



Q&A for Everything Seeking Knowledge, to gain & give it perfect

By Dr. Rose James

1.	What would be the first word that will come to your mind when asked, “what do you do in bed?”
Ans.	Relax
2.	We're putting together a large FAQ (frequently asked question) resource for Pay Per Click (PPC) questions. What are some PPC questions you have?
Ans.	1. HOW CAN I SCORE UP IN THE COMING “NEET” EXAM IN DECEMBER, IN INDIA AS A WHOLE?(its first time NEET is going to standardize medical P.G. Admissions, as a national Requirement, except few medical schools)) 2. IELTS Scores, how can I prepare IELTS exam without any coaching in 3 months time? 3. Can I write IELTS in the next month after getting a low score for this month exams? 4. I am a nurse; my migration needs IELTS -SCORE 7, and can you explain its overall score or individual minimum score is there? Or should I need to get 7 for each paper? 5. The SAT1 &2 NOW REVISED SCORE THAN 2015, what are the requirements as of now for SAT 1, scores for college admissions?? I heard, now for sending sat results to colleges, College Board is not charging \$100 as before, how is the strategy now? 6. HOW CAN I ACHIEVE SUCCESS IN EVERY DIVERSIFIED ventures, that I used to undertake? 7. Success formulae to get into NASA? 8. WHO AM I??? 9. INTEGRITY IN COUNSELING PSYCHOLOGY THERAPY SITUATIONS???????????????? 10. I have more any number, but as I told before I am happy to answer that question, give than take-so more questions if needed can be written, if PPC is there, it's also good idea.
3.	When do people go for counseling?
Ans.	It was an urgent prayer need, and as requested we have gone to her house, recommended by a mutual friend; who explained her situation in detail by phone. Her younger son identified me; accompanied by our assigned Scottish prayer sister of the group- As usual it had gone in excellence in all views! We got a date in prayer-of consolation, and it happened exactly on the same date as she witnessed later, when she came back from the ordeal. We closed our eyes and just thanked God, and then the entire team, who did a pretty good job. (Three times, before she made this travel, after our visit, I have called her cell, and talked more than an hour, soothingly, imparting peaceful solutions, explaining the 100% possibility of success)-and it was 100 % accomplished; ok now tell me was it a counseling? Is it necessary that she should know that I called her intentionally, from an unthinkable busy schedule? (Out of a sensed need some time before?) Does she like it, if anyone says it was counseling, for preparing her of her drastic

loss at just 40?

****Counseling is needed before any important step you take in life, and we all do it, may not be with experts in the field, but with somebody whom we trust, WITHOUT calling it 'counseling'**

Need is one thing, 'people go for counseling is another thing' as because of many reason, our (culture) people avoid it, until it becomes unavoidable for their normal life.

Coming back to the Lady, from duty(after coming back, cured, joined duty as well, then) she called me ,said thanks and again referred about the date all goodness happened for her, exactly the same date, she said. Then it reminded us.

—After three months, regarding the career counseling of her son, somebody talked, and she replied it seems, there is no need for MY son, any of such practices.

When the caller try to explain, briskly she said 'we are busy, and I will give you *numbers of people* who REALLY NEED Counseling. A little appreciation that was there last week gone from her already.

She told please s call after five minutes and then when the caller called again, IT WAS SWICTHED OFF, for two days!!

Even if all facilities available some of our people (culture) are afraid/reluctant to consult a counselor even in this century——you may call those who need.....

It was so precious when she got it by phone and it revived her drooping spirit to face a dangerous operation in an under developed Facility in a developing country. BUT as soon as things on track again ,the victim of all these during her absence/treatment, (her little son,11 years)was denied the most needed, the most coveted, important little open talk, to regain his internal calmness, which will surely lead to success, good health, achievement and accomplishments, though offered it absolutely free.

This is due to an attitude in certain groups. Nobody can blame, and doing so, of little use!

—“it was counseling for the person who called”!

When do people go for counseling? - is our question.

-feeling a support need at any junction, in life; one can do a counseling-like ;taking a decision, a new step in anything, say education, business, marriage, career, course to study, university to select, location of [-stay, study, tour, head office, events, cinema, ...] important events, before an operation or any medical unfit situation-oncological issues, treatment options, choices to make, mental un easiness on many issues, divorce, marriage issues, partner behavior, retirement

	problems, old age loneliness, organizational & interpersonal issues and the like . Another one who is not affected by the situation can bring out better solutions for the counselee, even if he may be in good mental status.
4.	How do you handle a therapist that seems they are having a problem letting go of a client?
Ans.	Shall we rearrange the question, little more? Who has to handle a therapist? The client or another therapist-like ... If this question is intended, how clients handle a therapist, who will never finish the sessions to accomplish the client's need fully? Then my answer is to change- just like we take a second opinion, before preparing for an operation, get the opinion of another therapist about your issues and calculate the dealings of the first one in the lenses of this new input gained—now it's up to the client. You could evaluate better now. And then need I tell you how to handle the therapist? Just reduce meetings gradually to ZERO. ON THE OTHERHAND, if your question is how a therapist will handle another therapist who simply makes go on sessions with his clients? Actually this no need -The client once understands what his therapist is doing with his issues, and then he will be animated to take different strategies for his own existence and success.
5.	What should I say to someone who answers "Because" when I ask them why they say or do something?
Ans.	Nod approvingly, on this; do not speak- As "you asked 'why' -&- something" and someone answered "because" without giving the rest of it, which is the key part which you are keen, then obviously he don't give you a positive answer, not even a negative one, but just "because" which indicates-skipping, teasing, avoiding real answer+++++.so u give back the same coin, nodding, Letting him interpret it-that's the reply- what he wish.
6.	Do you only read the featured answers on Quora?

Ans.	NOT at all, I read anything, the only constraint is time-due to multi specialties, diverse realms and engagements on a normal day, it's too much demanding ;still read as much possible within my limitations; not only Quora, but news feed as it comes in apple, windows, yahoo, ... anything just depending on time criterion. Featured answers or answers/questions of people who read/follow/ask, [outposts] are always taken care, with the same criterion. Sometimes really held up without a moment and couldn't answer/read-that's all this is a good platform, as of me as if not given and make it useful for others why should one acquire great knowledge???? -so let us read, comment, answer, question,... talents are diverse and I appreciate that diversity anywhere.
7.	Is Quora fun if you only or almost only write answers and ask very few questions?
Ans.	It depends-some prefer to give; in life, some, to get. The fun concept is also likewise. If writing answer is fun for you, QUORA will give you a lot; space to write &have fun. If questioning is fun for you, ask, ask and ask at QUORA; and have fun-its ok. So it depends on persons: some ask questions and answer questions alike-it's fun for them...quora gives room for that also... So by the by, what was the question? {Let me ask at least one question on quora.....now}
8.	Do therapists think about their clients outside of work?
Ans.	It's true at times-but not always. I we'd say some cases well accomplished do not bother outside of the work. Some others "edge cases"; not fully sure whether it's settled from client part. So, naturally think whether it's affected the way we preplanned, or everything gone the other way around-this is the thought mainly evolves, outside of work, once a client gone out of our room. Also we used to think, outside of the work, what methods to use for next session to be perfect, also formulate suitable strategies to follow by the client, for the easy accomplishment of the task; that we are facing right now regarding just one client Also think about future events-that may arise, or may not, as a result of therapy. Other unnecessary thoughts, regarding clients, normally NO, as we are waited by many small/big real issues to be resolved on a daily basis; and time is a real hero, who controls even our thoughts; not to be diverted If somebody thinks regularly of clients after they go, everything settled in session; then the therapist should examine self and do the needful to restore.
9.	Can someone with low IQ benefit from psychotherapy? Is the process any

	different? Do you have to look for a certain kind of provider for it to be effective?
Ans.	The links between intellectual ability and expectations of outcome from therapy are not straightforward. In a summary of recent empirical work, Taylor et al. concluded that intelligence quotient (IQ) in itself was an unreliable index to responsiveness in treatment, at least for CBT. Importantly, its effect has to be interpreted in the context of factors such as the intensity of treatment and other modifications that might be made, not to mention issues of motivation. There is some evidence that less-able patients in group formats, those with IQ scores towards the border with moderate intellectual disability, do seem to gain less from therapy. However, for those in the mild or borderline range who receive more intense and individualized work, lower IQ scores may be associated with better responses to treatment. This is not to deny, of course, that cognitive ability is relevant, but highlights the individual nature of selection for treatment and how approaches are modified to make them not only accessible (in terms of the patient 'getting it' in a session) but therapeutically enduring, so that insights and learning are carried across the whole trajectory of treatment. Conventional psychotherapy places demands on many facts of cognitive ability, most conspicuously language and communication but also memory, abstract reasoning and, in the case of diary-keeping and similar homework exercises, basic literacy. Even the seemingly mundane task of being in the right place at the right time for treatment can constitute its own challenge to cognition and communication. There is clearly something 'right' about approaching the task in this way, recognizing that psychotherapy isn't right for everyone with intellectual disability, -low IQ-the trick being to work out those for whom it might be- Historically people with intellectual disabilities have not been offered or received cognitive behavioral interventions that have been shown to be effective for mental health and emotional problems experienced by those without such disabilities. This is despite many people with intellectual disabilities having life experiences that potentially result in them having an increased risk to such problems. Many clients with low IQ in spite of repeated therapy showed no remarkable results expected. In addition, people with intellectual disabilities may have fewer psychological resources available to cope effectively with stressful events, as well as poorer cognitive abilities, including memory, problem solving and planning skills (van den Hout, Arntz and Merckelbach, 2000). However, many people with intellectual disabilities have mental health problems that are not detected and so remain untreated. There are some indications that the use of cognitive behavioral approaches with people with intellectual disabilities is becoming more widely accepted.

The practice of psychotherapy with these clients may cause debate based on what might be conceptual, geographical and cultural differences in views, globally. Lindsay (1999) showed that although the procedures need to be adapted simplified, people with intellectual disabilities and a variety of mental health problems can benefit from interventions that retain all the key elements of cognitive therapy.

Effect of IQ on treatment effectiveness

An issue closely associated with the question of the cognitive ability and skills of people with intellectual disabilities to successfully engage in treatment aimed at modifying maladaptive cognitions is the impact of general intellectual functioning (IQ) on treatment effectiveness. Willner et al. (2002) found in a small study of cognitive behavioral anger treatment involving community participants with mild intellectual disabilities that improvements on a composite measure of client and career ratings were significantly and positively associated with verbal IQ. Linear regression analysis indicated that participants (n= 7) with a verbal IQ of 50 or lower would show no improvements following therapy.

Whatever the reasons, it would seem that verbal ability or IQ on their own cannot be used to predict individual clients' responses to CBT in a reliable way. Clients' level of intellectual functioning, along with their specific cognitive abilities and skills deficits, need to be assessed carefully along with their levels of motivation, confidence and support, to formulate what is required of the therapist in modifying the intervention to make it reflexive to the individual needs and learning style of each client.

While the evidence base is small, it is building slowly and it suggests that the majority of people with intellectual disabilities (that is, those in the mild range-LOW IQ) have the ability to engage in and benefit from cognitive behavioral interventions, particularly self management approaches based on a cognitive deficit model, for a range of emotional problems.

Wilner and Goodey (2006) describe how CBT can be modified in practice for a client with a range of significant cognitive skills deficits so that it is still effective in targeting the cognitive distortions that are central to the presenting problem. Thus, more clinical research and research based practice is needed before we decide LOW IQ people cannot be improved by CBT or other Therapeutic approaches. It's possible, but to be proved yet....

References

1. A.G.Flynn
2. Taylor&Wilner
3. Lindsay
4. Lynch

10. Do you think you should answer all the questions over here with utmost honesty?

Ans.	Not only I think, BUT I really do answer, all questions in honesty and integrity, even in everyday life-not just when I write at any forum like Quora. Even in usual communication- just talk-it has become part of personality traits; to speak honestly & from the heart, without hurting, as far as possible. I THINK I SHOULD ANSWER ALL THE QUESTIONS (whatsoever giving answers) HERE, WITH UTMOST HONESTY. Stories anybody can write and tell, what is the personal applicability percentage in that-whereas when a person share, relevant experiences, knowledge, thoughts, wisdom and convictions on a question asked for knowing its answer, its applicability in personal life (or the situation which caused the question) is really at a high level! This, then will help the reader as well, not just the needy. When we write anything, should focus on others as well, who may read it /in a similar background believe. On being honest, it's really easy to write, and it's very light, words flow in no time; otherwise one has to create words to cover the honest natural outflow of emotions, knowledge, thought process and wisdom as write up. There is serenity in writing at utmost honesty of mind and focusing to fulfill the need of a question forwarded to get an answer....Giving for a need presented Feeling serviceable, the satisfactions again go up, that's the real reward!!
11.	What are the most important and powerful questions in your life experience with which you have ever coped? Which question changed your life most? Which question has the greatest impact on your whole life? Which question has been the most transforming, inspirational, motivational? Which question has been the most important? Which question do you consider the most productive?
Ans.	1. CHANGE starts with myself- (if I want any change in the world, let me do it first) 2. What is the GREATEST knowledge, a person can acquire in his life? (Self) 3. What is life -for you? (Meaning of your life, what for you live this life? what you want by living? what is your GOAL?) [Giving] 4. What is your "Genius"? (What for you stand? what you bring to the table to give others? what is your contribution to the mankind? what is the sum total of all your thoughts, words and actions?) [Peace] 5. What difference you can make by your existence (to mankind)? [Solutions]

	everyday] : As in the question order, pls. read above five. These really transformed a Govt. Employee to a real student of many aspects - Yet to be travelled so much!! And I will.... Most important is knowledge about oneself, if that's perfect, everything else is simple.
12.	If "To be or not to be" is the question, what is the answer?
Ans.	Yes, your question has got two answers within-built in; and which I opt is the real question? Right? Though "'to be "'is the truth, the reality, and the origin and your expected answer as well, there can be situations at times "not to be" should be an answer. Hamlett was turboiled to conclude it -"to be OR not to be" at a particular junction in that play... There were occasions when we ask ourselves-what is the answer; I have to be or not? Without any concern of any situation, if asked, to be or not to be, THERE IS JUST ONE ANSWERE and that is TO BE!! In life, many times I had to keep "not to be" as a policy in front of negativities just showed up at times. So that can be, as well, if considering situations, circumstances, occasions, and etiquette.
13.	Do top writers make questions popular by answering them?
Ans.	NOT ALWAYS-though sometimes it happens as well! To a certain extent, top writers names, on seeing with an answer, naturally we are tempted to look at it as something worth in it; and so their answer gives a little popularity to the question indeed. But I do believe, this may not be the only criterion of the popularity of questions (in Quora). A good in-depth answer is a really good piece of job, and so on reading the answer; you may be tempted to know the different angles by which this question can be evaluated to make a good answer. But I don't want that as a reason for a question to be popular, though it may contribute a fraction. Questions are popular as of the mindset of people who read it, and please recollect, even in this site, the popular ones are very diverse in nature.

