

Spark

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



Visteel Mahila Samiti
Quarterly Magazine

Volume - 4 Issue - 4
Oct - Nov - Dec 2015



HAPPY
NEW YEAR
2016
& Pongal



Inside...

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

NEW FEATURE
My Garden



"There is no higher religion than human service. To work for the common good is the greatest creed."

Hello Readers!

Greetings of the New Year !!

The above quotation by famous German philosopher Mr. Albert Schweitzer seems to be apt for Visteel Mahila Samiti (VMS) which has been rendering tremendous service in different ways, to the less privileged living in and around our township. It is because of the tireless and enduring effort of every single member that VMS is able to achieve such splendid performance. I congratulate the executive body and all the members of the VMS for their untiring efforts.

After celebrating Vinayaka Chavthi, Durga Puja, Laxmi Puja, Diwali and Christmas, time has come to bid adieu to the year 2015. We are entering into a quarter which begins with welcoming the New Year followed by celebration of the most sacred and revered festival "Makara Sankranti". Sankranti is celebrated in almost all parts of the country in myriad cultural forms, with great devotion and religious fervor. Ukkunagaram being Mini India, one can witness the celebration of this festival with pompous and gaiety. One more significant festival in the coming quarter which is celebrated in our township with fanfare is the festival of colours - Holi. I exhort the readers that while rejoicing the festivals, we should also renew our resolve to continue with the social service and take up more issues by stretching our boundaries with increased number of participants.

The 14th of November is celebrated as Childrens day. We, at VMS marked the day with various interesting activities for children. In this issue of SPARK, We have featured children in two of our regular feature and also a Group Discussion. We have attempted to bring to you, the thoughts of some of the school children of our township .

Every year, In January, our National festival - The Republic Day, is celebrated in honour of the day on which the constitution of India came into force, replacing the Government of India act 1935 as the governing document of India. On this occasion, I salute the legends who painstakingly prepared such a wonderful document for the citizens of India.

Spark is a forum to express your creative self. I invite more contributions from the readers which will aptly supplement the regular feature, add aesthetic flavor to the magazine and help us add more meaning to our efforts. I welcome suggestions that would make Spark more interesting.

A suggestion from one of our readers through "letters to the editor" was to have a feature on "gardening". I am very happy to share with our readers that from this issue, we have added a new feature titled "My Garden". Hope you all will like and benefit from it.

I, along with my Editorial Team, wish all our readers a very happy, prosperous, safe and bubbling 2016.

Bindoo Mohapatra

Bindoo Mohapatra
President, VMS

Editor-in-Chief



उत्कृणगरम के विद्यालयों में पढ़ने वाले कुछ चुनिंदा छात्रों के समक्ष कुछ प्रश्न रखकर चर्चा की गई, जिसपर उन्होंने अपनी बेबाक प्रतिक्रिया दी। जब उनसे पूछा गया कि 'जीवन का मतलब क्या है?', तो डी पॉल स्कूल के छात्र के वी साई किरण ने कहा कि 'जीवन मात्र उच्च स्तरीय भौतिक सुविधाओं के साथ जीवन यापन करना ही नहीं है, बल्कि जीवन को शुद्धता और अनुशासन से जीना होता है। भौतिक सुविधाओं से भरपूर जीवन को अधिक महत्व न देते हुए हमें अपने जीवन को समाज के प्रति उत्तरदायी बनाकर जीना चाहिए, ताकि हमारे जीवन का उद्देश्य सार्थक हो सके।'



इसी प्रश्न के जवाब में उसी विद्यालय की छात्रा रोफी क्वादोश कहती हैं कि 'जीवन हम जैसा मानते हैं, शायद वैसा ही नहीं है, बल्कि यह एक ईश्वरीय अवसर होता है। जीवन देकर ईश्वर हमें अपनी भूमिकाओं को पूरा करने का अवसर प्रदान करता है। यह बहुत से अच्छे और महान काम करने का मौका होता है।' इसी सवाल पर केंद्रीय विद्यालय की छात्रा लुवना खान ने बताया कि 'जीवन एक ईश्वरीय उपहार है, जो मात्र एक बार ही मिलता है। साथ ही यह हमारे पर निर्भर करता है कि हम इसे कैसे जीते हैं। अपने जीवन के प्रति न्याय करना हमारे सिवा किसी और के हाथ में नहीं है। क्योंकि हमारी इच्छाओं और आकांक्षाओं की जानकारी हमें ही होती है। कभी-कभी हमारे माँ-बाप भी हमें जीवन की जटिलताओं से परिचित नहीं करा पाते।' जबकि केंद्रीय विद्यालय के ही छात्र आदित्य दुवे का मानना है कि 'मनुष्य जीवन बहुत अद्भुत है और प्रकृति की सुंदरता के साथ सामंजस्य बिठाकर जीना ही जीवन है।'



इस चर्चा में छात्रों ने बड़े ही सकारात्मक दृष्टिकोण के साथ भाग लिया और प्रश्नों पर अपने विचार प्रकट किए। स्पार्क टीम ने जब उनसे जानना चाहा कि 'आप समाज को क्या देना चाहेंगे?' तो साई किरण का विस्तृत उत्तर सुनने के लिए मिला 'हम जीवन भर समाज और प्रकृति के संसाधनों का भरपूर उपयोग करते हैं। लेकिन प्रायः हम भूल जाते हैं कि समाज और प्रकृति के प्रति हमारी कुछ जिम्मेदारियाँ भी होती हैं। हमें अपने माता-पिता और समाज के प्रति वफादार होना चाहिए और सामाजिक और प्राकृतिक संसाधनों के उपयोग के बदले में कुछ ऐसे काम करने चाहिए, जिससे कि समाज में आदर्श के मानक स्थापित हों, हमारी भावी पीढ़ी उससे प्रेरित हो तथा हमारे माता-पिता और परिजन सुख व गौरव का अनुभव करें। हमें समाज के लिए कुछ अच्छा करने के लिए विशुद्ध इच्छाशक्ति होनी चाहिए। हम जानते हैं कि हमारा समाज अशिक्षा और गरीबी जैसी समस्याओं से जूझ रहा है। इन समस्याओं से उबरने के लिए हमें सतत प्रयास करना चाहिए।' रोफी भी लगभग इसी दिशा में बात करते दिखीं, जैसे 'मैं गरीबों की सहायता के माध्यम से समाज को कुछ देना चाहूँगी। मैं उन्हें शिक्षा और उनकी आवश्यकताओं के अनुसार सहयोग करना चाहूँगी।' लेकिन लुवना तो दोनों से बिल्कुल भिन्न मत रखते हुए कहती हैं कि 'मैं गरीबी मिटाने या गरीबों को सहायता पहुँचाने के बजाय चाहूँगी कि अपने साथ-साथ समाज के हर बच्चे को समय और अवसर प्रदान करके उनका विकास करूँ।' इसी प्रश्न पर आदित्य का मानना है कि 'हम जानते हैं कि जीवन में कुछ भी असंभव नहीं है। लेकिन इसके लिए संकल्प की बहुत जरूरत है। मैं संसार में संकल्पशक्ति का संचार करना चाहता हूँ, ताकि लोग स्वतः विकास की ओर बढ़ें।'



जब चर्चा का आखिरी सवाल 'आपके व्यक्तित्व विकास के लिए सबसे महत्वपूर्ण क्या है?' को उनके समक्ष रखा गया तो साई किरण ने कहा 'मेरी समझ से मेरे जीवन में सबसे महत्वपूर्ण हमारे माँ-बाप और अध्यापक ही होते हैं और वे ही हमारे व्यक्तित्व के विकास में सबसे अधिक सहायक होते हैं। वे ही मेरे मार्गदर्शक हैं और मुझे अच्छे नागरिक बनने के लिए प्रेरित करते हैं। वे मेरी गलतियों पर टोकते हैं और मेरे भविष्य के रास्ते का निर्माण करके हमें उस पर चलने के लिए अभिप्रेरित करते हैं।' लेकिन रोफी क्वादोश ने अपने प्रयासों और कड़ी मेहनत को सबसे महत्वपूर्ण माना। लेकिन लुवना ने कहा कि 'व्यक्ति के विकास में परिवेश की अहम भूमिका होती है। उसके रहन-सहन और उसे प्राप्त अवसरों एवं समय का उसके व्यक्तित्व विकास पर गहरा असर पड़ता है।' तथा आदित्य ने व्यक्तित्व के विकास में सबसे महत्वपूर्ण भूमिका के लिए सोच और परिवेश को जिम्मेदार ठहराया।

स्पार्क टीम सभी छात्रों के उज्ज्वल भविष्य की कामना करती है।



Life is like a deep old well full of sweet water which is unperceivable by the naked eye. It requires us to first believe that water does exist at the bottom of the well and

then throw in our passionate efforts in order to bring up the water to the surface so that one can savour the sweet waters of the well called life.

