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The Expectations from Lekha

As Lekha surges ahead to the completion of 3 years of its glorious existence, let us review some expectations that seem to be there for this widely read news "magazine".

Yes. First of all, it is more of a magazine, **LEKHA IS NOT A NEWSPAPER!** While we do carry items that can be considered news, the primary idea behind Lekha is to collect all bits of information that our community members share with each other (notably through WhatsApp and other social media), put them all at one place and present them to the readers, every month.

As such, **LEKHA DOES NOT HAVE ANY REPORTERS.** What this means is that we can miss out on major happenings, if someone connected to that event does not share details of the event. This is an important point to be noted: The presence of someone from the Lekha team at an event is no guarantee that a "report" of the event will be covered in Lekha. The best way to ensure that something is covered, is that someone connected to the event should put together a report and forward it to someone in the Editorial team.

Another "complaint" that we often receive is that items are not given proper priority: Important news items do not appear in the first few pages, and are relegated inconspicuous by presenting elsewhere. Again,

that's because Lekha is a magazine not a newspaper. We have a certain structure that we follow: What is significant for our community comes first in 'Community News', then comes 'Newsmakers' where we cover individuals & groups who deserve recognition and then 'Support Arena' where philanthropic work is covered. To appear in these pages, **THE PRIORITY OF THE NEWS ITEMS IS AT THE SOLE DISCRETION OF OUR EDITORIAL TEAM**, which considers the structure we follow, not necessarily the importance of the news!

Finally, there is a feeling that Lekha publishes whatever anyone gives or claims, without doing any verification. Our response to that is **LEKHA IS NOT RESPONSIBLE FOR AUTHENTICITY OF ITEMS** which, as we mentioned, are just something that someone shared somewhere. If someone feels that something has been represented undeservedly, all we need is for that person to write to us giving the correct perspective and we will be more than happy to consider publishing the same!

Hope this clears up some of the misgivings that are out there, and Lekha continues on its glorious journey with the patronage of its readers.

- Sekharamantri Narahari Nath
Member, Sistakaranam Ikyavedika and
Founder Publisher, Lekha

A Few Disclaimers

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

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



Community News

Teachers Day honors recipients

1. Lekha extends its congratulations to Smt. Murahari Rao Umagandhi, an outstanding educator at Shivaji Palem GVMC School, for her Best Teacher Award presented by President Smt. Draupadi Murmu on Teacher's Day, September 5th. We hope her continued guidance will inspire more children to excel and achieve similar accolades.



Tirumala Rao was awarded by President Pratibha Patil.



2. Smt. Buravelli Umamaheswari, the biology teacher of Regidi Zilla Parishad High School of Regidi Amadalavalasa Mandal, Vizianagaram District, was awarded the State's Best Teacher Award by Andhra Pradesh State Education Minister Sri. Botsa Satyanarayana.



3. Smt. Baggam Hemalatha of ZP High School Rajam., Rajam

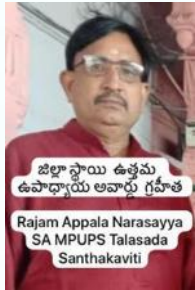


district received the best teacher award.

9. Best Faculty Award to Dr. Shikha Chander, Assistant Professor, St. Francis Women's College, Begumpet, Hyderabad.



10. College students felicitated their Commerce Lecturer Sri Sadashivuni Venkatasathya Rao (Junior Lecturer in Commerce, Balayogi Gurukul Kalashala, Palakonda) on Guru Pujotsavam.



4. Sri Appalansarayya from Rajam Thalasada, Santhakaviti, was honored with the District-level Best Teacher Award.

5. Sri Baggam Gopi Narashingarao, who is working as a teacher in the primary school in Mentada mandal, Vijayanagaram district, G. G. Valasa, was awarded as the best teacher of the district. He received the award from the hands of the Collector.



6. Sri Gandreti Suresh Awarded as Best Teacher by Honorable Visakha District Collector.

7. Kantimahanti Sabita Lakshmi, who is working as an English school assistant in Vedaruparthi ZP High School,



has been selected for the English Medium State Special Award. Among the 10 awarded, she is the sole recipient from Visakha district.

8. Teacher's Day honor to National Best Teacher awardee "Kudama"... Kudama Tirumala Rao, who is working as a social science teacher in Kadumu Zilla Parishad High School, Srikakulam District, Kothur Mandal, was honored by the teachers of that school. In 2009, Kudama

- 11. Smt. Singhumahanthi Sulekha is the best teacher awardee at the district level.
- 12. Smt. Manapuram Sridevi is the best teacher awardee at the district level.
- 13. District level best teacher awardee Sri Uriti Ravi Shankar (HM, ZPHS, Mandarada).
- 14. District Level Best Teacher Awardee Smt. B. (Pakki) Hemalatha (School Assistant, English, ZP Girls High School, Saradhi).
- 15. Teachers' day felicitations by Corporation Chairperson...details in 14th page



Community News

Sistakaranams in distribution of clay Vinayaka idols

With the aim of protecting the environment and protecting sanandharma, during the Vinayaka Chavithi festival from 16-9-2023 to 18-9-2023, clay Vinayaka idols were distributed free of cost to the devotees at various places in Visakhapatnam district.

1) Kurmannapalem Community distributes clay Vinayaka idols to Sistakaranam families:- Distribution at Visakhapatnam GVMC wards



88, 87 and 86. Andhra Pradesh State Human Rights Commission Secretary Mantri Shyam Prasad was the chief guest at the event. Andhra Pradesh State Document

Writers' Welfare Association Joint Secretary and Andhra Pradesh State Sistakaranam Association Vice-President Sekharamantri Srinivas Patnaik handed over around 100 idols of clay ganapati. Association President Gangavaram Gopi, Secretary Satya Rao, District Secretary Mantri Narsimhamurthy, M. Srinivas Patnaik, Gurunath and others were present.

2) Distribution of clay Vinayaka idols under the auspices of Sistakaranam Welfare Association:- On Sunday 17-9-2023, near Karur Vysya Bank near Gajapathinagaram, clay idols of Lord Ganesha and Vinayaka Vratakalpas provided by Sri Rega Suresh (Govinda), General Secretary of Vizianagaram District Sistakaranam Association,



were distributed free of cost to all. AISK Secretary Sri Nagabhushanam Master said that the distribution of these clay idols on the occasion of Vinayaka Chaturthi is a very auspicious development keeping

in mind the environmental protection. YSRCP leaders Sri Mandala Suresh, Sri Baggam Damodar and fans participated in the event.

3) Clay Ganesha idols distribution continuing under the leadership of Smt. Keerti Patnaik, Founder President, Sridevi Vijnana Jyoti Sarvesh Charitable



Trust:- Clay Ganesha idols were distributed in Murali Nagar utilizing personal funds.

4) Sri Shubha Balaram Charitable Seva Trust Mud Vinayaka Idols Distribution

Programme:- On Thursday 14-9-2023 at 10 am at Gambhiram village in Anandapuram mandal of Bheemili constituency in Visakhapatnam district, the event was organized to



distribute 1000 clay Vinayaka idols and Hanuman flags, under the auspices of BJP Visakhapatnam District Kisan Morcha district president and trust chairman PVV Prasada Rao Patnaik. BJP State General Secretary Sagi Kashi Viswanatha Raju was the chief guest. Speaking on the occasion, they said that in order to preserve the environment, and to ensure that water in the rivers, seas and ponds does not get polluted, on the occasion of Vinayaka Chaturthi, everyone should worship clay idols in their homes, and the required clay idols are being distributed free of cost every year under the aegis of Sri Shubha Balaram Charitable Seva Trust, which is a very auspicious development.

5) At Mother Teresa Kids School located at Ayyannapet Junction, about 300 clay Vinayaka idols were distrib-



uted to the parents of Mother Teresa Kids School and the people around Ayyannapet Junction. The event was organised under the aegis of Tyada Prasad Patnaik, Founder & President, of Mother Teresa Seva Sangham Blood Donors Club. Honorary President Tyada Venugopalam, members Srinivas, Aruna, Sarvani and others participated in the event.



6) Smt. Kurada Pavani in the distribution of clay idols in many areas of Vishakhapatnam.

Community News

Our folks in Telugu Language Day celebrations

1. Sri Sekharamantri Prabhakar speaking on the topic of 'Telugu



Bashaku Godugu Gidugu' on the occasion of Telugu Language Day on 28-8-2023 organized by Vijaya Bhavana Sanstha in Vizianagaram.

2. Shekharamantri Prabhakar in Vizianagaram, made an appearance on August 27, 2023, during the celebration of Telugu Language Day organized by Vijayabhavana Sanstha



3. Sri Sekharamantri Prabhakar in Visakhapatnam, made an appearance on August 29, 2023, during the celebration of Telugu Language Day organized by Andhra Vishwa Kala Parishad.



4. During the commemoration

of Gidugu & Kaloji Jayanti, Dr. Sarathkavi received recognition from prominent literary figures at the Kavi Sammelan, themed "Implementation of Mother Language - Possibilities," organized jointly by Telugu Basha Chaitanya Samiti, Lakshyasadhana Foundation, and Paladugu Nagayya Kalapeetham and held under the auspices of Dr. Radhakusuma.



5. Kadumu, in the Srikakulam District of Kothur Mandal, witnessed a splendid celebration of Telugu Language and Sports Day. Kadumu Zilla Parishad High School, under the leadership of Principal Gorle Tirumala Rao, commemorated the birthdays of the legendary Gidugu Ramamurthy Pantulu, the Father of Telugu Colloquial Language, and the renowned hockey player Dhyana Chand.

6. Karanam Vimala, District President of Navandhra State Writers Association, Chittoor organized Telugu Language Day celebrations in Chittoor.

7. Behara Umamaheswara Rao was felicitated on 27-08-2023 in the Telugu language week held at Jeeyar Complex, Vizianagaram under the auspices of Telugu Parirakshana Samithi.



Results of the Sistakaranam Anthem Contest

We received a total of 25 entries.

The winners were selected after they were thoroughly scrutinized by the judges and organizers. All 25 songs sent by our Sistakaranam poets are good. It was difficult to choose the winners among them. However, except for one or two songs, there were no lyrics that directed the youth of Sistakaranam. After selecting the first five best songs, the judges decided to select another six songs and give an incentive cash prize. Thus, we are happy to announce the names of eleven winners.

THE WINNERS

First prize :

Dr. Dabburu Govinda Rao ..Rs 516/-

Second Prize :

Sri Behara Umamaheswara Rao Rs 416/-

Third prize :

Dr. DVR Murthy (Sharatkavi) Rs 316/-

Fourth Prize :

Sri Moturi Narayana Rao Rs 216/-

Fifth Prize :

Sri Baliwada Haribabu Rs 116/-

Incentives (6)

Sri P Laxman Rao- Rs 100/-

Sri KV Raja Rao -Rs 100/-

Sri TPR Patnaik - Rs 100/-

Smt. J Vijayakumari- Rs.100/-

Sri Patnaikuni Ramakrishna Rao

(Ramata) -Rs 100/-

Sri Yan Hemachandra Patnaik -Rs 100/-

Congratulations to them

Thanks to all involved.

