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“As teachers, Sistakaranams are in a class of their own” - Sri Gidugu

There is a uniqueness to Sistakaranams as teachers. "As teachers, Sistakaranams are in a class of their own," said Late Rao Saheb, Sri Gidugu Venkata Ramamurthy Panthulu.

Below is an excerpt from an article he wrote and sent to a special issue called "Bandhusena" published from Berhampur in the Shuklanama year i.e., 1920 A.D.

The raw material for the education that I have acquired in our linguistic knowledge, and my love for it, was provided by a Sistakaranam from Bontalakoduru, Sri Behara Bairagi Patnayakulu.

I was born in the year of Dundibhi while our father was in a village called Parvatlapeta as a leader in Sreekurmam Thana Hiramandalam. A Brahmin taught me the alphabet. By then I was six years old. Since I could not even spell names correctly, my father appointed Sri Patnayakulu in place of the Brahmin Guru, and I was taught by him. I studied with him for two years. In that short time, two Sathakams (a set of 100 verses), the abstract of the Andhranama, and the

first book of Amaramu were memorized by me. He taught many things in higher education and also taught to do calculations upto pancha-rāshikamu. Familiarized reading stories and letters written in Colloquial language. I still remember some of the verses and poems recited then.

Sistakaranams are pioneers among those who are educated and those who educate. There are notable poets among them. Sistakaranams are well versed in choosing the right language, ancient Andhra or modern colloquial, for their writings. They are very good at managing worldly affairs. Mathematics is their legacy education.

What better certificate of appreciation can we have, to say that Sistakaranams are brilliant teachers, than this article written by Sri Gidugu Venkata Ramamurthy Panthulugaru?

- Gumpaswamy Karakavalasa
Retired sociology teacher
Vizianagaram.

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

Top Business Growth Leaders Award Winners - 2022

Let us congratulate Sri Markondapatnaikuni Gouri Prasad of Yash Technologies, Hyderabad and Sri Pradeep Chandra Behara, Managing Director & CEO at Numel Solutions Private Limited, Hyderabad who have been chosen as one of the "Top Business Growth Leaders Awardees 2022" at the recently held, BizzTalk World Conference on 7th & 8th Feb 2022. The Awardees were an-

nounced based on an unbiased evaluation of more than 700 nominations received vide Asia, Middle East, and Africa. Congratulations on the well-deserved award and we are extremely happy to have you as part of our community.

We are proud know that Sri Markondapatnaikuni Gouri Prasad is running a career

help Whatsapp group sparing his valuable time for helping our Sistakaranam jobseekers.

At Numel, Sri Pradeep Chandra Behara had been impactfully contributing to the business by creating value, strategizing, generating demand with innovative and futuristic approach.



Sistakaranams in Sakalakala Vallabhudu

Let us congratulate Sri Ajay Patnaik, music director for Telugu feature film "sakalakala vallabhudu" releasing shortly and Sri Tyada Visweswara Rao (bujji) who acted in the above film. we wish both of them a successful film career and wishing the above film every success.



Newsmakers

M&ME medal to Dr. Bhima Rao

Dr. Raghupatruni Bhima Rao has received the Metallurgical and Materials Engineering medal by the president of IEI at Vigyan Bhavan, New Delhi for the best paper published in Springer journal.



Karate Gold Medal Winner Chi. Sai Simritha

Let us congratulate Chi. Barli Sai Simritha, proud daughter of Sri Barli Mohan Muralidhar Patnaik of Visakhapatnam for winning prestigious Gold Medal in the recently held Asian Open Karate Championship – 2022 organized by Niji Shotokan Sports Karate Association of India, held on 10th to 13th February 2022 at Visakhapatnam.



Sistakaranam Writers Honored by Naramshetti Bala Sahitya Peetham

Naramshetti Bala Sahitya Peetham, Parvathipuram, Vijayanagaram District, awarded the first prize for the story "Rajugari Yedu Gadulu" written by our writer Sri BV Patnaik on 20-2-2022 at a function held under the auspices of Uttarandhra Vedika. Congratulations on behalf of "Lekha Team".

Naramshetty also felicitated Sri Kudama Tirumala Rao, Member of the Rajam Writers Forum and Principal of the New Colony MPUP School. The book 'Kavana' was launched, and Sri Tirumala Rao's poem was featured in it. With his poem, Naviandhra Upiri - Uttarandhra Siri being selected, the organizers presented a collection of Kavana poems and honored him with a shawl and citation. Earlier, Sri Tirumala Rao earned the audience praise for his poetic singing.



Sri Prabhakar Felicitated

On the occasion of Mother Language Day, on 19-2-2022, at the Public Library Hall, Visakhapatnam, recognizing outstanding contribution to the Telugu language in the field of literature, its founder Sri Sekharamantri Prabhakar was felicitated by the Balabata Monthly publishers.



Chi. Sai Ram Akash wins Prizes in Two Events

Let us congratulate Chi. Balivada Venkata Sai Ram Akash, grandson of Late Balivada Ramarao Patnaik of Vijayawada for being awarded two prizes for two events: First Prize in Chess and Second Prize in Cricket competitions held at his school Atkinson High School, Gollapudi, Vijayawada.

His twin brother, Chi Balivada Venkata Sai Lakshman Avinash also regularly wins prizes in literary competitions.

They are proud sons of proud father Sri Balivada Sivakumar Patnaik, First Vice President of Andhra Pradesh Sistakaranam Association.



Newsmakers

Sri Vasu appointed as Trustee

Lekha congratulates our Sistakaranam stalwart, Sri Dabbiru Srinivasa Rao (Vasu) of Srikakulam on his being appointed as Member , Board of Trustees of Sri Kurmanadha Swamy Temple at Srikurmam as per orders dated 10-2-2022.

Murthy, and Sri Sadasivuni Venkateswara Rao. Many other Sistakaranam dignitaries, well-wishers, close friends, acquaintances, and fans greeted Sri Vasu with a grand Vedic blessing.

Prominent guests present on the occasion were Sri Dharmana Prasad Rao, Sri Andavarapu Suri Babu, President of the State Sistakarana Sangham Sri Polumahanti Umamaheshwara Rao, State OBC Convenor Sri Simhagiri Patnaik, State Organizing Secretary Sri Prabhakar Dasu, Smt. Prema Patnaik, Kalam Snehitulu Founder Sri Baliwada Satya Rao, Sri Dabbiru Govinda Rao, Smt. and Sri Sadasivuni Laxman Rao, Sri Baliwada Haribabu, Smt. and Sri Baggam Sudhakar, Sri MP Tirupati Rao, Sri Baliwada Malleswara Rao, Sri VN Sharma, Sri Pedapenki Sriram, Sri Behara Ramachandra Rao, Sri Gokul Vijay, Sistakaranam Corporation Director Sri K V Ramana



Best Employee for Sri Sudhakar

Sri Sudhakar Patnaik was felicitated at the Best Employees Honors function under the auspices of Sri Shakti Charitable Trust. 'Lekha' Team congratulates him.



Felicitation by Municipal Commissioner

At a function held in Visakhapatnam, our Vizag community dignitaries Sri Tumbali Prasad Rao who is a businessman and also president of Seetammadhara Sistakarana Sangham and Smt. Tumbali Janakidevi were recognized and honored by the Commissioner of the Greater Visakhapatnam Municipal Corporation. Congratulations to them on behalf of "Lekha Team".



Tirumala Rao Felicited

Member of the Rajam Writers' Forum Sri Kudama Tirumala Rao received honors on the stage of the Telugu Velugulu program organized on the occasion of the International Mother Language Day in Vijayanagaram. The conference was jointly organized by the Vijayanagaram Telugu Language Preservation Society and the Kusumanchi Foundation. He was honored by Sri Belgaum Bhimeswara Rao, recipient of Kendriya Sahitya award & president of the organizing body.



Chi. Rohit wins Prize in Drawing

Rohit Kuppili, 7 years old of 2nd Class from Ryan International School Mumbai (Maharashtra) participated in Inter School Drawing Competition on the occasion of Olympic Day conducted by school. 'Lekha' congratulates Rohit for securing 2nd position. He is son of Mrs. Usha and Mr. Vijaysarathi Kuppili. His paternal grandparents are Sri Mohan Ro Kuppili & Smt. Sasi Rekha. His maternal grandparents are Smt. Pottunuru Sudha Ramaa & Late Sri PVN Patnaik.



Dr. Praveenya appointed as PHC Specialist

Ukkunagaram Sistakaranam association congratulated Smt. Lakshmi Praveenya, the daughter of Sri SMV Satyanarayana (Steel Plant) and the eldest daughter-in-law of YSRCP leader, Sri Behera Bhaskar on the occasion of her appointment with the State Government as a Specialist Doctor for 12 Primary Health Centers in Visakhapatnam. They hope she will keep contributing to the community development and reach higher positions. Congratulations from "Lekha".



Editorial

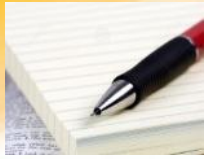
Word is Magic Chant

Dear beloved Sistakaranam relatives, friends, with wholehearted Namaskarams – your Lekha team

Today Life truth is 'word is magic chant' word only is affection and dear.

