

Karanataka State Chapter of Association of Surgeons of India

ಸೇವೆಗಾಗಿ ನಾವು

Official news letter of Karnataka State Chapter of Association of Surgeons of India

SHASTHRA

Office Bearers KSCASI



Chairman

Dr Dayanada Nooli

Chikkodi



Secretary
Dr Narayan Hebsur
Hubballi

EC Members:



Issue: 3/18: Oct 2018

Treasurer Dr MB Patil Vijayapura

Chairman Elect: Dr Vidyadhar Kinhal

National EC Members: Dr Ashok S Godhi Dr Aravinda Patel Dr Siddesh G Dr SS Soppimath

Dr Chandrashekar S Dr Naaz Jahan Shaikh Dr Jaspal Singh Tehalia Dr K Seshagiri Rao Dr K Byakodi Dr Mohammed Shafioddin

Dr Mohammed Shafioddin Dr Karaveeraprabhu Kyalakond Dr Basavaraja GN Dr BN Patil

Co-opted Member: Dr Ramakrishna HK

Dr Durganna T Dr Shivaram HV

Ex officio:



Editor, Shasthra
Dr Ramakrishna HK
Bhadravathi

From Editor's pen

Dear senior colleagues and friends,

Greetings from KSCASI.

Wish you all a happy Dasara and Navarathri.

Our thoughtful chairman, Dr Dayanand Nooli is conducting a survey on Shashthra and website. Kindly participate in the survey and send your feedbacks to chairman at dnooli@rediffmail.com

- 1. Are you aware of e-Shasthra on kscasi website?
- 2. Do you read it on line?
- 3. Are you happy about it's contents?
- 4. Any suggestions from your side?
- 5. Do you take a print out of it?

Various new useful ideas and inputs have been given by our members to improve Shasthra. We want to start new columns. I request all the members to send contents and articles for these. Send your articles under any of these heads.

- 1. Recent developments/New techniques
- 2. Personal experiences with a limit of 500 words...
- 3. What I learnt or what mistakes taught me
- 4. Interesting Images
- 5. Quiz
- 6. Operative complication s and how I managed
- 7. Case capsules/Case reports

So easy for a reader to contribute...

ASI election for various posts President, National EC members, IJS editorial board is going on. I request you all to vote without failure. (http://asiindia.org/asi-election-2018/)

In these last 2 to 3 months, two major events were conducted under the banner of KSCASI. First ever KSCASImidCON and Regional refresher course at BMCRI, Bengaluru. A brief report of these events are given in the subsequent pages.

KSCASICON 2019, Ballari is fast approaching. Team Ballari is working hard to provide a scientific feast along with great food and a cultural extravaganza. I request you all to register in large numbers and make it a grand success. Both off and Online registration and online abstract submission for various categories of papers and posters are already enabled. (http://kscasi.com/KSCASI2019/index.aspx).



Regards,

Dr Ramakrishna HKMS, DNB, FMAS, FRCS (Glasgow)

Chairman's message

"You are the salt of the earth. But remember that salt is useful when in association, but useless in isolation." — Israelmore Ayivor

My dear fellow members of KSC-ASI,

I am thrilled to narrate all the conferences and CME's done at various cities. On 27th of July attended Regional Refresher course at BMC Bangalore. It was very much beneficial to the Postgraduates and was well conducted. Special thanks to BMC team headed by my friend Dr Sheshagirirao.

An event first of its kind "Free surgery camp" was organized at Dandeli under ASI banner. Our National President Dr Dileep Gode was the leader for this whole event for 2 days. Dr Mohan Patil, senior surgeon from Dandeli had made the arrangements in his nursing home. My Hubli friends under the guidance of Dr Soppimath actively participated in the camp and did surgeries free of cost to the poor and needy patients. Anesthetists from Hubli need a special applaud for this noble work.

Now the greatest event which makes all of us proud was first mid term conference of Karnataka state chapter, KSCASImidCON 2018 at Mysore. Well organized and very informative. Postgraduates from various medical colleges attended the conference and enjoyed the scientific feast. Mysore surgeons left no stones unturned in making this conference a successful mega event. It has already become an inspirational programme to others, to arrange it in forthcoming years. One more important fact of this conference is all our EC members, GC members, Treasurer, Secretary ..everyone attended this conference and made it successful. I express my gratitude to JSS and Mysore Medical College Surgery Staff and students.

