microcosm of the body. This means that acupuncture needles are placed on certain points on the ear so it can treat certain addiction disorders.

Myofascially-based acupuncture is often utilized by physical therapists as it involves feeling the meridian lines in search of tender points before applying needles as this is where abnormal energy flows.

Japanese styles of acupuncture referred to as "meridian therapy," tend to put more emphasis on needling technique and feeling meridians in diagnosis.

Opportunity 13mca51 notes for mca pdf pdf...Before this person does anything, you will first have to answer a few questions. You will then be given a physical exam to check your pulse and observe the shape, color and coating of your tongue. Other things that are checked will be the color and texture of the skin and your posture as this will give clues to your health.

Only then will you be told to lie down on a padded examining table and the needles are inserted to the skin. The difference with this kind of needle is that they twirl and jiggle each time they are pushed further into the body.

You may not feel them at all and if you do, it will only be a twitch that soon goes away. Once they are in place, this will be left there for 15 to 60 minutes that may make you feel very relaxed and sleepy that you may even doze off. Once the session is complete, the needles are removed and you will be on your way.

Concepts 13mca51 notes for mca pdf pdf:Some patients will experience immediate relief after the first session but others will not experience anything at all.

This is the reason that an average session should be done 12 to 15 times at least 2 to 3 times a week.

If acupuncture works for you, then the only thing you need are follow up sessions. This can be done twice every 2 weeks or monthly. It is really up to you. But don't forget to also see your regular doctor so he or she can also monitor the progress of your condition.

Types of Acupuncture

There are different types of acupuncture. Whichever you decide to use, they are designed to do the same thing and that is to relieve pain or treat certain diseases.

Analysis 13mca51 notes for mca pdf pdf

The needles used in acupuncture are very small and you will probably feel a slight twitch when the needle goes in. They will be inserted carefully to ¼ or an inch in depth and will stay there from 45 minutes to an hour depending on the condition of the patient.

If inserted properly, you should feel some cramping, distention, electric sensation or tingling which means that the treatment is working.

Needles used for acupuncture especially in the US are clean because they are required to be disposable. This prevents any chance that those who go for treatment will be contaminated by a communicable disease like hepatitis or HIV.

Concepts 13mca51 notes for mca pdf pdf

If you are suffering from any of the ailments mentioned above, acupuncture may just be the remedy for you. Acupuncture is harmless, and is known to promote health and a sense of well-being. It is a healthy, chemical-free alternative to traditional forms of medical treatment.

Things You Should Know About Acupuncture

Acupuncture has been practiced for hundreds of years. To let you know more about this practice, here are a few things that you should know.

First, acupuncture is a holistic healthcare technique that involves inserting needles into specific points in the body. Studies have been conducted and it has been proven to treat ear, nose, throat, respiratory, gastrointestinal, eye, nervous system and muscular disorders.

observation 13mca51 notes for mca pdf pdf

Reactions And Research

Not everyone is impressed with acupuncture itself. Most western medical professionals have expressed either doubt or indifference to the oriental method while others have downright driven it down into the earth with criticisms and brutal skepticism. However, recent research shows the efficacy (or lack thereof) of acupuncture, and while more research has to be done, it has been proven to actually positively affect some, but not all, forms of ailments that it claims to cure.

So as the doors open to a new age of acupuncture, give it a try when you feel the need for pain relief and you will not be disappointed. As the Chinese have used it for many centuries, so should we.

Analysis 13mca51 notes for mca pdf pdf: The History of Acupuncture

Acupuncture comes from two Latin words namely “acus” which means needle in English and “pungere” which means prick. Its history originated in China more than 2000 years ago and has evolved into various forms.

Some of the techniques of acupuncture do not even use needles anymore. Vibrating objects, ultrasound and even the fingers of the practitioner have taken some of the work to make the person feel better.

Discovery 13mca51 notes for mca pdf pdf, Accountants can also work as professors, or as researchers in schools or colleges. They can also become reviewers. If you have a knack for teaching, then this career path is for you. Although you won't directly get experience as an accountant, you will see that this career path in accountancy can also provide you with great opportunities.

You can also enter the government. Whether it is the local, state or federal government, you will see that they will constantly have openings for accounting jobs.

Being in the government can also produce a lot of great opportunities in your field. It will let you meet important people who can help you in advancing in your career and it will also provide you with great intensive training as an accountant.

Challenge 13mca51 notes for mca pdf pdf

The profit & loss of a certain company is determined by finance professionals through accounting. They can determine what created the profits as well as the losses. Accountants form some sort of business equation so justify the profits & losses of a business. By doing so, they can easily tell a company's net worth.

It seems that by simply starting to define one accounting term, it eventually leads to defining other terms as well. Net worth is another term that is quite difficult to understand. It refers to the resulting amount after deducting the liabilities of a company from the assets. Private companies refer to net worth as owner's equity.

Why owner's equity? Well, after deducting all the liabilities, what's left basically belongs to the owner. In the case of public companies, the profit of the business is returned as dividends to shareholders. As you can see, before owner or shareholders of a company can take hold of the profits, all liabilities must be deducted first.

Investment 13mca51 notes for mca pdf pdf-As you can see accounting or accountancy careers can provide you with a lot of opportunities as an accountant.

Aside from the tasks mentioned earlier, controllers also take charge in budgeting and financial planning. Businesses, big or small, need accountants. However, in the case of very small businesses, owners can do the accounting tasks. Bigger or larger businesses need accounting personnel to handle all the accounting works. As the business expands, it needs to hire additional employees. It is also the task of the accountant to determine if the company can afford to hire additional employees without negatively affecting the growth of profits.

Accounting involves a lot of paper work. Professional accountants need to prepare tax returns which are very much complicated than income tax returns of

individuals. The chief accountant of the company is also responsible for setting broad objectives for the company's growth and development. Their aim is to gain more profits because this will be the proof for the success of the business.

