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Sri Sri Sri Chitrugupta Maharaj ki Jai

16/4/22 – Chitra Pournami – Chitrugupta Jayanti

According to Hindu puranas, Chitrugupta wrote log of all humans' sins in the court of the king Yamadharm. When people die, he decides heaven or hell for them. Chitrugupta was worshipped by the Kayasthas in India and Nepal. He is the son of Brahma, so he has a special place in Hindu Puranas.

According to various legends, Brahma had many children. Among them are the sons of Mind like Vashisht, Narada and Atri Muni. Others are descended from the body of Brahma. Although the birth of Chitrugupta is described in many ways, the common denominator in all these stories is that he originated from the body of Brahma.

According to a very popular story, Brahma handed over the world of the dead to Yama. Yama occasionally made error in sending them to heaven or hell. Brahma warns Yama to correct these mistakes. But Yama reveals that each creature is difficult to maintain because of the eighty-four births each human goes thru. With that Brahma meditated for a few thousand years to solve that problem. When



he finally opened his eyes, he saw a man in front of him holding a pen and paper. Since Chitrugupta originated from the body of Brahma, his descendants born to him are referred to as Kayasthas or by the Karanams. He first began as an idea in the mind (pictured) of Brahma and was created (secretly) without the knowledge of the other deities, so his name became Chitrugupta.

- Collection by PRS Murthy

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

Sistakaranam Marriage Bureau United Platform

People who run marriage bureaus for Sistakaranams are in different states and districts. There is a special WhatsApp group set up for them with the intention of bringing them all together.

Send your full name (including surname), city, WhatsApp number, your visiting card personally to me immediately. My number is 9247783307. This group is for Bureau Administrators only. This group should not be joined by anyone else. It is our hope that the marriage bureau managers will share information with each other, and that "Sistakaranam weddings" will be arranged sooner rather than later.

- Sadasivuni Lakshmana Rao
Visakhapatnam

'Vishwabharat' Telugu News Paper Launched

On the auspicious day of Ugadi, eminent journalist and literary figure Sri Baliwada Ramesh as the Chief Editor released the inaugural issue of new Telugu daily 'Vishwabharat' at an event in Visakhapatnam. The daily contains four pages of news, news articles & comments, daily cartoon by Sri Jenna. The 'Lekha Team' wishes all the best to Vishwabharati.



Global Kayastha Conference in Delhi

With the intention of bringing Karanam, Sistakaranam and Kayastha on a single platform, Sri Avilala Sridhar representing Karanams, Sri Kottakki Sandeep representing Sistakaranam and several Kayasthas from Delhi were present at an event organized by the Global Kayastha Conference. On the

Delhi soil, Avilala Sridhar received an award for his service.

After the event, the President of The All India Kayastha Mahasabha, Sri Shubhodkant Sahay, had a courtesy meeting with Sri Sridhar, Sri Sandeep and other Kayastha leaders at his residence.



Sri Sandeep Kottakki and Sri Avilala Sridhar with Akhila Bharata Kayastha Mahasabha National President Sri Subodh Kanth Sahay, Retd. IAS Sri Ajay Srivasthava, Retd. IPS & Author of Book "THE KAYASTH ENCYCLOPEDIA" Sri Uday Sahay, and Retd. IPS & President of Rashtrawadi Vikas Party Sri. Anup Srivastava.



Sri Avilala Sridhar with With GMC (Global Kayastha Confernece), Global President Sri Rajeev Ranjan, and Smt. Ragini Ranjan.

Newsmakers

Sri Mahesh is Rayagada Municipality Chairman

Sri Mahesh Patnaik was elected as Chairman of Rayagada Municipality in Odisha State and took charge on 30-3-2022.



Lekha Congratulates him.

Rayagada Sistakaranam Association has organised a function at Rayagada to felicitate Sri Mahesh Patnaik on 3-4-2022. Sri RSN Patnaik, President, Prem Kumar Patnaik, Vice President, Saradhi Patnaik, Joint Secretary, VRM Patnaik, Advisor, Balakrishna Patnaik, Cultural Secretary and Krishnababu of Rayagada Sistakaranam Association attended. Sri K Debi Prasad Patnaik, Vice-President, Rayagada Bar Council also attended.



Sistakaranams felicitated by Snehanjali Arts

The Snehanjali Arts Association felicitated our dignitaries on the occasion of their 31st anniversary at an event held in Visakhapatnam Public Library. 'Lekha' congratulations to them.

- 1) Sri Sekharamantri Prabhakar, a well-known poet, commentator and writer, was honored with the Best Poet Writer Award.
- 2) Best Choreographer Award for Dance Teacher Sri Raghupathruni Nagaraj Patnaik.
- 3) Sistakaranam popular singer Sri Kottakki Ramesh Kumar Patnaik awarded as Best Singer.



Bala Sahitya Awards to Sistakaranams

At the Manchipalli Satyavathi Memorial Ugadi National Awards Ceremony held on 3-4-2022 at Parvathipuram, Shri BV Patnaik, received the second prize in Children's Stories, Sri Raupalli Vasudeva Rao won the second prize in the children's singing category & Sri Aditya Patnaik won the consolation prize in the children's story category. In the same event eminent literary figure, Sri Kudama Thirumala Rao, received the Ugadi Children's Literature Award.



Victory in Steel Plant Elections

In the prestigious Visakhapatnam Steel Plant Recognition Committee elections held on 23-4-2022, the AITUC team won the elections under the leadership of trade union leader and prominent Sistakaranam Sri Dasamantha Rao (Dasamantri) Adinarayana. Lekha congratulates AITUC chief secretary Sri Dasamantha Rao (Dasamantri) Adinarayana and our relatives in their team for their success.



Mahatma Gandhi – Vavilala Spoorthi Award

At a function held at Revenuehome, Belgaum, Parvathipuram, the Andhra Pradesh Gandhi Memorial Fund, Parvathipuram honored our dignitary Shri Palateru Suryaprakash Rao (PS Prakash Rao) with the Mahatma Gandhi-Vavilala Inspiration Award.



Andhra Cricket Association Felicitation

Sri Budumuru Rajesh was invited as a guest on behalf of the Andhra Cricket Association to Srikakulam and was richly honored.



Recognition of Bharat Nidhi Foundation Services

Philanthropist Sri D S V Gopikrishna, Founder Chairman of Bharata Nidhi Foundation, Vizag was felicitated on 2-4-2022 on Subhakrit Ugadi day jointly by the Art of Living Visakhapatnam and Vysakhi Sports club Muralinagar for the selfless services to the society in the fields of education and women empowerment on behalf of Bharata Nidhi foundation. District Judge Mr Haranadha Sharma was the Chief guest of the event.



Newsmakers

Kavi Shekhar in many Ugaadi Celebrations



Leading literary figure of our Sistakaranam, Sri Sekharamantri Prabhakar, was on a completely busy schedule on 1-4-2022 and successfully organized Ugaadi ceremonies, Panchangashravanam and Kavisammelanam under the auspices of his organization Sahrudayasahiti. After that our Kalam Snehitulu took an active part in the event. The Chief Guest Dr. Kootikuppala Suryarao presented beautiful books and memorabilia to all our poets who attended their event.



Poetry reading by Shekharmantri Prabhakar on the occasion of the centenary celebrations of Sri Bhashyam Appalacharyas in Visakhapatnam.



Felicitated on behalf of the State Tourism Department and the District Administration in Visakhapatnam in the presence of Chief Guest Tourism Minister Muthamsetti Srinivasa Rao and District Collector Dr Mallikarjun and other public representatives.



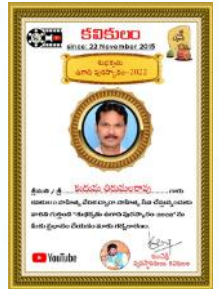
Participating and addressing the State Conference of Bharat Vikas Parishad by Sri Shekhar Mantri Prabhakar 15 April 2022.



At the book launch of "The Endless Exploitation of the British rule" as Secretary of the All-India Literary Council on 15-4-2022.

Several Appreciations to "Acharya Devobhava"

Rajam writers vedika member, Kothavalasa Upper Primary Head Master Sri Kuduma Tirumala rao, received many certificates on the eve of Ugaadi.



1) Andhra Pradesh Legislative Assembly Deputy Speaker Kolagatla Veerabhadraswamy unveiled the Acharyadevobhava book prepared by the principals of Kottavalasa MPUP school under Rajam Nagar Panchayat.

2) Kavikulam Sahitya Vedika Certificate.

3) Maharshi Valmiki of Hyderabad was invited by the Cultural Service to honor the occasion of Ugaadi and Sri Rama Navami and to submit poems sent by Thirumala Rao, which were eligible for publication in anthologies.

4) Sahitya Brindavana Ugaadi Puraskaram-Poems on the topic of Ugaadi Vishishtata were invited and Thirumala Rao sent a poem titled Subhakriti Navadeepti and was selected for the award.

5) Maharshi Valmiki Cultural Service recently organized a poetry competition at the level of two Telugu states during Ugaadi and the poem sent by Thirumala Rao was selected for the second place. Thirumala Rao, who sent the poem 'Telugusphoorthi', was the winner and received a certificate and a cash prize.



Ugaadi Vishista Seva Ratna Awards in VJA

The Kalamanjari Society presented the Ugaadi Vishishtaratna Awards to eminent personalities serving in various fields on 1-4-2022 at 7 pm at the Shubhakrut Ugaadi Ceremony held at Ghantasala Venkateswara Rao Art Venue, Satyannarayanapuram, Vijayawada. Our dignitaries who received the Ugaadi Vishishtaratna award from Kalamanjari is real estate businessman & BJP Vijayawada Parliamentary Constituency OBC Morcha President, Krishna district Sistakarana Sangham General Secretary, Andhra Pradesh Sistakarana Sangham Vice President of National Sistakaranam OBC Sadhana Samithi leader Sri Baliwada Sivakumar Patnaik. He also took the opportunity with family to present a saree to the Goddess Sri Sri Durgamma.



