

Spark

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



Visteel Mahila Samiti
Quarterly Magazine

Volume - 2 Issue - 2
Apr - May - Jun 2013

Monsoon Special

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From the Editor - in - Chief



Editor - in - Chief

One of the most loved and awaited seasons of the year is just around the corner. The farmer, the peacock, mother earth and the common man - all wait for the season of monsoon for the best known reasons.

"Rain rain go away, come again another day, little Johnny wants to play".this is.one of the most popular rain theme rhymes that we grew up hearing, singing & teaching.... After a little bit of browsing, I learnt that this rhyme was from the Elizabethan era (1500s) and had a political intent. The origin of this rhyme can be traced back to the times when Spain and England were at war and the rains saved the England from war. The English then recited the lines as follows- Rain, rain, go to Spain, Never show your face again! later the same lines took a form to suit the little kids of the play school -Rain rain go away, Come again another day, Little Johnny wants to play. Every English language knowing parent never failed to sing this rhyme to their child and this passed on from generation to generation without questioning why should it stop raining? just because little Johnny wanted to play? On a lighter note, Johnny probably didn't know about the fun he could have had playing in the rain, wearing his raincoat, or by simply getting drenched!

Well, come rain or sunshine, SPARK has to and will sparkle, so here we are with another special issue featuring articles on women, the weather and many more.

As always it's a pleasure to be bringing out yet another issue of Spark. After the summer special, here comes our monsoon special! Monsoon showers, monsoon ragas, monsoon attire, monsoon masti, monsoon moods and foods and this time it's a Monsoon Special SPARK!

With May and June being the "holiday months" for the school, most of the ladies were away from Ukkunagaram- it was time to connect with family and beat the heat in Vizag, and of course, are back in time to welcome the rains. During these two months the VMS team have compiled and organized a large amount of data regarding the VMS members and information regarding out-reach activities. We are also in the process of renovating and beautifying our VMS office. So in a sense, it's not really been "holiday time" for us here at the VMS. It is the time when we actually chalk out our activities for the whole year.

The VMS team observed the first year anniversary in memory of the 19 members of the VSP family on 13th June by lighting 19 candles and paying floral tributes and prayers at the place where we had planted 19 saplings last year. This is our humble little way of keeping them alive in our thoughts.

In our constant endeavour to come out with new ideas to connect with our Members I hit upon the idea of spending some time over a cup of tea with our Members. I was apprehensive, but I am glad that I went ahead with it. I felt rejuvenated after interacting with the Members and I am sure, the Members too felt the same.

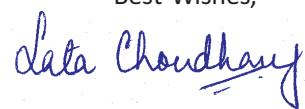
Readers, we are pleased to share with you all that SPARK has already been placed on intranet and will be available for reading on Vizag Steel Site too. The work is in progress.

We sincerely hope that you enjoy reading this Monsoon Special Issue of SPARK like you have in the past! Just sit by your window watching the rains, sipping a hot cup of chai, biting into your favourite snack with this issue of spark in your hand to read!

Please continue to reach us your articles, share your experiences that you think may be of interest to the rest of VSP family members.

My team and I look forward to hearing from all the members of the VSP family!

Best Wishes,


Lata Choudhary

Lata Choudhary

The sacred Mantra of Monsoon

Everyone has one or two monsoon stories to tell; it's a season that inspires people to do things that they wouldn't do normally - walk in the rain, or plain get drenched, hum their favourite songs and eat yummy finger food.

If anyone has lived in Bangalore during Monsoons, there is no place like this. The rains come without any warning and it just pours and pours. The city just loves the rains that it never stops, but the nasty traffic surely slows down during the rain. Like mom, I too love hot pakoras, ginger tea and the other savouries while looking through the windows and see the rain pounding on the glass. Bangalore being a cosmopolitan city, you will see every street corner having stores dishing out hot samosas, hot jalebis, vada pavs and piping hot tea to satisfy every palate in this ever growing city. Watching the energy and the natives and the tourists and smelling the divine aroma of dry earth absorbing the rain - is a smell you look forward to every monsoon. The sight green cover seen everywhere you see amidst the concrete with rains playing backdrop is just refreshing and adding the romance to the air. The clean smell of rain-washed air and the washed trees is my favourite sight during monsoon. It's not that I always liked rains; as I child I used to hate it because it used to stop me from going out and play. I would be like this house arrest exile in this surly mood. One such incident is still fresh in my mind, and I am sure all of you would have either experienced it or would see your children going through something similar. This incident made me fall in love with the rains and the monsoons.

I was around 8 years old and it was like any ordinary day and all of a sudden the sun disappeared and the rains came crashing down. I was all set to go out and play with my friends, saw the rain pounding at our window. I got all gloomy and upset. The smile that was as bright as the sun, turned into a

frown and I sulked in the couch taking off the shoes, I had enthusiastically put on a couple of minutes ago.

My mother walked into my room and asked me what was wrong?!- Between sobs, I answered, "I was just about to go out to play and it started to rain! It's not fair!" My mom being a quick thinker decided that we should go for a walk. But I questioned her, saying wont we get drenched as it was raining hard. For this, mom suggested that we could dress up for the rain instead. She made me wear a raincoat, and put on my rain shoes. We slipped out the door, opened the umbrella and held my tiny hand in hers and we started walking.

The ground was soft and muddy and the stray dogs and cats hid under some shelter. I observed all the little roadside shops. Suddenly, the wind blew very hard and our umbrella turned inside out. The rain came patterning down on my head, but my raincoat protected me. The sweet smell of rain saturated the air. mom and I walked through a park that was round the corner. Fresh grass had sprouted and firangipanni flowers covered the area. I picked up a flower up and sniffed it. "How beautiful was the rain," I thought. We continued walking and I saw how people

walked as quickly as they could, hovering under their umbrellas, trying to avoid the rain as much as they could. That day I realised that my mother had helped me fall in love with this mystery called "rain". It has the power to make you happy effortlessly. My love saga with the rains continue till today. The moment it starts to rain, I just play some music, cuddle up in the comfort of my sofa, sipping green tea from a jumbo size mug and watch the rains pour n enjoy every moment of the rainy time....soo magical, such a leveler.. Let the magic continue..

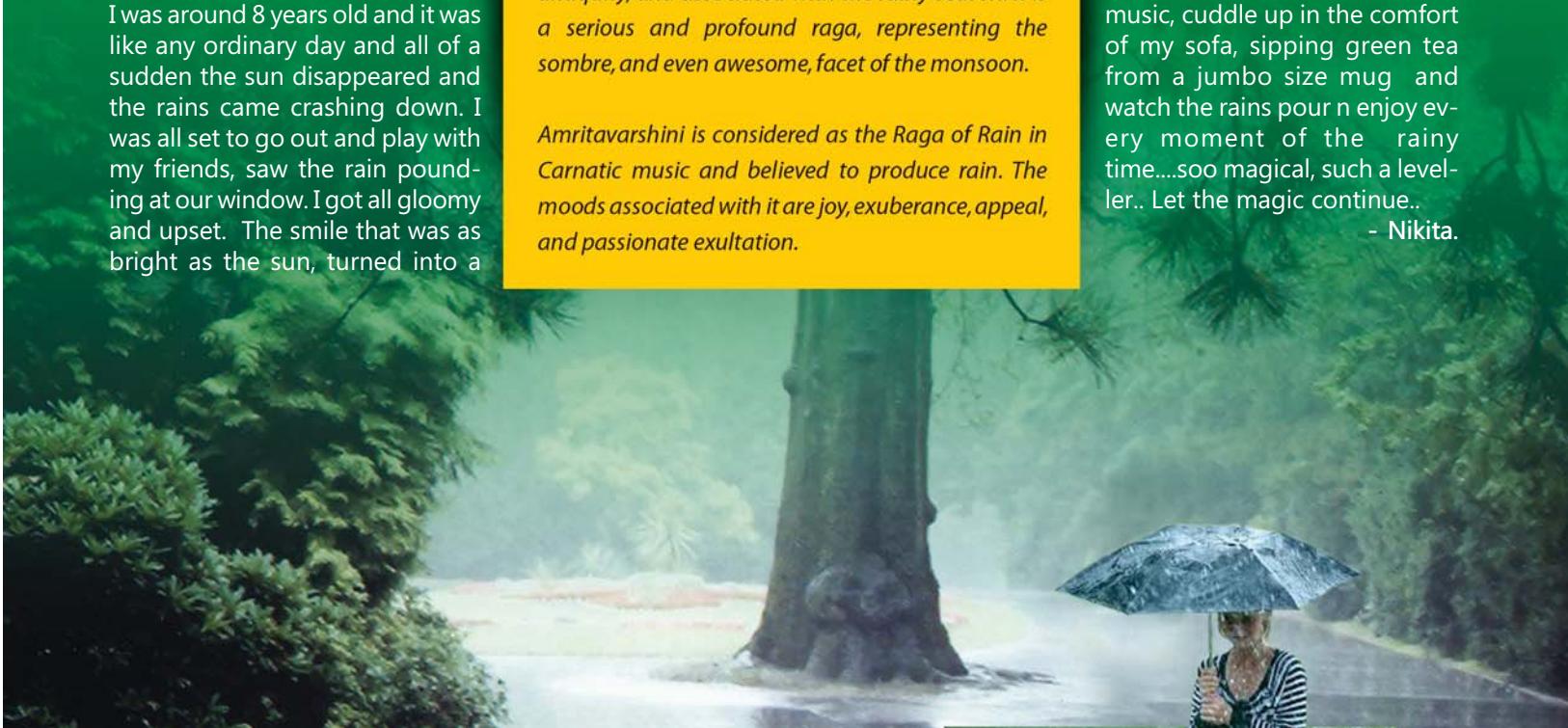
- Nikita.

