

## Inside this issue ...

2	Community News
3-4	News Makers
5	Editorial
5	Interview
6	Open Forum
7-8	Support Arena
9	Telangana
10-14	Andhra Pradesh
15	Chhattisgarh
16-17	Other States
18	Talent Corner
18	Kalam Snehitulu
18	Karanam World
19	Vivaha Vedika
20-21	Health Page
21	Beauty Page
22	Save Planet Earth
23	Our Treasures
24	Ikyavedika Round Up



**December is the birth month of Lekha. We are 2 years old now.  
Thank You All Sistakaranams For Support, Participation And Spread**

## 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

### OBC, A BOON TO SISTAKARANAM COMMUNITY

Doing all strenuous efforts to Achieve this Goal

First and Foremost thing is:-

Our tributes to our Legend and Beloved Leader Late Sri Aguru Venkata Jagannadharao Patnaik who sacrificed his life for the upliftment of this downtrodden long neglected community. He rendered services to Reinclusion of our caste in BC-D after it removed from BC in the year 1970 as per Anantha Raman Commission Report. He put great effort for inclusion of our caste in Central BC Category. So many times Sri A.V.J.Team visited NCBC-Tricoot-01 Bikaji Cama Place NewDelhi Post. He represented to Sri M.N.Rao, Chairman, NCBC Justice Eswarayya. Recently under the leadership of our National OBC Convenor Sri D.V.Krishna Rao, we met Sri Bhagwanlal Sawhney. M.Simhagiri Patnaik, A.V.Nagarjuna, Behara BhaskaraRao, B.Jayaprakash Narayana, Myself (P.Uma Maheswara Rao) accompanied with them. Sri A.V. Jagannadharao Patnaik and Sri D.V. Krishna Rao have taken initiation and necessary steps in Public Hearings at Vijayawada and Hyderabad. The Maha Garjana Meeting conducted at Silparamam, Visakhapatnam on 15.09.2017 given enthusiasm and spirit for further leading this movement. Hunorable NCBC Member Sri Talloju Achari (i/c for South India) guided in every step and helped a lot in this aspect. We never forget his help and affection towards us. He visited Srikakulam,

Vizianagaram, Visakhapatnam, Chittor, East and West Godavari Districts with Sri D.V.Krishna Rao and explained the state of Backwardness before NCBC. We participated in National Dharna organized by Sri R. Krishnaiah garu at Jantar Mantar, New Delhi. So far the OBC-Sadhana Samithi team met the Hon'ble M.Ps Dr.Killi Kruparani, K.RamMohan Naidu, Devendra Goud, Nama Nageswara Rao and also Cine Actor Chiranjeevi. Recently we met Hon'ble Rajya Sabha MPs Sri Vijaya Sai Reddy, Sri R.Krishnaiah and Sri Laxminarayana. Our AP Store Admin Secretary Sri Sadasivuni Krishna met Hon'ble AP CM Sri Y.S.Jaganmohan Reddy at Narasannapeta besides Hon'ble Central Ministers Sri Kishor Chandradev.. Sn M.Venkayyanaidu, Sri Bandaru Dattatreya, Sri Kishan Reddy. So many MPs questioned in Parliament regarding this issue and explained our Backwardness and also necessity to inclusion of our Sistakaranam Caste in Central B.C-List. Our community leader Sri Naupada Satyanarayana extended his support in representing before Hon'ble Prime Minister Sri Narendra Modi and other Central Ministers as well as M.Ps. We are really grateful to the Delhi inhabitants Sri V. Mohanrao Vice President AISKA. Sri Srinivasarao, Sri D. Laxmanadas, Sri D.Bharat Kumar garu who extended their cooperation during our visits to New Delhi for this purpose.

The young dynamic Leader Sri K.

RamMhoan Naidu, MP Srikakulam s/o. Late K.Yerram Naidu departed Leader accompanied with our Srikakulam Team (Sarvasri P.Jaganmohan rao, D.Srinivasa Rao, B.Malleswar Rao, Dr. Srinivas Patnaik, S.Krishna, S.Ravi, Madhav, RVN Sarma, Ramanarao, Sriramkumar, K.Venkateswarao) to represent before Hon'ble PM Sri Narendra Modi and Central B.C. and Hon'ble Human Resource Minister Sri Ashok Gehlot. Last year in the month of December our team under the leadership of Sri D.V. Krishna Rao explained our Backwardness and long neglectedness, the then Central Govts even though our Caste recommended by Mandal Commission in S.No. 247 in the year 1970. We never stop the movement since two decades. Any how, with the Help of all our followers from remote village level to New Delhi strived a lot to reach this stage. Now the file is at Central BC Ministry after the recommendation of NCBC. The BC Ministry will put this bill in Parliament shortly for Approval. At this juncture we are Again planned at Visakhapatnam Siripuram Fusion Foods Restaurant on 30.11.2022 "CHALO DELHI" Programme in the Winter Session to move the file and hasten the present stage.

We are thankful to one and all of our Community for giving us this opportunity.-

- Sadashivuni Lakshman rao

# Newsmakers

## A prestigious honor for Dr. Bhima Rao

Sri Raghupatruni Bhima rao Chaired International conference and Exhibition on Mineral Business Development 2022

Also received prestigious award and felicitation from Dept. of Chemical Engineering, Laxminarayana Institute of Technology (estd.1942)



## Kala Mitra award to Sri Raja Rao

Poet Sri Kuppili Venkataraja Rao of Amadalavasa received the Kala Mitra award in recognition of his literary service, at the hands of Padma Shri Kolkaluri Inak, at Ongolu N.T.R. Kalakshetram.



## Dr. Srikanth honoured

Godavari Rachayatata Sangham (Gorasam) presented a certificate of appreciation to Sri Dabbiru Srikanth for his presentation of a beautiful poem on the occasion of National Library Week.



## Smt. Prasanthi honoured as chief

Second Ward YSR Congress Party Women President Smt. Dabbiru Prashanthi was chief guest at Bhimunipatnam Sentence High School Sports Competition Inaugural Program. She conveyed that It is a great pleasure to participate as an important guest and gain respect from students and teachers. We hope she will participate in many more events and make our Sistakaranam caste proud.



## Smt. Kirti Patnaik awarded doctorate

'Doctorate' (Social Service) HSCA University, Accredited by Day Sirng Theological University (USA) Affiliated by (NATA) Bangalore & India (ISO) District Library at Dwarakanagar, Visakhapatnam honored Mrs. Kuppili Kirtipatnaik, Founder President of Sridevi Vigyana Jyoti Parishkar Charitable Trust.

Dr. Anand Kumar HSC University Founder (Chairman) Bishop Dr. John Paul, prof.M.V.Prasad Ph.d, A.P State coordinator HSC University participated as chief guests and presented doctorate and national awards. Certificates, memento, gold medal and ID card were presented. Mrs. Kuppili Keerthy Patnaik said that she is very happy to have got a doctorate (Social Service) and that the responsibility has increased and she will continue to provide more services with everyone's cooperation. "Lekha" congratulations to her.



## Doctorate to Sri Dabbiru Srikanth

HSC UNIVERSITY (AFFILIATED WITH DAY-SPRING THEOLOGICAL UNIVERSITY\_USA) in Visakhapatnam awarded Doctorate in Social Service to Nityavyasakarta, Shri Dabbiru Srikanth, Gajuwaka, Vizag. Letter of congratulations to him.



## Encouragement to the youth by Vikas

The Youth-Interaction & Sports meet pamphlet was released by the prominent SK leaders which was conceived by Shri Bharat Vikas.to organize some programs & encourage the youth



## Academic merit gold medal to Chi. Praveen Kumar

Shri Ampalam Vasantha Kumar Patnaik (Vasantha) is Srikakulam District Narasannapet Branch Sistakaranam Chief Secretary. A humble man who has been serving our caste for the past 35 years. His second son Ch. Ampalam Praveen Kumar Patnaik received Letter of congratulations from all on getting Academic Merit Award 2022 and winning gold medal in B.Tech Naval Architecture Marine Engineering Course at Visakhapatnam Andhra University.



However Praveen Kumar Patnaik was unable to attend the event as he was joining L&T IT Marine Division in Chennai. (btw,Praveen Kumar Patnaik's uncle, a relative of our caste, Gopalapatnam, Mr. Behara Venkata Ananth Kumar received the award on his behalf)

# Newsmakers

## Naramshetty Literary Award to Sri Tirumala Rao

Kudama Tirumala Rao, Principal of Kothavalasa MPUP School, also member of Rajam Writers' Forum, was felicitated for children's literature.

Under the auspices of Naramshetty Bala Sahitya Peetha and On Nehru Jayanti at Parvathipuram Manyam District Centre, Parvathipuram Kanyaka Parameshwari Temple Assembly Hall, Tirumala Rao was honored at the children's literature conference.

Founding President of the Peetham Sri.N Umamaheswara Rao, Kendra Sahitya Akademi awardee Belagam Bhimeswara Rao, children's literature writer Behara Umamaheswara Rao and famous painters Thumbali Shivajilu Tirumala Rao honored him with shawls and mementos.



## 'Uttarandhra Animuthyam' award to Sri Suresh

Naramshetty Bala Sahitya Peetha of Parvathipuram town awarded the Uttarandhra Animuthyam awards to nine people from various fields this year and our own Basangi Suresh received this award in the field of acting.

The book launch of 'Kavitha Chitram', a collection of poems written by Mr. Basangi Suresh, was also held in this program held on November 13. By dedicating the book to his parents, the author honored them.

Padmashri Acharya Kolkaluri Inak, Naramshetty Bala Sahitya Peetham President and General Secretary Naramshetty Uma Maheswara Rao, Smt. Gudla Ammaji, film lyricist and painter Thumbali Sivaji and others participated in this program.

On this occasion, many friends and leaders congratulated Mr. Basangi Suresh.



## A shower of praises for "Sharatkavi"

"Sarathkavi" Shri Dabbiru Venkataramana Murthy has received commendatory letters of appreciation in recognition of his poetic talent touching many social, literary, child, social, cultural etc. topics.



## Young space enthusiast

Venkat Raman Patnaik, 9 years old space enthusiast is native of Phulbani Odisha presently staying at Sambalpur Odisha, with his parents Raghupatruni Kuldeep Patnaik and Dabbiru Pramila Kumari. He is probably the youngest kid to qualify for the MTA (Microsoft Technology Associate) examination in 5 languages at the age of 7 in 2020 when they were staying at Balangir, Odisha.

His Father was working in MNC Banks for 13 years, now a webpreneur and Mother D Pramila Kumari is an Electrical Engineer working at Tata Power Western Distribution Co. Sambalpur.

Based on his passion in space technology, he got the opportunity to meet CEOs of many leading space startups including Dhruva and Skyroot of Hyderabad last year.

Last month, he got information about India

Space Congress from social media and contacted the organizer (Satcom Industry Association India) to participate in in that event. After reviewing his CV with series of achievements from NASA, ISRO, along with his skills in computer and space technology, he got an invitation to participate in this special event.