	In my view, the question, the writer, and the content along with the reader, all together makes the question popular-not just the top writer.
14.	What is counseling and what are its objectives?
Ans.	The very aim of counseling is to help individuals overcome their immediate problems and also to equip them to meet future problems- getting help to internally organize much better, than before. Counseling, to be meaningful has to be specific for each client since it involves his unique problems and expectations. The goals of counseling may be described as immediate, long-range, and process goals. The counselor has the goal of understanding the behavior, motivations, and feelings of the counselee. The counselor has different goals at different levels of his interaction with the needy. The immediate goal is to obtain relief for the client and the long-range goal is to make him 'a fully oriented, well functioning person'. The immediate and long- term goals are secured through the expertise of the counselor and the sincere cooperation & genuine desire of the client on set goals of the counseling session/sessions. The immediate goals of counseling refer to the problems for which the client is seeking solutions right now. The long range goals are those that reflect the counselor's philosophy of life and mainly concentrating 1. To help the counselee become self-directing. 2. To help the counselee attain self awareness and realization. 3. To help the counselee become a motivated, self actualizing, goal oriented; fully empowered person. Some of the major objectives of counseling generally accepted by the counselors are given below:- 1. Achievement of overall positivity and mental hygiene- 2. Resolution of Problems another objective of counseling is the solution of the problem brought to the counselor. 3. Improving Personal Effectiveness- in thinking process, interactions, everyday activities, decision making....etc. 4. For implementing Change (that happens in life, very commonly)-some really need help for change management 5. Attitude correction and hence behavior modifications to be effected. I can enlist many like this, but i leave to you to enumerate some more-

	To sum up A Counselee may refer to the resolution of a particular conflict or problem situation now he is meeting with- But a counselor do really help in 100% empathy to this needy and aid with such fundamental and basic aspects such as self-understanding and self-actualization.. These help provide the counselee with self-direction and self motivation- is equipped with respect& help for his own successful existence and survival. The feeling of sufficiency we impart to the client through counseling, help him to go forward, tackle the hazards that may still arise, and help him to have real insight to use internal capabilities and potentials which he already possess, but un aware so far due to many reasons which is nonexistent now; as a result of clarity of vision gained through a proper counseling. <i>IT IS ONLY HELPING</i>, in many ways, for a person to be effective in his total life and activities.
15.	Is it rude to ask more questions on Quora than you answer? Assuming each question is individually acceptable (constructive, relevant, well-written), is there such a thing as asking too many?
Ans.	Not at all, my dear. If your questions are genuine, intended to get' real better deep useful 'answers then you will be gaining something by asking the questions-that indicate growth. Also people like me, are happy to answer, without thinking how many answers you have written. Asking questions, is due to-curiosity, thirst for knowledge, solve a problem, compare others views, get a clear idea; satisfy a need, to get confidence...many reasons like this. If this is what driving you to ask questions, its most welcome, and you are not a bad user in quora; but somebody who thinks and then questions!!. It's a developed form of mental activity, not a taboo- to have questions on many issues- You too can write, small answers and medium and then big ones; if not frequent in answering. 'Ask many questions' is an outcome of creativity, as some friends talked. While walking through the abundance of green trees at Rutgers campus & residential ,the pond, the long roads between 'hall's, and the small bridge ,you may be causing lot of questions to yourself, some of which is un answered-why not ask and clear? Is it bad? - Not at all, dear one. All the best for 2019; and again & again.
16.	What did Jesus mean when he said: "Do not suppose that I have come to bring peace to the earth? I did not come to bring peace, but a sword" (Matthew 10:34)?

	Originally Answered: What did Jesus meant when he said "Do not suppose that I have come to bring peace to the earth. I did not come to bring peace, but a sword"?
Ans.	Bible, like any other holy book of known religions has got a personal message realm as well; I so believe. Keeping the personal message of above verse, to self, in humble knowledge, I would like to point out that "Truth is a SWORD", even today. You can dig it in your personal life-keeping a truth, hiding a truth, standing against truth, not to support truth-all swords and He said elsewhere "I am the Truth, the way, and the life" Truth brings division; when many cannot side it-some stands for and some against. This also meant here. Again the doctrines Jesus proclaimed in that society of 'a tooth for a tooth' and 'an eye for an eye' was really against the existing norms, laws and traditions of the society in which he belongs, and as such it is a real sword which will pierce, than to unite .HE told to forgive seven to seventy times, which also caused division-the work of a sword Again, HE told to LOVE YOUR ENEMIES against the existing laws; and even now love is a real sword which can pierce the heart, and when apply to enemies it will work wonders, and this weapon is sharper than the "sword". A sword is meant to divide, cause division. Jesus brought beautiful ideologies to the people who really divided the world - world of GOODNESS & RIGHTEOUNESS, and the world of Darkness & evil division going on, just decide where to stand.
17.	Do people ever really change? Whether to meet the needs of a spouse, a friend, career, or your own personal goal(s), once an adult, how malleable or resistant are we to making a fundamental and enduring change to our "core" selves (our instincts, beliefs, habits, and such)? To support your answer please offer a compelling example where, with the prospects for huge reward at stake, either you or someone close to you deliberately endeavored to change themselves and met with either spectacular success, or withering failure?
Ans.	Originally Answered: Do people ever really change? YES,... &YES; if you mean <i>do people can change?</i>, or, <i>do people really change?</i> Change is not a Hypothesis; but a reality. We all exist making changes every moment-some known, some are unknown even to the self- that's all. Just think about the changes that had happened to you, TIME AND AGAIN, even

	without your knowledge/permission? that's the beauty of this truth-change. Change is possible, change is inevitable and just 'be the change' will help yourself and others to be peaceful in one's own situation, whatsoever; in my experiences. In fact we all work for change, specifically making changes -in education, business,finance,faim,health,status,awards,happiness,peace,compromise,merging,....uniting,family. Coming back to your question DO PEOPLE REALLY CHANGE? ; It has got two realms A. <i>Do I really change?</i>— B. <i>Does HE really change?</i> ('People' refers to this-) A. ok; this I- is possible 'if you really want' to make a change in anything personal,behavior,style,manners,achievement,relationship,dress,character and many; but one should decide and seek for attaining the change to the desired level. Example: Mr. X want to change to an orator; at present can't communicate to a group; this can be attained by a strong determination to 'be that' followed by guidance, coaching, training, and self Practice on a regular schedule. It's possible as proved by many who travelled here before us- B. Then the "he" is possible if he starts the change from within, than to find it in others!! Mahatma Gandhi said "you should "be the change", you want to see in the world". Truths, to implement any change, start it from you, I mean, from one. It's a slogan I try to keep reminding me' change starts with me". (E.g. you have to obey civil rule -I have to obey rules; you should not keep vengeance- I should not keep vengeance; you should not be selfish-I should not be selfish; you should not stand for corruption - I should not stand for corruption...the like). However from my personal experience, in different professional status, i can assure you, people really CAN change, change is possible, change is positive, and one can implement change by being that, and it happened for many till today, and be sure will cause chain reactions of change, many folded ,in coming days as well!! All the best- Ps. (creating leaders who make difference [changes] to the world "is an uty slogan).
18.	How deep (or debilitating) can the regret of not having children be? Let me an optional qualification here, in case anyone has first-hand experience or knowledge they can offer: how deep can that pain be if you once had the chance and you terminated your pregnancy (then came to regret it)? And how deep or sad can this be as you age... w/out them and grandchildren?
Ans.	It was in the nineties, that Alice & Jose were our friends- Alice was working with

me and was a well behaved lady. She was without a child for many years since marriage. Obesity & diabetics may be the cause for her natural abortions-many- before 4th month, while her husband Jose was very thin.

As she was smart enough, nobody knows about the issue in this marriage, except at times, even small (negligible) reasons made her MAD with anger; we noticed even without a close look, casually and frequently. SOMETHING IS DEEP WITHIN- we have made it a point.

To me ,though many years younger to her, she used to share about the quarrels on trifles, that the couple start with and ended up in total reservation, repeatedly on most nights; and that every last sentence of him would be on a child ,which she was unable to deliver for him, so far.

Talking this she cries-in front of me-without the normal crying seen- i still couldn't forget that painful face.

Though i was not sure ,that time, how it can be solved out, but the counseling skills really helped to fill her with positivity, hope and optimism;' *that one day i will have a child in my hand!* "{i have asked her to tell it to herself convincingly, whenever paining on the taunt ,and or self pity.}

Then i could persuade her to be calm, when husband was yelling on the child; as it's only an outgo of his pain too!! Realizing this point, she started to accept his words without any complaint, and daily discussing time between us decreased to just 5 minutes or even less.

Again she agreed me to see the specialist for obesity, as its suggested as a cause of her problem; (though she did not believe it) and together they went and it worked.

NOW almost two years gone like this ,the pain of wife coming directly, as words, anger, unrest, no breakfast; to usand the pain of husband comes through her tongue 'as he said, did, reacted, hidden, confronted, shouted ,beaten....."And the like.

But, but both were believing the 'mantra' and working for it in every way.

So it was accomplished-she got weight loss enough to pass fourth month of pregnancy without getting aborted-sugar, chol, Tgl, TFT,...everything became under control (she was diabetic too, which was a cause as well).

In the fifth month onwards instead of paining, the husband started adoring her and laughing openly; she said. And they came to my house 45 days after her normal delivery of the fully healthy normal baby.

Their happiness and the feeling of gratitude in their eyes-both of them-was my first reward in this line-and i was a licensed biochemist in govt. sector, only, at that time.

-- I have seen a couple without children , near my father's house, live happily

	with their animal pets always on their lap, but smiling enchantingly to us children (in my child hood). This PAIN is very deep for many, though they compensate in many ways. For some, it's not that much substantial as they DIVERT their attention to some creative ways and get adjusted to their situation. But still it's really painful and their regret is unparalleled, as childless couples shared in many times in many years- also evidenced by adoptions worldwide.
19.	Who are some good marriage counselors or psychotherapists (specializing in couple/family relationships) in Lahore?
Ans.	Though never been in PAK, but where now live, we have lot of friends from Lahore, Karachi, Islamabad.....Punjab, etc. May I suggest Skype or chat[or even Q-A] free, incase our staff be useful? You can contact below number [not for benefits but to be of help] also, no fee, try, some good may come just for you. + 971 50 6672309
20.	What is the deepest question/answer on this website?
Ans.	It depends, as what is 'deep' question for somebody, is just simple for another...That is the beauty& diversity of human mind & brain, its wisdom and potentials...yet to be assessed properly. Positively, most questions I feel the answers of use for somebody try to write, whether deep or simple. So, there is no <i>"most deep question/answer on this site"</i> in my view point....each one is important and deep for the needy person. In depth questions and answers I had come across in Quora, and used to appreciate as well. Always expect a better deep question OR answer, so 'most' is not in the scene... If you really want a question or answer, in Quora site, I can <i>just point out one</i> as an example from many such: <u>What is the one question you should not ask yourself?</u> Should it be useful, as an answer to your question to me Hamza? I am happy, if so; and thank you for causing to think about it.
21.	What is the one question you should not ask yourself?
Ans.	<i>"TO LIVE" or "TO DIE"?</i> -Is the one question -you should not ask yourself. Because when you doubt and put a question, of course, there are many arguments for, and against, the set question. It's hindering and quite irrelevant to put such a question in front of self, to confuse. Actually to live is the option we all follow, even in front of difficulties, problems and even hazards that is

	plotted. When confronting the self by such a question, you try to lose hope and optimism, which is so essential to move ahead. Our "innocent self" should be helped, protected and accepted, then cared; by at least oneself. -if not; in this busy world, who will turn and look at a physical face even, let alone your inner self- craving for consolation, love, gratitude, acceptance and an up holding hand!!!!. So never ask "should i live this life or should I die 'which will victimize yourself for thousands of reasons WHICH ARE NON EXISTENT, but you feel do exist! Thank you for turning me to think about it.
22.	What is the most hilarious question or answer you have ever read on Quora?
Ans.	Hi, Diane thanks. There are answers like: "Believe? Erik, I'm the 5th most ridiculous person I know. I once convinced my little brother he was dead. We were both kids at the time and I was babysitting (I'm 7 years older) and he was taking a nap. I decided it would be hilarious to pretend like he had died so, when I heard him waking up I splashed water on my eyes and pretended to cry. He kept asking me why I was crying and I ignored him and just kept saying "why did he have to die, why did he have to die" and "it's not fair, we were just playing outside, why did that car have to hit him?!" At first he kept hitting me and trying to tell me he was right there and I just needed to look at him but I kept ignoring him...Eventually he started crying too and was like "I don't want to be dead, oh no!" This went on for about an hour until my parents got home. When they opened the door he ran to them in tears being like, "I'M DEAD" at which point I BURST OUT LAUGHING LIKE A MANIAC.I was never allowed to babysit him again and, to this day, my brother likes to tell me I'm going to hell. He's probably right". Which I think I can point out. There are many, which I thought, will never be found in Quora, when I started writing; but is there in my astonishment-There is another question and even answer by a journalist young lady ,regarding a 'parting with' from her friend and many such...a Malayalam young man said about a ridiculous custom in Tamil Nadu —done by brides grandfather etc..And many more, which i never expected in Quora, as a question or as an answer. But, life is a mix of everything, and people and customs are different, and let us "celebrate " the diversities, for overall goodness, anywhere and everywhere, so does in Quora as well!!
23.	How much information does a good therapist reveal of themselves?

Ans. Not at all necessary to reveal anything personal-we make trust by revealing many facts related to the issues of the client; for which they are sitting in front of us. It may not be related with our personal life, but the client will be comforted, normalized, leveled, and at his own best self to cooperate with us; in our ardent helping process to revive the spirits of that needy one. That's all the reality.

If at all, it appear to the client, that what we pictured ,had really happened in our life , it doesn't matter to us ;in doing a noble piece of humanity *[[it really happened once --the person believed, all what incidents we have talked to him as an introduction, was personal experiences shared!!!!,and pitying, he talked outside]]*

We seldom reveal, as they come knowing most of the facts about us, which are of their interest in coming to us! And the rest of it is immaterial to them as well.

In my experience, giving some info about the counselor, by ourselves really help the counseling session to be successful with minimum time. Very few do not like; but others are happy to know similar things may happen for anybody at any time, and it can be rectified by our combined positive effort. It really works, in fact.

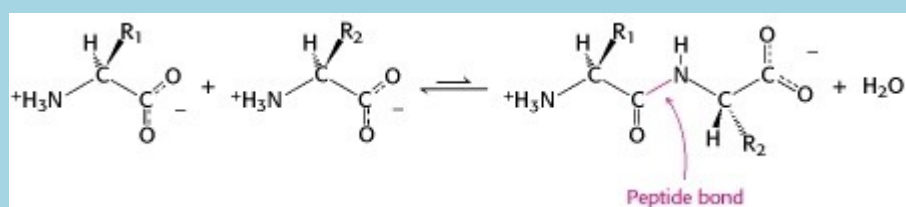
Still, it's better if counselor do not disclose much about self, during a counseling session. But he can share relevant matters as other clients experiences; to establish trust, respect ,cooperation and above all bringing out those roots which otherwise will be hidden by the client; and very significant for the clearing of his problems.

It's not advisable to be "vulnerable" at all, in front of a needy visitor, of the therapist.

24. How do amino acids bond together?

Ans. Amino Acids Are Linked by Peptide Bonds to Form Polypeptide Chains.

Proteins are linear polymers formed by linking the α -carboxyl group of one amino acid to the α -amino group of another amino acid with a peptide bond, as shown:



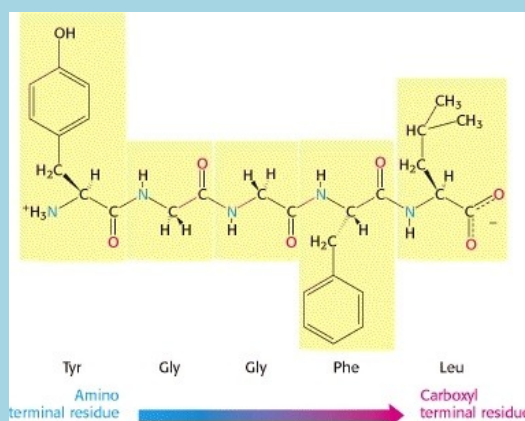
Peptide-Bond Formation

The linking of two Amino acids TO FORM A DIPEPTIDE is followed by the elimination of one molecule of water (H₂O).

