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### Prominent Sistakaranams in Freedom Movement

1) Late Sri. Ellumahanti Bhaskara Rao, Palakonda, the First and Last Sistakaranam to be an MLA.

2) Late Sri. Kanthimahanthi Satyanarayana Patnaik, who was a student of SSLC, participated in the movement on Gandhi's call. He held the posts of Vice Chairman of Vizianagaram Municipality and Vice President of Vizianagaram District Cooperative Bank.

3) Late Sri Behara Gopala Rao Patnaik played a role in the freedom movement. A copper plaque was presented after the death.

4) Late Sri Godaba Manmad Rao was the Chairman of Rayagada Municipality from 1981-83.

5) Late Sri Raghupatruni Lakshmana Murthy participated in the 1930 Salt Satyagraha of Kotabommali.

6) Late Sri. Belagam Lakshminarayana, participated in Parvathipuram movement.

7) Late Sri Behara Ananta Madhusudhan, Tekkali, participated in the Quit India movement and spent two years in jail.

8) Late Sri Dabbiru Sitaramaiah Patnaik, Ichhapuram, participated in the civil disobedience movement and was imprisoned for 25 days.

9) Late Sri Kaspaa Ranganadham Patnaik, Veeraghattam, took part in Salt Satyagraha

and jailed for 6 months. Served as President of Veeraghattam Panchayat Board.

10) Late Sri Dabbiru Bharti Rao left the railway job and participated in the independence movement. Joined the Krishikar Lok Party.

11) Late Sri Dabbiru Sachipati Rao was a Dimili activist who spent his life in prison.

12) Late Sri Parasurampuram Venkateswara Rao, in 1942 participated in the movement in Eluru and was imprisoned.

13) Late Sri Raghupatruni Padmanabham garu, participated in the Chetlatandra Tekkali movement and served life in prison.

14) Late Sri Ellumahanti Kuppeswara Rao participated in the Palakonda movement with Congress leaders.

15) Late Sri Raghupatruni Ranganadham garu, Kotabommali, Naupada participated in Satyagraha.

- Sadashivuni Lakshmana Rao



### 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

### Telugu States' Sistakaranams in "Azadi Ka Amrit Mahotsav"

In India's 75th independence celebration, "Azadi Ka Amrit Mahotsava", the Sistakaranams participated enthusiastically and showed their patriotism. LEKHA congratulates them.

We published the news that came to us. If anyone missed please send. We will put it next month. Shri Sadashivuni Lakshman Rao sent a lot of news.

Heartfelt thanks to him. Compiled, in Telugu by Sri J.V. Chandrababu, English version by Sri Ravi Karakavalasa, printed by Sri Narahari Shekharamantri.

1) Sri DV Krishna Rao, President All India Sishta Karanam Sangam...Camp Office and Sistakaranam Welfare Association Office, Hyderabad held grand Independence Day celebrations. (Details in Telangana page...)



2) Designer of National Flag Sri Pingali Venkaiah grandson Shri. Gopalakrishna...Sri Akkumahanthi Raja, the leader of Machilipatnam, Sistakaranams, who sought out such giants and gave them appropriate justice, and respect, and honored them.



3) Dr. Budumuru Rajesh, State General Secretary, BC Welfare Association, who was the chief guest at the Independence India Diamond Festival celebrations at Mahatma Phule Park in Srikakulam.



4) Shri Akkumahanthi Raja honored Bhogaraju Satyanarayana, the grandson of famous independence fighter Bhogaraju Pattabhi Sitaramaiah, the founder of Andhra Bank, as a dear disciple of the Father of the Nation Gandhi, for the independence of India.



5) The patriotism that surges like a heartbeat in every Telugu person's veins, my country is mine and countrymen are mine, the Vajrotsava celebra-



tions show that we are all one. Respecting Bharatamata in the presence raised his hands and saluted the motherland by hoisting three flags and participating in the celebrations and participating in the celebrations called Vande Mataram by Sri Pakki Ravi Shekhara Satyanarayana Murthy, Hyderabad.

6) Sri Avilala Sridhar at S.V. University in Tirupati for social service activities. He received the honor from WAY Foundation at the Azadi Ka Amrit Mahotsav celebrations at the University's Senate Hall.



He also received Best Poet Award from HI5 Youth Foundation for sending his poems to Kavi Sammelan.

7) At Srikakulam District Center on 15-8-2022 in the Independence of India Diamond Festival celebrations, Dr. Ambedkar University Syndicate Board Member, Sri Budumuru Rajesh received Meritorious Service Kai Best Award from the hands of Hon'ble Andhra Pradesh Education Minister Mr. Botsa Satyanarayana.



8) Shri Polumahanti Srikanth, Correspondent of New Central School, our meritorious educationist who received the Meritorious Service Kai Best Award at the hands of Hon'ble Andhra Pradesh Education Minister Shri Botsa Satyanarayana at the Independence India Vajrotsavam celebrations held on 15-8-2022 at Srikakulam District Centre.



9) The 75th Independence Day celebrations were grandly organized at Old Srikakulam under the leadership of Mr. Baggam Srinivasa Patnaik, Secretary of Friends of the Earth Organization and Administrators of South India Hindi Prachar Sabha. Tributes were paid to the martyrs by hoisting the national flag. Presi-



(Continued...)

## Community News

### Telugu States' Sistakaranams in "Azadi Ka Amrit Mahotsav"

(From previous page...)

dent of Andhra Pradesh Rashtra Sista Karanam Sangam Mr. Polumahanthi Umamaheswara Rao attended the program as the chief guest and distributed sweets, fruits, and books to the children.



10) At 9:00 am, the 75th Independence Day celebrations were held at the BJP party office near Sri Subbarami Reddy Kalyana Mandapam in Vellanki village of Anandapuram Mandal of Visakha district Bhimili Constituency. Uttarandhra Zone BJP Kisan Morcha Social Media Convener P.V.V. Prasada Rao Patnaik organized the Independence Day grand celebrations.

11) I had the privilege of unveiling the national flag of India after 75 years of independence. I unfurled the flag, taking an oath in my heart that I will uphold the glory of my country with a heart full of patriotism, with the flames of joy in my eyes. This happiness is priceless. My salutations to the martyrs of freedom of India who are responsible for celebrating this event. I am thankful to my schoolteacher brothers who gave me this great blessing. Rajesh Kumar Behara.



12) On the occasion of Independence Day, Visakha Sishtakarana Seva Sangam Kancharapalem working group members flag festival... patriotism is the main agenda. All the members share the same spirit. National Flag Unfurling, Flag Salutation, was grandly organized at Karasa Chief Secretary Shri Haribabu's residence.



Executive members... Sadashivuni Baburaogaru, UJR Patnaik, Mrs. Kurada Pavani, Baliwada Haribabu, Shivaji Patnaik, Mrs.

Vappogi Ramamani, Sridhargaru, Sujatha garu, Mrs. Devi Mahanathi and other members of the executive committee participated and saluted the national flag and showed patriotism. Shri Shivaji Patnaik recited a beautiful poem. Elders promised to provide appropriate guidance and help to initiate new ideas on service programs like upcoming future operational programs (Sistakaranam Self Employment).

13) In the building of Rajam Regional Sista Karanam Welfare Society Sangham President Mr. Uriti Sasi-bhushan Rao unveiled the flag.

The program was organized under the direction of Secretary Shri Locharla Ganapathy. Community members and elders attended the event.



14) In the Independence Day celebrations held on 15-8-2022 at the Vizianagaram district center, Hon'ble Deputy Chief Minister Mr. Budi Muthyalanaidu presented the Best Employee Award to Mr. Polaki Tirumala Rao, our Sistakaranam employee working in DRDA-YKP Department.



15) Tirumala Rao presided over Kothavalasa Independence Day meeting under Rajam Nagar Panchayat. Speaking on this occasion, he said that our country is famous in the world for its cultural traditions. Tirumala Rao called for the Vajrotsava celebrations to be a great symbol/signal to walk on the ideal path set by freedom fighters.



16) Ms. Raghupathruni Krishnataru (Sri Balivada Govinda Rao's wife) who is working as the Principal of Kokkirapalli APSWR JUNIOR COLLEGE received the meritorious service ki best award at the hands of Hon'ble Andhra Pradesh Deputy Chief Minister Shri P Rajannadora in the presence of Honorable Member of Parliament Mrs. Satyavathigaru, Anakapalli District Collector and Joint Collector.



(Continued...)

## Community News

### Telugu States' Sistakaranams in "Azadi Ka Amrit Mahotsav"

(From previous page...)



17) Shri Jagan Mohan Reddy awarded the Indian Police Medal to Shri Dabbiru Varadarajulu, IPS, Retired SP Vigilance, Srikakulam.

18) Vizianagaram District, Bondapalli Mandal Bodasing Peta R.C. M English School on the occasion of 75th Independence Day. R.P. Gayathri's national defense is the national flag costume, and Jayaho choreography highlights in the event where Thousands of students, teachers, public representatives, and parents of students participated.



19) Our Sistakaranam Collectorate employee Deputy Tahsildaru Mr. Kuppli Chandramouli received the best award for Meritorious Service by Honorable Andhra Pradesh Home Minister Smt. Taneti Vanitha.



20) Celebrations at Vijayawada presided over by Shri Gumma Umashankar Patnaik

21) On 13-8-2022 at 6 pm at Vijayawada Tummalapally Kalakshetra, India's Independence Diamond Jubilee celebrations were held grandly under the auspices of X Ray Sahitya Sanstha with Hon'ble State Governor Mr. Biswabhusan Harichandan as the Chief Guest. In this assembly our Sistakaranam luminaries Mr. Balivada Shiva-

kumar Patnaik and Mr. Gumma Umashankar Patnaik received Vajrotsava awards. Congratulations to them.



22) Sistakaranam Senior Sangham Leaders, Vizianagaram resident, BC Struggle Warrior, Advisors to all Sistakaranam leaders, Shri Singumahanthi Murali Bhagwan Garu expressed his patriotism by hoisting the three-color flag on the occasion of Azadika Amrit Mahotsav Independence Diamond Festival to enliven the Sistakaranam fraternity.



23) Smt Keerthi Patnaik, head of Sridevi Vignanjyothi Parishkar Charitable Trust of Muralinagar, was awarded for her services.

Abdul Kalam International, Madurai has announced the Best Social Worker Award for her.



Keerthi Patnaik received the award from the hands of Jail Superintendent K. Raghu at the awards ceremony held in Guntur recently.

