

Spark

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



Visteel Mahila Samiti
Quarterly Magazine

Volume - 4 Issue - 1
Jan - Feb - Mar 2015



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3rd Anniversary

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Happy Women's Day



***Begin doing what you want to do now. We are not living in eternity.
We have only this moment, sparkling like a star in our hand and
melting like a snowflake. Let us use it before it is too late.***

--- Marie Beynon Ray -

VMS BELIEVES. Believes in its strength and uprightness. Believes that a thousand words will not leave so deep an impression as one deed. Thus constantly is engaged in some activity or other to reach out to the needy to the downtrodden with love and passion, with empathy and compassion.

January, February and March were the most cherishable months to chronicle the journey of VMS extraordinary deeds on the path of social service. "Spark" is dedicated to translate VMS's labour of love and rivet the collective's passion for social service. This Issue of SPARK, the 3rd anniversary issue, has paid its tribute to the essence of women hood, has sung the lyrics of our unsung protagonists, has essayed the figments of the writer's gradiously obvious fancy and has created an anticipation in the reader's mind.

"Aaradhya" the cultural evening echoed a fresh new voice during the visit of the panel of judges for the PM's trophy 2012-13. It unfolded the deepest recesses of the soul as well as our collective consciousness. It has etched an archetypal yet stirringly modern concept to the accolades of many. Our "reaching out" is the evidence of our benevolent action jumping off pages of Spark. Be it literature, culinary art or home remedies "Spark" mines the past, stands with strong hold on present and taps into the possibilities of the future. It has echoed our "Start green" and "Stay green" - "Go green" and "Leave the earth green' as post - "Hudhud" constructive measure, as a certified contribution time and again.

The one - time new feature to unfold the less known lighter side of the well known people of VSP is added to blow away the readers mind towards a refreshing and recreating perspective. The punch lines on "Valentine's Day" and "Catch Marriage or Match Marriage" are simply unputdownable.

VMS Executive Committee members have welcomed Mrs. Padmavathi as the new VMS Secretary . Spark welcomes the new executive Committee and says "adieu" to the old one. A special thanks to the old committee members for their extraordinary work during PM's Trophy.

Spark thanks our CMD, Directors and many....many....others who have patroned and contributed to the illumination of our "Spark".

Happy Anniversary, "Spark"!

Readers, you are always special. Happy Vaisakhi, Vishu, NoboBarso, Rangali/ BehagBihu and.....HAPPY Happy.....Indian New Year.

Long live VMS

Long live Spark

So be it.



Preeti Roy (Chand)
President, VMS



पि. मधुसूदन

अध्यक्ष-सह-प्रबंध निदेशक

P. Madhusudan

Chairman-cum-Managing Director



राष्ट्रीय इस्पात निगम लिमिटेड
Rashtriya Ispat Nigam Limited
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MESSAGE

I am glad to learn that "SPARK", the in-house magazine of Visteel Mahila Samiti (VMS), is completing three years, and a special anniversary issue is being brought out to mark the occasion.

VMS has been rendering fruitful service to the society in and around Ukkunagaram as an extended arm of CSR of Vizag Steel. Parallely, the Samiti is also working for the all-round development of its members through variety of initiatives and 'SPARK' is yet another initiative.

SPARK has been a good medium for the members to share their thoughts and views, enhancing their creativity and narrative skills. It has also served as a forum for meaningful contribution in a variety of fields for the benefit of the members. The topics are presented in a very contemporary style and appealing manner.

My hearty compliments to the editorial team and VMS for their sincere efforts, and I wish them all success in their endeavours.

02/03/15

(P Madhusudan)



Message

I am happy to note that "SPARK" has completed three years of successful journey, providing good scope for the members of Visteel Mahila Samiti to exhibit their proficiency and share their thoughts and views.

The articles have been of high standards, encompassing a variety of topics benefiting the members and the readers to a great extent. The advancement and diffusion of knowledge reflects "true liberty" and "SPARK" has played a significant role in this context.

I compliment the Executive Committee & the Editorial Board for their untiring efforts in publishing this magazine on a continuous basis with great passion invoking interest from the readers.

I wish the editorial team the very best in all their future assignments.

P. Annapurna

(P Gouri Annapurna)

Vice President's Message



It is a pride to note that 'SPARK' the quarterly magazine brought out by VisteelMahilaSamiti (VMS) is going to celebrate its Third anniversary during April 2015.

VisteelMahilaSamiti, Ukkunagaram is bringing out the magazine SPARK with an objective of showcasing existing talent and sharing of information. SPARK showcases the talents of VSP fraternity through articles on the subjects like 'Dil Se', 'How I met my Husband', 'KhanaKhazana', 'Health & Wellness', 'Laughter is the Best Medicine' etc. In its journey of 3 years SPARK has stand up to meaning of its name 'Flash' and brought glow, laughter and happiness on the face of its readers.

On the occasion of releasing its 3rd anniversary issue, my sincere good wishes to all the members of VMS for bringing out such a colorful magazine and wish them successful in all their future endeavours.

Saroja

Vice President , Visteel Mahila Samiti



I am very happy to note that 'SPARK' the quarterly magazine brought out by VisteelMahilaSamiti (VMS) is going to bring out its third anniversary edition during April 2015.

Over the last two years 'Spark' has become a strong medium showcasing the constructive and benevolent activities of VMS. The outstanding contribution made by VMS during post 'Hudhud' restoration process is truly praiseworthy and to some extent reflected in the magazine in its issue for the quarter Oct to Dec'14. Apart from this, 'Spark' is also a forum for expression of internal flairs in term of literature, general knowledge, cooking skill and so on.

On the occasion of releasing its 3rd anniversary issue, I congratulate the entire group associated with the magazine and wish them all the best in their endeavour.

Bindoo Mohapatra

Vice President , Visteel Mahila Samiti



It is indeed very heartening to note that VisteelMahilaSamithi (VMS) is coming up with the third anniversary issue of in-house magazine "SPARK". Over the last three years the magazine has served well its readers by providing wholesome entertainment through varied articles, stories, poems, jokes snippets etc. Besides this, the magazine has been an excellent medium for highlighting VMS's activities as well as its impact in an around the Steel City.

On this occasion, I sincerely compliment VMS for their earnest efforts in bringing out the magazine to the current shape. I also take this opportunity to complement one and all who contributed with articles, rendered support and wish they would continue to support VMS with the same spirit .

I wish a great success to VMS in this endeavour.

Dr. Gargeyi C

Vice President , VisteelMahilaSamiti



I congratulate VisteelMahilaSamiti on their third anniversary of the Spark issue. Spark has given a platform to connect with each other through various articles, impart knowledge and showcase their talent by way of expressing through words.

There's nothing more sparkling than a strong and independent woman. The role of the women nowadays is very important because all the society needs to know the changes that women have seen and been affected by, have been phenomenal. Women have gained a lot of ground in politics, the work force, and even more power within their own households. VisteelMahilaSamiti is one such example who are providing the talented ladies, be it working women or a housewife to find a unique place in society and extend support.

I take this opportunity to compliment VisteelMahilaSamiti for putting in their efforts in keeping up the Spark going strong and wish them success in all their endeavors.

