

## Talent Corner

### Poem — Life lessons

Some students make me realise how privileged I am.  
Some students make me realise what hard work really is.  
Some students make me realise what Humbleness is.  
Some students make me realise how lucky I am.

Some students make me realise how less knowledge I have.  
Some students make me realise the meaning of life.  
Some students make me learn Gratitude.  
Some students make me learn the way of Living.

Some students make me learn the way of giving.  
Some students make me learn to help someone even with empty pocket.  
Some students make me realise how less talent I have.  
I just teach them syllabus but they teach me LIFE LESSONS.

I'm just an Ordinary teacher who are fortunate enough to have Extraordinary Students.

Abhishek Jandial.

### Poem — Good Wishes To All

Good Wishes to all,  
But be aware of COVID corona virus not over yet so  
All human beings could be prone to fatal COVID fear;  
using sanitizers, wearing masks ,  
keeping social distance are COVID protocols to be followed for safety.

Neither the highest nor the lowest of us is exempt from Fear.  
We live in fear; We work in fear; We walk in fear; We talk in fear.  
We move through life from one fear to another.

We all fear future, poverty, to be unemployed again in future.  
We all fear diseases to be caused COVID during near future.  
We always fear dishonour and disgrace. We all even fear life and death.  
All mothers fear their children safety. All students fear their examinations.

Politicians even fear losing elections.  
The most powerful nations fear their rivals and neighbours.

Fear is the root of all problems. Fear gives rise to all our misfortunes.  
Fear paralyses the mind; even as a stroke paralyses the mind.  
All of us have potential to be reached to goal of fear.  
First step is to become aware that fear.

All our spiritual Gurus, Saints like Buddh, Kabir Dass Ji, Nanak Dev Ji, Ravi Dass ji , Vivekananda ji made aware us fear.  
The Bhagvad Gita tells us: Be free from fear.

Be fearless and have faith in the Divinity.  
Cultivate the 'Will' to be unafraid.  
We must never underestimate mind power,  
the power of 'Will' which can liberate all of us from the shackles of fear.'

Tara Chand Bhagat  
(Talab Tillo,Jammu)

### SUDOKU

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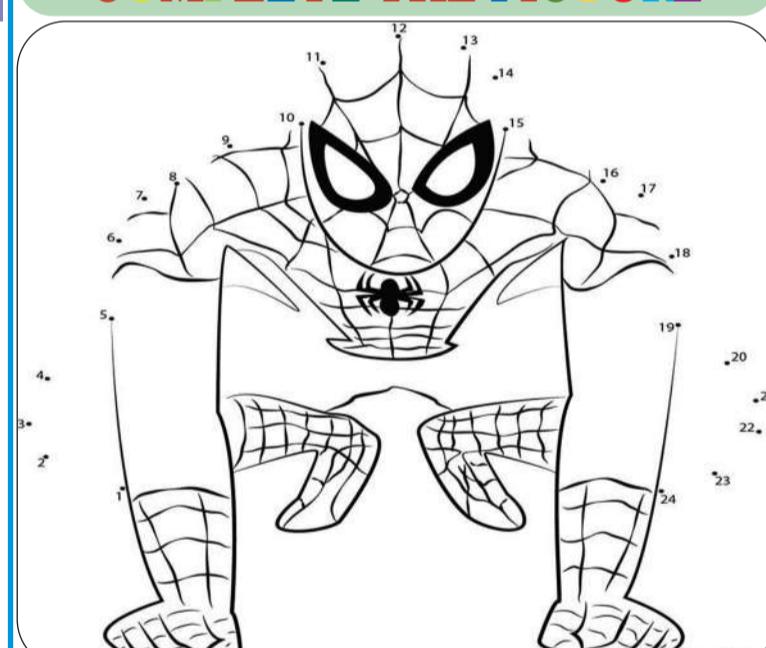