MUSIC and MONSOON

Megh Malhar and Amritavarshini are the Monsoon Ragas in the Hindustani and Carnatic genres of Indian music.

Megh Malhar, the name derived from the Sanskrit word Megh, meaning cloud, is a raga of considerable antiquity, and associated with the rainy season. It is a serious and profound raga, representing the sombre, and even awesome, facet of the monsoon.

Amritavarshini is considered as the Raga of Rain in Carnatic music and believed to produce rain. The moods associated with it are joy, exuberance, appeal, and passionate exultation.



A CHANCE MEETING WITH THE ILLUSTRIOS EDITOR OF THE ILLUSTRATED WEEKLY OF INDIA

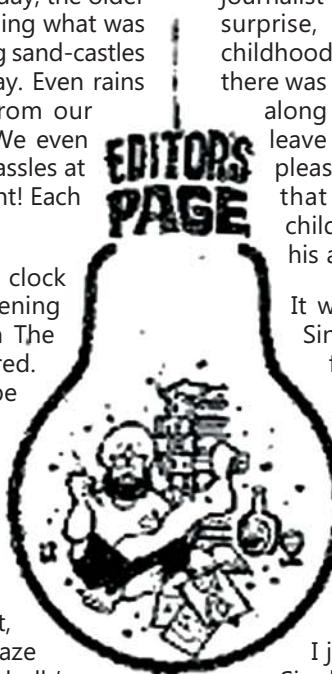


- Rejimol Wilson

I vividly recollect my 7th std days, the weekly arrival of the big magazine that made my day . Play-time between 4 pm and 6.30 pm was always a delight and a much adhered- to event. All children in the colony would be out-doors, come rain come thunder-storm. This play-time was never denied to the children. Perhaps this was the time the mothers had to themselves, the forenoon being spent on household chores. At school there were organized games, but the evening games in the colony were all of our choice and making. If one day it was hide and seek, another day it would be leaping from atop a sand-cliff, nondi (hopscotch) the hopping game, ring-tennis or badminton, with rules changing everyday, the older ones being self-proclaimed referees and deciding what was right and what was not. And occasionally, making sand-castles at the sea-shore that was just a few yards away. Even rains were no deterrent because we had a nod from our mothers for having shower-bath in the rain. We even used to splash muddy rain water and had no hassles at home, although Ariel and Surf were non-existent! Each evening was a-never-to-be-missed evening.

Yet, once in a week , I would not gaze at the clock and leave home at 4pm. That afternoon and evening were very special, the day of the week when The Illustrated Weekly of India would be delivered. And what a long name for a magazine. May be the sheer size of the magazine justified the length of the name. Week after week, year after year, The Illustrated Weekly of India became a fascination with me. The articles and the illustrations/ sketches were enjoyable . It did not matter to me whether I understood the punch in its full sense or not , whether I understood the socio- political overtones or not, but enjoy I did. Much after reading, I would gaze at the caricature of 'Khushwant Singh within the bulb' and go into peels of laughter. Each time I looked at it, the sketch appeared funnier. The roll of paper and the pile of books by his side also conveyed to me the fruits of hard-work and determination . A sudden change in my father's posting, a new school with a heavy after-school work-load and this magazine disappeared from my life so to say. I left school, moved on to college, job, years passed by. Other magazines came into circulation. However they never took centre stage or perhaps I did not have the time to give them prominence in my life. One fine morning (in the 90's) The Hindu (a favourite with me now) carried the news that Khushwant Singh would be at a "Meet-the Journalists" at the Vizag Journalists Forum. The news brought in a flood of childhood memories and an irresistible desire to see him, the man I identified with the magazine. Old memories gave way to thoughts on what next. The Vizag Journalists Forum (VJF) was just a stone's throw from my office in Dabagardens. Only two hurdles, one, the Meet was slated for 11 am, which meant I had to seek permission to go out and wondered if my boss could read sense in my leaving work aside, to see a certain personality (not everyone in the

world was an Illustrated Weekly or Editor admirer). Secondly, Khushwant Singh was to meet Journalists and certainly I wasn't one. I quickly recollected the names of The Hindu Journalists, whose columns I was regularly following and decided I would go to the Meet, ask for The Hindu journalists and see whether I could gain entry. The first hurdle overcome, with promises to the boss that I would extend the day if work demanded, I stepped out of the office, found my way up the stairs of the VJF Building , looking out for people to know if I could join the audience and bravo, at the Reception, the journalist representative was so happy that a non-journalist was interested in the Meet! And what a pleasant surprise, was given yesteryears' copies of my favourite childhood magazine! I went upto a seat and to my surprise there was this elderly gentleman, an officer from Steel Plant, along with his wife. This gentleman had taken a day's leave and travelled thirty kms in order to be there. So pleased to meet each other, Khushwant crazy people that we were, we exchanged notes on our crazy childhood Singh-days , until the hero of the day made his appearance.



It was time now for the hero to speak. Khushwant Singh began and at that ripe age too, went on in his funny and cheeky style, getting the audience in splits and leaving the likes of me with stomach cramps with overdose of laughter, till he moved on to serious talk on Investigative journalism, exhorting the journalists present there to pursue that , saying the country needed it. (Thinking back, I see how ahead he was of his times, we now have so many journalists and channels dedicated to investigative journalism!) Following the Talk, we were allowed to meet him.

I joined the Steel Plant couple and met Khushwant Singh. Oh what a dream unfolding in front of my eyes. Khushwant Singh clad in a white jubba, sparse white and black beard, the Editor, the man with a spark in his eyes, the man whose magazine was my window to the world (no television or internet then), the man whose magazine created in me a love for the English language, not to belittle my father's role, the man whose magazine carried illustrations that tickled my ribs and developed in me a fascination for cartoons, even today, I read and often re-read cartoons and burst into laughter , sometimes a cartoon plays on me the whole day!

We shared with him our childhood days' 'Weekly' memoirs and what each one liked most about the magazine. He was overjoyed to hear that we were a Singh- crazy lot who grew up on his Illustrated Weekly. He autographed the Copies that we got at the Reception. Journalists are an elite lot, years later I met another national weekly's sub-editor in Delhi, this time spent a good 5 or 6 hours with him (now that makes for another story!) Meeting Khushwant Singh was a hidden dream suddenly unfolding in day-light, it was quite a day! The day Jab I met him !

Being a Good Son to the Best Mother.



Mother-Son relationship is always a special one, it is unlike any other relationship. A mother can have any number of children, she will always love them equally they say but a son is always special to her. For the son also, his mother is always special. The father gets him all the toys he wanted as a kid and also as a grown up, he is always the pillar on which a son would support himself but ask him he will say that it is the mother that is special to him. It is the mother that he spends most of his time with while growing up, given the traditional Indian family set up it's bound to be that way later on too. A daughter is not supposed to be in the family forever, the father is busy earning the family bread and hence the mother-son bond is very special. While growing up it is the mother that feeds the son however reluctant he might be to eat, she will not force him rather she would patiently wait, tell stories to divert his attention to the things around him and in between all this fool the son and feed him, she does this in the morning, afternoon, evening and at night day after day with a new technique each day until the son learns to properly feed himself. If the son falls sick she would never leave his side until he feels well and the son would never feel well if she is not by his side. As a kid anybody would get that attention, but a mother does not do this when her son is 5 years old, she does it even when he is 25. If the son is far off, she would expect him to call everyday, each time she would ask, "Beta, kya khaye ho?" that primarily is her only concern. Of course, the son even though he has not had anything remotely close to good food will not let his mother know of the mess he is in, but she would know because whenever the son visits home he is much leaner than the previous visit. No poet nor writer has ever come close to describing a mother, many have tried, a lot has been written in many languages (all languages in fact) but nobody can ever do justice. A mother does so much for her children and never expects anything in return, "Unconditional Love" they call it, a small word for a very big sacrifice. Every son

would say proudly that his is the Best Mother, true all of them are but a Son he can at best, be good. Being the Best son may need a few sacrifices from the son's part, so he would prefer being good. Mothers are the winners. Even though the Son acknowledges all this, at a phase in life there would be another woman in his life, the first thought of it would make the mother jealous(true, I've seen it). She would very quickly accept the fact because at one point in her life she has been that woman to her husband. But what's baffling is how can the son love another woman in his life more than his mother?