Mrs. G Rama Devi

Vice President , VisteelMahilaSamiti

LESS KNOWN FACTS ABOUT

- *My Birthday:-9th May*
- *My Wedding day:-14th May*
- *My child is|children are my Assets*
- *My Favorite book: Bhagwad Gita*
- *My favorite actor/actress: Kamala Hassan*
- *My favorite movie: Border(Hindi)*
- *My favorite dish: Stuffed 'Karela'*
- *My favorite destination: 'Kumarakom'(Kerala)*
- *If I weren't here,I would have been in Teaching*
- *My wife is Caring & supportive*
- *My family is My greatest strength*
- *My favorite quote"Actions speak louder than words"*
- *My happiness mantra Being content*
- *My day is incomplete without Praying 'God'*
- *One fact not many know about me I can cook*
- *if I had a time turner I would Go to college and play badminton/cricket.*
- *one decision of my life that I wish I could change Bad decisions on personal investments*
- *I owe my success to God given opportunities & hard work*

Name: *Shri P Madhusudan*

Designation: *CMD*



- *My Birthday:-17th Nov*
- *My Wedding day:-13th May*
- *My child is|children are my Dear ones*
- *My Favorite book: Hanuman Chalisa*
- *My favorite actor/actress: Anupam Kher and Rekha*
- *My favorite movie: Jurassic Park*
- *My favorite dish: Rice, Ghee, Dal*
- *My favorite destination: Manali*
- *If I weren't here,I would have been in Civil Service*
- *My wife is A strong support to me*
- *My family is Non demanding*
- *My favorite quote "Manjil Nahiloy"*
- *My happiness mantra Relax and watch historical serials*
- *My day is incomplete without a Puja*
- *One fact not many know about me I am a swimmer*
- *if I had a time turner I would become a devotional singer.*
- *one decision of my life that I wish I could change My decision to join the industrial sector*
- *I owe my success to Family & Well wishers*

Name: *Shri J K Chand*

Designation: *Director(Commercial)*



- *My Birthday:-23rd Jan*
- *My Wedding day:-22nd April*
- *My child is|children are my Everything*
- *My Favorite book: Oriya book 'Jangyaseni' by Dr.Pratibha Roy*
- *My favorite actor|actress: Madhuri Dixit*
- *My favorite movie: Sholay*
- *My favorite dish: Chilly Chicken*
- *My favorite destination: Puri*
- *If I weren't here,I would have been in BHEL*
- *My wife is My friend & my philosopher*
- *My family is The most valuable thing for me*
- *My favorite quote From Geeta "Karmanye Badhikarste ma phaleshu kadachana maa karma phala hetur*
- *My happiness mantra Enjoy when you get leisure time*
- *My day is incomplete without Watching TV*
- *One fact not many know about me I can also sing*
- *if I had a time turner I would Prefer to go backward*
- *one decision of my life that I wish I could change Nothing*
- *I owe my success to My wife, parents & both sons*

Name: *Shri P C Mohapatra*

Designation: *Director(Projects)*



- *My Birthday:-4th Dec 1956*
- *My Wedding day:-13th Aug 1982*
- *My child is|children are my Strength*
- *My Favorite book: OSHO's Books*
- *My favorite actor|actress: Amitabh Bachan*
- *My favorite movie: Lagaan*
- *My favorite dish: Veg Biryani*
- *My favorite destination: Hill station*
- *If I weren't here,I would have been in Teaching*
- *My wife is Dynamic*
- *My family is Well Knit*
- *My favorite quote"Yesterday is gone, Tomorrow is not born, Today is yours*
- *My happiness mantra Live in present moment*
- *My day is incomplete without Yoga*
- *One fact not many know about me I can be jovial*
- *if I had a time turner I would be a college student*
- *one decision of my life that I wish I could change Not going for Civil Service*
- *I owe my success to my wife*

Name: *Dr. GBS Prasad*

Designation: *Director(Personnel)*



- *My Birthday:-29th July*
- *My Wedding day:-12th May*
- *My child is|children are my Life*
- *My Favorite book: Sri Sri Mahaprasthanam*
- *My favorite actor|actress: Gurudutt*
- *My favorite movie: Maya Bazaar*
- *My favorite dish: Fish*
- *My favorite destination: My home*
- *If I weren't here, I would have been in Public Life*
- *My wife is My strength*
- *My family is Reality of my aspirations*
- *My favorite quote "Do or die"*
- *My happiness mantra Follow your Heart*
- *My day is incomplete without the 7 O' clock morning conference*
- *One fact not many know about me none*
- *if I had a time turner I would be Forever in my childhood*
- *one decision of my life that I wish I could change none*
- *I owe my success to my All my well wishers*

Name: *Shri DN Rao*

Designation: *Director(Operations)*



- *My Birthday:-28th May 1956*
- *My Wedding day:-8th August 1984*
- *My child is|children are my Angels*
- *My Favorite book: Good Earth by Pearl S.Buck*
- *My favorite actor|actress: Savitri*
- *My favorite movie: Maya Bazaar*
- *My favorite dish: Coconut chutney, rice*
- *My favorite destination: New Delhi*
- *If I weren't here,I would have been in Vizag as practising CA*
- *My wife is My darling*
- *My family is My love*
- *My favorite quote "Do not preach but practise"*
- *My happiness mantra To be at peace with myself*
- *My day is incomplete without Talking to my wife*
- *One fact not many know about me I am a foodie*
- *if I had a time turner I would Like to go back to my childhood.*
- *one decision of my life that I wish I could change I could be a doctor I owe my success to My wife*

Name: *Shri JVS Krishna Kumar*

Designation: *Director(Finance)*





An eight-year-old child heard her parents talking about her little brother. All she knew was that he was very sick and they had no money left. They were moving to a smaller house because they could not afford to stay in the present house after paying the doctor's bills. Only a very costly surgery could save him now and there was no one to loan them the money. When she heard her daddy say to her tearful mother with whispered desperation, 'Only a miracle can save him now', the little girl went to her bedroom and pulled her piggy bank from its hiding place in the closet. She poured all the change out on the floor and counted it carefully.

Clutching the precious piggy bank tightly, she slipped out the back door and made her way six blocks to the local drugstore. She took a quarter from her bank and placed it on the glass counter. "And what do you want?" asked the pharmacist. "It's for my little brother," the girl answered back. "He's really very sick and I want to buy a miracle." "I beg your pardon?" said the pharmacist. "His name is Andrew and he has something bad growing inside his head and my daddy says only a miracle can save him. So how much does a miracle cost?" "We don't sell miracles here, child. I'm sorry," the pharmacist said, smiling sadly at the little girl. "Listen, I have the money to pay for it. If it isn't enough, I can try and get some more. Just tell me how much it costs." In the shop was a well-dressed customer. He stooped down and asked the little girl, "What kind of a miracle does your brother need?" "I don't know," she replied with her eyes welling up. "He's really sick and mommy says he needs an operation. But my daddy can't pay for it, so I have brought my savings". "How much do you have?" asked the man. "One dollar and eleven cents; but I can try and get some more", she answered barely audibly. "Well, what a coincidence," smiled the man, "A dollar and eleven cents - the exact price of a miracle for little brothers." He took her money in one hand and held her hand with the other. He said, "Take me to where you live. I want to see your brother and meet your parents. Let's see if I have the kind of miracle you need." That well-dressed man was Dr Carlton Armstrong, a surgeon, specializing in neurosurgery. The operation was completed without charge and it wasn't long before Andrew was home again and doing well. "That surgery," her mom whispered, "was a real miracle. I wonder how much it would have cost." The little girl smiled. She knew exactly how much the miracle cost... one dollar and eleven cents... plus the faith of a little child. Perseverance can make miracles happen! And Very nice lines A river cuts the rock not because of its power, but because of its consistency.

Never lose your hope & keep walking towards your vision!

-Vijaya Kamala



My journey to Kerala

It was the month of May and we had planned a family holiday. We boarded the train looking forward to a holiday in the Gods own country - Kerala. As a young mother of twin boys aged 2.5 years, I was very apprehensive on how I would manage the long train journey from Vizag to Ernakulam. I carried their favorite cars, eatables (a party pack of Kurkure which was packed in a net bag and also had a bowl) and the little things they liked. In that coupe along with us was a serious looking old couple but as the journey progressed, they not only helped me with so many things but also silently enjoyed the monkeying going on. In a couple of hours, we discussed so many matters and soon I realized that there were only a few things under the sky which were not discussed. Eventually, we shared our addresses and phone numbers. As it generally happens, we forget our co-passengers. However, that wasn't the case here. As it turns out, we are almost related now as their younger son got married to our neighbor's daughter.

I recall my meeting with them as such a wonderful experience and even today, I fondly call her train didi. In reality, they are Mr. & Mrs. Chakroborty. Mr.

Chakroborty was the director of oceanography and train didi was a singer with All India Radio. Now they are happily settled in Kolkata. This often makes me feel that the world is a small place. The summer of 2007 will always be one of the most memorable one of our lives because we met a couple who is very special to us even today. They not only made our train journey a comfortable one by helping us out, but became a part of our journey of life.



By Indrani Maji

REACHING OUT

Service thy name is Woman. Service with dedication thy name is VMS

A new beginning with a new committee.

10-01-15- New Executive Committee was formed with Smt. Vanitha Rao as the Secretary, Smt. R.Padmavathi as Jt. Secretary, V.SujathaRao as Treasurer, Smt. RenukaGandham as JtTreasurer, and Smt. SushmaSinha, Smt. SujathaSubramani, Smt. ArchanaLenka, Smt. MNVSS Eswari as members.

