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## Our Responsibilities to Contemporary Sistakaranam Community

I say it is only responsibilities.

Greetings to relatives.

I say that being born as Sistakaranam is a boon. And living is a great thing. As society develops, the need for associations is formed in view of social needs. So, there is a need for society to form associations. As a part of that process, many civilizing societies emerged not only across the state, but across the country. Let's make the most of this Sistakaranam birth. In this society, there is no other virtue than helping fellow human beings with empathy and compassion towards everyone, especially the less privileged class. As said by the elders, God is in the form of man, and service to man is Madhava seva.

There is one simple thing that cannot be neglected. We see dissatisfaction, self-deprecation and weakness in the economically backward civilized class of society. Due to these reasons, they sometimes develop aversion towards the birth of our race. In order to avoid this bad situation, all the associations should leave fights, egos and ambitions and come forward, and those who are in trouble should be supported only through the local associations. (Why I say local communities is because any miscalculations in financial matters, aid recipients are recognized as real poor with the approval of community members). On closer inspection, it is the cause of the misery and poverty of the civilized classes below the economic line.

Their previous conditions, future formation is due to lack of support from the community, friends and relatives, but not as they are born as Sistakaranams. It is a truth deeply believed by society. This is what you notice. The good deeds done to the famous and respected nobles in history are due to their righteous deeds and generosity. That's all, their worldly riches, wealth and power mirrors are not the reason.

The communities or the elders of the community do service but not favour to the community. The greatest yoga/ boon is beyond giving one's hand to one's society and exiting this life as a manishi (a great person) and not as a man (human in general) beyond normal (kama, ahankara, pride, selfishness) qualities, and then nothing is great than even leaving this world. Do not do righteous deeds for selfish reasons. Something must be premeditated. According to science, there should be no desire even for salvation. All acts of human service should be regarded as divinity.

Those who have the qualities of community service and charity will leave a great mark in the lives of these people and will be remembered for a long time. Remains as divine form in the hearts of those who have served.

Always available at your service. Your soul mate.

- 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 Iky Vedika digital team (details in the last page).



## Community News

### All India Sistakaranams Online Meeting

On the evening of Oct 9<sup>th</sup>, 2022, Sunday, a key meeting of leaders (along with the newly elected Members) of the community was held online presided by Sri DV Krishna Rao, President All India Sista Karanam Sangham (AISKA). Under the management of Sri D. V. Ramana Murthy, Sri Burli Vijayakumar, representatives from Telangana, Andhra Pradesh, Odisha, Tamil Nadu, Karnataka, Maharashtra, Goa, Delhi, Uttar Pradesh, Haryana, Assam, Punjab, Chhattisgarh, Jharkhand and Himachal Pradesh Sistakaranam Sangam (AISKA) participated. After the traditional welcome, the gathering was addressed by Sri DV Krishna Rao. Recalling his unanimous election on July 10, 2022, as AISKA national president held at Visakhapatnam, he thanked all representatives and promised to fulfill his duties without any bias and taking everyone together and with utmost devotion.

After his inaugural acknowledgment,

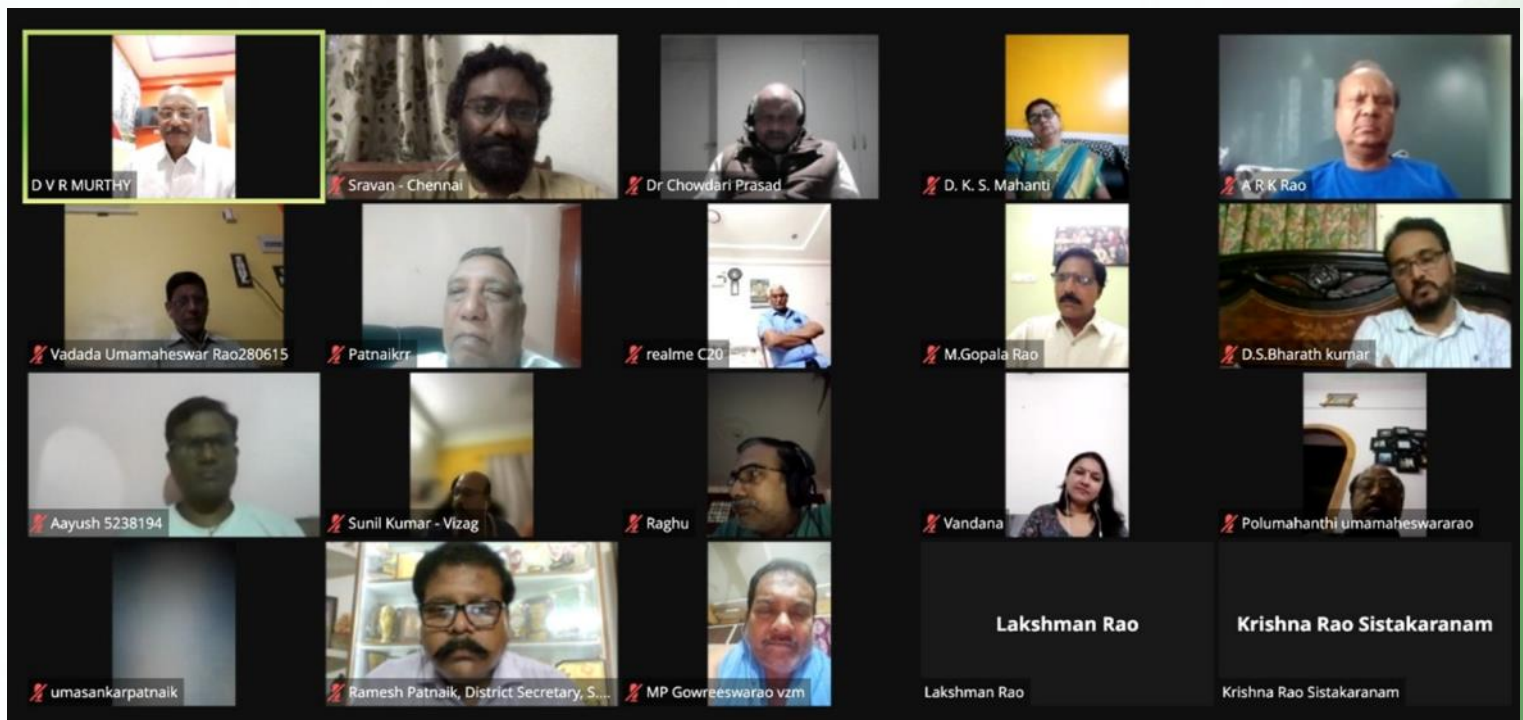
the focus moved to the pressing demands on the lagging employment, educational and economic opportunities for our SK youth and Women. Then the congregation discussed achieving OBC status related future activities, our community backwardness in other states, economically weaker SK teachers, old age welfare schemes. They have come forth with many plans including working with recognized NGOs/Trusts, demands for community building in states that recognize our community, engage with national and international experts, availing Govt schemes where possible among others. The whole target is about uplifting our SK community with a multipronged approach. These will become part of the plan envisioned by all present. The whole discussion lasted about 3 hours. After that the newly elected members of the National Executive committee were introduced to the gathering.

The rules and regulations of the committee were discussed. Disciplinary actions, finances etc. were discussed. It is concluded that any act of SK community without the permission of the national or state association or leaders, indulging in any economic transactions with the community will be considered anti-community.

In all, 32 leaders from all over the country participated in this online conference including Andhra Pradesh State President Sri Polumahanti Uma Maheswara Rao, Sri Gumma Umashankar, Sri Sadasivuni Venkateswara Rao, Sri Gauriswara Rao, Sri Krishna Rao, (Rajamundry) Sri Dandumahanti Lakshmana Rao, Smt. Pavani Amma among others.

- Sadashivuni Laxman Rao

Note: (This is a compilation from a recorded internet meeting)



## Newsmakers

### Dr. Krishna's Presentation at National Educational Congress

Let us congratulate Sistakaranam educationist from Visakhapatnam, Dr NSR Krishna for giving his presentation in the presence, Dr. VV Lakshminarayana (JD Lakshmi Narayana) at National Educational Congress, organized by Raja Ratna KITS Engineering College, Ramachandrapuram, Dr. BR Ambedkar Konasima District, A. P. on 2-10-2022.



### Smt. Chandini shines in APTET

In the recently released APTET results, Smt. Palateru Chandini, wife of Sri Palateru Santosh Kumar, from Venkatarajapuram, Jiyamma-valasa mandal, Parvatipuram Manyam dist. secured 132 marks out of 150 in Paper-1 (SGT) . It is a matter of great pride that she got such good marks although she studied in government educational institutions. We wish that she continues to shine in her education in future as well.

### Children's Literature Award to Sri Umamaheswara Rao

Naramshetty Balasahitya Peetham, which has been giving awards to two children's writers every year since 2017, has as usual selected two child writers for the award in commemoration of Nehru Jayanti on 14th November this year. One of them is Sri Behara Umamaheswara Rao, who has been working in children's literature for the past 45 years. The president of the organization Sri Naramshetty Umamaheshwarao said that the winners will be felicitated with a memento and shawl, along with a cash prize of five thousand rupees in the program to be held in November.

Along with Central Sahitya Academy awardee Sri Naramshetty, another Sahitya Academy awardee Sri Belagam Bhimeswara Rao, famous painter Sri Thumbali Shivaji, children's writers Sri B. V. Patnaik, Sri Ragolu Sankara Rao, and Sri Gudla Ammajji participated.



### Swachh Bharat Award under Sri Ganesh's supervision

Srikakulam Municipal Corporation, where Sri Behara Ganesh Kumar is serving as a sanitary supervisor, was given the national level award in Swachh Bharat Mission, which was received by Sri Challa Obulesu at New Delhi. Congratulations to Sri Behara Ganesh Kumar who is a part of this.



### Sri Santosh Raju guest speaker in YouTube event

Sri Santosh Raju Dabir was invited as a guest speaker to the YouTube event "YouTube Educon India 2022" (A platform to share knowledge, ideas, tips and tricks among Educational Youtubers) which was conducted on 24th Sept 2022 at New Delhi.



### Lifetime achievement award to Dr. Suresh Babu

Dr. Kuppili Suresh Babu has been awarded Lifetime Achievement Award by New Hope Foundation, who risked his life during the corona virus, bravely examined the patients and provided treatment for many medical service programs.



This honorary award is dated 07. 10. 2022, Friday, at the Visakha Civic Library in Srinagar, on the occasion of the seventh anniversary of the institution, DSP Srinivas, former chairman of the Library, Thota Nageswara Rao, congratulated Dr. Suresh Babu on receiving this award.

## Newsmakers

### Chi. Sahana honored by District SP

Let's congratulate Chi Anantapatnayakuni Sahana from Srikakulam town for securing a seat in medicine at the state level with 541 marks in the NEET 2022 entrance exam. She is the daughter of Sri Anantapatnayakuni Srinivasa Rao working in police department in Srikakulam district. She studied at Sri Chaitanya College, Visakhapatnam.

Congratulations on receiving the award by the hands of Srikakulam District SP Mrs. GR Radhika.



### Prize for Sri Venkataraja Rao's poetry

Mr. Kuppili Venkataraja Rao, our talented poet from Amadalavalasa, won the prize for his poem "Samajikamadhya Sarpamai" as the best poem at the national level. Organizers are Anantapur-based Telugu Velugu Literary Society.



