

## Inside this issue ...

2-3	Community News
4-6	News Makers
7	Editorial
7	Interview
8-9	Open Forum
10-11	Support Arena
12	Telangana
13-16	Andhra Pradesh
17	WB, CG, AIPSKA
18	Kalam Snehitulu
19	Entrepreneurs' Frontier
20	Vivaha Vedika
21	Health Page
22	Talent Corner
23-24	Karanam World
25	Our Treasures
26	Ikyavedika Round Up

## Sistakaranam Associations in my thoughts

I know for sure that in the second decade of this century the Sistakaranam community will be mobilized and understand the real nature of democracy. This is indicated by the formation of a few hundred Sistakaranam societies in this decade, but this dynamism is still limited, as Sistakaranam societies are operating in such a way which resembles the monarchy in the guise of democracy.

In their programs, they promote calendars, essential goods distribution services, matrimonials, handicrafts for the poor, employment opportunities for the youth, arts etc...as well as encouraging children in various art fields.

My Heartfelt thanks to those who are doing service activities like mentioned earlier. However, they are also pursuing personal/Individual worship and honors blatantly.

But the real weapon in democracy is the 'vote' which the Sistakaranam community has not yet sharpened. We have to realize that we are not in a monarchy and cease individual worship.

The Sistakaranam community must consolidate their votes and make them into a sharp

weapon and use it in the democratic set-up. Only when we do that the Sistakaranam community will become self-reliant and will solidify its position in the professional, educational, employment economic, and political spheres. Otherwise, the community will only be a mut spectator with no say in power.

In case it ever happens in the future, then the current sistakaranam groups and their leaders will be responsible. Hence groups and leaders should realize and awaken the community in mobilizing the thought process of the members on the power of consolidated votes in a democratic setup. They have to mobilize 100% of eligible voters to vote else the survival of Sistakaranam community in the democratic setup will be doubtful.

Thanks.

- Baliwada Haribabu



## 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 Youth Empowerment – A Successful Saga

KUDOS TO TEAM SISTAKARANAM IKYA VEDIKA FOR SUCCESSFULLY CONDUCTING SEMINAR ON 1-5-2022 AT HYDERABAD.

GIST of THE SEMINAR SESSIONS HELD ON 1st MAY, 2022.

#### 1) Motivation session

After Inaugural session, session took off with motivational address by Dr Baliwada Malleshwar Rao, highlighting the need of entrepreneurship among the youth and especially for our community youth. It was mentioned that in the decades back, there was no curriculum as such on entrepreneurship in the schools or colleges and a few having business background families used to opt for business/enterprises. In present days, the situation is changed to start enterprise/business with more technological developments and encouragement from Government for entrepreneurship in form of MSMEs. At this juncture, it is part of responsibility of parents to make their children aware the options of starting business/enterprises. Starting business/enterprises by the youth, will be a significant contribution for the contributing towards growth of our economy, and gives a great deal of qualitative standard of living among the youth, instead of being unemployed.

The required traits for an entrepreneur, are courage, determination, passion and a good strategic plan and feasibility study for assessing the idea of business outcome for availability of market needs and environment with appropriate financial sources. It is hoped for further initiatives will be taken by IKYA VEDIKA for the promotion of entrepreneurship

#### 2) Support of NIMSME for entrepreneurs

Sri Surya Prakash Goud from NIMSME briefed the facilities and support from NIMSME. The infrastructure and facilities at the ni-msme campus are at par with international standards. They reflect the natural excellence that qualifies every activity and attribute of the Institute

The institute offers training programs to aspirant entrepreneurs in line with government schemes for providing required skills and consultancy with supportive functions are organized in form of schools and centers to cover the ecosystem for MSMEs training and development. All details can be viewed through their website.

<https://www.nimsme.org>

On behalf of NIMSME Sri Surya Prakash Goud extended their support and best wishes to IKYA VEDIKA youth development programs.

#### 3) KVIC Introduction

Sri Bhujanga Rao from KVIC (Khadi and Village Industries Corporation) briefed the support and functions of KVIC for entrepreneurs.

The KVIC is charged with the planning, promotion, organisation and implementation of programs for the development of Khadi and other village industries in the rural areas in coordination with other agencies engaged in rural development wherever necessary.

KVIC is the nodal agency for the implementation of the Prime Minister Employment Generation Programme (PMEGP). It is a credit-linked subsidy scheme which aims at generating of employment by setting up micro-enterprise in the non-farm sector both in rural and urban areas. It is a central sector scheme.

4) Next session is on business offer on dehydration of fruits & vegetables by Sri Kanakadri an entrepreneur by himself with

plant at shamshabad

5) There were brief speeches by Dr R Bhima Rao garu, Sri D V Krishna Rao garu and the Organisers of the seminar.

6) Overall the seminar was attended by around 40 entrepreneurs who actively interacted with guest speakers and got their doubts clarified.

The seminar is successful with effective lectures by eminent guests like Dr Balivada Malleswara Rao garu, Sri Sri Surya Prakash Goud garu, Sri Bhujanga Rao garu, Sri Kanakadri garu and Dr R. Bhima Rao garu and others arranged by Ikya Vedika Team. They deserve appreciation for arranging this valuable seminar spending their time in a professional manner for imparting needed inputs for aspiring entrepreneurs particularly from our Sistakaranam community.

As it was streamed online, I had an opportunity to watch for some time.

*Sadasivuni Lakshmana Rao  
Visakhapatnam.*



## Community News

### First Anniversary of Sistakaranam Helping Hands

Lekha congratulates SK helping hands team on the occasion of completing 1 year. They have accomplished the task of 12 events (of providing financial aid to families) in 12 months since its inception. Kudos to Admins Sri Pakki UmaMaheshwar rao, Smt Sanjukta and other team members.



### Dr. Bhima Rao's meeting with Vijayawada Sistakaranams

On the occasion of the arrival of Sri Raghupathru Bhima Rao (Bhubaneswar) in Vijayawada, the Krishna District Sistakaranam Welfare Society, organized a meeting at 7 pm at the Gandhinagar Alankar Hotel. In a very informative message, Dr. Rao spoke gave a summary of his experiences, and the social service programs that he was carrying out. The occasion also provided opportunity to lovingly reunite with some family members. The event was organized

by Krishna SistakaranamSangham District President Sri Gumma Umashankar Patnaik and supervised by General Secretary Sri Baliwada Sivakumar Patnaik. Sarvashree P. Radhakrishna Patnaik (Int inspector), R. Ramakrishna Patnaik, Ramesh Patnaik (Rtd. Tahsildar) N. Rajasekhar (Ele. Dept officer), V Krishna Babu (SI), G. Tirupati Rao (SI Rly), D. Varaprasad (Rtd. Rly officer) & Allina Chakradhar etc. participated.



### Sistakarana achievement in Civils

Our Sistakarana young man from Rajahmundry showed his talent in Civils. Achieved All India Civil Rank 99. He hoisted the Andhra Pradesh state flag of glory across the country along with Sistakaranam flag. The son of proud parents, Mr. Ravi Kumar Patnaik, who works as a clerk in LIC, and Mr. Sharda Rajyalakshmi, who works as a director in Vizag Foods, has been gifted in education from the very beginning. His education was from Jasveer High School from class one to five, KK Gautam School from class six to class ten, Intermediate from KKR Chaitanya Raman Bhavan. He studied Mechanical Engineering at IIT, Guwahati.

'Lekha' congratulates Mr. Tarun for his achievement and hope he work for society and community development.



### Inviting Enthusiasts to Katha Kadambam



We started a new group called "Katha Kadambam" with the aim of showcasing the storytellers

within us. Those of you who are passionate about stories can join that group. Under the supervision of veterans, we strive to provide advice and suggestions to your narration

A good opportunity to grow in the development trajectory. There are rules that must be followed...

If you want to grow as a good story writer...please contact me at 94403 26093.

Sri Gauriprasadarao Karakavalasa

Follow this link to join my WhatsApp group: <https://chat.whatsapp.com/BQW2t8kRJIHins5wfcxqd>



Ugadi Lakshmi painting by Sri KP Patnaik, our master painter.

Congratulations on behalf of "Lekha" Team.



## Newsmakers

### 'Media Musings' book released

Srikakulam District Rajam Urban Resident, Our Sistakaranam Young Educator Chi. Dr. Maunika Uriti (daughter of Sri Uriti Vasudeva Rao) holds degrees in Journalism and Doctorate in Mass Communication. She is a writer of many books and many of them are available on Amazon.com. She is multi talented personality. She published multiple English poems and essays. Recently her latest book "media Musings" was released. she also co-authored several books with leading academics. We are proud that she is one of us. Congratulations and best wishes to her.



### Appointed Telugu Desam Sistakaranam Convener

'Lekha' heartfelt congratulations to Sri Akumahanti Raja on his appointment as Telugu desam Party State Sistakaranam Convener. Sri A Raja as Machilipatnam Municipal Ward Telugu desam Party Secretary, Machilipatnam Telugu desam Party Constituency Representative, Krishna District Telugu desam Party Secretary, Krishna District Library Organization Director provided unwavering service to the community and thereby rose to prominence.



### Doctorate awarded for study on Village Gods

Resident of Cheepuru-palli Town Vangapilipeta of Vizianagaram district Dr Kuppili Venkat Suresh kumar was awarded a Doctorate by Acharya Nagarjuna University for his research on the subject of *Gramadevatas-Socio-Historical Studies in Vijayanagaram District*. He is son of Sri Kuppli Sitaramaraju. Lekha congratulates him on the occasion.



### Winner in National Talent Test

Master Dabiru Rakshith Sai got Telangana State 2nd Rank and won 10000.00 cash prize in 9th Class, TRSMA National Level Talent Test 2022. Lekha congtats Chi.Rakshith and his poud parents.



### Jayamma Panchayatee movie

Mrs. Sivam Jyothi Patnaik played the role of the mother of the heroine. (You can see in the photo the cutting vegetables.)

On behalf of all the family members of the Endada Branch Working Committee, heartfelt congratulations were extended to Mrs. Sivamjyoti Patnaik.

