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Some suggestions for our community

We are not saying that we have done a lot for this country.

Now, if we want to live, think what we should do to reach the crescendo level in our society.

Answer:

1. One SK person must respect another first. We should not let ego come in between... I should not betray another SK person...

2. A Patnaik is rich and famous, but a poor Karanam who is unknown should be brought up anyway. It is very rare among us...

3. If one of the Sistakaranams is a government employee, work without taking bribes from other SK... If possible, we should say that everything is the same and see that the poor SK person is out of poverty. Then after he is settled, he should also do the same for next SK person... he should inspire others...

4. If every one of these economically established SKs uplifts their fellow SK ... then our community pride will

shine and withstand...

5. No matter where, in any position, in any job, a SK person... if he comes across another Sistakaranam he should be without pride, a sense of being poor and also have the feeling that he is one of us... even if he is unknown, greet him warmly, If helping (i.e. like Muslims do) happens, our community will be not be looking back.

6. But the truth is that the none of above happen in us. We keep bragging about self and community... To brag that I can do anything if I put my mind to it... even that is projected to our Sistakaranam people.

See the same Reddy, Muslim communities. They make their community grow with them. We can observe lot of Reddys among politicians and contractors... Their community is so important to them. And will not encourage to promote another community.

- Haribabu Baliwada

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

Teacher's Day Awards

సంఖ్య	పేరు	స్థానం
1	సీ. హిమబిందు	జిల్లా పరిషత్ హై స్కూల్, మెట్టపల్లి, చిప్రుపల్లి మండలం, విజియనగరం జిల్లా
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Let us congratulate our Sistakaranam Teacher Sri Sadashivuni Radhakrishnan, Grade 2 Headmaster, Edupuram Zilla Parishad High School and Smt. Kallepalli Anithashree, Physical Director & Physical Education Teacher, Zilla Parishad High School Nim-mada for receiving best teacher awards on Teachers Day 5-9-2022.



2) Member of Rajam Writers' Forum, National level best teacher awardee Kudama Tirumala Rao has received the Acharya Devo Bhava certificate. Rachna Samakhya Bobbili has chosen Tirumala Rao this year on the occasion of Guru Pujotsavam.



3) In a function held at Saivihar Apartment Complex, Srikakulam Town, Flat No. 309 owners, our Sistakaranam educationist Sri Sadashivuni Venkatasathya Rao, who works as a lecturer at Nandigam Balayogi Gurukulam, and his wife, Smt. Sadashivuni (Durgumahanthi) Bhavani who works as a teacher at Kondamulagam Model School, were honored on the occasion of Teachers' Day by the Apartment Association. Let's congratulate them.



4) Let us congratulate Smt. Ch. Himabindu, Teacher, Zilla Parishad High School, Mettapally, Chipurupalli Mandal, Vizianagaram District for being felicitated as the best teacher on Teachers Day 5-9-2022. She is the daughter of Cheepurupalli Sistakarana Seva Sangham Chief Advisor, and retired teacher Sri Ch. Keshavrao Master.



5) Our Sistakaranam teacher Sri Sudarshan Patnaik, Headmaster, MPP High School, Tummapala, Anakapalli District received the Best Teacher award on Teacher's Day.



6) National Teachers' Day was celebrated by retired employees and teachers on the occasion of the birth anniversary of Former President of India Late Sri Sarvepalli Radhakrishnan. Mandal retired teachers Vantaram Sri Rama Murthy was felicitated by all the members on the occasion of Teachers' Day.



7) Sri BV Patnaik of Narsipuram High School was felicitated by the DEO under auspices of Lions Club, Parvathipuram at Lions Club Kalyana Mandapam.

Parvathipuram.

9) Sri D.V.M. Patnaik Prajasakthi received the best teacher award from the DEO at New Central School, NGO Home.



Sistakaranams in Literary Festival

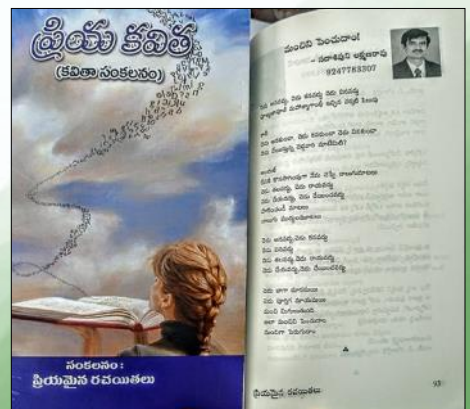
Sahitya Sambaralu was successfully held from 9-9-2022 to 11-9-2022 at Visakhapatnam Simhachalam under the aegis of Beloved Writers and Sahomasatrika. It is something we should be proud of to see our talented writers playing a key role in these celebrations and get recognition for their contributions.



Shri P. V. Ramana played an important role in various arrangements of the Sahitya Sabha. Mr. Shekharamantri Prabhakar, the founding chairman of Sahrdayasahitya Sansthan, organized poetry gatherings, storytelling workshops, invited guests and launched new books on the stage with great patience and respect. Mrs. Karakavalasa Janakilakshmidavigaru conducted the registration process of the members at the venue. Also, fifteen members of the Telugu-Velugu Sanstha were present from Hyderabad under the leadership of Mr. Moturi Narayana Rao and contributed to the success of this literary festival. Our poets Sri Sadashivuni Lakshmana Rao, Sri Karakavalasa Gouriprasad, Sri Bhogela Umamaheswara Rao, Sri Raghupatruni Ganeswara Babji and others attended this program.



In the Kavisammelan held on the first day, Mr. Gauri Prasad's poem "Sahityasambaralu" was appreciated and in the story-writing held on the second day, his story "Marpumanchide" was selected as one of the five best stories. On the last day, the book "Chinnayasuri" by Sri Bhogela Umakavi was launched in the launch of new books. Let's congratulate them.



Among the 109 poets in the poetry collection called "Priyakavita", we have our own Sri Karakavalasa Gauriprasad's poem "Srishtiki mulam Adade", Sri Sadashivuni Lakshmana Rao's poem "Let's grow good" Sri Shekharamantri Prabhakar's poem "Amritotsava Bharati" Sri Bhogela Umamaheswara Rao's poem "Uma Aksharam" in Sri Moturi Narayanapatal Rao's poem "Chikati Aksharalu" etc. Congratulations to them.

Heartfelt congratulations to all our Sistakaranam Sahitya family who contributed to make these celebrations a success. Let's hope more people participate in the years to come.

Newsmakers

Sri Gourishankara Rao promoted as DEO

Let us congratulate our Vizianagaram educationist and DIET lecturer, Sri Addapusila Gourishankara Rao, on his assuming office as Deputy Educational Officer FAC, Bhimuniapatnam Division, following his promotion.

Chi. Venkatagnaneswar gets JEE rank

Parvathipuram News – Let us congratulate Son of Sri Karakavalasa Muralidhara Rao (LIC) Chi. Karakavalasa Venkatagnaneswar on getting 1046 rank in JEE 2022 results.

Dr Ganesh Babu gets Gold Medal in PhD

Sistakaranam educationists appreciate resident of Bapatla and Associate Professor at Dr. NTR College of Engineering, Bapatla, Dr. Rega Ganesh Babu for being honoured with Gold Medal for his outstanding performance in his Doctorate (PhD) from Acharya NG Ranga Agricultural University in the 54th convocation held on 15th Sept 2022.

Leela Krishna's talent in rope skipping

Chi. Uddavolu Leelakrishna, studying class 10th in Krishnapuram Balayogi Gurukulapatshala near Simhachalam, Visakhapatnam, has participated in international rope skipping competitions and won several medals. He recently won the Silver Medal in the National Level Double Rope Skipping held on 15-4-2022 and got qualified for the competitions to be held in America. Leelakrishna is the son of Sri Uddavolu Sridhar Patnaik, a member of our Sistakaranam community.



HR Ministry Award to Post Master Sri Nagabhushana Rao

In a program held in Visakhapatnam on 20-9-2022, Mr. Jaithi Nagabhushana Rao, postmaster of Jaithi village, was awarded a national level award by the Human Resource Information Department of the Central Government for his good performance as an employee in the post office of Jaithi village, Mentada mandal, Vizianagaram district. Congratulations to them.



Mahatma Gandhi National Award 2022 to Sistakaranams

Congratulations to Sri Dabbiru Srikanth, Smt. Keerthi Patnaik and Sri Pakki Ravi Shekhara Satya Narayana Murthy (PRSSN Murthy) on being awarded the Mahatma Gandhi National Award 2022 by Adarana Welfare Society, Prakashan District Markapuram center.



Chi. Nikhil gets Talent Award

The Visakhapatnam Cooperative Bank Limited felicitated the children of their shareholders and staff in a function organized at Visakhapatnam on 20-9-2022. Chilulalapalli Rajeshwari son of Mana Sistakaranam share holder. Nikhil Sai of Chilulalapally was presented with a certificate of appreciation and a cash prize of Rs 3000/- for the year 2021-22. Congratulations to him.



Sri Venkata Ramana Murthy to attend Geo-Spatial Information Congress

Sri Dabbiru Venkata Ramana Murthy, Retd., Scientist, SF A. P. SPACE APPLICATIONS CENTRE has been invited by the United Nations World Information Congress to participate in the prestigious Geo-Spatial Information Congress being held for 5 days, from 10th to 14th October 2022 in Hyderabad Hitex convention center.

Dr. D.V.R. Murthy will be attending International Congress as a Veteran Scientist alongside few other scientists from India. More than 1500 Scientists and Space Administrators from all over the Globe are attending this prestigious international event. Congratulations from 'Lekha'.



Newsmakers

Sri Venkataramaiah at Global Educational Fair

IVY OVERSEAS based in Vijayawada organized the Global Educational Fair 2022 on 17-9-2022 at Fortune Murali Park, Bandar Road, Vijayawada. 25 international universities attended this fair. It was successfully organized under the leadership of Mr. Bongarala Srinivasa Rao, Head of Ivy Overseas and Mr. Chilukalapalli Venkataramaiah, Marketing Manager.

Congratulations to our educationist Mr. Chilukalapalli Venkataramaiah who participated in it.

Vedagiri Award for Sri Uma Maheswara Rao

Vizianagaram's "Abhinandana Seva Sanstha" has decided to award late Sri Vedagiri Ramba-bu Memorial Best Writer Award for 2022 to Sri Behara Uma Maheswara Rao, a famous children's writer from Parvathipuram Manyam district. It has been decided to present the author with a cash prize of ₹5,116/- and a shawl for this award at a function of Sanmana Sabha to be held on 14-10-2022 at Gurjada Griham, Vizianagaram. Abhinandana Seva Sansthan was attended by prominent people in that day's meeting.



