

Spark

.... ignite, illuminate, sparkle...



Visteel Mahila Samiti
Quarterly Magazine

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స్వాగతం

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జిల్లా పరిషత్ బాలికాన్నత పాఠశాల
పరవాడ గ్రామం

పరవాడ మండలం

విశాఖపట్నం జిల్లా

VISTEEL MAHILA
In Association With
CSR Activities
RASHTRIYA ISPAT NIGAM LIMITED
Visakhapatnam Steel Plant



ప్రతికూల ట్రోఫీ



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"There is no higher religion than human service. To work for the common good is the greatest creed."

Dear Readers,

Greetings!

The dark gloomy sky and the pitter-pattering sounds, monsoon knocked on the doors of Ukkunagaram and we, the steel fraternity, embraced this much awaited rainfall with thorough gratification. At least our bread and butter supplier- our own Steel Plant, would lessen the scarcity of water for at least some time! Though Visakhapatnam experiences intermittent spells of cyclonic rains, the seasonal water drops have their own importance and soothing effect that the flora and fauna eagerly look for.

In the season of rain, our township witnesses festivals like Rathayatra, Independence day, Janmastami, Vinayaka Chaturthi and Eid-ul-azha(Bakrid) .They are celebrated with religious fervour and wide participation of residents. VMS conveys greetings to one and all on the occasion of these festivals.

In the last quarter, VMS organised many cultural and social activities. During the visit of Panel of Judges for the Prime Minister's trophy, reflecting the spirit of hospitality of VSP fraternity, VMS organised a beautiful cultural program that mesmerised the guests. Members of VMS, children and employees of VSP presented various programmes displaying skills in classical to contemporary dance and other entertaining activities which were well appreciated by the audience.

On the occasion of teachers' day, VMS paid rich tributes and heartfelt gratitude to the teachers for their continuous, selfless and precious efforts in shaping the future of next generation.

Blood donation is considered to be among the noblest of donations that a person can make because the blood donor gives someone another chance at life. With this motto, VMS organised a blood donation camp in which residents of Ukkunagaram participated enthusiastically and spread the message of amity and sacrifice.

In the spirit of national integration, VMS stands with VSP which is celebrating Rajbhasha week from 14th Sept to 20th Sept 16. VMS always encourages use of Rajbhasha (Hindi) in all spheres of life. The September MGT and this issue of spark is a small effort by us in contributing to implementing the Rajbhasha by VSP.

I on behalf of the editorial board of SPARK, express my gratitude to the readers for their feedback and suggestions which is a big motivation for us. We invite contributions from our readers in the form of articles, stories, funny experiences , recipes and poetry so that the multiple hues of magazine is retained and it becomes further more interesting to reader.

The coming quarter is season of festivals. On the eve of the festivals, I wish all our readers a very happy Dushera, shining Diwali and a merry x'mas.

Bindoo Mohapatra

Bindoo Mohapatra
President, VMS

Editor-in-Chief

the invisible mother

It all began to make sense, the blank stares, the lack of response, the way one of the kids will walk into the room while I'm on the phone and ask to be taken to the store. Inside I'm thinking, "Can't you see I'm on the phone?"

Obviously not; no one can see if I'm on the phone, or cooking, or sweeping the floor, or even standing on my head in the corner, because no one can see me at all. I'm invisible. The invisible Mom. Some days I am only a pair of hands, nothing more! Can you fix this? Can you tie this? Can you open this?

Some days I'm not a pair of hands; I'm not even a human being. I'm a clock to ask, "What time is it?" I'm a satellite guide to answer, "What number is the Disney Channel" (Jersey Shore now:() I'm a car to order, "Right around 5:30, please."

Some days I'm a crystal ball; "Where's my other sock?, Where's my phone?, What's for dinner?"

I was certain that these were the hands that once held books and the eyes that studied history, music and literature -but now, they had disappeared into the peanut butter, never to be seen again. She's going, she's going, she's gone!

One night, a group of us were having dinner, celebrating the return of a friend from England . She had just gotten back from a fabulous trip, and she was going on and on about the hotel she stayed in. I was sitting there, looking around at the others all put together so well. It was hard not to compare and feel sorry for myself. I was feeling pretty pathetic, when she turned to me with a beautifully wrapped package, and said, "I brought you this." It was a book on the great cathedrals of Europe . I wasn't exactly sure why she'd given it to me until I read her inscription: "With admiration for the greatness of what you are building when no one sees."

In the days ahead I would read - no, devour - the book. And I would discover what would become for me, four life-changing truths, after which I could pattern my work:

- 1.) No one can say who built the great cathedrals - we have no record of their names.
- 2.) These builders gave their whole lives for a work they would never see finished.
- 3.) They made great sacrifices and expected no credit.
- 4.) The passion of their building was fueled by their faith that the eyes of God saw everything.

A story of legend in the book told of a rich man who came to visit the cathedral while it was being built, and he saw a workman carving a tiny bird on the inside of a beam. He was puzzled and asked the man, "Why are you spending so much time carving that bird into a beam that will be covered by the roof, No one will ever see it." And the workman replied, "Because God sees."

I closed the book, feeling the missing piece fall into place. It was almost as if I heard God whispering to me, "I see you. I see the sacrifices you make every day, even when no one around you does."

No act of kindness you've done, no sequin you've sewn on, no cupcake you've baked, no hockey/soccer/piano/Scout/school

meeting, no last minute errand is too small for me to notice and smile over. You are building a great cathedral, but you can't see right now what it will become.

I keep the right perspective when I see myself as a great builder. As one of the people who show up

at a job that they will never see finished, to work on something that their name will never be on. The writer of the book went so far as to say that no cathedrals could ever be built in our lifetime because there are so few people willing to sacrifice to that degree.

When I really think about it, I don't want my son to tell the friend he's bringing home from college for Thanksgiving, "My Mom gets up at four in the morning and bakes homemade pies, and then she hand bastes a turkey for three hours and presses all the linens for the table." That would mean I'd built a monument to myself. I just want him to want to come home. And then, if there is anything more to say to his friend, he'd say, "You're gonna love it there!"

As mothers, we are building great cathedrals. We cannot be seen if we're doing it right. And one day, it is very possible that the world will marvel, not only at what we have built, but at the beauty that has been added to the world by the sacrifices of invisible mothers.-
Sheela George



Reunion =

लोड्डे ठे ड,
केचडड



The year - 1983.
The place - Steel Plant Township.
The school - KVVSP.

And soon, before we knew it, we had all cleared our XII Standard exams. It was now time to move out of the nest. To different colleges, cities and courses.

Early 1991, we said good bye to each other as classmates and started on the next phase of our academic journey. Engineers, IT professionals, business men, Marketing specialists, Trainers and

I was not yet ten years of age when I first stepped into the school. Two pig tails, a white shirt and blue skirt, red belt, white socks and black shoes - that was me on the first day at school.

Teachers, Scientists and researchers ... these were but some of the professions that were taken up by different members of our class.

I remember the vast playground opposite the entrance and the tree that was planted right in the middle of the small island during the inauguration of the building.

With the flow of time, we settled in different parts of the country and the world including Europe, Singapore and USA.

But the bond remained.

Like 200 odd students from standards I to VI, I was one of the first students of the school. And very proud of it too as we were the 'seniors'. Well, sort of since we were in Class V.



29th of July this year saw 13 of us get together in Goa for a reunion, and to celebrate over 25 years of friendship. We even had special tee shirts made for the occasion!

This very school became my second home for the next eight years.

It was a time for renewing contacts, catching up with what had been happening in each other's lives, and generally having fun. We played Antakshari and Dumb Charades till late

And my class mates, while not exactly brothers and sisters, were definitely friends, competitors and partners-in-crime, all rolled into one.

into the night. Dug up memories of the past, remembered our teachers and Principal Sir, and talked about almost everything under the sky.

Language was never a barrier. Nor did it matter that our parents were from different states (Andhra, Bihar, Gujarat, Karnataka, Orissa, Tamil Nadu, West Bengal) or different departments (Blast Furnace, Personnel, CMD's office...)

For me personally, it was a period of getting to know some of my classmates, looking at things from the perspective of experience and time, undoing a few preconceived notions, and hopefully, rebuilding relationships that have been lost in time.

Bonds of friendship developed among us as we grew into our teenage years. We fought amongst each other for trivial things, did not particularly like a person or two. However, when and where it mattered the most, we stood for each other. Rivalry among different classes / sections was after all, like in most schools, an open secret.

I came away with a feeling of having been blessed to have had these people in my life during my growing years.

Hoping to meet them and the others again. And sooner than later.

The words that stay in mind as I write this -
??????????????????????????????...

-DeepaVaishnavi

किसी भी संगठन में मानव संसाधन प्रबंधन कार्य को बहुत ही चुनौतीपूर्ण माना जाता है। महाप्रबंधक (मानव संसाधन) व गैर-संकर्म व प्रशिक्षण श्री टी सुंदर इस कार्यक्षेत्र से कई वर्षों से जुड़े हुए हैं और सफलतापूर्वक अपना कर्तव्य निभा रहे हैं। आइए 'स्पार्क' के माध्यम से उनके बारे में कुछ जानने का प्रयास करते हैं।

स्पार्क : मानव संसाधन के प्रबंधन का कार्य कितना कठिन है?

श्री सुंदर: मानव संसाधन प्रबंधन कार्य को कठिन कहना उचित नहीं होगा। मैं इसे चुनौतीपूर्ण और अत्यंत सावधानी से किया जाने वाला कार्य मानता हूँ। आप बखूबी जानते हैं कि मानव संसाधन प्रबंधन से ही संगठनों के उद्देश्यों की पूर्ति होती है। हाँ, यह सच है कि लापरवाही व निर्णय में विलंब से यह कार्य और भी दुष्कर हो जाता है।

स्पार्क: बदलती औद्योगिक परिस्थितियों में मानव संसाधन की सबसे अहम चुनौती क्या है?

