

A very Happy Birthday SPARK. You are only 6 yrs old but you did a lot and lot to do in the coming years. You carry our views,cookies,ideas and our feelings in poetry form to all. you cover all indoor and outdoor activities of Visteel Mahila Samiti in a Colourful and Powerful way. You are a beautiful reflection of the TEAM.

- KVS Valli

May you keep adding sparkle to our lives with your heartfelt stories, informative articles and humour filled jokes.

- Sushma, delhi.

'స్పార్క్' పత్రికకు హృదయపూర్వక జన్మదిన శుభాకాంక్షలు.

- బి లక్ష్మీదేవి

Let the words flow,
Let the pages fill,
Let the memories gather,
May you reach greater heights,
May your presence spread far and wide,

HAPPY BIRTHDAY DEAR SPARK.

- Leena Ghosh

Think style. Think you. Same to same. Happy Birthday Spark and wishing editorial team many more accolades, lots of love and many more to come your way.

- Indrani Maji

'స్పార్క్' పత్రిక విభిన్నాంశాలతో అందరినీ ఆకట్టుకుంటూ ఎన్నో పసంతాలను చవిచూడాలని ఆకాంక్షిస్తున్నాను.

- ఎమ్ బి పడాల

Spark...You are sparkling the 7 wonderful colours of Rainbow in our heart.. Many more colours of wonders will wait for you...

HAPPY BIRTHDAY TO YOU

- Rosini Nayak

I congratulate spark team members on this occasion and further wish 'spark' to sparkle enough to touch each of us with good and true energy and keep us energetic.

Happy Birthday Spark!

- Maumita & Arvind

जन्मदिन के लम्हें मुबारक आँखों के ख्वाब मुबारक समय ने पहुँचाया है जिस मुकाम पर तमाम बुलंदियों के सौगात मुबारक।

- डॉ जे के एन नाथन

'స్పార్క్' పత్రిక ఇలాగే ఎన్నో పుట్టినరోజు వేడుకలను జరుపుకుంటూ దిన దిన ప్రవర్తమానంగా ముందుకు సాగాలని అభిలషిస్తున్నాను.

- జి రమాదేవి

Spark has been one of the original works that has positioned itself as a magazine with strong contributions. I congratulate the Editorial team for the perseverance and articulate exhibition of skills, to get to this day. More strength to the team and let the party go on!

-N Pradeep (IT Dept)





Editor-in-Chief

Dear Readers,

With unflinching patronage of RINL, with untiring efforts of authors and editorial team and with unstinted support of our readers, SPARK has completed six years of publication. All through these years, SPARK has become the voice of VMS- reflecting its innumerable charitable and social works and continued to provide opportunity for bringing forth the writing skills, wit and wisdom of the members. On this occasion I express my heartfelt gratitude to all the stakeholders and well-wishers of SPARK.

Continuing its tireless benevolent efforts, in last quarter VMS with the help of doctors and paramedic staff of VSGH has organized a Blood donation camp where many people from Ukkunagaram participated enthusiastically. Also VMS organized a mesmerizing cultural program "Oorja" with complete in-house participation in the honour of distinguished members of panel of Judges for PM trophy who enjoyed the program with great admiration.

The editorial team of SPARK is striving hard to make the magazine interesting and in this effort we have attempted to bring some newness from this issue onwards. Hope our readers will like the changes and continue to support us by providing invaluable feedback.

A new feature "Ukkunagaram days" has been introduced. This has helped us in connecting with many families of VSP who have made this place their home and have very fond memories to share with SPARK. Also based on the overwhelming response to the feature "Khana Khazana" we have tried to make this feature more informative and interesting.

While the team "SPARK" is putting all out efforts to further improve the magazine, we seek precious comments and literal contributions from our readers to up keep the dazzling "SPARK"

Thank You ...

Bindoo Mohapatra

Bindoo Mohapatra

पी मधुसूदन
अध्यक्ष-सह-प्रबंध निदेशक
P Madhusudan
Chairman-cum-Managing Director

राष्ट्रीय इस्पात निगम लिमिटेड
(भारत सरकार का उद्यम)
Rashtriya Ispat Nigam Limited
(A Govt. of India Enterprise)



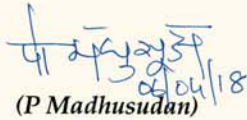
Message

It is heartening to note that "Spark", an in-house magazine of Visteel Mahila Samiti (VMS), has completed six sparkling years; and a Special Anniversary issue is being brought out to mark the occasion.

VMS, as the extended arm of RINL, has been rendering dedicated services for the welfare of the people around the neighbourhood through active participation in some of the CSR activities of the company. Apart from the above, VMS is also fully involved in the development of its members by organizing a number of meaningful programmes attracting wide participation of its members.

Spark is yet another platform for the members of VMS to exhibit their skill and talents. Spark also captures special moments in the life of its members as well as their outstanding contribution in various fields. It has gradually emerged as a medium to showcase the creativity of its members.

I take this opportunity to convey my hearty compliments to VMS and the editorial team of Spark for their dedicated efforts and wish them great success in all their future endeavours.


(P Madhusudan)

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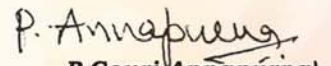
Message

It gives me immense pleasure to note that "Spark" has completed six long years and the editorial team is bringing out a special issue to mark the occasion.

"Spark" over the years has improved leaps and bounds and special features are getting added in every edition, making it very interesting for its members. In fact, the contents are so appealing inducing the members to share their skill and talent voluntarily. The "Ukkunagaram Days" is a novel feature which helps the past members to reminiscence their beautiful days in this wonderful township.

It is heartening to note that "Spark", which started with the intention of sharing the good work being done for the society by the Visteel Mahila Samiti, has graduated over the years and today it has a far reaching connectivity duly recognized by one and all.

I Wish the editorial team of "Spark" the very best in all their future plans and look forward for more interesting features in the days to come.


P Gouri Annapurina
Honorary President -VMS



Job WE MET.

Life is a journey and it begins with a single step. A famous American poet, by name, Robert Frost writes in his poem 'Stopping by Woods on a Snowy Evening', "The woods lovely, dark and deep, but I have promises to keep, and miles to go before I sleep..." You begin your journey from your mother's womb to the world yourself as a unique singular gift of God.

At the beginning of life, you encounter specific persons to help you out, as you are dependent as a little child. As time passes by, you obtain self-sufficiency and march forward finding meaning to your life. Sometimes, you may seem so different from others with your unique choices in life.

Some may look at you strangely for the choices you make. Life is an expedition beginning from your mother's womb to tomb. It is a kind of a journey, a pilgrimage to eternity with three passengers in your cart, that is you yourself, your mortality and your eternity.

As Spark is celebrating her sixth birthday, if I begin to tell you the journey of my Religious vocation, it is my hope that it will inspire you in some way. I was born and brought up in a traditional Syrian Christian family in a little town in Kerala, where the sky met the hills and the horizon touched the clouds and murmured secret notes day in and day out. It is a picturesque and scenic town meandering the Sahyadri with lush green meadows and attractive running brooks with their exquisiteness and elegance.

At home, I grew up carefree in the coziness of my house and the school along with my parents. I was a vibrant young little girl always inquisitive and insatiable. I was brought up with love and affection up to the brim. I was like a tomboy, very naughty, very lively and effervescent in my manners. I was a good athlete, and was studious. We had a team of five friends known as 'five stars'. We were very enigmatic bubbling with joy. We made many happy by our presence. In our childhood we were inseparable friends. I was very loquacious and never wasted a chance to speak myself out.

As the time went on, there was a divine spark within me to shed the ways of the world and to renounce myself to the service of the Lord and His people. It was a decision, I couldn't make on my own because I was not mature enough then rather I was boisterous and hilarious in my ways. 'To be or not to be: that's the question, whether 'tis nobler in the mind to suffer. The slings and arrows of outrageous fortune, or to take arms against a sea of troubles, and by opposing to end them". I was undecided like the prince Hamlet, but, at last, gave up my will and took on the will of my Lord. I disembarked the steps of my house, leaving behind my parents, siblings, friends and relatives. My parents, friends and teachers admonished me for my choice of life. Some

were even skeptical about my decision thinking that I may not persevere in a religious convent for a full week altogether because I came across to them as a talkative person, so energetic and playful. I also used to spending hours in reading novels and engaging in many fun-loving activities.

Somehow, I realized the divine invitation and marched out with a heart full of love and conviction for my unseen Valentino. It was so challenging however to part with my grandparents because they were so dear to me and I grew up with them. For many days, it was a pain like a thorn in my flesh. Somehow, I endured everything for a greater cause and it proved to be fruitful as I look back today. I go around with these words in my mind "Love all, trust a few, do wrong to none".

All I'm today is because of the grace of God working within me. I have nothing to boast or claim. I have completed twenty-two years in the service of the Lord and to His people. There is no any regret in the following of this way of life for Jesus and never even thought to look back or mount back the steps, I had disembarked because I'm always surmounted with joy deep within. As Saint Paul would say, "The grace of God is sufficient to live on". And I believe 'This world's a mere stage and all men and women are but different characters in the divine drama. Every one of us have our own exits and entrances, and each one of us has a part to do and when your turn is over you need to go behind the curtain'.

Even though I left behind only three siblings, the Lord has gifted me with hundreds of siblings and friends to share my joys and sorrows. I was not burnt out rather I burn myself for a greater cause. I believe I'm only a humble instrument, 'The handmaid of the Lord' in the words of our Blessed Mother, and I'm called to light up the lives of many unfortunate ones with the spark of flame I receive from the Lord. And I'm sure there are many persons that have known me, have had the blessings of the Lord, just I have from them and I'm damn sure there are faces with beautiful smiles when hearing my name.

