

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.
Some students make me learn time management.

Some students make me learn life management.
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, Udhampur.

Poem — Death- The Ultimate Truth.

Death whosoever the rich or the poor levels all.
Literacy considers to be the most powerful means to be leveling each and everybody in the world.
Water is such an element as always keeps its level.

Employment is such a thing as it levels all socio-economic sections in the worldwide society.
Truth eliminates all lies, and falsehood.
Meditation is considered to be one of the most leveler in the field of spirituality; also the easiest source to be

near to God irrespective of any caste, creed and colour.
Noble work to be done towards the upliftment of the Humanity through the ways and means of Honesty and

Goodness matters leveling all.
The writer also tries his level best through his articles and write-ups eradicating the evils cropped up in the modern society of the world.

Tara Chand Bhagat, Talab Tillo.

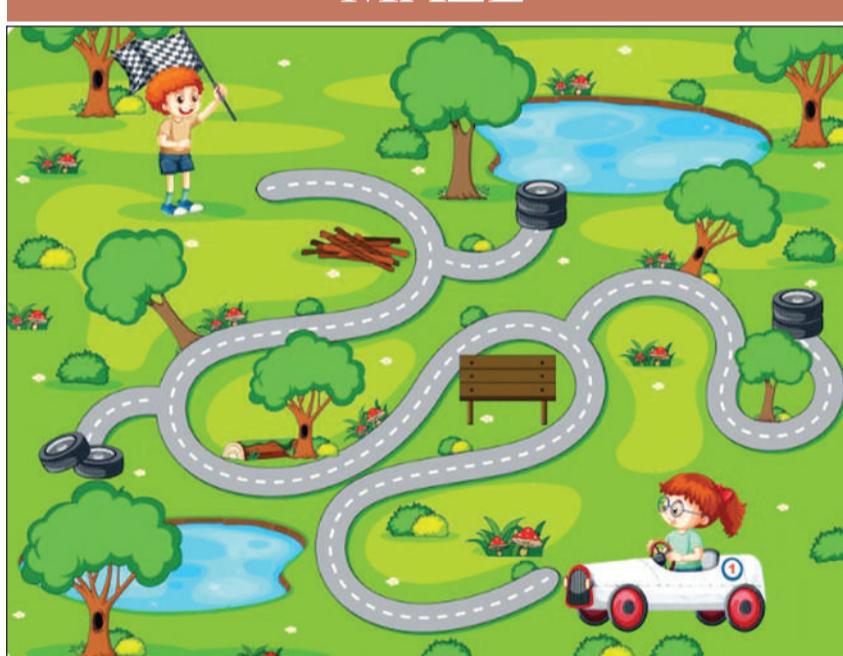
SUDOKU

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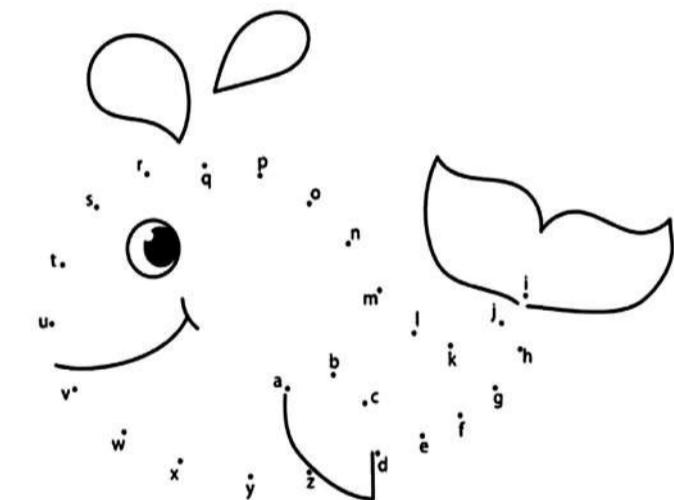
SOLUTION OF LAST WEEK SUDOKU