24) Shri Durga Prasad, Personal Assistant (PA) of Hon'ble Minister of State Shri Sidiri Appalaraju, received a Certificate of Appreciation for his dedicated service in the performance of duty at the hands of Shri Botsa Satyanarayana.



25) District Revenue Officer Mr. Balivada Dayanidhi received a letter of appreciation for his outstanding service in the performance of duties at the hands of the Chief Guest and the District Collector



in the Independence Diamond Jubilee celebrations held grandly on 15-8-2022 at District Center Paderu of Alluri Sitaramaju District.

(Continued...)

# Community News

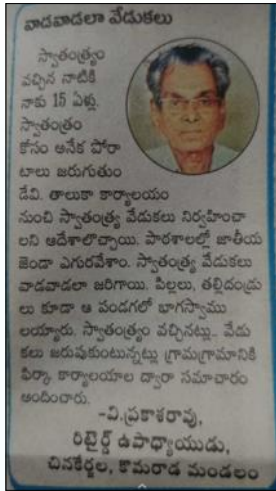
## Telugu States' Sistakaranams in "Azadi Ka Amrit Mahotsav"

(From previous page...)

26) Mr. Donkada Vidyasagar working as Physical Director of APSWR Junior College, Salur received the Meritorious Service Ki Best Award from Hon'ble Andhra Pradesh Home Minister Smt. Taneti Vanitha.



27) Shri V. Prakasa Rao, Retired Teacher, Chinakerala, Komarada Mandal, Independence Day 15th August 1947 in his memory.



28) Ch. Dhanveen, Class 8 s/o Shri R. Venugopal, Kancharapalem Vizag painted a picture of patriotism at an early age.



29) Ch. A picture drawn by K. Jasmika 8 years... I love my India.

LEKHA congratulations to the girls.

30) Ms. Karakavalasa Sridevi, Chief Secretary of Sistakaranam Yuvata Vizianagaram district, who is an English teacher, distributed files to keep certificates to A grade students who got marks between 91 to 100 in class 10.



We sincerely congratulate her for handing over these files to the students on August 15.

31) 75th Independence Day celebrations were held at Balaga Corporation School in Srikakulam on Monday. It was celebrated under the patronage of Professor Dr. Kanakaraju as the chief guest. Dr. Arikathota Kanakaraju said that everyone should be full of humanitarian perspective and told the history of India before and after independence. Later, incentives were given to Maunika, Anilkumar

and Sailikhita who scored the highest marks in class 10th. Charankumar, who became the state champion in boxing, was awarded Rs.1000.

32) Smt. Dabbiru Gayatri, a Telugu teacher of famous AVN College, Visakha, was awarded the Lifetime Achievement Award. Smt. Gayatri received this award from the hands of founder of Manasa Sahitya and Cultural Academy C.H.V. Bramhanda Rao, popular comedian Gautam Raju, retired teacher Vijaya Kumari, former MLC Krishnamurthy and others. In recognition of her contribution in the field of literature, the organization presented this award at the Kavi Sammelanam organized during the recent independence celebrations in Vijayawada. Gayatri's husband Venkumahanthi Ramesh, son Sri Vatsav and her family members also praised her services.



33) Independence Day celebrations were held grandly under the auspices of Visakhapatnam District Sistakaranam Sangam. Allipuram Sistakaranam Community Hall hosted the event where organisers honored the elders and talented people who served the community in this ceremony. The awardees can be seen in these pictures.



34) Avilala Sridhar participated in a bike rally on Chandragiri as part of the Azadi Ka Amrit Mahotsav program.



## Newsmakers

### Guinness Honor to Rahul Patnaik

In the mass participation event organized by the famous Guinness World Records on 17-4-2022, 1465 painters from 117 countries participated and uploaded their drawings on Facebook within one hour online. The rule is that each artist can upload only one image. 832 of the participants qualified. Participation certificate was given to all of them. Among them, our artist Sri Wadada Rahul Patnaik from Srikakulam was also present which is a matter of pride. He was awarded a gold medal. Congratulations Rahul!



### Jaganmohan Rao, Malleswara Rao elected Hindi Manch Advisors

Let us congratulate Sri Polu-mahanthi Jaganmohan Rao, who was unanimously elected as Honorary Adviser of Hindi Manch, Srikakulam district. He is a resident of Srikakulam, founder of educational institutions of New Central School and District Chairman of Red Cross Organization. Also, Congratulations to Sri Balivada Malleswara Rao, Principal of New Central School, who was elected as Honorary Adviser of Hindi Manch Uttarandhra branch.



### Laxmi Prasanna Bharati receives Gold Medal from Governer

Let us congratulate Smt Laxmi Prasanna Bharati (w/o Sri Siva prasad garu, Sakshi reporter) from Arasavilli, Srikakulam for being awarded gold medal for standing as topper in M. Li. Sc. course and receiving the gold medal from the hands of Hon'ble Telangana State Governor Dr. Tamilisai Soundararajan garu at the convocation function held on 6-8-2022 at Dr.BR Ambedkar open university, Hyderabad.



### Haranath felicitated



Honorable Smt. Kanthimahanthi Anusha Sasidhar Patnaik, Chairperson of our Andhra Pradesh State Sisthakarana Welfare & Development Corporation participated in the anniversary program of Jananetha Patrika as the chief guest. In the presence of eminent journalists and guests on the same stage, she honored our own Sri. Dadhiraio Haranath who has 27 years of experience in journalism, is the treasurer of our Visakha district Sishtakarana Sangam and part-time news in-charge of Jananetha Patrika.

- Sistakarana Seva Sangham, Endada branch, Visakhapatnam

### Uma Maheshwara Rao elected BC Lawyers President

Srikakulam resident and well-known Lawyer Sri Auguru Umamaheswara Rao was elected as President of Srikakulam District Backward Classes Advocates Association in elections held on Aug 13. Congratulations Sri Umamaheswaragaru!



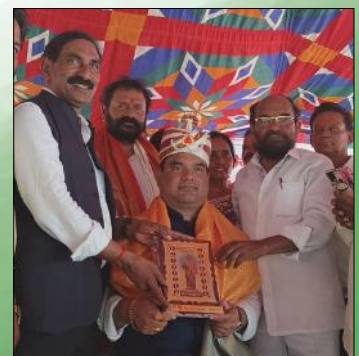
### Avinash shines at Science Olympiad

Chi Balivada Venkata Sai Lakshman Avinash, studying 9th Class in Atkinson School, Vijayawada (son of our AP-Sistakaranam Association Vice President Sri Balivada Sivkumar Patnaik) secured School 1st Rank, Zone 2nd rank, Regional 12th Rank and International 24th Rank in the SOF International General Knowledge Olympiad conducted on 22-2-2022 and 1-6-2022 by the reputed Science Olympiad Foundation, New Delhi. Congratulations from Lekha team



### Rajesh felicitated at Statue Unveiling Function

On 23-8-2022, the National President of BC Welfare Association, Rajya Sabha MP Sri R. Krishnaiah, and Sri Beda Mastan Rao, Rajyasabha MP have unveiled statues of national Bahujan leaders under the auspices of Srikakulam District BC Sangham. For this event held at Dr. Jyoti Rao Phule Park at Collector's Office, Srikakulam, State Secretary of the National BC Welfare Association and member of the Governing Body of Ambedkar University. Dr. Budumuru Rajesh was also one of the organizers and was felicitated by respected MPs on the occasion.



# Newsmakers

## Ramana Babu receives Prize from Former Deputy Chief Minister

Srikakulam - On the occasion of Narasannapet Writers' Forum 4th Anniversary and Telugu Language Day, A poetry competition was held. Although it was originally planned at the constituency level, seeing the response of the poems, it was considered as a district level competition.

Dharmana Krishnadas, former deputy chief minister and current member of the government presented the prize to the awardees.

The first prize winner, Sri Udandhrao Ramanababu, was honored with a certificate of appreciation and a memento.



## Tribute to Sistakaranam Youth

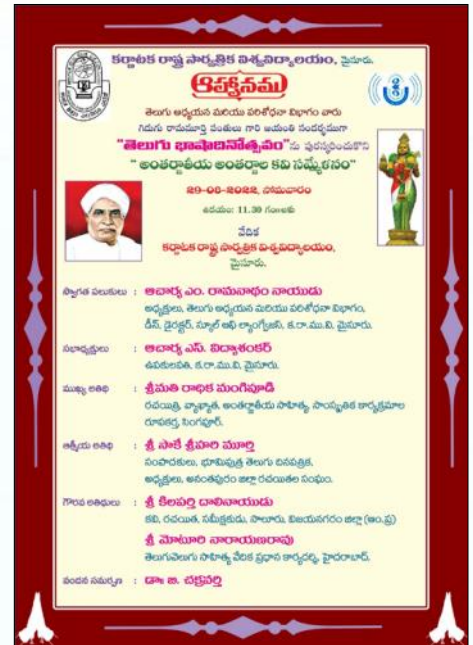
A very innocent and ill-fated young man. Sri Rautula Venkateswara Rao committed suicide. Denouncing this, under the leadership of the President of the State Sistakaranam Social Empowerment Committee Mr. Akkamahanti Raja and team staged a dharna in front of the local councilor's house, to which the police responded and promised to bring justice to the victim which led to the end of Dharna.

Lekha regrets such incidents and conveys its deepest condolences to the family of the deceased.



## Rare Honor to Moturi Narayana Rao

On the occasion of Telugu Language Day, it was a rare honor and respect bestowed on National General Secretary of Telugu Velugu Sahitya Vedika, Moturi Narayana Rao, along with famous poet and writer analyst Mr. Kilaparthi Dali Naidu Master, as the guests of honor for the International Internet Poet Conference organized by Karnataka State University.



## Naupada Hari Prabhakar Felicitated

Senior Journalist Naupada Hariprabhakar was felicitated by incumbent MLA Dharmana Krishnadas who was the Chief Guest at the program organized to celebrate the 4th Anniversary of Narasannapet Writers' Forum and Telugu Language Day. Writers who make the society think with their writings and journalists who bring to light the problems faced by the people have been honored with prizes. Mr. Hari Prabhakar is the father of Vikas and Vivek who are actively updating Sistakaranam news on Ikyavedika Facebook & SKIV website. Congratulations to them.



