

Inside this issue ...

2-4	News Makers
5	Editorial
5	Interview
6	Open Forum
7-8	Support Arena
9	Telangana
10-12	Andhra Pradesh
13	Chhattisgarh
13	Gujarat
14	Karnataka
15	Kalam Snehitulu
16-17	Vivaha Vedika
18	Talent Corner
19	Health Page
20	Save Planet Earth
21	Karanam World
22	Our Treasures
23	Speak Out!
24	Ikyavedika Page

A Word on OBC

With the news that Sistakaranam caste will be in the list of communities recommended for OBC in the next parliament session, you will read in this issue that full-fledged efforts are on, in both the Telugu states, with our leaders leaving no stone unturned to do everything possible to boost our chances to be recognized as an OBC. Let's dwell a bit on the "progress" our leaders have achieved in giving our caste a good political standing.

In Andhra Pradesh, it is well known that we have strong connections with the ruling political class, and the presence of a Corporation ensures proximity with the powers that be. We also have leaders in our community that wield considerable influence in the key opposition parties in the state. We should be ever grateful to the leaders that have placed our community in this strong influential state.

On the other hand, in Telangana, our leaders have similar equations with the ruling and opposition political parties in the state. In addition, at the national level, they also have relatively closer proximity with members connected to the Backwards classes commission itself, and simultaneously a leverage with the broader Kayastha community that gives us considerable strength to help our cause.

In these very favourable circumstances, the only question that remains is whether our leaders' personal ambitions are at play. We

only hope that an aspiration for posterity is secondary to them, that there is no game of one-upmanship, and that though they may be putting in efforts independently there is a spirit of complementing each other rather than competing with each other.

Well, I guess only time will tell.

A second aspect that I want to dwell upon is that there is a section in our community that believes that we shouldn't fight for OBC: Perhaps, because some of us have achieved a good social standing having had successful careers, or because we believe that we are known for our intellect therefore we don't need any favours from anyone.

The reality is that a vast majority of our community are in an impoverished state - unlike some of us privileged few - and that means they face challenges to even prepare themselves for the competitive world out there. It is for the sake of the unprivileged lot that we should all support the efforts to attain OBC status. The small minority of us who don't need OBC can "give it up", which in turn may actually help our own community members.

Well, we hope that everything works out well, and we can't wait for the day when 'Lekha' will carry headlines that our OBC efforts have been finally successful!

- Naraharinath Sekharamantri

Founder Publisher, Sistakaranam Lekha

Founder Member, Sistakaranam Ikyavedika

A Few Disclaimers

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

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

lations exist, (2) It's not a printed magazine, which requires approval of RNI (Registrar of Newspapers for India), (3) It's not a commercial venture, but a collaborative voluntary effort from members of our community and (4) It's for private circulation only, meaning that it is meant only for members of the Sistakaranam community. However, we are open for advice in this matter, and reiterate that we shall abide by any statutory requirements, once the same is clear.

As for the content in the newsletter, including advertisements, it is all sourced either through

contributions from members of the community, or from resources that are in the public domain, including news media and social media (such as Facebook & WhatsApp), without any financial consideration to anyone. If you have any reservations about the content, please reach out to Ikyavedika digital team (details in the last page).



Newsmakers

Chi. Anirudh wins Debate championship at Houston



Chi. Anirudh Balivada is an 8th grader at Lanier Middle School in Houston, Texas. He has participated in Debate tournaments since his 6th grade. He won the State Championship in Public Forum Debate held in Houston, on April 30, 2023. The tournament hosted 20 schools, most schools were from the Houston area, with others from Corpus Christi and Harlingen. In the Public Forum section, he and his partner won first place of 35 teams participating. The topic for this tournament was "Resolved: The United States Federal Government should ban the collection of personal data through biometric

recognition technology."

He went to Phoenix Arizona for National competition in mid week of June and he got placed as Semifinalist in the Nationals.

Chi. Anirudh is the younger son of Mr. Suresh and Mrs. Sumathi Balivada; grandson to Smt. Jagan Mohini and Sri Rama Rao Balivada on the paternal side and Sri Pakki Eswara Sukumar Vidyasagar and Smt. Rama Sagar on the maternal side.



AP Writers' Association District Secretary elected

In the elections held in Guntur, for the new executive committee of the Andhra Pradesh Writers' Association, our famous poet Sri P Lakshman Rao (Potuberi Lakshmana Rao) from Vizianagaram district was elected as the District Secretary of. Congratulations to him.



"Jeevithamlo oka roju" published

"A Gunde Thattina" written by prominent poet, writer, literary lover, Kala Ratna, Seva Ratna, Sahasra kavi, hasyakavi, resident of Jagannadhapuram village, Bobbili mandal, Vizianagaram district, Dr. Pakki Ravi Shekhar Satyanarayana Murthy Patnaik, was published first.

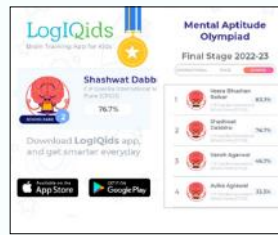


Subsequently, the tales of "Ammamma kathalu", "Idera jeevitham", "Moodu Idlilu", "Jeevithamlo oka roju" were written, Dr PRSSN Murthy said.

He said that it was honor that the foreword for this compilation was written by Hasya Kavi Hasya Brahmam Dr. Shankarnarayana, Radha Sri Sri, Ganta Manohar Reddy, Sri Kilaparthi Dali Naidu, BHV Ramadevi, Paidi Navaneetha Ravinder, and Lanka Venkataswamy Dr. PRSS Murthy thanked everyone.

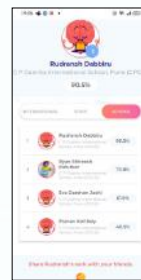
Chi. Shashwat & Chi. Rudransh shine at LogIQuids Olympiad

Chi. Shashwat of Nagpur is among the top performing students at LogIQids Mental Aptitude Olympiad, India's #1 Brain Development program for 5-14 year olds. Shashwat is 5 years old, studying in C. P. Goenka International School.



His brother Chi Rudransh Dabbiru achieved 2nd rank in School, 5 th rank in international LogIQuids Olympiad.

They are the sons of Shashidhar & Swati, and grandsons of D. M. M. Rao, IRAS, Indian Railways. Nagpur.



An innovative tribute by Sand Sculptor

A picture drawn by Sand Sculptor, Sudarshan Patnaik at Puri Beach... Let's hope for a speedy recovery for those injured in the train accident...



Sri Vasu felicitated by Minister

Sri Dabbiru Srinivasa Rao (Vasu) was felicitated by Honorable Minister Sri Dharmana Prasada Rao. Our congratulations.



Newsmakers

Blessings and flood of congratulations to Chi. Ashrita

Various Sistakaranam and Kayastha community leaders, school and college management felicitated and blessed our Sistakaranam gem Chi. Naupada Ashrita, who secured 315 rank in the civil services examination announced in 2023.

1) Sri Dabbeeru Venkata Krishna Rao, President, All India Sistakaranam Association (117/1988) and President of South India Kayastha Mahasabha, Sri D. Sudheer and Sri Prabhakar Patnaik, Executive Committee members, were invited as special invitees to the Kayastha Youth Civils 2023 Felicitation Meeting held at the Constitution Club of India in New Delhi on 9-6-2023.



The boys & girls belonging to the Kayastha community, who passed the civil services examination in 2023, were felicitated at the grand felicitation ceremony. It is commendable and a matter of pride that our Sistakaranam youngster Chi. Naupada Ashrita is amongst them. Sri Naupada Satyannarayana attended the programme. Congratulations to all.

2) On 11-6-2023, on behalf of The Andhra Pradesh Sistakaranam Association (63/1979), Publicity Secretary Sri Sadashivuni Lakshmana Rao, Gajuwaka Sistakaranam Association President Sri Baliwada Satyarao, leaders Sri Basangi Tirupati Rao, Sri Nagumantri Venkateswara Rao, Sri Sathyannarayana, Social Media Convener Sri Sunmurthy, Sri Palateru Bala, Tax Consultant Sri Manapuram Tilak Patnaik, Visakhapatnam Sistakaranam Association – Kancharapalem Organizing Secretary Sri Bhasuri Srinivasa Rao, Sri Sadashivuni Deepak Kumar and others, met Chi. Ashrita at her residence in Visalakshinagar, Visakhapatnam and congratulated her. They felicitated Chi Ashrita and her parents Smt. Naupada (Kuppili) Swathi and Sri Naupada Veera vasantha Rao with shawls, and conveyed their congratulations and their blessings to Chi Ashrita. They said she is the pride of Sistakaranams.



3) Naupada Ashrita, an alumnus of Aditya College and who secured the best rank in civil services, was felicitated by Aditya College, Visakhapatnam.



4) She visited Haragopal School in Railway New Colony. On this occasion, she met the principal and other teachers. She went around the school and sat for a while with the students in the class where she studied. Addressing the students on the occasion, Ashrita said that if they have the aim of achieving something along with perseverance and hard work, they can achieve what they want. For this, they are advised to set a goal right from the student stage and study hard and fulfill their life's goal. Principal Shankar



Rao Naidu and teachers felicitated Ashrita and handed over a memento.

5) Andhra Pradesh Sistakarana Sangam (63/1979) President Sri Polumahanthi Umamaheswara Rao went to the Visakhapatnam Visalakshinagar residence of our Sistakaranam gem, who secured IRS with 315 rank in Civils 2023,



Chi. Naupada Asrita and honored her along with her parents Sri Naupada Veeravasanta Rao and Smt. Naupada (Kuppili) Swati with a specially framed certificate of honor and a shawl. Sri Sadashivuni Lakshmana Rao and Sri Bala also participated in this program. Spending more than an hour, He said that only 993 out of eleven lakh people have cleared the civils, this victory is not an ordinary one, with the necessary determination and parental motivation & encouragement. He blessed her to achieve IAS for sure this time. Also Chi. Asrita's brother Dr. Chi. Naupada Vishwa Anish, BDS was also felicitated with a special award for achieving gold medal at Anil Neerukonda Institute of Dental Sciences, Visakhapatnam.

6) All India Radio, Visakhapatnam had an introductory program with Naupada Asrita on Visakhapatnam radio station at 6:30 PM.



First place in 66 kg category, 400 kg weightlifting

Our Sistakaranam Yuvatejam Sri Barli Vijayamouli (son of Sri Barli Ramakrishna of Saluru) stood first in the 66 kg, 400 kg weight lifting category in the national level power lifting competition organized by Samyukta Bharatiya Khel Foundation (SBKF), New Delhi on 28-5-2023. Let's congratulate him.



Silver medal in 74 kg category, 400kg weightlifting

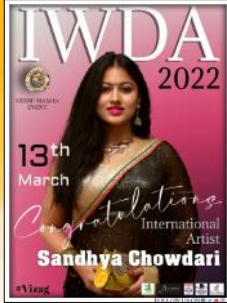
Sri Sadashivuni Raja (son of Visakhapatnam native Sri Sadashivuni Ramakrishnagari) stood second and won the silver medal in the 66kg category, 400kg weightlifting in the national level powerlifting competition organized by Samyukta Bharatiya Khel Foundation (SBKF), New Delhi on 28-5-2023. . Let's congratulate him.



Newsmakers

Honoured with IWDA2022

Smt Chowdary Sandhya Shankar Patnaik w/o Late Chowdary Ravi Sankar Patnaik, Master in Fine Arts from Andhra University, was honoured with



IWDA2022 for her achievements in fine arts field. Her father-in-law is none other than famous sculptor, late CSN Patnaik of popular Patnaik Gallery of Visakhapatnam.