Guide 13mca51 notes for mca pdf pdf

Although there are no studies which prove that one technique is better than the other, some patients are more comfortable with one type over the other. Another question you should ask and discuss further is the length of the treatment. Patients who are suffering from a chronic illness will have to be treated over a period of months before any improvements can be seen. This will help you plan your schedule since you need to go to the clinic 2 to 3 times weekly. The acupuncturist just like a medical doctor is there to help you get better. If you don't see any progress with this person, perhaps you should seek the help of another specialist.

What is Acupuncture?

What is acupuncture? It is a form of holistic healthcare that is used to prevent and treat certain diseases as well as relieve pain and anesthetize patients for surgery. Research shows that this began in China and has been practiced for more than 5,000 years.

Curse 13mca51 notes for mca pdf pdf

The imbalance in the Qi may go one way or the other because of Yin and Yang. The person can only be normal if there is harmony between the two which is what acupuncture is trying to achieve. This can only be restored by stimulating these acupuncture points so your Qi can be adjusted, balanced and harmonized. Apart from using needles, practitioners also use friction, heat, impulses of electromagnetic energy and pressure to stimulate these points in order to balance the movement of energy in the body to reduce one's health.

An example of this is sonopuncture where an ultrasound device that transmits sound waves is applied to these points in the body. Some use a tuning fork and other vibration devices.

Power 13mca51 notes for mca pdf pdf—About the salary of accountants, the lowest rate is roughly \$35,000 per year and that is for starters only. Once you're hired and you've been with a company for many years, the salary will naturally increase. Did you know that the senior accountants can earn as much as \$80,000 per year on the average? That's a lot of money, right? Being an accountant has its benefits, especially in term of salaries.

It seems that accountancy graduates of today are given more job opportunities. You should be thankful because unemployment is prevalent in many areas. If you're a graduate of accountancy, it means that you have better chances of finding a good paying job as compared to graduates of other courses. If you try to analyze the business situation, accountancy is essential to the success of a business organization or company. With the growing number of business worldwide, big scale or small scale, accountants are badly needed.

For those who are just going to start college, why don't you consider an accountancy course? According to statistics, the demand for knowledgeable accountants will increase in the years to come, so why not join the force? It will only take a couple of years to graduate. Make sure that you have excellent grades so that

you will have an edge when you apply for a job. It pays to study hard now because you can use the knowledge in the future. You can be one of the assets of the biggest company in the world – now who wouldn't want that?

The Best 13mca51 notes for mca pdf pdf

There can be various causes why Acne forms. Apart from rising hormone levels due to puberty it can also be attributed to certain other factors like intake of drugs which contain lithium, barbiturates and corticosteroids. Acne can also be caused due to excess grease and oil in the scalp, due to cooking oil and use of some cosmetics can actually alleviate the acne problem. Acne problem many times is inherited also. Acne problem is worsened if the pimples are squeezed or scrubbed too hard.

Acne can form at any place of the body but they most commonly form in the areas where there sebaceous glands are present in high proportions like face, chest, shoulders, neck and upper back. The symptoms may differ from person to person but commonly seen symptoms are: formation of blackheads, whiteheads, lesions filled with pus and which are very painful and lastly nodules. One may get confused sometimes as symptoms of acne may be like some other skin condition and it is always advised to consult a doctor in this scenario.

There are lots of treatments available today to treat acne. The primary goal of the treatment is to reduce scars and better appearance. There are various treatments and the doctor decides which specific treatment you need based on: the extent of acne problem, age, medical history, overall health, tolerance to specific medications and procedures, expectations and last but not the least what patients prefer.

Power 13mca51 notes for mca pdf pdf; Women who are pregnant are also advised not to undergo acupuncture treatment. However, they can engage in that once the baby is born.

How well the acupuncture treatment will go depends also on specialist who will be performing it. You have to take into account their years of experience and skill so they are able to make the correct diagnosis, finding the acupoints in the body, the angle at which the needles will be inserted and the techniques they know as there are different types of acupuncture.

This brings us to asking ourselves how to find a skill acupuncturist. For this to work, we have to do ask our doctor if they can refer anyone. It wouldn't hurt to also do some research online. After all, there are about 3,000 acupuncturists all across the country so it won't be that hard to find one.

13mca51 notes for mca pdf pdf___Treatment from Acupuncture Experts

It is very essential for a patient to consult with a skilled acupuncturist. A more personalized service will be provided by an expert, as well as added counseling for the patient. Moreover, an acupuncturist may prescribe herbal supplements to aid the patient in quitting efforts.

During treatment, filiform needles are inserted into specific points on the ear cartilage, as well as the hands and wrists. Normal procedures last for about 30 minutes. Body acupuncture can be used in combination with the ear and wrist needle placements. An acupuncturist may also utilize a mild electric current, to enhance the effect of the needles through the body.

Liberation 13mca51 notes for mca pdf pdf

Once you start your accounting classes, you have to study all your lessons and know them by heart. This is the only way to become a successful professional someday. And of course, you need to pass all your exams so that you will soon hold your diploma.

There are many career opportunities for accounting graduates. Again, if you think that an accounting course is the best for you, enroll now. Study hard and master the principles and concepts of accounting. Only by then can you say that you're an effective and efficient accountant.

Developing awareness in related fields. In accounting alone, there are several career opportunities. If you keep yourself up to date, you will be able to perform effectively and resourcefully. Know the recent developments in the accounting field. Don't focus all your attention to your current career. You have to look into other accounting careers so that you can be a well-rounded employee.

Miracle 13mca51 notes for mca pdf pdf,

Basically, public accountants offer their services in partnerships. They offer their services to individuals, as well as businesses and the government. You need to remember that in order to become a public accountant, you need to be a certified public accountant in order for you to work individually or as part of an accounting firm.

Public accountants basically do jobs, such as taxation, auditing, as well as management advisory services. You should remember that this particular career is considered to be a stepping stone of most accountants. If you want to start your career as an accountant, being a public accountant is usually the first job that you have to take. Here, you will learn a lot of things about running a business and you will also increase your experience.

Another great thing about being a public accountant early on in your accounting career is that it provides a lot of great opportunities as it will give you lots of experiences, and become more in demand by companies to handle their accounts and income.