In one scene, we can see our caste actor Sri Pakki Ravindranath of Parvateepuram



along with Suma.

In back side banner, our Sistakaranam actor Sri Damoderapatruni Bhuvan can be seen.

"Lekha Team" sincerely wishes that the movie brings good recognition to the actress and act in more films.



### President, All India Guards Association

Sri Nagumantri Maheswar of Bhilai elected once again as President for All India Guards association. Indian Railways. Lekha congrats him. It may be recalled that Sri Maheswar is one of the founder member of Sistakaranam Ikyavedika.



### Gold medal in International Maths Olympiad

Let us join grandparents Sri M Rama Krishna Rao and Smt. Prameela Rani and Sri B Siva Prasad Rao and Smt. Vijaya Lakshmi in congratulating and blessing their grandkid Master Balivada Shreeyan, elder son of Sri Balivada Kalyana Chakravarti and Balivada Deepthi for bagging a gold medal at school level and securing 43rd rank in International Mathematics Olympiad exam conducted by Science Olympiad Foundation.



## Newsmakers

### Award for Sri Jaganmohan Rao from Governor

Governor, State Red Cross President Bishwabhushan Harichandan presented the "Service Award" to Srikakulam District Red Cross Chairman Sri Polumahanti Jaganmohan Rao at a function held at the Raj Bhavan on the occasion of the 8th World Red Cross Day for his outstanding services by the Srikakulam Red Cross Society.



### Accolades for Chi. Akhilesh at Orange County Fair

Lekha congratulates Master Kuppili Akhilesh, second Son of Kuppili Vijayshekar and Smt. Padmaja for winning many awards in Orange County Science and Engineering fair in Los Angeles, USA.



### Certified Dynamic Counselling Therapist

Let us congratulate our Sistakaranam Retd Asst Chief Technical Officer, Central Institute of Fisheries Education Sri Rajamahanti Ravi Sankar Patnaik of Kakinada being awarded as certified dynamic counselling therapist by reputed EMO CARE/GTCCO, Chennai after successfully completing 100 days of intensive training. Hearty Congratulations.



### Sri Prabhakar Honored

On Saturday 30-4-2022, under the auspices of Sri Sri Kalavedika in Visakhapatnam, on the occasion of the 112th birth anniversary of Srirangam Srinivasa Rao, our distinguished poet Sri Sekharamantri Prabhakar was felicitated at the National Centenary Poetry Conference. The event was attended by Sri Sri Kalavedika President Kattimanda Pratap, Sativada Srikanth and others.



### Sri Prabhakar as Questioner in Navavadhanam

Sri Sekharamantri Prabhakar, a well-known literary figure from Visakhapatnam, participated in Dr. Meegada Ramalingaswamy's music rehearsal at the Lalita Peetha, Visakhapatnam on 13-5-2022. The photo shows Kurthallam Chairperson Sri Prasadarayakulapathi, Dr. Meegada Ramalingaswamy, Dr. DV Suryarao, Sri Shekharamantri Prabhakar, Smt. Undavilli Sujatamoorthy and others.



### Ankita wins Weightlifting Competition

Miss Ankita Aravindan from Chennai won the Weightlifting Competition in her category who got into this as passion since 3 yrs. She was also one of the sponsors of gift coupons for food & drinks worth Rs.1 lakh for the event through her business of the coffee shop Backstreet Brewery at Bangalore. She is daughter of Smt. Jayanti Dabburu and Sri Aravindan.



### Dr Govinda Rao Honored

Dr Dabburu Govinda Rao, President, AP Grandhalaya Sangham Srikakulam Dist. Unit and Headmaster, Kintali Govt. School was honored with Gadicherla Foundation Award at a function held on 30-4-2022 at Gurajada Kalakshetram, Vizianagaram Town.



### Chi. Bhargavi wins several ICWA/ICAI medals

Congratulations to Chi. Gandreti VSSM Bhargavi, proud daughter of Sri G.V. Ramana Murthy from Garividi in Vizianagaram Dist, on her being awarded All India 3rd Rank in the convocation held at Kolkata on 30-4-2022 by ICWA/ICAI. She got 2 gold medals and 1 platinum medal in the convocation.



# Newsmakers

## A Rare Honor

The Central Government Gold Medal was virtually presented today, 17-5-2022 to Sri Polumahanti Jaganmohanarao, Chairman, Srikakulam District Red Cross Society, for his services rendered for the year 2020-21. They are the only ones from our state who have been selected for this medal. Congratulations to him.



## Outstanding Contribution to Logistics



Sri BR Babu has received a special award for "Outstanding Contribution" in Logistics from the Institute of Supply Chain Management.

## Regidi Student for Mentorship Workshop

National Mentorship Workshop held in Hyderabad from 11th to 14th May saw the participation by Regidi High School student, P.K. Akshay Kumar, Biology teacher Smt. B. Umamahe-swari. Under the auspices of the Indian Council of Science and Technology, a three-day seminar was organized for these students and teachers at IIT Hyderabad in January this year at the Inspire Science State Exhibition, an online platform. The student's Multi level Farmer 'Friendly Mission project' was selected nationally at the Inspire Science State Level Exhibition held online in January this year. Certificates were presented to the student and teacher.



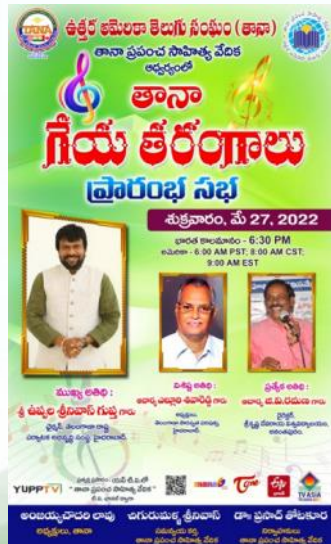
## First Prize in USA to Mr Srinand Patnaik

Dr. Arani Patnaik and Dr. Manoj Patnaik's son Srinand won first place in poetry competition in Middle school in USA.



## Sistakaranams in "TANA" Singing Event

Sri Kuppili Venkata Raja Rao and Sri Ravupalli Rajasekhar were featured in the "TANA Geya Tarangalu" an event organized by the Telugu Association of North America.



### Downfall

By Shrinand Patnaik  
Dedicated to all who need this warning...

Here I thought I achieved eternal happiness.  
Little did I know I was misled...  
Listen carefully,  
For this warning is one that must be heard..

I was young and led astray.  
A few friends and I went away.  
We went to an alley,  
An alley that would produce our downfall..

We thought we were invincible,  
But we were not.  
One small bottle,  
Day after day,  
Can't hurt after all.  
Right?  
Wrong.

One small bottle,  
Led to a world of happiness.  
False happiness,  
Filled with,  
Pain,  
Suffering,  
Misery.

Led to a world of happiness.  
False happiness,  
Filled with,  
Pain,  
Suffering,  
Misery.

As I grew old it was all I craved.  
Drunken in the streets late at night.  
My family disowned me,  
My friends left me,  
My heart grew lonely...

Now I sit in an ICU bed...  
Fighting day, after day...  
For a lost cause...

The disease in my liver,  
Has reached its fourth and final stage...  
The doctors say I have less than three months to live...

This is why,  
Dear reader,  
Listen to my warning carefully...

*Don't drink or you shall face your doom and maker...*

## Editorial

### Faith

Dear All Sistakaranam relatives,  
Heartfelt Namassumanjali!

Belief in our bonds is a cool important thing. Let's look at that once.

**"Faith leads, faith sustains."**



We act without proper understanding of ourselves to what extent we trust who we are. We spoil good bonds with unnecessary suspicion. Over-

thinking people spoil the day by thinking about tomorrow. Every person should make the most of the present. Every day is a happy day if you can deal with this feeling.

For example, look at how Lord Krishna tested L'ord Arjuna's trust on Sri Krishna. Once Krishna asked, "Is this bird a dove?" Arjuna said "Yes Krishna! It is a dove". After a while Krishna said again, "It looks like a dove, not an eagle". "Yes, it's true!", Arjuna said. Like that discussion goes on and Krishna asked with a bit of anger, "Why do you accept everything whatever I say? Arjuna gave the following reply, "O Omnipresent! I believe in you, whatever you say that's correct, if contradict your statement you have capacity, capability to change." You are what I am! For me it's all you. Your word is Veda to me! It is faith that has made God stay by Arjuna.

After war Sri Rama asked Hanuma,"If the stones with my name floating are true, then why aren't the stones I am throwing myself not floating? What is the reason for the drowning? Is it not what you said is a lie?" Asked Lord Rama. Hanuman humbly clasped his hands and said, "Lord Ramachandra! We believe in your power, we put our trust in you. They floated because of our faith. You did not believe in your power.

"It simply came to our notice then. Anything must be done with full confidence and trust." If we trust anyone, we should trust them with complete confidence. Any doubts or doubts should be decided at an early stage. Thoughts should not come back to haunt you once you are convinced. It's good to be with that alliance if there is any bond, no matter the faith, no matter the belief. Narayana is in absolute faith.

Let our beloved Sistakaranam relatives also mingle and move forward with such faith on each other can make a strong social entity in society and get political berth to fulfill our community development.

Sarve Sistakarnam Jana Sukhinovanthu.....

-J.V.Chandrababu &Team

## Interview

### Technosavvy with vision & commitment

*Lekha found another star in Sistakaranam with strong technological background familiar with national and international forums in data and advanced analytics. He is instrumental in business growth in multiples thereby flooded with guest speaker invitations across the globe. Not forgetting our community amidst of professional activities, he runs a WhatsApp group on career benefitting our community at large. Now without further ado, let's dive into more about Sri Gouriprasad Markondapatnaikuni.*

**Please tell us about you.**

I think you have already introduced me well. I spent my childhood in Srikakulam and Visakhapatnam. I did B.E., MBA and PGP in Artificial Intelligence (AI) and Machine Learning (ML). I worked in multiple MNCs and today I am working in Yash Technologies in Hyderabad as Delivery, Practice Leader in the Data and Advanced Analytics.

