

Spark

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



Visteel Mahila Samiti
Quarterly Magazine

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happy ugadi



4 ★ CELEBRATING ★ YEARS

Husband's Nite



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My Garden
Garden of Mrs.&Mr.Kundu
Feature by Bharadwaj



Dear Readers,

*Gayee Vasanth Suhani, Aye din Garmi ke
Kisine bola , "yeh toh shuruwat hai ,
Abhi toh Aiprel aur Mai baaki haai"*

Over are the pleasant days of spring. With long days and sticky perspiration, summer season has come knocking at our door but not without the sweet fragrance of jasmine!

SPARK is entering into the fifth year of its publication, completing four sparkling years. On its Fourth Anniversary, Team SPARK expresses its sincere gratitude and thanks our readers, writers, contributors, and all other stakeholders, for their unstinted support in bringing out this magazine regularly. Over the years, SPARK has become a reflection of VISTEEL MAHILA SAMITHI (VMS) which is providing wings to the imagination of the VSP family and women of Ukkunagaram.

VMS has been undertaking meaningful social assignments by helping strengthen schools, communities and the lesser privileged persons in and around the township of Ukkunagaram. VMS also acts as a catalyst towards the dedication of the employees of VSP towards the greater cause of overall improvement of the Steel Plant. As a step forward in this endeavor to bring families together, VMS organized functions like Makara Sankranthi, Valentines' Day, Holi and the Husbands' night.

On the eve of Women's day ,VMS had organized interesting and fun filled competitions for women to motivate and showcase their talents. Husbands' Night was celebrated with great fervor wherein, all members got to spend a fun filled evening with their spouse.

In the coming days, many of us will be celebrating the new year (Ugadi) as per respective traditions. I extend my greetings to all of you. VMS is planning to celebrate Ugadi and other festivals with you and hope it acts as a tonic to pep the spirits of our Steel Plant fraternity.

On the occasion of our Fourth Anniversary, I exhort our readers and members to contribute articles , poetry ranging from rich literature to humor, so as to make our next issue more interesting.

I also call upon the members of VMS to spare more time for the Samithi, so that VMS can take up social and community development with more zeal and vigor.

Happy Reading!

Bindoo Mohapatra
President, VMS

Editor-in-Chief



The unprecedented torrential rains that Chennai witnessed reminds me of a quote which is so apt in this context, *"Wherever you go, no matter what the weather, always bring your own sunshine."*

The people of this city had to bear the brunt of not just nature's fury but also the greed of mankind who mindlessly has destroyed nature's balance. This greed, coupled with the city's poor planning, left thousands of children orphaned, people marooned, homeless, starved for food and every basic amenity. Nature sure did not differentiate between the rich and the poor - she simply struck all.

In the midst of this chaos and calamity, there was something very calming - People were going out of their way to help those affected by the rains. It was heartwarming to learn about the teaming number of people in the city who were willing to risk their lives, share the little they had themselves and be of assistance to the people who needed it. It was not just people from the Chennai, but also from cities close by, who were sending in relief material in huge quantities. They not just sent food and cloths but were also thoughtful in sending extremely useful material such as power banks, torch lights, candles since the absence of electricity was a huge issue. The lengths that people went to, to help a city and its people in need, was as unprecedented as the rains itself. This was definitely the sunshine in the worst weather that Chennai witnessed.

Most of the work being carried out by NGOs, volunteers, youngsters who formed groups to reach out to large groups of people and the Government (in their case, flak) - got a lot of attention on different forms of media, especially the social media which was an active participant during the Chennai rains. However, there are so many unsung heroes and untold stories that are worth sharing and knowing. These are stories of bravery, hope and kindness. It definitely restores a great deal of faith in humanity. One particular story, that is share worthy is that of a person who did his share to reach out to the ones who were homeless, stranded and starved.

Devi, a house help and her husband Prakash, who work as a driver, live in an area that wasn't much affected by nature's fury. Feeling fortunate for not having been affected by the rains and thankful for the same, they decided to do something in their own capacity to help people around their locality. They decided to make some food - Devi made some idli batter, steamed the idlis and Prakash made twenty five packets of three idlis each and some chutney. He went on his two-wheeler wading through flooded streets to the slum where kids were eagerly waiting for some angel to drop by something to quench their thirst and fill their hungry stomach.

In spite of his efforts, he was deeply pained that he did not have enough food to feed those many people who were reaching their hands out for one food packet. Wondering what he could do, Prakash dug into his pockets to check how much money he had. He had about three hundred rupees and so he made his way to one of few shops that happened to be opened, bought biscuit packets and went back to distribute them. It took no more than a minute to be literally all grabbed. His heart was aching for them.

He decided to continue bringing food until some agency could get to this area and continued doing this twice a day for five days. Later, an agency identified this slum and extended every relief material to them. He also reached idli batter to a couple of known well-to-do people in houses and didn't take money for it. It was a time when having money didn't help because there were no shops where things could be bought. Prakash and Devi's gesture of handing over the idli batter came as a huge blessing to even the people who could well afford it and more otherwise. This act of Prakash and Devi is a story of humanity. It just goes to prove that you don't have to be rich and mighty to do good deeds. All you need is a big heart.

I am reminded of the story of the lion and the little mouse which I first heard from my grandpa as a child, where the mouse freed the lion from the net that it was trapped in. Now as an adult, I saw the same story unfold in front of me in the form of this couple.

May god bless each and every person who directly or indirectly reached out to those in need and made a difference, dil se...

~ N. Hemmige

I am sharing someone's wonderful experience, he recently had in Singapore.

I was invited to one Friday evening event by one of MNC Vendor organization who had organized the event to raise funds for the visually handicapped people in a center for blind people.

As usual, since it was a Friday evening, I first thought to skip the event considering it could be a bit boring and rather spend the evening relaxing by some other means.

But being alone and sometimes finding it difficult to kill time, I thought to accept the invitation and registered on line for booking.

Moreover it was free :) which was another motivation to go to the event.

I was looking at the event to pass some time, meet few people and nothing else.

When I went there, there were approx 40 people from various industries invited for that event. I found some Indians and naturally talked to them about how life is in Singapore etc etc. Initially we were shown a video about the visually handicapped center. What are their activities, how are they helping blind people in Singapore to lead a more fulfilling life, etc . It was a short 15 minute video and quite inspiring that how people from different walks of life spend time in helping these blind people without expecting anything in return.

They shared the satisfaction and fulfilment they get by helping them.

After the video, we all were gathered in a hall and were briefed about next event. The theme of the next event was "Dining in the Dark".

And this is the event which turned out to be inspiring and worth sharing.

What is meant was that we all 40+ people were going to have Dinner in a pitch Dark room !!!! The next 2 hours were completely planned, organized , directed and executed by three blind youths.

One was a girl (Leader) and other two boys were assistant to her forming a team of three blind volunteers.

The blind leader first gave us tips for dining (These were ACTUAL STANDARDS THE BLIND PEOPLE FOLLOW IN ORDER TO MAKE THEIR LIFE EASIER)

1. When you sit at your table the things will be placed as follows :
at 3 o'clock of your dish : You will find a spoon
at 9 o'clock : Fork
12 o'clock : spoon.
2 o'clock : Empty Glass Dish at the center with Paper napkin tucked at 6 o'clock.



2. There will be two large Jugs circulated to you. The Jug with plain walls will have water and the Jug with curved wall will have orange juice.

3. When you get your Jug based on your choice you have to pour it in your glass. You have to dip your forefinger in the glass so that when you fill it and the liquid touches your finger, you have to stop pouring.

She asked whether everyone has understood.

All said yes but everyone was confused and trying to remember what she said and confirming with each other. Next 1 1/2 hours we spent were full of fun and learning. In completely pitch dark room where we could not see ANYTHING we were enjoying various delicious food without seeing it.

We all 40 people were taken in groups in the dark hall.

