

Spark

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



Visteel Mahila Samiti
Quarterly Magazine

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RETRO GAMES Special



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Dear Readers,

"Sports serve society by providing vivid examples of excellence." - George F. Will

Sports and games are very important for a happy life of every human being, more importantly for the children, as it not only builds fine physique but also develops sound mind. While outdoor games like football, hockey, cricket etc. improve the physical stamina and strength, indoor games like chess, Sudoku etc. improve the mental sharpness and concentration level. Games liberate the brain from monotony and inject new vigour to learn further. Sports also inculcate team spirit and develop leadership quality. It develops a trait by virtue of which one accepts success with humility and learns to cope with failures and disappointments that come out of defeat gracefully- which is aptly called "Sportsman Spirit".

Games of yester years which are not so popular today, have their own charm and benefits. Hide & Seek, skipping with variations, jumping on elastic, 'Gilli-Danda', 'Color - color - which color' are some of the games which the previous generation of people played. These games don't require much of resources but they are full of fun and refresh both body and mind. Langdi race where the participants have to run on one leg is a fun-filled retro game. Similarly 'Bohu Chori' (Steal the Bride) is a retro game played between two teams. In this game one person from say team A becomes 'Bohu'(Bride) and is guarded by other team members. Members of other team say B try to take out the 'Bohu' beyond a designated mark without being touched by members of Team A. If any member of A touches member of B within the designated mark, then that particular member of B is suspended from the game temporarily. There are quite a number of such games which provide entertainment along with physical exercise and mental alertness. Today, with availability of too many tech-based games, children are missing out inhuman aspects of play. Hence, I feel there is a urgent need to revive such games.

Arunodaya Special School along with Friends of Arunodaya organised "Khel Mela-2017" with the theme "Retro Games". The students of Arunodaya played along with and also competed with students of all regular schools of Ukkunagaram. The Khel Mela not only boosted the confidence of the students of Arunodaya, it also provided opportunity for the children of regular schools to identify the abilities of children with special needs and also understand the difficulties being faced by them. This event facilitated "inclusion" in a wonderful way.

In the last quarter, VMS celebrated Childrens' day. VMS also organised an special entertainment program - 'Husbands' nite', at the Sea shore park near NTPC-Simhadri. It was attended by the dignitaries and executives of RINL-VSP. The event was full of fun and merry making to the satisfaction of all the participants.

Friends, with your constructive feedback and valuable contributions, SPARK is getting better with every edition. I, on behalf of the editorial team, thank the authors and invite the readers to contribute humorous short stories, poetry, articles and real life incidents to make the magazine more interesting. "Excellence is the gradual result of always striving to do better." - Pat Riley"

In this quarter we welcome new year - 2018 and will celebrate major festivals - Makara Sankranti, Maha Shivratri, Holi and Ugadi.

I wish for the best things to happen to all the readers in the year 2018. My team and I, wish you all a very Happy Sankranti, Happy Ugadi and Happy Holi!!

Best Wishes,

Bindoo Mohapatra
Editor in Chief & President, VMS

Editor-in-Chief



Fare Thee Well

Of late, the number of those retiring in an organization was growing quite fast, so much so that, sometimes there were 5 to 8 people retiring from a single

department in one month itself. Having been a confidante of the proceedings in many of these functions through my friend who works in that organization, I hit upon the idea of narrating some of the hilarious moments that he had experienced, interspersing them, as usual, with seemingly true concoctions of my own. One day, more specifically, yesterday, there were three officers from HR Department retiring. The Chief Mgr(HR) was the first to be called on to the dais, followed by the distinguished retiring personnel.

When the proceedings were about to begin with an Invocation to the Lord, the Chief Mgr(HR) who realized that he was the only one on the dais apart from the retiring personnel, immediately insisted on a couple of other officers present to come over on to the dais and partake of the punishment along with him.

There was thus a full house - the retiring officers flanked on either side by the senior officers and divided by the uniting force, the Chief Mgr(HR), in the middle.

The festivities then began. The comperors, comprising a young male, female duo, struggled gallantly along for the next two hours. The resumes of these 3 retirees were read out in turns by the duo. It was quite some time before they stopped their recitation in exhaustion, as they had to recount a total of 3×31 years = 91 years of their official career. The floor was then gladly thrown open, by the comperors, to anyone who wanted to share their feelings, and experiences with those retiring.

Retirement functions indicate how many of our friends have a retiring disposition. None of those present in the audience rose to speak. They appeared to have a silent attitude of "I have contributed financially to this function, haven't I? What more can you expect from me?".

The problem mainly rests on the fact that not every retiring person has had the opportunity of making significant and singular contribution during his service, on which different speakers can bank on to eulogise upon. The reasons for such a state can be many, varying from the possession of a bland personality, through being at the right place at the wrong time, to overshadowing peers, dominating superiors, intimidating subordinates, to being bestowed with an abundance of mediocrity, etc. However, as usual, there are always a few cranky friends who, unable to bear the silence, when called upon to express the cherished experiences they had with the retiring associates, find themselves rising to speak and, before they know it, are declaring from the rostrum, in dry tones through parched lips, flushed ears and frozen thought....

"...and my esteemed friend who is retiring today. I will never forget my association with Shri Jagan..., sorry, Shri Parvateeswara something. Whenever we in the department needed help, he was ready to give it. He co-operated with us a lot. He was always willing to give us a word of advice while we did the job. I thank him for his co-operation but for which I would not be here talking to you. (You mean but for his co-operation in retiring you wouldn't be here?) Sometimes I would go to him and ask him for something and he would immediately co-operate with me. He has such a sacrificial (sic) nature that one day when I asked him for some stationery, he gave me all that he had. When his boss, who has since retired, came around and asked him why he was sitting

idle, he was reluctant to tell the boss of his sacrifice and did so only after a lot of persuasion. The boss who was not one to appreciate sacrifices did not take it kindly, though.

"I wish to express my gratitude for his co-operation and hope that he will continue to extend his co-operation even after retirement. I also want to tell him that whenever he requires any help he can always contact me or any of our friends who will be ready to extend co-operation to him. Parvateeswara Rao, er..Jaganmohan garu, on behalf of myself and our department, I wish you and your family members a happy retired life. (family members are also being retired?) We also hope that you will be ready and helpful as always to give us advice whenever we approach you for it. Since I cannot ever forget how much of a good friend you are, I shall later ask you for your mobile no. and address, after this function."

Another speaker opens his remarks saying "My association with Shri Shanmukhalingeswara Swamy goes all the way up to the day that I first met him. He may not be aware of it, but I remember it distinctly because it was the first time that I met him." A third speaker is more frank in his declaration of the skeletons in other people's closets:

".....none of you, I am sure, would believe that Shri Harikrishna who now appears to be such a responsible officer was playing truant during his training days. Many a time I had signed the attendance register on his behalf. To enable me in this operation, Harikrishna had even changed his signature to the single letter "H" which was easy to forge. One day Hari had bunked training class and gone to a movie where he found our training officer sitting next to him. Both were surprised, for each of them thought that the other was at the training centre. Discretion being the better way out, they gladly decided to ignore the other's presence. You will be glad to know that our esteemed training officer was none other than our distinguished Chief Mgr(HR) who, coincidentally, is sitting beside Hari just like he did, that day in the cinema hall."

One of the senior officers on the dais, who spoke, could not contain his praise for a particular retiree. He extolled - "the less said about him, the better". Make what you will of it. In response to the paeans sung, one of the retirees said,

"....I am happy to be at this farewell function. After so many years of my selfless service to this organization my bosses have at last recognized my efforts and appreciated me. Had I known that they were reserving all this appreciation for their speeches for my retirement day I would have retired a long time ago. My colleagues have thanked me for my co-operation. I would like to console them that though I am retiring today as Senior IV Assistant Deputy Head of the Time Office, I will always be available for consultation. I too will find it difficult to spend my time at home, so I will be coming here often for a cup of tea with you (Shriram, you still owe me five tea tokens that I gave you last summer) and you can ask for my co-operation any time which I will gladly extend free of cost. I also suggest my superiors can make use of my vast experience in the section and they can engage me for a small fee to write that manual or handbook on the section which they have been asking me to for the last twenty years and which I could not owing to lack of time in the Time Office. In fact, I have a couple of suggestions as to how to make the Time Office more efficient which I am willing to share with my superiors if they want me to, after my retirement."

The meeting ended with a Heave of Thanks.

-Y. Balaji



STORY OF KHEL MELA

At Arunodaya Special School, its a continuous teaching and learning process. The process of holistic rehabilitation of children with special needs includes a gamut of services . One such area is, working towards mainstreaming and to facilitate inclusion in all walks of life.

During the summer of 2014 , we organised a workshop for siblings of children of our school . That was the first formal sibling programme we organised. Various topics regarding the sibling - support area were discussed with siblings . This programme was one the most interesting training programmes we have organised at school. Siblings ranged in the age group of 6-26years. This age range made the entire exercise more interesting. After the ice-breaking session, each sub topic of the day was more interesting than the other. Some of the topics included- understanding their perception of the sibling problem, difficulties face by them due to the special sibling, how they would like to

help, what are their plans for the future , their idea of integration/ inclusion in various walks of life etc.. We heard with great interest what each sibling had to say. Though each one of them had many different perceptions and areas of difficulty, one of the strongly felt need was to have a play area where all special children could play in the same park as other children.

