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## Straightforward by Balivada Haribabu

Sistakaranams means... noble and pure Indian offspring, it is said. Of us however... the saying, do not trust a karanam person even when he reaches the graveyard... from the time of that saying to this day, is something that was created by cowards.

Shall we at least respond with our thoughts to those who create this? Have we betrayed anyone? Have we grabbed lands? If not, then what is the betrayal we have committed if that one should do not believe till death?

Jatasya Maranam Dhruvam – Thus spoke the God. Ghantasala's translation – Death is inevitable for every living being born. It also means that they will be reborn according to their karma. So, why the fear and cowardice? Let's all go back in time machine like Aditya 360 and see how brave our ancestors were. Let us know the noble deeds of our ancestors.

Some of them have done countless efforts and services in the field of literature like Late Sri Dabhiru Venkataraya Bishwagaru, Dabhiru Bhaskara Tirthulu, Kallepalli Varaha Narasimhavaya Karana, Kallepalli Venkata Nrisimha Murthy Kaveendru, Lakshminarayana Patakulu, Dabhiru Dalaya Patakulu, Dabhiru Bhaskara Kaveendru, Baliwada Varaha Narasimhulu, Venkaiah Siddhanti garu, Mangayya Siddhanti garu, Bhimrao Patrudu garu, and hundreds of poets like them who are great achievers.

Our presence was felt in the freedom movement in the form of many patriots. During the freedom struggle, the Sistakaranams worked diligently and intelligently for the

development of the country. Lot of them as teachers have a taken special place. It is said that there is no parallel to our people as teachers. According to late Rao Saheb Sri Gidugu Venkata Ramamurthy Panthulu, in writing, in mathematics, in Vipula Astrology, there is always a great growth in the land and Sistakaranams should get a lot of credit. That means we can see where our level was in service of the nation. There are many illustrious families. They have provided food for others. They have provided shelter and eating facilities to fellow community members. Our forgotten forefathers were patriotic devotees of the nation and protectors of Sanatana Dharma. They could not be defeated by anyone in arguments on matters of dharma, patriotism and justice. They were all who we proudly call Sistakaranams. There were many martyrs who were Sistakaranams.

There were brave women who sacrificed their property and lives. I want to write a compilation introducing Sistakaranam warriors. That's why I claim proudly that I am a Sistakaranam...

To let future generations wonder, was that our past glory? What is it now? This is my straightforward with the intention to convey that...

When many young men and women talk to me, the only thing I say is that it is easy for the society to dominate us, but it is important that we stand up in the society and do what we have done for this country, by encouraging the youth... this your Baliwada Haribabu's straightforward.

## 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).



## Newsmakers

### Distinguished Service Awards

Adarana Welfare Society of Markapur Town in Prakasam district in Visakhapatnam awarded Vishita Seva Ratna awards on the occasion of International Volunteers Day in a program organized by them. Among the recipients of these awards, are our eminent personalities Dr. Dabbiru Srikanth, Sri Baliwada Haribabu and Sri Baliwada Sathya Rao. Let's congratulate them on behalf of "Lekha"



### Sri Govind as NGO Secretary

Resident of Srikakulam and prominent Sistakaranam leader Sri R. Govinda Patnaik, Superintendent, BRR Vamsadhara Circle, Srikakulam was elected unanimously as Organizing Secretary of Srikakulam NGO District Association.



### "Arasam" Poets Conference

Congratulation to our talented poet & Sahrudaya Sahiti - Visakha president Sri Sekharamantri Prabhakar who recited poetry in the poetry gathering held under the auspices of Arasam (Progressive Writers Association) in Visakhapatnam with Visalandhra book exhibition as the venue.



### Sri DVR Murthy attends International Conference

Sri Dabbiru Venkata Ramana Murthy of Hyderabad participated as an invited delegate in the International Conference on Geo-Informatics for Sustainable Future Earth held from 1st - 3rd December 2022. Osmania University, Hyderabad. He said he felt honored by the felicitation for being the Chairman of a Technical Session at the Conference.

He is seen with Professors of Telangana University, JN University Delhi, Osmania & Andhra Universities, HOD, Dean of Examinations, and other faculty.



### Sri Umamaheshwar Rao's Honors in 2022

Mr. Behara Umamaheswara Rao, an accomplished children's writer from Parvathipuram, has received many awards in the year 2022.

- Award from "Naramsetti Bala Sahitya Peetham" on 13-21-2022 along with Rs. 5,000/-.
- A shawl along with Rs. 5,116/- was awarded by "Abhinandana Seva Sansthan" Vizianagaram on 14-10-2022.
- Felicitation by the Director of "TV Tourism" on the occasion of World Tourism Day 27-09-2022.
- "Balabata" children's monthly magazine's felicitation on the occasion of "Azadika Amrit Mahotsav" on 15-08-2022.



### Best Student Award

Chi. Gandreti Gautham Patnaik, prominent Sistakaranam Sri Manapuram Bhaskara Rao's grandson (daughter's son), son of Sri Gandreti Paramesh & Smt. Sudha, was felicitated at Dadi Institute of Engineering Anakapally. In the technical event Mizoram Governor Hon. Kumbhampati Haribabu presented him with the best student award. Heartfelt congratulations and best wishes were extended from the family members of the Endada Branch Sistakarana Seva Sangam Executive Committee.



## Newsmakers

### Young delegate in space scientists' conclave

Australia's High Commission to India Ms. Sarah Storey talks about Venkat Raman Patnaik on her official Twitter handle.



Our Sistakaranam space scientist of 9 nine years age. Master Venkat Raman Patnaik recently attended Space Technologist and Scientist Conclave last month as the youngest delegate. He is known as a wonder boy. Feeling proud. God bless him.

Lekha congratulates him and his parents. Blessings to the proud boy for a bright future. Our Sistakaranam Monthly tabloid Sistakaranam Lekha covered him in an article published in December 2022 issue.

### Chi. Niharika dance performance

Rajahmundry Rajanagaram resident Sri Dabiru Janakiram's daughter Chi. Dabiru Niharika received a certificate of appreciation and a memento from the organizers on her participation in the dance festival held at Kakinada on 11-12-2022. Let's congratulate her for getting appreciation on participating with 800 dance artistes in this mega dance festival.



### Statue of Gandhi in father's memory

The statue of Mahatma Gandhi was erected in the memory of late Uriti Govardhana Rao by his son Sri Uriti Kiran Babu in the government school of Yarrabadu village in Srikakulam district. The bust was unveiled by the honorable legislator and former Dy. CM Sri Dharmana Krishna Dasu. District Collector Sri Lath Kar was also present in this program.



### Indian Achievers' Award 2022 to Sri Sudhir

Sri Sudhir Dasamantharao, New Delhi, Director & Head - Global Business Services - Asia Pacific, Boston Scientific, was honored with Indian Achievers' Award 2022 in a function held recently. Congratulations from Lekha.



Sri Sudhir is a leader who has built multiple teams across locations and lead multicultural teams, working in global roles delivering great value to organizations. He is on the advisory board for many organizations. A passionate leader coaching and developing people. A sought-out speaker for many forums. His contributions in education where he shares his knowledge and experience at various B schools & Institutes. An active contributor in Shared Services Industry and Innovation. Overall, a leader who strives FOR excellence in integration of Education, Industry and Government policies.

### Sri Nagaraju felicitated by Minister Roja

VJF Media Awards Committee Chairman, Senior Journalist and Choreographer R. Nagaraju Patnaik was felicitated by State Culture and Tourism Minister RK Roja. Nagaraju Patnaik Roja, who was acting as the judge of the folk-art forms, was honored during the Uttarandhra Zonal Level Competition of Folk Classical Art Forms being held in the name of Jagananna Golden Jubilee Cultural Festival at Siripuram VMRGA Childrens Arena. Nagaraju Patnaik has been giving special training to hundreds of children in traditional styles for 18 years through an organization called School of Theater Arts, and grooming them to be selected for national and international level performances. He is bringing prestige to Visakha and India by performing in various International Folklore Festivals held in countries like Thailand, Sri Lanka, Indonesia and Nepal, along with the notable programs organized by the central and state governments.



### Nari Shakti award to young pilot Chi. Varsha

Let us congratulate our sistakaranam young lady pilot from Odisha Chi. Kottakki Varsha (proud daughter of Smt. Bipasha Kottakki and Late Kottakki V Satish). She will be a commercial Pilot soon with her Commercial Pilot License. She has been awarded Nari Shakti Award in Odisha Conclave held on 3-12-2022 under the able Leadership of Sri. Naveen Patnaik ji, Honourable Chief Minister of Odisha.

Hearty Congratulations from 'Lekha' to Chi Varsha from the state of Odisha from which state legendary pilot Late Biju Patnaik hails.



## Newsmakers

### Gold medal to Chi. Gayatri

Congratulations to Chi. Kashimahanthi Gayatri, from Meghavararam, Borubadra, Srikakulam district, who is studying in class 9, for her gold medal in the state level painting competition. Chitra Kala Parishad, Amalapuram presented the gold medal for her painting.



### Excellence Service award to Sri Umashankar

Lekha congratulates our Krishna Dist. Sistakaranam Sangham President Sri Gumma Umashankar Rao Patnaik from Vijayawada for being honored with Excellence Service award for his services in Lions Club from the hands of Lions International Immediate Past International President & LCIF Chairperson Ln. Sri Douglas X. Alexander in a function organized on 13-12-2022 at Vijayawada during his visit to Lions Club Dist.316D Vijayawada.



### Sri Suryanarayana Murthy is "Surya" staff reporter

A meeting of the district reporters of Surya Telugu daily was arranged at Parvathipuram Manyam district center. In this meeting, Sri Rajamahanthi Suryanarayana Murthy, a senior journalist from Parvathipuram, was appointed as a new staff reporter for Manyam district. Let's congratulate Sri Suryanarayana Murthy for taking up all the responsibilities as a staff reporter.



### Sistakaranams in World Telugu Writers Mahasabha

Our talented poets, writers and authors who participated in the 5th World Telugu Writers Mahasabha held at Vijayawada on 23-12-2022 and 24-12-2022.

1) and 2) Sri Behara Umamaheswara Rao garu spoke on the topic of social changes-literary processes in the conference held on the stage of NT Rama Rao, and received appreciation.

3) Book launch of "Prapancha Telugu Kavi Kiranalu", a collection of poems by Sri Sarathkavi (Sri Dabbiru Venkataramanmurthy) and Sri Moturi Narayana Rao. It was held in the presence of writers and poets on Adikavi nannayya stage.