The equilibrium of this reaction lies on the side of hydrolysis rather than synthesis. Hence, the biosynthesis of peptide bonds requires an input of free

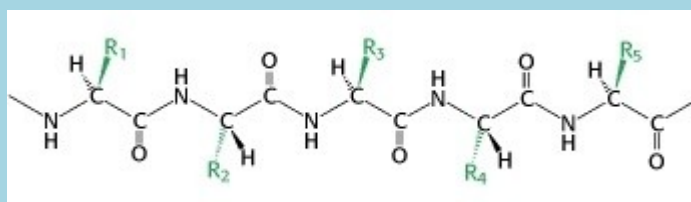
energy. Even though, peptide bonds are quite *stable kinetically*; the lifetime of a peptide bond in aqueous solution in the absence of a catalyst approaches 1000 years.

A series of amino acids joined by peptide bonds form a *polypeptide chain*, and each amino acid unit in a polypeptide is called a *residue*. A *polypeptide chain has polarity* because its ends are different, with a α -amino group at one end and a α -carboxyl group at the other. By convention, *the amino end is taken to be the beginning of a polypeptide chain*, and so the sequence of amino acids in a polypeptide chain is written starting with the amino terminal residue. Thus, in the pentapeptide Tyr-Gly-Gly-Phe-Leu (YGGFL), phenylalanine is the amino-terminal (N-terminal) residue and leucine is the carboxyl-terminal (C-terminal) residue. Leu-Phe-Gly-Gly-Tyr (LFGGY) is a different pentapeptide, with different chemical properties.



Amino Acid Sequences Have Direction. This illustration of the pentapeptide Tyr-Gly-Gly-Phe-Leu (YGGFL) shows the sequence from the amino terminus to the carboxyl terminus. This pentapeptide, Leu-enkephalin, is an opioid peptide that modulates the perception of pain. The reverse pentapeptide, Leu-Phe-Gly-Gly-Tyr (LFGGY), is a different molecule and shows no such effects.

A polypeptide chain consists of a regularly repeating part, called the *main chain* or *backbone*, and a variable part, comprising the distinctive *side chains* (see figure below). The polypeptide backbone is rich in hydrogen-bonding potential. Each residue contains a carbonyl group, which is a good hydrogen-bond acceptor and, with the exception of proline, an NH group, which is a good hydrogen-bond donor. These groups interact with each other and with functional groups from side chains to stabilize particular structures, -a detailed discussion is not within the scope of this answer.



Components of a Polypeptide Chain-

	A polypeptide chain consists of a constant backbone (shown in black) and variable side chains (shown in green). Most natural polypeptide chains contain between 50 and 2000 amino acid residues and are commonly referred to as <i>proteins</i>. Peptides made of small numbers of amino acids are called <i>oligopeptides</i> or simply <i>peptides</i>. The mean molecular weight of an amino acid residue is about 110, and so the molecular weights of most proteins are between 5500 and 220,000. We can also refer to the mass of a protein, which is expressed in units of daltons; one <i>dalton</i> is equal to one atomic mass unit. In some proteins, the linear polypeptide chain is cross-linked. The most common cross-links are <i>disulfide bonds</i>, formed by the oxidation of a pair of cysteine residues. The resulting unit of linked cysteines is called Cystine. References Abbreviations in Biochemistry — Biochemistry. 5th edition. Berg JM, Tymoczko JL, Stryer L. New York: W H Freeman; 2002.
25.	How can I get people all around the world to answer one simple question on video that makes it clear what country they are from and send it to me?
Ans.	As simple as it is: make a condition to answer your simple question in front of their national flag to video it and send it to you. If you mean, people don't answer, or, they don't send the video, then to get them do it you can use this way" best ten answer videos will be awarded (say what you can award") - let me say GLOBAL EXCELLENCE Certificate& cash award) and put a very near final date as well, you will get people all around the world to answer your ONE question on video.
26.	Why do youth today say "I have a question" when asking the question itself implies that they have a question, without prefacing it as such? It is duplicitous to say "I have a question", when the act of asking that question is evidence in itself that they have a question. Nonsensical to speak the obvious, and in the least, an utter waster of breath and of time.
Ans.	I. IT was a training session, Being in the 'flow' state, the Facilitator, was deeply in the topic of the day, 100% engaged, being the example of the points by himself, he is fully living with the delegates; then suddenly Haris want to have something cleared; but as there is no gap, he waited, and waited, and WAITED, to get a small orifice to ask that- not at all-he is not getting the chance to "ask" that one- so when tired of waiting with his issue to be cleared, he got up on mother earth, fixing forcefully himself, and asked "I have A

	Question?” The entire delegate team and their facilitator ,turn back to Haris face; enquiringly: and thanks ,NOW he got a chance to explore, to ask a question to know, to clear other similar peoples’ doubts ,and to visualize his query, to solve it or help to improve. The real polite request helped him “to turn the attention” of the target to follow his real question to be asked; and the entire participant team! They were mentally prepared, really, to listen and answer; whatever question a colleague of this group will be going to raise” II. It is considered as an icebreaker for his question-And hence not a time waste. III it is a humble request to ask something still deeper and it is a call to listen, IV. It helped even the facilitator to give a time of breath to the audience. V. The intermission—I have a challenge,-really gives a platform for the facilitator to come to the present, from his fully immersed state in the training strategies of the topic. VI. So, it was a mere need ‘I have a question’ as innocent in being with a group, for clarification should it be correct in other situations as well? Were clarification is needed?
27.	Why is human interaction necessary?
Ans.	Originally Answered: Why is human interaction important? well, think about a life without human interactions? you can imagine yourself sitting alone in a cave at Himalayas or Souparnika river deltas/any jungle ; to gain wisdom from God/Cosmic energy/Ancestral inheritance/Soul Force/ Mental Reinforcement and.....many more to number! -its all may be truth at least for a few, I have no doubt But, when a child is being born (as no adult is born in birth!!) on earth, just observe-no need to know any big sciences- how it’s being developed by natural sequences, in addition to our interactions. <i>You and me grown, learned, developed, got wisdom of all kind through this human interactions; right?</i> So why is it important is something genuine for each individual, but there is the common basic significance AND NEED OF human interaction in 1. GROWTH 2. DEVELOPMENT 3. SOCIAL FORMATION, 4. SUSTAINING LIFE as a social being, 5. CULTURE FORMATION, 6. Forming CULTURAL &CROSS CULTURAL SKILLS, 7. LANGUAGE DEVELOPMENT7.UNDERSTANDING DIVERSITY,

	8. DEVELOPING SKILLS FOR BRIDGING DIFFERENCES, to 9. GAIN COMMUNICATION & LISTENING and many needs are filled by human interactions; its very easy to enumerate hundreds of reasons “<i>why human interactions are important</i>” and can write pages and pages on it elaborating the above nine points with examples really happened as well my personal experiences in many continents. Assuming the reader can dig it further to any extend as he wishes; this reasons bind up with 9 above. Even after the so called ‘ascetic trajectory’ followed people, i have seen, came back to the social activities longing only for human interactions. This can be taken as an evidence of interpersonal relationships and human interactions as a basic need of any one. Can suppress for some time but not always, is shown by their examples to us by even popular people. not to mention any name—its there. Human history is nothing but the history of ‘human interactions’ and its results - positive and negative- , that followed: The importance of human interaction is more than for a book; and i am leaving it here, prompting you to think and get many many more on its significance!
28.	Rhetorical Question: Will anybody answer this? Please do not edit. It is perfect as it is, whether you appreciate the irony or not.
Ans.	YES, i have answered it; with 100% marks!
29.	Can you answer this question which no one cared about? How do you spend your time in summer?
Ans.	Hi, Good; Somebody already cared about-so be happy. i am in the midst of peak summer in this part of the world, right now. Normally we go for a holiday, short, to any preferred locations and then to our home land. This is the regular summer treat. Coming back recharged, we get immersed in our own daily chores. at times movie or small farm visit, shopping, home visiting, time flies without our permission.. This year, just went homeland for two days and came back! In summer here many places are really hot which they going with real agony. we spent many a summer in europe, some in usa, some in jordan, aman, galilee like this. now simply being inside home/mall/church/org/etc to beat the heat and protect oneself-only essential travels make within the country. we enjoy summer here, though, its RATHER hot outside but calm inside us — better than the rain now going on in nations capital-God BLESS
30.	It so much easier to submit a question than it is to provide an answer, is it not?

Ans.	Answering is giving;and so i do . There is no question of easy or difficult-what is needed ,within our reach ,being asked try to give ,its a kind of being serviceable. so far i did not submit a question here,but answers,and enjoy answering. Only ‘time’ is a resistance and nothingelse-no limitations felt so far. Anything we do is easy,if we really want it and love it ;to do !! <i>not easy to submit a usefull question as well...</i>
31.	Say you met someone at a conference who is running a business you totally loved. Would asking them about their business model/plan out of curiosity be too confidential (or professionally wrong) to ask? that how did they put such a great business together
Ans.	Once a business is launched,and almost modular, people-founder/owner- will be happy to tell about their success.They will even give the starting troubles they faced in the onset and what was the turning point and what did really uplift the business. If ,even in a conference,this rapport is established,you can ask about their business model- normally they may be happy to explain. I have heard a lot of founders of big groups around here,mentioning their business success stories& models without any secrecy.After starting a good relationship communication,you can ask ; how did they put such a great business together,as a natural way of interest. Then, may be you can express joining hands ,regarding this business,as you love that and enquire potentials,liabilities if any,employee strategies, ’’future plans’’ and near future ‘’model’’ of the running business. All depends on the trust created by you on the other.Now do a system SELF CHECK, ’’is it ok now to ask’’ on your above question. If the answer is positive, confidently ask anything regarding the business -OK YOU CAN BE BOTH-too confidential and at the same time professionally correct;on asking their mental model& successful model in an eq way. Be positive,they will not be irritated;if they are succeeding it and if not...sorry nobody can predict.. still all the best,courageously ask,if its very confidential for them they will not let it out-rose
32.	Is mathematics always necessary in doing good science? I came across this quote today and want to see what others have to say about it. “Not everything that can be counted counts, and not everything that counts can be counted”. Although physics has benefited from mathematical tools, do you think it will be helpful in studying more complex systems?
Ans.	yes;most often we need it in research and every complex systems-it was usefull in every realm of study i have done in one way or other. Even for a counseling psychology studies mathematics do help,even in

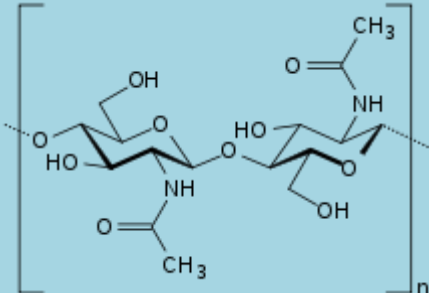
	microbiology,histo pathology,haematology,bio informatics,computational biology,....what SCIENCE MATHS WILL NOT SUPPORT , to make it excellent ? In life, certain people are good to substitute—anything and everything;pls excuse me ,as i am not so good in substituting when it comes to science,life,helping the needy, or even in Biochemistry- This question was thought provoking and good –
33.	Does passing questions help Quora know which questions you don't want to answer?
Ans.	yes, it should help them to think in that line as well! —anyway they are doing a pretty good job in this—my good wishes;
34.	Well. Ow people are just fycking with me asking g questions they know I can't answer?
Ans.	answer is there in your question itself—pls have it you already answered it ,as its seen here - i do write an answer to help a needy,the way i can, within my reach;and be sure it will be extended to anybody who really need it; i feel.
35.	Religion: If you could ask God one question, what would it be?
Ans.	Oh God,I praise you for what i have, and I Thank you, for what you gifted me; still May I have more of your wisdom,in abundance?
36.	Why do people write such lengthy answers on Quora? Say somebody asked"which is the most underrated movie of all time"... can't people just answer with a movie name with some explanation,, what's the need of writing a 500 word answer
Ans.	Originally Answered: Why do people go on and on for pages on this site when most questions can be answered in one to three words? ITS against reality- [Only 3 words,happy?]
37.	Does a question asked by C:"Is B an A?" imply that C is an A?
Ans.	NO.....and again NO. Okey? SITA is asking[C] : 'Is Chetan [B] an Indian writer(A)?' Evidently ,this does not imply that, SITA is an Indian writer- so does your answer....
38.	What would you do if you felt ignored?
Ans.	Interesting question;

	“Felt ignored ‘ is a reality in any relationship at certain times of its flow-i do believe.And so its part and parcel of a long travel. Infact when a relationship is short and matter of fact way,you maynot feel this . when felt ignored,you can diversify your attention,interests,hobbies,travel , higher studies-even start a research program &register if the ignoring is meant to continue seriously.{all above only when you want to continue the relationship for some reason of you;otherwise take a U-Turn after proper rethinking,evaluation,and financial aspects] In eithercase ,its an indication—-of something more serious than visible — yet to come!! so should be vigilant to face the ‘end’ at one point-
39.	Why do some people still need an answer, even if that answer hurt them? Assuming that the person asking already know the answer, thus asking a rhetorical question for confirmation.
Ans.	because its a search for truth,done by his inner self- they need a proper correct answer;though its hurting in some way,they don't mind it.They want to get into the trutn even if its hurting
40.	How do you face a counsellor for first time?
Ans.	Hi,this question shall i take this way?"how can i face a counselor ;as iam doing it for the first time ?" OR ,"do you want to know how i will face a counselor for the first time?" ok,the first way is more relevant here;and so we will see the answer to this- 1. Be at ease,keep yourself cool,you please be aware what for you approach,this person ,who is labelled as a counselor.This will make you Calm,collected& confident. 2. It will not make much difference,whether you meet a counselor for the first time or met another one before orthe same one second time-it all for different issues may be,and so the number of visit is not much matter in getting help to solve.. 3.You be yourself,and give all correct inputs regarding you,as this only can help to solve the need with which you are approaching a counselor. 4.Infact ,you dont have to face a counselor,but you visit his desk;he will do the needeful,to put you at ease,collectng info from you,finding what is to be taken,ignored & what is to be solved ;by evaluating the ‘data’ you provide; with your body language as well. 5. SO,be happy to face a counselor,it is the positive relationship that clears everything and help you to be integrated and happy’ internlly, in a ‘real

	good job' of a counseling session.And most people who do counseling know it and do their job well.
41.	What do you think of this idea/product/website?
Ans.	THE need of the time; many folded results-out of it
42.	Can you recommend a good marriage counsellor in Delhi who will communicate in English?
Ans.	As somebody who believes in doing ,what he/she , can ,in improving the quality,PEACE & happiness of fellow men,pls feel free skype, after your five pm,try to help you,in whatever way possible &relevant to address the need— Thanks for asking; use +971 50 6672309, (there will not be any expense 4u in this)
43.	What do you think about biokinesis?
Ans.	Biokinesis —" Change Your DNA and Eye Color with Your Mind with the psychic ability of biokinesis. Biokinesis is the ability to change the DNA and your biology by only using the mind and energies inside of you. Learning biokinesis is can be a dangerous psychic skill to develop, as biokinesis alters the DNA which is the very foundation of your physical body. So before you learn how to do biokinesis, make sure you are full aware of the dangers and consequences it can have. Biokinesis can allow you to change eye color, physical appearance and healing your biological body. The most popular technique when starting out is learning how to change eye color" The above,is the subscript of a you tube video,i was watching, just to know how it is being presented.Developing mind power to unbelievable extend is possible but i dont believe you can train somebody's mind like that.....as given..but anybody can try ,believe and do research as well !! no problem somebody believe and act to master biokinesis. i have seen pictures in a very very old news paper(i dont have it now)piece, one man is moving in the air,and putting fire from no where, on a paper and its burning with flames and became ash in no time—if you can ,you can believe some sites available in net ;as "biokinesis can be learned,and you can become master powers through it" i may like to know it , if it is there; and i have answered biokinesis,for a special question of Harvard,on superpower,but i am not sure about the 'sites and videos and people" who stand they have this power. YOUR FAITH IS YOUR ANSWER in this matter..it is said that biokinesis existed long long long before ,without notice of a lot of people ,even today...and may science can prove these as well,at least yes ;;;;;; hopefully.