My job encompasses in the space of data and when I say data, I mean DWH-BI, AI, ML, data on the cloud that includes Azure GCP and AWS. I played a significant role in growing large accounts for the companies and built strong relationships with some of the largest customers across the globe.

**How do you manage your time?**

I prioritize the tasks, delegate to empower the team and does not hesitate to say 'NO' in the interest of the achievement.

**Say few words about your community services.**

I enjoy in contributing something back to the society. In my previous company, I got a much-coveted award from his Majesty E.S.L. Narasimhan, Governor of A.P. for my contributions towards Corporate Social Responsibility (CSR). As you said, many of our community members got benefited from my WhatsApp group on career development. I am happy to associate with our community people for the benefit of our youngsters.

**What is your message to our youth?**

The post Covid, the number of job opportunities has increased at least in IT. Companies are also offering work from



**Sri Gouriprasad Markondapatnaikuni**

Father	: Sri Ramkrishna Rao,
Retired from FCI as Manager	
Mother	: Smt. Prameela Rani
Native	: Visakhapatnam

home. Now it is only up to you to believe in yourself and leverage various channels like LinkedIn etc. and know about the opportunities. There are many institutes which are offering training with job placements. Explore them and help yourself with a job. Please don't forget English communication plays a vital role in helping you land into a good job.

**What is your opinion on Lekha and Ikyavedika's website?**

Both Lekha and website are changing perceptions of our community members and other communities by influencing in a positive way. Both Lekha and Website are playing a vital role in bringing our community together.

**Lekha predicts and wishes Gouriprasad to own an enterprise one day as that of his present company. He has all necessary skill-sets and experience in running total gamut of operations of a company. As a value addition, his spouse is also a software engineer. We wish him best of luck.**

Interviewer-J.V.Chandra Babu

Compilation-Matri Narsimharao

## Open Forum

### Panchangam means a 'Holy Almanac'

On the new year day Ugadi the Panchangam is read to learn about what the ensuing year has in store for us.

The Panchangam essentially consists of five parts of the day, viz., the name of the day, the tithi of the day, the star of the day, the yogam of the day, and the karanam of the day. Starting any new venture on the appropriate tithi will fetch iswaryam (lots of wealth and prosperity) for the person. Similarly, any deed done on the right day of the week will enhance the longevity, ie the life span of the person will increase.

Any deed done on a day with a good and beneficial star will alleviate the

papams (ill effects because of ill deeds). When one does a deed at a time with good and beneficial yogam then that will help all diseases to disappear.

Lastly a deed done during the good and beneficial karanam will help the person to achieve the objective of the deed without any hurdles and impediments.

Therefore, it is very important to start any new venture or deed at the appropriate time. The good time is learnt with the help of the Panchangam.

Coming to specifics of Panchangam

a day or solar day is what falls in between the two sunrises. Therefore, the day as per the Panchang starts with sunrise and ends with the consecutive sunrise. It also calls the time in between the two moonrises as the Thiti. Panchang measures the time in the lunar month scheme with the names of the month revealing the path of the moon through the different constellations. The New moon day (Amavasya) marks the new month. The first half of the lunar month is called Shuklapaksha or the waxing phase and the second half the lunar month is called Krishna Paksha or the waning phase.

### Laughter effects & affects

Laughter has scientific and social parameters. Gelotology is the study of laughter and its effects on the body, from a psychological and physiological perspective. Laughter releases chemical called Endorphins that relieve from stress, controls heart rate, BP, Sugar levels. That's why today we are seeing Laughter Clubs in cities.

There is also a proverb in Telugu "navvu naalugu vidhala chetu" (laughter is bad in four ways). After killing Ravana, Lord Rama along with Sita sat in a public meeting in his fort. Lakshmana smiled in the middle of the meeting. Rama thought that bringing Sita back after her stay of one year in another man's mansion might have been the reason for Lakshmana's laugh. Sita also thought the same. Remaining family members of Rama were also thought in the same

way. The public thought that family members too didn't have interest in bringing back Sita and hence Lakshmana laughed. The reason behind the untimely laugh was interpreted in four ways. The 'four' is a satirical word in the proverb, but not a numerical figure here. Lakshmana's wife, Urmila slept for 14 years, even by swapping the sleep with her husband, thereby Lakshmana protected Rama and Sita without a wink of sleep. He was getting sleep in the meeting after a big gap and hence he laughed at it. So, untimely laughter may lead to problems.

In mayasabha, Draupadi laughed at the perplexed Duryodhana and this led to undressing of Draupadi and resulting in great Mahabharat war. In Telugu doordarshan, a newsreader faced criticism for keeping a smile on

his face while reading the accidental death of a national leader.

According to Phyllis Diller, a smile is a curve that sets everything straight. Subordinates laugh even at bad jokes of bosses for personal benefits. An optimist laughs to forget; a pessimist forgets to laugh. There is also a belief that people who make us to laugh and laugh themselves might be having serious setbacks in their life. I remember here the words of Charlie Chaplin: "I like to walk in the rain, so that no one can see my tears". Yes, he faced many problems in this life, but made us laugh till he died. He also said, "a day without laughter is a day wasted." Let us not waste our day. After all, laughter has no price, but it has value.

- by Mantri Narasimha Rao

## Open Forum

### Ugadi-Learnings from Seasons

I welcome spring season on a very auspicious day.

Cuckoo calls for me from branches of wood.

New year or Ugadi day.

When brahma created universe in cool ways.

Defeated somakasura

Vedas back to brahma.

When deep into forest

Azadirachta indica rests

taste of life, it is best.

The green branches high

Mangifera indica rests

Sour taste of life exists.

Though in tropical region

Nutritious, tall Tamarindo

Chills digestion process.

Mixed with capsicum in it

Invigorating chilly, garlic.

Sugar cane juice boiling

For concentration means

Dedication, sweet as jagri

Salty acidulated aroma

In my eyes with the tears

They test my patience.

But Musa paradisiacum

The banana fruit binds

With all ingredients and

That is gleaming sleek

To unite universe indeed.

And finally, the parched

Earth welcomes rains.

Neem fruits meticulous

Just kissing the earth.

That control transitions

To hot weather indeed.

Houses are decorated

garlands of green leaves.

A spoon full of pachidi

Awakes the taste gland

Mouthwatering tastes

Full of festive greetings.

Creating mankind with

learning from seasons.

Happiness, I wish you all

With all hopeful reasons.

*Jagadeswari. P*

### About International Mother's Day

There is a tradition in India of treating parents as Gods. In Western countries, children leave their parents as they grow up and begin to live independently. In such a case Mother's Day was arranged to set aside one day for Amma in the absence of circumstances to look after Amma on a daily basis.

The first forty days are considered "Lent days". In the 17th century, Mother's Day was celebrated in England on the fourth Sunday of the fortieth day in honor of Mothers. In 1872, Julia Ward Howe, the first woman in America, proposed Mother's Day for World Peace. Also arranged meetings in Boston. On May 9, 1905, a woman named Annamerazersis, who organized the "Mother's Friendship Day" to erase the memories of civil war wounds, died. Her daughter Mass Jerseys cam-

paigned for Mother's Day and celebrated Mother's Day on the second Sunday in May to mark her second birthday. The day was first celebrated in the United States in 1910 in the state of Virginia. As a result of Jervis' influence, by 1911 it had become a tradition to celebrate the day in all states of the United States. In 1914, US President Woodrow Wilson officially declared Mother's Day a national holiday. It has become a tradition to celebrate Mother's Day on the second Sunday of May every year all over the world.

The festival was first held in Greece in honor of the goddess Rhea, known as the "Mother of Gods".

*- Gumpaswamy Karakavalasa  
Retired Sociology Teacher  
Vijayanagar*

### Heritage Hues and Old Age Chaos

Most of our writers, young and old seem to be getting panicky about the growing controversy between Heritage Hues and Old age Chaos. Our Heritage is packed with celebrations and enjoyments, fun laughter and mirth. New dresses, jewelry, sweets and smiles, family and friends. Whereas the Old age syndrome is like a smoky and suffocating, unending nightmare.

Old age is the last part of our life. Just as we passed childhood for youth, we passed youth for middle age; middle age passed on to step into old age. But old age is not that easy to live.

We cannot accept but the truth is that we are dying at every phase and start a new life. Just imagine and chalk out the similarities of any two phases. There can be hardly any difference. Every phase is a new episode unnoticed.

So, prepare to leave and part happily to join a new better life.

Do not take stress of the hard days we are passing now.

Rather we can think of ways to transform present chaos into pleasures.

*-Raj Kumari Patro  
Raipur*

### Late Sri Pakki Appala Narasimha Kavi Poetry

A beautiful poem from Kumara Satakam written by our famous Sistakaranam poet Pakki Appala Narasimha Kavi. On the occasion of Mother's Day for you

dharani nayaku raniyu  
guru raniyu nannarani kulakantanu  
ganna ramani danugannadiyunu  
dharanevuru tallulanucu dalupu  
kumara!

*- from Kumara Shatakam*

Every person has five mothers.

- 1) Biological Mother
- 2) Mother-in-law who gave her child
- 3) Elder Brother's wife, sister-in-law
- 4) The ruling king's wife
- 5) The teacher's wife. She is equal to the venerable mother and jagadamba.

These five mothers are termed pan-chamatas.

They must be worshipped.

They have to be treated equally.

Happy International Mother's Day  
*- Sadashivuni Lakshmana Rao*

## Support Arena

### Statue unveiling, Clothes distribution

On Saturday 30-4-2022, the statue unveiling ceremony of the Founding Director of Sri Venkateswara Educational Institutions, Late Sri Ippili Shankara Rao was performed at Srikakulam. He was a PhD, Nuclear Chemistry, AU (1987); Retd. Principal of Jr. Colleges, Srikakulam; Co-Founder of 11 colleges of this Group in Etcherla. On this occasion of his 1st death anniversary, the boys' dormitory was named after him, and new clothes were distributed to the non teaching staff members. It was graced by many relatives, staff & students who paid rich tributes; also, speakers narrated about his achievements. It was arranged by his son, Mr. Ippili Kishore (Director) & Dr. Chowdari Prasad, his brother-in-law came from Bangalore to attend the function.