It was a 3 days long event (26th to 28th October 2022) at Hotel Le Meridien, New Delhi Organized by Satcom Industry Association India, NSIL, In Space, ISRO, NITI Ayog, Min. of Defense, Dept of Telecom, where 500 plus delegates, 180 Speakers, 35 thematic sessions from 20 nationalities had come to attend.

In the closing plenary, he was recognized as the youngest delegate of this event, who inspired many space industrialists by interacting during panel discussions and sharing



his insightful knowledge in space technology.

Useful resources about the event

<https://www.indiaspacecongress.com/?lang=en#/?lang=en>

<https://www.gktoday.in/topic/india-space-congress-20/>

## Editorial

### Harmony – Unity – Spilled around in Kartika Vanabhojanas – The Beginning

The month of Kartika is over and the rush of picnics is over. In some places, picnics are also being held for the next two weeks post kartika masam.



In many local communities, the greetings of our caste relatives and friends in the picnic show our presence by increasing solidarity and unity.

In some places, local politicians, ministers and BC committee leaders should be called and should be told about our need to be included in central OBCs list has increased presence of our caste in politics by a certain percentage.

We observed that children participated enthusiastically in these programs, especially in children's games competitions, etc., and increase their sense of friendship, caste importance and respect. We are seeing the lack of understanding of our caste in the modern present generation. In such situations these gatherings really increase friendliness and caste love in the minds of children.

At the same time, we must say that all these samaradhana ended without any criticism, accusations or a negative spirit, which becomes the basis for the beginning of unity and caste development in the coming days. After the new enthusiasm, respect and admiration for the community and closeness with our relatives all this grows in us, the admiration for the caste will surely grow. This is the right time.

Hoping that our caste community leaders will come up with more plans for the development of the caste and we all will support them with our best efforts.

The "Lekha" team congratulates all those who have worked hard and succeeded in this caste gathering, Karthik Samaradhana.

## Interview

### Need help? Helping Hand is here.

*Can you imagine sparing your Sunday time for others by leaving your family chores? Against the all doubts and opinions, a person from our community stood up for social service. Lekha is referring to Pakki Uma Maheswara Rao, the creator of the WhatsApp group "Sistakaranam Helping Hand." Lekha found him to be a different character because he was not looking for any returns other than the happiness of others as his own. Let us talk to him.*

**You got fame for your social service. How it was started?**

I am a graduate and working as Accounts Incharge, in Indian Express, Visakhapatnam. One day I got in touch with We Care You Foundation (WCYF). I started going to orphanages every Sunday in 2016 through the Foundation. WCYF goes to the orphanages and collects any leftover food from the functions or accepts the food sponsored by anyone on any occasion. Such food will be taken to the orphanages and distributed to the orphans. Along with them, I would also be a partner in it. Apart from this, I used to teach the children there. WCYF presented me with a memento and an honour on December 26, 2019.

**Share about Helping Hand journey.**

Out of love for our Sistakaranam community, I have created a page on Facebook with the name "Patnaik's Family Group." In this family group, Tyada Bhuvan Sai Kishore, son of Tyada Jagannadha Rao, posted a message in July, 2019 stating that his 6-year-old son was suffering from liver disease and asking the members of the group to donate directly to their account and post the screen shots in the comments box. There was a tremendous response from our community members. It was this help that prompted me to start "Helping Hand." In addition, as many members of the group asked me to create a WhatsApp group for our community, on 23<sup>rd</sup> May, 2021, a WhatsApp group was created with the name "Sistakaranam Helping Hands."

For some, it is a medical emergency, and for others, it is a daily need. With the help of donors, we are trying to make a living and help relatives grow. We have provided sewing machines to some and grocery and cloth-



Father:	Pakki Janardhana Rao
Mother:	Pakki Rama Rathnam
Wife:	Pakki Padma Kala
Native:	Tagarapualasa, Visakhapatnam district
Residence:	Kommadhi
Children:	One Son

ing businesses to others as part of our programs. In every service program, we read the names of the donors in the presence of the relatives who attended the program. Till now we distributed in 16 events around 3.70 lacs and humbly requesting each member of group to contribute whatever amount regularly.

**Do you wish to say anything about Lekha?**

From Our First event onwards Sri J. V.Chandrababu published in 'Lekha' because of this Helping hands group reached many. I would like to express my thanks to the Lekha team for supporting the development of the Sistakarana community by publishing the good activities done by our relatives, regardless of how big or small they are.

**The cooperation extended by our community members led to conduct of 16 service programs by Helping Hand. In Uma Maheswara Rao' words, love is the way and this is the group ambition. Lekha wishes to achieve his goal of selfless service.**

*Interviewer-J.V.Chandra Babu*

*Compiled by-Mantri Narsimha Rao*

## Open Forum

### Man- Power Management for the Indian Old

An era where the parents of the 40's and the 50's promoted their children to aspire to their career goals, their choices of countries and their marriages. They believed that they could probably take care of themselves independently of their children, staying in their own home. Some meticulously planned their retirement and old age; while some just moved with the days passing by with certain principles. Yet with this fast-moving lifestyle, adapting to the new technology is a huge challenge to force, learn, adapt & evolve.

The transition era I find is a big kiosk currently. We in the 40's & 50's who have moved our paths have probably very little to do other than empathizing. Myself having exposed to responsibilities of in-laws at one end who were bedridden and frequently hospitalized and on the other end parents living all by themselves where four of their children settled in various cities, surely understand all the complications and how things could be sorted at on a larger perspective.

Presently men and women being working with tremendous work pressure, travel, and attending to the responsibilities of kid's education added with vast extra curriculars exposure, it is not so easy for these to attend to the old parents and particularly patients without a supporting hand. If we look at it holistically, we have many 'manpower services' for various sections. Especially I had noticed Chennai had initiated with the foresight on many such facilities long back. Many agencies for varied home services viz. Call drivers, Cooks, Household work, Patient care, Physiotherapy, Massage, Doctor visits, Blood tests, Urine samples, Mobile X-Rays etc. For Health Care Rental Equipment, shops and chains were found. Many believe that sending money or hiring one full time attendant for parents is good enough for them to take care of themselves. But technically does the current logistics support? On a simplistic note, one might say old people who have their children to take care of them are blessed & those who don't will manage themselves in some way.

Dependency and expectations shall reduce if there is no option, but is it really okay for them to face the old age hardships all by themselves? What I find is, for a woman/ man in general in 40's and 50's of age, it gets difficult to co-ordinate between the many attendants such as patient attendant (one or two- if it is 2 patients), regular full-time maid, outside house maid, cook, driver etc. So, this ranges from zero to six service attendants. Apart from this, arranging other occasional services through online or urban clap viz. washroom cleaners, physio therapist, massages, home diagnosis, mobile X-Rays and so on. All this is apart from the personal responsibility of partner, children and busy career or business. When it is a couple handling all these issues it is still a

little easier as the workload gets distributed between the couple based on who can contribute more time, energy and competence. This needs constant co-ordination, and the more important challenge is to bear the endless whims and fancies of the attendant's food, their timings, their expectations and sudden leaves and no reliability of consistent long-term commitment.

Now if such is the case, can we imagine how difficult it would be for the old to first adapt to the new attendants, understand their language or speak in sign language and co-ordinate with all these sections of attendants all by themselves when they are 70 +? Being sympathetic or simply telling the old superficially, not to worry when they need to face these issues themselves while bed ridden etc. is alright to give solace. But is it genuinely possible for them not to worry, how things will be handled?



Looking at the financials & affordability of an old patient, it is like having baby care. It is not such a simple thing for a normal family. Also, there are many times a huge difference in approach towards your baby versus your parents, which is so unfortunate. So other than regular monthly expenses, one shall additionally need,

- Patient attendant charges Rs.1000/- to Rs.1500/- per day leading to Rs.30, 000 or Rs. 45,000/- per month.
- A cook charges Rs.15,000/- to Rs.20,000/- per month.
- A call driver charges Rs.500 for 4 hours or Rs.1000 for 8 hours. While a full-time driver charges Rs.18, 000/- to Rs.20,000/- per month.

Other than the above three headers, expenses on hospitalizations, physiotherapies, massage, equipment purchases, equipment rentals & so on. Here I am highlighting the rates, not only for a general know-how, but also for the health care entrepreneurs, the government and its people to plan and make things more affordable for many families and this is certainly the need of the hour with more health complexities and more exploited and expensive health care treatments.

Another issue is having different attendants for different purposes as the agencies are stringent on being highly role specific. This not only increases the financial burden on the user but also more complications handling the multiple per-

sons at home. Also with this many a times, the attendant who may agree to attend to other support towards the family is constrained in not doing so. If this is allowed freely, affordability for the users and better financial support for the single attendant could be achieved.

Contradictory to this, I am also empathetic towards our care takers on whom our lives depend. There is so much job opportunity created for the economically weaker section of our country and further this creates an economic balance in our country. The government can plan to get many more girls and boys from the Northeast zones who willingly learn and work sincerely with devotion. This empowers in turn the economics of North Eastern part of India and also, we can look at most of the villages who have many single ladies who are willing to serve or may be motivated to serve. I sincerely hope that many more trusted agencies come up in all cities and towns and in competition with each other, affordability can be created for the end user.

Also, many may come up saying, why do we need to depend on manpower services? Can't we attend by ourselves? Yes, we can, we are supposed to etc. as per our moral values and upbringing. But in this competitive, stressful world with so many priorities and endless hours of travelling and maintaining one's own health, it is not so easy to do all by self unless one is compromising in one's own health/ career/ family. Another issue is having different attendants for different purposes as the agencies are stringent on being highly role specific. This not only increases the financial burden on the user but also more complications handling the multiple persons at home. Also with this many a times, the attendant who may be in agreement to attend to other support towards the family is constrained in not doing so. If this is allowed freely, affordability for the users and better financial support for the single attendant could be achieved.

