



# SPOORTHY

INAUGURAL ISSUE

The Hong Kong Telugu Samakhya

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Compiled by Jaya Peesapaty

Composed by Narsi Bolloju

## THE COMMON MAN

*Chalasani Dharmendra*

Last night, I was jotting down the following thoughts of mine. The never-ending thoughts on me, about you and everyone in the society, who will be always at a fix, who has nothing but to crib and complain about the changing systems, policies, increasing prices, getting neglected, becoming oblivion in the decision making of the society. We are the middle class of the society, also called as The Common Man.

We live in a compartmental life physically and mentally. We have lot of limitations, reservations in day-to-day lives and hence, we don't dare to raise our voice, take an action against the increasing corruption, increasing exploitation. Most of us, never stepped on the steps of Police Station, never called 'Police Help Line'.



Most of us didn't use our voting right till now and when ever there is a mixed result, resulting in Hung-Assembly, we again blame the leaders (forgetting the fact that 37-40% of the Indian Society comprises of youth and we didn't cast our vote this elections).

We agitate in our inner selves against the increasing prices. We got compromised to pay the premium for the ever increasing petrol. The lesson our fathers taught us is to study hard, work hard and make your lives. Nowhere in their message, talk about the society and our contribution to the society. After all, we cannot blame them too. They believed that, for Rich, it hardly matter even if they lose. For poor, they had nothing to lose, so that hardly matters. For us, survival and dignity comes hand in hand.

This is the message, being carried from generation to generation.

Silence is our greatest weapon. The art of forgetting is our greatest gift. Complaining to ourselves is our obvious trait. For us numbers means our marks, percentages we got in our academics. For us budget means our home budget we make at the start of every month. Changing Governments means nothing to us.

Great success comes in various forms to us, if we save Rs.100/- on monthly electric bills, or on the taxes at the end of the year.

A cup of coffee every day, a family pack of biryani every Sunday makes us relished. Never-ending saas bahu serials, ever striking headlines on News Channels, cricket matches, movies keep us engaged.

So, what are we talking about? Huh?

Haah!  
This is the story of us. The Common Man, Where the leaders are always far from us, off us and don't even care to buy us. □



*Flowers for Peace*

*by Dr. P. Prasad*



*Chakra for War*

### ఆధ్యాత్మిక అడుగుజాడలు

మంచి పుస్తకము, ప్రతిస్పృహనాత్మక రచన యనస్సును విశాల పరుస్తుంది. కొత్తవరద తోనే పాత నీరు పరిశుభ్రమవుతుందనెడి, మనకికొత్తన విషయం తొకూడా నిజం.

రామాపురం అనో డాక్టర్లు రైలు దిగింది. నమ్మకం తన రిక్టర్ని మాట్లాడుతోంది. భక్తి తన పంటతోకి తోసుకు వెళ్ళమనంది. పాపం తన డెడ్ ఎండ్ వాది వస్తుంది. పుణ్యం తనో దాని ఎదురు సందులోకి ముందుకు సాగింది. ప్రార్థన తనో వంటెనని దాటుంది. కర్మ తనో సరికల్ వస్తుంది.

దుష్కర్మ తనో రెడ్ లైట్ అకేరడ వెలుగు తొండువచ్చు. సుకర్మ తనో పచ్చ లెటు వెలిగాక ముందుకు సాగింది. భజన మండలి తన్నో బొద్దు కుడి రోడ్డు లోకి మళ్ళంది. తక్కువ రోడ్డు నాలుగు రోడ్డు గా చాలుతుంది. మొదటిమూటికి పేరు తిన్నాయ (స్ట్రీట్, డ్యూషం సందు, ప్రతీకారం వాది. వాటిని వదిలి నాలుగు సందులోకి తిరగింది. దానిపేరు సద్భంగం వాది. ప్రకృత కేనబడ వదంతుల వాది లోకి వెళ్ళకండి. తిది వనవ రోడ్డు. కాసంత ముందుకు వెళ్ళక ఓ జంక్షన్ వస్తుంది. అకేరడ ఎడమవైపు రోడ్డు పేరు వ్యామోహం. కుడి రోడ్డు పేరు వైరాగ్యం. వైరాగ్యం వాది లోకి ఎదురుగా మీకు క్షవల్యం తనో చౌరస్తా కేనిపిస్తుంది. దయగల వ్యధయం భగవన్నిలయం తన్నో బొద్దుకి ఉన్న బాణం గుర్తు వైపుకి వెళ్ళండి. ఆ చౌన మార్గ వాది లో ఆ ట్లో పేటోర్ తన్నో బొద్దున్నో తెల్ల రంగు ఇల్లు కేనిపిస్తుంది. గట్టు దగ్గున్న ముక్తి తనో తేలుపు మిమ్మల్ని చూడగానో తోరుకు కులలుంది. ఇది దేవుని ఇంటికి సరైన దారి. శ్రీ మలాది కృష్ణ మూర్తి గారు ఈ ఆధ్యాత్మిక సందేశాన్ని తన కథి ల ద్వారా అందించారు.