With all surpassing and unfathomable love of God, I am very zealous for God's work in His vineyard. I'm commissioned to be an ambassador for Jesus.

You are a gift and you are blessing in my life!

-Sister Bindu Abraham



SPARK 6th ANNIVERSARY



NEIGHBORHOOD STORIES

Life is a series of experiences.

“Neighbourhood Stories” is about, Ukkunagaram days. It’s about stories and experiences shared by earlier and present residents about their life and times in ukkunagaram. Sharing below, are the responses of the Facebook post by Ms.Tulika Prasad who had shared her memoir in the previous issue of Spark. Read on...

Tulika's post

NEIGHBORHOOD STORIES

MEMOIR: Ukkunagaram... I got married and left living, and again in the year 1988, I got married and left living, and again in the year 1988, I got married and left living, and again in the year 1988, I got married and left living...

You, Deepa Vainshavi and 87 others

Jyotsna Subbu
Lovely article...Memories....Miss ukkunagaram a lot !!!
20 January · Like · Reply

Vani Desh
Most welcome to ukkunagaram .. you can relive every happy moment of ur life here by connecting with us thru spark !
20 January · Like · Reply

Seena Varghese
Tulika didi, am so glad that you wrote the article. Sure did refresh the good of memories of our life in Ukku. I could totally connect with what you wrote. We still belong to Ukkunagaram and vice versa
20 January · Like · Reply

Jatin Kumar
Lovely
20 January · Like · Reply

Ajanta Hota
Awesome
20 January · Like · Reply

Shveta Mathur
Didi you nailed it. All of us feel the same attachment with Ukkunagaram. Beautifully written.
20 January · Like · Reply

Ruby Mishra
Tulika
20 January · Like · Reply

Suresh Doki
Very well written Tulika!
20 January · Like · Reply

Lakshmi Gopalan
Well written, made me nostalgic
20 January · Like · Reply

Tulika Prasad
Thanks a lot everyone.. love you all
20 January · Like · Reply

Munmun Dandona
Enjoyed the read and got transported to those simpler fun filled days of childhood ..
20 January · Like · Reply

Tulika Prasad
Munmun, thank you. Get inspired by you.
20 January · Like · Reply

Swati Gulati
Soooo true Tulika di!... there could never have been a better place to grow up... such fond memories of such amazing people, we all were more than family!!!
20 January · Like · Reply

Swati Gulati
sūre... inbox!
20 January · Like · Reply

Dimpy Makhija
Swati : Visited the house 3 weeks back and all the memories are still fresh
20 January · Like · Reply

Swati Gulati
Dimpy Makhija How i wish i could go back in time n stick to these memories!
20 January · Like · Reply

Vani Desh
Hi ! se wala invite to all u lovely ukkunagaram family members .. do plan n visit here . Would love to meet you guys.. also, pls connect with us thru ur writings... pls write for any feature of spark! Pls do share with ur ukkunagaram friends n family reg spark...
20 January · Like · Reply

Sunanda Bhattacharjee
Well written Tulika! Stay blessed!
20 January · Like · Reply

Lakshmi Pattapu
You spoke our heart didi. Miss Ukkunagaram. Cherish the those good old days.
20 January · Like · Reply

Nishi Kapila
Fond memories flashed by... great that you wrote Tulika. And thanks Vani for publishing it!
20 January · Like · Reply

Vani Desh
Pls dont thank at all, the pleasure is all ours! Request you n family to share stories of ukkunagaram or write for any feature if spark
20 January · Like · Reply

Aditya Kandregula
Fantastic writing Tulika Prasad!!
20 January · Like · Reply

Shiwangi S. Anand
Very well written Didi
20 January · Like · Reply

Dhanya Vijay
Wow ...that was an awesome read
20 January · Like · Reply

Tulika Prasad
Thanks so much everyone !
20 January · Like · Reply

Minakshi Mahajan
Hi didi, I always thought that it's only me who misses Township life so much.... No one could ever had had better childhood than v had... Thanks for beautifully penning it down.
20 January · Like · Reply

Annu Gaharwar
Wow gr8...awesome ...
20 January · Like · Reply

Tulika Prasad
Awwww... chotu!
20 January · Like · Reply

Ashish Dandona
The article was...like tip of the iceberg...wanted it to go on and on...Very nostalgic...
20 January · Like · Reply

Tulika Prasad
Ashish, getting inspired... feel like writing Memoir-kvm
20 January · Like · Reply

Ashish Dandona
Pls do..lots of us who would appreciate the journey to memory lane...
20 January · Like · Reply

Rohini Sharma
Miss being ill!
20 January · Like · Reply

Tulika Prasad
Awwww... chotu!
20 January · Like · Reply

Krishna Kumari
Lovely writing... Took us back to ukkunagaram
20 January · Like · Reply

Anup Ranjan Prasad
Excellent!
20 January · Like · Reply

Anjana Sampige
Brought back memories Tulika. Thanks for sharing. I cannot forget my Ukku life. I am yet to go back and show my Ukku days and memories of Ukkus. Some day, for sure. Very well written
21 January · Like · Reply

Dinesh Thakkar
Lovely write-up...No one can forget our Ukkunagaram days
21 January · Like · Reply

Beautifully penned down Tulika... Fresh memories. A place i always cherish to go back.
21 January · Like · Reply

Meera Shrivastava
Excellent
21 January · Like · Reply

Tulika Prasad
Thanks everyone!
21 January · Like · Reply

Alka Sinha
Nostalgic. Great Tulika
21 January · Like · Reply

Tulika Prasad
Thank you dear !
21 January · Like · Reply

Jaya Dubey
Really Tulika you took us all back to our favourite destination ukkunagaram those houses co operative stores ukkuclub pool all temples new year Eve's Durga puja n above all our Kv VSP
21 January · Like · Reply

Sushma Sinha
Thank u very much for such a beautiful memory Tulika Prasad
21 January · Edited · Like · Reply

Tulika Prasad
Thanks Maus!!
21 January · Like · Reply

Durgesh Tripathy
Very well narrated Tulika. Great
21 January · Like · Reply

Pazhoo Gopala Panikkar
MRAKsinha, Urmilaji and their family members were very good neighbors for us. We always cherish their memories. We could meet o Tulika later at Delhi. Our invitation to them stand even now to Kollam in Kerala.
21 January · Like · Reply

Tulika Prasad
Thank you so much Uncle! We too always remember you all. Our Kerala life is still due. We will definitely visit you...
22 January · Like · Reply

Meera Rattan
Kumu you flashed back all sweet memories. I can never forget the time spent with you all.
23 January · Like · Reply

neetam Urover mennaratta
Excellent write up!!!!!! Keep it up... God bless...
22 January · Like · Reply

Tulika Prasad
Thank you sooo much Neelamji!
22 January · Like · Reply

Meera Rattan
Ajay Sinha's family is very close to our family since long time We cherish the memories of togetherness at Kudremukh n Ukkunagaram.
23 January · Like · Reply

Tulika Prasad
Very true Aunt! We are family.
23 January · Like · Reply

Monalisa Panda
Wow so well written Didi got back all the memories. Fortunate that my children were born in Ukku the only place that was Home for us for so many years. But alas do see friends post pictures of it's un maintained condition these days and feel sad.
25 January · Edited · Like · Reply

JP Srinivas
Well written... Limited but sweet memories for sure... (for me)
26 January · Like · Reply

Tulika Prasad
Thank you ! A very Happy New year to you! How are you all. Long time.
25 January · Like · Reply

Reetu Das
Di, wonderful write up. Our life in Ukkunagaram in nutshell. Di, I remember vividly our Holi celebration in sector- V. Collecting sticks and things for holiha dahan and then bada sa aluminum dabba ko bajana as dhol. Sinha aunty le ke aati th woh dabba .. Then having all sweets and dahi wada on Holi day.
25 January · Like · Reply

Vani Desh
Hi ritu... I happen to be a part of the Team Spark. Really overwhelmed to wonderful n heart warming responses from members of the ukkunagaram family .. the feature " ukkunagaram days" is actually dedicated to everyone who has lived here n made it what it is today.
26 January · Like · Reply

Ajoy Banerjee
Nice written. Enjoyed reading
26 January · Like · Reply

Rohini Veera
Hi Tulika... This is Rohini, Jyotsna's cousin...Do u remember me...I had just read your article...it was really nice... Don't feel lost when u visit Ukkunagaram next time because there is a surprise...My husband works in Steel Plant and we live here, in township...
26 January · Like · Reply

Rohini Veera
Hi Vani...how r u...I didn't cum to my time this as I was busy with guests at my place
26 January · Like · Reply

Kishu Banerjee
Super!!
Those were the days my sis.. We thought they'd never end We'd sing and dance forever and a day We'd live the life we choose We'd fight and never lose For we were young and sure to have our way. La la la... Those were the days...
26 January · Edited · Like · Reply

Swati Acharya
Tulika, how lovely, thanks for bringing back such fond memories. I have never enjoyed durga puja since leaving Township and memories of the seaside concert with Hariprasad Chaurasia and Kamal Hasan.





Outstanding Students Are Seldom Made Indoors

"Pupils enter crying and leave crying."

This is the first thing that comes to my mind when I recollect my memories associated with Jawahar Navodaya Vidyalaya. (JNV).

