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The great hope of Sistakaranam unity

The recent two day event conducted by AISKA at Hyderabad gives hope that we are taking small steps for that elusive unity of Sistakaranams.

The representation from 16 states is an achievement in itself, but what is more significant is the fact that this event actually saw the coming together of different associations or groups which have been so far working mostly independently. AISKA has proved to be the coming together of stalwarts: From the "home" associations of Telangana and Andhra Pradesh; from the group of "Pravasandhras" from other states; from the group that represents "Yuvata" of Sistakaranams; and, of course, from the now universally acknowledged "neutral" group of Ikyavedika members. To reiterate, these disparate groups have been so far working in silos, and it is no secret that the stalwarts of one group are not fans of the stalwarts of another group.

AISKA seems to be changing all that.

Make no mistake: disharmony still exists in our community. Telangana has an association that doesn't see eye to eye with another. Andhra Pradesh has several like that, notably those with political/government affiliations that don't come together. Chhattisgarh has more than one group that doesn't get along with each other. Kharagpur witnessed centenary celebrations that are conducted separately by different groups.

Hopefully, AISKA, in the foreseeable future will overcome whatever are the hurdles that are stopping us from coming together. Our dream is that there should be one AISKA that is the umbrella organization for all Sistakaranams and the different associations. And, when we say one AISKA we mean ONE AISKA! Do we have one AISKA? That is the big question.

On another note, unity amongst us can be achieved when we acknowledge strengths of one another, instead of competing with each other. A good example is the initiative of newsletters by various associations. 'Lekha' is today the frontrunner and all associations now support it. Similarly, everyone would do cultural and literary activities, but today let us acknowledge AIPSKA for the former and Kalam Snehitulu for the latter. We all tried data compilation at different times: perhaps, Sistakaranam Yuvata, with some guidance, should be encouraged for that effort. Maybe political affiliations are another area where we can try to support those who are the strongest in that area.

Every villain you see in our community is actually a hero in some area. If we can ignore the bad, and focus on the good, unity of Sistakaranam is not a distant dream.

Let us make that dream a reality.

- Naraharinath Sekharamantri
Member, Sistakaranam Ikyavedika
Publisher, Sistakaranam Lekha

A Few Disclaimers

This newsletter is published by Sistakaranam Ikyavedika digital team, a voluntary group from the Sistakaranam Community. Being published by a voluntary group, it has no affiliation to any other association and, in fact, attempts to bring you updates from all associations & groups of our community.

One aspect about this newsletter, which we are still figuring out, is the statutory need for registering it. Our initial assessment is that this newsletter may not need any registration, mainly due to 4 reasons: (1) It's a digital magazine, for which currently no government regulations exist, (2) It's not a

printed magazine, which requires approval of RNI (Registrar of Newspapers for India), (3) It's not a commercial venture, but a collaborative voluntary effort from members of our community and (4) It's for private circulation only, meaning that it is meant only for members of the Sistakaranam community. However, we are open for advice in this matter, and reiterate that we shall abide by any statutory requirements, once the same is clear.

As for the content in the newsletter, including advertisements, it is all sourced either through contributions from members of the

community, or from resources that are in the public domain, including news media and social media (such as Facebook & WhatsApp), without any financial consideration to anyone.

If you have any reservations about the content, please reach out to Ikyavedika digital team (details in the last page).



Newsmakers

Chi. Rudransh ranks 4th at Maths Olympiad



Name: Rudransh Dabbiru
Class: Grade 2
School: CP Goenka International School, Pune, Maharashtra

Chi. Dabbiru Rudransh ranks 4th at SOF International Maths Olympiad (Science Olympiad Foundation). He secured 4th rank at Zonal level, 2nd Rank at School level with scoring marks of 39/40. Rudransh is son of Mr. Shashidhar Rao and Mrs. Swati and grandson of

D.M.M.RAO from Pune. He also stood 1st in 'Sista Idol' Juniors (Singing Competition).

1st Prize in Quiz Competition

Chi. Belagam Sai Amrutha, a 9th Standard student from Lions English Medium School, Parvathipuram, won the first prize in the Sai Amrita Quiz Competition. She is daughter of Sri Belagam Chandrasekhar Rao.



Best Speaker Award at Global Tech Summit



Congratulations to Duggivalasa Karthik (son of Sri Duggivalasa Srinivas of Visakhapatnam) for receiving the Best Speaker Award in the G-20 Global Tech Summit held on 16-2-2023 and 17-2-2023 at Visakhapatnam.

'Susheela Narayana Reddy' Literary Award to Smt.Padma



Every year for about four decades, "Susheela Narayana Reddy" award is given to an empowered writer. This

year for 2023, poet and writer, Smt. Kuppili Padma received the award.

She was presented with Rs. One lakh/- cash, a shield and a certificate of appreciation at an award ceremony held under the joint auspices of 'Rasamai' cultural institution and C. Narayana Reddy Trust at Ravindra Bharti, Hyderabad on Tuesday evening.

Poet and writer Sri Vadrevu Chinna Veerabhadra congratulated the awardee Smt. Kuppili Padma. He praised her as a talent with versatility and has a special

place in Telugu literature. He said that literature has been serving society for the past four decades. She is a butterfly who wants to fly and is a great thinker. She says that women put get dominated by men in the name of love. In globalization, the relationship between man and woman can be seen in her literature.

Chief guest Sri Yarlagadda Lakshmi Prasad congratulated the awardee Kuppili Padma. He shared his association with CNR (C Narayana Reddy). The awardee expressed her gratitude to the organizers, attendees and journalists. If there is any long literary river in the world, it is C. Narayana Reddy. She used to take autographs of C Na Re in her childhood and today receiving the Sushilamma Award is his antecedent. She said that she will try to write in a more insightful manner towards women.

'Lekha's best wishes and heartfelt congratulations to the author of our clan's pride, Smt. Kuppili Padma.

Sri Tirumala Rao honored by Telugu Writers' Forum



Sri Kudama Tirumala Rao, Principal of Rajam Kothavalasa MPUP School, member of the Telugu Writers' Forum, was hono-



ored with Uddanam Sahitya. The Uttarandhra Mahasabha Kavismelan was organized by Uddanam Sahitya Cultural Center in Palasa Kashibugga recently.

Tirumala Rao sent poem was selected for the honor, President of Telugu Writers' Forum Uttaravilli Nageswara Rao, General Sec-

retary R. Venkata Ramanamurthy said. Spokesperson of Uddanam Sahitya Cultural Vedika, Sri Theppala Krishnamurthy congratulated Sri Tirumala Rao for his great patriotic sentiments in his poem 'Gandheyam Bharatiyam'. On this occasion, Sri Tirumala Rao was honoured with a shawl, memento & letters of appreciation.

Madurashri's demonstrates artistic skills



Smt. Kanthimahanthi Madurashri, an alumna of Maharaja Sangeet Nriya College of Vijayanagara District, has shown her artistic skills in international art competitions. The picture of Madurashree's painting "Vennellō āḍapilla" has won everyone's attention in the in-

ternational art competition. The 388th International Painting Competition was organized on Monday under the auspices of AmalapuramLo konaseema Chitra Kala Parishad. 780 painters from all over the country and abroad participated in the competition. In this competition, Kanthimahanthi Madurashri won a gold medal along with Chitra Kala Golden Award for her painting titled "Vennellō āḍapilla". On this occasion, 'Lekha' congratulates her.

Newsmakers

Sri Avilala Sridhar felicitated by Telugu Sahitya Samskruthi Sami

On the occasion of the International Mother Language Day, Telugu Sahitya Samskruthika Samithi organized a conference with hundreds of writers on the topic "What can you do for the preservation of Telugu language". Avilala Sridhar, head of AS Foundation, was the chief guest at the conference. Tulsinadam Naidu, president of the Telugu Sahitya Samskruthi Samiti and Pushpa, the secretary, and Avilala Sridhar, who received the honour at the hands of the chief guests. On this occasion, Avilala Sridhar said that the efforts of Tulasinadam Naidu for the preservation of the mother tongue Telugu are great and I am fortunate to be a part of such a great program.



Chief Guest in Hasyavadhana Roopakam



A tax consultant from Visakhapatnam Sri Manapuram Tilak Patnaik was invited as Chief guest who graced the program Hasyavadhana Roopakam held on 5-2-2023 at Visakhapatnam Public Library by Friends Comedy Club, Visakhapatnam. This is 178 th program of this club and Sri Tilak Patnaik has participated in most of the programs as sponsor and guest. That is the interest he is showing in literary activities.

Felicitation to film music director Sri RP Patnaik



Telugu film music director Sri RP Patnaik was felicitated at the Shilparam Jatara in Maduravada. RP Patnaik, a member of the reunion gathering of more than fifty families in the name of the beautiful family, was present. All the members praised Sri RP Patnaik that it is a matter of pride for them to excel with talented singers like famous music directors, actors, singers, directors, scriptwriters and lyricists. Sri RP Patnaik was honored on this occasion.

Best Debutant Microbrewery Award



Miss Ankita Arvindan, was awarded for being the best debutant microbrewery for her "Backstreet Brewery" in Bangalore of the Bangalore Edition where all restaurants, microbreweries and resto bars participated. There are lot of microbreweries there, where this young girl of our community made her mark in just no time, about two years. She managed the development of 45000 sq.ft. of space from its construction to interiors to cutlery to furniture with all the financial management. And of course, the hotel management skills at her brewery where they serve all types of cuisines Italian, Indian, Chinese and Continental etc. Visit: <https://www.google.co.in/search?q=backstreet+brewery&ie=UTF-8&oe=UTF-8&hl=en-in&client=safari#> Yes, she is the same entrepreneur who is a national level tennis player, gold medalist in Inter IIT sports meet, best out-going sports person at SBOA school and IIT Madras. She is a certified scuba diver and sailor, soccer player and weightlifter. She is the second daughter of Smt. Jayanti Arvindan (Dabbiru) & Sri Arvindan from Chennai. Her achievements prove that parental support is extremely important, especially for girls to explore the non-stereo type streams such as beer manufacturing industry etc. 'Lekha' congratulates her for exploring different arenas and achieving success.



Best Actor in Short Film



In a program held in Jeypore, Odisha State, our Sistakaranam celebrities, Parvathipuram resident, LIC employee, short film actor Sri Belagum Shekhar was

awarded for the best actor in the short film 'Viluvaina Sneham' by Honorable Jeypore (Odisha) MLA Sri Tara Prasad Bainapathy. Congratulations to them.