This strongly felt-need of siblings set us on planning at two levels. One, to work on a "Inclusive" park project and the other, to plan the annual mega event where we will facilitate inclusion of all regular school children by getting them to play with special children . **As a first step to inclusion through games, we planned Khel Mela.**

Nine schools, nine events, over five hundred participating children, 144 winners and an army of volunteers , created the magical moments of, bonding , love and understanding. The sight at the ukku stadium was not only a visual treat but it simply struck all the right chords . Children and their teachers were left asking for more!! With a promise of coming back with yet another interesting version of **Khel Mela**, it was time to say sayonara for now....

Going forward, the plan is to include many more interesting games with the motto of "come , play with a special child " and "adapt to include".

" **Khel Mela**", is a beautiful result of a wonderful meeting- when siblings met rehab professionals!



WHEN CURIOSITY TEAMED UP WITH HUMANITY FOR THE GAME OF LIFE

Quiz is a game in which participants attempt to answer questions correctly. It is a game which tests the knowledge about a subject or field and the winner is participant with the highest score. The way I see it, Life itself is a big Quiz game, throwing questions at us at each step, challenging us to find answers and rewarding us suitably with experiences and memories in the process. I realized this quite young and have come across some very interesting questions in life and the pursuit of finding their answers was even more rewarding.

It all started in 1997, when I was in 2nd standard, my father used to discuss famous people, events and news at home. I

was always hungry to know more about the happenings and people out of curiosity and I had this incredible appetite for information, this pushed my parents to feed me with a diet of quiz books, mythological stories, encyclopedia and general knowledge books apart from comics.

In my 4th standard, I participated in a General Knowledge Quiz competition conducted by my school and answered almost all questions which passed on to our team apart from direct questions and eventually, we won the competition. I still remember the standing ovation from audience after the quiz

and the tinge of admiration on my teachers and friends faces who started to view me as a child with substance from then. Quizzing bouts didn't prevent me from doing well in academics, for my preparation complimented my academics and I managed to score well in the regular exams as well. I was never reproached by my parents or teachers for my extra-curriculars, that's when I realized the only way to gain your parent's approval is by striking a balance between what you are interested in and what is expected of you.

A notable achievement was winning a Quiz on Japan conducted by Japanese Embassy in Chennai. It was a state level quiz, in which we came second in the inaugural edition, achieved first position the next year and received prizes from Consulate General of Japan. Our interview was published in a local daily and an article featured in Young World about us at that time, an enviable feat for any kid of our age and a matter of great pride for my parents. Bolstered by such victories, throughout my school and engineering I have been winning quizzes in cultural and technical festivals of all colleges including NITs and IITs.

Quizzing for sure expands your knowledge base, but it gave me many life lessons and hacks. On one occasion, I was very depressed when I couldn't get selected for the final round of inaugural edition of the newspaper "The Hindu- Young World Quiz". Adding salt to the wound, we realized that a friend of mine who had copied our answers got selected to finals while we fell short of just one point for qualification into finals. It was like hitting 99 runs in a game of Cricket and getting run-out just one short of a century. Nevertheless, the lesson was learnt the hard way and I didn't make the same mistake again in my life. We needn't feel dejected for not getting the success we wished for, but contemplating on what went wrong and making the appropriate changes like change in strategy, method of preparation, raw material/ source & proper guidance can work wonders. Quizzing also taught me the benefits of team work, for often when we are participating as a team, we need to have a mutual consensus on a strategy or else it may happen that without proper discussion among teammates, wrong answer may come out first. There were times when good health of team mates was of prime importance before the day of participation in a tough quiz.

While participating in a quiz, if you can subscribe to the style and thoughts of quizmaster, you are all set for a comfortable ride. A considerable amount of guesswork is involved while attempting to answer tough unfamiliar questions. This guesswork is backed by an intuition that springs from the knowledge, pattern or style of quiz and the experience we have at that point of time. When this

guesswork is aided by luck, more often than naught we can get the answer right.

Quizzers in general have an in-built urge/curiosity to know the things that are happening in & around. People who find out the basics or background of the happenings of the present or past can become good quizzers. A person can start from reading newspapers, general awareness/GK books, magazines, blogs, interacting with fellow quizzers or becoming a member at a local quiz club in your area/school/college. There are also World Quiz associations!! Which conduct annual World Quizzing championships.

Quizzing, around 2 decades ago, used to be a simple what, when, how and why on diverse field such as arts, music, science & technology, sports, business, finance, literature, history & geography, mythology, politics, medicine, current affairs, general awareness etc. At that time the depth of knowledge was tested. In recent times, trivia based quizzes started, wherein one needs to connect dots pertaining to facts, places, people or events and come out with a single probable answer. Variable points were awarded for speed and tougher questions. There are many formats of quizzing and the questions keep evolving with time as mental abilities in addition to knowledge keeps getting tested. There are school quizzes, college quizzes, corporate quizzes and open quizzes. Questions of famous quizzes (school/corporate) are often set by a research team (usually 5-6 people), who set the difficulty level of questions in accordance with the type/age of participants, city/school/college where the quiz is being hosted. It's not easy to win a quiz (famous/tough) which is set by 5-6 domain experts. Mind Games!

There's a humanitarian connect to quizzing, for in their pursuit of knowing something of everything, quizzers gain the ability of helping everyone solve their problems or at least guide them to solutions by sharing their knowledge that people may not be quite aware of. When my quizzing instincts got paired up with this notion of concern for humanity, it gave a whole new direction and dimension to my life. I thank my parents for spotting the talent in me at a young age and giving proper guidance and my school for providing the appropriate platform to excel in quizzing. At present I am 4 short of winning 50 quizzes and have 72 merit certificates of co-curricular activities/events to my credit. My colleague and I have recently been the second runners up of the famous Tata Crucible Business Quiz, while representing RINL. Yet amongst all this, I still believe in the notion that

"What I know is still overshadowed by the unknown, so I still have many more miles to walk in pursuit of knowledge

- Kamarthi Akhil

हमारे अपने

‘पारंपरिक खेल’ विषय आधारित स्पर्क के वर्तमान अंक के लिए उक्कुनगरम में स्थित केंद्रीय विद्यालय के खेल शिक्षक श्री के रमेश, अरुणोदया विशेष स्कूल की खेल शिक्षिका श्रीमती अरुणा, श्रीमती स्वर्णलता एवं लिटिल एंजिल्स के खेल शिक्षक श्री वाई भानोजी राव से साक्षात्कार किया गया, जिनका अंश नीचे प्रस्तुत है:



- स्पर्क : पारंपरिक खेल बच्चों के सार्वभौमिक विकास में कैसे सहयोगी हैं?
- श्री रमेश : पारंपरिक खेल बच्चों को एक-दूसरे के साथ सकारात्मक संबंध स्थापित करने में सहयोगी होते हैं। साथ ही इनकी वजह से वे हमेशा स्वस्थ रहते हैं।
- स्पर्क : बचपन के किसी खेल के बारे में बताइये।
- श्री रमेश : बचपन में मैं अक्सर सेवेन स्टोन, चेन टैग एवं सॉप व सीढ़ी खेलता था। सॉप और सीढ़ी के खेल में सीढ़ी चढ़ने पर अपने आप पर विश्वास बढ़ता है। लेकिन जब सॉप निगल लेता था तो फिर से सीढ़ी चढ़ने का प्रयास बना रहता है। इन खेलों में मुझे बहुत मजा आता था।
- स्पर्क : आज पारंपरिक खेलों की अहमियत कितनी है?
- श्री रमेश : आज हर जगह प्रौद्योगिकी का बोलबाला है। माता-पिता से लेकर बच्चों तक सभी नई-नई प्रौद्योगिकियों को अपनाने में लगे हैं। बच्चे पारंपरिक खेलों से बिल्कुल अनभिज्ञ हैं। वे ज्यादातर कंप्यूटर एवं कंप्यूटर खेलों के प्रति आकर्षित हो रहे हैं।
- स्पर्क : क्या पारंपरिक खेल आर्थिक रूप से कमजोर छात्रों के खेल हैं?
- श्री रमेश : जी नहीं, पारंपरिक खेल हर किसी के लिए आवश्यक हैं। ये हमारे पूर्वजों की देन हैं। इन खेलों से हमें बहुत कुछ सीखने की मिलता है। सबके साथ अच्छे संबंध स्थापित करना एवं आत्मविश्वास के साथ जिंदगी में आगे बढ़ना आदि। इनकी वजह से हम शारीरिक एवं मानसिक तौर पर स्वस्थ एवं चुस्त भी रहते हैं। यही बात आज सबको समझने की आवश्यकता है।

अरुणोदया विशेष स्कूल की शिक्षिका श्रीमती अरुणा के साक्षात्कार के कुछ अंश नीचे प्रस्तुत हैं।



