

Spark

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



Visteel Mahila Samiti
Quarterly Magazine

Volume - 3 Issue - 3
Jul - Aug - Sep 2014



एक कदम स्वच्छता की ओर



Mahatma Gandhi
dreamt of an India
which was not only free
but also clean and developed.

Mahatma Gandhi secured
freedom for Mother India.

Now it is our duty
to serve Mother India
by keeping the country
Neat and Clean.

Our goal must be to
create good citizens
who are capable of
preserving the past and
creating the future



Mrs. Gouri Madhusudan.
(Honorary President - VMS)



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Editorial

A mounting endless possibility

Climbs high upon a topless ladder of dream

Forever in the Beings conscious trance.

All on that ladder mounts to an unseen end. Her high procession moves from stage to stage.

A process march from form to ample form.

— — Sri Aurobindo — —



"Spark" is dazzling under the Autumn sky.... Clear, blue and pure just like the hearts of VMS members, especially the Committee Members. Be it sun or shower throughout July, August and September VMS was busy welcoming the monsoon with "Sravan" special, celebrating Independence Day, Honouring the teachers on Teacher's Day, extending solidarity towards/with Leprosy affected people, showcasing VMS beneficence and profundity of love for the welfare of the needy in and around Ukkunagaram with pleasure and contentment. Our own MGTs reflect the in-house talent of VMS members - be it Skit competition, On the spot Quiz, Innovative games like Paper games, Dance, Advertise a product or Tol Mol Ke Bol, the members' enthusiasm to participate and win is incredible. The kindled inspiration & zeal of VMS Collective in participating "Chalo Chalein" to commemorate the ability of the specially abled children is commendable.

VMS challenges the question "Is Women Empowerment a Reality" Yes it is though slow in its progress. It believes that a powerful weapon of women empowerment and country's progress is only through education which is truly regarded as a panacea for many of our problems. Thus the endeavour is towards development in Education Sector towards inclusive growth, towards welfare of the needy. Service thus is rendered in Education Sector.

The Samiti stood with the disabled, distressed students of Achyutapuram's Home for the disabled by supplying provision and other essentials. VMS' concern for health care and medical upliftment of the needy is laudable as it has taken up cases of Polio patient, Hernea patient, Kidney patients so on and so forth. Hand in hand with CSR, RINL, VSP a flurry of activities has been taken up to strengthen the society.

Our aim, Environmental protection, a clean and green society. Let "Swachh Bharat" programme be a reality. VMS is committed towards this.

"Spark" is promise bound to ignite the spark within the dormant soul and dispel the darkness of ignorance and misfortune.

TEAM SPARK's relentless effort to illuminate and sparkle deserves umpteen kudos.

Contributors, VMS Executive Committee, well wishers and readers you are our Pride. Our special thanks to our beloved CMD & Directors and CSR Department as well as CC Department for their patronage and co-operation.

"SPARK" pays its tribute to the Father of the Nation, our Gandhiji and all the teachers the real makers of the nation.

Seeking Ma Durga's blessings.

Wishing you a Happy Diwali.

Preeti Roy (Chand)

Preeti Roy (Chand)

पी. मधुसूदन

अध्यक्ष-मह. प्रबंध निदेशक

P. Madhusudan

Chairman-cum-Managing Director



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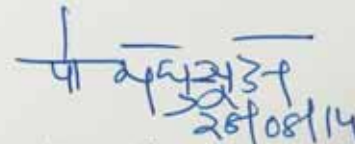
MESSAGE

I am happy to note that Visteel Mahila Samithi is bringing out its special edition of "SPARK", commemorating the Independence Day and Teachers' Day.

Independence Day brings back nostalgic moments of our great struggle for freedom from the shackles of foreign rule and today India stands tall in the global arena transforming itself into a great nation. It makes us proud of the legacy.

Teachers' Day is a tribute to the valuable contribution made by the great teachers in imparting knowledge and shaping the career of the future of the country. Today, a great part of what I am in life is due to the best enlightenment, training and guidance given by my teachers to me. Teachers have been an excellent guide in inspiring, educating and moulding many into great personalities. SPARK has rightfully chosen this forum to express gratitude and respect to the wonderful teachers.

I take this opportunity to compliment the editorial team of SPARK for their commendable efforts in bringing out this special issue.


(P Madhusudan)

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CMD's
Message...

TEACHER'S DAY

Message...

Dear readers,

Let me start by quoting our Prime Minister - "Teaching is not just another profession. It is a divine responsibility to guide and enlighten. By according high status to the teaching community, India had once attained the status of Vishwaguru. We must once again accord such respect to the teachers and thereby regain that status where India becomes the beacon of knowledge for the entire world."

In the present day, often learning is equated with either collection of information or mastery of skills for occupations and jobs. Yes, that is important but I call upon all the parents & teachers out there to widen the horizon of thinking of your children and students. Encourage them to think critically about broader issues concerning our nation, society and the environment. Our goal must be to create good citizens who are capable of preserving the past and creating the future. Lessons in good citizenship inculcated at a young age will go a long way in creating a better society. This could be as simple as traffic rules, cleanliness, gender sensitization & equality, concern for the weak and reverence for the elders.

Let us all make a beginning this Teachers' Day.

Let us re-dedicate ourselves to this task this duty.



Yours Sincerely,
Mrs. Gouri Madhusudan
(Honorary President – VMS)

T.K. Chand
Director (Commercial)



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MESSAGE

We celebrate teacher's day on 5th Sept. every year throughout the country, to mark the birth anniversary of Dr. Sarvepalli Radhakrishnan, the second President of India, a profound philosopher, statesman and educationalist of exceptional stature.

Teachers day commemorates the memory of Dr. Radhakrishnan and his notable contributions to the cause of education. This day also recalls and acknowledges the immense contributions of countless teachers of our nation.

Teaching, in fact, is not a job, it is a mission. Teacher is the source of knowledge, a guide, a mentor, a motivator, all wrapped in person. Teacher is the priest in the temple of learning. More illustrious the teacher is, more noble the disciple becomes. As an architect of the budding mind, teacher lay the sound foundation of national psychology for the progress and achievement of the nation.

On this auspicious day, I urge all the teachers and other personnel connected with this noble profession to rededicate for the cause of all round development of children and transformation of ours to a learning society, learning and improving every day. Improvement is the tribute to teachers on this Teachers Day.


(T.K. Chand)
Director (Commercial)

P.C. Mohapatra
Director (Projects)



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MESSAGE

I am happy to note that 'SPARK' the quarterly magazine brought out by Visteel Mahila Samiti (VMS) is going to bring out a special edition commemorating Teachers' Day during October 2014.

'Spark' is showcasing the creative flairs of VSP fraternity through various articles published in it. The magazine also gives space to one liners suiting to the major events going to be celebrated in the quarter, which gives a forum to highlight one's wit. In its special edition commemorating teachers' day, 'Spark' will definitely bring out many new and interesting topics for its readers.

VMS, apart from its commendable contributions in social works, is trying to kindle the creative talents of VSP collective through quarterly magazine SPARK. On the occasion of releasing its special edition, I congratulate the entire group associated with the magazine and wish them all the best in their endeavour.


(P C Mohapatra)

Dr. G.B. Prasad
Director (Personnel)



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MESSAGE

I am happy to note that Visteel Mahila Samiti is bringing out a special edition "Spark" magazine on the occasion of "Teachers' Day". Teachers are regarded as the back bone of our society. They have the greatest contribution to build the characters of students and help them to become ideal citizens of our country. Teachers are the torch bearers of enlightenment, knowledge and prosperity.

In this knowledge era, proper grooming of students is essential to face the competition. A teacher is one such person who gives the capability to face the challenges of life. A teacher, in addition to academic knowledge, equips the students with overall personality development and prepares them to achieve new milestones.

Its worth mentioning here that Visteel Mahila Samiti has been taking up several activities for the benefit of society, poor and underprivileged. I appreciate such efforts of the Samiti that would enrich the image of not only Visteel Mahila Samiti but also RINL.

I convey my heartfelt reverence to all the teachers on the occasion of Teachers Day & congratulate Visteel Mahila Samiti for its yeoman service to the society and observing the Teachers' Day.


(Dr GBS Prasad)

D(P)'s Message...

D.N. Rao
Director (Operations)



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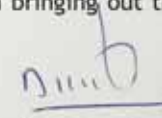
MESSAGE

This year "Gandhi Jayanti" marked as beginning of "Swachh Bharat" campaign, participated by all citizens of India taking oath to make India a neat and clean country. Whereas "Children Day" is celebrated to show our love, care and affection towards our future generation and giving the child the right kind of knowledge and freedom to enjoy, so that they can grow as healthy and educated citizens of the country.

I am glad that Visteel Mahila Samiti (VMS) is publishing its ensuing edition of "SPARK" with the above two themes to give tribute to our Father of the Nation - Mahatma Gandhi and First Prime Minister of Independent India- Pandit Jawaharlal Nehru, on whose birth anniversary we celebrate these two events.

VMS has been in the fore front for over three decades now in the service to the society and as an extended arm of Vizag Steel in discharging the various CSR activities. I hope this edition of "SPARK", apart from exhibiting the inhouse talent of VMS, would also serve as an effective tool for communication of its various activities.

I compliment the President, Executive Committee and Members of VMS for their efforts in bringing out this special edition of "SPARK" magazine and wish them the very best in all their endeavours.


