

Spark

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



Visteel Mahila Samiti
Quarterly Magazine

Volume - I Issue - 3



Festive Greetings...

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and more....



From the Editor - in - Chief



Greetings!!

It's time for another issue of SPARK, therefore an opportunity to connect again.

It gives me immense pleasure in sharing with all our readers that we have been receiving very encouraging feed -back for the previous issues of SPARK.

We have been constantly receiving excellent contributions for publication so far. We would be happy to see increased participation by way of more contribution coming in ...I am sure each one of us have a creative side to us , an experience to share or a story to tell...I urge each one of the VSP family to wake up the writer in you.

We would like to reach every home of this township. Presently the circulation is limited to among the members of the VMS. Starting from this issue, we propose to send copies of SPARK to all the Head of Departments of VSP, all the schools in Ukkunagaram, the Libraries and our hospital for maximum circulation and widespread reach. Work is under progress where we are trying to post it on the web so that anybody wanting to read Spark can access it.

Some excellent suggestions have been coming in. We shall explore the possibilities of incorporating it, should it be within the scope of VMS activities. From this issue onwards, we will feature your feedback/mail in " Letters to the Editor". Please do send in your constructive suggestions and feedback.

I am very glad to share with you the entrepreneurial side of the women of the VMS. The team has embarked upon a small scale venture to make fresh spice powder and hopes to find a market among the residents of this township. This will not only generate employment to a few needy women but we also hope to sustain at least one of our development activities from the income we will generate through this venture.

The following months are among the festive months of the year. I am sure there will be a flurry of activities in all our homes. My wishes to all our readers and residents of Ukkunagaram for the coming festive season. My team and I wish all of you a colorful Navaratri, a vibrant Dusshera, a sparkling Diwali and a joyous Christmas.

We shall connect again with our next issue of Spark in January.

Best wishes,

Lata Choudhary
(Lata Choudhary)



Women of Tomorrow

Rightly said by Eleanor Roosevelt "A woman is like a tea bag- you never know how strong she is until she gets in hot water."

Women across the world are expanding beyond traditional roles to influence decisions in the home, in business and in politics. Do women in developed countries think and act differently than women in emerging countries? What concerns do women have now and what do they expect for future generations? Importantly, how can marketers not only reach women more effectively, but how can they create messaging that better speaks to the sentiments and emotions that drive and empower women? One universal truth prevails: Women everywhere believe their roles are changing and they are changing for the better.

Globalization has presented new challenges for the realization of the goal of women's equality, the gender impact of which has not been systematically evaluated fully. The principle of gender equality is enshrined in the Indian Constitution in its preamble, fundamental rights, fundamental duties and directive principles. Within the framework of democratic polity, our laws, developmental policies and programmes are aimed at women's advancement in different spheres. India has also ratified various international conventions to secure rights of women.

A global policy-making body, the Commission on the Status of Women (CSW) is a functional commission of the United Nations Economic and Social Council (ECOSOC), dedicated exclusively to the promotion of gender equality and the advancement of women. Every year, representatives of Member States gather at the United Nations Headquarters in New York to evaluate progress on gender equality, identify challenges, set global standards and formulate concrete policies to promote gender equality and advancement of women worldwide. The 57th session of the Commission on the Status of Women will take place from 4 to 15 March 2013 focusing on the following key areas:

Priority Theme: Elimination and prevention of all forms of violence against women and girls.

Review Theme: The equal sharing of responsibilities between women and men, including care giving in the context of HIV/AIDS.

Education can play a vital role in bringing about the desirable behavioural changes among the women and make them well equipped in terms of knowledge, competence and capacity to deal with different political problems. One of the basic policy objectives should be universal education of woman, the lack of which tends to perpetuate the unequal status quo. The popular UNESCO slogan should come in handy:

"Educate a man and you educate an individual; educate a woman and you educate a family".

Bharati Paruvada



BRAND POWER "JAGO GRAHAK JAGO"

Advertisements, advertisements, advertisements, everywhere around us on the bill boards, over the radio, on television, on the internet, there's just no end to it. Of course ads are the best means to introduce a product to the world, they are attractive, funny, cheeky and at times a little over the top also.

The other day I switched on the Television. There was an advertisement being aired which showed a young teenage girl singing a song and then ran the caption that , to be able to sing in public, she had to use a fairness cream. I do ask, where is the connection between a lovely voice and the fair skin? It led me to think do the ads really appeal to the general public. Is the public so gullible as to not understand that it's sheer gimmick and one does need fair skin to sing well??

We also have products targeted at children which boast that their product would not only enhance the taste but also increase the height and Intelligence Quotient of the child. Then what about the genes!!!!Then what about the less privileged?Do they not grow? Are they not sharp? Let's be more practical. Let's give Charles Darwin his due...

I guess advertisements are very appealing, glossy and very very persuasive, but lets be sensible and take BRAND POWER with a pinch of salt.



Leena Ghosh

How I Met My HUSBAND

I was brought up in the temple town of Bhubaneswar where my father was working with the Regional Research Laboratory. On a fine evening in the month of October, 1978, a young man walked into our

home with my father. He was lean with a hippy hair style, big moustache wearing bell bottoms having the width of his waist. All of these were a big fashion in the 1970's. Introducing this "gentleman" to me, my father said that he was working in the same lab as a research scholar. I did not show much of an interest beyond the basic courtesy and went inside because neither was I feeling well enough to socialize nor did I have any inkling of what was to unfold in time to come. After two days my father said to me that the "gentleman" hadn't "seen" me properly, so I was taken to the "gentleman's sisters home with whom he was staying ...after this began his regular visits to our home and every visit would be for long hours. Strangely, he would talk to everybody in the house very freely ... except with me!!! From here began the blossoming of a wonderful relationship.

Next was the beginning of the difficult part- Having impressed my father already and with his interest set on me came the time to break the news to his family and parents who were very orthodox unlike ours and get their consent for marriage. Knowing the "never say die" spirit of their son, the alliance was agreed upon and we had to have a short waiting period since I had to complete my graduation. After

our marriage was fixed he was selected for a job in VSP as a Management Trainee(Tech) and was to be trained at Durgapur Steel Plant. His short stint at Bhubaneswar appears as though it was only to find his soul mate which I feel was sheer divine intervention. So much was his emotional attachment to our relationship, that he found it difficult to leave for his training, unmindful of losing his seniority, he delayed his joining by six months. Our marriage was solemnized in July 1980 after which we started our family life in November in Durgapur and then relocated to Vishakapatnam in May 1981. My husband has been very encouraging and has helped me pursue my post graduation and take career in teaching at the pre school in Ukkunagaram. I joined JBV as a teacher and I retired as the Principal of that very school after serving there for 26 wonderful years.

In our family life of 32 years, there have been many occasions when we have had difference of opinion on certain issues but we have always settled them amicably, valued each others views. I would sum up by saying, " this is how life moves".

I really think I am fortunate to be the wife of this "gentleman". He is Shri. NS Rao, Director-Projects, Visakhapatnam Steel Plant.



