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## 2 Years of Sistikranam Ikyavedika!

June 27, 2020 will go down as a watershed moment in Sistikaranam community history.

A group of 6 like-minded persons came together to kickstart an initiative that leveraged digital technology in connecting our community spread over the globe.

There was a lot of encouragement as well as scepticism within the community on this initiative. Driven by service to the community and powered by technology, we hit the ground running with our weekly online meetings, which have given a snapshot of the strengths and weaknesses of our community.

Calling ourselves Sistikaranam Ikyavedika (SKIV), we soon organized Independence Day celebrations thru visual/digital media covering multiple states involving our community members in multiple events. This was followed by Dusshera celebrations with events across India. These events proved that we have vibrant SK communities across India somehow disconnected with each another due to the tyranny of distance.

After much deliberations among SKIV, the first real outcome came in the form of LEKHA, our community's first digital monthly magazine released in December 2020. Since its debut, the monthly magazine has been religiously released on the first Sunday of every month. To date (including the one you are reading) a total of 20 editions have been released. This despite one attempt by outsiders to cull it at the beginning of 2021.

The magazine brings together all happenings, our shining stars, and stalwarts who contributed to the community might in one pdf. It ensures that though we are physically separated, we all know and appreciate each and every one striving for the betterment of the community. The constant positive feedback keeps us motivated to keep us going!!

Our next logical initiative, SKIV Skill Share saw us conduct physical seminars in Srikakulam and Gajuwaka, and we are thankful to our fraternity groups who helped us in organizing the seminars aimed at helping our community job seekers and youth. The physical meet that happened in Hyderabad on May 1st covered upskilling and job/business opportunities. SKIV Skill Share team has been contributing right from 2021 onwards by engaging coaches from our SK community.

SKIV team also launched the "skiv.online" website in mid of 2021 and has quickly become a repository of SK information, Lekha pdfs etc. The addition of Vivaha Parichaya Vedika has moved it to address one of the true requirements of an information bank for all prospective brides and grooms that can be easily queried and zero cost to use it.

As a final statement, we want to acknowledge all the elders, and community members who have encouraged us in the beginning, held our hand during the journey and ones who helped us to propagate Lekha and, by extension, SKIV through WA or word of mouth.

## A Few Disclaimers

This newsletter is published by Sistikaranam Ikyavedika Digital Team, a voluntary group from the Sistikaranam 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 Sistikaranam 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

### Resolution for July 10 meeting

On the call of All India SistaKaranam General Secretary Mr. Aguri Nagarjuna, the top leaders of Andhra Pradesh and other states SistaKaranam Sanghams met in Visakha to unanimously elect Sri DV Krishna Rao as the President of the All India SistaKaranam Sangam.

In a meeting presided over by Sri Polumahanthi Uma Maheswara Rao, President of Andhra Pradesh State SistaKaranam Sangam, a resolution was passed strengthening Sri DV Krishna Rao as the President of All India SistaKaranam Sangam. It has been announced that a meeting will be arranged with the representatives of the SistaKaranams of all the states of India on the 10th of July. To this extent, a notification has been released for the election of the President of the All India SistaKaranam Association.

The top leaders said that more than 12 hundred SistaKaranam caste representatives at the state, inter-state and national levels will

be invited and hold the election of the president of the All India SistaKaranam Sangham at a Kumari function in Simhachalam.

In this program SistaKaranam National General Secretary Mr. Aguri Nagarjuna, State Leaders of Andhra Pradesh SistaKaranam Sangam, Sadashivuni Krishna, Dabburu Ven-

katarao, Simhagiri Patnaik, BRM Patro, Gauri Prasad, Pavani, Baliwada Haribabu Baliwada Sathya Rao, Raghupatruni Saibabu, Manyam Baburao, Sadashivuni Lakshmana Rao, Telangana State Sista Karan Welfare Association Treasurer Uriti Parvatheeswara Rao and others participated.



### Crowning of talent by Sistakaranam Yuvata

1 SALIHUNDAM DHEERAJ	590
2 KODURU SRUJAN	589
3 BALIVADA MANASA	584
4 VENUM DINESH SATYASAI VENKAT	582
5 PATNAYAKUNI JOSHNIITHA	582
6 G.PRAVALLIKA	581
7 SAHITYA KARAKAVALASA	578
8 DABBIRU DHARANISH	577
9 CHARVI POLLUMAHANATHI	575
10 PEDAPENKI HASINI	574
11 PRATHAPARAO MANASA	574
12 BALIVADA MAHATHI	572
13 RAJAM MANIKANTA	571
14 VEENAM JAYA SANDHYA	571
15 PATNAYAKUNI ADARSH	570
16 ROMPALLI JYOTHSNA	568
17 SINGUMAHANATHI HEMANTHKUMAR	568
18 AYYANNAMAHANATHI MONIKA	567
19 SREEJA RAJAMAHANATHI	563
20 VANDRANGI BHARGAV	560
21 SALIHUNDAM HASINI	560
22 TYADA SURYA KOWSHIK	559
23 KOTIPAM SRIHITTA	559
24 KORLAM PRABHA TEJASWINI	558
25 BALARAMAMAHANATHI LOHITHA	557
26 URITI SWATHI BRAHMANI	557
27 JAKKUNA ASWITHA	556
28 VURITI SATYA SIDHA VARSHITA	552
29 SALURU PRAVALLIKA	551
30 NADUKURU POOJA	571
31 SALURU LEKHANA	578
32 DABBIRU SREERAJ	565
33 BASURU LIKHITESH	574

Sistakaranam is known for education and knowledge. Many are still showing their talent by continuing the same high standards from then to today. In the same vein, the 10th class results released this year showcased the extraordinary talent of the students. Launched with the main objective of rejuvenating the Sistakaranam caste, the Sistakaranam Youth Talent Awards was held 6/21 at Aditya Degree College in Vizianagaram with the intention of presenting 1116 Rs cash, an award and a certificate of appreciation to 32 students from Andhra Pradesh who scored above 550 marks in Class 10 results this year. The event was organized by the youth president Sri Manapuram Suresh Kumar. Retired DEO Sri Vandrangi NagabhushanRao, Meo Sri Parameswara Rao. many great teachers and parents of students participated in this program and made it a success. The dignitaries in this program are the SK Yuvatha Women president Dabburu Prashanthi, Secretary Sri Behera. Rajesh Kumar, President of Youth Vijayanagaram Marupalli. Sri Nagesh, Sri Dabburu Vasantha, Vijayanagaram District BJP Secretary Sri Bagam. Rajesh, Sri Srikanth on behalf of YCP, Vijayanagaram District SK Trade Union Leaders Sri Bala Bhaskara Rao, Sri Dhulikeshwara Rao, Nandigam Koteswara Rao & Rajesh Behera



### India's commendable Bilateral Success involving a Sistakaranam Accused

India successfully thwarts Pakistan-China joint plan at UN, branding Indian Foreign Embassy official Sri Duggivalasa Govinda Patnaik as a terrorist.

The United Nations Security Council has rejected Pakistan's submission. Four member states, USA, France, Britain and Albania stood by India. Pakistan has already made this proposal previously, but even then the five member states stood by our country.

## Newsmakers

### Award to Manyam Babu Rao

Sri Sadasivuni Baburao received Jayabharati Nandi Award amidst applause in the Visakha mayor chamber office. Congratulations to him on behalf of "Lekha" Team.



### Our GST Officer felicitated

Let us congratulate our Sistakaranam top level officer in GST Dept Sri Allena Ramesh Kumar on his felicitations by the General Secretary, Andhra Pradesh GST Officers & Employees Association, the State GST Commissioner President, APCT Gazetted Officers Association, This event was attended by Officer Additional Commissioner Associate President APNGOs' Association C and NGOs Union Leaders and other stalwarts

### 9.8 Grade in Telangana 10th Exams

Chi. Yashasree, Proud daughter of Sri Sadasivuni Dhilleshwar Rao, and Smt Sharmila, who lives in Kothur near Hyderabad, secured 9.8 Grade in Telangana 10th exams. Congratulations to her. We wish her to scale greater heights in the future.



### Several Accolades to Umakavi

Sahitya Chaitanyakiranal, Balakadanilayam President Bhogela Umamaheswara Rao (Umakavi) was felicitated under the patronage of Valluri Srinivas at the Rabindra Bharati Bhavan in Hyderabad. During the program, a poem was read on the topic of global environmental protection, "I believe the plant is as alive as you." Umakavi was presented with the "Global Environment Climate" award on the occasion. The award was presented to Dr. Chaudhary, Hero Kiran, Singer Sanashree, Manjulatha, Motori Narayana Rao, JV Kumar and others.