Secretary Sri Vemuri Nageswara Rao , Shri P.V.B. Sri Ramamurthy Garu and others expressed their congratulations.

Tourism Minister honors Sri. Ramesh Kumar

In a program held at Kalabharathi Auditorium in Visakhapatnam, Mr. Kottakki Ramesh Kumar Patnaik, Cultural Secretary of Mana Seethammadhara Sis-takaranam Association was felicitated at the hands of Hon'ble Andhra Pradesh State Tourism Minister Mrs. Roja. Congratulations to him.



Tourism Day Excellence Award to Sri Srikanth

On World Tourism Day, Visakhapatnam eminent servicemen of our community, essayist Mr. Dabbiru Srikanth was honored with wreaths and prayers and with a memento and a letter of appreciation from the hands of the regional director of AP Tourism & founder of the famous Vedic school Mr. Madhava Sharma, RAB group president Mr. Manibhushana Kumar in a program held at Dasapalla Hotel.



Congratulations to them.

Awards by Mahati for Smt. Keerti Patnaik and Sri Raman Murthy

Mahati Sahithi Kavisangam-Karimnagar awarded appreciation certificates to Smt. Kuppili Kirti Patnaik, Vizag and Sri Dabbiru V Ramana Murthy, Hyderabad for their contributions as writers.



Sri Jaganmohana Rao elected Redcross Vice-President

Sistakaranam educationist, philanthropist, Srikakulam Dist Red Cross Chairman Sri Polumahanti Jagamohana Rao has been unanimously elected as AP State Vice-chairman, Indian Redcross Society.



Chi. Srividya selected as Junior Civil Judge

Famous lawyer of Gajuwaka Mr. Chinagoda-ba Tirumala Rao's daughter, Chi. Chinagoda-ba Srividya was selected as Junior Civil Judge Let us congratulate her.



This civil judge was elected at the youngest age. In the Judiciary Services competitive exam, she scored 98%. The competition was held for only 18 posts. She has an LLM and a PG Diploma in Cybercrime.

Certificate for Chi. Tina

International recognized dancer Chi. Raghupatruni Harshita Tiina daughter of Sri. R. Nagaraj of Visakhapatnam, on her being awarded with commendation certificate by Hon'ble Tourism Minister Smt. RK Roja on 25-9-2022.



Dr. Bhima Rao admitted Patron Member, OBA

Dr. Bhima Rao Bhubaneswar received certificate from the Secretary of OBA, Odisha. The honor recognizes him as a Patron member for Odisha Bigyan Academy, Odisha.



Editorial

'Unity in Diversity' at Navratri Festival

The month October starts in the midst of Navratri. Navratri means we consciously bring the feminine energy into our home, culture and



day to day practices to refine all aspects of life.

'Ashwayuja masam' brings all the Hindu festivals like Dussehra, Durga Puja, and Diwali which brings us closer to our family, relatives and friends. Needless to say, it will strengthen our bonding and by extension within our community.

On our community front, last month has seen flurry of activities. Various groups under different umbrellas have been proactively contributing to the might of community upliftment.

We can be under different umbrellas as long the path we walk on is the same which is the incremental change of our community wellness. However, if we make a mistake there are only three things there we should ever do about it. 1) admit it 2) learn from it 3) don't repeat it again. A great journey is never easy. No dose of adversity along the way is ever a waste of time, if we learn and grow from it.

Let us all rejoice and celebrate the success, contribution and services of our community groups to the society in general and our community in particular. Let us all make a promise to believe in the "unity in diversity" (for our community welfare) in spirit and letter.

- Ravi Karakavalsa, Lekha Team

Interview

Job and Community Service on parallel tracks

Arti of Lekha is introducing another gem of Sistakaranam who has contributed to community development by joining the Sistakaranam Kharagpur Association. He is the person who could change his track in his career from teaching to technical (mechanical), thereby reaching the heights in his position in the Railways. Kottakki Nehru Patnaik could convert the negative vibes into opportunities by utilising the spare time in KGP's Sistakaranam Association for the benefit of the community. Let us talk to him and delve into his life's achievements.



Please tell us about your happy family.

My life partner left for a heavenly abode in the year 2017. Since then, I settled in Visakhapatnam staying with my daughter, Smt. Sunita. My eldest son, Srinivas, has been an entrepreneur in Marine Engineering in Singapore since 2001. My younger son, Shekhar, who was in General Insurance, died in March this year. His family is settled in Kolkata.

You are known as a Railways' man with a stint of community service at Kharagpur. Please throw some light on this.

We are basically a Railways' family. My father and two of my uncles were all in Railways in different positions. After my studies, I joined RI and KTPS. I got selected for the Railways through direct recruitment in Kharagpur. There was a great salary hike from Rs 250 at KTPS to Rs 375 in railways apart from free passes and medical care. I joined as a teacher at the lone post in a Railway school and stayed in the same position for 12 years without any promotion.

Here we came to know that you have changed your career track. Is it so?

Nevertheless, I did not lose my cool or get frustrated as I was leading a happy life. Similarly, I never lost my focus on my career graph. I represented, at the suggestion of my relative, about my stagnation to the then Hon'ble Railway Minister, Madhu Dandavate ji through a local MP and behold! I was posted as AME (Probationer) which was a Class-II gazetted post. I got one year of training at the Railway Staff College, Baroda. I worked for 40 years in railways and retired as a Senior Divisional Mechanical Engineer.

I actively participated in all social activities of Kharagpur Sistakaranam Association and many

Father: Late Sri Ramachandra

Mother: Late Smt. Sundaramma

Wife: Late Smt. Vijaya

Daughter: Smt. Sunita

Elder Son: Mr. Sreenivas

Younger Son: Late Mr. Shekhar

Nativity: Saluru/Kottakki of Vizianagaram, AP

a times even travelled to Srikakulam, Vizianagaram and Visakhapatnam to participate in AISKA's meetings. During this period, even I had given free tutorials to our community students in their schooling.

Whom you quote for your success?

My parents, who supported me despite of constraints, are my prime motivators. My life partner supported me in all community activities. Late Sri Ganesh Patnaik, Kharagpur was the conduit for approaching the Railway Minister through the local MP, Sri Hansda. I also remember Late Sri KLNP Patnaik and Late Sri P C Chowdhury in shaping my career.

Thank you, Arti, for making me travel into my past. The 'Lekha' team is doing an excellent job. Keep it up.

Nehru Patnaik, 82, wishes to spend his 100th birthday on 24.10.2040 on Space-X, for which he is toiling hard to keep himself fit in all respects and he believes in the saying- 'God helps those who help themselves'. 'Lekha' wishes him all the very best to be successful in his endeavour and fulfill his vision.

- Compiled by Mantri Narsimha Rao
- Source Arti Patnaik

Open Forum

On the occasion of National Nutrition week (1-09-22 TO 07-09-2020):

A good, nutritious diet holds key to one's health. And in a stressful world, where a sedentary lifestyle, improper sleep and diet are causing heart ailments in young people. It is highly essential to focus on the right food, which gives us adequate nutrition. Obesity in urban India is a major issue. And on the other hand, there's a very serious problem of hunger that's affecting a large part of the populace. According to Global Hunger Health Index Report 2021, India ranked 101 st among 116 countries. So this means, we have a long way to go to ensure that all our people have access to a nutritious diet. Women, infants, children, and the old are particularly at risk of malnutrition.

To keep ourselves fit and healthy, we must habituate the following:

- 1) Drink 10 - 12 glasses of (non-alcoholic) fluids daily.
- 2) Have fresh vegetables, fruits and lean meat.

Foods that are rich in dietary fibre such as whole wheat cereal products are also very good for health.

3) If you are consuming dairy products, choose low-fat or skimmed products

4) Don't be distracted while eating. Instead of looking at TV or reading a book, be mindful of the food going into your tummy. Chew your food slowly and well.

5) Ordering in food has become a fad, especially in urban homes. Limit outside food and try to have home-cooked meals mainly.

6) Keep your blood sugar in control. Avoid high-sugar food such as candies, ice-creams, soft drinks and other sugar-added drinks.

7) Try to have an adequate gap between your dinner and when you hit the bed. Don't immediately go to sleep on a full stomach.

8) Instead of junk food, have healthy snacks in-between the day.

9) Don't opt for fad diets. Consult your physi-

cian before going on a strict diet and ensure you are not losing out on adequate nutrition.

10) Keep a check on your Vitamin D and Vitamin B12 levels.

Eat healthy food. Stay fit.

Your Relative

Anantha Prasad Donkada.



National Forest Martyrs Day

National Forest Martyrs' Day is celebrated on September 11. The day was officially celebrated in 2013 by the Ministry of Environment and Forests to pay tribute to those who have laid down their lives to protect jungles, forests and wildlife across India.

In 1730, the date of the Khezarli Massacre, September 11, was chosen as the National Forest Martyrs' Day. During this tragic incident, the people of Rajasthan started cutting down the Khezarli trees on the orders of the King of Rajasthan, Maharaja Abhay Singh. The people of Bishnoi community in Khezarli village of Rajasthan consider these trees sacred. According to local stories, a woman named Amrita Devi came forward to behead her head in place of the sacred Khezarli tree in protest against the merciless falling of trees on the orders of the king. 350 people including her went in protest and prepared to sacrifice their lives in place of trees. The royal knights beheaded her and brutally killed 350 people including Amrita Devi's children. After this incident reached the king, he immediately asked his men to retreat and apologized to the Bishnoi community. As part of his apology, he produced an inscription on a copper plate prohibiting the killing of trees and animals in the areas around Bishnoi villages.

Let's save the forests and protect the environment.



