

## Talent Corner

### Poem — Hindi – Our Rashtra-Bhasha

Hindi is our prestige; Hindi is our dignity.  
Hindi is the best blessing of our voice consciousness .  
Hindi is our prose; Hindi is our grammar.  
Hindi is our civilization; Hindi is our characterization.

Hindi is our pain; Hindi is our anthem.  
Hindi is our soul; It is the music of our emotional feeling.  
Hindi is our country's stammering voice.  
Hindi is our identity; Hindi is our pride.

Hindi is an incomparable song of Premchand pen 's writings.

Bachchan , Pant and Dinkar's sweet music is expressed in Hindi. Tulsi , Surdas and Meera's rhythm of music is expressed in Hindi.

When there to be the rising of the Sun and the Moon;  
The Rashtra-Bhasha will remain to be everlasting till then .  
Hindi is our word , vowel and consonant indelible identity.  
Hindi is an auspicious blessing voice of our consciousness.

Tara Chand Bhagat,  
(Talab Tillo, Jammu).

### Poem — You Will Succeed

Life is too short to take tension,  
Just believe in yourself and follow your passion.

Don't waste your time on deciding what is right and what is wrong.  
If you believe in yourself, you can run in this race very long.

There would be ups, There would be downs;  
Consistency is the key to get that "Success Crown."

Experience is important, not the outcome but,  
You will be the winner if you avoid all the shortcuts.

You Can!! You Will!! Just keep this in your mind,  
Forget about quitting, get back to the grind.

Let them criticize, let them shout,  
Always try to learn, but never let yourself down.

Have faith, have plan and then proceed,  
One day, believe me, You Will Succeed.

Sneha Patwari,  
Kunjwani, Jammu.

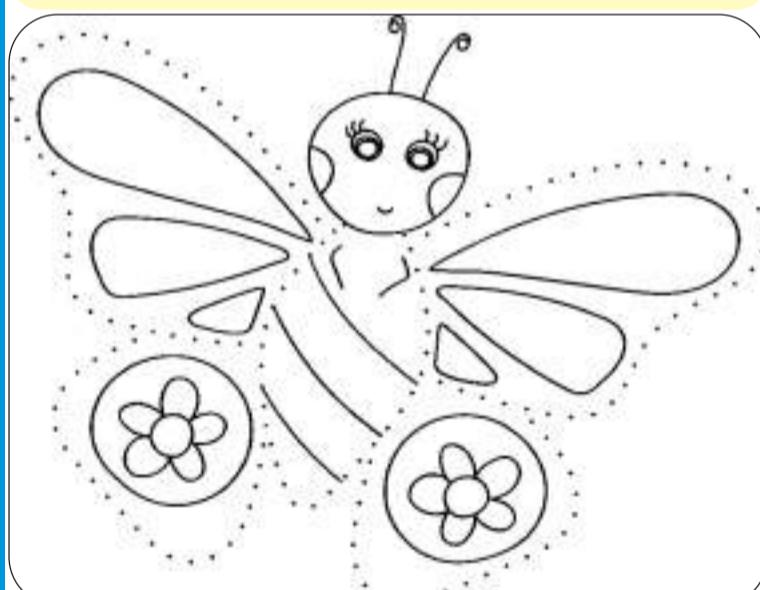
### SUDOKU



### MAZE



### COMPLETE THE PICTURE



### CAREER AID

### NURSING

**N**ursing, a profession that recalls the name of Florence Nightingale is indeed one of the noblest professions in the world. It is the art of caring for sick people with the science of health care. It is a vital component of any form of medical care.

The largest group of workers in the health sector are those in the nursing occupations as nurses and nursing assistants. In a hospital from the general ward to the operating theater, nursing forms an integral part. This is one of the few domains of work that is almost totally dominated by women.

