

# स्पाक

...इग्नाइट, इल्युमिनेट, स्पार्किंग



Visteel Mahila Samiti  
Quarterly Magazine

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## कलाम साहब को हमारा अलाम...



### Inside...

- From the Editor-in-Chief
- Reaching Out
- Health & Wellness
- Khana Khazana
- Dadi Ma ke Nuskhe
- Poetry Corner





**G**reetings to our Readers!

*Though this is my maiden editorial, my long years of association with VMS, makes me feel at home reaching out to you all on this new channel. VMS has always been a great forum for all the enthusiastic, industrious and bright ladies of this august Steel Plant association and I look forward to all your brilliance coming together as it always has over the last decades.*

*In this issue of Spark we have tried to focus on the aspects of Patriotism and Teaching, which have been stirring most of our recent conversations and the world around us off late. Dr. A.P.J Abdul Kalam, one of India's finest contribution to mankind was an embodiment of both these aspects and so we have made a humble attempt to pay a tribute to him in this issue. The September members gettogether was about teachers and it was a very endearing gettogether.*

*Our dearest VMS members have written on the spot 'one liners' on Yoga to commemorate the World Yoga Day (21st of June) and this has been featured in this issue. Team Spark has worked on enhancing the regular feature of Spark in Hindi so as to bring out the spirit of Hindi Diwas, observed on the 13th of September every year.*

*The coming festive months are going to keep you all very busy and in cheerful moods. I wish all of you a very happy Dussehra and Navaratri, a sparkling Diwali and a Merry Christmas.*

**Bindoo Mohapatra**

President

VMS





उसे जब ड्राइवर की नौकरी मिली तो वह सबसे पहले तो इस बात से खुश था कि उसके गुरु से सीखा हुआ हुनर अब काम आएगा। लेकिन

वर्ष 2006 तक विद्यालय के पास एक छोटा वैन था, उस समय करीब 25 बच्चे ही थे। इसलिए राजू को ड्राइवर के साथ-साथ हेल्पर का काम भी स्वयं करना होता था। अब तो इस विद्यालय में लगभग 70 बच्चे हैं। इसीलिए साथ में अब एक आया भी रहती है। राजू रोज दो ट्रिप में बच्चों को लाने और वापस ले जाने का काम करते हैं। खाली समय में स्वैच्छिक रूप से वे बच्चों की सेवा में लगे रहते हैं।



जब उसने ईश्वर की उन अद्भुत कृतियों को देखा तो अचंभित और कुछ भयभीत

इन विशेष बच्चों के आचार-व्यवहार ने राजू के जीवन पर पर बहुत प्रभाव डाला है। राजू का मानना है कि 'ये बच्चे ईश्वर की अद्भुत कृतियाँ हैं। इनमें मैं ईश्वर का दर्शन करता हूँ। अब मुझे लगता है कि वास्तव में मैं ईश्वर की सेवा कर रहा हूँ। एक दिन भी जब कभी मैं इनसे दूर होता हूँ तो लगता है कि कोई शक्ति मुझे बुला रही है। जब मैं छुट्टी से वापस आता हूँ तब ये बच्चे मुझसे जिस आत्मीयता से मिलते हैं, उसे देखकर ऐसा लगता है कि अब कभी भी इनको छोड़कर कहीं न जाऊँ। राजू भाव विभोर होकर कहते हैं कि 'ये बच्चे जब स्कूल पहुँचने या वापस घर पहुँचने के बाद मुझसे हाथ मिलाकर 'टाटा' बोलते हैं, तब मैं भावविभोर हो जाता हूँ।' जब उनसे पूछा गया कि 'यदि वी एस पी में आपको स्थाई नौकरी दे दी जाए तो क्या आप यह काम छोड़ देंगे?' तो वे हाथ जोड़कर कहते हैं कि मुझे स्थाई नौकरी दे दीजिए, लेकिन इन बच्चों की सेवा से अलग मत कीजिए।' उनकी यह बात दिल को छू गई और सोचने पर मजबूर कर गई कि आत्मसंतुष्टि भी मानव मन की एक संवेदना है।

भी हो गया। उसने इस तरह के बच्चों को इससे पहले कभी नहीं देखा था। फिर भी उसे काम तो करना ही था। उसने इसे जीवन की एक चुनौती मानते हुए यह दृढ़ निश्चय किया कि वह अपने काम को संस्था के मकसद तक पहुँचाएगा। तब से आज तक वह रोज साढ़े सात बजे अपनी बस निकालता है और निकल पड़ता है अपने अजीज साथियों की सेवा के लिए। यह यू अप्पलनायुडु जी हैं, जो विशाखपट्टणम इस्पात संयंत्र के परिसर में विशेष रूप से सक्षम बच्चों के लिए स्थापित 'अरुणोदया विशेष स्कूल' के छात्रों की बस चलाते हैं। श्री यू अप्पलनायुडु यहाँ पिछले 18 वर्षों से बस के ड्राइवर के रूप में कार्य कर रहे हैं, जिन्हें मुख्यतः राजू के नाम से ही जाना जाता है।

- गोपाल & वी सुगुणा



Mine was an arranged marriage - the 'chatt mangni and pattbiya', type. I was a working person and quite enjoying my job as a chemical analyst for a company dealing and manufacturing vitamin and mineral supplements.

I applied for the job and was selected as a teacher, thus began my journey at Jyothi Bala Vihar Sec 5. My first day in the school was when my then Principal Mrs. Shobha Pandey introduced me to my colleagues and welcomed me to the school a day before school reopened after summer vacation, and the next day I faced my first batch of students - cute little 4 year olds who were as much surprised to see me as I was to see them. I somehow managed to convince them that I was their friend, mother and teacher all in one and we learnt many a thing from each other in the whole academic year. What started as just a job, over the years grew on to me and my innate passion for teaching blossomed as I became a part of this wonderful family of JBVIans. It's been twenty one years at Jyothi Bala Vihar and most of my colleagues are my very good friends. It's been their shoulders which I cried upon when I have been upset and their twinkling eyes and lovely smiles had made my day, which I cherish to this date. We as a team have organized many a programme be it Children's Day, Sports Competitions or Annual Day, have had our arguments but worked together and enjoyed it to the fullest. My students have out shone each other and are doing well for themselves.

The whole wedding ceremony took place in such a short span of time that even before I could actually relate to the idea of me being married, I already was!!

I am privileged to have taken over as Principal of Jyothi Bala Vihar Sector 2 for the past one year. It has been a great year working with this team of dedicated, hard working and talented teachers and its equally good support staff and lovely children. My job description has changed, and I do miss my teaching days but the past year has been a rich learning experience. The shining eyes, smiling faces and patter of little feet which greet me every day have made my life more meaningful and I would not have experienced it had I not met Jyothi Bala Vihar in June 1995. Thanks once again!!

Within a day or two of my marriage at Chennai, I left for Visakhapatnam with my husband's family, and was surprised to land at Waltair station with this gentleman who was my husband - just the both of us. We were received with a bouquet of flowers by Mrs. Mita Ghosh and Mr Ghosh whom my husband addressed as Dada and Boudi with due respect and who brought me to my new home at Ukkunagaram. I was pretty impressed by what I saw of the 'Approach road' and lovely greenery bordering it through my tear filled eyes. My life at Ukkunagaram had begun and a couple of years passed with me being busy settling into my married life and motherhood.

One day Boudi called me and told me about the vacancy for teachers at Jyothi Bala Vihar, a kindergarten school whose timings was 9am to 12:30 pm. My son was three and we had enrolled him in school, and me having been a working person before marriage was eagerly waiting to step out of the four walls of my home.

- Leena Ghosh

# TRIVIA AND GLIMPSES OF BAL MELA



Who said all good things always come to an end? They only make way for better things to follow suit. For those of us who found it hard to bid farewell to the

celebrations that regaled us during the Bal Mela 2013, this year marked the return of Bal Mela, flooding us with nostalgia while also bringing in a wave of fresh enthusiasm and celebrations along with it.

The second edition of the Bal Mela which was conducted on September 6th saw an encouraging participation, both from the students and their parents despite the unrelenting weather. The evening turned out to be full of colourful and musical extravaganza as the assembled guests headed by RINL CMD, Shri P Madhusudan and other dignitaries, parents and students were treated to sumptuous feast of music and dance. It

favoured shopping destination in the Mela as it was awarded the "Most Profitable Stall" award with reported gross earnings of Rs 10,000/-. In a noble gesture, the stall owners donated the entire proceedings of the day's sales to an orphanage.