Our Poets recognized at 'TANA'

'Lekha' Congrats winners on spreading the fame of the Telugu language in all directions as the Poetry Competition organized by the Telugu Association of Northern America (TANA) World Literary Forum are



the winners are our Kalam snehitulu members Mr. Kuppili Venkata Rajarao and Mr. Motoru Narayana Rao selected from our community. Beauty is that one poet is from Telangana and the other poet is from Andhra Pradesh.

Editorial

Sistakarana Cohesive United Force

All Dear Aatmeeya relatives, 'Lekha' offers Heartfelt Namassumanjali and Shubhakrut New year best wishes.

This financial year has started with our festival. Hoping to bring good profits to everyone

If Sistakaranam Community come together can be achieved anything collectively. It was proven in Kalam Snehithulu

meeting which organized earlier day of Ugaadi. More than Kavi sammelanam, its look like affectionate Sistakaranams get-together. Everybody introduced themselves irrespective of not knowing previously. It was a nice gesture prevailed in the meeting. All Sistakaranams who participated from many local associations, leaving their disparities, feelings, they all collectively enjoyed the meeting. They had a lot of fun together no matter how many misfortunes they had. Most appreciated factor is our youth also attended the event and participated enthusiastically. Let us hope that such get-togethers, conventions will be celebrated regularly irrespective of associations and community members together as a "confederation" or "Federal" over time.

There seems to be a lot of change in our Sistakaranam community people thinking. The revolution in social media brings us closer to each other. Presently our groups like Sistakarana helping hands, Career Help, Pravasandhra groups, Hyderabad Ikyavedika etc., are working and doing lot of service to our community without any selfishness. Likewise, we expect many more groups to form and come together for our community service and establish our Unity which reflects in states and National level so that our foot hold would be established in Country. 'Lekha' hopes this Shubhakruth Ugadi is a foundation year.

- J.V. Chandra Babu & Lekha team

Interview

Educationist in Community Service

Lekha team was surprised to learn about a person of our Sistakaranam who contributed immensely to the education system by taking up various positions, both at district and state level. A pioneer in bringing vocational system at high schools' level in Srikakulam district is really a noteworthy point. After knowing about him, Lekha took no time to reach Shri Baliwada Malleswar Rao, an Educationist and happily elicited a profound information from him for our Lekha readers..

Kindly share with us about your education

I had my primary and secondary education in small towns like Rajam, Gara. Obtained B.A. degree from Government Arts College, Srikakulam and B.Ed. from Maharajah's College, Vizianagaram, M.A. in Politics & Public Administration from Andhra University, Visakhapatnam. Bachelor of Law from Srikakulam, LLM from Ambedkar University, Srikakulam and M.Ed. from Annamalai University.

Please tell us about career progression and achievements.

I started my career as Lecturer and reached to level of District Educational Officer and worked for Srikakulam district. I also worked in District Primary Education Programme (DPEP) promulgated by Government of India with three main goals universal access, retention and achievement. Dr Jawahar Reddy, IAS has pressurized me take charge of Additional Project Coordinator for DPEP. I won the laurels of many District Collectors due to my hard work and dedication.

I also worked as Additional Project Coordinator for DIET (District Institute for Education and Training), Project Director for NCLP (National Child Labour Project). I played a crucial role in establishing of KGBVs, Model Schools and Social Welfare Residential Schools. I received awards from the Hon'ble Governors namely His Excellency Viswa Bhushan Hari Chandan and His Excellency ELN Narasimhan of AP State for my contribution to the education field.

I visited Sweden in 2009 to know about the education system being implemented in that country. I implemented vocational education in high school level.

What are your activities after retirement?

I retired in 2013. Since then, I involved in so-



Sri Baliwada Malleswar Rao

Father	: Late Baliwada Eswara Satyanarayana
Mother	: Late Sri Lakshmi
Spouse	: Smt Kalyani
Native place	: Ippili in Srikakulam district

cial activities. I joined as Secretary in Red Cross Society. I am also President to Senior Citizens Association and Srikakulam Sistakaranam Association.

What is your message to our Sistakaranams?

Success in life possible only by hard work, faith, trust, and dedication in whatever profession they are. Unity among our community members is the mantra for any group achievement. Vision, direction, commitment are the parameters for any task and I could see on which our Lekha team is founded and progressing.

Malleswar Rao garu is now doing many social service activities in the fields of education, health, disaster management, and social responsibility. He is also active with Sistakaranam Association and its activities. His commitment towards our community, especially post-retirement is a guiding factor for many. Lekha wishes him best of luck for all his endeavors.

-Interviewer-J.V.Chandra Babu

Compiled -Matri Narsimharao

Open Forum

Invest in our planet – Earth Day

Earth Day is celebrated every year around the world on the 22nd of April to protect the survival of the earth on which we live. The main purpose of this year is to invest in our planet. It does not mean investing in real estate business, or buying fixed assets, or investing in companies' shares. It means to invest our efforts in environmental protection on this planet, for our survival of the future. Wake up now. Before conditions change drastically, it is high time to make all the changes needed to change the environment. It is time to make changes in the business climate and the political climate and to make plans for change in the global climate. With tena-

cious courage during this time, let us all work together to protect our health, family, and livelihood, and invest in the effort to protect the environment on this planet.

Because,

Only a green future only can ensure a prosperous future. At this point, we must all (boldly) work for the protection of the environment, innovate (with broader ideas) and move forward (with equality). This is a work in progress for all of us, for all. Business systems, governments and citizens - everyone is responsible, so everyone should own the responsibility.

Protect the environment. Save the planet Earth.

- Anatha Prasad Donkada



International Earth Day - 22/4/22

Its main purpose is to create awareness among the people about environmental protection. The United Nations first started **Earth Day** with John McCall in March 1969. It was then started by the American politician Gellard Nelson. Earth Day is a replica of the idea that came to Senator Nelson in 1962. Nelson noticed that the environment around him was getting polluted and made a decision to make everyone aware of land conservation. He then briefed President Kennedy on his idea. Accordingly, President Kennedy will have to travel around the country to raise awareness for all. Kennedy liked the idea and agreed to tour. But President Kennedy's visit was not a success. No one at the time cared much about this issue. In 1969, Senator Nelson came up with another idea. He thought it would be nice to have a day to explain the changes in our environment and to let everyone know how careful we are and what we can do. He immediately de-

signed his idea and explained about this Earth Day to the people through a magazine. April 22, 1970 was the first Earth Day. On that day all the people of that country vowed to do their part to save the earth. The festival, which first began in the United States, has since spread

around the world. The "Earth Day Network" was formed to raise awareness among the public.

- Gumpaswamy Karakavalasa
Retired social science teacher
Vizianagaram



Open Forum

Degeneration of Indian Culture: Who is responsible?

India is identified for its rich culture and deep-rooted traditions. Indian values undoubtedly have undergone many modifications and shifting, globalization induced people to apply the values according to their suitability and convenience. Change is inevitable to take place in any society and at any time, but one should strive for a change for good. Indian society is modifying in the name of getting modern at a very fast pace. Impact of westernization can be seen in the changing lifestyles of Indians. Well, there is no harm in adopting lifestyles

from other culture but forgetting our own moral values is something wrong and could have a negative impact in the long run. It is disheartening fact that today's generation is inclined to the west and moving away from its own cultural values. People feel proud to say that their son got settled at United States without paying a heed towards their welfare, but they feel ashamed if a son is in their hometown performing all his part of duties. Girls feel more comfortable in western outfits rather than traditional. In my opinion, attire has

nothing to do with culture if we build a strong culture within ourselves. People consider themselves to be a part of elite group only when they follow western culture. Is it not so absurd? However, still there is a ray of hope for the sustenance of our Indian culture which is only possible if parents of young children take the stride to instill and inculcate a strong value system in youth to erect the structure of the great nation's Idol.

- Arti Patnaik

World Autism Day- 2/4/2022

Early Signs for Autism in children between 5-11 years of age

These signs & symptoms do help in alerting professionals & parents about the possibility of Autism. Please note that these signs are not meant to be diagnostic or comprehensive.

Language and communication

Limited &/or odd use of language for communication (e.g. talking to others about topics of self-interest)



Frequent use of "learn't" phrases



Reduced response to others & poor conversations



Social interaction

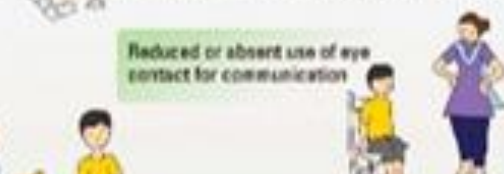
Reduced or absent social interest in others, including children of own age



Poor awareness of expected social behaviour & of personal space



Preferring to play or spend time alone. Limited or absent flexible imaginative play or creativity



Reduced or absent use of eye contact for communication



Reduced or absent use of pointing to show objects or share interests

Repetitive and restricted behaviors



Over-focused or unusual interests

Repetitive "stereotypical" movements (e.g. hand flapping, body rocking while standing)



Strong insistence on following same routines or own agenda



Dislike for change, which leads to anxiety and distress



Over or under reaction to sensory stimuli (textures, sounds, smells)



Nayi Disha
Inclusiveness - Empowerment



Have you spotted a few signs for Autism in your child? Please seek a diagnosis as soon as you possible. Visit a Developmental Pediatrician/Pediatrician/Psychologist near you to discuss your observations & get a complete developmental assessment for your child.

An information resource for intellectual & developmental disabilities.

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Support Arena

Groceries donated by Yendada Association

The Ugadi Gifts program organized by Sistakaranam Seva Sangham, Yendada on April 3rd evening was very well organized.

25 kg of rice, Five kg of wheat, Sugar, Tamarind, Cooking oil, Salt and pepper as one unit of monthly supplies for a household along with a sari and a blanket was distributed to SK distressed families. Special congratulations to the Yendada SK community for supporting needy families. The event was well attended by about 200 people, which also hosted some entertaining activities adding to the overall festive mood. The fact that the event took place in the abode of God has brought more serenity and joy.