**-Polumahanti Umamaheswara Rao
Literary scholar, Srikakulam And
- Sadasivuni Lakshmana Rao
Visakhapatnam**

Newsmakers

Sri Kondala Rao featured in Coastal Line

Sri.Vandurangi Kondala Rao, a retired Telugu Pandit, writer, and renowned author of a well researched book on village names, has covered in detail in the Coastal Line publication. His "Ooru-Peru" book is celebrated as a Telugu literature standard and reference by all Telugu writers. This is a source of great pride. Congratulations to him!



NYC Green School invitation to Dr. GS Patnaik

Dr. G.S. Patnaik, a distinguished educator and the Head of Xavier Group of Schools in Raipur, Chhattisgarh, received an invitation from Cornell University in New York to speak at the 2023 Green School Conference on September 15th. Congratulations to Dr. GS Patnaik for this prestigious opportunity!



Chi. Niharika is Quiz winner

In the National Level Independence Day Quiz competition organized by Stratascm, Sri Dabbiru Janakiram's daughter Chi Dabiru Niharika from Rajahmundry. was the winner and received the prize. Congratulations to her.



Dabbiru Srikanth received National Talent Award

Hyderabad: Arpita Cultural and Social Voluntary Organization celebrated 22nd anniversary. Sahaja Kavi Sri Dabbiru Srikanth got National Talent Award from Vakulabharanam. (See photo) Congratulations!



Appointed Member of Board of Studies Meeting in Chemistry Department

Mr. Pakki Uma Venkata Satish who is the Chief of Laboratory at Interfield Laboratories, Visakhapatnam, has been appointed as a Member of Board of Studies Meeting in Chemistry Department on 4.9.2023 by the owner of DAV Krishna Government Degree College. Congratulations to him.



Shri Sathyaprasad congratulated the Adivasi representatives

Lochala Dhanunjay and Bonangi Parvathi, Adivasi FPO representatives, received accolades from Chodavaram Circle Inspector and Mr. Ark Prasad (Dabbiru Sathyaprasad). Mukka Ramesh, CEO of Adivasi Farmers' Agricultural Natural Products Company. NGO Representatives Basheer and gram swaraja samithi Baddi Ramu joined in celebration and offered their congratulations.



Forever Mrs.India 2023 Smt . Divya



Smt Behara Divya from Gajuwaka, Visakhapatnam (Gajuwaka Sistakaranam Sangham member) on her being crowned as Forever Mrs India 2023 at National level competitions held on 23-9-2023 by Forever Star India Awards (FSIA) an event management company based at Jaipur, Rajasthan. She earlier won Miss Andhra University during 2013 She was earlier selected at Visakhapatnam level in the competitions held during July 2023 and qualified for national level in the competitions. Hearty Congratulations.

Bank recruitment orders handed over by Sri Kishan Reddy

Chi. Shekhara Minister Sandeep has succeeded in the competitive examination of the bank and recently got a job in the State Bank of India. Appinment orders handed over by Central minister Sri Kishan Reddy in one function. Congratulations to Ch. Ch. Sandeep is the nephew of Sri Basuri Srinivas, Vizag.



Newsmakers

Second place in national level karate competitions

Chi. Bogela Lakshit Kumar, son of Sri. Bogela Durgaprasad of Parvathipuram, achieved second place in a national-level karate competition on National Sports Day in Kothavalasa. He is the grandson of Bhogela Naga Bhushan Rao. Congratulations!



Association felicitates Sri Bhuvan

A grand celebration, organized by Sishtakaranam Sangam, honored Cine hero and assistant producer Mr. Salurubhuvan (Damodara Shatruni Sandeep) at the Retired Employees Building. The event was graced by retired teacher Sri Damodarpatruni Venkatarama Gopalrao Kasturi and cameraman Saluru Bhuvan (Damodar Patruni Sandeep), among others. Dr. Wadada Ganeswara Rao, Sangha leaders, and several dignitaries extended their honors. Mr. Bhuvan expressed gratitude for the recognition.



Sri RK Patnaik felicitated among AGNI Team

On the occasion of Silver Jubilee Celebrations (1998-2023) of AGNI Program on 26th Sept 2023, all veterans of Team Agni who worked for the Project were felicitated in Hyderabad. Sri R K Patnaik was among those honoured. He worked as a Senior Scientist in Interim Test Range (ITR), DRDO in Balasore / Chandipur (Odisha) and associated with all missile programs and retired as Scientist G, DRDO, Hyderabad in 2016. AGNI- missile developed by India was designated as a special program in India's defence budget. Sri Ramakrishna Patnaik is s/o Late Sri Kondavalasa Narsimhulu Patnaik and Smt. Lalithamba of Bhubaneswar, Odisha.



Study material by Shri Venkatesh in Eenadu Daily

Eenadu's go-to expert for competitive exam biology queries is Assistant Professor Dr. Korlam Sai Venkatesh. His meticulously crafted study materials have been featured in Eenadu. Hailing from Tettangi village in Srikakulam district, he currently serves as a Senior Lecturer at Government Degree College, Tirupati.



Doctorate awarded to Dr. Venkata Suresh Kumar

Vizianagaram District Cheepurupalli Vangapallipeta resident, Dr. Kuppli Venkata Suresh Kumar was awarded an honorary doctorate degree at the Acharya Nagarjuna University in the state of Andhra Pradesh at a function held recently. Congratulations to him.



Best Participant in Headmasters Training Classes

Mr. Lingaraj Prasad Patnaik, Headmaster of Kaviti Oriya School in Kaviti Mandal, a Sishtakaran, stood out among Headmasters at the CEDAR School training From 11-9-2023 to 16-9-2023. The State Government of Andhra Pradesh School Education Department commends his excellence. Congratulations on this recognition!



Prof. Dr. Bhimarao felicitated at NIIT, Trichy and PSG, Coimbatore

On the occasion of Chemical engineering and national seminar, The president of IEI, NIIT Tiruchirapalli Director have felicitated Prof. Dr. Raghupatruni Bhima Rao on 7th Sept at NIIT Tirucurapally.

On the occasion of the Royal charter of The Institution of Engineers of India, Coimbatore local center has organized a technical talk by Prof. Dr. Raghupatruni Bhima Rao, as the chief guest and felicitated him On 12th Sept by the immediate past Chairman, Chairman, at PSG College of Technology, Coimbatore. Lekha congrats him.



Editorial

Another step in realizing OBC dream...

Lekha's Heartful Pranams to all Sistakaranam relatives !

After a gap of almost a month again the month September'23 can be considered as a memorable month in OBC proceedings. On one NCBC hearing on the 5th of September and another NCBC hearing held on the 13th, the way our leaders explained to the commission about our majority caste plight is commendable. I happened to see the videos of their explanations to the commission. Sri GVL Narasimha Rao and Sri Rammohan Naidu's support in the NCBC meeting is commendable. At this time, we need their help and it will be very useful. It was a timely action to honor them even after arrival. Along with them, MP & OBC Chairman, BJP leader Dr Kova Laxman tried his best. He was also felicitated in Hyderabad on behalf of Sistakaranams. All in all, there are positive signs that OBC is not far away as all our efforts are together. Finally, there is a news that the recommendations should be sent from the state government, so that the leaders can think about this.

In the field of literature and art, our people participated in many programs on the occasion of Mother Language Day. Congratulations to them. It is also a matter of pride for all of us to receive the prestigious National Best Teacher Award. Moreover, many teachers have received certificates of appreciation as the best teachers at the state level and at the district level as well. This month our people distributed clay idols of Lord Ganesha to around 1500 people as our social responsibility. It exhibits our service orientation and leadership in local areas.

We have published as much information as we have on the above matters. If we miss to publish anything, feel free to send it to us. One last plea. If any of your known relatives, whom you know have achieved anything or done any service, let us know the details. 'Lekha' shall try to make them reach all over the world. Please note that the required phone numbers and e-mail address are on the last page of this Lekha.

"Sarva Sistakarana Jana bandhu Sukhinobhavanthu."

**- Jannumahanti Venkata Chandrababu,
Chief Editor**

Interview

Brahma of Sistakaranam Associations

You may wonder to know about a Sistakaranam who created community sanghams across the country and tried to spread a brotherly hood, unity, and the pursuit of tasks by torchbearers for the development of the community as a whole. He has his roots from the Quit India movement to beginning of Sistakaranam community services, way back in 1953. Lekha is now talking to our Brahma, Kantimahanti Ramachandra Murthy garu, Visakhapatnam.

Share with us your education and career.

In the year 1954, at the age of 18, in Kharagpur, I joined the Indian Railways, then run by Anglo-Indian officers. My brother-in-law, Mantri Narasinga Rao garu and Jaggumantri Kameswara Rao garu were working in the railways at Kharagpur. After a year, I passed my old SSLC from Madras Annamalai University in 1955. I worked in various capacities. I was also an INTUC leader in the railway employee's union for 30 years.

We heard about your stage performance talent. And what is that?

During the Quit India Movement in 1942, I started acting at the age of 5 years and that passion made me popular stage actor. I acted in 800 and above stage plays all over India and got felicitated in Odisha and West Bengal states.

To our information, you are the founder of community Sanghams at many places. Please throw some light on it.

I am blessed with starting Sistakaranam Sanghams in many places. I was instrumental in starting Sistakaranam Sangham at Visakhapatnam in 1953 with the help of my brother, late Kantimahanti Ramachandra Pathak. I started Sistakaranam Samaj at Adra town in West Bengal, in 1954. Later in 1959, established Madras Sistakaranam Sangham with N. Jaagannadharao, M.S. Patnaik (our Sistakaranam cine hero and father of comedian Sri Lakshmi), and M. Apparao Patnaik. I started Bangalore Sistakaranam Sangham in 1960 with N. Kameswara Rao and others. Later in 1961, started the Railway Sistakaranam Sangham at Khurda Road.

In 1965, I was instrumental in starting AP State Siskaranam Sangham at Vijayawada with the leaders P.S. Patnaik, P. Seetharamayya, Balivada Ramarao Patnaik (father of present BSK Patnaik, State Vice President), D. Ramamohan Rao, P. Appalanarasayya, and S. Satyanarayan Viz. This was later registered at Machilipatnam with Regn No 63/1979.

I took an active part in the construction of Alipuram Sistakaranam community hall as the Convenor of the Construction Committee. I was also active, along with other leaders, in

representing our case to the Mandal Commission in 1970.

On your journey, were there any unforgettable incidents?

I was elected as the union's Joint Secretary in rail-ways when our ex-President of India, Sri V.V. Giri, was the President of the railway union, and during this period, I had the privilege to work with him. Later, he became the President of India. I can



Father:	Late Kantimahanti Sanyasayya
Mother:	Late Kantimahanti Radhayamma
Wife:	Late Kantimahanti (Pakki) Sumitra Devi
Daughters:	Smt. Mantri Jagadamba, Smt. Pakki Suchitra
Sons:	Sanyasayya Patniak (KS Patnaik), Naganjaneya Patnaik (KN Patnaik)
Native place:	Pudimadaka, Anakapalli district.

never forget being felicitated as a young leader in 1956 by Kharagpur Sangham.

Any message to our community?

The younger generation must work for the community. As I did, never hesitate to bring up the mistakes of our Sistakaranam leaders and always strive for betterment of our community. One must have the support of family members for the effective contribution of one's services. I got the support of my entire family, from parents and spouse to sons and daughters.

