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The Next-Gen is here!

There is an impression in our community that those who are active in community activities are only older people, typically those who are in retirement, or on the verge of it.

This is a myth. Let us look at some of the next generation stars, some who are barely 50 and others who are much younger.

To begin with, we have our own **Naresh Patnaik**, the prime mover of Sistakaranam Ikyavedika, who is now a well known face, the behind-the-scenes man in many activities.



Then there are **Manapuram Suresh Kumar** and **Veenam Veerababu** who lead an association that literally represents the next generation, *Sistakaranam Yuvata*. They are not exactly the blue-eyed boys of our elders, but one can't ignore their efforts at community census, various service activities like the 'Exam kits' and 'Project Funding'.



Talking of helping others, who better than **Avilala Sridhar**, who is doing his bit for the society at a very young age. Doing similar yeoman service to the needy within our community are the likes of **Pakki Umamaheswar Rao**, **Sanjukta Prasad**, **Tyada Prasad**, **Ravinder Pakki**, and **Dehii Shanker Patnaik**.

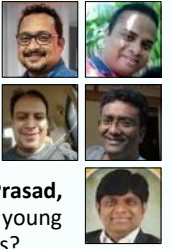


And, who heads the AP Sistakaranam Corporation? A young and dynamic **Anusha Patnaik!**



While the above names are fairly well-known,

we have seen several "youth" who are not getting the recognition they deserve. There is **Kiran Srinivas** who is always looking for hiring someone from our community in his business ventures, there is **Dabbiru Suresh** ever ready to help anyone professionally, there are **Sandeep Kottakki** and **Shravan Rayagada** similarly inclined. And who can forget **Gauri Prasad**, whose life mission is to help young Sistakaranams with their careers?



Why look elsewhere? Even 'Lekha' owes its success to some next-gen passionate individuals like **Ravi Karakavalasa**, **Vandana Adivishnu**, **Chandramouli** and **Arti Patnaik**.



Last but not the least, there are some, barely out of their teens, yet whose contributions for the community cause can only be described as spectacular! The internet duo of **Bharath Vikas & Yagna Vivek**, and the immensely talented **Shashank Patnaik & Dasamanthurao Shilpa**.



Lack of space constraints me here, there are easily a dozen other young stars below 50, that I can name from various Andhra, Telangana and Pravasandhra associations.

So, lend your ears, dear elders, the future is knocking on the doors!

- Naraharinath Sekharamantri
Founder Publisher, Sistakaranam Lekha
Member, Sistakaranam Ikyavedika

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 regu-

lations 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

School Anniversary Chief Guest



The anniversary of the renowned educational institution SSI UP School, where Smt. Kanthimahanthi Varalakshmi serves as the correspondent and director, was celebrated on March 17, 2023. Smt. Kupili Keerthi Patnaik, a notable social worker from our Sistakaranams, was the chief guest and delivered an inspir-

ing speech. Subsequently, certificates of appreciation were awarded to the students who secured the top three positions in the academic year. Congratulations to all the awardees.

Delegate at Global Investors Summit

The General Secretary of Andhra Pradesh State BC Association, participated as a delegate in the Global Investors Summit 2023 held at Andhra University Engineering College Grounds in Visakhapatnam. Professor Dr. Budumuru Rajesh who is a member of Ambedkar University Governing Body participated as a delegate and had a courtesy meeting with Honorable Andhra Pradesh Ministers Sri Amarnath, Smt. Roja and Sri Venugopal.



Actor & Writer Basangi Suresh praised by Director Relangi Narasimha Rao



The popular short film "Matti Manishi", which is inspired by the belief of Padmashri Chintala Venkata Reddy that the soil is the medicine needed for growing

crops, has earned praise from renowned director Relangi Narasimha Rao. Sri Narasimha Rao participated as the chief guest in the launch of Basangi Suresh's poetry collection titled "Kavitha Chitram" and also reviewed the film "Matti Manishi" at Ravindra Bharati. The event was attended by several prominent figures including Basangi Suresh and Sriya Prabhakar Patnaik from NTV Telugu, 'Padma Sri' film director Sri SS Patnaik, Advocate Koduru Umamaheswara Rao, and Sri Diptimahanti Ganesh Kumar. The audience appreciated the Kuchipudi dance performance of Chi. Kritisree, daughter of Sri Basangi Sridhar and Smt. Ranjitha.

Election of Chairman of Senior Members Association



Congratulations to Sri Polumahanthi Umamaheswara Rao on his election as Chairman of JCI Senior Members Association (SMA), Srikakulam. We hope to see more dedicated individuals like him take up higher positions of service. Sri Rao has assumed his new role and is now in charge.

Honor from Karnataka Karuneeeka Sangham

Karanam Youth Leader Sri Avilala Sridhar, Karanam Niranjan Babu, Karanam Edukondalu participated in the celebrations organized by Karnataka Karuneeeka Sangha on completion of 50 years at the Karuneeeka Sangham's own building in Bangalore. Karanam Youth received the honour from the President, Secretary & Executive Members of Karnataka Karuneeeka Sangham in customary Karnataka tradition.



"Sahiti Prajna" title to "Sharatkavi"

Sri Gautameshwara Sahitya Seva Sanstha in Manthani, Telangana celebrated its 3rd anniversary and honored Sri Dabbara Venkata Ramanamurthy, popularly known as "Sharatkavi", for his many years of service as a poet and literary figure. Sharatkavi has participated in poetry competitions of many Sahitya Peethas and won several awards. In



recognition of his distinguished services in the field of literature, he was conferred with the title of "Sahiti Prajna" and national level talent award, which was presented by eminent poet Sri Vairagya Prabhakar. Sharatkavi was also awarded the "Nandeewara Award" by Ugadi as part of the Ugadi Awards, and he entertained the guests by reciting a beautiful poem on the topic of "Poetry Immortality" in the Kavi Sammelan. As a token of appreciation, the art institute honored him with a Panchaloha Kadiam. Congratulations to Sharatkavi on his well-deserved recognition.

Newsmakers

55th & 56th Felicitations of Dr Bhima Rao

Dr Raghupatruni Bhima Rao proudly announced his 55th and 56th Felicitations in March – 2023 and they are as following : **55th- JNTU, Gurujada, Vizianagaram-**

Registrar, Staff and students of Metallurgy felicitated during the valedictory function of their global conference.



56th- IEI, Visakhapatnam-

Sri Pakki Ganesh Kumar, felicitated us IEI Visakhapatnam local center in presence of audience on 4th March 2023, World Engineering Day.



Selection of BAI General Secretary

Congratulations to Sri Baliwada Sivakumar Patnaik, the General Secretary of Krishna Zilla Sistakaranamm Sangam, Senior BJP Leader and Service oriented, an eminent businessman and builder, on being appointed as the General Secretary of the Builders Association of India, Amaravati Center. He assumed charge at the Vijayawada office on March 15, 2023.



Ugadi Award

Congratulations to Sri Behara Umamaheswara Rao, a renowned children's writer from Parvathipuram, for receiving the honorary award at the Sobhakrit Ugadi Awards ceremony held in Chennai, under the auspices of the Telugu Velugu Sangshem Sangh.

Miss Global Asia Pacific

Ms. Revathi Mohanty from Bhubaneswar bagged the title of Miss Global Asia Pacific 2023 held at Kuala Lumpur and Melaka, Malaysia from 21st to 25th February 2023.

She was selected by her national director after she won the Tiara Miss India Environment Ambassador back in 2021. There were 18 delegates from 8 countries. It had three categories: Miss Global Asian, Mrs. Global Asian & Mrs. Petite Global Asian.



Ms. Revathi Mohanty is a proud daughter of Sri Rajendra Prasad Mohanty and Supriya Patnaik. She is a 6th semester (3rd Year) student from KIIT School of Fashion Technology. 'Lekha' is proud to share that our community girl has marched to mark this splendid achievement.

-Continued in Pg. No.22 -Karnam World

Honorable Secretary of State for Human Rights



On Monday, Sri Mantri Shyamprasad, State Secretary for Human Rights, was honored and felicitated at a function held at The New Finds of Earth office in Srikakulam. Sri Mantri Shyamprasad, who received the award, emphasized that Human Rights should always protect the weaker sections and women in society, especially in the face of physical attacks. Dr. Srinivas Patnaik, the founding secretary and a senior physiotherapist, urged for the construction of Ambedkar's Kalalaganna Nava Bharata and emphasized the need to follow the principles of Mahatma Gandhi and Jyotirao Phule.

Short film shooting in Parvathipuram

A short film was shot at a private hospital in Parvathipuram, directed by Jabardasth



Murali. During the hospital scene, Chi. Ankita Priyadarshini, daughter of Sri Belagam Chandrasekhar and a resident of town played a role in the film. Local residents came to watch the film shooting.

Best Digital Transformation leader of the year



Let us congratulate Sri Markondpatnaykuni Gauriprasad, the admin of our Careerhelp-Sistakaranam group, on being awarded the Indian Prime Icon - Best Digital Transformation Leader by the Indian Global Icon Quarterly Magazine. He was honored with a shield and certificate at the Indian Prime Icon Awards function recently held.

Received Gold Medal for PG in Gyneacology

Dr. S.V. Lakshmi Praveenya, who is the wife of Sri Behara Vijaya Chaitanya, daughter-in-law of GVMC Co-opted Member Sri Behara Bhaskara Rao, and daughter of Sri S.M.V. Satyanarayana from Steel Plant, was awarded a merit award for her outstanding service and a gold medal upon completing her PG in Gynecology at Guntur Medical College. The award was presented to her at a function held on March 7, 2023.

Newsmakers

Surabhi Group Honours

As a tradition of showing respect, our organization (SVJPT) visited the homes of some poets from Visakhapatnam who have contributed their poems and works related to Bhakti Kiranas in the Surabhi Spiritual Waves Amrita Vahini Group, which is associated with the Sridevi Vidyana Jyoti Parishkar Charitable Trust, and honored them.

As part of that,



1) The recipient of the National Award, Sri Arasada Suryanarayana Rao Mastar, a retired headmaster of Sri Nagar Colony, Aripaka Mandal and to Smt. Suma;



2) Retired Shipyard Manager Sri A Suryaprakasarao and Smt. Kanyakumari;



3) Our Surabhi members in Maddilapalem, Sri Godaba Lokamohana Rao Patnaik, (my grandfather) Sri Godaba Lokamohana Rao Patnaik, a famous poet who wrote poetry, prose, poetry and rare works and entertained us all with his fine eloquence, was honored with the respect along his wife Sri Kamala. Smt. Kuppili Keerthi Patnaik said that these awards were held with the hope of giving encouragement to some people in the spiritual field.

Great honor for Srikanth in Secunderabad Kala Bhavan

The Sir C.V. Raman Academy celebrated its 27th anniversary and Ugadi Awards-2023 on Sunday, March 5th, 2023 at the Harihara Kala Bhavan in Secunderabad. In this event, deserving poets, writers, community workers, and scholars from various states were recognized, and 108 people were awarded various honors. Among the recipients, Sri Dabbiru Srikanth was recognized for his works and community service, and was awarded the title of Sahaja Kavi, as well as the Andhra Legend Award, Mahatma Gandhi National Award, Swami Vivekananda Memorial National Award, Best Poet Award, Excellence Award in Sangh Seva, Best Humanity Award, Vishishta Sevaratna Award, Andhrakes Sevaratna Award, Man of Excellence in Literature & Management Award, Very Inspiring Person (VIP) Award, and Gurjada Venkata Apparao Inspiration Award. In addition to these awards, Sri Srikant was also presented with a Shawl, Shirodaran, Suvarnakankanam, and a large memento,

and conferred with the title of Emperor of Writing Glory. He was recognized for his around two hundred writings and certificates of appreciation earned by participating in poetry competitions, as well as his contributions to Kala Vedika and many Ugadi awards. On this occasion speaking to LEKHA, Sri Dabbiru Srikanth expressed his gratitude to the Sir C.V. Raman Academy and the famous film actor Sri Suman, retired judge, senior police officer (DSP) Gu, another police officer (ACP), prominent industrialist Sri Mahendra, eminent scholars, and the 2000 Atiradha Maharadhus who applauded his achievement. Lekha congratulates him.



