

# Spark

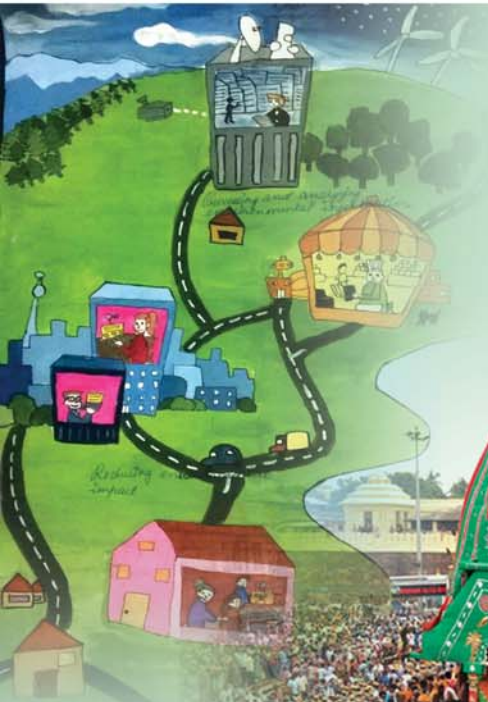
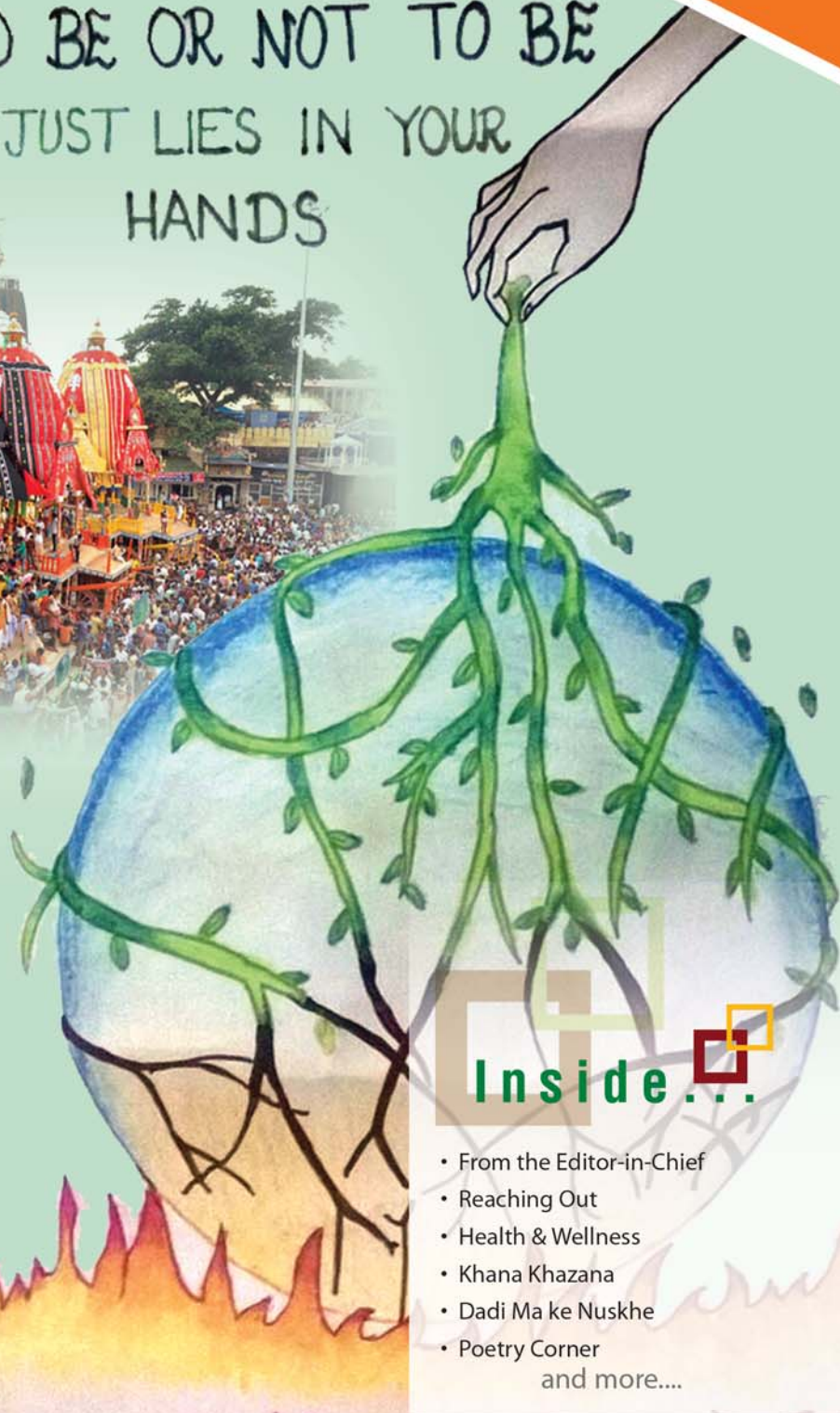
.... ignite, illuminate, sparkle...



Visteel Mahila Samiti  
Quarterly Magazine

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TO BE OR NOT TO BE  
IT JUST LIES IN YOUR  
HANDS



## Inside...

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and more....

**"It is not how superior a man is to his fellow men, but how superior a man is to his former self, that determines his greatness".**

**This is change. This is life. Beginning of life heralds its end and the end ensures a new beginning. A beginning to start anew by shedding the old and adorning a new. As says the Bhagavat Geeta.**

वासांसि जीर्णानि यथा विहाय  
नवानि गृह्णाति नरोऽपराणि  
तथा शरीराणि विहाय जीर्णा -  
न्यन्यानि संयाति नवानि देही

The month of Asadha is the month of creation, the month of birth, the month to rejoice the bliss of sprinkling shower and to sing the songs of reincarnation. The Mother earth proves no ruthless Sun or scorching heat can stop her to help germinate life. Life is inevitable as is death.

VMS pays its holy homage to Lord Jagannath, the lord of the Jagat, the Universe. He symbolizes life. Like a mortal he sheds his old, wornout body and adorns a new one inspiring people to give up all that is old and inessential and to adopt a new "Avatar" that is pious in soul and lustrously new in spirit.

Jai Jagannath. In "Dasa Avatar" Lord Jagannath is the incarnation of "Budhha Avatar"  
.....

केशव धृत बुद्ध शरीर  
जय जगदीश हरे

Buddha.. the epitome of Buddhi, i.e intellect, wisdom and super consciousness of ultimate knowledge, of enlightenment.

Let life be blessed with enlightenment. VMS is always a step ahead in its quest for enlightenment and establishment of righteousness through Service to mankind .... specially, the needy. The heat wave of May & June couldn't scare the VMS team as they went surveying the basic needs in Education and Health Sector so that existing bottle necks can be addressed.

When Padmavathi, Sujatha Rao, Sujatha Subramani, Ishwari, Renuka and Sushma were busy creating awareness amidst the membes and their family by conducting essay writing, slogan writing and poster painting competitions slowly the "World Environment" Day knocked at VMS" door ... saying "Hey, I'm here to celebrate the melodies of life". If environment inspires can VMS be far behind? Tree Plantation programme on 5th June is a hallmark in its endeavour .... And the agenda "Go Green" is in progress along with the "Swachha Vidyalaya, Swachha Bharat" programme. VMS is literally making children aware of "Global warming", the hazards of pollution and the need for "Swachh Abhiyan" and "Tree Planation".

Life moves with a green hope. VMS is ready to kindle the hope and aspiration towards clean and green movement.

A belated "Id Mubarak", Happy Aasadha, Brilliant Sraavan & Auspicious Car Festival.

Team SPARK, kudos to you and VMS to you, a special salute. Keep changing the wheels of life towards good - towards the best. So be it.

