

# Spark

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



Visteel Mahila Samiti  
Quarterly Magazine

Volume - I Issue - 4



## 2 NEW YEAR & PONGAL 1 GREETINGS 3



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# From the Editor - in - Chief



A very happy 2013 to all our readers! The year 2012 was a very happening year for VMS. It will always be remembered as the birth year of SPARK - our baby, and the year that we got a new LOGO. We at SPARK want to start off, not by just wishing for the new year, but also wish to extend to all our readers hearty wishes for a festival that is celebrated across India in so many different ways. It is truly reflective of our vibrant culture and tradition, just like our very own township which is multi ethnic, befitting to be called a "Little India".

With the theme of Sankranti, this issue of Spark will not only have a special article on the festival of Sankranti, but also a photo feature and some recipes from across India that are special to this time of the year. It is called by different names such as Makara Sankranti, Bhogali Bihu, Maagh Bihu, Til Sanskriti, Gudi Padva, Pongal, Kanuma, Lohri and Bhogi. It is celebrated by flying kites, distributing sweets made from sesame seeds, sharing sweets along with sugarcane, visiting Sabarimala for getting a glimpse of the Makara Jyothi and offering prayers to the decorated cows. Because of the plurality of culture and tradition of our country, we mark this day by greeting, celebrating and observing it differently in different states and regions. Despite having a regionalist flavour, the bottom line of this festival is to celebrate the season of harvest.

It gives me immense pleasure in sharing that the responses and feed back to our issues of SPARK have been encouraging and motivating. We also have been given some suggestions which we shall try to incorporate. The contributions for publication in SPARK have been mostly in English. I invite the members of the VSP family to contribute original articles in Hindi and Telugu as well.

VMS provides the womenfolk of Ukkunagaram with an opportunity to help change lives of the less privileged by getting involved in social and community development activities. VMS has been doing some wonderful work and many new projects are in the pipeline. We welcome the ladies to be a part of this wonderful team and make yourself count.

We, at SPARK are eagerly waiting to receive your creative work, constructive suggestions and feedback. Our next issue will be the "FIRST ANNIVERSARY SPECIAL".

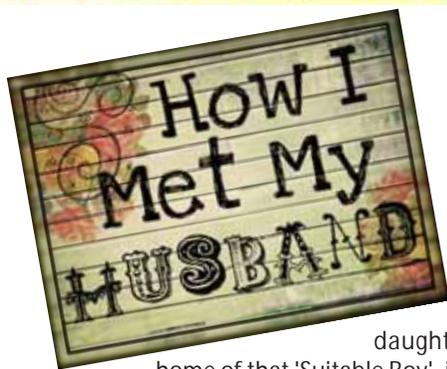
Signing off here, but not before wishing you all Sankranti Shubhakankshalu in Telugu, Shankranti Subhshaya in Kannada, Puthandu Nalla Vazhtagal in Tamil, Til Gul Ghya Ani Gode Gode Bola in Marathi, Lohri Mubarak in Punjabi, Shobho Poush Shankranti in Bengali and Sankrant Ki Shubh Kamnayein in Hindi!

My team and I wish all our readers Happy, Healthy, Peaceful, Prosperous, Safe and a SPARKLING year ahead.

Happy Reading!!!

Best wishes,  
*Lata Choudhary*  
(Lata Choudhary)





I was born, brought up and educated in Purnea, Bihar. My father is a doctor. It was in September 1993 that my father received a call from one of his closest friends to approach the parents of 'A Suitable Boy' in our town for his daughter. When he went to the

home of that 'Suitable Boy', it turned out that that family was knowing my father very well on account of two reasons—one, they had been to my father's clinic several times and two, my grandfather, a landowner and transport operator, was widely known and respected and looked up to, particularly by the people of our community. So my father was well received. When my father shared the purpose of his visit, he was told that they too were looking out for 'A Suitable Girl' from a reputed family. When the details of the bride-in-waiting was shared, the grooms family begged forgiveness for rejecting that proposal citing the genuine reason of "same age" as they wanted a girl younger in age to their son. My father returned home. But perhaps something held him. He confirmed from my mom if I had crossed 18... to which my mom replied "yes". He shared with my mom the details of what had transpired that evening. The "suitable boy" was a product of Delhi University and had qualified the Civil Service Examination 1993 and was allotted CISF in Group A. His father was the Head Master of a High School. What impressed my father most was that there was no demand for any dowry.

Next evening, my father again went there. [As he narrated later] His parents were very surprised. They told my father politely that they had already expressed their unwillingness for that marriage proposal. Then my father informed them that he had come with the marriage proposal of his second daughter that evening. Now that was a pleasant surprise for them. Again my father was given a warm welcome but this time an extended one. They knew everything about

our family. They had no objection to the proposal and said that the boy and girl should get to see each other and give their consent. However, they insisted that it should be done in such a way that the girl should not come to know. (for the fear of the proposal being rejected)



My father came home late that evening and my parents held hushed discussions. They made sure I was kept out of the hearing range. My father's new clinic building was getting ready. It was decided that the opening puja would be held on Dussehra day. Several family friends were invited. My prospective in-laws along with the "suitable boy" were also invited. It was during 'prasad' distribution that I was introduced to that family. My prospecting in-laws asked me few questions which I answered promptly and politely. I also saw a boy sitting by their side. After some time the family left. After all the guests had left, we also came back to our home. After a couple of days, my father received consent from my prospective in-laws. Then my parents asked me about the boy who was sitting beside "the uncle" who had asked me questions on the clinic opening puja day. I replied that I had seen him cursorily. Then came the question that gave me a jolt. I was asked whether I would agree to get married to him. I simply left the place not knowing what to say. I started trying to recollect all about the boy. I felt sorry that I had not seen him properly and for long enough. After some time my mom came to my room and repeated the question, I said "yes". I felt happy that I would not have to pursue higher studies after that. ...And we got engaged in December 1993 before my would-be husband left for his training in Hyderabad. We got married in June 1994 in the mid-term break of his training. .... well, that is how I met my husband Mr. DK Singh, now, Sr. Commandant, CISF.