HEART SPEAKES Delima

As I grew up the interest in visual arts had an impact on the creative aspects of varied forms of the art, which eventually led me into a family of artists. Father-in-law CSN Patnaik being the senior-most artist of the country and husband the professor in the university teaching fine arts, my concepts are mostly derived from the day to day things that are happening around me. My concepts are mostly derived from the day to day things that are happening around me x of the ornamentation and the beauty of the woman in a very abstract way of using vibrant colors. The intensity of the subject imparts as an extension of myself while adding the beauty with ornamentation, my painting represents the innermost elegance of a woman who opens up to the world with courage and determination, with 'look of confidence as she walks out of the canvas.

SANDHYA SHANKAR PATNAIK, M.F.A.
From the department of fine arts, Andhra University, Visakhapatnam has participated in various art exhibitions like the graduation show at the department of fine arts, Andhra university (2001). The art gallery at Kalleas Girl organized by VIUDA in 2002. Art exhibition by young artist At Visakhapatnam-2002. Potti Sillamurthi Telugu university-2001-2005 at Hyderabad, State Art gallery, Hyderabad, Special Art gallery, Hyderabad. Concepts are mostly derived from the day to day things that are happening around me with women centered subjects which Shrivati Art gallery Hyderabad, Kataksha Art gallery in 2007, Hyderabad Art gallery, Visakhapatnam.

International art Expose-1 'Creative atmosphere' at Pooelle art gallery, Hyderabad March 2013. Art Invasion! Bangalore, International hotel, Cecere, Art Gallery Bangalore November 2013. 'Giving All That' at Alankarna Art Gallery, March 2014 Hyderabad. Vizag art fair-2014,2015. Solo shows at Hotel Desapalla in 2006. Patnaik art gallery in 2004,2009. solo show at gallery space Hyderabad in 2015. Group show at Art gate gallery, Mumbai in 2015. group show at Cultural Centre Vijayawada art gallery in 2015.

Group show at Visakha museum Visakhapatnam in 2016. annual show at the department of Fine Arts, Andhra University, Visakhapatnam in 2016. Curated annual art exhibition Patnaik Art Gallery Visakhapatnam in 2016. The Inaugural show of the gallery Hastakhar at the Park Hotel Visakhapatnam in 2016. Participated in International Group show and painting workshop at Park Hyatt hotel organized by gallery space Hyderabad in 2017.

Also participated in Art camps organized by the regional center of Lala Kala Academy, Chennai. At Visakhapatnam in 2006. Vizag Art camp conducted by 'Indian Art' an event management company based in Singapore at Visakhapatnam 2007. attended an Art camp at V Prasad Eye Hospital, Visakhapatnam and another art camp conducted by GVMC at Visakhapatnam, at Visakha museum in 2010.

participated in Artistic symposium organized by A. P. Tourism at Sillamurthi, Visakhapatnam, 2013,2014. Sandhya's works are in private collections at various places.

Agni Award to Sri Pakki Ganesh

Hearty Congratulations to Life member of our Seethammadhara Sistakaranam Association, Associate Director, Naval Science and Technological Laboratory (NSTL) Visakhapatnam, Sri Pakki Venkata Satya Ganesh Kumar on his receiving Agni Award for his commendable work in indigenously developing technology for the use by Indian Navy hitherto being imported from foreign countries and recognised by Indian Navy, from the hands of Dr S V Kamath, Chairman, DRDO in a function held recently.

Ranks in JEE & NEET – Future Sistakaranam Engineers and Doctors

1. Chy. Pakki Sai Kaushik, secured 925th rank in JEE ADVANCED-2023. Also got 350 rank in AP EAMCET. Chy. Kaushik is elder brother's daughter's son of Sri Dabbiru Prabhaker Rao, Rairpur and parents name - Sri Pakki Srinivas Rao and Smt. Srissha, resident of Gajuwaka, Vishakhapatnam. Congratulations.
2. Chi Aguru Likhit, son of Sri Aguru Gowrishankar (BSNL Divisional Engineer) and Smt. Aguru (Baliwada) Leela Kumari (Assistant Professor, JNTU, Kakinada), who are natives of Kakinada



district, secured 710th rank in NEET2023 examination held at all India level, as well as 41st rank in Andhra Pradesh State EAMCET 2023. He is the topper of Kakinada Aditya College where he studied. He is the grandson of Sri Aguru Rama Rao of Rajam, Dolapeta. Let's congratulate him.

3. Sadashivuni Krishna, Corporation director, congratulating NEET national top ranker Varun Chakravarthy, his mother Rajyalakshmi – a teacher, and sister Dr Neelima.



4. Let us congratulate Chi Uddavolu Sirshika, daughter of Sri Uddavolu Venkata Nagesh Patnaik, Hyderabad, for securing a good rank in the entrance examination and securing a free seat in MBBS.



Membership in Lions Club

Congratulations to Lion Vantharam Chandramouli, who always helps people with his commitment to service, for getting membership in Lions Club International, Visakhapatnam, an elite international service organisation.



Shrinand's 8th grade graduation ceremony



Shrinand Patnaik, who became the Vice President of Ardsley Middle School, Editor-in-Chief of the Yearbook, was given the honor of lead-

Shrinand. Shrinand's paternal grandparents are Dr Dabbiru Ganapati Patnaik & Smt. Premalatha Patnaik while his maternal grandparents are Dr Krovvidi Rama Seshagiri Rao & Smt. Lakshmi Kantam.

ing the Pledge of Allegiance at his 8th grade graduation ceremony.

In a message addressing every teacher, principal and administrator at Nixon Elementary (K-2nd grade) in Cerritos, CA, Concord Road School (3rd-4th grade) and Ardsley Middle School (5th-8th grade), his parents Sri Manoj Patnaik & Smt. Arani Patnaik, USA, thanked them for believing, motivating and building the future for



Editorial

Sistakaranams – Changing times

“Lekha “ wishes all relatives heartfelt salutations.

The changing times can be directly seen in our caste as the generations change. The current generation who are excelling in studies...doing good jobs is ahead of us...the times have changed. Time only resolve positively our OBC Sadhana too.

The glory of time.

A boon given by Shiva to Bhasmaasur made run Lord Shiva himself..Glory of time.Lord Shiva worshipped Ganapati before leaving for war with Tripuraasaura.The Glory of time. Done Rajasuya yaahan by Dharmaraaj but made him to beg in Ekachakrapuram.Glory of time. Such stories many in our Puraanans wethet believe it or not but all were truth...Time only Factor for all.Even God is in the control of time. Time doesn't see poor or rich, king or attender. Doesn't have fear of sin or punya. It only know follow it's time .Every creature should follow as per time. Adhrvan Veda explaine Time runs as fast as horse.

Tamaraku is not used as long as it is on water. Even if a drop of water falls on it , it does not get wet. Also time does not respond to anything. It is man who responds to the times! Time knocks on the door once in a while in the form of 'luck'.

A wise man is to take advantage of that opportunity. The same knocks on the door many times in the form of 'bad luck'. Understanding and not opening the door. Characteristic of a sage.

Life is too short. Lifetime is very broad. That is why Mahatmas want to do tomorrow's work today and today's work now. Procrastination is the characteristic of a coward, who can tell what danger may arise at any moment. Lost money, lost health, forgotten education, all this... can we get it if we work hard again! Elapsed time cannot be recovered. The sages of the past used every moment of their life in the presence of Bhagavat through chanting, penance, study of science and good deeds. That is why they became mokshaars.

English Proverb says, 'Neither time nor ocean wave stops for one'. The Vedic story 'Kalayanamah' is always memorable for us. If it is spent like this, it is the characteristic of the best person to take advantage of the available time as much as what a man has achieved in his lifetime.

That's why 'time' is the answer to everything. Until then, "Lekha" strongly believes that we should wait for the time when it will be useful for the caste so that we don't get into misunderstandings, accusations and insults between us.

“Sarva Sistakarana Sukhinobhavanthu”

- Jannumahanti Venkata Chandrababu.

Interview

Missile Man of Sistakaranams

Lekha takes the pleasure of introducing "Missile Man of Sistakaranams" from the electronic city, Bengaluru. He received a lifetime achievement award from NIT. Beyond his professional contributions, he is equally recognised for his social services, from heading his colony's society to the Bengaluru Sistakaranam Association. Seven years ago, he started a WhatsApp group, namely Bangalore Sistakaranalu. Yet he appears simple and humble, but sincere in his actions. We are talking about Rajeti Ramji Patnaik. Now, let us talk to him.

Please share with us about your education and career.

I did my Master's degree in Electronics Engineering and worked at NAL, IIT, and BHU, with a long stint at Bharat Electronics Limited (BEL), Bengaluru, as Sr. Dy. General Manager. After superannuation, I worked as Chief Consultant to DRDO for 10 years.

Your achievements or unforgettable events

My greatest achievement was working as the head of the missile project at BEL. My proudest moment in my life was receiving the Lifetime Achievement Award from NIT, Patna, in the year 2000 for my contribution towards electric devices and applications.

During the insurgency days, I spent one day with a Muslim family in Srinagar to install a radar, and I will never forget that. My lecture in Cairo on Indian radars to the Arab defence officers was also an unforgettable event. In Paris, I associated with the Mirage aircraft manufacturing engineers' association for two months, and it was also a memorable thing in my career.

Share about your activities to Sistakaranam association.

I have been heading the Bengaluru Sistakaranam Association for the last 25 years. I have been organising annual get-togethers for our community since then. We started our journey

with 10 families in Bengaluru by meeting in one of our family houses



once every six months. When the number of families rose to 25, we started meeting in resorts, parks, small function halls, etc. Now the number has reached 100 plus, and we are planning to restart an annual get-together post-COVID in July, 2023 in a grand way and to invite our Sri D.V. Krishna Rao garu, President, AISKA.

Your message to our community.

I appreciate AISKA for serving our community in many ways and request that our young generation get con-

Father:	late Rajeti Rama Rao
Mother:	late Mantri Jayalakshmi
Spouse:	Mantri Susheela
Sons:	Eldest in IBM as Manager. Second son settled in USA, Portland
Hometown:	Kakinada

nected with our community activities and know about our roots. Educate their children to know who we are?

About Lekha please

Lekha's team is doing a great job. I am a regular follower of Lekha.

A technocrat in social service is a notable point. Ramji is also head of his colony association and does social service to his colony by holding education camps, health camps, and many other activities. He provides shelter and financial support to the new young entrants to Bengaluru in search of a job. This indicates his leadership qualities in associations.

Lekha wishes him the best of luck in all his endeavours.

Interviewer:
Jannumahanti Venkata Chandra Babu

Compiled by:
Mantri Narsimha Rao

Open Forum

Sistakaranams as Poets – Part 1

When it comes to Andhra literature, Nannaya-bhatta is referred to as 'Aadi Kavi' (means the first poet), as he translated into Telugu the Mahabharata, written in Sanskrit by Vyasa Maharshi with 1,25,000 shlokas, in the 11th century at the request of Rajaraja Narendra. Nannaya Bhattu translated 'Aadi, Sabha Parvas and chaturdhaswasa (described sarat rutu or description of spring) of Aranya Parva into Telugu as desired by the emperor Raja Raja Narendra. After that no one tried to translate the remaining portions of Mahabharat for two centuries. Then the great poet Tikkana Somayaji translated the remaining 15 parvas including Virat Parva, Udyoga Parva and Sthree Parva into Telugu. But he didn't complete the remaining portion of 'Aranya Parva' which Nannaya Bhattu left. After sometime the Poet Yerrana completed it. So these three poets are called 'Kavithrayam' which means 'poets trio'.