*Preeti Roy (Chand)*

**Preeti Roy (Chand)**  
President, VMS





विशाखपट्टणम इस्पात संयंत्र के निर्माण में देश के कोने-कोने से लोगों ने आकर अपना सहयोग दिया है। ओड़िशा से भी एक टोली आयी थी, जिसने संयंत्र को खड़ा करने में अपना खून-पसीना बहाया था। उस टोली में एक नवयुवती भी थी। उसने भी अपने साथियों के साथ मिलकर इस संयंत्र के निर्माण में अपना हाथ बँटाया। उसकी आँखों के सामने इस संयंत्र का विकास हुआ। जिस जमीन पर कभी पेड़-पौधे और लहलहाते खेत थे धीरे-धीरे उस पर एक संयंत्र स्थापित हो गया। संयंत्र चलने लगा। लोगों की जिंदगी में रंग भरने लगा। मजदूर कहीं और निर्माण कार्य के लिए चले गए। उक्कुनगरम का विकास भी हुआ। सड़कें बनीं, मंदिर और अस्पताल बनाए गए। इस बीच उस नवयुवती के पारिवारिक जीवन की शुरुआत भी हुई। युवती से औरत बनने में देर नहीं लगी। जल्दी ही वह एक बेटे की माँ भी बन गई। लेकिन इसकी खुशियां शायद ईश्वर को मंजूर नहीं थीं। बेटा वीमार पड़ा और

ईश्वर को प्यारा हो गया। पति आवारा निकला और वह किसी और औरत के साथ अपना अलग संसार बसा लिया।

सदमे की मारी बेचारी वह औरत अपना पेट भरने के लिए जद्दोजहद करने लगी। उसने उक्कुनगरम में रहकर ही जीवन काटने का ठान लिया। लोगों के घरों में चौका-बर्तन करते हुए पहाड़ जैसी जिंदगी काटते हुए वह खुश थी। वह जो कमाती थी, उसे भी लोग लूट लेते थे। लेकिन बुढ़ापे में वह अब किसी काम के लायक नहीं रही। इसलिए उसने अब मंदिर का सहारा ले लिया।

वह औरत और कोई नहीं, पार्वतम्मा है, जो उक्कुनगरम के बालाजी मंदिर के सामने बेंच पर अपना शेष जीवन गुजार रही है। आज उसके पास कपड़े की बनी एक थैली के सिवा और कुछ नहीं है, जिसमें लोगों के सहानुभूतिपूर्वक दिये हुए दो जोड़े कपड़े मात्र हैं। यदि कोई कुछ पैसा दे भी जाता है तो उसे पता भी नहीं चलता कि कब किसने ले लिया। बालाजी मंदिर में जो प्रसाद मिलता है और पुजारी जो कुछ देता है, उसी से अपनी भूख मिटा लेती है। जब स्पार्क से उसकी मुलाकात हुई तो उसने पूछा कि 'आज संयंत्र इतना विकसित हो चुका है और मेरे साथ जो लोग आये थे, उन सबके पास अपनी जमीन या कहने के लिए अपना कुछ तो है। लेकिन मेरे पास क्या है? कुछ भी तो नहीं।' क्या, इस सवाल का जवाब किसी के पास है?

-GOPAL, SUGUNA

## ESCAPE FROM THE COAST.....

### I FELL IN LOVE ONCE AGAIN JAB WE MET.....

The ever scorching summer of Vizag with its annoying sticky feeling, always frustrates us enough to want us to travel out looking for greener and cooler destinations ,for some little respite.

As a group of four , we decided to travel out two days before a long weekend in the month of august . On Saturday early morning, we reached Vizag city railway station to board the freshly washed train- the 'KIRANDUL PASSENGER ' .It is the only passenger train that plies between vizag and kirandul from where we get iron ore for RINL and the Bhilai steel plant. This railway line was actually laid by the Japanese in collaboration with the British during the British rule to carry the iron to their country by the sea route from Vizag.

As the train starts chugging past Vizag we were welcomed by the eastern ghats in their full panoramic view. The train enters the tunnels ,the lights are switched off and all fellow passengers howl in excitement. There are almost 48 tunnels that the train passes through. As we go higher, the speed of the train slows and through the bends . We can see the engine and the last compartments at the same time. The valleys are a feast to the eyes.

The local araku ladies dressed in bright colourful sarees with their pallu tied on right shoulder, and a checked lungi tied on their sarees bring local berries and fresh guavas from the hills to sell. Then the train reaches Borra Caves. Tourists get off the train and almost the whole train is empty.

Now its turn to look at the plains. Interestingly the train passes through three states. We were entering Orissa. We saw a huge lake, lush green fields and then the train enters Chattisgarh. We were nearing our destination JAGDALPUR. It was around 4.30 in the evening when we alighted at the station. We were greeted by local rickshaw wallas who were ready with tour plans on what to do, where to go and how long we could stay .We were taken to a jain hotel named Akansha ,in two rickshaws. The place of stay was cosy.

The next morning we hired an ambassador cab to take us to the sightseeing places. The first place was a water fall named



TIRATGARH on the Indrawati river. The view from a distance was mesmerizing, as we went closer, it was truly amazing - the water falls from a height , the water feels cold and fresh and the stones are surprisingly not slippery. There is also a temple on the top where a pujari welcomes you . Prayers offered. We head to our next destination- the driver he says it is another water fall. I thought something similar to what we had already seen was awaiting. Unmindful, I started

enjoying the drive and the path which was through some villages. It was drizzling ..we stopped by to capture natures beauty at its best.. also clicked the locals with their huge palm umbrella which can hold 3-4 people at a time. As we moved ahead, I could see the red rain water flowing along side . The driver suddenly stopped and said we had reached .I was fuming with anger that this red drain water is what he wanted us to see as a water fall. But to my surprise, I had barely moved 50 steps to see water from almost all directions falling down with great speed and force carrying huge trees, boulders and soo many other things. I could not see the water falling because the spectacular sight of many rainbows kept us captivated. I was totally wonder struck. Then as we descended along the hills, we took a ride in the river , feeling the water and its chillness. The beauty of the shades of the trees can also be seen in the water.

Inspite of having enjoyed scenic beauty and seeing the beauty of nature at its closest, how could the ladies get back without shopping. Can't imagine. The driver took us to the local craft bazaar where we picked up artifacts made of bastar teak, beautiful carvings made of wood, furniture and the list is endless and the craftsmanship is beyond compare.

It has been 14 long years since I have been on this trip but memories of it are fresh like the pristine waterfalls and thick green beautiful forests of Bastar. The place was very homely. Nature and its bounty was at its mesmerizing best which recharged me with new zeal and zest for life with nature ....

YES, I FELL IN LOVE ONCE AGAIN with MOTHER NATURE WHEN.....I ESCAPED FROM THE COAST ...it was indeed my JAB V MET moment with mother nature.

- Indrani Majhi

" Nurture the Nature... It gives life to creature "

1st prize  
winner

# KEEP THE EARTH CLEAN AND GREEN PROTECT THE PLANET SUPREME

You might have heard the phrase "think before you buy". But do you actually "think before you buy?" The answer will be definitely no. That piece of advice is a way more valuable than you think.

Every item that you purchase affects our planet. Resources (energy, water, raw materials etc.) are used to produce or manufacture the items. Carbon emissions are produced by the transportation used to transport the items. Also, landfill waste is increased due to items being discarded.

When we go on a trip, we have to pack up our bags. We buy a lot of clothes, shoes, purses, accessories, books, cute martini glasses, beauty products etc. that we rarely use. When we purchased the items, we didn't ask ourselves whether we really needed them, nor did we think about the environmental costs. We were more focused on what we wanted.

You might have now realized that small, individual actions make a BIG difference, especially when it comes to the environment. There are many little things we can do to reduce our impact on the environment.

## 1. Think before you buy

Ask yourself if you really need an item before purchasing it. Learn how to reduce your consumption by only purchasing things that you really need. If it is something you really need, consider the following tips before you actually purchase something.

## 2. Reuse items that you already have

Try to reuse things you already have to make something you may need or want. For example, you can reuse wine corks to make floor mats, coasters and many other things. You can reuse glass jars from your sauces to store items. You can also reuse plastic bottles to make trash cans, curtains and many other things. You can even reuse your old denim jeans to make bags and organizers. You can also clean with old T-shirts instead of buying something to clean with. Just think be creative as your creativity could save the earth.

## 3. Make your own products using the items you already have

If it's beauty and cleaning products that you need, consider making your own non-toxic products before buying some. Maybe your own cleaning products using common household items like baking soda, lemons, white vinegar and soap. Make your own beauty products using oils (like olive oil and coconut oil) and other items.

## 4. Borrow and share before you buy

Borrow and share with family, friends and neighbors or whatever, especially if it's something that will only be used once or occasionally. Books, movies, tools, bikes, cars...borrow and share anything that you can.

## 5. Try repairing it before replacing it

If your shirt has a tear in it or a button falls off, try sewing instead of buying a completely new shirt. If a device or something breaks, try to find somebody to repair it. If the item is really old and it is time for it to be laid to rest, make sure you try to reuse, donate, sell, give away, or recycle before throwing it away.