How does one summon the required drive to move on in the face of so much uncertainty? The answer has to be passion. Every one of us picks up some interests while growing up. If this interest is further pursued with due diligence, it turns into a passion and when this passion is moulded in the right way, it can lead to self-satisfaction which is nothing but the sweet water of life that everyone sets out to find at the beginning of their lives.

Blessed are those people who get to turn their passion into profession. Every minute of their existence is a celebration of that passion. In my life, fate has been very generous - as it had allowed me to pursue my childhood interest of gardening as a profession, later in life. Coming from a farming family, I was naturally inclined towards plants and flowers. I was elated on being posted to the horticulture department after joining VSP. Every day since, has been a journey full of memories worth cherishing for time immemorial.

Life at VSP Horticulture department came with its own set of challenges, for we were entrusted with the task of moulding one of the greenest and most beautiful townships of the country. My work offered me a scope to learn many new skills and techniques. Every colleague and superior of mine was a treasure trove of knowledge waiting to be tapped. One such skill that gave me immense satisfaction and offered a great vent to my creative instincts was flower bouquet making. The notion that I could express gratitude, warmth, affection, love or respect - all by merely

picking the right flowers and creatively arranging them promised endless possibilities.

Any art without purpose is like a journey without a destination. Fortunately for me, the purpose presented itself before me. It so happened, that in 2013, my superior officer was invited to take a class of flower bouquet making for the benefit of Arunodaya Special school students, but due to certain unavoidable circumstances he couldn't conduct the class and hence, I was asked to fill in his shoes. I was apprehensive and unsure of my skill as a teacher. But, the warmth and eagerness showered upon me by those special students comforted me and gifted me the most memorable "Jab We Met" moments of my life. The class that day showed me that expression of ideas had more to do with the heart rather than the mind or body as those specially abled children were thrilled at being taught a skill that enabled them to express their feelings without the usual dependence on words or other established means of communication. But, the real student in the class that day, turned out to be none other than me, for I was educated in the virtues of patience and commitment by seeing the work of the dedicated school teachers and parents. I was taught the importance of self-confidence, self-motivation and the power of a smile and hope in adversity, that empower one to overcome all the difficulties, by those special students that day.

Even today, when I see the students of Arunodaya Special School taking it upon themselves to prepare flower bouquets for any officials or guests visiting their campus to express their happiness and friendship, the following vision comes into my mind,

"A butterfly flies around different colourful flowers in a garden collecting nectar to sustain itself. In the process, quite unintentionally it transports the pollen grains from one flower to the other thereby resulting in the springing up of new flowers and fruits. One day, it looks down at the new flowers offering themselves warmly and realises how its simple act of sustenance has resulted in the evolution of new life and the nurturing of its brethren. It then dawns upon it that, you know you have fulfilled your life's purpose and live on forever as long as there is a soul that acknowledges you for its very existence"

(as narrated to this writer)

- Bharadwaj

ड्रीम इंडिया

हम भारत के विकसित होने का जो सपना देख रहे हैं, उसके सफल होने के लिए बहुत कुछ परिवर्तित करने की जरूरत है, जैसे महिला सशक्तीकरण, स्वच्छ भारत, पर्यटन का विकास, गरीबी व बेरोजगारी का उन्मूलन, व्यावसायिक शिक्षा को बढ़ावा आदि। महिलाओं को भी पढ़ने और आगे बढ़ने के अवसर मिलने चाहिए। इसके लिए कई कानून भी बनाये गये हैं। लेकिन अभी इनका कोई कारगर परिणाम नहीं निकला है। स्वच्छ भारत अभियान का बहुत महत्व है। इसके प्रति लोगों में जागरूकता लाकर प्रदूषण की रोकथाम की जा सकती है। पाकिस्तान से लड़ने के लिए शस्त्र जमा करने के लिए पैसा खर्च करने के बजाय यदि हम अपने देश के विकास हेतु पैसा खर्च करेंगे तो अच्छा होगा।

दुनिया में भिन्नता में एकता भारत की एक अलग पहचान है। कश्मीर की सुंदरता देखने दुनिया भर से लोग आते हैं। लेकिन रास्ते ठीक नहीं होने की वजह से लोग स्विट्जरलैंड को अधिक सुंदर मानते हैं। इसलिए देश में पर्यटन का विकास करके देश को समृद्ध करना होगा। साथ ही गरीबी व बेरोजगारी के उन्मूलन हेतु व्यावसायिक शिक्षा को बढ़ावा देना होगा। इसके माध्यम से लोगों का कौशल विकास करके उन्हें स्वावलंबी बनने में सहयोग देना होगा। आर्थिक स्थिति के आधार पर आरक्षण नीति का ढाँचा बनाना होगा। अर्थात् हमें ऐसे भारत का निर्माण करना होगा, जिसमें प्रदूषण की कोई गुंजाइश न हो, न गरीबी हो, धर्म के नाम पर कोई लड़ाई न हो, एक-दूसरे की बुराई न हो, सब लोगों को अपने भगवान को मानने की छूट हो।

- लव्बोनी पॉल

सर्वे भवंतु सुखिनः

हमें हमेशा खुश रहना चाहिए। क्योंकि जब हम खुश होते हैं तो हम अच्छे काम कर पाते हैं और हमारे अच्छे कामों से समाज का विकास होता है। हमारी मूलभूत आवश्यकताएँ रोटी, कपड़ा और मकान हैं। जब इन आवश्यकताओं की पूर्ति हो जाती है तो लोग खुशी से अपना जीवन बिता सकते हैं। इन मूलभूत आवश्यकताओं की पूर्ति हेतु लोगों को रोजगार उपलब्ध कराना होगा। रोजगार उपलब्ध कराने हेतु सबसे पहले उनकी शिक्षा को बढ़ावा देना होगा। दूसरी ओर लोगों को अपने निजी स्वार्थ को छोड़कर एक-दूसरे के साथ प्रेम व सहयोग की भावना अपनाना होगा। इसके लिए हर माता-पिता को अपने बच्चों में अनुशासन व अच्छी आदतें डालने होंगे। जवाहर लाल नेहरू के शब्दों में 'आज के बच्चे ही कल के नागरिक हैं। अतः यदि बच्चों में वचपन से ही अच्छी आदतें डाली जाती हैं तो वे बड़े होकर अपने माता-पिता एवं समाज व देश का नाम रोशन करेंगे। युवाओं को जीवन में कुछ लक्ष्यों का निर्धारण करना होगा एवं उन्हें हासिल करने हेतु कड़ी मेहनत करनी होगी। आजकल कई युवा लोग चैरिटेबुल ट्रस्ट के माध्यम से गरीब एवं अनाथों की सेवा कर रहे हैं। वाइजाग स्टील प्लांट भी परितः गाँवों के विकास एवं विकलांग बच्चों को समाज की मुख्य धारा से जोड़ने के लिए बहुत से कार्यक्रम कर रहा है। हमें भी सकारात्मक सोच के साथ सभी के साथ प्रेमपूर्वक व्यवहार करते हुए 'सर्वे भवंतु सुखिनः' उक्ति को सार्थक करना होगा।

