

## Talent Corner

### Poem — Wonderful Creation Of Universe

God has created the Universe wonderfully and beautifully.  
Everybody gets attracted towards its creations be  
it the mountains with snow clad cliffs;  
the vastness of plains into which beautiful network  
of big or small rivers flow into big oceans and seas.

In the space, we see innumerable twinkling stars including celestial  
heavenly bodies like the sun and the moon are moving

slowly and steadily on their respective orbits.  
Guru Nanak Dev's Prakash Utsav being coincident with lunar eclipse  
on full moon will be witnessed by us all on the 8 th Nov, 2022 this year.

It would be a bizarre or fantastic appearance of geographical  
phenomenal event rarely been seen naturally.

Tara Chand Bhagat.

### Poem — Use Your's - You Think

Use your demotivation,  
If you think you are declining with over confidence.  
Use your innovative ideas,  
If you think these people can't develop something new.

Use your own thoughts,  
If you think people can't think like you.  
Use your own writing style,  
If you think you can write better than Sahaj Sabharwal writer.

Use your own way,  
If you think the established ways are not good enough.  
Use your own way to love,  
If you think what people do is just a drama.

Use your failure to gain experience,  
If you think your winning is the reason behind your forfeiture ego.

Use your way to punish yourself,  
If you think their punishments are not improving you  
to avoid repeated mistakes.

Use yourself,  
If you think no one is eligible to utilise your value.  
Use your self motivation,  
If you think that you are not dependent on anyone to motivate you.

Use your chance to explore life,  
If you think that others are wasting theirs.  
Use your characteristic jealousy,  
If you want to boost up your level after watching your superiors.

- Sahaj Sabharwal

### SUDOKU

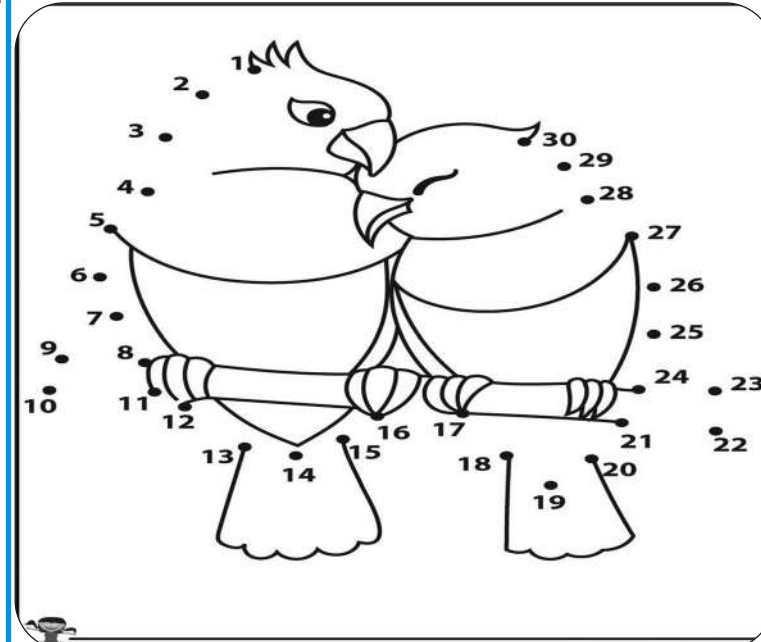
1	7			3	2	5		9
	9			6			8	
6		5	9	4		2		1
					6			
4				9	8	6		
8	5	6			3	9	7	4
9						1		
3			5				4	
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SOLUTION OF LAST WEEK SUDOKU								
9	3	2	1	5	8	7	6	4
6	1	4	9	3	7	2	5	8
8	7	5	6	4	2	9	1	3
2	6	3	4	9	5	1	8	7
1	4	8	7	6	3	5	2	9
5	9	7	2	8	1	4	3	6
3	8	1	5	7	4	6	9	2
7	2	9	3	1	6	8	4	5
4	5	6	8	2	9	3	7	1

### MAZE



### COMPLETE THE PICTURE



## CAREER AID

### Trichology

Trichology is a specialised branch of medicine that deals with the scientific study of the health of hair and scalp and the diseases related to them. Problems may include baldness, scaling of the scalp, itching, scalp eczema and psoriasis, premature graying, hair loss, hair breakage, hair damage, hair thinning, seborrhea dermatitis, head lice, dandruff, dryness and oiliness. Derived from the Greek word 'Trichos' which means 'hair', the disciplined area of Trichology originated in London, England in 1902. Since Trichology deals with the anatomy, growth and diseases of the hair, this field involves in-depth study of chemistry, biology, anatomy and physiology, and has gained much importance in the recent years with the popularisation of paramedical sciences.