సర్వజీవులయందు దయ ప్రేమ కలిగి ఉంటే తోటి మానవులతో స్వాభావ్య త్వమును కలిగి జీవించుటయే ఆధ్యాత్మిక జీవనానికి మేనాది ఆపునాది గట్టిగా ఉన్నంతేవరకూ, మానవ జాతి మహాజ్వలంగా బాసింస్తుందని సత్యమితివేకొనందు, ఇచ్చిన సందేశం ఎంతో మనోహరమైనది.

P. Aruna Prasad

## HASYA JALLU

P. Ravi Shanker

## వంశ పారంపర్యం

"వెంకయ్యగారూ... ఈ జబ్బు మీతో రాలేదు. వంశపారంపర్యంగా వచ్చింది. ఆపరేషన్ చేస్తే పోతుంది" చెప్పాడు డాక్టర్.

"అమ్మయ్య... బతికిందారు. అయితే ఆ ఆపరేషనేదో మా తాతయ్యకు చెయ్యండి" చెప్పాడు వెంకయ్య.

## వి పక్క

"మీ ఆవిడా, మీ అమ్మా సూర్యకాంతం, ఛాయాదేవిల్లా రోజూ పోట్లాడుకుంటున్నప్పుడు నువ్వే పక్క నిలిచుంటావు?" సుధాకర్ ను అడిగాడు కరుణాకర్.

"గోడపక్క" చెప్పాడు సుధాకర్

## భయం

"నాకూ, మా ఆవిడకు ఏమైనా గోడవయితే నేను వెంటనే మా ఇంట్లో బావిని చెక్కతో మూసి ఉంచుతాను"

"ఏం.... మీ ఆవిడ అలిగి నూతిలో దూకి ఆత్మహత్య చేసుకుంటుందని భయమా?"

"కాదు..... నన్ను తోసేస్తుందని."

## కోరిక

"నాన్నా... నాన్నా... నాకు సన్నాయి నేర్పుకోవాలనుంది. నేను నేర్పుకోవటానికి ఒక సన్నాయి కొనిపెట్టావా?" ఐదో కొడుకు అడిగాడు తండ్రిని.

"వద్దురా.. వేళాపాళా లేకుండా వాయిస్తే ఇంట్లో గోలగా ఉంటుంది" అన్నాడు తండ్రి.

"ఫర్లేదు నాన్నా... మీరంతా నిద్ర పోయిన తరువాత వాయింతుంటాను" చెప్పాడు కొడుకు అమాయకంగా.

## “ కారం - తో తమాష

తల్లి బిడ్డ మధ్య ఉండే కారం = మమకారం

హాస్యం తో కూడిన కారం = వెటకారం

పెత్తనంతో వచ్చే కారం = అధికారం

చీకటి తో వచ్చే కారం = అంధకారం

పగ తో వచ్చే కారం = ప్రతీకారం

పద్ధతి తో వచ్చే కారం = ప్రకారం

సహాయం తో చేసే కారం = సహకారం

గర్వం తో వచ్చే కారం = అహంకారం

చేడు చేసే కారం = అపకారం

మంచి చేసే కారం = ఉపకారం

అసహ్యం తో కూడిన కారం = వికారం

ఇతరులకు మంచి చేసే కారం = పరోపకారం

బదులు సహాయం తో చేసే కారం = ప్రత్యుపకారం

- by ARUNA RAMESH LAGUNA CITY



SWAN LAKE -  
Photo by Dr. P Prasad

## BE THE ROCK STAR OF YOUR LIFE CONCERT

*Chalasani Dharmendra*

How many years will I live ?  
Next time, if you ask this question to yourself, just reply that "THIS MOMENT". We are not that much wise/ intuitive enough to predict the witty script of God. We don't know till when is our role in this world is up to. Hence, stop repenting on the past, stop analyzing the future, live in the present, the Now.

By the end of today, when you reach your home after work, just spend time for yourself and make a list of wishes you need to fulfill, the hobbies you want to build, list of books you want...