Special thanks to the Yendada elders who presented scarves and shawls to all those who attended the event. Special mentions include the President Shri DV Ramana and to the General Secretary Shri Kallepally Shankara Rao.



Construction of Bus Shelter

The Sub-Registrar's Office Bus Shelter at Madhuravada Mithilapuri Colony Road was built by Sons of Late Shri Chandramahanti Viswanatham, Sri Girish Patnaik (LIC) and Shri Subhash Patnaik (Advocate) in his memory.



Behra Uma Maheswar Rao Books distributed in schools

Shri Behera Umamaheswara Rao, a renowned poet a recipient of the President's Award as the National Best Teacher and other SK community leaders in Gareguvalasa visited the residence of Shri Polaki Apparao Gari and politely presented him with a shawl and a book of Bapujibata and Nataraj's art packets as a gift on Shubhkrut Ugadi in his honor.

Shri Behera Uma Maheshwara Rao presented some of the books to the headmasters of Komarada High School, Shri Oleti Sudhakar in the presence of his admirer Shri Polaki Apparao. Also, he supplied to nearby Narishipuram, Vikrampuram and Kotipama high schools. The staff of the schools congratulated Umamaheswara Rao and thanked him for his donation.



Sistakarana Helping hands Event-11 successful

Vijayanagaram resident Mrs. Baggam Kalayani distressed with deaths of her husband and aunt, uncle as well as other cousins. She has to take care of her son (17) and daughter (14), as well as her niece (12), who is also orphaned, with only widow pension as source of income.

To help her our Helping Hands Group led by Mr. Palteru Srinivas Patnaik bought a sewing mission of Rs. 9,300 / - while other SK members pooled and contributed 16,011/ rupees. This was handed over in person to her on April 17 at Mother Theresa Kids School, Ayyannapeta, Vijayanagaram by Mr. T. Chiranjeevi, Mr. T. Prasad, Mr. B. Jogarao and Mrs. Baliwada Lakshmi. The team members. Special thanks to T. Chiranjeevi (Local), Mr. T. Prasad (Local) who attended the relief program at their own expense and Mr. B.

Jogarao (from Gantada), Mrs. Baliwada Lakshmi (from Cheepurupalli) for allowing the aid program to be held at their school.



Event-12

Vijayanagaram District, Mamidibanda Colony, Puritipenta Gajapati Nagaram Residents, Sri Kottakki Gauri Shankara Rao Garu (Ph 7993675226). He lives in a rented house with his wife. The eldest daughter, who got married but staying along with parents because of quarrels. The financial situation of the second daughter is also dire.

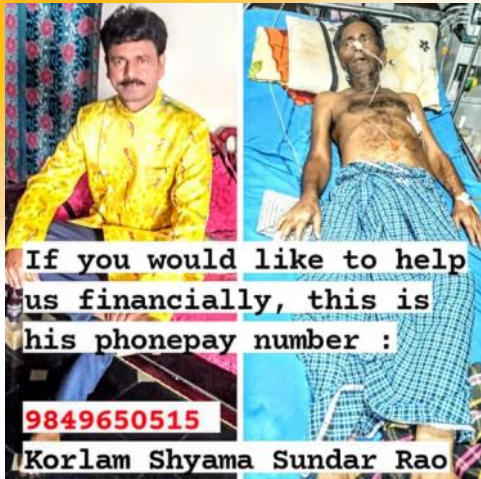
Sri Gauri Shankar is the only breadwinner of their two daughters ... Currently he is doing a small business like making of pooja sticks etc., Being burdened with the right income to come to life. So, they requested us through Sri Tyada Prasad reference. If we can all provide financial assistance, this family is planning to start Tiffin shop. We are requesting everyone in this group to provide help whatever you can

-Uma Maheshwara Rao Pakki.

Support Arena

Support Request

Mr. Korlam Shyamasundarao, a resident of Rajahmundry, East Godavari District, is suffering from Stage-4 Cancer. They have no income. Please donors, Sistakaranam humanitarians are requested to assist. Their phone pay number is 9849650515 (Korlam Shyam Sundar)



Lunch and Buttermilk for Police and Health workers

350 packets of cold buttermilk and 125 packets of lunch were distributed under the auspices of the New Vijayanagaram Youth Foundation. The event was conducted by team members for the benefit of some of our police personnel who were struggling in the

mid-afternoon sun in the Vijayanagaram Town area. Similarly, they distributed 125 Meal Packets at Maharaja Hospital.

President, Ambulance Shiva

Secretary, Anil Kumar, & Team Members



Physiotherapy Kit donated by Bharat Nidhi

Under the aegis of Bharat Nidhi foundation, Visakhapatnam, its founder Sri DSV Gopikrishna has donated one physiotherapy kit worth Rs 12,000/- to one deserving poor lady whose daughter is a rank holder in recently concluded BPT exam. She can earn Rs 500 from each session with a patient. She is confident of earning Rs 1000 per day. Our policy is to encourage micro/tiny entrepreneurs where self sustenance is possible.



Stationery for 85 Students of 10th class

At the Balaga Municipal Primary School in the town, 85 students of class 10 were given away study material useful for the exams by Dr. Arikathota Kanakaraju and Uma (retired teacher) and, speaking on the occasion, each and every student was urged to become next generation's Abdul Kalam. The function was attended by the school president P. Swami Naidu, Jagadish, Padma Kumari Prasad and students.



“Pranamam Pranadhata” Certificate to Saket

For donating blood at a blood donation camp organised by Bharat Super Specialty Hospitals, Baggam Saket Patnaik (son of our Sistakaranam leader and Vice-President of Andhra Pradesh Sistakarana Sangham, Sri Baggam Sudhakar Patnaik) was handed over a certificate for donating blood as "Pranamam Pranadhata".



Support Arena

Humble Request to Community Elders

We were all introduced to little Khyati by our community person Smt Nagumantri Anusha patnaik. Though the requirement for the little one medical condition was to the amount 16 crores, our community group Helping hands could provide some relief. Without getting overwhelmed by the requirement lot of donations came thru and it is currently having a shortfall of around 3.9 Crores only. We all wish that our community elders would be able to

bring this to the attention of the government. Though our community does not have enough clout unlike other communities we can still do it our bit to save the kid. Google for "save Khyati" and you get to see the requests for donations for her. We all know that the remaining amount will be collected, and she will live thru these times.

- Pakki Uma Maheswara Rao,
Tagarapuvalasa



Scholarships for Sistakaranam Students



శ్రీ కరకవల్లస సీతారామ మూర్తి పట్నాయక్
& శ్రీమతి కరకవల్లస నవనీతం

స్కాలర్‌షిప్



శ్రీ పులిటి వెంకట రమణ
& శ్రీమతి పులిటి గిరిజ

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.

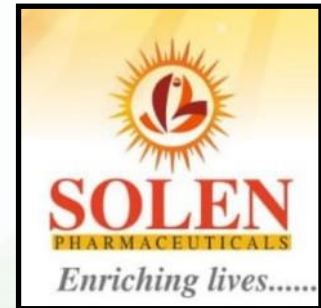
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Ge.kravi@gmail.com

or 9652233372.

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 2. Solfer - XT - Ferrous Ascorbate 100mg+Folic acid 1.5mg(iron).
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CONTACT: 8074800939

Fraternity Page - Telangana



Sistakarana Welfare Association'S Ugadi Celebrations

Telangana Sistakaranam Welfare association under the leadership of Sri D.V. Krishnaraogaru celebrated the beginning of Telugu New year, Ugadi, known as 'Shubhakaruth' in a grand manner. As part of this year celebrations Vedic astrologer Dr KVM Patnaik read almanac and explained predictions for devotees. Afterwards the SK poets rendered poems/songs to the delight of the audience. Dr. Vakulabharanam Krishna Mohan Rao, Chairman, Telangana State BC Commission, who was the chief guest

at the event, said that the festivals were a reflection of our Telugu culture and traditions and public participation was needed to preserve them. He said that Ugadi is the first festival which is a great festival for the Telugus and Ugadi pickle reflects all human brotherhood. He said that he is happy to be part of SK community celebrations on the day. Chandanagar Division Corporator Smt.Manjula Raghunath Reddy thanked the SistaKaranam community by saying that the Panchanga Shraavanam Kavis-

ammelmanam programs on Ugadi day have made Teluguness immersive. Speaking on the occasion Shri DV Krishna Rao, Convener, National OBC Committee for SK said that it is a tradition to organize Ugadi festival under different names in all parts of the country and each person should respect their cultural traditions. Later poets Shri PRSN Murthy, Shri Motori Narayana Rao and many other popular poets from community were honored.



Grand felicitation for National OBC Sadhana Committee Convener Sri Krishna Rao

State BC Commission Chairman Dr Vakulabharanam Krishna Mohan Rao, Government Whip Arikepudi Gandhi, Corporators V Jagadishwar Goud, Uppalapati Sri Kant, Convener of the National OBC Sadhana Committee Convener Shri D.V.Krishna Rao visited the Sandhya Fire Engineers' office in the city's high-tech building complex. Professor Chada Rekharao, President of Sri Vaishnava Sangham Lion A. Venumadhav, head of the company Y. Ayyanna, prominent businessmen Shankar Patnaik, Parvatishwara Rao, Moturi Narayana Rao and Prakash Rao were present. On this occasion, Sri Ayyanna has facilitated Sri Krishna Rao with a shawl.



Chitragupta Jayanti celebrations in Hyderabad

Chitragupta's Jayanti celebrations were held on 16/4/22 under the auspices of Sistakaranam Welfare Association. Chitragupta Temple is located in Uppuguda (Hyderabad) near Kandikal Gate. A team of Sistakaranams led by Sri DV Krishna Rao, President, Sistakaranam Welfare Association, Hyderabad, visited the temple and also visited the "Ammavaru". Pujas like Panchamrita Abhishekam, Archana etc. were performed with utmost devotion.