44.	What are some strategies to for coping with a family member not prioritizing your relationship? Last year, my sister moved to boston for medical school and ever since then, she has had no time for me even though we live in the same city. The last time I saw her was three months ago. I've talked to her about this numerous times, but nothing has changed.
Ans.	Change is the course of life-it should happen-innevitable,so tolerate.and understand;may be she is really busy even to talk at your free time. 1. emailing,messaging,whats up all you can consider to keep up the relationship reminded. 2. speak at times over the phone,or wait near medical college entrance to have a direct look 3. Remind her by messages -the love and affection of parents towards both of you 4. if she has got any unfulfilled dreams,start talking about it,which will catch her eagerness and attention-she may even cut and give her hair lengh for a needy whom you suggest 5. If she is not looking at you on seing face to face even ;then it needs clearing of any misunderstanding that happened-try a compromise 6. FURTHER,pls be aware ,she is having great difficulty in studying complex anatomy/pharmacology/..similar and the poor one is trying her best to cope up with her own circumstances and not avoiding you...a little empathy.. 7. Believe with me;this time also will PASS and good days will follow ,sure ;and your sister too... all the best-
45.	What are the top 10 most common things people do?
Ans.	1. talk 2. listen 3. dream 4. think 5. actions—walk,eat,dressup,clea,n,bathing,travel 6. learning 7. job/work 8. cook,serve 9. quarrel 10. find others fault 11. <i>some more below-being jealous, to telephone,surfing,whats up,twitter,linked inn,facebook,chat,selfie take,smoke,drinking water+,clothing,driving,mailing,newspaper reading, gossipping,teaing, creating arts,MAKING Money</i>
46.	Who do you love most among your family members and why?
Ans.	My Father and my mother,because they were “being”and ‘living’ the goodness; the values,virtues&ideals -the life they want us children to follow. I culdn’t give back anything for their greatness,though, i try to “be” the change i want to bring in,and also train kids the same-my tribute to my

	parents....
47.	How do I insert an image in an answer or question details on Quora?
Ans.	The question answered duly by Quora,before-see their answers given - for your immediate reference,may i re write it here from quora officialcompany account?which will be authentic,regarding this issue,rather than what i write?okay- “You can add images to an answer on Quora by clicking the Photo button. The Photo button has a camera icon and can be found on the right side of the formatting bar.”.....and more... as given.
48.	What are the qualities that make a good camp counselor for kids ages 5 - 14?
Ans.	Formal camp counselors are often flexible, creative, detail-oriented, have a positive attitude, and have learned hands-on leadership skills by taking the lead in a cabin, an activity, or with an age group,say ours;5–14. Most of all, camp counselors learn how to handle responsibility: they accept responsibility to look after the most important thing in the world,here (5–14) child- . It is important for counselors to understand what they can anticipate from different age groups. In order to develop a camp program that meets the needs of campers, it is important for counselors to understand their physical, social, emotional and intellectual characteristics. The following characteristics,you may agree, make a good camp counselor for kids of age (5–14); 1.A self-directed worker. A counselor should know how to take on a challenge themselves and when they need to look for help. 2.A resilient worker:Camp counselors have to learn how to handle just about anything that a child of 5–14 can throw at them. It’s often impossible to predict when an accident might happen, or when it will rain all afternoon, but it’s still the counselor’s job to make everything work and run on time ! 3.Comfortable with trying something new or difficult, even if it means risk of failure.A counselor may be asked to work with an upset camper,or mediate a dispute between campers he or she has not yet gotten to know very well.Either way ,its clear camp counselors are required to deal with uncertainty, and must become comfortable with trying new or difficult tasks. 4.Someone with a great work ethic. Counselors wake up before the campers and stay up until the last of their campers have gone to bed. 5. He has got a solution,for every problem you can imagine for the age group 5–14 ;YES they are really solution finders. 6. Has got strong collaborative skills.he is a great team member of this 5–14 group. A good camp counselor, puts team goals first, and always finds a way to contribute and support other team members. 7.Communication & Listening skills IS of high level: Counselor should be able to communicate effectively with a number of different groups of

	people: campers, parents, supervisors, and each other. The listening will help him to formulate ideas of kids,even from the body language. 8. Again a good camp counselor should be —able to understand and communicate the stages of group formation. — able to apply the knowledge of group formation in selecting appropriate activities at camp for each stage of group development. 9.Counselors should be able to apply the knowledge of developmental stages in selecting appropriate activities at camp. -HE should be be able to apply the knowledge of developmental stages to the way they relate to their particular groups of campers,say 5–14,in this case. all the best,
49.	Is trehalose a lipid?
Ans.	<i>Trehalose</i>, also known as mycose or tremalose, is a natural alpha-linked disaccharide formed by an α,α-1,1-glucoside bond between two α-glucose units . So its not a lipid,It has high water retention capabilities, and is used in food and cosmetics.-"<i>Trehalose</i> protects <i>Saccharomyces cerevisiae</i> from <i>lipid</i> peroxidation during oxidative stress". Trehalose is not an antioxidant because it is a non-reducing sugar and does not contain nucleophilic groups in its molecule. However, it was reported to have antioxidant effects. Extracting trehalose was once a difficult and costly process, but circa the year 2000, the Hayashibara company (Okayama, Japan) confirmed an inexpensive extraction technology from starch for mass production. In 1832, H.A.L. Wiggers discovered trehalose,in an ergot of rye. In 1859,Marcelin Bertholett isolated it from'' trehala manna''a substance made by weevils, and named it' trehalose'.....It can be synthesised by bacteria, fungi, plants, and invertebrate animals. It is implicated in anhydrobiosis — the ability of plants and animals to withstand prolonged periods of desiccation. It has high water retention capabilities, and is used in food and cosmetics.
50.	Is chitin a lipid?
Ans.	 Structure of the chitin molecule, showing two of the N-Acetylglucosamin units that repeat to form long chains in β-1,4 linkage. CHITIN,(C₈H₁₃O₅N)_n is a long chain polymer of an N-acetylglucosamin, a derivative of Glucose, found in many places in natural forms. It is a

	characteristic component of the cell walls of FUNGI, the exoskeletons of Anthropods such as crustaceans, and insects and beaks and internal shells of cephalopods including octopuses and squids. The structure of chitin is comparable to the Polysaccharide cellulose forming crystalline nanofibrils or whiskers. In terms of function, it may be compared to the protein Keratin. Chitin has proved versatile for several medical, industrial and biotechnological purposes. Chitin should not be confused with Chiton— refers to a marine animal with a protective shell (also known as a "sea cradle"). The structure of Chitin is solved by Albert Hofmann in 1929. Chitin is a modified Polysaccharide that contains nitrogen; it is synthesized from units of N-acetylglucosamin (to be precise, 2-(acetlyamino)-2-deoxyD-glucose). These units form covalent β-1,4 linkages (similar to the linkages between glucose units forming cellulose). Therefore, chitin may be described as cellulose with one hydroxyl group on each monomer replaced with an acetyl amine group. This allows for increased hydrogen bonding between adjacent polymers, giving the chitin-polymer matrix increased strength. Hope its clear ?? Lipids are a group of naturally occurring molecules that include fats, waxes, sterols, fat-soluble vitamins, monoglycerides, diglycerides, triglycerides, phospholipids, and others.
51.	What is the best way to refuse someone when they ask the price tag of an item I bought? I am generally not very comfortable discussing how much I spend on myself. It's straight forward for me to simply refuse friends when they ask, but what could be the more polite manner to do so with family?
Ans.	Be at your comfort zone in this matter-You can make a smile and just be quiet mostly. If they are asking again and again, proving themselves impolite, you can refuse direct answering by simply asking a personal question of them, which needs a minute's thought!! Then naturally they will forget the question and start thinking the answer to your question Example, "This watch is really expensive, good on your hand; How much did it cost?" Ans-Oh, really, thank you, it's my joy to hear that; which month is the fortnightly holiday for your son? (thinking, calculating months-exams-then) Ans-" July it is, as he is taking Mechanical Eng. classes from May to July second week" ' Ya, he is really started studying now.....' Smiling What time is the train to NC? AT 2.30 ? Ans -'Ya, but you have to make a rush to catch it now. run run— {where is the price tag now?} advised to repeat many times to make it a habit; then no need to answer or direct refusing—use the endless possibilities of EQ in practical life to solve many issues, questions and situations like this-all the best
52.	If people ask where are you from, do I answer the country where I'm born in or the country where I live or my nationality?
Ans.	In life, I have answered this question at many cities in the world. In fact

	the nationality is needed where it is queried officially (eg.@ a border,airport,seaport...security..) other times use little EQ ,to get what is expected to know by this question. At JFK, while you are waiting, somebody you know driving& asking where are you from, you may say ‘NJ/New York/Queens’’, as that is what is the answer needed. At your university,it may be because of your accent,that this question raised,you can say as you perceive it.Normally we all say the city where we are coming from . If they need to know the birth country,and you like to disclose it ,its your choice. Your home is were you stay,for common talk and where you like to say your home is, to another one is up to you.One thing is sure;we cannot change the birth place,it exist.There are people having more than one nationality as well. Your answer should be depending on the reason/situation of asking this question. If its official give answer as of your documents. If un official,answer should be as of your judgement and liking.
53.	How can you neutralize spilled acid?
Ans.	As many types of acids available and its slightly different procedures needed for netralizing; depending the nature of the chemical,the below my answer will fit for inorganic acids as mentioned— Acid Spills (hydrochloric or sulphuric acid): 1.Neutralize spill with sodium bicarbonate/baking soda 2.Wait until bubbling/fizzing has stopped 3. When using a neutralizing spill kit, the kits are buffered and will not have a bubbling action. Be careful not to over neutralize 4.Test pH of the spill after the neutralization reaction has stopped with pH paper 5.Once pH is between 6 and 9, the material can be transferred into an appropriate secondary container for disposal 6.Wipe all surfaces with a sponge and wash all of the material down the sink. Some acids cannot be neutralized and will require special procedure for spill cleanup. Examples: chromic acid and hydrofluoric acid.
54.	Can I transfer to Texas Tech University after freshmen year?
Ans.	As of now ,you can transfer to any other university of your choice; provided there is seat and acceptance for you. There is procedure for transfer for each school. JUST contact the ug admission,and check the availability and other set requirements,of individual universities,regarding this All the best,
55.	How much salary do IELTS examiners make?

	I heard IELTS examiners in Shanghai can make up to \$500 a day. Of course, this number seems wildly inflated. Can anyone answer, with references to specific data? Thanks
Ans.	One of my 'chance acquaintant' used to go for this job, when assigned. I am not sure, but she said she used to collect 50 AED per hr and free to and fro transportation. In fact she put it that she was only doing, as of the general instruction & norms, fixed for all of them in these parts of the world. If more assignments are there, she can collect more on a weekly basis because this exam is of FIXED HRS. (1\$=3.68 AED) Still I am not sure, about \$500, as there can be greater payment in another country-
56.	What is glycolysis?
Ans.	Glycolysis is the catabolic process in which glucose is converted into pyruvate via ten enzymatic steps. There are three regulatory steps, each of which is highly regulated. There are two phases of Glycolysis: (1) the "priming phase" because it requires an input of energy in the form of 2ATPs per glucose molecule and (2) the "pay off phase" because energy is released in the form of 4 ATPs, 2 per glyceraldehyde molecule. The end result of Glycolysis is two new pyruvate molecules which can then be fed into the Citric Acid cycle (also known as the Krebs's Cycle) if oxygen is present, or can be reduced to lactate or ethanol in the absence of oxygen using a process known as Fermentation. Glycolysis occurs within almost all living cells and is the primary source of Acetyl-CoA, which is the molecule responsible for the majority of energy output under aerobic conditions. Phase 1: The "Priming Step" The first phase of Glycolysis requires an input of energy in the form of ATP (adenosine triphosphate). 1. alpha-D-Glucose is phosphorylated at the 6 carbon by ATP via the enzyme Hexokinase (Class: Transferase) to yield alpha-D-Glucose-6-phosphate (G-6-P). This is a regulatory step which is negatively regulated by the presence of glucose-6-phosphate. 2. alpha-D-Glucose-6-phosphate is then converted into D-Fructose-6-phosphate (F-6-P) by Phosphoglucose isomerase (Class: Isomerase) 3. D-Fructose-6-phosphate is once again phosphorylated this time at the 1 carbon position by ATP via the enzyme Phosphofructokinase (Class: Transferase) to yield D-Fructose-1,6-bisphosphate (FBP). This is the committed step of glycolysis because of its large ΔG value 4. D-Fructose-1,6-bisphosphate is then cleaved into two, three carbon molecules; Dihydroxyacetone phosphate (DHAP) and D-Glyceraldehyde-3-phosphate (G-3-P) by the enzyme Fructose bisphosphate aldolase (Class: Lyase) 5. Because the next portion of Glycolysis requires the molecule D-Glyceraldehyde-3-phosphate to continue Dihydroxyacetone phosphate is

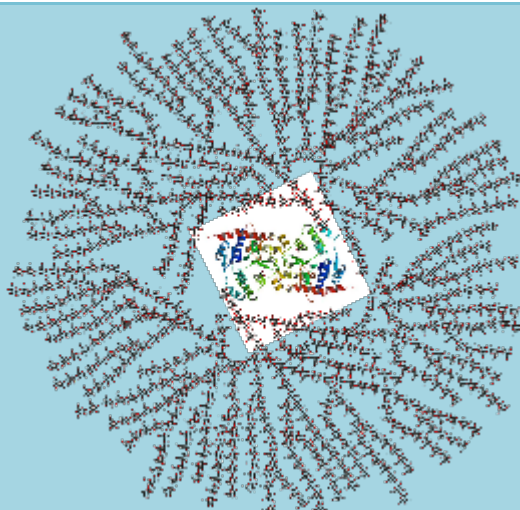
	converted into D-Glyceraldehyde-3-phosphate by the enzyme Triose phosphate isomerase (Class: Isomerase) Phase 2: The "Pay Off Step" The second phase of Glycolysis where 4 molecules of ATP are produced per molecule of glucose. Enzymes involved: 1. D-Glyceraldehyde-3-phosphate is phosphorylated at the 1 carbon by the enzyme Glyceraldehyde-3-phosphate dehydrogenase to yield the high energy molecule 1,3-Bisphosphoglycerate (BPG) 2. ADP is then phosphorylated at the expense of 1,3-Bisphosphoglycerate by the enzyme Phosphoglycerate kinase (Class: Transferase) to yield ATP and 3-Phosphoglycerate (3-PG) 3. 3-Phosphoglycerate is then converted into 2-Phosphoglycerate by Phosphoglycerate mutase in preparation to yield another high energy molecule 4. 2-Phosphoglycerate is then converted to phosphoenolpyruvate (PEP) by Enolase. H₂O, potassium, and magnesium are all released as a result. 5. ADP is once again phosphorylated, this time at the expense of PEP by the enzyme pyruvate kinase to yield another molecule of ATP and pyruvate. This step is regulated by the energy in the cell. The higher the energy of the cell the more inhibited pyruvate kinase becomes. Indicators of high energy levels within the cell are high concentrations of ATP, Acetyl-CoA, Alanine, and cAMP. Because Glucose is split to yield two molecules of D-Glyceraldehyde-3-phosphate, each step in the "Pay Off" phase occurs twice per molecule of glucose. (source-Chemwiki)
57.	Are there "job shadowing"-like opportunities for counseling? Probably not actual shadowing because of privacy issues, but something similar?
Ans.	"Job shadowing" is a work experience option where students learn about a job by walking through the work day as a shadow to a competent worker. The job shadowing work experience is a temporary, unpaid exposure to the workplace in an occupational area of interest to the student. In the case of Counseling sessions, this is not expected by clients, and so it is difficult for "job shadowing" option. Search for training opportunities where they really give you mockdrills, mock sessions and then real clients on a strategic plan ;and you can develop confidence level, working enough to proceed. Another option is to try group sessions with an expert, watch, learn and acquire deficit skills to be a good counselor (provided having the documents). Long before I have known the so called 'peer counseling' where you can try, as many groups and many emerging issues, sharing, GD's, personal experiences, problems, ideas & anxieties are shared willingly without much privacy within the group. They listen each others stories happily and learn & correct each other; where you can be the moderator and get the skills needed. In my experience, it was a career goal setting, -(1+3 way), [-both parents and

