

Talent Corner

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.

Poem — Corruption

Corruption- the people of narrow thought,
Anti-Corruption-the people of broad thought.
Corruption is a kind of disaster that results in shame,
The evil never care for helpless but their name.

Nepotism, Cronyism, Embezzlement, Extortion,
Corruption sells the conscience of a man to auction.
The virtue of honest sigh them a relief,
The vice of corrupt feel them of a thief.

Corruption-the wickedness an evil of one type,
Only the disheartened can express in gripe.
A student visit an office when,
Wait! said by the officer if then.

Waiting for hours in "No".
Where an individual then can go.

Not getting a particular job,
Corruption takes the people to rob.

For the work to be done,
Bribe is the payment of bone.
Poor suffer, helpless disheartened and the intelligent struggle,
Corruption the cause of these - the evil like smuggle.

Will this corruption come to an end!
It can end when thought of the people will mend!
To end this evil at grass-root level,
By slapping the corrupt who are devil.

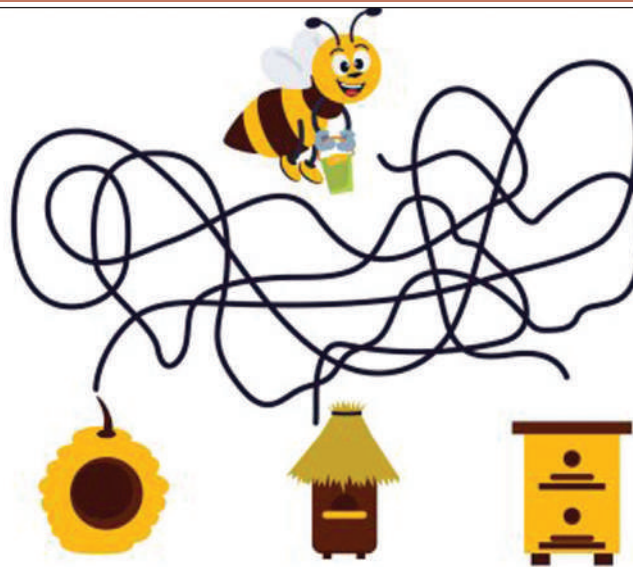
Rajat Kumar,
Ph.D Scholar,
University of Jammu.

SUDOKU

				7			8
		4	5				
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5				3	8	7	2
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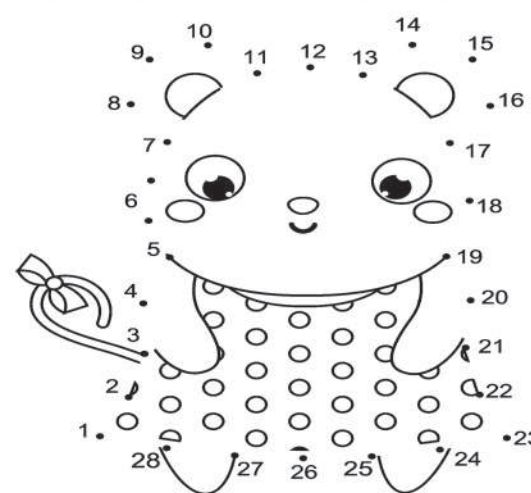
SOLUTION OF LAST WEEK SUDOKU							
6	3	1	9	8	4	7	5
9	7	2	5	3	6	4	8
5	8	4	7	1	2	3	9
7	2	3	4	6	5	8	1
4	6	5	1	9	8	2	3
8	1	9	2	7	3	5	6
2	4	6	3	5	1	9	7
3	9	8	6	2	7	1	4
1	5	7	8	4	9	6	2

MAZE



COMPLETE THE PICTURE

Connect the dots



CAREER AID

Magnetic Therapy

Magnetic therapy also known by the names Magnet Therapy, Magneto Therapy or Magno Therapy is a kind of alternative medical treatment that applies magnet to heal various diseases. It is a simple, effective, economical, safe, entirely painless natural treatment with almost no side effects or complications. Magnetic therapy is regarded both as a science as well as an art, as it involves knowledge about human organisms, various diseases and their treatment with the appropriate usage of magnets. In science, Magnetic therapy is similar to acupuncture and works on the lines of electricity. In arts, it involves the selection of magnets of different sizes and strengths for usage on different parts of the body to cure different ailments.

Besides having the power of attracting iron, magnet is also endowed with many mystical and curative powers to increase energy and prolong life. Magnetic therapy works in a very basic and simple method. The human body is enveloped within a magnetic field and we have a network of magnetic fields running in our system as well. The blood running in our veins contains magnetic properties. During any sort of illness, disease or injury, there is an interruption of the natural blood flow in our body. This naturally affects the internal organs, cause pain in the muscles and joints, apart from giving rise to a variety of other associated symptoms. Thereby the normal energy structure of our body gets affected and we feel sick. With the help of magnetic therapy, this energy can be restored back to the desired normal balance. Magnets of different strengths are placed at strategic locations outside the body, that is, within the magnetic field of the body, so that the blood flow is stimulated with the aid of magnetic radiation. Eventually, the healing takes place as the blood flows freely through the muscles, joints and other internal organs. This can effectively alleviate pain by reducing swelling, soreness and stiffness.



Educational Qualification:

Only few institutes in India are offering Magnet Therapy courses. The minimum qualification for getting admission to certificate, degree and diploma courses in Magnet therapy is 10+2 and graduation for PG courses. The duration of diploma course is of 1 year and graduation and postgraduate diploma course is of 2 years. Some institutes offer short-term Diploma and Masters diploma courses that varies from 1 month to 3 months. These courses can be done by correspondence or in campus.

Colleges and Institutes:

Indian Board of Alternative Medicines, Kolkata
80, Chowringhee Road,
Kolkata (Kolkata Dist.) - 700020
West Bengal

Mahendra Institute of Alternative Medicine, Jaipur
Jaipur (Jaipur Dist.) - 302001
Rajasthan

Institute of Alternative Medicines and Research (IAMR), Kolkata
8A Diamond Harbour Road,
South End Trade Centre (2nd Floor),
Thakurpukur,
Kolkata (Kolkata Dist.) - 700063
West Bengal
Alternative Medical Council, Kolkata
Barasat, Helabattala,
Krishnagar Road,
Kolkata (Kolkata Dist.) - 700125
West Bengal

Orissa Swasthya Seva Sangh (OSSS), Cuttack
Room # 109, Gallery # 6,
Barabati Stadium, Cuttack,
Cuttack (Cuttack Dist.) - 753001
Orissa

College of Clinical Magnetology and Prana Healing College, Thrissur
Christopher Nagar,
Thrissur (Thrissur Dist.) - 680306
Kerala

Alternative Medicine College, Coimbatore
Selva Vinayakar Nagar,
Bellathi (Post), Karamadai,
Coimbatore (Coimbatore Dist.) - 641104
Tamil Nadu

Dr. Shabs Panchkarma Ayurveda Clinic, Indore
Dr.Shabs Panchkarma Ayurveda Clinic M-6 Amar Darshan,
1st Floor, 28/2 Old Palasia,
Saket Square, Indore (Indore Dist.) - 452018
Madhya Pradesh

Indian Institute of Geomagnetism (IIG), Navi Mumbai
Kalamboli Highway, New Panvel,
Navi Mumbai (Thane Dist.) - 410218
Maharashtra

Bihar Acupressure Yoga College (B A Y C), Patna
Gandhi Setu Link Path, Biscoman Colony Golamber,
Gulzarbagh, Patna (Patna Dist.) - 800007
Bihar

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