

Inside this issue ...

2-3	Community News
4-6	News Makers
7	Editorial
7	Interview
8-9	Open Forum
10-12	Support Arena
13	Telangana
14-16	Andhra Pradesh
17-18	Chhattisgarh
19	AIPSKA
20-21	Kalam Snehitulu
22	Vivaha Vedika
23	Beauty Page
24	Health Page
25	Talent Corner
26	Karanam World
27	Our Treasures
28-30	Ikyavedika Round Up

Pat“nayaks” in History Pages

During the reign of Komati Vema Reddy between 1402-20 A.D., in the kingdom of Kondaveeti, there was a Sistakaranam general named Gajaravu Tippa Nayakudu. In the same way, Sher Mohammed Khan was the Fauzdar of the Golconda Nawab for Srikakulam in the 17th century. He could not suppress the revolt of the Hindus. Then the Nawabs of Golconda sent this General Narayana Dabbiru, a military commander, to Srikakulam. (Some historians have written that he was a minister rather than a military commander.)

There are many Pattunayaks who do not enter the pages of history. Over time the Pattunayaks transformed into Patnayaks and Pathanayaks. Not knowing the exact meaning, this title has been given many interpretations. Some legends say that the kings were the ones who wore the silk crown when the kings were crowned, hence were called Pattunayaks. In another view, 'Path' means read, so

educators came to be known as Pathanayaks. How do teachers become leaders?

Those who were the main military commanders were called Pattunayaks. It was transformed into Patnaiks. (One of the Commanders-in-Chief adopted Patnaik as their family surname.)

(Based on a commentary on our community history by Sri Gumpaswamy Karakavalasa, retired sociology teacher from Vizianagaram.)



Remnants of Srikakulam history from Nawab times

A Few Disclaimers

This newsletter is published by Sistakaranam Iky Vedika Digital Team, a voluntary group from the Sistakaranam Community. Being published by a voluntary group, it has no affiliation to any other association and, in fact, attempts to bring you updates from all associations & groups of our community.

One aspect about this newsletter, which we are still figuring out, is the statutory need for registering it. Our initial assessment is that this newsletter may not need any registration, mainly due to 4 reasons: (1) It's a digital magazine, for which currently no government regulations exist, (2) It's not a

printed magazine, which requires approval of RNI (Registrar of Newspapers for India), (3) It's not a commercial venture, but a collaborative voluntary effort from members of our community and (4) It's for private circulation only, meaning that it is meant only for members of the Sistakaranam community. However, we are open for advice in this matter, and reiterate that we shall abide by any statutory requirements, once the same is clear.

As for the content in the newsletter, including advertisements, it is all sourced either through contributions from members of the

community, or from resources that are in the public domain, including news media and social media (such as Facebook & WhatsApp), without any financial consideration to anyone.

If you have any reservations about the content, please reach out to Ikyavedika Digital team (details in the last page).



Community News

Our Karanams in Republic Day Celebrations



Sri D.V. Krishna Rao with friends in Hyderabad.



Sri P.V.V. Prasad Rao at Anandapuram Mandal, Vellanki Village ZP School.



Smt. Rajkumari Patro, Tilak Bharathi School, Raipur.



Dr. Budumuru Rajesh receiving an award at the hands of District Collector Sriresh.



Sri Sun Murthy in Visakhapatnam.



Sri Pakki Murthy near Shadnagar.



Sri Shivvam Nagesh Kumar, Sri Baliwada Bala Baskara Rao, Sri Dabbiru Kiran Kumar and Sri Balivada Gauri Shankar receiving Certificates of Commendation from Vijayanagaram District Collector at the Republic Day function in Makkuva Mandal.

Magic of Kayasth Encyclopedia

Magic of Kayasth Encyclopedia has started entering the popular imagination. Kayasth Encyclopedia's narration of Genome research in USA, connecting Kulin Kayasthas of Bengal, especially its Bose variant with Srivastavas of areas around Kannauj in Uttar Pradesh, has attracted journalistic attention too now. The story seeks to trace the inferential underlying genetic thread among 3 eminent Kayasthas - Subhash Chandra Bose, Lal Bahadur Shashtri, and Amitabh Bachchan. To know more, read:

www.kayasthencyclopedia.com

Community News

Pre-release Function of 'Padma Sree' and Release News

A press conference was held at Srikakulam NGO Home on the occasion of the release of S.S. Creations Padma Sree Film, written and directed by Sri S.S. Patnaik on 16.01.22.

Film hero Sri Pakki Kishore Kumar says that 'Padma Sree' is a comedy horror film produced using graphics of international standards. Part of the production of the film took place in the vicinity of the Rajam "Trupthi" Resort. On the occasion, thanking Murali Krishna, head of Trupthi Resorts, he said that Smt. Sadasivuni Sireesha was the producer, with Sri Mamidi Sambhamurthy, Sri Kotha Kota Balakrishna and Sri PVS Rama Mohan Rao co-producing the banner.

Art Director Sri Manipatruni Nageswara Rao said that 'Padma Sree' is the best art form built with good graphics with huge technical values. He said that the pictures he painted stand out as a special attraction. Alongwith the local locations at Srikakulam, local artists were given a good opportunity and he asked everyone to support the film.

Song writer Sri Dabbiru Govindarao

thanked the director Sri S.S. Patnaik who gave him the opportunity for song writing for the first time.

We are happy to inform that 'Padma Sree' film movie produced on SS banner, which was started with muhurtam clap in the presence of Vizianagaram Sri Sri Paidithalli Amma, released in movie theaters in Andhra Pradesh on 22-1-2022, is doing well.



Press Conference



Cinema Unit with Vizianagaram Shistakaranams in Inox Theatre

World Sistakaranam Directory 2022

Free ! Free ! Free !

Register your details in World Sistakaranam Directory 2022.

(Now you can send through email or through courier or through reply post card... all three modes accepted)

Every family of Sistakaranam can send their details as per simple format writing on a Reply Post Card and send before 31-3-2022.

- 1) Full name of family Head (with surname)
- 2) Age in years (do not give date of birth)
- 3) Residence Town
- 4) District
- 5) State
- 6) Country
- 7) No. of Adults (females)
- 8) No of Adults (males)
- 9) Total adults including head of family. (7+8)
- 10) No of children below 18 years (girls)
- 11) No of children below 18 years (boys)
- 12) Total children below 18 years (10+11)
- 13) Total members in the family (9+12)
- 14) Your Mobile Ph.No.

15) Your Present Postal Address

You send your Post Card to this address:

S. Lakshmana Rao,
Flat 301, Ashiana Paradise Apartments,
FCI Layout, PM Palem,
Visakhapatnam – 530041, AP.

As some of the members requested for sending through email. It is decided to accept through email also. You can send the above details to email id:

worldsistakaranamdirectory2022@gmail.com

Some members requested that they would send through envelope / closed cover through courier. We will accept this mode also.

Few members sent their only address requesting for diary. But it is not Diary and is Directory.

Entries will be recorded only in the order of date of receipt at our end. So send your details today and be in the first list.

S Lakshmana Rao
Visakhapatnam

Our Community Census

Appeal to all Sistakaranam Family members.

We have about 650 household names. According to our calculation, we have a population of over three lakh people. But government estimates put our strength at 69,000. We have compiled the data of 23,000 members by collecting the details of our family members for over a year under our Community Census exercise. Since we need to know our full details, all those in our country should participate in this census exercise and update your details. Click on the Google Form Blue link given below and include your details and contribute to the upliftment of our community.

<https://forms.gle/vku2J4irc4pLh7ay6>

Always at your service, a Sistakaranam fan.

Manapuram Suresh Kumar
Sistakaranam Yuvata Team

Newsmakers

General Manager Award to Sri Sreenivas

Sri Sreenivas Patnaik, Chief Staff and Welfare Inspector, Indian Railways has received the General Manager Award 2021, a very prestigious award by South Eastern Railways, for his exemplary work and devotion.



Andhra Legend Award to Sri Srikanth

Adarana Welfare Society, Markapuram, Prakasam District celebrates Sri Pottisriramulu's birthday and recognizes those who have rendered services in various fields (social worker, artists, writers, teachers, etc.) and gives the Andhra Legend Seva award to them. It is commendable that Sri Dabbiru Srikanth has been recognized as a writer and nominated for the award. Congratulations to Sri Dabbiru Srikanth.

ADARANA WELFARE SOCIETY (March 2021)
A.P. Govt Reg No. 196/2015 Reg Under Society Act xxv of 2001
Registered under NITI Aayog Govt of India Uniqaid of YONGO/AP/2020/023M393

అచారజీవి పోటీ శ్రీరామాలా జయంతి వి ఛరస్థలింఛకిసివి

ఆంధ్ర లెజెండ్ సేవా పురస్కారం 2022 అవార్డ్

DABIRU SRIKANTH,
M.Com., Managing Partner,
SRIPADA DEVELOPPERS,
Main road , Dondaparthy,
Visakhapatnam.

For Registrations :
9440636867
ADARANA WELFARE SOCIETY
Founder Chairman & CEO (A.W.S)
GOTTEMUKKALA CHENNAKESAVULU

ముఖ్య గమనిక కొన్ని అనివార్య కారణాల వల్ల రాజీవ్ పోయిన వారికి అవార్డ్ కొరియర్ ద్వారా పంపబడును.

TV2rism honors Sri Uma Maheshwara Rao

On 01-01-2022, the second anniversary of TV2rism was celebrated in a grand manner at Dasapalla Hotel (Jagadamba Center) in Visakhapatnam. On this occasion, Sri Behera Umamaheswara Rao was felicitated by Director and Founder Sri Regidi Manibhushan, for his outstanding contribution in children's literature.



Dr. Suresh felicitated

Vijayanagaram District Gantayada Mandal Sistakaranam Group honored Sri Dr. Kuppli Suresh, resident of Visakhapatnam, with a Memorandum of Honor, as he is always available to all, not just during the corona pandemic but even at other times, often giving free medical care and conducting free medical camps (not just for our community but for all) being available to serve at any time without getting vexed, over the phone or visiting personally.



Sri Tirumala Rao earns many praises

1) Rajam Writers' Forum member, Kottavalasa MPUP school principal Sri Kudama Thirumala Rao participated in the internet conference of the two Telugu states and exhibited his talents. The Telugu Velugu Sahitya Vedika from Hyderabad held a meeting to review the book Sirinavvu. Sirinavvu, written by Kilaparthy Dalinayudu, a great writer from Salur, Vijayanagaram district, was acclaimed by the organizers while they appreciated Sri Kudama Thirumala Rao's composition for the first poem *Sarveshwaruniki Jejelu*. As a token of appreciation, the President of the organization, Sri Pakki Murthy, and the General Secretary, Sri Moturi Narayana Rao, sent a letter of appreciation. 2) Central Government Testimonial: As part of the 'Azadi Ka Amrita Mahotsava', the Ministry of Culture of the Government of India invited poems under the subject of Deshabhakti Geet and selected the poem sent by Sri Thirumala Rao. He received this testimonial for sending a poem called *Akhanda Bharat*.



