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Inspiring Donors

History of Sri Kottammathalli Ammavaru Kotabommali - the Goddess of Uttar Andhra, the Goddess who grants boons. In the year 1925, a man named Kammakattu Chinna Appala Nayudu from the village was on his way to a fair in Narayana Puram. A lady (Muthaiduwa) stopped the cart, and got down off the cart near the mango orchard of Venkateswara Rao Patnaik where there is now a temple. A few days later she appeared in Chinna Appala Nayudu's dream and asked him to hold a fair on the Thursday following the Polala Amavasya (new moon day of the Shravana month) every year, as she was the personification of Adishakti. Kotabommali Kottammathalli is reputed as the benefactor of the devotees, fulfilling the desires of millions of devotees from then till today. It is known as the largest fair in the Srikakulam district.

Kottammathalli manifested herself at Patnaikuni garden, hence the Patnaikuni Venkateswara Rao family and the co-operative society donated 30 cents land worth lakhs of rupees needed for the temple. Three-and-a-half years ago the site needed for the food donation choultry was identified. On the way out of the sanctum sanctorum of the Goddess, the temple premises has a spacious look, where the Kameswara Rao brothers have given land.



A Few Disclaimers

This newsletter is published by Sistakaranam Ikyavedika 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

Sistakaranams in International Women's Day Celebrations

"Lekha" congratulates recipients of honors on the occasion of International Women's Day.

1) Aditya and Vivekananda Walkers Club honored women in various fields on the occasion of International Women's Day in the evening at the premises of Sri Sri Sri Peddammathalli Ammavari Temple in Srikakulam. The event was graced by members of the respective Walkers Clubs as well as Founding President Sri Polumahanti Umamaheswara Rao.

2) Mrs. Godaba Prema Patnaik, our Sistakaranam politician and Vice President of the State Sistakaranam Association was the chief guest at an event organized by a private company in Visakhapatnam on the occasion of International Women's Day. Many women were honored at the event.

3) Under the supervision of Sri Dabbiru Venkata Rao at the International Women's Day celebrations held under the auspices of Pendurthi Sishtakarana Seva Sangham at the premises of Kumari Kalyana Mandapam, Gopalapatnam, Visakhapatnam, the Chief Guest was Hon'ble GVMC Corporator Sri Behara Bhaskara Rao, 92nd ward corporator Smt. Behara Swathi, 91st ward corporator Smt. Behara Jyotsna, Women Sub-Inspector of Police Kumari Tumbali Divya Jyothi, AP Sistakaranam Welfare and Development Corporation Director Smt. Vootapally Radha, Pendurthi association Treasurer Smt. Mahalakshmi, Leading Orchestra singer Kumari Dabbiru Harshavardhini and other dignitaries and women were present. The ravishing ladies who came to the event, which was a very pleasant and triumphant affair, were all invited with kumkum, flower bouquets and were presented with shawls. Prizes were awarded to the winners of competitions.

4) Kumari Harsha Vardini was felicitated at Kumari Kalyanamandapan in Gopalapatnam

5) A sketch of a woman created with letters by Sri Kuppili Rajarao, Amudala Valasa was published in Sakshi paper.

6) Anusha Patnaik, Chairperson, State Sistakaranam Development Corporation, on behalf of women, thanked YS Jaganmohan Reddy on the occasion of Women's Day for showing true meaning to women's empowerment. She said that women are excelling in all fields today inspired by Indira Gandhi and leaders in various high positions in the state. Taking such women as an ideal, all women should aspire to climb higher peaks.



7) On the occasion of Women's Day in Srikakulam, former MLA Smt. Gunda Lakshmi Devi and Sri Kuna Ravikumar participated in a function at Srikakulam Rims Hospital Junction.

8) International Women's Day was organized at the District Red Cross Sewing Training Center. The chief guest of the function was the District Red Cross Chairman Sri. P. Jagan Mohan Rao. He said that women's power is the strongest force on earth and that women are not equal. Sewing instructors, Red Cross Blood female staff, and other women were honored. Prizes were also awarded to the winners of the essay writing competition on sustainable women's empowerment.

9) The auspicious moment of entering the third year after the completion of two springs after the launch of Sistakaranam Yuvata, celebrations were held in the premises of Geeta Mandir in

Thagarapuvalasa from 11 am to 1:30 pm with speeches by eminent artists and speakers. Women President Smt. Dabbiru Prashanti Patnaik was the Chief Guest. Smt. Kanti Mahanti Anusha Shashidhar Patnaik, Chairperson, Sistakaranam Corporation presented a shawl, a sari, a memento and mugs printed with their photo.

10) Smt. Kirti Patnaik was honored by various groups on the occasion of International Women's Day for her outstanding services to the society. Tribute by Women Workers Club, Congratulations from District 101 Uppalapati Subhalakshmi, Women of Savings Societies run by her organization, Honor by Sivagami Organization, Honor as Chief Guest of 3-Star International Walkers Club, Hifra Association for her services rendered in Vizianagaram, Invitation to the Dura Deni temple where the goddess was worshiped with special lemons covered with a scarf and blessed, and honor by the Vizianagaram Helping Hands Association at the hands of the mayor, were some of the honors she received.

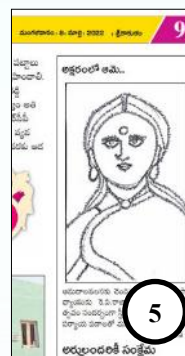
11) Like last year, on Saturday 12.03.2022, in the middle of Alipuram, at the NSN Towers Function Hall, the Visakha Sistakaranam Seva Sangham, Kancharapalem Working Committee celebrated Women's Day. There is no doubt that even those over the age of sixty from the age of puberty have been given a great opportunity to take part in this good event. The working group was completely successful in making a modest occasion, without any fuss, ads on WhatsApp, and without chief guests. The function hall was abuzz with joyous women's celebrations and carols, with all-encompassing photos and videos.



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Community News

World Sistakaranam Directory 2022

This project is a prestigious and great task undertaken by me with personal interest. This is for bringing data of all Sistakaranams at one place irrespective of their affiliations to Sistakaranam Sanghams, whether poor or rich, rural or urban, employed or unemployed etc.

This directory is just like Foundation for our Sistakaranams basing on which, anybody can build castles etc. for service and development of Sistakaranams. Each family registered in this directory will be given a unique Record # and date which is permanent and cannot be changed and can be used as a Reference Number.

When the directory will be completed? How is it useful? These types of doubts are clarified here. This directory project is a continuous one and cannot be closed, as new families of younger generations will come continuously, and their data is also to be registered. So, for this directory only start date is there and no end date.

So, send your details early as those sent early will get earlier numbers and those sending late will get last numbers in the series.

But the shortest target for this directory is One lakh records for enabling to publish a book. (For 1 lakh records, a book with 4000 pages will be published.) Till such time, digital pdf books will be posted in the groups.

If everything goes well, we are thinking of providing an ID Card with Record Number and date to each family. What are the uses? I don't need to tell as all our Sistakaranams are quite intelligent.

1) Surname/ Intiperu is the base and can be used for closest relations and the residence town/ place can be used to find out who is in your town and can extend relationship etc.

2) Male-Female Gender ratio can be arrived at, and family style nuclear, individual or combined families can be checked.

3) Country wise, Region wise, State wise members number can be arrived. Till now Visakhapatnam district accounts for 30% records and Vijayanagaram district for 22%. This indicates which region Sistakaranams are showing interest.

4) This directory can be used as base for creation of Who's Who of Sistakaranams later in the year 2023 or so.

Like that so many benefits are there.

5) We are not collecting date of birth, aadhar number, gotram or job etc. hence no risk of misuse of data.

Requesting to send in Reply Post Card only as our Sistakaranams handwriting is very beautiful. Also, the rural people will not have internet or social media accounts etc. We are not using google forms or new technology as it is having glaring loopholes. No control on duplicates, incorrect entries, other caste entries etc. So even it is difficult and time consuming, we follow manual data entry under personal supervision.

6) This directory project is not census or janaganana, or not alternative to any other data collections etc. and registration of family details are Free of Cost. We are not charging any amount. We have clarified this in our first message on 14-12-2021 itself.

Most Important thing is It is purely voluntary. No compulsion. If you are interested to register, you can send. If you are having any doubts or misconceptions, you need not send your details for registration.

7) This is open to all Sistakaranams world over irrespective of Sanghams, uniform to all either poor or rich etc.

So many leaders have appreciated this pro-

ject, but we are not using their letters for promoting this, as other Sanghams people also will have to send their details. No Sistakaranam family is left without an entry in this (except those who are not interested). We will not record on our own any one's details if it is not submitted by them. So, only submitted and received entries will be recorded. If any person wants to submit, he can also send details of 10 to 15 families of their relatives in separate reply post cards / separate emails. We will record and separate record # will be given to each family.

8) All Sistakaranams... Kindly co-operate and send your details. Please give your surname/ intiperu in full. And remember that it is neither a diary and nor published every year. It is directory and can be kept as permanent reference book in every Sistakaranam house.

Kindly note that Last date to send your details -30/04/2022

Thanking all Sistakaranams for their co-operation being extended whole heartedly.

Sadasivuni Lakshmana Rao
9247783307
WSD2022Team
Visakhapatnam



Sistakaranams in Isha Foundation Celebrations

Our respected community elder & AP state SK Sangham chief advisor Sri KVS Nageshwara Rao in the capacity as AP public relations council of India secretary has attended the Mahasivaratri celebrations held under ISHA foundation at Coimbatore. This event was held for over 12 hours and was attended by Union ministers, foreign dignitaries, film personalities among others. We are happy to note that thru his interactions Sri Nageshwara rao with State chief minister and other union ministers made his community representation and presence felt.