Smt. Shruti Sahini honoured at Global Tech Summit 2023



Global Tech Summit 2023 is being held in Visakhapatnam under the leadership of Dr. Gedela Srinu Babu, a leading technology expert from Palakonda and the head of Pulses. At the summit, Smt. Shruti Sahini of Palakonda from Digital Marketing Startup "Digiwok Media" gave a PowerPoint presentation about their company's initiatives. Smt. Shruti Sahini is the daughter of Sri Chiranjeevi Sahini, head of Ramlila Degree College, Palakonda. Many from Palakonda, who came to know about the event, congratulated Shruti Sahini and praised her.

Editorial

Political Progress of Sistakaranam community

Heartfelt salutations to all Sistakarana relatives from "Lekha".

Lekha is always there to attend any Sistakaranam meetings irrespective of any group or divisions on their invitation, and gathers information to disseminate among the Sistakaranams all over the world. In the same way, we attended the meeting of All India Sistakarana Sangham representatives held in Hyderabad on 11th and 12th of last month on their invitation. Witnessing the greetings and cordiality of Sistakaranams who attended with families from all over India, felt like a celebration. It appears that the days when we too will reign politically are coming soon. Hon'ble Rajya Sabha members Dr. Kova Laxman, (BJP) and President of Telangana BC Corporation Sri Vakulabharanam Krishnamohan (BRS) sat on the same stage and talked about the need of OBC for Sistakaranams and the uniqueness of Sistakaranams in the society. Congratulations to our Sistakaranam leaders for bringing them to the same platform.

Also in Andhra Pradesh, our associations and Sistakaranam Corporation are meeting the official YSRCP ministers and leaders whenever they get an opportunity and making our Sistakaranam voice heard and showing our presence.

On the other hand, our Andhra Pradesh BJP Sistakaranam leaders are participating in various programs and playing an important role in central politics, emphasizing our caste's importance.

Even in the opposition parties, they are showing their diversity in Telugu Desam through Sistakarana BC Sadhikara Samithi. This time Mr. Baliwada Ram Santosh is contesting as a candidate for MLC from TJP (Telugu Janata Party) in Uttarandhra Graduate elections. He is the only MLC candidate who stood in Telugu states from Sistakaranam community.

'Lekha' hopes that all the graduate voters of our Sistakaranams who are neutral in our community, who do not belong to any party and who want someone who will help us, should vote for him and help him win to show the strength of our Sistakaranams. Their manifesto has also been released.

In the last local elections held in the state of Andhra Pradesh, we have seen many Sistakaranams becoming politically strong by winning as sarpanchs, sub-sarpanches, municipal councilors, GVMC corporators. That is a good start.

"Lekha" hopes that our political rise, which has started like this, will influence the politics of the state and the country, change our conditions, and take it in the direction of development, and provide guidance and benefit to our youth.

"Sarva Sistakarana Janasukhinobhavantu"

J.V.Chandra Babu

Interview

Doctorate bestowed for doing social service

Today we have with us a Sistakaranam, who is bestowed with an honorary doctorate in Social Service by HSC University affiliated with Dayspring Theological University, Texas, USA. Known for social activities vis-à-vis literary and poetic dexterity. He is Dr. Dabbiru Srikanth who has innumerable awards from various Societies for his social service and literary, poetic writings. Let us listen to him.

Please share your academic and career profile.

I hold a master's degree in commerce and a Post Graduate Diploma in Software Engineering. Later, I worked as Accounts Manager and then as Finance Manager in private companies for ten years. In the year 2003, I started a real estate partnership company, M/s Sripada Developers in Visakhapatnam and I am still looking after the company as its Managing Partner.

Your doctorate inspires us in your charity activities. Tell us about this.

Helping someone has become a habit for me since childhood. We have 5 charity groups. Through them we do charity activities every month. I give donations to some orphanages. I do almsgiving programs even in temples. During Corona, I gave masks, books, pens, geometry boxes, exam pads etc. to school children. In Markapuram, if the above programs were done by Adarana Welfare Society, they would put a banner along with my photo and distribute the above items. I used to distribute the blankets through Satya Sai Sangham. I will help anyone in any need.

You are known among poetic and literary circles. How?

Simply because of Corona. Baliwada Satya Rao, President of our Gajuwaka Sistakarana Sangham and Karakavalasa Gauri Prasad founded the Kavisammelanam platform through WhatsApp group 'Kalamsnehitulu' during the lockdown that gave rise to the desire to write and recite poems. Dr. Dabbiru Govinda Rao Master encouraged to learn writing poems and other literary writings. I started writing every day with the curiosity to write with ethics that would be useful for everyone, both young and old. Because like before, children do not have time to be told about life by adults. Children's studies and jobs are done mechanically. So, it is hoped that if you study such things in today's mobile world, you will get some understanding about good and bad. All our elders liked it and encouraged me. I also wrote the history of our Sistakaranams.

After that, because of the Internet Kavi Sannam organized by Godavari Writers Association Rajahmundry, Mana Telugu Velugu Sahitya Vedika, Hyderabad and by participating in the poetry competitions organized by Mahati Sahitya Kavi Sangam (Kurnool) every day, I learned the



Dr. Dabbiru Srikanth

Father: Late Dabbiru Seetharama Swamy
 Mother: Savithamma
 Wife: Sumalatha
 Daughters: Kavyasri, MBA; Shravysri, BE
 Native Place: G. Sigadam, Srikakulam district

skills in poetry and wrote good poems and won awards, honours and many more. I convey my sincere thanks to all platforms for encouraging me to be what I am. And your Lekha team deserves all kudos in enlightening our community globally.

Your Opinion on Lekha and skiv.online

It is a pleasure to see Sistakaranam Lekha digital monthly magazine and website with excellent information coming out every month. This magazine shows the activities of Sistakaranams in the month, service programs being done in all states, talent awards, community news channel, achievements of Sistakarana children in the country and abroad, health and beauty tips etc. Thanks to all the team members for providing such a good magazine

Finally, today I consider it a blessing to be born into a Sistakaranam family. I want to thank everyone for having a good opinion of me from thousands of Sistakaranam relatives.

Dr Srikanth is also State Vice-President, Facility Creators Association, Convenor, Adarana Welfare Society, Markapuram, Prakasam, EC Member, Gajuwaka Sistakarana Sangham, Secretary (Lit), Visakha District Sistakaranam Association and General Secretary, Sistakarana Foundation, Viskhapatnam. He has many activities to do apart from his business house. Lekha wishes him the best of luck for all his endeavours.

Interviewer-J.V.Chandra Babu

Compiled-Mantri Narsimharao

Open Forum

The truth of life

Out of all the living beings in the world, human birth is considered the most valuable. This is because humans are the only ones that can distinguish between good and bad. Humans also have opportunity to rectify mistakes, intentional or unintentional.

From the moment we are born until we become independent adults, it is our parents who care for us in every aspect of life. They teach us how to walk, talk, play, and educate us to become useful members of society. Even if they have to go without food, they ensure that we are well-fed, work tirelessly for our well-being, and strive for our growth and development as individuals and as a family. When we are successful and living a comfortable life with our spouse and children, our parents are the ones who feel most delighted seeing us enjoy life's pleasures. It is essential to ensure that our parents are always content with us, and by regularly serving and caring for them, we can earn more blessings than even performing circumambulation around holy places for divine darshan.

If we neglect and abandon our parents, we may be reborn as orphans in their next life.

If one's parents and the wife who comes with the three-knot bond are disapproved, no matter how much we earn, there would no proper food at the right time in this life, no proper health even if you want to eat, disrepute in the society, leading to a situation where we wait for death without peace of mind. In our next life, we may be born as orphans without any blood relations, or we may be left in orphanages without love and affection. Such a life may bring many hardships and losses due to the lack of proper livelihood.

As children, we received immense love and care from our parents, and their aspirations for our future, coupled with their blessings, served as a driving force that enabled us to achieve numerous successes. Same with your wife, gruhalaxmi. She is the only person who can play a very important role in our family growth and who is the only person who can uphold the honor of our house and play a vital role in our family by considering our good people as her own. If we express our love and affection towards our wife, she will devote all her energy to us, thereby bringing happiness into our lives. If we cause the wife to suffer, we may experience a living hell in this life and in the next life, we may be born as orphans devoid of love, leading to poverty and hardship. Hence, it is important to rectify any mistakes we have committed knowingly or unknowingly, refrain from being arrogant, eliminate jealousy and hatred from our minds, and treat our parents, wife, children, siblings, and peers with respect and love. We should strive to spread love and assist one another to lead a happy and fulfilling life in our community.

Only by doing so, we will not only receive love and affection in this life but also in the next life, and the good deeds we have done will be rewarded including getting forgiveness from everyone. We can lead a happy life with good health and longevity while enjoying all the pleasures.

This is the truth of life.

Sarvē janā sukhinōbhavantu.

- Dr. Dabbiru Srikanth

(translated by Ravi Karakavalasa)

Write community name correctly

Please don't misspell as Sistakarnas, Sistanasikas. Sistakaranam is a lovely name given to us by our ancestors. Write this word correctly. We can pardon any other mistake but writing the name of your own community wrongly is not acceptable. Respect that word. The elders should reprimand those who write it wrongly. Ask them to write the word imposition ten times.

Sistakaranam

Sistakaranam

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Sistakaranam...

Note that the name accepted by the government also is **SISTAKARANAM** not **SISTAKARNAM**.

Please don't take this matter lightly.

- Sadasivuni Lakshman Rao

Entrepreneurs Frontier

"The Groot" Fusion Kitchen and Bar

We are very happy that a handful of our Sistakaranam youngsters are venturing into hospitality, hotels, and restaurant business, establishing new Hotels, Restaurants etc. at places like Visakhapatnam, Bengaluru, Srikakulam, Bobbili, Vizianagaram etc.

Sri S K Rajamahanty along with few friends as partners has established a very good restaurant at prime locality in Bengaluru, The Groot Fusion Kitchen and Bar and successfully running it. Wishing him all the best.

It will be a great pleasure if our Sistakaranam relatives visit this restaurant and extend support by referring to their friends. They will certainly impress you with tasty cuisine and the best service.

Phone no: 9440840123

Address: No. 62, Whitefield Main Rd, Whitefield, Prestige Ozone, Bengaluru, Karnataka 560066.

Nexus Whitefield (The Forum Neighborhood Mall)



Support Arena

3rd successful event of Sistakaranam Lifting Hands



On Sunday 5-2-2023 at 4-30 PM in Vizianagaram town Ayyannapet Mother Theresa Kids School Premises Sistakaranam Lifting Hands Seva program was held.

Smt. P Sanjuktaprasad, Sri T Prasad and Sri ARK Rao and other Sistakaranam service oriented people who formed a WhatsApp group named SistakaranamLifting Hands and collected donations from donors to support the poor families in the Sistakaranams is a well-known fact. So far, after helping two families in two events, today in the third event, Smt. Amarapu Gaurilakshmi of Gollavidhi, Kothapet, Vizianagaram, was given a sewing mission worth Rs. 9000 and cash of Rs. 16000 in front of everyone. Let's congratulate the team members for Sistakaranam lifting hands admin. Let's all ore service programs like this.