Friends, I believe that my previous tips can work out. But, if it doesn't work and you think you really need to buy something, consider the following:

## 6. Buy gently used items

Consider buying second-hand, gently used items. You can find some really nice inexpensive and unique (and sometimes new) items or craigslist, in thrift stores, at garage sales etc.

## 7. Buy eco-friendly items

Try to purchase things that you don't have to dispose of after one use.

Instead of buying paper plates, cups and plastic silver-ware, invest in items that can be washable and reused. Instead of getting paper or plastic bags when you go shopping, buy reusable shopping bags that can be reused each time. Instead of buying plastic bottles of water, buy a filter and a reusable water bottle.

Conclusion: Buy items that are made of non-toxic or recycled items. Quality over quantity is an important thing to keep in mind. Invest in high quality products because in the end they will most likely end up costing less because the items will last way longer than a product that isn't of good quality.

Just think, if you mostly shop for "green" eco-friendly products, this will let companies know that you care about the environmental impact of products, this will let companies improve their products.

None of us are perfect, so together we can work towards being greener to make our world cleaner.

-Tripti Kaur  
Class-IX



" Nurture the tree Make environment pollution free"

## "A friend in need is a friend indeed"

Well for our relation with the earth as friends, this quote goes one way. On one side, Mother Earth provides us food, shelter, water and many more things, and on the other side, we exploit its resources to the maximum without realizing the pain which our friend goes through. The planet earth does its best to help its friend, but what do we do? Our planet is getting destroyed year by year due to natural disasters as well. At least we should not add to its problems.

**There are two ways by which our friend is getting destroyed:-**

1. Natural disasters
2. Human-triggered disasters

### NATURAL DISASTERS

#### 1. Asteroid impact:-

Objects more than a half mile wide which strike earth every 250,000 years would touch off fire storms followed by global cooling from dust kicked up by the planet. Humans would likely survive, but civilization might not. It might cause major extinctions.

#### 2. Flood -basalt volcanism:-

Sulphurous volcanic gases produce acid rains. Chlorine bearing compounds present yet another threat to the fragile ozone layer. Volcanoes can also release Carbon-dioxide that yields long term green-house effect warming.

#### 3. Global epidemics:-

The black plague killed one European in four during the 14th century. Influenza took at least 20 million lives between 1918 and 1919. Similar to it is AIDS. Research is going on disasters gamma ray burst, rogue black holes etc.

### HUMAN TRIGGERED DISASTERS

These are various ways in which we hurt our friend:-

**a. Global warming could flood cities and ruin harvests:** Increase in the global temperature could cause water evaporating faster, freeing water vapour, which traps more heat, which drives carbon dioxide from the rocks, which drives temperatures still higher. It is mainly caused by vehicle emissions. And chlorofluoro carbons are mainly responsible for ozone layer depletion. It would result in our contact with the dangerous UV rays.

**b. Ecosystem collapse:** Lets see an example of Isle Royale National Park. Snowy winters encourage wolves to hunt in large packs, so they kill more moose. This allows more basalm fir saplings to live. The fir trees pull carbon dioxide out of the atmosphere, which in turn influences the climate. To meet the demands of the growing population, we are clearing land for housing and agriculture, replacing diverse wild plants with just a few varieties of crops and introducing new chemicals to the environment. At least 30,000 species vanish every year from human activity. We must reduce using fertilizers and chemicals in order to save our friend earth.

**c. Nanotechnology disaster:** Engineers are using technology to build crude, atomic -scale machines. After an industrial accident, Drexler writes, Bacteria sized machines, "could spread like a blowing pollen, replicate swiftly and reduce the biosphere to dust in a matter of days." And Drexler is actually a strong proponent of the technology.

**d. Environmental toxins:** In major cities around the world, the air is thick with diesel particulates, which the National institutes of health, now considers a carcinogen. Heavy metals from industrial smoke stacks circle the globe, even settling in the pristine snows of Antarctica. Intensive use of pesticides in farming guarantees runoff into rivers and lakes. In high doses, dioxins can disrupt fetal

development and impair reproductive function- and dioxins are everywhere.

**e. Deforestation:** The main cause of rain forest destruction is humans. We are cutting down rain forests for many reasons:-

1. Wood for timber
2. Agriculture for small and large farms
3. Extraction of minerals and energy
4. Pulp for making paper
6. Global wear

Nuclear weapons and atomic bombs can cause lot of destruction. They can cause global problems as well. Biological weapons were experimented by Japan. They are cheap, simple to produce but hard to control.

### "Good planets are hard to find"

### DON'T BLOW IT.

So here are some ways which can make us a true friend of earth:-

- Recycle your rubbish. Don't leave the tap running. Reuse use your carrier bags.
- Don't leave electronic devices on standby.  
-By leaving the TV on standby we're wasting 10% of electricity in a year
- Cranking up the central heating.  
-The thermostat doesn't need to be above 21 degrees Celcius
- Living a long way from work  
-Use public transport or at least bike but not cars
- Having a shower everyday  
-Environmentalists say showers are far better for conserving water than baths
- People in Midlands waste 3.3m in electricity just by leaving our phones on charge even when the battery is full
- Don't throw your old phones.  
-there are companies (eg. Envirofone) that can use your old phones in developing countries or make money for charity
- Use solar energy in your house. It prevents water and air pollution.
- Leaving small grass clippings on the lawn, "grass cycling", provides nutrients to the soil
- Charcoal -starting chimneys prevents the need for lighter fluid
- Composting:- create a backyard compost pile or invest in a composter
- Install low flow toilets. Toilets using only 2 gallons per flush can 60% more than a higher gallon per flush toilet
- Use a durable canvas grocery bag. Reuse is better than recycling
- Linoleum floor covering is nontoxic as compared to vinyl floor coverings
- Indoor drains discharge to waste water treatment plant. When cleaning up painting tools, wash them in interior drain
- Use rechargeable batteries
- Save the wild life:- Animals are killed for our use. Thousands of species are extinct today. These animals, birds have build the better environment for us. If they are on earth, so are we.

### CONCLUSION

#### "Earth has music for those who listen"

So, hereby, I would to conclude that if we want to have true friendship with our own Earth, we need to help her. In fact, by saving the earth we are actually saving the lives of our future generation, in fact our own children. At least, think about them. Saving the Earth includes saving its environment, its wild life and many more things.

- Akriti Kaur, B.Tech 2nd year

Protecting the environment is not an ideal - it is a necessity

Every living being on the surface of the earth has a right to lead a healthy life provided it doesn't effect the right of others to lead a healthy life, otherwise the environment becomes self contradictory.

Introduction: Mother nature is quite generous. For thousands of years, she has fulfilled all of our basic needs air, water, sunlight, food, clothing and shelter. However by observing the present trend of ever increasing human population and mindless exploitation of resources, the good fortune which the mankind has inherited from nature is being exhausted so carelessly and that it is not likely to last for very long. A disheartening situation. The great effort to bring people above the poverty line also put greater pressure on the natural resources of the country. Poverty is the fundamental cause which makes people over exploit the natural resources of the country like land, forest, water and energy for meeting their basic needs. For the people's welfare, protecting of environment is as important as economic development. Role of Individual and public in restoring the health of the environment. Public participation is must in environmental awareness. It is increased most in better educated populations. Everyone of us has a right to clean air, water and food. This right can be fulfilled by maintaining a clean and healthy environment. Here are a few steps to achieve this.

1. Keep yourself informed: Read about how untreated sewages' thrown in the rivers. Go to public lectures about air pollution and keep in touch with new policies that effect environment.
2. Consume less : Consuming fewer resources, reusing whatever possibly you can and finally recycling what cannot be reused. This process greatly reduces the garbage
3. Help reduce air pollution: Use public transport, travel in buses, trains and walk short distances.
4. Watch out vehicle emissions: Make sure that your own vehicle engine is tuned regularly
5. Say no to plastic bags: Instead of plastic bags carry a cloth shopping bag with you.

6. Separate your garbage: India has one of the world's most efficient recycling mechanisms. Use the services of Raddiwala, newspaper, bottles, cans and other such recyclables. Kitchen garbage should be separated from non biodegradable wastes.

7. Compost your organic wastes: Convince your neighbours to start a vermiculture bin and produce manure.

8. Stop burning garbage: Burning solid wastes may seem harmless but smoke emitted from leaves, wooden pieces, paper etc contribute to air pollution. Leaves can be converted to fertilizer through composting and plastic can be recycled.