Analysis 13mca51 notes for mca pdf pdf

Involvement in specialized trainings. Are there any benefits in being involved in specialized trainings? The answer is a 'yes'. You see, if you frequently attend specialized trainings, you become experienced and highly-skilled. Therefore, your employer is bound to increase your salary in the coming years.

Complete training courses. Have you taken a close look at your resume? By taking up advanced accounting career training, you will be able to finish a training course which you can later on put in your resume. Your resume will surely stand out above others because of the advanced trainings you've attended.

Should you decide to change careers, it will be a lot easier because of the various advanced trainings you have undergone. Still, if you're happy and contented with your existing career, you can be promoted in the near future. Your salary will increase and you're already prepared to take new responsibilities. You will not find it hard to cope with the new working environment.

Learn 13mca51 notes for mca pdf pdf-Before you decide to have a session with them, talk to the acupuncturist to know their credentials. This will also give you the opportunity to find out how much do they charge as this can be from \$45 to more than \$100 per session.

You can probably ask for the name and contact number of a previous client so you can ask this person how everything went. Remember, if it doesn't work out for you, don't be afraid to find someone else who can do a better job.

The most important thing to do during the session is to relax. If you feel an itch or something, tell the acupuncturist. The same goes if you are nervous or experience a burning sensation so the specialist will take out the needles.

Challenge 13mca51 notes for mca pdf pdf. A software that is suited for small businesses helps the business owner analyze financial data, customize reports like transaction history, profit & loss, check details, reconciliation details, and many more. By simply looking at the various reports, you can already determine your business status. Some software also offers built-in features like forecasting tools. These tools can be used to manage business risks and control cost of operation. If you're running a small business, it is now time to purchase accounting software. By doing so, you can secure your business' future and you can be certain that all your financial tasks are handled effectively.

Reading 13mca51 notes for mca pdf pdf

Symptoms of depression in adolescents are eating disorders, weight change, irritable mood, excessive sleeping in daytime, excessive temper, criminal behavior, memory loss, fatigue, self preoccupation, sadness, difficulty in concentrating, worthlessness feelings, loss of interest, self hatred, obsession with death and thought & attempts of suicides. When these symptoms are being noticed for more than two weeks, it is important to get treatment for the adolescent.

Depression not only affects interpersonal relationships, but school performance as well. Depressed adolescents are more prone to take onto drugs and alcohol as an attempt to overcome their depression. Such problems require intensive treatment.

The doctor will take blood test and perform physical examination to determine the cause of depression. The adolescent can also be tested for substance abuse such as smoking, heavy alcohol consumption, marijuana smoking, and usage of other drugs. After the physical examination, psychiatric evaluation is also done to understand the cause of sadness, loss of interest and irritability. Depression can also lead to the development of other psychiatric disorders such as schizophrenia, mania and anxiety. It is also important to determine whether the adolescent poses a risk for himself/herself and others. Family and school personnel can provide valuable information about the adolescent to the doctor.

Treatment for depression for adolescent is similar to the treatment of depression for adults. Along with the treatment, the adolescent are given antidepressant medication and psychotherapy. Antidepressant medications include tricyclics, Prozac, selective serotonin reuptake inhibitors or SSRI. Some of the medicines increase the risk, so it is a good idea that parents discuss the possible risks with the doctor. Only some of the antidepressant medications are meant for children and adolescents. Adolescents with severe depression need to be hospitalized as they are more prone to kill themselves.

Legend 13mca51 notes for mca pdf pdf

Precautions should not only be taken indoors, but outdoors too. This is because; more than forty thousand people get eye injuries outdoors. Ninety nine percent of the injuries are caused while playing sports. So it is necessary for the youngsters to wear protective eyewear while playing sports or when involved in

outdoor recreational activities. A special helmet is designed with wire shield or polycarbonate face mask which is not only safe, but comfortable, too. Protective eyewear should also be worn while performing experiments in science lab. Fireworks must only be handled by adults.

Because of increasing use of computers, more and more youngsters are getting eye strains. The symptoms of eye strain caused by computer are red & watery eyes, focusing problems, aching & tired eyelids, eye muscle spasm, backache and headache. In such an environment, eye exercise must be done regularly. The eyes must be made to focus on distant objects and should be rotated from side to side. It is extremely important to give ample rest to the eyes. Glasses with UV shield must be worn when looking at the computer screen. Eye strain can be avoided by increasing the distance from the monitor.

Eye hazards are also caused when cosmetics are used improperly by contact lens wearers. Some of the adverse reactions are injury, eye irritation, allergy, dryness, infection, and lens deposition. That is the reason why adolescents must be made aware of the risk they will face when opting for contact lens. Girls should understand that they should buy hypoallergenic cosmetics and especially the non-scented variety, manufactured by big brand names. Cosmetics should not be shared with anything else. The applicator brushes must be washed regularly and old mascara must be disposed and not refilled. Eye shadows which are glittery, pearlized, frosted or iridescent contain ground tinsel or oyster shell, which should be always avoided. Eyeliner should not be applied in the inner lid edge. Loose powder should be avoided. Cream should not be applied near the eyes. The wearer should wash hands while handling contact lens. No crying, washing of face or bathing should be done with the contact lens on.

History 13mca51 notes for mca pdf pdf

Along with doctor consultation, a psychologist must also be consulted who can deal with the emotional challenges of the adolescent. The family should also play an active role in making the youngster feel better. The family should work in collaboration with physician, dietitian and diabetes educators. Teachers, counselors, school nurses, day care providers, and other community members can provide extended support and guidance. They can provide help with transportation, mental health counseling, health education, social services and financial services.

Eating Disorders in Adolescents

Since the adolescence is the age where bones are sprout and grow rapidly, well nourished food must be given to the adolescent to facilitate normal growth & development. The nutritional intake must be monitored regularly and modified depending upon the growing needs. Teenagers tend to develop eating disorders which affect their nutritional health. The eating behavior must be corrected as early as possible as it can lead to the development of complex illnesses. Eating disorder is the third common chronic illness, especially in adolescent females and the number has been increasing rapidly from the past thirty years.