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- श्रीमती अरुणा : पारंपरिक खेलों में खेल के खास नियम नहीं होते, जिसकी वजह से उन्हें खेलते समय कोई तनाव भी नहीं रहता। पारंपरिक खेल बच्चों के शारीरिक एवं मानसिक विकास के लिए बहुत ही आवश्यक हैं।
- स्पर्क : बचपन के किसी खेल के बारे में बताइये।
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- स्पर्क : आज पारंपरिक खेलों की अहमियत कितनी है?
- श्रीमती अरुणा : वर्तमान शिक्षा पद्धति में पारंपरिक खेलों का कोई स्थान ही नहीं दीखता।
- स्पर्क : क्या पारंपरिक खेल आर्थिक रूप से कमजोर छात्रों के खेल हैं?
- श्रीमती अरुणा : पारंपरिक खेल बचपन में हम सभी खेला करते थे। अतः मैं यह नहीं मानती कि ये खेल आर्थिक रूप से कमजोर छात्रों के खेल हैं।
- स्पर्क : आज के माहौल में पारंपरिक खेलों की संस्कृति से कैसे जोड़ा जा सकता है?
- श्रीमती अरुणा : आजकल स्मार्ट फोन, टी वी सीरियल एवं टी वी शोस, लैपटॉप लोगों के लिए स्टेटस सिंबल बन गये हैं। इन पारंपरिक खेलों का कोई महत्व ही नहीं रह गया है। यदि इन सभी चीजों को बंद करके माता-पिता एवं शिक्षक बच्चों में इन खेलों के प्रति आकर्षण पैदा करायेंगे तो आगे की पीढ़ियों तक हम इन खेलों को पहुँचा पायेंगे।

अरुणोदया विशेष स्कूल की शिक्षिका श्रीमती स्वर्णलता के साक्षात्कार के कुछ अंश नीचे प्रस्तुत हैं।



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- श्रीमती लता : मैं अपने बचपन में 'तोककुडु विल्ला' ज्यादा खेलती थी। इसमें जमीन पर लकीरें खींचकर पत्थर का कोई छोटा सा टुकड़ा लकीरों से बने किसी हिस्से में फेंका जाता है और लकीरों को छुए बिना वहाँ तक एक पैर से कूदते हुए जाकर पत्थर का वह टुकड़ा उठाना पड़ता है। फिर एक पैर के बल पर कूदते हुए लकीरों को छुए बगैर वापस आना पड़ता है। यदि बीच में कहीं लकीर किसी ने छू लिया तो वह खेल से बाहर हो जाता है।
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- श्रीमती लता : वर्तमान शिक्षा पद्धति में पारंपरिक खेलों का कोई स्थान ही नहीं दीखता।
- स्पाक : क्या पारंपरिक खेल आर्थिक रूप से कमजोर छात्रों के खेल हैं?
- श्रीमती लता : ऐसा मैं नहीं मानती, क्योंकि मैं बचपन में पारंपरिक खेल ही खेला करती थी और अपने आस-पास के बच्चों को भी ये ही खेल खेलते हुए देखा करती थी।
- स्पाक : आज के माहौल में पारंपरिक खेलों की संस्कृति से कैसे जोड़ा जा सकता है?
- श्रीमती लता : वर्तमान समाज में पारंपरिक खेलों का कोई महत्व ही नहीं रह गया है। बच्चों को इनके महत्व के बारे में समझाते हुए हमें उनमें ये खेल खेलने की आदत डालनी है, जिससे उनका सर्वांगीण विकास संभव हो पायेगा और आगे की पीढ़ियाँ भी इनकी अहमियत समझ पायेंगी।

लिटिल एंजिल्स विद्यालय के शिक्षक श्री वाई भानोजी राव के साक्षात्कार के कुछ अंश नीचे प्रस्तुत हैं।

- स्पाक : पारंपरिक खेल बच्चों के सार्वभौमिक विकास में कैसे सहयोगी हैं?
- श्री राव : पुराने जमाने में बच्चों को शिक्षा के साथ-साथ अन्य गतिविधियों में शामिल करने के प्रयास किये जाते थे। इस प्रकार उन्हें जीवन में सभी प्रकार से सक्षम बनाया जाता था।
- स्पाक : बचपन के किसी खेल के बारे में बताइये।
- श्री राव : मैं बचपन में बहुत खेला करता था। सेवेन स्टोन्स एक पारंपरिक खेल है। यह दिखने में बहुत आसान खेल लगता है, लेकिन खेलने में बहुत कठिन है। दुःख की बात है कि आज की पीढ़ी इस खेल के बारे में कुछ नहीं जानती। इस खेल से टीम की भावना एवं खतरों से बचने के उपाय तथा शीघ्रता से चाल चलने या हिलने, जैसे गुण विकसित होते हैं।
- स्पाक : आज पारंपरिक खेलों की अहमियत कितनी है?
- श्री राव : आजकल बच्चे वीडियो गेम्स खेलने, टी वी देखने एवं मोबाइल पर समय बिताने तक ही सीमित रह जाते हैं। वर्तमान समाज में बच्चों के खेल से खिलौने, मोबाइल एवं कंप्यूटर पर खेले जानेवाले खेल ही अभिप्रेत हैं। विद्यालयों में पारंपरिक खेल खेलने की कोई संस्कृति नहीं रह गई है।
- स्पाक : क्या पारंपरिक खेल आर्थिक रूप से कमजोर छात्रों के खेल हैं?
- श्री राव : जी नहीं, पारंपरिक खेल सबके लिए समान रूप से आवश्यक हैं।
- स्पाक : आज के माहौल में पारंपरिक खेलों की संस्कृति से कैसे जोड़ा जा सकता है?
- श्री राव : बच्चों में विद्यालय स्तर पर ही इन खेलों के प्रति आकर्षण पैदा करना होगा। उन्हें इनकी अहमियत एवं इनसे होनेवाले फायदे समझाने होंगे। विद्यालयों में इन खेलों के लिए थोड़ा सा समय आवंटित करना होगा। तभी बच्चे इन खेलों को समझ पायेंगे।





NEIGHBORHOOD STORIES

MEMOIR - UKKUNAGARAM

The year 1996, I got married and left Vizag, and again visited the place in 2010 with my husband Amit and my daughter Aayushie. Wanted to show my daughter, the place where I personally think I BELONG TO - "UKKUNAGARAM".

I was feeling lost, unknown faces ...obviously. Started remembering all my close ones ..Kuldeep aunty, Gulati Aunty, Tulsian aunty, Panicker aunty, Jaya, Rama, AND THE FLASHBACK BEGINS.

We landed up in Vizag in 1982, the year of Asiad Games, (that's how I remember this year ©) . Moved from Kudremukh , my father, Mr. A.K.Sinha, a civil engineer took up his new assignment in Visakhapatnam Steel Plant. Since he was in construction division, we were among the first few ones who saw the "STARTUP" of VSP. There were no residential sectors in 82, so we stayed in Gajuwaka . 2-3 years later, we moved to Sector 1, famously known as 'RUSSIAN QUARTERS' then. A shopping complex nearby, where the shopkeeper uncles used to speak Russian language. So me ,my sis Rishu, brother Abhishek, and some close friends like shaloo, vishal, rishi, reshma, shweta .our gang's "FAVOURITE DESTINATION" was Russian Complex. We as kids of class 7th-8th, would be enchanted seeing "foreigners" and learning Hello-Zdravstvuyte, Good morning- Dobraye ootro from them. Slowly and gradually number of sectors came up 1,2,3...7 and we too moved from sector 1 to 5 to 322A sector 7.

The best part of Ukkunagaram group has been the feeling of family bonding and togetherness. I still remember

celebrating all the festivals together. The 5 day Durgapuja celebrations, no lunch was prepared at home, Whole Township used to relish on "BHOG", our dads too would come from office...how could they miss this divine lunch© . Doing seva during Lunger (Making and distribution of Prasad) during GuruParv, with all our parents involved in it. Ayyappa puja, pongal, sankranti, holi.name it..and we have been part of it. A very fond memory. ..I was a part of procession, from hill top Venkateshwara temple , carrying a diya in hand with many aunts and girls accompanying and elephants walking in front of us. We went around many sectors and back to the temple. It was a unique experience for me. Not to forget, The Republic day,26th Jan celebrations , the main attraction would be the glimpse of various tableau of different states, showcasing their cultures and traditions.

Our Gangavaram beach, the star attraction, with "Ek duje ke liye"rock. A grand Sagar Utsav was organized at Gangavaram beach and we were the lucky ones to see the classic Kathak performance of Pandit Birju Maharaj, flute recital by Pandit HariPrasad Chaurasia and meet Mr.Kamal Hassan.

I strongly believe, we should live in the present. But, we all are attached in some or other way to our roots. Feel truly blessed to have been brought up in such a wonderful place with wonderful people around me who nourished me emotionally with values we cherish till today. Ukkunagaram ROCKS!!!