Flash mob event turned out to be the surprise event of the day as the crowd were pleasantly surprised by the first of its kind event in



Ukkunagaram. The event involved energetic dance performance by 20 number of volunteers from Friends of Arunodaya group.

The event ended on a melodious note with the release of our very own music album titled "Special Songs from Special School" by RINL CMD Shri P Madhusudan, followed by live performance of the songs by the FoA volunteers. The album comprises of 6 songs which were realised due to the contributions from various talented members



was indeed a day of celebrating special friendship, where the students of Arunodaya Special School were introduced to a whole new world of friends who were waiting to walk hand in hand with them to the end of the world and beyond.

## BAL MELA-2015 TRIVIA

This year's Bal Mela saw a total participation of large number of students from schools of Ukkunagaram competing in various competitions. Catching on with the selfie fever that has gripped the world, Selfie Le Le competition was introduced this year which received enthusiastic response.

In a bid to reach out to wider audience, Bal Mela has gone online with a dedicated Facebook page and also a photography competition "Ansel's Click" on the theme "Disability and Social-Inclusion" was conducted. We received 05 entries from participants who submitted them online or through email. A total of 06 competitions were conducted for the students and 17 prizes were awarded.

This year, apart from the certificates, a new initiative of awarding gift coupons to the winners was introduced. These gift coupons could be later redeemed by the winners at select retail outlets. A total of 18 Stalls were organised by students, VSP employees and other private groups offering handicrafts, power solutions, educational products, food and games. The stall named "Quilling Queens" turned out to be the most



of FoA, DAV Centenary Public school, Timpany School, Arunodaya Special School and the VSP family.

Memories are most precious takeaways after any event. In order to preserve the Mela memories for time eternal, the entire photo and video coverage of the event was shouldered by 03 FoA volunteers.

Bal Mela brought out the deep seated compassionate feelings of the participants by providing them "Bal Mela Wall" as a platform to share their feelings. What followed was a deluge of goodness and motivation as the crowds filled out their hearts content onto a total of 12 number of sheets which are being taken up for preservation.

A good cause always finds itself being well cared for by the forces of the universe, as we received generous financial support of over 1.2 Lakhs from compassionate members of the society through the sale of raffle tickets and donations.

Due to the busy schedule of the team members, who have a responsibility as an employee of VSP during the office hours, it was difficult for them to spare time to meet frequently. Hence most of the planning was through the fast and convenient Communication methods - email, Whatsapp, sms, and phone calls.

Even the Rain Gods seem to have taken a liking to the Bal Mela as they tried to gain glimpses of the event by sending in occasional showers.

- Bharadwaj with inputs from team Friends of Arunodaya







INSPIRATIONAL QUOTES BY  
**DR. APJ  
 ABDUL  
 KALAM**

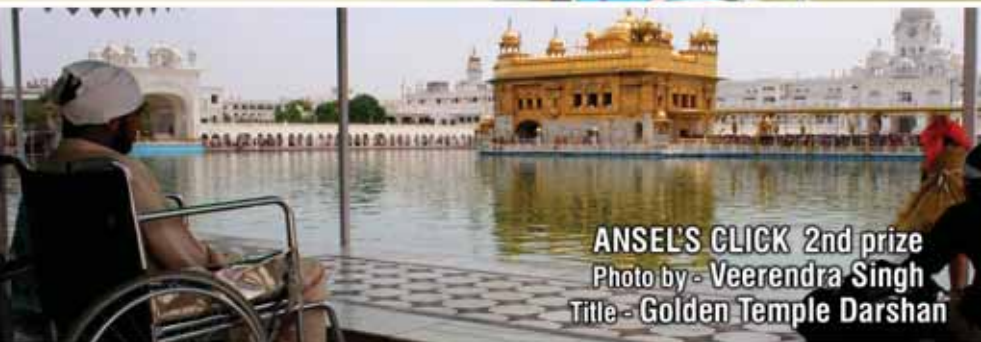
"I had a sparrow as a pet, but it flew away one day...Then I had a squirrel, but it ran away too..Then, I planted a tree and they both came back."

- "Don't let yourselves be controlled by three things: PEOPLE, MONEY AND YOUR PAST EXPERIENCES."
- "Failure will never overtake me if my determination to succeed is strong enough."
- "Don't take rest after your first victory because if you fail in second, more lips are waiting to say that your first victory was just luck."
- "All Birds find shelter during a rain. But Eagle avoids rain by flying above the Clouds."
- "Man needs difficulties in life because they are necessary to enjoy the success." -
- "All of us do not have equal talent. But , all of us have an equal opportunity to develop our talents."
- "Be more dedicated to making solid achievements than in running after swift but synthetic happiness."
- "Thinking should become your capital asset, no matter whatever ups and downs you come across in your life."
- "Without your involvement you can't succeed. With your involvement you can't fail."
- "To succeed in life and achieve results, you must understand and master three mighty forces- desire, belief, and expectation."
- "We are all born with a divine fire in us. Our efforts should be to give wings to this fire and fill the world with the glow of its goodness."

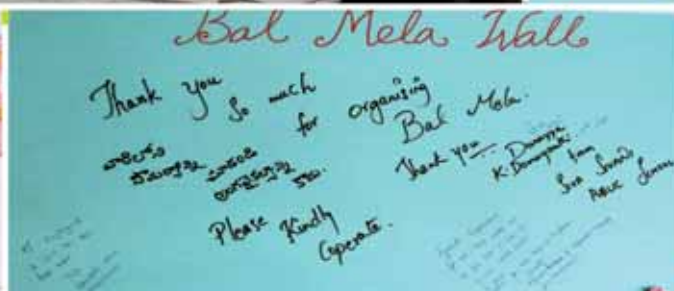


**ANSEL'S CLICK 1st prize**  
 Photo by - Varaprasad  
 Title - Welcome

**BAL MELA**



**ANSEL'S CLICK 2nd prize**  
 Photo by - Veerendra Singh  
 Title - Golden Temple Darshan





योग बनाए हृष्ट-पुष्ट मन और मस्तिष्क,  
सुखमय जीवन हो सदा, शरीर बने बलिष्ठ।।  
- ललन प्रसाद रजक

యోగా జీవితానికి భోగము వంటిది  
ప్రాణమునకు ఆధారం వంటిది  
మనం ఆనందంగా జీవించడానికి  
యోగా నిత్య ఆధారంగా మారింది.

- సి.హెచ్. భారతి

Yoga is very good for health and mind. Nowadays  
life is very stressed. That way yoga is necessary  
for health and mind....

Soma Basu

Yoga recharges both our mind and body. In this  
fast pace world, yoga relieves us from stress  
and flushes out impurities of mind and body....

Neha Singh

योगा न केवल हमारे शरीर और मन को आकृति प्रदान करता है  
बल्कि हमारे जीवन को नव ऊर्जा से ओत-प्रोत कर  
जीवन के सभी आयामों से परिचित कराता है।

- मधुप्रिया

యోగా అనేది జీవితానికి సంబంధించిన ఆధారాలలో చాలా ముఖ్యమైనది  
యోగక్రియలో ధ్యానములో విశ్వమునే సందర్శించి సహజ చక్రమును దాటి  
విశ్వాత్ముడినే సందర్శించిన మహానుభావులు ఉన్నారు.

- మినాక్సి

యోగా అన్నది ఆధునిక పోకడ కాదు  
జీవన విధాన వైవిధ్యంలో అందం, ఆరోగ్యం,  
ఆనందం.

- వై సుశీల

# YOGA

## FAD OR SOUL OF LIFE

Yoga is a need of today's life because  
now life is very comfortable, No  
workout or exercise....

Nilima Khaparde

Yoga develops your inner  
self and making it routine will  
change your life style as  
well motivates you to have  
a positive attitude towards  
life... Megha Gupta

योग मानव को सक्रिय और तत्पर  
बनाता है।

- जी आर ए नायडु

'Yoga' जितने दिन करो 'Soul of Life'  
लगता है वंद करो तो खट्टे अंगूर लगता है।

- पी एन सावित्री

Yoga is to discover yourself, to  
connect almighty and nature. I believe  
in it to make myself fit and happy....  
Neelu Gaur

యోగా జీవిత ఆధారమే  
యోగా మానసిక ఉల్లాసానికి ఉపయోగపడుతుంది  
తద్వారా వ్యక్తిగత, కుటుంబ, సామాజిక ఆరోగ్యం  
చేకూరుతుంది.

