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## “Sistakarana Anthem”

*padara! mana jati saurabhanni,  
pogadara! mana jati vaibhavanni,  
koniyardara! mana jati gauravanni,  
chaati cheppara! mana jati sukhyatini.*

**||padara||**

*kalam pattuvadu mana sistakarana-  
menata,  
manamanthaa vagdevi santanamenata,  
Chitraguptuni vamsastulam, mana-  
menata,  
unnatha udyogalalo manamenata.*

**||padara||**

*IASlu, IPSlu, CALu, manamenata, lawyer-  
lu, doctorlu, engineerlu manamenata,  
vidya bodhincu, upadhyayulam mana-  
menata, medhavulunna jaathi mana sis-  
takaranamenata.*

**||padara||**

*mahakavula kutumbam manadenoyi,  
goppa kalakarulunna jati manadenoyi.  
indu galadu, andu ledani sandehamu  
valadoyi...*

*endendu vedikina kanipincehdi, mana  
karanamenoyi...  
sistakaranamenoyi*

**||padara||**

*Vanga manadi, Kalinga manadi,  
Uttara Daksinadi prantalu manavenoyi,  
sistakaranala gadapa lenide...  
ee ilapai oore ledoyi...  
lene ledoyi...*

**||padara||**

*ee jagati srustiki moolam brahmayite...  
ee pragatiki mulam sistakaraname noyi.*

*padara! mana jati saurabhanni,  
pogadara! mana jati vaibhavanni,*

**||padara||**

Watch the video on-  
<https://youtu.be/M-pkx8ARjUk>

- Vadada Umamaheswar Rao  
Kharagapur



## A Few Disclaimers

This newsletter is published by Sistakaranam Ikyavatika 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 Ikyavatika digital team (details in the last page).



## Community News

### Achievers in Board exams

As the results of various board examinations come out, many Sistakaranam youngsters have come out with flying colors. We are presenting some of the names here. There may be many more who have not come to our attention. Lekha congratulates all of them and wishes a bright future .

#### List of Achievers in 10th Board Examinations - 2023

Sl. No.	Name of the Student	Father's Name	Mother's Name	Place	Board	Grade / % Marks Obtained	Class
1	Dabbiru Rakshit	Dabbiru Janaki Ramaiyya	Dabbiru Pushpa Lata	Hyderabad	TSBIE	100%	10
2	M Drakshayani Sai Seershika	Mantri Kiran			APBSE	99.16%	10
3	Sivvam Venkata Lakshmi Prasanna	Sivvam V Bhimeshwar		Srikakulam	APBSE	99%	10
4	Koppara Sai Grishma	Koppara Uma Maheswar Rao		Visakhapatnam	APBSE	98%	10
5	Mantri Ramita	Mantri Suryanarayana Murthy	Mantri Sri Satya	Bangaluru	ICSE	97%	10
6	Vuriti Charan	Vurity Vidyasagar		Visakhapatnam	APBSE	96.70%	10
7	Kuppara Zenisha Rani	K Satish Kumar		Palkonda	APBSE	96.60%	10
8	Behera Sai Pranay Patnaik	Behara Ram Shankar Patnaik	Behera Kalyani Rani	Visakhapatnam	CBSE	96%	10
9	Donkada Monika	D Damodar Rao			APBSE	95.60%	10
10	S Shrinaga Yogitha	S Satish Kumar	S Dharmavati	Vijaywada	APBSE	94%	10
11	Harshit Patnaik	Sudhakar Patnaik	Deepti Patnaik	Prakasam	APBSE	91%	10

#### List of Achievers in 12th Board Examinations - 2023

Sl. No.	Name of the Student	Father's Name	Mother's Name	Place	Board	Grade / % Marks Obtained	Class
1	Pranati Markonda Patnaik	M P Harikrishna	M P Vijaya Gauri	Bobbili	APB	98.80%	12
2	Vadada Likhita	Vadada Chandra Mohan Rao	Vadada Swapna	Hyderabad	TSBIE	98.70%	12
3	G Manikanta Sai Ganapati	G Srinivas Rao		Srikakulam	APB	97.40%	12
4	Murahararao Sai Trishank			Visakhapatnam	APB	97%	12
5	Naguru Prasanna Lakshmi	N Sudhakar Rao	N Komali	Vizainagaram	APB	96.70%	12
6	S Yashasri	S Nagabhusan	S Bharathi	Hyderabad	TSBIE	96.17%	12
7	Harika Murali	S Murali	K Malini	Bangaluru	KSB	95%	12
8	Balivada Tanishq Chandra Patro	B Subhash Chandra Patro	B Rajeswari Patro	Raipur	CBSE	94.70%	12
9	V Pavitra	V J Patnaik	V Shalini	Hyderabad	TSBIE	91%	12

- Compiled by Arti Patnaik

(Arti Patnaik is also an active member of AISKA, where she is part of the team organizing a grand felicitation of the achievers, some time soon.)

### Sistakaranams illuminate Jalumuru

Remembering the olden days of celebrating the festivals of village deity, Sistakaranams on 10th May, 2023 thronged to a remote village, Jalumuru in Srikakulam district of Andhra Pradesh at the invitation extended by Sri Dabbiru Venkata Krishna Rao Sistakaranam, President, All India Sistakaranam Association (AISKA) to his native place. After the pooja, an informal meeting was started with the aspects of Sistakaranams as majority of association key members were present. Discussions mainly focussed on strengthening state associations.

The prominent Sistakaranams present were: Sri Uma Maheswara Rao, President, AP State Sistakaranam Association, Sri Sadasivuni Krishna, Director, AP Sistakaranam Corporation, Sri Gumma Uma Shankar, Sri Polumahanti Jaganmohan Rao, Sri Dabbiru Venkata Rao, Smt Kuppli Keerthi Patnaik, Baggam Joga Rao,

Sri Raghu, Sri Gowriswara Rao, Sri Prabhat Patnaik, Sri Sudhakar Patnaik, Dr Srinivas Patnaik, Dabbiru Srinivas Rao (Vasu), Sri Behara Ramachandar Rao, Sri Behara Shanumugha Rao, Sri Dabbiru Satyaprasad, Sri Badri-mahanti Venkata Rao, Sri Godaba Prabhakar Das, Sri Manapuram Bhaskar Rao, Sri Sadasivuni Babu Rao, Sri P.N. Murthy Patnaik, Smt Nirmala Murthy, Sri Baliwada Hari Babu, Smt Bindu Rani, Basangi Tirupathi Rao, Sri Manipatruni Satyanarayana, Sri Baggam Kurma Rao, Smt Dabbiru Vasantha Lakshmi, Sri D.V.R.Murthy (Sharatkavi), Sri Uriti Parvatheeswara Rao, Sri Uma Maheswara Rao, Sri Gowri Shankar, Sri & Smt Moturi Narayana Rao, Sri Uriti Jayaram, Sri Dasamantri Naresh Patnaik, Sri Mantri Narasimha Rao, Sri Sekharamantri Narahari Nath and Sri Maheshwar Nagumantri.



Sri & Smt Dabbiru Krishna Rao felicitated all the members with a shawl and memento and thanked all for attending the function.

## Newsmakers

### Sistakaranam gem shines in Civils

Chi Tarun Patnaik of Model Colony has proved that there is no doubt that if you go ahead with the plan of what to read at a given hour, you will succeed without fail. He secured 33rd rank in civils.

Tarun Patnaik's father MRK Patnaik, who recognized persistence and gave encouragement, is a clerk in LIC. His mother is the Director of the Vizag Foods Company. When the son said that he would become an IAS officer at a young age, though initially not taken seriously, he was encouraged upon noticing his perseverance. He attained his engineering degree and was selected as an officer in National Academy of Audit and Account with a rank of 99 in Civils, 2021. He was selected for IAS with a rank of 33 in the 2022 batch. "I made the most of videos on social media for the syllabus. Used to study after eight hours of regular service in a job. Instead of repeating the mistakes made in 2020, I took stock of the subjects in which I fell short and focused more on them," said Tarun. Congratulations to Tarun from Lekha.



### Dr. Bhima Rao awarded Best Scientist

Dr. Raghupatruni Bhima Rao received a memento for best Scientist from Hon. Minister Sri Pradeep Kumar Amat (Minister for Forest & Environment, Panchayat Raj, Drinking Water & Public Relations, Former Odisha Assembly Speaker, Finance Minister, Health Minister etc.) on 11th May 2023, National Technology Day at Geomine Tech. Symposium, Bhubaneswar.



### AP Tenth class second rank holder is our community girl

Visakhapatnam Naiduthota resident, member of Pendurthi Sistakaranam Sangham Sri Mantri Kiran's daughter Chi. Mantri Drakshayani Sai Sirshika has passed with second rank in state with 595/600 marks in class 10 results declared on 6-5-2023. She is the daughter of the brother of Sri Ravikumar, Joint Secretary of Pendurthi Sistakaranam Sangham. Lekha congratulates her.



### Awards to Srikanth and Mohana Rao

Sri Dabbiru Srikanth, Vizag and Sri Vishnumahanti Taraka Rama Mohan Rao, Bhadrachalam were recognized as one of the 100 poets who demonstrated the most literary talent out of 1000 poets as part of the 100th online Poet Conference organized by the Telugu Velugu Sahitya Jatiya Vedima and SV Foundation in Hyderabad.



### Inspiration to Sistakaranam Youth – Chi. Ashritha

Lakhs of aspirants appear for civils hoping to clear and make their dreams come true. But, only a few succeed. With a focussed mind, if you take strategic steps to attain your goal, success will be easy, says Chi. Naupada Ashritha.



Financially not from a strong family. She completed her degree. Failed in the first two attempts. However, she worked hard with self-confidence and secured 315 rank in the recently released civils results. Residents of Vishalakshinagar in Vizag, her father Sri Veera Vasantha Rao is a private employee, Mother Smt. Swati Housewife, and younger brother Visve Aanish. A B.Sc. graduate, she is an inspiration for many people. She explained the hard work behind her success thus.

I studied inter in a private college in Visakha. I did B.Sc (Biochemistry) in a city private degree college in 2016. I worked in a research institute, mostly on social issues. During this time, I learnt about civil service. After knowing the role of officials in the development of society, I turned my attention to that.

Once I was clear about the goal, I left my job and went to Delhi for training, even if it was a financial burden. Family members supported me and sent me to Delhi. I opted for Anthropology. I didn't even clear prelims in the first two times from 2019. At that time, Corona situation was also not helpful. After analyzing the reasons for not succeeding the first two times, I studied a little bit better and focussed on the important topics in the exam. Wrote 60 to 70 sample exam papers and then took regular training for mains. Took advice on facing an interview from experts of Delhi & Faridabad. Learnt through some videos.

Having failed to qualify in prelims in first two attempts, when I went to the interview in the third attempt, I would talk to parents, family members and friends on the phone at that time and they encouraged me a lot. Their words comforted me. Students preparing for this exam usually switch off their phones, to not waste their time. I used to talk on the phone to beat the stress.

It was a half an hour face-to-face interview on – What was my job, In which locations did I work, How should an IAS officer be, my degree context, Environment and Current affairs.

Everyone who is aspiring for civils should have strong self-confidence. Must believe that the final list will contain one's name. Preparing for civils takes a year and a half. Be mentally prepared for this. I felt very happy when I saw my name in the final list. The happiness of parents and family members cannot be described in words. I'm expecting posting in Revenue Services.

Lekha hopes that Chi. Ashritha will go forward with more and more successes and be an inspiration and a guide to our youth.

- JV Chandrababu (courtesy Eenadu)

### Dasari Film Award to Sri Diwakar

Congratulations Sri Duggivalasa Diwakar on getting the prestigious "Dasari Film Award" from the Film Industry Celebrities at Hyderabad. Appreciations from 'Lekha'. We hope that you shall be awarded with many more awards in future. Best of Luck and God bless you.