23-01-15- VMS President Smt.Preeti Roy Chand and the team visited Zilla Parishad High School, Paravada and donated Geometry Boxes to the students of Higher classes and pencils and erasers to the Primary sections. Celebration of NetajiJayanti with the students is ever memorable.



27-01-15 - January Monthly meeting was held on 27-01 -15. Rangoli competition stole the hearts of the audience and mesmerized the judges Smt. Anuradha and Smt.Lalitha. Traditional designs of Rangoli was presented in a creative way. The dance programme by Mrs Praveena and group bagged accolades and in between surprise questions added spice to MGT. Farewell Address was given by Mrs.Vanitha Rao responded by Mrs. Rejimol Wilson the former Secretary. Madam Preeti Roy Chand in her key note briefed the contribution and activities undertaken by the previous committee. The executive committee 2014-15 was honored. 'SPARK' was released by Madam Preeti Roy Chand and the Vice-presidents and was distributed among the members. It was followed by prize distribution and Housie.

18-2-15- Vrikshya Mitra : Tree plantation programme commemorating RINL Formation Day Visakha Steel MahilaSamiti took up initiative to plant trees in VMS premises at Sector -7. As post Hud-Hud tree plantation move, 20 coconut saplings were planted by Smt. Gouri Annapurna, Honorary President, Smt. Preeti Roy Chand, President VMS and Smt. G.RamaDevi, Smt. SarojaDVP and Dr. Gargeyi VMS Vice presidents. The motto is to make township beautiful. Mrs. VanithaRao, Secretary and Smt. Padmavathi, Jt. Secretary along with new committee members and Mrs. Rejimol Wilson with ex-committee members enthusiastically participated in tree plantation drive "VrikshyaMitra" i.e. friends of trees. Protection of environment and sustainable ecological growth is the main aim of VMS.



18-2-15- A cheque for Rs. 77,000 was handed over by VMS to Mr. G. Suresh, for his son Master G. Pavan who is undergoing treatment in CMC, Vellore for replaced Acute Leukemia under medical aid.

23-02-15 - "Annual Spots Meet 2015" was held by VMS executive committee in Ukku Stadium from 23 to 26 February. Sri. P. Madhusudhan, CMD, RINL inaugurated the meet on 23rd Feb in Ukku Indoor Stadium. Girl Champion of each school of Ukkunagaram was felicitated. A large group of girls of Kendriya Vidyalaya, Ukkunagaram displayed Pyramid Formation. Chief Guest in his inspiring address motivated the gathering to make sports as part of life and encouraged the women sports persons. Honorary President Smt. GouriAnnapoorna and President Smt. Preeti

Roy graced the occasion. T.Sridevi, Eswari Singh were the winners, M.Rajyalakshmi, Kavya were the runners of Shuttle Badminton. On 24th Tennis Competition was held. Jhansi Rani, Kavya were the winners and Lily Majumdar, Annapoorna were the runners. On 25th Throw ball was played by the members, Eswari Singh and team were the winners and Kavya and team were runners.



26-2-15- Valediction of 'Annual Sports Meet 2015' Valedictory function was organized in Ukku Stadium. Dr. G.B.S.Prasad, Director Personnel the Chief Guest, Mr. T. Sunder, General Manager, Personnel, Mr. MS Kumar of Sports Department graced the Stadium. Honorary President Smt. GouriAnnapurna, President Smt.Preeti Roy Chand, Vice Presidents Smt. Bindu Mohapatra, Smt. G. Ramadevi and Smt. DVP.Saroja, have participated in the fun games. Fun games like 50 mts. Speed Walk,

Back ward throwing of the ball, Bombarding of the cities were star attractions. On the occasion of the valedictory function of Annual Sports meet lady Physical trainers of schools of Ukkunagaram were felicitated along with best player of VSP and best player of VMS. Kendriya Vidyalaya, Ukkunagaram Students displayed Yogasanas. The Chief Guest was overwhelmed to see so many participants and encouraged them to bring back sports culture in VSP's- life. Prizes were given away by all the Dignitaries.



9-03-2015- Cultural program "Aaradhya" was organized by VMS at MP Hall, Ukku Club in honour of the Panel of Judges of PM's trophy committee. Beautiful Rangolis were displayed by Mrs. MNVSS. Eswari and group throughout the walk way. The Panel of the judges was received by the executive committee members and Smt. Gouri Annapoorna, Honorary President, Smt. Preeti Roy Chand, President and all the Vice-Presidents. Students of Visakha Vimala Vidyalayam showered flowers on the Panel of the Judges with a red carpet welcome. The program started with an Invocation by Chitra Bhaskar and lighting of the lamp by the panel of judges. A welcome dance was presented by the students of Visakha Vimala Vidyalayam followed by

Shiva Aaradhan performed by differently abled children of Arunodaya Special School. A Power point presentation highlighted the activities of VMS. The Junior and Assistant Managers of VSP presented a program 'Prithvimitra' on Hud-Hud. The destruction due to Hud-Hud and how the challenge was overcome with a new spirit of unity was neatly presented by the young managers of VSP. Annual report of VMS was presented by Madam Preeti Roy Chand, President, VMS. The members of VMS enacted different stages of women in "Parineeta" which was well appreciated. The comparer Smt. Padmaja was commended by one and all, especially by Panel of judges. Vote of thanks was given by Mrs. Vanitha Rao. "Aaradhya" opened a new page with much adoration and added feathers to VSP's basket with accolades.....and accolades.

VMS also undertook Plantation and CSR activities along with the PM's Trophy PoJ.

19-03-2015- The Executive Committee of VMS visited Desire Society which is taking care of 23 HIV infected / affected children. VMS donated a Computer, Four Mattresses, One Iron Rack, to keep the Medicines and distributed snacks.



20-03-15-- VMS Executive Committee visited Aganampudi Government Junior College to donate 2 White Boards, 1 computer, and 1 Closed Steel Almirah for the use of students and to enrich their learning process. VMS Executive Committee donated Pressure Cookers, Rice storage Drums, Utensils to cook, Mats and charts for the children in four Anganvadi Schools in Aganampudi. The schools are located at Kondayyavalasa, Karrivanipalem, BC Colony, and KSN Reddy Nagar. It is to support the Government Sarva Sikshya Abhiyan and Early Childhood Learning.

25-03-15-- Thanks giving party for the participants of Aaradhya, cultural event presented before the Panel of Judges of PM's trophy Committee. CMD Sri.P. Madhusudan the Chief Guest of the evening, Honorary President Smt. Gouri Annapoorna, President Smt. Preeti Roy Chand, Vice-Presidents Smt. Bindu Mohapatra, Dr. Gargeyi, and Smt. G. Ramadevi of VMS graced the occasion to express their gratitude. The Program started with invocation by Smt. Praveena which was followed by a Classical Dance by Kumari. Alekya. She presented 'Krishna Sabdham' elegantly. Participants were Welcomed and thanked by Smt. R. Padmavathi and honoured with a Souvenir by the Chief Guest Sri. P. Madhusudhan who showered his compliments on VMS. The ever supporting hands of Management is a boon to the needy. Vote of thanks was proposed by Smt. Sujatha Subramani. The VMS members with Mrs. Preeti Roy Chand and Secretary visited Arunodaya Special School earlier on 25th and gave away the special gifts to special Children. A smile writ on each face is a treasure of VMS forever.



GRAND SALUTE TO EVERY WOMAN IN THIS WORLD

One Sunday morning, a wealthy man sat in his balcony enjoying the sunshine and his coffee when a little ant caught his eye which was going from one side to the other side of the balcony carrying a big leaf several times bigger than its size. The man watched it for more than an hour. He saw that the ant faced many impediments during its journey, paused, took a diversion and then continued towards the destination. At one point, the tiny creature came across a crack in the floor. It paused... for a little while, analyzed and then laid the huge leaf over the crack, walked over the leaf, picked the leaf on the other side and then continued its journey.

The man was captivated by the cleverness of the ant, one of God's tiniest creatures. The incident left the man in awe and forced him to contemplate over the miracle of this God's creation. It showed the greatness of the Creator. In front of his eyes there was this tiny creature of God, lacking in size yet equipped with a brain to analyze, contemplate, reason, explore, discover and overcome.