4) Sri Sekharamantri Prabhakar received the poet's honor on the stage of PV Narasimha Rao on 24-12-2022

5) and 6) Sri Sadashivuni Lakshmana Rao as the third poet in a sequence of the Kavisammelan, recited the poem Rytannaku Satakotivandanula and received the honor and appreciation.

He also posed for a photo near the world's largest book on display and for sale in the premises. (Divyavedavani... Pages 4100 Size 15x20 inches... Weight 28 Kgs. Price... Rs 24,000/- Mobile Phone 9441200322).

7) Under the direction of Bhogela Umamaheswara Rao (Umakavi), founder & president of Sahitya Chaitanyakiranalu, Bala Katha Nilayam, a collection of poems with 60 poets who attended the World Telugu Mahasabha on Telugu language was unveiled by Sri Moturu Narayana Rao from Hyderabad and others. It also contains Sri Dabbiru Venkata Ramana Murthy's poems "Teeyanainaa Telugu Bhasha".

Let's congratulate our accomplished writers & participants

- Sadashivuni Lakshmana Rao



### Sri Suresh's book launch by Harshavardhan

The book launch of 'Kavitha Chitram' written by actor and writer Mr. Basangi Suresh and the preview of the film 'Matti Manish' starring him in the lead role was held on 18th December at Ramanaidu Studios in Hyderabad.

Actor, writer and director Harshavardhan was the chief guest and PadmaSri awardee Chintala Venkata Reddy was the guest of honour. The book launch and film preview were hosted by Harshavardhan. He said that PadmaSri awardee Mr. Chintala Venkata Reddy is a scientist, and his success is not a small success, that the demo film 'Mattimanishi' made with his inspiration is commendable, that Basangi Suresh has done well in the lead role in Mattimanishi, and wished that this will serve as a good promotional film for him. Speaking on the occasion, Shades Studio CEO Devi Prasad said that Basangi Suresh is very



passionate about the film industry, having taken voluntary retirement from government job and making short films, thus inspiring people like us.

On this occasion, the LEKHA team congratulates Sri Basangi Suresh

## Editorial

### "Soft Conversation"

#### With New Year Best Wishes....

Heartfelt salutations from "Lekha" to all Sistakaranam relatives.

December 22 witnessed Sistakaranam unity in society. This is unique in the various aatmeeya gatherings held from Delhi to Parvathipuram.

Our talent has come out in various fields. Let's hope it continues like this.

Now Let us talk about "soft conversation"...

Our folks are known for eloquence. But sometimes, the self becomes self-destructive.

In the Gita, God tells man to learn to speak pleasantly. He does not want words that are provocative or incoherent. And, not to react immediately when one hears such words. There should be words that reflect the truth, be loved, and seek the interest of the other person. One who can speak like that is called 'Vak Tapasvi'.

No one should feel that a man is speaking to justify himself. If that is the intention, it is better for him not to speak.

Speaking carefully is not something everyone can master. Maharajas used to appoint those who were skilled in speech as ambassadors and ministers. Hanuman in Ramayana, Vidura, Sanjay in Maha Bharath, Krishna Raya's minister Timmarusu... were such talkers.

Words like good pearls always shine. They are forever heard by scholars and laymen alike.

The intent should not be only to criticize people and systems, but the words spoken with similes, which are subtle with idioms and show the wisdom of the world, not only give an opportunity for self-criticism, but also stand the test of time.

Not speaking when you have to speak is also a great sin. According to analysts, Dhritarashtra's silence when needed was the main reason for the Mahabharata war.

People need to realize that the freedom that comes with freedom of speech is significant, but its purpose is to speak the truth fearlessly.

Words have a magical effect. That should be a blessing but not a curse. People should be united but not separated. If we have that understanding, we will all become magicians!

With these kind words, let's take advantage of all the opportunities of our English New Year, help each other, help OBC movement and move forward in the path of development.

Wishing you all a Happy New Year.

"Lekha" team

"Sarva Sistakaranam Jana Sukhinobhavanthu"

- J.V. Chandrababu



## Interview

### "Golden days ahead"

**A gold covering businessman committed to bringing golden days to the Sistakaranam community. Wondering? He is a ground level person, either in his business or on the social activities' ladder. Akkumahanthi Raja is remembered by all Sistakaranams for his towering personality, both in appearance and actions. Presently working as Vice President for Krishna District Sistakaranam Association and Honorary Advisor for Andhra state Sistakaranam association. We explore him further.**

**Please share about you.**

My grandfather, Akkumahanthi Chalapathi Rao was from Guduru village near Machilipatnam by virtue of his job. Later, he came to Machilipatnam as Executive Officer in Sri Mallikharjuna Swamy temple. My father Akkumahanthi Rama Rao was also born and brought up in Machilipatnam. I am into gold covering business. I began my career as a gold-covering worker for Rs. 75/-. Today, I am the owner of the Chitra Gold Covering Company, which was named after the singer Chitra during her visit to us. Today the brand earned popularity in A.P.

**Your social activities please**

When I was working as Director of Krishna District Grandhalaya Samstha, approximately five thousand saplings were brought from Kadiam and planted in schools, colleges, hospitals and bus stands, both sides of roads in Machilipatnam. These plants were distributed free of cost in improving the environment and completed the task by 100% achievement.

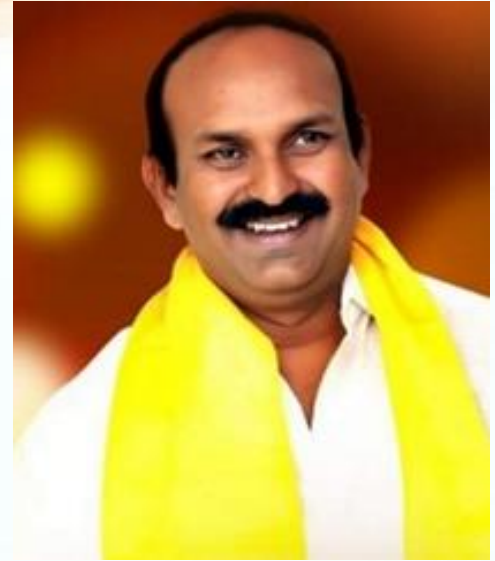
**We came to know about "Sistakaranam TDP Sadhikara Samithi". Please throw some light on it.**

Telugu Desam Party National President, Sri Nara Chandrababu Naidu, General Secretary, Nara Lokesh, Andhra State President, Kinjarapu Acham Naidu, and State BC Federation President, Sri Kollu Ravindra established "Sistakaranam Telugu Desam Party Sadhikara Samithi" and appointed a convener along with 14 members. I am appointed as the state convener for this samithi. For the formation of the Telugu Desam Party government in the coming year 2024, the convener and members of this Sistakaranam Sadhikara Samithi shall work as a bridge between the party and the people and assure the TDP of the support of the Sistakaranam caste in unity during the election.



**How did you meet TDP?**

Serving the Telugu Desam Party for the last 30 years, first as the Ward Secretary, then as the Representative of Machilipatnam Town, District Secretary of Krishna District and presently as the AP State Convener. I



#### Sri Akkumahanthi Raja

Father:	Akkumahanthi Rama Rao
Mother:	Lakshmi
Wife:	Surya Chandra Kumari
Son:	Om Pavan Rohith
Daughter:	Bhavya Sirica
Nativity:	Machilipatnam

grew step by step from that day till today in the TDP. I am now working under the leadership of Sri Chandrababu. The issue of OBC was discussed with Sri Nara Chandrababu and assurance was taken. Talked to BC Commission for giving BC Certificates to Sistakaranams of Nellore and took the assurance. Moreover Sistakaranams are politically not active, If our party comes in power, I assure to get many nominated posts to our community.

**What are the objectives of this Samithi?**

The objective of the "Sistakaranam TDP Sadhikara Samithi" is to recognise the active leaders and activists among our caste members across the AP State, who in turn identify the location of our Sistakaranam family members living all over the state of Andhra Pradesh by their status, professions, and region/district/parliament/assembly constituencies wise, so as to bring the problems of our community members to the notice of the leaders in power.

**Your opinion on Lekha.**

Each one of us is thinking of doing something for this society, and this Sistakaranam Lekha comes only from that idea. It is great to introduce our obscure people to us. Lekha's team deserves appreciation.

**The tasks before Akkumahanthi Raja are very big and our help is greatly needed. Lekha wishes him all success in his endeavours.**

## Open Forum

### Important Days in January (Known, Unknown)

January 1 – Global Family Day:

Everyone knows that January 1st is English New Year Day, but we are leaving out another important thing – January 1st is Global Family Day which means – we, along with our family – the whole world is one family. It is a day to say that everyone is one family regardless of caste, religion, region and country. Global Family Day theme fulfils when all of us contribute to world peace, global climate balance and move forward in unity – leaving differences and hatreds aside.

On this day all the leaders of the world should think about the Global Family. All Countries across the globe should be led with a positive attitude. Then only we can see a Global family of coexistence, equanimity, and egalitarianism on this planet.

January 9 – Pravasee Bharathiya Diwas:

We celebrate this Day in recognition of the service rendered by Indians abroad not only to their respective countries but also to India. This year this day is officially celebrated by the Government of India from 8th to 10th in Indore, Madhya Pradesh.

January 12 – National Youth Day:

We celebrate the birth anniversary of Swami Vivekananda, who showed India's greatness to entire world, as National Youth Day on January 12th. Today's youth in India is India's greatest asset. There is a need for the youth of our country to fly our glory all over the world and shoulder the responsibility to take the future of our country to immense heights. Today's youth need to lead our country with moral values and to keep the country on top of the globe and lead the nation with inspiration and aspirations of Swami Vivekananda.

January 14, 15, 16 – Bogi, Sankranti, Kamuna festivals:

These are the main festivals of Telugu people, which celebrated with happiness along with relatives and friends. The lights of Telugu homes are lit up with Joy and cheer People celebrate these festivals with love and affection as the crops come and homes become granaries in the countryside.

January 24 – National Girl Child Day:

Today girls are looked down upon in society. The Government of India observes this day under the Department of Women and Child Welfare to focus on girls. The day is celebrated to create awareness about inequality on the girl child, their education, their nutrition, and their legal rights etc.

January 25 – National Voter's Day:

To know about this day, first we know about the rights of voters, abuse of votes, influence of politicians on voters. If they were to be written elaborately, it would be a comprehensive book. So, I will mention only some important points

here.

