

Talent Corner

Poem — Why!

A biggest WHY stood in front of me,
As the world seems going against me.

To the things which look strange,
The people not seems in range.

A biggest WHY stood in front of me,
As one approach the steps towards me.

Like the one like the two,
The totality of everything so in too.

A biggest WHY stood in front of me,
As the place is going far from me.

Rajat Kumar
Research Scholar, University of Jammu.

Poem — Glory of Showing Respect

Showing respect to all is in itself a superb thing.
Showing due respect is even to be more glorious.
Showing respect gives rise to deep love and affection.
One can never become small but rises above.

Showing respect to all costs nothing.
Big relationship can be developed with everyone.
Unknown people also to be known to be ours.
Everyone has the same sacred soul.

None is below respect of soul;

None is above respect of soul.
'Disrespect' creates hatred;
Whileas 'Respect' begets respect.

Lord Gautma Buddha had beautifully said,
"Respect is like a mirror.
The more you show 'it' to other people,
The more 'it' will reflect back on you."

Tara Chand Bhagat
(Talab Tillo Jammu)

SUDOKU

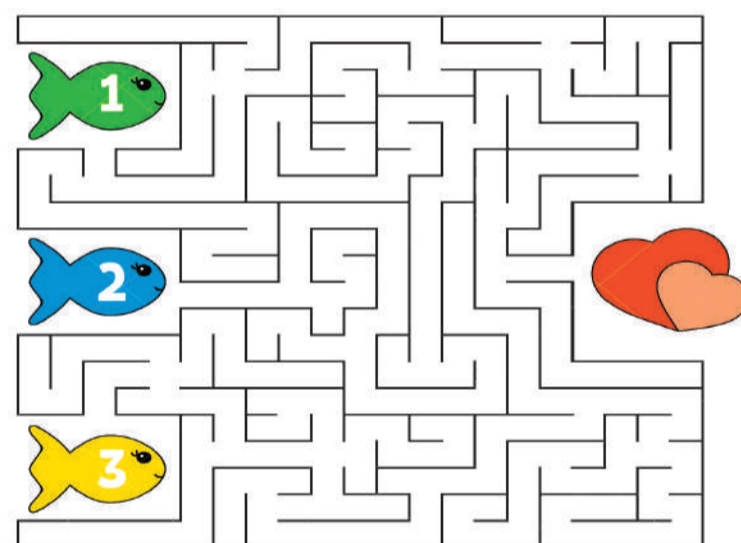
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SOLUTION OF LAST WEEK

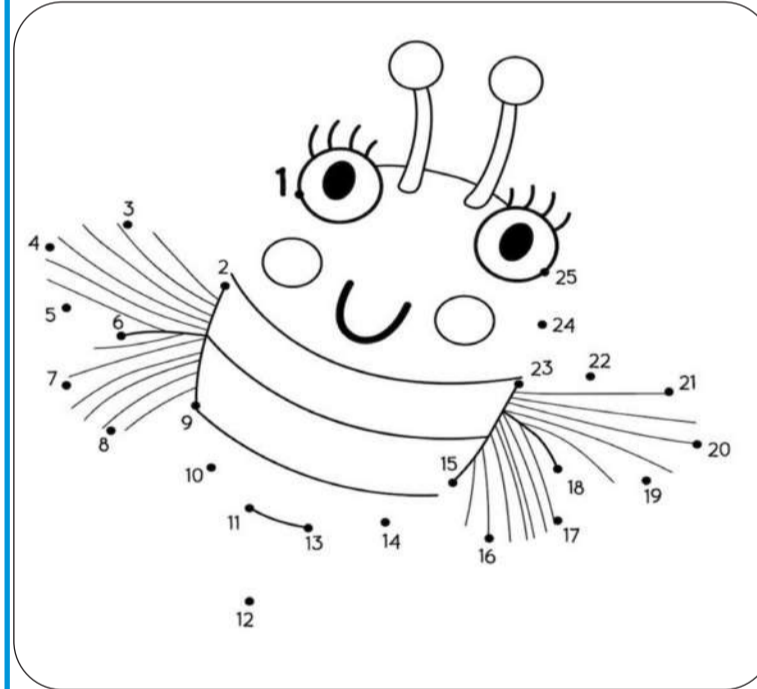
SUDOKU

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



COMPLETE THE PICTURE



CAREER AID

Fitness Trainer

A career that creates wealth and keeps you healthy... With people keen to lose weight and get in shape, fitness training is one of the fastest growing careers in the health and fitness industry today. Fitness is not only a lucrative career it can be termed as a sustainable business too. Careers in fitness industry include that of Athletic Trainer, Physical Therapist, Massage Therapist, Fitness Instructor/Trainer and so on. In this section we can go in detail about the career as a Fitness Instructor/Trainer.