Most important of all, list all those persons who has brought a impact (small or big), who has contributed to your learning of life- just thank them in your way for making your journey more exciting.



## A VALENTINE'S JOURNEY

*Anish Reddy*

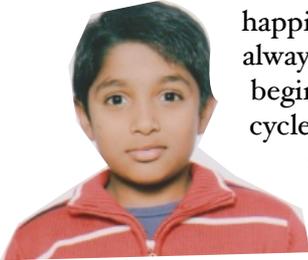
Valentine's Day is a day of love, romance and of course, the market place. I would not be the old fashion way with hearts and flowers, just not my style. I would rather be a slick rectangle with a superhero's picture. My message would be to my mum and dad.

Happy Valentine's to the best parents in the world! Thanks for always being there for me! Mum and Dad, you deserve to be honoured today, Here are some flowers for you!



## MY NEW YEAR RESOLUTION

*Anish Reddy*



New year comes with happiness. New Year has always seemed to be a beginning of a new cycle, or a new path of self-development.

But this year will end with these following resolutions:

i) I would like to be more assertive and self-confident, and I would like to have more confidence in myself. I need courage to admit my faults and failure, and put them in a path of improvement.

ii) I would like to become more honest with myself, yet I should simply accept myself as a human being who has an inclination to making mistakes, because it's the best way of gaining experience and knowledge.

iii) I would like to slow down my life. It seems too busy and so I have no time for self-reflection, and I have no time to communicate with my parents.

To sum it up, I would like to say that I will not continue to wait for a new year. It is not necessary to wait for a new cycle in order to change your life because some alterations can and must be done immediately.

## HOW DRAGONS GOT THEIR LONG TAILS

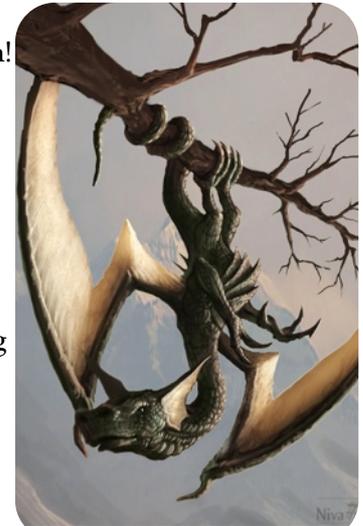
*Venyatha Manne*

Long, long ago in China when the first dragon lived, everybody wanted to be happy but there was one tiny problem. There was a dragon named Ching. He boasted about how strong he was, how he was the first dragon. But he mostly boasted about how handsome he was. "You are so ugly!" he would say to the monkeys. I am the strongest living thing on earth!" he would say to everyone. Everyone in China got tired of it.

One day Ching saw that everyone was going away. Ching asked the birds why everyone was leaving. The birds said that a devil was going to create an earthquake. Ching thought this was the best time to show how strong he was. He didn't go with everyone warned him.

Then after a few hours passed the earthquake began! It was so dreadful! Ching tried and tried to kill the devil but the devil was too strong. Ching held onto a tree with his short tail. His tail stretched and stretched.

Then by the time earthquake had ended Ching was bruised from head to tail, and his tail was so long! Ching hid himself from all the Chinese people and animals, and stopped boasting. After that many dragons were born. They were not bruised from head to tail but they had long tails. That's how dragons got their long tails.



GO  
GREEN

*Sahiti Peesapaty*



## LEARNING TELUGU

*Amy and Susanna*

I went to Pure Yoga's Central studio on a Saturday afternoon in the fall of 2009 and a group of Chinese girls wearing traditional Indian dresses caught my eyes. I felt very interested and followed them to see what was going on in the studio. They were having a dance class. The steps they were doing were very fast with a lot of stamping and the room is full of the sound of tingling bells because all the dancers were wearing a band of small bells around their ankles. Later on, I found out that the dance they were doing was a Telugu classical dance called kuchipudi.

During the rehearsal sessions for the Sankranti 2010 performance organized by HODS, I had the chance to watch some full songs of kuchipudi which really impressed me. The songs were all about traditional stories and myths written in the Telugu language. The dancers were actively telling the stories with movements, gestures and facial expressions and they also sang while they danced. I was touched by the rhythm of the songs, the beauty of the gestures and the concentration of the dancers while they are moving and singing though I did not understand a word of the lyrics.