National Sarabhai Teacher Scientist Award.

Smt. Booravilli Umamaheswari, our SK teacher working as a science teacher in Zilla Parishad High School in Regidi town of Vijayanagara District, was awarded the National Sarabhai Teacher Scientist Award 2022. It is remarkable that she is the only one from Andhra Pradesh among 10 people selected all over India for this award. Congratulations to her.



Awarded Doctorate in E & C

Sri Locharla Rajesh received Ph.D degree from KL Deemed university, Vijayawada recently in Electronics and Communication Engineering. Sri Rajesh is working as senior manager in Electronics Corporation of India Limited (ECIL), Hyderabad, a Public Sector Enterprise under the Department of Atomic Energy. Sri Rajesh is a native of Vizianagaram, M.Tech from JNTU, Hyderabad, Gold medalist in B.Tech, district 1st rank in Intermediate, district 2nd rank in SSC. Lekha wishes him success in all his endeavors.



Selection into Bharat Scouts and Guides

Facts about Kommadi Carpentry Colony, Endada Vizag. Pramila Patnaik, daughter of Sri Dabbiru Krishna chandrika and Late D.P. Patnaik, grew up participating in various cultural activities. With the active support of her mother, she joined the Vizag Children's Club where she won many awards and gold medals for her talents. Pramila is currently studying in the 9th standard at ZP High School in Chandrapalem, Maduravada.

Recently, she was selected to participate in the All India Jamboree Cultural Program by The Bharat Scouts and Guides Team. We extend our congratulations to her on this achievement and wish her many more successes - from the members of the Endada Branch Executive Committee.



Editorial

Sri Shobhakrut Ugadi Subhakankshalu

Lekha Heartful Greetings to all Sistakaranam dear relatives.

Sri Shobhakrut Telugu Happy New Year. May this new year be filled with happiness, health, and happiness in Sistakaranams premises.

In this month we celebrated Vasanthotsavam as well as Sri Rama Navami with devotion.

Especially Ugadi Celebrations, it is enjoyable to see our Sistakaranams participating in a large scale with a sense of service. Ugadi gifts were distributed to fellow Sistakaranams, received awards, and participated in poetic gatherings. We have printed these details received by us in next pages.

Also politically, this month has brought our people in the limelight. Especially in Uttarandhra, where there are more of us, in the background of Graduate MLC elections, politicians seen our caste in advance, domination of graduates and requested for vote along with the other caste equations. Moreover, it is also exciting to see our caste person contested in this election despite of many hurdles. As per our own choice, our people participated in different parties and got recognized in those parties. It was a feast for the eyes when our elders of different associations in our community graced the stage in a meeting held by present ruling party. Participated party leaders have said that they will support the development of Sistakaranams on the platform. Similarly, if we work together and fight hard for OBC, it is not a fruit that we will not get.

Also, a congratulatory meeting was held for the winner by some of our Sistakaranams, who promised for the development of Sistakaranams in the present situation, we have to wait and see how they can support the Sistakaranams within their scope. Once again 'Best wishes for New Year!'

"Sarva Sistakaranam

Jana Sukhinobhavhavantu"

- Jannumahanthi Venkata Chandrababu,
Chief Editor,
Sistakaranam Lekha.

Interview

Scientist to Service, a notable journey

An agriculture scientist identified for the release of two Mesta varieties, AHV 3 (Surya) and AMV 4 (Durga), is equally notable for his social service activities. Mesta (Gogu naara in Telugu) is a crop similar to jute, and both trade equally in the market. Lekha knocked on Dr Arikathota Kanaka Raju's door in Srikakulam to hear about his journey from achiever to human service. Let us listen.

Please tell us about your academics -

My childhood schooling was started from Arikathota to high school in Dabagardens and Gavarapalem near Anakapalli. PUC from AVN College, B.Sc. (Ag) from Agricultural College, Bapatla, M.Sc. from Orissa University of Agriculture and Technology, Bhubaneswar, and finally a Ph.D. from Agriculture College, Rajendranagar, Hyderabad.

About your career please -

I started my career at the Rice Project in Rajendranagar for a short stint of six months. After my selection in Andhra Pradesh Agricultural University (APAU now PJTSAU) as Assistant Professor, I was posted at the Sugarcane Research Station, Anakapalli. After 3 years, I was transferred to Mesta Research Station, Amadalavalasa where I worked as an entomologist for 20 years. I got promoted to Associate Professor and transferred to the Agricultural College, Naira, near Srikakulam. I was there for 9 years and then moved to the Agricultural Research Station, Amadalavalasa on promotion as Professor, and headed the Station. I retired there after serving a brief period of two years. I attended all-India seminars, workshops, the Indian Science Congress, etc., and presented 24 research papers.

My job has three functions: research, teaching, and extension. Extension is the profile of reaching the farmers directly and transferring science and technology to them. In my research, I developed two varieties of Mesta and today these varieties are widely grown in the Northern Districts of Andhra Pradesh. As a professor, I taught my subjects to the B.Sc. agricultural students.

You are also known for your social service activities. How and why?

God has given me enough strength to do other activities too. I make donations to orphan homes and charitable trusts. I also pay poor children's exam fees. My donations also go to cultural and sports activities. I distribute bed sheets, hats, and panchangams depending on the occasion or season. Apart from this, I extend my help to the poor who approach me for help. Very recently, I donated money to Sri Satya Sai Peddamandiram, Srikakulam, for the



Father: Sri A. Kuarmanna

Mother: Late A. Polamma

Wife: Dr. Uma

Native place:

Arikathota, Vizianagaram District.

payment of exam fees to Deena Janodharana students staying in the mandiram and appearing for 10th class and Intermediate exams. This gives me a lot of satisfaction, so I do it. I also extend my helping hand to our community. I contributed Rs.50,000/- towards the construction of the Sistakaranam community hall.

Do you wish to say or wish anything?

I attribute my success to my elder brother, the late A. Satya Rao, retired Chief Engineer of the AP State Electricity Board, who funded my education. My wife, Dr. Uma, a retired Dy. Civil Surgeon from a government hospital in Srikakulam, was by my side throughout my career. I was down when I lost my mother and brother.

Lekha is connecting our people with a lot of information not known to many of us. Bringing a newsletter is a herculean task indeed. I convey my message through Lekha to our Sistakaranam community to reach me for any help, suggestion, or advice.

'Lekha' while conveying it's gratitude to Dr. Kanaka Raju for coming forward to help our community, reminds them to take note of his skills and seek scientific advice on agricultural-related issues, especially pest control. Lekha wishes him the best of luck in all his endeavours.

Interview -J.V.Chandra Babu
Compilation-Mantri Narasimharao

Open Forum

Visakha Steel Plant Honour

Privatization of Vizag Steel Plant is a national concern of all India. Because Vizag Steel Plant is India's most valuable, largest, and quality ranked company.

After the sacrifice of many lives, many hunger strikes, the struggles of many leaders like Neelam Sanjiva Reddy, Kasu Brahmananda Reddy, many experts, and the fondness of the then Prime Minister "Mrs. Indira Gandhi" for the state of Andhra Pradesh, because it has the largest sea port, the place suitable for exports and imports was chosen as Visakhapatnam and the foundation stone was laid by our then Prime Minister Mrs. Indira Gandhi on January 20, 1971.

For this purpose, the people of 64 villages bequeathed their houses and farms and gave 22,000 acres, while the Maharajas of Kurupam donated 6,000 acres of land. It took about 20 years to complete the construction of Vizag Steel Plant. In the year 1992, the then Prime Minister Shri PV Narasimha Rao formally started it. Dedicated to the race.

It is our misfortune that the leaders of our country/state have sold this Vizag steel plant to private individuals for their own benefit, which has been running on the path of great profits since then. It is a shame for our country that our leaders, who are supposed to protect the country's wealth and lead it in the path of development, sell the government's wealth to someone. Pledge of public lands, factories and government assets or selling them to private individuals is a bad thing. If the leaders develop the existing factories and go for new factories, they will be the ones who will solve the unemployment problem and economic prob-

lem in the country. But if the existing ones are sold, there is a risk that the country will fall into financial crisis.

Among those who sacrificed their lives was a small child. "Sri Amrita Rao" from Guntur was the chief among those who went on hunger strike. Because while he was in a life-threatening condition during initiation, the central government was alerted and immediately came down and announced a steel plant in Visakhapatnam. Many people lost their lives in the police lathi charge during the fight. How reasonable is it for the Central Government to sell the Vizag Steel Plant to private individuals, which lost so many lives, left their villages, houses and farms, thinking that the future of the previous generations would be better, and made movements with the slogan of Visakha steel Andhra's right, and acquired it?

Around 70,000 employees (directly and indirectly) are working in Vizag Steel Plant. If it is privatized, more than half will fall on the road. What is their situation? Therefore, if the central government does not put this company in the hands of private parties, if the central government ensures that the necessary mines are allocated in time, the steel plant will again run on the path of good profits. All the employees working in it are working hard, so if the central government reverses the decision of privatization and runs the Vizag Steel Plant as it is, it will bring respect to Visakhapatnam, Andhra Pradesh and the country of India.

Jai Vizag Steel Plant

Jai Andhra Pradesh

Jai Bharat

- Dr. Dabbiru Srikanth

Aham pakkaneṭṭi - kulaṁ pai manasu peṭṭi

*Kalam paṭṭi
kadao tokki
gata kālapu smṛtulu taṭṭi
sama jīvapū gatulapai bāṇam
ekku peṭṭi
ahālanṇi pakkaneṭṭi
kulaṁ painē manasu peṭṭi
rāsēddāo prabhutvāniki ciṭṭi*

*śiṣṭa karaṇam dhāṭi
kōlpōyindani cāṭi
prati manasunu mīṭi
aikamatyapu kannu gīṭi
ūdēddāo vijayantō sīṭi
Ṭicarayinā
plīḍarayinā*

*pāṭha mayinā
vyājya mayinā
śiṣṭa karaṇam gontuka
sāṭi evarū lērika*

*anēlā
vinēlā
kanēlā
ragilēlā
maṇḍāli kula jvāla
bāla bhavita ambaram
andukunēla
jai śiṣṭa karaṇam....
Jai śiṣṭa karaṇam !!!*

- Pakki Delhi Shanker Patnaik

Keep going to all community meetings

Let's continue to build strong relationships by regularly attending community meetings.

In a time when many families are experiencing conflict and division, the act of coming together is invaluable. If we gather solely for the purpose of socializing at events such as weddings, but our children grow up feeling disconnected from the community, then what is the point of our gatherings? We must recognize that we are all part of the same family and actively

work to strengthen our bonds.

In the age of WhatsApp groups, it's easy to feel overwhelmed by the sheer number of communities we belong to. However, we can choose to leave some groups while still prioritizing attendance at important meetings. When members of our community opt out of participation altogether, it diminishes the value of our shared identity and heritage.

There may always be doubts surrounding topics such as surnames and gotras, but we

can work to dispel them by staying connected with one another. In our increasingly globalized world, it's more important than ever to maintain contact with those who share our cultural roots. By attending meetings and imparting moral values to the next generation, we can work towards building stronger, more cohesive families and communities.