- Tulika (Sinha) Prasad (from Ukku Family)

प्राचीन खेल पतंगबाजी

विक्रांत को पतंग उड़ाना अच्छा लगता था। पर छोटा होने के कारण वह ठीक से पतंग उड़ा नहीं पाता था। उसके पापा रोज शाम को उसे पतंग उड़ाना सिखाने लगे। धीरे-धीरे वह पतंग उड़ाना तो सीख गया, लेकिन अपने पापा जैसे उसे दूर आसमान में उड़ा नहीं पाता था। इससे परेशान होकर वह पतंग न उड़ाने के बहाने ढूँढ़ने लगा। उसके पापा ने उसे समझाया 'बेटा, कोई भी काम पूरा होने में समय लगता है। पतंग भी धीरे-धीरे अपनी ऊँचाई बढ़ाती जाती है।'

विक्रांत ने अपने पापा की बात को हमेशा ध्यान में रखा और पतंग उड़ाने का अभ्यास करने लगा। साथ ही पतंगबाजी के बारे में जानकारी हासिल करने लगा। पतंगबाजी में 'पेच' किसे कहते हैं और 'पतंग लूटना' किसे कहते हैं, यह सब समझने लगा।

एक बात संक्रांति के दौरान पतंग महोत्सव में पतंगबाजी की प्रतियोगिता हुई। विक्रांत ने भी उसमें भाग लिया और पतंग उड़ाई। उसकी पतंग धीरे-धीरे ऊँची उड़ने लगी। पतंग की ऊँचाई के साथ-साथ विक्रांत के जीतने की उम्मीद भी बढ़ने लगी। आखिरकर विक्रांत पतंगबाजी में जीत गया। यह उसके धैर्य और विश्वास का परिणाम था।

'राम इक दिन चंग उड़ाई
इंद्रलोक में पहुँची जाई।।'

- संकलनकर्ता: सुगुणा

One liner

—“MY FAVOURITE CHILDHOOD GAME & WHY”

HERE ARE SOME RESPONSES FROM THE VSP FAMILY. READ ON....

My favorite childhood game was gilli-danda and skipping . I liked it because I was interested to reach farthest targets . Girls used to feel skipping makes them to grow tall. So I loved skipping too. **-KVS Valli**

My favorite childhood game was hide & seek. I liked it because our friends circle was energetic & fun loving. We used to love hiding in different places & avoid getting spotted adding to the fun. **-Vidya Panagal**

My favorite childhood games were pittu, gittuk, Ekkadukka. I liked them because I played with my lovely friends. We had our own creations like ball made by clothes, new-new rules, ho- halla that was full of without any boundaries, jumping & laughing. **-Pooja**

लुकाछिपी

क्योंकि मुझे छिपने में बड़ा मजा आता था। सब लोग मुझे ढूँढते रहते थे।

- सीमा लाट्री

My favorite childhood game was skipping and I liked it because I enjoyed it and it made me fit. **- K. Jyoti**

My favorite childhood game was snakes and ladders . I liked it because of the excitement and joy we had by climbing the ladder and coming down with the sting of snake just like the up and down of life.

-Jayanti Dwivedi

My favorite childhood game was hide & seek . I liked it because all the children in our street would come out during power cuts to escape from studying .

-A.Hiimabindu

చింతపిక్కల ఆట నాకు ఇష్టమైన చిన్నప్పటి ఆట. పిక్కని తీయడం ఓ అద్భుతం. నాకు ఆనందాన్ని కలిగించిన ఆట.

- జి శ్రీవల్లి

My favourite childhood game was Kho-Kho. I liked it because this game involves team coordination & team spirit and lot of enjoyment too. **-D. Srilatha**

My favourite childhood games were skipping & hide and seek. I liked because lot of fun and all our friends joined together and enjoyed a lot. **-Uma Devi**

My favourite childhood game was dodge ball. I liked it very much because it requires you to be alert and swift and I was the best player in my school in this game. **-Nilima Khaparde**

My favourite childhood game Kho- Kho. I liked it because the game is exciting and keeps us on our toes and was filled with fun gives me a enjoyment.

-M Jayalakshmi

My favourite childhood games were pittu, skipping, hide & seek. I liked them because I always played these games with my friends, my brother & sister.

-Jyoti Singh Rathore

My favourite childhood game is pittu, hide & seek. I liked it because so many people play this game. It is a group game so I could have many friends.

-Nanda Kumari

My favorite childhood game is hide & seek. I liked it because it was a group game and we all friends could play together. **-Anuradha**

My favorite childhood games pittu, seven stones and ball . I liked these games because there is so much fun and unity. I enjoyed it when my team won. It's lovely childhood memory and lovely game. **- Apeksha**

My fav childhood game was role playing teacher student. My sister and I used to take turns n have a great time. **- Bharati**

I loved cricket and I still do...coz cricket and life are alike- every ball is equal to every minute, every shot is equal to an opportunity ,and every wicket is an obstacle. **-Geetanjali Niranjani**

My childhood games are like bookmarks in my life, that I can open anytime and play. **- Rosni Nayak**

I loved kabaddi . It teaches us that our life too is like this game where People will win only by getting us out of the game by pulling our legs when we try to reach the line of success. **- Shailendra**

घोड़ा कवडडी

क्योंकि इस खेल में एक खिलाड़ी को घोड़ा बनना होता था। वह अक्सर में बनती थी। यह राजस्थान में प्रसिद्ध एक Local Game है।

- मुक्ता गुप्ता

అష్టా చమ్మ

ఎంతో పోటీతో ఎత్తులు వేసుకుంటూ, గవ్వలతో పందెం వేస్తూ, అక్క తమ్ముళ్లు స్నేహితులతో ఆడుతూ, మన పిక్కలు పంట గడిలో త్వరగా వెళ్తుంటే చెప్పలేని ఆనందం. నా బాల్యంలోని ఈ తీపి గుర్తులు మరపురానివి.

- దేవులపల్లి భానుమతి

reaching out

October

The Team VMS had prepared the venue very vibrantly to suit the theme of the day.

The programme Started off with a welcome by Smt. Mithu Chakravarty .Smt Debjani took over the anchoring and started by greeting members who were celebrating their birthday and wedding anniversary.

This was followed by reporting on the previous months activities by team VMS. Mehendi competition was conducted. The winners were - Ms. Neeta Tawaith(1st), Ms.BhabaniBehra (2nd (Ms.Priyantka Mittal(3rd). A one minute game was organised in which members participated with good enthusiasm. The



winners of the game were Ms. Anjali and Ms.Neelima. The prize for best dressed dancer went to Ms.Alpana Devi. The prize for the surprise question went to Ms.Sweety Dargan. The tongue twister contest winner was Ms.Niharika Singh..

The October issue of SPARK was released and distributed.

The hall was filled with Myriad colours , Gujrati beat music and ethnically dressed , spirited ladies . It was a treat to watch the ?an?iya performance by team vms and all members.With karva chauth coming up, the members were offered free mehendi treat too! The services of two ladies adept at this were arranged. The programme concluded with vote of thanks.



November

The programme began with a welcome address by Smt Mithu Chakraborty, Secretary, VMS. The days programme was anchored by Smt. Harshita. This month's get together we went with the theme of "Children day " .

To mark this day , Various competitions were organised for children of VMS members.



Anvesha, sashwath, Aditya won prizes in drawing competition Sanjana and Anvesha won a prize by showcasing their talent in making " Best out of waste" . Siddharth, Sanjana Srinivasan Won prizes in the junior and senior categories respectively in the singing competition. The highlight of the day was , entertainment by the children . They performed to the latest Bollywood songs and classical dances as well and enthralled all members. There was by a talk by Dr. Ravishankar on Orthopaedic problems - its prevention and care. Rally for rivers- A national level programme being organised by the isha foundation , made audio - visual presentation on the purpose and importance of linking rivers . Team VMS along with all



members pledged their support for this great initiative by giving a missed call as required. This was followed by a one minute game for members and concluded with a game of housie .

December

The annual mega event of VMS was organised at NTPC Sea park. The programme was anchored by Smt Reena and Smt Harshita. The programme began with a welcome note by Smt Bindoo Mohapatra , president, VMS. The programme began with a welcome note by Smt Bindoo Mohapatra, president, VMS. Over fifty couples graced the occasion and made it a memorable evening. Mr Madhusudhan, CMD, and all Directors made their presence felt by their active participation.

The couples present not only were entertained by the live orchestra that was performing but they also danced to the live music making it more entertaining. Couple- Games , table



PROJECT AAKRITI

VMS is extending financial support for the repair and construction of appikonda temple premises .

Construction of three bore wells has been taken up at chepalapalem village near appikonda.

PROJECT PRATIBIMBA

VMS sponsored the CARE GIVER classes to twenty women at Bonangi village. This training programme is conducted by jan shikshamantri samiti on a regular basis. This is a one month training programme . On completion of this course , the trainees are given certificates that are certified by the government.

PROJECT SANJEEVANI

Multi disciplinary medical camp was organised at a remote village near Paderu. Medical and paramedical staff of VSGH helped in conducting this camp.there was an over whelming response to this camp. Over 1200 people were checked for medical ptoblems . Patients were appropriately treated/ referred for further medical care n support to gayatri medical college. Medicines were Also distributed on need basis .

