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The upcoming Vana Bhojanalu... and our Unity!

It is that time of the year when one gets excited about meeting relatives for Vana Bhojanalu. News is trickling in at Lekha about various groups of Sistakaranams planning these picnics.

1) Sri Behara Nagabhushanam has announced said that Gantayada Sistakarana Sangam will celebrate on 19-11-2023.

2) Tuni, Payakaraopet Sistakarana Sangam will hold their picnic on 19-11-2023.

3) Sri Baliwada Haribabu and his committee will organize the picnic of Visakha Sistakarana Seva Sangam, Kancharapalem on Sunday 19-11-2023 at the garden near Akasha Ganga Sri Venugopala Swamy temple, Madhavadhara, Visakhapatnam. A free Vivaha Vedika will also be held. Relatives from other states and districts are expected to attend.



4) According to Sri S Trinadhaswamy, the Telangana State Sistakarana Sangam has finalized Narayanaguda in Hyderabad as the venue for their gathering on 3rd December 2023, with all necessary permissions from the state government.



5) Seethammadhara Sistakarana Sangam will hold their picnic on Sunday 3-12-2023 at Visakhapatnam.



6) Vizianagaram Zilla Sistakaranam sangham will hold the event on Sunday 3-12-2023 in Sri ABK Ramesh's (BSNL) garden near Saripalli on the way to Nellimarla.

7) Hyderabad Sistakarana Welfare Association will organize the event at B.H.E.L. Union Gardens in Hyderabad on Sunday 10-12-2023.



Sometimes, it is confusing when one gets invitations for separate events within the same city/town. It is supposed to be one event for all community members, no? Why are there separate events? Well, it is an open secret that, at least at the leadership level, our unity is a question mark!

Lekha would urge that you should attend every picnic in your town. You will get to mingle with all our relatives. But, be prepared that someone may question your attending that "other group's event". Respond calmly that personal differences of leaders don't apply to the "common man" Sistakaranam. We are there to express solidarity as a community. Question back why they won't attend that other event.

The Karthika Masam is a great opportunity to disprove our lack of unity. Let's show it.

- Sekharamantri Narahari Nath, Founder Publisher, Lekha (with inputs from JV Chandrababu, Chief Editor)

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

Sistakaranams in Gandhi Jayanti celebrations

1. Gara Mandal Adavaram Primary School- Principal Dr. Bhogila Umamaheswara Rao (Umakavi) dressed up as Gandhi and charmed the audience. Ten students from that school also dressed up as Gandhi. He was honored with a memento and was appreciated for teaching in a way that inspires students.



2. Gandhinagar Senior Citizen Welfare Association, Gajuwaka, Visakhapatnam felicitated prominent Sistakaranams Sri PVT Ramana Rao (Honorary President, Visakhapatnam District Sistakarana Sangham and General Secretary of Gandhinagar Senior Citizens Welfare Association) and Sri Rajam Manmadha Rao.



3. On the occasion of the Mahatma's 154th birth anniversary, Social Media State Chairman Sri Sun Murthy Mahatmudi paid floral tributes to Bapuji's statue at Allipuram. He said that listening to the song "bāpūjī kalaluganna svarājyaṃ sādhinche samaraṃ lo amara jyotulai velige dhruva tārulula kannadhi ee deśaṃ.." increases our respect for our nation. The event saw active participation from locals, who garlanded Bapuji's statue in reverence.



4. On September 17, 2023, the East Coast Railway Women's Welfare Organization in Khurda Road organized Essay Competitions in various locations, including Palasa, Khurda, Cuttack, Badrak, and Angul Central, to mark Gandhi Jayanti on October 2nd. Swami's divine grace shone on the students of Sri Sathya Sai Vidyavihar Ramakrishnapuram. Raghupatruni Sai Karthik, a 10th-grader, secured the first position in the division for his essay on Chandrayaan-3, while Raghupatruni Sai Likhita, a 6th-grader, clinched the top spot for the topic of outdoor games.



5. The local Gajuwaka Lions Club Hall hosted a harmonious celebration of Mahatma Gandhi's birthday, organized by the Gajuwaka Sishtakarana Welfare Association. Association leaders garlanded

Gandhi's portrait and paid tributes, after which they discussed his ideals and peaceful struggle for independence. The event included the distribution of fruits and sweets to the underprivileged. Members pledged to uphold Gandhi's aspirations. Participants



included President and Secretaries Balivada Sathya Rao, Basangi Tirupati Rao, and committee members Karakavalasa Gouri Prasada Rao, Dabbiru Hari, Nagumanthri Venkateswara Rao, Lakanapuram Uma, Dabbiru Srikanth, M. S. Prasad, Karakavala Prasad, Potnuru Phanindra, Garbam Vijayalakshmi, G. Jayalakshmi, and more.

6. On Gandhi Jayanti, Mrs. Kirti Patnaik, the founder president of Sridevi Vigyan Sanstha, was the esteemed chief guest at the statue unveiling ceremony of Mahatma Gandhi organized by Matrubbhoomi Seva



Sansthan in Jagara village, Vizianagaram district. She was invited by Matrubbhoomi Seva Sansthan's president, Sri Ippalavalasa Gopala Rao. During the event, Sri JD Lakshminarayana acknowledged her selfless service and honored her with a memento. Notable guests at the ceremony included Sri Bishetti Babji, the state president of Lok Satta Party, Sri Bharatanandaswamyji, President of Uttarandhra Lakes Conservation Samiti Sri J. Iswaraprasad, and village elders.



7. Shekharamantri Prabhakar was honored as a guest at the Gandhi Jayanti Sabha on October 2, held at Pallipadu Pinakini Satyagraha Ashram in Nellore district.

Songs from Sistakarana Anthem contest uploaded to website

The poems/songs from the winners along with all the participants of the Sistakarana Anthem contest have been published in pdf form (with 33 pages). Thanks to everyone for participating and making it a success. This is available in the [Community Literature page](#) of the Sistakaranam Ikyavedika website..



-Polumahanthi Umamaheswara Rao, litterateur, Srikakulam
-Sadashivuni Lakshmana Rao, Visakhapatnam

Community News

Sistakaranam Bankers and Retired Bankers WhatsApp group

Traditionally, our Sistakaranam community is primarily engaged in the professions as Village Karanams, Teachers, Advocates and so on. With changing times and growing opportunities, our community migrated both in geography as also to other diverse services or business industries like Administrators, Chartered Accountants, Doctors, Architects, Technicians, Engineers, IT Professionals, Artists in Films / Music and Dance, Writers, Journalists, Scientists, Sportsmen, Entrepreneurs / Businessmen, etc.

Interestingly, we do not have an accurate head count of our population and the various professions our community members are engaged in and their locations. Eventhough it is well known that many of our people are serving as bankers, we could never compile an authentic data on them. On September 24, 2023 our senior leader and former banker, Sri Sadasivuni Lakshmana Rao of Visakhapatnam, AP started a WhatsApp Group exclusively for serving and retired bankers in our community and sent invites to known members.

The Group is purely and strictly for bankers and retired bankers from Sistakaranams, for sharing their professional experiences, for seeking guidance by juniors from seniors in marketing for business development and professional advancement, etc. in pursuit of attaining highest positions in their respective careers. Messages regarding Banking topics only are allowed. Messages on Religion, Politics, usual Good Morning and Good Night etc., are strictly prohibited. All Members are Bankers only. Those Bankers who are interested in joining this Group are to inform their (1) Full Name, (2) Mobile Number, (3) Designation, (4) Bank and (5) Place of Residence to the personal WhatsApp numbers of any one of the four Admins. Link will not be shared publicly. The four Admins are:

1. Dr Chowdari Prasad, Bangalore (9482549472)
2. Sri Sadasivuni Lakshmana Rao, Visakhapatnam (9247783307)
3. Sri Kaspam Muralidhar, Vizianagaram

(8978242184) and

4. Sri Kasimahanthi Vijaya Kumar, Hyderabad TS (9100698134).

The proposal evoked highly encouraging response from all corners of the country. As on October 22, 2023 it attracted as many as 152 Members and many more are expected to join. Of the 144 Members enlisted, 74 are retired while 70 are in banking service in various capacities. The List includes 7 Lady Bankers too. These Members represent 25 Public / Private / Foreign / Cooperative / Gramin / Development Banks like IDBI / SIDBI / NABARD and the regulator Reserve Bank of India, besides an NBFC (Dvara KGFS) and a AMMA Cooperative Society.