	the teenager-] one parent asked for another student of the same age(their cousin) to be present. As got permission, they brought the student and this'person' who was job shadowing.The student on every address of reporting;looks at this cousin and sat there,smiled,did not give any answer. The cousin figure told she/he is of 10 th grade;and showing negative signs to the student on each input that was given. Then cousin got up and said" we have to go ;people waiting for us"-in no time they rushed out collecting unfilled forms,and laughing as if they had set up the counsellor.Later this cousin,was seen as the student counselor in a new school. If group sessions take place and the expert allows,this opportunity is possible ;and you can be. Good wishes to you—
58.	"Bachelor of Arts (Honours) in Guidance and Counselling and Disability Studies", does this make me qualified for a job as a Counsellor in the US? Counselling needs a Masters degree in the US but is a "Bachelor of Arts (Honours) in Guidance and Counselling and Disability Studies" from Australia enough for me to get a professional counselling job in the future in the US?
Ans.	Actually its not clear to me ,what 'counseling Job' in the future in the US' that you want to follow. As of now, private schools you can contact or check their requirements ,whether you fulfill those essentials.Public schools,normally all kept,MS for their jobs.You can easily get it, provided you get admission in a good school. Other counseling jobs;(a variety of it exist in the US) needs licensing and other requirements of the job provider, which may vary from state to state,and type of service rendered. Fix your mind on what you want to do,find out its licensing/other requirements and follow it up accordingly.Also consider where it should be,as rules may vary. Also you can search the basic requirements of the job- type of counseling ,you are deeply interested to do, and any where your present degree is sufficient ,pls do make a try by applying- [or get the required credentials and go forward,all the best]
59.	My boss threatened to fire me. Should I give him a 2 week notice now that I got a new job? My boss threatened to fire me. And ever since then he started pointing out tiny mistakes I would make and continue to give me a look as if I better be careful. So, I found new job that will pay me \$23k on top of what I currently earn. Should I still give him 2 weeks after receiving that threat?
Ans.	Congrats-and pretty much give two weeks or 1 month (as of here) notice to leave . This is not because you fear the undue threats,but being professional from your part. This act will give you moral success over the other who try to belittle your services in the company.But if you fear,it will do some harm to the new offer,then need not. As of situation our decisions should be flexible,and this writing is without knowing any of the background than given above.

	We do good and just acts to anybody we deal with in life is ,our quality of person,not for others ;so be nice,all the best
60.	What is a good marriage counselor?
Ans.	Dear Orly, Thanks for this request ,as it gave me a chance to ask self''how can i put it in words?' The purpose of a marriage counselor is to guide a married couple through emotional minefields, creative wilderenesses, felt emptiness in relationships, stagnation, motivational retardation, progeny issues, and above all take apt decisions regarding various challenges ,a couple may face during an active married life. Who is dedicated to fulfill,and proved so ,the above purpose ,in my perceptive,is a GOOD marriage counselor- you can dig it further (on your experience if any- in this job). When one or both is in emotional landmines, it leads to stress,strain , depression,and a total personal retardation, as cannot concentrate on anything ,even routine jobs go wrong. A good Marriage counselor understands the situation very empathetic,and stand with them to avoid damage to the relationship.A good marriage counselor helps couples avoid many of these emotional landmines/stress/crises and is there for damage control when they're triggered. The good counselor knows how to get the core (of the present issues) and to select solutions which is acceptable for both,and assure that their present emotional or otherwise,problems are NOT a sign of incompatibility and hence to stop journey together- Motivational Retardation is the feeling of discouragement that most couples experience. They often feel that any effort to improve their marriage is in vain;so let us change- Our belief as a counselor,that everything will work fine;and their effort will be successful,can be imparted strongly for encouraging them,to take positive measures in rescuing a relationship.and this reassurance from a good counselor is almost saving both- and to input effort from their side. A good marriage counselor is a good strategy resource. While the couple can, also think of ways to solve their marital problems, a marriage counselor should know how to solve problems like this couple. If a client can handle his emotional reactions, provide his own motivation and can think of appropriate strategies, then he don't need a marriage counselor. But when turmoiled by life issues,may not be able to sort it out impartially,so need a helping hand. To summarize,the three most important criteria that a marriage counselor is of being good are: (1) to inspire a couple, avoid or overcome painful emotional reactions to the process of solving marital problems, (2) to motivate them to complete their plan to restore sustaining &rewarding love to the existing marriage, and (3) to guide them think of strategies and implement them ,to achieve the desired goal- a happy life being in a marriage. we suggest Pre-marriage counseling for'' couples to be'' before entering marriage. All the best

61.	What are starting salaries for Epic? Epic Careers I'm a Mathematics/Economics double major with a 3.7 from a small, not well-known nationally liberal arts college. I know the very basics of complexity analysis but can't program anything more complicated than Codecademy (Bad life choices, I know). I would like to know their starting salaries for non-programming positions, to know a "good" answer to fill in for "anticipated salaries" and also for cost-benefits analysis of whether applying is worth it. Basically, this is a back-up plan in lieu of offers (with funding) from a decent graduate program next year.
Ans.	Starting salary can be from 45–60k ranges, depending on the firm and your impact at the selection team. It will gradually go up as you concentrate on projects, personal and systemic developments. Even take a higher certification is possible while at job, and elevation in the package is always there. ok What I feel, you can turn to health systems, and eventually get into Epic Training-opportunity and prospects and income... beyond what you can calculate now! Okay, but it needs a little long walk, you consider it on self awareness- All the best-
62.	What are the best indicators that a given therapist/counselor is successful and excels in their practice? They say if you need a good doctor, to ask some people with chronic illnesses. Need a surgeon, track down a surgical nurse and ask who they'd have operate on them. In trouble with the law? Find the sleaziest criminal in town that's not behind bars and ask for a referral. What about therapists?
Ans.	Hi Peter, its -busy, not extensively published by marketing strategies, no session available for recent dates (one has to wait to get appointment), rather little more expensive than contemporaries and always "fully booked for this year" ;no date!— these are considered as the indicators. Now, regarding the best counselors, do not use the methods, like you described as above. Its really different realm. Whats working for one case - one person - may not be good enough for a second person of exactly the same problem - So any suggestions of somebody benefitted by one therapist, may not be that effective in the genuine case of another. A suggestion, in this case can be, go to the counselor of your choice just for one session; and if you like as its really useful, and you are not treated as a customer who is a source of income but a human being in need of expert help to get out to correct ways. Self judgement anybody can trust. Thanks a lot, in giving me a piece to think. -all the best!
63.	Will a previous assignment reported to a guidance counselor be held in my permanent record

	forever? In High School, I wrote a poem about the holocaust for an assignment (that was not intended to be offensive or anti-semitic at all) and I couldn't stop laughing presenting it when I noticed how rushed and terrible the spelling was. My teacher thought I was crazy and reported me to guidance.
Ans.	Dear, not at all; cool- Take it easy, even if some record kept about it for a while- its only a 'process schedule', which the guidance expert is supposed to ! As far as there is no record of any action taken by the school on this issue, why to be upset? Again nothing is permanent in life, especially in behaviour; can any behaviour be just 'permanent'? Regarding outgoing students, the final Transcript issued from school is the document that is considered "permanent". Hope, nothing of this noted in it, -normally no. Be cheerfull, all the best. Aware how others' perception of us (though incorrect may be), at times cause grief like this-
64.	In animals, what are the functions of glycogen?
Ans.	Glycogen is a multibranched polysaccharide of glucose that serves as a form of energy storage in animals and fungi. The polysaccharide structure represents the main storage form of glucose in the body. In humans glycogen is made and stored primarily in the cells of the liver and the muscles hydrated with three or four parts of water. Glycogen functions as the secondary long-term energy storage, with the primary energy stores being fats held in Adipose tissue. Muscle glycogen is converted into glucose by muscle cells, and liver glycogen converts to glucose for use throughout the body including the central nervous system. Glycogen is located in the cytosol of the cell in the form of hydrated granules of diameter between 1 to 4 μm and forms complexes with regulatory proteins and enzymes responsible for its synthesis and degradation. Glycogen is absent from almost all foods because after an animal is killed it is rapidly broken down to glucose and then to lactic acid; it should be noted that the acidity consequently to lactic acid production gradually improves the texture and keeping qualities of the meat. The only dietary sources are oysters and other shellfish that are eaten virtually alive: they contain about 5% glycogen.



Schematic two-dimensional cross-sectional view of glycogen: A core protein of glycogenin is surrounded by branches of glucose units. The entire globular granule may contain around 30,000 glucose units

references

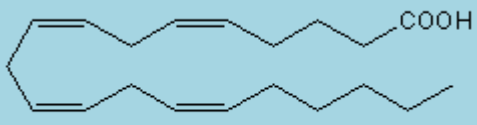
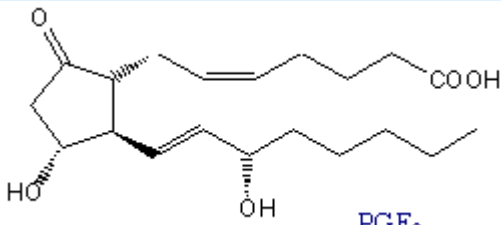
- Glycogen detection using Periodic Acid Schiff Staining
- Glycogen storage disease - McArdle's Disease Website
- Glycogen at the US National Library of Medicine Medical Subject Headings (MeSH)

65. Does having experience in or projects designed relating to an engineering field mean nothing without a college degree?
My brother has a B.S. and M.S. in Computer Science, but has recently started taking courses in Electronics, Signal Processing, and Robotics through Coursera for fun and personal projects. However, he says he doubts he can get into an actual career (Elec. Engineering) involve use of these.

Ans. I have asked my little one ,once applying for the engineering discipline she loved ,at MIT,Boston;and Harvard ,(USA)"what you think is the real difference between an Engineer and a Scientist ?"
"Oh,ya," the answer came without a moments elapse; "the Engineer creates,what the scientist discovers (uncover, or reveal to the world)".
So, i not being an engineer, guessed both are complimentary-one completes the other starts-
—He can make a wonderfull,beautifully paid career,if he knows "what he want" in life and in engineering,combining his Computer Proficiency with newly devised or existing electrical/electronic devices. This is hundred percent possible.
I.Regarding College Degrees—
He already have it know, just use it; to enter where they make computerised devices,mostly electronic/electrical,depending on peoples JTBD on a daily basis.
Just start with your soft ware designing,and improvise EEE whatever you know,and later do improvise computerised devices as a whole unit,(patent,market,customer,business unit,.....all will follow)
II.Regarding your question, having experience in projects done or

	contributed;also designed projects independently,is really great in job market.Nobody can say 'its nothing' without degree. Entrepreneurs look for accomplishments-who can accomplish;who can design, projects independently, in excellence. Certain job has got criterion to apply,but if called for an interview,its being that ,is what matters.He got an MS anyway,the rest of it is only confidence to accomplish the NEED of the post applied. Thanks for asking me;i feel you are good about this answer.
66.	What are some questions people should ask more often in your discipline or profession?
Ans.	In our discipline—Consulting,counseling,business development,Training, Leadership management&Administration—altogether or just one;People(client) should ask questions like this” What JOB you offer to be done?” What for I have to hire it? “How you plan development in and through this? “what will be the outcome ? “what expenses are involved?” Reversely,we (service provider) should ask questions like this more often,for clarity of vision ,” what results that we focus to bring out in the system(of client),by this activity?” ” How much it will cost the client,and what we promise to bring by that?” The constant reminder of the fact that people have to invest money and precious time,for doing this activity,will lead us to ensure the quality,expected result and increase in income by hiring our services . Clients [service receiving edge] then, will have an idea about JTBDs in their system,and expected manifolded outcome as a result of Training,consultation or counseling ,on entrusting a provider. Its good asking these questions more often by both ends.
67.	How hard would it be to become a counsellor in Japan? I am currently in my 5th year of university to become a school/personal counsellor, I wish to move to Japan after I am done my schooling but am wary about how I will cope with the cultural change of work. I can speak and read Japanese.
Ans.	Colleague, As you are following fifth year of this course,you can be anywhere as you like to be.Even in Japan,if you are concentrating on International outlets-schools,colleges,universities,institutes... you may succeed ,i believe ;as its not based on that language and that culture solely,though its impact will be there. Again,there are levels ,by which you can gradually enter and mix up with the society and its culture,let it be any country.Japan,you will be little more vigilant to go with their customs and ways-slowly everything will be alright,if you really WANT IT. In the beginning,of course will be hard as you said,but you know the language and there is a goal in you” to be a counselor in Japan’ and this will give you driving force to overcome obstacles in your path.Cultural competency,is a must especially for a counselor,and for all, for proper interactions.This ,in your case,can be developed if you want this job at this country. Starting with where you can be fit (international ones) ,learn the survival requisites there , and get the necessary skills to push yourself to the