- रोफी क्वादोश

माँ

कोई वजनदार चीज उठाने के लिए हम दूसरों की मदद लेते हैं। लेकिन माँ हमें 9 महीनों तक गर्भ में पालती है। हमें जन्म देकर सदैव यही सोचती है कि मेरा बेटा आगे बढ़े। माँ हमसे पहले ही हमारे मन को पढ़ लेती है और हमेशा हमारी जरूरतों को पूरा करने हेतु तत्पर रहती है। पिता की पहचान माँ से ही होती है। पिता तो हमेशा यही सोचते हैं कि मेरा बेटा हमेशा तरक्की करें। लेकिन माँ हरदम यही प्रयास करती है कि मेरा बेटा संतुष्ट एवं सुखी हो।

आजकल के बच्चे अपनी माँ को मशीन की तरह ही देख रहे हैं। लेकिन माँ उनके लिए कितने कष्ट उठाती है, इसपर कोई ध्यान नहीं देते हैं। वास्तव में माँ से बढ़कर कोई अच्छी दोस्त ही नहीं हो सकती। माता-पिता भगवान से बढ़कर होते हैं। बच्चों को उन्हें सम्मान की दृष्टि से देखना है। समय आने पर उनके कष्टों को दूर करके उन्हें खुश रखने हेतु प्रयास करते रहना है।

- सत्य साई

जीवन में विज्ञान का महत्व

विज्ञान हमारे जीवन को आसान बना दिया है। विद्युत इसका ज्वलंत उदाहरण है। विद्युत से ट्रॉफिक लाइट, रेफ्रिजरेटर एवं संचार संबंधी उपकरण ईजाद किये गये हैं। विज्ञान से आधुनिक जीवन को गति मिली है। एंटीबयोटिक व वैक्सिन के सहारे लोगों को कई बीमारियों से सुरक्षा प्रदान की जा रही है। साथ ही ऐसी कई दवाइयों की खोज की गई है, जिनसे भयानक बीमारियों का निराकरण भी हो।

हाल ही में अमेरिकन न्यूक्लियर सोसाइटी ने विद्युत उत्पादन की सुरक्षित एवं उच्च तकनीक का आविष्कार किया है। इसके अनुसार हाइड्रोजन जैसे इनर्ट गैस का उपयोग गर्म रिएक्टर को ठंडा करने के लिए किया जाता है, जिसके परिणामस्वरूप भारी मात्रा में विद्युत ऊर्जा उत्पन्न होती है और इससे रेडियोधर्मी तत्व का उत्पादन भी नहीं होता। इसलिए यह सुरक्षित माना गया है। इस प्रकार विज्ञान हमारे जीवन के लिए बहुत ही महत्वपूर्ण और सुविधाएँ उत्पन्न करानेवाला है।

- साई किरण

पिता

पिता भगवान की सुंदर कृति की तरह होते हैं। वे हमारे जीवन में सारी सुख-सुविधाओं को मुहैया कराने के लिए हमेशा तत्पर रहते हैं। पिता की भूमिका रेलगाड़ी के इंजन की तरह है, जो अपनी मेहनत के कष्टों को बिना वयान किये सारे डिब्बों को खींचते रहते हैं। परिवार के किसी भी सदस्य को कोई भी तकलीफ होती है तो पिता को उसे दूर करने के लिए सबसे आगे आना पड़ता है। पिता हरेक के जीवन में बहुत ही महत्वपूर्ण भूमिका निभाते हैं। माता-पिता दोनों ही महत्वपूर्ण हैं। लेकिन पिता की भूमिका कुछ अधिक और भिन्न है। पिता की अनुपस्थिति अपूरणीय होती है।

- लुबना

हमारे अपने

'हमारे अपने' स्तंभ में इस बार हमने उक्कुनगरम में स्थित विद्यालयों के बच्चों से विभिन्न मुद्दों पर चर्चा की, जिनमें से छः बच्चों के मनोभाव को नीचे प्रस्तुत किया जा रहा है।

मेक इन इंडिया

'मेक इन इंडिया' एक कार्यक्रम है, जिसे माननीय प्रधानमंत्री ने शुरू किया है। यह देश की आत्मनिर्भरता के लिए एक महत्वपूर्ण कदम है। इसके पहले रॉकेट, साकेट आदि जर्मनी, रूस, जापान जैसे दूसरे देशों से मंगाये जाते थे। इसमें भारत की कोई अहम भूमिका नहीं होती थी। लेकिन प्रधानमंत्री

की इस संकल्पना के तहत अब सब कुछ भारत में ही बनने लगेगा और भारत एक आर्थिक एवं निर्माण का केंद्र बनेगा तथा मंगलयान की सफलता की तरह ही निर्माण के क्षेत्र में भारत बहुत प्रसिद्ध होगा। भारत की इस संकल्पना के कारण होने के संबंध में कोई आशंका नहीं है।

- रामदर्शन

Reaching Out

2-10-15 On the eve of Gandhi Jayanthi VMS had donated tricycles and wheel chairs to differently abled people at Mahatma Gandhi Park in Sec-8 in the presence of Sri P.Madhusudhan, CMD, RINL-VSP and all Directors.

30-10-15 VMS working committee has visited ZP High School in Achyutapuram and donated Uniforms to the girl children. Under Swachha Bharat Sanitary Napkins and Dustbins were donated to the School.

VMS visited Mandala Vikalangula Samkshema Sangham and donated Steel Almira and provisions and organized a camp to take the measurements for the artificial limbs by the Technicians of Gurudeva Charitable Trust.

10-10-15 The MGT for October was conducted in MP Hall of Ukku Club. Priyanka Mittal of Jyothi Bala Vihar welcomed the audience with a wonderful dance. Folk Dance competition was held among the members. Bihu dance performed by Anjali and group bagged the first prize. Sushma's group bagged the 2nd prize by performing Telugu dance and Third place was by bagged by Vidya and group for their Marathi dance. Mrs. Aditi Sen and Mrs. Ipsita Roy judged the dances. 'Pappu in the playground,



Munna with a mobile' was the one liner given. Fun games were conducted by Sujatha Rao and the anchoring was done by ARK Kavya and Lakshmi Kameswari. SPARK magazine with Dr. Abdul Kalam's image as the cover was released. All the members participated in a Dandia dance.

3-11-15 VMS working Committee visited ZP High School Nanginripadu and donated uniforms for girls and also Sports kits to the students.

On the same day the committee also visited MPP School in Nanginripadu and distributed Meals Plates, Steel tumblers, Sports Material to the children..

In MPP School, Vedula Narava, VMS donated cooking utensils, water drum, Steel plates, Steel tumblers, Buckets and also Dual Desks.

In Paravada Junior College, uniforms were distributed for 135 1st year Intermediate girl students.

9-11-15 In MPP School Mulagada VMS donated White boards, globe, Steel rack, Buckets and Mugs. Plants were also given to the School.

13-11-15 - Free tailoring classes were arranged in Islampeta Village .It was decided that the course duration will be three months and certificates will be given to students. One teacher was appointed by VMS.

29-11-15 A Medical camp was organized with the name Sanjeevini with the help of Sri Satya Sai Seva trust and VSGH in Poodimadaka village where many people got affected during HUD-HUD. Sanjeevini is the name under which the medical activities of VMS would be conducted henceforth. Cancer detection van and eye van were also organized. Nearly 600 patients visited the camp and checked up by the doctors. 30 Cataracts were detected and VMS decided that these should be done in VSGH. Dr. Vani is looking after these cases.