9. Reduce disposables: Use reusable bottles and not disposable wasteful cans. Reduce your consumption of disposable plates, razors, nappies etc.

10. Reduced paper consumption: Use both sides of the paper and make both sides of the paper and make rough note pads out of waste paper and old calendars.

11. Reuse envelopes: Be creative. Newspapers are great resource for gift wrapping

Be an aware consumer: Try to use organic food stuffs. Choose cosmetics and household products that use natural ingredients and no chemicals.

Never litter: Keep your streets, gardens and society clean.

Save water: It is a very precious natural resource. Do not leave tap open while brushing or shaving. While flush out also 16 litres of water goes down. So be careful.

Fight for open space: Open spaces with trees serve as lungs and are Home to amazing birds.

### Conclusion:

So if we follow the above points at least we can do something for the environment protection. So let us all protect ourselves by preserving the natural resources and save the environment for our future generations.

-Mrs. P. Suseela, Teacher  
V.V.Vidyalayam

## ‘क्यों न हम पृथ्वी मित्र बनें’

पृथ्वी यानि वैदिक मतानुसार आत्मा से उत्पन्न आकाश, वायु, अग्नि तथा जल आदि पंचतत्वों के समन्वय से निर्मित धरती अर्थात माँ धरती। पृथ्वी को आत्मा का ही दूसरा रूप माना जाता है और हम चाहे या न चाहे यह हमारा ही रूप है और हम इसके सच्चे मित्र हैं। यह चराचर जगत हमारा अभिन्न अंग है। यह सच है कि किसी एक हिस्से की वृद्धि दूसरे के क्षय पर ही निर्धारित है। अर्थात सभी जीवभूतों में मनुष्य यदि अपने लिए विशेष स्थान चाहें तो अन्यो का हास निश्चित है। ऐसे में अब पृथ्वीमित्र का संदर्भ बदल जाता है। हमें पृथ्वी को अब मित्र के रूप में देखना है। अब तक हमने अपने कर्मों से इसे कई तरह से विक्षत किया है। किंतु अब हमें अपनी विकास की योजनाओं के लिए पृथ्वी से मित्रभाव रखना होगा।

प्रगति और विकास का राग अलापते हुए हम 21वीं सदी तक पहुँच तो गये हैं। परंतु सभी जीवों सहित अब मानव जाति का जीवन चक्र भी खतरा में पड़ गया है। जनसंख्या में अंधाधुंध वृद्धि, जंगलों के अनियंत्रित कटाई और उद्योगों के विकास ने पूरे वातावरण व प्राकृतिक स्रोतों को प्रभावित किया है। ऐसे-ऐसे रोग पनप रहे हैं जिनकी कोई दवा नहीं मिलती।

लुप्त हो रहे वन जंगल, लुप्त हो रहे हैं प्राणी।

लुप्त हो रही हैं नदियाँ, और अशुद्ध हो रहा पानी।।

लेकिन अब समय एक जुट होकर इन समस्याओं पर चिंतन करने का है, ताकि हम अपनी आनेवाली पीढ़ियों को एक स्वच्छ, सुरक्षित और खुशनुमा माहौल व वातावरण दे सके। ताकि सभी का जीवन एक वीमारी या अभिशाप नहीं, बल्कि वरदान के रूप में तब्दील हो। हमारा भविष्य हमारे हाथों में है। चलो, पृथ्वी को गुलजार बनाये, ताकि जीवन भी गुलजार बने। हमारे लिए यह और भी गर्व की बात

है कि हम उस संस्थान (विशाखपट्टणम इस्पात संयंत्र) का एक हिस्सा हैं, जिसने पर्यावरण के महत्व को पहले से ही भांपकर न सिर्फ 'प्रति टन एक वृक्ष' का नारा दिया, अपितु अपने उत्पादों को 'हरित इस्पात' के नाम से विश्वविख्यात भी किया।

वर्तमान परिप्रेक्ष्य में हम देखते हैं, जनसंख्या के दबाव के कारण, निर्माण कार्य बढ़े हैं। बढ़ती जनसंख्या की जरूरतों की पूर्ति के लिए प्राकृतिक स्रोतों को मनचाहे रूप से प्रयोग किया जा रहा है, जिसके घातक परिणाम हमारे समक्ष आ रहे हैं। यातायात के बढ़ते दबाव के कारण वातावरण इस हद तक प्रदूषित हो रहा है। कारणवश मनुष्य जाति ही खतरे में पड़ रही है। बढ़ती जनसंख्या की आवश्यकताओं की पूर्ति के लिए कृषि और उद्योगों के विकास ने पर्यावरण को अपार क्षति पहुँचाई है।

यदि हम अपने चारों ओर नजर डालते हैं तो हमें तीव्रता से लुप्त होती अनेक जनजातियाँ, प्राकृतिक संपदा और स्रोतों का क्षीण होना साफ दिखाई देता है। विश्व स्तर पर पड़ते जलवायु के प्रभाव, ग्लेशियरों और ध्रुवों पर जमी बर्फ का पिघलना, भूस्खलन, भूकंप और चक्रवात, अतिवृष्टि और अनावृष्टि आदि समस्याओं का सामना तो करना पड़ ही रहा है। जीवन के मूलाधार जल के विलोप का संकट भी गहरा रहा है। विश्व के अनेक देश इस समस्या का निदान के लिए वनसंरक्षण, प्राकृतिक ऊर्जा स्रोतों यथा सौर, पवन, जल स्रोत ऊर्जा, गोबर गैस आदि का अधिक से अधिक प्रयोग पर बल दे रहे हैं। हमारा विशाखपट्टणम इस्पात संयंत्र भी इस दिशा में अनेक कदम उठा चुका है, जैसे, गैस क्लीनिंग प्लांट, इलेक्ट्रो प्रेसिपरेटर आदि के उपयोग द्वारा औद्योगिक उत्सर्जन के घटकों का अंतर्राष्ट्रीय स्तर पर नियंत्रण किया है। नीडो प्रोजेक्ट जैसे उपकरणों के द्वारा ऊर्जा संरक्षण पर बल दिया है। हम आगे भी इसे बरकरार रखते हुए पृथ्वी के साथ अपनी मित्रता का निर्वाह करते रहेंगे।

- नीहारिका भारद्वाज

# My Dream Destination.....

My dream destination is Dharmashala. It is a hill station and I love to see and be near the nature. Secondly it is a home town of His Holiness Dalai lama who is a spiritual guru.

- Mrs Neelima khaparde

My dream destination would be Munnar, Kerala because it is a mini heaven on earth which has got greenery which fills the life with joy and happiness.

- Megha Gupta

My dream destination is Kashmir. It is the "Jannat" of our country. Everybody goes out of the country for this. But we ignore our own "Jannat".

- Shashikala

ఈ సెలవులలో మా అమ్మగారి ఇంటికి వెళ్ళాలని అనుకుంటున్నాను, ఎందుకంటే నా చిన్ననాటి తీపి జ్ఞాపకాలను నెమరు వేసుకోవడానికి, ఇంకా నా స్నేహితులను కలవడానికి.

కె.వి. రత్నకుమారి

ఈ సెలవులలో నేను తిరుపతి వెళ్ళాలని అనుకుంటున్నాను, ఎందుకంటే మనకు బంధాలు, బాంధవ్యాలు ఎప్పుడూ ఉంటాయి. అప్పుడప్పుడైనా భగవంతుని సన్నిధిలో గడపాలని, సంతోషంగా ఉండాలని కోరుకుంటాను. తిరుపతి అంటే నాకు ఎంతో ఇష్టం, ఎందుకంటే వేంకటేశ్వరుని సన్నిధిలో మనస్సు నిర్మలంగా ఉంటుంది, ఆయన దర్శనం పరమ పాపనం. తిరుపతి పుణ్యక్షేత్రంలో పాపనాశనం లో స్నానం చేయడం వలన సకల పాపాలు హరించుకుపోతాయి.

జి. విశాలాక్షి

నాకు నచ్చిన ప్రదేశం గ్యాంగ్టక్ జీరో పాయింట్, అక్కడికి ఒకసారి వెళ్ళాను, ప్రతిసారీ వెళ్ళాలనుకుంటున్నాను. అది అందాల మంచుకొండల పర్వతం, మన భారత సైనికులు నిరంతరం కాపలా ఉంటారు, ఆహ్లాదకరమైన వాతావరణం, సంతోషకరమైన క్షణం నేను ఎప్పుడూ మర్చిపోలేను.

కె. భానుమతి

Life is full of sweetness and hurdles. For getting the sweet fruits we need to take them with all storms and winds. Then only fruits are sweet.

