

Talent Corner

Poem — Limited Happiness

It's the fault to remain limited,
Bowing always the head tilted.

Why the happiness is very less?
In what under the smile is press?

Sadness overrule because of the loss,
We do hate the things in moss.

Anger, annoying, displeasure, and pain,
All that is best becomes in vain.

Limited hapiness is although short,

For the limited time it is like pert(attractive).

Unlimited hapiness is everyone's wish,
For the limited time is of nobody's mish.

Why to care for the things (worse) now?
Unlimited hapiness is there in row.

Things considered not suitable to desires,
Worries should not overrule - a fire.

Choosing bad is nobody's selection,
It takes time for the correction.

The end of this limited hapiness is sure,
The answer lies in treating with cure.

The title can only be neglected,
When unlimited happiness is selected.

Rajat Kumar,
Ph.D Scholar,
University of Jammu.

Poem — Today is the only day

Wherever you reach today,
Whatever you teach today,
Forever will be for tomorrow's yesterday.

Today is the only day,
It's your choice you rest, explore or play.
Hidden thoughts will expire forever after today,
Expressed thoughts will only play,
Your footsteps the next day.

You can't even say how long you will live today,

Don't be egoistic that tomorrow is also your today's day,
It's neither your good nor bad whether you are provided a bonus day.

Life may change some people today,
Some people might think to change life one day,
One day might exist or not, at least don't waste the most plausible day that is today.

-Sahaj Sabharwal

SUDOKU

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

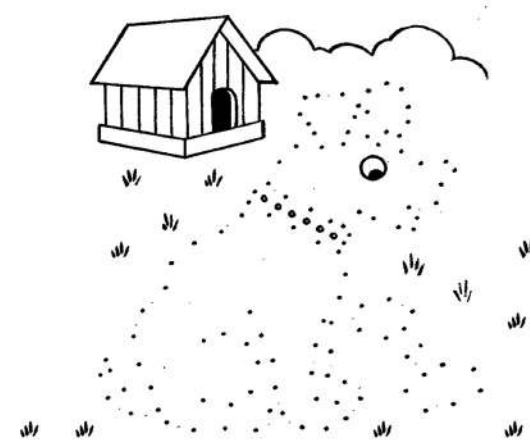
SOLUTION OF LAST WEEK SUDOKU							
2	7	4	5	1	9	6	8
8	9	3	7	6	2	1	5
5	6	1	8	4	3	7	2
4	1	7	2	3	8	5	9
3	2	9	6	5	1	8	4
6	8	5	9	7	4	2	3
1	5	2	4	9	6	3	7
7	4	6	3	8	5	9	1
9	3	8	1	2	7	4	6

MAZE



COMPLETE THE PICTURE

WHAT AM I?
If you want to find out, take a pencil and connect up the dots.



CAREER AID

ENT or Otolaryngology

ENT or Otolaryngology is a specialty of medical science that focuses on the treatment of ear, nose, throat, head and neck. There is a common perception that Otolaryngology or ENT as the name suggests is about the Ear, Nose, and Throat. But this is not true. This medical field cater to the entire area above cervical or collar bone, basically the area from the neck upwards. Hence we can say that Otolaryngology or ENT (ear, nose, and throat) is the branch of medicine and surgery that specializes in the diagnosis and treatment of disorders of the head and neck. This branch of medicine concerns functions like speaking, hearing, maintaining balance, smelling, breathing and swallowing. Physicians specializing in otolaryngology are called Otolaryngologists /Head and neck surgeons or more commonly ENT specialists. They examine the ear, nose and throat; diagnose the conditions; treat the diseases involving the head and neck region, and related injuries.

Otolaryngologists or ENT Specialists focus on both surgical and medical treatment of the ears, nose, throat and related head and neck areas. They perform surgeries on face, voice box and find cure for any hearing problem. These specialists can also diagnose throat cancer, thyroid cancer and laryngomalacia.

An ENT Specialist can sub-specialize in any one of the major organ areas. One who specializes in Ear diseases or Otology, focus on the ears and treat hearing disorders, infections, balance disorders, nerve pain, a condition of ringing noises in the ear (tinnitus), and cranial nerve disorders. Whereas one specializing in Rhinology or the study of the Nose including sinuses, can deal with patients suffering from diseases of the nasal passages, allergy, sleep apnea, snoring and chronic sinusitis. Throat (Laryngology) specialists treat diseases of the larynx, esophagus, and upper aero-digestive tract, including swallowing and voice disorders. Head and neck specialists treat diseases, both benign



and malignant (cancerous) tumors, facial trauma, and deformities of the face.

Educational Qualification:

Aspirants who want to be an ENT specialist or Otolaryngologists has to go for MS (ENT). For admission to MS (ENT) program, a student must have a MBBS degree of five and half years duration from a recognized university/board and it should be recognized by Medical Council of India including the required period of pre-registration internship (12 months) in a recognised hospital. To get admission in the Post graduate degree course, one has to score well in the entrance exam, which may be conducted at the state or national level, and may vary from one university to the other. MS (ENT) is a three-year Post Graduate degree programme. After MS ENT, one can further specialise and do M.Ch in Head and Neck surgery.

Admissions for M.Ch is based on a national level entrance exam and subsequent counseling by the particular institute.

Colleges and Institutes:

Christian Medical College, Vellore
Ida Seudder Road , Vellore (Vellore Dist.) - 632004
Tamil Nadu
Bangalore Medical College and Research Institute, Bangalore
Fort, K.R. Road , Bangalore (Bengaluru Dist.) - 560002
Karnataka
Maulana Azad Medical College, New Delhi
Bahadur Shah Zafar Marg , New Delhi (Delhi) - 110002
Delhi
Armed Forces Medical College (AFMC), Pune

Wanowrie , Pune (Pune Dist.) - 411040
Maharashtra
Government Medical College, Thiruvananthapuram
Medical College P.O. , Thiruvananthapuram - 695011
Kerala
Vydehi Institute of Medical Sciences and Research Centre, Bangalore
#82, Nallurahalli, Near BMTC 18th Depot, Whitefield , Bangalore (Bengaluru Dist.) - 560066
Karnataka
SN Medical College, Agra
Agra (Agra Dist.) - 282002
Uttar Pradesh
Alluri Sitarama Raju Academy of Medical Sciences, West Godavari
Eluru , West Godavari (West Godavari Dist.) - 534005
Andhra Pradesh
Mahatma Gandhi Memorial Medical College, Indore
A.B Road , Indore (Indore Dist.) - 452001
Madhya Pradesh
Navodaya Medical College, Raichur
Navodaya Education Trust, Mantralayam Road, Navodaya Nagar , Raichur (Raichur Dist.) - 584103
Karnataka

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