



Visteel Mahila Samiti
Quarterly Magazine

Spark

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

Volume - 8 Issue - 1 January - February - March 2019



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2 NEW FEATURES



Introducing **द्विचिंति**
(SANSKRIT LANGUAGE)

E d i t o r i a l



Editor-in-Chief

Dear readers

Welcome to Calendar New Year 2019

Happy birth Anniversary SPARK!!!

With profound pleasure and humility we are going to celebrate the magical seventh birth anniversary of SPARK. On behalf of the editorial team I would like to extend a hearty welcome to the readers. This edition of SPARK marks our imaginations on why we are captivated by the spectacular number 7. It is the number of perfection (colours of a rainbow , notes of a diatonic scale) security,(Seven circles form the symbol called "The Seed of Life)". So team has decided to go for the theme SEVEN".

Kudos to VMS collective whose dedicated executive committee members along with CSR Dept at RINL blend harmoniously to work for the under privileged in and around ukkunagaram by extending medical help ,organizing skill development trainings, sensitizing people to create swachh bharaat and so on.

Members of VMS celebrated the Republic day to reaffirm the spirit of being Indian, RINL formation day to showcase their unity by attending RUN for solidarity organized by the Sports Dept RINL, Valentine's Day to express their unbound passion and love, International women's day with an aim to help nationwide discrimination against women with boundless energy. The enthusiasm of the executive committee members is really appreciable.

I am extremely proud to announce that we have embarked on a new area. Team spark has managed to start a **New feature, DIVYOKTI in Sanskrit**. Once again it is the time to acknowledge the tireless efforts of the team.

VMS believes in Unity is strength. Let us unite to brighten the sparkle of SPARK more and more.

As nature intended we never go about any journey alone. My journey as the head of the team will continue with the same executive members with a change of three members. And I look forward to get the same cooperation from them.

I hope that you will enjoy the contributions in this issue. My sincere thanks to all the contributors, editors and readers for their whole hearted cooperation in publishing this special issue of SPARK . The same kind of support is needed in future too.

"We must have perseverance and above all confidence in ourselves. We must believe that we are gifted for something and that this thing must be attained."

- Marie curie

With this belief my team and I wish you all the best.

Sarada Rath

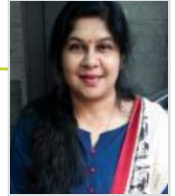
Sarada Rath

Editor in Chief & President, VMS



DIL SE DILON TAK

-TULIKA PRASAD



Children have a special way of adding joy to everyday.

Year- 2019, Feb-March, the exam months in India. My daughter appearing for class 12 boards, so the atmosphere at home is of focused routine, serious studies, effective time-management and complete concentration.

I am educationally a qualified teacher, but not professionally teaching in schools. I truly love children's company, get to learn so much from them... can say, in a way remain updated with the "**Millennial Generation**"

When my daughter came in class 10th, one of my close friends insisted that I start teaching her son and "**Luck by chance**", I did start. Teaching for me is not just sharing bookish knowledge; it's like an intellectual relationship through conversations and also building relationship emotionally, mentally and socially. Children do teach us what life is all about.

My class has 14 students from class 4 to 8, and the enthusiasm is always high or more relatable... the **JOSH is always High Sir!** My class consists of great dancers, bakers, artist,

computer enthusiast, singer, cricketer, gymnast, robotics designer.. so you all can well imagine my **millennial knowledge base**. Apart from studying, every quarter we celebrate birthdays, and festivals like Diwali, Christmas and have parties. This particular year, I strictly said NO to parties owing to my daughter's boards. I never did realize that I have a surprise in store for me. My children, whom I lovingly call "**My Tuition Buddies**" secretly planned a party for me with my daughter on my birthday that is 12th Feb. They secretly organized everything from party poppers to exotic Rasmalai cake(a student's mom is an amazing professional baker), handmade cards, gifts, flowers, a beautiful painting by a little one(5th grade), eatables, music, dance. It was one of my best birthday parties ever. I am deeply touched, never felt so rich with all the gifts the little ones made. Truly said, love is the best investment, the more you give, the more you get in return.

The magic, the wonder, the love and the innocence of a child's heart are the seeds of creativity.





THE SAPTASWARAS AND I

Deepa Vaishnavi



I cannot recollect the exact moment I was introduced to the saptaswaras. But I can say for sure that they have been an integral part of my life - in all probability even before I was born. Why, you ask? Well, amma (Smt. Usha Madhuranathan) loved singing.

From the time I can remember, there used to be some form of music in our home. Anna and I grew up listening to, who else but the great M S Subbalakshmi, rendering the Venkatesha Suprabhata and the Vishnu Sahasranama which would be invariably followed by Bhaja Govindam. This was one of the rituals of our house that was followed faithfully.

Amma used to love narrating how appa encouraged her love for music - even after anna was born and was yet a toddler, he arranged for a music teacher to come to our home in the evenings to teach amma varnas and kirthane. This was way back in the 1960s when Appa (Shri V V Madhuranathan) was working in Bhilai Steel Plant and had been there for only a few years. Apparently Shankaran master's training is what made her appreciate varnas and music more. But much before that, while still a teenager in Bangalore, amma had

learnt music from Shri Ambi Bhagavatar.

When it was not the soulful voice of MSS, it was the powerful rendition of Maharajapuram Santhanam, the devotion-laden voice of Dr. Rajkumar singing about Gururayaru, or the raw yet appealing tone of Vidyabhushan Tirtha Swamigalu's Dasara Padagalu. And there would be Chitti Babu's Veena, Kunukudi's Violin, and Kadri's Sax. When we moved to Ukkunagaram, we also got to hear a lot of Balamurlikrishna, and U Srinivas' Mandolin.

In addition to the above, I grew up on a literal daily dose of songs from the movie 'Shankarabharan' - I loved them so much! I used to listen to the songs in tapes till such time they got stuck in the player and had to be replaced! Songs of other movies like Sagarasangamam,





Shrutilayalu, etc. were also a part of my teenage years.

Amma initiated my childhood best friend (in Bhilai) Krithika and me into the world of Carnatic Music classes at the age of 7. Poor lady - she tried. How good (or not) I was, is another tale altogether. To this day, 'Vara Veena' comes to mind at unguarded moments and the conviction that it is in praise of goddess Lakshmi and not goddess Saraswati as I and many others believed for a long time. By the way, as a teenager in Ukkunagaram, I attended Veena classes too.

Anna introduced me to English movies, be it 'Sound of Music' or 'My Fair Lady', and to albums like ABBA. Thanks to my cousins, I started listening to Hindi movie songs - Rafi, Kishore, Asha and Lata. And others as time went by. To this day, I love the Rafi-Shammi combination. And it was with them that I discovered songs like 'Everything I do, I do it for you', 'Last Christmas', 'Papa don't preach' and so on. During the 1990s, I discovered Tamil and Malayalam movie songs.

Appa had a favourite song composed by KuVemPu that he would ask amma to sing - this would usually happen when we were winding down for the day. The song has always moved me to tears and I consider it our family song - to this day, tears well up when I think about it. In addition, Rajaji's 'Kurai Ondrum Illai' was, and remains a favourite.

Amma first started teaching Carnatic music to others in Vizag. Lakshmi Chari auntie was probably her first student, with many more learning from amma during the eight years we were there.

Amma continued teaching and learning music even after we came over to Bangalore, and

literally till her last day on this planet. She was very proud of her Jnanajyothi Senior citizens' Music Group and looked forward to singing with them and Vidushi Padma Narain. And, like a true student that she was, Amma was very happy to learn the Narayaneeyam from Smt. Annapoorna and would look forward to the weekly classes.

In Bengaluru, the annual Tyagaraja Aradhane at our house became a looked-forward-to event where many - young and old, men and women - would gather to render the Pancharatna Krithis, and some Purandara Dasa krithis too.

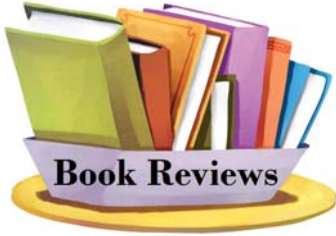
Somewhere along the years, amma and I had gotten into the practice of listening to the Navavarna Krithis during Navarathri and often singing the Navagraha Krithis during the respective days.

Amma was a Kannadati by heart - she would love listening to and singing folk songs. She would also like composing songs. While in Srikakulam (during 1993-4), she composed Aksharamala songs on the Devi under the ankita 'Madhuranayaki'. I so hope to get these songs printed one day soon.

Amma had stopped singing for a couple of years after appa passed on in 1997. She however brought music back into our lives on 25 Jan 1999, and it remained an integral part of our lives till the day she passed on 4 years ago. To this day, I have a recording of the song she sang on 15 Feb 2015, the evening prior to her passing on.

When it comes to the impact of music on my life, gratitude would be merely scratching the surface of what I feel.

I conclude with these words of Tyagabhrama: "Shobillu Saptaswara Sundarula Bhajimpave Manasa!"



"The Book Thief"

- Srabani Sahoo



This book came highly recommended to me and my girls by a dear college friend, who is a voracious reader. I was intrigued when she said that the narrator of the story is Death - a rare and an amazing idea indeed as who else can describe how beautiful and cruel humans can be to one another!

"The Book Thief" falls into the young adult genre as it follows the development of the main character who is a strong and an intelligent nine-year old girl Lieser Meminger. Like the famous Diary of Anne Frank, the story talks not just about the horrors of Holocaust but also of the perspectives of many kind and generous non-Jewish German families.

The author, Markus Zusak, shone light in the places where there was darkness during the World War. In choosing Death as the narrator, it made me see that there is a great connection between War and Death; that is to say that in a war, Death is the survivor. It is Death that evens out everything in life, good or bad.

The backdrop of the book is pre-World War II, year 1939. Though the book is a bit slow and a bit dense in the beginning, the author has given a three dimensional shape to all the characters. The characters are real, going through all kinds of emotions and above all dealing with their inner- conflicts; all throughout the novel. There is another interesting part of the book, i.e. the author uses certain surprise words like "bombs" which helps in picking up the speed of reading. This power of the narration can be given to one and one only, the powerful narrator-"Death".

There are four important aspects in the book. First, the Books, being the only form of

entertainment, education and hope, they gave solace in times of distraction, fear and grief. Second, the family unit as a team i.e. the foster parents gave protection and provided the basic needs of life to Lieser Meminger in every way they could afford to. They also inculcated in her important life lessons like kindness, sharing and caring. They also had a family secret. They hid a Jew in their basement and took great care of him as a family member. Third, the Humanity, which is very important to be humane. Her foster father could not stand any form of cruelty. He would go on to help in spite of himself. Last, Friendship; friends and family play an important role while growing up. Lieser Meminger had very close friends who she played football with and spent a lot of time with. She helped her foster mother in her work. Her father read out to her every single night.

Ten-year old Lieser Meminger was lost and was weak and terrified at the happenings in her little world. Her weak and tired mother handed over her daughter to her foster parents. With the love and protection by her foster parents she adjusted to her new life. Her life rotated around her protective parents and a few close friends. The books that she stole gave her a rush that is beautifully described by the author. She perceived the world from different angles through her books that she came across.

It is a great book I recommend for it's brilliantly crafted story, the narrative style (by the character Death) and ofcourse for it's wonderful writing. One must go through this and I am certain that it will keep one engrossed till the last page.



Tuesdays with Morrie

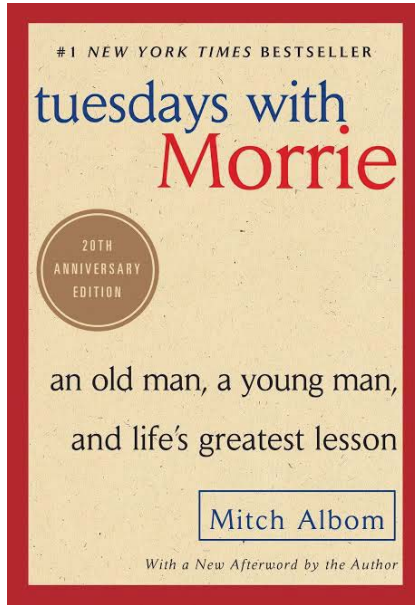
Prasenjit Sarkar



I got to know about this book on a 'secret santa' event that took place in a regular book club in Mumbai on Christmas. I thank my secret santa for giving me this precious gift.

Its not very surprising when this book became a phenomena rather than a hardcover. Since the first publication in 1997 by the american author Mitch Albom and sociologist Morrie Schwartz, later this got published in more than thirty languages in about thirty six countries. The book is narrative in nature of non fiction genre mostly based on true incidents inspired by the life of college professor. There you can find a picture of him at the very start of the narrative enjoying his time by his own.

Morrie, the central character, got diagnosed with a very rare nervous system disease called ALS which doctors believe can slowly deteriorate the muscles and thus make him a lifeless form surviving on the grace of others. The chances of survival being less. In those days, Mitch attended Morrie on every Tuesday thus visiting his life coach when in doubt. Every time Morrie was there smiling and giggling bright like a baby ready to embrace life as it is. Tuesday was fun with Morrie, for Mitch it opened an avenue to



'see' the reality that death is inevitable yet not frightening. Mitch found a mentor in his old and wise ailing professor. He saw Morrie struggling with each passing day as he never failed to pass on the life lessons to his student Mitch. Soon they both formed a strong bond and respected each others capability with humility.