India is the largest democratic country in the world. The rulers are elected by the people through their votes, but our people cast their vote because they must vote for someone, knowing the candidate's inefficiencies. Once upon a time political candidates with moral values were contested. All those who are contesting now are selfish. Are the political parties fielding candidates with moral values? If No - is the answer,

does voting for any of the contenders or any political party strengthen our democracy?

Will anarchy, corruption and injustice be reduced?

As per the Sanskrit Saying Yatha Raja Tatha Praja- If the leaders are corrupt, then the government employees, contractors, and the public will also be corrupt. Is it not?

And what do we get by voting? There are no answers to these questions.

But there is a solution - the NOTA. The only solution to say, "None of The Above" (NOTA), the button at the end of the ballot box is to say, "None of The Above", when the contesting candidates are undeserved.

It is the only means of expression that the contestants are not the right ones. If these votes are more than politicians / parties will realize their mistakes.

This requires awareness among voters.

January 26 – India's Republic Day:

The Constitution of India was passed by the legislature on 26th November 1949 and came into force on 26th January 1950. The historical reason for choosing the date of January 26 is that on January 26, 1930, the Indian Congress Party resolved and called upon the people to celebrate Independence Day as an expression of the desire for Poorna Swaraj - complete independence. In many towns and villages across the country, Independence Day was celebrated on that day with discipline and expression of freedom.

January 30 – Martyrs' Day:

We celebrate the death anniversary of Father of the Nation Mahatma Gandhi on 30th January as Martyrs Memorial Day. Mahatma Gandhi was the main person who led the freedom struggle of India non-violently and won the independence of our country. Martyrs Memorial Day is a day to pay tribute to him and remember the other martyrs who sacrificed their lives for freedom.

Happy January Month and Sankranti festival greetings to all relatives.

*Yours affectionate Relative*

*Anantha Prasad Donkada*

*Mob: 99 63 43 67 16*

*email: apdonkada@gmail.com.*

### Difference between Gratitude and Thanks

Gratitude (kritagnata) and Thanks - What is the difference in meaning between these two words?

1. Krit means what is done. Gna means awareness. Gratitude means not forgetting the help done. To mean I will not forget what you have done – we say "grateful". Mere remembering is not enough.

Nothing should be taken for granted – we will go into debt.

We have to be born again and again till repayment is done.

Therefore, when possible, we should know how much to give in return, according to our condition at that time, and pay it with conscience. When we can't, we say "I will die and be born to you", right! Saying that I will serve you as your son and repay my debt. Debt has to be repaid in one birth or another.

Escaping death from the house of was with Vidura's help, the Pandavas lived in Ekachakrapuram in a Brahmin's house with their mother under the shelter of the Brahmin.

One day, he had to send someone as food for Bakasura the demon. They were contemplating spiritually. In the end it is the host who decides to become the prey.

Kunti Devi, who was listening to all these things says to him that you gave us shelter, I was thinking about how to pay off this debt. The opportunity has come now... and she convinces the Brahmin. She says "I will send my son. You relax." (Her sons weren't around.)

However, Dharmaraja comes with a question "Do you think Bhima is dispensable?" She then recounts when he was a small child when a lion chased her in the forest. Bhima slipped from her lap and crushed rocks when landed. Then she heard Akasavani words "He will destroy the Kauravas". She said that she is sending him knowing that he will eliminate the menace of that Bakasura.

(Just think, which mother dares to do this.)

2. My troubles are over because of your help. My life is now meaningful ... To express that, we say Thank you.

There is a difference between the two, right!

- Compiled by J.V.Chandra Babu

## Support Arena

### Helping the deaf on occasion of birthday

Smt. & Sri Potnuru Uday Bhaskar's daughter Chi. Sindhura's birthday was celebrated by her grandparents Smt. Nirmala & Sri Murty Patnaik by providing essential items to orphans of Care & Lovely Children Society. This program was also attended by District Sistakarana Sangham president Sri Godawa Prabhakar Das, Vice president Sri Murty Patnaik, General Secretary Sri Balivada Haribabu, Sri Sivaji Patnaik and Sri G Satya Rao.

### Deepotsavam of disabled

Rice sacks and sarees were distributed to the differently abled in Vizianagaram district on Divyangula Deepotsavam, by Smt. Kirti Patnaik.



### Grant of tricycle

As per Srikakulam Red Cross Society President P. Jaganmohan Rao's instructions and under the auspices of Srikakulam Senior Citizens Welfare Association President Balivada Malleswara Rao, a tricycle was granted from the Government Department of Disabled Persons and handed over to Srikakulam Elisipuram range guardian Sri Vadada Vaikuntha Rao. Associate President Sri Soma Sundaram, Sri TS Prasad, Sri MSRS Prakash Rao, Sri Narasimhamurthy Chinmai Rao, Sri Somasen, Superintendent of the Department of Disabled Persons, and staff participated in the event.



### Parvathipuram Sistakarana Sangham event no.1

Chilakalapalli Mahesh (Nani), a relative of ours who lives in Dangidi Vedi, Parvathipurampattanam, Parvathipuram Manyan district, used to work as an attendant in the Lions Club School and made ends meet with his meager salary. Even that little support that was there is gone during. Later he came up with the idea of standing on his own feet and approached the committee to help him in selling roadside posters, maps and greeting cards during the Christmas, New Year and Sankranti seasons.



literally four thousand rupees in the meeting held today.

"Manavallaku Mana Sahayam" group gave Rs.2500/- while our Jayababu (Belagam Jayaprakash Narayan) gave Rs.1500/- as his contribution.

In response to this, he was given Rs.4000/-

### 120 Hours Free Medical Camp by Sri Umashanker

Congratulations to Sri Gumma Umashankara Rao Patnaik for his gesture of conducting free medical camp from 15-12-2022 to 19-12-2022 (120 Hours continuous) at Vijayawada Sri Sri Sri Kankadurga Ammavari Temple on BHAVANI MAALA DEEKSHA VIRAMANA programme, and daily prasadam distribution to devotees and Bhavanis.



### Sistakaranam helping hands event 17

Dear Relatives... On 01-01-2023 i.e. Sunday, at 10 a.m. Machinery and materials required for garam masala packets business will be purchased in the presence of relatives in Vizianagaram wholesale market and all bills will be secured. Later, the same day at 2 pm all the names of each and every donor will be read to Mrs. Kuppli Parvati in the presence of the relatives and will hand over the materials and the remaining Sahaya Nidhi (amount remaining after purchases) for the main relief program. We request every relative to join us while purchasing of items and/or near the ceremony of handing over the Sahaya Nidhi.

- Admins

### Free eye medical camp a success

In Vizianagaram town Brundanvanam Apts, Apartment President MPG Iswara Rao, Secretary SKM Basha organized a Free Eye Camp in association with Swamy Eye Hospital.

Speaking on the occasion Sri MPG Iswara Rao said that about 200 people have undergone tests in this medical camp. About 50 people were provided medicines for their eye operations, and medicines for others. In this program, Apartment Treasurer Rama Rao and other committee members participated.



## Support Arena

### Maanava Seva – Maadhava Seva Sistakarana Seva – Swachamaina Seva

Sistakaranam Philanthropists are now on right path in extending help and service to needy and poor sistakaranam families. Thanks to persons like Sri Pakki Umamaheswara Rao of Visakhapatnam and Sri Anantha Prasad of Hyderabad (of Sistakaranam Helping Hands Whatsapp Group – done 16 events till now), Smt. Keerthi Patnaik of Visakhapatnam (of Sridevi Vignanjyoti Parishkar Charitable Trust – done many service activities), Smt. Sanjukta Patnaik from Kakinada (of Sistakaranam Lifting Hands Whatsapp Group – done two Events till now), Dr Kuppili Suresh garu of Visakhapatnam (Attending free medical camps) and Sri Pakki Ravindranadh of Parvatipuram (of Manavaallaku Mana Saayam Whatsapp Group) etc. who are doing yeoman

service to the needy sistakaranam families. Though these groups and units are being run by our mediocre or moderate Sistakaranam people, it is observed that many of the rich to very rich Sistakaranams are not participating in these activities, feeling that it is not their cup of tea. I hope in future some of them may also join in this brigade of social service of Sistakaranam Self-Help.

Request to all Sistakaranam members – Please refer the names of needy and poor Sistakaranams you come across to us, so that they can be given some help by the above groups after personal enquiry.

-Sadasivuni Lakshman Rao

### ISO Certification to Trust

“Lekha” Congratulates Smt. Dr. Kuppili Keerti Patnaik on her getting ISO 9001-2015 certification for her organization Sridevi Vignan Jyothi Parishkar Charitable Trust (Regd. 47/2010), Visakhapatnam on 16-12-2022.



## Free Medicines by courier for 100 days



**SOLEEN**  
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 - AISKA

### AISKA 2nd Virtual Meeting Held



The AISKA 2nd virtual meeting was held on 25/12/2022, Sunday at 4 pm by the elected President of AISKA, Sri Dabiru Krishna Rao Sistakaranam. Out of 63 elected Members from various States, 36 Members participated actively from India & abroad. Sri DVR Murthy announced the team members chosen by the President of the All India Sistakaranam Association. He has announced the names of Advisory Board members, Vice Presidents, Secretaries, Joint Secretaries, Organizing Secretaries, Publicity Secretaries, and E.C. members across the country and also announced the All India Marriage Bureau Committee. Further, he announced Sri. A.V. Nagarjuna, S/o Sri Late A.V. Jagannadha Rao, who was the then Secretary and a great leader for the community, as General Secretary and Sri. G. Umamaheswara Rao as Treasurer. All 63 Members were designated for various responsibilities. The President welcomed all Members to come forward and share their suggestions to uplift our community. All the members have expressed their happiness and willingness

to work with AISKA.

Sri. Polumahanthi Umamaheswara Rao, designated as Vice President (AISKA) stated that Sri D.V. Krishna Rao will work hard to get the OBC with his political support. Further, he has also suggested to invite the 63 members with families, i.e., 126 members, for a physical meeting. The President AISKA has accepted the proposals to invite AISKA Members with families. Dr. Chowdari Prasad, designated as Vice President, who is in Australia at present, attended the meeting, and the President appreciated his interest in the community. He has also proposed framing the bylaws and assigning responsibilities to each member. He made suggestions for the development of the community and raised the question of whether the term of the body is two or three years. Sri D. Bharath from New Delhi designated as Vice President has attended the meeting and suggested not to make publicity about O.B.C and also suggested to frame the Bye-laws for the society. The President of AISKA

Sri D.V. Krishna Rao has expressed his happiness at the discharge of Sri D. Bharath from the hospital and prayed to God for a speedy recovery. Further, he explained about the cooperation given by Sri. D. Bharath in New Delhi for OBC meetings. The President has explained that we will get OBC in the near future.