(D N Rao)

D(O)'s Message...

T.V.S. Krishna Kumar
Director (Finance)

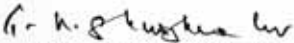


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MESSAGE

It is heartening to note that Visteel Mahila Samiti (VMS) is coming up with a special edition of "SPARK" magazine commemorating Teachers' Day. It is one of those occasions to offer thanks and pay tributes to the teachers of our country who help build the sound foundation of the nation by imparting education, training and skills. Teachers have an influencing role in the life of every student. They are like beacons of light, guiding us in the formative years of our life. Teachers mould us and in the process and shape our future. The special issue would certainly help bring out teachers contribution and would be able to depict society's indebtedness towards them.

On this occasion, I sincerely compliment VMS for this noteworthy initiative. I also take this opportunity to complement one and all who contributed with articles, rendered support and services for this special issue.


(T V S Krishna Kumar)

B. Siddhartha Kumar, IFS
Chief Vigilance Officer



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MESSAGE

Those who educate children well are more to be honored than they who produce them; for these only gave them life, those the art of living well."
- Aristotle

Teachers lend a shoulder to the responsibility of not just raising children but responsibly doing so. With a vigilant eye, they shape the future of their students. For the love of Teachers' whose teachings stand by their students in seasons of success and also in storms, Teachers' day embodies society's gratitude for the role teachers play in elevating human intellect. In India, we celebrate Teachers' Day on 5th Sep to commemorate the birthday of Dr Sarvepalli Radhakrishnan, a philosopher and teacher par excellence.

Visteel Mahila Samiti's special edition of "SPARK" magazine commemorating Teachers' Day is a praise worthy effort. On this occasion, I sincerely compliment VMS for this noteworthy initiative and also, for their activities of 'Reaching Out' to the underprivileged sections of the society. I wish VMS all the best, for their future endeavors!


(B Siddhartha Kumar)



Stories  Heart
From The



నేను అల్లివరం దగ్గరలో ఉన్న 'వైరలెస్ కాలనీ' లోని గవర్నమెంటు హైస్కూలులో 8వ తరగతి నుంచి 10వ తరగతి వరకు చదువుకున్నాను. దానిని 'రైల్వే స్కూలు' అని పిలుస్తారు. అది చాలా వికాసమైన స్థలంలో కట్టబడింది. అక్కడ చాలా రకాల అటలు ఆడించేవారు. మాకు చదువు కూడా ఎంతో బాగా చెప్పేవారు. నేను మార్చి, 1988 వ సంవత్సరంలో ఎస్.ఎస్.సి. పాసయిన తరువాత ఆ స్కూలు నుంచి వేరే కాలేజీకి మారిపోయాను. తరువాత ఆంధ్ర విశ్వవిద్యాలయం నుంచి ఎం.కామ్. పాసయి స్టేట్స్ ఫౌంటులో ఉద్యోగం సంపాదించుకుని జీవితంలో హాయిగా స్థిరపడిపోయాను. నాకు నేను చదివిన కాలేజీ, యూనివర్సిటీ కన్నా నా స్కూలంటే చాలా ఇష్టం. ఎందుకంటే మా నాన్నగారు రోజూ స్కూలుకు సైకిలు మీద దింపేవారు. మా అమ్మ నాకు మధ్యాహ్నం భోజనం తెచ్చేది. నాకు రోజూ బాగా చదువుకుని స్కూలుకు మంచి పేరు తెచ్చాలని చెప్పేది. నేను ఉద్యోగం వచ్చిన తరువాత కూడా భాళి సమయంలో ఆ స్కూలుకు వెళ్ళి అక్కడ కొంతసేపు గడిపే నా చిన్ననాటి స్కూలు రోజులను గుర్తుకు తెచ్చుకునేవాడిని. అలా ఆ స్కూలులో నాకు ఒక గొప్ప బంధం ఏర్పడింది.

15 ఆగస్టు, 2012 న నేను మా స్కూలుకు అక్కడ జరిగే స్వాతంత్ర్య దినోత్సవ కార్యక్రమం చూసేందుకు వెళ్ళాను.

అప్పుడు అక్కడ హెడ్మిస్ట్రీస్ క్రీమిటి హేమలత గారు, స్కూలు సిబ్బంది నా గురించి అడిగి తెలుసుకుని చాలా సంతోషించారు. అంతే కాదు, ఆ రోజు ముఖ్య అతిథి గా వచ్చిన మాజీ ఎం.ఎల్.ఎ. శ్రీ ద్రోణరాజు శ్రీనివాసరావుగారు మరియు డి.ఇ.ఓ. గార్లతో పాటుగా నన్ను కూడా స్టేజీ మీద కూర్చుండబెట్టారు. అంతే కాదు, నన్ను అక్కడ ఉన్న విద్యార్థులను ఉద్దేశించి ప్రసంగించమన్నారు. నేను అక్కడ విద్యార్థులకు, నాలాగా బాగా చదువుకుని మంచి-మంచి ఉద్యోగాలు చేయాలని బోధించాను. అంతే కాదు, నా చేతులమీదుగా విద్యార్థులకు పతకాలను, బహుమతులను అందజేయించారు. ఒక పూర్వ విద్యార్థికి అంతకన్నా మించిన అద్యుతమైన రోజు ఏముంటుంది. నిజంగా అది నా జీవితంలో మరపురాని రోజు.

అయితే అప్పటికి ఆ స్కూలు బాగా శిథిలంపై పడిపోయింది. అది చూసిన నేను నాతోటి పూర్వ విద్యార్థులతో మాట్లాడి సుమారు 50,000/- రూపాయలు విరాళం సేకరించి, కంప్యూటర్ ల్యాబ్ ను బాగుచేయించి సూతనంగా తీర్చిదిద్ది ఆ స్కూలు విద్యార్థులకు అంకితమివ్వడం జరిగింది.

- K Srinivasa Reddy

सार

मैं अभी आर आई एन एल के मानव संसाधन विभाग के गैर-संक्रम विभाग में सहायक के रूप में कार्यरत हूँ। मेरी पढ़ाई बचपन में अल्लिपुरम के एक रेलवे स्कूल में हुई। मुझे उस स्कूल से बहुत लगाव है, क्योंकि मेरे पिताजी रोज मुझे साइकिल से स्कूल छोड़ते थे और मैं दोपहर में खाना लाती थी। आज भी जब समय मिलता है, मैं वहाँ जाकर अपने बचपन की याद ताजा कर लेता हूँ। एक बार 15 अगस्त के दिन मैं स्कूल गया और स्कूल की प्रधानाध्यापिका श्रीमती हेमलता और बाकी प्राध्यापकों ने मुझे भी मुख्य अतिथि के साथ मंच पर बिठाया। मैंने बच्चों को जीवन में आगे बढ़ने के लिए प्रेरित किया और बच्चों को पदक एवं पुरस्कार भी वितरित किये।

वह स्कूल बहुत ही जीर्ण अवस्था में था। मुझे लगा कुछ करना चाहिए और मैंने अपने सहपाठियों से संपर्क करके 50,000 रुपये इकट्ठे किये और स्कूल की कंप्यूटर पयोगशाला की मरम्मत कराई तथा उसे स्कूली बच्चों के नाम समर्पित किया।

TEACHER IN A GRANDMOTHER

Teacher is one who imparts education to students. We all know professors, readers, lecturers and school teachers in various educational institutions who frame the future citizens. I first worked as a teacher and then as a principal of a preschool (Jyoti Bala Vihar) for twenty six long years and have many sweet memories. As teachers, we not only teach but also learn a lot from our experiences. We all have many common experiences as teachers.

Here, I am sharing about the teacher in a grandmother (my new role) that has rekindled the qualities of teacher in me in a different way. The mother teachers her daughter who is a new mother to handle the new born child - from how to hold the baby to how to bathe and nurture her baby. She also teaches her to deal with different stages of development of the baby which are not taught in any school or institution. These are learnt by practical demonstrations and experiences.

We all know that every mother is the first teacher. But now, out of experience I would say that it's actually the Grandmother who is the first teacher. Teaching the new mother is one thing but teaching the new born is altogether different experience. It is a lovely experience and in this I had to try all new methods which I had never done in my twenty six years of teaching experience. Drawing the infants' attention towards us, training her to look at us and respond to our calling out to her! And the most challenging of all is to teach them to drink milk and to make them quite when they cry for reasons known only to them. We have to constantly communicate with them and here begins the first lesson of education- Listening. And of course, the other lessons follow gradually....

This experience of a grandmother is a lovely and wonderful experience- when the child responds to us, recognizes and smiles at us and tries to communicate, we experience a sense of joy and satisfaction for our efforts.