Life should never be full of remorse, guilt or sadness. It should always be celebrated with totality. Life is short ,why not make the most out of it? Challenge yourself and find a better you each time and every

time. Morrie on his death left a large vacuum in his students' lives. As more than 20 years has passed, he is still remembered for his life lessons that as a reader i believe we all should learn. We should move forward learning everytime rather than cry at our own short comings. This book is for those who want to change. It will make you cry, it will make you smile. It will make you demand more of yourself and less from your life. Read it in one go. Then read some parts again. Let me know how you liked it. Hope the tuesdays will not be the same anymore after reading this magical rediscovery.



देश में महिलाओं के लिए कानून और अधिकार



- ज्योत्सना रानी नायक

हाल ही में हमने अंतर्राष्ट्रीय महिला दिवस मनाया है। परंतु आज भी हमारे समाज में ऐसी महिलाएँ हैं, जिन्हें अपने अधिकारों के बारे में कम पता है। यह सब अशिक्षा और जागरूकता का अभाव है। अभी भी महिलाओं को अक्सर अवला कहा जाता है और परिणामतः कुछ नापाक लोग उनसे नाजायज फायदा उठाने की कोशिश करते हैं तथा उनके ऊपर तरह-तरह के अत्याचार करते हैं।

ऐसी परिस्थितियों में महिला को जागरूक होना चाहिए और भारतीय संविधान की अवधारणाओं एवं नारी सुरक्षा के लिए बनाये गए कानूनों के बारे में देश की सभी महिलाओं को अवगत कराने की जरूरत है। जैसा कि देश के कानून ने महिलाओं को निम्नलिखित अधिकार दिया है, यथा:

- 1. समान वेतन का अधिकार:** समान पारिश्रमिक अधिनियम के अनुसार वेतन या मजदूरी में लिंग के आधार पर भेदभाव नहीं किया जा सकता।
- 2. काम पर हुए उत्पीड़न के खिलाफ अधिकार:** देश में कामकाजी महिलाओं की सुरक्षा के लिए काम (इयूटी) पर यौन उत्पीड़न अधिनियम के तहत बहुत सशक्त अधिकार दिए गए हैं। इस कानून का उपयोग यौन उत्पीड़न से परेशान सभी महिलाएँ आसानी से कर सकती हैं और पुलिस में अपनी शिकायत दर्ज करा सकती हैं।
- 3. नाम सार्वजनिक न करने का अधिकार:** यौन उत्पीड़न की शिकार महिलाओं को अपने नाम को गुप्त रखने अथवा सार्वजनिक न करने/न छापने देने का अधिकार है। अपनी गोपनीयता की रक्षा हेतु यौन उत्पीड़न की शिकार महिला अपना बयान किसी महिला पुलिस अधिकारी की मौजूदगी में अथवा फिर जिला अधिकारी के समक्ष दर्ज करा सकती है।
- 4. घरेलू हिंसा के खिलाफ अधिकार:** यह अधिनियम मुख्य रूप से पति, पुरुष, लिव इन पार्टनर अथवा किसी रिश्तेदार द्वारा पत्नी, किसी महिला, लिव इन पार्टनर या फिर घर में रह रही किसी अन्य महिला - जैसे माँ, बहन आदि पर की गई घरेलू हिंसा से सुरक्षा प्रदान करने के लिए बनाया गया है। घरेलू हिंसा की शिकार हर महिला इसका लाभ ले सकती है।
- 5. मातृत्व लाभ का अधिकार:** कामकाजी महिलाओं को प्रसव के पहले और प्रसव के बाद कुल मिलाकर 26 सप्ताह का सवैतनिक अवकाश मिलता है। यह कोई सुविधा नहीं, बल्कि उनका अधिकार है।
- 6. कन्या भ्रूण हत्या के खिलाफ अधिकार:** भारत का संविधान सभी को जीने का अधिकार प्रदान करता है। इसीक्रम में एक गर्भस्थ शिशु (बालिका) को भी जीने का अधिकार स्वतः ही प्राप्त हो जाता है। किंतु कुछेक लोग अवैध रूप से गर्भस्थ शिशु का लिंग परीक्षण करते हैं और यदि वह शिशु बालिका हो तो उसे गर्भ में ही मार देते हैं। इस जघन्य अपराध के खिलाफ कानून बनाया गया है, जिसके तहत किसी भी गर्भस्थ शिशु का लिंग परीक्षण करना, 'पूर्व गर्भाधान और प्रसव पूर्व निदान तकनीक अधिनियम' कानून (Pre-Conception & Pre-Natal Diagnostic Techniques Act {PCPNDT}) के अनुसार अपराध है। जिसका विरोध कोई भी महिला या पुरुष कर सकता है।
- 7. मुफ्त कानूनी सहायता का अधिकार:** बलात्कार की शिकार किसी भी महिला को मुफ्त कानूनी सहायता पाने का अधिकार है। यह संबद्ध थाने के थानेदार (SHO) की जिम्मेदारी है कि वह विधिक सेवा प्राधिकरण (legal service Authority) से पीड़ित महिला को मुफ्त में वकील उपलब्ध कराए।
- 8. रात में गिरफ्तार न होने का अधिकार:** किसी महिला को सूरज डूबने के बाद और सूरज उगने से पहले गिरफ्तार

नहीं किया जा सकता। केवल विशेष मामलों में प्रथम श्रेणी मजिस्ट्रेट के आदेश पर ही किसी महिला को सूर्यास्त के बाद और सूर्योदय से पहले गिरफ्तार किया जा सकता है।

9. **गरिमा व शालीनता का अधिकार:** यदि कोई महिला किसी मामले में आरोपी हो तो उस पर की जाने वाली कोई भी चिकित्सीय जांच किसी महिला द्वारा या किसी अन्य महिला की उपस्थिति में ही की जानी चाहिए।
10. **संपत्ति पर अधिकार:** हिंदू उत्तराधिकार अधिनियम के नए नियमों के अनुसार पुश्तैनी संपत्ति पर महिला और पुरुष दोनों का हक बराबर है।
11. **पति की संपत्ति से जुड़े अधिकार:** शादी के बाद पति की संपत्ति में महिला का मालिकाना हक नहीं होता। लेकिन वैवाहिक विवादों की स्थिति में पति की हैसियत के हिसाब से महिला को गुजारा भत्ता मिलना चाहिए। पति की मौत के बाद या तो उसकी वसीयत के मुताबिक या फिर वसीयत नहीं होने की स्थिति में भी पत्नी को संपत्ति में हिस्सा मिलता है। शर्त यह है कि पति केवल अपनी खुद की अर्जित की हुई संपत्ति की ही वसीयत कर सकता है, पुश्तैनी जायदाद की नहीं। ऐसे में अंतर्राष्ट्रीय महिला दिवस के अवसर पर हमें सभी महिलाओं को इन कानूनों के बारे में जागरूक करना चाहिए।

सात की सुंदरता

अनिल कुमार प्रसाद

शाखा कार्यालय/कोलकाता



गणित में सात एक संख्या है, परंतु भारतीय जीवन पद्धति को सूक्ष्मता से देखा जाए, तो सात का परिणाम बहुत सकारात्मकतापूर्वक दिखता है। सांख्यिकी अध्ययन के अनुसार सात एक अध्यात्मिक संख्या है और स्थिर सत्य को खोजने में सहायक। धार्मिक मान्यताओं में भी सात का महत्व उल्लेखनीय है, जैसे:

- ◆ ईसाई धर्म के अनुसार वर्जिन मैरी के लिए सात सुख, सात दुख की मान्यता है।
- ◆ इस्लामिक मान्यता के अनुसार सात स्वर्ग, सात नर्क, सात पृथ्वी, स्वर्ग और नर्क में सात अग्नि एवं सात दरवाजों की अभिकल्पना की गई है।
- ◆ सनातनी व्यवस्था में सात से संबंधित कई उदाहरण हैं, जो जीवन को सहज, सरल, अचेपी बनाते हैं।
- ◆ विष्णु पुराण के अनुसार पृथ्वी सात सागर अर्थात् लवण, ईक्षरस, सुरा, घृत, दधि, क्षीर, मृदु अर्थात् मीठे जल के सागर तथा सात द्वीप अर्थात् जंबू, प्लक्ष, शालमल, कुश, क्रोच, शाक एवं पुष्कर द्वीप की बंटी हुई है।
- ◆ भारतीय दर्शन में सात सूर्य की बात भी कही गई है।
- ◆ भारतीय विवाह परंपरा में अग्नि के समक्ष सात फेरे

लेने, सात जन्मों तक साथ निभाने, सात वचनों के साथ वर-वधू के भावी जीवन को चलाने आदि जैसी परंपराएँ आज भी प्रचलन में हैं।

- ◆ संगीत के सप्त स्वर: स, रे, ग, म, प, ध, नि, श्रोता के कानों में गूँजते ही उसकी सारी इंद्रियों को झंकृत व जागृत कर देते हैं।
- ◆ भारतीय ज्योतिष शास्त्र में सप्त ऋषि की व्याख्या मिलती है। भारत में सात नदियों - गंगा, यमुना, सरस्वती, नर्मदा, गोदावरी, कावेरी एवं सिंधु को पवित्र एवं जीवनदायिनी, मोक्षदायिनी माना गया है।
- ◆ भोजन में सात प्रकार के अन्न के मिश्रण जिसे सतअनजा भी कहा जाता है, उसे स्वास्थ्य एवं पौष्टिकता के दृष्टिकोण से संपूर्ण आहार माना गया है।

इस प्रकार हम देख रहे हैं कि सात की सुंदरता के प्रति दार्शनिक तर्क एवं प्रमाण स्वयं सिद्ध हैं।

स्पार्क के सातवीं वर्षगांठ पर मैं उसके उज्ज्वल भविष्य की कामना करता हूँ और आशा करता हूँ कि आगे भी स्पार्क निरंतर सप्तरंग व सप्त-सुधा बरसाती रहेगी।



SEVEN



Prashant Kumar

Pick a number, any number. Chances are it will be Seven. Whatever your creed or culture, the number seven is special.

"Of the first 10 numbers, seven is the most prime. You cannot multiply or divide it within the group. It feels unique."

Many civilizations over thousands of years have thought so using the number to impart its perceived magic into their lives and surroundings.

There's a reason why Yul Brynner, Charles Bronson and the other gunfighters in the 1960 film were magnificent and that's because there were seven of them.

Promoted Stories

When it making to grand statement, feeling lucky or seeking the divine, nothing beats the power of 7

- ◆ The optimum number of hours of sleep for humans is seven. A study by the West Virginia Medical School in the US of more than 30,000 adults found that the risk of developing heart disease increased in those who sleep one hour more or less than seven. Those who sleep for fewer than five hours a day are twice as likely to have heart attacks, strokes or angina attacks and the risk also increased markedly in those who clock up nine hours or more.
- ◆ There are seven colours of the rainbow. Isaac Newton originally divided the spectrum into five main colours - red, yellow, green, blue and violet - in 1672 but later added orange and indigo to make seven. In common with the Ancient Greeks he believed there was a connection between the number of colours

in the spectrum and the number of days in the week, the number of notes in a musical scale and the number of objects then known in the solar system.