Mr. Suresh, 24 years old belonging to yedumetlamaripalem village , aganampudi was supported with financial assistance for brain surgery . He comes from an economically poor background n is also the sole breadwinner of his family .

A talk by Dr. Ravi Shankar , was organised in November. He spoke on orthopaedic problems with am emphasis on problems pertaining to women .

VMS organised a talk for school girls of kaniti high school, gajuwaka . Dr Gargeyi , shared i formation on issues regarding health, hygiene and menstruation. Sanitary napkins were distributed . It has been decided to continue with distribution of sanitary napkins for period of one year.

games, lucky draw and rapid fire question round for cmd sir and directors were organised . It was wonderful to see couples participating with good enthusiasm . To add to the ambience by the sea, a bonfire was also arranged.

There was PowerPoint presentation by Smt Harshita , showcasing all activities of VMS during the year 2017 .The days programme concluded with a vote of thanks by Smt Ratna Raychoudhury , Vice President, VMS.

COMMUNITY DEVELOPMENT ACTIVITIES

PROJECT SHUBHRATA

Vms has organised a clean- Ukkunagaran drive to mark the occasion of Gandhi Jayanthi.

VSP is committed to implement the swatchh bharath movement. Furthering this, the Visteel mahila samiti undertook a drive to clean the surroundings of the Rythu Bazaar in sector 9. The VMS team along with members participated. The VMS was supported by the public health department of VSP.

PROJECT UNNATI

Tables and chairs were donated to dayal nagar government schools. Notebooks and uniforms were distributed to students in mandal pratishtha schools in agabampudi and Islampetta.



My Garden

*"Nurture friendships as if they were trees,
let their roots run deep into the soil of your hearts,
water them with memories, give them the warmth of
affection, for they can surely make our life fruitful!"*

In a metaphorical sense, making friends is just like growing trees. Seeds of friendship are sown in chance encounters, they are silently watered by our tears only to come alive in the sunshine of our happiness. Growing up like a pair of siblings sheltered in heart shaped dwellings, shedding egos like withered leaves, accommodating diversities and overcoming adversities, the tree of friendship grows up to shelter the entire world under its shade and feed us with the sweetest fruits of life in all seasons.

From a human perspective, of all the places on this human-inhabited planet, there is none more fertile than a school teeming with children for friendships to sprout up. Schools are the places where some of the most wonderful stories of friendship find their roots and that's where we intend to take you to, for in this edition of My Garden, we bring tidings from the De Paul School's garden located in a peaceful corner of the evergreen Ukkunagaram Township.

If making friends is akin to growing plants, why not leverage the similarity and make friends with plants while growing them? - The same idea pushed the management of De Paul School to introduce their children to the friendship of plants. Aptly named 'Tarumitra', meaning 'friends of plants', this motivated school group that is being actively run with the co-ordinated efforts of the enthusiastic students and inspiring teachers, it is slowly but steadily making a mark not only within the school premises but in the township as well.

On a wintry November morning, our Spark team decided to stroll down to the school campus, to interact with the students and the school's management about their group's activities and listen to the interesting stories that they had to offer. We were treated to quite a theatrical welcome by the large Palm and Coconut trees planted along the path leading to the entrance of the school, the thin mist hanging in the air doubled up as the curtains suspended from the trees, ready to roll up and begin the show. The large banana leaves hanging from the dense banana plantation on the other side of the boundary wall were waving at us like the ticket collectors, as if gesturing us to take our seats, for the show was about to begin.

The statue of the Holy Father took it upon himself to teach His children the manners of welcoming guests, by laying out a colourful floral welcome in the form of a lush green lawn, full of potted flowering plants like Roses,

Hibiscuses, Marigolds and Chrysanthemums. The fences marking the lawn's boundary were decked up with small exotic shrubs nestled in pots recycled from waste plastic bottles. We were accorded a musical greeting by the chirping parrots flying in the enclosure beside the lawn, which turned out to be a Science project of the students.

The school premises housed a U-shaped, three-storeyed building and the remaining area comprised of a vast ground dotted with huge Neem, Banyan, Mango and Ashoka trees along the boundary. The whole arrangement seemed metaphorically representing the institution's role of transforming the young minds which come into the school like the unkempt wilderness of the forests into a civilised, organised and well-defined concrete structure through education, by the time they leave the school.

The tall Ashoka trees planted right outside the corridors of classrooms stand tall like giants guarding a palace, with some of them even rising to the third floor and peeking into the classrooms like an anxious parent of the child, who's facing the first day of his school life, ready to jump in to his aid when the need arises.



Friendships is all about looking out for each other and we felt no child in the school would ever feel left out or lonely, for they had the company of enormous trees. These trees that come in different colours and sizes, scattered all around the ground like the stars in the sky, grew thick, sturdy branches and countless leaves, ready to make their little friends feel at home in all seasons. Be it the exultation of a sports champion or the dejection of a loser, be it the tense last minute memorising for an exam or the chilled out

grand plans for a lazy weekend, be it the early pangs of teenage love or the angst of compelled parting of ways, there's no story that passes unnoticed by these trees.

Marvelling at this lovely eco-system of friendship that we got to witness, we sat down to chat with Mr. Vaishnav and Ms Akhila of 8th Standard, regarding Tarumitra -

Spark: Hello friends! We loved your school and your green friends, could you tell us a little about Tarumitra?

Students: Hello! Glad that you liked our school and our garden. Tarumitra is a student group being run in our school under the guidance of Mrs. Bhanumati madam. We have close to 70 students in our group and the main objective of the group is to spread awareness regarding environmental issues amongst our students and community in general.

Spark: That's great, but how do you manage to do that?

Students: Various seminars are conducted by our teachers or external faculties regarding various environmental and climate issues. Inspired by these lectures, we have an action plan spread out across the entire academic year. Aided by our teachers, we network amongst ourselves

and meet up once in a week to carry out various activities like Swachh Bharat in school campus, making posters highlighting environmental issues, various competitions like clay Ganesh making and others are also held. Recently we also held a "Say no to crackers" campaign in our Ukkunagaram township. Apart from these, every year some part of land in our campus is identified and we grow plants in that region to improve the green cover of campus.

Spark: What are you growing this year?

Students: We are growing leafy vegetables like Spinach and Coriander. We carried out soil testing and after getting positive results, we went ahead and planted the saplings, they are doing very well and maybe in a month's time they will be fully grown. We had also grown Carrots, Beetroots, Potatoes and many flowering plants in the earlier years.

Spark: How do you make time for these activities, it seems like a lot of hard work and very time consuming?

Students: That is precisely the reason why our group's membership is reserved up to 8th standard only. We are very fond of plants and environment, so any activity that allows us to spend some time in their presence and contribute to the well-being of environment is always welcome. Most

importantly, we feel a strong sense of friendship and responsibility with the trees and plants around us, and you can never complain about spending a few extra moments with your dear ones, can we? Our teachers also chalk out the plans efficiently to ensure minimum disturbance to our regular academics.

Spark: What is it that you take away from voluntarily participating in such activities?

Students: Self-satisfaction, good health, memories and a strong bond of friendship with the trees and with our team mates as well. A practical exposure and validation of various theoretical aspect we learn in our textbooks. At the heart of it, every day we go back home we feel we have done more good than harm to Mother Earth.

On that note, our hearts felt lighter knowing that the future of mankind rested in able hands and wonderful minds. We bid the students a warm good bye and thanked the Principal, Rev Fr. Biju Scaria for this wonderful opportunity and managed to make our way back through the cool shade of green canopy overhead that threatened to block away the entire sky on our way back.

Interview by bharadwaj

NOSTALGIC MEMORIES OF CHILDHOOD

"Sometimes memories sneaks out of my eyes and roll down my cheeks"

"I'm thankful my childhood was filled with imagination and bruises from playing outside instead of apps and how many likes you get on a picture".

It's a great joy and intriguing to cherish the exotic and outlandish poignant memories that we have had in the childhood. It's reminiscence and rumination beyond getting back once again. It's only a sweet and sweetest memoir that's being written in the unwritten registry of our hearts' deepest and oldest pages engraved with love and retentions beyond processing. To go back to childhood and to be with the childhood buddies is an ever forgotten dream of every soul who loves evocative and haunting feelings. It's a magnificent vibrant exotic emotion to go back to one's own beloved childhood.

I am in the midst of the young and growing adolescent children, and when I watch them spending their precious time precariously in front of the modern gadgets and with fake concentration and no love or affection to their loved ones or to their wards I miss the golden childhood that I had. Many times I advise my students to play in the most homely manner forgetting or getting them out from their time killing smart gadgets. But they stare at me as if I have told them a joke or this is a kind of hullabaloo of my own dominating mind. They failed to understand the sentimental emotions intricate in my suggestions to them.

As we are ruminating the retro games that we have almost forgotten I recall an emotional and pining moments that I had in my childhood. I grew up along with my maternal cousins in one of the loveliest towns in Kerala. This place was full of euphoric and ecstatic lustrous greenery. We have rubber estate around our house and full of coconuts and arac nuts. The

boarder of our house is a river, which used to be full almost all seasons of the year. We had holidays on Saturdays and Sundays. After the lunch every Saturday we used to play hide and seek. I used to long for that particular time i.e. from 2 o'clock to 5 o'clock in the afternoon.