सिर पर नीली पगड़ी और पगड़ी के बीच से हल्के गुलाबी रंग की झांकती पट्टी तथा सफेद कुर्ते पायजामे में लिपटी सामान्य कद काठी वाली काया। कमेवेश दूर अथवा नजदीक से उनके व्यक्तित्व को जानना इतना आसान नहीं है। उनको जानने के लिए उनकी दुनिया में उतरना होगा।



जी हाँ! वे एक ऐसे व्यक्तित्व के धनी हैं, जिसमें एक शिक्षक, एक वैज्ञानिक, एक योगगुरु के साथ-साथ बहुत ही उत्तम किस्म के अध्यात्मिक प्रवृत्ति वाले व्यक्ति की झलक मिलती है। यह मेरा सौभाग्य कहिए कि मुझे उनसे मिलने का अवसर मिला।

आप उक्कुनगरम में घूमते-फिरते एक सरदार जी को अक्सर देखते होंगे, जो बहुत वुजुर्ग हैं और अक्सर ऊपर उल्लेख के अनुरूप रहते हैं। जी हाँ, वे ही हैं डॉ सुंदर पाल सिंह खालसा, एक शिक्षक, एक वैज्ञानिक, एक योगगुरु.....और न जाने कितने गुण हैं उनमें। जब पहली बार उक्कुनगरम में बने नवनिर्मित गुरुद्वारे में मैं गया, तो उनसे मुलाकात हुई। उस समय वे हार्मोनियम बजाते हुए कोई भजन गाने में मशगूल थे। काफी देर तक वे अपने राग-रंग में निमग्न थे और मैं शालीनता से उनके ध्यान को भंग करने को आतुर। जब उनका भजन खत्म हुआ, तब जाकर मैं उनका ध्यान अपनी ओर आकर्षित किया। बड़े विनम्र भाव से उन्होंने मुझे स्वीकार किया और एक अलग कमरे में ले गए।

वातों ही वातों में मुझे पता चला कि उनका जन्म रावलपिंडी में हुआ था, जो अभी पाकिस्तान में है। मेरे मन में एक सवाल गूँज गया, 'तब तो आपने भारत-पाकिस्तान का विभाजन देखा होगा?' उन्होंने अपने जीवन के जद्दोजहद का ऐसा वयान किया कि मन ही मन मुझे कहना पड़ा, 'इसीलिए दुनिया सरदारों को असरदार कौम के रूप में पहचानती है।' उनकी वातों में अपनी जड़ से उखड़ने का गम और उखड़कर पुनः मजबूत होने का फख दोनों था। इसमें सबसे अहम बात यह थी कि उन्होंने अपने व पूर्वजों के संघर्ष को समस्या के रूप में नहीं वयान किया, मानो सब कुछ एक सामान्य सी प्रक्रिया रही हो।

वातों का सिलसिला आगे बढ़ता रहा। उनके बारे में और जानने की मेरी ललक बढ़ती रही। पता चला कि विशाखपट्टणम इस्पात संयंत्र में 'वेस्ट वाटर ट्रीटमेंट प्लांट' के निर्माण में भी उनका योगदान रहा है। वैसे तो वे मूलतः भाभा परमाणु ऊर्जा केंद्र के वैज्ञानिक रहे हैं। उन्होंने पी डी आई ई एल जैसी महत्वपूर्ण संस्थाओं को अपनी सेवाएँ दी हैं और अब यह संयोग ही है कि उनके सुपुत्र श्री हरभजन सिंह, धमनभट्टी विभाग में कार्यरत हैं।

डॉ खालसा की अध्यात्मिक सोच भी कमाल की है। मैंने पूछ लिया कि 'आप विज्ञान और तकनीक से जुड़े व्यक्ति हैं, फिर गुरुद्वारे में इतना समय विताने का क्या मतलब?' इस पर उन्होंने बड़ा ही सुंदर जवाब दिया, 'वैज्ञानिक आधार से जुड़ा होता है, वह जानता है कि ब्रह्मांड की सारी वस्तुएँ एक दूसरे से जुड़ी हुई हैं, अर्थात् सब कुछ ईश्वर का ही अंश है और उसी अंश में सबको समा जाना है, जैसे पानी हमने पी लिया तो क्या पानी खत्म हो गया? इसी प्रकार ईश्वर है। किसी के मानने और नहीं मानने से कुछ नहीं होता, पूरे ब्रह्मांड को कोई शक्ति बाँधे हुई है, जिसे धर्मगुरु ईश्वर मानते हैं और वैज्ञानिक गुरुत्वाकर्षण बल। यह सब शब्दों का जाल है। मनुष्य मात्र को समझने की जरूरत है।' उक्कुनगरम में गुरुद्वारे की स्थापना पर उन्होंने खुशी जताते हुए कहा कि यह प्रबंधन की मेहरवानी और 'वाहे गुरु' की कृपा का परिणाम है।

वास्तव में डॉ खालसा के व्यक्तित्व में अथाह झील सी स्थिरता और वृक्ष की फलदार डाली सी विनम्रता अनायास ही झलकती है। इंसान में भगवान को ढूँढ़ने की सच्ची कवायद ऐसे ही लोगों द्वारा होती है।

हमारे अपने

‘शिक्षक दिवस’ की महत्ता और अध्यापकों में बच्चों के प्रति लगाव की जानकारी हेतु 5 सितंबर को उक्कुनगरम में स्थित ‘अरुणोदया विशेष विद्यालय’ एवं ‘ज्योति बाल विहार’ की तीन शाखाओं की प्रधानाध्यापिकाओं के साथ चर्चा की गई और उनके प्रेरणादायी विचारों के अंश नीचे प्रस्तुत हैं :

1. मान्यताओं के अनुसार बच्चों का प्रथम गुरु माँ होती है। इससे आप कहाँ तक सहमत हैं?
निस्संदेह! माँ ही अपने बच्चे का प्रथम और श्रेष्ठ गुरु होती है। वह जीवन के हर क्षेत्र में सदैव अपने बच्चे के सर्वांगीण विकास हेतु प्रयास करती है।
2. ‘प्ले स्कूल’ की अवधारणा को आप कहाँ तक उचित मानती हैं? ‘प्ले स्कूल’ एक ऐसी जगह है, जहाँ बच्चे को आगे स्कूली शिक्षा के औपचारिक माहौल का सामना करने लायक बनाया जाता है। उसे शिक्षा ग्रहण के प्रति प्रेरित करते हुए समाज के अनुरूप ढाला जाता है।
3. 3-5 वर्ष की आयु में स्कूल भेजने से क्या बच्चों के मन में शिक्षा के प्रति विरक्ति पैदा नहीं होती?
यदि स्कूल का माहौल सकारात्मक और मजेदार हो तो बच्चे का मनोबल बढ़ता है, जिससे नई चीजें सीखने के प्रति उसका उत्साह भी बढ़ता है। लेकिन यदि इसके विपरीत शिक्षा ग्रहण करने हेतु बच्चे पर दबाव डाला जाता है, तो उसके मन में शिक्षा के प्रति विरक्ति पैदा हो जाती है, जिससे उसके जीवन में आगे बढ़ने की संभावनाएँ प्रभावित होती हैं।
4. अपने किसी प्रिय विद्यार्थी के बारे में अपना अनुभव बताएँ।
मेरे लिए तो सभी बच्चे एकसमान हैं। लेकिन कुछ बच्चे ऐसे हैं, जो शिक्षा के क्षेत्र में बहुत आगे निकल गये हैं। फिर भी जब कभी कहीं मुलाकात होती है तो अपनी गाड़ी रोककर मुझसे मिलते हैं और बचपन की यादें ताजा कर देते हैं, जिससे मेरा मन गद्गद हो जाता है।
5. आप अपने काम से कितने संतुष्ट हैं?
बहुत, मुझे बच्चों को पढ़ाना और एक शिक्षक के रूप में उन्हें कुछ सिखाना बहुत ही अच्छा लगता है। लेकिन मैं इस ढाँचे में कुछ परिवर्तन चाहती हूँ। जब शिक्षा मजेदार हो और बच्चे की प्रवृत्ति के अनुकूल हो तो वह बच्चे एवं उनके अभिभावक, दोनों के लिए उपयोगी होगी।



- श्रीमती लीना घोष
ज्योति बाल विहार
सेक्टर-2, उक्कुनगरम

1. मान्यताओं के अनुसार बच्चों का प्रथम गुरु माँ होती है। इससे आप कहाँ तक सहमत हैं?
मैं इस बात से पूर्णतः सहमत हूँ कि माँ ही अपने बच्चे की प्रथम गुरु है, क्योंकि माँ ही उसे चलना सिखाती है। अतः माँ का शिक्षित होना और समाज के प्रति जागरूक होना अत्यंत आवश्यक है, ताकि वह भावी पीढ़ी को उसके अनुकूल ढाल सके।
2. ‘प्ले स्कूल’ की अवधारणा को आप कहाँ तक उचित मानती हैं?
मेरे हिसाब से बच्चे का ‘प्ले स्कूल’ में जाना आवश्यक है, क्योंकि यहीं से वह समाज के प्रति मुख्यातिव होने लगता है। यहाँ उसे अनुशासन की शिक्षा मिलती है। साथ ही विभिन्न भाषाओं, खान-पान और आस-पास की चीजों की जानकारी मिलती है।
3. 3-5 वर्ष की आयु में स्कूल भेजने से क्या बच्चों के मन में शिक्षा के प्रति विरक्ति पैदा नहीं होती?
इसके भी अपने-अपने राग हैं। कुछ बच्चे रोज आनेवाली चुनौतियों का सामना करते हुए आगे बढ़ते रहते हैं और कुछ बच्चे चुनौतियों से घबराकर स्कूल जाना ही बंद कर देते हैं। यह पूरी तरह उनकी प्रवृत्ति पर निर्भर होती है।
4. अपने किसी प्रिय विद्यार्थी के बारे में अपना अनुभव बताएँ।
पिछले साल तक मैं ‘हाई स्कूल’ में पढ़ाती थी, जहाँ बच्चों पर ‘इंजीनियर’ या ‘आईआईटियन’ अथवा ‘डॉक्टर’ बनने का दबाव होता था। मुझे दसवीं कक्षा के एक सत्र को एम.ई.सी. पढ़ने हेतु अभिप्रेरित करने का मौका मिला, ताकि वे ‘वकील’, ‘चार्टर्ड अकाउंटेंट’ या ‘आई आई एस ऑफिसर’ बन सकें। आज मैं बहुत खुश हूँ कि कई बच्चे मेरे दिखाये रास्ते पर आगे बढ़ने का प्रयास कर रहे हैं।
5. आप अपने काम से कितने संतुष्ट हैं?
मैं आज अपने काम से बहुत संतुष्ट हूँ और मेरी संतुष्टि के स्तर का कोई माप नहीं हो सकता।

- इंद्राणी माझी
ज्योति बाल विहार
सेक्टर-5, उक्कुनगरम

हमारे अपने

1. मान्यताओं के अनुसार बच्चों का प्रथम गुरु माँ होती है। इससे आप कहाँ तक सहमत हैं?