Myself and Prof. Ashok Godhi were at Gadag on 9th of September to attend a CME. It was a memorable day for me to meet great five past Chairmen of our association. Dr B. M. Alur, Dr Karur, Dr Sajjanar, Dr R N Patil and my teacher Prof. Godhi. We remembered Late Dr R T Kulkarni one of the pioneer in writing our association bylaws. Whole day surgical lectures were delivered by experts and it was a memorable event.

I will be attending a CME on 5th October at JN Medical College Belgaum. On 14th October I will be at Hospet to attend a CME under leadership of Dr Naaz. On 27th of October I will be going be going to SN Medical College, Bagalakote to attend Surgical CME on invitation by Dr Halbhavi.

We are eager to inaugurate two more city chapters at Chitradurga and Kolar. I feel myself honored to inaugurate these new branches.

Our next EC meeting will be held in first week of November at Bellari to discuss on the forthcoming state conference in February.

So looking at above events I notice a paradigm shift in State Surgery Association and look forward to see you soon in National conference at Chennai.









Long live KSC-ASI

Dr Dayananda Nooli Chairman, KSCASI 2018



Secretary's message

Dear Members,

We had the great pleasure of witnessing most wonderful KSCASImidCON 2018 at Mysore. It was the 1st Mid year Conference in the History of KSCASI. The Carnival of Academics & Cuisine in the state of Art Auditorium of JSS Medical College, Mysore. Kudos to the Mysore team for the marvelous conference. KSCASImidCON was only possible due to untiring efforts of Dr Siddesh, Dr Sharathchandra, Dr Dinesh, all the staff & Postgraduates of MMC & JSSMC.

Another feather in our cap was the Free Surgical Camp held at Dandeli under the leadership of Dr SS Soppimath, ASI Hubli-Dharwad branch organized the camp at Dr Mohan Patil Nursing Home who provided the Hospital with the staff totally free . This was again 1st of its kind in the History.

All ASI branches are active & vibrant in academic activities. CME'S, PG programs, workshops, quiz programs, skills sessions the entire spectrum of activities are going on in our state. I request all city branch office bearers to send the report of the activities on MS Word format with a few relevant photos pasted. Please ensure that KSCASI banner is used in all activities.

We need to put on our thinking caps & make our Annual Conference at Ballari a Grand Success Please register in large numbers.. Long live KSC-ASI.



Long Live ASI,

Dr Narayan Hebsur Hon. Secretary, KSCASI



KSCASI City branches interested in hosting KSCASImidCON 2019 can workup and send their proposal to secretary. It will be discussed and decided in GB at Ballari during KSCASICON 2019

ASI elections are on and please exercise your *right to vote* by clicking

https://asi.evote.co.in

Registration fee includes

Entry to Inaugural Cermony, all Accompanying persons and children are Exhibitions

Lunch on all conference days, inaugural registered as accompanying persons

dinner, Banquet

Conference Badge

Bank details for payment through unavoidable circumstances NEFT/RTGS:

Bank Name: SBI, VIMS Branch Address: VIMS Campus, Ballari A/C Name: KSC-ASICON2019 Current A/c No:37496108370 IFSC Code: SBIN0040916 Branch Code: 40916

Dr. Shivaprasad-9448075713 Dr. Ravi Reddy-9886175861 Dr. Pavan-9164351491 Dr. Antony-8296642155

Contact No:

Registration Guidelines:

conference sessions and Trade notallowed inside the scientific sessions Children above 5 years of age have to be

> Organizing committee is not liable in any form in case of change in dates due to

> Cancellation and refunds are as per the terms and conditions

> Please produce your registration No/Confirmation letter / Payment receipt at the registration counter

> Please ensure to wear registration badge (bar coded) throughout the conference

Email: kscasicon2019@gmail.com Website - www.kscasi.com

CONFERENC	E OFFER
DELEGATE	Registration
ASI Member	5310
Non ASI Membe	r 5900
Accom. Person	4130
PGs	4130
RC Member	8850

DELEGATE	Early Registration(2-4Feb 2018)	Upto 31-05-2018	Upto 31-10-2018	Upto 31-12-2018	Spot
ASI Member	4130	4720	5310	5900	6490
Non ASI Member	4720	5310	5900	6490	7080
Accom. Person	2950	3540	4130	4720	5310
PGs	2950	3540	4130	4720	5310
RC Member	8850	8850	8850	8850	8850