## AN ACCEPTANCE

It was a busy morning, approximately 8:15 a.m., an elderly gentleman, neatly dressed in his 80's arrived at the clinic to have the stitches removed from his thumb. He looked restless and told the attendant to arrange for the doctor at once since he was in a hurry as he had another appointment at 9:00 am. The attendant called for the Doctor and the Doctor responded immediately. The Doctor had him take a seat, decided to take his vital signs of the old gentleman knowing it would be over an hour before someone would be able to see him. The Doctor saw him look at his watch hurriedly and assured the old gentleman that he would be through as quickly as possible soon after evaluating his wound. On examining the wound was found to be well healed, so the Doctor advised another junior doctor to get the needed accessories to remove his sutures and redress his wound. While taking care of his wound, the doctor began to engage the old gentleman in a conversation. While the doctor asked him if he had another doctor's appointment this morning, as he was in such a hurry. The gentleman told no, that he needed to go to another nursing



home where his wife is being treated. He told it is his habit to eat his breakfast with his wife which he has been doing for quite some time. The Doctor then inquired as to her health. He told that she had been there for a while and that she was a victim of Alzheimer's Disease. As they talked, the Doctor asked if she would be upset if he was a bit late. To the utter surprise of the Doctor, the old gentleman replied that she no longer knew who he was, that she had not recognized him in five years now. Surprised at that, the Doctor asked him, "And you still go every morning, even though she doesn't know who you are?" He smiled as he patted the Doctor's hand and said, "She doesn't know me, but I still know who she is." The Doctor, moved by this reply had to hold back his tears as the old gentleman left. The Doctor at once thought, "That is the kind of love I want in my life." As a matter of fact everyone wants that kind of Love in his life!

TRUE LOVE is neither physical, nor romantic !! TRUE LOVE is an acceptance of all that is, has been, will be, and will not !!!

M Ayyadurai



Never has a battle been fought so intensely and with so varied an array of tools and tactics. And even if a handful of die-hards sweat it through, there are more than some who believe, when it comes to the battle of the bulge it is but a pyrrhic victory.

I looked in the mirror and screamed! I was going on vacation in a few months and I was quickly becoming the cellulite capital of the world! My fear was that if I went swimming I would be harpooned and dragged aboard a fishing boat!! A life decision was made: No more diet pills, shakes, bars and battery-operated belts that falsely claim to give you washboard abs. No more tight clothes that make you look slim but leave you gasping for breath!! The right thing would be to change my eating habits and embark on a workout program.

The first rule to getting in shape is to choose a regiment that would fit your personality and schedule. Unfortunately, there wasn't a "Drink shakes, eat Donuts and stuff yourself with Pizza" fat reduction plan. I quickly researched and found the most popular diets and decided to evaluate them. The most widespread diets are exactly opposite of each other. One is low in carbohydrates and high in protein. The other is a high carbohydrate, low protein diet.

The first category promotes eating food like meats, butter, eggs and cream. This sounds tasty but it might cause liver or kidney shutdown! Even though I am not medically certified, I have a feeling this could kill me!!! The second category demands high grain foods. At first glance, this seems like a healthy way to eat but it offers a very bland menu and without protein, it could cause energy loss. The weight will fall off but you won't have the strength to get out of bed.

The juice and herbal remedies for your body are not regulated by any medical board and might damage parts of your anatomy that you didn't even know existed! And some of it tastes like a buffalo had grazed on the ingredients right before they were cut!! Total put off even before you think about giving it a shot! The interesting difference between the herbs and various vitamin supplements in many diets is how they affected the lower intestine. Herbs loosen it up to the point where you have to plan your day's activities around bathroom locations! After studying the different blubber cures, I started to formulate my own fat reduction plan and at the same time began to investigate exercise programs.

There are numerous workout programs. In fact, many are offered on video. I knew that the right program could increase my energy levels, improve sleep and have a positive effect on my life. The most popular are: Jane Fonda, Martial

Arts and Kick Boxing, Yoga, Pilates, Cindy Crawford and Buns of steel, just to name a few. There's even one that promotes belly dancing. I want to lose my belly, not train it to prance around the floor!! I bought the most popular videos but had some problems. I was into the karate kicks until my foot went through the TV. I decided to get in shape the old fashioned way: running, lifting weights, push-ups and sit-ups. It was all coming together. It was time to get my psyche involved. Once the mind is fully involved in healing and strengthening the body, it's just a matter of time until your dream comes true. This is quickly accomplished by setting 15 minutes aside for visualization and chanting. Visualization is accomplished by closing your eyes and imagining yourself as the physical specimen you long to be. As you are doing this, you would pick a phrase that had significance for your goal and say it over and over again. I chose "shilpa shetty.. shilpa shetty!"

The first morning I was up at 5am with my newly purchased running gear on and raring to go. I left my house and ran for a little over an hour at the at the Jawaharlal Nehru park. I was exhausted. I crawled the last hundred metres into my home and tucked in a well-deserved Pepsi with a big breakfast on the side! The first day of lifting weights was easy. I did 10 lifts, 20 curls and 15 bench presses. I struggled with the sit-ups but managed seven. I ran into a problem with the push-ups. After the third one I couldn't move! I needed HELP because I'd fallen and I couldn't get up!! I lay there until the next morning and started my sequence once again. I followed this routine for a week. When it was time to weigh myself, I realized I didn't exactly lose the weight I hoped I would. In fact, I actually gained three kilos but it must be because muscle weighs more than fat. In so far as a diet, I decided to get some help from a dietician at the Talwalkar's. I got this long list of foods I could and couldn't eat but after a while my brain gave me signals that this wasn't a good idea after all. The dietician did not share my view that Snickers bars were wholesome!!

On the eight day the unthinkable happened. While I was jogging, I slipped and sprained my foot! The doctor said it would have been worse if I hadn't grabbed and used an elderly woman passerby as a landing cushion! If you look hard enough: something good can come out of the worst situations! As I lay moaning on my sofa watching TV, the news announced a scientific breakthrough. The Fat-Gene was discovered and if removed, the body would not become 'FAT'! They introduced a mouse that was genetically altered and who was fed high fat and high calorie foods but remained trim. What the hell was I killing myself for when a cure was right around the corner?? Anyway, I reluctantly gave up jogging after my near death experience. My workout outfits and sweatbands are now worn when cleaning my apartment.

Although I was elated with the scientific breakthrough, the news was not all-good. Later that week it was announced that the mouse was found hanging in his cage!! It seems the scientists put him back on his regular food, thereby ending the flow of cake, ice-cream, steaks, sweets and his favorite snickers bars!! He became so depressed he committed suicide!! As for myself, I wait patiently for the forthcoming genetic cure: sipping my Pepsi, eating my Pringles and laughing at the sweating bodies on the workout tapes.