Each one was directed by blind person till he/she sits on a chair (We were finding it awkward because actually we are supposed to guide blind people to their destination and help them).

We were Served full five course dinner by this team of three blind people-Welcome drinks, appetizers, starters , main course and desserts.

The amazing thing was that the team of three blind people were serving exactly vegetarian dishes to vegetarian people who were sitting randomly in the room!

While registering on line we were asked question to choose from "Vegetarian" or "Non vegetarian". I obviously chose Vegetarian, being one. We were so nicely hosted that we did not have to wait in between serves . As we were ending finishing one dish, we were served with next without any delays.

After approx 1 and half hours of Dining in the dark , the leader asked whether everyone has finished eating. After confirmation she switched on the lights of the dining room.

We left the Dining room with tears in our eyes.

We realized how lucky we are and how we have been gifted with beautiful eyes to see the beautiful world. We realized how difficult lives of blind people are (and other handicapped) without being able to see.

We realized how uncomfortable we were for just two hours without being able to see anything and how they must be living their lives.

We realized how unfortunate we are , that we do not value such simple things in life we have and cry (sometime louder, sometime within ourselves) and run after what we don't have... for whole of our lives without having time to adore for the things v have.
Be cheerful.

Adore whatever you have in life.

You may try for whatever you don't have but never feel sad about it..

Contributor - Vijaya Kamala

डॉ वी नूकराजु उर्फ उक्कु नूकराजु, वी एस पी के सेंट्रल मशीन शॉप विभाग में फोरमैन के पद पर कार्यरत हैं और मार्शल आर्ट के क्षेत्र में उनका नाम 'गिनीज बुक ऑफ रिकार्ड' एवं 'लिम्का बुक ऑफ रिकार्ड' में दर्ज है। कराटे में 'ब्लैक वेल्ड' धारी श्री राजु ने 3300 दोपहिया वाहनों को अपने ऊपर से गुजारने, दाँतो से APSRTC की बस को 100 मीटर तक खींचने, दाँतों से 12 गैस सिलिंडरों को उठाने जैसे कई कारनामे करके राष्ट्रीय व अंतर्राष्ट्रीय स्तर पर अपनी पहचान बनाई है। प्रस्तुत है उनकी 'स्पार्क' से बातचीत के कुछ अंश...

स्पार्क : आप इस आर्ट के प्रति कैसे आकर्षित हुए?

नूकराजु : ऐसा कुछ विशेष प्रयोजन से नहीं आया था। प्रायः आर्थिक परिस्थितियों के अनुसार बच्चे अपने खेलों का चयन भी करते हैं। इस आर्ट में बहुत खर्च नहीं लगता है। मात्र छोटी-मोटी चीजों से काम चल जाता है। हालांकि लोग इस आर्ट को बहुत खतरनाक मानते थे। लेकिन जब मैं सीखने लगा तो मुझे यह एक अद्भुत खेल लगने लगा और आज इस मुकाम पर हूँ।

स्पार्क : क्या आपने अपना लक्ष्य हासिल कर लिया है?

नूकराजु : रुकना जीवन नहीं है। जब तक आपके भीतर इच्छाशक्ति जीवित है, आपको संतुष्ट नहीं होना चाहिए। हाँ समय के अनुसार अपनी भूमिका बदल सकते हैं। पहले मैं खुद के लिए प्रयास करता था। लेकिन अब अपने शिष्यों के लिए प्रयास

करता हूँ। जब हमारे शिष्य कोई उपलब्धि हासिल करते हैं, तो मुझे बहुत खुशी होती है।

स्पार्क : समाज आपको कितना सम्मान देता है?

नूकराजु : देखिए मार्शल आर्ट पहले मात्र एक आर्ट था। लेकिन अब यह आत्मरक्षा



व विकट परिस्थितियों से लड़ने में सहायक आर्ट बन गया है। मैं कमांडो और सी आई एस एफ के जवानों को इसका प्रशिक्षण देता हूँ। समाज में इस आर्ट के प्रति आकर्षण व भरपूर सम्मान है। आज सैकड़ों लोग मुझे इसलिए पहचानते हैं, क्योंकि यह आर्ट मेरे पास है।

स्पार्क : मार्शल आर्ट सिखाने के प्रशिक्षण संस्थान हैं क्या?

नूकराजु : पहले तो विद्यालयों में इस तरह के बहुत से आर्ट सिखाए जाते थे। कुछ बच्चे मात्र खेलने के लिए ही स्कूल आते थे। लेकिन अब ऐसी व्यवस्था नहीं रही। फिर भी यह अच्छी बात है कि अब मार्शल आर्ट के लिए अलग से संस्थान खोले जाने लगे हैं। अब तो लगभग सभी जगह इसके लिए प्रशिक्षण संस्थान खुल रहे हैं।

स्पार्क : जीवन में मार्शल आर्ट को कितना जरूरी मानते हैं?

नूकराजु : वेहद जरूरी। महिलाओं और लड़कियों के लिए तो यह आत्मरक्षा का सबसे अच्छा आर्ट है। विपरीत परिस्थितियों में तो यह और कारगर है।



श्री वेमुला भास्कराचारी एक हास्य कलाकार हैं और अपने चुटकुलों के माध्यम से हजारों दिलों पर राज करते हैं। श्री भास्कराचारी वी एस पी के वुड वर्किंग शॉप में फोरमैन के रूप में कार्यरत हैं और लगातार सवा 52 घंटों तक चुटकुले सुनाने की वजह से उनका नाम 'लिम्का बुक ऑफ रिकार्ड' में दर्ज है। प्रस्तुत है उनकी 'स्पार्क' से बातचीत के कुछ अंश...

स्पार्क : आप हँसने-हँसाने को कितना जरूरी मानते हैं?

भास्कराचारी : प्रकृति द्वारा मनुष्य को दी जाने वाली सभी सौगातों में हँसना सबसे महत्वपूर्ण है। आपने देखा होगा कि दुनिया में जितने भी लोगों ने प्रसिद्धि पाई है, वे लोग भी मनोविनोद को बहुत महत्व देते रहे हैं। इस संदर्भ में स्वामी विवेकानंद का कथन 'आपकी मुस्कान आपका सबसे नजदीकी मित्र है', बहुत ही समीचीन है।

स्पार्क : आपने चुटकुले सुनाने को ही अपना शौक क्यों बनाया?

भास्कराचारी : मैं बचपन से ही हास्य के प्रति आकर्षित था। मेरे दोस्त वगैरह मेरे मनोविनोद से बहुत आनंदित होते थे।

शुरुआत में कॉमेडी क्लब में जाकर जोक सुनाया करता था। वहाँ मुझे छोटे-मोटे पुरस्कार मिलते थे। उससे मैं बहुत प्रोत्साहित होता था। इस प्रकार पता ही नहीं चला कि हास्य कब मेरे जीवन का अभिन्न अंग बन गया और मैं व्यावसायिक रूप से चुटकुले सुनाने लगा।

स्पार्क : इस क्षेत्र में कैरियर के कुछ निश्चित मुकाम हैं क्या?

भास्कराचारी : यह क्षेत्र बहुत विशाल है। इसमें काफी संभावनाएँ हैं। लेकिन इस कला में बहुत धैर्य रखकर चुटकुलों को तैयार करना होता है। मैं खुद बहुत सी पुस्तकों से चुटकुलों को चुनता हूँ। और अब मेरे पास हर अवसर के लिए चुटकुले हैं। इस कला के माध्यम से भी आदमी बहुत ऊँचाइयाँ हासिल कर सकता है।

स्पार्क : चुटकुले सुनाने के लिए कोई प्रशिक्षण संस्थान हैं क्या?

भास्कराचारी : जी नहीं, लेकिन वावजूद इसके इस कला में जो सीखने वाले बहुत हैं। हाँ इतना जरूर है कि हम लोग नए लोगों को थोड़ा बहुत भाषा शैली, हाव-भाव और भाव-भंगिमा के लिए सुझाव देते रहते हैं। इसके अलावा और कोई प्रशिक्षण संस्थान नहीं है।

स्पार्क : इस कला के प्रति सामाजिक स्वीकार्यता कितनी है?