श्री सुंदर: यह प्रश्न बहुत ही समसामयिक है। क्योंकि वर्तमान में मानव संसाधन विकास संगठनों की विकास कार्यनीति का एक हिस्सा है। इसलिए अब श्रम उत्पादकता, लागत नियंत्रण, श्रम कल्याण जैसे कई प्रबंधकीय मुद्दों की महत्ता बढ़ गई है। एक ओर कौशलवान कर्मचारियों की मांग में बढ़ोत्तरी हुई है तो दूसरी ओर उन्हें अपने साथ जोड़े रहना भी एक चुनौती बन गई है। संगठन में बहु-कौशल संस्कृति को बनाए रखना आवश्यक है। साथ ही औद्योगिक सौहार्द को बनाए रखना प्रबंधन की जिम्मेदारी है।

स्पार्क: अपने कार्यक्षेत्र में कार्य करते हुए आप अपने अध्यात्मिक जीवन को कैसे समायोजित करते हैं?

श्री सुंदर: ईमानदारी से अपने कर्तव्यों को निभाना भी तो अध्यात्म ही है। मुझे सभी तरह के लोगों से मिलने का अवसर मिलता है और जो ज्ञान मुझे अच्छी पुस्तकों एवं विद्वत्तजनों के विचारों के आधार पर प्राप्त हुआ है, उसके आधार पर विचार-विमर्श करने में मुझे सहूलियत होती है। जब कभी समय मिलता है मैं अध्यात्मिक पुस्तकों का प्रणयन करता हूँ और विद्वानों के विचारों को सुनता हूँ।

स्पार्क: कोई विशेषता जो 'वाइजाग स्टील' को अन्यो से अलग करती हो?

श्री सुंदर: कई विशेषताएं हैं, जैसे कि इसके उत्पादों की गुणवत्ता के साथ-साथ उपयोग होने वाले कच्चेमाल की श्रेष्ठता। अभी हम एक स्थान से देश में बृहदतम इस्पात उत्पादन की योजना पर काम कर रहे हैं।

स्पार्क: आपका पसंदीदा गीत जो आपको प्रभावित करता हो।

श्री सुंदर: ऐसे तो कई बेहतरीन गीत हैं, पर प्रदीप जी द्वारा लिखा 'ऐ मेरे वतन के लोगों...' वाला गीत मेरे दिल के बहुत करीब है। जब भी इस गीत के बोल मेरे कानों में पड़ते हैं, मेरा रोम-रोम झनझना उठता है और आँखों में देश के शहीदों के प्रति श्रद्धा का भाव तैर जाता है। इसके अलावा भी बहुत से गीत मेरे मन को करीब से सहलाते रहते हैं।



मार्केटिंग विभाग में उप प्रबंधक के रूप में कार्यरत श्री ए वी रवि एक बहुत ही मिलनसार और कर्मठ व्यक्ति हैं। दिल्ली कार्यालय में राजभाषा के काम को बढ़ावा देने में उनका बहुत सहयोग रहता है। 'स्पार्क' इस स्तंभ के माध्यम से उनकी भावनाओं को पाठकों तक पहुँचाने में गर्व का अनुभव करती है।

स्पार्क : तमिल भाषी होते हुए आप हिंदी को बहुत प्यार करते हैं, आपको हिंदी प्रेमी कहें तो आप कैसा अनुभव करेंगे?

श्री रवि : देखिए! मैं सभी भाषाओं को पसंद करता हूँ। लेकिन हिंदी हमारी राजभाषा है और हम सरकारी नौकर हैं। संविधान के अनुसार हिंदी का प्रयोग करते हुए उसे बढ़ावा देना हम सबका कर्तव्य है। आजकल देश में एक भाषायी सेतु का होना बहुत जरूरी है।

स्पार्क : आपको दिल्ली कार्यालय में बहुत पसंद किया जाता है। इसका कारण...?

श्री रवि : यहाँ हमारे साथ काम करने वाले लोग अच्छे हैं। वस्तुतः वाइजाग स्टील में काम करने वालों में अच्छे लोगों की संख्या अधिक है। मैं टीम भावना से कार्य करने में विश्वास रखता हूँ, इससे आपसी तालमेल अच्छा रहता है, और साथ रहने से धीरे-धीरे लगाव तो हो ही जाता है। मैं जो भी काम करता हूँ, पूरे समर्पण से करता हूँ। शायद लोगों से प्यार मिलने का यही कारण हो।

स्पार्क : लोगों के साथ-साथ अपने को कैसे खुश रख लेते हैं?

श्री रवि : मेरी दिनचर्या व्यायाम से शुरू होती है। और जब ऑफिस आता हूँ तब अपने अधिकारी के आदेशों के अनुसार काम करता हूँ, और किसी तरह की राजनीति में नहीं पड़ता। इससे कोई विषयांतर नहीं होता। इससे मेरे साथ-साथ सभी को आनंद मिलता है।

स्पार्क : आजकल बहुत से नए कर्मचारी अपने गाँव के पास स्थानांतरण कराना चाहते हैं। आपका विचार...?

श्री रवि : घर के पास रहना सभी को अच्छा लगता है। लेकिन सबके लिए ऐसा करना संभव नहीं है। मैं खुशनाशीब हूँ कि मेरा पूरा परिवार मेरे साथ रहता है। माँ का आशीर्वाद मुझे रोज मिलता है। परंतु हमें यह समझना चाहिए कि कंपनी की जरूरतें सर्वोपरि हैं। प्रबंधन का अधिकार है कि वह जहाँ जरूरत हो वहाँ मेरी पोस्टिंग करे। साथ ही कुछ लोगों की जरूरतें भी बहुत जायज होती हैं।



Reaching Out

21-7-16: MGT for the month of July was organised on 21st. On the spot hair dress competition was held. Half an hour time was given to the participants to show their talent. A talk on "Know about Menopause" was given by Dr. Mohakul of VSGH through a power point presentation. This programme gave all members information regarding the menopause, symptoms and the various treatments available. All the members participated in the games including the President and Vice presidents of VMS.

29-07-16 - A cultural program "Srijanika"- A Creative Cultural Fair, was organised in honour of the visiting panel of Judges of PM's trophy committee. Beautiful floral arrangements were made by Mrs.Eswari. She was ably supported by the members of the committee. The program commenced with Mrs. Leena Ghosh welcoming the guests. Followed by Lighting of the lamp by Panel of judges and all our directors. Mr. Rajesh played a melody on his flute which mesmerised the audience. The first dance was by children of the Vimala Vidyalaya on the theme Krishna and Gopikas. Mrs. Praveena rendered a song and Mr. Paul Manohar supported her on key board. There was a performance by the special children of Arunodaya Special school. Theme of their performance was 'Harvesting'. Standing ovation was given to their performance. Then as a Filler, a Power point presentation was given on the activities of VMS. Mr. Kiran Kumar and Mrs. Harshita put together the work of the VMS in a very attractive and realistic way to make an interesting power point presentation. This was followed by a skit, enacted by Niharika, Neha Singh, Gitanjali Niranjan, Jyothi Agarwal, SriGouri, Leena Kumar and Leena. Script for the above skit was written and directed by Mr. R.P Sahu and Mr. Gopalji. As a filler Mr. Arvind, Mr. Srikanth, Mr.Tudu, and Mr. Abhimanyu enthralled the audience with their band with Matujhe Salam song. Audience have cheered the young talent of VSP/RINL for the Rainbow dance performed by Mr. RamaKrishna, Mr.Sainik, Mr. Muttukumar, Mr. Balaji, Mr.Narendra, Mr. Prithvi, Mr. Nitesh and two girls Ms. Iswarya, Ms.Lekhana.



14-08-16: VMS organised blood donation camp in the premises of VMS in association with M/S AS Raja Blood Bank. There was an over whelming response to the camp. Blood donors have lined up by 9AM itself to donate blood. In about four hours, 65 people have turned up. We could collect blood from 41 people only. Others could not match the eligibility criteria of a minimum of 14% H.B. VMS is grateful to those who came forward with enthusiasm and expects the same support in the coming years. This is for the first time in the history that a blood donation camp was organised. Mr. PC Mohapatra, Director (Projects) inaugurated the camp. Mrs. Bindoo Mohapatra and Deputy Commandant (Fire) Mr. RVK Nair were present to encourage the blood donors. Mr RVK Nair was the first to come and donate blood, thus inspiring the others.



On the eve of Independence Day VMS has distributed fruits to the children in Desire Society who are HIV affected / infected.

26-08-16 - Thanks giving party was organised for the participants of Srijanika along with MGT for the month of September. A thanks- giving event was organised in the Banquet hall, Ukku House. Sri P. Madhusudan CMD, RINL-VSP, graced the occasion as chief guest. Mr. PC Mohapatra Director(Projects) and Mr. Ray Choudhary, Director(Commercial) and Mrs. Gouri Annapoorna, Honorary President, VMS, President and Vice presidents were present on the occasion. All the participants gathered and gifts were presented by CMD. Sri P. Madhusudan Sir lauded the efforts of the VMS for conducting the cultural Program very perfectly and he also shared regarding the appreciation by panel of judges who were impressed by the cultural program. Other dignitaries also praised VMS for their efforts in all the activities.

MGT was conducted on the same day evening in the MP hall. Mrs. Niharika and group performed a Rajasthani dance. Fun games were organised followed by Housie.

