

Inside this issue ...

2-3	Community News
4-6	News Makers
6	Open Forum
7	Editorial
7	Interview
8-10	Support Arena
11	Telangana
11-13	Andhra Pradesh
14	Chhattisgarh
15	AIPSKA
16	Other States
17	Kalam Snehitulu
18	Vivaha Vedika
19	Talent Corner
20	Health Page
21	Beauty Page
22	Save Planet Earth
23	Our Treasures
24	Ikyavedika Page

Remembering the past

Gataṁ gurtukostuṅṭē anipistundi,
ā rōjulu yenta bāguṅḍēvani,
lāntarla velugulō caduvulu,
visana karralatō tagilī tagalani gāli,
tāpēllaku māṭulu, gaḍiyārālu,
repair cēyiṅcu koni, vādukonē rōjulu,
"kṛṣṇavēṅṅi" sirātō rāsukunna nōṭṣulu,
pedda kuṭumbālu, irukaina illu,
nallulatō niṅḍina nulaka maṅcālu,
ayinā nidraku āṭaṅkaṁ lēni rōjulu,
vīdhilō koḷāyila vadda taguvulu,
cālicālani jītālu, nijāyitī jīvitāṁ.
Manuṣullō mamatalu, kuṭumba prēmālu,
am'ma lālana, nānna pālana, pinni bābāyi,
mēnatta, mēnamāma, Tāta am'mam'mala,
prēmāla naḍuma sāgē andamaina jīvitāṁ,
"silōn" rēḍiyō ṣṭēṣanlō vinī vinipiṅcani,
sāyantram"teluṅgu pāḍal" kāryakramāṁ,
vaccīrāni telugulō sambhāṣistunna,
alanāṭi silōn rēḍiyō vikhyāta,
vyākhyāta śrīmatī ponnudurai,
ā pāṭalu vinaḍānīki teluṅgiṅṭi,
āḍapaḍucula haḍāviḍi
Alanāṭi paurāṅika kuṭumba gāthā
citrālu, pāṭalu ennō kālālapāṭu,
ānandānni paṅcutūnē uṅṭāyi.
Dumpala baḍullō caduvulu,

adhyaḍapakulaṅṭē bhayantō kūḍina gauravaṁ,
ēntō dhanavantulaitē philips saikiḷlu,
PELLI koḍuku kaṭṇaṁ nūṭa padahārlu,
pappu, annaṁ, reṅḍu kūralatō
saripeṭṭukunna pelli bhōjanāla tantu,
Āḍapaḍucula mustābuku"pāṅḍṣ pauḍaru"
puruṣulaku mustābuku"himālayan snō, "
am'māyi"pedda bālaśikṣa" pūrti cēṣṭē cālu,
ā rōjullō ēṁ. Ē ḍigrī tō samānaṁ.
Abbāyi āndhrā meṭrik, tappinā paravālēdu,
ā rōjullō caduvu lēkapōyinaṁ paravā lēdu,
cinna vayasulōnē daggara sambandhālatō,
PELLIḷlu, sanvatsarānikē pillalu, saradālu,
PELLIḷḷaṅṭē kuṭumbālatō saḥā ūrlaku payanaṁ,
nela rōjula pāṭu andaru bandhuvulatō,
kalasi melisi saradāgā jarupukunē paṅḍaga,
Sīdā sādāgā sāgipōyē nūrēḷḷa jīvitāṁ,
ā rōjulu yenta bāguṅḍēvi.
Peddalaṅṭē gauravaṁ, varusalatō sam-
bhōdanālu,
kuṭumba sampradāyālu pāṭiṅcē rōjulavi,
ātmīyatalu, anurāgālu, abhimānulatō,
cakkani anubandhālatō naḍicē kuṭumbālavī.
Ārōgyavantamaina kaltī lēni āhāraṁ,
andukē ā rōjulu marapurānivi, maruvalēnivi.

-Vadada Umamaheswar Rao, Kharagpur

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

Scheduled 1st EC meeting AISKA

The 1st Executive Committee meeting of All India Sistakaranam Association is being held on 11th & 12th February, 2023 in Hyderabad at National Institute for Micro Small and Medium Enterprises (ni-msme). Speaking to Lekha, the President of AISKA, Sri Dabbiru Krishna Rao Sistakaranam stated that the elected Executive Committee members from more than 15 states will be attending the meeting. The meeting is exclusive for EC members of AISKA. The members were invited along with spouses and necessary stay arrangements are also made in the sprawling campus of the venue.

Sri Krishna Rao stated that this meeting is going to be a different one having round table conferences with multiple panels to discuss and evolve future strategies for the benefit of Sistakaranams of all age groups across the globe. The overall focus will be in strengthening financial resources for the needy, entrepreneurship, women empowerment, cooperative banking, tailor made business models, educational support models and such other issues including attainment of OBC status. AISKA has also invited a few professionals of our community to make panels to discuss and develop action-oriented models that are adoptable and implementable. He appealed to each and every Sistakaranam not to be mistaken with the messages going across in WhatsApp groups that the meeting is open to all. The meeting is being organized by utilizing the services of members of Sistakaranam Welfare Association, Hyderabad.



All India Sistakarana Marriage Bureau

On the dates of February 11, 12, 2023, during the All India Sistakarana Sangham Delegates meeting organized at the National Institute for Micro Small and Medium Enterprises (NUMSME), Hyderabad at, we are arranging this marriage introduction platform for the relatives.

We request all our relatives to take advantage of this opportunity.

We request all Sistakaranam relatives, community members and working group members to be partners and make the program a success.

We request the parents of the boy/girl to take advantage of this opportunity and settle their children's marriages as soon as possible.

When you want to get community alliances for your girl/boy, please send the marriage information of your children to the numbers given below.

NOTE: SPOT registration will also be available.

Regards

All India Sistakarana Marriage Introduction Platform

Contact the below numbers:

1. Balivada haribabu – 9494745837
2. Dabbiru Pardhasaradhi – 9346926456
3. Mantri Sandhya Raj – 9826191065
4. Dasamanturao Anuradha – 9932851856

Sistakaranams in service of temples

In our community, there are a lot of devotees who are pious and interested in spiritual service. They themselves have undertaken the construction of various temples for the devotees. I am giving the details of some of these temples that I know which we can visit.

- 1) Sri Sri Sri Ayyappaswamy Temple at Parvathipuram in Parvathipuram Manyam District.
- 2) Sri Sri Sri Rama Temple in Chodavaram, Anakapalli district.
- 3) Sri Sri Sri Sankatamochan Ganapathi Devalayam at Nandapur, Visakhapatnam District.
- 4) Sri Sri Sri Siddhi Buddhi Ganapati Panchayat Temple in PN Colony, Srikakulam town.
- 5) Sri Sri Sri Venkateswara Swamy Temple at Old Srikakulam.
- 6) Sri Sri Sri Shirdi Sai Baba Temple in Mentada, Vizianagaram District.

7) Temple of Sri Sri Sri Shirdi Sai Baba in Gajapatinagaram town. Trustee Sri Paltheru Keshavrao and the members of the Governing Council are Sri Paltheru Mohan, Sri Behara Nagabhushana Rao, Sri Bhitrapati Prasada Rao, Sri Baggam Sudhakar Patnaik, and Sri Rega Suresh.

Also, our illustrious members who are part of other temple's Board of Trustees are:

- 1) Srikakulam District Sri Sri Kurmanadhaswamy Temple.
- 2) Sri Sri Puruhutika Ammavari Temple in Pithapuram town of Kakinada district.

All these are things that we have built or are trustees of. Let's convey our congratulations and thanks to them.

Also, if you know the temples built by us and the temples, we are trustees of, you can let me know. Let's add to this list.

- Sadashivuni Lakshmana Rao

Community News

Sistakaranams in Republic Day celebrations

On 26-01/2023 Republic Festivities 2023 this year, our Sistakaranams showed their talent and patriotism in all fields. Their details are briefly published below. "Lekha" expresses our heartfelt Congratulations to them. We are thankful to Sri Sadashivuni Lakshaman Rao who collected most of the news and sent it to us.

1) Dr R. Soundarya (Doctorate from CSIR Lab, Bhavnagar and now pursuing post doctoral program from Yonsei University, South Korea) daughter of Sri R Kesava Rao of Kathipudi, Rajahmundry was invited as chief guest for unfurling the national flag on Republic Day celebrations on 26-1-2023 at Referral English Medium School at kathipudi



2) Sri Polaki Venkateswara Rao, NTPA, Irrigation CAD Department, received a certificate of appreciation from the hands of District Collector, Nirmal District, Telangana.

3) Sri Girish Kumar, VRO, Vanapa, Kothur, Srikakulam District received a certificate of appreciation for his excellent services at the hands of the District Collector.

4) Sri Tirupati Patnaik, AO, YMPDO Office, Meliyaputty, Srikakulam District, received a certificate of appreciation for his meritorious services at the hands of the Collector of Srikakulam District.

5) Sri Ippalavalasa Suresh, Extension Officer, Panchayat Raj Rural Development Department, Bhogapuramandalam, Vizianagaram district, received a certificate of appreciation for his excellent services from the hands of Vizianagaram District Collector.



6) Sri G. Sitaram Patro, Deputy Jailor, Bobbili, Vizianagaram received a certificate of appreciation for his excellent services at the hands of Vizianagaram District Collector.



7) Sri Arikathota Suresh, Deputy Executive Engineer, AP Trans Co., Garividi, Vizianagaram District, received a certificate of appreciation for his excellent services at the hands of the Vizianagaram District Collector.



8) Sri Balramamahanti Umashankar, Superintendent Engineer, Rural Water Works, Vizianagaram District, received a certificate of appreciation for his meritorious services at the Collector of Vizianagaram District.



9) Sri Vandrangi Venkatesh, Chairman of the parents committee, inaugurated the national flag at Rameswara Colony Mandal Parishad Primary School, Garividi Mandal, Vizianagaram District.



10) Sri Locharla Ramesh, District I&PR Officer, received a certificate of appreciation from Mr. Nishanth, District Collector of Parvathipuram Manyam District, in recognition of his excellent services.



11) Sri Mahendra Kumar Uriti, Divisional Manager, Girijan Cooperative Corporation Ltd. received a certificate of appreciation for his excellent services from Sri Nishanth, District Collector of Parvathipuram Manyam District.