- కె.వి. రత్నకుమారి

योगा जीवन को जिंदादिल बनाने का एक वर है  
जो सबको दीर्घायु प्रदान करता है।

- के प्रवीणा

योगा है जीवन का आधार  
जो करता है जीवन का उद्धार  
और हमारी उन्नति का मंझधार  
देते रहो योगा से जीवन को आकार।

अज्ञात

Practice yoga by choice. Your health  
gives voice....  
Sulagna

యోగా ఆధునిక జీవనశైలికో వరం  
యోగా జీవిత ఆధారం  
ఉరుకుల పరుగుల జీవనశైలికి  
నిలకడ నేర్పి, అత్యుజ్యోతిని వెలిగించి  
నిత్య జీవిత భాగమైనది యోగా

- కె భానుమతి

Yoga is a life. Life is a cycle. Cycling is  
yoga....  
Supriya Mohan

యోగా ఈ రోజులలో తప్పనిసరిగా చేయాలి  
ఎందుకంటే 'ఆరోగ్యమే మహాభాగ్యం' కదా.

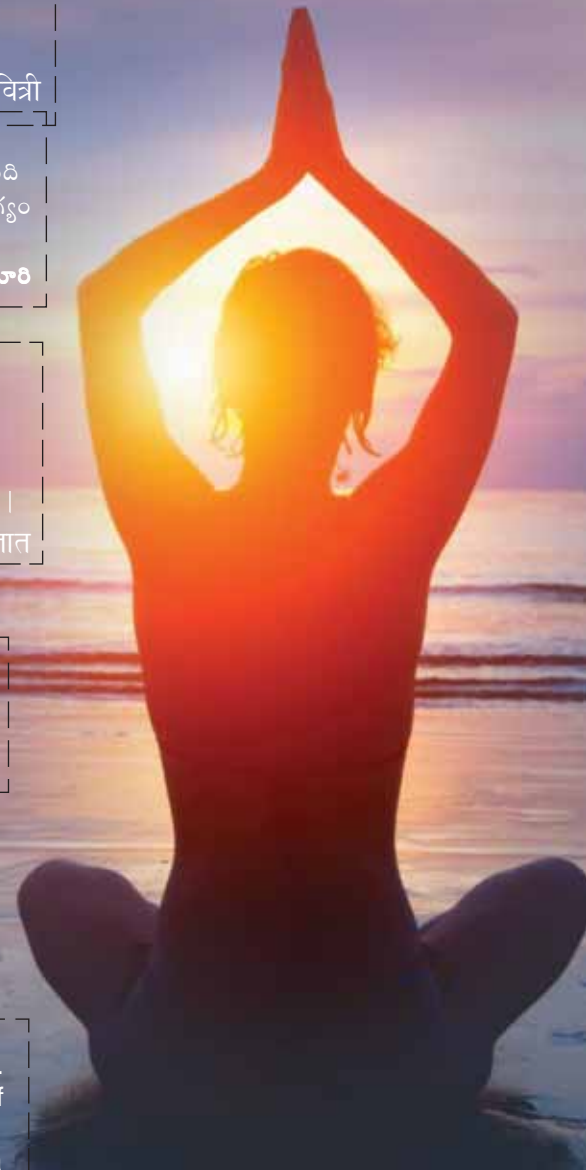
- జి. సుధారాణి

योगा हमारे शरीर को स्वस्थ रखता है।  
योगा से हमारे में एका अलग स्फूर्ति उत्पन्न होती है।  
योगा करने से सभी वीमारियों से दूर हो जाती हैं।  
इसलिए योगा शरीर के लिए बहुत जरूरी है।

- शिल्पी अग्रवाल

Yoga is the way to live life fullest.  
Enjoy each and every moment of  
a day....

Anuradha





उक्कुनगरम् में कई भव्य मंदिर बनाए गए हैं। इन भव्य मंदिरों में भगवान जगन्नाथ के मंदिर की शोभा अत्यंत दर्शनीय है। इस मंदिर की स्थापना 2003 के लगभग हुई थी। तभी से श्री अक्षय कुमार पंडा इस मंदिर में पुजारी का दायित्व सफलतापूर्वक निभा रहे हैं। श्री पंडा पहले तो ओड़िशा राज्य की राजधानी भुवनेश्वर के एक मंदिर में पुजारी का काम करते थे।

लेकिन इनकी योग्यता को देखते हुए उन्हें उक्कुनगरम् के मंदिर में पुजारी बनाया गया है। श्री पंडा से स्पार्क टीम ने हाल ही बातचीत की। प्रस्तुत है उस बातचीत के कुछ अंश:

**स्पार्क :** पंडा जी! इस मंदिर की किसी विशेषता से बात आगे बढ़ाई जाए।

**पंडा :** हाँ क्यों नहीं। देखिए! इस मंदिर को विधि-विधान का पालन करते हुए बनाया गया है। यहाँ ब्रह्म प्रतिष्ठा के साथ-साथ दारु प्रतिष्ठा भी किया गया है।

**स्पार्क :** दारु प्रतिष्ठा का मतलब क्या है?

**पंडा :** दारु का मतलब होता है लकड़ी। भगवान की मूर्ति नीम के लकड़ी से भी बनाई जाती है। जगन्नाथ पुरी के मुख्य मंदिर में स्थापित मूर्तियों का एक निश्चित अंतराल पर नवकलेवर किया जाता है। उस समय नीम की लकड़ी से भगवान जगन्नाथ, भगवान बलभद्र और देवी सुभद्रा की मूर्तियों का निर्माण नीम की लकड़ी से ही किया जाता है।

**स्पार्क :** इस मंदिर में दर्शनार्थियों की भीड़ जुटती है क्या?

**पंडा :** वैसे तो यह मंदिर कम आवाजाही वाले रास्ते पर बना है और लोगों में इसके बारे में जानकारी कम है। फिर भी कार्तिक अमावस्या से मार्गशीर्ष अमावस्या के बीच बहुत लोग आते हैं। वैसे तो नववर्ष, नाग चतुर्थी और उगादि के दिन भी बहुत लोग आते हैं। रथयात्रा के समय तो बहुत ही चहल-पहल रहती है। गुरजाड़ा कलाक्षेत्रम् में किसी समारोह में आए हुए लोग भी कभी-कभी बड़ी संख्या में आ जाते हैं। इसमें सबसे खास इस मंदिर की भव्यता है, जो लोगों को आकर्षित करती है।

**स्पार्क :** रथयात्रा के समय तो आप बहुत व्यस्त हो जाते होंगे?

**पंडा :** ऐसा नहीं है, रथयात्रा के लिए अलग से पुजारी बुलाए जाते हैं। उस समय समिति के लोग बहुत सक्रिय रहते हैं और कुछ लोग स्वयं भगवान की सेवा के लिए यहाँ आ जाते हैं। इसलिए सब कुछ ठीक से संपन्न हो जाता है।



उक्कुनगरम् के डी पॉल स्कूल में छात्राओं के लिए एन सी सी का प्रशिक्षण दिया जाता है, ताकि ये छात्राएँ जीवन रक्षा के गुर के साथ-साथ अनुशासित होकर देशसेवा कर सकें। विद्यालय के इस अभियान का दायित्व श्रीमती जी लक्ष्मी प्रसन्ना जी का है। वे इस अभियान को 1996 से आगे बढ़ा रही हैं। प्रस्तुत है उनसे बातचीत के कुछ अंश:

**स्पार्क :** आप एन सी सी को कितना जरूरी और क्यों मानती हैं?

**प्रसन्ना :** बच्चों में अनुशासन एवं एकता की भावना को जगाने व उन्हें अच्छे नागरिक बनने के लिए अभिप्रेरित करने के उद्देश्य से एन सी सी का प्रशिक्षण दिया जाता है।