The Best 13mca51 notes for mca pdf pdf, Family and school support is necessary to tackle the depression of the adolescent. Parents can get their children admitted in emotional growth schools, boot camps or wilderness programs, to solve the behavioral problems. These programs consist of non medical staff and confrontational therapies. But care must be taken as some of the programs can in turn harm children who are depressed and sensitive. Adolescents, who get caught due to criminal offense, should be taken special care of by their parents. It is best that the child face the consequences and learn a lesson from it.

Depressed adolescents respond well to treatment if they are treated comprehensively and early. More than half of the adults are known to have depression when they were in their teens.

Diabetes in adolescents

Diabetes is a rapidly growing, serious health problem among youngster today. Above thirteen thousand adolescents are diagnosed for type 1 diabetes, every year in America. There has also been an increase in the number of teenagers with type 2 diabetes, which was more common among adults above forty and who were overweight. Clinics are reporting that nearly half of the new childhood diabetes cases are of type 2. Adolescents, who are obese and had type 2 diabetes in the family history, are at a greater risk of developing diabetes.

History 13mca51 notes for mca pdf pdf

Acupuncture treatment for smokers should only be done by a license professional. You can do some research online to find out if they are accredited by the National Commission for Acupuncture and Oriental Medicine, ask how long they have been in the profession, find out how many smokers they have helped and how much will they charge.

Once you have found one, you have to commit yourself to the program because both you and the acupuncturist have to work together to give up this habit. Acupuncture can help smokers in the same way that it has helped addicts and alcoholics quit their addictions. You just have to try it even if you may not believe in it.

Study case 13mca51 notes for mca pdf pdf

Heat stroke is the severest condition of all heat related illnesses. In this condition the body gets overwhelmed with excessive heat and the efficiency of the system that regulates body heat goes down considerably which can result in a serious emergency requiring immediate medical care. The symptoms of heat stroke include dry and warm skin, very high fever generally above 104 degree Fahrenheit, increased heart rate, appetite loss, nausea, headache, vomiting, fatigue, agitation, confusion, stupor, seizures, coma and possible death. A teenager experiencing symptoms of heat stroke should stay in a cool place and have adequate rest. Heat stroke is a serious condition and emergency attention should be sought by calling 911. In the meanwhile the affected teenager should be made free of excessive clothing and should be worn with cool clothes and also put cool water on the skin to lower the temperature. Placing ice bags in armpits also helps. Make the teenager drink cool drinks if the teenager is alert.

Heat strokes are very much preventable if certain precautions are taken like drinking adequate water during hot days, avoiding alcoholic and caffeine drinks, wearing light clothes, exercising in cooler time of the day, wearing sunglasses and hat, using umbrella on a hot day, applying sun cream with a spf of at least 15 etc.

Power 13mca51 notes for mca pdf pdf;An infant will have a normal blood pressure reading of 80/45, where as an adolescent will have a normal blood pressure reading of 110/70. Therefore, age, gender, and height are important factor when determining the normal blood pressure level. Adults will have a higher blood

pressure than the infants and teenagers. Also, boys have a higher blood pressure when compared to girls and tall people have a higher blood pressure than short people. An adolescent is said to have high blood pressure when the blood pressure is more than the blood pressure of ninety percent people of his/her age, gender and height.

There are many risks associated with hypertension or high blood pressure. The risk of developing coronary heart disease increases proportionally. The arteries will develop greater resistance towards the blood flow, because of which the heart will pump blood harder. Stroke is also another risk. Adolescents who have had high blood pressure as a child, develop harmful effects on the blood vessels and heart till the time they turn twenty.

The causes of high blood pressure can be classified as primary and secondary. If the causes are definite, they are primary and if the cause is linked to some illness, it is secondary. Primary causes are high blood cholesterol levels, smoking, stagnant lifestyle and overweight. Secondary causes are obesity, immobility due to chronic illness, prescription drugs, intense pain due to burns or cancer and illegal drugs. High blood pressure can develop due to hereditary reasons.

example 13mca51 notes for mca pdf pdf. There are basically 14 pathways throughout the body where chi flows continuously. These are called the meridian points. In order for chi to course through the body unobstructed, there has to be a balance between the strengths of yin and yang. In ancient Chinese philosophy, yin and yang represent the forces of the universe- yin is for feminine, while yang is for masculine. Every single thing in the universe is believed to contain both yin and yang for harmony.

When the yin and yang are not balanced, chi cannot stream through the body liberally. Therefore, the meridian points through which chi courses through need to be stimulated. This is done by the insertion of hair-thin, disposable needles in specific areas on a person's body to induce bodily harmony and bring about healing.

A certified and trained acupuncturist will be able to carry out an excellent therapy session for the patient. Trainings for acupuncturists are given in order for them to obtain their licenses. A poor practitioner may not be proficient enough with the practice and could end up jeopardizing the results of the entire procedure. Nowadays, it is wise to verify on a practitioner's credentials to ensure a safe and effective acupuncture treatment.

First 13mca51 notes for mca pdf pdf

How does sticking needles into your body help manage the stress?

In traditional Chinese medicine, much of the treatments depend on an understanding of the balance in our bodies and its internal organs. The sicknesses we sometimes develop are seen to be caused by imbalances in our lifestyles and environment. Stress is also affected by this imbalance. That is why when there is something wrong with your body, you typically have less of an ability to deal with stress. You get more irritable and find it really to difficult to relax.

By sticking these very thin needles past the surface of our skin, the acupuncturist stimulates nerves in our body. These nerves send signals to our brain and scientists believe that the brain then releases its natural painkillers into our system. This immediately causes a feeling of relaxation for many people.

The needles could also help your body by stimulating its circulation. With the circulation between the organs of the body improved, a lot of the body's wastes

could be cleansed properly. Your organs would also receive the full benefit of the oxygen from your lungs making its way into the cells of your body without any blockages. This makes your organs much healthier and leaves you feeling much better in the long term as well.

Legend 13mca51 notes for mca pdf pdf... There are many premenstrual syndrome symptoms which can be broadly classified as neurologic & vascular symptoms, psychological symptoms, gastrointestinal symptoms, fluid retention, eye problems and respiratory problems. The cause of premenstrual syndrome are fluctuations in the levels of progesterone & estrogen, hypoglycemia, hyperprolactinemia, psychogenic factors, changes in carbohydrate metabolism, excessive aldosterone, progesterone allergy and water retention by kidneys. The good thing is that premenstrual syndrome can be prevented by exercising regularly, eating balanced diet and sleeping adequately.

