

## Talent Corner

### Poem — The roadside Player

The roadside player played upon his violin,  
All through pleasant winter.  
He played it always with closed eyes,  
But the people love him with his voice.

And down the hill the children came,  
With the adults too, I never heard the player's name,  
So can't tell it to you.

The crowd of people around,  
A lot of noise in the town,

People also care about him,  
So they gave him some money in a tin.

He played a magical sound,  
The people started moving around,

Hey Diddle-Diddle-Dee,  
Hey Diddle-Diddle-Dee.

Aryan Bhagat,  
Stephens International Public School.

### 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.

### SUDOKU

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

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

### 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/P.U.C. prefer-



ably 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 Highway,  
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 - Kuruv 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, 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

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or send via email to [statetimes1@gmail.com](mailto:statetimes1@gmail.com)