### Distribution of House Pattas

Mrs. Dabburu Prashanti Patnaik distributed house deeds to about 300 people in the Second Ward area. CM Jagan providing financial assistance to the poor to build houses and registering the houses in the name of housewives is helping in boosting the confidence of women by empowering them, said Chief Guest Smt. Dabburu Prashanti Patnaik.



### Service at Krishna Rao's 2nd Death Anniversary

Late Sri Mantri Krishna Rao was responsible for getting many R numbers to Nadupur village in Visakhapatnam district and has facilitated them getting permanent jobs at the Vizag steel plant and was a God sent for many families recalled their son, Sri Mantri Rajasekhar, the National Secretary of INTUC, during the second death anniversary commemorated on Saturday 30-4-2022 at his residence in Nadupur. On this occasion, Sri Mantri Krishna Rao laid flowers and paid homage to the picture. Speaking on the occasion, Sri Rajasekhar said that the efforts made by Nadupur Rural Development Late Sri Mantri Krishna Rao were unforgettable. He promised to always follow Sri M Krishna Rao's ideals. Afterwards, meals were given to the orphans in the Spoorthi Orphanage. Also, children were provided with necessary books, pens, pencils, pads etc.. Sri Mantri Sankaranarayana and Sri Narasimhamurthy Murthy were present on the occasion. Spoorthi in-charge Sarvasri Rajesh, Gopi, Nagesh, Sudhakar, Enda Krishna, Basha, Appalaraju and Family members, Villagers participated in large numbers.



### Sistakaranam Helping Hands Event 12

Vijayanagaram District Gajapatnagar Residents Sri Kottakki Gauri Shankar has appealed for financial help to the HELPING HANDS group based on reference by Sri T. Chiranjivi. On his appeal, various donations came thru, and team was able to collect Rs.25,300/- The collected money was then used to setup a tiffin counter and buying wet mixie and grinder and the items were handed over to Sri Kottakki Gauri Sankar. Afterwards the first anniversary of Helping Hands was celebrated as a gala event with all team members. Sri Baliwada Ravi (donor who gave the office to conduct the event) and others from different areas took part in the event.

This concludes our 12th service program. We sincerely wish once again that God may bring health blessings to every donor who donates funds.

*Pakki Uma Maheshwar and Sanjukta*



### Hats Distributed

Distributed hats to Rickshaw pullers in hot summer. This programme is conducted every year by Sri Arikathota Kanaka Raju.



### Essentials distributed

Well known Industrialist, Late Sri Matta Mahesh Kumar first anniversary was observed at the Behera Manovikas Center in Srikakulam. Special abled kids were given Cereals, Oil, Fruits and sweets as a part of the event. This program was attended by South India Hindi Prachara Sabha Committee Secretary Dr Sriniwas Patnaik also.



### Rs. 1 Lakh donated for helping the needy

On the occasion of the 67th wedding anniversary, Sri Shyamalamba Vaikuntha Rao and his wife handed over a bond of Rs.1 Lakh for Janodharana Scheme to Sai temple convenor Sri Kuppili Bhaskar Rao.

It was personally handed over by their son Sri Ramakrishna Rajani Patnala at the Saibaba mandir. Wishing them and their family members the divine blessings of Lord Sathya Sai.



### Tagarapuvalasa Wedding Gift

Andhra Pradesh SK Women President Smt. Dabburu Prashanti Patnaik donated Rs.25,116/- to Sri Mamidipalli Bhubaneswar Rao's second daughter Miss Mamidipalli Radhika which was collected as donations. This was given for Radhika's marriage expenses. Big thanks to generous donations of the Tagarapuvalasa Society Community. The donors include- Smt. Dabburu Prashanti Patnaik Rs.5000/-, Sarvasree Durga Patnaik Rs.5000/-, Chandrasekhar Rs.5000/-, Vantaram Vijay Rs.5000/-, Pradeep Kumar Rs.2000/-, Ganapati Rao Rs.2000/-, Manapuram Shiva Sai Rs.1000/.



## Support Arena

### Mr. Ashok Patro needs your urgent support

My name is Y Kiran Kumar Patro, and I am raising funds for my Sister's Husband (Brother-in-law), Ashok Kumar Patnaik who is suffering from Acute Liver Failure and is undergoing treatment at the Institute of Medical Sciences & SUM Hospital, Bhubaneswar.

Post the struggle of 2.5 jobless years, Ashok Patnaik and his family of 2 young daughters (23 and 15 years of age) and a caring wife started his new job in May 2021. Little did they know that this long-fetched happiness was extremely short-lived. In the month of June 2021, we noticed that Ashok's body started showing slight swelling which in a few days increased drastically for his legs. We started to worry and decided to take him to the hospital. After a couple of more tests and rounds of blood infusion, his hemoglobin level was finally brought to a safe level and he was deemed fit to be discharged along with some medicinal guidance.

It had only been a few months of respite and the family had just started believing that things are fine one sudden day Ashok's health condition worsened extremely with a very high fever and bad swelling of body parts. We rushed him to the hospital and after post initial check-up, critical jaundice levels were detected.

The kids watched helplessly as their father's condition started deteriorating gradually, his eyes turned white to yellow and his body got paler day by day with frequent fever visits. On the back of the responsibility of 2 young daughters, Ashok and his wife were very upset and confused about the symptoms.

Hell broke for the family when his doctor stated that the jaundice levels have caused a heavy impact on his liver (more than 90% damage) and the treatment would last a couple of months, consisting of multiple rounds of albumin infusion followed by a liver transplant surgery. The medical expense is expected to rise up to Rs 50 lacs (Surgery - 30 lacs + Liver donor - 20 lacs)

While the whole family is pooling in their savings, you are our only chance to help Ashok and his family not only survive this situation but also take learning from life that - 'Every struggle is beautiful when you don't give up.

We are grateful to every kind of donor that chooses to contribute to his recovery. Please find it in your heart to pay however much you can for Ashok's life-saving treatment.

After seeing no improvement Doctors suggested an immediate liver transplant. The family needs

your help. Please help the family in their worst phase of life.

Please share our story with your family and friends across social media like Facebook, WhatsApp, and Twitter. We believe 'Whatever the situation, there exists Sacred solution'.

Donate via Bank Transfer

Transfer directly to the Bank account of the Fundraiser. Only INR transfers are accepted.

- Account number: 700701717374274

- Account name: Ashok Kumar Patnaik

- IFSC code: YESBOCMSNOC

(The digit after B is Zero and the letter after N is O for Orange)

For UPI Transaction: supportashok715@yesbankltd



## Scholarships for Sistakaranam Students



శ్రీ కరకవల్లస్ సీతారామ్ మూర్తి ఫౌండేషన్  
& శ్రీమతి కరకవల్లస్ 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.

**CONTACT:**

**Ge.kravi@gmail.com**

**or 9652233372.**

**PLEASE SPREAD THE WORD AND GET WORTHY SISTAKARANAM STUDENTS**

## Free Medicines by courier for 100 days



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

**CONTACT: 8074800939**

# Fraternity Page - Telangana



## SWA celebrates Akkamahanti Raja's Birthday



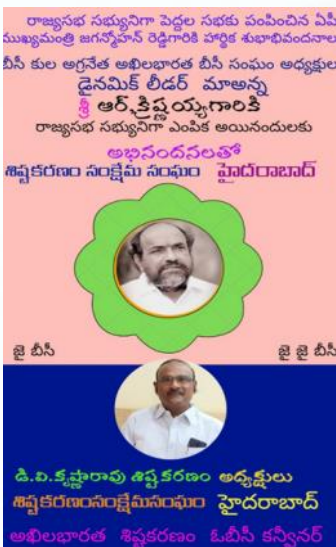
The birthday celebrations of members of Machilipatnam Residents, Telugudesam Party BC Conversation State Convener, Andhra Pradesh State Disciplinary Leader, Kayastha Mahasabha Vice President various service organizations, modest, perpetual hard worker, Karan Sankshem Sangham Uriti Sneha Sheeli, Sri Akkamahanti Raja Gari were held at the home of Sri Devi Krishna Rao, Convener of the National OBC Practice Committee in Hyderabad, with Dussaluwa and a birthday cake was cut. Veenam Srinivas, leader of the Andhra Pradesh State Civilization Association, was also felicitated in the same manner. State Treasurer of Sishta Karan Sankshem Sangham Uriti Parvatishwara Rao, Additional General Secretary Motori Narayana Rao and Secretary Prakash Rao were present on the occasion.

## Global Environment Climate Award 2022 to Sistakaranams



On the occasion of World Environment Day, Valluri foundation has announced that eminent Poet, Writer, analyst SV foundation chairperson and secretary of Teluguvelugu Sahitya Vedka Sri Moturi Narayana Rao as well as popular poet, writer, SV foundation founder-president and man of many talents Sri Pakki RaviSekhar Satyanarayana Murty were selected to receive the Global environment climate - 2022. they will be given the award on June 4th at a function to be held in Hyderabad.

## “SWA” congratulates Sri Krishnaiah



SWA team led by National OBC convener Sri DV Krishna Rao met National OBC president R Krishnaiah and congratulated him on his nomination to Rajyasabha and expressed the hope that the voice of BC community will be more effective in the Upper house of parliament from his presence.



## Fraternity Page - Andhra Pradesh



### 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 Rama Navami. It is customary to celebrate our community deities Sarvamangala Ammavaru and Durgadevi.

People fulfil their vows to the deities 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 devo-

tional ecstasy is seen overflowing with drums, trumpets and special incense.

The celebration starts with the arrival of relatives and 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 Sisatkaranam house who worships the deities Sarvamangala and Durgamma. It is said worshipping them will bestow frill gold and they become inhouse deity of the worshipper.