### Dr. Harika appointed Medical Officer

Let's congratulate Vizag resident and daughter of Sri M Trinadha Rao, Dr. Harika Patnaik Marupalli on joining the duties as Medical Officer at Isukathota Urban Primary Health Center. Her elder sister Dr. Marupalli Kavita Patnaik, Seethammadhara is Successfully running Kavita's Dental Clinic (8886941311 for appointment)



### Sri UJM Rao chief guest at Indus Ind branch inauguration

Mr. U J M Rao, Managing Director of Andhra Pradesh Metro Rail Corporation was the chief guest and formally inaugurated the tenth branch of IndusInd Bank in Visakhapatnam at Lawson's Bay Colony.



### Parvathipuram Walkers honor Sri Uma Maheshwara Rao

In the cabinet meeting of Parvathipuram Walkers International held at Sri Venkateswara Kalyanamandap in Parvathipuram district Parvathipurampatnam, the president of our Andhra Pradesh Sishtakarana Sangam and the founder of Srikakulam Aditya Walkers Club Mr. Polumahanthi Umamaheswara Rao was honored with a memento and a garland of flowers. Let's congratulate him.



### Sri Umashankar Rao appreciated for service to devotees

Lions Club of Vijayawada Medica presented a certificate of appreciation to Sistakaranam leader, President of Krishna District Sistakaranam Sangam Sri Gumma Umashankar Rao Patnaik and Messrs. Mounika Pharmaceuticals for their 24x7 dedication and service from 26-9-2022 to 5-10-2022 in the free medical camp, distribution of free medicines and distribution of free prasada to the devotees who participated in Dussehra celebrations held at Durgammasannidhi, Vijayawada.



### Nava Sahiti award to Sri Chandrasekhar

A prominent literary organization in Chennai, Nava Sahiti International has conferred Late Dr. Addepalli Rammohan memorial award to Our Sistakaranam eminent Poet, Writer & resident of Vizianagaram Sri Raja Chandrasekhar Manapuram

A very proud moment for us all.



## Newsmakers

### Doctorate in Computer Science for Chi. Nandini

Congratulations to Sekharamahanti Nandini (Sharada) who has obtained her Doctorate in Computer Science from Andhra University. She is the daughter of Mr. Gopalarao & Mrs. Tirumala



### Topper in CSE, Chi Sowmya rewarded

Lekha congratulates Chi Sowmya (Analyst of Accenture Software Solutions, Hyd) who got half of the final year BTech college fees as reward from Vignan Institute of Engineering for Women College (VIEW) as she is the TOPPER of Computer Science and Engineering (CSE) for the year 2020. College Management has felicitated her and presented the cheque in a function held on 15-10-2022 at Visakhapatnam. She is the proud daughter of Sri P K A Bhaskar.



### Dr. Murthy congratulated by Tourism Minister

The Guest of honour Hon'ble Minister for Tourism Sri. Kishan Reddy congratulated Dr. Dabbiru Venkata Raman Murthy, Space Scientist, on the occasion of valedictory function at the United Nations World Geospatial Information Congress held at HICC-Novotel, Hyderabad on 13-10-2022. Let us congratulate Dr. DVR Murthy our sistakaranam eminent scientist.



### APJ Abdul Kalam Excellence awards

On 5-10-2022 on the occasion of 88th birth anniversary of Missile Man of India Shri APJ Abdul Kalam, the APJ Abdul Kalam Excellence Awards were presented in a program organized by Health Care International Hyderabad at Sundarayya Vigyan Kendra Hyderabad.



Sri Baliwada Sivakumar Patnaik and Shri Gumma Uma Shankar Patnaik, elected as awardees from Vijayawada, were presented with the award at the hands of Hon'ble Retired IAS Officer Shri Jayaprakash Narayana. Bharat TV Director Dr. G Valleswar, famous astrologer Mr. Davagna Sharma and famous artist Mr. Gundu Sudarshan Garu participated in this program.

### Accolades for retired scientist "Sharatkavi"

Shri Dabbiru Venkata Ramanamurthy (Saratkavi), who has written more than 400 Panchapadi poems in three (Panchapadi, Saptavarnasingidi, Bala Panchapadi) groups with the encouragement of Shri Panduranga Vithal Garu through the Panchapadi group, shared this joy with you all in the first anniversary of the Panchapadi group and in the international technical conference. He conveyed his thanks to the encouraging group of poets. Also, he received commendation certificates in national level poetry competitions by Navbharata Nirman Association. He also received Appreciation Certificate for Best Poem by Sri Gautameshwara Sahitya Kala Sevasanstha, Peddapally.



### Telugu Sahitya Cultural Samithi honors Sri Sridhar

On the completion of ten years of the Telugu Sahitya Cultural Samithi at Palamaneru Ganguvaram, a meeting was held at their own Kalamandir as part of that celebrations and an award was given to Avilala Sridhar, head of the AS Foundation, for his service and encouragement to folk artists. On this occasion, Avilala Sridhar said that it is very gratifying to receive this award and informed that we will work together with Telugu Sahitya Sankara Samithi and organize programs according to their ambition. He thanked Tulsinadam Naidu and Pushpamma couple for their efforts to promote Telugu literature and traditional dreams and culture.



### Sri Raja Rao's Role Play by students bags award

Students of Sathyavaram High School, Narasannapet Mandal, Srikakulam District, performed in the State Level Role Play and Folk Dance Competition organized by SCERT at Vijayawada on 21-10-2022. "Poshakam - Pragati Haram" role play by them has bagged the prize. The person responsible for writing and directing this drama is our Sistakaranam prominent Poet Shri KV Raja Rao who worked as a Telugu teacher in this school and retired. He trained the students and made them perform in Vijayawada. This play got State level third prize. Shield, Certificate & Cash was received from the hands of the SCERT nodal officer Mrs. Hema Rani.



## Editorial

### Importance of Vanabhojan in the month of Kartik

Greetings from Karthika Masam to all Sistakarana relatives.



There is no month equal to Kartikam. It is said that there is no pilgrimage equal to Gan-

ga. Waking up early in the morning, bathing in flowing water, performing rudrabhisheka to Bhola Shankar, wearing Vibhuti on the forehead and rudraksha - or - tulsu beads around the neck, eating only one meal a day, having picnics under the shade of an amaranth tree. is it all? This holy month of Kartik has brought many traditions. Among the rituals performed in this month of Karthika are Karthikasnamam, fasting and Karthikadeepam.

The season of Kartikamasam picnics, Katheeka Samaradhana, Vanabhojanas. All our community members are celebrating locally. Congratulations to all of them. Introductory programs with their family members and celebrations along with job mela and business promotions etc. If they are invited and given priority, and if they do the same with other communities, unity can be strengthened and grow as a force in that town. This Kartik month and these Vanabhojanas can be said to be a boon to gain that goodwill and friendship. Good luck to all the organizers because this is a massive program. Spend a lot of time and money to bring us all near an amla tree and appreciate their efforts and give our support.

Mean time We from Lekha request to send your A atmeeya sammelan details, Vanabhajana highlights to Lekha to narrate to all our relatives globally.

"Sarva Shistakarana Sukhinobhavanthu"

## Interview

### Professional by necessity

*All we know is that the "necessity is the mother of invention." Reminding this, now we have with us today our Sistakaranam lady who transformed herself into a professional simply on necessity. Let us delve into the interesting personality of Dr Bandaluppi Kanti, an Acupressure Therapist and Yoga Trainer in Hyderabad.*

**Madam, we heard about your two decades of expertise. Just tell us about you.**

I am a Commerce graduate. But later acquired professional qualifications in acupressure and yoga. I did some research in acupressure and in pursuance, I did "Advanced Acupressure" in Bengaluru. I have clinic, "Sai Datha" in Dilsuknagar. I give acupressure treatment for all General, Gynic, , diabetes, obesity, thyroid, joint pains, autism, physical and brain disorders with Pulse diagnosis. I do conduct Yoga classes for healthy living. I do free medical camp daily at Sai Baba temple.

**How did you come into this profession?**

Life is all about becoming proficient in a field, sometimes through unforeseen situations that occur in our lives. My life is an example of this. My daughter has a neuro problem called Cerebral Palsy. Doctors advised us that physiotherapy would cure her problem to some extent and also stated that it would be very difficult to return to full normalcy. As advised by our well-wisher, we started acupressure treatment. In just two months, our baby's IQ and speaking skills changed a lot, and I started believing in this therapy. Hence, I joined the same organisation for my baby's future, learned this course as a "YAGNA" and started doing therapy myself for our baby. Since then, so many changes have taken place in our baby, who has now reborn as a normal girl.

**Any success story in your profession?**

A 5-year-old baby, Anshu, accidentally went into coma. She underwent treatment in a hospital for 25 days, but in vain. Doctors sent her home while she was in coma, saying that she could not recover from the coma. Doctors put a food pipe in her nose to take food and made a triceps. Her parents approached me, and I started acupressure treatment. Within 10 days, she regained consciousness. The food pipe and triceps were removed within a month. Now, her



Parents:	Late Sri Ippili Suresh Chandra Patnaik and late Smt Jayapradha
Husband:	Bandaluppi Ravi Kumar
Children:	One daughter
Nativity:	Garividi, Vizianagaram District.

speech skills and I.Q. are well developed. Now she is back to normal and also going to school. Still, the treatment is continuing as she has to recover her eyesight and walking skills. Unlike other activities, my success brings joy to others, and their happiness is my happiness.

**Your comments on Lekha please.**

My compliments to the LEKHA team for taking pains in producing such a useful tool of communication to connect our Sistakarana community all over the world.

**Dr. Kanti is advising us to pay attention to our health amidst our busy lives. According to her, health is very important to live life to the fullest. Focus on stress management, do yoga, replace medicines for small health issues with kitchen based items like cumin, pepper, fenugreek, poppy seeds, ajwain, etc., and understand a balanced and nutritional diet. She has solutions for all health problems that we never expect acupressure and yoga to cure. Our readers may contact her on mobile 8106406439. Lekha wishes her many achievements ahead**

- Compiled by Mantri Narsimha Rao

## Support Area

### Helping Hands 15th Event

On 02. 10. 2022, on the occasion of Gandhi Jayanti, an amount of ₹45, 701/- collected by Helping Hands Group through their 15th event was presented to Sri Polumahanthi Rajasekhar and Jyotsna, the parents of Bindyakshiri, a child suffering from a life-threatening disease called Fanconis Anemia, in Dharmapuri, Vizianagaram, by Sri Pakki Uma Maheswara Rao, Group Admin, in the presence of some group members. Congratulations from Lekha.



### Endada branch donation on Dussehra

On the occasion of Dussehra, the family members of Sistakarana Seva Sangham Endada Branch New Executive Committee went to the old age home near PM Palem, Cricket Stadium and warmly greeted the elderly, wished them Dussehra and gave them fruits, bread and biscuits. The members of this program were Sri Balaga Janardhan Rao, Sri. Kallepalli Shankara Rao, Sri Donkada Anil Kumar, Sri Vasantha, Sri K. Asha Purnima participated.



### Distribution of books and pens in Manthina School

Sridevi Vigyan Parishad Charitable Trust donated books and pens to students of Santhakaviti Mandal Manthina Primary School.

Smt Kuppili Keerthi Patnaik, the President of Sridevi Trust, which is conducting Pekku Seva programs at the national level from their Visakhapatnam center, gave free books and pens to the students at this school. Mrs. Keerthi said that these service programs were organized today in memory of her father Late Sri Kuppili Trinatha Rao, who was considered the divine doctor of his native village.