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### MAZE



### COMPLETE THE PICTURE



### CAREER AID

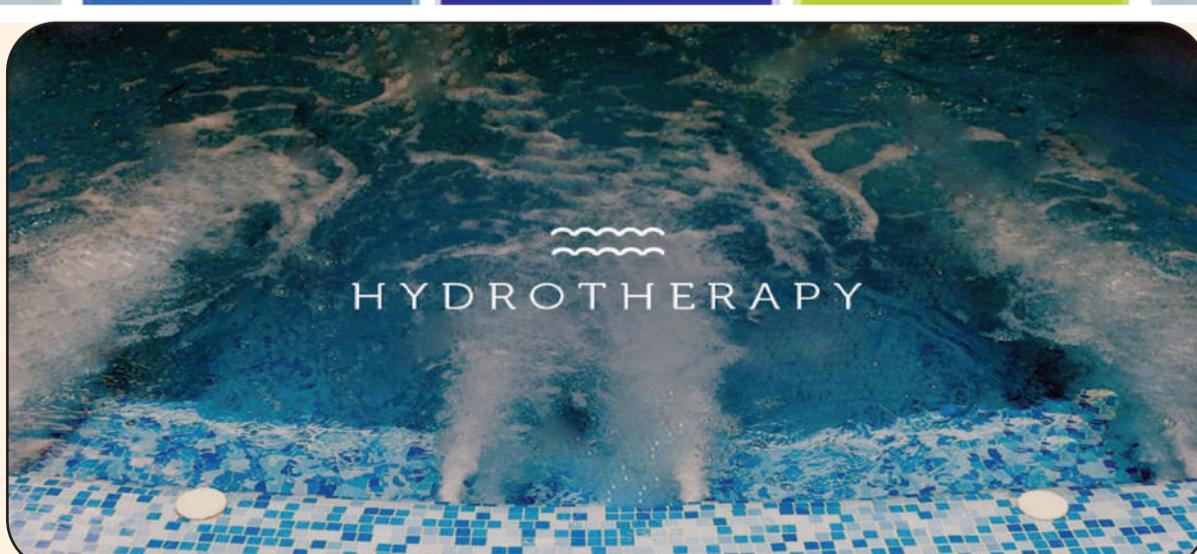
#### Hydrotherapy

Hydrotherapy also known as water therapy / aquatic therapy is a physiotherapy exercise that use water to treat diseases or maintain health. Hydrotherapy is derived from the Greek word 'Hydro' meaning 'water' and 'Therapeia' meaning 'Healing'. Formerly called Hydropathy, this traditional method of treatment has been used for centuries for the treatment of many diseases and injury. Hydrotherapy is also considered as a part of Naturopathy, Occupational therapy and physiotherapy.

The theory behind water therapy is that water has many properties that gives it the ability to heal. Water is an important part of good health, as it can store and carry heat and energy, dissolve other substances such as minerals and salts and can minimize the effort of gravity on weight bearing joints, spinal column and ligaments. According to Father Sebastian Kneipp, a 19th century Bavarian monk who is said to be the father of Hydrotherapy, use of water eliminates waste from the body, and diseases could be cured.

Hydrotherapy involves the use of water internally and externally in the form of ice, liquid, or steam. Hot water is used for its relaxing properties. It stimulates the immune system and reduces stress. Cold water or ice pack decreases body temperature, reduces inflammation and constrict blood vessels, which thereby reduces blood flow to the treated part. Alternating hot and cold-water decreases inflammation, stimulate circulatory system and thus improve the immune system. Adding herbs and essential oils to water can increase the therapeutic value of the treatment. Steam inhalation with essential oils treats respiratory problems. Massage, yoga and other exercises in water helps to mobilize stiff joints or strengthen weakened muscles.

Considering the effectiveness of water therapy, nowadays most people use it for relaxation, to reduce or relieve sudden or long-lasting pain and to maintain health. The entire ther-



apy rehabilitates neurological, muscular, skeletal and cardiovascular function of the individual, rejuvenates, maintains, treats burns and restores health, helps blood flow, improves balance and co-ordination.

Before trying hydrotherapy, it is important that the therapist have a clear idea about the physical condition and medical health of the patient. Generally hydrotherapy treatment is safe if done properly. But different people may respond differently to the length and intensity of the treatment.

**Educational Qualification:**

Candidates having bachelors or postgraduate degree in any field with training in Hydrotherapy can become a Hydro therapist. Obtaining a certificate in hydrotherapy will help one to succeed in their career as a Hydrotherapist. Having a Hydrotherapy certificate is an additional advantage for Physical therapists. Hydrotherapy courses are offered rarely

by Indian institutes.

All India Alternative Medical Council, Nainital offers 3 years diploma course in Hydro Therapy. The minimum eligibility for joining the course is 10+2 or equivalent with science as a compulsory subject.

**Colleges and Institutes:**

All India Paramedical Technology and Alternative Medicine Council, Ludhiana

15, B,S Complex Chandigarh Road , Ludhiana (Ludhiana Dist.) - 141010

Punjab

Indian Board of Alternative Medicines, Kolkata

80, Chowringhee Road , Kolkata (Kolkata Dist.) - 700020

West Bengal

Chhattisgarh University, Raipur

Boir-gaon kala,  
Gariaband Tehsil ,  
Raipur (Raipur Dist.) - 491001  
Chhattisgarh

All India Alternative Medical Council, Nainital

Taluka ,  
Nainital (Nainital Dist.) - 244711

Uttarakhand

**Job Opportunities**

Those with knowledge and practical applications of Hydrotherapy can pursue a career as a hydrotherapist. Graduate with skills and experience can find job in a variety of wellness and relaxation centers such as rehabilitation centers, Fitness and health clinics, health spas, long-term care facilities, community health clinics, physical therapy clinics, burn centers, hospitals etc.

Hydrotherapy treatments are often given at health spas. The recent growth of the spa industry requires highly educated practitioners for spa and hydrotherapy treatments. So the hydrotherapy graduate, diploma holders can also find job as spa therapist, senior spa therapist or Massage therapist in various spa industries.

Many naturopathic doctors, massage therapists, estheticians, physical therapists and alternative practitioners also practice hydrotherapy in spas, clinics and hospitals.

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)