## Editorial

### Word in mind

'Lekha' is happy to associate with Sistakaranams in providing information on various happenings in the lives of Sistakaranams. We are also in health, beauty, yoga, business, inter-



views and many more. We are really thrilled to know that many

readers are waiting for clock to touch 7.30 on 1st Sunday of every month. Of late, Lekha is also receiving criticism from some corners for the news items published. The adverse remarks are not on the facts of the news, but on publishing the news itself. Lekha now makes it clear that it publishes news of any Sistakaranam or its group without any partiality. Lekha doesn't have the concept of investigation or expression of opinion. It is a digital medium for keeping up with happenings. Lekha doesn't have anything to say about the number of groups or associations but appeals to all groups or associations to be united to prove that "unity is strength." Any team member of Lekha can have choices that are personal to him, but not on the Lekha Board. All team members follow the objective of "neutrality", the only strength of Lekha. Lekha has a greater role to play. Men may come, men may go, but Lekha has to go on. Hence, we are yelling out all the time, inviting new talent to join the Lekha team. Lekha is one of the wings of Sistakaranam Ikyavedika (SKIV). Websites and social media are the other departments. We are inviting active Sistakaranams to associate with any of the departments. We request our community members, especially young Turks, to spare their time from home and participate at least 3 hours a week in the activities of SKIV. Such voluntaries are recognised by publishing their name and photograph in every issue of the Lekha. We must serve our community ourselves.

## Interview

### Versatile Person from Space into Service

**A Space Applications Scientist heading an organization made out time to serve his community – Sistakaranams by his social activities as well as literary & other arts. He is a person who knows and acts in that direction to connect elders of community with young generation. We are talking about former Director, A.P. State Space Applications Centre, Dabbiru Venkata Ramana Murthy alias 'Sharat'.**

**Let us talk to him to know him better. A few words about your career .....**

I did my post-graduation in Geo-Engineering from Andhra University. Started my career as a Junior Scientist in INCOR (Institute for Coastal and Offshore Research). Later I worked at Satellite Remote Sensing Centre at Bhubaneswar, and then, Space Applications Centre in Hyderabad on ISRO sponsored projects, in various capacities. I also worked as Director, A.P. Space Applications Centre at Vijayawada before retirement.

**We heard you have many facets of skills, please share with us....**

With the inspiration of my mother Hemalatha Devi, a writer, and the encouragement of my writer friend Nadiminti Narasingarao, I started writing poetry, stories, essays, even from my teenage. Being a slightly artistic man, I have engaged myself in pictorial writing, cartoon drawing, thoughts pouring into the pen, invention of narrative poetry, photography, aesthetic writing, nature worship, respectful to tradition, spiritual engagement, etc., since childhood. That's why I am known as "Kavibabu" to my dear friends and as "SharatKavi" in literary circles. I served as a trustee member in Sri Bhrmaramba Sahita Venkateswara Swamy Temple, Srinagar colony working together with my friend, famous cine comedian, late Mallikharjun Rao (Battala Satyam).

**Any memorable events ?**

An unforgettable experience in my life was the 300 km "National Trekking Expedition" in the Kashmir Himalayas under the aegis of the Indian Army. Once I was entangled in a dangerous situation in Odisha, but I was saved by a villain-lookalike person in a cinematic style. Visited Thailand, Cambodia, Malaysia, Singapore and seen their traditions and cultures. All these were unforgettable experiences.

**Please narrate your services to our community**  
Just as a great man said, "deshamante mattikadoy deshamante manushuloy", in our context I would say, "kulamante gajji kadoy, kulamante karanamoy, sista rakshakudu sistakarana-



**Sri Dabbiru Venkata Ramana Murthy**

**(Sharat)**

Father	: Late Sri Dabbiru Bhaskara Rao
Mother	: Smt. Hemalatha
Wife	: Smt. Sunita Rani
Elder Son	: Mr. Gautam Sagar Central Excise, GST Customs Official
Younger Son	: Mr. Preetam Sagar Software Engineer, Amazon
Native	: Jalumuru, Srikakulam district,

menoy." I have contributed to many achievements in the fields of education and employment opportunities. I sincerely wish all-round development of my community and relatives. I have been actively associated with Sistakaranam Welfare Association of Hyderabad and carrying-out social & other activities in close association with Dabbiru Krishna Rao garu, for SWA and AISKA alike.

**Your message to our community ...**

Everyone should make time to contribute their possible might to our community. This is my clarion call to strengthen our unity and community. Older and younger generations with their wisdom and knowledge are assets for overall development. People from various walks of life should come forward like Lekha Team and prove themselves. I have no words for Sistakaranam Lekha's wonderful performance in journalistic appeasement that reaches out to global scale.

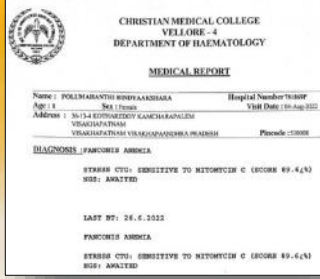
**'Lekha' wishes great days to come to Sharat garu.**

**Interview by – J.V.Chandrababu.**

**Compiled by – Mantri Narsimha rao**

# Support Arena

## Support Polumahanthi Bindhyaakshara to from Fanconi Anemia



Daughter of Vizianagaram, Dharmapuri natives Sri Polumahanthi Bala Rajasekhar and Polumahanthi Jyosha (Contact No. 9100039222), Kumari Polumahanthi Bindhyaakshari, is 8 years old and suffers from Fanconi Anemia. It costs rs 30 lakh to treat this

disease. Funds are being raised through crowdfunding. Earlier, through our event 4, when Chi. Khyati needed 16 crores for her treatment, crowdfunding was done. Instead of giving up that the target is too big, our group collected Rs. 11,501/-, and we are happy that we too have participated in contributing to save the child's life by giving her our blessings and whatever little financial assistance that we received. Similarly, we request every relative that this little soul, Polumahanthi Bindhyaakshari, should also be given all the help we can through our group with blessings and be a part of saving the life of this little one. Those providing assistance can make PhonePe or Google Pay to Uma Maheshwara Rao Pakki's number.

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- RBC COUNT (RED BLOOD CELL COUNT)
- PCV/HAEMATOCRIT
- MCV
- MCH
- MCHC
- RDW - CV
- RDW - SD
- MPV
- PDW
- PCT
- TOTAL LEUCOCYTE COUNT
- NEUTROPHIL
- LYMPHOCYTE
- EOSINOPHIL
- MONOCYTE
- BASOPHIL
- PLATELET COUNT

**IRON PROFILE**

- SERUM IRON LEVELS
- TOTAL IRON BINDING CAPACITY
- UIBC
- TRANSFERRIN SATURATION INDEX

**THYROID PROFILE**

- T3
- T4
- TSH

**HBA1C**

- HBA1C RESULT
- ESTIMATED AVG GLUCOSE

**GGT** (GAMMA GLUTAMYL TRANSFERASE)

**CALCIUM - TOTAL**

- SERUM TOTAL CALCIUM

**ULTRASOUND ABDOMEN**

- X-RAY
- ECG

**LIPID PROFILE**

- TOTAL CHOLESTROL
- HDL CHOLRSTROL
- LDL CHOLRSTROL
- TRIGLYCERIDES
- VLDL
- T:CHOLESTROL/HDL RATIO

**LIVER FUNCTION TEST**

- TOTAL BILIRUBIN
- CONJUGATED BILIRUBIN
- UNCONJUGATED BILIRUBIN
- SGOT
- SGPT
- ALKALINE PHOSPHATASE
- TOTAL PROTEINS
- ALBUMIN
- GLOBULIN
- A/G RATIO

**VITAMINS**

- VITAMIN B12
- 25 HYDROXY VITAMIN-D

**RENAL FUNCTION TEST**

- SERUM CREATININE
- SERUM UREA
- SERUM URIC ACID

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## Donations sought for Sistakaranam Temple

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76వ వార్షిక వసంహార, విశాఖపట్నం - 44. ఫోన్: 9866445979

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శ్రీ శ్రీ శ్రీ దేవతా సేవకు గానుచు స్వామి దాని ప్రార్థనా ప్రసాదం పొంది, బుద్ధులకు లోకం ప్రసాదం అందించుట, అభివృద్ధి చేయుటకు ఈ దేవాలయ మహాభక్తులకు ఆరాధనా విధానం ద్వారా ప్రార్థనలు చేయవలసిందిగా కోరుతున్నాము.

ప్రార్థనా సేవ 6 గంటల నుండి 7 గంటల వరకు స్వామి దాని సేవలను అభ్యర్థించుటకు అందరినీ ప్రోత్సహించుచున్నాము.

సాధారణ ప్రార్థన సేవలకు 7.00 గంటల వరకు ప్రార్థనలు చేయవలసిందిగా కోరుతున్నాము. ప్రార్థన సేవలకు ప్రార్థనలు చేయవలసిందిగా కోరుతున్నాము.

తేదీ	గానపతి దేవు	అభివృద్ధి అంశం	చోటు
31-08-2022	సంకటం	మొదటి కుంభాబిష	శ్రీ శ్రీ శ్రీ గానపతి దేవాలయం వద్ద
01-09-2022	సంకటం	మొదటి కుంభాబిష	అంతర్గత ప్రార్థన
02-09-2022	శ్రీ శ్రీ శ్రీ గానపతి	గంధం	మొదటి కుంభాబిష
03-09-2022	శ్రీ శ్రీ శ్రీ గానపతి	అభివృద్ధి	అంతర్గత ప్రార్థన
04-09-2022	సంకటం	మొదటి కుంభాబిష	మొదటి కుంభాబిష
05-09-2022	సంకటం	మొదటి కుంభాబిష	మొదటి కుంభాబిష
06-09-2022	సంకటం	మొదటి కుంభాబిష	మొదటి కుంభాబిష
07-09-2022	సంకటం	మొదటి కుంభాబిష	మొదటి కుంభాబిష
08-09-2022	సంకటం	మొదటి కుంభాబిష	మొదటి కుంభాబిష
09-09-2022	శ్రీ శ్రీ శ్రీ గానపతి	గంధం	మొదటి కుంభాబిష
10-09-2022	శ్రీ శ్రీ శ్రీ గానపతి	గంధం	మొదటి కుంభాబిష

తే. 10-09-2022 నుండి మొ. 12 గంటల వరకు ప్రార్థనలు చేయవలసిందిగా కోరుతున్నాము.

సాధారణ ప్రార్థన సేవలకు 7.00 గంటల వరకు ప్రార్థనలు చేయవలసిందిగా కోరుతున్నాము.

సాధారణ ప్రార్థన సేవలకు 7.00 గంటల వరకు ప్రార్థనలు చేయవలసిందిగా కోరుతున్నాము.