Places To Visit Near Ballari:

World famous HAMPI Sandur beautiful picturesque hill stations Tungabhadra dam Kishkinda

Daroii sloth bear sanctuary

Hotels for Stay

Hotel	Distance	Tariff A/c-Non A/c	Contact
Royal Fort	1 km	₹2000-1400	08392243888
Pola Paradise	1km	₹1600-1000	08392242321
Bala Regency	3km	₹1700-1000	08392268300
Nakshatra	5km	₹3000-2000	08392254111

Connectivity: Bellary is well connected by Airway, road and railway to different parts of Karnataka, Andhra Pradesh, Maharashtra and Goa





Hosts - KSC-ASI, Ballari & Vijayanagara Chapter Venue: VIMS, Ballari

15th - 17th February 2019



Dear Esteemed Colleagues,

Warm Greetings from the Organizing Committee of KSC ASICON 2019. We thank all the office bearers and you all for giving us the opportunity to host this prestigious conference. It gives us immense pleasure to invite you for forthcoming 37th State Conference to be held at VIMS Ballari in February 2019. We have been conducting 'SURGIQUEST' CME successfully for past seven years annually. We, at VIMS, Ballari recognize that modern surgery is effort-intensive and technology-dependent. We hope to ensure this through extensive scientific deliberations, World Class Live Workshop from National & International faculty, Master Quiz, & PG Master Class for Surgical skill enhancement of the young surgeons and upcoming consultants.

We welcome you to this historic surgical event at Ballari.



KSC ASICON 2019

Patrons:

Organizing Co chairman

Advisory committee

Treasurer

Ballari Surgical Society Finance Committee

Scientific Committee

Workshop In-charge

Stage Audio Visual Committee

Organizing Chairman Dr. Vidyadhar A Kinhal Organizing chairman : Dr. Vidvadhar A Kinhal : Dr. Prabhu Hubli Dr. L.V. Ramana : Dr. Aravind Patel Dr. Narayan Rao Dr. Inamdar Dr. Imdad Ali Dr. Mrutunjaya Dr. Chiniwalar V.V **Organizing Secretaries** : Dr. Shivaprasad M Dr. Aruna Kamineni : Dr. Ravi Kumar Reddy

> : President : Dr. Prabhu Hubli Secretary : Dr. Khalid Muqueem Dr. Basareddy

Dr. B.N Patil Dr. K. Sudhindra Rao Registration & Reception Committee : Dr. Kasa Somasekhar

Dr. Shekappa C Malagimani Dr. K.N Madhusudan : Dr. Aruna K Rao

Dr. Yale Gurubasavana Gouda Dr. Naaz Dr. Ravi Kumar

Dr. Rajshekar Gouda : Dr. Govindrai E Dr. Rayulu

Catering Committee Accommodation Committee Dr. Ravi MJ Tours & Travels Committee

Momentous & Gifts Committee Souvenir Committee

Trade & Exhibition Committee

Media & Event Coverage

: Dr. Dharma Reddy

Dr. K. Madhusudan Dr. Khalid Muqueem Dr. Ravi Kumar Reddy

: Dr. Chandra Kumar PC : Dr. Basa Reddy Dr Tilak C

: Dr. Gaddi Diwakar Dr. Meti Ravindra Dr. Murali Krishna Dr. Mahesh Desai

: Dr. Vishwanath S Dr. Basavaraj B Patil Dr. Basavaraja Reddy Dr. Sanjeev B Joshi Dr. Somasekar Samagandi

Dr. Srinivas Chitturi

EVENTS OF KSCASI

Regional Refresher Course-2018, Bengaluru

Regional Refresher Course-2018, was conducted at BMC&RI, BANGALORE.

Total No. of Registrations - 421 FAIS Credentialing course -62 Hands on workshop - 90

Faculty and delegates were invited from the south zone and everyone appreciated the content and the way the course was conducted with due importance to time. Dr. Santhosh John Abraham was pivotal in the smooth conduction of the event along with our Organizing chairman Dr. Seshagiri Rao and the organizing team, Dr. Mallikarjuna MN, Secretary and Dr. Sunil Kumar, Treasurer.