Food distribution by AS Foundation

1) On the occasion of Sri Venkata Ramana Reddy's death anniversary, his wife Smt. Nagamanemma distributed sambar rice, pickle, mineral water to 250 people on behalf of A.S. Foundation at Ruya Hospital and the feet of Lord Venkateswara. This food was prepared in the temple of Sri Pillareswara Swami, Avilala village.



2) On the occasion of Sri Chandragiri Nagaraju's death anniversary, in the Sri Pillareswara Swamy temple located in Avilala village, sambar rice, sweet, pickle and mineral water were prepared and worshiped to the Lord to appease Sri Nagaraju and food was distributed to 400 people on behalf of AS Foundation in the premises of Ruya Hospital.



Blood donation service by Sistakaranam



Those young people thought that they should help the society in their own way. They thought that blood donation was the way to serve. They are standing by their loved ones as life providers. Many lives are being saved by donating blood. Sri Patnaikuni Shankar Rao of Garividi of Srikakulam Dist. has a rare 'A negative' group blood. Very few people have it. Not available. Sri Shankar Rao voluntarily goes to concern Hospital who needs this blood and donates blood. So far he has donated blood 40 times and showed humanity. "Lekha" salutes him.

Services of Sri PVV Prasada Rao

Visakhapatnam District, Anandapuram Mandal, Vellanki village resident Sistakarana Sevathatparu, BJP Kisan Morcha Uttarandhra Zone Social Media Convener, International Human Rights Organizing Secretary and Chairman of Sri Subhabalaram Charitable Seva Trust, Sri PVV Prasada Rao Patnaik, is committed to the service of the national political party and the service of the poor people. He is working with a sense of service in serving the meritorious and continuously doing many service programs. With their own trust funds, they are taking the lead in providing government schemes to the poor on behalf of the BJP party. He was also instrumental in providing free gas connections through the Ujjwala scheme in all the villages under his jurisdiction, as well as

Mudra loans to the deserving. Hon'ble Rajya Sabha member Sri GVL. Narasimha Rao appreciated Sri Prasad Rao for his services.



Service programs of Sri Subhabalram Charitable Seva Trust



1) On the occasion of Dr. Ambedkar's birth anniversary, a mega free medical camp was organized in Peddipalem village of Visakhapatnam district under the auspices of Sri PVV Prasada Rao Patnaik Sri Subhabalram Charitable Seva Trust and KGH Dari Omsukhibhava Medical Shop. In this mega-free medical camp, our

own Dr. Kuppli Suresh Babu participated and served.

2) In another event, Under the auspices of Shri Subha Balaram Charitable Seva Trust Founders of the Trust: - P. Janikeswarao Chairman: - P.V.V. Prasada Rao Patnaik, Treasurer: - P.Bala Govinda Rao organized free food event grandly. All the SK relatives in Uttarandhra district were present and paid their respects. The trust advisors, trust members, Sistakaranam families, and Vellanki village elders participated in this program. Sri PV Prasada Rao Patnaik thanked all the relatives, friends and well-wishers from



Uttarandhra districts who attended the auspicious Lakshmi Parental celebrations of Smt.Patnaik at Vellanki village on 5-2-2023.

Let's congratulate our Sri Prasada Rao Patnaik and his relatives who are doing good service programs.

Support Arena

Chi. Yeluri Srijayanis campaign to save pre-mature babies



Chi. Yeluri Srijayani daughter of Sri. Y. Kiran, Chennai, a Grade 11 student at The Pupil Saveetha Eco School, Chennai. This initiative aims to save the

lives of preterm babies who are underweight.

'Lekha' shares here below her words.

My name is Yeluri Srijayani. I am 16 years old and a Grade 11 student at The Pupil Saveetha Eco School, Chennai. I was shocked to learn that for preterm babies the first 28 days are very crucial for their survival. If not properly cared for, these babies will not survive. The Kangaroo Mother Care technique is critical for the survival of these babies. The KMC sling bag is unique, and it makes it easy for the parent/ caretaker to provide effective skin-to-skin

care. Doctors advise the mother/ caregiver to adopt the Kangaroo Mother Care technique which involves early and prolonged skin-to-skin contact with the mother/ caregiver. Like Kangaroos, a mother uses one's own body temperature to keep the baby warm and stabilize the baby's body temperature.

The cost of counselling, training the parents, monitoring, and giving them two KMC bags is just INR 2500. This will help save a life.

The funds from this campaign will be used to distribute these sling bags in Government Hospital ICUs across Tamil Nadu.

Support this campaign and let us together save lives.

The KMC technique can be adopted not just by the mother but also by the father, grandmother, etc.

TAX BENEFITS

Funding for this campaign is eligible for tax breaks as the NGO, Ekam Foundation is a registered trust, and you can avail of benefits under section 80G of the IT act. Foreign funding is NOT accepted.

For more details:

<https://www.fueladream.com/home/campaign/59946>



- J.V.Chandra Babu

Free Medicines by courier for 100 days



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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

Smt. Kirti Patnaik's commitment to service since 19 years

On April 28, 2003, the Sridevi Vidyana Jyoti Parishkar Charitable Trust initiated its first service program at Gangredla Colony School in Pendurthi Mandal. Since then, the organization has made significant contributions to society, including providing free tailoring and embroidery training to 2005 women, distributing school uniforms to orphaned children, and providing essential items such as blankets, rugs, and sarees to elderly individuals in need.

The organization also recognizes talent in various fields and conducts free medical camps while providing counseling for family problems. Recently, the trust responded to the COVID-19 pandemic by distributing daily necessities, rations, and cold beverages to vulnerable individuals such as migrant workers, construction workers, and the elderly. They also provided pensions, houses, and ration cards to widows, single women, old people, and disabled individuals.

In addition, the trust undertakes Swachh Bharat programs and provides cool water supply during the summer. The organization's tireless efforts are led by a dedicated woman who is rightly called the "Only One Women Army."

Observing numerous instances of women being neglected and mistreated by their husbands, children abandoned by their parents, deeply saddened me. It motivated me to contribute to society's welfare. My father used to do a lot of service programs. He worked as a doctor in Ponduru. Distribution of essential items of rice to 25 poor orphaned elderly is done every month. ISO certificate has also been issued recently. Sridevi Vignana Jyothi Parishakar Charitable Trust, Register number 47/2010



Fraternity Page - AISKA



A 2-Day EC/GB meeting of AISKA... a grand success

Executive Committee meeting of All India Sistakaranam Association (AISKA) was held in the campus of National Institute for Micro, Small and Medium Enterprises (NI-MSME) in Hyderabad on 11th & 12th February, 2023. This meeting was the 1st meeting after electing Sri Dabbiru Krishna Rao Sistakaranam as the President of AISKA in the election held at Simhachalam, Visakhapatnam on 10.07.2022. 32 Members of the Executive Committee / Governing Body from 16 States like Andhra Pradesh, Telangana, Maharashtra, Madhya Pradesh, Goa, Karnataka, Tamil Nadu, Chhattisgarh, Jharkhand, Odisha, West Bengal, New Delhi, Noida, Haryana, and Assam attended this national meet. Some members attended along with their families. Stay accommodation arrangements were also made on the sprawling campus.

Program on the first day included the pooja to

Chitragupta Maharajah, lighting the lamp, welcome dance, welcome address by Smt. Dabbiru Rama Krishna Rao, President, SWA, introductions, felicitations until the lunch hours. Post lunch, the auditorium was engaged with cultural programs to entertain the family members and invitees. The kits included solo performance of Duryodhana and recitation of Sundarakanda with mono action.

While the program was going on in the auditorium, a round-table conference of EC members was held on the terrace under cool breeze. The session was chaired by Sri Dabbiru Krishna Rao, President, AISKA. Members aired their views on how to strengthen the AISKA and render value-added services to the families of Sistakaranams across the country.

2nd Day meeting was started with the arrival of guest of honour, Dr. Vakulambharanam Krishna Mohan ji, Chairman, Telangana State Backward Classes Commission. He gave a highly motivated speech to all Sistakaranams about how to look at the associations and what kind of skills and energies required to achieve the needs of people. Meanwhile, the chief guest, Dr. Laxman ji, Rajya Sabha Member and President of All India OBC Morcha of Bharatiya Janata Party joined the meeting. Speaking on the occasion, Dr. Laxman ji narrated the contributions of each government for the development of backward classes and the present status of OBCs. Dr. Laxman gave assurance to do his best for inclusion of Sistakaranams in the OBC list.



Post lunch, members of Ikyavedika & Lekha team felicitated active members including Sri UJM Rao, Managing Director, AP State Metro Rail Corporation, Sri Polumahanthi Umamaheswara Rao and Smt Rao, Dr Chowdari Prasad and Smt Ganga Prasad. The team also felicitated Sri and Smt Dabbiru Krishna Rao and presented a hand-craft item of Chhattisgarh sponsored by Sri Nagu-mantri Mahesh of Bhilai.

The Masters of Ceremonies, Sri DV Ramana Murthy and Smt Baladari Nagasree added spice to the events. Sistakaranam Welfare Association (SWA) under the Presidentship of Smt. Rama Krishna Rao organized the entire two-day program and took the program to the pinnacle of success. Sri Dabbiru Krishna Rao Sistakaranam thanked one and all for accepting the invitation and making the event a grand success. Without doubt these two days for Sistakaranams were packed with a very festive mood.

- Mantri Narsimha Rao

(A comprehensive report of this program can be [seen here.](#))

Dr K. Lakshman social media updates on AISKA meeting

Hon'ble Rajya Sabha MP Dr Kova Laxman's messages in his Twitter, Instagram, and Facebook accounts about his gracing the AISKA delegates meeting on 12-2-2023 at Hyderabad.



Fraternity Page - Telangana

SOL News Channel Calendar Release



SOL News Channel was founded by Sistakaranam Welfare Association (SWA) Publicity Secretary Sri Tamirsi Pratapraj. Telangana State Minister Sri Thalasan Srinivas Yadav inaugurated SOL News Calendar, also in an event held later the calendar was un-

veiled by Honorary President Sri Krishna Rao of All India Sistakaranam Association. Present at the Inauguration were the members of the SWA Executive Committee. Congratulations on behalf of "Lekha" to Sri Prataparaj.



Fraternity Page - Telangana



Beautiful family get-together

On 19-2-2023 Sunday at Shilparam in Visakhapatnam, the wonderful blissful gathering of Kudama surnamed members of our sistakaranams was inspiring. About 270 Kudama progenies were present and gave a true meaning of unity, love and affection.

