

Talent Corner

Poem — We are fake innocent people

Clapping after watching others's clap,
Hesitation in being as a pioneer,
under hands of others like puppets under nap.

Promoting someone after watching a trend in promotion,
Everyone is selfish, no respect of an emotion.
Following after watching a rapid growth noises,
Disrespecting our personal choices.

Boycotting after after watching a disliking trend,
We can't analyse on our own and over majority's opinion,

we bend.
Having copyright on our own personality,
But still defaming it by hiding the reality.

Never used our own mind,
Having conscionable eyes but still copying an established way,
being blind. Providing more to more,
And less to less, our reality is no more an asset score.

Sahaj Sabharwal,
Jammu City.

Poem — Nature — Mother of all

Nature is like a mother who never fails to take care of you and inspire you.
It gives you a sense of hope that all is well with the world.
In the metropolitan cities, there is great noise and din.
If one wants to realize God; God is friend of silence.

See how nature-trees, flowers, grass-grows in silence.
See the stars, the moon and the sun; how they move in silence.
We need silence to be able to touch souls.
Nature shows you the way to the soul.

Wordsworth has praised nature beautifully describing its
pristine glory giving all peace of mind and soul.
One can listen to the music of the soul in nature.

It has a tremendous power to light up even the worst of the depressed.

When the sun sets, one looks forward to see the beauty
of the twinkling stars in the depth of darkness;
and when the night is over, one looks forward to see the
benevolent sunrise to give us energy,
strength and light so that we dispel the darkness within ourselves.

As someone has said beautifully saying the following words,
“Let us remember, always, the mother Earth does not belong to us,
we belong to the mother Earth.”

Tara Chand Bhagat, Talab Tillo, Jammu

SUDOKU

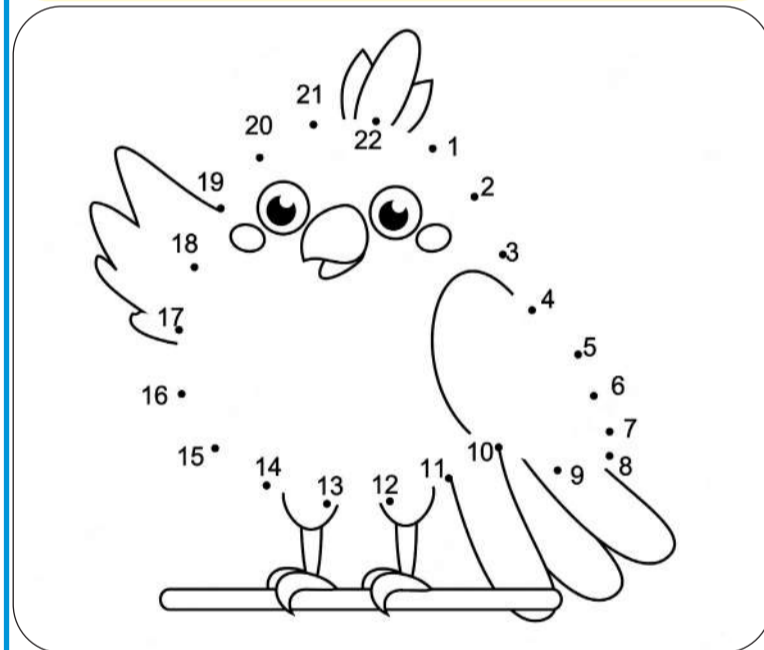
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MAZE



COMPLETE THE PICTURE



CAREER AID

Ayurveda

Ayurveda, the perfect science or knowledge of life is believed to be the oldest treatment method which evolved around 600 BC in India. The word Ayurveda originated from the two Sanskrit words, 'Ayur' meaning life and 'Veda' meaning knowledge. Ayurveda practiced by special physicians called 'Vaidyas' is known to promote positive health, natural beauty and long life.