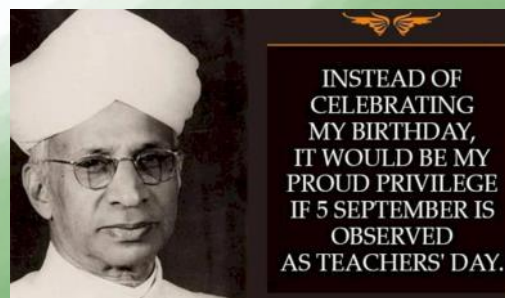
Teachers' Day

Utsa Hanga, the celebratory teacher, the day, the island of knowledge that enlightens the world. Vedas, Upanishads, Teaching, Gurus, Vrishis, born, in our India. Teachings of the teachers of the Aparas Brahmas. The birth mother, later, the life guide is the teacher. They studied in gurukulas, became gurus, did suhusha and gained worldly knowledge. In earlier times, caste, religious differences, high, low, differences, or equality, were taught in Gurukulam. Vedic schools of medicine were practiced thoroughly. In gurukulas now the education systems have changed. Bhoda has changed. The country continues to lead in the field of science. But the values and respects of teachers should not be harmed. Celebrating the glory of this teacher's day. is "Sri Sarve Palli Radha Krishnan's main aim is how to do justice to the profession of a teacher. He wrote a book on the subject. If he reads and practices the poems, writings and works of that great man, we will bring peace to his soul. Sri Sarve Palli Radha Krishnan's birthday is yours. Do you know why it was declared as Teacher's Day? Any teacher who knows can tell you. An island of knowledge that lights up a dark room. Knowledge is the essence of life. Gurus are those who light the torch of knowledge. That's why he said "Gurur Brahma... Gurur Vishnu.. Gurur Devo.. Maheshwara.. Gurur Sakshattu, Parabrahma Tasmaishri Guruvinnamaha:". Puranas say that if the Guru's feet are created, all the worlds will return and gain knowledge and will be blessed. This day is celebrated because it is possible to practice and get results. Prapu Kammani is

the wish of Dr. Sarve Palli Radha Krishnan.

That's why I hope students will do your duty.

-Dabbiru Rama Satyadevi Kokata



Open Forum

“Community Problem Solving Service”

There is a need for our elders to take action to prevent the recurrence of atrocities like the recent tragedy of the "Pakki" family of our Sistakaranams in Rajahmundry. So that the disasters mentioned above do not happen to any of our community people. The elders should help to solve such problems and prevent tragedy like above. We all have to abide by their decisions.

It is sad that our Sistakaranams are in a state of not knowing whom to meet immediately, whom to plead with, or whom to ask for when any difficult or serious problems arise for our Sistakaranams or families, either because of family members or from other social groups.

It would be ideal if there was a system of caste elders to whom anyone or family in such a situation could turn immediately when a difficult and serious problem arose.

For this, upon the request of all of us, Hon'ble Sri Dabburu Venkata Krishna Rao Sistakaranam (National President of Sistakaranam Sangam) and Hon'ble Sri Polumahanthi Umamaheswara

Rao (President, A.P. Rashtra Sistakaranam Sangam) came to them and volunteered to solve the problems of Sistakaranam people and families who sought their help. It is very happy that the disasters mentioned above do not happen to any of our community people. They help to solve such problems and make agreements. We all have to abide by their decisions.

They take the help of local community leaders or local community families to solve problems.

It is a "Community Problem Solving Service". It is eternal. Again, they are considered as responsible caste elders and work towards the satisfaction of both parties. This is voluntary community service only.

But first, to solve their problems, they should meet their family heads, relatives, and the leaders of SK community who are close to them. If there is still no solution, then you should appeal to them. Surely, your problem will be solved.

--Sadasivuni Lakshmana Rao

Sistakaranam Associations – Service Activities – An Appeal to Old Associations

It has been two years since the beginning of the Maa sangham, so far they have conducted 20 service programs with great success. A community that proudly claims that. I like it very much.

But what is my pain? It has been twenty years since the Sistakarana Sanghas started. Why are no biennial programs like this done? Did someone say they couldn't? If you want to serve, do you have to break up the old society and become the new society? Don't do otherwise? All the old congregations also took at least two months for a small service program. Note books for poor students among us. Pens can be given. We can do things like donating new clothes to poor women. It is enough to help the assembly without spending heavily. Put only one photo that has been helped in the groups (write a small banner with the name of your community and see that it falls in the photo. No big banner is needed. Chief guest. No bouquets. No garlands. This is service only). Otherwise send it to me. Remember that communities do not die like humans do. It's been ten years and our

community is still broken. Don't think that a new congregation will start and serve. Communities are immortal. Can serve continuously. Do that and be an example to the four of you. Compete with newcomers. If you need any help, take it to our All India or State Associations. but do not stop service. Give assurance of your presence.

Same as community. All for one. Don't forget one for all. Awaken your dormant communities. Let us know if there is anyone obstructing such services. We will see to it that by request or cajoling them, not to stop Sistakarana Sangam's service programs. None of our Sistakaranam leaders will force you to be called as the Chief Guest for the service programs you are doing. Small programs do not need to be obliging them .

Sistakaranamjanaseva is Madhavaseva

My wish is that from this day you will be busy with the news of your community service programs in WhatsApp groups.. Vijayostu..

- Sadashivuni Lakshmana Rao

For a good job, leave your hometown!

Rolling Stone Gathers No Mass.

It means that a person who wanders places without stability will not earn anything. However, it is also true that the more the employee changes jobs, the more he earns... that is called job hopping... especially in private sector. if he changes different companies, the salary increases proportionately... you have to change jobs carefully. There are cases where government employees like a Constable becoming SP thru UPSC exam.

But there are more people who think that let's live in peace without leaving the present city and the existing job. Earnings among them are negligible. Note that there will be no growth in assets.

Therefore, if you want to get a new job, you should leave your hometown and go to any part of the country. You should be ready to go to other country in the world if needed. Only then will you achieve endless progress. We should think that our whole earth is our birthplace.

Previously, they did not like to leave the village after getting a job. They used to hate going to the side. Costs will increase. Afraid of getting scolded. Rangoon was destination for many students long time ago. People even went to countries like Africa. So, our ancestors have their roots in all the countries of the world. Our labor is skilled labor in agriculture. Traders from all countries used to take us in stealthy ships. Weaving in sugarcane. He used to make difficult things easy. There are many Telugu people even in Assam coffee plantations.

So, you also need not restrict to Srikakulam, Vizag for a job but seeking opportunities in cities like Hyderabad, Bangalore, Chennai, Mumbai, Delhi. Take the help of your relatives and friends in those places first. Settle in there. Be good and rich. Help our Sistakaranams in their endeavors.

--Sadasivuni Lakshmana Rao

Open Forum

Saving, Reusing and Conserving Water

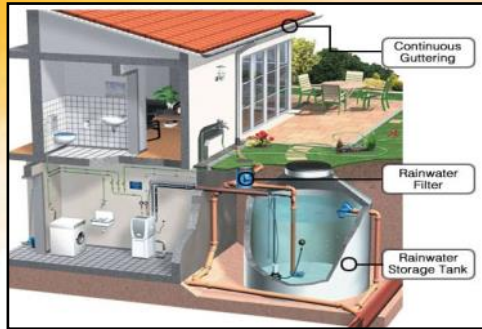
Our planet earth is getting damaged day by day and the reason behind it is us.

Yes because of us our planet is getting damaged, we are unable to find the damage of the mother Earth behind our convenience. There are many consequences for this damage occurred. By growing years we found alternatives to save our natural resources. But somehow or the other we people got used to for such environment and the surroundings which we have already adapted but also suffering on the grounds of this harsh environment. Many of us know better ways to deal with it but is that the correct way? We think so but it's not and we should take care of wrong practices followed. **Now coming to saving of water, there are lot of things that can be done :** We can may be live without food but not without water. Lot of activities involve usage of water in huge amounts. Atleast we can reduce the wastage of water by following few steps or making few changes in our daily activities.

Water used to pour in plants : We can reuse the water used to wash rice/ veggies/ fruits for plants. This not only helps water saving but also rice water is good for growing plants and also onion/garlic peels soaked water is a natural process of fertilization.

Kitchen utensils washing : Adding fresh water to the utensils which have to be cleaned, soaked for a better cleansing; consumes lot of water. To prevent huge water loss, we can soak utensils with hands washed/ veggies washed/ any kind to stocks/ left over juices/any leftover waters.

Rain water harvesting : It's a simple technology used to conserve rainwater by collecting, storing, conveying and purifying of rainwater that runs off from rooftops, parks, roads, open grounds, etc. for using later. We can dig and make mini wells or tanks at vacant spaces at our society or near our houses (with granted permissions). We should try to purify and use it at needy times or provide it to the needy. If not possible then we can use sintex tanks also to store the rain water and alum to purify. As per Government Building Bye-Laws, it is a must. However, many builders and owners of properties do not yet implement it properly.



Running washing machines daily : While running washing machine daily, we should take care that we set the water level according to the clothes which are about to be cleaned. Many of us don't even observe that a huge amount of water is being wasted when small amount of clothes are been washed. Infact Machine clothes and hand wash clothes can be piled up separately and washed alternate days or so.

Prevent running tap : Running tap while washing stained utensils consumes more water which we don't realize. For saving water, we can store some water in a container and then wash all the vessels one by one. Even many of us tap running while washing clothes, brushing teeth, bath etc. which must be consciously reduced.

Carry our own drinking water while visiting any hotel or outing even if it's with guests it's fine. It saves money and also prevents from infections that occur from change in different waters apart from the conscious effort of saving water.



10 Ways to Re-Use Waste Water at Home

- Reusing Greywater
- Recycling used Aquarium water
- Collecting run-off shower water
- Using coarse filtration
- Reuse of water from the laundry
- Save 'Rice' water
- Reuse water used to wash fruits & vegetables
- Reuse drinking water
- Collect rainwater when it rains.
- Reuse unwanted ice

There are many other activities which may be we are not conscious about in our day to day life, but we should be a bit careful before wasting water and make route for saving water, conserving & reusing it for our future generations.

Let us join hand in hand to make it possible.

- D Shilpa

Support Area

Dr Kanaka Raju Donation and Request

1) Sondi Gandhi Varma, National champion in shooting, has been selected in international shooting competition to be held in Portugal from 26th to 31st October 2022. As he cannot afford to go to Portugal due to limited financial means, the Govt. Arts College staff and others have come forward to help financially. Our own Sri Arikathota Kanakaraju donated Rs.5000 to help Gandhi and has also requested his friends and relatives to encourage him financially. Anybody willing to help may send amount to Prof. Arikathota Kanakaraju, Prabhakar colony, Srikakulam through Phone pay. Cell No. 9440857230.

2) On the first day of Navaratri, Sri Kanaka Raju offered a saree to Durga Ammavaru and also distributed blouse pieces, pasupukuma to around 50 participants at the Kumkuma Pooja.



AS Foundation Food Donation Programs

1) On the occasion of the death anniversary of Udayagiri Siddhaiah Shettigari under the auspices of AS Foundation, a donation program was organized at Avila Pillareswaraswamy temple on Friday afternoon on 16-09-2022. Sarees were distributed to women in Avila village. Their family members, Subbulu, Avila Sridhar and others participated in this program.