2) National Sevaratna Award-- Received

National Literary Sevaratna Award by Senior Cinematographer Nandamuri Tarakaramaru under the auspices of Chinukkultural Society, Kolakaluri Foundation at Comrade Puchalapally Sundarayya Auditorium, Sundarayya Science Center, Hyderabad.

3) Suddala Ashok Teja's book "I speak the forest" was explained at a meeting organized by the Mavericks Rotary Club of Hyderabad. Umakavi was greeted by Ashok Teja, a famous folk and cine writer. Umakavi came from Srikakulam and was fond of him and congratulated him for reminding him of the Uttaranchal tribal customs.



### Several Accolades to Sri Tirumala Rao

1. Kudama Thirumala Rao, a member of the Rajam Writers' Forum was applauded by the Local legislator Sri Kambala jogulu. He lauded Thirumala Rao, who excelled at the National Conference organized on the occasion of the centenary of the birth of Nandamuri Tarakaramarao and made us all proud, .

2. Akshara Kaumudi, Godavari Writers' Association (Gorasam) jointly invited poems on the topic of Suravaram-Telugujativaram and the poem sent by Thirumala Rao received congratulations.

3. On the occasion of the 3rd World Environment Day, the Telugu Writers' Forum Poetry Festival was organized with the theme of environmental poetry. In addition to the summer training camp for students, the seminar was well attended with elements that promote environmental values.

4. At the wedding venue of Gananatha (Yuvajana Seva Sangam representative) with Rajeshwari, conducted a wonderful and engrossing GK quiz program. K T Rao received the award at the hands of MD Prasad, a famous magician from Srikakulam district.

4. At the wedding venue of Gananatha (Yuvajana Seva Sangam representative) with Rajeshwari, conducted a wonderful and engrossing GK quiz program. K T Rao received the award at the hands of MD Prasad, a famous magician from Srikakulam district.



## Newsmakers

### \$ 3 Million book of business - Best Insurance Brokerage

Ms Suneetha Nagumantri who has established herself in Toronto Canada as an owner of All- Risk Insurance Brokers Limited. She completed one year with flying colours, crossed \$3Million book of business and being rewarded as the best Insurance brokerage one year journey with full of challenging experiences but faced enthusiastically.



Crossed all hurdles to see their name name on top in world record.

### Century Teacher

Let us congratulate our sistakaranam centenarian teacher Smt Shakuntala Patnaik (born in Saravakota village and wife of Sri P B Patnaik) recently turned 100 years of age and recollected olden days..

Happy Birthday to You Madam (June 22)



### Kavi Murthy is Sub-Editor of Telugu Daily

Let us congratulate our sistakaranam senior journalist , poet , writer and literateur Sri P R S S N Murty (Pakki Ravi Sekhar Satya Narayana Murty) garu of Hyderabad ( native of Bobbili) on the occasion of inauguration of Akshara Koumudi Telugu Daily Newspaper on 23-6-2022 as Sub Editor of the daily.



### Ch. Harshita selected for Indonesia

Many world-renowned celebrities have risen to prominence in various fields, many of whom are from our Sistakaranam caste.

However, Harshita Tina Raghupatruni, is a world-renowned child who achieved so much in her childhood.

Father's name is Raghupatruni Nagaraj Patnaik.

She learned folk dance with a discipline in her father's training and won international folk competitions in countries such as Indonesia, Turkey and Thailand.

We are proud to belong same caste of Harshita Tina, a child prodigy who has won many national and international awards and has received many accolades as a child.

Harshita, who became famous at the age of 14, is now proud to represent India on July 31 at the International Film Festival (Cultural Film Festival Program) in Indonesia.

Bless the child Harshita.



### Sri Govindarao felicitated at the Library Society Conference in Tirupati

Rayalaseema Regional Seminar on Management of Library Needs under the auspices of Andhra Pradesh Library Association was held at Srivenkateswara University, Tirupati. Mr. Dabbiru Govinda Rao, a mathematics teacher from Kintali School, was invited to the awareness conference and his speech was well received. In this program. Shri Seshagiri Rao, Chairman, Library Council, Shri KC Kalukura, Presidential Secretaries, Andhra Pradesh Library Association Speakers at the meeting attended by Mrs. Ravi Sharadagaru, SVU Vice Chancellor Rajareddy, Acharya Surendrababu and Dr. Kishore. He said that Govinda Rao's dedication in setting up libraries was very good and asked the library students to take inspiration from Govinda Rao who is working for the establishment of a large number of libraries in the state. Many were impressed by Govinda Rao's inspirational speech on the occasion and later paid rich tributes to him.



## Editorial

### Ikya Vedika -Sadbhavana

Namassumanjali to all Sistakarana relatives

Today, our community is moving forward in all areas. The only way is to get together and as we all know this. That is why the "Ikya vedika" was born. It has Sistakarana members from all over the world and includes all the regional associations. Now celebrating second anniversary With Congratulations we make Ikya-Vedika as a forum to bring all Sistakaranams together.



In this occasion we remember some of the great personalities words as below :

"Both our thoughts and practice must be healthy. There should be no curvature in these."

"The body is the chariot, the mind is the driver, the mind is the reins, the senses are the horses. The senses of the uncontrolled mind run towards things. But when the mind is restrained with discernment and wisdom the senses awaken and introvert like regular trained horses."

"When the mind loses its temper, it seeks out things that are troublesome and unwanted. No matter how natural it is."

"The reason we say that it is not a natural state is that the consequences of it hurt the organism. No one can harm others without destroying himself."

Therefore, one should always have good intentions. Then self-harm will not happen.

"Sarva Sishtakarana Sukhinbhavanthu"

JV Chandrababu & LekhaTeam

## Unity is our Religion

Greetings and best wishes to the Founders, Members, and Patrons of the "SKIV Platform & Lekha" "Biennial" Festival. A new digital Innovation got accomplished. The initiative is not limited to the Telugu states but is an attempt to introduce all the SK communities spread across the country. Content that publishes talent and encourages enthusiasts is commendable.

"Unity" is our religion; "Mutual cooperation" is our caste. "To help" is our family name. Everyone needs to get better - for that matter, they should be doing what anyone can. Let's move forward by connecting, coming together, growing. Let's guide the "youth". Good luck.

Appo Deepo Bhav.

Sri Chandramohan Yeluri,

(Senior Citizen)

## Interview

### Zero to Hero. A real role model

*Life is not easy for a child who loses his father at the age of 3 months. He had seen his mother working as a peon at his school where he was studying. The kid firmly thought within himself to give the best to his mother. He has become an achiever from zero to hero. We must feel proud of our Sistakaranam, Shivam Arun Patnaik from Chhattisgarh. Sistakaranam chapter of Chhattisgarh arranged an interview for Lekha to explore Arun Patnaik further. The excerpts of the conversation....*

**You are definitely an interesting person to look into your inside personality. Please tell us about your childhood.**

My greetings. We basically hail from the Visakhapatnam region, but due to my father's job in the railways, we settled in Bilaspur. I was born in 1974. I lost my father when I was just three months old. My mother, who is not so educated, got a job on compassionate grounds. I studied at Railway Primary School, where my mother was working as a Peon.

**Please share with us about academia and career.**

I did MBA and then obtained Ph.D. I was awarded with Honorary Causa by Commonwealth University. I have gone through the hardships of life to reach to this stage. I started my career as a PCO Attender at a very early age to support my family. Today, I am working as Director-PR with Amity University.

**Today you are our inspiration. What inspired you to become what you are now?**

My mother's struggle was my first inspiration. I drew inspiration also from the greatest personality like Swami Vivekananda. I reach out to the downtrodden and the needy. I am running a Bal Vikas Shala for urban slum students. I also conduct classes on human values for the inmates of the prison in Chhattisgarh. I was the first to identify illegal Bangladeshis residing in Chhattisgarh and 28 fake NGOs in the state.

**Recognitions and awards reach out to achievers. Just name few of them.**

I have been awarded the Chhattisgarh state award, Rashtriya Seva Ratna, twice. I also got awards from the Union Ministry of Urban Development, the Government of Andhra Pradesh and Bihar, the Vice President Award, and many more. I was invited by the Telangana government to

represent the World Telugu Conference. I was nominated twice for a Padma Shri award. I have delivered lectures at many of the national and international institutions of high repute.

**Tell us about some proud moments in your life**

The proudest moment in my life is when I was invited as chief guest to the same school where my mother worked as a peon. That day, I declared my mother's voluntary retirement from service.