## Newsmakers

### Chi.Manjula gets second rank in SEMS exam



SOF (SEMS OLYMPIAD FOUNDATION) of Hyderabad conducts the National Talent Search test every year at the national level for the students of class I to XII (Intermediate) in Mathematics, Science, English, Computers, Commerce, Social subjects. In such an examination, 2023 Sankuganu, Srikakulam District, Echcherla Mandal, Muddada village, Sistakaranam, 9th grade student. Chi. Baliwada Manjula secured second rank in Andhra Pradesh state level SEMS examination. Congratulations.

In a function held at Annevari Kalyanmandapam in Vijayawada, Lions Club Vijayawada Smile felicitated our meritorious person, Secretary of Lions Club of Vijayawada Smiles and District Lions Print Media in-charge Sri Baliwada Sivakumar Patnaik for excellent service activities this year, at the hands of Lions Clubs District Governor.

### Lions Club honor for community service



In a function held at Annevari Kalyanmandapam in Vijayawada, Lions Club Vijayawada Smile felicitated our meritorious person, Secretary of Lions Club of Vijayawada Smiles and District Lions Print Media in-charge Sri Baliwada Sivakumar Patnaik for excellent service activities this year, at the hands of Lions Clubs District Governor.

Sri Shivadasu elected Vice President - Palakonda Bar Assn.

### Sri Shivadasu elected Vice President - Palakonda Bar Assn.

Congratulations to Sistakaranam advocate Sri Allena Shivadas on his election as Vice President, Palakonda Bar Association, Palakonda, Parvatipuram Manyam Dist. in the elections held recently. He is a practicing advocate in the court of Palakonda.



### Chi Lalita selected for state govt merit

Only one Sistakaranam student who studied in Government School..and got selected for state govt merit awards is Chi Dabbiru Lalita Sai (d/o dabbiru kannajirao..ph 8341120339) from MPL High School, Prakasaraopeta, Vizag...

She got 586/600 in X Class exam 2023. Hearty Congratulations to her.

### National Excellency Service Award 2023

Our Sistakaranam community member Dr. Suresh is working hard for social welfare for 18 years. He is offering free medical service to the poor, blood donation camps, old age homes, orphanages and tribal villages. 'The National Excellency Service Award 2023' was bestowed on Dr. Suresh by the chief guests Retd. Judge Sri ChandraKumar, State Consumer Court Commission member Judge Sri C.V. Surya Bhaskaram and trust chairman Sri Prasad, at the 'International Service Legend award and conference 2023' held in Visakhapatnam Zillaparisad Hall in Visakhapatnam. The programme was conducted by Varaha Venkateswara Educational Trust and National Consumer Rights Commission.



We convey our hearty congratulations to him.

### Sri Mohan Rao elected agents federation President

Hearty congratulations to Sri Saluru Mohan Rao on his being elected as President, General Insurance Agents Federation Integrated, Visakhapatnam Region, having jurisdiction over erstwhile districts of Srikakulam to East Godavari.



### Dosa Dosa' opened at Backstreet, Bangalore



Another new restaurant "Dosa Dosa" was inaugurated at "Backstreet" Bangalore by Ms Ankitha Aravindan. They serve delicious South Indian breakfast and lunch.

She is daughter of proud parents Aravindan and Dabbiru Jayanti residing in Chennai. Congratulations and best wishes to Ms Ankita from 'Lekha' team.

Please visit the restaurant and enjoy the food by our SK girl at Dosa Dosa.

[https://maps.app.goo.gl/dXShNnXhj5vAoEt28?q\\_st=iw](https://maps.app.goo.gl/dXShNnXhj5vAoEt28?q_st=iw)

### State Award for Biodiversity Conservation conferred

In a program held at Sri Venkateswara University, under the auspices of Andhra Pradesh State Biodiversity Board, Guntur.



President, Vigyana Jyoti Paxal Charitable Trust of Sakhapatnam Muralinagar, Mana Sistakarana social service activist Mrs. Dr. Kuppli Keerthipatnaik was awarded the Biodiversity Preservation State Award in the presence of guests.

Dr. Keerthi Patnaik said that receiving this award is very gratifying and she has received many awards in the past, especially receiving this prestigious state government award has increased her responsibility.

### First Doctorate awarded under guidance of Sridhar

Dr.Vuriti Sridhar, S/o WI Prasada Rao Yarabadu, Srikakulam Dist., presently working as associate professor, KL University, Vijayawada.



He presented nearly 60 research papers published in various national and international reputed journals. Under his supervision and guidance Sri Ganesh was awarded Ph.D. on 5.5.2023. Its first Doctorate awarded under his guidance.

Lekha congratulates him.



## Editorial

### The month of May brings a ray of hope

To All Sistakaranam relatives "Lekha " heartfelt Namahssumanjali.

For Sistakaranam children and Sistakaranam parents It can be said that this month of May has really produced excellent results and unsurpassed achievements.

Karanam Kalam strength , Karanam brain together shined in tenth class, Intermediate and Civils Achievements.

Chi. Dakshyani got a flash of lightning by securing state second rank in AP Tenth class exams.

Many of our children secured highest marks and even passing percentage also high in both Tenth and Inter .

Chi. Tarun's persistence is commendable as he got a first rank job with 99 and also took 8 hours of job training and achieved IAS with 33 rank with hard work. Also in women Asrita ..missed the prelims twice

She did not go till the prelims and achieved 315 rank in third attempt with perseverance despite all the obstacles she faced.. The way she struggled mentally and the courage to stand up is stupendous. The present generation of our community should learn from her and she is an inspiration, and guide for the our youth especially the young women in our community.

Heartfelt congratulations from the "Lekha" team to all of them.

At this time it is very important that we discuss about OBC. Because if OBC had it, this 33rd rank would have come to us last year itself . Now this 315 is a would have 150 but it is not an exaggeration. Also, many Sistakaranam youth come to the edge and stop at the border in the competitive exams. OBC is a boon for such students , many are waiting now. OBC is very useful for one life one family to reach higher position. As mentioned in the earlier Lekha this year is very crucial. It is the time of elections of the Central and states where politicians need us. Now is the time for us, our Sistakaranam politicians to make efforts for OBCs while increasing their grip in respective parties.According to what our community leaders are saying, OBC is at its last stage. Let's hope it happens soon and paves the way for the golden future of our Sistakaranam children.

Apart from that, a page has been allocated in the Lekhs to inform everyone about our people role in active politics. We should encourage them to reach the level of standing as MLAs and MPs one day. All political parties representing our community .

In this way, the month of May looks like a ray of hope for us.

-Jannumahanti Venkata Chandra Babu

## Interview

### Exemplary entrepreneur

*We generally read that great industrialists advise their children to acquire the necessary qualifications and experience in all departments of a company in the field in which they wish to become entrepreneurs. Today, we have with us, Kiran Srinivas Kantimahanti who acquired the necessary qualifications, gained relevant experience, and became a successful entrepreneur, heading "Madhees" as its founder and CEO in Jubilee Hills, Hyderabad. Let us listen to his words.*

*Kiran ji share with us your journey towards entrepreneurship*

I initially focused on my studies and obtained a graduation in commerce (B.Com.), followed by a bachelor of law, an MBA, and an MA (Psychology). My journey began as an HR | Ops professional in a manufacturing company, where I witnessed the rapid changes in the technology landscape. With immense gratitude, I reflect on how our humble team of consultants transformed into a pioneering company. In 2008, "Macher" emerged as a consulting firm, which later evolved into Madhees Techno Consulting—an organisation excelling in tech-oriented solutions and incubation. With a presence in the nation at Pune, Bangalore, and Hyderabad, as well as globally in the UAE, and the US, Madhees comprises a specialised team of around 265 talented personnel. We're known for providing our skilled resources and products in high-demand areas of technologies like Java, .Net, DevOps, Android, and iOS. Additionally, I ventured into fintech with Kenvault, dynamic platforms with Craftsindian in e-commerce, and Mokshar, which aims to shape the digital era through Metaverse, VR and AR.

*What is your turning point in life, and who are the key motivators for that?*

Venturing into the field of technology consulting and entrepreneurship was undoubtedly a turning point in my life. Every successful startup is a motivation. Every failed opportunity motivates me to explore and challenge myself. A significant amount of credit goes to my better half, Sudha, who has constantly played a significant

role in supporting me and the company by ensuring top-notch quality.

*What would you share with our aspiring entrepreneurs?*

If there is one important thing I would like to share with aspiring entrepreneurs and technology enthusiasts, it is the value of an exploratory mindset. In this fast-paced world, where advancements occur at an unprecedented rate, it is crucial to embrace the spirit of curiosity. My career and experiences have taught me that by combining our passions, talents, and collective efforts, we can build a future that transcends our current realities and create a better tomorrow.

Father: K Rama Chandra Prasad  
Mother: Late K Hemalatha  
Spouse: Sudha Madhuri K  
Nativity: Kakinada

**Your community activities, including any charity**

Outside of my professional pursuits, I have been working with few great people in supporting old age home and a blind school. These endeavours provide me with a sense of purpose and allow me to contribute to society in meaningful ways.

**Your comments on Lekha**

One way to bring the community together. Well done, Lekha and its team.

**A clear message to our aspiring youth from Kiran Srinivas "always keep exploring, and the journey of discovery is filled with opportunities for growth. By believing in yourself and your potential, you can shape a future that surpasses your wildest dreams". He is willing to provide job opportunities to our Sistakaranam community, and for that, one can visit [www.madhees.com](http://www.madhees.com) . Lekha wishes him to reach new frontiers of success in his journey.**



## Open Forum

### Globalization has led to the Marginalization of the Poor

May we begin the debate with a very basic thought based on socio-cultural facet vis-à-vis socio-economic fact that "When we truly discover how to love our neighbor as our self, Capitalism will not be possible and Marxism will not be necessary."

But, indeed, in today's world, where globalization, in all respects and aspects of life, beyond all the geographical boundaries, has taken the center stage, affecting the Socio-Cultural, Socio-economic, Religion etc. at all levels.

Keeping the main theme of the topic that is, marginalization of poor due to globalization, let us try to understand the literal meaning of marginalization. It is a process where opportunities and outcomes are denied to those 'living on the margins' and enhancing the opportunities and outcomes of those who are 'at the center'. It combines discrimination and social exclusion between rich and poor.

Now, What's Globalization? It is basically a phenomenon that expands interconnectedness in the world. Globalization is not just an economic phenomenon - it also affects cultural, political, social, legal and religious life.

Experiences of globalization differ. Our geographical, cultural, political, economic and social location will influence whether we see globalization as mainly an opportunity or mainly a threat. Even the same person may experience both positive and negative aspects of globalization.

There are some disadvantages of globalization that should not be overlooked: unemployment, social degeneration and difficulty of competition etc.

Do you know how globalization adversely affects the socio-economic state of a country. It leads to Exploitation of Under-developed countries. It increases un-employment due to extensive use of modern technological devel-

opments which does not require much of human involvement .

Now in recent development We won't prefer to purchase daily needs from small departmental shops rather we prefer to do all purchasing from malls .these commercial malls serve us with various foreign products which directly benefit the foreign investors again it's a loss for national capital.

It causes harmful effects of consumerism. It has adverse effects on Social Security & Welfare, as Governments in many developing countries, are withdrawing from social welfare due to privatization. It effects on small industries and small business. In here, small and cottage industries cannot grow due to competition from big industries.

Foreign brands in Fast Moving Consumer Goods sector, have taken the main stage and captured most of the market. It affects the local produces. For an example, Chinese made goods are sold at very low prices which cannot be challenged by any Indian producer as the production cost is high here, leading to their closure or bankrupt.

There are many more disadvantages due to globalization. Don't you think that the poor are being marginalized by the revolutionized globalization, especially in the developing and under-developed countries. It is well said that Man steps on an ant when he can't catch the fly. It is the main factor for exclusion deepening inequality and re-enforced division of the world into core and periphery. There is an increased Socio-economic gap within and between the countries. The rich are becoming richer and the poor are becoming poorer.

Of the world's six billion people, 1.2 billion live in extreme poverty, or on income of roughly US \$1 a day or less.