Sri Jayadev Appointed Rajam Municipality Advocate

Leading lawyer R.E.C.H. Jayadev said that he has been appointed as the Government Advocate in Rajam Municipality. Orders to this effect have been received. He thanked MLA Kambala Jogulu, MLC Palavalasa Vikrant, YSRCP Town Convener Palavalana Srinivasa Rao and others who assisted in his appointment. Rajam's lawyers expressed delight with Jayadev's appointment.

Newsmakers

Puchalapally Sundarayya Award for Sri Satyanarayana

Palakollu Kala Parishad founder and stage actor Sri Manapuram Satyanarayana received the Comrade Puchalapally Sundarayya award under the auspices of the Prajanatya Mandali Village Committee during Sankranti celebrations at Ponugupadu village, Firangipuram Mandal, Guntur district. Narasaraopet MP Lavu Sri Krishna Devarayalu honored Sri Satyanarayana at the 16th National Drama Competition prize giving ceremony organized by Abhinaya Nataka Parishad under the auspices of Abhinaya Srinivas in Ponugupadu village.



International Award for Umakavi

Founder of Srikakulam Sahiti Kiranalu, headmaster of Adavaram Primary School and author, Sri Bhogela Umamaheswara Rao was presented the International Vidyaratna Lifetime Achievement Award under the auspices of Valluru Srinivas Foundation, Hyderabad. This award was given for his contribution to the development of the Telugu language as a teacher and writer. While the award was to be received in the hands of Governor Sri Dattatreya, it was sent by courier to Sri Umamaheswara Rao due to Covid circumstances.



Chi. Lasya sings in Doordarshan

Visakhapatnam Gajuwaka Sistakarana Welfare Association Treasurer Sri Manipatruni Satyanarayana's daughter Chi. Manipatruni Lakshmilasya's devotional song along with her friends was broadcast on our Doordarshan Saptagiri channel on 30-1-2022. Those who missed watching see the YouTube link given below.



<https://youtu.be/7frM8WPbY4U>

"Talent of the Month" Chi. Sanjana

Chi. Sanjana Sekharmantri, daughter of Sri Venugopal Sekharmantri, of NCR-Delhi, has won the TGPC's Talent of the Month for December 2021 edition with two other joint winners. The winners battled out 9 other contestants, who were evaluated on the basis of their personality, stage performance and their pictures, on the online platform by TGPC, India's No.1 Pageant Media portal. The Top 6 contestants also went through LIVE interview with the panel of jury before Top 3 got picked.



<https://thegreatpageantcommunity.com/2022/01/07/tgpcs-talent-of-the-month-december-2021-meet-the-winners/>

Dr. K.S. Rao in Ram Mandir Construction

Let us congratulate Sistakaranam educationist, professor in Dept. of Civil Engineering at IIT, Delhi, Dr. K.S. Rao (Kondalamahanty Seshagiri Rao) from New Delhi for associating with the state of art Sri Ram Mandir project at Ayodhya being constructed under his supervision.



Several Awards to Lion Shivaji Patnaik

In a poetry competition organized by Muniyetti Writers' Association, Penuganchiprolu on Sankranthi, on the subject Grandmother's Home (Ammammagari illu); At the Valmiki Maharshi Aksharasumanjali Poetry Festival by Sri Sai Saraswati Vidya Vikas-Siddhapet at the Valmiki Somana Potana Vemana Sahitya Vedika; And, in the picture poetry competition organized on 24/1/22 under the auspices of Telugu Sahitya Vedika, Lion Shivajipatnaik (Sri Potnuru Simhachalam) received literary awards.



Sri Prabhakar's "Haiku" wins Award

Sri Sekharamantri Prabhakar was awarded the third prize in the 'Haiku' poetry competition conducted by Sri Chittaluri Haiku College, Hyderabad on 24-1-2022.



The winning 'Haiku'
Rallanu tolustu
Antuleni Poratam
Akali cheemalu

(Haiku is an ancient form of Japanese poetry containing 17 syllables in three lines that are arranged in a pattern of 5-7-5. It is important to note that the original Japanese haiku was measured in sounds, or "breaths," not English syllables. The 5-7-5 approach is a rough approximation.)

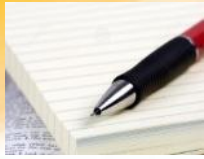
Editorial

Manner of Speaking

Dear Relatives, Namaskarams,

The second wave scenes are not yet forgotten, now third wave hit the arrival bells in New year. We lost many of our relatives in the second wave. Corona isn't over... its frenzy has started again. If we make the familiar precautions a habit, take a booster dose and boost our immunity, we hope that in a few days it will become normal.

Today we will talk about the manner or practice of speaking well.



It is said that if the word is good, the town will be good.

What is a word? "A bundle of sounds that lets the other person grasp our mind in a direct, modest language".

Scientifically, it is defined as "a word composed of certain sounds that give a comprehensive meaning". Experienced elders have prescribed six characteristics of how a thought should be conveyed in words. They are truth, goodness, love, sweetness, impudence, moderation. It is an old adage that if we practice these six traits in one order, we will have no enemies. If Hanuman alone went to Lanka and accomplished the task it was because of such power of speech. It is the word of Lord Rama, who is full of these six qualities, that he has come to Lanka with the love of all, regardless of race or species, that he came across many lands and regions. Let's see what these six features are.

1. The definition of "*Satyam bhutha hitham proktam*". Knowing when, to whom, and to what extent, something that is seen is to be conveyed.

2. Hitam means speaking to impart goodness.

3. Priyam means to speak the truth in a way that is liked by all, rather than misleading words.

4. It is sweet when there is elegance on the surface as well as elegance on the inside.

5. "*Lopamardi trunachchedhi nakhakhadi cha yo narah... Prayascittena shudyeti suchako suchareva hi*"

"*Soochikas*" are those who speak ill of others and spread malice. Dharma Shastra says that there is nothing more impure than such people. There is atonement for sins in ignorance, but there is no atonement for a "*soochika's*" sins. He is forever filthy.

6. Moderation means frugality. The more one speaks, the less energy there is in man. Words that are adequate and good enough for the need, should only be spoken in a coherently concise manner.

Let's try to talk beautifully with these features in mind as much as possible.

- J. V. Chandrababu

Interview

An achiever with Simplicity

Cracking civils is a dream of many intellectual youth, but only few of them will succeed. Having one of our Sistakaranam amongst achievers that too from a tiny village of Urlam in Srikakulam district is of great pride. Lekha aspires to reach such diamonds and today reached Sri Urlam Jaya Manmadha Rao (UJM Rao). He is the first Sistakaranam in Railways joining the coveted cadre of IRAS (Indian Railways Accounts Service) in 1988.

Tell us about your entry into Indian Railways.

I wrote UPSC exam for Govt. job and succeeded in IRAS. When I joined the Railways as a Group "A" officer, I could not see the pride in my father's eyes, who also worked in railways. I shouldered family responsibilities at a young age.

Lekha came to know that you have many coveted awards in Railways. Please share the same.

As my job is All-India Government Service, I worked in different railway zones. I have had some noteworthy incidents during my service, which I'll share.

When I was a Vigilance Officer in Secunderabad, a major scam in House Building Advance of more than 10.0 crores came to light involving 105 employees. During investigation, I received threatening calls, particularly at the time of site inspection, but I visited the troubled spot courageously. My Report on issue wherein I recommended for exonerating misled employees who were and got deceived except two kingpins, was widely applauded by the Railway Board Apex Body. The then Railway Minister, Sri Nitish Kumar appreciated the report and announced a Special Achievement Award to me.

While working as Project Finance Head, Electrification of Visakhapatnam – Bhubaneswar and Puri Sections, it was a serious matter of concern that frequently huge bundles of electric copper wire worth lakhs of rupees kept beside railway tracks for electrification works were missing. I implemented an idea where announcements were made in AIR and DD Oriya that the power cables lying by the side of railway tracks have high voltage current passing through them. Scrolling in DD Oriya was continuously shown. On hearing these announcements in the remote villages, the family members of thieves restrained their men from going to steal the electric cables. This measure leading to sudden ceasing of thefts also received recognition at higher levels of Railway management.

When I was Head for railway earnings of East Coast Railway at Bhubaneswar, I was responsible for bank deposit of daily station earnings. two Banks were lifting cash from a few stations, charging a fee, but were reluctant to service smaller stations. I then told all nationalised



Urlam Jaya Manmadha Rao

Father	: Late Sri Krishna Rao
Mother	: Late Smt. Ammajamma
Spouse	: Smt. Manjushree Patnaik
Daughter	: M.D., Medical practitioner in Australia
Son	: Business

banks that whoever collects cash at all stations, free of cost, will be offered huge railway business cancelling arrangements existing banks. Three banks agreed to this, covering all stations except those in naxal infested areas. This measure saved lakhs of rupees every month spent by staff going by auto to banks, and security personnel (RPF) were withdrawn from some smaller stations.

For this innovative way of work beyond the routine, I received 13 Personal, Leadership and Group awards at higher levels amongst severe competition.

Tell us about your services to our community

I am not supposed to take up active role/post in Associations due to my government job. When time permits, I attend community association meetings and I have helped, directly or indirectly our relatives, during my service to the extent possible. I am a staunch supporter for upliftment of Sistakaranam community. Shedding all differences, we must work unitedly and strive hard for reaching heights in any field.

I would advise our Sistakaranam youth to always love your job whether govt. or private and try to do some outstanding work that gives you special recognition from others.

-As told to J.V.Chandra Babu
Compiled by Mantri Narasimha Rao

Open Forum

Of late, Pongal falls on 15th January. Why? ...

*Why of late, Pongal falls on 15th of January every year, as against the usual 14th of January in the earlier years? *



Know a small-Time calculation process!

Normally, Makar Sankranti or Pongal Festival should fall on 14th of January every year. Most of us, since childhood, were observing it on 14th of January every year. Isn't it? In fact, from the year 1935 onwards, till 2007, Pongal was falling on 14th January only every year. (Prior to that, know that, from 1862 to 1934, it was falling on 13th of January every year.) But from 2008 onwards, Pongal has been falling on 15th of January every year. Till the Year 2080, every year it will fall on 15th of January only. From the year 2081 onwards, it will fall on 16th of January every year for the next 72 years, that is, till 2153.

Why this happens?

As per the Indian Almanac Time calcula-

tions, Sun enters the Zodiac sign of Makara Raasi (from Dhanur Raasi), 20 Minutes late every year, as compared to the English time or the World Time. Thus, once in 3 years, Sun enters the Makar Raasi late by one hour. That means, in every cycle of 72 years, Sun enters Makar Raasi late by 1 day. Got it?