**We are eager to pass on your message to our esteemed readers. Can you please?**

One should work hard with sincerity, dedi-



#### Sri Shivam Arun Patnaik

Father : late Shivam Jagannadha Rao

Mother : Laxmi

Wife : Sandhya

Daughter : Saideeptika Patnaik

cation, and strong will with empathy and sensible emotions. Remember Swamy Vivekananda's words "Don't give up" and I strongly follow them. Thanks to Lekha for rewinding my memories.

**Arun Patnaik is a role model in many fronts. Lekha wishes him to reach further heights and be remain inspiring us.**

Interviewer-Smt.Arati Patnaik,Raipur,  
J.V.Chandra Babu,Hyderabad.

Compiled by-Mantri Narsimha  
Rao,Hyderabad



## Open Forum

### Dowry: Father and Daughter Perspective

Dowry is a system of gifting during marriages. It is said that earlier parents used to gift some of their belongings to their daughters because she has to leave her maternal home and enter her in-law's house. People used to gift their daughter according to their ability of gifting. They wanted their girl to stay happy at her in-laws' places with such comforts so that she could acquire the same empathy and a carefree living over there also. But after some years it's been made an intimidation and a customized ritual which have to be all together eventuated. A girl should be gifted an inexorable number of sweets along with gear and wealth accordingly, along with all the wedding receptivity done by the bride's family. Father of the bride had to entrust all the marriage expenses without any financial help from the groom's side. It was a start of this system which if not followed properly the bride had to suffer the rest of her life and was made as hell by her in-laws. Nevertheless, this is not the situation always which a father outfaces. A responsible father always does whatever he can do only to secure his daughter's married life.

Years passed but yet the situation and the position of the girl is eventually similar as

before. Through the changing time the proposals have also transformed to advance according to the demands. It goes like "Groom's parents' demands endowment to the bride's family, if the demands are affordable and everyone agrees for the demands then only, they proceed for the further marriage proceedings. If that is non-bearable then anyhow, they will not proceed further." Bride's father always undergoes the stress of rejection which is dependent on gifting process and that never ending stress begins from the date of fixing marriage, the level of anxiety is at its peak when gifting arrangements doesn't resonate with groom's sides' wish list.

After witnessing this sort of vicious acts on the name of endowment, a law have been passed to ban Dowry. It is THE DOWRY PROHIBITION ACT, 1961, (Act No. 28 of 1961), An Act to prohibit the giving or taking of dowry which was enacted by Parliament in the Twelfth Year of the Republic of India. Even though the law has been passed the system still remains at its place but with a minimum violation but with a much of subsidy and reconciliation. In a way or another few people acknowledge the law whereas the remaining confidentially follow

the system of dowry. Philanthropy and inheriting protocols are still on board however none of the public are witnessing it to the law enforcement thinking of responsible bride's father not to be seized by the law enforcement.

As per the growing years somehow accidents occurring on the name of dowry have been reduced and the range of gifting items have been increased much more than before.

If we are a responsible citizen then we should take a stand against "dowry". We should raise our voice against it not only because it is ruining someone's life, money, belongings but also because it is officially banned and people who performs will be imprisoned. If a girl takes a stand for herself and rise a voice against "dowry" then there is nobody who can stop her, if anyone stops her then make them aware of the law.

We all should join our hand in hand to stop this system and also make people aware of the law against it and stop our girl children from getting sold on the name of "DOWRY".

*D. Shilpa  
Delhi*

### Father's Day Background

Happy Father's Day 19 (19 June 22)

Dad is a god

Dad is a responsibility

Dad who taught me to walk by holding my little finger

A guide who introduced the world to me with the index finger

A father who enhances the legacy of his appearance

He is first God to every child

However, the priority given by society is to the role of mother

What Dad doesn't have is cruelty

If the mother gives birth to a child in creation

Dad gives life

Despite the rigors in raising

Dad is the giver of a superior future

If mother bears the baby for nine months

It is the father who carries the life of that child

Being the abode of love

Laying the foundations for the child's future

Even beyond sixty

Staying supportive of his baby's life

A father who always yearns for his children ...

Father's Day theme;;

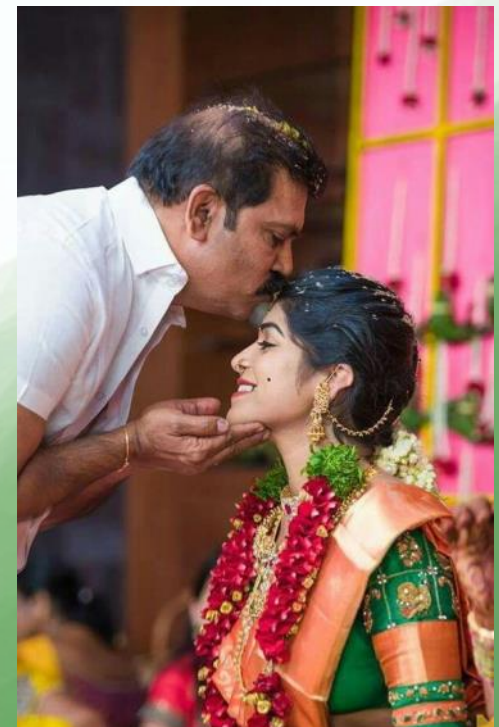
This day is celebrated on the third Sunday of June every year with the intention of showing the world the value of fatherhood. For the first time, a young woman in Washington took the initiative. After the death of her when she was young, her father raised six daughters and so she celebrated her father's birthday Father's Day.

Over time, it gained recognition in the United States in 1966.

*Gumpaswamy Karakavalasa*

*Retired sociology teacher*

*Vijayanagar*



## Support Arena

### Mortuary Vehicle put in Service

A mortuary vehicle (Shantiratham) was made available during the inauguration of a humanitarian unit under the auspices of a humanitarian service organization in Gajuwaka, Visakhapatnam. Sri Baliwada Sathya Rao, one of our distinguished servicemen, participated in this service program. Mr. Dadhirao Venkataramanagaru, Mr. Kallepally Sankararao and Mrs. Dabir Prashanthi were present. Congratulations to them and wish them more accolades thru their service activities.



### Zig-zag Sewing Machine donated

On 3-6-2022, Mrs. Kuppili Parvati (Wife of Late Sri Mohanarao), a very deserving woman from Kaki Street, Srikakulam, was donated with a new zigzag machine of worth ten thousand rupees at her residence. It was given in the presence of Dr Arikathota kanakarajugaru and Sri Kuppili Krishnamurthy. The money required for this mission was donated by Dr. Arikathota kanakaraju and Paderu District Revenue Officer Shri Baliwada Dayanidhi.



After the death of her husband, she was making a living by tailoring. She thanked donors and said that this zig zag machine is very useful for her. She also informed that the government is providing her with widow pension of Rs. 2500/.

### Red Cross services by Polumahanti

1 The blood donation camp was organized by the Regional Office of the State Bank of India in collaboration with the District Red Cross. The event was graced by Manager Sri Venkata Ramana Murthy and Red Cross District Chairman Shri. P. Jagan Mohan Rao inaugurated the blood donation camp. They said donating blood would make the three of them life-savers. Adolescent students said it was very necessary to donate blood. About 75 staff and clients enthusiastically donated blood at this blood donation camp. Letters of appreciation to the donors were handed over by Jagan Mohan Rao.



2. Red Cross CV. Naga Jyothi Welfare and Service Society and Kanugula Srinivasa Rao's son Kanugula Dheeraj Gari distributed 200 meal packets to beggars and poor people in and around Srikakulam.

### "Memunnam" Service Program

Memunnam Seva Sanstha distributed Pulihora and Buttermilk to 300 people under their auspices during their 116th event at Machilipatnam Collector's office. Krishna District Collector Shri P Ranjit Basha IAS started the Memunnam Seva Sanstha drive.



This society was started by Veenam Srinivas, Bhaskar Friends Group (Friends of Pedana Government College and Machilipatnam Noble College Friends)

Experience an unforgettable journey

# Kaashi Yatra

A meditative & devotional experience

The only way to truly experience Kaashi is to go within. We know that Kaashi is the most enchanting city haloed by the footsteps of every saint of India. This trip is designed to help us to pause, meditate and soak in the divinity permeating the holy city and the overwhelming panorama of bustling energy.