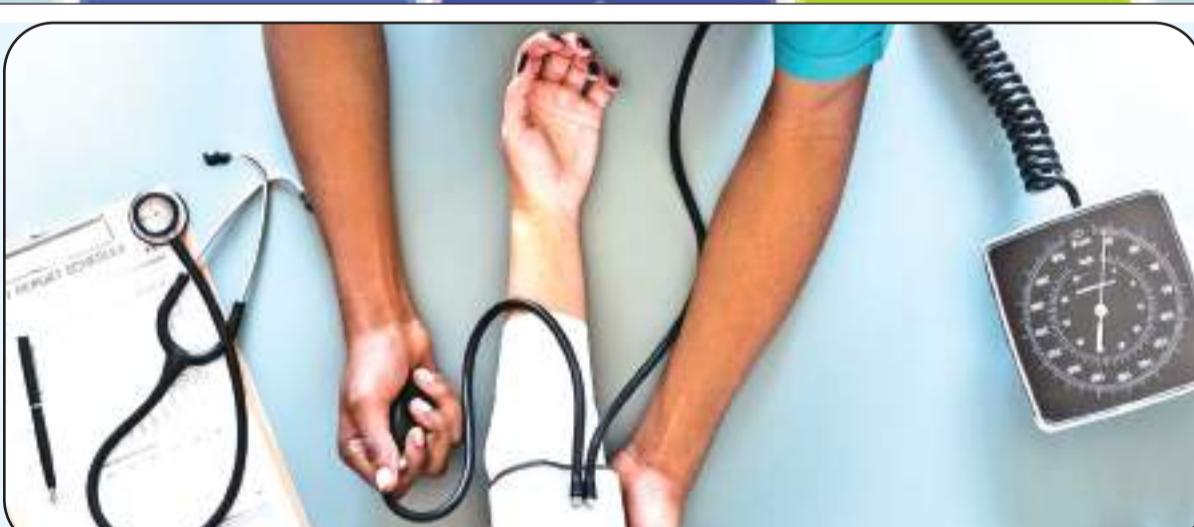
Nursing duties are manifold and cover a wide range of functions and responsibilities, that depends with the level of qualification and the working environment. At the initial level, nurses are required for the bedside care of patients, while at senior level they are required to manage special group of people like psychiatric, pediatric, intensive care patients etc which require specialised skills. They are also involved in dispensing medication, keeping records of the patients progress, setting up and operating medical equipment, administration and several other routine chores.

This field is both mentally and physically demanding and nurses are often exposed to health risks from infectious diseases. As such this profession demands long hours of work and duties which incorporate both skill and understanding of patients needs. Those who come forward to take up this as a career has to be patient, courageous, have a service mentality and at the same time be ready to work for extra hours even night shifts.

**Educational:** A large number of institutes in India offer diploma, graduate and postgraduate courses in nursing as well as midwifery courses.

**B.Sc Nursing**  
Eligibility: 10+2 with Biology, Physics and Chemistry  
Duration: 3 to 4 years

B.Sc nursing course provide basic knowledge about nursing,



first-aid and midwifery. They are trained in all the theoretical as well as practical aspects of nursing.

#### M.Sc Nursing

Eligibility: B.Sc Nursing

Duration: 2 years

#### General Nursing & Midwifery (GNM)

Eligibility: 10+2 with Biology, Physics and Chemistry

Duration: 3 1/2 years

GNM programme is to prepare general nurses who function as members of the health team, to hold first-level positions in both the hospitals and other such places.

#### Auxiliary Nurse Midwife/ Health Worker (ANM)

Eligibility: 10th

Duration: 18 months

ANM course provide training as to how to take care of health

related needs of the people living in rural areas especially children, mothers and old persons.

#### All India Institute of Medical Sciences (AIIMS), Bhubaneshwar

Sijuwa, Patrapada , Bhubaneshwar (Khurda Dist.) - 751019

Orissa

#### All India Institute of Medical Sciences : College of Nursing, New Delhi

Ansari Road , New Delhi (Delhi) - 110029

Delhi

#### All India Institute of Medical Sciences (AIIMS), New Delhi

Safdarjung Enclave,

Aurobindo Marg, Ansari Nagar ,

New Delhi (Delhi) - 110029

Delhi

Shova Rani Nursing College, Kolkata

1P, Raja Subodh,  
Ch. Mullick Road, Jadavpur ,

Kolkata (Kolkata Dist.) - 700032

West Bengal

**Ashirvad Nursing and Paramedical Institute, Varanasi**

Near Ashirvad Hospital & Research Centre,  
Birdpur , Varanasi (Varanasi Dist.) - 221010

Uttar Pradesh

**Smt. Laxmi Bai Batra College of Nursing, New Delhi**

Batra Hospital & Medical Research Centre,  
45,46,47, Tughlakabad Institutional Area,  
Mehrauli Badarpur Road ,

New Delhi (Delhi) - 110062

**Global Kasturiba College of Nursing, Hyderabad**

6-1-1070/1-4,Lakdikapool ,

Hyderabad (Hyderabad Dist.) - 500004

Telangana

**SS Agrawal College of Nursing Training College and Research Center, Navsari**

Gandevi Road Opp. Vidhyakunj High School ,

Navsari (Navsari Dist.) - 396445

Gujarat

**Saraswati Professional and Higher Education (SPHES), Mohali**

Gharuan, Kharar-Morinda Road ,

Mohali (Mohali Dist.) - 160002

Punjab

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)