Lalita Shankar

## మా పల్లె పండుగ

అందమైన ప్రకృతి బడిలో పల్లెసీమ - మా కోససీమ. అలాంటి కోససీమ నడిబొడ్డున అమలాపురం - దాని సమీపంలో ఉన్న జగ్గన్నతోటలో జరిగే ప్రభల తీర్థం గురించి ముచ్చటించాలని నా ప్రయత్నం.

సంక్రాంతి అనగా గుర్తుకు వచ్చేది మన పల్లె సంక్రాంతి మరుసటి రోజు వచ్చేదే కనుమ పండుగ.

కోయిల రాగాలతో, మంచు దుప్పటి ముసుగులో కొబ్బరాకుల నుండి జారే మంచు బిందువులతో, ఆడపడుచులు పెట్టే ప్రభల ముగ్గులతో, హరిదాసుల పాటలతో, గంగిరెద్దుల మువ్వల సవ్వడితో కనుమ మొదలవుతుంది. ఆరోజే జగ్గన్న తోటలో ప్రభల తీర్థం.

ఈ ప్రభల తీర్థానికి 400 ఏళ్ళ చరిత్ర ఉంది. ఈ ప్రభలను వెదురు కర్రలతో, తయారు చేసి రంగు రంగుల బట్టలతో అలంకరిస్తారు. ఈ బట్టలను కూడా ఆ గ్రామాల్లోనే ప్రత్యేకంగా తయారు చేస్తారు. ప్రభల తయారీకి ఆ గ్రామంలోని ప్రతి కుటుంబం నుంచి కనీసం ఒక మనిషి రావాలని ఆ ఊరి నియమం.

ప్రతి గ్రామంలోనూ ప్రభలను నిష్ఠనియమాలతో భోగి రోజు ఉదయం మొదలపెట్టి సంక్రాంతి రోజు సాయంత్రానికి పూర్తి చేస్తారు. అలా తయారుచేసిన ప్రభలను గ్రామ ప్రజలు తమ భుజాలపై మోసుకొని ఊరంతా ఊరేగించి, తోటల మధ్యగా దాడుకుంటూ 3 లేదా 4 కి.మీ. దూరంలో ఉన్న జగ్గన్న తోటకు తీసుకువెళ్లారు.

అలా పది గ్రామాల నుంచి వచ్చిన 'ఏకదశ రుద్ర ప్రభ'లు ఆ తోటలో కలుస్తాయి. ఆ తోటంతా పిల్లకు, పెద్దలు, ఆడ, మగ తేదాలేకుండా ఆనందంగా, కోలాహలంగా తీర్థంలో పాల్గొంటారు.

ఆ గ్రామాల్లో ప్రజలు ఉద్యోగ నిమిత్తం వేరే ప్రాంతాలకు, విదేశాలకు వెళ్ళినవారు కూడా ఆ రోజు ఆ తీర్థానికి తప్పనిసరిగా వస్తారు.

అలాంటి తీర్థం జీవితంలో ఒకసారైనా చూడదగిన పండుగ.

జి. శ్రీవల్లి

## మహిళలే మహారాణులు

మనసులను రంజింపజేసేదే కళ. ఆకళ అనేక రూపాలుగా ప్రదర్శితమూతూ ఉంటుంది. అలాంటి వాటిలో ఒక అద్భుత ఆవిష్కరణమే "అష్టానధానం" అందునా అది మహిళలు నిర్వహించేదైతే మరింత హృద్యంగా ఉంటుందన్నది నిరూపిత సత్యం. ఇలాంటి వైవిధ్య భరితమైన కార్యక్రమాలను నిర్వహిస్తూ అటు ఉక్కునగర వాసుల, ఇటు విశాఖ వాసుల మన్ననలందుకుంటూ ముందుకు సాగుతున్న విశాఖ స్ట్రీట్ కల్చరల్ అసోసియేషన్ (విస్సా) ఈ ప్రయోగాత్మక కార్యక్రమాన్ని ఉత్తరాంధ్రలోనే ప్రప్రథమంగా స్ట్రీట్ క్లబ్ తో సంయుక్తంగా తేది 16-11-12 (శుక్రవారం)న ఉక్కునగరంలో నిర్వహించింది.

శ్రీమతి బులుసు అపర్ణ, కుమారి పి. నాగశాంతి స్వరూపలు అవధానులుగా, విశాఖ ఉద్యోగుల కటుంబ సభ్యులు, విశాఖ నగర విదుషీమణులు ప్రచ్ఛకులుగా, వ్యాఖ్యాతలుగా పూర్తి మహిళలచే నిర్వహించబడిన ఈ మహిళా అష్టానధాన కార్యక్రమం ఆహూతులనూ, అభిమానులనూ ఎంతగానో అలరించింది.

శ్రీమతి ఇ. చంద్రిక, శ్రీమతి జి.శైలజ, శ్రీమతి దేవులపల్లి భానుమతి, శ్రీమతి బొంపాడ కరుణ, శ్రీమతి ఎ. శోభ, శ్రీమతి పి. వాసవి తమ సందర్భోచిత వ్యాఖ్యానాలు, పరిచయ వాక్యాలతో సభను రక్తికట్టించారు. ఈ కార్యక్రమ విజయం ఇలాంటి మరెన్నో మంచి కార్యక్రమాలను సంకల్పించడానికి ఎంతగానో తోడ్పడతాయనడంలో సందేహం లేదు.

## THE PARTIES

Two different kinds of party I had that day.

I took one of the white plates and filled it with butter naan, curries, fried rice etc and started eating. Amit, my batch mate, had taken a new flat in the side apartment. It was the party for that occasion. It was a nice get together after a long time. When we were in the hostel we were in touch with each other. Once we came out of the hostel each one of us got separated. Now we don't have to adjust ourselves in the small room of our hostel but sometimes I feel these new flats are too big for our small life. Lots of friends were there eating, talking, walking, enjoying.

That was the first party.

Ultimately I took a chair and sat there at the middle with all other colleagues. We, all the employees of IT department assembled at the conference hall for a condolence party for the sudden death of our beloved Sir. I had very little, almost no interaction with him in these almost three years. From different sources I came to know that he was a good person. There was session open to all for sharing memories and feelings about the deceased Sir. People started sharing. I was finding it difficult to take those emotions.

That was the second party.

Once we had eaten there at the first party we started forming groups and making conversation. No doubt that party was a gift after a long time as we found lot of our friends together. Some of them came to my flat. I was happy as they came. These are the benefits of party. You will be in touch with people.