2) Avilala Sridhar served food to 20 people on tMahalaya Amavasya on behalf of AS Foundation.

3) Avila Sridhar provided food to the artists who were going on foot from V. Kota to Tirumala, on the first day of Navratri celebrations on behalf of AS Foundation.

4) Avilala Sridhar served Pongal as breakfast to 200 people on the second day of Navratri celebrations on behalf of AS Foundation.



Service Program at Sri Vikas' Office

On the Occasion of his Company Managing Director Sri Ravinder & Executive Director Sri Koteswar Rao birthday, Sri Bharath Vikas and his colleagues organized a Service Activity at Integrated Disabled Residential School, Atchutapuram which is run by Sri Patnaik.

On this occasion they donated books, rice bags, groceries and vegetables for the school. In addition they distributed books, rice bags, groceries and vegetables, Mr. Bharath Vikas participated in this programme.



Blood donation camp under the supervision of Dr. Suresh

On 17-9-2022 in Visakhapatnam under the auspices of Terapant Yuvak Parishad, Visakhapatnam, a mega blood donation camp was successfully conducted under the supervision of Dr. Kuppli Suresh. The Convenor of The PMP Association and prominent Sistakaranam, Dr. Kuppli Suresh Babu, who participated in this program and rendered his valuable services, was honored by Akhil Bharatiya Terapant Yuvak Parishad. Let us congratulate him for his service.



Support Arena

Sistakaranam Helping Hands Event 15 to be held on 2nd October at 2pm

All the dear members of the group are hereby informed that Sista Karana helping hands 15th disbursement program shall be organized on 2nd October 2022 at 2 Pm i.e., on Sunday at the residence of Chinnari Polumahanti Bindhyakshari (contact number: 9100039222) in Dharmapuri, Vizianagaram. All the relatives who are available on that day are requested to attend the 15th Service program (cash donation). We wish you to attend and make this 15th Seva program a success. As usual, the names of the donors will be read out and cash will be given in the presence of the relatives. Admins contact for details to Sri Pakki Umamaheswar Rao: 93922 34863



Scholarships for Sistakaranam Students



శ్రీ కరకవల్లస్ సీతారామ మూర్తి పట్నాయక్
& శ్రీమతి కరకవల్లస్ నవనీతం

స్కాలర్షిప్



శ్రీ పులిటి వెంకట రమణ
& శ్రీమతి పులిటి గిరిజ

స్కాలర్షిప్

- To encourage and inspire Sistakaranam students to discover purposeful and passionate life grounded in integrity, determination and moral courage.
- Will be awarded directly to students, one time.
- Selection at the end of each academic year.
- For Sistakaranam students who are in their Class 10 and class 12 (sr inter)
- Based on their performances in board exams and other competitive exams.

CONTACT:

Ge.kravi@gmail.com

or 9652233372.

PLEASE SPREAD THE WORD AND GET WORTHY SISTAKARANAM STUDENTS

Free Medicines by courier for 100 days



- Solcal - Calcium Citrate 1000 mg+Vitamin D3.200 IU+Mg+Zinc.
 - Solfer - XT - Ferrous Ascorbate 100mg+Folic acid 1.5mg(iron).
 - S-Fenac -Acelofenac 100 mg+Paracetamol 350 mg.
- Medicines are WHO-GMP Certified.
 - Take your Doctor's approval.
 - For Sistakaranam Families.
 - Your details will be kept confidential.
- CONTACT: 8074800939**

Fraternity Page - Telangana

Untiring efforts to achieve OBC

DV Krishna Rao Sistakaranam, National President of Samaj, who is working tirelessly for the cause of OBC met Rajya Sabha Member MP Honorable Dr. K. Laxman (President of OBC Morcha, Most Important Parliamentary Board Member, Election Commission of India member) with his working group members on 1st September 2022 Thursday morning.

1. Sri DV Krishna Rao Sistakaranam, made a representation seeking the Center support for the inclusion of our Sistakaranam community in the OBC list. The honorable members responded to this and said that the NCBC Commission has already made a positive recommendation to the Central Government to include our social group in the OBC list, and that it is ready to enter the Parliament after getting the approval of the Cabinet. It has been informed that it is comfortable to be included in the list.

2. Next, another member of the Rajya Sabha (MP) OBC National President Honorable R. Krishnaiah was also honored and a petition was presented at Rajya Sabha for including our Sistakaranam community in the OBC list. The Honorable members responded to this and assured me that as an OBC national president, especially as a member of the Rajya Sabha, he would discuss such an argument in the Rajya Sabha and make his argument heard. It was promised that he will assemble all the castes in both the Telugu states who are in the BC castes and not in the OBC list and take the lead to make our case heard in Delhi very soon.

3. The next step was meeting with the chairman and members of the Telangana, the BC Commission to file petition for the Sistakaranam community to include them in the OBC list by putting pressure on the central government. BC Commission members said that although they have already recommended to the Central Government to include the economically socially backward Sistakaranam caste in the OBC list, they assured that they can immediately take their request to the attention of the Central Government once again.

Our national president Krishna Rao Sistakaranam expressed his happiness that all the political parties are fully supporting our caste which is truly backward in every sense. Administrative Secretary Uriti Parvatheeswara Rao, Vice Presidents DV Ramana Murthy Shankar Patnaik, Venkateswara Rao, Partha Saradhi, Roshan Chakrapani, Sandeep and Dabbiru Prabhakar participated in the program held on 1st September 2022.



SWA members meet BC Commission



In a program held in Hyderabad, Andhra Pradesh State BC Commission Chairman Hon'ble Shankaranarayana, BC Commission members Pakki Diwakar, Kishtappa Gu, Avvaru Musalaiah, Sistakaranam National President Krishna Rao met with courtesy. In the discussion, held as part of this meeting, it was expressed that the Sistakaranam community is recognized as BC only in some districts of Andhra Pradesh state and they are getting caste certificates and BC benefits as provided by the government, while the Sistakaranam in other districts are not getting BC benefits. National President Krishna Rao Sistakaranam expressed his gratitude to the AP BC Commission for promising to issue orders to the concerned authorities to immediately ensure that the Sistakaranam social group gets the benefits of BC on an equal footing with the other BC castes in all the districts. SWA Additional Secretary Uriti Parvatheeswara Rao and others participated in this program.

Thanking you....

Parvateeswara Rao
Sishta Karana Welfare
Association Hyderabad



Sistakaranam Youth in Arts

Vedha Movie, the grand launch at Ramanaidu Studio, was preceded by a pooja program by Vedha Movie Director Producers at Vinayaka Temple, Director Srikanth Addala, Music Director Keeravani, RP Patnaik, Artist Ajay Ghose were the chief guests and wished the Vedha team a great success for Vicchesi movie, Dinakar, Director of Debu said. He thanked the producers for giving him the opportunity to direct the movie, Veda. Hero Deepak said that it is very exciting for me to become a hero as a singer. He thanked the producers Dr. Ulibhadra Naresh Babu for giving him this opportunity. Also, in the field of art, the producer of Yuvazajam Dr. Ullibhadra Naresh Babu said that the content of this movie is very good. He expressed his happiness that if the story is a hit today, it will be a success for everyone, and the members of SWA-Hyderabad, Joint Secretary Dasimantri Naresh Patnaik, Media Secretary Pratap Raj, Singers Hemachandra, Arun, Krishna Chaitanya and others participated.



Fraternity Page - Telangana

Sri Bangaru Lakshman's recommendation to Union OBC Ministry

All India Sistakaranam Sangam President Mr. Dabbiru Venkatakrishna Rao Sistakaranam, Honorary Rajya Sabha Member All India OBC Morcha Presidents and eminent Parliament Board Members Sri K. Laxman (MP) Sishtakaranam (as the matter of inclusion of our Sishtakarana social category in the OBC list) was held at his office in Hyderabad. When the petition for inclusion in OBC was handed over, he responded positively and immediately on 1-9-2022, wrote a recommendation to Hon'ble Union Minister for Social Justice and Empowerment, Dr. Virendra Kumar (Ministry of OBC) along with our petition. A copy of that letter was received by our leaders Sri DV Krishna Rao Sistakaranam. We express our gratitude to Hon'ble Rajya Sabha member Dr. Laxman for this valuable response.



We also congratulate the team of Sri Krishna Rao, National Convener of Sishtakarana OBC Saadhana Samiti and President of All India Sistakaranam Association. We believe that we can achieve civilized OBC under their leadership.

Vijayostu - Sadasivuni Lakshman Rao

Sri Krishna Rao felicitates Smt. Rama Bhargavi

Our Sistakaranam National President, Sri Dabbiru Krishna Rao Sistakaranam felicitated when Smt. Rama Bhargavi who met him at his residence as a courtesy call on her appointment as General Secretary, A.P.B.C. Welfare Association by Sri R. Krishnaiah, Rajya Sabha Member.

SWA Executive Committee members, Sri D.V. Ramana Murthy, Sri Uriti Parvatheeswara Rao, Sri Pardhasaradhi, Sri Kottakki Venkateswara Rao, Smt. Madhuri were also present.



"Chalo Vijayawada" very soon



Our sistakaranam Andhra Pradesh Sangam Registered no. 63/79 State President Sri Polumahanti. Uma Maheswara Rao, General Secretary Shri Jaya Prakash Narayana, 13 District President Secretaries, 110 Associations President Secretaries, about 1000 key leaders and All India President D V. Krishna Rao said that Chalo Vijayawada program will be organized. In this program they plan to meet Hon'ble Chief Minister Sri YS Jagan and his advisors Hon'ble Sajjala Ramakrishna Reddy to expose the injustice being done to our caste by Sistakaranam Corporation despite being such a large votebank. Sri Ramakrishna Reddy and other important leaders will be informed of the details of injustice to us, They called for our Caste people to participate in big numbers and informed that the details of the trip will be announced soon.