The leader bank is SBI with 57 members followed by APGVB (21), UBI (ex-AB) (20) and other banks. The positions held by our community members in various banks range from an Office Assistant to Dy Managers/ Managers/ Sr Managers/ Chief Managers/ Asst. General Managers/ Dy General Managers/ General Managers/ Chief General Managers with expertise in General Banking, Rural Banking, Credit Management, IT, Legal, Training and Audit functions. A few are now practicing as Advocates or engaged in Education or as consultants' post-retirement. It is also learnt that a few members (to be listed) held top management positions in RBI or SBI like Managing Director/ Dy Managing Director/ Executive Director and so on.

The Group Members held two Online Introductory Meetings through Google Link on October 8th and 15th to know each other and plan a variety of activities henceforth. Various family or surnames of members that came up are Sadasivuni, Baliwada, Dabbiru, Behara, Pakki, Vandrang, Kuppili, Kondavalasa, and so on. Our Group Members are thickly concentrated in Visakhapatnam, Vizianagaram, Srikakulam, Hyderabad, Bangalore, Chennai, Gwalior, Bhopal, New Delhi, Nagpur, Bhubaneswar, Puducherry, Pune/ Mumbai in Maharashtra and towns in Andhra Pradesh.

The WA Group is very actively engaged in

exchange of views on professional matters including an Expert Talk, Question & Answers, sharing of literature on finance/ banking, model questions for promotions, humour magazine, matrimonials, legal issues, flats for rent, bipartite developments, pension and medical matters, etc. Overall, this innovative group is effectively leveraging the community fraternity and ongoing technological facilities. We wish that more and more good things to happen in days to come.

(Written by Dr Chowdari Prasad, Admin, Sistakaranam Bankers and Retired Bankers WhatsApp group.)

AP govt's key decision on caste census

Warm greetings to all Sistakarana relatives,

The Andhra Pradesh state government has taken the important step of conducting a caste census, that can offer valuable insights into the size of our esteemed social community. This information will greatly assist in tailoring government welfare programs to meet the specific needs of our community, to articulate what we have to ask the government and for getting political party-wise positions.

It's imperative that everyone actively participates in this process, commencing on November 15th. It is crucial to register our caste name as "Sistakaranam," leaving behind various regional variations like Patnaik or Karanalu.

In this endeavor, we kindly implore the Presidents, Secretaries, and Executive Committees of our local branches to facilitate and ensure complete registration. Let's unite and embrace our identity as Sistakaranam to advance the well-being of our community.

With warm regards,

Godaba Gauri Prabhakar Das

President, Visakhapatnam District Sistakaranam Association

Newsmakers

Prasad's pivotal role in Cricket stadium

It is great to hear that Sri KKS Prasad, Project Management Consultant is supporting infrastructural development in The Andhra Cricket Association. As a PMP certified professional, he must have a good understanding of project management principles and practices. It is also good to know that he played a pivotal role in quicker renovations and new construction projects while keeping the key factors of cost, quality, and time in mind.

Concert by Chi. Laxmi Lasya

Congratulations to Chi. Lakshmi Lasya and her friend Chiranjeevi for their participation in the program at Rushikonda Sri Venkateshwara Swamy Temple on Thursday, October 12, 2023. Laxmi is the daughter of Sri Manipatruni Satyanarayana from Gajuwaka.



Sri Satya Parasad honored

In Chodavaram town, a gathering of Anakapalli district intellectuals, social service organizations, spiritual organizations, and social workers was presided over by prominent Sistakaranam, Vishwasamakhy, Visakha district NGO President, Thimsa organization Founder, ORRC (ORGANISATION FOR RURAL RECONSTRUCTION) President, Sri Dabbiru Satya Prasad. Former Vice Chancellor Professor Murru Mutyala Naidu, Byra Foundation President Dilip Chakraborty, Madugula Modakondamma Talli Temple Chairman P. Appala Raju Garu and others attended. The meeting honored Sri Dabbiru Satya Prasad for his unwavering support in tribal welfare, in the presence of esteemed chief guests.



Sayannagari Konaseema cuisine

Srikakulam town is now fulfilling food enthusiasts' long-standing desire for delectable biryani and more. Renowned businessman and philanthropist, Sri Joddumahanthi Saikumar, founder of Sai Catering, aims to establish Sayannagari Konaseema Cuisine (Adaraho Desi Dum Biryani) as a daily delight at the food hotel, offering a diverse culinary experience.



Journalist Shanmukha Rao honoured

During the 139th National Conference of the Indian Federation of Working Journalists in Vijayawada on 28-10-2023, prominent Sistakaranam, resident of Srikakulam, Sri Behara Shanmukha Rao, the founder editor of Prajavargam Patrika, received a certificate & memento, and was honored with a shawl from National President Sri Avadesh Bhargav. Congratulations, for the well deserved significant honor.



Dr. Bhimrao as Keynote Speaker in Tiruchi

Dr. Raghupathruni Bhimrao has been invited as the keynote speaker at the Old Standards Day event on October 17th, hosted by The Institution of Engineers India, Tiruchunapalli.



Service of Dr. Sudhakar

On 4D Dental Clinic's 10th Anniversary in Vizag, we congratulate Dr. Sudhakar Patnaik, affectionately known as Dr. Sudhakar in Bhimili, highly regarded for his services to the Bhimili Sistakaranam Sangam. After moving to Visakhapatnam, community services in Bhimili ceased. We acknowledge his remarkable contributions to the field of medicine in Visakhapatnam, earning the admiration of our community members.



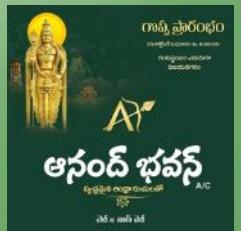
Sri Dhanunjaya Rao elected PSHMA State President

Let us congratulate our sistakaranam member, Sri Balivada Dhanunjaya Rao HM, MPP School, D Matsyalesam, Etcherala Mandal, Srikakulam Dist. on his election as State President, Primary School Head Masters Association (PSHMA) in the General Body meeting held recently in Vijayawada.



Srinivas Patnaik launches Anand Bhavan

Anand Bhavan AC Hotel, opp. Ghanta Stambham, Vizianagaram, offers delectable Veg and Non-Veg Biryani, Pulao and specials for authentic Andhra Bhojanam. Grand inauguration was on 25-10-2023, 9 AM, by our Sistakaranam businessman Sri Srinivas Patnaik. They also provide catering services.



Newsmakers

Chi. Saichandana wins at National Quiz Competition

In the National Level Independence Day Quiz Competition organized by Stratascm, Sri Polaki Apparao's Granddaughter from Gangareguvalasa, Chi. Saichandana won the prize. Congratulations to her.



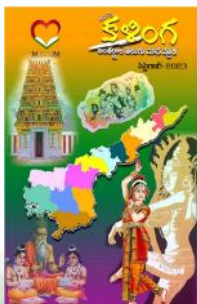
Allena Karate Kids

Congratulations to Chi Allena Jyotsna and Chi Allena Gagan Aditya, daughter and son of Sri Allena Prashant and Smt Allena Bhargavi of Chinamushidivada of Visakhapatnam for winning Silver Medal and Gold Medal respectively in the Sri Ganta Kanaka Rao Memorial Invitational South India Karate Championship 2023 competitions at South India Level held at Visakhapatnam recently.



Monthly Magazine cover design

The Cover of September -2023 issue of Online Telugu Monthly Magazine -'Tapasvi Kalinga' was designed by Sri Krishna Prasad Patnaik Raghupatruni.



Harshvardhan is the director of 'Maama Maschimdra' movie

'Maama Machindra' movie is produced by Sri Mandavakuriti Harshvardhan Patnaik. 'Lekha' extends best wishes and support to reach and spread to all our Sistakaranam relatives.