Fraternity Page - Andhra Pradesh



Civils Coaching Academy in Vizianagaram

It is for information to all that Sri Donkada Venkateswaru, who undertook several assignments in several foreign countries has started International Education Forum IAS Coaching Academy at Vizianagaram Town, Near R&B Guest House, Church Road, Vizianagaram for imparting coaching for IAS, Groups, Railway Recruitment Board and Staff Selection Commission aspirants. Only 5 students are taken per batch each for IAS, Groups, Railway Recruitment Board and Staff Selection Commission.



Our Sistakaranams are encouraged to take coaching in this institute for achieving their goals.

Sai Shiva mesmerizes as Satya Harischandra

A beautiful mythological play "Sathya Harishchandra" was performed on 2-4-2022 in Srikakulam Zilla Brahmanatharla town as part of the Ugadi celebrations. The protagonist is Harishchandra, who plays the role of undertaker of Cremation ground was brilliantly done by Raghupathruni Saishiva. (Phone No. 9493316130) .He is a member of KalamSnehitulu group.



Ugadi Celebrations at Srikakulam

Ugadi celebrations was celebrated in the premises of Sri Sri Sri Peddammathalli temple in Patasrikakulam, Srikakulam district. The event was attended by former Member of Parliament Smt.Killi Kruparani, and also by Shri Polumahanti Jaganmohanarao, DRO Sri Baliwada Dayanidhi, Sri Baliwada Malleshwara Rao, Sri DP Dev, Ambedkar University Syndicate members Budumuru Ramesh and others. Performances such as fine dances, concerts, and devotional songs were performed from 9 a.m. to 5 p.m. Devotional songs rendition by Mrs. Polumahanti Saisujatagaru was the highlight of the program.



Dental clinic opening

Let us congratulate Dr Marupalli Kavitha Patnaik, the proud daughter of Sri Marupalli Trinadha Rao garu on the occasion of grand opening of Dr Kavitha's Dental Clinic at Visakhapatnam, Near ASR Statue, Seethammadhara. One can visit for any dental treatment by booking appointment over phone 8886941311. Lekha conveys best wishes to Dr Kavitha.



A.S. Foundation felicitates 108 Artists

Avilala Sridhar AS Foundation, organized Ugadi Utsavalu on the 3rd April through AS Foundation (Abhyudaya Seva). The foundation has done service thru Annandanam only till date. However, on 3rd April, at Venkatapuram Seven Hills college of pharmacy as the venue, the foundation with aim of honoring arts and culture has hosted 108 artists. These artists have displayed their skills in devotional songs, folk songs, Bharatanatyam, poems, poems, city anthems, folk songs, bhajans, etc on a single platform. Retired Vice Chancellor of Dravida University, Sarvashree Kankanala Ratnaya, Retired Professor of Sri Venkateswara University Manyashree M. were the special guests at the event. Sundara Murthy, Anantapur Principal Excise CI and executives Avilala Sridhar, Dalwai Gurrappa Naidu, Calcutta Reddappa, Rohini and

artists were present among others. The AS Foundation honored each and every artist who exhibited their art with a Shawl and a certificate of appreciation.



Dr. Abdul Kalam's statue unveiled

Andhra Pradesh Gurukula School, Shaik Mohammadpuram, Dr. Abdul Kalam statue was unveiled by the idol donors Sri Baliwada Suresh (FGT English) APRJC. The statue was built In memory of their father Late Baliwada JagguMahanthi and in association with Dr. Arikathota Kanakaraju couple.



Fraternity Page - Andhra Pradesh



Library Services - An Appreciation

On a function held in Srikakulam town on 3-4-2022, Shri D Chakrapani I A S, HRD Director, Gandhi smaraka nidhi, Vice President, visited the Srikakulam District Office, Andhra Pradesh Library Association, Local FazulbaghPeta

Speaking on the occasion, he lauded the various librarians present and congratulated President Shri Dabbiru Govinda Rao and his team for setting up libraries in the villages and helping all children to read books.

He also urged the librarians to take the responsibility of creating awareness about alcoholism and to try to get women to join libraries and read books.

He urged the people to use the services rendered by the Andhra Pradesh Library Association to establish Gandhiji's dream by setting up libraries all over the country.

The event was attended by Sri Baliwada Malleshwara Rao, Sri PVS Ramamohanarao General Secretary Sri Manipathruni Nageswararao, Vice Presidents Sri Baliwada Sathya Rao, Sri Budumuru Govinda Rao and library administrators of various villages.

Mr. Chakrapani IAS honored those who rendered the best service with a scarf and a memento. Among the recipients of the honor was Sri Kalam Snehitulu Founder & Admin Sri Baliwada Sathya Rao.



Seethammadhara Association Meeting

Under the auspices of Seethammadhara Sistakaranam Association, the Shubhkrut Ugadi Panchangam- Listening and Unveiling Program was held.

At the function hall of Oxygen Towers, Seethammadhara, Vishakhapatnam function, which was presided over by Sri Tumbali Prasad Rao, the chief guests were Sri Sadashiv Varadaraju and Sri Allena Ramesh Kumar.



The meeting was attended by Sri N Madhavarao and Sri Baliwada Ramesh. Sri Sadasivuni Varadarajulu unveiled the new Panchangam.

The program was well conducted by General Secretary, Sri Saluru Mohan Rao. Calendar books and 2022-year Diaries were distributed free of cost by the working group members to all attendees.



Sri Ramanavami Festivities by Temple Trustee Sri Polumahanti

SreeSitaRama kalyanam was held on 10-4-2022 on the premises of Sreesreesree Varasiddhivinayaka Panchayat Temple in Purushottamnagar Colony in Srikakulam town. The function was presided over by the temple trustee Shri Polumahanti Jagannathan and was attended by a large number of devotees. Sri Jagannathan couple offered 'pattu vas-tralu' (silk clothes).



Sri Rama Navami celebrations in Badrimahanti's Temple

The celestial wedding (Sitarama Kalyanam) was solemnized on the occasion of Sri Ramanavami on 10-4-2022 at Govindamma colony in Chodavaram town of Visakhapatnam district under the patronage of Sri Badrimahanti Venkata Rao, a Chodavaram town dignitary, treasurer and educator of the Andhra Pradesh Sistakaranam sangham. Sri Badrimahanti Venkataravugari couple participated with their relatives. Many devotees from the town including town elders and the surrounding villages attended the function and received the blessings of the Lord.



Seetharama Kalyanam by Temple Founder's Family

Sri Sitaramulavari's marriage was solemnized on 10-4-2022 at Sri Rama Temple in Chikatipeta village near Rajam in Srikakulam district under the patronage of Sri Aguru Gaurishankar Patnaik, (the grandson of Late K.S. Shri Gaurishankar Patnaik). He and his wife along with their other relatives participated. The village elders and many devotees from the surrounding villages attended the function and received the blessings of the Lord.



Fraternity Page - Andhra Pradesh



Sistakaranams met and congratulated newly appointed ministers

1) Newly Sworn-in Minister of State for Revenue, Registrations and Stamps Shri Dharmana Prasad Rao was felicitated by President of the Andhra Pradesh SK Association Shri Polumahanti Umamaheswara Rao at Vijayawada (April 11th).

2) Sri Gumma Umashankar Patnaik, President of Krishna district SK sangham Shri Baliwada Sivakumar Patnaik, First Vice President and General Secretary of Krishna District SK Sangham met newly sworn-in Minister Shri Dharmana Prasad Rao and congratulated and felicitated him. They also met MLA of Rajam Shri Kambala Jogu and paid their respects.

3) Managing Director, AP Metro Rail Corporation Sri U J M Rao met with Minister of Revenue, Registration & Stamps Sri Dharmana Prasad Rao, Minister for Health & Family Welfare, Medical education Sri Botsa Satyanarayana, Minister for Municipal Administration Sri Audimulapu Suresh in their respective chambers and congratulated them.

4) In a press note Sistakarana BC Corporation Chairperson Smt. Kantimahanthi Anusha Patnaik, congratulated all the dynamic leaders who are newly elected cabinet Ministers of AP. She also extended heartfelt thanks to hon. CM for on boarding prominent BC leaders and for ensuring true

social justice.

5) Dr. Srinivas Patnaik Patnaik, Srikakulam appreciated Dharmana Prasad Rao in a press release.

6) On his first visit as a minister, Sri Dharmana Prasad Rao was felicitated grandly by Srikakulam Sistakaranam association leaders.

7) Sri Chelluboina Venugopal Krishna, BC Welfare who visited Tirumala facilitated by Sri Avilala Sridhar, Karanam Youth President at Tirumala

8) Shri Pakki Ashok Kumar (Dingi) Advocate, Ramnagar (blue shirt) congratulating Shri Ambati Rambabu.



Chitragupta Puja in Avilala & Chittoor

1) On the occasion of the birth anniversary of Sri Chitragupta Swami, the ancestor of the Kayastha caste, the Karanam community organized a pooja and Annadanam at Avilala village, where they performed pujas and distributed prasadam. Speaking on the occasion, Avilala Sridhar said that Chitragupta's birthday will be celebrated all over the country.

2) Sri Niranjan babu, Chittoor District Karanam Youth president conducted Sri Chitragupta Puja in Chittoor town.



Remembering Mahatma Jyoti Rao Phule on his Birthday

On the occasion of the 195th birth anniversary of Mahatma Jyotirao Phule in Visakhapatnam on 11-4-2022, a wreath was laid to pay homage to Mahatma Jyotirao Phule. Afterwards they praised his services rendered for the betterment of the backward classes. Chief guests at the event were Andhra Pradesh BC Commission members Shri Pakki Divakar, Visakhapatnam District Collector, GVM C Commissioner, AP Rajaka Corporation Director Smt. Igalapati Yuvashree, BJP leader, Censor Board Member Smt. Igalapati Yuvashree, BJP leader, Censor Board member Mrs. Kooradapavani and others were present.