Dysmenorrhea is feeling intense menstrual pain and cramps. Depending on the severity, dysmenorrhea is stated as primary dysmenorrhea or secondary dysmenorrhea. Primary dysmenorrhea symptoms are felt from the onset of the menstrual periods and are felt life-long. Because of abnormal uterine contractions due to chemical imbalance, severe menstrual cramping is experienced. Secondary dysmenorrhea starts in the later stages. The causes are different for primary and secondary dysmenorrhea. Secondary dysmenorrhea can be blamed on medical conditions such as endometriosis, uterine fibroids, pelvic inflammatory disease, tumors, infections, and abnormal pregnancy.

Dysmenorrhea symptoms are lower abdomen cramping & pain, lower back pain, nausea, diarrhea, vomiting, fatigue, fainting, weakness and headaches. Females who are overweight, smoke, and have started to menstruate before turning eleven are at a higher risk of developing dysmenorrhea. Females who drink alcohol during menstrual period experience prolonged pain. After studying the health conditions, age, cause of dysmenorrhea, and extent of condition of the individual, corresponding treatment will be recommended. Regular exercise, abdominal massage, hot bath, vitamin supplements, and dietary modifications can help overcome dysmenorrhea.

Concepts 13mca51 notes for mca pdf pdf The Mystery of the Missing Diamond

It was a gloomy and tempestuous night. The drizzle was falling heavily, and the breeze was whistling. In the center of the town, there was a museum, where a precious diamond was on show. The diamond was known as the Star of Africa, and it was the largest and most gorgeous diamond in the globe. It was guarded by a high-tech security setup, and a group of weaponized guards. No one could rob it, or so they assumed. But somebody did. An individual managed to get around the security, to evade the watchmen, to shatter the pane, and to steal the diamond. And no one observed them, no one overheard them, no one recognized who they were. They left no mark, no clue, no proof. They disappeared into the darkness, with the Star of Africa. And the enigma of the lost diamond began.

Discovery 13mca51 notes for mca pdf pdf The Mystery of the Missing Diamond

It was a gloomy and tempestuous night. The drizzle was falling heavily, and the breeze was whistling. In the center of the town, there was a museum, where a precious diamond was on show. The diamond was known as the Star of Africa, and it was the largest and most gorgeous diamond in the globe. It was guarded

by a high-tech security setup, and a group of weaponized guards. No one could rob it, or so they assumed. But somebody did. An individual managed to get around the security, to evade the watchmen, to shatter the pane, and to steal the diamond. And no one observed them, no one overheard them, no one recognized who they were. They left no mark, no clue, no proof. They disappeared into the darkness, with the Star of Africa. And the enigma of the lost diamond began.

Learn 13mca51 notes for mca pdf pdf

The Mystery of the Missing Diamond

It was a gloomy and tempestuous night. The drizzle was falling heavily, and the breeze was whistling. In the center of the town, there was a museum, where a precious diamond was on show. The diamond was known as the Star of Africa, and it was the largest and most gorgeous diamond in the globe. It was guarded by a high-tech security setup, and a group of weaponized guards. No one could rob it, or so they assumed. But somebody did. An individual managed to get around the security, to evade the watchmen, to shatter the pane, and to steal the diamond. And no one observed them, no one overheard them, no one recognized who they were. They left no mark, no clue, no proof. They disappeared into the darkness, with the Star of Africa. And the enigma of the lost diamond began.

Analysis 13mca51 notes for mca pdf pdf..The Mystery of the Missing Diamond

It was a gloomy and tempestuous night. The drizzle was falling heavily, and the breeze was whistling. In the center of the town, there was a museum, where a precious diamond was on show. The diamond was known as the Star of Africa, and it was the largest and most gorgeous diamond in the globe. It was guarded by a high-tech security setup, and a group of weaponized guards. No one could rob it, or so they assumed. But somebody did. An individual managed to get around the security, to evade the watchmen, to shatter the pane, and to steal the diamond. And no one observed them, no one overheard them, no one recognized who they were. They left no mark, no clue, no proof. They disappeared into the darkness, with the Star of Africa. And the enigma of the lost diamond began.

Reading 13mca51 notes for mca pdf pdf

The Mystery of the Missing Diamond

It was a gloomy and tempestuous night. The drizzle was falling heavily, and the breeze was whistling. In the center of the town, there was a museum, where a precious diamond was on show. The diamond was known as the Star of Africa, and it was the largest and most gorgeous diamond in the globe. It was guarded by a high-tech security setup, and a group of weaponized guards. No one could rob it, or so they assumed. But somebody did. An individual managed to get around the security, to evade the watchmen, to shatter the pane, and to steal the diamond. And no one observed them, no one overheard them, no one recognized who they were. They left no mark, no clue, no proof. They disappeared into the darkness, with the Star of Africa. And the enigma of the lost diamond began.

Challenge 13mca51 notes for mca pdf pdf

The Mystery of the Missing Diamond

It was a gloomy and tempestuous night. The drizzle was falling heavily, and the breeze was whistling. In the center of the town, there was a museum, where a precious diamond was on show. The diamond was known as the Star of Africa, and it was the largest and most gorgeous diamond in the globe. It was guarded by a high-tech security setup, and a group of weaponized guards. No one could rob it, or so they assumed. But somebody did. An individual managed to get around the security, to evade the watchmen, to shatter the pane, and to steal the diamond. And no one observed them, no one overheard them, no one recognized who they were. They left no mark, no clue, no proof. They disappeared into the darkness, with the Star of Africa. And the enigma of the lost diamond began.