Along with all these capabilities, the man also noticed that this tiny creature shared some human shortcomings. The man saw about an hour later the creature had reached its destination – a tiny hole in the floor which was entrance to its underground dwelling. How could the ant carry the large leaf, that it had carefully managed to bring to the destination, into the tiny hole? It simply couldn't! So the tiny creature, after all the painstaking and hard work and exercising great skills, overcoming all the difficulties along the way, just left behind the large leaf and went home empty-handed.

The ant had not thought about the end before it began its challenging journey and in the end the large leaf was nothing more than a burden to it. The creature had no option, but to leave it behind to reach its destination.

The rich man learnt a great lesson that day.

Isn't that the truth about our lives? We worry about our family, we worry about our job, we worry about how to earn more money, we worry about where we shall we live – a 3 bedroom or a 5 bedroom house, what kind of vehicle to buy – a Toyota or an Audi or a BMW? What kind of watches to wear, all sorts of things, only to abandon all these things when we reach our destination – The END STATE.

We don't realize in our life's journey that these are just burdens that we are carrying with utmost care and we fear of losing them, only to find that at the end these are useless and we can't take them with us.

THERE HAS TO BE CONTENTMENT AT SOME LEVEL IN LIFE. NOTHING EXCEPT THE NAME YOU MAKE FOR YOURSELF & THE MEMORIES YOU LEAVE BEHIND SHALL GO ALONG WITH YOU TO THE FINAL DESTINATION.

Women you are no less than the legendary squirrel! You remain in the brave hearts for your legendary contribution to the Society.

- Sunita

I AM SUPER WOMAN: THE MULTIPLE ROLES WOMEN PLAY ON A DAILY BASIS

Don't be modest, Super Woman! You wear many hats on an everyday basis. So many, you don't even recognize them all. From mother to wife to businesswoman to best friend, a woman is more than just the queen of her household. She reigns in various areas of her life. Don't forget how many roles you juggle as a woman from day-to-day with no effort at all. Here are only a few that put the 'S' in 'Super Woman'!

BREADWINNER You bring home the bread and butter. You are the breadwinner for your home, whether you share the bread-winning duties with a significant other or not. You step in and make sure there's a roof over your children's heads, making sure they don't go hungry and have a safe bed to sleep in, all the while paying the bills on time.

NURTURER You are a mom, meaning you look after your kids physically, emotionally, mentally and spiritually. But most of all, you are a nurturer, a woman who comforts those around her and makes them feel at ease, whether it's in the role of a mother, co-worker, employee or friend.

CHEERLEADER You are your child's biggest fan, your best friend's partner-in-crime, your company's professional booster club member and your man's personal cheerleader. You cheer on everyone's big and small successes with bells and whistles every day, with no gratification in return.

BOSS You are a boss amongst your peers and co-workers during the workdays, putting together the pieces of the job and making sure everyone around you, from your supervisor to the intern, is doing their specific duties. You are assertive and play your position whether you're the boss or pulling up the rear for a certain team, department or project.

INNOVATOR At work and at home, you innovate on even the most menial tasks. You bring new ideas to the table and try to implement something fresh to every major project on the job daily, making sure your voice is heard and you get the recognition you deserve professionally as you climb the corporate ladder. And when you get home, you're whipping up a new recipe... because you can!

ROLE MODEL As a role model, you set the standard for others coming after you and reflect those who came before you. You carry yourself with pride and motivation, which motivates others to look up to you as a professional and personal role model, be it your friends or co-workers.

TRENDSETTER You grace the office with a presence that is fresh and inviting, but assertive and ready to work. Although you know what type of work day it will be, hectic or otherwise, you set the trend of the atmosphere with your womanhood, professionalism, and not to forget, your well put-together appearance, never missing a beat, matching the go-getter on the inside.

TEAM PLAYER You are a team player, making sure you are fulfilling the role assigned to you to benefit the company. You pull together your own resources and innovative ideas for the greater good of the department or company in order to accomplish the goals set out by your supervisor. You don't overstep your boundaries on the team, but you don't choose to play it totally "safe" either, stepping up when needed for the benefit of your co-workers. You see the big picture of the project and work hard with others to get it done.

MENTOR You are helping others to reach their fullest potential as a mentor. On a daily basis, you give advice, whether it's to your friends or the intern at the office. You help others stay inspired and keep their goals and dreams in focus by leading them through your lifestyle and work ethic.

MULTI-TASKER You are a mother, a wife, a girlfriend, a lover, a businesswoman, a daughter, a best friend, and you never seem to miss a beat juggling any of your roles. Although sometimes overwhelming, you effortlessly multitask your time and talents to each when you can. At work, you juggle your daily duties; while climbing the corporate ladder by taking the lead on multiple projects; at home, you cook, clean and love your family with a few minutes to spare to wind down and do it all again tomorrow.

So, Super ladies...Three cheers to you... Hip Hip Hurray!!!!

- Lalita Shankar



आर आई एन एल के ई आर एस विभाग में सहायक कार्यपालक के रूप में कार्यरत श्री के विजय कुमार एक सुप्रसिद्ध जादूगर (Magician) हैं। उनकी पुत्री श्रीमती रानी पद्मश्री भी अपने पिता के पदचिन्हों पर ही चल रही है। श्रीमती रानी पद्मश्री

के साथ 'स्पार्क' के वार्तालाप का अंश नीचे प्रस्तुत है :

स्पार्क : आपकी शिक्षा कहाँ हुई?

रानी : मेरी पढ़ाई क्लास-1 से 10 तक स्टील प्लांट के केंद्रीय विद्यालय में हुई। उसके बाद मैंने श्रीचैतन्या जूनियर कालेज से इंटरमीडियट किया। तत्पश्चात आंध्र विश्वविद्यालय से 'नेवल आर्किटेक्चर' में इंजीनियरिंग की और जब मैं इंजीनियरिंग के अंतिम वर्ष में थी, हिंदुस्तान शिपयार्ड लिमिटेड में मेरा 'कैंपस सेलक्शन' हो गया। मैं तब से हिंदुस्तान शिपयार्ड लिमिटेड में कार्यरत हूँ।

स्पार्क : आपमें मैजिक शो करने की इच्छा कैसे जगी? मैजिक शो के अलावा अपने हॉबी के बारे में बताइये।

रानी : मैं बचपन से अपने पिताजी को मैजिक शो करते देख रही हूँ। दरअसल वे ही मेरे गुरु हैं। मैजिक शो करना मैंने उन्हीं से सीखा। मैजिक शो पहले मेरी हॉबी थी। इसके अलावा मैंने शास्त्रीय नृत्य, संगीत भी सीखा। स्केट्स पर चलते हुए मैजिक शो भी किया। शास्त्रीय नृत्य के 20 प्रोग्राम भी दे चुकी हूँ। इंटरमीडियट के बाद संगीत और नृत्य का साथ छूटने लगा। लेकिन जब भी मौका मिला, मैजिक शो करती आई हूँ। अब तक मैं लगभग 2000 कार्यक्रम कर चुकी हूँ। इस वर्ष 8 मार्च को भी मैंने स्टील प्लांट के 'अरुणोदया स्पेशल स्कूल' में जादुई शो किया।

स्पार्क : मैजिक शो की वजह से पढ़ाई में कभी कोई बाधा उत्पन्न हुई?

रानी : विल्कुल नहीं, बचपन में मैं अपने पिताजी के साथ पूरे देश में मैजिक शो कर चुकी हूँ। पिताजी इसका ट्रेनिंग देते थे और मेरी माँ शो के लिए ड्रेसिंग से लेकर आवश्यक सभी प्रकार का सहयोग देती थी।

इन दोनों के सहयोग के कारण मैंने पढ़ाई में अपने आपको कभी कमजोर महसूस नहीं किया। यही नहीं, मैजिक शो की वजह से मेरा आत्मविश्वास बढ़ा। इससे पढ़ाई में मेरी एकाग्रता बढ़ी। मैं कहीं भी आराम से बिना स्टेज फियर के शो कर लेती हूँ। साथ ही केंद्रीय विद्यालय में पढ़ने तथा पूरे देश में घूमकर कार्यक्रम करने के कारण मेरे संचार कौशल का विकास भी हुआ है।

स्पार्क : अपने वैवाहिक जीवन एवं अपने कैरियर के बारे में बताइये।

रानी : मेरी शादी जनवरी, 2013 में हुई। मेरे पति रेड्डीस लैव में मैनेजर हैं। वे भी इतने सहयोग देते हैं कि मैं घर के दायित्व और अपने कैरियर दोनों को आराम से संभाल पाती हूँ। हमारा ऑफिस डिफेंस के अंतर्गत आता है। ऑफिस में जब भी कोई प्रोग्राम होता है, मुझे कंपीरिंग का अवसर मिलता है। जादुई शो करने की मेरी हॉबी से मुझे एक विशेष पहचान मिली है। शिपयार्ड के ललित कलामंदिर में पिछले वर्ष 15 अगस्त को मुझे जादुई शो करने का अवसर मिला। तब से फिर ललित कलामंदिर में सांस्कृतिक कार्यक्रम आयोजित होने लगे हैं।

स्पार्क : आपने अब तक बहुत कुछ हासिल किया है। आगे चलकर आप और क्या करना चाहती हैं?