31-08-16 - VMS has shown its generosity by giving Rs. 20,000 for the purpose of treatment of Master Ghanasyam who is suffering from pneumonia. And also Rs.20,000 was donated to Ms. Hema Who is undertaking treatment in CMC, Vellore for blood cancer.

06-08-16- VMS funded the construction of flooring in MPP School, Dayal nagar, where children are suffering due to stagnated water during the rains. VMS also constructed a flag post in the School.



15-09-2016 VMS working committee organised a quiz competition exclusively for member teachers in VMS building. Mr. Murthy played the quiz master. Sri Gouri and Neha were the winners. Sulagna and Sugandha were runners up.

17-9-2016- MGT was organised. September 5th being the Teacher's day this MGT was a Teacher's day special. Teacher's from almost all the Schools of township have shown their talent in various cultural forms- skit, variety of dances, singing etc.

Rajbhasha Saptah was being observed at national level and Vizag steel too is committed to implementing. To observe this specially dedicate week, various programmes are organised by our company all over India. As a small effort in implementing Rajbhasha, we, at VMS planned to have the days anchoring in Hindi by Mrs. Abha Sagar.

All the member teachers received a gift.

29-9-2016- VMS has visited Shirdi Sai temple Aginampudi to donate artificial limbs to differently abled people and one-wheel chair, four tricycles to the needy were distributed.

crafting for wahi bhai



After a hard day's work, sitting in front of a television or a computer doesn't always help people forget about stressful deadlines, looming bills or demanding family and social obligations.

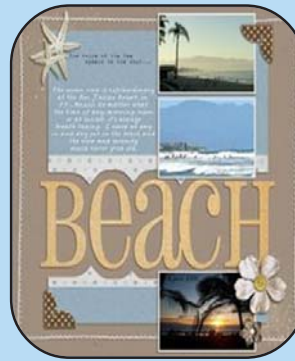
Crafting can be a relaxing way to clear the mind. Repetitive motion can put you in a trance-like state, allowing you to unwind and momentarily forget your troubles-no Internet connectivity required.

By creating something beautiful, you're stimulating your artistic side (which we all have within us,) whilst learning as you go along, which improves memory. Once a project is completed or an activity is finished, you get a sense of accomplishment and something to show for it. So, not only are you re-directing your thoughts from negative to positive, you're also adding more positivity into the equation.

Some people may not feel they have the time to develop a hobby, but it only takes half an hour of practice time for the effects to take hold. In a sense, it should be part of your self-care routine as it promotes relaxation, improves fine-motor skills and maintains an alert, healthy mind.

Some of the crafts that are trending a lot are:

1. ADULT COLOURING



An activity that used to be just for kids has now entered into the adult world. This is actual colouring-in, using a colouring book and keeping within the lines. Not only is this activity now socially acceptable for all ages, (finally! yay!) but internationally, adult colouring books are selling-out like hot-cakes, bringing all sorts of designs and authors out of the woodwork. One of the most therapeutic benefits of this

particular activity is that it brings forth a sense of security and innocent youthfulness. Subconsciously, it lulls us into fond childhood memories and behaviours, back when life was much simpler and there was less to stress about. I mean, when's the last time you sat there colouring-in? You were probably under 10 years of age... So the theory makes sense.

2. SCRAPBOOKING

Something that keeps your hands busy, your memories fresh and tests your collaging capabilities. Scrapbooking is a really awesome way of keeping adventures, memories and family history in one special place that you can refer back to whenever you feel the need. It's also an activity which 20 or 30 years down the line, you'll be so happy you saved those photos or wrote about that specific event. There's no one way to scrapbook, it's not about getting it "right" it's about preserving experiences that gave you happiness, or taught you something.



by Bharati Naidu
to be continued....

कविता

आ गए तुम?
द्वार खुला है, अंदर आओ...।
पर तनिक ठहरो...
इयोढ़ी पर पड़े पायदान पर,
अपना अहं झाड़ आना...।
मधुमालती लिपटी है मुंडेर से,
अपनी नाराजगी वहीं उडेल आना...।
तुलसी के क्यारे में,
मन की चटकन चढ़ा आना...।

अपनी व्यस्तताएँ,
बाहर खूटी पर ही टांग आना...।
जूतों संग,
हर नकारात्मकता उतार आना...।
बाहर कलोलते वच्चों से,
थोड़ी शरास्त माँग लाना...।
वो गुलाब के गमले में,
मुस्कान लगी है...

तोड़कर पहन आना...।
लाओ, अपनी उलझनें मुझे थमा
दो...
तुम्हारी थकान पर,
मनुहारों का पंखा झल दूँ...।
देखो, शाम विछाई है मैंने,
सूरज क्षितिज पर बाँधा है,
लाली छिड़की है नभ पर...।

प्रेम और विश्वास की मद्धम आंच
पर,
चाय चढ़ाई है,
घूँट घूँट पीना...।
सुनो,
इतना मुश्किल भी नहीं है
जीना...।।

- महाश्वेता देवी
संकलन: श्री ज्ञानेंद्र सिंह

if there is just one way to show your love to your friend, what is it that you will do?? Here's what of our VSP family members had to say....

I will give one kiss and big hug to show my love. - **Y.Suseela**

If my friend is hospitalized, whole day I attend her in hospital - **Soma Basu**

I will give flowers & chocolates to my friends - **Jaya Rani**

To make my friend happy, I will sit with her, chit chat of the golden time spent together in college /school
- **Jyoti Agrawal**

నేస్తూ,
స్నేహబంధం ఎన్నడూ వీడనిది
తీపి జ్ఞాపకాలతో వాడనిది
ప్రేమ త్యాగాలతో నిండినది.
- శోభాశర్మ

To make my friend happy I would like to take her out for a dinner & gift her favorite outfit. This is best way to pamper - **Neelu Gaur**

I always try to make her happy. - **V.RajaRajeswari**

మా ఫ్రెండ్ కి నా ప్రేమని రోజూ తీసుకొనే కాఫీకప్పులో చూపుతా.
- జి. వి. సాయిలక్ష్మి

In present times where every one is running a race for success, money and chasing their dreams, devoting time for ur friends is d best way to show them that they mean to u n tht u love them.. **Sushma Ekka**

I would hug the friend n tell her she means a lot to me, Thank her for l being in my life.... **Bharathi Naidu**

మా ఫ్రెండ్ ఇంట్లో ఫంక్షన్ కి నేను వెళ్ళి ఫంక్షన్ అయినంతవరకు తనకి సహాయం చేస్తాను. అలాగే తనకి ఆరోగ్యం బాగాలేదని ఫోను చేయగానే నేను వాళ్ళ ఇంటికి వెళ్ళి తనను హాస్పిటల్ కు తీసుకువెళ్ళి చెకప్ చేయించి తీసుకువచ్చాను.
- జి. ఎమ్. పుష్పరాణి

I give belief to my friend that I am there for her by all means... **Padmavathi**

స్నేహానికి మారుపేరు నా నేస్తం
ప్రేమకు ప్రతిరూపం నా నేస్తం
ప్రేమిస్తున్న నా నేస్తానికి
అందిస్తాను జీవితకాలం నా ప్రేమ
ప్రేమతో

- జి. శ్రీవలీ

Make your Friend feel Special??

To Show your Love is for real..... **Veerakesari**

నా స్నేహితులంటే నాకు చాలా ఇష్టం. ఎందుకంటే నా క్షేమాన్ని, మంచిని కోరుకుంటుంది. నేను తన పుట్టినరోజు గుర్తుంచుకొని ఫోను చేస్తాను. తనని చూడగానే వెంటనే కలిగించుకుంటాను. తను ఎప్పుడూ బాగుండాలని కోరుకుంటాను.
- ఎమ్ సతీదేవి

"We all need at least one friend who understands what we do not say; thank you for being the one!"... **Pratik**

కష్టాలలో తోడునై ఉంటా,
కన్నీళ్ళలో కర్పిఫ్ నై ఉంటా.
- కె. వి. రత్నకుమారి

"I would kick him, if he doesn't comeback and make up for the fight" ... **Pradeep**

జన్మజన్మలకీ
నీ స్నేహాన్నే కోరుకుంటున్నా
- వాలెంటీనా

A person to whom I open up to anything under the sky and do the same for my friend..... **Indrani**

నా మాటల ద్వారా, చేతల ద్వారా వారి మనస్సులకు ఆనందాన్నిస్తాను.
- జి. రమాదేవి

"I hope we're friends until we die and then I hope we stay ghost friends and together walk through the walls and scare the shit out of people!" ?? **Pranav**

ఓ నా ప్రియ నేస్తం
ఎల్లవేళలా అందిస్తా నా ప్రేమ హస్తం
కష్టసుఖాలలో ఎప్పుడూ తోడుంటా
ఇది సత్యం
- దేవులపల్లి భానుమతి

"Finding a friend with the same mental disorder as yours is priceless. Always be my friend." **Shiva**

"We can sit together and do absolutely nothing and still have the best time!" ??..... **Prateek**

నా ఆత్మీయ మిత్రురాలు అనుకున్నప్పుడే తనను ప్రేమించగలను. నా స్నేహితురాలు ఆనందంలో కన్నా తన కష్టం నా కష్టంగా భావించి తన బాధను పంచుకున్నప్పుడే నా ప్రేమను తెలియజేస్తాను.
- సి. హెచ్. భారతి

అనుబంధంతో అనుసంధానం - నేటి అవసరం

రామాపురం అనే గ్రామంలో రాజు, క్రీష్ణ అనే రైతు సోదరులు ఉండేవారు. వారికి లేకలేక ఒక్కొక్క కుమారుడు కలిగారు. రాజు భార్యకు తన బిడ్డ ఆ పల్లెటూర్లో వ్యవసాయం చేసుకుంటూ చిన్న చదువులు చదవడం ఇష్టం లేదు. అందుచేత బిడ్డను పట్నం చదువు చదివించాలని భర్తను పట్టుపట్టడం మొదలుపెట్టింది. దాంతో రాజు భార్య పోరు పడలేక బిడ్డను పట్నం చదువులకోసం పట్నం హాస్టల్లో చేర్పించాడు.