**स्पार्क :** सेना की ओर से आपको एन सी सी के प्रशिक्षण के लिए कितना और कैसा सहयोग मिलता है?

**प्रसन्ना :** सेना की ओर से पूरा सहयोग मिलता है। वे यहाँ थल सैनिक कैंप (टी एस सी) का आयोजन करते हैं और बच्चों से परेड कराते हैं।

**स्पार्क :** एन सी सी के प्रशिक्षण से इन बच्चों को क्या लाभ होगा?

**प्रसन्ना :** इस प्रशिक्षण से बच्चों को सर्टिफिकेट 'ए' प्राप्त होता है, जिससे उन्हें गणतंत्र दिवस के परेड हेतु चयनित किया जा सकता है। इसके अलावा इस प्रमाणपत्र से उन्हें भविष्य में शिक्षा व नौकरी से संबंधित मामलों में आरक्षण भी मिलता है।

**स्पार्क :** समाज और सेना के लिए महिला एन सी सी विंग का क्या औचित्य है?

**प्रसन्ना :** महिला एन सी सी विंग से लड़कियों को व्यक्तित्व विकास और आत्मरक्षा के तरीकों का प्रशिक्षण मिलता है। इससे वे अनुशासित होकर समाज का सशक्त नागरिक बन सकती हैं।

**स्पार्क :** आप अपने काम से कितना संतुष्ट हैं?

**प्रसन्ना :** मैं अपने इस काम से पूर्णतः संतुष्ट हूँ। शैक्षणिक वर्ष के आरंभ में ही कार्यक्रमों की सूची बना ली जाती है, जिसके अनुरूप हम प्रशिक्षण देते हैं। इसके अलावा एन सी सी के कैडेटों का हम समाज सेवा के कार्यों, जैसे स्वच्छ भारत अभियान, अनाथालय के बच्चों की सेवा, विद्यालय के कार्यक्रमों को सुचारू ढंग से चलाने, आदि में सहयोग लिया जाता है। इसका और विस्तार होना चाहिए।



# REACHING OUT

05-07-15: VMS committee visited Z.P. High School, Paravada and distributed uniforms to 9th class children. Mrs Preeti Roy Chand along with the committee members participated in Swachh Bharat program. Committee members not only donated broomsticks and dustbins but also cleaned the premises of the School with the help of the young children. Sanitary napkin packets were distributed among girl students.



08-07-15: Working committee under the guidance of Mrs Preeti Roy and Mrs Bindoo Mohapatra visited the Mandal Praja Parishad School in Vadlapudi and donated steel plates, steel drum for water storage, notebooks, slates and a computer.

VMS has always tried to be as ecofriendly as possible. Committee members planted saplings in the school premises. Surprisingly, the young students promised that they would nurture the plants and true to their promise when we went to a nearby school, we noticed that the plants were all grown up. Members also donated broom sticks and dustbins to create awareness regarding Swachh Bharat and made the children clean the school grounds.



24-07-15: MGT for the month of July was organized in MP Hall, Ukkunagaram at 4.30pm. On the spot Mehendi competition, Best out of Waste competition were conducted with half an hour and one hour duration respectively. Mrs Lakshmi Kameswari was introduced as a committee member. Free mehendi was done for all the members and they were overjoyed on seeing their hands turn red because of the mehendi. Fun game with rubber bands and safety pins and also brain game was conducted. Annamacharya Keertana was sung by Mrs Vasavi and later Kumari Sarayu danced for a remix song. Anjali and group performed a monsoon dance. 'Yoga - the soul of life or Fad' was the one liner given for the various members present to give their opinions and they were collected immediately to be published in the next edition of SPARK magazine.



SPARK was released and on this occasion, saplings were distributed among the members.

04-08-15: Kanithi Mandal Praja Parishad school requested for help and VMS donated the children school bags, note books, coloring books, crayons, pencils, pens, carrom board, one dictionary, one steel drum to store rice and also biscuit packets.

12-08-15: As Independence Day was nearby VMS visited Desire Society where HIV infected / affected children are being sheltered. Committee members donated school bags and biscuit packets to the children and the young kids have shown their talent by dancing to the latest tunes.





22-08-15:VMS committee donated a pressure cooker, rice drum, cooking utensils, play material and slates to the children of Anganvadi in Vadlapudi.



22-08-15: VMS working committee along with Mrs Preeti Roy visited Z.P. High School, Kanithi and donated uniforms and sanitary napkins to the girl children and note books to higher classes boys and girls.

24-08-15: Notebooks were donated to 10th class boys and girl students and also sanitary napkins to 9th & 10th class girls in Nadapur Z.P High school by VMS members.



25-08-15: MGT and also farewell to Mrs Preeti Roy was conducted in MP Hall. Month of August being Sravanamasam, a lot of participants came forward to take part in cultural programs. Niharika group danced to a patriotic song. Sri Gouri group did the Astalakshmi dance. Competition in 'Sweet preparation with Jaggery' was held. 15 participants displayed their delicacies. Mrs Padmaja and Mrs Padma judged the cookery competition. Prizes were given to the winners of cooking competition and also to the judges. Participation gifts were given to performers.

VMS has always been supporting Sri Satya Sai Seva Trust for education. This year also VMS handed over a cheque for rupees 50,000 to Sai Trust for education of the children who are orphans but fed by Sai Trust.



With heavy hearts VMS bid farewell to Mrs Preeti Roy. Anjali and group performed dance for the song 'Rangobati', a folk dance of Sambalpur and dedicated it to Preeti Madam.

Smt. Gouri Annapoorna, the vice presidents and the past and present committee members spoke on the occasion recalling their good memories of the time spent with Smt Preeti Chand. Citation write up was done by Mrs Vani Desikachar and Mrs Leena Ghosh. Cake was also cut.



Mrs Preeti Roy recollected and shared her views and spoke about the memorable days she spent in Visakhapatnam Steel Plant.

Mrs. Bindoo Mohapatra was nominated the President of VMS, by Mrs. Gouri Annapurna Madhusudhan, Honorary President VMS.

10-09-15: MGT for the month of September was conducted on 10th in MP hall. Programme started sharp 4 pm with a welcome by Smt. Padmavathi, Secretary VMS.



September 5th being Teachers Day this was Teachers special MGT. Teachers have shown their talents. Teachers of JVB Sec -5 presented a solo song and a group dance, JVB Sec - 2 teachers sang a group song, JVB -9 teachers presented a skit. Teachers of Arunodaya presented a skit which has shown the importance of teachers in moulding the society. Fun game was organized for the members. Gifts were given to all the member teachers

## हम सबका हिंदुस्तान है यह

इस धरा पर सबसे महान है यह  
सुंदरता की पहचान है यह  
हम सबकी धड़कन जान है यह  
हम सबका हिंदुस्तान है यह।  
यह देश है वीर जवानों का  
आजादी के परवानों का  
आजाद भगत सा दीवानों का  
विस्मिल सुभाष मस्तानों का।  
नेहरू वल्लभ की शान है यह  
गाँधी का अरमान है यह  
पन्ना का त्याग व वलिदान है यह  
हम सबका हिंदुस्तान है यह।  
तुलसी कालि की कविता यह  
हरिवंश के भाव की सरिता यह

दिनकर और निराला यह  
टैगोर और प्रेमचंद है यह।  
राधाकृष्णन की शिक्षा यह  
परमहंस की दीक्षा यह  
सरोजिनी का सरगम यह  
प्रेम-मगन मीरा का भजन यह।  
कविरा का शब्द-वाण है यह  
सूरदास का गान है यह  
सुरमयी लता का तान है यह  
हम सबका हिंदुस्तान है यह।  
आर्यभट्ट की शून्य खोज  
दुनिया करती याद रोज  
मिसाइल मैन अब्दुल कलाम  
वंदन, नमन और सलाम।

जगदीश चंद्र की दलील  
पौधे भी संवेदनशील  
सी वी रामन की अपार  
भारत पाया नोबल पुरस्कार।  
सानिया सायना की जंप अजब  
उषा मिल्खा की दौड़ गजब  
मल्लेश्वरी मेरीकॉम भी यहाँ  
विश्वनाथन और सतनाम यहाँ।  
कपिल के गेंद की उछाल यह  
सचिन के बल्ले की कमाल यह  
धोनी के छक्के की धमाल यह  
भज्जी विराट से वेमिसाल यह।  
होली क्रिसमस रमजान यह  
गीता वाइविल कुरान यह  
हर भारतीय का प्राण यह  
हम सबका हिंदुस्तान यह।

