

HOROSCOPE



ARIES (MAR. 21-APRIL 20)

Your communication skills will win hearts. Rid yourself of useless things. Relatives may be hiding something. Your lucky day this week will be Sunday.



TAURUS (APR. 21-MAY 21)

Social activity should be on your agenda. Put your energy into moneymaking ventures. Your lucky day this week will be Monday.



GEMINI (MAY 22-JUNE 21)

Get involved with prestigious organisations. Spend extra time sorting through work. Don't bother getting even. Your lucky day this week will be Wednesday.



CANCER (JUNE 22-JULY 22)

You may be ill-treated. Work diligently on responsibilities. Try not to let stress get to you. Your lucky day this week will be Saturday.



LEO (JULY 23-AUG 22)

Family members may take advantage of you. You won't have to look for the action. Try to get involved in projects. Your lucky day this week will be Friday.



VIRGO (AUG. 23-SEPT. 23)

You will make new friends. Money will be hard to manage this week. Try to elaborate on your ideas. Your lucky day this week will be Monday.



LIBRA (SEPT. 24-OCT. 23)

People may give you a hard time. You can't help everyone. Put your efforts into physical fitness. Your lucky day this week will be Wednesday.



SCORPIO (OCT. 24-NOV. 21)

Your temper may get the better of you. Secret affairs could be devastating. Self-confidence will attract the opposite sex. Your lucky day this week will be Tuesday.



SAGITTARIUS (NOV. 22-DEC. 21)

Co-workers may not be on your side. Don't play on your partner's emotions. Don't overspend to impress. Your lucky day this week will be Monday.



CAPRICORN (DEC. 22-JAN. 20)

Finish overdue paperwork. Lovers may not be truthful. Your home environment could be volatile. Your lucky day this week will be Sunday.



AQUARIUS (JAN. 21-FEB. 19)

Try not to take time doing detail-oriented work. Keep an eye on your cash. Take care of your loved ones. Your lucky day this week will be Sunday.



PISCES (FEB. 20-MARCH. 20)

Stabilize your relationship through communication. Don't hesitate to go for entertainment. Concentrate on home improvement. Your lucky day this week will be Wednesday.

INTERPRETER OF MALADIES BY NIGHAT ARA

Psychiatrist, Counsellor,
and Therapist



Q. Youngsters are very much into 'slumber parties.' Even we had them in our teen days but that was more than one and a half decade ago. How should parents handle the demand for night outs by girls and boys? Is it necessary, does it have good aspects to it, or is it all bad?

- A confused father
Dear Confused Father,
Slumber parties are popular among adolescent and teenagers in many western societies. Having sleepovers at a friend's place is part of growing up and individualisation process. Healthy psychosocial growth of children requires gradual and safe transition from immediate family environment to a larger scale of social environment.

The adolescent brain needs social experiences in order to map the world environment appropriately and develop healthy strategies to cope. Overprotection can deter that process just as well as risky overexposure can lead to faulty development.

Spending a night at a friend's place with a group of close friends can be considered as a step towards independence. However independence has to come with a sense of responsibility and risk assessment capacity.

Maintenance of that independence depends on ability to make good choices, acting according to core values and beliefs that preserve the sense of self and facilitate positive growth.

Parents usually feel comfortable if they know the family quite well where their child wishes to have a sleepover. People tend to become friends when they share common values, attitudes and beliefs. Children growing up in chaotic or invalidating environment may not be able to assert themselves under peer pressure. If children prematurely start socialising under high risk situations (e.g. substance abuse or unhealthy sexual exposures etc.), their ability to judge a situation right or wrong, good or bad is likely to betray them.

Consequent negative experience

might leave a long term footprint on their neuronal circuits in the frontal lobe of the brain responsible for proper social and emotional development.

Whether or not to allow your child to a co-ed slumber party or to slumber parties at an unknown or poorly known place will also depend on parents' attitude, communication and lifestyle. If parents' lifestyle is disciplined, communication style is effective; children easily pick it up from them.