Congratulating him on his participation in the event and hoping that these steps will eventually lead to the OBC recognition of our SK community in the near future was expressed by Smt. Kanthimahanti Anusha Shashidhar Patnaik Chairperson, A.P. State Presidents of Sistakaranam Welfare and Development Corporation, Sri N K Mahanti, Sri Arikathota Chandramouli, State General Secretary, Sri B.V. N. Patro, State Treasurer thru a press release.

ఈశా ఫౌండేషన్ లో మహాశివరాత్రి సభ్యులు 12 గంటల పాటు ధ్యానం ప్రత్యాఘాత కళాకారులచే అద్భుతమైన సంగీత ప్రదర్శన

కోడంపూర్, మార్చి 2: ఈశా ఫౌండేషన్ అధ్యక్షులు లో మహాశివరాత్రి వేడుకలు భక్తిప్రసవంతో నిర్వహించారు. సభ్యులుగా ప్రసిద్ధులైన యోగి, మార్కటలు, ఈశా ఫౌండేషన్ సుస్థాపకులు అగ్రీ వాసుదేవ్ అప్పారావు ప్రతీ శివరాత్రికి ఈశా యోగా కేంద్రంలో ఘనంగా వేడుకలు జరుగడం విదితమే. వానస్పతిగా 12 గంటల పాటు మంగళవారం సాయంత్రం ఆరు గంటల నుండి జరుగడం జరుగడం ఆరు గంటల వరకు ధ్యానం చేశారు. ప్రముఖ కళాకారులచే అద్భుతమైన సంగీత ప్రదర్శనలో రాత్రింతా ఆల్టాసాంగా సాగించి, చాచూర మహాదేవ్ శంభోశంకర్ అంటూ ఆ గరళశయిని స్వరణలో మారు మోగాలు. మహాశివ రాత్రి సందర్భంగా వేడుకలను సుందరం చేశారు. ప్రముఖ సంగీత వేదికలలో ముగిసిపోయారు. ప్రముఖ సంగీత వేదికలలో ముగిసిపోయారు.

Newsmakers

Sri Vishnu elected Ward Councilor in Kharagpur

Eminent Sistakaranam, Sri Chowdari Vishnu has won the election as Councilor from Nimpura Ward No 12 in Kharagpur Municipality in West Midnapur Dist. in West Bengal State as a candidate from Trinamul Congress. Lekha wishes all the best to Sri Chowdari Vishnu for his continued success that will bring glory to Sistakaranam community.



- Mantri Bala Gangadhar

Sri Prasanna Kumar awarded Doctorate

Let us congratulate Dr. Prataparao Prasanna Kumar (from Bobbili), Chemistry Head, Sri Venkateswara College, Etcherla in Srikakulam District on the occasion of his receiving his Doctorate in Chemistry from JNTU, Kakinada in the 8th convocation held on 9-3-2022.



Eternal Student Sri Malleshwara Rao

Proud moments for Sistakaranam as Sri Baliwada Malleshwara Rao, President, Sistakaranam Association, Retd. DEO Srikakulam Distt. Is conferred with LLM degree. Let's Congratulate him on passing the L.L.M. degree from B.R. Ambedkar University and making all of us proud to be honoured at Graduation Ceremony. Also, congratulations for the fact that the quest to consistent learning as a regular student inspires other pursuers.



Namitha's Art Exhibited in Delhi

'Lekha' features Smt. Namita Minotra from Delhi who participated in the event, "The Awadh Art Festival 2022" that was held from 21 Feb to 28 Feb at India Habitat Centre, New Delhi. The event had around 70 artists whose work was chosen to be displayed along with the work of eminent artists like Deepti Naval, Paritosh Sen, Ganesh Pyne, Aruna Vasudev, Ashok Tiwari.

Eminent personalities like Dr. Aruna Vasudev, Smt. Ratan Kaul graced the occasion. Amongst the artists, there was a group of 14 army officers' wives with a creative bent of mind who displayed their works under the banner of the Olive Expressions. The closing ceremony was graced by Deepti Naval and Smt. Veena Marvane, wife of the Chief of the Army Staff General M M Naravane.

Also, her work got selected for the exhibition at the International Water Colour Society Biennale which is a worldwide selection.

Smt. Namita Minotra is wife of Colonel Dhiraj Minotra. She is daughter of Brigadier Kanpaka Suresh Murty and Smt. Kuppli Neeraja. And is daughter-in-law of Capt. Narayan Das Minotra and Dr. Yeramilli Aruna.



Telugu Tejam Award to Sri Sridhar

Sri Avilala Sridhar who received the Telugu Tejam Award at the hands of the descendants of the dynasties and the great poets at a function organized by the Philanthropic Society on Sunday 20-02-2022 at the Sripada Hotel in Vijayawada on the occasion of Mother Language Day. As Avilala says that it is a great pleasure to receive the award on the one hand, the descendants of the dynasties known for their prower and glory, and on the other hand, the descendants of the great poets who have excelled in the field of great fame, and at the hands of the organizers of the Sri Sri Kala Vedika working group. He said he was proud to say that the responsibility has increased with this award and that he feels fortunate to meet so many great people who are still writing analytics in the interest of the Society

Lata Mangeshkar Award to Kumari Shanmukha Priya

Sri K. Rammohan Rao, Chairman, Visakhapatnam Port Trust, presents the Lata Mangeshkar award to eminent singer, Visakha Vasi Kumari Shanmukha Priya. The eminent personalities Nageshwaran and Sri Veerumama are also in the film. The event was held on 13/3/22 at the Port Auditorium.



Newsmakers

Sri Malleswara Rao is Senior Citizens' President

Hearty Congratulations to Sri Baliwada MalleswaraRao for being elected as the President of Sri Kakulam District Senior Citizens Welfare Association.



Sri Srinivasa Rao elected as General Secretary of Teachers Federation

Leading Union Leaders, Vijayanagaram District Jiyammavalasa Mandal Resident Sri Palateru Srinivasa Rao has been elected as the General Secretary of the Andhra Pradesh Teachers Federation (APTF). Congratulations to them.



Heartfelt congratulations on behalf of "Lekha Team"

Sri Raja Rao in World Record Poets Meeting

Amadalavalasa/ Ranasthalam: Immigrant poet Kuppili Venkata Rajarao Master participated in the World Record Poetry Festival held at Thadepalligudem, West Godavari district on Saturday. When he got a chance in this compound, he recited the poem 'Nivuru Ningini Takite'. The meeting was presided over by Mr. Kattinda Pratap, President, Sammelan Kalavedika.



Chi. Nihaarika impresses with her Dance

Congratulations to Chi. Dabbiru Nihaarika (daughter of Dabbiru Janakiram) who earned praise for participating in the dance festival at ISKON Temple, Rajahmundry on 26-02-22.



Mahadevi Verma Samman Award to Sri Sridhar

The Global Kayastha Conference honors Sri Avilala Sridhar of Avilala Village, Tirupati Rural Zone, Andhra Pradesh on Saturday 26th March 2022



at Mahatma Gandhi Smriti and Darshan Samiti, Rajghat, New Delhi in recognition of the charitable activities and social activities conducted during Covid as part of his service activities, with the title of Mahadevi Varma Smriti Samman. Speaking on the occasion, Avilala Sridhar said, "I am very happy to receive the award in the national capital, Delhi. The main reason for this is my family members who are encouraging me and the Avilala village residents who always support me in the service programs and the donors who are financially supporting my activities." He added that more responsibility has increased with this episode and that he will take up lot of such activities in the future.

Central Govt. Recognition

NGO Sridevi Vignana Jyothi Parishakar Charitable Trust, reg. no 47/2010, Managed by Smt. Kuppili Keerthi Patnaik, HAS has been recognized by the Central Govt. They are given Darpan Unique Id AP/2022/0308446.



Sri Haranath is Newspapers Assn. President

At the State Small and Medium Newspapers Association Rashtrasangham Plenary Session held in Vijayawada on Sunday 6-3-2022, Visakhapatnam resident, dignitary, and community leader Sri. Harnath was elected as the District President of Visakhapatnam.



Andhra Legend Award to Smt. Keerti Patnaik

Smt. Keerthi Patnaik received the Andhra Legend Award at the hands of Sri Jiyani Sridhar, Deputy Mayor of Vizag. This award is given to those who have made outstanding contributions in service programs.



Sri Ramesh Kumar conferred S.P. Balu Memorial award

Congratulations to Sistakaranam Singer Bhushan Brothers Cultural Arts Association, Visakhapatnam on 23-3-2022 for presenting the SP Balu Memorial Award to Sri Kottakki Ramesh Kumar Gari, a distinguished singer, teacher and resident of Visakhapatnam.



Editorial

Shubhakrut New Year

Happy Telugu New Year on behalf of 'Lekha' to all our noble Sistakarana relatives. Hope that the first day of Ugadi Shubhakrut, which started yesterday, was enjoyed by all as a family with Shadruchas, six tastes.

We have seen a lot in the last two Ugadis. I hope this "Shubhakrut", good fortune brings all good luck to our community. I am sharing with you that I have read and heard about "Jealousy" this month. Maybe you can understand why we chose



this subject. It is not wrong for a man to have these jealous feelings and to acquire them for what he needs and what is important for his well-being. But comparing oneself with another gives rise to all sorts of unnecessary feelings.