KSCASImidCON-2018, Mysuru: A REPORT

By Dr Harish S, Organising secretary, KSC-ASI MIDCON-2018

The idea of conducting a Mid-year conference in Karnataka state as an annual event of KSC- ASI as MIDCON was first conceptualized in Annual General Body Meeting of state conference- February 2018, Hassan. The Mysore city branch ASI- Surgical Society of Mysore took up the responsibility of hosting this interesting event. Local branch hosted the executive committee meeting at Mysore on 24th of June 2018 where the Annual General Body Meeting's decision to entrust ASI- Mysore city branch to host the event was endorsed. The several decisions about the date and venue of conference were finalized i.e., 25th and 26th of August 2018 at Rajendra auditorium -JSS Medical College campus. The host (SSM) were to conduct the event with coordination and co-hosting help of departments of surgery JSS Medical College and Mysore medical college.

A sincere, committed workforce team of organising committee was formed comprising surgeons from both teaching and non teaching hospitals of Mysore. Conference that was held on time at a venue and date as per schedule, we were successful in drawing 311 registrations from across the country. There was representations from 63 Institutions; 32 of which were medical colleges. Members participated as faculty and contributed significantly in the scientific deliberations of one and a

of one and a half day event. Inaugural function was held between 10 a.m. to 10:30 a.m. 25th of August 2018. It was presided by the Honorable chairman of KSC-ASI Dr Dayananda Nooli and several dignitaries. The scientific sessions were held all day long seamlessly with eight panel discussions, three lectures, four videos on how I do it. A total of 76 papers and 130 posters were presented. It was a saga in motion with active participation from delegates.

Twenty three prizes were distributed to winners of best paper and posters in a briefly conducted valedictory function. Grand dinner with recreation was hosted by surgical Society of Mysore and Medtronics on 25th of August 2018 at Sri Kanteerava Narasimharaja sports club Mysore. Good feedbacks were received from the attendees. There were no stones left unturned in both tantalizing guests palate and keeping them hospitable.

City Branch Activities Shivamogga July 2018

A live operative surgery workshop was conducted on 29th July 2018. Dr Sendilkumar from

Coimbatore was the resource person. Following cases were operated:

Laparoscopic Cholecystectomy

Laparoscopic Umbilical hernioplasty

Laparoscopic recurrent incisional hernioplasty

Laparoscopic splenectomy
Laparoscopic hysterectomy





Aug 2018

A CME was arranged on 09/08/2018.

Speaker: Dr Madhusudhan, Neurosurgeon Topic: Complex neurosurgical procedures.

A few video clippings of complex surgeries were demonstrated.





Shivamogga -Sept 2018

A CME meeting was held on 6th Sept 2018.

Speaker: Dr Ramarkishna HK

Topic: Bile duct injury: Safe Lap Choly Protocol



An Amount of Rs. 50,000/was donated to Sri Sharada Ramakrishna Mutt, Ponnampeth, Kodagu towards Kodagu relief activities

Bagalakote

Conducted a workshop on 17.08.2018 from 9AM to 5PM to the postgraduate students and general surgeons in association with depart-



ments of General Surgery and anesthesia. **Demonstration of different Peripheral Nerve Blocks and seminar** on anatomy of peripheral nerves was conducted. Demonstration of different nerve blocks on 5 patients was shown. Two Lectures anatomy of different peripheral nerve blocks were given.



on

Hubli-Dharwad Branch

FREE SURGICAL CAMP AT DANDELI TO SERVE THE ECONOMICALLY POOR PATIENTS OF RURAL AREA

Under the aegis of ASI, Karnataka State Chapter ASI, ASI city chapter Hubli-Dharwad, a free surgical camp was conducted at Patil nursing Home, Dandeli on 04/08/2018 and 05/08/2018. The program was convened by Dr SS Soppimat and done under the able guidance of Dr. Dileep Gode, President ASI, Dr. Bindey Kumar, Chairman, Social service cell ASI & Dr. Nikhil Singh from Lucknow. Thyroidectomies, Cholecystectomies, Parotidectomies, Appendicectomies, Hernia repair, Breast and hemorrhoid surgeries were successfully done free of cost (including Anesthesia, Surgery and Medicines) for the poor and the needy rural patients.