JNV's curriculum and teaching pedagogy revolves around providing the students with quality education and supplementing it with all the basic facilities so that no talented student who has a zeal to achieve something in life can ever miss out on the opportunity of realising his dreams, owing to their family financial conditions or geographical disadvantages.

I stepped into JNV to start my education from 6th class along with other children from different backgrounds. The looming prospect of staying away from our loving parents for the first time and the unfounded fears of a future in the company of unknown company brought tears to the eyes of most of my co-habitants.

Yet, come the Morning Sun early next day, we were welcomed to Good Morning greeting emanating from the shrill whistle of our PET teacher. Everyday at Navodaya starts with the loud whistles of PET teacher at 0500 hrs and we would rush to the ground thereafter for warm up (which included 14 rounds around the playground which is equal to 10 KM), followed by playing the games each of us were interested in. Yes, we were allowed to play any game which we found interesting, for one hour in the morning. PET teacher would observe the skills of all the students silently and chose the talented students to form a team. Teams would be trained in the respective games and made to participate in intra class (girls vs boys), inter class or intra school, inter school, district level, state level, national level competitions.

I found my love for Volleyball in those morning sessions and along with volley ball, I used to play Kho-Kho, Kabaddi and Badminton in intra school competitions too. Soon, I got selected into the school volley ball team and I got the opportunity, encouragement and facilities from the school to improve my skills in volley ball and subsequently, I even got to participate in state level competitions in volley ball games for two consecutive years. Our team secured runner-up position in state level volley ball competitions held at Ernakulam, Kerala.

Such competitions were encouraged in JNVs in all perspectives. Not only games, we were encouraged to participate in quiz, essay writing, elocutions, group discussions, Olympiads. Cleanliness as a virtue next to godliness was strictly imbibed and our surroundings, playground, classrooms, students mess, hostel rooms were all cleaned by the students themselves. In addition to all these, I secured 'A' certificate in NCC (3A girls battalion) and I served as a guide (NSS) for two years.

Keeping myself busy in all these activities, I never put my studies apart. All these activities used to serve a purpose of relaxation and peace of mind. I was a topper in my batch in 9th class. I achieved 8th rank in the maths Olympiad. I could secure 92% in CBSE board examinations in 10th class, a merit certificate in Telugu language, an AIR of 124 in the Chemical Engineering stream of GATE-2014 and am presently working in a comfortable position at HPCL, Visakha Refinery.

As all the time spent outdoors chiselling out my persona helped me to survive in the outside world, developed my personality, made me adaptable, developed confidence in me, sowed the seeds to make me what I'm today; I'm so grateful to JNV. I remember the day **I cried my heart out** while leaving Navodaya and the lovely teachers.

With the above story, I would like to pass on a message to upcoming generation that is mostly engrossed in mobiles and laptops or busy and tired carrying the books heavier than their body weights and also to the parents that, studies and technology are not the only recipes of a successful life. Please focus on identifying and nurturing your passions for the well-being and a relaxed and satisfied mind. A relaxed and happy mind will always work faster than a tired and sad mind. So developing a passion and spending time with it will only help you in explore your inner self and help you unearth the hidden potential in you and such an exercise alone can put you on course to achieve great things in Life

- KVSK Kavya



యువత మనోబలాన్ని పెంపొందించడంలో తల్లిదండ్రుల, విద్యాసంస్థల పాత్ర

‘కలలు కనండి, వాటిని సాకారం చేసుకునేందుకు శ్రమించండి’ - మాజీ రాష్ట్రపతి డాక్టర్ ఎ.పి.జె. అబ్దుల్ కలాం అన్నమాటలను నేటితరం అలవరచుకోవాలి. ఏదైనా సాధించాలంటే ముందుగా చేసే పనిలో ఆసక్తిని కలిగి ఉండాలి. అందుకు తగిన ప్రణాళిక, కృషి, క్రమశిక్షణ, పట్టుదల ఉంటే ఉత్తమ ఫలితాలు సాధించవచ్చు.

తల్లిదండ్రుల కోర్కెలు తీర్చేందుకు కొందరు పిల్లలు విపరీతంగా చదువుతూ ఒత్తిడికి లోనై అనారోగ్యానికి గురౌతారు. దాంతో మొదటికే మోసం వచ్చి పరీక్షలలో వారనుకున్నది సాధించలేక విపరీతమైన నిస్పృహ, నిరాశలకు లోనై ప్రాణాలు పోగొట్టుకోవడానికి కూడా వెనుకాడడం లేదు. అందుకే తల్లిదండ్రులు తమ కోర్కెలను పిల్లలపై రుద్దకూడదు. వారు ఇష్టపడి చదివేలా కృషి చేయాలి. వారి ఆసక్తిని గమనించాలి. అందులో వారు రాణించేలా తగిన ప్రోత్సాహం అందించాలి. పిల్లల చుట్టూ ఉన్న వాతావరణం వారి ఆలోచనలపై ప్రభావం చూపుతుంది. వారికి ప్రతిరోజూ ఒక ఆరోగ్యకరమైన దినచర్యను అలవాటు చేయాలి. యోగా, మార్నింగ్ వాక్ మరియు వారికి మిక్కిలి ఆసక్తి కలిగిన ఆటలో ప్రావీణ్యతను సాధించడానికి తగిన ప్రోత్సాహాన్ని అందించాలి.

అంతేకాకుండా విద్యాలయాల్లో కూడా విద్యార్థుల ఆసక్తిని పెంచేలా విద్యను బోధించాలి. విద్యార్థులకు విద్య పట్ల ఉన్న భయం, విముఖతలను పోగొట్టి దానియందు ఆసక్తిని కలిగించాలి. ఏదైనా ఇష్టంగా చేస్తే కష్టం అనిపించదు కదా. అందుకే విద్యావిధానం ఎంత సరళతరంగా ఉంటే అంత ఎక్కువగా విద్యార్థులు ఆసక్తిని పెంచుకుంటారు. విద్యార్థుల సామర్థ్యాన్ని గుర్తించి దానిలో ప్రావీణ్యతను సాధించేలా మన విద్యాసంస్థలు శిక్షణ అందించగలగాలి. బలవంతంగా గంటలు గంటలు పిల్లలను చదివించే కంటే ఆనందంగా మనసుపెట్టి కొద్ది గంటలైనా చదవగలిగే పరిస్థితులను కలిపించే తల్లిదండ్రులూ, విద్యాసంస్థలు ప్రస్తుతం మనకు చాలా అవసరం. విద్యార్థులకు నేటి ఆధునిక సాంకేతిక మార్పులను ఎప్పటికప్పుడు తెలుసుకోగలిగే జ్ఞానం ఉండాలి. వాటిని ఎలా ఉపయోగించుకోవాలో కూడా తెలుసుకొని తీరాలి. ఉదాహరణకు ఇంటర్నెట్ విషయ పరిజ్ఞాన నిమిత్తం స్మార్ట్ఫోన్, ల్యాప్టాప్ మొదలైన వాటిని ఉపయోగించడం అవసరం. కాని అదే జీవితం అయిపోకూడదు. అవసరానికి మించి స్మార్ట్ఫోన్, ల్యాప్టాప్లతో కాలం గడుపుతూ సమయాన్ని వృథా చేయకూడదు. పరీక్షల సమయంలో ఒత్తిడి సహజం. అలాంటి సమయంలో స్నేహితులతో గడపడం, మనసుకు నచ్చిన సినిమాలు చూడడం, ఆహ్లాదకరమైన సంగీతం వినడం చేస్తూ ఒత్తిడిని దూరం చేసుకోవడానికి ప్రయత్నించాలి. అంతే కాని ఒంటరితనానికి దగ్గర కాకూడదు.

పరీక్షలకు, ఫలితాలకు భయపడి నిరాశకు లోనై, చెదు ఆలోచనలకు తావివ్వకూడదు. ప్రణాళికాబద్ధంగా చక్కని వాతావరణంలో శ్రద్ధగా చదవడం విద్యార్థి కర్తవ్యం. అంతే కాని అనుకున్నది జరగదేమో అని నిరాశపడకూడదు. ఇవి చెదు పరిణామాలకు దారి తీస్తూ విద్యార్థుల నిండు జీవితాలను బలి తీసుకుంటున్నాయి. మనవంతు మనం కృషి చేసాం, పరీక్ష బాగానే వ్రాసాం, ఫలితాలు కూడా అదేవిధంగా ఉంటాయి అనుకోవాలి. ఒకవేళ అలా కాకపోయినా చింతిస్తూ తమ నిండు జీవితాలను చిందరవందర చేసుకోకుండా జీవితంలో ఇది ఒక భాగం మాత్రమే అని అనుకోవాలి. ఏదైనా ఎదుర్కొనక తప్పదు, అనే మనోబలాన్ని ప్రతి విద్యార్థి కలిగి ఉండాలి. ఎట్టి పరిస్థితులలోనూ తమ మనోబలాన్ని సడలిపోనివ్వకూడదు. మనిషి ఉన్నతికి మనోబలాన్ని మించిన సాధనం మరొకటి లేదు.