*Let us think and work towards this in whatever way is possible,*

**A movement towards compassion towards the transition era of the old,**

**A movement towards affordability for this generation families to attend to the old,**

**A movement towards empowering financially creating jobs towards service for the lower middle-class section of the country,**

**And finally, a wholistic approach to address one of the needs of society at this juncture !!!**

**Hope Remains .....**

-Vandana Adivishnu  
22nd February 2021



# Support Arena

## Sistakarana Helping Hands 16th event successful

Mr.Donkada Anantha Prasad is leading the group in the path of success by giving good advice and suggestions to the group of good men who want to be good. On their departure from Hyderabad, the members of Sistakaranam Helping Hands Group were felicitated with flowers under the leadership of group organizers Saluva and Sridevi Vigyana Jyoti Parishkar Charitable Trust. Later, the amount 31,001 received by the members of the group was given to Uddanda Rao Venkata Nirmala of Gopalapatnam Varityyulu Beeda family who was referred by Mr. Sadashivuni Lakshmana Rao, a relative of the group, in the presence of the group members. The members of Sistakaranam Helping Hands were Mr. Pedapenki Harikrishna (Bobbili), Mr. B.P.C.K. Mohan Raju (Srikakulam), Mr. Behara Srilatha (Srikakulam), Ms. Lakshmi Balivada (Cheepurupalli), Ms. Raghupatruni Srivani (Srikakulam). Chodavaram), Shri Basuri Srinivasa Rao Garu (Local), Shri Mantri Ravi Garu (Local) and local Sishtakarana Sangha Peddas Shri Godaba Prabhakar Das Garu, Shri Baliwada Hari Babu Garu, P.Yen Murthy Patnaik Garu and prominent Sangha Sevak Mrs. Kirti Patnaik garu and Shri Pakki Shekhar garu and others participated. The organizers of the group congratulated the bandhus who attended the support program by bearing their travel expenses and Mr. Potnuru Gautam Buddha and Pakki Shekhar for making this service program a success by providing accommodation facilities. This is the end of this 16th service program, and it is prayed that the Lord bless each donor and their family with good health and wealth. --- Admins



## Sistakarana Helping Hands 17th Program - Announcement

Srikakulam District Kaki Veedhi (Near Mutyalamma Temple) Ms. Kuppili Parvathi Garu, Husband's Name Late Sri Kuppili Mohan Garu, passed away 20 years ago. They have two daughters, one girl is married and another girl is to get married. Currently they are living in a rented house paying rent of 1500/- per month. Mr. Kondavalasa Srinivasa Rao of Raipur informed us that their way of life is difficult and that they came to know about our service programs through "Sistakarana Lekha" and help their family through our Sistakaranam helping hands.

In this matter, our group friend, Nisvartha Seva Murthy Srikakulam, Mr. B. P.C.K.Mohan Raju himself went to their residence, examined their condition and informed us that they needed help. We are bringing this service program to you with the help of all your relatives.

Mrs.Kuppili Parvathi has experience of working in garam masala shop. Therefore, if we all join hands and provide support, if we purchase the packing machine and material required for garam masala in the presence of the members and provide them, they will continue that business and become self-employed. We will be the ones who help a family. So hoping that every friend will help..

Those who want to help, can contact Mr.Uma Maheswara Rao, phone number 9392234863 or Google Pay. The name of each friend who helped is included in the group.

## Medical camp in collaboration with Alliance Club

Let us congratulate our Sistakaranam leader , Secretary ,Alliance Club, Santhi nagar Park Welfare Association Sri U J R Patnaik for successfully conducting free medical camp at Santhi nagar park visakhapatnam on 19-11-2022 with the assistance of Alliance club 105 VUDA layout, marripalem visakhapatnam. A crowd of appx 80 people have availed service and got good response from public.



## Free Mega Health camp

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.

**KIMS కిమ్స్ హాస్పిటల్, శ్రీకాకుళం**  
 NEW BRIDGE ROAD, NEAR DATA TEMPLE, P.N COLONY JUNCTION, SRIKAKULAM, A.P.  
**గోశాని బ్లాక్ ప్రాంత ప్రజలకు సుభవార్త**  
 గో.పి.పి. పేరెంట్ల గారు (గో.పి.పి.పేరెంట్ల గారు) గారి కుటుంబం కోసం  
 గో.పి.పి.పేరెంట్ల గారు (గో.పి.పి.పేరెంట్ల గారు) గారి కుటుంబం కోసం  
**మొదటి సారి ప్రేక్ష్య శిబిరం నిర్వహించబడుతుంది**  
 ఈ ప్రేక్ష్య శిబిరం లో - కార్డియాలజీ (గుండె వైద్య నిపుణులు)  
 యూరాలజీ (క్లిష్ట పుంజుకు ముఖ్యోప వైద్య నిపుణులు)  
 పీడియాట్రిక్ (పిల్లల వైద్య నిపుణులు)  
 బాంబర్ మెడిసిన్ పుంజుకు బాంబర్ సర్జీ వైద్య నిపుణులు చే  
 ఆస్పత్రికి వచ్చిన వారికి ఉచితంగా శిబిరం చేసే ఉచితంగా మందులు ఇవ్వబడుతుంది.  
**ఈ ప్రేక్ష్య శిబిరం లో ECG, BPS, B.P., 2D ECHO (Heart Scan)**  
**ఉచితంగా చేయబడుతుంది**  
 స్థలం : శ్రీ వేంకటేశ్వర వైద్య కేంద్రం, గాంధీ రోడ్  
 తేదీ : 13.11.2022, ఆదివారం  
 సమయం : ఉదయం 10.00 గంటల నుండి మధ్యాహ్నం 1.00 గంటల వరకు  
 ఈ ఆపరేషన్లు ప్రజలందరినీ ఉపయోగించుకోవడానికి నిర్వహించబడుతుంది  
 మానవ శిక్షణ పోస్ట్ గ్రాడ్యుయేట్ లో శ.చి.ఎ.ఎ. ప్రోగ్రామ్ కోర్సులో  
 బాబా సర్వస్వ కేంద్రం లోని ఆస్పత్రిలో (BSKY)  
 Smart Health Card పోస్ట్ గ్రాడ్యుయేట్ కోర్సుకు  
 మంజూరు చేయబడిన సందర్భంలో గాంధీ  
 90902 45765, 84558 94320, 87632 48980

## Support Arena

### Distribution on 90th birthday

Our relative Railway Circle Inspector of Police Sri. Gandreti Tirupati Rao Vizianagaram District Varyyulu Varu Waru Matla Garu came to know that the 90-year-old lady Ms. Damayanthamgari was sick and went to visit her as a courtesy to her in the presence of family members and village. After that, their family members presented Rs. 200/ each for tambulum turmeric, saffron, a piece of jacket and glasses to 55 young women in my presence, towels were given Rs.100/ each to men. It is a pleasure to participate such a nice program in the month of Kartika. from, Dr: Kirti Patnaik.



### Blood donation by senior citizens

Srikakulam senior citizens welfare association held a blood donation camp on 25-11-2022 in Srikakulam Town. Variuos senior citizens pariticipated and donated. Participants include Sri Kalepalli SomasundarRao among others. Congratulations to organizers.



## Free Medicines by courier for 100 days



**SOLEN**  
PHARMACEUTICALS

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



### Felicitation by Chhattisgarh Team

Chhattisgarh Sistakaranam leaders and SKIV members Sri Nagumahanti Maheshwar (Bhilai) and Sri Lumburu Srinivas (Raipur) have met with Sri DV Krishna Rao President AISKA at his residence and honored him with Shawl. Speaking on the occasion, Sri Maheswar praised Sri Krishnarao for his leadership and contribution to the SK community. He was also extended invitation to visit Chattisgarh and assured of all help. In the same program Sri Uriti Parvateesam was honored too. Lekha founder members Sri JV Chandrababu, Sri Dasamantri Naresh and Sri Mantri Narasimha Rao participated.



### Dr. Murthy in Geo Smart India 2022

Dr. Dabbiru V. R. Murthy, a Veteran Scientist participated in the National Conference GeoSmart INDIA 2022 @ HICC, Hyderabad from 15-17 Nov 2022. Top Scientists from India and Japan besides many other countries attended the prestigious meet with a focus on Geospatial technology advancements and international cooperation. Senior officials including former ISRO Chief Kirankumar chaired the sessions and present ISRO Chief Dr. S. Somnath addressed the august gathering.



### Karthika Vanabhojanalu of SWA, Hyderabad

The Sistakaranams' community in Hyderabad (Telangana) witnessed a massive response from its members attending Karthika Vanabhojanalu, an event organised by the Sistakaranam Welfare Association (SWA) of Hyderabad in the BHEL campus on November 23, 2022 (Sunday). The call for active participation that was given by Honorary President, Dabbiru Venkata Krishna Rao Sistakaranam, the President, Dabbiru Rama Devi, and the Secretary, Barli Vijaya Kumar, reached all corners across the country with its stimulating new events that were never witnessed earlier in our community circles.

The programme started with the serving of breakfast at early hours, followed by a cultural performance by children. Speaking on the occasion, Dabbiru Krishna Rao expressed his overwhelming pleasure at seeing the unprecedented crowd. He thanked them all individually for responding in the early hours, despite the cold and distance of the venue. He explained the importance of unity among the members and the associations to strengthen ourselves at the state and national level. He stressed that our community will definitely get the OBC status on the basis of the status of the proposal with various authorities and organizations.

The Chief Guest, Hon'ble Suresh Goud, Member, TS BC Commission, seeing the large strength, expressed happiness over the unity. He also stated that he would do everything possible to bring OBC to our community. The guest of honour, Shruti, actress and dubbing artist was amazed at the unity of our community and expressed confidence in achieving the goals. Rama Devi, President, SWA, expressed her confidence in Dabbiru Krishna Rao in achieving goals that are set for the common benefit of all. The other notable speakers are Akkumahanti Raja, President, Sistakaranam Empowerment Committee, Gumma Venkateswara Rao, President, Vijayawada Sistakaranam Association, Mantri Maheswar, President, Chhattisgarh Sistakaranam Samakhy and its Secretary, Lumbur Srinivas, young entrepreneurs, Ullibadra Naresh, Allena Pavan, Vandana Adivishnu, Chennai, Max Life Chakradhar and many.

Vivaha Vedika witnessed a glorious response from nearly 35 members. Job Mela event has seen a response beyond the imagination. Many aspirants discussed and submitted their resumes. The MSME desk, chaired by Sri Siva Prasad, Assistant Director, MSME, Hyderabad, also received many inquiries about entrepreneurship. The medical camp desk was thronged by many.

Because more than 2000 people attended, the event has become a source of amazement in Sistakaranam circles. The presenter of the event, Dabbiru Venkata Ramana Murthy (Sharatkavi) added a lot of flavour and fragrance to the event.



## Fraternity Page - Andhra Pradesh



### Grand OBC Sadhana Sabha held

On 30-11-2022 at 3-30 pm at Visakhapatnam Fusion Foods Restaurant Banquet Hall, a aatmeya samavesham meeting of National OBC Sadhana Samithi was held under the auspices of Andhra Pradesh Sishtakarana Sangam. National leaders and state leaders participated in this OBC Sadhana Sabha and discussed the efforts made so far for OBC Sadhana and the plans for further efforts. President of All India Sistakarana Sangam Mr. DV Krishna Rao, President of Andhra Pradesh Sista Karana Sangam Mr. Polumahanthi Umamaheswara Rao, State Convener of Sistakarana OBC Sadhana Samiti Mr. Simhagiri Patnaik, President Secretary of Visakhapatnam District Mr. Prabhakara Das, Mr. Hari Babu, Directors of Sista Corporation Mr. Krishna and Mr. Ramana Murthygaru. Mr. Srinivas Patnaik, President Secretary of Krishna District Association, Mr. Umashankar, Mr. Sivakumar Patnaik, Ms. Kurada Pavanig, Mr. Sanmurthy, Mr. Sadashivuni Lakshmana Rao, other executive members participated. As part of the intimate discussions held during the meeting, there was a thorough discussion about the posts of Sishtakarana Corporation, about inclusion in BC-A, Delhi travel, and efforts to be made to grant social buildings for Sishtakarana in both the Telugu states. Shri Balivada Malleswara Rao, Shri Behara Ramachandra Rao, Shri YS V Dimuraligar, Shri Yangaru Kripasindhu Rao, Shri Sadashivuni, Venkateswara. Mr. Rega Suresh, Mr. Baggam Sudhakar Patnaik, Mr. Raghupatruni Saibabagaru, Mr. DV Ramanamurthy, Mr. Parvatheeshangaru, Mr. Sadashivuni Baburaogaru and others participated and gave their valuable advice.