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

Luxury trip made affordable  
Rs 36,600/-

Tour 1 ▶ 21 Sept – 25 Sept, 2022  
Tour 2 ▶ 28 Sept – 02 Oct, 2022

Ask for a detailed e-brochure, Whatsapp on **9866548484**

## Support Arena

### Helping Hands' 13th event

Mr. Chaudhary Thirumala Rao (Lift Operator), a resident of Gajuwaka, Visakhapatnam District, and Chaudhary Chandra Mani's eldest daughter of Mrs. Chaudhary Lakshmi has completed GNM (General Nursing). Currently, she has joined MR College of Nursing, Bangalore, Karnataka to study Post Basic BSc Nursing. This course is 2 1/2 years. Fee Total 1,60,000 / - First year completed. Till now the amount "paid" to the college with the help of their relatives and well-wishers is 1,15,000 / - and another 45,000 / - fee has to be paid. Currently the family is unable to support financially to their daughter and our group is brought to the attention of the issue by Shri Donkada Anantha Prasad .... Our donation was put in our group to help through Helping Hands Group. So, if every relative responds and offers help, a student will be able to complete her studies and pave a golden path for her secure future. So, we hope everyone responds and offers/contribute help.

### Notebooks distributed in Mentada

Jayati Nagbhushanarao, a retired teacher from Jayati village in Mentada zone, according to his tradition, provides supplies to students of Inter. It includes bag, notebook, pens, pencils, etc. All the above items are procured with his pension income without any others involvement. On 20/06/2022 25 Inter First Year students i were distributed supplies free of charge to students in his home.

Sarva Sri TVSV was the chief guest at the

event. Prasad (Salurake. Krishsarpanch (KB Valasa), M. Appalanayudu, Landlord (Jayati), G. Simhadri Naidu (Kailam), Y. Anandpatnayak (Rabanda) Arikathota. Sathyarao (Jayati) participated.



### Scholarships for Sistakaranam Students



శ్రీ కరకవల్స సీతారామ మూర్తి పట్నాయక్  
& శ్రీమతి కరకవల్స 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.

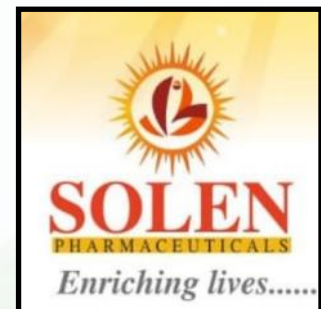
**CONTACT:**

**Ge.kravi@gmail.com**

**or 9652233372.**

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

### Free Medicines by courier for 100 days



1. Solcal - Calcium Citrate 1000 mg+Vitamin D3.200 IU+Mg+Zinc.
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- Medicines are WHO-GMP Certified.
  - Take your Doctor's approval.
  - For Sistakaranam Families.
  - Your details will be kept confidential.

**CONTACT: 8074800939**

## Fraternity Page - Telangana

### Urgent Need for OBC

Sistakaranam youth should not be discouraged from considering the ten lakh government jobs currently announced by the Central Governments, as OBCs do not just dream of getting central government jobs following their qualifications at various levels. Fight for it nationally and recognize that effective leadership with the commitment that OBC can achieve is urgent for our SK society today. Caste leaders in different parts of the caste society are fighting for the prosperity and development of the caste system. It is a well-known fact that the SK welfare association in Hyderabad plays a pivotal role in such service activities. Many of the relatives on the BC list who have taken BC caste certifications on behalf of our communities say that as a result of the hard work of the BCs of the two Telugu states in the past, we on the BC list are already able to get college fees, government jobs as well as many state government subsidies for our children. We need to have OBC recognition at

the center in order to get incentives for central government jobs and other subsidies. Our society, which has already joined the struggle at the national level to get OBC recognition for the civilized caste. Under the leadership of DV Krishna Rao Sistakaranam garu as the Convener of the BC Committee, he traveled to various states and held discussions with our community groups there, went to Delhi several times to achieve OBC and held discussions with the NCBC Commission. A report recommending the inclusion of our caste in the OBC list by the National BC Commission has been sent to the Central Government. In order to achieve the OBC, the NCB nationalist B.C. DV Krishna Rao, who has been relentlessly putting pressure on the Commission to make a fair recommendation with both the Telugu State Governments and bthe Central Government .Sri DV Krishnarao has been credited for his various attempts to grant OBC to the Sista Karanam community and bringing to the final

stretch of OBC recognition for us.

, Of the ten lakh central government jobs currently being released by the Prime Minister, through OBC, our SK youth should be able to qualify for

employment and achieve full results, which means that the immediate duty of the National OBC Sadhana Samithi President Krishna Rao Sistakaranam and all the top leaders of our castes across all states to work on a more extensive scale to promote and empower the youth of our society.

I urge them to work hard to increase the pressure on the Central Government!

*Ramanamurthy  
Director (Retd.) Space Application  
Center  
Government of Andhra Pradesh*



### Telangana Sistakaranam Unity should flourish

Telangana State Sistakaranam President Dri D V Krishna Rao said that everyone should fight for the integration of Telangana Sistakaranam groups. While participating in the housewarming function of Sri Bhogela Vinay Sai, son of Dr. Bhogela Umamaheswararao, NizamPeta, Hyderabad he said that there are many SK families living in Telangana, especially in Hyderabad and Secunderabad doing IT jobs and doing many more jobs. All of them should join the Telangana SK Association and appealed for unity. He said he wanted to know if there were any problems. Shri Motori Narayana Rao said that it is often good to meet and greet Telangana SK members at these events in Hyderabad. The SK development book and calendar were

presented to the couple by Bhogela Umamaheswararao at the event. Sarvashree Karakavalasa Jayamanmadharavu, Salihundam Dhanunjayarao,

Salihundam Ravi, Patnayakuniramanamoorthy, Salihundam Srinivasa Rao, Sadashivuni Srinivasa Rao etc. participated in this program.



## Fraternity Page - Andhra Pradesh



### Elders' Blessings to Master Tarun for his success in Civil Services

Your ability to climb high peaks .....

Your enthusiasm for choosing lofty ideals .....

Your goal is to achieve ..... Awesome

The above fits the persona of Tarun Patnaik who is credited with achieving the 99th rank in the most coveted UPSC(civils).

Rajahmundry Residents Sri Ravikumar Patnaik & Sharda Patnaik beloved son Tarun Patnaik was cordially honored with a memento at their home.

Relatives and acquaintances lauded the fact that it is not only our caste that is the winner in the most prestigious Union Service (Civils) in his first attempt - the word Hardwork always pays applies to him and that he is an ideal for today's youth .

It is no exaggeration to say that he being the first person in the Telugu states in recent times to be selected for the Civils makes us proud. May Goddess Saraswati blessing and guidance always be with him.

Sri DV Krishna Rao, Hyderabad SWA, Raghu Patruni Saibabu Vice Presidents Andhra State Classification Welfare Society, Batlanki.Prakash Rao, Akkumahanti Raja Garu, Convener Classification Empowerment Committee Amravati,Dandu Mahanti Lakshmana Rao, Director Shishtakaran Corporation, Prominent Advocate

Srinivas, Tuni town SK community leaders, Sekaramantri Srinivas Presidents - SK Welfare Society Rajamahendravaram, Veerababu, Sattibabu Garu, Bhopal Garu and other relatives and friends were present on the occasion



### Palamaneru Association President honored

President of Palamaneru Karanam Sangham, Subramaniam Pillai Gari, who has served tirelessly in the police system, retired and made a name for himself, and who is working for the betterment of the community and the development of the Karanam Sangham. On the occasion of his election as the President of the Commerce Department of the Telugu Desam Party, Karanam Youth honored him with a shawl and flowers garland.

Jayashankar Garu, Avilala Sridhar, Niranjan Babu, Vijay Kumar Garu, Bhaskar Garu and Palamaneru Karanam Sangh leaders participated in the program.



### Congrats to Lions Club District Governor

Congratulations to the newly elected Lions Club District Governor, Mrs. Usharani, at the Andhra University Auditorium! Lion Baliwada Satyarao represented the Lions Club of Gajuwaka while felicitating her.



### Launch of Telugu Daily Akshara Kaumudi

Founder of Telugu velugu Sahitya Vedika Sri Pakki Satynarayanamurty has launched the daily Akshara Koudidi in the Bobbili located Sri Kalabharati auditorium 23rd June. Meesala Chinna Gaurinayu, who was the chief guest at the event, said that in today's society, it is very important for the newspapers to send news information to the public with the commitment and honesty. The event was attended by BJP state council member Shri Pulella Srinivasa Rao, Andhra Pradesh journalist Shri Baliwada Kishore Kumar and others.



