

Spark

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



Visteel Mahila Samiti
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Cookery Special



MERRY CHRISTMAS



Happy diwali

Cooking with
LOVE
Provides
food for
the
SOUL



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BREAKFAST





Dear Readers,

There is a famous saying, "The way to a mans heart is through his stomach". Tasty, delectable food makes a man think well, do well and sleep well. And to carry forward discussions on this tongue tickling subject, this edition of Spark is a "Cookery Special".

In India, along with diverse multi cuisine in main course category, we have varieties of mouth watering street foods which have royal aroma and divine flavor that is very difficult to resist. In tribute to our Indian spicy food, I'm tempted to mention an anecdote- A British chef, William Harold, had been promoted as a personal cook of a high ranking officer of British Army because of his culinary prowess in making delicious foods. He was once asked by his master to prepare a local dish - 'Bhel Puri' , which he tasted earlier. Since there were hardly any written recipes in India back then, with the womenfolk in each household orally passing on their culinary secrets to the next generation , William moved from house to house to find the exact recipe of bhel puri. At every house he went to, he got a different version of the recipe. After a long day of inquiries ,the poor cook was unable to find a standard recipe and told his master that as he couldn't get the exact recipe and that he will have to stick to French fries again. The Officer went completely berserk in fury, took out his handgun and shot William dead. This sparked off an uprising in the ranks in the barrack notwithstanding the fear of court martial. Such is the power of delicious food!! A bowl of Bhel Puri , caused mutiny in an otherwise extremely disciplined force!

Friends, for long , cooking has been the exclusive domain of womenfolk. Contrary to this notion, we have featured recipe from menfolk as well. Food has a special way of transporting us to the past. In this edition you will find members sharing their personal stories around their experience related to cooking along with recipes . Also, the "One Liners " and "Jab we Met " feature too is food-centric. In HAMARE APNE, we have featured an interview with a food enthusiast and one of the first bakers of Ukkunagaram.

Friends, our next edition will have a theme of the "Retro Games". We invite interesting contributions on the theme subject from our readers. I also seek valuable suggestions from readers so as to make SPARK more interesting.

I wish all the readers a happy Dushera, Joyous Diwali and Merry Christmas!

Signing off with my favourite food quote-". Breakfast like a king, lunch like a commoner and dinner like a pauper"

Bindoo Mohapatra
Editor in Chief & President, VMS

Editor-in-Chief



Last issue's "Dil Se" carrying a poem "Where has the love gone?" churned a myriad thoughts and emotions in me. I profess, I am not

qualified to assay poetical pieces. However, as a lay-man I always felt poetry was more about rhyme and seeing the unseen. Vers libre or free verse I must vehemently detest. But, this poem by Ms. Deepa Vaishnavi was something I could empathise with in more ways than one. Like the analysis of Linda Goodman's Sun Signs which, while reading, one feels that all the good things that Goodman tells of our own Sun sign exactly describes our personality to a 'T', Ms. Vaishnavi's poem perfectly described the many phases that people have passed or are passing through. From an overall perspective, Love in the poem seems to have caused as much damage as happiness and still has not left anything in its wake for it to be traced. It is exquisitely wondrous that while one starts life with an empty heart and not a care in the world, love enters the heart later and its subsequent exit does not restore status quo but rather great pathos.

The poetess talks about an emotion no longer felt, and pines for it. What is marvellous is the fact that the pining is not just for the emotion but for the emotion with the same person with respect to whom it has vanished. Now that is a contradiction in terms. But that is also what defines a sensitive human being of values. Of course there is the line "Why does it have to be with one only?" But this is not promiscuity, rather it speaks of deep appreciation of a variety of qualities that strum the heart strings. Such emotion can be understood only by one who has felt the vibrations of the tugged strings and it is not amenable to verbal elucidation. That is why the poetess continues "Or is that our limited thinking?" It is also ironical that the very source of love sometimes is cause for its swan song - "Torn from the hands that fed one". A peculiar quality of love is that undeclared love seldom vanishes. It smoulders and simmers, but vanishes, never. Such undeclared love is a different type of sweet pathos, a situation where love exists and so does pathos. Either way, with love, it is like choosing between Scylla and Charybdis. The poetess seems to have condensed an entire volume of thought into a small poem for she brings out various instances where love has vanished, the different roles in which love reigned and now has left with nary a compunction. Love seems to be ethereal and pervasive and yet all elusive enough not to be retained. The poem reminds me of the question "What happens to the hole when you eat a Doughnut?". Love is like that hole in a Doughnut. The people involved should always enclose the hole (love), failing which love will have gone, even if one hand loses its.

- Balaji



Was it love at first sight?

She was barrel shaped while he started broad and tapered down. She had the tendency to run if not taken care of while he stood tall.

They both belonged to the same extended family but had never met before.

The first sighting happened across the shelf of a departmental store. On that particular day, they were the first ones to arrive and were thus pushed together. Was it coincidence that again, a while later, they were both selected by the person who they were now accompanying? One could only wonder.

And now they were side by side - just touching but still shy.

Each knew that interacting with the other could and would most definitely change them completely. They also knew that, even if they wanted to, they would not be able to get together unless an external impetus acted on both of them at the same time. A remote possibility this.

Each was however ready to be with the other even if it was only in part and not completely. But they could not do anything as they were bound by their containers.

Someone must have sensed their fervent wish for it was granted. Their love was tested by fire and resulted in a wonderful outcome.

Wondering what it was?

On a festival day, the lady who had selected them at the department store took out a microwave-safe deep glass bowl. Into it she poured the entire content of the condensed milk can and added two spoons of thick curds from the curds container. She whisked them well together till such time they were no longer separable. And into the microwave went the mixture. First for 2 minutes straight and then a few more rounds of heating for 30 seconds to 1 minute each time. The entire process took about 10 minutes in total.

The final result? Lip smacking PaalKhova!

- Deepa Vaishnavi

हमारे अपने



श्री जॉय दुलाल मूलतः एक मेकेनिकल इंजीनियर के साथ-साथ एक अच्छे 'शेफ' भी हैं। उनके इस शौक को स्पार्क टीम ने पहचाना और उनके इस कौशल से और लोग लाभ प्राप्त करें इस उद्देश्य से उनसे बातचीत की। प्रस्तुत है, 'कुकरी स्पेशल'। स्पार्क अंक में जॉय दुलाल उर्फ जे डी से बातचीत के कुछ अंश:

स्पार्क: मुख्यतः खाना बनाना महिलाओं का काम माना जाता है, आपको इसमें रुचि कैसे आई?

जे डी: स्कूल टाइम में टी वी पर एक कार्यक्रम 'खाना खजाना' आता था। उस कार्यक्रम को देखकर मेरे मन में कुछ अनुराग पैदा हुआ, फिर भी मैं कहूँगा कि मैंने जो भी खाना बनाना सीखा है, वह अपने पिता जी से ही सीखा है। मेरे पिताजी खुद बहुत बढ़िया खाना बनाते हैं। वे बहुत सरल और विनम्र हैं।

स्पार्क: आपको कौन सा व्यंजन बनाना अच्छा लगता है।

जे डी: 'आई लव मटन', मुझे मटन बनाना बहुत अच्छा लगता है। मैं मटन बहुत बढ़िया बनाता हूँ। लेकिन यहाँ अच्छा मटन नहीं मिलता।

स्पार्क: पाक कला एक हुनर है, आपकी राय में क्या नौजवानों को इसे सीखना चाहिए?