- Sri Gouri

## Green Slogans

### ప్రకృతి పక్షి లాంటిది

వదులుగా పట్టుకుంటే జారిపోతుంది గట్టిగా పట్టుకుంటే చచ్చిపోతుంది ప్రేమతో పట్టుకుంటే నిలిచిపోతుంది

- ADP Kasturi

### వర్షావరణ పరిరక్షణ

చెరువు, సెలయేరు, నదులు మనలోగిళ్ళే వాటిని కాపాడుకుంటే ఆడరువులు నిర్లక్ష్యం చేస్తే ఎండమావులే.

- P Suseela

इंद्रधनुष के रंगों के साथ, वृक्षों की बारिश हो आह्लादित हो मन नाचे मोर जैसा, दिल भर जाए उमंगों के संग ।

- के प्रवीणा

మొక్కలను పెంచుదాం

- మంచుకొండలని కాపాడుదాం

మనం నాటే మొక్క

- మనం తల ఎత్తి చూసే స్థాయికి పెరుగుతుంది

చెట్లను పెంచుదాం

- ఆరోగ్యంతో పాటు ఆయుష్షును పెంచుకుందాం

కాలుష్యాన్ని తగ్గిద్దాం

- జాలువారు జలాలను రక్షిద్దాం

- M Amrutha

रक्षा पर्यावरण की ज्यादा से ज्यादा ।

यह है वी एम एस का दृढ़ इरादा । ।

- सुलग्ना चक्रवती

पर्यावरण में जब हो हरियाली का निवास ।  
विफल हो प्रदूषण का हर प्रयास । ।

हुदहुद के प्रकोप से है बचना ।  
धरती को पेड़ों से है ढकना । ।

अगर हो खुशहाली से वास्ता ।  
अपनाओ हरियाली का रास्ता । ।

पेड़ों में है वह शक्ति ।  
दिलाए प्रदूषण से मुक्ति । ।

- तरनजीत कौर

लेकर पेड़ों का सहारा ।

पाओ प्रदूषण से छुटकारा । ।

जब लहराए धरती पर हरियाली ।  
तब आए जीवन में खुशहाली । ।

आओ मिलकर पेड़ लगाएं ।  
वातावरण को शुद्ध बनाएं । ।

हम बच्चों का है यह नारा ।  
स्वच्छ रहे पर्यावरण हमारा । ।

- तृप्ति कौर

आने वाली पीढ़ियों का करे ख्याल ।

पर्यावरण बचाएं, भविष्य बनाएं खुशहाल । ।

जब सोच में हरियाली हो, धरती पर हरियाली हो ।  
वातावरण में खुशहाली हो, धरती प्रदूषण से खाली हो । ।

पर्यावरण में हो शुद्धि ।  
जब हो पेड़ों की वृद्धि । ।

पकड़ हरियाली की डोर ।  
आओ चलें स्वच्छता की ओर । ।

- आकृति कौर

# REACHING OUT

**1-4-15** – VMS as a part of CSR Programme has donated Medical equipment worth Rs 20,000 to the Primary Health Centre, Pedagantyada which included B.P. Apparatus, Auto Clave, Bins, Sterilizers, Spot Light, I.V. Stands, Enema cans and Glucometres as they are very much required for the benefit of the Patients in and around the PHC. Medical help to the needy people is a part of VMS social service.



**11-4-15** – VMS gave a water cooler to the Church in Sec-12, beside Chaitanya Public School which is visited by more than 200 devotees for prayers every Saturday. Providing drinking water is not only an activity under Swachha Bharat programme but also VMS has been a regular provider of drinking water as a matter of priority since its inception.

**14-4-15** - VMS donated Medical equipment for Rs 81,000 for the Community Health Center at Aganampudi. Better health for more people is in the priority agenda of VMS as well as CSR RINL, VSP.



**19-4-15** - As a part of Joy of Giving, VMS has constructed a Medical dressing room for the inmates of Leprosy colony at Venkatapuram where nearly 40 families are residing. President Smt. Preeti Roy Chand, Vice-presidents Smt. Bindu Mohapatra and Dr. Gargeyi, along with the committee members inaugurated the dressing room for the treatment of Leprosy patients. Lunch was served to the inmates and 12 pairs of MCR chappals were handed over to the patients who were in urgent need of it.



*"Today's plantation Saves next generation" -Taranjeet Kaur*



**22-4-15** MGT - Monthly get together encouraged 'summer drink' preparation. On the spot Fruit & Vegetable carving and summer Duet Dance competition were also organized for cool recreation . Fruit and vegetable carving competition witnessed novelty in presentation. VMS invited Smt. G. Ram Devi, Smt. Latha dance teacher of Chaitanya Public school, Ukkunagaram to officiate as judges for the dance competition. The participants presented scintillating dance performances. SPARK the inhouse quarterly magazine was released.



**1-5-15** – Keeping the scorching heat in view two Ceiling fans were donated to the dressing room of the leprosy colony built in Venkatapuram for the smooth and comfortable treatment of the patients. VMS has decided to provide medical help to the Priests of all the temples/ Churches/ Mosques of the township through the medical slips. It was decided to grant Rs. 6,000 per person of the priest's family per year towards medical expenditure.

**5-06-15** - VMS donated 15 tree guards in the Village Kasimkota in collaboration with Green Tree Charitable Trust. VMS President Smt. Preeti Roy Chand, Vice President Smt. Bindu Mohapatra created awareness in the people about the Environmental protection with other committee members . 5th June being World Environmental day, VMS had conducted Essay writing competition in different categories. Children up to 8th standard were put in one category, 9th and 10th students under one category , college students were put in one group and the VMS members in another group. One topic was given to each group to write about. Slogan writing and Poster painting for the members and their



**26-06-15** VMS gave rupees 25,000 as fees reimbursement to the children who are below the poverty The VMS EXECUTIVE COMMITTEE has new team member. Smt. Kavya Ark was inducted into the working Committee as joint Secretary.



*"Say No to pollution, And save God's creation"*



मीठी बातें, मीठी यादें, मीठे व्यंजन और मिठाइयाँ सभी को अपनी ओर आकर्षित करती हैं। ऐसी ही मिठाइयों के मीठापन ने स्पार्क को ऐसा आकर्षित किया कि स्पार्क टीम को फैसला करना पड़ा कि उक्कुनगरम की खुशियों को और मधुर बनाने में सहयोग देने वाले शख्त के व्यक्तित्व के बारे में कुछ बताया जाए। इसीक्रम में प्रस्तुत है श्री अमोल कुमार बेरा से भेंटवार्ता,

**स्पार्क:** आप कुछ अपने बारे में बताएँ।

**अमोल:** मैं लगभग 1984 में बंगाल से विशाखपट्टणम आया। पहले तो मैंने चूड़ियों की दूकान में एक सेल्समैन की तरह काम किया। बाद में इस मिठाई की दूकान के सबसे पहले मालिक श्री राजु गारू ने मुझे दूकान पर एक सेल्समैन की तरह रखा। बाद में उन्होंने इस दूकान की जिम्मेदारी ही मुझे सौंप दी।

**स्पार्क:** आपके कारोबार के लिए कौन सा मौसम अच्छा है?

**अमोल:** कारोबार तो हमेशा ठीक रहता है। जब त्योहारों का मौसम होता है, तब खोवा या दूध मिलना मुश्किल होता है, अन्यथा टाउनशिप में कारोबार ठीक ही चलता है।

**स्पार्क:** आपके भी तो कुछ बड़े सपने होंगे?

**अमोल:** बहुत बड़े नहीं, सर। मेरे साथ 12-13 लोग काम करते हैं। मैं अपने दो बच्चों एवं पत्नी के साथ गाजुवाका के गरीब बस्ती के एक छोटे से घर में रहता हूँ। मैं अभी तक अपने घर के बारे में नहीं सोच पाया हूँ। मेरी यही इच्छा है कि मेरे साथ जो लोग हैं, उनके साथ-साथ मैं आगे बढ़ूँ और बच्चों को पढ़ा लूँ।

**स्पार्क:** मिठाई के धंधे में मिलावट तो आम बात है?

**अमोल:** नहीं...ऐसा नहीं है। मैं मिठाइयों की शुद्धता और गुणवत्ता पर विशेष ध्यान देता हूँ। तभी तो इस धंधे में टिक पाया हूँ।