भास्कराचारी : समाज से हास्य निकल जाएगा तो समाज नीरस हो जाएगा। इसलिए हम समाज को अपने चुटकुलों से आनंदित करते रहते हैं और समाज में हमारी स्वीकार्यता भी खूब है। जब हम अपने चाहने वालों से मिलते हैं, तो वे हमसे चुटकुला ही सुनना चाहते हैं। इससे पता चलता है कि वे हमें कितना चाहते हैं।

Reaching Out

Jan- 20-01-16 to 22-01-16

VMS organized Sports day Events for three days. The games conducted were- Shuttle Badminton (Singles), Lucky Doubles, Tennikoit(Singles, Doubles), Carrom, Chess, and aiming of basketball .

The events on 20th and 21st of January were conducted in Ukku indoor stadium with the help of Sports Department.

On 22nd of January the valedictory function was organized. VMS invited the President and Secretary of Mahila Samiti of Power Grid as guests. Honorary President Mrs. Gouri Annapoorna, President Mrs. Bindu Mohapatra, Vice Presidents Mrs. Ramadevi and Mrs. Saroja Devi graced the occasion. They also actively participated in fun games.

Fun games like 100mts walking, balloon blowing and breaking it, ball and bucket and group forming were conducted. Games were appreciated and enjoyed by all participants.

Spark magazine, was released by the Honorary President Mrs. Gouri Annapoorna.



Jan - 26-01-16

On the eve of Republic day VMS distributed fruits, horlicks and biscuit packets to patients in Aganampudi Primary Health center and VSGH.

Jan - 30-01-16

Names were given to different projects of VMS .

Sanjeevini - project for medical assistance. VMS has helped 20 patients so far for cataract operations in VSGH. Also Rs.60,000/- was given for the treatment of a cancer patient who is currently studying in KV school.

Feb- 01-02-16

Aakruti -construction projects supported by VMS.

Under the project Aakruti we have renovated a classroom in MPP School in Madeena Baugh which was totally damaged during the Cyclone HUD-HUD.

Subratha-The Swachha Bharat projects. Under this, we have constructed hand wash station in ZP high School, Gajuwaka and in Upper Primary School, Pittavanipalem.

Pratibimba - training classes for women.

Mar - 03-03-2016

- " As part of Pratibimba, tailoring classes were started in Rasalamma Colony (Labour Colony). The classes were divided into two sessions- Morning and evening. Each session is attended by twenty women. A tailoring teacher was appointed to oversee the tailoring classes.
- " As part of Aakruti, VMS had inaugurated a classroom which was constructed in Government junior college, Paravada.
- " Mrs. Ratna, wife of Director (Commercial) joined VMS committee.
- " The students were very happy on getting a new class room as the classes were earlier conducted under the steps. Giving something to those who really need is nothing but Joy of giving.



Mar - 19-03-16

Different competitions were conducted to members on the eve of Women's day. In the morning, card making was conducted in Party Hall-3 in Ukku Club. In the afternoon, Quiz was held in the MP hall with two members as a group. Later, Antyakshari was conducted in both Telugu and Hindi languages with four members as a group. Mr. Rahul accepted our request and conducted both the events.

Mar - 29-03-16



Husband's night was organized by VMS in Gurajada Kala Kshetram from 7pm. Venue was decorated with lights rangoli and flowers. Rangoli was done under the direction of Mrs. Eswari. At the reception, all husbands were welcomed with a gift and a rose bud. Mrs. Renuka was at the reception to welcome the guests. Mrs. Abha volunteered and helped us through the day. Our Chairman Sir along with all the Directors graced the occasion. Welcome address was given Mrs. Bindu Mohapatra. Anchoring was done by Mrs. Padmavathi and Mrs. Kavya. On-the-spot questions were asked regarding SPARK magazine. ToMolKeBol was also conducted and the items for this event were sponsored by Mrs. Jharnadas. Games like Exchange of garland and Saptapadi were conducted for couples. One game named as Bahubali was conducted for only the husbands. Games were conducted by Mrs. Sujatha G and Mrs. Sujatha Rao.

A Power point presentation was made to showcase the various activities taken up by the VMS. Orchestra by Mr. Sekhar enthralled everyone and a few couples danced to his tunes. Prizes were given by Mr. P Madhusudhan, CMD, RINL-VSP, for the competitions conducted. He also applauded the VMS for the various charitable activities being done and also appreciated VMS for organizing the Husband's night very well. Housie was also conducted which was followed by dinner.

"How would you best describe yourself as a couple"

Meetha bole mera sanjana-

- Mithu * Sanjib Kumar Chakrabarti

కోటి జన్మలైనా కోరేదొక్కటే
తానెప్పుడూ నాకు తోడై ఉండాలి.

- సాగర్

साथ निभाना साथिया

- रमादेवी * डॉ जी बी एस प्रसाद

हमने तुमको देखा, तुमने हमको देखा ऐसे
हम तुम सनम सातों जनम मिलते रहे हों जैसे...

- सुभाष मोदी

Love *

Concern **

understanding ***

tutu- mai mai ****

Dil Se Dil Tak *****

- Bindoo * Prakash Mohapatra

చిలకా గోరింకా

tag కాకిముక్కుకు దొండపండు

- వి ఎన్ సావిత్రి * వి శ్రీనివాస్

Couple का अर्थ है जोड़ी

जोड़ियाँ तो ऊपर से बनकर आती हैं

कभी एक जैसा, कभी एक-दूसरे का उल्टा

अगर एक जैसा हुआ, तो राम ने मिलाई जोड़ी

अगर उल्टा हुआ तो रावण ने मिलाई जोड़ी ।।

- रेणु कुमार

Couple जिंदगी के दो पहिये हैं, जिनके बिना गाड़ी नहीं चल ती।

जिंदगी के खूबसूरत बनाने के लिए Couple बने रहने से शक्ति मिलती है।

- रेणु अनिल कुमार

तू धार है नदिया की, मैं तेरा किनारा हूँ

मैं तेरा सहारा हूँ, तू मेरा सहारा है।

- ज्योति एस एन डेहरिया

हम दोनों का बंधन सात कदमों से शुरू हुआ

और सौ साल तक रहेगा।

- वी शशिकांत

Couples are best creation of mankind

- Rejimol Wilson * Wilson David

Two loving hearts, tasting heights of happiness

- Annapurna Gouri * P Madhusudhan

ఎన్నెన్నో జన్మల బంధం నీది నాది

నీకు నేను నాకు నువ్వు ఒకరికొకరం నువ్వు నేను

- వి ఎన్ వి నత్యనారాయణ

అందమైన ఈ జీవితం

జంటగానే ఆనందం

- రేఖా రామచంద్రరావు

छाया - परछाया

కొంటే మొగుడు - పెంకిపెళ్లాం

- ఎన్ ఎల్ శైలజ * ఎన్ వి రాంబాబు

ఎన్నెన్నో జన్మల బంధం నీది నాది

ఎన్నటికి మాయని మమతా నాది నీది

- శోభా శర్మ

ప్రేమ, గౌరవం భిక్షగా తెచ్చుకొనేటివి కావు...

అవి ఒకరికొకరు ఇచ్చిపుచ్చుకొనేటివి.

- ఉమాదేవి * సి.హెచ్. శంకర్

ఈనాటి ఈ బంధమేనాటిదో

ఏ నాడు పెనవేసి ముడివేసెనో ఇద్దరినీ

- వి మాలతీలత

मुहब्बत उनसे नहीं होती, जो खूबसूरत होती हैं

खूबसूरत वह होती है, जिनसे मुहब्बत होती है

- सुगंधा

Kuch kuch hota hai...