- ◆ The number seven is one of the most significant in the Bible. Scholars say it denotes completeness or perfection. After creating the world God rested on the seventh day and the seven-day week has been adopted by all human civilizations. The word "created" is used seven times in the Book Of Genesis in reference to the making of the world. Seven also symbolizes the unity of the four corners of Earth with the Holy Trinity. The number seven occurs more than 700 times throughout the Bible and 54 time in the Book Of Revelation, which refers to seven churches, seven angels, seven seals, seven trumpets and seven stars. Israel captured the city of Jericho after marching around it seven times, Solomon took seven years to build his temple, Job had seven sons and the great flood came seven days after Noah went into his ark. In the story of Joseph in Egypt there were seven years of plenty followed by seven years of famine and Christ spoke seven words from the cross.
- ◆ In other religions, according to the Talmud in Judaism, the universe is made of seven heavens. The Koran often speaks of seven heavens and Muslims on a pilgrimage to Mecca walk seven times around the Kaaba, the cuboid building at the centre of Islam's most sacred mosque. In Christianity, Judaism and Islam, God resides above the seventh heaven and one of the most important elements in Jewish weddings is the conferring



- of the seven blessings. And in modern Jewish wedding ceremonies the bride often circles the groom seven times. In Hinduism there are seven higher worlds and seven underworlds. In the ancient Vedic form of the religion the sun god's chariot is pulled by seven horses and the human body has seven basic chakras or "wheels of energy". Japanese mythology has seven gods of fortune responsible for good health, long life, happiness, knowledge, wealth, warriors and fishermen. In Buddhism the newborn Buddha rose to his feet and took seven steps.
- ◆ Along with seven deadly sins there are seven virtues: humility, chastity, kindness, patience, abstinence, diligence and liberality.
 - ◆ David and Victoria Beckham named their daughter Harper Seven after Harper Lee, author of Victoria's favourite book *To Kill A Mockingbird* and the number shirt David wore in his footballing heyday playing for Manchester United and England. He also says that they chose seven as Harper's middle name "because it symbolises spiritual perfection and is regarded as a lucky number in many cultures around the world".
 - ◆ The ancient world had seven wonders: the Great Pyramid of Giza, the Hanging Gardens of Babylon, the Temple of Artemis at Ephesus (now in Turkey) the Statue of Zeus at Olympia, the Mausoleum at Halicarnassus, the Colossus of Rhodes and finally the Lighthouse of Alexandria. The Seven Wonders of the Modern World are: the Great Wall of China, the Taj Mahal in India, the rock city of Petra in Jordan, the statue of Christ the Redeemer in Rio de Janeiro, Machu Picchu in Peru, the Chichen Itza pyramid in Mexico and the Colosseum in Rome. The list was chosen by global ballot and the results were announced on the seventh day of the seventh month (July 7) in 2007.
 - ◆ In Tarot cards the seven of clubs represents initiative, drive, ambition and desire.
 - ◆ The number seven has been very lucky for JK Rowling. Her sixth Harry Potter book, *Harry Potter And The Half-Blood Prince*, sold seven million copies the day it was published in America. The seventh and final book in the series *Harry Potter And The Deathly Hallows* was published in July (the seventh month) 2007.
 - ◆ One species of ladybird has a total of seven spots.
 - ◆ In numerous parts of the world the seventh son of a seventh son is believed to be endowed with supernatural powers, both good and bad. According to Irish folklore the seventh son of a seventh son has magical healing powers but in English and Latin American folklore it is believed that he is born a werewolf while in Romanian legend he is a vampire. Crooner Perry Como, a real-life seventh son of a seventh son, was as far as we know none of the above.
 - ◆ When Ian Fleming created his superspy he did not give him the code number double-oh-four, or double-oh-11. James Bond was 007. The current Bond, Daniel Craig, is the seventh actor to play the character. Diplomatic car number plates in the former Soviet Union reflected the order in which the countries of the world had officially recognized the new USSR after the Russian Revolution in 1917. Britain was the first and therefore received the 001 plate. Unfortunately France received 007.
 - ◆ The seven-year itch is a phrase denoting the point at which marriages begin to feel stale - and with Marilyn Monroe as an enticing neighbour who would blame any man for seeking a bit of extracurricular excitement? But the term originally referred to long-lasting skin irritations, including scabies and herpes.



SEAMLESS SEVEN

Sr. Bindu Abraham



As Spark turns seven years I feel elated to be part of its journey from the beginning of its arrival into the realm of the society. I would say everyone who associated with this lovely magazine feels the same.

Seven is an impeccable number in Bible. According to Bible God created the world in six days and the seventh day he took rest admiring all that he created is pleasing to the sight. Therefore, the Jews and Christians consider seventh day as the day of sabbath, a day dedicated to the God who created the world and keep it Holy and consider with reverence and respect. According to Christianity we have seven sacraments and also seven deadly sins. We do have seven works of Charity and seven deeds of Mercy. There are seven gifts and seven fruits of the Holy Spirit according to Bible. There are also seven spiritual gifts according to Bible. After the crucifixion of Christ he spoke seven important words from the Cross-before he gave away his life.

Seven is a charming number. There are seven miracles in our human mechanism. We have the sense of touch, the art of seeing, the wonder of hearing, the marvel of speaking, the enchantment of feeling, the sense of smell, the magic of taste, without these seven miracles no human is complete. We do have seven days in a

week to experience these seven miracles within us.

In the Northeastern part of our country we have seven states known as Seven Sisters, who entertain the tourists almost all through the year. These seven sisters are a perfect blend of gorgeousness and elegance in exhibiting their natural scenic beauty to the rest of India. Our mother India is blessed with many things geographically, which are seven in number. We have seven Union Territories; we do have seven wonders in India and seven holy rivers, which make our country more sacred.

If we look at the world outside, we have seven Continents, seven Seas and Seven Wonders of the World all these make the world a perfect and unique place to live in. We do have seven colours in the rainbow that make our lives more colourful and add feast to the eyes.

Seven is a wonderful number to begin with. It's amazing to muse about the beauty of the number seven. It will be endless if I count the events and that are accurately seven in number. Before I conclude this write up I would like to honour that great woman who gave birth to seven children in one delivery. Out of them four boys and three girls. The children have grown up and exhilarate themselves as perfect children ever I have seen.



The BEAUTY OF SEVEN

T.K.Nagabhushana



It is intriguing to note how some numbers like 3,5 or 13 have psychological and visceral appeal.

Even people who are not "numbers people" may have a soft spot for one number in particular: 7. For various reasons, many of us are captivated, find it fascinating and even magical about this number.

Consider: Bestselling books feature it in their titles, (e.g., The Seven Habits of Highly Effective People) and articles use it to intrigue readers (e.g., Seven Characteristics of Emotionally Strong People). What is it about the number that causes such a visceral response? After all, one and five are perfectly good numbers. The fact is that, historically, the number 7 has played a significant role in society, culture, religion, and even psychology.

Here are 7 reasons we are so drawn to the number:

1. 7 has been significant since ancient times.

It was prominent in many ancient cultures. Most famous of all were the seven 'wonders of the world' which comprised the entire bucket list of every world traveler (the Great Pyramid of Giza, the Hanging Gardens of Babylon, the Temple of Artemis at Ephesus, the Statue of Zeus at Olympia, the Mausoleum at Halicarnassus, the Colossus of Rhodes, and the Lighthouse of Alexandria).

2. 7 has had significance in almost every major religion.

In the Old Testament the world was created in six days and God rested on the seventh, creating the basis of the seven-day-week we use to this day. In the New Testament the number seven symbolizes the unity of the four corners of the Earth with the Holy Trinity. The number seven is also featured in the Book of Revelation (seven churches, seven angels, seven seals, seven trumpets, and seven stars). The Koran speaks of seven heavens and Muslim pilgrims walk around the Kaaba in Mecca (Islam's most sacred site) seven times. In Hinduism there are seven higher worlds and seven underworlds, and in Buddhism the newborn Buddha rises and takes seven steps.

3. 7 is associated with luck and magical properties.

Seven not only represents the jackpot on slot-machines, but also is the basis for many myths and folklore. For example, various parts of the world had beliefs about the seventh son of a seventh son, legends that endowed him with magical powers of both the good and evil variety (e.g., the child was believed to have healing powers according to Irish folklore while Romanian folklore foresaw him becoming a vampire).



4. 7 matches our memory capacity.

In 1956, George Miller of Harvard University wrote what is today considered one of the classic papers in psychology in which he demonstrated that most people can retain roughly seven items of information in their short term memory. That is why phone numbers in the U.S. and many other countries tend to have seven digits (area code notwithstanding) — as it is the most digits most people are likely to recall (although cell phones did away with the need to recall anyone's phone number, even our own).

5. 7 fits our attention spans.

Because of our mental capacity favouring seven items, seven is also a good fit for our attentions spans, as long as the information is presented in seven groups. While bloggers and authors tend to take advantage of this fact, some seem to take more advantage the others. For example, the book: 7 Pages to Success: The Ultimate Short-Attention-Span Guide to Unlock Your Full Potential! is only 7 pages long!.

6. 7 is a prime number.

Prime numbers are those that can only be divided by themselves and by the number 1 and have long been considered special to mathematicians and non-mathematicians alike. Seven is considered by some to be the most 'prime' number within the first 10 numbers as you cannot multiply it within the group, making it a kind of optimal-prime (not to be confused with Optimus prime which is a Transformer, not a number).

7. 7 is the most popular number.

The mathematician Alex Bellos asked 44,000 people to name their favorite number and over 4,000 of them named the number 7, far more than any other number. Indeed, ask people to name

a number from one to ten and many will name the number seven - as many magicians know.

It is this combination of cultural, historical, religious, numerical, and psychological factors that contribute to the allure of the number 7 and the sway it has over our decisions.

Seven is the number of completeness and perfection (both physical and spiritual). It derives much of its meaning from being tied directly to God's creation and is the symbolic representation of world. Hindu scriptures declare that our earth is but one in a series of several planets. In all there are said to be 14 planet or worlds out of which six are above earth and seven are below the earth. According to Hindu scriptures there are 15 planets in all. Earth is considered to be in the middle. Considering seven above(including Zero) and seven below.

Also in the well-known Gyatri mantra seven worlds are mentioned. The Mundaka Upanishad refers to seven tongues and seven form of Agni. It is also believed that during our spiritual practice seven energies awake. The Mother Goddess, Durga manifested herself into seven forms during a fight with one of the demons called RAKTABIJA. They are Brahmani, Maheswari or Shivani, Kaumari, Vaishnavi, Varahi, Chamundi or Narasimhi and Aindri.

In Tantra there are seven Shakti's in our subtle energies. In Hindu marriage, newly married couple walks seven steps together around the sacred fire. It is believed that 7 is for people who have father's luck following throughout life. Patriarch society makes people with number 7 lucky no matter what. Number 7 people can get away easily even in a criminal act. Also number 7 people keep watch on others like 007 James Bond.



NEIGHBORHOOD STORIES

HOLI



-Archana Divecha

Holi means festival of colours. Whenever I see kids playing Holi) with colours in my neighbourhood, it reminds me of my childhood memories. It's around 80s when we moved to steel plant, sector-1. The life in vizag started taking beautiful shape as the cosmopolitan culture started here in steel plant.

People from various parts of India started anchoring themselves in steel plant. For example people from Bengal, Orissa, MP, UP etc.. had a huge impact on the people already residing here. They brought different festivals along with them which we haven't witnessed here. During that period Holi was known as only applying colours to one another. But holika dahan, rain water dancing and drinking thandai, were added to this Holi later on. We as children used to go around in groups carrying handful of colours available in and around the plant. For me as a child buying a good pichkari and a bottle filled with mixed water colours was

like a luxury thing. Myself along with my siblings and friends used to envy other kids who used these things which they happen to get from their hometowns. Do my dad used to take the used Pepsi , thumbs up or some plastic bottles and made holes to the caps and used to mix haldi to the water and filled the bottles and asked us to go out and play. We happily used to take those bottles filled with haldi water and go out and join the group where one of my friend's father used to take all the kids and go to each and every quarter possible and asked us to shout "Holi hai sab baahar aao" as many people used to hide inside their houses and never wanted to play the festival of colours. But my friend's father was also quite stubborn , he by hook or crook made them come out and play with us. The best part was we kids used to get many varieties of sweets to eat. Happily we used to play with colours, water, eat sweets, sing and dance on the streets and returned home late in the afternoon .

ఏడు సంఖ్య యొక్క విశిష్టత

1. గాయత్రి మంత్రంలో ఏడు లోకాలు చెప్పబడ్డాయి.
2. నక్షత్ర మండలం లో ఏడు గురు ఋషులున్నారు.
3. హరివిల్లు లో ఏడు రంగులుంటాయి.
4. భారతీయ సంగీతం లో ఏడు స్వరాలు ఉన్నాయి.
5. వేదాలలో చెప్పబడ్డవి ఏడు సముద్రాలు.
6. జేమ్స్ బాండ్ చిత్రానికి సీక్వెల్ 007.
7. కొత్త పెళ్లికూతురు వేసేది సప్తపది అంటే 7 అడుగులు.

అలాగే మన స్పార్క్, త్రైమాసిక పత్రిక 7 సంవత్సరాలుగా నడుస్తున్నను ఎప్పటికప్పుడే కొత్త పెళ్లికూతురిగా ముస్తాబవుతోంది. వడి వడిగా 7 అడుగులు నడిచి వచ్చిన శుభవేళ ఈ కొత్త పెళ్లికూతురిని మనమంతా కొత్త అలంకరణతో, కొత్త విషయాలతో, కొత్త రుచులతో ఆహ్వానిద్దాం, అనుబంధాన్ని పెంచుకుందాం స్వాగతం, సుస్వాగతం స్పార్క్.

కె.వి.యస్. పల్లి



Spark

7th Anniversary

हमारे अपने

विशाखपट्टणम इस्पात संयंत्र के क्वालिटी एश्योरेंस एण्ड टेक्नालॉजी डेवलपमेंट विभाग में उप प्रबंधक के पद पर कार्यरत श्री सार्थक मजूमदार एवं नेशनल इंस्टिट्यूट ऑफ ओशनलॉजी, कार्यालय विशाखपट्टणम में नेशनल पोस्ट डॉक्टरल फेलो के रूप में कार्यरत डॉ शाश्वती मजूमदार ने अपने सफल दांपत्य जीवन के सातवें वर्ष में प्रवेश कर लिया है। सार्थक और शाश्वती ने प्रेम विवाह किया है और सुयोग से यह आजाद ख्याल प्रेमी-जोड़ा अब 'वाइजाग स्टील - प्राइड ऑफ स्टील' का हिस्सा हैं। 'स्पार्क' के सातवीं वर्षगांठ के समय अपने दांपत्य जीवन की सातवीं वर्षगांठ मनाने वाले मजूमदार दंपति से 'स्पार्क टीम' ने बात की। प्रस्तुत है बात-चीत के कुछ प्रमुख अंश:

स्पार्क: आप कब और कहाँ एक दूसरे से मिले?