### Courtesy Visit

Andhra Pradesh State Minister for Tourism, Sports, Youth Services and Culture Smt. RK Roja Garu who was in Visakhapatnam was paid a courtesy call by Andhra Pradesh State Welfare and Development Corporation Chairperson Smt. Kantimahanti Anusha Shashidhar Patnaik.



### Visakhapatnam Sistakarana Seva Sangham Kancharapalem Executive Committee Meeting

Held on 08.05.2022, 104 Area Lilliputians School. Members of the event expressed their views, and conclusion made by the Working Group... Each member individually to create some support program to help someone... And each to report responsibly at the beginning of each month in presence of the working group, so that overall report for entire month can be finally made.

Appropriate suggestions and views were given for organizing the next AISK MB (Wedding Introduction Platform) Viziana-garam district.

On the occasion of Mother's Day...

Revolutionary wedding introductions using technology organized in WhatsApp group, the wife of late Sri Raghupatruni Mallibabu, who was indirectly assisting many brides and grooms, as a mother, as a sister, supporting Sri Malli Babu... On the occasion of Mother's Day, the working group honored



her as a good mother. Thus, on the occasion of Mother's Day every year, the working committee unanimously decided to honor the mother figure.

Smt. Koorada Pavani, Sarva Sri Baliwada Haribabu, Basuri Srinivasa Rao, VTB Patnaik, Baliwada Sri Ramoorthy, Koduri Ramakrishna Rao, Smt Sekharmantri Sujatha, M Sharvani were present on the occasion.

- General Secretary Visakha Sistakarana Seva Sangham Kancharapalem

### Discipline is required in student phase

Retired Headmaster Sri Nandigam Srinivasa Rao Patnaik, who was the chief guest at the free summer camp at Heeramandalam Branch Library, stressed on the need for discipline and good behavior of the students.



### Amudalavalsa Sistakarana Association Meeting

The first working group meeting of the Sistakaranam welfare Society was held at Sri Sathyasai Seva Samithi, Mettekkivalasa. Various issues were discussed, and action items decided. The event was presided over by Sri BVS.N. Murthy, and B. Mahesh, General Secretary. The event was attended by Vice President K. Shyamala Rao, K. Sri-dhar, Publicity Secretary B. Damodar and State Director K.V. Ramanurthy and others attended.



## Fraternity Page - Andhra Pradesh



### Behara Hospitals Inaugurated

The newly constructed 150-bed Super Specialty Hospital Behara Hospital at Gopalapatnam, Visakhapatnam by our dignitary, GVMC Corporator, Head of Behara Educational Institutions, Sri Behara Bhaskara Rao, was inaugurated by Chief Guest Sri Swami Swaroopanandendra Saraswati Swamiji on the morning of 8-5-2022. Ganta Srinivasa Rao, former ministers Sri Bandaru Satyanarayanamurthy, Visakhapatnam district parliamentary party president Sri Palla Srinivas and others were present. A large number of locals as well as members of various Sistakaranam associations and members of the working committee greeted the audience.



"Lekha" hopes that Behara Hospital will grow day by day and become a great hospital.

### Sri Allena Meets CM

GST Officer, AP State GST Employees Association General Secretary, Our Sistakaranam Senior Government Officer, Sri Allena Ramesh Kumar, Resident of Visakhapatnam, along with their working group presented the Representation on the Employees' Issues together to the Hon'ble Chief Minister Sri YS Jagan Mohan Reddy himself. Everyone was happy that the Chief Minister responded positively on the issue of employees. He then felicitated the hon'ble Chief minister by honoring with a shawl. Congratulations to Sri Ramesh Kumar who stands proudly for our Sistakaranams, working responsibly for the welfare of the members as the GST association leader.



### Congratulations by Vijayanagaram District Association

Sri Kolagatla Veerabhadraswamy, who was elected as the Deputy Speaker of the Legislative Assembly, Sri Botsa Satyanarayana who took over as the Minister of State for Education, were felicitated by all the members of the Sistakaranam Association on 6-5-22. On the occasion, District Sistakaranam Association President Sri Anand Patnaik and General Secretary Sri MP Gauriswara Rao thanked Chief Minister Sri YS Jaganmohan Reddy on behalf of the District Sistakaranam Association for electing local MLA Sri Kolagatla Veerabhadra Swamy as Deputy Speaker. Vijayanagaram Urban Branch Presidential Secretaries Sarvasree CH Trinath Prasad, Thada Prasad, Vice President AT Vara Prasad, Employees Union Secretary Dulikeswara Rao, Cheepurupalli leaders Prabhat Kumar, Venkatesh from Garividi Association, Rega Suresh and K Sanjeeva Rao from Gajapatnagar, MP Tirupati Rao, Baliwadada Ramana Rao, Govind Sudhakar and Shivaji Venugopal were present on the occasion.



### Congratulations by Gajuwaka Association

Visakhapatnam District Parliament President, Former Legislator Palla Srinivasa Rao, a good-natured individual who speaks with a smile, friendly, humble, modest, well-educated, leading the Telugu Desam Party in Gajuwaka with discipline, emerging as the champion of the poor, was congratulated on his birthday wishing him to celebrate more such birthdays. Members of the Gajuwaka Classification Society Sarvasree President N. Venkateswara, General Secretary Karakavalasa Gauriprasadarao, Associate President Baliwada Sathyrao, Organizing Secretary Basangi Tirupatirao, 71st Ward BC Youth President Prataparao & Srinivasa Rao conveyed their best wishes.



### Sri R. Krishnaiah Congratulated

The deity of the BCs, Tiger Sri R. Krishnaiah was elected as a member of the Rajya Sabha by the YSRCP Party. Sri Dabbiru Kumaraswamy, Youth President, Visakhapatnam District BC Welfare Society, felicitated Sri Krishnaiah. Afterwards, Kumaraswamy said that CM Jagan was giving a very high position to BCs. The vast majority of the population is in the BC category. Sri Dabbiru Kumaraswamy also urged the state government to expedite the resolution of BC class issues. Sri R. Krishnaiah appreciated the way Sri Dabbiru Kumaraswamy was responding to BC class issues and the efforts being made for the development of the BC people.



# Fraternity Page - Andhra Pradesh



## Formation of Chandranagar Sistakarana Seva Sangham

It is a well-known fact that the population of Visakhapatnam city, which has been inhabited for many decades, is very large. In such a sprawling city, the communities for our Sistakaranams are very small (compared to the population). No matter how many communities carry out all the service activities, they contribute to the well-being of the community. Towards that end another neat community in 89 Ward Gopalapatnam Chandranagar Sistakaranam Welfare Society was newly formed. Congratulations to this community and to the members of the Society working with the blessings of the Honorary GVMC Corporator Sri Behera Bhaskara Rao with the enthusiastic leadership team.

The community published the 2022 calendar and unveiled it at an event hosted by Sri Behera Bhaskara Rao.

Chandranagar Sistakarana Seva Sangham

(Regd.No:7/2022., 89 Ward GVMC)  
Gopalapatnam Visakhapatnam-530027

Working group members:

- 1) Sri Burley Ramanandam, President.
- 2) Sri Mantri Venkata Rao, Vice President.
- 3) Sri Pakki Shekhar, Secretary.
- 4) Sri Godaba Prashanth, Assistant Secretary.
- 5) Sri Kuppili Narasimhamoorthy, Treasurer.
- 6) Sri. Kuppili Srinu, Assistant Treasurer.

EC Members:

- 1) Sri Donkada Chanti (Kottapalam)
- 2) Sri Sekharamantri Ravi (Yallapuvanipalem)
- 3) Sri Kuppili Kumar (Chandranagar)
- 4) Sri Amaram Visvesvara Rao (Kharavelanagar)

Congratulations to them!



## Festivities by Temple Trustee

Residents of Visakhapatnam and our devout devotees, Sri Dr. Pakki Arun Saikumar has been the Trustee of the temple and has been instrumental in organizing the Ammavari Temple Festival on 22-5-2022, 23-5-2022 and 24-5-2022 at his own expense. Visit the Sreesreesree Paidimamba Ammavari Temple near the Spencer Supermarket at R&B Junction, Marripalem Highway, Visakhapatnam and receive the blessings of the Goddess.

Congratulations to Sri Dr. Pakki Arun Saikumar, Temple Trustee.



## Kurmannapalem Association Meeting

Sri Mantri Narasimhamoorthy, Sistakaranam Association District Secretary, said that the respective associations should work harder to strengthen the Sistakaranam associations. He told at a meeting at the Kurmannapalem Association office that the entire Visakhapatnam district was currently divided into three districts and that the associations needed to be expanded in this regard. He wanted to give all possible help to the poor in the community on behalf of the community. Sri D. Sathyarao, Secretary, Kuryannapalem Sistakaranam Association, and Sri PSVN Gopal, President, said that the unions especially want to focus on education, medicine and service programs. Sarvasri MP Janardhan Rao, Sekharamantri Srinivasa Rao, BBM Krishna, Ch. Ramakrishna, S. Srinivasa Rao, K. Suresh, M. Jaganmohan Rao, K. Srinivasa Rao, Prasad Rao, MP Saikishore, Nageswara Rao, Babu, Patnaik were present on the occasion.



## BC Leaders' Meeting

A meeting of BC leaders from different communities was held at the Blue Earth Hotel in Srikakulam town. Hon'ble MLC Sri Jangareddy, Hon'ble APBC Commission Member Sri Pakki Divakar, Leaders of Kalingakomati and President of Andhra Pradesh Sistakarana sangham Sri Polumahanti Umamaheswara Rao participated in this intimate meeting and discussed the issues of BC and development thoroughly. We wish the programs they undertake to be successful.



## Fraternity Page - Andhra Pradesh



### Cartoon training camp by Sri Lal

The cartoon training camp conducted by the Visakhapatnam Child Development Foundation for the three days from 16-5-2022 to 18-05-2022 has come to a successful conclusion. This free summer camp was held at the campus of AS Raja Mahila Junior College, Visakhapatnam and saw participation by NCCF (North Coast Andhra Cartoonists Forum), Visakhapatnam. The participants were trained by our Sri Lal (Sadasivuni Lakshmanrao). The art of drawing on the blackboard was taught by him. All the children participated very enthusiastically.



ly. On the last day, 18-5-2022, on behalf of the NCCF, all the students were given a nice cartoon by Sri Guthula Srinivasarao and given forty minutes to draw a sample of it. 24 people from different classes enthusiastically participated and drew the picture.