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The Joy of Life

Sri Sankatamochana Ganapati Temple at Nadupur in Visakhapatnam was built by our Sistakaranams. It is known as a temple of good power and fulfills the wishes of the devotees, where daily prayer services are conducted by the Sistakaranam trustees. Donors who wish to make donations can send it to the following bank account. Bank SB A/C o.095510100018893 IFSC codem UBIN0809551 UNION BANK OF INDIA. STEEL PLANT TOWNSHIP Branch Or you can send it to 9866445979 if it's PhonePe. Yours, Mantri Narasimha Murthy President phone 9866445979 SRI SRI SRI SANKATA MOCHANA GANAPATHI DEVALAYAM, 76WARD, NADUPUR, GVMC, VISAKHAPATNAM-44, (FAMOUS & FIRST TEMPLE AP).

## Computers donated to Old School



Dabbiru Kiran Chandra Patnaik and Kishorechandra Patnaik of Paraselli village of Narasannapeta mandal donated computer worth Rs 56,000 to the primary school where they studied in the memory of their father, late Ramana Rao. Later, the Dabbir brothers were honored with shawls.

## Palasa Association's Help

On 8-8-2022, Palasa Shishtakarana Welfare Association President Sri Dabbiru Bhavani Shankar, Secretary Sri A Madhusudhana Rao, Sri S Bhaskara Rao and others visited Sri Baliwada Srinivasa Rao of Narsipuram village under Palasa - Kasibugga Municipality limits of Srikakulam District, who was recently suffered a heart attack and was unwell. They also donated an amount of Rs. 12,500/- Let's congratulate them. Let us wish Sri Baliwada Srinivas garu a speedy recovery.

## Support Arena

### Sistakaranam Helping Hands Event 14 Successful



On 21-08-2022 In Vizianagaram District S. Kota, a grocery shop was opened at the residence of Sri Markonda Patnakuni Sudarshan Rao in the presence of

group relatives of Sri B. Jogarao Garu, Sri T. Prasad Rao Garu, and Sri G.V.R. Murthy. A total of 30,500/- was given as financial assistance out of which 19102/- worth of grocery shop and cloth material related items were bought in the presence of Sri Markonda Patnayakuni Sudarshan Rao and our group members Sri Basuri Srinivasa Rao, Sri B. Jogar Rao, Sri T. Prasad Rao and the material transport charges of Rs.690/- was also given in their presence. The related invoices and the remaining amount of Rs. 10,708/- was handed over to Sri Markonda Patnakuni Sudarshan Rao, after the opening of the shop in S. Kota in the presence of relatives Sri B. Jogarao, Sri T. Prasad Rao and Mr. G. V. R. Murthy. This concludes the 14th service program. We sincerely wish that God blesses each and every relative and their family members who have selflessly helped with good health and prosperity.

- Pakki Umamaheshwar

### Health Camp at Prema Samajam

Social Medical Practitioner Dr. Kuppili Suresh Babu conducted free medical examinations and distributed medicines to the elderly in Prema Samaj and Old Age Home at The PMP Association of India Visakha District Convenor Daba Gardens. On this occasion, Dr. Suresh said that his medical services are always available to the elderly and others in the society, and he will continue his medical services in the future as well. Dr. Suresh was showered with blessings by the elderly people of the Prema Samajam, who have been receiving Dr. Suresh's medical services for the past ten years. He said that he was very happy because all the elderly people there were together like a family. He said that he was very indebted to the elderly people who gave him the opportunity to provide medical services to such elderly people. He wished that everyone should strictly follow Covid precautions and thrive in good health. The Prema Samajam executive committee appreciated and thanked Dr. Suresh for his medical services to the elderly and others in their community. Dr. Suresh said that his parents deserve all credit for his high progress in the field of medicine.



### A.S. Foundation Chief Avilala's Food Donation

On Sunday afternoon, 28-08-2022, former students of Rayalaseema Public School distributed sambar rice, pickle and mineral water to 250 people in front of the gate of Ruya Hospital. On this occasion, Avilala Sridhar said that due to the loss of his friend Karthik last year, he prayed for the sadgati of his soul and hence organized the annadanam. In another program, Avilala Sridhar, head of AS Foundation, organized an annadanam for 350 people at Sri Govindaraja Swami Pushkarini. Sri Sridhar informed that Prof Vijay Kumar Varma conducted Annadanam under aegis of AS foundation for the the Sadgati of his parents late Smt. Sibhyala Subbamma and Sri Sibhyala Venkata Subbaraju.



### Scholarships for Sistakaranam Students



శ్రీ కరకవల్లస సీతారామ మూర్తి పట్నాయక్  
& శ్రీమతి కరకవల్లస నవనీతం

**స్కాలర్‌షిప్**



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& శ్రీమతి పులివెంకట రమణ

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- Will be awarded directly to students, one time.
- Selection at the end of each academic year.
- For Sistakaranam students who are in their Class 10 and class 12 (sr inter)
- Based on their performances in board exams and other competitive exams.

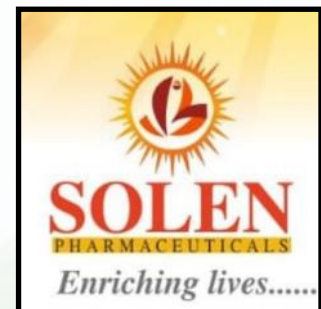
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- Medicines are WHO-GMP Certified.
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## Fraternity Page - Telangana



### Sistakaranam Welfare Association, Hyderabad (SWA) elects New Executive Body

After completing the tenure of Sistakaranam Welfare Association in Telangana state, the new executive committee was elected on August 21 at BHEL Community Center. This programme was organised under the chairmanship of DV Krishna Rao, Honorary President of the All-India Sistakaranam Association. D.V. Ramana Murthy and Parthasaradhi acted as Election Officers. All the below members were elected unanimously.

New working group:

- Honorary President: D.V. Krishna Rao Sistakaranam
- President: Smt.D. Rama Sistakaranam
- Working President: Sri R. Seshagiri Rao
- Chief Vice President: Sri S. Venkateswara Rao
- Vice President: Sri Mantri Narasimha Rao
- Chief Secretary: Sri B. Vijayakumar
- Additional Chief Secretary: Sri Moturi Narayana Rao
- Administrative Secretary: Sri Uriti Parvatheeswara Rao
- Additional Secretary: Sri K. Chanduprasad
- Additional Secretary (Woman): Smt. A. Satyalaxmi
- Joint Secretaries: 1. Sri D Naresh Patnaik, 2. Smt. R. Shwetha (Woman)
- Joint Secretary (Youth): Sri U. Naresh Babu
- Treasurer: Sri M. Shankar Patnaik
- Joint Treasurer (Woman): Sri M. Jayashree
- Secretary (Youth): Sri D. Naveen Patnaik
- Executive Secretaries: 1. Sri K Roshan Chakrapani, 2. Smt. D. Sunitha Rani (Women's Section), 3. Sri CH Durgaprasad
- Publicity Secretaries: 1. Sri Y. Arun Kumar, 2. Smt. Gopi Ratnam (Woman), 3. Sri T.V. Srinivas
- Technical Secretaries: 1. Sri B. Ratnaprasad, 2. Sri D.V. Harish Patnaik
- Cultural Secretaries: 1. Sri PDS Patnaik, 2. Smt. C. H. Hemalatha (Woman), 3. Sri R. Anand
- Media Secretaries: 1. Sri P.R.S.S.N. Murthy, 2. Sri T. Pratap Raj, 3. Smt. Uriti Kala (Woman)
- Sports Secretaries: 1. Sri M Madhuri, 2. Smt. D.

Parijata (Radha), 3. Smt. P. Padma

- EC Members: 1. Sri D. Santosh Kumar, 2. Sri BVS Prakash, 3. Smt. Sesharatnam, 4. Sri CH Venkateswara Rao, 5. Smt. Shirisha Vani
- Advisory Committee Convener: Sri ARK Rao
- Key Advisors: Sri K. Harigopal
- Counsellors (Regular Training): Sri K. Murali Sharma
- Consultants (Matrimonials): Sri D. Parthasaradhi
- Advisors (Financial): Sri K. Venkateswara Rao
- Advisors (Legal): Sri P. Tirupathi Rao, Sri A. Harikishore
- Consultants (Technical): Sri B. Malleswara Rao
- Advisors (Promotion): Sri PS Prakasarao

In this program, Sri DV Krishna Rao said that our association used to hold elections once every two years, but on approval of the members, it was unanimously agreed that elections should be held once every three years. He also informed about the positive response of officials to allocating land for the community. He also recalled the support provided to our community during the COVID time, from food to oxygen cylinders and medicine. Krishna Rao also stated that they are working hard for OBC and said that they will achieve OBC soon as the ministry has responded positively. It was also explained how they made efforts to include Sistakaranam in BC-D in Telangana. DV Krishna Rao informed that a Jobs Fair will be announced soon.

### Courtesy Meeting

General Secretary of Andhra Pradesh State Sistakaranam Sangam Sri Belagam Jaya Babu met Sri DV Krishna Rao with family members at his residence in Hyderabad. This was a courtesy call post the unanimous election of Sri DV Krishna Rao as President of All India SistaKaranam Association, which was an event signifying the unity of Sistakranams all over India and among the Telugu states, in pursuit of prosperity for the community marked by the intensive efforts for attaining OBC status for our community. They have also discussed various issues impacting our community including OBC status, future planning, etc. The visiting delegation also included Honorary Members of SWA Ramana Murthy, State Treasurer Uriti Parvatheeswara Rao, Y M. Shankar Patnaik, Additional General Secretary Moturi Narayana Rao, and Secretary Prakash Rao.



## Fraternity Page - Andhra Pradesh



### Conversation with Smt. Sharmila

Sri. Jannumahanti Ramesh of Bhadrachalam Sistakaranam Sangam met YSR TP President Sharmila who came to visit Bhadrachalam flood victims.



### Memorandum for Grill at the First Stairs

Sridevi Vigyana Jyoti Parishkar Charitable Trust has conducted many service programs over the years. Recently the group welcomed the Executive Officer of Simhachalam Devasthanam Smt. Bhramaramba who came to Visakhapatnam for joining the role with a beautiful rose plant as part of environmental protection. A request was made on behalf of the organization requesting to construct a safety grill at Appanna Swamy near the first steps of Simhachalam Devasthanam. The organization assured to take up the construction with collected donations if even only permission is given. Because there is no Prahara around the Swami, the devotees are destroying the decorations, beating the coconuts, lighting the lamps, and covering the Swami completely with soot, so permission for the grill has been requested. The officer responded very positively and promised to take an early decision after board consultation in this regard.