शाश्वती व सार्थक : दरअसल हम पहली बार कभी मिले ही नहीं थे। हमारी मुलाकात इंस्टाग्राम पर हुई। मित्रों की चैटिंग में हम संयोग से जुड़ गए और पोस्ट किए गए विचारों के माध्यम से एक दूसरे को जानने व समझने लगे। विचारों की समानता ही हमें दोस्ती करने के लिए प्रेरित कर रही थी, पर हमें कुछ पता नहीं था। धीरे-धीरे हममें प्यार पनपता गया और हम एक किताब देने व लेने के बहाने मिले। मुलाकात और बात बहुत ही सीमित रही, पर मन में एक दूसरे के प्रति आकर्षण जरूर था। अनजाने में ही सही धीरे-धीरे एक-दूसरे की स्मृतियों में हम सदा के लिए बस गए।

स्पार्क: अपनी मुहब्बत को अगली मुकाम तक पहुँचाने के लिए आपने कब फैसला लिया और आपने कैसे इसे संभव बनाया?

शाश्वती व सार्थक : इसके लिए निश्चित रूप से कोई तारीख बताना बहुत मुश्किल है। फिर भी हम जल्दी ही अपने-अपने घर वालों को अपने प्यार व शादी के संबंध में बता दिया था। वैसे तो पश्चिम बंगाल राज्य का सामाजिक माहौल बहुत ही उदारवादी है। इसीलिए हल्के-फुल्के झिझक के साथ हमारे घर वालों ने भी हमारे इस रिश्ते को अंजाम तक पहुँचाने की अनुमति दे दी। सबसे बड़ी भूमिका हमारी माताओं की रही।



स्पार्क: क्या किसी के विरोध का सामना करना पड़ा?

शाश्वती व सार्थक : सच कहा जाए तो इसका जवाब 'न' है। हाँ! एक-दो सवाल जैसे सांस्कृतिक अंतरों के कारण हमारे सामने आए थे, लेकिन मुहब्बत के प्रति हमारी प्रतिबद्धता के कारण वे टिक नहीं पाए। जैसाकि हम दोनों अलग-अलग जिलों तथा अलग-अलग समुदायों से संबंध रखते हैं, फिर भी हमने ठान लिया था कि हम दोनों एक सूत्र में बंधेंगे, तो हमारे घरवालों ने भी हमारा सहयोग कर दिया। मैंने (शाश्वती) तो सोच रखी था कि जिससे मेरी प्रवृत्ति मेल खाएगी, उसी के साथ मैं शादी करूँगी, अन्यथा शादी ही नहीं करूँगी। लेकिन सार्थक के साथ मेरा वेव लेंथ ठीक से मेल खा रहा था और मैं पूरी तरह से तैयार थी। इस बीच इसे (सार्थक की ओर इशारा करते हुए) स्टील प्लांट में नौकरी भी मिल गई थी, (हँसते हुए) ऐसे में इसे कैसे छोड़ सकती थी।

स्पार्क: सबसे अधिक चुनौतीपूर्ण और सबसे अधिक संतोषजनक बात क्या थी?

शाश्वती व सार्थक : वैसे तो चुनौती नाम की कोई चीज नहीं थी और यदि कोई चुनौती मान भी लें तो अपने प्यार का इजहार करना ही हमारी सबसे बड़ी चुनौती थी। संतोषजनक बात के सवाल पर हम एक अच्छे मित्र के रूप में कुछ दिन एक-दूसरे को जानने-समझने के साथ-साथ अब पति-पत्नी हैं।

स्पार्क: आपकी शादी का यह सातवाँ साल है, क्या इस दौरान आपके परस्पर संबंध, समझ अथवा आपकी भावनाओं में कोई अंतर आया है?

शाश्वती व सार्थक : हाँ, हाँ मतभेद तो होता ही है। कई मुद्दों पर हममें मतभेद भी होता है। हम खूब बहस भी करते हैं। लेकिन प्यार उन सभी मतभेदों को भुलाकर हमें फिर से एक कर देता है। इन सात सालों में हमारी समझ और सशक्त हुई है और प्यार का बंधन मजबूत हुआ है। हम सामाजिक, राजनीतिक मुद्दों पर खुलकर अपने विचारों को रखते हैं और एक-दूसरे के तर्कों को काटते हुए परस्पर एक-दूसरे की भावनाओं का ख्याल भी रखते हैं।

स्पार्क: आपके अनुसार शादी के मामले में आज की पीढ़ी किस तरह की चुनौतियों का सामना कर रही है?

शाश्वती व सार्थक : यह लोगों की सोच पर निर्भर है। इसे जितना आसान बनाया जाए उतना ही अच्छा है। शादी तो दो दिलों का मेल है।

स्पार्क: शादी के मामले में अपनी पीढ़ी को क्या कहना चाहेंगे?

शाश्वती व सार्थक : अपनी वेव लेंथ के मुताबिक जीवनसाथी चुनें और रूढ़ियों से दूर रहें। प्रसन्न रहना और प्रसन्न रखना ही जीवन का मुख्य उद्देश्य होना चाहिए।

विस्टील महिला समिति व स्पार्क टीम सार्थक एवं डॉ शाश्वती के सर्व सुख संपन्न जीवन की कामना करते हैं।

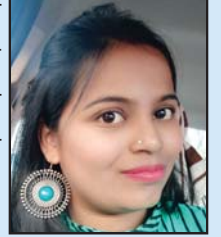
- गोपाल, वी सुगुणा

श्रीमती अयंतिया रॉय वाइजाग स्टील की एक युवा इंजीनियर होने के साथ-साथ बेहतर व्यक्तित्व धनी महिला हैं। अपने रोजमर्रा के कामकाज के साथ-साथ वे कई प्रकार की सांस्कृतिक गतिविधियों से भी जुड़ी रहती हैं। हाल ही में उन्होंने राष्ट्रीय इस्पात निगम लिमिटेड-विशाखपट्टणम इस्पात संयंत्र में अपनी सेवा के सात साल पूरा किये हैं। अयंतिया रॉय से स्पार्क टीम ने उनके अनुभवों और उनकी भावनाओं के बारे में बात की। प्रस्तुत है उनसे बात-चीत के अंश:

स्पार्क: 7 साल पहले जब अपने घर से इतनी दूर विशाखपट्टणम आ रही थीं, तब यहाँ के बारे में आपके मन में क्या विचार थे?

श्रीमती रॉय: दरअसल मेरे पिता जी दुर्गापुर इस्पात संयंत्र में काम करते थे और मैं बोकारो और दुर्गापुर इस्पात संयंत्र के टाउनशिप में ही पली-बढ़ी हूँ। इसलिए मैं टाउनशिप की संस्कृति से बखूबी परिचित थी। जब मुझे

यहाँ नौकरी मिली तो बहुत खुशी हुई। यहाँ आने के बाद मैं अपने आप को बहुत सुरक्षित पायी, अब लगता है कि मुझे कहीं और स्विच ओवर करने की जरूरत नहीं है।



स्पार्क: बोकारो व दुर्गापुर इस्पात संयंत्र की तुलना में यहाँ का वातावरण कैसा लगा?

श्रीमती रॉय: यहाँ का वातावरण बेहतर है। क्योंकि बाकी इस्पात संयंत्रों के टाउनशिप सिर्फ इस्पात संयंत्र के लोगों के लिए बने होते हैं, लेकिन विशाखपट्टणम इस्पात संयंत्र का टाउनशिप उनसे एकदम अलग है। यह अपने आप में एक शहर है। यहाँ सभी सुविधाएँ, चाहे मनोरंजन की हों अथवा लंबे ड्राइव पर जाने की, शौक पूरा करने का भरपूर मौका मिलता है। बाकी टाउनशिप में ऐसा नहीं है। वहाँ पर इंफ्रास्ट्रक्चर का इतना स्कोप नहीं। लेकिन यहाँ इंफ्रास्ट्रक्चर की कोई कमी नहीं है, जिससे आप चाहें



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तो अपने वैयक्तिक जीवन को बेहतर बना सकते हैं। मुझे यहाँ बहुत एक्सपोजर मिला है।

स्पार्क: सात साल के सेवाकाल में आपने अपने ग्राफ को कितना ऊपर जाते हुए देखा है?

श्रीमती रॉय: कर्म क्षेत्र के मामले में तो मैं विल्कुल संतुष्ट हूँ। शुरुआत में जब मुझे कंस्ट्रक्शन में काम करने का मौका मिला तो मैं बहुत दुविधा में थी। पॉवर प्लांट-2 का मृदा परीक्षण काम चल रहा था। उस समय मैं ट्रेनिंग में थी। मेरे ऊपर कोई सिविल इंजीनियर नहीं था। इलेक्ट्रिकल इंजीनियर थे। उनके ऊपर महा प्रबंधक थे। मेरे लिए काम का पूरा भार लेना मुश्किल था। मैं कोई नियम नहीं जानती थी और वहाँ काम किस तरह का होता है, यह बतानेवाला भी कोई नहीं था। ऐसे में मैंने कुछ दिक्कतें महसूस कीं, लेकिन उस काम ने मुझमें बहुत आत्मवल भर दिया और मैं अब गौरव का अनुभव करती हूँ।

स्पार्क: वहाँ साइट में जाना पड़ता था और कभी-कभी देरी भी हो जाती होगी। ऐसे में आप कैसे मैनेज करती थी?

श्रीमती रॉय: वहाँ बहुत लोग काम करते थे। सभी पुरुष ही होते थे। मेरे साइट ऑफिस में पूरा सन्नाटा रहता था। अक्सर वहाँ लोग बैठे ही रहते थे। खाना खाने और गप्पे मारने भी आते रहते थे। मैं अकेली महिला थी। मुझे हमेशा एक डर सा लगा रहता था। अब तो वहाँ पॉवर प्लांट-2 बन गया है। लेकिन पहले ऐसा माहौल नहीं था। बाद में डी व ई विभाग में मेरा स्थानांतरण भी हो गया। यहाँ मुझे अपनी पढ़ाई के हिसाब से काम करने का पूरा मौका मिला है।

स्पार्क: आप डी व ई में कब से काम कर रही हैं और यहाँ काम का माहौल कैसा है?

श्रीमती रॉय: यहाँ मेरे सीनियर्स को जोन्स के हिसाब से काम देखना पड़ता है। मेरे सीनियर्स मुझे पूरी तरह गाइड करते हैं और यहाँ का पूरा काम सिखाते हैं। इससे मुझे यहाँ का काम समझने और अपने ज्ञान का उपयोग करते हुए काम करने में सुविधा हुई।

स्पार्क: डी व ई में अभी आप कौन सा जोन देख रही हैं?

श्रीमती रॉय: मैं वी एस जी एच के साथ-साथ वी एस पी टाउनशिप क्षेत्र का काम देख रही हूँ। संयंत्र में वाउंडरी वॉल, स्टोर्स, एयर सेपरेशन प्लांट, मेन प्रोडक्शन विभागों को छोड़कर सभी सर्विसिस जोन, बाहर के विपणन कार्यालय देख रही हूँ। जैसे वी एस जी एच में अभी मरीजों की संख्या बढ़ गई है। मरीजों की बढ़ती संख्या के हिसाब से सभी को चिकित्सा की सुविधा दिलाने हेतु पर्याप्त जगह की आवश्यकता है। इसलिए हमने पार्टिशन बनाया, डॉक्टरों के लिए केबिन बनाया। इससे डॉक्टरों को अधिक संख्या में मरीजों को देखने में सुविधा हुई। हमने ऊपर ब्लड बैंक का एक्स्टेंशन भी किया। हमें डिजाइन में परिवर्तन करने से संबंधित जो अनुरोध मिलते रहते हैं, उन्हीं के हिसाब से हम परिवर्तन करते रहते हैं।

स्पार्क: आपकी अपनी हॉबी के बारे में बताइए और युवा पीढ़ी के लिए अपना संदेश सुनाइए।

श्रीमती रॉय: मैं नौकरी के साथ एक खुशनुमा जिंदगी जी रही हूँ। मैंने जब भी मौका मिला है, सांस्कृतिक कार्यक्रम, माइम शो आदि के माध्यम से समाज में संदेश भेजने का प्रयास किया है। युवा पीढ़ी के संदर्भ में मेरा यह कहना है कि वे एक लक्ष्य के साथ आगे बढ़ें। अपने आप पर विश्वास रखें और अपने परिश्रम में कोई कसर न छोड़ें।

विस्टील महिला समिति और टीम स्पार्क श्रीमती अयंतिया रॉय के उज्ज्वल भविष्य की कामना करती हैं।

- गोपाल, वी सुगुणा



पठामि संस्कृतं
नित्यं वदामि
संस्कृतं सदा।
ध्यायामि संस्कृतं
सम्यक् वन्दे
संस्कृत मातरं॥

This is a humble & simple prayer to our original mother tongue of ancient times - Samskritam, venerated as a mother in conformity with our tradition.