जे डी: जरूर, सीखना चाहिए। क्योंकि सामाजिक परिस्थितियाँ बदल चुकी हैं, यह काम महिलाओं तक ही सीमित रह जाए, यह उचित नहीं, क्योंकि उनका सामाजिक-आर्थिक दायरा भी बहुत बढ़ गया है। अब यदि घर में शांति चाहिए तो इसे दोनों को सीखना ही चाहिए और आजकल तो खाना बनाना बहुत ही आसान हो गया है। टी वी, इंटरनेट पर तमाम ऐसे कार्यक्रम आते रहते हैं, जो आपको बढ़िया 'कुक' बना देंगे। अब यह कला नहीं, बल्कि जरूरत बन गया है।

स्पार्क: आप इस हुनर को कहाँ तक ले जाना चाहते हैं।

जे डी: मेरी इच्छा है कि मेरा एक रेस्टोरेंट हो और मैं उसका हेड वॉ और लोगों को बढ़िया भोजन करा सकूँ। लेकिन देखता हूँ कि मेरी यह इच्छा कहाँ तक सफल होती है।

स्पार्क: आपकी और कोई अभिरुचि जिसे आप सार्वजनिक करना चाहते हैं।

जे डी: वैसे तो मुझे खेल का बहुत शौक है। मैं अच्छा क्रिकेटर और फुटबाल का खिलाड़ी रह चुका हूँ। थोड़ा बहुत एक्टिंग भी आजमाया। घूमना भी मुझे बहुत अच्छा लगता है। हर साल मैं दो-तीन जगह जरूर घूमने जाता हूँ।

स्पार्क: विशाखपट्टणम कैसा लगा?

जे डी: जन्त...। विशाखपट्टणम मुझे बहुत अच्छा लगा। यहाँ का माहौल बहुत बढ़िया है। लेकिन स्ट्रीट फुड जैसी चीजों की कमी अभी भी यहाँ है।

स्पार्क: धन्यवाद जे डी और शीघ्र स्वस्थ होने हेतु शुभकामनाएँ। टाउनशिप के निवासियों की खुशियों में अपने सॉफ्ट, स्वादिष्ट

तथा सुंदर से केक के माध्यम से और रंग भरने वाले श्री के मोहन प्रशासन विभाग के एक कर्म ठ अधिकारी हैं। स्पार्क के इस 'कुकरी स्पेशल' अंक में प्रस्तुत है श्री के मोहन से बातचीत के कुछ अंश:

स्पार्क: केक बनाने के मामले में उक्कुनगरम में आपका बहुत नाम है।

मोहन: जी हाँ, यहाँ सभी तरह के मौकों पर मैं केक सप्लाय करता हूँ। मेरी धर्मपत्नी मगेश्वरी की देखरेख में हमारे वर्कर बढ़िया केक बनाते हैं और समय पर ताजा व सस्ता केक उपलब्ध कराते हैं। मुझे लगता है कि लोग हमारे इस काम से खुश हैं। अब तो हमारे पास तीन वर्कर हैं।

स्पार्क: केक ही क्यों कुछ और क्यों नहीं?

मोहन: इच्छा तो बहुत है और कला भी, लेकिन अभी समय नहीं आया है कि कुछ और किया जाए। फिर भी मेरी इच्छा है कि मैं अपना एक बेकरी का इंडस्ट्री खोलूँ, जिसमें कम-से-कम 50 वर्कर हों और हमारा अपना ब्रांड हो। मैं चाहता हूँ कि सस्ता और बढ़िया ब्रेड और बेकरी प्रोडक्ट लोगों को मिल सके।

स्पार्क: एक अच्छा केक बनाने के लिए किस तरह की तैयारी होनी चाहिए?

मोहन: देखिए, अब समय बहुत बदल गया है। पहले तो सारा काम मैनुअल होता था। लेकिन अब तो मशीनें हैं और बहुत सी चीजें रेडिमेड मिल जाती हैं। अब केक बनाना बहुत आसान है।

स्पार्क: कोई यादगार पल, जब आप बहुत खुश हुए हों।

मोहन: मैं यह काम किसी की भलाई के लिए ही शुरू किया था। लेकिन धीरे-धीरे यह मेरी नियति बन गयी। पहले एक बेकर सिटी से टाउनशिप में केक सप्लाय करता था। बाद में उसे नुकसान होने लगा। फिर मेरे एक दोस्त से उसकी मुलाकात हुई तो उसने अपनी समस्या का जिक्र किया। मेरे उस दोस्त ने मुझे उससे मिलाया। उसकी समस्या को देखते हुए मैंने अपनी पत्नी को भी अभिप्रेरित किया और दोनों ने मिलकर उस आदमी की सहायता और बेशक अपनी छोटी-मोटी कमाई के लिए यह काम शुरू किया। इससे उस आदमी का बिजनेस बहुत बढ़ गया और हमारी भी आमदनी बढ़ गई। इस बीच लोगों से अच्छे फीडबैक भी मिलने लगे। बाद में उस आदमी ने अपनी दूकान बेच दी और लोग जो मुझे जानते थे, वे सीधा मुझसे संपर्क करने लगे। फिर तो यह हमारा काम बन गया।

स्पार्क: क्या आप चाहेंगे कि लोग आपको केक एक्सपर्ट के रूप में जानें।

मोहन: जी हाँ! बेशक। मैं भी यही चाहता हूँ कि केक हमारी प्रसिद्धि का जरिया बने।

स्पार्क: हमसे बात करने के लिए धन्यवाद और शुभकामनाएँ।





recipe stories



Chenna kheer

An Anecdote fondly remembered.

Cooking has become an everyday part of my life for the past couple of decades (mind you not a necessity but by choice). It was introduced more in College rather than at home, as part of my course in both graduation and post-graduation. As I go down the memory lane of those first years in College I am not able to resist myself from penning down one of those lovely naïve experience which made our day then.

We were a batch of 24 students pursuing a graduation course in Home Science from Women's Christian College, Chennai. In our final year of graduation we had to prove that we were good Home Managers along with being good Home Scientist too. We were divided into two batches of 12 young ladies, who had to stay for 4 days and 3 nights in our college home which was in the top floor of our department building.

In those days Chennaites were pretty conservative so were my Parents, and it was just fun to be with friends so close to home but away from it too (which gave us kick.... U know the independent feeling..). As part of our home stay we had to invite our Professors for lunch when they would inspect our home and test our culinary skill and mark us on our performance. Our Professor in-charge had told us to keep it simple and neat. So we all got involved in full spirit and divided ourselves into groups of four looking into house-keeping, grocery shopping, and cooking. I was part of the Cooking team and Menu was decided as Roti, Rice, Vegetable Kurmaas Main Course and Rasgullas for Desert. The shopping group had a pretty long list of items to be bought (not only for ingredients of dishes in menu but few extra ingredients for emergency) which they did the previous evening as we had to attend college in morning hours. The next day we started our cooking at 9am with the college bell. Among the twelve of us, I was a Bengali and Vidya was Marwari classmate and rest were all SouthIndians. Vidya and myself and two other classmates were in the Cooking team. Everything started off well, the Rotis were fluffy and soft, thanks to the Marwari touch the Rice cooked perfect and the lovely aroma of the Veg-Kurma simmering was making us feel sort of proud. We were all smiles as I started off on my Rasgullas, the Channa was made and kneaded as per the recipe which my mom had given me and the sugar syrup was boiling. All my classmates gathered around the stove since it was a dish not commonly made in their homes. I dropped the Rasgulla balls one by one into the boiling sugar syrup and they would turn over like bouncing balls in the simmering syrup. Twelve pairs of eyes were on the vessel when suddenly the balls started disintegrating and I was shocked (it never happened when

my mother was making them). My classmates looked at me with a very worried expression and I switched off the stove and told them we will manage. From our reserve ingredients I took some peanuts, dry roasted them and skinned the peel and crushed them coarsely. I added this and some milk powder to my rasgulla mess and cooked it slowly on the stove till the dish became thick. My classmates tasted it and gave me encouraging looks with a relieved expression!! I garnished with some cardamom powder and raisin, transferred it to a serving bowl allowed it to cool and refrigerated it. We named it 'Channa kheer with a nutty twist'. Before serving, we decorated it with rose petals borrowed from our house keeping team.

When the clock struck One, Professors of our Department, totaling 12 in number came over for lunch. They inspected our home and their smiles and comments made us less tense. As lunch was served they were all praises for the Rotis and Veg-Kurma, soon it was time for desert. I was keenly observing their expressions as they tasted the first spoonful. My HOD just looked up and asked who had made the lovely desert and was all praises for our whole team. It really made my day then and I also realized there is no mistake which cannot be corrected in time.