Just under 3 billion people live on \$2 a day or

less. Industrialized countries, with 19 per cent of the world's population, account for 71% of global trade in goods and services, 58 per cent of foreign direct investment, and 91% of all Internet users. More than US\$1.5 billion is now exchanged on the world's currency markets each day. Foreign investment topped US\$400 billion in 1997, seven times the level, in real terms, of the 1970s. Between 1983 and 1993, cross-border sales of US Treasury bonds increased from \$30 billion to \$500 billion per year.

International bank lending grew from \$265 billion in 1975 to \$4.2 trillion in 1994. The world's 200 richest people more than doubled their net worth in the four years before 1998, to more than \$1 trillion. The assets of the top three billionaires total more than the combined GNP of all the least developed countries with their 600 million people.

At last, I would like to conclude the topic by saying that globalization has many adverse effects, especially on developing and underdeveloped countries which need a very strong democracy and political will power to sustain such radical changes.

There is no world government to regulate all the facets of globalization, and very few people want one. Yet to manage globalization to ensure that all enjoy its benefits, there is a need for more comprehensive global governance - a system of international law based on the principle of multilateralism that will spell out the ground rules for all participants in the global economy.

Globalization could be the answer to many of the world's seemingly intractable problems. But this requires strong democratic foundations based on a political will to ensure equity and justice".

**-By Arti Patnaik (Written in 2014)**

### World Press Freedom Day (May 3)

Most of our Sistakaranams are journalists or owners of TV channels that bring news to the public, daily newspaper, social media or TV journalists who have accepted and committed their careers like swordsmanship, and we wish them all the best for getting many blessings and achieving success on this very special day.

Happy World Press Freedom Day (May 3)

### State Council of Senior Citizens formed

The government has issued a notification, setting up a Senior Citizens Council for the welfare and protection of the rights of parents and the elderly in the state of AP. Chief Secretary Muddada Ravichandra issued separate orders on Thursday, setting up welfare committees for the elderly as well as the state level council as well as the districts. Under the Maintenance and Welfare of Parents, Elderly Act- 2007 (Central Act No. 36) enacted effective provisions for them.

The Government of Andhra Pradesh has notified the 'Citizens Rules (Rules)-2011 relating to Welfare of Parents and Elderly Persons' to implement the powers conferred by Sub-Section (2) Sub-Section (1) of Section 32 of the said Act. According to the 2007 Central Act, Andhra Pradesh Parents and Elderly Management Rules-2011, state level council and district level committees have been formed.

**-J.V.Chandra Babu**

## Open Forum

### Do you know this? Sishtakayasthas in Mahabharata war

Kalinga Kingdom is the oldest. There is reference to Kalinga kings in Ramayana and Mahabharata

Kalinga culture is mentioned in "Raghu Vamsam" written by Kalidasa and "History of Dashakumara" written by Dandi. The Kalinga kings are said to be descendants of Balichakravarti. The Kalinga Ganga were descended from Atri, the son of the outsider. That is why they are Athreya gotriks. As the descendants of Chandra, the son of Atri, they are called Chandra Vamsa Kshatriyas. Pururava, Ayu, Nahusha, Yayati and Turvasu were born in the lineage of Mercury, the son of Chandra. Turvasuna was childless for a long time. While worshipping Goddess Ganga, a son was born to Ganga. Therefore this clan is called the Ganga clan.

Historians estimate that it has been about 5222 years since the Mahabharata war. And some historians say that it is only 2200 years. A part of the state of Haryana and Uttar Pradesh is today's Kurupanchal.

In the Mahabharata war, the kings of present Bihar, Bengal, Orissa - that is, the kings of Magadha, Videha, Anga, Vanga, Kalinga, Bhagadatta, the Pragjyotisha priest of Assam, stood by the Kauravas (this Bhagadatta was the son of Kamsu). The chieftains of Tigarti, Kekaya and Shibhimudra countries also stood by the Kauravas. Among the Yadavas, Lord Krishna sided with the Pandavas while Balarama remained neutral. In the Yadavulalu" Vrishti" tribe, Satyaki sided with the Pandavas while Kritavarma sided with the Kauravas. That means only the kings of Madhya Pradesh, Gujarat and the banks of the Ganges sided with the Pandavas. In total there was an army of seven Akshohinis on the side of the Pandavas. Bhishma had an army of eleven Akshohinis on the Kaurava side, Drona was on the Kaurava side but treated the Pandavas with affection.

During the Mahabharata war, the Kalinga country, which included the Gauda country, was ruled by a Ganga dynasty king named Chitranguda. Itada was uncle of Duryodhana. There were 60 thousand chariots and 10 thousand elephants in the army sent by Chitrangada to the Kauravas. Kalinga kingdom is famous for its elephants (that is why the Odra kings who ruled Kalinga after the Ganga kings called themselves Gajapati kings) At the time of the Mahabharata war, the main town of Kalinga was Rajpura.

Brahmins from Gauda made up a large number of the army sent by King Kalinga to fight on behalf of the Kauravas in the Mahabharata war. Drona, Kripacharya, Ashwatthama were brahmins and were famous as war heroes! Sunkus, Kanvas, Satavahanas, Brihatpalayanans, Vishnu Kundina Vamsiyas were all Brahmins and Bhujabal riches and did not rule the kingdom. Similarly, the Gauda Brahmins, who were skilled in politics and archery, fought on the side of the Kauravas in the Mahabharata war. But the Kauravas were defeated. It means that the heroes of the Kalinga kingdom decorated the veerasvarga. From the following verse in Bhagavad Gita, we understand that Arjuna foresaw that in the Mahabharata war a large number of both sides would die and as a result the women of the dead heroes would have to marry people of lower castes and thus the interbreeding would take place.

Shloka-

*"Adharmabhi Bhavatkrisna  
Pdushyanti Kulastriyah*

*Strishu Dushtanu Varsheya Jayate  
Varna Sankarah"*

In the Mahabharata war, the Gowda Brahmin heroes of Vanga desam died in large numbers, and their women had to marry Kshatriyas because they could



not find men in their native (Brahmin) clan. From that time the Gauda Brahmins of Vangadesa began to call themselves Sista Kayasthas (Kshatriyas). But the Sista Kayasthas of Vangadesa did not agree to that. It is understood from the inscriptions of that time that the number of Gauda Brahmins who became Sista Kayasthas was high and hence their word prevailed. Sista Kayasthas are none other than Sistakaranams.

-Gumpaswamy Karakavalasa  
Retired Social Teacher  
Vizianagaram

### "Asamanya Visakhalo Visakhamanyulu"

In Extraordinary Visakha, Sri Modu Rajeswara Rao in his second publication of the book "Asamanya Visakhalo Visakhamanyulu" he introduced 250 important personalities of Visakhapatnam. Out of the 250, our Sistakaranams were only 6 members. The number should have been atleast 20. The honoured people were :

1. Sri Kuppili Venkateswara Rao
2. Sri C.S.N. Patnaik
3. Sri Baliwada Kantharao
4. Sri Kondavalasa Lakshmana Rao
5. Sri A.V. Jagannadharao Patnaik
6. Sri Mantri Rajasekhar

## Support Arena

### Help extended to Master's family

Sri Pedapenki Venkataramana (Guddi Master), of Shivannapeta in Kurupam mandal, passed away due to serious illness. Readers would remember his younger daughter Chandrakala performed the last rites and lit the pyre. In this connection, the local youth and alumni took up an initiative in a WhatsApp group with the intention of supporting the master's family. While various donors gave upto 22 thousand rupees, the former students collected 11 thousand rupees. A total Thirty Three thousand rupees was handed over to the family members of Venkataramana Master by the Kurupam SI CH.Prasad and the local youth.



### Jagdish Patnaik's Wedding Gift

Kanchili Mandal Telugu Desam Party senior leader Sri Jagdish Patnaik has been blessing many new brides in the temple premises of Sri Kanchamma Talli for the past few years and giving them a wedding gift of 10000 Rupees along with a saree and blouse piece in memory of his mother. Recently, 15 newly wedded brides were blessed and given gifts and he promised to continue this program forever. Dr. Appalaraju, Murali Patnaik, Praveen Somesh, members of the temple development committee, parents of the newly weds and village folk participated in the program.



### Free legal services for Sistakaranams



It is commendable that our Sistakaranam eminent lawyer, Visakhapatnam resident Sri Tonangi Ravikumar (son of retired college Principal Sri Tonangi Bhaktavatsalam) has come forward to provide legal services (free of cost) to our Sistakaranams who need legal services. I hope all of us will take advantage of this opportunity. These free legal services are available only one day a week.

What day ? What time ? Where ?

\*Every Sunday

\*9 am to 5 pm

\*Address :

Sri Krishna Complex, Ravindra Nagar, Last Bus Stop, Visakhapatnam – 530040

Mobile No. – 9963134512

### Service programs of Sridevi Vigyan Jyoti Parishkar Charitable Trust



1. Under the auspices of Sridevi Vigyana Jyoti Parishkar Charitable Trust, distribution of cold organic herbal (Pudina, corriander, ginger, curry leaves, green chillies, sabjaginjal, lemon juice) butter milk was served to more than 200 people in Murali Nagar in the name of Sri Bhuvaneshwari Ammavaru, in an attempt to quench the thirst due to the scorching sun. Sri Krishna-rao Mastaru, Sri Vinod, Sri K Prasad, Smt. Madhuri, members of our organization, Smt. Fanibhushani, and Smt. Kuppili Ramadevi and



other elders participated in this program. 2. At a function held in Kapu Tunglam, in memory of Late Smt. Kuppili Shyamalamba Patnaik, Lunch plates, biscuit packets, butter milk were distributed to poor women by Sridevi Vigyana Jyoti Parishkar Charitable Trust. Dr. Smt. Kuppili Kirtipatnayak, is the Founding President of the trust that conducted these programs.

### Chalivendram set up at HB Colony

A Chalivendram was set up near the last bus stop of HB Colony under the chairmanship of Sri MHSV Prasada Rao, Convenor Sri Satyasai Bhajanamandali (HB Colony Branch), with the noble intention of quenching the thirst of the passers-by during the scorching summer.

Former Deputy Mayor Sri Malla Appalaraju was the chief guest, while retired Colonel Kuppili Srinivasa Rao and Visakhapatnam District Sistakaranam Association President Sri G. G. Prabhakar Das were the special guests who congratulated the organizers of the program.

Bhajanmandali team leader Smt. Rani Prasada Rao and activists distributed butter milk.



### Free medical camp

Free medical camp in Bobbili town was conducted on Sunday 7-5-2023 successfully by Dr. Behara Praveen, Vizianagaram.

**క్వీన్స్ ఎన్.ఆర్.ఐ. హాస్పిటల్**  
బొబ్బిలి  
Association with P.J.R Hospitals Pvt. Ltd.

**డా. పి. జానార్ధనరావు గారి జ్ఞాపకార్ధం**

**ఉచిత వైద్య శిబిరం**  
07-05-2023 ఆదివారం

<p>ముగ్గురు స్పెషలిస్ట్ డాక్టర్లచే మెడికల్ ఇన్సన్</p>	<p>⇒ దయాబిటిక్ ఇన్సూలిన్ ట్రీనింగ్ ⇒ కీళ్ళ, నొప్పులు, నడుం నొప్పులు ⇒ చిన్నపిల్లల అన్ని రకాల వ్యాధులు</p>
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<p><b>డా. ప్రదీప్ కుమార్ దివేదర్</b> M.B.B.S, M.D (General Medicine) &amp; M.C. (CCMO) (Diabetology) జనరల్ ఫిజియోలిజి &amp; డయాబిటిస్</p>	<p>★ జి.ఎ. సుగర్ తనిఖీ చేయబడును ★ అధిక సుగర్ ఉన్నవారికి HBA1C Test ప్రీ గా చేయబడును ★ ECG, Cardiac Screening అవసరం అయిన వారికి ప్రీ గా చేయబడును ★ అన్ని జనరల్ కేసులు చూడబడును ★ కీళ్ళ, నొప్పులు, వెన్నునొప్పి నొప్పులు అన్నిరకాల ఆర్థో కేసులు చూడబడును ★ 0 to 12 Years లోపుగల చిన్నపిల్లలకు అన్నిరకాల జబ్బులు చూడబడును ★ మెడిషిన్ లో 5% తగ్గించబడును. ★ ల్యాబ్ టెస్టు లో 20% తగ్గించబడును.</p>
<p><b>డా. డి.కె. సునీల్ కుమార్</b> M.B.B.S, DNB (Pediatrics) &amp; M.C. (Consultant Pediatrician) చిన్నపిల్లల ప్రెజెన్షియన్</p>	
<p><b>డా. ఎమ్. రంగనాథ్ రెడ్డి</b> M.S. (Orthopaedics) APMC / F.M.R. కీళ్ళ, నొప్పుల ప్రెజెన్షియన్</p>	

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## Support Arena

### Sitammadhara members serve at Chalivendram



A buttermilk distribution program was held on May 15, under the leadership of Mr. MHSV Prasada Rao, Vice President of Sitammadhara Sistakaranam Association, at the Chalivendram organized under the auspices of Sri Sathya Sai Bhajanmandali, for the relief of thirst in the scorching Sun.