- Haribabu Baliwada

Translated by Ravi Karakavalsa

Open Forum

The Award Winning Song- 'Naatu-Naatu' of 'RRR' Telugu movie

The song 'Naatu Naatu' won the 'Best Original Song' at the Oscars at the 95th Academy Awards. It has been the first Indian film song to win Golden Globe Awards.

Under the production of DVV Danaya, story writer VVijyendra Prasad (SS Rajmouli's Father), Director & Co-writer Rajamouli, the movie RRR was made. The Director is the key man for everything. He can re-write the story, dialogues, scene sequencing, etc. Director selects actors, music director, lyricists, choreographer, sound designer, set designers, cinematographers, dubbing artists and so on. Music Director MM Keeravani & Director Rajamouli gave this song 'Naatu-Naatu' for lyrics to Chandrabose. He first scripted the song on Rajamouli's simple brief that it is a dance fight between the west and the east for which the lyrics to be penned under one condition, "Nowhere, there should be hurt, criticism or disrespecting the other yet to convey a strong fight!" Bose scripted 90% of the song only in half a day but for final production they took one and a half years. On the script Keeravani composed over 20 tunes and finally this was finalized. Input was given that the beats should be such that anyone should want to jump, and dance. The choreographer Prem Rakshit was asked to create simple yet unique steps which anyone could be able to dance." It took over 100 variations to finalize the hook step. The video song with its steps got so viral that it was displayed not only in pairs of 2 friends but also could be by 2 brothers, 2 sisters, couple and it rocked wherever it was performed in many social media and functions in whichever way.

With this award, I'm getting to rewind to my 15 years past thoughts on "why 'the star cast' (we call), actually 'film team cast' (we should call) which is displayed and scrolled in the beginning of the movie is never given much importance?" I used to think, the scrolling of Film Team is pretty fast, poor legibility and team photographs are never displayed. How much would it take to increase the movie length by another 5 minutes with more detailed information? Probably it is not so glamorous or interesting? Publicity goes generally to what is seen, that is only the actors viz. NTR and Ram Charan as the visuals are first impression and long-standing memory as compared to what is heard or to other parts of creativity and intelligence mainly because we can understand, attract and know them more easily. What is behind the scenes are generally not reached to the masses. That which is visible to the eye first catches attention, then what is heard. Hence mostly actors and later singers catch more attention. Lastly one can relate to creative intelligence of director, writer, choreographer, cinematographer, sound tracker, dubbing artists etc. Only recently, the common viewers are being aware of them because of the media.



Otherwise, other than minimal percentage and film circle, hardly people knew about 'Behind the scenes' crew. Infact this is the same thing that applies to any team within an organization or a family. The visible doers get better credit than the invisible types.

Coming back to 'Naatu-Naatu', one may think that the song credit should go to the 6-team (music composer, lyricist, choreographer, 3 R's) or 9-team (adding the 2 singers & cinematographer). Initially my thoughts were running on those lines. But the fact remains that awards do not necessarily go by the viral of the videos but in its true sense it is dived deeper. The deeper essence remains that without the strong scripted lyrics depicting the sense of pride, strength, and nativity by Chandrabose, Keeravani could not have composed such music with variant of vibrant beats. However, Rajamouli's insight, fine tuning and approval would remain and the choreographer's innovativeness with outstanding cinematography as assets. The energy and the synchronized steps of the actors remain glamorous. Yet, if we question that 'Can't anyone dance like NTR or Ram Charan?' It is a 'No'! Since many all over the world have copied these steps and parallelly recorded their dance videos along with this. Do we think, 'there could be other singers who could have been able to justify singing this song like the way Kaala Bhairava or Rahul Sipligunj sung?' we could say 'Yes', I guess. 'Earlier, were there not good dance choreographed steps made in India that got viral?' we could probably say 'Yes'. 'Were there not many other videos, where the cinematography was brilliant?' we could say 'Yes'. Though, the fact remains that Team Work really matters and adds value to create uniqueness yet the lyrics and the music created stand simplistic, rustic and original. It represents nativity, strength, pride, ability to fight, fight through a dance towards racism, representing many Asians, the discrimination between the east and the west. It narrates a complete story and becomes a part of the main story. And now I would conclude asking "Could someone else write a song like it is of this and could someone else compose music

like it is of this?" And that is why we are here with an award for the 'Best Original Song' of the Year. The song also displays a fight at the climax where giving away to win becomes so easily doable for friendship.

On the victorious day, I was inspired to watch the movie again which was long pending. At the first watch, I was not too impressed like many others.

Some movies are either too glamorous or too sensitive that attract the viewers. But some may take time to sync into the story or its making. The irony is I was disappointed with the songs for a blockbuster movie and look we are with an Oscar today! I felt they were not too musical nor too glamorous but slowly one realizes that the songs were just there for the story line and not that it falls in to make a cinema package. Often, we are caught up with expectations and comparisons and fail to watch something independently.

A simple universal story narrating in an impactful way which could be understood with minimal dialogues. Creating simplistic things are tougher than complexities at times. Historical movies generally had a certain pattern and audience, but this is made in a versatile pattern where people of all age groups, gender and countries can watch. The unbelievable - larger than life traverses between real life and animation with cinematography is a visual treat. It could attract the kids too who also would be able to watch our history, our roots and values. It depicts meaning of pride, courage, ability to fight and conquer through focus towards a strong purpose in life. The story shows the conflict in mind between duty and purpose verses friendship yet ability to justify all the roles. It moves us through a strong bondage and emotional connect which we are losing in this era. Bond in friendship, brotherhood, mother and child, marriage of pure understanding acceptance & commitment, bond of a community and love for country. Cinema hence remains not just entertaining but also inculcating values in human relationships through a story.

**Congratulations to Chandrabose & Keeravani for reaching this milestone....
Rajamouli & RRR Team....
And congratulations to us !!!**

- Vandana Adivishnu



SOULPENS

Support Arena

Donations of Dr. Kanakaraju

1) A program was organized at Babuji Kalamandiram in Srikakulam town, where prominent Sistakaranam, resident of Srikakulam, Dr. Arikatota Kanakaraju donated Rs. 4,800/- (Rs. 400/- per month) as membership fees for one year, to Srikakulam Stage Artists' Association. Congratulations to Dr. Kanakaraju, who has been consistently donating for the past five years.

2) He donated Rs. 5000/- to the Humanity Voluntary Organization at Dr. Ambedkar Seminar Hall in Srikakulam District thru the Vice-Chancellor. This organization has been serving the poor and homeless in 26 districts since 2004.

3) In the presence of Sri Nagabhushanam Master, Coordinator, and Sathya Sai Devotees, our Sistakaranam Donor, Srikakulam Prabhakar Colony resident, Naira Agricultural College Retired Professor, Dr. Arikatota Kanakaraj and Dr. Uma couple donated an amount of Rs. 5000/- for the

examination fees of the tenth and intermediate students studying in the temple and appearing for their exams in March 2023. The donated amount will help the students to focus on their studies and pass the exams with good marks. Our con-gratulations on the kind gesture.

4) The 10th-grade students of Mahatma Jyoti Phule AP BC Girls Residential School in Hyatinagar, Srikakulam, received examination materials including a pad, scale, pencil, eraser, and sharpener (six items) worth Rs. 3000. These materials were distributed to all 29 students appearing for the April 2023 examination from the academic year 2022-2023. The school was provided with the payment of examination fees and distribution of examination materials for the past three years, with a 100% pass rate achieved every year thanks to the dedicated teaching staff. Lekha conveys congratulations to Dr. Arikothata Kanakaraju for his generosity.



"The New Friends of the Earth" service program"

To mark the 25th anniversary of 'The New Friends of the Earth', its founders, under the leadership of Dr. Baggam Srinivas Patnaik, organized a distribution of steel plates, blankets, and clothes to 30 elderly people.

The event was graced by the presence of Srikakulam Municipal Commissioner, Challa Obulesugaru, as the chief guest. Also in attendance were leaders of Sistakaranam Sangham, including Sri Polumahanthi Umamaheswara Rao, Red Cross Chairman Sri Polumahanthi Jaganmohana Raogaru, Director of Sistakaranam Corporation Sadasivuni Krishna, Smt. Dr. Vinilabai Patnaik, and others.



Parvathipuram WhatsApp group 'Manavallaku Mana Sahayam'

'Manavallaku Mana Sahayam' WhatsApp group has been set up with the aim of always being ready to provide some immediate financial support to any relative of Sistakaranam who is in distress and needs urgent help.

We are inducting only people who are interested in service programs and have a generous mindset as members. Providing financial assistance is completely voluntary. Anyone can donate at any time. It could be the birthday of those people or their family members. May be a wedding anniversary. May be the case of success in education or jobs. Or it may be the death anniversary of their elders who have passed away, whatever the occasion may be, we can announce in the group a large amount of donation to those in need of financial support in our caste. Until last month, there was a rule of accepting only two hundred rupees maximum as a donation with the intention of involving as many people as possible. However, as per the suggestion of the majority of the members of the group, we have removed the upper limit. We are maintaining

this transparently by disclosing all the deposits and expenses related to the collected amounts from time to time in the WhatsApp group.

By doing this, we are able to provide immediate assistance to those in need without asking anyone. The group is taking steps towards the goal as most of the members are responding with a big heart even if it is announced in the group that any of our relatives need help. Sri Belagam Jayaprakash Narayan (Jayababu) has been providing support and encouragement for every relief program being conducted by this group.



At present this group is doing relief programs only in Parvathipuram town limits. We want it to go further and be useful to more people. Anyone willing to send help can contact Sri Pakki Ravinder, Parvathipuram (9440364486).

- J.V. Chandrababu

'Manavallaku Mana Sahayam' - immediate help

To the family of the late Behara Lakshmi, all our members express their deepest sympathy, and thanks to all our relatives who came forward to provide financial support to her family as soon as the call was made. As soon as the matter was known, the secretary of Andhra Pradesh Sistakaranam Sangam Sri Belagam Jayaprakash Narayan (Jayababu) directly handed over Rs.3000/- literally three thousand rupees, to Behara Lakshmi's family on the spot. Many people have already donated Rs 6,500/- via phone pay to the 'Manavallaku Mana Sahayam' group. They are still sending their help. Those who want to respond can call 9440364486. Those who want to respond can call Sri Pakki Ravinder on 9440364486.



Support Arena

Successful Completion of 18th Event- Sistakarnam Helping Hands

Sistakaranam Helping Hands Group collected financial assistance for the medical expenses of Sri Kantimahanthi Nagabhushanam in Visakhapatnam.

Sri Pakki Umamaheshwar Rao announced the names of the donors and total financial assistance of 51,329/-. Out of this, 5000/- was given on 10-02-2023 for the treatment of Sri Kantimahanthi Naga Bhushanam at Visakhapatnam KGH Hospital. Another Rs. 5000/- was handed over to him under stewardship of Sri Pakki Umamaheshwar Rao. The closing ceremony of this event took place at Visakhapatnam RTC Complex Nandu Central Park under the guidance of our group members Sri Don- kada Anant Prasad, Sri Basuri Srinivasa Rao, Sri Mantri

Ravi and Sri Pakki Shekhar. The remaining amount of 41,329/- will be given to the family at a rate of 5000/- per month, on the first Sunday of every month. Additionally, the team are actively trying to secure employment for Smt. Gayatri. This marks the end of their 18th service program.



Tenth class Examination Kit

If any child in the Sistakaranam family is appearing for the 10th class exams to be held from April 3rd, they will be provided with an examination kit to help them write the exam.