रानी : वैसे मैंने अब तक जो हासिल किया है, उसका श्रेय अपने माता-पिता एवं पति को ही देती हूँ और यदि मुझे आगे बढ़ने का मौका मिलता है तो मैं विदेश में एम टेक करना चाहती हूँ। साथ ही एम वी ए भी करने की इच्छा है।

स्पार्क : आज के विद्यार्थियों से आप क्या कहना चाहेंगी?

रानी : आज के विद्यार्थियों से गुजारिश है कि वे जीवन में पढ़ाई के अलावा योगा से लेकर किसी न किसी विषय को हॉबी के रूप में अवश्य लें। इससे पढ़ाई का तनाव और दबाव कम हो जाता है और पढ़ाई भी ऐसे करें कि उसमें मन लगे और किसी प्रकार का तनाव न हो। मेरी बेटी अभी 3 महीने की है। मैं उसे भी अपने इच्छानुसार पढ़ने तथा कुछ बनने की छूट देना चाहती हूँ। इससे वह भी एक तनावरहित जिंदगी जी सके।



‘मनीषा’ आर आई एन एल में ही नहीं, बल्कि पूरे आंध्र प्रदेश में सुप्रसिद्ध गायिका है, जो मात्र 10 वर्ष की आयु में ही तेलुगु चैनल ‘जी स रे ग म प’ द्वारा अपने गायन से सबका मन मोह लिया। ‘मनीषा’ के साथ ‘स्पार्क’ के वार्तालाप का अंश नीचे प्रस्तुत है:

स्पार्क : आपकी शिक्षा कहाँ हुई?

मनीषा: किंडरगार्टन तक ज्योति वालविहार और उसके बाद क्लास 1 से लेकर अभी 10 वीं में, मैं डी.ए.वी. में पढ़ रही हूँ।

स्पार्क : संगीत के प्रति रुझान कब से हुई?

मनीषा: जब मेरे पिताजी ‘अन्नमाचार्य कीर्तनलु’ गाते थे, तब मैं उनके सामने बैठकर ताल लगाया करती थी। जब मैं चौथी में थी, मेरे पिताजी मुझे ‘मंडा सुधारानी’ जी के पास ले गये। उनके सुझाव के अनुसार मैंने पहले ‘मंजुला’ जी के पास संगीत सीखा। कुछ दिन बाद मैंने ‘सुधारानी’ जी की बेटी ‘रवली’ दीदी के पास संगीत सीखा और फिर कुछ दिन बाद मुझे ‘सुधारानी’ जी खुद सिखाने लगीं। अब ‘सुधारानी’ जी मद्रास चली गई हैं। मैं उन्हीं से ऑनलाइन में संगीत सीख रही हूँ।

स्पार्क : आप पढ़ाई और संगीत दोनों को कैसे मैनेज कर पा रही हैं?

मनीषा: मेरे पिताजी हमेशा कहते हैं कि संगीत से एकाग्रता बढ़ती है, जिससे हम कोई भी काम सफलता से कर सकते हैं, चाहे वह पढ़ाई ही क्यों न हो। मैंने संगीत के अभ्यास के दौरान यही महसूस किया है। संगीत के अभ्यास से मेरा तनाव कम हो जाता है। मैं अभी तक ‘उक्कुनगरम गान सभा’, ‘आल इंडिया स्टील डॉक्टर्स क्लब’ और ‘स्टील क्लब’ द्वारा आयोजित कई कार्यक्रमों में गा चुकी हूँ। मैं जब चौथी क्लास में थी, तभी ‘जी स रे ग म प’ में जाने का मौका मिला। तब कुछ हफ्ते मुझे स्कूल से छुट्टी लेनी पड़ी, फिर भी मेरे माता-पिता, दोस्त और स्कूल के टीचर इतने सपोर्टिव हैं कि मुझे कभी पढ़ाई में कठिनाई महसूस नहीं होने दी। जब कभी मैं किसी कार्यक्रम की वजह से स्कूल नहीं जा पाती तो मेरे दोस्त मुझे नोट्स दे देते हैं, जिसे मैं कॉपी करके खाली समय में पढ़ लेती हूँ।

स्पार्क : ‘जी स रे ग म प’ में अपनी यात्रा के बारे में बताइये।

मनीषा: ‘जी स रे ग म प’ कार्यक्रम के दौरान मुझे तेलुगु फिल्म इंडस्ट्री के कई दिग्गज कलाकार, जैसे

माधवपेदि सुरेश, सुशीला, एल.आर. ईश्वरी, भुवनचंद्रा, एस.पी. शैलजा आदि से मिलने का मौका मिला। सभी ने मुझे गायन कला की महत्वपूर्ण बातें बताईं। सभी मेरे गायन से संतुष्ट थे और सभी ने मुझे मन से आशीर्वाद दिया। यह प्रोग्राम जब चल रहा था, तब दादासाहब फाल्के पुरस्कार विजेता, अक्किनेनि नागेश्वर राव जी ने मुझे अपने घर बुलाया और उनके जन्मदिन के अवसर पर उनके घर पर ‘अक्किनेनि इंटरनेशनल फैंस असोसिएशन’ द्वारा आयोजित कार्यक्रम में मुझे गाने का अवसर मिला और उसी कार्यक्रम में नागेश्वर राव जी ने मेरा सम्मान किया। मेरे लिए इससे बढ़कर खुशी की बात और कुछ नहीं हो सकती। इसके अलावा ‘सिलिकानांध्रा’ और ‘एस वी वी सी’ (श्री वेंकटेश्वर भक्ति चैनल) द्वारा संयुक्त रूप से आयोजित ‘तेलुगु पौराणिक पद गायन’ प्रतियोगिता में मुझे कुल 48 उम्मीदवारों में से पहला पुरस्कार प्राप्त हुआ। अभी यह कार्यक्रम शनिवार की रात को 9.00 बजे टेलीकास्ट हो रहा है।

स्पार्क : संगीत के अलावा आपकी और क्या-क्या हॉबी हैं?

मनीषा: मुझे पेंटिंग का भी शौक है। इस वर्ष मार्च के दौरान ‘ड्रीम चिल्ड्रन्स आर्ट अकादमी’ द्वारा आयोजित ‘थर्ड आल इंडिया चिल्ड्रन एंड यूथ आर्ट एक्जिबिशन’ में मुझे ‘सिल्वर मेडल रिवाइड सर्टिफिकेट’ मिला।

स्पार्क : आप अपनी इस उपलब्धि का श्रेय किसको देना चाहेंगी?

मनीषा: सबसे पहले अपने माता-पिता को। मेरे पिता जी श्री पी मधुसूदन राव स्टील प्लांट में और माँ श्रीमती जयलक्ष्मी कमर्शियल टैक्स में काम करती हैं। अपनी टाइम शेड्यूल के बावजूद भी वे लोग मेरे लिए आवश्यक हर छोटी-बड़ी चीजें जुटा देते हैं और पिताजी तो रियाज के समय भी हमारी गलतियों को सुधारते हुए गुरु की भूमिका निभाते हैं। इससे मुझे बहुत बल मिलता है।

स्पार्क : आप बड़ी होकर क्या बनना चाहती हैं?

मनीषा: मैं आई.ए.एस. करना चाहती हूँ और कर्नाटक संगीत में मैं महान गायिका एम एस सुब्बुलक्ष्मी जी जैसे म्यूजिक कन्सर्ट्स देना चाहती हूँ। साथ ही इंडियन आइडल में जाने का भी मेरा सपना है। इसके लिए मुझे हिंदुस्तानी संगीत सीखने की जरूरत है। इस दिशा में मेरे प्रयास अभी चल रहे हैं।

स्पार्क : हमारी तरफ से आपके उज्ज्वल भविष्य की शुभकामनाएँ।

Catch marriage or match marriage?