इसमें कोई दो राय नहीं हैं। लेकिन आज के समाज में माता-पिता, दोनों के काम पर चले जाने से कहीं-कहीं घर में कोई नहीं रहता, जो बच्चों की देखभाल कर सके। बच्चे अपने साथी बच्चों से ज्यादा समय बिता सकें, इस विचार से स्कूल में भेज दिये जाते हैं।

2. 'प्ले स्कूल' की अवधारणा को आप कहाँ तक उचित मानती हैं? 'प्ले स्कूल' के संबंध में दुनिया के सभी देशों की अपनी-अपनी अवधारणा है। यदि बच्चों के कौशल विकास की दिशा में 'प्ले स्कूल' की विशेष आवश्यकताओं की पूर्ति की जाती है तो उपयोगी होगा, जिससे बच्चे भविष्य में स्कूली शिक्षा के प्रति आकर्षित होंगे।

3. 3-5 वर्ष की आयु में स्कूल भेजने से क्या बच्चों के मन में शिक्षा के प्रति विरक्ति पैदा नहीं होती?

मैं सहमत नहीं हूँ। यहाँ बच्चों को 'रंग भरने', 'चिकनी मिट्टी को किसी साँचे में ढालने', 'नाचने', 'गाने', 'खेलने', 'कहानी सुनने' और 'कविता सीखने' आदि के लिए उपयुक्त माहौल मिलता है। इससे वे आगे स्कूली शिक्षा के प्रति अभिप्रेरित हो सकेंगे।

4. अपने किसी प्रिय विद्यार्थी के बारे में अपना अनुभव बताएँ। किसी समय मैं एक 'प्ले स्कूल' की टीचर थी। उस समय मैं तेलुगु नहीं समझती थी। मैंने एक बच्चे से पूछा, 'तुमने सबेरे क्या खाया?' तो उसने कहा, 'गारी', मैं ताज्जुब थी कि 'यह बच्चा गाड़ी, याने कोई कार कैसे निगल गया। तब एक केअरटेकर, जो तेलुगु समझती है, ने कहा कि 'गारी', याने 'वड़ा।' एक बार मैं किसी बस स्टॉप पर खड़ी थी, तो एक लड़के ने 'टाटा सुमो' से उतरकर मुझे लिफ्ट दी। यह 'गारी' खानेवाला वही लड़का था।

5. आप अपने काम से कितने संतुष्ट हैं? मैं अपने कार्य से बहुत संतुष्ट हूँ। आज मैं एक प्रधानाध्यापिका हूँ। लेकिन मुझे किसी शिक्षक के रूप में क्लास में जाना अच्छा लगता है। मुझे छोटे बच्चों के साथ समय बिताना अच्छा लगता है। यह मुझे प्राप्त अवसर नहीं, बल्कि मेरी शौक है।

- जयंती द्विवेदी
ज्योति वाल विहार
सेक्टर-9, उक्कुनगरम

1. मान्यताओं के अनुसार बच्चों का प्रथम गुरु माँ होती है। इससे आप कहाँ तक सहमत हैं?



जी हाँ। लेकिन आजकल माँ किसी नौकरी अथवा सामाजिक कार्य में लगे रहने की वजह से अपने बच्चे को उतना समय नहीं दे पा रही है और वह समझती है कि उसका बच्चा स्कूल जाकर कुछ सीखे। ऐसा करके वह सोचती है कि उसकी जिम्मेदारी पूरी हो गई, जो सही नहीं है।

2. 'प्ले स्कूल' की अवधारणा को आप कहाँ तक उचित मानती हैं? यहाँ भी वही बात आती है। जहाँ तक 'प्ले स्कूल' में बच्चों को खेलाने की बात है, बच्चा मजा लेते हैं। लेकिन जब कुछ सीखने के लिए उनपर दबाव दिया जाता है तो माँ और बच्चे के प्यार में दरार पड़ने लगती है। हमारे देश में 'प्ले स्कूल' की अवधारणा ऐसी बनी है, जिसके अंतर्गत बच्चों की कोमलता कुचली जाती है और उन्हें मात्र स्कूली शिक्षा के बल पर आगे बढ़ने के लिए विवश किया जाता है।

3. 3-5 वर्ष की आयु में स्कूल भेजने से क्या बच्चों के मन में शिक्षा के प्रति विरक्ति पैदा नहीं होती?

मैं इस बात से सहमत हूँ। पुराने जमाने में दादा-दादी या नाना-नानी बच्चों को परियों की कहानी सुनाया करते थे, जो बच्चे बहुत चाव से सुनते थे। यदि स्कूल का वातावरण ऐसा हो तो बच्चों के लिए अवश्य लाभदायक होगा।

4. अपने किसी प्रिय विद्यार्थी के बारे में अपना अनुभव बताएँ। एक लड़का था, मास्टर संतोष, जो मानसिक रूप से कमजोर था और अपनी बात कहने की क्षमता भी नहीं रखता था। उसकी उम्र 10 साल थी। वह अपने माता-पिता का इकलौता बेटा था। वह अपने माता-पिता को छोड़कर बाकी लोगों पर थूकता था। जब लोग उसे देखते थे, ताली बजाकर हँसता था। मैंने जब उसकी प्रवृत्ति का विश्लेषण किया तो पता चला कि वह लोगों का ध्यान आकर्षित करने के लिए ऐसा करता था और उसे थूक निगल लेने का प्रशिक्षण प्राप्त नहीं था। उसे सिंक में थूकने का प्रशिक्षण दिया गया। मैंने लोगों से कहा कि 'जब वह थूकता है, तो आप उसकी ओर मत देखिए।' साथ ही उसे सीटी दी। वह जब सीटी बजाने लगा, लोग उसकी ओर देखने लगे। ऐसे वह लोगों का ध्यान आकर्षित करने लगा। आज उसमें आये इस बदलाव से उसके माता-पिता और सभी लोग बहुत ही खुश हैं।

5. आप अपने काम से कितने संतुष्ट हैं? मैं अपने काम से बहुत ही संतुष्ट हूँ। भगवान ने मुझे ऐसे बच्चों की सेवा करने का मौका दिया, इसके लिए मैं भगवान के प्रति बहुत ही शुकुगुजार हूँ।

- वी राजराजेश्वरी
प्रधानाध्यापक
अरुणोदया विशेष स्कूल

Reaching Out



1. Mangoes plucked from VMS premises were distributed by VMS team on 7th July 2014. To Desire Society, a home for HIV infected and affected children and to Teresa Children's Home, an orphanage. Real joy added.
On 12th July 2014, VMS President Madam Preeti Roy and Vice President Madam Bindu Mohapatra and VMS team visited M P P School, Sundariah Colony and distributed notebooks, slates, pens and pencils to the children of the school. The team created an awareness to understand the real meaning of Education – why and how.
2. On 14th July 2014, VMS President Madam Preeti Roy and VMS team donated Saree, petticoat, blouse piece, bedsheets and towels to threesenior citizens at Sector 1 temple premises.
3. The July MGT was held on 19th July 2014, SPARK July issue was released by VMS President Madam Preeti Roy and Vigyapan the Advertisement Competition was held. Certificates and prizes were given to winners of Environment Day Contests and Summer Wear Contest of May MGT.
4. Educational help to the tune of Rs.12,229/- for six children was given to promote education among socially and economically weaker section of the society, especially Girl students.
5. A cheque of Rs.18,000/- was paid to Padmaja Hospital for knee surgery of V.Ramanamma, a polio patient who suffered fracture on the other leg.
6. As a part of Independence Day Celebration VMS President Madam Preeti Roy, Vice President Madam Bindu Mohapatra and VMS team visited MPP School Sundariah and distributed slates, slate pencils, pens, pencils, paper flags and snacks on 14th August 2014, eve of Independence day. Celebrating the eve with less privileged children is a joy.
7. On 16th August 2014, six flower bearing plants were planted in VMS premises and rakhi tied to the plants, by VMS President Madam Preeti Roy and VMS team. Oath was taken to work more towards environmental protection.
8. 'RANGMANCH' the August MGT was held on 19th August 2014. A cheque of Rs.50,000/- was handed over to Sri Sai Seva Trust by Honorary President Madam Gouri Annapurna, followed by dance drama competition which was a colourful prelude to the farewell given to Madam Sushma Chauhan, former Vice President. New Vice President Madam DVP Saroja was welcomed. Members were also given saplings supplied by Horticulture Department and Mehendi cones. A plant as a gift was undertaken to foster 'Go Green and make the Environment clean,' a project of VMS.
9. Educational help of Rs.2,200/- was paid to A Sai Likitha daughter of Acharyulu.
10. Teachers' Day special MGT was held on 8th September 2014. Lighting of the lamp and garlanding the photo of Dr. Sarvepalli Radhakrishnan by President, Vice Presidents and Secretary. New Vice President of VMS, Dr.Gargeyi, was welcomed. Teachers in the VMS fold were felicitated. Special games were conducted for teachers and paper game and surprise questions for all VMS members. Gift vouchers were sponsored by VMS member Mrs. Jharna Das, an upcoming entrepreneur.
11. On 22nd Sept, President Madam Preeti Roy and VMS Comm. members visited Integrated Vikalangulu Ashrama Pathasala, Atchuthapuram and donated various provision items, rice, dal, oil, salt, jaggery, black channa, sooji. They interacted with the physically and mentally challenged children of the residential school run by Mr PST Patnaik, himself a physically challenged person. They also witnessed mechanised Paper cup making at the Vocational training centre in the school.