The year to learn more about the slokas, the lyrics and the cultural background of kuchipudi



leads us to Jaya Garu who was so kind to offer me and my friends a chance to learn the Telugu language. We started by learning the vowels, consonants, words and simple grammar and how to write the vowels. It was a real challenge for all of us as the Telugu language was completely strange to us. However, we did have a lot of fun when we were writing the vowels on copy books together, we were actually drawing them instead of writing them. It seemed like we were going back to kindergartens, especially when Jaya Garu told us stories about the Indian gods. We were so amazed by the stories. Jaya Garu also introduced the different cultures and custom of Indian festivals to

us during the classes. All these are novel and treasurable knowledge to us.

Now I have been learning kuchipudi for more than one year and towards the completion of learning all the 52 basic steps. I am getting ready to start learning songs. At that time, I think I need to strengthen my Telugu in order that I can understand the lyrics more easily and to express myself in the movements more composedly, in a way like telling stories. □

# WHAT IS KUCHIPUDI? WHAT IS TELUGU?

*Shivani*

**2008 summer starts a totally new learning pace for me.**



After my first Bollywood dance class in a yoga center – Pure Yoga at the Centrum, I’m addicted to it. Since then, following our teacher Master Hari Om, I’ve danced almost every day in different Pure Yoga studios for his various classes, not only the flamboyant Bollywood, indo hip hop, semi-classical Indian dance ... but finally also the classical dance Kuchipudi,

which very honestly speaking, I never expect myself will enjoy learning with such passion as of now.

The scintillating rhythm of Kuchipudi songs is especially wonderful to me!! As being a Kuchipudi student for these years, while childhood trained with Western music. I find it’s a beautiful

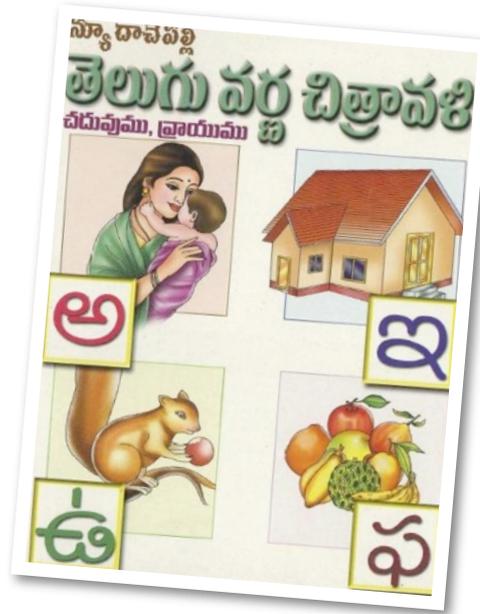
challenge. The quicksilver and scintillating

Kuchipudi dances touch the heart of a music lover, with a great teacher always in passion, created beautiful learning scenery with wonderful challenges.



**When I become a “Telugu-learning kid” ?!**

On the stage rehearsal night of our Sankranti Celebrations Show 2010 with varieties of performances, I heard from Mrs. Jaya Peesapaty that she was welcoming us to join the “Telugu World” too --- the language of Kuchipudi songs !!



A small learning group was formed and we’ve started from the very beginning (alphabets, vowels &

consonants; greetings, simple words, daily use phrases ...). Unlike English with only 26 alphabets and quite familiar with us the phonetics and sentences structure & grammar, to learn Telugu is understood to be a long way to go. Totally it’s not easy at all.

We have had our outing-learning class at the KFC, Starbucks at the HK University -- Jaya garu also told us stories, introduced us more about the Indian culture, festivals ... this was interesting and interactive!!

I’m enjoying very much to dance and sing the Kuchipudi songs. I’m happy trying when my dance master asked “Telugu dictation” of my song lyrics too. Ha-ha.

Dhanyavadamulu master Hari Om and Jaya garu !! □

## RECIPE CORNER

## Cauliflower Fry

Kavitha Boppana



## INGREDIENTS

Cauliflower - 1  
 Onion - 1-small  
 Garlic - 2-flakes  
 Green chillies - 2  
 Coriander powder - 1-spoon  
 Chili powder - 1/2 spoon  
 Salt to taste  
 Turmeric - 1/2 spoon  
 Cumin seeds - 1/2 spoon  
 Mustard seeds - 1/2 spoon  
 Chana dal - 1/2 spoon  
 Oil - 3 spoons  
 Grated coconut - 3 spoons  
 Garam masala - 1 spoon  
 Cilantro to garnish

## PREPARATION

1. Cut cauliflower into very small pieces.
2. Heat oil in a pan ,add red chilli, mustard seeds, chana dal, cumin seeds, curry leaves one by one.
3. Let it pop. add green chilli, garlic flakes, onion pieces and fry for a minute.
4. Add cauliflower, fry for a minute, put the lid and cook in simmer for 3 to 4 minutes, until cauliflower softens.
5. Takeout the lid , add salt, chilli power, coriander power and fry in hi flame for 2 to 3 minutes, add Garam masala, Grated coconut, fry for one minute.
6. Turn off flame. Garnish with cilantro.