Sri Devi Prasad is producer for 'Sagileti Katha'

Produced by our own Film maker Sri Balivada Devi Prasad, 'Sagileti katha' is a Telugu movie that entertains the audience with a nice story. It was released on 13-10-2023.



Let us encourage him to make more good films by watching this movie. Congratulations to him !

Sri Basangi is lawyer in 'Radhammakuturu' tele serial

Mana Sistakaranam, Sri Basangi Suresh a famous lyricist and character actor from Hyderabad is playing the role of a handsome lawyer in the popular Tele-serial 'Radhammakooturu' which is coming every day (except Sunday) at 6 pm on Zee Telugu channel. He is also a member of our Kalam Snehitulu Kalavedika WhatsApp group.



Muddada students' talent in International painting competitions

Students from Muddada showcased their painting talents in a international competition organized by Kasula Chitrakala Academy, Hyderabad, in July. Principal Manipatruni Nageswara Rao proudly announced that 17 students from Mandal Parishad Primary School Muddada earned one silver award, five bronze awards, and 10 certificates for their exceptional talents.



Honored by EDIA International Foundation

In a program at Andhra University TLN Conference Hall, Sri BK Shekhar, a Mathematics Faculty member at Narayana IIT JEE Academy, received recognition from Spandana EDA International Foundation. He was presented with a memento, certificate and shawl in appreciation of his services. Let's extend our congratulations! Sri Shekhar had previously been honoured by the Sridevi Vigyan Jyoti Parishkar Charitable Trust in 2020 and the Kurmannapalem Sistakaranasamgam in 2021.



Editorial

We are a vibrant community

Lekha's Heartful Pranams to all Sistakaranam relatives !

On view this month in our community events were mostly the Kartika month ceremonial feasts and affectionate gatherings. In a way these congregations during November December work very well to bring everyone together. So, if we all go to our respective areas or neighbouring communities and help and participate as much as we can, the relations will be strengthened. This is an attempt to prove our strength locally for a caste mobilization. All these must be noticed by the people from the neighbouring castes and local politicians. 'Lekha' hopes that everyone will attend the gatherings in their areas without missing and become a part of our community to strengthen it.

This month too, the Lekha Support Arena is full of various support programs and distributions. We got about 18 contents that demonstrate our kind heartedness.

There are many contents in News Makers too. Everyone can read them and convey congratulations.

One last request. If any of your relatives, who you know have achieved something notable or have done any service, let us know the details. 'Lekha' shall try to make their presence known all over the world. Please note that the phone numbers and e-mail address you can reach out to are on the last page of this Lekha.

"Sarva Sistakarana Jana bandhu Sukhinobhavanthu"

**- Jannumahanti Venkata Chandrababu,
Chief Editor**

Interview

A Dynamic Lady

Lekha is now presenting a lady who doesn't require any introduction at all. She is active in politics. She participates in party meetings and social activities as well. She never misses the bus in participating Sistakaranam meetings and social activities. Her struggle to achieve OBC status reminds us of the importance of women's power. Her personality and agility in action identify her from afar. By now, you must have recalled Smt. Kurada Pavani garu of Visakhapatnam. Let us dwell on her activities.

Share with us about your career.

I am a B.A. graduate. I joined BSNL in one town office as a telephone operator. Later, I got elevated to cable operator. I am the only lady cable operator bestowed with the International Pratibha Puraskar..

What is turning point in your life?

Joining politics. Yes, I am interested in direct politics and hence joined the Bharatiya Janata Party (BJP) in 1981. I actively participated in the election campaign along with Sri M. Venkaiah Naidu garu. My political journey has started from an ordinary member of the party to Ward President, Mahila Morcha President, Visakha City Vice President, A.P. State Mahila Morcha Joint Secretary, then General Secretary. Now, I am a state executive member in the BJP.

I once contested for GVMC Corporator from the 16th Ward of Allipuram as a BJP candidate during the alliance with the TDP and narrowly missed the win.

Please share your contribution for our community.

I travelled to the states of Odisha, Chhattisgarh, Jharkhand, West Bengal, Telangana, Delhi, etc. to attend Sistakaranams national meetings and conferences along with national leaders like the late Sri A.V. Jagannadha Rao Patnaik, Sri Dabbiru Krishna Rao, and Sri Pulumahanti Umamaheswara Rao. I am a senior mahila member and executive committee member of Visakha Sistakarana Seva Sangham. I am also an EC member of the All India Sistakarana Association (AISKA).

I actively participated in our community functions, picnics, and uchita mega vivahaparichaya vedikas at different places in Telugu states and sometimes across the country. I attended along with our leaders to present our Sistakaranam community before the Justice Puttuswamy Commission, Dalwa Subrahmanyam Commission, and Eeshwaraiah Commission for hearings held at various places for inclusion of our caste in the BC or OBC list. Recently, on 13th September, 2023, I attended the National Commission for Backward

Classes (NCBC) in Delhi along with A.P. State President Sri Pulumahanti Umamaheswara Rao after successful pursuance with Dr. Laxman, Sri G.V.L. Narasimha Rao, M.P., Sri Ram-mohan Naidu, M.P., and Sri B. Chandra-sekhar.



Father:	Late Pulumahanti Sudarshan Rao Patnaik
Mother:	Late Annapurna
Husband:	Late Kurada Rama Krishna Rao
Son:	Kurada Madan Mohan
Daughter:	Smt. Kurada Tanuja Rani
Native place:	Kotabommali, Srikakulam dist.

Your milestones or unforgettable incidents.

I can never forget my nomination as a member of the Telephone Advisory Committee at the national level and on the National Film Censor Board. My recent birthday on July 1, 2023, was celebrated with great fervour by the BJP party in Vizag, and Sri G.V.L. Narasimha Rao garu, Rajya Sabha member, greeted and felicitated me. The recognition I got, I will never forget.

Your valuable message to our community.

Sistakaranam ladies from Telugu states are not active and encouraging. I request that lady members, especially the younger generation, come forward and involve themselves in association activities.

What is your comment on Lekha.

I regularly follow Lekha with interest. It is a wonderful platform for our community to know about us. I like its coverage of activities by our Sistakaranam women from northern states too.

Smt. Pavani garu hails from the family of village Karanam. Her father worked as a Karanam for Temburu village. She got encouragement for political activities from her husband and brothers and sisters. As said by her, she got support from the late Sri A.V.J. Rao garu, Sri Pulumahanti Umamaheswara Rao garu, and Sri Dabbiru Krishna Rao garu for Sistakaranam activities. Lekha wishes her to be successful in all her activities, especially getting OBC status by virtue of her strong presence in the party that is in power.

-Interviewd by Sadasivuni Laxman Rao

Collected by - J. V. Chandrababu

-Compiled by Mantri Narsimha Rao

Open Forum

Grand success stories have humble beginnings



Adolf Dassler, a German, envisioned creating appropriate shoes for athletes. While there were plenty of shoemakers at that time, Dassler was committed to standing out in the market by gathering feedback from athletes about what they

looked for in a shoe and what pain points could be improved.

Dassler started shoemaking in his mother's washroom in a small town in Bavaria, Germany. The feedback from athletes helped Dassler to craft appropriate athletic shoes. The confidence gained in the process prompted him to register a company, "Adi Dassler Adidas Sports Schuhfabrik" in 1949 at 49 years old. Adidas was derived from Adi (Adolf) das (Dassler).

The branding logo – three stripes, which Adidas bought from Finnish sports company Karhu Sports for the equivalent of €1, 600 and two bottles of whisky, became so successful that Dassler described Adidas as "the three stripes company".

Dassler's vision to create the best shoe for athletes proved itself in 1954 when the German national football team won the World Cup final against the Hungarians while wearing the new model of Adidas cleats. Since then, Adidas has become a household name on foot-

ball pitches everywhere. Since then, Adidas has grown into an international brand known for high-quality cleats and athletic wear. Adidas is the world's second-largest sports company in sportswear after Nike. Dassler's story sheds light on the importance of listening to target customers about their dreams, needs, and pain points.