7-11-15 November MGT was organized. VMS donated artificial legs, hands and Crutches made by Gurudeva charitable trust to differently abled people.

Dr.AVN Chetty was invited to give an awareness lecture on Cornea donation. An Interaction session was also held. One stall of Kamili designs was set up. Joyalukkas Sponsored the Housie game of the day.



16-12-15 Smart class room was installed in Nadupuru ZP High School. Dr.GBS Prasad Director (Personnel), RINL-VSP inaugurated the classes. It was decided that if this is successful VMS could extend this program in other schools too.

26-12-15 MGT for the month of December was organized. Carols were sung by Suseela and group. A skit on the birth of Jesus was enacted by Suseela and group. It was appreciated by all the members. A solo dance was performed by Meena Mishra.

On the spot cake decoration and icing was competition was conducted. T.Suneetha won First prize and Priyanka Mittal won Second prize. One fun game was organized. All the participants in the cultural programme were given a small token of respect.



THE CHILDREN'S DAY PARADOX



What a noble idea it was to institute a Children's Day. The excitement on the day, the colourful sights of children dressed in their best dresses, the decorated classrooms and the laughter. Their enthusiasm is contagious to everyone present around. Is the idea only about all this though? Between all this hoopla, the actual spirit of Children's day seems to be forgotten, the idea of celebrating childhood rather than having an annual fest for the children.

Now, one of these children, after growing up, will one day have the responsibility of organizing such a do. Odds are, he is probably just going to continue the legacy of conducting many more such events, just because the state has spelled out a day for it, forgetting all about the idea behind it. In this already mechanical world, do we need another day in engaging oneself in organizing a, what has now become, 'event'?

The answer I was looking for is, how ironic! Yes.

Invite more elders to it than the children themselves, for it is them, who have forgotten what it means to be a child. Remember the poem that spoke of an excited little child who pondered wide eyed at a planetary body and then compared it with the likes of a precious gem. We could almost see how delighted that boy was on looking at, a now mundane star.

Fast forward to present, today we are only excited at the idea of possessing, or rather, showing off this diamond on our finger. If only we could find equal joy in the stars that the creator has strewn all around us. Now, I am sure you are already thinking of the owner who was showing off their diamond, even getting jealous probably. I got you again, no? Exactly what I am saying. The childhood simply embraced what is. He looked up and smiled at the star, then looked down and smiled at the diamond. This had taught me a profound lesson. What a freedom it is to simply revel in the offerings of the vast world. To neither be too happy (on having a diamond) nor be too sad (at the star which is not useful for practical purposes). To not give a care to who has and who has not. To treat everyone the same and be content with himself and just be happy!

Tonight, look up at the night sky and wonder again, wonder at the beauty of this perfect creation and amaze yourself, all over again. Happy children's day to the child in you!

-Meghana

कुछ सुंदर पंक्तियाँ

गंगा में डुबकी लगाकर तीर्थ किए हजार।
इससे क्या होगा, अगर बदले नहीं विचार।।

इस दुनिया के हर शख्स को नफरत है 'झूठ' से...
में परेशान हूँ यह सोचकर कि फिर यह 'झूठ' बोलता कौन है।

'निंदा' तो उसकी होती है
जो 'जिंदा' है
मरे हुए कि तो वस तारीफ ही होती है।

महसूस जब हुआ कि सारा शहर
मुझसे जलने लगा है
तब समझ आ गया कि अपना नाम भी चलने लगा है।

सदा उनके कर्जदार रहिए जो आपके लिए कभी खुद का वक्त
नहीं देखता है, और
सदा उनसे वफादार रहिए जो व्यस्त होने के बावजूद भी आपके
लिए वक्त निकालता है।

मोक्ष का एक ही मार्ग है
और वह विल्कुल सीधा ही है।
अब, मुश्किल उन्हें होती है
जिनकी चाल ही टेढ़ी है।

हम जब दिन की शुरुआत करते हैं,
तब लगता है कि पैसा ही जीवन है...
लेकिन जब शाम को लौटकर घर आते हैं,
तब लगता है शांति ही जीवन है।

फलदार पेड़ और गुणवान व्यक्ति ही झुकते हैं
सूखा पेड़ और मूर्ख व्यक्ति कभी नहीं झुकते।

कदर किरदार की होती है... वरन्
कद में तो साया भी इंसान से बड़ा होता है...

पानी मर्यादा तोड़ तो 'विनाश'
और, वाणी मर्यादा तोड़े तो 'सर्वनाश'
इसलिए हमेशा अपनी वाणी पर संयम रखो।

अगर आप किसी को छोटा देख
रहे हो तो आप उसे
या तो 'दूर' से देख रहे हो
या अपने 'गुरुर' से देख रहे हो।

- संकलनकर्ता: सुमन

Pappu in the play ground or munna with mobile

Pappu in play ground is good for their health & mental ability.
- Rajani Kumari

ప్లేగ్రౌండ్లో ఆడిన పప్పుకి ఇంటర్ నేషనల్ కప్పు సెల్ఫోన్లో ఆడిన మున్నాకి బ్రెయిన్ డెడ్ - జి విశాలాక్షి

SAD Reality Of Today



Always play ground is better than mobile for children because it keeps body healthy and mind also make peaceful. Mobile is always use in work place and sometime playing games etc. - Lily Majumdar

ఆటస్థలంలో ఆడిన పప్పుకి ఆరోగ్యం సెల్ఫోన్లో ఆడిన మున్నాకి అనారోగ్యం
Health is wealth
- జి సుధారాణి

Ground is better than mobile because it gives only tension but ground gives Pappu good health, skill, smartness, talented. So Pappu always gets real happiness in ground not on mobile. Change your style Dear Pappu. -Neharika

పప్పు ఆటస్థలంలోనే ఉండుట మెరుగు ఆరోగ్యం, ఆనందం తప్పక పెరుగు సెల్ఫోన్లు, కంప్యూటర్లతో వ్యాయామం తీరుగు ఉత్సాహభరిత జీవనానికి కావాలి ఆనందాల పరుగు - కె భానుమతి

Pappu in the playground: It will keep the child electrifying and energetic which will help him concentrate more in his works and and day to day activities while mobile will make him lazy.
- Megha Gupta

ప్లేగ్రౌండ్ లో ఆడిన పప్పుకి నేషనల్ కప్పు సెల్ఫోన్లో ఆడిన మున్నాకి వచ్చింది కళ్ళజోడు - కె వి రత్నకుమారి

Definitely 'Pappu in playground' In today's world of gadgets to rediscover the fun and benefits of physical exercise and sports It is must to push your Pappu to playground. - Neelu Gaur

Today's new inventions are meant for taking their advantage not disadvantage. - Priyanka Mittal

పప్పు దండాల్ని ఆటస్థలంలో ఆనందించాలి ఆటపాటలతో ఆటపాటలతో పెరుగుతుంది ఆనందం, ఆరోగ్యం కంప్యూటర్, సెల్ఫోన్లతో కరుగుతుంది వ్యాయామం పప్పుకి కావాలి సంపూర్ణ ఆరోగ్య పరిజ్ఞానం - వల్లీ కిశోర్