In this Chalivendram, which quenches the thirst of hundreds of passers-by, the President of Sitammadhara Sistakaranam Association Sri Godaba Gauri Prabhakar Das, General Secretary Sri Kotipam Ramashankara Rao, Convener Sri Saluru Mohan Rao, Co-Treasurer Sadasshivuni Srinivasa Rao, executive members of Bhajan Mandali, and Team Leader Smt. Mandavakuriti Rani and other members offered their services.

### Food distribution in Cancer Hospital



Under the joint management of Telugu State Vaddilu Kula Parirakshana Samiti, VS Friends Circle, and Nandiwada Subramaniam, free afternoon meals was provided to 300 people at Indo American Basavatarakam Cancer Hospital, Road No. 12, Banjara Hills.

We served the same food to the patients as we eat, without any feeling of discrimination. Moreover, all our family members sat along with the patients, expressing our solidarity. Sri Peruri Satyanarayana, Smt. Lakshmi Shyamala, Sri Peruri Chandra Mouli, Sai Sri, Vamsi Chaitanya, Nandiwada Subramanyam, Tulasi Santhosh, Vinukollu Narendra, Motopalli Kumar Sharma, Thotimpu Raja, and hospital staff participated in this program.

Basava Tarakam Cancer Hospital, which stands at the All India 6th position, provides many key services, under the auspices of the NTR Trust, and has been a health care provider for many, from the poor to the rich, without any differences.

"We are fortunate to have the privilege of distributing free meals to the patients in such a hospital today", said Sri Peruri Satyanarayana.

### Free services of Sistakaranam Foundation

The following services are provided to you by Sistakaranam Foundation

Free hostel accommodation and food to the students who want to write the polytechnic entrance and do the three year diploma this year.

In any village in our North Andhra, if the people of that village inform that five to ten people need eye operations, with the help of Shankar Foundation, we are taking the responsibility of arranging a bus facility from their village to treat them and return them safely to their village.

Similarly, if the people of that village in any town ask to set up a free medical camp, we will immediately set up a medical camp in your town with the cooperation of Apollo Hospital and provide necessary medicines for free.

Contact: 7569340298

(Note - The above details are collected from a WhatsApp group. Candidates can verify by talking to them directly on the number given above)

### Gajuwaka members come forward once again



Smt. Baliwada Vijayakumari, a resident of Gajuwaka area, member of our Sistakaranam family, is suffering from kidney disease and is in a lot of trouble financially and mentally. Last month, the Gajuwaka association had donated 20 thousand rupees to her. Continuing this initiative, all the donors in our Gajuwaka Sistakaranam families have donated 29 thousand 09 rupees with a good heart, from a humanitarian perspective and with community love, as per the request of our executive committee and showed their generous nature. This amount was handed over to Smt. Baliwada Vijayakumari, a victim of kidney disease, through the hands of Gajuwaka Sistakaranam association working group members. On this occasion, she and her family members requested to thank all the donors by name.

In this program Sarvasri Balivada Sathya Rao, Basangi Tirupati Rao, Karakavalasa Gouriprasada Rao, N. Venkateswara Rao Patnaik, Lakanapuram Uma, Dabbiru Hari, Pratapa Rao Srinivasa Rao, M. S. Prasada Rao, Potnuru Phanindra, Manipatruni Satyanarayana and others participated. On behalf of the Gajuwaka committee, we would like to express our sincere thanks to each and every donor.

### Sistakaranam Helping Hands 20th Event

Sri Kallepalli Ramesh of Arasavilli Aditya Nagar of Srikakulam district had surgery on his legs and hands in a road accident four years ago. He was unable to do any work professionally. The group responded by providing financial assistance and the total amount received was Rs. 43,111/-. A typical weighing machine cost of this total amount is 7,500/- and big zig zag weighing machine 20,000/-. In presence of our group relatives and their machine invoices and remaining balance amount of Rs. 15,611/- were handed over to Sri Kallepalli Ramesh and Smt. Kallepalli Sujatha, at their residence, in the presence of some group members. And, on the auspicious occasion of two years of forming Sistakaranam Helping Hands Group, a cake was cut and celebrated in the presence of relatives. – Admins.



### Sistakaranam Lifting Hands 5th Event

Sistakaranam Karanam lifting hand members, in Garividi, met Our relative Baliwada Mahesh, from Rameswara Colony in Garividi, who is suffering from kidney disease, was visited by Sistakaranam Lifting Hand members Sarvasri Tyada Prasad, Baggam Jogarao, Ippalavalasa Gopi, and Garividi Sistakaranam association leaders Patnayakuni Shankarrao, Vandurangi Venkatesh, and Rs. 31,500/- in cash and essential items were provided, in the presence of Donkada Ramachandra Rao.

On this occasion, our community members and leaders of Sistakaranam association have encouraged Mahesh Gari's family and advised them to contact Garividi association leaders and Lifting Hand members for any kind of need (for guidance) in terms of medical help and education.

Once again, we would like to thank our group members who contributed financially to this fifth event. This concludes our fifth event, said Smt. Patanikuni Sanjukta Prasad.



## Support Arena

### Donations by Dr. Kanakaraju – May 2023



1) Dr. Arikathota. Kanakaraju and Uma, Ag. College Rtd. Professor Naira distributed Rs.12000 to 12 meritorious and intelligent students from Srikakulam and Parvathipuram who got more than 90% studying 10th and Inter during 2023. For each student Rs.1000 was sent through phone pay. Inter students were 1. Narisipuram Sireesha, 2. Makkuva Meghana, 3. Basuru Rahan, 4. Batlanki Sadana, 5. Damodarapatrani Lakshmi Sampath. 10th class students were 1. Sivam Venkatesh Lakshmi Prasanna, 2. Chowdhary Praneetha, 3. Dabeeru Harshavardhan, 4. Kaspaa Jaagruthi, 5. Veenam Harshavardhan, 6. Pakki Sai Prasanna, 7. Mutu.Mahapatro (First Class from the district).

2. Under the leadership of Dr. Arikathota Kanakaraju on 17-5-2023, a camp for cold buttermilk distribution was set up at Seven Roads junction in Srikakulam town. All the people of the town expressed happiness and thanked Sri Kanakaraju garu for organizing such an event on these sunny and hot days.

3. Satya Sai Vighra Prathista in Pedda Mandiram, Srikakulam: Dr. Arikathota Kanakaraju and Uma, Rtd.Professor, Naira paid Rs.10000 to Sri Satya Sai Pedda Mandiram, Srikakulam to meet expenditures for inaugural function of permanent statue of Bhagavan Sri Satya Sai Vighram. Rs.2000 was also paid to meet the expenditure of Sai Balavikas students for conducting summer classes.

### Late Sri AVJ obituary – distribution of buttermilk



On the occasion of Late Sri A V. Jagannad Rao Patnaik's death anniversary on 22nd May, the distribution of cold buttermilk organized by Visakha Sistakarana Seva Sangam at Kancharapalem, Madhavadhara near the bus stand received an unprecedented response. Sri DV Krishna Rao, President of All India Sishtakarana Sangam was present as the chief guest of the program and paid tributes to the portrait of late AVJ. Sri Krishna Rao said that we'll strive to achieve, traveling together, the ambitions of AVJ, as he praised the services of Jagannadha Rao Patnaik.

Other guests present were Tekkali Sistakarana Sangam leader Sri VSRN Prasad, Smt. Vasanthi, Smt. Kurada Pavani from Kancharapalem Sangam, Sarva Sri Sadashivuni Baburao, V. T. B. Patnaik, PN Murthy Patnaik, Balivada Haribabu, Balivada Sri Ramamurthy, Koduri Ramakrishna, Basuri Srinivas, Smt. Vappangi Ramamani, Sridhar, Koduri Harsha, Ganesh and others, who ensured the buttermilk distribution program was a success.

### Blankets distribution at condolence meeting



Sri Mantri Rajasekhar, National Secretary of INTUC, said that it is sad to lose leaders who serve the people. He was attending Late Pakki Diwakar's condolence meeting. Speaking on the occasion, he said that the death of Late Diwakar is an irreparable loss to Sistakaranams. Everyone should work hard to achieve Diwakar's aspirations. Blankets and clothes were distributed to the poor in this program.

Kurmannapalem association President and General Secretaries Sarva Sree V SV N Gopal, D Sathya Rao, Representatives Urlam Prasad, Srinivasa Patnaik, Dabbiru Gurunadha Rao, Basangi Tirupati Rao, Kanti Mahanti Chandramohan, S Venkata Lakshmi, MP Saikrishna, Balivada Buchi Babu, Krishna Rao, Patnaik and others participated.

### Sewing machine donated by Baliwada Rama Rao Patnaik Charitable Trust



Under the auspices of Late Baliwada Rama Rao Patnaik Charitable Trust, sewing machines were given free of charge to poor women. As part of many activities undertaken by the trust, Chairman Sri Baliwada Shivakumar Patnaik, handed over a sewing machine to a woman by name Koteswaramma at Sri Saraswati Plaza in Vijayawada. Head of Gautam School Nallari Surya Rao and Lions Club Secretary Rajagiri Someswara Rao congratulated Patnaik for doing many service programs on behalf of the trust.

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**CONTACT: 8074800939**

## Fraternity Page - Telangana



### AISKA Team meets Kayastha Mahasabha President

1) President, International Kayastha Mahasabha and Former Parliamentary Member, Hon'ble. Sri R.K. Sinha, and Former Union Home Minister and President of All India Kayastha Mahasabha, Hon'ble. Sri Subodhakant Sahai, were honoured at Radisson Blu Hotel in Jubilee Hills by Krishna Rao Sistakaranam and SWA Team SarvaSri D V Ramana Murthy Vice-President, Burli Vijayakumar General Secretary, and P Tirupati Rao Legal Advisor. Discussing the OBC, they assured that the report would be examined with the Social Justice Minister.

2. Thereafter, all of them participated in the palanquin procession with the blessings of our caste deity Sri Chitragupta Maharaj Temple, an ancient structure in Uppuguda, Hyderabad. SWA Joint Secretary Mantri Narsimrao, Organizing Secretary D. Naresh Patnaik, Founder – Lekha e-magazine Sekharamantri Narahari Nath were also present on the occasion.



### Poetry meet on "Family Relations"

Under the joint management of Navbharat Nirman Sangam, Hyderabad and Sahiti Godavari, Ramachandrapuram, Sarathkavi (Dabbiru Venkata Ramanamurthy) participated in a poet gathering and workshop on "Family Relations" at Jain venue, Secunderabad on 15.05.2023. He was honored by eminent poets and film personalities.



## Fraternity Page - Andhra Pradesh



### Petition for OBC to Chairman of National BC Commission



Honorable NCBC (National Commission for Backward Classes) Chairman Hansraj Gangaram has given a clear assurance that the Sistakaranams and Kalinga Komatis will be included in the Central OBC list and that action is being taken. A meeting was held at the Constitution Club on 2-5-2023 under the auspices of the National BC Associations. In this meeting, a petition was handed over by Sri Naupada Satyanarayana, Hon'ble Chairman of the Telugu Desam Parliamentary Party office regarding Sistakara-

nam and Kalinga Komati communities.