Brand's history ->

Punchline:

Great success stories have humble beginnings with vision, commitment, and persistence.

By – Mantri Narsimha Rao



Support Arena

Free Cancer Tests

Medication Distribution



Vikasa Tarangini and Manavata Swachanda Seva Sanstha Gajuwaka Unit conducted Cancer Awareness and Testing. Dr. Leela & Dr. Subhashini screened 85 individuals, providing free medication. The event, led by Gajuwaka

Humanitarian Unit, included tricycle distribution to the disabled. Coordination involved Vikasa Tarangini members Smt. Latha, Smt. Kusuma, and Manavata Gajuwaka Unit Treasurer Smt. Pavani. Chairman Sri Deenamkonda Krishnamraju, Co-Chairman Sri DV Prasad Rao, Directors Sri D Apparao, Sri K M Govinda Rao, and Secretary Sri Baliwada Satya Rao spearheaded the initiative.

Gifting of chairs to school

Kudama Tirumala Rao, a former social science teacher at Kothavalasa MPUP school for four years, recently relocated. He demonstrated his commitment to the school by gifting four chairs. In his stint, Tirumala Rao initiated various development projects, including installing a Gandhi statue, upgrading water facilities, renovating toilets, enhancing the school's appearance, participation of Sarva Shiksha Abhiyan, MDM menu, toll free number setup, advertisement and adorning it with paintings.



Dr. Kuppili Keerthi Patnaik, founder of Sridevi Vigyana Jyoti Parishkar Charitable Organization, distributed pulihora, boondi, sweet coconut, and sanagalu to thousands of devotees and staff of Vijayawada Durgamma temple during free darshan.

Prasadam distribution to Durgamma devotees

Dr. Kuppili Keerthi Patnaik, founder of Sridevi Vigyana Jyoti Parishkar Charitable Organization, distributed pulihora, boondi, sweet coconut, and sanagalu to thousands of devotees and staff of Vijayawada Durgamma temple during free darshan.



Support Arena

Donations by Dr. Arikathota Kanakaraju Professor (Retd) - October-23

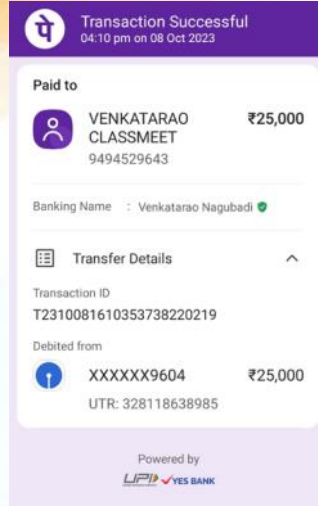
1) Donation for Guest house construction Rs. 25000 for Agricultural college, Bapatla.

Dr. Kanakaraju is an old student (1964-68 Batch) of Agricultural college, Bapatla. Recently old students of the college (Alumni) decided to construct one guest house in the campus to stay while coming to college in any function by contribution of different batches from 1945 onwards. So, his batch decided to collect 10 lakhs as their share. He donated Rs. 25000 to the guest house and encouraged his batch people to donate liberally to reach target of 10 lakhs.



2) Dr. Arikathota Kanakaraju Uma famous spiritualist and social service leader, and his wife donated ten thousand rupees to Sri Rajarajeshwari Devi Lalita Tripura Sundari Devi Peetha located in PN Colony under Srikakulam Municipal Corporation. To

make the Rajarajeshwari Lalita Tripura Sundara Devi Peetha more pleasant and beautiful, they have given the ten thousand rupees as their share.



International Day of Older Persons

In celebration of World Elderly Day on October 1, the Mother Teresa Seva Sangam Blood Donors Club promoted the rights of the elderly. They stressed



the importance of respecting seniors for an ideal society and distributed apples, bread, and biscuit packets to elderly residents at Navajivana Vriddhasram near Kanapaka Shiva Temple in Vizianagaram town. The Honorary President, Sri Tyada Venugopalam, was honored during the event organized under the leadership of Sri Tyada Prasad Patnaik, President of Mother Teresa Seva Sangam, with participation from Sangha members, Haimavathi, Navajivana Vriddhasram Manager Srinivas Garu, and others.

Bapatla Agricultural College Alumni Books provided to Srikakulam District Library

On October 1, 2023, the Srikakulam district library welcomed Sri YSV Ramanamurthy as the in-charge librarian. Alumni of Bapatla Agriculture College supervised the introduction of new books published by the Dr. IV Subbarao Memorial Committee. Sri Sadasivuni Lakshmana Rao, a 1979 graduate of the college and retired Chief Manager of Indian Bank, graciously presented three books titled "Veluthurutovalu, Velangpulu, and Velangdiwelu," which contained biographies of distinguished alumni. He emphasized that these biographies would serve as a source of inspiration for current students. The book editors, Sri Gopichand, were acknowledged for providing the books free of charge. The event also had the presence of Sri Baliwada Haribabu.

Prasad donated blood 56 times and honoured for selfless services

Sri Tyada Venkata Satya Nagaprasada Rao Patnaik, a native of Ayyannapet and the President and Founder of Mother Teresa Seva Sangam and Blood Donors Club, has donated blood 56 times and spearheaded 100 blood donation camps. In line with their commitment to environmental conservation, they distribute clay Ganesha idols annually. On Gandhi Jayanti, Sri Tyada Prasad was honored for his selfless service, and he served as the chief guest during the unveiling of Gandhi's statue organized by Matrubhoomi Seva Sanstha in Jagara village, Vizianagaram district. Sri J.D. Lakshminarayana recognized Sri Tyada Prasad's dedication by presenting a memento. The event was graced by Lok Satta Party state president Sri Bishetti, Babji, Sri Bharatanandaswamy, and J. Iswaraprasad, the President of Uttarandhra Ponds Conservation Samiti, alongside village leaders, as special guests.



8th event of 'Sistakaranam lifting hand' concluded successfully

On October 8, 2023, in the eighth "Lifting Hand" event, Sri Kuppili Jagadish Swagram from Visakhapatnam District's Pendurthi received a generous donation of ₹31,501 from Lifting Hand members. Sri Ippalavalasa Gopi, one of our members, provided essential supplies for a month with these funds. Present at the event were Sangha members, including Sri Tyada Prasad, Sri ARK Rao, Sri PVR Murthy, and Sri Baggam



Jogar Rao. We thank the three event attendees and appreciate the 40 members for their

financial support. We look forward to our members' continued support in future events, as expressed by Smt. Patnaikuni Sanjukta Prasad and Sri Tyada Prasad.

Support Arena

Free medical camp and prasadam

Vijayawada Medica Lions Club offered 24/7 service during Dasara Sharannavratratri, hosting a free medical camp and prasad distribution.



The event was managed by Mr. Gumma Umashankara Rao as its convener.

Detering youth from drug addiction

Gaka Sivalingapuram, situated 15 km from S Kota near Aruku in the agency area, faces a pressing issue as some young individuals have succumbed to drug addiction, resulting in reckless behavior. Their distressed parents sought assistance from the Sridevi Vigyan Jyoti Parishkar Charitable Trust, as reported by Trust Director Kirti Patnaik.

Director Smt. Keerti Patnaik took direct action in the agency area, organizing an awareness program to deter youths from ruining their future through drug addiction. It is widely recognized that drugs can devastate the lives of young people, and they must steer clear of this perilous path. She said that use of drugs by the youth result in unknown changes in the body. She emphasized the importance of raising awareness about drugs among students and engaging with the community to address this pressing issue.



AS Foundation Annadanam for 300 people

On the occasion of Dussehra Navratratri, under the auspices of AS Foundation Sri Avila Sridhar, President, Karanam Sistakaranam Aikyavedika, food was distributed to 300 people every day during Navratratri.

At Avila Sri Pillareswara Swamy Temple, the ingredients prepared on that day were offered to Lord Pillareswara Swamy, Parvati Devi, Mother of Sri Sri Mutyalamma an incarnation of Lakshmi Devi, Yaralamma, Om Shakti, all were worshiped and offerings were made and then Pongali pickled mineral water was served at Ruya Hospital Gate to Mundara patients and their attendants.