All the senior leaders and other chartered leaders were felicitated with shawls, flower garlands and mementoes in the above august meeting.

\_Sadashivuni Lakshman Rao



### Efforts for Sistakaranam intimate meeting

Sistakarana Welfare and Development Corporation has started the exercise for the intimate meeting of Sistakarana Recently, Srinivasa Krishna, BC Welfare Minister, discussed the issue of vana bhojanam in a meeting organized with the chairmen and directors of various corporations in the state. The YSR Congress Party government in the state has decided to reach out to the respective castes through intimate meetings in the background of the welfare of all the castes.

As a part of this, the corporation board meeting was held here under the chairmanship of Mrs. Kanthimahanthi Anusha Patnaik, Chairman of Sishtakarana Welfare Development and Corporation. Corporation Sir Sadalivuni Krishna, Apparao, Jagannath Rao, Ramana Murthy, Chandramouli, K. Ravikumar, Pothumanthi Nagamani attended this meeting. The Sista Karanas of Srikakulam, Vizianagaram, Visakhapatnam districts and other districts of the state should be invited to this meeting.

At least a thousand people decided to join. It has been decided to invite Sistakarana dignitaries from various fields and honor them in a befitting manner. On December 18, it was decided to hold almeeting at Rajapulova near Natagarapu Koli. It was decided to garner more support for the government by inviting everyone, regardless of caste and caste, to win their favor. The Chairman and Directors directly invited everyone to bring Sishta Karana closer to the YSR Congress Party by gaining the favor of the respective elites to further strengthen the leadership of Chief Minister YS Jaganmohan Reddy in the next elections.

This meeting unanimously decided to prepare an action plan in such a way that 100 percent votes will be cast for YSR Congress Party.---KV Ramanamurthy.



### An appeal to CM

Our sistakaranam leader, Director, AP Sistakaranam Welfare and Development Corporation, Admin Secretary, Andhra Pradesh Sistakaranam Association, Journalist Sri Sadasivuni Krishna from Narsannapeta Town in Srikakulam District for meeting Hon'ble Chief Minister of Andhra Pradesh State Sri Y S Jaganmohan Reddy on his visit to Narsannapeta Town on 23-11-2022 Wednesday and handed over representation for inclusion of Sistakaranam Caste in Central OBC list for which he

favorably responded and promised to recommend to Central Government for the same. Our leaders honoured the Chief Minister on this occasion. In turn the Chief Minister himself honoured Sri Sadasivuni Krishna instantly with a shawl. We profusely thank the Chief Minister for this gesture.

This news is well covered in leading dailies like Sakshi, Eenadu and Andhra Prabha etc. on 24-11-2022.



# Fraternity Page - Andhra Pradesh



## Donation of books to Bala Sahitya Nilayam

Kudama Tirumala Rao, the members of the Rajam Writers' Forum, presented many books to the Balasahitya Nilayam set up at Parvathipuram, Parvathipuram district headquarters.

Tirumala Rao visited the Manchipalli Bala Sahitya Nilayam established by Manchipalli Sriramulu at Sri Sathya Hindi Building in Parvathipuram. Written by various children's writers, he presented fourteen books. Sri TirumalaRao said that the determination to establish this literature center for the benefit of future generations, research students and readers is very ideal and inspired him to donate 14 books to the center.



## "Paalakolanu" Anniversary

Joint Paschim Godavari Zilla Parishad Chairman Kavuru Srinivas and Palakollu MLA Dr. Nimmala Ramanaidu launched the 19th anniversary special edition of the Palakolana news magazine published under the editorship of Mr. Manapuram Satyanarayana, Palakollu resident.



## Sahridaya Sahiti poets gathering, Library week celebrations

Scenes from the Kavi Sammelan held at the local Prism Degree College Dwarkanagar under the auspices of Sahridaya Sahiti Visakha-patnam. Dr. DV Surya Rao spoke about the purpose of poetry as the chief guest in the meeting presided over by Shri Shekharamantri Prabhakar. Dr. K. G. Venu spoke about Bhavkavi Devulapalli Krishna Shastri. 15 poets participated in the poet gathering.



Shekharamantri Prabhakar organizing quiz competitions on Mahabharata at Visakha Public Library on National Library Week and gave prizes to the winners 15-11-22

## Sri Vakulabharanam honoured in Andhra

Mr. Vakulabharam Krishnamohan, Chairman Telangana State BC Commission, visited Srikakulam town on 12-11-2022 and Visakhapatnam town on 13-11-2022 and participate in the "BC census needs" Seminar at a local hotel as the chief guest. Welcoming them and participating in various programs with them are Sistakaranam OBC Sadhana Samithi State Convener Mr. Murahari Rao Simhagiri Patnaik Mr. Kurmanathaswamy Devasathanam Honorary Board of Trustees Mr. Dabbiru Srinivasa Rao (Vasu) and President of Andhra Pradesh Sistakaranam Sangam Mr. Polumahanthi Umamaheswara Rao etc.. Congratulations to them.



## Kadambam on Radio station

Sri Manapuram Suresh conducted a Kadamba program at All India Radio Station with the blessings of Sri Sun Murthy. Shri Dr. Dabbiru Srikanth, & Mrs.Dabbiru Gayatri (AVN College Telugu Lecturer) along with students also came to participate in this.



## Resolutions of Senior Citizens Welfare Associations

The meeting was held under the chairmanship of Mr. D. Sathyamurthy, President of Senior Citizens Welfare Association of Vizianagaram District, Jammu, Vizianagaram. Shri Pakki Sitaramaswamygaru, Smt Dadhira Swarnalathagaru, Shri Sonnella Jagannadhangaru, Smt. Umara Manigaru and others participated in this meeting. The following resolutions were made.

- 1) Officials and welfare workers should act with a humane attitude towards senior citizens and strive to implement the rights provided by the government to the elderly.
- 2) One acre of land should be allocated for the old age home.
- 3) They should be provided with proper medical facilities
- 4) Police protection should be provided from time to time.

Our illustrious leader who are carrying out the heavy responsibility as presidents of this society, and the editor of Sista Pratibha, Mr. Dadhira Sathyamurthy, are commended.



## Fraternity Page - Andhra Pradesh



### Let us work to achieve the dream of Late Narasing Rao

Red Cross Chairman Sri P. Jaganmohana Rao's father, retired Deputy Collector, humanitarian K. She. The state president of AP Sishtakarana Sangam, Mr. P Umamaheswara Rao delivered the speech. Mourning the death of K. Se Narasinga Rao, in the condolence meeting held on 16 -11-2022 at Sdhanika PN Colony, floral tributes were paid to his portrait. On this occasion, Uma Maheswara Rao said that Narasinga Rao, who lived for a long time, stood as an example in his work, duties and lifestyle. District President of Sishta Karana Sangam Mr. Balivada Malleswara Rao, District General Secretary Mr. Dabbiru Srinivasa Rao (Vasu), Assistant Secretary of All India Association Mr. Baggam Srinivasa Patnaik, Town Leaders Mr. Gokul Vijay, Sri Pedapenki Sriram Kumar, Sri Dabbiru Venkata Rao and prominent doctors were present in this program. Shri P. Sudhir, Shri PLN Raju, Shri KL Naidu Garlu and others participated.



### Felicitation to Sri GMLR Patnaik

As part of many service programs under the auspices of Sridevi Vigyan Jyoti Pariskar Charitable Trust in Murali Nagar, through Surabhi Spiritual Waves Amritavahini group, providing special efforts in the field of literature and spirituality, the history of 22 Prime Ministers of our India has been collected, written and heard, and, many epic stories have been written by himself and many poetic songs. Sri Godaba Lokamohana Rao Patnaik, who composed and heard, wrote a rare Srivalli Shatakam and is moving forward in the flow of spiritual waves. He is 85-year-old. Surabhi Honorary President, Jail Superintendent Mr. K, Raghu Garu told us to pay a courtesy call to Godaba Lokamohana Rao Patnaik on his behalf under the auspices of Sridevi Vigyana Jyoti Paxal Charitable Trust. According to his instructions, I am happy to honor Godaba Lokamohana Rao Patnaik, who is like a father. This event right after receiving my doctorate on behalf of our organization made me happy.



### AP Formation Day Honours

On 1-11-2022 in a function held at Vijayawada on Andhra Pradesh's formation Day, Hon'ble Governor Mr. Biswabhusan Harichandan, Vizianagaram District Red Cross Society gave awards to District Joint Collector Mr. Mayur Ashok and Zilla Parishad Chairman Mr. Majji Srinivasa Rao. Let us congratulate Shri KRD Prasada Rao, Divisional Revenue Revenue Officer, on his appointment as Chairman of Vizianagaram District Red Cross.



### Srikakulam Sistakarana Sangham meeting

On 25-11-2022, the first meeting of Srikakulam District Gara Mandal Sistakarana Sangham was held at the function hall of Sri Balivada Venkata Rao at Srikurman Junction under the chairmanship of District Chief Secretary Sri Dabbiru Srinivasa Rao (Vasu), under the direction of the President of Srikakulam District Sistakarana Sangham Mr. Balivada Malleswara Rao. The members of Sistakarana families in Gara mandal expressed their views

The organizers said that very soon they will arrange Vanabhajanams and organize the working group of Mandal Sistakarana Sangham under the District Sistakaran Sangam. Let us congratulate Sri Naupada Narasingrao. And all those who attended the meeting.



### Naming ceremony

The naming ceremony of Chi. Jayanthi.Venkata Sai Kushan Mohanty, son of Andhra Pradesh State Sistakaranam Welfare & Development Corporation Chairperson Smt. Anusha Shasidhar Patnaik, grandson of Hon. Sri SNK Mahanty, grandson of Andhra Pradesh Rashtra Sangam Organizing Secretary Sri Jayanthi Umamaheswara Rao, and Barasala celebration program was held in a grand manner at Visakhapatnam Kaka-tiya Conversion Hall.