What's even more surprising is, how can he believe that another woman would love him more than his mother? Such is the paradox of life, he is deceived into believing it and by the time he realises his mistake there is a lot of ground lost. As expected though the mother is there to the rescue of her son, she would gladly take the back seat and let the new mistress take the lead. Silently though with a supervisory eye she would see that her son always gets the best deal. The son too knows that all his success is not his alone and that there is "a woman" behind his success-his mother in one way or the other, in one form or the other. One of Indian cinema's best dialogues also highlights this fact where the young man says "Mere paas maa hain".

It may seem that a mother's love makes her son her son more dependent or timid, but it actually makes him stronger and more independent. Every interaction a mother has with her son has the potential to shape his perspective and impact his future relationships. The impact she can have on her son's life and the sacrifices she makes are immense. As a famous saying goes a mother's debt can only be re-paid by being a mother to her.

SPARK Team view: A woman plays the wonderful role of a mother, a wife, a daughter, a daughter-in-law, a sister , all in one and with elan!!!"

-A Pavan Sandeep

అమృతమ్ అమృతమ్

మాతృత్వం కూడా ఓ ఉద్యోగమైతే, ప్రపంచంలో అత్యధిక జీతం అమృకే ఇవ్వాలిం. అమృ ముద్దుల వెనకే కాదు, దెబ్బల వెనకా అపారమైన ప్రేమ ఉంటుంది. దేవుడు సర్వాంతర్యామి అనడానికి ఒకటే సాక్ష్యం. సృష్టిలోని ప్రతి జీవికి అమృ ఉంది. బిడ్డ నోరు విప్పక పోయినా, తల్లికి సమస్తం అర్థమైపోతుంది. నీకంటూ ఓ ఆప్తిత్వం లేనప్పుడు కూడా నిన్ను కోరుకుంది. నువ్వులా ఉంటావో తలియక

పోయినా ప్రేమించింది. నువ్వు కనిపించడానికి గంట ముందు నుంచీ నీ కోసం ప్రాణాలు అర్పించడానికి సిద్ధపడింది... అమృ మనసంతా గొప్పది! జీవితాన్ని వరంగా ఇచ్చిన అమృకు ఏ బహుమతి ఇచ్చినా తక్కువేం చిన్నప్పుడు, చలికి వణికిపోతుంటే వెళ్లిన దుష్పటి కప్పి కాపాడింది....
అమృ! సమయంలో నతమతం అవుతుంటే ప్రార్థనతో కాపాడుతోంది... అమృ! అమృకు ప్రపంచమే తెలియదనుకుంటాం, ఆమె ప్రపంచాన్ని వదిలివెళ్ళాడ కానీ అర్థం కాదు, అమృ గొప్ప తత్త్వమైత్త అనిం అమృ ఏ విషయమైనా రెండు సార్లు ఆలోచిస్తుంది, ఒకసారి తనవైపు నుంచి, ఒకసారి బిడ్డమైపు నుంచి.



సేకరణ - రామావతు శంకర్ నాయక్

Everything has its beauty but not everyone sees it....Confucius

The Butterfly has flown away



It all happened a few years ago, when I was very young. It was summer vacation and I went to my grandparents' house. All my cousins were there too. We were having a nice time together.

On one evening, my cousins and I were playing outdoors, in a big park, in front of my grandparents' house. It was a very beautiful park planted with many shady trees and colourful flowering plants. We could smell the sweet fragrance of flowers. We could also spot numerous beetles and other insects on each flower, sucking the sweet nectar.

Among all, what attracted me most was a pretty, large orange and black butterfly, which settled on a pink rose. Mesmerized by its beauty, I called out my other cousins and decided that we would catch the butterfly. My elder brother slowly stretched his hands out and we all watched

it in silence lest it should fly away. He carefully caught hold of its wings and showed it to all of us with great dignity. We were quite excited and took turns to hold the butterfly. But, alas! When we left it by wings and set it free, it sank in the air and fell to the floor.



It couldn't fly! The sensitive wings got withered by the touch of our fingers and it needed support. We felt very sorry for our thoughtless deed and took pity on the butterfly. We made it comfortable on the floor and brought a shallow dish filled with water near it. It bent onto the rim and sucked some water. We then brought it near a freshly blossomed hibiscus on my advice, so that, it may suck nectar. That whole night it remained under our care. The next morning, we all sat around it, praying for it to get well. Just then, I noticed it trying to move its wings. It tried again and again to fly. After a little while, it finally rose up to our delight and lightly floated in the air onto our compound wall and out of our garden. We were very happy and understood our lesson that we shouldn't hurt any creature - big or small.

-M. Divya

Event Management - Invitations

When we perform a function like a birth day, marriage, a silver jubilee or a retirement function, we prepare invitation cards to invite the relatives/ friends. The following few tips will help us to invite all the people whom we want to invite without missing.

First, we should prepare a list of people whom we want to invite. We should provide for 20-30 extra cards and also provide for 2-3 % wastage at press.

Then based on the total list, we need to select the language in which the invitations are to be prepared. While cards are made in the name of elders, the invitees range from relatives who have limited education to our friends and the guests of our children of another region/ language. It is always better to have a single card which can meet the total requirements of information/ language etc.

Then while selecting the card, we should keep in mind that the life of the card in the hands of recipient is hardly 10 minutes. While we feel proud to give a grand card, the grandness actually goes to a dust bin after the exchange or at the maximum after the event. While some people print the photos of our little kid or the bride or bride groom, we should consider once that these photos are going to be thrown in a dust bin. Similarly the images of gods/ goddesses are also going to get the same treatment. Considering these factors, the cards are to be selected.



The next important activity is proof reading. We should ensure that what we want to convey is properly printed by the printer. We should give him sufficient time to prepare the draft and we should go through the same and make corrections, if required.

The next part is ensuring that the cards reach the expected guests well in time. Considering the time required for travel arrangements, we need to inform them well in advance either by phone/ mail also. We should compile the addresses and also make a table as follows:

Name and address	Mode: hand delivery/ post/ phone/ email	Address available	Posted / hand delivered	Received	Confirmed the participation	Special arrangements required, if any like pickup/ guest house etc	Confirm the arrangements

The above data helps us in inviting all the people whom we wanted to invite and also make arrangements for their smooth arrival and departure apart from helping us in estimating the number of people that are going to participate in the event. The list also helps us to check whether we missed anybody. Last but not the least; keep the list safely so that we need not prepare another list for the next event, but only need to update.

Anivilla Parvathi Devi

हमारे अपने

शायद! डिव्वावाला शब्द मुनते ही मुंबई महानगर के सफेद टोपी डिव्वेवालों की छवि आपकी आँखों में घूम जाए। लेकिन यह सच है कि वी एस पी में भी एक डिव्वावाला है। जी हाँ ‘एन राम बद्र राजु’ हमारे अपने डिव्वावाले हैं, जो अपने काम के प्रति पूर्णतः समर्पित व एक सुहृदय व्यक्ति हैं। आइए उन्हीं से जानते हैं उनके बारे में ...

स्पार्क : राजु गारू! आप कितने साल से यह

काम कर रहे हैं और आपके मन में यह विचार कैसे आया?

राजु : श्रीमान्! लगभग साढ़े तीन साल हो गए होंगे। इसके पहले मैं टाटानगर के टी सी एल कंपनी में काम कर रहा था। लेकिन जब कंपनी में छँटनी शुरू हुई तो मेरे सामने रोटी का प्रश्न खड़ा हो गया। वैसे तो मैं मूलतः अनकापलिं का निवासी था, इसीलिए यहाँ आकर यह काम शुरू किया। मैं सोच रहा था कि कोई ऐसा काम करूँ, जिसमें कुछ सेवाभाव हो और मेरे मन को संतुष्टि मिले। इसीलिए ऐसे लोगों को भोजन कराने का काम शुरू किया, जिनके पास सब कुछ होते हुए रुचिकर भोजन प्राप्त करने में दिक्कत होती है।

स्पार्क : आपकी दिनचर्या कैसी है और रोज कितने लोगों को भोजन पहुँचाते हैं?