The surgical team comprised of Dr. Dileep Gode., 2) Dr. Bindey Kumar., 3) Dr. Nikhil Singh., 4) Dr. S.S. Soppimath., 5) Dr. Gurushantappa. Y., 6) Dr. Ishwar Hosmani. 7) Dr. Mohan Patil., 8) Dr. N. I. Hebsur., 9) Dr. Ramesh Hosmani.,10) Dr. Abhijit. D. Hiregoudar.. 11) Dr. K. G. Byakodi., 12) Dr. S. L. Karki., The Anesthesia team comprised of Dr. P. V. Nadagouda, Dr. Shobha Mudareddy and Dr. Sayyed.

The program was well appreciated by the local doctors, first of its kind in the state of Karnataka. This free Surgical camp received a big applause by the local rotary club and Inner Wheel club and appreciated the concern of ASI towards a social cause to help the underprivileged.













Vijaynagar branch

Conducted a CME on Renal Transplant on Sunday, 23rd September at IMA hall Gangavathi. The team from Tatwadarsha hospital Huballi gave a talk on the following topics. It was well attended by the Surgeons and IMA members

- .1) Challenges of establishing a kidney transplant unit in periphery : Dr Venkatesh Moger MD, DM, DNB Nephrology
- 2) Surgical aspects of Kidney transplantation: Dr Manjunath Prasad MS MCh
- 3) Anaesthesia, in kidney transplantation: Dr Sheetal Hiregaudar MD



How do you 'judge' a surgeon?

Author: Unknown: From social media

Well, OT staff and sister Judge a surgeon by their speed of doing surgery. They will keep saying to junior surgeons that particular surgeon is 'great' because he wraps up the procedure quickly. So faster is better for them. Anaesthetist also usually make this kind of judgement specially younger ones.

But, senior Anaesthetist usually judges a surgeon by his ability to do a complicated case safely.

Hospital owners judge a surgeon not by skills but ability of him to get the required number of patients. So, surgeons operating on more number of cases, is better for them.

Patients judge a surgeon by the post operative complications they get. So, lesser the complications better the surgeon for them. So even those surgeons can be great who have knack of operating only 'safe' cases which don't give complications. But surgeons judge a surgeon by the ability of surgeon to deal with his complication. There will be complications, certainly, if you operate tougher cases. If you can't deal with your own complication then you won't get the respect of your fellow surgeon.

PS: Surgeons have to deal with so many 'judgements' that they start modifying their surgery according to it. Better don't give a damn about other people's judgement and just do what you want to do and just keep doing it till the end of your time.

IN NEWS...

Friends, beware...

May need to attend hand writing improvement classes!!!

MEDICO-LEGAL REPORT

High Court fines doctors for poor handwriting

NAMITA BAJPAI @ Lucknow

THE Lucknow Bench of Allahabad High Court has imposed a penalty of ₹5,000 on two doctors in two separate cases for their bad handwriting while writing the medico-legal reports in criminal cases. In both the criminal cases that came up for hearing last week, the injury reports of the victims issued by hospitals in Sitapur and Gonda were not readable because of poor handwriting of the doctors who had issued them.

Considering it an obstruction in court work, a Division Bench comprising Justices Ajay Lamba and Sanjay Harkauli summoned both the doctors — Dr P K Goel, currently serving in the Sitapur district hospital and Dr T P Jaiswal, working at the Gonda hospital — and admonished them. It asked them to deposit ₹5,000 each at the library of Oudh Bar Association within three weeks or the amount would be deducted from their salaries.

The Bench observed that it would be impossible for the court to summon doctors in each and every case for reading their handwriting on the medical reports.

Taking the doctors to task, the judges said, "The directions of the court and the circular issued by the Director General, Medical and Health, Uttar Pradesh, have been ignored with impunity."

Journal Scan:

- Dr Ramakrishna HK

Transanal hemorrhoidal dearterialization (THD) versus stapled hemorrhoidectomy (SH) in the treatment of hemorrhoids.

THD and SH are equally effective techniques for the treatment of hemorhoids. Eight RCTs, including 977 patients, were included in this meta-analysis. No statistically significant differences were noted between THD and SH in terms of total complications but a significant differences were noted in terms of bleeding. The total recurrence rate was higher in THD than in SH on short-term follow-up; however, the recurrence rate was equal in both the THD and SH groups on long-term follow-up. The present study showed that no significant difference between SH and THD in terms of postoperative pain, operative time, hospital time, time before returning to work, and reoperation rate.