Sharada Rao

प्रायः हम कहते हैं कि हमारा देश भारत एक खूबसूरत देश है। कश्मीर से कन्याकुमारी तक और अरुणाचल से कच्छ तक यह विविधताओं से भरा है। इसकी विविधता ही इसकी विशेषता है। विविधताओं के इस देश की एक विशेषता मुझे 2007 में देखने के लिए मिली। उस समय कंपनी के तरफ से सभी कर्मचारियों को अंडमान - निकोबार द्वीप समूह की यात्रा करने हेतु एक सुविधा मिली थी। इस सुविधा का लाभ उठाने का मुझे भी मौका मिला। मैं अपने परिवार के साथ इस महान देश के उस भूमि पर जा पहुँची, जो हमारे देश के स्वतंत्रता सेनानियों को अग्रजों द्वारा दी जाने वाली यातनाओं की मूक साक्षी रही है। आज भी सेलूलर जेल में धूमने से लगता है मानों उसकी दीवारें वंदे मातरम की उद्घोष कर रही हैं।

तीसरे दिन हम वाइपर द्वीप गये। वहाँ प्राकृतिक सौंदर्य के नाम पर एक पहाड़ी और घने जंगल के सिवा कुछ न था, लेकिन ऐतिहासिक महत्व के एक बेमिसाल धरोहर को देख रंगटे खड़े हो गये। यहाँ पहाड़ी पर बने फॉसी घर के इतिहास ने तो मानों अग्रजों के विरुद्ध मन को घृणा से भर दिया।

इस यात्रा की सबसे अहम घटना चौथे दिन घटी। हम लोग



हेवलॉक बीच गये हुए थे। वहाँ पर हमने समुद्र में स्नान करने का निर्णय लिया। वहाँ के नाविक जो तैराकी के लिए गाइड का काम करते हैं, हमसे समुद्र के भीतर चलकर कोरल देखने का आग्रह कर रहे थे। सेल्वम! जी हाँ, यह एक नाविक था। सेल्वम के आग्रह को हमने स्वीकार कर लिया और हो लिए उसके साथ समुद्र के भीतर छुपे प्राकृतिक धरोहर को देखने के लिए। सेल्वम हिंदी और तमिल बोलता था। अपने फरटिदार हिंदी में उसने बताया कि 'मेनलैण्ड' से आने वाले पर्यटकों को मैं पिछले 16 वर्षों से कोरल दिखा रहा हूँ। 'मेनलैण्ड' शब्द पहले तो मुझे समझ में नहीं आया, लेकिन सेल्वम द्वारा बार - बार इस शब्द के प्रयोग ने मेरा ध्यान आकृष्ट किया। मैं सोची यह बार बार 'मेनलैण्ड' 'मेनलैण्ड' क्यों कह रहा है? दिमाग पर थोड़ा बल दी, तब माजरा पूरा साफ हो गया और सेल्वम की भारतीयता पर मुझे गर्व हो उठा। सेल्वम का 'मेनलैण्ड' भारतभूमि है जिसे हम कश्मीर से कन्याकुमारी और अरुणाचल से कच्छ तक ही जानते हैं। लेकिन सेल्वम या अन्य अंडमान वासी स्वयं व अंडमान को दिल से भारतभूमि का हिस्सा मानते हैं। मैं समझती हूँ हम 'मेनलैण्ड' वासियों को अपनी सोच बदलनी होगी भारत को कश्मीर से अंडमान निकोबार समूह और अरुणाचल से लक्षद्वीप तक रेखांकित करते रहना होगा।

अल्पना

Old Age - The Twilight Years

The International Day for the Elderly is observed on the 1st of October. Giving a thought to the relevance of this day is the least we can do.

After long years of hard work, toil and responsibilities, retirement could well come as a whiff of fresh air. This is probably a time to indulge in and pursue activities of special interest which had to take a back seat during their "working years". To put it in the words of a child, old age could simply mean relaxation, less responsibility, no school, no homework and no office to attend, good long hours of sleep with no need to wake up early! As the old ones sing, the young ones twitter and as the young ones twitter, the old ones chest swells with joy and pride. Old age brings with it some very wonderful memories with and from companions and life experiences. Such experiences can at best be relived, never simulated.

The later years of life can be meaningfully spent with children and grandchildren and be like the proverbial child again ("the old are twice child"). The elderly, who spend time more meaningfully, are more likely to look at old age as a boon rather than bane. They

should relive childhood thru the younger members of the family and share their rich and vast experience with the young ones to learn from and guide them. I do agree that it may not be possible to incorporate the suggestions and solutions in the new generation context but it certainly could be a guiding light. There are a fortunate few who get to see their fourth and fifth generations. Their

family tree would look so beautiful- Picture perfect as they say!!

Life is too short for the happy and too long for the miserable. For the old who are loved and cared, life is like winter with flowers. Life is but a parcel of moments and it shouldn't be measured by the number of years we live. Like the wise say- its important to add life to years and not years to life.

Age they say, is a sorry travelling companion. There is no doubt that pain is a reality of life. It is really sad when the elderly do not get the much needed solace in

A Short Story

Old age comes in uncalled and we too will be old someday or shall I say we shall never be younger?!!

There once was a family consisting of a mother, father n child living in plush house. There was a small cowshed. Next to which was a small shed where the grandfather was made to stay. Every night the old man's son would carry food in an earthen pot for his father and go back again only the next evening. The little son would watch this activity night after night. One night, the father tripped while carrying the pot for his father, the son said with concern, "careful pa, do not break the pot coz I will have to bring food for you in the same pot every night when you will be old and be living in this shed".

Need I say more? I guess the story says it all.

their old age. When young, we all have mental and physical strength to take on any adversity but Life seems like a very heavy luggage to carry when health plays devil. In today's fast moving world where young parents don't have time for their children, how can the elderly expect to get care or attention? Old age then seems a bane. It's very normal to feel isolated in old age if they aren't given due care and respect which is the least of all needs of old age. Old age also seems a bane when they are ignored, uncared for, their feelings and opinions not considered, treated as a burden and as

non-productive members of the family.

While a lot lies on the younger generation to make the elderly comfortable, it is as much the responsibility of the elders to accept the limitations of their age gracefully and realign their life and thoughts appropriately.

How the elderly look at life will make life a boon or bane. A glass could be half empty or half full. If each moment is lived right, it will be a moment to cherish for a long long time and that's what will make for happy memories in the old age.

The young should understand that old age will only be regretful if the youth had been a blunder. The wise one said, "If only youth knew what age would crave, it would both get enough and save". We all live but once, let's treat the elderly just as we would like to be treated when we are old. It won't be long before we are old. Lets make an effort to help them enjoy the twilight years of their life and feel blessed.