Koncham ishtam, Koncham kastam

- Dr. Gargeyi * Krishna kumar

एक जिस्म मगर दो जान हैं हम

एक दिल के दो अरमान हैं हम...

- संजय दर्गन

जनम-जनम का साथ है

तुम्हारा हमारा - तुम्हारा हमारा

- एस पी तिवारी

सुख-दुःख बाँटेंगे, अच्छे दोस्त बनेंगे

साथ-साथ जिएँगे, एक दूजे के लिए ।।

- उमादेवी

ये है जिंदगी - एक दूजे के लिए

- रेखा

Here's what the couples at the HUSBAND'S NIGHT EVENT had to say. Read on...

Mad for each other

- J Rahul

May our friendship & understanding stay forever

- Gopakumar * Shobha

We are one forever as we coupled

- Padmavathi Devi * I Sri Rama Rao

आ जा सनम मधुर चांदनी में हम तुम
मिले तो वीराने में भी आ जाएगी बहार

- रत्ना * प्रवीर राय चौधरी

Hum bane tum bane ek duje Kai liye.

- Priyanka * Sandeep Mittal

In order to be happy with oneself, it is necessary to
make at least one other person happy and that is
our better half

- R K Tawait

Life is beautiful with you

- Rama Chandra Rao

Two individuals unite with divine blessings showered

- B Raj Kumar

It's an everlasting friendship of sharing, love &
commitment

- Nilima * Sanjay Khaparde

Tom and Jerry

- Jayanti Dwivedy * Satpathy

Opposites attract. Made for each other.

- Leena Ghosh * K K Ghosh

Jiski Biwi moti, uska Bhi bada naam hai! (actually
Laurel & Hardy)

- Indrani Maji * Ashok Maji

Ek duje ke liye.

- S N Singh

कोरा कागज था ये मन मेरा
लिख लिया नाम इस पे तेरा।

- पी के गुप्ता

We live like sugar in water

- Neharika * Sanjay

Two rivers starting from different locations to join
at one place and travel like a single river

- Bindu * Subrmanyeswara Rao

Moving all along the life with heart, soul, love &
affection to achieve the final goal of life - Sweet
memories

- L Mallikarjuna Rao

“Aasaman Mila zameen ko meri, Aadhe aadhe
purey hue hum....”

- Madhuri * Satyakanth

నీవు లేక నేను లేనే లేనులే అది నిజములే

- సరోజ * డి ఎన్ రావు

Britannia 50-50-Kuch khatti kuch meethi-

- Y Phani Rani * AGK Murthy

Hum bane, tum bane ek duje ke liye

- Madhu Priya * Rajiv

Couples are made for each other at heaven and
perform at earth

- Rajashri * A.K.Mahanthy

When with a whole day of hard work we both hug
each other then only the day completes and hard
moments are vanished with the warmth of love
which we share.

- Megha Gupta * Pramod

Bring out the best in each other and Equal partnership

- MN Malleswara Rao

Life and time are the best teachers-Life teaches us
the use of time, Time teaches us the value of life

- Jaya * P Krishna Rao

The greatest happiness of life is the conviction that
we are loved: Loved for ourselves, loved in spirit
of ourselves

- Jaya Rani * Sanjay Kumar

My Garden



Motherhood is an omnipresent emotion, nurturing all forms of life in the world. It isn't merely a responsibility or a phase in the life of a woman alone, it is actually a distinct way of living life. A

way of life, involving an unwavering commitment towards ensuring the welfare of every fellow being. A way of life, that is absolutely non-judgmental of the beneficiary. A way of life, whose practitioner could be seen as the living embodiment of "love". In this edition of "My Garden", we bring to you the tidings from Mrs. Kakoli Kundu's garden, where the flora and fauna have become the extended family of the Kundu household. Mrs. Kundu, a housewife, residing in the D-type quarters of Sector-12 in Ukkunagaram, looks after her plants like a doting mother and was an elated parent in the truest sense, when she was approached by the 'Spark' team to interview about her garden.

INTERVIEW:

SPARK: Hello madam, it's such a cheerful garden! Every plant seems to be lined up to extend a warm welcome to the visitors.

Mrs. KUNDU: Thank you (all smiles). Your compliment reminds me of my husband's remark, "A colourful garden decorating the house's entrance is the best way to welcome guests and make them feel comfortable. Various flowering plants lined up along the path leading to the door, confer a royal welcome and the fragrance wafting from flowers has a soothing effect on the visitors' minds."

SPARK: Very well said, madam. So, when and how did the idea of growing this garden come about?

Mrs. KUNDU: As a kid, I used to watch my mother tend to her plants with great care, she was inseparable from her flowers, I think, that's how the seed of gardening got planted in my mind. But it was in the March of 2011, when we moved into these newly allotted D-Type quarters, I sensed that my children and husband were quite busy with their respective education and job; this left me alone at home with a lot of free time at my dispense. That's when the idea of gardening took shape in my mind. The idea of gardening, which began as an activity to bide time has now become a passionate hobby.

SPARK: That's how a great idea influences everyone! Madam, how did you go about the task of growing such a beautiful garden from the scratch?

Mrs. KUNDU: When we moved in, the whole area surrounding the house was untended and rocky. On seeing the empty and languid landscape around the house, I was very excited, like an artist who is presented with an empty canvass to fill up. It took collective

efforts of our entire family to clear out the rocks and loosen the soil. We planned to have both an Ornamental garden and a Kitchen garden. Next, we had to design and dig the layout for our ornamental garden. Planning a layout and preparing the bed is the most fundamental and critical aspect of gardening. It lends base and a direction to the garden. I browsed through some interesting designs on the internet and my Maali too chipped in with some of his ideas and thus began our herculean task of converting a dry and unorganised piece of land into a colourful and well maintained garden, which came to fruition by October,2011.

SPARK: Madam, it's one thing to grow a garden, but how do you ensure the aesthetics of it?

Mrs. KUNDU: Aesthetics in gardening, in my view, has got more to do with the visibility rather than the art. I arrange my plants according to their heights and in a contrasting colour patterns in order to ensure that every plant and flower gets due recognition. Sometimes, going for hanging pots around the entrance could offer a greater visibility and beauty. In short, aesthetics of a good garden calls for a creative arrangement and logical positioning.

SPARK: Phew! Digging-planting-arranging-nurturing, seems like an intense workload for a single person! Please tell us about how much time you spend in a day and your support system ?

Mrs. KUNDU: Gardening has had an enriching influence on our family relations. It has offered us a chance to bond together and execute a group task, helping out and looking out for one another. Everybody chips in with their contributions during the holidays, but typically, I spend about 1 hour per day during the off-seasons and a little more during the Winter season. My Maali also has been a great support offering insightful knowledge and sharing our work load.

SPARK: Speaking of relationships madam, any special relationship you have developed with these plants that you would like to share with us?

Mrs. KUNDU: I strictly adhere to a watering schedule, the sight of a single dry leaf or a withered flower saddens me and charges me up to be doubly responsible. The sight of birds or animals grazing around my plants stirs up an unreasonable panic within me. A healthy fruit borne by the plant or a colourful blossom leaves me swelling with pride. When my mother passed away, the plants in my garden consoled me, comforted me, kept me occupied and kept me going. All this leads me to believe that the relationship I share with my garden is that of a mother and a child, only that sometimes I am the mother and sometimes I am the child. That's when it became evident to me that, motherhood knows no boundaries, it isn't restricted to humans alone, it's the purest emotion coursing through every living being in this universe.

SPARK: Madam, how do you ensure the supplement of proper nutrition to the plants? Your take on usage of pesticides and fertilizers?



Mrs. KUNDU: I use vermicompost for my Kitchen garden. We have our own vermicompost pit in our backyard and most of the solid waste generated at our home goes into the pit. In case of the



ornamental garden, yes, we do use some chemicals, but in very diluted amounts. It is my belief that usage of chemicals isn't good for the soil in the long run.