There at the second party in the department, sitting at the middle, I was listening to others sharing their memories about Sir. One of his colleagues couldn't stop his tears while sharing his part. Some people, especially the closer ones were sad and others were trying to be. But still somehow it was not happening. People still forgot to keep their phones in silent mode. Phones were still ringing at the middle suddenly. People were still laughing within their conversation. Even people by mistake or by their habit started clapping once someone had finished sharing his part of memories.

Sitting there at the middle I was thinking that one day my picture will also be at the middle. People will sit around me forgetting to put their phone in silent mode, laughing in their conversation at my condolence party. People will go for breakfast on time. People like me and you will die and everything will be so normal. Some people will cry. There will be waves of emotion and then gradually everything will be normal. People will laugh, they will enjoy, they will still party.

There are two important properties of human memory. It helps us to remember things. This gives us the ability to live our day to day life properly, pass in the exams and get job. On the other hand it helps us to forget things also. People cry at someone's death and then gradually forget. Girl friends dump and after years the boy forgets and makes new girl friend and becomes happy. Thus by remembering we learn some aspects of life but by forgetting we get ways to live our life in a more beautiful way.

Sometimes I feel bad then I take a walk. I feel good. On my way to Nayar Canteen and on my way back to the department I think about life and death. I am aware of both and understand none. The only thing I understand or want to do is that — give me hundred days of life, one day I will die and ninety nine days I will party.

SUJAL KUMAR MALIK



## CHAKRAI PONGAL (Sweet Pongal)

### INGREDIENTS

1 Cup of rice washed and drained, ½ cup of moong dal, 1 ½ cups of grated jaggery, 4 ½ cups of water. ½ tsp cardamom powder, ¼ cup ghee, 10-12 cashews, 10-12 Raisins (kishmish), Pinch of edible camphor, Pinch of saffron, grated dry coconut- 50 gms

### METHOD OF PREPARATION

1. Heat the pan, add ½ tsp of ghee and roast the cashews and raisins till golden brown. Remove from the pan keep it aside.
2. In the same pan add the moong dal and rice together and roast it for 1-2 minutes.
3. Now pressure cook the rice and moong dal with 4 ½ cups of water for 5 to 6 whistles, till the rice is softly cooked.
4. Place a thick bottom pan on medium heat and add melted jaggery, ghee, grated dry coconut cashews and raisins. Let it cook well until it's a little sticky on touch.
5. Now add the cooked rice and moong dal mixture to the melted jaggery and mix it thoroughly and allow it to cook on a low flame so that all ingredients will blend well.
6. Add some more ghee and leave it on low flame for about 10-15 minutes with occasional stirring.
7. Remove from flame, add cardamom powder, edible camphor, saffron and mix.
8. Serve it hot.



Vidya Ravi

## Chakrai Pongal (Sweet Pongal)



100 గాన దా<sup>3</sup>Arhrē canaē kalal nāja  
kl imiEat ē 100 గాన hra nāTrē 50  
గాన fllagaabā koCaTokTohe TikDē  
AavaSyaktanaaar saggaa Pyaaja va saggaa  
lahsanaē hra imacāē ADrk{Qainayaa p<acāē

svaadanaaar nanakē 4 cannaa dGal Gal Aab 1 cannaa hldl pa]Drē ek  
cannaa garma nāSaalaa.

tQaar kmaakl iaiGaē sabasaophlao kkr kaogarna hanaadl i fr  
]sanaM cannaa dGal Gal Dalakr ]saogarna kr i i fr saggaa Pyaaja 3p<aldar  
Pyaaja 7 va saggaa lahsanaē kTI hē-hri imacāē hldl pa]Dr va garma nāSaalaaē  
ipsaohē ADrk kaGal nāhika tla i i fr ]sanaM fllagaabā koCaTokTo  
he TikDātkaoDalāVāab qaada tla lābl Aba imiEat dala Aab caavala kao  
QaaKr ]saaBal ]sanaM Dalakr qaada tla lābl ]sakobaad lagabaga daolalTr  
panal evālvāadanaaar nanak Dalakr kkr ka Z@kna baal kr dM kma  
saa kma 4-5 salTI laganao dM

Aba Aapkl iKcaD] tQaar hao caikl h0 eoaal manyata h0 ik  
iKcaD] ko saaga 5 Aab vyajana hanao caaihe. [salilae [saa phtana  
iKcaD] kha jaata h0 AtA Aacaarē caTnaē Klr yaa TnaTr kl nalzi  
caTnaē Aab ek yaa daopkar kl caTk svaad vaalal saib jayabkosaaga nākr  
salkalM koiKcaD] ka Aanaal lābl **SakM Iaa dual**

## CHANDRA KAANTHALU (Andhra Moong daal Sweet)

### Ingredients:

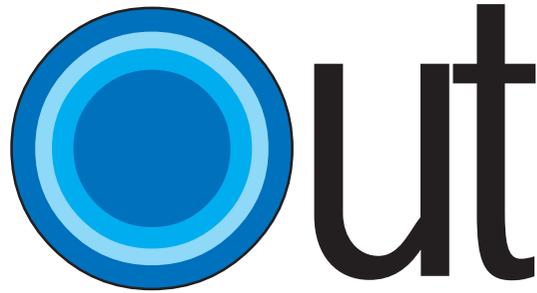
1. Moong daal-2 Cups, Sugar - 2 Cups, Water-2 Cups Elaichi- 5 pieces, Rice- ¼ th Cup, Ghee- ¼ th Cup, Oil to fry, Small Coconut pieces fried in ghee ¼ th Cup



### Method of Preparation:

1. Soak moong daal & rice for 6 hrs and grind it to make thick batter (Like Idly batter).
2. Boil water with sugar for 5 mins. in a kadai or thick bottomed vessel.
3. Add Coconut pieces fried in ghee, Elaichi, moong daal batter to the boiling water and also add little ghee to avoid sticking.
4. Cook till it doesn't stick when touched with hand.
5. Spread little ghee on a flat surface or a tray. Pour the cooked batter on that and spread.
6. Allow it cool for some time and cut into small square pieces.
7. Now the fry the pieces in oil until they turn into golden brown.
8. Then the delicious Andhra traditional sweet, CHANDRAKAANTHALU are ready to eat.