**स्पार्क:** अब तो आप चाट और पानी-पूरी की दूकान भी लगाना शुरू कर दिया है। और क्या-क्या करते हैं?

**अमोल:** शाम को रोटी सब्जी बनाने का काम तो बहुत दिनों से है। लेकिन पिछले कुछ वर्षों से चाट और पानी-पूरी की दूकान भी लगाने लगा हूँ। आप लोगों की दया से वह भी अच्छा चलने लगा है।

**स्पार्क:** उक्कुनगरम में कैसा महसूस कर रहे हैं?

**अमोल:** बहुत अच्छा। लोग बहुत अच्छे हैं। लोग मेरी मिठाइयों को बहुत पसंद करते हैं। ड्यूटी के बाद बहुत लोग यहाँ से मिठाइयाँ वगैरह लेकर अपने घर जाते हैं। इससे हमारी लोकप्रियता का पता चलता है।

## సవ్యల హరివిల్ల/ఫలోక్తులు

• - ఒక రైతు లోను కావాలని బ్యాంకుకు దరఖాస్తు పెట్టుకున్నాడు. బ్యాంకువారు అప్పు ఇస్తామన్నారు, కాని ఏదైనా తాకట్టు పెట్టమన్నారు. దానికి ఆ రైతు 'నాదగ్గర వంద గొర్రెలున్నాయి' అన్నాడు. బ్యాంకువారి వాటిమీద అతనికి పదివేల రూపాయలు అప్పు ఇచ్చారు. కొన్ని రోజుల తరువాత ఆ రైతుకు లాటరీలో 5 లక్షల రూపాయలు వచ్చిన విషయం బ్యాంకువారికి తెలిసింది. వెంటనే ఆ రైతు దగ్గరకు వెళ్ళి 'డబ్బును మా బ్యాంకులో పెట్టు' అని అడిగారు. అందుకు ఆ రైతు వారిని 'మీ దగ్గర ఎన్ని వందల గొర్రెలున్నాయి' అని అడిగాడు.

- హెంటల్లో ఎదురెదురుగా ఒక పల్లెటూరి ఆసామీ, ఒక స్టూడెంటూ కూర్చున్నారు. సర్వర్ వచ్చి 'ఎం కావాలి' అని స్టూడెంట్ అడిగాడు.

స్టూడెంట్ 'ఫస్ట్ బేబుల్ క్లీన్' అన్నాడు.

సర్వర్ పల్లెటూరి ఆసామిని చూస్తూ 'మీకేం కావాలి సర్' అని అడిగాడు.

అందుకు ఆ ఆసామి స్టూడెంట్ వేపు చూసి ఘోష కొడుతూ 'నాకాయన చెప్పిందే రెండు ప్లేట్లు' అన్నాడు.

సర్వర్ 'ఆ .....' అంటూ స్టూడెంట్ వైపు అమాయకంగా చూస్తుందిపోయాడు.

- ఆదాయపు పన్నువారి ఆఫీసుకో వింత అప్లికేషను వచ్చింది. దాంట్లోని సారాంశం ఇది ..

'అయ్యా! నేను చనిపోయానని ప్రభుత్వమే సర్టిఫికెట్టు ఇచ్చింది. అందువలన నాపేరును ఆదాయపు పన్ను ఇచ్చేవారి లిస్టునుండి తీసివేయగలరని కోరుచున్నాను.'

- ఓ విదేశంలో చైనా, రష్యా, భారతదేశం రచయితలు కలిసి మాట్లాడుకుంటున్నారీలా ...

'కామ్రేడ్స్! మా దేశంలో రచయితలు ఏమి వ్రాయాలన్నా స్వాతంత్ర్యం ఉంటుంది', అన్నాడు చైనా దేశస్థుడు.

'మా దేశంలో వ్రాయడానికే కాదు, దాన్ని అచ్చు వేసుకోవడానికి కూడా రచయితకు స్వాతంత్ర్యం ఉంది', అన్నాడు రష్యా దేశస్థుడు.

'మా దేశంలో రచయితకి వ్రాసి, అచ్చువేసిన తరువాత కూడా స్వాతంత్ర్యం ఉంటుంది', అన్నాడు భారతదేశ రచయిత.

- శ్రీమతి లక్ష్మీదేవి

### MY CHILD

My child isn't my easel to paint,  
Nor my diamond to polish!  
My child isn't my trophy to flaunt,  
Nor my dummy to taunt!  
My child isn't my badge or my honour,  
Nor my respect that he/she must protect!  
My child isn't an idea or a fantasy,  
Nor my reflection or legacy!  
My child isn't my puppet or my project,  
Nor my pawn or my cadet!

My child is here to fumble & stumble  
To get in & out of trouble!  
My child is here to try,  
To fall & to cry!  
My child is here to unravel the mysteries,  
To educate oneself & rewrite histories!  
My child is here to make his/her own choices,  
To exercise his/her freewill &  
experience the consequences!

As a Parent,  
My task is to make my child able & capable,  
To keep aside my ego & be by his/her side!  
My task is to guide & educate,  
To let be & not frustrate!  
My task is allow him/her to ponder,  
And see my child grow into a Wonder!

This poem is for All Parents :  
kindly introspect...!

### NAY, NOT BE MUTE

The Lord of the Universe  
Lord Jagannath  
How long ? how long ?  
How long will you be a mute witness  
to the anachronism of life ???

We speak of truth, we lie  
We spread the message of peace  
Yet we play with the colours of violence  
We sing the sirens of love  
We upheld the flag of Universal brotherhood  
We hoist the banner of "Dharman"  
We decry the spirit of inhumanity  
yet ..... yet .... yet  
we live in a world of hypocrisy.

How long ? How long will  
you be a mute spectator ??  
They say silence is consent.  
Is it so ??  
O Lord ! Incarnation Infinite  
wake up from you sleepless sleep  
Give a clarion call through your  
"Panchajanya", the sacred conch  
Say again "yada yada hi Dharmasya" ....

You are in your Nava Kalabara  
O Lord ..... Awake Arise the subdued  
Consciousness of human conscience  
And sing the prayer of  
Om Shanti once again.

-Preeti Roy

### तूफान के बाद

जिस जहाँ में कल तक रौनक थी,  
आज वीराना लगता है।  
मेरा अपना आशियाँ,  
आज अफसाना लगता है।

चहका करती थी कोयल  
जिस डाली पे शान से,  
ऐसे टूट गिरी है,  
जैसे टूटी हो अपमान से।

बैठ कभी शांत से  
तो सोचें क्या पाया है,  
पाया है या खोया है?  
क्या खो के क्या पाया है?

पहुँचे चाँद पे जब हम,  
तब सोचा, प्रकृति हमने बनाई है।  
हमने किया खिलवाड़ प्रकृति से  
उसने चोट पहुँचाई है।

- सोनल सुप्रिया

हंसों का जोड़ा...  
नभ क तल में विचरण करता  
आनंद मन मुस्काता  
इठलाता थोड़ा-थोड़ा...  
हंसों का जोड़ा...  
हंसों को हँसा ये मन  
खिल उठे शीघ्र ही आर्द्र नयन  
मैंने पूछा, तुम क्यों इतने  
इतराते हो, इठलाते हो?  
इस उजली काली काया में  
कैसी भरी इतनी सुंदरता?  
बतला भी अब थोड़ा  
हंसों का जोड़ा...  
बोला नयनों से चला बाण  
हम नहीं हैं इतने भी महान  
बस कोशिश इतनी है समझो  
बेचैन भरी इस दुनिया को  
हम दे दें थोड़ी राहत  
मिले सबको नया सबेरा  
हंसों का जोड़ा...  
क्यों सीख न लेता मानव  
दुविधा में जीवन जीता है  
हम भ्रम को दूर भगाते हैं  
दुविधा की न चलती मनमानी  
बस एक सांस में कर देते  
दूध का दूध पानी का पानी  
दुविधा के लिए हमने मौका नहीं छोड़ा  
हंसों का जोड़ा...  
मेरा तन मन सब उजला है  
हम शांति संदेशा फैलाते  
इस तन मन की निर्मलता से  
जीवन की श्रेष्ठता दर्शाते  
सरस्वती के चरणों में देखो  
इसलिए जगह हम पाते हैं।  
तुम मानव जग को जीत लिए  
फिर भी शांति के लिए क्यों करते हो निहोरा?  
हंसों का जोड़ा...  
मेरा जीवन एक उपमा है  
सच्चे प्रेमी के लिए  
हम एक बार साथी चुनते जीने के लिए  
हर हाल में साथ निभाते हैं।  
यदि साथी हमसे विछुड़ गया,  
हर पल यादों में उसके, जीवन निवाह लेते हैं।  
पर हो नहीं सकता साथी चुन लें दुबारा।  
हंसों का जोड़ा...  
अब भी तुम बतलाओ मनुष्य,  
हम क्यों न इतराएं इस निष्ठा पर?  
हम क्यों न गर्वित हों अपनी इस भक्ति, शक्ति  
और श्रद्धा पर?  
हम क्यों न इतराएं अपनी सुंदरता पर।  
हे मानव! तुम भी बन जा कुछ मेरी तरह  
तन मन को कर ले निर्मल कुछ मेरी तरह  
फैला दे शांति संदेशा कुछ मेरी तरह  
जग में भर दे सुंदरता कुछ मेरी तरह