SPARK: How do you update your knowledge on gardening?

Mrs. KUNDU: Internet has been a great source of information. Apart from it, my Maali also had many useful tips to offer which further replenished my knowledge. Neighbours with interest in gardening have also been of great help.

SPARK: We are sure the learning never stops madam. Such illustrious garden must have surely attracted many awards and accolades, would you like to share them with us?

Mrs. KUNDU: Well, I am glad to share that, recently in January'16, we were awarded a "Certificate of Appreciation" by the " Quality Circle Forum of India (QCFI) " under the category "5S at Home". We were also adjudged the winner of "Best Ornamental Garden" and runner-up in "Best Kitchen Garden" in D-Type quarters category at the Horticultural Expo conducted in Ukunagaram in the year 2012.

SPARK: Congratulations Madam, any suggestions for the aspiring gardeners amongst our readers?

Mrs. KUNDU: Gardening is a hobby that keeps you engaged over a long period of time. The results are there for everyone to experience. Everyone should experience the joy of nurturing a seed into a flowering plant and bearing tasty fruits. Gardening is also a way of chipping in our contribution in making this planet a cleaner and greener place.

SPARK: Thank you so much for your time and patience madam, we are happy to be featuring you in this edition's My Garden feature

Mrs. KUNDU: The pleasure was all mine, Thank You. Have a nice day. Plucking out leaves from the prize winning garden's book of secrets.....

TIP 1: All those households which relish eating fish- you no longer need to worry about disposing the waste generated in the process of cooking, for Mrs. Kundu says, "All the scale and blood that is generated while cooking fish could be poured into the soil of a lemon tree, as it would greatly improve the tree's health and yield ".

TIP 2: Don't worry about tripping over an inconspicuous Banana peel or boiled tea leaves clogging your sink drains, for Mrs. Kundu says, " Dried up Banana peels and tea leaves are a great source of nutrition for a Rose plant. Mix them well with the soil to watch lovely roses bloom up on the plant ".

- Interview & write- up by Bharadwaj



आधुनिक नारी शक्ति

जिन गौरवशाली नारियों का देश में होता है सम्मान ।
उनके शौर्य की गाथा गाकर करते हैं हम उन्हें प्रणाम ।
करते हैं हम उन्हें प्रणाम । ।

सबसे पहले बात करें
इंदिरा की कर्मठता की ।
सूर्य के जैसा तेज था उनमें
जो परिचय था दृढ़ता का ।

अभिनंदन नेहरू पुत्री का
देश को जिस पर है अभिमान..... । ।

करते हैं हम उन्हें प्रणाम...

पहली महिला राष्ट्रपति बन,
आई श्रीमती प्रतिभा पाटिल ।
देश की सत्ता हाथ में थी,
पर सिर से कभी न उतरा आँचल ।

इन जैसी नारियों पर क्यों ना
गर्व करेगा हिन्दुस्तान..... । ।

करते हैं हम उन्हें प्रणाम

घूँघट तोड़के अपने दम पे,
जो पहुँची सर्वोच्च न्यायालय ।
असहाय मजबूर के मन में,
जिन्होंने खिलाया न्याय का किसलय ।

फातिमा बीबी बनी थी, पहली
महिला जज भारत की शान । ।

करते हैं हम उन्हें प्रणाम

साध्वी जैसी बनकर जिन्होंने,
जीवन कर दिया न्योछावर ।
पहली महिला आई.पी.एस. वो,
भारत है गर्वित जिन पर ।

अन्याय से लड़के किरण वेदी ने
जीवन को कर दिया कुर्बान । ।

करते हैं हम उन्हें प्रणाम.....

हैं अनगिनत नारियाँ जिन्होंने,
देश को नई दिशा दिखलाई ।
मेहनत करके दुनिया भर में,
भारत माँ की मान बढ़ाई ।

कठिन राह पर चलकर जिन्होंने
कर दिया है नवयुग निर्माण । ।

करते हैं हम उन्हें प्रणाम...

नारी लक्ष्मी, नारी सरस्वती,
नारी दुर्गा, नारी काली,
नारी जग का सृजन है करती,
ममता की करती रखवाली ।

आदि अंत नारी से ही है,
और नारी शक्ति है महान । ।

करते हैं हम उन्हें प्रणाम ।

- एस के जूही

అపర అన్నపూర్ణ డొక్టోర్ సీతమ్మ

భారతదేశాన్ని ఆంగ్లేయులు పరిపాలిస్తున్న రోజులవి. పద్దెనిమిది వందల నలభై మాట. ఆకాలంలో ఒక ఊరి నుండి మరొక ఊరికి ప్రయాణాలన్నీ బండలమీద సాగుతూ ఉండేవి. గమ్యం చేరుకోవడానికి కొన్నిరోజులు పట్టేది. మార్గమధ్యంలో భోజనాలు దొరకక పెద్దలూ, పిల్లలూ ఎంతో ఇబ్బంది పడేవారు. అటువంటి కాలంలో అపర అన్నపూర్ణగా, నిరతాన్నధాత్రిగా అన్నదానానికి మించిన దానం లేదని విశ్వసించి, ఆకలిగొన్న వారికి అన్నం పెట్టడమే ధ్యేయంగా 'అతిథి దేవోభవ' అన్న పదానికి ఉదాహరణగా నిలిచి, ఆంధ్రదేశపు కీర్తి పతాకను ఇంగ్లండువరకు వ్యాపింపజేసి, మాతృప్రేమను అతిథులకు పంచి జీవితాన్ని చరితార్థం చేసుకున్న గోదావరి జిల్లాకు చెందిన లంక గన్నవరనివాసి, మహనీయురాలు అపర అన్నపూర్ణ డొక్టోర్ సీతమ్మగారు.

వేదపండితులు, సాముద్రిక శాస్త్రంలో ప్రవేశం గల శ్రీ డొక్టోర్ జోగన్నగారితో ఆమె వివాహం జరిగింది. జోగన్న, సీతమ్మగార్ల దాంపత్యం అన్యోన్యమైంది. శుచి, శుభ్రతలతో బాటు ఆస్వాయతా, ఆదరణలకు వారి ఇల్లు పెట్టింది పేరుగా ఆ గ్రామమే కాక చుట్టుపక్క గ్రామాలలో చెప్పుకునేవారు. అన్నదానానికి భంగం కలుగుతుందనే ఉద్దేశ్యంతో ఎన్నడూ ఇల్లు కదలని సీతమ్మగారు ఒకే ఒక్కసారి దగ్గరలోని అంతర్వేది నరసింహ స్వామిని దర్శించుకు రావాలనే కోరికతో మేనాలో బయలుదేరారు. తిరుగు ప్రయాణంలో ఒక పెళ్ళి వారిగుంపు వేరొక ఊరినుంచి అటువైపే వస్తూన్నది. ఆగుంపులో సుమారు వందమంది ఉంటారు. వారు ఆకలికి తాళలేకపోతున్నారు. పిల్లలైతే ఏడుపులందుకున్నారు. అప్పుడు ఆ గుంపులోని పెద్దవాళ్ళు వారిని ఊరుకోబెడుతూ 'ఏడవవద్దు పిల్లలూ, కాస్సేపట్లో డొక్టోర్ సీతమ్మగారి ఇంటికి చేరుతాం. అక్కడ హాయిగా అందరమూ కడుపు నిండా భోజనము చేసి విశ్రాంతి తీసుకుందాం' అని అంటున్నారు. ఈమాటలు సీతమ్మగారి చెవిన పడ్డాయి. అంతే వీలైనంత త్వరగా ఇంటికి తీసుకుపోమ్మని బోయీలకు చెప్పారు. అడ్డదారిన పెళ్ళివారికంటే ముందే ఇల్లు చేరి, వారు వచ్చేటప్పటికి బెల్లం, పానకం, మామిడిపండ్లు కోయించి సిద్ధంగా ఉంచి ఆ తరువాత అతి రుచికరమైన, సంతృప్తికరమైన భోజన ఏర్పాటు చేసారు.