12. On 28th Sept, Madam Preeti Roy and VMS team donated watercooler to Sector 12 temple, an ancient temple within the township, where people from far off places come to satiate their thirst and fetch water.
13. On 7th Oct, Madam Preeti Roy, President, Madam Bindu Mohapatra, Vice President and VMS team donated trunk boxes, tubelight fittings, fans, chairs to Govt. BC Hostel, Lankalapalem, uniforms to 1st Intermediate students of Govt Jr College, Parwada, Dual desks , Book rack, steel plates and glasses to MPP school, Lankalapalem and Table, storage shelf, steel plates. In all the places VMS introduced SWACHH BHARAT CAMPAIGN and Madam Preeti Roy motivated the students to keep their environs clean, while pursuing their dreams for a bright future.
14. Pressure cooker, steel glasses and plates besides play items were donated to Anganwadi, Desapatripalem to facilitate the Govt.'s Mid-Day Meal program.
15. A SEVA- BUCKET distribution of 5 kgs rice, 3 kgs pulses, oil and jaggery to 13 leprosy affected families in Vepagunta Leprosy Colony, Padmanabha Nagar, Ward 66 was organized on 8th Oct, 2014 - the final day of the JOY OF GIVING (DAAN UTSAV) WEEK commemorating Gandhi Jayanthi. Madam Preeti Roy, President and Madam Bindu Mohapatra Vice President distributed shirts, lungis and saree sets also, to the lepers of the colony.

VMS is committed to service and welfare which is in progress.

VMS intends to reach many by extending its helping hand and wiping out tears from their eyes.

Let there always be a 'Smile' on each face that's the MISSION .

MY GURU - WHO & WHY

My father is my guru. He always guides and takes care of me whenever I have a problem. He has shown me the way to follow.
- P.Swapna

My Guru is my god father. Today I am here (VMS) because of my Guru, performing on stage. - V.Sushma

గురువు గారు, అంటే ఉపాధ్యాయులు మనకు కనిపించే దేవుడు. ఆయన చెప్పిన బాటలో నడిచినప్పుడు జీవితము స్వర్గమయము.
- Neha

T-Trainers, E-Enthu, A-Adorable, C-caring, H-Honest, E-Energetic, R-Rare thinking - Srigouri

Teachers are the temples of God. - R.Sunita

My father is my Guru. He taught me how to fight in the worst of situations through his personal experience. - Reena A.Sen

The guru in my life is my father whom I fondly call as 'Ba'. He is my creator, mentor, motivator. - Indrani

My mother is my guru and first teacher. She taught me everything about life, my culture and to have patience. After my marriage, I realize that she is my everything and my guru. - Sumana Chakraborty

గురువు అనే పదానికి ఆర్థం మా దీవర్ కనకమహాలక్ష్మి గారు. ఎందుకంటే ఆమె మాకు చదువు ఒక్కటే కాదు, అన్ని విషయాలు నేర్పారు. అందుకే ఆమె మాకు ఆదర్శప్రాయులు.
- KV Ratna Kumari

Dr.P.V.Krishnan sir. He is my spiritual guru. He runs Paravoyoma classes.
- Manisha Jha

My mother is my God and Guru. She taught me to pray, to be honest, helpful and to be a person in my life. - Y.Suseela

My Guru is my spiritual master Dr.Shree Krishnan sir. I met him through my son. He has changed my life.
- Madhu Mishra

For me, every person I meet each day is a Guru. I feel I learn something from every person I meet. - PN Savitry

గురువు మా అమ్మ చిన్నప్పటి నుంచి నేటివరకు నా ప్రతి చర్యలో తన సలహా, ప్రోత్సాహం వచ్చేంతో ముందుకు నడిపించి మంచి భవితవందించాయి. నా గురువైన నా తల్లికి నేను నర్మదా కృతజ్ఞులని.
- Devulapalli Bhanumati

My special guru and my teacher is my mother. She taught me to walk, She taught me to love God, to pray, to fight for my rights and respect others.
- Sonia Sandhya Ekka

योगेंद्र प्रसाद जी मेरे आदर्श गुरु हैं। उन्होंने मुझे शिक्षा के प्रति अभिप्रेरित किया और जब भी जरूरत पड़ी, मार्गदर्श न किया। - तखजीत कौर

Ma, my mother who taught me to walk, talk and all the ways of life.
- Purba Sarkar

माँ ही मेरी गुरु है। उन्होंने मुझे स्वभिमान के साथ जीना सिखाया। रुढ़िवादी पिता और भाई से लड़-झगड़कर उन्होंने मुझे सफल बनाया। उन्हें शत-शत नमन।
- सुधा मिश्रा

My Guru is my mother. All the lessons of life can be very well taught by her only.
- Bindu

My real guru is Mrs.Samim Sharma. She has changed my life, my thinking and me completely.
- Sanjana

Human beings life span is a hundred years. A Teacher's life is hundred to the power of infinity. - M Suma Devi

मेरा गुरु मेरी माँ है। मेरा मानना है कि दुनिया में माँ पहला गुरु होती है।
- सी एच उमादेवी

My special guru is my husband .Without him I would not have studied B.A., MBA, B.Ed. and now M.Ed. He is very special to me because he made me a significant person in the world. He has inspired me a lot. - **M.Jaya Lakshmi**

My Favorite teacher is my Chemistry teacher -Dr.Asiam Khan. An intellectual with full command over his subject and a person with simple living and high thinking. I pursued my Masters in Chemistry only because of him. Thank you Sir for what u taught me! - **Neelu Gour**

My favorite teacher is Mr.D.Singh, my Chemistry teacher. It is only because him that I have done my Chemistry (Hon). He gave me the clear Knowledge to choose my career - **Anuradha**

My mother is my guru and my inspiration. Whatever I am today, it is because of her teachings only. Whenever I have any confusion , I take my mother's advice . In simple way ,she solves all my problems . "Love you Mom" - **Hemlata Jha**

My favorite guru and teacher is my father . In school ,it was Mrs. Supriya . I have learnt the norms of the society and good manners from them - **G Renuka**

My special guru is my maths teacher, Mr. Rama Rathanam. When I was in 10th class I was very poor in maths. I used to get only 35% marks. He took special interest in teaching me Maths for 2 months after which I got 60% in final exam! After that, I never had any problem in doing Maths. So I consider him as my best guru ever. - **Arunasri.D**

Miss Wheeler, my kinder Garden teacher will always remain my favorite. She had made my school going experience very memorable and interesting with her beautiful smile and way of teaching and narrating stories captivately. - **NR Vijaya Kamala**

In a life, there are many guru's teachers. The guru who gives the inspiration throughout the life, is considered the most important and in my life my Mother has been my Guru. My Mother is a dynamic lady. She is a simple house wife but her thoughts, confidence, positive attitude makes her different from others. She is a lady who always instilled good manners in us and taught us to be confident and face problems without any fear with a positive attitude. Generally people forget the good values which make a human being near to God. I learned the importance of good values from her. She is spiritual also. I am very proud of her. - **Sushma Agrawal**

For me My Mother is my guru because she is the one who went through the pain to give me my birth and lent a helping hand in every phase of my life. "Maa, I miss u". May your blessings be with my family forever. - **T Sunitha Venugopal**

Nanna Koteswararao and Raghunatha Rao were my Maths teachers in school. They were excellent. They were my inspiration to take up M.Sc. in maths . I intend to do a Phd. in that subject. - **P Pavani**

Mrs. Vasanti, my mother, is my first and best guru. She taught me everything in life. That's how I became a good daughter, good wife and a good mother. - **Neelima Kaparde**

मैं अपना गुरु अपने पिताजी को मानती हूँ। आज जो भी मैं हूँ, सब उन्हीं की देन है। उन्होंने मुझे गायिका बनाया। रंगमंच की अभिनेत्री बनाया और सबसे महत्वपूर्ण बात यह है कि उन्होंने मुझे एक अच्छा इंसान बनने के लिए प्रेरित किया। गुरु, तुम्हें शत-शत प्रणाम। - **कै प्रवीणा**

My guru / teacher who will always be remembered & cherished by me is Mrs.Nakra, English lecturer in St.Joseph's college for women, Vizag. She was literature in herself. She would just walk into the class without a book and teach extempore for two hours at a stretch. Her class was full of fun. A very knowledgeable person. - **Sushma Mathur**

मेरी माँ ही मेरी सबसे प्यारी गुरु थी। उसने मुझमें सभी तरह के संस्कार भरा। इसीलिए लोग मुझे माँ की प्रतिमूर्ति कहते हैं। अब मेरी गुरु मेरी बेटा है। अब दुनिया की सारी नवीनतम बातों को वह मुझे बताती व सिखाती है। - **प्रीति तिवारी**

"Education is the only wealth that cannot be sold". These are the golden words she taught us. These inspiring words have tuned our lives. I can never forget her teachings that have changed our thoughts. I respect her ever so much. (My 7th std teacher Juliana Madam) - **Padma Tulasi**

मेरी माँ मेरा गुरु,
जिनसे होता जीवन शुरू।
- **सुषमा अग्रवाल**

My memories take me back to the year 1978, Dow Hill School, Kurseong, where I was a student and in class 10. Dow Hill, a beautiful school in a very scenic surrounding, right amidst the towering pine trees! Adding to the scenic surrounding, this particular day that I'm talking about, was a warm sunny day and to our utter happiness our teacher for that particular period was absent.