राजु : श्रीमान्! हमारे निश्चित ग्राहक हैं। पूरा घरेलू माहौल में उनको भोजन कराता हूँ। मैं और मेरी पत्नी दोनों मिलकर यह काम करते हैं। ऑफिस में दोपहर का खाना देना होता है और शाम को भी कुछ लोगों को भोजन देता हूँ। दोपहर का खाना ऑफिस में और शाम का घर में पहुँचा देता हूँ। लगभग पंद्रह लोगों को दोपहर में और चार-पांच को शाम का भोजन देता हूँ। सामर्थ्य के अनुसार जीने के लिए मेहनत करता हूँ।

स्पार्क : अच्छा यह बताइये कि आपकी भाषा इतनी अच्छी कैसे है?

राजु : मैं टाटानगर में पला-बढ़ा हूँ और वहाँ पर नौकरी भी की। वहाँ सभी गज्जों के लोग मिलजुल कर रहते थे और एक दूसरे की भावनाओं का आदर करते थे। इसलिए मैं वहाँ वांगला, उड़िया, भोजपुरी, मैथिली इन सभी भाषाओं को सीख लिया और तेलुगु तो अपनी थी ही।

स्पार्क : राजु गारू! आपके जीवन का कुछ विशेष लक्ष्य है?

राजु : नहीं साहब! जो मिलना था मिल गया। अब आखिरी दिन शांति से कट जाएं, यही ईश्वर से प्रार्थना है। वच्चों के पास अभी कोई स्थाई काम नहीं है, लेकिन वे लोग प्रयास में हैं। स्वास्थ्य वैगरह भगवान ने ठीक दिया है। मुझसे किसी की तकलीफ देखी नहीं जाती, इसीलिए चाहता हूँ कि सभी सुखी व स्वस्थ दीखें। मैं भगवान पर पूरा भरोसा रखता हूँ पर माँ के बाद ही कोई और है।

स्पार्क : अब आप वी एस पी परिवार से जुड़कर कैसा अनुभव कर रहे हैं?

राजु : गर्व का अनुभव होता है। यहाँ का परिवेश सुखकर है। लोग भले हैं और वातावरण में सेवाभाव है। प्लांट अच्छा चले, हमारी यही कामना है।

स्पार्क : स्पार्क के पाठकों से कुछ कहना चाहेंगे?

राजु : निवेदन है कि अपने या अपनों के जन्मदिन पर एक पेड़ जरूर लगाएँ, ताकि उक्कुनगरम की हरियाली में आपका भी कुछ योगदान दीये।

ईश्वरीय सेवक

हमारे अपने स्तंभ के अंतर्गत उक्कुनगरम के सबसे पुराने ‘श्री वालाजी’ मंदिर के मुख्य पुजारी ‘श्री कृष्णामाचारी’ जी से एक मुलकात के अंश प्रस्तुत हैं।

स्पार्क : पुजारी गारू! अपने बारे में कुछ बताइये।

पुजारी : श्रीमान्! यह देवालय 1990 में बना है और 5 मार्च 1990 से स्वामी ने मुझे यहाँ पर सेवा का अवसर दिया है। इसके पहले मैं उड़ीसा के गुणपुर के एक मंदिर का पुजारी था।

स्पार्क : पुजारी जी क्षमा कीजिएगा! ऐसी क्या जरूरत पड़ी कि उड़ीसा से पुजारी बुलाना पड़ा?

पुजारी : श्रीमान्! यह भगवान की कृपा है। वैसे तो मैं सिंहाचलम का रहने वाला हूँ। प्रभु किससे कैसी सेवा कहाँ लेते हैं, वे ही जानते हैं। मुझे उनका आदेश मिला मैं आ गया और पिछले चौबीस वर्षों से उनके चरणों में हूँ।

स्पार्क : यहाँ आकर आपके जीवन में क्या बदलाव आया और आपको लोग किस दृष्टि से देखते हैं तथा आप लोगों को किस दृष्टि से देखते हैं?

पुजारी : श्रीमान्! यहाँ के लोग शिक्षित हैं और साथ ही एकसमान परिवेश में जीते हैं। इसलिए एक-दूसरे को आदर देना उनकी प्रवृत्ति बन गई है। मुझे गर्व होता है कि मुझे शिक्षित लोग सम्मान देते हैं और मैं शिक्षित समाज में रहता हूँ।

स्पार्क : पंतुलु गारू! आपका पारिवारिक जीवन कैसा है?

पुजारी : श्रीमान्! जीवन में मानसिक व स्वास्थ्य सुख से बढ़कर कुछ भी नहीं है। भगवान की कृपा से दोनों मुझे प्राप्त हैं। हमारी दो बेटियाँ हैं। दोनों शादी-शुदा हूँ। बुढ़ापा स्वामी सेवा में कट जाए, यही इच्छा है। पत्नी भी ठीक है। उनका पूरा सहयोग मिलता है।

स्पार्क : मंदिर के विकास के लिए आपके मन में कोई इच्छा है?

पुजारी : बहुत दिन से इच्छा है कि यहाँ भी एक कल्याण मंडपम बने। वह बन जाए तो नये जोड़ों के लिए भी स्वामी का आशीर्वाद मिलने लगेगा।

स्पार्क : समाज के विकास में आपका क्या योगदान है?

पुजारी : केवल यही कि सबके सुख-शांति व स्वास्थ्य के लिए ईश्वर से प्रार्थना करना और भक्तों को आशीष देकर उन्हें ईश्वर से जोड़ना, ताकि वे एक सद्वरित्र नागरिक बन सकें, जिसकी हमारे समाज को सख्त जरूरत है।

स्पार्क : धन्यवाद, महोदय।

Reaching

out

BRIEF REPORT ON MEMORIAL SERVICE

The VMS Executive Team observed the 13th June'2013 by lighting 19 candles. This day marked one year from when the VSP family lost 19 valuable members of their family to an unfortunate accident.

Last year VMS marked this day by planting 19 saplings in front of T and DC. This year, a small concrete structure with steps was put up to light candles amidst the saplings which has now grown into small beautiful plants .

Floral tributes were offered and candles were lit by Mrs. Lata Choudhary, President VMS, Mrs. Sushma Chauhan, Mrs. N.Sarada, Prof. C. Sasikala and Mrs.Preeti Roy Chand (All Vice-Presidents VMS), Mrs.Rejimol Wilson, Secretary, Mrs. Leena Ghosh, Mrs. Sujata Nayak, Mrs. Girija Raju, Mrs. Lata Pradeep, Mrs. Vani Deshikachar, Mrs. Chitra Bhaskar and Mrs. Savitry.

This was followed by chanting of gayatri mantra and prayers for the departed souls. The memorial service concluded with chanting of shanti mantras.

The VMS team went for visits to organizations which sought support in the form of educational aids, construction of dormitory, grill for verandah, utensils and play and other material .

The organizations visited were-

1. HRUDAYASHANTHI VRUDDA ASHRAYAM CHARITABLE TRUST in Venkupalem Colony, Anakapalle mandal. Established in 2006, this organization is reaching services to 32 elderly persons.
2. Mandal parishat elementary school, RH VSiddeshwaram, Pedda gantyada. This school has 68 students and 4 teachers
3. Mandal Parishath primary school, Peddagantyada.The schools has 61 children and 3 teachers.
4. Anganwadi,Reddy Musalayya palem, pedagantyada. There are 15 students , 1 teacher and 1 helper
5. Sri Sri Narayana Vidyalayam. 382 children from the economically weaker section are studying here. There are 15 qualifies teachers and 2 non teaching staff.
6. Desire Society- This is an NGO working with children who are infected with and affected by HIV. Presently there are 15 children in the residential centre and about 80 children receiving services through the out reach programme.



GRADUATION DAY - ARUNODAYA



Anything that has life, will most certainly go through the phases of metamorphoses. That's the law of nature. Likewise, in education too, a child will have to come out of comfort zones at periodic intervals during childhood before he reaches a stage when he begins work life. It begins when the child has to leave home to go to a play school, when he/she is about two and a half years old. Even before they familiarize themselves with this new world its time to head to montessorie and then to a bigger from wher they will study from grade 1 to 10 or 12. Next comes college life after which begins the work life.