Our Sistakaranams are known and famous for good words and teachings with words. Sri Gidugu also taught and learned from our Sistakarana Teachers. In this occasion, got

an idea of talking about 'Power of Good Words'. Especially to be followed by our younger generation.



The first thing to do when the water comes at home is to filter it. Then boil it and drink it according to the current conditions. Similarly boil the milk and use it. Otherwise, the milk will break down due to the effect of bacteria. In the same way, words coming from disgust, jealousy, anger, pain and insecurity should be evaluated and filtered before crossing the lips. In other words, it is very good to be silent without saying anything in such cases. Because words have the power to break hearts. There is no harm in breaking milk. Another packet can be bought. If the heart is broken it will not stick again, over and above the bond will be lost. The words we speak should be like showers in the middle of summer. Some words make you feel honeyed. Some words make your mind flutter. Not only desire, but even the smallest word unnecessarily uttered can make us exposed and take away the peace.

That is why practitioners should also be moderate with friends and relatives. The mind that seeks some recognition must accustom itself to anonymity. The association of those who are not saatvic, worldly materialism, and acquaintances who do not contribute to the practice should be minimized.

Sweet words are music to the minds of others. One thing must be remembered. If the word that comes out of our mouth is under our control, the whole world will be under our control. What do you say?

"Sarva Sistakarana Jana Sukhino Bhavanthu:"

-J.V. Chandrababu & Lekha Team

Interview

An Undeterred Woman in Community Service...

Husband was a railway employee in Kolkota. Smooth sailing life. Husband stepped out to visit Puttaparti Swamy Satya Sai Baba at his call. He never returned. The whereabouts were unknown. But Rama Satya Devi resolved to face challenges for her only child. The incident in life drove her towards community service also. In her words....

Please give your introduction to our readers.

My father was a retired Police Officer and settled down in our native place, Pithapuram. I studied in Pithapuram up to Intermediate. I got married to Dabbiru Shiva Prasad of Kharagpur and moved to Kolkata as my husband was a railway employee in Kolkata. I have a son, Dabbiru Kishore Kumar.

Lekha came to know about a storm in your life. Can you share to us?

On a call from Swamy Satya Sai Baba of Puttaparthi, my husband dropped us at our parents' house in Pithapuram and proceeded to Puttaparthi. He never came home again. We searched a lot for him, but in vain. My father-in-law's family also tried their best. I have a small boy kid in my lap. I was left with no choice except to pursue my education to live on my own strength.

How did you reach the success from determination?

My brother-in-law, late Sri Ramana Rao was in railways too and helped me to his best. My friend Lalitha helped me in completing my graduation. I have taken Hindi as second language. I learnt music also. I got job in West Bengal Railways in Kolkota and joined in the same office where my husband had worked. It was the most memorable day of my life. The day that turned my life around. I travelled to all corners of the country including Himalayas. One Sadhu in Himalayas told us that my husband had gone to Siddhashram. He advised to give good education to my child. My son, Kishore studied in Kolkota. His family is settled in Durgapur where he is working as HR Head in Neelkamal factory. I retired in 2017 and settled down in Kolkota.

What is your message from your life?

My struggle in life with a small kid in my hands found the way as I haven't given any place for despair or disappointment. I got timely support from my father-in-law's family, co-sisters-in-law, brother-in-law, and my friend Lalitha. This is all divine power.

Tell me about your community services

The good should not be forgotten. I consider Mother Theresa my ideal. I go to Chhattisgarh along with other Bengali Women and do social



Smt. Rama Satya Devi

| | |
|---------|--------------------------------------|
| Father | : Late Sri Dasamantri Surya Narayana |
| Mother | : Late Smt. Kameswari Devi |
| Husband | : Sri Dabbiru Shiva Prasad |
| Son | : Sri Dabbiru Kishore Kumar |

service to our Sistakaranam and other communities. I participated in AIPSKA, Vanitha Vedika, Kalam Snehitulu, Paatala Pallaki, Kalathoranam, Bhakti Geetalu, Prabhodatmaka Geetalu and received prizes. I am also active writing on the process of making Vratas, Nommas, uniqueness of various festivals, describing about the nature, old age homes-needed or not? Many of them won laurels from various platforms including my railway office.

Your valuable comments on "Lekha"

The service of collecting some information from those who have a wealth of knowledge and conveying it to all the members of the community by devoting some time, without expecting any return from the service, in the quest to show the organized way to the youth, is really commendable. I wish to join my hands with their mission "Service of mankind is service to God"

In spite of her ill fate, she still believes in God and does service to the needy. We can draw motivation from her life. Lekha wishes her for good health and energy to continue her desire to serve people.

Interview by - J.V. Chandra Babu

Compiled by - Mantri Narasimha Rao

Open Forum

Cell Phones

Cell phones are one of the vital means of communication. These are the fastest means of communication after internet. Now-a-days, we find a cell phone in everyone's hands, from a lame rickshaw puller to a business tycoon including students. These cellular phones can also be known as Mobile phones which provide a lot of benefits at the same time it has come with some disadvantage too.

Advantages

The advantages of these cellular phones include communication i.e., talking to a person who is far from you or is in another state or a country, or we can send text messages, jokes, songs, etc. In some of the phones or we can say in smart phone which r now on high demand internet facilities are available which helps us to know every



information happening in the entire world. There are some messengers which runs through internet which helps people to send their photographs, videos, songs, audio voices, etc. within seconds to those who are living far and who are remarkably close to you. These also includes online shopping, paying bills on phones, some works which can be done on computers can also be done on smart phones.

These cellular phones include so many advantages, but these also contain disadvantages too which may be dangerous and can adversely affect us.

Disadvantages

There are many disadvantages of cell phones speaking for a long time through cellular phones damage our brain as well as our ear drums and it may trouble our nerves too. Due to the network towers of cell phones many people are getting effected and suffering from skin diseases and it may cause cancer and through rays released from the network towers many sparrows are dying day by day and becoming endangered. Due to Bluetooth devices used by some people are also not good be-

cause the radiations from network towers through these devices effects our ears as well as our brain. Now a days smart phones are on a great demand; people are mostly preferring smart phones, but these are too dangerous compared to normal phones. Through touch screens people may get bone cancer as the radiations are directly connecting our skin.

So, people please use phones for only useful purposes, or you will only be affected through it.

-D. Shilpa, Delhi

Ms D Shilpa is daughter of Sri Dasumantharao 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.



Beauty of Prayer

Prayer is a very important and a very common thing in everyone's life. For an atheist, it may sound absurd but then, every life on this earth prays. Some call it a wish, some say it's a desire and some name it prayer.

Prayer is not mere joining hands and writing a wish list for the God to grant them all. Prayer is gratitude. It's a word of thankfulness. It's an expression of wish. It's a gesture to revive our thoughts and thought process.

Every living being has got its own way of prayer. Not that prayer always means chanting long verses and scriptures not

knowing the essence of it.

Prayer can be a smile, prayer can be silence also. In smile we wish for others by generating positive energy and in silence, we can explore our inner energy.

So, be it a smile or silence or chants of verses, always be thankful to this universe for giving us this beautiful life and help us spread smiles across the lives.

That's the beauty of prayer.

- Udayasree Pakki,
Law Officer, APSRTC
Visakhapatnam.



Support Arena

Rs. 1,33,300/- Donation by Sri Dabbiru Vasu

Sri Dabbiru Vasudeva Rao from Srikakulam has donated Rs. 1,33,300/- for Nityannadanam programme to be soon started at Srikurmam Temple. Along with him, Sri Konark Srinu handed over Rs 50,000/- and SR Shopping Mall head Sri Gopinath Reddy handed over Rs 50,000/- through Srikakulam MLA Sri Dharmana Prasada Rao at the camp office to EOS Sri Vijayakumar. The event was attended by MP Sri Ambate Nirmala Srinivas, Sri Baratam Ramsheshu and Rushi.



Bharata Nidhi Foundation Trust Help

Let us congratulate Sri D S V Gopikrishna, founder chairman of Bharata Nidhi Foundation Trust, Visakhapatnam through which he helped one poor entrepreneur Sri Syed Nagur Babu in arranging Rs 2.50 lakhs bank loan from State Bank of India and also granted Rs 20,000/- from the foundation to meet his margin money. He can monthly retain Rs 10000 after meeting debt obligations. The Bharata Nidhi Foundation had helped 20 micro entrepreneurs last year and will add more in this financial year.



Donation to Old Age home

Our community dignitary, retired Tahsildar & resident of Visakhapatnam, philanthropist Dr. Lion Shivaji Patnaik (Potnuru Simhachalam Patnaik) along with his wife visited the Vanaprastha old age home in Visakhapatnam and served rice, oil, beets, wheat flour, idli rava, biscuits to the ashram dwellers. They received the blessings of the elderly. The ashram administrators expressed their gratitude for their generosity. We express our appreciation on this service rendered.