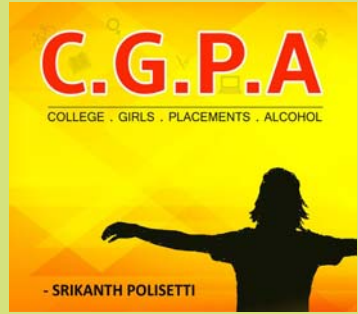
క్రీష్ణ భార్య పదే క్లాసు వరకూ చదువుకుంది. ఆమె మాత్రం తన బిడ్డ తన వద్దే పల్లెటూర్లోనే చదవడం చాలంది. దాంతో ఇద్దరు బిడ్డలూ, ఒకడు పట్నంలో తల్లిదండ్రులకు దూరంగా, ఒకడు గ్రామంలో తల్లిదండ్రులూ, పెద్దమ్మా, పెద్దనాన్నల మధ్యలో పెరగడం మొదలుపెట్టారు. క్రీష్ణ భార్య తన బిడ్డ బడినుండి రాగానే బిడ్డ చదువు గురించి పట్టించుకుంటూ వాడికి కథలూ, కబుర్లూ చెబుతూ వాడికి కావలసినవి వండిపెడుతూ ఉండేది. అప్పుడప్పుడూ పెద్దమ్మా, పెద్దనాన్నలను కూడా వాడు పలుకరిస్తూ వాళ్ళతో కూడా ఆడుకుంటూ అందరితో కలిసిమెలిసి ఉండడం నేర్చుకున్నాడు. ఇక రాజు భార్య పిల్లవాణ్ణి చూడడానికి అప్పుడప్పుడూ పట్నం వెళ్ళండేది. అటు తన సరదా తీరుతుంది, ఇటు బిడ్డను చూసినట్లు ఉంటుందని. గ్రామానికి కొడుకు రావడం ఆమెకు ఇష్టం లేదు, ఎందుకంటే వాడికి పల్లెటూరి భాష, పల్లెటూరి అలవాట్లు వచ్చేస్తాయని ఆమె భయం. అలా ఎప్పుడో ఒకప్పుడు మాత్రం వాడు ఆమె వెంట ఆ గ్రామానికి వచ్చి వెంటనే పట్నం వెళ్ళిపోయాడు. దాంతో వాడికి పట్నం భాష, పట్నం అలవాట్లు బాగా వచ్చాయి. అలాగే రోజులు గడిచి రాజు కొడుకు పెద్ద కలెక్టరయ్యాడు. ఇక క్రీష్ణ కొడుకు చిన్నప్పటినుండి తండ్రి వ్యవసాయంలోని మెలకువలు, లాభాలు పొందడానికి పాటించవలసిన వ్యవసాయ విధానాలు తెలిపి చదువును ఎంచుకుని దానిలో పట్టభద్రుడయ్యాడు. అంతే కాకుండా తను చదువుకున్న మెలకువలూ, విధానాలూ తన వ్యవసాయంలో అమలు చేస్తూ తండ్రి వ్యవసాయాన్ని రెండింతలు లాభానీటిగా నడుపుతూ అందరిలో తలనాలుకగా ఉంటూ, తల్లి మాటను గౌరవిస్తూ మంచి నడవడికతో ఆ గ్రామంలోనే మంచి పేరు గల యువకుడిగా ఎదిగి తల్లిదండ్రులు తెచ్చిన సంబంధం చేసుకుని ఆనందంగా జీవితం గడుపుతున్నాడు.

ఇంతలో రాజు భార్య అనారోగ్యంతో మంచం పట్టింది. ఆమెకోసం రాజు బిడ్డను పట్నం నుండి తీసుకురావడానికి వెళ్ళాడు. కాని వాడు ఇక్కడికి రావడానికి ఇష్టపడలేదు. పోనీ వీళ్ళే అక్కడికి వెళ్ళామంటే వాడి భార్య ఇష్టపడలేదు. 'అంత అవసరమేముంది. మా దగ్గర బోలెడూ డబ్బుంది. నొక్క ఉన్నారు. మా అవుట్ హౌస్ లో ఉండండి' అన్నారు. అది రాజుకు ఏ మాత్రం ఇష్టం లేదు. దాంతో రాజు, అతని భార్య ఇద్దరూ ఒంటరితనంతో బాధపడడం మొదలుపెట్టారు. అప్పుడు అది చూసి క్రీష్ణ, అతడి భార్య వారిద్దరినీ తమ దగ్గరకు తెచ్చుకుని కంటికి రెప్పలా చూచుకోవడం మొదలుపెట్టారు. అంతేగాక క్రీష్ణ కొడుకు, కోడలూ కూడా రాజు భార్యను ప్రేమగా చూసుకుంటూ, సేవలు చేయడంతో రాజు భార్యకు తన తప్పేమిటో తెలిసినవచ్చింది. తన బిడ్డను పై చదువు మీద, పట్నం మీద వ్యామోహంతో కుటుంబానికి దూరం చేస్తే, దానికి ఫలితం ఇప్పుడు తాము అనుభవించవలసి వచ్చిందని, కలిసి పెరగడంలో గల ప్రేమలూ, అభిమానాలూ తన బిడ్డకు తెలియజేయలేదు, అందుకే వాడికి అవేమీ తెలియదు. తన తోడికోడలు తన బిడ్డకు అన్నీ తెలిపినట్టేలా తమతో బిడ్డను పెంచి పెద్ద చేయడమే గాక వాడికి మంచిచెడ్డలు తెలుసుకునేలా చేసింది. అందుకే వాడు తనతో పాటు అందరినీ తన కుటుంబంగా చూస్తున్నాడు. ఇప్పుడు తన బిడ్డలో మార్పు తీసుకురావడమేలా అని ఆలోచనలో పడింది. కానీ చేతులు కాలాక ఆకులు పట్టుకోవడంలా ఇప్పుడిక చేసేదేముంది.

- బి. లక్ష్మీదేవి

the man behind c.g.p.a.

Growing up I never imagined myself to become an author. I am the last person you would expect to write a book. But as they say 'nothing is impossible'. As a kid I was always happy go lucky types. The guy who would be punished everyday in school for bullying other kids. The guy who was always pampered by grandparents. Patience was never my strong point. So when my book was finally published I was still in a state of awe and shock wondering, did I really complete the book? Imagine how my friends and family would have felt. Coming from a family of doctors and intellectuals, expectations from me were always high. But the happy-go-lucky that I was, I had enough people worried about what I would end up doing. After I completed my Engineering from CBIT, most of my friends headed for the far shores, and everything boiled down to one question - what can I do?



I worked in the software sector for two years like a zombie. Not sure what to do next and because others are doing it, I wanted to do MBA. But I was not getting any time to study. So faking a fracture followed by jaundice just 3 months before CAT gave me enough time to prepare and make it to IIT Kharagpur much to the surprised of everyone around me especially my family. They even thought I was making up a story. I heard one of my cousins telling her kids. You must study like Srikanth Anna". I must have laughed my head off. It was funny because until this day my parents, my teachers and my neighbors wanted their kids to be anyone but me. This is when I wanted to write a novel.

But thanks to College, Girls, Placements and Alcohol. I had no time to even take bath let alone write a novel. I completed my MBA and took by a job at Visakhapatnam Steel plant. Writing a novel was always on my mind but I was a lazy person. My job would be over by 5.30PM and I used to spend time the playground till 8.00PM. By the time I was done with dinner, it was 9PM and I had like 3 hours of free time in which I had no idea what to do. May be first time in my life not being surrounded by friends helped me. I started to finally write one page a day for one month. It was tiring in the beginning but then slowly as the characters began to come alive, writing became an obsession. It took me one year to finish the book and another year to find a publisher.

When I finally posted on Facebook that my debut novel C.G.P.A is going to be launched. I went thru the same déjà of joining IIT. No one believed me. I didn't believe me. Everyone was happy. I was happy.

I currently have 18000 likes on Facebook for my book (word of mouth) that too within a month of its launch. Find the link below.

<https://www.facebook.com/novelbySrikanthPoliseti/?fref=ts>

-by Srikanth Poliseti

Woman, a dog's best friend

Now getting back to dogs, not that we were talking of dogs, but, I am sure, you will not bicker about with such silly objections.

Well, since the subject of dogs has got its foot through the gap in the door and into this letter, I think we may as well thrash it out about this uncanny breed of the canine family.

Recently, I was talking to a lady friend of mine, and let me tell you it was over the mobile phone. As this particular instrument facilitated it, I was mobile. I was walking down a road when I noticed a dog aimlessly moving with a purpose in an indeterminate path.

The dog's movement was aimless, as it could not see ahead, since it had its head stuck in an empty plastic bucket of paint. The headgear, opted for by the dog, fitted it perfectly as if it had been manufactured to the precise specifications of the Bureau of Indian Standards.

The dog had a purpose, however, in that it was obsessively blind in wanting to get its vision restored by the separation of the appendage at its anterior end.

The dog's futile efforts were attempted to be further assisted by a kind-hearted passer-by who was trying to reach out for the evasive bucket adorning the dog.