12) Sri Kashimahanthi Vijaya Kumar, Chief Manager, RACC, State Bank of India, Narsipatnam, was invited as the Chief Guest to unfurl the National Flag on 26-1-2023 on the occasion of Republic Day at Nalanda English Medium School, Narsipatnam.



13) Smt. Dabbiru Prashanthi said that students should be inculcated with patriotism from an early age. She hoisted the national flag at Bheemunipatnam's local B.R. Ambedkar school. On this occasion, she gave gifts to the children.



Sistakaranam Corporation tenure extended



The tenure of the members of the Andhra Pradesh State Sistakaranam Corporation has been extended in the G.O. released on 20/01/2023 Friday evening.

In a statement on this occasion, Andhra Pradesh Sistakaranam Welfare and Development Corporation Chairperson Smt. Kanti Mahanti Anusha Patnaik expressed her heartfelt thanks to Hon'ble Chief Minister Sri YS Jaganmohan Reddy for giving her the opportunity to be the Chairperson of Andhra Pradesh State Sistakaranam Corporation for the second time in a row. "I sincerely thank Hon'ble Chief Minister Sri YS Jaganmohan Reddy and Sri Chelluboyina Venugopalakrishna, Minister of BC Welfare Department for giving me a second chance as the Chairman of Andhra Pradesh State Sistakaranam Corporation and 55 other BC Corporation Chairpersons and Directors along with me, in the G.O. released on 20/01/2023... I assure you that I will definitely prove the trust you have placed in me", she said.

Hearty greetings and congratulations from "Lekha" team to Smt. Anusha Patnaik.

Newsmakers

Chi. Lithikesh shines with the Rubik's Cube

Basuru Likhitesh of Visakhapatnam city showed his mettle by winning a silver medal in the recent Rubik's Cubes competition at the all-India level. Let us hear in Likhitesh's own words, the details of his hobbies, the hard work to win the competition, family background, etc.: "My name is Basuru Likhitesh. I am studying Inter first year MPC group at Sri Chaitanya Educational Institution in Dwarka Nagar, Visakhapatnam. I've loved playing games since I was a kid. As part of that, I practised solving Rubik's Cubes. During the Covid break, I intensified the practice and improved myself. It was that which helped me win a silver medal in the recently held All India Cubes Competition. My father, Sri Basuru Prasada Rao, is working as a deputy editor in a daily newspaper. My mother is serving as a faculty at Varija Degree College. My sister Sri Prajna is studying in 8th standard at Sri Chaitanya School in Visakhapatnam. My two grandfathers, Sri Basuru Sriramamurthy and Sri U Ramakrishna Patnaik have passed away. At present, we live with my maternal grandmother Smt. Bhagyalakshmi and paternal grandmother Smt. Basuru Dhanalakshmi in Chinnamusidiwada in Visakhapatnam. I am aiming to get more grip on different Rubik's Cubes to win a gold medal at all India level in the future."

<https://medium.com/@hariology/india-cubers-league-2022-23-results-ac81867e90cf>



"Miss Bharat" is our young girl!!!

Our Sistakaranam youngster from Hyderabad, Chi. Kuppili Sumavarsha participated in this year's competition organized by My Dream Entertainment and won the Title of Miss India Elite US 2022. Let's congratulate her and give our blessings.



Chi. Jahnvi wins prize in essay writing

A student of sixth standard in English Medium High School, Bobbili Institution. Shivvam Sai Jahnvi (daughter of Shivvam Yugandhar) won the second prize in Vasacharana. Congratulations and blessings to her on her great achievement



Sri BVN Patro in Simhadri awards presentation

Sri Sai Srinivasa Cultural Association, Visakhapatnam presented the Simhadri Awards to the celebrities in the field of drama in an Awards Ceremony, which was held in Visakhapatnam. In this program, our own Nandi Awardee and resident of Madhurawada, Vishakhapatnam and Sri Sai Srinivasa Cultural Association, Visakhapatnam General Secretary Sri B.V.N Patro played the lead role in the event. Congratulations to him.

Sri Vishweswara Rao wins Best Actor award

Congratulation to Sri Vishweshwar Rao garu on receiving the award at the hands of local MLA as the best actor in a program for the short film "Viluvaya Sneham" produced by Parvathipuram resident, prominent Sistakaranam, and short film artist Sri Tyada Visveswara Rao, Bajrang Creations, Jaipur, Odisha.



Sri Gajapathi Rao elected CFEU President

Sri N. Gajapathi Rao, State Council Member, BJP, Andhra Pradesh has been unanimously elected as President of Coromandel Fertilizers Employers Union for the calendar Years 2023 - 2024. On this occasion he thanked all the workmen for electing him unopposed and assured for maintaining good industrial relations and for securing good benefits for the workmen.



Newsmakers

Sri Ravindranath stars in 'Kanya Kumari'

Congratulations to Parvathipuram resident and our literary artist Sri Pakki Ravindranath for wearing face makeup again. The shooting of the second film 'Kanya Kumari' under the direction of Sri Damodar Attada, who earlier directed a diverse film like 'Pushpaka Vimanam' and proved his talent in the first film, is going on in full swing. Sri Pakki Ravindranath got a chance to act in a good role in this film. On this occasion, our Pakki Ravindranath thanked the director Damodar Attada.



Seva Vikas award to Dr. Srikanth

In a program held in Visakhapatnam on 1-1-2023 under the auspices of Visakhapatnam based TV2Rism, Visakha resident, our Sistakaranam leader, service minded person, humanitarian, and poet Dr. Dabburu Srikanth was given the Seva Icon 2023 award. We wish him more awards.



Lifetime Achievement Award to Sri Umamaheswara Rao

In a program held in Visakhapatnam on 1-1-2023, under the auspices of TV2Rism of Visakhapatnam, Sri Behara Umamaheswara Rao, the poet and children's writer from Parvathipuram, was awarded the Lifetime Achievement Award by the president of the organization, Dr. R. Manibhushan Kumar. Let's congratulate him and wish him more awards.



Our singers in Vani Ganasabha

On 1-1-2023, the 194th Vani Ganasabha was held at Shree Raja Hindi College, Parvathipuram town had a performance by our talented music artist, singer Smt. Pakki Sasikala, and singers Sri Raupalli Vasudeva Rao. On this occasion, they also received honors in the meeting.



Up & down view Painting

Painting by Ms. Charmee student of Bhavans College, Sainikpuri, Hyderabad, on theme 'urbanization and lakes' was recognized under the Green Campus program.



World dance award to Chi. Lasya

Gajuwaka Sistakaranam Sangham Organizing Secretary Sri Manipatruni Satyanarayana's daughter Chi. Lakshmi Lasya was presented the worldwide medal and certificate in the competition organized by International Carnatic Dance Association, Chennai. All the members of the Gajuwaka Sangham congratulated Chi. Lakshmi Lasya and wished her to reach even higher heights.



Chi. Mouli wins the title of Strong Man of India

Our Sistakaranam young man who excels in the field of weightlifting. Saluru resident who is the son of popular Sri Burli Ramakrishna, Burli Vijaya Mouli (23 years old) won 3rd place in the 345 kg category in the state weightlifting competition held at Nandyala, Andhra Pradesh in the month of July 2022, and won first place in the bench press. Similarly, in the month of September 2022, he won the first prize in the 360 kg category in the national weightlifting competition held in Indore, Madhya Pradesh. Recently, in the month of January 2023, he won the second prize in the 390 kg category and the first place in the bench press in the national weightlifting competition at Visakha Steel Plant, Andhra Pradesh.

For that he got the title of Strongman of India.

Let's congratulate him

Newsmakers

First Prize to Chi. Saibhagawathi in Sports Competitions

Let us congratulate Chi Baliwada Sai Bhagavathi (daughter of prominent Sistakaranam and General Secretary, Visakhapatnam District Sistakaranam Association, Sri Baliwada Haribabu) for winning the first prize and receiving the medal, shield and citation at the IPL Games competitions organized by Aditya Degree College' BBA at Gopalapatnam, Visakhapatnam.



Electronic media award to Sri Shivaji

Sri Uriti Sivaji Patnaik, Head of Media24 News Channel Amaravati, who has been a role model for many people in electronic media and who has helped many people to excel, received the Electronic Media Pratibha Award in a program held on 16-1-2023 under the auspices of GVR Cultural Foundation at Sri Thyagaraya Ganasabha, Hyderabad. Congratulations to him

Appreciation Letter to Sri Triumala Rao

Sri Kudama Tirumala Rao, a member of the Rajam Writers' Forum and the Principal of Kothavalasa MPUP School, has won another commendation.



On the occasion of Subhash Chandra Bose's birth anniversary under the auspices of Nava Bharata Nirman Sangham, poems were invited at national level and Tirumala Rao sent a poem and received a certificate of appreciation.

Sri Tirumala Rao sent a poem on the theme of 'Patriotism - Awakening' and the president of Navabharata Nirman Sangha S. Ravikumar and members of the executive committee sent a letter of appreciation.

Kavi Kiranam Award to Sarathkavi

I am sharing happiness with you on the occasion of being the winner of a 6-day poetry competition on the Shatdharma of a woman "Karyeshu Dasi, Karaneshu Mantri, Rupecha Lakshmi, Kshamaya Dharitri, Bhojeshu Mata, Sayaneshu Rambha" who plays the six roles of lifelong service to the spouse and being awarded the title of Kavi Kiranam.



- Sarathkavi Dabbiru Venkata Ramanamurthy, Hyderabad

Chi. Lakshmi Lasya in Godadevi costume

గాజువాక సంఘ నిర్వాహక కార్యదర్శి శ్రీ మణిపాత్రుని సత్యనారాయణ గారి కుమార్తె చి. లక్ష్మీ లాస్య, సింహాచల వరాహలక్ష్మీ నరసింహస్వామి ఆలయ కమిటీ వారు తేదీ 14.01.2023 నాడు శ్రీ వెంకటేశ్వర స్వామి వారి సన్నిధిలో గోదా దేవి కళ్యాణ మహోత్సవం సందర్భంలో, పాశురాలు కార్యక్రమం (తెలుగు సుప్రభాతం) గోదాదేవి అలంకరణలో ఆలాపించడం జరిగింది. ఈ సందర్భంగా అచ్చటకు వచ్చిన భక్తులెల్లరు ఆనందాతిశయాలు వ్యక్తం చేసి పొగడ్డలతో ముంచెత్తారు. అలాగే ఆలయ కమిటీ పెద్దలు చి లక్ష్మీ లాస్యను హృదయ పూర్వకంగా అభినందిస్తూ ఆశీర్వదించారు.