SistaKaranam caste relatives with Kudama family name met at one place and initiated a good tradition of fostering unity and love. Kudama is a village near Jiyammaivalasa in Vizianagaram district. People with Kudama family name are not only in Uttarandhra districts but also all over the country after the software came.

Sri Kudama Parameswara Rao, Retired, MEO, Vijayanagaram, organized the event. It was named the beautiful family. Very fitting.

Sri Kudama Parameshwara Rao explained the essence of this soulful assembly. In his words, we have alliances/are related to 34 surnames with

our families of 'Ku da Ma' family name. (late) Kudama Ganganna Patnaik, and (late) Kudama Surya Narayana are two brothers. Each has five sons and three daughters. There are ten brothers and six sisters in total. I, Kudama Parameswara Rao, am the son of elder brother Kudama Narasinga Rao (Babaiah Patnaik), retired MEO, Vizianagaram. We have six aunts. We have alliances with thirty-four family names such as Arasadas, Baggams, Pakkis, Tattikotas, Nadukurs, Tumbali, Markanda Patnaiks, Lamburus, Tampata Pallis, Kuppilis, etc.

We have arranged this get-together meeting under the leadership of the committee members in our 'Andamaina kutumbam' group. After a few months, according to a plan, these arrangements were made, and the meeting took place

We organized a get-together with all the families and collected some amount of donations from

those who could afford it and took up this program. Our younger brothers, brothers-in-law, and cousins from every family participated and made this get-together a hundred percent success. My nephew RP Patnaik, mother, and younger brother also came and participated enthusiastically. Our group name is 'Beautiful Family'.

On this occasion, Mr. RP Patnaik unveiled the "Beautiful Family" logo, and then Mr. RP Patnaik was felicitated.

Heartfelt greetings and congratulations from the "Lekha team" to all, children, elders, and women on the occasion of the spiritual meeting of our relatives of the Kudama surname.

"Lekha" sincerely wishes you all to meet at least once a year in the same way, and be very happy and soulful.

- JV Chandrababu



Sri RP Patnaik unveils the Andamaina Kutumbam logo



During the Kudama Atmiya Sammelanam event held at Shilparam in Maduravada, RP Patnaik, a renowned Telugu film music director, unveiled the logo of Andamaina kutumbam. As you all are aware, RP Patnaik is not only a member of the Andamaina kutumbam family but also a famous actor, director, screenwriter, lyricist, and singer.

This logo was designed to represent all the family members of the WhatsApp group, which has now grown to over two hundred members and has become an iconic symbol of the group.

Sri Kudama Tirumala Rao also explained the meaning behind the logo, derivation from Duṣṭaśikṣaṇa śiṣṭarākṣaṇa, Sishta means good, and said that the word has been transformed

from Srishti Karana to Sishta Karana, emphasizing the importance of having a positive outlook toward creation, which is represented by the eyes in the symbol.

The logo also features the Shankham Chakra, which is a significant symbol of Lord Venkateswara Swami, the family deity. AS one of our members, music director Sri RP Patnaik, so a musical instrument, a veena was added to evoke Goddess Saraswati. Mr. Tirumala Rao elaborated that the book has also been introduced in the symbol as a remembrance of our ancestors who lived with Karanikam vritti with Adangal and Pattadar pass-books. He said that we have added the sun rays hoping for the blessings of the sun god so that all of us who are living respecting

all these will come out radiant.

Mr. RP Patnaik who unveiled the logo said that like the name of a Andamaina kutumbam, this logo also has an ideal meaning and he congratulated all the family members who were the designers.

Once the inauguration was complete, RP Patnaik personally presented pictures of the emblem to everyone, and the entire team expressed their gratitude towards him.



Fraternity Page - Andhra Pradesh



Endocrinology service at Behara Hospital

Gopalapatnam made another foray into Behara Hospital by making Dr. Gunna Sri Harsha available there every Wednesday offering treatment from 2.30 pm to 4.30 pm. Behara Hospital now has the only Endocrinologist, a Superspecialty Doctor who is a gold medalist. Hence patients suffering from chronic problems like sugar, thyroid and overweight need not run to the city. Specialities: Diabetes, Thyroid Problems, Overweight, Growth Problems, Physical Development Problems, Menopause, Osteoporosis, Adrenal Gland Problems, Pituitary Gland Problems, All Kinds of Hormonal Related Problems, are handled at Behara Hospital. MD, Dr. Ravi Teja informed. Please contact +91 8912948899 for an appointment.



A courtesy meeting with Haryana Governor

At the office of Bharatiya Janata Party in Visakhapatnam, along with Hon'ble Governor of Haryana State Sri Bandaru Dattatreya and senior leaders of the party, in the presence of the party elders and key leaders, our Sistakaranam woman leader, Smt. Kurada Pavani, a senior woman leader of BJP, participated in the key discussions for the development of the party. Earlier, together with the women leaders, Smt. Kurada Pavani and Sri Bandaru Dattatreya were presented with a bouquet and felicitated with a shawl. Let's congratulate them.



Rangoli competitions

Sankranti Rangoli Competitions were organized by Akkayyapalem Sistakaranam Sangam and organizers finalized 1st to 10th rank. The first rank is given to Smt. Vappogi Ramamani and final rank is given to Smt. K Shobhana. These gifts were presented by those who were available at the time of announcement. They were Smt. Ramamani, Smt. Sirisha and Smt. Bindurani at the residence of Sri Baliwada Haribabu, the General Secretary of the Visakha District Sistakaranam Sangam, by Sri Tilak Patnaik and Sri Haribabu, the leaders of the Akkayyapalem Sistakaranam Sangam. Sri Tilak informed in a statement that the rest of the members will be given gifts soon.



Dance performance at academy anniversary by 4th generation

The Sri Ambikeswara Kuchipudi Dance and Music Academy celebrated its 41st anniversary at Kalabharati Auditorium in Visakhapatnam on Monday, January 2nd, 2023. The event was attended by many Kuchipudi dance gurus. The highlight of the event was the performance of the Kuchipudi dance by the 4th-generation guru, Sistakaranam and Vizag resident Natya Bhushan Sri Uday Shankar Potnuru, and his disciples.



Sistakarnams meet Gunda family

Sri AVYS Krishnarjuna and the President of Andhra Pradesh Sistakaranam Sangam Sri Polumahanti Umamaheswara Rao greeted with flower bouquet to former minister Sri Gunda Appalaturyanarayanagari and former legislator Smt. Gunda Lakshmidevi at their home in Srikakulam. Congratulations to them.



Telugu cartoonists get-together



In a program held at Balotsav Bhavan in Vijayawada, a gathering of Telugu cartoonists was held. Among the cartoonists, Sri Sadasivuni Lakshmana Rao (Lal) from Visakhapatnam, our professional cartoonist, also participated. He

shared his valuable opinions and explained the relationship with Dr. Jaydev and received books from him. Then he honored him with a shawl. Let us congratulate Sri S Laxman Rao for taking the lead and participating in such a rare event.

Sivaratri celebrations at Sistakaranala street

The first ceremonial marriage of Panchabuteshwara Puruhutika Ammavari took place in Pithapuram Sistakaranala street.



Sapling program at police station

Dr. Kuppili Keerthi Patnaik of Sridevi Vigyana Jyoti Parishkar Sanstha, has undertaken a sapling program at Kancharapalem Police Station with the aspiration to develop the Visakhapatnam district as a green district for environment protection.

Ms. Keerthi Patnaik expressed her sincere thanks to Mr. Appalanayudu, Manager of Urban Green Forest, our Surabhi members who provided encouragement and support to make this program a success.



Fraternity Page - Andhra Pradesh



Will strive for Sistakaranams OBC

President of AP state Sistaranam Sangham Sri Polumahanthi Umamahevara Rao stated that we are working continuously for the achievement of OBC status.

He spoke at a press conference held at OK Guest House in Srikakulam. said that there is a need to include Economically, socially, politically, educationally backward SK caste in the central BC list. Petitions will be submitted to the Union Minister, MPs, Chairman of the National BC Commission and Union Justice Minister.

It is stated that an action plan has been drawn up to take up Mauna Diksha at Jantar Mantar in Delhi. He explained that this grand program will be conducted under the leadership of National President Sri DV Krishna Rao, AVSS Nagarjuna, Treasurer Gumma Umashankar and others. In this press conference National Secretary, eminent Physiotherapist Dr. Srinivas Patnaik, District Presidents Balivada Malleswara Rao, General Secretary Dabbiru Srinivasa Rao Treasurer Oorati Kiranbabu, Pedapenki Sriramkumar, AP Vijayarayanarao, B. Ramachandra Rao, Dr. A. Kanakaraju, Seekateswara Rao, Pakkitarama Rao, others participated.

Souvenir release

It is known that the members of the Executive Committee under the leadership of the President of the Andhra Pradesh Sistakaranam Sangam (63/1979) participated in the Delegates Conference of the Alindia Sistakaranam Sangam (117/1988) held on 11-2-2023 and 12-2-2023 in Hyderabad, the capital of Telangana state. In those meetings, a nice sixteen-page multi-color souvenir was made explaining about the BC Sad-

hana programs carried out under the leadership of Late Sri A V Jagannadha Rao Patnaik and about the OBC sadhana plans inspired by them. A small souvenir made by the courtesy of Mr. Behara bhaskara Raogaru, Mr. YSVD Muraligaru, Mr. Rega Govindugaru and others was dedicated to Late Sri AVJ.



Children display talent in Hansavahanotsavam

Every year as part of the Shivratri festival, the first vahana seva at the ancient Mogili Ishwara temple is Hansavahanam which is operated by the Karanam caste. The children of the Karanam caste performed their dance talent as part of the Hamsa Vahanotsavam

organized by the Karanam Welfare Association Bangarapalyem in Shri Kamakshi Sameta Mogileshwara Swami temple. Devotees were entertained with Shivatandavam and devotional songs. The children have been felicitated with a memento and certificate of appreciation by Bangarapalayam Karanam Welfare Association for participating in this festival and showing their talent.

Treasurer appointment of BC Welfare Association

Under the auspices of the Backward Castes Welfare Service Association, a meeting of the association was held on Wednesday under the chairmanship of the state president of the association, Konatala Srinivas, at the office of the association. In this meeting, various issues related to the association were discussed. As a part of that, Shri Minister Umamaheswara Rao, who has experience in many associations as the state treasurer of the association, was appointed as the state treasurer and handed over the appointment documents. Speaking on this occasion, Umamaheswara Rao assured me that he will try my best to fulfill his responsibility and will continue to work for the development of the community. They are also serving as Treasurer of Visakhapatnam District Sistakaranam Sangham. "Lekha" congratulations to them.