Others suffer from inner jealousy and even a sense of inferiority. They want to go to a higher level like themselves. This is the right idea! It can be called 'ideal perception', not 'jealousy'. But being intolerant of another person's success leads to jealousy, hatred, violence. If hate and violence are added to jealousy, it is very dangerous. They need to be able to realize that these feelings are not just for themselves, but for themselves.

With glory, Yudhisthira made a royal sacrifice for the sake of expansion, and thus for the sake of sustainable well-being, became emperor of the vast earth. But the jealous Duryodhana eventually went to rags. He was satisfied with the title of 'Manadhanudu' for his vices Shakuni, Karna and Dushasana praise and glorify him and his vices as selfish people. Therefore, the battle of Kurukshetra was a result of these misfortunes paired with jealousy of Karna towards Arjuna.

'Education is about competition,' as the saying goes Education thrives on competition. But it would be nice if it was a competition. Also, like Baladuryodhana, one should not commit atrocities like throwing Bhima in water, trying to poison him and burning house of wax.

All in all- a peaceful practice of being able to conquer the damned jealousy of many disasters and mental disorders will be healthy.

Our Sistakaranams should cooperate with each other and with mutual assistance and through this peaceful practice. Earn good recognition in all walks of life, wishing it to prosper forever. Once again best wishes for Happy New Year !

- J.V.Chandrababu & Lekha team.

Interview

'Service' emerged from an unforeseen event

'Lekha' is here to showcase the contribution of SISTA women to our society on the occasion of international Women's Day celebration. We also learn as how a small incident changed way of life leading to start an NGO. Meet Smt. Rani Patel, a lady with revolutionary attitude towards women empowerment and children welfare. She proudly runs a Non-Government Organization, 'Aarohan' at Delhi. ———

Ma'am, please share with us about your services to the society, that we heard.

I founded 'Aarohan', a non-government organization in 2005. Since then, it is serving to the marginalized community children, women, transgender and other community members.

That's great Ma'am! Our readers are eager to know about the incident which has changed an ordinary person to a reformer.

An incident in 2004 with a 7-year-old ragan who was found stealing the side mirror of my car, has changed my approach towards life. Instead of punishing/ handing over to cops, I decided to address the educational needs of the under-privileged children. Hence 'Aarohan' was founded with the objective to respond to the educational needs of the less privileged children.

Any visits to foreign countries for this?

Yes, we visited Nepal, Bhutan and Sri Lanka for various promotional activities to strengthen 'Aarohan'.

Ma'am, we would like know your achievements in your endeavour.

I have few milestones in my professional journey. Save the Children Organization visited with a team of 5 NGOs from Nepal in 2017 to study the Early Childhood Care Centre of 'Aarohan'. I got recognition as One of the 51 most Impactful Social Innovators; One of the 5 Women Achievers by Jamia Millia Islamia University; By ARNEC in their Conference Journal at Nepal in March 2018- organized by UNICEF, UNESCO and ARNEC.

A team from Alabama University visited 'Aarohan' which led to global recognition. Recognition MCMILAN Advanced Research Series (acknowledged by Jamia Millia Islamia University) published our



Smt. Rani Patel

Father : Sri Uurity Arjun Patnaik
 Mother : Smt. Rajyalaxmi Patnaik
 Husband : Sri Kishore Kumar Patel
 Daughter : Ms Ankita Patel

article, "Public Policy Reforms on Development: Challenges before Emerging Economies" in October 2013. Article on 'Aarohan' in 2014 Humanity Magazine, Singapore. Awarded Healthcare Leadership AWARD by ZEE BUSINESS.

Ma'am please share your words to inspire our community people.

My belief and advice is to invest in relationships to grow stronger and confident.

We look for your comment on Lekha.

'Lekha' is a wonderful platform to get to know each other. I have a great wish to work for my Sistakaranam community. I reach to our community members now across the globe through our 'Lekha'. I request you all to feel free to reach out to me and I would like to work with you all at my capacity. —————

Palakonda to Delhi is a journey by marriage, but landing in society service profession by her choice and reaching to its heights is a strong combination of commitment and conviction. 'Lekha' wishes best of luck to Smt. Rani Patel for her all future endeavors.

Interview - Arti Patnaik, Raipur

Compilation- Mantri Narsimha Rao & J.V.Chandra Babu

Open Forum

In the era of 'Covid Pandemic 2020' and 'Womens Day'

Feministic to Feminine way of life.....

Time for a change!

Leading to a

Balance in National and Global Economy...?



This afternoon, after few weeks of Covid 2020, I was wondering and anxious of future employment, economy, projects, work, business and busyness! I am an Architect by profession and I was thinking of projects which may no longer be surfaced up.

Soon I was wondering the small-scale clients viz. residential sector, builders, interiors etc. which may go down drastically since many may not take risk in investing in unwanted expenses or glamour as entire global economy, job opportunities, government policies are unpredictable and at stake. Hence my thoughts moved to the projects of larger typology of work where I should market or focus viz. Industrial/ Hospitality/ Institutional where clients may invest in smaller firms although these sectors also may be slightly slowed down. But what is the guarantee that people will need architects for designing? They may have their own methods, mind and design capabilities to 'self-design'. They may not necessarily be qualified architects, just as it was generations ago!

A little later I was re-thinking: Similar to me many architects would not have good projects on whom families and employees were dependent. What shall be the plight of those architects and big firms?? In such case,

"Do I have to participate in the rat race for the limited projects which may be there in the market?"

"Can I let go of the marketing and grabbing opportunities?"

The Answer is 'Yes!' As the major earning member is my husband with which we can manage.

Slowly I started wondering, looking at the current era, where in general for men to stay at home without work may seem more difficult. But for women, even if she used to be an earning and ambitious one, still if she needs to be at home, she can manage to. As I feel, by nature and temperament she is used to take domestic responsibilities, taking

care of family, husband, kids and the old. She can make friends with the neighbors or stay connected with relatives and also occupy with her hobbies. Men in general may not so used to these kinds of socializing, as their main focus is their job and then extends to family, sports or politics.

25 years ago, I was an ambitious with hard core feministic ideas. I could not imagine if I would not make my monthly returns or add to my list of projects. I had strongly believed in gender equality and strived towards it. I used to feel the expense of my seat at an architectural institution should not get wasted, if I was to *just* get married and sit at home with domestic responsibilities. However, otherwise, I had feminine qualities too.

Coming to today, while the entire world is fighting with Corona Virus, the entire world's economy will be thrashed, I came to a decision that I would not be officially marketing for projects, since there are very few who are dependent on my income. I can cut my extra expenses and stay dependent on my husband's income. I take this stand for next 3 to 6 months while observing the situation in the market. I may choose to be just a home maker. Nothing wrong with it! Probably I can use my time constructively towards the family, society through social networking, spread light, happiness and heal the world! It is not a small job, right???

Women! is it not ok to be non-ambitious, girlish, feminine and 'just' a home maker?

Coming to the overall perspective of society and government at this juncture, what if many women who having career ambition and potential, choose not to work?

What if the government issues G O where, after evaluating the family financial status,

"Each family – one /two /three / four earning members are only permitted!"

If only one family member must have the earning potential, probably we can give the chance to the family to decide. This may also lessen the gender fight and also reduce the divorce rate which many a times raises because of financial independence.

For the upper middle class, restrictions can be created, but for the middle class and lower middle class, more opportunities of jobs must be created. In their families, opportunity and eligibility for two or more earning members should be created. Higher class

people can create ways of employing lower middle-class and creating more business where the mass is purposefully used.

Slowly, we can bridge the huge gap between rich & poor!

This is the right time to bring these changes to balance the economy, food and shelter.

Another perspective:

Recently someone commented the vast difference between India and America. Probably many NRI's must be having similar opinion. In USA, almost all are earning members in a family including the teenagers and the old. Opportunities are created and entrepreneurship is encouraged. Hence America caters to major world's economy. May be that is one part of the reasons or may be not?

There is a contrasting social pattern in terms of economy of nation or a family between the 'developed country' and a 'developing country.' However we 'developing countries' must evolve taking financial responsibility of ones' own self from the family leading to the nation. Yet considering the current Covid situation, 'developing countries' like India, where opportunities shall reduce drastically, I would like to ideate the employment offers limited to one in upper middle-class families and two or more in middle class and lower middle class. Then, there is a scope for a fresh look taking responsibility towards minimal lifestyle by upper middle class aiming to bridge the vast economic difference between various segments.

Finally, wholistically, let the world recognize the spirit and essence of femininity and feminine energy. The world in these demanding times needs the strength, courage, hope and inspiration from the women. We need to recognize their strength and seek inspiration, guidance with soothing calm ways to create peace, love, harmony to heal the world through the treacherous path of the tough phase, the Covid Pandemic 2020.

Hope Remains.....



Vandana Adivishnu
27-03-2020,
Chennai

Support Arena

Helping Hands 10th Service

Sri Vadada Vaikuntharao (Cell No. 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. His right hip bone and right arm got broken. The right chest ball is worn out. He was rushed to a hospital where he was treated and confined to bed. The family, which is survived by a wife and two daughters, has no income at present. The Helping Hands Group responded to the family's needs and in their support the group members received a total of Rs. 22,116/- in cash and Rs.10,000/- in cheque.

A total of Rs. 32,116/- in the form of cash was presented to Sri Vadada Vaikuntharao in the presence of Sri BPCCK Mohan Raju, Sri Tyada Prasad and Sri Leela Mohan Manipatruni on Sunday March 13th. With this the 10th event was closed. We thank all donors and may God bless them for the act of benevolence.



