

Talent Corner

Poem — Beautiful from Inside

Beauty is in the air,
Roam around here and there,
And find good in everything,
Whether it is simple and basic or with a bling .

If you have a pure heart without any bad intentions ,
Then you'll find good in times of happiness or
while having any tensions.

Beauty is not by looks , but from the inside ,
There are no beauty standards that you have to abide.

Struggle in life is the most memorable and beautiful,
That shows how you grew up as a successful person from a mere
fool.

Don't be sad on not getting a particular thing,
Be thankful that at least you have something.

We are surrounded by things which are tremendous
in their own creative ways ,
Everything has beauty, but not everyone sees it as Confucious says.

Mannat Sabharwal.

Poem — Scared it's not It

Came down crashing, down so deep
Ground below seemed high, exhaling the falling heap.

The Shade, from my slipping bones cries
Trynna align, maybe with the trails, avec perfumed taste of
thys'.

The heights of my ego may never scale,
the lengths across it's creative,
the beauties beyond it's decorated pale.

In the darkness of my eyes, the upsided light recedes

Soaring across the clouds

Another strand of green appears.

In the deepest ends of my veins
I know it's not it, The tales from those ends petrified.

Deep below, the lashes realised,
the things were scared were meant for me
Maybe I was the it, destined to be.

Hitesh Sharma,
Akhnoor.

SUDOKU

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

**SOLUTION
OF
LAST
WEEK
SUDOKU**

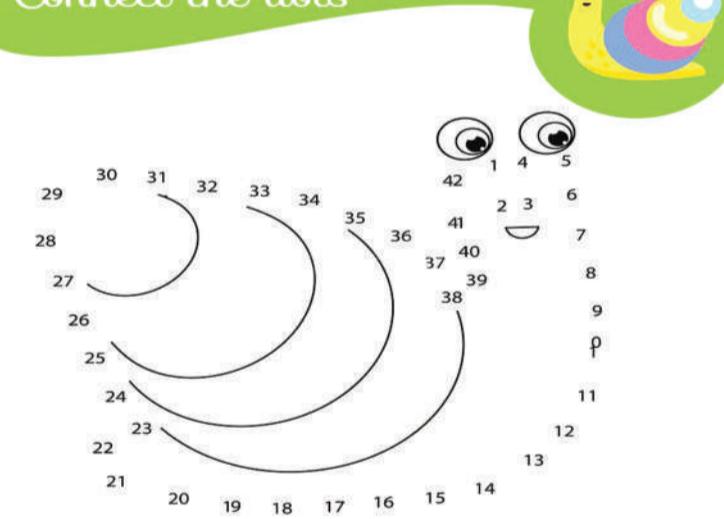
2	6	5	7	9	3	4	1	8
3	9	1	4	8	6	5	7	2
8	7	4	1	2	5	9	6	3
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7	1	3	6	4	9	2	8	5
6	8	9	2	5	1	3	4	7
5	3	8	9	1	7	6	2	4
9	2	6	8	3	4	7	5	1
1	4	7	5	6	2	8	3	9

MAZE



COMPLETE THE PICTURE

Connect the dots



CAREER AID

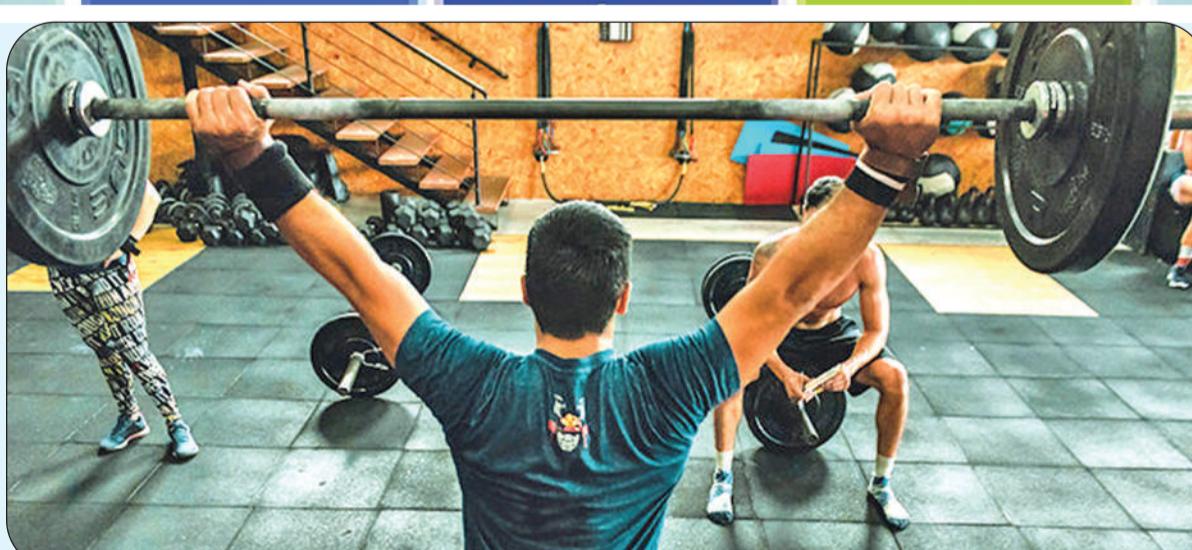
Fitness Trainer

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.

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.

One can go for a professional course like the Nike Aerobics Course or Reebok Instructor Certification programme or any of the several reputed locally offered courses like those at Talwalkar's in Mumbai.

Its basic course comprises of 80 hours out of which 30 hours are devoted to the theory portion while the rest 30 hours consist of practical training. After the completion of the course, a written and practical examination is conducted. The Nike Aerobics/Reebok Instructor Institute is located in Delhi and Mumbai besides many other Indian cities. For details of Reebok programme refer the website www.reebok-training.com/

Diploma or Bachelor courses in Yoga & Naturopathy courses can also be taken by an instructor. The Sports Authority of India (SAI), Lakshmi Bai National Institute of Physical Education are prominent institutes that offers courses in Sports & Athletics Coaching.

Colleges and Institutes:

Ganpat Sahai PG College, Sultanpur

Sultanpur (UP) , Sultanpur (Sultanpur Dist.) - 228001

Uttar Pradesh

Shri Jagdish Narayan Mahendra Prasad Mahavidyalaya, Azamgarh

Raghupur, Po- Khanpur, Bharatpatti,

Uttar Pradesh , Azamgarh (Azamgarh Dist.) - 276139

Uttar Pradesh

Alvas College of Physical Education, Dakshin Kannada

Smt. Sundari Ananda Alva Campus, Vidyagiri, Moodbidri, Dakshina Kannada , Dakshin Kannada (Dakshin Kannada Dist.) - 574227 Karnataka

Ironwood Sports Management Global Academy, Chennai

180, Old Mahabalipuram Road,

Nehru Nagar Perungudi , Chennai (Chennai Dist.) - 600096

Tamil Nadu

Ironwood Sports Management Global Academy, Mumbai

301, 3rd Floor, Symphony,

Nehru Road, Above ICICI Bank,

Vile Parle (East) , Mumbai (Mumbai Dist.) - 400057 Maharashtra

Acharya Narendra Dev Kisan Post Graduate College, Gonda

Near Babhnan Sugar Mill, Babhnan,

Gonda Uttar Pradesh , Gonda (Gonda Dist.) - 271313

Sri Shambhulingeshwara college of physical education, Mandya

Jayanthinagar, Mandya, Karnataka ,

Mandya (Mandya Dist.) - 571427

Karnataka

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

Ladakh Mansion , Gangtok (East Sikkim Dist.) - 737101

Sikkim

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