And till date my mom always calls me.. if any thing goes wrong in her dish and I keep adding ingredients of my choice to correct it..... Lesson learnt well !!!

- Leena

Moon Dal Chutney

Recipe story: For 1 week we all 6 people went on a tour (North) to have Darshan of MathaVaishnodevi. On our return we are badly hungry, tired and want to have home food. So I assessed the situation and decided the Menu. As doors opened I rushed into the Rasoi and soaked the Moong Dal and busy in freshup job. Within 45 minutes hot food was on the Dining table. Rice, Rasam, Chutney, Papad and Curd. All the items tasty and simple. Everyone said including my grandson, some more chutney. It made the Meal.



Chutney Preparation: Soak 1/2 cup Moong dal (without skin) with 1 red chilly for 30 min. Takemixy jar put soaked Moongdal and Red chilly add dry 1/2 cup unsoaked Moong dal, 1 Green chilly, Jeera, Hing, Salt. Coarsed grinding is needed. Shift the content in to a container, add 1 tsp Lemon juice. Put Tadka with Ghee, add Black gram, Jeera, Mustard. Garnish with Curry leaves. Soft and Crunchy,

Easy and Tasty dish is ready. Eat with hot Rice and Ghee. The above preparation is for 3 people. YUMMY

Food Quote: MY KITCHEN IS SEASONED WITH LOVE.

-J.Valli

फटे दूध का सही उपयोग

1. फटे दूध को किसी बर्तन में डालें और इसमें आवश्यकतानुसार चीनी डालकर पानी सूखने तक पकायें। बचे मिश्रण से खोवा, बर्फी, पेड़ा और रसगुल्ला बना सकते हैं।
2. पनीर तो दूध को फाइकर ही बनाया जाता है। अगली बार यदि दूध फट जाए तो उससे पनीर बना लें।
3. फटे दूध का इस्तेमाल आप केक बनाने में कर सकते हैं, इससे बना केक खराब नहीं होगा और स्वादिष्ट भी लगेगा।
4. फटे दूध से दही बनाने के बाद उसे अच्छी तरह फेंट लें और छाछ बना लें। छाछ को जीरा से छौंक लगायें और मजे से पियें।
5. अगर आप सूप बनाते हैं, उसमें फटा दूध मिला सकते हैं, इससे सूप का जायका बढ़ जाएगा।
6. आप इस फटे दूध से दही बना सकते हैं, यकीन मानिए यह बाजार से लाई हुई दही से काफी बढ़िया होगा।
7. अगली बार जब आप स्मूदी बनाएँ तो आइसक्रीम की जगह इस फटे हुए दूध का इस्तेमाल करें। इससे बनी स्मूदी सॉफ्ट और टेस्टी लगेगी।

संकलन: नरेंद्र प्रसाद

मेरी पहली रसोई

कुछ धुंधली सी यादें शेष हैं। वे भी मम्मी-पापा के बताने से बची हैं। उन दिनों मेरी उम्र 2 - 2^{1/2} साल होगी। हम संयुक्त परिवार में दादा जी-दादी जी के साथ मेरठ में रहते थे। दादा जी के शाम को काम से लौट आने पर रोजाना दादी जी चाय बनाकर देती थीं। यह उनका रोज का क्रम था। मैं भी दादा जी के संग चाय में डुबाकर विस्कुट खाया करती थी। एक बार शाम को दादाजी के घर लौटे काफी समय बीत गया, फिर भी दादी जी चाय बनाने नहीं गईं। दादी जी को चाय बनाते देखा था, सो उस उम्र में जैसा याद था, उसी के हिसाब से मैंने स्टोव के ऊपर बर्तन चढ़ा दिया। गिलास भर दूध उसमें डाल दिया। फिर चाय की पत्ती का डब्बा पूरा का पूरा डाल दिया। ऐसे ही चीनी का बर्तन भी खाली कर दिया। चाय की छलनी कप भी पास रख ली, मानो चाय तैयार हो रही हो। इसी बीच घर वाले मुझे ढूँढते हुए रसोई घर में आ गये। वहाँ मुझे देख सारा माजरा उनकी समझ में आ गया। मेरी इस हरकत पर घरवाले सभी हँसे और मुझे प्यार भरी थपकी भी दी।

- जॉली केडिया

पहली रसोई के हसीन पल

शादी के बाद मेरी पहली रसोई थी। उस दिन मैंने खीर बनाई थी। सभी उत्सुक थे नयी बहू के हाथ की खीर चखने को। मेरी सास ने तो अपनी बहन और बहनोई को भी अपने घर बुला लिया था। वह बहुत खुश थी। मैंने उस दिन 5 लीटर दूध की खीर बनाई थी। मैंने बड़े प्यार से सभी को खीर परोसना शुरू किया। सभी ने चखा। सबको बहुत पसंद आया। शगुन में मेरी सास ने मुझे चूड़ी दी। मेरे ससुर जी ने मुझे चाँदी के दो सिक्के दिये। मौसी सास ने रुपये दिये। मैं बहुत खुश थी। मेरे ससुर जी दुनिया के सबसे अच्छे पापा हैं। उन्होंने खीर की एक कटोरी मुझे दी और अपने बेटे, अर्थात् मेरे पति से कहा कि 'यह कटोरी लेकर ऊपर कमरे में जाओ और दोनों मिलकर खत्म करना। हम ऊपर कमरे में गये। मेरे पति ने मुझे अपने हाथों से खीर खिलायी। मैंने भी उन्हें खिलायी। मेरे लिए वह सबसे हसीन पल था।

खीर बनाने की विधि

Ingredients :

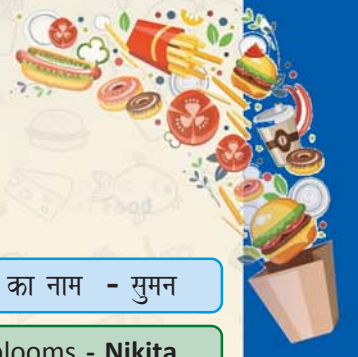
- 5 ltr. Milk
- 5 handful of Sugar
- 5 handful of Rice
- Pinch of Elaichi

Mehod :

In one pan, boil milk. Then, add rice. Sim the gas and let it cook. It takes nearly half an hour to be cooked properly. Add sugar and mix. Let it boil for 10 minutes. Then close the gas. Add elaichi powder and mawas. Serve it with lots of love.

- Priyanka Mittal

My Favourite Food Quote



Be not a baker if your head be of butter - **Sheela**

हैदराबादी व्यंजन अपने स्वाद में उत्तम, खुशबूदार, मनमोहक और नवाबी अंदाज के कारण सर्वश्रेष्ठ हैं।
- निहारिका

Eat healthy be healthy
There is no sincerer love than the love of food.
Nilima Khaparde

నాకు ఇష్టమైన పంక్తి మరియు పద్యము
'అన్నదాత సుఖీభవ!'
'వంకాయ వంటి కూరయు, పంకజముఖి సీత వంటి
భామామణియున్,
శంకరుని వంటి దైవము, లంకాధిపువైరి వంటి రాజున్ గలడే'
- సావిత్రి

Water is the strongest drink. It drives mills
- **Vijaya kamala**

ताजे फल और सब्जियों के नियमित सेवन से लोग सदैव
नीरोग रहते हैं।
- विंदु

Loving food is everybody's right. **Nalini Patro**

There is nothing precious than the love of food,
its necessity to life. **Rosni Nayak**

One cannot think well..lovewell..sleep well, if
one has not dined well -**Kavya ARK**

मौसमी सब्जियों का सेवन स्वस्थ तन व मन के लिए
अनिवार्य है।
- विंदु

Food & fast go together - **Eshwari**

కోసనీమ వంకాయ కూర, కొబ్బరి పచ్చడి
మామిడి పప్పు ఘుమఘుమలు
తినడం అదృష్టం - అదే మన సౌభాగ్యం
- జి శ్రీవల్లి