Helping Hands' 9th Event Successful

Sri Kuppili Narendra Rao Patnaik on Sigidi Street, Srikakulam was bedridden due to paralysis of the nerves due to knee pain. He resigned from the job due to inability to discharge his duty. His wife also had to resign from her job to look after him as he became fully bedridden. The matter was brought to the notice of the Helping Hands WhatsApp Group who raised donation of Rs. 28,000/- and handed over on Sunday, (13-02-2022) in the presence of the group members. Sarva Sri Pakki Uma Maheshwara Rao, Balivada Venkata Shyam Prasanna Kumar, Dabbiru Govindarao, Balivada Lakshmi, Thyada Prasad, Vandrangi Thirumala Rao, B. Joga Rao, Balivada Satyarao, Pedapenki Sriram Kumar, Raghupathruni Bhaskara Rao and others participated in the program. This is the 9th event to end with this.



Sistakarana Helping Hands' 10th Event

Sri Vadada Vaikuntha Rao (Ph 9298108626), a relative of ours residing in Ilisipuram Parankusham Colony, Srikakulam District, was involved in a road accident while riding a bicycle on the Nagavali bridge in October last year. The right hip bone and right arm were broken. The right shoulder ball is worn out. He was rushed to a hospital where he was treated and confined to a bed, unable to move. The family, which includes his wife and two daughters, has no income at present. If every relative in the group helps us, we will be able to help the family. For our part, Sri Uma Maheshwara Rao Pakki and Smt. Sanjukta Patnaik started contribution. Anyone else who provides financial assistance can contact or Phone Pay or Google Pay 9392234863 (Uma Maheshwara Rao Pakki).



Best Regards

- Admins

Yuvata collects and hands over Donations

When the situation of Sri Vaikuntha Rao, a helpful and selfless Sistakaranam person from Srikakulam, was published by Sri Pedapenki Sriram in news magazines, and those paper clippings were then sent by Smt. Dabbiru Vasantha to Sistakaranam Yuvatha requesting for help, at the call of Sri Manapuram Suresh, President of Sistakaranam Yuvatha, our community sent donations with heartfelt service-mindedness and generosity. The amount of Rs.15,000/- was handed over to Sri Vaikuntha Rao. The team was moved by the bedridden condition of Sri Vaikuntha Rao. Lifting their morale along with financial assistance, we enquired all about their family conditions. The joy on their face is unforgettable forever, when they were told Sistakaranam Yuvata will stand by them, and that they can contact us whenever they need. We thank Jaganmata, Sistakaranam members and Yuvata members for giving this opportunity.

- Rajesh Behara



Support Arena

Aditya Walkers Club Buttermilk Distribution to Devotees

To the delighted devotees who visited the temple of Arasavalli Sri Sri Suryanarayana Swami on the holy day of Rathasaptami on Saturday 8-2-2022 under the patronage of Sri Polumahanti Umamaheswara Rao, President of Aditya Walkers Club and Honorary President of Aditya Walkers Club, Srikakulam arranged to serve buttermilk. He personally participated in the event and handed out buttermilk to the devotees. Sri Baliwada Satya Rao, another Sistakaranam community dignitary and Admin of Kalamsnehitulu group, who is at the forefront of spiritual activities, was present on the occasion and conveyed his appreciation.

Congratulations on their sense of service from Lekha Team.

Request for Medical Help

Hello everyone!

My name is Yelumanti Srinivasa Rao, as I have no one, I am raising my elder brother's son as my own. Name Yelumanti Lokesh. Ours is a small village in Vijayanagaram district, Parvathipuram (Kotta Patnam MR Nagaram) where we live with great respect.

In the month of January our boy had a terrible accident. In a collision with a tractor, it's farm blades completely cut off the right leg and separated it from the body. We have joined him in Vizag KGH and treatment is going on. We have spent one and half lakhs so far. He does not have the body part to sit on. Want to do Amputee Surgery for it. It is said to cost around Rs 40 lakh. After asking everyone, some friends asked me to make a request through Fund Raise.

Currently I am in a state of confusion whether to be happy on the boy being alive or be sad that he met with this kind of accident. I ask you donors to join hands and donate generously.

That money will help us if you help through the number given below. Your help can be provided by Phone Pay or Google Pay to the following number

Phone Pay & Google Pay no.: 9912517902 (Lokesh Yelumanti)

I want you to share this message with all the friends you know.

If you need any information, you can call the following number.

Phone number: + 91-9866386019 (Srinivas)

Please help as much as you can.

- Yelumanti Srinivasa Rao

Scholarships for Sistakaranam Students



శ్రీ కరకవల్లస సీతారామ మూర్తి పట్నాయక్
& శ్రీమతి కరకవల్లస 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.

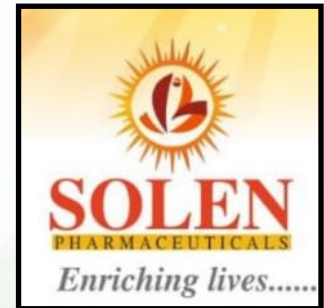
CONTACT:

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

BC Foreign Education Scheme - 2022

The BC Welfare Department is inviting applications from BC and EBC students eligible for Mahatma Jyotiba Pule BC Foreign Education Scheme January 2022 season (spring) admissions. BC Welfare Chief Secretary Burra Venkatesam said students completing their degree in engineering, management, science, agriculture, medical, nursing and social sciences and interested in doing PG abroad should apply by March 31, 2022. Candidates who have already obtained visas, I-20 and COE from foreign universities have been advised to apply. Visit Telangana e-pass website for full details.

Our students of the community are also eligible... You may note.

- Dabbiru Krishna Rao Sistakaranam
Sistakaranam Welfare Association, Hyderabad

Seva Ratna Murthy gets Andhra Legend Seva Award



As a part of Amarjeevi Sri Potti Sriramulu Jayanthi celebrations held on March 16th 2022, "Adarana Welfare Society" Chairman and CEO Sri Gottimukkala Chennakesavulu declared that they have conferred Andhra Legend Seva puraskaram to our noted Sistakaranam luminary Sri Pakki Ravi Sekhar Satyanarayana Murthy of Jagannadhapuram village in Bobbili mandal of Vijyanagaram district. This award will be given on March 20th 2022 in a meeting at Markapuram. Sri Kalam Murthy was congratulated by all his well wishers and extolled that he keeps receiving such awards many more in the future.



Telangana BC Federation Communities Samithi Meeting

On 25-2-2022, Telangana B.C. Federation Communities Samithi held a programme at Sundarayya Vignan Kendram, Hyderabad.

In this meeting, Sri Sekharamantri Trinadha Swamy, General Secretary, Telangana State Sistakaranam Association was honored by appointing him as 'Advisor' to the Telangana B.C. Federation Communities Samithi.

Congratulations from the Lekha Team.



Advertisement

Why online Yoga class is more effective than an in-person session

- 1 Zero travel time
- 2 Get up and get going with no prep required
- 3 Instructor can see you minutely on a large screen
- 4 Nobody will judge your body
- 5 You can catch up with the class with the recorded version
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Fraternity Page - Andhra Pradesh



“Padma Sree” Cine Unit honored by Sun Murthy

“Padma Sree” movie was made under S.S. Pictures Banner, written and directed by Sri S.S. Patnaik, under the genre comedy-based action-oriented, horror-graphical film. It was released on January 22nd 2022, and on successful completion of two weeks, film writer, director, hero Sri SS Patnaik, item song heroine Navita, presenter Betha Srinivas Raju and other film crew were present at the Morning Show at the Visakhapatnam Srikanti Theater. Actors Ravi Teja, AM Prasad and M Kishore from Visakhapatnam honored the film crew with bouquets & shawls. Also present were several members of the local Movie Artists' Association congratulating the Padma Sree director-producers. Sun Murthy on this occasion, said that the film, which was produced with the youth of Uttarandhra was getting good response from the audience. He said that Sri SS Patnaik has proved his acting and directing talent as an Uttarandhra man. The film gives a good message to the youth. The film is a testament to the director's talent in mixing horror and comedy.

Corpn. Chairperson's Meeting with BC Minister

Our Chairperson met BC Minister Sri Srinivasa Venu Gopal who was visiting Visakhapatnam. She discussed and brought to the attention of the Minister some of the key issues pertaining to the Sistakaranam class in the various districts. The Minister responded positively and said that he would do his part to help the BC castes solve the social problems quickly. City Corporation Chairperson Pilli Sujatha, Fisheries Corporation Chairman Kola Guruvulu, Gavara Corporation Chairman Prasad Rao, various corporation directors and eminent High Court Advocate Sistakaranam State President Sri S.N.K. Mahanti, Jayati Shashidar Patnaik, Varalakshmi, Pilla Satyanarayana, Pilli Nukaraju and other BC leaders participated.



Prajatara Calender Launch

Prajatara newsletter calendar were inaugurated by state B.C. Commission member Sri Pakki Divakar. On this occasion, he said that community-friendly news articles through Prajatara magazine were being published and hoped to get public patronage. Andhra Pradesh Sistakaranam President, eminent High Court Advocate Sri. N. K. Mahanti said that Prajatara magazine should grow into a people's magazine. Prajatara and Adishtanam Telugu newspaper editor, managing director and president of Andhra Pradesh Sistakaranam Yuvashakti Vappangi Nagendra Rao, senior journalist D. Harnath participated.



Indian Red Cross Programmes

The following programmes were undertaken by the Indian Red Cross Society Srikakulam District Branch under the auspices of Sri Polumahanti Jaganmohan Rao.