ఇలాంటి సంఘటనలు కోకొల్లలు. కోడూరుపాడు రాజు గారి కుమార్తెకు పురుడు పోసి, కన్నతల్లి కన్న ఎక్కువగా ఒక నెల రోజులపాటు పథ్యం భోజనాలు చేసి పెట్టి రాజుగారి కుమార్తెను, మనుమరాలిని చీర, సారితో పసుపు, కుంకుమలిచ్చి సాగనంపారు. చెడు వ్యసనాలకు బానిస అయి, దేశదిమ్మరి, దొంగ అయిన వరహాలశెట్టిని ఆమె తన ఉదారస్వభావంతో చేరదీసి, తగిన సహాయం చేసి అతనిని సన్మార్గంలో పెట్టారు. ఆకలితో అలమటిస్తున్న హరిజనునికి భోజనం పెట్టి అతనికి ప్రాణదానం చేసారు. అంతే కాదు, విజయనగరం నివాసి అయిన శ్రీమతి ముదునూరు పద్మావతమ్మ గారికి తన పుణ్యఫలాన్ని మంత్రపూర్వకంగా ధారపోసి ఆమెకు, ఆమె కుటుంబానికి ఎంతో మేలు చేసారు. పోడూరు రాజుగారి పశువులకు గాళ్ళ వ్యాధి వస్తే, ఏ విధమైన ప్రతిఫలాపేక్ష లేకుండా తమ పశువులని పంపి సహాయం చేసారు. ఆరోజుల్లో సీతమ్మ గారి ఇంటి భోజన ప్రసాదం తిన్నచో ఎంతో మేలు కలుగునని భావించి, లెక్కలేనంత మంది వచ్చి తృప్తిగా భోజనం చేసి వెళ్తుండేవారు.

పిఠాపురం జమీందారు ఒక బ్రిటిషు కలెక్టరు ద్వారా సీతమ్మగారి అన్నదాన ప్రతము గురించి తెలుసుకొని ఆశ్చర్య పోయారు. స్వయంగా మారు వేషాలలో తన దీవాను తో కలిసి వచ్చి, ఆమె సేవా తత్పరతను ప్రత్యక్షంగా చూసి, 'తన తప్పు క్షమించమనీ, తాము మారువేషాలలో వున్న మహారాజులమనీ, మీ ఆదరణ, వితరణ మాకు ఎంతో సంతోషం కలిగించాయి. మీకు ఒక గ్రామాన్ని రాసి ఇస్తాము. మీరు మీ అన్నదానాన్ని

కొనసాగించండి' అని చెప్పారు. కానీ, 'ఇతరుల సహాయంతో అన్నదానం చేస్తే, అది అన్నాన్ని అమ్ముకోవడంతో సమానమవుతుంది. దానివల్ల దుర్గతులు ప్రాప్తిస్తాయి. అందుచేత నేను ఈ దానాన్ని స్వీకరించలేను. క్షమించండి', అని సున్నితంగా తిరస్కరించారు. చేసేదిలేక సీతమ్మ గారికి కృతజ్ఞతలు తెలిపి, దివాను గారితో సహా తమ సంస్థానానికి వెళ్ళిపోయారు.

ఇలా సీతమ్మ గారి ఖ్యాతి ఇంగ్లాండు వరకు వ్యాపించింది. అప్పుడు భారత దేశాన్ని పరిపాలిస్తున్న బ్రిటిషు చక్రవర్తి ఏడవ ఎడ్వర్డు గారు సీతమ్మ గారి ప్రఖ్యాతి విని, ఏటా ఢిల్లీ లో జనవరి ఒకటవ తేదీన జరిగే తన పట్టాభిషేక మహోత్సవంలో పాల్గొని తమ్ము ఆశీర్వాదించాలని ఆహ్వానం పంపారు. కాని ఆమె తన సహజ పద్ధతిలో సున్నితంగా తిరస్కరించారు. అప్పుడు చక్రవర్తి తన రాజ ప్రతినిధిని పంపి కనీసం డొక్టోర్ సీతమ్మగారి ఫోటో తీయించి పంపవలసినదిగా ఆదేశించారు. ఆమె దానికి కూడా ఒప్పుకొనకపోతే, చివరకు మేజిస్ట్రేట్ వచ్చి ఫోటో పంపనిచో తన ఉద్యోగం పోతుందని బతిమలాడటంతో ఇక తప్పదని గ్రహించి 'నాకు లేని పోని ఘనతలు ఆపాదించి నన్ను బాధించవద్దు, క్షమించండి' అని వేడుకొని ఫోటో ఇవ్వడానికి ఒప్పుకున్నారు. ఫోటో చక్రవర్తిగారికి చేరింది. దానికి పెద్ద పటము కట్టించి, 1903 జనవరి ఒకటవ తేదీన ఢిల్లీ లో జరిగిన తన పట్టాభిషేక మహోత్సవంలో తమ సింహాసనానికి ఎదురుగా ఆఫోటోను ముఖ్య అతిథుల వరుసలో వేరొక సింహాసనం పై ఉంచి గౌరవించారు. సీతమ్మ గారి త్యాగాన్ని గూర్చి ఒక యోగ్యతా పత్రాన్ని గవర్నరు జనరల్ ద్వారా పంపారు. ఇలా ప్రతి సంవత్సరం సీతమ్మ గారికి పట్టాభిషేక మహోత్సవంలో పాల్గొని ఆశీర్వాదించాలని ఆహ్వానాలు అందుతూనే ఉండేవి. ఇది భారతదేశంలో మరెవ్వరికీ దక్కని అరుదైన గౌరవం.

సీతమ్మగారు ఎన్నడూ కుల, మత, జాతి భేదాలు పాటించలేదు. ఆమె కేవలం అన్నదానమే కాదు, ఎన్నో పెళ్ళిళ్ళకు, ఇతర శుభకార్యాలకూ విరాళాలు ఇచ్చిన దాత కూడా. నిరుపేదలు మొహమాటపడతారని గ్రహించి, వారికి తెలియకుండానే రహస్యంగా ఎన్నో సహాయాలు చేసేవారు. ఆమె ఈ సేవాతత్పరతలో ఆమె భర్త శ్రీ జోగన్నగారి సహకారాన్ని మరువలేము. ఆ మహాతల్లి 28 ఏప్రిల్, 1909 వైశాఖ శుద్ధ నవమి బుధవారం నాడు మధ్యాహ్నం 12 గంటలకు ఆ నర్వేశ్వరునిలో ఐక్యమైపోయారు. అదే సమయంలో దగ్గరలోని ఇందుపల్లి గ్రామంలో శ్రీ మందా నరసింహమూర్తి గారి ఇంటి దగ్గర శ్రీ కాలనాథభట్ల వెంకయ్యగారు ఏకప్రాత్రాభినయం చేస్తుండగా, మహాపండితులు శ్రీ వెంపరాల సూర్యనారాయణ శాస్త్రిగారు ఆ ఏకప్రాత్రాభినయాన్ని చూసి ఆనందిస్తున్న సమయంలో ఆకాశంలో ఒక గొప్ప తేజస్సు పడమర నించి తూర్పుకి ఒక గుండ్రని బంతిలా అమితమైన వేగంతో వెళ్ళడం చూసి 'ఎవరో గొప్ప వ్యక్తి మరణించారు' అన్నారు. కొద్ది సేపటికి డొక్టోర్ సీతమ్మగారు చనిపోయారనే వార్త దావానలంలా వ్యాపించింది.

