

Talent Corner

Poem — Separation - Mother's Unconditional Love

During a few days ago there came a strong storm by which a tree was uprooted ,
and parrot mother fled away with loss of its kids.
One had no idea , in that tree little lives of parrot kids numbering four were there.
One of them suddenly picked up by a crow sitting nearby.

The two others picked up by another man.
The youngest of all, i picked up and started feeding it on milk.
Now it is fourteen days old taking all fruits.
Surprisingly, a thing is to be told that it sleeps along with me clinging up with my chest
When it feels hungry, I feed it with khichdi of moong dal daily and it is getting up smart day by day.

My youngest brother's kids enjoy its wonderful company the whole day long
And does not let it feel separation from its mother's unconditional love.
What a mother's unconditional love towards its kids!!!!
This shows how i love birds' world which is our moral duty for its saviour.

Tara Chand Bhagat, Talab Tillo, Jammu.

Poem — I never give my pen

I swear, My pen, I can't share.
In fact, no one can dare
To touch my pen, When I am not there.

I am not a person with greed,
But I can't fulfill anyone's pen need.
Whether I have one or ten, I never like to give any of them.

It's my own thought, I am not afraid of what you think about me,
Better to have your own pen brought.
Never ask it from me, I consider it my own crime,
I will clearly deny from the next time.

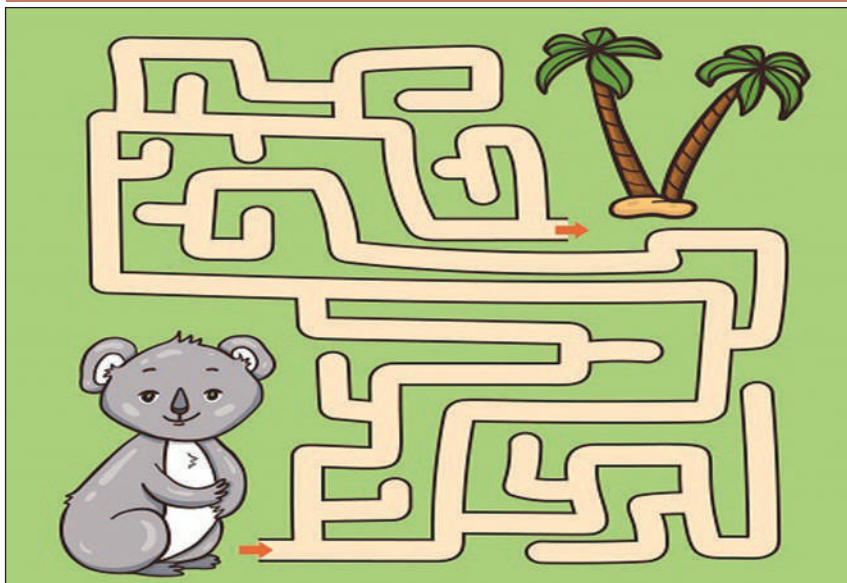
Sahaj Sabharwal
Jammu city.

SUDOKU

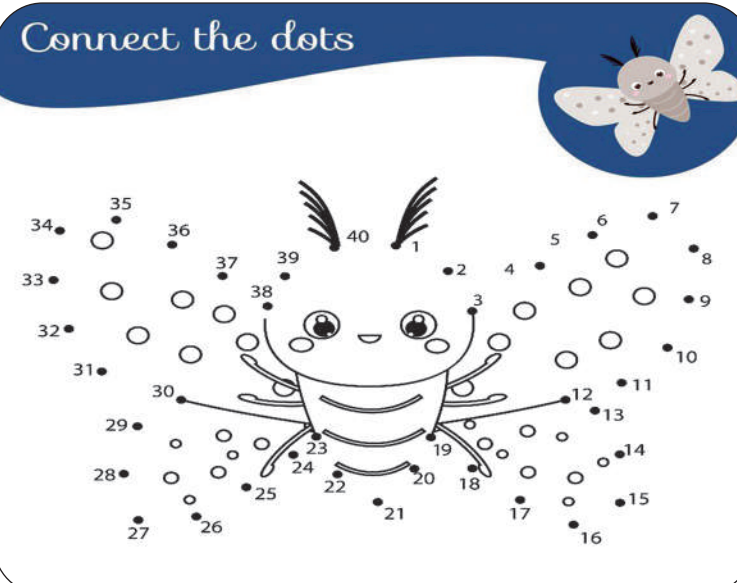
	2		1	5				6
3	1			9			4	
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9					4		8	2
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SOLUTION OF LAST WEEK SUDOKU								
7	5	1	3	6	2	9	8	4
8	2	4	1	9	7	5	3	6
9	3	6	8	4	5	1	2	7
2	1	3	4	7	9	6	5	8
6	4	8	5	1	3	2	7	9
5	7	9	6	2	8	4	1	3
1	9	7	2	8	6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

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.

Fitness trainer works one-on-one in case of personal training, works for a group of people in fitness centers, health clubs or gym etc. Fitness training can be divided into three major sub-categories: Group Fitness Instructors, Exercise



Specialists and Personal Trainers. People who teach any form of exercise in a group/classroom setting are referred to as group fitness instructors. Exercise Specialists work with people suffering from specific physical ailments.

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.

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
Karnataka
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
Maharashtra
Acharya Narendra Dev Kisan Post Graduate College, Gonda
Near Babhnan Sugar Mill, Babhnan, Gonda Uttar Pradesh , Gonda (Gonda Dist.) - 271313
Uttar Pradesh
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
Indian Mountaineering Foundation, New Delhi
6, Benito Juarez Marg, South Campus, South Moti Bagh , New Delhi (Delhi) - 110021
Delhi

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