Minister of IT Department of Andhra Pradesh Sri Gudivada Amarnath, Mayor of Visakhapatnam Nagar Smt Hari Venkata Kumari, MLC Smt. V. Kalyani, MLC candidate Sri Seethamraju Sudhakar Garu, Net Cap Chairman Sri KK Raju Garu, DCCB Chairperson Sri Sanyasi Patrudu, Chairperson of Petroleum Carrier Smt. Lakshmi Venkatarao, YSR Congress Party State Secretary Sri Rongali Jagannatham, son of Vizianagaram MP Bellani Chandrasekhar, former Deputy Chief Minister and legislator Sri Dharamana Krishna Das son Sri Dharamana Rama Lingam Naidu, Telangana BC Commission Chairman Sri Vakulabha-



ranam, BC Commission members Sri Pakki Diwakar, Sri Rajasekhar, Sri Behara Bhaskar Rao, President of Akhil Bharata Sishtakarana Sangam Sri Kanti Mahanti Venkateshwar Banerjee, prominent film musician Sri RP Patnaik, Chairperson and Directors of our State Sistakaranam Corporation, political leaders, representatives of various communities, caste heads and relatives participate and blessed the child.

Family members of Endada branch working group and children participated in this program and Chi. Jayanti Venkata Sai Kushan Mohanty was blessed.

## Fraternity Page - Andhra Pradesh

### Kartika Samaradhana News



#### Visakha Kancharapalem ...

On 20-11-2022 at 9 o'clock in the morning Mana Visakha Sishtakarana Seva Sangam-Kancharapalem Varimega Picnic started grandly in the garden of Madhavadhara Venugopalaswamy temple. First, the organizers and guests welcomed the guests by garlanding the portrait of K.S. AV Jagannadha Rao Patnaik and worshipping the portrait of gods Shiva Parvati. In this picnic, the members who attended registered their name and cell number at the first counter. Realestate's lucky dip is placed in the third counter. Free BP and sugar health checkup was done by Vijaya Diagnostic at the fourth counter. In the fifth counter, the bride and groom were introduced separately. In the sixth counter Dr. Kuppili Suresh was giving a free medical checkup. Chess games, spell check and musical chairs were played in the seventh counter. Children participated in singing and dancing. Tiffins and teas are arranged in the morning. Meals started from 1 pm. The next marriage portal launched a book of lists of brides and grooms. It was free for all. Next is musical chairs games for women. Spell check games were played for the children and prizes were awarded to the winners.

This time, as a picnic special, gifts were given to the three families who came first..The family from Narasannapet was among those who received the gifts.

The dignitaries who attended this picnic and gave their valuable messages were YSRCP leaders Mr. KK Rajugaru, GVM C Corporator Mr. Behara Bhaskara Rao, Metro Corporation Mr. UJ Yam Rao, Secretary of Krishna District Education Society Mr. Baliwada Sivakumar Patnaik, Director of Education Corporation Mr. Sadashivuni Krishnagaru, State Education Society. Presidents Mr. Polumahanthi Umamaheswara Raogaru, Mr. Dabburuvenkata Raogaru, Mr. Yam P Gouriswara Raogaru, Mr. Dabburu Srikanth, Mr. Saluri Ramakrishnapatnaik from CBI, Mr. Prabhakaradasugaru, President of Visakhapatnam District Development Association, Honorary Presidents Mr. PVT Ramana Rao, Mr. Ananthaprasad Murthy, Mr. Dabburu Govinda Rao, , Mr. Behara Ramachandra Rao, President of Kothavalasa Sangam, members of Gajuwakasangham, Sithammadharasangham, Allipuramsangham, Aganampudi, Steel Plant, Gajapathinagaram, Srikakulam Town, District Sangam, Pendurtisangam etc. were present. Thanks to all the dignitaries who attended from different places like Hyderabad, Bangalore, Chhattisgarh, Odisha etc.

Heartfelt thanks to Mr. Baliwada Haribabugaru, Mrs. Pawanigaru, Mr. Murthy-patnaik, Mr. Basuru Srinivas and other members of the committee who organized the picnic with joy and enthusiasm. Congratulations.



#### Dimili ...

At Tulsi Kalyana Mandapam, Rambilli Mandal, Dimili Village. President of Elamanchili Taluka Sishtakarana Association Mr. B Ramesh. Conducted by Sri Sanyasi Rao Garu (Chinni) Chief Secretary and team members. For Kartikamasa Samaradhana Vanabhojana Mahotsava program. The chief guest was the President of Andhra Pradesh State Sistakaranam Sangam Hon. Sri S. N. K. Mahanty participated in this program.



General Secretary of Andhra Pradesh State Training Association, veterans and elders Shri. Arikatota Chandramouli, Vice President of the State Association Mr. M. Narasimha Rao, Mr. V. Chandramouli Garu, State Association Organizing Secretary Shri. Mr. Jayati Umamaheswara Rao, Joint Secretary of State Association Mr. Shekhar Mantri Srinivasa Rao, General Secretary of Visakha District Sishtakarana Association Mr. Minister Murthy Garu. Chief Secretary of Andhra Pradesh State Human Rights Shri. Minister Shyamprasad, President of Kurmanapalem Branch Mr. P.V.N. Gopal (Gangavaram Gopi) and General Secretary participated.

#### Gajapatinagaram ...

Gajapatinagar Sishtakaranasangam their Kartikamasa Viharayatras Total 30 Sishtakaranas along with 10 other Sai Devotees left Shiridi Sai Temple in a special tourist bus for Konark Sun Temple on 12-11-2022. 13-11-2022 Puri, Bhubaneswar Lingaraja Mandir Cuttack, Jajipur, Srimukhalingam Area 1-4 Returned to Gajapatinagar on 11-2022. This program was successfully conducted under the leadership of our leaders Mr. Rega Suresh, Mr. Baggam Sudhakar and Mr. Behara Nagabhushan Rao.



#### Bobbili ...

Mr. Polaki Apparao, the former president of that Sangam district, said that every Sishthakarana brother should join to include Sishthakaranas in OBC. On 13-11-2022, Sishta Karana Vana Bhojan was organized at Rani Gari Garden in Bobbili town under the leadership of Sishta Karana president of Bobbili area Mr. Vantaram Sriramurthy. Apparaugaru, who participated in this program, said that apart from economic backwardness of Sishthakarans, the reason for their backwardness in the education sector is the absence of OBCs. Later, prizes were awarded to the winners of the games by participating in the wild food. Prasad Raogaru, Vice Presidents Mr. P. Srinivasa Rao, Mr. P. Prasad Rao, Mr. P. Ramesh, Mr. B. Kishore, Mr. Shiva Prasad, Mr. Krishnamurthy and others participated.



## Fraternity Page - Andhra Pradesh

### Kartika Samaradhana News



#### Gajuwaka ...

20-11-2022 Gajuwaka Sishta Karanam held on Sunday was held in the most magnificent way with the gathering of spiritual families and all this was considered to be the blessings of Lord Venkateswara! Children and adults participated in games and had a good time among relatives and prizes were given to the winners MAA tv programmer Preeti Patnaik dance was a special attraction Jabardast Sagar cultural program was received with laughter Collection of details of the married bride and groom Mrs. Jaggumantri Shravani Free medical checkup comp the committee congratulated me This time the youth participated in the lunch program, and we are with you Congratulations for the initiative shown. According to our collection, more than 1200 relatives were present. Labor leader D. Adinarayana Minister Rajasekhar Garu expressed happiness. Krishnamohan and Premakumari Garu said that we will help. The waves of the Sishtakarana people came and this pleasant atmosphere reminded us of our community's responsibility as all the relatives came and welcomed us. Needless to say, this luncheon program was a success all the way. We met after Corona under the guidance of the new committee of Gajuwaka. Although it was difficult to celebrate with our eyes, every member expressed his happiness that he participated in this success. Similarly, the committee called on us to initiate good programs. We would like to thank all the members of the committee who have received everyone's forgiveness so that we can try to move forward with the cooperation of all of you!



#### Kurmanapalem, Ukkunagar ...

On Sunday 28.11.22, in the joint Kartika Samaradhana conducted by Kurmanapalem and Ukkunagar associations, in the sapling program organized under the leadership of Branch President Sri Gangavaram Gopi and General Secretary Sri D. Sathya Rao, many leaders participated in tree planting and the family gathering was a grand success.



#### Kakinada ...

Joint East Godavari District Sishtakarana Sangam organized Kartika Vanasaramadhana of Sishtakarana on Sunday 20.11.2022 at Kakinada. On the invitation of the Kakinada community, the President of All India Sishtakarana Sangha Shri D.V. Krishna Rao came from Sishtakaranam, Hyderabad along with his Sangha leaders as the guest of honour.

Honorable B.C. Departmental Minister Shri Ch. Venugopalakrishna, Honorable Members of Parliament Shri Vanga Geeta Vishwanath, Local Legislators Honorable Kurasala Kannababu attended this program. Mr. D. in the meeting. V. Krishna Rao in his speech, explained the hardships faced by the Sishtakarana caste people who have no profession in the state doing various small businesses, menial jobs, and explained how much they are losing because of the absence of 'OBC', the voice of this caste should be heard in the Parliament and the Central Government should immediately approve the "OBC" which is in the final stage of consideration. ; The minister addressed the MLA to convince the state government to support him. Also, petitions were submitted seeking allocation of a site within the capital and construction funds for the construction of "Sishtakarana Bhavan" for castes. All the leaders immediately responded positively and made their promise that they would definitely help. Shri D. from Hyderabad Sishtakarana Sangam. V. Ramanamurthy, Shri Uriti Parvatheesham, Shri D. Parthasarathy and Shri Tirupathirao Garlu participated in the program.



#### Rajam ...

Some pictures of Rajam picnic.



#### Parvatipuram ...

On Sunday 20-11-2022, a spiritual gathering of Sishtakarana's relatives was held at Addapushila Sitarampuram garden of Parvatipuram Manayam district.



In this program, Secretary of the State Sishtakarana Sangha and Co-Convenor of All India Sishtakarana O BC Sadhana Committee Mr. Belagam Jayaprakash Narayana (Jayababu) garlanded the portrait of Sitaram Master. Later he said. Thousands of relatives from Parvatipuram, Kurupam, Gummalakshimpuram, Komarada, Garugbilli and Jiyammavalasa mandals expressed their happiness. The clan elders honored Jaya Babu with Dusshaluva. After that the program started with games. Mr. Behara Gumpaswamy (Parvatipuram Sishtakarana Sangha President), Mr. Donkada Lakshmana Rao (Secretary), Mr. Behara Chandrasekhara Rao (Treasurer), Mr. P.S. Prakasarao, Mr. Karakavalasa Govinda Rao, Mr. Polaki Apparao, Mr. Pakki Rabindranath, Mr. Donkada Sai Parthasaradhi were present in the program. Garu, Shri Uriti Kiran Garu Shri Srinivasa Rao (Kurupam) Garu, Shri Rao Palli Kiran Garu and others participated. The unforgettable Kartika Vana meal event in the history of Parvatipuram was successfully concluded with cultural programs from nine in the morning to five in the evening. Musical chairs were organized for the senior citizens and prizes were given to the winners. The prizes were awarded to the winners of various competitions in the hands of Mr. Jaya Babu. Mr. Jaya Babu thanked the present families for making the event a success.

