

Talent Corner

Poem — 'My Mom'

Her eyes are beaming with compassion and affection
Where I see immense blessings for me
A sea of tranquility I feel In her soulful voice

Her smile gives me
Thousands of reasons to live my life gleefully
A sacred place is her lap
Where I find solace and peace
A fragrant rose is she Who blooms with Grace and glory

Amid thorns and storms
She has no lack of time for me
A source of unconditional love And eternal bliss

The one whom I trust the most
She's my world, She is none other than
My mom.

Alka Sharma, Rehari Colony.

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)

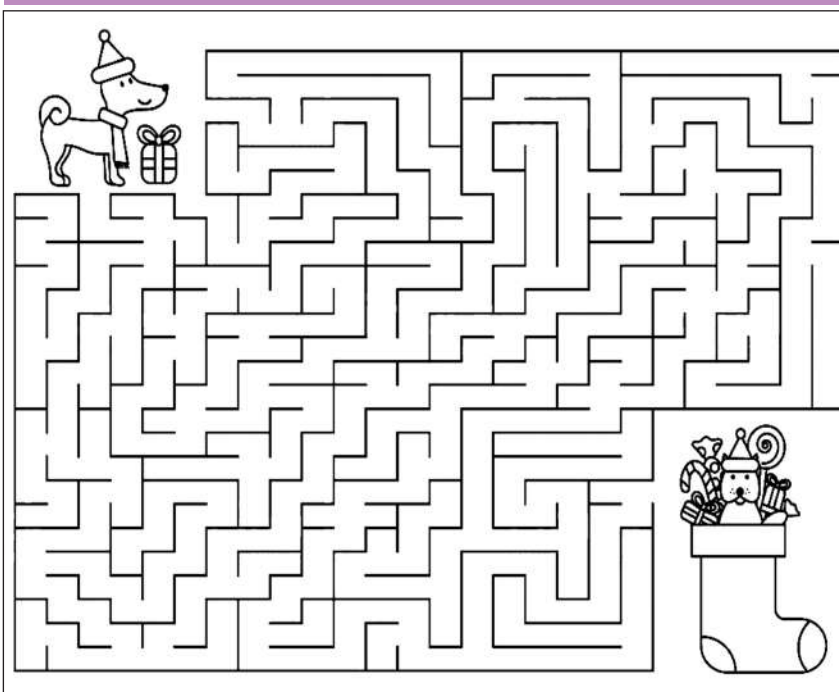
SUDOKU

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SOLUTION
OF
LAST
WEEK
SUDOKU

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

MAZE



COMPLETE THE PICTURE



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
Alternative Medicine College, Coimbatore
Selva Vinayakar Nagar,
Bellathi (Post), Karamadai,
Coimbatore (Coimbatore Dist.) - 641104
Tamil Nadu
Dr. Shahs Panchkarma Ayurveda Clinic, Indore
Dr.Shahs 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
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AMPHALA, JAMMU, 180001
or send via email to statetimes1@gmail.com