'SWA' Core Committee meeting

Hyderabad based SWA Core Committee meeting was held 28/9/22 at 10 AM at Miyapur CVP Shri S.V.Rao's house and was attended by the Hon'ble President, Sri DV Krishna Rao Sistakaranam, Sri Seshagiri Rao, Sri D.V. Ramana Murthy, Sri Barli Vijaya Kumar, Sri Sankar Patnaik, Sri Parvatheesham, and Sri Naresh Patnaik. The team felicitated the chief guest, Sri Dabbiru Vasu (Gas Vasu) of Srikakulam. After bidding farewell to him, the meeting of the core committee started and decided to hold Kartika Vanabhojanam on November 13, 2022 (Sunday) at BHEL campus. It has also been resolved to invite Dr Laxman garu, Member of Parliament, as chief guest for the Vanabhojanam event. It has also been decided to meet the Hon'ble Minister for Social Welfare, Sri Gangula Kamalakar to discuss the land allotment for the construction of Sistakaranam Bhavan in Hyderabad



Fraternity Page - Andhra Pradesh



Sri Prabhakar in two programs

1) Sri. Sekharamantri Prabhakar conversing, in the Visakha Public Library, with Acharya Vedula Subrahmanya Shastri, Smt. Suhasini Anand, Sri. G.V.L. Narasimha Rao, and Acharya Malayavasini on 30th August 22nd during the Mahabharata Namakosamu book release meeting.

2) On Telugu Language Day i.e., 29 August 2022, which is the birthday of Gidugu Ramamurthy Panthulu who is the father of the common language movement, we met Gidugu's grandson Gidugu Nageswara Rao, in a meeting held in Visakhapatnam under the auspices of Samaikya Bharati Sanstha. He expressed happiness that their grandfather Gidugu was educated by Behara Bairagi Patnaik, who, is Sri Prabhakar's ancestor. Seen with Gidugu Nageswara Rao is the president of Sahrudaya Sahiti Visakhapatnam, poet, writer Shekharamantri Prabhakar who has been serving the literature of Telugu language for the past 42 years.



Akkineni steps ...

Residents of Amaravathinagar residential colony in Gajuwaka area of Visakhapatnam city celebrated Vinayaka Chavithi in a grand manner. Cultural programs have been organized in these celebrations from 31-8-2022 to 2-9-2022. The highlight of the dance program held on 1-9-2022 was from our cultural celebrity Amaravathinagar Residents Welfare Association executive committee member & Gajuwaka Sistakaranam Sangam president, artist and writer Mr. Balivada Satya Rao Garu who enacted from Alumagalu's movie popular song Erakkapoi Avaya Irakupounu and mesmerized audience with his steps and became a special attraction.



Sri Haribabu felicitated

He born in Kotabommali village of Srikakulam district in a simple Sistakarana family, became disciple to late Sri Aguru Jagannadha Rao Patnaik, followed his footsteps, learned good manners, gained his admiration, earned fame in Sistakaranam association as his most loved disciple and as a member of his family, came to vizag and joined in a job, got married to a girl from a good family, became Secretary to Visakha district Kancharlapalem Sistakaranam Association, formed a big group with the cooperation of all the elders, selecting good members, doing many service programs, organizing free wedding parties and gaining a good reputation among many top leaders, Sri Baliwada Haribabu of Visakha has been a good secretary for many years and has gained a good reputation in all state Sistakarana Sanghas with the cooperation of all. On the occasion of being elected as the Chief Secretary of District Sistakarana various leaders and members of Visakha Sistakarana Seva Sangam, Kancharlapalem Sangam honored Sri Hari Babu today at the local Lilliput School and congratulated him. All the members of

our community have given heartfelt blessings to Sri Hari Babu, may God bless him with long life, get a good name and rise step by step and climb good positions even at the state and national level. In the same occasion and venue Mr. Balaji Shailaja Upadhyay (son of V. T. B. Patnaik), the headmaster of Lilliput School was honored for his charitable acts like always providing accomodation for any community programs coinciding with Teacher's day.



Grand anniversary of Aditya Walkers Club

On 05-09-2022 the 18th Anniversary of Walkers International Aditya Walkers Club was celebrated under the patronage of the Founder Shri Polu Mahanti Umamaheswara Rao at Old Srikakulam Sri Peddamma Talli Temple.

In the last 18 years, talking about the necessity of walking Budumuru Rajesh said that, it is commendable that walkers are working as a social responsibility for everyone's health.

Dr. K. Sriramulu, Principal, Government Women's College said that, it is a good development to start this institution 18 years ago on Teacher's Day and Sarvepalli Radhakrishnan's birthday.

On this occasion, Mr. Polumahanthi Umamaheswara Rao, the founder of Aditya Walkers Club, Srikakulam Varyutyu, President of Andhra Pradesh Sishtakarana Sangam, and his wife Mrs. Polumahanthi (Prataparao) Saisujatha who is working as a teacher, and many teachers were honored on the occasion of Teacher's Day. Their son Chi. Manoj was wished by the guests on his birthday. Hindi Manch Publicity Secretary Dr. Srinivasa Patnaik, Club President Mr. Gauri Shankar, Secretary. Shri. Manmadha Rao and other Walkers participated in large numbers.

Support sought on Bus Tour, Welfare Schemes

Andhra Pradesh State Welfare SK Development Corporation Chairperson Hon'ble Mr. Kantimahanthi. Venkateswara Banerjee and Executive Committee members led by Shri SNK Mahanty and members of the working group met with Andhra Pradesh State Government Affairs Incharge and MLC Hon. Mr. Lella Appireddy they informed that they are undertaking a Bus Yatra to highlight the development schemes and benefits provided by YSR govt to the SK community spread across sate as well as getting benefits to the remaining eligible persons. State government assistance was sought for organizing the bus trip. Govt reps agreed to that. It was said that a road map will be prepared very soon. Special thanks to them.

Kallepalli Shankara Rao, Chief Secretary



Fraternity Page - Andhra Pradesh



National Level Sistakaram Matrimony Program

Kancherlapalem are making arrangements in the month of October.

They are going to identify couple of poor SK families having eligible Sons/daughter for marriage and work with them and distribute the valuable materials needed for the wedding in this wedding venue.

Under the direction of Sishtakarana Seva Sangam, Kancharapalem All India level bride and groom introduction platform is taking off.. Persone registered earlier on July 8 at Sub-balaxmi Kalyana Vedika need to reregister. People who missed that can connect with Sri VTB Patnaik at 8978080812 and share the details.

Kancharapalem community is very happy & proud to say that so far at the central level, Sistakarana marriage introduction platforms have contributed a lot to the marriages of boys/girls of our community.

Preparations are being made to set up another All-India level Sistakarana marriage introduction platform very soon.

Sistakaranams relatives are requested to take advantage of this opportunity and cooperate for marriages of boys/girls.

We request you to register the details of your boy/girl soon in the matrimonial introduction platform with their family members to make the event a success.

Details of boys/girls only registered before 02.10.2022 will be printed in the book.

Printed booklet will be given free to all the registered brides/grooms on the day. In case they cannot make..they need to inform the organizers on their absence. Other details like the venue and the date will hbe shared very soon.

Contact for details:

- Haribabu Baliwada, Chief Secretary
- 9177447083

Sri Tarun Patnaik's Family hosts Smt. Anusha Patnaik's Team at Station

Sri Madala Ravikumar, the father of Rajahmundry's Madala Tarun Patnaik, who has recently excelled in the IAS Civil Service Examinations and is undergoing training, came to Rajahmundry Railway Station and met with Ms. Kanthimahanthi Anusha Sasidhar, Chairperson of Sistakaranam Welfare and Development Corporation and other members of team who are on their way back from a successful CHALO VI-JAYAWADA campaign. He appreciated their efforts towards welfare of the community. The Team unanimously

appreciated his personal trip to RJY station to connect with them and wished him and his family many laurels and hoped their IAS Son reaching greater heights in his career and bring more honor to the family and community.



To Tirumala by Foot with Artists and Devotees

On behalf of AS Foundation, the traditional arts conservation organization, Golla Cheemanapalli Village, Byreddypalli Mandal, Sri Avilala Sridhar has undertaken Pa-dayatra with artists and devotees from Kota to Tirumala on 24th September 2022.



Efforts for Sistakaranams Welfare

Mantri Mohan Rao Patnaik, former director of Sly Felt Plant Co-operative Stores, said that we are doing everything possible for the welfare of the SK community. Kurmannapalem Sishtakarana Association meeting was held at Santa Mamiditota office. Being the chief guest of the meeting, he said that he is working with the state leadership to include the SK people in the OBC category. He said that Kurmanapalem SK association is an ideal example for other associations in helping backward people. Association Secretary and President D. Ethya Rao, PSPN. Gopal said that the Kurmannapalem association will give high priority to education and medicine and undertake many welfare programs. He explained the efforts being made to strengthen the association. Sri Jastan, Urlam Prasad, Mantri Narasimhamurthy, Shekharamantri Srinivasa Rao, Ravindra Ramesh, Gurunadham, Garbham Nageswara Rao Patnaik, Babupatnaik, Ganapathi Rao were present



From Amaravati to Arasavelli by Foot

Former Ministers who participated in the Arasavelli Padayatra program from Amaravati include Mr. Kollu Ravindra.... Devineni Umamaheswara Rao.... Former Machilipatnam Members of Parliament Mr. Narayana Rao.... Former Deputy Speaker Buragadda Veda Vyasu participated.



Akku Mahanti Raja Convenor, AP TDP Sistakaranam Sadhikara Samiti

Fraternity Page - Andhra Pradesh



"Prabha Kiranaalu" Book Launch

Written by famous poet Shekharamantri Prabhakar. The book launch of Prabhakiranaalu, a collection of poems of eternal life facts, was held at Sabhadwarakanagar Civic Library. The book was launched by Acharya PS Avadhani in a program organized by Sahridaya Sahitya Sanstha. On this occasion, he said that poets should write works for the benefit of the society, focusing on the orthodox dharma and moral values of the society. Appreciated Prabhakar who wrote valuable poems. Speaker LR Swamy said that through poetry, the evil spirits that need to be cleansed in the society and are rays of light that contribute to the well-being of the society. Acharya V. Balamohanadasu said that Acharya Avadhani is publishing 866 books every day. Shekharamantri has been producing "Prabha Kiranaalu" since Acharya Avadhani days. Prabhakar was congratulated. Acharyavedula Subrahmanya Sastri said that the chapters in the book have a variety of topics and praised the author for describing the philosophy of human relations and spiritual aspects well.

Kalavedika admins of literary scholars and pen pals in this program participation include Mr. Karakavalasa GouriprasadaRao, Mr. Sadasshivuni Lakshmana Rao, Baliwada Haribabu, Amaravati Metro (Railway) Managing Director UJN Rao, Friends Literary Fans, Bharatanidhi Foundation... Organizers, Community Servants, Auditor Dabbiru Gopikrishna, Editor of Sahomas Magazine... Literary. Induramana, R. K. Patnaik (Ram's grandfather) and others participated.