Villagers praised that many service programs have been undertaken by the trust for the last 19 years.

On this occasion Mrs. Kirti assured them that necessary assistance would be provided for the development of the school.

In this program, members of organization, management and schoolteachers participated.



### Request for medical help

Sri Munagavalasa Yogendra Rao. He is from Bottadasinghi village of Yal Yan Peta mandal near Hiramandalam in Srikakulanjilla. Both his kidneys were also damaged. Malaria and Dengue also came positive. Platelets completely dropped. They are very poor. So, I want everyone to help as much as they can. I also want them to send this matter in the groups they know. His phone number is Pay. 6261233498 or 8106429268.

- Sadasivuni Lakshmana Rao



### Helping Hands Service Program 16

With the reference given by our group's relative Sri Sadasivuni Lakshmana Rao (Phone number: 9247783307) Sri Uddanda Rao Venkata Nirmala Garu (Phone number: 8121006453) of Visakhapatnam, Gopalapatnam Varytyulu Beeda family (Phone number: 8121006453), her mother and father passed away. Her sister's name is Uddanda Rao Shailaja Garu, handicapped (she has been trying for Railway Pension for the last few years). Currently they are both unmarried. Both of them are staying at his brother Uddanda Rao Sridhar's house. They are also struggling to pay the monthly rent of their rented house. Admins have been talking to them with the intention of helping them on behalf of our Sistakaran Helping Hands. They were interested in a grocery shop when they asked them to do small business with them, not in the form of cash. In the past we selflessly read the names of the donors including every rupee and through Sistakaranam helping hands, so if we all can provide help together, we will be those who will lend a helping hand to them too. We will be the ones who show employment so that they can stand on their feet. So, we request every relative to respond and help. Helpers are requested to contact Umamaheswara Rao on phone number 9392234863 phone number or Google Pay.

### Asara Pension Card through "SWA"

Sistakaranam Welfare Associate Hyderabad has helped community relative Mr. Dabbiru Narsinga Rao of Mana Kulam with Telangana government announced support pension card.

Thanks especially to EC- MEMBER Mr. Kottaki Roshan. SWA President Mrs. Dabbiru Rama Krishna Rao Sistakaranam and All India Sistakaranam President Sri Dabbiru Venkata Krishnarao Sistakaranam thanked all involved and assured that many such programs have been organized during the decade and will be organized in the future.



## Support Arena

### Our folks in Sirimanotsavam

On 11-10-2022 in Vizianagaram town, on the occasion of Sri Sri Paidithalli Ammavari festival, in front of Prakasam Park, pulihora and water packets to the devotees who came to witness the Ammavari Sirimanu Utsava was handed over under the leadership of our Sistakaranam eminent leader, service-minded, humanitarian Sri M. P. Gauriswara Rao, Founder President of Late Mar-kondapatnayakuni Sudharani Memorial Trust.

We wish all the devotees to have the blessings of Sri Sri Paidithalli Amma. The Secretary of the Trust Sri Upendra Kumar and members participated in this program. Congratulations to Sri MP Gouriswara Rao and his team who organized the program so well.



### Free School Bag Kits distributed

In a program organized under the auspices of Rural Development Welfare Society Swachchanda Seva Sanstha in Datti village of Datti Rajeru Mandal of Vizianagaram district on Tuesday, 175 school bag kits were distributed to 175 school students free of cost by the director of the organization Ms. Uha Mahanthi. On this occasion, Uha Mahanthi said that every student should continue their education with discipline and apart from that, they should use the school bag kits given by our service organization and excel in their education.

In this program Rural Development Welfare Society Swachchanda Seva Sanstha Secretary Dr. Suresh Mahanty, staff of the institution, students, their parents and village elders participated.



### Sewing Machine donated by Sri Appala Narsaiah

Mr. Appala Narasayya himself organized a Sistakaranam marriage introduction platform venue at vizianagaram on 02. 10. 2022, and with the proceeds of the donations, he bought a sewing machine and gifted it to a Sistakaranam poor family, proving his service to the community once again. We wish him to continue doing many more service programs for our community. It is very rare to maintain expenditure details, now he has included the details. Glad to note that there will be no criticism.



### Scholarships for Sistakaranam Students



శ్రీ కరకవల్లస సీతారామ్ మూర్తి పట్నాయక్  
& శ్రీమతి కరకవల్లస నవనీతం

**స్కాలర్షిప్**



శ్రీ పులిబి వెంకట రమణ  
& శ్రీమతి పులిబి గిరిజ

**స్కాలర్షిప్**

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

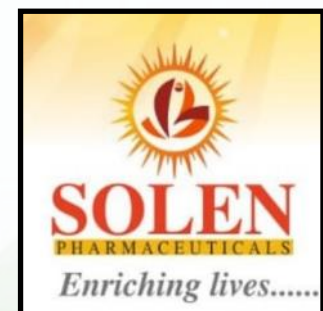
**CONTACT:**

**Ge.kravi@gmail.com**

**or 9652233372.**

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

### Free Medicines by courier for 100 days



1. Solcal - Calcium Citrate 1000 mg+Vitamin D3.200 IU+Mg+Zinc.
  2. Solfer - XT - Ferrous Ascorbate 100mg+Folic acid 1.5mg(Iron).
  3. 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



## Bathukamma celebrations of 'SWA'

Hyderabad Sistakaranam Welfare Association Women along SWA President Smt Rama Krishna Rao Sistakaranam & other Women Leaders with women members of SWA Working Group. Shweta, Madhuri, Sunita, Parijata, Padma, Parvathi, Jayashree, Bhavani, Tanuja Sri, Sapna, Bhumija, Somya and other women participated in Bathukamma Sambaralu .



## "SWA" Executive team Introductory meeting

Telangana based Sistakaranam Welfare Association (SWA) working group meeting was held on Sunday (09. 10. 2022) at Miyapur Hyderabad.The meeting was held under the chairmanship of National Sistakaranam Honorary President Mr. DV Krishna Rao SistaKaranam in the presence of Telangana President Mrs. Rama SistaKaranam.

In this program, Honorary President Krishnarao SistaKaranam congratulated all the newly elected members of the community with introductions and honors and called upon the community to be ready for an unremitting struggle until the achievement of OBC.

It was decided that on 13. 11. 2022 Sunday Kartika Vanabhojanam (Free entry) should be organized and extolled that SWA working group leaders should grow as disciplined leaders, every member is a leader with equal responsibilities, positions are not important. but service should be the goal and asked everyone to move in that direction.

President of the association Mrs. Rama Krishna Rao SistaKaranam said that like every year there will be Kartik Vanabhojanam this year too and hoped that all the relatives of the SistaKaranam community in our states develop in all fields. SWA Executive Committee members expressed their gratitude to Sadashiv Venkateswara Rao, who hosted the event, and honored him on behalf of all the members of the SWA Executive Committee. The next committee to be formed is the Disciplinary Committee, Finance Committee and Planning Committee as a part of the future planning. In this working group, the members of the Finance Committee are. Smt. M Shankar Patnaik, Sri Baliwada Malleswara Rao, Sri D Naresh Patnaik, Mantri Narsimha Rao, P. R. S. S. N Murthy were unanimously selected as announced by Honorary President Sri DV Krishna Rao SistaKaranam announced unanimously selected.

On behalf of the SWA, the working group thanked all the members who participated in this program including Sri D. V Ramana Murthy, Vijakumar, Seshagiri Rao, Uriti Parvatheesham, Harigopal, Shankar.

## Smt. Rashmi featured in Durga Puja event



Durga Maa Ki Jai

Shifting is a difficult task and people who shift from one location to another will resonate with the change management. Apart from getting settled and getting to know the society and the offerings, it has taken time and effort to explore.

Bengali Durga Puja is one such thing which I always look up for in wherever I move, and this is what how Hyderabad city surprised me. This city is not new to me however I was fascinated to see several Durga Pandals

this time and opted for a nearby one.

Right from Saptami I am starting Pandal Hopping and attended all the rituals from Pushpanjali to Aarti to Bhog. I did a little bit shopping too. I was not sure if someone was capturing my excitement apart from my Hubby (Shashank) but this one came as surprise to me.

On 5th Oct'22- Woke up early in the morning went to nearby pandal did Dashami Puja, performed Dhuna Naach, attended aarti and Pushpanjali and performed Devi Boron (Ritual) . After that when me and my friends were busy in Sindoor Khela, we got captured in local news Hindi Daily (<https://hindidaily.net/?p=1137>) and got featured in festival AV song <https://youtu.be/05nBeYLCETk>.

And this is how my Festive Season kick started in Hyderabad.

- B. Rashmi Shashank.

## Congratulations to 'B. C. Yodha'

President of All India Sistakaranam Sangam Sri DV Krishna Rao Sistakaranam and his team met with Honorable Telangana State BC Commission Chairman Dr. Vakulabharanam Krishnamohan on having participated in the National Seminar on BC Reservations being held at Ramachandrapuram town, Dr. BR Ambedkar Konaseema district on 2-10-2022 under the auspices of Rajaratna and Tutors Pride "BC Yodha". They congratulated Dr Vakulabharanam on the occasion of receiving the award.



## Sistakaranam Mega Picnic at Hyderabad

On 13-11-2022 Sunday Sistakaranam Mega Picnic in Hyderabad is being organized. Please attend.

Sistakarana Welfare Association Hyderabad (SWA-HYD) President Smt. Dabiru Rama Krishna Rao Sistakaranam and Honorary President Sri Dabiru Venkata Krishna Rao Sistakaranam and executive members invited all our community members and urged them to make it a grand success.

- Date: 13-11-2022 Sunday.
- Time: 10 am onwards.
- Place: BHEL Gardens, Hyderabad.
- Location link will be shared before the picnic.
- Breakfast, Lunch, Evening Tea & Snacks will be arranged.

This is SWA-HYD's invitation to all the Sistakarnams and leaders of different states.

You may kindly attend with your family. (Entrance is free)

**D. V. Krishna Rao**  
Honorary president  
**D. Ramaa Krishna Rao**  
President

**శివకరిణం సంక్షేమ సంఘం హైదరాబాద్**  
కార్యక్రమసభాసం  
13/11/22. Bhel లో

**BREAKFAST**  
**JOB MELA**  
**VIVAHA VEDIKA**  
**RELATIVE CONTACTS**  
**CULTURAL PROGRAMS**  
**GAST AMALGAMATION**

Parvateeswararao urity  
Admin secretary  
**M. Shankar Patnaik**  
Treasure

## Fraternity Page - Andhra Pradesh



### Sri Prabhakar in national choral competition

Sri Shekharamantri Prabhakar, an eminent poet, participated in the national choral competition hosted by Andhra University which was successfully organized by Bharat Vikas Parishad Visakhapatnam and Visakhapatnam Bharat Vikas Parishad Women's wing.