Sanskrit language is very beautiful, systematic and scientific in its approach to communication and also life in general, as it contains all sciences like physics, geography, chemistry, mathematics, history, astronomy, astrology, physiology, medicine, architecture, economics, etc., apart from various disciplines of engineering like, mechanical, civil, metallurgical, chemical, etc. All this is in addition to the monumental collection of literature in poetry, dance, drama and music.

It is very well known the world over now, that Sanskrit is the most scientifically suitable language for computer programming as deduced by scientists from NASA. This is because of its design of words and their evolution systematized by Panini. Sanskrit continues its presence in all of society having withstood the onslaught of so many centuries of invasions and cultural disturbances and in spite of conspiracies to kill it.

Sanskrit was spoken throughout the ancient India, by all castes. Even now, about ten villages in India speak Sanskrit, right from the beggar, cobbler up to the agricultural landlord. Learning Sanskrit certainly contributes to the all-round personality development of a person and disciplines him/her to exhibit exemplary behaviour in the society.

Let us popularize Sanskrit and make it immortal.

धर्म एव हतो हन्ति धर्मो रक्षति रक्षितः।

तस्माद्धर्मो न हन्तव्यो मा नो धर्मो हतोऽवधीत्॥

Dharma is the principle of righteousness. It is the principle of holiness. It is also the principle of Unity. If you protect it, it will protect you.

Dharma is the Indian conception in which rights and duties lose the artificial antagonism created by a view of the world which makes selfishness the root of action, and regain their deep and eternal unity.

Where dharma prevails, there will be the rule of law and justice, and the king who follows the path of dharma is known as 'dharma raja'. Even the Machiavellian Arthashastra teaches the ideal king to "establish the rule of Dharma by commands and directives, and discipline among the people by the extension of education." The most powerful ruler or his minister could not place himself above Dharma-his subjects would immediately know his violations and chastise him.

Dharma is very wide concept. It is concerned with all aspects of life. It sustains the society. Even further, it sustains the whole world. That which sustains is Dharma.

The most nearest meaning of 'dharma' in English is 'justice'.

. 'Justice, being violated, destroys; justice, being preserved, preserves: therefore, justice must not be violated, lest violated justice destroy us.

Judgment should not be perverted, through fear; because justice, when violated, 'blights'-our prosperity, as also the prosperity of the sinful party and his helpers.

Similarly, when 'preserved,' justice removes dangers from all sources; so that even though angered, the party (defeated) cannot do any harm.

'Knowing this, that happiness and unhappiness are based upon morality, one should not violate morality (or justice). If we violate justice, justice shall, like an enraged serpent, strike back at us; so lest justice blight us, i.e., with a view to saving ourselves, we should preserve justice.

-Savitry Srinivas



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reaching out



At VisakhaVimalaVidyalayam donating Sanitary pads vending machine



Graduation ceremony at Visakha Vimala Vidyalayam



Plantation with our brand ambassador Ms. PV Sindhu



Certificates presentation to the women who had completed the tailoring course.





Inauguration of tailoring classes for the new batch at Desapatrunipalem.



Artificial limbs donation at Ability Rehabilitation Centre, Visakhapatnam



Spark Release





"SEVEN" TO ME IS...

360° completes a circle. 7 is the only number in single digits that cannot be divided by 360. So wife and husband makes 7 rounds around the fire to build a bond that cannot be divided.

-Kavyasree

7 chakra meditation VIBGYOR made me feel confident and enthusiastic in my life

- JayaLakshmi

I consider 7 as my lucky number because single digit total of my date of birth comes to 7.

- Subrata Deb

" Work six day and rest the seventh, to keep yourself mentally and physically fit".

-Sonu Kumar

The beautiful husband and wife bonding starts with the 7 sacred steps and the 7 sacred promises

- Divya

The beauty of rainbow is due to combination of 7 colours.

- Abhishek Gupta

The Seven sisters of North-East are the site of untouched and unparalleled beauty.

- Aman Varma

All ragas in music are different combinations of saptawswaras(7 notes)

- Divya

Seven marks my arrival ! My date and month of birth..

Rosini Nayak

Significance of 7 in Indian cricket is MSD

- Fahad RAHMAN

I wonder why there are always 7 official wonders of the world?

Savitry

7 is a special number for football players in all the clubs

Praneel

JK Rowling gave us 7 parts of such a big world to treasure - which makes me the happiest.

Sahiti

Myself and my husband put Sapthapadi on 7th day of the week, i.e, on Saturday.

KVS Valli

సువ్యు పైకి ఎదగడానికి ఏడు ముఖ్య విషయాలు -

1. నీకున్నదాంట్లోనే ఇతరులకు చిరు సహాయం.
2. ఓటమిలో కృంగిపోకుండా ప్రయత్నం.
3. పేదరికంలోనూ నిజాయితీ.
4. మాటతీరులో సరళత్వం.
5. కోపంలో కూడా సహనం.
6. కష్టాలను తట్టుకునే శక్తి.
7. ప్రతి మనిషినీ గౌరవించడం.

ఎ.మాధవి

मानव व्यक्तित्व के सात रंग

आपने इंद्रधनुष तो देखा ही होगा। इंद्रधनुष के सात रंग अपनी खूबसूरत छटा के कारण बहुत ही मनमोहक दिखते हैं। अब प्रश्न उठता है कि क्या इंद्रधनुष के सातों रंग समान रूप से आकर्षक व मनमोहक हैं? हालाँकि हमारे जीवन में सभी रंगों का एक महत्व तो होता ही है, हर रंग की विशेषता भी होती

है। इसप्रकार इंद्रधनुष के हर रंग की भी अपनी एक विशेषता व गुण होता है। फिर भी सबके पसंद का रंग अलग-अलग होता है। किसी को लाल तो किसी को नारंगी पसंद है, किसी को बैंगनी तो किसी को नीला या फिर कोई और रंग पसंद होता है। इंद्रधनुषी रंगों में भी मानव हेतु संदेश होते हैं, यथा:



सोनू कुमार

क्षेत्रीय कार्यालय/कोलकाता

- ◆ लाल रंग मनुष्य में साहस, कर्तव्य तथा निष्ठा के भाव का संचार करता है।
- ◆ नारंगी हमारे व्यक्तित्व में रचनात्मकता, व्यावहारिकता व चंचलता सहित संतुलन या नियंत्रण का प्रतीक है।
- ◆ पीला रंग ऊर्जा का प्रतीक है। यह रंग मानव के विचारों की स्पष्टता, ज्ञान, समय, निष्ठा और ऊर्जा का प्रतिनिधित्व करता है।
- ◆ हरा रंग मनुष्य के व्यक्तित्व में प्रजनन शक्ति, प्रौढ़ता या परिपक्वता स्वास्थ्य एवं धन का प्रतीक है।
- ◆ आसमान और समुद्र नीले रंग के होते हैं, अतः यह रंग हममें अध्यात्मिकता और दिव्यता का भाव भरता है।
- ◆ इंद्रधनुष का नीला रंग मनुष्य के व्यक्तित्व में आत्म-

- जागरूकता और अंतर्ज्ञान के वृद्धि का द्योतक है।
- ◆ वैंगनी अध्यात्मिकता के उच्चतम तत्व को प्रदर्शित करता है।

इंद्रधनुष के ये सातों रंग मिलकर सफेद प्रकाश की सृष्टि करते हैं, जो इन सबसे अधिक प्रभावशाली होता है और सात रंगों के प्रभाव से मानव-जीवन सतरंगी, सम्यक, सुरम्य, मनमोहक, मनभावन लगता है, यथा:

सादे में है सादगी, लाल कर्म सिखलाए,

नारंगी व्यवहारिकता, उर्जित हमें कराए,

पीला है समनिष्ठा, धन-स्वास्थ्य दे जाए।

हरा है समृद्धि, धन-स्वास्थ्य दे जाए।

नीला है अध्यात्मिकता, दिव्य-दर्शन हमें कराए।

नील जगाए नींद से, आत्मज्ञान बढ़ जाए।

वैंगनी है प्रेरक शक्ति, शिखर मनुज चढ़ जाए।

SAPTAMATRIKA

V.Raja Rajeswari, Principal, Arunodaya Special School



“Number 7 is called SAPTA in Sanskrit. The sapta has its own significance in many religious and divine concepts of Hindu Dharma.. In the Old Testament the world was created in six days and God rested on the seventh, creating the basis of the seven-day-week we use to this day. It has its importance since ancient period. I would like to share the power of 7 with reference to A group of 7 mother Goddesses who were always depicted together in Hinduism called Sapta Matrikas. The Rigveda (IX 102.4) speaks of a group of seven Mothers who control the preparation of Soma.

“The sapta Matrikas are Brahmani is the Shakti of the creator god Brahma. She is seated upon a lotus, has Hamsa (swan) as her vahana. She wears a yellow garment (pitambara). She wears a basket-shaped crown called karaamukua.

2. Vaishnavi is the power of the preserver-god Vishnu, Her vahana is Garuda. Her place is under a Raja Vriksha. She wears a cylindrical crown called kiriamukua.

3. Maheshvari is the power of god Shiva. Her vahana is Nandi. She wears a Jata Makuta.

4.Indrani is the power of the Indra. Her vahana is an elephant. She wears the kiriamukua.

5. Kaumari also known as Kumari, Karttikeyani and Ambika. She is the power of Kumara. Her vahana is the Peacock. She wears the cylindrical crown.

6. Varahi or Vairali is described as the power of Varaha. She rides a buffalo. She wears a crown called karaamukua with other ornaments.

7. Chamundi is the power of Devi (Chandi). Devi destroyed the two demons, Chanda and Munda. She has a very heavy Jata Makuta. Her vahana is an owl. The sculpturing of the Sapta Matrika group of goddesses found in the cave temple of Ellora At present the Saptamatrika temple is located on the south bank of Baitarani river in Jajpur, Orissa.The above evidence Shows that Number 7 was popular in our ancient culture. All the best for Spark's seventh birthday.



Spark

7th Anniversary



Shobhana

Mankind's fascination with recorded voices dates back to a long history, a fascination which saw further acceleration with the advent of Radio, Gramophone, Tape Recorder, CD Player to the latest forms of digital sound recording. Few people can boast about their ability to take the audience for a ride on the waves of their voice. History has conferred a rich appreciation and recognition to such mellifluous and inspiring voices in the society every time they came out onto the mass media platform.

When technological advancements began finding applications in the News and Entertainment industry, a new bevy of career options came to the forefront, "Voice-over artistes" being one of them. Initially Voice-over artistes were a set of professionals with their scope of work restricted only to the Radio communications or News and Documentary presentations. When movies and theatre went mainstream and transcended the language barriers, new doors were thrown open. Playback singing and dubbing as a career offered livelihood to quite a few people around the world. Also, the unprecedented growth of the Services industry lent great promise to careers associated with customer engagement and interaction, because of which, Voice-over artistes were one of the largest beneficiaries of the ensuing phenomenon.

Technology, mass media penetration and the pressing demand for vernacular content and presentation, has opened newer vistas of employments for people blessed with a pleasing vocal cord. As the entertainment industry is growing faster and stronger than ever and reaching markets linked with new technologies, voice-over and dubbing are still enduring as promising careers in their own right. The demand for dubbing/ voice over artists are mounting day by day and they are required in most sectors of media, be it television, films, or even radio. These industries are on a hunt for people with confident and rich voices. Videogames, Cartoons, Radio, News & Broadcasting Companies, Apps, IVRS, GPS, Text to Speech, Internet Publishing, E-books and Audio books would give talents in this field the opportunity to stretch their vocal cords more often and see more opportunities to work on different projects.

In this edition of Spark, let's all listen to Mrs. Shobhana, a Voice over artiste residing in our very own Ukkunagaram, as she narrates her journey of dabbling with various roles as a housewife, a passionate traveller, a music teacher, an artist and most importantly as a Voice-over artiste (Alas, you all will have to meet her in person to truly experience the magic of her voice, as a written word can seldom carry the lilting melody of a vocal cord)



So, what's your prelude to the Voice-over career that can so easily manage to elude our attention?

I wouldn't venture to call it a career yet, for I pursue it out of passion and only when I have the leisure and a project that excites me. But, prior to that, I had varying levels of proficiency in a multitude of things, all of which could have turned out to be a promising career if I pursued them a little more earnestly, but life had other ideas. I was brought up in a conservative family in Mumbai, my father was a lawyer and although I wasn't particularly bad at studies and my grades were good, yet, my interests were inclined more towards arts subjects. I was good at lot of sports and music was one of my many thriving hobbies. I also had good grades in state level art examinations as well. So, amongst all these, I wished to pursue Archaeology, but at that time alternate sense prevailed and with the passing away of my father, I realised the need to earn, so I enrolled into B.com after my +2 and took up ICWA simultaneously. I did moderately well, joined a firm, started earning and few years down the line, forgot all about arts and missed out on clearing the ICWA finals by a faint margin.

When and how did your Hatke journey begin?

During my childhood days at Bombay, one of our neighbours was a news reader in Doordarshan and she pointed it out to me at such a young age that I had immense potential to be a good News Reader and that was how the worm got initiated into my mind, but it stayed dormant for a long time. Marriage and its responsibilities kept me occupied for quite some time and in the meanwhile I was fortunate to join the Chinmaya Mission, with Swamiji's blessings, I used to do photoshop and help in preparing the posters and banners. I also started teaching Music in the township and in the due course, joined Arunodaya Special School to teach music. During this time, we presented a ballet on Dashavatharam in front of Prime Minister's Trophy Panel and I flexed my vocal cords to narrate the entire presentation, which aroused the dormant desire to pursue Voice-over course and my search for a proper professional training in the field began.