Later emerged the writings of the poets Pothana, Srinatha, Ramaraja Bhushan, Peddana, Tenali Ramakrishna, Nachana Somanath, Dubagunta Narayana kavi, Koravi Goparaju, Baivaraju Venkatanathudu, Kambhampati Narappa, Nanni Cholodu, Srigriri Kavi, Srikrishna Devarayalu, Kummari Molla, Nandi Timmana, Peddana, Mallana etc.

As Sistakaranams belong to "Vanga Desam", their mother tongue was Bengali. Still they gained fluency in the North Indian languages like Sanskrit, Hindi and Oriya. They also got good grip in Telugu, one of the Dravidian languages.

Telugu language was well developed in British government period. Christian missionaries did a great service to Telugu literature in the beginning of 17th century. The Bible, Christian doctrines and teachings were translated into Telugu to spread Christianity in Andhra, because of which Telugu language was well developed. Britishers prepared grammar and dictionaries for Telugu language. Bible was printed in Telugu in Hale city in 1746-47AD. That was the first book printed in Telugu language. Telugu translations of 'The Mark, Matthew, LooWah and Gospel' (Suvatha) were printed in 1812AD. Old and new regulations of Bible were translated and printed in Telugu. Telugu weekly 'Satyaduta' was started from Madras around 1835 AD. This magazine was established to spread Christianity.

By doing service to Telugu language like this, Westerners stimulated the contemporary scholars of our country languages. As a result emerged many more poetry (kavyalu) in Telugu in 18th century. Hundreds of poetry were written by Sistakaranams belonging to Srikakulam, Vizianagaram, Visakhapatnam which were in kingdom of Kalinga at that time. Among them 'Satakams' number was more.

There will be 100 or 108 poems in a 'satakam'. It

is called 'Dwisati or Thrisati' if there are more than that. All the poems in Satakams end with an addressing. These addressings are like crowns to Satakams. There will be only one crown to the whole of a Satakam. In general Satakams are in 'Kanda padyam, Utpalamala, Champakamala, Mattebham, Sardulam, or Vruttam'. There may be 'Sisa padya or Aataveladi' also. In these Satakams there are moral or niti satakams like 'Vemana Satakam and Sumathi Satakam', historic or charithraka Satakams like 'Simhadri Narasimha Satakam' written by Gogulapati Kurmanatha kavi and ninda stuthi (blame and praise) 'Satakams like Ramalingeswara Satakam' written by Aadidamu Surakavi and many more types of Satakams.

There were swadesi samsthanas and jamindaris in our country before independence. Britishers used to reign those samsthanas. The rulers of those samsthanas encouraged and supported language syntax (bhasha saraswatam) and other arts in their samsthanas. 'Vidwatsabhas, kavi-goshtis, ashtavadhanams and satavadhanams' were going on. Poets and scholars from neighbouring samsthanas used to come and participate in these sabhas and goshtis. Eligible poets were honoured. They were given awards and agraharams. Eligible poets and scholars were given high posts also.

In the time between 1913 and 1952 Odra (Oriya) king Viswambhara Dev was ruling Jeypore Samsthan. In those days Jeypore Samsthan was

called 'Nandapuram Rajyam'. Viswambhara Dev was a lover of literature. He cherished and nurtured Oriya and Telugu scholars. Sri Donkada Gopinath of Sistakaranam community was one of those poets. Viswambhara Dev appointed him as his minister.

Sarala Das is the 'Aadi kavi of ' Oriyas. He was also called Sarveswara Das. He wrote 'Vichitra Ramayana' which was translated into Telugu prose by Sri Donkada Gopinath. It was again translated into poetry by another Sistakaranam poet Sri Kallepalli Venkata Narasimha Murthy. Like this Sistakanam poets translated Oriya books into Telugu and Telugu books into Oriya. That is why in his article 'Andhrulu- Odra Sahityam', Kalaprapurna Puripanda Appalaswamigaru described Sistakarana poets as "Sarathi" to both Oriya and Telugu literature.

Sahitya Saraswathi Sri Dabiru Narayana Murthygaru collected the details of Granthas (books), Satakas, Dandakas and kavithas (poems) written by Sistakaranams and wrote about them in his book 'Utkaliyandhra kavula Charithra' in 1929. These details were published in 'Bandhu Seva' Rathyatra Pratyeka Sanchika in 1929. I am writing below those details along with some more details I have collected.

(continuation of this item in Lekha of next month)

-Gumpaswamy Karakavalasa
Retired Social Teacher
Vizianagaram

Me Time

In the rush of life, we are unable to find time for ourselves, all the time a woman is engaged in the service of everyone by becoming a mother, sometimes by becoming a sister, sometimes by becoming a wife, sometimes by becoming a daughter-in-law.

Didn't even know when the time passed.

We don't even realize when the time has passed, while maintaining every relationship, we have forgotten ourselves.

We need to take out some moments for ourselves and live for ourselves.

Let me get lost in the world of my dreams by sitting alone in the memories of the bygone days, taking a little time to sip tea while swinging in the hammock between two trees in the garden and enjoy the morning breeze sitting in the window sill. Let me sit alone and read a good book, talking to the flowers on the trees far away.

Share your thoughts with people close to you.

So that my mind becomes calm and new energy

is created in me, we move forward in our life with new enthusiasm.

Share your thoughts with people close to you.

So that my mind becomes calm and new energy is created in me, we move forward in our life with new enthusiasm.

Me time

-by Smt. P.Triveni Rao,
w/o P.Rammohan Rao, Raipur, Chattisgarh



Support Arena

Felicitation to Sri Prasad for donating blood 55 times

Sri Thyada Prasad, Vizianagaram, President of Mother Theresa organization & blood donors club, donated Blood for 55 TIMES through many blood camps by those organizations. On the Eve of Blood donors day, Sri Prasad was grandly felicitated by Matrubhoomi Seva Sangham, Government Blood Bank and Indian Red Cross Society.



Patient services help line

Please contact 8008488557 for patient services exclusively available to individuals in Hyderabad. They can provide information on accessing free or low-cost treatment options. Kindly spread the word about this important phone number to everyone in need.



Sri Polumahanti in Blood Donation Camp



In the direction of Red Cross Society Chairman Sri Polumahanti Jaganmohana Rao, on the eve of "World Blood Donors Day", under the auspices of Indian Red Cross Society and Government Rims Blood Bank, a Blood Donation Camp was organized in "Youth Training Centre Arts College Grounds, on order of the District Collector. He garlanded the portrait of Carlandsteiner, the father of discovery of blood group elements, and called upon everyone to come forward and donate blood and save those who are in a life-threatening situation. He voluntarily donated blood to set an example.

In this Blood Donation Camp around 180 people including Government staff, Students, Youth etc. took part and donated blood. District Collector honoured the blood donors who have personally given blood many a times with Gold plated Medals and Shawls. District Medical and Health Officer B. Minakshi, Additional District Medical and Health Officer Dr. Anuradha and District Red Cross Chairman P. Jaganmohan Rao released Pledge Cards for donating blood.

Charity by Dr. Kanakaaraju Arakithota – June 2023

1. Requesting them to spend two thousand rupees on conducting summer camp classes for the students of Saibalavikas, he generously donated the same amount to the president of Sathya Sai Pedda Mandiram, R. Lakshmana Rao.
2. Sri Arikathota Kanakaraju earnestly appealed to everyone to actively engage in charitable initiatives and fulfill their individual responsibilities to contribute towards the greater good. In line with this vision, retired Naira College Professor Dr. Arikathota Kanakaraju and his wife Smt. Uma graciously donated Rs.10,000 to support the installation of the Satya Sai idol in the Srikakulam Satya Sai Mandir.



AS Foundation organizes Annadanam for 300 people

With the help of donor Ravikumar Reddy, under the direction of Sreenu, sambar rice, banana, badur sha, mineral water were prepared for 300 people at Avilala Shiva Temple, Puja was offered to the Lord in the name of Ravikumar Reddy, and distributed to poor people at Tirupati Ruya Hospital gate for patients, their attendants and the poor. Avilala Sridhar, Pudi Muni Krishna Reddy, Samba Siva Rao, Sreenu, Venkatarayalu, Kiran and others participated in the programme.



Services in blood donation camp

Under the patronage of the Visakha Chemist Society, the Lions Club successfully orchestrated a blood donation campaign. Spearheaded by a valued member of our community Sri Baggam Srinivasa Rao, the president of the Visakha Chemist Society and his team, this initiative garnered an overwhelming response from the public.



Our community member, Sri Vantaram Chandramouli, retired Andhra Bank Manager, and member of Lions club, participated in this event.

Support Arena

Annadanam on birth anniversary

Sri Srinivas Patnaik, a respected entrepreneur known for owning Dolphin Restaurant on Jai-pur Road and Kishan Kannayya Fancy Stores on Post Office Road in Koraput, Odisha, sadly passed away on December 22, 2021, at a young age. He leaves behind his wife, Smt. Gautami Patnaik, and their son, Chi. Prajwal Patnaik, who is currently in LKG.



In remembrance of Sri Srinivas Patnaik, who was born on June 9, 1977, a special lunch was organized on his birth anniversary, June 9th, 2023, at the Hidden Sprouts Mentally Handicapped School in Visakhapatnam. Additionally, a dinner was arranged for orphan boys and girls at the Leena Charitable Trust. Among the attendees were Sri Srinivas Patnaik's wife, Smt. Gautami Patnaik, his son, Chi. Prajwal Patnaik, as well as Smt. Rama Devi, Eenadu reporter Sri Bala, Sri Bharat Kumar, and Smt. Devika. Many others also participated in this program.

Butter Milk Distribution at Kommadi

Smt. Dubbiru Sujatha and her daughter-in-law D. Priyanka have been distributing buttermilk to the workers and the labourers at Kommadi area in Visakhapatnam every day this summer and quenching their thirst.



Free Medicines by courier for 100 days



SOLEN
PHARMACEUTICALS

1. Solcal - Calcium Citrate 1000 mg+Vitamin D3.200 IU+Mg+Zinc.
 2. Solfer - XT - Ferrous Ascorbate 100mg+Folic acid 1.5mg(Iron).
 3. S-Fenac -Acelofenac 100 mg+Paracetamol 350 mg.
- Medicines are WHO-GMP Certified.
 - Take your Doctor's approval.
 - For Sistakaranam Families.
 - Your details will be kept confidential.

CONTACT: 8074800939

Fraternity Page - Telangana

Latest news on OBC



The leadership of AISKA (All India Sistakaranam Association) has been engaged in discussions with the central government and the governments of both Telugu states regarding the recent statement made by the National NCBC (National Commission for Backward Classes) Chairman. The Chairman recommended the inclusion of 80 additional castes in the OBC (Other Backward Classes) list. AISKA Delhi Secretary Prabhakar Patnaik was sent to the NCBC office in New Delhi to once again submit a petition. During his visit, he inquired with the authorities and it is a matter of great pleasure that our Sistakaranam Caste is included in the proposed list (of 80) at S.No 10. ☑

The Central Government has directed the respective state governments to evaluate the current status of these castes and submit an affidavit based on the NCBC's rec-

ommendations. Upon learning this information from the NCBC officials, AISKA, in collaboration with Telangana BC Commission, held discussions yesterday (17.06.2023). AISKA, along with Vice President DV Ramana Murthy (Telangana), requested an explanation from the Chairman (Sri Vakulabharanam Krishna Mohan). It was confirmed that Telangana State Government has recommended an affidavit containing a list of 40 castes, which includes the SistaKaranam caste.