### Vizianagaram Association elects new body

On 30-10-2022 in Vizianagaram Town, at Vrindavan Apartment Community Hall near Old Bus Stand, Vizianagaram Sistakarana Sangam Town Elections were held. These elections were held under the supervision of Mr. Murahara Rao Visveswara Rao, the Election Officer. The newly elected committee will have a term of three years. The Electoral Officer administered the oath of office to the newly elected members. New Working Group details:

- 1) Shri Kanti Mahanti Sanjiva Rao - President
- 2) Shri Tyada Prasad Patnaik - Chief Secretary
- 3) Shri Baliwada Ramana Rao - Treasurer
- 4) Shri AT Varaprasad - Vice President
- 5) Shri K. Parameswara Rao- Vice President
- 6) Shri R. Ravikumar - Vice President
- 7) Shri K. V. Ramanamurthy- Vice President
- 8) Shri Baggam S. Sivakumar-Joint Secretary
- 9) Shri Regulavalasa Venugopala Rao- Joint Secretary



In this program the President of Vizianagaram District Sistakarana Sangam, Shri R. Ananda Patnaik, General Secretary, Mr. MP Gouriswara Rao, Former President of Sistakarana Sangam Urban Branch - Mr. CH. Trinadha Prasad, Shri. P. Tirupati Rao, Sri A. Tirupati Rao, Shri Baliwada Dhananjaya and Shri N. Dulikeswara Rao and others participated. Let us congratulate them.

### Kancharapalem Executive Body Meeting

Visakha Sishtakaranam Seva Sangam Kancharapalem working group meeting took place 104 area Lilliputs School on 16. 10. 2022 in the evening from 4pm onwards. The unanimous resolution of the members in this meeting was to hold Karthika Samaradhana (Kartika Vanabhojanam Picnic) on 20th November. In the same picnic, the book of introduction of marriage will be launched. All the interested relatives will be informed subsequently via WA messages.

In the same meeting, President Shri Baliwada Appalanarasiah expressed his opinion over the phone. In the same program Mrs. Korada Pavani, Sarva Sri Sadashivuni Babu Rao, Balivada Haribabu, PN Murthy Patnaik, P Shivaji Patnaik P Uday Bhaskar, VT B Patnaik, S Mohan Rao, K Ramakrishna, B Sriram Murthy, Mrs. Oppangi Ramani, Mr. Oppangi Sridhar, LJ Mahanty, Ms. Devi Mahanty, Ms. Sharvani participated. Also Mr. Naupada Bharat Vikas was newly elected as Secretary of the Technical Department.

Sri Sri Rama's grandfather and Sri Urity Jayaram couple were present as special invitees.

Organizing Secretary Shri Basuri Srinivasa Rao expressed his solidarity over the phone.



### Awareness conference in Narsaraopet

It is no exaggeration to say that the name of Sridevi Vigyana Jyoti Charitable Trust is spreading in all directions. Sexually harassed women and juvenile offenders are handed over to the help line. Such awareness meetings were held on the invitation of Narasaraopet Railway Circle Inspector of Police Mr. Gandreti Tirupati Rao in Palnadu District, Narsaraopet and said that those who sexually harass the women should not be spared, women are resorting to suicides as they cannot share with anyone. It has been stressed that harassed women should bring the facts to the notice of the police or trust for getting justice.

Moreover, it was said that a help line of our Sridevi Vigyan Jyoti Charitable Trust will be set up in Narsaraopet. The women there are told that if they have any difficulty, they will get an immediate response if they leave a message at the help line desk. Women Constables of Narasaraopet Railway, Auto Society Leaders and Masjid Khaja expressed their happiness as many railway staff were given great awareness about many unknown things. Mrs. Kirti Patnaik was felicitated and congratulated for going all the way as per their invitation.



### First Executive meeting of Visakha Association

The first executive meeting of Visakhapatnam Zilla Sishtakaranam meeting was held at Srinivasa Mansion House, Visakhapatnam on 9-10-2022 with the inaugural speech by General Secretary Mr. Balivada Haribabu under with President Mr. Prabhakaradas in the chair. In this first working group meeting, every Sistakarana community in Visakhapatnam was invited and asked to share about the activities they have done for their community. Representatives of Kancharapalem-sangham, Gajuwakasangham, Pendurtisangham, Aganampudisangham, Chandranagar Sangham, Sitamadhara Sangham, Allipuramsangham and others spoke. Also, among the working group members who spoke were Mr. PVT Ramana Rao, Mr. Umamaheswara Rao, Mr. Sadashivuni Babur Rao, Ms. Dabbiru Gayatri, Mr. Karakavalasa Gauriprasad, Mr. PPN Murthy Patnaik who gave their invaluable advice and suggestions. Special invitees Mr. Sadashivuni Lakshmana Rao, Mrs. Pavani gave suggestions for the development of the Zilla Sangam and all the Sanghas. Finally, the member of the Pendurtis Sangam Mr. BRM Patro spoke and told gathering him that many of the Sangha presidents and secretaries have not accepted the invitation due to the accusations against the current president of the Zilla Sangam. The members of the Pendurthi Sangam decided to discuss the matter in detail in the next meeting after taking into consideration the words of Mr Patro.



## Fraternity Page - Andhra Pradesh



### Meeting for development of libraries

Uttarandra Grandalaya Co-Ordinator Hon'ble Dab-biru Govinda Rao and Sri Baliwada Sathya Rao were the chief guests in the meeting held in Gurjada Vigyan Kendra under the chairmanship of Shri J. Veeraiah.

They gave suitable suggestions for running the library. Citizens are advised to give up their cell phones and pay attention to reading books. On their part, they presented some books to the library.

In this program, library donors and subscribers were honored with a shawl. Working President BA Trinatha Swamy, Vice President Gurjala Satthi Raju RTC, Treasurer A Ramadasu, S Apparao Garu, and subscribers participated.



### Petition to the YSRCP National Chief Secretary

President of the State Sishta Karana Sangam Mr. SNK Mahanthi met with YSRCP National General Secretary Shri V. Vijaya Sai Reddy on 27-10-2022 at his office in Tadepalli, Vijayawada and requested him to include our community in the OBC list during the upcoming Parliament winter session. He was accompanied by State Chief Secretary Mr. Arikathota Chandramouli, State Organizing Secretary Mr. Jaithi Umamaheswara Rao and others. They also felicitated Sri Vijaya Sai Reddy.



### Pujas of Sistakaranam Temple Trustees

On 5-10-2022, on Dussehra, Sri Sri Shyama Devi (Perantala Thalli) in Gollu Palem Village, Bondapalli Mandal, Vizianagaram district, the hereditary devotees of the temple offered silk clothes and gold ornaments to Holy goddess. Devotees include Gayatri R. Shobharani, Rajeti Shyamala Rao, RVS Ganapathi Rao, R. Gopalakrishna Murthy, R. Murali Dhara Rao. Congratulations to the family members of Rajeti who are following the tradition.



### Bobbili constituency association meeting

Bobbili Region Sishtakaranam Sangh President Mr. Vantaram Sriramamurthy said that let's move with the spirit of late AV Jagannadha Rao Patnaik until the Sishtakaranam caste, which is economically, politically, socially, educationally and employment backward in the state, is included in the OBC category. He was the chief guest at the meeting of the Constituency Sistakaranam Sangha organized at his residence on Sunday. Speaking on this occasion, he asked the relatives of the caste and the youth women of the caste to come forward for the movement and expressed his concern that they have been fighting for the OBC for the past ten years but the government is not paying attention due to which the students of Sistakaranam are not able to get jobs in the central government employment sectors. Later, the Vice-President Sri Srinivas Patnaik said that the movements should be carried forward with the spirit of the elders and requested all the relatives of the caste to provide support and cooperation. Later the community members decided to organize the Kartika Vanabhojana Mahotsavam on November 13 at the constituency level. General Secretary Sarva Shri Nidaganti Prasada Rao, Patnaik Prasada Rao, Pedapenki Sivaprasada Rao, Venu, Pakki Ramesh, Baliwada Kishore, Tirumala Rao, Pakki Prasada Rao and others participated in this program.



### Media meet by Chairperson

Ms. Anusha Shasidhar Patnaik, chairperson of State SistaKaranam Welfare & Development Corporation, said that the good will be done by making the Visakhapatnam region the administrative capital because it has plenty of infrastructure.



### TDP Sistakrana Empowerment Committee swearing in

Under the leadership of Mr. Chandrababu Naidu and of Kollu Ravindra, Andhra Rashtra Sishtakaranam Telugu Desa Empowerment Committee President and Executive Committee members who came to Vijayawada on the occasion of swearing-in President Mr. Akkumahanthi Raja Members from different areas include Sri PV Satya Madhusudan Sri-kakulam, Sri Budumuru Venkata Chalapati Bhimili, Sri Veenam Srinivas, Pedana, Nandigam Koteswara Rao, Ichchapuram, Sri Dabburu Srikanth, Narsipatnam, Sri Venu Suresh, Pithapuram, Sri Karakavalasa Naga Mohana Krishna Rao. Nellimarla, Sri Sashivuni Rudra Koteswara Rao, Palakonda and Parliament Constituency Convenors, Sri Sashivuni Venkateswara Rao, Srikakulam, Sri Baliwada Sathya Rao, Visakhapatnam, Sri Sri Jakkuva. Venkata Gopinath Patnaik.

Also special thanks to retired officer Mr. Venu Subbarao who helped to make this event so grand.

Similarly, Krishna District President Mr. Gumma Uma Shankar Patnaik and Mr. B S K Patnaik, General Secretary were also felicitated by the committee. Mr. Akkumahanthi Raja also thanked the relatives, friends, close friends and media representatives who came from Tummalapalem, Bandaru, Pedana, Gollapalem, Narasapuram and other parts of Rajahmundry after spending a lot of effort to travel from distant places.



## Fraternity Page - Andhra Pradesh



### Visakha association - Kartika Samaradhana

Kartika Samaradhana is all set to be held on Sunday 20th November under the auspices of Kancharapalem Sistakaranam Sangham!

In the sprawling garden of Venugopalaswamy temple. ! Vanabhojanam on the lawns under the green trees amidst the exotic medicinal plants.

Program Details:

- 20 November 2022, 9 am Harihara Puja by Shrivacharya
- Subsequently, lamp worship under amla tree
- Kumkum Puja, Lalitha Sahasra Nama, and Deeparadhana to Goddess Gauri in the presence of Harihara!
- Breakfast at 10 am
- Introductions and Family introductions and [introductions](#) of our relatives who have excelled in various fields, from 11 am to 12 pm
- Sports competitions for children, adults, women; prizes for winners, various cultural programs from 12 pm
- Lunch 1 to 2 pm
- 2 to 3 Vivaha Vedika introductions, bride and groom introductions
- Snacks at 3 pm
- Felicitations to women who have excelled in cultural programs, from 3 pm
- Free health camp with Vijaya Diagnostics along with doctors and medical facilities to anyone with health problems. Their services are also available.
- Backward Caste (BC-D) certificate along with caste certificate from Sistakaranam community members from the association.
- Your surname document is also available for free. [The program](#) ends with Janaganamana.
- Note: Women participating in this program will be gifted with a valuable kit.

We look forward to [making](#) this program a grand success with the participation of the leaders of various branches of Sistakaranam associations, leaders of various districts, state, all India level, and relatives on a large scale.

*Humbly yours, Balivada Hari Babu*

*Visakha Sistakaranam Seva Sangham Kancharapalem*

### Flower Arrows Festival in Kothavalasa

Mr. Kudama Tirumala Rao, Headmaster of Kothavalasa School, said that it is a unique tradition in our culture spanning generations that all the school children go around the village with arrows and sing Dussehra poems.

He participated as the chief guest in the Arrow Festival program organized in Kothavalasa village under Rajam Municipal Corporation.

On this occasion, Tirumala Rao said that it is the culture through these flower arrows we request Goddess Durga Devi for evil elimination.

He said that all the children will enjoy this arrow festival by putting the arrows and anointing the flowers in it.

This program was held under the auspices of Rajam GMR VF Community Service Department. Principal Kudama Tirumala Rao started the first arrow festival rally.