- 1) Date -15 October: Donors - Ms. Sunitha, Mr. V. Ramesh. In memory of Armugam Pillai.
- 2) Date - 17th October: Donors - Avilala Subbareddy, Mrs. Jakshamma.
- 3) Date - 18th October: Donors - Smt. Adam Sugunamma, sons Prasad Reddy and Kumar Reddy. In memory of Mr. Adem Govardhan Reddy.
- 4) Date - 19th October: Donors Smt. & Sri Avila Tanuj Reddy, Smt. & Sri Avilala Hemant Reddy. In memory of Avilala Jayarama Reddy, Avilala Krishnamma, Avilala Chandra Shekhar Reddy.
- 5) Date - 20 October: Donors Smt. Manyam Bharatamma & Manyam Ravindra Reddy
- 6) Date - 21 October: Donors Smt. & Sri Kalathur Bhupal Reddy, By Smt. & Sri Kalathur Adarsh Reddy. In memory of Kalathur Raghava Reddy and Kalathur Mangamma.
- 7) Date 22 October: Donors Smt. Manemma & Sri Pudi.Munikrishna Reddy, Smt. Hiranmayi & Sri Manyam.Mahesh Reddy. On



the occasion of Pudi Raj Kiran Jayanti.

- 8) Date - 22 October evening: Donor Anusha
- 9) Date - 23 October: Donors Smt. & Sri Dr. Kalathur Gerata Reddy. In memory of Avilala Krishna Reddy, Avilala Subbamma, Kalathur Chengamma, Avilala Subadramma

Working Committee Meeting of Sri help AI

A working committee meeting was held at PM Palam Sri Help All Association office. In this meeting, the charity programs held in the last two months and the details of the activities to be held in the month of November were discussed. President Sri Lion Donkada Anil Kumar, General Secretary Smt. M Lakshmi,

Treasurer Sri Satish Patnaik, Joint Secretary Sri Y Santhosh Kumar, Vice President, Smt. Padi Kanakamahalakshmi, Smt. Godaba Gowri and members of the Association Executive Committee participated in this meeting.



Support Arena

Obituary at Orphanage for the disabled

In memory of the late Shri P.S. Patnaik, a founder of Medical Practitioners Association & ex-Pharmacy Council Member,



Sistakarana Sangam Senior Leaders and State Indian Trade Union Leaders gathered at the Achyutapuram Orphanage for the Disabled, led by President Sri Potnuri Tirupathi Rao.

Cash assistance for heart surgery

Donors, Gajuwaka Dari Pedagantyada Nelligumuku area based, are generously contributing for Sri Mantri Ravikumar's medical expenses in Visakhapatnam. Firstly, Sri Chowdari Prasad from Bangalore sent Rs.5000/- cash assistance. Now, Sri Mantri Mohanarao Patnaik and 18 close family members, all related to Ravikumar, have collectively provided Rs 62,000. Let's applaud their generosity and encourage other philanthropic donors to step forward and offer financial support.



World Elderly Day event by Red Cross

The International Elderly Day was observed at an urban homeless shelter operated by the Indian Red Cross Society, following the directive of Red Cross Society Secretary Sri K. Satyam, under the supervision of Sri Tyada Ramakrishna Rao (Balu), the Manager.



Free Medicines by courier for 100 days



SOLEN
PHARMACEUTICALS

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

CONTACT: 8074800939

Swachh Survekshan programme

On the invitation of ADC Sri Sanyasi Rao, a team from Sridevi Vigyan Jyoti Prakshal Charitable organization participated in Swachha Survekshan programme near RK Beach.



Ek Tariq Ek Ganta volunteering

On the invitation of GVMC ADC Sanyasi Rao, a team of Keerthi Patnaik, head of Sridevi Vijnana Jyothi Sarchar Charitable, participated in the Ek Tariq Ek Ganta Shramdhan near Ramakrishna Beach. On this occasion, the beach areas of the district were sanitised along with the members of the trust.



1.5 Lakhs donated for Community building in Srikakulam



Sri Chikkalavalasa Eswar kumar (Grand son of Great Engineer Late CRM Patnaik) visited community hall under construction at Srikakulam on 3rd October. The construction could not progress due to shortage of funds. Around 7 lakhs rupees are required to complete the work and bring it to use by members of our community. So he donated Rs 1.5 Lakhs and earnestly request all for help. Whatever one can, so that Srikakulam can have a wonderful place for use by community people. Contributions of even Rs 10 by every member will make a huge amount.

Fraternity Page - Telangana



Picnic Invitation and Vivaha Parichaya Vedika format by TSSKA, Hyderabad

TELANGANA STATE SISTAKARANAM ASSOCIATION: HYDERABAD

Regd. No: 214/2015 [APSK Regd. No: 88/1965]

Cell & WhatsApp: 799516128 E-mail ID: tsskahyda@gmail.com

PICNIC INVITATION

My Dear Relative,

Dated: 16.10.2023.

You are requested to attend to our Sistakaranala Picnic along with your family members and relations to be held on 03.12.2023 at 9.00 am. Details are as follows:

PICNIC DATE: 03.12.2023 (Sunday) from 9.00 AM to 3.30 PM

PICNIC SPOT: MELKOTE PARK, VITTALWADI/NARAYANAGUDA, HYD.

ARRANGEMENTS: Morning Tiffin, Tea/Coffee, Lunch & Evening Snacks & Tea

- EVENTS:**
- (1) Cultural Events to Children & Adults
 - (2) Speech on Meditation & Motivation by Experts
 - (3) Lectures & Advices by eminent Doctors
 - (4) Other Interesting Programmes

Your confirmation should reach to any of the following:

- | | | | |
|----------------------|------------|------------------------|------------|
| (1) S.Trinadha Swamy | 7995161283 | (2) P. Mahesh Kumar | 8885511666 |
| (3) N.Satya Prasad | 9550426577 | (4) B.M. Srikanth | 9948297754 |
| (5) B. Premchand | 9948297754 | (6) Bh.V.Ramana Murthy | 9440797618 |
| (7) D. Chakrapani | 9848022246 | (8) D. Raghu | 8527297993 |
| (9) Lakshminarayana | 8121946587 | (10) Pakki Trinadh | 9603542670 |

30th List of Brides & Bridegrooms (Vivaha Parichaya Vedika Booklet) will be distributed at the venue.

For this, all the Parents/Guardians are requested to send the particulars of their prospective brides & bridegrooms in the following format, to Whatsapp No: 7995161283 or Email Id: tsskahyd@gmail.com on or before 15.11.2023.

1. Name of the Boy/Girl (with surname):
2. Qualifications:
3. Present Occupation with full address & Cell No. and E-mail ID:
4. Data of Birth, Time, Place of Birth & Gothram:
5. Star, Raasi, Height, Complexion & Native Place:
6. Father's/Guardian's Name:
7. Father's/Guardian's Occupation with full address, Cell No & Mail ID:
8. Father's/Guardian's Residential Address:
9. If the Parent/Guardian is out of Hyderabad, pl. furnish Local Contact Address at Hyderabad with Cell No, Whats App. No & E-mail ID.

With regards,

Yours sincerely,

Sd/-
(L.D.PRASADA RAO)
PRESIDENT-Incharge

Sd/-
TRINADHA SWAMY,
GENERAL SECRETARY



Kartika Samaradhana Vana Bhojanams by SWA, Hyderabad.

The Hyderabad Sishtakaran Welfare Society has made arrangements to host an event on Sunday, the 10th of December 2023, at the B.H.E.L. Union Garden in Hyderabad.

During this event, there will be introductions to potential marriage alliances, job fairs covering both IT and non-IT sectors, and a free medical camp. Sri Dabbiru Venkatakrishna Rao, the Honorary President of SWA, urged all Sistakaranam relatives and their families to attend in large numbers for this gathering.