But the dog, with a wisdom beyond human comprehension, shied away from the good samaritan who seemed hell bent upon doing a deed that would guarantee him a place in heaven.

With a sagacity that would do any stupid credit, I decided that taking the dog's current disposition into consideration, my intervention or assistance would meet with similar distaste from this creature which belonged to the class of fissiped mammals with non-retractable claws and typically long muzzle.

So, while adroitly extricating myself from the vicinity, I narrated the scene to my lady friend over the phone, and continued on my way.

My lady friend was all commiseration and spent a major part of my talk-time pouring forth her expressions of pity in copious volumes at my expense. I did not have the heart to interrupt her, since I am a heartless guy, at heart.

Ten minutes later saw me returning on my way along the same road, while still listening to the "Oh, poor dog...." expressions of my lady friend. Hoping to divert her attention with good news, I told her that I was back at the same place which was now devoid of both dog and man.

"Whatever happened to the poor dog?", she queried with utmost concern.

"Must have got its visual obstruction removed by the good samaritan, and must now be on its way to meet up with its friends and have a whale of a time", I ventured.

"And the man?", she asked.

There is no satisfying a woman, I tell you.

How does she expect me to answer every silly question of hers as if I was standing there all the time to record and narrate her the events of the century.

In exasperation, I said, "He must have, in his attempts to remove it from the dog's head, put it accidentally on his own".

No sooner did I say that, I immediately bit my tongue. She would now embark on her piteous sympathies about the man, I thought. But.....

It was then that the plaintive mewlings of my lady friend stopped. No, she did not become silent.

She laughed. A harsh throaty laugh, that seemed to rise in tempo with time, and reverberated all along its path on the communication channel from her mobile to mine. The expected crescendo did not seem to be anywhere near sight of hearing. The picture of a man with a plastic bucket on his head, trying to find his way out in more ways than one seemed to have touched off her funny bone with a quivering feather. She laughed, she guffawed, she roared. Hyenas, if present, would have queued up for a lesson or two from her.

I suddenly had the feeling that she belonged not just to the SPCA (Society for prevention of cruelty to animals), but also to the SPCA (Society for perpetration of cruelty to Adam).

My sensitive mobile phone couldn't withstand the high frequency and pitch and shut itself down at the same time that the talk time on my prepaid mobile got exhausted.

Oh, Women can be so cruel.

You can avoid her cruelty, though. Don't wear an empty plastic bucket of paint on your head when in her presence.

Mr.Y. Balaji GM(CC)

My teacher

I am a seven-year-old girl studying in class 2 of DPS. In my life there are two type of teachers. First is my mother at home who teaches me practical everyday things which are a part of growing up. The others are the teachers at my school who teach me various subjects from the text books.

Initially, I was quite scared of joining school and did not know what to expect from my teachers. However, after sometimes, I found them very caring and loving and started enjoying my time at school. I now look forward to attending school and learn something new everyday.

While all my teachers are very good and caring, my favourite is my class teacher G. Sandhya Rani mam. She is really smart and very caring. She treats every student

in the same manner and does not scold us when we make mistakes. she also does not play favourites. She instead encourages us to improve by learning from the mistakes. I wish she was my class teacher in all my classes.

For me, my teachers are next only to God. It is due to the efforts of my mother and my teachers that I am becoming a good human being. I will always remain grateful to my teachers for their unconditional love, support and guidance. However, I feel that in the long run, life itself is the best teacher.

Navanya

D/O Neha Singh

Teacher - JyothiBalaVihar

Diversity offers us a choice of subscribing to an identity in order to define a way of life, yet, it is this choice that has rendered the human society into a widely fragmented entity. The reasons range from chauvinistic dedication to selfish manipulation, but a unified society built upon mutual admiration and universal co-operation is still a shared dream of many, which is yet to see the light of day. Nature has a different story to tell though, wherein, diversity confers a specific responsibility on every life form to hold up the integrity of the environment they are all part of. The best example being, the vast forests grown by the symbiotic association of various forms of life ranging from plants to ants. In this edition of My Garden, we bring you tidings from the kitchen garden of Shri RavindraBabu, who is working as a Junior Officer in Sinter Plant and is a practitioner of Zero Budget Natural Farming method, which relies upon this symbiotic association of various life forms in a garden to ensure a healthy crop and a fertile soil.



Spark: No one, Sir, it is all just a result of some natural process we suppose?

Mr. Ravindra: Right then, why can't we replicate the same with our farms here? Why do we need so much manpower, equipments and chemicals to cultivate our lands? Can't we bank upon the nature to provide for our lands too? That was how the idea of "Zero Budget Natural Farming (ZBNF) Method" began. It was developed by Shri SubhashPalekar, an agricultural B.Sc graduate, a farmer and a Padma awardee.

Spark: Sir, what's ZBNF Method of farming and how is it different?

Mr. Ravindra: ZBNF method relies upon the soil and activating its inherent nutrients to nourish the plants. It abstains from usage of any external chemical fertilizers or pesticides/insecticides which may temporarily assist the plant's nourishment, but will adversely affect the soil in the long run.

Spark: Hello Sir, your terrace garden looks all set to dish out a magnificent feast!

Mr. Ravindra: (laughs out loud) Oh yes, we do like to pamper our guests with variety.

Spark: Sir, we see lots of books and bottled up solutions around, are these magic ingredients of your splendid garden?

Mr. Ravindra: Oh no, there's no magic ingredient for a healthy garden as we all imagine, it's all about giving the Nature a free hand

Spark: Sir, we didn't get you, could you please explain?

Mr. Ravindra: Tell me, who tends to all those vast fruit bearing and flowering trees in a forest?

ZBNF is a complete desi cow based agriculture method, wherein the seeds and the soil are fed with Bijamrutham and Jivamrutham respectively, a culture made from fresh cow dung and cow urine. This culture houses millions of useful microbes which improve the soil porosity and decompose the organic matter in the soil to convert them into essential nutrients for nourishing the plant's growth, thereby, making the soil self-sufficient and avoiding usage of any external chemical fertilizers. In fact, one cow could cater to the needs of almost 30 acres of farmland.



This method encourages multiple crops in order to reduce the costs. This method also employs a process called mulching where the dried up leaves and other organic wastes generated in a garden are used to cover up the soil around the crop to control weed growth and to create a habitable environment for various worms and microbes which are beneficial to the growth of the plant. Trenches are dug around the soil beds where organic wastes are buried and mixed with the Jivamrutham in order to allow breeding of essential worms and microbes which loosen the soil and fertilize it.

Simply put, this method establishes a symbiotic relationship between the plant and the various insects and microbes present



in the soil in order to create a self nourishing eco-system for promoting healthy plant growth, all of this using commonly available organic materials which are cheap and aren't harmful to the soil or humans.

Spark: Sir, but what are the advantages of adopting this method?

Mr. Ravindra:

1. It ensures reclaiming the fertility of soil which has been reduced due to decades of exposure to various chemical fertilizers and pesticides.

2. This method ensures better percolation of water, thereby improving ground water levels and maintaining the moisture in soil.

3. This method harbours easily and locally available organic material, hence it is cheaper and safer.

4. Products grown organically have been proved to provide tremendous health benefits to consumers as they are grown without using any chemicals which are harmful to the human health

Spark: Sir, but all these microbes and insects breeding around the plants, aren't they harmful to our health?

Mr. Ravindra: The cultures we use and various pest management solutions like Neemastra, Agniastra and Brahmastra ensure that only those insects and pests which are beneficial to the plants growth are harnessed. They are in no way harmful to our health. In fact the odour emanating from these solutions due to their pungent nature wards off snakes and other reptiles.

Spark: Sir, is this method suitable for all varieties of crops and flowers?

Mr. Ravindra: I started out with a terrace garden about one and a half year back with an idea to grow various fruits and vegetables. I was introduced to this ZBNF method through a network of farmer help groups like RaithuMitra on Facebook and so I decided to switch to the ZBNF method. I am already reaping the benefits of it, and it is also effective for flowering plants as well as they are



known to give more colourful flowers and a better yield by employing this method.

Spark: Sir, how do you take out time for gardening

activities amidst your busy schedule dispensing duties as an employee at steel plant?

Mr. Ravindra: I spend my Sundays in the shade of my garden. Apart from it, an hour or two daily in the morning or evening could keep your garden in a healthy shape.

Spark: How are you promoting this method to your neighbours?

Mr. Ravindra: Visiting people's gardens and sharing my knowledge or motivating them to take up ZBNF method of farming has become a regular hobby of mine now. Presently I provide technical and logistic support in my free time to a trained group of maalis tending to almost 18 quarters in our township where the gardens have been cultivated in the ZBNF method, Farmer groups on Facebook like "Rythumithra" help me in networking and updating my knowledge. We also regularly organise markets at Sector-12 and CWC-1 showcasing various organic fruits, vegetables and pulses sourced from nearby villages to encourage the people to move towards organic products and thereby towards a healthier life. We have also conducted workshop on ZBNF in our

Steel Club and also for school students at KendriyaVidyalaya, Ukkunagaram where eminent speakers explained the benefits of ZBNF to the students.

Spark: Sir, would you like to give any message to our readers ?

Mr. Ravindra: Let us be aware about the harmful effects of the chemical fertilizers and insecticides and make a shift towards greener and safer ZBNF. As I already said, nature has given us everything, let us not pollute it, let's give it a free hand. Let's encourage organic products and move towards a healthier life and preserve the precious soil for our future generations.

Spark: Sir, it was a great learning experience interacting with you, we are sure our readers will also realise the benefits of ZBNF method!