Throughout the rally, Dussehra poems rang out saying, "Pampudi Srimantula, send enough pappu bella to the children".

Program organizers, Laveti Raju, spokesperson of the organization, said that these children are blessed to provide auspicious lives, quality education and studies along with humility to Goddess Kanakadurgamma, Lakshmi & Saraswati.

Gollapally Govinda Rao who participated in the program said that all the people perform the festivals of Ayudhapuja, Vahanapuja and make arrows

to get success on that Vijaya Durga Devi and that the pujas done by the students' arrows help to bring good fortune from Holy Goddess.

School principals Kudama Tirumala Rao, GMR VF representatives Laveti Raju, Kolli Venkataramana, Gondela Saradakumar, GMR volunteer Moila Vijayalakshmi at the rally gave call as Don't wait for Dussehra to come, Edaya Mayaya Maamdee no, Seethamma Vakitlo Sirimalle Chettu, Raja Maharaja Rajamarthanda and other Dussehra songs.

Ungati Iswaramma, Ungati Santhamma, Penugurthi Lakshmi, Gollapalli Govinda Rao, who enjoyed the songs sung by the boys and girls walking around holding arrows, showed their generosity by giving pappu bellas and atukulu payasam prasadam to the children.

Principal Kudama Tirumala Rao, representative of GMR VF Community Service Department Laveti Raju expressed thanks for the overall participation.



### Visit from a SK Director

On 10-10-2022, Mr. Sadashivuni Srinivas Patnaik (SS Patnaik), a film producer & director from Hyderabad, came to our house and received our hospitality and discussed all matters of the film field. Mr. Srinivas was congratulated for encouraging all our talented artists by giving them a place in his films.



*- Sadasivuni Lakshman Rao*

### Empowerment Committee meets Ex-MLA

SistaKaranam BC Sadhakara Samithi State Convenor Sri Akkumahanti Raju and Convenors of the districts met former legislator Mrs. Gunda Lakshmi Devi in Srikakulam courteously

Mrs. Lakshmi Devi spoke and urged the people of SistaKaranam caste who by birth are wise and intelligent to keep working hard and bring back the former glory of the Telugu Desam Party.

The team conveyed special appreciation for Mr. Patnaikuni Madhu's hospitality. The state committee members are Sadashivuni Venkateswara Rao, Srikakulam District SistaKaranam BC Convenor Balivada Sathya Rao, Visakhapatnam District SistaKaranam BC Convenor, Jakkuva Venkata Gopinatha Rao Patnaik Anakapalli District SistaKaranam BC Convenor.



### Madhav Dairy, Visakhapatnam

Sri Baliwada Sri Ramamurthy owned Madhav Dairy celebrated Dussehra celebrations with grandeur. Due to their invitation, I was unable to attend. Wish you always have the blessings of that cool Goddess Durga to grow your business day to day and become one of the successful businessmen in our group.

Sri Lalitha double food product is available in their delicious milk, curd, buttermilk, flavored milk. If you ever go to Boyapalem junction Vizag, do have a look.

Contact Mana Sri Ramamurthy Baliwada  
MADHAV DAIRY, 955332577

- Hari Babu Baliwada



## Fraternity Page - Chhattisgarh



### Andhra Association felicitates Senior Citizens

Andhra Association, Raipur felicitated our Sistakaranam community Senior Citizens who are aged 75+ years at a graceful Samman Samaroh organised at Shri Balaji Vidya Mandir, Raipur on 9th Oct 22. Out of many who were invited, only three stalwarts (Senior Citizens) of our community graced the occasion and were felicitated.



### Dr. Arun felicitated by Steel Plant

Congratulations to Dr Arun Shivam Patnaik, a former student of Shri Satya Sai University, Puttaparthi, and Director of Amity University, Kharora, Raipur, for being felicitated by Steel Plant Satya Sai Samity Visakhapatnam at a graceful function. The honour was conferred on him in recognition of his selfless service to the needy human society. Addressing the devotional gathering, he said, "The human life given by almighty God should be best utilized and dedicated to uplift downtrodden and suffering humanity. "Service to humanity is service to God," he added. Sistakaranam community is proud of him and best wishes to him to continue in the same mission.



### Sri Srinivasa Rao felicitated

The Good Samaritan Award was presented to Sri Kondavalasa Srinivasa Rao on behalf of Raipur Tilak Bharati Foundation.



### Shri Balaji Vidya Mandir honors Sri Ramesh Patnaik

Sri Ramesh Patnaik had been the Guest of Honour at the Teachers Day Event on 5th Sept 2022 organized by Sri Balaji Vidya Mandir, Raipur. On this occasion, he said, "Teachers transformed human society from ignorance to awareness and are the architects of modern society". The school which was with me, and Late Dr J. S. Rao's brainchild and I associated with it for the last five decades. " He also mentioned that he was fortunate to be honoured by Dr. S. Radhakrishnan ji with his first President Scout Medal in 1967 at the Mughal Gardens of Rashtrapati Bhavan, New Delhi. He thanked the SBVM family.



### 'The Good Samaritan' honour to Sri Ramesh Patnaik

Sri B Ramesh Patnaik expressed gratitude to Tilak Bharati Higher Secondary School Management for felicitating him with the 'The Good Samaritan' honour at a simple but graceful investiture ceremony organised at the Club House of Crest Greens, Raipur on 2nd Oct 22. It was a unique program to express gratitude to all those who travelled with TBS on their growth plan in the last 4 decades. He specially thanked Sri Y. Surendra Nath Patro and Smt. Rajkumari Patro (MD's) for their good gesture. Mr. Shyam Patro compered the program while Sri Subhas Patro and B. Prasad Patnaik coordinated.



## AIPSKA



### Online 'Antyakshari'

#### NOTICE

AIPSKA is going to organize "ANTYAKSHARI" online program very shortly in both Telugu and Hindi languages. Interested candidates of Sistakaranam Community may get their names registered with Smt. P Ragachandrika Patnaik. The participants are requested to furnish their particulars as per the following proforma: --

- 1) Name with Surname: -
- 2) Father's name: -
- 3) Address: -
- 4) Date of Birth: -
- 5) Language (Telugu/Hindi) :-
- 6) Contact No: -
- 7) Passport size Photo

Please send your above particulars through WhatsApp to Smt. P Ragachandrika Patnaik to her contact no: 798947020

(AIPSKA TEAM)

## Fraternity Page - Maharashtra



### Foundation day Celebrations of Sistakaranam Association, Nagpur



'Lekha' congratulates and wishes the best to Sistakaranam Association, Nagpur District, Maharashtra formed on 18.10.2020 with the 60 - 70 of Sistakaranam families. On 17.01.2021, a function was organized "Pasupu Kumkuma" and in continuation there were no meetings or get-togethers due to Corona, as told by Sri Pachipenta Srinivas Rao, (Treasurer) working as Junior Engineer, S.E.C.Railways, Nagpur. Recently

On 18.10.2022, a function was organized "Foundation Day Celebrations" with those who retired from their government services and who have completed 75+ years of age (Ladies & Gents) from Sistakaranam families. Regarding 'Amrit Mahotsav', they presented a small memorandum- shields and flowerpots. Dinner was arranged for all the families.

**Executive Body:**

1. Sri. Dabbiru Krishna Kumar (President)
2. Sri. Ramesh Patnaik (Secretary)
3. P. Shrinivas Rao (Treasurer).

**Executive Members:**

1. Sri V.M.M.Patnaik,
2. Sri Sudhakar Patnaik,
3. Sri Ashok Patnaik,
4. Sri M.Shiv Prasad Murthy,
5. Sri. K.G.N.Patnaik,
6. Smt. Sailaja Rao,
7. Smt. Mangala Gouri Rao.
8. Sri. S K.M.Patnaik
9. Sri Subramaniam



Momentous + Flower Pot (Instead of Bouquet) Presented to felicitated Persons



Garlanding Lord Govinda at the hands of President and Secretary



Sistakaranam Family of Nagpur



Smt.D.Vijaylaxmi 80 + at the hands of Smt. and Sri Prasad



Sri Uday Patnaik Mentor



Felicitations of Sri Chrinjivi Rao Patnaik family on the eve of his retirement from Railways at the hands of President & Secretary



At the hands of Sri VMM Patnaik (on right) felicitations of Adv D.Krishna Kumar (on left) Executive Member of AISKA



Felicitations of Sri Sekharmantri Gopal Rao Retired from Railways at the hands of President & Secretary



Smt. K.R.Patnaik 75 + with family at the hands Sri Ashok Patnaik



Felicitations at hands of Sri Nagumantri Ramesh Patnaik (on right) to newly nominated Sri Ramesh Patnaik (on left) as Executive Members of AISKA



Smt. Krishnaveni 80 + with son Ashok Patnaik at the hands of Smt. & Sri S.B.S.Maniam



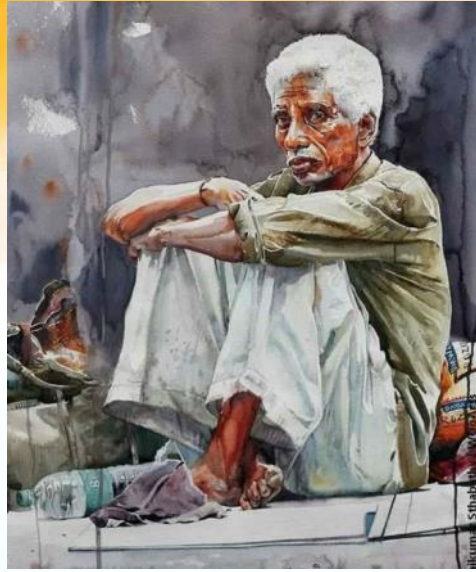
On behalf of Smt. Sekharmantri Hemavathi received by daughter-in-laws, Smt. Anuradha & Sandhya at the hands of Sri S.K.M.Patnaik



Felicitations of Sri P.Srinivas Executive Member of AISKA at the hands of Sr. Citizen Sri Murthy

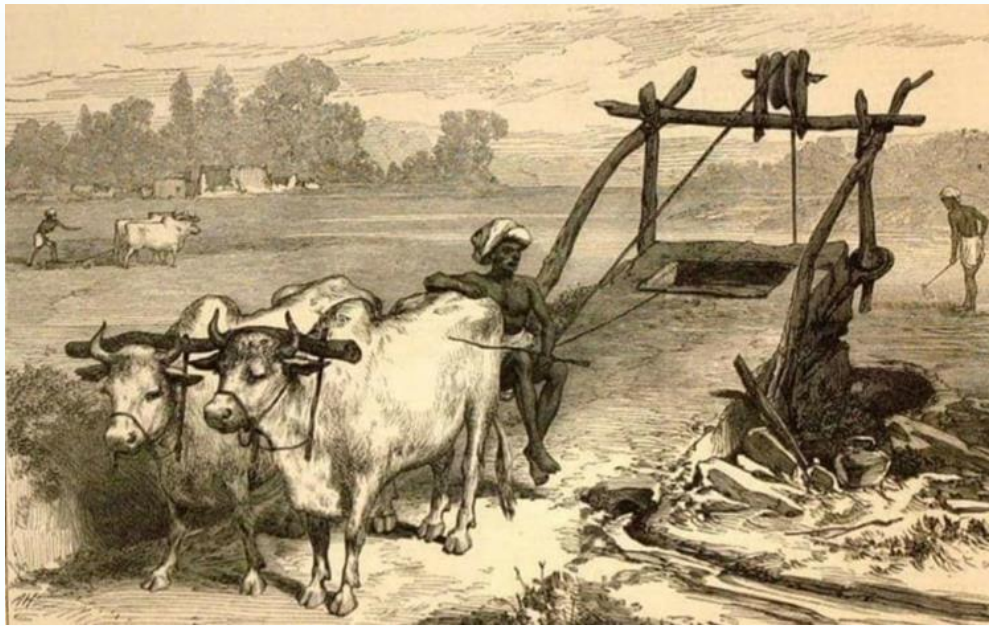
## Fraternity Page - Kalam Snehitulu

### Chitra Kavithalu



This month's Chitra Kavithalu:

- 1) 5/10/22 – Tulsi Fort: A place of prayer worshiped with devotion.
- 2) 12/10. 22 – Thr look of a helpless old man.
- 3) 18/10/22 – Farmer with oxen.
- 4) 25/10/22 – Mother Parvati preparing Lord Shiva on Kartika month.