Fraternity Page - Andhra Pradesh



From Sri Polumahanti 's Dairy

- 1) Our Leaders Shri Polumahanti Umamaheswara Rao and Shri RV Yan Sharma who cordially invited the Hon'ble Members of Parliament Shri Kinjarapu Rammohan Naidu to their event to be held in Srikakulam town today on 20-4-2022 together at their residence
- 2) Mrs. GR Radhika, IPS Officer, newly ap-

pointed Superintendent of Police (SP), Srikakulam District, was cordially presented with a bouquet by Shri Polumahanti Umamaheswara Rao, President, Andhra Pradesh SistaKaranam Association. and Dr. Baggam Srinivas Patnaik,

3) Shri Karanam Sangham Secretary Shri Ramana and Karanam Youth President Shri Avilala Sridhar felicitated the President of

the Andhra Pradesh State Civilization Association, Shri Polu Mahanti Umamaheswara Rao, who arrived in Thirumala to pay homage to Thirumala Swami.



Sikkolu Felicitation Meeting

On Sunday 24-4-2022 at a function held at Bapuji kalamandir in Srikakulam town under the auspices of Andhra Pradesh Sistakaranasangham (63/79) and Sikkolu kalakarulu President Shri Polumahanti Umamaheswara Rao felicitated Shri Raghupatruni Srikanth on the occasion while praising Srikanth's special reputation. He is the founder of Shivshree Nritya Kalaniketan. The Sikolus have won 23 national awards and 11 gold medals. Kuchipudi was honored with the prestigious Ugadi Award in 2017 by the Government of Andhra Pradesh for its outstanding contribution to the art of dance. Jay. C. I. Srikanth was felicitated by Police Madhubabu, Fr Dr Baggam Srinivasa Patnaik and many art lovers and associates. The recipient of the honor said that he was pleased to have the opportunity to dance on behalf of the AP with his student group from our Srikakulam at the Republic Day celebrations in Delhi this

year. He also has the opportunity to tour the United States with the same group in June 2022. Other dignitaries were honored with flags and mementos in the House. Career 2022 Josh Shiva Dance as part of the event, Barampura Janatachari Odisha disciple group Sikkolu artists mass dance metaphors were particularly impressive. Western dance invitations by B. Abhiram were evocative. Musicians - AP Sistakarana Sangham Co-hosted by CH Saibaba as the narrator. Participation in a large number by art lovers. The Hon'ble Minister of Revenue conveyed his best

wishes to Shri Dharmana P rasadarao who was unable to attend due to another official visit.

Congratulations to Sri Polumahanti Umamaheswara Rao and his team for the successful conduct of the House.



Fraternity Page - Chhattisgarh



‘Harshotsava’– Ugadi Celebrations

Chhattisgarh Sistakaranam Association has always believed in empowering their Women folk and true to its trust, they did marvelous job in various fields of social welfare n cultural fields. This Ugadi celebration sprinkled various colors of cultural singing and dance performances by women, Anand Mela for foodies' fun for funkies and many more. HARSHOTSAV 2022, beautifully designed concept ANAND MELA, at Raipur embracing other communities as well. Sista Ladies rocked the stage with multi - facet talents. Among organizers most of ladies are serving as teachers, some manage prestigious schools. Some are entrepreneur, job holders home makers. They have been spreading their wings to influence their spirit all over India and abroad crossing the peripheries of Chhattisgarh state. Though Sista men stood as strong backbone of the show, Sky is the limit for such esteemed women's wing..



‘An Admiration Stream’

My joy knows no bounds to express my heartiest congratulations to Chhattisgarh!

Sista Karana Association for organizing cultural and religious functions at a very short intervals with overwhelming zeal, thumping enthusiasm & leaping interest.

The cardinal part of the organization is that it is being maintained and managed by a group of Sista Karanam community ladies who are highly educated & almost all of them are service holders.

All the members are having multi talents.

They sing, dance, cook, organize various religious & service-oriented programmes.

I am at a loss to understand as to how they are generating energy to organize such large-scale programmes all by being working women.

Their unparalleled unity, self-determination, organizing skills, confidence, dedication and their enormous interest enable them to organize such large-scale functions.

When the entire "Nari Shakti" comes together they can do any miracles.

The "Nari Shakti" of Raipur is really doing admirable and applaudable services.

I, thank all of them from the core of my heart and wish them to achieve strength to lead the community on all India level & to take the community to its new heights and dimensions in the colourful days to come.

- Adieu,

V. Umamaheswar Rao,
Wrkg. President, AIPSKA.

Fraternity Page - AIPSKA



An experience at Vanita Vedika

Team AIPSKA has always had endeavor to empower Community Women to showcase their talent. By providing a platform where women can showcase their diversified talent and encourage other to unleash their hidden potential.

Amalgamation of AIPSKA purpose and creation of Vanita Vedika. Bringing back to the roots, this is an ideology which represents each

event and activity conducted by AIPSKA so far and was able to get country wide attention and also attracted Sista Karanam's residing abroad.



Women in our community play a pivotal role in amplifying vision of AIPSKA. The conversations, event and theme in Vanita Vedika concentrates upon the traditional values of the society. Group members gain insights on various subject like beauty, arts culture, dance and many more. The core team which comprises of Smt. Sandhya Raj, Smt. D Anuradha, Smt. B. Madhavi, Smt. B. Rashmi Shashank and Smt. P Raga Chandrika, meticulously engages group member by igniting their thoughts on various aspects.

Vanita Vedika team identifies critical events for the community and carves out exclusive program. Sankranti Milan was one such where all women in the group showcased their talent. This event

was widely acknowledged and appreciated by community members and requested more of these events.

Vanita Vedika a self-engaging group and also one of the youngest groups of AIPSKA. Yet it found its early success by huge number of participations. AIPSKA is hopeful that this group will flourish along with time and create an everlasting impression in the Sistakarnam community.



-Experience Shared by
Smt. B. Rashmi Shashank

Hyderabad

Video on the occasion of Shubhkrit Ugadi

On the occasion of Shubhakrut Ugadi, an interesting video was shared at AIPSKA group. This was on the lines of, 'Ugadi festival has come with its celebrations !!!..'

The song was written by Sri Vadada Umamaheswara Rao from Kharagpur and sung by Shravya and Vijayalakshmi from Vijayanagaram. The music was composed by Sri Bogela Venkateswara Rao. The cool video was composed and edited by B. Shashank and Rashmi from Hyderabad under the auspices of AIPSKA. Ugadi Celebration by AIPSKA added many colours dance and singing performances by many blooming singers of SKA.

Congratulations to the team !



Summer Camp post at Bala Vedika

Summer Camp by Smt. Pakki Raga Chandrika Patnaik
Online and Offline

Let your child learn:

- * Math tricks
- * Tables (according to class)
- * Worksheets to speed up basic calculations
- * Telugu Padyalu
- * Comprehension writing
- * Slokas
- * Mythology
- * General knowledge
- * Activities in speech
- * Stories of inspirational people
- * Fun activities like fireless cooking, solving puzzles, etc
- * Special days and many more

From 25th April to 10th May
(15 days, with one holiday in between)

Interested candidates can give me a message through WhatsApp for more details like fee and timings.

Contact: 7989470201



Fraternity Page - Kalam Snehithulu



Grand Ugadi Celebrations of Kalam Snehithilu – Kalavedika

On April 1 at the Visakhapatnam Public Library, The Kalam Snehithilu – Kalavedika celebrated their Literary Poet Symposium richly. This is another step forward for the Kalam Friends' Art Gallery Adventure Poet's Convention Program. Many literary aficionados had the wonderful opportunity to participate in this literary ritual. Poets sang their poems with indescribable vocabulary on the auspicious occasion of the Happy New Year of the Telugu New Year.

By 1.00 pm, the civic library campus was buzzing with completely traditional atmosphere that impressed all the invitees. people from far and wide places like Narasannapeta, Sri-

kakulam, Vijayanagaram, Gajapatnagar, Tirupati, Hyderabad and Singapore came to the stage ... shaking hands with each other and spreading the family atmosphere. The Programme at venue was started exactly two o'clock in the afternoon with Jyoti prajwalana by Kalavedika co ordinator Sri Dabbiru Govinda Rao along with founder Sri Baliwada Satya Rao, Sri Karakavalasa Gowriprasad Sri Sardashivuni Lakshman Rao,, Baliwad Haribabu, Sri Jannumahanti Venkata Chandrababu ,Sri Kuppili Bheemeswar Rao accompanied by Sri Avilala Sri-dhar, Sri Potnuri Phaneendra. The ceremony began with a prayer Ganesha hymn by Sri Dabbiru Govinda Rao, Co-ordinator, Kalam Snehithulu. About 50

poets read their poems and received literary honors at the event. In honor of the poets / poetesses who attended the Poetry Festival, tilak was put on forehead, sprinkled with rose water, crowned with Crown, a bouquet of flowers (garland), a memento and a certificate of appreciation given after poems delivered by Sistakarana poets. The ceremony was photographed separately.

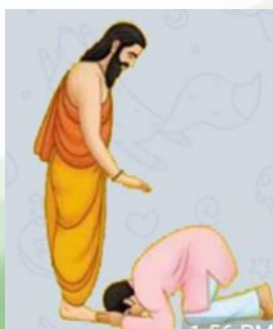
Around 8 pm function concluded with very successful note.

A heartfelt thanks by name to everyone who worked hard to promote this event and whoever attended to such a solid success from Admins of Kalam Snehithulu-Kalavedika



Chitra Kavithalu

World Kvita dinostavam, Acharya devobhavaha, Rainbow, Mother saree as umbrella for children. Chitrakavita organised by Sri Karakavalasa Gowriprasad and around 40 Sistakarana poets participated.