Devani



भारतीय नृत्यकला

नृत्य मानवीय अभिव्यक्तियों का एक रसमय प्रदर्शन है। इसका जन्म मानव जीवन के साथ हुआ है। बालक जन्म लेते ही रो कर अपने हाथ-पैर मार कर अपनी भावाभिव्यक्ति करता है कि वह भूखा है। ऐसी ही आंगिक क्रियाओं से नृत्य की उत्पत्ति हुई है। देवी-देवताओं, दैत्य, दानवों-मनुष्यों एवं पशु-पक्षियों को यह अति प्रिय है।

अमृत मंथन के पश्चात् जब राक्षसों को अमरत्व प्राप्त होने का संकट उत्पन्न हुआ, तब भगवान विष्णु ने मोहिनी रूप धारण कर अपने लास्य नृत्य से तीनों लोक को राक्षसों से मुक्ति दिलाई थी। इसी प्रकार भगवान शंकर ने जब कुटिल बुद्धि दैत्य भस्मासुर की तपस्या से प्रसन्न होकर उसे वरदान दिया कि वह जिसके ऊपर हाथ रखेगा, वह भस्म हो जाए। तब उस दुष्ट राक्षस ने स्वयं भगवान को ही भस्म करने के लिए उनका पीछा किया। ऐसी स्थिति में एक वार फिर तीनों लोक संकट में पड़ गए, तब फिर भगवान विष्णु मोहिनी रूप धारण कर अपने मोहक नृत्य से उसे अपनी ओर आकृष्ट कर उसके मृत्यु का कारण बने।

यजुर्वेद में भी नृत्य संबंधी सामग्री प्रचुर मात्रा में उपलब्ध है। नृत्य को उस युग में व्यायाम के रूप में माना गया था। हरिवंश पुराण में भी नृत्य संबंधी घटनाओं का उल्लेख मिलता है। श्रीमद्भागवत, महापुराण, शिवपुराण तथा कूर्म पुराण में भी नृत्य का उल्लेख मिलता है। 'देवेंद्र इंद्र अच्छे नर्तक हैं तथा स्वर्ग की अप्सराएँ अनवरत नृत्य करती हैं' शास्त्रोक्त इस बात से नृत्य के प्रति भारतीयों के जुड़ाव की पुष्टि होती है। विश्वामित्र-मेनका का भी उदाहरण ऐसा ही है। सामवेद ज्ञानयोग, कर्मयोग और भक्तियोग का त्रिवेणी है। आधुनिक विद्वान भी इस तथ्य को स्वीकार करने लगे हैं कि समस्त स्वर, ताल, लय, छंद गति, मंत्र, स्वर-चिकित्सा, राग-नृत्य-मुद्रा, भाव आदि सामवेद से ही निकले हैं। भारतीय संस्कृति एवं धर्म के इतिहास में कई ऐसे प्रमाण मिलते हैं, जिससे सफल कलाओं में नृत्यकला की श्रेष्ठता सर्वमान्य होती है।

नृत्य का प्राचीनतम ग्रंथ 'भरतमुनि' का 'नाट्यशास्त्र' है। नृत्य के उल्लेख वेदों में भी मिलते हैं, जिससे पता चलता है कि प्रागैतिहासिक काल में नृत्य की खोज हो चुकी थी। इतिहास की दृष्टि में सबसे पहले उपलब्ध साक्ष्य गुफाओं में प्राप्त आदिमानव के उकेरे चित्रों तथा हडप्पा एवं मोहनजोदड़ो की खुदाइयों में प्राप्त मूर्तियाँ हैं, जिनके संबंध में पुरातत्ववेत्ता नर्तकी होने का दावा करते हैं। ऋग्वेद के अनेक श्लोकों में नृत्य शब्द का प्रयोग हुआ है। इससे स्पष्ट होता है कि नृत्यकला का प्रचार-प्रसार सर्वत्र था।

अपने वक्तव्य में अरस्तू ने कहा है कि नृत्य लयात्मक गति है। वैसे ही अंग्रेजी बैले के पंडित जॉन वीवर ने 1721 में लिखे एक लेख में तर्क दिया था कि 'नृत्य' एक परिष्कृत, नियमित गति है, जो सुंदर मुद्राओं से समन्वयात्मक ढंग से रचित है, जिसमें शरीर व अंगों की सौम्य मुद्राएँ एवं उनके अंश भी हैं। 19वीं शताब्दी के नृत्य इतिहासकार गस्तों वीली ने भी लालित्य, समन्वय और सौंदर्य जैसी विशेषताओं पर जोर दिया। उपर्युक्त इन कथनों से स्पष्ट होता है कि नृत्य प्राचीन समय से प्रचलित एक कला है।

भारतीय नृत्य में उतनी ही विविधता है, जितनी संस्कृति में, फिर भी इनके विशद अध्ययन के उद्देश्य से इन्हें तीन भागों में बाँटा जा सकता है-शास्त्रीय नृत्य, लोक नृत्य तथा आधुनिक या समसामयिक नृत्य। शास्त्रीय शैली सर्वाधिक संरक्षित है। मंदिरों, राज दरबारों व गुरु-शिष्य परंपराओं ने इस कला को जीवित व अपरिवर्तित रखा है। लोक नृत्य ग्रामीण क्षेत्रों में मौजूद है और ग्रामीण जनता के दैनिक कामकाज व रीति-रिवाजों की अभिव्यक्ति है। आधुनिक नृत्य 20वीं शताब्दी की देन है और नये विषय-वस्तुओं व आवेगों को व्यक्त करने का माध्यम है।

नाट्यशास्त्र के अनुसार, नर्तक चार प्रकार के अभिनयों के जरिए अपनी अभिव्यक्ति को प्रस्तुत करता है। कलाकार के पास शैलीकृत भंगिमाओं का जटिल भंडार होता है। शरीर के प्रत्येक अंग, जिनमें आँखें व हाथ सर्वाधिक महत्वपूर्ण हैं, इनके लिए पारंपरिक रूप से मुद्राएँ निर्धारित

हैं, यथा, सिर - 13, भौंह - 7, नाक - 6, गाल - 6, ठोड़ी - 7, गर्दन - 9, वक्ष - 5 व आँख - 36, पैरों व निम्न अंगों के लिए 32, जिनमें से 16 भूमि पर व 16 हवा के लिए निर्धारित हैं। पाँव की विविध गतियाँ (जैसे- इटलाना, टुमकना, तिरछे, चलना, ताल) सावधानी से की जाती हैं। एक हाथ की 24 मुद्राएँ (असंयुक्त हस्त) और दोनों हाथों की 13 मुद्राएँ (संयुक्त हस्त), एक हस्त मुद्रा के एक-दूसरे से विल्कुल भिन्न 30 अर्थ हो सकते हैं।

भारत की प्रमुख नृत्य शैलियाँ: भरतनाट्यम, कथकली, कथक, ओडिशी, मणिपुरी, मोहिनीअट्टम, कूचिपूड़ी आदि हैं। किसी एकल नृत्य नाटिका में अभिनय करते हुए एक पुरुष अथवा एक महिला चेहरे के भाव, मुद्राएँ व मिजाज बदलते हुए क्रमशः दो या तीन प्रमुख चरित्रों की अभिनय करता/करती है। उदाहरण के लिए, भगवान कृष्ण, उनकी ईर्ष्यालु पत्नी सत्यभामा व उनकी सौम्य पत्नी रुक्मिणी को एक ही व्यक्ति अभिनीत कर सकता है।

भारतीय नृत्य व रंगमंच का सौंदर्य इस बात पर निर्भर है कि कोई कलाकार किसी विशिष्ट भाव को व्यक्त करने व उसमें रस जगाने में कितना माहिर है। भारतीय नृत्य के दो भाव हैं। एक तांडव, जो शिव के रौद्र रूप में दीखता है, तो दूसरा लास्य, जो पार्वती के लयात्मक लावण्य का प्रतिनिधित्व करता है, भरतमुनि के नाट्यशास्त्र से जन्मे भरतनाट्यम में लास्य की प्रधानता है और इसकी उत्पत्ति तमिनाडु में हुई है। कथकली केरल में जन्मी तांडव भाव की मूकाभिनय नृत्य-नाटिका है, जिसमें उच्च शिरोवस्त्र व चेहरे का विस्तृत श्रृंगार किया जाता है। कथक लास्य व तांडव का मिश्रण है, क्लिष्ट पदताल व लयात्मक रचनाओं की गणितीय परिशुद्धता इसकी विशेषता है और यह नृत्यकला उत्तरी राज्यों में विकसित हुई है। मणिपुरी झूमती व विसर्पित मुद्राओं से युक्त लास्य नृत्य है। कुचिपुडि आंध्र प्रदेश राज्य का नृत्य है, इसके प्रकृति व स्वरूप कुछ-कुछ भरतनाट्यम से मिलते-जुलते हैं। ओडिशी अपने आप में एक अलग नृत्य शैली है। इसका नृत्य व्याकरण मूलतः त्रिभंग से विकसित है।