(One writing plank, two pens, one pencil, one scale, one eraser, one sharpener will be given along with a pouch to keep all these.)

Sri Manapuram Suresh of Sistakaranam Yuvata informed that you can send your child's hall ticket to their WhatsApp number.



Free Medicines by courier for 100 days



SOLEN PHARMACEUTICALS

1. Solcal - Calcium Citrate 1000 mg+Vitamin D3.200 IU+Mg+Zinc.
2. Solfer - XT - Ferrous Ascorbate 100mg+Folic acid 1.5mg(Iron).
3. S-Fenac -Acelofenac 100 mg+Paracetamol 350 mg.

- Medicines are WHO-GMP Certified.
- Take your Doctor's approval.
- For Sistakaranam Families.
- Your details will be kept confidential.

CONTACT: 8074800939

Sistakaranam Lifting Hands Fourth Event

The fourth event program of "Sistakaranam Lifting Hands" group was held in Vizianagaram town, on the route to Dasannapet, near Ayyakoneru dam, to our relative Baggam Rajesh, ailing from illness, with the intention of helping him in distress. On behalf our group we visited his house and handed over Rs. 37,000/- in cash, in the presence of our group members Sarvasree Tyada Prasad, ARK Rao, PVR Murthy, Donkada Jayashankar, Baggam Jogarao, Rega Anil, Gandreti Lakshmi, Venkataramana Murthy. We would like to thank our members from Srikakulam, Visakhapatnam districts, and Vizianagaram town & surrounding area who have come for this program specially at their own expenses. We would also like to thank 37 members of our group who contributed financially to the 4th event, and two relatives who are not members of the group.



Regards,
-Patnayakuni Sanjukta Prasad & Tyada prasad

Sistakaranam Helping Hands 19th Service Program- Appeal to Donors

With the reference of Sri Godaba Prabhaker Das , Smt. Karakavalasa Shobha Devi, a 53-year-old resident of Amudalavalasa, Krishnapuram, Srikakulam District, is suffering from Glio Blasma Brain Cancer and requires Bevasizumab - 500 mg injection every 21 days for chemotherapy treatment. As this injection is not available under the Arogya Sri scheme, our Sistakaranam Helping Hands Group has been approached for assistance. The cost of the injection is about Rs 68,000/-. Those who wish to contribute towards her treatment can contact Uma Maheswara Rao via phone or Google Pay at 9392234863. Let us come together and help in making a mother healthy.

Fraternity Page - Telangana

“Lekha Team appreciation meet” hosted by Dr Bhima Rao



Smt. & Sri Dr R Bhima Rao from Bhubhaneswar, President, Odisha Sistakaranam Association were in Hyderabad recently. He invited key persons of the young Sistakaranam Lekha team available in Hyderabad for a dinner meet, to appreciate their commendable efforts in bringing-out 28 editions of Sistakarana Lekha

monthly E-publication global digital magazine. Founder Publisher Sri Sekharamantri Naraharinath, Chief Editor Sri Jannumahanti Venkata Chandrababu, and Associate Editor Sri Mantri Narasimha Rao attended the meeting.

Sri DV Ramana Murthy Vice President and Sri Barli Vijaykumar, Admin. Secretary have also attended from AISKA. Dr Bhimarao and “Sharatkavi” also discussed and gave many inputs for Lekha. Sri Dashamantri Naresh Patnaik, Org. Secretary, AISKA India also participated in the dinner meet. On this occasion, the invitees felicitated Smt. & Sri Dr Bhima Rao with shawl and memento.

Earlier Smt. & Dr. Bhima Rao had also met Sri DV Krishna Rao Sistakaranam, President AISKA, India and Smt. Rama Krishna Rao, President, SWA.



Invitation to National Sahitya Sambaralu under the auspices of Telugu Velugu Sahitya Vedika

*Invitation to the National Literary Festival under the auspices of Telugu Velugu Sahitya Vedika

*National poet gathering on 30th April Awards for poets -poetry collection book launch Telugu Velugu Sahitya Vedika and SV Foundation are working together to organize literary festivals at the national level. We have decided to organize the National Literary Festival in Patan Cheru constituency on the outskirts of Hyderabad on 30th April.

National President of Telugu Velugu Sahitya Vedika Sri Pakki RSSN Murthy, Honorary Advisors Kilaparathi Dali Naidu Master Andhra State President Meesala Chinna Gauri Naidu, Andhra Pradesh State Women President BHV Ramadevi, Telangana State Women President Navaneetha Ravinder, National Level Representatives Ganta Manohar Reddy, Pilla Venkata Ramana Murthy,, Lanka Venkataswamy Dr. Gauravaraju Satish Kumar, Medishetti Yogeswara

Rao, Acharya Ayyala Somayajula Prasad, Kolluru Yamini Ga, Choppadandi Radha, Dr. Beta Sharada Devi, and the support and cooperation of the committee members prepared the stage for the National Literary Festival. Prominent literati, people serving in social fields and important political leaders are invited to this program. As a part of this, we are happy to announce that we are going to organize the Ugadi National Literary Festival as a National Literary Festival. Because, apart from our Telugu states, poets, writers and literati from the main states of the country will participate in this program. Especially in the recently organized poetry competitions, about 300 poets entered the group and more than 295 poets sent their poems which were sent for review. On the one hand there are 116 winners of poetry competitions. Arrangements for awarding poets and the book launch of anthology are going on fast. I am happy to announce that

the venue has been finalized. We are in the process of inviting the chief guests. We will post the invitation to the group in the first week of April. We are making arrangements to honor all the poets who have written poems. We are also awarding awards to the winners. We will announce the winners on stage. We provide food facilities for everyone. The program was finalized on 30th April. We are also inviting Telangana State Ministers. We will inform you about the details of the program from time to time.

- Moturi Narayana Rao, Hyderabad
National General Secretary
Telugu Velugu Sahitya Vedika



Sri Pakki RSSN Murthy



Moturi Narayana Rao

Fraternity Page - Andhra Pradesh

Honors in various Ugadi awards



Member of Rajam Writers' Forum, Kudama Tirumala Rao, Principal of Kothavalasa MPUP School, were felicitated. Tirumala Rao was selected for Sobhakritu Ugadi Satkara under the auspices of EeVemana Kavita Nilayam at Srikakulam District Central Library. He was honored with mementos and certificates of appreciation.

Sri Behara Umamaheswara Rao, a famous children's writer from Parvathipuram, also received the honorary award at the Sobhakrit Ugadi awards ceremony held in Chennai under the auspices of the Telugu Velugu sakshemasangham.

19th Ugadi Puraskar invitation at Bangalore Called by Karnataka Telugu Writers Samakhya sent to Sri Behara Umamaheswara Rao.

Sri Behara Umamaheswara Rao was the chief guest at the Ugadi Kavisammelan organized by Snehakala Sahitya.

Seethammadara Sistakaranam Sangam in Visakhapatnam organized Panchangashravana 'Panchanga opening program every year at Mayara function hall which is opposite Seethammadara Income tax office. Allena Ramesh, Narsipurao Madhavrao, President of District Training Association Godaba Prabhakar Das, Chief Secretary Baliwada Haribabu, and Elders of Seethammadara Association participated as chief guests in this program which impressed all present.

Kurmannapalem Sistakaranam Welfare Association organized Ugadi celebrations on Wednesday in a grand manner. Panchanga shravana was read under the guidance of famous almanac karta V Narayanamurthy & clothes, blankets and sweets were distributed to the poor & elderly on this occasion. As a result, the poor were very happy &

thanked the Association. Secretary D. Sathya Rao, President Gangavaram Gopi & representatives who participated.



Endada Sistakaranam Seva Sangam, Branch Executive Committee Members Team. A program of distribution of ugadi gifts (necessary commodities) was held to the financially poor in our Sistakaranam community.

Andhra Pradesh Working Journalist Federation's Ugadi festival celebrations were held today at Ambedkar Assembly Hall, AU. The chief guest of the event was meeting the Vice Chancellor of Andhra University, Prasad Reddy. Almanacs and clothes were distributed to all the guests. The organizers of the program were Sri Pothumahanti Narayan.



Sri Avilala Sridhar, AS Foundation organized Annadanam for 400 people on the day of Ugadi, Telugu New Year. Avila prepared food at Sri Pillareswara Swamy temple and performed pooja to Lord Armugam Pillai for the peace of his soul and offered offerings and then distributed food to the patients and patient attendants in front of the gate of Ruya Hospital and to the poor, and again at the feet of Lord Kaliyuga Lord Sri Venkateswara Swamy at Chenta Alipiri. Annadanam was organized.



Panchangasravanam was celebrated under the patronage of Sahrdaya Sahitya Sansthan, which is chaired by our Sistakaranam famous literary man and poet Sri Sekharamantri Prabhakar from Visa-



khapatnam. In this program, famous poets as well as young poets also recited their wonderful poems amid applause. Let's congratulate Sri Shekharamantri Prabhakar for playing a key role in organizing this program successfully. Their achievements in the field of literature and their services to the field are a source of pride for us.



Vijayawada NTR District OBC District President, Andhra Pradesh Sistakaranam Sangam First Vice President, Krishna District Sistakaranam Sangam General Secretary Sri Baliwada Shivakumar Patnaik receiving Ugadi Award from the hands of Chief Guest, BJP State President Sri Somu Veerraju Raju in the meeting held at Bharatiya Janata Party State Office in Vijayawada.



A program called Sistakaranam Yuvata Ugadi Puraskaralu, 30 relatives of Sistakaranam caste in Uttarandhra were honored with Ugadi Puraskaram and a memento. The chief guest of the program was SSP Sri Sadasivuni Srinivas Patnaik who was the chief guest and honored the awardees. Exam fee note books Test books were presented by Patnaik's Lala Lajapatirai, Sistakaranam Corporation Director Kuppili Venkata Ramanamurthy, famous woman journalist Dabbiru Manikyamba International Kuchipudi Guru Sri Pakki Arun Sai Patnaik, famous poet writer Sahaja poet Dr Dabbiru Srikanth prominent Sangha Sevaku Locharla Sri Diwaker, Sri Maradam Ravikant, who is researching and promoting organic crops, was honored by the famous channel reporter Sri Shekhar Mantri Jagdish Kumar in this way by giving Ugadi awards to 30 Sistakaranam celebrities. Sistakaranam Youth Working Committee Members.

Rapid construction of Srikakulam Sistakaranam Social Building

*The construction of our social building in 10 cents of land in the name of Urban Sistakaranam Sangam behind Women's College in Srikakulam District Center is going fast with funds collected in various forms with the suggestions and cooperation of many Sistakaranam Sangha leaders.

*Construction of ground floor, slab, walls, rooms are already completed.

*In this ongoing construction process under the constant supervision of State President Sri Polumahanthi Umamaheswara Rao, Dis-



trict President Sri Baliwada Malleswara Rao, District General Secretary Dabbiru Srinivasa Rao (Vasu), District Treasurer Sri Uriti Kiran, Town Association President and General Secretary Sri Behara Ramachandra Rao, Sri RVN Sharma, Treasurer Sri Kallepalli Venkateswara Rao, Vice-Presidents Sri(s) Gokul Vijay, Pedapenki Sriram Kumar, Kuppili Krishnamurthy, P. V. S. Madhusudana Rao, S. V.D. Murali, Arikithota Kanakaraju, Sundargari Sanjeeva Rao, Dabbiru Venkata Rao, Behara Shanmukha Rao, Naupada Sudhakar, Dr Srinivas Patnaik, Uriti Chittidas, Allina Radhakrishna, P I Ravindra Kumar and others. The construc-

tion of the protective wall is currently underway.