1. Catches win matches whether it is cricket or marriage.- **Vanitha Rao.**
2. "Marriages are made in Heaven" we all catch to match the marriages. -**Padma Tulasi M.**
3. Catch marriage for the society. Match marriage for the love and to enhance the inner beauty in you.-**Megha Gupta**
4. First they match each other then they catch each other forever. That is match marriage.-**Uma Devi.**
5. Catch marriage or match marriage Whatever it is.....
MARRIAGES ARE MADE IN HEAVEN.- **Triveni**
6. I didn't go for a catch but my marriage was and is a match for me.- **PN Savitry**
7. No need to hatch a plan to catch. God already made a match..- **Radha M.**
8. Catch marriage is a spontaneous process or by chance match.... But match marriage is a planned and long way process....- **Madhu Priya.**
9. First match and then catch is the best match.- **Supriya Mohan**
10. Match or Catch, marriage is a Marriage! One has to adopt the 12 sutras for a happy and successful life.- **I Savya**
11. Although marriages are made in Heaven, we have to catch our perfect match to make our world heaven.-
Neelu Gaur
12. Match a catch or catch a good match
Match to the expectation of your catch.
Catch or match, its a celestial watch.
Catch the moments to relive the match.
No scope for any repeat cast,
catch with the match to win the match- **Jyoti**
13. Catch marriage is one in which you like a girl ,marry her and convince your relatives . In Match marriage your relatives like a girl and convince you to marry her.
- **VISWANATHAN**
14. Arranged marriage is like Unix OS, Boring n colorless but still extremely reliable n robust. May crash but easy to recover. Love marriage is like windows, beautiful n seductive... Yet one ever knows when it will crash and if it crashes, that's the end..- **SANJOG**

V Day Thoughts

As she smiled, I fell in
love the way you fall
asleep: slowly and then
all at once
- **Sanjay**

When she looks at him,
storm rise beneath his
skin. For he is the ocean;
and she, his moon.
-**Bhanu**

Oh Valentine!
Will you remain forever
only and only my
Valentine?
I know you are mine. Just
make me... thine.
-**Bahni**

One day you will ask me
which is more important?
My life or yours? I will say
mine and you will walk
away... not knowing that
you are my life!
- **Pratik**

Her eyes have their own
vocabulary. What a
beautiful language to
learn!
-**Kiran**

Valentine's day may
come and go but you
remain in my heart
forever
-**Sasikala**

Ever wondered who the guy in the photo in the square box below was ?



No, obviously you didn't. Don't give me the silly reason that the box is not square. I know that. Nor the reason that there is no photo in the box which is not square in shape. I know that too.

Contrary to you, however, I did so wonder, when I first saw him a few months ago, at the wedding of the daughter of one of my friends, in Hyderabad.

My wondering was set to rest when he was introduced to me.

"This is Ashok, my better-half", said Padma Ramani.

Returning the courtesy, I turned towards my wife and said to Padma Ramani,

"This is Yasoda, my better-half."

If Ashok and Yasoda were our respective better-halves then what did it connote about the attributes of the remaining halves, I wondered again. Ashok seemed to be an affable chap, quite dapper and fresh as a daisy though it was about 11 PM., which it was.

He must have rested in the office, I thought.

He seemed to be completely at ease even in the company of his wife.

I caught Yasoda looking at Padma Ramani and raising her left eyebrow while glancing at Ashok with her right eye - a tough feat that would have given any acrobat a great credit!

For simpler minds, the raised left eyebrow translates into Yasoda asking Padma Ramani if that is the most that the latter could manage in training Ashok to be a domesticated husband.

Padma Ramani's eyebrows which were about to raise themselves in a clarificatory glance, understood the silent communion of Yasoda's eyebrows and fell, as did her face.

She was the picture of an obedient wife. She appeared to be requesting Yasoda to be excused for failing in her feminine duty of being the proud possessor of a quelled husband.

Yasoda twitched her eyebrows, drawing Padma Ramani's attention to me. How well I was house-trained, the eyebrows seemed to gloat.

While all this was going on, Ashok and I were busy exchanging notes about the miseries of marriage. That is, I was giving him my side of the notes and he only kept collecting. He didn't seem to have any notes to give in return. Perhaps his notes were too lengthy to be unburdened in that short span of time, I thought. It did not strike me that it could be due to the fact that he was Master of the Home.

"Balaji, I like you", he said, indicating that he liked me. Or so, I gathered.

"Balaji," he continued, "I like you, so I would like to bring you something from the US".

"US ? When are you going there ?", I asked.

"Oh, in about 15 years, I guess", he replied non-chalantly.

Well, that's good enough, I thought, having no inclination myself to pay a visit to that part of the world for the next 16 years.

All that happened a long time ago.

It was almost 15 years and 3 days later that late at night, I saw on my mobile, that I had a missed call. It was from an "Unknown Number". That got me wondering. There were many Unknown Numbers that I did not know. Which one was this?

Was it from an "Unknown known Number" or a "known Unknown Number". The difference between the indefinite articles 'An' and 'A' in English Grammar seemed to be very significant in the circumstances. I returned the call (don't ask me How?, it is too complicated to explain to minds so simple as to ask How).

Ashok answered, "Hey Balaji ! I am visiting India tomorrow. What can I get for you?".

As one who values time and is a lover of anything that is horological and goes tick-tock, ding-dong, clang-clang, and is melodious, I replied "Big Ben".

"You must be living in the dark ages, man. Big Ben is analog. "Go Digital, man, Digital" said Ashok.

I pondered. I wondered. Then I surrendered.

I could not recall anything that was not digital about a clock. But Ashok seemed to think that Big Ben was not digital. If so, how could it show the time ?

The bulb over my head suddenly glowed a bright yellow.

"Why don't you get me a digital Big-Ben" I asked.

"They don't make that in China", replied Ashok blithely.

As far as my memory goes, which is about five feet when I am in full form, Big Ben is in England and Ashok is in the U.S, then why is he talking about the idiosyncrasies of the Chinese manufacturers.

I again stacked my brains, wracked them and wrecked them.

"How about a Patek Philippe watch ?" I asked.

"Fleet street does not have them", he replied, grinning at my ignorance.

My memory did not seem to be sufficient to comprehend this piece of news.

I, therefore, stretched my imagination. Fleet street, I imagined, was in London and was famous for the visiting journalists, i.e., journalists visiting their offices. How could Mr.Patek or for that matter Mr.Philippe be connected with the fourth estate?

Well how about a weighing scale with stroboscopic light and a standard pleasant announcement - "Congratulations, friend, welcome back. You have lost five Kg., since you last weighed in."

"It is here", he said. "But the damn thing is from Sony and speaks in Japanese. So I do not know whether it says you have lost or you have gained five Kg."

Now that was dangerous. What if Yasoda tried the machine and understood the Japanese as a 'gain in weight'? Yasoda does know Japanese, I think. For whenever she speaks, it is Greek, Latin and Japanese to me. No, the weighing machine was out of question.

Helping Ashok to choose a gift for me seemed to be a mind sweating exercise. My blood pressure(BP) started shooting up. I suddenly wanted to measure it.

My brain waded. I mean, I had a brain wave.

"Why don't you get me a sphygmomanometer that goes beep... beep. I love the beep sound. It brings my BP down. So why not a digital sphygmomanometer ?", I said.

"The ones here only go Hickory Dickory Ddock and have a mouse running up and down the counter", replied Ashok.

"I tell you what.", Ashok continued. "You seem to be very shy of accepting anything from me. I shall therefore think of something myself. Say, how about some tamarind rice ?", he asked excitedly.

"What???" I thundered.

"Tamarind rice, Guru, Pulihora.....!", "chintapandupisikichestaruchoodu, adi... Don't worry, you can pay for it. That will be just five dollars."

"Tamarind Rice? Pulihora ? Five Dollars? \$#@&*%(!)", I spluttered to myself silently.

I tried the conversion into Rupees on my calculator, the damn thing started spewing fumes and displayed "Rs.350/-", before conking out.