# Reaching



**The social and community development activities undertaken by the VMS during the October- December quarter:**

- Materials were donated to schools for strengthening infrastructure such as tables for teachers, chairs, plates, glasses, water drum, fans, buckets, mugs, sports items and almirah in the schools and anganwadi of following villages - Peddakorinda (Peddagantyda), Balucheruvu, Morada Dasaripeta (Islampeta), Kondayaravalasa and Pinamadaka. Mrs. N Sarada Rao, donated the material on behalf of VMS in schools of Balucheruvu road and in Islampeta.
- Bed sheets were distributed in the flood affected village of Chuchukonda .Children's day was celebrated at the ANANADA ashram, a residential centre for children with disabilities and orphans in Achutapuram, in the presence of Mrs.Preeti Roy,Vice President-VMS
- 25 mattresses and 7 patient examination tables were donated to an Aganampudi area hospital.
- 310 smokeless chulhaas were donated at the Chepalapalem village, Appikonda by Mr.Madhusudhan, Director (Finance) and Mr.N.S.Rao, Director (Projects).
- In Kondakoppaka Government School, furniture and utensils to support the mid-day meal scheme was distributed by Mr.A.P.Choudhary, CMD and Mrs. Lata Choudhary, President VMS in the presence of local elected representatives.
- Three GBMs were organized for the members.
- Rangoli competition with the theme of "festivals" was organized.
- Sports day was organized at the UKKU indoor stadium.
- Members and their children were taken for a picnic to Yerada beach.





The VMS organized a get together on behalf of the VSP for all those who participated and helped in organising the cultural evening in honor of the visiting prime ministers trophy team. Children and staff from various schools of Ukkunagaram and the young work force of VSP, were all given a token of appreciation for their effort in putting up the cultural evening. Mr AP Choudhary, CMD, RINL-VSP, graced the occasion and presented a memento to all those who helped put up JASHN together. Addressing the gathering, he expressed his appreciation to the team of VMS for always rising to any and every occasion and also to all those people of various schools and departments of VSP who contributed in making it a memorable evening. He further added that he was very proud of the fact that the VSP was not only bestowed with the best engineering minds but also with abundant talent.



# Jashn

*A Cultural Evening*



JASHN, the cultural evening was organized by the VMS in honor of the visiting PMs trophy panel of judges on the 19th of October, 2012.

The programme started with Smt Lata Choudhary, president-VMS, giving an overview of the various activities, achievements and future plans of VMS.

Children of various schools of Ukkunagaram and the young work force of VSP put together a cultural extravaganza. This event provided a platform and an opportunity to showcase the abundant talent of Ukkunagaram.

The variety show ranged from programmes on mythology to contemporary. While DASAVATARAM, was depicted by the children of Arunodaya, the children of kendriya vidyalaya put up a Scottish dance and a skit on corruption. The children from Vimala Vidyalaya performed a classical dance to welcome the guests of honor and Children from other schools performed to the folk and hip hop beats. The young talent of VSP added variety to the show by presenting a unique dance.

VMS made a power point presentation on the various social and community development activities undertaken by it during 2011-12. This presentation was supported by two young ladies of the IT and the CSM departments

The programme concluded with Dr SR Jain, the chief of the visiting panel of judges, registering his appreciation to the team of VMS and to all those who made it a colorful evening.





# HEALTH & WELLNESS

## ***Top 10 benefits of walking***

1. It is great exercise. Walking at a steady pace for 30 to 45 minutes a day has been proven to be an excellent fat burner. Do this six times a week, along with following a healthy diet, and you will see a change in your weight. A good speed of walking is 6km/hour. In other words, it should take you 10 minutes to cover a kilometre.
2. It is good for the heart. Walking is known to reduce blood pressure, improve blood circulation and all round cardiovascular functions
3. It increases stamina. Walking regularly at a good speed also improves muscle strength and endurance
4. Promotes mental health. Walking is a great stress buster. And if you're able to walk outdoors, there's nothing like it. The combination of fresh air and exercise is an excellent mood booster and you'll definitely find yourself feeling happier as well as healthier.
5. It is good for your bones. Walking is a great way of strengthening your bones. Walking 30 minutes a day actually increases bone density and slows down bone loss in the legs. This low-impact exercise also targets your spine, legs and hips.
6. Prevents type 2 diabetes. Studies show that walking 150 minutes per week can reduce the risk of diabetes, which is why doctors highly recommend it to anyone who has a history of diabetes in their family.
7. Reduces risk of breast and colon cancer. Studies show that regular walking can reduce a person's chances of getting breast and colon cancer.
8. Safer than running. Many experts believe that walking is actually better than running because it's easier on your knees and joints. It leads to fewer injuries and if you're just starting to exercise, it's a good beginner workout.
9. Anyone can do it. Walking is truly a democratic exercise because anyone at ANY fitness level can do it. If you're completely out of shape, start by walking 20 minutes a day and then slowly increase the time every week.
10. It is free! Unlike most other forms of exercise, all walking requires is a pair of good walking shoes. Walk in the park; on the road; up the stairs; on a treadmill; in a long corridor, it really doesn't matter. You don't need expensive equipment or a partner to do this. So if you're in the mood for a good, safe workout, just start walking!

## ***Get Rid of your Back Pain without medication.***

The discussion is on chronic joint pains in general and back pain in particular. Why back pain is singled out? It is because, among all, the misery is worst in case of back pain!

It is a compilation of five simple tips picked up randomly in the course of normal transactions of my life during the last many years. I have some personal experience on its effectiveness too. It is up to the reader to make use and experience its usefulness.

Now go through the tips and the SCIENTIFIC REASONS for the same and exclaim, Oh, really!

**1- Remove/cover the mirror in the bed room, avoid synthetic clothing, synthetic bed covers or plastic mattress covers.**

We are releasing heat in the form of energy waves, gases with energy in it, liquids in form of sweat and some solids too through the skin as the by product of the natural cleaning process of the body. Effective disposal of such by products keep us comfortable, else causes discomfort.

During sleep, the cleaning process goes on too. Now, if the bed room is having a mirror which is a good reflector, the waste which is in the form of energy will reflect back and fall on the body causing discomfort and eventually disturbed sleep.

The glossy distemper acts as a reflector and synthetic clothing, synthetic bed covers, plastic mattress covers etc. acts as the barrier to the waste disposal leading to disturbed sleep too.