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

MAZE



COMPLETE THE PICTURE



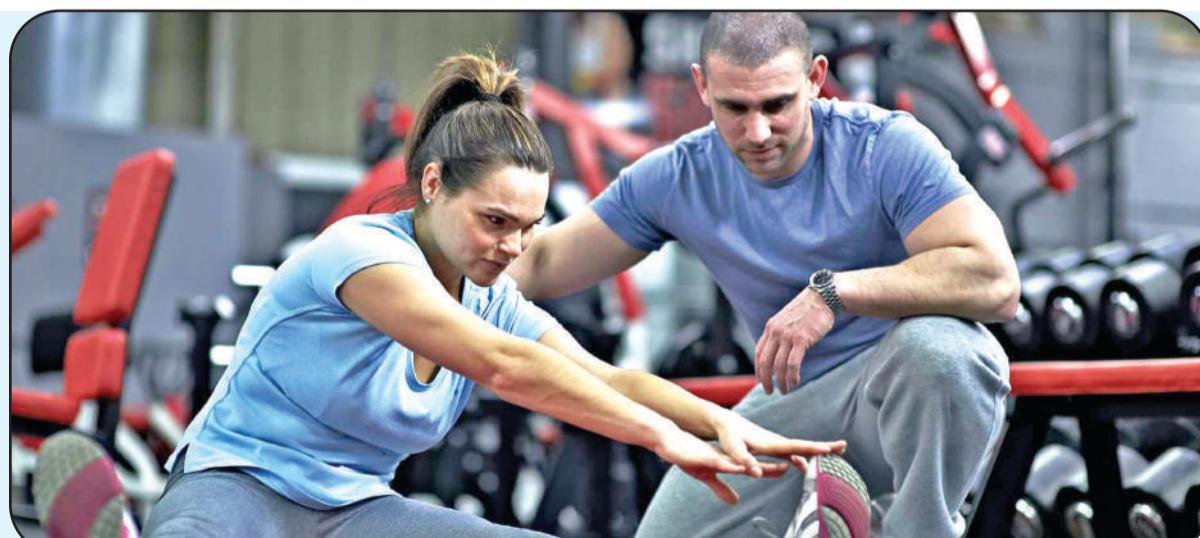
CAREER AID

Fitness Trainer

A career that creates wealth and keeps you healthy. With people keen to lose weight and get in shape, fitness training is one of the fastest growing careers in the health and fitness industry today. Fitness is not only a lucrative career it can be termed as a sustainable business too. Careers in fitness industry include that of Athletic Trainer, Physical Therapist, Massage Therapist, Fitness Instructor/Trainer and so on. In this section we can go in detail about the career as a Fitness Instructor/Trainer.

If you love sports, physical activity and exercise, and want to combine your passion for fitness with your career, you are the right person for a career as Fitness Trainer. Fitness Trainers are known by different names- Aerobics instructor, Clinical exercise specialist, Gym instructor, Personal and Corporate trainers. Fitness Trainer is a person who looks after the issues concerning the health and physical fitness of his/her clients. A fitness instructor or a personal trainer's main job is to train people in the various aspects of physical fitness and maintain health by staying fit. Fitness Trainer plan the exercise regimen, by considering the age, lifestyle, health problems and other constraints of the person opting for the training program. They also give them basic advice on health and nutrition. They assess the fitness level of clients and also help to set fitness goals and demonstrate the various routines and give guidance to do it the right way. Fitness trainers/instructors opt various exercise routines such as weightlifting, aerobics, karate, kickboxing, spin cycling, yoga, pilates etc. They can also specialize in any one of these and become a specialist trainer.

Fitness trainer works one-on-one in case of personal training, works for a group of people in fitness centers, health clubs or gym etc. Fitness training can be divided into three major sub-categories: Group Fitness Instructors, Exercise Specialists and Personal Trainers. People who teach any



form of exercise in a group/classroom setting are referred to as group fitness instructors. Exercise Specialists work with people suffering from specific physical ailments. They design the appropriate exercise programme for a patient in accordance with a physician's recommendations. Personal Trainers are instructors who supervise the exercise and workouts on a one-to-one basis with celebrities and others who like privacy.

Educational Qualification:

Basically, one can start off by learning various nuances of fitness right from their local gym. But as the demand for qualified instructors multiply, those with professional degree is most preferred for this job.

The options for pursuing professional courses are many. You can opt for a certificate or diploma course in sports science/yoga/fitness/naturopathy to become a fitness instructor.

Colleges and Institutions:

Pratap Bahadur Post Graduate College, Pratapgarh (UP)

Pratapgarh City, Pratapgarh,

Pratapgarh (UP) (Pratapgarh Dist.) - 230002

Uttar Pradesh

Sri Shambhulingeshwara college of physical education,

Mandyā

Jayanthinagar, Mandyā, Karnataka ,

Mandyā (Mandyā Dist.) - 571427

Karnataka

Sonam Gyatso Mountaineering Institute (S.G.M.I.),

Gangtok

Ladakhi Mansion ,

Gangtok (East Sikkim Dist.) - 737101

Sikkim

Indian Himalayan Centre for Adventure and

Eco-Tourism (IHCAE), South Sikkim
Chemchey, P.O. Dhamthang ,
South Sikkim (South Sikkim Dist.) - 734126

National Institute of Mountaineering and Allied Sports (NIMAS), West Kameng
Dirang , West Kameng (West Kameng Dist.) - 790101

Arunachal Pradesh

Indian Mountaineering Foundation, New Delhi

6, Benito Juarez Marg, South Campus,

South Moti Bagh , New Delhi (Delhi) - 110021

Delhi

National Institute of Watersports, Panaji

Aviavo, Near Dona Paula Circle Caranzalem,

Panjim, Goa , Panaji (North Goa Dist.) - 403002

Goa

Atal Bihari Vajpayee Institute of Mountaineering and

Allied Sports (ABVIMAS) , Kullu

Manali , Kullu (Kullu Dist.) - 175131

Himachal Pradesh

The Jawahar Institute of Mountaineering and Winter

Sports (JIM and WS), Anantnag

Nunwan Pahalgam ,

Anantnag (Anantnag Dist.) - 192126

Jammu and Kashmir

If you have any ideas, poems, stories,
paintings that you would like to share with us,
please send it to

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or send via email to statetimes1@gmail.com