

Talent Corner

Poem — Reaching that happy space

You are away from your happy place,
Because you have to participate in the race.
It's that race,
From where even apathetic individuals can't chase.

Those who try to chase,
It creates another phase.
Just for the purpose to fill that void with the possible grace,
A grace which makes your face a happy face.

After doing struggle expelling wet sweat you need to chase,
It's interesting after achieving being nostalgic to have a quick trace.
With a hope that you will achieve those happy days,
Those days which you expect to achieve some grace.

Parties might have different ways,
All ways constrain to reach that common happy space.
Sahaj Sabharwal

Poem — Colours of Life

Our lives are filled with colour from the start,
and Red is the love that comes from our hearts.

Blue is the sadness that from our eyes,
but Black is the evil that makes us tell lies.

Green is the shade of jealousy and rage,
and Grey is the hair that comes with old age.
Purple is the mood most misunderstood,

but White is the colour that makes us Feel Good.
Life is full of meaningful colours,
But Especially White.

So Hold on to it Light.
Therefore, live a colourful life.

Tara Chand Bhagat
(Talab Tillo Jammu)

SUDOKU

				5	
8		5 6		9	
		9		1 2 7	
7				2 6	
		2		5 1	
				4	
		8 9		1	
2 8	4 5		7		
9 1			7		

SOLUTION OF LAST WEEK

SUDOKU

1	8	3	6	7	4	9	2	5
6	4	5	2	3	9	1	8	7
2	9	7	1	5	8	4	6	3
5	1	8	9	4	2	7	3	6
4	3	2	7	6	1	5	9	8
9	7	6	3	8	5	2	4	1
3	6	1	4	9	7	8	5	2
8	2	4	5	1	6	3	7	9
7	5	9	8	2	3	6	1	4

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 5 1/2 years/6 1/2 years including Internship.

Eligibility required to join B.A.M.S (Bachelor of Ayurvedic Medicine & Surgery) is Higher Secondary/PU.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 conforms 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), Pudukcherry

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

Kerala

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

Maharashtra

International Spa Therapy and Ayurveda Academy

(ISTHAA), Bangalore

#239, Varthar 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

If you have any ideas, poems, stories, paintings that you would like to share with us, please send it to **STATE TIMES, AMPHALA, JAMMU, 180001** or send via email to **statetimes1@gmail.com**