### Free Meal Distribution

A free meal distribution charity event for 250 people was held on Friday 27th May on the occasion of 31st Birthday this month of our Lion Member & Member of the Humanitarian Organisation, Kalam Snehitulu Kala Vedika Admin, Sri Baliwada Sathya Rao. Congratulations once again to those who have been involved in all the service activities for as long as possible.



### Palakollu Kala Parishad Drama Competitions



The 13th National Level Drama Competition of Palakollu Kala Parishad, founded by Sri Manapuram Satyanarayana, a leading stage artist, was held on May 15, 16, 17 in the most glorious manner.

Leading filmmaker Bunny Vasu from Palakollu was the chief guest at the opening ceremony of the drama competition. Parishad organizers congratulated Sri Manapuram Satyanarayana.

### Avilala Gangama Fair

Sri Avilala Sridhar, a descendant of Avilala, took part in the service of the Gangamma goddess, as the deity arrived in the village during the Avilala Gangama Fair.



### Sistakaranam leaders at Sri Vaikuntha Rao's daughter's marriage

For a man who considered the service of Sistakaranams to be paramount, an active participant in many Sistakaranam service activities, it was a happy occasion for our Sri Vadada Vaikuntharao to have their daughter's wedding ceremony where leaders, families and relatives all came forward and give him all help and solidarity.

On 04-05-2022 in the Srikakulam town, the wedding of the first daughter of Sri Vadasai Vaikuntharao, devotee of Sri Sathya Sai, Miss Bindu Madhavi's wedding with the only son of Sri Baliwada Srinivas Rao, Mr. Baliwada Santosh Kumar the took place at 10 am at the Sri Vamsadhara Colony Sri Sri Sri Ganapathi

Temple, amidst the chanting of Vedic mantras in the presence of elders and relatives. Congratulations to the newly weds on behalf of 'Lekha'. Greetings, blessings, and help from our dignitaries, Sri Kuppli Krishna Murthy, Sri Dr. Arikathota Kanakaraju, Sistakaranam Helping Hands team members, Andhra Pradesh Sistakarana Sangham President Sri Polumahanti Umamaheswara Rao, other Sistakaranam Sangh leaders and others. "Lekha" expresses a heartfelt thank you for their service spirit.



### Free Aadhaar camp for Children

Lions club, Gajuwaka conducted Free Aadhaar Camp on Monday 30-05-2022 from 9 am to 1 pm in Visakhapatnam which was free for children under 5 years. It was requested to bring the birth certificate of the child and the Aadhaar of the parents. Sri Baliwada Satyarao participated in this program.



## Fraternity Page - Chhattisgarh



### Sista Vidwan Vichar Vedika - Towards Excellence for Teachers Fraternity

A commendable move to design Sista Karanam learned fraternity into research oriented professionals by the stakeholders of CGSKA.

The mentor Ramesh Patnaik, had dealt some of the interesting topics like Brain Based learning, Design Thinking, Emotional Equilibrium, Learning Agility. Such inspiring topics triggered esteems of teaching fraternity with innovations in their professional front.

The sessions were full of enthusiastic participation by many members Ramesh sir had fueled and ignited the baton of knowledge to proceed the legacy with the team of teaching faculties from Chhattisgarh. It has been discontinued with a hope to conduct again as summer's crash courses.

One of the most important topics was Design Thinking, Innovative methodology and an approach to learning that focuses on developing performers creative confidence. The ball revolves around three pointers: Learning, collaboration and problem solving.

The components in teaching and learning process engage hand on design challenges that focus on developing empathy and promoting a bias towards action encouraging ideation, developing meta-cognitive awareness and fostering active problem solving.

The phases of Design Thinking is understanding. During this phase, the subject engages in learning, interact with expert and conduct research. They develop background knowledge, experiences and further developing. Understanding is used as

springboard.

The next phase is Observation. The subject becomes keen people watcher in this phase of Design Thinking process.

Point of view phase and the Ideating Phase of critical component. It is all creativity and fun. Then prototyping and rapid portion of design process is last phase Test Where students are provided with feedback by then they learn what works and what doesn't for their users. The concluding line Design Thinking encourages all types of learners.



- Arti Patnaik  
Raipur

## Fraternity Page - AIPSKA

### Sista Idol



The following Whatsapp post was circulated regarding singing competition, SISTA IDOL, by the **Akhila Bharata Pravassandhra Sistakarana Association** saying that,

The Association is going to conduct bilingual (Telugu/Hindi) songs Competition, entitled "SISTA IDOL", a talent hunt show shortly. Sistakarana Community members are therefore requested to send their particulars as per format given in the earlier notices, latest by 31.5.2022.

A golden opportunity for Sistakarana Community members to expose their hidden singing talents.

Hurry up! to send your particulars along with your photo. Scrutiny is underway.

- Harimohan Patro,  
General Secretary

(With the last date over, please contact Hari Mohan Patro, for your participation.)

## Fraternity Page - West Bengal

### Village Deity Festival



Solapuri, the village goddess, is celebrated in Kharagpur, West Bengal. The festivities begin in April and continue until September in each settlement. The festivities last for nine days. The vendors were brought in processions to the Old Settlement. If you put sand all over the road, there will be a huge crowd. Festive atmosphere everywhere with the noise of the mics. All the roads were lined with flowers. The goddess was invited with tiger costumes, feminine costumes, dupattas and murtis. Telugu traditions are everywhere. All Telugu women participated.

Worshiped in traditional dress. The forms of the Goddess change every nine days. Fair atmosphere at Pooja Pendants.

- Visual Collection-  
Vadada Umamaheshwar Rao, Kharagpur



## Fraternity Page - Kalam Snehitulu



### Basangi shines in Rangula Ratnam

Sri Basangi Suresh in the role of manager in this TV serial 'Rangula Ratnam' is a Member of Kalam Snehitulu Kala Vedika. Congratulations to him.



### Chitra Kavithalu



This month, Yashoda with Sri Krishna-Balaram, Aksharame Na Aasthi, Sri Rama's embrace with Hanuman, a worker carving dolls with a hammer in his hand... With these pictures, up to 60 Sistakaranam poets enthusiastically participated in the Chitra Kavithalu program organized every Wednesday under the leadership of Sri Gowri Shankar Karakavalasa.

## Children's Telugu Literature - Evolutionary Stages

Neglecting children is one of the disorders we see in today's society, especially when parents neglect their children. No particular reason of this can be said to be the cause, but some are due to economic reasons while others are due to social conditions.

The threat to the mother tongue is clear at this moment. Teaching English education was previously restricted to the rich; it is now available to people from all walks of life today. Primary school and high school students studying in villages have been educated in Telugu medium till date. That is why children who know how to read Telugu are still seen today. The time has come for these hopes to be dashed.

Until yesterday, children who went to public schools were taught to read in their mother tongue. But now the government has made it possible for children to learn through one medium or another, either in their mother tongue or in English. At this time everyone is only eager to learn in English.

Ours is a democratic country! The people, the public associations must start a movement for the restoration of the mother tongue.

Establish mother tongue teaching centers

for children and some incentives should be given through them.

In the present society, public associations and cultural institutions must accept this responsibility. Such programs currently being undertaken by organizations for the development of our mother tongue are not enough, it seems woefully minimum.

Childrens' literature in mother tongue development may be the source of this movement.

Childrens literature is not just about writing stories for children, but also about science and technology.

Childrens literature means "childrens literature that appeals to children". We all know that Hitam means good contributor.

The debate over how old it is, is still going on today.

One cannot say how old is childrens literature in Telugu. Nor can one be sure of the originators. The chances are high that a mother was the first child literature writer.

There are many languages in our country. The origin of all languages is Sanskrit. Did childrens literature exist before Sanskrit language? The answer is Yes.

The first baby was born on this earth in the early days of the formation of the earth, in the rocks age when the whole earth was waterlogged.

Mother Earth was ecstatic at the auspicious time that the baby was born. Mother Nature sang the first song welcoming the baby.

She saw the crying baby and sang a lullaby

In the exhilarating springs of the millenia

The first human baby was born on Earth  
In the auspicious moment of birth

With breeze blowing

Mother Earth was in delight

Mother Nature's anthem

A Welcoming Anthem

Necklaces of stars in the sky

Sun rays in the east

The lights of progress for the future world

The welfare of the world is the greatest blessing

Knowledge should flourish.