## पर्यावरण की रक्षा

सूर्य गर्म है, चाँद है शीतल।  
जलधि शांत है, नदी है चंचल।  
सख्त है पर्वत, फूल है कोमल।  
हरे-भरे थे पेड़ हैं निर्मल।  
हो जाएँ हम इनके कायल।  
इन्हें करेंगे कभी न घायल।।  
जिसकी छाया में सुख पाते,  
पशु-पक्षी के संग मानव जन।  
हर पल हृदय में भरते रहते,  
शुद्ध प्राणवायु आँकसीजन।  
जन्मदिवस पर वृक्ष लगाकर,  
यादगार कर लें सुंदर पल।  
इन्हें करेंगे कभी न घायल।।

जिन पुस्तकों को हम नित पढ़कर,  
करते हैं उत्तीर्ण परीक्षा।  
वह कागज हमें वृक्ष है देता,  
हम वृक्षों की करेंगे रक्षा।  
पेड़ ही हमको अन्न खिलाता,  
पेड़ से ही तो खाते हैं फल।  
इन्हें करेंगे कभी न घायल।।  
जिस लकड़ी के बेंच पे बैठके,  
दिन भर करते ज्ञान का अर्जन।  
जिस लकड़ी से यज्ञ हवन कर,  
और बनाते जलाके भोजन।

उसी वृक्ष को पुनः लगायें,  
और बचायें धरा का जंगल।  
इन्हें करेंगे कभी न घायल।।  
साफ है रखना पृथ्वी ग्रह को,  
जिसने हमें दिया है जीवन।  
इसे प्रदूषण मुक्त है करना,  
तब सुंदर होगा पर्यावरण।  
इनका मिलकर करें संरक्षण,  
भूमि, अग्नि, नभ, वायु और जल।  
इन्हें करेंगे कभी न घायल।।  
- एस के जूही

## भारतीय शिक्षा संस्कृति

भारत के महान कवि व दार्शनिक कवीर के 'ढाई आखर प्रेम का पढ़े से पंडित होय' वाली पंक्ति के माध्यम से जो संदेश देना चाहा है, उसमें विश्व-बंधुत्व और जिओ एवं जीने दो के आग्रह के साथ-साथ 'मनुष्य एक सामाजिक प्राणी है' का सिद्धांत भी सही तरीके से परिभाषित होता है। हालांकि हमारी वर्तमान शिक्षा कवीर द्वारा उल्लेखित भावनाओं से काफी दूर निकल गई है। अब शिक्षा का वास्तविक अर्थ सामाजिक सरोकार से जुड़ा हुआ मानव विकास नहीं, बल्कि आजीविका और भौतिकता का अनन्य साधन मात्र है।

वैसे तो भारत में शिक्षा सभी के लिए हमेशा सहज सुलभ नहीं रही है। इसीलिए शिक्षा के क्षेत्र में हमारा देश पिछड़ा हुआ देश माना जाता है। भगवान बुद्ध ने सबसे पहले शिक्षा को सभी के लिए जरूरी बताया और बिना किसी भेदभाव के पूरे समाज को शिक्षित बनने के लिए प्रेरित किया। हालांकि यह दौर भी बहुत दीर्घकाल तक नहीं चल सका। भारत की सत्ता की वागडोर जब मुगलों के हाथों में आई तो भारतीय शिक्षा पर इस्लामिक शिक्षा का प्रभाव भी पड़ा। यह दौर लगभग ढाई से तीन सौ वर्षों तक

चला। तत्पश्चात ईस्ट इंडिया कंपनी के आगमन से भारत में अंग्रेजी शिक्षा का बोलबाला बढ़ने लगा और सन् 1853 के आते-आते अंग्रेजों ने भारत की शिक्षा व्यवस्था को अपनी आवश्यकता के अनुसार बनाने का निर्णय लिया और भारत में नई शिक्षा व्यवस्था लागू कर दी। इससे उनकी तो आवश्यकता पूरी होने लगी। लेकिन भारतीय शिक्षा व्यवस्था में भारी विकृति आ गई। इन विकृतियों का प्रभाव समाज पर पड़ना ही था। इसके फलस्वरूप भारतीय सामाजिक मूल्यों और नागरिक आचरण के सूचकांकों में गिरावट आने लगी। इससे उबरने के लिए कई तरह के तर्क दिए जाते रहे हैं, लेकिन बहुत कुछ बदलाव देखने के लिए नहीं मिल रहा है।

भारतीय शिक्षा में अब यदि पुनः प्राचीन भावों को समाहित करना है तो हमें भारत की वर्तमान परिस्थितियों एवं संवैधानिक आवश्यकताओं के अनुरूप नई शिक्षा प्रणाली का विकास करना होगा। तभी हमारी शिक्षा व्यवस्था में अपेक्षित सुधार आ पाएगा।

- वी अमिता



# 'నారీ' శక్తి - రాణీ రుద్రమదేవి

'చదువన్నేర్చురు పూరుమల్ బలెన్ శాస్త్రంబున్ పరింపించుచో,  
చదువమన్నేర్చురు శత్రుసేనల ధనుర్వాపారముల్ నేర్చుచో  
నుదితోత్సాహము తోడ నేలగలరీ యుర్విన్ ప్రతిష్ఠించుచో  
ముదితల్ నేర్వగరాని విద్య గలదె ముద్దారనేర్పించినన్.'

చిలకమర్తి వారు మనకీ విషయాన్ని చెప్పడానికి ముందే మధ్యయుగాలనాటికే రాణీ రుద్రమదేవి ఈ అక్షరసత్యాలని నిరూపించింది. రాణీ రుద్రమదేవి క్రీ.శ. 1269 నుండి 1295 వరకు రాజ్యాన్నేలినట్లు మనకు చరిత్ర స్పష్టం చేసింది. రుద్రమదేవి తండ్రియైన గణపతిదేవునకు మగ సంతానము లేక రుద్రమదేవియే వారసురాలిగా ప్రకటింపబడి 1259 నుండియే మగవేషం ధరించి రాజకీయ శిక్షణ, యుద్ధవిద్యలను అవలంబించిందని మనకు చరిత్ర వలన తేటతెల్లమైంది.

రుద్రమదేవి ఓరుగల్లు కోటను ఆక్రమించిన రాష్ట్రకూటులను అణచివేసి దండెత్తివచ్చిన యాదవరాజును దేవగిరి వరకు తరిమికొట్టిందని మనం ప్రతాపచరిత్ర ద్వారా తెలుసుకున్నాము. కళింగరాజును జయించి గోదావరి ప్రాంతమంతటా తన అధికారాన్ని నిలపగలిగింది. పాండ్యరాజు నుండి నెల్లూరును విడిపించి చోళులను సామంతులుగా చేసుకొని, కడప-చిత్తూరు-నెల్లూరులలో తన అనుచరులైన కాయస్థ జన్నిగదేవులను అధికారంలో ఉంచినా వారి వారసుడైన అంబదేవుడు పాండ్యకూటమితో చేరి స్వతంత్రతను ప్రకటించుకున్నాడు. అతనిపై దండెత్తితేనో లేదా తదనంతరం రాణీ రుద్రమదేవి మరణించిందనేది చారిత్రకాంశం.

రుద్రమదేవి పరిపాలనకు, యుద్ధనైపుణ్యానికి స్ఫూర్తిగా తెలుగు కవులు సత్యభామను ఎన్నుకొన్నారు. నూతన సహస్రాబ్దిలో స్త్రీ శక్తికి సంపూర్ణ

విలువలు సంతరించే కాలం వచ్చింది. అయితే రుద్రమదేవికి వ్యతిరేకంగా దాయాదులు అందరూ స్త్రీ రాజ్యపాలనను అంగీకరించక శత్రుకూటమిగా ఏర్పడ్డారు. అయినా మొక్కవోని దీక్షతో రాజ్యపాలన చేయడమేగాక తన పాలనాకాలంలో సామాజికాభివృద్ధి కార్యక్రమాలలో భాగంగా, శైవమతాలకు అనుబంధంగా ప్రసూతి వైద్యశాలలు కూడా నిర్మించినట్లు చరిత్ర మనకు తెలియజేస్తున్నది.