- एस के जुही



# Health & Wellness

- *Vijaya Kamala*

## **Cinnamon and Honey...! Facts on Honey and Cinnamon:**

It is found that a mix of honey and cinnamon cures most diseases. Honey is produced in most of the countries of the world. Scientists of today also note honey as very effective medicine for all kinds of diseases. Honey can be used without side effects which is also a plus. Today's science says that even though honey is sweet, when it is taken in the right dosage as a medicine, it does not harm even diabetic patients. Researched by western scientists:

**HEART DISEASES:** Make a paste of honey and cinnamon powder, put it on toast instead of jelly and jam and eat it regularly for breakfast. It reduces the cholesterol and could potentially save one from heart attack. Also, even if you have already had an attack studies show you could be kept miles away from the next attack. Regular use of cinnamon honey strengthens the heart beat. In America and Canada, various nursing homes have treated patients successfully and have found that as one ages the arteries and veins lose their flexibility and get clogged; honey and cinnamon revitalize the arteries and the veins.

**ARTHRITIS:** Arthritis patients can benefit by taking one cup of hot water with two tablespoons of honey and one small teaspoon of cinnamon powder. When taken daily even chronic arthritis can be cured. In a recent research conducted at the Copenhagen University, it was found that when the doctors treated their patients with a mixture of one tablespoon Honey and half teaspoon Cinnamon powder before breakfast, they found that within a week (out of the 200 people so treated) practically 73 patients were totally relieved of pain - - and within a month, most all the patients who could not walk or move around because of arthritis now started walking without pain.

**BLADDER INFECTIONS:** Take two tablespoons of cinnamon powder and one teaspoon of honey in a glass of lukewarm water and drink it. It destroys the germs in the bladder....who knew?

**CHOLESTEROL:** Two tablespoons of honey and three teaspoons of Cinnamon Powder mixed in 16 ounces of tea water given to a cholesterol patient was found to reduce the level of cholesterol in the blood by 10 percent within two hours. As mentioned for arthritic patients, when taken three times a day, any chronic cholesterol-could be cured. According to information received in the said Journal, pure honey taken with food daily relieves complaints of cholesterol.

**COLDS:** Those suffering from common or severe colds should take one tablespoon lukewarm honey with 1/4 spoon cinnamon powder daily for three days. This process will cure most chronic cough, cold, and, clear the sinuses, and it's delicious too!

**UPSET STOMACH:** Honey taken with cinnamon powder cures stomach ache and also is said to clear stomach ulcers from its root.

**GAS:** According to the studies done in India and Japan, it is revealed that when Honey is taken with cinnamon powder the stomach is relieved of gas.

**IMMUNE SYSTEM:** Daily use of honey and cinnamon powder strengthens the immune system and protects the body from bacterial and viral attacks. Scientists have found that honey has various vitamins and iron in large amounts. Constant use of Honey strengthens the white blood corpuscles (where DNA is contained) to fight bacterial and viral diseases.

**INDIGESTION:** Cinnamon powder sprinkled on two tablespoons of honey taken before food is eaten relieves acidity and digests the heaviest of meals

**INFLUENZA:** A scientist in Spain has proved that honey contains a natural 'Ingredient' which kills the influenza germs and saves the patient from flu.

**LONGEVITY:** Tea made with honey and cinnamon powder, when taken regularly, arrests the ravages of old age. Use four teaspoons of honey, one teaspoon of cinnamon powder, and three cups of boiling water to make a tea. Drink 1/4 cup, three to four times a day. It keeps the skin fresh and soft and arrests old age. Life spans increase and even a 100 year old will start performing the chores of a 20-year-old.

**RASPY OR SORE THROAT:** When throat has a tickle or is raspy, take one tablespoon of honey and sip until gone. Repeat every three hours until throat is without symptoms.

**PIMPLES:** Three tablespoons of honey and one teaspoon of cinnamon powder paste. Apply this paste on the pimples before sleeping and wash it off the next morning with warm water. When done daily for two weeks, it removes all pimples from the root.

**SKIN INFECTIONS:**Applying honey and cinnamon powder in equal parts on the affected parts cures eczema, ringworm and all types of skin infections.

**WEIGHT LOSS:**Daily in the morning one half hour before breakfast and on an empty stomach, and at night before sleeping, drink honey and cinnamon powder boiled in one cup of water. When taken regularly, it reduces the weight of even the most obese person. Also, drinking this mixture regularly does not allow the fat to accumulate in the body even though the person may eat a high calorie diet. Use 1 part cinnamon and 2 parts honey.

**CANCER:** Recent research in Japan and Australia has revealed that advanced cancer of the stomach and bones have been cured successfully. Patients suffering from these kinds of cancer should daily take one tablespoon of honey with one teaspoon of cinnamon powder three times a day for one month.

**FATIGUE:** Recent studies have shown that the sugar content of honey is more helpful rather than being detrimental to the strength of the body. Senior citizens who take honey and cinnamon powder in equal parts are more alert and flexible. Dr. Milton, who has done research, says that a half tablespoon of honey taken in a glass of water and sprinkled with cinnamon powder, even when the vitality of the body starts to decrease, when taken daily after brushing and in the afternoon at about 3:00 P.M., the vitality of the body increases within a week.

**BAD BREATH:** People of South America, gargle with one teaspoon of honey and cinnamon powder mixed in hot water first thing in the morning so their breath stays fresh throughout the day.

**HEARING LOSS:** Daily morning and night honey and cinnamon powder, taken in equal parts restores hearing.



## CHUDA DAHI

**Soaking time:** 1 hour

**Serves:** Each flavored portion serves 3-4

**Ingredients:**

- o Chuda [thick rice flakes]: Washed in water. Soaked in milk for an hour 350 gms
- o Milk: Boiled 500 ml
- o Cardamom powder: 2 tsp
- o Sugar: 275 gms
- o Condensed milk (amul methai meth): 6 TB (for rice flakes soaked in milk)
- o Curds: Beaten 500 ml
- o Honey: 3 TB (for rice flakes soaked in milk)

**For flavoring:**

- o Jamun: Puree 2 TB
- o Jackfruit: Diced 2 TB
- o Mango: Diced 2 TB
- o Banana: Mashed 2 WHOLE
- o Rasgulla: Pista stuffed 5-6

**Method**

**For milk soaked rice flakes:**

- o Soak rice flakes in very hot milk for an hour along with sugar and cardamom powder.
- o Once the rice flakes soaked in milk has come to room temperature add condensed milk, curds and honey to it. Mix well to combine. At this point we need to divide the chuda mix into 4 equal portions for flavoring.
- o Now add each of the fruits (mango, jackfruit, banana and jamun puree) into each of the portions i.e, each fruit gets one portion of rice flake mix. Mix well to combine.
- o You can drop in some pista stuffed rasgullas in one of the portions and serve cold.



## Poori khaja

**Ingredients required-**

- \* Maida- 250grams
- \* Sugar- 300 grams
- \* Ghee- few tea spoons
- \* Rice flour/ sooji- few tea spoons
- \* Cooking soda- one pinch
- \* Oil to fry
- \* green cardamoms-4

**Method**

- \* Knead the Maida with a pinch of cooking soda and roll the dough into a big chapati .
- \* Layer it with the filling of sooji/rice flour, sugar, cardamom n Ghee. Tightly roll the chapati with filling.
- \* Cut into one inch slices each
- \* Roll each slice with a rolling pin and deep fry.
- \* Dip the fried slices in sugar syrup( two threads) and remove.



- Sujata.N

# DADI MA KE NUSKHE



## How to cure Constipation

1. Have lemon in the morning to cure constipation

Forget that cup of tea or coffee that you have in the morning. Instead have lemon with warm water and salt first thing in the morning. You need to stimulate your intestine and this solution aids in cleansing this organ of your body. A dash of salt in the lemon water helps you pass stool smoothly.