#### Amadalavalasa ...

State Sistakaranam Director K.V. Ramana Murthy at Amadalavalasa picnic.



# Fraternity Page - Chhattisgarh



## Gratitude- A Virtue Exhibited



Smt. Kalpana Bakshi, Sri Narayan Mitra Smt. R Vaidehi added efforts in teaching practices and remained intact till they

On 2nd October, 2022 Tilak Bharati School Raipur marked Gandhi Jayanti with Gratitude Ceremony. The purpose of gratitude was to honour the 'Good Samaritans' who helped Smt. Rajkumari Patro to establish the Tilak Bharati School in Raipur, Chhattisgarh. Late Sri Y S N Patro backed Smt. Patro for this initiative since 1982. Sri P Ch Subba Rao, Sri P S Gothiya, Sri Dinanath Sharma, Late Sri S L Mishra, Smt. D Veni who had specially contributed to the school's successful establishment. Sri Subba Rao instigated the idea in Smt. Rajkumari Patro in the initial years. Though it was very difficult for a lady to prove her worth in society, Patro Maam with the help of these 'Good Samaritans', she excelled in the very beginning only. Smt. Hema Panth, Smt. Bijoy Laxmi Patro,

could work for school. Never ever their thoughts provoked to move on after seeing difficulties in mam's way. That's a commendable act by all eminent teachers who worked happily even with minimum salaries. Sri Ch Tirupati Rao, Sri B Ramesh Patnaik, Sri U Ravi Patnaik, Sri K Sreenivas Rao, Smt. Sandhya Raj who performed their roles outside the screen for development of school and stood firmly as community 'Good Samaritans'. Sri Panchram worked continuously for school infrastructural development. GRATITUDE has marked Mahatma Gandhi Ji's Jayanti where Late Sri Y S N Patro extended his vote of thanks with graceful mementos to all stakeholders. He created history through this 'Gratitude Event' and just after four days he left for his heavenly abode.

## Honoured on Superannuation



Chhattisgarh Sistakaranam Samakhya honoured Sri Sundar Patnaik and Sri Lumburu Srinivasa on their Superannuation followed by some cultural programs. Special highlight was a wonderful dance performance by Kum. P. Saisudha D/o Sri P. Tirumalam. This event was attended by around 60-70 Sistakaranam families. Chhattisgarh Sistakaranam Samakhya is thankful to Sri. Nagumantri Maheshwar for sponsoring and organizing the event.



## Certificate from PM Modi



Dr. Arun Shivam Patnaik, Director, Amity University, Raipur has been blessed by Prime Minister of India, Honorable Sri Narendra Modi with 'Panch Praan', for a Prosperous India, for his sustained social work. Congratulations from 'Lekha'.

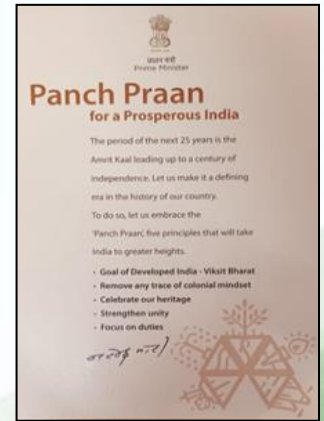
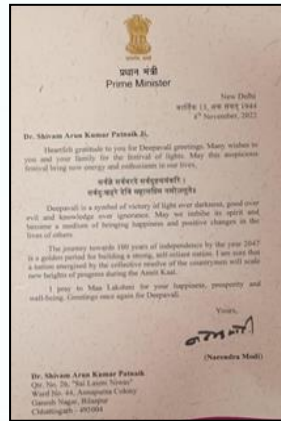
## Children's Day at Balaji Vidya Mandir



President Andhra Assn, Raipur & School Management committee Members, Dr Frenny J. Prakash, Principal, Ms. Mousami Bhattacharya, Vice Principal along with Faculty members were present. Sri Ramesh Patnaik, President of AIPSKA had

Children's Day was celebrated at Sri Balaji Vidya Mandir, Raipur at a graceful function today on 14th Nov. to pay floral tributes to Architect of Modern India Chacha Nehru first PM. Sri G. Swamy

the privilege to preside over the function while Sri Bunty Hora, President of Zone & Corporates was the Guest of Honour. Students presented a variety of colourful entertainment.



## Annual Day Function

Sri Ramesh Patnaik was privileged to be Guest of Honour at 'PRAGATI' the Annual Day function of Sri Balaji Vidya Mandir, a renowned Eng Medium Higher Secondary School of Raipur, managed by Andhra Association, Raipur on 24th & 25th Nov 22.



## 'Sadani Darbar' felicitation

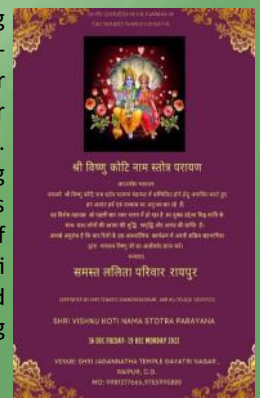


'Sadani Darbar', a Sindhi community

pilgrimage place at Raipur & worshiped by Sindhis from all over the world in a special devotional discourse, felicitated Sri B. Ramesh Patnaik, Patron of Andhra Association along with other VIPs. It was a prestigious honour for a religious organization on 6th Nov 22 at 4pm.

## Mahayagna in collaboration with Lalita Parivar

Lalita Parivar Raipur is conducting Sri Vishnu Koti Sahasranam Stotra Parayanam Mahayagna for four days from 16th December 2022 to 19th December 2022. Smt. P Aruna who is motivating the forth coming generation is also to enhance the beauty of Sanatan Dharma. Tilak Bharati School has come forward for enchanting and participating in this great religious event.



## Fraternity Page - Maharashtra



### Nagpur Association felicitates Dr. Bheema Rao



Kudos to Team Nagpur Sistakaranam Association for felicitating Dr. Bheema Rao at Radisson BLU Hotel, Nagpur by District Secretary Sri Ramesh Patnaik, Treasurer Sri P. Srinivas Rao and other Executive Committee Members followed by dinner.

President had given information to Secretary and Treasurer, about the arrival of Dr. Bheema Rao at Nagpur and within no span of time, they contacted Members of the Executive Committee and assembled at 18.45 hours and felicitated Dr. Bheema Rao followed by dinner. Other than the key persons thanks to Sri Prasad and Smt. Sailaja and her ladies' group, who were praiseworthy of their hospitality in joining the occasion.

-Adv. D. Krishna Kumar



### Free medical camp

A free medical camp was organized by Sistakaranam Association Nagpur District, Maharashtra on November 1, 2022.



### Smt. Sabita arranges Potluck lunch

'Lekha' shares about the Potluck lunch arranged by our Smt. Manipatruni Sabita, which she delightedly shared at WhatsApp group-'AIPSKA's Vanita Vedika'.

" AIPSKA " Sabhyulu andariki namaste! Nenu mee Sabita.

Masaalu anintilo sreshta maina masam " Kaertheeka masam " elaa jarupu kunnano cheppali ani vachhanu. Kaasta chali - konchem vedi, siri manchu - bhakti vunna manasu, kartheeka masam - vana mahotsava masam. Guru nanak paata - chacha Nehru janmadinotsavam kuudaa inka. Chinta - usiri - kandha bachhali / pulihorapayasam kuudina kartheeka vanabhojanotsavam. Aata - paata andari notaa,manasu antaa ahlada pariche vihara yatra. Uppu kharam pettina mamidi - usiri techhenu chinnanati smrithi. Alasina vayasu ki - anandam gaa vundali ane manasu ki ice gola kulfi. Bhakti - mukti, anandam - Ahlaadam, tana - mana leni bhedam eee "

kartheeka vanabhojanotsavam ".

The picnic was held on 12th Nov 2022 in the National Zoological Park, Borivili East, Mumbai with a group of nine ladies after three years and each time a new experience. They formed a Telugu Kitty Group after meeting for the Lalitha Sahasra Namam get together. It was from morning 9.30 am to 3.30 pm on " Sankashti chaturthi "so some food items were designed for fasting ladies. Raw mango, Gooseberry, Sugarcane juices, Cucumber & Chana Chat were a few items while main course had. Pulihora, buttermilk, Sabudana khichdi, Vegetable Pulao, Pav Bhaji, Dal Wada and Atta Halwa. The kids also cooperated pretty well and enjoyed boating, physical activity games, swings exploring science and beautiful nature. They all enjoyed the beach, pond, water and sand. Last but not least tea with ginger and jaggery was totally refreshing, rejuvenating the tiredness.



## Fraternity Page - Other States

### Meeting with Governer

Let us congratulate Dr Raghupatruni Bhima Rao, President, Sistakaran Association, Bhubaneswar and his team members for meeting Hon'ble Governor of Andhra Pradesh His Excellency Sri Biswabhusan Harichandana garu at his residence in Bhubaneswar on 21-11-2022 and inviting him as a chief guest for Annual General Body meeting of Sistakaran Association, Bhubaneswar which will be held during the month of January 2023. He has readily agreed and has given consent to attend the Annual General Body Meeting of Sistakaran Association, Bhubaneswar, Odisha in January 2023 on any working day as Chief Guest and felicitate the COVID warriors and handing over prizes to winners and runners of school going children who will be participating in competitions by SKA, Bhubaneswar.



### Invitation for Delhi-NCR Sistakarana Picnic

We invite all Patnaiks belong to Sistakaranam families.

Last year, we had a wonderful picnic. This year too, we have planned to organize a similar picnic on 11th December 2022 (Sunday). Our patnaik community residing in Delhi and NCR are requested to attend the picnic without fail this year too. Please pass on the message to your near and dear to make it a grand success. The venue will be informed of shortly. Special thanks to Mr. & Mrs. Bharatgaru for their stellar support and conceptualization.

For more details, please call the following numbers: Mrs. Madhavi Iatha Dabirur 9310384026, Geetanjali Patnaik 8368338762

Regards

Dabiru Lakshmandas

### Jatni Annual meeting



Jatni Sistakaranams monthly meeting held at Khurda Road Odisha in connection with Annual meet on 11.12.22

### Kartika Masam Vana Bhojanalu in Kharagpur

We went to Jharigram with the families of some people in Kharagpur. We visited the Durga Mandir in Chilkighar near Jharigram, there is a small river there, we played in it, lit lamps, returned to the Deer Park at Jharigram station and had lunch in the garden next to it. 16 of us went. From Kharagpur we traveled by train to Jharigram and from there by car. We took all the food from home. Each family cooked one or two items and left. Return 4, took train to O'clock 5, reached Kharagpur at O'clock.