Open Forum

The Truth of Life

A man's life is like the doors of a house. If you open it, there will be light, otherwise it will remain dark. Similarly, if a man works hard, he will be happy, otherwise it will be difficult. Everything is in our hands. Those who earn hard and spend frugally can be happy even in a crowded hut. Otherwise, an uncontrolled life is like a lamp in the wind. We should not depend on anyone; we should not compare ourselves with anyone. We should believe in ourselves. Only then can we achieve anything. Also, depending on the way we speak, we get a good place in society. The greatness of a man is not in the beauty of six feet height. It depends on the tongue that thinks and speaks. If you

have culture, you can enjoy a peaceful life even if you don't have wealth. No matter how rich you are, if you don't have culture, life is a waste. A life full of ambition is like a house filled with light. Idiots only know how to make fun of others. A competent person knows how to appreciate common people for their skill. As much as the pride of "I" takes one up, the pride of "Only I" takes one down. So, the ego should not enter the mind. It should be the same whether we have money or not. Always have good thoughts in mind. If there is an opportunity, we should give conscious help where it is needed, or we should do our own work. We have to make sure that we do not cause any

trouble to anyone. If we cause any trouble to anyone, we should correct it immediately. Admitting mistakes is not wrong. Because No matter how careful you are, it is human nature to make some mistakes. Humane people are the ones who correct them. Because God gives wisdom only to humans. It is our duty to make good use of that knowledge. We should be an example to one but not a problem to another, this is the truth of life.

Sarvē janā sukhinōbhavantu.

Dr. Dabira Srikanth (Sahaja Kavi)

Editorial

Yadbhavam Tadbhavata

“Lekha” is a hearty salute to Sistakaranam Priyabandhus.

The new English year has started with new hopes.. Hope ,we met our all near and dear in our towns for Sankranti this month and move forward by remembering the sweet experiences of Madhurati Madhura experience .



When we think about our caste is low or think that there is no unity among us, we ask that we do not underestimate ourselves, do not sometimes criticize us. We

have to get out of the feeling that we are losing our existence because the saying "Yadbhavam Tadbhavata" is true in most cases. For example, suppose you are repeatedly thinking, "I'm forgetting people's names lately." The brain is programmed the same way. Definitely forgetting the name to be remembered every time you try to remember it... the brain successfully processes and discards our negative programming. Similarly, if we feel inferior about our caste, that is programming.

Keep thinking that your health is not good. Surely there will be some problem. From the moment of thinking "It's not good, it's not good", the brain sends orders to various organs, manipulates the body's metabolism and causes some discomfort. Whatever task we have assigned to it, its goal is to complete it "our health is not good".

If a positive attitude can be achieved in this programming then surely every moment will be wonderful. So how to lead any situation in every moment of life is in our hands. So no matter what choice we take, life will be like that. If we feel great about our society, then everything will be great.a

This is what we take personally. If you look at every condition, every experience, every day, every moment anew, and respond anew, all the old records and useless bitter memories in the brain database will be washed away. Life is always new.. We are as fresh as when life just started.

Also, if we don't look down on our caste, consider our caste as a great caste, think how to rise socially and politically in it, or give support, cooperation and help to our relatives who are working on that path, the whole positive thing will happen with time, and the caste development will be wonderful with the new generation.

“ Sarva Sistakarana Jana Sukhinobhavanthu”

-Jannumahanthi Venkata Chandrababu

Interview

Digital Chronicler of Sistakaranams

Lekha is presenting a person who needs no introduction, he is the “Digital Chronicler of Sistakaranams”. Often, participants of events wonder how they receive a report of the event, even while the event is still going on. The report comes from the dexterous fingers of none other than our digital Chronicler. By now, Baliwada Haribabu might have come to your mind. Yes, we are talking about him only. Let's know more about him.

Tell us about your childhood.

I studied in villages and eventually graduated from Tekkali. I got a job in Visakha Steel Plant.

How did you get interested in social activities?

Since my childhood, I have a great affinity for our community and relatives. I have passion for social activities. Even though I am into community association activities indirectly for the last 20 years, I became very active after closely observing the activities of our legend, late Sri A.V. Jagannadha Rao Patnaik. He was my Inspiration. It is Sri Baliwada Appala Narasaiah who introduced me to the Sistakaranam Association where I further understood community activities and continued to work to my best.

Now a days, I am focussing on matrimonial activities to strengthen our "caste security". Apart from the online matrimonial service, I also organize programs on bride and bridegroom introductions. I am also active in the distribution of clothes, provisions for the poor, financial help to poor students, and conduct of medical health camps. I am also moving forward by writing on various issues to inspire our community people and this made me well-known in our community circles. It gives great delight to me.

What made you write on social issues regularly? Is it your command over language?

I don't agree that I have a good command over language, because I have to learn a lot. I wanted to become a journalist. But it didn't materialise. Since then, my thinking process on social issues increased significantly and I started using social media utilizing technology.

You are being felicitated often. Tell us about your awards & rewards.

Bala Ranjani Institute awarded me for my social service activities. I received Distinguished Service Award from Adharana Welfare Society. I have received many awards and rewards from various Sistakaranam associations for my overall services to our community.



Sri Baliwada Haribabu

Father:	Mohan Rao Patnaik
Mother:	Bhagavatamma
Wife:	Bindurani
Son:	Sai Patnaik
Children:	Sai Bhagavathi
Birth Place:	Palathelagam, Near Kotabommahli, Srikakulam district.

Please give your message to our youth.

The youth should definitely come into the associations, mingle with our leaders, and get inspired by them. Our traditions and culture must be passed down in this manner to the next generation, or our youth will become disconnected from the associations. Parents must play an important role in encouraging their children to participate in associations to the greatest extent possible, despite their hectic schedules.

Sparing his time daily after office hours and on holidays for social and literary activities for the Sistakaranam community is really reminding us his interest to become a village sarpanch at the age of 18. His application was rejected on the age factor, as he didn't have the minimum prescribed age to contest. 'Lekha' wishes him to get more strength to continue his activities uninterruptedly.

Interviewed & Compiled by-
Mantri Narsimha Rao

Support Arena

Blankets & food packets distributed to 2000 people



Apart from our grandchildren, we have a lot of responsibility for the upliftment of the weaker sections of the Bardugu community. She. At the statue of AV Jagannadha Rao Patnaik, in commemoration of their wedding anniversary, the family members of AVJ organized a program to distribute blankets to around 2000 poor people from the underprivileged communities.



Mrs. Auguru Leela Kumari garu said that such service programs are not only the work of the caste leaders, but should be recognized as the responsibility of all, and 2000 blankets and food packets were handed over to the poor below the poverty line today at the statue of Jagannad Rao Patnaik. Leela Kumari called upon us intellectuals to get rid of narrow and hateful mindsets, focus on the development of our race and social programs, and create an environment free of social inequalities with everyone's feelings.



The family members of Mrs. Leelakumari, Nandigam Srinivas, Gopala Rao, Prasad couple, Uma couple, Mr. Vitthal and other family members participated in this event. From Visakhapatnam BJP, Sistakaranam women leaders Ms. Kurada Pavani, Mr. Balivada Haribabu, Mr. Kuppli Ganesh Garu and others participated.

From Visakhapatnam BJP, Sistakaranam women leaders Ms. Kurada Pavani, Mr. Balivada Haribabu, Mr. Kuppli Ganesh Garu and others participated.

Donation to two orphanages, and panchagam distribution to priests by Smt. & Sri Kanakaraju

Sri Arikathota Kanakaraju, a retired professor of Northwestern Vasaya College, resident of Prabhakar Colony of Srikakulam town, accomplished humanitarian, community worker and his wife Dr. Smt. Arikatota Uma donated to two orphanages.



1. A cash donation of Rs 6000/- was handed over to the Ammaodi Orphanage in Tampatapalli village near Palakonda. It is customary to donate to this goddess in the month of January every year. It was established by local people 15 years ago in its

own building, and this well-run Ammaodi Orphanage houses 26 orphans belonging to different social classes. All of them are studying from 6th standard to Intermediate.



2. Rs 6000/- was donated to Amma Prema Adarana Orphanage in Rajam. 48 people belonging to different castes joined this ashram for education. She is presently studying upto 5th standard till Intermediate. The ashram is run

entirely with the help of donors in the founder Ramulu's own building. Arirathota Rana-raraju's parents regularly donate in the name of Kurmanna and Polamma Charitable Trust. He said that they will provide more support for education to the poor people.

3. On 17-1-2023 the hindu alamanc (2023-24), books of Sri Tangirala and Sri Butte Panchagakarta were distributed free of cost to the priests of various temples by our service minded Sistakaranams, Sri Arikathota Kanakaraju of Srikakulam town and Dr. Smt. Arikatota Uma. Congratulations to them and their son Sri Arikathota Venkatadurgaprasad.



Let's congratulate them.

Sankranti gifts by Mother Theresa organizations

Like every year on the occasion of Bhogi, Sankranthi, this year also 'Mother Teresa Seva Sangam & Blood Donors Club' and 'Mother Teresa Kids School' jointly distributed fifteen types of essential items to 20 people on the occasion of Sankranti to the most needy people in the vicinity of Ayyannapet Junction in Vizianagaram town.. The president and founder of 'Mother Teresa Seva Sangam', Mr. Tyada Prasad Patnaik, a prominent philanthropist of our education, and others participated in this program.



Bharata Nidhi Foundation distributes sewing machines



M/s Bharata Nidhi Foundation, Vizag (Founder Chairman Sri DSV Gopikrishna) have organised a function on 12-1-2023 at Vizag where 75 sewing machines were distributed to eligible beneficiaries with CSR contribution from Pharmazel India

(P) Ltd. So far 150 women have been trained and provided machines by the foundation. As part of this program, Vadada Subrahmanyam and Padmavathi were given a sewing machine by the hands of Trust Head Dabbiru Gopikrishna. The foundation is also helping the trainees by arranging jobs to earn a livelihood, as well as training to enhance their skills. Their target is 1000.