There was an exhilarated experience that even now fills my veins with interest and I get goose bumps. One of our neighbours had an elephant and a calf. Interestingly, the elephant used to play with us hide and seek. I remember it was almost every time the calf named Ammu used to count. Ammu used to wait literally for Saturday because while we were having our lunch Ammu would be waiting for us in the rubber estate. We used to hide either behind the rubber trees or behind the coconut tress. The most amazing thing was that anywhere in our land we hide Ammu used to find us. Ammu used to come very slowly, (usually the elephants in Kerala have small bells tied in their neck) Ammu used to walk without making any faintest sound of the bell. And lo and behold it used to touch us with its small trunk on our head and run back to the tree where it's counting. And after two or three rounds of playing we marched towards the river for bathing. Ammu used to swim along with us and allowed us to sit on her back and we used to have exultant time. It used to be same for many years until Ammu died one morning. It is a heartbreaking memory for me even now.

I cannot but recall these nostalgias with joy in my heart and smile in my face. I wish to go back once again to that wonderful childhood days where I enjoyed at my heart's content. We used to play many games but this touching memory would never fade from my mind. It remains ever fresh in the folios of my heart as cutest nostalgic memory.

Sr. Bindu Abraham
Machilpatnam

DONKEY KONG

A High Tech game during the 1980's and now a Retro tech game.

Donkey Kong was one of the first Electronic High Tech game released by Nintendo in 1982. The game was simultaneously released in Japan, Europe and America. This game was encased in a bright red color box, (like a compass box), which would fit the pocket of any school student. It had a brightly lit screen, loud sounds & tunes (whenever the stones landed on the Jumpman and whenever records were set) and had controls on both sides, which had to be simultaneously used, to keep the Jumpman in control. Any child could hold on to the console and play and learning the game was very easy. Needless to say this game was an instant hit among the children of the day, all over the world.

My dad during his trip to Europe in 1982 got us this game when it was just launched. The game was so addictive to us- 5 brothers and sisters, that we would book time-slots to play and each one would set up records for others to break.

In the game Jumpman (named Mario) has to rescue a damsel in distress (Pauline) from the giant ape named Donkey Kong (cranky monkey). The Donkey Kong would go on throwing stones down the slope, which Mario should jump over (using the controls in the game console) and climb the slope till he reaches the top and rescue the damsel. Once he rescues the damsel, the game gets over and the points starts counting and the original screen comes back to Start again. The game then becomes more difficult, as now more monkeys come on screen and start throwing stones and the climb becomes more difficult. If the Jumpman gets hit, the game gets over and the final points are displayed. If that is the highest points recorded till now, the same can be benchmarked with the players name against it. Since I had become an expert I would keep setting benchmarks for others to beat. It was

such fun that it cannot be expressed. Since my school timings were 11.00AM to 5.00pm, I would be at the game during the morning hours and would set new benchmarks for my sisters to beat, when they would come back from school at around 3.00 pm. The fight was

so intense that unless they would set a new record, they would not give me the game. There are many incidents resulting in friendly fights which we cannot forget. The game console was almost broken when my brother threw it, when the Jumpman got hit by Donkey Kong within sight of setting a new record. High concentration was required and there was no time to even scratch, in the event of a mosquito bite.

The last benchmark posted by my youngest brother on Donkey Kong was an astronomical 10100 points which could not be broken by anyone. The game console finally got spoilt during the 90s, as it got wet during the rains. But by then the early Computers had been launched in the west and surely we also got an `assembled computer' in the house and our interest waned in electronic games. Now Donkey Kong is a retro game for collectors of old electronic video games of contemporary times.

- Preman Kartha



PERHAPS I CAN ROLLBACK

It was the age which I was about to forgot but still its imprint in my heart and mind. It was the age when I started understanding my surroundings. I used to get enough time for me and the real amazing time, when I had three works i.e Eat, Play and sleep. Now a days Barbie hold a special space in everyone's heart. Likewise I used to make dolls by wrapping old saris of my grand mother. I used to dressed it nicely and put all kind of ornaments which was easily available.

I remembered my grandpa made a small hut for me and it was full of toys. Some toys are made up of by me and my elderly friends and some were gifted. it was the time when I tried to imitate my immediate world, like i used to perform marriages of my doll, cooks food like my mamma...etc. That was full of imaginary and wonderful. Gradually I learnt the games LIKE

Marbles (KACHA GULI)

We just play this game to steal others marbles, haha ! That's the best feeling we will get. If we lose our marbles then we

will complain to his/her parents and get them back. Even if this happens we don't stop playing this game. We will have different types of colors and collections with us.

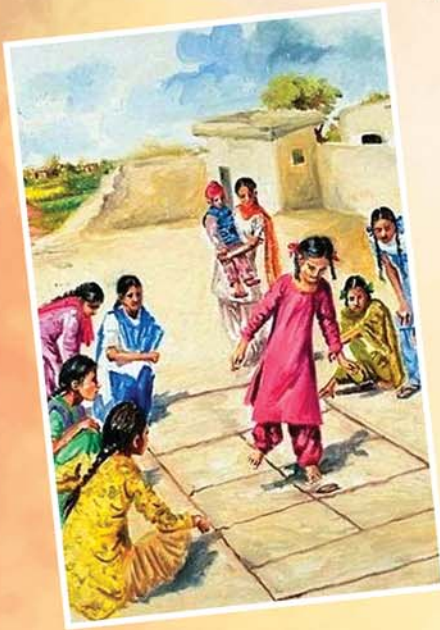
PUCHI:- They were Thia Puchi, Basa Puchi. Thia Puchi is performed in a standing position and Basa Puchi is played in a squatting position. They strengthen the whole body, especially thighs and feet.

Among all the game named "Kata" is my favorite. It's played with even numbers of pebbles. We used to search same size and shape of pebbles and we have to throw it in air and have to hold in the backside of palm..In first toss we have to hold all pebbles and it followed with some steps of rules. I really enjoyed that game..It actually improves the dexterity of fingers and the magical co-ordination between eyes and hands. The invasion of video games destroys the values. It is really destroying the inventing, researching, mingling capability of our kids. I wish perhaps I can rollback to those days.

- Rosini Nayak

THE PLACE:KURSEONG

THE GAME :DICE



Holidays and festival times are always fun. Arent they??! Holidays and festival times meant that we availed extra share of fun, even if it meant breaking a few rules. Being brought up by my maternal grand parents and living amongst many cousins meant we never were in need of any friends . We, cousins, were all great friends through thick and thin .We have different ways and rituals of celebrating different festivals. Some festivals are only about rituals while some are about FUN. The memories of one such festival time keeps coming back to my mind many times, especially during the diwali time.. actually to not my mind, but also to all my cousins.

In kurseong, people predominantly follow the Nepali culture and traditions. During Diwali, people organise many “fun stuff” on the streets- Mostly, in front of their

respective homes. Every child in the street would wait for this time of the year, where children from each house would organise games and all of us would take turns to go and play at each others house and win prizes in the form of goodys and even cash!!One diwali, we cousins, got together to plan a game which would not only be FUN but also get us lots of money. After a lot of suggestions and discussions, we decided on organising “The game of DICE”. This was actually a game of LUCK. We kept many small and big items to be won by the participant. The player had to first pay.....rupees to play. Next, the player would pick

ONE folded chit from the box without seeing it. These chits had numbers written on it .Now the player would win the item that corresponded with the number he/she had picked. This game attracted a lot of children of the street because they were sure to win some goody everytime they played. As the day progressed, more n more children started crowding to play our game and many of them even played more than a few times with the hope of hitting it big time by winning the bigger items kept there. We were too thrilled and excited to even take a break from this good time. The going got really good for us cousins, until we ran out of luck when one smart , curious fellow wondered as to why no one was winning the few costly items kept there. .. This led to heated arguement That boy whose name was Chankhae wanted my cousins to show him all the chits in the box to be convinced that the box contained chits with all numbers that represented the gift items at display. Without batting an eyelid, (name the boy)my eldest cousin brother opened the box for scrutiny. What followed was, Plenty of anxious moments. All hell was about to break loose and the elders who gathered there were ready to intervene to make peace. In all this, I was sitting cool and unmindful of the situation I had created by giving the idea. What saved our day was(my cousins) presence of mind and a bit of skill of a magician. While the search for all the numbers was going on,just quickly slipped the chit very deftly which he had kept in the sleeve of his shirt. Weall heaved a sigh of relief. It was truce-time. And all got normal but not before we were punished for disobeying by the family...And the day came to pass.... The wrong I had done to have some masti was haunting me. I did not want to stay with this bad feeling. So i decided to make my “confession”!! Knowing that i was the naughtiest of the lot, my confession did not surprise the family. They all had a hearty laugh after giving me a sermon . To this day, this diwali incident is very fresh in my mind. It makes me cry , when i laugh thinking about it....one of the precious memories of my childhood .