*Behera Umamaheswararao*



## 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	SRAVYA
Surname	MUNAGAWALASA
Father's Name	M.TIRUMALRAO
Gotram	AATHREYA
Date of Birth	1-May-1995
Nakshatram	KRUTHIKA
Height	5' 5"
Complexion	FAIR
Occupation	PVT. EMPLOYEE WIPRO
Work Place	HYDERABAD
Education	ME / M.TECH
Preference	ANY MASTER'S DEGREE; SOFTWARE; PAN-INDIA

Name	SRIDEVI
Surname	BALIWADA
Father's Name	
Gotram	SHANDILYA
Date of Birth	5-Nov-1980
Nakshatram	HASTHA
Height	5' 5"
Complexion	FAIR
Occupation	PVT. EMPLOYEE NMNC
Work Place	HYDERABAD
Education	B.COM
Preference	ONLY HYDERABADI, ABOVE DEGREE,, WRKG

Name	SRIDIVYA
Surname	JAKKUVA
Father's Name	LATE J. CHAKRADHAR RAO
Gotram	GOITHAMISHA
Date of Birth	28-Apr-1991
Nakshatram	CHITTA
Height	5' 3"
Complexion	FAIR
Occupation	PVT. EMPLOYEE
Work Place	HYDERABAD
Education	MBA
Preference	B. TECH ABOVE, ANY JOB - 30K PM, HYD,



Name	DINESH KUMAR
Surname	VANTARAM
Father's Name	V.SANKARARAO
Gotram	BHARADWAJA
Date of Birth	17-Apr-1990
Nakshatram	PURVASHADA
Height	5' 7"
Complexion	FAIR
Occupation	PVT. EMPLOYEE OPTUM GLOBAL SOLUTIONS
Work Place	HYDERABAD
Education	BE / B.TECH
Preference	JOB, BTECH, & ABOVE, PAN-INDIA

Name	KARTHIK
Surname	KONDUMAHANTHI
Father's Name	K.CHINNARAO
Gotram	NAGESHWARA
Date of Birth	7-Nov-1989
Nakshatram	ROHINI
Height	5' 11"
Complexion	FAIR
Occupation	PVT. EMPLOYEE INDIAN NAVY (DEFENCE CIVILIAN)
Work Place	VIZAG
Education	BE / B.TECH
Preference	BTECH & ABOVE, AMICABLE FAMILY

Name	RAMA PATNAIK
Surname	NAGAMANTRI
Father's Name	VENKATA RAMANA
Gotram	ANGIRASA
Date of Birth	1-Oct-1989
Nakshatram	CHITTA
Height	5' 2"
Complexion	TAN
Occupation	BUSINESS REAL ESTATE
Work Place	VIZAG
Education	10TH / SSC
Preference	AMICABLE FAMILY,

Name	SANTHOSH KUMAR
Surname	BALIWDA
Father's Name	LATE
Gotram	SHANDILYA MOHA MANI
Date of Birth	29-Jul-1985
Nakshatram	BHARANI
Height	5' 11"
Complexion	FAIR
Occupation	PVT. EMPLOYEE GENPACT INDIA PVT HYDERABAD
Work Place	HYDERABAD
Education	
Preference	PAN-INDIA, ANY DEGREE & ABOVE;

Name	SRINIVAS RAO
Surname	VAPPANGI
Father's Name	V.KURMARAO
Gotram	SISTIKARANAM
Date of Birth	21-Apr-1991
Nakshatram	PUNARVASHU
Height	5' 5"
Complexion	FAIR
Occupation	PVT. EMPLOYEE INFOSYS
Work Place	
Education	
Preference	SOFTWARE EMPLOYEE, WELL SETTLED,

### 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

### Home made Cool Summer Drinks

#### Refreshing Detox Water

Detox water helps you to flush out toxins and improves digestion. Stomach bloating can also be avoided in this summer season.

*How to prepare detox water at home?*

*Easy to make -*

Take a glass bottle or jug. Add half cucumber slices, 1 lemon slice, 12-15 mint leaves and add 3 litres of water. Then shake all the ingredients that you poured in the glass bottle and leave it for minimum 2 hours. Then you can consume the drink whole day long bit by bit.



*Make your Hot summers Cool ! Try these Healthy drinks at home:-*

#### 1-Jaggery sharbat

*Preparation:*

Step 1: Take a mixer jar. Add grated jaggery 1 cup, 1 inch ginger piece, a pinch of black salt, few pudina leaves, 2 glasses of chilled water and half lemon juice.

Step 2: Blend it well.

Step 3: Ready to serve with ice cubes.

*It helps to control body heat and keeps your body hydrated !*



#### 2-Watermelon Juice

*Preparation:*

Step 1: Take a juicer jar. Add watermelon pieces, half inch ginger piece, sugar 1 tablespoon, pinch of black salt and few ice-cubes.

Step 2: Blend nicely.

Step 3: Pour it in a glass and also add ice cubes.

Step 4: Garnish with melon slice and mint leaf on top.

*And your watermelon juice is ready to take a sip!*



- B. Rashmi Rani Patnaik  
Hyderabad

### Important Numbers to Remember

1. Blood pressure: 120 / 80
2. Pulse: 70 - 100
3. Temperature: 36.8 - 37
4. Respiration: 12-16
5. Hemoglobin: Males (13.50-18)  
Females ( 11.50 - 16 )
6. Cholesterol: 130 - 200
7. Potassium: 3.50 - 5
8. Sodium: 135 - 145
9. Triglycerides: 220
10. The amount of blood in the body:  
Pcv 30-40%
11. Sugar: for Children (70-130)  
Adults: 70 - 115
12. Iron: 8-15 mg
13. White blood cells: 4000 - 11000
14. Platelets: 150,000 - 400,000
15. Red blood cells: 4.50 - 6 million
16. Calcium: 8.6 - 10.3 mg/dL
17. Vitamin D3: 20 - 50 ng/ml  
( nanograms per milliliter)
18. Vitamin B12: 200 - 900 pg/ml

### 'WHO' recommends physical activity

The World Health Organization (WHO) recommends that children and teenagers engage in at least 60 minutes of physical activity per day, while adults should do at least 150 minutes throughout the week. But it notes that as many as 80 per cent of adolescents and one in four adults do not meet the recommended levels.

Regular physical activity helps prevent non communicable diseases, such as heart disease, diabetes and several cancers too. It also improves the quality of our daily lives.

# Talent Corner

## Drawings by Chi. Anirudh Balivada, USA



Chi Anirudh Balivada is a 7th grade student at Lanier Middle school in Houston, Texas. He uses various mediums to express his art works at such a young age. 'Lekha' shares few of his works that were done while he was in his 6th grade.

He is the younger son of Mr. Suresh Balivada and Mrs. Sumathi. He is grandson of Late Sri Balivada 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.



Social studies project at school. Texas-Battle of the Alamo. The people are the generals and others who became famous in the battle.



Manga art; it is a Japanese art. This character is from one of their famous series, "Demon Slayer"



Animals drawings were part of a study of animals for a school project. Medium is color pencils and markers.



Self study of Art-of hand holding a leaf. Medium is graphite pencils and colour pencils.

## Karanam World

### Nandi Award winner Sistakaranam Lady

Dubbing Artist. Woman of our manners.

Nandi Award Recipient Mrs. Dabir Jayalakshmi.

Residents of Visakhapatnam. Dabir Jai Lakshmi has impressed many with her performances in the role of Parvati in the play Devadasu. Recipient of the Nandi Award, which promotes artists, Jayalakshmi has given over two hundred performances so far. Participated in many performances by various directors and received many prizes. Ushodaya Kalaniketan, who wrote and directed Cherukuri Sambhasivarao, completed sixty performances in the play and won 31 awards for Best Actress. She was repeatedly acclaimed as the Best Actress for her performance in the play Vandanam under the same organization. Ushodaya Kalaniketan won the Nandi Award for Best Actress for her role in the Nandyal Drama Festival in Nandyal in 2000 for her performance in the same organization. Ushodaya Kalaniketan has acted in the company for a long time. Why did Jayalakshmi play so many roles in plays like Chithi.... even if such artists are disappearing.... hoping to play more roles and receive many accolades as a dubbing artist in the film industry

-Haribabu Baliwada

### Comrade Nagabhushanam Patnaik (Gunupur)

The one who left the legal profession and conducted public courts in the public arena because justice for the poor can not be found in the courts...

The founder of the peasant movements in Srikakulam, Parvathipuram and Orissa...

The one who rocked the Garuda Bhadra landlord...

The one who was convicted in the Nakkapalli conspiracy case..

The one who was the epitome of the movement against death penalty...

The one who gave a court statement about the necessity of a revolution, the corruption of the rulers...

The one who crossed the walls of Visakhapatnam prison, the one who was the definition of sacrifice...

The one who embraced revolution his during lifetime...



The hero who fought death and the establishment...

*He is a dear friend of the oppressed classes...*

*He is none other than*

*Comrade Naga Bhushan Patnaik from Gunupur town!*

### The father of the Vamsadhara project, Sikkolu Cotton Patnaik, on the occasion of 11 May death anniversary

Technicians. He is the father of a genealogy project that is cultivating Srikakulam district and providing irrigation and drinking water to 2.50 lakh acres.

He hails from Chikkalavalasa village in Narasannapeta mandal. The then engineering authorities had planned to build 32,000 acres of agricultural land, 30 villages completely and 32 villages partially submerged if the reservoir was constructed near Gotta village in Hiramandalam zone in 1954. However, Tungathampara Sastri blocked the construction of the reservoir with the help of President VV Giri's scepter on the idea that his 400 acres of land would be submerged. In this context, the government suggested that Patnaik, who was working as an executive engineer for the Nagarjuna Sagar project in 1964-65, be transferred and made models for the genealogy project. There were political and technical obstacles to the construction of the reservoir on the pipeline. To overcome these, he proposed a new, current Genealogical Reservoir model. With the initial proposals, however, only 16 TMCs of water storage as well as 32, 000 acres of land would have been subject to flooding. Patnaik, on the other hand, plans to store 18 TMC of water and flood only 10, 000 acres. The construction of a reser-

voir next to the river was initiated like nowhere else in the country.

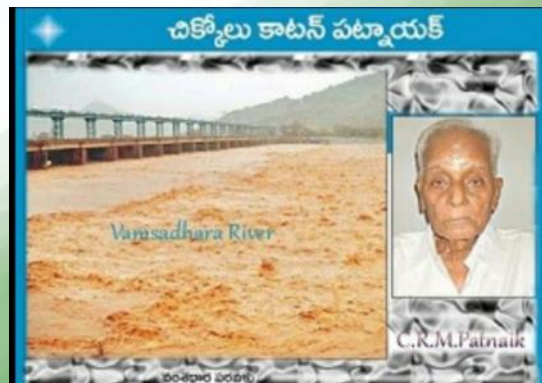
He oversaw the construction of the Gottabarrage in 1977. He came to Gottabarezi to take a comprehensive look at the flood situation after the massive floods of 1980. From there it was a two day trek on foot through the adjacent hills with no way to go back and reached Narasannapeta. The incident was the talk of the town at the time. This incident mirrors his performance.

His reputation spread in two directions when he designed the first phase of the genealogy project in 1968 and completed it in 1970. He designed the construction of the barrage at Neradi for the construction of the second phase project of the genealogy. The YS Rajasekhara Reddy government took steps in that direction after the Odisha government objected at every step and came up with another design that could complete the project by building a side viewer near the direct. The Odisha government has also approached the Supreme Court over the issue. The construction of the third phase of the genealogy engineers across the country once again turned to Patnaik for Sasemira Anand.