Your valuable comments on 'Lekha' please

I used to write articles in 'Sista Pratibha', our community print magazine run by Sri Satya Murthy garu. With the advancement of technology, 'Sistakaranam Lekha' aptly utilised digitization. The team is doing a tremendous job of selflessly making every Sistakaranam know about their community's people's greatness and knitting the people together. Kudos to the team members of Lekha.

An all-rounder in propagating Sistakaranam community development coupled with job and union activities vis-à-vis artistic stage performances deserves accolades. Lekha wishes for his health and looks forward to continue to contribute to our community.

Interviewed by Sadasivuni Laxman Rao

Compiled by-

Mantri Narsimha Rao & JV Chandrababu

Open Forum

Vision from Sistakaranam Educationists for Quality Education

This September, 'Lekha' is sharing thoughts from our Sistakarnam visionaries and teachers who are in education industry. We wish our readers especially teachers, students and parents get inspired and motivated to understand and improve in one's quality of education and system. On the occasion of Teachers' Day 5th September- the Birth Anniversary of world renowned Teacher -

Professor Dr Sarvepalli Radhakrishnan who was former President of India too. Our Sistakarnams are well known into Teaching profession. We can proudly now look at our remarkable achievements and recognition of National & State Best Teacher Awardees Smt. Uma Gandhi & Smt. Buravelli Umamaheswari respectively and many more. Our Dr GS Patnaik of our com-

munity is Chairman of St. Xaviers Group of schools. Can we Sistakarnams unite together and work towards understanding the ways and means to bring in better quality of education, making a nitche through a wholistic approach in the education system creating a better future for the children who are going to represent future India.
- Vandana Adivishnu

Hope Teachers Day will be the Best,
Inspiring all Teachers to be their Best
To groom their Students
Be Blessed with Vigour and Wisdom
For developing a
Model & Ideal Student Community !
The Future & Strength of our Nation.

-Raj Kumari Patro

**Founder and Managing Director
Tilak Bharati Group of Schools**



Mrs. Rajkumari Patro an educationalist and a supporter of the modern education reforms, founded her institution with excellence, a place for everyone aspiring for quality education and a platform for many underserved students and women empowerment. An institution which itself can become a source of educationalists and pioneers in the education sector."Nothing is as powerful as an idea whose time has come." she believed. She has made unrelenting efforts in equipping the students to meet the changing needs of the society and exploring the professional potential of the teachers. She has been instrumental in cultivating a happy and motivating environment in the institutions she lead. After lot of

struggle, she could create happy stories where her students (also from slums and villages) are transforming into their successful careers. There are many teachers who have seen a complete transformation from home makers to well confident professional teachers and there are many who are earning a living from the institution. Also she was a visionary in creating value based and technology oriented education. She motivated many women, on having a desire to do something with their lives rather than just live for themselves. Her few initiatives successfully launched in her schools were :-

* Value based Technology by introducing Digital Classrooms and declared to be the First digitally equipped School in Raipur.

* Koti Vishnu Sahasranama chanting by 250 students made the herculean task of creating a record by Golden Book of World Record.

* Vidhyarambh Sanskar for beginners.

* On the International Yoga, she led the thoughts and plans on school-based yoga programs as an effective way to promote social-emotional learning (SEL) and positive student outcomes.

Her journey inspires many more in the education industry to move with deep passion and dedication to serve to the students, making better citizens and also creating an economical balance eliminating social discrimination. If our society gets many more of such wonderful, God-sent teachers, India is sure to become a progressive and forward-thinking nation.

"Teachers should be the best minds in the country."



Teachers are like divine spirits amongst human beings who transform the plastic minds into a well learned person shaping them as ideal citizens of our country. They selflessly devote their time and energy to build the personality wholistically through instilling values touching 3 stages of youth's persona-

'Connative', 'Cognitive' and 'Character' (Affective). In other words 'Head', 'Heart' and ' Hands'. In the 21st Century Teaching skills have been changed. Now every teacher has to acquire new skills to transfer the learning through 4 C's - 'Communication', 'Collaboration', 'Creativity', 'Critical Thinking' and 'Problem Solving'. Add 'L' to 'Earn': Your learning ability decides your earning capacity. Therefore; teachers have the power to instill knowledge into the minds of youth. They create all other professions, yet remain simple and humble. Let us bow our heads to all Teachers on this pious occasion of TEACHERS' DAY.

**-B. Ramesh Patnaik, International Trainer,
APR Trainers Guild; Bangkok, India**

*Academic minds under their hats
With wonderful assiduous approach of teaching
Mentors to end up the chronic combats
Warm way and their stimulating lectures
Oh! Sometimes intuitive and Sometimes inventive..
With their own words always inspiring.....
Tender hearts, optimism to build the ordinary
and Sharpen them to become extraordinary.....
With Leadership quality and soulful honesty
They are skilfully born
For their teachings !!!
To whom we are grateful !!!
Thanks for their preachings !!!*

HAPPY TEACHERS DAY TO ALL THE TEACHERS

- Jagadeswari Patnaik, Raipur (C.G.)

"When we think we know, we cease to learn."

Support Arena

Rs. 50,000/- generous gesture by Sri Anil

A.P. Sistakarana Sangham State Associate President, young Lion Sri Donkada Anil Kumar garu has been doing many



service activities at a very young age and as part of this, his generosity in donating two cheques of Rs.25,000 each to The Lions Club - Rs.25,000 each for Nithya Annadanam programme and Rs.25,000 for other service activities - is a very service-oriented gesture. Lekha congratulations him.

Karanam Sistakaranam Ikyavedika organized Annadanam

As part of the first program of Karanam Sistakaranam Ikyavedika, in memory of Armugam Pillai, his family members Smt. Sunitha & Sri V Ramesh first prepared Pongali, Pickle and mineral water at Avilala Pillareswara Swamy Temple and offered pooja to Pillareswara Swami and distributed prasadam at Ganesh Mandapam. After that performed food distribution at Ruya Hospital gate, for 300 people.

Avilala Sridhar

Behara distributes pensions with Adari Anand's personal funds

GVMC co-option member Behara Bhaskara Rao requested assistance from West Constituency Coordinator Adari Anand Kumar for residents of wards 91 and 92 facing government pension issues in the Jagananna Suraksha program, who then contributed 2750/- rupees from personal funds to each of the 14 eligible beneficiaries, which were then distributed to them by Behara Bhaskara Rao.



Explanation to Member Secretary of AP State BC Commission

In Vijayawada, our Sishtakarana leaders collectively elucidated the socio-economic challenges faced by the community to Mrs. Madhavalatha, Member Secretary of Andhra Pradesh RashtraBC Commission. She had earlier represented Andhra Pradesh at a YNCBC meeting in Delhi on 13-9-2023. Mr. Polumahanthi Umamaheswara Rao, First Vice President Mr. Baliwada Sivakumar Patnaik, and Alindia Sishtakarana Sangam Treasurer Mr. Gumma Uma Shankar Patnaik effectively conveyed their concerns. Congratulations to them for ir efforts.



Dr. Arikathota Kanakaraju's Donations

Donation of Rs. 5000 by Dr Arikathota Kanakaraju and Smt. Uma, Rtd. Professor, Agricultural college, Naira given to Satya Sai Ped-



damandiram, Srikakulam to Vinayaka Chavithi expenditure as well as Sai 100 hours Akhanda bhajana. This amount shall be utilized mostly for purchase of vinayaka prathima and pooja samagri to be held on 18th Sep 2023.

2) In connection with their grandson AV Shauryatej's, birthday Dr Kanakaraju and Uma, Retired professor, Naira had given Anna santharpana to 250 people to poor at 7 road junctions, Srikakulam prepared by Sri Varasiddi vinayaka temple, P N . Colony, Srikakulam and also Sri Satya Sai Sevasamithi, Peddamandiram, Srikakulam. Muralikrishna, Convenor of Sai Peddamandiram Srikakulam, also Sri Jaganmohan Rao, State Vice President, Redcross, Srikakulam served the Annaprasadam to poor.

Help for Driver Raju



The United Nations designated Mother Teresa's death anniversary as the "International Day of Charity." At the Mother Teresa Kids School in Ayyannapet Junction, the Mother Teresa Seva Sangam and Blood Donors Club Organization offered tributes to Mother Teresa's portrait and celebrated India's first Vice President, Dr. Sarvepalli Radhakrishnan's birth anniversary, also known as "Teacher's Day." During the event, the Seva Sangam members started knowing about Raju, an ambulance driver facing financial hardship following the loss of an eye due to an ambulance

cylinder explosion and having collected 10, 616/- rupees from members of the Sangham and others, presented the same through Honorary President Sri Tyada Venugopalam, and in a program organized under Seva Sangam President Tyada Prasad Patnaik's leadership.

Delivery of supplies to children

In Varahapuram village, Chodavaram mandal, Anakapalli district, Vinayaka Chavithi saw the distribution of new clothes for needy children, ornamental jewellery for girls, and clay idols of Vinayaka, crafted by students to promote environmental conservation. Dr Kirti Patnaik, the founder president of Sridevi Vigyana Jyoti Parishkar Charitable Trust, oversaw the event, joined by Ramanamma. The initiative emphasized worshipping eco-friendly clay Ganesha idols, garnering participation from village elders and students' parents.



Support Arena

Sri PVT Patnaik and family serve food to the needy



On the day of Sapindikaran shraddha (11th & 12th day ceremonies) of Sri Pakki Girish Chandra Patnaik S/o Late Sri Pakki Venkateswarulu, Ex President of SKA KGP who passed away on 31st Aug 23 at Bilaspur, CG, his son Sri P V T Ramesh and family served food to the poor and needful of about 100 people.

Other members of the family include daughter-in-law Smt. Krishnaveni;

daughter Smt. D Anuradha, son-in-law Sri D K S Mahanty and grandchildren D Swetha, D Shilpa & Rohan Patnaik.

- D Anuradha
Kharagpur



We will donate Rs. 1 lakh for community building - Dr. Ganeshwar Rao

Dr. Vadada Ganeshwar Rao, Chairman of Prandata Charitable Trust, pledged to donate Rs. 1 lakh to the Sistakaranam Community Building in Saluru. Sri Eka-danteswahaar Rao, President of Saluru Sistakarana Sangam, Secretary Sri Lavudi Shivaji Patnaik, Sri Venkateswara Rao, and Sri D V G Prasadri were felicitated on this occasion.



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 - Take your Doctor's approval.
 - For Sistakaranam Families.
 - Your details will be kept confidential.

CONTACT: 8074800939

Blood donation under the leadership of Sri Donkada Anil



Visakhapatnam marked Prime Minister Narendra Modi's 73rd birthday during Vikas Utsav at Visakhapatnam Ramanagar Lions Club, as part of 'Seva Pakhwara' initiated by Rājya Sabha member GVL Narasimha Rao. Lion Donkada Anil Kumar, the President of Palem, led the blood donation program, with support from Inamallaiah and Mandavakuriti Lakshmi Eluri Santosh Kumar.

Dr B Madhuri teaches Homeopathy online

Dr. Balivada Madhuri teaches Materia Medica (Homoeopathy) online (paid course). More than 1000 homoeopathic doctors enrolled in that in just 6 months. She got appreciation from her digital mentor Rahul Bhatnagar was interviewed by him at Dehradun on 26th September 2023. Interested candidates can join her online classes at Chandra Homeo Care.