Free stitching machines & training by Bharata Nidhi

Bharata Nidhi Foundation, Visakhapatnam has commenced a 30-day Stitching training program for 10 poor girls. The program includes 7 days women empowerment course by Art of living teaches to improve the inner personality and imparts skill in stitching. Each trainee will be given one machine at free of cost with a condition they have to earn minimum Rs.300/- daily. Target is 100 machines. Readers may bless the Foundation.

-DSV Gopikrishna,

Founder, Bharat Nidhi Foundation, Vishakhapatnam



Helping Hands Event -11 begins

With the reference given by our group relative, the service minded Sri T. Prasad... Vijayanagaram resident Smt. Baggam Kalyani – her husband and aunt, uncle, brother-in-law and sister-in-law have passed away. She is managing with widow pension to take care of her son (17) and daughter (14), as well as the daughter of her sister-in-law (12), who is orphaned. Formerly worked a private teacher. Currently homeless after losing her job due to Corona induced financial crisis. In these circumstances, unable to afford to feed so many people, she has appealed to the Helping Hands Group. Considering her sewing machine skills, if she is provided with a sewing machine and some financial support, we will have supported a family.

Admins

Anyone who wants to help can pay by phone to Google Pay 9392234863.



Support Arena

Launch of Humanitarian Service

Humanitarian Voluntary Service Organization that spread across the state had launched its Gajuwaka Chapter on 3rd March, 2022 in a function held in Lions Club Community Hall, Gajuwaka for rendering service to the surrounding residents of Gajuwaka area. Sri Baliwada Sathyarao and Sri Basangi Tirupati Rao associated with the Chapter informed that two freezers and a mortuary van are made available for the families of Lions Club Members or to the people in distress brought to the notice of the Chapter by Lion Club Members. They requested all to bring to the notice of Gajuwaka residents. On this occasion, they conveyed gratitude to the Humanitarian Voluntary Service Organization.



Wheelchair by Jain Foundation

At the request of Sri Juttiga Durga Rao, Sri Dasamantri Naresh, Member of Ikyavedika Lekha team in consultation with Jain Foundation arranged for the required wheelchair free of cost in a camp organized on 16-03-2022 in Secunderabad. Sri Durga Rao is a member of Malkajgiri Sistakaranam. He is suffering from joint sporsis and was badly in need of a wheelchair. Sri Durga Rao thanked them for their help.



HelpX – A Social Policing App

‘Lekha’ shares about this App that was circulated by Mr. Pradeep Chandra Behara of Hyderabad. The details are explained as below:

“Are you not feeling safe? Do you have a medical condition? Do you want to report an incident but are frightened?”

HelpX is your private friend in need. HelpX is the first of its kind social policing application that alerts people around you to come to your help. All information provided during registration is completely secure and is not saved in any Server! Download the app, register and have your personal savior at your fingertips. The application is completely free. We request you to install and test the application and would love your feedback on the same so we can provide a better user experience and ultimately help everyone.”

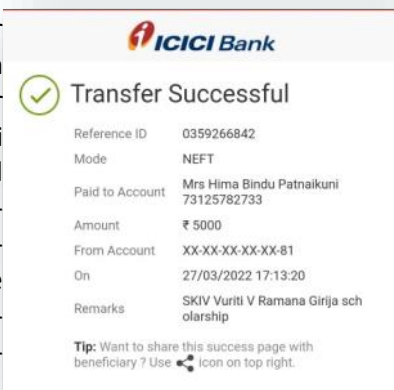


You can download the App from the Apple Store at <https://apps.apple.com/us/app/helpx/id1552663606> and from the Google Play Store at <https://play.google.com/store/apps/details?id=in.numel.helpx>

- Pradeep Chandra Behara

Late Sri Vuriti Venkata Ramana & Smt Vuriti Girija Scholarship for Sistakaranam Student

Patnaikuni Surya Kumar from Arasavilli, Srikakulam District was selected for the Second SKIV - “Late Sri Vuriti Venkata Ramana and Smt. Vuriti Girija scholarship”. Surya is currently pursuing Intermediate course in MPC stream. This scholarship was sponsored by fami-



ly of Late Sri Vuriti Venkata Ramana (Ponduru) & Smt V Girija. Lekha & SK community wishes him all the best for his future.



Support Arena

Food to Leprosy Ashram

On occasion of 'Womens Day' Smt. Sandhya Raj & co, went to Leprosy Ashram and served food in Raipur. They collected money to help the physically challenged school and orphanage too.



Food Drive for the Homeless

What started last year for Smt. Vathsala Rao from Mumbai with sending food parcels for the migrant workers and helping senior citizens with a home cooked meal in the wave of Corona Pandemic; continues now by doing her bit by sending packed meals every Tuesday for the 'Food Drive for the Homeless' through their volunteers.



In the times of distress, the members of her society collaborate with organizations. They get together to try and arrange food parcels to feed the poor and needy ensuring as much reach as possible. It helped them survive in the unprecedented hour of adversity. It is commendable to see how people join hands and contribute and do their bit towards the society. This act of service is shared to inspire many more people to feed the hungry! She is the youngest daughter of Sri Kuppili Raja Ram Mohan Rao & Smt. K. Uma Rao who are natives of Vizag.



Scholarships for Sistakaranam Students



శ్రీ కరకవల్స సీతారామ మూర్తి పట్నాయక్
& శ్రీమతి కరకవల్స 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.

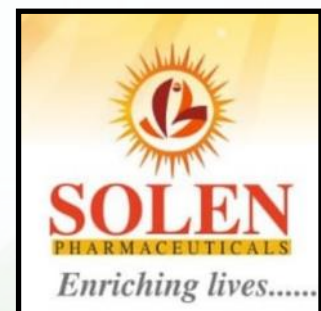
CONTACT:

Ge.kravi@gmail.com

or 9652233372.

PLEASE SPREAD THE WORD AND GET WORTHY SISTAKARANAM STUDENTS

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

CONTACT: 8074800939

Fraternity Page - Telangana



'SWA' Executive Meeting held

A meeting of the working committee members of the Telangana State Sistakaranam Welfare Association was held on Sunday, March 13 at the Jai Sai Jan Apartment, Nizampet Srinivasa Housing Society, Kukatpalli, under the chairmanship of Sistakaranam National OBC Sadhana Committee Convener, Sistakaranam Welfare Association President Sri DV Krishna Rao. Sri DV Krishna Rao announced at this meeting that the present committee was being dissolved. The meeting discussed at length the election of a new working group to be held from the year 2022 to 2025 and the steps to be taken by the community in

a solid manner. Until then, the core committee will continue to make decisions, he said. The activity will be announced soon. The working committee members at the event were Sarva Sri U. Parvatisham, Moturi Narayana Rao, D Anantha Prasad, K Hari Gopal, D Parthasarathy, Women Leader Satyalakshmi, PR Prakash Rao, K Venkateshwar Coordinator M Jayashree, K Chanduprasad, D Satish Kumar, P Tirupati Rao, B Rama Rao, T Pratap, Sesharatnam, R Anand Rao, PD Shankar Patnaik, K Srinivasa Rao, M Shankar Patnaik, K Anandrao, K Srinivasa Rao, and others.



Literary Order Honor to Sri DV Krishna Rao

Congratulations to Sri DV Krishna Rao, President of Sistakaranam Welfare Association and National Leader of Sistakaranams on receiving the Literary Order honor which was awarded by Telugu Velugu Sahitya Vedika President Sri PRSN Murthy and Secretary Sri Moturi Narayana Rao during the 48th Zoom Meeting of Poets on the 275th day in Hyderabad on 15-3-2022.



Ugaadi Kavi Sammelan

In the Ugaadi Kavi Sammelan held under the leadership of VNR Charitable Trust Chairman Sri Naveen at Thyagaraja Gana Sabha in Hyderabad city, poets, writers and literary leaders representing Telugu Velu Sahitya Vedika, Sarva Sri Moturi Narayana Rao, Visakhapatnam District Honorary President Pilla Venkata Ramana Murthy, Deepak Nyati, Poets Pocham Sujatha, Ramakrishna, Vemula Srivamana Sricharan Sidas, R. Praveen, Konda Mohan accompanied by other poets, welcomed the upcoming Spring Ugaadi.

The event was compered by Akshara Kaumudi President Sri Tulsi Venkataramanaryulu and was presided over by Bade Saab. Later, on the

occasion of auspicious Ugaadi, the world record-setting Thyagaraja Gana Sabha President Sri Kala VS Janardhana Murthy unveiled Gauribhatla's Sidhakunjika Panchangam of the Sri Shubhakrut year. The cultural programs performed by the children were entertaining. The event was attended by poets, writers and literary figures.



Get-together after Forty Years

Vemulawada Mandal Agraharam Sri Rajarajeshwara Swamy Government Polytechnic College, students of 1979-1982 met on 12/3/22 in local Function Hall. On this occasion they felicitated their lecturers grandly. They reiterated that because of their lecturers now they are in top positions, with some of them becoming Chief Engineers in various department of Telangana Government. Its our pride to have a Sistakaranam lecturer, Sri Yeluri Nagesh Kumar, among them.



Fraternity Page - Telangana

Ikyavedika members meet Dr. Bhima Rao

Ikyavedika members Sri Dasamantri Naresh, Mantri Narasimha Rao, Lekha Editor Sri Janumohanti Venkata Chandrababu, SWA member Sri Pakki Delhi Shankar Patnaik, Kayastha leader Sri Kottakki Sandeep and Karanam leader Sri Avilala Sridhar met Dr. Bhima Rao who, accompanied by his wife, had come to attend a conference at the Institute of Engineers, Gachibowli.