He has comprehensively reviewed many projects in the field of irrigation and has written books on various technical issues to rectify their shortcomings. His son is also the Chief Engineer of Odisha Irrigation.

He passed away on May 11, 2017 at his residence in New Colony, Srikakulam.

-Collected  
by P.S.R.N.Murthy



## Karanam World

### My experience with Literature Legends - Part-3

In this article I will share with you my experiences with Yugakavi Gunthar Sheshendra Sharma.

His speech is a flute, his poem a sweet song, his passion is the home of anthropology.

With his poetry, he plows the fields of human life, saying, "I can be a fistful of clay." The great poet Sheshendra wrote the Kavisena Manifesto and gave a direction to poetry

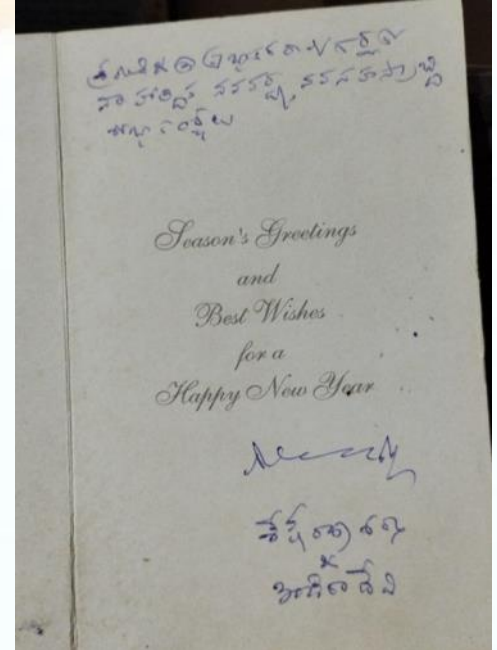
Such epic poet came to Visakhapatnam in 1996 to receive the Mahakavi Gurzada Award from our organization Sahrudayan a Sahiti in Visakhapatnam. He came with his wife, Smt. Indira, and stayed at the Taj Hotel. As usual, we have arranged the award function on September 21, Gurzada Jayanti. The speech he delivered in the House was a solemn one. He wrote the Kavisena manifesto along with revolutionary, progressive and fictional ideas and gave direction to modern poets. In his speech, Seshendra spoke passionately about principles in Ramayana and his favorite poem Bhavabhuti Uttara Rama Charitam.

The award ceremony was attended by Visakha Port Chairman Sri Gopal, Sri Bhashyam Appalacharya, Chitrakavi Atreya, District Judge Sri Lakshmana Reddy and others.

I had the opportunity to spend time alone with Yugakavi Sheshendra Sharma for a long time. We discussed many literary works and poetic styles with him at length. After that, the press conference was attended by journalists along with Visakha writers Kavisekhara Kondempudi Subbarao, Kothurthi Bhaskara Rao, Bharat Sharma by the name of

Avadhanasaraswati. His invaluable books on modern Mahabharata, Janawansham, Kavisena Manifesto etc. were presented along with autographs. When they presented the Mahakavi Gurzada Award to Malathi Chandoor, they also sent millennial greetings in the year 2000. The generosity of their friendship to walk up close to such a great man, Mahakavi Gari is my ancestral virtue.

*Sekharamantri Prabhakar  
Visakhapatnam*



## Our Treasures

### Our Ancient Life Tips

#### 1. Ajeerne Bhojanam Visham

If previously taken food is not digested, having food again is like taking poison. Hunger is one signal that the previous food is digested.

#### 2. Ardharogahari Nidhrra

Proper sleep cures half of the diseases.

#### 3. Mudhgadhaali Gadhavyaali

Of all the pulses, green grams are the best. They boost immunity. Other pulses all have one or the other side effects.

#### 4. Bagnaasthi Sandhaanakaro Rasonaha

Garlic even joins broken bones.

#### 5. Athi Sarvathra Varjayeth

Anything consumed in excess, just because it tastes good, is not good for health. Be moderate.

#### 6. Naasthimoalam Anoushadham

There is no vegetable that has no medicinal benefit to the body.

#### 7. Na Vaidhyaha Prabhuraayushaha

No doctor is Lord of our longevity. Doctors have limitations.

#### 8. Chinthaa Vyaadhi Prakaashaya

Worry aggravates ill health.

#### 9. Vyayaamascha Sanaihi Sanaihi

Do any exercise slowly. Speedy exercise is not good.

#### 10. Ajavath charvanam Kuryaath

Chew your food like a goat. Never swallow food in a hurry. Saliva aids first in digestion.

#### 11. Snaanam Naama Manahprasaadhanakaram Dhuswapna Vidhwasanam

Bath removes depression. It drives away bad dreams.

#### 12. Na Snaanam Aachareth Bhukthvaa

Never take Bath immediately after taking food. Digestion is affected.

#### 13. Naasthi Meghasamam Thoyam

No water matches rainwater in purity.

#### 14. Ajeerne Bsheshajam Vaari

Indigestion can be addressed by taking plain water.

#### 15. Sarvathra Noothanam Sastham Sevakaanne Puraathanam

Always prefer things that are fresh. Old rice and old servant need to be replaced with new. (Here what it means in respect of servant is: Change his Duties and not terminate.)

#### 16. Nithyam Sarvaa Rasaabhyaasaha

Take complete food that has all tastes viz: Salt, Sweet, Bitter, Sour, Astringent and Pungent.

#### 17. Jataram Poorayedhardham Annahi

Fill your Stomach half with solids, a quarter with water and rest leave it empty.

#### 18. Bhukthvopa Visathasthandraa

Never sit idle after taking food. Walk for at least a few minutes.

#### 19. Kshuth Saadhuthaam Janayathi

Hunger increases the taste of food. In other words, eat only when hungry.

#### 20. Chinthaa Jaraanaam Manushyaanaam

Worrying speeds up ageing.

#### 21. Satham Vihaaya Bhokthavyam

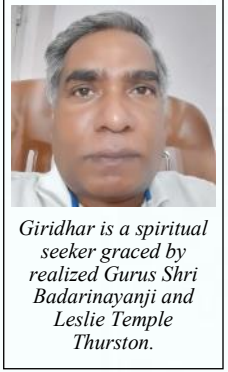
When it is time for food, keep even 100 jobs aside.

#### 22. Sarvaa Dharmeshu Madhyamaam

Always choose the middle path. Avoid extremes in anything.

### Atma Bodha

Practicing silencing the mind will lead to equanimity. Satguru's grace will lead to further deeper silence. With deeply silent mind Sadhak becomes tuned to be able to observe the undisturbed, and the ripple less soul. He then knows the nature of soul. When he knows the nature of the soul, he knows anything in the universe. He sees the omniscience. This is what the scriptures say. Very few people reach the state of self-realization. However, a lucky Sadhak gets the glimpses of divinity of self. He gets sensations and insights of universe and self. That is when his or her realization has started. It may take even few life terms to become self-realized.



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

The Gurus start appearing in their life. This shows to them that their self-realization process has started. For them, reading the scriptures which is known as svadhyayana is one of the Niyamas prescribed in Patanjali Yoga sutras. A good start for svadhyayana is with Atma Bodha.

Atma Bodha is a treatise written by Adi Shankaracharya. Atma Bodha describes the nature of self, through a metaphorical language. Atma Bodha is one of the well referred texts for gaining self-knowledge by spiritual schools. The Prakarna Grandha– Atma Bodha is epitome of Advaita Vedanta. A jnana Yogi has many such texts to acquire the self-knowledge from. Shankara says self-knowledge is the direct knowledge essential for enlightenment such as fire is to cooking. The self is covered by 5 sheaths of the body which are ignorant of true nature of self. The ignorance covers Atma such as clouds cover the Sun. The world appears to be real, until Brahman is discovered. Shankara says that consciousness is like the space in a pot. When the pot breaks you no longer can tell the difference between the space in the pot, and the all-pervading space. Same way the consciousness in an individual is same as the Atma that is all pervading which is also generally referred as Paramatma. Atma Bodha tells that Atma is attribute less. Atma is formless yet the cause of all forms is the self. Because of the self, mind, intellect and the 10 Indriyas which are made of subtle body creates the worldly experience. A lot is described in Atma Bodha about self, that this article cannot cover.

Sadhakas are encouraged to self-study Atma Bodha. Even though reading this text will not necessarily lead to self-realization it gives one an intellectual understanding of self, preparing Sadhaka to realization. Intellectual understanding is not equal to direct experience of self. Almost all the people die without a real experience of self. Only few Masters are self-realized. However, realizing the need for self-realization is the first step. A Sadhaka's only goal is to become Mumuksha. Sadhaka can learn about Atma Bodha by a series of video lectures in English by Swami Tada-atma-ananda on youtube starting with the lecture at this link.

<https://www.youtube.com/watch?v=QIKPA35xGJ8&t=586s> One can also learn about Atma Bodha in telugu by the video sessions by Swami Paripoornananda on youtube at his link.

<https://www.youtube.com/watch?v=RPJMvOly0Pk&t=1739s>

## Iky Vedika Round Up

### IKYAVEDIKA turning Two

We would like to believe that one of the good things about the pandemic for the Sistakaranam Community was the birth of Sistakaranam Ikyavedika.

It was in the month of June in 2020, at the height of the pandemic, amidst a nation wide lockdown that half a dozen Sistakaranams came together and began the weekend online meetings, engaging Sistakaranams all over the 2 Telugu states, indeed all over the world.

Two years later, we can celebrate the iconic Lekha, the innumerable online meetings, online festival events, our web site, our Facebook page - all bearing testimony to the group exploiting technology to the fullest. Our latest forays into physical connects with our community in various events is turning over new leaves in our book.

We will continue with undiminished enthusiasm to scale new heights.

### 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



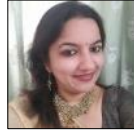
**Chandrababu JV**  
80748 00939

#### 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.