To Shri Shekharamantri Prabhakar "Lekha" conveys heartfelt greetings.



Gajuwaka association new EC meeting

In this program which was held in the local S.B.T Hotel Gajuwaka in a very spirited way, President Baliwada Sathya Rao called on the Gajuwaka working group to move forward financially because of the loss of many people during the time of Corona. Secretary Mr. Basangi Tirupati



Rao said that our association will take the sentiments of all the members forward. Baggam Kurma Rao said in the meeting that he will perform his duties as the treasurer. Also, everyone assured that they can work hard for the strengthening of the family collection committee in Gajuwaka to celebrate Kartika Samaradhana in advance and celebrate it among all the relatives. Sri Karakavalasa Gauri Prasad as Honorary President, PratapRao Srinivasa Rao as Convener, Sivvam Ramesh as Joint Secretary, & Dabbiru Hari Kumar Garla as Joint Treasurer were elected in this meeting. Mrs. Vijayalakshmi Mrs. Jayalakshmi Mrs. Vijayakumari Mrs. B. Vijaya Karakavalasa Prasad m. Satyanarayana Sivvam Ramesh k. Srihari participated in the meeting among others. It can be said that Gajuwaka Sangam is the first among those who have announced donations for Kartikam Vana Samaradhana with the first donation of 15,000 rupees by Sri Balivada SatyaRao. followed by Sangi Tirupati Rao 10000, Shri Dabbiru Srikanth 10000, Shri Mantri Sathya Rao 6000, Shri Baggam Kurmar Rao 5000, Shri Munganda Prasad 5000, Shri Dabbiru Hari Kumar 5000, Shri B. Vijaya 5000 and Shri Lakanapuram Ramanamurthy 6500/ - Shri Vantaram Srinuvasa Rao 2 000 were announced!

A total of Rs 69,500 was collected in the first meeting of the working group and the members expressed their joy. Finally Mr. Balivada Satya Rao, Mr. Basangi Tirupathi Rao, President & Secretaries of Gajuwaka Sista Karanam Welfare Association congratulated Karakavalasa Prasad for his cooperation in the first working group meeting.

Honored on Promotion

President of Andhra Pradesh Sistakaranam Sangham Sri Polumahanthi Umamaheswara Rao's friend and a batch mate of Bhimili Diet College, Sri K. Srinivas, was honored on the occasion of his recent promotion as Non-Cadre SP by his friends in a function held at Srikakulam town on 9-9-2022. His friends from the Diet College said they are happy that Srinivas, who trained with them at the Bhimili Diet College in 1990-91, has now been promoted as SP. On this occasion, Sri Polumahanthi Umamaheswara Rao said that Srinivas attended many competitive examinations and worked as an ACTO while undergoing training in Diet along with him. Smt. Polumahanthi (Prataparao) Sai Sujatha, Sri Potnuru Srinivasa Rao, Smt. Shanti, Sri Eeswara Rao, Sri Rama Rao, Sri Nageswara Rao, Smt. Vimala, Smt. Usha, Sri Ramesh and others participated in the program.



Vijayawada Medical Camp

Lions Club of Vijayawada Medical partnering with Sistakaranam humanitarian, service minded, medical wholesale businessmen playing a key role in free medical camp in Vijayawada from 26-9-2022 to 5-10-2022 under Lions Club District Chairman - Medical Camps & Krishna district Sistakaranasangam president Mr. Gumma Umashankara Rao who congratulated the team and wished this program a grand success.



Problems to notice of Rajahmundry MLA

The local leaders of Sistakaranam met Smt. Adireddy Bhavani, MLA (Rajamahendravaram East), to seek cooperation in resolving their social problems. The team included former corporator of Rajahmundry Batlanki Prakash, eminent lawyer Srinivas, Secretary Srinivas, Bhupal, Rautula Satyanarayana Murthy, and Raja Surya Chandra. - Akku Mahanti Raja Convenor AP State TDP Sistakaranam Sadhikara Samithi



Fraternity Page - Chhattisgarh



Shiksha Ki Baat: on 'News Plus 21'

The Local Channel of Chhattisgarh 'News Plus 21' had featured Tilak Bharati School, Raipur in its Special Program 'Shiksha Ki Baat' on 16 September, 2022. The host of the show Ms. Priyansha Lazaras interviewed Ms. Arti Patnaik, Principal Tilak Bharati School.

The interview was all about functioning of Post COVID effects on Schools and Education the response of children and parent, psychological effect the move has instilled a sense of responsibility and concern in the society. It also helped in understanding the post

COVID effects on every stratum of society. The COVID period has many adversities and negative impact but at the same time it has taught to face such challenges with multi-dimensional approach and find a positive way out.



Womens' Wing organizes Garbha Night



Garbha Night of Nari Shakti (Chhattisgarh Sista Karnam Ladies Wing) organized by Mrs. Sarla Patnaik and Mrs. Pratibha Patnaik was like a blowing conch for festive season commencement. Ladies gathered to play Garbha and enjoy the festival of Durga Puja beforehand to outburst happiness and enthusiasm. Womens Wing started celebration with lamp Lighting then devotional Song by Ms. Sala Patnaik and group followed by Mata Shahashtra Nama Smaranam led by Ms., Shyamla Patnaik. Fun-filled games and activities spell bind the crowd and flown later to spread their wings. In Hula Hoop game Ms Jyoti and Ms Sujata Durga Prasad were the Winners. Passing Ring crowned Ms M Girija and Ms Pramila Patnaik.

-By Arti Patnaik

Fraternity Page - AIPSKA



Vanita Vedika: A Crowning Glory of Sista

Vanita Vedika established by Sri Uma Maheshwar Rao, Working President of AIPSKA is a model platform for all the multi-talented ladies of our community. Every member enjoys the privilege of being a part of a worthy and prosperous community group, where knowledge is shared intensively and minutely, enthusiastically and productively with unlimited creativity and wisdom. It is the brain child of Sri Uma Maheshwar Rao, the main architect, fondly addressed as Uma uncle by all the young ladies. He comes up with scintillating ideas for novel programs. Group head infuse fuel to trigger energy in all eminent house wives, ideal mothers, best homemakers, artists poets, writers and singers. Initially, he assigned a day wise routine and gradually developed into advanced stages like singing in various forms and styles. He designed the routine as such to instigate competency in

Interior designing and Fashion designing, that's Home Decor. Many interesting topics floats in to beautify housekeeping, Exposure instilled to grab excellent artistic quality discussion and learning about new methods of diet and cookery, acquiring positive knowledge of traditions and culture. The senior ladies like Mrs. Rajkumari Patro Madam and Mrs. Kuppli Rajeshwari madam who are more friendly and affectionate and take the stride to motivate the members and enjoy the company of all the multi-talented ladies like Mrs. J. Vijaya Kumari a perfect all-rounder, Mrs. Behara Prem Pyari Prasad and Mrs. Bharti Patro, best singers and artists from Vizag, Mrs. Srisaila Rayagada, Mrs. Pakki Smita Patnaik, Mrs. Balivada Madhavi Patro, Mrs. Malti also from Vizag. Mrs. Behara Sridevi, Mrs. Behara Ramani, Mrs. Nagumantri Kabita Patnaik, Mrs. Mantri Satya Kavita, Mrs.

Rashmi Shashank, Mrs. D. Sarojini, from Hyderabad; Mrs. Manipatruni Sabita Patnaik from Mumbai; Mrs. Pakki Raga Chandrika from Warangal; Mrs. Mantri Sandhya Raj and Mrs. Arti Patnaik from Raipur; Mrs. Dasamanthurao Anuradha, Mrs. R. Veena Vani, Mrs. Kantimahanti Padmaja; Mrs. Dabbiru Rama Satya Devi from Kolkatta; Mrs. D. Shilpa from Delhi, Mrs. Vandana Adivishnu from Chennai and many more members participate in the endless stream of energy burst in Sista Karnam ocean of knowledge.

The proactive members are gelled amicably with each other as such proving the saying true.

'Tell me who your friends are, I will tell you who you are'. Apologies if I missed any names.

-Arti Patnaik



Smt. Rajeswari's grand daughter Kundana's Creativity



Smt. Ramani



Smt. Vijaya J



Smt. Rajeswari



Smt. Sairam Anitha



Teachers' Day Celebrations

Crochet & Embroidery from the Vanitas

Vanita Vedika celebrated Teacher's Day with a special note to All India Sista Karnams. Under the able guidance of Sri Vadada Uma Maheshwara Rao, the event made colourful. The event started with a speech by honorable President of AIPSKA Sri B Ramesh Patnaik. He advocated 21st Century teaching skills to be instilled in every dynamic teacher of today. Sri Uma Maheshwar Rao, Working President of AIPSKA beautifully expressed the role of teacher in one's life through many examples like Kabir Ke Dohes etc. Smt. Rajkumari Patro, President of Women's Wing AIPSKA enhanced the glory of a teacher and being a

teacher by heart she affirmed "We are not simple teachers who facilitate knowledge and transfer information but we have to try to be actual architect of a progressive and prosperous community." Smt. Arti Patnaik presented self-composed poetry on Teachers and sang a song Smt. P Raga Chandrika gave technical support in collating this great event and given a worthy message to the parents on behalf of teachers. Smt. Bharati Patro and Smt. Pyari Prasad sang beautiful songs on teachers. Teacher's Day Celebration at Tilak Bharati School also added essence to the program. Smt. K Rajeshwari Patnaik enhanced the role

of retired teachers and importance of a vote in selecting a government. Smt. J Vijaya sang a song on this occasion. Sri K Srinivas Rao gave a motivating speech by throwing light on some historical events to glorify teachers. The special highlight was a song written by Sri V Uma Maheshwar and sung by Ms. M Kavita and Mr. Bogila Venkateshwar Rao. Smt. N Kavita Sang a beautiful theme song. Concluding Speech by P Raga Chandrika with Vote of Thanks.