Also know that Indian Almanac Time is so accurate that our Pandits can accurately tell you today when exactly Solar or Lunar eclipse will take place after 5000 years. That also means that Universe works strictly as per precision timings which is why we can confidently calculate today when exactly will eclipse occur after 5000 years.

-Collected by J.V.Chandra Babu

'Me'-Time

Sounds new, but something worth considering. Time is precious. Yes, but it is the storm in which we are lost. We are lost so much that we do not find ourselves in it. We are lost totally and indeed we are missing our own selves.

It sounds crazy yet it is worth it to have our so called, 'Me-Time'.

We love several things, some might be small, yet they give us the pleasure of doing them, some may sound big but when accomplished we see ourselves great, right?

In such case, why should we miss them all? We love some art forms, we might have dreamt of pursuing them. Sometimes we might have determined to master them as well. But unfortunately, we just left them untouched and unex-

plored.

Do you think it's too late? Well, pick your pencil to draw your imaginations and paint your dreams. Who stopped you from pursuing your passion of singing? Come on, do it now!

Why don't you move your legs for your favourite number?? I know you love nature and so start your garden. Connect with nature.

Grab the time out for your inherent and hibernating talent. Maybe we don't need to master it. We don't need any appreciation from the world as well. But that happiness in doing your favourite pastime in the best way you desire to is a way bigger and brighter than any appreciation.

We are too busy doing nothing worth a while. The sedentary lifestyle is a welcome for several health problems and the reason for the psychological issues.

We are being stressed and we even tend to forget what exactly our body and our mind need. We need attention for our own well being. Our body and mind need our attention and our time that's 'Me Time'. Start with a 100-day challenge. See yourself more able and as an accomplisher. That day to flag off is today!

So, what are you waiting for? Kick start it immediately.

Happy new year everyone!!

*-Pakki Udaya Sree
Law Officer, APSRTC, Visakhapatnam*

Open Forum

"She" has No Freedom!

Freedom is not only the security of her or its not being independent, but also not about going out and working or it is not the matter of equality of men and women. Freedom for her is to get out of the imprisonment of rules and regulations set up by "the society" for her. She is imprisoned with so many rules and regulations. Rules which make a boundary for her which she should not cross. She needs to get out of all the boundaries built up for her, but she could not. She is hardly tied up with "izzat" "prestige" "reputation", reputation of her family, reputation of "the society". She is not allowed to speak up for herself, to take a stand for herself on the name's sake of "the society". She is not given a chance to explore herself, expose her views, and give her opinions, her decisions for her own life, for her own career. If she is not given a chance then how can she get her freedom, how can she be free from all the imprisonments. But what matters if she explores herself, nobody is there to listen her, nobody is there to support her. In case if anyone listens her words, makes her call, suggests her be silent, not to speak up, not to go with herself listen to "the society", suggests her think about "the society" about what they think of her. If anyone supports, her the other one stops them from supporting her. Every now and then she has been stopped from doing what she wants to do, what she wants to wear. "THE SOCIETY" decides what she should do, what she should wear, how she should behave, and how she should look after the age of 18 or after the age of maturity. But, maturity does not mean age, it means with sensitivity, manners and how you react to the situation. She has been judged by "THE SOCIETY" for every step she takes either it may be her career, or it may be her personal life, her personal choices, her vision towards life or it may be her views

which would be different from the others. If she is imprisoned in between these bars of such so called "rules and regulations set up by "the society" which are much less than any government laws, then how can she live a happier life she will lose all her hopes which she had from life. Her mind will stop responding. Her voice stops speaking about her likes and dislikes. She initially becomes a robot of "the society". She only does what "the society" wants her to do. She could only live inside the prison, she could never, ever be free from it. She cannot come out from the imprisonment allotted for her by "the society". a

But now it is time for "HER" to explore the world, get free from all the bars, to break all the rules and regulations set up by "the society". She needs to explore herself to the outside world and make the people aware of what she can do, what she can achieve. She needs to persuade the public to free her from all boundaries and imprisonments made for her or given to her by birth and get the "FREEDOM".

Let us make it possible.

It is time to speak up.

The time has come for a Girl to be free from all the imprisonments.

And let her get her "FREEDOM".

-D. Shilpa, Delhi

Ms D Shilpa is daughter of Sri Dasu-mantharao K S Mahanty & Smt. D. Anuradha from Kharagpur, W.B. She recently got married to Mr. P. Shailendra Rao at Delhi & became the daughter-in-law of Sri P.Rammohan Rao & Smt. P.Triveni Rao from Raipur, C.G.



Maa Palle Pilichindi...

*ma palle pilichindi
jivitamlo annintikante
ananamainadi edi ante
ma palle antanu nenu endukante
samayam nerpina ma uru...
nadaka nerpina ma uru...
nadavadika nerpina ma uru...
chaduvu nerpina ma uru...
pathaalu evaru antaga nerpaleru*

neti ma palle yuvataki ma uru bhavita

*mana desapu ghana charita
visva yavanika pai nava yuvata
vaare viluvaina bhaavi janata
bhasille bhuvana man'yata
sobhille samata mamata
swacchata penche sathatha haritha
adhe bhara bhagya vidhata
ide na sahityapu yuva kavita
anduke antanu
ma palle yuvata ma uru bhavita*

*ma uru pakshula kilakila ravalu gana
madhuryaniki edigina ma pairu...
anandadolikallo olaladutu natyam
chestunnayi...*

*inti kocche padipantalu...
kam'manaina pindivantalu...
chali kache bhogi mantalu...
eteta sankrati intintaa kottha kanti
idi kada saradala sankrati...
dattanga kurustunna pogaman-
chunu tappinchukuni
pudami tallini cherina nenu
mamakarapu anubandhapu atmiya
pilupulaku
anna, mama, tam'mu, bava,
mettu garu (matar garu) antu pili-
che pilupulaki
murisina na manasu
nava vaduvulaa mustabaindi
okkasari balya gnapakala odiloki
cherchina na palleki
emicchi tircukogalanu runam*

-Haribabu Balivada Visakhapatnam

Support Arena

Sistakaranam Helping Hands Event-8 successful



Helping Hands organized a program at Mother Theresa Kids School at Ayyanapeta Junction, Vijayanagaram District to help the homeless and widowed Regidi

Lakshmi, a resident of BC Colony in the same district. On knowing Regidi Lakshmi's situation, with the reference to Sistakaranam Helping Hands group member Sri GVR Murthy's mention in their Whatsapp Group, a total financial assistance of Rs. 28,500/- was received. Part of this amount i.e. Rs. 14,435/- was marked, after consulting her on the intention to set up a small business, for purchasing material for her clothing business by taking her to a wholesale shop with the help of Sri GVR Patnaik, Smt. Lakshmi Baliwada and Smt.

Raghupatruni Srivani, who are members of the Helping Hands Group. Their related invoices were handed over to her by Smt. Lakshmi Baliwada and Smt. Raghupatruni Srivani. The remaining amount of Rs. 14,065/- in cash was handed over to her by group members Sri Tada Chiranjeevi, Sri GLV Ramana Murthy, Sri Tada Prasad, Sri GVR Murthy, Sri Rega Anil, Sri Joga Rao, Sri Patnaikuni Sri Rammurthy. This event number 8 concluded with this.

Mega distribution of Clothes, Food by Aaguru family

On 13.01.2022, at Kancharana near Rajam, at the statue of legendary late Sri A.V. Jagannadha Rao Patnaik, their family members distributed clothes to hundreds of poor people. In memory of Late Aguri Jagannadha Rao Patnaik, their sons Sri A. Nagarjuna, Sri Krishnarjuna and daughter Smt. A.V.S.S. Swati Vasanti, son-in-law Dr. Anvesh Amity distributed sweets, saris, and clothes to about a thousand poor people under the auspices of Swati Vasanti Cultural Academy. Sarvasri Amity



Rajeshwara Rao, Uriti Gopala Rao, Nandigam Srinivasa Rao, Umagauri, Donkada Ramesh, Raja, Saikumar and other family members and relatives participated in the program.



Free distribution of Tools for Disabled

On occasion of the birth anniversary of Netaji Subhash Chandra Bose, Independent fighter, founder of Azad Hind Fauz, founder of the first Indian Army, who inspired the whole of India with his Jai Hind Simhanadam, equipment was distributed free of cost to the rural district paramedics having conducted the screening and measurements last October, in coordination with the Chodavaram Prema Samajam, the Ability People voluntary organization, with sponsorship of L&T. FRO Sri Birlangi Ram Naresh was the Chief Guest, Sri Ark Prasad, Sri Vikas Ravanamma, Prema Samajam Sri Prasada Raju, L&T Sri Kondalarao, Ability Founders Sri Patro, Representatives Sarvasri Vimala, Shweta, Jaani, Ravikumar, Hannah and Anand were the attendees. Equipment was provided to all eligible paraplegics according to their respective measurements. Sri Ram Naresh conveyed special thanks to L&T and The Ability members. He said that with self-assurance and with such technology and equipment, the disabled can overcome their problems, seize opportunities, move forward financially and be an ideal for the rest of the society. The Ability members presented mementos to Sri Ram Naresh, Sri Ark Prasad and Sri Prema Samajam Raju. Sri Ark Prasad thanked everyone.

A Little One's Gift to Children & Elderly



Srikakulam town residents Sri D. Rama Rao and their daughter Chi. Sethumadhavi, with a humanitarian perspective, donated groceries for the children of Santa Kalyan Anuraganilayam, run by the Indian Red Cross Society, Srikakulam District, and CV. Nagajyoti Ananda Nilayam old age home. Red Cross Chairman Sri P. Jagannathan Rao and committee members congratulated the donors.

Blood donation by Ikyavedika member in Kharagpur



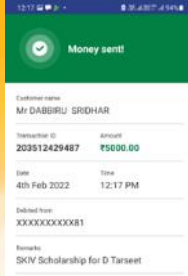
In several parts of Kharagpur, West Bengal, where they say a mini-India exists, few clubs had organized blood donation camps, on the occasion of nation-wide republic day celebrations. Sri Ampalam Rajesh Kumar from our Sistakaranam community has donated blood in a camp that was organized by the staff of West Bengal State health department that included, interestingly, Sri Rajesh's wife Smt. Ampalam Saritha Patnaik who is working as a medical technologist.



Support Arena

First Scholarship Remittance

Lekha is happy to report that Chi. Dabbiru Tar-seet, son of Sri Dabbiru Sridhar Patnaik, from Pedamajjipalem village, Gantayada mandal, Vizianagaram Dist, has received the first remittance under "Sri Karakavalasa Sitarama Murthy Patnaik & Smt. Karakavalasa Navaneetam" scholarship, sponsored by the family of Sri Karakavalasa Ravi, founding member of Sistakaranam Ikyavedika. We wish the young boy all the best for his future.