### Clay Ganapatis distributed by Amadalavalasa Association

Under the auspices of Amadalavalasa Sistakaranam Sangam, President Murthy Master, Secretary Mahesh Garu, Vice President Shyam and executive committee members distributed clay Ganapatis.



### Memorandum to AP Chief Minister

Chief Minister of AP Sri Y. Jagan Mohan Reddy was the chief guest at the Netanna Nestham cash release function on 25/8/22 in Pedana town of Krishna District, AP. President of All India Sistakaranam Association Sri Dabbiru Venkata Krishna Rao met with him and presented a petition on behalf of our community. The brief points included in the petition are:

- 1) The Chief Minister should allocate land for the Sistakaranam caste, especially in Vijayawada and Visakhapatnam and grant funds for the construction of buildings in them.
- 2) Some more special funds should be granted to state SistaKaranam Corporation.
- 3) Special attention should be given in form of special pressure groups on the Center for including the Sistakaranam community in the central OBC list.

National President Sri DV Krishna Rao, Krishna District President Sri Gumma UmaShankar Patnaik, State Organizing Secretary Sri Srinivas Veenam, and other community members were part of the the delegation that submitted the petition to the CM.



### Endada Association elects Women's Working Group

Based on the majority decision, the new women working group members of the Sistakaranam Seva Sangam were elected at the Endada branch of SK committee meeting.

- Honorary President of Women's Section: Mrs. Pakki Neeraja
- Chairperson: Smt. Shiva Jyoti
- General Secretary: Smt. Kallepalli Shobharani
- Joint Secretary: Mrs. Narsipuram Geetha Bharathi
- Joint Secretary: Smt. Donkada Vasantha
- Youth Leader: Chiranjeevi Behara Dharani



### Petition to allot Land for Community Hall

Andhra Pradesh SistaKaranam Welfare and Development Corporation Chairperson Kantimahanti Anusha Sasidhar Patnaik submitted a petition to the State IT and Industries Minister Mr. Gudivada Amar Nath seeking to allot land for the construction of a community hall for the Sistakaranams. Along with asking for an allotment of space, the need to get OBC as soon as possible to the SK community was stressed. She explained the difficulties faced by members of Sistakaranam caste due to not being in the OBC list. The minister responded positively to allocate space for the community hall. He further said that they will provide their support to SK community for inclusion in the OBC list. In this program, Sashidhar Garu, Treasurer of Visakhapatnam District Association D. Haranath, President of Arilova Sangam, B Appala Narasiah and other community leaders participated.



### Memorandum submitted for OBC

AP Sistakaranam Welfare and Development Corporation Chairperson Smt. Kantimahanti Anusha Sasidhar Patnaik submitted a petition to the Joint Visakha District Regional Coordinator and Tirumala Tirupati Devasthanam Chairman Manayashree Shri YV Subbareddy seeking the cooperation of the state government to include Sistakaranams in the central OBC list.



## Fraternity Page - Andhra Pradesh



### Intl. Human Rights Council India Appointments

An emergency meeting of the International Human Rights Association India was held under the chairmanship of Mr. Kinjarapu Surya Narayan, President of Visakhapatnam District, at Mr. Patnaikuni Janakeswara Rao's Mr. Subha Balaram Nilayam in Shubbalakshmi Nagar, Anandapuram Mandal, Vellanki Village, Visakhapatnam District. National Vice President Shri B.V.N. Patro was the Chief Guest of this meeting. National Senior Secretary Bandaru Anil Kumar, North Andhra Secretary Kottala Arun Prasad Garu Kottalanka Ramesh Sharma participated. In this meeting, Mr. Arikathota Chandramouli was appointed as the National Spokesperson, Mr. Kanthimhanthi Sivaprasad as the National Secretary and Mr. P.V.V. Prasada Rao as National Organizing Secretary, Mrs. Dabbiru Prashanthi as National Women's Secretary Mr. Kotamahanthi Venkatachalam as National Co-ordinator Mr. Arjuna Mahanti Ramakrishna as Life Member, Mr. Kotamahanthi Kumar as National Co-ordinator, Mr. K. Satyanarayana.



### Social Service Activities by Smt. Keerthi Patnaik

Sridevi Vigyana Jyoti Parishkar Charitable Trust has participated at VUDA park to conduct Swach Sarveksh program. Phani Patnaik of the trust, Praadeep Kumar, Christian



Minorities Association President. Madubabu AU YMC Professor, D. Padmavathi 6th Ward YSRCP President, D. Sagar, Sugunavathy, Aruna, Dr. Arjun, Professor Mahendra Varman, Prashanthi and a few college students participated.

Elsewhere, on the occasion of Gidugu Ramamurthy Pantulu's birthday as well as Mother Language Day, the children of the high school in Muralinagar dressed up in different kinds of costumes with the theme on Mother Telugu.

Clay Idols of Ganapatis were distributed by the Trust to 150 students free of charge.



### Plenary meeting of Gajuwaka Sistakaranam Seva Sangam, Election of new committee

Let us congratulate and wish the newly elected body of Gajuwaka Sistakaranam Seva Sangham in the general body meeting held on 7-8-2022 at Lions Club of Gajuwaka in the presence of Chief Guests Sri Dasamantarao Adinarayana Rao garu, Steel Plant Union President Dr. Kalyan Babu of Simhagiri Hospitals and Sri Krishna, Visakhapatnam Defence Academy, Visakhapatnam Dist General Secretary Sri P V T Ramana Rao garu and others. Sri Mantri Jagadeesh Prasad as election officer conducted the elections and the new body was elected unanimously.

- 1) President: Sri Balivada Satya Rao
- 2) General Secretary: Sri Basangi Tirupati Rao
- 3) Treasurer: Sri B Kurma Rao
- 4) Associate President: Sri L Venkataramana
- 5) Working President: Sri Munganda Subrahmanya Prasad
- 6) Vice President 1: Smt Behara Vijaya
- 7) Vice President 2: Sri Mantri Satya Rao
- 8) Adtl Secretary: Sri Karakavalasa prasad

- 9) Organising Secretary: Sri Manipatruni Satyanarayana
- 10) Joint Secretary 1: Smt Garbham Vijayalaxmi
- 11) Joint Secretary 2: Sri Vantaram Srinivasa Rao
- 12) EC Members Sri Dabbiru Srikanth
- 13) EC: Smt B Vijayalaxmi, Smt G Jayalaxmi, Sri Karakavalasa Srihari, Sri DLD Harikumar, Sri Tarakesh, Sri Balivada Manibushana Rao

The new executive took oath and swore that they would be able to do their utmost for the development of our caste relatives by being accessible to all. Subsequently, the meeting ended with the national anthem. Jai Gajuwaka Shishta Karana Seva Sangham!



### Visakhapatnam District Sistakaranam Sangam Elections

Visakhapatnam District Sishthakaranam Sangam Elections were held today on Sunday 28-8-2022 in Visakhapatnam. This election was conducted by Andhra Pradesh Sishtakaranasamgha, President Sri Polumahanthi Umamaheswara Rao acting as Election Officer. The new executive committee members were elected unanimously.

- 1) Honorary President: Shri PVT Ramana Rao
- 2) Honorary Advisor: Shri Tumbali Prasada Rao
- 3) President: Sri G.G. Prabhakaradasu
- 4) Associate President: Sri k Gauriprasad
- 5) Vice President 1: Sri Sadashivuni Prasada Rao
- 6) Vice President 2: Shri Pyan Murthy Patnaik
- 7) Principal Secretary: Sri Baliwada Haribabu
- 8) Organizing Secretary: Shri Krishna Rao
- 9) Joint Secretary 1: Shri P Srinivasa Rao
- 10) Joint Secretary 2: Shri Ganesh

- 11) Treasurer: Sri M Umamaheswara Rao
  - 12) Women Secretary: Mrs. Dabbiru Gayatri
- Later, senior community leaders Sri K Ramachandramurthy, Mrs. Pavani, Sri Polumahanthi Umamaheswara Rao, Sri Mohana Rao, former district community leaders Sri Sathyaprasad, Sri Ramana Rao and others were felicitated. Everyone then enjoyed the delicious dinner arranged at the stage.

All congratulated the new committee members.



### Distribution of clay Ganesh idols

State Hamman Rights Secretary Mantri Shyam Prasad gave a call to organize pollution free Vinayaka. Clay idols of Vinayaka were distributed by Sistakaranam Association Santhamamidota Kurmannapalem branch. He said on this occasion that There are many problems due to pollution which is increasing day by day. In this situation, everyone should contribute to pollution control It is suggested to worship with idols. He said the programs being carried out Under Kurmannapalem are remarkable. Secretary D. Satyarao, President PSVN Gopal, repre-

sentatives Babu Patnaik, M. Janardhan Rao, Srinivasapatnayak, Gurunadha Rao, Ramesh, Rayudu, Kishore Kumar, Venkateswara Rao, KV Prasad, Garbam Nageswara Rao and others participated.



**Fraternity Page - Chhattisgarh**

**'Shravan Sandhya' Celebrations by CGSKA**



Left to right : M/S Sujata Durga Prasad, Rajani Rao, Jyoti Mantri, Sarla Patnaik, Shyamala Patnaik, D Vanishree, Sandhya Raj & Rama.



Left to right: M/S Sridevi, Arti Patnaik, Pramila Patnaik, Rajeshwari Patro, Janaki Pratibha Patnaik Anuradha Patnaik Vijaylaxmi, Triveni Rao, M Girija, B Raj Laxmi

'Shravan Sandhya' Utsavam by Ladies' Wing Chhattisgarh Sista Karnam Association, was one of its kind celebrations which not only rejuvenated ladies but also filled in enthusiasm and ecstasy to mark 'Sravana Masam', an auspicious month. Shravana Sandhya Celebrations, a mashup of tradition, patriotism, fun and fashion. The event was initi-

ated by Smt. Sandhya Raj and Smt. Shyamala Patnaik. It was a marvelous combination of three in one event: Azadi Ka Amrit Mahotsav, Janmashtami and Shrawan Sandhya. The ladies showcased their talents and enjoyed the evening by Singing Dancing and expressing their views on various topics rele-

vant to the very day. In the scintillating event Smt. Pratibha Patnaik was ornated by a Title Mrs. Shrawan Queen, Smt. Rajni Rao declared as Mrs. Timeless Beauty, Smt. Vijay Laxmi was awarded a title Mrs. Evening, Smt. Mantri Jyoti was ornated by title Mrs. Paryavaran Mitra and Smt. Arti Patnaik was titled Mrs. Artistic.