- 1) Srikakulam District Branch C.V. Naga Jyothi Welfare and Service Society distributed 100 meal packets to beggars and needy people in Srikakulam town and surrounding areas.
- 2) JRC students took membership of Junior and Youth Red Cross Drive under the auspices of District branch.
- 3) As part of the One Million grouping program, grouping tests were conducted on 225 people at Gurzada College, Munasabupeta and their group was told. Krishnamraju, Technicians, Red Cross volunteers participated.
- 4) An awareness program on World Cancer Day was held at the Women's Degree College under the auspices of Srikakulam District Branch of the Indian Red Cross. Gutka and Khaini are said to be carcinogens and courage is the cure for cancer was the message conveyed by Sri P Jaganmohan Rao.
- 5) Four days Senior First Aid Training at Santa

Kalyan Anuraga Nilayam was inaugurated in the presence of District Chairman Sri P Jaganmohan Rao.

6) Mega Blood donation camp conducted on Sunday 27-2-2022 under the auspices of Red Cross Chairman and Founder of New Central School, Sri Polumahanti Jaganmohan Rao, a prominent Sistakaranam.



Sistakaranams Honor Endowments Minister

On Friday 18-2-2022, Krishna District Sistakaranam Welfare Association President Sri Gumma Umashankar Patnaik, General Secretary & State Vice President Sri Baliwada Sivakumar Patnaik met the Hon'ble Andhra Pradesh State Revenue Minister Sri Vellampalli Srinivasa Rao at his residence in Vijayawada. The minister was honored with a memento on behalf of the Krishna District Sistakaranam Welfare Association.

Congratulations on behalf of “Lekha Team” to Krishna District Sistakaranam Association.



Fraternity Page - Andhra Pradesh



Tribute to Sri Pakki Diwakar's Mother

On 24-2-2022 at a function held at Karasa Bangaramma Durgamma Temple in Mrippalem, Vizag, many Sistakaranam community members have paid respects to the departed mother of Sri Pakki Diwakar (state BC Commission member) Smt. Pakki Lakshmbai, and expressed their condolences to Sri Pakki Diwakar on the occasion of the 10th day ceremony.

The key people who attended the function include AP state SK president Sri Polumahanti Umamaheshwarao, Labor Leaders Sri Mantri Rajasekhar. YSRCP leaders City Deputy Mayor Jiyana Sridhar, state SK BC Corporation Director Sri Sadasivuni Krishna, State OBC Convener Sri Simhagiri Patnaik, Sri Sadasivuni Babu Rao, Sri PN Murthy Patnaik, Smt. Koorada Pavani, Sri Basuri Srinivas, S-ri Balivada Hari Babu, VZM District General Secretary Sri MP Gauriswara Rao, Sri Vadrangi Venkatesh, Sri Raghu from Srikakulam, Sri Manapuram Tilak, Sri Harinath and others from Vizag have attended the function.



"Katha Kosam Kali Nada-ka" completes Three Years

8-2-2022 marks the third anniversary of the "Walk for Story", a historic event that took place from Vijayanagar to Srikakulam three years ago. This was disclosed by Rajam Writers Forum member, teacher, writer and singer Sri Kuduma Tirumala Rao, who took part in the walk.

He said that since the popular writer Gurzada Apparao is considered to be the first writer, they had started this "Walk for Story" from the Gurzada home in Vijayanagaram.

Having started at the Vijayanagaram Gurzada home, by Dhirghashi Vijayabhaskar, former president of the Andhra Pradesh State Government Folklore Cultural Committee, the walk culminated at the Kalipatnam Rama Rao Storytelling Center, where more than a lakh-and-half stories are preserved, said Tirumala Rao.

Three years ago on February 8th, on this day, the Kathanilayam had completed 22 summers, and their 79-kilometer walk was the anniversary gift given in the presence of Kalipatnam Rama Rao, he said.

On the occasion, Sri Tirumala Rao said that educated people and youth should write stories, read stories, tell stories, listen to stories, work hard to uphold storytelling values and further improve storytelling.



Request for BC-A

Our community leaders called for the inclusion of Sistakaranams in the BC-A category. The team has met Hon'ble MLC Smt. Varudhu Kalyani at her residence in Srikakulam on Friday 25-2-2022 and presented their case. She responded positively to this and said that she would bring the issues to the attention of the Hon'ble Chief Minister Sri YS Jagan Mohan Reddy. Sri Polumahanti Umamaheshwara Rao, State President, Sri Muraharirao Simhagiri Patnaik, State Convener of Sistakaranam OBC Sadhanasamithi, Sri Sadasivuni Krishna, Director Sistakaranam Corporation and retired MPDVO Sri Dabbiru Venkata Raghu and others were part of the team.



Sri Gurappa Festivities in Vandrangi

The traditional festivities of Sri Sri Gurappa Deva started on 24-2-2022 at Sistakaranala Street in Vandrangi village of Srikakulam district. They lasted until 9.30 am on Friday. It is notable that the festivities happened after a seven-year hiatus. Devotees from different parts of the country participated enthusiastically following Covid rules. Hundred years ago, the late Appanna Siddhanti was instructed by God Gurappa who appeared in a dream in the form of Eeshvara and celebrate his festival on the Thursday before Mahashivaratri every year. Appanna Siddhanti won the first place in the astrology competitions organized by the Vijayanagara kings at the district level in Uttarandhra. Gold bracelets were gifted. For the first time, the festival was organized by Appanna Siddhanti and his wife Shantamma. Appalanarasaya, son of Appanna Siddhanti, Narayana Master and Gurumurthy jointly celebrated this festival. The festival was celebrated by Savitrama and Lingaraju Master, the eldest son of Appalanarasaya. This year the festival started under the patronage of Lingaraju's eldest son Damodar Rao Master and his wife Umamaheswari. They are all Vandrangi descendants. With the arrival of the relatives, the village of Vandrangi wore a colorful look. They performed worship, devotional rites and made offerings to the Swami Gurappa deity. With the blessings of Gurappa God all Sistakaranams are happy and joyful. Devotees believe that God Gurappa kept an eye on the Covid crisis so that no one would face any problems. If you worship that God in your heart, all good things will come to you.

- Rajesh Behera

Stalwarts attend Ikyavedika Member's Wedding

The wedding of Raga Vineeta and Bharat Vikas, a member of Ikyavedika, was held on 11-02-2022 at Sampath Saubhagya Convention Hall, Visakhapatnam, and Reception at Kotabommali.

Elders Andhra Pradesh Sistakarana Sangham President Sri Polumahanti Umamaheshwara Rao, Sri Baliwada Malleshwara Rao, Sri RVN

Sharma, Sri Dabbiru Srinivasa Rao, Sri Behera Ramachandra Rao, Balivada Haribabu, Sadasivuni Krishna (Director of Sistakaranam Corporation), Sadasivuni Prabhakar, Behara Rammohan Rao, Vijaya Mohan Rao Patnaik (Achuthapuram) and other eminent Sistakaranam leaders attended the event and blessed the newlyweds.





FRATERNITY PAGE — Odisha, West Bengal

“Prerana” Wins Prize

Naramshetti Balasahitya Peetham, Parvathipuram, Vijayanagaram District, honored our author Sri Aditya Patnaik from Bhubaneswar with an inspirational prize for his story "Prerana" at a function held on 20-2-2022 under the auspices of Uttaran-dhravedika. Congratulations to them on behalf of 'Lekha' Team.



Sri Sriraman takes oath as Odisha High Court Judge

Let us congratulate Hon'ble Mr. Justice Murahari Sri Raman on his being selected as Hon'ble Judge of Odisha High Court and taking oath on 14-2-2022. This is a matter of pride for our Sistakaranam community and Lekha conveys congratulations.



“ma ooru”

*ma ooru kharagapuru,
maryadalaku maru peru,
manchi tanam puttinooru,
snehaniki pettina peru.
!!ma ooru!!*

*ichhati galilo atmiyata,
ichhati dhulilo apyayata,
ichhati nitilo an'yon'yata,
ichhati lenide malo vibhinnata.
!!ma ooru!!*

*nitya pujala punya bhumi,
devatalu puttina pavitra bhumi,
kastinche karmikula karma bhumi,
durgamma sancharinchu divya bhumi,
!!ma ooru!!*

*appulakai aragavu cheppulu,
adaga kundane dorukunu appulu,
tirigi chelliste doruku meppulu,
lekunte tappavu muppulu.
!!ma ooru!!*

*ma ooriki daksinana I.I.T.,
mana desanike idi toli beauty,
viswam lone vintaga nilichenu
ma oori railway platformu!
!!ma ooru!!*

*vanga seema lo telugu seema ga,
nilichenu ma kharagapuru,
etu vinna telugu mata,
etu vinna telugu pata
!!ma ooru!!*

*ma palukulu tenelolkinchu,
tiya tiyyani rasagulikalu,
ma manasulu galagala pare,
naigara jalapatalu.
!! ma ooru!!*

*malo parimalinchunu manavatvam,
malo pravahinchunu snehatatvam,
ma gundelalo nindina aikamatyam,
ade kharagapuru janula manastatvam,
!! ma ooru!!*

*enno rastralaku chendina varamu,
bratuku teruvukai vachhina varamu,
praantaalu veraina memantha okkate,
kharagapur mini india anduke.
!!ma ooru!!*

- Vadada UmamahesvaraRao
Kharagapur.