Karakavalasa Navaneetam" scholarship, sponsored by the family of Sri Karakavalasa Ravi, founding member of Sistakaranam Ikyavedika. We wish the young boy all the best for his future.



Social Media Club donation to Disabled

Members of the Divyangula Seva Sangham from the city of Visakhapatnam were presented with new clothes on the occasion of Sankranthi under the auspices of social media club. The new costumes were presented to Suresh Menon, Tirupati, Panda, Karthik and Ramaraj at the hands of Social Media State Chairman Sun Murthy at Kalabharati near Maddilapalem. Speaking on the occasion, Sun Murthy said that the implementation of service programs for the weaker sections of the society would help in enhancing their mental stability. The event was also attended by Tilak Patnaik, founder of the Enrich charity.



Sistakarana Helping Hands – 9th Event – Let's Help

Sri Kuppili Narendra Rao Patnaik (9705651497), Srikakulam, has been bedridden since August 21, 2021 due to spondylitis of the nerves due to knee pain. He resigned from his job unable to attend duty. His wife also had to resign from her job to look after him as he is completely bedridden. They have no children and live in a rented house. So, we bring to your attention seeking help from our Sistakaranam Helping Hands Group. Donors can make a phone-pay to Helping Hands Admin Sri Pakki Umamaheshwar Rao (9392234863). The collected amount will be handed over to them in the presence of everyone and event-9 will be closed. This will be of immense help to a family.

Scholarships for Sistakaranam Students



శ్రీ కరకవలస సీతారామ మూర్తి పట్నాయక్
& శ్రీమతి కరకవలస నవనీతం

స్కాలర్షిప్



శ్రీ పులివెంకట రమణ
& శ్రీమతి పులివెంకట రమణ

స్కాలర్షిప్

- To encourage and inspire Sistakaranam students to discover purposeful and passionate life grounded in integrity, determination and moral courage.
- Will be awarded directly to students, one time.
- Selection at the end of each academic year.
- For Sistakaranam students who are in their Class 10 and class 12 (sr inter)
- Based on their performances in board exams and other competitive exams.

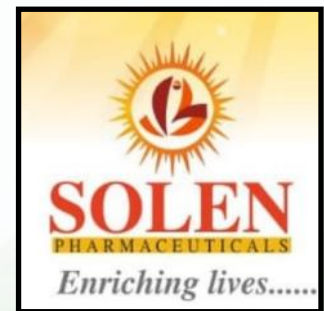
CONTACT:

Ge.kravi@gmail.com

or 9652233372.

PLEASE SPREAD THE WORD AND GET WORTHY SISTAKARANAM STUDENTS

Free Medicines by courier for 100 days



- Solcal - Calcium Citrate 1000 mg+Vitamin D3.200 IU+Mg+Zinc.
 - Solfer - XT - Ferrous Ascorbate 100mg+Folic acid 1.5mg(Iron).
 - S-Fenac -Acelofenac 100 mg+Paracetamol 350 mg.
- Medicines are WHO-GMP Certified.
 - Take your Doctor's approval.
 - For Sistakaranam Families.
 - Your details will be kept confidential.

CONTACT: 8074800939

Fraternity Page - Telangana



Scholarships in Memory of Sri D.V. Krishna Rao's Mother

The memorial service for the late Smt. Shakuntamma, mother of Sistakaranam Jaitiya OBC Sadhana Committee Convener, and President of Telangana State Sistakaranam Sakshema Sangam, Sri. D.V. Krishna Rao, was held on Sunday the 9th of January at Sri Sai Prakash Nilayam in Chandanagar Friends Colony. The memorial service was presided over by the Chief Secretary of the State, Sri Barli Vijay Kumar, under the auspices of the members of the Sistakaranam Sankshema Sangham Hyderabad. On this occasion, community dignitaries and elders praised the services of the late Smt. Shakuntamma. She was lauded as a great mother that gave us a great leader like Sri D.V. Krishna Rao, Convener of the Jaitiya OBC Sadhana Committee. Speaking on the occasion, Sri D.V. Krishna Rao said that in

memory of his late mother Smt. Shakuntamma, we are working to provide financial assistance for the education of poor, middle class students belonging to our Sistakaranam community. He also said that he would work for the construction of a cemetery in his home village of Jalumuru.

Leader of Sistakaranam Sankshema Sangam, Sri D.V. Krishna Rao, Sarvasri General Secretary Burley Vijay Kumar, Treasurer Uriti Parvatishwara Rao, SV Rao, Additional General Secretary Moturi Narayana Rao, Vice President Hargopal, Seshagiri Rao, Advisors Parthasarathy, Sri Dabburu Ramana Murthy, Chief Editor of Sistakaranam Lekha JV Chandrababu, Smt. Satyalakshmi, Prakash Rao, Kottakki Venkateswara Rao, Chamundeshwari, BT Ramesh, Anand Rao,



Jagadev, Rabikumar Patnaik, Shankar Patnaik, Pratap Raj, Jayashree, Santosh, Durga Prasad, etc. participated.

- Moturi Narayana Rao

OBC Hearing - Our Delhi Experiences

Exactly on December 17th we received a message from NCBC to Sri D.V. Krishna Rao, Convener of our Sistakaranam Jaitiya OBC Sadhana Committee. The gist of it is that the Sistakaranam Social group should attend the hearing as representatives of Telangana on the 22nd of this month. Arrangements were being made for a late trip upon receipt of that message. There are about 33 honorary members in the Telangana State Committee, but for personal reasons no one was available. With everyone's blessings, Sri D.V. Krishna Rao and I both booked a flight to Delhi, planning our journey from Delhi to Agra and from there return by the Falaknuma train to Hyderabad on my insistence. I and Convener of our Sistakaranam Jaitiya OBC Sadhana Committee, Sri D.V. Krishna Rao got up at 3 am on the 20th and left for Delhi from the residence of our Sistakaranam Jaitiya OBC Sadhana Committee Convener Shri D.V. Krishna Rao got up at 3:00 and started at 5:00 on the 20th, from his house. The journey early in the morning seemed a little inconvenient. Exactly at 9:15: the flight landed in Delhi. The entire Delhi airport seems to be shrouded in thick fog. The intensity of cold was high. We got outside the airport on foot and reached the Delhi Express Metro Station by bus. The Delhi Metro train dazzled us with international standards. We reached Shivaji Stadium from the Express

Airport Metro Station. We were received by Sri Bharat Patnaik, a senior employee of a Central Government Institution in Delhi. He decided to spend the whole day in his vehicle with us in Delhi in the ritual of presenting our caste voices to NCBC. We were accommodated at the Legend Hotel on Chitragupta Road near our caste deity Chitragupta Temple. Sri Krishna Rao and I spent half an hour at the hotel discussing with Sri Bharat what we should say before the Commission about the NCBC hearing and how to present our case. We prepared the files that give a comprehensive report to present to all the members of the NCBC Commission. In fact, we are fortunate to have close association with Dr. Sri Vakulabharan Krishna Mohan Rao, Chairman, Telangana State BC Commission, and Sri Talloju Acharya, Member of the NCBC Commission, to discuss the key points in the NCBC Commission hearing and including the facts and figures. A comprehensive report was prepared. The efforts put in by our caste elders to gather that crucial information is amazing. The time was exactly 11:30. Sri D.V. Krishna Rao and I were ready to go to the NCBC office. Having received an urgent phone call, Sri Bharat got down to his office and helped us reach the NCBC Commission office. Here we learnt that the President of the Andhra Pradesh State Sistakaranam Association, Sri Polu-

mahanti Uma Maheshwara Rao, Sri Nagarjuna Patnaik, Jayababu and Sri Simhagiri have reached Delhi. They were waiting for Sri Talloju Achari in the chamber of NCBC Commission members Sri Talloju Achari. We got the information through their PA that Sri Talloju is in Telangana and will arrive on the 22nd. I was amazed to see the Andhra Pradesh Sistakaranam leaders who made an appearance when we went to the chamber of Sri Talloju Achar. We met them and informed of the facts behind the letter from the NCBC Commission to Telangana State Sistakaranam Sangam.

However, we are working together for the common good of the joint Telugu states of Telangana and Andhra Pradesh under the leadership of Sri D.V. Krishna Rao, Convener of the Sistakaranam Jaitiya OBC Sadhana Committee, so before the NCBC Commission, we along with the Andhra Pradesh State Committee, with the slogan "Chalo Delhi for OBC", presented our voice strongly. And softly presented the melody of our unity. We reiterated that we are all working for the same cause and that our foremost goal in landing on the soil of Delhi is for the cause of attaining OBC.

(Continued... in the next issue)

- Moturi Narayana Rao

Fraternity Page - Andhra Pradesh



Sistakaranam Aatmeeya Sadassu

At the Sistakaranam Sangam State Level Conference chaired by Sri Polumahanti Umamaheswara Rao, President, Andhra Pradesh Sistakaranam Association on 6-1-2022 at Sunrise Function Hall, Srikakulam Town, BC Commission members Shri Pakki Divakar Garu, AP Sistakaranam Corporation members Sri Sadashivuni Krishnar, District Sistakaranam Association President Sri Baliwada Malleshwara, Shi Ippili Jagannadha Rao and others addressed the gathering and called for unity among Sistakaranams. Leaders who are working towards the achievement of OBC were commended.

As part of the program, devotee of Balatripurasundari Ammavaru Sri Kapilanandagiri Swamiji unveiled a beautiful pamphlet on OBC efforts on the stage. Subsequently, Swamiji, AVJ family members Smt. Lilavati,

Dr. Swati Vasanti, Dr. Anvesh couple and Sri Krishnarjuna couple were richly honored. The magic performance of Zabardast artist Magic Sagar was impressive. Sistakaranam Ikyavedika and Lekha team were richly honored. Kalam Snehitulu members were specially honored. Visakha Sistakarana Seva Sangham, Kancharapalem, Sri Baliwada Haribabu's Team and Sri Baliwada Appalanarasaya's team organized a Vivaha Vedika event on this occasion. Up to a hundred people registered their details. Free Matrimony booklets and the 2022 calendar were distributed to all.

The programme was held to mark the occasion of the massive Sistakaranam rally, Garzana Mahasabha 14 years ago on 6-1-2008 in Srikakulam.



First death anniversary of Late K.S. Dasu Babu

On Thursday 6-1-2022, under the auspices of the Andhra Pradesh Sistakaranam Sangam, the first death anniversary of late Sri Dasubabu was organized at Sunrise Convention Hall in Srikakulam.