Good food = good mood - **Srikanth Poli**

Tell me what you eat, and I will tell you what you
are. - **Akhil**

स्वस्थ रहना है तो पौष्टिक व संतुलित आहार का अवश्य
सेवन करें।
- विंदु

दाने दाने पर लिखा होता है खाने वाले का नाम - सुमन

When the pot boils friendship blooms - **Nikita**

There are people in the world so hungry, that God
cannot appear to them except in the form of bread.
- **Suneeta**

If you really want to make a friend, go to
someone's house and eat with them - the people
who give you their food give you their heart.
- **Cesar Chavez, (Akhil)**

पंजाबी व्यंजन पंजावियों के स्वभाव जैसे कड़क, तीखे और
ताकतवर होते हैं। (वल्ले-वल्ले देशी घी लाजवाब)
- निहारिका

"Love what You eat and Eat what you love. There is
no sincerer love than the love of food". - **Neha**

Food is symbolic of love when words are
inadequate. - **Sheela**

నాకు ప్రకృతి ప్రసాదించిన
రంగు-రంగుల, విభిన్న రుచులు కల్గిన
ఆపిల్, నారింజ, మామిడి పండ్లు చాలా ఇష్టం.
- కె.వి. రత్నకుమారి

I have a condition that prevents me from dieting.
It's called being freaking hungry!!! - **Sushma**

My kitchen is seasoned with love. -**KVS Valli**

Proof of the pudding is in the eating - **Rashmi**

"Betty bought a bit of butter, But the butter was
bitter, So she bought some better butter, To make
the bitter butter better.
-**Kavya Sree**

लखनऊ का लखनवी अंदाज खाने में भी खूब करारे, लजीज
और कबाब, शाही गोश्त आदि बड़े ही स्वादिष्ट व पौष्टिक
होते हैं।
- निहारिका

వివాహ భోజనంబు, వింతైన వంటకంబు
వియ్యాలవారి విందు, అహహ్లా నాకీ ముందు.
- శోభా శర్మ



NEIGHBORHOOD STORIES

As a young bengali bride from Telengana, as I entered ukkunagaram, with all fears, anxiety ,excitement of starting my new journey, I was welcomed by all the three families in the c type quarter who by chance were Bengalis. Was happy to get to know my own culture,customs , cuisines and ofcourse my own mother tongue Bengali much better. Thanks to my lovely neighbours.

In a couple of days my husband introduced me to his college senior Dadas, I was shocked as the dasas he mentioned were fatherly figures and had actually passed out of college probably the year I was born, every thing had its own benefits their wives fondly called as boudis were full of affection for the new bride i.e me .i was staying in a c type quarter but the dasas were in D type quarters ,was very excited to see their new big quarters their use of max phones to communicate between ground and first floor and their huge gardens meticulously maintained. One such boudi was Das boudi who was motherly taught me how to run the house,save for the rainy day ,plan for groceries ,how to buy big utensils used for parties ,she was a person who used to win many prizes for her garden so she would guide me with garden tips ,also supply me saplings of the season like tomatoes capsicum chillies .Every time I visited her she would offer me something to eat and would teach me how to make it .like in the mango season she has taught me how to make gudaam,telaam,which can be preserved for years together. In monsoon she guided me how to make taalboda,taalkheer,come the season of tomatoes she has taught me how to make tomato sauce for the whole year which is still practiced .she is a person who will wait for me with eager eyes to have Prasad on sheetalshasti with her and all .how can I not acknowledge such a boudi who has shared her life saving tricks to be successful. Now that dada has retired and they have settled in Shivajinagar .so meeting happens only once in a while but my heart yearns to learn a few more things from her bundle of experience.

"We may have separated from a fair few threads of relationships back home only to be engulfed by the warm and colourful fabric of the Ukkunagaram family where there's a helping hand behind every door, just waiting for your knock knock !"

- Indrani Maji

అమ్మ చేతి వంట

బ్రతకడం కోసం తినడమనేది పెద్ద వింతమీ కాదు. ప్రపంచంలో వింతంటూ ఏదైనా ఉందంటే అది తినడం కోసం బ్రతకడమే. అలా అని చెప్పి మాత్రం అంతెత్తున లేచేవారంటారు. ఉదయం లేచిన దగ్గరినుండి 'టిఫిన్', 'కెఫిన్' అడిగేవారి గాని, వాకింగ్, జాగింగ్ విషయం మాట్లాడేవారు లేరంటే నమ్మండి. దాంతో పిల్లలు పిడుగుల్లా కాకుండా, ఎత్తుతో సంబంధం లేకుండా, అడ్డంగా పెరిగిపోవడానికి కారణం అధునాతన వంటకాల మహిమేనని చెప్పి అది అతిశయోక్తి కాదు. వున్నకాల బ్యాగు బరువును మోసేందుకు మరీ అంతగా తినాలా? పనికోచ్చే పోషకాలున్న ఆహారం తినాలి గాని, బాడీ బరువును పెంచే అడ్డమైన గడ్డి తినడం వలన, మరలా స్థూలకాయాన్ని తగ్గించుకొనేందుకు వైద్యుని దగ్గరకు వెళ్ళే పరిస్థితిని తెచ్చుకోవడం తెలివైన పనేనంటారా? పండగ పూట గారెలు, బూరెలు తింటే సబబే గాని, ప్రతిరోజూ అవే తింటూ కూర్చుంటే ఏం తేడా ఉంటుందనీ? సంవత్సరానికో, ఆర్థిల్లకో పరీక్షలు వ్రాస్తే ఉండే 'సీరియస్ నెస్' ప్రతిరోజూ వ్రాస్తే ఉంటుందా?

'కుక్కరి' అనే ఈ పదంలోనే 'తిండి కుక్కర్తి' అనే విషయం కొట్టొచ్చినట్లు కన్పిస్తోంది. 'తిండి' చిరుతిండి అయితేనేం, చాంతాడంత అయితేనేం - తినే శాల్కీకి ఇష్టమైనప్పుడు మనకోచ్చే ఇబ్బందేంటనీ! తినొద్దూ అంటే ఎవరైనా వింటారా, తిరిగి తినడమే తమ జీవితాశయమనీ, ఎన్ని రకాలు తింటే అంత హాయిగా ఉంటుందనీ, మనిషిగా పుట్టాక తినకపోతే జీవితమే వృథాయనీ, మట్టిలో కలిసేందుకు మహాకాయమైతే ఆ మజాయే వేరనీ ఎవరైనా శెలవిస్తే రెండు చెవులతో రిక్కించి వినడం తప్ప చేసేదేమీ ఉండదనీ ఎంత త్వరగా గ్రహిస్తే అంత త్వరగా మనశ్శాంతి దక్కుతుంది మనకి. మొండిగా మనం వాదులాటికి దిగితే అవతలి తిండి ప్రియుడు చూస్తూ ఊరుకుంటాడా, అంతకు రెట్టింపు 'పుడ్' తిని పారేస్తాడు. కాబట్టి తినేవాడిని తిననివ్వాలి గాని రెచ్చగొట్టకూడదు. ఇలా అందరినీ మనం రెచ్చగొడుతూ పోతే, వాళ్లు తిండి తినడం పెంచుకుంటూ పోతే, తినేందుకు మనకేమీ లేకుండా పోతుంది. తినడం తప్పని కాదు గానీ, ఆ తినేదేదో అమ్మ చేతి వంటైతే హాయిగా ఉంటుంది. అమ్మ భోజనం ఎంతైనా అమ్మ భోజనమే. ప్రేమతో పెట్టే ప్రతి ముద్ద చక్కగా జీర్ణమవుతుంది. అమ్మ భోజనంలో కాలుష్యం ఉండదు. అమ్మ ప్రేమలోనూ కల్కషం ఉండదు. స్వచ్ఛంగా ఉంటుంది. అచ్చమైన అమ్మ భోజనం రుచికరంగా ఉంటుంది. కల్లీ ఉండదు. తాజాగా ఉంటుంది. కమ్మగా ఉంటుంది. కడుపు నిండా పెడుతుంది. ఆరోగ్యాన్నిస్తుంది. ఆనందాన్నిస్తుంది. ఎన్ని రోజులు గడిచినా రుచి తగ్గదు. ఎన్ని పూటలు తిన్నా వెగటు పుట్టదు. అమ్మనొదిలి దూరంగా ఉన్నవారికి అమ్మ భోజనం మరీ మరీ రుచిగా ఉంటుంది. అందుకే అమ్మని గాని, అమ్మ భోజనాన్ని గాని వదులుకుంటే వాడు ఒట్టి దురదృష్టవంతుడని చెప్పక తప్పదు.