ప్రయాణంలో పదనిసలు

ఒక రెండు రోజులు సెలవులు వచ్చాయని కాకినాడ చుట్టూలింటికి వెళ్ళి తిరిగి ఇంటికి బయలుదేరాము. కాకినాడ అంటే పెద్ద దూరం కాదని రిజర్వేషన్ చేయించుకోకుండానే బయలుదేరాము. అద్దంపల్లి కొద్ది ఎ.సి. బస్సులో సీట్లు దొరికాయి. రాత్రి 10.00 గంటలకు బయలుదేరవలసిన బస్సు 10.40 అయినా బయలుదేరలేదు. బస్సులో కూర్చున్న ప్రయాణికులు గొడవ మొదలుపెట్టారు. 'ఎ.సి. బస్ అన్నారు, జనం అంతా వచ్చేవరకు ఎ.సి. ఆన్ చేయరా', అని అనుకుంటున్నారు. అంతలో డ్రైవర్ వచ్చాడు. 'జనం తక్కువగా ఉన్నారా కదా, అందరూ వచ్చాక ఆన్ చేస్తాను' అని అన్నాడు. 'సీట్లకు పుష్ బ్యూక్ లేదు, గాలి రావడానికి విండోస్ ఓపెన్ చేయడానికి కూడా లేదు. 10.00 గంటలకు బయలుదేరుతుందని అన్నారు. ఇప్పటివరకు కదలలేదు. కనీసం ఎ.సి. కూడా వెయ్యారా' అని గొడవచేయసాగారు. ఒక ప్రయాణికుడు 'మీరు ఎ.సి. ఆన్ చేస్తే బస్ ఎంత లేటుగా తీసినా ఫరవాలేదు', అనగానే డ్రైవర్ ఎ.సి. ఆన్ చేసాడు.

మరికాసేపటికి ఇంకో ప్రయాణికుడు 'ఎ.సి. ఆన్ చేయమంటే ఫ్యాన్లు వేసేసి డ్రైవర్ ఎటో వెళ్ళిపోయాడు' అని గోల మొదలుపెట్టాడు. మరొక ప్రయాణికుడు 'ఇది నీటి బస్ అనుకుంటా. లైన్ బస్లా లేదు. కనీసం సదుపాయాలు కూడా లేవు' అని అన్నాడు. ఈ హడావిడి అంతా అయ్యాక బస్ బయలుదేరింది. 'నాన్-స్టాప్ బస్ అన్నావు, ఎక్కడైనా ఆపితే ఊరుకోము' అని డ్రైవర్ని హెచ్చరించాడు ఒక ప్రయాణికుడు. 'అన్నవరం లో స్టాప్ ఉండండి' అని డ్రైవర్ అన్నాడు. ప్రయాణం మొదలైన కాసేపటికి ఒక చిన్నపిల్లవాడు ఏడవడం మొదలుపెట్టాడు. పిల్లతల్లి ఒక చీర తీసి ఉయ్యాల కట్టి అందులో పిల్లవాడిని పడుకోబెట్టి ఊపడం మొదలుపెట్టింది. ఉయ్యాలలో వేసాక పిల్లవాడు ఊరుకున్నాడు. ఆ తరువాత కాసేపటికి నీనిమా పాటలు వినిపించడం మొదలైంది. డ్రైవర్ పాటలు వింటూ డ్రైవ్ చేస్తాడు కాబోలు, అనుకుని 'డ్రైవర్గారు పాటలు మీకు మాత్రమే వినబడతాయి పెట్టుకోండి. సౌండ్ తగ్గించండి' అని ఎవరో అన్నారు. 'పాటలు ఆపండి. నిదురపోయే బ్రైమ్ కదా' అని ఎవరో అన్నారు. డ్రైవర్ వెంటనే నా దగ్గర పాటలు ఏమీ లేవండి. రేడియో, టి.వి. లు ఏమీ లేవు' అని అన్నాడు. 'ఏమీ సదుపాయాలు లేవు, కాని ఎ.సి. పేరు చెప్పి డబ్బులు బాగానే గుంజుతున్నారు, అని ఇంకెవరో అన్నారు. మరో ప్రయాణికుడు లేచి 'పాటలు ఎవరు పెట్టారు, సౌండ్ తగ్గించండి' అని, మరొకరు 'హెడ్ ఫోన్స్ పెట్టుకోమని' సలహా ఇచ్చారు. అయినా పాటల సౌండ్ తగ్గలేదు. ఇక సహనం తగ్గిపోయి ఒక ప్రయాణికుడు ఏకవచనంలోకి దిగిపోయి 'ఎవడ్రా పాటలు ఆపమంటే ఆపరు' అని గట్టిగా అరిచాడు. వెంటనే వెనుకనుండి 'అలాగే అంకుల్ అని 'I am searching for headphones' అని అన్నాడు. మరో ప్రయాణికుడు వెంటనే 'అది తెలుగులో చెప్పొచ్చు. ఇంతోటిదానికి ఇంగ్లీషు ఒకటి' అని అన్నాడు. దానితో అందరూ గట్టిగా నవ్వారు.

ఇద్దరు ఆడవాళ్ళు భారీ లగ్జిటీ బస్ ఎక్కారు. బస్ ఎక్కినది మొదలు వాళ్ళు వెళ్ళిన ఫంక్షన్ గురించి మాట్లాడుకుంటున్నారు. 'అమలాపురం వాళ్ళు ఫంక్షన్ చాలా బాగా చేసారు కదా, వదినా' అని ఒకావిడ అంటే రెండో ఆవిడ 'ఔను వదినా, అన్నట్లు నీకు ఎలాంటి చీర పెట్టారు వదినా?' అని అడిగింది. 'ఇదిగో బ్యాగ్ పైనే ఉంది, చూడు' అని ఒకావిడ అంటే, 'నీ చీర బాగుంది వదినా' అని రెండో ఆవిడ అంది. 'మరి నీ చీర చూపించవా?' అని అడిగింది. 'బ్యాగ్లో పెట్టేసాను, తీయమంటావా' అని అడిగింది. 'నా చీర చూసావు, నీ చీర చూపించవా?' అని అడిగింది. 'సరేలే చూపిస్తాను' అని బ్యాగ్లోనుంచి చీర తీసింది. 'అబ్బా, నా చీర కన్నా నీ చీర బాగుంది. మార్చుకుందామా?' అని రెండో ఆవిడ అంది. 'అబ్బే వద్దులే, నా చీర బాగుందన్నావు కదా, నీకు నచ్చితే తీసుకో. నేను ఏమీ అనుకోను వదినా' అని మొదటావిడ అంది. 'అలా కాదు వదినా, రేపు అమలాపురం వాళ్ళకి తెలిస్తే బాగోదు కదా, వద్దులే' అని రెండో ఆవిడ అంది. 'సరేలే నీ ఇష్టం' అని ఇంకా పెండివంటలు, నగల గురించి అలా మాట్లాడుతూనే ఉన్నారు. వాళ్ళ వెనుక ఒక పెద్దాయన ఫ్యామిలీతో ఉన్నాడు. 'అమ్మా ఇంక కబుర్లు ఆపండి, మేము పడుకోవాలి' అంటే 'చాలారోజులకి కలిసామండి, అందుకని కబుర్లు చెప్పుకుంటున్నాము' అని ఆడవాళ్ళు అన్నారు. 'మీ కబుర్లు మీరూ బాగానే ఉన్నారని, గాని మమ్మల్ని పడుకోనివ్వండి' అని పెద్దాయన కాస్త కోపంగా అనేటప్పటికి ఇక బాగోదని వాళ్ళు గొంతు తగ్గించి స్లో గా మాట్లాడుకోసాగారు. పక్కసీట్లో వాళ్ళు ఒక్కసారిగా లేచి 'ఏమండి, మీరు కాదూ చెప్పేది. జ్ఞానం లేదా? ఒక్కసారి చెబితే అర్థం కాదా' అనేటప్పటికి కాని ఆ ఆడవాళ్ళు మాటలు ఆపలేదు.