- Lata Choudhary

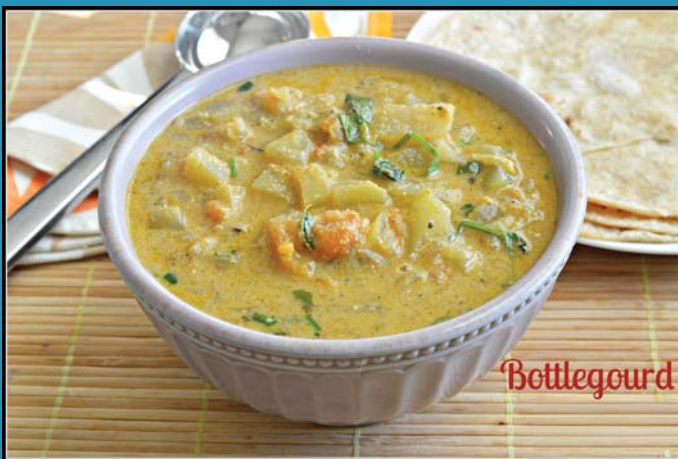


During the winter vacations, we used to go to our paternal grand parents house. Everyday of our stay there was a delicious treat. All dishes prepared were as per our request and demand. It was a time when we all were pampered . my grandmother used to decide the menu for the day based on our demands and requests. She would also spring us surprise by preparing some delicacies of her choice. The following is a recipe of one such simple and tasty dish that is our favourite even to this day.

RECIPE : SWEET & SPICY BOTTLE GOURD CURRY

INGREDIENTS REQUIRED

1. Tender bottle gourd- 1 small
2. Green chillies-1
3. Curry leaves-1 string



4. Milk-1 cup
5. Jiggery
6. Salt
7. For seasoning- urad dal, chana dal, mustard, jeera- 1 spoon each

PREPARATION

1. Peel the bottle gourd and cut into medium size pieces.
2. Cut the green chilly into four

3. In a pan, put three spoons of oil and seasons till it turns golden brown
4. Add chillies, curry leaves, and bottle gourd pieces, mix well and allow to cook for two minutes.
5. Add one cup pre boiled milk and cook for another two minutes
6. Add jaggery and salt as per taste after taking off from the stove.
7. Cover the pan with a lid. Allow the jiggery and salt to be absorbed by the bottle gourd
8. The curry is now ready to be relished with hot rotis, rice or just it by itself !!

MAKING CURD IN EARTHEN POT

Using earthen vessels for cooking are very healthy and useful .

I make sure that atleast the curd in our house is made using the earthen pot only. Now a days earthen pots and



pans are available everywhere including big malls and hyper stores too. This is due to increased health conscious among the younger generation especially.

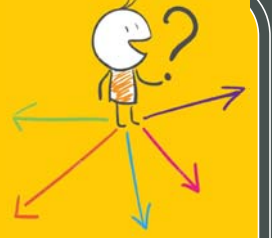
For making curd, boil milk in the earthen pot and keep it till it is luke warm. Add ¼ spoon of curd in it, cover it and allow it for about six hours to set. Taste a spoon full of curd and you will find the difference between the earthen vessel and the curd made in steel vessel.

USES

1. The curd will not become sour.
2. Cooking in earthen vessels linked with longevity
3. It safe guards micro nutrients for long time
4. Provides significant relief for problem of acidity

- KVS Valli

పయనం ఎటు?



గత కొద్ది కాలం క్రితం వార్తలు చూస్తూ ఉంటే మన పయనం ఎటు అనే సందేహం కలుగుతోంది. ఆర్థికంగా మధ్య తరగతికి చెందిన శిరీష అనే యువతి బ్యూటీషియన్ గా కుటుంబ నిర్వహణ బాధ్యతలో పాలు పంచుకునేంత వరకు బాగానే ఉంది. కాని ఆ శిరీష ఆత్మహత్య తర్వాత వార్తలలో వచ్చిన కథనాలు విన్నప్పుడు, ఆ సందర్భంగా ప్రచురించిన ఆమె ఫోటోలు చూసినప్పుడు ఆమె వ్యక్తిగత లేక సాంసారిక జీవితాన్ని ప్రక్కకు పెట్టి, ఆమె జీవనశైలిని గమనిస్తే వాస్తవ పరిస్థితులకు ఎంత దూరంగా ఉన్నదో అవగతమవుతుంది. ఏదో సామెత చెప్పినట్టుగా 'స్వర్గానికి నిచ్చెనలు వేసే చందంగా' ఉన్నది ఆమె వ్యవహారం.

ఇలానే తొమ్మిదో తరగతి చదువుతున్న పూర్ణిమా సాయి. తన అభిమతాన్ని గమనించని తల్లిదండ్రులతో నాకేంటి అనుకుంది గాని, నే వెళ్లే మార్గం సరైనదేనా కాదా అనే ఆలోచన లేకుండా ఇల్లు వదిలి వెళ్లిపోయింది. అదృష్టం బాగుండి క్షేమంగా దొరికింది. పాపం ఆ తల్లిదండ్రులది ఎంతటి దారుణమైన పరిస్థితి అంటే కౌన్సిలింగ్ చేస్తే గాని తిరిగి ఇంటికి వెళ్లటానికి అంగీకరించలేదు.

ఇంకో సంఘటనలో భాగస్వామ్య వ్యాపారం చేస్తున్న ఇద్దరు వ్యాపారులకు వ్యాపారంలో నష్టం వచ్చింది. ఆ నష్టం నుండి బయటపడడానికి వాళ్లు ఏమి ప్లాన్ చేసారో పేపర్లో చదివిన నాకు ఎలా స్పందించాలో అర్థం కాలేదు. ఎందుకంటే ఇంకో పెద్ద వ్యాపారి నుండి కిరాయిముఠా ద్వారా దోపడి చేయించి, తమ సమస్యను పరిష్కరింప చేసుకోదలిచారు ఆ ప్రబుద్ధులు. కాని ఆ వ్యాపారితో కీచులాటలో ఆ కిరాయి ముఠా ఏకంగా అతనిని చంపేసింది. పర్యవసానం ఏమిటో ప్రత్యేకంగా చెప్పనవసరం లేదనుకుంటాను.

ఇలాంటి సంఘటనలు విన్నా, చూసినా నాకో సందేహం కలుగుతూ ఉంటుంది. అసలు మన పయనం ఎటు? తనకు లేదని ఏడ్చి ఒక కన్నునూ, ఎదుటివాడికి ఉన్నదని ఏడ్చి రెండవ కన్నునూ పోగొట్టుకున్న చందంగా ఉంటున్నాయి, నేటి మన వ్యవస్థలోని గొంతెమ్మ కోర్కెల ఫలితంగా జీవితాలు. ఆధునిక వైజ్ఞానిక ప్రగతి మానవ మేధస్సును మరింత ఉన్నతంగా ఆలోచించే స్థాయి నుండి ఎంత క్రిందకు దిగజారుతున్నది? ఇలా ఆలోచిస్తూ కూర్చోని ఉన్నప్పుడు నా ఎదురుగా వాలిందో సీతాకోక చిలుక. ఆ క్షణం నా మనసులో ఈ సీతాకోక చిలుక మనకు నేర్పే గుణపాఠం ఒక్కసారిగా స్ఫురణకు వచ్చింది. అదేమిటంటే....

రంగు రంగుల రెక్కలతో చూడముచ్చటగా ఉంది చూపరుల మనస్సును చిన్నా, పెద్దా అనే తేడా లేకుండా తమ వైపుకు ఆకరింపించే సుకునే జీవి సీతాకోక చిలుక. సీతాకోక చిలుకలను వర్ణించని కవి ఉండరేమో... ఏ సాహిత్యంలో వెతకినా సీతాకోక చిలుకల వర్ణన మనకు కనిపిస్తుంది. కాని, నిజానికి సీతాకోక చిలుక పుట్టుకతోనే అలా ఉండదు. దీని జీవిత చక్రం చాలా విచిత్రంగా ఉంటుంది. సీతాకోక చిలుక జీవిత చక్రం నాలుగు దశలుగా ఉంటుంది. మొదటిది గుడ్డు దశ. రెండవది లార్యా దశ. మూడవది ప్యూపాదశ. నాల్గవ దశ ప్రౌఢదశ. విచిత్రమైన విషయం ఏమిటంటే కాటర్ పిల్లర్ దశ అనగా లార్యా దశలో ఇది మొక్కల ఆకులను తింటూ మొక్కలకు హాని కలిగిస్తుంది. అప్పుడు దీనిని గొంగళి పురుగుగా పిలుస్తారు. గొంగళి పురుగు ఒంటిమీద పాకితే దురదలూ, దద్దుర్లు వస్తాయని ప్రతి ఒక్కరూ గొంగళి పురుగును చూసి అసహ్యించుకుంటారు. అదే ప్రౌఢ దశలో సీతాకోక చిలుకలు మొక్కల ఫలదీకరణానికి ఎంతో సహాయకారిగా ఉంటాయి. అంటే అందరి మనస్సులను అలరించి, మెప్పించే స్థాయికి ఎదగాలంటే సీతాకోక చిలుక జీవితం మనకు ఆదర్శం.