**Get this:**

- Lemon juice- 1 tsp
- Warm water- 1 glass
- Salt- a pinch of it

**Do this:**

- As soon as you get out of the bed in the morning, heat water to get a glass of warm water. It should be warm to the extent that you can have it. Don't set very low bar. Remember, you can have hot tea and coffee so why not a little more warm water!
- Mix the lemon juice in this warm water.
- Add a pinch of salt and mix well.
- Have this every morning, even after you have cured your constipation.

## 2. Natural laxatives raisins can cure constipation

Want some natural laxatives? Depend upon simple and sweet raisins. Health with taste! Raisins are high in fiber and you definitely know that most of the cases of constipation are due to having a diet which lacks in fiber. What is good that these can be had by everyone- kids as well as expecting mothers too. However, pregnant mothers still need to consult their physicians as they may have their own unique set of complications. So, how do you take raisins for constipation? Soaked ones in the morning!

**Get this:**

- " Raisins- 10-15
- " Water- ½ cup

**Do this:**

- " Soak raisins in half cup of water overnight.
- " In the morning, have the soaked raisins along with water, preferably first thing in the morning on an empty stomach.

## 3. Have Guava fruit the right way to cure constipation

Guava, although cheap and tasty, is an underrated fruit in spite of its many benefits. For constipation too, you can have guava regularly. Why is it so beneficial for constipation? Because of its soluble as well as insoluble fibers present in its pulp and seeds respectively. Not only this, guava helps in producing mucus in the anus along with aiding in contraction of intestinal lining for smooth passage of food into the stomach. So, are you up for having guava? Yes! Good but you must understand the right way of eating this fruit.

**Do this:**

- " Get guava which is not too ripe or raw.
- " Have the fruit with your breakfast. However, if you also suffer from gastric problems, have it after lunch. Don't have any fruit at night.
- " When eating guava, do not chew its seeds. This may negatively affect you if you suffer from stomach ulcer. Chewing seeds of guava can also lead to constipation instead of curing it.

" The right way of eating guava is to cut it into quarter pieces. Eat the outer portion of seedless guava, close to its peel, first. Then have the inner portion which is its soft pulp with seeds. Do not chew hard, just chew it softly to make the pulp a little more softer. Then gulp the thing without chewing the seeds.

You might be wondering about the way of eating guava but after a few attempts, you will not have to even think of how to eat this fruit properly. It's just a matter of developing the habit.

## 4. Flaxseeds also cure constipation

It's all about the fiber content! Flaxseeds have high amounts of fibers in them and have been recognized as bulk-forming herbal laxative. These types of laxatives work by drawing water into stool so that it becomes larger, softer, and easier to pass out of the body. They can be called the safest types of laxatives that stimulate your colon naturally and thus can be taken daily. However, you must have plenty of fluids when having bulk laxatives like flaxseeds. And yes, use flaxseed powder, preferably ground at home because whole seeds can pass out as they are without doing anything in your body to relieve constipation.

**Do this:**

- " Take a tablespoon of ground flaxseed powder and mix it with a glass of warm water and have it in the morning.
- " Alternatively, add flaxseed with your morning breakfast cereal.

## 5. Use Ayurvedic Triphala powder to cure constipation

Ayurveda, the ancient Indian medicine, has a miracle herb mixture in the form of Triphala powder. Triphala (meaning three fruits) is a combination of three very useful herbs- Amla (Indian gooseberry), Haritaki (Chebulic Myrobalan) and Vibhitaki (Bellirica Myrobalan). It is a wonder herb for all digestive problems. It not only acts a mild laxative but cure the peristaltic movements (contraction of intestine) to aid for smooth passage of food into the stomach and out of it. It also aids in metabolism by stimulating liver to secrete bile, the digestive juice.

**Get this:**

- " Triphala powder- 1 tsp
- " Warm water- 1 glass or Honey- 1 tbsp

**Do this:**

- " Mix triphala powder with warm water or honey.
- " Have it before going to bed at night.
- " Alternatively, you can have it in the morning on an empty stomach.

## 6. Have Castor oil to cure your constipation

The OIL derived from the castor plant has long been used by Egyptians for many conditions like heartburn, menstrual cramps, sunburn and for constipation. It is one of the fine natural stimulant laxatives. This type of laxatives make the bowel contract and squeeze so that you can pass stool comfortably. When you have castor oil, you can expect to have bowel movement within 5-7 hours.

**Get this:**

- " Castor oil- 1 tsp
- " Warm milk- 1 glass or Warm water- 1 glass

**Do this:**

- " Add castor oil to warm milk and mix well.
- " Have this milk at night before going to bed.
- " If you cannot stand milk or have allergy from it, use warm water to dissolve the oil and have this water at night.



Identify the *INTERNATIONAL WORLD DAYS* observed during April, May, June

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

Clue:

APRIL 7TH - HEALTH DAY,  
 APRIL 22ND - HEART DAY,  
 APRIL 23RD - BOOKS DAY,  
 MAY 1ST - LABOUR DAY,  
 MAY 3RD - ENERGY DAY,  
 MAY 8TH - RED CROSS DAY,  
 MAY 15TH - FAMILY DAY,,  
 MAY 17TH - TELECOM DAY,  
 MAY 31ST - NO TOBACCO DAY,  
 JUNE 21 - YOGA DAY.

### Editorial Team

**Preeti Roy Chand**  
 Editor-in-Chief

**Satyendra**

**Durga Prasad D**

**Gopal**

**V Suguna**

**Lalita Shankar**

**Vani Deshikachar**

**Manisha Dash**

DEAR SPARK TEAM

Thankyou so much for sending me the soft copy of the 3rd anniversary issue of Spark.  
 Its a very good job done. I really do appreciate the way it has turned out.  
 well done team!

**Lata choudhary**

Dear Madam,

I am delighted to see a colorful Spark Magazine on 3rd anniversary. Design of cover page is very innovative as it is a fine amalgamation of variety subject matters, while nicely depicts various cultural events and CSR activities that have taken place during the above quarter. Articles 'Dil se', 'Jab we met' are interesting and informative. To make the magazine a little more interesting you can add one page on 'Gardening' as more than 40% of your members must be having ground floors and information on what kind of flowers blossom best in forth coming season will definitely help all your readers. If someone puts a little effort and compile information for all the 4 quarters of a year, you can publish the matter quarter wise and repeat it every year.

**R. SREENIVASULU,**  
 DGM (Constn)-I/C-STM,

The latest feature in Spark- "Lesser known facts.." was very interesting. It was fun to read about the varied interests of the people who run VSP and understand how their families are a very important part of their success.

Spark has been doing a wonderful job for 3 years. As a suggestion, I would say that stories of Sportswomen who have excelled can be included too, one story an issue. Any successful sportstar is an inspiration. Woman breaking barriers to excel adds to it and these will serve as inspiration to all the readers of Spark.

Keep up the good work

**Saketh RVK**

स्पाक का नया अंक बहुत हरा-भरा और आकर्षक लगा। हुदहुद तूफान से हुए नुकसान और उससे उबरने के लिए किए गए प्रयासों के संदर्भ में स्लोगन और कविता के माध्यम से व्यक्त अभिप्रेरणा अच्छी लगी। साथ ही राष्ट्रीय इस्पात निगम लिमिटेड के सभी निदेशकों की व्यक्तिगत अभिरुचियों का कॉलम बहुत ही अच्छा लगा। आशा है स्पाक में आगे भी समसामयिक विषयों पर प्रकाशन सामग्री प्रकाशित होती रहेंगी। स्पाक से जुड़े लोगों को बधाई।

- एम बी पडाल

नए कलेवर में स्पाक को देखकर तपाक से शब्द निकला 'अरे वाह! स्पाक इतनी बदल गई।' भावपूर्ण कवरपेज, अंदर की सारी बात को प्रथम दर्शन में ही उगल देता है। कवरपेज ने उत्सुकता ऐसी बढ़ाई कि अंदर झांकना ही पड़ा। सभी निदेशकों के अपने-अपने विचार बड़े ही सार्थक व जानकारी पूर्ण रखा है। विचार अच्छे लगे। विस्टील महिला समिति के द्वारा किये गए कार्यों की झलकियाँ दिल को छू गईं। 'बेटी बचाओ और बेटी पढ़ाओ' विषय को एक टेग लाइन में लेना देश और समाज दोनों को लिए प्रेरणादायक होगा। बधाई।

- जी आर ए नायडु

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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