కార్తీకమాసానికి శివయ్యని ముస్తాబు చేస్తున్న అమ్మవారు....



### A plea to Sistakaranam writers

Our Kalam Snehitulu poets, story writers, anyone, poems, songs, stories, outside magazines, if they win prizes in competitions organized by organizations, or are selected for general publication, please let us know their names (put them in the Kalam Snehitulu group only on Mondays and send them to my WhatsApp on other days) . Send your works to Give all readers a chance to read and appreciate your works.

- Sadashivuni Lakshmana Rao

### ē dayā mee dayā mā meeda lēdu

In earlier days, during the Dussehra celebrations, teachers used to go from house to house in the village taking the boys and girls studying in their respective schools, and the householders used to give suitable gifts. The teachers would bless the householders. I remember going from house to house like this in my childhood, tell me how many of you remember it.

ē dayā mee dayā mā meeda lēdu,  
inta nirlakṣyamā idi meeku tagadu,  
dasarāku vastimanī visavisalu paḍaka  
chētilō lēdanaka appivvaranaka  
pāvalā aithē paṭṭēdi lēdu,  
ardha rūpāyaite aṅṭēdi lēdu,  
muppāvalā ayitē muṭṭēdi lēdu,

acchu rūpāyayitē pucchukunṭāmu,  
Ayya vāriki chālu aidu varahālu  
pilla vāriki chālu pappu bellālu  
ē dayā mee dayā mā meeda lēdu,  
inta nirlakṣyamā idi meeku tagadu.

- Satyanarayan (Kalam Snehitulu)

## 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	SHANMUKHI
Surname	MUNGANDA
Father's Name	VENKATESWARA RAO
Gotram	KASHYAPA
Date of Birth	20-May-1986
Nakshatram	HASTHA
Height	5' 4"
Complexion	FAIR
Occupation	NOT WORKING
Work Place	HYDERABAD
Education	BE / B.TECH
Preference	SOFTWARE,

Name	SATYA SRAVYA
Surname	KODURU
Father's Name	K.RAMESH BABU
Gotram	BHARADWAJA
Date of Birth	27-Jun-1998
Nakshatram	ASHLESHA
Height	5'
Complexion	VERY FAIR
Occupation	PVT. EMPLOYEE
Work Place	HYDERABAD
Education	BE / B.TECH
Preference	AROUND VIZIANAGARAM, SRIKAKULAM, VIZAG,

Name	KU KANTIMANTRI
Surname	KANTIMANTRI
Father's Name	SRI K TRINADH RAO
Gotram	KAWSIKA
Date of Birth	1-Nov-2003
Nakshatram	SRAVANAM
Height	5' 4"
Complexion	FAIR
Occupation	STUDENT
Work Place	
Education	B.SC
Preference	GOVERNMENT JOB



Name	UDAY KUMAR
Surname	DABBEERU
Father's Name	DABBEERU
Gotram	KASWIJA
Date of Birth	20-Sep-1989
Nakshatram	KRUTHIKA
Height	5' 5"
Complexion	TAN
Occupation	BUSINESS OWN PRINTING PRESS
Work Place	PATHAPATNAM,
Education	HSC / INTER
Preference	ABOVE 10CLASS, PAN- INDIA, AMICABLE FAMILY

Name	SRINIVASA RAO
Surname	MUNGANDA
Father's Name	VENKATESWARA RAO
Gotram	KASHYAPA
Date of Birth	4-Feb-1983
Nakshatram	SHATABISHAM
Height	5' 7"
Complexion	FAIR
Occupation	PVT. EMPLOYEE ACCENTURE
Work Place	HYDERABAD
Education	BE / B.TECH
Preference	SOFTWARE, PAN-INDIA,

Name	HEMANTH
Surname	AKKUMAHANATHI
Father's Name	A.SUDHARSHANRAO
Gotram	BHARADWAJA
Date of Birth	2-Jun-1995
Nakshatram	PUNARVASHU
Height	5' 10"
Complexion	FAIR
Occupation	PVT. EMPLOYEE PEGA SYSTEM INC.
Work Place	HYDERABAD
Education	BE / B.TECH
Preference	ABOVE5' 4", ABOVE BTECH OR MSC, PAN-

Name	CHAITHANYA
Surname	RAGUPATRUNI
Father's Name	LATE R.SHANMUKARAO
Gotram	NAGESHWARA
Date of Birth	31-May-1989
Nakshatram	REVATHI
Height	5' 7"
Complexion	TAN
Occupation	PVT. EMPLOYEE SRIVALLI SHIPPING & TRANSPORT
Work Place	VIZAG
Education	
Preference	AROUND VIZAG, SRIKAKULAM,

Name	SRIKANTH
Surname	PATNAYAKUNI
Father's Name	P.PRAFULCHANDRA
Gotram	NAGANGISA
Date of Birth	10-Feb-1990
Nakshatram	ASHLESHA
Height	5' 11"
Complexion	FAIR
Occupation	PVT. EMPLOYEE MYLON CO. SRIKAKULAM, AP
Work Place	VIZIANAGARAM, AP
Education	
Preference	MIN 10TH CLASS, AMICABLE FAMILY

### GET MORE PROFILES ONLINE

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

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



## SISTAKARANAM IKYAVEDIKA

ONE DIGITAL PLATFORM FOR ALL SISTAKARANAMS

## Vivaha Vedika

### Be very careful when it comes to child marriage!

Be very careful when it comes to child marriage! Take care before marriage not to go through divorce

Children's marriages can be green for decades if proper precautions are taken before marriage in our case of child marriage. The following simple precautions should be taken by parents and relatives without getting tired at all.

1) When looking at relationships without doing okay immediately after the wedding. Make at least two to three trips to each other (no matter how heavy) . With the family if possible. Depending on this their traditions are known. It remains to be seen whether there are sabbaticals. The actual date of the wedding is unknown. Cannot know. Not known. So, look for relationships that reside in the area closest to you as much as possible. Make. Both sides. To swap. Etiquette maintained nicely.

2) On or before the day of the meeting first timer. Seven generations of the first Viyyankula. If this is not the case then maybe they need to know the details of their neighbors, including surnames. Face to face.

3) On the day of the wedding. It should be arranged in the home of the bride as much as possible. Even if arranged in the home of their relatives. Go to the vet at least a couple of times before getting ready.

4) Talking in front of everyone with the girl at the wedding. Singing by her. Looking at her handwriting. Asking them if there is a hobby. That should be sufficient to attract the attention of the audience. The boy may ask the same.

5) Seek the help of a mediator in looking into marriages but not in arranging marriages. You have to take care of everything yourself. In doing so, some people say they don't like it at first. It is better not to do it in the first place. Important things to do without being too chaotic are girl / boy parents. Grandparents. Their native place. Find out the details of their relatives. Only those who have done so will last a long time. Note. It will cost you valuable time and money. That's it.

6) Matchmaker. Use the matrimonial ones until they relate to you. Do not even arrange weddings if they arrange themselves. But. But. Saying OK to marriage takes you time. Determine and notify after two or three arrivals.

7) Do you want children immediately after marriage? Should the girl do the job as well? Want to get closer to boy transfer? Similar things also need to be discussed. Doing so will make marriages last for decades.

8) If you want to talk to people, talk to them in person. Talk to meet often until getting married. Do not speak by phone. No matter how lovingly, affectionately and cohesively they speak, misunderstandings can arise during this time. So do not talk on the phone as much as possible until you are married. If it's difficult, go ahead and talk together.

9) Matrimonial or mediator or matrimonial to inform you. Do not use to craft. Doing so is blaming them even after marriage. Do not annoy by being held accountable. That's why you must get married yourself.

10) Before agreeing to the marriage, both the boy / girl should ask for education, job details, salary details, horoscopes and documents without looking at each other. Any rumors will be removed. Is the boy a per-

manent job? Isn't it That's it. Not with outsiders. With their parents.

11) All these demands before weddings take place. Because it's hard for boys to find girls.

Read the conversation between the two once. Their name, let's say Raogarillu.

Boy's father: (on phone) Sir, is this Rao garu's house?

Girl's father: Yes you?

Boy's father: I am Patnaik. I want to talk about your daughter's marriage.

Girl's father: speak after hearing our conditions first.

Boy's father: No sir, your daughter's wedding?

Girl's father: talk about marriage after hearing our conditions first.

Boy's father: what conditions sir?

Girl's father: We want a groom with 654321 for our girl

Boy's father: What do you mean sir?

Girl's father: A 6-figure salary, that is, there should be a one lakh rupees per month. 5 lakh Rs. There should be a car of 5 lakhs and it should also be in the boy's name. 4 lakhs rupees worthy gold should be given to a girl. There should be a house with 3 bedrooms, which should also be in the boy's name. At least 2 outstation trips per month. There should be only one son. Not only this, the boy's parents have to separate when they get married, and the girl does not know how to cook. You shouldn't ask though, the girl wakes up late. Sundays are still late. You should not ignore all of them. Now house & car documents have to be shown to us. Bring the relevant salary certificate of the office. We raised our daughter very well. She should not be bothered! That's why so many precautions. If you like all this then let's talk about our girl's wedding. What do you say?

Boy's father: What should I say sir???

Girl's father: You are the one who wants to talk about our girl's marriage!

If phone is cut.

Boy's father: Sir, I am Patnaik calling from police station. Your girl fell in love with a boy in a scooter garage in your street and got married this morning in the presence of Venkateswara Swamy! That you will not agree and separate them. She complained in our station to convince you that she is now a major. That's why I want to talk about your daughter's marriage.

He hung up the phone saying come and talk.

I don't want to hurt anyone.

Both girls and boys should be taught values and spread love. They are buying without asking and there by not knowing their value. Not teaching the value of love along with bonds. Think about it. Even the parents are not found fully responsible for the upbringing of the children. The joint family system has gone down, which means that the parents are fully responsible for this. They are brothers in the family from the beginning. Lack of harmony with elder sister is also a reason. When they get into a relationship, they are giving marriage engagement tambulas without knowing the

family background of both sides and the qualities of the girl/boy. Later, at the time of handing over the invitation letter to the relatives, those relatives were surprised and said that they will come, and they were waiting to see when the pilli koothalu would spoil. They are climbing the steps of the court for their mistakes. Our success as parents is only if family bonds are strengthened. Then even the children are afraid of the elders and with the approval of all, if they decide to marry, surely the married life will flourish well for ever. Such were the pre-70s marriages.