The 12th of April 2013, will be a red letter day in the life of ARUNODAYA. Actually, for both - Arunodaya and for the 18 students and their families who graduated . Wearing lovely blue satin hoods and capes, the students received their graduation certificates from Smt Shruti Seshadri, Jt Director, Press information bureau. Every graduating student and their parents looked so happy and excited that even the clouds above couldn't help stop there to watch that moment. They will always be

very special to us. Like you all know, change is constant and we all have to move on to better ourselves.

ARUNODAYA , centre for special education, has

been working with children disabilities since 1995. A little over ninety children are enrolled of which twenty are above the age of 18 years..The ultimate aim of any disability rehabilitation programme is to ensure integration, prevent segregation and plan vocational rehabilitation in order to make every disabled child to become a contributing member of his/her family, thereby preventing them from being treated as a burden to their family. Being a special school, the scope of vocational rehabilitation is limited to imparting pre vocational skills up to the age of 18 after which it is expected that the parents will take it forward to plan the future of their child.

As an institution involved in disability rehabilitation, it is not only our duty but also our responsibility to help parents with information, knowledge and some basic skills

to help their children to settle into some vocation with support of the family. Vocational rehabilitation, is considered a very important milestone in the rehab process. When a disabled child is made to become a productive member of their family, it ensures an overall positive attitude and impacts the acceptance level and ensures a better and secure future for the child.

Children above the age of 18 cannot be continuing in a school because, services to them do not fall within the scope of the school activities. The norm universally followed starts with early intervention as a home base programme, special education and pre vocational training



as school b a s e d programme and then Vocational training or self employment after they are 18 years of age. The role of parents becomes more significant and important from this point. The process of child leaving the school needs to be planned in such way that the transition is smooth and successful. The school has to work closely with parents by introducing and training them in various vocations , imparting knowledge and skills required to set up a income generation plan for their child.

It is in the interest of the child and the family that we have wanted to make the transition from school to employment



or self employ- ment a smooth one. For this, the management has taken a step forward by wanting to provide for vocational training in the old school building for a period of three months and will be subject to review and evaluation .For this parent participation will be a must..we expect cent percent cooperation of parents in this.

We sincerely hope , together we can, we will , make life better for the children who graduated from ARUNODAYA

I wish the children and their parents the very best.

- Lata Choudhary

Chingri Potoler Dorma

Ingredients:

Small shrimp/Choto chingri - 150 g, Potol/Parval - 6 , Onion - 1 small, sliced, Ginger - 1 tbsp, grated, Tomato - 1 small, finely chopped, Turmeric - 1 tsp, Chilli powder - 1 tsp, Bay leaf - 1 no, Cinnamon - 1 inch stick, Green Cardamom - 2, Sugar - 1/2 tsp , Salt - To taste, White Oil - 1 cup, Fresh Curd 1/2 cup, Cashew nut 1/2 cup, Grated coconut 1/2 cup



Preparation:

1. Cut two ends of parval and scoop out seeds. Do not discard the parval seeds. Sprinkle salt and turmeric on parval and keep aside.
2. Chop shrimps into small pieces. Sprinkle turmeric and salt and keep aside.
3. Grind the parval seeds in a mixer.

Preparing the Dorma:

1. Heat oil in a kadai.
2. Deep fry parval. Remove from heat and keep aside.
3. Remove excess oil (keep aside for the curry) leaving behind 2 tbsp in the kadai.
4. Add chopped shrimp in the oil.
5. To it add 1/2 tsp ginger, 1/2 tsp turmeric, 1/4 tsp sugar, salt, grated coconut 1/2 portion and ground parval seeds. Cook well till dry, takes about 10 min.
6. Then add cinnamon, and cardamom, and fry for 30 sec.
7. Remove from heat and let cool.
8. The cooked shrimp when cool can be stuffed into the parvals.

Preparing the Curry:

1. Heat 2 tbsp oil. Add bayleaf and fry for 30 sec.
2. Then add onions and remaining ginger and fry till oil leaves the side.
3. Then add tomato, remaining turmeric, and chilli powder, coconut and curd & cashew nut paste. Fry for an additional 3 min.
4. Add about 3/4 cup hot water and let boil.
5. Add stuffed parval and cook for 2-3 min on high heat.
6. Just before removing from heat add cinnamon, cardamom, sugar and green chillies.



Mahuya Datta



DAAB CHINGRI (Prawns cooked in Tender Coconut)



Ingredients:

Tender Cocoanut-- 2 Medium Sizes, Prawns, medium size - 500 gms (shelled and deveined), Mustard Paste - 1 TBSP, Ginger paste- 1tsp, Turmeric Powder-1/2 tsp, Sugar-1/2 tsp, Green Chili- 3-4 slitted, Cashew Nuts - 8-10 (soaked in water and ground), Grated Coconut - 1/4th cup, Coconut Milk - 1 cup, Mustard Oil - 1 TBSP, Salt as per taste, Wheat flour dough for sealing coconut shell

Method

1. Wash tender coconuts and chop off from top so that so that you get a convenient opening for stuffing the Prawns.
2. Scrape off the tender coconut meat and keep aside.
3. Make a paste of Cashew and coconut meat paste.
4. In a large bowl mix together Prawns, Mustard paste, Ginger paste, salt, Turmeric powder, Cashew and coconut meat paste, Grated Coconut, Coconut Milk, Mustard Oil, Green Chilies , Sugar 5. Now fill the coconut with the above mixture.
6. Cover the opening of the coconut with the chopped part of the coconut seal with wheat flour dough.
7. Place in a preheated oven (250 deg. Celsius) and cook for 40-45 minutes.
8. Take out of the oven and seat for 10 minutes.
9. Remove the cover, scoop out the prawns and the gravy.



Indrani Chakraborty

SOYA MALAI KOFTA



Ingredient

Soya 1/2 cup, Chana dal 1/4 cup, Potatoes,boiled and mashed 2 medium, Salt to taste, Red chilli powder 1 1/2 teaspoons, Garam masala powder 1/2 teaspoon, Coriander powder 1 1/2 teaspoons, Cornflour/ corn starch 4 - 5 tablespoons, Oil 2 tablespoons + to deep fry, FOR GRAVY, Onion paste 1/2 cup, Garlic paste 2 teaspoons, Ginger paste 1 teaspoon, Turmeric powder 1/4 teaspoon , Cashewnut paste 2 tablespoons, Tomatoes,pureed, 2 medium, Cream 1/4 cup, Fresh coriander leaves,chopped 2 tablespoons

Method

Soak the chana dal for two hours. Take one and a half cups of water in a deep pan. Add chana dal and bring to a boil. Cook until the dal is tender and all the water has been absorbed. Grind it to a smooth mixture. Take

beancurd in a bowl, add potatoes, ground dal, salt half teaspoon red chilli powder, quarter teaspoon garam masala powder , cumin powder , half teaspoon coriander powder and mix well Add cornflour , mix well & shape the mixture into lemon sized balls Heat sufficient oil in a kadai and deep fry the koftas until golden brown.

For the gravy heat two table spoon oil in a pan , add onion paste & and sauté until golden brown. Add garlic paste, ginger paste, turmeric powder, remaining coriander powder and remaining red chilli powder and fry for two minutes. Add cashewnut paste and cook for two to three minutes. Add tomato and continue to cook till oil surfaces. Add two cups of water and cook for further ten minutes or bring it to a boil. Add salt and the remaining garam masala powder and mix. Add cream and coriander leaves and let the gravy simmer for three to four minutes. Pour the gravy over the koftas and serve hot.

