

Talent Corner

Poem — My Hometown- Kishtwar

In the cradle of mountain, our hometown lies.
Over it, there are vast and azure skies.
The peaks of mountain are majestic and tall,
they act as guardians, protecting all.

Amongst the peaks, 'PUTINAG', gracefully descends,
a breath-taking sight, where beauty transcends.
It's a gift of nature's eternal flow,
in my hometown, where wonders grow.

In the month of October-November, when nature glows,
fields of purple, where saffron grows.
With every delicate blossom, a story is spun,
of hard work and dedication under the sun.

Handpicked with care, each saffron thread,
giving a message how traditions are bred.
Wonders and wonders beneath the soil, where secret hides,
SAPPHIRES' BEAUTY, A SOURCE OF PRIDE.

A symbol of beauty, a rare and divine,
in my hometown, there are sapphire's mines.
Blessed with nature's gift, where the Chenab flows,
hydro projects rise and power grows.

From the rushing waters to electricity's gleam,
hydro projects fulfil the engineers' dream.

In my hometown, there is a beautiful ground,
where Hindus celebrate Dussehra, and Muslims pray around.

Underneath the ancient Chinar tree's shade,
the tales of harmony are deeply laid.
Together we celebrate our diversity,
and a bond is found that unites the community.

The fragrances of Dhoop and Agarbatti mingle,
as morning hymns, and prayers intermingle.
As the sun's rays touch 'Naginsheer', over the horizon's edge,
then golden rays gently touch the grounds ledge.

As birds sing their morning song, in harmony, we walk along.
Sharing stories and dreams in our morning walk,
some do yoga and some talk.

Friends and families gather around,
to celebrate SNOW MELA in our home ground.
In the winter chills, with love and joy,
our heart fulfills, in this mela, where cultures blend,
together a message of peace we send.

Dr Daisy Parihar,
Chenab Valley.

SUDOKU

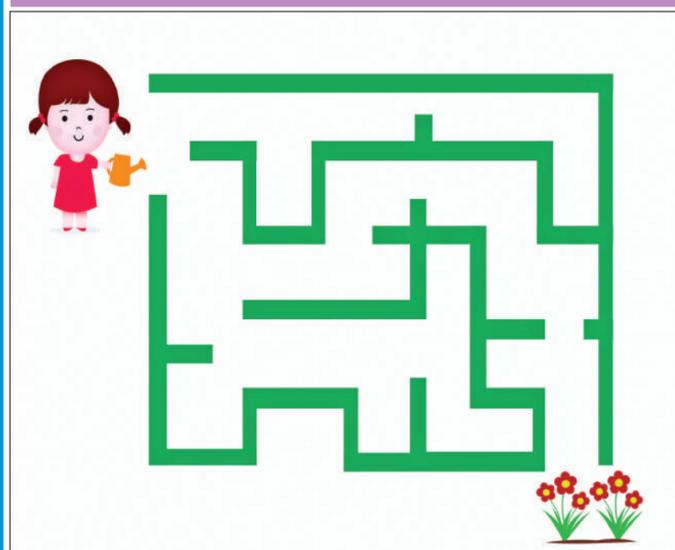
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SOLUTION OF LAST WEEK

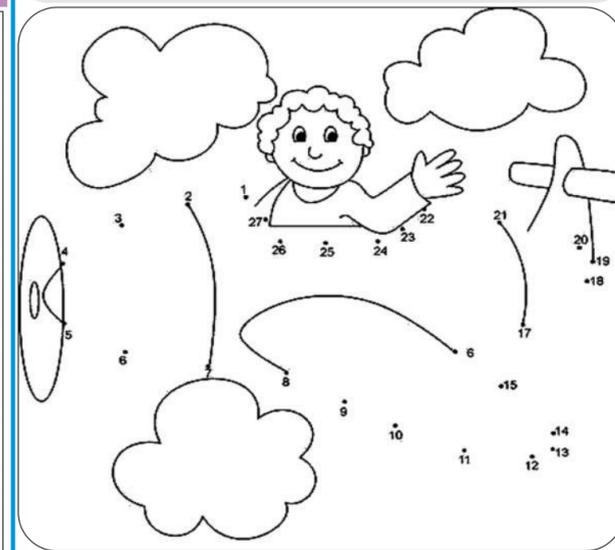
SUDOKU

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

MAZE



COMPLETE THE PICTURE



CAREER AID

Respiratory Therapy

Respiratory therapy is a branch of allied health sciences that deal with diagnosis, treatment, management and care of patients with respiratory or cardiopulmonary (heart/ lung) ailments and breathing disorders. Respiratory care is a professionally and personally rewarding career with a balanced blend of technology and patient interaction. Patients with acute and chronic respiratory problems require direct care of Respiratory therapists.