12) Some more of our experiences the other day, a husband and wife from Orissa came to our house and informed us about their son and felt pain like Thrishanka Swargam. Their son got married to a girl from the next town. This girl agrees to this marriage with her boyfriend before the marriage, targets rich people and plays the role of Mahanati till the marriage takes place. A large book could be written on the aggressive mentality of young women. On top of that, she pretends to live with the mother-in-law and father-in-law, and on the first day of marriage, she shows star dots (chukkalu) to her husband. Such is the life history of this girl. She plans the first day of marriage with the boyfriend. She talks about her affair with another boyfriend and expresses dislike and wishes to break up with him soon. The boys' respectable family shells down for a legal divorce. It is a business. So, you have to be very careful with such girls. If you ask them, they say that they are tacticians. If not, those who stage a dhama in front of the house or reach the steps of the police station are now showing their dominance. It is strange, but everyone sympathizes. Even the boys ate nothing less. If a girl marries a boy, he embraces liquor and cigarettes for four days, and on the fifth day, he takes it easy. So parents are told to be very careful before looking into relationships. We want marriages to take place and be celebrated with families who know each other in a proper manner.

13) Love affairs of a boy or girl before marriage (which are usually not even known to their parents) , chronic illnesses of the boy or girl, as well as the boy or girl's education, employment, whether the job is permanent or not, are kept confidential before marriage.

If such things come out after marriage, the married boy or girl will have to adjust to them. A girl should not be sent to parent's house frequently, even for illness. The boy's family should take responsibility and treat her well, because after marriage, the girl becomes a member of our family. So also, even if the son-in-law's illness is known after marriage, both parties should treat him without blaming anyone. Adjust. Also, if there are love affairs, they should be resolved amicably.

14) Don't rush into marriage. Just before finalizing the marriage, you visit each other two or three times. You will see that such things will come out. Then you can decide whether to get married or not.

Sighrameva satsambandha subha kalyana praptirastu

--Sadasivuni Lakshmana Rao

--Baliwada Haribabu

--Jannumahanti Venkata Chandrababu

## Talent Corner

### Multi talented Atmaja Patnaik from Gujarat



Home Décor & Puja Décor at Festivals

'Lekha' is delighted to share multi-talented Mrs. Atmaja Patnaik. She is W/o Mr. Sahini Rajasekhar Rao and has two daughters Yoshita and Ishali, living in Gujarat. She is D/o Sri Urity Ramakrishna Patnaik and Smt. Padmaja; and daughter in law of Late Sri Sahini Manibhushan Rao and Smt. Sahini Sarojni Devi.

Her qualifications are M.Sc. B.Ed., Diploma in Medical and PGDCA. She currently runs a coaching center and bakery and has a keen interest in Culinary Art. At this issue of 'Talent Corner' let us see her milk shakes, mocktails, bakery items, sweets. She also collated her ways of celebrating festivals. And keep your fingers crossed and look forward to many more interesting things from her soon!



**Milkshakes & Mocktails-**

Yellow Lagoon Mocktail, Red Berry Twist Mocktail, Sunrise Mocktail, Pistachio Mocktail, Chocolate & Kesar Badam, Sunrise with Blue Lagoon



**Sweets, Bakery & Cookery items-**

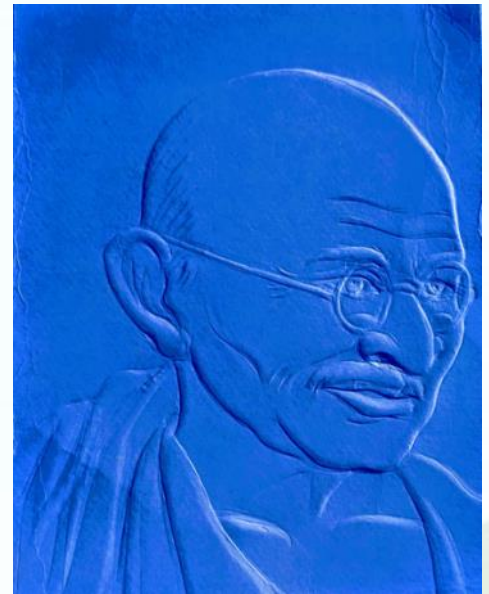
Zingy Parcel, Paneer Manchurian, Tacos, Stuffed bread, Handi Chicken, Rasgulla, Mysore Pak, Chicken Popcorn, Chicken Tandoori, Cheese Burst Pizza, 4 Exotic flavours ice cream

### Nail art expert

Our talented painter, cartoonist and official in Andhra Pradesh Agriculture Department Sri Pakki Prasad from Vizianagaram famous Nakhachitarkari



(painter with hand nail) both painted Nakhachitras on the occasion of Gandhi Jayanti and Lal Bahadur Shastri Jayanti.



## Beauty Page

### Treating Black Heads, Dried Lips, Facial Hair & Dandruff

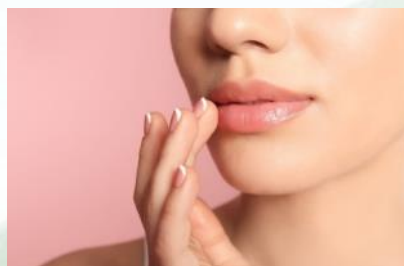
**1) Black heads removal-** It's such an issue which most of the ladies and girls face. There is a small tip to reduce black heads without using any harsh tools on your skin. Take a clean toothbrush, add a small amount of toothpaste (it can be salt toothpaste). Add a little amount of salt to the toothpaste and rub it over the black heads with the toothbrush. Do it for 10-15 minutes and wash it off with warm water and dry it with a soft towel. Immediately after drying your skin, apply any mask over the skin and remove it after it dries. You will find a reduction in black heads and doing this method twice a week completely reduces your black heads for months. If you find it after months, then you can again start this method and you will find black heads free skin for months.



**2) Dried Lips-** Basically girls complain that after a few hours of applying lipstick, lips dry up and small cracks start appearing which sometimes makes one uncomfortable. Mostly girls do not clean lips before applying and also after removing it. Here's a tip to reduce cracked lips and for long lasting lipstick. Take some water, apply it on your lips and just rub it with your finger or a smooth cloth, until the unseen dust is removed, do it 3-4 times until you feel your soft lips. Now add a very little amount of lip balm and let it dry for some time. After a few minutes when the lip balm properly dries itself without any kind of manual disturbance then apply lipstick. Start applying lipstick from the lip line and then in the middle of



the lips. Apply a very small amount of loose powder on lips and spread it with lips, if there's extra powder then one can very lightly remove with makeup brush or any soft cloth. Also, you should remove



the lipstick immediately after coming home with the help of rose water or wet wipes or coconut oil, which protects lips from damage. This tip helps with long-lasting lipstick and protects your lips from cracks.

**3) Facial Hair removal-** Add 3 teaspoons of gram flour in a bowl, 2 teaspoons of turmeric, squeeze half a lemon, and add 2 pinches of sandal wood paste. Mix this well and apply this on face and keep it for 15-20 minutes and then rinse it with water and dry your face. This paste should be applied every day for a full month or till you see the results. This reduces your hair by thinning it and softens your skin and brightens your tone.



**4) Getting rid of Dandruff-** Deep conditioning with okra or lady finger will help getting rid of dandruff. Apart from that, it also enhances the overall condition of the scalp. Take 4-5 okras and cut them into small pieces, put them in a bowl and fill it with water and leave it overnight. The gooey liquid when applied on the scalp can be used to prevent dandruff.



- D. Shilpa



# Health Page

## Dr. Sravya on 'World Mental Health Day'



**Dr. Raja Sravya**

'World Mental Health Day' is marked every year on October 10th to raise awareness about mental health around the world. Whilst the Covid pandemic has and continues to take its toll as a global crisis on our mental health, the ability to reconnect through World Mental Health Day 2022 shall provide us an opportunity to re-kindle our efforts to protect and improve mental health and also for us to embrace our sense of community and normalize mental health.

Not only Covid, even otherwise lifestyle changes in society, expectations and anticipations, unrealistic goals in personal and professional lives and relationships are fueling short-term and long-term stresses undermining the mental health of millions. Stigma and discrimination continue to be a barrier to social inclusion and access to the right care; importantly, we can all play our part in increasing awareness about which preventive mental health interventions work.

The 'World Mental Health Day' is an opportunity to do that collectively. We envision a world in which it is valued, promoted and protected; where everyone has an equal opportunity to enjoy mental health and to exercise their human rights and can access the mental health care they need.

**Few tips to improve your Mental Health:**

**Practice the following-**

- Meditate for 30 minutes.
- Practice Gratitude.
- Practice saying 'No'.
- Spend some time outside.
- Spend some time with your friends.
- Start your day with positive affirmations.
- Practice self-care.
- Take a social media Detox.
- Practice a hobby.
- Watch something that makes you laugh.
- Exercise.
- Don't complain for a whole day.
- Get up early and watch the sunrise.
- Give yourself a genuine compliment.
- Eat a healthy meal.
- Congratulate Yourself.
- Donate anything that you no longer need.
- Do something nice for someone that you love today.
- Don't be afraid to ask for help.
- Maintain a regular Journal.
- Cook your favourite dish.
- Put yourself first.
- Reflect on what you have learnt every day/ week/ month/ year. It gives us a sense of evolving.

**'Let Go' of the following: -**

- Fear.
- Regret.
- Anger.
- Hate.
- Pain.
- Envy.



'Lekha' is happy to share this very important health subject especially on this occasion through our Sistikarnam family member Dr. Raja Sravya, MBBS (Andhra Medical College, Vizag), MD. Psychiatry (NRI Medical College, Mangalgiri) living in Visakhapatnam. Currently she is working as a Senior Resident Doctor at Government Hospital for Mental Care, Visakhapatnam. Previously she worked as a Civil Assistant Surgeon, Galavilli, Vizianagaram.

She also has quite a few achievements as her credentials. She is recipient of Bhaskar Menon Memorial Prize (Gold Medal) in Pathology during her under graduation (2013), Second Merit Prize in Pharmacology (2013), First Prize for Poster Presentation- APPSYCON (2018), Second Prize for Paper Presentation- IPSOCON (2019), Winner of Torrent Young Scholar Award- AP State.

She is daughter of Sri Raja Satya Venkata Krishna Mohana Rao from Eluru & Smt. Kaja Varalakshmi, native of Machilipatnam.