Odisha GST Manual by Father-Son Duo

Sri Baliwada Aadi Narayan Rao, of New Raipur, Chhattisgarh informed that Sri Murahari Sriraman and his father Sri M.R.V. Rao have been acknowledged as best authors for publication of books of GST manuals.



Sr. Citizen Association felicitates Dr. Bhima Rao

The President, Secretary and Executive committee members of the Senior Citizens Welfare Society, Behersai, Nayapalli, Bhubaneswar felicitated Prof. Dr Raghupatruni Bhimarao on 23rd Feb, 2022 in their office premises for his contribution to Science and Technology.



Courtesy Meetings with Dr. Bhima Rao

Dr Raghupatruni Bhimarao was honored and felicitated at Vizag during his personal visit to attend an engagement function. Those who did the honors include Smt Kirti Patnaik, Sri Baliwada Haribabu, Sri Bhasuri Srinivasa Rao among others.



Fraternity Page - Chhattisgarh



'Nari Shakti' - CGSKA Womens' Wing

'Nari Shakti' is not just a name of the CGSKA Womens' Wing but a source media for women empowerment. Since the inception of SKA Raipur, they never missed a chance to invite, involve, and encourage ladies in every possible way. Ladies participation was active mostly during picnics every year. In the year 2000, CGSKA was formed, and SKA Raipur selected Smt. Rajkumari Patro as the President and she became the first SK lady President. As an educationist, she could influence mothers, young and old ladies. But even in the 90's women were still conservative. The revolution is never laid overnight. It needs persistent efforts and incessant trials. Finally, in the year 2008, Womens' Wing was formed and led by Smt. Rajkumari Patro. Late Smt. Leela Patnaik, Smt. Kamala Patnaik and one after the other joined to strengthen women participation in our community activities. Under her guidance, it grew further with inclusions of Smt. Sandhya Raj, Smt. Shyamala, Smt. U Sarla, Smt. Sujana, Smt. Rajeshwari Patro, Smt. Arti Patnaik and many more ladies who came forward and shouldered responsibilities. Womens' Wing took a shape and functioning of Womens' Wing was initiated with Kitty Parties. In May 2012, the **First National Womens' Conference** for women was organized by CGSKA very grandly. All overwhelmed dignitaries of AISK decided to conduct such conferences every year in all the states of India. Just the next year, in May 2013, the **Second National Womens' Conference** was conducted at Berhampur, Odisha with the coordination of Raipur CGSKA Womens' Wing. During that conference Smt. Raj Kumari Patro was nominated and subsequently elected as the President of AISK Womens' Wing unanimously and AISK General Secretary, Sri A V Jagannath Rao announced the same. In September 2014, Kharagpur SKA organized a National Conference for women very

successfully. On 25th and 26th December 2017, CGSKA organized Satyam Shivam Sundaram in which many ladies from Kharagpur, Rayagada, Berhampur and other places from Odisha and Andhra Pradesh displayed remarkable enthusiasm and knowledge. Such Conferences are perfect confidence boosters for all talented and creative women who are deprived of necessary exposure and environment. Another highlight of CGSKA Womens' Wing is the social reforms for single women and widows. In general, widows avoid participation in Haldi Kumkum program but we, in Raipur invite such ladies specially and honour them recognizing their role as single parent Matru Devo Bhava. Then, we proceed with Haldi Kumkum. Almost all the women being professionals, many remarkable qualities prevailing amongst them are promoted and pursued towards achieving higher goals in their respective fields, but most heartening is that every woman maintains a joint family with the maximum sense of duty towards her parents, parents-in-laws as the pivot of her entire family and a worthy member of the society.

Nari Shakti journey continues with new spirits exemplifying themselves for the posterity. Miss. Dabbi Neha Patnaik a true reflection of our community, a star performer of Raipur and sketches dancers of tomorrow. SKA women mirror such image and I dedicate these lines for them:

A couple of decades back, I could

But now, I will

Earlier, I sought support

Now, I stand as support

I was alluring

Now I chase my passion

That's The Woman of Today !!!

- Arti Patnaik

Brahmadeva's Raipur

*ee divipai velasina andala nagaram,
satavahanulu palinchi pradesam,
brahma dev rai peruna velasina,
andala brindavanam rayapur.*

*unnata chaduvulaku pettina peru,
sankaravantuluntunna ooru,
mata samarasyame ichhati teeru.
atuvanti nagaram rayapur.*

*chattis gadh rastra andala rajadhani,
echhata vinna sangeeta bhakti rasavani,
etu chuchina goppa vidyaa sansthalu,
nagaramlo nelakonna vyapara sansthalu.*

*naluvaipula visalamaina hotallu,
ikkada manusulanta devullu,
namaskarinche sanskaram kalavaru,
sahayapade manasu kalavaru.*

*preminche hridayalu kanipistayi,
kokilala pade gontulu vinipistayi,
natyam chese bhangimalu kanipistayi,
snehamkai chache chetulu kanipistayi.*

*ikkadi galilo unnadi abhimanam,
ichhati dhulilo unnadi anuragam,
ichhati neetilo unnadi mamakaram,
ma gundelalo atmiyanubandham.*

*'vagdevi' sancharinchi punya bhumi idi,
kalaama talli rajya melu rastramidi,
sampradayalanu paatinche nela idi,
bhakti rasam pravahinchi pavitra bhumi idi.*

*nagaranlo nelakonna prakhyata parisramalu,
oka vaipu 'hajara' jalapatala kerintalu,
maro vaipu 'nandana vana vatika' andalu,
urike vanne techhu mathalu, mandiralu.*

*'mahant ghasidas' smaraka museum,
'buddhapada sarassu' 'vivekananda' sarovaram,
'mahamaya gudi' divinche devata odi,
satyasayi asupatri chinnarula asupatri,*

*swami vivekananda vimanarayam,
naati puratana bhagna devalayalu,
sampradaya matti bommalu tayari,
sangitampai chindulu vese fountainlu,*

*ellapudu nagaramlo yevo vedukalu,
etu chuchina pandaga vatavaranam,
manusullo edo ullasam, utsaham,
maa nagaranni abbura pariche andalu.*

- Behra Ramesh Chandra Patnaik,
President, AIPSKA., Raipur.

Fraternity Page - AIPSKA



'Sankranti Milan- A Virtual Event

Sankranti Milan 2022 Event was projected on 6th February at 4:00 pm through a Zoom meeting. This event was coordinated by a team of 6 people Smt. Sandhya Raj, Smt. B. Rashmi, Smt. D. Anuradha, Smt. P. Raga Chandrika, and Smt. B. Madhavi Patro which was technically lead by Sri. B. Shashank under the guidance of President of AIPSKA – Sri. B. Ramesh Patnaik, Working President of AIPSKA – Sri Vadada Umamaheswara Rao and General Secretary of AIPSKA – Sri B. Harimohan Patro who earlier created a group named Vanita Vedika which set the stage for collaboration of a bunch of Women Sistakaranams all over the world. The program was all about how Sistakaranalu celebrated Sankranti all over India. Family members joined online, sitting at home from different places in India and abroad, who might not have been able to conjoin with everyone if the event was not held virtually. From a Pre-schooler to a Septuagenarian, they lent a hand in showcasing their talents viz. Dance, Music, Rangoli, Traditional Recipes, Traditional Wear, Modelling, Pooja Vidhi and Rituals. This motivates AIPSKA to organize many more events likewise, Every person of Vanitha Vedika group made the event Sankranti Milan a success by participating in it and showcasing all their talents throughout the month.

By D. Shilpa, New Delhi

Watch the event through live recording:

<https://photos.app.goo.gl/BvKbeKB1KXdLMOo9>



Fraternity Page - Kalam Snehitulu



Chitra Kavitalu



A saffron pranam, a riksha pulling old disabled man for daily food, a carousel of life, a child cooking food on firewood stove, these were the subjects for picture poetry that got 45-50 group members presenting their beautiful poems every Wednesday.



Greetings Banner

Sri Sadasivuni Lakshmana Rao and Sri Baliwada Haribabu on either side of the banner of our Kalam Snehitulu-Kala Vedika conveying greetings to Sri Dabbiru Srinivasa Rao at entrance of Sri Sri Kurmanadhaswamy Temple.

This banner was specially designed by Sri Baliwada Sathyrao.



Fraternity Page - Kalam Snehitulu



Naramhetty Child Literary Awards to Kalam Snehitulu Poets

Kalam Snehitulu poets who received the Naramshetti Children's Literature Award from Parvathipuram on 20-2-2022 in Vijayanagaram were Sri Behara Umamaheswara Rao, Sri Belagam Beemeshwara Rao, Sri B.V. Patnaik, Sri Bogela Umamaheswararao (Umakavi), Sri Kudama Thirumalarao, Sri Tumbali Shivaji, Sri Aditya Patnaik, son-in-law of author Sri Pakki Ravindra, Sri Manapuram Rajachandrasekhar and Sri Ravipalli Vasugar.