वर्षा ऋतु के राग

साल के मौसमों में वरसात का मौसम मनुष्य, जीव-जंतु, वातावरण, पर्यावरण सभी पर काफी असर डालता है। सभी को गर्मी के बाद वर्षा की प्रतीक्षा रहती है। वरसाती संगीत की भी अपनी एक विशेष गरिमा है। हिंदुस्तानी या कर्नाटक संगीत के विभिन्न रागों का भारतीय फिल्मों में दृश्य मिलता है। छोटे-बड़े कलाकार से लेकर बड़े-बड़े उस्तादों ने अपने-अपने अंदाज में इन रागों को गाया और बजाया है। संगीत प्रकृति की देन है और वरसात का मौसम संगीत पर अपना बहुत प्रभाव डालता है। वर्षा ऋतु में प्रयोग किए जाने वाले रागों में मेघ, मल्हार, मेघ मल्हार, मिया मल्हार, गौड़ मल्हार, वसंत वहार, सोहनी माखा, सदावहार एवं भैरवी आदि प्रमुख हैं।

वरसात में संगीत के माध्यम से मानवीय भावनाओं का आलाप किया जाता है। कुछ फिल्मी गीतों की बात करें तो 'श्री 420' में राग भैरवी पर आधारित 'प्यार हुआ, इकरार हुआ है, प्यार से फिर क्यों डरता है दिल' गीत में नायक व नायिका अपने प्यार का इजहार कर रहे हैं व वारिश से भीगते हुए अपने प्यार की मंजिल ढूँढ़ रहे हैं। मशहूर फिल्म 'गुड़ी' में राग मियामल्हार पर आधारित गीत 'बोल रे पपीहरा' गीत के माध्यम से नायिका वारिश से छुपकर अपनी अल्हड़ प्रीत अपने प्रीतम के सामने रखती है।

फिल्म 'स्वर सुंदरी' में लता मंगेशकर और मोहम्मद रफ़ी का गाया हुआ लोकप्रिय गीत 'कुहू कुहू वोले कोयलियाँ' गीत में संगीतकार श्री रामचन्द्र ने क्रमशः राग सोहनी माखा, वहार, दरवारी और यमन रागों का मिश्रण किया है। इस गीत में राग वहार के शब्द हैं, 'काहे घटा में विजली चमकी, के बाद फिल्मकार ने वर्षा करवाई है। 'सांझ' फिल्म का एक गाना मुरेश वाडेकर की आवाज में गाया गया था, जो राग मिया मल्हार पर आधारित था वह बहुत प्रसिद्ध हुआ था। फिल्म 'लगान' में भी काले धने वादलों के स्वागत में राग मल्हार पर आधारित गीत 'धनन धनन धन धिर आये दरवार...'। इसी प्रकार ग्रमीणों की आशाओं के अनुरूप 'काले मेघा काले मेघा पानी तो वरसाओ, बिजुरी की तरवार नहीं बूँदों के बाण चलाओ' जैसे गीत में वरसाती रागों का प्रयोग हुआ है। फिल्म 'चश्मेवहूर' में एमुदास की मधुर आवाज में राग मेघ पर आधारित गीत 'कहाँ से आयो दरदा, घुलता जाये कजरा', गीत में वर्षा ऋतु के राग का प्रयोग किया गया है।

अकवर के दरवार में तानसेन से ईर्ष्या करने वाले कुछ मंत्री थे जो तानसेन को नीचा दिखाना चाहते थे। उनके संगीत को एक साधारण संगीत



सिद्ध करना चाहते थे। इसलिए उन्होंने तानसेन को हराने के लिए अफवाहें फैला दीं कि तानसेन राग दीपक गाकर दिया जला सकते हैं। उन्होंने सोचा अगर तानसेन हार गये तो उनका संगीत एक साधारण कला माना जायेगा और यदि राग दीपक गाने में सफल हो गये तो अपने आसपास आग लगाकर स्वयं जल जाएंगे। बादशाह अकवर तानसेन की काविलियत से परिचत थे, उन्होंने भी दरवार में मियां तानसेन से राग दीपक सुनने की इच्छा जाहिर की। तानसेन इसका परिणाम जानते थे कि राग दीपक गाने के बाद उनका शरीर कमजोर पड़ सकता था। वे खुद राग मेघ मल्हार नहीं गा पायेंगे। इसलिए उन्होंने अपनी बेटी को राग मेघ मल्हार सिखाया था, ताकि राग दीपक गाने के बाद तानसेन के बदन की गर्मी को शांत कर सके। आखिर वह दिन आ गया मिया तानसेन ने भरे दरवार में राग दीपक गाया। राग दीपक का असर पड़ते ही दरवार के दिये जलने लगे।

धीरे धीरे पूरा दरवार जलने लगा। तानसेन के शरीर में आग उगलने लगा। यह देखते ही उनकी बेटी ने मेघ मल्हार गाना शुरू कर दिया, फिर वर्षा होने लगी, जिससे तानसेन के बदन को शांति मिली। ऐसा उल्लेख मिलता है कि एक बार तानसेन अपने बदन की गर्मी को दूर करने के लिए गुजरात के बड़नगर शहर में राग मेघ मल्हार गायकों की तलाश कर रहे थे। तभी नदी के किनारे ताना और रीरी नाम की दो वहनें मिलीं, जिन्होंने राग मेघ मल्हार गाकर वर्षा करायी और तानसेन के शरीर के जलन को दूर किया। इसी तरह कहा जाता है कि कर्नाटक शैली के संगीतकार मुतुस्वामी दीक्षितार ने एक राग अमृतवर्षिणी गाकर वरसात कराया था।

राग मिया मल्हार काफी ठाठ से उत्पन्न होता है। उसमें गांधार, कोमल और दोनों निशाद लगते हैं। यह मौसमी राग वर्षा ऋतु में कभी भी गाया जा सकता है। आमतौर पर इसे मध्यरात्रि में गाया जाता है। इसके आगे अवरोह इस प्रकार है- सा रे प, म प, नी ध नी सां। सां नी प म प ग, म रे सा। पकड़ - सा रे प, नी ध, नी प म प ग, म रे सा। ऐसा कहा जाता है कि मल्हार और कावड़ इन दोनों रागों को मिलाकर मिया तानसेन ने यह राग बनाया था। राग मेघ मल्हार के समान ही कर्नाटक शैली में राग अमृतवर्षिणी है। माना जाता है कि कर्नाटक शैली के संगीतकार श्री मुतुस्वामी दीक्षितार ने एक बार राग अमृतवर्षिणी गाकर वर्षा करायी थी।

श्री आर एस गोने

EXCELLENCE IS NOT A SKILL. IT IS AN ATTITUDE.

A gentleman once visited a temple which was under construction where he saw a sculptor, engrossed in his work, making an idol of God.

Also he noticed another similar idol lying nearby, looking similar to the one which is being prepared. Surprised at seeing the two idols, the gentleman was prompted to ask the sculptor, "Do you need two statues of the same idol?"

"No," said the sculptor without looking up, "We need only one, but the first one got damaged at the last stage." "So I decided not to install the idol".

The gentleman closely examined the idol and found no apparent damage. Curiosity made him ask the sculptor "Where is the damage?"

"There is a scratch on the nose of the idol." said the sculptor, still busy with his work.

"Where are you going to install the idol?"

The sculptor replied that it would be installed on a pillar twenty feet high.

"If the idol is that far, who is going to know that there is a scratch on the nose?" the gentleman asked.

The sculptor stopped his work, looked up at the gentleman, smiled and said,

"I know it and God knows it!"

Moral - The desire to excel should be exclusive of the fact whether someone appreciates it or not. Excellence is a drive from inside, not outside. Excel at a task today - not necessarily for someone else to notice but for your own satisfaction.

M Ayyadurai

"You'll never find a rainbow if you're looking down" Charlie Chaplin



Over the past 15 years we have been bombarded with the phrase - "Quality of Life". Fifty years ago people were happy to survive. Our society is geared for comfort. With the advancement of technology, we could basically spend our lives sitting in a chair that could massage and could recline to be a bed at night. We could live our lives giving voice command to a computer that would also function as a TV, Radio, Microwave and most other electrical appliances we can imagine to avoid the need for any major movement.

The quest for quality of life has been paralleled with an increasing lack of the need to move. Lack of movement does not really improve our quality of life and in fact, goes a long way in harming this long term quest. Our bodies were initially designed for movement and if we do not keep moving we run the risk of our moving parts seizing up.

In order to lead a quality life, we need to seek quality and richness in all aspects of our existence. There are five quality areas we should be working on:

1. Quality of health: A healthy life style is more important in the quest for quality of life. The 4 point way to a healthy life is a start on the road that leads to optimum health.

- ❖ Follow the correct dietary principles on a consistent basis.
- ❖ Continue a regular exercise and movement programme. Regular walking or swimming will decrease our chances of degenerative disease such as Diabetes.
- ❖ Say no to Smoking and Alcohol and
- ❖ Practice a daily stress management technique like meditation.

2. Quality of relationships and emotions: Quality of life is centered in our relationships and emotions. Part of our reason for existence is to nurture and care for those who are special to us. Any contribution to the lives of our loved ones will greatly enhance our own quality of life. At a purely physical level having strong emotional support greatly enhances our longevity and reduces our risk of falling victim to one of the many common diseases. There are many examples like women with breast cancer but their survival was doubled with strong emotional support. There is no doubt that when we are stressed, overworked or run down we are much more prone to catching viral infection, from simple viral infections to serious illness. If we know there is someone special around who cares for us, we have a much better chance of rapid recovery.