Visit website of her Interview:

<https://www.instagram.com/reel/CxnqPwLPEKz/?igshid=M2MyMzgZODVINw==>

Contact : B Madhuri - +91 90008 82233



Fraternity Page - AISKA

OBC Garjana, a ray of hope by SSS of AISKA



OBC Garjana, as a part of the Aatmiya Sammelan, was held in Hyderabad on 24th September, 2023 at the Bhaskara auditorium of the Birla Science Museum. Sistakaranam Seva Sangham (SSS), a sister concern of the All India Sistakaranam Association (AISKA), in coordination with the Sistakaranam Welfare Association (SWA), called for the event for all Sistakaranams across the country. As the accreditation of OBC to the Sistakaranams is on the cards, the invitation extended by AISKA to Dr. K. Laxman, National President of the BJP's OBC Morcha and Member of Parliament, Rajya Sabha, has been accepted by Dr. Laxman to chair the meeting. The meeting started with a classical dance performance by Chi. Pakki Kamalika depicting the prayer to Lord Venkateswara. The chief guest applauded her for achieving 10 out of 10 in 10th class.

Speaking on the occasion, Dr. Laxman informed the house that the process for the inclusion of Sistakaranams in OBC has almost been completed on a positive note. However, the matter is pending for lack of some information from the state governments of Andhra Pradesh and Telangana. He assured his full support for Sistakaranams from the central government. In fact, Dr. Laxman and Sri G.V.L. Narasimha Rao, Member of Parliament, raised the issue in parliament. The matter has come to the attention of Sri Narendra Modi ji and Sri Amit Shah ji. The ball is now in Sistakaranam associations and its leaders court to pursue with the respective state governments quickly as the achievement of OBC is possible during Modi ji period only. It is the BJP government that has given constitutional status to the National Commission for Backward Classes (NCBC) on par with the SC and ST Commissions. With this, NCBC is now able to put pressure on government institutions for the implementation of OBC benefits. He also solicited Sistakaranams' support for the BJP in the forthcoming elections.

Dr. Laxman also narrated the advantages of OBC in getting jobs in the central government and public sector, apart from admissions into professional institutions like IITs, NITs, medical colleges, and even primary schools, Navodaya schools. In his speech, responding to the representations submitted by Sri Niranjana Babu and Sri Yedukondalu for inclusion of the Karanam community in the state BCs list, he stated that

the subject is the matter of the Andhra Pradesh state government. But assured his support.

While narrating the issue of BCs, Dr. Laxman reminded the audience about the deletion of 26 castes from the Backward Class list of Telangana after the bifurcation of Andhra Pradesh, purely on the grounds that these 26 backward classes have their roots in the northern districts of Andhra Pradesh. The backward class for these 26 castes continues to be on the BC list of Andhra Pradesh, but their children in Telangana are deprived of the status. Dr. Laxman stated that when he was an MLA, he raised the issue in the state assembly of how bifurcation snatches the rights of backward classes at the behest of bifurcation. Sistakaranams are lucky to continue to be BC in Telangana with the intervention of Sri Dabbiru Krishna Rao.

Speaking on the occasion, Sri Dabbiru Krishna Rao Sistakaranam, President, AISKA, narrated the 12 years of journey in pursuing OBC for sistakaranams at both state and central levels. He also stated that we have been receiving strong positive signals due to the strong support we have been receiving from Dr. Laxman, Sri G.V.L. Narasimha Rao Sri Thalloju Achary and other leaders. Sri Krishna Rao informed the house that the Sistakaranam leaders of Andhra Pradesh are also actively pursuing the OBC, and if the leaders of both A.P. and Telangana continue to put in efforts, getting the OBC is not far away.

Sri Krishna Rao explained the advantages of OBC, from jobs to academic seats, age relaxations, reduction of cut-off marks in competitive examinations, increased number of attempts in writing civils, etc. He also said that Sistakaranam youth in civils lost 11 positions for not having OBC but ended up with 2-3 candidates selected for much-coveted posts. This OBC may not be for us, but for our children and the next generation, he quoted.

The organisers invited a few members to the stage to address the gathering. They include Dr. Chowdhary Prasad, Sri Dabbiru Prab-



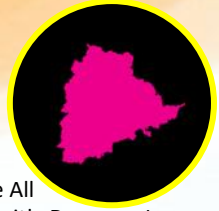
hakar Patnaik, Sri Yeluri Nagesh Kumar, Smt. Vandana Adhivishnu, Sri Nagumantri Mahesh, Sri Dabbiru Venkata Rao, Sri Gouri Shankar, Sri Dasamantri Naresh Kumar Patnaik, Sri Mantri Narasimha Rao, Sri Anantha Prasad, Smt. Lakshmi Chowdhary and Dabbiru Venkata Ramana Murthy.

The entire event was telecasted live by Lekha team members Sri Dabbiru Suresh, Sri Sekharamantri Narahari Nath, and Sri Ravi Karakavalasa. Sri Narahari explained e-mail and other link details and Sri J.V.Chandrababu requested audience to send news inputs to Lekha.

Dr. Laxman extended an invitation through Sri Prabhakar Patnaik to Sistakaranam members to join the Sondi community welfare meeting held in the evening at the BJP's office. In that meeting, Sri Kishan Reddy, Hon'ble Minister of Tourism, Culture, and Development of the North Eastern Region of India, also stressed that both the Sondi and Sistakaranam communities are at the final stage of getting OBC and assured his full support till the end. Dr. Laxman also assured the same for both communities. Sri Krishna Rao garu addressed the Sondi members at their request.

- Mantri Narsimha Rao

Fraternity Page - Telangana



Karanam Niyogi Brahmin Conference

More than 60 rooms were booked at Reddy Function Hall in Yadagiri gutta and Telangana Karanam Niyogi Brahmin samelan sabha was held under the chairmanship of Sri Bandaru Ramprasad.



The meeting was also attended by members of the Sistakaranam community, Sarvasri Sadashivuni Srinivas Patnaik, Basangi Suresh, Uriti Shivaji Patnaik, Kondavalasa Jagadev, T. Srinivas and Karanam Srinivas, who also interacted with PV Narasimharao's son PV Prabhakar and Daughter Vaani.

Appeal to Dr. Laxman

Dr. Dabbiru Krishna Rao, President of OBC Morcha and the All India Sistakaranam Sangam, had a constructive meeting with Dr. Laxman (MP), seeking his support to advocate for the Sishta Karanam community's inclusion in the OBC list during the upcoming Parliament sessions. He, along with other community leaders, received recognition. The MP assured readiness to include the Sishta Karanam community in the OBC list, with plans to elaborate further on this important matter through a dedicated platform, facilitated by AISKA..

Participation was marked by the presence of individuals such as Sri. Dabbiru.V.Ramanamoorthy, Sri Dabbiru Prabhakar Patnaik, Sri K. Venkateswara Rao, Sri Dabbiru Parthasaradhi, Sri Mantri Narsimha Rao, Sri Prakash Rao, Sri D. Naresh Patnaik, Sri BVS Prakash, and numerous others.



Fraternity Page - Andhra Pradesh



Will hear good news soon - Corporation Chairperson

In New Delhi National Backward Classes (NCBC) public hearing held at New Maharashtra from AP State Sistakaranam Corporation Chairperson Smt. Kantimahanti Anusha Shasidhar Patnaik's team was present. They explained the problems faced by the Sistakarana community due to lack of OBC status at the central level. The State Government is requested to consider the statistical report submitted by the Sistakaranam Corporation and do justice. Sri GVL Narsimha Rao from BJP, Sri Bellana Chandrasekhar Sri Kinjarapu Rammohan Naidu from TDP and MPs from all three parties attended the event and expressed their support to these five groups: Sishtakaranas,

East Kapu, Kalinga Vaillyus and Sondis.

On this occasion, Smt Anusha Patnaik thanked the MPs for attending the meeting together knowing the status of community, and understanding the existing problems. Prime Minister of India Narendra Modi, Chief Minister of AP. Achievements under the leadership of YS Jaganmohan Reddy. Anusha's team expressed special thanks to NCBC Chairman Ahirji and other members of the team for giving an opportunity to represent the community of OBC candidates and Sistakaranams to join the Central OBC list. She expressed hope that after receiving the recommendation of NCBC, the central govern-

ment will favorably consider the recommendations for inclusion of those communities in the central list of OBCs and take necessary steps to include them in the central list of OBCs. Sarvasri SNK Mahanthi, Arikathota Chandramouli, Venkateswara Banerjee, Bagam Srinivasa Rao, Polumahanti Umama Heshwara Rao, Pavani, Vantaram Chandramouli, MangaPuram Bhaskar, Donkada Anil, Vappangi Nagendra, Sekharamantri Srinivasa Rao, Duggivalasa. Srinivasrao, Bhogela Srinivasrao, Kallepalli Shankarrao, Mangapuramsuresh, Jayanthi, Shasidhar, Dabbiru Vasu and others participated.

Leaders thank Sri G.V.L.

The Sistakaranam community is actively striving for inclusion in OBC, making



concerted and united efforts. Chairman of NCBC, Hon'ble Elder Mr. Hansraj Gangaram Ahir, has been urged to promptly organize a public hearing in Delhi on 13-09-2023.

In keeping with their commitment to bring justice to the six Eastern Kapu sub-castes, SishtaKaranam Shondi Kalinga Vysya, Elders, and Hon'ble Sri GVL Narasimha Rao have shown commendable dedication. This effort was greatly appreciated by individuals including Sri K. Venkateswara Banerjee, Sri Chandramouli, Donkada Anil Kumar, Baggam Srinivasa Rao, and Ms. Mandavakuriti Lakshmi, who collectively expressed their gratitude at the Visakha district headquarters.

State Govt. support sought

State Sistakaranam Sangam Leadership sought robust state government support for their OBC cause,



which involves both central and state authorities. President Sri SNK Mahanti, State Chief Secretary Arikathota Chandramouli, and Vice President Baggam Srinivasa Rao engaged in comprehensive discussions with three ministers regarding issues raised during the NCBC public consultation in Delhi. They earnestly appealed to Education Minister Botsa Satyanarayana, Revenue Minister Dharmana Prasada Rao, and Reverend Venugopala Krishna, politely requesting the state government's full cooperation in adding the SK, EK, Komati, Shondi, and Arava castes to the central OBC list. Their meeting revolved around the NCBC Public Powering event held in Delhi on September 13, 2023, emphasizing the need for wholehearted state government collaboration.

'Vayyari' music video released

Directed by Shri Devi Prasad Baliwada Story, Head of Shades Studio, the music video of 'Vayyari' was released on September 22 via Wax Beats Channel. Music lovers expect this video to be a trend setter with a good concept and excellent cinematography.



Dhi fame dance master Pandu and Shweta Naidu in the lead roles in this video, Trinath, Jaya Naidu along with Sri Vani and Sri Basangi Suresh as the heroine's father

Devi Prasad informed that Shades Studio has decided to produce and release more such music videos in collaboration with Wax Beats Channel.