- డా॥ ఎమ్.వి.జె. భువనేశ్వర రావు

गोल गप्पे वाला



रविवार का दिन था। पत्नी जी को गोल गप्पे खाने की इच्छा हुई। मैंने कह दिया कि 'चलो शाम को 6 बजे चलते हैं।' शाम के 6 बजे गोलगप्पे का ठेला, जो हमारी कालोनी के बाहर रोड पर ही खड़ा रहता है, वहीं चले गये और देखा कि वहाँ काफी भीड़ थी। लोग हाथ में प्लेट लेकर लाइन में लगे हुए थे। तकरीबन 15 मिनट बाद हमारा भी नंबर आ गया। लेकिन उस 15 मिनट के दौरान मैं यह सोचता रहा कि बेचारा कितना कमाता होगा? बेचारा, बड़ी मेहनत करता है?) बेचारा घर का गुजारा कैसे चलाता होगा?

जब हमारी बारी आई तो मैंने गोल गप्पे वाले से यूँ ही पूछ लिया, 'भाई, क्या कमा लेते हो दिन भर में?' (मुझे उम्मीद थी कि 300 से 400 रुपये तक कमा लेता होगा।)

गोल गप्पे वाले ने कहा, 'भगवान की कृपा से माल पूरा खप जाता है।' 'मतलब?'

'साहब! हम सुबह 7 बजे घर से 3000 खाली गोलगप्पे की पूरियाँ लेकर निकलते हैं और शाम को 7 बजे तक भगवान की कृपा से सभी विक्र जाते हैं।'

मैंने हिसाब लगाना शुरू किया 'यह 10 रुपये में 6 गोल गप्पे खिलता है। मतलब 3000 गोल गप्पे के लिए 5000 रुपये कमाता है। अगर 50% उसका मुनाफा मान लिया जाय तो वह एक दिन में 2500 रुपये या उससे भी ज्यादा कमा लेता है, यानि कि महीने में 75000 रुपये।' यह सोचकर मेरा दिमाग चकराने लगा। अब मुझे गोलगप्पे वाला बेचारा नजर नहीं आ रहा था। 7-8 तक पढ़ा-लिखा एक इंसान इज्जत के साथ महीने में 75000 रुपये कमा रहा है। उसने 45 लाख का घर बनाया और 4 दूकानें खरीदकर किराये पर दे रखी है, जिससे महीने में 30000 का किराया मिल जाता है।'

दूसरी ओर हमने बरसों तक पढ़ाई की। उसके बावजूद 20 व 25 हजार की नौकरी में लगे हुए हैं। किराये के मकान में रह रहे हैं। यूँ ही टाई बाँधकर झूठी शान में जी रहे हैं। दिल तो किया कि उसी गोलगप्पे में कूदकर डूब जाऊँ।

- नरेंद्र प्रसाद

1500s ENGLAND :

Most people got married in June because they took their yearly bath in May, and they still smelled pretty good by June.. However, since they were starting to smell Brides carried a bouquet of flowers to hide the body odor. Hence the custom today of carrying a bouquet when getting Married. Baths consisted of a big tub filled with hot water. The man of the house had the privilege of the nice clean water, then all the other sons and men, then the women and finally the children. Last of all the babies. By then the water was so dirty you could actually lose someone in it.. Hence the saying, "Don't throw the baby out with the Bath water!"

Houses had thatched roofs-thick straw-piled high, with no wood underneath. It was the only place for animals to get warm, so all the cats and other small animals (mice, bugs) lived in the roof. When it rained it became slippery and sometimes the animals would slip and fall off the roof... Hence the saying "It's raining cats and dogs." There was nothing to stop things from falling into the house. This posed a real problem in the bedroom where bugs and other droppings could mess up your nice clean bed. Hence, a bed with big posts and a sheet hung over the top afforded some protection. That's how canopy beds came into existence.

The floor was dirt. Only the wealthy had something other than dirt. Hence the saying, "Dirt poor." The wealthy had slate floors that would get slippery in the winter when wet, so they spread thresh (straw) on floor to help keep their footing. As the winter wore on, they added more thresh until, when you opened the door, it would all start slipping outside. A piece of wood was placed in the entrance-way. Hence: a thresh hold.

In those old days, they cooked in the kitchen with a big kettle that always hung over the fire.. Every day they lit the fire and added things to the pot. They ate mostly vegetables and did not get much meat. They would eat the stew for dinner, leaving leftovers in the pot to get cold overnight and then start over the next day. Sometimes stew had food in it that had been there for quite a while. Hence the rhyme: Peas porridge hot, peas porridge cold, peas porridge in the pot nine days old. Sometimes they could obtain pork, which made them feel quite special. When visitors came over, they would hang up their bacon to show off. It was a sign of wealth that a man could, "bring home the bacon." They would cut off a little to share with guests and would all sit around and chew the fat.

Those with money had plates made of pewter. Food with high acid content caused some of the lead to leach onto the food, causing lead poisoning death. This happened most often with tomatoes, so for the next 400 years or so, tomatoes were considered poisonous. Bread was divided according to status. Workers got the burnt bottom of the loaf, the family got the middle, and guests got the top, or the upper crust. Lead cups were used to drink ale or whisky. The combination would Sometimes knock the imbibers out for a couple of days. Someone walking along the road would take them for dead and prepare them for burial.. They were laid out on the kitchen table for a couple of days and the family would gather around and eat and drink and wait and see if they would wake up. Hence the custom of holding a wake.

England is old and small and the local folks started running out of places to bury people. So they would dig up coffins and would take the bones to a bone-house, and reuse the grave. When reopening these coffins, 1 out of 25 coffins were found to have scratch marks on the inside and they realized they had been burying people alive... So they would tie a string on the wrist of the corpse, lead it through the coffin and up through the ground and tie it to a bell. Someone would have to sit out in the graveyard all night (the graveyard shift.) to listen for the bell; thus, someone could be, saved by the bell or was considered a dead ringer.

Now, whoever said History was boring?

SIMPLE VANILLA CUP CAKE

READY IN: 40 mins | YIELDS: 20-25 cupcakes

INGREDIENTS

- 2 cups flour
- 1/2 teaspoon salt
- 2 teaspoons baking powder
- 1/2 cup butter, softened
- 3/4 cup sugar (if you like your cupcakes very sweet, add a little more.)
- 2 eggs
- 1 cup milk
- 1 teaspoon vanilla essence (optional)



DIRECTIONS

Preheat oven to 375f or 190c; line muffin cups with papers. Cream butter and sugar till light and fluffy. beat in eggs one at a time.

Add flour (mixed with baking powder and salt) alternating with milk beat well; stir in vanilla.

Divide evenly among pans and bake for 18 minutes. let cool in pans.

- Mohan

POPPY SEED CAKE (POSTO BORA)

- Traditional Bengali cuisine

ingredients:

- Poppy seeds (posto/ ghashaghasalu) 50gms
- Boiled mashed potato 1 medium
- Green chilli chopped 1 tsp
- Chopped onion 1 large
- Salt
- Oil for frying



Process:

Soak the poppy seeds over night

Grind the pre soaked poppy seeds with a little bit water in a grinder to a fine paste (this is a very important step. Make sure the paste is not runny)

In a bowl take the poppy seed paste, mashed potato, chopped green chilli, chopped onion and a little bit salt and mix them thoroughly with hand.

Take small amount of the mixture in ur palm and give it a form of a cake/ patty

Heat oil in a pan and fry the cakes/ patties both sides in a low flame till golden brown!

Serve with steaming rice!! Enjoy!

