

Talent Corner

Poem — I live with myself.

Of all the love stories I've heard , seen or felt,
The most cherished is the one I live with myself.
I deify everything about me ,
Coz I know how to love every part of me .

The part of me in pain , And the part of me in vain .
The part of me that is shattered ,
And the part of me that's battered.
The part of me that's struggling,
And the part that keeps tumbling .

The part that still believes in affection,

And the part that considers it a misconception.
What I mean by loving yourself , Is to pamper yourself

To take better care of yourself ,
And make you reach your higher self .

Some days , even being that lover you look for , in someone ,
Before finding your 'special one' .
You are a love story in yourself ,
And you should always be your first pref.

Mannat Sabharwal, Jammu.

Poem — Unsatisfactory Quest

Life is here, Happiness we seek.
Opportunities are here, Chances we seek.

Love is here, Loyalty we desire.
Loyalty is here, Money we require.

Money is here, Richness we crave.

Sales are here, Discounts we request.

Food is here, Taste we yearn.
Poetry is here, Rhythm we pursue.
Excess is here, Satisfaction we pursue.

- Sahaj Sabharwal.

SUDOKU

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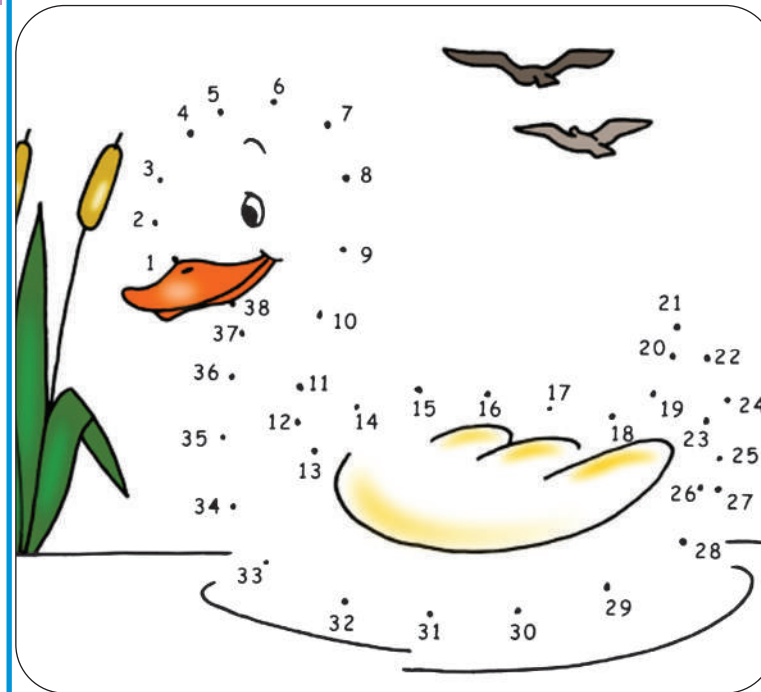
SOLUTION
OF
LAST
WEEK
SUDOKU

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

MAZE



COMPLETE THE PICTURE



CAREER AID

Plastic Surgery

Plastic surgery is a medical specialty concerned with the correction or restoration of form and function of body parts. Plastic surgery is focused on repairing, reconstructing or replacing abnormalities in the functioning and form of the skin, muscles, skeletal system and many other areas of the body. As such a plastic surgeon, may perform two types of surgery: cosmetic surgery to improve appearance and reconstructive surgery to correct appearance after an injury or to improve bodily function. Plastic surgeons will operate on all parts of the body, from head to toe. The field of plastic surgery is so broad, that subspecialties exist within the specialty of plastic surgery, including cranio-maxillofacial surgery, microvascular reconstruction surgery, hand surgery, burn surgery and cosmetic surgery, just to name a few. A plastic surgeon can choose to specialize in one of these areas, or practice the entire scope of plastic surgery. While Cranio-maxillofacial is surgery to treat diseases, injuries and defects in the head, neck, face, jaws and the hard and soft tissues of the oral (mouth) and maxillofacial (jaws and face) region, Microvascular surgery is surgical reconstruction of jaws and mouth, throat etc which involves moving a composite piece of tissue from another part of the body to the head and neck. The specialty of plastic surgery is applicable to a wide range of conditions (including cancer and trauma) and a wide range of anatomical sites (from scalp to the toes). Some people in need of plastic surgery are effected right from birth, such as cleft lips and cleft palates. Car crashes, fires, and other terrible accidents can leave people wounded and in need of plastic and reconstructive surgery. By opting for this surgical procedure, such people are able to reconstruct their body parts. Plastic surgeons administer cosmetic procedures, such as face lifts, they may treat the bones of the face and skull; repair cleft lips or cleft palates; reattach severed fingers, toes or limbs; and treat congenital



problems.

Educational qualification

Like any other physician, plastic surgeon should be knowledgeable in the field of science, biology, anatomy and physiology. Plastic surgeons too spend many years in training, beginning with five and half years in medical college for MBBS. After completing MBBS, one must go for MS General Surgery. Candidates with MBBS degree who have registered permanently with Medical Council of India or any other State Medical Councils are eligible for this MS course. After MS they must further specialise by doing M.Ch Plastic Surgery which is of 3 years duration. Admission to M.Ch is based on merit in the entrance examination.

Colleges and Institutions:

Christian Medical College, Vellore

Ida Scudder Road , Vellore (Vellore Dist.) - 632004

Bangalore Medical College and Research Institute, Bangalore

Fort, K.R. Road , Bangalore (Bengaluru Dist.) - 560002

Karnataka

King Georges Medical University, Lucknow

Chhatrapati Shahuji Maharaj Medical University, Chowk , Lucknow (Lucknow Dist.) - 226003

Uttar Pradesh

Grant Medical College and Sir JJ Group of Hospitals, Mumbai

J J Marg, Nagpada-Mumbai Central,

Off Jijabhoy Road , Mumbai (Mumbai Dist.) - 400008

Armed Forces Medical College (AFMC), Pune

Wanowrie , Pune (Pune Dist.) - 411040

Maharashtra

All India Institute of Medical Sciences (AIIMS), New Delhi
Safdarjung Enclave, Aurobindo Marg, Ansari Nagar ,
New Delhi (Delhi) - 110029

Sawai Man Singh (SMS) Medical College, Jaipur
JLN Marg , Jaipur (Jaipur Dist.) - 302004

Rajasthan

Government Medical College, Patiala

Rajindra Hospital, Sangrur Road ,
Patiala (Patiala Dist.) - 147001

Punjab

Rajarajeswari Medical College and Hospital, Bangalore

No.202, Kambipura, Mysore Road ,
Bangalore (Bengaluru Dist.) - 560074

Vydehi Institute of Medical Sciences and Research Centre,
Bangalore

#82, Nallurahalli, Near BMTC 18th Depot,
Whitefield , Bangalore (Bengaluru Dist.) - 560066

Karnataka

Vardhman Mahavir Medical College and Safdarjung
Hospital, New Delhi

Ministry of Health & FW, Govt. of India ,
New Delhi (Delhi) - 110029

Amrita Institute of Medical Sciences (AIMS) : Schools and
Research Centers, Kochi

Amrita Health Sciences Campus, AIMS Ponakkara Post,
Elamakkara, Edappally ,
Kochi (Ernakulam Dist.) - 682041

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paintings that you would like to share with us,
please send it to
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