Several times in the past, petitions were handed over to NCBC, Ministry of Social and Justice Empowerment and Hon'ble Prime Minister Shri Narendra Modi under the leadership of Honorable Srikakulam Member of Parliament Mr. Kinjarapu Rammohan Naidu and also attended the hearing held under the leadership of NCBC. Sri Satyanarayana explained to Sri Hansraj Gangaram that the then Chairman MP Rammohan Naidu had told him that the above two social groups would be included in the Central OBC list. The chairman responded positively to this. He assured that appropriate action will be taken after talking to the officials of the central and state governments.

### Krishna felicitated by Kurmannapalem Assn.



BVM Krishna, law secretary of the Gajuwaka Bar Association, suggested that Sistakaranams should remain united and resolve issues with mutual cooperation. He was recently elected as the Secretary of the Bar Association and was felicitated at a function organized by the District Sistakaranam association at Santhamamidi Thota in Kurmannapalem on Monday. Speaking on the occasion, Krishna said that efforts are being made to include Sistakaranams in the OBC list. Association Secretary Mantri Narasimha Murthy, representatives D. Satya Rao, Gopal, Gopi, Gurunatha Rao and others participated.

### Gratitude on reduction of garbage tax



The residents of GVMC 92nd Ward, SC, BC Colony, respectfully honored GVMC Co-option member Sri Behara Bhaskara Rao. Speaking on this occasion, they said that so far the garbage tax of GVMC was 120 rupees. When their problems were brought to Behara's attention in the ward where there are many poor people, he talked to the officials and arranged to pay only 60 rupees.

The residents of GVMC 92nd Ward, SC, BC Colony, respectfully honored GVMC Co-option member Sri Behara Bhaskara Rao. Speaking on this occasion, they said that so far the garbage tax of GVMC was 120 rupees. When their problems were brought to Behara's attention in the ward where there are many poor people, he talked to the officials and arranged to pay only 60 rupees.

## Fraternity Page - Andhra Pradesh



### Sistakaranams in AP politics – May 2023

1) Sri Bhogila Srinivas Patnaik, a well-known young politician of Visakhapatnam, local leader in the Jana Sena Party, Managing Director of SRIS



Group Securities, has been a key member of the Jana Sena Party. His wife Smt. Bhogila Bhanusri contested as corporator of GVMC 17 ward (MVP Colony) in the recently held local body elections, as Jana Sena party candidate. Even though she did not win, she gained a good vote share and won the admiration of the leaders, who expressed the hope that in the days to come, our Sistakaranams will gain strength locally and politically and rise to higher positions.

2) The swearing-in meeting with the conveners and members of Sistakaranams, Nagaras, Vishwa Brahmin, Chatada



Sri Vaishnava Samadhikar Samiti, held at the Telugu Desam Party central office, was attended by former minister and politburo member Sri Kollu Ravindra and Sistakaranam state empowerment committee convener Akkamahanti Raja, Vishwa Brahmin empowerment member Shiva Koti Rajendra and members of the Saadhikar Samiti.

3) At a function held at Vellanki village of Anandapuram mandal, BJP leaders and



activists felicitated Sri Patnayakuni Venkata Varapasada rao, a service minded, prominent politician among our Sistakaranams, and

Vellanki resident. Sri Prasad was felicitated for becoming the new President of BJP Kisan Morcha Visakhapatnam district, by BJP State Medical Cell Convener Sri Rupakula Ravi Kumar, BJP state concil member Sri Uppada Appa Rao and other local BJP leaders, who said that he had been in the past the BJP Mandal President in Anandapuram Mandal, Kisan Morcha Visakhapatnam District General Secretary, and Kisan Morcha Uttarandhra Zone Social Media Convenor.

4) Andhra Pradesh Sistakaranam Welfare and Development Corporation Chairperson Smt. Anusha Shashidhar Patnaik met Chief Minister



YS Jagan Mohan Reddy ahead of his visit to Visakhapatnam. In this context, she requested the state government to extend full cooperation so that Sistakaranams can be included in the OBC list. She also thanked the State BC Commission for its positive response to the inclusion of Sistakaranams in the OBC list. Smt. Anusha Patnaik said the chief minister had responded positively to her request for the state government's cooperation as the OBC issue was at a crucial stage with the NCBC.

5) Sri Baliwada Rama Santhosh, son of Sri Baliwada Krishna-



murthy and Smt. Nirmala, is the local in-charge at Visakhapatnam representing Kejrival's Aam

week, programmes are conducted on behalf of the party.

6) Mr. Balivada Ramasantosh, the son of Visakhapatnam arilovas Mr. Balivada Krishna-murthy and Mrs. Nirmala, is the local in-charge in Visakhapatnam on behalf of Kejrival Aam Aadmi Party AAP in Andhra Pradesh. Every week programs are organized on behalf of that party.



6) On the occasion of the birthday of State Revenue Minister Shri Dharmana Prasada Rao, the State President of Andhra Pradesh Sishtakaranam Sangam Mr. Pulumahanthi Umamaheswara, National Secretary of All India Sishtakaranam Sangam, Senior Physiotherapist Dr. Srinivasa Patnaik honored Minister Dharmana Prasada Rao with Dussal and Memento on this occasion. State of President Sri Polu Mahati Umamaheswara Rao read it

7) Smt. Kurada Pavani from Visakhapatnam is playing an active role in BJP.



8) Smt. Kurada Pavani given petition for OBC to State President of BJP OBC Morcha Sri Gangula Srinivasa Raoin Visakhapatnam.

-Compiled by  
J.V.Chandrababu

### Corporation chairperson submits memorandum to Sri Vijaysai Reddy for OBC

Smt. Kantimahanti Anusha Patnaik, Chairperson, State Sistakaranam Corporation, has taken another step towards inclusion of Sistakaranams in the OBC list:

Smt. Patnaik met Rajya Sabha member Sri V Vijaya Sai Reddy in Visakhapatnam. In this context, he was requested to extend support at the central level so that Sistakaranams can be included in the OBC list.

When Sri Vijaya Sai Reddy was informed that the State BC Commission had responded positively and recommended to the Cen-

tral Government & the NCBC to include Sistakaranams in the OBC list, he said that he would work towards drafting the bill so Sistakaranams can be included in the OBC list in the next Session of Parliament in the next July session. In the meantime, Vijaya Sai Reddy said that some representatives of Sistakaranams should come to Delhi. On May 3, CM YS Jagan Mohan Reddy had responded positively when Anusha Patnaik had asked for the state government support as the OBC issue was at a crucial stage with the NCBC.



# Fraternity Page - Andhra Pradesh



## Rajam Association – Election of new Executive Committee

On 29-4-2023, the election of the new executive committee of Rajam Prantiya Sistakaranam Sangham was successfully held at the association premises, with Sri Balivada Venkata Suryanarayana acting as the election officer, under the guidance of honorary elders of the association, Sarvasri Rajam Appala Narsaiah, Uriti Vasudeva Rao and Balivada Srinivasa Rao.

\*\*\*\*\*

- 1) Honorary Presidents: Sarvasree Pakki Appaladas, Vandrangi Nagabhushana Rao, Baliwada Venkata Suryanarayana, Baliwada Srinivasa Rao.
- 2) Special Invitees: Sarvasree Rajam Appala Narsaiah, Bhasur Sankara Rao, Uriti Sasibhushana Rao, D. R. Kishore.

- 3) Legal Advisors: Sarvasree Allena Sathyannarayana, R.C.H. Jayadev, K. Kondala Rao, D.G.P. Prasad.
- 4) Amrutha Kalasam Convener: Sri Pakki Nagendra Rao.
- 5) Amrita Kalasam co-convenor: Sri Amiti Sriramulu.
- 6) Key Advisors: Sarvasree Uriti Vasudeva Rao, Vandrangi Gowri Kumar, D. V. Srinivasrao, Pakki Narasimhamurthy, Allena Jayakumar.
- 7) President: Pakki Vasu.
- 8) Vice Presidents: Sarvasree Vappangi Nagendra, Kallepalli Srinivasa Rao, Uriti Jagadeesh, Locharla Ganapathi, Uriti Jagadeesh Kumar.
- 9) General Secretary: Sri Kuppili Sai Ramesh.

- 10) Treasurer: Sri Baliwada Nageswara Rao.
- 11) Assistant Secretaries: Sarvasree A.P. Srinivasa Rao, Kondavalasa Madhusudhana Rao, Bhasuru Suresh, K.V. Ramana Murthy.
- 12) Audit Committee: Sarvasree Kurada Sivakumar, Kallepalli Ravikumar, Baliwada Durga Prasad.
- 13) Council members: Sarvasree Kottu Sankara Rao, Baliwada Venugopala Rao, Bhasur Narayana Rao, Baliwada Krishnamurthy, Sadashivuni Ravikumar, Vandrangi Venkatesh, Budharavalasa Ramakrishna, Gara Chandramouli, Uriti Rajinikanth.

\*\*\*\*

Let's congratulate the new executive.

## Inspirational felicitation to the young genius

On Sunday, 07.05.2023, the Executive Committee of Pendurthi Sistakaranam Sangham felicitated Chi Mantri Dakshayani Sai Sirshika, who secured the second position in the State (first place in Uttaraodra) in the results of the 10th class examination released the previous day.

At 9 a.m., they went to Sai Sirshika's home in Naidu Thota, Gopalapatnam, and felicitated chi Sai Sirshika, the daughter of Sri Mantri Kiran couple, treating her with sweets and presenting a shawl. The leaders of Pendurthi Sistakaranam Sangham wished her many more

such achievements and blessed her to bring more accolades to the community.

Joint State Kayastha Sangham President, Sistakaranam OBC Co-Convenor, Railway Union leader, Pendurthi Sistakaranam Sangham General Secretary B.R.M. Patro, State Sistakaranam Sangham Vice-President Dabbiru Venkata Rao, Pendurthi Sistakaranam Sangham Vice-President Duggivalasa Chandra Mouli, Joint Secretary Ravi, Joint Secretary Behera Kumar, Organizing Secretary Jayati Manmadha Rao, Joint Secretary Kuppili Eeshawara Rao, PVS Rama Rao, Youth President Pakki Harish Pat-



naik, Joint Secretary Satyaprasad, Joint Secretary Manapuram Srinivas Patnaik, Ootapalli Govind and others attended the programme and congratulated Chi. Sai Sirshika.

## Opportunity for students in our region

Free Food, free accomidation, free tuition Fee... With capable faculty, with a noble intention, under chairmanship of legendary personality Sri Behera Bhaskara Rao, and Behera Vijaya as the MD of the educational institution... A wonderful opportunity for students of classes 10-12 in our region... Contact the phone numbers in the leaflet for information.

**బెహరా ఎడ్యుకేషనల్ ఇన్స్టిట్యూషన్స్**

FREE FOOD FREE ACCOMMODATION FREE TUITION FEES

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కోర్సుల వివరములు

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- సివిల్ ఇంజనీరింగ్
- ఎలక్ట్రికల్ ఇంజనీరింగ్
- ఎలక్ట్రానిక్స్ & కమ్యూనికేషన్

**CODE BCRP**

కొత్తూరు బిల్డింగ్, ఎల్.కోట మండలం, విజయనగరం జిల్లా. E-mail: admissions.beharaeducational@gmail.com  
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Sri Behera Bhaskara Rao  
Founder President  
Behara Educational Institutions

Smt. Vijaya Behara  
Managing Director

**BEHARA EDUCATIONAL INSTITUTIONS**  
KOTYADA VILLAGE, L.KOTA MANDA, VIZIANAGARAM DISTRICT

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విద్యార్థి భవనం, యల్.కోట మండలం, విజయనగరం జిల్లా

- బెహరా పాలిటెక్నిక్ (BCRP)
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- బెహరా ఇంజనీరింగ్స్ ఆఫ్ మార్కెటింగ్ ప్రొమోషన్
- బెహరా బాలయర్స్ కాలేజీ
- బెహరా డి.సెస్స్ అకాడమి
- బెహరా సైవల్ ఇ.టి.ఇ.
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36 ఎకరాల విస్తీర్ణంలో క్యాంపస్  
5 ఎకరాల్లో ప్లీ గ్రౌండ్  
స్పెషియల్ ఫూల్ సెషన్లు

ప్రముఖ యం.యస్.సీలో స్టేషన్మెంట్ సహకారం  
ప్రముఖ సంస్థల ఆధ్వర్యంలో డ్రోవర్లకు  
కమ్యూనికేషన్ & స్పాష్ స్పీచ్ ట్రైనింగ్ తరగతులు

విజయనగరం మీద విజయనగరం నుండి రుద్ది, చాకర్లం రుద్ది

## Fraternity Page - Andhra Pradesh



### Foundation organizes Inter students felicitation

On the invitation of The Sistakaranam Foundation, hon'ble Directors of Andhra Pradesh



Sistakaranam Corporation Sri Sadashivani Krishna and Sri Uriti Apparao, eminent journalist and state leader Sri Potumahanti Narayana, Sri Raghu, who came from far-flung places to congratulate and bless our children who excelled in intermediate in Uttarandhra, spent their valuable time with the students and felicitated them.