శిష్యకరణం సంక్షేమ సంఘం హైదరాబాద్
నిర్వహిస్తున్న కార్తికవనభోజనం



Marriage Bazaar
మన మన పెద్దలు మన మన పెద్దలు మన మన పెద్దలు మన మన పెద్దలు



Job Mela
మన మన పెద్దలు మన మన పెద్దలు మన మన పెద్దలు మన మన పెద్దలు



Medical camp
మన మన పెద్దలు మన మన పెద్దలు మన మన పెద్దలు మన మన పెద్దలు

CONTACT NUMBERS

9030208946 8712715448 9640567625

7382806379
9989011577
9885930463
9949624506
9059457411

10/12/23
BHEL GARDENS

Relatives, Friends attend Venkateswara Kalyanam in large numbers

Sri Venkateswara swamy vari Kalyanamahotsavam was performed by Smt. D Rama & Sri D Krishna Rao Sistakaranam at their residence on 8/10/23 under devotional guidance of Veda Purohiths. On their call many Sitakaranam families attended the programme and received Teertha prasadams and Lunch. Also, Telangana Sondi caste association members with families and some BJP leaders graced the programme. 'Lekha' appreciates Sri Dabbiru Krishnarao and family for conducting such a spiritual activity.



Fraternity Page - Andhra Pradesh



Sistakaranams in politics – September 2023

1) Sri Baliwada Prakash Rao Patnaik was appointed as the President of YSR Party Ichchapuram.



2) Union Minister of State for Railways and Textiles, Mrs. Darshan Zardosh, joined the Swachh Bharat program at Visakhapatnam Railway Station & also taking part in the Swachhsurvekshan program. Renowned senior BJP leader, Smt. Kurada Pavani, who has been highly lauded, was in attendance.



3) Smt. D Purandeshwari, BJP State President, was hosted at the Visakha District BJP Party Office and was accorded a courtesy meeting by Sri PVV Prasad Rao Patnaik, the President of Visakha District Kisan Morcha, who presented her with a shawl as a token of respect.



4) Sri Kuppili Venkataramana has been named the state convener of the BJP Kisan Morcha Banking Cell by President CHM Swamy. Venkataramana, who has previously held various roles in the Kisan Morcha, pledged to fulfil his new party responsibilities effectively.



5) Sri Akkumhanti Raja, the Convenor of TDP Sistakarana Sadhikar Samiti, briefed Smt. Nara Bhuvaneshwari on the denial of BC rights to SK community and the recent unlawful arrest of BC leader and former minister Smt. Kollu Ravindra. He also highlighted the police's treatment of TDP leaders.



6) Members of SK Iky Vedika, youth leaders of Kotabommali, Shri Naupada Bharat Vikas and Yajnaveek are showing enthusiasm in our caste associations as well as politics.

7) Let us congratulate Mr. Patnaikuni Venkataravarasadarao Patnaik, the founder of the Subhalararam Charitable Trust, the founder of the Visakhapatnam District Vellanki Charitable Trust, and a prominent politician, for being appointed as the President of the Visakhapatnam District Kisan Morcha of the Bharatiya Janata Party.



8) Sri Baliwada Sivakumar Patnaik appointed as Bharatiya Janata Party OBC Morcha State Treasurer and Guntur District OBC Morcha Incharge

9) The Social Empowerment Bus Yatra program started today from Srikakulam and concluded at Ichchapuram which is the state border. Andhra Pradesh Rashtra Sishthakaranam Corporation Chairperson Mrs. Kanti Mahanty Anusha Patnaik Corporation Directors Mr. Uriti Apparao, Mr. KVramana Murthy Andhra Pradesh Rashtra Sishthakaranam Sangha President Mr. SNK Mahanty. and Suresh Kumar of Manapuram participated.. They discussed about our socio economic status with Shri YV Subbareddy.



Karanam Sistakaranam Ikyavedika Banner Inauguration

Our Tirupati Press Club Press Note... **Inauguration of Karanam Sistakaranam Aikya Vedika Banner under Avila Sridhar**

Sri Polumahanthi Uma Maheswara Rao Karanam, the State President of Sishtakaranam, introduced the Sishtakaranam Aikyavedika Banner at a press conference held by the local Mana Tirupati Press Club and the Tirupati Press Club under the guidance of Avilala Sridhar. The state president emphasized the unity of Sishtakaranam across all districts in the state and expressed a commitment to collective progress and the enhancement of the community through engaging programs.

Furthermore, Sri Polumahanti Venkata Sai Rajesh and Polumahanti Venkata Sai Manoj, the sons of Sri Polumahanti Umamaheswara Rao, were honored for their achievements. Sai Rajesh passed the Group-1 exam to become a Detective Fire Officer, and Sai Manoj became an Administrative Officer in the District Medical and Health Department. The event saw participation from various leaders and dignitaries, including Avilala Sridhar, Karanam Niranjan Babu, Karanam Edukondalu, Ramachandraraju garu, NV Ramana Reddy, Karanam Harishwar, Girish, Vasumathi, Sai Sujatha, Vijaya Bharti, and leaders of the Karanam Sista Karanam Aikyavedi, among others.



Fraternity Page - Andhra Pradesh



Visakha Sistakarana Seva Sangam resolution for Vanabhojanam, and Vivaha Vedika

On October 8, 2023, the Visakha Sishtakarana Seva Sangam, Kancharapalem Committee convened their meeting in the main hall of Mr. Sadashivuni Babu Rao's apartment, chaired by him. In the meeting members unanimously agreed to arrange a Kartika picnic scheduled for the first Sunday of Kartika month. Additionally, it was decided, that quarterly marriage introduction forum for this month would also be combined with the picnic day.

Venue: Mango Orchard next to Venugopalaswamy Temple, Madhavadhara, Visakhapatnam.

Dated: 19.11.2023, Sunday

- 1) 9AM Kartika Deeparadhana, Puja
- 2) 9.30AM Breakfast, Tea
- 3) 10AM: Introductions of family members
- 4) 11AM: Speeches by Special Guests
- 5) 12PM: Various cultural programs, games for children/adults, competitions
- 6) 1PM: Vanabhojanalu, lunch break
- 7) 2PM: Introduction of brides/grooms, matrimonial book release, free distribution to attendees

8) 4PM: Distribution of prizes to competition winners

9) 5PM: Vote of Thanks

10) Irrespective of the above timings, from 10 a.m. onwards, the Sistakarana Free Mega Vivaha Parichaya Vedika (courtesy of All India Sistakarana Sangham Marriage Bureau and Visakhapatnam Sistakarana Seva Sangham, Kancharapalem) will be organized uninterruptedly at the venue, specially arranged along with the picnic. It is from 10 a.m. to 5 p.m. All members attending may please note.

Visakha Sishtakarana Seva Sangam, Kancharapalem

President, General Secretary, Executive team



Vizianagaram Sistakarana Sangam Kartika Vanabhojana Invitation

On October 8, 2023, a plenary meeting was held at Shri M.P Gauriswara Rao's Vrindavan Apartment Office near the Old Bus Stand, involving the President Secretaries of Vizianagaram Zilla Sishtakarana Sangam, Vizianagaram Sistakarana Sangam Urban Branch, and Vizianagaram Sistakarana Sangam Employees Association, along with representatives from various mandals. The primary agenda was to determine the date and location for the "Kartikavanabhojanam" organized by the Town Department of Sishtakarana Sangam in Vizianagaram Town, with assistance from the Vizianagaram District Sishtakarana Sangam Employees Association.



The Kartika Vanabhojanam is scheduled for December 3, 2023, on the route to Nellikarla, at the garden of Sri Allena BK Ramesh, near the Ayurvedic Ashram along the Eti river, which is also home to an ancient temple of Lord Ishwar (Dibbeswara Swamy). All residents of Vizianagaram town and the surrounding areas are encouraged to attend this Kartika Vanabhojana Mahotsav, demonstrating Sishtakarana Sangha unity and contributing to the success of the event.