Additionally, after consulting with the BC Commission of the Andhra Pradesh State Government, it was discovered that the Thurpu Kapu caste has been recommended for inclusion along with the Sistakaranam caste in the form of an affidavit. Nevertheless, since our caste name is in the latest list recommended by the NCBC, we remain hopeful that the central govern-



ment will respond positively and include our community in the OBC list.

Yours, D.V Krishna Rao Sistakaranam, AISKA president and executive members

Note: As All India Sistakaranam Sangam is proceeding with full vigor in this OBC matter, we request you not to make any rash statements in haste.

"Panchamangalyas"

Sri Gautameshwara Sahitya Kala Seva Sanstha organized a five-day (12 - 16 June 2023) Kavi Sammelan competition on various "Panchamangalyas" (pasupu kunkuma, mangalsutra, flowers, bangles, and toe rings) to inspire poetic and creative poetry in their Sahitya Yajna. "Sarathkavi" DVR Murthy received the Kavita Spoorthi Award. Congratulations.



Sri Krishna Rao in Chalo Bus Bhavan program

On behalf of the Congress party, PCC President Revanth Reddy appealed for wholehearted support for the "Chalo Bus Bhavan" program, which aims to address the concerns of Telangana RTC workers. A poster was unveiled to promote this initiative. The poster release event witnessed the presence of former ministers Chinna Reddy and Rammohan Reddy, as well as TJMU State General Secretary Hanumantu Mudiraj, C V President (TJMU) President Sudhakar, and Sri DV Krishna Rao.



Reach us to avail BC schemes



My sincere request to all Telangana Region relatives: The "BC-1 lakh subsidy scheme" run by the government has not

been utilised in a big way by our caste relatives. They are not able to get the benefits of the government due to lack of caste, income and other certificates or awareness. I appeal to the BCs Considering that in the times to come, we should not miss further opportunities and boons for BCs, I request that you reach out to us for caste, income and other documents.

Yours,

Krishna Rao Sistakaranam, President, AISKA

Fraternity Page - Andhra Pradesh



Sistakaranams in Politics – June 2023

1. Sistakaranam Sadhikara Samithi Convenor Baliwada Sathya Rao, Gajuwaka Constituency Sadhikara Samithi Convenor Pratapa Rao, Srinivasa Rao, Members Basangi Tirupathi Rao, Manipatruni Satyanarayana, Munganda Subramanyam participated in the BC Sadhikara Samiti meeting.



2. Smt. Kurradi Pavani, BJP leader, honored Sri Amit Shah with a shawl, when he attended the Vizag Mahasabha.



3. Former Minister and Bhimili Constituency Legislator Sri Mutthamshetty Srinivasa Rao was congratulated by Smt. Dabbiru



Prashanthi Patnaik on his birthday.

4. Activists participating in Union Home Minister Amit Shah's meeting under the leadership of BJP Visakha Kisan Morcha President Sri PV Prasad Patnaik.



<https://link.public.app/1d1e2>

5. Sri Jannumahanti Ramesh honored Telangana Congress President Sri Revanth Reddy with Bhadrachalam Sita Ramachandra Swami shawl and Prasadam.



6. Sri Dharmana Ramamanohar Naidu, a promising young politician and son of Hon'ble Minister of Roads and Buildings Sri Dharmanaprasada



Rao, visited the revered Sri Sri Sri Peddamatalli Ammavari Temple in Srikakulam town.

During his visit, he conducted special pujas. Accompanying him were the president of our Andhra Pradesh Sistakaranam Sangham (63/1979), Sri Polumahanthi Umamaheswara Rao and Dr. Baggam Srinivas Patnaik, along with other Sistakaranam leaders.



During their meeting, the Sistakaranam leaders appealed to Sri Ram Manohar Naidu to extend support for the development of the temple and the provision of amenities for the residents of the surrounding apartments. In a positive response, Sri Ram Manohar Naidu expressed his willingness to support these endeavours.

Condolences to Rajesh's family members

The members of our Andhra Pradesh Sistakaranam Sangam (63/1979) convened at the residence of Late Sri Sadasivuni Rajesh, along with his wife and father Sri Sadasivuni Kashinadha Rao, to honor Sri Rajesh's memory. They marked their respect by adorning a garland on his portrait. Leaders of Andhra Pradesh Sistakaranam Sangam (63/1979) Sri Polumahanthi Umamaheswara Rao, Sri Dabbiru Srinivasa Rao, Vizianagaram district association leaders Sri M P Gouriswara Rao, Sri Nagendra, Sri Suresh, Sri Bogela Srinivasa Rao, Sri Dabbiru Venkata Rao, Sri Baliwada Trinadha Rao, Sri Lakshmana Rao and others were present.

They enquired about the details with Rajesh's family members, father and wife, and expressed their deepest condolences. They said that they will ensure that justice is done to the family, that the government gives them the due assistance, and they offered cash assistance for the expenses of the tenth day programme on behalf of the association. They promised to ensure that the accused are punished and justice is done.



Keerthi Puraskars by Tirupati Karanams

Karanam Keerti Seva Sangam presented Karanam Vari Keerti Awards to the students of Karanams and Sistakaranams who scored above 500 marks in class X examinations at K.K. Function hall, Tiruchanur.



The chief guests of this meeting were Vishwa Hindu Parishad Tirupati District President Sri Bharani Kumar, Secretary Sri Murali, Ayurveda expert and author of three books Sri Harinath Pillai, Karanam Keerti Seva Sangam Convenor Sri Nata Shekhar Pillai, State Karanam Sangam Secretary Sri Ramanan and State level Karanam Sangha leader Sri Avilala Sridhar. Dr. Pooja lit the Jyothi and performed pujas to Chitragupta Swami and Bhagavan Vallalar Swami to start the program,

All the students who scored above 500 marks were honoured with a memento, certificate of appreciation, Bhagavad Gita book, Ayurveda book, Gomata book, Vallalar calendar, pen and scarf by the chief guests and the members of Karanam Keerti Seva Sangam. Karanam Keerti Seva Sangam also honoured the three students who scored marks and their parents were also given a reward.

Fraternity Page - Andhra Pradesh



Sri Satya Rao's Shashti-poorthi celebrations

On 31.05.2023, at Lions Club Jaggu Junction, Gajuwaka, the Shashti-poorthi celebrations of Sri Baliwada Sathya Rao, prominent social worker and President, Gajuwaka Sistakaranam Association, with the blessings of relatives, friends, well-wishers and womenfolk, was held in a grand manner.

The couple was honoured by "Kalam Snehitulu Kalavedika." Sriyutulu Dr. Dabbiru Govinda Rao couple, Karakavalasa Gowri Prasad Rao, Ganam Prabhakar, Kuppili Bhimeswara Rao, Sadashivuni Lakshmana Rao, Baliwada Haribabu, Kalam Snehitulu Kalavedika members Sriyutulu Dabbeeru Srikanth, Sadashivuni Babu Rao, Ramakrishna Patnaik (Rama Thatha), Baggam Someswara Rao, BJP senior leader Kurada Pavani, Telugu Desam Party leader Akkamahanti Raja, YCP leader

Dabburu Venkat Rao couple, Basangi Tirupati Rao, Gowri Prasada Rao, Manipatruni Sathyannarayana couple from Gajuwaka Sistakaranam Association, Pratap Rao. Srinivas Rao couple, Venkateswara Rao, Ramana Murthy, Dabbiru Hari, Haragopal, Phanindra and Gajuwaka full executive committee participated in the meeting. Corporates A.J. Stalin and Gandam Srinivas Rao also attended.

In this event, which was attended by Sathya Rao's family members as well as a large number of relatives, friends and close friends, Baliwada Satya Rao couple was greeted and felicitated. A delicious dinner was arranged at the venue for all the well-wishers who came.

At the same event, the Lions Club service organization handed over cheque of Rs 12,000



to Baliwada Vijaya Kumari, who was suffering from health issues.

Urgent meeting for OBC efforts

Under the guidance of Sri SNK Mahanathi, the State President of Sistakaranam Sangam OBC, an urgent meeting was organized by Sri Arikathota Chandramouli, the State Chief Secretary. The purpose was to discuss and strategize the inclusion of our Sistakaranam caste in the upcoming parliamentary session



scheduled for July 2023. Several notable individuals, including State Organizing Secretary Sri Jayithi Umamaheswara Rao, State Vice President Sri N Narasimha Rao, Visakha District Chief Secretary Sri Minister Narasimha Murthy, Visakha District Treasurer Sri Dadirao Haranad, and others shared their suggestions and advice during the meeting.

Within the limited time available, it was proposed to arrange a temporary meeting with our Sista Karanam caste relatives in Visakhapatnam. Contributions were made towards the cause, with Sri Mahanathi donating Rs 20,000/-, Sri Venkateswara Benerjee donating Rs 10,000/-, Sri Arikathota Chandramouli donating Rs 5,000/-, Sri Mantri Murthy donating Rs 5,000/-, Sri Jaiti Umamaheswara Rao donating Rs 3,000/-, Sri Dadirao Haranad donating Rs ,-/3,000 and Sri N.N. Rao announcing a donation of Rs 2,000/-. The members of the state working group of Sista Karanam Sangam in Andhra Pradesh are praying for the cooperation of at least 1,000 members to ensure the success of the upcoming general meeting in Visakhapatnam by the end of this month. The venue for the meeting will be announced soon, and plans for the Delhi visit will be decided on that day.

With heartfelt greetings .

*Arikathota Chandramouli,
State General Secretary, A.P. Sista Karanam Sangam*

Community members demand Government Assistance for Late Sri Rajesh

At Arasavalli in Sri-kakulam town, a protest event took place led by leaders from different Sistakaranam associations. Sri DV Krishna Rao, the National President of All India Sistakaranam Association, and Sri Polumahanti Umamaheswara Rao, the President of AP Sistakaranam Association, urged the government to extend government employment opportunities to wife of late Sri Sadasivuni Rajesh, who tragically lost his life during a protest against illegal sand mining.



During a press conference held in Arasavalli on June 7, 2023, they expressed their profound condemnation for the targeted killing of late Sri Rajesh for questioning as a responsible citizen. They called upon the government to extend support to the impoverished family, which has been left stranded, by offering employment to the wife of Late Sri Rajesh. Sri Dabbiru Srinivasa Rao (Vasu), Members of Srikurram Devasathanam Governing Council and the General Secretary of the Srikakulam district association, along with Dr. Srinivasa Patnaik, the National Secretary of the association, expressed their deep shock over the tragic killing of Sri Rajesh. The commendable efforts of the police in apprehending the perpetrators were acknowledged. Nevertheless, they urged the authorities and public representatives to ensure prompt and fair justice for his grieving family. They began by raising the slogan "Rajesh Amar Rahe" (Long Live Rajesh) and proceeded to pay their respects, offering condolences to the bereaved family.

Community leaders Sri Kallepalli Venkateswara Rao, Sri Gokul Vijay, Sri Pedapenki Sriram Kumar, Sri Uriti Chittidas, Sri Dabbiru Venkata Rao, and others participated in this program.