On this occasion, Bhima Rao expressed his willingness to set up a seminar and a Saistakaranam gathering in May at his own expense, and demonstrating his fondness for our caste.

International Children's Song Competitions conducted by S4J Channel

The closing ceremony of the song competition, jointly organized by S4J Channel and Andhra Kalavedika, Qatar, was held on 20th March through Zoom meeting. The song competition for children under the age of fourteen was attended by 68 contestants from India as well as Australia, Dubai, Germany, Kenya, Kuwait, Oman, Qatar, Scotland, South Africa, the UK and USA.

The competition, which started on January 22, lasted for a total of four rounds and ended on March 19 with the final round. Videos of contestants' songs were uploaded weekly on the S4J channel and competitions were held. Cine music director Rohini Srinivas and cine playback singer Ekanth Tadimeteti acted as the judges while Devi Prasad Baliwada provided technical support through their Shade Studios.

Score composer, singer and music director Anudeep announced the winners at a zoom meeting on Sunday, March 20. Sistakaranam association leaders congratulated Sri Basangi Suresh, the manager of S4J Channel, for successfully organizing such an international level songs contest.

Sistakaranams associated in songs competition programme:

Sarvashree Basangi Suresh (S4J Channel), Rohini Srinivas (Music Director), Devi Prasad Baliwada (Shade Studios), B. Kiran Kumar, Qatar, Mrs. Sreesudha, Qatar, B. Uma Shankar, Vizag, Baliwada Rajamohan Rao, B. Pradeepika, K. Shivajyothi, Srikakulam and B. Kalavathamma, U. Malathilatha, Lakshmi Shravya, B. Gautam Patnaik from Hyderabad.



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Come, join an unforgettable journey for 4 nights/5 days in a 300-year old heritage palace/Haveli— Panchkot Raj. One of the best locations on Ganges in Varanasi which is a homestay with a personal touch of hospitality with private ghat access, Kaali temple and lawns for meditation on the banks of Ganga. This trip is Ideal for any age group, including senior citizens if they are able to climb 10-15 steps and walk a little bit.

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Fraternity Page - Andhra Pradesh



Grand Hamsa Vahana Utsav by Karanams

Greetings to all.

This article is about a ritual established as Hansa Vahana festival. The oldest Mogileswara Temple is situated near Bangarupalem is a beautiful pilgrimage for many. Glad to note that our Karnam clan operates "Hamsha Vahana" two days before Shivaratri every year as a part of the Maha Shivaratri celebrations. It has been traditionally performed for many years in the temple. The service is conducted entirely by the Karanam clan and is organized by the Bangarupalem Karanam Sangham on Sunday, 27th February, 2022.

At six o'clock in the evening all the members of our Karanam caste reach the Kalayana mandapam near the temple, and then the eminent personalities like temple chairman are invited by our community elders. Evo choirs along with the Mangala instruments, all our caste people join to perform the vehicle service. All together they enter the temple with the pooja items and adorn the Swami and the Goddess and place them on the vehicle and the procession of the

Swami begins amidst the commotion of choirs, Mangala instruments, bhajans, kolatas, wood carvings, etc.

Our Karanam children have shown amazing talent in this program this year. Shiva tandavam Sutra Dances. The children of our community danced on the beats of shiva tandav n many devotional songs of Lord Shiva . So, the swan vehicle has captured magnificent place in heart of devotees this year.

We perform this swan vehicle service in many temples like In Kanipaka Temple, Palamaneru Kashi Vishweshwara Temple, Chittoor Shiva Temple, Sri Pillareshwara Swamy Temple in Avilala, we have decided to build such vehicles in the temples as a ritual. Since, we are the descendants of Chitragupta and Chitragupta is a Brahma aspect and his mother Saraswati Devi, the goddess of education. Swan is her vehicle, so we run this vehicle service.

-Avilala Sridhar, Tirupati



Legend Health Services Award



We would like to congratulate Dr. Kuppili Suresh Babu, our distinguished celebrity, social worker, resident of Visakhapatnam, who is constantly engaged in public service, for receiving the prestigious International Service Legend Award 2022, on 20-3-2022. Varaha Venkateswara

Educational Trust and NGOs Network International have recognized the tireless free medical services rendered by Dr. Kuppili Suresh Babu for providing free medical services to the poor and tribal people for the last 15 years, free medical services in old age homes, orphanages, Prema Samajam, free medical services to the homeless, free medical services during Corona, and presented the "International Service Legend Award in Best Health Services Award" at a function held at Dasapalla Hotel, Visakhapatnam on 20-3-2022. The award was presented by Visakhapatnam District Judge Sri Hariharnath Sharma and Trust Founder Dr. Prasad. Receiving the award, Dr Suresh said his free medical services would be available 24 hours a day.



AISKA Marriage Information Bureau -Event

Under the aegis of Kancharapalem Sistakaranam Sangham, the All india Sistakaranam marriage alliances data collection ceremony took place on Sunday 27-3-2022 from 3 pm at Lilliput School Building. The event witnessed participation by a large number of parents, bachelors, spinsters in a very lively and enthusiastic atmosphere. Many speakers lauded the organization of organizing many spiritual, patriotic and service activities under the auspices of the Kancharapalem Sistakaranam Society. People from distant areas like Srikakulam, Bobbili, Rajahmundry, Kakinada, Machilipatnam, Bhimavaram, Vijayanagaram, Ichapuram, Sompeta etc. participated including a large number from Visakhapatnam district. Organizers requested the attendees to donate for further studies of a Sistakaranam girl named Chi. Chandrakala and many donors encouraged the girl & also donated some funds to her. More than 250 people attended. More than 100 details of the bride and

groom were filled and handed over to the organizers. This shall be published in 250 books of 40 pages each, holding details of 167 boys and 68 girls which shall be distributed free of cost to all the interested parents. The event also witnessed marriage discussions among some of the participants separately. Kudos to All members of Kancharapalem association.



13 Years Dream realised



Our Sistakaranam scientist Dr. Bahadursha Sita Lakshmi, Principal and her team put in sincere efforts to commission Degree college in new campus buildings at Sabbavaram. She earlier worked in Andhra University, Vizag, Srikakulam etc. She has extensively studied on Pan leaf (Piper betel) and many other medical plants & aromatic plants. She has patented her works. She has received Govt. of India patent for her work on Tuni variety of beetle leaf Karpoor variety for its anti-cancer properties. Another patent applied by her is pending approval. Let us wish for more such research and convey our hearty Congratulations.



Fraternity Page - Andhra Pradesh



Consumer Forum Awards

The event was organized by Star Walkers Club and Asara in the morning of 15 March, 2022 at Government Men's Degree College campus in Srikakulam town to mark the National Consumers' Day and the Day of Diverse Talents. District Consumer Forums' President Sri Raghupathruni Chiranjeevi, District Civil Relations Officer Sri Locharla Ramesh, Public Prosecutor Sri Krishnachand, Walkers International 102 Governor Shri Potnur Govindu Gupta, Bishop Sri Ganji Ezra and Sri Petta Chandrapati Rao Garugoni briefed the audience on consumer rights. Sri Polumahanti Umamaheswara Rao, Founding President of Aditya Walkers Club and President of our Andhra Pradesh SK Association was felicitated.. Many other celebrities were also honored.

Congratulations to them.



Walkers Club Program

At a function held at Hotel Aditya Inn in Srikakulam town on 15-3-2022, Maruti Walkers Club has sworn in their new Executive Committee. Dr. Konchada Someshwara Rao, Dr. Daneti Sridhar, Sri Andhavarapu Suribabu, Sri Pudi Tirupathi Rao, Walker Sri PG Gupta, Governor 102, Sri M Padmavati, Sri Koona Venkataramana and Sri G Satyanarayana participated in the event, and congratulated the newly elected president Sri Konkyana Muralidhar. Aditya Walkers Club Founding Governor Sri Polumahanti Umamaheswara Rao participated in the meeting and the founder of Tekkali ITAM College Dr. Konchada Someshwara Rao and other guests were honored. Congratulations to the new working group.

Chittoore District review by Chairperson

Smt. Kantimahanti Anusha Patnaik, Chairperson, Andhra Pradesh State Sistakaranam Welfare and Development Corporation, said that CM YS Jagan is providing good governance in the state and prayed that Vykunta Lord gives more power to CM Jagan to provide more popular governance so that the people prosper. Smt. Anusha Patnaik, who arrived in Chittoor district as part of a review of all districts across the state, first visited Tirumala Sri Venkateswara Swamy. Speaking on the occasion, she said that the welfare of the civilians was the motto of CM Jagan. All the people in the state are living happily. Along with Smt. Anusha Patnaik, eminent High Court Advocate and State President of Andhra Pradesh Sistakaranam Association Sri SKN Mahanti, Sri K. Nageshwar Rao, Chief Adviser to the State of the Sistakaranam Association, Sri Jayati Umamaheswararao Shashidhar, State Vice President of the Sistakaranam Association and others visited the lord.



Gold Donor Felicitation

Walkers International Council meeting was held on 20-3-2022 in Bhimavaram town of West Godavari district. At this meeting, our prominent Walker, Vizianagaram resident and retired bank officer Sri Arikathota Tirupati Rao was felicitated on the occasion of joining as Gold Donor. The ceremony was presided by International Walkers President Sri AV Subareddy and District 102 Governor Walker Sri PG Gupta. Congratulations to Sri Arikathota Tirupati Rao.