Seethammadhara Association Kartika Vanabhojana Mahotsavam

Join us at the enchanting Mudasarlova Park, surrounded by a picturesque freshwater lake nestled amidst hills and lush greenery, on Sunday, the 3rd of December 2023, from 10:00 AM to 4:00 PM. The Kartika Vanabhojana Mahotsavam, hosted by Mana Sitammadhara Sishtakaranam Association, promises a day filled with family introductions, games, music, stories, conversations, and cultural performances. We extend a warm invitation to all families of Seethammadhara Sishtakaranam Association and our relatives to join us and make this event a grand success. Note: The 2023 Seethammadhara Sishtakaranam Association Marriage Introduction Books will be available upon request. President Godaba Gauri Prabhakar Das and General Secretary Kotipam Ramashankara Rao along with the entire working group of Seethammadhara Sishtakaranam Association cordially invite you.



President Godaba Gauri Prabhakar Das and General Secretary Kotipam Ramashankara Rao along with the entire working group of Seethammadhara Sishtakaranam Association cordially invite you.

Fraternity Page - Andhra Pradesh



Sri Rammohan Naidu meets NCBC Chairman about OBC

Srikakulam MP, Sri K Rammohan Naidu, recently reconvened with Central Commission for Backward Classes Chairman, Gangaram Ahir, in Delhi to expedite the inclusion of Eastern Kapu, Kalingavaishya, Sistakaranam, Sondi, and Arava castes in the OBC category. Stressing the importance of swift action following public opinion gathering, Sri Naidu requested a speedy implementation. Sri Gangaram responded positively, assuring an unhindered process. Sri Naidu expressed his commitment to taking proactive steps for the welfare of the people as an MP.



Vijaya Physiotherapy Clinic inaugurated

On 24-10-2023 Vijaya Physiotherapy Clinic of Sistakaranam Yuva Physiotherapist Dr. Vinilabai Patnaik was inaugurated in Visakhapatnam by Chief Guests Human Rights Leader Sri Mantri Shyam Prasad and Senior Doctor Dr. Sunil Kumar Mahanty.



In this program Dr. Vinilabai Patnaik's father who is a famous senior physiotherapist, Dr. Baggam Srinivas Patnaik, famous cardiologist Dr. Prasad Lal and wife Smt. Lakshmi Prasad Lal, Dr. Verma, Dr. NVS Raju, Dr. SK Murthy, Kurmannapalem, Sri D. Sathya Rao, Sri Gangavaram Gopi, Smt. Radha Ramadevi, Dr. Vinay Patnaik, Sri Karakavalasa Narasimhamurthy, Sri K. Jagadish, Smt. Kalyani, Smt. Jyoti Sudhapurnima and others were present.

Corporation Chairperson meets Gajapatinagaram association

Ms. Kantimahanti Anusha Patnaik, Chairperson of Andhra Pradesh State Sishthakaranam Corporation, held a meeting with Gajapatinagar Sishthakaranam Sangam members at a local hall. President Shri P Sandeep Kumar, General Secretary Shri B Ramoji Rao, and other members like Shri P Venkatarao, Shri P Sanyasi Rao, Shri Manapuram Vasudeva Rao, Shri P Shyama Rao, Shri J Suryavararu, Shri G Jagannath Rao, discussed local issues and future activities during the gathering. The Chairperson sought the opinions of all attendees.



Mass gathering of five castes fighting for OBC

On October 1, 2023, the OBC Mahajansabha convened at Nagavali Hotel's conference hall in Srikakulampatnam. Hundreds of leaders and members from five OBC castes, including Sishthakaranam, Sondi, Kalingavaishya, Aravala, and East Kapu, were in attendance.

Rajya Sabha member Shri GVL Narasimha Rao graced the event as the chief guest, assuring his wholehearted support for the OBC cause. The gathering also featured leaders from the state associations of the five castes, such as Mr. Polumahanthi Umamaheswara Rao, Ms. Kurada Pavani, Dr. Baggam Srinivas Patnaik, and many more, totaling around 50 attendees. Approximately a thousand individuals from various castes were present. Later, the Sishthakaranam leaders and Shri GVL were honored with a bouquet, Shawl and a memorable memento.

Great honor to Shri Gajapati Rao

In their 16th general meeting of the Life Insurance Agents Federation of India, Shri Nagumanthri Gajapathi, who has served for more than 25 years as the Secretary General of the Life Insurance Corporation of India Association, was honored at Shri Alluri Sitamaraju Vigyan Kendra. This program was presided over by BJP MP Shri GVL narasimha Rao.



A letter of appreciation written by Mr. D. Harinath was presented on the occasion.



Working for the development of Ichapuram Sishthakarana Sangha . ZP Chairperson

ZP Chairperson Piriya Vijaya and Piriya Sairaj in the constituency pledged their full support for the development of the Sishthakaranams community in Ichapuram. Mr. Nandigam Koteswara Rao and Mr. Kallepalli Srinivasa Rao, the society's president and secretary, discussed the need for a suitable meeting place in Ichapurampatnam, emphasizing the community's socio-economic and educational challenges. Ichapuram is home to approximately 150 families. Prakasa Rao Patnaik, Sadashivuni SrinivasRao, and others represented the community at the event.



Fraternity Page - Andhra Pradesh



Appeal to ensure our caste census is done properly

Heartfelt salutations to all family members of Sistakaranam caste... Your VSRN Prasad...

Our Andhra Pradesh government has taken a very ambitious decision and announced the resolution of the cabinet to conduct a comprehensive caste census from the 21st of this month. Full details are yet to come. But this is something we can be happy about. And if we want to include our caste in the OBC, BC-A., categories, I pray you all to participate in this caste census with commitment.

Some of the active persons where there are caste associations are requested to see that the enumeration of our caste families is done properly.

As far as I know this count can be completed in a very short time if the enumeration is done with volunteers. Therefore, we appeal to every family to identify caste enumeration as a priority and participate.

We especially hope they don't inquire financial aspects. If financial matters are mentioned then only state your financial situation. If you do small private jobs, identify as daily labourers. Not all people working in software companies are software engineers, there are many different types of jobs. So it is better to understand your family members jobs. Or say private job, it is not wrong. If asked details of your assets, tell them as much as you know.

Give the details of your children who are married elsewhere, or even if they are not with you, along with the details of your grandchildren. Also give the details of your brothers and sisters, younger siblings if their families are in Hyderabad, Bangalore or any other place or region, especially if their homes are in your town. By handing over to the authorities all the details of the grandchildren who are living a migrant life somewhere, we will be the ones who have helped a lot.

In this regard, all the caste leaders of our caste associations at national, state, district, constituency, mandal, regional, village, ward, etc., whether you yourself or someone else on your behalf, should take this priority as a "main issue" and work hard to register 100% of our caste census. I appeal. In this regard, many people pronounce our caste as Patnaik, Karanam and variously depending on the region. But in this caste enumeration please say only that our caste name is "Sistakaranam". As some inter-caste and inter-religion marriages are done and all the people in our caste society say that the name of our caste is Sistakaranam, every head of your house should work hard for the name and inform your family members, your relatives, your inlaws and everyone. If your family members are in your hometown like maternal grandparents, paternal grandparents,

uncle's aunt, etc., give them your full names and details through WhatsApp messages, or call them if they have studied with you in that street, or if you know them. Write the details of your family members on a piece of paper and give it to your family elders. They will surely be able to hand over this comprehensive census to the enumerator. Our appeal to all caste elders is that all such elders should cooperate and help.

Without any misunderstandings such as he came or didn't come, he didn't tell me, the other guy is headstrong, didn't greet when he saw me the other day, he didn't take up the match I proposed, he feels more prestige than us, he doesn't come to me unless there is a need, talked to someone of the caste, their children got inter-caste marriages etc. hoping that caste elders will motivate caste relatives and leaders who can work on your behalf and put 100% efforts in preparation and participation, and wishing the blessings of our caste deity Gurrappa to do this program without any hindrances... My Heartfelt salutations to all of you

Yours

*Vandangi Sitarama Nagendra Prasad
(VSRN)
Santauriti / Tekkali*

Kurmannapalem Association is a synonym for service - UJM



Sri UJM Rao, the Managing Director of the State Metro Rail Corporation Limited, stressed the importance of collective development during his speech as the chief guest at the Dussehra celebrations organized by the Kurmannapalem Sistakarana Association. He commended the association for its selfless efforts, emphasizing the need for societies to shed selfishness in favor of the greater good. He lauded the association's exemplary programs in education, healthcare, and aiding the underprivileged and expressed optimism for the progress of OBCs. State Education Principal Secretary, Sri Arithota Chandramouli, affirmed their commitment to educational development. The Association's Secretary, Sri. D. Satya Rao, highlighted their ongoing efforts and plans for expansion. President Sri PSVN Gopal praised the association's unity and success, aspiring for it to be synonymous with service in Kurmannapalem. Sri UJM Rao was honored with a memento during the event. Numerous dignitaries and representatives, as well as members of the community, were in attendance. The event concluded with the distribution of blankets and essentials to the elderly and disabled.