ఆ తరువాత డ్రైవర్ అన్నవరంలో బస్ ఆపి అరగంట లేటు చేసాడు. పొద్దున్నే ఎవరిముటుకు వాళ్ళు డ్యూటీకి వెళ్ళాలి అని, లాస్ట్ బస్ పట్టుకుంటే ఇది కూడా ఇన్ని అవాంతరాలతో బయలుదేరింది. 'ఎ.సి. బస్ కనీసం కర్చొస్తూ కూడా లేవు. లైటింగ్ అంతా మాముఖాల మీదే పడుతోంది' అని ఒక ప్రయాణికుడు డ్రైవర్ని ప్రశ్నించాడు. డ్రైవర్ నవ్వుతూనే ఉన్నాడు కాని సమాధానం చెప్పలేదు. ఈవిధంగా బస్ అర్ధరాత్రి రెండుగంటలకు విశాఖపట్నం చేరింది. ఒంటిగంటకు చేరవలసిన బస్ కనీసం రెండుగంటలకైనా చేరిందని సంతోషపడి, ఇంకెప్పుడూ రాత్రి ప్రయాణాలు చేయకూడదని నిర్ణయించుకున్నాము. రాత్రిపూట ప్రయాణానికి చక్కని సదుపాయాలు ఉంటే ఇలాంటి గొడవలు, వదులాటలు

ఉండవు. ప్రయాణంలో ఇలాంటి పదనిసలు ఉంటేనే ప్రయాణం చేసినట్లు అవుతుందని మావారు నవ్వేసారు.

- జి. రమాదేవి

My Garden

Surprise!!! Beginning with this edition, our beloved SPARK magazine just got greener, as we commence our new feature titled "", where we bring you the tidings from various beautiful Ukkungaram gardens and also divulge the secret tricks and ingredients of a well-managed garden shared by the passionate gardeners residing in Ukkungaram. As a part of our first feature, we have interviewed Mrs. Tuhina Dey, a teacher at De Paul School, Ukkunagaram and a resident of Sector-1 in Ukkunagaram, who has consistently won numerous awards for best kept kitchen and ornamental gardens.

INTERVIEW:

Int: Hello Madam, what a lovely garden you have growing up here!

Mrs. Dey: Thank you, yes it is a colourful one, but it has taken quite a lot of preparation work and time to come up to this stage.

Int: Very true madam. How long have you been staying here and was the place so organised when you started out?

Mrs. Dey: We moved here in 2007 and I must say, we started out with the idea of taming a forest. Lots of unwanted weeds and trees growing haywire, a variety of snakes, animals and insects had by then, turned this place into their habitat. It took dedicated efforts of my family and our gardeners to bring it to this shape.

Int: Why did you feel the necessity to have a personal garden when there was already so much greenery around? What motivated you to put in so much effort?

Mrs. Dey: Both me and my husband are very fond of gardening. So, you see when there is interest, motivation is not hard to come. Prior to this place, we stayed on the first floor in a C type quarter where we had a terrace garden with close to 300 pots. So, when we shifted here in December, the season had already started and we came in with all those pots bustling with flowers, but the laborious part was planning the layout and getting it dug. The trees around had grown very bushy and haywire, so they needed some pruning.



Int: 300 pots! That's a huge number, you must be growing quite a variety of plants here?

Mrs. Dey: We have an ornamental garden and a kitchen garden here. We have some exquisite orchids, daisies, and plants bearing flowers called "birds of paradise" which are of breath-taking beauty. We also have many fruits, vegetables and some medicinal plants like Ashwagandha (whose roots are used in many Ayurvedic concoctions), Annapurna (whose leaves when added to normal rice make it smell like basmati) and Brahmi as well. We also have cloves growing up here.

Int: How do you manage to source so many different plants?

Mrs. Dey: It isn't too difficult, many are available locally, some we get them from our home town which is Jamshedpur and generally, we always keep an eye out and try to get some seeds whenever we visit a new city or a village.

Int: With so many plants around, you must be a generous host for a wide variety of wildlife, does that trouble you?

Mrs. Dey: Not really, initially when the garden was full and unkempt it attracted a lot of snakes, so we took up gardening to bring up some order around. The thing is they don't trouble you as long as you don't bother them. The things that I find more troubling are the notorious squirrels and birds who gobble up all my mangoes and guavas, sometimes they don't even leave behind a single fruit for me for courtesy's sake at least. (all smiles!!!)

Int: I see that all your plants look so healthy and well nourished, do you use any supplements? What is your take on the use of chemical fertilizers and pesticides?

Mrs. Dey: I wouldn't completely support their usage but we do use them sometimes in a very minimum and diluted version, that too, only if the situation demands.





Int: Madam, going back into the past, what was the impact of Hudhud on your garden? How did you bounce back from it?

Mrs. Dey: It was a difficult experience. Many pots and the small plants in them got damaged. Some of the coconut trees and mango trees which were more than 20 years old got uprooted. But then the calamity humbled us and taught us an important lesson that nothing is permanent and irrespective of the difficulties we must always be ready to start afresh. The trees have taught us that rather than lamenting the loss of the old ones, we must celebrate the springing up of new life within a few days of the calamity right alongside the spot where the older ones stood uprooted.

Int: Very well said madam! What about the awards or recognition that your garden was bestowed with?

Mrs. Dey: In 2008, I had won a prize for both Ornamental and Kitchen garden from VUDA. I also won a prize in "Vegetable in a pot" category for growing Capsicum in 2008. Since 2010, we had

our own horticulture shows in our township where I consistently won 1st prize in the vegetable garden category for D-type quarters and 2nd prize in ornamental garden for D-type quarters.

Int: Madam, would you like to give any suggestions or tips to many gardening enthusiasts out there?

Mrs. Dey: Nothing much, be patient, take out time regularly and keep yourself updated. Gardening is one such hobby, which offers this unique joy and satisfaction of seeing all your efforts and time come to life, right before your eyes in the form of a blooming flower or a juicy fruit. Not just gardening, everyone must indulge in a good hobby in order to de-stress and lead a healthy, fruitful life.

Int: Thank you so much for your time and patience madam, we are happy to be featuring you and your garden as our first article in the column ""

Mrs. Dey: The pleasure was all mine. Thank you and have a good day.

Interview & Photos by Bharadwaj

ताकि सूखने से बचाया जा सके...

मेरी पत्नी ने कुछ दिन पहले ही घर की छत पर कुछ गमले रखवाकर एक छोटा सा गार्डन बना लिया था। पिछले दिनों मैं छत पर गया तो यह देखकर हैरान रह गया कि कई गमलों में फूल खिले हुए हैं। नींबू के पौधे में दो नींबू भी लटके हुए थे और मिर्च के पौधे में दो चार मिर्च भी लटकी नजर आई। तभी मेरी पत्नी आई और पिछले हफ्ते लगाए गए वाँस के पौधे के गमले को घसीट कर दूसरे गमले के पास करने लगी। मैंने पूछा, 'अरे यार! इस भारी गमले को क्यों घसीट रही हो?' पत्नी ने हांफते हुए कहा 'यहाँ यह सूख रहा है। इसे खिसकाकर पौधों के पास कर देते हैं।' मैं हँस पड़ा, 'अरे पौधा सूख रहा है तो खाद डालो, पानी डालो। इसे खिसकाकर किसी और पौधे के पास कर देने से क्या होगा?' पत्नी ने मुस्कुराते हुए कहा, 'यह पौधा यहाँ अकेला है, इसलिए मुरझा रहा है। इसे इस पौधे के पास कर देंगे तो यह फिर लहलहा उठेगा। पौधे अकेले में सूख जाते हैं, लेकिन उन्हें अगर किसी और पौधे का साथ मिल जाय तो जी उठते हैं।'