K.G.H Out Patient Services

A table showing which diseases are consulted on which day and which ward number for which diseases in Visakhapatnam KGH of Uttarandhra Arogya Pradayi. These are collected for the purpose of being useful to those coming from far away places

- Sadasivuni Laxman Rao

శ్రీ కె.జి.హెచ్. ఆస్పత్రిలో అందుబాటులో ఉన్న వైద్య విభాగాలు - పేర్లు, పని సమయం, రోజులు

List of Out Patient Departments, King George Hospital, Visakhapatnam

Sl. No.	NAME OF OPD / విభాగం పేరు	TIMINGS	DAYS
1	OP REGISTRATION	8 AM TO 1 PM	MONDAY TO SATURDAY
2	IP REGISTRATION	24 HOURS	24 HOURS
3	CASUALTY	24 HOURS	24 HOURS
4	PHARMACY	24 HOURS	24 HOURS
5	PHARMACY STORE	8 AM TO 2 PM	MONDAY TO SATURDAY
6	EMERGENCY OP	24 HOURS	24 HOURS
7	DIAGNOSTIC OP	8 AM TO 2 PM	MONDAY TO SATURDAY
8	NEURO SURGERY OP	8 AM TO 2 PM	MONDAY TO SATURDAY
9	ORTHOPAEDIC OP	8 AM TO 2 PM	MONDAY TO SATURDAY
10	GENERAL SURGERY OP	8 AM TO 2 PM	MONDAY TO SATURDAY
11	ENT OP	8 AM TO 2 PM	MONDAY TO SATURDAY
12	OPHTHALMOLOGY OP	8 AM TO 2 PM	MONDAY TO SATURDAY
13	PSYCHIATRY OP	8 AM TO 2 PM	MONDAY TO SATURDAY
14	PLASTIC SURGERY OP	8 AM TO 2 PM	MONDAY TO SATURDAY
15	DERMATOLOGY OP	8 AM TO 2 PM	MONDAY TO SATURDAY
16	RADIO THERAPY OP	8 AM TO 2 PM	MONDAY TO SATURDAY
17	GENERAL MEDICINE OP	8 AM TO 2 PM	MONDAY TO SATURDAY
18	INTERNAL MEDICINE OP	8 AM TO 2 PM	MONDAY TO SATURDAY
19	PHYSIOTHERAPY OP	8 AM TO 2 PM	MONDAY TO SATURDAY
20	ARTHERIOLOGY OP	8 AM TO 2 PM	MONDAY TO SATURDAY
21	UROLOGY OP	8 AM TO 2 PM	MONDAY TO SATURDAY
22	GYNAECOLOGY OP	8 AM TO 2 PM	MONDAY TO SATURDAY
23	OBSTETRICS OP	8 AM TO 2 PM	MONDAY TO SATURDAY
24	CHILDREN OP	8 AM TO 2 PM	MONDAY TO SATURDAY
25	OPHTHALMOLOGY OP	8 AM TO 2 PM	MONDAY TO SATURDAY
26	ENT OP	8 AM TO 2 PM	MONDAY TO SATURDAY
27	PHYSIOTHERAPY OP	8 AM TO 2 PM	MONDAY TO SATURDAY
28	ARTHERIOLOGY OP	8 AM TO 2 PM	MONDAY TO SATURDAY
29	UROLOGY OP	8 AM TO 2 PM	MONDAY TO SATURDAY
30	GYNAECOLOGY OP	8 AM TO 2 PM	MONDAY TO SATURDAY
31	OBSTETRICS OP	8 AM TO 2 PM	MONDAY TO SATURDAY
32	CHILDREN OP	8 AM TO 2 PM	MONDAY TO SATURDAY
33	OPHTHALMOLOGY OP	8 AM TO 2 PM	MONDAY TO SATURDAY
34	ENT OP	8 AM TO 2 PM	MONDAY TO SATURDAY
35	PHYSIOTHERAPY OP	8 AM TO 2 PM	MONDAY TO SATURDAY
36	ARTHERIOLOGY OP	8 AM TO 2 PM	MONDAY TO SATURDAY
37	UROLOGY OP	8 AM TO 2 PM	MONDAY TO SATURDAY
38	GYNAECOLOGY OP	8 AM TO 2 PM	MONDAY TO SATURDAY
39	OBSTETRICS OP	8 AM TO 2 PM	MONDAY TO SATURDAY
40	CHILDREN OP	8 AM TO 2 PM	MONDAY TO SATURDAY
41	OPHTHALMOLOGY OP	8 AM TO 2 PM	MONDAY TO SATURDAY
42	ENT OP	8 AM TO 2 PM	MONDAY TO SATURDAY
43	PHYSIOTHERAPY OP	8 AM TO 2 PM	MONDAY TO SATURDAY
44	ARTHERIOLOGY OP	8 AM TO 2 PM	MONDAY TO SATURDAY
45	UROLOGY OP	8 AM TO 2 PM	MONDAY TO SATURDAY
46	GYNAECOLOGY OP	8 AM TO 2 PM	MONDAY TO SATURDAY
47	OBSTETRICS OP	8 AM TO 2 PM	MONDAY TO SATURDAY
48	CHILDREN OP	8 AM TO 2 PM	MONDAY TO SATURDAY
49	OPHTHALMOLOGY OP	8 AM TO 2 PM	MONDAY TO SATURDAY
50	ENT OP	8 AM TO 2 PM	MONDAY TO SATURDAY
51	PHYSIOTHERAPY OP	8 AM TO 2 PM	MONDAY TO SATURDAY
52	ARTHERIOLOGY OP	8 AM TO 2 PM	MONDAY TO SATURDAY
53	UROLOGY OP	8 AM TO 2 PM	MONDAY TO SATURDAY
54	GYNAECOLOGY OP	8 AM TO 2 PM	MONDAY TO SATURDAY
55	OBSTETRICS OP	8 AM TO 2 PM	MONDAY TO SATURDAY
56	CHILDREN OP	8 AM TO 2 PM	MONDAY TO SATURDAY
57	OPHTHALMOLOGY OP	8 AM TO 2 PM	MONDAY TO SATURDAY
58	ENT OP	8 AM TO 2 PM	MONDAY TO SATURDAY
59	PHYSIOTHERAPY OP	8 AM TO 2 PM	MONDAY TO SATURDAY
60	ARTHERIOLOGY OP	8 AM TO 2 PM	MONDAY TO SATURDAY
61	UROLOGY OP	8 AM TO 2 PM	MONDAY TO SATURDAY
62	GYNAECOLOGY OP	8 AM TO 2 PM	MONDAY TO SATURDAY
63	OBSTETRICS OP	8 AM TO 2 PM	MONDAY TO SATURDAY
64	CHILDREN OP	8 AM TO 2 PM	MONDAY TO SATURDAY
65	OPHTHALMOLOGY OP	8 AM TO 2 PM	MONDAY TO SATURDAY
66	ENT OP	8 AM TO 2 PM	MONDAY TO SATURDAY
67	PHYSIOTHERAPY OP	8 AM TO 2 PM	MONDAY TO SATURDAY
68	ARTHERIOLOGY OP	8 AM TO 2 PM	MONDAY TO SATURDAY
69	UROLOGY OP	8 AM TO 2 PM	MONDAY TO SATURDAY
70	GYNAECOLOGY OP	8 AM TO 2 PM	MONDAY TO SATURDAY
71	OBSTETRICS OP	8 AM TO 2 PM	MONDAY TO SATURDAY
72	CHILDREN OP	8 AM TO 2 PM	MONDAY TO SATURDAY
73	OPHTHALMOLOGY OP	8 AM TO 2 PM	MONDAY TO SATURDAY
74	ENT OP	8 AM TO 2 PM	MONDAY TO SATURDAY
75	PHYSIOTHERAPY OP	8 AM TO 2 PM	MONDAY TO SATURDAY
76	ARTHERIOLOGY OP	8 AM TO 2 PM	MONDAY TO SATURDAY
77	UROLOGY OP	8 AM TO 2 PM	MONDAY TO SATURDAY
78	GYNAECOLOGY OP	8 AM TO 2 PM	MONDAY TO SATURDAY
79	OBSTETRICS OP	8 AM TO 2 PM	MONDAY TO SATURDAY
80	CHILDREN OP	8 AM TO 2 PM	MONDAY TO SATURDAY
81	OPHTHALMOLOGY OP	8 AM TO 2 PM	MONDAY TO SATURDAY
82	ENT OP	8 AM TO 2 PM	MONDAY TO SATURDAY
83	PHYSIOTHERAPY OP	8 AM TO 2 PM	MONDAY TO SATURDAY
84	ARTHERIOLOGY OP	8 AM TO 2 PM	MONDAY TO SATURDAY
85	UROLOGY OP	8 AM TO 2 PM	MONDAY TO SATURDAY
86	GYNAECOLOGY OP	8 AM TO 2 PM	MONDAY TO SATURDAY
87	OBSTETRICS OP	8 AM TO 2 PM	MONDAY TO SATURDAY
88	CHILDREN OP	8 AM TO 2 PM	MONDAY TO SATURDAY
89	OPHTHALMOLOGY OP	8 AM TO 2 PM	MONDAY TO SATURDAY
90	ENT OP	8 AM TO 2 PM	MONDAY TO SATURDAY
91	PHYSIOTHERAPY OP	8 AM TO 2 PM	MONDAY TO SATURDAY
92	ARTHERIOLOGY OP	8 AM TO 2 PM	MONDAY TO SATURDAY
93	UROLOGY OP	8 AM TO 2 PM	MONDAY TO SATURDAY
94	GYNAECOLOGY OP	8 AM TO 2 PM	MONDAY TO SATURDAY
95	OBSTETRICS OP	8 AM TO 2 PM	MONDAY TO SATURDAY
96	CHILDREN OP	8 AM TO 2 PM	MONDAY TO SATURDAY
97	OPHTHALMOLOGY OP	8 AM TO 2 PM	MONDAY TO SATURDAY
98	ENT OP	8 AM TO 2 PM	MONDAY TO SATURDAY
99	PHYSIOTHERAPY OP	8 AM TO 2 PM	MONDAY TO SATURDAY
100	ARTHERIOLOGY OP	8 AM TO 2 PM	MONDAY TO SATURDAY

*HOLIDAY OF HOLIDAY
*24 HRS IN-PATIENT CASE SHEETS COUNTER WILL BE AVAILABLE

Sistakaranam for MLC election

Telugu Janata Party President Sri Peddinshetty Venkateswara Rao handed over the B-form to our young politician Mr. Balivada Ram Santhosh Patnaik from Visakhapatnam as the Uttarandhra MLC candidate in a meeting at the Telugu Janata Party central office today. TJP Andhra Pradesh Patnaik Sangh President Mr. Baliwada Krishna Murthy, Mandapeta MLA candidate Mr. Kota Veera Venkata Narasimharau, and BC Sangh leaders Mr. Bandari Muni Raju Garlu and others participated in this program. On that occasion they also released the Manifesto. We want them to give priority to our community. Congratulations from LEKHA.