- D Anuradha Kharagpur



Sri Dasamanthurao Kamaleswara Sathu Mahanty & Smt. Anuradha



Sri Raghupatruni Divakar & Smt. Veenavani



Sri Kottakki Janardha Patnaik & Smt. Krishnakumari



Sri Dasamanthu Rao Venkata Kiran Kumar & Smt. Manjusree



Sri Durgamahanti Ramarao & Smt. Lakshmi



Sri Anantapatnaikuni Tirupatirao & Smt. Geetha



Sri Kantimahanty Sairam & Sai Padmaja

### Get-together of AISKA Delhi members

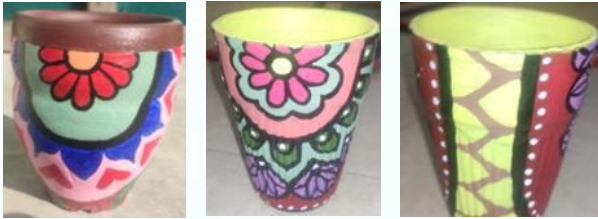


On 6th November 2022 in Noida, the AISKA members from Delhi, UP and Haryana met at the birthday function of Kumari Udita, daughter of Raghupatruni Bheema Rao. It is definitely a way to connect with our community family members through small occasions.

## Talent Corner

### Eco-Friendly Pot Paintings

Lekha is delighted to present beautiful ecofriendly mud pots painted with acrylic paints. These paintings are presented by D. Shilpa from New Delhi, daughter of Sri D. K. S. Mahanty and Smt. D. Anuradha. She was brought up in Kharagpur and is married to Sri P. Shailendra Rao, son of Sri P. Rammohan Rao and Smt. P. Triveni Rao of Raipur.



### Kalam Snehitulu

#### Chitra Kavitalu

1) Cold evenings in winter  
Longing for a warm touch  
Old age is another curse  
But the vote is for crop protection.  
Johars To annadatas

-- Shekhara Mantri Prabhakar

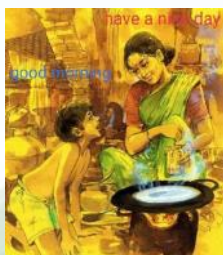
2) Todu needa in aging

3) The boy looks at his mother's while making mother making dosas

4) A young woman in longing with expectations.

5)Seed becomes tree

Bears Fruit



### Karnam World

#### Bhasangi Suresh as Doctor on the small screen



Basangi Suresh Vanamali Creations are shooting retired as an and Miss and Mystery will start Assistant Di- shooting in November. rector in the Senior actor Subbaraya Sharma, postal department and continues to work warmly and given advice and suggestions about acting. Congratulatory from LEKHA, wishing Mr. Basangi Suresh to grow further in the fields of TV and Cinema.

He acted as doctor in serials Ravi Chandamama, Srimate Srinivas, Manasantha Nuvve in different roles. He acted as doctor in serials Ravi Chandamama, Srimate Srinivas, Manasantha Nuvve and impressed every viewer. He was recognized as a television doctor. He said that he is acting as a doctor in two other serials as well.

He informed that his films Kalayanam Kamaniyam, Jeevan and Devarakonda Police Station are ready for release, UV Creations and



## 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' 3"
Complexion	FAIR
Occupation	
Work Place	HYDERABAD
Education	BE / B.TECH
Preference	ANY MASTER'S DEGREE, ANY JOB, PAN-INDIA

Name	NEHA
Surname	DONKADA
Father's Name	D SATYANARAYANA
Gotram	BHARADWAJ
Date of Birth	9-Feb-1999
Nakshatram	ANURADHA
Height	5' 3"
Complexion	FAIR
Occupation	PVT. EMPLOYEE CISCO, BANGALORE
Work Place	MARATHAHALLI,
Education	BE / B.TECH
Preference	ANY JOB, AGE DIFFERENCE APRX-4YRS;

Name	LATA
Surname	PATNAIK
Father's Name	LK PATNAIK
Gotram	SANDILYA
Date of Birth	6-Mar-1995
Nakshatram	BHARANI
Height	5' 1"
Complexion	VERY FAIR
Occupation	PVT. EMPLOYEE
Work Place	KALYAN
Education	M.SC
Preference	



Name	CHARAN
Surname	BEHRA
Father's Name	B. SUYQNARAYANA
Gotram	NAGESHWARA
Date of Birth	18-Jan-1992
Nakshatram	ARUDRA
Height	5' 1"
Complexion	TAN
Occupation	PVT. EMPLOYEE SVS BACHUPALLY,
Work Place	HYDERABAD
Education	B.COM
Preference	ABOVE 10TH, NO DOWRY, PAN-INDIA

Name	JAGDISH KUMAR
Surname	NARSIPURAM
Father's Name	N. SRINIVAS RAO
Gotram	HARITHASA
Date of Birth	6-Jul-1993
Nakshatram	SRAVANAM
Height	5' 7"
Complexion	FAIR
Occupation	PVT. EMPLOYEE CIGNITI TECH LTD
Work Place	HYDERABAD
Education	BE / B.TECH
Preference	ANY DEGREE, JOB MUST, PAN-INDIA

Name	MEGHASHYAM
Surname	BAGGAM
Father's Name	B. SIMHACHALAM
Gotram	ATREYASA
Date of Birth	2-Jan-1994
Nakshatram	MAGHA
Height	5' 5"
Complexion	FAIR
Occupation	PVT. EMPLOYEE SWATI INFRA TECH
Work Place	HYDERABAD
Education	BE / B.TECH
Preference	BTECH, FAIR, PAN-INDIA

Name	VENKATA SANTOSH
Surname	BEHERA
Father's Name	B SADASIVA RAO
Gotram	BHARADWAJA
Date of Birth	19-Feb-1985
Nakshatram	DHANISHTA
Height	5' 9"
Complexion	VERY FAIR
Occupation	PVT. EMPLOYEE M/S.SRINIVASA
Work Place	VISAKHAPATNAM
Education	
Preference	MIN DEGREE, PAN-INDIA, DOB-"86-"90

Name	PURNA MADHAV
Surname	UDANDARAO
Father's Name	VENKATESWARA RAO
Gotram	NAGARUSHI
Date of Birth	24-Mar-1997
Nakshatram	HASTHA
Height	5' 7"
Complexion	FAIR
Occupation	PVT. EMPLOYEE WNS GLOBAL VISAKHAPATNAM
Work Place	VISAKHAPATNAM
Education	
Preference	FAIR AND SOFT PERSONALITY;

### GET MORE PROFILES ONLINE

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

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



## SISTAKARANAM IKYAVEDIKA

ONE DIGITAL PLATFORM FOR ALL SISTAKARANAMS

## Health Page

### Feedback from patients of Accupressure Therapist— Smt. Bandaluppi Kanti at Hyderabad

**'Lekha' shared about journey of our Sistakaranam Accupressure Therapist and Yoga Trainer, Smt. Bandaluppi Kanti in one of the earlier issues. We are herewith adding more interesting content sharing precious words and feedback from her patients. This helps our readers to get more confidence and understand the various ailments that could be treated.**



"I know Mrs. Kanti for the last 15 years. Her approach towards the diagnosis of a patient's symptoms (for more better than the allopathic disease diagnosis) is unique. I have worked with famous Accupuncturists in Bangalore but Kanti's approach is different and gives much better results than theirs. I got cured of many elements under her guidance. Wishing her more success in her professional journey in coming years."

**- Dr. Prathyusha (Homeo),  
Bengaluru, Mob: 9945628482**

"I have known Mrs. Kanthi for the past 8 years. She was introduced to me by one of my patients whom I was treating for glaucoma. Kanthi garu is a dedicated therapist and has successfully cured various ailments through acupressure and yoga techniques as well as nutrition therapy. Above all, she is an honest and a beautiful human being. She's our family friend and we have had the opportunity to discuss various medical conditions. She has good knowledge about them and always strives to do best for her patients. May God help her in continuing the selfless service she has been doing all these years."

**-- Dr R Himabindu, Eye Specialist, Guntur**

"My name is Chaudhary Anjani Devi. I suffer from Rheumatoid Arthritis. Initially many doctors used to use a variety of pain killers. But there is no solution, and my fingers are

crooked. I had a lot of trouble walking. After learning about Mrs. Kanti Garu and acupressure through some friends, I was completely cured after 8 months of treatment. So far, I have not had any problem with rheumatoid arthritis."

**- Chaudhary Anjani Devi,  
Hyderabad, Mob: 9246367882**

"My daughter's name is Vaishnavi. Our daughter suffers from a neurological problem called Cerebral Atrophy. This caused a development delay. We learn about Madam Kanti and do acupressure therapy for my daughter. Now my daughter's IQ and walking skills have increased. Fits also stopped. Now no need to turn around in any hospitals. Thanks to Madam."

**- Manasa, Hyderabad, Mob: 9381081192**

"Our baby's name is Anshu. Our baby accidentally went into a coma. She has undergone treatment in the hospital for 25 days. Doctors sent her home while she was in a coma, saying that she could not recover from the coma. Doctors put a food pipe in her nose to take food and made triceps

I found out about Mrs. Kanti Garu through a friend of mine and started acupressure treatment. Within 10 days my daughter came to consciousness. The food pipe and triceps were removed within a month. Now I. Q, and speech skills are developed well. Now she is back to normal. She is also attending online classes. Thanks be to God who gave us the rebirth of our daughter in the form of Mrs. Kanti."

**- Akhilesh, Hyderabad**

"My name is Prasanna Lakshmi. My husband had recently contracted Pneumonia and had to be hospitalized. Three days later I was discharged but had a liver problem due to some side effects. I consulted Kanti Garu. Within a month after her treatment, his overall health returned to normal."

**-Prasanna Lakshmi,  
Visakhapatnam, Mob: 9640811865**

"My name is Chandrakant. I suffer from a number of health problems, the most common of which are diabetes and liver prob-

lems. I have not had any issue with these problems so far since I was treated by Madam Mrs. Kanti."

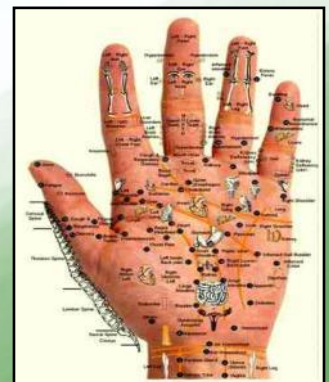
**- Chandrakant Gowd, Hyderabad**

"I had Irritable Bowel Syndrome (IBS), Chronic Spondylitis and Migraine problems. I found out about Mrs. Kanti Gary and treated them for six months. Has been untreated for six years. The whole is cured. So far, no problem. We also treated our boy for earache, tonsillitis and sinusitis which were completely cured. Thanks to accupressure and Smt. Kanthi for the same."