Fraternity Page - Andhra Pradesh



Petition to YV Subba Reddy for OBC

Anusha Patnaik, chairperson of the Andhra Pradesh Sistakaranam Welfare and Development Corporation, said that efforts to include backward classes in the OBC list have reached a critical stage. She was speaking to the media after meeting TTD chairman and YSRCP regional coordinator YV Subba Reddy at the government guest house on Saturday. She met YV Subba Reddy and submitted a memorandum as the issue of inclusion of certain castes in the OBC list is likely to come up for discussion in the upcoming Parliament session. Anusha Patnaik said that YV Subba Reddy garu had



assured that he would take up the matter with the floor leader of YSRCP parliament and would work towards including the Sistakaranams in the OBC list. She thanked Chief Minister YS Jagan Mohan Reddy, Rajya

Sabha members V VijayaSai Reddy garu, YV Subba Reddy garu and advisors Sajjala Ramakrishna Reddy garu for extending full cooperation on behalf of the state government. Corporation Director Chandramouli, Sriyutulu K Venkateswara Banerjee, S.N.K. Mohanty, Jayati Umamaheswara Rao, Prasanthi, Vantaram Chandramouli, Narasimha Rao, Donkada Anil, Minister Narasimhamurthy, Harinath, Kanti Mohanty Ramakrishna, Mandavakurthy Lakshmi, Manapuram Srinivasa Rao and other community leaders participated in the event.

Anudhvi4D Dermaden Clinic opened

Anudhvi4D Dermaden, a multispecialty cosmetology hub was launched at Santhipuram, next to Kinnera mess on Shankaramatham Road, Visakhapatnam, by the chief guest, film actress Archana Anant. Under the guidance of Dr. Dabiru Sudhakar Patnaik, a leading doctor, dermatologist and head of 4DS Dental Hospitals, we wish this hospital to be successfully run by his son, daughter-in-law, daughter and son-in-law, who are all doctors.



Vignan Summer Camp concludes

Sri Behera Uma Maheswara Rao was felicitated at a function that concluded on June 11, 2018, during the conduct of summer science camps for government school students in all the libraries under the control of the Andhra Pradesh Civil Library Department to take advantage of the summer break time of the students in Parvathipuram Manyam district. He addressed the students on the occasion.

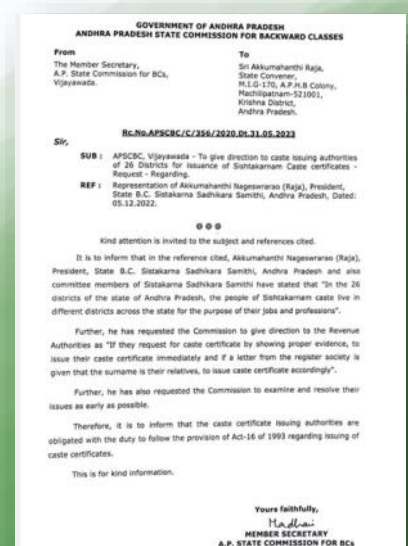


Government Orders for BC-D Certificates in 26 Districts

On May 31, 2023, the Andhra Pradesh State Backward Classes Commission issued an order to provide BC-D Caste Verification Certificates to Sistakaranams residing in 26 districts, including the newly formed districts of the state. A letter was sent to Sri Akkumahanthi Raja, the convener of Telugu Desam Sistakarana BC Sadhikara Samiti, informing him of this decision. Sri Raja expressed his gratitude for this update and mentioned that if required, individuals could present a copy of the letter to the relevant authorities to obtain their caste certificate. Sri Akkumahanthi Raja

(9247109247) assured that if anyone encountered any issues while obtaining the caste certificate, they could reach out to him for assistance.

It is important to note that our relatives in Uttarandhra districts should not be confused as these instructions are specifically meant for our relatives residing in other parts of the state. The issuing of the caste verification certificates will proceed smoothly without any complications with the help of the letter.



Fraternity Page - Chhattisgarh



Teacher's training at DPS, Dhamtari

Sri Ramesh Patnaik, received an opportunity to conduct Teachers' Training & Orientation Programme at Delhi Public School - Dhamtari for 2 days (2nd & 3rd June 23). In his own words, "It was gr8 experience n interactive learning experience with very energetic teachers. Subjects like 21st century teaching skills, Growth and Devel-

opment of Child, Teachers Effectiveness, VAK teaching styles, Methods of Teaching, HALO effect, Pygmalion Effect, Dopamine, Child psychology, Qualities of students, Educational Objectives, Lesson Planning & Learning Outcomes, Tools & Skills for Teaching, IOTA of values etc were covered with motivational videos n PPTs."



Teachers Orientation Program at Balaji Vidya Mandir



Sri Ramesh Patnaik had the oppurtunity to conduct Teachers' Orientation Programme at Shri Balaji Vidya Mandir, Raipur on 22nd & 23rd June 2023.



Fraternity Page - Gujarat



Smt. Atmaja appointed NHRWA Vice-President

Smt. Atmaja Patnaik from Gujarat is a qualified M. Sc, B. Ed, NABET, Diploma in Mechanical and PGDCA.

Presently she is working as Womens' Vice President for National Human Rights Welfare Association's of Gujarat state. (NHRWA) is National Social Organization which is registered with NITI Aayog, Government of India which was established on 12-October-2020. It helps in the fight for proper justice against those who harm the fundamental rights of the people (physically, mentally, economic and other types of rights).

She achieved it after going through three levels of interviews. The final interview was held at Delhi by honourable National President Santosh Pandey Ji and Anima Ji and Women State President Poonam Ji. She was featured on newspaper by the organization of NHRWA. She was appointed as the Vice

President on 10th June 2023 and was published on newspaper on 11th June 2023. The newspaper which mentioned her achievement were Jharkhand state newspaper, West Bengal state newspaper and Gujarat "Kutch Shewth" newspaper. Her achievements are also available on NHRWA India's official Facebook account.

She conveys special thanks to National President Honorable Santosh Pandeyji and Gujarat State Women President Smt. Poonamji for giving her the opportunity to serve the society.

Hers is a family of four. She is W/o Mr. Sahini Rajasekhar Rao and has two daughters Yoshita and Ishali. Her in laws are Smt. Sahini Sarojni Devi and Late Sri Sahini Manibhushan Rao. Her parents are Smt.U. Padmaja and Late Sri Uurity Ramakrishna Patnaik.



Fraternity Page - Karnataka

Bangalore Sistakaranams online meeting



The Online Meeting started sharp at 11 am with a Google link sent to all in WA Group. As many as 16 Members (families) joined, who include some new comers like Sri Balivada Narayana Rao, Sri Behara Kondala Rao Patnaik, Sri Praveen, Sri VSN Murthy, Sri Anjaneya Pradeep et al. To begin with all members (old and new) were asked to introduce with surname, home town, organization working, family details, location in Bangalore, number of years of stay, etc.

Sistakaranalu / Patnaiks have been living in Bangalore (Karnataka) for over 50 years. Mr Rajeti Ramji Patnaik of BEL, Bangalore landed in March 1973 while Sri Urity Narasimham garu arrived in December 1973. Many others have been shifting to Bangalore in subsequent years to take up employment in various Central / State / Private Establishments or Studying in prestigious institutions like IISC, IIM, etc. As the number of members increased year after year, a fraternity of Sistakaranalu was formed to associate in all possible events like festivals, marriages, gruha pravesham, Karthika Vana Bhojanalu, etc.

Needless to state that the City has been expanding in multiple directions with growing establishments in private sector especially the IT companies like Infosys, Wipro, TCS, Cognizant, etc. So also, the City has also been attracting students to enroll in programs like Computer Sciences, IT, Medical, MBA and others. Today, Bangalore proudly hosts as many as 25 Universities in various faculties besides Engineering and MBA Institutes of high quality higher education, enabling attractive employment opportunities. Sistakaranams from AP / TS / Odisha / West Bengal / Chhattisgarh / Jharkhand / Bihar and other States were smart enough to grab the growing opportunities the city afforded to. It is estimated that today, the number of families could be anywhere around 300 or so but not well connected.

For long years, only a select few families including Sri Dabbeeru Umashankar Patnaik, Sri Dabbeeru Sudhakar, Sri NRB Patnaik, Sri Nir-mal Patnaik, late Sri MMM Patnaik, late Sri Ramam, Prof Chowdari Prasad, Sri NV Prasad, Smt Anuradha, Sri J Sreenivas, Sri U Narasimham, Sri Kamesh, Sri BJP Rao, Smt Tulasi and others keep in regular touch with each other sharing welfare, news and developments from time to time. Visits to homes are very rare but there has been good connectivity within the fraternity. Thanks to recent Pan-

demic (Covid19) for about three years between 2020 and 2023 we were unable to either meet or communicate properly. Being residents of Bangalore, the IT City (Silicon Valley of India) we all moved to liberal use of Mobile Phones and Facebook / WhatsApp Groups to exchange welfares.

In order to revive our relationships, a small group of families met over a lunch program in March 2023 at the residence of Dr Chowdari Prasad in Bannerughatta. This was followed by another lunch meet in April 2023 hosted by Sri J Srinivas at Kengeri. Interestingly, in the process we traced a few more families staying in Bangalore for long years but were not connected. These are Sri VS Patro, Sri Anjaneya Pradeep, VRK Raju, Smt Vadada Nirupama, VSN Murthy, Smt Venkata Ramana and others.

Back in Hyderabad, Vizag, Vijayawada, Bherhampore, Bhubaneswar, Raipur, Bhilai, Khargapur, Nagpur, New Delhi and other home towns, Sistakaranam families are well organized and are enrolled as Members of different community associations. Active members and Social Workers of the community are engaged in forming AISKA, APSKA, SWA-Hyderabad, AIPSKA, SK Ikya Vedika, Sistakaranam Finance Corporation and many other platforms like Sistakaranam Helping Hands, Sistakaranam Yuvatha and some Foundations to carry out welfare activities. Some are passionately involved in supporting the medical and other needs of poorer sections during Corona while others are funding economically backward families. Meritorious students are being provided financial support in the remote towns of AP. Providing of Employment or Counseling may not be taking place conspicuously but Matrimonial guidance is actively pursued by collecting data on eligible girls and boys, organizing Vivaha Vedika, etc.

There are mushrooming of Facebook pages and WhatsApp groups with flooding of messages, photos, greetings and unsolicited but not so useful information in these platforms. Instead, well structured and organized information could be disseminated for the benefit of larger sections of our community. We do have three known websites like AISKA, SWA and SKIV, all originated from Hyderabad, but hardly being utilized by our families, for whatever reasons known. Sistakaranam Ikya Vedika of Hyderabad, a Digital Platform releases a monthly news magazine LEKHA online, on the first Sunday. Most of these Associations, Groups, and Foundations are driven by enthusiastic individuals / group of individuals but lack legal status, financial strength, organized communication structure etc.

The above situation was taken stock of at the Online Meeting on May 14 in Bangalore. Senior Members opined that we should collect structured data and hold periodic meetings, including physical get-togethers. Such events shall provide good opportunities to know each other well as also facilitate showcasing of talents in music, dance, art, quiz and games for our children and family members. In certain cases, guidance from professionals like Lawyers or CAs could be availed of to support each other. Members shared their long years of experience with Community Associations elsewhere. It is proposed to host a large scale full day physical meeting of all residents in Bangalore in June 2023.

The meeting ended with thanks to one and all present. We look forward to the next Online Meeting.