### Union Minister honored

On 10-6-2022, Hon'ble Union Minister of State for Health and Women and Child Welfare Dr. Bharti Praveen Pawar visited the NTR district along with our local politician, NTR District OBC Morcha President Shri Baliwada Sivakumar Patnaik and other local BJP leaders. The minister was honored with a shawl. The team also participated actively in the activities of the Minister. Congratulations to them



### A Warm Welcome

TDP SK community convener Sri Akkumahnanti Raja from Machilipatnam a met with the Kancharapalem SK leaders at local TDP office. Professing allegiance to the strengthening of community without compromise irrespective of political affiliations was reiterated. Shr A Raja was greeted and felicitated on the occasion of taking charge. The local kancharapalen delegation consisted of Mrs. Koorada Pavani, Mr. Baliwada Haribabu, Sri Baliwada Sathya Rao, Sri Dabbiru Srikanth Sri Palteru Balapatnayak and Sri Prataparao Srinivas.



## Fraternity Page - Andhra Pradesh



### Newly elected AISKA President honored

Sistakaranam State Women President, Tagarapuvalasa Second Ward Working President Smt. Dabbiru Prashanthi Patnaik garu yesterday honored the unanimously elected President of All India Sistakaranam Association, Sri KVVS Banerjee and prominent national level labor union leader Sri Mantri Rajasekhar with a shawl. She said that their services are very necessary for the Sistakaranam caste, and she wished that the Lord would give them wealth and health and provide more service to our caste relatives and family members through them.



### Mementos for tenth top graders

What an encouragement you are giving to such future Indian citizens who are the children of today and the citizens of tomorrow. Giving a child a pencil or pen as a gift can be very frustrating and encouraging for children. The tenth grade marks that are the foundation of such a life are a testament to their talent that they will be remembered for a lifetime and the encouragement you give to such talents will also be remembered for a lifetime. Apra Dana Karnu, a prominent social worker, expressed his great desire to make mementos for students on his own. Every charitable trust and charity in every community. They are all good-natured people who are financially delivering on their own within companies, The Honorable Sri Baliwada Satya Rao Special thanks to him for congratulating the students and giving mementos of encouragement.



### Colorful Kotabommali Malleshwaraswamy Kalyanam



Malleshwaraswamy's Senior Kalyana Mahotsavam was held on 10-6-2022 at the Kotabommali Shiva Temple which has a history of hundreds of years. About 150 years ago, they presented the ceremonial idols of the Swami in this temple to Manipatru, the village karanas of the Kotabommali Mandal Barjipadu, and started celebrating the annual marriage on Jyeshtha Shuddha Ekadashi every year. It has been a tradition for

their descendants to perform this marriage since. From their clan, K.S. Raghupathuni. The Gopalakrishnamma couple received and celebrated the celestial wedding uninterruptedly. This year also ceremonial wedding was conducted by Sri Jakkuva. Venkateswara Rao and his wife. The village priests were Sri Susarapu. The marriage event took place under the patronage of Kashyap Sharma.

### President of Karanam Abhyudaya Federation felicitated



Andhra Pradesh Karanam Abhyudaya Federation presidents as well as senior leaders of the YSR party, senior leader of the Karanam Sangh & chief leader of the Palamaneru Karanam Sangh C.V. Kumar, Karanam youth leaders Avilala Sridhar and Niranjan Babu went to Palamaner and honored Kumar Gari with shawl.

### Election of Kotabommali Sistakaranam working group



The working group election for the Kotabommali Sistakaranam committee was held on Sunday evening 12-6-2022. In this election Behera Rajesh Kumar as the President, Muninder Patnaik as General Secretary, D Satish Kumar as Vice President, Dabbiru Durgaprasad as the joint secretary and Raghupatruni Sai Kumar as treasurer were elected. It is gratifying to see that this term is entirely led by youth. The Kotabommali Sistakaranam society has a history of nearly 60 years. All the members of the society expressed their congratulations to the new working group.

## Minimum level of learning, possible with "Read along" program

New MPUP school principals Kudama Thirumala Rao said the minimum level of learning to be learned according to the class level was possible with the Read Along program.

He presided over the Read Along program at Kottavalasa School under Rajam Nagar Panchayat. Speaking on the occasion, he said that key words and sentences in Telugu, English and Hindi can be learned through this read along app.

Colorful toys can be used to clearly hear and comprehend short songs with cartoons. Thirumala Rao said that many topics that enhance listening, speaking, reading and writing

skills can be learned through this app.

Cloud resource person Mekala Rama Rao, who was present as the chief guest, said that the Read Along app has already been introduced to all the students and they are learning lessons online even during the summer months.

Parents' Committee Chairman Ungati Tavitina-yudu said that the Read Along app, which was launched by the Department of Education, will help students to study in a pleasant environment through the palm of their hand.

Local Secretariat Secretary Chidi Srinivasa Rao said that the quadruple processes and efforts to

increase students' interest in reading and writing were going on successfully.

Everyone aspires to have the Read Along app dutifully stored in their wallet. Sri Rohini, an engineering assistant, said the Read Along app was a guide to inculcating creative values in children.



## Fraternity Page - Chhattisgarh



### Sistakarana Gurukul trains free Yoga at Tilak Bharti

On June 21st 2022, the whole world is celebrating International Yoga Day 2022. We have already aware of so many benefits of Yoga in human life on health and fitness. We are pleased to introduce you to one of the unique personality and institution which had been a real mover n shaker in India.

Tilak Bharati H. S school, Raipur Chhattisgarh, being managed by one of very unique Sistakaranam Smt. Raj Kumari Patro and Sri YSN Patro who have given Chhattisgarh the best yoga players and trainers from their

institution with some good hard work and dedicated and trainers like Mr. N. Kumhar. On this special day, ETV India spent some valuable time of Smt. Rajkumari Patro, Director of Gurukul Tilak Bharati and their trained cadets who are waving the flag not only in Chhattisgarh but across the country through yoga.

The Tilak Bharati had been one of very unique institutions across India with deep faith of Smt. Patro on moral and social values for children, she started to feel yoga as a

great means for the mission and vision of Tilak Bharati. Here yoga teachers provide free yoga training to school kids as well as children from nearby government and private schools. As we speak, some 70 yoga kids have represented Chhattisgarh state at the national level from Tilak Bharti School Raipur, located in Gudhiyari area of the capital Raipur. Some 9 players have represented India at the international level in the South Asian Games Nepal as well as Khelo India Youth Games, Panchkula.



The Tilak Bharati Gurukul had been instrumental for Yoga in the educational curriculum and a way to align the youth towards a Swach, Swasth and Sanskaar Young Bharat. Hats off to Smt. Rajkumari Patro and Tilak Bharati Gurukul.

*J.V. Chandra Babu & Smt. Vandana Adivishnu*

### Teachers' Orientation Program by Leela Foundation

Teachers' Orientation Program, powered by 'Leela Foundation- Raipur' has been conducted in different schools i.e. Sri Balaji Vidya Mandir, Raipur on 10th June, The Roots and GSIT at Bhilai on 14th June and at Arunodaya- Raipur on 17th June.

Sri B. Ramesh Patnaik who is an International Trainer and Chairperson of Asia Pacific Trainers Guild with his passion shares his experience and trains Teachers within India and abroad regularly absolutely free of cost. Subjects like Teachers Effectiveness, Teaching methods and Styles, Learning Curves, 21ST Century Teaching Skills, 21st



Century Learning skills for students, VAK learning Skills, Brain Based Learning, Emotional Equilibrium, Emotional Intelligence, Dopamine Detox, HALO Effect, Communication skills, Time Management, Presentation Skills, POMODORO techniques, Image Building, Personality Development, Child Growth and Development etc. are covered. So far,

thousands of Teachers, Principals, Education officers etc. were trained within India and abroad. Besides, he also conducts Leadership Development and Management Courses for Senior Executives and Leaders of diff public and Private institutions.

**At The Goutam Sidharth Institute of Technology and The Roots School , BMY - Bhilai.**



## Fraternity Page - AIPSKA



### Sista Idol Selected Participants

The following Notice was circulated in Whatsapp groups on

**AKHILA BHARATA PRAVASANDHRA  
SISTAKARANA ASSOCIATION**

#### NOTICE

The following selected "SISTA IDOL" participants are requested to send their live songs through videos and send it by WhatsApp to Smt. P.Ragachandrika latest by 14.6.2022. While shooting the songs the singers are to disclose their names, their place of living and the language in which they want to sing their songs.

