

Talent Corner

Poem — Struggle

Struggle is the most precious phase of life,
You'll remember it till you survive.
While struggling, there's no one behind your back,
Because usually, in struggling, support lags.

But, when you finally achieve it,
Then everyone, close or far, would start to believe it.
You have to struggle all alone,
This makes you realise that when you have nothing, there's no one.

While struggling, you start to hide things from people,

As you think that they would make you feel dull.
It's then, that you realise all those are fake people,
Who will spend lakhs on you when you have lakhs,
but in the phase of struggle they all will repel.

Learning and struggling goes hand in hand,
Because Success does not come with a magical wand.
All successful people have struggled in their lives,
So, don't get confused with their pretty smiles.

Mannat Sabharwal

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

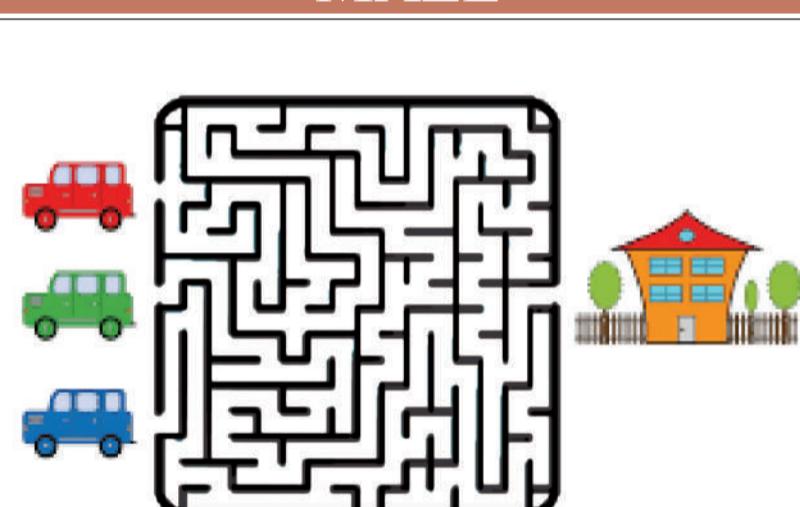
SUDOKU

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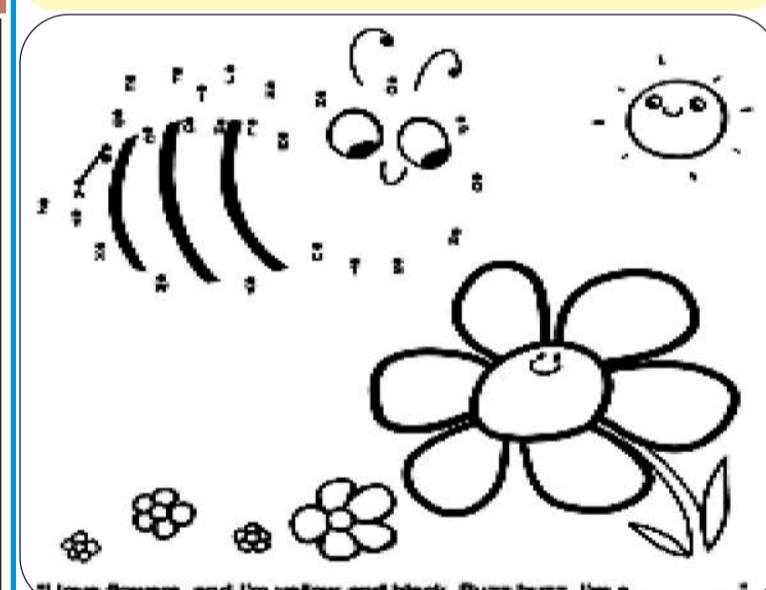
SOLUTION
OF
LAST
WEEK
SUDOKU

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

MAZE



COMPLETE THE PICTURE



*I love flowers, and I'm yellow and black. Buzz buzz, I'm a _____.