### "We Love Reading" program

Kudama Tirumala Rao, headmaster of Kothavalasa school, said that during the summer vacation, all the teachers would be conducting the "We Love Reading" program through mobile phone.

In the wake of the state government's introduction of the programme from May 1 to June 10, the headmaster of Kothavalasa MPUP School under Rajam Nagar Panchayat, Kudama Tirumala Rao, undertook awareness

of the programme to the students, parents and residents of Kothavalasa, along with Mareduvaka and Gopalapuram.

"We Love Reading" program observation: Headmaster Kudama Tirumala Rao went to the homes of the students and inspected them. He expressed satisfaction with the self-writing, skill and creativity of the students. Suggestions have been made for further improvement.



### Felicitation by Madanapalle Karuneegar Sangham

Madanapalle Karuneegar Sangham organized the general body meeting on Sunday, 07-05-2023 under the supervision of Secretary Karanam Janardhan. Karanam Niranjan Babu, President, Karunigar Yuvajana Seva Sangha of Chittoor district was the chief



guest and Avilala Sridhar was the special guest. Speaking on the occasion, Karanam Niranjan Babu said that Karanam and Sistakaranam are the same and everyone should move forward unitedly in the direction of strengthening our caste. Speaking on the occasion, Avilala Sridhar said that the Madanapalle Karanam Sangham was established under the leadership of late Balasubrahmanyam garu and it was his services that reached such a level. Karanam Niranjan Babu and Avilala Sridhar, who were the main guests, were felicitated.

### Ammavari Sambaralu in Jalumuru

Greetings to all our Sistakaranams who attended the Ammavari Sambaralu on Wednesday, 10-5-2023.

In the Telugu states, in Jalumuru town of Jalumuru mandal of Srikakulam district, the birth place of our Sistakaranam ancestors, the village deity Sri Sri Sri Adilakshmi Ammavari Sambaralu was celebrated. Many of our Sistakaranams have come from far away places and participated in the celebrations of the goddess and received blessings. My grandfather, late Dabbiru Narasimhamurthy Patnaik, who was a prominent figure in Tekkali town, hailed from Jalumuru, the hometown of their ancestors. My grandfather used to say that they served as ministers in the court of Tarlakota. They had a large area of agricultural land in Jalumuru village at that time. They were leased out to the farmers, who shared part of the returns.

Over a period of time, the lands were handed over to the farmers and visits to Jalumuru stopped due to going to different places for employment, he said.

Jalumuru is the birthplace of such Sistakaranams. It was from here that the first Akhand Bharata Sistakaranam Sangham was formed and served, according to the Bandhu Seva magazine from Barampuram. It is commendable that the leader of the All India Sistakarana Sangham (117/1988), Sri Dabbiru Venkatakrishna Rao Sistakaranam and a group attended the celebrations. Congratulations.

I congratulate our Sistakaranam relatives who attended the Ammavari Sambaralu in Jalumuru, which has such a glorious history. Since our forefathers were god-fearing and earthly donors, I wish that the grace of mother on our Sistakaranams should always



be there.

- Sadashivuni Lakshmana Rao

# Fraternity Page - Andhra Pradesh



## Seethammadhara Association – The New Committee meets

The first meeting of the new executive committee of the Association was held under the chairmanship of President Sri Godaba Gowri Prabhakar Das at the residence of Sri Tumbali Prasada Rao, Honorary President of Seethammadhara Sistakaranam Association.

**Resolutions:**

At the outset, the meeting passed a resolution expressing commiseration to the passing away of Sistakaranam relative, BC Commission member, Late Pakki Diwakar, and conveying their deepest condolences to his family.

\* The meeting passed a resolution

constituting an Advisory Council to facilitate the use of the services of hon'ble seniors attached to the Committee.

\* A resolution was passed praising the distinguished services of the founding members of the association and recognising them as permanent members of the Executive Working Committee.

\* The resolution adopted the suggestions of the Associate President Sri Gumma Gandhi Krishna that the entire Working Committee of the association should work collectively and move forward with meaningful service to the level of great recognition in the society.

\* The meeting requested that no other messages other than information should be placed in the SSK Executive Body, which is used only for the executive.



## Donors of Ammavari idol

Donors who sponsored the idol of Sri Sri Sri Payalamma Ammavaru, which is enshrined in Kakinada town of East Godavari district of Andhra Pradesh:

In memory of late Jannu-mahanti Bhujangarao couple, Sri Batlanki Suresh Bahudur; In memory of late Smt. Batlanki Uma, her sons Sri Batlanki Viredev and Sri Batlanki Satyadev.

Let us congratulate our Sistakaranam donors who have contributed their share to the spiritual cause as devotees.



## National level drama competition

A national level drama competition was held in great splendor for three days at Palakollu Kala Parishad on 7th, 8th and 9th April under the patronage of famous stage actor Manapuram Satyanarayana. Palakollu MLA Dr. Nimmala Ramanaidu was honored at the prize-giving ceremony of drama competitions.



## Tuni association meeting

Tuni Payakaraopet Sistakaranam association meeting was held under the leadership of Chief Guest Sri Akkumahanthi Raja. Association members Sarvasri Srinivas Mahanti, Srinivas Patnaik, Vivek Patnaik, Ravi Mahanti, Bhupal Patnaik, Lachcha Babu, Ramprasad, Nirguna Anand, Nagu participated in the meeting.



## Petition for OBC to AP state BJP President

Andrapradesh Sistakaranam association (63/1979) President Sri Polumahanti Umamaheswara, Kuraada Paavani, Sri Sun Murthy Rao in Visakhapatnam, met BJP State Preident Sri Somy Veerraju, in the presence of BJP OCI Morcha State President Mr. Gangula Srinivasa Rao, presented a petition for inclusion of Sistakaranam in OBC. . Let's congratulate them.

State president of Bharatiya Janata Party Soma Veerraju stated that he had recognized this matter as a long pending issue of OBC Sadhanas. He assured the leaders of the State Sihtakarana Sangha that he would take this matter to their attention and resolve it when the OBC Chairman visits the state soon. Accepted the petition to include the socially, economically and politically backward civilized castes in the OBC list.



# Fraternity Page - Chhattisgarh



## Miss Karnika interviewed @ 94.3 my FM

Miss Karnika Patnaik daughter of Mr Durga Prasad Patnaik and Ms Sujata was invited for an interview by 94.3 my FM to express her views on the topic "Bhashayen Anek Sangeet Ek" She lent her views by singing one song in different languages. She also got an opportunity to perform in TV 27

channel on the occasion of International Women's Day.

Lekha congratulates Karnika for her wonderful talent and wishes her all the best for future endeavours.



## Summer Camp concluded @ TBS Raipur



Summer Camp concluded with great fervour at Tilak Bharati School Raipur. TBS Summer Camp started from 20 th April to 20 th May 2023. Students from corners of Raipur reached Tilak Bharati School during Summer Camp. They enjoyed doing Karate, Taekwondo and Yoga. They danced with the beats, enjoyed with colours during Art and Craft classes. Enjoying with the tunes at the Music Classes and learning with fun

during Communication Skills classes was innovative. Bhagwad Geeta Classes were conducted to instill spiritual instincts and moral values in children. Clay Mouldings also enthused children as they loved to play with earthen moulds with their little hands.

Here are some glimpses of the same !  
Enjoy through the images !



## Teachers Orientation Program

Teachers' Orientation programme conducted by Sri B Ramesh Patnaik at St.Xavier Higher Secondary School. Bilaspur on 4th and 5th Trainers May 2023. Enthusiastic Teachers under the leadership of Ms Supriya AP, Principal attended the course and interacted well.



## Fraternity Page - Other States

### Appointed Technical Director (TD) of Odisha Cricket Academy

Former first-class cricketer Sri Vuruty Venkatram has been appointed Technical Director (TD) of Odisha Cricket Academy.

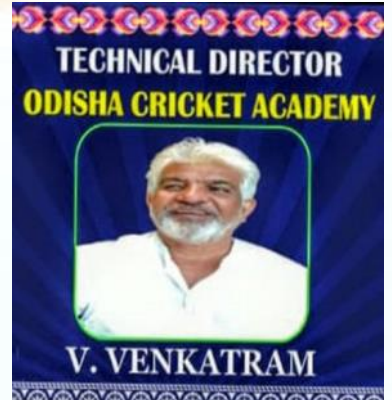
The Cricket Advisory Committee (CAC) zeroed in on the 66-year-old Venkatram, Odisha Cricket Association announced on Tuesday.

Sri Vuruty Venkatram, who was an off-spinner and a useful lower-order batter, played 71 first-class matches and bagged 222 wickets including 13 five-wicket innings hauls and one 10-wicket match return. He captained the Bihar Ranji Trophy team for 6 years.

After retirement, Sri Vuruty Venkatram took up coaching as a BCCI Level 3 coach. He worked as head coach Jharkhand, Tripura and Assam senior men's teams as well as Uttarakhand U-23 boys. He

also served as a coach and educator at the National Cricket Academy for 5 years, and as Director of Assam Cricket Academy.

OCA has placed trust on the experienced Venkatram to further develop its ambitious programme Vision@2024 in various district cricket academies and nurture talents throughout Odisha.



### Key role in Odisha Pradesh Congress Committee - Retd. Chief Secretary Sri Vijay Kumar Patnaik



Retd. Chief Secretary Sri Vijay Kumar Patnaik (Our Patnaik's) is about to rein a key role in Odisha Pradesh Congress Committee.

1976 IAS Cadre, Vijay Kumar was Personal Secretary to Odisha Chief Minister from 2004 to 2010. He worked as Chief

Secretary from 2010 to 2013. After retiring, he worked as chairman, Odisha Staff Selection Commission from 2013 to 2014. Then from 2015 to 2017 he took the responsibility as Vedanta University Project President. Jewel of our community, Vijay Kumar Patnaik went to Delhi in February 2023 to join in Indian National Congress Party. He decided to play an active role in politics. The party is ready to offer him a key role in Odisha Pradesh Congress Committee. We are all happy to congratulate him.

## Fraternity Page - AIPSKA

### 'Natya Mayuri' Classical Dance Competition through WhatsApp activities at 'AIPSKA Kalatoranam'



**AIPSKA'S NATYA MAYURI Classical dance Competition for Sistakaranam community Boys & Girls starts from 04.6.2023. Get ready with your Videos.**

dance Competition on three consecutive Sundays commencing from 04.6.2023. (11.6.2023 & 18.6.2023). Sistakarana boys & girls within the age limit between 05 years and 12 years are allowed. Encourage your children and the children of your relatives to participate in this Competition.

#### Rules of the Competition :

1) Please send your children's dance videos to AIPSKA'S KALATORANAM through

the following given Link. WhatsApp will allow only 2.5 minutes performance. If you come through "Telegram App" it will allow you maximum time. 2) Competitors may use background scores, scenes or equipments as required. Make ups mandatory as required. 3) The performance duration not to exceed 05 minutes. 4) Dance Videos should reach by 10.00am positively on the respective dates of Programme. Late videos will be rejected.