अन्य शास्त्रीय या अर्द्ध शास्त्रीय पारंपरिक नृत्य शैलियों में भागवत मेला, मोहिनीअट्टम व कुरुवंचि शामिल हैं। मोहिनीअट्टम हिंदू पौराणिक कथाओं में वर्णित शिवमाहनी की किंवदंती पर आधारित है। यह भरतनाट्यम व कथकली के तथ्यों पर आधारित है। कुरुवंचि तमिलनाडु में प्रचलित गीति सौंदर्य से युक्त नृत्य-नाटिका है। भारत में शास्त्रीय नृत्य की तरह ही लोकनृत्य भी लोकप्रिय है। लोकनृत्यों के अंतर्गत अनेक प्रकार के स्वरूप और ताल हैं। इनमें धर्म, व्यवसाय और जाति के आधार पर अंतर पाया जाता है। मध्य और पूर्वी भारत की जनजातियाँ सभी अवसरों पर नृत्य करती हैं। जीवन चक्र और ऋतुचक्र के लिए अलग-अलग नृत्य हैं। ये दैनिक जीवन और धार्मिक अनुष्ठानों के अभिन्न अंग हैं।

इतना व्यापक तथा प्रतिष्ठित भारतीय नृत्य परंपरा आधुनिक काल में अश्लीलता के कारण अपनी विशिष्टता खो रही है। लेकिन खुशी है कि ऐसी स्थिति में भी विरजू महाराज, यामिनी कृष्णमूर्ती, श्री व श्रीमती राजा व राधा रेड्डी जैसे महान नृत्यकार हमारी परंपरा को बनाए रखने तथा इसे अगली पीढ़ी तक सहेजकर ले जाने में प्रयासरत हैं। ऐसे महान नृत्यकार कोटिशः वंदनीय हैं।

-श्रीमती के एन एल वी कृष्णवेणी





1. Chatpati Kabab Chaat By Ms.Taranjeet Kaur

First Prize Winner

INGREDIENTS

Boiled potato, sprouted hari moong, soaked chana dal, sweet corn, boiled kabuli chana, chopped onion, garlic ginger paste, green & red chilli, salt, turmeric, garam masala, tomato, curd, pomegranate, sev, imli chutney, dhaniya chutney, lemon, oil for cooking



METHOD OF PREPARATION

1. Grind channa dal mildly and fry it lightly 2. Fry sprouted hari moong 3. Make a dough of boiled potato 4. Add salt and masalas as per requirement 5. Stuff fried chana, moong dal and sweet corn in potato dough 6. Make tikki kebab 7. Fry garlic ginger paste, tomato onion, garam masala & turmeric then boil it with kabuli chana 8. Serve tikki kabab with kabuli chana garnishes with sev, chopped onion mirch masala and different chutneys and curd. Also decorate with pomegranate, dhaniya leaves.

2. Panchratan Chaat By Ms.T. Suneeta

Second Prize Winner

INGREDIENTS

Soya beans-1/2 cup, sprouts-1/4 cup, corn-1/4 cup, soya granules-1/4 cup, peas-1/2 cup, boiled potatoes-4, tomato puree-2 cups, papdis crushed-1 cup, cornflakes-1/2 cup (for garnish), chaat masala 1 tsp, green chutney-2 tsp, sweet khajoor imli chutney-2 tsp, salt to taste, chilli powder



METHOD OF PREPARATION

Heat oil in pan, add mashed potatoes and cooked soya and other bean sprouts, corn, mix well adding tomato puree, chaat masala, red chilli powder, chutneys and mix well adding water, garnish with papdis, sev and cornflakes

3. Stuffed Potato Tikki By Ms. Jharna Das

Third Prize Winner

INGREDIENTS

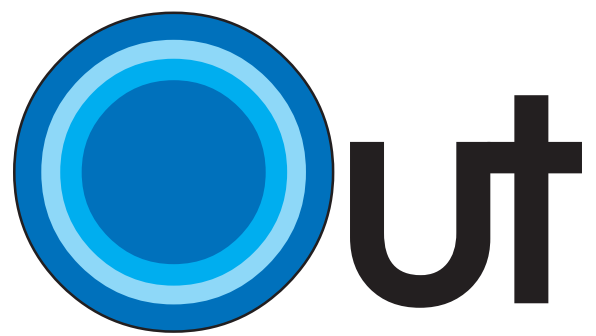
Boiled potato-1/2 cup, sweet corn-1/2 cup, cooked white peas-2 cups, paneer cubes-1/2 cup, green peas-1/2 cup, chopped tomato-1/2 cup, chopped onion-1/2 cup, chopped ginger-2 tsp, apple-1/2 cup, pomegranate-1 piece, yogurt-1/1 cup, fresh coriander-1/2 cup, chaat powder-2 tsp, lemon juice-2 tsp, green chillies-2 pcs, bread crumbs-3 pcs, red chilli powder-1 tsp, capsicum-2 tsp, sweet chutney-1/2 cup, mint chutney-1/2 cup, oil-as required, roasted jeera powder-2 tsp, black salt-1/2 tsp, plain salt to taste



METHOD OF PREPARATION

1. Potato tikki- boiled potato, bread crumbs, salt, lemon juice, green chilli, sweet corn, capsicum, ginger, chopped onion, coriander, red chilli, mix it all well n make a dough.
2. Stuffing- crushed green peas and apply on dough.
3. Frying- heat oil in a non stick tawa and fry the stuffed potato dough
4. Serving- arrange in a serving dish the cooked peas, tikki, apple, chopped onion, coriander, paneer cubes, chopped tomato, lemon juice, yoghurt, chaat powder, sweet chutney, mint chutney and serve.

Reaching



It has been our endeavour to reach out to people of all age groups of all sections of our society.

- The GBM conducted in July was organized to pay homage to the personnel who lost their lives in the June 13th mishap. Scripture reading, bhajans and tree-planting marked the solemn event.
- 15th of August was observed with children at the SoS childrens village, in Bheemli. VMS participated in the Independence Day celebrations with the under privileged children by distributing wholesome snacks to all children.
- In August, a Cookery competition was conducted with the theme-"chatpata chaat". Smt Taranjeet Kaur, Smt. Suneeta and Smt. Jharna Das.... were adjudged 1st,2nd and 3rd prize winners.





- Celebration of Teachers' Day- Teachers' Day was observed on two days. We consider and value our support staff as much as our teaching staff. On the 5th of Sept the VMS team visited all the 3 JBVs and Arunodaya Special School and presented gifts to all the support staff there. On the 8th of September, Teachers' Day was celebrated at the VMS GBM with focus on felicitating teachers in the VMS-fold. In an attempt to make it special for the teaching fraternity, teachers wore Teachers' Day badges and special games and lunch was organized for them.