Support Arena

Sankranti sarees given by Rajam Association

For the 14th year, under the auspices of Rajam Regional SistaKaranam Welfare Association, sarees were provided to 45 girls in our families on the occasion of Sankranti. This program was started from Sankranti 2010. Thanks to all the donors who are contributing to this. This was informed by Rajam Regional Sishta Karan Welfare Association President Mr. Uriti Sasibhushan Rao, Secretary Mr. Locharla Ganapathy Rao, Treasurer Mr. Pakki Ramesh Patnaik, Convener Mr. Pakki Appaladas, Amritakalasa Convenor Mr. Pakki Nagendra Rao, and PRO Mr. Anantapatnayakuni Srinu, in a statement.



Daily food distribution in Sai Baba temple

In Chinthalavalasa village, Mentada mandal, Vizianagaram district, Sri Markondapatnayakuni Tirumala Rao (son of Shrimati Kalavatammagaru and Late Markondapatnayakuni Apparaogaru) and their brothers, who are devotees of Shirdi Saibaba and residents of Chintalavalasa village, are building a temple of Sri Sri Shirdi Saibaba and performing regular pujas in Chintalavalasa village. Also, Nityannadanam is done here for 365 days (about 12 months). This temple is well known in the surrounding areas. Let us congratulate them. Their phone number is 9492192308 .



Food distribution in memorial service

Key in Visakhapatnam Parnashala Apartment Plot No. 306 Srikrishnanagar. The Adiratna Baggam Charitable Trust was started to provide meals to 70 elderly people at St. Joseph's Old Age Home and 80 homeless people on the road on Mrs. Baggam Venkataratnam's obituary. The founder presidents of the trust Mr. Baggam Srinivasa Rao, Mrs. Baggam Sujatha and a couple of members of the trust, Mr. Subha Balam Charitable Seva Trust Chairman Mr. P. V. V. Prasada Rao Patnaik, retired Andhra Bank Manager Mr. Vantaram Chandramouli, Mr. Baggam Mr. Aditya, Mr. Baliwada Rahul participated in this program.



Sankranti gifts for catering staff

The owner of Shree Sai Catering in Sri-kakulam town, Mana Sistakaranam Sri Joddumahanthi Saikumar gave his staff Sankranti essentials, new clothes and a cash bonus of three thousand rupees. Kudos to his generosity. This program is done regularly every year. Good luck to them.



Blankets distribution

Donating blankets to some poor people. In memory of Late AV Jagannadha Rao Patnaik, distribution of blankets in various areas on Sankranti with their financial support was organized under the leadership of Mrs. Kurada Pavani and Baliwada Haribabu.



Help to our families in Parvatipuram

Under the auspices of Sistakaranam Welfare Association Parvatipuram, 'Sankranti aid' was provided to the financially backward families of Sistakaranam relatives personally by Andhra Pradesh Sistakaranam Sangam, General Secretary Mr. Belagam Jayaprakash Narayan (Jayababu). 34 families from Parvatipuram and surrounding villages received Sankranti aid in this program. In the program held on 2-1-2023, each family was given grocery items worth five hundred rupees and cash of five hundred rupees. Meanwhile, the members of 'Manavalku Mana Sahayam' WhatsApp group have donated ten thousand rupees from their fund as their partnership for this program.



Essentials distribution by Sudharani Memorial Trust

Prominent Sistakaranam leader Sri Markondapatnayakuni Gouriswara Rao (MPG Iswara Rao), the founding president of Sudharani Memorial Trust and resident of Vizianagaram, provided basic necessities to 50 poor families at Vrindavanam apartment complex in Gunturuvari vedhi on 14-1-2023 on the occasion of Sankranti. Congratulations for their generosity.



Support Arena

Sistakarana Helping Hands 17th event successful

Mr. Kondavalasa Srinivasa Rao of Raipur informed us he got inspiration for our service programs through Srikakulam District Sistakaranam lekha and sought help for a needy family through our Sistakaranam helping hands. In this matter, our group friend, Srikakulam resident Sri B.P.C.K. Mohan Raju himself went to their residence, examined their condition and informed us that they needed help.

A total of Rs. 47018/- donations were collected in the Helping Hands Group. Some amount of this financial assistance i.e., Rs. 9000/- was purchased on 01-01-2023 in Vizianagaram wholesale market in the presence of relatives of packing machine and material and remaining amount Rs. 47018 - Rs. 9000 = Rs. 38, 018/- was handed over in

the presence of relatives residing locally. This event took place in Our group friend Sri Arasada Trinadh Vara Prasad residence.



This concluded the 17th service program.

Collected from the posting of Sistakarana Helping Hands Whatsapp Group Admin Sri Pakki Umamaheshwar Rao

Sistakarana Helping Hands 18th event

Visakhapatnam Gajuwaka resident Sri Kantimahanthi Nagabhushanam has been suffering from liver problem for the past 8 months. He lives in a rented house in Gajuwaka with his wife Kantimahanti Gayatri and a son (class 7). Currently confined to bed at home due to liver problem.

The monthly house rent (Rent 3000 /- per month), cost of medicines and other financial problems, being a burden to run the house, the family seeks help from our Sistakaranam Helping Hands Group.

Those who want to help can send your contribution to Uma Maheswara Rao on PhonePe or Google Pay number 9392234863

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

Distribution of Sarees and Pens



Gottipalli village in Anandapuram mandal. Also, they distributed sarees to the poor in Wannali village of Regidi mandal. This was done by their grandson Visakhapatnam intellectuals, intellectuals, Vishranta Andhra Bank Manager Mr. Vantaram Chandramouli distributed pens, pencils, and biscuits to 110 students of Chi. Shanvik Sai Vedamshu on 6-1-2023 as it was his birthday. Let us congratulate them.

Dry fruits distribution to the disabled

Sri Sekharamantri Ugranarasimhamurthy (Sanmurthy), Founder President of Visakhapatnam of Federation of Andhra Artists distributed packets of cashews, dates & other dry fruits to the disabled on the occasion of Sankranthi on 15-1-2023. Congratulations and best wishes for his generosity. We hope he will keep doing more programs with a sense of service. It is an inspiring act of service.



Fraternity Page - Telangana

New Year greetings to Sri Vakulabharanam, Calendar release

Telangana Sistakarana Welfare Association executive committee members on the call of Honorary President Sri Dabbiru Venkata Krishna Rao Sistakaranam wished BC Commission President Sri Vakulabharanam Krishnamohan Happy New Year and inaugurated "SWA" 2023 calendar and honored him with commemorative shawl. The members of the commission assured us that one of the Telangana government's BC welfare schemes will be provided to our caste soon. Sri Burli Vijayakumar, Sri Dabbiru Sarath, Sri Mantri Narsimha Rao, Sri Kottakki Venkateswara Rao, Sri Dabbiru Parathasarathi were present in this auspicious program. Sri P. Prakash Rao. Sri D. Naresh Patnaik, Sri Kuppili Jagadish Patnaik also participated



Telangana Minister appreciates

Sri Pratap Raj's daughter

Chi. Neelima, the daughter of Sri Pratapraj and Smt. Renuka from Kailashnagar, Sanatnagar, Hyderabad studies in 9th standard at St. Theresa's School, Sanatnagar. Along with her studies, she excels in sports and science. Telangana Minister Talasani Srinivas Yadav congratulated Chi. Neelima and said that it is admirable that she excels in sports and intelligence. Corporator Lakshmi Balireddy also participated and praised.



Fraternity Page - Andhra Pradesh

AP Sistakrana Association meeting

The Sistakarana Kalyana Mandapam was abuzz with the arrival of state executive committee members from six districts in colorful splendor.

Shri S.N.K. Mahanty called upon all relatives of Sistakarana caste to come together for OBC Sadhana. Honorable Corporation Chairperson Smt. Kanthimahanthi Anusha Sasidhar Patnaik, who was the chief guest, conveyed Sankranti greetings to all the relatives of our Sistakarana caste in the state. He said that the state government has sent proposals to the central government to include the Sistakarana caste in OBC. He said that the problems brought to his attention at the state level are brought to the attention of the government officials and resolved. Sistakarana relatives said that all the relatives should be united and provide many benefits that will be useful to all the relatives of our caste forever. The special guest Sri Venkateswara Banerjee said that those from our caste who are not able to get some welfare schemes due to lack of awareness should be identified by the leaders of the respective branches and told to the corporation or the state association or the Alindia association that we must help them. If we move forward with unity, there is nothing that cannot be achieved. He said that let's achieve B.C.

State Chief Secretary Sri Arikathota Chandramouli has explained the representations made since the

last meeting till today in the form of a program report. State Treasurer Shri B.V.N. Patro has introduced the financial report. Smt. Dabbiru Prashanthi, the female president, said that she will work for the development of the society to the best of her ability. Women's General Secretary Smt. Kuppili Ashalatha said that she will make the women's world aware and work for the development of our caste. State Organizing Secretary Sri Jaithi Umamaheswara Rao said that he will continue to support the development of the community for the unity of the people. The representatives of various districts were Sri Sahini Srinivasa Rao, Sri Basuru Kantha Rao (Parvathipuram Manyam District), Sri Rajam Appalarasiah, Kottu Umamaheswara Rao, Paltheru Sandeep Kumar (Vijayanagaram District), Sri Balivada Appalarasiah, Sri Srisahini Ramesh, Sri D. Haranad, Mantri Murthy Garu (Visakha District), Shri Y.V.N. Patnaik, Shri Manapuram Baskara Rao (Elamanchili District), Shri Suryanarayana (East Godavari District), Shri Marupalli Yagneswara Rao (Srikakulam District) and others gave suggestions for the development of the community.



After lunch, to fill up the vacancies in the state association, for the strengthening of the state association, a women's section was formed in the state association to take some additional people into the state executive committee. All the old and new working group members were felicitated by Ms. Kanthimahanthi Anusha Sasidhar Patnaik, Chairperson of Mana Sistakarana Corporation and took oath. State Convenor Sri K. Sivaprasada Rao read out the unanimous resolutions on OBC Sadhana, which is our immediate duty, and the meeting ended with the approval of all followed by a vote of thanks. Heartfelt thanks to all who participated in the meeting.