So, what was the training all about?

In 2016, I enrolled myself at Indian Voice-Overs institute at Mumbai and pursued my training under the tutelage of Mr. Sasha Masand, a renowned name in the Voice-Over industry. The course ensued for a period of one and a half month, where I was trained at modulating my voice, correcting my diction, breath control, adjusting the pace of my speech, improving the clarity in communication. A voice-over artist needs to exhibit excellent skill in conveying the content's mood only through one's speech. Clarity in speech and uniformity in voice's pitch are also quite essential. Command over the spoken language is an added advantage. Having a good voice is the easiest part, polishing and refining it is what requires skill and we were trained precisely in that. The classes involved a lot of homework prior to attending a session, where I was asked by my trainer to record numerous audio samples of various contents ranging from fiction, ad jingles to newspapers excerpts and he never used to mince his words in providing a genuine feedback. But, ultimately the rigorous training paid off, and in the end, he was very happy with my progress and felt I held a lot of potential to make it big, provided I market myself well.



Sounds like a lot of effort! But, what's this part about marketing yourself?

Well, you see, Voice-overs is a niche industry, which runs on the brand value and no matter how skilful you are, you also need to be equally good at marketing yourself well. You need to be at the right place at the right moment, to strike it big. Like in any other career, the initial days do involve a bit of struggle to land in good projects, but once you do make a mark and provided you are skilful enough, there will be no looking back, you can make it quite big. There are various websites which host audio samples for potential clients to zero-in on their required voices. The training institutes themselves maintain a database of their trained wards' voice samples. Apart from these, various recording houses and News & Entertainment broadcasting houses are always on the lookout for the next breath of fresh voices. You will have to approach all of them and audition to gain an entry into the industry. The importance of networking can never be undermined, for you never know who will land you in that coveted project which will change your fortunes.

Indeed, fortune favours the brave everywhere! So, What kind of projects can a trained Voice-over artist expect to work upon?

The list is unending, with more and more avenues opening up even as we speak of it now. The calm and grim voice that reads out your audio books, those unemotionally macabre voices that narrate various documentaries and official presentations, those chirpy and energetic voices playing out the ad-commercials and info-commercials on the radio, those informative voices announcing and guiding the travellers on the Metro trains or buses, those even-toned voices on the other end of your phone's guiding you through the Interactive Voice Response System (IVRS), why, even the voice behind our Smart Assistants like the Alexa, Siri, Cortana, Google Now are also the works of a Voice-over Artiste. Worldwide, there is a huge demand for voices with clarity and that x-factor, which strike a pleasing note on the eardrums of the masses. The progression of technology and the need to reach out to all corners of the globe has promoted a lot of vernacular content, but there are only a few voices that are presently available to voice it out.

That's an incredible list of opportunities! Could you share the details of some of your projects?

Oh yes, why not! I lent my voice to narrate the corporate presentation of Laurus Labs, I also got to do a radio promo for a Delhi based client who was providing medical facilities for Visually challenged people, they were a quick 20s promos in Hindi and Telugu wherein I had to write my own script as well, all thanks to my husband and his skill in Telugu, we managed the project well. I also got to do some other interesting project with the e-learning modules and corporate presentations. I could have done a lot more, but at this stage of my life, I am only looking at projects that excite me and I have certain personal limitations as well, which restrict my choice. But, for youngsters with a zeal to perform, sky is the limit and the options are as diverse and vast as an Ocean.

Any dream projects you are working upon?

Certainly, I have one in the pipelines for quite sometime now, wherein I am trying to record the audio version of Bhagavad Gita and other spiritual shlokas and narrate Swamiji's discourses on



those Shlokas. I also have a project in my mind to record selected stories and poems for the children. I have been collecting the material for a long time now and am presently working on the recording part of it.

Very inspiring madam! But we are curious to know, how does a Voice-over artiste differ from a dubbing artist?

Well, its easy to bind them together on one boat, but fundamentally the scope of a dubbing artist is limited to delivering a translation service in the media or entertainment industry. Whereas a Voice-over artiste finds his services required in diverse applications ranging from e-learning modules, IVRS, public announcement systems, navigation, audio and e-books, etc. A person can train in both the fields and reap the benefits of both.

What according to you are the skill-sets required for someone looking to make a promising career in the Voice-over industry?

A good voice is the basic pre-requisite. But, apart from it one needs to be extensively trained and command over the languages in which one is going to work would be a very big advantage, particularly while working in the regional languages. On the personal front, one needs to be very patient and disciplined in their practice. Good observation and handling skills and stage presence could bring many deals in your favour.

What would your advice be to the upcoming individuals entering the field of Voice-overs?

Not sure if I am really in a position to advice, but I can surely share my experience. First and foremost, one must choose to train with a good institute which has a good reputation, a good network and lot of contacts. Your institute could be both your guiding light as well a good promoter. There are a lot of institutes offering part time or evening courses to cater to the needs of the employed enthusiasts, so do make a wise choice. Secondly, the current opportunities landscape in this field of work is geographically more favourable to the ones residing in the metro cities on the training, opportunities and on the financial front as well and it will still take some time before regional options close in on that gap. Thirdly, network well, take up even small opportunities and do it to the best of your abilities, for you never know where your potential next big-ticket customer may come from. Fourthly, diversify and experiment with your options, for it would open up the world to you and you to the world. Fifthly, stay patient and keep going come what may, for the initial days are bound to be harsh for any upcoming artist, the first opportunity comes after a lot of fight, pursue it well and you can later party all night. Initially the pay and uncertainty in the opportunities may be a little worrying, but once you get a foothold, things are indeed very bright. Lastly, the most important of all, take good care of your voice and pamper it like a doting parent for it is a gift bestowed upon select few and people out there are all ears to it.

Thank you for your inspiring and insightful advice madam, we are sure you have inspired quite a few young minds with it.

The pleasure was all mine, thank you.

Feature by C. Bharadwaj



Thailand

Narendra Prasad



I am still in Bangkok now and just want to sum up my experience of this pleasant trip and tips for making your trip pleasant.

Make all reservation for return ticket, hotel booking, transfer and keep the printout in your hand baggage. Thailand gives Visa on arrival and upto April 30, 2019 Visa is free for Indian citizens.

Keep one photo in white back ground. Arrange Thai bahts in India itself as sometime they check and verify the physical cash available with you. When my aircraft landed at Bangkok some fellow passengers were hand picked by Thai investigating agency and were asked to show the cash. Thai bahts are easily available in Visakhapatnam at Singapur plaza or Green channel forex. I did a mistake as I bought forex card from SBI. SBI misguided me so I have to loose money while purchasing forex card and while withdrawing Thai Bahts in Thailand. So I



strongly recommend to buy Thai Bahts in India or US dollars in India itself do not buy forex card. I lost 20 US dollars while withdrawing Thai bahts using forex card. Thailand is a country were cash is welcome and for daily small and regular expenditure cash

is only welcome. Money exchangers ATMs are freely available.

Now let us come to Visa now. Please get a recent passport size photo without glasses in white background also carry a gumstick as it will be needed for sticking the photo on visa form. If you donot have photo then you have to get yourself photographed at



airport which will cost you 200 Thai Bahts. Again for visa two lines are there. One line is normal and free and other one is fast track. In fast track line you have to pay 200 bahts extra than the Visa fee. Maximum tourists are from India so for Visa on arrival will take time upto 2 to 3 hours so save time or save money it is a matter of choice. Keep hotel booking, return air ticket, cash and travel insurance paper handy as for Visa they will verify it. After paper verification they will give you a token with a number and keep your passport for stamping. Again you have to wait for nearly 20 minutes then you will get back your passport after Visa stamping. In your flight itself you will be asked to fill immigration form. Fill the form in Capitals only with a blue or black ink. During visa verification they will check this also. After getting Visa please proceed to

immigration counter they will take your photo and stamp your passport with entry stamp. Now you can go to luggage collection belt and collect your luggage after showing your boarding pass.

Here in Thailand checkout time at hotels is 12 pm. and check-in at 2 pm and generally early checkout they give by 1 pm only even if rooms are vacant they will not give so if you are reaching early in morning then my sincere advice is that book the hotel from previous day itself it will save you from lot of discomfort I booked the hotel from previous day. I reached hotel at 4 am and I got room within two minutes with a breakfast. So after breakfast I went for sight seeing. My best experience in Pattaya was under sea walk.

Indian restaurants are available in plenty. For food only minimum expenditure per person will be 400 to 500 bahts daily. One tea at Indian restaurant will cost you 20 to 50 thaibahts.

Your hotel will give only one liter water per room daily so go to any department store family mart or 7 eleven store and buy 6 bottles or mote as per your need other wise while sight seeing you have to pay 20 bahts for 500ml water bottle. My experience tells that 7 eleven store which is found all over Thailand is cheap and best. You can rely on this. For experiencing Thai massage go to reputed spa only. Savana is a chain of spas in Pattaya. If you want to have massage get it done at Pattaya itself as Bangkok is costly. Lot of activity which is illegal in India is legal here so pleasedo not get embarrassed.



While visiting walking street in Pattaya we must be very careful and do not carry all the cash with you. People are nice and helpful. Travelling by taxi is costly minimum is 200 bahts. In Pattayatuktuk is very good and cheap. It is just like our shared auto. 10 bahts for any distance. There is bell and ring the bell when you want to get down.

In Bangkok lot of things are there Reclining Buddha or WAT PHO. Entrance fees is 200 bahts.

Please follow my experience and make your stay a pleasant. Some more information about Pattaya and Bangkok. One Thai Bhat equals to nearly 2.50 Indian Rupee. Some activities at Pattaya and Bangkok. Alcazar show it is a dance show by lady boy . This grand show has all the glamour of Las Vegas and presents a spectacular show. There will be performance on a hit Hindi song also. It is an one hour show in evening. Second is Tiffany show over 100 professionals perform performers in dazzling costumes astonishing audience with a memorable life time experience third is Rilpey's believe it or not. It has fascinating collection of over 350 exhibits next is Underwater World then there is visit to Coral island which number of water Sports like parasailing under sea water walking Jet skiing banana ride next Pattaya Tower the tallest building in the Pattaya . There is a incredible 3D museum with galleries full of artwork . Next some activities in Bangkok Safari world division open zoo next is Chao Phraya Dinner Cruise, Siam ocean world, madam Tussauds museum, floating markets and stay in Thailand.



ఆశల వేడుకలు



- భాగవతుల శ్రీనివాస రావు

గతం నాస్తి కాదు పాత జ్ఞాపకాల ఆస్తి అని
 అర్థ శతాయుష్షు అనుభవం నేర్పిన సూక్తి
 వల్ల వేయడానికి బాగానే ఉంది, కానీ
 వల్లమాలిన మక్కువతో పాటించడానికి
 వలదు అని ఏటికి ఎదురొడ్డి నిలవడానికి
 ఉన్నవి చాలవు, ఇంకా ఏవో కావాలి
 అప్పుడు గుర్తొస్తుంది
 వల్ల వేయించేటప్పుడు కనిపించే
 మాష్టారి చేతి బెత్తం
 ఆ మాష్టారు వేరెవరో కాదు 'కాలం'

గతాన్ని అవగతం చేసుకొని వర్తమానం అందించే
 వర్తమానాలను కొలమానంగా చేసుకొని
 భవిష్యత్తుకి బంగారు బాట వేసుకోవాలంటూ
 అనేక రూపాలుగా చెవినిల్లు కట్టుకొని చెబుతున్నా
 జీవకోటిలో ఉత్కృష్ట జీవికి పట్టదే.

నిజమే కొత్త సంవత్సరం వేడుకే
 సంవత్సరాల నందోహంలో నందోహాలు
 తీర్చుకోగలిగితే
 కొత్త సంవత్సరం వేడుకే

మాసాల సాలభంజికలను నిర్లిప్తంగా
 చూస్తూ కూర్చోక అవి కొలువైన మెట్ల సోపానాలను
 ఒక్కొక్కటిగా ఎక్కుతూ ఎదగగలిగితే
 కొత్త సంవత్సరం వేడుకే
 పక్షాల గవాక్షాలను నిశితంగా పరికిస్తూ
 స్వపక్ష విపక్షాలను నిష్పాక్షికత అనే తొట్టిపై

ఒక్కటిగా నడప గలిగినపుడు కొత్త సంవత్సరం వేడుకే
 వారాలు మనలను గారంగా ఆలింగనం చేసుకున్నప్పుడే
 గాక

మారాం చేసినపుడు కూడా బీరాలు పల్కక
 ధీరత్వం చూపి ఎదుర్కొనప్పుడు
 నిజంగా కొత్త సంవత్సరం వేడుకే
 రోజుల రోజులలో కంటికింపైన అందంతో పాటు
 కంటగింపైన కంటకాలు కూడా ఉంటాయని ఎరిగి
 నహనం నమయనస్పార్తి అనే మునివేళ్లతో
 ఒడిసిపట్టగలిగితే

నిన్ననుండి నేటికి నేటినుండి రేపటికి
 తీసుకు పోగల ఆశల పల్లకి
 బతుకు ముంగిట వాలుతుంది
 ఆశ అనేది ఆవరించిన శిశిరంలో
 వాసంతపు వాకిలి లాంటిది
 దానిని ఆరాధిస్తూ నిలిచిపోతే
 బతుకు బాటలో ముందడుగు మృగ్యమే
 ఆశలను ఆహ్వానిస్తూ ఆస్వాదిస్తూనే
 ఎద గదులలో ఎదుగుదల అనే శ్వాసను నింపుకోగలిగితే
 ఆశ ఆశయమవుతుంది
 మన మాట బాట మరో పదుగురికి గురిగా
 మారుతుంది

ఇది మన మనుగడకు మరొకరిచ్చే సలహా కాదు
 మానవ మానసాలలో సతతమూ
 మారుమ్రోగాల్సిన హెచ్చరికా ఘంటికలు కూడా

సప్త సందేశాలు

- డా ఎమ్.వి.జె. భువనేశ్వరరావు, ఎ.జి.ఎమ్, సి.ఆర్.ఎమ్.పి.