5) Prepare videos before hand but post in the group using given link before 10.00 am on the dates of Competition. 6) The competitors should mention their names with their Surnames, Father's name, date of birth etc., Name of the Place of their residence. Contact Nos. Copy of the Aadhar

card/ date of birth Certificates for age Verification below their videos.

7) If you come through Telegram App, please send your videos to programme Coordinator Smt. Behara Rashmi Patnaik to her following contact No. 9550912614.

<https://chat.whatsapp.com/GujY0YIAAtI8bO4Lx6OoZu>

**"NATYA MAYURI"**  
Classical Dance competition for Sistakarana Girls & Boys to be started from 04.6.2023 (Sunday) for three consecutive Sundays. Pls send your Classical Dance Videos. Plz. write the name of the dancer with Surname, Father's name, Date of Birth & Station below the Video. Send Aadhar Card or School Certificate for age verification. For more details please contact Mrs. Behara Rashmi Patnaik. Her Contact No. **9550912614**



# Kalam Snehitulu



## Meeting of Kalam Snehitulu admins



Six admins of Kalam Snehitulu group met on the happy occasion of Dr. Govinda Rao's brother's daughter's marriage to bless the newly wed couple on 11- 5- 2023.

The admins that attended the function were Sri Baliwada Satya Rao, Dr. Dabbiru Govinda Rao, Sri Karakavalasa Gouri Prasad, Sri Kuppili Bhimeswara Rao, Sri Baliwada Haribabu and Sri Sadasivuni Lakshmana Rao.

Two more admins that could not attend were Sri Sekharamantri Prabhakar and Sri JV Chandra Babu.

## Chitra Kavitalu



As per our group's regulation, Chitra Kavitalu is held every Wednesday. It will end at 8 pm. In the meantime, the member poets can write good poems looking at the picture, and send them. Not more than 10 lines, write mini-poems about the picture in such a way that it gives a good thought with expressive words. (Don't write articles.)

Congratulatory messages only after the end of the program.

*-Gauriprasad Karakavalasa  
Chitra Kavitalu Organizer  
Admins team  
Kalam Snehithulu Kalavedika*

(Alongside here are the pictures that were given during the month of May, 2023.)



## Acharya Chandu Subba Rao Award for Literature



Sri Sekharamantri Prabhakar spoke on the occasion of Dr. D.V. Surya Rao receiving the "Acharya Chandu Subba Rao Award for literature" on 18-5-2023. In the picture, Sekharamantri Prabhakar receiving a memento from Acharya K.V. Chalam.

## Honored amidst writers

Sri Sekharamantri Prabhakar was honored amidst other writers at the book introduction meeting of "Rendu Akashalamadhya" by the famous writer Sri Salim, held under the auspices of Sahridaya Sahiti, Visakhapatnam on 17-5-23.



## Tapaswi Kalinga- Our poets in April 2023

Sixteen works of Twelve Sistakaranam writers and poets were published in the online Telugu monthly magazine 'Tapaswi Kalinga', April 2023 issue. While congratulating them, we wish them to continue their contributions to the magazine. We also wish the remaining writers and poets among Sistakaranams to send their work to the magazine and get them published. Our good wishes to all of them.

వపస్వీ కలింగా మాస పత్రిక		Cover design by R.Krishna Prasad Patnaik
మే 2023		
01. మన దేశం	04. మన దేశం	21. మన దేశం
02. మన దేశం	05. మన దేశం	22. మన దేశం
03. మన దేశం	06. మన దేశం	23. మన దేశం
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## Tumbali Shivaji page design



My heartfelt regards to Kalam Snehitulu and admins. Out of love my elder brother's son Tumbali Shivaji has designed in the above manner for my poems that I wrote earlier. I hope you all will encourage him with love, as I present this to you. My best regards.

*-T.P.R. Patnaik, Similiguda*

## 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	DR.SOUNDARYA
Surname	RAJAPITAMAHUNI
Father's Name	R.KESAVA RAO
Gotram	KASHYAPA
Date of Birth	14-Sep-1988
Nakshatram	CHITTA
Height	5' 3"
Complexion	FAIR
Occupation	PVT. EMPLOYEE YONSEI UNIVERSITY, S.KOREA
Work Place	SOUTH KOREA
Education	M.SC
Preference	PG, DOB-"83-"85

Name	SOUJANYA
Surname	RAJAPITAMAHUNI
Father's Name	R.KESAVARAO
Gotram	KASHYAPA
Date of Birth	25-Mar-1992
Nakshatram	MULA
Height	5' 3"
Complexion	FAIR
Occupation	PVT. EMPLOYEE
Work Place	
Education	M.SC
Preference	PG, PAN - INDIA'

Name	YASASWI
Surname	SADASIVUNI
Father's Name	RAMANA MURTY
Gotram	SRIVATSA
Date of Birth	4-Mar-1997
Nakshatram	JYESTA
Height	5' 6"
Complexion	FAIR
Occupation	PVT. EMPLOYEE SAIL SOFTWARE SOLUTION
Work Place	VIZAG
Education	POST GRADUATE
Preference	WORKING AT VIZAG AND GOVT JOB OR PRIVATE



Name	LOKESH BALAJI
Surname	ROWTHULA
Father's Name	R.V.RANGARAO
Gotram	KHASHIRUSHA
Date of Birth	2-Nov-1982
Nakshatram	BHARANI
Height	5' 9"
Complexion	FAIR
Occupation	PVT. EMPLOYEE SUMMER BEACH
Work Place	MALDIVES
Education	B.SC
Preference	DOB-"84-"89, ABOVE DEGREE, PAN-INDIA

Name	VENKATA
Surname	JAINA
Father's Name	J.GOPALA KRISHNA
Gotram	VASISHTA
Date of Birth	7-Nov-1988
Nakshatram	HASTHA
Height	5' 4"
Complexion	FAIR
Occupation	PVT. EMPLOYEE MEDRONICS
Work Place	HYDERABAD
Education	BE / B.TECH
Preference	DOB-"89-"94, EMPLOYEE, B.TECH

Name	VENKATESH
Surname	URITI
Father's Name	GOVINDA RAJU
Gotram	NAGESHWARA
Date of Birth	5-Nov-1995
Nakshatram	REVATHI
Height	5' 7"
Complexion	FAIR
Occupation	PVT. EMPLOYEE CONSTRUCTION PROJECT
Work Place	SALURU
Education	BE / B.TECH
Preference	ABOVE DEGREE, PAN-INDIA, AMICABLE FAMILY

Name	HEMANTH PATNAIK
Surname	BHOGEA
Father's Name	MALLIKARJUN RAO
Gotram	BHARADWAJA
Date of Birth	22-Aug-1994
Nakshatram	PURVABHADRA
Height	5' 8"
Complexion	FAIR
Occupation	PVT. EMPLOYEE DARSHAN SOFTECH PVT
Work Place	HYDERABAD
Education	
Preference	TELANGANA, SRIKAKULAM,

Name	HARI NARASINGA RAO
Surname	PAKKI
Father's Name	LATE P.PRASAD RAO
Gotram	BHARADWAJA
Date of Birth	25-Jan-1989
Nakshatram	PURVA PHALGUNI /
Height	5' 8"
Complexion	FAIR
Occupation	PVT. EMPLOYEE FIS
Work Place	BANGALORE
Education	
Preference	ABOVE BSC, BTECH, VIZAG, VZM, SKM, E.G.

### GET MORE PROFILES ONLINE

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

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



## SISTAKARANAM IKYAVEDIKA

ONE DIGITAL PLATFORM FOR ALL SISTAKARANAMS

## Health Page

### Health Awareness Series-2-Kuppili Suresh Babu

#### How to prevent sudden death due to heart attack in youth?

*Thanks to Dr. Kuppili Suresh has come forward to write on a health topic every month for 'Lekha'. We published his first article about 'kidneys' earlier and in this month the second article.*

**Heart attack**, which used to occur in the elderly, now mostly occurs in young people between the ages of 18 and 30 and leads to death. Sometimes children are also falling to this menace. According to a study, heart attacks occur in 21.4% of men and 12.7% of women. This heart attack should be considered unusual for people under 40 years of age. This problem of heart attack has become alarming, and it is seen in the youth between 20 to 30 years in the current lifestyle. However, in this heart attack, the blood becomes a blood clot in the blood vessels and a heart attack occurs, blood and oxygen do not reach the heart and it cannot pump. But the biggest problem is that heart attack symptoms are not so common in young people. Many at times it breaks out quietly and leads to death and recent deaths among youths are raising public concern.

What are the causes of heart attacks - This heart attack is nothing new in youth. Young people are always dying. Now the media coverage is increasing and reaching the masses. People are panicking because everything is being shown repeatedly in the media. Due to this, it is seen that the number of people who have this heart attack is high. There are many causes of heart attacks at a young age. Defects in hereditary genes, some congenital heart defects, due to coronary heart disease, unhealthy lifestyle habits, as well as target-oriented jobs in the current job scope, students have increased mental stress about grades and hence the possibility of heart attacks, work from home reduces physical ex-

ertion, more exercise in gyms. Because of the size and also because of the consumption of alcohol, marijuana, tobacco products and the use of certain stimulants, the use of steroids, the use of adulterated drugs and the consumption of adulterated food, within one hour of a heart attack, it is called the golden hour, but many consider it to be gas pain. If you go to a medical store and get some tablet and then consult a doctor within 12 to 18 hours of a heart attack, it can lead to complete heart failure and death. Also uncontrolled diabetes, high blood pressure, increased cholesterol levels, lifestyle habits like drinking alcohol, using tobacco products, smoking cigarettes, restless life, young people are dying more if they have heart disease in their family history. It cannot be said that heart disease will increase due to consumption. Otherwise, the risk of heart disease increases. Also, covid has a tendency to clot blood. So how reasonable is it that heart problems are increasing due to covid in 2020 - and 2021? In this, covid is only a risk factor, there is no proof that covid that came two years ago is more likely to cause a heart attack. In this covid, blood clots can occur either in the lungs, heart or brain. So, there are differences of opinion on whether taking the covid vaccine will cause more heart disease due to covid. If the heart disease is caused by covid then there is no need to give second and third booster doses of covid vaccine. It means covid vaccine does not last long in our body. Also, blood clotting in the blood vessels cannot be said to be covid. In general, the risk of heart disease increases with age. Usually, viral diseases cause blood clots in the blood vessels. What are the important heart attack symptoms - A heart attack should be suspected if any of the following symptoms occur in the

upper part of the abdomen near the chest, especially heaviness in the chest, burning, pain in the middle of the chest, difficulty in breathing, dry tongue, neck, arms, jaw pulling, sweating, fatigue These heart diseases are more likely to occur in people with increased walking, drooping eyes, insomnia, diabetes, high blood pressure and high cholesterol.

What is the remedy - If you get chest pain, don't think it is gas pain and consult a doctor immediately. Don't do too much exercises and yoga, suspect if young people die without any risk factor, if anyone in their family has heart disease, their children are more likely to get it, so family history should be known, unhealthy habits of alcohol, smoking, tobacco products should be avoided, narcotic drugs should also be avoided, physical activity should be minimal. Do yoga. Total diabetes should keep cholesterol levels available. From the age of 30, basic heart tests such as ECG, Tudeco, TMT test, sugar test, cholesterol test, kidney tests should be done. We should not take medicines as we like, salt, junk foods and fast foods should be reduced. If you are overweight, you should reduce it, reduce mental stress, and use blood thinners with the doctor's advice. Deep sleep is a must, follow the above-mentioned suggestions to prevent heart diseases. The PMP Association of India Visakha District Convener - Social Practitioners - Dr. Kuppili Suresh Babu said as part of awareness of heart diseases that it can be prevented as part of social service.