Sri. D.V. Ramana Murthy, Vice-president congratulated all the Members and appreciated their valuable suggestions. All members have appreciated the President AISKA for a selection of his team members said thanks to him, and promised that they will work with the President AISKA Sri D.V. Krishna Rao in community development. Sri. Barli Vijaya Kumar, designated as Admin Secretary conveyed vote of thanks. Finally, the President invited all AISKA members to a personal meeting with families in Hyderabad on February 11 and 12, 2023 (the second Saturday and Sunday).

### AISKA New Committee

S.NO.	NAME	POSITION	STATE	S.NO.	NAME	POSITION	STATE
1	Sri. D.V.Krishna Rao	President	Telangana	33	Sri. P.Srinivas Rao	Joint Secretary	Maharashtra
2	Sri. P.Uma Maheswara Rao	Vice President	Andhra Pradesh	34	Sri. Dasamantri Naresh Kumar	Organising Secretary	Telangana
3	Sri. D.V.Ramana Murthy	Vice President	Telangana	35	Sri. Behara Nagabushana Rao	Organising Secretary	Andhra Pradesh
4	Smt. Setumahanth Seeta Lakshmi	Vice President	Odisha	36	Sri. S.Babu Rao	Organizing Secretary	Andhra Pradesh
5	Sri. D.S.Bharath Kumar	Vice President	New Delhi	37	Sri. R.Bhima Rao	Organising Secretary	Uttar Pradesh
6	Sri. Dr. Chowdari Prasad	Vice President	Karnataka	38	Sri. B.Vijay Shankar	Organizing Secretary	Jarkhand
7	Sri. V.Mohana Rao	Vice President	Uttar Pradesh	39	Sri. Lumburi Srinivas	Organizing Secretary	Chhattisgarh
8	Sri. B.Ramesh Patnaik	Vice President	Chhattisgarh	40	Sri. Sadasivuni Venkateswara Rao	Publicity Secretary	Andhra Pradesh
9	Smt. Rajkkumari Patro	Vice President	Chhattisgarh	41	Sri. Raghu	Publicity Secretary	Telangana
10	Sri. V.Umaheswara Rao	Vice President	West Bengal	42	Sri. B.Srinivas Patnaik	Publicity Secretary	Andhra Pradesh
11	Sri. Dasamanthurao Sudhir	Vice President	Haryana	43	Smt. S.V.Lakshmi	Ec Member	Telangana
12	Sri. D. Krishna Kumar	Vice President	Maharashtra	44	Sri. Uriti Santosh Kumar	Ec Member	Karnataka
13	Smt. Vandana Adivishnu	Vice President	Tamilnadu	45	Sri. P.V.S.Krishna Rao	Ed Member	Andhra Pradesh
14	Sri. M.Srinivas Patnaik	Vice President	Jarkhand	46	Smt. A.Bhagyasree	Ec Member	Odisha
15	Sri. A.V.Nagarjuna	General Secretary	Andhra Pradesh	47	Sri. Ch.Srinivas	Ec Member	Goa
16	Sri. B.Vuay Kumar	Admin Secretary	Telangana	48	Sri. Santosh Kumar Patnaik	Ec Member	Assam
17	Sri. G. Umasankar Patnaik	Treasurer	Andhra Pradesh	49	Sri. U.J.M.Rao	Chief Advisor	Andhra Pradesh
18	Smt. Kurada Pavani	Secratery	Andhra Pradesh	50	Smt. Aguri Lela Kumari	Principal Advisor	Andhra Pradesh
19	Sri. Ramesh Patnaik	Secratery	Maharashtra	51	Sri. Raghupatruni Bhima Rao	Principal Advisor	Odisha
20	Sri. Dabiru Prabhakar Patnaik	Secretary	Delhi	52	Sri. Arkrao	Sr. Advisor	Telangana
21	Sri. Ch.Srinibasa Pattanayak	Secretary	Uttar Pradesh	53	Sri. Dandumahanthi Lakshman Rao	Advisor	Andhra Pradesh
22	Sri. Mandakuriti Gopala Rao	Secretary	Odisha	54	Sri. Jagumahanti Sunil Kumar Patnaik	Advisor Finance	Andhra Pradesh
23	Sri. Sravan Kumar Patnaik	Secretary	Tamilnadu	55	Sri. Rama Bhargavi	Advisor Finance	Andhra Pradesh
24	Sri. R.Ramjee Patnaik	Secretary	Karnataka	56	Sri. Kotakki Sandeep	Advisor Finance	Telangana
25	Sri. B.Narender Patnaik	Secretary	Jarkhand	57	Sri. Muralidhar Patnaik	Advisor Legal	Telangana
26	Sri. B.Srinivas Rao	Secretary	West Bengal	58	Sri. Sadasivuni Rambabu	Advisor Legal	Andhra Pradesh
27	Smt. B.Sujatha	Secratery	Madhya Pradesh	59	Sri. Venkata Satya Krishna Murthy	Advisor	Assam
28	Sri. M.P.Gowrieswara Rao	Joint Secretary	Andhra Pradesh	60	Sri. Balivada Haribabu	Marriage Bureau	Andhra Pradesh
29	Sri. V.Nagabhushana Rao	Joint Secretary	Telangana	61	Sri. D.R. Pardhasaradhi	Marriage Bureau	Telangana
30	Sri. Ippili Ramesh	Joint Secretary	Haryana	62	Smt. Mantri Sandhya Rani	Marriage Bureau	Chhattisgarh
31	Sri. L.Maheshwar Patnaik	Joint Secretary	Chhattisgarh	63	Smt. Dasamanthurao Anuradha	Marriage Bureau	West Bengal
32	Sri. Nandigam Venkata Ramana Rao	Joint Secretary	West Bengal				

## Fraternity Page - Telangana



### “Sharatkavi” honored in Karimnagar

"SWA" Vice President Sri Dabbiru Venkata Ramanamurthy (Sharatkavi) was presented with a shawl, gold bangle by Additional District Collector Smt. Garima Agarwal, IAS, in the presence of Sri Gautameshwara Sahitya Kala Seva Sansthan President Sri Dudapaka Sridhar, General Secretary Sri Venkatesh Garla, at Film Bhavan, Karimnagar. He was felicitated with documents, anthologies, 2 medals, 2 mementos, "Telugu Book of Records" in the presence of many eminent poets and artists. The felicitations of poets who

won the poetry competitions with the poems "Ashtavidha Nayakulu, Chaturvidha Nayakulu" was organized in a grand manner. Their family members and colleagues also took part in this joy. "It is my honor to share this joy with all of you kindred spirits," he said. He also said "It is a rare opportunity for me to win these competitions with the prestigious recognition of the Telugu Book of Records". Lekha congratulates him for getting many more recognitions and bringing fame to the Sistakaranam caste.



## Fraternity Page - Andhra Pradesh



### A.P. Sistakarana Sangam state level executive body meeting

A meeting of Andhra Pradesh State Sistakarana Sangam will be held on Sunday 08-01-2022 from 10-00 am to 4-00 pm at Visakhapatnam District Sishta Karan Sangam Kalyana Mandapam Allipuram under the chairmanship of Sri Y.S.K. Mahanty, State President. Smt. Kanthimahanthi Anusha Sasidhar Patnaik, Chairperson AP Sistakaranam Welfare and Development Corporation will be the Chief Guest of this meeting. President of All India Sistakarana Sangham Sri K. Venkateswara Banerjee will be present as our special guest. Therefore, the relatives of Sishta Karana caste participate in large numbers and pray for the success of the meeting...

#### Agenda:

1. Prayer.. Condolences
2. President's First Speech (Shri S.N.K. Ma-

hanty)

3. Chief Guest's Message (Mrs. Kanthimahanthi Anusha Shasidhar Patnaik's Message)
4. Special Guest Message (Sri Venkateswara Banerjee Message)
5. General Secretary's Report (Comprehensive Report by Arikatota Chandramouli)
6. Financial Report (State Treasurer Shri B.V.Yan Patro's Report)
7. A thorough discussion with the officials of various districts of the state on the issue of plan on OBC achievement will be held in Delhi by Hon'ble Ministers meeting officials.
8. Messages from caste elders

9. The swearing in of the new state executive committee members identified to fill the vacancies from the past in the state association
10. Other items with the permission of the President
11. President's closing remarks
12. Vote of Thanks

*Yours truly*

*Arikathota Chandramouli, State General Secretary, A.P. Sistakarana Sangham*

Important Note: Mid-day lunch is arranged. We request that the newly elected members of the state executive committee and the officials of various districts can attend the meeting on time.

### OBC matter to GVL's notice

Prominent BJP Spokesman and Member of Rajya Sabha Sri GVL Narasimha Rao was honored by prominent BJP leader and former President of state Sistakaranam Sangham Sri N. Gajapati Rao, our State present President Sri S. N. K. Mahanty. Along with Sri Arikithota Chandra Mauleswara Rao Sri K. Venkateswara Banerjee and other prominent members of the State Working Group honored Narasimha Rao with a Shawl. Explaining the situation of the Sistakaranam caste, requesting him to get NCBC New Delhi introduce bill in the Parliament and get the National Backward Castes and Empowerment Minister to work to include the Sistakaranam caste in the National Backward Castes list. He responded favorably to it and promised to provide full assistance. We appreciate our community leaders who are working in this way.

*- Sistakarana Welfare Society, Palakonda*

### Preparatory meeting for the upcoming youth meet

Visakha Sistakarana Seva Sangham Kancharapalem General Secretary Baliwada Haribabu and community youth leader Bharat Vikas arranged a meeting to prepare for the upcoming youth interaction meet.

This meeting was arranged with the community leaders to build a program to encourage the youth and give suggestions. Bharat Vikas has collated their views into actionable items.

Mr. Ravi Shankar Patnaik (Government Officer Transport), who attended this meeting as the chief guest gave a long speech along with his invaluable suggestions. He has agreed to provide career guidance in the youth interaction meet program soon.

Along with him, another key central government official also expressed their full support for this program.