Red Cross Chairman Shri Polumahanti Jaganmohan Rao said that the services of the late Dabbiru Kameshwaradasu Babu in public, private and voluntary service were memorable. Speaking on the occasion, he recalled Dasubabu's dedication to service. State President of the Sistakaranam Sangham Sri Polumahanti Umamaheswara Rao read out a paper written by Dasubabu expressing his uniqueness and his sense of service in the House. Former Union Minister Smt. Killi Kriparani couple, former minister Sri Gunda Appalasuryanayana, Kalinga Komati Corporation Chairman Sri Andhavarapu Suri Babu, District President of All India BC Welfare Forum Sri Dabbiru Srinivasa Rao (Vasu), Dr. B Srinivas Patnaik, Sri Jayababu, Sri Sadasivuni Krishna, and others spoke in praise of Dasubabu's services.

At the start of this Spectrum spiritual program, devotional songs were sung by singers Sri Dabbiru Govindarao, Santarao and many other female singers. Under the supervision of dance teacher Sri Raghupathru Srikanth, the audience was mesmerized by the beautiful Kuchipudi dances to the devotional songs. It was followed by Brahmakumaris spiritual discourse, and a few minutes of meditation.

The event was attended by over 1000 Dasabubui fans from different social groups from all over the district to pay respects to late Sri Dasubabu.

Statue of Sri Belagam Ramshanker unveiled

On 10-1-2022, a statue of the late Belgaum Ramashankara Rao, the father of Sri Belgaum Jayaprakash Narayana (Jayababu), was unveiled at the town of Parvathipuram. Hon'ble Deputy Chief Minister Mrs. Pushpa Srivani and Hon'ble Vijayanagaram Zilla Parishad Chairman Shri Majji Srinivasa Rao (Chinnashinu) graced the occasion as the chief guests.

Andhra Pradesh Shistakaranasangham President Sri Polumahanti Umamaheswara Rao, Sistakaranam Corporation Director Sri Sadashivuni Krishnar, Sri Muraharirao Sinhagiri Patnaik, Vice President Sri Baggam Sudhakar Patnaik, Parvathipuram Sistakarana Sangham members, regional leaders and other members of the Vizianagaram District Sistakaranam Association were present. Sri Belgaum Jayababu and Smt. Belgaum Karuna, their family members and all the dignitaries of Parvathipuram town attended and decorated the statue with flowers. Later, in the town of Parvathipuram, Sri Jayababu handed over essentials and new clothes to the families of our Sistakaranams in all the wards.

Later, Hon'ble Deputy Chief Minister, Smt. Pushpasrivani, was asked by our Andhra Pradesh Sistakaranam Association President Sri Polumahanti Umamaheswara Rao, Sri Jayababu, Sri Sadashivuni Krishna and Sri Sudhakar Patnaik to help in the inclusion of Sistakaranaams in OBC.



Fraternity Page - Andhra Pradesh



Railway Association elects Office Bearers

The Executive Body was formed electing office bearers of Sistakaranam Railway Employees Welfare Association (SKREWA), Visakhapatnam in the AGM held on Sunday, 09-01-2022.

President: Sri K. Laxman Rao

Working President: Sri D.V.N. Prasad

General Secretary: Sri P. Balaji Vithal

Additional General Secretary: Sri J. Vijay Gopal Patnaik

Organizing Secretary: Sri R.S.N. Patnaik

Treasurer: Sri V.V. Giri

Additional Treasurer: Sri M. Shyama Murthy Patnaik



Praja Taara Calender launch

Greetings to the readers and advertisers who support the popular magazine that always fights on public issues. The annual calendar, which is released every year to the liking of the readers, has been successfully released this year as well. The 2022 Prajatara Calendar has been released by Andhra Pradesh Sistakaranam Corporation Chairperson Smt. Kanti Mahanti Anusha Shashidhar Patnaik and Andhra Pradesh Sistakaranam President, eminent High Court Advocate Sri SNK Mahanthi, said Editor-and-Managing Director, Prajatara and Adishtanam News Telugu Daily, Andhra Pradesh Sistakrana Yuvasakti President Vappangi Nagendra Rao. The event was attended by Adhistanam News Telugu Daily Edition in-charge Vappangi Sarala Patnaik, Harnath, Suresh and others.



Kurmannapalem Meeting

Srinivas, who has been appointed as the Secretary of the South Indian Hindi Prachara Committee, was richly honored by the Kurmannapalem Sistakarana Sangam. Steel manager Ravindra, who was present at the event, said Srinivas' services were invaluable. He said his contribution would be there to include Sistakaranams in the OBC list.

Presidents, Secretaries of Kurmannapalem Committee Gangavaram Gopi, D. Satyarao, Shivaji Patnaik, K. Prasadarao and others participated.



Smt. Keerthi Patnaik felicitated by Gantyada

Smt. Kirti Patnaik, under the auspices of Sridevi Vignana Jyothi Parishkar Charitable Trust, for providing assistance on behalf of the organization, going from Visakhapatnam, to the poor relatives of Sistakaranam caste in the Gantyada Mandal of Vijayanagar District during the Corona crisis, the Gantada Zone Residents Caste Associations Presidents, Vijayanagaram District Honorary President, Sri Gaurishwarao, President Manapuram Ramesh, Vice President Baggam Jogarao, General Secretary Manapuram Muralidhar Patnaik, Secretary Ishwararao, Joint Secretary Ratnajirao, District Treasurer Sriramamoorthy, District Honorary Organizing Advisory President Sri Dabbiru Nagraj and Venugopal, visited her residence at Muralinagar Bank Colony at 8 am and felicitated her. Commending her for her work for the poor on the name of her father Sri Kuppli Trinathrao Patnaik, she was covered with shawl and given wreaths & memento on behalf of Vijayanagaram District Gantyada Mandal. Sri Godaba Lokamohanurao Patnaik, In the place of her father, was also richly honored.



Valuable Jewellery gifted to Neelamani Durgamma

Smt. & Sri R. Govinda Patnaik of Barrage Center (Vansadhara Department) gifted jewellery worth about Rs. 90,000 to Pathaptnam Neelamani Durgamma Devi, deity at Pedda Korada Veedhi in Hiramandalam major panchayati. Govinda Patnaik said, "It is our previous birth blessings to give a necklace to the goddess" He then presented a saree to the goddess and paid his respects. The event was attended by Priests, and members of the Vrindavan Panda Temple Committee.



Sankranti gifts distributed in Madanapiram

At Srikakulam District Saravakota Mandal Madanapuram Panchayat, under the auspices of State Sistakrana Sangha President Sri Polumahanti Umamaheswara Rao, employees of the village collected a donation of about one lakh rupees for the village goddess Pala Polamma temple construction.

On this occasion, Red Cross Society President Polumahanti Jaganmohan Rao was unanimously elected as the Chairman of the Srikakulam Temple Committee.

On this occasion, around one lakh rupees worth of blankets and clothes were handed over to the tribal village poor in memory of Late Polu Mahanti Satyanarayana and Lalita Bai Patnaik.

Umamaheswara Rao, president of the State Sistakaranam Association, lamented that the event, which was held every year, could not be held as expected due to the corona.

The event was attended by a large number of people from the surrounding areas.

Fraternity Page - Chhattisgarh



'Mana Nomulu Mana Vratalu' by CGSKA

Mana Nomulu Mana Vratalu (MNMV online event to show case our cultural heritage) conducted on 6 December 2020 by AIPSKA, was the first of its kind virtually. The vibrant event was physically displayed in the First National Women's Conference organized by CGSKA on 10 May, 2012 at Raipur, exhibited the same theme and the theory in a highly creative, entertaining and educative manner. The pro-active audience were asked to form groups and tagged with tag names like Thambolam, Karpuram, Chandanam, Akshantlu etc. Each group allotted a Nomu/ Vratam

through lottery. Instructions and time limit was given to discuss their respective subjects along with group representatives. Each group presentation was analyzed with appreciation & advised accordingly. Reforms suggested as per requirement with positive options. The story of POLERAMMA NOMU is dramatized where the young mother, ignorant and foolish could not follow her mother's - in- law instructions till she lost her seven children. Ultimately, Goddess POLERAMMA with sympathy enabled her to realize her folly and apologize sincerely for her mistakes.

Consequently, all her seven children were rescued, and the couple learnt to live wisely and happily. The lesson we learn here is that customs and traditions prescribed by our elders lead us towards spirituality through wisdom and logic for living a disciplined life. These kinds of events enthuse not only the keen audience but even the participants as the motifs to conduct such creative program is transferring the culture to the next generation.

-By Rajkumari Patro



VIGNESWARA VRATAM



POLERAMMA NOMU



VARALAKSHMI VRATAM



KUM KUM POOJA



LALITASAHASRANAMA PARAYANA

Fraternity Page - Chhattisgarh



Republic Day at Tilak Bharti School



THE QUATERLY PEEP SISTA GLORY

A LACE EMBEDDED WITH ELEGANT PEARLS.
A PEARL OF DEDICATION TO NATION
STUDDED WITH SILVER ELEPHANT
VOICE AS THE CALM WATER
EVERYONE SHOULD HEAR CLOSE TO
HEAVENS AS HE STANDS SO BRIGHT.

THE MOST EXPENSIVE GEM DEDICATED
WITH SINCERE EFFORTS
ATTACHED HIS SOUL WITH UNTOLD
JEWELS
A NEW CHAPTER NOW IN SILENCE

THE PRICELESS EMERALD INDULGE IN
EDUCATING THE FEEBLE SECTS
BOLD AS EVEREST,
SHE KNOWS NO FEAR
OUT OF THE MOUNTAINS CAME HER
VIRTUOUS STONES

LIKE A RAINBOW LIGHTNING, EMERGED
GLORIFYING THESKY
SISTA LEADS GILDED A ROUGH
MARBLE
CREATING A STANDARD FOR
POSTERITY

TOKEN OF THANKS TO
MR DR C PATNAIK
MR RAMESH PATNAIK
MS RAJKUMARI PATRO ((CGSKA))

BY
ARTI PATNAIK
CGSKA



Smt. Arti Patnaik writes...

Golden morn knocks India
Digital India responded
Shouldering superpowers Enhances thus
glorifies India
Fragrance of flowers varies
Very essence of unity is consistent
Communicate in various tongue
But laced with one thought

Proudly We design Empowered India
We are United We will be united
Challenges can differ not deter
Equipped India Stands hard headed
Strength in being United
Security being shielded
Emerging India to enshrine
The glorious Mother India
Oath taken by vibrant Indians to ornate with
the Suffix
'GOLDEN BIRD'
Jai Hind
Arti Patnaik

Fraternity Page - AIPSKA



‘Vanita Vedika’– A New WhatsApp Group

‘Lekha’ congratulates AIPSKA for launching another new WhatsApp group on the 30th of December 2021.

AIPSKA General Secretary, Sri Hari Mohan Patro circulated the following post

through WhatsApp Group beforehand: **“SPELL BOUND NEWS FOR LADIES”**

AIPSKA is opening shortly a tantalizing WhatsApp group exclusively for

Sistakaranam Ladies entitled *VANITA VEDIKA* to be managed by an expert team consisting of Smt. Behera Rashmi Patnaik, Smt. Suman V. Patnaik, Smt. Pakki Ragachandrika, Smt. Mantri Sandhya Raj, Smt. Balivada Madhavi, Smt. R. Veenavani, Smt. D. Anuradha, Smt. Dabbiru Lata with the technical lead being Sri Behara Shashank Patnaik.