Mr. Ravindra: Thank you, always a pleasure to pass on my knowledge.

As told to Bharadwaj



ईश्वर की अद्भुत रचना...

जब भगवान स्त्री की रचना कर रहे थे, तब उन्हें काफी समय लग गया। छठवाँ दिन था और स्त्री की रचना अभी भी अधूरी थी। इस पर देवदूत ने पूछा 'भगवन्! आप इसे बनाने में इतना समय क्यों लगा रहे हो?'

भगवान ने जवाब दिया - 'क्या तुमने इसके सारे गुणधर्मों (Specifications) को देखा है, जो इसकी रचना के लिए जरूरी हैं। यह हर प्रकार की परिस्थिति को संभाल सकती है। यह एक साथ अपने कई वच्चों को संभाल सकती है और खुश भी रख सकती है। यह अपने प्यार से घुटनों की खरोंच से लेकर टूटे दिल के भाव को भर सकती है। यह सब सिर्फ अपने दो हाथों से कर सकती है। इसका सबसे बड़ा गुणधर्म यह है कि स्वयं बीमार होने पर भी यह अपना ध्यान खुद रख सकती है एवं दिन में 18 घंटों तक काम कर सकती है।' देवदूत चकित होकर पूछा - 'क्या भगवन्! यह सब दो हाथों से कर पाना संभव है?'

भगवान ने कहा - 'यह मेरी अद्भुत रचना है।'

देवदूत ने स्त्री के नजदीक जाकर हाथ लगाया और कहा - 'भगवन्! यह तो बहुत नाजुक है।'

भगवान ने कहा - 'हाँ, यह बाहर से बहुत ही नाजुक है, पर इसे अंदर से बहुत मजबूत बनाया है। इसमें हर परिस्थिति को संभालने की ताकत है। यह कोमल है, पर कमजोर नहीं।'

देवदूत ने पूछा - 'क्या यह सोच भी सकती है?'

भगवान ने कहा - 'यह सोच भी सकती है और मजबूत होकर

मुकाबला भी कर सकती है।'

देवदूत ने नजदीक जाकर स्त्री के गालों को हाथ लगाया - 'भगवन्! इसके गाल तो गीले हैं, लगता है इस पर कुछ वह रहा है?'

भगवान ने कहा - 'ये उसके आँसू हैं।'

देवदूत ने कौतूहलवश फिर पूछा - 'आँसू किसलिए भगवन्?'

भगवान बोले - 'यह भी इसकी ताकत है। आँसू इसके फरियाद करने, प्यार जताने और अपने अकेलापन को दूर करने की ताकत हैं।'

देवदूत ने कहा - 'भगवन्! आपकी रचना अद्भुत है। आपने बहुत सोच-समझ कर बनाया है। आप महान हैं।'

भगवान ने कहा - 'यह स्त्री रूपी रचना वास्तव में अद्भुत है। यही पुरुष की ताकत है। यही पुरुष को प्रोत्साहित करती है। दूसरों को खुश देखकर खुश रहती है। हर परिस्थिति में हँसती है। उसे जो चाहिए, उसे लड़कर भी ले सकती है। उसके प्यार में कोई शर्त नहीं है। उसका दिल तब टूट जाता है, जब उसे अपने ही धोखा देते हैं, लेकिन हर परिस्थिति में वह समझौता करना भी जानती है।'

देवदूत ने कहा - 'भगवन्! आपकी रचना संपूर्ण है।'

भगवान बोले - 'ना, अभी इसमें एक त्रुटि है...। यह कभी अपना महत्व नहीं समझेगी...।'

- संकलन: श्री ज्ञानेंद्र सिंह

साथ का सुख

मेरी पत्नी ने कुछ दिनों पहले घर की छत पर कुछ गमले रखवा दिए और एक छोटा सा बगीचा बना लिया। पिछले दिनों मैं छत पर गया तो ये देख हैरान रह गया कि कई गमलों में फूल खिल गए हैं। नींबू के पौधे में दो नींबू भी लटके हुए हैं और मिर्च के पौधे में दो-चार हरी मिर्च भी लटकी हुई नजर आई।

मैंने देखा कि पिछले हफ्ते उसने जो बांस का पौधा लगाया था, उस गमले को घसीट कर एक दूसरे गमले के पास कर रही थी। मैंने पूछा - 'तुम इस भारी गमले को क्यों घसीट रही हो?'

पत्नी ने साँस भरते हुए कहा - 'यह यहाँ सूख रहा है, इसे घसीट कर इस गमले के पास कर दे रही हूँ, ताकि इसमें भी जान आ जाए।'

मैं हँस पड़ा और कहा - 'अरे पौधा सूख रहा है तो खाद-पानी डालो। इसे खिसकाकर किसी और पौधे के पास कर देने से क्या होगा?'

पत्नी ने मुस्कराते हुए कहा - 'यह पौधा यहाँ अकेला है, इसीलिए मुरझा रहा है। इस पौधे के पास रहेगा तो यह फिर से लहलहा उठेगा। पौधे अकेले में सूख जाते हैं, लेकिन यदि उन्हें किसी और पौधे का साथ मिल जाए तो वे जी उठते हैं।'

वहुत अजीब सी बात थी। एक-एक करके कई तस्वीरें आँखों के सामने बनती चली गईं। माँ की मौत के बाद पिताजी कैसे एक ही रात में बूढ़े... बहुत बूढ़े हो गए थे। हालाँकि माँ के जाने के बाद वे सोलह साल तक रहे, लेकिन सूखते हुए पौधे की तरह। माँ के रहते हुए जिस पिताजी को मैं कभी उदास नहीं देखा था, वे माँ के जाने के बाद खामोश सा हो गए थे। मुझे पत्नी के विश्वास पर पूरा विश्वास होने लगा था। लग रहा था कि सचमुच पौधे अकेले में सूख जाते होंगे।

वचन में मैं एक बार बाजार से एक छोटी सी रंगीन मछली खरीद कर लाया था और उसे शीशे के जार में पानी भरकर रख दिया था। मछली सारा दिन गुमसुम रही। मैंने उसके लिए खाना भी डाला, लेकिन वह पानी में अनमना सा घूमती रही। सारा खाना जार की तलहटी में जाकर बैठ गया। मछली ने कुछ नहीं खाया। दो दिनों तक वह ऐसी ही रही, और एक सुबह मैंने देखा कि पानी की सतह पर वह उल्टी पड़ी हुई थी।

आज मुझे घर में पाली वह छोटी सी मछली याद आ रही थी। वचन में मुझे किसी ने यह नहीं बताया था। अगर मालूम होता तो कम से कम दो, तीन या ढेर सारी मछलियाँ खरीद लाता और मेरी वो प्यारी मछली यूँ तन्हा न मर जाती।

वचन में माँ से सुना था कि लोग मकान बनाते समय दीपक रखने के लिए दीवार में इसलिए दो मोग्गे बनवाते थे कि बेचारा अकेला मोग्गा गुमसुम और उदास हो जाता है। मुझे लगता है कि संसार में किसी को अकेलापन पसंद नहीं। आदमी हो या पौधा, हर किसी को किसी न किसी के साथ की जरूरत होती है। आप अपने आसपास झाँकिये, अगर कहीं कोई अकेला दिखे तो उसे अपना साथ दीजिए। उसे मुरझाने से बचाइए। अगर आप अकेले हों तो आप भी किसी का साथ लीजिए, आप खुद को भी मुरझाने से रोकिए। अकेलापन संसार में सबसे बड़ी सजा है। गमले के पौधे को तो हाथ से खींचकर एक दूसरे पौधे के पास किया जा सकता है। लेकिन आदमी को करीब लाने के लिए जरूरत होती है रिश्तों को समझने की, सहेजने की और समेटने की। अगर मन के किसी कोने में आपको लगे कि जिंदगी का रस सूख रहा है, जीवन मुरझा रहा है तो उस पर रिश्तों के प्यार का रस डालिए। खुश रहिए और मुस्कुराइए।

- संकलन: श्रीमती गुमन



an amazing story...

Here is an amazing story from a flight attendant on Delta Flight 15, written following 9-11:

On the morning of Tuesday, September 11, we were about 5 hours out of Frankfurt, flying over the North Atlantic. All of a sudden the curtains parted and I was told to go to the cockpit, immediately, to see the captain. As soon as I got there I noticed that the crew had that "All Business" look on their faces. The captain handed me a printed message. It was from Delta's main office in Atlanta and simply read, "All airways over the Continental United States are closed to commercial air traffic. Land ASAP at the nearest airport. Advise your destination."

No one said a word about what this could mean. We knew it was a serious situation and we needed to find terra firma quickly. The captain determined that the nearest airport was 400 miles behind us in Gander, New Foundland.

He requested approval for a route change from the Canadian traffic controller and approval was granted immediately -- no questions asked. We found out later, of course, why there was no hesitation in approving our request.

While the flight crew prepared the airplane for landing, another message arrived from Atlanta telling us about some terrorist activity in the New York area. A few minutes later word came in about the hijackings.

We decided to LIE to the passengers while we were still in the air. We told them the plane had a simple instrument problem and that we needed to land at the nearest airport in Gander, New Foundland, to have it checked out.

We promised to give more information after landing in Gander. There was much grumbling among the passengers, but that's nothing new! Forty minutes later, we landed in Gander. Local time at Gander was 12:30 PM that's 11:00 AM EST.

There were already about 20 other airplanes on the ground from all over the world that had taken this detour on their way to the US.

After we parked on the ramp, the captain made the following announcement: "Ladies and gentlemen, you

must be wondering if all these airplanes around us have the same instrument problem as we have. The reality is that we are here for another reason."