Solutions 13mca51 notes for mca pdf pdf

The Mystery of the Missing Diamond

It was a gloomy and tempestuous night. The drizzle was falling heavily, and the breeze was whistling. In the center of the town, there was a museum, where a precious diamond was on show. The diamond was known as the Star of Africa, and it was the largest and most gorgeous diamond in the globe. It was guarded by a high-tech security setup, and a group of weaponized guards. No one could rob it, or so they assumed. But somebody did. An individual managed to get around the security, to evade the watchmen, to shatter the pane, and to steal the diamond. And no one observed them, no one overheard them, no one recognized who they were. They left no mark, no clue, no proof. They disappeared into the darkness, with the Star of Africa. And the enigma of the lost diamond began.

Rating : 13mca51 notes for mca pdf pdf—Orthopedic Problems in Adolescents

Physical health problems encountered during adolescence can affect the development of the body, if not treated. There are few anatomic regions, such as spine, knee and ankle, in adolescents which can get orthopedic problems such as Osgood-Schlatter disease, and Slipped Capital Femoral Epiphysis.

Osgood-Schlatter disease is caused due to injury or overuse of the knee which causes swelling and pain in the area below the knee, above the shin bone. The patellar tendon and the soft tissues surrounding it gets inflamed, because of the constant pulling of the area where the tendon joins the below knee. Usually, adolescents who participate in sports actively and are athletic, such as football, basketball, soccer, ballet and gymnastics, tend to get the Osgood-Schlatter disease. Boys of age eleven to fifteen and girls of age eight to thirteen are at greater risk. The reason why adolescents get this problem is that their bones grow faster when compared to the tendons and muscles in this age and because of this the muscles and tendons stretch and become tight.

*Miracle 13mca51 notes for mca pdf pdf...*As more people are opening their minds to this practice, people should know that getting an acupuncture degree will not replace traditional medicine since there are limits to what it can do for the patient. It is merely a form of holistic healthcare that works hand in hand with science to help the person deal with an illness.

When you think about it, that might be something that the practice has going for it. If it has existed already for thousands of years and is still being practiced by millions up to now, then it must have worked already for quite a number of people.

What typically happens when you go to an acupuncturist?

When you go to an acupuncturist, you would typically first be asked about your medical history, how you're feeling and any symptoms of sicknesses you might have. The specialist would observe features of your face, including your tongue. According to specialists, your tongue is a good indicator of the health of your internal organs. The acupuncturist would listen to sounds that your body makes like the sounds coming from your lungs. How your body smells could also be an indicator of your overall health for the acupuncturist's diagnosis.

Fight 13mca51 notes for mca pdf pdf

Advanced Accounting Career Training

Are you satisfied with your career right now? Don't you wish to move upwards or be promoted? One way to develop your accounting career is by taking an advanced accounting career training. You can even try taking up a different field if you like but always remember to remain motivated in your present career.

When you finally decide to undergo advanced accounting career training, you only have positive reasons in your mind. So what are these positive reasons?

There are various reasons but the most common are the following:

High chance of promotion. As mentioned earlier, one way to get promoted is through training. You shouldn't stop learning even if you're already old. You can expect career promotion to come your way after undergoing advanced career training. By then, you will be ready to take new responsibilities.

13mca51 notes for mca pdf pdf

Apart from studying the medical history of the patient, the doctor will recommend diagnostic procedures such as bone scans, X-ray, magnetic resonance imaging and blood test. The bone scans will determine the arthritic changes and degenerative changes in the joints, which helps to detect tumors & bone diseases and the cause of pain and inflammation. The X-ray will give the inside picture of the bones, tissues and organs. The magnetic resonance imaging provide detailed image of the structures within the body with the help of large magnets. It is best if slipped capital femoral epiphysis is determined in the early stages, so that the femur bone's head doesn't slip off any further. The adolescent may need to undergo a surgery along with physical therapy.

Periodontal Disease in Adolescents

The meaning of the word "periodontal" is around the tooth. Also known as gum diseases periodontal diseases are nothing but serious infections caused by bacteria that harm the gums and tissues in the vicinity of the mouth. While dental cavities or caries only affects the tooth Periodontal disease is devastating affecting the bones that surround the tooth, gums, coverings of teeth root and tooth membrane. A physician specializing in the treatment of periodontal disease is known as Periodontist.

Hope 13mca51 notes for mca pdf pdf

Acupuncture Can Help Treat Migraines

Acupuncture can help treat migraines. This was discovered after a comparative study was done with conventional medical care. In some cases, it even prevents it from happening which helps improve the quality of life for the patient.

To understand how acupuncture helps migraine sufferers, you have to understand that in traditional Chinese medicine, it is believed that an imbalance in the flow of blood and energy causes this to happen.

In order to treat it, the specialist must relieve the tension by inserting needles into the body to improve the blood flow to the brain thus reducing the pain experienced during an attack.

The Best 13mca51 notes for mca pdf pdf;Is Acupuncture The Remedy for You?

With the growing acceptance of alternative medicine in Western cultures, acupuncture is quickly becoming a popular practice. More and more people today are choosing acupuncture over western medicine to treat bodily pains, relieve stress, or to promote overall health. If you are thinking about trying acupuncture but are wondering if it is safe or if it's the right treatment for you, the following information may aid you in making a more informed decision.

Description and Origin

Acupuncture is the practice of inserting fine needles into specific points in the body for therapeutic purposes. According to theory, these specific points called "acupuncture points" lie along pathways of the body along which one's vital energy is said to flow. The needles are used to promote free-flow of energy in areas of the body that circulation may have stagnated. Although acupuncture is practiced in many Asian cultures such as Japan, Tibet, and Korea the practice is commonly known to have originated in China.

For Free 13mca51 notes for mca pdf pdf-**How It Stops the Addiction**

The placement of needles is usually located behind the ear, or on the ear cartilage. This is where the calming effect takes place, curbing the patient's cravings for more cigarettes. People who have a smoking habit are bound to take up the nicotine stick more often whenever they feel stressed, bored, or depressed. Needles are also often inserted on the hand and wrists to promote a steadier flow of bodily energy. The feeling of relaxation will help an individual think twice about lighting a cigarette again.

Furthermore, this treatment has been found to help an individual deal with the withdrawal symptoms better. This alternative medicine promotes better tolerance to pain and discomfort during smoking cessation. Withdrawal symptoms can range from mild to severe and may involve nausea, palpitations, and dizziness. Oftentimes, these same conditions will propel an individual back to his smoking tendencies sooner than later.