It is very easy to make and takes very less time to prepare and it is very tasty. □

కావలసిన పదార్థాలు	తీరటికాయ వడలు
6 తీరటి కాయలు	పెసరపప్పు, బియ్యం ఒకే తీర
1/4 కిలో వెసరపప్పు	గంట ముందు నీళ్ళలో వాన చెల్టాతి.
యాడు పిడికళ్ళ బియ్యం	తీరటికాయలు తోకూలోసి చేస్తే
10 పచ్చిమిర్చి	ముక్కలుగా చేయాలి. ఒకే గిన్నె
5 ఎండుమిరప కాయలు	లోముక్కలు యువినోటుట్లు నీళ్ళు
1 లో సూట్ల బోలకల్ల	పోసి ముక్కలని స్ట్రా మిద మెత్తగా
1/4 కిలో నోరుతి	ఉడికించాలి. వానోసుకున్న బియ్యం.
1/4 కిలో నూనె	పెసరపప్పు, ఉడికిన తీరటిముక్కలు
1 వెల్లుల్లి పొందు	పచ్చిమిర్చి, ఎండుమిర్చి, తిల్లం,
తగినంత తిల్లం	బోలకల్ల వోసి మెత్తగా గట్టిగా
తగిన సోడా - చిట్కెడు	రుబ్బుకోవాలి. ఇప్పుడు ముద్దలో
ఉప్పు తగినంత	ఉప్పు, సోడా తగినంత కలుపుకుని
	స్ట్రా మిద మూకుడువెట్టి సూనెతియ
	లోవసి, బాగా కాగాక చేతిలో చిన్న చిన్న నారల మాదిరిగా
	వోసి తీరగా వేయించాలి. ఇవి తిన్నంతోకి తగినంత కి కూడా
	బాప్తందాయి.
	P. Aruna Prasad.

## HATHA YOGA

*Praveen and Virginia (Shreya)*

*Mastery of the body and breath are an undoubted aid to those concerned with their spiritual evolution. For by having full control over the physical condition, the body becomes calm, allowing the mind to be directed inwardly more easily in perfect tranquility, to achieve a higher spiritual level. (Hatha Yoga Pradipika)*

### What is Hatha Yoga?

Hatha yoga is a discipline whose aim is to ensure perfect health by physical and mental purification through the control of the mind and body. It allows man to reach his full potential, an objective which may only be achieved if there is balance and harmony between the body and mind. The power of concentration can then develop, leading to the realization of the Self.

The power of concentration is the greatest strength to awaken the mind and animate the body. When properly directed, it illuminates facts for us and brings the desired result.

According to ancient Sanskrit texts, “Ha” means “sun”, i.e. positive energy, and “Tha” the moon, i.e., negative energy; the word “yoga” comes from the Sanskrit root “Yuj” meaning “to link, join or unite”.

“Hatha Yoga” is meeting of two forces animating the human body, i.e., the union of positive energy (symbolized by the sun) and negative energy (symbolized by the moon) plus a perfect balance. Mastery of these two currents and

complete equilibrium between them will keep us in perfect health.



Hatha Yoga is composed of three inseparable factors:

- Asanas (postures)
- Pranayama (control and regulation of breath)
- Control of the mind

Before you start the practice, sit in Sukhasana (simple crossed-leg position) for 1 – 2 mins to calm your mind. Try to regulate your breath by breathing in and out deeply through the nostrils. If you have knee problem or any discomfort on the hip joint, fold a big towel and place it under your buttocks.

### Triyaka Tadasana (Swaying Palm Tree Pose)

- Feet together.
- Interlock the fingers and turn the palms upward.
- Raise the arms up over the head.
- Inhale: stretch up maximum
- Exhale: bend towards the right side.
- Inhale: back to centre with arms straight up.
- Exhale: bend towards the left side.
- Inhale: back to centre.

Repeat for 3 rounds.



## HATHA YOGA (CONTD)



### **Kati Chakrasana (Waist Rotating Pose)**

- Feet apart of hip distance
- Stretch both arms forward
- Exhale: twist towards right and try to look at your heels.
- Inhale: back to centre
- Exhale: towards left
- Inhale: back to centre

Repeat for 4 rounds

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