This amazing platform shall have Cooking, Paintings, Housekeeping, Decorations, Songs, Music, Dances, upbringing

of children techniques, Online Kitty parties, Pujas, Festivals, Drawings, Knitting, Fashion Designing, Tailoring, Quiz, Puzzles, Competitions etc.

Be a member of this grand Vanita Vedika family and enjoy every moment of your life. Get your names registered with any of the Team members reachable from your side. The Team will form a separate mode of operation to drive this WhatsApp group.

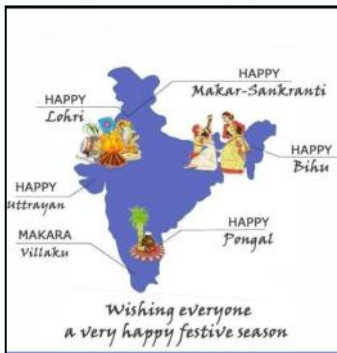
Please wait for the Opening of this Vanita Vedika shortly.

- Hari Mohan Patro
General Secretary - AIPSKA



Festive celebrations at ‘Vanita Vedika’

The Vanitas of AIPSKA family celebrated the festival Sankranti of 3 days Bogi, Sankranti and Kanuma. On Bogi, bogi mantalu & Bogi pallu for kids; for Sankranti pindi vantalu, pooja, kotta battalu, muggulu; for Kanuma cooking non vegetarian. Ladies shared their interesting pictures of their celebrations.



‘Sista Velugu’- Sankranti Special Edition released

AIPSKA released its quarterly bilingual online newsletter, ‘Sista Velugu’ - The Voice of Sistakarnams, on 13th January 2022, calling it the Sankranti special edition. It comprised of twenty-seven pages and is marked as Issue No.4.



Sista Velugu
“The Voice of Sistakaranams”

శిష్ట వెలుగు [శిష్టకరణాల స్వరం]

సంక్రాంతి ప్రత్యేక సంచిక Sankranti special edition

Quarterly Bilingual Newsletter of All India Pravasandhra Sista Karana Association

In House Circulation with Sistakaranam Community only | ISSUE - 4



Fraternity Page - Kalam Snehitulu

Varam.. Varam.. Somavaram

Sri P. V. Ramana, Literary Scholar, M.A (Sanskrit), M.A. (Telugu), M.Ed.

Has been a teacher for 39 years. Disposition: Literary Enthusiast.

He has been guiding us every week in "Vaaram vaaram... Somavaram" program on different aspects of writing stories.

Week 1: Study - Requirement

Week 2: Study - Observation

Week 3: Beauty of Language

Week 4: Why Write

Week 5: How to write

Week 6: Emergence of Modern storytelling

Week 7: Subject of Modern storytelling

Week 8: How to write stories

Week 9: Techniques in writing stories

Week 10: Techniques for writing stories by Arudra, published in a magazine

Week 11: Story - Story composition

Week 12: Story - Story composition

Week 13: Program not conducted due to unavoidable reasons

Week 14 - How to read a story

As we step into the new year, Welcome to all members to the "Vaaram varam... Somavaram" programme...

Since every Monday is a holiday for the group ... there will be no posts on the day, the more accomplished literary experts and senior poets among our honorable members can give their valuable suggestions, techniques to write stories, poems, and types of practices, to students who want to move forward with their literary aspirations, so that newcomers and those on literary journey learn new things and use them to improve their writing style...

A programme called "Vaaram varam... Somavaram" is being conducted since 13 weeks

Since on this day, it is under ad-

mins, there will be no impediment to practice as there are no other posts. The writing experiences and suggestions of experienced poets, I will post to the members.

The purpose of doing this program...

Everyone is eager to write, hoping to write better if good techniques are known.

My Whatsapp number is 9440326093. I will post your content on techniques.

Do support through this Kalam Snehithulu forum so that everyone can collaborate and write nicely.

Regards...

Yours truly

Gauriprasad Karakavalasa

Admin team, Kalam Snehithulu



Padma Sree Film - Kalam Snehithulu Team

On 24-1-2022, went for first show at Suryamahal Theater in Sri-kakulam town to watch the Padma Sree movie with family members and friends.

Photo- (L to R) Chi. D. Harsha, Chi. R. Santosh, Chi. D. Surya, Smt. Geeta, Sri Dabbiru Govinda Rao, Sri P. Sriram Kumar, Sri Baliwada Sathyarao, Sri Manipatruni Nageswara Rao, Sri S. Srinivasa Rao, Sri N. Srinivasa Rao and Sri Jaka Trivikram Dev.

The film is innovative throughout and impresses the youth. Congratulations to the director Sri S.S Patnaik. We are happy that about ten members of our Kalam snehithulu-Kalavedika team have given the opportunity in this film. I wish for more opportunities to our Kalm Snehithulu Artists. I sincerely wish this film to run successfully.

I also thank Sri Sadashivuni Lakshmana Rao, one of our Kalam Snehithulu Admin for watching the Padma Sree movie with family members and friends on 22-1-2022 at Vizag Chitralaya...

And Sri Baliwada Haribabu, Admin, for watching along with family and friends on 23-1-2022 at the Shankar Theater, Gopalapatnam.

Balivada Satya Rao

Founder Admin

Kalam Snehithulu - Kala Vedika



Vivaha Vedika



Vivaha Vedika

వివాహ వేదిక



Vivaha Vedika is a new initiative from Lekha. Being a sensitive subject, we are wary of the pitfalls in managing the function of match-making. We are, therefore, starting with just a handful of prospective brides and grooms. Please excuse us for any errors, omissions or misrepresentations. This will be an evolving initiative, and we will improve as the time goes by.

Prospective Brides & Grooms



Name	K SANTHOSH LAHARI
Surname	KONDAVALASA
Father's Name	KVN RAMESH PATNAIK
Gotram	AATREYASA
Date of Birth	18-Aug-1997
Nakshatram	DHANISHTA
Height	5' 3"
Complexion	FAIR
Occupation	PVT. EMPLOYEE TCS
Work Place	HYDERABAD
Education	BE / B.TECH
Preference	BIRTH YEAR BETWEEN 1992-1996, SOFTWARE /

Name	BHARGAVI
Surname	BHALIWADA
Father's Name	B. JAGANMOHANA RAO
Gotram	SANDILYA
Date of Birth	28-May-1994
Nakshatram	UTTARASHADA
Height	5' 4"
Complexion	FAIR
Occupation	PVT. EMPLOYEE IBM
Work Place	HYDERABAD
Education	BE / B.TECH
Preference	SOFTWARE ONLY, PAN-INDIA, HYDERABAD,

Name	ANUSHREYA PATNAIK
Surname	KUPPILI
Father's Name	PRASAD KRS
Gotram	ULKESHWARA
Date of Birth	24-Sep-1994
Nakshatram	BHARANI
Height	5' 3"
Complexion	FAIR
Occupation	PVT. EMPLOYEE GRM TECHNOLOGIES PVT LTD
Work Place	HYDERABAD (WORK
Education	ME / M.TECH
Preference	A WELL QUALIFIED GROOM IS PREFERRED.



Name	SAIRAM NARENDRA
Surname	MANAPURAM
Father's Name	M. CHANDRASHEKAR
Gotram	BHARADWAJA
Date of Birth	4-Mar-1994
Nakshatram	JYESTA
Height	5' 11"
Complexion	FAIR
Occupation	PVT. EMPLOYEE TECH-MAHINDRA, BANGALORE
Work Place	BANGALORE
Education	BE / B.TECH
Preference	B. TECH, EMPLOYED, 5.6" ABOVE HEIGHT

Name	SAI LAXMAN
Surname	BALIWADA
Father's Name	B. CHANDRA MOULI
Gotram	SANDILYA
Date of Birth	30-Jan-1992
Nakshatram	JYESTA
Height	5' 5"
Complexion	TAN
Occupation	PVT. EMPLOYEE KAKATHIYA INST. OF
Work Place	WARANGAL, TELANGANA
Education	ME / M.TECH
Preference	GRADUATE ENGG. & ABOVE, NO -SOFTWARE,

Name	SRIKANTH PATNAIK
Surname	BEHRA
Father's Name	B. SRINIVASPATNAIK
Gotram	BHARADWAJA
Date of Birth	6-Apr-1990
Nakshatram	MAGHA
Height	5' 7"
Complexion	FAIR
Occupation	PVT. EMPLOYEE ACS HYDERABAD
Work Place	HYDERABAD
Education	BE / B.TECH
Preference	ANY DEGREE ABOVE, WORKING, HYDERABAD

Name	TARUN
Surname	JAMILI
Father's Name	J.S.B. SUBRAMANYAM
Gotram	PARASHARA
Date of Birth	12-Jun-1992
Nakshatram	VISAKHA
Height	5' 11"
Complexion	FAIR
Occupation	PVT. EMPLOYEE QA LEAD IN LODESTONE,
Work Place	AHEMDABAD
Education	
Preference	B. TECH, MBA, MCA, JOB PAN-INDIA

Name	HIMAKIRAN
Surname	RAGUPATRUNI
Father's Name	RAGHUPATRUNI SAIBABU
Gotram	NAGESWARA
Date of Birth	20-May-1988
Nakshatram	PUNARVASHU
Height	5' 5"
Complexion	VERY FAIR
Occupation	OWN COMPANY NEON ENGINEERS
Work Place	MUMBAI
Education	
Preference	ABOVE B. TECH ; PAN-INDIA

GET MORE PROFILES ONLINE

This page contains only a handful of profiles, just to give you an idea of our repository. For more, visit:

<https://skiv.online/VivahaVedika/>



SISTAKARANAM IKYAVEDIKA

ONE DIGITAL PLATFORM FOR ALL SISTAKARANAMS

Health Page

Free Health Work Outs by Soujanya Kuppili

'Lekha' introduces Smt..Soujanya Kuppili. She is W/o Sri K Prakash and daughter of Sri Miti Sriram, Retd. Headmaster & Smt. Kusum. Her in- laws are Late Sri Kuppili Kashi Vishwanath Rao & Late Smt. Revathi.

She is did her Msc. Microbiology and is working for Herbal Life Nutrition Community. She provides awareness with heathy nutritional support for any illness.

She says, "We are helping 9000+ people every day !

- 1 - We are providing free live workouts
→ daily 6 am to 7 am
- 2 - Giving best health & wellness awareness information
→ daily 8 am to 8.30 am
- 3 - Clarifying doubts and helping in lifestyle corrections
→ Mon-Sat 6 pm to 7 pm

ALL THESE SERVICES

📧@Free----- Free----- Free

WhatsApp for 3 days trial session. If you interested, join, share and help even to those who are interested. Thank You.