Ours was a school which had very less students in each class and ours was a particularly small one of 16 boarders and 2 day scholars, 18 in total. The teacher being absent, all the girls were getting restless until someone went up and announced that some girls would be emulating the monkey show that we had seen the day before.

This of course caught everyone's attention. Soon Rashmi Chadda was enacting the "madari" and Panchali Shome and some other girl were the monkeys. Rashmi was at her best holding the girls' ties just like the way that the "madari" holds the rope tied to the monkey and saying "Biyar garneko sita biyar garne... Lata laayi...Geetika liyee ki Sushmita laayi (which of these girls do you like) and the so called monkeys shook their heads from side to side in denial. Then Rashmi said "ok ok Miss Pradhan laayi biyar garne..... Again a huge denial.. Then she said, "ayyyy bujhay, raamri chahiyo la ni ta Miss Dayal chalcha. To this question the monkeys took some time to think. The whole class was engrossed in the show. Finally the "monkeys" vehemently shook their heads up and down in approval. The whole class clapped and obviously there was a lot of joking and laughter...and NOISE.

The students were facing the classroom door while the participants were facing the class with their backs towards the door. While all this was going on, none of us realized that our Principal, Miss Pradhan and Vice-Principal, Miss Dayal were at the door (God only knows since when!), with their hands behind their back and a grim look on their faces. It was probably the noise from our class which had drawn their attention to our class.

As soon as we realized that we were being watched, we froze. We knew that it was doomsday. What happened after that was something that has never faded from my memory.

After a long sermon and thorough scolding for behaving in a non lady-like manner and being a disgrace to the school, the class was asked to name the students who had given this idea so that only they would be punished and the rest of the class would be spared. Absolute silence! So the full class was punished. We were asked to stand along the main corridor for the whole day so that the rest of the school came to know that we were up to mischief and were therefore punished. No lunch for any of us.

We felt very humiliated as students and teachers passed by, some sympathetic and some with the "good!serves- you- right" look on their faces. Past noon we all were famished. The corridor being



beside the dining hall made matters worse because of the aroma of food being served there. Suddenly there was a lot of buzzing; the girl at the tail end of the corridor had spotted a baker who was allowed to sell confectionaries to students during lunch hours. She signaled to him to come closer and we struck a deal. He slyly kept passing the edibles and everyone got to eat their full. The deal was that we would give him the full payment the next day by contributing equally amongst us.

He was a happy man as he had sold out everything from his box and we were happy with our hunger being satiated-that too while being punished. It was 3.15pm and almost time for school to get over, we saw the Principal and Vice-Principal walking towards us. We tried to put on a very tired and sad look and it worked. All of us apologized in unison.

We were reprimanded again and were made to promise that we would never repeat anything like that ever. To our utter surprise, along came some staff from the dining hall with a big basket of fruits and we all were treated to an apple and a banana each. We all thanked our Principal with a mischievous gleam in our eyes. How could we tell her that we were really stuffed!!

Thirty six years have gone by since, but the recall of this incident even today, makes me feel as if I am a student who has to dress up in her uniform and go to school the next day!!

I have had the fortune of being a teacher too and I thoroughly understand how it is to deal with students who are always trying to get the better of the teacher. For students, playing pranks makes for memories of another day but for a teacher to let go of such unruly behavior is a tough call. Nonetheless, we teachers always find a way to more than compensate for any act of being tough on the naughty or unruly student, so that they leave with sweet memories from school days.

- Lata Choudhary

Translation- from Nepali- Biyar garne-want to get married?,Ko sita-with whom?,Laayi Bujhay-understood ? ,Raamri chahiyo-want someone pretty? La ni ta miss Dayal chalcha- ok ok will miss Dayal do?

‘राही’

राही तू चलता चल,
कठिनाइयों से ना डर।
मंजिल को पाना है अगर,
निकल चल वेफिकर।

तुझे क्या पता,
तुझे जाना कहाँ है।
क्या है तेरी मंजिल,
वस राह पर बढ़ता चल,
मंजिल को पाना है अगर।

चलते हुए राह पर,
कहीं फूल हैं, तो
कहीं काँटे, जो
तकदीर ने तुझे वॉटे हैं।

राह में कई मुसाफिर मिलेंगे,
जो कभी दोस्त
तो कभी दुश्मन
की तरह छलेंगे।

रास्ते ऊबड़-खाबड़ मिलेंगे,
काले बादल मंडरायेंगे।
उन्हें चीरकर आगे बढ़,
मंजिल को पाना है अगर।

राही चलता चल अकेला,
प्रकृति का नियम है निराला।
अंधेरे के बाद है उजाला,
पतझड़ के बाद है वसंत।
हार के बाद है जीत।

उस जीत की आस लिये,
अपने सपनों को साथ लिये,
निकल पड़ वेफिकर,
मंजिल को पाना है अगर।

अतीत की यादों को पीछे छोड़,
भविष्य के सपनों को लिये आगे बढ़,
राही तू चलता चल अकेला।

कर्म करते हुए कर्मयोगी बन,
हर सुख को पाकर सुखभोगी बन,
सफलता की ऊँचाइयों पर चढ़,
हर हाल में आगे बढ़।

राही तू चलता चल
मंजिल को पाना है अगर,
निकल पड़ वेफिकर।

- प्रीति तिवारी

शायरी

1. पाने से तकदीर नहीं मिलती
चाहने से मंजिल नहीं मिलती
ऐ भरे यारों, चलो उठो
जिंदगी ऐसे ही गवाया न करो।
मेहनतकश इंसान बनो
जीवन को जी भर कर जियो
क्योंकि जिंदगी दुवारा नहीं मिलती।
2. इश्क इवादत है
इश्क इनायत है
जिसने किया, वह अमीर है
जिसने न किया, वह फकीर है
फिर भी हमें इश्क न करने की इजाजत है।
3. तेरी यादों का सहारा मिला
जीवन फूल जैसे खिला
दिल में खुशियों का सागर डोला
मन फटाक से यह बोला
हमें तुमसे प्यार हुआ
सदा यही है हमारी दुआ
हमेशा खुश रखे तुम्हें खुदा।

- प्रीति तिवारी



चुटकुले

- 1) राधा अपने परिवार की पुरानी तस्वीरों को देख रही थी। एक तस्वीर को देखकर उसने अपनी मम्मी से पूछा, 'तुम्हारे साथ यह हैंडसम आदमी कौन है? मम्मी ने कहा, 'बेटा ये तुम्हारे पापा हैं।' राधा ने आश्चर्य से पूछा, 'तो फिर इस गंजे आदमी के साथ हम लोग क्यों रहते हैं?'
- 2) बांके बिहारी एक बार पैसा जमा करने बैंक गया। बैंक कैशियर: ये नोट फटे हुए हैं, दूसरा दो। बांके बिहारी: मैं इसे अपने खाते में जमा कर रहा हूँ, फटा कल्लू या नया। तुमको क्या?
- 3) आर्मी ट्रेनिंग के दौरान ऑफिसर ने रामलाल से पूछा: यह हाथ में क्या है? रामलाल: सर! यह बंदूक है। ऑफिसर: यह बंदूक नहीं हमारी इज्जत और शान है। तुम्हारी माँ है। उसके बाद ऑफिसर दूसरे सैनिक किशनलाल के पास गया और उससे भी वही सवाल किया। किशनलाल: सर! यह रामलाल की माँ और हमारी आंटी है।
- 4) आदिवासी इलाके में एक शिक्षक की नियुक्ति हुई। शिक्षक ने बच्चों से पहला सवाल किया। शिक्षक : पहलेवाले शिक्षक कैसे थे? सभी बच्चे एक स्वर में बोले - बहुत स्वादिष्ट।
- 5) एक भिखारी : (दूसरे भिखारी से) अरे भाई! तुम इस सिनेमा के पोस्टर को ऐसे क्यों घूर रहे हो? दूसरा भिखारी: क्योंकि इस फिल्म का मैं ही प्रोड्यूसर हूँ।
- 6) पत्नी (पति से) : तुम्हारी हिम्मत कैसे हुई, पड़ोसन के साथ फिल्म देखने जाने की। पति : अरे पगली, आजकल बीवी, बच्चों के साथ देखने लायक फिल्म बनती ही कहाँ है।
- 7) मुल्ला नसीरुद्दीन ने एक आदमी से पूछा, मालिक! ये आज्ञादी क्या चीज होती है? आदमी: मैं तो शादीशुदा हूँ... मैं क्या जानूँ? उस कुआँरे कस से पूछो... मुल्ला : हूँ...! वह क्या बताएगा... वह तो खुद मोबाइल का गुलाम है।
- 8) एक वजनी औरत ने सिनेमा हॉल के गेटकीपर को दो टिकट थमाये। गेटकीपर ने दोनों टिकटों को आधा करते हुए पूछा, 'आपके साथ और कौन हैं?' वह मुस्कराते हुए बोली, 'दरअसल दूसरा भी मेरा ही टिकट है। एक सीट पर बैठा नहीं जाता। इसलिए दो सीटें लेती हूँ, ताकि पैर फैलाकर आराम से बैठ सकूँ। गेटकीपर ने कहा, 'लेकिन भैडम! आपकी एक सीट का नंबर आठ है और दूसरी सीट का नंबर सोलह।'

- रश्मि कुमारी

Have you given this a thought??