Contact No. of Smt.P. Ragachandrika:  
7989470201

#### "SISTA IDOL" Selected Participants :

##### Participants for Telugu songs:

- 1) Jakuva Venkata Suresh (Vijayanagaram)
- 2) Smt. Uriti Gowripujasri (Visakhapatnam)
- 3) Balivada Venugopal (Hyderabad)
- 4) Smt.Balivada Kanchanamala (Hyderabad)
- 5) Smt. Kimidi Manimala (Saluru)
- 6) Bogila Venugopal Rao (Visakhapatnam)
- 7) Dr. Chowdari Prasad (Bangalore)
- 8) Smt. S. Saubhagyamala (Visakhapatnam)
- 9) M. Gouri Prasad (Hyderabad)
- 10) Smt.Ramani Behara (Hyderabad)
- 11) Smt. M. Pallavi Patnaik (Hyderabad)
- 12) Sudeepti Behara (Hyderabad)
- 13) Kum. Jhahnavi Balivada (Kharagpur)

##### Participants for Hindi songs:

- 1) Dr. Srinivas Patnaik (Visakhapatnam)
- 2) Smt.Uriti Arti Patnaik (Raipur)
- 3) Raghupatruni Santosh Kumar (Raipur)
- 4) Smt. Mantri Satya Kavita (Hyderabad)
- 5) Smt. Behara Prema (Visakhapatnam)
- 6) Bogila Venkateswar Rao (Visakhapatnam)
- 7) Smt. Nagumanti Kabita Patnaik, (Hyderabad)
- 8) Jaggumahanti Aarush (Pune)
- 9) Pakki Naresh Kumar (Warrangal)
- 10) N. Praveen Patnaik (Raipur)

- H.M.Patro  
General Secretary

### Mango Parfait Recipe gets accolade at office

Sri B Shashank was delighted to share in Vanita Vedika WhatsApp group that his wife, Smt. B. Rashmi's recipe of Mango Parfait was shared at his office. The ingredients were used at his office event, and she received global accolade from Swiss team. Also, their Five Star chef took the ingredients note after seeking permission.

#### **MANGO PARFAIT-** *from Rashmi's Kitchen Lab*



#### Ingredients: -

Alphonso Mango – 1 kg , Sponge cake base, Mango flavoured custard powder, Sugar- 200gm, Milk (Full cream) 1L, Mango crush, Jelly pieces and Mango chunks to Garnish.

#### Preparation: -

##### 1. Sponge cake base

- a) Take 4 eggs carefully separate egg white and yolk.
- b) Beat egg white properly till foamy consistent then add ½ cup of sugar into it now beat nicely for 10 mins then add 4 egg yolk again beat it.

c) Add all-purpose flour (Maida) 1 cup into the egg mixture and baking powder ½ tsp also and now mix it gently.

d) Add 2 spoon milk & vanilla extract 1 spoon, oil 2 tsp mix well then pour into the batter (don't mix over) then pour in a greased pan/ mould after that tap few times.

e) Bake at 180C or 355F for 35 mins after perfectly baked cool it for 15 mins and homemade sponge cake is ready.

2. Take a pan and boil the milk for 20mins then add sugar according to your taste. 3. Then dilute custard powder in cold milk then pour in boiled milk and steer nicely till thicken {pouring consisting} then turn off the gas stove.

4. Let the custard cool come down to room temperature.

5. Take a blender jar and add Alphonse mango pieces make fine puree then strain all the puree add into the custard mixture.

6. Then store the custard mixture into refrigerator for whole night.

#### Plating: -

1-Take sponge cake and remove its outer layer.

2- Cut it as per glass size and put it in the glass.

3- After first layer add mango custard

4- Put 2nd layer of sponge cake and add whipped cream.

5- Put Mango chunks into it and add some more mango custard.

-Recipe Shared by  
Rashmi Shashank



## Business / Entrepreneurs' Frontier

### Intellectual Property Rights

Intellectual property (IP) refers to creations of the mind. They are the rights given to persons over the creations of their minds. They usually give the creator an exclusive right over the use of his/her creation for a certain period of time. There are four main types of intellectual property rights that include patents, trademarks, copyrights, and trade secrets. They enable people to earn recognition and/ or financial benefit. The World Trade Organization (WTO) is the international organization dealing with the rules of trade between nations. The WTO agreements and negotiations are signed by the bulk of the world's trading nations and ratified in their parliaments. The goal is to help producers of goods and services, exporters and importers to smoothly conduct their business. The WTO Agreement on Trade-Related Aspects of Intellectual Property Rights (TRIPS) is the most comprehensive multilateral agreement on intellectual property (IP).

The Intellectual Property in India is administered by the Office of the Controller General of Patents, Designs & Trade Marks (CGPDTM). It administers the Indian law of Patents, Designs, Trade Marks and Geographical Indications. Their offices are located in Delhi, Mumbai, Chennai and Kolkata.

**Intellectual property is broadly classified into seven categories according to TRIPs agreements as follows:**

1. Patents,
2. Industrial Designs,
3. Trade Marks,
4. Copyrights,
5. Geographical Indications,
6. Layout designs of integrated circuits,
7. Protection of undisclosed information/Trade Secret.

**Indian Acts for the protection of the above are as follows:**

1. Indian Patent Act, 1970 as amended in 1999, 2002 and 2005 and time to time.
2. The Design Act, 2000 and its amendments from time to time
3. The Trade Marks Act: 1999 and as amended in 2010 and so on.
4. The Geographical Indications of Goods (Registration & Protection) Act, 1999 and amendments from time to time.
5. Copy Rights Act 1957, as amended in 1999,2012 and so on.
6. Semi-Conductor IC Layout Design Act, 2000 and amendments from time to time.
7. Protection of Plant Varieties and Farmers' Rights Act, 2001 and amendments.

These acts are amended from time to time and one should refer the latest one. Many amendments are partial modifications.

**IPR and MSMEs :**

It is a known fact that over ninety percent of enterprises in India are in the MSME sector and they are among the major driving forces for innovations. MSMEs continuously creating new products, brands, and ideas in developing new processes and there by new products. They can be more greatly benefitted from innovations if they consider the full range of intellectual property (IP) issues in new product development.

**Intellectual property protection helps MSMEs to:**

1. Prevent competitors from copying or imitating their products or services,
2. Create market identity through trademarks,
3. Increasing market value of the business,

4. Avoid waste expenditure in R&D and marketing,
5. Increase access to finance and venture capital,
6. Minimize litigations through avoidable infringements of rights,
7. Negotiate IP-based licensing, franchising or other contracts and
8. Expand markets.

MSMEs are not always successful in fully utilizing the potential of their IPRs. Most of them are facing the following challenges in acquiring IP protection:

1. No adequate knowledge of the IPR system and procedures for protection of rights,
2. No proper manpower to undertake necessary groundwork needed for IP acquisition, like searches documentation and filing procedures,
3. High costs of IP protection, including consultant fees, and
4. Resource constraints to challenge bigger firms with competing claims.

The Rajiv Gandhi National Institute of Intellectual Property Management was established at Nagpur as a National Centre of Excellence for training, management, research, education in the field of Intellectual Property (IP) Rights. The MSMEs may take benefit from the Institute for training and consultancy.

Interested persons may take my guidance in case they need.

**Contact: 9849392925-WhatsApp**

- Compiled by  
Ayyannamahanti Rama Krishna Rao,  
Director (Retired),  
MSME Development Institute.

## 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	NANDITA PATNAIK
Surname	GODABA
Father's Name	G. SRINIVAS PATNAIK
Gotram	BHARADWAJA
Date of Birth	22-Aug-1997
Nakshatram	REVATHI
Height	5' 3"
Complexion	FAIR
Occupation	PVT. EMPLOYEE TCS
Work Place	BHUBANESWAR, ODISHA
Education	BE / B.TECH
Preference	BELOW 5YRS AGE DIFFERENCE ; 10LKS + PA

Name	DR. PRIYANKA
Surname	PATNAIK
Father's Name	PRASANNA KUMAR
Gotram	NAGESHWARA
Date of Birth	14-Jun-1997
Nakshatram	UTTARA PHALGUNI
Height	5' 7"
Complexion	VERY FAIR
Occupation	PVT. EMPLOYEE CLOVE CHAIN OF DENTAL
Work Place	HYDERABAD
Education	BDS
Preference	WELL EDUCATED FAMILY, HEIGHT 5 FEET 9 INCHES

Name	SATYA VATSALAYA
Surname	PARASURAMPURAM
Father's Name	LATE P. GIRIDHAR
Gotram	KASYAPA
Date of Birth	13-Dec-1996
Nakshatram	ROHINI
Height	5' 4"
Complexion	FAIR
Occupation	PVT. EMPLOYEE RESEARCH ENGINEER IN
Work Place	HYDERABAD
Education	BE / B.TECH
Preference	GOODJOB,AMICABLE,