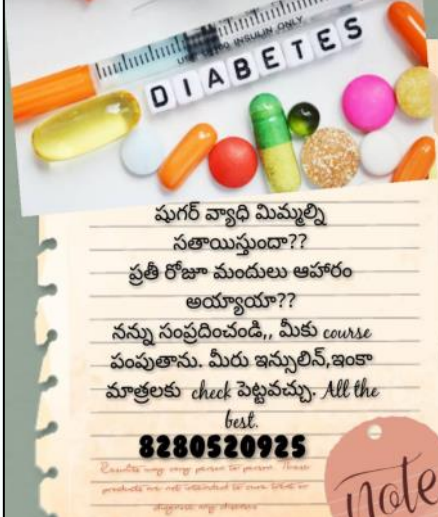
Contact : Soujanya Kuppili @ 8280520925."



We are providing Five types of wrkouts daily:
 1)Zumba
 2)aerobics
 3)cardio
 4)yoga
 5) tollywood dance
 ✨Free ✨ free ✨ free ✨
 (No hidden charges)
 Contact for more info
 8280520925..
 Thankyou 🙏



♥ Herbal life
 ♥
 With 80% Nutrition
 With 20%Exercise
 Change 100% Mindset
8280520925



DIABETES

మగర్ వ్యాధి మిమ్మల్ని సతాయిస్తుందా?? ప్రతీ రోజూ మందులు ఆహారం అయ్యాయా?? నన్ను సంప్రదించండి,, మీకు course పంపుతాను. మీరు ఇన్సులిన్,ఇంకా మాత్రలకు check పెట్టవచ్చు. All the best.
8280520925
Results may vary person to person. These products are not intended to cure. Please consult your doctor before using.

Note



ఆరోగ్యమా.. సంపాదనా....

ఇక్కడ రెండు ఉంటాయి

అంటే ఏదో ఒకటే దొరుకుతుంది కదా..

పురుగుమందులతో పండించిన ఆహార పదార్థాలు తిరి మీ అప్పు ప్రమాణ ఇద్దిన ఆరోగ్యాన్ని పాడు చేసుకోకు

మీసాల్వేషన్ ఫీల్డ్ ద్వారా శరీరంలోని బహుమేషు సిక్రమీంకా తగ్గించి రోగోగ్నంగా మారుస్తాం... రోజంతో పాటు లెక్కలు కూడా మారాయే గురూ... అవ్వడే అవ్వండి....

రోగోగ్నతా సింఫాన్స్ కేవలం అందిస్తాం...


ప్రతిరోజూ ఉదయం వ్యాయామం
 ఆరోగ్యం గురించి అవగాహన
 మీకు పరస్పర కోచ్ గా మనహాస్టాం

8280520925

నిద్రండా... నడక ఇంటికి రి... ట్ల రేదా... రేతండుమీ మీరి...

ఇదంతా పూర్తి ఉచితంగా

Zoom - Virtual Meetings conducted in Mid January Season



WELLNESS TALK
STRESS MANAGEMENT


STRESS

LIVE WELLNESS CLUB

LIVE WELLNESS CLUB

JANUARY 17 8.AM

ASK ME FOR ZOOM MEETING LINK



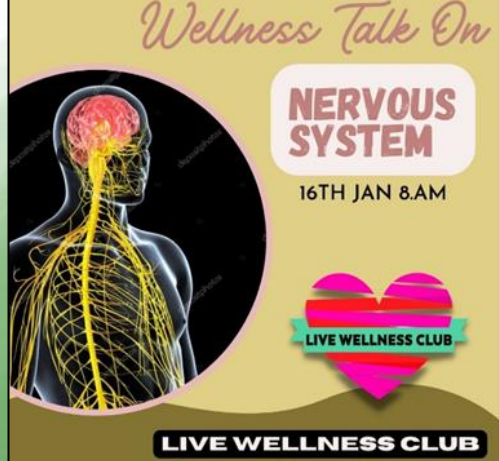
Live Workouts @6am

CARDIO

17 Jan 2022

DM For Secure Zoom Link

Disclaimer: Before Embarking Any Physical Activity Consult Your Physician



Wellness Talk On

NERVOUS SYSTEM

16TH JAN 8.AM

LIVE WELLNESS CLUB

LIVE WELLNESS CLUB

ASK ME FOR ZOOM MEETING LINK

Beauty Page



Modelling for Jewellery

'When it comes to Modelling for Jewellery and accessories, let the main subject— *Jewellery* be highlighted !' says our fashion enthusiast, Sudeepti Behara of Hyderabad.



Keep your Child's skin nourished

Here are a few skin care tips that might help you keep your child's skin nourished:



Although these may not help improve your child's natural complexion, they might help remove dead cells and retain the smooth texture. However, before trying any of these, remember that some children may be allergic to a few ingredients; thus, a patch test is advised.

1. Apply a mixture of milk & turmeric:

Studies suggest that turmeric is effective at reducing acne and improving complexion. The curcuminoids present in turmeric have antioxidant, anti-inflammatory and skin lightening properties. Mix turmeric and milk and apply the paste gently on your child's face, hands, and rest of the body. Allow it to dry. Wipe the dried paste using a soft wet cloth. After remov-

ing the milk-turmeric paste, bathe them without using a cleanser or soap.

2. Apply a mixture of curd, tomato extract and oatmeal:

Mix curd, tomato extract, and oatmeal thoroughly and apply the mixture all over your child's skin. The natural mixture minimizes blemishes and makes the skin nourished and smooth. Oat powder mixed with curd has moisturizing, cleansing and antioxidant properties which might help retain the skin's natural texture.

3. Avoid chemicals and apply natural elements:

Avoid applying any chemical product on your child's skin. Using natural elements is an effective way of improving the

quality to your child's skin. You could apply pure aloe vera gel on your child's entire body. Aloe vera helps retain the skin's



moisture.

4. Apply a mixture of turmeric and beetroot:

If your teenager is prone to acne and dry skin, mix turmeric powder in beetroot juice. Make a thick paste and apply it to



your child's skin. Beetroot is known to have acne-reducing properties and turmeric helps keep the skin nourished and smooth.

5. Use a mixture of curd and dried orange peel:

There is limited research on the benefits of curd on the skin. However, a recent study suggests that curd or other fermented skin products may provide healthy and smooth skin. Also, dried orange skin may help keep the skin moisturized and smooth. Prepare a mixture of curd and dried orange peel and apply it to your child's skin.

-Tips shared by Lata Choudary

Talent Corner

Art by Chi. K. Gayatri



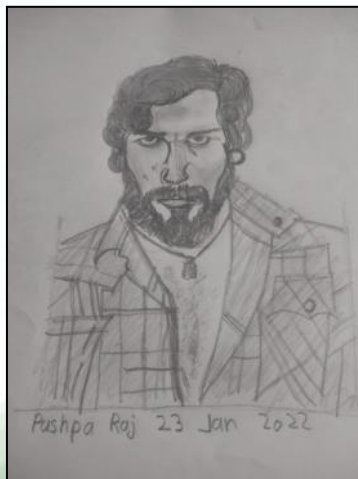
Chi. Kasimahanthi Gayatri studying VIIIth Std. in Meghavaram of Srikakulam District., daughter of Sri. K.Suribabu having beautiful sketches and art. Let us encourage her.



Sketches by Nagpur Kid Aditya



Sketches drawn by Chi. Aditya Patnaik who is 11 years and studying in class VIth at Nagpur. He is grand son of Sri V.M.M. Patnaik, RTD ADEE (OP) Nagpur who is the brother-in-law of Sri Kondavalasa Srinivas Rao, Raipur.



Karanam World

Acting as a Passion - Sri Baliwada Malleswaram Patnaik



Sri Baliwada Malleswaram Patnaik who works in a film distribution company in Vijayawada, is in the drama field for the last 40 years with a passion for stage. He has played many different roles as an actor. In it, He had the opportunity to act in the roles of Gods, Goddess, Saibaba, Lord Shiva as well as other mythological

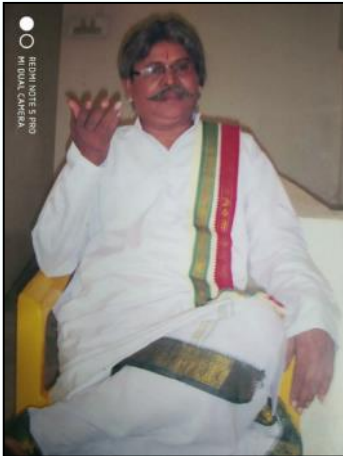
and social roles on stage. The details of some of the plays he has acted in are, Maro Mohanjadaro, Nayanam Chitram Sastranni, Avunu Vallidaru Istapaddaru, Amma Bailellinado, Maa Maha Maha Shivudu, Vasikaranam, Gurivinda Ginja, Vadla Ginja Biyyapu Ginja, Dandora Kalupu Mokkalu, Rangula Lokam, Maa Avida Bangaram, Sundari Subba Rao, Paramatma

Vyavastha, Bhomika, Pellikani Prasadu, Cheekati Konamu, as well as the mythological dramas Ravana Kalyanam and Bharatavarsham. Apart from this, he has acted in many short films and films like Saradhi Rang Devakanya.

Some of the most memorable moments in his life as an actor are the humourous expositions, i.e., comedy skits, with famous comedian Sri Kondavalasa Lakshmana Rao and Suttivelu.

Also, he considers it a great pleasure that the government presented the Kandukur Award for his roles in a long theatrical journey.

He feels it is a gift given by the Goddess of Art that, during his long acting journey, he played a variety of roles as villain, comedian, female characters, Hijra characters, characters of God. He said it was a pleasure to meet all through 'Lekha' like this.



Independence Fighter Sri Raghupatruni Ranganadham



Late Sri Raghupatruni Ranganadham was a freedom fighter from Kotabombali village in Srikakulam district. He participated in the Salt Satyagraha at the call of Mahatma Gandhi and was jailed for 6 months in Naupada Jail. His better half, Smt. Bullemma, also followed in his footsteps. Freedom fighters were secretly provided with dining facilities. Even after independence, he was not recognized for many years. On March 21, 1984, Ranganadham left for his heavenly abode. Later, his wife Smt. Bullemma was honored at the Sistakaranam Freedom Fighters felicitation ceremony in Visakhapatnam. The history of many such great personalities is getting lost in time and is being obscured. It is our responsibility to remember such unknown warriors.



Rajesh Behara, Eeluri Venkata Sai Baba

Our Treasures

Original Verses for Sanskrit Phrases - Part 2

It is natural that we want to know the original verses for some sanskrit phrases we often hear. Some of those have been put together for you, see.

Each month, 'Lekha' brings to you a few phrases. This month's phrases:

- swargadapi gariyasi
- krushi to nasti durbhiksham
- brahmanana manekatvam
- yadharaja thatha praja
- pustakam vanita vittam

Let us see the full verses now.