- Do Lipton tea employees take coffee breaks?
- If olive oil comes from olives, where does baby oil come from?
- If people from Poland are called Poles, why aren't people from Holland called Holes?
- Do infants enjoy infancy as much as adults enjoy adultery?
- Why the man who invests all your money is called a broker?
- Why is it called building when it is already built?
- If vegetarians eat vegetables, what do humanitarians eat?
- If working hours are meant for working, why are you reading this???

Vidya Panga.

HOW MAHATMA GANDHI INSPIRES ME

Manavhit hetu jiye baapu
Miriyamaan jati ka tran kiya
Jan janta ka kalyan kiya
Sukh dukh me ek rahe baapu
Manavhit hetu jiye baapu



Karmyogi ahinsavadi mahatma
Maavtawadi ahimsawadi rastrapurush

Gandhiji's simplistic living inspires me to lead a simple life - G Anand

Peace, non violence and truth are the basic principles of righteousness in life- Vijaya Kumari

The most inspiring feature of Mahatma Ghadhiji's life is that he lived a life following established values of simplicity, non-violence, truth and natural living and proved their supremacy - Alka Rani Mishra

Help yourself and you win the world- Sarada Rath

Sense of righteousness, truth, simple living and high thinking- Kalpana Dey

I try to be truthful at the time. Gandhiji's simple lifestyle also has influenced me - Alka rani mishra...

Gandhiji has made me a swadeshi with a good taste for Indian food, culture and religious belief - Madhumita Ghosh

Gandhi- A man of Millennium. His life itself is his message. A man of prayer, god's instrument for presenting Non violence. Saw God in the service of humanity. Had deep trust in men only because he had trust in God. - Anita Sharma

During my sudden inclination towards spirituality I read a number of books on the life and teachings of many saints. All of them talked about the presence of God in all living creatures. Gandhiji too saw God in fellow men. The service to humanity with the commitment to non violence, helping the poor farmers, created undying faith in the goodness of humanity in me. His disbelief in discrimination on grounds of caste colour or religion conveyed the message of love and equality. This helped me in establishing feeling of mutual equality, mutual respect, and love free from egotism giving me a heart where love multiply many fold making me realize the kind presence of God in all human beings. - Anita Sharma

DADI MA KE NUSKHE



Applying Mehndi / Henna on hands

Besides lending color to the hands, mehndi is a very powerful medicinal herb. Weddings are stressful, and often, stress causes headaches and fever. As the wedding day approaches, the excitement mixed with nervous anticipation can take its toll on the bride and groom. Application of mehndi can prevent too much stress because it cools the body and keeps the nerves from becoming tense. This is the reason why mehndi is applied on the hands and feet, which house nerve endings in the body.

Celebration and cleaning during Diwali

Diwali usually falls in October or November which marks the start of winter season and end of rainy season. Rainy season wasn't a good time for everyone back then; many homes needed repair and renovation after a heavy fall. That is why time before Diwali was considered the period during which everyone can indulge in cleaning and beautification of their homes. And also take out their winter clothes and pack the summer ones.

Sitting on a floor and eating

this tradition is not just about sitting on floor and eating, it is regarding sitting in the "Sukhasan" position and then eating. Sukhasan is the position we normally use for Yoga asanas. Sitting in this position while eating, helps in improving digestion as the circulatory system can focus solely upon digestion and not on our legs dangling from a chair or supporting us while we are standing.

Why not to sleep with your head towards North?

Myth is that it invites ghost or death but since says that it is because human body has its own magnetic field (Also known as hearts magnetic field, because the flow of blood) and Earth is a giant magnet. When we sleep with head towards north, our body's magnetic field become completely asymmetrical to the Earth's Magnetic field. That cause problems related to blood pressure and our heart needs to work harder in order to overcome this asymmetry of Magnetic fields. Apart from this another reason is that our body have significant amount of iron in our blood. When we sleep in this position, iron from the whole body starts to congregate in brain. This can cause headache, Alzheimer's disease, Cognitive Decline, Parkinson disease and brain degeneration.

Surya Namaskar

Hindus have a tradition of paying regards to Sun God early in the morning by their water offering ritual. It was mainly because looking at Sun rays through water or directly at that time of the day is good for eyes and also by waking up to follow this routine, we become prone to a morning lifestyle and mornings are proven to be the most effective part of the day.



Health Wellness

LAUGHTER IS THE BEST MEDICINE

The sound of roaring laughter is far more contagious than any cough, snuffle, or sneeze. When laughter is shared, it binds people together and increases happiness and intimacy. Laughter also triggers healthy physical changes in the body. Humor and laughter strengthen your immune system, boost your energy, diminish pain, and protect you from the damaging effects of stress. Best of all, this priceless medicine is fun,

"Your smile is one of the effective tools that you have to make certain that your daily mood and emotional state supports good health" -Paul E McGhee.

Laughter is strong medicine for mind and body: You have probably heard the saying, "Laughter is the best medicine". Many medical studies show that laughter has both physical and mental benefits, but in today's fast-paced stressful world, there is definitely a lack of laughter. People get so caught up in the have-to and should-do that they forget to lighten up. Looking at life's situations with a sense of humour and laughter provides perspective and helps keep things in balance when life seems unfair.

Laughter is a powerful antidote to stress, pain, and conflict. Humor lightens your burdens, inspires hopes, connects you to others, and keeps you grounded, focused, and alert. With so much power to heal and renew, the ability to laugh easily and frequently is a tremendous resource for surmounting problems, enhancing your relationships, and supporting both physical and emotional health.

LAUGHTER IS GOOD FOR YOUR HEALTH

Laughter relaxes the whole body. A good, hearty laugh relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes after.

Laughter boosts the immune system. Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving your resistance to disease.

Laughter protects the heart. Laughter improves the function of blood vessels and increases blood flow, which can help protect you against a heart attack and other cardiovascular problems.

Laughter and humor helps you in making emotionally stable: Humor helps you keep a positive, optimistic outlook through difficult situations, disappointments, and loss. More than just a respite from sadness and pain, laughter gives you the courage and strength to find new sources of meaning and hope. Even in the most difficult of times, a laugh-or even simply a smile-can go a long way toward making you feel better. And laughter really is contagious-just hearing laughter primes your brain and readies you to smile and join in the fun.

THE LINK BETWEEN LAUGHTER AND MENTAL HEALTH

Laughter dissolves distressing emotions. You can't feel anxious, angry, or sad when you're

Laughter helps you relax and recharge. It reduces stress and increases energy, enabling you to stay focused and accomplish more.

Humor shifts perspective, allowing you to see situations in a more realistic, less threatening light. A humorous perspective creates psychological distance, which can help you avoid feeling overwhelmed.

Humor and playful communication strengthen our relationships by triggering positive feelings and fostering emotional connection. This bond acts as a strong buffer against stress, disagreements, and Laughing with others is more powerful than laughing alone: Shared laughter is one of the most effective tools for keeping relationships fresh and exciting. It builds strong and lasting relationship

bonds, but sharing laughter and play also adds joy, vitality, and resilience. Humour is a powerful and effective way to heal resentments, disagreements, and hurts. Laughter unites people during difficult times.

Incorporating more humor and play into your daily interactions can improve the quality of your relationships- as well as your connections with co-workers, family members, and friends.

Using laughter in relationships allows you to be more spontaneous. Humor gets you out of your head and away from your troubles.

Let go of defensiveness. Laughter helps you forget judgments, criticisms, and doubts. Release inhibitions. Your fear of holding back and holding on are set aside. Express your true feelings. Deeply felt emotions are allowed to rise to the surface.

Comedy movies as stress relievers and an Icon of Laughter: What makes comedy films a great stress buster? The lack of logic. Unlike a thriller or an action flick where there is a heavy plot involved, comedies are made to have fun. Comedy films do have a basic plot but that's it. There is no complicated storyline, no sophisticated weaponry, nothing of that sort. Humour gives us what we want - a route to escape the reality; a method to make light of things; a few moments of happiness and laughter that we all keep searching for in our mundane lives.