*Stairs, lavatory tank structures, electrification, plumbing, flooring, gates and other works along with painting are yet to be completed.

*We urge the dear friends of Sistakaranam to spare some time to comprehend the situation and visit our unfinished community center. Likewise, we humbly request any possible donations and support. Those wishing to donate, please contact Town President Sri Behara Ramachandra Rao or Chief Secretary Sri R V N Sharma.

- Sistakaranam Social Building Development Committee, Srikakulam

Fraternity Page - Andhra Pradesh



“Namostu Naari”



To commemorate International Women's Day, the Sistakaranam Youth organization presented the "Namostu Nari" awards to 21 women from our

community who have made significant contributions in their respective fields. The award ceremony took place at Ambedkar Community Hall in Marripalem R&B Junction and began at 4 pm with dance performances by S. Kuchipudi students. The program was graced by chief guests, retired judge Sri Ganta Appalanayudu and Sri D. Adinarayana Rao, General Secretary of the Steel Plant Union, along with Sri Pakki Arun Sai Patnaik GSK.



gynecologist, chief medical officer of Dr.Behara Hospitals, and a role model for the youth, as she was awarded gold medals. The program, named "Namostu Nari," honored 21 women from our caste who serve in various fields, on the occasion of International Women's Day. The program, which began at 4 pm at Ambedkar Community Hall at Marripalem R&B Junction, featured dance performances by S. Kuchipudi students. The chief

The audience was captivated by Smt. SVL Pravinya, a renowned retired judge Sri Ganta Appalanayudu and Sri D. Adinarayana Rao, General Secretary and leader of the Steel Plant Union. Other honorees included renowned world specialist and facial surgeon Smt. Marupalli Kavita Patnaik, her sister Chiranjeevi Marupalli Harika Patnaik, medical officer at GVMC Smt. Chaudhary Sandhya, AP Sistakaranam Corporation Director Smt. Pothu Mahanthir Nagamani, ABN College Telugu Teacher Smt. Dabhiru Gayathri, Smt. Balivada Bindu Rani, and Smt. Warm-sara Sandhyani. Additionally, Smt.Dabberu Vasantha Lak, Smt.Keerthy Patnaik, head of an NGO organization, Smt. Prathaparao Sankeerthana, administrator of Geetham University and Smt. Sadasivuni Soumya also participated.

Visakha Sistakaranam Seva Sangam, Kancharapalem Atmiya Sammelanam

As a part of the annual Women's Day and Ugadi festival program, the executive committee of Visakha Sistakaranam Seva Sangam located in Kancharapalem met on March 19, 2023, at 4 PM. During the meeting, it was decided to organize a matrimonial meet for Sistakaranam on April 2, 2023. The members were encouraged to participate in service activities to increase their enthusiasm. The event concluded with members honoring & congratulating each other by presenting tumbulams and shawls to the women-participants.



'I will work for Development of Sistakaranams'- YV Subbareddy

TTD Chairman Sri YV Subbareddy said that he will do his best for the development of economically, socially and politically backward people. He spoke at a conference in Visakhapatnam on Tuesday. He said that there are many gurus who have made academicians and political leaders in Sistakaranams, and we will recognize their services and work hard to give them a high position in society. MP Sri R Krishnaiah said that he will do his best to fulfill the rightful wish of OBCs by holding a silent initiation at Jantar Mantar in Delhi. Sri Behara Bhaskara Rao presided over the meeting, while speaking, he appealed to the Vaikapa government to support the neglected civilizations. State Development Corporation Chairperson Smt. Anusha honored Sri Polumahanti Umamaheswara Rao. On this occasion, the services rendered by Sri Polumahanthi in the last three decades were praised. All India Sri President DV Krishna Rao, MLC candidate Sri Sudhakar, & Secretary Dr Baggam Srinivas Patnaik were present in the meeting. Sri (s) Krishna, B Raghu, ARK Rao, Jogarao, Dabhiru Srinivasa Rao, B. Malleswara Rao & RVN Sharma also participated.



Newly elected graduated MLC Felicitated by Sistakaranams

Uttarandhra Sista Karana in Vishakhapatnam B.C. Visakhapatnam District Sista Karana B.C. In a program presided over by Sadhikara Convenor Sri Baliwada Sathya Rao, Sri Vepada Chiranjeevi Rao who recently won the MLC election of Uttarandhra graduates with a huge majority were honoured. On this occasion, MLC Sri Chiranjeevi said to the families of Sista Karana that they contributed a lot to his success. He thanked them and assured them that he would always be available and do his best in the pursuit of OBC. Gajuwaka Assembly Convener Sri Prathaparao Srinivasa Rao, Sri(s) Basangi Tirupati Rao, Karakavalasa Gauri Prasadarao, Karakavalasa Pra-

sadarao, M. S. Prasad, Nagumantri Venkateswara Rao Patnaik, Potnur Phanindra Manipatruni Satyanarayana, Behara Vijaya, Lakanapuram Ramanmurthy (UMA), PVT Ramana Rao, Saluru Mohana Rao, Gajaganta Rao, Haragopal Palatheru Bala, PVN Murthy, Jakkuva Gopinath Sadasivuni Venkateswara Rao, Patkayakuni Madhu, M Tilak , ARK Rao, P Mahendranath, P Venkata Gaddenna, S Srinivas, B Srinivas Rao, BVK Prasad, T Shankara Rao, KNM Krishna Rao, Behara Nagabhushan Rao, NSV Prasada Rao, BV Nagabhushan Rao, P Manmada Rao, Smt. Jhansirani K Varalakshmi and others participated.



Election of General Secretary of Endada Sistakaranam Sangha

Sri Gandreti Srinivasa Rao has been appointed as the "General Secretary" of Endada Branch, following a majority decision made by the committee members. In response to this announcement, Sri Gandreti Srinivasa Rao expressed his commitment to working closely with the Endada branch team to organize even more beneficial service programs for the betterment of the community. The executive committee members of the Endada branch offered their congratulations to Sri Gandreti Srinivasa Rao on his appointment.



Fraternity Page - Chhattisgarh



Sistakaranams presence at Balaji Temple construction at Raipur



On March 2, 2023, at Shri Balaji Kalyan Mandir in Gudiyari, Raipur, a Shri Balaji Kalyanam ceremony was conducted by ved pan-dits under the guidance of Ved Purohit Dishitulu garu of TTD. This ceremony marked the beginning of the construction of a mas-sive 45-foot-high Rajagopu-Balaji Kalyan Mandir in Gudhiyari, Raipur, Shri Rajesh Agrawal, a prominent industrialist and philanthropist, also paid a visit to seek the blessings of Lord Balaji. Several distinguished members of AAR, including Sri B Ramesh Patnaik and Sri Bhaskar Patnaik, were also in attendance on this occasion.

Harmony Musical Group Celebrated Holi with Elders at 'Badhte Kadam' Old Age Home

Harmony Musical Group celebrated a colorful Holi with Senior Citizens of Raipur. As every year HMG presented Holi songs and played colourful n flowery Holi n made them feel an important part of Society. The head of HMG Sri Nagesh Rao said Inclusion of deprived sect of Society in celebrations is utmost needed to give a message to future generations as well. Our Sistakaranams are also contributing to such efforts.



'Digital Twin' A new technology connecting real & virtual world

For many industrialists, the term 'Digital Twin' is no surprise. It is the next big thing in the fourth industrial revolution for the development of new products and processes. Digital Twin is a technology that creates a digital avatar of a physical object or a process to collect real-time data and mimic the object's behavior. This technology incorporates advanced trends like Artificial Intelligence, Internet of Things, Blockchain, Machine Learning, and Big Data Analytics. Recently, one such technical article has been published on Internet of Things' blog, authored by Chandana Patnaik. She is an experienced technical writer with a passion for exploring and explaining the latest developments in various technologies. She is a regular contributor to various magazines and blogs, and now got a chance to feature in one of the leading online news portals.

Currently serving as a Senior Content Writer at a renowned Market Research firm in Raipur, she has carved her niche in specific areas including disruptive technologies like IoT, Aerospace Industry, Oil and Gas Industry, and much more. She is now creating insightful and engaging content that helps readers stay up to date with the latest trends and developments in her areas of expertise.

Women's Day & Holi Celebrations at Raipur



Teachers of TBS Raipur celebrated International Woman's Day along with colourful Holi. They lit candles and enlightened their mind and soul to stick to the values and ethics in their noble profession. The event concluded by playing colourful holi with each other exhibiting togetherness and unity in professional as well as personal aspects.

Dr Arun played a role of doctor in the movie



Dr Arun Patnaik, Director Amity University Raipur acted in 'Kiran' movie. It is his first movie and the movie won 14 international awards till now and got selected in world film festival awards. The movie is based on transgenders in Chhattisgarh language. Dr Arun played the role of a doctor in the movie.

More about IoT Now -

IoT Now is a leading global online news source and magazine covering Internet of Things and m2m communications in a whole host of industry verticals that publishes expert opinions, reports, and whitepapers, created by experienced authors.



-Written by Chandana Patnaik, Raipur



Fraternity Page - Other States

Kharagpur Ugaadi celebrations



The women members of Sistakaranam Association organized Ugaadi celebrations in the Lakshmi Ganapati Temple in Kharagpur with poms and pageantry. Women distributed among themselves Haldi-Kumkuma and fruits. The ceremony was held under the patronage of Smt. Anuradha. Members who participated in this



ceremony were Smt. D. Anuradha, R. Veenavani, K. Padmaja, K. Krishnakumari, K. Navaneetha, N. Gayathri, N. Aruna, D. Sailakshmi, U. Mausami.

Jamshedpur Ugaadi celebrations

Patnaik Mahila Samaj Group of Jamshedpur distributed Haldi-Kumkum among each other at Ram Mandir on the day of Ugaadi, Telugu New Year 22-03-23.



Ugadi Celebrations in Bhubaneswar

Ugadi celebrations were held at the residence of Prof. Dr. Raghupatruni Bhima Rao, President, SKA, Odisha. It started with felicitation of the eldest couple in our community from Sri RMR Patnaik family, followed by Panchanga Sravanam by the Hon. Secretary Sri JC Patnaik, SKA, Odisha. A few eminent members and elderly couples were felicitated by the President. Families from Puri, Pippili, Khurda, Visakhapatnam, Gunupur, Tiripati, Bellary and Bhubaneswar attended for this event.



Fraternity Page - Other States

Send Off at Kharagpur Station



Members of Kharagpur Sistakarana Association have attended Kharagpur Railway station on 28.03.2023 evening to give a send off to Sri Kottakki Janardhan Rao and his family who are going to Vizianagaram to settle down for good .



Ugadi award from Telugu Velugu Chennai

Sri Behara Uma Maheswara Rao, famous story writer from Parvatipuram received Ugadi puraskar from Telugu Velugu, Chennai organization.