**2- Put your head to South while sleeping.**

Our body and Earth are 'magnets' having north and south poles. For humans, the north pole of the body magnet is on the head and that of earth is on the north as usual. When we put our head to north while sleeping; the repulsion of similar poles is experienced and the sleep becomes disturbed. Contrary to it, if the head is to the south, the attraction of opposite poles will be experienced to rest in peace.

**3- Put your head to East while sleeping.**

The scientific reason is not known to me. But it is written in Indian yoga sastras from observation that putting the head to west causes night mares. Needless to say, night mares will cause disturbed sleep.

**4- Avoid eating or drinking in standing position.**

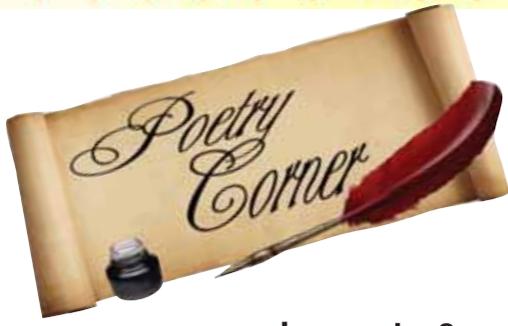
The reason for this is written in Indian Yoga Sastras and experimented and proved by Baba Ramdev too.

**5- Face to the East or North while eating.**

It increases the joy of eating that aids in better digestion and reduced abdominal gases which improves the quality of sleep.

The effect of disturbed sleep starts with a reduction in the feeling of over all well being. On crossing some threshold limit which takes some 10 to 20 years of repeated exposure the miserable state is experienced.

The author is a Mechanical Engineer and MBA(Finance), a Yoga practitioner, studies Homeopathy as a hobby and can be accessed by e mail at npradhan@vizagsteel.com **N. Pradhan**



## Innovate & grow

Industrial revolution, a boon for mankind,  
Exploit the natural resource of all kind;  
Leading to excessive and imbalanced use,  
Result in world facing toughest dispute.



World has turned to global village,  
Witnessing competition compared to all age;  
Goods and services to be served at lowest price,  
Else industries will perish if otherwise.

Addition to physical and financial assets,  
Creativity of human resource is the best;  
Makes organization to top the market list,  
Ever grow and be ever green Everest.

Unlike machinery over time depreciates,  
Man knowledge grows and appreciates;  
His skills and abilities to innovate,  
Build the way to attain the profit ultimate.

When innovations happen, knowledge glow,  
Cost effective quality goods and services flow,  
Effective utilization of natural resources show,  
Life style and quality of human life grow.

M.R.S. Sudesh Kumar

## గ్లోబల్ వార్మింగ్

విషవాయువలతో నిండుతాంది ప్రకృతి

ఎండలతో మంచుతోంది ధరితి

తరుముకు వచ్చే అది గ్లోబల్ వార్మింగ్ కాదు - మానవ జాతి కది చివరి వార్మింగ్

కరిగిపోతున్న గ్లేసియర్లు - తరిగి పోతున్న ఓడాన్ లేయర్లు

వెరసి పర్యావరణాన్ని కబలిస్తున్నాయ్ - కార్పొరేట్ కల్చర్లు

జీవజలం ఉనికి అయ్యింది నేడు ప్రశ్నార్థకం

మూగజీవాల మరణ ఘోషకు మూలం మానవ స్వార్థం.

హనుమంతుని తోకలా పెరిగిపోతుంది సముద్రప నీటిమట్టం

తీర ప్రాంతాలు మునిగి మారి పోతున్నది ప్రపంచపటం.

అదే తరుముకు వచ్చే గ్లోబల్ వార్మింగ్ - ఇదే చివరి వార్మింగ్

మేల్కొంటేనే జీవితం సఫలం లేదంటే అవుతుంది అతలంకుతలం

ప్లాస్టిక్ తో పరిచయానికి పూర్తిగా స్వస్తిపలకాలి

వాహనాల విజర్డించే పోగకు స్వస్తిపలకాలి చరమగీతం పాదా

ప్రకృతి రక్షణ జాతికి బాధ్యత కావాలి

ప్రాణవాయువునిచ్చే మొక్కలతో పది మంది పదిలమవ్వారి

సుభద్రా దేవి

## BANDWAGON

Child birth - A happy occasion

Baptism - A snappy function

Tottering small steps

Playing with all pets

First words become a flurry

Family in a frenzied hurry.

Have only noodle lunch,

Go even for a google search.

Find a good school...its half a solution,

The "better half" ...extra tuition.

Thought of a corporate techno-concept school,

Lot of corporal punishment - "drool".

Got a seat, dream comes true, there -

Start of an unending nightmare.

English, Hindi, Mathematics, Physi, Chem, His, Civ.....falls asleep

Wake her up she is family's blacksheep.

Homework not done..admonish the parents.

Oh dear! - 'late to bed,early to rise',

Dont fear, fate will let you surely to be wise!

Parent-teacher interaction

Patent-tense- numb reaction

PRINCIPAL- "Dear parents the competition out there is fierce. BEWARE!!"

Impress with good grades....Supress the unseen tears.

Where are the results?...Bear with the insults.

Use everything we offer...Silently suffer.

She is very very immature...Grow passive by nature.

Tucking her in bed, see on the cheek, tear stain..

Toughen the heart for greater good again.

Marks!Marks!Marks!

Barks!Barks!Barks!

Results are out...

Oh my precious! they shout.

All the holidays spent in search for a good college.

She only wants to play with cousins, going to grandpa's village.

I want to sail the sea dhow..

I want to paint the rainbow..

Waste of time enough of enjoyment..

Choice is yours..medic, engg or management.

Inaugural ceremony

Students bonhomie.

Too good to last long..

Too good to be true.

DEAN - "Dear students the competition out there is fierce..BEWARE!!"

Supposed to be insane..her chosen profession

Forced to enjoin..the mad rush procession.

First intend to get filthy,wealthy rich

Then attend charity,artistry,society itch.

BOSS - "Dear colleagues the competition out there is fierce..BEWARE!!"

The boy is a champ and great..She has a lump in her throat.

He is a treat..Her heart skips a beat.

They say wow! he is very good at academics..

She fears oho! he may be better at economics.

"You will become pappy" - she says pleasantly - "I'm carrying!"

"I'm very happy" - he says - "Presently cost of schooling is worrying" .....

A.L.P.Harika

## ON A STUDENT

Look at the little child  
Comes hauling heavy load of books at the back  
Bubbly, full of life as she in the morning  
Insatiable to learn  
Walking slowly and rhythmically  
Adorning a golden smile on her face  
Delight of meeting her fellow students.