Bharat Vikas informed that the date of the youth interaction meet will be announced soon. This program will be held under the auspices of the Kancharapalem association.

Participants in this meeting include Sarvasree Baliwada Haribabu, Ravi Shankar Patnaik, Baliwada Sriram Murthy, LJ Mahanty, Devi Mahanty, Vappangi Ramamani, Sridhar, Bharat Vikas, Baliwada Satya Rao.

The association assured full support of their executive committee.

## Fraternity Page - Andhra Pradesh



### Aganampudi Sistakarana Sangham picnic

Sistakaranam Association has demanded that all those who work in steel mills are against the privatization of steel industry proposed by the government and the Cen-

ter should recognize this and withdraw the proposal. Speaking at a meeting held at the Kunchamamba Ammavari temple in Duvvada, the speakers asked the governments to recognize the public opinion and take decisions accordingly. The president and secretary of the organization, Mantri Trinadh Rao Dashamantrao Krishna Rao Patnaik stated that Aganampudi, Lankelapalem Sishtakarana Sangam is working with the welfare of its members as its aim. He said that every year we organize the program and help many people financially. Necessities are sent on this occasion. He said that every year through the association, which started five years ago, they distribute scholarships to many students and sewing machines to women to encourage self-employment. Baliwada Jagannath Rao and Nagesh Babu, who recently won the largest

majority in Co-operative Stores, were felicitated. Appreciating the services of the community, the state president of the youth wing, Sun Murthy, honored the president-secretaries of the Aganampudi branch of Visakha district with a shawl and congratulated them.

In the meeting, Visakha District President Secretaries Sri Prabhakar Das, Sri Baliwada Haribabu, Women Representative Smt. K. Pavani, SarvaSri Baliwada Sathya Rao, Mantri Jagannadam, Sekharamantri Satyanarayana, Deputy Secretary Gopi, Treasurer KV Nathyanarayana, Baliwada Buchi Babu, Patnayakuni Rajeswara Rao, Gopala Krishna, Sekharamantri Srinivas, representatives Murthy, Sekharamantri Narasimhamurthy, Rambabu, Kuppli Suresh and others participated. President, secretary, members of steel plant Gajuwaka branches participated in large numbers and congratulated the committee members for the welfare programs being done by Aganampudi branch.



### Kotabommali Sistakarana Vanabojana programme

Starting at 3 am, Chaitanya, Littu and Ajay Sripuram Santa from making banners to getting batter ready, transporting cooking utensils these are the young people who did it all by themselves. The support and cooperation of all our young members who fulfilled the responsibility given to us by the elders 100% is amazing.

The day's event was splendid with the presence of distinguished people like Sri Sadashivuni Krishna, Director of Sistakaranam Corporation, Sri Dabbiru Vasu, Secretary of Srikakulam District Sangh, Sistakarana Youth President and Vice-Presidents, Mr. Manapuram Suresh, Sri Sadashivuni Ravikumar, who came from the State Associations and District Associations.

The entire garden was abuzz with banquets, speakers' speeches, games, songs and dances. The entire Kotabommali said that the Karanalu picnic was very well done with relatives meeting, greetings of elders, and the warmth of relatives. In the evening, the entire atmosphere was festive with Araṭikāya bajjīlu and gifts.

I pay my respects to the feet of Jaganmata who helped to make this program possible,

I would like to thank everyone who participated.

- Rajesh Kumar Behara

President, Kotabommali Sistakaran Sangam



### Narasannapeta Picnic

Congratulations to the organizers of Narsannapet Sishtakarana Sangam for successfully organizing the picnic program at Narasannapet town of Srikakulam district on Sunday 11-12-2022.



# Fraternity Page - Chhattisgarh



## Rourkela Sistakarana Samaj Picnic

On Sunday 1-12-2022 Rourkela Sistakarana Samaj celebrated their picnic on the bank of the river with much joy. Watch this YouTube video. <https://youtu.be/rypX-vMFV7Y>.Kudos to the organizers. We want to celebrate picnics like this every year.



## Honored by three associations

Sistakaranam Lekha Team members & Chhattisgarh Sistakaranam Samakhya President Sri. Mahesh Nagumantri & General Secretary Sri. Lumburu Srinivasa was honored by Rajahmundry Sistakaranam Association Executive Body members Sri. R. Saibaba, Sri Ravibabu and other Members at Rajahmundry. Similarly, Lekha Members, Sri Lumburu Srinivasa & Sri Mahesh Nagumantri honored Rajahmundry Working Committee Members & Sri S.D.V.Prasad Rao, Working President, Seethammadhara Sistakaranam Association & Sri Roshan Chakrapani, Joint Secretary, Sistakaranam Welfare Association,



Hyderabad with shawls. It was a wonderful gathering of different State Organizations. Thanks to Sri. Mahesh Nagumantri & Lumburu Srinivasa of Lekha Team for organizing this meet.

## Felicitation at Shri Balaji Vidya Mandir School

The Galaxy of Sports top notchers of Sri Balaji Vidya Mandir, Raipur in different games of Sports at State level meets and Ms. Bhuneswari, Accounts Executive for her meritorious services, have been felicitated at a glittering function today 9th Dec by Sri Tiwari ji, Editor in Chief of Chattisgarh Watch, who graced the function as Chief Guest. Sri B. Ramesh - Patron AAR was Guest of Honour & Sri G. Swamy President of AAR presided. S/Sri T Srinivas Reddy, K.S.Acharyulu, B.V.S.Kumar of School management committee & Dr Frenny J.Prakash Principal were present. Sri Umesh Singh Thakur & Ms Damini Nag Sports Teachers compered the programme.



## Sri Maheswar Elected as President

Sistakaranam Lekha Team member & Chhattisgarh Sistakaranam Samakhya President Sri Mahesh Nagumantri elected as a President for Telugu Jan Shaktai Chhattisgarh election was held on 18/12/22. Hearty Congratulations from Lekha team and best wishes to all his endeavors..



## Manapuram Satyanarayana honored

Manapuram Satyanarayana, the founder of Palakollu Kala Parishad, was honored for his acting skills by being made a judge for the national level drama competition held on 18th, 19th and 20th of this month under the auspices of Pravasandhra Prajanatyamandali and Adilila Foundation at Bilai in Chhattisgarh state. People's singer and members of Telangana Legislative Council Gorati Venkanna presented a memento in honor of Manapuram Satyanarayana.



## Koti Vishnu Sahasranam Parayana

Tilak Bharti School students participated in Koti Vishnu Sahasranam Parayana initiated by Smt. Peri Aruna Mam.Felt the divine aura created by Madam.



## Fraternity Page - Chhattisgarh



### Ghantasala Shata Jayanti celebrations in Bilai

Bhilai Chaitanya Vedika Organized Padmasri Ghantasala Gari Shata Jayanti Vedukalu (100th birthday celebration of great singer, poet, director)

A total of 52 melodious songs of Ghantasala Master and Bhagvadgeeta shlokas highlighted the event. 30 Singers from Raipur, Bilai, Durg, Rajnandgaon participated. Smt. Sandhya Raj was the anchor. Programme Directors were Smt. Lakshmi Narayan of Bilai and Sri G. Venu Gopal from Raipur.

Artists joined from all over world.



### World record certificate for 5 Crore Vishnu Sahasra Naama recitation

On 17.12.22 at Sri Balaji Kalyana Mandira premises, Raipur, under Aegis of Andhra Association created a world record by completing five crore thirty-six lakh times of chanting/reading till 21.12.2022 afternoon.

It is remarkable that thousands of devotees participated and completed this divine work. Organized by scholars from Tirumala Tirupati, the program ended with success.

From Sistakarana Samaj Mr. Dabiru Prabhakar, Mr. Ramesh Patnaik, Mr. Bhaskar Patnaik, Mrs. Rajakumari Patro, Mr. Kondavalasa Krishnapatnaik, Mr. Subhash Patro, Mr. & Mrs. Sandhyaraj, Mr. Rohit and others participated enthusiastically. The Golden Book of World Record has given a certificate of appreciation for this wonderful work.

The Devotees from all walks of life joined the mission including young students of Tilak Bharati School, Gudiaryi in traditional attire. This mega event organised by Andhra Assn. Raipur will be remembered in the days to come.

Pictured above is Dabiru Prabhakar (in white dress) with Golden Book of World Records representative.



## Fraternity Page - Other States

### Nagpur Association meeting

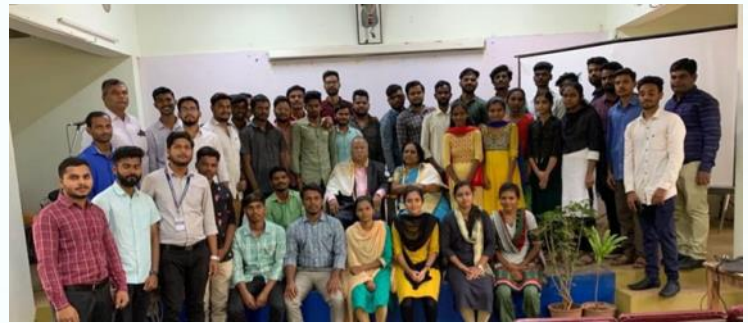
The Informal Executive Committee Members meeting of Sistakaranam Association Nagpur District was held on 11th December'22 at 5.30 pm



### Dr. Bhimarao felicitated in Tamilnadu and Karnataka

- 1) Dr. Raghupatruni Bhima Rao was felicitated at 37th Engineering Congress at Chennai during century celebrations of IEI Tamilnadu State Centre.
- 2) Sri & Smt. Dr. Raghupatruni Bhima Rao felicitated at PG Centre Mineral Processing, Nandihalli Srikrishnadevaraya University Karnataka 22nd December 2022.

Congratulations from Lekha Team



### Delhi Sistakaranams get-together

Delhi Sistakaranam Sangham Picnic – get together was successful with attendance of 130 members from various parts of the city. Enjoyed with lot of cultural programs including singing and dancing by children and elders with lot of fun varieties of games were conducted. Felicitated distinguished guests from various fields with shawls including women. All the women participants were provided with bangles, for children sippers and basketballs were provided. For winners and runners in the games costly gifts were provided. There are other gifts provided for the best couples. It started with a heavy breakfast, and the program started with an introduction. A delicious lunch is provided with non-veg. The evening ended with snacks, tea and

with prize distribution. All the participants felt very happy, and few got emotional to meet their relatives after long years. In the picnic everyone got opportunity to meet very near ones, but not known to each other.