Games and fun filled activities enthused all the participants. Match Box game and Passing the Cue added fun to the gathering. Smt. Sarala Patnaik and Smt. Sridevi were declared as the winners.

The concluding speech by Smt. Rajkumari Patro comprised of words of appreciation for Smt. Sandhya Raj, Smt. Shyamala Patnaik and the Shravana Laxmis who are constantly

working for unity among our Sista Karnam community through little efforts to meet the requirement of the same.

Reported By-  
Arti Patnaik



Smt. Vijaylaxhmi  
Mrs Evening



Smt. Jyoti Mantri  
Mrs Paryavaran Mitra



Smt. Arti Patnaik  
Mrs Artistic



Smt. Pratibha Patnaik  
Mrs Shrawan Queen



Smt. Rajani Rao  
Mrs Timeless Beauty



Smt. Rajkumari Patro  
Mrs Yashoda Mayya

**'Azaadi ka Amrit Mahotsav in Schools**

'Azadi ka Amrit Mahotsav' imbued the whole nation in patriotic wave which started from 13 August 2022 to 15 August 2022 in Raipur, Chhattisgarh. 'Tilak Bharati group of Schools' celebrated 75 years of Independence with a great fervor and zeal. Climatic conditions were not favourable, but did not deter enthusiasts participation making it a successful event. The Parade by students was magnificent as it aroused nationalistic feeling among all viewers. 'Chhattisgarhi Dance', a 'Street Play' promoting a 'Clean City Drive', 'Stay Fit' message through 'PT Dance', 'Patriotic Songs and Speeches' by students were colors of celebrations. On the same occasion 'Padmavati School' which is run by Smt. Vanishree D has marked this Independence Day Celebration in a wonderful way.

Reported By- Arti Patnaik



Tilak Bharti School



Padmavati School

**Journey of Dr. Chandana Patnaik**

Dr. Chandana Patnaik from Dubai, D/O- Sri. B.B.Rao Patnaik and Smt. Anuradha Patnaik, W/O- Venkat S. Polaki. She had completed B.Sc. (Physics Honours) from Odisha, MCA from CSVTU, Bhilai M.Phil in Computer Science from Pt. Ravishankar Shukla University, Raipur and Ph.D. in Computer Science from Nagpur University, Nagpur. It has been expressed by her that all her achievements were just because of her hard work and her parents. They always supported and encouraged her in all her endeavour which proved to be her big strength. Because of her parents and her husband her dreams come true. Being a woman and a mother; one small message to everyone: "Each parent should encourage their children in every situation in a positive way which shall boost their moral strength." A mother who is an ideal not only for her two years old son but for all the modern progressive mothers of today. She has completed her PhD degree in the very first couple of years of her marriage and motherhood. New couples go for honeymoon and postpone even motherhood. She cared and nurtured her infant son ofcourse with the help of her mother and became a proud mother. She thanks Smt. Rajkumari Patro for giving her this opportunity to share and express with Sistakaranam families.



## Fraternity Page - AIPSKA



# Five Festive Celebrations at 'Vanita Vedika'

'AIPSKA' always explores innovative events. As we have recently experienced successful activities created with lot of time and effort by AIPSKA's Working President, Sri V Uma Maheswara Rao; this month it was 'Festivals' at the Whatsapp Group 'Vanita Vedika'. Many family members came forward to share and present their unique way of celebration and made memorable days for one and all.

**VANITA VEDIKA CELEBRATES 75th Independence day on 15th day August, 2022.** Let us all celebrate the day in our VEDIKA with melodious patriotic songs both in Hindi & Telugu, poems etc., Please do share Independence day Celebration photos of your area, Apartments, Schools and clubs to this Vedika. Jai Hind.

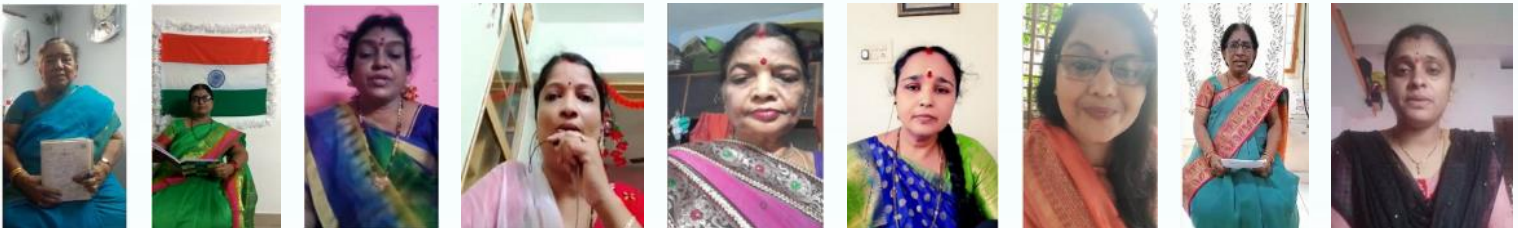
**'75th Independence Day'** on 15th August 2022 was a rocking one, with a program full of **'Patriotic Songs'**. Many members of the group sang at least one patriotic song, and AIPSKA awarded the participants with certificates after a week. Besides that every member of the group participated in **'Har Ghar Tiranga'** campaign by posting their pictures with Indian Flag or other innovative ways of expressing their love for our 'Tiranga'.



P. Rohan Patnaik, Ashalata, Dabbiru Ishan Pramod, K.JanardhanRao



**'Har Ghar Tiranga'**- D.Shilpa, K.Padmaja, P.Shailendrarao, P.Krishnaveni Patnaik, D.RamaSatyaDevi & Aruna, ( Left to Right) N.Tushar Patnaik (Top), V.Shruti (Bottom)



**'Patriotic Songs'**- Rajeswari, Kabita Patnaik, R.Veena Vani, Bharti Patro, Rajkumari Patro, Ramani, Kavita Patnaik, J.Vijaya, P.Gowri Pujasri

Almost every woman in the group devotedly performed **'Varalakshmi Puja'** mainly on 5th August 2022 (2nd Friday) i.e. before Pournami (full moon day) at their respective homes and also shared their experiences. Few members explained the importance of the puja in detail which was predominant. It was quite informative for all, enhancing the values of maintaining traditions and rituals. Some ladies also celebrate on other Fridays in Sraavana Maasam (Saavan Month) if any inconvenience viz. 29th Jul/ 12th Aug/19th Aug/ 26th Aug.

Love & Protection. The Sister ties 'Rakhi' to her Brother's wrist with all her love to protect him and the brother takes a stand to protect his sister always. Puja and sweets are given to brother, while sister is flodded with gifts from him. Many members of the group posted their Rakhi Brother-Sister pictures. It is also known as 'Jandhyala Pournami'. On this auspicious occasion, men perform puja and change their Jandhyam (thread).



**Varalakshmi Puja**- M,Kavita; **Rakshabandhan**- Anirudh, J Vijaya

**'Rakshabandhan'** this year was on 12th of August 2022. This festival was more commonly celebrated with lot of glamour in the Northern India. However, it is now celebrated in most of the Indian States. The festival goes by its literal meaning of the Hindi word 'Raksha-Bandhan'. It is mainly for Brother-Sister's Bondage of

**'Janmashtami'** was celebrated on 19th August 2022 with full of devotion and lot of happiness. Members posted their puja pictures, décor of Krishna photos of cute little children dressed up like Krishna & Radha.



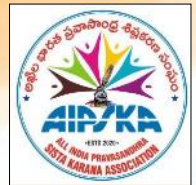
**Janmashtami**- Jyoti, Pranav Chiranjivi, Sravana Jyothi, Kavita

**'Lord Ganesh'** festival was the last to be celebrated on 31st August 2022 with sharing of pictures of Idols, Puja and greetings.



**Ganesh-Utsav**- D. Anuradha, Nirmala Kumari, Krishnaveni, Rohan, Ramesh

## Fraternity Page - AIPSKA



# ‘Sista Idol’ Grand Finale- Season- 1

Sista Idol Grand Finale was conducted on 31st July 2022 as a Zoom even after a long time at AIPSKA. The event started with warming up welcoming guests by our AIPSKA President, Sri Ramesh Patnaik. On dot the actual event started with an introduction by our most recognized anchor, Smt. Mantri Sandhya Raj of Raipur, Chattisgarh followed by Jyothi Prajwalana near Ganesh and Prayer song by Smt. Pakki Raga Chandrika of Warangal, A.P, who had been the co-anchor and the main Team Lead from scratch to finish of ‘Sista Idol’. Brief report on Sista Idol by was presented by Working President of AIPSKA, Sri Vadada Uma Maheshwar Rao who had innovatively initiated and guided through the goal. This was followed by a Welcome Address by AIPSKA President, Sri B. Ramesh Patnaik who encouraged & wished the participants. An introduction song that was scripted by Sri V. Uma Maheswara Rao was well presented by Smt. Pakki Raga Chandrika Patnaik who continued with anchoring to start the performances by the finalists who reached upto this stage.

Performances was started off by Smt. Sudeepti Behara followed by Master Rudransh from Kids Category. Smt. Vandana Adivishnu from Chennai, Tamil Nadu had taken over the charge and continued the programme with performances of contestants from Smt. Mantri Satya Kavitha, Smt. Nagumantri Kabita Patnaik, Sri Bogila Venkateswara Rao, Kum. Dishitha Nagumantri. After a small break with a song by Guest Singer Sri B Shashank , the performances continued by singers Kumari Jahnvi Balivada, Smt. Arti Patnaik, Sri. Jakkuva Venkata Rakesh Patnaik, Smt. Patnaikuni Gowripujasri, Smt. Kondadada Sai Ambika (recorded video), and Smt. Sudeepti Behara (repeated performance). All the performers performed their best selves and anxiously waiting for the results. But yet another break, there was a Guest Singer Sri N. K. Praveen. So overall, in Seniors Category there were 9 contestants shortlisted out of about 35 singers who participated in 3 sections. In Kids Category 2 contestants were shortlisted. Before the announcement of results, speech was delivered by Smt. Raj Kumari Patro who congratulated all the participants which was followed by a song and announcement of results by honourable judge Sri Mohan Rao Patnaik who took time for this event. And there comes the declared jury awards where top 5 were chosen in. Senior Category ; Winner- Smt. Patnaikuni Gouri Pujasri, Runner Up- Kum. Jahnvi Balivada, Consolation Prizes-Smt. Kondadadi Sai Ambika, Smt. Nagumantri Kabita Patnaik, Smt. Arti Patnaik. In Kids Category Winner- Master Rudransh Dabbiru and Runner up- Kum. Dishita Nagumantri.

