

Talent Corner

Poem — Thought of a Woman

She never thought about what she is facing now.
She never thought about the pain She is bearing now.
She never thought about the discourage
She is getting from everyone now. She never thought about the insult
She always face all around.

She never thought about the cheating
which she gets from her loved ones.
She never thought about the abusing words
which some people use for her.
She never thought about the ritual
which society already decided for her.

She never thought about the separation
Which she gets from her parents home.
She never thought about the comments
which she listens in her husband home.

She never thought about the ignorance
Which she gets from everywhere.
And after facing all these things
She really never thought about the strength which she has shown.

Sofia jangral,
Bari Brahmana.

Poem — Shopping to seek happiness

Happiness is a mysterious thing,
to be found somewhere too little and too much.
But it is as elusive as a butterfly, and we must never pursue it.
Happiness radiates like the fragrance from a flower
and draws all good things towards you.
Happiness is an internal phenomenon,
it is not an external achievement.

Love is the secret of the happiness which
the world cannot give and cannot take away.
Let us, therefore, do all we can to help others,
to give happiness to as many as we can.
Happiness is too great to be described in words.

The Happiness we give to others comes back to us.
Happiness is like the Sun, it is often hidden by
the clouds of thoughts and worries.

So we have to scatter and dissolve the clouds of our thoughts and worries
to be able to experience happiness.
Happiness does never lie in having wealth, position,
Status but is also ever found in loving birds, animals, ants and insects.
Even we can say the secret of happiness,
therefore, lies in devoting our lives to a noble aim, a great ideal.
So, the more we happy, the more we enjoy the best of our life.

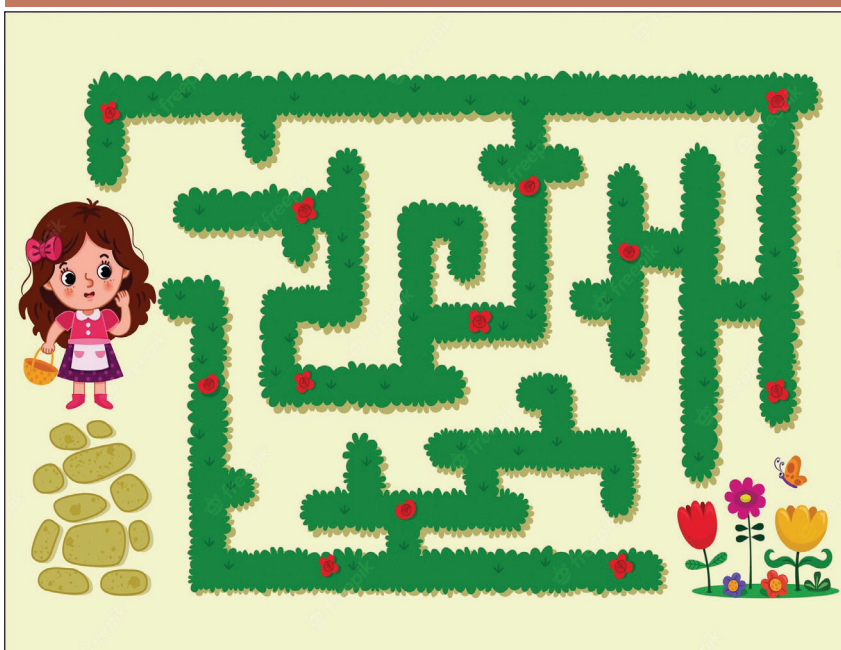
Tara Chand Bhagat, Talab Tillo, Jammu.

SUDOKU

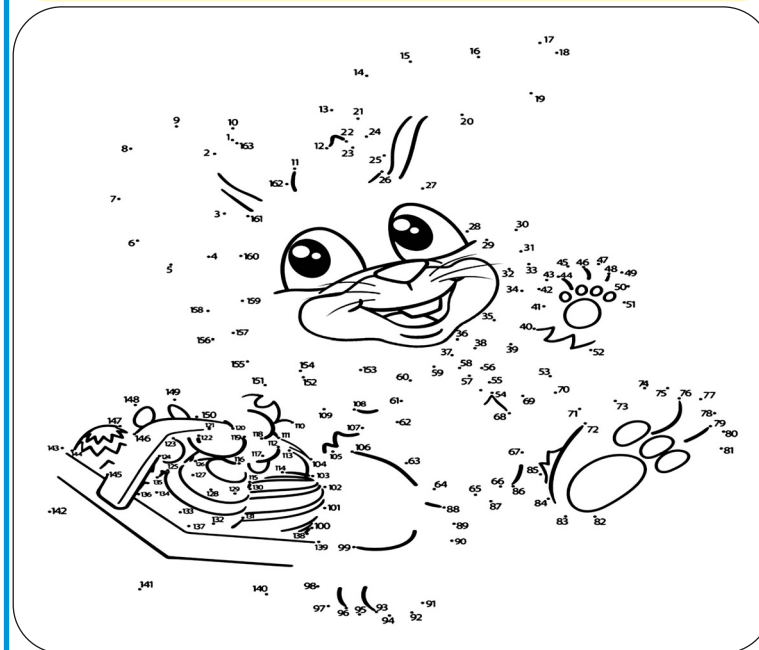
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SOLUTION OF LAST WEEK SUDOKU								
7	1	6	8	3	5	9	2	4
4	5	3	9	2	6	8	1	7
2	9	8	7	4	1	3	5	6
8	7	4	3	1	2	5	6	9
3	6	9	5	7	8	2	4	1
5	2	1	4	6	9	7	8	3
1	8	7	6	5	3	4	9	2
6	3	5	2	9	4	1	7	8
9	4	2	1	8	7	6	3	5

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
Kerala
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