- Medical camp was organized in Arakku, a tribal area with a focus on maternal and child health. Pre and post natal women were also screened by the Doctor. Multi-vitamins and other nutrition supplements were distributed. The team also visited a school for assessment to consider extending support.
- In Kothavalsa, as a part of support in the peripheral areas, artificial limbs and calipers were distributed. Financial aid was extended to the persons with visual impairment. Food was also distributed on behalf of CSR, VSP.
- In Gontivanipalem, VMS undertook a variety of activities ranging from distribution of education aids including teaching and learning material. VMS distributed tables and chairs for teachers and fans for class rooms and sports items. VMS also donated utensils - cooking vessels, steel drum, plates and glasses to support the mid-day meal programme of Government which the school is implementing.
- Healthy woman means healthy family. For facilitating better health and fitness for the women, the gym in the Ukku club was refurbished and inaugurated by the President of VMS.
- On 26th Sept. ZP school at Thotada VMS extended help by distributing steel drums, plates and glasses on request during previous visit.





HEALTH & WELLNESS

Woman at 35 ! Who do you want to be? A bundle of stress or a source of Energy?

It's very hard for many of the women to take care of themselves. They are busy and stressed out working ridiculously long hours. Women in midlife are often too busy taking care of their families, as well as advancing in their careers, and they often feel as though their bodies are changing overnight. They may lack stamina, have difficulty sleeping, find themselves gaining weight, suffer from backaches and headaches, or have other symptoms of stress.

There are many women who have gone from doctor to doctor with symptoms of exhaustion, sleeplessness, and low back pain. They have had enough blood tests and X-rays to last a lifetime, yet they have no diagnosis to explain their symptoms or any help in reducing the above. But these women were left high and dry, without help. They forget that Stress takes a physical as well as emotional toll, which is why it's extra important to stay fit and healthy. Women over thirty five need to focus on four primary areas of Health: Heart, Metabolism, Bone health and also Hormones.

Heart: Considered largely a man's disease, there was a time when doctors rarely looked for coronary heart disease (CHD) in women. The reality "CHD is the leading cause of death for both men and women around the world". Women should place the same importance on preventing and detecting CHD, as they do on their annual mammogram. Women make 70% of their family health care decisions and a role model for their children, and often their spouses. Choosing a healthier lifestyle - a heart healthy diet, increasing physical activity, maintaining a healthy weight will go a long way towards preventing Heart disease in women.

Metabolism: As you age, metabolism tends to decelerate by about 5% for every decade of life past age 40. And the lives become more complicated, whether it's with children, with work, with aging parents and so there is less time really to be more physically active. They tend to have more mindless eating. Metabolism is based upon three factors The first factor being Genetics, the other one is thyroid function. Women have much greater thyroid issues than man so women may find that they are losing some of that metabolic edge during their 40s because of thyroid issues. The third factor effecting metabolism is Muscle Mass. In order to maintain a better muscle mass you have to work out at the gym at least 3 times a week

Bone health: Women are more prone to bone loss and bone disease than men. What's more, healthy bones go hand in hand with strong muscles. The stages when significant bone loss usually takes place is one during pregnancy, the developing baby requires high amounts of calcium to form a healthy, strong skeleton, and if the baby doesn't receive enough calcium from the mother's diet, the next source is her bone stores. Pregnancy also improves calcium absorption, which is just one other way the

body protects women from excessive bone loss in the prenatal stages. And the other one is Menopause. Bone loss accelerates once women hit menopause, due to the significant drop in estrogen that occurs when menstrual cycles end. Bone loss can begin as little as two or as many as eight years before the end of menstrual cycles, estrogen levels start to decrease. Between the ages of 30 and 35, body will lose more bone mass than it can replace. A nutritious calcium and protein-rich diet, sufficient vitamin D and daily weight-bearing exercise are essential components of a bone healthy lifestyle. Get at least 20 minutes of weight-bearing activity every day. Get some Sun! Sunlight stimulates vitamin D production, which works with calcium to build strong bones. So be cool, make a "Get healthy" plan, a diet and exercise program that you can actually stick with, and one that will maximize your energy, minimize your stress and allow you to maintain a good health. And please remember one thing "if you are healthy the whole family is healthy".

Dr.P Abdul Aziz

SHOULD WE DISCUSS OUR HEALTH PROBLEMS IN PUBLIC?

Recently, I had put forward my hypotheses that the three issues which need to be avoided during discussions in public are :

- i) Matters pertaining to love and relationships.
- ii) Details of one's personal assets and financial status.
- iii) Health problems and medical treatments.

While most of my colleagues readily agreed that there is time tested wisdom in avoiding the first two issues, it is not advisable to keep matters related to health problems and possible medical treatments confidential and without sharing with others. Their arguments in favour of discussion of these issues in the open are :

- 1) First and foremost - the very experience of narrating the suffering gives relief.
- 2) Someone who would have suffered similarly might relate his saga and suggest the course of treatment that gave him relief.
- 3) You will come to know of alternative forms of treatment that might be best suited to your condition.
- 4) You are likely to get references of specialists who have cured cases far more hopeless than yours.

I had to glean from my memory several incidents to dispute the above claims and prove my point.

- 1) My friend living in USA lost his son in a freak heart failure and was inconsolable. There were no clues to the possible causes of his sudden demise. Some of the palliatives he received were :
 - A) Time only will heal the agony.
 - B) After all, the longevity of every individual is decided by the Almighty and do we have any control over His designs?
 - C) We have to bear what we cannot control.

D) Your suffering is as per "Karmic laws" and nothing happens without reasons.

My friend's family had the following to say against the above advice :

- i) Will we ever be able to forget the irreparable loss?
- ii) Why did He give life to our son, only to take him away for no reasons?
- iii) We have no strength to bear this irreconcilable loss.
- iv) Does any one mean that we committed a murder to suffer this punishment as per "Karma"?

2) My mother who was an Asthmatic was advised the following alternative treatments by her well wishers :

- a) Fish therapy : My mother who was a strict vegetarian could not even think of swallowing a fish!
- b) Miraculous cure with a simple white powder : The medicine was exposed to be nothing but finely ground steroid tablets.
- c) Pranayama : A Yoga therapist offered to help but alerted to the possibility of developing serious complications if Pranayams as taught by Ramdev Baba are practised.

My mother could not decide on anyone of these approaches.

3) My father who had been admitted to a hospital fell into bouts of hiccups. The alternative forms of treatment advised by close relatives were :

- Allopathic medicines - Established and proven cure.
- Homoeopathy - A particular Bio-chemic.
- Ayurvedic - Ash of Peacock feathers taken with cinnamon powder in a medium of honey.

My father, already in a confused state of mind was left perplexed, wondering what to follow!

4) A relative of mine became immobile and the initial diagnosis for her condition was Osteoporosis. The references she was advised were :

- Consulting a Neurophysician in Chennai who had cured my brother's similar ailment six years ago.
- Medicines prescribed by my brother's Canadian family doctor.
- To undergo MIGUN, a Korean therapy involving lying on a bed of jade stone and exposure to ultra-violet rays.
- Consult a famous neuro-surgeon in Bangalore.
- Herbal medicines administered by, "HALAKKI" tribe in Karnataka.

This left my relative in a state of confusion and the last that I heard of her case was that the treatment she started with is being continued.

The above incidents go to prove that discussing one's health problems in public will only leave us more confused.