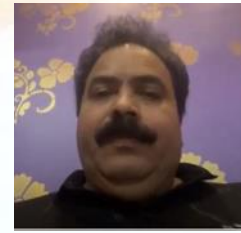
The Programme ended by Vote of thanks by Sri Hari Mohan Patro, General Secretary AIPSKA and Sri B. Ramesh Patnaik concluded the event with National Anthem played by Zoom Host Sri B.Shashank. After this Zoom event, Congratulations Video was shared and Prize Money vouchers, sponsored by few Sista Members were sent to the winners! Enjoy the Event through the link <https://photos.app.goo.gl/7NDycMvwHbX94bjb9>

Report Compiled by:

Smt. D. Shilpa &  
Smt. Vandana Adivishnu



Sri B Ramesh Patnaik,  
**President**



Sri Mohan Rao Panaik  
**Honourable Judge**



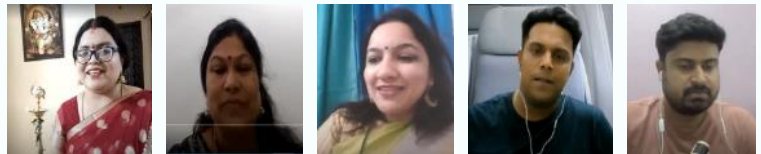
Smt. RajKumari Patro  
**Guest Speaker**



Sri Vadada Uma Maheshwara Rao,  
**Working President**

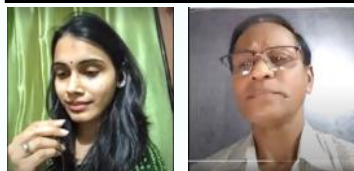


Sri Balivada Hari Mohan Patro,  
**General Secretary**



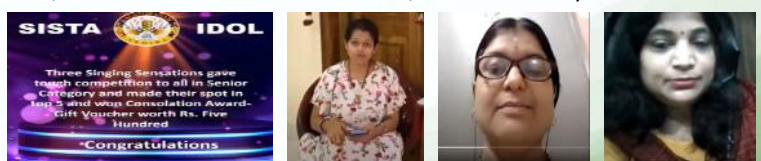
**Anchor**- Smt. Mantri Sandhya Raj, Smt. Pakki Raga Chandrika, Smt. Vandana Adivishnu, **Guest Singers**- Sri B.Shashank, Sri NK Praveen

**PRESENTERS ↑**

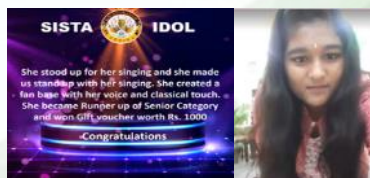


**4 contestants reached Finals**- Smt. Sudeepti Behara, Sri Bogila Venkateswara Rao, Sri Jakkuva Venkata Rakesh Patnaik, Smt. Mantri Satya Kavita

**PARTICIPANTS ↓**



**3 contestants got Consolation Prizes** - Smt. Kondadadi Sai Ambika, Smt. Nagumantri Kabita Patnaik, Smt. Arti Patnaik



**Runner Up Senior Category-**  
Kumari Jahnvi Balivada



**Winner Senior Category-**  
Smt. Patnaikuni Gouri Pujasri



**Runner Up Kids Category-**  
Kumari Dishita Nagumantri



**Winner Kids Category-**  
Master Rudransh Dabbiru

## Entrepreneurs' Frontier



### Prime Minister's Employment Generation Programme

**Description:** The scheme is implemented by Khadi and Village Industries Commission (KVIC) functioning as the nodal agency at the national level. At the state level, the scheme is implemented through State KVIC Directorates, State Khadi and Village Industries Boards (KVIBs), District Industries Centres (DICs) and banks.

**Nature of Assistance:** The maximum cost of the project/unit admissible in manufacturing sector is Rs.50 lakhs and in the business/service sector, it is Rs.20 lakhs. Units above the project cost also eligible subject to maximum ceiling of subsidy under the scheme.

**Who Can Apply:** Any individual, above 18 years of age. At least VIII standard pass for projects costing above Rs.10 lakh in the manufacturing sector and above Rs. 5 lakhs in the business / service sector. KVIC, KVIB and DIC will implement the programme in both Rural and Urban Areas. Only **new projects** are considered for sanction under PMEGP. Individual or proprietary ship firms only are eligible. Existing Units (under PMRY, REGP or any other scheme of Government of India or State Government) and the units that have already availed Government Subsidy under any other scheme of Government of India or State Government are NOT eligible.

Categories of beneficiaries under PMEGP	Beneficiary's Contribution (of project cost)	Rate of Subsidy (of project cost)	
		URBAN	RURAL
Area (Location of the Project/Unit)			
General Category	10%	15%	25%
Special (Including SC/ST/OBC /Minorities/ Women/Ex-Servicemen/Physically Handicapped/NER/ Hill & Border Areas)	05%	25%	35%

**How to Apply:** The State/Divisional Directors of KVIC in consultation with KVIB and Director of Industries of respective states (for DICs) will give advertisements locally through print & electronic media inviting applications along with project proposals from prospective beneficiaries desirous of establishing the enterprise/ starting of service units under PMEGP. The beneficiaries have to submit their application online at <http://www.kviconline.gov.in/pmegpeportal> and upload the scanned copies of requisite documents.

*For further details, contact Shri M.Bhujanga Rao, 9849286869*

*-Compiled by Mantri Narasimha Rao*

## Fraternity Page - Kalam Snehitulu



### Applauded 'Kalam Snehitulu' in 'Eenadu Daily'

On the occasion of Telugu Language Day on 29/8/22 Visakhapatnam Eenadu newspaper wrote about the literary services of Kalam Snehitulu and highlighted their Kavi Sammelanam which was covered in all City editions. On this occasion, the founder Mr. Baliwada Satya Rao said, Let us start many programs with our love of language in the coming years. Teachers, lovers of literature, liter-

ary scholars should all take the lead and love the mother tongue. Let us call for Telugu priority in text books. The silence of the intellectuals should not be a setback for the Telugu development of our state.

*-J.V.Chandrababu*





## 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	SUNIL KUMAR
Surname	RAJAPITHAMAHUNI
Father's Name	R.SRINVASRAO
Gotram	KASHYAPA
Date of Birth	11-Oct-1985
Nakshatram	MAGHA
Height	5' 5"
Complexion	FAIR
Occupation	PVT. EMPLOYEE INFOR, HYDERABAD
Work Place	HYDERABAD
Education	BE / B.TECH
Preference	ANY DEGREE, SOFTWARE, PAN-INDIA

Name	SANJAY GANGADHAR
Surname	GANDRETI
Father's Name	G.PRAKASHRAO
Gotram	KASYAPA
Date of Birth	19-Sep-1985
Nakshatram	VISAKHA
Height	5' 7"
Complexion	FAIR
Occupation	BUSINESS YOGA CENTRE, AKP,AP
Work Place	ANAKAPALLE
Education	MBA
Preference	ANY AMICABLE FAMILY, PAN-INDIA

Name	SAI PAWAN
Surname	MAKKUVA
Father's Name	M.JAGAN MOHAN
Gotram	NAGESHWARA
Date of Birth	7-Nov-1991
Nakshatram	VISAKHA
Height	5'10"
Complexion	FAIR
Occupation	PVT. EMPLOYEE WELL'S FARGO
Work Place	HYDERABAD
Education	BE / B.TECH
Preference	BTECH, FAIR BEAUTIFUL



Name	NEERAJA
Surname	BURAGAYALA
Father's Name	B.VENKATA
Gotram	KASYAPA
Date of Birth	30-Dec-1993
Nakshatram	ANURADHA
Height	5' 2"
Complexion	FAIR
Occupation	PVT. EMPLOYEE IVY COMPTech, HYDERABAD
Work Place	HYDERABAD
Education	BE / B.TECH
Preference	2 TO 3 YRS AGE GRP DIFFERENCE, BTECH

Name	SHALINI PATNAIK
Surname	KANTIMAHANTHI
Father's Name	K S PATNAIK
Gotram	KOUSHIKA
Date of Birth	6-Nov-1992
Nakshatram	PURVABHADRA
Height	5' 6"
Complexion	FAIR
Occupation	PVT. EMPLOYEE FLIPKART INDIA
Work Place	BENGALURU
Education	BE / B.TECH
Preference	ABOVE BTECH , ABOVE 50KPM, NUCLIAS FAMILY

Name	JHANSI VANDANA
Surname	JODDUMAHANTHI
Father's Name	SIVA PRASAD
Gotram	SRIVATSA
Date of Birth	7-May-1994
Nakshatram	UTTARABHADRA
Height	
Complexion	
Occupation	DANUBE LTD
Work Place	SALAGRAMAPURA M
Education	BE / B.TECH
Preference	

Name	PURNENDRA SRI
Surname	DURGUMAHANTHI
Father's Name	T .V.RAMANA MURTHY
Gotram	KOUSHIKA
Date of Birth	28-May-1996
Nakshatram	HASTHA
Height	
Complexion	FAIR
Occupation	PVT. EMPLOYEE TATA TECHNOLOGIES
Work Place	BANGALORE
Education	
Preference	SOFTWARE, PAN-INDIA,

Name	REETHU
Surname	DANDUMAHANTHI
Father's Name	VEERABHADRA RAO
Gotram	NAGASIRA
Date of Birth	30-Mar-1994
Nakshatram	SWATHI
Height	5' 4"
Complexion	FAIR
Occupation	PVT. EMPLOYEE
Work Place	RAJAHMUNDY
Education	
Preference	PAN-INDIA, BUSSINESS, JOIN 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

### Healthy Food- Gateway to Healthy Physique

Smt. Sabita Patnaik Manipatruni who resides at Mumbai professes a healthy lifestyle leading a healthy physique. She has rendered tips on the same for the readers of 'Lekha'. She has done M. Sc. & B. Ed. in Mathematics; who is occupied with teaching profession; interested in home making, cooking and enjoying nature. She is W/o MLN Patnaik; D/o Sri K A N Rao Patnaik and Smt. Rama Mani of Vizag; Daughter-in-law of Sri MSV Ramana Murthi and Smt. Saradamba also of Vizag.