Palkollu Kala Parishad Founder felicitated



Sri Manapuram Satyanarayana, founder of Palakollu Kala Parishad and a renowned stage artist, was felicitated. Members of the Kanakadurgamma temple committee felicitated him in Palakollu and presented a memento. Later, the play Chillara Kottu Chittemma starring Manapuram Satyanarayana was performed.



Bharath Vikas Parishath honors Sri Prabhakar

Our Sistakaranam writer, resident of Visakhapatnam, Sri Sekharamantri Prabhakar was honored at the Bharat Vikas Parishad State Convention held in Vijayawada on 13-3-2022 by the National Vice President of the organization, Sri Patil of Bangalore.



Nail Art Tribute

Sri Pakki Prasad pays nail art birthday tribute to Amara-jeevi Potti Sriramulu.



Fraternity Page - Chhattisgarh



'Patala Pallaki' Musical Concert

Star Shining Telugu Artists, Raipur under the aegis of Andhra Association, Raipur organized a Melodious Musical Concert 'Patala Pallaki' on 6th March 2022 at 6 PM in the Dr J. Shrihari Rao Memorial Auditorium of Sri Balaji Vidya Mandir, Raipur. The elite Andhratries of Raipur thronged to witness the show. Sarva Sri

R. Murli, D. Nagesh, G. Venugopal, Smt. Sandhya Raj, Smt. Bhavani Rao inspired the budding Telugu artists and provided this graceful platform. Andhra Association, Raipur supported the cause and the newly Elected Executive Body provided the hall free of charge which was a great gesture. Presence of Sri B Ramesh

Patnaik President AIPSKA, U Ravi Patnaik Vice President AIPSKA and Raj Kumari Patro President Women's Wing AIPSKA marked dignified status to SISTAs in this eminent program. More than half a dozen singers participated and entire community joined the show.



Sistakaranam Women felicitated on Women's Day

Sistakaranam ladies of Chhattisgarh were felicitated on International Women's Day.

Smt. Rajkumari Patro, Founder of Tilak Bal Bharti educational society, who proudly owns two branches of Tilak Bharati Institution, got felicitated by Pragyapita Brahma Kumari University



on 8th March 2022. She was chaired the event along with Smt. Anila Bhediya Ji, Woman Welfare Minister, CG, Smt. Kiranmayi Nayak, President CG State Women's Committee and many re-

nown personalities of Chhattisgarh. She also participated in Deep Prajwalan at Brahmakumari's Shanti Sarovar. This gesture was to enlighten the world by active women's involvement in community



through spiritual means. Another event by Sparsh Automobiles Smt. Patro was awarded for being a Proactive speaker in women welfare.

Smt. Rajeshwari Patro was felicitated by Chhattisgarh Mahila Sadbhavana Samman Samarah. She was among 108 Chhattisgarh prominent women who indulged in community work. She also received Aparajita Award on the occasion of International Women's Day Celebration.



Ms. Neha Patnaik received honour from Chhattisgarh Mahila Sadbhavana Samman Samarah committee. She also received Aparajita Award on the occasion of International Women's Day Celebration.

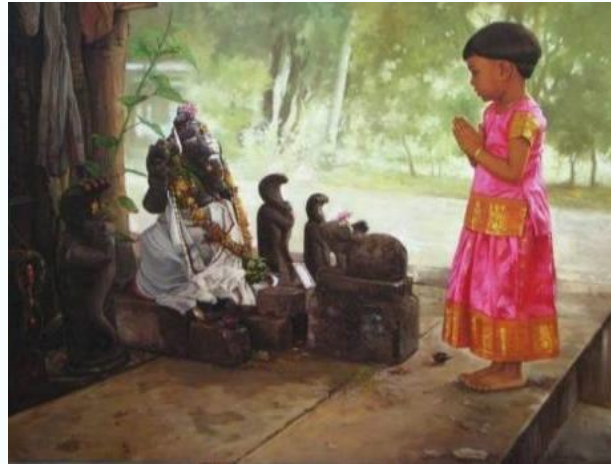
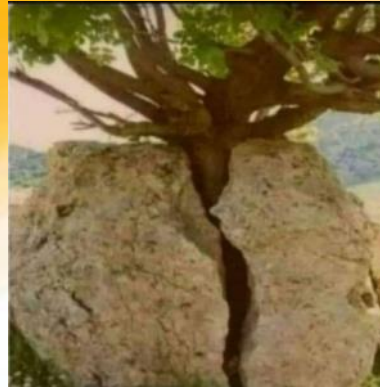


Fraternity Page - Kalam Snehitulu



Chitra Kavithalu

The month of March saw Kalam Snehitulu regaled with poems on a variety of pictures. Herewith sharing 5 pictures, a plant growing piercing a stone, a boy reading the Geeta, an aged couple, a girl praying and the melting time. .



Sri Kalam Satyaroao felicitated

Sri Baliwada Satyaroao, founder of our Kalam Snehitulu group participated in the Prasanna Bharati Literary Festival Literary Program held at the Public Library in Visakhapatnam on 15-3-2022 along with the Chief Guest, Andhra Vishwakala Parishad Andhra University

Vice Chancellor Sri Prasad Reddy. On the same day, Sri Balivada Satya Rao was felicitated at the residence of Sri Shekhar Mantri Prabhakar at their library. Let us congratulate him.



RP Patnaik's Handmade Sketches

Handmade sketches of Sri Ravindra Patnaik. He draws these pictures spontaneously and posts them in our group.



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	KEERTHI LAKSHMI
Surname	MAHANTI
Father's Name	M.RAVI
Gotram	NAGESHWAR A
Date of Birth	11-Mar-1995
Nakshatram	PURVABHADRA
Height	4'10"
Complexion	FAIR
Occupation	PVT. EMPLOYEE INSPIRE VISION
Work Place	VIZAG
Education	B.COM
Preference	JOB, PAN-INDIA, EXCLUDING RURAL

Name	MAANASA
Surname	NARASIPURAM
Father's Name	N.MURALIMOHAN
Gotram	HARITASA
Date of Birth	30-May-1990
Nakshatram	ASHLESHA
Height	5'6"
Complexion	FAIR
Occupation	PVT. EMPLOYEE THE PRINT, DELHI
Work Place	DELHI
Education	BA
Preference	AROUND DELHI, ANY PROFESSION, ANY

Name	SURYA TEJASREE
Surname	MUNGANDA
Father's Name	M.VENKATESHWARAO
Gotram	KASYAPOUTRASYA
Date of Birth	29-Sep-1992
Nakshatram	SWATHI
Height	5'1"
Complexion	FAIR
Occupation	
Work Place	
Education	B.SC
Preference	ANY ABOVE DEGREE, SOUTH INDIA, JOB OR



Name	ARUN SHANKER KUMAR
Surname	KORLAM
Father's Name	K.SHYAMSUNDER
Gotram	KOUSHIKA
Date of Birth	3-May-1993
Nakshatram	HASTHA
Height	5'6"
Complexion	FAIR
Occupation	CONTACT EMPLOYEE AP STATE SKILL
Work Place	VIJAYAWADA
Education	BE / B.TECH
Preference	DEGREE ABOVE, PAN-INDIA, AMICABLE FAMILY

Name	SANDEEP PATNAIK
Surname	MAZUMDAR
Father's Name	M.RAMAKRISHNA
Gotram	PANNAGESWARA
Date of Birth	7-Sep-1991
Nakshatram	MAGHA
Height	5'7"
Complexion	FAIR
Occupation	PVT. EMPLOYEE KPMG
Work Place	BANGALORE
Education	B.SC
Preference	ANY JOB, PAN-INDIA

Name	PAVAN KUMAR
Surname	VAPPANGI
Father's Name	V.N.B. RAO
Gotram	NAGESHWARA
Date of Birth	25-Apr-1992
Nakshatram	UTTARA PHALGUNI
Height	5'11"
Complexion	FAIR
Occupation	PVT. EMPLOYEE DELOITTE
Work Place	HYDERABAD
Education	BE / B.TECH
Preference	FAIR & DECENT FAMILY

Name	ADITYA
Surname	DABBIRU
Father's Name	D.PRASAD
Gotram	KASYAPA
Date of Birth	17-Oct-1990
Nakshatram	HASTHA
Height	5'3"
Complexion	FAIR
Occupation	BUSINESS AGRICULTURE & MEDICAL SHOP
Work Place	
Education	
Preference	NO DOWRY, AMICABLE FAMILY OR ANY RURAL

Name	JAGDISH RAO
Surname	DABBIRU
Father's Name	LATE D.SIVAPRASAD RAO
Gotram	KASYAPA
Date of Birth	23-Feb-1988
Nakshatram	MULA
Height	5'9"
Complexion	FAIR
Occupation	PVT. EMPLOYEE CONCENTRIC DAKSHA
Work Place	VIZAG
Education	
Preference	ANY WORKING, AMICABLE FAMILY

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

Awareness on Kidneys on “The World Kidney Day”

On the occasion of “The World Kidney Day” which was on 10th March 2022, **Dr. Kuppili Suresh Babu**, District Convener, The PMP Association of India, Visakhapatnam- Public Physicians- raised awareness on kidney diseases. Below are some of his notes:

"Despite many advances in medicine, kidney disease remains one of the worst chronic diseases worldwide. The most important parts of the human body are the kidneys. Kidney purifies blood and expels other harmful substances. Based on Kidneys function, the rest of the body balances and functions efficiently to protect us.