In addition, we are proud that Sri Manapuram Chandrasekhar was a judge who selected winners.

Our heartfelt congratulations to these literary artists. We want them to make more popular masterpieces and make a name for Sistakaranams by making a name for themselves.

- Kalam Snehitulu-Kala Vedika Admins Team

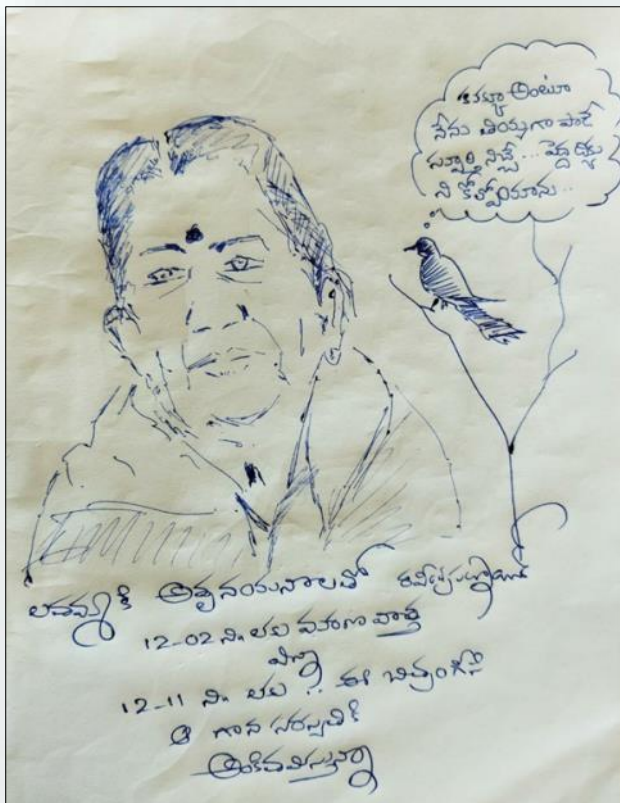


Trust Board Members Felicitated by Kalam Snehithulu

Newly appointed Srikurmam Temple Trust Board members Dabbiru Srinivasa Rao (Vasu), Pudi Kamala and others were felicitated by Kalam Snehitulu WhatsApp group members Sri Baliwada Sathya Rao and Sri Dabbir Govinda Rao with garland and shawl. Speaking at a special event titled 'Gulona Rachanalu-Vitarana' held at local Arasavalli Sharvani School on Saturday, they called on everyone to work for social consciousness. As part of the program, Gulona donated nearly 700 works to the District Library Association. The event was presided over by Kalinga Komati Corporation Chairman Andavarapu Suribabu and was attended by many literary, academic and literary fans.



RP's Creativity



Lata Mangeshkar's drawing sketch by Sri Ravindra Patnaik, Khammam Ganakokila is wonderful.

In the same month last year, he sang the song "Kokkarako", a video of him singing with Kodi for the first time on a pen friend, which has received over 39000 views so far.

Sri Ravindra Patnaik is also well known for making humorous cartoons.



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 | SANGEETHA |
| Surname | PATNAYAKUNI |
| Father's Name | NAGESWARARAO |
| Gotram | KASHYAPUNI |
| Date of Birth | 4-Apr-1997 |
| Nakshatram | SHATABISHAM |
| Height | 5' 7" |
| Complexion | FAIR |
| Occupation | PVT. EMPLOYEE PVT COLLEGE |
| Work Place | GARIVIDI |
| Education | M.SC |
| Preference | ANY DEGREE & ABOVE, ONLY EMPLOYEES, |

| | |
|---------------|---------------------|
| Name | DR. LAHHARI |
| Surname | BAGGAM |
| Father's Name | B. SATYA PRAKASH |
| Gotram | AATHREYASA |
| Date of Birth | 17-Aug-1995 |
| Nakshatram | BHARANI |
| Height | 5' 2" |
| Complexion | FAIR |
| Occupation | |
| Work Place | |
| Education | BHMS (HOME0) ; MD-- |
| Preference | |

| | |
|---------------|---------------------------|
| Name | ANUSHKA |
| Surname | ANANTHA PATNAYAKUNI |
| Father's Name | A. VENKATA RAMANA RAO |
| Gotram | NAGESHWARA |
| Date of Birth | 20-Jul-2020 |
| Nakshatram | PURVA PHALGUNI / |
| Height | |
| Complexion | FAIR |
| Occupation | VOLUNTEER |
| Work Place | |
| Education | B.COM |
| Preference | GOVT EMPLOYEE , PAN-INDIA |



| | |
|---------------|--|
| Name | PRADEEP KUMAR |
| Surname | KANDAVALLI |
| Father's Name | LATE K V RAGHAVA RAO |
| Gotram | NAGENDRA |
| Date of Birth | 2-May-1986 |
| Nakshatram | DHANISHTA |
| Height | 5' 10" |
| Complexion | FAIR |
| Occupation | PVT. EMPLOYEE UNITED HEALTH GROUP -OPTUM |
| Work Place | HYDERABAD |
| Education | BE / B.TECH |
| Preference | CALM AND TRADITIONAL |

| | |
|---------------|-----------------------------|
| Name | BEHRA SRIKANTH |
| Surname | BEHRA |
| Father's Name | BEHRA SRINIVAS PATNAIK |
| Gotram | BHARADWAJ |
| Date of Birth | 6-Apr-1991 |
| Nakshatram | MAGHA |
| Height | 5' 7" |
| Complexion | TAN |
| Occupation | PVT. EMPLOYEE ACS SOLUTIONS |
| Work Place | HYDERABAD |
| Education | MBA |
| Preference | |

| | |
|---------------|-----------------------------|
| Name | NARESH |
| Surname | RAVIPALLI |
| Father's Name | R. V. S. SIVARAM PRASAD |
| Gotram | SANDILYA |
| Date of Birth | 19-May-1992 |
| Nakshatram | MULA |
| Height | 5' 8" |
| Complexion | FAIR |
| Occupation | PVT. EMPLOYEE AMD BANGALORE |
| Work Place | BANGLORE |
| Education | ME / M.TECH |
| Preference | |

| | |
|---------------|-----------------------------|
| Name | VENUMADHAV |
| Surname | BEHRA |
| Father's Name | B. BIMARAO |
| Gotram | BHARADWAJA |
| Date of Birth | 9-Aug-1984 |
| Nakshatram | PURVASHADA |
| Height | 5' 5" |
| Complexion | FAIR |
| Occupation | PVT. EMPLOYEE ROYAL ENFIELD |
| Work Place | VIZAG |
| Education | |
| Preference | ANY DEGREE , JOB,, VIZAG |

| | |
|---------------|----------------------------------|
| Name | VENKATA RAJESH |
| Surname | PATNAIKUNI |
| Father's Name | P. UDAYBHASKARA RAO |
| Gotram | KASHYAPA |
| Date of Birth | 20-Jan-1992 |
| Nakshatram | PUSHYAMI |
| Height | 5' 6" |
| Complexion | FAIR |
| Occupation | PVT. EMPLOYEE BOSCH APPLIANCES |
| Work Place | VIZAG |
| Education | |
| Preference | VIJAYNAGARM , SRIKAKULAM, VIZAG, |

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SISTAKARANAM IKYAVEDIKA

ONE DIGITAL PLATFORM FOR ALL SISTAKARANAMS

Health Page

First Aid Tips by Smt. Padmaja

Learn First Aid, Be a Hero



Emergency First Aid and CPR

Immediate first aid can make difference

- ✦ If you are the first on the scene of accident that results in an injury or serious illness, you may be the only link between a victim and emergency medical care. Your role is to take action, whether by providing first aid, seeking medical help or calling an ambulance. Your actions may improve the victims chance of recovery.
- ✦ The following discussion will provide specific information on First Aid on under various emergencies.



Dr. N. Padmaja from Kolkata, is W/o Dr. Krushna Mohan Pattanaik PHD, Asst. Professor, Indian Maritime University, Kolkata. She is D/o Sri N.V. Narsingha Rao & Smt. N. Madhuravani of Vizag. And also is DIL/o Sri Narashipuram Shanker Prasad Bhanu Pattnaik of Berhampur Orissa & Smt. N. Suguna. She has a 4 year old son, Chi. N. Geethan Vignesh.

Dr N. Padmaja PT (BPth, Msc Phy, MIAP)
Chief Physiotherapist
Founder and Managing Director
Sri Chakra First Aid and Rehabilitation Center
Kolkata, West Bengal.

1. BLEEDING

- ✦ **Apply direct pressure** to the wound (at this time a direct pressure bandage may be used)
- ✦ **Elevate** (do not further harm)
- ✦ **Pressure Point** additional pressure may be applied to a pressure point to help reduce bleeding.



2. CARE FOR SHOCK

- Keep the victim laying down (if possible).
- Elevate legs 10-12 inches... unless you suspect a spinal injury or broken bones.
- Cover the victim to maintain body temperature.
- Provide the victim with plenty of fresh air.
- If victim begins to vomit - place them on their left side.
- Call an ambulance.



3. FIRST AID FOR SPRAINS AND STRAINS I-C-E

- ✦ **I - Ice**, apply a cold pack. Do not apply ice directly to skin.
- ✦ **C - Compress**, use an elastic or conforming wrap - *not too tight*.
- ✦ **E - Elevate**, above heart level to control internal bleeding.