శీతలీకరణ మొందిన గాలున్న కారులో
 హాయిగా నువ్వు షికారు చేస్తున్నపుడు
 పెట్రోమాక్స్ వెన్నెలలో పల్లీలు అమ్ముకుంటున్న
 నాలుగు చక్రాల బండిపై ఆధారపడ్డ
 జీవితాలలో వెలుగులెలా నింపాలో ఆలోచించు
 ఐదు నక్షత్రాల వసతి శాలలో నువ్వు
 సాగర తరంగాల వీక్షణతో సేదదీరుతున్నపుడు
 దీప చిహ్నాల కూడలిలో చిరిగిన దుస్తులతో
 తొలగిన పైటలతో బేల చూపుల బాలలతో
 భిక్షమెత్తుకునే బ్రతుకుల్ని ఎలా
 మెరుగు పరచగలవో చిత్తశుద్ధితో అవలోకించు
 దర్శనీయ స్థలాల్ని స్నేహితులతో సందర్శించి
 కుటుంబ సమేతంగా ఆనందం ఆస్వాదించునపుడు
 నీ ఇంటి ముందున్న నీ వీధిలో నున్న
 కడుపు నింపుకోవటానికి కఠోరశ్రమ పడుతున్న
 కార్మిక కాపురాలెలా నిలబెట్టాలో కసరత్తు చేయించు
 పండుగ వేళల్లో పెళ్ళి సమయంలో నువ్వు
 నూతన వస్త్రాలు స్వర్ణాభరణాలు ఖరీదు
 చేయునపుడు
 చర్మాన్నే దుస్తులుగా ధరించిన
 చలికి చచ్చుబడి పోతున్న బ్రతుకుల్లో
 వేడి వెలుగులెలా వెదజల్లాలో పరిశీలించు

పచ్చని ఉద్యానవనమున్న పర్వతాలపైనున్న
 అతిథి గృహంలో విడిది చేసి
 చిటపట చినుకుల రాగాల్ని
 వీనుల విందుగా వింటున్నపుడు
 వరద ఉధృతిలో కొట్టుకు పోయి
 కకావికలమైన పూరిగుడిసెల ప్రజలకు
 శాశ్వత నివాసాలెలా సమకూర్చాలో పరిశోధించు
 నువ్వు నేర్పించిన విద్యాబుద్ధులతో
 విదేశాలలో ఉద్యోగం చేయుచున్న
 నీ కన్నబిడ్డలతో నువ్వు
 విమానయానం చేస్తున్నపుడు
 మారుమూల పల్లెల్లో వెలుగే లేని రాత్రుల్లో
 అనారోగ్య స్థితిలో ఆసుపత్రికి వెళ్ళటానికి
 'దారి' లేని మనుషుల జీవన గమనానికి
 దారెలా ఏర్పరచాలో నిర్దేశించు
 వనభోజన సమయంలో సముద్ర విహారంలో
 సంతోష తరంగాలు నీతోనే పయనిస్తున్నపుడు
 మూడు పూట్లా కుటుంబం కడుపు నింపటం కోసం
 మహా సముద్రంతో ప్రతిదిన పోరాటం చేసే
 మన పోరాటయోధుల కడగండ్లు కడతేరటాన్ని
 ఏ త్యాగం నువ్వు చేయగలవో నిజాయితీగా
 నిర్ధారించు



The Eternal Seven



Bandana Mitra

Seven is such a mystic and auspicious number. In our religion, rituals and ancient scripture, number Seven appeared again and again depicting beauty and power of Mother nature and her offsprings. Our mythology says that seven seas have encircled the Earth, Chariot of Sun God across the Sky is driven by seven white horses, Seven auspicious items were discovered while churning the Ocean by Devata and Asura, we have Sapta Swarga (Seven Heavens - the dwelling place of Devata and Saints), Sapta Patal (underneath - dwelling place of Asura, Naga and Yamraja - the God of Death) . We are familiar with Sapta Rathi (seven warriors) and the seven mythical characters who achieved immortality in Mahabharata. Ramayana is divided in seven chapters. We practice Saptapadi (Sat phere) - the ritual to walk seven sacred steps together during ceremony of marriage , to symbolize an eternal bond, - the list is never ending . In Western Mythology also, God took six days to create the Earth and on 7th day He took rest, that made a week (generally practiced rotation of Duty) comprised of seven days. Even we have seven wonders - seven unique man made structure denoting the strength, artistry, creativity, patience and yearning to touch the impossible .So, you see, anything remotely connected to number seven has a divine aura around it.

In this context let me talk about my own favourite seven . Once upon a time when I was a child and the cities were not so much polluted and the sky was not always covered with grey dirty smog - there were seven grand old men who used to visit me every evening without fail. After finishing my study for the day , I used to go to our roof top and look at the sky , I knew they were waiting for me patiently, the large question mark made of seven twinkling stars, spreading

entire Northern sky. They used to move very slow, circling the Pole Star like a giant hand of a monster clock that was running since eternity. They were Seven wise ancient Rishis (sage) , collectively named as Saptarshi. I even know their names - Marichi, Vasishtha, Anghirasa, Atari, Pulasthya, Pulaha and Krathu

Human being, who were the initial dwellers of the Earth and just learned how to use their mind, after a stressful day, used to relax in open field. They had the night sky with full of twinkling stars as their first ever story book to read and write stories. As a matter of recreation, they used to join the twinkling stars with imaginary lines, made constellations and started weaving wonderful tales around them. These seven stars , with their peculiar shape of a question mark and easy visibility from almost all parts of world, ignited acute interest and imagination. Proximity to Pole star made the constellation important for navigation. People of Inca civilization, people in land of Pharaoh , people of Maya civilization , people of Aryan ages - all of them had their own stories for those seven stars . Some called them Big Dipper, some called them Big Bear , our ancient scripture depicted them as seven wise, ancient sages - Saptarshi, who are posing an eternal question to mankind.

These seven Sages , as if they are the witness of flow of events since formation of Mother Earth. They know when the fire ball called Earth started getting cool, when it started obeying the elliptical path centering the Sun and law of gyration. They know when life appeared for the first time in form of a single cellular being. They saw the very first green tinge on rocky surface. They were overwhelmed with joy when the very first human being managed to straighten up his back and started walking in wobbling feet. In



time of Mahabharata, they must have looked at the battle ground of Kurukshetra, with same worries, anxiety and affection. On the night when Shakya Prince Sidhartha left his Royal palace to become Goutam Budhha, these seven Rishis must have blessed the young man who denounced the world in search of Nirvana .

They were the mute witness of Kalinga war, construction of Konark Temple, of thriving University called Nalanda under Acharya Shilabhadra. , and all other tiny ripples of time, flowing since creation till date. While looking at those Seven Stars I used to have an uncanny feeling, as if they are the ancient Guardian of Mankind, keeping a constant vigil with utmost affection and care from far above the sky. And they want to know something from us, making an eternal query, there is some secret, some

mystery involved in the looming, huge, bright question mark made by seven wise stars.

Now a days, in Metro cities, sky is not clear enough to allow us to peep into the secret of universe. A great loss to stargazers like us. Still, whenever I get a chance I manage to look at the Northern sky in the evening . Surely, I find my old friend, the same old Saptarshi watching me with same twinkling eyes with same affection and care. Same way they are challenging my imagination, sense of beauty and quest for knowledge of unknown. As if I am tracing my root through them across the flow of time since eternity. The eternal query for mankind is still remained unanswered - who is the Supreme Creator? I hope one day we will know the truth. Till that time Seven will always remain a symbolic number of beautiful unsolved mystery.

ENCHANTIC SEVEN NOTES OF MUSIC

Dr.C. Manjula



The number 7 is an interesting number. We have 7 continents in the world; the most amazing and breath taking monuments are 7 in number which are the seven wonders of the world. The most beautiful meteorological phenomenon rainbow also has 7 colours. On this very happy occasion of the 7 th anniversary of the Spark magazine, I would like to touch upon the topic Music. Shadja, Rishabha, Gandhara, Madhyama, Panchama, Daivata and Nishadha are the seven notes of Indian Classical Music. They are shortened to Sa, Ri (in Carnatic) and Re (Hindusthani), Ga, Ma, Pa, Da and Ni. Svara is a successive note that connotes a note in the successive step of octave. The word Svara is a Sanskrit word deriving from the root "Svr" which means to sound. It is interesting to observe that swaras are originated from the nature.

Naradiya Shiksha (1.5.3;1.5.4) mentions

षड्जम मयूरो वदति (Shadjam Mayuro Vadati)

गावास्तु ऋषभ भाषिणः (Gaavastu rshabha bhashinaha)

अजा विदन्तु गान्धारम (Ajaa vidantu Gaandharam)

क्रौंच क्वणति मध्यमं (Krouncha Kvanati Madhyamam)

पुष्प साधारणे काले पिकहकूजती पंचमं (Pushpa saadhaarane kale Pika h Koojati Panchamam)

धैवतम हेषते वाजी (Dhaivatam Heshate Vaaji)

निषादम ब्रह्मते गजः (Nishadam Brahmate Gajaha)

It means that each svara resembles the sound of a bird or an animal.

Sa-Peacock; Ri-Bull; Ga-Goat; Ma-Krouncha bird (heron); Pa-Cuckoo; Da-Horse and Ni-Elephant.

Surprisingly , the Western Music also contain 7 notes denoted by c,d,e,f,g,a,b.

Be it Western or Indian, "Music is universal language of mankind"-Henry Wadsworth Longfellow.



7 MIND-BLOWING FACTS ABOUT INDIA'S 7 SISTER STATES



N Jijith

The Seven Sisters of India refers to the states of Arunachal Pradesh, Assam, Meghalaya, Manipur, Mizoram, Nagaland, and Tripura. They were named the Seven Sisters in 1972 and are home to some magnificent terrains, exotic flora and fauna, and diverse culture.

Arunachal Pradesh

Also known as "The Land of Rising Sun", as its name suggests in Sanskrit, Arunachal Pradesh is the largest north-eastern state.



Contradicting, the state has the lowest population density in India with just 17 people per square kilometer, as per the 2011 census.

It is also home to the famous Tawang monastery, the birthplace of the sixth Dalai Lama, Tsangyang Gyatso, an unconventional one known for his love of wine, women, and poetry. His poetry is widely read among Tibetans even today. It is also India's largest and the world's second largest Buddhist monastery. Also, Bum la pass, a little ahead, is where the current Dalai Lama, fourteenth in succession, entered India, escaping from Tibet.

Assam

Assam is most famous for DigBoi, the world's oldest operating refinery and operating since 1901. Legend has it that the British first noticed the oil on the feet of the elephants returning from the forest after hauling logs. The British

exclaimed to the laborers digging for the oil, 'Dig Boy, Dig,' and the name DigBoi stuck.

Assam is world famous for its Assam tea and also produces 3 types of silk. Muga, made with a golden fiber and produced only in Assam, is said to outlast its owner.

Meghalaya

Meghalaya, meaning 'the abode of the clouds' in Sanskrit, is the wettest region in the world. Home to the cleanest villages in Asia and the birthplace of author Arundhati Roy.



Interestingly, it is one of few communities to follow matrilineal society where wealth is passed from mother to daughter.

Meghalaya is known for the Living Root Bridges. Indian Rubber Trees with their strong, flexible roots are guided across rivers and streams with the help of bamboo, which dies down, leaving the living root bridge behind.

Manipur

Literally meaning the 'Jeweled Land', is the birthplace of Pulu (modern day polo) and Mary

Kom, six-time world amateur boxing champion. The oldest polo ground in the world is the Imphal Polo Ground in Manipur State.



Manipur is also famous for hosting the world's only floating national park and the Battle of Imphal, which stopped the Japanese invasion into northern India in its infancy. The Keibul Lamjao National Park is a swamp made of biomass vegetation called phumdis, floating on the surface of Loktak Lake, and is also the only home to the near extinct brow-antlered deer.