Transanal hemorrhoidal dearterialization versus stapled hemorrhoidectomy in the treatment of hemorrhoids: A PRISMA-compliant updated meta-analysis of randomized control trials. Song Y, Chen H, Yang F, Zeng Y, He Y, Huang H - Medicine (Baltimore) - July 1, 2018; 97 (29); e11502

Importance of hydrodissection & critical view of safety in laparoscopic cholecystectomy.

This is a latest article (2017) where authors studied 120 serial cases of laparoscopic cholecystectomy using hydrodissection technique and demonstrating critical view for safety. They reported an impressive zero complication rate. In the technique described, 5-10 ml of normal saline is injected in the Hartman's pouch area. Resulting edema facilitates the dissection.

Importance of critical view of safety in laparoscopic cholecystectomy: a survey of 120 serial patients, with no incidence of complications: Bulent Kaya, Mehmet Mahir Fersahoglu, Fatih Kilic, Ender Onur, Kemal Memisoglu: Ann Hepatobiliary Pancreat Surg. 2017 Feb; 21(1): 17–20

ಪ್ರಯತ್ನಗಳಲ್ಲಿ ಸೋಲಾದರೆ ಪರವಾಗಿಲ್ಲ, ಆದರೆ ಪ್ರಯತ್ನಗಳನ್ನೇ ಮಾಡದಿರುವುದು ಜೀವನದಲ್ಲಿನ ದೊಡ್ಡ ಸೋಲು.... The magic wand I held in my hand And unleashed the mystery as I slowly scanned

Every organ seemed to talk
Holding some sign towards me they
walk

The play boy bunny seemed to wink
The humble IVC was collapsing into the
sink

The night seemed bright with a starry sky

But all was not well with icterus in the eye!

That bright ball could be a venous ball The target in my mind I could not miss at all!

Was it a wheel within a wheel or the bull's eye...?

And The water bags.. signalled the parasite.

The tombs of bacteria within the gall bladder

Were the cause of pain, which seemed to bother.

Was it a SIN or a WES I couldn't miss... If failed to pick ...it would lead to a mess.

Were the Kidneys in their original place? Or had taken a tour to the other ways The twinkle behind that little star Signaled the cause of pain so far.

Was it a ball or a bean ..It was to be seen To know the lesion I got very keen The spokes of the wheel signalled the lesion was benign
But a calcification in the fat said all was not fine!

Fascinating it was to see the colour...

On both sides there was a fire in the bladder!

A pocket seen attached to the wall...
The prostate also must take a call.

The aperistaltic tube that was blind Hiding often somewhere behind More fluid within, signalled a danger Obstruction by the 'lith' would cause it to rupture!

A ring of fire down in the pelvis
Signalled a pregnancy in the wrong place
The whirlpool sign of the twisted pedicle
The Dermoid was deceptive like the tip of
the Iceberg!

The womb failed its duty of nature When the tiny balls within changed its stature.

The ovaries seemed kissing each other The idea of the chocolate didn't please either.

The Aorta seemed standing tall
Thank almighty...Pepsi symbol was not to
be seen at all!

Slowly and steadily I now mowed the lawn

The gut gave its signature and the final line was drawn!!



Karanataka State Chapter of Association of Surgeons of India

ಸೇವೆಗಾಗಿ ನಾವು

Issue: 3/18: Oct 2018

Official news letter of Karnataka State Chapter of Association of Surgeons of India

OBITUARY

Dr Bheemappa

Ex Professor of surgery expired 21/08/2018

May his soul rest in peace

Dr Venkata Rao

Consultant Surgeon, Usha Nursing Home, Shivamogga expired on 07/10/2018

May his soul rest in peace

Important information to city branches

- 1. State chapters need to use ASI PAN
- 2. Chapters need to have own GST number apart from ASI GST no
 - 3. Receipts must show breakup of amount.
 - 4. State must file GST return after any financial receipt.
- 5. Update ASI on any transactions, FDs, TDS at least every 3 months.
- 6. Any conference held under aegis of university/college are exempt from GST.

Any clarification may be asked for from ASI Auditors at chaturvedi.chennai@gmail.com

Allow yourself to be a beginner. No one starts off being excellent.

Wendy Flynn