If you love sports, physical activity and exercise, and want to combine your passion for fitness with your career, you are the right person for a career as Fitness Trainer. Fitness Trainers are known by different names- Aerobics instructor, Clinical exercise specialist, Gym instructor, Personal and Corporate trainers. Fitness Trainer is a person who looks after the issues concerning the health and physical fitness of his/her clients. A fitness instructor or a personal trainer's main job is to train people in the various aspects of physical fitness and maintain health by staying fit. Fitness Trainer plan the exercise regimen, by considering the age, lifestyle, health problems and other constraints of the person opting for the training program. They also give them basic advice on health and nutrition. They assess the fitness level of clients and also help to set fitness goals and demonstrate the various routines and give guidance to do it the right way. Fitness trainers/instructors opt various exercise routines such as weightlifting, aerobics, karate, kickboxing, spin cycling, yoga, pilates etc. They can also specialize in any one of these and become a specialist trainer.

Educational Qualification:

Basically, one can start off by learning various nuances of fitness right from their local gym. But as the demand for qualified instructors multiply, those with professional degree is most preferred for this job.

The options for pursuing professional courses are many.



You can opt for a certificate or diploma course in sports science/yoga/fitness/naturopathy to become a fitness instructor.

One can go for a professional course like the Nike Aerobics Course or Reebok Instructor Certification programme or any of the several reputed locally offered courses like those at Talwalkar's in Mumbai.

Its basic course comprises of 80 hours out of which 30 hours are devoted to the theory portion while the rest 30 hours consist of practical training. After the completion of the course, a written and practical examination is conducted. The Nike Aerobics/Reebok Instructor Institute is located in Delhi and Mumbai besides many other Indian cities. For details of Reebok programme refer the website www.reebok-training.com/

Diploma or Bachelor courses in Yoga & Naturopathy courses can also be taken by an instructor. The Sports Authority of India (SAI), Lakshmbai National Institute of Physical Education are prominent institutes that offers courses in Sports & Athletics Coaching.

Colleges and Institutes:

Ganpat Sahai PG College, Sultanpur
Sultanpur(UP) ,
Sultanpur (Sultanpur Dist.) - 228001
Uttar Pradesh
Shri Jagdish Narayan Mahendra Prasad Mahavidyalaya, Azamgarh
Ragghupur, Po- Khanpur, Bharatpatti,
Uttar Pradesh. , Azamgarh (Azamgarh Dist.) - 276139

Uttar Pradesh
Alvas College of Physical Education, Dakshin Kannada
Smt. Sundari Ananda Alva Campus, Vidyagiri,
Moodbidri, Dakshina Kannada ,
Dakshin Kannada (Dakshin Kannada Dist.) - 574227
Ironwood Sports Management Global Academy, Chennai
180, Old Mahabalipuram Road,
Nehru Nagar Perengudi ,
Chennai (Chennai Dist.) - 600096
Tamil Nadu
Ironwood Sports Management Global Academy, Mumbai
301, 3rd Floor, Symphony,
Nehru Road, Above ICICI Bank,
Vile Parle (East) , Mumbai (Mumbai Dist.) - 400057
Acharya Narendra Dev Kisan Post Graduate College, Gonda
Near Babhnan Sugar Mill, Babhnan,
Gonda Uttar Pradesh , Gonda (Gonda Dist.) - 271313
Sri Shambhulingeshwara college of physical education, Mandya
Jayanthinagar, Mandya, Karnataka ,
Mandya (Mandya Dist.) - 571427
Karnataka
Sonam Gyatso Mountaineering Institute (S.G.M.I.), Gangtok
Ladakhi Mansion , Gangtok (East Sikkim Dist.) - 737101
Sikkim

If you have any ideas, poems, stories,
paintings that you would like to share with us,
please send it to
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AMPHALA, JAMMU, 180001
or send via email to statetimes1@gmail.com