Happiness 13mca51 notes for mca pdf pdf

Acupuncture is an Example of Holistic Healthcare

Holistic healthcare by definition is being able to cure an illness through the use alternative means. This means no medication is given to the patient and an instrument like a bunch of needles could do the trick.

Acupuncture has been around for than 2000 years. It is only recently that this holistic form of healthcare has reached the US. Studies have shown that it can treat minor problems and prevent some from happening.

The needles used in acupuncture are very thin but thicker than the human hair. This makes it smaller than those used on hypodermic needles.

Revenge 13mca51 notes for mca pdf pdf...Acupuncture For All Those Simple Aches And Pains

If, like me, you have quite a fear of needles and injections, then acupuncture, that practice of sticking needles onto different parts of your body to cure sicknesses might seem scary at first.

However, if youve been long been suffering from some problems like headaches or chronic pains and your regular visits to the doctor dont seem to be helping you, then why not consider a trip to an acupuncture specialist? After all, who hasnt heard of somebodys aunt somewhere suffering from arthritis and trying out everything that the doctors recommended all to no avail, only to finally be cured by a really good acupuncturist?

Perhaps you were wondering if it could actually work for you. You might feel a bit skeptical since traditional Chinese medicine doesnt immediately coincide with theories in modern Western medicine. In fact, the use of needles to cure people was discovered thousands of years ago in China long before microscopes or x-ray machines were invented or before bacteria and germs were discovered.

Miracle 13mca51 notes for mca pdf pdf

Acupuncture Could Help You Finally Manage Your Stress Levels

Todays world can fill the very busy individual with a lot of stress. Without some way of removing this stress from your system, youre placing yourself in danger from a lot of stress-related diseases. You might suffer from insomnia or headaches or very serious heart diseases.

You could take anti-stress pills to help you relax but, like me, you might also be worried about the side effects these pills could have. The good news is that you could try acupuncture at least once to see if it could help you manage the stress. It certainly couldnt hurt to try acupuncture if all youre after is stress relief. If you find it doesnt work for you, then you can just easily stop taking acupuncture treatments. If it works, though, then you can say youve found a good treatment for stress that doesnt rely on those dangerous chemicals and pills.

Solutions 13mca51 notes for mca pdf pdf____Anyone can try facial acupuncture because it is painless and it has proven to reverse the signs of aging. However, if you are pregnant, suffer from the colds or flu, have acute herpes or an allergic reaction, it is best to wait until this has passed.

But before anyone can try facial acupuncture, they first have to be evaluated by the acupuncturist. This person will evaluate your age, lifestyle and diet. If everything looks good, then you will probably do an average of about 12 to 15 treatments. More could be done if your skin tends to sag, manifest jowls or have droopy eyes.

Facial acupuncture treatment needs to be done twice a week for about 45 minutes to 1 hour. For those who can't make two sessions in a week, they can opt for the 1 treatment that will last 90 minutes.

Learn 13mca51 notes for mca pdf pdf

The eighth myth is that acupuncture is only used in third world countries. This is not true because this technique originated in China more than 2000 years ago and this has spread to developed nations in Asia such as Japan, South Korea, Singapore and Malaysia.

Here at home, acupuncture been practiced for more than 2 decades and is legal in 30 states. In fact 22 of them, license professionals after they graduate once they pass the state board examination.

Although acupuncture has been around for a very long time, there is still a need for this form of holistic healthcare which is why this is being taught in colleges and in use today. It is painless and cost efficient and a lot of studies have shown that it is effective in treating various illnesses and preventing some of them.

Story of 13mca51 notes for mca pdf pdf

A Primer on Medical Acupuncture

Have you ever had an uncontrollable urge to be pierced by a dozen needles? This is the image most people get when someone mentions the word "acupuncture". It comes as no surprise that most view this technique with suspicion, even downright horror. The fact is, however, that this relatively painless ancient Chinese technique has helped relieve the symptoms of millions of people. Properly used, it can help in the management of many medical conditions including chronic pain and fatigue.

How does needle puncture work?

Practitioners of Chinese traditional medicine believe in energy flows. This energy, called Qi, circulates around the body using pathways called meridians. Meridians run very close to the surface of the skin in certain areas and can be accessed by needles. Much like plumbing, these pipes can get blocked or go the wrong way, causing health problems. The insertion of needles at these points is aimed to help loosen blocks and normalize flow.

Rating : 13mca51 notes for mca pdf pdf

Fifth, medical doctors do not believe in the potential of alternative medicine. This is not true because there are more doctors these days that are open to the idea that there are other ways to help patients aside from conventional medicine. In fact, some of them even recommend an acupuncturist if they know that what they have done is not effective.

Another myth is that every patient will undergo the four needle technique. This is not true and it will only be used when the specialist feels that the energy of the patient is virtually not moving as a last resort.

The seventh myth is that it is better for a medical doctor to perform acupuncture. This is wrong because the training is much different than that taught in

medical school. Students who have an acupuncturist license train for 3,000 hours before they are allowed to practice this profession. So between an acupuncturist and a medical doctor, you should go with someone who has learned about this much longer.

Study case 13mca51 notes for mca pdf pdf;Most patients that undergo acupuncture will not feel any significant change after one session which is why a few sessions are needed. Best of all, it is painless so your body will not feel sore afterwards.

Several studies have been conducted about acupuncture and there have been positive results. For instance in the UK, 400 participants who were suffering from migraines claimed they felt better after 3 months worth of sessions.

In the US, acupuncture has also proven to be effective in helping people deal with arthritis because the needles help the body fight against this chronic illness that is much cheaper and more effective than conventional medicine.

Life Lessons from 13mca51 notes for mca pdf pdf..Teens get anemia as they grow rapidly the amount of iron intake may not be enough to keep up with the pace of the growth as it needs more nutrients in this process. In the case of girls they need more iron after puberty and are at risk due to heavy blood loss during menstrual periods. In some cases pregnancies also leads to anemia. Also, teens who diet excessively to lose weight may also be at risk of having iron deficiency. Meat eaters especially red meat eaters are at less risk compared to vegetarians as meat has rich iron in it.