*api swarna mayi lanka
namay Rochathi Lakshmana!
janani janma bhumischa
swargadapi gariyasi*

Brother, Lakshmana! I do not like this Lanka even though it is made of gold. Can't stay here. Because one's mother and hometown are greater than heaven!

*krushi to nasti durbhiksha
jastato nasti patakam
mouname kalaha nasti
nasti jagarato bhayam*

Drought will not exist if farming is done properly. If you do mediation & penance, sin is lost. If there is silence, there will be no animosity with anyone. There is nothing to be afraid of if you are vigilant.

*gajanam mAanda buddhishcha
sarpana mati nidrata
brahmanana manekatvam
tribhirlokopakaragam*

Dull headedness of elephants, sleepiness of snakes, disunity among Brahmins ... Isn't the world benefiting because of this!

*rajna dharmini dharmishtha,
pape papa parah sadaa
rajanu manu vartante,
yatha raja tatha praja!*

If the king follows Dharma, the kingdom will run on the path of Dharma. If there is sinful behavior, the kingdom will be sinful. Righteousness and evil always follow the king. The way the king is, people will also be like that.

*pustakam vanita vittam
parahastham gatha gatha ha
aduhwa punara Yati
Jeernam bhrashtacha khandasaha*

A Book, woman and money are good as long as we have them. If they fall into the hands of others, it is not good. Do expect them to come back. Even if they do, they will come back in a state of ruin. (That a woman needs to be taken care of and protected, is what should be understood here)

Mind, Space, Time

In modern times mind is given excessive importance. Having active mind is treated to be a good thing. Mind is considered as the ultimate reality. From spiritual point of view mind is not important. Mind becomes a hindrance to self realization. Mind is limited by time and space. Cosmic intelligence is beyond mental plane. Mind is simply store house of historical experiences. It seems to give false impression that it creates own intelligence from historic experiences. Mind is limited to cause and effect.



Giridhar is a spiritual seeker graced by realized Gurus Shri Badarinayanji and Leslie Temple Thurston.

However, atma is beyond cause and effect. It is unborn, ever present and all pervading. When a body is taken at birth and along with it a mind is taken, the self seems to appear as it is limited to mind, and cause and effect. Real intelligence is boundless and does not depend on past, present and future and it is beyond mind and ego. So is self. Such cosmic intelligence can not be understood or explained from the limitations of mind.

Scriptures advocate to maintain vairagya. A sadhak is to practise equanimity and stay away from raga (desires). An adept achieves a no-mind state, dropping all reactions of mind. An adept lives in the now, and does not let his mind think of past worries, and glories, or future worries and planning. He truly achieves a no-mind state. In this state the cosmic intelligence truly flows, and his life becomes a flowing reality. That is a true surrender. The mind does not doubt, and question, and it is said that past present and future are dropped for a realized soul. World is the creation of The supreme being in his imagination. Life is simply replaying of that master plan.

One has to see that life is simply acting what has already been decided. A sadhak has to realize that life is simply letting the prarabdha flow without getting too much involvement and attachment with the happenings.

However, a sadhak has to reach the no-mind state using the mind. Kshurika Upanishad advises that mind needs to be used as a weapon (knife) to dissect its own behaviour to avoid the raga, and dvesha the mind plays. As this practise continues, the thoughts dwindle, and mind surrenders to observe the reality. With Gurus grace, a sadhak can realize that self is the ultimate reality, and the worldly matters are simply the maya in play.

Iky Vedika Round Up

Butterfly Celebrations by Ikyavedika

Sistakaranam Ikyavedika conducted physical meetings, "Sistakaranam Butterfly Business Meet", for the benefit of Sistakaranam Youth in Srikakulam and Visakhapatnam, dubbed as "BUTTERFLY CELEBRATIONS" with a motto of "transforming from Caterpillar to Butterfly".

At Srikakulam Sunrise Convention...



In the Spectrum program conducted at Sunrise Convention, Srikakulam on 6th January, 2022 by Sri Polumahanthi Umameheswara Rao on the first death anniversary of Late Sri Dabbiru Kameswara Dasbabu, Ikyavedika team members Dasamantri Naresh, Mantri Narasimha Rao, Sekharamantri Narahari Nath, Mantri Bala Gangadhar and Avilala Sridhar addressed the audience of Sistakaranam Business Meet. The event was sponsored by Sri Polumahanthi Umamaheswara Rao.



Shri Pakki Diwakar, Member, Andhra Pradesh Commission for Backward Classes felicitated the Ikyavedika team members in Sunrise Convention.

Left to right are:

Sri Sadashivuni Lakshman Rao, Sri Dasamantri Naresh, Sri Mantri Narasimha Rao, Sri Mantri Bala Gangadhar, Sri Pakki Diwakar, Sri Sekharamantri Narahari Nath, Sri Avilala Sridhar, Sri Polumahanthi Uma Maheshwara Rao.



Mantri Narasimha Rao giving presentation of new business opportunities. He also talked about Sistakaranam business entities and requested the audience to utilize their services to develop and promote businesses. Sri Polumahanthi Umamaheswara Rao, Sri Sadasivuni Krishna, Director, AP Sistakaranam Corporation, Sri Murahari Simhagiri Patnaik, Sri Sadashivuni Lakshman Rao, Dr. Dabbiru Govind Rao, Sri Baliwada Satya Rao, Sri Magic Sagar, Smt. Saritha (non-veg pickle maker), Sri Allena Govind (Trader) are seen in the picture.

At Gajuwaka SBT Hotel...

Kalam Snehithulu Kalavedika sponsored the "Sistakaranams Butterfly Celebrations"



held at SBT Hotel, Old Gajuwaka on 9th January, 2022 from 2 PM to 6 PM.

Special Thanks to Sri Baliwada Satya Rao, Sri Karakavalsa Gowriprasad for sponsoring the event also other Admins Sri Sa-



dashivuni Lakshman Rao, Sri Sekharmantri Prabhakar, Sri Baliwada Haribabu, Sri Kuppili Bheemeswar Rao and Sri Vadada Chandrashekhar

Chief Guest Sri Urlam Jaya Manmadha Rao (UJM Rao), Managing Director, AP Metro Rail Corporation Ltd addressed the Sistakaranams Business Meet at SBT Hotel.

Sistakaranam Entrepreneur Sri Dadhirao VN Jagannath, the founder of RETOS gave a presentation about his new venture. Ikyavedika Team Member, Dabbiru Suresh talked about decision making process in venturing into e-commerce business, and Sri Mantri Narasimham about his water business plans. Also presented was Solen pharma opportunities to Sistakaranams from Sri J. V. Chandrababu. Sri Mantri Narasimha Rao presented his upcoming snacks eatery outlets.

It was a grand success and motivates our team for further events. Heartful thanks to one and all from Ikyavedika and Lekha.

Ikya Vedika Round Up

Visuals of Ikyavedika's Tour of Srikakulam & Visakhapatnam



Mantri Venkata Narasimham presenting Hydrogen Generator Water Bottle, Buder brand of Maxell, Japan. He offered incentives on promoting sales. Contact No: 901202214

Employment Opportunities

- Looking for Growth and Career opping Srikaranams in its expansion drive
- Medical Expansion Recruitment Drive for Srikaranams
- Positions for Medical Sales Officers and Managers
- Locations: Srikakulam, Visakhapatnam, Visakhapatnam, Vijayawada and Nellore
- Start In Industry Package
- Performance Based Incentive
- Advanced Career Advancement
- Successful Growth in Career Ladder
- Recognition in the market

Business Opportunities

- Looking for profit oriented Srikaranams in its expansion drive
- Channel Marketing Partners/Distribution
- Local Distribution
- Franchisee
- Franchise of brands
- Distribution of company products
- Self Promotion Business Opportunities
- Participation in the market

Shri Chandrababu Jarammahanti, CEO, Soken Pharma, Hyderabad
www.sokenpharma.com Mobile: 8074800939/630457670/4074799354



Iky Vedika Round Up

“Butterfly” Events; Lekha Strengthened

January 2022 is a significant month for Ikyavedika, as it marked the first ever programme conducted by us that was not virtual. Two events, one each at Srikakulam and Gajuwaka (Vizag), were conducted with the theme of Entrepreneurship in our community.

Meanwhile, Lekha continues to grow in popularity, and we now formally recognize some of our regular contributors as part of team. They include Sri Moturi Narayana Rao for SWA, Telangana, and Sri Karakavalasa Gouriprasad & Balivada Satya Rao from Kalam Snehitulu. Also, on board is another enthusiast from Chhattisgarh, Smt. Arti Patnaik.

Ikyavedika on the Web



<https://skiv.online>

<https://sistakaranam.org>



<https://skiv.online/VivahaVedika>



<https://www.facebook.com/sistakaranam.community>



<https://www.instagram.com/sistakaranamikyavedika/>



<https://www.youtube.com/channel/UC7k8ebZmWxbBxi3m69x4OVQ>

The Lekha Team

CHIEF EDITOR



Chandrababu JV
80748 00939

PUBLISHER



Naraharinath S
98814 03533

DY. PUBLISHER



Vandana Adivishnu
80560 18566

ASSOCIATE EDITORS



Avilala Sridhar
70757 35811



Ravi Karakavalasa
96522 33372

HON. EDITOR



Lakshmana Rao S
92477 83307

CORRESPONDENTS



Naresh Dashimantri
Public Relations
96405 67625



Narasimha Rao Mantri
Interview Coordinator
87127 15448



Anantha Prasad Donkada
Telangana
99634 36716



Narayana Rao Moturi
Telangana
93462 50304



Satyanarayana Murty P
AP & Telangana
95058 13468



Satya Rao Balivada
Kalam Snehitulu
99633 44957



Gouriprasad Karakavalasa
Kalam Snehitulu
98930 31580



Bala Gangadhar Mantri
West Bengal
90467 86101



Maheshwar Nagumantri
Chhattisgarh
98930 31580

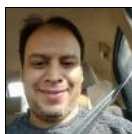


Srinivasa Lumburu
Chhattisgarh
78694 79400



Arti Patnaik
Chhattisgarh
83191 11213

Ikyavedika Members in other Initiatives



Clockwise from top left: Suresh Dabburu, Rajesh Amapalam, Bharat Vikas, Yagna Vivek, Durga Charan, Chetan Kumar, Sandeep Kottaki, and Shravan Rayagada.

Lekha Calls Out To You



The Idea behind the newsletter is to rebuild the connect among all our community members and build on our sense of pride/togetherness. The newsletter will act as platform for expressing our views, success and sharing news.

The newsletter comes in a PDF format only, and we request you all to propagate it among our community members once you receive it.

Everyone in our community is welcome to contribute to the newsletter. If you have anything that you would like to share, or would want to contribute regularly, please reach out to us.