Mr. Bharath and the organizers felt very happy with the overwhelming response. Last year 50 people attended, this year 130. We hope by

next year our strength reaches 200. Lekha Congratulate all organizers and with best wishes.



# Kalam Snehitulu



## Kavi Shekhar in several programs

Sri Sekharamantri Prabhakar participated in many programs. Some of the details are given below.



Tribute to Gurajada Apparao in Vizianagaram by Sri Sekharamantri Prabhakar on 30 11 22 .



Felicitation to Sri Prabhakar during the "Gurajada Stories - Social Perspective" at Acharya Velamala Simmanna Virachita Book Launch function, under the auspices of Akhil Bharatiya Sahitya Parishad and Sahridaya Sahithi, Visakha.



Mahakavi Gurajada 107 Death anniversary celebrated by Gurajada Cultural Samkhya in Vizianagaram –Sri Prabhakar speaking on Gurajada – Patriotism.



With great grandson of Gurajada Apparao –Book Prabhakiranaalu handed over by Sri Prabhakar to Sri Manapuram Chandra Shekhar.



Prabhakiranaalu Book handed over to renowned lyricist & friend Sri Bhuvana Chandra

## Chitra Kavithalu

- 1) A squirrel performing puja to the Shivalinga installed by Sri Rama Chandra in Rameswaram.
- 2) Friendship of the milky-cheeked little boy and the tender calf.
- 3) Sankranthi celebrations for us, life-threatening moments for voiceless creatures.



## Felicitated as inquirer

Sri Kuppili Venkata Rajarao receiving the honor as inquirer, through the hands of Yuva Avadhani at Babuji Kalamandiram during the Shathavadhana meeting.

Congratulations from Kalam Snehitulu and Lekha.



## Appeal to Sistakaranam Writers

Many of our Sistakaranams are poets, story writers, dialogue writers, dramatists, who pen children's literature, children's stories, mini stories, short stories, long stories, long stories, novels, serials, jokes, mini poems, naanis, ghazals, long poems, poems, songs, poetic poems, film songs, films, films, cartoons, scientific articles, historical articles, travel stories, foreign travel stories, textbooks, lessons, book reviews, movie reviews, etc. In the past there were many more. Many continue even now to uphold their predecessors' name. Continue that tradition. All of you are writing something. There are many journalists who encourage us. Daily newspapers are ours. But none of us send their work to them. It is the non-Sistakaranam writers who are getting coverage. It is very unfortunate. We all have to change this trend together. Our works should be published more. (E.g., Today, our Parvathipuram Sistakarana writers are published in Prajashakti daily and are getting appreciation.) So, all of us should try to write at least once a month and send it to the magazines. Tapasvi Kalinga Monthly is about to promote Uttarandhra news, articles, and other information. They will also publish our works. Grab your pen today, Flaunt, Raise the flag of Sistakaranam literature. All the best!

# Entrepreneurs Frontier

## JMS Foundation

**Sri Jennumahanthi Srinivas: Founder of JMS Parinaam Foundation & Fashion Designer**

**Location:** Hydershakote, Gandipet, Rajendra Nagar, Ranga Reddy, Telangana.

**Born and parents:** He was born in Repalle, Guntur district. to Sri Hara Gopala Rao and Smt. Krishnaveni.

**Professional Career:**

Sri Srinivas worked in 'Population Shoe Mart' at Vijayawada. He also did a job in Repalle, Guntur, Vijayawada for 2 years. After that in 2011, he shifted to Hyderabad and joined a job at 'Kasturbagh Trust' and worked for 5 years. In 2016, Sri Srinivas started his own business



'Varalaxmi Training Centre'.

**JMS Parinaam Foundation and its Goals:**

Sri Srinivas formed the JMS Parinaam Foundation (JMS Fashion Designing and Boutique), which is a self-employment training center. The main purpose of the JMS Foundation is for "Women to stand on their own feet and be self-employed". He has been running the foundation for the past 11 years by training many people around him in fashion designing.

Ranga Reddy district Incharge Sri Mallareddy came as a Chief Guest for the Inauguration of the JMS Foundation. Sri Srinivas honored Sri Mallareddy after the inauguration.

The JMS Parinaam Foundation gives training to



women on tailoring, making candles, making jute bags. More than 500 people are trained in the foundation and in return they take some amount for the material purpose. People from far-flung places like Moinabad, Shankarpalli and Kanaka Mamidi also come for training after knowing the popularity of the foundation. Those who were trained at the JMS Parinaam Foundation also set up their own boutiques.

Sri Srinivas made aware to the people regarding WEAMD. It is a Women Entrepreneurs Association for MSME Development (WEAMD) which is a Non-Profit Organization. WEAMD is a platform for the existing women entrepreneurs to make a change in their entrepreneurial endeavors for their progress.

Sri Srinivas's family friend Ms. Gutta Joshna is a Member of the Women Entrepreneurs Association for MSME Development (WEAMD). She was a person who constantly strives for womens' empowerment.

**Future Plan:**

Sri Srinivas did not

enter politics officially, but he used to work in Bharatiya Janata



Party (BJP). He was impressed by the BJP's ideology and adherence to its philosophy. Seeing the scandals going on in politics these days and the injustices happening to the people, he decided to enter politics through BJP and eradicate these manipulations.

**Interesting Facts:**

- Kula Nirmulana Sangham members honored the Srinivas couple on February 26th in Indira Park as Srinivas had an inter-caste marriage. They were also congratulated by the high court judge.
- The Srinivas couple were honored by Sunshine hospital too.
- Sri Srinivas received the "Seva Ratna Award-2021" from the Elders Clubs International Foundation (ECIF) for his outstanding humanitarian work.

## Sri Diksha Laboratory launched

Sri Kuppli Manmadharao has founded Sri Diksha Laboratory at P.N. Colony, Zero Line, Gujaratipet, Srikakulam district. Congratulations and best wishes to him.



## Roman Island Launched

Sri Patnaik Rohit's new business venture, Roman Island (Clothing, Footwear and Accessories) Srikakulam District Center, Srikakulam Town, Palakonda Road, next to Soundarya Shop, was grandly inaugurated by the Chief Guest, Sri Kolagatla Veerabhadraswamy, the Honorable Deputy Speaker of Andhra Pradesh State. Sri Dharmana Ram Manohar, Youth President, YSR CP and Sri Andhavarapu Suribabu as the first buyer were present as honored guests and extended their best wishes. President of our Andhra Pradesh Sistakaranam Sangam Sri Polumahanthi Umamaheswara Rao and others were present and presented flowers and honored the owner and his staff. Goods were purchased at the next moment. This program will be successful, in the field of business. Rohit Best wishes for the progress of this venture.



## Photo Studio opened

Visakhapatnam Kancharapalem resident Chi. Garbham Prem Nagasai (grand son of Visakha Sishta Karan Seva Sangam Kanchara Palem Honorary President Late Sri.Shekharamantri Ramanaiah) has opened his own studio named Prama Photography and Videography Studio at Pendurthi Center..Congratulations and wishing him all the success!



## 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	LATHA
Surname	BALIWADA
Father's Name	L.K.PATNAIK
Gotram	SANDILYA
Date of Birth	6-Mar-1995
Nakshatram	BHARANI
Height	5' 1"
Complexion	FAIR
Occupation	PVT. EMPLOYEE BIRLA COLLEGE, KALYAN ,
Work Place	MAHARASHTRA
Education	M.SC
Preference	ONLY FROM SISTIKARANAM

Name	PRAGNA
Surname	RAGUPATRUNI
Father's Name	R.JAGADESHWARAO
Gotram	NAGESHWARA
Date of Birth	8-Jul-1994
Nakshatram	ARUDRA
Height	5' 6"
Complexion	FAIR
Occupation	
Work Place	
Education	BDS
Preference	GOVT JOB, ANY

Name	SAHITHYA PRANEETHA
Surname	SARAYAVALASA
Father's Name	S.V.L.MANO HARAO
Gotram	KASYAPA
Date of Birth	29-Sep-1997
Nakshatram	PURVA PHALGUNI /
Height	5'
Complexion	FAIR
Occupation	PVT. EMPLOYEE
Work Place	HYDERABAD
Education	B.SC
Preference	ABOVE DEGREE, HYDERABAD,



Name	JEETENDRA KUMAR
Surname	DABEERU
Father's Name	GOURI SHANKAR PATNAIK
Gotram	KASYAPA
Date of Birth	4-Oct-1984
Nakshatram	DHANISHTA
Height	5' 3"
Complexion	TAN
Occupation	PVT. EMPLOYEE VISTEON
Work Place	CHENNAI
Education	ME / M.TECH
Preference	ANY DEGREE, BELOW 5'.3", AGE DIFF. < 8YRS

Name	SRIRAM NARENDRA
Surname	MANAPURAM
Father's Name	M.CHANDRASHEKAR
Gotram	BHARADWAJA
Date of Birth	4-Mar-1994
Nakshatram	JYESTA
Height	5' 11"
Complexion	FAIR
Occupation	PVT. EMPLOYEE TECH-MAHENDRA
Work Place	BANGALORE
Education	BE / B.TECH
Preference	BTECH, EMPLOYEE, PAN-INDIA

Name	RAVI TEJA
Surname	KALLEPALLI
Father's Name	K.SURYANARAYANAMURT
Gotram	NAGESHWARA
Date of Birth	3-Apr-1996
Nakshatram	HASTHA
Height	5' 8"
Complexion	FAIR
Occupation	PVT. EMPLOYEE ORACLE
Work Place	HYDERABAD
Education	BE / B.TECH
Preference	WANT TO PERFORM WEDLOCK AFTER 2024+

Name	SUDHEER KUMAR
Surname	CHOUHARY
Father's Name	C.NAGABHUSHANRAO
Gotram	BHARADWAJA
Date of Birth	5-Jun-1991
Nakshatram	SHATABISHAM
Height	5' 9"
Complexion	FAIR
Occupation	GOVT. SERVICE COGNIZENT
Work Place	BANGALORE
Education	
Preference	FAIR, ASTROLOGY SUITABLE, BTECH

Name	SHSSRIVENKATESH
Surname	DURGUMAHANTHI
Father's Name	D.T.V.RAMANAMURTHY
Gotram	KOUSHIKA
Date of Birth	18-Sep-1994
Nakshatram	SHATABISHAM
Height	5' 6"
Complexion	FAIR
Occupation	PVT. EMPLOYEE
Work Place	HYDERABAD
Education	
Preference	B.TECH-CST/IT, PAN-INDIA, FAIR

### 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

## Talent Corner

### Multi-Talented Glow – Shivaji Tumbali Bravo!



Literature, Tumbali Shivaji is doing great work with these images and is enjoying the highest service. Cover images of Annapurna Agriculture Texts by 'Jattu', a national level organization run by Dr.D.Parinaidu at Thotapalli with the message 'Prakriti Adidevobhava'. With page-by-page colorful illustrations, Shivaji's brushwork has brought glory with a rich message. In addition to these, the covers and figures printed by him on the pages of hundreds of books earned Shivaji many awards. Radio, YouTube, Magazines, TV and Movies all have his canvases.

chitrageyas, cartoons (comics), drawings were published in many magazines like Saptagiri, Aradhana, Srivani Paluku, Kanakadurgaprabha, Visalakshi, Vasanti, Mollaka, Priyasudha, Daivam, Rishi Peetham, Hasyanandam, Prasthanam.