4. CARE FOR DISLOCATION AND FRACTURE

- ✦ **Immobilize** area. Use pillows, jackets, blankets, etc. Stop any movement by supporting injured area.
- ✦ **Activate** Emergency Medical Services (EMS), call an ambulance.
- ✦ **Stop Bleeding** if necessary by applying firm cloth above the injured area, without disturbing the injured part



5. POISONING

- ✦ Assess the scene for clues and safety.
- ✦ Call poison control center.
- ✦ Get the victim to fresh air immediately or else open the doors and windows to circulate pure air.
- ✦ Do not make them to vomit
- ✦ Do not provide any fluids to drink



6. CHOKING



- ✦ **Coughing** - try to encourage the person to cough
- ✦ **Slap it out** - Give up sharp blows between the shoulder blades
- ✦ **Squeeze it out** - Give up to five abdominal thrusts
- ✦ If they're still choking call for emergency helpline.

7. Insect bite



- ✦ Apply a cold compress
- ✦ Wash the area with soap water
- ✦ Tie a piece of cloth tightly above the bite.
- ✦ Keep the bitten limb hanging down
- ✦ Watch the victim for signs and symptoms
- ✦ Take him to the doctor if necessary

Beauty Page

Home Remedies

Jewellery Combination - If you are wearing a heavy neckpiece then match with it a very simple earrings set. But if you prefer heavy earring/hangings as earpiece, then no neckpiece is required; or a very simple chain can be preferred.



Removal of Skin Tan - a) Tomato is an excellent remedy for tan removal which can be further followed by scrub and facial. It is totally optional but mostly not



required. Tomato massage helps you remove sun burn marks also. It should be done twice a week which helps clearing the skin rapidly.



b) Take milk, turmeric and lemon juice. Mix all these ingredients

and apply it on your neck where you have darkened lines on your neck. This remedy lightens your skin and helps heal the neck darkness.

Weight Loss - Many people don't prefer to have ice chilled water even in summers (not in COVID times), but ice chilled water or we can say chilled water helps in reducing weight gain. You need not have to run for different diet plans just have ice chilled water (not recommended at cold times).



Hair Care - In recent times many of us are facing hair loss problems and also with whitening of our hair. So here's a remedy which helps not only resolving hair loss but also helps in hair darkening. Just have some *Murraya koenigii* leaves (curry leaves) add coconut oil to it and boil it until the oil colour changes to light brown colour, then remove it from fireside and let it cool down for some time. Apply the oil to your hair from scalp till tips. Do it regularly you will be relieved from your hair problems.



Foot Repairs - Apply lemon peel to your foot cracks (you can also apply squeezed lemon peel) regularly and get your



healed feet within few days.

Burn Marks - Applying honey on burn marks quickly lightens the marks and heals your skin quickly. Also when your skin is burnt, at that very moment applying toothpaste on the burns without applying cold water doesn't lead to further swelling or darkness at the burnt place. It heals the burning sensation without leaving any marks on your skin.



- Tips from D. Shilpa,
New Delhi

Beauty Tips

1. For hair care :

Take 2 spoons curd, 1 spoon methi powder, half spoon lemon juice and half spoon neem oil. Mix all together and apply as hair pack for half an hour and wash. Do this weekly once for dandruff free and shiny hair.

2. For glowing skin :

a) Take 1 spoon curd, pinch of turmeric, half spoon coconut oil and half spoon rice flour. Mix all together apply on face

wash after 10 minutes and see the difference.

b) Take half spoon curd, half spoon honey and half spoon any oil. Mix all together and apply before bath. Best remedy for moisture and wrinkles free skin.

3. For scars and marks :

Take 1 spoon raw tomato paste, 1 spoon raw potato paste, 1 spoon cucumber paste. Mix all together and apply on face for 10 minutes and wash. Do

it regularly for clear and clean mark free skin.

4. For glowing face :

Before going to bed wash your face and apply a mix lotion of rose water and little coconut oil for lovely glowing supple skin.

Important Note : Follow above tips regularly then only you will get results otherwise no use of reading these tips.....

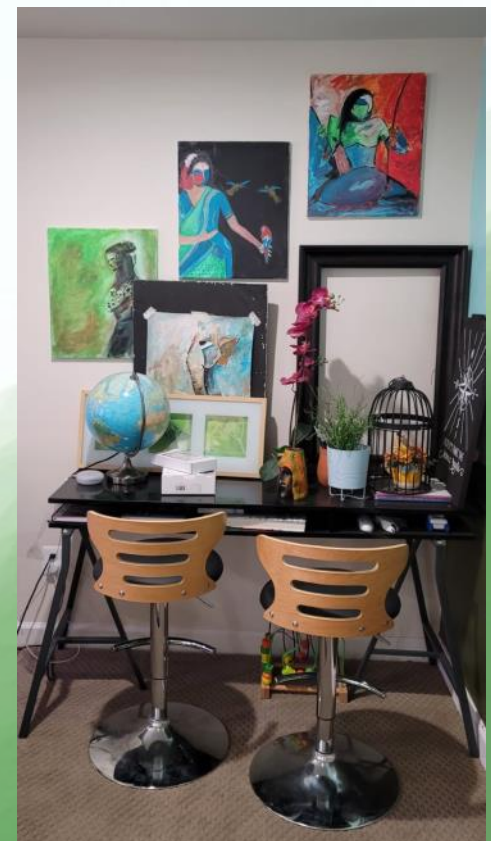
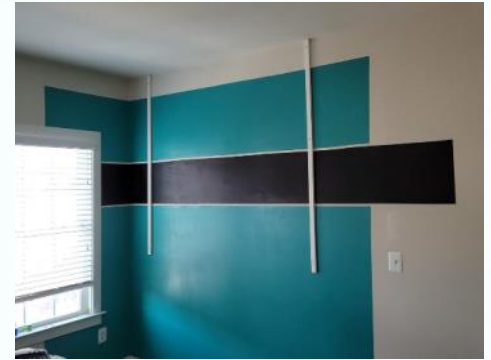
- Tips from Sandhya Raj, Raipur

Talent Corner

Art by Sandeep

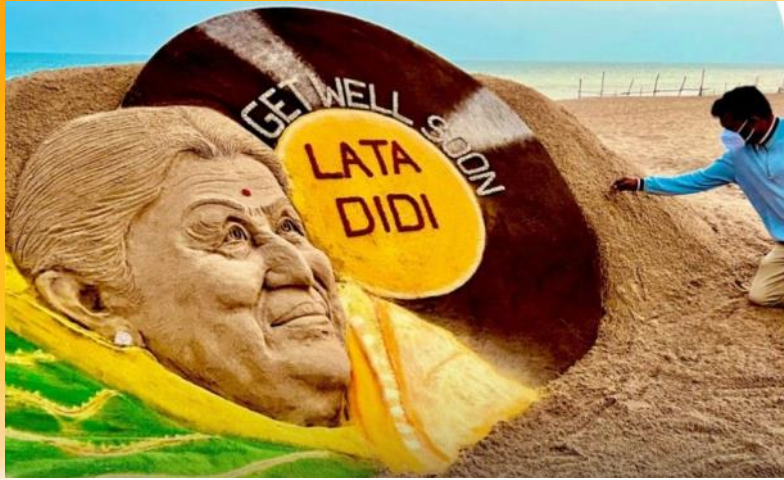
'Lekha' features art of Mr. Sandeep P, s/o Sri Prabhakar P and Smt. Krovvidi Subbalaxmi, who resides in Virginia, USA with his wife, Smt. Swapna and daughter, Chi. Kanika. He went to USA for Masters and currently working in IT industry since 12 years as Cloud Data Engineer for Fortune 500 company.

His art started as a recreational hobby which was spotted by few friends who also in turn encouraged him by saying, "Once we buy a home, we will use your art displayed in our living room"! "That's how my unknown artwork came to light", he says, "My art form is self-taught where I used pencil sketching and acrylic painting on canvas. Many of my artworks are already gifted away to friends which are the better ones. Lately I am also experimenting with creation of mural walls at home." And here we are featuring wall murals. Few of his works especially murals are being showcased here in this issue. Look forward for some more, in one of the forth coming issues.



Talent Corner

Sand Art for Legendary Singer Lata Mangeshkar



Sand artist, Sri Sudarsan Pattnaik created a special art for legendary singer Lata Mangeshkar after her condition deteriorated and she was put on a ventilator.

The 92-year-old singer had earlier tested positive for Covid with mild symptoms and was admitted to the ICU of Mumbai's Breach Candy Hospital on 8 January.

She breathed her last on 6 February 2022, at the age of 92.

Art by Ms. Sai Dhanoosha

'Lekha' is glad to share this piece of art of daughter of Sri Chandramohan of Vijayawada, Ms. Sai Dhanoosha.



Dedeepya shlokaas

Sistakaran Seva Sangham, Endada Branch, Joint Secretary Sri Donkada Anil Kumar and Smt. Donkada Vasantha's only daughter, Chiranjeevi Donkada Anuradha Mani (Dedeepya) is 5 years old. She recently won the 3rd prize in the Bhagavad Gita verses competition.