Rs.350/- for Digital Tamarind Rice ?, I whimpered silently.

Note : Oh, since Ashok's photo could not be pasted at the beginning of this article, I am pasting it now. Look at the rectangle box below for the photo. Hope it doesn't come unstuck.

Oops.... It slipped again.

Yeah, I know the shape is not a rectangle. But you should be more worried about the absence of the photo rather than the shape of its enclosure. God knows when you will get your priorities right !!

-Shri Balaji

Laughter

एल एल बी की पढ़ाई!

प्रोफेसर : अगर तुम्हें किसी को संतरा देना हो, तो क्या बोलोगे ?

छात्र : यह संतरा लो ।

प्रोफेसर : ऐसे नहीं, एक वकील की तरह बोलो ।

छात्र : मैं एतद्वारा, अपनी पूरी रुचि व होशो-हवास में और बिना किसी के दबाव में आप, इस फल, जो संतरा कहलाता है और जिसपर मैं पूरा मालिकाना हक रखता हूँ, को उसके छिलके, रस, गूदे और बीज सहित आपको देता हूँ और इसके साथ ही आपको इस बात का संपूर्ण और बिना शर्त अधिकार भी देता हूँ कि आप इसे काटने, छीलने, फ्रिज में रखने या खाने के लिए पूरी तरह से स्वतंत्र हैं; आप यह अधिकार भी रखेंगे कि आप किसी भी अन्य व्यक्ति को यह फल इसके छिलके, रस, गूदे और बीज के बिना या उसके साथ दे सकते हैं; मैं घोषणा करता हूँ कि आज से पहले इस संतरे से संबंधित किसी भी प्रकार के वाद-विवाद, झगड़े-टंटे की समस्त जिम्मेदारी मेरी है और अब के वाद मेरा इस संतरे से किसी प्रकार का कोई संबंध नहीं रह जाएगा ।

- संजोग

యుగములు నాల్గు. అవి కృతయుగ, త్రేతాయుగ, ద్వాపర, కలియుగములు. ఇప్పుడు మనమందరము కలియుగ ప్రథమపాదంలో ఉన్నాము. కలియుగం ప్రారంభమై ఈ సంవత్సరము నాటికి 5116 సంవత్సరాలు అయ్యాయి. దీనినే 'శాలివాహన' శతాబ్దములుగా భారతప్రభుత్వం ప్రకటించింది. ఈ యుగ ప్రారంభాన్నే 'ఉగాది' అంటారు. యుగాదియే రూపాంతరం చెంది 'ఉగాది' అయ్యింది.

సూక్ష్మములు చెప్పినట్లు 'చంద్రమా మనసోజాతః, చక్రి: సూర్యో అజాయత' అని, సూర్య, చంద్ర బింబ దర్శనం లేని మానవ జీవితం ఉండదు. దీనిన అనుసరించి 'సూర్యమానము', 'చాంద్రమానము' అని రెండు సిద్ధాంతాలు మొదలయ్యాయి. సూర్యమానం ప్రకారం గాని, చాంద్రమానం ప్రకారం గాని మానవుని ఆయు: ప్రమాణం '60' సంవత్సరాలుగా నిర్ణయించబడి ఆ అరువది సంవత్సరములకు ఒక్కొక్క నామధేయం నిర్ణయించబడింది. ప్రభవ, విభవ ఇలా 60 సంవత్సరాలు. సంవత్సరం అంటే 365 రోజులు, 7 రోజులు ఒక వారంగా, 2 వారాలు ఒక పక్షంగా, రెండు పక్షాలు ఒక మాసంగా, 2 మాసాలు ఒక సంవత్సరంగా నిర్ణయించబడింది. ఈ కాలం అంతా సూర్య, చంద్ర బింబ గమనం బట్టి నిర్ణయించబడ్డాయి. ఇలా ఈ నూతన సంవత్సరాన్ని మనం 'శ్రీ మన్మథమామ సంవత్సరం' అన్నాము. చిత్తా నక్షత్రం పూర్ణిమతో కూడి ఉండే ఆ మాసాన్ని 'చైత్రమాసం' అంటారు. ఆ మాసంనుండే ఏ సంవత్సరం అయినా ప్రారంభం అవుతుంది.

ప్రతి చైత్రమాసానికి ఒక విశిష్టత ఉంది. భగవద్గీతలో చెప్పినట్లుగా 'మాసానాం మార్గశిర్షిణాం', 'ఋతూనాం కుసుమాకర:' అని చెప్పినట్లుగా ఇది 'కుసుమాకర' మాసం అంటే పుష్పసారభంతో భూమి అంతా సుగంధాన్ని వెదజల్లే మాసం ఈ చైత్రమాసం. పుష్పభారం వలన పూలకొమ్మల చిగుర్లు వంగి ఈ భూమికి ఒక అందాన్ని తెస్తాయి. కోకిలగానంతో భూమి అంతా ఆనందమయం అవుతుంది. కాబట్టి ఈమాసంతో (మనం ప్రకృతి ఆరాధకులం కాబట్టి) సంవత్సర ప్రారంభం అవుతుంది.

ఈ సంవత్సర ప్రారంభంలో 'పంచాంగ శ్రవణం' చేస్తాం. 'శ్రవణం' అంటే వినడం. మనసంస్కృతిలో పెద్దలు చెప్పినది వినడమే మనకు ప్రధానం. తిథి, వారం, నక్షత్రం, యోగం, కరణం అని పంచ అంగములు ఒక దినానికి చెప్పబడ్డాయి, కావున ఈ శ్రవణాన్ని మనం సంవత్సర ఫలం తెలుసుకోవడం ద్వారా ప్రారంభించి, షడ్బుధి సమ్మిశ్రితం అయిన 'ఉగాది పచ్చడి' ని శరీరానికి ధాతువుష్టిన, ఆయుష్షును కోరుతూ స్వీకరిస్తాం. ఒకొక్క వస్త్రములు ధరించడం, నూతన వ్యాపార ప్రారంభాన్ని చెయ్యడం, చిట్టా పుస్తకాన్ని ప్రారంభించడం ఈ ఉగాదినుంచే మొదలవుతాయి. అందుకనే దీనిని నూతన వ్యాపార సంవత్సరం ప్రారంభం అంటాము. మన దేశాభివృద్ధికి కోరే వ్యాపార ప్రారంభం, ప్రజల అభివృద్ధి కోరే 'ఉగాది' ఒకటి అవడం ముదావహం. అందుకే మనకు నూతన సంవత్సరం అంటే ఈ భారతదేశంలో ఉగాది.

-శ్రీ ఎస్.ఎస్. ఆచార్యులు

हुदहुद आया पंख पसारे

मिटी इस्पात नगरी
इस सागर तीरे
पानी-विजली की किल्लत
जीवन पड़ा संकट में,
राहत की सांस मिली
जब विजली आई
पानी ने खूब छकाया ।
रोए शहर और रोए गांव
हुदहुद आया दवे पांव
लील गया सब हरियाली को
फेंक गया सब बदहाली को ।
वंद हुआ संयंत्र हमारा
वड़ी मुश्किल से
चालू हुआ दुवारा ।
हार गया हुदहुद हमसे अब
आओ अब प्रण करें हम सब
इस विपदा को भुलाएंगे
फिर सपने सजाएंगे ।

- श्री सी वी आर चंद्रशेखर

होली आई होली आई,
रंग अवीर भर झोली में ।
मदमस्तों की टोली में,
होली आई होली आई । ।
खेतों में सरसों के सुंदर,
पीले-पीले फूल खिले हैं ।
कहीं वजे हैं ढोल-मजीरे,
कहीं विछुड़े मीत मिले । ।
फसलों की वरसात हुई है,
मौसम भी खुशहाल बना ।
रात और दिन हुए बराबर
सर्दी-गर्मी की नहीं अनमना । ।
सूर्य किरण में सात रंग हैं,
इंद्रधनुष भी सात रंग का ।
जीवन रंगों का संगम है,
मित्रों होली का पैगाम है । ।
रंगों में सब घुले हुए हैं,
मन के द्वार भी खुले हुए ।
विना किसी भय-भेदभाव के
मन के तार मिले हुए । ।

- एस के जूही

मेरी बेटी थोड़ी सी बड़ी हो गई है

मेरी बेटी थोड़ी सी बड़ी हो गई है
कुछ जिददी कुछ नकचढ़ी हो गई है
मेरी बेटी थोड़ी सी बड़ी हो गई है