-Compiled by Dr Chowdari Prasad (VP – AISKA and AIPSKA), Bangalore. Mob: 9482549472 / 9242124642

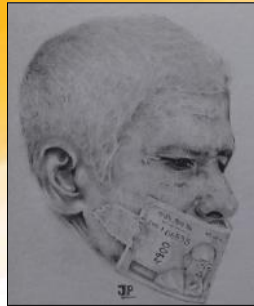


Kalam Snehitulu



Chitra Kavitalu

Alongside here are the pictures that were given during the month of June, 2023, for the 'Chitra Kavitalu' program held on



Wednesdays by the Kalam Snehitulu group admin Gauriprasad Karakavalasa.



Kalam balam, Kulam galam

Our pen is a sword in the hands of a silent soldier
 Our pen is a friendly , poetic and scientific exploration
 Our Pen, it is our Ansisters and Village Karanams voice
 Our pen is the Sistakaranam friends and well wishers voice
 We are for the Society and the society is for us
 Our Sistakaranam intelligence is more precious than Money
 One nice person in our community named Baliwada Satya rao started our Kalam Snehitula Samuham
 If we want our community to be unique and United, the only solution is our pen
 We have to unite our Sistakaranam writers into a single fold
 We spread the knowledge, not only in our community, but to the entire world
 Our Kalam Snehitula group is nothing but the voice of Veena of Goddess Saraswati
 This group spread Social awareness and Literary interest in our community
 Our group conduct daily one literary item
 Sunday Haribabu DATTA PADI,
 Tuesday Poetry,
 Wednesday Gowriprasad CHITRA KAVITA
 Thursday is Bhimeshwar Rao NYSTAKSHARI,
 Friday Mini Poetry,
 and Saturday stories and other literary items
 Haribabu's ingenuity in Sunday's Dattapada
 Entertaining collection of poems and self-written essays on Tuesday

Memento gift by Kalam Snehithulu

Kalam Snehithulu admins got together and honored Sri Baliwada Sathya Rao on his Shashtipoorti. A shawl and a memento were presented to him.



The memnto written by Sri Dabbiru Govinda Rao was the main attraction. Writing all the names of the admin together, at the end, is a testament to his artistic and literary expertise: Govinda Haribabu Gauri Lakshmana Bhimeswara Prabhakara Chandrababu.

"Prabhakiranalu"

Sri Sekharamantri Prabhakar who participated in the spiritual poet gathering held at Lalita Peetha Visakhapatnam on 12-6-23 and read his poem. Receiving the honor with the blessings of Peethadhipati Sri Sidswarananda Bharti Swami...

At the 113th birth anniversary of renowned poet SriSri organized by Visakha Rasajna Vedika, Sri Sekharamantri Prabhakar receiving the SriSri Literary Quiz prize at the hands of our High Court Judge, Justice U Durga Prasad. Presenting "Prabhakiranalu" written by himself to the chief guest.



Inspiring one poem for each picture by austere Karakavalasa's novel pictures
 Enigmatic Bheemeshwara's riddles in Nyastakshari on Thursday
 Friday devoted to mini-poetry, storytelling and literary subjects
 A collection of stories, poems and self-writings in the climactic Saturday
 Guidance exciting everyone by the admins SatyaRao, Lakshmana Rao and Govinda Rao
 The Kalam Snehitulu journey did not stop despite the corona sufferings
 Dabbiru Govinda Rao's efforts for many Shatadika internet poetry sammelans
 The bringing out of the pend of our caste world-wise is amazing
 This process has brought out many poets, singers and artists
 Distinguished magazine Lekha giving strength for our pen and caste.
 All of us are grateful to the organizers of that magazine.
 I feel fortunate to be one in the midst of all these highs
 That's why let's convey hundreds of congratulations to the assembly of Kalam Snehitulu and the unity of the sistakaranams

- Sekharamantri Prabhakar

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



Name	SIRINIKITHA
Surname	BALIWADA
Father's Name	B.MURLIDHAR
Gotram	SHANDILYA
Date of Birth	24-Dec-1997
Nakshatram	SHATABISHAM
Height	5' 5"
Complexion	TAN
Occupation	PVT. EMPLOYEE
Work Place	HYDERABAD
Education	BACHELOR'S IN DESIGN
Preference	

Name	SHESHU KIRANMAI
Surname	PEELKANA
Father's Name	P.SARVESWARARAO
Gotram	VASISTA
Date of Birth	14-Dec-1997
Nakshatram	MRUGASHIRA
Height	5' 1"
Complexion	FAIR
Occupation	PVT. EMPLOYEE
Work Place	BENGALURU
Education	MSW
Preference	ABOVE BTECH, SOFTWARE, PAN-INDIA

Name	TEJASWINI
Surname	RAGUPATRUNI
Father's Name	R.D.VENKATA RAO
Gotram	NAGESHWARA
Date of Birth	11-Aug-1996
Nakshatram	SHATABISHAM
Height	5' 3"
Complexion	FAIR
Occupation	PVT. EMPLOYEE
Work Place	HYDERABAD
Education	MBA
Preference	

Name	PRATYUSHA
Surname	URITI
Father's Name	U.JAGANNADHAM
Gotram	NAGAANGIRASA
Date of Birth	17-Feb-1998
Nakshatram	SWATHI
Height	5' 7"
Complexion	FAIR
Occupation	PVT. EMPLOYEE
Work Place	CHENNAI
Education	CA
Preference	CA, ABOVE DEGREE, TELUGU STATES

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

Name	HIMABHINDU SRUJANA
Surname	AKKUMAHANATHI
Father's Name	A.MRUTHUNJAYARAO
Gotram	BHARADWAJA
Date of Birth	6-Dec-1998
Nakshatram	PUNARVASHU
Height	5' 2"
Complexion	FAIR
Occupation	
Work Place	
Education	HSC / INTER
Preference	

Name	SIVANI
Surname	RAGUPATRUNI
Father's Name	LATE R.SUDHAKAR RAO
Gotram	NAGESHWARA
Date of Birth	13-Apr-2000
Nakshatram	ASHLESHA
Height	5' 4"
Complexion	FAIR
Occupation	
Work Place	
Education	B.SC
Preference	

Name	ANUSHA SAROJA
Surname	BALIVADA
Father's Name	B.SHANMUKHA RAO
Gotram	SANDILYASA
Date of Birth	26-Apr-1997
Nakshatram	JYESTA
Height	5'
Complexion	FAIR
Occupation	
Work Place	JUST COMPLETED
Education	DEGREE
Preference	BTECH

Name	K.V.S.L.SUJATA
Surname	BALIWADA
Father's Name	B.V.G.S.PATNAIK
Gotram	SANDILYA
Date of Birth	14-Oct-1996
Nakshatram	ARUDRA
Height	5' 3"
Complexion	FAIR
Occupation	PVT. EMPLOYEE TCS, HYDERABAD
Work Place	HYDERABAD
Education	
Preference	VIZAG, VIJAYNAGARAM, BTECH,

GET MORE PROFILES ONLINE

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SISTAKARANAM IKYAVEDIKA

ONE DIGITAL PLATFORM FOR ALL SISTAKARANAMS

Vivaha Vedika



Vivaha Vedika

వివాహ వేదిక



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Prospective Grooms



Name	DR.KIRAN
Surname	VADADA
Father's Name	VN RAO
Gotram	BHARADWAJA
Date of Birth	31-Aug-1978
Nakshatram	PUSHYAMI
Height	5'10"
Complexion	FAIR
Occupation	PVT. EMPLOYEE IMS & SUM
Work Place	BHUVANESHWAR,
Education	MBBS
Preference	DOB '79-'85, HOUSE WIFE OR WRKG

Name	SAI LAXMAN
Surname	BALIVADA
Father's Name	B.CHANDRA MOULI
Gotram	SANDHYALA
Date of Birth	30-Jan-1992
Nakshatram	JYESTA
Height	5' 6"
Complexion	TAN
Occupation	PVT. EMPLOYEE KAKATIYA INST.OF TECH.& SCIENCE
Work Place	WARANGAL, TELANGANA
Education	ME / M.TECH
Preference	ABOVE BTECH, TELUGU STATES, HOUSE WIFE

Name	SUNIT PRASAD PATNAIK
Surname	DABBIRU
Father's Name	ISWAR PRASAD PATNAIK
Gotram	KASHYAPA
Date of Birth	26-Jan-1990
Nakshatram	UTTARASHADA
Height	5'11"
Complexion	FAIR
Occupation	PVT. EMPLOYEE ERICSSON
Work Place	BANGALORE
Education	BE / B.TECH
Preference	

Name	SAI SAMPATH
Surname	KOTTISA
Father's Name	KOTTISA RAMESH
Gotram	NAGESWARA
Date of Birth	7-Nov-1994
Nakshatram	MULA
Height	5'11"
Complexion	FAIR
Occupation	PVT. EMPLOYEE ASCENDEUM
Work Place	WORK FROM HOME-
Education	BE / B.TECH
Preference	BTECH ABOVE, SOFTWARE & IT

Name	ANKEET PATNAIK
Surname	UDDAVULA
Father's Name	GOPAL CHANDRA
Gotram	KASYAPA
Date of Birth	25-Oct-1991
Nakshatram	KRUTHIKA
Height	5' 8"
Complexion	FAIR
Occupation	PVT. EMPLOYEE INFOSYS
Work Place	HYDERABAD
Education	BE / B.TECH
Preference	BTECH, MBA, MCA, WORKING, PAN-INDIA

Name	GOWTHAM RAJ
Surname	KARANAM
Father's Name	K.RAJASEKHAR
Gotram	VAMADEVA MAHARISHI
Date of Birth	27-Sep-1993
Nakshatram	DHANISHTA
Height	5' 9"
Complexion	FAIR
Occupation	PVT. EMPLOYEE GRAPHICS HARDWARE
Work Place	CALIFORNIA, USA
Education	BE / B.TECH
Preference	CARING & WELL EDUCATED, STAY IN USA

Name	GAUTAM
Surname	KHASPA
Father's Name	K.SIVA SANKARA
Gotram	BHARADWAJA
Date of Birth	14-Feb-1995
Nakshatram	ASHLESHA
Height	6'
Complexion	FAIR
Occupation	PVT. EMPLOYEE V SPLASH CO.
Work Place	HYDERABAD
Education	BE / B.TECH
Preference	BTECH, TELUGU STATES, AMICABLE FAMILY

Name	VINAY KUMAR
Surname	BALIVADA
Father's Name	B.SHANMUKHA RAO
Gotram	SANDILYA
Date of Birth	1-Sep-1994
Nakshatram	PUNARVASHU
Height	5' 7"
Complexion	FAIR
Occupation	PVT. EMPLOYEE HCL
Work Place	HYDERABAD
Education	
Preference	ABOVE BTECH, VIZAG, VIJAYNAGARAM,

Name	VARUN
Surname	DABBIRU
Father's Name	D JANARDHAN RAO
Gotram	KASHYAP
Date of Birth	29-Oct-1988
Nakshatram	MRUGASHIRA
Height	5' 7"
Complexion	FAIR
Occupation	PVT. EMPLOYEE TCS
Work Place	HYDERABAD
Education	
Preference	GIRL WORKING IN SOFTWARE SECTOR

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SISTAKARANAM IKYAVEDIKA

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Talent Corner

Art by Lehri Priya

Lehri Priya, daughter of Smt. Sujana Patnaik from Visakhapatnam. Her sketches are vocal to every art lover. Here are some glimpses.



Multi colour sketches by Chi.Gaytri

Colourful sketches drawn by Chi. Kashimahanti Gayatri Daughter of Sri Kashimahanti Suri of Meghavaram Sri-kakulam Dist.