Here below is some Healthy Food that is a gateway to Healthy Physique:

#### JOWAR KHICHDI

##### Ingredients:

Jowar: 1 cup  
Moong dal (whole): 1/4th cup  
Salt: 1 teaspoon  
Turmeric: 1/2 teaspoon  
Veggies: (green peas, carrot, beans) 1/4th cup each  
Dry Masala: lavang (2), dalcini (1), pepper (1/2 teaspoon), tejpatta (masala bay leaf) (1), jeera 1/2 teaspoon  
Oil/ Ghee: 3 spoons  
Water: 4 cups

##### Method:

Soak the jowar overnight / at least 5 hours  
Add 3 spoons of ghee in a pan and add dry masalas once ghee is bit heated  
Add the 3 types of veggies and saute them  
Add whole moong dal which is presoaked for an hour. Now stir fry adding salt to taste  
Now add the soaked jowar into the veggie mixture. Saute them nicely for 2 mins and add 4 cups of water. Cook it for 12 to 15 mins till it gets done. We can pressure cook for first time.

**Note:** We may feel it as a lengthy process, but it is not

so. We get Jowar in Rawa also.

#### BLACK TEA/ LEMON TEA

##### Ingredients:

Water: 1 big cup  
Tea powder: 1/4th spoon  
Grated Ginger: 1/4th spoon  
Jaggery: 1 spoon or  
Honey: 1 spoon  
Lemon: 1/4th piece

##### Method:

Add a cup of water in tea pan. Grate the ginger in water and leave to boil  
Once the ginger flavor comes add tea powder to boil. After 1 or 2 mins, add the spoon of Indian jaggery and melt it.

Filter the tea in a cup.

Squeeze a piece of lemon

**Note:** It is all a process of 5 minutes which creates a refreshing early morning with no side effects. It releases one from constipation, gastric problems & acidity. Always advisable to have black tea in morning before having milk tea.

#### GENERAL HEALTH TIPS:

Always have a full glass of hot water whenever you have food outside in hotels/ restaurant. Even in gatherings once you take heavy food, have hot water or ginger tea. It helps you to digest the food and will not allow fat content to stick to our internal organs.  
Always put 2 or 3 pepper corns in mouth whenever you go outside. These help in avoiding catching cold, cough and thirst problems.

**Note:** All these are really tried and tested which benefitted always for a better health. Also, these are simple and easy home remedies.

#### JOWARI KHICHDI



Jowar Khichdi



Whole Jowar  
1/2 Cup



Green Moong Dal - 1/4 Cup  
Or Yellow Moong Dal 1/2 Cup



Soak for 6-8 hours



Nicely Cooked!



Cumin/Jeera Powder  
1/2 Tsp



Water  
4 Cup



#### BLACK TEA AND LEMON TEA



# Talent Corner

## Splendid Water and Pencil colour Artist from Delhi

### Namita Minotra- Commissioned Works Sold Medium - Pencil colours



### Namita Minotra - Vintage Cars (Sold) Medium - Watercolors



'Lekha' features a self-taught water color and pencil colour artist, Mrs. Namita Minotra from Delhi who loves to romance with the medium as watercolor somehow seems to have a mind of its own and this unpredictability has made her fall in love with it. Her romance with watercolors further deepens for the fact that each stroke on the paper is the final one leaving no scope to rectify an error. Her deep connection with nature reflects in her works as she loves to paint flora and fauna. Vintage vehicles also hold a special place in her heart, and she aptly captures their sheen and rust on paper. Being an avid traveller, she has had an opportunity to explore the remote areas of India, which also reflects in her works. She is a strong believer that art is like a therapy to a soul which romances as a beautiful one. Mrs. Namita Minotra is wife of Colonel Dhiraj Minotra; daughter of Brigadier Kanpaka Suresh Murty and Smt. Kuppli Neeraja who had settled in Lucknow.



She is daughter-in-law of Captain Narayan Dass Minotra and Dr. Yerramilli Aruna from Pune.

### Namita Minotra PORTRAITS Medium: watercolour



### Namita Minotra Wildlife Medium: coffee, turmeric, soot, indigo



*Namita Minotra*



An accomplished watercolour and pencil color artist whose works are a reflection of her being a nature and animal lover. Her fascination for vintage automobiles and tribal subjects also plays a major role in her creations.

Contact:

 art\_of\_namita.minotra  
 81349 67060  
 namitaminotra@gmail.com

### Namita Minotra - Works sold Medium - Watercolors



### Namita Minotra Vintage Motorcycles Medium: watercolour



# Karanam World

## Smt. M Vani Rao, M.D. of Padmavati Group of Schools, Raipur, CG



Smt. Manipatruni Vani Patnaik is the daughter of her proud parents Sri Dabir Raghunath Patnaik and Late Jyoti Patnaik of Patapatnam. She has graduated in Arts in Sociology and then after her marriage to Sri. M.Chandrashekhar Patnaik, a CG Govt Executive, she shifted to Raipur. After she migrated to Raipur, she discharged her duties sincerely as a Homemaker. She brought up her two sons, Mr Vineet Chandra, and Mr. Sharad Chandra as well-groomed children with decent education. Both are married and well settled. Besides her role in bringing

up her children & family gracefully, she took active part in various social and welfare activities. As a woman of excellent leadership qualities and sociable in nature, she took keen initiative in starting primarily a small Kindergarten play school and Primary school with the brand name as Padmavati School, which now rose up as leading and prestigious English Medium Higher Secondary school of Raipur city. With hard work, dedication she added two more branches in the vicinity of Raipur city. The school instills value-based education with various multi cognitive skill activities with extra curricular opportunities to shape and build a sound personality of students. The school deployed a strong team of 57 learned faculty who constantly monitor and mentor students to excel in their studies and multi skill activities. Mrs. Vani Rao is a ardent lover of studying nature and people. She toure many countries such as Dubai, Singapore, Malaysia and of course many places within india. The success behind her creditable achievements, she

proudly endorses to her mother-in-law Smt. Prafullo Rao, her husband Mr. M. Chandrashekhar Rao and other family members who always stood behind her and extended unconditional love and support. Besides her keen involvement in social welfare activities, she also supports the under privileged children irrespective of caste and creed in providing free education. She is a great philanthropist with kind heart and always stands on toes to help suffering humanity. She actively involves and supports all our Sistakaranam community activities and takes leadership in conducting many Local and National events. She herself exhibits excellent histrionic talents which inspires others and adds glamour to the show. She stands as an example herself, in supporting family culture and values and she appeals all the Sistakaranam community to give utmost importance to support own family and community first and then extending their arms to support the society.



## Late Sri Bhogila Ananda Rao Patnaik

Sri Bhogila Anandrao Patnaik was resident of Rayagda for most of his life. He retired as Accounts officer from Orissa State electricity board. He was writer with over 350 stories, Poems and Articles. He has 3 Novels and 3 katha samputamulu (story collections) published. His stories also won many prizes from across the world. He founded and operated Rayagada based Telugu literary groups like RARASAM, thereby

demonstrating his love and affection towards Telugu language. He passed away due to Covid on September 16,2020. As he completed 75 years on Aug 12, 2022, we pay our respects to a literary star from our community based out of Odisha.

## Our Treasures

### Sanskrit Time Cycle

60 Tatparas - One Para

60 Paras - One Vilipta

60 Viliptas - One Lipta

60 Liptas - One Vighadiya

60 Vighadiyas - One Ghadiya

60 Ghadiyas - One Day (Roju)

48 Minutes (Nimushalu) - Muhurtam

30 Muhurtams - One Day (Roju)

3 Hours (Gantalu) - One Jhamu

8 Jhamus - One Day (Roju)

7 days - One Week (Vaaram)

15 days - One Fortnight (Paksham)

2 Fortnights (Pakshalu) - One Month (Nela)

2 Months (Nelalu) - One Season (Rutuvu)

3 Seasons (Rutuvulu) - One Ayanam

2 Ayanams - One Year (Samvatsaram)

12 years (Samvatsaralu) - One Pushkaram

100 Years (Samvatsaralu) - One century

1000 Years - One millennium

### Astral travel

Yoga will lead to a peaceful and energetic life. One can reach an energetic life by practising Yoga. Some yogis have achieved higher powers as well. Yoga helps to reach and be intune with higher realms. Although the purpose of Yoga for most is to liberate, in the path of realization yogis attain devine powers. Astral travel is such a devine abililty that is natural to humans. Astral travel can be used to know anything, anywhere in the worlds.



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

Humans have an astral body that dwelves in astral plane. This body is connected to the physical body through an imaginary silver chord. This world is really mithya. Conciousness only is the reality. All objects of senses are unreal. Before we are born, everything that we go through in this world is pre-determined. Jeevi before he or she is born decides his earthly life with the help of soul advisors in a timeless dimension. Once one comes to earth, karma makes them to experience it in linear time dimenson. However, the fact is that we are going through what has been decided. In astral travel one goes into sleep and willfully leave the body. Meaning Yogis astral body leaves the physical body. This astral body can see the earthly world and astral worlds at the click of a wish. They can travel to any location within no time. Such is the mithya. Yogis that experience the inner worlds have the ability to explore any physical space through thier timeless conciousness. In the astral plane it does not take time to travel. People that do astral travel have also disclosed that they travelled to exotic worlds.

When a yogi leaves the physical body, he can see his own physical body from the astral body. This gives him a unique experience, that he is different from the physical body. Not all yogis may experience astral travel. But one should not stop with astral travel. The ultimate purpose is to know the reality which is different from forms, objects and worldly experiences. Anyways astral travel gives one a blissful, pleasant and enlightening experience.

## Iky Vedika Round Up

### A Platform for Members of Diverse Associations

We have always said that Ikyavedika is not an association by itself but a platform for a group of people who are by themselves members of different associations. Like different associations of Telangana, AP, Rayalaseema, Chattisgarh, WB, TN, from larger ones like AIPSKA and from interest groups like Kalam Snehitulu. And these individuals are characterized by a sincere neutrality, that all Sistakaranams are equal. It is no secret that there is no love lost between various associations, and Ikyavedika comes across as whiff of fresh

air in our community.

The latest update is that two of our members Mantri Narasimha Rao and Naresh Patnaik have been elected office bearers of Sistakaranam Welfare Association, Hyderabad. Which only reiterates that Ikyavedika is a group of people from diverse associations who, while active elsewhere in their respective roles, bring in neutrality by just coming together at Ikyavedika, whose primary objective is to bring together all Sistakaranams onto a single platform.

### 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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**Gowriprasad K**

**SISTAKARANAM LEKHA**  
The News Magazine of the Sistakaranam Community

### 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.