Everybody remembers Charlie Chaplin for his goofy style of carrying himself on screen. Tom and Jerry still stands as a show for all ages, irrespective of gender and profession. It is a human tendency to get stressed over trivial matters.

We always talk about today's stressed times; but the truth is, man has always been stressed ever since he was born. Connecting to things and relating everything to himself. Unlike other genres which border on fantasy, comedy films have an element of realism in them. Most of the comedy movies are inspired from real life situations which makes us relate to them. And because we can relate to the characters, we feel less stressed about our situation.

Bringing more humor and laughter into your life: Laughter is your birthright, a natural part of life that is innate and inborn. Infants begin smiling during the first weeks of life and laugh out loud within months of being born. Even if you did not grow up in a household where laughter was a common sound, you can learn to laugh at any stage of life. Begin by setting aside special times to seek out humor and laughter, as you might with working out, and build from there. Eventually, you'll want to incorporate humor and laughter into the fabric of your life, finding it naturally in everything you do.

HERE ARE SOME WAYS TO START

Smile. Smiling is the beginning of laughter. Like laughter, it's contagious. Pioneers in "laugh therapy," find it's possible to laugh without even experiencing a funny event. The same holds for smiling. When you look at someone or see something even mildly pleasing, practice smiling. Count your blessings. Literally make a list. The simple act of considering the good things in your life will distance you from negative thoughts that are a barrier to humor and laughter. When you're in a state of sadness, you have further to travel to get to humor and laughter.

Spend time with fun, playful people. These are people who laugh easily-both at themselves and at life's absurdities-and who routinely find the humor in everyday events. Their playful point of view and laughter are contagious.

Bring humor into conversations. Ask people, "What's the funniest thing that happened to you today? This week? In your life?"

Life brings challenges that can either get the best of you or become playthings for your imagination. When you "become the problem" and take yourself too seriously, it can be hard to think outside the box and find new solutions. But when you play with the problem, you can often transform it into an opportunity for creative learning. As laughter, humor, and play become an integrated part of your life, your creativity will flourish and new discoveries for playing with friends, coworkers, acquaintances, and loved ones will occur to you daily. Humor takes you to a higher place where you can view the world from a more relaxed, positive, creative, joyful, and balanced perspective.

O.R.M. RAO

A Teacher in Every "BODY"

"Gurur Brahma Gurur Vishnu, Guru DevoMaheswaraha!!"
"GururSakshat Para Brahma, Tasmai Sri GuraveNamah!!"

The first teacher in mankind is the Mother, and the teaching starts when the child is in the womb. The child responds to the mother's acts and the mother receives the signals from the child well before giving birth to the child. In the Kurukshetra war the knowledge of how to penetrate the Padmavyuha was limited to very few Pandavas. Abhimanyu is one who knew how to penetrate but not how to exit. Abhimanyu learned the required technique when he was still inside his mother, Subadhra's womb, when Arjuna discussed the formation of Padmavyuha and its consequences. But Subadhra fell asleep and the lesson was incomplete. It is evident that learning starts in the womb.

In Hinduism, Guru is one who can impart transcendental knowledge (Vidya) and is considered a respected person with saintly qualities who enlightens the mind of his / her disciple. The Manu Smriti regards the Acharya (Teacher/Guru) along with the mother and father as the first "Guru" and Spiritual Guru is the second. The dialogue between Guru and disciple is a fundamental component of Hinduism established in our Upanishads. The first Guru-Sishya relationship starts with Krishna & Arjuna. In ancient times Knowledge was not regarded as a universal right as it often is today. Access to knowledge via the guru was the privilege of very small minority. The access to knowledge was strictly prohibited to Sudras, Women and foreigners in Hinduism.

Guru in Buddhism as a teacher is a valued and honoured mentor worthy of great respect and is a source of inspiration on the path to Enlightenment. However, teacher is not generally considered to be a Guru but rather a spiritual friend. In Tibetan tradition Guru is seen as the Buddha. As per Dalai Lama, on importance of Guru: Rely on the teachings to evaluate a guru, "Don't have blind faith, but also no blind Criticism". Lama means guru - "A guru is someone who is not necessarily a Buddha, but is heavy with knowledge".

Guru in Sikhism is a Teacher - Leader. Guru Nanak, the first guru of Sikhism, was opposed to the caste system prevalent in India in his time and accepted Hindus, Muslims and people from other religions as disciples. Guru-Sishyaparampara occurs where knowledge (in any field) is passed down through succeeding generations.

In India Teachers days is celebrated on 5th September, the Birth Anniversary of Guru Sarvepalli Radhakrishnan. According to Sri Radhakrishnan, "the end product of education should be a free creative individual, who can battle against historical circumstances and adversities of nature".

A teacher who establishes rapport with the taught, becomes one with them, learns more from them than he teaches them. According to Mahatma Gandhi, "A teacher who is attempting to teach without inspiring the pupil with a desire to learn is hammering on cold iron".

From everyone, from every incident, from every journey, from every contact, from every movement we learn a lot. From our own introspection we improve a lot. Everyone, every situation, every message, every sorrow, every happy moment, the boss's warnings, missing a train, forgetting important dates, every defeat, every failure, every accident is a teacher.

IF YOU HAVE INSPIRED YOUR SELF YOU ARE HAVING A GREAT TEACHER IN YOU - HONOUR THAT TEACHER IN YOU.

TEACHERS DAY IS NOT JUST A DAY TO HONOUR OUR TEACHERS IN THE EDUCATIONAL INSTITUTIONS, BUT TO REMEMBER AND TO HONOUR ALL WHO INFLUENCED OUR LIVES- BE IT OUR PARENTS, BROTHERS, SISTERS, FRIENDS, COLLEAGUES OR EVEN A ROAD SIDE DABHA WALA, FROM WHOM WE HAVE LEARNT EVEN A LITTLE... SALUTE THEM .

"HAPPY TEACHERS DAY"

K.V. DURGA PRASAD



Sooji Halwa with a twist

Ingredients Required- Sooji- 1 cup, milk- 2 cups, grated carrot- 1 cup, grated coconut-1 cup, jaggery 1 cup, ghee – 2 tsp, pepper powder-1/2tsp, cardamom powder- ½ tsp, finely chopped dry fruits(optional), pinch of salt

Method

- Boil milk in a thick bottom pan.
- Add jaggery, pinch of salt, two tsp ghee, ½ tsp pepper powder and cardamom powder to the boiled milk and stir.
- Add sooji, grated carrot and grated coconut to the above mixture till it is cooked.
- Transfer the cooked halwa to an oven container placing a plantain leaf at the bottom. Add dry fruits in the end. Bake for 20 minutes at 80 degrees.
- Cool it for four hours, cut into slices to serve with a scoop of ice cream (optional)



By- Meena Sahoo.

Tricolour Idli

Ingredients

- Idli Batter - as required

For Orange Color

- Tomato - 1 big • Red Chillies - 2

For Green Color

- Mint leaves /palak /methi leaves- 1 cup • Green Chilly - 1 • Cumin Seeds - 1/4 tsp

Method

Take the required portion of the idli batter and divide it into three equal parts. Keep one part as such for the white color of the tiranga idli/dosa.

For Orange Colour

1. Chop the tomatoes into chunks.
2. Saute the tomatoes and red chillies for just a couple of minutes for the raw taste to go.
3. Cool it and grind it to a smooth paste.
4. Mix it with one portion of the batter to make the orange color of the tiranga idli/dosa.

For Green Colour

1. Chop the mint leaves (or palak) roughly.
2. Saute it with the green chillies for just a couple of minutes to remove the raw flavor.
3. Cool it and grind it to a smooth paste.
4. Mix it with the third portion of the batter to make the green color of the tiranga idli/dosa.

To make the tricolour Idlis

- You can make separate idlies with the three batters and arrange it in tri color and serve with tri color chutney



CROSS WORD

Find out words with Indian Origin

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

Last Issue Answers

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

Editorial Team

Preeti Roy Chand
Editor-in-Chief

Durga Prasad D **Lalita Shankar**
Gopal **Vani Deshikachar**
V Suguna **Manisha Dash**



Letters to the Editor

Dear Madam,

It was quite heartening to note that the Samaritan act as well as the Short story were published in the SPARK. My sincere thanks to you for giving me an opportunity of spreading the same through the magazine. It is rather nice and feels good while my articles get appreciation from different quarters which encourages me to keep going. This is what is needed for a person to remain creative and spread the good acts, "BE GOOD, THINK GOOD and DO GOOD".

Please find two short stories attached and publish them if they are found suitable to the magazine. It is my endeavor to keep in constant touch with SPARK as the magazine also spreads goodness and various acts of kindness to the society. By virtue of the social responsibility it is quite natural that I get attracted to SPARK and want to be a companion forever.

Wishing great SUCCESS to SPARK and its dedicated team to scale new heights !!!!

Thanks and Regards !

M Ayyadurai,

Dear Spark Team,

I am a regular reader and contributor of Spark. Every time when I turn the pages of this LITTLE WONDER MAGAZINE, I feel elated, because it touches every aspect of our life...from poetry to the health corner. I admire your hard work in bringing out this little handy magazine with utmost care and love. What I like most is the health feature and the poetry corner..I relish and rejuvenate reading them...

Congratulations to the Editor and the team behind the success of this little magazine...Keep going, Keep sharing, keep encouraging....kudos..

SR.Bindu Abraham

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रीता सिंह, उक्कुनगरम्

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