ఉగాది పురస్కారాల ప్రదానం

విద్వాత్కం, మ్యాగ్జిన్: తెలుగు వెలుగు సంస్థను తరఫున ఆది వారం ఉగాది పురస్కారాల ప్రదానోత్సవం మనంగా నిర్వహించారు. చెన్నై పెరం బూరులోని డీఎల్టీసీ మహోత్సవ పాఠశాల ఆడిటోరియంలో ఏర్పాటు చేసిన కార్యక్రమానికి సంఘ అధ్యక్షుడు అభీంకం రాజశేఖర్ నేతృత్వం వహించారు. విశిష్ట అతిథులుగా వాసి విద్వల్స్ అధినేత పసుమర్తి బుద్ధనాథ్, జనని ప్రధాన కార్యదర్శి గుడిమెట్ల చెన్నయ్య, పారిశ్రామికవేత్త మహేశ్వరరెడ్డి, రచయిత బొందల నాగేశ్వరరావు పాల్గొన్నారు. తమిళనాడు, ఆంధ్ర, తెలంగాణ రాష్ట్రాలకు చెందిన బాల సాహితీవేత్తలు ఉమ్మడి విజయశీల రెడ్డి, వెన్నారా సుదర్శన్, సంగనబట్ల వినయ రామకృష్ణయ్య, బెహరా ఉమామహేశ్వరరావు, కృష్ణపాపయ్య రాజు, డాక్టర్ డాన్ బుజ్జిబాబు (విలకలూరిపేట), డాక్టర్ గంగిశెట్టి శేవకుమార్ (నెల్లూరు) బాల సాహితీ రత్న ఆచార్యులు అండజేశారు. తెలుగు పాఠశాలలకు చెందిన ఉపాధ్యాయులను సత్కరించారు. ప్రముఖ లింగస్థల నటుడు గంగనట్ల తిరుపతి ప్రస్తావన విశ్వామిత్ర నాటిక, చిన్నాదుల సాంస్కృతిక ప్రదర్శనలు ఆకట్టుకున్నాయి.

అవార్డు క్రమంలో

సాక్షి

ఘనంగా ఉగాది పురస్కారాల ప్రదానం

విద్వాత్కం, మ్యాగ్జిన్: తెలుగు వెలుగు సంస్థను తరఫున ఆది వారం ఉగాది పురస్కారాల ప్రదానోత్సవం మనంగా నిర్వహించారు. చెన్నై పెరం బూరులోని డీఎల్టీసీ మహోత్సవ పాఠశాల ఆడిటోరియంలో ఏర్పాటు చేసిన కార్యక్రమానికి సంఘ అధ్యక్షుడు అభీంకం రాజశేఖర్ నేతృత్వం వహించారు. విశిష్ట అతిథులుగా వాసి విద్వల్స్ అధినేత పసుమర్తి బుద్ధనాథ్, జనని ప్రధాన కార్యదర్శి గుడిమెట్ల చెన్నయ్య, పారిశ్రామికవేత్త మహేశ్వరరెడ్డి, రచయిత బొందల నాగేశ్వరరావు పాల్గొన్నారు. తమిళనాడు, ఆంధ్ర, తెలంగాణ రాష్ట్రాలకు చెందిన బాల సాహితీవేత్తలు ఉమ్మడి విజయశీల రెడ్డి, వెన్నారా సుదర్శన్, సంగనబట్ల వినయ రామకృష్ణయ్య, బెహరా ఉమామహేశ్వరరావు, కృష్ణపాపయ్య రాజు, డాక్టర్ డాన్ బుజ్జిబాబు (విలకలూరిపేట), డాక్టర్ గంగిశెట్టి శేవకుమార్ (నెల్లూరు) బాల సాహితీ రత్న ఆచార్యులు అండజేశారు. తెలుగు పాఠశాలలకు చెందిన ఉపాధ్యాయులను సత్కరించారు. ప్రముఖ లింగస్థల నటుడు గంగనట్ల తిరుపతి ప్రస్తావన విశ్వామిత్ర నాటిక, చిన్నాదుల సాంస్కృతిక ప్రదర్శనలు ఆకట్టుకున్నాయి.



Ugadi Milan at Bengaluru

Sistakaranam Family Members of Bangalore city gathered for Ugadi Milan with families, after a long break and pandemic times. It was a fantastic beginning of the New Year, and a memorable reunion at Dr. Chowdari Prasad’s residence. About 12 families, 30 members attended. Games were played and cultural activities were also held.

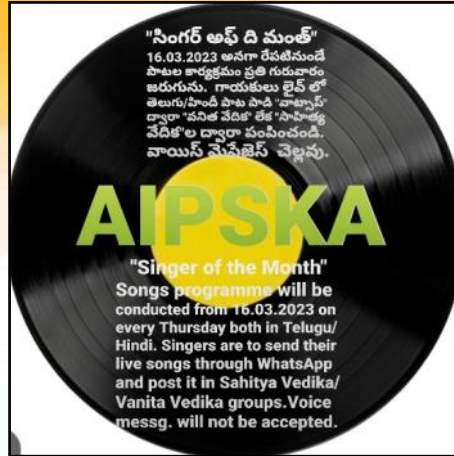


Fraternity Page - AIPSKA

AIPSKA encourages Sista Singers



A Whatsapp activity was started on Thursday 16th March 2023 by Sri Vadada Uma Maheswara Rao, Working President of AIPSKA for our community singers. 'Singer of the Month' shall be selected. Every Thursday, singers are requested to share their live song recordings via Whatsapp in AIPSKA's Sahitya Vedika Group & Vanita Vedika Group. By the end of the day participants' name, place and photos are compiled and shared. No voice recordings are entertained; video recording is only accepted. 'Lekha' shares to all our community members who are interested in singing to make use of this encouraging platform by AIPSKA.



AIPSKA SINGER OF THE MONTH
 Participated in Episode-01
 Smt.Arati Patnaik
 Smt. P.Ragachadrika
 Smt. D.Ramasatyadevi
 Smt. J.Vijaya Kumari
 Smt. Kabita Patnaik
 Smt. B.Kanchanamala
 Smt. Vandana Adivishnu
 Smt. P.Malati Rao
 Sri. L.Srinivas Rao

AIPSKA 16.03.2023

SINGER OF THE MONTH
 EPISODE NO: 02
 [23.03.2023]

1)Smt. Behara Ramani [Hyderabad]
 2)Smt. Arti Patnaik [Raipur]
 3)Smt. P.Ragachandrika [Warrangal]
 4)Smt. R.Veenavani [Kharagpur]
 5)Smt. J.Vijaya Kumari [Visakhapatnam]
 6)Smt. B.Kanchanamala [Hyderabad]
 7)Smt. D.Ramasatya Devi [Kolkata]
 8)Smt. Bharati Patro [Visakhapatnam]
 9)Smt. P.Malti Patnaik [Kolkata]
 10)Smt.Behara Prema [Visakhapatnam]
 11)Smt.Kabita Patnaik [Hyderabad]
 12)Smt.Vandana Adivishnu[Chennai]
 13)Sri. K.Srinivasa Rao [Raipur]
 14)Sri. B.Venkateswar Rao[Vizianagaram]
 15)Sri. B.Venugopal Rao. [Hyderabad]
 16)Sri. L.Srinivas Rao. [Chattisgarh]

AIPSKA Next Episode on **30.03.2023**

1)Smt Raj Kumari Patro.
 2)Smt Jagadiswari Patnaik
 3)Smt Pee.Malati Patnaik
 4)Smt Dee Ramasatya Devi.
 5)Smt Vandana Aadivishnu
 6)Smt Bharati Patro
 7)Smt B.Kanchanamala
 8)Smt P. Ragachandrika
 9)Smt Behara Sridevi.
 10)Smt Behara Prema.
 11)Smt J.Vijaya Kumari.
 12)Smt Kabitaa Patnaik.
 13)Smt Arti Prasad
 14)Smt Mantri Kavita.
 15)Sri. B. Venugopal.
 16)Sri. K.Srinivas Rao.
 17)Sri. Lumburi Srinivas.

AIPSKA Participants of 03rd Episode held on 30.3.2023. "Singer of the month"



Beauty

LIPSTICK GUIDE AS PER OCCASION

1. WORK	04 PLUM YUM	03 TAN FAN	37 HOT APRICOT
2. LUNCH DATE	46 RAD RED	45 GRAPE DRAPE	49 NUDE MOOD
3. OUTING	26 ROSE REPOSE	44 PREACH PEACH	50 DANDY CANDY
4. PARTY	48 VIOLET BULLET	01 BRAZEN RAISIN	16 BARE FLAIR
5. WEDDING	07 RETHINK PINK	43 HOT SHOT	10 DROP DEAD RED

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Kalam Snehitulu



Dr. G. Malathi Literary Honors



- కళాశాల, విశాఖపట్టణం.
- డా. డి. వి. రామకృష్ణ
- మంబలూరి కృష్ణమూరి
- శ్రీ యస్. కె. బాబు, విజయనగరం.
- వంశీకు నాగేశ్వరరావు, వంశీక విద్యార్థి, అంద్ర విశ్వకళా సంస్థ, విశాఖపట్టణం.



వందన సమిపాతం : పల్నా మందిరం - 1
 తేదీ : 22-02-2023, సమయం : 12 - 1 : 00 p.m.
 అంశం : ఆధునిక సాహిత్య భాషా విశేషాలు

- 1. అంద్ర అయ్యగారి సీతారత్నం, అంద్ర విశ్వకళా సంస్థ, విశాఖపట్టణం.
- 2. డా. డి. మాలతి, సహాయ అధ్యాపకురాలు, ఎం.వి. కళాశాల, విశాఖపట్టణం.
- 3. డా. శ్రీహరి సామి, విశాఖపట్టణం.
- 4. కోట్ల గోపందరావు, వంశీక విద్యార్థి, అంద్ర విశ్వకళా సంస్థ, విశాఖపట్టణం.
- 5. మొండి స్వామి, వంశీక విద్యార్థి, అంద్ర విశ్వకళా సంస్థ, విశాఖపట్టణం.
- 6. ఎర్రం వెంకట గంగారావు, వంశీక విద్యార్థి, అంద్ర విశ్వకళా సంస్థ, విశాఖపట్టణం.



వందన సమిపాతం : పల్నా మందిరం - 1
 తేదీ : 22-02-2023, సమయం : 2 : 00 - 3 : 00 p.m.
 అంశం : తెలుగు భాషా విశేష - భాషా విశేష కృష్ణం

paura grandhalayam lo mugguru suryulu to telugu nidhi vidya gandham navalo jigelmanna jerra... amrita palukula ragala uyyala lo sim'manna sneha sandram lo suryuni vishlesana... Dr. G. Malathi.

matru bhasha dinotsavam sandharbanga... visakha... telugu... sahitya akasam... tarupuna, telugu biddalu ekamaina vela... nava sahitu vyavasthapakulu S. V Surya Prakash gari ki visakha sahitu vetthalu apyayata vidkolu.

Chitra Kavithalu



This activity of Pictorial poems was conducted by Sri Gowriprasad Karakavalasa.
 1) International Womens day (March 8) Picture.
 2) Ink mark on point finger – Right of Vote.



Writers in literature



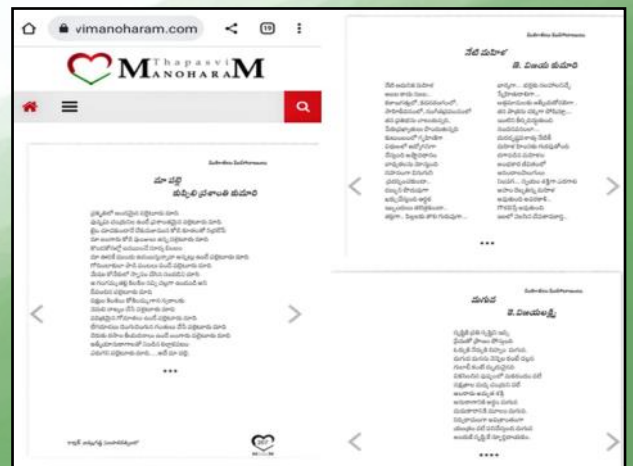
Prizm Degree & PG College, under the management of Sahridaya Sahitya Samstha, organized short speeches on the topic of "Women in Literature and Writers in Various Literary Genres". The meeting was presided over by Sri Shekharamantri Prabhakar, the president of Sahridaya Sahitya Samstha. The speakers included Smt. KSV Ramanamma, the editor of Balabata on children's literature, and Smt. Chittella Nirmala Devi, a teacher on Hindi literature and translation literature. Writers and representatives from Prizm College also participated in the event.