అంతేకాకుండా ఆమె కాలంలో విదేశీ వ్యాపారాలు బాగా అభివృద్ధి చెందినట్లు ఆనాడు భారతదేశానికి వచ్చిన ఇటలీ దేశస్థుడైన 'మార్కోపోలో' ప్రశంసించాడు. రుద్రమదేవిని వ్యక్తిగతంగా ఎదిరించలేక శత్రుకూటమిగా ఏర్పడి మట్టుపెట్టడం చరిత్రలో స్త్రీశక్తి నిరూపణకు నిదర్శనంగా నిలిచిపోయింది.

ప్రపంచచరిత్రలో ఆఫ్ఘనిస్తాన్ నుండి వచ్చిన 'ఇల్ టుట్ మిష్' కూతురైన రజియాసుల్తాన్ యుద్ధాలు నిర్వహించిన తొలివనితగా కనిపించినా భారతదేశంలో యుద్ధభేరి మ్రోగించి విజయాలు సాధించిన తొలిభారతీయనారి రుద్రమదేవి. ఈతరం స్త్రీశక్తియుక్తుల ఆవిష్కరణకు స్ఫూర్తిగా, ధైర్యసాహసాలు కలిగిన స్త్రీమూర్తిగా, సమస్త నారీలోకానికి ఆదర్శంగా చరిత్రలో నిలచిపోయిన రాణీరుద్రమదేవి తెలుగువారి ఆడపడుచు కావడం మన ఆంధ్రుల అదృష్టం.

- లక్ష్మీదేవి

## దసరా

ఆశ్వయుజ శుద్ధ దశమిని 'దసరా' గా వ్యవహరిస్తాము. ఆశ్వయుజ శుద్ధ పాడ్యమి నుండి దశమి వరకూ గల 9 రాత్రులను 'శరన్నవరాత్రులు' గా మనం పిలుస్తాం. అశ్విని నక్షత్రం పూర్ణిమతో కలిసిన రోజులలో, అనగా ఈ పక్షంలో 9 రోజులను శరన్నవరాత్రులంటారు. చంద్రునికి స్త్రీతి కల్గిన నక్షత్రం 'అశ్విని' కాబట్టి, పురాణాల ప్రకారం అశ్విని చంద్రునికి ప్రథమ భార్య కాబట్టి ఈనెలలో ఈ నవరాత్రులలో చంద్రుని కాంతి చాలా ఆహ్లాదంగా, చల్లదనాన్ని కల్గి ఉంటుంది. అంటే శరదృతువులో ప్రారంభం అయ్యే మాసం ఆశ్వయుజ మాసం కదా.

ఈ నవరాత్రులు నిండి దశమి నాడే శ్రీరామచంద్రుడు దశకంఠుని వధించాడు, కాబట్టి 10 వ రోజును 'దశరా', 'దసరా' అని అంటారు. దీనినే 'విజయదశమి'గా వాడుకభాషలో అంటారు.

ఈ నవరాత్రులలో దేవీ పురాణం ప్రకారం దేవి దుర్గా అవతరించి రాక్షసవధ చేసిన రోజు 'దశరా', 'విజయదశమి' గా పేరుపొందింది.



పాండవులు 'అజ్ఞాతవాసం' విడచిన (విరాటపర్వంలో) రోజున వారి ఆయుధాలు ఎవరికీ కనిపించకుండా ఉంచిన జమ్మిచెట్టుకు ఈదశమిరోజున వారు పూజ చేసి ఆరాధించి ధరించారు. కావున మనం ఈకాలంలో వాడుతూన్నటువంటి కారు, బస్సు మొదలగు యంత్రాలను, ఆయుధాలను ఈరోజున శుభ్రం చేసి, పూజచేసి వాడుకలోకి తెస్తాం. కావున ఈరోజున 'ఆయుధ పూజ' దినంగా భావిస్తాం.

దసరా రోజు స్కూలు ఉపాధ్యాయులందరూ పిల్లలను అందరి ఇళ్ళకు తీసుకువచ్చి కర్రబాణాలతో పూలని వినరి 'దసరా కి వస్తామని వినవినలుపడక' అని పాటలు పాడించి ద్రవ్యం వసూలు చేసి ఆనందిస్తారు.

అందుకే! దసరా పండుగ మన జీవితంలో ముడిపడిన ఆధ్యాత్మిక, ఆనందకరమైన పండుగ. ఈపండుగని ఘనంగా ఆదరిద్దాం.

- ఎస్.ఎస్. ఆచార్యులు



Whether it is food, lifestyle or exercise, the first question is - what is the correct practice for each individual? People have started realizing that each individual is unique, hence the attention needed by each one is very different from the others. The diet which is appropriate for one individual, however complete and wholesome, may not be good for another. Herbs, lifestyle and even exercise need individualized attention.

Every person has different physical, mental and even spiritual capabilities and capacities that require specialized attention. One needs to know what works for each of us, what our body type is and what kind of Yoga we should practice.

## Body Types or Doshas

### Vata Dosha

People with a dominant Vata Dosha are very creative, imaginative and spontaneous. On the other hand they can also get quite restless due to the principle of movement. Physically they are thin, lean, sometimes may have dry skin and scanty hair. They like warmth and try to avoid cold and dry temperatures. Appetite is quite irregular to an extent where they may even forget to eat food. Although very friendly by nature, they can sometimes get quite jealous and possessive. Their hobbies are art, music, reading, travelling and anything that sets their mind on the imagination trip. All artists are generally Vata dominant.

### Pitta Dosha

Persons with Pitta as the dominant Dosha are authoritative, determined, focussed in life. On the other hand they can also get quite angry, demanding and irritated at the smallest mistake. This is due to the dominant element of fire in their constitution. Physically they are moderate built, with warm and soft skin. They generally prefer a cool atmosphere and get sun burnt when under the sun for a long time. Their appetite and thirst are strong and tend to eat several small meals throughout the day. Their hobbies are quite intellectual which also include chess. They generally like all kinds of sports which include both indoor and outdoor games. All leaders and people at managerial posts are Pitta dominant.

### Kapha Dosha

Kapha dominant people are very friendly, social, and easy to be with. But at the same time they can get quite lazy and have a tendency to postpone things to the last minute. This is due to the dominant elements of earth and water which have a stable and cool property. Physically they are well built and have a tendency towards gaining weight. Their skin is generally soft, cold and moist. They like warm weather and avoid cold, wet and rainy situations. Appetite is quite stable and they eat at regular fixed times irrespective of them being hungry or not. Their hobbies are also very easy and they like watching television or any activity which does not require a lot of mental and physical activity. They however like water sports a lot.

Ayurveda says one should to live his or her life according to the body constitution, be it diet, lifestyle or exercises. Hence even herbs, massages and Yoga advised for each body type is unique.

## Yoga for Your Body Type

### Vata Dosha

People with a dominant Vata Dosha are restless and prefer a lot of activity. They generally suffer from stiffness, joint ailments and are prone to injury. Such people require a very gentle way of practising Yoga.

- Do not start your Yoga session immediately. Spend some time relaxing and concentrating on your breath before each session.
- Perform all Asanas (positions) very slowly avoiding forceful, abrupt movements.

- Coordinate each movement with your breathing and perform relaxing deep breathing exercises while in a certain position.
- Give yourself enough time to relax between two Asanas. Do not quickly move to the next position.
- Make sure you spend a long time performing the corpse position (relaxation position) at the end of each Yoga session.
- Keep yourself warm while performing the positions.

### Pitta Dosha

Pitta dominating people tend to be overheated and irritable in times of stress but are at the same time very disciplined and focussed. They generally need cooling and refreshing yoga exercises.

- Start your Yoga session with a short period of relaxation with an aim of cooling down your body.
- Asanas can be performed with moderate speed keeping in mind not to tire the body.
- Your main aim is to remove heat and tension from the body, hence relaxing yet cooling Asanas are to be performed.
- As Pitta dominant people tend to sweat a lot, they should keep the surrounding cool and airy while exercising.
- Breathing exercises that cool down the body e.g. Shitali Pranayama are performed while spending time in a position.

### Kapha Dosha

Persons having a dominant Kapha Dosha are generally quite relaxed and laid back in life. Such people are prone to overweight and may suffer from reduced metabolic activities. They must perform stimulating and energizing Yoga Asanas.