After ruminating for a considerable time, I have come to conclude that it may be wise to discuss health problems in public, but one will be wiser to decide for oneself what course of action one has to take for finding a solution.

TK NAGABHUSHANA

దేశ భాషలందు తెలుగు లెస్స

పాలుకన్న, తేనెకన్న, జున్నుకన్న, పంచదార కన్న, పాలకోవా కన్న, తియ్యవైనది మన తెలుగు భాష అంటారు. అలాంటి భాష మన మాతృభాష అని గర్వంగా చెప్పుకోవచ్చును. మన దేశంలో హిందీ తరువాత అత్యధికులు మాట్లాడే భాష తెలుగే. తెలుగువారు దేశంలో అన్ని రాష్ట్రాల్లో ఉన్నారు, అలాగే ప్రపంచంలో అన్ని దేశాల్లోను ఉన్నారు. ఏ భాషలోని లేని ప్రత్యేకత మన తెలుగులోనే ఉంది. అదే అవధాన ప్రక్రియ. అష్టావధానం, శతావధానం, సహస్రవధానం చేసే మహానుభావులు మనలో ఉన్నారు.

అలానాడు కన్నడవాసి అయిన శ్రీ కృష్ణ దేవరాయలు "దేశభాషలందు తెలుగులెస్స" అని చెప్పేడు. స్వయంగా తెలుగులో ఆముక్తమాల్యద అనే గ్రంథం రాసి తెలుగు భాషాభిమానం చాటుకున్నాడు. అలాంటి తెలుగు భాషను నేడు మనం, మనతరం ఏమి చేస్తున్నాం. ఒక్కసారి ఆలోచించండి. పిల్లలకి తెలుగు నేర్పండి, మాట్లాడటమే కాదు, రాయడం, చదవడం రెండూ నేర్పించండి. తెలుగువారు మా పిల్లలకి తెలుగురాదు అని గొప్పగా చెప్పుకండి, సిగ్గతో తలవంచుకోకండి. చివరగా చెప్పేది ఏమిటంటే ఏ దేశంలో ఉన్నా ఏ పదవిలో ఉన్నా ఎంత సంపాదిస్తున్నా ఎలాంటి పరిస్థితిలో ఉన్నా తెలుగును మరచి పోకుండా తెలుగు వారినని సగర్వంగా చెప్పుకోండి. ఇదే నా మనవి.

ఆదిరాజు వెంకట రామలక్ష్మి



తమలపాకు

శాషధగుణాలు

1. రెండు మూడు చెంచాల తమలపాకుల ముద్దకు అరచెంచా పసుపు, రోజ్ వాటర్ కలిపి ముఖానికి రాసుకుని ఆరిన తరువాత కడిగేస్తే చర్మంపై నల్ల మచ్చలు పోయి ముఖం కాంతివంతంగా తయారవుతుంది.
2. తమలపాకుల ముద్దకు కొంచెం ఆలివ్ లేదా కొబ్బరి నూనె కలిపి ముఖానికి రాసుకుని ఆరిన తరువాత కడిగేస్తే ముఖానికి మాయిశ్శరైజర్లా పనిచేస్తుంది.
3. గ్లాసు నీటిలో ఆరు తమల పాకులు, గుప్పెడు పుదీనా ఆకులు వేసి బాగా మరిగించి వడకట్టిన నీటిలో కొద్దిగా షాంపు కలుపుకుని తల స్నానం చేస్తే జుట్టు నిగారింపు వస్తుంది.
4. తమలపాకుల ముద్దను తలకు పట్టించి మర్నాడు తలస్నానం చేయాలి. ఇలా తరుచు చేస్తే జుట్టు రాలే సమస్య తగ్గుతుంది.
5. తమలపాకులు, తులసి ఆకులు నీటిలో మరిగించగా వచ్చిన రసంతో తలస్నానం చేస్తే చుండ్రు, సోరియాసిస్ నివారణలో ఇది దివ్యోషధంలా పనిచేస్తుంది.
6. తమలపాకులు ఒకటి లేక రెండు రోజూ తింటే జీర్ణశక్తి మరియు ఐరన్ పెరుగుతుంది.
7. తమలపాకులు నలిపిన ముద్దను వాచిన చోట రాస్తే నొప్పి త్వరగా తగ్గుతుంది. కీళ్ళ నొప్పుల నివారణకు తమల పాకుల ముద్ద చాలా మేలు చేస్తుంది.
8. గొంతు సంబంధించిన సమస్యలకు నలిపిన తమల పాకులను తేనెతో కలిపి తీసుకుంటే నివారణకు పనిచేస్తుంది.
9. తమలపాకుల రసం నుదుటిపై రాస్తే అన్ని రకముల తలనొప్పుల నుండి ఉపశమనం కలుగుతుంది.
10. తమలపాకుల రసం దెబ్బలకు ఘాస్తే త్వరగా నయమౌతాయి. తమలపాకులతో పాటు పసుపును ర్తం కారుతున్న దెబ్బలకు కడితే రక్త స్రావం ఆగుతుంది.

డి. ఉమా కళ్యాణి



Aim high to reach the sky!
Atleast you will learn to fly!!

Aim to run tremendous fast!
You will be walking atleast!!

Keep on walking, though slowly!
You are sure standing firmly!

Always aim to stand upright!
Alert! you may move in the next moment!
Beware! you may crumble down at any moment!!

Aim not to sit idle at rest!
You will fall asleep day and night!!

Never aim for a late and long sleep!
You will be thrown away in a single sweep!!

- D.Bhanumati



స్వేహం

అందమైనవి అక్షణాలు - అందుకోని దూరాలుగా
మరిచి పోలేని జ్ఞాపకాలుగా,
మనమాడినఅటలు ముద్దుగా,
మనం చేసిన అల్లరి సద్దుగా,
నిజం చెబుతున్నా ఆదేవుడి సాక్షిగా
ఓ... నేస్తం తిరిగిరాదు ఈ సమస్తం
అందుకే అందుకో ఈ హస్తం
కడదాకా కాదు..... మరుజన్మదాకా కాదు.....
ఎప్పుడు మొదలైనా
ఎలా మొదలైనా
మొదలైన పరిచయం
మనసుని తాకితే
అదే స్వేహం.

జి. ఉమాకళ్యాణి

बड़ा महत्व है

कान में झुमके का, चाल में ठुमके का ।
वाल में गजरे का, हुस्न में नखरे का ।
बुढ़ापे में स्टीक का, जवानी में लिपस्टिक का ।
मनोरंजन में टी वी का, घर में वीवी का ।
बड़ा महत्व है...
स्कूल में टीचर का, इंसान में नेचर का ।
पढ़ने में तेज का, नौकरी में एज का ।
मार में छड़ी का, हाथ में घड़ी का ।
क्लास में मॉनीटर का, जाड़े में स्वेटर का ।
बड़ा महत्व है...
फिल्मों में हीरो का, गणित में जीरो का ।
सभा में नेता का, पैर में जूता का ।
भैरिज में डॉवरी का, मिस्टेक में सॉरी का ।
झगड़े में गाली का, रिश्ते में साली का ।
बड़ा महत्व है...
इलेक्शन में वोट का, गिरने में चोट का ।
आदमी में नउवा का, पंछी में कौआ का ।
पेन में इंक का, किचन में सिंक का ।
क्रिकेट में टॉस का, ऑफिस में वॉस का ।
बड़ा महत्व है...
समोसा में आलू का, जंगल में भालू का ।
सी-वीच में वालू का, विहार में लालू का ।
कलकत्ता में ट्राम का, दर्द में वॉम का ।
ग्रहों में शनि का, लाईफ में मनी का ।
बड़ा महत्व है...