In the corporate world people are so driven by their companies to 'give their all' to the organizations and in the process they lose their emotional balance. They are married and beget one or two children, but have no time to spend with their children and family. They go to work before their children wake up and reach home when they are in bed. When they are asked why they are spending so much time away from the family, we hear a standard answer "if I really put the effort now, my family will have enormous benefits later on". Although this sounds like a reasonable answer, nothing could be farther from the truth. The real benefit to any family is not just time but quality time. Eventually when we have time to spend with our children they will be adults and not have enough time for us. This reminds me of a poem by Mr. Denis Waitley :

Take a moment to listen today
to what your children are trying to say,

Listen to them, whatever you do
or they won't be there to listen to you.
Listen to their problems, listen to their needs
Praise their smallest triumphs, praise their littlest deeds;
Tolerate their chatter, amplify their laughter,
Find out what's the matter, find out what they're after.
If we tell our children all the bad in them we see,
They'll grow up exactly how we hoped they'd never be;
But if we tell our children we're so proud to wear their name,
They'll grow up believing that they're winners in the game.
So tell them that you love them every single night;
And though you scold them make sure you hold them
and tell them they're all right, "Good night, happy dreams,
Tomorrow's looking bright."
Take a moment to listen today to what
your children are trying to say
Listen to them whatever you do, and
They'll be there to listen to you.

3. Quality of Leisure: The third aspect is quality of leisure. We can not put all our eggs in the 'work' or 'Home' basket. It is important to have some leisure activities such as sports, music or other hobbies that sound us out as human beings. Leisure activity, however, should be a joy and not a chore. It is also basically a pretty way of maintaining fitness and joy.

4. Quality of financial situation: The quality of financial situation should not be disregarded. We all have to survive in a competitive, stressful world and often this takes enormous personal exertion. The stress of financial hardship is enormous. This is one of the greatest pressures on a family and it is important that intelligent, motivated people are always seeking higher paid jobs and business opportunities. It does not matter how much financial success we have, unless we enjoy it, we will eventually lose out. Whatever our motivation is, we will find it hard to sustain a quality financial situation without the enjoyment of our work. So let us 'love what we do and do what we love'.

5. Quality of Spiritual life: The fifth and probably the most important is the quality of our spiritual lives. Our growth as a total human being is furthered by service to others. We revere people like Mother Teresa, and I often wonder whether some of that reverence is because when we see and hear of the extraordinary service given by such person, it reflects our desire to act in a similar fashion. Our Earth is functioning through one major motivating force and that force is love. We all need to be loved but, more importantly we all need to love. Like Mother Teresa, we should manifest this love through unconditional service to others.

Stephen R Covey states in his superb book "The seven habits of highly effective people" that many of us are climbing the ladder of success only to find we have the ladder leaning against the wrong wall. The wrong wall is always the wall of personal benefit. There is absolutely no problem in earning money, receiving accolades or respect of others or even driving around in luxury cars which are often the means to derive happiness. But if these are our major motivations we will never achieve satisfaction and never have the quality of life.

True quality of life comes from achieving a balance in all five aspects of our life. Our health, relationship and emotion, leisure, financial situation and our spiritual self. With an imbalance or wrong motivation in any of these areas our quality of life is eroded.

- Dr P Abdul Aziz



बेटियाँ

बाबुल की प्यारी बेटियाँ
माँ की दुलारी बेटियाँ
घर की लक्ष्मी बेटियाँ
जन्म से ही खुशियाँ लाई
परिवार में बहार लाई
इसीलिए तो कहते हैं
घर में लक्ष्मी आई
नहें-नहें पैरों से ठुक्रक कर चलतीं
तोतली बोली में ढेर सारी बातें करतीं
हर पल को यादगार बनातीं
बाबुल की गोद में पलतीं
मायके से सुग्राल चलतीं
समय पंख लगाकर उड़ता गया
गुड़िया पर जवानी का रंग चढ़ता गया
मन में अनजाना डर बढ़ता गया
एक दिन प्यारी गुड़िया पराई हो जाएगा
सुंदर सा राजकुमार घोड़ी पर आएगा
डाली में विठाकर संग अपने ले जाएगा
भविष्य के सुंदर सपनों के लिए
सीने में बचपन की यादों के लिए
बाबुल से किए बादों के लिए
मायके से सुग्राल चली बेटी
छूटा बचपन सखी सहेली
शुरु हुई एक नई पहेली
अनजाने लोग अनजानी दुनिया
जीवन राह पर चलती मुनिया
रोज नए इम्तहान देती बेटी
परायों में अपनापन ढूँढ़ती बेटी
सुग्राल में खुशियाँ बिखेरती
मायके में कामना करती
बेटी आशीष है हर दिल अजीज है
बेटी को आने दो
खुली हवा में जीने दो।

प्रीति तिवारी

झारकृति नैनकुदा वंदन

एवरर्याँ नुव्वू !
एविभी तृतीय कोपाली मी ब्बुज्जनी !?
अफ्फिल भारतावनी मुकुलित प्पास्तूलत्तो
नीराजनालर्प्पिस्तूलिंदि !
अदुरु लेदु शेदुरु लेदु,
नीरुंदे निज्जुरानीकि एदुरु लेदु,
अनारुल अभाग्गुल द्वेष्वन्स्तिति, द्वेष्व न्स्तिति,
चार्धक्ष यात्रिक्तु विस्तुतोरु परिस्तिति,
चापु, ब्रह्मकुल नरिहाद्गुनु चविचानि,
गुंदे पगिलि, प्पागिलि, प्पागिलि शोकिंचिन रोदनलकु
नेसुनानुननी, तेगिपदीन क्वांदपरियल कक्षंगा
नीत्तनुपुर वरधि व्वेरु नुरुद्गुनु सुगमुं चेसिन
नीसाहन त्यागालकु वंदननो!
भारतीय सिपाया, अंदुक्के अंदुक्के अंदुक्के !
विश्व छक्कु कुल्लुंब मुक्त कंठ नीराजननो!

-वेम्ब.वि. रमेश

Forest - Serves you

Forest remain home for half of terrestrial species, Provide health, recreation and other benefits.

Most on the earth live on forest for livelihood, By hunting and fishing for their daily food.

Forest stores water during rainy phase, And serve us for use during sparse case.

Forest minimizes soil erosion and filter pollutant, Even municipalities think of it, for green solution.

Forest protect us, against flood as an army, Save and keep away the earth from tsunami.

Moisture level in forest reduces temperature, Help us to enjoy the life in cool nature.

Forest absorbs carbon dioxide with caring, A great will to combat the global warming.

Forest provide pulpwood for paper production, Enable us to spread knowledge by publication.

Let us grow forest with self participation, For life to cherish with complete satisfaction.

-M.R.S. Sudesh Kumar

Success-Think, Believe & Act

If you want to become successful, you must be ambitious and cool

Time is going on and ready to rule, don't waste time otherwise you are fool

The realization of dream takes lot of time, When you will become successful, say confidently the dream is mine

Success is a continuous process and needs lot of patience and if you don't want to do so then you're out of race, Success is difficult, not impossible because it wants dedication,

If your dream is great then you are able to raise the name of nation

Successful person are great and rare, you may be one of them here.

-Gangadhar Ashish

जीवन के रंग

जीवन के रंग

मुख-दुःख रहते संग-संग

कभी खुशी कभी गम

कभी आशा कभी निराशा

कभी उतार कभी चढ़ाव

कभी उन्नति कभी अवनति

जीवन के रंग

मुख-दुःख रहते संग-संग

कोई धनी कोई गरीब

कोई कामकाजी कोई बेकार

कोई खुशनसीब कोई बदनसीब

कोई लोफर कोई शरीफ

जीवन के रंग

मुख दुःख रहते संग-संग

किसी को आँसू किसी को मुस्कान

किसी को धन किसी को ईमान

किसी ने पाया किसी ने खोया

कोई जागा कोई सोया

जीवन के रंग

मुख-दुःख रहते संग-संग

मेघना तिवारी

मा बड़ी

सरस्वती देवी कालमैन प्रांगण मा बड़ी

ब्रह्मकु बंडिकी दारि चाहै नाधन ना बड़ी

ज्ञानमै दीपाली नेलिंदी मा बड़ी

“अमू” लांडी कम्मैन पलुकुल नेप्पींचेदी मा बड़ी

विज्ञानपु सिरुल वंद वंदे नस्यामूल झैत्रं

मा बड़ी

निसु नीकु तेलिपे निरुल निरुल दर्पण मा बड़ी

नीपु कसुमा ल विनै चिरुनव्वुल प्रादेह मा बड़ी

कन्सु ताररुल रुपुद्धुकुने रंगुल कान्सु मा बड़ी

- मेघदेवकुरि अरुण



DADI MA KE NUSKHE

Pain Cures You Can Find in Your Kitchen

Make muscle pain a memory with ginger

When Danish researchers asked achy people to jazz up their diets with ginger, it eased muscle and joint pain, swelling and stiffness for up to 63 percent of them within two months.