- You do not require to spend in relaxing before a Yoga session. You can directly start practising your exercises.
- Positions can be performed with an increased speed bearing in mind not to strain the muscles.
- Producing heat and warmth in the body should be your main aim leading to increased metabolic activity. Warming breathing exercises help to produce heat in the body.
- You can directly move to the next Asana without spending time in relaxation between positions.
- Keep yourself warm during each session.

## Some Yoga Positions Helpful for Vata Body Type

1. Sun salutations: 8-10 rounds
2. Head stand
3. Shoulder stand
4. Plough position
5. Tortoise position
6. Half Spinal Twist
7. Corpse position
8. Breathing exercises: breath of fire, alternate nostril breathing

## Some Yoga Positions Helpful for Pitta Body Type

1. Sun salutations: 6-8 rounds
2. Moon salutations
3. Cobra position
4. Half spinal twist
5. Hero pose
6. Forward bend
7. Tortoise pose
8. Breathing exercises: Shitali (cooling breath exercise), alternate nostril breathing

## Some Yoga Positions Helpful for Kapha Body Type

1. Sun salutations: 10-12 rounds
2. Warrior pose
3. Half-moon position
4. Locust
5. Bow position
6. Half spinal twist
7. Headstand
8. Breathing exercises: Breath of fire, cleansing breath exercise





## ब्रेड पकौड़ा

### सामग्री:

ब्रेड स्लाइस - 09  
बेसन - 2 कप  
लालमिर्च पाउडर - 1/2 चम्मच  
हल्दी - 1/2 चम्मच  
बेकिंग सोडा - 1/4 चम्मच  
चावल का आटा - 2 चम्मच  
नमक - स्वादानुसार  
आलू - दो अदद  
प्याज - एक अदद



## चीज बॉल्स

### सामग्री:

चीज - 125 ग्राम (कददूकस किया हुआ)  
अंडे - 2 अदद  
मैदा - 2 चम्मच  
नमक - स्वादानुसार  
लालमिर्च पाउडर - 1/2 चम्मच  
तेल - आवश्यकतानुसार  
बेकिंग पाउडर - 1/2 चम्मच

### बनाने की विधि:

बेसन में नमक, बेकिंग सोडा, चावल का आटा, हल्दी, लालमिर्च का पाउडर को डालकर एक मिश्रण तैयार करें। फिर उसमें थोड़ा पानी डालकर गाढ़ा घोल तैयार कर लें। आलू को उबाल लें और उसका छिलका निकाल कर उसे बारीक मसल दें। प्याज और हरी मिर्च को बारीक काट लें।

कड़ाही में एक या दो चम्मच तेल डालकर गरम करें। अब उसमें जीरा डालकर भूनें। इसके बाद कटी हुई प्याज और हरी मिर्च को उसमें डालकर थोड़ा पका लें। अब अदरक लहसुन का पेस्ट, हल्दी, नमक, लालमिर्च पाउडर, डालकर मिलाएं। फिर मसले हुए आलू और धनिया पत्ता डालकर अच्छी तरह मिलाते हुए दो मिनट तक पकाकर गैस बंद कर दें।

अब ब्रेड स्लाइस को लीजिए। एक ब्रेड स्लाइस पर धनिया पत्ता का चटनी लगाएं, दूसरे ब्रेड स्लाइस पर आलू का मिश्रण रखें, तीसरे ब्रेड स्लाइस पर टमाटर केचप डालकर स्लाइस पर फैलाएं। अब हरे ब्रेड वाले स्लाइस के उपर आलू पेस्ट वाले स्लाइस को रखें। अब उसके उपर लाल ब्रेड स्लाइस घुमाकर रखें और हल्के हाथ से दबाएं। सभी ब्रेड स्लाइस को इसी भांति मशाला भरकर तैयार कर लें। अब सभी तीन साबुत ब्रेड के पकौड़ों को तिकोना काट लें। अब आपके पास कुल 18 पकौड़ों के लिए ब्रेड तैयार हैं।

अब पकौड़ों को तलने के लिए कड़ाही में तेल गरम करें। अब बेसन के घोल में डुबाकर पकौड़ों को गरम तेल में डालकर हल्के बादामी रंग आने तक तलकर निकाल लें। अब पकौड़ों को अपनी मन पसंद चटनी के साथ परोसिए और खुद आनंद लीजिए।

### बनाने की विधि:

कददूकस किए हुए चीज, अंडों, लाल मिर्च के पाउडर, बेकिंग पाउडर आदि को एक कटोरे में डालकर अच्छी तरह से मिला लें। फिर इस मिश्रण को 15 मिनट के लिए किसी टंडी जगह में थोड़ा फूलने के लिए रखें।

अब कड़ाही में तेल डालकर गरम कर लें। फिर चीज के मिश्रण से छोटी-छोटी गोलियां बना लें और उन गोलियों को गरम तेल में हल्के सुनहरे रंग के होने तक तलें। अब आपका चीज बॉल तैयार है।



## प्रायश्चित्त

जंबुकेशन आज बहुत घबराया हुआ था, क्योंकि रसायन विज्ञान की प्रायोगिक परीक्षा थी। सभी लड़के-लड़कियों की हालत भी लगभग जंबुकेशन जैसी ही थी। आज सभी के मन में अधिक अंक पाने की लालसा थी। इसीलिए कोई किसी को खुलकर कुछ बताने से बच रहा था। कोई पूजा-अर्चना करके आया था, तो कोई शगुन के लिए दही खाकर आया था। किसी ने मंदिर में भगवान का दर्शन किया था, तो किसी को स्वयं अपने आप पर भरोसा था। अर्चना को अपने पर विश्वास था। वह अपने माता-पिता का चरण छूकर पूरे आत्मविश्वास के साथ विद्यालय आई थी। प्रायोगिक परीक्षा समय से आरंभ हो गई। सभी लोगों को लवण वांट दिए गए। सभी अपने-अपने प्रयोग में व्यस्त थे। जंबुकेशन भी अपने काम में व्यस्त था। लेकिन उसे मिले लवण से उसे कुछ ठीक परिणाम नहीं मिल रहे थे। इसलिए वह कुछ परेशान सा था। उसने पास खड़ी अर्चना से कई बार कुछ पूछने की कोशिश भी की, लेकिन परीक्षक की सख्ती की वजह से वह ऐसा नहीं कर सका।

जंबुकेशन की हड़बड़ाहट की वजह से अचानक उसके प्रयोग की परखनली (टेस्ट ट्यूब) उसके हाथ से छूट गई। हाथ से छूटते ही परखनली का द्रव कुछ टेबुल पर गिरा और कुछ नीचे गिरकर अभिक्रिया करने लगा और फर्श पर गिरकर परखनली चकनाचूर हो गई। टेबुल पर गिरे द्रव से छिटक कर एक बूँद अर्चना की आँख में जा गिरी और फर्श पर गिरे द्रव से अर्चना और जंबुकेशन दोनों के पाँव बुरी तरह से जल गए। पूरे विद्यालय में हाहाकार मच गया। आनन-फानन में दोनों को अस्पताल पहुँचाया गया। दोनों का उपचार हुआ और दोनों ठीक हो गए, लेकिन अफसोस कि अर्चना की एक आँख चली गई। अर्चना स्थाई रूप से एक आँख से अंधी हो गई। उसकी दुनिया अंधकारमय हो गई। उसके माँ-बाप को उसके भविष्य की चिंता सताने लगी। अर्चना भी पढ़ाई छोड़कर घर पर ही रहने लगी। उसने शर्म के मारे घर से बाहर निकलना ही छोड़

दिया। उस के साथ-साथ अर्चना और उसके माँ-बाप के सपने और भी धुंधलाते जा रहे थे, क्योंकि अब अर्चना शादी के लायक हो चुकी थी।