- श्रीमती शीला रानी पाण्डेय

Road Safety – Take Care

Drive safely always with care,
Accident mercy none, even naive!
It takes no vacation in a year!
For you to ease and stare!!

Drive with speed bound your two-wheeler,
Else it will fit you into a chair wheeler.
Wear helmet as you drive with care,
Reach the place you need in cheer.

Respect traffic rules when you go,
Avoid zigzag crossing with a show.
Take your turn with indicator glow,
Allow the traffic to easily flow.

Drive in night with head light ON,
Else it will throw you to road side lawns.
Park your vehicle in parking place,
Else it will put you in needless case.

A talk in cell-phone on your drive way,
Ends in keeping you in casualty bay.
Get insured your motor cycle,
Learn to relish your life cycle.

M.R.S. Sudesh Kumar

WONDERFUL LIFE

Lifea journey !!
We are the travellers.
Life is a series of moments.....
Some are happy and sweet but some are sad and bitter!
Each and every moment ...let it be yours..... very momentous.
Make them very special.
Life is so short like the span of an air bubble
Enjoy the humour involved in every moment.
Never be a dull person!
Rewire, but don't just retire with your experiences.
Life is always not a bed of roses,
Sometimes it is like a platform of thorns.
Victory or failures never stay, they rather visit us.
Life is a sacrifice

You need to give up something at one or the other time.
To be happy, live for others,
And that is life.
Life is colourful

Cheer up and enjoy every colour in it.
Never worry for what you don't have

Be happy with what you have.
Life is a mystery.....
Try to understand it completely.
Enjoy the presence of your wonderful life on this Earth!

V.V.Suchitra,

गांधीवादी

एक नेता पर
जब विरोधियों ने
अपराधियों को संरक्षण देने का
आरोप लगाया।
तब उन्होंने
अखबारों में यह बयान
छपवाया, कि
हम गाँधीजी के बताए
सिद्धांत पर चलते हैं,
और अपराधियों से नहीं
अपराध से नफरत करते हैं।



-सीमा प्रदीप वर्मा-

परीक्षा



परीक्षा से डर लगता है,
कितना दूँ? दे दे कर थक गई
पर आगे फिर परीक्षा!
क्या होगा? कैसी होगी? यह परीक्षा
क्या होना है, क्या होगा? पता नहीं
जो होना है, वह होगा
पर फिर भी परीक्षा कितना दूँ यह परीक्षा
सांसे भारी हैं, आँखें शिथिल
सोचती हूँ जो बीत गई, सो बीत गई
आगे क्या पाना है? जिसके लिए परीक्षा
अब तो बस उस परीक्षा का इंतजार है
जिसमें पास हो, पा सकूँ मन की शांति
करार चैन और स्थिरता।

-श्रीमती वंदनी सहाय-

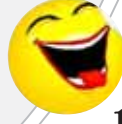
अनंदం



రాలే ఆకులని చూసి శిశిరాన్ని చిరాకుపడకు
వెనువెంటనే చిగుర్లు వేసే వసంతాన్ని ఆనందంగా ఆహ్వానించు
తాపం భరించలేక పోతున్నానని గీష్మాన్ని వద్దనకు
మల్లెలని, మామిడి పండ్లని మధురంగా ఆస్వాదించు
ఇబ్బందిగా ఉందని వర్షాన్ని వద్దనకు
మట్టివాసనను, మొలకెత్తేవిత్తులను చూసి ఆనందించు
చలిగాలులొస్తున్నాయని శరత్తుని చిరాకుపడకు
వెన్నెలని, విరివిగా వచ్చే పంటలను చూసి ఆనందించు
చీడ, పీడలొస్తున్నాయని హేమంతాన్ని వద్దనకు
చిరువేమంతుల అందాన్ని ఆస్వాదించు
తరచి చూడు ప్రతీ ఋతువులోనూ అందం, ఆనందం
కనిపిస్తుంది.

పార్వతీ దేవి

Laughter is the best medicine



1. Sardar jee lost his cheque book , went to Bank to lodge a complaint,
Bank Manager : Be careful , anybody can put your signature and draw money.
Sardar ji : I am not a fool , I have already signed all the Cheque leaves.
2. A Subordinate sent an SMS to his Boss
"ME SICK , NO WORK "
Boss Replied : When I am Sick , I kiss my wife , become ok , why don't you try this ?
Subordinate replied after two hours : Me ok , Your wife very sweet.
3. If You marry a woman , She will fight with you.
If you marry two , they will fight for you
Lesson : Add wife , Lead a happy life.
4. While addressing a group of married Professional on motivation, Professor wanted a good example for the old adage
" Sorrow is our constant companion , Happiness comes and goes." From the audience a gentleman immediately replied "My wife always stays with me, her sister comes and goes "

Lalan Prasad Rajak

NRI JOKE

SAY YOUR PRAYERS ONLY IN ENGLISH

In case of an emergency, speak only in English!
never say prayers in any other language!
you never know what kind of translation you can run into;

An Indian in the US suffered a heart attack on the road and was picked up by an ambulance Being religious, he kept repeating Hari om, Hari om ! When the ambulance pulled in to his home, his wife came out and screamed to the paramedics

Why didn't you take him straight to the hospital?
They replied, because he kept saying,

"Hurry home Hurry home Hurry home !!!"

- C. Anbu

दादी माँ के नुस्खे

1. जहाँ कहीं भी आपको, काँटा कोई चुभ जाय ।
दूधी पीस लगाइये, काँटा बाहर आय । ।
2. मिश्री कल्या तनिक सा, चूसें मुँह में डाल ।
मुँह में छाले हों अगर, दूर हों ...तत्काल । ।
3. पुदीना और इलायची, लीजै दो-दो ग्राम ।
खाएँ उसे उवाल, उल्टी से आराम । ।
4. छिलका लेय इलायची, दो या तीन गिराम ।
सिर दर्द, मुँह सूजना, लगे होय आराम । ।
5. अण्डी पत्ता वृत पर, चूना तनिक मिलाय ।
वार-वार तिल पर घिसे, तिल बाहर आ जाय । ।



श्री यू अप्पा राव

10 THINGS AN INDIAN DOES AFTER RETURNING TO INDIA FROM US

1. Tries to use credit card in road side hotel.
2. Drinks mineral water and always speaks of health consciousness.
3. Sprays deo so that he doesn't need to take bath.
4. Sneezes and says 'excuse me'.
5. Says cab instead of taxi.
6. Says candy instead of chocolate.
7. Avoids eating more chili (hot) stuff.
8. Makes fun of Indian standard time and Indian road conditions.
9. From the luggage bag, doesn't remove the stickers of Airways even after 4 months of arrival.
10. Tries to begin conversation with.. In US.....or when I was in US.