Poojitha's sketches

'Lekha' shares drawings of Chi. Dasamatha Poojitha, aged 13yrs. She is studying in IXth class at St. Anthony High School, Himayathnagar, Hyderabad. She is tije daughter of Sri Dasamantha Srinivasa Rao & Smt. Dasamantha Swathi. Her grandfather is Sri Dabbiru Parthasarathy, SWA, AISK.A.



Save Planet Earth

‘Plastic Pollution’ is not your fault, but you can be a part of the solution !

“If it can't be reduced, reused, repaired, rebuilt, refurbished, resold, recycled or composted, then it should be restricted, redesigned or removed from productions”-

from the song 'Garbage' by Pete Seeger, late American singer and social activist.

Every time the average American makes a trip to the local grocery store, there is a good chance they end up leaving with multiple plastic bags which are to be thrown away after they make the trip from the store to the house. Single-use plastic bags are absolutely detrimental to our environment. Obviously, the easiest solution to this is for everyone to use their own reusable bags. In fact, my family keeps loads of extra reusable bags in our car for whenever we end up at the grocery store. My mom would actually rather carry all of our groceries by hand rather than use the plastic bags the store provides. If all people were like my mom, then our country would not have this issue, but, unfortunately, they do not. So, what is our government and corporations doing to limit the consumption of single-use plastic bags?



My mom would actually rather carry all of our groceries by hand rather than use the plastic bags the store provides. If all people were like my mom, then our country would not have this issue, but, unfortunately, they do not. So, what is our government and corporations doing to limit the consumption of single-use plastic bags?

The United States consumes a fifth of the 500 billion plastic bags that are used annually around the world. This is critical because they take hundreds of years to biodegrade. Although you might think you are part of the solution by recycling the bags, the truth is that the majority of the “recycled” bags end up in landfills anyway because they are both difficult and expensive to

recycle. Our environment is taking on plastic bags at an exponentially faster rate than it can get rid of them. Not only do they affect the land, but they also affect the seas. Plastic bags are now in the top 12 most popular items of debris found along coastlines. Sea creatures die daily due to plastic bags in the oceans, either by getting caught in them or by mistaking them for food, slowly causing the innocent animals to die of starvation from clogged arteries.



So why are countries not immediately banning plastic bags? Although banning single-use bags may seem like the easiest solution, bag bans have unintended consequences. In states where thin plastic bags were banned, research found that thicker plastic bags or paper bags were purchased to replace them. This resulted in roughly 30% of the plastic waste being reduced from the bag ban being offset from a shift into other bags. For instance, in California communities with bag bans, sales of four-gallon trash bags increased 75%. Others propose a fee for single use plastic bags. However, a 10-cent charge for plastic bags would create economic inequality as lower-income communities would be burdened with higher costs for groceries, especially since a large percentage of their income is being spent on food.

Plastic bag bans may also be harmful economically. Because plastic bags are responsible for sustaining nearly 31,000 jobs in the United States, a ban would cause significant unemployment. In retail areas where bans are in place, reports found that customers are more likely to

take their business to other locations without bans. As for the corporations, store owners are being forced to spend more money on alternative bags. Seattle’s store owners are spending between 40 and 200% more on other bags to replace their plastic ones.

Although a ban on plastic bags may cause shifts in bag usage, it is still effective overall. It may not be the long-term solution, but plastic bag bans are a good start to reducing plastic waste. For example, a San Jose report found that after the city’s plastic bag ban, there was an estimated 89% reduction of plastics found in the storm drain system.

Because banning plastic bags isn’t the most convenient solution, we have to look for other methods to reduce plastic waste. Firstly, spreading awareness about the dangers of releasing single-use plastic bags is critical in persuading people to use reusable bags. If everyone simply brought their own bags to the grocery store, we would not need the government to intervene. However, being realistic, there are people in this country who do not care enough about the environment to take their own bags to the store. Therefore, it is important that nonprofit organizations do what they can to provide store-goers with reusable bags. There are so many ways to reduce single-use plastic consumption, we just have to be more cautious about remembering to reusable bags to the store. Or just be like my mom and keep them in the car at all times!

- Dhruv Balivada is a 11th grade student from Houston, Texas, s/o Mr. Suresh & Mrs. Sumathi Balivada.



Good Environment for Happy Future is our goal

Healing our mind is the first step to resolving the environmental crisis. When we heal our mind, we heal our planet too. Our goal in life is to experience peace, love and happiness. We can create them in our mind at every moment, just by thinking right. But somewhere along the line we have neglected our emotional health. So our mind is frequently creating the opposite quality of emotions, like anger, stress and pain. We are unable to feel happy and contented from within, we are seeking from outside. The result is searching for materialistic goods and wealth, without realistic goal and clear idea on its effect on environment.

Consumerism has led us to believe that the more we have, the better we feel. But the irony is that as our homes are filled with comforts and luxu-

ries, our minds often get filled with distress and discontentment.

We are blinded to the reality that buying more and more, we are consuming more and more from our planet. The planet has enough to fulfil our needs, not our desires. The next time when you walk into a shop or visit online to buy anything, do not ask yourself, 'Can I afford it?'. Ask a more relevant question, 'Can the planet afford it?'. Since you know the answer, you might do the right thing - drop the idea of buying till you really need it. A state of contentment gradually nudges you towards simplicity.

So we have the Mantra: Think Right, Eat Right, Live Right. Which not only heals you, it heals the planet too.

- Compiled by : Anantha Prasad Donkada

BEAT PLASTIC POLLUTION | WORLD ENVIRONMENT DAY | UN environment programme | Hosted by Republic of India

June 05 WORLD ENVIRONMENT DAY

Think Right. Eat Right. Live Right. Which not only heals you, it heals the planet too.

"Every Day is Environment Day, So Save Your Day By Saving Your Environment."

The planet has enough to fulfil our needs, not our desires.

Health Page

Health Awareness Series – 3



Dr. Kuppli Suresh came forward to write an article on health every month for Health Series. 'Lekha is grateful to him for this. First article was about kidneys. We are presenting second article this month.- Lekha.

How to know the difference between a gastric pain and heart pain- symptoms and remedies- Dr. Kuppli Suresh.

It will be life threatening when we confuse the heart pain for a gastric pain. But there no harm if we think the pain is because of a heart problem when the pain is really a

gastric pain. Some times gastric pain will be felt more severely than heart pain.

In general, any pain that is felt while walking should be taken as heart pain. The pain will occur in chest or abdomen. Mostly it will be felt in the centre of chest. Then it spreads to right and left hands. Other symptoms are- pulling in neck, jaws and hands and increase in pain while walking, running or climbing steps. Stiffness in heart, sweating, burning in the centre of chest, (heart is situated more to left than to roght side of the body.) feeling of something heavy on heart, vomiting and falling unconscious. The patient can not identify the exact part where the pain is. The pain is felt in whole of the chest. Patients who have risk factors like diabetes, B.P., cholesterol or having some one in their families that had heart attack and elderly people should take precautions. Heart pain will be less in people with less risk factors. (young people and women.)

Gastric pain will be felt in stomach or near navel. Bloating in stomach and sour 'tenupulu' will occur. After eating sour items and when they enter into throat, burning sensation is felt. In this case if we take water or antacid syrup or tablets, the gastric pain almost subsedes. This pain decreases while walking. Pain may decrease or increase when we take deep breath. In any case we must consult a

doctor and take his advice when we feel pain in heart or stomach.

Treatment should be given within 6 hours after getting heart pain. That will be a good preventive measure and the patient can recover completely. But many people identify heart pain after 12- 18 hours. By that time heart will get almost damaged. Heart diseases attack mostly sugar, B.P. and cholesterol patients. So they have to keep those diseases under control. Heart patients should not exercise more.

Heart patients should stop smoking and tobacco products. They should stop intake of salt in their food and stop junk and fast foods also. Similarly people with gastric pain should avoid food with spices (masala and karam), much salt and sour (pulupu). When the results of blood tests, ECG, 2D, Echo, TMT are normal of a heart patient, it should be understood that there is no heart attack till that moment. But there may be a chance have an heart attack in the evening or tomorrow.

If TMT test is 90% normal we can assume that there will be no heart problems till one year. In this way Dr. Suresh (Convenor, dt. Visakha, DPMP Association of India) created awareness in common man to understand the difference between a heart pain and a gastric pain, causes, symptoms and remedies and precautions as part of social service.

Diabetes Awareness Group

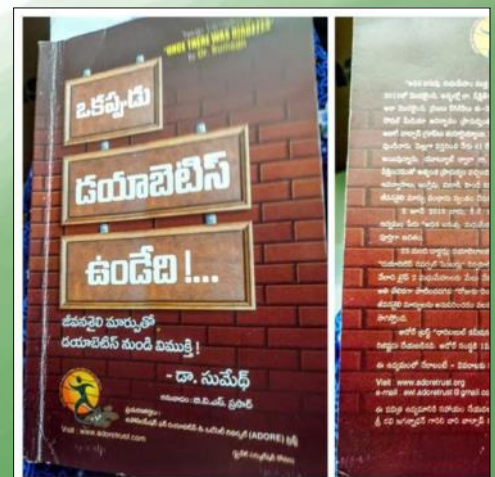
On Father's Day 18-6-2023 a nice Whatsapp Group called Diabetes Awareness Group was started. Especially people with Diabetes can participate in this group to share matters regarding their experiences, how to lower sugar level without using medicines and many more like these. The information posted in this group is only for awareness. This is not the substitute for your family doctor. People who are not diabetic can also join this group for awareness. The information in this group should not be shared in any platforms like Insta, Facebook, Twitter, Telegram etc. It is to be ob-

served that privacy is protected only in Whatsapp because of encryption. Even so, don't share your personal details or health conditions. Posts not related to diabetes should not be shared.

If you like these rules, join the group by clicking the link. All the best.

<https://chat.whatsapp.com/EfqlC5GonC7BpzziyUsH>

Sadasivuni Laxamana Rao
Visakhapatnam
18-6-2023.



Karanam World

Journey of a Chief Engineer



Sri Kanapaka Kamlesh Murty, Retd. Chief Engineer, Madhya Pradesh State Power Transmission Co. Ltd. residing now at Jabalpur (MP) is very happy to see our Sistakaranam Lekha monthly and expressed his gratitude to the Lekha Team doing a good job for bringing news from Sistakaranams relatives of native places to all those residing all over the globe and to recollect the old memories.

Details of Sri KK Murty-

- He holds a Bachelor's degree, B.E. (Hons.), Electrical Engg., from the University of Jabalpur. (1968).
- He is a Fellow of Institution of Engineers India (FIE), a Chartered Engineer, India CE(I) and a Member CIGRE (Paris).
- He served MPEB/M.P. Power Transmission Co. Ltd. from May 1970 to March 2003.
- He had an excellent track-record in MPEB/MPPTCL and he rose to the level of Chief Engineer and held the post of the Chief Engineer (Testing & Commun.) and was the Head of the Dept. for the whole state of M.P.(India).
- His contribution to MPEB/MPPTCL was appreciated by the then, Chairman MPEB & the CMD, MPPTCL. The CMD, MPPTCL had felicitated him with a Commendation Certificate on the Republic Day- 2003.
- He worked as an Advisor (Testing) in the SOUTHCO, a DISCOM in the state of Odisha (2004-2006).
- He was a Metering Consultant to the M.P.

Electricity Regulatory Commission, Bhopal (2006).