Then he went on to explain the little bit we knew about the situation in the US. There were loud gasps and stares of disbelief. The captain informed passengers that Ground control in Gander told us to stay put.

The Canadian Government was in charge of our situation and no one was allowed to get off the aircraft. No one on the ground was allowed to come near any of the air crafts. Only airport police would come around periodically, look us over and go on to the next airplane.

In the next hour or so more planes landed and Gander ended up with 53 airplanes from all over the world, 27 of which were US commercial jets.

Meanwhile, bits of news started to come in over the aircraft radio and for the first time we learned that airplanes were flown into the World Trade Center in New York and into the Pentagon in DC.

People were trying to use their cell phones, but were unable to connect due to a different cell system in Canada. Some did get through, but were only able to get to the Canadian operator who would tell them that the lines to the U.S. were either blocked or jammed.

Sometime in the evening the news filtered to us that the World Trade Center buildings had collapsed and that a fourth hijacking had resulted in a crash. By now the passengers were emotionally and physically exhausted, not to mention frightened, but everyone stayed amazingly calm.

We had only to look out the window at the 52 other stranded aircraft to realize that we were not the only ones in this predicament.

We had been told earlier that they would be allowing people off the planes one plane at a time. At 6 PM, Gander airport told us that our turn to deplane would be 11 am the next morning.

Passengers were not happy, but they simply resigned themselves to this news without much noise and started to prepare themselves to spend the night on the airplane.

Gander had promised us medical attention, if needed, water, and lavatory servicing.

And they were true to their word.

Fortunately we had no medical situations to worry about. We did have a young lady who was 33 weeks into her pregnancy. We took REALLY good care of her. The night passed without incident despite the uncomfortable sleeping arrangements.

About 10:30 on the morning of the 12th a convoy of school buses showed up. We got off the plane and were taken to the terminal where we went through Immigration and Customs and then had to register with the Red Cross.

After that we (the crew) were separated from the passengers and were taken in vans to a small hotel. We had no idea where our passengers were going. We learned from the Red Cross that the town of Gander has a population of

सुख कहाँ

ऐ 'सुख' तू कहाँ मिलता है
क्या तेरा कोई स्थाई पता है।
क्यों बन बैठा है अंजाना
आखिर क्या है तेरा ठिकाना।
कहाँ-कहाँ ढूँढ़ा तुझको
पर तू न कहीं मिला मुझको।
ढूँढ़ा ऊँचे मकानों में
बड़ी-बड़ी दूकानों में।
स्वादिष्ट पकवानों में
चोटी के धनवानों में।
वो भी तुझको ढूँढ़ रहे थे
बल्कि मुझको ही पूछ रहे थे।
क्या आपको कुछ पता है
ये सुख आखिर कहाँ रहता है?
मेरे पास तो 'दुःख' का पता था
जो सुबह शाम अक्सर मिलता था।
परेशान होके रपट लिखवाई
पर ये कोशिश भी काम न आई।
उम्र अब ढलान पे है
हौसले थकान पे हैं।

हाँ उसकी तस्वीर है मेरे पास
अब भी बची हुई है आस।
मैं भी हार नहीं मानूँगा
सुख के रहस्य को जानूँगा।
वचन में मिला करता था
मेरे साथ रहा करता था।
पर जब से मैं बड़ा हो गया
मेरा सुख मुझसे जुदा हो गया।
मैं फिर भी नहीं हुआ हताश
जार रखी उसकी तलाश।
एक दिन जब आवाज ये आई
क्या मुझको ढूँढ़ रहा है भाई।
मैं तेरे अंदर छुपा हुआ हूँ
तेरे ही घर में बसा हुआ हूँ।
मेरा नहीं है कुछ भी 'मोल'
सिक्कों में मुझको न तोल।
मैं बच्चों की मुस्कानों में हूँ
हारमोनियम की तानों में हूँ।
पत्नी के साथ चाय पीने में
'परिवार' के संग जीने में।

बच्चों की सफलता में हूँ
माँ की निश्चल ममता में हूँ।
हर पल तेरे संग रहता हूँ
और अक्सर तुझसे कहता हूँ।
मैं तो हूँ बस एक 'एहसास'
बंद कर दे तू मेरी तलाश।
जो मिला उसी में कर 'संतोष'
आज को जी ले कल की न सोच।
कल के लिए आज को न खोना
मेरे लिए कभी दुःखी न होना
मेरे लिए कभी दुःखी न होना...
संकलन: शकुंतला देवी

DADI MA KE NUSKHE



क्या करें और क्या ना करें

क्रम संख्या	प्रश्न	उत्तर
01	सुबह उठकर कैसा पानी पीना चाहिए	हल्का गर्म
02	पानी पीने का तरीका कैसा होना चाहिए	बैठकर और घूँट-घूँट कर
03	खाना कितनी बार चबाना चाहिए	32 बार
04	सुबह नाश्ता कब तक कर लेना चाहिए	सूरज निकलने के ढाई घंटे के भीतर
05	सुबह खाने के साथ क्या पीना चाहिए	फलों का जूस
06	दोपहर में खाने के साथ क्या पीना चाहिए	छाँछ अथवा लस्सी
07	रात को खाने के बाद क्या पीना चाहिए	दूध
08	सुबह कब उठना चाहिए	सूरज निकलने से डेढ़ घंटा पहले
09	मिठ्टी के घड़े का पानी कब पीना चाहिए	मार्च से जून तक
10	ताँबे के घड़े का पानी कब पीना चाहिए	जून से सितंबर तक

- संकलन: श्रीमती सुमन

गुरुपूर्णिमा

हर साल आती गुरुपूर्णिमा
शिष्यत्व का बोध कराती गुरुपूर्णिमा
गुरु-स्मरण कराने आती गुरुपूर्णिमा
शिष्यों के वादों को याद दिलाने आती गुरुपूर्णिमा
शिष्य की निष्ठा का प्रमाण है गुरुपूर्णिमा
शिष्य की श्रद्धा की संपूर्णता है गुरुपूर्णिमा
सद्गुरु के वरदानों का उत्सव है गुरुपूर्णिमा
सद्गुरु के वरसते आशीषों का महोत्सव है
गुरुपूर्णिमा
गुरु सानिध्य की अनुभूति है गुरुपूर्णिमा
गुरु सामीप्य का बोध है गुरुपूर्णिमा
शिष्यत्व के जागरण का उत्सव है गुरुपूर्णिमा
पूर्ण समर्पण का महोत्सव है गुरुपूर्णिमा
आत्मस्वरूप का ज्ञान कराने आई गुरुपूर्णिमा
देहाभिमान को दूर कराने आई गुरुपूर्णिमा
श्रद्धा निष्ठा से गुरुमय बनाने आई गुरुपूर्णिमा
गुरु भक्ति का सावन लाई गुरुपूर्णिमा
भाव संवेदना जगाने आई गुरुपूर्णिमा
शिष्य में देवत्व जगाने आई गुरुपूर्णिमा
दिव्य अनुदान वरदान वरसाने आई गुरुपूर्णिमा
गुरु के स्नेह की याद दिलाने आई गुरुपूर्णिमा
गुरुर ब्रह्मा गुरुर विष्णु गुरुर देवो महेश्वरा
गुरुर साक्षात् परब्रह्म तस्मैश्री गुरुरवे नमः।।

- संकलन: श्रीमती सुमन



Mantras are Frequencies that can Heal, Kill and Transcend...

Sanskrit is the oldest language that was based on sounds and vibrations.

Every alphabet and its pronunciation have specific meaning; like ku is earth, khe is sky etc.

OM is the first and foremost of all mantras. OM is the sound of cosmic energy and contains all the sounds in itself. The spiritual efficacy of OM is heard, not by the ears but by the heart. It surcharges the innermost being of man with vibrations of the highest reality.

All galaxies (including ours) are rotating and the sound they make is OM.

Frequency of OM is 7.83 Hz, which is inaudible to us as the human ear with 2 strand DNA human cannot discern sounds of frequency less than 20 hertz.

Birds, Dogs and few other animals can hear it.

Frequencies of various Beej Mantras

- OM - 7.83 Hz
- Gam - 14 Hz
- Hleem - 20 Hz
- Hreem - 26 Hz
- Kleem - 33 Hz
- Krowm - 39 Hz
- Sreem - 45 Hz

These cosmic sounds were heard by 12 strand DNA maharishis in their spiritual trances which broadened their sense spectrums. However our brain can register the vibrations.

Seven Chakras and Mantras

Muladhara (???????)

Base or Root Chakra: Cervix/Perineum
 Sound Note: C
 Colour: Red
 Element: Earth
 Mantra: Lam
 Frequency in Hz: 261.6, 523.3, 1046.5, 2093, 4186

Keeps you Grounded. Connects your feet, to the Earth. Good if can't make decisions.

Swadhisthana (?????????????)

Sacral Chakra: last bone in spinal cord
 Sound Note: D
 Colour: Orange
 Element: Water
 Mantra: Vam
 Frequency in Hz: 293.7, 587.3, 1174.7, 2349.3, 4698.7
 Emotions, Passion, intuition and creativity.

Manipura (???????)

Solar Plexus Chakra : Navel area
 Sound Note: E
 Colour: Yellow
 Element: Fire
 Mantra: Ram
 Frequency in Hz: 329.6, 659.3, 1318.5, 2637.1, 5274.1
 Confidence, Assertiveness, ability to be a stand and say No.
 Will Power.

Anahata (?????)

Heart Chakra: Heart area
 Sound Note: F
 Colour: Green
 Element: Wind
 Mantra: Yam
 Frequency in Hz: 349.2, 698.5, 1396.9, 2793.9, 5587.7
 Love, Kindness, Compassion, Harmonious relationships.