Name	NAVEEN
Surname	BAGGA
Father's Name	PRALAYA KUMAR B
Gotram	ATHREYASA
Date of Birth	7-Aug-1992
Nakshatram	ANURADHA
Height	5' 10"
Complexion	FAIR
Occupation	BUSINESS CONSULTANT:- HR RECRUITER FOR US
Work Place	VZAG
Education	BE / B.TECH
Preference	BDS, MBBS, BTECH & ABOVE, PAN-INDIA

Name	MALLIK
Surname	SIVVAM
Father's Name	S. RAMESH
Gotram	BHARADWAJA
Date of Birth	1-Nov-1990
Nakshatram	UTTARABHADRA
Height	5' 6"
Complexion	TAN
Occupation	PVT. EMPLOYEE STEEL PLANT
Work Place	VIZAG
Education	ITI POLYTECHNIC
Preference	ABOVE 10TH CLASS, PAN-INDIA, AMICABLE FAMILY

Name	SAI VAMSHIKRISHNA
Surname	GOBERU
Father's Name	GSR ANJANEYULU
Gotram	GOWTHAMASYA
Date of Birth	24-Dec-1987
Nakshatram	DHANISHTA
Height	5' 7"
Complexion	FAIR
Occupation	PVT. EMPLOYEE INFOSIS IT
Work Place	HYDERABAD
Education	MCA
Preference	HOROSCOPE MATCHES, EDUCATED GIRL

Name	HAREESH
Surname	MANGAPURAM
Father's Name	M VIJAYA KUMAR
Gotram	ATHRI
Date of Birth	1-Mar-1992
Nakshatram	SRAVANAM
Height	5' 8"
Complexion	FAIR
Occupation	PVT. EMPLOYEE CISCO SYSTEMS
Work Place	BANGALORE
Education	
Preference	SOFTWARE, ANY DEGREE, PAN-INDIA

Name	UDANDARAO PURNA
Surname	UDANDARAO
Father's Name	VENKATESWARA RAO
Gotram	NAGARUSHI
Date of Birth	24-Mar-1997
Nakshatram	HASTHA
Height	5' 8"
Complexion	FAIR
Occupation	PVT. EMPLOYEE WNS GLOBAL VISAKHAPATNAM
Work Place	VISAKHAPATNAM
Education	
Preference	ANY DEGREE, FAIR, AMICABLE FAMILY

### GET MORE PROFILES ONLINE

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

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



## SISTAKARANAM IKYAVEDIKA

ONE DIGITAL PLATFORM FOR ALL SISTAKARANAMS

## Health Page

### Tips for over 40, 50, 60 years

Let us understand the good health tips for people who have reached over 40 years, 50 years or 60 years.

**First tip:**

Always drink water even if you don't feel thirsty or need it. The biggest health problems and most of them are from the lack of water in the body. 2 litres minimum per day (24 hours).

**Second tip:**

Play sports even when you are at the top of your preoccupation. The body must be moved, even if only by walking or swimming or any kind of sports. Walking is good for a start.

**Third Tip:**

Reduce food. Leave excessive food cravings because it never brings good. Don't deprive yourself but reduce the quantities. Use more of protein, carbohydrates based foods.

**Fourth tip:**

As much as possible, do not use the car unless necessary. Try to reach on your feet for what you want (grocery, visiting someone) or any goal. Climb stairs as a practice. If needed only use elevator or escalator.

**Fifth tip:**

Let go of anger, let go of worry. Try to overlook things. Do not involve yourself in situations of disturbance. They all diminish health and take away the splendor of the soul. Talk to People who are positive and listen.

**Sixth tip:**

As it is said, leave your money in the sun and sit in the shade. Don't limit yourself and to those around you. Money was made to live by it, not to live for it.

**Seventh tip:**

Don't feel sorry for anyone, nor for something you could not achieve, nor anything that you could not own. Ignore it, forget it.

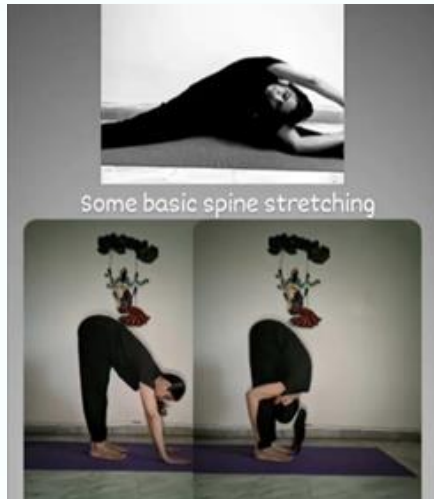
**Eighth tip:**

Humility. All things that add arrogance are Money, Prestige, Power and Influence. These corrupt the humility. Humility is what brings people closer to you with love.

**Ninth tip:**

If your hair turns grey, this does not mean the end of life. It is a proof that a better life has begun. Be optimistic, live with remembrance, travel, enjoy yourself.

### Some Basic Stretches



Sudeepti Behara from Hyderabad shares some pictures of her work out sessions. One can simply follow from these exercise stretches.

### Foods for Glowing Skin

To get clear, acne free skin and glowing skin you need to incorporate 3 foods that gives you a beautiful skin simply from our day to day used items:

1. Lemon as we know it is rich in vitamin C.
2. Tomato has folate, Lycopene and Carotenoids
3. Pomegranates are good source of Vitamin K, Potassium.

- B. Rashmi Rani Patnaik  
Hyderabad



# Talent Corner

## Our Basangi with a Fondness for Arts

One may be interested in the arts. But fulfilling it is not possible for everyone. There must be luck for what is expected to happen. You must have a neat plan. Basangi Suresh, an actor and writer, is creating his fortune as planned without wasting time.

Encouraged by his father at the age of six, he has started acting as a child actor in the social drama 'Dongaveeradu'. He kept on acting in stage plays until completing a degree and getting a job. Later he founded a theater community named 'Kala Sravanti.' In addition to acting, he also directed and performed in many social dramas.

He said that he was in a habit of doing any work responsibly with discipline and had to stay away from acting in order to perform his duties

properly after joining the job. However, he said that he acted in short films, serials, and movies with whatever opportunities came during the holidays.

He wrote the lyrics for 'Rallu Kurrallu' in the short films in which he also acted. He also wrote and directed the lyrics for 'Paparavu Prema Katha'. So far, he has acted in films like 'Good Bad Ugly', 'Dr. Paramanandaya Students Gang', 'Panchabhootas Sakshiga', 'Pourusham', 'Dammit Katha Addam tirigindi', 'Padmashree', 'Point Blank', 'Kalyanam Kamaniyam Jeevitham', 'Devarakonda Police Station.'

He informed that in the movie 'Dr. Paramanandaya student gang', he was happy to act with star comedian MS Narayana garu and also happy to

co-star with actor Murali Sharma Garu in a newly launched film.

He thanked Director SS Patnaik garu, who has given him the first opportunity to write the title song for his telefilm by recognizing the writer in him along with acting. He said that he had written two songs for the film 'Padmashree' and was happy to be honored as a lyricist on the fiftieth-day function of the film.

Due to his passion for literature, he keeps writing poems in 'Kalam Snehitulu'- WA group and 'Telugu Velugu Sahitya Vedika'-WA group. His poems keep getting published in 'Jana Deepika Daily.'

He thanked everyone who encouraged him as an actor and writer, saying that his goal is to be recognized as an actor and writer.



## Karanam World

### Successful Journey of Smt. Ganga Prasad in Teaching Profession



Smt. Ganga Prasad (formerly Ganga Patnaik), wife of Dr. Chowdari Prasad of Bangalore, is one of the versatile women personalities of our Sistakaranam Community. She is presently a Certified & acclaimed CueMaths Teacher for over 3 years.

Her success has been acknowledged by CueMaths management by offering her as Member of Silver Club in 2021 & recognising as a Hall of Fame 2020-21. Having retired as a long serving Principal of Schools & earlier as a Chemistry Teacher, she has taken to teaching young kids in her vicinity, Maths basics through CueMaths platform, initially offline & currently online.



Born in Calcutta, West Bengal (now Kolkata) as fifth and youngest child, on 16th February 1960 to her illustrious parents late Sri Kondavalasa Narsimhulu Patnaik & Smt. Lalithamba, belonging to Gorla Banda in Gunupur Dist. of Odisha. Her early schooling was in the North East. Her father worked and retired as Collector of Customs & Excise as also Gold Control Officer in North East, Opium Controller in MP & finally settled in Bhubaneswar. She studied

in Sri LT Higher Secondary School, Ujjain, MP & completed Graduation in Science from BJB College, Bhubaneswar in 1979.