Fraternity Page - AIPSKA



WhatsApp Activities at 'Vanita- Vedika'

All India Pravasaandhra Sistakaranam Association's 'Vanita Vedika' is buzzing with a new program every day. Each day begins with a new task. Apart from the Telugu literary programs, there are programs in Telugu such as short stories, food for the brain, pictorial poems, religious questions, Muggulu, home decoration, cooking, fashion designing, songs and music. It is remarkable that the members participated in these programs with enthusiasm.

All the members show great enthusiasm not only to participate but also to watch all these events. Shri Vadada Umamaheswara Rao is conducting such good programs with dedication. 'Lekha' shares some of these programs.

Activity-1



నేటి చిత్ర కవితకు అందరూ స్పందించండి.

All stages of life She saw it
With family members
Shared hardships
Now it has reached old age
Age is ripe
Nothing to anyone Left alone
A pitiful man
Gave something to eat but
thinking of the past Not able to eat even if she is hungry, looking at all corners, in a hope that her own people will come and take her away anytime with hope...
with trust....

Activity-2

ఈ క్రింది పదాలకు సభ్యులు పర్యాయ పదాలు వ్రాయగలరు:--

దర్శనము
పియాషం
అగ్రము
నభం
ఉర్వి
ఉడిగము
డోలిక
రాణివాసము
అద్రి
అక్షులు
మందాకిని

Synonyms

దర్శనము = అధ్యము, దర్శణము
పియాషం = అమృతము, సుధ
అగ్రము = శిఖరము, కొన
నభం = అకాశము, నింగి
ఉర్వి = భూమి, వసుంధర, పుడమి
ఉడిగము = సేవ, చాకిరి
డోలిక = ఊయల
రాణివాసము = అంతఃపురం
అద్రి = కొండ, పర్వతము
అక్షులు = కళ్ళు, నేత్రములు
మందాకిని = గంగ, భగీరథి

Activity-3

नीचे दी गई हिंदी मुहावरों को अंग्रेजी में लिखिए
अथ जल गगरी छलकत् जाय।
नाचना न जाने तो आंगन टेडा।
जैसी करनी वैसी भरनी।
जो गरजते नहीं वों बरसते नहीं।
जैसे को तैसा।
ऊँट के मुह में जीरा।
लोहे को लोहा काटता है।
जैसा बाप वैसा बेटा।

Hindi Idioms to be translated in English.

ANSWERS:---
अथ जल गगरी छलकत् जाय।
Empty vessel sounds much.
नाचना न जाने तो आंगन टेडा।
A bad workman quarrels with his tools.
जैसी करनी वैसी भरनी।
As you sow so you reap
जो गरजते नहीं वों बरसते नहीं।
Barking dogs seldom bite.
जैसे को तैसा।
Tit for tat.
ऊँट के मुह में जीरा।
A drop in the ocean.
लोहे को लोहा काटता है।
Diamond cuts diamond.
Iron cuts iron.
जैसा बाप वैसा बेटा।
Like father like son.

Hindi to English idioms

Activity-4



Picture for today's Chitrakavitaku
My autobiography for today's film is one voice of tears and another voice of happiness, hope and despair in human life. Do you laugh and cry when you see the beet-strewn land? Do you jump for joy at the sight of a land with green crops? Do you weep at the cracked earth that can't even touch the wetness of your throat, or do you jump with joy at the sight of the green crop field shining with the golden rays of the morning sun? What is real and what is a dream? Dissolve in a dream or float in reality?

Activity-5

ఈ శతకం అర్థమేమిటి? మేడిపండు జూడ మేలివై యుండును, పొట్టి విప్పి చూడ పురుగులుండు, పిరికివాని మదిని లింకమిలాగురా, విశ్వదాళిరామ విసురవేసు?

Even though the raspberry looks glossy, if you open it, there may be worms. Even if people behave well on the surface, there may be vices in their hearts. Also, even if a coward looks shy on the surface, it means that fear haunts his mind.

Activity-6

సభ్యులు సామెతలను ఎంతవరకు నింపగలరో చూడాలి:--

కడుపు నిండిన వానికి
కిరెరిగి వాత
మనోవ్యాధికి లేదు
కాలే కడుపుకు గంజి,
కొళ్లకు కైలం రాసుకుంటే
భోజనానికి ముందు వెనుక ఉండాలి.
కూరకు తొలింపు జోడింపు అవసరం.
కుడుములు మింగే వాడికి ఒక లెక్క,
అయినవారికి ఆకుల్లోని కంచాల్లోని.

Kaḍupu niṅḍina vāaniki (gāarelu chēdu)
Kīlerigi vāta (peṭṭāli)
Manōvyādhiki (mandu) lēdu
kālē kaḍupuku (maṅḍē) gaṅji.
Kāllaku tailaṁ rāsukuntē (kaḷḷaku caluva).
Bhōjanāniki mundu (snānāniki) venuka uṅḍāli.
Kūrāku tālimpu (cīraku) jōḍimpu avasaraṁ.
Kuḍumulu miṅḡē vāḍiki (appaḍālu) oka lekka.
Ayanavāriki ākullōni (kānivāriki) kañcāllōni.

Activity-7

నేటి కార్యక్రమం దత్తపది చిన్న కన్న మిన్న పన్ను

This is "Datta padi"

"నేటి దత్తపదికి నా స్పందన" (చిన్న)వారిని సదా ప్రేమించు మన్ను (కన్న)క దత్తా పది in Telugu పపకన్ను (మిన్న) మున్ను మున్ను మున్ను అని అంటారు. ఇది అంతా అలా? (పిన్న)లకు నేర్పించే నితులివే కదా?

Activity-8

నేటి సద్గ్రామిణికి సభ్యులందరూ స్పందించాలి. నే న యా ని

This is Nyasthakshari

(దే)శమును ప్రేమించు మన్ను (వ)రకమును ప్రేమించు మన్ను (యా)ని ప్రేమించు మన్ను (ని)ష్ఠ దిక్షతో ముందుకు సాగాలి.

This is Nyasthakshari

Kalam Snehitulu

Tejaswini Balivada is Asst Editor for Tapasvi Manoharam

Let us congratulate Smt. Tejaswini Balivada from Srikakulam on her being associated with publishers of Tapasvi Manoharam, Telugu Monthly tabloid and Weekly tabloid (maasa patrika and vaara patrika) Monohari Monthly tabloid for women readers. She is working as Assistant Editor and managing the newly launched Telugu Online Monthly magazine "Tapasvi Kalinga Maasa Patrika" for the readers and writers of North coastal Andhra. She is instrumental in successfully bringing out the above journals which became so popular among Telugu readers within no time.

She is a postgraduate in English and interested in literary activities, conducted literary contests and reviewed many poems, stories and books, interviewed laureates, celebrities etc. She got selected for TANA recently and received the Best reviewer award. She is the holder of Telugu Book of records (two times) and NLHF World Record.

Wishing her a bright future in her career and chosen field.

Following are her achievements:

- * In the Amma Bhasha Mahotsava, a poem written on Telugu language has secured a place in the top-10.
- * She stood sixth in the Story Mirror - Thanks to teacher contest.
- * She sung her songs in TANA Mahasabhas.
- * Got the International Record and Telugu Book of Records twice.
- * NLHF World Record.
- * Tapasvi Manoharam Magazine and Publications Award as Best Reviewer
- * Also won titles like Telugu Shri.
- * Story mirror message to mom quotes contest 6th place,
- * Kavana Uddanda Award
- * Ugadi Award
- * Author of the Year-2021 Nominee
- * Vagdevi Kalapeeth won third place in the competition organized on the occasion of Hanuman Jayanti.
- * Ugadi song written in Kanika got second place.
- * To act as coordinator during the week of ser-

vice. (Seva sapthaham)

- * Written forewords to more than ten books while acting as a judge for various literary competitions.
- * As Head of Pro-found Writers article,
- * As a journalist in Abhayam Online Monthly magazine ,
- * As sub-editor of Samadrshini Online Magazine,
- * As a reviewer in Tapasvi Manoharam magazine and publications, she worked as a project head for face-to-face meetings with celebrities and was promoted to assistant editor.

At present, Tapasvi Kalinga (Uttarandhra) has also taken over the management and responsibilities of regional monthly magazine.

- * As Vice President of Pradanya Sahitya Vedika,
- * Working as a member of the Osmania Writers' Association, working towards the goal of literary service.
- * More than 10000 poems and stories written by budding writers/authors in various groups were reviewed on WhatsApp platform.
- * Navarasas, Saptavarnas, Panchabhutas, film poems, special poems on Tuesdays at Gautameshwara Sahitya Seva Sanstha
- * Vilekha, Tapasvi, Sahitya Vrindavana Vihara included in National Forum)
- * Many budding writers' poems are being published and encouraged.
- * Wrote more than 100 hymns, songs and more than 500 poems.
- * Co-authored more than 6 poetry anthologies (Telugu) and more than 6 poetry anthologies (English).
- * Intention to bring books under self-publishing
- * Writes poems in Telugu, Hindi and English.
- * Eco Friendly Award



"Sharatkavi" tribute to mother

Subject : Mother a real sweetheart

Title : An Immortal Earthly Being

Dt.01.03.2023 Poetry by: Dabiru Venkata Ramana Murthy (Sharatkavi)

Poets attained eternal glory, unveiling Mother's heartfelt thoughts

Sculptors attained eternal glory, carving Mother's shape

Painters attained eternal glory, blending colors and curves..

Prophets attained eternal glory, interpreting re-inventing Mother

Scholars attained eternal glory, describing Mother's love..

Motherless birth is true only while describing distortion..

Ignoramus me searching Mother's traces of nobility..

Truth revealed in the very existence of Mother Nature..

Sacred me unveiled real story of tears, Lamenting or Joyous.

Blessed me, offer my part of love to her honestly..

Born she in creator's fold and left the world in destroyer's den..

Unable to find her anymore, searched in creator's every atom..

Weeping screams echoed for Mom, touching the ends of Universe..

Only a child before Mom, though attained years of grand age..

In the pursuit of defining, I could only design her fame of glory..

My boundless heart is filled with worship, resting in eternal silence..



Tanikella Bharani compliments "Kavitha Chitram" poems

Tanikella Bharani, who complimented the poems of Basangi Suresh's "Kavitha Chitram," expressed that he had perused all the poems and found them to be straightforward and excellent. He also noted that the accompanying illustrations were equally impressive, making the book an enjoyable read for literature enthusiasts. Mr. Tanikella Bharani who wrote the foreword to his Kavitha Chitram volume, was felicitated together as a sign of gratitude by Basangi Suresh.