The number of kidney victims is increasing every year. One in every ten people has kidney disease. It is described as a silent killer. The reasons for this are lifestyle changes, high blood pressure, diabetes, other diseases, overweight, bladder diseases, hereditary kidney diseases, overdose of drugs, malaria and overuse of painkillers.

Symptoms- Upto 90% there are no symptoms of the disease. While other symptoms are anemia, amnesia, pain around the kidneys, urinary tract infections, kidney stones, brittle and itchy (skin, face, knees, joints, eyes, feet, ankles), swelling, shortness of breath, loss of appetite, muscle cramps, insomnia, frequent urination, inflammation and pain in the urethra.

Important functions of these kidneys- Kidneys are important in the organs that purify and expel harmful contaminants from the blood. It balances the sodium and potassium formed in our body and stores as much water as our body needs and expels the rest. Erythropoietin produces the hormones needed to form the blood and vitamin-D is formed by the kidneys.

Precautions- Importantly kidneys should be carefully protected in the form of consuming fresh water liberally up to 12 to 15 glasses daily. Or take up to two or three liters. Take more coconut water, coconut juice, lemon juice, buttermilk and do not overuse painkillers. Especially when more fluids need to be taken. Smoking should not be followed by alcohol. Heart and sugar problems including high blood pressure should be controlled. We should not consume foods that are high in sugar or salt. Our diet should include fresh vegetables, fruits and whole grains. Also do not take fast foods, and try to eat a balanced diet. There are three stages of kidney failure- one is Acute kidney disease, second one is Acute and Chronic kidney disease, and third one is Chronic kidney disease.

Diagnostic tests include- Blood creatinine, blood urea tests, G offer test, biopsy test if necessary, MRI and CT scan tests, ultrasound scanning, kidney function tests, especially

early detection. Not all kidney diseases require dialysis. Dietary changes, lifestyle changes with certain medicines can reduce the risk of kidney disease."



Beauty Page

Pimples, Rashes & Skin Issues

Smt. Soujanya Kuppili, Msc. Microbiologist from Hyderabad works for Herbal Life Nutrition Community. She provides awareness with healthy nutritional support for any illness. She also shares some solution for Pimples, Rashes and skin issues.



Are u facing pimples issue
8280520925

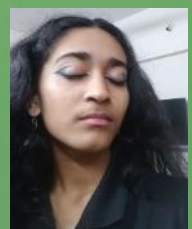


Makeup for Beautiful Eyes



Ch. Araha from Mumbai, of Class 9, aged 15, from Tridha school, is daughter of Smt. Vathsala Rao and grand daughter of Sri Kuppili Raja Ram Mohan Rao & Smt. K. Uma Rao of Vizag.

'Lekha' is here sharing a small piece of a quick Eye Make up that she sometimes enjoys experimenting. She used Blue & Black Eye Liners, and a Black Eye Pencil. She also is an amazing artist and is a keen learner of musical instruments. Best wishes to her'.



Entrepreneur Page

Smt. Bandaluppi Kanti - Acupressure Therapist and Yoga Trainer

'Lekha' gladly features the journey of Smt. Bandaluppi Kanti who transformed into an Entrepreneur because of her battles in life. She established herself as an Acupressure Therapist and Yoga Trainer. Let us hear from her.....

"My heartfelt namaskarams to the readers of the "Lekha".

Life is all about becoming proficient in the unknown fields, which come through some unforeseen events to us. My life is a small example of this. I am born to Sri Ippili Suresh Chandra Patnaik and Smt. Jayapradha in a middle class family in Garividi, and a Commerce graduate. I got married B Ravi Kumar of Vizag. Our life was running smoothly, but but suddenly destiny tested us in the form of girl . The doctors informed us that our girl had a neuro problem. We consulted many eminent doctors in Visakhapatnam, Bhubaneswar, Hyderabad and Bangalore. They advised us that physiotherapy would cure her problem to some extent and that it would be very difficult to return to full normalcy.

While we were in Bhubaneswar, we got to know of "Acupressure treatment" and we started it at "Orissa Swastha Seva Sangh". In just two months, our baby's IQ and speaking skills changed a lot. I believed in this therapy and joined the same organization for my

baby's future and learned the course as a "YAGNA" and started doing therapy for our baby. Thanks to God, since then lot of improvement was found. Later while we were in Hyderabad, I did further research and trained in "Advanced Acupressure" in Bangalore.

In 2007 I started a small clinic at home called "Sai Datta Yoga Center and Acupressure Clinic".

My professional journey, which started with just 1 or 2 cases, has grown day by day just by word of mouth. With over 18 years of experience, I have provided "safe and effective treatment" for approximately 1,000 people with a variety of ailments. "Pulse Diagnosis" is my specialty. I look at the human's pulse and find out the root cause of the disease and treat it.

Acupressure treatment:

The drugless path to good health. There are no side effects associated with this treatment. It is a "safe and effective treatment". This treatment is from our ancestors. No one knows if this treatment will fall into obscurity for some reason. It is known that every organ in our body works with muscles and nervous system. Defects in each part of the body can be regulated by applying pressure to the area where the nerves are concentrated. This type of stress can make it easier

to treat many types of acute and chronic diseases / disorders. This should only be done by professionals.

Yoga:

I studied yoga at the Andhra Pradesh Technical Board in 2010 and got a certificate with the idea that adding yoga to acupressure therapy would bring good results. I also found some different breathing techniques in yoga and added yoga to acupressure therapy to cure many chronic ailments and diseases."

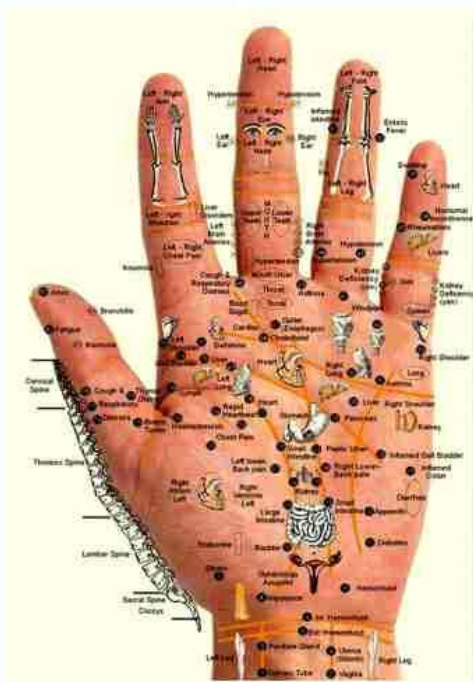
Safe and Effective treatment for

- *Diabetes *Obesity *Thyroid *Back/Joint Pain
- *Spondylitis *Rheumatoid *Arthritis.
- *Stress and all types of General & Gynic disorders.
- * Cerebral Palsy * Autism *ADHD and all types of Physical and Brain disorders.

Contact:

Sai Datta Yoga Center and Accupressure Clinic, 16-2-751/A/70, Near Cambridge High School, Karanbagh, Saidabad Colony, Hyderabad- 500059. Mob: 8106406439.

- Bandaluppi.Kanathi



Cell: 81064 06439

SAI DATHA

Yoga Centre and Accupressure Clinic

Safe and Effective Treatment For

Diabetes, Obesity, Thyroid, Back / Joint Pain, and all types of General & Gynic disorders. Cerebral Paisy, Autism and all types of Physical and Brain disorders.

Near Cambridge School, SBH Colony, Near Shiva Ganga theatre, Gaddi Annaram, Dilsukhnagar, Hyderabad - 500 060.



We offer 10% discount to our people of **SISTAKARANAM COMMUNITY !!!**

FOR FEEDBACK FROM PATIENTS ON VARIOUS AILMENTS, LEKHA SHALL FEATURE IN COMING ISSUES.....

Talent Corner

Multi-Talented Sai Victory from Vizag



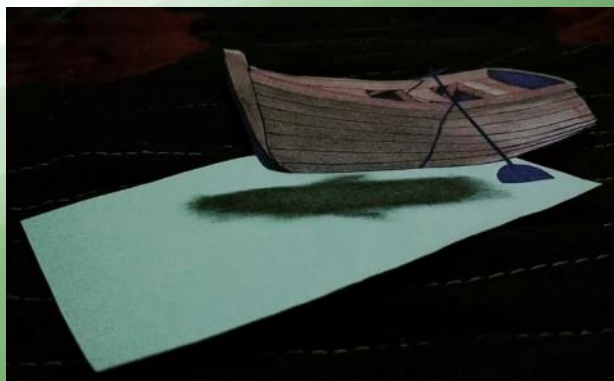
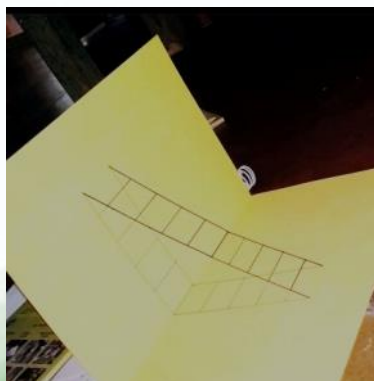
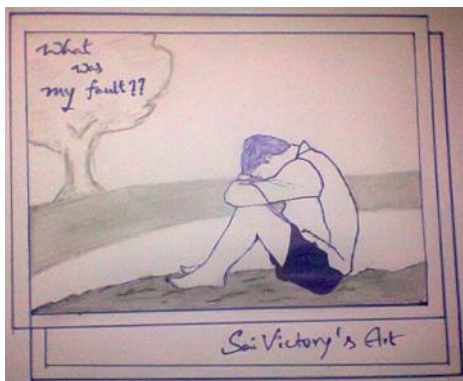
'Lekha' introduces multi-talented Mr. Sai Kiran Baliwada who uses the name as Sai Victory as a You Tuber. He is interested in singing (mostly devotional & soft music); musical instruments (kanjra & drums); drawing and spiritual activities. He participated in An-namacharya Jayanthi Utsavalu and World Telugu Cultural Fest-2020 Organized by TANA. He is a nature lover and pet lover.