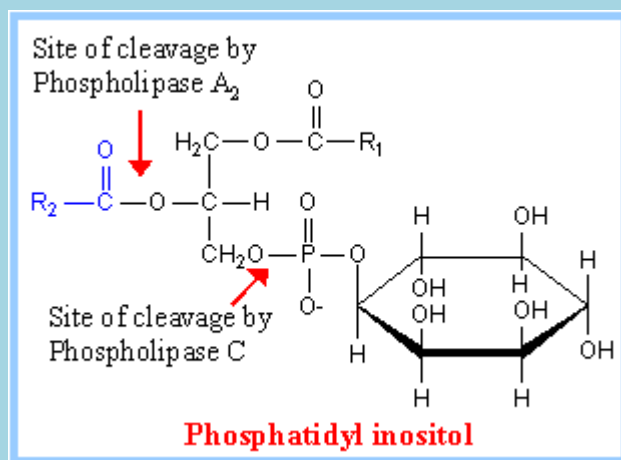
	first row is the strategy that i am suggesting for you. There are many other methods as well to get into this society, which you can sort out . So 1. Set goal-to be or not to be 2. Formulate many strategies to get in your goal 3. select the ideal, practical, realizable methods 4. Once decided do not turn back 5. One step is done, Strive for the next... then again... again... DONE!! AND IMPOSSIBLE IS NOTHING.....
68.	What is the application of biochemistry in agriculture?
Ans.	The applications of biochemistry in agriculture are currently widespread and growing. Studies of nitrogen fixation, photosynthetic efficiency, uses of recombinant DNA, animal and human nutrition and health, genomics and proteomics, and the environmental impact of agricultural chemicals are examples of the wide variety of topics in which biochemistry is seen as an increasingly important component. Preservation of food materials, fruits and fruit juices, and other drinks, removal of pesticides from vegetables to cook, food packs & packing systems industry, ORGANIC INDUSTRIAL PRODUCTION of certain essential foods, production of special fibres for cloth.... a lot of application of biochemistry in agriculture is going on daily and a lot more is yet to discover. Plant breeding, genetically mutated seeds, plant nutrients industry, cross matching, green house vegetable & fruits, organic farming, organic immuno enhancing products—its production, preservation, transporting, sale— all these have got one or many applications of Biochemistry. Ultimately it all comes under the industry agriculture. Pesticides, fungicides, phosphorescent & other poisons all can be considered as agricultural applications as well. There are many many more, now you can just sit and formulate, ya, Thank you for your question, dear Isioma, please develop again, using your thinking process in this way, good wishes to you-
69.	How is water transported in Bryophytes?
Ans.	Bryophytes are nonvascular plants, meaning that they do not have conducting tissues and carry out the transport of water and nutrients via diffusion. They are cryptogamic, or rather, they do not present flowers or seeds; they are small in size; they present water-dependent fertilization; in their life cycle, the lasting form is haploid (the gametophyte) and the sporophyte depends on the gametophyte to survive. In bryophytes, there are no water-conducting or nutrient-conducting structures and the transport of these substances is carried out via cell to cell diffusion. The small size of bryophytes relates to this feature because if there are no conducting vessels, it is not possible for cells to be too far apart from each other . Bryophytes lack vascular tissue, so they must absorb water and nutrients at the surface and transport the materials from cell to cell. Some bryophytes have hydroids, which are modified water transport cells and some have leptoids, which are solute conducting cells. Bryophytes depend on cell to cell diffusion, which

	explains their small sizes. Ref-bellevuecollege.edu/
70.	Are eicosanoids phospholipids?
Ans.	Prostaglandins and related compounds are collectively known as eicosanoids. Most are produced from arachidonic acid, a 20-carbon polyunsaturated fatty acid (5,8,11,14-eicosatetraenoic acid), shown:  Arachidonic acid The eicosanoids are considered "local hormones." They have specific effects on target cells close to their site of formation. They are rapidly degraded, so they are not transported to distal sites within the body. But in addition to participating in intercellular signaling, there is evidence for involvement of eicosanoids in intracellular signal cascades. Examples of eicosanoids are prostaglandins, prostacyclins, thromboxanes, leukotrienes, and epoxyeicosatrienoic acids. They have various roles in inflammation, fever, regulation of blood pressure, blood clotting, immune system modulation, control of reproductive processes and tissue growth, and regulation of the sleep/wake cycle. Prostaglandins • Prostaglandins all have a cyclopentane ring, and are designated by a letter code, based on ring modifications (e.g., hydroxyl or keto groups). A subscript refers to the number of double bonds in the two side-chains. • Thromboxanes are similar but have instead a six-member ring • Prostaglandin E₂ (PGE₂) is shown below:  PGE₂ Prostaglandin receptors: Prostaglandins and related compounds are transported out of the cells that synthesize them. Most affect other cells by interacting with plasma membrane G-protein coupled receptors. Depending on the cell type, the activated G protein may stimulate or inhibit formation of cAMP, or may activate a phosphatidylinositol signal pathway leading to intracellular Ca⁺⁺ release. Another prostaglandin receptor, designated PPAR_g, is related to a family of nuclear receptors with transcription factor activity.

- Prostaglandin receptors are specified by the same letter code. For example: Receptors for E-class prostaglandins are designated EP. Thromboxan receptors are designated TP.
- Multiple receptors for a prostaglandin are specified by subscripts (e.g., EP1, EP2, EP3, etc.). Different receptors for a particular prostaglandin may activate different signal cascades.

Effects of a particular prostaglandin may vary in different tissues, depending on which receptors are expressed. For example, in different cells PGE2 may activate either stimulatory or inhibitory G-proteins, leading to either increase or decrease in cAMP formation.

The fatty acid arachidonate is often esterified to the hydroxyl on C2 of glycerophospholipids, especially phosphatidyl inositol, shown below, with arachidonate in blue.



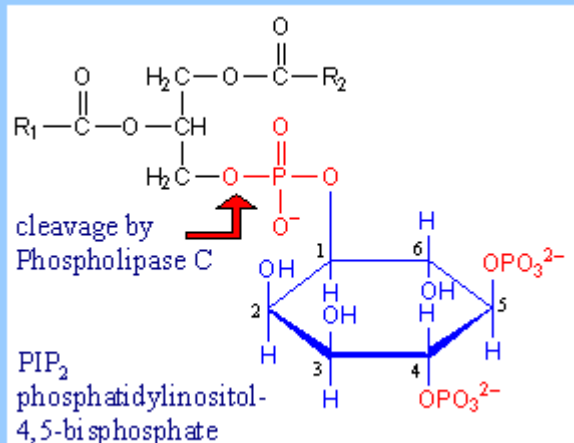
Arachidonate is released from phospholipids by hydrolysis catalyzed by Phospholipase A2. This enzyme hydrolyzes the ester linkage between a fatty acid and the hydroxyl at carbon 2 of the glycerol backbone, releasing the fatty acid (e.g., arachidonate) and a lysophospholipid as products.

Corticosteroids are anti-inflammatory because they prevent inducible Phospholipase A2 expression, reducing arachidonate release.

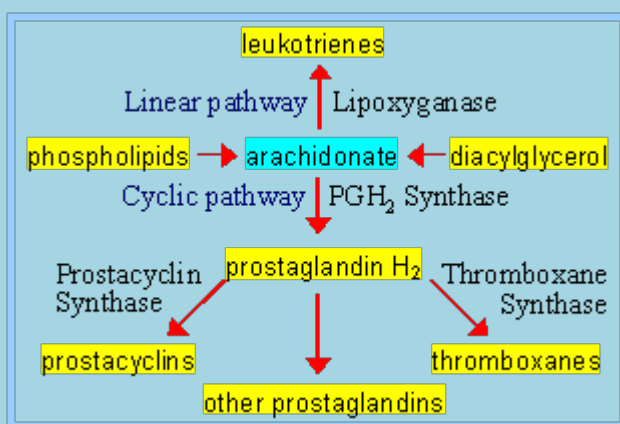
There are multiple Phospholipase A2 enzymes, subject to activation via different signal cascades.

- The inflammatory signal molecule platelet activating factor is involved in activating some variants of Phospholipase A2.
- Attempts have been made to develop drugs that inhibit particular isoforms of Phospholipase A2, for treating inflammatory diseases. Success has been limited by the diversity of Phospholipase A2 enzymes, and the fact that arachidonate may give rise to inflammatory or anti-inflammatory eicosanoids in different tissues.

Phosphatidyl inositol signal cascades may lead to release of arachidonate. After phosphatidyl inositol is phosphorylated to PIP2, cleavage of PIP2 via Phospholipase C yields diacylglycerol (and IP3). Arachidonate release from diacylglycerol is then catalyzed by Diacylglycerol Lipase.



Two major pathways of eicosanoid metabolism are summarized below. refer for the structures of examples of the compound listed, if needed, as it is beyond the scope of our answer.



refer : Biochemistry, by Voet & Voet, 3rd Edition.

PS.

Non-steroidal anti-inflammatory drugs (NSAIDs), such as aspirin and derivatives of ibuprofen, inhibit Cyclooxygenase activity of PGH₂ Synthase. They inhibit formation of prostaglandins involved in fever, pain and inflammation. They inhibit blood clotting by blocking thromboxane formation in blood platelets.

Ibuprofen and related compounds act by blocking the hydrophobic channel by which arachidonate enters the Cyclooxygenase active site.

1.ref: Biochemistry, by Voet & Voet, 3rd Edition.

2.ref; rpi-molecular bio chemistry

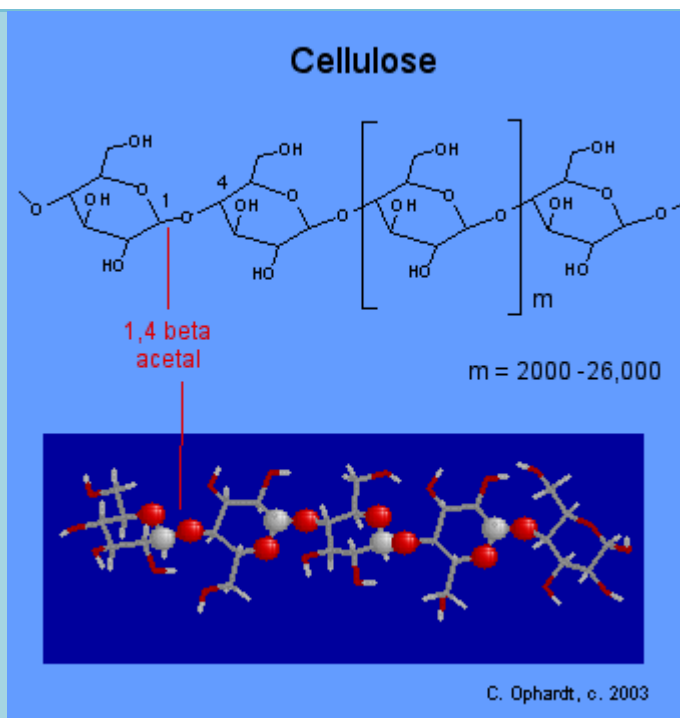
[--info collected for you;]

71. Doing mbbs in abroad is it really good eventhough cracking MCI exam is difficult..?

Ans. Simi,abroad means where,as of you? At Priston,Duke,NC,Rutgers,....or in Russia,China,Ukraine,poland?
Its all abroad;last places above and some in Europe[italy,france,germany etc] need a test to pass for MCI to accept as doctors to start work in India.
Some other universities accepted by MCI, abroad, are really good but to get

	admission there ,its a tough job. MBBS from some of your good medical schools is really GOOD,&automatic MCI registration you will get soon after residency completion. That base is worth. It all depends on where you want to study,fix it first,then look for convenient M.school,apply and face the challenge of getting admission. you can try NEET as well. anythingelse regarding? all the best Simi.
72.	What does being a counselor feel like?
Ans.	hi,Karl Li, Thanks for your question,[request-] ,you mean how i feel being a counselor?OR yourself want to be a counselor,and wish to know how it will be at the feeling side? In either case,you are most welcome: Honestly i feel life is really worth living ,in being REAL help to a bleeding mind.I have worked in a famous Govt. hospital,in this part of the world, more than12 years-[still this hospital is number one here] and it was very satis fying on that age. Later,in doing facilitations for medical staff, as a govt.employ,i have discovered so many issues among professionals- specially where i do belong- and earnestly wished to be a soothing touch. If somebody really really interested to help,[rather than making money as a counselor] it will make tremendous transformations not only in the productive work outcome but in the happiness rating of the society as well !! That defines why- From my personal experience,i can tell you, a little help will change the total outlook,attitude,talk,listening and even the values,goals and ideals towards his betterment;of a needy one. Another case is lack of awareness-if they are aware,or rather we help them to be aware[of —,—,&—-in their behaviour/person] then they are gratefull and take measures for transforming;which is most desirable for themselves as well for interacting counterparts of them !! For a parent,teacher,medical /healthcareworker,LEADER,Manager, while helping i feel rewarded of my entire life's hard work ,as they will be of help to many,directly or indirectly just by their routine work,because of this session. There were times felt discouraged as in a marriage betterment help,the lady first said something which we solved then she said something next time , exactly opposite to what she wanted in the previous day !! but by your competence &dedication to the needs of a paining mind,succcess only will result. And Karl,i feel great !!,and happy and satisfied and never remember the face(& even names) of the client , as it will enter my personal small circle which i have created to rescue self from living with others shared issues. Thank you for making me digging.all the best
73.	I had IELTS 7.0 (only speaking is below 7, which is 6.5). Is it possible for me to achieve IELTS 8 in all the 4 bands, within just 6 months? Please note that I am a non-native speaker from an Asian country (Third World).

	However, I spent some time studying English in Australia.
Ans.	YES, within 3 months, more than 8.5 you can score, if you follow our method, which is globally fitting for anybody-learning+practice;+learning & practice ;self learning, self test; learning to beat time and the accuracy—sure
74.	Can any career counselor help me to find out my interest?
Ans.	SURE, will, most of them. - DO NOT collect a lot of expert's advice, helping people TO FIND out their way by themselves is THE JOB-its been misconceived, mishandled many times and ways due to many reasons - mainly business outlook(it is contented with a lot of issues--) Our clients always identify & reach their goal setting by a few insights given to them privately. You will be able to discern your life's call, special "genius", by which not only your interest, but where you shine most in career, while you may be able to do a dozen jobs pretty well (like-teaching chemistry, research, biochem assessments, analytical chem. lab work, personality development helping, counseling, writing articles, facilitation, public speaking, psychological career motivations, training, consulting, business development, HR management, administrative management—the like) But you will be par excellent in something than other activities, if not so, its criterion to be, will be processed in top clarity within an hour- its as simple, just a routine for us- ok; use skype or use our number to talk to THE expert FREE of any charge+971 55 6672309, as 'can u help to find out "my "interest' is something, if not in Quora may not be attended because of lack of info, needed personally, not in public platform. Happy to help it out, thanks for asking me, please use your free offer.
75.	How is cellulose digested?
Ans.	The major component in the rigid cell walls in plants is cellulose. Cellulose is a linear polysaccharide polymer with many glucose monosaccharide units. The acetal linkage is beta which makes it different from starch. This peculiar difference in acetal linkages results in a major difference in digestibility in humans. Humans are unable to digest cellulose because the appropriate enzymes to breakdown the beta acetal linkages are lacking. Undigestible cellulose is the fiber which aids in the smooth working of the intestinal tract.



Animals such as cows, horses, sheep, goats, and termites have symbiotic bacteria in the intestinal tract. These symbiotic bacteria possess the necessary enzymes to digest cellulose in the GI tract. They have the required enzymes for the breakdown or hydrolysis of the cellulose; the animals do not, not even termites, have the correct enzymes. No vertebrate can digest cellulose directly.

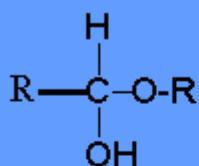
The structure of cellulose consists of long polymer chains of glucose units connected by a beta acetal linkage. The graphic above shows a very small portion of a cellulose chain. All of the monomer units are beta-D-glucose, and all the beta acetal links connect C # 1 of one glucose to C # 4 of the next glucose.

Acetal Functional Group:

Carbon # 1 is called the anomeric carbon and is the center of an acetal functional group. A carbon that has two ether oxygens attached is an acetal.

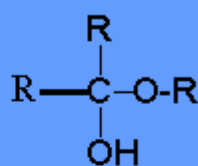
The Beta position is defined as the ether oxygen being on the same side of the ring as the C # 6. In the chair structure this results in a horizontal or up projection. This is the same definition as the -OH in a hemiacetal.

Hemiacetal

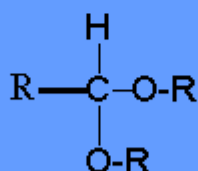


ether and alcohol on same carbon

Hemiketal



Acetal



two ethers on same carbon

C. Ophardt, c. 2003

ref.[Elmhurst.edu]

76. What are some screening/ assessment tools usually used to see if children have counseling needs?

Ans. 1.Temperament and Atypical Behavior Scale :
The Temperament and Atypical Behavior Scale (TABS) is a measure of atypical temperament and self-regulatory behaviors for children 11 to 71 months of age. It was designed to identify need for further assessment and to assist in planning interventions. The TABS includes both a Screener and an Assessment Tool. The Screener is completed by parents in approximately 5 minutes. It includes 15 items. Only children whose scores indicate a potential problem are assessed with the more extensive TABS Assessment Tool. The Assessment Tool is a 55-item checklist that is completed when the TABS Screener identifies an area of concern. It is completed by parents in approximately 15 minutes. The results produce detailed evaluation of atypical behavior in four categories: detached, hypersensitive-active, underreactive, and dysregulated. Alternatively, both the Screener and the Assessment Tool can be completed by a staff person that knows the child sufficiently well to complete the form.
—plus points are 1. can be used for an 11 month's child to 71 months old child & 2. both screening and assessment is included
—The negative part is 1. narrow age group, 2-Measures temperament and behavior rather than mental health or social-emotional concerns/strengths
II.Symptom Checklist-90-Revised and Brief Symptom Inventory
Symptom Checklist-90-Revised (SCL-90-R) is designed to evaluate a broad range of psychological problems and symptoms of psychopathology in individuals 13 years and older. The instrument is also useful in measuring

patient progress or treatment outcomes. The SCL-90-R is a self-report rating scale that is written at a 6th grade reading level, contains 90 items, and takes approximately 12 to 15 minutes to complete. Scores include 9 Primary Symptom Dimensions and 3 Global Indices. The Global Severity Index (GSI) is designed to help quantify a patient's severity-of-illness and provides a single composite score for measuring the outcome of a treatment program based on reducing symptom severity.