Fraternity Page - Andhra Pradesh

Sistakaranams in politics – September 2023



1. Visakhapatnam West Constituency MLA Sri Petakamsetti Ganababu was warmly invited by State Telugu Desam Party Sistakarana Sadhikara Samiti Convenor Sri Akkamahanthi Raja Garu Garu to meet Gajuwaka and West Constituency workers. Smt. Chakradharamahanti Kavitha, Sri Balivada Satya Rao, Sri Tilak, Sri AP Krishna Rao, Sri Palatheru Bala, Sri Mantri Venkata Rao, Kuppili Narasimha Murthy, Sri Barli Ramananda, Pawan Rohit, Basangi Tirupati Rao, Prathapa Rao Srinivasa Rao, Sri Karakavalasa Gouriprasad, Nagumantri Venkateswara Rao, Dabbiru Srikanth, Manipatruni Satyannarayana, Potnuru Phanindra, Basuru Srinivas and many other activists participated and created a celebration despite hot conditions. 
2. Sri Akkamahanthi Raja, Sri Baliwada Satya Rao and others met with the 89th Ward Corporator Sri Daadi Ramesh. 
3. Telugu Desam Party State President Sri Kinjarapu Achchennaidu was informed about the problems of our Sistakaranams, and Telugu Desam Empowerment Committee convener Sri Chandrababu Bharosa's house-to-house campaign programs, and the manner in which Sistakarana families are being supported. Sri Balivada Satya Rao is the District Convener of Telugu Desam Sistakarana Empowerment Com- 

mittee Visakhapatnam.

4. Hon'ble Rajya Sabha member, Sri GVL Narasimha Rao, performed Sri Varalakshmi Vrata at his home. Our Sistakaranam lady, Smt. Kurada Pavani was present there. 
5. Pension was distributed to pensioners at Rajiv Gruhakalpa, Marikolasa colony under 76th Secretariat jurisdiction at Vishakhapatnam. On this occasion, 76th Secretariat Convener Sri Kallepalli Shankar Rao. 
6. On 24-9-2023, Hon'ble Minister of State for Minorities Smt. Smriti Zubin Irani as the Chief Guest and other BJP central and state leaders participated in the BJP media conference held at Sagaramalika Convention Hall, Visakhapatnam Beach Road. Smt. Smriti Irani warmly greeted and spoke to our esteemed senior woman BJP leader Smt. Kurada Pavani who participated in this meeting. 


Souvenir release on occasion of Shastipurti

Sri Dharmana Krishnadasu, Hon'ble MLA, released the Shastipurti Souvenir book on the occasion of Shastipurti celebration of Sri Sadashivuni Krishna, Director Andhra Pradesh



Shistakarana Welfare and Development Corporation, Srikakulam District Sistakarana Sangham General Secretary, Sistakaranam stalwart, and Narasannapeta resident, at VNB Kalyana Mandapam in Narsannapeta, Srikakulam District. All India Sistakarana Association President Sri Dabbeeru Venkatakrishna Rao, Sarvasri Polumahanthi Umamaheswara Rao, Murahari Rao, Simhagiri Patnaik, Godaba Prabhakara Dasu, Dabbiru Srinivasu and Palasa Sistakarana Sangham President Sri Bhavani Shankar, members of Narasannapeta Sistakarana Sangham, journalists, local leaders of other communities and others were present on the occasion. The chief guests and other speakers spoke at length about Krishna's personality and the service activities he was doing. Later, Sri Sadashivuni Krishna and his wife were felicitated. On behalf of the Andhra Pradesh Sistakarana Sangham, a special citation was read out and handed over to the couple, a shawl was presented and they were garlanded.

Social Justice Empowerment Conference

On September 7, 2023, a Social Justice Empowerment Conference took place in Visakhapatnam at 3pm, led by BJP Rajya Sabha Member Sri GVL Narasimha Rao. During the event, the MP discussed the progress and challenges faced by OBCs, including Sistakaranam, Sondi, Thurpu Kapu, Kalinga Vaishya, and other castes.

Affidavits were mentioned regarding an upcoming NCBC public hearing scheduled for September 13 at Maharashtra Sadan. Leaders of these castes were notified to attend the NCBC hearing in Delhi on the same date.

The conference aimed to strategize and prepare for the upcoming NCBC hearing in Delhi on September 13, focusing on efforts required to secure OBC status. Diverse leaders collaborated to address the pertinent issues surrounding social justice empowerment.

Prominent Sistakaranam leaders, including Sri Dabbiru Venkatakrishna Rao, Sri Polumahan-

thi Umamaheswara Rao, Smt. Kurada Pavani, Sri Kantimahanti Banerjee, Sri N Gajapati Rao, Sri Behara Nagabhushan Rao, Visakhapatnam district Sistakarana Sangham President Sri GG Prabhakara Dasu, Sri Baliwada Haribabu, Sri Bhasuru Srinivasa Rao, Sri PVV Prasada Rao, Sri Baggam Srinivas, Sri Duggivalasa Srinivas, Sri Duggivalasa Diwakar, Sri Harnath, Sri Jaiti Umamaheswara Rao, Sri Murahara Rao Suresh, Sri Kuppili Ganesh, Sri Oppangi Nagendra, Sri Gowrishankar and other eminent Sistakaranams joined the discussion.



Monograph on Alluri released

The Andhra Pradesh Governor released the Monograph on Alluri in an event held at Visakhapatnam. Prominent Sistakaranam, Visakha resident, Indian Postal Services' Assistant Director (Vigilance) Uriti Nagadithyakumar attended the event. (See photo, second from left). Congratulations to him.



Fraternity Page - Andhra Pradesh



The Role of Sistkaranas in the Conference of State BC Associations

The Andhra Pradesh State Backward Classes Social Groups meeting commenced on 13th September 2023 at the Dwarkanagar Public Library in Visakhapatnam. In attendance, alongside representatives of diverse social groups, was Mr. GG Prabhakar Das, President of the Visakhapatnam District SK Development Association.



Mr. Das emphasized the challenges faced by the Sistkaranas, acknowledging their struggles within the BC category. He stressed the need for unity in addressing common societal issues. He pledged support for collaborative efforts with BC community leaders, fostering cooperation. The event witnessed the active participation of numerous BC community leaders, and several BC associations pledged to work together.

The Visakhapatnam District Sistakarana Sangam also joined the BC Sanghas meeting, underscoring the importance of collaboration. Congratulations to Mr. Godaba Prabhakar Das and Ram Shankar for their contributions.

NCBC meets 4 caste teams

On September 13th, the National Commission for Backward Classes (NCBC) convened a meeting at New Maharashtra Bhavan in Delhi, bringing together representatives from the Sistakaranas, Sondis, East Kapus, and Kalinga Vaishyas. The discussion centered on social, economic, and educational issues related to obtaining OBC status in the state. Representatives from these four castes in Uttarandhra districts voiced their perspectives.



This meeting was particularly relevant in light of the central government's proposal to include 40 castes in the OBC list, prompting collaboration with the state government's BC Commission to gather recommendations. Officials disclosed the state government's willingness to support this endeavor. Notably, Rajya Sabha members GVL Narasimha Rao and Lok Sabha members Rammohan Naidu and Bella na Chandrasekhar expressed optimism about achieving OBC status based on these recommendations. It is evident that the four mentioned castes in Andhra Pradesh will soon attain OBC status.

Smt Kurada Pavani, Smt. Anusha Patnaik KantiMahanti, Shri Polamahanthi Umamaheshwar Rao, Shri S.N.K. Mahanty, Shri Arikatota Chandramouli, spoke indignantly and placed their demands before the committee and returned victoriously.

Felicitations by Corporation Chairperson on Teachers Day

On September 5, 2023, under the leadership of Smt. Anusha Shasidhar Patnaik, Chairperson of Andhra Pradesh SK Welfare and Development Corporation, a felicitation ceremony was held for five individuals excelling in various fields. The honorees included Smt. Manipatruni Jyoti Kumari, who serves as R.J.D for six districts, DSP Balawada Nageswara Rao of Manyam District, film producer Balaji Ramalingam, mythological actors Donkada Ramachandra Rao, and film director Duggivalasa Diwakar. They were presented with shawls and mementos.

Smt. Anusha Patnaik emphasized the significance of Teacher's Day and the role teachers play in shaping successful individuals. She aimed to inspire today's youth by honouring accomplished personalities mentored by teachers.

Sri S.N.K. Mahanti, President of AP SK Sangam, encouraged SK youth to draw inspiration from accomplished individuals within their community and excel in their chosen fields. General Secretary Sri Arikathota Chandramouli expressed pleasure in recognizing these individuals for their remarkable contributions.

The ceremony witnessed the participation of various leaders, including Sri K. Venkateswara Banerjee, President of All India SK Sangham, and members of different Sistakaranam associations, such as Jayati Umamaheswara Rao, Duggivalasa Srinivas, Lanka Mohan Rao, Vantaram Chandramouli, D. Haranath, K. Chandramohan, P. Venkata Ramanamurthy, among others.

Dr. Arun Patnaik in Kurmannapalen meeting

Dr. Shivam Arun Kumar Patnaik, Director, Chattisgarh Amity



University and executive council member of Atal Bihari Vajpayee University and a political analyst, said that the Kurmannapalem Sistakaranam Association, which has been doing a lot of service activities, will set an example for other associations. Speaking on the occasion of distribution of rakhis at the Kurmannapalem branch office here, he said, "Rakhi is a symbol of love and affection."

There will be a national level discussion on the achievement of OBC and there is a possibility of achieving it soon, he said.

He wanted the associations to come together and move forward unitedly. For this meeting, Secretary of the Association, Sri D. Sathya Rao, Sri Gangavaram Gopi, representatives Sarvasri Urjam Prasad, Garbam Nageswara Rao, K.S.R. Patnaik, B. Venugopal Rao, K. Chandramohan, N.H. Sudhakar, GVR. Mouli, S. Kishore Mumar, P. Charan, and S. Manoj participated.

Memorandum to The Minister of State for Social Justice

On 26-9-2023 at the BJP party office on Beach Road, Visakhapatnam, during the visit of



Hon'ble Union Minister of State for Social Justice Shri Narayana Swamy to Visakhapatnam, under the leadership of Sri BJP MP Shri GVL Narasimha Rao, who recently went to Delhi to implement OBCs for their social groups along with the castes who participated in the public hearing. Our Sistakarana leaders met them personally and presented petitions related to OBC and other issues.

Shri Banerjee, Shri SNK Mahanty, Shri Gajapathi Rao, Shri Arikathota Chandramouli, Shri Sun Murthygaru, Shri Smt Kuradapavani, Shri Sadashivuni Lakshmana Rao, Shri Thumbaliprasada Rao, Shri Godaba Prabhakaradasu, Shri Basuri Srinivas, Shri Baggam Srinivas, Shri Manapuram Suresh and other eminent persons were present in this program. In the presence of Hon'ble Rajya Sabha members Shri GVL Narasimha Rao, all the Sistakarana leaders participated and handed over the petition to the Hon'ble Union Minister of State for Social Justice Mr. Narayana to recommend without delay the inclusion of Sistakarans in the OBC and to do justice to this backward social group.