He has done M Sc Physics and is 27 years old presently working for Logistics at Reliance Retail Ltd. Ajoio at Renigunta, Tirupati. He also worked as a Physics teacher.

He is son of Sri Sankararao Patnaik (Private Employee) & Smt. Katyayani. He has a brother, Mr. Jeevan Kumar (Govt Employee-Teacher). They are native of Amudalavalasa mandal, A.P.



మన ఊరి వార్తలు.. మన వే2న్యూస్లో.. డౌన్లోడ్  way2news
 అముదాలవలస యువకుడికి తానా ప్రశంసలు
 శ్రీకాకుళం జిల్లా అముదాలవలస మండలం
 మెట్టక్కివలస కు చెందిన బలివాడ సాయి కిరణ్
 ఇటీవలే తానా నిర్వహించిన తెలుగు కల్చరల్
 వారు నిర్వహించిన సాంస్కృతిక కార్యక్రమంలో
 డౌన్ లోడ్ చేయండి



Karanam World

My experience with Literature Legends

Thanks to all. I had the opportunity to share with you the valuable experiences I encountered during my long literary journey of forty+ years. These below are just a few of those.

1) Sri Arudra came to Visakhapatnam on January 1, 1993 to receive the first Gurdada Award instituted by our organization Sahrudaya sahiti. Then I was able to spend 4 days with him in close contact

I along with Sr Arudra went to meet the famous writer Poosapati Krishnaraja.

Then Arudra introduced me to the Krishnaraja as ShekharaMantri Prabhakar, a good poet and Sahrudaya Sahitya Secretary which I fondly recall.

After that, on September 23, 1993, in the presence of Sri Arudra, I read my poem Arudra Goru written in the dialect and received his appreciation.

2) In 1995 when Kaloji Narayana Rao from Warangal came to receive the same award I built my acquaintance with him. I recorded his written poems in his own voice on my tape recorder in Krishnabai house.

It lasted about 40 minutes. I still possess that recording. While leaving Vizag he gave very good feedback on the Sahrudaya sahiti as well as on me on a

piece of paper which I still have it. He however took a liking to my pen (german & gifted by my relative) while writing the feedback and took it with him as a token of remembrance. I am happy that the pen would play a part in his Poetic creations.

3) When the famous poet Avantsa Somasunder came to receive our group Sahrudayasahiti Gurdada Award in 2001, an award ceremony was held for them at Visakha Kalabharati. On that occasion my written citation on the poet was read by Dr Perala Balamurali Krishna. Elated with the citation wordings Sri Somasunder asked if I wrote it. Then he informed attendance that he underestimated me and that the citation given was one of the best he has received ever and appreciated me.

4) In 2008, C Narayana Reddy wrote the foreword to my first collection of short stories, Light Magazines. An opinion was expressed on my Poem. I explained to them after that. That's it.

English version is like Dry oranges, empty hands in today's politics front page.

CNR had a question on the usage of the above words and I provided my explanation for that .. which translates to

Then there are the Lotus Party (BJP) and the Hand Party (INC) in the country. Whoever comes to power, Public have nothing to gain from them. That's why I used dry oranges, empty hands

5) Jnanapith Award recipient Ravuri Bhardwaj came to Visakhapatnam in 2014 to participate in our Escap event. On that occasion our house was hosted him. I did recite some of my poetry on his request during spare time. He liked one of my mini poem

ఈ సంసార సాగరంలో / తెరచాప లేని నావను నేను / భార్యే చుక్కాని/బిడ్డలే తెడ్లు / ఇక్కట్ల తుఫానుల్లో / బాధల సుడిగుండాల్లో / తేమి తిమింగలాల్ని దాటి / ఆవలి ఒడ్డు చేరేదెన్నడో

This poem philosophy was well liked by Sri Ravuri Bhardwaj.

There are countless waves of memories like this. Hope you are not bored !

If possible, I will share my experiences with Guntur Sheshendra Sharma, Malathi Chandoor, Dasaradhi Rangacharya, Kalipatnam Rama Rao, Baliwada Kantarao, Bhuvanachandra, Bharago Munagu in the coming LEKHA issues

Thank you

Sekharamantri Prabhakar

Visakhapatnam



Our Treasures

Original Verses for Sanskrit Phrases - Part 4

Is it natural to seem to know the source verses for some of the Sanskrit sentences we hear often! Some of them have been prepared for you.

See, first of all, the key phrases we often hear are:

- **Vinashe kale vipareeta budhe**
- **Bharya Rupavati shatru**
- **Stree Budhi pralayantakaha**
- **Vrudhanaari Prativata**
- **Ati vinayam dhhurta lakshanam**

These are the source verse:

**Shroyate Hema Mayam Kuranga Tatha
Na nirmato vaina drushta purvo
Natrupatrsna raghu nandansya
Vinashe kale vipareeta budhe**

Have you ever heard that there is a golden lady? Anytime anywhere Rama went to fetch the golden lady without thinking back before asking for his cheli. Such extravagant Buddhas are born on the day when the period of destruction is over. Logic does not work when bad times come. The mind slows down.

**Runakarta pithu shatruha
Mata cha vyabhacahrini
Bharya Rupavati shatru
Putrha Shtru pandithaha**

The father who borrows and leaves us debt rather than property is equal to our enemy. The adulterous mother is the enemy. The wife who is attractive is the enemy. The son of a non-scholar is the enemy.

**Atma Budhihi Sukham Chaiva
Guru Budhirvi Sheshtha
Para Budhi vinashanaya
Stree Budhi pralayantakaha**

Doing what is best for us, is the best of all. It is still best to walk according to the advice of an adult. But to walk in the thoughts of others (which can also mean enemies) is to bring destruction. And if you walk according to the thoughts of the females, it will be holocaust

**Asamartha sadhunam
Nirdhansya jitendriya
Vardhakyao devatha bhakti
Vrudhanaari Prativata**

The goodness of the incompetent, the sensual restraint of the poor who have no money, the godliness in the old man, the old virtue of the old woman is same.

**Mukham Padma Dalakaram
Vacha chandana sheetalam
Hrudayam Kartari tulyam
Ati vinayam dhhurta lakshanam**

Face looks like a lotus. Words are as cool as sandalwood. But the mind of the wicked is like scissors. Over obedience is a characteristic of a bad man who shows extreme humility.

These are the full text of the original text. What was said earlier should not be changed (to be continued)

-JV Chandrababu

Silence

Practicing silence is a yogic sadhana, that prepares a yogi towards self-realization.

Some yogic schools practice not talking for a day or a week. This basically helps the Sadhak go inward. OfCourse silence helps the sadhak do self-analysis and sharpen his or her intellect. However, the real silence is when the mind also does not function. This is the real silence that Yogis practice. Mind's usual nature is to ponder upon things, past and future. This needs to



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

be stopped for doing a good meditation. Our body has Manomaya kosha, and Vijna Namaya kosha and Ananda maya kosha. Self is close to Anandamaya kosha which is beyond mind or the Manomaya kosha. The supreme delves in the self, or the soul. Mind is simply a ripple of the absolute stillness. From Upanishads we know that reality is self, and not mind. Staying silent meaning keeping a calm mind makes us closer to the truth makes us closer to Satchidanand Swaroopa.

In deep sleep (Sushupata) the mind drops, the mind becomes completely calm. This is the reason all minor ailments go off during sleep. Sleep is healer. Sleeping is natural and it is part of every human. During deep sleep when mind is silent energy from the soul descends into the body. If the mind is not calm the energy does not descend. This energy heals the body. This is the reason many meditators find that meditation heals off lot of common ailments. Silence cleanses manomaya kosha.

A beginner cannot stop the chattering mind in meditation but if he or she sets a resolve to not think upon practice that is achievable. Initially the sadhak may be able to silence the mind for few seconds, but it will evolve into few tens of seconds, and then to minutes, and then eventually for hours he can stay in silent meditation. Leslie's square processing technique will make mind depolarized and allow the sadhak to become calm. The ancient yogis have discovered the power of silence, and have become realized souls. For yoga, silence is the basic requirement, and a silent mind is a healthy mind. When such silence transforms into samadhi, the sadhak becomes self-realized. He truly observes the soul, and its pervasiveness throughout the universe.

Iky Vedika Round Up

Saturday Meetings Update

On March 5th, the house brainstormed on on Data Collection of our Community; the different independent efforts done in that direction by Sistakaranam Yuvata, Sadashivuni Lakshmana Rao and by Ikyavedika themselves; and the need for a master project some time in the future.

On March 19th, the following subjects were discussed: *What skills to develop? What education to pursue? Right Path for Foreign Studies. What Business Opportunities exists? Tell us about Your Business.*

On March 26th, members gave their thoughts on how to reach out to those Sistakaranams of Telangana State who haven't been in touch with any Association.

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>

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

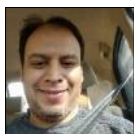


Srinivasa Lumburu
Chhattisgarh
78694 79400



Arti Patnaik
Chhattisgarh
83191 11213

Ikyavedika Members in other Initiatives



Clockwise from top left: Suresh 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.