The Brief Symptom Inventory (BSI) is a brief screening inventory based on the SCL-90-R. It was designed to help support clinical decision-making at intake and during the course of treatment in multiple settings. The BSI is a self-report rating scale that is written at the 6th grade reading level, contains 53 items, and can be completed in approximately 8-10 minutes. The BSI instrument provides an overview of a patient's symptoms and their intensity at a specific point in time. Scores include 9 Primary Symptom Dimensions and 3 Global Indices. The Global Severity Index (GSI) is designed to help quantify a patient's severity-of-illness and provides a single composite score for measuring the outcome of a treatment program based on reducing symptom severity.

- Its plus point is that it includes both screening & assessment.

- the minus part is the narrow age range.

III. Rutter Questionnaires

The Rutter Questionnaires assess social skills of children ages 9-13 years of age. They include a brief screening scale as well as a longer assessment. The full parent questionnaire contains 54 items and takes approximately 7 minutes to complete. The brief parent scale contains 31 items and takes approximately 5 minutes to complete. The brief teacher scale contains 26 items and takes approximately 5 minutes to complete.

- Plus point is

1. Option for multiple reporters and 2. Includes both screening and assessment.

- minus point is the narrow age range.

IV. Personality Inventory for Children-2nd edition, Personality Inventory for Youth, and Student Behavior Survey-

The Personality Inventory for Children-2nd edition (PIC-2), the Personality Inventory for Youth (PIY), and the Student Behavior Survey (SBS) were designed to evaluate psychopathology and emotional/behavioral problems in children and adolescents ages 5 to 19 years. Areas assessed include behavior, psychological, social and family adjustment, cognitive development, and school behaviors.

The PIC-2 is a parent-report measure that includes two formats. The first format is the full profile, with 275 True-False items on Response Validity Scales and Adjustment scales. It takes approximately 40 minutes to complete. Subscales supply useful clinical detail and an optional critical items list divided into nine content categories. The second format is a Behavioral Summary, which is comprised of the first 96 items on the full profile. Requiring only 15 minutes to administer, this version can be used for screening, research, or monitoring behavior change. It includes eight of the Adjustment Scales (all except Cognitive Impairment), each shortened to just 12 items. The Behavioral Summary Profile provides scores for the eight

scales, plus a Total Score and three composites: Externalization, Internalization, and Social Adjustment. The PIC-2 is written at a 4th grade reading level.

The Personality Inventory for Youth (PIY) is a self-report measure that assesses emotional and behavioral adjustment, family interaction, and neuro-cognitive and attention-related academic functioning for youth ages 9-19 years. The PIY is composed of 270 items covering nine clinical scales and 24 subscales. The 24 subscales reveal specific clinical content, making the PIY an excellent diagnostic tool. In addition, four validity scales help determine whether the respondent is uncooperative or is exaggerating, malingering, responding defensively, carelessly, or without adequate comprehension. Critical Items are sorted into eight problem categories. Written at a 3rd-grade reading level, the PIY can be completed in 45 minutes. An audiotape is available for poor readers. The first 80 items of the test can be used as a brief screener to quickly identify youth who would most likely show problems if the full inventory were administered.

The Student Behavior Survey (SBS) is a teacher-report measure that is similar to the PIC-2 and the PIY, but only includes one version. The SBS contains 102 items and takes approximately 15 minutes to complete. It therefore appears to be similar in scope to the screening components of the PIC-2 and the PIY. The SBS rates three categories of behavior/characteristics: academic resources, adjustment problems, and disruptive behavior.

-Plus points are; 1.Wide age range; comparable scales across wide age ranges.

2. Option for multiple reporters, including child/adolescent self-report.

3.Relates directly to DSM-IV diagnostic categories.4.Includes both screening and assessment.5.Includes validity subscales to examine reporting biases.

-minus points are;1.Is not appropriate for use with children younger than 5 years.

- 2.Teacher report only includes one version rather than separate versions for screening and assessment.

V.Learning Accomplishment Profile System

The Learning Accomplishment Profile (LAP) System is a group of assessment and screening procedures from children birth through 72 months of age. They are all completed by a trained observer, who assesses the child directly. The LAP system was designed so that it can be used with children with typical and atypical development.

The Early Learning Accomplishment Profile (E-LAP), Revised Edition is a criterion-based measure of development for children with special needs from 0 to 36 months of age. Developmental areas include gross-motor, fine-motor, cognitive, language, self-help, and social/emotional. This profile is intended to support intervention planning for children who have special needs.

The Learning Accomplishment Profile-Diagnostic Edition Screens (LAP-D Screens) are standardized tools used to obtain a fast, reliable "snapshot" of an individual child's development.

The LAP-D Screens contain three parts: a Five Year Old (Kindergarten) screen; a Four Year Old Screen; and a Three Year Old Screen. The LAP-D

	screens take approximately 12-15 minutes to administer. The screens show cutoff points on the norms to indicate the need for early intervention. Norms conform to most national and state requirements for special education programs. Domains include: Fine Motor, Gross Motor, Cognitive, Language, Personal/Social, and Self-Help. The results can be used to determine whether an in-depth evaluation is needed. When possible, the LAP-D Screens should be used in conjunction with other screening information, such as vision and hearing screening, through a multi-disciplinary team Process. Also (DISC-IV) and several other versions of the DISC are in development, including the Young Child DISC, the Teacher DISC, the Quick DISC, and the Young Adult DISC. —all the best - (info gathered for you,ok) (ref.MentalHealthLR.2008)
77.	If I earn a very high score in the IELTS exam, what benefits do I get?
Ans.	I. For residence visa(Australia/Canada),you may get additional points on the application,if the band is high II. Some universities ask to take an additional English course to students from non English speaking areas. When ur score is high,indicates English skill to use it properly;hence no special English coaching needed (save time&money) III. You may fill the admission criteria,sometimes high score is appreciated more,without a written rule- IV. Your self confidence get boost up;while joining ina university where English is the language, that ur English is in good international level V. Some states,if you are applying for financial aid, for ug/graduate level— this higer score of IELTS may help you to get an aid easily.
78.	Where can I find free career counseling online, without the " pay to know the answer " option?
Ans.	USE our hotline number +971 55 6672309 for getting skype id of an expert,who will help you free-use my name to get it free. or use chat system liked by the expert to chat on this topic,as you are confident of ur career choice—good luck,this is to help you,the number given-in a short time.
79.	What is a question you always wanted to ask but were afraid to?
Ans.	One of my client[lady] during counseling disclosed some truth regarding herself, her husband,her sister and the sister's husband;the last person is no more now- -it was a car accident,that the guy left at a very early age. Now; later sequences,as she explained 99% lead me to a very drastic normal happening that is not yet even in the thought of anybody victimized or related. They all forgot that possibility as that is better for their life..even the client who came . so far ,and on that day of session even, i didnot ask her one question,which will give the remaining 1% deficit of the above 99%, just in my conclusion. -be sure not because i was afraid to ask-[NONE such questions]-but the

	awareness where it will lead MY client,who came not to collapse totally,but to be helpedOUT ! That question and the 99% conclusion she gave me unknowingly, i just did not let out,to save a needy innocent, client's mental harmony-i am not sure where she from,even !!
80.	I am preparing for IELTS exam. I am aiming 7+. I have 3 months. So, how should I prepare and what things I should consider most while learning?
Ans.	use following steps one after another,if you are good in English I. Assess your English standard honestly (you can do that ;but if find difficult,get help) II. Find out which section (paper) of theIELTS exam ;that you feel "below average/average" III. After getting wellversed about the exam,four sections,papers,time,way of answering,type& mode of questions,WRITE one exam put by your tutor with strictly 3 hours IV. Evaluate your performance in each section;with time,learn more of the less happy section -paper (ex.reading/essay writing) - V.Evaluate yourself taking enough time ; around your knowledge in getting 7+ with this performance ,now achieved—discover the "level" of improvement needed to get 7+ and the present status - VI.Did you work with time ?if not how to increase the speed while writing 'perfect' answers is to be sorted out. VII. Study one section and write manyTutor -exams of it and acquire 'timing and accuracy just for it,then next and then next and finally" speak' module with the help of your tutor-collect evaluation,by yourself VIII. Allot time as per your personal evaluation of your English,around the different sections with/without your tutor to improve sections& mock exams; IX. Study with time,improving time in every mock exam you personally do. Also do the following 1.vocabulary-[by self] 2.pronunciations&enunciations, USE phonetics sites 3.write mock exams strictly with time of each section,improve time &answers and acquire confident 'that i will get 7/8 for individual papers. 4.see videos in you tube on this & essays also read 5.Do one practice Test fully,one more, and again -to collect a 'time and accuracy'vision for your IELTS & Change your mode of learning accordingly. ALL THE LUCK (fast & accuracy are your too things)_
81.	What do you wish other people could do for you?
Ans.	Factually none of my wishes are based on what others can do for me- Thanks to my father,we children had been trained to think the otherway around""what can i do for you,just at this moment""? As a tribute to my simple simple and too humble mother; i always try to see myself,how can I be of more help to this time ? As each time asked ,this question to self,came to the present role -and it is filling!

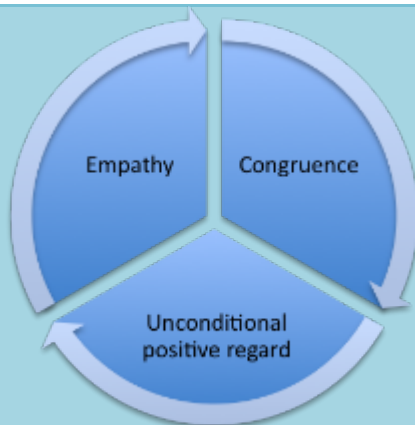
	I wish other people could do JUST one thing, whoever it is, but that one thing is not for me, but for their excellence: (guess?) Oh, you are correct, it's the same; the greatest knowledge-SELF AWARENESS- knowing fully oneself; (to win, to lead, to light, to train, to uplift, to manage, to transform & to be excellent in everything, one should know himself first) Because normally our preference is to know others, and formulate around that !! While trying the other way, great & difficult things are just achievable -Most welcome to have a try, you will love it; and will always follow it, knowing yourself deeper & deeper !!
82.	What do your kids really think of you? Have you ever asked?
Ans.	"mother earth, not only for us ;but for all kids who approaches her"-SON "Amazing ,unbelievable outcome, there is the correct solution for anything- with her"-Daughter (comments they shared between them, without me)
83.	Is marriage counseling really effective?
Ans.	I. Marriage Counseling—you mean 1) Pre Marriage Counseling, 2) for a Blessed marriage counseling or 3) after quarrel [in a marriage relationship] counseling? II. All three above are for different purposes, and another marriage counseling that's a lot being done is divorce counseling (pre divorce) globally. III. Dedication, listening skill, purity & intensity of intentions to help a confused soul, will activate the "expert"'s help TO BE MORE EFFECTIVE in the process. IV. Finally, 'effectiveness' is determined by the client's cooperation, follow up, and assimilation of the help provided by the expert. i am happy to assure you, when a long married, experienced, qualified hand is doing this activity-whatever may be the purpose as said above - in I/ II; it should be effective , when the client is serious about the activity, that's all. Courageously one can step to a marriage counseling of any type. kind Regards-Rose
84.	Are there any Skype marriage counseling programs out there? Want to get counseling for my wife and I but our schedules are crazy
Ans.	yes, our company has got this service, doing long now!. [for immediate need-hot line, given in site can be used for getting skype id of the expert in the concerned field], -all the best ,you can try free of charge, DNA of Excellence Group please, you may just mention it while calling hotline; to take a skype appointment with the expert.
85.	What's the difference between a counselor, psychologist and a psychiatrist?
Ans.	Yes, sorry for the delay in answering, today-a holiday- i give you my writing, thanks for your request- The main difference between these three types of people is their educational background & Training ,in helping the needy at different strategies.

	I. A Psychiatrist is a Medical Doctor, who has completed his medical education in a medical school& done residency (internship) in Psychiatry.(as of MCI,after MBBS,can do MD in this). In many states in US, Psychiatrists and other medical doctors are the only professionals who can prescribe psychiatric medications. Many psychiatrists focus on severe issues (Mental Illnesses) such as major depressive disorder, bipolar disorder, and schizophrenia. These challenges usually require a combination of therapy and medication. (Infact they manage medical procedures , including drug monitoring,for a real clinical case which needs medication) II. A clinical psychologist is a professional who has earned a Ph.D. (or a PsyD) in Clinical Psychology. In most countries, Psychologists cannot prescribe medication, but are trained to do help with individuals who have mild,acute or severe psychological issues. Some Psychologists do not work as therapists, but instead teach at universities or conduct Psychological research. The training program of Ph.D. clinical psychologists has got more of a research focus. III. Counselors are generally Master's-level/Ph.D. psychotherapists who are focused exclusively on providing EXPERT HELP to individuals, couples, or families. Counselors do not prescribe medications. Many counselors focus on common life issues, including stress and anxiety, mild to moderate depression, relationship conflicts, and work or career development. Although counseling graduate programs include a great deal of psychology, the emphasis is more on working with "problems of normal living" rather than severe mental illnesses. [Licensed Professional Counselors (LPC's) have completed an accredited graduate program plus at least 2000 hours of supervised psychotherapy experience.] ok dear Victoria;hope, it is what ur question about.
86.	I getting 461 marks in NEET 2016. What are the chances of getting MBBS seat from govt college in OBC category?
Ans.	As of now pretty good chance,but second phase neet is coming,how this will affect your present status is to be sought out. There is chance to get in OBC category. you can do two things 1.do second phase neet, and see whether score improved to get into govt. college of your choice - 2.TRY with this rank to apply private colleges as well, most probably u will get in, some good one ,with the same conditions as in govt.college. And later,as of first year /second year vaccancies arise in your chosen govt. college,then get in there without losing a year. All the best
87.	After I get a bachelor's degree in biochemistry, should I get a job or continue my education?
Ans.	CONTINUE EDUCATION-preferably graduate level , (its called PG in India) with research submissions &real projects done- submitted with time limit. You can decide on 4 issues during this time re discovering yourself

	1.should i go to medical job (can work in a biochemistry section of a hospital/clinical lab/diagnostic centre) 2 Should I turn to Industry?(food &environment control centre,beverages,quality assessment lab,corelab,metal corrosion,pharmaceutical industry,analytical chemist, 3. should i join teaching doing research on a particular case? or use biochem to discover something in molecular biology-(job& research?) 4. continue biochem taking special interest in one aspect-like RIA,PCR,TROPONINS(or ANY specialized biomarkers for different cases)etc. its very desirable to go deep in biochem,you will love it,and usefull to fellowmen !!
88.	My wife has growing feelings for another man. We have 3 talented well behaved kids. She won't agree to counseling. What do I do to save my marriage?
Ans.	suggest following things 1. Yourself pls go to a qualified counsellor,and get all out from within, be helped to establish internal stasis around the edges & corners of this problem,which only you and wife know well- (if wife is not willing to counseling) 2. try whether she is agreeing to an individual counseling(at your absence,alone) 3. Before doing anything talk to her directly,after your counselling. If not talking,convey the messages-children issues &others—by sms,whats up,email,letter whatever is the best—be vigilant as well !! 4. If still WANT to have the otherman,no alternative,prepare to face the needs of a single parent family,at least until everything settled to lead your new life. 5. still,the wife may have her own reasons ,apart from your reveal in quora, one should know ;before giving a correct solution to this family issue.
89.	I want to get in contact with a business development manager from Whatsapp. What can I do or who can I contact?
Ans.	I. Select your favoured business development guy (eg. dr. Rose) whom you want to contact II. Collect his mobile number/email and talk /explain your need III. Get his consent to use his service through whats up (a. giving his mobile number,to u ,where he will use whatsapp; b. send message to your whats up) IV. You reply and whats up connection established (make sure u downloaded "whats up" into your phone;before starting step I. above) example-- try the mobile number in the site;http://www.dnaofexcellence.org for ur business consultation,to get in "whats up",after installing it in ur mobile.