यह बहुत अजीब सी बात थी। लेकिन एक-एक कर कई तस्वीरें मेरी आँखों के आगे बनती चली गईं। माँ की मौत के बाद पिताजी कैसे एक ही रात में बूढ़े, बहुत बूढ़े हो गये थे। हालाँकि माँ के जाने के बाद सोलह साल तक वे जिंदा रहे, लेकिन सूखते हुए पौधे की तरह। माँ के रहते जिस पिताजी को मैंने कभी उदास नहीं देखा था, माँ के जाने के बाद वे खामोश से हो गये थे। मुझे पत्नी के विश्वास पर पूरा विश्वास हो रहा था। लग रहा था कि सचमुच पौधे अकेले में सूख जाते होंगे। वचपन में मैं एक बार बाजार से एक छोटी सी रंगीन मछली खरीद कर लाया था और उसे शीशे के जार में पानी भरकर रख दिया था। मछली सारा दिन गुमसुम

रही। मैंने उसके लिए खाना भी डाला, लेकिन वह चुपचाप इधर-उधर पानी में अनमना सा घूमती रही। सारा खाना जार की तलहटी में जाकर बैठ गया, मछली ने कुछ नहीं खाया। दो दिनों तक वह ऐसे ही रही और एक सुबह मैंने देखा कि वह पानी की सतह पर उल्टी पड़ी थी। आज मुझे वह छोटी मछली भी याद आ रही थी। वचपन में किसी ने मुझे यह नहीं बताया था। अगर मालूम होता तो कम से कम दो, तीन या ढेर सारी मछलियाँ खरीद लाता और मेरी वह प्यारी मछली यूँ तन्हा न मर जाती। वचपन में माँ से सुना था कि लोग मकान बनवाते थे और रोशनी के लिए कमरे में दीपक रखने हेतु दीवार में दो मोखे बनवाते थे। क्योंकि माँ का कहना था कि वेचारा अकेला मोखा गुमसुम और उदास हो जाता है। मुझे लगता है कि संसार में किसी को अकेलापन पसंद नहीं। आदमी हो या पौधा, हर किसी को किसी न किसी के साथ की जरूरत होती है। आप अपने आसपास झाँकिए। अगर कहीं कोई अकेला दीखे तो उसे अपना साथ दीजिए, उसे मुरझाने से बचाइए। अकेलापन संसार में सबसे बड़ी सजा है। गमले के पौधे को तो हाथ से खींचकर एक-दूसरे पौधे के पास किया जा सकता है। लेकिन आदमी को करीब लाने के लिए जरूरत होती है रिश्तों को समझने की, सहेजने की और समेटने की। अगर मन के किसी कोने में आपको लगे कि जिंदगी का रस सूख रहा है, जीवन मुरझा रहा है तो उसपर रिश्तों के प्यार का रस डालिये। खुश रहिए और मुस्कुराइए। कोई यूँ ही किसी और की गलती से आपसे दूर हो गया हो तो उसे अपने करीब लाने की कोशिश कीजिए और हो जाइए हरा-भरा।

- संकलन: सुमन

PRESERVE, PROTECT, PROMOTE THE ENVIRONMENT

It was by chance that, I recently visited a nearby village named Rekhavanipalem from where vizag procures around 30% of its vegetables. I was super excited looking at the lush green fields, banana plantations and healthy coconut trees. Then came a foul stink. I thought some rodent or some animal must have died and must be decomposing but to my shock the farmer accompanying me showed me a lump and said the smell was that. Anyguess !what was that?It was the waste of the nearby poultry farm used in fields as it was full of antibiotics,harmones.Once used the soil is forced to give ladies finger one feet long,bottle gaurds within a month of the saplings are planted .How do you feel ?I was devastated,We are consciously destroying the mother Earth. We call it development, call ourselves modern,but are we right. WE HAVE NOT INHERITED THIS EARTH FROM OUR FORE FATHERS,WE HAVE BORROWED IT FROM OUR CHILDREN.So please think,ponder ,the need of the hour is sustainable development i.e the development meets the needs of the present without stripping the natural world of resources the future generations would need. The world we live is wonderful,lovely.what wonderful creation god has made to fit every thing right. We love to



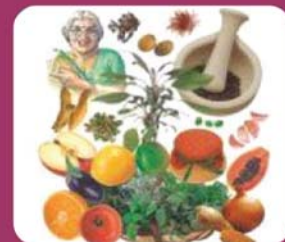
enjoy everything in moderation.whenever something goes wrong ,whom do we blame?I say it is the human race, over the last century a great deal of damage has been done to bio-diversity.Increasing human population ,great consumption levels and inefficient use of resources are some causes. Now as we are half awake we have conservation of wild life in the name of Project Rhino,project Tiger. We

also want to see that the future generations don't have to look at photographs but can feel their roar,see their pug marks,feel them in the deepest jungles. Large trees by the roadsideor in the portico have become a thing of the past.as children we used to use them as landmarks,learnt monkeying ,played hide and seek, etc. etc.Now Trees nomore landmarks. Replaced by telephone towers ,large multiplexes.

Please ponder as a state Arunachal Pradesh has set an example by achieving 75%afforestation. Plants are the lifeline of our society,so go by the proverb.

"THE BEST TIME TO PLANT A TREE WAS TWENTY YEARS AGO,THE NEXT BEST TIME IS TODAY".

DADI MA KE NUSKHE



For Sore throat,
Mix 1 teaspoon pepper powder, 1 teaspoon ginger powder and 1 teaspoon honey. consume this mixture twice a day .

For Ear ache
Grind a few Holy basil leaves and extract some juice. Apply 2 drops inside the ear.

For Mouth ulcers,
Mix a teaspoon of baking soda with a few drops of water. Apply this mixture over the sores for about 15 minutes.

Low Blood Pressure,
Soak 7 almonds in water over night. Peel them and grind to a smooth paste. Add in a glass of milk and boil. Drink warm.

For Migraine
Pound the crusts of lemon into fine paste in a mortar. Apply the paste on forehead for relief.

for Dry Itchy Eye ,
Boil two tea bags in a cup of distilled water. Cool the solution completely and use as eye wash.



Health & Wellness



COMMON CONDITIONS TO TACKLE THROUGH YOUR TOES

SORE THROAT

1. **Throat Reflex Point.** Start just below the joint of the big toe. Using your index finger, walk horizontally across the big toe and press into the throat reflex and make circles for seven seconds.



2. **Cervical Vertebrae Reflex Area.** This reflex area lies on the medial aspect of the big toe and in between the joints. Support

the big toe with one hand. Use the thumb of the other hand to make seven small steps, remembering that each step represents a specific vertebra. Work towards the foot. Repeat the movement six times.

3. Oesophagus Reflex Area.

Flex the foot back with one hand to create skin tension. Place the thumb of your other hand at the diaphragm line in between zones one and two. Work up in between the metatarsals from the diaphragm line to the eye/ear general area. Continue this six times. Working this area can help with disorders of the oesophagus, bad breath and trouble swallowing.



HEARTBURN

1. **Diaphragm Reflex Area.** Flex the foot back with one hand to create skin tension. Use the thumb of your other hand to work under the metatarsal heads, across from the lateral aspect to the medial aspect of the foot. Use slow steps and repeat this movement eight times.



2. **Oesophagus Reflex Area.** Flex the foot back with one hand to create skin tension. Place the thumb of your other hand at the diaphragm line in between zones one and two. Work up in between the metatarsals from the diaphragm line to the eye/ear general area. Repeat this six times.

3. **Pancreas Reflex Point.** This reflex point is found only on the right foot. Place your thumb on the third toe and trace a line down to below the diaphragm line. Push up into the joint and make small circles for ten seconds. This can help to neutralise the adverse effects of stomach acid.



PREMENSTRUAL SYNDROME (PMS)

1. **Pituitary Reflex Point.** Support the big toe with the fingers of one hand and use your other thumb to make a cross to find the centre of the big toe. Place your thumb into the centre, push in and make circles for 15 seconds.