- Arti Patnaik

Page Compiled by Vandana Adivishnu

Fraternity Page - Kalam Snehitulu



Murthy's Poem in 'Suravaram Manavaram' book



On Sunday under the auspices of Telangana Language and Culture Department, it is expected that 'Suravaram Manavaram' book launch will take place, Sri Manohar Reddy, P. Bade Saab said in a statement. This book is a selection of 126 poets. He said that all of them will be honored by the guests. As a part of this, the President of the Telugu Light Sahitya Vedika famous poets, resident poets, poets, adventure poets, Sevaratna Kalaratna, he said that Sri Murthy will be honoured. For that Sri Murthy congratulated the members of the organization. In this program Telangana Sahitya Akademi Chairman, Sri Juluru Gauri Shankar; Telangana State SC Study Circle Director, Telangana Department of Language and Culture Director, Sri Mamidi Harikrishna; Additional Collector Medchal, Sri Enugu Narsimha Reddy; Telangana Official Language Association President, Minister Sridevi Lakshyasadhana Foundation, Chairman Pragya Raju Acharya Kasireddy Venkata Reddy, Ardha Chandra Prakal Reddy, Dr. Krishnamurthy, Vishnuvardanreddy Vizianagaram / Andhra Patrika: Golkonda Sahitya Kala Samithi Aviskarana Karta and others will participate.

Chitra Kavithalu



Under the guidance of Sri Gouriprasada Karakavalasa, this month Chitra Kavitalu conducted events on every Wednesday where around 40-45 Sistakaranam Poets had written and shared their poetic skills. You can also observe chitras and have inspiration to write poems.

Mini Poem Technique

This mini poem's short process is modern Telugu. It is well known in literature. Let's find out about it! **SMALL POEMS** —In 70's and 80's it gained importance. Celebrities like Addepalli Rammohan Rao, GV Purnachand, Ravi Ranga Rao, Singapally Ashok Kumar promoted the ways of writing small poems saying,

- 1) It should not exceed about 10 rows. It doesn't matter if it's less, from 4 and 10 rows.
- 2) There should be a title.
- 3) There should be a hint.

'ANADHA PAATA'
*Onamalu
 gramam nerpiñcaru
 Anavalu kolpotondi!
 Adi pranava nadam
 anatha gitam
 Paḍutondi!*

Small poems can be written like this.
 -P.Laxman

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Sri Kurada Naryana Murthy an Engineer, native of Anakapally and settled in Hyderabad has vast experience in interior or designing especially kitchens and wardrobes design and manufacturing. With his rich experience, he started a factory in Jeedimetla Industrial area by the name, 'Uniqrafts' around six years back. Now Uniqrafts is a leading manufacturer of unique with high quality kitchens, wardrobes and furniture solutions.

Also, they are ready to offer jobs to our community members. The requirement specifically to youth and sales-oriented jobs. They are open to provide reasonable cost of manufacturing and installation of house interiors to our community people. 'Lekha' wishes for his future endeavours.

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Sri Narayana Murthy says, "Our State-of-Art factory located at Jeedimetla, Hyderabad with latest Italian machinery and designs, we confidently promise designs and finishes are our strengths." Today as yesterday, design, use of materials, refined finishes and attention to details are skillfully combined to offer a comfortable kitchen and wardrobe spaces that is ideally suited for everyday living.



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	SANTHOSH KUMAR
Surname	AMPALAM
Father's Name	A.TARAKESHWARAO
Gotram	SRIVASCHA
Date of Birth	30-Jun-1990
Nakshatram	HASTHA
Height	5' 9"
Complexion	TAN
Occupation	PVT. EMPLOYEE CENTURY INTRUTIONS LTD,
Work Place	KHARAGPUR, WB
Education	M.SC
Preference	DEGREE, PAN-INDIA

Name	UDAY KUMAR
Surname	DABBEERU
Father's Name	D.NAGABHUSHANARAO
Gotram	KASWIJA
Date of Birth	20-Sep-1988
Nakshatram	KRUTHIKA
Height	5' 7"
Complexion	TAN
Occupation	BUSINESS PRINTING PRESS
Work Place	PATHAPATNAM,
Education	HSC / INTER
Preference	ABOVE 10TH CLASS, PAN-INDIA, AMICABLE FAMILY

Name	VINAY
Surname	BEHRA
Father's Name	B.SHIVASHANKER RAO
Gotram	NAGESHWARA
Date of Birth	31-Jan-1992
Nakshatram	MULA
Height	5' 2"
Complexion	TAN
Occupation	BUSINESS BIKE MACHANIC
Work Place	KOTABOMMALI,
Education	10TH / SSC
Preference	HOUSE KEEPING, PAN-AMICABLE FAMILY, PAN-



Name	V K S SAI AMULYA
Surname	DABBIRU
Father's Name	D V ANIL KUNAR
Gotram	KASHYAPA
Date of Birth	25-Aug-1995
Nakshatram	ASHLESHA
Height	5' 4"
Complexion	FAIR
Occupation	PVT. EMPLOYEE SYNOCOS
Work Place	BENGALURU
Education	BE / B.TECH
Preference	SOFTWARE, GOOD FAMILY, GOOD LOOKING

Name	NIHARIKA
Surname	KUPPLI
Father's Name	CHANDRASEKHAR
Gotram	VULIKESHA
Date of Birth	18-Jul-1994
Nakshatram	ANURADHA
Height	5' 4"
Complexion	FAIR
Occupation	PVT. EMPLOYEE MOURI TECH, HYD
Work Place	HYDERABAD
Education	MBA
Preference	SOFTWARE, HYD & BANGALORE OR MERTOS

Name	ASHINI
Surname	MANTRI
Father's Name	M.NARSIMHAMURTHY
Gotram	KOUNDINESH
Date of Birth	7-Nov-1993
Nakshatram	ASHLESHA
Height	5' 4"
Complexion	FAIR
Occupation	PVT. EMPLOYEE FRANKLIN TEMPLETON,
Work Place	HYDERABAD
Education	MBA
Preference	

Name	JOTHI PATNAIK
Surname	DABBIRU
Father's Name	D.RAMESH PATNAIK
Gotram	KASYAPA
Date of Birth	17-Nov-1996
Nakshatram	PUSHYAMI
Height	4'11"
Complexion	FAIR
Occupation	PVT. EMPLOYEE COFORGE
Work Place	BANGALORE
Education	
Preference	SOFTWARE, PAN-INDIA,

Name	GOWRIKALYANI
Surname	BALIWADA
Father's Name	B.VENKATARAMANA
Gotram	KOUNDINYA
Date of Birth	3-May-1999
Nakshatram	ANURADHA
Height	5' 2"
Complexion	FAIR
Occupation	
Work Place	
Education	
Preference	ANY DEGREE, SALARIED, PAN-INDIA

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/>



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Dark Chocolate Truffle Cake



Dark Chocolate Mountain



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Blue Vanilla for Snow Theme



Cool Ice Cake



Vanilla Snow Cake with Chocolate Topping



Chocolate Overloaded Cake



Strawberry Multi Coloured Cake



Pineapple Caramel Cake



Orchid Décor Butterscotch Cake



Rainbow Cake



Vanilla Cake with Raspberry Gel



Black Current Cake



Red Velvet Cake



Chocolate Muffins- Floral Toppings Pista/ Strawberry/ Vanilla/ Chocochips with Silver Drops, Strawberry Gel, Cherries decor



Black Current Ice Cream Mango Muffins



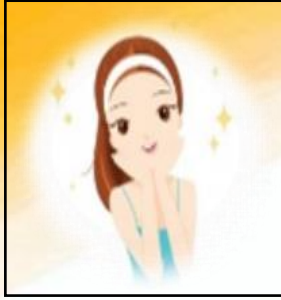
'Lekha' is delighted to share the delicious cakes and muffins with lovely décor baked by Smt. Sabita Patnaik Manipatruni from Mumbai. She explores vibrantly various things and enjoys every bit. She is W/o MLN Patnaik; D/o Sri K A N Rao Patnaik and Smt. Rama Mani of Vizag; Daughter-in-law of Sri MSV Ramana Murthi and Smt. Saradamba also of Vizag.

Beauty Page

Beauty Tips

1. For Glowing Face

Just by using 1 Alovera ice-cube daily on face by wrapping in cotton cloth it helps to shrink pores, reduce pimples and makes face glowing. It also acts as a perfect primer for make-up.



Preparation:- Take fresh Alovera pulp into a blender jar then make a fine paste and pour into an ice tray and deep freeze it and use it.

2. Bright and Beautiful Feet

Take the scrubbing mixture and scrub your feet for 5 mins. It will remove dead skin cells, brighten the complexion and feet looks soft and beautiful.



Preparation:- Take 2tsp of riceflour, 2tsp of gram flour, 1tsp of coffee powder, 2tsp of curd and ½ tsp of turmeric powder. Make a thick paste and scrub on your feet and wash it off with luke warm water after 10 mins.

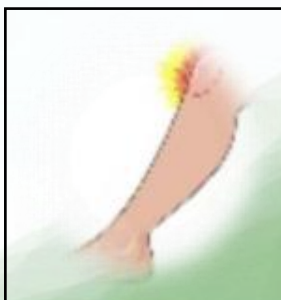
3. For Nails Growth

Mix pinch of salt with 2tsp of coconut oil and rub it on your nails before applying it pls ensure that your nail paints are removed from nails and leave the mixture in your nails for 15 mins then wash off it with Luke warm water and dry it with cloth it will help your nails to grow 2 times faster.



4-Say Good Bye to Dark Neck, Elbows and Knees

Take one piece of fresh Alovera, add ½ spoon of Rice flour and ½ spoon Wild Turmeric (Kasturi Haldi) and scrub it for 5 mins on your Neck, Knees, Elbows and leave it for 15 mins, rinse it with water.



- By B. Rashmi Shashank

Health Page

Healthy Navratri Festive Eats

1. Peanut Barfi

Ingredients:- 1 cup of roasted peanuts, ½ cup of cashew-nuts, ½ cup of powdered sugar, ½ spoon of cardamom powder.

Preparation:- Take a mixer grinder jar, add peanut and cardamon powder. Make a powder, take into a bowl. Like that prepare cashew-nut powder and sugar powder and mix it nicely. Prepare balls and then press lightly to make round shape. Garnish with pistachio and saffron strands.

Benefits:- Peanuts are good source of protein and fibre. It also rich in nutrients and low in carbohydrates.



2. Restaurant style Laccha Pyaaz

Ingredients:- Onion rings, ice water, kashmiri chilli powder, chat masala, black salt, coriander leaves, lemon.

Preparation:- First soak onion rings in ice water for 10 mins. Then take out in another bowl. Now season with masalas. Add kashmiri chilli powder, chat masala, black salt, coriander leaves (finely chopped) and squeeze ½ lemon juice after adding all items give light massage to onions and its ready to serve.

Benefits:- Onion contains organic sulphur compound which helps to reduce cholesterol, blood clots and heart disease.