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	KIRTHI
Surname	DABEERU
Father's Name	D.NAGESHWARAO
Gotram	
Date of Birth	27-May-1998
Nakshatram	MRUGASHIRA
Height	4' 8"
Complexion	FAIR
Occupation	PVT. EMPLOYEE
Work Place	DUWADA,VIZAG
Education	BE / B.TECH
Preference	GOVT EMPLOYEE,ANY DEGREE, SRIKAKULAM,

Name	SAI SPANDANA
Surname	VURITI
Father's Name	V.SRINIVASRAO
Gotram	NAGESHWARA
Date of Birth	29-Jun-1996
Nakshatram	JYESTA
Height	5' 4"
Complexion	TAN
Occupation	
Work Place	
Education	B.SC
Preference	AMICABLE FAMILY, ANY JOB AROUND

Name	UTKARSHA
Surname	DASAMANTARAO
Father's Name	D S DURGANAND
Gotram	ALMISHA
Date of Birth	5-Apr-1992
Nakshatram	KRUTHIKA
Height	5' 4"
Complexion	TAN
Occupation	PVT. EMPLOYEE INDIAN INSTITUTE OF
Work Place	BENGALURU
Education	M.SC(TECH)
Preference	ONLY JOBS; ANY MASTER'S DEGREE, PAN-



Name	GOWRINADH
Surname	KUPPILI
Father's Name	K.V.L.N.SARMA
Gotram	YAZNA VALKYA BRAHMA
Date of Birth	6-Nov-1983
Nakshatram	DHANISHTA
Height	5' 10"
Complexion	FAIR
Occupation	PVT. EMPLOYEE TATA MOTORS
Work Place	VIZAG
Education	BE / B.TECH
Preference	

Name	HARISH KUMAR
Surname	BHADURSHA
Father's Name	B. MOHANRAO
Gotram	
Date of Birth	29-Jul-1992
Nakshatram	PUNARVASHU
Height	5' 7"
Complexion	FAIR
Occupation	PVT. EMPLOYEE INFOSYS
Work Place	HYDERABAD
Education	BE / B.TECH
Preference	JOB, PAN-INDIA, ANY DEGREE

Name	JAGDISH PATNAIK
Surname	BEHRA
Father's Name	B. DAMODHARPATNAIK
Gotram	BHARADWAJA
Date of Birth	14-May-1982
Nakshatram	UTTARASHADA
Height	5' 3"
Complexion	FAIR
Occupation	PVT. EMPLOYEE ACCUTECH INFOTECH PVT
Work Place	VIZAG
Education	MBA
Preference	GRADUATE, AMICABLE FAMILY WITH OUT DOWRY

Name	NARESH KUMAR
Surname	NANDIVADA
Father's Name	N. SIMAHCHALAM
Gotram	VISHWAMITRA
Date of Birth	20-Oct-1982
Nakshatram	ANURADHA
Height	5' 11"
Complexion	FAIR
Occupation	PVT. EMPLOYEE HCL TECHNOLOGIES,
Work Place	HYDERABAD
Education	
Preference	

Name	RAMA PATNAIK
Surname	NAGAMANTRI
Father's Name	VENKATA RAMANA
Gotram	ANAGIRASA
Date of Birth	1-Oct-1989
Nakshatram	CHITTA
Height	5' 2"
Complexion	TAN
Occupation	BUSINESS
Work Place	VISAAKHAPATNAM
Education	
Preference	ABOVE 10TH CLASS, AMICABLE FAMILY, NO

Vivaha Parichaya Patrika from Odisha Association

Like every year, Shri Prof. Raghunath Patnaik, Vice President and Working Committee Member, SKA Bhubaneswar, to release color pdf "Sheetala Sashti" (Wedding Day of Shiva Parvati) on June 5, 2022 after the pooja.

Dr. R. Bhimarao said that the details of the prospective brides and grooms should be sent to sistakaranbbs@gmail.com with the serial number mentioned in pic below. These details will be published in the pdf.

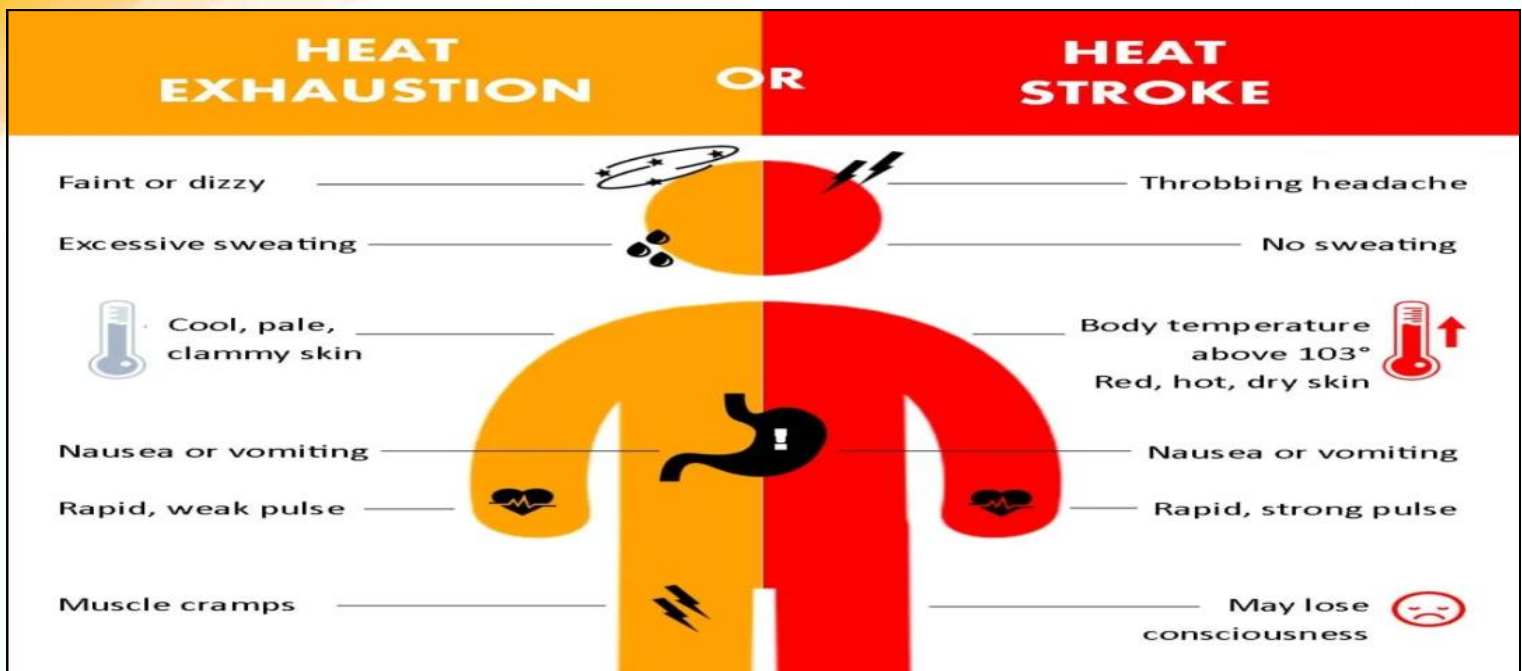


Health Page

Heat Related Illness– Beat the Heat

KEY FACTS

- ◆ Population exposure to heat is increasing due to climate change, and this trend will continue. Globally, extreme temperature events are observed to be increasing in their frequency, duration, and magnitude. Between 2000 and 2016, the number of people exposed to heat waves increased by around 125 million.
- ◆ Exposure to excessive heat has wide ranging physiological impacts for all humans, often amplifying existing conditions and resulting in premature death and disability.



BEAT THE HEAT

STAY HEALTHY & SAFE THIS SUMMER

Drink water
Stay hydrated & don't wait until you're thirsty.

Avoid peak times
Stay indoors during the hottest time of the day from 10AM - 4PM if possible.

Keep cool
Protect your skin from direct sunlight to prevent sunburn.

Look before you lock
Never leave children or pets inside the car. Protect them from heatstroke.

Wear sunscreen
Apply sunscreen before going outdoors. Reapply every 2 hours.

Protect your eyes
Wear sunglasses to protect your eyes from UV rays.

Seek shade
Use a tree, umbrella or tent to protect you from the sun.

Health Page

Heat Related Illness- Beat the Heat

WHAT ACTIONS SHOULD THE PUBLIC TAKE?

Keep your home cool

- Aim to keep your living space cool. Check the room temperature between 08:00 and 10:00, at 13:00 and at night after 22:00. Ideally, the room temperature should be kept below 32 °C during the day and 24 °C during the night. This is especially important for infants or people who are over 60 years of age or have chronic health conditions.
- Use the night air to cool down your home. Open all windows and shutters during the night and the early morning, when the outside temperature is lower (if safe to do so).
- Reduce the heat load inside the apartment or house. Close windows and shutters (if available) especially those facing the sun during the day. Turn off artificial lighting and as many electrical devices as possible.
- Hang shades, draperies, awnings or louvers on windows that receive morning or afternoon sun.
- Hang wet towels to cool down the room air. Note that the humidity of the air increases at the same time.
- If your residence is air conditioned, close the doors and windows and conserve electricity not needed to keep you cool, to ensure that power remains available and reduce the chance of a community-wide outage.
- ♦ Electric fans may provide relief, but when the temperature is above 35 °C, may not prevent heat-related illness. It is important to drink fluids.

Keep out of the heat

- Move to the coolest room in the home, especially at night.
- If it is not possible to keep your home cool, spend 2–3 hours of the day in a cool place (such as an air-conditioned public building).
- Avoid going outside during the hottest time of the day.
- Avoid strenuous physical activity if you can. If you must do strenuous activity, do it during the coolest part of the day, which is usually in the morning between 4:00 and 7:00.
- Stay in the shade.
- Do not leave children or animals in parked vehicles.