Mahilalu – Maharanelu poetry collection

Tapaswi Manoharam, a renowned magazine, has published a collection of poems written by various writers and poets on the occasion of International Women's Day. Among these poems, the best ones by three of our Sistakaranam poets have been featured: Smt. Kuppili Prashanthikumari, Smt. J Vijayakumari, and Smt. K Vijayalakshmi.

We congratulate them on their achievement and hope that their works will inspire others. We extend our gratitude to Tapaswi Manoharam magazine for publishing this collection.

If our talented poets receive encouragement and submit their works to various magazines, they can also get their poems published and earn a good reputation. We wish them all the best. If you wish to order a copy of this poetry collection, you can send Rs 200/- to the Tapaswi Manoharam magazine.



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	RAMYA
Surname	YELURI
Father's Name	ARUN KUMARY
Gotram	VASHISTA DHANURUSHI
Date of Birth	28-Jun-1993
Nakshatram	CHITTA
Height	5' 1"
Complexion	FAIR
Occupation	PVT. EMPLOYEE GOVT. DEPORT.
Work Place	USA
Education	ME / M.TECH
Preference	ONLY USA MATCHES

Name	SAHITI
Surname	UDDAVULA
Father's Name	U SRIDHAR
Gotram	GOUTHAMASA
Date of Birth	21-Feb-1996
Nakshatram	UTTARABHADRA
Height	5' 3"
Complexion	FAIR
Occupation	
Work Place	
Education	ME / M.TECH
Preference	ABOVE DEGREE, EMPLOYEE, PAN INDIA.

Name	BHARGAVI
Surname	DEEPTIHMAHANTHI
Father's Name	D.TRINATH
Gotram	NAGANGIRASA
Date of Birth	10-Oct-1997
Nakshatram	UTTARASHADA
Height	5' 2"
Complexion	FAIR
Occupation	PVT. EMPLOYEE ZIFO RND SOLUTION, CHENNAI
Work Place	CHENNAI
Education	M.SC
Preference	ANY SOFTWARE OR JOB AT CHENNAI



Name	RAJESH
Surname	MULAGA
Father's Name	
Gotram	HARITRASHA
Date of Birth	28-Apr-1986
Nakshatram	MULA
Height	5' 7"
Complexion	FAIR
Occupation	PVT. EMPLOYEE
Work Place	
Education	MBA
Preference	

Name	HARIKRISHAPATNAIK
Surname	DABIRU
Father's Name	B. GNANESHWARAO
Gotram	KASYAPA
Date of Birth	10-Dec-1987
Nakshatram	ASHLESHA
Height	5' 4"
Complexion	FAIR
Occupation	PVT. EMPLOYEE TIETO EVRY IND PVT LTD
Work Place	BANGALORE
Education	BE / B.TECH
Preference	ANY DEGREE, PAN- INDIA, TRADITIONAL FAMILY

Name	VINODH KUMAR
Surname	ARSADA
Father's Name	A.MURALIDHAR RAO
Gotram	MOUDGALYA
Date of Birth	7-Jun-1990
Nakshatram	ANURADHA
Height	5' 10"
Complexion	FAIR
Occupation	BUSINESS POULTRY
Work Place	BOBBILI
Education	B.SC
Preference	ABOVE INTER, VIZAG, SRIKAKULAM,

Name	RAVI KUMAR
Surname	MANAPURAM
Father's Name	M. SITHARAM MURTHY
Gotram	BHARADWAJA
Date of Birth	14-Feb-1989
Nakshatram	PURVASHADA
Height	5' 5"
Complexion	FAIR
Occupation	PVT. EMPLOYEE SHIP YARD - CONTRACT
Work Place	VIZAG
Education	
Preference	EDUCATION NOT PARTICULAR, AMICABLE

Name	VENKATA SHYAM KUMAR
Surname	VANTHARAM
Father's Name	V.SANTEESHWARA
Gotram	BHARADWAJA
Date of Birth	8-Feb-1992
Nakshatram	UTTARABHADRA
Height	6'
Complexion	FAIR
Occupation	PVT. EMPLOYEE TCS, HYDERABAD
Work Place	HYDERABAD
Education	
Preference	ANY B.TECH, FAIR, PAN-INDIA

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



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Health Page

Early precautions are good for kidneys - Dr. Suresh Kuppli

Kidney disease is one of the long-term diseases that cause concern even though there are many modern methods in medicine, and it is bothering all over the world. Kidneys are the most important organs in the human body. These kidneys do the process purifying the impurities and other dangerous substances in blood and pushed out. Based on its function, the rest of the body parts are balanced and work efficiently to protect us. Every year the number of kidney sufferers increases. One in ten people has kidney disease. It is described as a silent killer. Reasons for this include - changes in lifestyle, high blood pressure, uncontrolled diabetes, other diseases, overweight, bladder diseases, hereditary kidney diseases, drugs, toxic substances, overuse of malaria and pain relievers. What are its symptoms - up to 90 percent having no symptom. But some visible symptoms - anemia, amnesia, pain around the kidneys, urinary tract infections, kidney stones, skin becoming brittle and itchy and burning, face, knees, joints, eyes, feet, ankles, swelling, fluctuations in breathing, lack

of appetite, muscle cramps, lack of concentration, sleeplessness, insufficient urination, frequent urination, burning and pain in urination.

The important functions of these kidneys are that they clean the impurities in the blood and expel dangerous substances. It balances sodium and potassium etc. formed in our body. Keeps our body with as much water as it needs and expels the rest. Erythropoietin produces hormones necessary for blood formation. Vitamin-D is produced by the kidneys. As for the precautions, these important kidneys should be protected carefully. Good amount of water should be taken. Drink 12 to 15 glasses a day, or two or three liters. Coconut water, orange juice, lemon juice and buttermilk should also be taken. Painkillers should not be overused. In particular, more fluids should be taken. No smoking or drinking. It is important to manage heart health, sugar levels, and blood pressure effectively. The food we eat should include fresh vegetables, fruits and whole

grains. Foods with high percentage of sugar or salt should not be taken. Also do not take fast foods. Eat a balanced diet.

This kidney failure has three stages. They are 1) Acute Kidney Disease, 2) Acute and Chronic Kidney Disease, 3) chronic kidney disease. Diagnostic tests like - blood creatinine, blood urea tests, G-offer test, biopsy if needed, MRI and CT scan tests, ultrasound scanning, and kidney function tests. All kidney diseases do not require dialysis especially if they are detected early. Take a balanced diet and consult a doctor. Kidney disease can be reduced with dietary changes, lifestyle changes, and some medications. On the occasion of World Kidney Day, the DPMP Association of India and District Convener of Visakhapatnam, Dr. Kuppli Suresh Babu created awareness on kidney diseases.



Health Tips from Rashmi Shashank

LOW CALORIE FOOD SWAPS

HIGH CALORIE	LOW CALORIES
PAROTTA + KURMA (403 KCAL)	APPAM + KURMA (224 KCAL)
MASALA DOSA (398 KCAL)	VEG UTTAPAM (175 KCAL)
SAMBHAR VADA (370 KCAL)	IDLI CHUTNEY (176 KCAL)
MYSORE PAK (242 KCAL)	PAYASAM (101 KCAL)

DOMINOS దేశీ SWAPS

HIGH CALORIE	LOW CALORIE
VEG EXTRAVAGANZA (194 KCAL)	1 TANDOORI PARANTHA (165 KCAL)
CHICKEN FIESTA (188 KCAL)	CHICKEN TIKKA (160 KCAL)
GARLIC BREAD STICKS (540 KCAL)	1 BREAD PAKODA (177 KCAL)
ZINGY PARCEL (620 KCAL)	1 SAMOSA (218 KCAL)
CHOCO LAVA CAKE (323 KCAL)	1 SPONGY RASGULLA (106 KCAL)

Let us check out the Glycemic Index of some fruits. **What is Glycemic Index?** The glycemic index is a number from 0 to 100 assigned to a food, with pure glucose arbitrarily given the value of 100, which represents the relative rise in the blood glucose level two hours after consuming that food.

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DATES	BANANA	WATERMELON
ఖజూర వండు	బంజారు	పుచ్చకాయ
GLYCEMIC INDEX 42	GLYCEMIC INDEX 51	GLYCEMIC INDEX 76

Save Planet Earth



Smt. Sumathi Balivada has a Master's in architecture from the University of Houston and has a keen interest in environmental preservation. She has been residing in Houston, Texas since 2005. She is mom to two boys, 17 and 14, wife to Sri Suresh Balivaada, and older daughter of Sri Pakki Eswara Sukumar Vidyasagar and Smt. Pakki Rama.

What are the biggest threats to our planet in terms of sustainability?

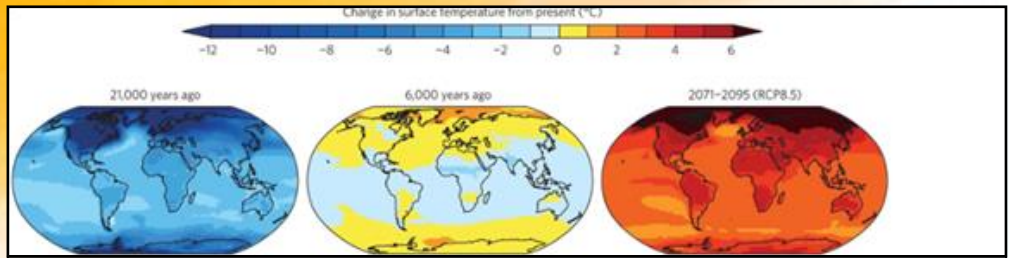
According to the British newspaper, the Guardian, "The wetlands, forests, savannahs, estuaries, coastal fisheries and other habitats that recycle air, water and nutrients for all living creatures are being irretrievably damaged. In effect, one species is now a hazard to the other 10 million or so on the planet, and to itself." Any guesses what that one species is?

Sustainability concerns itself with whether human activity can be maintained into the foreseeable future or if the depletion of resources or contamination of the environment precludes it. Our current lifestyle, the products that have become a part of our daily lives and the processes that we depend on, are straining and depleting our natural resources, spewing toxic material into our land, water and air and emitting greenhouse gases (GHGs) at an exponential rate. Unless these processes & choices are corrected and intervened, we are headed into a very uncertain future as a species and as a planet.

CLIMATE CHANGE: The main cause of the changes in our climate is the accumulation of CO₂, methane, and other GHGs. Over the first 20 years after it enters the atmosphere, methane has a warming effect that is more than 80 times greater than that of carbon dioxide. Methane sets the pace for warming in the short term, despite the longer-lasting impact of CO₂. Methane produced by human activity is at least 25% of the cause of current global warming. As a byproduct of burning fuels, these gases are released into the atmosphere; this includes transportation, the extraction of oil and gas, the destruction of forests, and changes in land use. Among the repercussions we're witnessing right now are heat waves, droughts, flooding, storms, decreased food yields, and increasing sea levels.



Picture source: <https://climate.knowledgeportal.worldbank.org/overview>



Model-simulated global temperature anomalies for the Last Glacial Maximum (21,000 years ago), the mid-Holocene (6,000 years ago), and projection for 2071-2095, under RCP8.5

DEFORESTATION: Deforestation is a rapidly growing problem across the globe. Trees are a natural fighter of global warming- they store CO₂, release oxygen, aid in biodiversity and protect a multitude of flora and fauna, help release groundwater naturally into the air and protect the soil. Tropical rainforests are crucial to maintaining the planet's overall climate. Rapid eradication as we are witnessing in Brazil's rainforests, is affecting the global climate because of changing wind, temperature, and moisture patterns and displacement of wildlife.