Visuddha (???????)

Throat Chakra (throat and neck area)
 Sound Note: G
 Colour: Blue
 Element: Sky
 Mantra: Ham
 Frequency in Hz: 196, 392, 784, 1568, 3136
 Self-Expression and Open communication.

Ajna (?????) Brow

Third Eye Chakra (pineal gland or third eye)

Sound Note: A
 Colour: Indigo
 Element: Body
 Mantra: OM
 Frequency in Hz: 110, 220, 440, 880, 1760, 3520.

Insight and visualization. Opens up your perceptive physic ability.

Sahasrara (???????)

Crown Chakra (Top of the head; 'Soft spot' of a newborn)
 Sound Note: B
 Colour: White (combination of all the colours) or Violet
 Element: No Element
 Mantra: No Sound
 Frequency in Hz: 123.5, 246.9, 493.9, 987.8, 1975.5, 3951.1

Wisdom. Connecting you to your higher Self and spirituality.
 Astral projection, Inter galactic travel, higher spiritual powers, timelessness, language of light etc.

Advantages of natural production of Nitric Oxide in our body

The anuswaram (nasal sound) MMMM humming boosts the production of Nitric oxide in the body. This was known to Indians and documented more than 7000 years ago.

Nadaswaram (Shehnai) is an ancient musical instrument which produces similar nasal sound.

OM opens up quantum tunneling, where the wormholes do NOT have a restriction of speed of light. The secrets of this universe are contained in energy, frequency and vibration.

If you make the sound of OM in front of a drop of liquid, it will transform itself into a Sri Yantra which is very specific visual form which is symmetrical and also holographic, in that every bit of it contains all of it.

This Sri Yantra was revealed to Maharishis with 12 strand DNA and king sized pineal glands more than 8000 BC.

Sanskrit Mantras have precise golden ratio of 1.618 sound harmonics



Chicken keema fry



Ingredients

Boneless Chicken : 1/4 kg
Onion - 1 big
Tomato -2 medium
Green chillies -4-5
Curry leaves
Coriander leaves
Cashew nuts: 8-10
Ginger garlic paste: 1 1/2 tsp

Garam masala (coriander,
Cummin cloves, cinnamon,
cardamom and star anise),
Turmeric:1/2 tsp, Salt: To
taste, Chill powder: 2 tsp,
Oil : 4 tbsp

Preparation:

Clean the chicken with little vinegar. Then boil it in water adding a little salt. After cooling remove from water and grate it coarsely in a mixer grinder (just one buzzer) keep aside. Put oil in a frying pan and heat it. Fry the onion pieces, chillies, turmeric and salt till golden brown. Then add ginger garlic paste and fry . Add grated chicken, after 5 minutes add the tomato juice . As the curry thickens add chilli powder. Fry till the gravy changes colour. Put curry leaves and fry a little more. Now add garam masala. After 2 minutes turn off the stove and decorate with coriander leaves.

Jaggery cake



Ingredients:

Butter:1cup,
Jaggery: 1 cup
Maida: 1 1/2cup
Milk : 1/4 cup
Baking powder:1tsp
Cooking soda: 1tsp
Egg: 1 cup

Pineapple essence: 3-4 drops
Cinnamon powder: 1/2tsp
Cherries/ dry fruits cut into
small pieces -1/2cup

Preparation:

Mix maida, baking powder and cooking soda well and sieve 3 to 4 times. Beat jaggery and butter. Then add egg and again beat well. Add essence, milk, cinnamon pd.and mix in the maida. Keep this mixture aside for 1 hour. Bake for 35 minutes in a preheated oven at 180 C. This cake can be made eggless too by adding 1/2 cup of milk instead of egg. Instead of cinnamon powder a pinch of Kesar (saffron) may be added for a better and different taste.

Done with reading this issue of SPARK? Then you surely can answer all the questions below....

1. गाँव की लुगाइयों को एक मास्टरनी अँग्रेजी सीखाने आई।
चूँकि A फॉर Apple
और B फॉर Boy समझाना आसान न था, तो मास्टरनी ने नया तरीका निकाला
A फॉर अमरपाल की बहू
B फॉर बलवंत की बहू
O फॉर ओंकार की बहू
Z फॉर जमींदार की बहू आदि रटवाया गया...
फिर हुआ टेस्ट...
प्रश्न था Q फॉर?
ताई कंप्यूज हो गई और बोली - दिखे तो ओंकार की बहू है, पर मुँह में बीड़ी क्यों डाल रखी है

2. एक अंग्रेज नदी में बत्तकों पर निशाना लगा रहा था। उसका निशाना चूक गया और नदी से पानी भर रही एक औरत का घड़ा फूट गया। अँग्रेज को अपनी गलती का एहसास हुआ, उसने औरत से कहा 'सॉरी फॉर देम।'
उस औरत ने अँग्रेज को एक थप्पड़ मारा और कहा 'एगो त हमार हडिया फोड़ देहलस आऊर उपर से नतिया कहता साड़ी फाड़ देव।'

3. आजकल के बच्चों के लिए हिंदी भी सरल नहीं है...
टीचर: 'रामस्वरूप बीमार हुआ फलस्वरूप मर गया' सभी लोग इसका अनुवाद करो।
पप्पू: 'मास्टर साहब! अगर रामस्वरूप बीमार हुआ तो फलस्वरूप क्यों मर गया'
टीचर: 'भूख! इसका मतलब है रामस्वरूप बीमार हुआ परिणाम स्वरूप मर गया।'
पप्पू: 'लो... अब तीसरा मर गया।'

4. पंचायत ऑफिस के बाहर लिखा था 'कृपया अंगूठा लगाने के बाद अंगूठे की स्याही को दीवार पर न पोछें।'
उस सूचना के नीचे किसी समझदार ने दिया 'अरे पागल! ऊपर की सूचना पढ़ने में आती तो अंगूठा क्यों लगाते।'

5. बायोलॉजी का टीचर: सेल मतलब शरीर की कोशिकाएं
फिजिक्स का टीचर: सेल मतलब बैटरी
एकनॉमिक्स का टीचर: सेल मतलब विक्री
हिस्ट्री का टीचर: सेल मतलब कारागार
अँग्रेजी का टीचर: सेल मतलब मोबाइल
पढ़ाई ही छोड़ दी यह सोचकर कि जिस स्कूल में पाँच शिक्षक ही एकमत नहीं हों, उस स्कूल में पढ़कर क्या होगा
और सच्चा मिला जब पत्नी ने बताया सेल मतलब डिस्काउंट।

6. बड़ी खोजबीन के बाद अब कहीं जाकर 'एडमिन' का हिंदी नाम मिला - झुंड नियंत्रक
और सेल्फों का भी नया नाम मिला - खुदखेंचू
डी पी का हिंदी शब्द पढ़ा - दिखावटी फोटू
और अंत में 'बफेट पार्टी' का हिंदी शब्द 'कुकुर भोज' मिला।
- संकलन: सुनील कुमार

1. Where did the class of 91 meet?
2. Name the book written by SriKanthPoliseti?
3. Who was cruel in Mr.Balaji's story?
4. How has the beauty been added to the world?
5. What has been replaced in the making of a cake?
6. Which crafting kids' activity entered the adults' world?
7. Who is Navanya's favourite teacher?
8. What does Ravindra grow in his garden?
9. What has been organized for the first time in the history of VMS?
10. What is "Srijanika"?

ANSWERS TO PREVIOUS LEISURE



Letters to the Editor

Dear Spark team,

I enjoy reading Spark. This time the article "I could not get into an IIT" is really motivating.. Hope more Ukku youngsters come forward and share their views and experiences.

Regards
Srinivas

डियर स्पार्क,

ఈ సారి పత్రికలో సందేశాలిచ్చే అంశాలు కనపడ్డాయి. లక్ష్మీదేవి గారు వ్రాసిన కుటుంబమే ఒక పాఠశాలలో యువతకిచ్చిన సందేశం బాగుంది. అలాగే ఫామిలీ ఒపీనియన్లో సాంఘిక మాధ్యమం మనకు చేసే సేవల గురించి చెప్పడం కూడా బాగుంది. ఇంకా హెల్త్ & వెల్త్, ఖానా ఖజానా ఫీచర్స్ ఆకట్టుకునేలా ఉన్నాయి. స్పార్క్ పత్రిక డీం కు అభినందనలు.

- జి. రమాదేవి

'స్పార్క్' में 'हमारे अपने' के अंतर्गत श्री आदिनारायण एवं श्री सुधाकर रेड्डी का इंटरव्यू अच्छा लगा। इसके माध्यम से समाज के प्रति श्री आदिनारायण जी की सेवाओं एवं उनके व्यक्तित्व के बारे में जानने का मौका मिला। साथ ही श्री सुधाकर रेड्डी अपनी समस्याओं के वाकजूद लोगों को शिक्षित करके अपने पैरों पर खड़े होने का गुर सिखा रहे हैं। उनके इंटरव्यू को पढ़कर बहुत ही प्रेरणा मिली।

- प्रियंका पाठक

पिछले कई अंकों की तरह ही इस बार भी स्पार्क का अंक बेहतर साज-सज्जा और भावपूर्ण लेख, कविताओं एवं बेहतरीन स्तंभों से सुसज्जित है। विस्टील महिला समिति के इस प्रयास को नमन। इस पत्रिका में अपने कर्मचारियों और उनके आश्रितों की रचनाओं को देखकर मन विशेष रूप से प्रफुल्लित हो उठता है। शुभकामनाएँ।

- स्मिता चंद्रावती



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.