Asthma in Adolescents

Most of the teenagers who have asthma are also allergic to many things. The asthma can get severe even if the people with asthma are exposed to allergens of low grade. Allergies play an important role in asthma cases which are undiagnosed. Other factors that also trigger childhood asthma include upper respiratory infections like colds, second hand smoke, and certain climate conditions like cold air and due to emotional physical expressions like laughing, crying or yelling. However, it is not the end of the road for asthmatics as they can live active and healthy if they manage asthma properly by avoiding asthma triggers, regular intake of prescribed medications, being alert of the warnings and be aware of the ways to deal with an asthma attack.

Read Only : 13mca51 notes for mca pdf pdf:Cholesterol in Adolescents

Parts of adolescent's body are filled with a waxy stuff identified as cholesterol. It helps to produce vitamin D, cell membranes and certain hormones. Blood cholesterol comes from two different sources, liver within the body and food. The adolescent's liver produces enough cholesterol to carry out proper functioning.

The blood acts as the carrier of cholesterol and transports it to different parts of the body. They are transported in round particle form known as lipoproteins. There are two types of lipoproteins called the low density lipoproteins or LDL and high density lipoproteins or HDL. Low density lipoprotein or LDL cholesterol is commonly known as bad cholesterol. It helps in the building up of plaque in arteries and this condition is known as atherosclerosis. The LDL level must be low in the blood and if it is high it must be decreased. Healthy weight must be maintained and exercise should be done regularly. Food items which have high contents of calories, dietary cholesterol and saturated fat must be avoided.

High density lipoprotein or HDL cholesterol is the good cholesterol. It is actually a kind of fat in blood which helps to remove bad cholesterol from the body and stops the build up of plaque in the arteries. The more the HDL cholesterol in the blood the better it is. The HDL can be raised by at least twenty minutes of exercising daily, decreasing body mass and keeping away from food with saturated fat. Some adolescents need to take medications in order to increase HDL. In such cases, increasing HDL can be a complicated procedure and the physician can make a therapeutic plan to increase HDL in the blood stream.

Concepts 13mca51 notes for mca pdf pdf

The bone marrow replaces small amounts of blood is lost due to some reason without making a person anemic. But in cases where considerable amount of blood flows in small amount of time as a result of an injury due to a serious example for instance, it may not be possible for bone marrow to replace RBCs so quickly resulting in anemia. Also, losing small amounts of blood over long periods of time may also lead to anemia. Example of this situation can be seen in girls who get heavy periods attributed mainly to deficiency of iron in the diet.

Anemia due to iron deficiency is the most common kind of anemia in the United States. It occurs mainly due to lack of iron in a person's diet. A teen with iron deficiency would have lower hemoglobin production and consequently lower RBCs. When the production of RBCs is low the person is regarded as anemic. The signs of anemia are paleness and tiredness. There can be other reasons as to why enough RBCs are not produced in the body. Folic acid and Vitamin B-12 are also essential to produce RBCs. Getting these in adequate quantities is this important too. There can be a problem with bone marrow's working too resulting in anemia.

Hemolytic anemia occurs when a person has RBCs whose lifespan is shorter. The bone marrow may not be able to produce new blood cells if the blood cells die too early. This can result due to many reasons including person having disorders like sphenocytosis or sickle cell anemia. In some cases the immune system of the body may itself destroy the RBCs. In some cases certain antibodies can form in the blood as a result of reaction to certain drugs or infections and may attack the RBCs.

File Pdf 13mca51 notes for mca pdf pdf

Seventy four percent of females above fourteen years and sixty percent of females below fifteen years have reported to have involuntary sex. Fifty percent of the adolescent pregnancies are within the time period of six months after the initial sexual intercourse. More than nine hundred thousand teenagers are reported to have become pregnant every year in the United States. Fifty one percent of the adolescent pregnancies result in live birth, thirty five percent result in induced abortion and fourteen percent result in stillbirths or miscarriages. Four out of ten adolescent females get pregnant, before they turn twenty, at least once. Twenty five percent of adolescent deliveries aren't the mother's first child. When a teenager gives birth to her first child, she increases the risk of begetting another child. One third of the adolescent parents are themselves result of adolescent pregnancies.

There are many reasons why adolescents choose to become sexually active at an early stage in life. The reasons can be early pubertal development, poverty, sexual abuse in childhood, lack of parent's attention, lack of career goals, family and cultural patterns of early sex, substance abuse, dropping out from school and

poor school performance. Factors which discourage an adolescent to become sexually active are stable family environment, parental supervision, good family income, regular prayers, connectedness with parents and living with complete family and both the parents. The factors which are responsible for the consistent use of contraceptive among adolescents are academic success, anticipation for successful future, and involvement in a stable relationship.

There are many medical risks associated with adolescent pregnancies. Adolescents who are less than seventeen years are at a greater risk of developing medical complications, when compared to adult females. The risk is even more in teenagers below seventeen. The weight of the child, given birth by an adolescent, is very low in these pregnancies. It is usually below 2.5 kilogram. The rate of neonatal birth is also three times greater in adolescents, when compared to adults. Other problems caused by adolescent pregnancies are prematurity of the child, birth of underweight child, poor maternal weight gain, poor nutritional status, anemia, STDs and hypertension induced due to pregnancy.

Power 13mca51 notes for mca pdf pdf

Control of pain is the most well researched of all of the indications for acupuncture. There is a definite beneficial effect for a majority of patients using this method. Migraines, premenstrual syndrome, arthritis, carpal tunnel syndrome, and neuralgias are but a few examples. The theory behind its effectiveness is also medically accepted and well researched, called the gate-control theory of pain. It states that the needles can stimulate nerves so that they block the impulses from pain triggers.

Expected Puncture Session Result

It is important to emphasize that acupuncture is used only on top of existing medical therapy. At no time should a patient discontinue medication or ignore medical instructions in favor of needle puncture. After undergoing a needle puncture regimen, the primary care physician can make an evaluation with regards to decreasing dependence on other therapies.