3. Coconut Rice

Ingredients:- Grated fresh coconut, curry leaves, dry red chilli, grated ginger, sliced green chilli, salt, cooked rice and tadka (cumin seeds, mustard seeds, cashewnuts, chana dal (bengal gram) and udad dal (black gram).

Preparation:- First take kadhai add oil 4-5 spoons, then add cumin seeds, mustard seeds, dry red chilli, green chilli, curry leaves, grated ginger, cashews-nuts, chana dal, urad dal. Saute nicely till it becomes crunchy then add freshly grated coconut ½ cup, then add salt to taste. In the end add cooked rice. Stir it nicely and is ready to serve.

Benefits:- Coconuts are high in manganese which is essential for bone health.



- By B. Rashmi Shashank
Hyderabad



Health Page

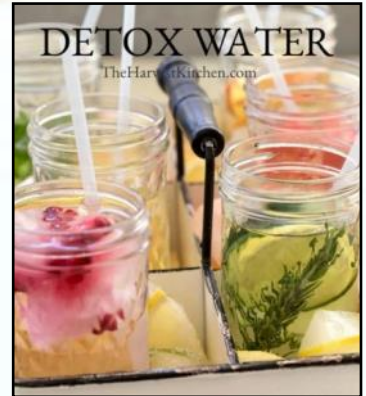
Detox Water for the day and Oats Porridge for Breakfast

How to Make Detox Water Ingredients

Water, fresh fruits and herbs are the only detox water ingredients you'll need.

- Water (purified, spring, mineral, etc.)
- Fresh fruit
- Cucumbers
- Mint

- Provides more energy
- Helps to suppress appetite
- Aids digestion
- Helps to burn fat and remove waste from the body (natural detoxifying process)
- Carries nutrients and oxygen to our cells
- Helps regulate blood pressure
- Stabilize heartbeat
- Regulates electrolytes
- Cushions joints
- Protects organs
- Healthier skin



What's more, it's loaded with nutrients and linked to numerous benefits.

Here are 9 health benefits of flaxseed that are backed by science, along with some easy ways to increase your intake.



Mint Mojitos



Flaxseed

REFRESHING DRINK : MINT WATER

Method :

- 1) Take 1 ltr (1 bottle) water
- 2) Add 5 mint leaves and a thin slice of lemon
- 3) Keep it on the table and whenever you feel thirsty you can sip

Tips : Use glass jar/ mug or a plastic water bottle. Do not use copper or any metallic tumbler. Lemon is acidic in nature.

Benefits: It refuels energy. It relieves from stress and fatigue. Gives mild and refreshing flavour.

HEALTHY OATS PORRIDGE

Ingredients :

- 1) Oats : 2 table spoons
- 2) Banana : 1
- 3) Coffee powder : 1/4 tea spoon
- 4) Honey : 1 tea spoon
- 5) 1 glass boiled milk with some water

Method :

- 1) Take a mixy jar add all the ingredients step by step.
- 2) Give a nice mixer stir
- 3) Add dry fruits like almonds (badam), walnuts (akhroth) and dates (khajoor) -Only 2 each.

Tips:

Can use small banana if it is for 1 person. Can skip honey if you don't like. Try adding " Alsi " seeds 1/4 tea spoon.

Benefits:

It is a heavy break fast full of fibre, iron, vitamin. It is simple and easy eliminating cooking. It is filling and hence not hungry for long time. It is like a smoothie with vitamin, protein, iron, fibre and omega- 3 fatty acids.

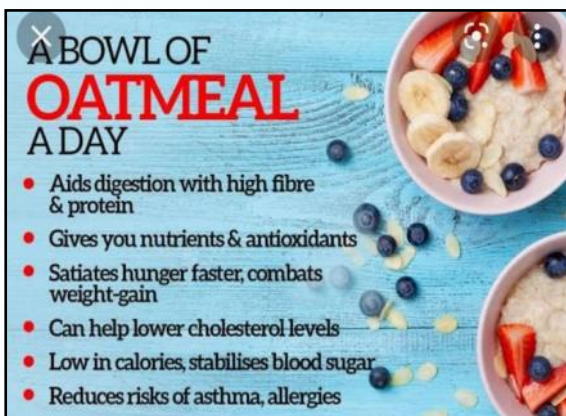
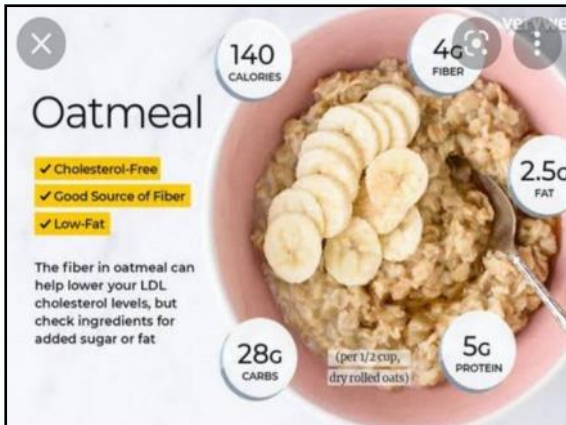
"Believe me ! Kuch paane ke liye thoda kuch khona padta hai.

A yum smoothie with gud taste in 2 minutes.

Piyo aur khud jaan jao !

It is mine and my husband's everyday morning meal."

- Says Mrs. Sabita from Mumbai



Our Treasures

Remembering our diamonds on Teachers' Day

Guru Brahma Guru Vishnu, Guru Devo Maheswara Guru Sakshat Parabrahma, Tasmai Sri Guruve Namah:

Gurudevo Bhava is our national tradition. 'Gu' means dark and 'Ru' means dispelling. Guru is the one who removes the layers of ignorance from us and lights the lamp of knowledge. The role of a teacher in every person's life is reflected in their personality. Having been in the teaching profession for four decades, Dr Sarvepalli Radhakrishna stood as exemplary to the teaching profession. The birth anniversary of that great man is celebrated with great grandeur as Teachers' Day and Guru Pujostav all over India.

Let us remember our great Sistakaranam teachers on the occasion of Teachers' Day. The late Sri Dabbiru Ananta Jagannadha Rao, who worked as the headmaster of the Board Higher Elementary School in Julumuru, Srikakulam district, received the prestigious national best teacher award from India's first president, Dr Rajendra Prasad, in 1961. In the subsequent year 1963, Jagannadha Rao's brother, late Sri Dabbiru Parvatheeswara Rao, who was working as school headmaster in Kornu village of Gara mandalam, Srikakulam district, also received the national best teacher award from the hands of the then President of India, Dr Sarvepalli Radha Krishnan.

The parents of this duo are truly great. All Sistakaranams must feel proud of them and remember them on this Teachers' Day. Sri Parvatheesham was the maternal grandfather of Sri UJM Rao. Late Dabbiru Narayana Rao, H/o Kamalamma, who resided in Malakpet, Hyderabad was the son of Sri Jagannadha Rao.

Contributed by Smt Patnayukuni Rama Jyothi

W/o Sri Mahesh Kumar, Hyderabad



Parvatheesham receiving the award from Sarvepalli Radhakrishnan



Ananta Jagannadha Rao receiving the award from Rajendra Prasad

Third eye.

Third eye awakening is a blissful spiritual experience that yogis can have. As always when Gurus grace is bestowed upon disciple these things happen. Third eye is usually depicted to be between the brows of the eyes. Third eye opening is discussed not only in Hindu tradition, but also in other traditions. Sadhaks practise meditation by looking inward with physical eyes in the area between the middle of brows. This is a common practise. This can lead to the opening of thirdeye. Third eye is not a physical part in the body, but is seen to be a subtle eye. Usually it is in the middle of the head in an area known as cave of brahman. When third eye is opening, some of the symptoms sadhaks feel is pressure in the area between the brows. Sadhaks are not to be confused or afraid of it. It is nice experience one can lead into. When third eye blossoms, one may start seeing different colors. As it blossoms further one would start seeing visions in the meditative state. These visions are different from regular dreams that people have during sleep. During the sleep one is not awake, and one do not know he or she is sleeping. Where as during the visions of third eye, one is fully aware of the surroundings. These visions are seen from the third eye. One may even see these visions inside thier head while they have thier physical eyes open. This definitely may perplex the sadhaks, and may also make them feel that he or she is having helucinations. Nothing to worry about it. One must continue the meditation, and do it as long as they can. Gurus grace will guide them on right path.

The visions at first may be random visions of events at unknown locations. Depending on the spiritual maturity of the sadhak these visions may help them to clear thier karmic wounds, are may even lead them to see things anywhere in physical realm sitting in meditation at thier wish. One need to be very advanced to be able to see, what they wish to see. Ofcourse these powers come to sadhaks that have completely processed and cleared thier egoic mind, dropped thier egos, and silenced thier mind. These powers may not work for egoistic needs. When ones subtle body becomes pure, Yogi will see these visions, and in sanskrit it is known as Divya drishti. Those with true divya drishti, are sages, and may use these powers to help others.



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

Iky Vedika Round Up

In Auto Pilot Mode...

It has been several months since Ikyavedika has conducted its weekly meetings, and if you ever wondered whether there is any contribution from Ikyavedika for our community any longer, be rest assured that some of our initiatives are running in an auto pilot mode contributing their bit to the community benefit.

For one thing, Lekha has been running uninterrupted for almost two years

now.

In the Digital World, our Website and Facebook pages have regular updates engaging all those who are in that world. Our active member count is around 170 now, with the guest count running to several hundred more.

Finally, our online Vivaha Vedika has significant traffic with members regularly posting profiles. We nearly have 400 profiles listed now.

Ikyavedika on the Web



<https://skiv.online>

<https://sistakaranam.org>



<https://skiv.online/VivahaVedika>



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



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



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

The Lekha Team

CHIEF EDITOR



Chandrababu JV
80748 00939

HON. EDITOR



Lakshmana Rao S
92477 83307

ASSOCIATE EDITORS



Chandramouli Dabiru
70139 42649



Avilala Sridhar
70757 35811



Ravi Karakavalasa
96522 33372



Arti Patnaik
83191 11213

PUBLISHER



Naraharinath S
98814 03533

DY. PUBLISHER



Vandana Adivishnu
80560 18566

CORRESPONDENTS



Naresh Dashimantri
96405 67625



Narasimha Rao Mantri
87127 15448



Dasamanthurao Shilpa

Other Ikyavedika Members, Patrons



Suresh Dabiru



Bala Gangadhar Mantri



Maheshwar Nagumantri



Srinivasa Lumburu



Rajesh Ampalam



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"Kavi" Murthy



Narayana Rao M



Satyarao Balivada



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.