Let us all bless and encourage this little Sistakarana gem, to reach many more heights in the future.

Congratulations Chitty Thalli, may you have a long life!



Karanam World

Let's reclaim our excellence in the film industry

The film field is very risky.. Assess the risk.. Have ten partners and move forward. Slow and Steady wins the race.. Grow in small steps.. Attain the first place. All the best.

In the early days of the Telugu film industry, our Sistakaranam actor Late Sri c (Hero Amaranath) and his elder brother Late Sri Manapuram AppaRao (film director and producer) were behind some of the first Telugu films.. Amaranath was the hero in a good film like Amarasandesam. Pelli Roju (1968) was a hit movie with the combination of Haranath and Jamuna, directed by Late Sri Manapuram AppaRao.. All the songs in the film are hit songs.. Listen to youtube below. NTR and ANR entered the film industry after these gentlemen.. But they have surpassed us.. They earned fame and money.. Why could we not rise to that level? All that was needed was to have pull ten more of us into the field.. But that's not the

case.. It could be narrowness in thinking.. The fear that others will go beyond them.. That was a weakness.. The other castes who succeeded them rose to the level of ruling the film industry.. On the other hand, even our folks did not have the support of Sistakaranams.. Not many rich people.. So we can assume that the main reason is that there is no mutual help and support.. Therefore, we lost the golden opportunity to monopolize the Telugu film field. Late Sri Nataraju Kuppili Venkateswara Rao who ruled the stage, was better than NTR and ANR in their field.

It is not too late.. We must earn back our lost glory.. Because there are many Sistakaranams in the film field.. We should grow there.. Now the opportunity comes from the new state of Andhra Pradesh.. We should take up studio constructions based out of Vizianagaram district.. Vizianagaram should be set up as the center of our state film

industry.. Take the help of our people in real estate.. Our people have lands in areas like Salur and Parvatipuram.. The studios should be built at such places. Also, a film institute like in Pune should be established to train in acting, direction and music. Aspire to rule TV and Theater in the state. Don't forget that our people are there in all the fields that the film industry needs.

To prevent a repeat in future of what our Sistakaranams squandered In the 1960s, If anyone among us is growing in any field.. We should all support them unconditionally.. And the person who grows should also extend help unconditional to our people.. That field should be ruled with mutual cooperation. I pray to God to give us the required acumen.

- Sadashivuni Lakshmana Rao



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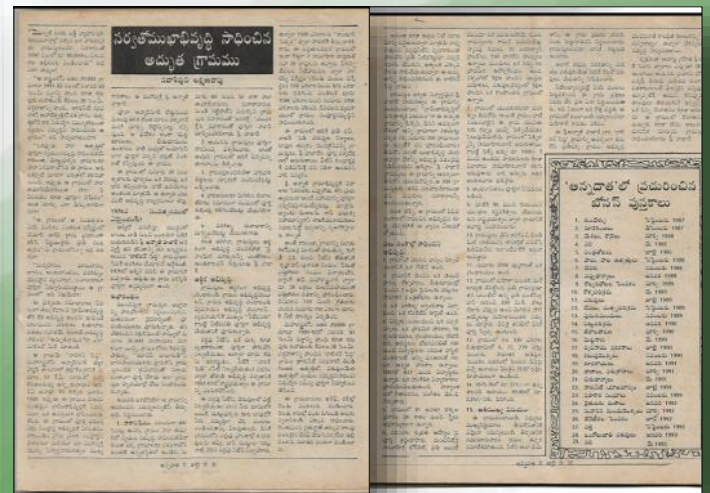
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Sri Lakshmana Rao's Published Articles

An article by eminent Sistakaranam and Honorary Editor of 'Lekha', Sri Sadasivuni Lakshmana Rao was published in the April 2021 issue of the *Hindu Dharmam* Spiritual Monthly. In this context, let us recall Sri Sadashivuni Lakshmana Rao's article in *Anna Datha* monthly magazine that was published in 1993.



Our Treasures

Original Verses for Sanskrit Phrases - Part 3

It is natural that we want to know the original verses for some sanskrit phrases we often hear.

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

It is natural that we want to know the original verses for some sanskrit phrases we often hear.

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

*satha nishko dhanadhyascha
satha gramena bhupatihi
satasvaha ksatriyo raja
satha slokena panditaha*

One who has a hundred nishkas (wealth) alone is rich. The head of 100 villages alone is a bhupathi. One who has a hundred horses alone is a king. A scholar is only one who has learnt a hundred verses by heart.

*vidvattvam cha nrpatvam cha
naiva tulyam kadachana
svadhese pujiyate raja
vidvan sarvatra pujiyate*

There is no comparison between the scholar and the king! Because, the king is worshipped only in his country. But the scholar is respected throughout the world.

*satam vihaya bhoktavyam
sahasram snanamaacharet
laksam vihaya daatavyam
kotim tyaktva harim bhajet*

Leave a hundred people and eat. Even if you leave a thousand people, take a bath. You should donate even if one lakh people don't come with you. Even if one crore people are to be left out, Srihari should be served.

*ati danat hatah karnaha
ati lobhat suyodhanaha
ati kamat dasagrivo
ati sarvatra varjayet*

Karna was ruined by the unrestrained charity. Duryodhana was spoiled by his quality of selfishness. Ravana was destroyed by uncontrolled lust. So, one has leave the excess all the time. Excess is never good. Overaction is counter productive.

*satyanu sarini lakshmi
kirtihi tyaganu sarini
abhyasanu sarini vidya
buddhihi karmanu sarini*

Goddess Lakshmi always follows the truth. Where there is truth, there is wealth. Similarly, fame always follows sacrifice. Without the quality of sacrifice, fame does not come. Education is not possible without practice. How does one learn without reading regularly? Practice is education. Now, intellect follows karma. If we have a bad destiny, our intellect will behave in a bad way, and if there is a good destiny, our intellect will behave in a good way. Intellect follows our karmas, remember!

(To be continued...)

SriVidhya

The shakta schools see the all pervading devine as Shakti, and as a feminine. Of course, it is also the understanding that the entire cosmos is filled with feminine and masculine forces. Nevertheless, the ultimate reality is worshipped as Shakti in Sri Vidhya. Sri Vidhya views that the universe is ruled by a council of Devas. However, it is of primary understanding in Srividhya, that the ultimate is formless, and nameless as indicated by Sanatandharma, and Upanishands. Worshipping and connecting to formless, and void becomes meaninglessly irrelevant to sadhak, to whom holding on to something that mind can comprehend is useful in progress. In SriVidhya, a council of devatas are worshipped, however not forgetting the ultimate reality. The council are basically forms and names given to ultimate reality, so one can do sadhana easily.



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

Lalitambika is known as the main Diety in Srividhya schools. Some also call her Rajarajeswari or Sri. There are devatas and upadevatas. The worship is done using Sri Yantra, a tool created out of geometric shapes (intersecting triangles pointing up-ward and down-ward). Sri vidhya practicioners invoke the devatas to occupy the Sri Yantra, which is sometimes also created as a three-dimensional Yantra known as Maha Meru yantra. It may be used as an external yantra in bahya-puja, or seen as within the sadhaks body as in antah-puja. There are distinct schools through out India that follow different traditions with in Srividhya tantra such as vamachara, kaulaachara, dakshinachara and so forth. Sri chakra contains 9 avarnas (perimeters/enclosures), and woship is done using mantras to invoke devatas and yoginis at each of these levels. These avaranas are Bhupar, Shodashi Dal, Ashta dal, Chatur Dashar, Antar Dashar, Astar, Trikon, Bindu. Each avarna is invoked with specific number of yoginis associated with it. This is also known as nava avarna puja. By this Kundalni is raised with in the sadhak.

The council known as Dasamaha Vidhya including Kali, Tara, Tripura Sundari, Bhuvaneswari, Tripur Bhairavi, Chinamasta, Dhumavati, Bagla mukhi, Matangi and Kamala are also worshipped with mantras that include Bheejaksharas (Seed syllables). Sri Yantra is symbol of the cosmic form.

As with all Shakta schools, Sri vidhya is to be taken by Deeksha given by a Guru. Sri Vidhya schools are there in Himalayan ranges, Bengal, Kerala, AP and perhaps in other parts of India. In AP one can visit the Devi Puram temple in Visakhapatnam district, and Sri Chakrapuram temple in Srikakulam district.

Iky Vedika Round Up

Ikyavedika moots a “Federation”

After a relative lull in weekly meetings, Ikyavedika conducted two meetings in February, on 12th and 26th.

Members discussed on “Why & How to connect with Youth” in the first meeting on 12th.

In the meeting on 26th, Sistakaranam Ikyavedika members floated the idea that all formal community associations and informal groups should come together and form a federation. The meeting was attended by several stalwarts and leaders of our community who expressed their views on the idea. The SKIV team promised to come back in a few weeks with a blue print for a federation for further brainstorming on the subject.

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/UC7k8ebZmWxbBxj3m69x4OVQ>

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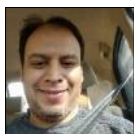


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Ikyavedika Members in other Initiatives



Clockwise from top left: Suresh Dabiru, 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.