Keep the body cool and hydrated

- Take cool showers or baths. Alternatives include cold packs and wraps, towels, sponging, foot baths, etc.
- Wear light, loose-fitting clothes of natural materials. If you go outside, wear a wide-brimmed hat or cap and sunglasses.
- Use light bed linen and sheets, and no cushions, to avoid heat accumulation.
- Drink regularly, but avoid alcohol and too much caffeine and sugar.
- ♦ Eat small meals and eat more often. Avoid foods that are high in protein

IN CASE OF SEVERE SYMPTOMS DO VISIT HOSPITAL/ CONSULT A DOCTOR

SOURCE: WHO FACTSHEET

Beauty Page

Nourishing Hands, Eyes and Lip Care

'Lekha' shares simple home remedies from Smt. B. Rashmi Rani Patnaik of Hyderabad. She gives tips for hands, eyes and lip care. She also shares her ideas on Jewellery styles which may help many of our readers.

Nourish your hands :

Any home remedy for nourished hands?

Step 1: Mix 2 tsp of honey and 2 tsp of coconut oil.

Step 2: Apply gently on your hands.

Step 3: Wash it after 20 mins.

Results: Moisturized and nourished hands!



Under eye care :

Do you know what is coffee ice cube and its benefit?

Step 1: Mix coffee powder and water.

Step 2: Pour in an ice tray and deep freeze it.

Step 3: Once ice cube is formed give a gentle massage to for few days.



Results: Dark circles and puffiness of under eyes gone!



Pigmentation free lips :

Want to get rid of pigmentation around lips?

Step 1: Take half TSP Gram flour, Half TSP rice flour, Pinch of turmeric powder and half tsp honey.

Step 2: Make a paste of by mixing above ingredients.

Step 3: Apply around your lips.

Step 4: Wait until it gets dry, then rinse by giving gentle massage.

Results: Clear from pigmented lips!



Style enhancing Jewelry



Choker Neckless Set : This Jewelry set goes well with lehenga choli and heavy party wear saree. This gives a traditional Indian look.



Knuckle Rings : These rings are in trending; it gives complete western look. It compliments with top and denim jeans.



Pearls set : This is an ever-green trending jewelry which suits well with long gowns and ethnic wear.

Entrepreneur Page

Micro, Small and Medium Enterprises (MSME)

Ministry of MSME is the apex body of Govt of India. It is having two Divisions called Small & Medium Enterprises (SME) Division and Agro & Rural Industry (ARI) Division.

It has in tum comprises of four wings, namely Office of the Development Commissioner (MSME), Khadi & Village Industries Commission, Coir Board and National Small Industries Corporation.

MSME means Micro, Small and Medium Enterprises. Govt. of India, Ministry of Micro, Small & Medium Enterprises brought out a comprehensive Act known as MSME Development act 2006 to give legal entity to this sector. The Act is amended from time to time based on the needs.

The Act classifies Enterprises into two categories as follows:

1. Manufacturing Enterprises, where the enterprise is engaged in the production of Goods, Say- A pen, A pencil, A Machine, Soaps, Cosmetics, Mobile phone Etc.
2. Enterprises rendering Services, for Example, Transport Service, Hotels, Consultancy, Testing Labs etc.

Classification of MSME

Ministry of MSME Notification S.O.1702 (E) dated 01-06-2020

The various wings have offices across the country, in all states. They are MSME Development Institutes under Office of the DC (MSME), KVIC Offices, Coir Board Offices and NSIC offices. These offices are mostly located in state capitals. In some states they are in a prominent city instead of Capital City. In Andhra Pradesh we have offices in Visakhapatnam and in Telangana State they are located in Hyderabad. These Departments formulate and implement various schemes for the promotion and development of MSME Sector.

- Article by Ayyannamahanti Rama Krishna Rao (ARK Rao),
Director (Retd), O/o DC (MSME), Min. of MSME, Govt of India

Working President,

Sistakaranam Welfare Assiciation, Hyderabad.

Opportunities of work from home



Work From Home Opportunity
No Network Marketing
No Joining Fees
Customer Level
Supervisor Level
Team leader Level
Training For Success

8280520925

Smt. Soujanya Kuppili creates opportunities for work from home. Interested candidates can check out. Lekha's best wishes for both ends to get benefited from each other.

She did her M Sc. Microbiology and is working for Herbal Life Nutrition Community. She provides awareness with heathy nutritional support for any illness. They are helping 9000+ people every day on health via free live workouts, awareness programs etc. She is W/o Sri K. Prakash and mother of Chi Viswa.



Talent Corner

‘Tennisforall’- own organisation by Dhruv Balivada, USA

Dhruv Balivada is a 10th grade student at Bellaire High school in Houston, Texas. He has the honor of playing on their school varsity tennis team since he was in 9th grade. Prior to high school he was on his middle school tennis team, starting in his 6th grade at Lanier Middle school. Dhruv started getting coached for tennis when he was 11 years old.

Dhruv started his own tennis organization in the summer of 2021-‘tennisforall’, a coaching organization intended to cater to children from low-income backgrounds, unable to afford tennis lessons. This is Dhruv’s way of giving back to the community. In the U.S.A., tennis lessons can range from \$40-\$100 per hour, not including equipment, attire or court fees. Playing competitively costs even more. He wanted to provide options, “I know those expenses can’t be paid by people coming from poor areas, so ‘tennisforall’ caters to them.”

He founded the organization and three of his tennis friends helped with establishing it. They designed their webpage <https://tennisforall.us>

worked out a business proposal, advertised, canvassed neighborhoods with flyers and managed schedules, emails, setting up lessons.

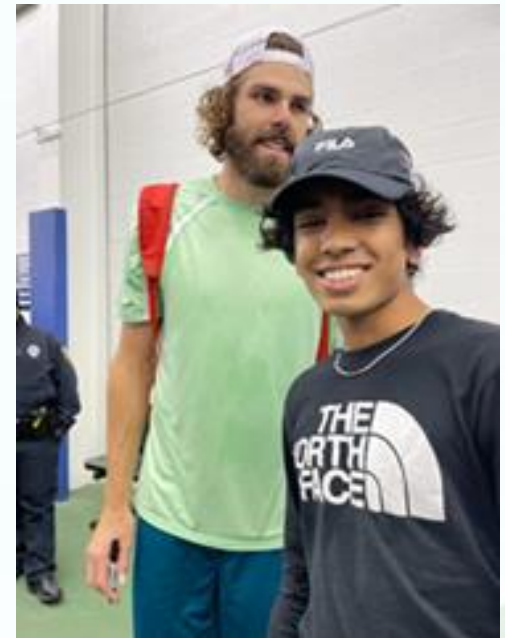
They spent the summer of 2021 coaching about 12 children between the 4 coaches. School has made it harder for them to continue regular lessons due to the rigorous homework and other assignments. However, they are already working to set up summer coaching sessions in summer 2022.

Tennis didn’t always conjure happy memories for Dhruv. When he started playing competitively at 13, he had a steep learning curve. His first tournament marked his first defeat. Tennis is a mental game, challenging because the player has no change to get coached while in the game, and sit in isolation and assess his performance, good or bad, for himself.

But he has stuck with the game and practiced whenever he could and has seen drastic improvements in his game over summer when he was going into 9th grade. His confidence in himself and his game has grown leaps

and bounds and the experiences he’s had is unforgettable. “It’s all about perseverance,” he says.

He got to meet some great Tennis Players as he was fortunate to go to Dallas Open in February with his family. One such picture is with Reilly Opelka who is ranked #17. He watched other Tennis Stars including John Isner, Jenson Brooksby, Jack Sock to name a few.



Dhruv also loves Debate while maintaining a top GPA at his school.

Dhruv Sai Balivada is elder son of Mr. Suresh Balivada and Mrs. Sumathi. He is grandson of Late Sri Baliwada Ramarao and Smt. Jagan Mohini Balivada on the paternal side. While on the maternal side, his grandparents are from Pakki family, Sri P.E.S. Vidyasagar and Smt. Rama.

Also, can visit:

<https://threepennypress.org/features/2022/03/29/varsity-tennis-player-founds-coaching-organization/>

Karanam World

My experience with Literature Legends - Part-2

I will cover my precious moments with Mr. Dasaradhi Rangacharya, the great writer who translated the Aksharavachaspati, Ramayana, Bharat, Bhagavatas and the four Vedas into Telugu as well as good works like Janpatham, Chillara Dongalu, Janarangam etc.

Rangacharya was one who fought against the tyrannical rule of Nizam. He is the brother of the poet Mr. Dasaradhi Krishnamacharya author of 'Naa Telangana Koti Ratnala Veena'. My acquaintance with him started in 1997 he came to Visakhapatnam to receive the Sahrudaya Sahitya Mahakavi Gurzada Award.

Prior to their arrival we held a discussion on their writings on folklore, chillara dongalu, Devadasu letters, and Janarangam. I spoke about the popularity of poetry in Janarangam. He received the Mahakavi Gurzada Award on September 21 and delivered a memorable speech on modern literature, orthodox dharma, Vedas, Vedangas, Upanishads and the ultimate in literature.

Next day Rangacharya also participated in press conferences held at the Visakhapatnam Port Guest House and Hotel Meghalaya featuring Literary scholars and

journalists. He gave detailed answers to their questions on literature. To a question I asked regarding poetry and social purpose he answered with nice examples.

During his entire stay in Visakhapatnam, the literary discussions between me and our presidents, Mr. Chitrakavi Atreya and Kotturthi Bhaskara Rao, were of great use to me in my growth in literature. The acquaintance with them became friendly over period of time and I used to visit their house in West Marepally whenever I went to Hyderabad.

After his departure to Hyderabad on September 25, 1997, I still have a friendly and affectionate letter. The letter went like this ...

To friend Prabhakara Rao,

Hello. You are, in fact, Shekharamantri, who have worked tirelessly and sincerely to make the literary meets a success. This has the divine support as well. The meetings were successfully completed. From the moment we landed from the vehicle and till we boarded for return you have accompanied us like a shadow.

We are very grateful for all the facilities. The smile that always appears on your lips stays with us. It's a copy only as the

original is with you.

