

Talent Corner

Poem — Whispers of Sacrifice - Silent Heroes

Doctors stood as guardians against silent deaths,
Invisible enemy hunting for prey, present in every breath.

White apron, gowned in layers,
Gloved hands extend comfort and care.
They face invisible enemy without fear.

In PPE uniform, they stand tall,
Answering duty's urgent call.
But in invisible enemy's grasp, many doctors and paramedical fell,

They fought battles and stories to tell.

Then memories etched in every heart,
Their dedication struggle and courage that shall never depart.
For every doctor lost, we bow our heads,
In honor of the lives they bravely led.

Dr. Daisy Parihar,
Chenab Valley.

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

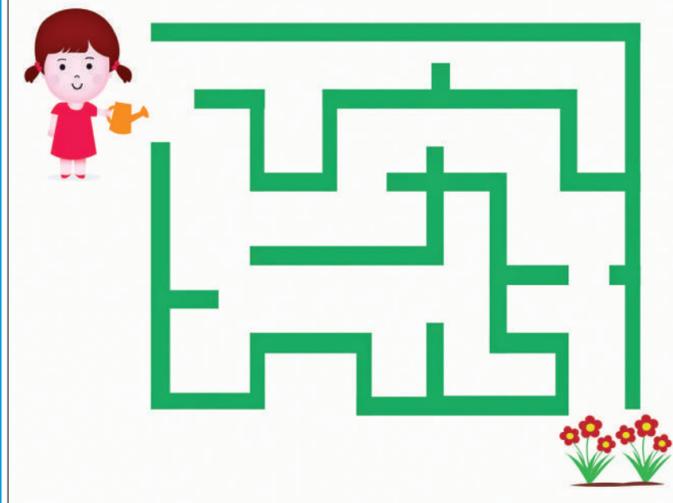
9			1					6
		1		3	7			4
		7	8					
	1	8	9		4		6	3
	6	3					7	
4					3	2	1	
			4	9	6			
	6		2	8				

SOLUTION
OF
LAST
WEEK

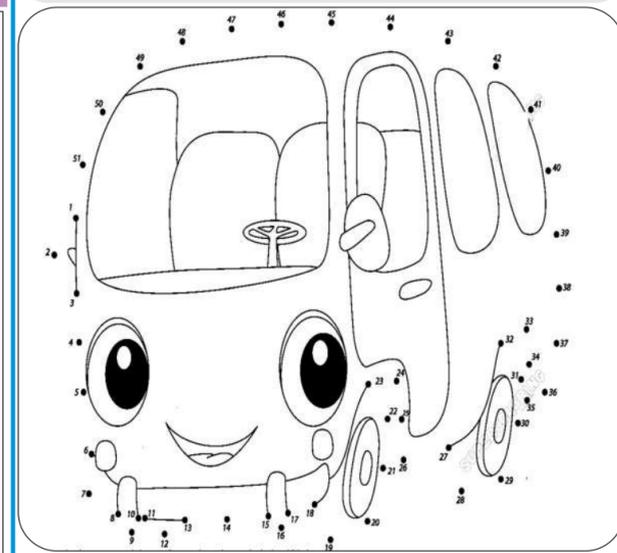
SUDOKU

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

MAZE



COMPLETE THE PICTURE



CAREER AID

Ayurveda

Ayurveda, the perfect science or knowledge of life is believed to be the oldest treatment method which evolved around 600 BC in India. The word Ayurveda originated from the two Sanskrit words, 'Ayur' meaning life and 'Veda' meaning knowledge. Ayurveda practiced by special physicians called 'Vaidyas' is known to promote positive health, natural beauty and long life.

Life, according to Ayurveda, is a combination of senses, mind, body and soul. The medicinal system believes that human beings and nature should be in perfect harmony and that disease occurs when the equilibrium between these two is disrupted. Restoration of this fundamental balance, through the use of nature and its products is the main goal of this medical system. The concept is not just on curing bodily ailments but also on preventing. Ayurveda emphasizes that 'Prevention is better than cure'.