ఈ మనోబలాన్ని పిల్లలకు అందివ్వడం, దానిని పెంచడంలో ముఖ్యపాత్ర వహించేది తల్లిదండ్రుల ప్రోత్సాహమే. వారిని ఎట్టి పరిస్థితిలోను కించపరచకుండా వారి శక్తి సామర్థ్యాలను అంచనా వేస్తూ తగిన విధంగా ప్రోత్సహించాలి. అంతేకాకుండా విద్యాసంస్థలలో కూడా విద్యార్థులకు సాధారణ విద్యతో పాటు సామాజిక, నైతిక విలువల ఆవశ్యకతను వివరిస్తూ వాటిని ఆచరించే దిశగా వారిని విద్యాలయాలు కూడా ప్రోత్సహించాలి. ముఖ్యంగా తల్లిదండ్రులు పిల్లలతో కొంత సమయమైనా గడుపుతూ వారికి మన సంస్కృతి, సంప్రదాయాల పట్ల అవగాహన కలిగించాలి. అప్పుడే వారిలో నైరాశ్యం, క్షణికావేశాలూ దూరమౌతాయి. ఇలాంటి ఉన్నత విలువలతో కూడిన విద్య మన విద్యాలయాలు విద్యార్థులకు అందించగలగాలి. అప్పుడే నేటి యువతలో నానాటికీ పెరిగిపోతున్న నిరాశానిస్పృహలూ, క్షణికావేశాలూ, హత్యలూ, ఆత్మహత్యలూ తగ్గిపోవడమే గాక వారిలో ఆత్మవిశ్వాసం పెరిగి వారు ఉత్తమపౌరులుగా సమాజవికాసానికి తోడ్పడగలుగుతారు.

- బి. లక్ష్మీదేవి



हमारे अपने

विस्टील महिला समिति की ओर से समय-समय पर सामाजिक भलाई के कार्यक्रम आयोजित होते रहते हैं। कुछ कार्यक्रम तो बड़े ही अनूठे और अनुकरणीय भी होते हैं। विश्व महिला दिवस के अवसर पर ऐसा ही एक कार्यक्रम रक्तदान शिविर के माध्यम से किया गया। इस शिविर में भाग लेने वालों में कुछ लोग कई-कई बार रक्तदान किए हुए थे तो कुछ ने तो पहली बार रक्तदान किया। पहली बार रक्तदान करने वालों में श्री अजय कुमार केडिया और उनकी धर्मपत्नी श्रीमती जॉली केडिया भी शामिल थे। आइए रक्तदान को लेकर उनके मनोभावों को जानने की कोशिश करते हैं।



- स्पार्क** : वे कौन से प्रेरक तत्व थे जिनसे प्रभावित होकर आपने रक्तदान किया।
- श्री केडिया** : मैंने पहली बार रक्तदान जरूर किया। लेकिन मैं इसे एक सामाजिक कार्य मानता हूँ और पहले ऐसा अवसर कभी नहीं आया कि मैं रक्तदान कर सकूँ। रहा सवाल प्रेरक तत्व तो मैं यह सम्मान अपनी पत्नी को देना चाहूँगा। जब इन्होंने कहा कि 'समय मिले तो आ जाना,' तो उसमें मुझे बड़ी आत्मीयता दिखी और मैंने तय किया कि मुझे आज जरूर भाग लेना चाहिए। दूसरी बात यह थी कि मेरे बच्चे मुझसे पहले रक्तदान कर चुके हैं। मुझे प्रेरित करने में एक तरह से उनका भी सहयोग रहा।
- स्पार्क** : यदि आपको रक्तदान के लिए अभिप्रेरित करना हो तो क्या कहना चाहेंगे।
- श्री केडिया** : सबसे पहले तो हमें यह बताना होगा कि जरूरतमंद लोगों को यदि समय रहते सहयोग नहीं पहुँचाया गया तो भारी संकट हो सकता है। उसके बाद यह भी बताना होगा कि खून का विकल्प कोई नहीं है। अतः रक्त की जरूरत पड़ने पर रक्त ही दिया जाएगा। साथ ही यह समझाना भी जरूरी है कि हमारे शरीर में जितनी मात्रा रक्त की है, उसमें से यदि 350 मिलीलीटर ले लिया जाता है तो हमारे स्वास्थ्य पर कोई दुष्प्रभाव भी नहीं पड़ता। हालाँकि मैं इसे बहुत ही व्यक्तिगत मामला मानता हूँ। यानि कि इसके लिए हमें खुद आगे आना चाहिए। इसके लिए किसी को अभिप्रेरित करने की जरूरत नहीं है।
- स्पार्क** : अंगदान के संबंध में आपकी टिप्पणी क्या है?
- श्री केडिया** : अंगदान भी मानव सेवा के लिए एक श्रेष्ठ कदम है। लेकिन कभी-कभी हमारे संस्कार इस मामले में हमें रोकते हुए दिख्राई देते हैं। कहा जाता है कि हमारा नश्वर शरीर पंचभूत में विलीन हो जाना चाहिए। लगता है यह मन पर कुछ दबाव डालता है। अन्यथा चिकित्सा विज्ञान के अध्ययन के लिए यह जरूरी होता है। नेत्रदान वगैरह तो भारतीय समाज में आसानी से स्वीकार्य है। इस मामले में भी बहुत जागृति लाने की जरूरत है।

समझौतों की भीड़-भाड़ में सबसे रिश्ता टूट गया

समझौतों की भीड़-भाड़ में सबसे रिश्ता टूट गया इतने घुटने टेके हमने, आखिर घुटना टूट गया देख शिकारी तेरे कारण एक परिंदा टूट गया, पत्थर का तो कुछ नहीं विगड़ा, लेकिन शीशा टूट गया घर का बोझ उठाने वाले वचपन की तकदीर न पूछ बच्चा घर से काम पे निकला और खिलौना टूट गया किसको फुर्सत इस दुनिया में गम की कहानी पढ़ने की सूनी कलाई देख के लेकिन, चूड़ी वाला टूट गया ये मंजर भी देखे हमने इस दुनिया के मेले में टूटा-फूटा नाच रहा है, अच्छा-गवासा टूट गया पेट के खातिर फुटपाथों पर बेच रहा हूँ तस्वीरें मैं क्या जानूँ रोजा है या मेरा रोजा टूट गया।

संकलन :

सुश्री रश्मि कुमारी

- स्पाक** : इस तरह के शिविर क्या जरूरी हैं?
- श्रीमती केडिया** : देखिए हमें समाज की आवश्यकताओं को देखते हुए कदम उठाना होता है। हमारी विस्टील महिला समिति भी जिम्मेदार और लोगों की एक समिति है। उन लोगों ने जो कदम उठाया है उसे हमारा समर्थन तो मिलना ही चाहिए। दूसरी बात यह है कि हमारे समाज में रक्तदान को लेकर अभी भी भ्रांतियाँ हैं। उन भ्रांतियों को समाप्त करने के लिए समाज के शिक्षित वर्ग को अधिक आगे आना होगा।
- स्पाक** : भैडम! केडिया साहब ने तो अभिप्रेरित करने का पूरा श्रेय आपको दे दिया। पर आप ने किससे प्रेरित होकर के रक्तदान किया?
- श्रीमती केडिया** : मैं जब सुनती थी कि अमुक व्यक्ति ने रक्तदान किया है, तो मन में एक भावना जगती थी कि क्यों न हम भी ऐसा करें। यही भावना हमें आगे बढ़ने पर मजबूर की। अब हम यदि सोचते रहेंगे कि हॉस्पिटल से कोई फोन आएगा और हम रक्तदान के लिए जाएंगे, तब तो हम सोचते रह जाएंगे। इसलिए हमने ठाना कि ऐसे ही रक्तदान शिविरों में हमें रक्तदान कर देना चाहिए, ताकि जरूरतमंदों को समय पर यह सहयोग मिल सके।
- स्पाक** : उक्कुनगरम के परिवेश पर आप क्या कहना चाहेंगी?
- श्रीमती केडिया** : जितनी सुंदरता यहाँ की वातावरण में है, उससे कहीं अधिक सुमधुरता यहाँ के लोगों के हृदय में है। इसीलिए इतना सुंदर टाउनशिप बन पाया है। कहा जाता है न कि 'अच्छे लोग ही अच्छे सृजन कर सकते हैं।' वह यहाँ दिखता है। शुरुआत में थोड़े पराएपन की झिझक थी। हम एकदम से स्वीकार नहीं पा रहे थे। लेकिन जल्दी ही इस जगह से प्यार हो गया और रक्तदान की भावना का जागृत होना भी शायद उसी प्यार का नतीजा हो।
- स्पाक** : आपकी और कोई हावी? ताकि आप समाज को कुछ दे सकें।
- श्रीमती केडिया** : मुझे लगता है कि अपनी तमाम व्ययस्तताओं के बावजूद हमें समाज को कुछ न कुछ अवश्य देना चाहिए। विस्टील महिला समिति के लोग भी बहुत से अच्छे-अच्छे काम करते रहते हैं।



आईना

अपनी सियाह पीठ छुपाता है आईना
सबको हमारे दाग दिग्घाता है आईना
इसका न कोई दीन, न ईमान न धरम
इस हाथ से उस हाथ में जाता है आईना
खाई जरा सी चोट तो टुकड़ों में बँट गया
हमको भी अपनी शकल में लाता है आईना
हम टूट भी गए तो ये बोला न एक बार
जब खुद गिरा तो शोर मचाता है आईना
शिकवा नहीं कि क्यों ये कहीं डगमगा गया
शिकवा तो ये है कि अक्स हिलाता है आईना
हर पल नहा रहा है हमारे ही खून से
पानी से अब कहाँ नहाता है आईना
सँजने के वक्त भी ये हमें दे गया खरोंच
बस नाम का ही भाग्य विधाता है आईना।

संकलन: सुश्री रश्मि कुमारी

ममता की मूरत

(असंख्य मेहनतकश महिलाओं को समर्पित)

दिलों में बस जाए वो मोहब्बत हूँ,
कभी माँ कभी वहन कभी ममता की मूरत हूँ।
मेरे आँचल में हैं सब चाँद-सितारे,
माँ के कदमों में बसी एक जन्मत हूँ।
हर दर्द औ' गम को छुपा लिया सीने में,
लव पे ना आए कभी वो हसरत हूँ।
मेरे होने से ही है यह कायनात जवान,
जिंदगी की बेहद हँसी हकीकत हूँ।
हर रूप रंग में ढल कर संवर जाऊँ,
सब की मिसाल हर रिश्ते की ताकत हूँ।
अपने हौसलों से तकदीर को बदल दूँ,
सुन ऐ दुनिया, हाँ मैं औरत हूँ।

संकलन: सुश्री रश्मि कुमारी



Health
Wellness



Importance and Need for Blood Donation

Blood is the most precious gift that anyone can give to another person- The Gift Of Life.