Fraternity Page - Chhattisgarh & Other States



Vellore Karuneega (Karanam) Sangam Meeting

Avilala Sridhar from Andhra Pradesh Karuneegar Youth Welfare Association and Karanam Niranjan Babu from Chittoor district Seer Karuneegar Yuvajana Seva Sangam participated in the general meeting organized by Tamil Nadu Vellore Karuneega (Karanam) Sangam office at Vellore. All South Indian Karuneegar community leaders attended this meeting. In the afternoon meeting of the South Indian Karuneegar Federation, Sridhar and Karanam Niranjan Babu conveyed that the Karanams and Sistakaranams of Andhra Pradesh are the same, that the Karanams and Sistakaranams of the entire state should unite, and that they are extending full support to the South Indian Karuneegar Federation. A large number of Karunigar community leaders and Karanam caste members participated in this program.

CGSKA Get Together 2023

A call by Sri U Ravi Patnaik to gather all the strength and positivity to unite Chhattisgarh Sista Karnam Association, all members gathered at Hotel Aditya on 17 September 2023. After long break, it was quite a rejuvenating and refreshing respite from a busy and demanding life.

It became more momentous as Sri B Ramesh Patnaik was felicitated on his conferment of Honorus cause (Doctor of Education), by Global Human Peace.

Members of the CGSKA families had enjoyed the gathering with songs by singers of our community along with a delicious spread gourmet. The celebration started with a prayer song by group. Sri Raju Mantri initiated by expressing Ramesh Patnaik's achievements with his magical words.

Then a graceful felicitation of Sri B Ramesh Patnaik by eminent members.

Honour of Sri U Ravi Patnaik and U Sarla by Smt. Rajkumari Patro and Sri Ch. Tirupati Rao added flavour to the graceful event .



Ganesh festival in Bhilai

Sri Nagumantri Mahesh, Bhilai celebrates Ganesh festival with great fervour. He sponsors Ganesh idol, puja material and prasadam. Sistakaranams along with members of All India Guard's Council and Bhilai Marshalling Yard actively participated in the event. Reported by Sri Pakki Shivaji.



Teacher's Day Celebration in Raipur Chhattisgarh

Teacher's Day is always celebrated honouring teachers in many ways but this time at Tilak Bharati School, the school leaving students (Grade 12) celebrated as a Thanks Giving Ceremony. This was done with a beautiful message to all college entrants to gather for a noble cause in expressing gratitude to the teachers.

On this occasion, students shared their memories at TBS since they joined and cherished the dedication and contribution of teachers in every walk of life.

They Promised to follow the leanings and values from TBS.

Teachers Day was also celebrated at Padmavati School which is also run by Smt Vani Rao who also belongs to our community.



Raipur District Weightlifting Championship: Chaired by Smt Raj Kumari Patro

The District Level Weightlifting Championship was held on 11 September 2023 at Raipur, Chhattisgarh. The organiser Sri Rustam Sarang is a champion of Commonwealth Games Weightlifter. The event was chaired by Smt. Raj Kumari Patro. She praised all the young minds behind this thoughtful event and encouraged them to conduct such worthy competitions to promote popular sports, in her speech

The Prize Distribution Ceremony was successfully concluded, and being a part of it, I too cherished the spirit of young and brimming competitors.

- Arti Patnaik



Fraternity Page - AIPSKA

Janmashtami & Ganesh Chaviti Celebrations at 'Vanita- Vedika'



On Ganesh Puja, photos of celebrations were asked to post.



Chi.Sreyansh & Chi.Srija s/o & d/o KV Vidyasagar,KGP; grand kids of Sri Mandakuriti Murli



Smt. K Padmaja's grand kid, D.Kiara, D/o D Sailesh Patnaik, Bangalore`



Sravan Rayagada's from U S A 2nd son, Sujeev's old pic

"Charity begins at home. If we involve our kids in puja decorations, pujas, preparation of flower & mango leaf festoons, puja preparations, devotional bhajans, songs etc., they will enjoy and learn to love our traditions. I am sure in our traditional festivals, Puja decorations, the entire family including our kids will involve themselves. Our group is like a school. Let our generation know about our traditions and practices which is eroding day by day from the society."

-Vadada Umamaheswara Rao

Lord Ganesha is a food lover. That is why it is said that at least 21 types of dishes are prepared. As one cannot do all, at least 5 or 9 types of dishes of your choice should be made. Whatever you can make Ganesha will accept and protect you. The dishes made by Parvati are not relished by him alone, he shares with his friends. His favorite are 5 types, all made with rice flour- 1.kudumulu, 2.purnakudumulu, 3.jilledu kayalu, 4.bellam talikalu, 5.modakalu. There are also other favorites. They are- 1.pulihora, 2.daddhojanam, 3.garelu, 4.laddu, 5.paramannam. Favorite uncooked food is vadvappu, panakam, chalimidi, 21 kinds of fruits. Gajanana loves garika. Pooja is done with garika and 21 types of patri on Vinayaka Chavithi.

- Vijaya Kumari



Congratulations to all the ladies 'Devotees' for acquiring worthy Certificates not just for decorated pictures but special blessings for all your devotion and dedication for Lord Ganapati. This is how mothers can lead their children towards spirituality. This is a nice initiative taken by your Umamaheshwar Uncle.

- Raj Kumari Patro



Following members participated : (Smt's)

01. D.Anuradha, Kharagpur
02. Dr. Balivada Madhuri ,Visakhapatnam
03. Dasamantaroo Balamani, Hyderabad
04. Balivada Swetha, Visakhapatnam
05. Dasmanturao Kavya, Vizianagaram
06. Yamini Rayagada, Chennai
07. Dasamanturao Manjushree, Kharagpur
08. Manipatruni Sabita, Mumbai
09. Mantri Satya Kavita Patnaik Hyderabad
10. J.Vijaya Kumari, Visakhapatnam
11. P.Malati Patnaik, Kolkatta
12. D.Rama Satya Devi, Kolkatta
13. K. Vijayalaxmi, Tata
14. N.Aruna Kumari, Kharagpur
15. V.Priyanka, Abudhabi
16. D.Shilpa, New Delhi
17. K.Padmaja, Kharagpur
18. K.Nirupama Dipti Patnaik,Nagaland
19. D.Prabhakar, Raipur
20. T.R.P.Patnaik, Similiguda
21. Jagadiswari Patnaik, Raipur
22. Pakki Smitha Patnaik, Visakhapatnam
23. V. Manjula, Rayagada
24. N.Tushar Patnaik,Hyderabad
25. Kabita Patnaik
26. P.Triveni Rao, Raipur
27. D.Laxmi Prasanna, Visakhapatnam
28. Balivada Kanchamala, Hyderabad

Kalam Snehitulu

TANA appreciation

TANA Coordinator Shri Chigurumalla Srinivas presented a Certificate of Appreciation to Mr. Dabbiru Venkata Ramana Murthy (Saratkavi) in recognition of his literary prowess at the International Literary Conference held on 09.09.2023 under the auspices of TANA World Literary Forum.



Chitra Kavitalu

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

Congratulatory messages only after the end of the program.

- Gauriprasad Karakavalasa

Chitra Kavitalu Organizer, Admins team
Kalam Snehithulu Kalavedika



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



Accolades to Sri Prabhakar

- 1) Andhra Pradesh Official Language Association and Service Organizations Gurjada Commemorative Award, Shekharamantri Prabhakar 21-9-2023 Picture receiving the Gurjada Memorial Award on the occasion of 161st birth anniversary of Gurjada with Vijaya Babu, President of the State Official Language Association and other guests.
- 2) Visakhapatnam Sahridayasahiti Award to Acharya Betavolu Ramabrahram on the occasion of Viswanatha Satyanarayana's 128th birth anniversary on 10-9-2023 at Visakhapatnam by President Shekharamantri Prabhakar.
- 3) Shekharamantri Prabhakar receiving the honor as the pall-bearer in the 128th birth anniversary program of Vishwanatha Satyanarayana organized by Vishwanatha Sahitya Peetha in Visakhapatnam 10-9-2023.



Entrepreneurs Frontier

The beginner friendly workshop in Resin Art on 8th Oct in Hyderabad

Ajith Saikrishna Chilakalapalli is a self taught artist and has been doing art for the past 4 years. He has mastered himself in several art mediums like oil painting, acrylic painting and charcoal along with craft making like resin and clay arts.



He has done a couple of corporate workshops and is now hosting his own workshop in Hyderabad for Resin Art.

Join his beginner friendly workshop on October 8th and create your own stunning BEACH CLOCK.

'TAKE HOME WHAT U MAKE'!

In this workshop, he will teach you about the master techniques

of mixing and pouring the resin

- ◆ Brief about different types of resins, pigments and basics of resin casting.
- ◆ All the techniques and tricks are explained thoroughly.
- ◆ You will be told where u can get the materials you need and given step-by-step guide on how to create your first resin clock.
- ◆ Safety and precautions while using resin.

Date : Sunday 08th, October 2023.
 Time : 10am-12:30pm.
 Mode : Offline
 Registration Fee : ₹2500
 Location : Cokarma - Coworking space, Near Inorbit Mall, Durgam chervu.
 Contact : 9701096517

Vivaha Vedika



Vivaha Vedika
వివాహ వేదిక



Vivaha Vedika is a new initiative from Lekha. Being a sensitive subject, we are wary of the pitfalls in managing the function of match-making. We are, therefore, starting with just a handful of prospective brides and grooms. Please excuse us for any errors, omissions or misrepresentations. This will be an evolving initiative, and we will improve as the time goes by.

Prospective Brides & Grooms



Name	SUSHMA
Surname	JAINA
Father's Name	JVV BHASKAR
Gotram	VASISTA
Date of Birth	13-Apr-1996
Nakshatram	DHANISHTA
Height	5' 4"
Complexion	FAIR
Occupation	PVT. EMPLOYEE DOLORAMA,
Work Place	CANADA
Education	BE / B.TECH
Preference	CANADA ;

Name	JYOTHSNA
Surname	KUPPILI
Father's Name	K.JAGADEESH
Gotram	ULIKESWARA
Date of Birth	9-May-1996
Nakshatram	UTTARASHADA
Height	5' 1"
Complexion	FAIR
Occupation	PVT. EMPLOYEE INTEL
Work Place	BANGALORE
Education	BE / B.TECH
Preference	BTECH ; SOFTWARE,NRI

Name	SHANMUKHI
Surname	MUNGANDA
Father's Name	M.V.VENKATESHWARAO
Gotram	KASYAPA
Date of Birth	20-May-1986
Nakshatram	HASTHA
Height	5' 3"
Complexion	TAN
Occupation	
Work Place	
Education	BE / B.TECH
Preference	DOB-"80-"85; BTECH; PAN-INDIA



Name	DILIP KUMAR
Surname	SIVVAM
Father's Name	S.RAMASUDHAKAR RAO
Gotram	BHARADWAJ
Date of Birth	4-Jun-1989
Nakshatram	ROHINI
Height	5' 6"
Complexion	
Occupation	PVT. EMPLOYEE
Work Place	
Education	M.SC
Preference	DOB-"90-"95; PAN-INDIA;

Name	VENKATA SAI GOUTHAM
Surname	DABBERU
Father's Name	DVS PRASADA RAO
Gotram	KASYAPA
Date of Birth	11-Aug-1995
Nakshatram	DHANISHTA
Height	5' 7"
Complexion	FAIR
Occupation	PVT. EMPLOYEE AMAZON
Work Place	BANGALORE
Education	BE / B.TECH
Preference	BTECH, TELUGU STATES,