In Ayurveda, which is basically a humoral medical system, diseases are understood as an imbalance between the body's three humors, Vata (nerve energy), Pitta (catabolic fire energy) and Kapha (anabolic nutritive energy). Natural herbs and minerals are used for preparing medicines. Apart from herbs, purification and detoxification, dietary changes, body massages and meditation are used to promote health and prevent and treat illness. Ayurvedic medicines are rapidly gaining acceptance all over the world as they have no side effects and is found to have cures for even rare ailments. Check out the link Ayurveda to know more about the system.

Central Council for Research in Indian medicine and Homoeopathy (CCRIMH) was established in 1969 by the Government of India for a systematic research in Ayurveda. In the year 1978, CCRIMH was split into four separate councils, one each for Ayurveda & Siddha, Unani, Yoga & Naturopathy and Homoeopathy. The Central Council for Research in Ayurveda & Siddha (CCRAS), an autonomous organization formed under the Ministry of Health & Family



Welfare, is engaged in research in various fundamental & applied aspects of Ayurveda.

Eligibility : The Ayurvedic Colleges of India awards the Degree of "Ayurvedacharya" or B.A.M.S. (Bachelor of Ayurvedic Medicine & Surgery) at the bachelor level. Duration of B.A.M.S is 5 1/2 years/61/2 years including Internship.

Eligibility required to join B.A.M.S (Bachelor of Ayurvedic Medicine & Surgery) is Higher Secondary/P.U.C. preferably with Sanskrit or an examination equivalent there to, or Intermediate (Ayurvedic group- Physics, Chemistry, Biology and Sanskrit) of any recognised University/Board which confirms to the specifications approved by the Council. Minimum age of joining for BAMS course is 17 years.

Some institutions also offers certificate courses or pre Ayurvedic courses of 1 year to 2 years.

Colleges and Institutes:
Rajiv Gandhi Ayurveda Medical College (RGAMC),

Puducherry
Rajiv Gandhi Ayurveda Medical College & Hospital,
Chalakkara(PO),
P.O. New Mahe,
Puducherry (Puducherry) - 673311
Om Sai Para Medical College, Ambala
Ambala Chandigarh Highway,
Near Sultanpur Chowk,
Healing Touch Hospital,
Ambala City, Ambala (Ambala Dist.) - 134003
Haryana
Swasthya ayurveda Panchakarma Treatment and Training Centre, Kannur
Near Kanhira Vayanasala,
JTS - Kuruva Road, Thottada,
Kannur (Kannur Dist.) - 673001
Jeevaya-Spa Institution of Ayurveda Therapy and Cosmetology, Thiruvananthapuram

Vellarada P.O.,
Neyyatinkara Road,
Thiruvananthapuram
(Thiruvananthapuram Dist.) - 695001
ISTHAA - Spa and Ayurveda Academy, Manipal
Near Pashupathi Temple 5th Cross,
Udupi - Manipal Main Road,
Manipal (Udupi Dist.) - 576104
Karnataka
ISTHAA - Spa and Ayurveda Academy, Mumbai
Tycoon Solitaire Sapphire Building,
Office No: F-105, 1st Floor,
Barave Village Godrej Hill Road,
Khadakpada Kalyan (W),
Mumbai (Mumbai Dist.) - 421301
International Spa Therapy and Ayurveda Academy (ISTHAA), Bangalore
#239, Varthur Sarjapur Road,
Near Govt. School, Gunjur,
Bangalore (Bengaluru Dist.) - 560087
Sanjose Institute of Medical Technology (SIMT), Kannur
St. Joseph's Hospital,
Karuvanchal PO,
Kannur (Kannur Dist.) - 670571
Shashi Clinic : International Institute of Ayurveda Medicine, Sangli
Palus-Taggaon Road, Palus,
Sangli (Sangli Dist.) - 416310

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