Experts credit ginger's potent compounds called gingerols, which prevent the production of pain-triggering hormones. The study-recommended dose: Add at least 1 teaspoon of dried ginger or 2 teaspoons of chopped ginger to meals daily.

Cure a toothache with cloves



Got a toothache and can't get to the dentist? Gently chewing on a clove can ease tooth pain and gum inflammation for two hours straight, say UCLA researchers. Experts point to a natural compound in cloves called eugenol, a powerful, natural anesthetic. Bonus: Sprinkling a ¼ teaspoon of ground cloves on meals daily may also protect your ticker. Scientists say this simple action helps stabilize blood sugar, plus dampen production of artery-clogging cholesterol in as little as three weeks.

Heal heartburn with cider vinegar

Sip 1 tablespoon of apple cider vinegar mixed with 8 ounces of water before every meal, and experts say you could shut down painful bouts of heartburn in as little as 24 hours. "Cider vinegar is rich in malic and tartaric acids, powerful digestive aids that speed the breakdown of fats and proteins so your stomach can empty quickly, before food washes up into the esophagus, triggering heartburn pain," explains Joseph Bracco, M.D., a gastroenterologist at the Center for Colon and Digestive Diseases in Huntsville, AL.



Erase earaches with garlic



Painful ear infections drive millions of Americans to doctors' offices every year. To cure one fast, just place two drops of warm garlic oil into your aching ear twice daily for five days. This simple treatment can clear up ear infections faster than prescription meds, say experts at the University of New Mexico School of Medicine. Scientists say garlic's active ingredients (germanium, selenium, and sulfur compounds) are naturally toxic to dozens of different pain-causing bacteria. To whip up your own garlic oil gently simmer three cloves of crushed garlic in a half a cup of extra virgin olive oil for two minutes, strain, then refrigerate for up to two weeks, suggests Teresa Graedon, Ph.D., co-author of the book, *Best Choices From The People's Pharmacy*. For an optimal experience, warm this mix slightly before using so the liquid will feel soothing in your ear canal.

-V.V.S.S. Sarma



Laughter is the best medicine



1. Wife : How much do you love me ?

Husband : As much as Shahjahan loved Mumtaj.

Wife : Will you build Taj Mahal if I die ?

Husband : I have already purchased the land , delay is from your side.

2. A gentleman went for an Interview

Board member : When our country got freedom ?

Gentleman : Trial was made since several years but it was achieved only in 1947.

Board member : Who played important role in getting freedom ?

Gentleman : Many people contributed in this . It is better not to name some because if I name some , it will be injustice to others.

Board member : Is corruption biggest Enemy of our country ?

Gentleman : Research is going on this. Unless I see the report , I can't say.

Interview board became convincing on hearing the innovative original answers from this gentle man. Board advised the gentleman not to reveal the questions to any body outside because same questions will be asked to all. He was asked to wait until interview is over. Gentle man came out. Many candidates waiting outside asked this gentleman about the questions asked. He said to all , I have been told not to reveal the questions to any one.

One Intelligent man said , if you can't say the questions please tell the answer. The gentleman agreed and told the answer. Now it was turn of Intelligent man

Board member : What is your date of birth ?

Intelligent man : Trial was made since several years but it was achieved only in 1947.

Board member : What is your Fathers Name ?

Intelligent man : Many people contributed in this . It is better not to name some because if I name some , it will be injustice to others.

Board member : Are You Mad ?

Intelligent man : Research is going on this. Unless I see the report , I can't say

3. Teacher : Can you name some Indians who struggled against British ?

Student : Sachin , Dhoni , Sehwag , Raina , Harbhajan , Ishant etc.

-Lalan Prasad Rajak

इस वर्ग पहेली में पार्कों के नाम दिये गए हैं।
कृपया उन्हें संकेत के सहारे ढूँढें।

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1	11					
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10										...	
8											
2				

संकेत

ऊपर से नीचे

1. केंद्र का परिचायक (07)
3. चेतना का प्रतीक (08)
4. मन को स्वच्छ करने वाला (08)
5. नहे देवदूत (06)
7. राजधानी से संबंध (08)
9. दयानंद सरस्वती के नाम पर (05)

दाएँ से बाएँ

2. प्राइमरी स्कूल (07)
6. शिव के नाम पर (07)
8. एक मात्र जूनियर कॉलेज (11)
10. जहाँ विशेष बच्चे पढ़ते हैं (09)
11. विदेशी (03)

Solution to tlast Issue's Puzzle

ऊपर से नीचे

- | | |
|------------------------|------------------|
| 1. महात्मा गांधी पार्क | 2. नेहरू |
| 4. तेनेटि विश्वनाथम | 3. गुरुम जापुवा |
| 5. इस्पात उद्यान | 6. बाल उद्यान |
| 7. अंडेडकर पार्क | 9. जगजीवन राम |
| 8. डेडिकेशन पार्क | 12. इंदिरा गांधी |
| 10. एकलव्य पार्क | 13. सृतांजलि |
| 11. स्वर्ण जयंती | |

Editorial Team

Lata Choudhary
Editor-in-Chief

**Durga Prasad D
Gopal
Namita Sahare**

**Rejimol Wilson
Vani Deshikachar**

**Letters to Editor**

विस्टील महिला समिति का प्रकाशन 'स्पार्क' का अंक देखने का अवसर मिला। अंक की रूपसंज्ञा में कोई कोर कसर शेष नहीं थी। आवरण देखने से ही उक्कुनगरम की महिलाओं के सौंदर्य बोध का पता लग जाता है। अंदर के स्तंभों में 'दिल से' ने तो वास्तव में दिल को छू लिया। दूर देश में भारत के गष्ट्रीय धुन का बजवा लेना और गीत के अनुशासनिक अपेक्षाओं के अनुरूप सावधान की मुद्रा में खड़ा होकर अपनी गष्ट्रीय भावना को व्यक्त करना बहुत अच्छा लगा। पत्रिका की शेष सामग्री भी श्रेष्ठ हैं। 'जब वी भेट' स्तंभ के माध्यम से अपने मनोभाव को व्यक्त करने का प्रयास बहुत अच्छा लगा। देश भर में मनाए जाने वाले 'मकर संक्रान्ति' के त्योहार के विविध रूपों का मुख्यपूर्ण ढंग से बखान एक सगाहनीय प्रयास है। 'स्पार्क' दीर्घायु और यशस्वी वने, यहाँ शुभकामना है।

- सुनील कुमार मिश्रा, शाखा बिकी कार्यालय, भुवनेश्वर

उक्कुनगरम के विस्टील महिला समिति के प्रयास से 'स्पार्क' का प्रकाशन एक सराहनीय कदम है। 'हमारे अपने' कॉलम में अध्यक्ष-सह-प्रबंध निदेशक महोदय के साक्षात्कार को पढ़ने से भारतीय समाज की बदलती सामाजिक परिस्थितियों का बोध होता है। सी एम डी साहब की प्रतिक्रिया कि 'सभी प्रमुख इकाइयों के कंट्रोल रूपों के ऑपरेशन का दायित्व महिलाएँ अपने हाथों में ले' जैसी प्रतिक्रिया भारतीय समाज में भारी परिवर्तन की ओर इशारा करता है। साथ ही यह प्रमाणित करता है कि महिलाओं की भूमिका उद्योग में भी कितनी महत्वपूर्ण होती जा रही है। अंक की साज-सज्जा आकर्षक है। वर्ग पहेली व दोनों लघु कथाओं के साथ-साथ 'दिल से' स्तंभ में व्यक्त भाव बहुत ही अच्छे लगे। श्रेष्ठ संपादन हेतु बधाई व शुभकामना।

- सलिल कुमार सहाय, क्षेत्रीय कार्यालय (पूर्व) कोलकाता

Dear Editor,

The anniversary edition of Spark was quite enthralling and colourful! The article 'Women-As A Catalyst Of Change' was very inspiring. I walked down the memory lane through the 'Revisited' columns. All in all this "birthday-magazine" has won our hearts again!

Vijayakamala

Dear Editor,

Happy Birthday to your magazine Spark! It has had an awesome journey so far! The article 'Reaching Out' made me proud of VMS. The article 'Mudra Gyana' proved that our health is in our hands! Thank you Spark once again for such an smacking and amazing experience.

Shreya

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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