If observed close up  
Unexplainable twinge somewhere  
For losing her happy-go-lucky childhood  
Compelling books on her little shoulders  
But she is led by uncanny spirits  
To eat away the knowledge altogether.

She has her artillery ready  
Pen, pencil, eraser, scale, note books  
And above all her tender reasonableness

As her intelligent sword to defend her upon  
A sense of consistency  
To envisage things around her  
She possesses perception to compute  
The lot on time  
Puts on a valiant face to bump into  
Her now bitter adversary the edification.

Refuses in the morning to wake up  
Refuses to comb her locks  
So pretends hurting all over  
Petrified of school and the genies there

Sometimes she feels like  
The giant in the beautiful garden full of effervescent flowers  
But none to engage in recreation  
Many friends but none to share with.  
But everything is excellent

Once her rationality blossoms out  
She enters into a cocoon for a stipulated period  
Under the cautious canopy of her parents and teachers  
Struggles and struggles and struggles.

At last flies out radiantly sparkling  
Exploring and envisioning  
Fantabulous world in and around

Now she feels like an atom of  
Colossal potential to make every effort out.  
A quintessence of brilliance.  
Has the power to renovate the world.  
If used well shall detonate the world  
With the power of her mental power...  
Oh! Student I bow in awe  
Before your matchlessness....

Sr.Bindu Abraham

## माता आदि मानवा

माता नोक्या माता सा  
सा बा नारो माता.  
गाभला का साबा काना क्राता मातासा  
प्र लाटा इक्षल आदि सा माता.  
माता साळा साळा: बाबा  
साकपा गाय।  
सासाना लागू ... कसा  
मातासा आ गाय। खा  
या क्ति हा राना  
साना नाहिल  
तो सावा आजा त्के

माता इक्षल कासाहा.  
ना साहत् किल हो [c]ca.  
माता [c]- मानवा नाहिल जा  
सासा क्के क्के क्के क्के. माता सादा  
जातल हाना जा  
तुहा प्रा नासाहा हिल र्हा.  
हाना जा द्के  
इक्षल सादा हो काना. प्र...  
ताता माता किल काना क्का बाबा गा  
हिल लागू जातल  
'ताता माता किल काना

काना तापु राना हागा [c]. ' माता सादा  
माता सा नाहिल माता राना  
आदि माता किल जाबा.  
आना सावा कोला  
किल साहा इक्षल का बा काना.  
आजा त्के नाहिल  
द्के नाहिल ताता माता सासा.  
प्र प्रा नाहिल ] नाहिल या नाजा आता हो  
किल नाहिल सादा काना त्के.

## तुम्हाला एहसास हो

सावाना माहाला किल  
किल माहाला किल  
सागा माहाला किल  
बाबा माहाला किल  
तुम्हाला एहसास हो

बाबा माहाला हवा किल  
तुम्हाला एहसास हो  
फुलापा किल किल

इक्षल माहाला किल  
तुम्हाला एहसास हो

आहिल कोराना सा  
किल कोराना सा  
तिल कोराना सा  
दिल कोराना सा.  
तुम्हाला एहसास हो

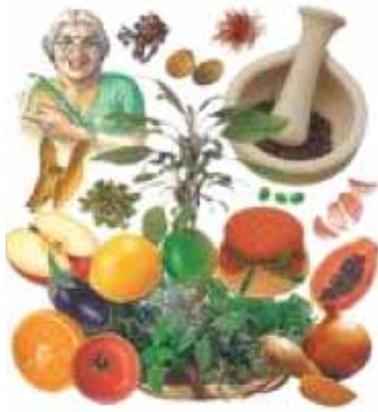
गिल माहाला किल  
) द्या माहाला किल  
माहाला किल  
गाना सादा सा काना  
तुम्हाला एहसास हो  
दिल कोराना किल  
किल प्र आहिल  
आना लागू सादा किल  
तुम्हाला एहसास हो  
तुम्हाला एहसास हो

दिल किल

Home Remedies for Acidity, Cholesterol, BP & Diabetes

## CURE FOR ACIDITY:

Acidity, it is said, is worse than Cancer. It is one of the most common disease people encounter in their daily life. The home remedy for Acidity is Raw Grains of Rice.



### The Process :

1. Take 8 - 10 grains of raw uncooked rice
2. Swallow it with water before having your breakfast or eating anything in the morning
3. Do this for 21 days to see effective results and continuously for 3 months to eliminate acidity from the body

### The Cure:

Reduces acid levels in the body and makes you feel better by the day.

## CURE FOR CHOLESTEROL:

Cholesterol problem accompanies with Hypertension and Heart Problems. This is also one of the common problems in people who have High Blood Pressure and Diabetes. The home remedy for Cholesterol problem is RAW SUPARI.

### The Process:

1. Take Raw Supari (Betel Nut that is not flavoured) and slice them or make pieces of the same
2. Chew it for about 20 - 40 minutes after every meal
3. Spit it out

### The Cure:

When you chew the supari, the saliva takes in the juice that is generated and this acts like a Blood Thinner. Once your blood becomes free flowing, it brings down the pressure in the blood flow, thereby reducing Blood Pressure too.

## CURE FOR BLOOD PRESSURE:

One of the simple home remedy cure for Blood Pressure is Methi Seeds or Fenugreek Seeds.

### The Process:

1. Take a pinch of Raw Fenugreek Seeds, about 8 - 10 seeds
2. Swallow it with water before taking your breakfast, every morning

### The Cure:

The seeds of Fenugreek are considered good to reduce the blood pressure.

## CURE FOR DIABETES:

There are 2 home remedies for Diabetes. One is Ladies Finger and the other is Black Tea.

**BLACK TEA:** Due to high medication, the organ that is worst affected is the Kidney. It has been observed that Black Tea (tea without milk, sugar or lemon) is good for the Kidney. Hence a cup of black tea every morning is highly advisable.

### The Process:

1. Boil water along with the tea leaves (any tea leaves will do).
2. Drink the concoction without adding milk, sugar or lemon.

### The Cure:

Black Tea will help in enhancing the function of the kidney, thereby not affecting it more.