### Interesting Edibles Comparison

MODERN COKE	TRADITIONAL COCONUT WATER
CALORIES 110 KCAL CARBS 27.25 G SUGAR 26.5 G CALCIUM 0 MAGNESIUM 0 PHOSPHOROUS 0 POTASSIUM 0	CALORIES 47.5 KCAL CARBS 27.25 G SUGAR 6.5 G CALCIUM 60 MG MAGNESIUM 62.5 MG PHOSPHOROUS 50 MG POTASSIUM 625 MG

MODERN BREAKFAST CORNFLAKES	TRADITIONAL BREAKFAST IDLI
CALORIES- 260 KCAL CARBS- 36 G FAT- 10 G	CALORIES- 176 KCAL CARBS- 28.9 G FAT- 5.2 G

MODERN SOUP PACKAGED SOUP	TRADITIONAL SOUP SAMBHAR/ SRIJITHI
PROTEIN 0.7 GM FIBER 0.6 GM SODIUM 505 MG FAT 0.7 GM	PROTEIN 4.5 GM FIBER 4.8 GM SODIUM 130 MG FAT 0.4 GM

## Karanam World

### Sanmitrudu for help- A.V. Jagannadha Rao Patnaik (On the occasion of 22nd May death anniversary-Lekha Tribute)

It is natural for forgetful man to think only about things that make him suffer. Moreover, it has become a habit to forget the people and organizations that serve the society. In today's society, even if the society forgets the people who have done such services, the people who do those services will continue to serve 10 years ago Seva Murthy A.V. who has served extensively in various services and is currently continuing his service career. Jagannadha Rao Patnaik. He was born on February 22, 1959 to the pious couple Late Augur Satyanarayana and Venkatarukminamma.

They conducted many medical, educational and spiritual service programs in Uttar Andhra districts like Visakhapatnam, Vijayanagaram, Srikakulam and some important areas of Orissa. Not to mention their financial support for the development of ancient temples, social welfare programs, cultural programs, medical service camps, etc.

On the one hand, providing help to many sectors in their own style, on the other hand, establishing institutions in the fields of education, technology, and medical education, and doing art service and community service, everyone should praise their good heart.

Since 1969, when a social group was in receipt of government subsidies in backward castes, that social group was removed from the list of backward classes for various reasons. Their service is historic in fighting with the state government on that issue and working tirelessly with the advice and cooperation of many elders in various fields to include that social group back in the list of backward castes. With their immense passion for education, they established ITIs, Degree Colleges, Institutes of Medical Electronics Courses in consultation with learned

people in various fields. Among them, a technical education system called RITC was established in Jagannath Bhavan at Pitamahal, Rayagada in the state of Orissa.. VJ in Visakhapatnam. Medical S.V.V. in the college premises. Started a bio medical institute teaching electronic course. It was started under their guidance after observing the way in which the trained people get more job opportunities in various fields.

Swati Vananthi founded ITI and thus contributed to the development of technical education by establishing these technical education departments in Srikakulam Parvathipuram in 1984, Orissa Rayagada in 1986 and Visakhapatnam in 1990 and created employment opportunities for thousands of students.

Apart from providing assistance to the cultural fields, they also started Swati Vasanti Cultural Academies and organized many cultural programs in different areas. Many organizations have responded to the various service programs they are doing. They were honored. Some institutions also offer titles. Among them are Kalamitra, Visakharatna, Technical Education Provider etc.

As a student, a teacher, a social worker, a promoter of cultural fields, Patnaik Paddak, who is fulfilling his responsibilities, does not fail to provide assistance to anyone who tells him what program he is doing. More than most people who promise to do in society. There are very few people like Patnaik who do them early. can say

That's not all the help his boneless arm has had for decades. Even if those who got it are forgotten, the fact that those who did it are forgotten is proof of their greatness. They continue to provide help to various associations and organizations in the socie-

ty, showing their philanthropic quality. His family members also carry on his father's legacy by participating in various honorable professions and community service activities. The family mem-

bers continue to follow the path of the father and continue to provide them with the necessary support for educational, medical and cultural activities. Dressed in clean clothes and always smiling, Vitarana Sheeli Patnaik sends those who come to him back with the same smile.

Technical education institutes, medical electronics courses to be started by a government or a government agency. Teaching institutions, it is a great thing to start as an individual force. A.V. Jagannadha Rao Patnaik's path is a great road for the upcoming community servants who have proved that one can achieve something with just determination to serve than many people who live as nothing in the society.

Such a Great person passed away on 22-5-2017.

Lekha Tributes .

*Written by - Sadasivuni Lakshmana Rao*

*Compiled by - Jannumahanti Venkata Chandrababu*

*Composed by -Vandana Adivishnu*



### Late Balivada Kantarao's death anniversary



A famous Telugu novelist. He was born in a village called Madapam in Srikakulam district of Andhra Pradesh. Served in various cadres in Indian Army.

Wrote up to 38 novels. He also wrote up to 400 stories, 5 dramas and radio dramas.

Standards were not compromised at any stage. His qualities like honesty, sincerity, pity, kindness, compassion etc. are evident in his writings. Apart from Telugu and English, he can also speak Bengali and Oriya. All the stories of Baliwada welcome the readers in a friendly and spirited way, 'read-stop-think-cultivate' and continue to contribute

to their culture. However, the most valuable quality in Kanta Rao's art is modesty. They leave the reader with what cannot be revealed in the story and create the potential and relevance of what is revealed. (See old Lekha issues for more details)

# Save Planet Earth

## "We Love Marina"



**Though we have made quite a bit of progress by the government and its people through promoting awareness, companies executing CSR activities, yet it is a never-ending exercise to spread, motivate and inspire people towards clean surroundings.**

**Sharing herewith an article written on 11th August 2015**

It was a Saturday morning in Chennai and 'Hyundai Glovis' is excited distributing all the Tees of "We Love Marina". They also arranged for distribution of caps to protect from the sun, gloves for hygiene and recyclable plastic bags to pick the garbage on the beach!

Yes, it was strange, many of us Indians found it surprising what it all about. But we all employees, families, Koreans and Indians did clean a part of the beach which could sustain just for a day! I thoroughly enjoyed being a part of this activity since I was a part of 'Glovis India Pvt. Ltd.' (A Logistics Company for Hyundai Motors). Me being wife of Mr. Adi Vishnu Venkata Ramana who is Vice- President for 'Glovis India' got motivated by the Koreans who showed us what real love and concern for society is and what social responsibility is!

They had shown us Indians to execute activities, taking responsibilities in a small scale without giving lectures or speeches and without setting expectations just from the government. It was

just fun and a get together with a social cause for making world a better place; to start with cleaning a small part of Marina beach in Chennai.

*'Let's make a better place for me and for you and for the entire Universe!'*

Reminds me of Michael Jackson's song.....

It is a learning from the Korean culture. They have love for their country and serve too. The same they were inspiring us Indians working for a social cause expressing concern towards cleanliness. We need to thank them for being with us inspiring through their thoughts and thus execute through innovative ideas.

While picking up the garbage, probably each one of us must have realized that we should not litter the beach this way henceforth. This also cultivates good habits for our next generation, family and neighbourhood. In just half an hour 200 bags



were collected and the beach, the sands looked cleaner where we can spend a nice, relaxed holiday unlike before. Here today I found 200 people cleaning half a kilometre of beach stretch taking 200 bags of garbage. How many sweepers should government employ to maintain the beaches, roads, public areas? It is simply impossible unless we maintain clean habits ourselves and spread it through. I had realized that we Indians keeps blaming government endlessly



about cleanliness, but we hardly follow our duties and basic responsibilities as citizens of the country.

It was a good initiative for 'Glovis' to also invite their parent company; 'Hyundai Motors Pvt. Ltd.' with different jackets. I guess 'Rotary Club Members' also took part in the same event. I am sure 'Glovis' has set an example for many other Indian companies, Indian government towards CSR activities. However, with great delight one could say that such CSR activities are being executed by many Indian companies too and year by year growing better.

I guess probably 'Glovis' must have given the hand gloves for wash and donated to the municipality for re-use by the sweepers while the caps and the tee-shirts to orphanage. Proud to be a 'Glovis' Family Member and thank you for giving me this special day!

**Hope remains....  
For many more clean ups developing awareness towards clean environment.....**

**-Vandana Adivishnu**



# Beauty

**THE RIGHT BASE MAKEUP APPLICATION ORDER**

FLAWLESS ✓	CAKEY ✗
1. MOISTURIZER	1. PRIMER
2. PRIMER	2. MOISTURIZER
3. FOUNDATION	3. CONCEALER
4. CONCEALER	4. FOUNDATION
5. POWDER	5. BLUSH
6. CONTOUR	6. HIGHLIGHTER
7. BLUSH	7. CONTOUR
8. HIGHLIGHTER	8. POWDER

1. Line your lips with a lip liner
2. Fill your lips using a lipstick
3. Pat some loose powder with a brush
4. Now your lipstick is smudge proof

**CAUSES OF PIMPLES**

- NOT ENOUGH VITAMIN D
- UNHEALTHY FOOD
- DRINKING LESS WATER
- MASKS
- MESSY SLEEPING HOURS
- LACK OF EXERCISE

**- Rashmi Shashank**

## Our Treasures

### FOOD FOR THOUGHT – How you balance your Earth Element in self?

I believe you all have read the Page 23 of May publication about the Chin Mudra column.

We are familiar with the five elements which constitutes us and which constitutes our environment & the universe too.

Fire, air, space and water we are getting from everyday life, right!

Where we get the earth element in our everyday routine have you ever thought of it...!! From our lifestyle and the way we are living we are getting away from the Earth element day by day.

\*Note - One element is completely missing and the repercussions are huge, which are prominent irrespective of the age in mind & body.

Earth element means which have some weight or hard or has some volume in our body. Each organs, tissues, bone, hair, ligaments, tendons, teeth, cartilages, outer layer of cells, walls of hollow organs, the channels of body, muscles, fat are made up of earth element. If these are the aspects taken care by earth element; can you imagine how each of us are suffering in the above aspects and have started understanding it through the different names of dis-ease (s).

We all are in an alarming situation where by observing self or others; we can very well understand the missing of EARTH ELEMENT is leading us to various mind and body disharmony.

This lacking of earth element will increase day by day and from our generation to the next generation and so on.

How to get the EARTH ELEMENT back into our life ...wait for June month column. Till that time deep dive within...

Holistic Health Mentor

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### Returning to oneness

'Returning to oneness - the seven keys of ascension' is wonderful book by Leslie Temple Thurston that every Kundalini Yogi must read. Following three paras are excerpts from this insightful book.



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

The light body has a core or central axis from which the chakras emerge. In Sanskrit the core is known as the shushumna, and it corresponds roughly to the physical spine. The shushumna is a pathway of light. It is the luminous core of enlightenment within each one of us. It is the center of the cosmos, and is known in the Bible as the Tree of Life, one of its many names. Its "branches" of energy or light spread into all the different dimensional facets of all of the bodies.

Most people in the separate system are unaware that the core exists and rarely feel it. All the veils of the conditioned personality—fears, imbalances, negative and limiting belief systems, and so forth—have been wrapped tightly around it and have hidden it from our conscious view. In fact, they resemble a coating of thick, black leather, like a sleeve, around the core. Between the chakras are locks where the veils constrict and cut off the flow of light and energy through our physical body. The illuminating flow of kundalini, once liberated, moves up and opens the locks to reveal the emanation of unity consciousness from the core. The locks limit the quantity of light we can access, thus keeping us in a limited system. As we ascend in vibration and let go of the beliefs in separation and limitation, the kundalini opens the locks and sweeps away the veils. We become conscious of the kundalini ascending, of the light of unity emanating from the core and of being connected all the way up, from root to crown chakra.

When a single, thread-like flow of light, or kundalini, ascends all the way up the core from root to crown, uninterrupted by egoic limitation, we begin to experience unity consciousness. In Sanskrit it is a state known as samadhi. The Christian Church refers to it as "the peace which passeth all understanding." As we clear the constricting, limiting locks in egoic consciousness and as we progress on the path of Self-discovery, the thread widens and our samadhi state evolves and grows. Samadhi is an actual experience of the light of the core and is an awakening to the knowledge of the cosmos—the beginning of enlightenment and of being "ascended".

## Ikyu Vedika Page

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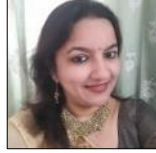
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### Lekha Calls Out to You



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.