With salutations...

Arikathota Chandramouli
Chief Secretary of the State
A.P. Sistakarana Sangham



Fraternity Page - Andhra Pradesh



Sistakaranam community building is our mission

The leaders of Srikakulam Sistakaranam Sangham felt that the construction of social buildings is our duty. On Sunday, Sangh members visited the unfinished social building under the leadership of Sangh President Behara Ramachandra Rao. Monitored the performance and quality standards of the construction works. Accounts of contributions received, and expenditure were reviewed. Action items related to collection of funds planned. Gokul Vijay, Arikithota Kanakaraju, Apparao Master, Sundaragiri Sanjeeva Rao, Dabbiru Venkata Rao and others participated in this program.



Courtesy Meeting

Senior Sistakaranam luminaries staying at Altius Apartment in Mithilapuri Colony, Visakhapatnam along with Sri Dadhirao Sathyamurthygaru and Smt. Dadhirao Swarnalatha, founder editors of Sishtapratibha magazine, were presented with their New Year 2023 diary and panchangam book by Seethammadhara Sistakaranamm Sangham. The duo thanked the leaders of Seethammadhara Sangham.



Appeal to Sri GVL for OBC

Sistakaranam community leaders together gave a petition to include our caste in OBC. The Hon'ble Rajya Sabha member sat amongst the Sistakaranam leaders and enquired about our caste conditions. He assured that he will definitely help after receiving the petition. He was felicitated in the presence of all Sistakaranam leaders. Among the participants were Andhra Pradesh Sistakarana Sangham President Sri Polumahanthi Umamaheswara Raogaru, Sri M Simhagiri Patnaik, Smt. Kurada Pavani, Smt. Prema Patnaik, Sri Baggam Srinivas Patnaik, Sri Sadashivuni Lakshmana Rao, Sri PVV Prasada Rao, Sri Sivaprasad, Sri Pakki Seetharamaswamy, Sri Salivahana, Sri K.V. Ramana, President Secretaries of Visakha District Association Sri Prabhakaradasu, Sri Baliwada Haribabu, Sri P. V. T. Ramana Rao, Sri Minister Umamaheswara Rao, Sri Sadashivuni Deepak Kumar Patnaik and others were present.

Hon'ble Rajya Sabha Members Sri G.V.L. Narasimha Rao also had a chat with Sri Sadashivuni Lakshmana Rao, who was a classmate at Bapatla College. He was thanked for spending his precious time to understand our problems.

In the photos... 1) Waiting scene before the meeting 2) Round table meeting of Hon'ble Rajya Sabha member with clan leaders 3) Taking petition from Sri Polumahanthi Umamaheswara Rao and Sri Simhagiri Patnaik 4) Hon'ble Rajya Sabha member learning details from the leaders 5) Honorable Rajya Sabha member presented with Arasavalli Suryanarayanamurthy's picture, Dusshaluva, and flowers by our leaders. 6) Photo taken of all the leaders after the meeting.



Endada branch working group meeting

Sistakaranam Seva Sangham, Yendada Branch Executive meeting was held at the home of Sri Narsipuram Ravikumar Patnaik (Vice President). Many important decisions were taken with the approval of the majority of members.

Sri Shivam Jyoti was elected as the President of Yendada Marriage Bureau.

President Kallepalli Shankarrao, Vice President Sri Narsipuram Ravikumar, Chief Secretary Sri Donkada Anil Kumar, Treasurer Sri Gandreti Srinivasa Rao, Smt. K Sobharani General Secretary, Smt. N. Geethabharathi Joint Secretary participated and congratulated and congratulated Sri Shivam Jyoti who was elected as the President of the Marriage Bureau.



OBC issue to CM's notice – Assurance

State BC Welfare Minister Chelluboina Venugopalakrishna has assured that he will take up the issue of inclusion of Sistakaranam community in the OBC list to Chief Minister YS Jaganmohan Reddy. To this extent, the directors explained various problems to the Minister at the residence of Sistakaranam Corporation Chairperson Anusha Patnaik on Sunday. The minister said that the necessary assistance will be provided for the development of our community. On this occasion, the minister blessed Kushan Mahant, the recently born son of Smt. Anusha. In this program, the President of State Education Welfare Association S.N.K. Mahanty and directors of the corporation participated.



Fraternity Page - Andhra Pradesh



Meeting with MLA Dharmana Krishnadas

MLA Dharmana Krishnadas said that under the leadership of Chief Minister Jaganmohan Reddy, the government will continue to support people from all walks of life. A meeting was held with the Sistakaranam community leaders at the camp office in Mobagam. The MLA spoke at the event presided by Sri Sadashivuni Krishna, Director of State Development Corporation. He said that everyone who has worked for the party is recognized. He conveyed New Year wishes to people of the district on behalf of YSRCP. YSRCP CEC member Dharmana Padmapriya, Sistakaranam community leaders retired Judge Sri S. Prabhakara Rao, retired MPDO Sri D. Raghu, Sri Ram-mohan Rao, Sri Jagannath Rao and others participated.



Kancharapalem Association Executive Family Meeting, Calendar Distribution

In the Visakha Sistakarana Seva Sangham Kancharapalem Executive Body Family Gathering at Lilliputs School (When you hear this name you get vibrations. This school has become a temple for our community by nurturing many students.), on the eve of New Year, the 2023 calendar was unveiled by the members of the working group and handed over to all the family members.

They cut the cake on the occasion of the New Year and wished each other an year full of happiness.

Afterwards, our community members Elzama-hanti couple gave a small gift to all the committee members. Also, Sri Polaki Tirupati Rao from Hyderabad Sistakaranam Welfare Association, Sri PVT Ramana Rao, Honorary President of District Sistakarana Sangham and other members participated and gave many suggestions for the development of this association.

Also, Sri PVT Ramana Rao announced in front of the assembly that he will adopt a poor woman through our community. It is much appreciated.

Later Visakha district calendars and Hyderabad Sistakaranam Welfare Association calendars were also handed over to the members.



Godadevi Kalyanam at temple founded by ancestors

Sri Sri Sri Godadevi Kalyanamahotsava celebrations on 14-1-2023 Bhogi this year were held in the premises of Sri Mahalakshmi Devi Temple in Kuppili village of Srikakulam district, which was built by the descendants of our Sistakarana eminent and retired teacher, Sri Kuppili Ganesh Patro, who is a retired teacher, and which continues to receive eternal offerings.



Aditya Walkers' Prasadam Distribution

On the occasion of Ratha Saptami, on behalf of The Aditya Walkers Club at Arasavalli in Srikakulam district, the President of The Andhra Pradesh Shistakarana Sangham, President and Founder of Aditya Walkers Club, Sri Polumahanthi Umamaheswara Rao, distributed pulihora prasadam to the devotees. Let's congratulate him.



2023 diary released by Sitammadhara Assn.

In a program held at the Builders Association Hall on the fourth floor of Visakhapatnam Tycoon Hotel, Seethammadhara Sistakarana Sangham unveiled their New Year Diary 2023 at the hands of Chief Guest Sri Mantri Rajasekhar. Other guests who attended the program were Sri Allena Ramesh Kumar, Sri Sunmurthy, President & Secretary of Visakha District Sistakarana Sangham Sri Prabhakaradasu, Sri Balivada Haribabu, Sri Sadashivuni Lakshmana Rao and others. Senior leaders of Sitammadhara Sistakarana Sangham Sri Manmadharao, General Secretary Sri Saluru Mohana Rao, Treasurer Sri Sadashivuni Srinivas, Sri Kalabharathi Ramesh, Sri Kottakki Ramesh and all members of the executive committee were present. After the launch of Diary 2023, new dairies were distributed to all the beneficiaries.

Appeal to BC Commission Chairman

Some of the 26 districts of Andhra Pradesh are not issuing BC certificates related to Sistakaranam caste in Andhra Pradesh. Sri Akkumahanthi Raja, state convener of Sistakarana Telugu Desam, said that some mandal offices, especially in Rayalaseema, are not issuing these caste verification documents.

Raja requested the chairman of Andhra State Backward Classes Commission, retired judge Honorable Ambati Shankar Narayana, that caste verification documents should be given to those who have shown evidence to the relevant authorities, either the family name certificate or the verification documents given by the State

District Town Register Committees.

Backward Classes Secretary Smt. P Madhavi Latha All India Sistakaranam Treasurer Sri Gumma Umashankar, Sri D. Narendra, Sri Akkumahanthi Om, etc. participated in this program.



Fraternity Page - Chhattisgarh



74th Republic Day Celebration and Saraswati Puja at Tilak Bharati School



74th Republic Day Celebration and Saraswati Puja held at Tilak Bharati School on 26 January, 2023. Students of Tilak Bharati School celebrated with great zeal and fervour. Flag hoisting by the Director Smt. Raj Kumari Patro followed by wonderful PT, Dance and Patriotic Songs made the august audience spell bound. Parents also witnessed Saraswati Puja which induced tremendous joy and spiritual feel in and around TBS. Late Sri. Y S N Patro was remembered on all special moments as this was the first time celebrating National Festival without the President Sir.

Voice of Jamboree

Voice of Jamboree, a new concept introduced by the Bharat Scouts and Guides, National Headquarters in the 18th National Jamboree, through a Media team consisting of dynamic and extremely talented young team of volunteers drawn from all corners of India for Live telecast of Jamboree. Under the leadership of Sri R.K.Koushik Director ably assisted by Ms Darshna Pawaskar JD (Guide), Sri B.Ramesh Sr.LT (Scout) & Sri Jeet Ghosh IT Expert of NHQ, the dream came true. The whole jamboree in action, got captured and can be watched through YOU TUBE now. Kudos to all. Jodhpur Scout Jamboree, 40000 gathering from all over India and overseas. Oversaw by Sri B Ramesh Patnaik in context of Press and Media.



Various Competitions at Siddhi Vinayak



Under the guidance of Sri G Swami, President Andhra Association Raipur, the Siddhi Vinayaka Mandir Committee conducted various competitions for students on the occasion of Saraswati Puja. Debate, Shloka Competition and Fancy-Dress Competitions were held for kids. Aditya of class 7, studying in Tilak Bharati School excelled in Debate. Shloka winners Karan and Masum Rahangdale also from Tilak Bharati School received first and second prize respectively. Toddlers participated in Fancy-Dress Competitions to enchant the curious audience.