2. **Thyroid Reflex Area.** Use the thumb of one hand to work the ball of the foot, from the diaphragm line all the way up to the neckline. Repeat this movement slowly six times over the area.

3. **Pancreas Reflex Point.** This reflex is found only on the right foot. Use your thumb and place it on the third toe, tracing a line down to below the diaphragm line. Push up into the joint, making small circles for 12 seconds.





Black forest cake



Ingredients:

Hide & seek biscuits 120g
Parley G biscuits 120g
Milk 1 cup
Sugar -4tbsp
Vanilla essence 1 cap
Baking powder: 1 tsp
Soda: 1/2 tsp

Method:

First Mix all the ingredients well except baking powder and soda. Next add baking powder and soda. Transfer the mixture into a greased vessel and put it in pressure cooker on low flame for 45 minutes. Your cake is ready.

Cream recipe: Amul fresh cream 250 g

Sugar 4 tbsp

Vanilla essence 1 cap

Beat all the three ingredients well till fluffy and decorate the cake

- Priyanka Mittal

2nd prize winner

Victoria vanilla cake



Ingredients

Eggs 4
Sugar 120 g
Maida 140 g
Baking powder 1 tsp
Refined oil 6 ml
Water 30ml
Vanilla essence 5 ml
For sugar syrup
4 tsp sugar
100 ml water
Cinnamon pd. 1/4 tsp

Method:

1. Preheat the oven to 180 C
2. Add all the ingredients except oil in a bowl
3. Mix with electric beater at speed1 for 1.5 minutes
4. Mix with the electric beater at speed 3 until the mixture doubles (approximately 3 minutes)
5. Add oil and beat for 15 sec at speed 1
6. Grease container with oil and place butter paper. Instead of paper sprinkling of flour can be used.
7. Bake at 180 C for 20-35 minutes or until done
8. After cooling, use a knife and transfer the cake to a plate and decorate it.

-T. Suneetha

1st prize winner

LAUGHTER

Some ladies were sitting in a park every day. One man was observing them daily as they were talking and laughing loudly. 1 day he observed everybody was silent . There must be some serious issue or incidents happened . So he went to 1 lady and asked, Why everybody is silent today? The lady replied:
All are present today...????????????????????????????????

पति ने फेसबुक स्टेटस अपडेट किया," 14 January
के शुभ अवसर पर पतंग पर अपनी पत्नी

का फोटो चिपकाएं
और अपने से दूर जाते देख, आनन्द लें।

"पत्नी ने तुरन्त कमेंट ठोका,"
आनन्द और दोगुना हो जाएगा जब,
पतंग किसी दूसरी पतंग से पेंच लड़ाएगी।

"पति Shocked
पत्नी Rocked
आज की नारी सब पे भारी। पंग नही लेने का।
क्या ?

3rd degree torture by wife ??:

Wife: Zara Kitchen se Namak lete aana....!
Husband : Yahaan toh koi Namak nahi hai..!
Wife : Mujhe pata tha..! Tum toh ho hi Andhe..!
Kaamchor ho..!
Ek kaam dhang se nahi kar sakte..!
Bas bahaane banaate ho..!
jindagi mey kuch to kaam karo...!
Tumhe nahin milega, Isliye pehle hi le aayi thi..!??
Husband speechless ..!????????????

LEISURE

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

1. Which technique was used in health and wellness?
2. Under which name is VMS conducting its medical activities?
3. Who inaugurated the Smart class room and where?
4. Whose garden is featured in the new feature "My garden"?
5. Which poem/rhyme was taken as an example in "The children's day paradox"?
6. Who were taught making flower bouquets in Jab we met?
7. What is the home remedy for low Blood pressure?
8. How many festivals are mentioned in the editorial?
9. Who are the students featured in Dil se?
10. Who are the winners of the on the spot cake decoration competition?

ANSWERS TO PREVIOUS LEISURE:

- | | |
|---|--|
| 1. KhanaKhajana | 5. Razia Sultan |
| 2. Mrs.BindooMohapatra | 6. Ajwainkalep |
| 3. Mr.UA Naidu was featured in Dil se, Sri Akshay Kumar Panda and Mrs. G. Lakshmi Prasanna were featured inHamareApne | 7. Mrs.Leena Ghosh met JyothiBalaVihar |
| 4. Yes | 8. Arunodaya Special School |
| | 9. Mrs.Preeti Roy Chand |
| | 10. 8 |

Editorial Team
Bindoo Mohapatra
Editor-in-Chief

Satyendra
Gopal
V Suguna

Savitry Srinivas
Vani Deshikachar



Letters to the Editor

Dear Spark team,

Jul-Aug-Sept, 2015 edition of Spark, Visteel Mahila Samiti's quarter magazine is a colorful reflection of Visteel's contribution to the society. 'Bal Mela' is a true reflection of the untiring efforts of friends of Arunodaya, Mahila Samithi and its dynamic leader. 'Trivia and glimpses' has beautifully covered the total programme, though in nutshell. Through Reaching out we could know the great efforts of Mahila Samithi in reaching out to the needy people in and around our Ukkunagaram. Let me hope that you will soon extend your helping hands to the 'Tribals' of our district.

Article in Body, Spirit, Mind has nicely covered the Ayurvedic way of Analysing the doshas and how they can be corrected with the help of Yoga. A little knowledge on Yoga and practicing of it on a regular basis will surely keep us hale and healthy

RENATI SREENIVASULU

Dear Spark team,

Latest edition of Spark Magazine (Volume-4, issue-3) with ABJ Abdul Kalam on cover page, is real tribute to the missile man. The inspirational quotes of Dr Kalam will be of great inspiration to the man kind. Without any doubt many of us got inspired by the quotes.

Feature on 'Nari Shakthi' is quite interesting. Incidentally it has coincided with the release of 'Rudra devi' movie in telugu. Both are super hits and like me many of our readers must have cherished the article in Nari shakthi.

PADDALU

महोदया,

उक्कुनगरम की महिलाओं के अथक प्रयास से प्रकाशित होने वाली 'स्पार्क' पत्रिका पढ़ने का अवसर मिला, जिसमें 'कलाम साहब को हमारा सलाम...' जैसे टैग लाइन वाला मुखपृष्ठ बनाया गया है। साथ ही इस अंक में हिंदी में लिखी रचनाओं को प्राथमिकता दी गई है, जो बहुत ही सराहनीय है। हिंदी रचनाओं की प्राथमिकता से विस्टील महिला समिति की राष्ट्रीयता प्रमाणित होती है। साथ ही अन्य रचनाएं जैसे 'जब वी मेट' तथा बाल मेला की झांकी के साथ-साथ कविताएं भी अच्छी लगीं। सभी कार्यकर्ताओं को धन्यवाद।

- एम बी पडाल

रंगीन छायाचित्रों और सतरंगी रचनाओं से भरपूर विस्टील महिला समिति की पत्रिका 'स्पार्क' मुझे इंटरनेट के माध्यम से देखने के लिए मिली। पत्रिका का यह अंक भी पहले के अंकों की भाँति सुंदर और सूचनादायक है। पत्रिका की रूपसज्जा को देखने से उसके लिए किए गए प्रयासों का पता चलता है। बदलते सामाजिक परिदृश्य में महिला समिति का यह प्रयास बहुत ही उत्तम और प्रशंसनीय है।

- जी आर ए नायडु

Dear Readers, Please Note...

Articles for SPARK magazine may be sent to vms.spark@gmail.com or can be put in the drop box at Ukku Club. Articles of Original work with flair of creativity are valued more. While sending articles, please don't forget to mention the name of the contributor along with address and contact Ph. No. Your valuable responses & suggestions are also invited.



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