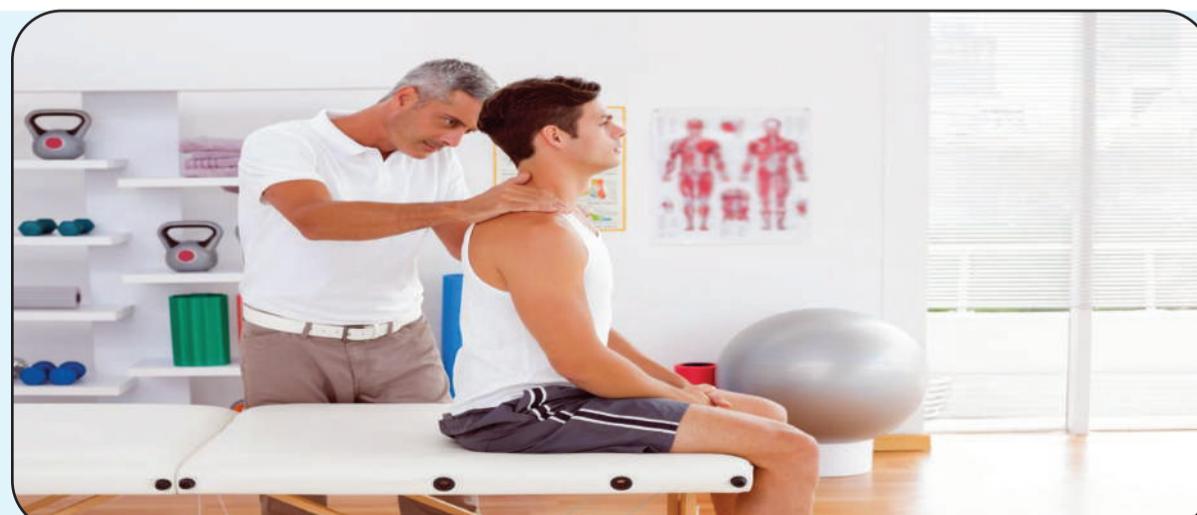
CAREER AID

Osteopathy

Osteopathy is a drug-free manual medicine that focuses on total body health by treating and strengthening the musculoskeletal framework. Osteopathy is based on the idea that health is closely related to the structure of the body. Main principle behind Osteopathy is that the well-being of an individual depends on their bones, muscles, ligaments and connective tissue functioning smoothly together. The medicinal therapy focuses on improving a patient's mobility or functions of their internal systems by administering various massage, physical manipulation and stretching techniques allowing free flow of blood through the body and specific organs. Osteopathic medicine is considered as one of the best treatments for neuro-musculo-skeletal disorders.

An Osteopath is a healthcare professional who practices a system of medicine that focuses primarily on the musculoskeletal system. He should have thorough knowledge of anatomy, physiology and hygiene. In Osteopathy, hands are used rather than medical equipments to cure disorders or relieve pain in skeletal system, immune system and the nervous system. Osteopathic medicine is used to treat health conditions including back pain, sports injuries, and repetitive strain injuries. This can be used either as an exclusive treatment or alongside treatment by drugs. Osteopaths work with people of all age groups, from infants to elderly patients, providing relief for a variety of disorders and illnesses. It stipulates that disease is caused by abnormal changes in the tissues of ligaments, muscles and organs as well as in the position and mobility of the bones wherever situated in the body.

Osteopath treat patients using a variety of manual techniques such as soft tissue stretching, muscle relaxation, gentle mobilization or manipulation. These treatment methods are normally employed simultaneously with exercise, dietary and occupational advice in an attempt to help patients recover from pain, disease and injury. Osteopaths diagnose com-



plaints from patients using information from case histories, physical examinations, manual 'palpation' (i.e. the use of touch), observation of patients body structure and mobility, and clinical aids such as X-rays, CT scans and laboratory tests.

Educational Qualification:

Those who have completed MBBS, BAMS, BHMS or bachelor of Naturopathy and Yogic science or any other bachelors degree in the medical field can apply for a course in Osteopathic medicine. However, there are only few institutes in India that offer course in this subject field.

Personal skills

Osteopaths should have:
Good communication, listening and interpersonal skills
Good organisational skills
Ability to pay attention to detail
Good hand eye coordination

Ability to work as a team
Good health and physical fitness
Understanding and sympathetic
A genuine desire to help people

Institutes

In India, there are only few institutes that offer courses in Osteopathic medicine. Dr. NTR University of Health Sciences, Andhra Pradesh and Holy Angels College of Alternative Medicine, Mumbai, Institute of Alternative Medicines, Kolkata offer certificate course in this subject. But outside India, there are many universities that offer courses in this subject field, hence in order to specialise most of them go abroad. In the US, Campbell University; School of Osteopathic Medicine, North Carolina; Alabama College of Osteopathic Medicine; Michigan State University are some of the universities that offer courses in Osteopathy.

Prospects

Osteopathy is a comparatively new field of Alternative medicine which is not that much popular among students or still they are not aware of this field. The scope for this growing career field is much for the enterprising aspirant as those qualified in this area are few compared to the opportunities that are readily available to explore.

Osteopaths usually work in combination with dietitians, medical practitioners, naturopaths, podiatrists and other healthcare professionals. In most cases, Osteopaths are self-employed, usually they run private practice by starting clinics of their own. The working hours can be irregular; appointments can be more during the evening or at weekends. One can also opt to work in a health centre or hospital.

Alternatively, individuals may decide to go into the field of research, in order to deepen knowledge about Osteopathic techniques.

Remuneration

As the Osteopaths charge as per treatment, their earnings will vary with the number of patients they see. However, this too will depend upon experience and place of employment. A self-employed Osteopath is free to charge a sessional rate according to his/her reputation. Even for a single visit one may charge Rs. 4000 starting from Rs 500 at the minimum, this too depends on each case, but the fresher in the field can charge only less than this rate.

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