Shivaji's talents were also popularized in dot com magazines like Go Telugu Sukatha and Kahania. He contributed as a lyricist in movies like "123 from Amalapuram, Nyankavali, Giliginthalu, Julai, Manodu, OkanuvuOkanenu, Okede Veerudu\_Alluri Sitaramaraju". Shivaji is currently showing his talent by working in some Telugu movies. Shivaji provided literary services as a lyricist for Jagadguru Shankara, for the weekly serial "Agnisimhasanam" which aired on DD weekly, for the daily serial

by "Tana" with an international award. Shivaji recently received the Children's Literary Award under the auspices of the Naramshetty Bala a Sahitya Peetha Central Sahitya Akademi awardee. Talishetti Rama Rao Cartoon Award, Guntur MahiArts Creations Award, Rishi Peetham Award, Telugu BahaSri Award are other awards bestowed on him. In addition to the state government's "Chitrakalanidhi" award and Chitrapati award, Shivaji has received over five hundred honours, certificates, mementos and awards from various government and charitable organizations in his two decades of art service. Shivaji composed the lyrics for TV albums like Srihanumavijayam, Swararchana, Saranantini Sabarigirisha. Apart from that, he also contributed many topical



Shivaji is living in Lakshminarayanapuram village, Parvathipuram Manyam district. He was born in 1978 to Narayanamma and Ramulmaster in Geddathiruwada village, Jiyamma-valasa mandal of the same district. Shivaji was an artist who expressed his social responsibility by voluntarily running magazines like "Geddathiruwada Village Swaraj", "Mana Parvathipuram" and "Anandabala". Shivaji, the designer of portraits of hundreds of celebrities through portrait drawing recently. Through his work he kept amazing everyone and got a lot of compliments. Shivaji's continuous efforts as a freelance artist, cartoonist, photographer, magazine editor, screenplay, lyricist, as well as production responsibilities are commendable. Sivaji himself was the photographer and co-editor of the Moksam monthly. He is also the sub-editor of Yidhaivam and Rishipitham magazines. In addition to major journals hundreds of Shivaji's poems, stories, essays, balageyas,

"Pitrudevobhava". Sivaji is a multi-talented screenplay, lyricist and production designer for telefilms such as "Valasa Bhernu". Shivaji colored hundreds of covers and cartoons for publishing houses like Good Book and Raghavendra Publications. Shivaji's Chitrakala Payanana Kokolalu are the occasions selected after many days of thinking for suitable images in accordance with the government schemes. Our Tumbali Shivaji has prepared hundreds of storyboards and pictures for government campaigns like public health, AIDS, Corona, superstitions, environment and literacy.

A book titled "Adarshabalyam" by Shivaji was produced by the Education Department of the State Govt. One of the stories has been assigned by the Government of Maharashtra as a curriculum for class 4 as part of primary education.

Shivaji, who won the world class drawing competitions organized by "Tana" was felicitated

visual songs to YouTube channels and got popular messages from people. He wrote the lyrics for Sri Bhagavatam on ETV and the title songs for Sunanda, Neelambari and Ardharatri serials on Gemini TV. It is no exaggeration to say that Thumbali Shivaji's artistic prowess and literary ambitions are highly praised. Let's hope that the Lord will give Shivaji, who has chosen the fields of figures of these works, more health and longevity. Let us hope that through his sincere emotional beauty shines with more light.

**For Publishing sent to J.V. Chandra Babu by Sri Kudama Tirumala Rao. Head Master, Kothavalasa.**



## Our You Tubers

### Our own Karaoke star – Prof. Dr. Chowdari Prasad

Dr. Chowdari Prasad worked in State Bank of India, between November 1971 and April 1993. He later worked for 20 years in Academics. He is now 70 years old and settled in Bangalore. He is an active Sistakaranam community leader in AIPSKA and AISKA.



His liking to music and singing began in his childhood. He used to hear his father

sing old melodious Telugu classical filmy songs during his free time. He never went for any training or music classes. In 1965, he participated in a cultural program and sang a popular song from a Telugu movie and got the first prize. Thereafter, it remained an occasional hobby only.

In TAPMI, Manipal (a leading MBA Institute) as a professor, he revived the hobby being amidst young Management students on campus. Later, in 2018 he used his Apple 6 iPhone as Camera-cum-Mic and Laptop with Headphones and started recording Karaoke Songs, solos and duets, in Hindi and Telugu and uploaded in his YouTube page. He posted 218 Videos covering a variety of Karaoke songs- Prof DrChowdariPrasad-YouTube. He used to post them also in his Facebook page and share with friends in WhatsApp. Many of his friends were surprised at the hidden talent and appreciated.

Then came the Covid-19 virus and lockdowns in 2020-2022. Simultaneously, his karaoke singing in YouTube and StarMaker App continued to keep him engaged and spend panic driven times happily. StarMaker is a high-tech platform developed by Star TV Channel group being used by 60 million members worldwide. StarMaker | Sing along with 60M+ music enthusiasts worldwide - YouTube

Every participant has his or her own page with profile information, photographs and album, showing the songs in chronological order. When a song is completed, based on the performance/ scores are obtained,

and it also indicates the score marks through grades viz. A++ (highest), A+, A, B, C or D (lowest) so that the singer can make up his or her mind to re-perform and improve their performance. There is a provision for listeners to offer gifts in appreciation (in points, of course). At the end, every song is allotted a 'Daily Ranking' and later a 'Total Ranking'.

He enjoys using his mobile phone and the App which supports him with lyrics and track music, to sing solos and duets, in Telugu, Hindi and English. Lately over three years, he collaborated virtually with over 100 female members to sing Hindi and Telugu duets. He recorded all his fa-



avourite melodies of great singers. These include Telugu film singers: 1. Ghantasala Venkateswara Rao 2. PB Srinivas 3. SP Balasubramaniam 4. Madhava Peddi & Pithapuram Nageswara Rao 5. M. Balamuralikrishna 6. KBK Mohan Raj 7. KJ Yesudas 8. Ramakrishna 9. Udit Narayan 10. Mohammed Rafi 11. Raghunath Panigrahi 12. AM Raja and 13. Chittaranjan (AIR).

Similarly, his Hindi melodies include that of 1. Mohammed Rafi 2. Kishore Kumar 3. Manna Dey 4. Mahendra Kapoor 5. Hemant Kumar 6. Talat Mahamood 7. KL Saigal 8. SD Barman 9. Shailendra Singh 10. SP Balasubramaniam 11. Bhupender Singh 12. Jagjit Singh 13. Udit Narayan 14. Sonu Nigam 15. Sudesh Bhonsle 16. Mukhesh 17. Kumar Sanu 18. KJ Yesudas 19. Amitabh Bachchan 20. Nitin Mukhesh 21. AR Rehman and 22. Ghulam Ali. These songs go back to the late 1930s till the recent times.

Dr. Prasad has two pages in StarMaker App in his name. He records on an average 4-5 songs every day. He has recorded the highest number of 28 songs on a single day. As on date, he posted in all 4,167 karaoke songs (2,628 + 1,539), solos and duets, in Telugu and Hindi, Audio and Videos, besides 218 videos in YouTube page, thus aggregating 4,385 songs. More than 35% of them are graded as A++. There are Bhajans, Devotionals, Ghazals, Patriotic, Romantic and Sad Songs as also some English numbers from his choice of Boney-M and ABBA groups. He also posted some Private Telugu Songs of Late Sri Ghantasala Venkateswara Rao like Pushpa Vilapam, Tala Ninda Poodanda Dalichina Rani, Bahudurapu Batasari, Padake Naa Rani, etc. He also performed four classical songs of Late Sri M Bala Muralikrishna.

His songs are all typical melodies of duration of 1.20 to over 10.0 minutes

duration. There are some popular songs repeated more than once. Similarly, some duets were performed many times with different partners. In the first page, he has 6,900 followers while he follows 1,100 members. About 2,600 songs were ranked. He received 50,387 gift points worth 1,07,063 in as many as 27 types of gifts. Of the 2,600 songs, he received highest daily ranking of No.1 for 346 songs, No. 1 to 5 for 900 songs and No. 1 to 10 for 1,251 songs.

In his second page, he has 5,100 followers while he follows 350 members. About 1,478 songs were ranked. He received 32,253 gift points worth 64,584 in as many as 7 types of gifts. Of the 1,500 songs, he received highest daily ranking of No.1 for 514, No. 1 to 5 for 882 and No. 1 to 10 for 1,032 songs. He keeps himself very happy with this hobby in post-retirement years.

## Health Page

### Can people with diabetes eat these fruits?

Can people with diabetes eat these fruits? What do medical experts say?

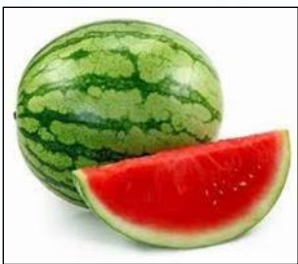
Nowadays, the number of people suffering from diabetes is increasing. There are people living with diabetes in every home. People with diabetes often have to keep their mouths shut when it comes to food. You have to think before and after what you eat. You can't eat sweets anyway because of sugar. There are many doubts about eating healthy fruits. Fruits also have sugar levels, so there are many doubts about what can be eaten and what can't be eaten. Let's see that now.

#### 1. "Guava Nut"



Guava is very good for people with diabetes. Guava is rich in fiber. It lowers blood sugar levels and provides energy to the body. Guava is rich in Vitamin A, C and various antioxidants.