The bone marrow produces stem cells to make the different blood cells like red blood cells, white blood cells ,platelets under the influence of erythropoietin hormone. About 4-6 litres of blood is present in normal healthyadult depending upon size.

A decision to donate your blood can save a life or even several if your blood is separated into its components like red blood cells, platelets and plasma which can be used individually for patients with specific conditions.

Tens of thousands of units of blood that are needed every day to help people and every 3 seconds someone needs a blood transfusion.

Importance of blood donation:

Some of the reasons people need blood transfusions are Massive blood loss due to Accidents, Burns, Cancer, Leukaemias, bleeding disorders, Surgeries, and different types of severe anaemias

Persons who can donate blood:

Any person between the age group of 18-55 years with a weight of 50 kgs or above with normal pulse rate, normal body temperature and normal blood pressure can donate blood.

There are few conditions like convulsions,psychiatric disorders, abnormal bleeding tendencies,severe asthma,cardiovascular conditions,renal failure, Drug addicts, HIV infection and malignancy in which donors are permanently excluded .

Donors suffering from diseases like Hepatitis, Malaria,Typhoid fever, Measles, Mumps, Syphilis Diabetes, Thyroid disorders,hypertension may donate blood only after full recovery with 3-6 months gap.

Preganant women, lactating women and during menstruation should avoid blood donation.

Persons who have consumed alcohol should avoid giving blood for next 24 hours.

How much blood can be taken?

About 350-450 ml of blood(One Unit) can be taken from the donor depending upon the weight.

The withdrawn blood volume is restored in 24 hours and haemoglobin and cell components are restored within 2 months.

Therefore it safe to donate blood every 3 months for men and 4 months for women

Useful Information to Blood Donors:Blood Type & Matches

Blood Type	Donate blood to	Receive blood from
A+ve	A+ve&AB+ve	A+ve, A-ve,O+ve, O-ve
B+ve	B+ve&AB+ve	B+ve, B-ve, O+ve,O-ve
AB+ve	AB+ve	Everyone
O+ve	O+ve, A+ve, B+ve,AB+ve	O+ve, &O-ve
A-ve	A+ve, A-ve , AB+ve, AB-ve	A-ve, &O-ve
B-ve	B+ve, B-ve, AB+ve, AB-ve	B-ve,&O-ve
AB-ve	AB+ve, & AB-ve	AB-ve, A-ve, B-ve, O-ve
O-ve	Everyone	O-ve

So **O -ve Blood group** persons are **UNIVERSAL DONORS**. It can be given to people of all blood types.

AB+ve Blood group persons are **UNIVERSAL RECIPIENTS**. They can receive any group of blood.

What is done with the blood collected:

The blood collected in sterile ,pyrogen free containers with anticoagulants like CPDA or CPDA with SAGM.This prevents clotting and provides nutrition for the cells.This blood is stored at 2-6C or -20C depending on the component prepared. Donated blood undergoes various test like blood grouping, antibody detection, testing of infection like hepatitis, AIDS,malaria, syphilis and before it reaches the recipient it undergoes compatibility testing with the recipient blood.

Life of blood storage: Whole blood : 35 days.

RBC: 42 days RDP: 5 days FFP & CRYOPPT: 1 year.

Instructions to Blood donors before blood donation:

A donor must be deemed healthy withnormal Hb, normal pulse, normal body temperature ,normal blood pressure and risk factors to be checked before donating blood. Take light refreshment/food 2 hours before blood donation.

Instructions to blood donors after blood transfusion:

After donating blood donot get up from the bed immediately.Lie down for the next 5 minutes and proceed for the refreshment area and drink plenty of liquids for the whole day and donot do heavy exercise on that day.



You can donate blood again only after 3 month for men and 4 months for women.

Sometimes people who donate blood notice a few minor side effects like nausea, light headedness, dizziness, or fainting. But these symptoms usually go away quickly.

Benefits of Blood donation to the donor: Donating blood regularly is beneficial.

1. It reduces the risk of heart attacks.
2. It reduces the risk of cancers related to liver, lungs, intestines.
3. It helps to stimulate bone marrow to produce new blood cells.

4. It helps in weight loss
5. It helps to prevent premature ageing.
6. It helps to reduce stress.
7. It causes the joy of saving human life
8. Blood donation not only saves lives of others but also helps you live longer and healthier.

**DONATE BLOOD SAVE LIVES SO THEY CAN THRIVE
WORLD BLOOD DONOR DAY EVERY YEAR 14th JUNE**

- Dr .P.J.V. Prasad , AGM (Med) VSGH,VSP.



DOLLY

The fairy dress looked wonderful on Dolly. Mr and Mr. Batrawere ecstatic about their only daughter's birthday. A guest list of 500 people was prepared. The best event management company in the city was booked to look after all the nitty-gritty's. They didn't want to leave any stone unturned, to make this day memorable. Happiness had visited Batras home after so many decades! Dolly was their adopted daughter. Batras were deprived from the love of a child for 13 years.

Dolly was sitting quietly at one corner of the hall room. She could not find reasons to celebrate. She was going to celebrate her 7th birthday among strangers. It had been 10 months that she had come to this new place. All she wanted at that moment was to rush to her home, the orphanage where she grew up! Tears started rolling down her cheeks. When Mrs Batra found her daughter crying, she was heartbroken. In spite of doing so much for their child, they were unable to keep her happy.

Batras had found Dolly to be unhappy in earlier occasions as well. They had showered her with all the possible comforts of the world. Dolly had all the luxuries, which only very affluent families could afford. Still, her reason of unhappiness was unknown to all. Her cousins at the birthday party tried to give her company. Dolly, though could find little joy among them. One of the members of Batras family, said "Why don't we take her to the orphanage and see, might be she is missing them"! Dolly's parents found the idea to be risky. They always had the fear of losing Dolly.

Finally, after much persuasion of family members, they agreed. When Dolly heard, they were going to the orphanage, her joys knew no bound. She hurriedly opened the door of the front seat of the car. All the memories of her growing up years, started flashing by. Her parents at

the back of the car, sat quietly. They had waited for this day for so many years. A day to celebrate their child's birthday! Closer they came to the orphanage; their fear of losing Dolly grew more.

As the main gates of orphanage opened, Dolly sprung up on her seat! "Yayyyy my home" she screamed! She ran to her known place, among known people. Her new parents, stood at one corner. Dolly's friends were so happy to see her. All of them started dancing in joy. Her friends were elated to see her birthday dress. "Dolly, you look like a princess dear!" said the matron of the orphanage. Some of her friends said "Dolly, you are a rich girl now and you must be having rich friends". Her best friend said "Now you will forget me Dolly". Dolly said "No, it would never happen, you are all my friends."

Her parents went to the Matron's room. Matron could understand how they must be feeling. She called Dolly and all her friends inside. Mr. Batra ordered a birthday cake. Children were overjoyed to see, such a big and delicious cake. Everyone sang birthday song for her. Dolly was finally feeling that, it was her birthday. Batras called everyone for the evening party and had lunch with them. They also gifted all the children many gifts. Seeing all this, Dolly started weeping. She ran to her mother and hugged her. "Thank you, Maa!" she cried. Mrs Batra too could not control her emotions. It was first time in 13 years, she heard the word Maa.

In the evening all her orphanage friends were at her home. They were the most esteemed guests at the party. Her friends enjoyed every bit of the celebrations! From thereon, on her each birthday, her orphanage friends continued to be part of her birthday parties. It went on to be the most memorable birthday, both for Dolly and her parents. The day when Dolly, accepted them as her parents. Also, the day, when Dolly realized, these two people would make her all wish granted. Dolly now studies in college and lives in hostel, but she never forgets to be with her parents on her birthday to celebrate the special day with them.

- Rumi Ghosh



The Birthday Dinner

Last Sunday, Ravi was attending a birthday dinner party being hosted by him and his friends, Vijay, Kausalya, Lata and Anjali for their mutual friend, Sunil at one of the hotels in the city. Since Ravi had contributed financially to the festivities he was determined to get his money's worth and, therefore, he was at the venue well in time. But Sunil took his own sweet time to attend the party.

Ravi was in a quandary - he so wanted to give free rein to my insatiable appetite, but he knew that if aroused and confronted with delay, it would growl and eat his stomach alive. So Ravi decided to keep this appetite smouldering, with a glass of water in his right hand to readily quench it in case Sunil delayed further still.

