

## Talent Corner

### Poem — Reaching that happy space

You are away from your happy place,  
Because you have to participate in the race.  
It's that race,  
From where even apathetic individuals can't chase.

Those who try to chase, It creates another phase.  
Just for the purpose to fill that void with the possible grace,  
A grace which makes your face a happy face.  
After doing struggle expelling wet sweat you need to chase,

It's interesting after achieving being nostalgic to have a quick trace.  
With a hope that you will achieve those happy days,  
Those days which you expect to achieve some grace.

Parties might have different ways,  
All ways constrain to reach that common happy space.

- Sahaj Sabharwal,  
Jammu.

### Poem — Sweet Memories of Childhood

Childhood is the golden period of all children.  
So, they never like to get their childhood  
fried like fishes into couldron.  
This is the period in which they enjoy their life like a king.

They play all sorts of games, riddles and also make a ring.  
They keep their fear and worries thousand miles away.  
Eat, make merry and enjoyment is the sole purpose of their play.  
Thus every child wastes a wonderful time in every nice day.

They never ever think of any bar and barrier of casteism.  
Their expression of innocence always show optimism.  
They also never believe in darkness and pessimism.

They pick a quarrel, squabble and quickly make compromise.

Having forgotten at once all disputes  
they make their ways minimize.  
They always speak out the truth and never hide anything.  
They damn care all other periods of life and  
think of childhood is something.

Each child wishes to be leading wilful life.  
However, they innocently quarrel over trifles but never swipe.

Tara Chand Bhagat,  
Talab Tillo, Jammu.

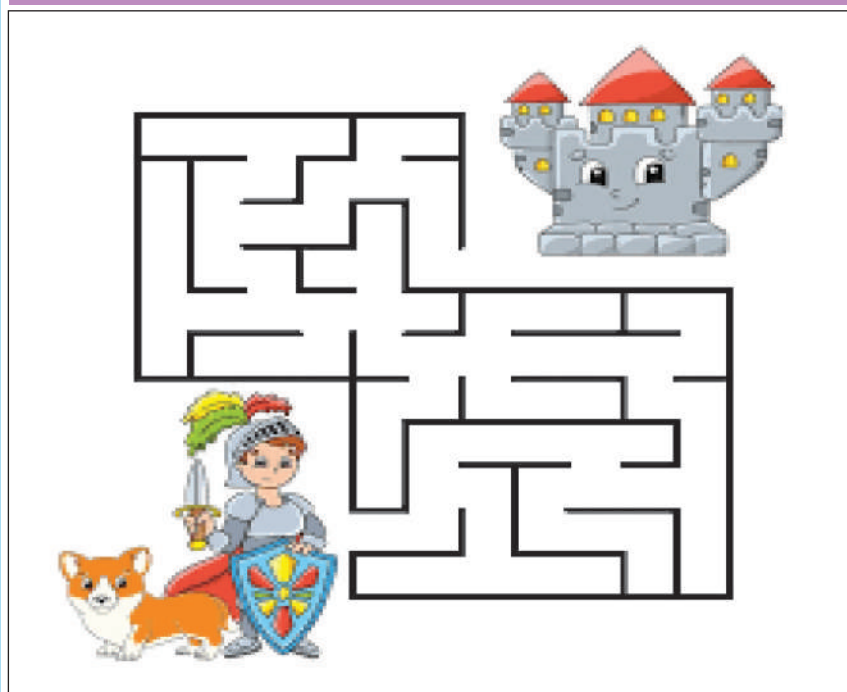
#### SUDOKU

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

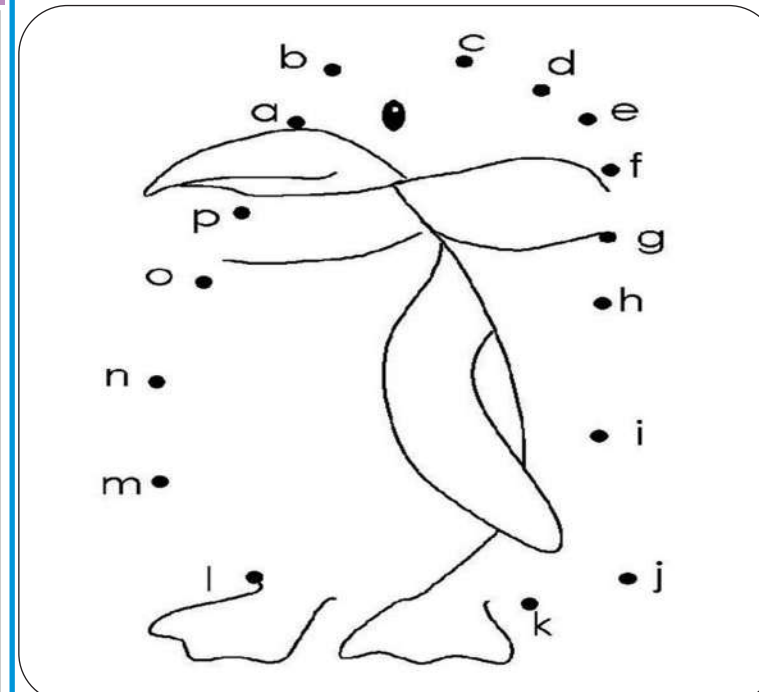
**SOLUTION  
OF  
LAST  
WEEK  
SUDOKU**