- He was the Course Director for the Graduate Electrical Engineering Trainees at the HRDI, the Training Institute of MPPTCL, Jabalpur (2007-2008)
 - He was on the panel of Expert Professionals at the Central Power Research Institute (CPRI), Bangalore (2008-2012).
 - He has published many technical articles related to the Power Sector in the National and International journals and presented many technical papers at various National and International conferences pertaining to the power transformers and other equipment pertaining to Power Sector.
 - He has been awarded a plaque by the Institution of Engineers (India), Kolkata in recognition of his Eminence and Contribution to the Profession of Electrical Engineering at the National level in the 31st National Convention of Electrical Engineers in Oct.2015.
- 'Lekha' is delighted to share the remarkable journey of our Sistakaranam Chief Engineer Sri KK Murty.

Sistakaranams in Independence Movement – Late Yellumahanti Bhaskara Rao

India before Independence and after Independence - In your elaborate article on the role of Sistakaranams in the country, it is very delightful to mention the role of our grandfather Kirti Seshu Yellu Mahanti Bhaskara Rao Patnaik.

He first worked as a diwan in the Kurupam state, but in protest against the taxes imposed by the British he resigned his post and migrated to Palakonda. As a man of the people, a scholar of life, a repository of knowledge, and a master of Sanskrit, Andhra and English, he proclaimed his genius at the level of Madras Presidency and Madras High Court. He followed in Gandhi's footsteps, caught the attention of the Mahatma with his services and impressed people like Tanguturi Prakasam, Vivi Giri and the British Collector with his genius.

At the call of the Mahatma, in 1937, he defeated the then brother-in-law of Bobbili Raja Ranga Rao as a candidate for the Indian National Congress Party as a representa-

tive of the then Ganjam constituency and entered the Madras Legislative Assembly!

He was a brave man who refused the right of Ardali Mokhasa as well as the bribe of one lakh rupees offered by the then candidate of the Justice Party, and was not afraid of the assassination attempt on him and was ready to sacrifice his life to stand on the side of the people!

He was unilaterally elected as the first President of Palakonda Panchayat and rendered invaluable services throughout his life. For those who have asked for help, his nature is to do his best to help till the forearm has no bone!

Lovingly called Pedda Babu by citizens and his followers, he left behind a legacy of goodness and fame, this great man K.S. Yellumahanti Bhaskara Rao Patnaik (1885 - 1950).

- *Yellumahanti Ramamohan Prasad*



Our Treasures

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

I believe you all had pondered upon Page 23 of June publication about the Food for thought column on “how & where to get the EARTH ELEMENT back into our life”!

Let me share my findings with all of you. Each of us are surrounded with the Earth element in the form of Natural Park, garden.

You can recall and reaffirm from your father/elders/electrician about earthing point of your house. Do you know what is the role of the earthing point? Earthing point prevents the excess energy supply through electric wires. Whenever there is excess energy flow due to any reason then it goes automatically to the earth. In the same manner now a days each human being is surrounded with excess energy of everything i.e information, thought, food, and exercise. These excess exposure leads to excess flow of energy. When the sources of inflow of energy are many then very possibility of getting impacted with its side effects hence the earthing is required to subside the side effects of this inflow. For which we need the role of EARTH ELEMENT in our day to day life to subside the effect.

From today we will ensure that we will take out time to be on bare foot when we are in the garden or park so that we can imbibe the energy of earth element into self and excess energy is pulled by mother earth through this process keeping us energetic and healthy in turn. This leads to EARTHING. It means direct skin contact with the surface of the earth, with bare feet or hands. See the pictures for guidances.

Daily earthing practice improves sleep, parameters of cortisol, reduce pain, stress, improves nervous system, speed wound healing and improves circulation of blood and energy and many more....

Mail me what else you felt through EARTHING.

Holistic Health Mentor
Mrs. Kallolini Patro
Reach out :
kallolinipatro@yahoo.com
find me on youtube:
@connectwithself



Seven keys to ascension

In order to open the chakras, one has to do the prescribed sadhana in the parampara. In addition one has to read scriptures, remember them, and internalize them. Leslie has prescribed thought processes to internalize in order to open the knots between the chakras. These knots are prescribed to be opened in a specific order than bottom to top. They are numbered in that order. To open every knot a thought process is a key. The first knot to work on is the knot between ajna, and visudhi. In order to open this not one has to inculcate the thought of not believing in loss or gain. If you think carefully, what you think gain, could lead to some other loss, and what you think is a loss can bring you some other gain.

The first knot is the difficult knot to open, because in a worldly life, we are always looking to gain or loss. When we create the indifference to loss and gain by not getting excited for gain, and not demotivated for loss, one can allow this knot to be opened easily. You can not add or remove anything from our true-self. Second key is between manipuraka and anahata. In order to allow this to be opened one has to forgive all betrayals. The feelings of betrayals block the energy channels. One has to inculcate true love which is unconditional. One has to forgive thier ownself for allowing others to betray, and forgive others to betraying. In the churn of karmic life thigs happen, and one has to raise above the feelings of betrayal.

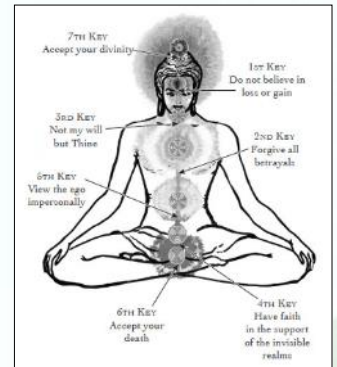
The thirdkey is between vishuddhi and anahata. In order to open this knot one must inculcate the thought 'not my will but thine'. This is in a way forgoing the doership, and allowing the universal conciousness to do its work. As we let go, and allow the univeral conciousness to work through us, we open this knot. The fourth key is between mooladhara and svadhishtana chakras. One has to believe in higher realms. One must believe that the higher realms have a plan for us, and they support us in our spiritual journey and worldly life. Inculcating this faith in higher realms will open the 4th knot.

The 5th key is to view ego impersonally. This knot is between svadishtana and manipooraka. Maya has created a separatedness to us and make us believe that we are different from the universal conciousness. This creates an egoic mind in us. We must let go off the ego, and maintain a continuous observation of impulsive behaviours, and see that we are not tossed between power and powerlessness. One has to become indifferent from personality, and ego and stay equanamous witness to the things as they unfold. The 6th key is to accept ones death. This is a very strong knot. We are programmed in the evolution to fight death, and react to threats. We have to let go of the fear of death, and realize that we are eternal. The birth and death are simply transitions of one phase of existence to the other. When we start become conginizant of fear of death, we see that it plays against us in every day life. This key opens the knot between lower body and mooladhara.

The last key, and the seventh key is to accept our divinity. This will open the knot between ajna and sahasrara. All the essence of upanishads, is that we are no different from Brahman. We are one with the paramatma. However in an every day life, we are overwhelmed by the maya, and we believe we are different from God. One has to start inculcating the realization that we are one with the ultimate. All these keys are explained in detailed in the book "returning to oneness" by Leslie.



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



Speak Out!

Calling Out to 'Lekha' Readers

- Speak Out is a page for readers to express their happiness, desire, suggestions, emotions, agony, critique, and so on, purely relating to the development of Sistakaranams.
- One can also express opinions, suggestions, and expectations from Lekha purely in the interest of our community.
- Your content may be in English, Telugu, or both, whichever is convenient to you. The content should have a title

(heading). Sender must mention his/her complete name, portfolio in SK association, if any, place, and phone number.

- "Lekha" reserves the right to reject any letter from publication.
- You may send your letter to email: lekha@skiv.online or WhatsApp to 8712715448 or 8074800939

Areas to be focused on

I have read the contents with keen interest. Extremely happy at the promptitude with which LEKHA captures, compiles, reflects and conveys all the news, events, welfares, achievements and ongoing developments pertaining to SISTAKARANAMS community all over the globe. Let me state that the Editorial by Narahari Nath in the recent two issues is fiery, honest and passionate expression of thoughts, with a strong message to the Leaders to Think, Plan, Work and Act on important issues like Education, Employment, Matrimony and Welfare of the Community at large. This is essential in a modern and competitive world today. I suggest that email ids of Editorial Team/Publishers/Correspondents or SKIV LEKHA Office be furnished in the Issue so that readers can send their feedback. Also, in all reports, a few more facts, numbers, figures, dates, locations etc. be also included for wider information of the readers. Lastly, please include at least two pages, one each for NRIs and Readers' (Members) Feedback in the coming issues of LEKHA. My best wishes and regards.

-Dr Chowdari Prasa, Bengaluru

Lekha – Pride of Sistakaranams world wide

On the first page itself, a song inspiring the Sistakaranams written by Kharagpur resident Sri Vadada Umamaheswara Rao. It's a song that everyone needs to memorize.

JV Chandrababu's fine collection on page 12 about "Sistakaranams in AP politics" who are very active in all political parties, is also inspiring.

Our people who shone in the civil services and scored top marks in the public exams.. Health matters in Health Series 2.. All the pages are worth it.. Celebrations of Jalumuru Ammaru.. The "Dosa Dosa" hotel for Bangaloreans is of our folks only..

The Lekha team has succeeded in bringing us the May 2023 issue with beautiful and detailed news information. The team's coordination.. skill.. and growth is delightful.. It's a matter of great pride for Sistakaranams all over the world.

Sadashivuni Lakshmana Rao, Visakhapatnam

Accolades to Lekha team

Congratulations to Sri Mantri Narasimha Rao garu and his team of learned Editorial Board of Lekha. It gives me immense pleasure in reading Lekha, both Telugu and English versions. The coverage of welfare news of our community is well designed. I will never miss to read Lekha Journal. I appreciate the team for their vision in creating a column on eminent personalities and their contributions to the Community and Society at large. At present I am in USA but my heart is always there. I wish the e-Journal gets more and more support from all.

With best wishes

--Ayyannamahanti Rama Krishna Rao (ARKRAO)

Give me an opportunity in Lekha

Lekha is doing coverage of our community activities across India. I request Lekha to include me as Executive Member for doing coverage exclusively from Bhadrachalam district.

--Jannumahanti Ramesh

Bhadradi Sistakaranam Youth Organization, Bhadrachalam

Sure. Please do get in touch with us at 8074800939. – Chief Editor

Thanks to Lekha

We are very happy to say that Lekha is covering news items of Karanam community settled in Nellore, Tirupati and Chittoor. For that, we are grateful to Lekha.

-- Karanam Yedukondalu

*EC Member, AP Karanam Abhyudaya Federation
Krishnapatnam*

Ikyu Vedika Page

Sistakaranam Ikyavedika - A true global platform

WEBSITE

<https://skiv.online>



Launched on the day of Ugadi in 2021, our website is a huge repository of resources for the Sistakaranam community that is regularly updated with the latest news, info about various associations, community stalwarts, our historical profile and many more.



Reach out to **Bharat Vikas (82976 71717)** for anything related to the web site.

FACEBOOK PAGE

<https://www.facebook.com/sistakaranam.community>



One of our first digital initiatives was the launch of our Facebook page in Nov 2020. With hundreds of followers, ours is a vibrant page with frequent posts on various happenings around us.



Reach out to **Yagna Vivek (63018 56878)** for anything related to the Facebook page.

VIVAHA VEDIKA

<https://skiv.online/VivahaVedika>



Part of our website, Vivaha Vedika now has over 500 profiles, with exciting search features, and a facility to upload profiles directly by users themselves.



Reach out to **Naresh Dasimantri (96405 67625)** for anything related to Vivaha Vedika.

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Giridhar Patnaik



Kallolini Patro

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.

The Lekha Editorial Team

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JV Chandrababu
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HON. EDITOR



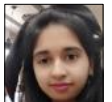
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