సీతమ్మగారి మనుమలు, మునిమనుమలు నేటికీ తమ శక్తి కొలది అతిథులనూ, అభ్యాగతులనూ ఆదరిస్తూనే ఉన్నారు. గన్నవరం గోదావరి నదిపై కల అక్విడెక్టుకు 'డొక్టోర్ సీతమ్మ అక్విడెక్టు' అని నామకరణం చేసారు. నేను చిన్నప్పుడు ఆమె జీవిత చరిత్రను పాఠశాలలో తెలుగు పాఠ్యాంశంగా చదువుకున్నాను. ఆమె జీవిత చరిత్రను గురించి నేటి తరానికి తెలియజేయటం, ఆమె చేసిన నిస్వార్థ సేవలను గుర్తు చేసుకుని ఆమె చరిత్రనుండి స్ఫూర్తి పొందడమే ఆ మహనీయురాలికి మనం ఇచ్చే ఘనమైన నివాళి.

मां, मुझे इक राइफल दे दे



गांधीजीके व्यक्तित्व को चरित्र में उतारने की प्रेरणा देने वाली बच्चों के लिए लिखी कविता 'मांसादी की चादर दे दे' को पठानकोट हमले के संदर्भ में तीर रस की कविता में ढाला गया है।

मां, मुझको इक राइफल दे दे मैं सैनिक बन जाऊंगा...
चुन-चुनकर सब आतंकवादी, पल में मार गिराऊंगा...

जीन्स नहीं, चर्दी पहनूंगा सर पर अपने कफन ओढ़ूंगा खुश्खरी कम्मर में लटकाऊंगा नापाक सर, कलम कर लाऊंगा

कभी किसी से नहीं लड़ूंगा मगर किसी से नहीं डरूंगा आतताइयों के शव पर मैं

भारत मां की जय बोलूंगा वतन पर शीश नवाऊंगा अपनी जान लुटाऊंगा अपने लहू से मातृभूमि के सर पर शिलक लगाऊंगा

सीमा पर चौकस रहूंगा आक्रांता को रोक दूंगा दुश्मन के घर में घुसकर भारत मां की जय बोलूंगा

मां, मुझको इक राइफल दे दे मैं, सैनिक बन जाऊंगा...

है याद बहुत

कुछ भूले हैं याद बहुत
कुछ भूले हैं याद बहुत
वचन के वे खेल खिलौने
घर-आंगन के कोने-कोने
भाई-बहन और सखियों संग
लुका-छिपी, खेल-खिलौने।
जोर-जोर की हँसी-ठिठोली
मनमौजीपन से पूरित होली
है याद वह मीठी वात बहुत
कुछ भूले हैं याद बहुत।
विद्यालय में मस्ती-मस्ती
पढ़ने की भी फिक्र न रहती
हँसते-खेलते आना-जाना
गंभीर कोई वात न जँचती।
छल-कपट और मतलब से
राग-द्वेष और वक-झक से
हम थे आजाद बहुत
कुछ भूले हैं याद बहुत।
जाड़े की वह धूप सुहानी
वैठ के करते थे मनमानी
रजाई के किस्से-कहानी
जिसमें से राजा और रानी।
लड्डू-लाई-तिलवा में था
ममता की मिठास बहुत
गुनगुनी धूप संकने को
कुछ भूले हैं याद बहुत।
वागों में आमों की डाली
उस पर बैठी कोयल काली
कुहूँ-कुहूँ गाकर रस विखराती
क्यों इतनी लगती निराली?

उसके स्वर में हम गा-गा कर
करते थे संवाद बहुत
सुबह-सवेरे की अंगड़ाई
कुछ भूले हैं याद बहुत।
भरी दुपहरी गर्मी की
होती अपनी मस्ती की
जामुन-आम के वागों में
सखियों संग मटरगस्ती की।
अल्हड़-चंचल-निर्मल-कोमल
प्रांजल थे जज्वात बहुत
तू-तू मैं-मैं में भी अपनापन
कुछ भूले हैं याद बहुत।
सावन की रिमझिम बारिश में
वार-वार भीगने को जाना
वहते पानी की धारा में
कागज की नाव वहाना।
वह गया जीवन समय-धार में
फँसते जाते मकड़जाल में
फिर भी रह गई चाह बहुत
कुछ भूले हैं याद बहुत।
जीवन एक कहानी जैसा
समय है वहता पानी जैसा
सुख-दुख सब वहता जाता है
वचता मात्र निशानी जैसा।
चलने की शक्ति दो ईश्वर
समझूँ जीवन को नश्वर
तुमसे है फरियाद बहुत
कुछ भूले हैं याद बहुत।

- एस के जूही

DADI MA KE NUSKHE



- ♦ दही को जल्दी और अच्छी तरह जमाने के लिए दूध में हरी मिर्च के डंटल तोड़कर डाल दें। दही अच्छी और जवरदस्त जम जाएगी।
- ♦ यदि सब्जी में नमक ज्यादा पड़ जाए तो आँटे को गूँथकर उससे छोटे-छोटे पेड़े बनाकर डाल दें। नमक कम हो जाएगा।
- ♦ प्याज को काटकर वल्व या ट्यूबलाइट के पास बाँधने से मच्छर और छिपकली आदि नहीं आएँगे।
- ♦ यदि फ्रीज में वदवू अथवा कोई खुशबू आ रही हो तो उसमें कटा हुआ नींबू रख दें। समस्या का निदान हो जाएगा।
- ♦ चावल उबलते समय यदि नींबू के दो बूँद डाल दिए जाएँ, तो चावल खिल उठेंगे और चिपकेंगे नहीं।
- ♦ चीनी के डिब्बे में तीन-चार लौंग डाल देने से उसमें चींटियाँ नहीं लगती।
- ♦ वरसात के दिनों में नमक गीला हो जाता हो, तो उसमें चावल के 3-4 दाने डाल दें। नमक गीला नहीं होगा।
- ♦ आटा गूँथते समय उसमें थोड़ा सा दूध मिलाएँ। इससे रोटी का स्वाद अच्छा हो जाएगा।
- ♦ जूते यदि पॉलिश से चमक नहीं रहे हों, तो थोड़ा पेट्रोल लगाकर साफ करें, आपके जूते एकदम चमक उठेंगे।
- ♦ गंदे कपड़ों को उबले हुए आलू के पानी से साफ करें। कपड़े विल्कुल साफ हो जायेंगे।
- ♦ फिल्टर काफी बनाने के बाद वचे हुए मिश्रण से वाथरूम का फर्श धोएँ। फर्श चमक उठेगा।
- ♦ जल जाने पर जले हुए स्थान पर केला मलकर लगा लें। फफोले नहीं बनेंगे।
- ♦ कपड़ों या वर्तनों से स्टिकर अथवा लेवल के निशान हटाने के लिए उसे सफेद स्पिरिट से साफ करें।
- ♦ जिस स्थान से चींटियाँ ज्यादा निकलती हों, वहाँ हल्दी तथा वोरिक पाउडर मिलाकर छिड़क दें। चींटियाँ नहीं आएँगी।
- ♦ मच्छर ज्यादा हो गये हों तो तवे या फ्राइंग पैन में थोड़ा सा काफी पाउडर डालकर भून दें और इसका धुआँ कमरे में फैला दें।
- ♦ रेशम की साड़ियों को डिटर्जेंट से धोने के बजाय इन्हें धोने के लिए शैंपू का प्रयोग करें।
- ♦ वालों में चमक लाने के लिए एक मग में पानी में सिरका डालकर वालों में को रगड़ें और कुछ देर बाद धो लें। वालों में चमक आ जाएगी।
- ♦ कपड़े धोते समय पानी में थोड़ा सा नमक मिला दें। कपड़े आसानी से साफ हो जायेंगे और इनमें चमक भी आ जाएगी।
- ♦ शरीर में अगर कहीं चोट लग जाय या कट जाय और डाक्टर तक पहुँचने में देर लगे तो तुरंत खून निकलनेवाली जगह पर चुटकी भर चायपत्ती डालें। फिर उसपर रूई रखें और जोर से दबाये रखें। चायपत्ती में टेनिन होने के कारण खून जमने लगता है।

Contributor- Narendra.P



khana Khajana




Health
Wellness



Sourced by *Kavya Naik*

The CinnaBeet



- 2 cups baby spinach
- 1 cup kale
- 1 medium beet, scrubbed, halved
- 1 medium cucumber
- ¼ teaspoon cinnamon

Add all ingredients to juicer except cinnamon. Pour into a chilled glass and whisk in cinnamon.

