

Talent Corner

Poem — I Wish

I wish you come here, I find you everywhere
I wish you pickup my call, You know life is so small.

I wish you understand, I always need you hand
I wish you say something, Without you there is nothing.

I wish you stand by my side, The World is so wide,
I wish you look into my eyes, Without you my heart dies.

I wish you see the reality, In between us there is no formality,
I wish you don't tell me lie, In between us there is a tie.

I wish you live long, For me sing a song,
I wish the time stay, You are always in my prays.

Sofia jangral
Bari brahmana

Poem — 'I Love The Spring Season'

I love the spring season, Immense joy I feel
When I see the flowers
Blooming all around

The trees blossomed
Leaves swaying with the wind
Lush meadows narrating stories
Untold, unheard
Pleasant breeze whispering in my ear

I love the spring season, Immense joy I feel
For everybody feels good

Hearts sing the songs soulful
Bliss prevails all around

I love the spring season, Immense joy I feel
When I see the lovely birds flying with love
Energetic animals roaming with ecstasy

And the entire world
Is in the state of happiness
Ultimate and beyond the imagination.

Alka Sharma, Rehari Colony.

SUDOKU

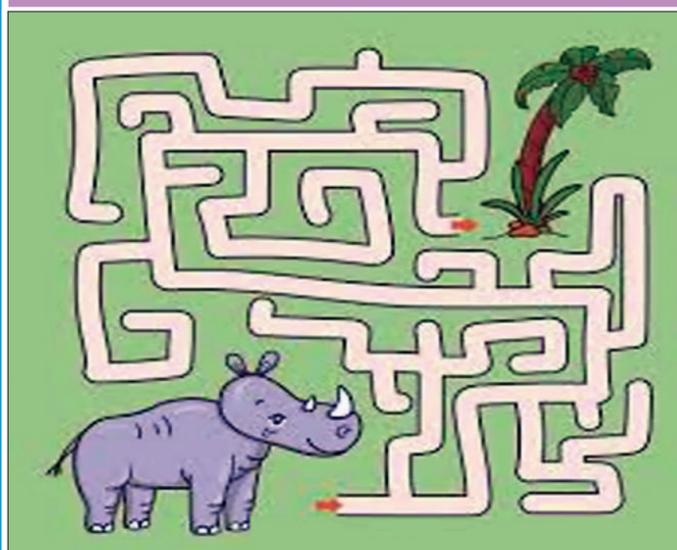
6										
								7	5	9
		1								4
		5	6		3	4	9			
		2								
		8			5	7	1	3		
		9	1		5					
1			4							
8	6	2						5		

SOLUTION OF LAST WEEK

SUDOKU

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

MAZE



COMPLETE THE PICTURE



CAREER AID

Dermatology

Dermatology is one of the branches of medical sciences related to physiology and pathology of the skin, hair and nails. The field involves the diagnosis and treatment of conditions and diseases of the skin and appendages. The skin is part of the integumentary system which is the largest organ system of the human body. The word Integumentary comes from the Latin word 'tegere', which means to cover. In humans, this system accounts for about 16 percent of total body weight and covers 1.5-2m² of surface area. Accessory structures of the skin are the hair and nails, sweat glands and oil glands. The skin and accessories are prone to various acute and chronic problems from acne, rashes, warts, hair and nail problems to skin cancer, psoriasis, eczema, vitiligo and so on. Hair related problems like hair loss, dandruff etc. are common. These diseases and beauty consciousness among people have made dermatology which treat diseases as well as cosmetic problems related to skin and scalp, a career of the present age. Dermatologists have been leaders in the field of cosmetic surgery. The terms Dermatology and Cosmetology are often mistaken as one and the same. But, Dermatology and Cosmetology are two entirely different streams which deals with human skin and related issues. One main difference between Cosmetology and Dermatology is that- Cosmetology is the study of beauty treatments which have practical applicability which include hairstyles, hairdressing, shampoos, skin care specialties and nail treatments etc. Dermatology is a division of medicine which include the study of skin and related issues, prescribes medicine and even conduct surgery if needed. It is an actual science. It also involves various methods of diagnosing, treating, and protecting skin from external and internal impacts. Acne scar removal, treatment of aged or sun-damaged skin, chemical peel, dermabrasion / dermaplaning, cryosurgery etc. are some of the treatments done by a cosmetic



dermatologist.
Educational Qualification:
An aspiring candidate wanting to make a career as dermatologist needs to opt for science stream with physics, chemistry and biology as subjects at 10+2 level. After plus two they have to go through the entrance exam and get a seat for MBBS. After MBBS, one can do a Master's degree program in Dermatology or a Doctorate in medical science in the related field of Dermatology. One can also opt for a post graduate diploma or diploma course in the respective field after Bachelors in Medicine.
Personal attributes : Dermatologists must possess the following qualities as in any other medical field. care and concern critical thinking

ability to counsel an eye for detail determination stress management friendly approach Patience Receptiveness understanding
Colleges and Institutes:-
Karpaga Vinayaga Institute of Medical Sciences, Chennai #4, Dr. Ambedkar Road , Chennai (Chennai Dist.) - 600024
Tamil Nadu
Christian Medical College, Vellore Ida Scudder 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
- Government Medical College, Patiala
Rajindra Hospital, Sangrur Road , Patiala (Patiala Dist.) - 147001
- Punjab
Government Medical College, Thiruvananthapuram
Medical College P.O. , Thiruvananthapuram - 695011
- Padmashree Dr. Vithalrao Patil Foundation's Medical College and Hospital, Ahmednagar
Opposite Government Milk Dairy, Post : MIDC, Vadgaon Gupta , Ahmednagar (Ahmednagar Dist.) - 414111
- Vardhman Mahavir Medical College and Safdarjung Hospital, New Delhi
Ministry of Health & F.W., Govt. of India , New Delhi (Delhi) - 110029
- Kolkata Medical College and Hospital, Kolkata
88, College Street , Kolkata (Kolkata Dist.) - 700073
West Bengal

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