Life, according to Ayurveda, is a combination of senses, mind, body and soul. The medicinal system believes that human beings and nature should be in perfect harmony and that disease occurs when the equilibrium between these two is disrupted. Restoration of this fundamental balance, through the use of nature and its products is the main goal of this medical system. The concept is not just on curing bodily ailments but also on preventing. Ayurveda emphasizes that 'Prevention is better than cure'.

In Ayurveda, which is basically a humoral medical system, diseases are understood as an imbalance between the body's three humors, Vata (nerve energy), Pitta (catabolic fire energy) and Kapha (anabolic nutritive energy). Natural herbs and minerals are used for preparing medicines. Apart from herbs, purification and detoxification, dietary changes, body massages and meditation are used to promote health and prevent and treat illness. Ayurvedic medicines are rapidly gaining acceptance all over the world as they have no side effects and is found to have cures for even rare ailments. Check out the link Ayurveda to know more about the system.

Eligibility :

The Ayurvedic Colleges of India awards the Degree of "Ayurvedacharya" or B.A.M.S. (Bachelor of Ayurvedic Medicine & Surgery) at the bachelor level. Duration of B.A.M.S is 51/2 years/61/2 years including Internship.

Eligibility required to join B.A.M.S (Bachelor of Ayurvedic Medicine & Surgery) is Higher Secondary/P.U.C. preferably



with Sanskrit or an examination equivalent there to, or Intermediate (Ayurvedic group- Physics, Chemistry, Biology and Sanskrit) of any recognised University/Board which confirms to the specifications approved by the Council. Minimum age of joining for BAMS course is 17 years.

Some institutions also offers certificate courses or pre Ayurvedic courses of 1 year to 2 years. Eligibility needed for such course is S.S.L.C./ Matriculation preferably with Sanskrit or an examination equivalent.

Colleges and Institutes:

Rajiv Gandhi Ayurveda Medical College (RGAMC), Puducherry
Rajiv Gandhi Ayurveda Medical College & Hospital, Chalakkara (PO), P.O. New Mahe , Puducherry (Puducherry) - 673311

Om Sai Para Medical College, Ambala

Ambala Chandigarh Higway, Near Sultanpur Chowk, Healing Touch Hospital, Ambala City , Ambala (Ambala Dist.) - 134003 Haryana

Swasthya ayurveda Panchakarma Treatment and Training Centre, Kannur

Near Kanhira Vayanasala, JTS - Kuruva Road, Thottada , Kannur (Kannur Dist.) - 673001

Jeevaya-Spa Institution of Ayurveda Therapy and Cosmetology, Thiruvananthapuram
Vellarada P.O., Neyyatinkara Road , Thiruvananthapuram (Thiruvananthapuram Dist.) - 695001

ISTHAA - Spa and Ayurveda Academy, Manipal
Near Pashupathi Temple 5th Cross, Udupi – Manipal Main Road , Manipal (Udupi Dist.) - 576104 Karnataka

ISTHAA - Spa and Ayurveda Academy, Mumbai
Tycoon Solitaire Sapphire Building, Office No: F-105, 1st Floor, Barave Village Godrej Hill Road, Khadakpada Kalyan (W) , Mumbai (Mumbai Dist.) - 421301

International Spa Therapy and Ayurveda Academy (ISTHAA), Bangalore

#239, Varthur Sarjapur Road, Near Govt. School, Gunjur , Bangalore (Bengaluru Dist.) - 560087

Sanjose Institute of Medical Technology (SIMT), Kannur

St. Joseph's Hospital, Karuvanchal PO, Alakode Via. , Kannur (Kannur Dist.) - 670571

Shashi Clinic : International Institute of Ayurveda Medicine, Sangli

Palus-Tasgaon Road, Palus , Sangli (Sangli Dist.) - 416310 Maharashtra

If you have any ideas, poems, stories, paintings that you would like to share with us, please send it to

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AMPHALA, JAMMU, 180001

or send via email to statetimes1@gmail.com