Sandhya Raj- 1st Prize in Gardening Competition

Vakta Manch, a gracious organiser declared Ms. Sandhya Raj as the winner of the Domestic Gardening Competition. A very proactive and all-rounder Lady of our community from Raipur Chhattisgarh has made AISKA proud by placing herself in a panoramic platform & she got published in News. Congratulations from 'Lekha'



Sankranti Sambaralu

Andhra Bramhan Samaj, Raipur organised Sankranti Sambarlu on 22nd Jan 23 at Gujrati Eng Medium school Auditorium with a variety cultural programme involving all age groups of their Brahmin Community. Sri R.Murli President, Sri D.Nagesh and his dynamic team took keen interest to make the program a grand success. Sri B Ramesh Patnaik graced this function as their Guest of Honour.



Sankranti Milan by Women Wing AAR

Andhra Assn. Raipur celebrated Sankranti Milan on 21st Jan 23 in a befitting manner with variety of cultural programs, Haldi Kumkum sharing, various competitions etc. Ms Sandhya Raj compered the programme ably assisted by Ms Haritha & Ms G.Sirisha. Ms Varalaxmi, Indian classical dance icon and her team were honoured for their excellent performance abroad. The Women wing team of AAR coordinated.



Shyam Patro nominated for Leadership conference at Harward Business School



'Lekha' Congratulate Sri Shyam Patro, son of Smt. Rajkumari Patro & Late Sri YSN Patro of Raipur for being invited by Harward Business School for strategic leadership conference in Inclusive Finance. This conference is aimed at shaping the next generation of inclusive finance leaders across the globe and engage with foremost thinkers in business strategy and management. Sri Shyam had been rewarded earlier as "Outstanding leadership Award" at the global platform in Dubai in

2019, a certified leader by Franklin Covey, a certified SPM. He had been titled "Trailblazer" for his exceptional work on digital payments and Credit Risk Score based on microcredit algorithms. He has also led his company for the GPTW (Great Places to Work) certification.



Fraternity Page - Other States

Jatani Association Annual Function

The annual celebrations of Jatani Sistakaranam Samajam were held at Khurda Road, Odisha. Smt. & Sri Raghupatrani Bhima Rao and others were felicitated during the event.



Ikyavedika Chattisgarh members at Nagpur meet



Sistakaranam Ikyavedika members and Chhattisgarh Sistakaranam Samakhya, President Sri N Maheshwar & Secretary, Sri Lumburu Srinivasa and his wife Smt. L Samatha Srinivasa attended the Sankranti Meet at Kala Mandir, Moti Bagh, and Nagpur on 22.01.2023 conducted by Sistakaranam Association, Nagpur, and Maharashtra.

Various cultural programs and games have been conducted followed by Pasupukumkuma program by Sistakaranam Ladies.

As special guests from Chhattisgarh, they were honoured by Maharashtra Sistakaranam Association Office bearers and, in reciprocation, CG Sistakaranam President Sri N Maheshwar and Secretary Sri Lumburu Srinivasa honored Nagpur district President Sri D Krishna Kumar, Secretary Sri Ramesh Patnaik, Treasurer Sri P Srinivas Rao, Sri VMM Patnaik, Sri GN Patnaik, Sri SKM Patnaik & Sri SMS Murthy (Prasad).



Maharashtra Nagpur Association Annual Meet

Sistakaranam Association, Nagpur, Maharashtra celebrated Sankranti Meet at Kala Mandir, Moti Bagh, Nagpur on 22.01.2023.

Highlights of the program:

1. The meeting was conducted by Secretary Sri Ramesh Patnaik, and President Sri D Krishna Kumar, in the august presence of Chief Guests Smt. & Sri Srinivas Raghupatro on the dias.



2. Garland to the photo of Lord Balaji at the hands of Sri V.M.M. Patnaik.



3. A warm welcome to Guests of honour Smt. Samata Patnaik, Sri Lumburu Srinivas Patnaik & Sri Maheshwar from CG Sistakaranam Association, Bhilai.



4. Felicitation of Smt. & Sri Srinivas Raghupatro, who retired on 31.12.2022 as Sr. Section Engineer, Central Railway, Nagpur, at the hands of President & Secretary, SK Assn. Nagpur.



5. Felicitation to Kum. Barkha Patnaik, NGO group leader, Nagpur.



6. Sri P. Srinivas Patnaik, Treasurer, Sistakaranam Association Nagpur, anchored the programme.



7. Smt. Puja Patnaik from Nagpur sang the Welcome Song.



8. Songs by Kum S. Patnaik followed by Sri L Srinivas Patnaik's & Sri Maheshwar's songs.

9. Sistakaranam Community family members attended the function in large numbers.



10. Ladies Musical Chairs was conducted, and Smt. Samata Srinivas Patnaik of Bhilai did the honours of prize distribution. Winner – Kum. Purva Patnaik D/o Ashok Patnaik; Runner – Smt. Dabbiru Lata W/o Krishna Kumar.



11. Function of Haldi-Kumkum.



12. Enjoyment by Members dancing, followed by dinner.

The vote of Thanks was given by Sri Ramesh Patnaik.

53rd & 54th honors to Dr. Bhima Rao

The first felicitation of Dr. Bhima Rao was done during the National conference on Iron and Steel Industry in India on 6th January 2023. This is his 53rd felicitation. Subsequently, his 54th felicitation was by Metallurgists of India at Durgapur on the occasion of National Convention of Metallurgists on 21st January 2023.



Kalam Snehitulu



Vishnu Mohanty Mohan given "Harivillu Kaveeswara" title

Working as a Teacher at Bhadrachalam, Sri Vishnumahanti Taraka Rama Mohan, created a short poetry process called "Harivillu" along with friends from Bhadrachalam, Palvancha and Kothagudem to make use of the break time during the lockdown period. This is still being continued. The title of Harivillu Kaveeswara was bestowed on him on the auspicious occasion of completing 1000 Harivillu Kavitas without stopping from the beginning of the process till 14-01-2023.



On the occasion of Dhanurmasam, complete 30 poems by 14th Jan 2023 at the rate of one poem per day with the crown of Bhadradi Rama. Appreciation letter sent to Sri Vishnumahanti Mohan by Sahithi KaviSangham-Karimnagaram on this occasion.

During the month of Dhanurmasam, 30 poems were completed by 14-01-2023 at the rate of one poem a day with the title 'Bhadramunu Kaliginchu Bhadradi Rama' extolling the Bhadrachalam diety Ramayya.

Meeting of Kalam Snehithulu with Sri Baliwada Satya Rao

The poet, Kalam Snehitulu enthusiast Sri Basangi Suresh Kumar, who wrote for various films, with a passion for the language, joined Sri Basangi Tirupati Rao to meet Kalam Snehitulu founder Sri Baliwada SathyaRao, and presented all the poems he published, and a published book that brought to light his writings which contributed to the welfare of the society. It was also requested that they be handed over to Sri Baliwada Haribabu and Sri Karakavalasa



Gouriprasad.

Sri Dasamantri Naresh from Hyderabad, who came to Vizag for Sankranti met Sri Satya Rao and Sri Karakavalasa Gauri Prasad in the house of Sri Balivada Satya Rao and discussed various aspects of community development.

Mr, Satya rao said that he has been invited as a guest for the All-India Association meeting to be held in February by Mr. Dabbiru Krishna Rao, President of Akhila Bharat Sishtakarna Association.



Chitra Kavithalu



Members of the Kalam Snehitulu WhatsApp group are asked to write individual mini poems on pictures given, once every week, with meaningful words and not exceeding 10 lines.

Gauriprasad Karakavalasa, Chitra Kavita anchor Admins team, Kalam Snehithulu Kalavedika

Ugadi Stories Competition

Visakhasamskruthi Telugu Monthly Magazine has announced the Ugadi Stories competition.

Last date to submit your stories is 28-2-2023. Write a good story and send it. Win a prize in the contest.

First Prize Rs.4,000; Second prize Rs.3,000; Third Prize Rs.2,000; Consolation prizes of Rs.500 each to nine others.

- Sadasivuni Laxman Rao

Our poets in Sahridaya Sahiti Santha Poets' meet

Sri Vedula Subrahmanya Shastri was the chief guest at the Kavi Sannam held at Visakha Prizm College under the auspices of Sahridaya Sahitya Sanstha. Chairman Sekharamantri Prabhakar said that Sahridaya Sahitya Sanstha has been providing literary services for 42 years and is flourishing as a study center for Telugu literature and poets and a guide for many poets.

Our esteemed poets Sri Ramatatha (Patnayakuni Ramakrishna Rao), Sri Thumbali Pattabhiramaiah Patnaik, Sri Kuppili Bhimeswara Rao and President of Sahridayasahithi Sanstha Sri



Sekharamantri Prabhakar, who participated in this poet gathering and recited their poems, have encouraged our folks through their organization. Let's congratulate them.