Joy Dulal

गृहिणियों अपने घर में परिवार के सदस्यों के लिए बड़ी मेहनत व प्यार से खाना बनाती हैं और खाने को बरबाद नहीं होने देतीं। अनाज की बरबादी देश के संसाधनों की बरबादी है। अगर कभी मेरे घर में दाल बच गयी तो मैं उसे सुखाकर उसके पराठे या पूड़ी बना देती हूँ।

1. बची हुई दाल से 'पूड़ी स्तफ'

सामग्री

- ♦ बची हुई दाल - 100 ग्राम
- ♦ गूँथा हुआ आटा (गेहूँ) - 100 ग्राम
- ♦ काला नमक - स्वाद के अनुसार
- ♦ भुने जीरे का पावडर - 1/2 Tea Spoon
- ♦ आम चूर
- ♦ प्याज (बारीक कटा हुआ) - 2 चम्मच
- ♦ हरी मिर्च (बारीक कटा हुआ)

विधि:

कड़ाही में एक चम्मच तेल अथवा घी डालकर गर्म कर लें। उसमें बची हुई दाल डालकर मध्यम आँच पर गर्म करें और उसे पूर्ण रूप से सुखा लें। सूखी दाल में नमक, जीरे (भुना हुआ) का पावडर, आमचूर, कटे प्याज, हरी मिर्च मिला लें। पूरी सामग्री को अच्छी तरह मिला लें। आटे में नमक और घी (एक चम्मच) डालकर गूँथ लें और 5-6 छोटी-छोटी लोई बना लें। उसमें सूखी दाल को भरकर पूड़ी की तरह बेल लें। कड़ाही में 150 मिलिलीटर तेल डालकर पूड़ी को तल लें। गर्म स्तफ पूड़ी को चटनी, सॉस अथवा सब्जी के साथ परोसें।



2. पुदीने की चटनी

सामग्री :



- ♦ पुदीना - एक मुट्ठा
- ♦ कच्चा आम - 1
- ♦ सूखी लाल मिर्च - 1
- ♦ भुना जीरा - एक चम्मच
- ♦ लहसुन - 3 कली
- ♦ नमक - स्वाद के हिसाब से
- ♦ चीनी - आधा चम्मच
- ♦ सरसों का तेल - 2-4 वूँद

सभी चीजों को पीस लें। बस, स्वादिष्ट चटनी तैयार।

- जय रानी



benefits of Jaggery

We have for ages seen our parents and our grandparents reach out for a piece of jaggery at the end of every meal. Jaggery is healthier compared to refined sugar because of its deposition of phytochemicals and other important minerals. While many people do not choose jaggery because of its no-so-good-appearance, it is perhaps more sensible to consume it considering the host of health benefits it offers.

Here is a list of benefits that can be extracted from the consumption of jaggery.

1. **Skin benefits:** Jaggery nourishes the skin in the true sense of the word. Owing to the numerous amount of mineral and vitamin, it can eliminate common skin problems such as pimples and acne. It can negate dark spots, wrinkles delay the common signs of aging.
2. **Digestive benefits:** Jaggery plays a huge role in ensuring smooth digestion. It stimulates secretion of digestive enzyme. It, therefore, makes it easy for the body to quicken the process of digestion. It can also help to stabilize the bowel movement by keeping common digestion related disorders such as constipation, intestinal worms, indigestion at bay.
3. **Blood:** Jaggery does a great job in purifying the blood. It acts as a cleansing agent by filtering the blood from the toxic agents. It also keeps the hemoglobin count normal and help the body refrain from blood-related disorders such as anemia. Since the quantity of iron content in jaggery is plentiful, it successfully helps the body to stay healthy and negate deadly diseases. Furthermore, jaggery can help women to stay away from complicated menstrual related disorders, beat weakness and fatigue.
4. **Weight loss:** Jaggery's rich potassium content helps the body balance the electrolyte, build muscles and improve the metabolism of the body. Potassium also helps in managing water retention in the body. Both the factors coupled together helps in weight loss and beat fatigue, obese etc.
5. **Blood pressure:** The sodium and potassium content of jaggery helps the body maintain an effective adequate acidic level. This ensures that the blood pressure remains in the balance and the body refrains from undue blood pressure related disorders.

6. **Antioxidants:** Jaggery contains selenium, the latter is a rich source of antioxidants which can help the body to fight the free radicals and keep it at bay. The antioxidants also help the body to stay away from other ailments.

7. **Respiratory health:** Jaggery is a great source of food that can effectively fight various respiratory problems of the body. It can fight diseases such as bronchitis and asthma.

8. **Body temperature:** Jaggery helps to keep a normal body temperature. This is extremely beneficial for patients suffering from asthma since maintaining a steady body temperature is sacrosanct for patients suffering from this disease. If you wish to discuss about any specific problem, you can consult an Ayurveda.

DADI MA KE NUSKHE



Applying oil to belly button CURES joint pains, dryness of eyes, poor eyesight, pancreas over or under working, cracked heels and lips, keeps face glowing, shiny hair, knee pain, shivering, lethargy, dry skin.

REMEDY For dryness of eyes, poor eyesight, fungus in nails, glowing skin, shiny hair

At night before bed time, put 3 drops of pure ghee or coconut oil in your belly button and spread it 1 and half inches around your belly button.

For knee pain

At night before bed time, put 3 drops of castor oil in your belly button and spread it 1 and half inches around your belly button.

For shivering and lethargy, relief from joint pain, dry skin

At night before bed time, put 3 drops of mustard oil in your belly button and spread it 1 and half inches around your belly button.

WHY PUT OIL IN YOUR BELLY BUTTON?

You belly button can detect which veins have dried up and pass this oil to it hence open them up.

When a baby has a stomach ache, we normally mix asafoetida (hing) and water or oil and apply around the naval. Within minutes the ache is cured. Oil works the same way.

reaching out

JULY ACTIVITIES:

Pratibimba:

1. Tailoring classes at Jajulavanipalem were ended. Course certificates were distributed.

Sanjeevani:

1. Medical expenses Rupees 5057/- of G. Raju Varma who is suffering from brain tumor is borne by VMS.
2. Financial help is given to A.Varsha a 8 yr old girl who is suffering from brain tumor.

Cultural programs:

1. Farewell was given to Saroja madam.
2. A gift was presented to Saroja mam.
3. Farewell speech given by Annapurna madam.
4. Cake cutting by Saroja mam in presence of Mrs Annapurna mam, Bindu mam, Ratna mam.
5. Anthakshari was conducted :

1st prize: Susheela and team
2nd prize: Niharika and team
3rd prize: Apeksha and team
MGT was conducted on 15th July

AUGUST ACTIVITIES:

Akruthi:

Rupees 130000/- was sanctioned to L. Narasingha Rao quotation for repair and renovation of Pinamadaka high school.

Pratibimba:

1. Conducting Beautician courses to Dibbapalem MahilaMandali members in collaboration with Jan SikshanSamsthan to make women self-empowered.

Unnati:

1. 850 note books were distributed to the students of MP School Dayalnagar.
2. A Mega Vikalang camp was conducted in Anapakalli where Artificial limbs, supporting crutches, blind sticks were distributed in association with BharathaVikas to divyangans.
3. Uniform material was donated to 168 girl students of Government Junior college.



4. Rupees 5000/- financial help was given to Mahima Kumari who is studying VI std for her education purpose.
5. Rupees 5000/- financial help was given to N.V. Sai Manideep for his education purpose.
6. Rupees 5000/- financial help was given to K. Charles S/o K. Kameswara Rao for his education purpose.
7. Rupees 2000/- financial help was given to Venkata Rama Rohith who is studying VI std for his education purpose.

Unnati:

Bedsheets and towels were distributed to 50 staff helpers at 3 JyotiBalaVihar schools and Arunodaya Special School on the occasion of Teachersday.

Uniform material was distributed to 56 girl students at IslampetaGovtJr College.

Financial help of 3000/- was given to Ch. Appalanaidu for his son's education purpose.

Financial help of 3000/- was given to Chakri for his education purpose.