At long last the birthday baby arrived. Naturally, it was a boy, Sunil. Ravi stood up and shook hands with Sunil, expressing happiness at seeing him. Sunil must have been dumbstruck by the dazzling joy writ largely on Ravi's face. Little did he know that it was the external manifestation of ecstasy felt by an hungry stomach smacking its lips at the impending feast.

Seating them at the table, the maitre d' hotel extended us a thick hard leather bound book 15"x 6" with gold lettering embossed on it and consisting of seven pages. It looked like the Magna Carta.

Ravi brilliantly guessed that it was the menu card in book form. The others must have guessed as much for each of them passed it in turn to the neighbor, like in playing "passing the parcel".

Seeing the popularity of the menu card, a waiter approached and gave one menu card to each of them with an indulgent smile, as if to say boys will be boys, and undoubtedly, girls will be girls. Now that they had a menu card each, it ceased to fascinate them. Deciding to dispense with ordering a la carte and instead to go for the buffet they made their way to the buffet spread where the hotel had a board displaying that they were having a "Polynesian Food Festival".

Vijay and Sunil, while standing between Ravi and the food, were discussing the unique cultural aspects of Polynesia. Ravi did not know where Polynesia is. For all he know, it could be in the "U.S. of Amnesia". What caught his attention, however, was that they had a food festival going on. And boy, was his stomach in need of a festival right then! His Oesophageal tract was alit with colourful CFL bulbs, like a Christmas tree, welcoming food into the inner cavern that it led to.

Ravi stepped to the right, to lunge out at the food behind Vijay. At just about that time Vijay stepped

back and included Ravi in the conversation. Darn it, missed, Ravi thought. Ravi then tried to step behind Sunil this time. The latter beamed at Ravi, acknowledging his presence, and asking what he, Ravi, thought about the habit of the Polynesians in excluding Asafoetida from their food preparations.

Time seemed to be zipping by at breakneck speed, but in the last three seconds, Ravi did not make any progress in his attempts to get nearer to the food. He pushed both Vijay and Sunil aside and resolutely approached a dish which promised mouth watering succulent food hidden under its cover.

As Ravi put his hand on the cover to swing it open, another hand appeared before him and in a flash removed the card indicating the name of the dish. Ravi is not a gourmet, just a gourmand, and so, the name of the dish was not so important to him as the dish itself. However, curious, he swung his head to look at who this new interruption was. He found Anjali, the card in hand, looking around the room, asking to see the Chef.

Ravi's heart sank into his stomach and so did the Chef's, who was standing just behind Anjali, trying to appear invisible. But the Maitre d' hotel pushed the Chef right in front of Anjali, as if absolving himself of all responsibility of the food preparation. Anjali waved the card in front of the Chef's glazed eyes and told him that while the dish contained soft noodles done in cream sauce, the card indicated that it was "Aflait de pompandreaous l'ouef".

' "l'ouef" , as you should know," Anjali continued, " is Polynesian slang for "Burnt Fried Garlic Rice with Cinnamon, served hot on a rainy day".'

"You have to correct the mistake", she told the Chef.

The latter wiped his brow. He had learnt his trade at the Chintalapalli School of Indigenous Cookers in Exotic Cooking, and he was not responsible for the Polynesian names dreamt up by the F&B Manager after the food was prepared. The Chef, who was a better diplomat than cook, nodded wisely and appreciatively at Anjali, commenting on her astute powers of observation and chided his deputy for placing the card in front of the wrong dish, and placed it in front of the green salad.

Anjali was so happy at the compliment paid to her by the Chef that not only did she not object to the noodles card being placed in front of the green salad, but also smiled her appreciation at the Chef's decisive action.

Deciding that the buffet table at the hotel, was no place for a guest to seek food, Ravi made his way to the kitchen, where, he was sure, he'd be given



unlimited access to the hotel's repertoire of victuals sans interruption from well meaning friends who would rather see Ravi die of starvation than eat a dish that had been wrongly named. By then, Ravi had reached a stage where even the card that had the dish's name on it appeared alluring to his tongue.

Biting off a piece of Naan that had been deftly picked out of the Tandoor by a junior cook, Ravi made discreet enquiries in the kitchen. He learnt that the Chef in his final examinations at the Chintalapalli School had left two questions to choice, unanswered : "Veg Hard noodles and Multi-coloured green salad" and hence was unable to tell the difference between one from the other or the other from the one. Added to this he was colour blind in one eye and so could not decide which eye to trust.

Even before the others noticed Ravi's absence from the dinner table, the Maitre d' hotel noticed his presence in the kitchen, and he pulled Ravi by the scruff of his neck, dragged him out of the kitchen and pushed him into the restaurant, where he let go of his hold, and, in the presence of the other customers, effused cordiality as he gently steered Ravi towards his table. He seemed to be sternly speaking to the waiters. They were now, in addition to waiting at tables, to act as watch and ward staff until Ravi left. Ravi sheepishly sat down. From then on the waiters ensured that Ravi did not budge from his chair. One good thing about this was that they continuously plied Ravi with food.

Anjali spoke about the Paan shop on the 53rd Street, that was not there when she last visited Madagascar. Vijay must have visited the street, with similar results, for he nodded sagely. Sunil not to be outdone, expressed surprise that they could find the 53rd Street at all. He was exhausted after counting up to the 52nd. Lata who was silent most of the time, would suddenly straighten up, crack a joke or two, and then slide back into the chair as the others winced in pain at the crack. The waiter brought a small kettle and a smaller cup, and started pouring into the cup.

"Is this Tea?", asked Vijay.

"Yes Sir. It is". A jasmine fell from the vase on the table into the kettle as it was being poured.

".....Jasmine Tea", continued the waiter, who looked upon the Chef as his mentor in diplomacy.

Vijay seemed happy and satisfied as if Jasmine Tea was what he wanted all along.

Eating over, Lata said she wanted coffee. Anjali expressed a similar inclination.

In the end all of them had coffee.

Party over, they all rose to leave. Sunil appeared to be the most thankful. He appeared to be wondering what sort of strange friends he had - One, a Food-o-maniac, another a Jasmine smelling tea slurper, a nostalgic Paan-shop Polynesian culinary expert and the fourth, a silent smile-r.

He was glad that his next birthday was a year away.

-Y.Balaji

I AM A SEENAGER!

I just discovered my age group! I am a Seenager. (Senior teenager)

I have everything that I wanted as a teenager, only 50 years later.

I don't have to go to school.

I get an allowance every month.

I have my own pad.

I don't have a curfew.

I have a driver's license and my own car.

I have ID that gets me into everywhere.

The people I hang around with are not scared of getting pregnant, they aren't scared of anything, they have been blessed to live this long, why be scared?

And I don't have acne.

Life is Good! Also, you will feel much more intelligent after reading this, if you are a Seenager.

Brains of older people are slow because they know so much.

People do not decline mentally with age, it just takes them longer to recall facts because they have more information in their brains.

Scientists believe this also makes you hard of hearing as it puts pressure on your inner ear.

Also, older people often go to another room to get something and when they get there, they stand there wondering what they came for.

It is NOT a memory problem, it is nature's way of making older people do more exercise.

SO THERE!!

I have more friends I should send this to, but right now I can't remember their names.

So, please forward this to your friends; they may be my friends, too!!

-Indrani



reaching out

Jan MGT

An energetic fusion group dance was performed by VMS members.

It was followed by a captivating Kathak dance recital by Mrs. Sharmistha Mondal.

The January issue of Spark was released.

Competition of Flower Arrangement.



PMs Trophy

In honour of the visiting dignitaries of the Prime Ministers trophy committee, a special Variety programme "Oorja" was organised by VMS.



The programme began with a welcome address by Smt. Bindoo Mohapatra, president, VMS.

Ms. Soumi Samaddar ably anchored the programme.

The variety programme started with an invocation dance performance by the children of Visakha Vimala Vidyalayam.

This was followed by a Dhimsa dance performance by children of Arunodaya Special School.

There were melodious fillers by our members through renditions of songs, instrumental music and laughter bites by Ms. Deepa Gupta.

Various activities of VMS were showcased through a PPT presentation, with the precision of a professional voice over by Ms. Shobhana.

The programme concluded with Ms. Ratna Raychaudhary, Vice President, VMS, giving the Vote of Thanks.

SPORTS DAY

Organised a three day sports meet from the 7th to 9th Feb. it included Indoor and outdoor games.



The meet was inaugurated by Mrs. Bindu Mohapatra, President, VMS.

The games organised were- Chess, Carrom board, Badminton, tennycourt, ball game and Cricket.

MsARK Kavya was adjudged the "VMS Sports Woman of the year". The event concluded with marching with the lamp by participants and members and prize distribution.





March MGT

This month's get together was devoted to a thanks giving event to all those who contributed to the PM trophy organised by VMS.

In addition, a Salad - Making competition was organised. Six members participated. Each & every presentation was very interesting with a special theme they chose to depict their salad.

The winners were MsSaumiSammadar(1st) and Ms. Geetanjali Niranjan (2nd).



SOCIAL & COMMUNITY DEVELOPMENT ACTIVITIES

PROJECT SANJEEVNI

BLOOD DONATION CAMP

A blood donation camp was organised in the UKkunagaram.

While the response was good, only 25% of the persons were eligible to donate.



VEHICLE DONATION

VMS donated a Maruti Van to Association of Urban and Tribal Development(AUTD).It is a night shelter for homeless people . This van has been donated for medical emergency. They will be utilising it as an ambulance.