అన్నిరకాల పరిస్థితులకు ఎదురు నిలిచి తట్టుకొని ఆ స్థాయికి ఎదిగే సీతాకోక చిలుకను చూస్తే లభించిన దానితో తృప్తి పడక, అందని వాటికి అరులు చాస్తూ వర్తమానాన్ని మరియు భవిష్యత్తును నాశనం చేసుకుంటున్న నేటి మన వ్యవస్థలోని వారు ఎంతో గుణపాఠం నేర్చుకోవచ్చు అనిపిస్తున్నది.

- కె ఎన్ ఎల్ వి కృష్ణవేణి

वचन का एक जमाना था
जिसमें खुशियों का खजाना था
चाहत चाँद को पाने की थी
पर दिल तितली का दीवाना था
खबर न थी कुछ सुबह की
न शाम का ठिकाना था

थकके आना स्कूल से
पर खेलने भी जाना था
माँ की कहानी थी
परियों का फसाना था
बारिश में कागज की नाव थी
हर मौसम सुहाना था

हर खेल में साथी थे
हर रिश्ता निभाना था
गम की जुवान न होती थी
न जखों का पैमाना था
रोने की वजह न थी
न हँसने का वहाना था
क्यों हो गये हम इतने बड़े
वो वचन का जमाना था...



Benefits of sleeping on your left side. In Ayurveda it is called Vamkushi..

1. Prevents snoring
2. Helps in better blood circulation
3. Helps in proper digestion after meals
4. Gives relief to people having back and neck pain
5. Helps in filtering and purifying toxins, lymph fluids and wastes
6. Prevents serious illness as accumulated toxins are flushed out easily
7. Liver and kidneys work better
8. Helps in smooth bowel movements
9. Reduces workload on heart and its proper functioning
10. Prevents acidity and heartburn
11. Prevents fatigue during morning
12. Fats gets digested easily
13. Positive impact on brain
14. It delays onset of Parkinsons and Alzheimers
15. It is also considered to be the best sleeping position according to Ayurveda.

जीवन एक क्रिकेट है

सृष्टि के स्टेडियम में
धरती की विराट पिच पर
समय वौलिंग कर रहा है
शरीर बल्लेबाज है
धर्मराज अंपायर है
वीमारियाँ फील्डिंग कर रही हैं
यमराज विकेट कीपर है और
प्राण विकेट है
इस
डे एंड नाइट के मैच में हमें
रचनात्मकता के जलवे दिखाना
है
सौंसों के सीमित ओवर में
सृजन के रन बनाना है
गिल्लियाँ उड़ने का अर्थ है

सौंस का टूट जाना
एल बी डब्ल्यू यानि हार्ट-अटैक
दुर्घटना में मरना रन-आउट
कहलाता है
आत्मघात का मतलब
हिट-विकेट हो जाना
हत्या का अर्थ स्टंप-आउट होना
हालाँकि कुछ आक्रामक खिलाड़ी
जल्दी पैवेलियन लौट जाते हैं
पर पारी ऐसे खेलते हैं कि
कीर्तिमान बन जाते हैं।
सबका अपना-अपना रन-रेट
है।
जीवन एक क्रिकेट है।

- नरेंद्र प्रसाद

DADI MA KE NUSKHE



Before you thrash something, examine to see if you can put to any good use. for instance, empty jam bottles can be used to grow greens. Read on to know my top 10 tricks.

1. A CURTAIN WITH A TWIST...I got bits of old saree that had suffered a tear and a dupatta and stitched the two at bottom of old curtains, then bought readymade short curtains to add another layer in the front-with a bit of creativity it all fell right in.
2. USE THE PEELS NOT ONLY FOR FACE PACKS use dried petals of rose jerbaras ,lilliums and also fruit peels of mango for yellow, strawberry or maroon.Grind to a fine powder and use a light wash of poster paint on floor as base to brighten up rangoli with homemade powders.
3. ANKLETS AROUND THE NECK...when my sons were gifted silver anklets and of no use now.got the local jeweller to solder few to make a necklace.wow I show off in style.
4. SCRIBBLE ON both sides of the page to reduce wastage by 50%.use old bills and envelopes to do lists or to take down everyday notes.
5. DONATE OR DECORATE...IF THE PURPOSE of story books is to broaden child's imagination, why not recycle, they can cut out pictures from old books to make new story books,board games and puzzles.
6. SMART KITCHEN TACTICS...the aluminum foil used to pack children's lunch box can be used twice judiciously,use the cardboard boxes of crockery such as glass sets to stack bangles.
7. HOME MADE FRYUMS...Don't fret over leftover rice . Add water to the rice and re-steam it. while still hot add salt, chilli powder to taste. mash it. spread on muslin cloth as in desired shapes. let dry in sun for a day or two deep fry
8. TURN SCRAP INTO GOLD.... once bought a leather bag.after uses,it joined forcibly retired group, cut the printed sides of leather and framed the art works and now elegantly did up the bland pillars of the house.
9. RE-PURPOSING WOOD...we all love birds but hate cages .so collected wooden planks nailed it together to make a hollow box. drilled a hole on one side to make a door way. Placed a bowl of water, birds come and go as they pleased.
10. LET THERE BE LIGHT...The lights that we buy around Diwali. Christmas or other family celebrations are usually stuffed in the lofts for the next year. Use them to customize the main light in the living room with the help a trusted carpenter

-Sourced by Indrani Maji

Okay, so you're 10 years old, you have a laptop, iPad, Facebook, an iPhone...



Dude, when I was 10 I only had 1 thing to play with...

It was called "OUTSIDE"

'షష్టిపూర్తి' అయిపోయిందిగా..... రెట్రోగేమ్స్ ఏవైనా
అడుకుందామా..... లభిమా.....



రెట్రోగేమ్స్ కోబింగ్కి ఎకాడమీ పెడదా మనుకుంటున్నా...
ప్రభుత్వం ఓ వెయ్యి ఎకరాలు స్థలం ఇస్తుందంటావా...
ఉబితంగా....



రెట్రోగేమ్స్లో మావాడు చాలా సార్లు గెలిచాడు...
స్పార్ట్స్ కోటాలో 'ఎం.బి.బి.ఎస్' సీట్స్వారా సార్....



గోకాయలాడింది...
వరల్డ్ కాంపిటిషన్
కండక్ట్ చేసింది...
మమే కదా... డాడీ...

రెట్రోగేమ్స్లో వరల్డ్
ఛాంపియన్వా...
అదెలా...



LEISURE

1. Which topic does Mr.Balaji choose to make us roll in laughter?
2. Who met at Arunodaya?
3. Which game strengthens the thighs and feet?
4. Which temple premises are being repaired by VMS?
5. What is the name of the elephant calf which played hide & seek with children?
6. What did the writer learn from quizzing?
7. What according to author is the best part of Ukkunagaram group?
8. Name the child who learnt to fly kites.
9. Name the persons featured in hamareApne.
10. Which electronic high tech game was popular in the 80's?

Editorial Team
Bindoo Mohapatra
Editor-in-Chief

Satyendra	Vani Deshikachar
Gopal	V. Suguna
Bharadwaj	Savitry Srinivas



Letters to the Editor

Dear Editorial Team

I happened to go through Vol-6, Issue-3 of Spark "Cookery Special". Normally a cookery special of a Women's magazine would be the usual mundane stuff with some recipes. But this issue has taken the magazine to a high. The articles are well thought out. The cover design both front and back is exceptional. Fun & knowledge combined. Did not take my eyes off while reading the editorial from "Dear Readers" till the end. A number of recipes are getting into my recipe book. The magazine is classy. And appreciate your thoughtful use of the nice cover made by the children of Arunodaya Special school. And the test at the end!!!!

Congratulations and best wishes.

Warm Regards
R.Sumeet

Bharadwaj ka interview " badiyabadiya"

JD share few more of your recipes, posto bora tasted yummy, admired your attitude towards woman and her changing responsibility.

Look forward to your articles and waiting for your restaurant to come up dear

- **Indrani Maji**

Very very inspirational topic.....it's a every day affair and taking this as a topic makes one realise what a big portion of us actually depends on food.It also helps us to be more aware to perfect the art of preparing it n partaking the food.

- **SRABANI SAHOO**

Soo much about food! Very positive and tasty magazine I must say!

- **Arvind Mishra**

స్పార్క్ కుక్కరీ స్పెషల్ సంచిక నాకు చాలా నచ్చింది. దీనిలో రకరకాల వంటల గురించి, ఆ వంటలతో కూడిన అనుభవాలను గురించి చదవడం సరదాగా అనిపించింది. ఈ పత్రిక మమ్మల్ని ఇలాగే అలరిస్తూ ఉండాలని ఆకాంక్షిస్తున్నాను.

- **బి లక్ష్మీదేవి**

स्पर्क पत्रिका का अंक अच्छा लगा। पत्रिका के My Garden Feature से मुझे अपने गार्डन को कैसे सुंदर रखा जाय, इसकी जानकारी मिलती है। दिल से, दादी माँ के नुस्खे भी मुझे अच्छे लगते हैं। इस पत्रिका के उत्तरोत्तर प्रगति की कामना के साथ...

- **यमुना**

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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