**Some SOLUTIONS**

- Be alert to changes in employees coming late to work, feeling tired constantly and decreased productivity
- Have a chat directly
- Do not talk behind an employee's back
- Do not humiliate an employee
- Do not judge him/her
- Listen to your staff
- Work with them; find out what their problem is
- Give periodical off-days
- Do not make employees overwork
- Give awareness classes
- Organise mental health management programmes
- Provide encouragement

<p><b>Characteristics of DEPRESSION</b></p> <ul style="list-style-type: none"> <li>● Sadness</li> <li>● Loss of interest</li> <li>● Feelings of guilt</li> <li>● Low self-worth</li> <li>● Disturbed sleep</li> <li>● Feeling tired</li> <li>● Poor concentration</li> </ul>	<p><b>Characteristics of ANXIETY DISORDERS</b></p> <ul style="list-style-type: none"> <li>● Feelings of anxiety and fear</li> <li>● Panic disorder</li> <li>● Phobias</li> <li>● Social anxiety disorder</li> <li>● Obsessive-compulsive disorder</li> <li>● Post-traumatic stress disorder</li> </ul>	
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- ✘ Observed on 10<sup>th</sup> October every year
- ✘ Aims to create awareness about the importance of mental health
- ✘ Theme for 2019 focuses on 'Suicide Prevention'
- ✘ Timely treatment & care could prevent many suicides

**Promote Mental Health to Prevent Suicides**

**Mental Health : A state of emotional & psychological wellbeing.**

<p><b>Reasons :</b></p> <ul style="list-style-type: none"> <li>* Uncontrollable Waste &amp; Negative Thoughts</li> <li>* Stress, Depression, Fear, Anger &amp; Anxiety</li> <li>* Chronic diseases of the body</li> <li>* Failures, Family conflicts</li> <li>* Addictions</li> <li>* Imbalanced Food Habits</li> </ul>	<p><b>Preventions :</b></p> <ul style="list-style-type: none"> <li>* Controlling emotions by Positive Thoughts</li> <li>* Self-Management &amp; Self-Esteem</li> <li>* Harmony in Relationships</li> <li>* Happiness-Relaxation-Inner Peace Experience</li> <li>* Balanced Healthy Diet &amp; Good Habits</li> <li>* Daily practice of Rajayoga Meditation</li> </ul>
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## Save Planet Earth

### Segregation and Recycle of Waste

'Lekha' has also started venturing into sharing thoughts and practices that could be followed towards "Save Planet Earth". We are all getting information and awareness on how our planet is getting damaged day by day, year by year. However, repetition is necessary since it enhances the awareness programs, sharing of knowledge and how things could be implemented to bring a change- "a movement for change- marching towards betterment".

Previous issue, we elaborated on various ways to save water on a daily basis. While this time let us think about saving soil. If we could make a sincere effort on separation of different wastes from our side based on the color codes allocated, recycling could be properly done in an easier way.

Segregation of wastes: Segregated wastes are now dumped in the dustbins of Green, Blue, and Yellow colour in some cities. Green for wet and biodegradable wastes viz. kitchen wastes including vegetables and fruits; Blue for disposal of plastic wrappers and non-biodegradable wastes; Yellow for papers and glass bottles; Red or Black for Sanitary waste are used. Cleaning or emptying of the dustbins should be done on a regular basis from 10:00 to 11am and 3:00 pm every day, maintaining a good hygienic environment.



Wet and Biodegradable wastes: This waste can be converted into valuable compost by applying vermicomposting technology. Vermicomposting technology is a process where soil is to be excavated in the four raw sheds up to a depth of about one foot for preparing the beds which contain organic waste, Vermicastings and cow dung. The length and width of the beds is 100ft. and 5 ft. respectively. Some paddy straw should be spread evenly at the bottom

of the excavations. Vermicastings are placed over this straw and the shredded waste material and cow dung slurry are charged in order to feed the earthworms. Charging of waste and cow dung slurry should be continued till the heap of material is one foot above the ground level. The entire bed should be sprinkled with water daily to keep the heaps moist. The heaps are covered with gunny bags to keep them completely dark. The temperature should be maintained at less than 28 deg. C. In two months, time, the entire waste would be digested by the earthworms and converted into dark brown compost rich in organic nutritive matter. After drying, this material is sieved and sold. This is a process of natural recycling.

Plastic and Non-Biodegradable wastes: The dry and non-biodegradable wastes are sent to marketplaces. The hazardous waste from AMRC laboratory and Medical Unit is separately collected by a local group of contractors. Plastics are separately melted in plastic recycling machines later to recycle it. The solid waste and foul odor are being managed in this way by following the simple steps like - segregation, vermicomposting, using manure to yield plantation and flowering in herbal and botanical gardens, which in turn imparts fresh ecological balance as well as natural beauty of mother earth.

Sanitary Pads: This is the most important topic which everyone should know and follow it. After the usage of the pads most of the people throw it directly in dustbins or some do throw them in the commodes which may lead blockages in the drain systems. We should use a separate disposal bag for washroom dustbins only for your sanitary pads (including diapers also) and use toilet paper/any paper to wrap around the pads before the disposal.

Various ways have been thought of by many, keeping the technical aspect. However, techniques and discovering ideas is minor part but major part remains is its implementation & day to day practice. Unless we firmly decide to practice on a daily basis, also setting an example for others and spreading ideas across the globe, saving our Mother Earth seems a tough challenge!

Let us join hand in hand to make it possible.

- D. Shilpa

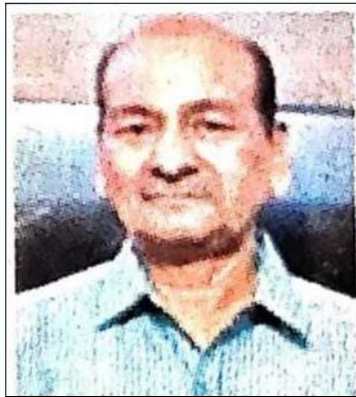


## Karanam World

### Teachers for Generations!!!

Mr. Uriti Kirankumar, who resides in Parvathipuram, is working as a physics teacher in Ravivalasa. His family was serving as teachers for generations. Kirankumar's father is Sri UDSV Prasad of Sitana-garam Mandal Maripivalasa and worked as a high school principal. His father Sri Narasinga Rao also served as a teacher in Kurupam Primary School. Two generations prior Sri Appala Suryanarayana and Sri Simhachalam were also teachers by profession and taught physics.

Kiran Kumar said that he was very happy to be born in a family that has continued the guru tradition for five generations and to have the good fortune to carry it on.



### Sri Chilakalapalli Master

Chilakalapalli Sitaramaswamy Master died in a road accident. On 12/10/22 morning. He was traveling from Chinamerangi to Kurupam via Dasaripet to Kurupam when the car lost control and overturned near Dasaripet. He was 78 years old and had leftist leanings and participated in the Naxalbari movement. In 1978, when Shatrucharla Vijayaramaraju entered politics, he played an active role in APTF and served as a teacher. Seetharamaswamy's services in starting a high school in BJ Puram will never be forgotten by the people of the area. Even after retirement the master is credited with establishing Sri Satya Kailas High School At Pedamerangi junctionm and providing education to poor children at low fees. Even after retirement, he was active in teachers' unions. Following in the footsteps of Sri Vijayaramaraju, he made a mark as his main follower. He served the SistaKaranam caste and his efforts in the 2009 effort to include the SistaKaranams in BC-D is well known. Through the then State Minister Shatrucharla Vijayaramaraju, the then Chief Minister YS Rajasekhar Reddy provided all kinds of support to the leaders of the SistaKaranam associations. He has been away from politics and other affairs for some time and was leading a peaceful life



### Sri Y Surendra Nath Patro

A Loss that's Hard to Handle. We shudder to add Late as prefix to Sri Y S N Patro. He lived his life for others

Bade his last Bye to all his loved ones after thanking everyone who contributed for success of Tilak Bharati School through a program **Gratitude to the good Samaritans** on 2 October 2022. As per his ideology he spared no pains to offer his thanks to all the supporting hands before his departure.

Simple Living High Thinking was his ideology. Born in Palkonda Andhra Pradesh on 26<sup>th</sup> October 1947. Head of Patro Family Raipur Chhattisgarh.

Inspiration to many for an ideal life as he led his life helping not only his family but also all his acquaintances if they were in need, he stood with his noble heart and concern for needy.

Responsibilities as eldest son, brother and father weren't a hinderance to his good

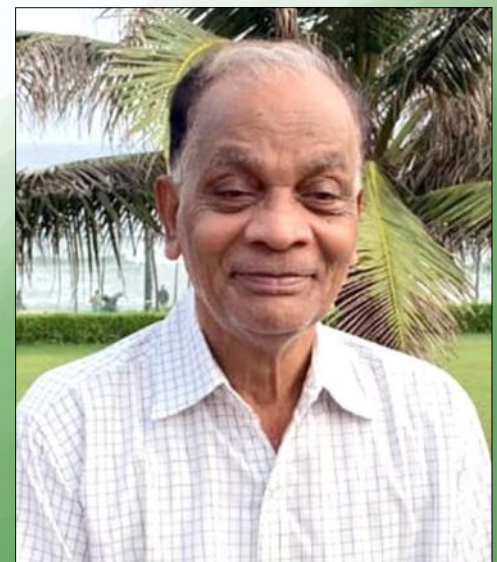
deeds, indeed greatly supported by his wife Smt. Rajkumari Patro.

His services in Indian Railways till 2006 was a journey full of challenges and difficulties, but his simplicity was praised there also.

On 6<sup>th</sup> October, 2022 he left for heavenly

abode leaving his family, near n dear with a message to humanity that

"Every time you do a good deed, it sets blaze with light in dark and its glaze grows and remains forever even after you are gone."



## Our Treasures

### Our Karanam Dialect ... Korna Kotha

make a phone call.....	phone koro
Anything else .....	au kisi vocchi
Get back.....	pittaduku ja
get down.....	toluku ulla
get ready.....	sojjo ovvo
nice.....	bolle (ballai) occhi
Very difficult.....	bhuthu kosto
Don't do it .....	ye koranna
It gets dark.....	ondha (ratti) ovvosi
Taste it .....	ruchi dekko
What next? .....	pocchore/pocchuku kisi
don't push me.....	mothe oddaipina
Who said .....	ke koyichinte
Set it aside.....	pokkare rokko
why not .....	kaiki hovunu
show me.....	motthe dekkhavvo
where is she.....	se maikina kotocchi
write down.....	lekko
One more thing.....	av gutte kottha
Call later.....	pocchuku/pore phone koro
Come to the point.....	visayoku asontu
Must do.....	sotthokori korna
When I'm not there .....	mi notthillabele
Thanks for the compliments.....	prosonsaku dhanyavadoni
Good news for you .....	totthe bollo/balli subhvarta

### Maya

We know and have been told that God creates multitude of creatures and beings. In fact, if you studied a little bit of spirituality, you must have realized that he himself has taken birth in several forms and experiencing multitudes of experiences. His reach is vast. The world is phenomenal. The experienter behind all these beings is one and the same. There is no second to him. Yet in the everyday world we feel separation. Most of us feel we are different from others and different from paramatma. It is similar to body parts. All body parts function independently creating the impression of their individual functions. Yet there is brain and mind that says I'm the master creating impression of i.



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

Ramana maharshi advised to find the root of this 'i'. We know 'i' is not body. 'I' is not mind. Since we can perceive the mind, we must be different from the mind. Then who am 'i'? The maya is creating the separation making it difficult for us to realize what consciousness is. No matter how many have tried to explain what consciousness is, it is beyond explanation and only experience knows what consciousness is.

It is very difficult to go beyond this separation. Only a handful of devine beings are known to be crossed this barrier. Omniscience is elusive and longing to go beyond individuality is strong. One has to serve gazillion life terms of karma to reach that stage. Reaching the state of divinity of i in this body and I in the other body is one and the same is the goal of spirituality and that alone is liberation. Samyoga is knowing I'm the ultimate. Viyoga is knowing I'm different from him. Both are yoga. It is finding your union with the unseparated or finding your union with the one that is second to none is the goal of mumukshu. A seeker that realizes the pain of viyoga with true longing for union will be shown satguru that knows the truth that is beyond all effects of maya. Guru geeta says guru is second to none.

## Iky Vedika Round Up

### Brothers Duo active in the online world

If you have noticed, Ikyavedika online platforms have been very vibrant these days with regular updates.

The credit for this goes to the brothers Bharat Vikas and Yagna Vivek. While Vikas takes care of all news content in our web site, Vivek does the same in our Facebook page.



### 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 Dabir**  
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 Dabir**



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**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.