PROJECT AKRITI

Appikonda SHIVA temple Renovation

Flooring and shelter at Appikonda Temple Premises was sponsored for the Shiva temple - A thousand-year-old temple near the Visakhapatnam Steel Plant. This restoration support was taken up to not only enhance the look of the temple premises but also to make it comfortable for the visiting devotees.



PROJECT UNNATI

MPVP School- Achutapuram

Distribution of study tables (dual desks), Steel Almirahs, tables and chairs for teachers.65 students have benefitted with our support with class room material.

Distribution of Sports Kits

11 sports kits comprising of badminton kit, cricket kit, Tennycoyt rings and other sports material were distributed to MPVP School in Avarajam. Approximately 200 children will be using the sports and games material.

Donated Ceiling fans

Four ceiling fans were donated to MVP School, Avarajam.

Donated Projector and Screen

Projector and Screen was donated to Visakha Vimala Vidyalayam, Ukkunagaram in order to promote digital classrooms.

Donated Aquaguard

Under Project Unnati, Aquaguard was donated to Arunodaya Special School, Ukkunagaram.



PROJECT PRATIBIMBA

Inauguration of Tailoring class

Under project Pratibimba, a batch 20 students are presently undergoing training in tailoring at Bonangi Village.



My Garden

"A tree delves deep into the depths of the Earth, piercing the soil with its roots to siphon off the resources stored in the Mother Earth's womb, finally succeeding in growing up and starting a family of its own, engulfing the land in a cool blanket of green forest. As it gracefully fends off the challenges thrown at it by the climate, it realises that it owes every minute of its existence to its roots nestled deep inside the heart of Mother Earth and the countless diaspora of tiny inhabitants residing in it. The rest of the life of the tree and its family is marked by their endeavour to give back to the soil to the best of their ability, be it in invoking the rain Gods to quench the thirst of the soil or withering down its own leaves to satiate the hunger pangs of the soil and its inhabitants. The trees carry the respect for their benefactor along with them even to the grave, enriching the soil whilst decaying themselves and thereby making an attempt to complete the circle of life which began with its birth and continued till its death, wherein a help taken was remembered and repaid in kind for a lifetime"

As humans, for many of us, this story about the life of a tree may not be worth the time or attention, but at the heart of it lies the message that, be it humans or trees or animals, we are all imperceptibly influenced by this notion of Gratitude. One could even venture out to the extent of asserting that, fundamentally, a life driven by gratitude is the universal way of life and the entire world owes its sustenance to this powerful emotion which dwells in the deepest corners of our conscience choosing to reveal itself and guide us on our quest to a peaceful, harmonious and sustainable future. A simple sense of gratitude harboured in the heart of an individual can drive them to perform acts of great compassion that no amount of laws or rewards can dictate them to do. In this edition of My Garden, we bring to you tidings from an unusual garden, which embodies a heartfelt attempt made by an Organization and its employees at expressing their gratitude to the

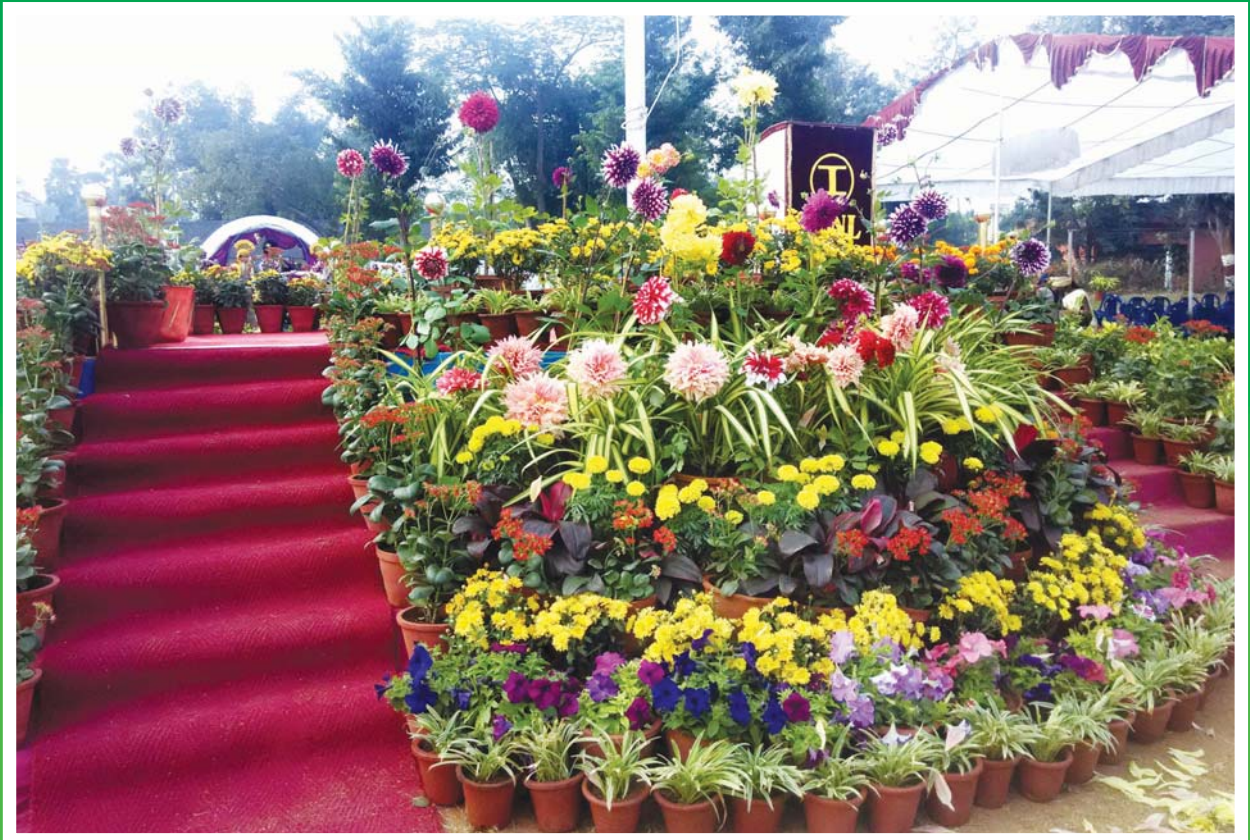
Mother Earth who has blessed them with bountiful of resources and led them into prosperity.

Any person walking into the corporate office of the Rashtriya Ispat Nigam Limited, RINL, in Visakhapatnam, a company owning the world class steel making facility in its backyard, would expect to be awed by the gigantic brick and mortar buildings, magnificent steel structures and to be engulfed by the air smelling of industrial effluents and dust. Surprisingly, the truth is quite contrary to it, in fact a lush green carpet of sprawling lawns is laid out to welcome the visitors into the corporate office of the industrial bellwether.

The entire office premises is dotted with palm and coconut trees on its periphery warding off the prying eyes from the outside, guarding the boundaries like the soldiers of a fort. Once we are past these soldiers-in palms, we are washed ashore by an ocean of green lawns dotted with various multi-coloured seasonal flowers and shrubs floating about the periphery of the ocean like the waves of an ocean.

Our guide for the day, Mr. Kumar explains that there are generally different traditions or styles of landscaping in existence today and at RINL's Main Admin building, they have adopted the English style of landscaping which explains the neatly manicured lawns, aesthetically arranged seasonal flowers and sparsely distributed shrubs and foliages of various kinds.

The garden undergoes a revamp almost every three to four months as the seasonal flowers are replaced according to the season. Almost throughout the year, close to 200 different varieties of flowers and plants are circulated around the lawns like the jewels adorning a damsel. In fact there's a small nursery within the premises catering to the needs of the numerous plants adorning the landscape. During the time of our visit to the garden, we were greeted by the dazzling colours of Marigolds shining like the sun in the sky of green. The bunch of marigolds seemed so enormous and closely knit that the green leaves were shunned away into the background. We were dazzled by the size of some of the Marigolds which were almost the size of a human hand's palm.



We were also informed that the Dahlias, Gladiolas, Chrysanthemums, Golden Showers and Petunias grown in the admin building garden had earned the praise of many esteemed delegates and officials visiting the plant. The Point Setia's installed recently in the garden have caught the eyes of many people.

We noticed a tinge of pride in the voice of our guide while informing us that, every guest invited by the RINL fraternity returns back with a floral bouquet from our Garden. The flowers and foliage of the garden also happen to make their way onto the podiums during the official celebrations like the Independence day, Republic Day and the RINL Formation Day lending their beauty and grace to the occasion.

When questioned about the need for such greenery around the administrative buildings, we were informed that not just an office building, but any building's beauty is naturally enhanced by the presence of a garden alongside it. In today's competitive world, as the workplaces get more competitive, the employees

definitely need a relaxing break from the workplace rigours and the presence of gardens around the office spaces in such a scenario offers an excellent way of relaxation to the stressed minds. A colourful and warm reception offered by a flower early in the morning while entering the workplace could infuse the whole day with so much of positive vibes.

Most importantly the lush green landscape laid out not only in front of the main Admin Building but also in and around the plant and the township is a part of the management's decision to express a token of gratitude towards the Mother Earth for providing them with bountiful of resources to lead a life of prosperity at the cost of its own comfort and ecological, environmental balance. So, guided by their sense of gratitude, the management felt itself responsible to give back to the nature in every way possible in order to complete the circle of life, therefore it has encouraged greenery all around the plant.