Prior to her marriage in 1983, she briefly worked in Andhra Bank, Bhubaneswar. She also wanted to pursue Law in Cuttack but gave up due to personal reasons. She got qualified in Sanskrit course offered by BVB, Ujjain, MP. She was talented in Dramatics, Cultural & Dance during her School & College life. She was a regular player of Basket Ball & Athletics in those days. She was also trained & certified at Food Craft Institute in Flower Arrangement, Interior Decoration, Bakery, Confectionary & Cookery. After marriage, she joined her husband in Hyderabad and Warangal where he was working in rural areas of Telangana. Later, they moved to SBI Corporate Centre, Mumbai (1984- 1993).

In 1986, she took up Teaching at St. Mary's Academy, Malad (E), Mumbai for a short period. There, she pursued B.Ed in 1989 from Annamalai University, TN. She worked as a Science Teacher (Chemistry & Biology) for 4 years at Infant Jesus High School, Malad (W), Mumbai. She taught SSC Students with 100% results of Maharashtra State Board, where she also served as an Examiner. She represented her School in Inter-School Annual Science Exhibitions & won awards for 3 consecutive years. Back to Hyderabad, she took up as Science Teacher cum Vice Principal of Pan American School, Begumpet from 1994-95. She underwent courses in Computer Applications in ALMO, Hyderabad/ NIIT Bangalore & in Child Education & Development (CDE) & Insurance Advisory (Kotak Life Insurance) in Bangalore.

During her 7 years stay in Manipal, Udipi Dt., Karnataka, she was an active Member and later President of Manipal Mahila Samaj for 1 year. She worked with The Manipal Group in their Informatics Company as Quality Assurance In-charge, Captain and Team Leader from 2001 to 2006. She led & trained a team of

young staff members in the BPO Unit. She participated in Industry Level Panel Discussions and received Appreciation Letters for her Leadership Skills. Besides being a regular Blood Donor, she also registered as an Organ Donor.

In 2007, she joined St. Mira's High School, BTM1, Bangalore as Vice Principal. In 2 years, she took up as Principal of the School and retired in 2019 as Group Principal. She received Certificate of Appreciation from Bangalore International Airport Ltd., in 2009. She played a key role in foundation's mission to enhance academic level of students in Computer Science Education by inspiring the students to participate in International Informatics Olympiad 2012 organised by Computer Literacy Foundation, New Delhi. She also received similar appreciations from Mathematics Olympiad Foundation (2012), Society of Science Education (2012), Education Society of English Language (2013), 125th Birth Anniversary of Srinivasa Ramanujan (2012 and 2013), Kalabharti Child Art Development Institute-Pune (2012), Unified Council Foundation for Success (2013), Taramandala (2013), Scholastic India (2012), NSE & CNBC18, Mentor Conclave (2012), for mentoring & motivating students to participate in State & National level Competitions winning awards. She wrote an article titled "A Value Addition or Not?" in MENTOR, Vol 8, Issue 1 of June 2014.

Smt. Ganga Prasad, besides living in several Indian States like West Bengal, North East, Madhya Pradesh, Odisha, Telangana / AP., Maharashtra and Karnataka also travelled extensively within India and abroad like Hong Kong, Singapore, Malaysia, Thailand and Australia. She is happily married to Dr. Chowdari Prasad who is an ex-Banker and Academician for almost 4 decades. Their only daughter Mrs. Sravanthi Chowdari Rao is an Engineer and MBA, now married and settled in Melbourne, Australia with her husband Mr Krishna Kumar Rao and son Master Amay Rao.



## Our Treasures

### What are Yogasanas ??

21-June - Happy International Yoga Day ...

Many living beings are thriving on this earth are due to past birth deeds. Those creatures include insects, snakes, animals, (even humans) and plants. The state of motion of all these is



called food. Therefore, Yogasanas are the food that a human being eats according to the sitting position of the living entity. Therefore, yogasanas are the food that a human being eats according to the sitting position of the living entity. I mean these are all adaptations to nature. Therefore, the main benefit of yoga practice is that these asanas are the pathways for a blissful life of nature, transforming oneself into a perfect humanbeing with purity, serenity, transcendence and maturity, and then becoming a Raja Yoga. This is not something that happens like when you initially want the seed to turn into a tree within a few days of sowing. This yoga practice develops in the body as well as in the mind, just like it takes months for a baby to be born and then to grow and mature after months of practice. This yoga practice also enhances the body as well as the mind. Especially if the body cleanses the machine from time to time, one can gradually attain health, intellect, good physique, sobriety, and the principle of Jivabrahma unity. That is, not only the body but also the mind and spirit can come out of the hidden treasures. Subtle energies can also manifest and evolve into forces that are pleasing to all mankind. Awakened powers bring peace to man, give him temperance and conquer the senses. Adapts to meditation and adds to the state of the grave. It will block new diseases, and will get rid of old diseases. New blood is sent to the gallbladder, gastrointestinal tract, intestines and nerves in the body to receive new vitality. Lightens the body by dissolving excess body fat. The heart, lungs and brain are kept clean. The blood vessels in the nerve do their job properly. Undoubtedly eliminates all the impurities and chronic diseases in the human body that even medicine cannot cure, and all the organs of the body are guided by the rhythms without fail. Maintains good health and longevity. Gives restraint to the mind, creates restraint, imparts the proper meaning of birth, bestows holiness and attains mortal salvation. The fruit of these yogasanas is travels towards bliss same way as the sunlight attracts the sunflower plant and enters its face

*Gumpaswamy Karakavalasa  
Retired sociology teacher  
Vijayanagar.*

### Bliss of Kundalini

In shakta schools Kundalini enlightenment is a significant milestone. With Gurus grace, ones serpentine energy raises. When this Kundalini arises, it brings most blissful experience. One goes through many beautiful experiences. The bliss experienced during Kundalini flow can not be traded for any other worldly experiences. The experience of fine wine, having a good meal, a good conversation with friend or drugs - none of these experiences match with the bliss experienced by kundalini flow. It flows through the sushumna, and when it flows the being knows that this is the experience that they been longing all thier life. Flow of kundalini is enriching, it has the power to cure all ailments. For some it brings experience of nice aromas, for some uplifting dreams, melodious musics of devine veenas and so forth.



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

However during the initial experiences of Kundalini one also may go through difficult experiences such as intense heat, or intense pain. They go through intense emotions, intense desires, or intense fears, and intense polarized thinking. When the Kundalini raises gradually in the continuous observation of Guru, it is safe and raises peacefully. These modern days, people are gaining the Kundalini experiences without a Gurus continuous observation. Many of them go through the experience which is called dark night of the soul. These experiences are the sign of going through the traces of thier karma burning, and dissolving the polarities in grained in them. Normally the knots of the chakras are closed blocking the Kundalini to flow. The nadis are constricted. When the time comes for Kundalini, these knots break away. Some sadhaks are gaining Kundalini forcefully, although it is not recommended because of the pain and suffering.

However, once the Kundalini raises fully to the crown chakra, it guides the Sadhak in a very subtle unrecognizable manner, through the rest of the life. One has to let the Kundalini work while observing its fine effects. One should not give in to passions, and learn to relax, and let the spirit do the workwhile worshipping it. The bliss continues through out the life. Raising of the Kundalini marks the start of self realization process. It brings deep insights through the cosmic connection to the yogi. Sushumna is the connection to the cosmos. Many of the polarities and biases of the past gradually breakaway. The mind and ego, start to dissolve. The being starts to become devine, and his or her old ways start to break away leading to a peaceful life.

## Iky Vedika Round Up

### Meeting for Service Oriented Works

On 13-06-2022 Monday 11am SKIV Platform Team represented by Sri Dr. Baliwada Malleshwar Rao and Shri D. Nareshkumar, M. Narsimha Rao (via online) met with PMMA members and discussed the upcoming second anniversary celebrations of the founding associations, explaining the opportunities for the socially weaker sections to increase their financial capacity through service oriented works..



### Ikyavedika on the Web



<https://skiv.online>

<https://sistakaranam.org>



<https://skiv.online/VivahaVedika>



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



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



<https://www.youtube.com/channel/UC7k8ebZmWxbBxj3m69x4OVQ>

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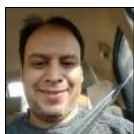


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### Ikyavedika Members in other Initiatives



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

### Lekha Calls Out To You



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

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

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