एक दिन अर्चना के नाम एक पत्र आया। उस पत्र में किसी का नाम नहीं लिखा था। लेकिन वह पत्र किसी अधिशापी अभियंता द्वारा लिखा गया था। उस पत्र में अर्चना से शादी का अनुरोध किया गया था। अर्चना ने उस पत्र को अपनी माँ को दिखाया और आशंका जताई कि हो सकता है, यह वही जंबुकेशन हो। जंबुकेशन का नाम सुनते ही माँ की त्योरियाँ चढ़ गईं। बात अर्चना के पिताजी तक पहुँची। उन्हें भी काफी दुख हुआ और वे भी जंबुकेशन के इस प्रस्ताव से सहमत नहीं थे। इसलिए फिर कोई पत्राचार नहीं हुआ। एक दिन अर्चना के घर के सामने एक चमचमाती कार आकर रुकी और एक बुजुर्ग महिला और एक बुजुर्ग पुरुष कार से उतरकर अर्चना के दरवाजे पर आये एवं घर के भीतर आकर बात करने के लिए आग्रह करने लगे। एक नौजवान जो कार चला रहा था, वह घर के बाहर ही कार में बैठा रहा। बुजुर्ग लोग जंबुकेशन के माता-पिता थे। वे लोग अपने बेटे जंबुकेशन के लिए अर्चना का हाथ माँगने आए थे। यह सुनकर माँ-पिता का मन भारी हो गया। वे जंबुकेशन के माता-पिता की बातों और प्रदीप के इस व्यवहार से बहुत प्रभावित थे। फिर अर्चना से उसकी सहमति लेना चाहते थे। अर्चना को उनके सामने बुलाया गया। इसी बीच जंबुकेशन भी आ गया और हाथ जोड़कर खड़ा हो गया। जंबुकेशन को देखते ही अर्चना की आँखें डबडबा गईं। अर्चना के मुँह से कुछ न निकल सका, वह जंबुकेशन के माता-पिता और अपने माता-पिता के पाँव छूकर अंदर चली गई। जंबुकेशन की आँखें भी छलछला गईं। दोनों के माँ-बाप की आँखें भी छलछलाई मानों वर्षों से पड़ी तृष्णा और क्षोभ की मैल कट रही हो।

- लता नौकवाल

## DADI MA KE NUSKHE



### दादी माँ के नुस्खे

#### आयुर्वेदिक दोहे

1. दही मथें माखन मिले केसर रंग मिलाय,  
होठों पे लेपित करें, रंग गुलाबी आय।
2. बहती यदि जो नाक हो, बहुत बुरा हो हाल,  
यूकलिप्टस के तेल लें, सूँधें डाल रूमाल।
3. आजवाइन को पीसिए, गाढ़ा लेप लगाय,  
चर्मरोग सब दूर हो, तन कंचन बन जाय।
4. आजवाइन को पीस लें नींबू संग मिलाय,  
फोड़ा-फूँसी दूर हो, सभी बला टल जाय।
5. आजवाइन गुड़ खाइए तभी बने कुछ काम,  
पित्त रोग में लाभ हो, पाएंगे आराम।
6. ठंड लगे जब आपको सर्दी से बेहाल,  
नींबू मधु के साथ में, अदरक पियें उबाल।
7. अदरक का रस लीजिए मधु लेवें समभाग,  
नियमित सेवन जब करें, सर्दी जाए भाग।
8. रोटी मक्के की भली, खा लें यदि भरपूर,  
बेहतर कलेजा आपका, टी बी भी हो दूर।

## New age marriage a prospective view...

### विवाह 2025 ...

पंडित: सारे वाराती Online आएँ।

दूल्हे को Online बुलाएँ

दुल्हन को Online बुलाएँ

सब Online आने पर

पंडित: (दूल्हा दुल्हन से) क्या आप दोनों अपना status single से married करने को तैयार हैं?

दूल्हा-दुल्हन: हाँ...

पंडित: चलिए सब Group members flower smiley डालिए

विवाह संपन्न हुआ...

पंडित: कल्याण हो

अब दक्षिणा स्वरूप 3g का 6 महीने का recharge देने की कृपा करें।

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एक दिन चित्रगुप्त ने ब्रह्माजी से प्रार्थना की - 'प्रभु, ये करवा चौथ के व्रत से सात जनम तक एक ही पति' मिलनेवाली योजना बंद कर दी जाए।'

ब्रह्माजी : 'क्यों?'

चित्रगुप्त : 'प्रभु, भैनेज करना कठिन होता जा रहा है... औरत सातों जनम वही पति माँगती हैं। लेकिन पुरुष हर बार दूसरी औरत माँगता है... बहुत दिक्कत हो रही है समझाने में।'

ब्रह्माजी : 'लेकिन यह स्कीम आदिकाल से चली आ रही है। इसे बंद नहीं किया जा सकता।'

तभी नारद मुनि आ गये। उन्होंने सुझाव दिया कि पृथ्वी पर Shree Narendra Modi नाम के एक महान विचारक रहते हैं। उनसे जाकर सलाह ली जाए।

चित्रगुप्त Shree Narendra Modi के पास गये।

Narendra Modi ने एक पल में समस्या का समाधान कर दिया। 'जो भी औरत सातों जनम वही पति डिमांड करे... उसे दे दो। लेकिन शर्त यह लगा दो कि यदि वही पति चाहिए तो 'सास' भी वही मिलेगी।'

'डिमांड बंद'





Done with reading this issue of SPARK ? Then you surely can answer all the questions below..

1. Identify any ONE regular feature of SPARK that has been published in HINDI this time?
2. Who is the new Editor-in-chief of the magazine "Spark"?
3. Name the persons featured in DIL SE and HAMARE APNE
4. Do Jambukesh and Archana finally get married ?
5. Who was the first female ruler in India before Queen Rudrama Devi ?
6. What can be applied to cure skin diseases ?
7. Who met whom in the Jab we met?
8. Which school organized the "Bal mela"?
9. Who was given a farewell in the August MGT ?
10. What is the number of peripheral activities done by VMS in this quarter?

### SOLUTION TO LAST ISSUE'S LEISURE

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

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**  
**Bindoo Mohapatra**  
**Editor-in-Chief**

**Satyendra**  
**Gopal**  
**V Suguna**

**Lalita Shankar**  
**Vani Deshikachar**

स्पार्क का अंक मिला। यह बहुत ही आकर्षक और सुंदर बना हुआ है। 'रथयात्रा' एवं 'पृथ्वी वचाओं' अभियान के फोटो से सुसज्जित यह अंक अपनी पुरानी छवि से मेल खाता हुआ है। 'दिल से...', 'जब वी मेट' से शुरुआत करके 'दादी माँ के नुस्खे तक' में पूरी पत्रिका पढ़ डाली। हमारे अपने में अमोल की भावना और समर्पण बहुत ही उल्लेखनीय है।

- संध्या

'स्पार्क' पत्रिका धीरे-धीरे निखरती जा रही है। इसके एक और बेहतर अंक के प्रकाशन के लिए मेरी बधाई स्वीकार करें। कविता 'हंसों का जोड़ा' किसी विरहिणी की वेदना का अनुगूँज है तो वहीं 'क्यों न हम पृथ्वी मित्र बनें' के माध्यम से बच्चों ने अपने भविष्य के प्रति अभिप्रेरित होने का प्रमाण दे रहे हैं।

- डॉ जे के एन नाथन

Dear spark team,

My deepest appreciation to the team spark for bringing out this colorful magazine with interesting articles and information.

Hamare apne is one very wonderful feature. We are getting to know about the unsung heroes of our township.

Keep up the spirit n good work.

Best wishes,

Sunita kiran

Madam,

In the latest edition of spark the prize winning articles on environment were quite impressive and educative. Health related articles on constipation and facts on Honey and Cinnamon are easy tips to be followed. Good going spark team. Keep it up.

Mr. N. Ravi

'స్పార్క్' పత్రిక చూసాను. పత్రికలో నాకు విస్టీల్ మహిళా సమితి వారు చేపడుతున్న వివిధ కార్యక్రమాల గురించి వివరాలు తెలిసాయి. 'పర్యావరణ పరిరక్షణ' కు సంబంధించిన ఆర్టికల్స్ నాకు చాలా నచ్చాయి. 'దిల్ సే' చదివి చలించిపోయాను. 'సవ్వల హరివిల్లు', 'దాదీ మాఁకే నుస్కే', ఇంకా కవితలు నన్ను బాగా ఆకట్టుకున్నాయి. ఈ పత్రిక దినదినాభివృద్ధి చెందుతూ అందరి మన్ననలు చూరగొనాలని ఆ భగవంతుని ప్రార్థిస్తున్నాను.

- కిరణ్

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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