- C. Anbu

మృదు భాషణం - మంచి మాట

మనిషికి కీర్తిని, అపకీర్తిని, పాప పుణ్యాన్ని కలిగించేది ఆ మనిషి మాటే. అందు వల్ల ఆచి, తూచి మాట్లాడాలి. పరుషంగా మాట్లాడి ఇతరులను శత్రువులను చేసుకోవడం కన్నా, మృదువుగా మాట్లాడి మిత్రులుగా మార్చు కోవడం బుద్ధిమంతుల లక్షణం. నాలుక కత్తికన్నా పదునైనదని పెద్దల మాట. కత్తి కనిపించే శరీరాన్ని చేధించగలదుకాని, మాటలు కనిపించని మనస్సునే ఖండించ గలవు. కఠినమైన మాట పెట్టే బాధను మించిన హింస మరొకటి లేదు. మనం పలికే పలుకులు ఎదుటి వారికి మేలు కూర్చేవిగా ఉండాలి. మనసుకి ఇంపుగా ఉండాలి. హాయిగా ఉండాలి. వినేవారికి ఉద్వేగం కలిగించరాదు. కఠినమైన విషయాన్నయినా త్రియంగా చెప్పాలి. అలా మాట్లాడ లేకపోతే మౌనంగా ఉండటమే మేలు. నాలుకను అదుపులో పెట్టుకోవడమే నిజమైన యోగసాధన. ఎదుటి వాడు కఠినంగా మాట్లాడినా ఉద్వేగపడక తిరిగి పరుషంగా స్పందించక పోతే మనస్సు ప్రశాంతమవుతుంది. ఒకసారి బుద్ధుణ్ణి ఒక వ్యక్తి పరుష వ్యాఖ్యలతో నిందించాడు. బుద్ధుడు ఏమాత్రం చలించకుండా ప్రసన్నంగా నిల్చున్నాడు. మీరు ఎలా ఉండగలిగారని శిష్యుడు ప్రశ్నిస్తే గాలికి ఎగిరి పోయే మాటల్ని మన మనస్సు స్వీకరించకపోతే మన ప్రశాంతతకు ఎలాటి భంగం వాటిల్లదన్నాడు. స్నేహం, విరోధం, దుఃఖం, సంతోషం అన్నీ మాటల వల్లే కలుగుతాయి. భగవంతుడు వరంగా ఇచ్చిన వాక్కును ఒక 'నగ'లాగా ఉపయోగించ కోవాలే తప్ప ఎదుటి వారిలో 'సెగ' రేపే విధంగా ప్రయోగించ కూడదు. కనుక "మృదువుగా, మధురంగా" మాట్లాడటం అలవరచు కోవాలి.

కె. అనంతలక్ష్మి

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

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

Solution to Last Issue's Puzzle

JUMBLE WORDS

- EARSFUC - SURFACE
- IEELVBE - BELIEVE
- ESPET - STEEP
- VLEEA - LEAVE
- TRFLETA - FLATTER
- MISEOPR - PROMISE

Q: The motto that makes the people of Vizag Steel proud?

Ans: PRIDE OF STEEL



Letters to Editor

Respected Madam!

As you all know, UKKUNAGARAM IS BHOTALA SWARGAM Here every thing is there.

For HUMAN KIND all required amenities and services including TEMPLES, MASZID and many CHURCHES are available.

But there is nothing for ANIMALS, which are very very helpful and also useful for MANKIND. So I request you to kindly look into it and do the need ful at the earliest. For the time being please adopt the VETERNARY HOSPITAL in the surrounding village AGANAMPUDI and provide the minimum amenities like POWER, GOOD SHELTER and minimum medicines required for saving valuable lives of animals, which are very much needed at this juncture.

For the BIO DIVERSITY all living things in the earth has a role to play, so let us take care of the ANIMALS, AND PROVE THAT WE ARE HUMAN BEINGS.

K.KRISHNA VENI

महोदया,

मैं 'स्पार्क', की नियमित पाठिका हूँ। मैंने 'स्पार्क', के पिछले अंक में प्रकाशित सभी रचनाओं को बड़े ही ध्यान से पढ़ा है। आशा है यह पत्रिका ऐसी ही जानकारियाँ प्रदान करती रहेगी। बच्चों की शिक्षा के लिए कोई स्तंभ हो तो और बेहतर होगा।

धन्यवाद।

विद्या पांगल,

'स्पार्क' पत्रिका के अंक को देखने का सौभाग्य मिला। यह ठीक वैसी ही है जैसी हिंदी में इसका पर्याय 'चमक' होता है। इसके रूपसजा पर जो प्रयास किया गया है वह इसके बाहरी रूप को आकर्षित तो करता ही है, साथ ही इसके अंदर झांकने के लिए प्रेरित भी करता है। पाठक एक बार जब भीतर धुस जाता है तो फिर इसके आंतरिक मायाजाल में ऐसा फँसता है कि इसे पूरा पढ़े बिना बाहर नहीं निकल पाता। आशा है इसके प्रकाशन से उक्कनगरम की आधी आवादी को अपनी सृजनशक्ति में निखार लाने में मदद मिलेगी। संपादक मंडल को बधाई।

संध्या

महोदया,

मैंने स्पार्क के अंक को पढ़ा है। सौम्यकांति चक्रवर्ती द्वारा लिखा गया 'कार्बन क्रेडिट्स एण्ड कार्बन ट्रेडिंग' और तनूजा गुप्ता द्वारा लिखा गया 'जीवन दर्शन' लेख पठनीय व मननीय लगे। 'ए हंबुल ट्रिब्यूट टू डिपार्टेड सोल' ने तो मन को भीतर तक दहला दिया। प्रदीप्तो मंडल की याद में वी आदित्य के मनोभाव 'रेस्ट इन पराडाइज अनटिल वी मीट अगेन' में प्रगाढ़ मित्रता की झलक दिखती है। 13 जून 2012 की घटना पूरे देश के लिए एक बड़ी हानि है। इस दुर्घटना में मारे गये लोगों को श्रद्धांजलि देते हुए अंक का प्रकाशन वास्तव में एक सराहनीय कार्य है। संपादक मंडल को धन्यवाद।

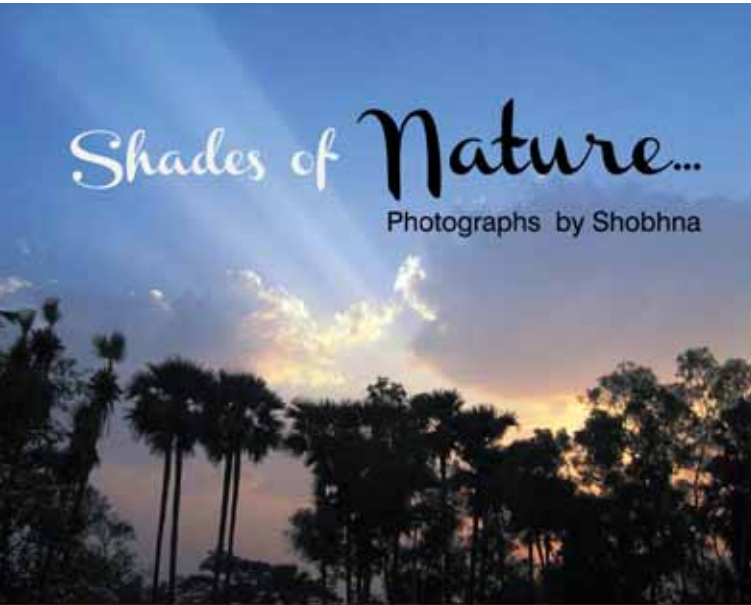
वी नंदिता

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.

Shades of Nature...

Photographs by Shobhna



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