Not all opportunities are positive. Some happen once a while which stays for a long time such as the feeling of your functions and your friendship.

May it flourish forever. Blessings to you & your wife.

Dasharathi Rangacharya, Hyderabad, 25-9-97

Later, on 27-1-1998 Dasaradhi Rangacharya translated four Vedas into Telugu and wrote a letter to me.

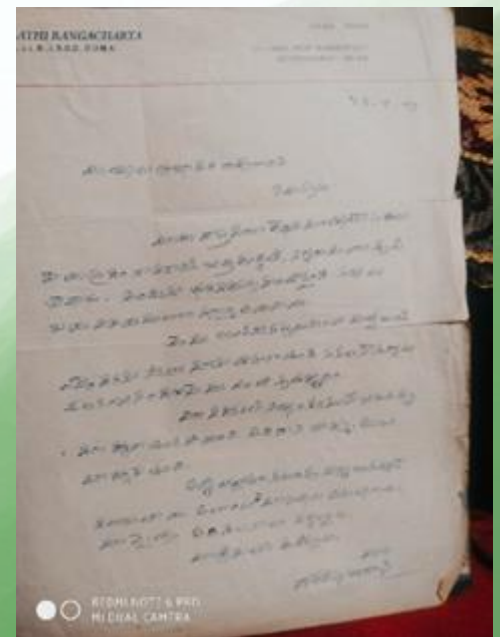
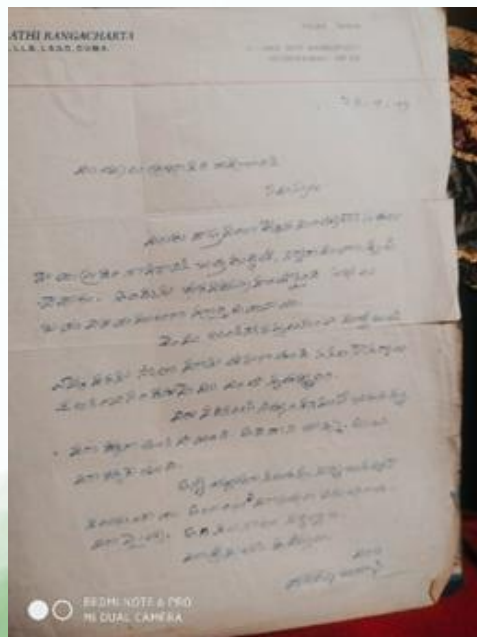
Namaste ...

I am pleased to say that for the first time in the history of literature I was able to complete the Andhra translation of the four Vedas due to Almighty blessings.

Dasaradhi Rangacharya.

That is how my literary alliance and collaboration with such an outstanding person took place. The noble souls are like a sandalwood who spread their literary fragrances even to those like us. Hundreds of salutations to that eminent literary figure.

*Sekharamantri Prabhakar
Visakhapatnam*



Karanam World

Sandhyarani – Shining on the Silver Screen

"To act in movies and excel in it" is the hard motive for the upcoming actress Kumari Ravipalli Sandhyarani. This kept her driven while pursuing studies and job before her foray into films. Slowly but surely, she started making her mark in the telugu film industry.

She started her career as an actress by playing the role of a reporter in the film 'Veedhi Balalu'. She also played minor roles in big films like 'Vinayavidheya Rama', Shekhar Kammula-Naga Chaitanya's 'Love Story' and Ravi Teja-Gopichand Malineni's 'Crack'. She impressed with her acting as a heroine in the films "Padmashree, Palleturi Amma-

yi".

She has done main role, villain role and special role in "1997, Ammavari Mahathyam, Lokarakshakudu, Kadapa Web Series, Nenu Na Lalli, Srilatha-OTT Movie, Hindi Web Series".

Lately she been busy doing good roles in movies with acclaimed directors like Teja, Sridhar Seepana etc

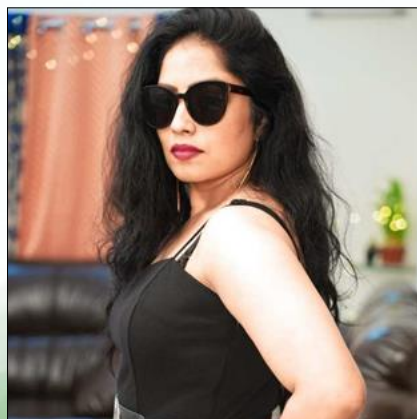
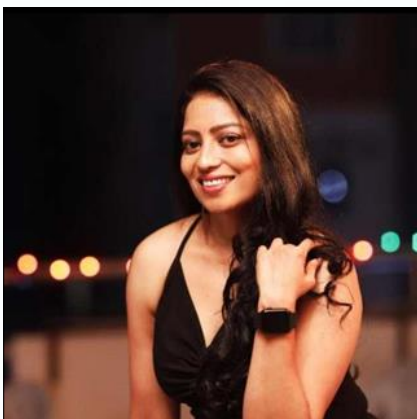
I like to act in movies and impress in the roles given to me irrespective of role whether it is the main role or villain role says Sandhyarani.

She is an expert in yoga and a good dietician. Despite being busy in the movies,

she specializes in using her yoga skills and dietician skills to serve as a health consultant.

Receiving accolades from renowned directors like Teja, Shekhar Kammula, Boyapati Sreenu and Gopichand Malineni has increased her self-belief says Sandhya.

She likes to watch at least 1 or 2 films (any language) per day to improve her acting skills. She recommends everyone to spend at least one hour of physical activity. She believes TIME is a precious resource that we have, and it should be utilized properly to prosper in life.



Our Treasures

Original Verses for Sanskrit Phrases – Part -5

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:

Sid'dha mannaṁ phalaṁ pakvaṁ
nārī prathama yauvvanam
kālakṣēpaṁ nakartavyam
ālayam amṛtam viṣam

Don't be late to eat cooked rice, bite the ripe fruit and receive the youthful vigor Suma! The elixir also becomes poisonous if delayed. Rice cools, fruit rots, and youth withers. Delaying can also poison the elixir.

Viśvā mātṛā hi paśuṣu, karda mēṣu jalēṣuca
andhē tamasi vārdhakyē, daṇḍam daśa guṇam bhavēt.

^[OBJ] Birds, dogs, enemies, snakes, and cattle, respectively, were assisted by a hand stick in the mud, in the water, in the darkness, in the blindness, in the old man. Because of that the rod (stick) has ten elements Sumi!

These are the full text of the original text.

What was said earlier should not be changed (left)

-JV Chandrababu

Sistakaranams in Sriramanavami, Sarvamangala Durgamma festivals

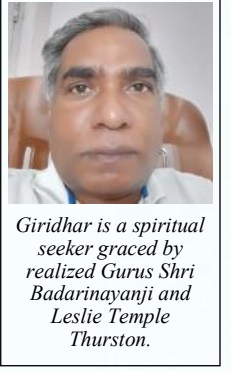
In Vijayanagaram, Visakhapatnam and Srikakulam districts, mainly in Kotabommali, Jalumuru, Khuddam, Balaseema, Nandigam areas, celebrations are held every year on the the auspicious day of Sri RamaNavami. It is customary to celebrate our community dieties Sarvamangala Ammavaru and Durgadevi.

people fulfil their vows to the dieties by offering fish, pigeon, black goat, black and red saris. drumstick leaves curry, Sweet powdered rice, sweet cake. Although the festivities are a bit scary to watch, the devotional ecstasy is seen overflowing with drums, trumpets and special incense.

The celebration starts with the arrival of relatives & black tents platform. The swords and deities bestowed on us since the time of the kings are worshiped in these festivals as symbols of the ancient glory of the community. Festive atmosphere descends on every sistakaranam house who worships the deities Sarvamangala and Durgamma. it is said worshiping them will bestow frill gold and they become inhouse deity of the worshipper.

Who am I?

I am not my senses, I am not my sense organs, I am not my body, I am not my mind, I am not even my personality.



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

Who am I? If I can see my body I am not the body. If I can see my mind, I am not the mind. I can even see my personality and how it acts, so I am not even my

personality. I am not my ego. Ego tempts me to think I am the personality. But a deep inquiry tells other wise.

Ramana Maharshi asked Sadhaks to practise to look inwardly and inquire who is the one seeing. He has written a short treatise named 'Naan Yaaru' ('Who am I'). This treatise recommends to inquire into the aspect of who one really is? A normal person thinks that he is his profession or his professionalism.

In spiritual language it is merely the ego. What Ramana Maharshi indicates is to catch the source where the concept 'I' arises. The real source of illumination is I. One that illuminates everything is I. This is the self. With which the world is known, without which there is no world.

The ego I is the reason that the real I is obscured. We are unable to identify the real I, because of the titles, and roles that we play. By merely maintaining a careful observation of where the 'I' thought emanates from one can really distinguish the true self from personality and realize the self. This method of self inquiry is suggested as a means to salvation and self realization by Ramana Maharshi.

Iky Vedika Round Up

Bhalegundi andarito dostulu

Sistakarana lekha mitrulu
Bhalegundi andarito dostulu
Palukutaaru swagatabhindanaalu
Manchi lekha sampannulu
Lekha to wrayu tannula sandeshaalu
Kalamsnehithula kathanaalu
kadilinchayi sphuthinimpe nijaalu

Sistakarana valisamajahitha bodhalu
Sanghebhava charanaalu
Snehageeta deepikalu
Lumburu vaariku swagatham
Paluka paluvuru pramukhulu
Ayinaaru bandhumitra parivaarulu
Kalasi naduvaga hyderabad vaasulu...!

Sometime back, when Lumburu Srinivasa visited Hyderabad and met the core Ikyavedika team, Sri Baliwada Satya Rao had written the above poem.

Ikyavedika on the Web



<https://skiv.online>

<https://sistakaranam.org>



<https://skiv.online/VivahaVedika>



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



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



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

The Lekha Team

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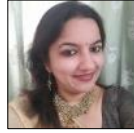
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Ikyavedika Members in other Initiatives



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.