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

#### MAZE



#### COMPLETE THE PICTURE



## CAREER AID

### Gastroenterology

Gastroenterology is the branch of medicine that deals with the digestive system. Diseases that affect the gastrointestinal tract as well as the related organs are focused on, in this branch. A Gastroenterologist or GI doctors are specialists in digestive systems. Gastroenterologist specializes in the diagnosis and treatment of patients affected by problems related to gastrointestinal organs (also known as digestive system) like small intestine, gallbladder, colon, Bile duct, pancreas, stomach and other related parts. So, if you have any problems of the digestive system, a gastroenterologist is the one you should consult. Gastroenterology is a specialty of internal medicine. The specialty involves the diagnosis and management of patients with diseases of the intestines, liver and biliary tree, and pancreas. Gastroenterologists often treat patients with abdominal pain, constipation, diarrhea, heartburn, unexplained weight loss, nausea, vomiting, and rectal bleeding. The job also involves treating severe digestive conditions such as colon polyps, colon cancer, colonitis, hepatitis, gallbladder disease, irritable bowel syndrome, pancreatitis, peptic ulcer disease. They specialize in treating and possibly curing all forms of digestive diseases. Most gastroenterologists also practice some hepatology, which is the treatment of liver disease and maladies. Two of the most common diseases which they need to treat are hepatitis, inflammation of the liver caused by viral infections or medication, and liver cirrhosis, which is usually related to alcoholism. **Educational Qualification:** Since this is a specialty within the medical field that requires an individual to be a subject matter expert in their area, advanced education and training is a must. Becoming a Gastroenterologist generally entails several years of training beyond an MBBS degree, as well as board



certification. To become a Gastroenterologist after taking MD / MS / DNB, one has to go for a DM in Gastroenterology. One who wish to be a Gastroenterologist must have passed 10+2 exam with biology, chemistry and physics. On completion of Plus two students have to appear for the competitive entrance exam for MBBS (Bachelor of Medicine and Bachelor of Surgery). This is a 5½ years course which includes one-year internship period or house surgency as well. After that one has to go for MD / MS / DNB which is of 2 to 3 years duration. Then go for specialisation in the field i.e DM in Gastroenterology. For surgical intervention one has to get a MCh in Gastroenterology. DM and MCh are of 3 years duration. Admission to this doctorate level course is provided both on the basis of performance in the qualifying exam (i.e MD) as well as on the basis of performance in the entrance test, varying from institution to institution.

**Colleges and Institutions:**  
**Gobind Ballabh Pant Institute of Postgraduate Medical Education and Research, New Delhi**  
1-Jawaharlal Nehru Marg,  
New Delhi (Delhi) - 110001  
**St. Johns Medical College, Bangalore**  
Sarjapur Road,  
Bangalore (Bengaluru Dist.) - 560034  
Karnataka  
**Christian Medical College, Vellore**  
Ida Seudder Road,  
Vellore (Vellore Dist.) - 632004  
Tamil Nadu  
**Kasturba Medical College, Manipal**  
Light House Hill,  
Manipal (Udupi Dist.) - 576119  
Karnataka

**Maulana Azad Medical College, New Delhi**  
Bahadur Shah Zafar Marg,  
New Delhi (Delhi) - 110002  
**Delhi**  
**All India Institute of Medical Sciences (AIIMS), New Delhi**  
Safdarjung Enclave,  
Aurobindo Marg,  
Ansari Nagar,  
New Delhi (Delhi) - 110029  
**Sher-i-Kashmir Institute of Medical Sciences, Hyderabad**  
Soura, Srinagar,  
Hyderabad (Hyderabad Dist.) - 190011  
Telangana  
**Sanjay Gandhi Postgraduate Institute of Medical Sciences (SGPGMS), Lucknow**  
Raebareilly Road,  
Lucknow (Lucknow Dist.) - 226014  
Uttar Pradesh  
**Institute of Post Graduate Medical Education and Research (IPGMER), Kolkata**  
244, A.J.C Bose Road,  
Kolkata (Kolkata Dist.) - 700020  
West Bengal  
**Government Medical College, Kozhikode**  
17 Medical College Road Medical College Junction,  
Near Police Station,  
Kozhikode, Kozhikode (Kozhikode Dist.) - 673008

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](mailto:statetimes1@gmail.com)