90.	Is Knox College good for biochemistry?
Ans.	you mean, Knox at Illinois, Galesburg, IL ? Knox College is a national leader in involving students in advanced undergraduate research, in Biochem As I think, they have major, as well minor : The field of biochemistry is one of the most vital and dynamic of the sciences. Understanding biological processes at the molecular level allows for greater insights into life itself, as well as cutting-edge disease therapies and prevention. Knox's biochemistry major is a well-rounded program that covers biochemistry and cell and molecular biology. It's the major of choice for a wide variety of careers, especially if you are interested in biomedical research and health care. The biochemistry major consists of four core courses taken after pre-requisite study in biology and chemistry. For the required elective, students have a wide range of choice, including courses in immunology, molecular medicine, pharmacology, biological spectroscopy, and proteins and enzymes. They may also take selected courses in biology or chemistry. Each segment of the curriculum is developed broadly, while progressively teaching you the skills needed for in-depth work. Finally, in senior-level research, you develop a project proposal that connects to a faculty member's current research efforts, assemble the appropriate materials, conduct the research, and produce a final report, as the college says. The following they recently published as of "College Honours" in BIOchem: • "Alpha-Hydroxy Phosphonic Acids via Lesquerella Oil," John Salvatore Cusimano '13. • "Using Chemical Denaturants to Investigate the Stability and Folding/Unfolding Pathway for the Tetrameric GrpE1-112 Protein," Shirley Marie Dehn, '11. • "Effects of Ethanol on J774A.1 Macrophages and the Possible Modification of Their Immune Response to LPS Exposure," Opokua Amoabeng, '10. • "Investigation of the Unfolding/Folding Process of the GrpE1-112 Tetrameric Deletion Mutant Protein," Kelby Mitchell Okada, '09. • "Characterization of the Effects of Acute Ethanol Exposure on Signaling Pathways in Response to LPS Stimulus in RAW 264.7 Cells," Michele Christine Darrow, '09. • "Using the GrpE Protein from E. coli. to Investigate Alpha Helix Length Requirements for Four-Helix Bundle Formation," Nalin U.G. '07 For students interested in biochemistry, Internships & off-campus programs have included like: • U.S. Department of Agriculture, Northern Regional Research Laboratory • Illinois Department of Agriculture, Animal Disease Laboratory • Oak Ridge National Laboratory: Natural and social sciences, specializing in interdisciplinary work in biology, chemistry, mathematics and physics, as well as economics, political science and sociology-anthropology • Fred Hutchinson Cancer Research Center • Denmark's International Study Program

	- Argonne National Laboratories: All sciences; recent projects include nuclear chemistry, superconductivity and energy resources - University of Aberdeen exchange program & - Barcelona program ----As of location interest and program interest & job/research or both, prospects; YOU can decide its good for you, or search elsewhere, ---all the best
91.	Can I succeed as a addiction counsellor in US?
Ans.	USA offers a great opportunity as well India-for this status. Have to clear the requirements as per state rules (varies by state in US) Even if just one person survived out of addiction ,becoz of you, then as per my norms of success, YOU ARE SUCCESSFUL In this type of job, success cannot be counted by money inflow (there may be people who say, if not many clients come daily, then your business is failure) Look for the human side of business & go forward, numerous are the paths ahead of you-As required by rules, one can acquire numerous certifications needed for these diversified addiction therapy, in different categories and Regions- all the best, go ahead -move forward!
92.	Can I counsel myself?
Ans.	yes, you can-BUT the degree of success of it is not yet established.(infact different for different people including psychologists, therapists & person centered counselors)
93.	What are the core conditions of counselling defined by Carl Rogers?
Ans.	oh ,ya,ok: The 'core conditions' are basically attitudes that the counsellor displays that show acceptance of the client, valuing them as a human being of worth. Carl Rogers' Core Conditions : I. EMPATHY (Frame of Reference as referred by some) we all have our own perception of the world. The counsellor tries to understand the thoughts and the feelings as the client experiences them , sometimes referred to as 'walking in someone else's shoes'. In other words empathy refers to feeling with the person in his painful(?) situation. II. second condition -congruence; - this means the counsellor is genuine and real. This condition is important as it allows the client to build a trusting relationship with the counsellor.[Will u sit for counseling with someone whom you cannot trust at all?] The counsellor's congruence has got another use. It will help to defeat the negative attitudes or conditions of worth that others might have placed on the client- III. The final condition is known as UPR, -This means Unconditional Positive Regard. Giving a sort of relief to the client, being unconditionally positive to him, like without blaming. UPR allows the Counselee to open up and speak about the difficulties without a fear of being criticised or prejudiced.



CARL ROGERS MODEL-core conditions

All most all counselors – those who don't practise "person-centred therapy" even,-- use the 'core conditions' as a base for their counseling practice in real cases.

94.	My school doesn't have a counselor, how do I apply through common app?
Ans.	Your Principal can solve this-[lack of counselor]- in your common application while filling or prior to upload for any college,u intend to apply. Just approach her and explain the situation.. And for your information ,she can put& evaluate your "counselor part" of THE COMMON application form,including signing,rank assessing and many more, legally in the absence of a counselor.
95.	I try my best at school but I get average grades. My parents constantly say that I am worthless and that I have no future. What should I do?
Ans.	" Dear one,you 'tried 'your best--be in conformity with that fact,which will console you always in your life-TRY YOUR BEST is the game,the rest of the story is surely uncertain! But we believe in our inner strength that its achievable,and hence try little more-be organized,prioritized, and concept oriented study may try,will have result" Second point to address is the 'others' comments-take it very positive that they are yours,just want more result from you,and little sad when you dont get it-and it comes out as worthless words,which make them worthless in your eyes! EVEN a negative comment from a parental figure is concern for you, they are not avoiding you,they are not just even indifferent; but deeply concerned about your future,achievements & accomplishments, According to their knowledge,growing up circumstances and lack of control over words, they have yelled-quite natural as you culdn't come UPto their expectations . As you cannot change anybody 's "communication color";the solution 100% is within you,to think as i have formulated for u above-they love u too much,& so they are upset too much when you are NOT as BRINGING their Target score in studies. While changing your thinking pattern this way,i am sure you will be overcoming not only the pain of bad words from loved ones,getting rid of depressive mood, remembering what you learned for the exam(as you are now focussed on studies,not on their words), when you need to write on exam paper--and better marks as well !! -sure, Just start today,forgetting the yesterday's sorrows & average marks-SUCCESS will be yours.. it is never

	too late,to start a new confident step unto success".
96.	What is thinking outside the box? How can I do it?
Ans.	That is thinking outside of the beaten path-that is think differently than the traditional way;or look for other possibilities to do/accomplish/formulate, something which you can do as routinely was doing by our seniors/colleagues Example-"whatelse can be the solution,--what if,i do it this way ?-- What more are the issues around the problem?" THIS WAY pls think 'outside the box'
97.	Why am I usually quite useful when counseling others and giving advice, but usually can't or don't follow them myself in almost every subject in life?
Ans.	The reason is there in the question itself- the element of trust of the other-and his problem is not yours !! 1. The trust of the counselee on you makes your advice usefull to him;where as you need reassurance,when its your own case. 2.Have the simple meaning of the word "counseling"- that is help you are giving on a need of the other,as felt by him. 3.People,situation,culture,individual differences, all different aspects play their role in helping;surely a strategy(or "advice") formulated is for that case,not for you ! 4. As nobody is excluded from imperfections we need others visions,to face some challenges of life & win them;at times. There is nothing to be upset or ask "why"only.
98.	Is there any relationship expert counselling service?
Ans.	yes, there is---many problems infact arises on relationship,at the same time ,some can be solved using relationships as well- can see our website,may be get useful points some times
99.	Are there any states in India that do not need domicile for admission to MBBS in govt colleges and will only consider NEET 2016 score?
Ans.	As of now,every government college in India keeps 15% for admission through NEET so if you get a good rank , then you don't need domicile ,if within this %. If the present S.C.norm "NEET for all medical admission all over india" will be established, then there will be only one test, NEET,one rank file,from which all admissions will be done-no separate tests by different states /medical colleges. For subclasses 'special seats' may follow constitutional degrees as usual as per law.
100.	My score in NEET 2016 is 570. I'm Kerala Domicile and belong to OBC-NCL. Can I get admission in Govt Medical college Calicut or Trivandrum?

Ans.	As of now yes; if they are basing admission on NEET .Separate Kerala Medical Entrance Test already done in 2016;so to wait,which rank list is implemented. {but check this years rank status on special categories}; also admission for which course?MBBS,BDS,PHARMACY,PG COURSES...?Govt.medical college kottayam &Trichur are also good, old enough,can try
101.	What are some examples of reassuring statements in counseling?
Ans.	-on approaching with a need ,say anxiety, the counsellor can have these reassuring statements on his state to moderate it: 1. Right now I have feelings I don't like. They will be over soon and I'll be fine. For now, I am going to focus on doing something else around me. 2. I'm going to be all right. My feelings are not always logical. I'm will relax, calm down, and everything will be all right. 3.Right now I have feelings I don't like. They will be over soon and I'll be fine now 4.I've stopped my negative thoughts before and I'm going to do it again now. I am becoming better and better,and that make me happy. 5. I AM going to make success today,from this moment ,onwards
102.	What are some of the best questions to ask an interviewer? Something that will genuinely impress the interviewer, will be insightful for both parties, and frankly increase the odds of making the interview successful
Ans.	Originally Answered: What are some good questions to ask at an interview? The best first question can be (from the <i>interviewee</i>) about the job,for which interview is being done-"What are the responsibilities, this post should fulfill?" 2.second question can be on skills& level" The skills and the level of skills which is needed for the best accomplishment of this job requirement can you identify in me ?" 3.Third question to know which part of CV is 'relevant& caused' them to call me"Which of my back ground is most applicable (serviceable,usefull,appreciated,considered..) for J.D. of this post? 4.Fourth question can be on work culture existing in the company" How you expect and define my successfull career as- inthis post- in your organization? 5. Fifth can be an answer to their question,"why do you like this JOB in THIS company?" 6. Sixth can be your overall evaluation of the interview process: "Hopefully i feel this interview was really worth and inspiring,what do you think? can

	explain further ,why i was so keen in applying for this post just in this compny?
103.	How important is retaking the SAT as a prospective Junior transfer? Should I retake the SAT? I got a 1950 in HS. I will be applying to competitive (top 20) universities for CS. I'm attending a Top 30 public university with a 3.8. Would taking the new SAT help my admission marginally or so little that it isn't worth it?
Ans.	Of Course yes,please, take SAT on each subject till u get full/almost full.They will send the highest score, of all your attempts,directly to your applied schools - It really MATTERS & worth with your statutory GPA 3.8 to be shown in the admission pool of the Prestigious Schools you have applied for
104.	Should I ask for a course regrade? I got an A in a class (Differential Geometry). I thought I did well in the final and deserved an A+, so I went to the teacher's office. She showed me my exam paper. I realized that she graded my proof wrongly because she did not understand my proof. She said sorry but unwilling to change my grade.
Ans.	If you are sure that your written answer is right,and you succeeded in convincing that to the teacher[&she said sorry],you can politely ask her to get the corrected grade for that answer.Eventually,course regrade will result by this. best regards
105.	People love differently, I'm very affectionate whereas my wife is very focused and less affectionate, showing love in other ways, should I change? My wife shows affection by working hard, being instrumental with children's education & household. I'm very involved with children, and show love by always being there offering help. I also show it by expressing my love physically/energetically/emotionally, how can I accept this and not feel off?
Ans.	well, try doing : 1. Ask yourself " am I happy with the present- in realms of our relationship?" 2. Collect your most sincere answer,without any external influence,from within 3. Buy time to evaluate the above answer,again..again.. 4. If 'yes' thank God and family members,continue your happy life... 5. If it is NO,then go digging within (not others actions!) yourself from where it first started--only u may know it,not even the wife,she is just being herself in dedicated family life ;as indicated by your own statements above! 6. Try to correct" ur perception" of that 'starting point'-- everything will be alright; That's the magic of true family life! 7. You can be just yourself ,if u tuely love your wife and children, and do everything out of that love,no other gestures are needed as love is something which has got the so called "Self Manifestation"power.. 8. ALL THE BEST,we do search happiness ,act for it and establish it- IN OUR FAMILY

106.	What kind of physics courses would go well with a biochemistry grad degree? I want to go for a PhD and I'm very interested in bio materials, bio-inspired engineering, and using biology for industrial solutions. I don't have access to engineering courses at my liberal arts college but I want to eventually get in one. I have one year of physics and no Orgo yet.
Ans.	1.Membrane Biophysics i suggest . 2.As per your interest given above,continue in Biochemistry in-DNA,GENETIC ENGINEERING ,PCR technology,will eventually lead u to great discovery which you wish within right now- as in higher levels physics/chemistry/microbiology/molecular biology/neuroscience/pharmacology/biochem/structural biology/molecular biology,and even neuroscience has interfaced the "so called Biophysics" 3. Stanford is having neuroscience with interdisciplinary subjects facility 4.Recent Investigations in Biophysics addresses themes like--[if u are targeting research]-- imaging membrane proteins and their biochemical reactions by light-and electron-optical and force microscopy at small ensemble and single molecule levels; vesicles in cellular trafficking and processes; lipid and protein micro-/nano-domains in membranes; transmembrane signalling in cell-derived vesicles; modeling in-plane and trans-membrane reactions; vesicles as ultrasmall containers for (bio-)chemical reactions; vesicles as artificial cells and for synthetic and systems biology; extracellular vesicles (exosomes) as diagnostic biomarkers; viral envelopes (virosomes) and vesicles for targeted drug delivery; and membrane networks and tissue engineering.
107.	When are career counselors wrong? Follow your passion. Your grades are not that great. Focus on your strengths and your weaknesses. Etc.
Ans.	Go wrong at times WHEN?---- 1.Advising what to do--infact that is NOT the role of a career counselor (what to study, which college to go,which is better....advice...) 2. Thinking for the student (instead of making edges&corners,platform to think for himself) 3. Consider the job market for career counseling-that is not the basis of a career 4.FIND negatives of any professionals/methods and expose while doing career counseling 5.Certain nationality parents WANT the career counselor to induce their unfulfilled life dreams on their children-for that only they are approaching an expert--if counselor want payment he has to say it,other wise its "NOT good enough" STILL AN EXPERIENCED DEDICATED CAREER COUNSELOR CAN HELP TO BRING OUT THE BEST PROFESSIONAL&PERSON out of the student infront of him in one or two hours-need competence(having professional counselors in mind)