अव अपनी हर बात मनवाने लगी है
हमको ही अव वह समझाने लगी है
हर रोज नई-नई फरमाइशें करती है
लगता है फरमाइशों की झड़ी हो गई है
मेरी बेटी थोड़ी सी बड़ी हो गई है

अगर डांटता हूँ तो आँखें दिखाती है
खुद गुस्सा करके रुठ जाती है
उसको मनाना बहुत मुश्किल होता है
गुस्से में कभी पटाखा कभी फूलझड़ी हो गई है
मेरी बेटी थोड़ी सी बड़ी हो गई है

जब वह हंसती तो मन को मोह लेती है
घर के कोने-कोने में उसकी महक होती है
कई वार उसके अजीब से सवाल भी होते हैं
वस अव तो वह जादू की छड़ी हो गई है
मेरी बेटी थोड़ी सी बड़ी हो गई है

घर आते ही दिल उसी को पुकारता है
सपने सारे अव उसी के संवारता है
दुनिया में उसको अलग पहचान दिलानी है
मेरे कदमों से कदम मिलाकर वह खड़ी हो गई है
मेरी बेटी थोड़ी सी बड़ी हो गई है ।

- संकलन: श्री डी दुर्गा प्रसाद

Chilli Garlic Veggies

INGREDIENTS:

- 1 cup baby corn cut into fingers
- 1 cup carrot cut into fingers
- 1/2 cup capsicum cut into fingers
- 2 diced onions
- 1 green chilli
- 4 garlic cloves chopped
- 1 tsp soya sauce
- 1 tsp ketchup
- 1/2 tsp pepper powder
- 1/2 tsp chilli powder
- 1 tsp ching's manchurian magic masala
- 1/2 tsp vinegar
- coriander leaves
- 4 tsp oil



PROCEDURE:

In a pan take oil and saute chopped garlic and onion till it becomes transparent. Add carrot and salt and cook for 2 minutes. Add baby corn and capsicum and cook for 2 minutes. Add all sauces, chilli powder, pepper powder, vinegar, Manchurian masala and cook for 2-5 minutes. Garnish with coriander leaves and serve with roti or rice. For gravy, add some corn flour and boil it.

Note: Don't overcook the veggies



Summer cool mocktail

Serves 8

Ingredients

- 200ml cranberry juice chilled
- 200ml litchis juice chilled
- 200ml orange juice chilled
- 200ml pineapple /mixed fruit juice chilled
- 1 large cup vanilla ice cream

Method

In a large bowl mix all the above mentioned juices. Then mix in the vanilla ice cream with a blender (Or else mixer grinder can be used) and serve it. This may be kept in the refrigerator until served. Any 4 variety of tetra packs of juices can be used.



Benefits of yoga as an augmentative therapy for persons with special education needs,

Yoga in general, emphasizes body-mind co-ordination through postures/asana with correct breathing exercises. But the recent advancement in the field of rehabilitation and available case studies have proved that yoga not only coordinates the activities of body and mind but it also controls emotions, supports therapeutic intervention and brings possible behavioral changes.

Persons with special education needs are heterogeneous group. They need one to one attention to be taught need based activities. Added to that they have associated problems like 'Behavioral Disturbances of Stereotypic Self Stimulatory Behavior' (body rocking, hand flipping etc.), short attention span, problem in balancing, restlessness, hyperactive behavior and like to be alone. Hence, it is essential to plan a compressive teaching programme by providing a variety of activities including dance, yoga, arts and craft and sports and games.

It is evident that most of the special schools and rehabilitation centers use yoga as an

augmentative therapy with some modifications. The usual procedure is-

1. Select the target behavior recommended by the therapist or special teacher.
2. Decide the asana
3. Divide the asana into simple steps using adaptations.
4. Teach each step repeatedly using a number of trials.
5. Evaluate.

Some examples of case studies:-

Master. R is 10 years old and diagnosed as mild mentally retarded having the problem of movement of eyeball from left to right. In ophthalmology test it was recommended for behavior therapy as it was not the eye problem. 'Trataka' which facilitates (glazing and moving candle) eye movements were given with adaptations. Instead of candle, big torch light covered with bright colored transparent papers were used in a dark room. The torch was focused on the wall in front of the child. Later, the torch was moved up, down, left and right. After continuous training for 6 months the boy started to follow the moving objects. This helped in teaching discrimination and matching later.

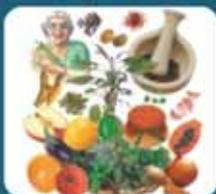
Bhujangasana and Naukasana (Boat posture) was given for obese children. In the initial stage, pillows were used for raising legs and hands stretching on stomach. Gradually they learnt to raise legs and hands on their own.

For decreasing the stereotype behavior, Trikonasana and Ardhasarvangasana were used to facilitate purposeful movement. These asanas proved to be very effective. The children enjoyed and relaxed. Their reading skills also improved. Arunodaya children are taught "Surya namaskar" on a regular basis. It has increased their body flexibility and made them active.

However, this is just the beginning. Much research is needed in this area.

- Mrs.V.Raja Rajeswari

DADI MA KE NUSKHE



Normal coconut oil just helps keep the hair non-messy and neatly tied. But unlike the myth it does not help grow hair.

Almond oil is known for its good qualities and helps hair grow long faster and makes hair silky.

Tea oil is an excellent hair applicant. It makes hair glow and shimmer with healthy shine.

Regular usage of hard and strong shampoos must be avoided. Subjecting one's hair to too many beauty parlor sessions for hair must be avoided. Subjecting the hair to lot of blow-drying and straightening must be avoided.

Coconut oil mixed with essential herbs and hibiscus and curry leaves makes hair real healthy and strong

and black. They take care of pre-mature graying of the hair and keep them deep rooted.

Amla powder, ritha and shikakai powder and bhringraj powder mixed along with curds and lemon act as excellent cleansing agents.

A mixture of lemon and curds and tea extracts can be used as hair masks and can be washed off using good shampoo.

These traditional methods not only help keeping off dandruff and oily hair but also prove to be useful in avoiding pre-mature graying of hair.



The first four words
you see describe you.



Last Issue Answers

M	O	H	A	S	O	N	G	K	R	A	N
Z	I	D	H	C	I	H	K	R	D	C	Q
S	F	T	R	M	H	J	U	I	J	V	U
A	H	E	J	A	X	W	F	G	S	Y	S
N	A	R	K	G	N	O	S	F	P	T	A
K	X	N	D	H	E	Q	H	K	O	W	N
R	S	T	H	I	N	G	Y	A	N	U	K
A	Y	J	T	H	G	S	V	N	G	I	R
M	O	A	L	A	M	I	P	Z	A	C	A
A	L	K	R	E	K	I	H	F	L	S	N
N	W	A	U	H	I	B	D	G	B	Q	T
A	F	U	T	T	A	R	A	Y	A	N	I

I just scanned the Spark magazine. It is nice. The recipes look interesting. Never heard of peanut halwa !

-Shenoja, Delhi

The magazine is colourful and the information on natural therapy is very informative and much effective.

-Ms.Shrabni Sahoo

‘स्पर्क’ के नए अंक के सभी कॉलम अच्छे लगे। ‘जब वी मेट’ ने दिल को छू लिया। खाना खजाना के बारे कहना थोड़ा मेरे लिए कठिन है, लेकिन नामा और बनाने की प्रक्रिया से लगता है, रेसिपी अच्छी ही होगी। जीना इसी का नाम है और नारी के अनुभव और सपने दोनों कविताएं अच्छी लगीं। मैं स्पर्क की उत्तरोत्तर प्रगति की कामना करता हूँ।

- जी आर ए नायडु

‘स्पर्क’ पत्रिका का नया अंक इंटरनेट पर देखा। पत्रिका के रूप रंग ने पहली ही नजर में मन को मोह लिया। खूब बढ़िया फोटो से भरी हुई पत्रिका अच्छी लगती है। रीविंग आऊट कॉलम के माध्यम से विस्टील महिला समिति के कार्यकलापों की पुरी जानकारी मिलती है। ‘जब वी मेट’ ‘हमारे अपने’ जैसे स्तंभों से अपनापन बढ़ता है। मैं स्पर्क की उत्तरोत्तर प्रगति की कामना करता हूँ।

- एम वी पड़ाल

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