**- Sridevi, Hyderabad, Mob: 9640627623**

My name is Deepika. My son Y. Kedar Karthik is 7 years old diagnosed with mild to moderate Autism. Initially I tried all the measures like speech therapy, occupational therapy etc. After that I came to know from one of my family friends regarding Kanti mam. So I started going for therapy. Immediately after a few weeks we started observing small changes in my son. But after 3 months we saw a lot of variation in our kid. She gave us information about his diet. Her therapy is really effective. Basically it is a non painful and a lot of personal assistance is given by her makes it special. Thank you Kanti mam for your support.

**-Deepika, Tejo Kumar, Mob: 9000815960**



Kanti Cell: 81064 06439

**SAI DATHA**  
Yoga Centre and Accupressure Clinic

Safe and Effective Treatment For  
Diabetes, Obesity, Thyroid, Back / Joint Pain, and all types of  
General & Gynec disorders, Cerebral Palsy, Autism and all types of  
Physical and Brain disorders.

Near Cambridge School, 58H Colony, Near Shiva Ganga theatre,  
Gaddi Annaram, Dilukhnagar, Hyderabad - 500 060.

## Health Page

### Ms. Sravanthi Chowdari's simple fitness ways

'Lekha' features Ms. Sravanthi Chowdari from Australia who shares her inclination towards keeping herself fit and how one can simply execute it. She is daughter of Dr. Chowdari Prasad & Smt. Ganga Prasad of Bangalore; w/o Mr. Krishna. She shares the following which is so seems so simple and inspiring for any of us.

A healthy mind is the key to leading your happy life. The start is always difficult, trust me, but once the will power kicks in, there is no turning back. I have personally experienced this. Trust me, now a days I look forward to having my work out regularly. No, this is not in the gym but it's walking across the various lanes I see, as I walk. They are so comforting and relaxing that I lose track of my time sometimes, but what I gain is a healthy me!

There has been tremendous influence on me and a few of my friends too. Added, there is so much beauty around us, but we run for it elsewhere spending huge time and money. Small things around us have so much beauty

in them that only on noticing it, you know and understand its value.

My five years old son, Amay is also a driving force in helping me do my workouts, as he loves being outside and learn small important things of his life like counting numbers, identifying various colors, recalling names, construction vehicles and the list goes on and on.

When did this happen? It was when I was expecting my little hero and gestation diabetes hit me. My doctor advised me to try doing simple workout and see how you go. The result is I didn't go on insulin, and it's been 5 years now and sugars are very much under control.

How do I feel? Of course, very confident and stronger. I know the key to my health. Long walks and balanced diet coupled with fresh feelings. You don't have to starve and worry about losing weight. I have indeed given up many unhealthy things, but I won't lie, I do sometimes cheat on desperate days and

make up for them as soon as possible. Eat everything in moderation, avoiding junk food and drink lots of water. Home cooked meal is the best.

Nothing is impossible, it's just the small changes which bring in great results. Start doing it and when you turn around, you will surely love where you are. A healthy mind and healthy body together bring in unlimited happiness in life and live longer without any worries.

**Just plan and execute, you can do it!**

- Sravanthi Chowdari



## Beauty Page



Hand Jewelry- finger to wrist, Papidi Billa/ Maang Tikka, Ear Rings in stone



Gold plated maroon choker set



Mixed coloured beads elegant heavy choker matched with light ear rings



Chilakallapudi Rold Gold, Green Crystals matched with Green & white stones locket & huge peacock rings online



Chilakallapudi Rold Gold two rows Pearl Chain with Stone Papidi Bottu



Huge finger rings in fashion! Collected from 'West Side' Store

### Artificial Jewelry Collection



Oxidized Silver jewelry rooted from Odisha with optional ear rings, bangle & big finger ring



Mix & Match Reds Tik Tak Clip, neckwear & ear rings

-Vandana Adivishnu

# Save Planet Earth

## Protect Environment– Reduce, Reuse, Recycle

In continuation to the previous parts of "Protecting our Planet Earth", this time we are here to discuss how to control the increase in the hot weather or increasing heat all around. To control the increase in hot weather and air which are been polluted day by day. There are a number of possible ways to reduce or prevent bad weather and polluted air.

+We can reduce the usage of petrol/diesel/ gas vehicles replacing them by electrical/



battery vehicles / cycles / preferring public transports rather than private vehicles.



+Usage of air conditioning should be reduced as much as we can, which reduces the rise in heat in the environment.

+We should try to keep ourselves hydrated during summers and also avoid having oily food which will make us thirstier and more dehydrated.

+We should try to use clay pots for drinking water which provides natural cold water and also not harmful for health as fridge water.



+Drinking lemon juice, different fruit juices, and having water as much as you can helps to keep you hydrated rather drinking harmful cold drinks which excites us and tastes good but consuming them much may be harmful for our health.

+You should always carry your own cap, goggles, water bottle, any eatables and a scarf or a handkerchief or wet wipes to cleanse your sweat while travelling to your jobs daily or travelling long ways by road on a two-wheeler.

These tips help people to deal with much more heated summers and helps one to get out of exhausting situations.

Going forward, there are few more things which we should implement in our daily lives spread more and more to our near and dear ones setting an example and also we can spread through social media.

+ We can carry our own water while visiting any hotel or outing even if it's with guests it's fine, it saves money and also prevents



from any kind of illnesses occurred from change in different waters.

Infact prefer to use regularly a steel bottle that could be a long-time multiple uses instead of use and throw plastic bottles for one-time use.

+ We can pack the leftover food at hotel even if we can't consume it, because sharing such food with some needy or any street strays fills someone's empty stomach rather throwing it in a dustbin. Many of the maids or poor people can't have good food as in costly food like sweets, etc., if at all we are organizing any kind of party/small events or usually having special foods at special occasions, we should keep the leftovers in fridge rather throwing it off and serving the food to those people who can't afford to have such good food. We can also strive to promote minimal use of plastics for packaging leftover food at hotels. We can simply request the restaurants to use disposable packaging material as minimal of material such as Alu-



minum covers instead of Aluminum boxes (unless we need someone to eat comfortably in that box). Prefer to use/ suggest/ leave a feedback note to use eco-friendly disposable materials instead of plastics.



These are a few initial ways which we can implement in our day-to-day lives to for the betterment of the weather and a proper environment for the survival of the coming generations. It will help us to deal with the hot summers and also helps water savage and have an environmentally friendly life further.



We have given few remedies to reduce the present conditions of the environment if anyone knows an alternative or any better advice then please don't be hesitant to share it with your surrounding/ neighborhood to reduce the initial ways of destruction occurring on the planet Earth.

And don't forget to: -

## Reduce Reuse Recycle

- D.Shilpa



## Our Treasures

### Sanskrit phrases and their meanings

01. ajirne bhojanam visam.

This principle means that if the mid-day meal is not digested, eating dinner is equivalent to consuming poison. Hunger is a sign of the digestion of previous food. So don't take food again without hunger.

02. ardharogahari nidra

Proper sleep will cure half of your diseases. Just as food is important to a human being, adequate sleep is equally important. A healthy person should sleep for at least six hours a day. Sleep helps the main organs like legs, hands, heart, brain, etc., to be digested and function properly due to physical activity. Such people do not get sick. So the meaning of this saying is that a good sleep eliminates half the diseases.

03. mudgadhali gadhavyali

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

04. bagnasti sandhanakaro rasonaha

Garlic mixes with broken bones. The bones and their joints are strong in those who eat garlic frequently.

05. ati sarvatra varjayet

Anything that is over-eaten, even if it tastes good, is not good for health. Eat in moderation (less).

06. nastimulam anausadham

There are no vegetables that have no medicinal benefit to the body.

07. na vaidya prabhuyuyusa

No doctor is the lord of our longevity. Doctors have certain limitations.

08. cinta vyadhi prakasaya

Worry can aggravate illness.

09. vyayamasca sanaihi sanaihi

Do any exercise slowly. Fast exercise is not good. Walking also comes into this.

10. ajavat carvanam kuryat

Chew the food you eat like a goat. Never swallow food anxiously. Saliva helps in digestion first.

### Jainism

Jainism is upheld by the teachings of tirthankars. There have been 24 tirthankars in the history.

Tirthankar is a spiritual teacher of dharma, saviour, sage and an enlightened master in Jainism.

The last tirthankar is Mahaveera. Tirthankars have conquered samsara the cycle of birth and death, and attained Keval Jnana (Omniscience). Keval Jnana is equivalent to Brahma Jnana in Hinduism. They understood

the true nature of soul, and attained moksha (liberation).

Tattvartha sutra, is well accepted scripture. In modern Jainism, there are two sects namely swetambar and digambar.

Both these sects accept and revere Tattvartha sutra as scripture that gives the attributes of nature, and the truth.

They put forth the nature of the unchanging, undying and underlying reality.

This scripture dwelves into the nature of intelligence, mind and knowledge. It classifies the type of knowledge and shows that

they are transitory and not permanent. The ultimate knowledge is Keval Jnan, which is not transitory.

The scripture also dwelves into different kind of beings (Jeeva), their nature, their bodies, and souls. It later dwelves

into different worlds, celestial beings, and many concepts of life, and matter. It also gives the theory of Karma, and layout

different methods to practise spirituality to get over the bondage of Karma, and to shed Karma. In order to attain liberation (moksha)

one has to raise above delusion, destroy janana-avarana (knowledge sheath), darshanavarana (perception sheath or sensory sheath), and destroy antaraya (obstructing)

karma. As said in vedas, it also puts forth that one needs to raise above the emotions and qualities to become liberated.

It declares that upon liberation, soul reaches the end of the universe beyond which there is no matter.

True seekers find commonalities between religions and raise above the religion to understand the true spiritual meanings, because

God or the reality is beyond religions and teachings.



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

## Iky Vedika Page

### The Lekha Team

#### CHIEF EDITOR



**Chandrababu JV**  
80748 00939

#### HON. EDITOR



**Lakshmana Rao S**  
92477 83307

#### ASSOCIATE EDITORS



**Chandramouli Dabburu**  
70139 42649



**Avilala Sridhar**  
70757 35811



**Ravi Karakavalasa**  
96522 33372



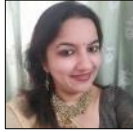
**Arti Patnaik**  
83191 11213

#### PUBLISHER



**Naraharinath S**  
98814 03533

#### DY. PUBLISHER



**Vandana Adivishnu**  
80560 18566

#### CORRESPONDENTS



**Naresh Dashimantri**  
96405 67625



**Narasimha Rao Mantri**  
87127 15448



**Dasamanthura Shilpa**

### 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>

### Online / Social Media Team



**Bharat Vikas**



**Yagna Vivek**

### Other Ikyavedika Members, Patrons



**Naresh Dasimantri**



**Suresh Dabburu**



**Bala Gangadhar Mantri**



**Maheshwar Nagumantri**



**Srinivasa Lumburu**



**Rajesh Ampalam**



**Anantha Prasad D**



**"Kavi" Murthy**



**Narayana Rao M**



**Shravan Rayagada**



**Satyarao Balivada**



**Gowriprasad K**

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

## Calls Out to You

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

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

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