Children growing up in caring homes with authoritative parents are able to set limits, say 'no' to undue social pressure and keep their parents well informed about their circle of friends.

In a nutshell, whether slumber parties are good or bad will depend on the participants, safety of the environment and common interests. Family environment (not just financial status but the parenting styles, core values, etc.) will also provide important clues to what needs will be served or what goals will be achieved by these parties.

TETE-E-TETE

10 minutes with Lee Suen Ming, C.E.O, Gleneagles Hospital, Singapore

It might have just been few months that Suen Ming had taken charge at Gleneagles Hospital, but in this very short period of time the highly experienced CEO has managed to prove his worth.

There is a popular saying that some speak and some others just do, Suen Ming definitely falls in the second category, actively expanding the business operations and fine-tuning the service excellence at Gleneagles.

A brief interview with the CEO gave us a better view of the reputed Singaporean Hospital, specialising in liver transplants.

WHAT ARE THE UNIQUE FEATURES OF GLENEAGLES HOSPITAL THAT MAKES IT DIFFERENT FROM OTHER HOSPITALS IN SINGAPORE?

Most Singapore hospitals provide world class service. To make Gleneagles Hospital different from the others, we have focused significantly on improving patient-staff relationship and other hospital services.

We understand how important the human touch factor is for our patients. At Gleneagles, we understand that when a patient arrives at our hospital, they might not be at their best state of health or mental condition. We try to empathise with them in all conscience, attempting to alleviate their pain as much as possible.

For this to happen organically, we stress on extensive training of the hospital staff. At the hospital, we want our USP to be "best hospitality along with the best medical services."

DO YOU HAVE ANY COLLABORATION IDEAS WITH LOCAL HOSPITALS IN BANGLADESH?

I have had the opportunity of visiting two hospitals in Bangladesh, Apollo-Dhaka

and United Hospitals. Both of these hospitals offer excellent services. Apollo, Dhaka is even JCI accredited, which is a highly recognised international accreditation and certification.

What we are looking forward to the meeting with the management on the matter of regional collaborations. A detailed discussion on how we can help each other across the borders is currently



underway.

I have high hopes for our future together, as both the local hospitals were exceedingly keen on collaborative work.

We can provide continued medical support to each other. Doctors, nurses and other hospital staff can also learn from each other in exchange programs.

My personal view is that in the medical service industry there must never be any competition; the only way we can grow

together is through cooperation and collaborations.

EVERY HOSPITAL HAS IT SPECIALTY AND SUB-SPECIALTY. WHAT IS IT FOR GLENEAGLES HOSPITAL, SINGAPORE?

True. We agree that every hospital has its specialty. While we address all kinds of medical problems at our hospital, we are best known for our liver transplants and all kinds of liver disease treatments.

Gleneagles Hospitals has a dedicated Intensive Care Unit (ICU) and ward for liver transplants patients. We also have pre-transplant assessment of donors/recipients, post liver transplant follow-ups, living donor liver transplants, liver dialysis and much more.

Our other specialties are in oncology and orthopaedic diseases. But top of mind would always be liver transplants.

TREATMENT AT SINGAPOREAN HOSPITALS IS SLIGHTLY ON THE EXPENSIVE SIDE. WHY DO YOU THINK BANGLADESHI PATIENTS WOULD WANT TO VISIT GLENEAGLES HOSPITAL WHEN CHEAPER ALTERNATIVES ARE AVAILABLE ELSEWHERE?

As I mentioned earlier, quality of care is very important for us. We know that comparatively expense might be a little on the upper side but then again you can never put a price on life or excellent services.

Accordingly, we provide only the best of possible services and care so that our patients feel satisfied considering the value for money.

Interview by Mehrin Mubdi Chowdhury
Photo: Parkways Hospital Dhaka Office