On this occasion, Bharani congratulated Mr. Basangi Suresh for moving forward in the field of acting and literature.

Sahrdaya Sahiti Kavi Sammelan



- 1) Sahrdaya saḥiti kavi sam'mēlanam Scenes Date 8-2-2023 - The Presidents Mr. Shekharamantri Prabhakar, Dr. KG Venu, and Chinna Suryanarayana
- 2) Shekharamantri Prabhakar honored at Navasahiti International (Madras) meeting, Visakhapatnam 25-2-2023
- 3) On the occasion of International Mother Language Day on 21-2-2023 in a conference held at Andhra University in Visakhapatnam, literature lovers and representatives of various organizations with Sri Prabhakar S
- 4) Sri Shekharamantri Prabhakar with the members of Sahrdaya Sahitya, Visakha who offered prayers to the statue of Telugu mother in Visakhapatnam on 21-2-2023 on the occasion of International Mother Language Day.

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	PRASANNA LAKSHMI
Surname	KONDALAMAHANTHI
Father's Name	RAMASHATRI K LATE
Gotram	NAGASIRA
Date of Birth	1-Apr-1988
Nakshatram	UTTARASHADA
Height	5' 5"
Complexion	TAN
Occupation	
Work Place	
Education	B.COM
Preference	COMPATIBLE SPOUSE

Name	SAI KIRANI
Surname	BEHRA
Father's Name	B. SATYAPRASAD PATNAIK
Gotram	BHARADWAJA
Date of Birth	5-Oct-1995
Nakshatram	SHATABISHAM
Height	5' 4"
Complexion	FAIR
Occupation	PVT. EMPLOYEE
Work Place	HYDERABAD
Education	MSC
Preference	SOFTWARE, ORRISA OR ANDHRA TELANGANA

Name	SOURYA
Surname	RAVIPALLI
Father's Name	R.RAMBABU
Gotram	SANDILYA
Date of Birth	17-Dec-1993
Nakshatram	SRAVANAM
Height	5' 3"
Complexion	FAIR
Occupation	PVT. EMPLOYEE ADP,
Work Place	HYDERABAD
Education	MBA
Preference	SOFTWARE, WORK IN HYDERABAD, , FAIR &



Name	NAGA SAI KIRAN
Surname	BANDARU
Father's Name	B. RAMCHANDER
Gotram	KASTHAPOUTRASYA
Date of Birth	4-Oct-1990
Nakshatram	MAGHA
Height	5' 7"
Complexion	FAIR
Occupation	PVT. EMPLOYEE ITI DATA, MNC CO
Work Place	HYDERABAD
Education	BE / B.TECH
Preference	SOFTWAREJOB , PAN-INDIA, GOOD LOOKING

Name	YASHWANTH KRISHNA
Surname	RAYAGADA
Father's Name	VUJAY BHASKAR RAO
Gotram	NAGESHWARA
Date of Birth	16-Feb-1993
Nakshatram	MULA
Height	5' 8"
Complexion	FAIR
Occupation	PVT. EMPLOYEE SHARP BRAIM LTD
Work Place	HYDERABAD
Education	BE / B.TECH
Preference	NO- DOWRY, PAN-INDIA, AMICABLE FAMILY

Name	RAJESH
Surname	MULAGA
Father's Name	M.POLESHWARAO
Gotram	HARITHASA
Date of Birth	28-Apr-1986
Nakshatram	MULA
Height	5' 7"
Complexion	FAIR
Occupation	PVT. EMPLOYEE DEVAKEE CONSULTANCY SERVICES
Work Place	VUJAYNAGARAM,AP
Education	MBA
Preference	ANY DEGREE, AMICABLE FAMILY, PAN-INDIA

Name	SRIKANTH
Surname	ANANTHAPARNAIKUNI
Father's Name	A.RAMA MOHAN
Gotram	NAGANGIRASA
Date of Birth	27-Apr-1989
Nakshatram	PURVASHADA
Height	5' 6"
Complexion	TAN
Occupation	PVT. EMPLOYEE BIORJA POWER HYD
Work Place	HYDERABAD
Education	
Preference	SOFTWARE HYD JOB, GOOD PACKAGE, SOUTH

Name	TARUN KUMAR
Surname	RAGHUPATRUNI
Father's Name	R.SURYAPRABHAKAR
Gotram	NAGESHWARA
Date of Birth	1-Sep-1992
Nakshatram	SWATHI
Height	5' 4"
Complexion	TAN
Occupation	PVT. EMPLOYEE ARAKU SPORT'S SCHOOL (SAI)
Work Place	VIZAG
Education	
Preference	BED, ANY DEGREE, LOWER MIDDLE CLASS

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

Indoor plants create fresh air and a pleasant environment

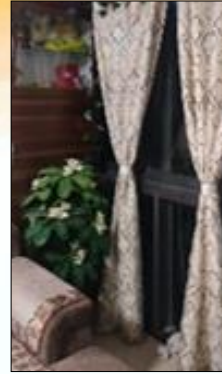


'Lekha' shares tips from talented Smt. Sabita Mani-patruni of Mumbai on how to create fresh air with indoor plants and décor.

- 1) Keep money plant in a glass vase of a dining table/ side table.
- 2) Add roses in vase with water.
- 3) Try arranging refreshing flowers or a bouquet in living room vases. They sustain for a week.
- 4) Climbers can be used in bottles. Hang them at the entrance and window corners with some jute nets.
- 5) Artificial climbers can be used in large vases or Indian jar.
- 6) Always spray the room freshener on curtains. It lasts long, with air its fragrances around, no sneezing, headache with aroma in it.



Natural tulips & climbers kept in a vase



Artificial climbers



Small flower arrangement in the corner of a room with warm lights



Natural flowers for fragrance



Flowers in salt & sugar water



Some type of presentations with nature



Room fresheners like Airwick can be sprayed and lights switched on, to fill room with a mild aroma.



Original orchids and garlands sprayed with lemongrass flavor freshener. Use lemongrass flavored oil room freshener. It's a good sign

Smt. Mounika's Art



'Lekha' shares paintings of Mrs. Mounika Patnaik Mantri that she made while she was 20 years of age. Art is a hobby from childhood and paints in her free time.

Presently she is working as Data engineer in Dallas, Texas, USA. She did her schooling from Bharatiya Vidya Bhavans Vidhyashram, Bachelors from MGIT, Hyderabad and Masters from The University of Texas, U SA.

She is younger daughter of Sri Sapta Girish Patnaik and Smt. Satya Kavita.



Karnam World

Community activist who conquered old age



where in Khammam on a vehicle. Everyone can't guess his age. He wants to do community service no matter how small it is. He chose one of the most demanding services which is traffic regulation. The way he chose for that was to regulate the criti-

cal traffic, give necessary instructions to the motorists to save on the roads in a systematic manner and tell everyone with a beautiful smile that they should travel on the road without any tension. Seeing his selfless services, many voluntary organizations cordially invited and greatly honored him. Recently TS Transport Minister Puvwada Ajayumar also felicitated him in a function held in Khammam and praised his voluntary services. He was honored and praised for his services in the program. Ap-

preciating his community service, the police department also gifted him a two-wheeler. The idea of doing something for society instead of staying at home made him strong to do this work. He is playing his role voluntarily with the permission of the police to solve the traffic problems faced by the increasing number of vehicles in the city. Every motorist follows his traffic signals/instructions though he is not serving traffic policeman. Not only at Mamta Road Center but also at Old Bus Stand, Island Cross Road, and Warangal Crossroads, he serves per directions of local traffic police. GDR who worked for 45 years as a school correspondent in Ashwarao Peta-based school. He is now happily and actively serving society at this age and working in tough traffic regulation services voluntarily. As a person, he has earned a stable position in the minds of many people. He used to come from Dammamet to Ashwaravpet on a bicycle and give lessons. As the teacher of Dammamet, he has a good reputation in that area. One can understand how complete and selfless his attitude toward service is through his shining example.

In an era where 49/50-year-old persons spoil their health and look older than their age, 72-year-old Patnaik from Khammam city proves that old age is just a number and not for the body and mind by performing personal work as well as societal work. His full name is Gadagamu Dharmaraj (G.D.R) Patnaik from Khammam city, age 72 years, doing community service at retirement age where people take rest but not him is a true fact. He can be seen performing duties some-

where in Khammam on a vehicle. Everyone can't guess his age. He wants to do community service no matter how small it is. He chose one of the most demanding services which is traffic regulation. The way he chose for that was to regulate the criti-

Literary Sculptor Ganesh Patro



‘Marōcaritra’, ‘Idi katha kādu’, ‘Rudravīṇa’, ‘Sansāram oka chadaraṅgam’, ‘Sītāramayyagāri manavarālu’, ‘Sītam’ma vākiṭṭō sirimalle chettu’. When you hear the names of these movies, you remember the natural dialogue in those movies which involves nature, tradition, attachments, misunderstandings, regrets, laughter and tears in middle-class families. Ganesh Patro could be called a sculptor who turned all these into words. He is a person who has written dialogues for

director K. Balachander's movie ‘Marocharitra’, ‘Guppedumanasu’ and another director Kodi Ramakrishna's ‘Mangammagari Manavadu’ and ‘Muddulla Mammayya’ and has pleased the class and mass audience. Ganesh Patro was born and brought up on June 22, 1945, in Parvathipuram, Manyam District, Parvathipuram, Andhra Pradesh. He continued his writing career while working in the Postal and Telegraph Department in Visakhapatnam. He wrote dramas like ‘Pāvalā’, ‘lābham’, ‘koḍuku puṭṭāla’ and got national recognition. He entered the film industry with the film ‘Nākū svatantram vachindi’ and wrote dialogues for about 150 films. He received the Nandi Award for Best Lyricist for the movies ‘Swathi’ and ‘Rudraveena’. He is a famous lyricist and a good actor. He also sent his photos when Aadurthi Subbarao advertised for new actors for the film ‘Tēnemanasulu’. Though he was not select-

ed as an actor then but later got opportunities as a writer and established himself. At that time, he acted in special roles in the films ‘Marocharitra’, ‘Guppedu Manasu’, and ‘Swati’. seemed to be not only a lyricist and actor but also a lyricist. Though he wrote a few songs, which were popular songs. The song ‘halō gurū prēmākōsamēṇōyi jīvitam’ in the movie ‘Nirṇayam’ is a song written by Ganesh Patro. He was a unique writer in the history of Telugu cinema with his unique style and passed away on 5th January 2015 in Chennai due to illness. After his demise the famous writer and actor Gollapudi Maruthi Rao expressed his grief that "Patro was a writer who had excellent timing in drama and cinema. He only missed the timing once when it came to his life". A road in Parvathipuram Manyam District Center is named after Ganesh Patro.

