

Talent Corner

Poem — The Earth'

Look around, think over and visualize the grandeur of earth
Ample opportunities we have, abundant resources, no dearth

Plenty of things the earth gives us like silver, bronze, diamond and gold
Rivers, mountains, plains, deserts, they all are old

Scenic meadows, lush forests, mighty tree
Beneath we sit, feel solace, mind's free

Let's clean the earth, let's take resolution,
Let's aware all, let's start revolution

Plastic is harmful, don't make use of it, keep in mind
Make the environment plastic free, remember it, be kind

Plantation is important, grow more trees, make it a goal
Birds sing songs soulful, breeze inhaled by the soul

Put the efforts, make the earth a beautiful sight
Wrong is wrong, do whichever good and right.

Alka Sharma
Rehari Colony.

Poem — 'Mood Swings'

Sometimes it feels like I am the King of the world,
Sometimes it kills like I value nothing to this world.
Sometimes I feel like I can do anything,
Sometimes it feels like what I did was nothing.

In morning it vibes like I already fulfilled my goals,
In evening it feels like morning I wasted let's work on new goals.
Demotivation takes birth,
Motivation shows it's worth.

Again positive vibes originates,

But it never waits.
Mood teases mental health,
Mood heals mental health.

Sometimes it feels low,
Sometimes it motivates that you have to grow.
Excitement is there till you achieve it,
After achieving it becomes like it was not worth to achieve it.

Sahaj Sabharwal,
Jammu.

SUDOKU

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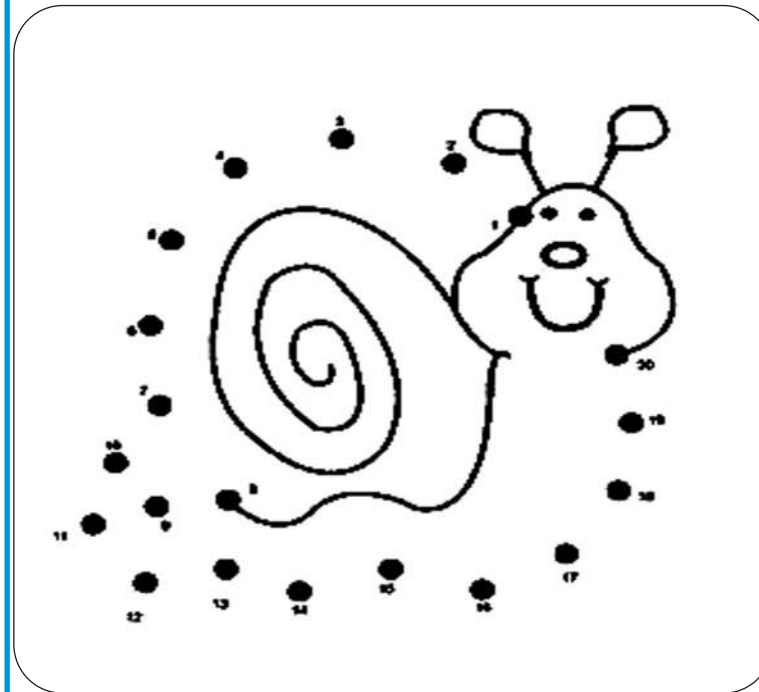
**SOLUTION
OF
LAST
WEEK
SUDOKU**

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

MAZE



COMPLETE THE PICTURE



CAREER AID

Surgical Technology

Surgical Technology or Operation Theatre Technology is a specific technical profession in the field of health science. Those who are allied with this fast paced and challenging career are called Surgical Technologists (ST). Also known by the names Operating Theater Technicians (OTT), Surgical Scrubs and Operating Room Assistants, these technical medical professionals are an essential part of the operation unit team who work along with the surgeon, anesthesiologist and nurse in order to provide quality patient care before, during, and after surgery.

Surgical Technologist/ Operating Theater Technician ensure that every single procedure in the operation theatre is as safe and successful as possible. Their primary duty is to take care of all the work and management of the operation theatre which includes looking after all the surgical instruments, their sterilization, arrangement of operation theatre table, dressing table, instrument table as well as anesthesia table. They also look after the drugs required for surgery, anesthetic gases, drapes and all the linen and their sterilization. They assemble both sterile and non-sterile equipment and at the same time adjust them to make sure that all are working properly.

During a surgical procedure, along with the surgeon and nurse, Surgical Technologists also play a major role in the successful outcome of the surgery process with their level-headedness and alertness. These specialized staff handles the instruments, supplies, and equipment necessary during surgical procedures in the operation theatre. They anticipate the needs of the surgeon and react quickly to emergencies by providing appropriate instruments in the correct manner. This is a job with great responsibility as any careless approach by a Surgical Technologist can cause any significant operation to go wrong.

Academic Requirement :

Diploma in Operation Theatre Technician, BSc Surgical Technology and MSc Surgical Technology are the major



courses in the field of OTT/ ST. The basic eligibility criteria for the 2 year Diploma and 3 year B.Sc. course is 10+2/ intermediate pass or its equivalent.

The candidates should have a minimum of 50% marks for Physics, Chemistry, Biology and Mathematics for the 12th standard board examination. Some institutes offer 3 year diploma and 1 year certificate course for those who have passed 10th/ matriculation.

Course curriculum of Surgical technology comprises of a meticulous classroom training in subjects like Anatomy and Physiology, Biomedical Science, Pharmacology, Pathology, Microbiology, Obstetrics and Gynecology etc. Fundamentals of surgical procedures, equipment operation and handling skills are imparted during the course. The students are also provided hands-on clinical experience, seminars, computer-aided learning and visits to industrial units.

Colleges and Institutes:

Martin Luther Christian University : Allied Health Science Department, Shillong
Martin Luther Christian University,
Dongkiet, Block -1, Nongrah ,
Shillong (Khasi Hills Dist.) - 793006
Meghalaya
Armed Forces Medical College (AFMC), Pune
Wanowrie , Pune (Pune Dist.) - 411040
Maharashtra
Om Sai Para Medical College, Saharanpur
Near Railway Station , Saharanpur (Saharanpur Dist.)
Uttar Pradesh
Tripura Institute of Paramedical Sciences (TIPS), Agartala
Hapania, Amtali , Agartala (West Tripura Dist.) - 799014
Tripura

Delhi Paramedical and Management Institute (DPMI), Tikamgarh

B-20, New Ashok Nagar ,
Tikamgarh (Tikamgarh Dist.) - 110096

Madhya Pradesh

Post Graduate Institute of Medical Education and Research : College of Nursing, Chandigarh

Sector 12 , Chandigarh (Chandigarh) - 160012
Chandigarh

Shridevi Institute of ParaMedical Sciences, Bangalore

Sira Road, Tumkur, Bangalore,
Karnataka , Bangalore (Bengaluru Dist.) - 572106

Karnataka
S.I.T College , Ramanathapuram

1901/1, Old check post,
Ramanathapuram ,
Ramanathapuram (Ramanathapuram Dist.) - 623503

Tamil Nadu

Shri Dhanwantri P.G. Ayurvedic Medical College, Mathura

Village Semri, Chhata, N.H-2 ,
Mathura (Mathura Dist.) - 281006

Uttar Pradesh

Glocal University : School of Paramedical Sciences, Saharanpur

Delhi-Yamunotri Marg (State Highway 57),
Mirzapur Pole ,
Saharanpur (Saharanpur Dist.) - 247121

Uttar Pradesh

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