APPLE

BEST TIMINGS FOR DIFFERENT FOODS

BEST TIME TO EAT	WORST TIME TO EAT
MORNING	EVENING/NIGHT
Apple peel has the fiber pectin that helps in bowel movement and prevents constipation. Moreover, it also eliminates carcinogens.	Apple's organic acids will increase the acid levels in your stomach leading to discomfort. Moreover, pectin too will burden your digestive system at night.

WALNUTS

BEST TIMINGS FOR DIFFERENT FOODS

BEST TIME TO EAT	WORST TIME TO EAT
EVENING	MORNING/NOON/NIGHT
Walnuts contain a number of beneficial compounds such as Omega-3 fats and antioxidants. They have been proven to help in improving brain health.	Eating walnuts during these times might reduce its effectiveness.

The Beetroot Sun



- 5 cups baby spinach
- 2 stalks celery
- 1 medium beet, scrubbed, quartered
- ¼ Bartlett pear, cored
- ¼ lemon sliced

Add all ingredients to juicer and juice, being sure to alternate the ingredients.

BANANA

BEST TIMINGS FOR DIFFERENT FOODS


BEST TIME TO EAT	WORST TIME TO EAT
NOON	NIGHT
Highly fibrous, banana helps in digestion. Moreover, bananas work as natural antacid and soothe heartburn.	Eating banana at night can lead to mucus formation and cold. Eating it on an empty stomach can upset the stomach since it's a rich source of magnesium.

FIGS AND APRICOTS

BEST TIMINGS FOR DIFFERENT FOODS

BEST TIME TO EAT	WORST TIME TO EAT
EARLY MORNING	NIGHT
Eating figs and apricots in the morning boosts the metabolism and warms up the digestive system.	Eating figs and apricots at night might lead to indigestion and gas troubles.

The Chocolate Wake Up Call Smoothie



- 1 cup unsweetened almond milk
- 1 cup baby spinach
- 1 frozen banana
- 2 tablespoons unsweetened cocoa powder
- 1 tablespoon green superfood
- 2 tablespoons protein powder
- 1 cup ice

Add all ingredients to blender and blend until smooth.

RICE

BEST TIMINGS FOR DIFFERENT FOODS

BEST TIME TO EAT	WORST TIME TO EAT
LUNCH	NIGHT
Metabolism is higher during the day, giving you ample chance to use up the carbohydrates.	It'll just increase your body fat.

CHEESE

BEST TIMINGS FOR DIFFERENT FOODS

BEST TIME TO EAT	WORST TIME TO EAT
EARLY MORNING	NIGHT
For vegetarians, cheese is an excellent substitute for meat. If eaten in moderation, it can prevent weight gain and bloating.	Being heavy to digest, it can lead to indigestion and fat gain.

THE BREAKFAST FUSION SMOOTHIE



- 2 cups unsweetened almond milk
- 2 cups baby spinach
- 1 ½ cups frozen blueberries
- 1 frozen banana
- ¼ cup green superfood
- 1 teaspoon spirulina
- 1 cup ice

Add all ingredients to blender and blend until smooth.

PULSES AND BEANS

BEST TIMINGS FOR DIFFERENT FOODS

BEST TIME TO EAT	WORST TIME TO EAT
NIGHT	MORNING
High in fiber, lentils and beans help in digestion and reduce cholesterol levels. Moreover, they've been proven to assist in getting a good sleep.	Eating fibrous foods such as lentils and beans in the morning or during daytime might increase your appetite which could lead you to binge eat.

CURD

BEST TIMINGS FOR DIFFERENT FOODS

BEST TIME TO EAT	WORST TIME TO EAT
DAY	NIGHT
Assists in digestion and soothes the digestive system.	Especially if you're prone to cold and cough, it'll lead to mucus formation.

- मीता : माँ! दस बच्चे पैदा होने के बाद मेरे पति मुझसे प्यार नहीं करते।
- माँ : भगवान का लाख-लाख शुक्र है कि वह तुमसे प्यार नहीं करता। अगर प्यार करता होता तो तुम्हारा घर, घर नहीं होता, बच्चों का स्कूल लगता।
- प्रेमिका : मेरी माँ से मिलकर शादी की बात करो न!
- प्रेमी : नहीं डियर! अब तुम्हारे सिवाय अब कोई दूसरी मेरे मन में नहीं बस सकती।
- आदमी : भगवान! जब मैं मरने लूँगा, मुझे 5 मिनट का समय दे दो।
- भगवान : क्यों?
- आदमी : मोबाइल फॉर्मेट करने के लिए...। वरन् मेरे मरने के बाद इज्जत की बात लग जाएगी।
- संतू : अगर भारत सरकार फेसबुक और वॉट्सएप पर बदलने के लिए 1 रुपया लेना शुरू कर दे
- मंतू : तो कुछ ही दिनों में भारत, अमेरिका और चीन को कर्ज देने में सक्षम हो जाएगा।
- लड़का : तुम लड़कियाँ लव बैरिज पे इतना जोर क्यों देती हो?
- लड़की : अनजान नमूना मिलने से अच्छा है, जाना-पहचाना जोकर मिल जाय।

LEISURE

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

1. Which city in India had to bear the brunt of nature's fury in recent times
2. Which VSP employee's name has entered the Guinness Book of world records and Limca Book of records?
3. Whose garden has been featured in this issue?
4. When is it best time to eat pulses and beans?
5. What should be added to salt during rainy season to keep it free flowing?
6. How does Shri V Bhaskarachary entertain people?
7. Who is the new Vice President in team VMS?
8. What are the different names of the projects taken up by VMS?
9. Who sponsored the 'Tolmolkebol'fabrics on Husbands' night?
10. Into which year is Spark entering with this issue?

Editorial Team
Bindoo Mohapatra
Editor-in-Chief

Satyendra
Gopal
V Suguna

Savitry Srinivas
Vani Deshikachar



Dear Editor,

I have been following the Spark magazine for quite sometime now. In the last edition, I have noticed a new feature on gardens. I was very impressed with the interview of Mrs. 'Tuhina Dey' for the article 'My Garden'. I am looking forward to see new articles like these which inspire many garden enthusiasts like me.

Also, wanted to appreciate the hard work put into 'The Husband's night' which I have attended along with a few colleagues of mine. The events of the night were quite entertaining and I would like to applaud the entire team for the efforts put in to make the night a successful one.

Regards,

Sreenivasulu Renati

महोदया,

'स्पाक' पत्रिका रंगीन छायाचित्रों से अत्यंत आकर्षक है। विशेषतः इसमें 'खाना-खजाना', 'दादी माँ के नुस्खे' उपयोगी हैं। 'Health & Wellness' में अच्छी बातें कही गई हैं। लेकिन इसका शीर्षक 'Our Health is Our Wealth' रखने से और भी अच्छा होगा। Back Cover Page के फोटो रंगीन हैं। लेकिन उनका कोई शीर्षक अथवा title हो तो और भी रोचक होगा और समारोह से संबंधित जानकारी मिलेगी।

- जी रमादेवी

'स्पाक' पत्रिका पढ़ने लायक है। इसके छायाचित्र बहुत सुंदर हैं। लेकिन बैक कवर के छायाचित्रों का संदर्भ समझ में नहीं आ रहा है। यदि कार्यक्रम का शीर्षक और संदर्भ दिया जाय तो कार्यक्रम के उद्देश्य का पता चलेगा। वी एस पी का लोगो अब बदल गया है। कृपया इसे परिवर्तित किया जाय।

- के एन एल वी कृष्णवेणी

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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