Mizoram

Mizoram means 'the land of the hill people'. Mizoram was part of Assam until 1972 when it became a union territory



and achieved statehood in 1987. Known for its hills, rivers, lakes and valleys, Mizoram's climatic condition is ideal for the cultivation of flowers. Mizoram is now one of the biggest producers and exporters of Anthurium flower.

A leading producer of bamboo in India, Mizoram is known for Mautam, a deadly ecological and cyclic phenomenon that occurs every 48 years. Mautam is a Mizo word for 'Bamboo Death!' The problem is caused by synchronous flowering of bamboo. The abundant supply of seeds results in a massive increase in rodent and insect population, which later spreads to crops, thus, causing famines.

Nagaland

The most north-eastern region of India, Nagaland is home to 16 major tribes and around 200 subtribes. Each of these tribes celebrates their



festivals separately, making Nagaland a Land of Festivals. In 2000, the government launched HornBill festival to celebrate, promote and preserve the rich culture of Nagaland.

In 2013, the Battle of Imphal and Kohima were voted to be 'Britain's Greatest Battle' by the British National Army Museum. For the Japanese, the objective of the attack was to advance into Assam and then into Northern India. However, they didn't succeed. This war saw Indians on both sides. The Indian National Army, under Subash Chandra Bose, fought for the Japanese, while on the other side, there were soldiers of the British Indian Army.

Tripura

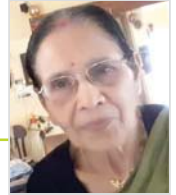
Tripura, meaning 'three cities' in Sanskrit, is linked to famous deity Tripura Sundari in Udaipur. Manikya dynasty had an unbroken chain of 184 kings before its independence.



Cultural lovers will be interested to know Indian music composers S.D. Burman and R.D. Burman were directly related to the Tripura Royal Family. Their father was the second son of Ishanachandra Dev Burman, Raja of Tripura (1849-1862).



IMPORTANCE OF SAATH PHERAS IN HINDU WEDDINGS



Ila Pal

In the traditional Hindu weddings, ceremony involves walking around the sacred fire 7 times as the pandit or priest recites some vows in Sanskrit. For the first four, it's the bride that leads the groom and thereafter, the groom leads the bride and voila! They're married!

But when we asked around the office, barely anyone knew what the wedding vows or the 7 phere in Hindu weddings actually mean. Embarrassing, I know right!? Even some of us who are married, could hardly recollect them and some of us didn't know for sure what they stood for but just 'went with it'. But these Saat-phere, as the name suggests have a distinct significance and meaning for the bride and groom in reality.

So while we're always talking about things you need to know before getting married, this one might be the most important! Presenting, the 7 wedding vows decoded for the modern girl!

First Phera: The couple prays to God to extend his blessings to them in the form of healthy food and give them strength to live together & respect each other in good and bad times. They promise to nourish & take care of each other's needs.

Second Phera: In this, the couple pleads to God to give them mental stability, spiritual strength, and physical health so they can live a smooth life. They also promise that from today they are two souls and one heart and will always be there for each other to ensure laughter and smiles.

Third Phera: In the third round, the couple prays for wealth, prosperity, and wisdom to live life

peacefully and with contentment. They ask God to give them enough strength so that they can share the happiness and pain together.

During this phera, they also promise each other to be utmost faithful and never cheat in this relationship for any third person.

Fourth Phera: Marriage is believed to be about two families and not two people. The vows recited during this phera highlights the commitment between the two souls to increase in love and respect for each other and their respective families.

In this, the bride is also said to walk before the boy and promises that she will accept death before him if it ever comes on his way.

Fifth Phera: In this phera, the couple promises to be with each other in every thick and thin and share joy and grief. They also pray to God to bless them with healthy kids and promises to nurture them well with good values and an enriching lifestyle.

Sixth Phera: In the sixth holy round around the fire, the couple asks for a fit and healthy long-life filled with joy, prosperity, and peace. They promise to always stand next to each other in bad health or when needed and support each other in all devotional duties.

Seventh Phera: In this final round, the couple prays for loyalty, togetherness, companionship, understanding and unconditional love between themselves. They ask for enough patience & maturity to make this beautiful bond last long.

They also promise to do every possible thing to carry out all the promises taken during this holy ritual with pure and honest intentions.



SIGNIFICANCE OF SEVEN CHAKRAS

A pregnant woman is a bundle of hormones gone berserk. So staying positive and controlling her thoughts usually looks like a task she doesn't want to take on. As we know, the human body is not merely limited to its physical or emotional presence. It is a temple that houses several energy powerhouses or chakras, which govern our psychological properties.

When one feels low in energy, or feels negative, few chakras are said to be closed. Ideally, all the chakras need to be moving in tandem to help the body attain the highest level of spirituality, peace and control. These can be 'opened' through yogic practices and Chakra meditation.

The SEVEN CHAKRAS

Muladhara chakra

The first chakra is the Muladhara. It is the chakra of stability and it is located at the perineum. It connects to the first three vertebrae, the bladder, and the colon. It addresses security and basic needs. When this chakra is open, we feel safe and fearless.

Sadishtana chakra

The Sadhisthana is the second chakra and is our creativity centre. It is located above the pubic bone, below the navel, and is responsible for

creative expression and feelings of well-being and sexuality.

Manipura chakra

The Manipura is the third chakra located in the area from the navel to the breastbone. It is associated with power, self-worth and confidence.

Anahata chakra

The fourth chakra is the Anahata. This chakra is also known as the connecting chakra between mind, body and spirit. This heart chakra is our source of love and connection.

*Vishuddha chakra *

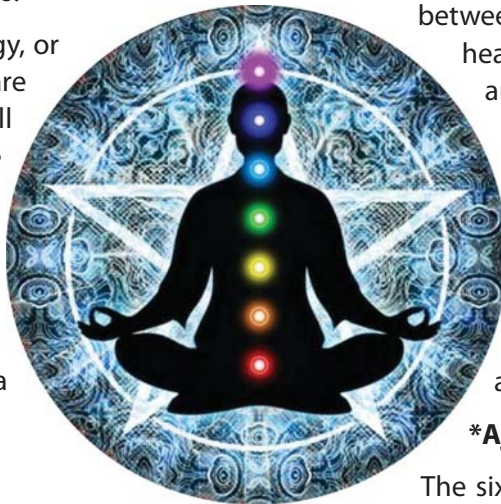
The Vishuddha Chakra is the fifth chakra, located in the area of the throat. This is our source of verbal communication and the ability to speak the truth.

*Ajna chakra *

The sixth chakra, that is the Ajna is located between the eyebrows. It is also referred to as the 'third eye' chakra. It is our area of intuition or the sixth sense, imagination, and wisdom.

*Sahaswara chakra *

The seventh chakra is the Sahaswara chakra. It is also known as the 'thousand petal lotus' chakra and is located at the crown of the head. This is the ultimate chakra of spirituality, which connects one to the divine.





Indrani Maji

SEVEN DAL KICHIDI

INGREDIENTS

- Arhar dal 3 tbsp
- Chana dal 3 tbsp
- Moong dhuli dal 3 tbsp
- Uraddhuli dal 3 tbsp
- Malka dal 3 tbsp
- Moong chilka dal 3 tbsp
- Uradchilka dal 3 tbsp Rice.
- 1 cup Onion.
- 2 medium finely chopped Ginger.
- 1 inch finely chopped Green chillies.
- 4 cut in vertical Cinnamon.
- 2 inch Cloves
- 4 badielaichi
- 2 Cumin seeds.
- 1 tsp saunf
- 1 tbspHing.
- ¼ tsp garlic-red chilli coarse pd.
- A pinch Turmeric powder.

1/2 tbsp Ghee.

2 tbspSalt as per taste

METHOD Soak all the dals together for minimum two hours. Soak the rice for 30 minutes. Lightly roast cinnamon, black cardamom, cloves and saunf. Crush lightly. Heat ghee in a pan. Add cumin seeds. Sauté till they splutter. Add chopped onion and sauté till light golden brown. Add ginger and turmeric powder sauté for one minute. Drain the dal and rice and add to the pan. Mix well and sauté for four minutes. Add green chilies, salt and the crushed spices. Mix well. Add 6 cups of water. Bring to boil. Cover and cook on simmer till done. Sprinkle with the prepared garlic-red chili ghee. Serve with papad, curd and mint chutney.



P.S. You can add more water if you like it runny.....

SEVEN CUP BURFI

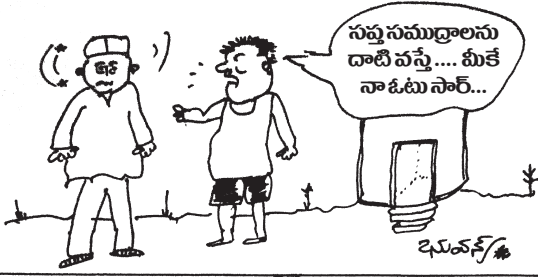
Ingredients

- Besan -1 cup
- Sugar-3 cups
- Fresh coconut grated-1 cup
- Milk -1 cup
- Ghee- 1 cup
- Method: Mix all ingredients in a thick bottomed kadai and cook on low fire till thick and till the

mixture leaves the sides. At this stage optionally half cup finely chopped cashew nuts pista and almonds may be added to make the burfi shahi. Then pour in a greased plate. Let it cool and cut into pieces.



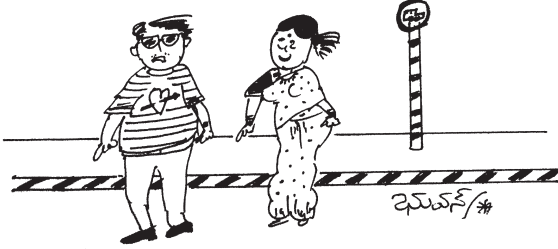
LAUGHTER



ఆయనతో పెళ్ళి సమయంలో ఏడుగులు కాకుండా...
ఆరడుగులే సడిచా డాడీ... అందుకే మా ఇద్దరిమధ్యా
గొడవలవుతున్నాయేమో డాడీ...



ఈ భూలోకం నుండి సప్త లోకాల్లోని ఏదో ఒక లోకానికి
నన్ను తీసుకెళ్ళే..... నిన్నే ప్రేమిస్తా రఘూ.....



LEISURE

1. How is earth divided according to Vishnu Puran?
2. Where are the bahts easily available in Visakhapatnam?
3. Where is the Saptamatrika temple located?
4. What festivities were added to Holi?
5. Which best investment gives you more returns?
6. Who is the narrator in book thief?
7. Pulu means...
8. About who did Mitch Albom write?
9. Who consider seventh day as the day of sabboth?
10. What are the seven virtues?

Editorial Team

Sarada Rath

Editor-in-Chief

Satyendra, Vani Deshikachar, Gopal, V. Suguna,
Bharadwaj, Savitry Srinivas, Indrani Maji,
Sushma Ekka, Namita, K. Akhil, Subrata Deb

*Apke Raai,
hamara dil behlaye...*

Read Spark. Very well made. Few articles are. I have a small idea.. In health and wellness column.. Can we include about other systems of medicines such as homeopathy, Siddha, unani etc..? Also if possible can we include a half page on every edition about sports I. E. One sport in each edition including opportunities etc.. Also about yoga, asanas, other forms of healing like pranic healing, reiki, cupping method, acupuncture etc.. How about a feature on fashion, tech etc.. If possible..

Akhil, Hyderabad

'స్పార్క్' పత్రికలో 'గ్రానా-గ్రజానా' నాకు ఇష్టమైన అంశం. పత్రికలో తక్కువ పేజీలలో ఎక్కువ అంశాలను పొందుపరచడం నాకు నచ్చిన అంశం. దీనికి స్పార్క్ ఎడిటోరియల్ బోర్డుకు నా అభినందనలు, ఇంకా నా శుభాకాంక్షలు. - గ్రీన్ కుమారి

'స్పార్క్' పత్రికలో నాకు నచ్చిన అంశం One Liners. తక్కువ వదాలతో మంచి నందేశాన్ని కలిగి ఉండడం నన్ను ఆకట్టుకునేటటువంటి అంశం. ఈ పత్రిక ఇలాగే అభివృద్ధి చెందుతూ ఉండాలని ఆకాంక్షిస్తున్నాను. - సుప్రియ

'స్పార్క్' పత్రికా దిన-వ-దిన ఖૂబ నిగ్గర రహీ హై। इसके सभी स्तंभ, जैसे हमारे अपने, कविताएँ, कार्टून बहुत ही रोचक एवं प्रभावी लग रहे हैं। ऐसी सुंदर पत्रिका के प्रकाशन हेतु संपादक मंडल सभी बधाई के पात्र हैं।

- के एन एल वी कृष्णवेणी

'स्పार्क' पत्रिका मुझे बहुत भाती है। इसमें प्रकाशित रचनाएँ मुझे बहुत ही प्रभावित करती हैं। 'दिल से' से लेकर 'ग्राणा-ग्रजाना' तक सभी अंश बहुत ही मनोरम लगते हैं। आशा करती हूँ कि स्पार्क पत्रिका उत्तरोत्तर प्रगति करते रहे।

- आई लक्ष्मी कांतम

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.



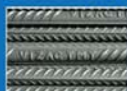
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