-Basangi Suresh

Beauty Page

Foundation for face for oily & dry skin

10 FOUNDATIONS FOR OILY SKIN

- CHAMBOR
- CLINIQUE
- REVLON
- FIT ME
- M.A.C
- INFALLIBLE
- LOREAL
- BOURJOIS
- LAKME ABSOLUTE

BEST FOUNDATION FOR DRY SKIN

- Maybelline Fit Me Dewy + Smooth Foundation
- Lakme Absolute
- Maybelline Dream Satin Skin Liquid Foundation
- L'oreal Paris Infallible Longwear Foundation
- PAC HD Liquid Foundation
- NYX Professional Makeup Total Control Drop Foundation
- Revolution Pro Full Cover Camouflage Foundation
- Colorbar Aquafeel Pro Foundation
- L.A Girl Pro Coverage Illuminating Liquid Foundation

Health Page

Types of Intelligence

"According to Psychologists, there are four types of Intelligence:

- 1) Intelligence Quotient (IQ)
- 2) Emotional Quotient (EQ)
- 3) Social Quotient (SQ)
- 4) Adversity Quotient (AQ)

1. Intelligence Quotient (IQ): this is the measure of your level of comprehension. You need IQ to solve maths, memorize things, and recall lessons.

2. Emotional Quotient (EQ): this is the measure of your ability to maintain peace with others, keep to time, be responsible, be honest, respect boundaries, be humble, genuine and considerate.

3. Social Quotient (SQ): this is the measure of your ability to build a network of friends and maintain it over a long period of time. People that have higher EQ and SQ tend to go further in life than those with a high IQ but low EQ and SQ. Most schools capitalize on improving IQ levels while EQ and SQ are played down.

A man of high IQ can end up being employed by a man of high EQ and SQ even though he has an average IQ. Your EQ represents your Character, while your SQ represents your Charisma. Give in to habits that will improve these three Qs, especially your EQ and SQ.

Now there is a 4th one, a new paradigm:

4. The Adversity Quotient (AQ): The measure of your ability to go through a rough patch in life, and come out of it without losing your mind. When faced with troubles, AQ determines who will give up, who will abandon their family, and who will consider suicide.

Parents please expose your children to other areas of life than just Academics. They should adore manual labour (never use work as a form of punishment), Sports and Arts. Develop their IQ, as well as their EQ, SQ and AQ. They should become multifaceted human beings able to do things independently of their parents. Finally, do not prepare the road for your children. Prepare your children for the road.

Health Tips

FOOD IS MEDICINE

- CARROTS → THE EYES
- KIDNEY BEANS → THE KIDNEYS
- TOMATOES → THE HEART
- SWEET POTATOES → THE PANCREAS
- WALNUTS → THE BRAIN
- AVOCADOS → THE UTERUS
- GINGER → THE STOMACH
- CITRUS → THE BREASTS

Health hazards of drinking cold water

- Changes Heart Rate
- Increase Fat
- Headache and Sinus
- Stomach Pain
- Shocks Your Body

Save Planet Earth

Indoor plants for Vaastu, Health and Environment

Benefits of Indoor plants is shared by Smt. Rashmi Shashank of Hyderabad.

For Fame: -

Put JADE PLANT in the South-East direction of your house.



Jade plants improve indoor air quality in dark hours, increase humidity, absorb CO2 in the night, have few medicinal

properties and it is easy to maintain.

For Peace: -

Put TULSI PLANT in the North-East direction of your house.

Tulsi plant is a natural immunity booster, reduces fever (antipyretic), pain



(analgesic), cold, cough and other respiratory disorders, reduces stress and blood pressure. It has anti-cancer properties, good for heart and diabetic patients, good for skin and hair. It is useful in treating kidney stones and gouty arthritis, gastrointestinal disorders and also eczema. It acts as an insect repellent and used to cure insect bites and wounds. It helps in blood purification, oral and dental health, losing weight, and it reduces stress and fatigue, improves digestion system. Tulsi plant minimizes the effect of air pollution on the environment by protecting against chemical pres sure such as industrial pollutants and heavy

metals.

For Positivity: -

Put SNAKE PLANT in the South-East direction of your house.



Snake plants filter indoor air even at night, remove toxic pollutants, help boost mental health, easy to care for, low maintenance,

effective against allergies, may help enhance the “energy” of a space according to Feng Shui, can absorb cancer causing pollutants including CO, Benzene.

-B Rashmi Shashank

Best Out of Waste

‘Lekha’ shares ‘Best out of Waste’, by Ms. Namitha Minotra from Delhi. She is wife of Col. Dhiraj Minotra and daughter of Brigadier Kanpaka Suresh Murthy. Through her art, she Re-Uses, Re-Cycles and Re-Invents. It is delightful to see a perfect combo of technology and art.

This centre table is made of all scrap wood. The four legs are actually mallots used to pitch tents for the army personnel. These pieces were quite old and no longer in function and were auctioned as wood for burning. The top is again a wood panel which was removed from a window to accommodate the AC and was left useless.

She also got her dining table made of scrap wood woven together with cane. The base is of her parents home furniture that is nearly 40 years old and the top is an interweave of three waste

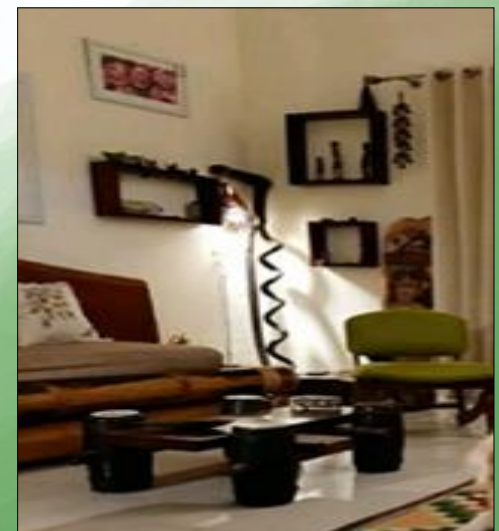


teak pieces which are irregular in shape. They have been together with Burmese weaving and a glass top is there to give it a clean look.

The spiral lamp is also made of scrap wood that is 50 year old.

Is it not interesting to see how creative art can do wonders? Concept of Re-Use

and Re-Invent yet glamourizing our spaces with a new look from the old. This inspires many of us to actually work towards Re-use of scrap and save our planet from loading with unnecessary trash!



Our Treasures

Bhartruhari Neetishatakam

1) *Varakṛpa bhṛtyulandu nijasargamu nandanu kūla vṛtti kāpuruṣulayan-
du śāṅghyamu subud'dhulayam danurakti dālmī sadguruvulayandu śaurya-
mumṛgākṣulayandu bragalbhabhāva mīvarusa kaḷāpravīṇulagu vāra-
layanduvasiṅcu lōkamul*

To be kind to relatives, i.e., being helpful to them, to act according to their wishes, to be kind to servants, to deal harshly with crooks, to be a beloved character to the virtuous, to kings (i.e. to political leaders in today's political context) – Acting according to them with righteousness, having orderly conduct or right conduct in scholars, valor in enemies, patience in elders, and boldness in women, such men are responsible for the state of the world, the world's decency, and the existence of the world.

2) *bod'dharo matsaragrastah prabhavah smayadusitah
abodhopahatascan'ye jirna majge subhasitam*

*Bōd'dhalaguvāru matsara pūrṇamatulu
prabalagarvabhūṣitul prabhuvulenna
nitaramanuju labōdhōpahatulugāna
bhāvamuna jīrṇamayyē subhāṣitambu...*

Those who know are jealous, proud like lords, common people don't have the intellect to know, so what I want to say is suppressed within me.

This has not changed even today.

Lords are always Lords! Tyrants! In any era! They don't have time to listen to 'Subhashitam'. Even if they listen, they don't have the heart and time to practice. Where is the chance to listen to good words except that of great compliments, the praises of sycophants, the intricacies of revenue calculations, paramour's hugs, and other things?

Although I say it as the second one, Bhartruhari said them first, 'Boddharo' means those who have to expound good and bad. They were called "Boddhas". They are today's intellectuals. They should teach righteousness, but they don't have time. There is not enough time to brag about themselves, to satisfy their carnal & fiscal needs, to gain the grace of lords, to flatter the lords, to adore their paramours, and to insult other intellectuals. The poet calls them greedy, elders call them internal enemies. The last of these is jealousy or envy. The same as lust, anger, infatuation, greed, arrogance, and envy. Jealousy is the last as one grows step by step. This jealousy does not allow you to sit down or stand. It is very difficult to describe jealous deeds, they must be seen. There is no difference, man, or woman. They come in so many varieties, as many groups as all the hairs on my head, even within a group they do not like each other. To put it bluntly, everyone is selfish! Everyone is running after lust & wealth! Where is the time to say good things to the society? Very few can be seen here and there like brass knuckles in a blacksmith's kiln.

The rest are ordinary people. For them, it is a hand to mouth existence, their bodies are their tools. Struggling for the next meal every day. Their goals are limited to finding something in the pot and something under the pot. They don't have time to listen to moral maxims. Even if you hear it once in a while, there is no time to practice it, neither can they afford to. Whatever the reason, one needs means to live before one can follow moral maxims. So even if a good words fall on their ears, it is of no use.

- J. V. Chandra Babu

Hasta Mudra

"Hasta Mudra" means finger gesture. We have seen the Buddha's statue, dancer's gestures, Pujari while offering puja, deaf and dumb people use some finger gesture to communicate; right! These are called non-verbal communication.

This nonverbal language is also used to heal the physical and mental body. It works on the principles of Five Elements (Panchatatwa) of Ayurveda. Thumb represents Fire, Index finger represents Air, Middle finger represents Space/Ether, Ring finger represents Earth, and the little finger represents Water element. Vata Dosha means = Air+Space elements, Cougha Dosha means = Earth+Water elements and Pitta Dosha means = Fire+water elements.



Five fingers of the hand corresponds to the five Natural Elements

VAYU MUDRA



Health issues or imbalances happens when there is/are excess of any element (s) or when any element(s) is/are not sufficient in the body. Let's take a health issue to understand the above background in the physical body and its effect.

Let's take a health condition burping, gas, fart means air element is excess in the body is causing discomfort out of 5 elements. So the principle of Mudra will be applied here to reduce this air element from the body to get the relief. The hand gesture will look like this; the air element finger needs to be bent to the base of the thumb (decreasing effect of air element) and the thumb needs to be on this air finger and rest fingers will be erect. This gesture of finger is called **Vayu Mudra**. Practice this Mudra for minimum 5 minutes in the morning, afternoon, evening to see the efficacy in reducing the excess gas formation. Mudra is an extensive use of therapeutic effect of our Fingers.



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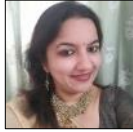
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The News Magazine of the Sistakaranam Community

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.