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	SOWMYA
Surname	KUPPILI
Father's Name	K.HEMA SUNDER RAO
Gotram	ULLIKESHWARA
Date of Birth	12-Jun-1998
Nakshatram	UTTARASHADA
Height	5' 5"
Complexion	FAIR
Occupation	PVT. EMPLOYEE TCS
Work Place	HYDERABAD
Education	BE / B.TECH
Preference	VIZIANAGARAM, SRIKAKULAM, VIZAG

Name	MALLIKA
Surname	BALAGA
Father's Name	B.MANOHAR
Gotram	BHARADWAJASA
Date of Birth	2-Apr-1992
Nakshatram	UTTARABHADRA
Height	5' 5"
Complexion	FAIR
Occupation	
Work Place	
Education	BE / B.TECH
Preference	B.TECH, JOB OR BUSSINESS, PAN-INDIA

Name	SUNITHA
Surname	DABBEERU
Father's Name	MURALI MOHAN RAO
Gotram	KASHYAPA
Date of Birth	28-Nov-1976
Nakshatram	SHATABISHAM
Height	5' 1"
Complexion	FAIR
Occupation	PVT. EMPLOYEE ACCENTURE
Work Place	PUNE
Education	CA
Preference	2ND MARRIAGES, VIZAG, NAGPUR, PAN-INDIA



Name	LEELA GANESH
Surname	BAGGAM
Father's Name	B. MAHUSUDHANRAO
Gotram	VALMIKI
Date of Birth	11-May-1994
Nakshatram	
Height	5' 10"
Complexion	FAIR
Occupation	GOVT. SERVICE SBI
Work Place	SURYAPET, TELANGANA
Education	
Preference	EXCEPT SOFTWARE, ANY DEGREE, PAN-INDIA

Name	NIKHIL
Surname	PACHIPENTA
Father's Name	P.RAMANAMURTHI
Gotram	SHANDILYA
Date of Birth	20-Apr-1991
Nakshatram	ARUDRA
Height	5' 8"
Complexion	FAIR
Occupation	PVT. EMPLOYEE CARE HEALTH INSURANCE
Work Place	HYDERABAD
Education	ITI
Preference	ABOVE 10CLASS, PAN-INDIA, AMICABLE FAMILY

Name	SANTOSH PRAVEEN
Surname	REGULAVALLASA
Father's Name	RAMA MOHAN RAO
Gotram	BHARADWAJA
Date of Birth	8-Aug-1992
Nakshatram	JYESTA
Height	5' 9"
Complexion	FAIR
Occupation	PVT. EMPLOYEE WIPRO
Work Place	HYDERABAD
Education	BE / B.TECH
Preference	TRADITIONAL FAMILY, EDUCATED

Name	NARSIMHA MURTHY
Surname	SHEKARMANTRI
Father's Name	S.NARSINGRAO
Gotram	MOUGLISHA
Date of Birth	28-Jul-1982
Nakshatram	SWATHI
Height	5' 6"
Complexion	FAIR
Occupation	PVT. EMPLOYEE BRANDIT CLOTHING CO.
Work Place	HYDERABAD
Education	
Preference	ABOVE 10CLASS, PAN-INDIA, AMICABLE FAMILY

Name	TEJESWARAO
Surname	TALASAMUDRAM
Father's Name	T.SATYANARAYANA
Gotram	KOUSHIKA
Date of Birth	24-May-1994
Nakshatram	VISAKHA
Height	6'
Complexion	FAIR
Occupation	PVT. EMPLOYEE PATRA
Work Place	VIZAG, AP
Education	
Preference	ANY ABOVE INTER, HYDERABAD, VIZAG,

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/>

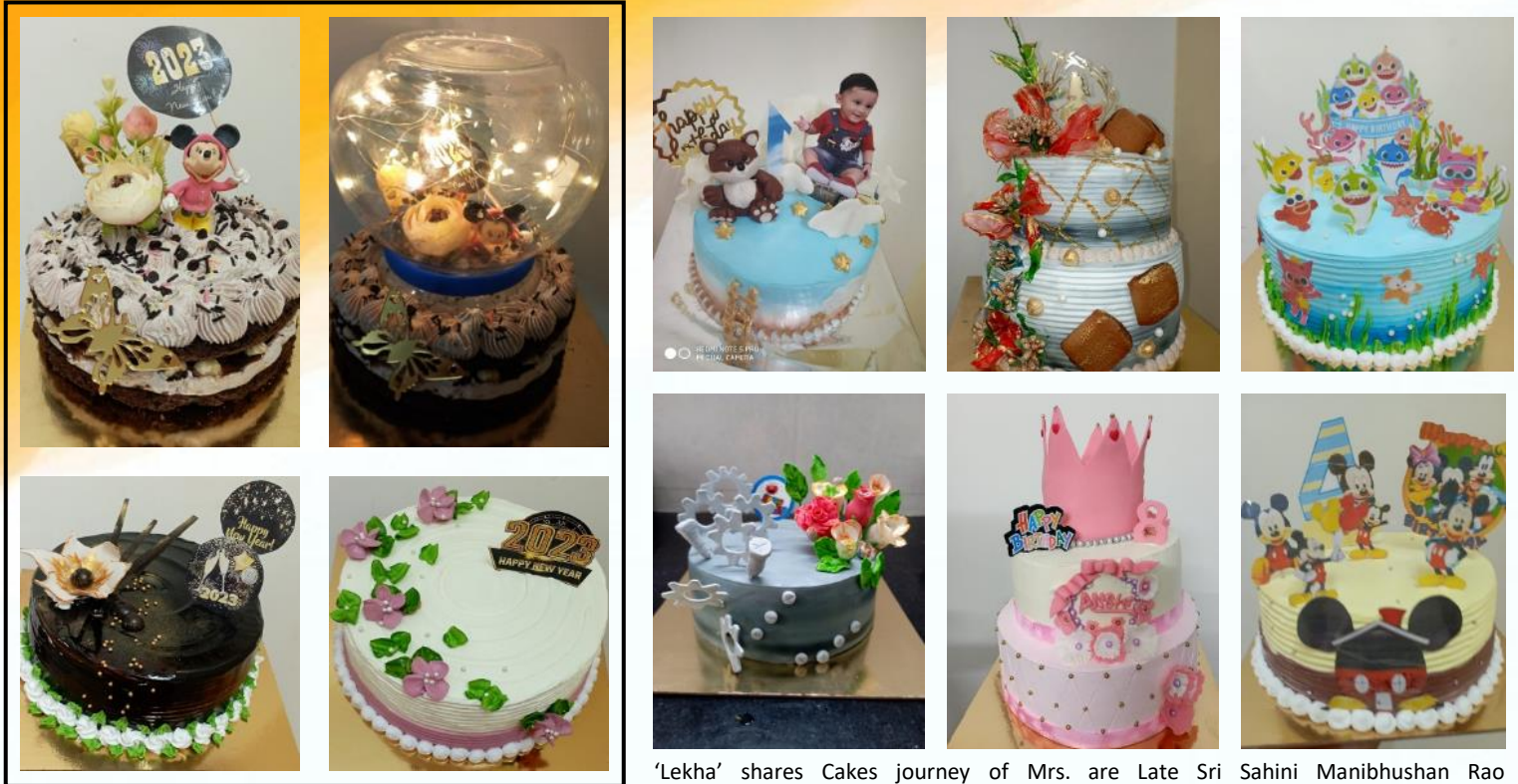


SISTAKARANAM IKYAVEDIKA

ONE DIGITAL PLATFORM FOR ALL SISTAKARANAMS

Talent Corner

New Year & many designer Cakes from 'Yashi Home Bakers'!



'Lekha' shares Cakes journey of Mrs. Atmaja Patnaik living in Gujarat. She just started as a hobby during the Covid lock-down but later her friends suggested that she should start a home bakery. Hence, she started it as YASHI HOME BAKERS and now she is planning to open her own cafe. She is a qualified M.Sc, B.Ed, Diploma in Mechanical and PGDCA. She is wife of Mr.Sahini Rajasekhar Rao.and has two daughters Yoshita and Ishali. Her in-laws are Late Sri Sahini Manibhushan Rao and Smt. Sahini Sarojni Devi. Her parents are Sri Uurity Ramakrishna Patnaik and Smt. U. Padmaja Patnaik. A variety of cakes styles are showcased viz. **New year Cakes, Theme based Cakes, Signature Cakes, Fondant Cakes, Rasmalai Cakes, Truffle Cakes, Chocolate Cakes etc.**



Health Page

Pearl Millets (Sajjalu) for high protein and losing fat

'Sajjalu' is also called Gantelu in Telugu. The importance of this grain is understood by the fact that in English 'Sajjalu' is known to be the body building seeds. These are the most prominent grains useful



for physical strength, mineral growth and energy. At present, they are available cheaply. Therefore, preparing and eating various

seeds soaked and wrapped with wet cloth is a special habit.

Grain flour dried and roasted after sprouting is called 'malt'. 'Sajja Malt', which is soaked and wrapped, sprouted and then dried and lightly roasted, has high nutritional value. We should note that 'Sajja Malt' is more beneficial because it is high in vitamins, minerals, proteins and low in calories. Protein in the dressings after germination. All the dishes made with rice flour and wheat flour can be made with 'Sajja'

flour as well.

Mix pesalu' (green Moong dal) dressings, soak them, grind them and eat them with 'pesarattu'. It is good for health, taste and digestion. In this way we should be able to think and prepare many dishes. 'Sajjappas' are delicacies made with 'sajja' flour! But we are doing it with 'maida' flour and 'bombay rawa' ('sooji'). The name is the same, but the qualities are opposite! It is not necessary to make 'Upma' only with 'Bombay Rava'(Sooji). Treat sprouted 'sajja' with rava and give it to children. They will like and ask again and again. The taste of 'Upma' comes from curry leaves and ginger, not because of 'Bombay rava'.



'Sajja boorelu', 'sajja garelu (wadas)', 'sajja chakkilalu' and 'sajja chekodilu' can all be made with 'sajja' flour. 'Sajja payasam' and

soup made with 'sajja java' are easily consumed. After grinding 'minapa attu', if 'sajja flour' is added to it, it will become hard and not thin. If it is added to 'gari'('wada'), a healthy and tasty 'gari' can be made without absorbing the oil. 'Sajja bread', 'Sajjachapatis' and 'Sajja puris' can be made by mixing 'Sajja' flour with wheat flour.

'Sajjalu' are high in protein and 'Ragulu' are high in calcium. So, if these two are used together, we can provide a real alternative to rice in a healthy way. Both are sprouting grains. Sprouted grains are easier to digest!

We have to realize that 'sajjalu' is suitable not only for animals and birds, but also for chicks.

Advice for dieters-

"Rich in protein, sprouted 'Sajjal' is great to treat obesity and large fat.