Name	DILEEP
Surname	NADUKURU
Father's Name	BHANOJI RAO
Gotram	KASHYAPA
Date of Birth	31-Jan-1991
Nakshatram	ASHLESHA
Height	5' 8"
Complexion	TAN
Occupation	PVT. EMPLOYEE CREDENCYS SOLUTIONS
Work Place	WORK FROM HOME
Education	BE / B.TECH
Preference	

Name	SASIKANTH
Surname	VANTHARAM
Father's Name	V.RAGHU BABU
Gotram	BHARADWAJ
Date of Birth	23-Nov-1987
Nakshatram	JYESTA
Height	5'11"
Complexion	FAIR
Occupation	PVT. EMPLOYEE FCI-FOOD CORPORATION OF INDIA
Work Place	AMUDALAVARSA ;
Education	SRIKAKULAM
Preference	

Name	SANDEEP KUMAR
Surname	NANDIGAM
Father's Name	N.KAMESHWARAO
Gotram	SRIVASTAVA
Date of Birth	19-Jun-1995
Nakshatram	PURVABHADRA
Height	5' 4"
Complexion	FAIR
Occupation	PVT. EMPLOYEE JP MORGAN & CHASE
Work Place	MUMBAI
Education	
Preference	IT JOB ; VIZAG, VIJAYNAGARAM,

GET MORE PROFILES ONLINE

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

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



SISTAKARANAM IKYAVEDIKA

ONE DIGITAL PLATFORM FOR ALL SISTAKARANAMS

Our Treasures

Giri's Column

Renunciation is an important aspect of ascetic spiritual practises. Renunciation is done at different levels. The modern world is so fond of the mind, and very appreciative of the mind and the things that the mind can do. Everything of the modern world is about glorifying the mind. No doubt mind is such a powerful thing. Yet the ascetics understand it to a greater depth than the worldly successful men. In worldly affairs mind is engaged with the worldly matters, objects of interest, arts, crafts and so forth. The training is to refine and sharpen the minds usefulness to acquire the riches of worldly objects. However the spiritual saints seem to do some thing exactly opposite.

Renunciation could start with letting go off the riches, letting go of hobbies, letting go off big friends circle and so forth. They are usually the first level of renunciation. The mind whose tendency is to be engaged into the maya of the world, is so engrossed that the energy of the soul is always utilized in worldly matters. It is akin to wasting the compute power of a super computer. Instead the advanced saints and yogis learn to keep the mind not engaged into any thing. This can happen only when one has renounced the emotions. At that stage the saint no longer believes that emotions

are the core of life, and they are hindering interrupts to disengage the mind from matters of world. As the yogi disengages the mind from world, his inner energy builds. He becomes equanimous. As his inner energy builds he will reach the threshold to connect with the ultimate reality.

On the journey of connecting with the source or with the oneness, renouncing the mind itself comes at a very high level. With many life terms of engaging the mind with world, it is not easy to let go off. When the saint disengages the mind his ability to conserve bodily energy grows, and his ability to observe increases. His abilities grow to observe the subtler of the subtlest, which a normal preoccupied mind can not observe. Such a saint has potential to gain sidhis (supernatural powers), which are really the true nature of a human. A yogi doesn't even dwell into such powers, nor engages the mind into such powers, since that will only distract him from the goal of going beyond maya. Maya is the one that is keeping us in separate individual realities and obscuring us from omniscience, the oneness, and the reality. Many powers like kundalini raising can be acquired. Some have even reached the level of not even needing

to consume food and water. They become niraaaharis. At such advanced stages they are not interested in any thing, even though their abilities to assimilate increases, they do not have the need to engage in the world. Because all the objective world is nothing but maya. There are many avadhutas, that are completely disconnected with social world, don't need shelter, just wandering in the nature without needing anything at all. They are truly liberated from the phenomenal maya.

However for the sadhak the renunciation starts from renouncing smaller desires, and starts with losing interest in casual matters, and hobbies. As people become older, they start realizing this and naturally tend to lose interest in worldly matter. However as yogi, one needs to make it a practise, and reach a higher degree of renunciation, at early age as possible, so that his chances of liberation in the same life is higher.



- Giridhar Patnaik

Talent Corner

Our Sistakarnams talents relevant to current phase



Ganesha by Ms.Vathsala Rao
Mumbai



Chandrayan Drawing by Rohit Kuppili from Mumbai



Ganesha by Mrs.Sravanti Chowdari Rao Melbourne, Australia

Our You Tubers

Dr Chowdari Prasad featured in channel 'Kahani Hum Sab Ki'

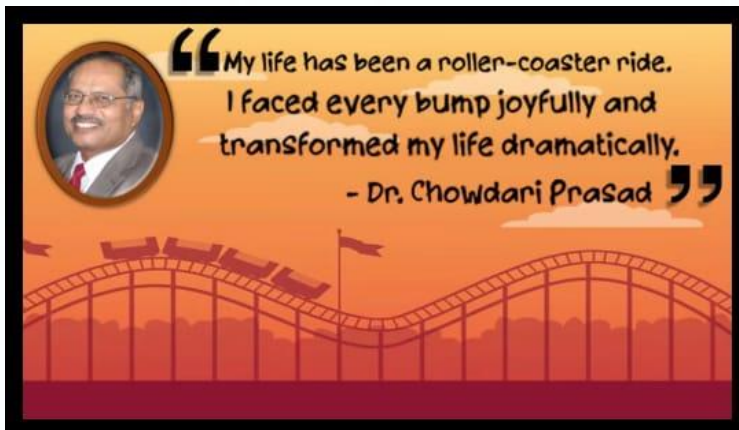
Dr Chowdari Prasad, Vice President AISKA Bangalore was featured in a YouTube Channel titled KAHANI HUM SAB KI, for three consecutive Sundays i.e., on 3rd, 10th and 17th September, 2023 narrating his life story. The Channel is Mumbai based, <https://lifearchitectsindia.com>. YouTube Channel posted so far 170 Videos having 1,270 subscribers.

The first two videos in the channel are introductions of the Channel that is engaged in covering the lives of unsung heroes around us. They are people with magical powers who can transform any situa-



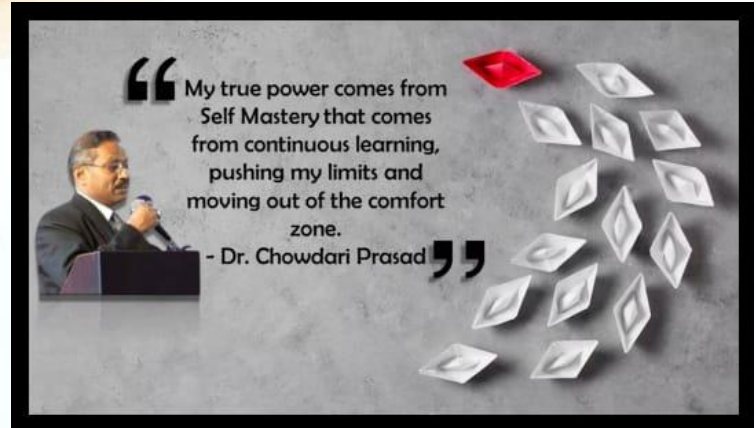
tion from bad to good. Anyone who did not fit in the stereotype went unnoticed and almost ignored. However, truth be told, that there is a Hero in every home who has beaten down every calamity to dust, who has been able to cast their spell to create magic for people around them or who have been rulers in their own world.

In Dr. Chowdari Prasad's first episode, he says "My life has been a roller-coaster ride. I faced every bump joyfully and transformed my life dramatically". He belongs to Kotabommali village and was



born on October 19, 1952 in Saluru in Srikakulam (now Vizianagaram Dist) in AP. His father late Sri Ch Shanmukha Rao was working in Govt of Madras till 1956 in Madras (now Chennai) and shifted to Hyderabad, the then capital of Andhra Pradesh in 1959. He narrated his school and college education in Hyderabad, his performance in various examinations and obstacles faced in completion of graduation.

In the second episode, he says "my true power comes from my self-mastery". He narrates how at the age of 18 years, he had to shift



from education to employment, after successfully clearing the all-India competitive exam/interview conducted by a leading private bank in Hyderabad, The Andhra Bank Ltd in April 1971. Within six months, he got selected in State Bank of India where he worked for close to 22 years in various locations/positions like Rural Branches and rose to the level of Chief Manager at Corporate Office, Mumbai



with four merit promotions/selections. He pursued his graduation/post graduation studies, banking diplomas and other knowledge and had tough experience in multiple areas. professional qualifications while working. At 40, he voluntarily quit SBI in April 1993 to join another private bank in Bangalore. In the process, he gained vast experience.

In May 1999, he moved to Second Innings in Academics by joining TAPMI, Manipal as Associate Professor cum Chairman-Admissions. For next two decades he was engaged in teaching MBA students, Research and Academic Administration in four MBA Institutes. In the third episode, he states "how I applied my industry experience



with academia" and shares a few valuable thoughts to the younger generation aspiring to be successful.

Health Page

Understanding Brain Tumors - Dr. Kuppili Suresh Babu



Brain tumors, regardless of their location, instill profound worry. The dread of their malignancy suffocates us, as their presence in any part of the brain threatens to disrupt vital functions, sometimes

even endangering life itself. The brain, the epicenter of human existence, encompasses our emotions, aspirations, thoughts, and intelligence, but it is also the repository of our pains. It is the most delicate and vital organ, safeguarded by the sturdy cranium, floating securely in the protective cocoon of cranial bones. It controls our every action, serving as the compass for our lives.

The mere presence of tumors within this vital organ is daunting. But what exactly is a tumor, and how does it form? Brain tumors can originate in the brain, the protective dura mater enveloping it, or even within the skull itself. These tumors emerge when normal cells undergo a catastrophic transformation, striking without discrimination—targeting the young, the elderly, and everyone in between.

Two primary categories of brain tumors exist: benign and malignant. Benign tumors

evolve gradually and may remain asymptomatic for extended periods, whereas malignant, or cancerous, tumors grow rapidly, often posing an immediate threat. As these tumors expand, they exert pressure on the brain, causing various neurological disorders. This can manifest as limb dysfunction and other debilitating effects, with up to 40% of such tumors proving cancerous, graded on a scale from one to four.

The human brain is a marvel of complexity, lacking any specific shape. When tumors arise within this intricate organ, normal cellular growth goes awry, leading to the formation of disorganized, chaotic cell masses. Some tumors originate from within the brain itself, while others can arise in the upper layers of the brain or other locations.

The etiology of these tumors remains a mystery, with potential factors including environmental influences, genetics, heredity, and even mobile radiation. The precise trigger remains elusive. Symptoms of brain tumors encompass unbearable and chronic headaches, vomiting, dizziness, and loss of control over organs governed by the affected brain region. These symptoms can escalate, leading to issues such as heaviness in the head, seizures, blurred vision, limb weakness, fatigue, fainting, ataxic gait, forgetfulness, and confusion. In children, an enlarging head size may be a telltale sign, coupled with feeding difficulties. A surge in

intracranial pressure often accompanies these tumors, creating what is termed raised intracranial tension.

