

## Talent Corner

### Poem — Why

A biggest WHY stood in front of me,  
As the world seems going against me.

To the things which look strange,  
The people not seems in range.

A biggest WHY stood in front of me,  
As one approach the steps towards me.

Like the one like the two,  
The totality of everything so in too.

A biggest WHY stood in front of me,  
As the place is going far from me.

Rajat Kumar,  
Research Scholar, University of Jammu.

## Poem — Glory of Showing Respect

Showing respect to all is in itself a superb thing.  
Showing due respect is even to be more glorious.

Showing respect gives rise to deep love and affection.  
One can never become small but rises above.

Showing respect to all costs nothing.  
Big relationship can be developed with everyone.

Unknown people also to be known to be ours.  
Everyone has the same sacred soul.

None is below respect of soul; None is above respect of soul.  
'Disrespect' creates hatred; Whileas 'Respect' begets respect.

Lord Gautma Buddha had beautifully said,  
"Respect is like a mirror.

The more you show 'it' to other people,  
The more 'it' will reflect back on you.

Tara Chand Bhagat  
(Talab Tillo Jammu)

### SUDOKU

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

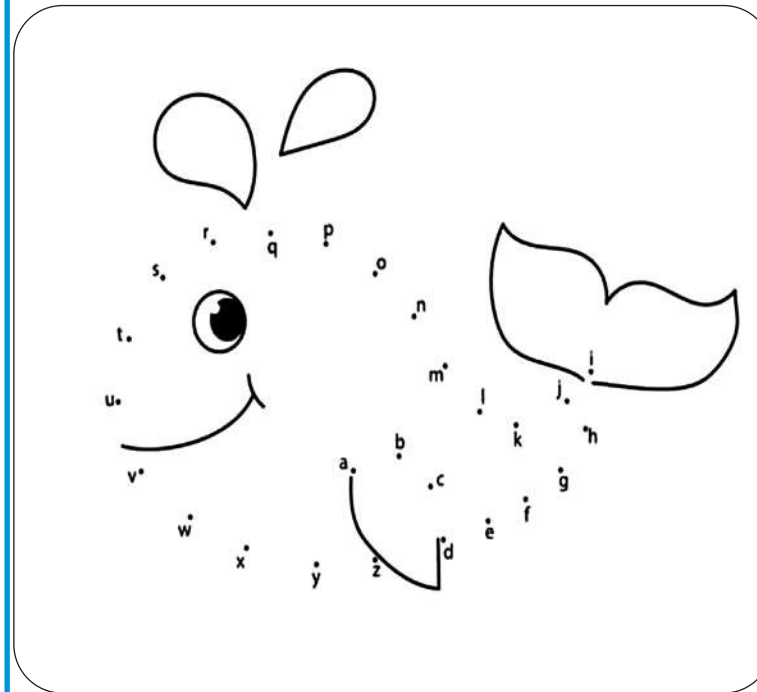
SOLUTION  
OF  
LAST  
WEEK  
SUDOKU

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

### MAZE



### COMPLETE THE PICTURE



## CAREER AID

### Trichology

Trichology is a specialised branch of medicine that deals with the scientific study of the health of hair and scalp and the diseases related to them. Problems may include baldness, scaling of the scalp, itching, scalp eczema and psoriasis, premature graying, hair loss, hair breakage, hair damage, hair thinning, seborrhea dermatitis, head lice, dandruff, dryness and oiliness. Derived from the Greek word 'Trikhos' which means 'hair', the disciplined area of Trichology originated in London, England in 1902. Since Trichology deals with the anatomy, growth and diseases of the hair, this field involves in-depth study of chemistry, biology, anatomy and physiology, and has gained much importance in the recent years with the popularisation of paramedical sciences.

Nowadays people are very much conscious of their beauty, health and looks. Many of them, irrespective of their age are suffering from various types of hair and scalp problems caused by pollution, UV rays, use of chemicals on hair; harmful hairstyling methods and products, stress level etc. Here comes the scope for Trichologists, the academically trained experts in hair and scalp biology and disorders. One does not need to be a doctor to become a Trichologist. Trichologists are health care workers/ hair scientists/ hair doctors or hair and scalp specialists who diagnose and treats scalp related problems.

A Trichologist's job is very different from that of a hair stylist or beautician. They spend hundreds of hours just studying the hair, scalp and their intricacies. The main job of Trichologists involve evaluating the client; examining and diagnosing the cause of their disease/ problems and giving appropriate treatment. They cure or prevent diseases by prescribing treatments such as application of special lotions and ointments to the scalp, or by using materials such as, electrotherapy machines and ultra-violet lamps. Trichologists treat damage of the hair or scalp caused as a result of the misuse of hair colouring, permanent waving and straightening



products, and give advice to those persons about the side effect. They can also prescribe nutritional supplements.

Educational Qualifications

To work as a Trichologist, it is not mandatory to have a doctoral degree. One must obtain a Diploma / Certificate in Trichology. Plus two students from any stream can enroll for a Diploma course in Trichology, which is considered as the entry-level qualification in this field. As Trichology involves a bit of biology, preference may be given to science students.

Since Trichology as a course of study is not recognised by any government-recognised body in India, institutes that offer these courses affiliate themselves with either the International Association of Trichologists (IAT), Australia (www.trichology.edu.au), or The Institute of Trichologists,

London (www.trichologists.org.uk)

Colleges and Institutes:

**Sidri International Institute for Advanced Beauty Therapy, New Delhi**

B-1/72, Janak Puri, Block B1,  
Janakpuri, New Delhi (Delhi) - 110058

Delhi

**Institute of Cosmetology and Laser Science (ICLS), Mumbai**

A/6, 'Vyomesh', S. V. Patel Road,  
Near Gokul Hotel, Borivli (W),  
Mumbai (Mumbai Dist.) - 400091

Maharashtra

**Indian Institute of Cosmetology Trichology and**

**Nutrition, Mumbai**

2nd Floor, 148, J. P. Road Rathor House,  
Above PG Jewellers,  
Opposite Shringaar Cafe,  
On JP Rd. & SV Rd. Junction,  
Below Metro Bridge, Andheri (West),  
Mumbai (Mumbai Dist.) - 400058

Maharashtra

**MET-Richfeel Institute of Trichology, Mumbai**  
Bandra Reclamation, Bandra (West),  
Mumbai (Mumbai Dist.) - 400050

Maharashtra

**Tulip International Institute for Cosmetology and Wellness, Mumbai**

Jeevan, Kashinath Dhuru Road,  
(Near Kirti College / Siddhivinayak Temple),  
Dadar (W), Mumbai (Mumbai Dist.) - 400028

Maharashtra

**International Institute of Cosmetic Surgery and Aesthetic Medicine (IICSAM), Agra**

54 Vimal Vihar, Near Anna Ikon Complex,  
Sikandra Bodla Road, Agra (Agra Dist.) - 282007

Uttar Pradesh

**Fortis Memorial Research Institute, Gurgaon**

Sector - 44, Opposite Huda City Centre,  
Gurgaon, Gurgaon (Gurgaon Dist.) - 122002

Haryana

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