Col Suresh Kandoth, MD



1. **WIFE :** You always carry my photo in your hand bag to office Why ?  
**HUSBAND :** Darling , whenever there is a problem , no matter how impossible, I simply look at your picture and the problem disappears.  
**WIFE :** You see how miraculous and powerful I am for you .  
**HUSBAND :** Yes darling , I see your picture and say to my self , what other problem can there be greater than this ?
2. **WIFE :** ( To a sick husband ) Unless you go to a Veterinary doctor for treatment , your disease can not get cured.  
**HUSBAND :** Why , Am I behave like an animal ?  
**WIFE :** You get up early in the morning like a Cock , Go to office like a Horse , Work like a Donkey , sleep like a Buffalo and bark on us like a Dog . Are these not sufficient to be eligible for the said treatment ?
3. **WIFE :** Do you want dinner ?  
**HUSBAND :** Sure , What are my choices ?  
**WIFE :** Yes or No
4. **HONEST :** A man who surrenders when he is wrong .  
**WISE :** A man who surrenders when he is not sure .  
**HUSBAND :** One who surrenders even if he is 100% right.

Lalan Prasad Rajak

# Puzzle **vaga-phala**

inamalaiKt tailaka nambal esa pl koivaBaagaah  
koraana ide gae hUl i pyaa ]nhMZLZM

saa	k	Qa	ja	r	[	kM	sa	sal	Aar	ema	pl
ra	maa	na	la	pi	spa	p	na	sal	ema	ema	sal
yam	r	na	ja	baM	t	nal	ya	ta	DI	[-	ca
-l	va	Ba	ga	Qa	ga	maa	esa	pl	sal	TI	maa
k	la	{l	h	na	la	na	C	ya	TI	ela	paU
r	kao	k	Aao	va	na	lao	isaM	}	Aa	vaa	Vao
Na	pl	Aa	rao	la	Saa	p	T	jaa	Aa	ya	iga
qa	A	ema	maa	ef	laa	du	r	salM	caa	r	kl
ela	ela	ema	ema	ema	T	ya	salM	yam	e	ra^	iva
[-	Aar	esa	D	DI	ca	Z	yam	~	sal	D	Baa
&	sal	ema	[-	ema	DI	&	~	xa	val	ima	ga
A	nau	r	xa	Na	pi	baM	Qa	na	sa	la	K

## Solution to last issue's puzzle

A	T	A	L	O	A	D	H	A	N	H	U	S
T	E	E	E	E	E	E	E	E	E	E	E	E
F	O	Z	S	T	V	G	S	O	S	P		
N	I	M	A									
E	D	S	E									
C	S	B	E									
F	Z	N	E	U	A							
V												
G	H	A	V									
L	U	R	S	B	A	R	E	S	T			
M	A											
N	A	V	A	P	A	M	S	U	S	V		

Lata  
Padma  
Lakshmi  
Sushma  
Sharada  
Leena  
Sasikala  
Mukta  
Lily  
Annapurna  
Sujata  
Uma  
Preeti  
Sunanda  
Nirmala

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## Letters to Editor

spak-konavalatna Alk kaadKraoka Avasar imalaa. nana nabliuvalaa ]%pna hii-khlllyah naa- faatpdiSat krnaovalal pi-ka taonah h0 yah diuvalaa svaaBaivaik qal @yabk Anatah pr esal pi-kaeh faatava Anya AnavaSyak saangal saBari hatl hUl laikna Baltr kopkzabkkaadKraoka pScat naal QaarVaa galat saibat h[- pi-ka nabk[-baatMAcCl lagalM phlal taayah ik yah pUl trh saosTlla PlaM koknacaairyadhva ]nako AaiEatahKosahyaaga saopkaiSat kl jaa rhl h0 [sasalaakla iEeTlivaTI nablj adaa Barneanabshayata imalagal. svaaqya va nanaajilana saajadp laK Aaid bahit hl laBapd hUl spak-ko]-arasar ivakasa htuSabakananaad

**nanaama psadE ]@kugarnal**

ivaistla mihlaa saimitE ]@kugarnalpi-ka spak-ka nayaa sabkrlNa imalaa. esaa lagaa sablaklya Tlna bahit kC ek hl baar prasa dnoa caahTI h0 dgaajlajaf pkasapva dlpavalal tqa Zr saaro ]pharabkko saaga-saaga sallaa@lagja naonaa kaoAanalbt kr idyaa. saaga hl kplnal kosal esa Aar nailit kl Jalak vaatal faTanagaahvaainvat ikyaa. AaiKri kvar plz nakplz kl Apaxaa kC maivna lagaf AcCa hata ik ]saBal nakplz jaa hi AakYak baayaa jaata. Altr kl saangal Bal bahit raak lagal. 'valnab Aaf Therao ek pinNaadlayal lak h0 'ha} Aa[-naI ma[-hsball' kaana pazkabhkoyaaana kaokabhla saBarta h0 esahl 'laafTr [ja d baT naIDisara' naBal nana kaogalgaayaa. AcCosablaaha htuubalaa[-

**AlpnaE ]@kugarnal**

నా అభివాదములు గత మూడు సంచికల నుండి స్పార్క్ చదువుతున్నాము. మార్కెట్లో విడుదలవుతున్న అనేక వ్యాపార ప్రతికలకాస్తూ, మీరు వెలువరిస్తున్న స్పార్క్ పత్రిక ఎంతో మిన్నగా, ఎంతో ఆకర్షణమంగా, మిక్కిలి వివేచాత్మకంగా, విజ్ఞాన ప్రధానంగా ఉంటుంది. అందుకు మీ అభినందనలు. గత సంచికలోని, తమలపాకు ఔషధ గుణాలు, బ్రాండ్వవర్, 35 ఏళ్ళ వయసులో స్త్రీల ఆరోగ్య సమస్యల గురించిన విశేషాలు, ... , ఆనందం, పరిష్కా, స్నేహం అనుకవితలు, ఇతర జోక్స్ అన్ని చాలా బాగున్నాయి. మీ స్పార్క్ను మరిలాగే కళ కళలాడుతు వెలిగించాలని కోరుకుంటున్నాను.

బి. కరుణ

I would like to share my feelings with you about some aspects which the VMS may consider to look into in the future issues. It would be great if you could further this initiative by making our VSP family unit a happier one. The following ways might help.

- To convey the need to spend quality time.
- The importance of getting up early.
- The need to display mutual love and respect.
- Significance of thinking more about family than oneself.
- The bad effects of infighting on children.

And the list goes on...

Further, VMS could also consider conducting a survey to find out the happiness/satisfaction index of the people in the township!

**Ajay Kumar (Mittal)**

### 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.



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