Respiratory therapists (RTs) alias Respiratory care practitioners are specialized, skilled health care professionals who diagnose, monitor and treat patients suffering from breathing problems. Respiratory therapists are the important members of the health care team, who work under the medical direction of specialised doctors. They are educated to treat all age groups, from newborns to the elderly and offer intensive care and therapeutic treatments to patients with respiratory diseases.

RTs provide temporary relief to patients who have breathing difficulties such as asthma, bronchitis, emphysema, pneumonia, cystic fibrosis and chronic obstructive pulmonary disease. The primary duty of a respiratory therapist involves administration of oxygen, cardiopulmonary resuscitation, management of mechanical ventilators, administering drugs to the lungs, monitoring cardiopulmonary systems and measuring lung function. They work with other health care professionals and carry out treatment plans, which involves removing mucus or liquid secretion from a patient's lungs by suction or inserting a ventilation tube into the patient's windpipe and connecting it to a machine that delivers oxygen. Respiratory therapists work also involves management, disease prevention, emergency care, and the early detection of pulmonary disorders.

Educational Qualification : To be a Respiratory Therapist, one should possess a bachelor's or master's degree in Respiratory Therapy and some work experience in the field. Those who have passed 10+2 with Physics, Biology,



Chemistry and Mathematics with a minimum of 60% marks can apply for bachelors degree course in respiratory therapy. Some institutes admit students on the basis of merit in the entrance examination. Graduates with any science background can also become a respiratory therapist by pursuing a diploma course in Respiratory therapy/ technology. There are several institutes in India offering 1-year diploma course, 2-year Postgraduate diploma and advanced Postgraduate diploma in Respiratory Therapy. Aspiring candidates can do any of these courses and become a professional.

Colleges and Institutes:
Yashoda Academy of Medical Education and Research, Secunderabad
Alexander Road ,
Secunderabad (Ranga Reddy Dist.) - 500003
Telangana

Yashoda Academy of Medical Education and Research, Somajiguda, Somajiguda
Rajbhavan Road ,
Somajiguda (Hyderabad Dist.) - 500082
Telangana
Yashoda Academy of Medical Education and Research, Hyderabad
Nalgonda X Roads,
Malakpet , Hyderabad (Hyderabad Dist.) - 500036
Telangana
Christian Medical College, Vellore
Ida Seudder Road , Vellore (Vellore Dist.) - 632004
Tamil Nadu
KMCH Institute of Allied Health Science, Coimbatore
KMCH Campus, Avinashi Road ,
Coimbatore (Coimbatore Dist.) - 641014

Tamil Nadu
JSS University, Mysore
JSS Medical Institutions Campus,
Sri Shivarathreeswara Nagara ,
Mysore (Mysore Dist.) - 570015
Karnataka
Manipal School of Allied Health Sciences (SOAHS) - Department of Respiratory Therapy, Manipal
Manipal University,
Madhav Nagar , Manipal (Udupi Dist.) - 576104
Karnataka
Amrita Center for Allied Health Sciences, Kochi
Amrita Vishwa Vidyapeetham AIMS Ponekkara P. O. ,
Kochi (Ernakulam Dist.) - 682041
Kerala
Symbiosis Institute of Health Sciences (SIHS), Pune
Senapati Bapat Road , Pune (Pune Dist.) - 411004
Maharashtra
Amrita Institute of Medical Sciences (AIMS) : Schools and Research Centers, Kochi
Amrita Health Sciences Campus,
AIMS Ponekkara Post, Elamakkara,
Edappally ,
Ernakulam (Dist.) - 682041
Manipal College of Allied Health Sciences (MCOAHS), Manipal
Madhav Nagar , Manipal (Udupi Dist.) - 576104
Karnataka

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