#### 2. "Watermelon"



Due to the sweetness of watermelon, many people have doubts whether they can eat it or not. But there is no need to fear that

in the case of watermelon. Because how fast the glucose in the food is mixed in the blood is indicated by the glycemic index (GI). Eating watermelon can keep diabetes under control. Watermelon has a GI of 72 percent. But it has high water content and very low starch content. So, when you eat watermelon, your glucose levels rise immediately, but your blood sugar levels drop immediately.

#### 3. "Plums":



Along with calories, plums are also low in glycemic index. So, these can also be eaten by people with diabetes.

#### 4. "Apple"



Medical experts say that eating an apple every day can keep you healthy. Apple is rich in vitamins and fiber along with antioxidants. Apples contain a chemical called pectin. It reduces blood sugar by half. Its GI is only 38. That is why it is good to eat apples. But if the apple is big size, it is enough to eat half.

#### 5. "Papaya":



People with diabetes must eat papaya. This papaya has many properties that keep diabetes under control. It is rich in enzymes that protect diabetics from harmful free radicals. They reduce blood sugar levels.

#### 6. "Orange":



Oranges are low in GI. Contains high amounts of antioxidants. It contains vitamin A, C, E, lutein and beta-carotene. These antioxidants help control sugar levels in diabetics.

#### 7. "Pomegranate":



Pomegranate has a GI of 18. It is also rich in antioxidants and iron. That's why by eating these, sugar levels in the blood can be kept under control.

#### 8. "Lemon":



Lemon, a member of the citrus family, has many medicinal properties. It is rich in vitamin C. It also contains antioxidants. So, they keep the sugar levels in the body under control.

#### 9. "Kiwis"



Kiwis are rich in vitamin C, fiber, potassium and other antioxidants. Eating these will keep the blood sugar levels under control. That's why eating kiwis reduces the severity of diabetes.

## Beauty Page

### Top 5 Natural Beauty Tips to follow this Season.

#### 1) Coconut Oil Massage

Massage the body from head to toe with coconut oil. Already all are aware of its benefits for hair. For skin, it will save from dryness if massaged with coconut oil regularly before bath. This will also help relieve muscle & joint pain.



**Tip:** Apply coconut oil to the soles of your feet before you go to bed, to get a relaxing slumber.

#### 2) Tea Tree Oil Infused Moisturizer

Tea tree oil is a popular acne-fighting ingredient that many swear by. If you already have a good moisturizer that works for your skin type, but you need some extra help to treat that acne, mix some tea tree oil with it before applying it on your skin.

Tea tree oil can instantly make your regular moisturizer a fierce acne-fighter. Take a pea-sized amount of your moisturizer on the top of your palm and add a drop of tea tree oil to it. Mix it with your finger and ap-



ply it to your face.

**Tip:** You could even dab tea tree oil directly on the acne lesion.

#### 3) Coffee Face Pack

Coffee powder is an ingredient that does everything from exfoliating to brightening and tightening your skin. A face pack made from coffee powder will help prevent breakouts, fade dark spots, and nourish skin for a uniform glow. Combine one tablespoon coffee powder, half teaspoon turmeric powder and one tablespoon yoghurt in a bowl to form a paste. Apply this to your face and



rinse it off after 30 minutes.

**Tip:** While rinsing it, rub in circular motions to unclog pores.

#### 4) Beetroot Cheek Scrub

If you love wearing blush but are trying to avoid using makeup this season, this tip is for you. For naturally blushed cheeks, use a beetroot scrub to stimulate blood circulation and add a rosy tint. Simply grate half a beetroot and mix it with a tablespoon of sugar. Use this scrub on



your cheeks by scrubbing in circular motions for about a minute. Let it absorb into your skin for another minute. Rinse with water and enjoy rosy cheek Mask.

**Tip:** Do this after cleansing your face with a face wash. Dab on moisturizer after it's done.

#### 5) Shea Butter Balm for Eczema

Eczema is another word for skin inflammation. If you are experiencing skin inflammation from wearing safety masks you will notice patches of your skin are inflamed with dryness, itchiness, roughness and bumps. This shea butter balm can help soothe it instantly. Add five tablespoons of organic coconut oil, two tablespoons of almond oil, three tablespoons of shea butter, and two tablespoons beeswax to a glass bowl and microwave it so that all these are melted.

Once the heated ingredients cool down, add two tablespoons of organic honey and 20 to 25 drops of essential oils like lavender or geranium to the bowl and stir well to combine all ingredients. Transfer this mixture to a glass jar or cosmetic tin and apply it to cleansed skins when-



ever required.

**Tip:** This balm has a shelf life of a year. Store it in a cool dry place.

-Tips shared by D.Shilpa

## Save Planet Earth

### On the occasion of National Pollution Control Day (December 2):

By knowing about the pollutants and taking measures to prevent them, we can enjoy a happy future and give a better future to our children or we will not be able to give even a sip of drinking water to our children in the future. Apart from our thoughts - practice is also important. If preventive measures are not taken, by 2030 our global temperature will increase and we will face water deficit. Due to the impact of climate change on human life style, we are laying the foundation for the possibility of changes on human behaviour which increase in fights & robberies.. So let's take steps from today to prevent pollution.

#### POLLUTANTS :

**1. Water Pollution:** Discharge of industrial effluents, plastic, oil (by rigging), pesticide residues and oth-



er wastes in rivers and seas causes water pollution and threatens human and animal life. Today's rivers are turning into cesspools. There is a plight of having to buy good drinking water. So ponds, rivers and seas which are water sources should be protected from pollution.

**2. Air pollution:** The gases emitted by industries and vehicles, the micro dust particles emitted by the con-



struction of multi-storied buildings, the carbon emissions emitted by the cooling and thermal power generation plants are increasing the global temperature, causing imbalance in the climate, untimely rains, storms and earthquakes. Protecting forests and planting trees along seashores will help balance the climate and reduce pollution.

**3. Soil pollution:** Indiscriminate soil contamination by chemical fertilisers, pesticides, deforestation, encroachment of ponds, canals, wetlands and construction of real estate commercial buildings on those sites, depleting land resources, for insufficient food and, more than sufficiently habitable dwellings, Humans and animals are being pushed



away from a balanced, natural diet. Protecting soil from a scientific perspective, protecting wildlife and wetlands; we can reduce soil pollution.

**4. Noise Pollution:** Now a days, loud noises everywhere, even at



small gathering. Apart from noise pollution caused by vehicles, industries and constructions, groups of people in the name of parties, festivals and meetings are endangering the survival of all living beings with excessive noise pollution. Excessive noise - has an indirect effect on human health and leads to hospitalisation. So, this noise pollution can be avoided by listening and emitting sounds in the right volume.

**Lokaa Samasthaa Ssukhino Bhavanthu.**

Anantha Prasad Donkada,  
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[apdonkada@gmail.com](mailto:apdonkada@gmail.com)

## Our Treasures

### Subhashithams

Verse: asūyaika padaṁ mṛtyuḥ  
ativādaḥ śriyō vadhaḥ |  
aśuśrūṣā tvarā ślāghā  
vidyāyāḥ śatravastrayaḥ ||

Purport: Hatred & jealousy for others is like death in the matter of education... Unnecessary over-talk destroys the development of education... To be hasty for fame while not doing guru seva... These three are the enemies of education.

\*\*\*

Ver: ślō: sā vidyā yā madam hanti  
sā śrīyārthiṣu varṣati |  
dharmānusāriṇī yā ca  
sā bud'dhirabhidhiyātē ||

Pur: Education is what removes arrogance... That which satisfies the desires of the beggars is money... That which thinks righteously is the intellect... That's what's being said.

\*\*\*

Ver: na vyāptirēṣā guṇinō  
guṇavān jāyatē dhruvam |  
candanō nalasandagdhō  
na bhasma surabhiḥ kvacit ||  
--- dṛṣṭāntakalikāśatakam ---

Pur: Although sandalwood is fragrant, just as its ashes, when it is burnt by fire, does not have that fragrance, there is no rule that a virtuous person will have a virtuous progeny.

\*\*\*

Ver: kim dāturakhilairdōṣaiḥ  
kim lubdhasyākhilairguṇaiḥ |  
na lōbhādadhikō dōṣaḥ na dānādadhikō guṇaḥ ||

Pur: So, what if the donor has many defects? So, what if the miser has many good qualities? There is no greater vice than miserliness. There is no greater quality than charity.

\*\*\*

Ver: satkṛtirnaiva kartavyā duṣkṛtēraṇi kēnacit |  
sa ēvōpakṛtēradhaḥ kālējasmīn prāyaśaḥ khalu ||

Pur: There is no need to do too much good to anyone today... Perhaps, not doing any evil is as good as doing a favor.

Compilation: J.V.Chandrababu

### Surrender

A Sishya needs to be in complete surrender to Guru. Guru is a divine incarnation that appears in a student's life, to have him cross the ocean of sam-sara. A true surrender is necessary to make that happen. A true surrender cannot exist where doubt arises. When the student has faith in Guru, Bhakti develops.



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

Without having Bhakti student can not be receptive to the grace transmitted by Guru. A surrender denotes the maturity of the Bhakti. Surrendering is the state denoting that the student is in acceptance to whatever he receives from Guru. He is in a state to jump into an abyss, if the Guru asks him to jump. A baby monkey holds on to the mother monkey, while the mother jumps from one branch to one branch and one tree to another. A baby cat stays put without trouble when the mother holds it in his jaws and jumps over the walls to take it to a safer place. Such is the relationship between Guru and shishya. Complete surrender is the sign of shishya's bhakti and the only way to lead to salvation.

The surrender needs to be towards God as well, accepting what ever situation we are into, accepting that it is God given. Excessive fighting with the situation, against our instincts, and expressing excessive passion does not often lead to an amicable situation. Instead looking inward to understand and analyze why a difficult situation is presented will lead the student develop a habit of surrender. Nature is powerful and one shouldn't fight against it. Anything that is powerful is graceful as well. A yogi that surrenders himself is usually taken care to not to get into problems. Such is the biting of cat of the kitten, with its jaws. Knowing that buddhi, and mind are not real, a true Yogi surrenders them to Guru or to the divine to develop them to become conducive to salvation. A yogi in surrender has no doubt in his mind that Guru will not lead him to salvation. Everything around and everyone is an incarnation of the divine, and a developed yogi is in surrender to everyone that he comes across. It makes him fearless and compassionate. It develops true observation in him, and he transcends a worldly life.

## Iky Vedika Page

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<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.