- Collected By
J.V.Chandra Babu

Tea Time Snack Swaps

TEA-TIME SNACK SWAPS	
HIGH CALORIE	LOW CALORIE
5 DIGESTIVE BISCUIT 193.2 KCAL	5 PARLE G BISCUIT 113.5 KCAL
BLUE LAYS 555 KCAL	NACHOS 450 KCAL
PEANUT CRACKER 634 KCAL	POPCORN 375 KCAL
5 ATTA COOKIES 335 KCAL	10 LITTLE HEARTS 97.2 KCAL
DIET BHEL 539 KCAL	MOONG DAL NAMKEEN 442.6 KCAL

- Shared By
Rashmi Shashank

Kapalbhathi Pranayam

The right way to do

KAPALABHATHI

- 1 Sit in a meditative posture
- 2 Close your eyes and relax
- 3 Inhale deeply through both nostrils
- 4 Expand your chest
- 5 Expel the breath with forceful contractions of the abdominal muscles and relax
- 6 Do not strain
- 7 Continue active exhalation and passive inhalation
- 8 Complete 30 rapid breaths
- 9 Take a deep breath and exhale slowly

This completes one round of Kapalabhathi

Each round shall be followed by deep breathing

REPEAT 2 MORE ROUNDS

When to avoid Kapalabhathi

- ⊗ Chronic bleeding in the nose
- ⊗ Vertigo
- ⊗ Migraine
- ⊗ Hernia
- ⊗ Stroke
- ⊗ Gastric ulcers
- ⊗ Giddiness
- ⊗ Epilepsy
- ⊗ High blood pressure

KAPALBHATHI PRANAYAMA
SKULL SHINING BREATH

INHALATION: SLOW & NORMAL
EXHALATION: QUICK & FORCEFUL

yogicwayoflife.com

Try this! It helps relieve, Cold and Headache when it is mild, and we can avoid medication.

-Shared By
Vandana Adivishnu

Beauty Page

Five more Natural Beauty Tips

1) Natural Salicylic Acid Exfoliation :

Salicylic acid is one of the best skin exfoliators as it effectively treats acne, removes dead skin cells & unclogs pores. This exfoliating agent is also present in grapefruit. Grapefruits are rich in vitamin A & C and are easily available in the market. Creating a scrub with the membrane of this fruit will help get rid of acne on the face & breakouts that occur on back & chest. from causing further breakouts. The same hack can be used to make shampoo lather much better & thoroughly cleanse scalp, although it must be followed up with a conditioner.



Tip: A pinch of baking soda on toothpaste & toothbrush can help clean and whiten teeth. Just use this hack once a week or less.

2) Baking Soda Cleanse :

Baking soda is another kitchen ingredient that makes for a stellar cleanser. 1/2 teaspoon of it can be added to face wash to make for a more thorough cleanse avoiding any bacteria from causing further breakouts. The same hack can be used to make shampoo lather much better & thoroughly cleanse scalp, although it must be followed up with a conditioner.



Tip: A pinch of baking soda on toothpaste & toothbrush can help clean and whiten teeth. Just use this hack once a week or less.

3) Sea Salt Hair Scrub :

If you are suffering from dandruff that won't go away, a natural hair scrub can work wonders in banishing this condition. Sea salt can exfoliate dandruff and flakes on scalp while soothing it. It is also loaded with essential minerals that can be good for your scalp in moderation. Part your hair and sprinkle sea salt on the exposed scalp areas. Massage the salt into your scalp with damp fingers. Once you've covered all the itchy areas, proceed to wash your hair with shampoo and conditioner. You will feel relieved instantly.



Tip: Do this immediately before washing your hair and don't skip the conditioner.

4) Chia Seed Gel Face Mask :

Chia seeds are packed with antioxidants and are a good source of omega-3 fatty acids. These are extremely beneficial for your skin, and you can reap great anti-ageing benefits if you create DIY face packs with this ingredient. Chia seed face packs will help soothe inflammation, hydrate skin, clear acne, and reduce signs of ageing.

Add two tablespoons chia seeds, four tablespoons coconut oil and one tablespoon lemon juice to a bowl and let

them soak for 30 minutes. You will notice the ingredients have been combined and formed a gel consistency. Apply the pack to your face and let it sit for about 20 minutes until it dries up. Wash with water by massaging in circular motions.



Tip: Use this mask once a week for healthy skin.

5) ACV Toner :

If your skin's pH is imbalanced due to the undecided weather, try apple cider vinegar as a toner to keep it in check. ACV will balance out your skin's pH effectively while clearing acne-causing bacteria. Mix three tablespoons ACV with a cup of water and store it in a spray bottle or regular bottle. Use it on cleansed skin.



Tip: Add 10 drops of lavender or tea tree essential oil to this toner for additional benefits.

-Tips shared by D. Shilpa

Save Planet Earth

'What You Can Do'– By Chi Sujeev of VI th Class

Namaste, I'm Rayagada Sujeev studying 6th class from Chennai.

I strongly believe that it's better to be part of the solution than just complain about the problem. The biggest problem we all are facing is Pollution. I can see people blaming the political leaders all the time without doing their part themselves. They may be right about the political leaders, but I would like to make sure I always do my part before blaming others.

This is what I wrote and did for "world restoration".

What is "world restoration"?

It is the process of undoing the harm we have done over the centuries that have led to the catastrophic results we see today due to air, water, and land pollution, ecosystem damage, inadequate safety measures for factories, constructions, etc.

We pollute the earth in many ways. To bring the earth back to its original state we must do the following:

To control Air pollution:

We must grow more trees than we cut. If we can't find space to grow trees next to our surroundings, then grow plants indoor Celebrate festivities by planting trees.

Reduce the use of fossil fuels by promoting alternative energies like electric cars.

The petrol should be rationed and the cost should be based on the purpose of the user. Now we got used to lockdowns. We should have similar lockdowns for vehicles and factories in regular intervals.

To prevent Water pollution:

We must not dump untreated waste into the water

Wash your car or outdoor equipment where it can flow to a gravel or grassed area instead of a street

Don't pour your motor oil down the storm drain

To prevent Land pollution:

Land pollution takes place due to improper disposal of waste. Before throwing out



waste, check with the 4 R's: Reduce Reuse Recycle Recover.

We must promote the use of renewable energy sources such as sunlight, wind, rain, tides, and geothermal heat and discourage polluting energy sources like fossil fuels. This is how we can conserve energy.

I also made some pledges as follows:

1. I shall always separate recyclable and non-recyclable wastes.
2. I shall always plant a tree every year on my birthday.
3. I shall always walk rather than use a motorbike for short distances.
4. I shall always switch off electronics and machines when not in use.

I hope you all do something from today onwards to help our earth recover.

Here is a poem I came across on the internet,

Let's start an affair,
Taking steps upstairs.
Making people aware,
For the environment's welfare.
Plant trees with care,
Making a clean atmosphere.

Let's stick to our pledge today.



You can watch my speech given on world environment day @youtube link <https://youtu.be/aKgBauWWDxk>

Chi. Sujeev Rayagada is from 6th Class of Narayana Olympiad School, Chennai. He is son of Mr. Sravan Rayagada & Mrs. Yamini Donkada.



Our Treasures

Our lost tradition

The term "Maharajashree" was used for elders.

They would use the words "Priyamaina" or "Chiranjeevi" to children.

"Lakshmi Samanuralugu" was used for grown-up women.

The words "Ganga Bhagirathi Samanuralugu" were used for widows.

Postcards were widely used in those days.

The body of the letter would deal with health information, hardships, family problems and relationships, ending with salutations to the elders and blessings to the children.

In the letters of that day, love, maturity and good relationships were visible.

For auspicious messages such as marriages and girls' Voni Dharana (half-saree function), they used to apply turmeric over the four corners of the mail.

Inauspicious news such as death was sent with ink written over the four corners. On receipt of such letters, they would read them and tear them up.

Ordinary letters were pierced and hung by a wire.

Today the tradition of letters is gone. Impolite language, carelessness and disrespect to elders. They send incomprehensible short messages through cell phone and wash off their hands.

The culture of salutation is gone.

- Sadashivuni Laxman Rao



Pranayam and Kriya Yoga

Pranayama means control of breath. Controlling of the breath is a vital technique in yoga. By controlling breath yogi can achieve different goals. There are many breath controlling techniques taught in different paramparas, but we need not get carried away with all the different possible techniques. The main purpose is to attain Moksha, and Pranayam is one of the stages of the 8-fold yoga (ahstanga yoga).



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

Breath consists of an inhalation, a pause, exhalation followed by a pause. Inhalation is called poorakam, exhalation is called rechakam. The pause between rechaka, and pooraka, where you stop taking any breath is called kumbhakam. You hold your breath during kumbhakam. You fill your lungs with air and hold the breath. Similarly, after you release all the breath out, you hold the breath. The subject of controlling the breath is discussed in detail in swara sastra manjari. It is also described in Yoga Kundaliini Upanishad.

It is known that by taking long breaths, one can live longer. By practise one can increase the Khumbaka. One must practise pranayam and become good at it. While doing the pranayama one must focus and concentrate on one's breath. This will lead to the silencing of mind. Gradually the thoughts will be stopped. That stillness will become deeper by practise. To silence the mind one can imagine saying 'So' while breathing in, and 'ham' while breathing out. 'So ham' means I'm that. I'm that all pervading universal consciousness. During the practise one must know and maintain the feeling (Bhava) that I'm one with the all pervading consciousness, and I'm one with paramathma. This practise called Kriya Yoga is spread by the lineage of Gurus starting from Mahaavatar Babaaji, Lahiri Mahasaya, Yukteswar Giri, and Yogananda. It is also known to be taught by Adi Sankaracharya himself.

While inhaling one must imagine the filling of air from mooladhara chakra, all the way to ajna chakra, and while exhaling imagine, that the air is emptied from ajna chakra to mooladhara. By practising this way, the yogi can take the prana into sushumna, which will arouse the kundalini. Ofcourse one must take a deeksha from a Guru that is an adept. A mere practise by reading the text may not get the sadhak much far, but atleast can take to the stage that a suitable Guru appears in his life, if his efforts are sincere. One may come across many variations to Kriya yoga, but one must stick to the parampara he is in.

Iky Vedika Page

The Lekha Team

CHIEF EDITOR



Chandrababu JV
80748 00939

HON. EDITOR



Lakshmana Rao S
92477 83307

ASSOCIATE EDITORS



Chandramouli Dabbiru
70139 42649



Avilala Sridhar
70757 35811



Ravi Karakavalasa
96522 33372



Arti Patnaik
83191 11213

PUBLISHER



Naraharinath S
98814 03533

DY. PUBLISHERS



Vandana Adivishnu
80560 18566



Dasamanthurao Shilpa

CORRESPONDENTS



Naresh Dashimantri
96405 67625



Narasimha Rao Mantri
87127 15448

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 Dabbiru



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.