Nowadays people are very much conscious of their beauty, health and looks. Many of them, irrespective of their age are suffering from various types of hair and scalp problems caused by pollution, UV rays, use of chemicals on hair, harmful hairstyling methods and products, stress level etc. Here comes the scope for Trichologists, the academically trained experts in hair and scalp biology and disorders. One does not need to be a doctor to become a Trichologist. Trichologists are health care workers/ hair scientists / hair doctors or hair and scalp specialists who diagnose and treats scalp related problems.

A Trichologist's job is very different from that of a hair stylist or beautician. They spend hundreds of hours just studying the hair, scalp and their intricacies. The main job of Trichologists involve evaluating the client; examining and diagnosing the cause of their disease/ problems and giving appropriate treatment. They cure or prevent diseases by prescribing treatments such as application of special lotions and ointments to the scalp, or by using materials such as, electrotherapy machines and ultra-violet lamps. Trichologists



treat damage of the hair or scalp caused as a result of the misuse of hair colouring, permanent waving and straightening products, and give advice to those persons about the side effect. They can also prescribe nutritional supplements.

#### Educational Qualifications

To work as a Trichologist, it is not mandatory to have a doctoral degree. One must obtain a Diploma / Certificate in Trichology. Plus two students from any stream can enroll for a Diploma course in Trichology, which is considered as the entry-level qualification in this field. As 'Trichology involves a bit of biology, preference may be given to science students.

Since Trichology as a course of study is not recognised by any government-recognised body in India, institutes that offer these courses affiliate themselves with either the International Association of Trichologists (IAT), Australia

(www.trichology.edu.au), or The Institute of Trichologists, London (www.trichologists.org.uk)

#### Colleges and Institutes:

**Sidri International Institute for Advanced Beauty Therapy, New Delhi**

B-1/72, Janak Puri, Block B1,  
Janakpuri, New Delhi (Delhi) - 110058  
Delhi

**Institute of Cosmetology and Laser Science (ICLS), Mumbai**

A/6, 'Vyomesh', S. V. Patel Road,  
Near Gokul Hotel, Borivli (W),  
Mumbai (Mumbai Dist.) - 400091  
Maharashtra

**Indian Institute of Cosmetology Trichology and**

#### Nutition, Mumbai

2nd Floor, 148, J. P. Road Rathor House,  
Above PG Jewellers,  
Opposite Shringaar Cafe,  
On JP Rd. & SV Rd. Junction,  
Below Metro Bridge, Andheri (West),  
Mumbai (Mumbai Dist.) - 400058  
Maharashtra

#### MET-Richfeel Institute of Trichology, Mumbai

Bandra Reclamation, Bandra (West),  
Mumbai (Mumbai Dist.) - 400050  
Maharashtra

#### Tulip International Institute for Cosmetology and Wellness, Mumbai

Jeevan, Kashinath Dhuru Road,  
(Near Kirti College / Siddhivinayak Temple),  
Dadar (W), Mumbai (Mumbai Dist.) - 400028  
Maharashtra

#### International Institute of Cosmetic Surgery and Aesthetic Medicine (IICSAM), Agra

54 Vimal Vihar, Near Anna Ikon Complex,  
Sikandra Bodla Road, Agra (Agra Dist.) - 282007  
Uttar Pradesh

#### Fortis Memorial Research Institute, Gurgaon

Sector - 44, Opposite Huda City Centre,  
Gurgaon, Gurgaon (Gurgaon Dist.) - 122002  
Haryana

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](mailto:statetimes1@gmail.com)