8. Financial help of rupees 2000/- was given to Mr Swami for his children's education purpose.
9. Financial help of rupees 2000/- was given to M. Venkata Lakshmi for her daughter education purpose.

MGT was conducted on 22nd August

MGT was conducted on 9th September

**Cultural Programs On MGT:
(Teachers Day celebrations)**

**Three dance performances given by
JyotiBalaViharSchool teachers**

Teachers from De Paul school has sang a medley.

5min paper game was conducted

1st prize: Sirisha

2nd prize: Savitry

Gifts were distributed to every teacher on the occasion of Teachersday.

SEPTEMBER MONTH ACTIVITIES:

Pratibimba:

Tailoring classes for the unprivileged women were started at Bonangi village for their self-empowerment.

Sanjeevani:

Medical tests expenses of A.Sudhakar Reddy who has undergone bypass surgery in VSGH were borne by VMS.



My Garden

MY GARDEN-8

Many may take offence at being chided as childish. It is worth noting that, the reason many take offence at being labelled childish is because of the immaturity, superficiality and the recklessness that it confers upon the bearer of such notorious title and only very few realise that veiled in the garb of such attributes is an underlying innocence and humanity that is the truest nature of any being. There's a reason why we are all born as children and the society then grows us into adults and not the other way round. There is an element of openness and broad acceptance that is attached to a childish mind which is absent in the heavily fortified and opinionated adult mind and we need more of such open minds to solve most of the problems troubling the world today. We would do well to cultivate many such childish minds and learn from their experiences, like we did from the students of Kendriya Vidyalaya, Ukkunagaram and their garden. In this edition of My Garden, we bring to you tidings from the school garden of Kendriya Vidyalaya and the life lessons that it has to offer to its students and through them to us...

INTERVIEW

Spark: Hello everyone, when I was told that I would be interviewing students of various classes all seated together, I half expected to walk into a heavily fragmented and incongruous classroom, but I am quite surprised to see such amazing levels of harmony, what's brought you people together?

Students: (In unison) Our Garden! We may be divided by age or classes but our school garden binds us all together.

Spark: Is that so? May I know the reason why?

Students: Troubles and calamities bring people together like nothing else can. In our case, Hudhud was a door which opened up a whole new world of friendship and responsibility. Before Hudhud, the garden had grown mostly by itself, but in the aftermath of the calamity "we" grew the garden.

Spark: (Amazed by the brevity and depth of the statement) That's quite admirable, would you like to share that story with our readers too?

Students: We weren't too involved in the garden matters except for the SUPW periods where we were shepherded by our teachers into the garden or grounds for plucking out the weeds. The trees and the plants were always an integral part of our school's landscape and we grew up with that image. But, Hudhud

cyclone tried to wipe out most of it in just a single day. When the school reopened, it resembled a withered flower, wherein, the concrete school stood its ground but all around, the plants and trees who couldn't resist the nature's fury succumbed to it. It felt like a dream, where we were in a familiar place, but someone tried to tamper our memory of it by sabotaging the surroundings. We weren't going to give in so easily. Unified by the shared goal of restoring our school and its garden back to normalcy, so that our memories would remain intact, under the guidance of our teachers and staff, we worked our hearts out to clear out the damage and recreate the green magic around the school. We found new allies, we shared and owned up responsibilities, all sorts of differences amongst the students got buried with the tragic memories of the mishap and we started afresh by nurturing our garden with all our sweat and toil.

Spark: Amazing!!! So after all these years has your garden been restored to its normalcy?

Students: No! It has grown better and larger in fact. We brought in many new plants and trees. The unattended wild area behind our school was also brought under cultivation and we are growing a kitchen garden in it. The plants now find a place in our classrooms as well for each class now grows some potted plants which have been certified by NASA to have a positive impact on their surrounding environment. We have also started growing some medicinal plants around the campus for the well-being of all the students and staff.

Spark: Such efforts! Do you feel it is all worth your time? After all your assignments, projects, exams, sports and hobbies, do you still think you should take out time for such a demanding task like gardening? What do you think you can gain from it?

Students: (A brief silence followed by an avalanche of responses...here are some of them)





- ◆ Gardening helps me in appreciating the difficulty of being a farmer and it also teaches me the value of food, as I know how difficult it is to grow a plant, I seldom waste food now
- ◆ Gardening teaches me the value of Patience as a desirable virtue. It teaches me that all good and great things are achieved over a period of time. It signifies the importance of hard work and the sweetness of the results obtained from it.
- ◆ Gardening is my way of giving back to the Mother nature and prevent global warming
- ◆ Gardening has helped me in appreciating the role of my parents and how hard it is for them to raise us amidst all difficulties. I could realise this when I felt that parent like feeling towards my plant while nurturing it.
- ◆ Gardening has taught me the value of life, for it is very easy to pluck out a leaf, flower or a fruit but to grow one, it isn't. So we need to exercise great caution and empathy while dealing with other life forms and value every life like we would do our own.

Spark: (Speechless at their wisdom) It has been such a pleasure interviewing you guys, I am sure our readers too will have learnt a lot of lessons from your garden when they read this edition of My Garden

Students: We too are very happy that our garden is being presented in front of so many people through your magazine.

Interview by C.Bharadwaj

- ◆ Spending time in gardening and working amongst the plants refreshes me
- ◆ Gardening helps me in complementing lessons taught in the classroom as I can walk into the garden and physically observe everything and experiment
- ◆ Seeing the plants bearing fruits and flowers gives me a sense of achievement and pride
- ◆ Gardening and all the physical activity it involves helps me in staying fit and healthy
- ◆ Gardening improves my confidence and fosters a healthy competitive and team spirit (it is quite evident in their quarrels over whose plants grew faster, taller, fatter, or bore more flowers and fruits, etc)





CRUNCHY CHICKEN

Ingredients:

1. Finger Piece chicken -500gms.
2. 02 tea spoon of turmeric.
3. Salt for test.
4. Yogrut--- 02 cups.
5. Chilli Powder ---1/2 spoon.
6. Zinger & garlic paste 02 tea spoon
7. Eggs---02nos.
8. Cornflower----01 cup
9. Bread Corn & Fried Corn



Preparation:

Take a bowl. Marinate the chicken by mixing with salt, turmeric, yogurt, chili powder, zinger and garlic paste.

Take another bowl. Mix two eggs and corn flower and stir it properly. Mix the marinated chicken in the bowl, roll the chicken pieces in bread corn and fried corn properly and go for dip frying.

Crunchy chicken is ready

-Sudipta Kar

Beetroot Tikki

First crush beetroot with ghee till smell changes and nice aroma comes. Sidewise boil potato, smash it with salt, chopped coriander leaves and chopped green chilli.

Then make a bowl like structure with mashed potato and fill with fried beetroot and seal the edges. Next roll both the sides in corn flour and fry on a tawa with little oil till light golden brown on both the sides. Serve hot.

-Rosni Nayak

Sweetened curd

Ingredients:

- 1 cup milk
- 1 cup curd
- 1 tin milk maid

Procedure:

Mix all the ingredients in a mixer grinder. In a bowl make a spoon of sugar caramelized, then shift the mixture to this bowl. Then steam it till it is done. Put the bowl in the refrigerator to set. Take it out and cut into pieces and serve it.

-Nalini Patro

Modak

Especially as a Prasad for Ganesh Chaturthi. Traditionally steamed Modak is offered to Lord is made with jaggery and rice flour.

Benefit of this recipe

Jaggery is the source of vitamins, Iron and sweetness.

It has minimal oil and is steamed, making it a healthier choice.

Recipe

Ingredients:

For filling:

- 1 cup jaggery
- 1-1/2 cup fresh shredded coconut
- 1 tbsp poppy seeds
- 1/2 tsp nutmeg powder (optional) or cardamom powder(optional)

For covering/pastry:

- 3/4th cup hot water
- 1 cup rice flour (fine)
- 1 tsp ghee or clarified butter
- Pinch of salt

Instructions:

For the filling:

Heat jaggery on a non-stick pan till it starts to melt.

Add the shredded coconut, nutmeg powder, cardamom powder, till it forms a viscous mixture.