What can we do? Plant a tree, or a hundred. Speak up on overuse of land. Support your national parks.



Picture source: <https://www.worldwildlife.org/threats/deforestation-and-forest-degradation>

RESOURCE DEPLETION: As quoted by Indian environmentalist Vandana Shiva. "A way of life only the 20 percent of the earth's people who use 80 percent of the planet's resources will dispossess 80 percent of its people of their only share of resources and eventually destroy the planet" Over-consumption and our irresponsible lifestyle to use more waste more, cannot sustain, since the planet's resources are finite. From hunting, fishing and logging to the extraction of



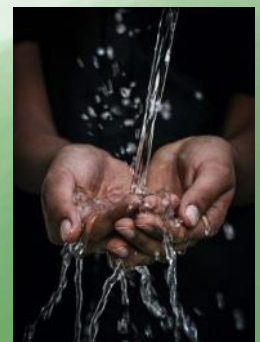
Picture source: <https://businessmirror.com.ph/2017/10/18/phls-natural-resources-near-brink-of-depletion/>

oil, gas, coal and water, humanity's insatiable appetite for the planet's resources has devastated large parts of the natural world. What gives one population or one species the right to take away resources from the rest?

What can we do? Useless. Look at your lifestyle and consider what is a 'need' and what is a 'want'. You'll see that you have cluttered your life with more 'wants' than 'needs'. Eat less meat. Consider limiting your meat intake to once a week (like it used to be back in the day).

WATER SCARCITY: Water is part of the global commons—it belongs to us all. In his book The Future, Al Gore explains that "the rapid growth of human civilization—in the number of people, the power of technology, and the size of the global economy—is colliding with approaching limits to the supply of key natural resources on which billions of lives depend, including topsoil and freshwater." Topsoil and freshwater are singled out here because of their importance in meeting our most basic needs. Water is essential to every single aspect of human, planet or animal life. Global reserves of drinkable water are only a fraction of one percent. One in five humans does not have access to safe drinking water due, in part, to polluted rivers.

What can you do? More efforts need to go into preservation of water, such as building rainwater catchment systems on houses, and on cleaning up polluted rivers and lakes. Be very smart about your use of water- watch your bills and shave off a few liters every day/ every month. Reuse your water to water your plants. All those hard concrete and cemented outdoor areas of your home that are used for parking, neatness etc., leave open land around houses so water can seep into the soil, use pavers if you must. If you are conscious and determined to do something, the solutions will come.

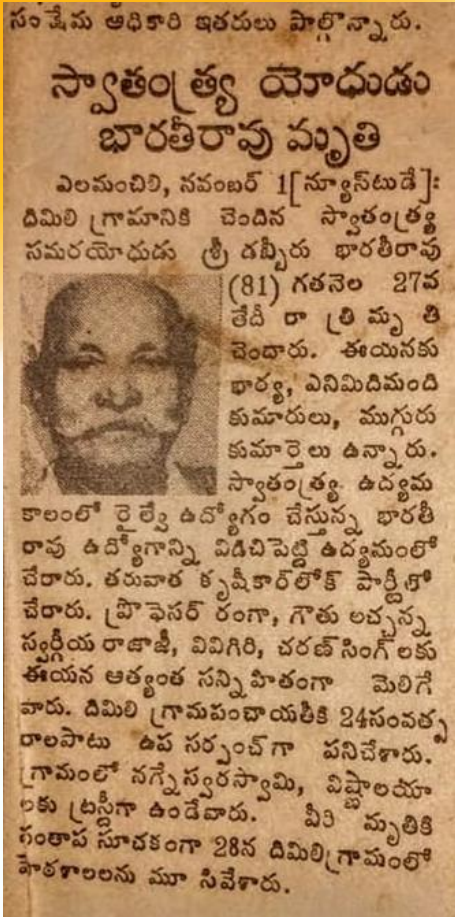


Picture source: <https://www.weforum.org/agenda/2022/09/solve-global-water-crisis/>

- look forward to know more in upcoming issue !

Karanam World

Remembering freedom fighter Late Sri Bharati Rao



The news about Dabbiro Bharathi Rao, prominent Sistakaranam freedom fighter and resident of Dimili village in Yalamanchili mandal, published in Eenaadu daily on 2-11-1987 reminds us of the great days of that era. He served Dimili village as a subsarpanch for a long period of 24 years. He was also a trustee of two temples. He passed away on 27-10-1987. The next day, the village schools were closed to mourn his death. We wish current Sistakaranams to be inspired by him and reach similar glory.

"Lekha" obituary to Late Veenem Veeranna

Born on 3-3-1794, worked hard as a follower of Sir Arthur Cotton, built irrigation projects as the first Telugu engineer, and gave the land bountiful greenery. Let us pay homage on the occasion of Veenem Veeranna's birth anniversary (March 3).



In Loving Memory

మా కాండవేలస లక్ష్మణరావు కి
ఆస్తు నీరాజనం



తెలగు నాటక ఉద్యమానికి సర్వస్వం అర్పించిన
కళాకారులను మరచిపోకుండా మీకు అండగా
నేనున్నానంటూ నిలిచిన మంచి మనిషి. ఇక లేడు
అని తెలిసినపుడు మా బాధ వర్ణనా తీతం...
ఆయన జ్ఞాపకార్ధం వారి కుమారుడు
శ్రీ కాండవలస మణిధర్
ద్వారా ఒక కళాకారునికి చేయుత

Miss Revathi- Miss Global Asia Pacific 2023



At the Global Asian event, there were rounds such as a deep interview session, introduction round, national costume round, sportswear round, evening gown and the top five finalists were selected.



She says that, Leaving for Malaysia was exciting yet scary because it was the first time, she was going abroad with such a huge responsibility. Carrying the sash of India gave her immense confidence and passion required to shine on the international stage. She is thrilled to have brought the title to India and is thankful to her family, friends and faculty members for their endless support."



She is great grand daughter of Late Sri Gopal Rao Patnaik; granddaughter of Late Sri Nityanand Patnaik & Smt. Anuradha (maternal side); Smt. Pravamayee & Sri Kishore Mohan Mohanty (paternal side). KIIT & KISS Founder, Prof. Achyuta Samanta, has congratulated their Institute student Miss Revathi for bringing this glory.



Our Treasures

Buddhism

Buddhism is a way to achieve liberation. After Buddha had attained Nirvana, an example has been set once again for Sadhaks to aim for liberation. Buddha's teachings have become Buddhism. A realized masters works is practiced by many followers, and some masters have a purpose for the world. Buddhism has become popular throughout Asia, and world as a whole. Such were the teachings of Buddha. Ofcourse over centuries different sects have come into light as religion was carried from one country to another. Primarily Buddhism has three practices known as 1) Theravada Buddhism, 2) Mahayana Buddhism and 3) Vajrayana Buddhism.

Theravada Buddhism is the practice in oldest form, and primarily relies on the direct teachings of Buddha, known as Pali canon. The pali canon as captured by early Buddhism traditions were actually transmitted down the parampara through oral means. They are the direct insights from Sakyamuni's (Gautama Buddha's) enlightenment. Theravad Buddhism spread to mostly east asian countries like Cambodia, Laos, Thailand. Reading scriptures and practising meditation is prescribed in Theravada Buddhism. Vipasana meditation has its origin in Theravada Buddhism. To understand Pali canon one has to read the tipitikas namely Vinaya pitika, Sutta pitika, and Abhi-

dhamma pitika. As one may find that Pali language is derived from Sanskrit.

Mahayana Buddhism follows more scriptures in addition to the Pali Canon which are called Mahayana sutras. Mahayana Buddhism was created as a way for not only monastic practitioners, but ordinary common men also to practice. Many sutras such as Lotus sutra, Heart sutra, Diamond sutra were written as transcripts of the original Buddhist teachings.

As Mahayana Buddhism spread to east Asian countries like China, Japan, Mahayana Buddhism took different variants such as Chang Buddhism, Zen Buddhism etc. They all predominantly follow the Mahayana teachings. Bodhidharma took Buddhism to China, from India. Lotus sutra is considered as important scripture. It teaches that Buddha is eternal and present in all beings. Attaining Bodhisattva is true purpose of humans. The scripture prescribes the desired qualities in practitioner such as compassion and selfless service to achieve bodhisattva. Meditation is also prescribed by Mahayana Buddhism and the yogacharabhumi sastra reveals many meditation techniques. Mahayana Buddhism is more adopted Buddhism with many subsects, unlike theravad Buddhism which is conservative.

Vajrayana Buddhism is mainly found in Tibet, Bhutan and Nepal and is an esoter-

ic practice. The Buddhist master Padmasambhava from India took Buddhism to Tibet and established it as Vajrayana Buddhism. Padmasambhava is also known as Guru Rinpoche. Vajrayana uses many tantric practices. The practices include observing mandalas and using mudras. As all Buddhism streams do, Vajrayana Buddhism use chanting of mantras. There are also tantric practices that focus on chakras, and breath control. Thummo is a specific practice of breath control, that raises the energy through the spine. These tantric practices are similar to Kundalini yoga; however, the details are different from that of kundalini. There is concept of three bodies in the practices, named nirmanakaya, sambhoga kaya, and dharma kaya, each being experienced at more advanced stage of meditation. Nirmanakaya being the manifested body that is experienced by everyone. Sambhogakaya is experienced as blissful subtle body by advanced meditators. Dharmakaya is the reality, that is known by enlightened beings. Dalailama is from Vajrayana practice.

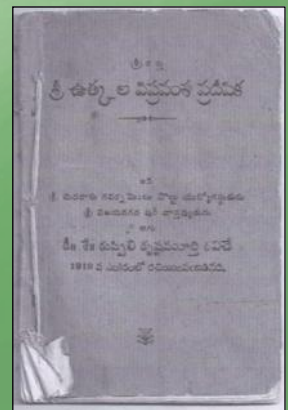
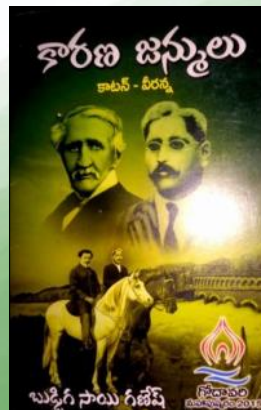
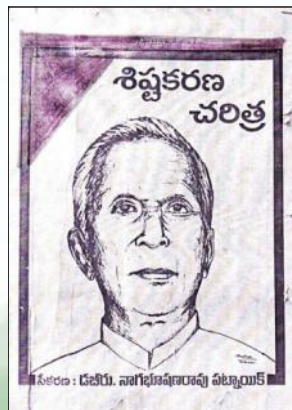
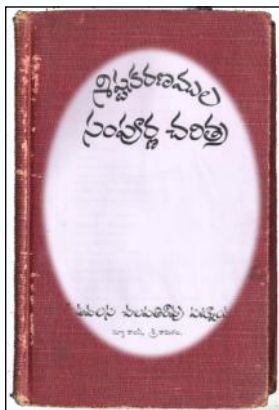


Giridhar is a spiritual seeker graced by realized Gurus Shri Badarinayanji and Leslie Temple Thurston.

Our History on Ikyavedika Website

Did you know that we have several resources related to our community history on the Sistakaranam Ikyavedika web site?

Please visit the [OUR HISTORICAL PROFILE](#) page on the web site.



Ikya Vedika Page

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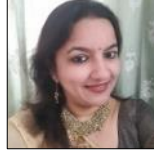
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Lekha Calls Out to You



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.