- By C.Bharadwaj



THEME: Platter for Pre-Teen Birthday

A SAMPLE MENU

Corn Cheese Balls/ finger chips
 Raw banana Sago Fritters/ cutlet
 Honey Chilli sausages/ veg bread sandwich
 Simple non spicy colourful Dips
 Drink- Smoothie/ fresh seasonal fruit drink
 Cake (avoid fresh cream cake)- cup cake/ theme cake

Recipe -1

Corn cheese balls

American corn 1 cup
 Processed cheese 1 cup
 Potato boiled and mashed 1/2 cup
 Salt
 Pepper
 Green chili 1
 Corn flour 2 tsp
 Butter 1 tsp
 Maida 2 tbsp
 Bread crumbs 1 cup
 Water as needed



Boil and roast the corn with butter
 Allow the corn kernels too cool
 Grind the corn coarsely along with green chilli
 In a mixing bowl knead together cheese, corn and chilli mixture, potato along with salt and pepper
 In a separate bowl make a thick slurry of maida and water and keep aside
 Divide and round the corn and cheese mixture into 12 medium sized balls
 Dip each ball into the maida and water slurry, roll into bread crumbs and set aside
 Heat oil till hot, set on medium flame deep fry each ball till golden
 Serve with creamy mayonnaise or ketchup

Recipe -2

Raw banana and Sago fritters

Raw banana 2
 Sago 1 cup
 Onion medium finely chopped 1
 Coriander 2 tbsp
 Green chili, finely chopped 2
 Salt
 Pepper
 Garam masala 1/2 tsp



Pressure cook raw bananas for about 15 minutes
 Soak the sago pearls in water for a minimum of 4 hours and set aside
 Once the bananas are cool mash the bananas
 Mix together mashed banana, sago, onion, green chili, coriander, salt, pepper and garam masala
 Shape into tikkis and deep fry in hot oil till golden

Recipe- 3

Honey chili sausages

Chicken sausages sliced into rounds 200 g
 Onion cubed 1 medium
 Honey 2 tsp
 Soya sauce 1 tsp
 Chilli flakes 1/4 tsp
 Garlic minced 5 cloves
 Oil 1 tbsp
 Spring onion 1 tsp



Heat oil in a pan, Add minced garlic, cubed onion fry till translucent
 Deglaze the pan with soya sauce, add chili flakes and honey and sauce, 1 tsp water and cook for one minute
 Add sausages and toss them in high heat
 Garnish with chopped spring onion

SOME TIPS

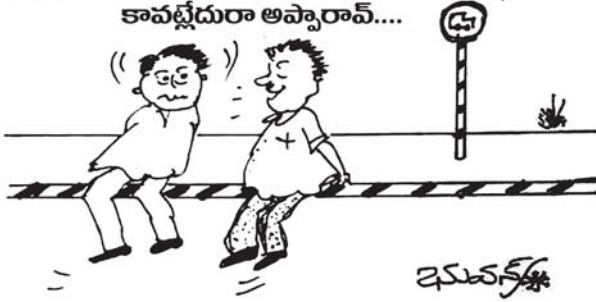
Serve familiar foods
 Keep it simple
 Make it finger friendly
 Stay with the theme of party
 Make it fun and colourful
 Keep it safe
 Non alcoholic/ non fizz drink
 Consider including one dish which kids can make themselves

- Tejasvi Mohapatra



LAUGHTER

పుట్టిన రోజని చెప్పి సంతోషపడాలో...
రిటైర్మెంట్ దగ్గర పడుతుందని బాధపడాలో అర్థం
కావట్లేదురా అప్పారావు....



సరిగ్గా అర్ధరాత్రి 12 గంటలకే వాళ్ళు బర్త్ డే కేక్
కట్ చేస్తారని... సడన్ గా మేల్కొంటారని తెలిస్తే,
ఆ ఇంటికి దొంగతనాన్ని వెళ్ళేవాడిని కాద్రో.....



LEISURE

1. What is special about this anniversary issue of spark?
2. Who are eligible to donate blood ?
3. Who has not enjoyed Durga puja after leaving ukkunagaram ?
4. Who has said that the grace of God was sufficient to live on?
5. What did the menu card look like?
6. Which trees guard the main Admn building like soldiers of a fort?
7. How does the day start at Jawahar Navodaya Vidyalaya ?
8. Name any 3 donations by VMS during Jan to March quarter?
9. Who participated in Oorja?
10. Why were Dolly's parents reluctant to take her to the orphanage?

Editorial Team
Bindoo Mohapatra
 Editor-in-Chief

Satyendra Gopal Bharadwaj	Vani Deshikachar V. Suguna Savitry Srinivas
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Letters to the Editor

Dear Editorial Team

Thanks for sharing. Spark is beautifully designed with enriching and entertaining contents, Well done! Keep it up.
- Dr Gargeyi

Very nice magazine, which brings out many people nostalgic memories. I can imagine the hard work in bringing up this fantastic edition.
- Sujata Preman

It's a great initiative, as we ex- Ukkunagaram people are still getting opportunity to share and remain connected. Am really loving it and appreciate and thank your team. Truly feel we are still a Ukku family. Infact my father, Mr.A.K.Sinha is so happy, he has asked me to keep writing.
- Tullika Prasad, Delhi

‘స్పాక్’ పత్రికా అచ్చి లగి. ఇస్మే ‘హమారే అపనే’ శీర్షక కే మాధ్యమ సే పారंपरिक खेलों के महत्व को उजागर किया गया है, जिनसे आज की पीढ़ी बिल्कुल अनभिज्ञ है। पत्रिका में संकलित सभी शीर्षक अच्छे लगे। पत्रिका ऐसे ही प्रगति करती रहे और हमें लुभाती रहे, यही मेरी कामना है।
- रत्नम

‘स्పాక్’ पत्रिका की हमेशा प्रतीक्षा रहती है। इसमें ‘दिल से’ से लेकर ‘खाना-खजाना’ तक सभी रचनाएँ मुझे भाती हैं। भुवनेश्वर राव जी के कार्टून पत्रिका के विशेष आकर्षण हैं। पत्रिका के संपादक मंडल को ढेर सारी शुभकामनाएँ...
- राधिका

‘స్పార్క్’ పత్రిక చాలా బాగుంది. తెలుగు, హిందీ, ఆంగ్లం మూడు భాషల రచనలతో అన్ని వర్గాల శ్రోతలను బాగా ఆకట్టుకుంటోంది. ‘హమాారే అపనే’ ఇంటర్వ్యూ బాగుంటోంది. ఇంత మంచి పత్రిక ప్రచురణకు కారకులైన వారందరికీ నా అభినందనలు.
- రమ్య

‘స్పార్క్’ పత్రికలో ‘మై గార్డిన్’ నాకు నచ్చిన అంశం. ప్రతి సంపుటిలో ఉక్కునగరంలోని ఒక్కొక్క తోటను అందంగా చిత్రీకరిస్తున్నారు. ఈ మీ ప్రయత్నానికి నా జోహార్లు. ఈ పత్రిక ఇంకా ఇలాంటి విభిన్న అంశాలతో అందరినీ ఆకట్టుకోవాలని కోరుకుంటున్నాను.
- సుజాత

Dear Readers, Please Note...

Articles for SPARK magazine may be sent to vms.spark@gmail.com or can be put in the drop box at Ukku Club. Articles of Original work with flair of creativity are valued more. While sending articles, please don't forget to mention the name of the contributor along with address and contact Ph. No. Your valuable responses & suggestions are also invited.

Happy Birthday to Spark

A spark stays for a moment... but there are some sparks that stays embedded in our life..and some for 6 years and running. Here is to Team Spark for their successful 6th year of creating moments and happiness in our life. Kyun ki ammijaan kehti hain ke, koi birthday pe mithai nahi bhi khilaye par usse wish zaroor karna "Let the spark continue"

- Joy Dulal & Shubhanki

SPARK-u have become a spark in our vizag family. we dont get fused by the Spark . Infact, our connectivity is becoming more stronger..keep Sparkling ! HAPPY BIRTHDAY DEAR SPARK??

- Shobana Karta, Chennai

इंद्रधनुष के सात रंगों सा मनोहर
और सात सुरों की सरगम से
सजा 'स्पाक' का यह सातवाँ वर्ष
उसे उत्कर्ष के सातवें आसमान
की ऊँचाई पर ले जाना सावित हो...
इन्हीं शुभकामनाओं के साथ

- नीलिमा खापर्डे

Now Spark has become Fire. Wishing happy seventh Birthday
-Narendra Prasad

तुम्हारी इस अदा का क्या जवाब दूँ
अपने 'स्पाक' को क्या उपहार दूँ
कुछ अच्छा फूल होता तो ले आता
तुम तो खुद गुलाब हो, तुम्हें कैसे गुलाब दूँ।

- प्रीति कुमारी

Don't lose the SPARK that makes you...YOU !!! Happy Birthday
- Soumi

सूरज से रोशनी लाया
चिड़ियों से रागिनी पाया
विस्टील महिला समिति के फूल हो 'स्पाक'
मुबारक हो तुम्हारा जन्मदिन आया।

- डॉ टी हैमावती

Hi Spark wishing you a very happy birthday and many more to come. I can't believe that you are already six years old. The years have passed so fast. You have been an inspiration to all the ladies of VMS who came out with so many talents. Do you know that we are all your fans? We always eagerly wait for the next issue. The topics you hold are simply amazing. Especially the khana khajana which I like the most as I am a foodie of course all other topics are also interesting like jab we met, health & wellness, dadima ke nuskhe etc. **All the best to you Spark.**

-M Padma Tulasi

"Oorja- Women...the personification of energy"



SMART STEEL.

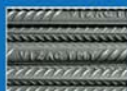
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