Diagnosing brain tumors hinges on advanced imaging techniques such as MRI and CT scans, offering an accuracy rate of 99% in distinguishing cancerous from non-cancerous growths. Additionally, NRI Spectroscopy can detect various types of brain tumors. These tumors can assume diverse forms, with some growing within the brain (glomus) and others in its upper regions (menisome).

Treatment strategies depend on factors such as tumor location, symptoms, and grading. Options include surgery, radiotherapy, chemotherapy, and advanced methods like neuronavigation, keyhole surgery, and robotic procedures. Notably, cancerous brain tumors may recur even after successful removal, underscoring the critical importance of early detection and medical intervention.

To mitigate the fear and uncertainty surrounding brain tumors, the DPMP Association of India Visakha District, led by Dr. Kuppili Suresh Babu, provides comprehensive education on these conditions. Their outreach encompasses causes, symptoms, treatments, and preventive measures. Early consultation with a medical professional can be pivotal in averting fatalities stemming from these complex and formidable intracranial adversaries.

Self Help Tips for Senior Citizens

60+ Senior Citizens usually experience the following:

1. Food choking
2. Neck pain
3. Leg cramps.
4. Tingling feet.

The self - help tips given below may help especially senior citizens, before they can get to the doctor.

1. FOOD CHOKING

You only need to "raise your hands".

By raising your hands above your head, the food stuck in your throat will go down by itself.



2. NECK PAIN

Sometimes you wake up in the mornings with pain in the neck.

One reason could be the use of wrong

pillow. In such an situation, you only need to lift your feet, then pull your toes and move your feet in a clockwise or counter clockwise direction.

3. CRAMPS

When you have cramps on your left leg, raise your right hand high, when having cramp in your right leg, raise your left hand high. You will immediately feel better.



4. TINGLING SENSATION

When the left foot is tingling, swing your right arm with all your strength, when the right foot is tingling, swing your left arm with all your strength.



Karnam World

Winnings kids' hearts, Standing as the best ..



- Uma Gandhi impresses with innovative teaching
- Selected for National Award

Her specialty is turning the lessons of books into songs and stories. With that innovative teaching, she won the hearts of the students and many awards. She was recently selected for the National Best Teacher Award announced by the Central Government. She received the award at the hands of President Draupadi Murmu in Delhi on 5th of September.

She is Dr. Murahara Rao Uma Gandhi, a primary school teacher at GVMC Shivajinagar. In the context of receiving the best award...in her own words.

All are teachers:

Our hometown is Anjaneyapuram in Chipurupalli mandal of Vizianagaram district. I was born in Bhimili. My father Ramakeshavrao worked as a government teacher in Kodur, Garividi mandal. Many children used to come home and take lessons. It was lovely to see my father's relationship with them. After seeing his teaching style and respect in the society, I decided to become a teacher after growing up. Our parents have four children. Sister Srikala, younger brothers Ramanamurthy and Vidyasagar are all government teachers.

Gold medal in M.Phil

After her degree, in 1995 got married to Pakki Murali Ramesh who hails from Tagarapavalasa. Later I did B.Ed. Got a teaching job in 1998. I completed my MA and M.Ed while working. M.Phil from Acharya Nagarjuna University in 2010. Studied the literature of Patnaikuni Mohan and won a gold medal. I received my Ph.D in 2016 on 'Sheela Subhadra Devi's poetry'. After an accident in 2012, doctors suggested that she needed to rest for six months. At that time I took up yoga training.

And so... inquisitively...

I came to Visakhapatnam in 2005 on transfer of my husband working as a technician in KGH. Worked in Resapuvanipalem school for five years. Since 2010, I have been teaching at Sivajipalem Primary School. During the covid period, we have created a 'Fruits' program with some teachers in the state. Stories, songs and yoga are taught to children on an online platform and they learn it with interest. My first posting was in New Majjipeta, Vizianagaram district. Since it was a new school, we ran it in a hut for two months. Even if children come, they would not sit properly. Very naughty. Think well and listen to their riotous song. As they liked it, they sat down and sang it again and again. Since that method is useful, I continue the same way wherever I go.

With father's encouragement

I wrote a book called 'Palapunta', turning children's mischief and other activities into songs. Later I wrote the books Padanisalu, Radhamadhaviyam and Raga-mala. Worked as a resource person for Ananda Lahari, Ananda Vedika and Children's Literature programs at the state level. Awarded for the 'Children's Literature' programme. Received the best teacher award at the district level in 2014 and at the state level in 2019. I am very happy to receive the latest national award. This increased my responsibility. I reached this level with the encouragement of my father and teachers.

A meeting with the Prime Minister

Prime Minister Modi held a meeting with the best teachers of national level in Delhi. In this, Uma Gandhi requested that on the occasion of the success of Chandrayaan-3, science and technology should be introduced in all the schools of the country.

State level Best Teacher Awardee Smt. Umamaheswari



Notable among the "Newsmakers" from Sistakaranams on this year's Teachers Day, is Smt. Buravelli Umamaheswari, a biology teacher at Regidi Amudalavalasa Zilla Parishad High School in Vizianagaram district, who has earned the state-level Best Teacher Award from the Andhra Pradesh State Government Education Department.

Umamaheswari began her teaching career in 1998 as a Secondary Grade Teacher and later became a Biological Science School Assistant in 2001 through DSC. Her dedication was recognized with the district-level Best Teacher Award in 2018.

In 2020, she received the Best JRC Nodal Officer award from the district collector.

This year, she was honored with the Teachers Scientist Award in India on Science Day.

Umamaheswari employs digital technology extensively in science teaching.

She has been organizing various science-related programs at the school to nurture future scientists. She and her students have excelled in national and state-level competitions.

Under her guidance, students participated in the national-level INSPIRE event held at IIT Hyderabad and Vigyan Bhavan in New Delhi last year. Her contributions led to the school receiving the Golden Institution Award from the state governor.

Umamaheswari's commitment extends to creating 115 educational videos for students and teachers on her YouTube channel, 'Uma Science Guru,' with over 2000 subscribers.

Additionally, her students organized two successful blood donation camps as part of the Junior Red Cross program.

As the NGC Nodal Officer, she has been selected for the state-level Best Teacher Award for her efforts in promoting all-round student development, including initiatives like cloth bag distribution, tree plantation drives, and maintaining school cleanliness.

Umamaheswari's family includes her father, Buravelli Trinadha Rao, a former Deputy Collector in Paderu, and her mother, Padmavati, a homemaker. Her husband, Balivada Venkata Ramana, is an English teacher at a government high school in Kothuru Mandal, Srikakulan district.

Umamaheswari, a native of Srikakulam, completed her MSc in Annamalai University, Chennai, and she completed her B.Ed. teacher training at Gurujada College, Srikakulam.

All educationists and community members express pride in Umamaheswari's state-level Best Teacher Award, finding inspiration in her dedication.

Save Planet Earth

On this festive season of Ganesh Utsavam, where so much of dilution, distortion and extravagance is increasing year by year, this issue at Lekha, we are sharing our Sistakarnam artists who are conscious towards the planet and propagating their eco friendly Ganeshas in their own way.

- Vandana Adivishnu

U S A Brothers help kids to make clay Ganesh at HSS



Chi. Shrinand and Chi. Shrikar attend Hindu Swayam Sevak Kishore Shakha (HSS) every year where they help the little kids make clay Ganeshas. The Kishores are the teenag-

ers. The 2 boys are sons of Dr. Arani & Dr. Manoj Patnaik at New York, USA; Grand kids of Sri Krovvidi Rama Seshagiri Rao & Smt. Lakshmi Kantham on maternal side and Sri Dabbiru Ganapathi Patnaik & Smt. Premalata Patnaik on paternal side.

Shrinand says, "God only gave us one planet, and God wants us take care of this planet. It is



our solemn obligation to protect it in every way possible !"

Shrikar says, "We have a divine responsibility to be protectors of this Earth, honoring the gift upon us. Through conscientious efforts and sustainable choices, we can safeguard the environment for future generations, fulfilling our duty to care for God's creation !"



Online Workshop at Office for Terracota Ganeshas from Mumbai

Many things we just learn from home and slowly it percolates within our lives and then gets spread further.



The making of Ganeshas with maida or clay started way back in the 1990 for **Ms Vathsala** at home. Her eldest sister Ms Vanaja Rao was keen into experimenting with material and form. They are daughters of Sri Kuppili Raja Ram Mohan Rao and Smt. K Uma

Rao of Vizag. This was an insight for Vathsala in later years who is a commercial artist from J J School of Arts and has been into making Ganeshas for over 15 years. Earlier she used to make just for her home puja and slowly she started conducting live workshops for training kids of her daughter's school and others from her apartment complex. This gave her immense satisfaction as her art reached to many more and also a small way to reduce the plaster of paris Ganeshas in the market. The idols she makes

is from terracotta soil which can be easily dissolved in a bucket of water which can be reused for watering plants. After Covid Pandemic, she didn't stop her Ganesh movement and paved her way through online classes.

Later at her office (Acuver Consulting) as a Sr. Corporate Communications also she was into encouraging family classes for festivities. She also made them once at her farm house.

Here 'Lekha' shares her latest Ganpati making worship conducted via Zoom meeting.

This movement has now already spread in many homes and must spread further is our earnest desire.



Reflection of the past on the festival from a Senior Citizen

In the past, worshipping Ganesh on Ganesh Chaturdhi was done by men and women arranged Pooja Saamagri and made favourite Prasadams of Ganesh. Infact Ganesh Pooja was considered as a Pooja of men!

In those days around in 1948, as a kid, I was making Ganesh at home only. Some times, we used to buy MOULDED (CAST/DIE) Ganesh made of terracotta or sticky soil. This simple ritual is gradually deteriorated to

become present 'pomp & show' ritual!

Infact, we used to go out very early in the morning to the nearby fields and collect PATRI, as prescribed in the book. My father Late Sri K V Ramanaiah Patnaik used to recite the slokas and read the story while we did pooja with the Patri. My mother, Late Smt. Sundaramma in the background, used to arrange Pooja Saamagri and the Prasaadams required for NEIVEDYAM!!!!

- **Kuppili Raja Ram Mohan Rao from Vizag Retd. D.G M, Geophysicst, ONGC**



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 such resources.



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.



Where can I find old issues of Lekha?

On Ikyavedika Website in the [Lekha Arhives](#)



How do I reach out to the Lekha team?

Send an email to: lekha@skiv.online

Or CALL an Editorial team member.

Ikyavedika Member Birthdays This Month



Arti Patnaik
October 12th



Mantri Narasimha Rao
October 23rd

Have a Great Year Ahead!!!

The Lekha Editorial Team



CHIEF EDITOR
Jannumahanti Venkata Chandrababu
80748 00939



HONORARY EDITOR
Sadshivuni Lakshmana Rao
92477 83307



CHIEF PUBLISHER
Advishnu Vandana
80560 18566



DEPUTY PUBLISHER
Dasamantarao D. Shilpa



DEPUTY EDITOR
Karakavalasa Ravi
96522 33372



ASSOCIATE EDITOR
Mantri Narasimha Rao
87127 15448



ASSOCIATE EDITOR
Arti Patnaik
83191 11213



FOUNDER PUBLISHER
Sekharamantri Naraharinath
98814 03533