For covering/pastry:

Boil water and keep it aside.

Add all the ingredients for the pastry to this boiled water and mix well with a ladle.

Cover it and keep it aside for 10 minutes

Knead the dough till you can form a stiff dough for the pastry.

Divide it into small balls and roll them into small circles of equal size using a rolling pin.

Add 1tbsp filling to each of these dough circles and hold it in your palm.

Fold the edges of each Modak, slowly between fingers, and close their loop, by slowly rotating it.

Heat the steamer and place them one by one.

Steam them for 10-12 minutes until they are non-sticky on touch.

Note: You may need around 1 cup of water, depending on the rice flour you use for the dough. You need to ensure that the dough is stiff. Steam for 3-4 minutes more, if you still find Modak sticky.

-Mukta Gupta





Hearty congratulations. beautifully designed with exclusive articles and complimenting illustrative photos of all the good work done. cheers to the editorial team - **Dr. Gargeyi**

Have read this issue of spark. Enjoyed most of the poetry barring a few. New feature added is a nuce read. Khanakhazana. On the whole - **Leenaghosh**

Your hard work has paid..... My committee members are excited to see the back cover page.... It will be preserved by them life long. Over all this issue of Spark very good. -**Mithu Chakravarty**
It is beautiful!!!Noticed just now that you have included a couple of lines of the God poem on the cover page! Thank you!

- **DeepaVaishnavi**

First time recognition! Maam!! I was elated!!!For the first time ever i was published!!Spcl for me. I hope someone do actually try them.

- **Joydulaisaha**

स्पाक का पिछला अंक मिला पढ़कर लगा, कोई साहित्यिक पत्रिका पढ़ रहा हूँ। एक से एक कविताएँ पढ़ने के लिए मिलीं। मन और खुश हो गया, जब मैंने पाया कि उक्कुनगरम की महिलाएँ कवीर, महादेवी वर्मा, हरिवंश राय बच्चन की कविताओं का जिक्र किया है। साथ ही उन्होंने जॉन कीट्स, विलियम हेनरी डेविस, रावर्ट फ्रोस्ट की कविताओं का भी जिक्र किया है। इसी प्रकार तेलुगु कवियों में श्री श्री, वेमना और देवुलापल्लि कृष्णाशास्त्री की कविताओं का जिक्र किया है। अद्भुत और अत्यंत सराहनीय। वधाई।

- डॉ जे के एन नाथन

हर बार की तरह स्पाक का यह अंक बहुत अच्छा और मनमोहक बना है। कविता स्पेशल इस अंक में 'दिल से' कॉलम के लिए भी कविताओं का ही उपयोग किया गया है, जो एक नया प्रयास है। बहुत अच्छा लगा। 'उक्कुनगरम डेस-स्टोरीज व मेमोरीज' बहुत अच्छा लगा। खाना-खजाना, हमारे अपने कॉलम भी बहुत अच्छे लगे। एक अच्छी पत्रिका निकालने के लिए पूरी टीम को वधाई।

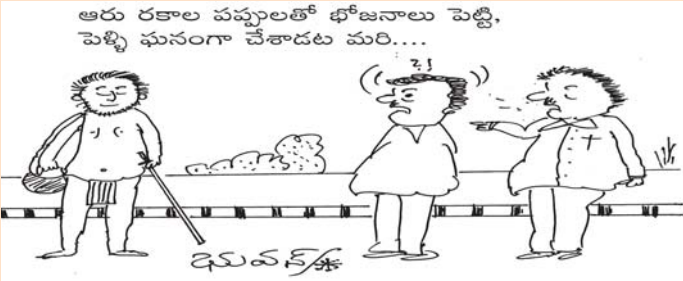
- बलराम

'Poetry Special' పేరుతో వచ్చిన స్పార్క్ సంచికలోని అన్ని పద్యాలు చాలా హృద్యంగా ఉన్నాయి. తెలుగు, హిందీ మరియు ఆంగ్ల భాషలలో ఈ విధంగా పద్యాలతో కూడిన విశేష సంచిక ప్రచురించడం ఒక ప్రయోగం. మున్ముందు ఇలాంటి ప్రయోగాలతో మమ్మల్ని ఇంకా అలరిస్తారని ఆశిస్తూ ఈ పత్రిక ప్రచురణకు సహకరిస్తున్న వారందరికీ నా శుభాభినందనలు.

- బి. లక్ష్మీదేవి

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.



LEISURE

1. What is special about "Dil se" in this issue?
2. Who met in "Jab we met"?
3. With whom did VMS collaborate to conduct beautician course at DibbapalemMahilaMandali?
4. What is the traditional recipe made for GaneshChaturthi?
5. Which new dish was born out of disintegrated rasgullas ?
6. Who found their place in KendriyaVidyalaya classrooms?
7. Which dish has poppy seeds in it?
8. Who got the upper crust of the bread ?
9. What is the monthly income of the golgappewala ?
10. Who according to Dr.MVJBhuvanewara Rao cooks the tastiest food?

Editorial Team
Bindoo Mohapatra
Editor-in-Chief

| | |
|------------------|-------------------------|
| Satyendra | Vani Deshikachar |
| Gopal | V. Suguna |
| Bharadwaj | Savitry Srinivas |

I  Single.
FOOD Taken.
Hungry.

food

- 1- buy it with thought
- 2- cook it with care
- 3- use less wheat & meat
- 4- buy local foods
- 5- serve just enough
- 6- use what is left

don't waste

FOOD IS ESSENTIAL FOR LIFE;
THEREFORE,
MAKE IT GOOD.

EATING IS A NECESSITY
BUT COOKING IS AN ART

THE SECRET INGREDIENT IS ONE HEAPING TEASPOON OF love



You can't make everyone happy. You're not Ice Cream.

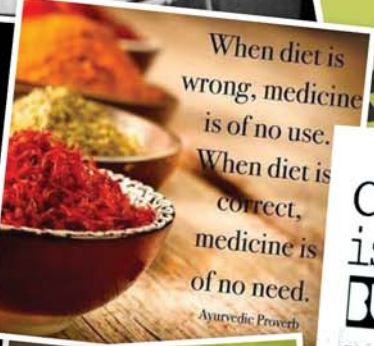
STRESSED spelled backward is DESSERTS

THERE HAS NEVER BEEN A SADNESS THAT CAN'T BE CURED BY BREAKFAST FOOD



Vegetarians! Stop eating my food's food.

A good cook has great power TO assuage grief by his ART



When diet is wrong, medicine is of no use. When diet is correct, medicine is of no need. Ayurvedic Proverb

Cauliflower is nothing BUT cabbage with COLLEGE Education

TO EAT IS A necessity, BUT TO EAT INTELLIGENTLY IS AN art. -FRANCOIS DE LA ROCHEFOUCAULD

PEOPLE WHO LOVE TO EAT ARE THE BEST PEOPLE

GOOD FOOD MAKES GOOD FRIENDS

Sweeten your life with GOOD FOOD

Bless FOOD BEFORE YOU EAT IT

LOVE BETWEEN US

Amén

FOOD is essential of life

make it GOOD

EAT WELL

TRAVEL OFTEN

Welcome To My Kitchen

Monday... Closed

Tuesday... No Service

Wednesday... Half Day

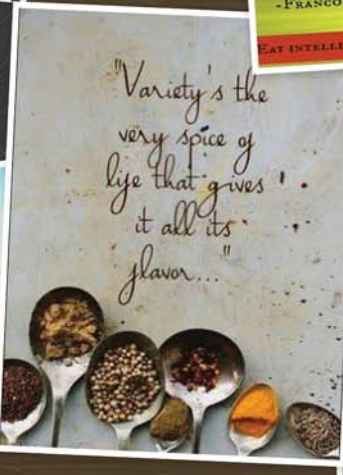
Thursday... Out Shopping

Friday... Day Off

Saturday... Eat Out

Sunday... Day of Rest!!!

Eating well is a form of self-respect.



"Variety's the very spice of life that gives it all its flavor..."

cooking with love PROVIDES FOOD - for the - SOUL

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