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Basangi Suresh's 'Kavita Chitram' presented to Chandra Bose

Oscar Award-winning Chandra Bose joined Qatar Andhra Kalavedika's Dussehra celebrations on October 13. During the event, Sri Basangi Kiran Kumar and Smt. Srisudha presented Basangi Suresh's poetry book 'Kavita Chitram' to Chandra Bose. Sri-sudha, the cultural secretary of Andhra Kalavedika, revealed that Chandra Bose praised the author and mentioned the book's foreword by renowned actor and writer, Tanikella Bharani.

In response, Basangi Suresh expressed his delight at finally presenting 'Kavitha Chitram' to his favourite author, Chandra Bose, at the Qatar Dussehra celebration, as previously when he got the chance to meet him in Hyderabad he could not do so as the meeting was unexpected.



Fraternity Page - Maharashtra



3rd Foundation Day Function by SKA Nagpur



+ Felicitation to new members Smt. Sujatha & Sri B Venkat Rao who joined Ordinance Factory Nagpur on 13.10.2023 as Addl. General Manager IOFS UPSC 2000 batch.



+ Felicitation to Smt. & Sri B K Patnaik retired as Sr.Guard (Now designated Train Manager) from S.E.C.Railway Nagpur Division.

Sistakaranam Association Nagpur Maharashtra conducted meeting of Executive Committee cum 3rd Foundation Day Function on 18.10.2023 at Motibagh Nagpur. Executive Committee Members Adv Sri D.Krishna Kumar President, Sri Ramesh Patnaik Secretary, Sri P Srinivas Treasurer, Smt. Sailaja, Sri V M M Patnaik, Sri K R M Patnaik, Sri M Prasad, Sri Gurunath Patnaik, Sri Sudhakar Patnaik and Dr. Mangla Gauri. Programme anchor Sri P Srinivas conveyed vote of thanks which was followed by dinner.



+ Felicitation to new member Sri Babu who recently got transferred to Nagpur. Sri Babu expressed thanks to all the Community Members of SKA Nagpur.



+ Group photo on dias with two new families who got transferred to Nagpur and joined as Members to Sistakaranam Association Nagpur.



+ Community Members enjoying the function.

+ Felicitation to Sri. B.K.Patnaik, Retd. on 31.3.2023 as Sr. Train Manager, S.E.C.Railway, Nagpur after his Railway services.

Address by : President Adv D.Krishna Kumar, Secretary Sri Ramesh Patnaik, Programme Anchor- Sri P. Srinivas, Sri Uday Patnaik Sr. Member & Mentor, Sri B.V.Rao IOFS, Sri B.K.Patnaik, New Members - Sri Babu, & Smt. B.Sujatha Rao



Fraternity Page - Chhattisgarh



Tilak Bharati School wins 8 Gold Medals

Eight students of Tilak Bharti School, Raipur, won gold medals in the U-14, U-17 & U-19 events in the 'Yogasana' category at the 23rd SGFI state level inter school competitions at Durg, Chhattisgarh.

It is noteworthy that the Chairperson of the school Rajkumari Patra and the Principal Arti Patnaik hail from our Sistakaranam community.



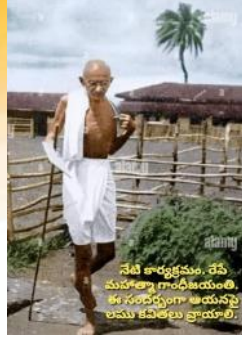
Fraternity Page- AIPSKA



Glimpses from Sahitya Vedika & Vanita Vedika programs

"porlōsu ambulā"

*pōlāla amāvāsya" pōlēamma pūjādinam
prāchīna paṇḍugalalō ammaṅāri vaibhavam
śiṣṭakaraṇa jāti vāri vārasatva utsavam
deekṣhā kaṅkaṇadhāriyai katti paṭṭani śiṣṭāchāram
tokka teeyaka chētītō mukkalu chēsē āchāram
palu rakāla kūragāyala parama pavitra prasādam
kaṭṭela poyyapai maṭṭi kuṅḍalō mēlimi vaṅṭakam
nōrūrīnchu ruchula pōṣakāhāra samatulyam
"porlōsu ambulā" marō pēru dappalaṅ
bandhumitra sahita vrata kathā śravaṅam
ghumaghumala pulusu ammaṅāriki naivēdyam
ennō rōjulu kuṅḍalō nilva vuṅḍē sāmārthyam
rōjurōjukū ruchi marinta perigē vichitraṅ
āyurvēda vidhāna dinusulanni chēru dappalaṅ
āyurārōgyam vṛd'dhi chendu divya āśīrvādam*



Fraternity Page– Kalam Snehitulu

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.

(Above are the pictures that were given during the month of October 2023)

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

Smt. Uma Gandhi honored by Sahrdaya Sahithi Seva Sanstha



On 15-10-23 under the leadership of Sahridayasahithi Seva Sanstha, President Sri Sekharamantri Prabhakar, Secretary of the Society, Chin Suryanarayana and Executive Committee members Dr. K V Y S Murthygaru Atmiya Sammelanam, the national best teacher, Smt. Dr. Murahara Rao Umagandhi was honored.

'Devitativam Padudama' book publication by Telugu Velugu Sahitya Vedika

As a part of the 123rd Internet Poetry Forum organized under the auspices of Lugu Luwak Sahitya Vedika, the poets and writers enriched the wonderful literature on the theme of Divinity Padudama given by Sri Kilaparathi Dali Naidu Masteru, National Chief Advisor, Creator and Key Lecturer of Telugu Velugu Sahitya Vedika. They flowed the spiritual nectar with their dreams. Deity and Adiparashakti have been depicted in visual poems. With the words of Alati Alati, he uttered wonderful prayers to Amma. This poetry anthology is a proof that Telugu Velugu Sahitya Vedika is always at the forefront to compile rare literature written by all poets.

We are pleased to announce that we are presenting this book to the world of literature as the 50th edition of this book called Devitativam Padudama in the Sahitya Seva Yajna being done by the Telugu Velugu Sahitya Vedika.



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

Kalam Snehitulu



Appreciation certificates & felicitations to Sistakaranam poets

1. Dr. P Simhachalam alias Lion Sivajee Patnaik a skilled poet from Visakhapatnam, participated at Sri Sri Kalavedika on 'Amnananna O Vridhashram' and received a certificate of appreciation for a splendid poem. Congratulations to our literary talent!



2. Sri Udand Rao Ramanababu, our esteemed poet from Narasanapet, was honored with the prestigious Kalamratna title on 8-10-2023 on the occasion of writing more than 500 poems as a member of Hyderabad Poets Kalamsneham Group. Congratulations to him.



3. Sri Sri Kalavedika recently honored our esteemed poet Sri TPR Patnaik (Thumbali Pattabhi Sitaramaiah Patnaik) from Similiguda Kuchendi, Odisha for writing a beautiful poem in a competition organized on the theme Amnananna O Vriddhasram.



4. Dr. Dabbiru Srikanth received a "Memorandum" in acknowledgment of his literary contributions at the "Ghurram Joshua National Literary Arts Service Talent Awards-2023" during the 21st anniversary celebration of the Aluri Cultural and Social Organization in Hyderabad on 3-10-2023. He also obtained a "Certificate of Appreciation" in the presence of distinguished guests.



5. Abdul Kalam Jayanthi Award National Awards 2023 presented by Global Help Foundation to Sri Dabhiru Srikanth.



6. Tirumala Rao received recognition



during the inauguration of GuruBrahma Sankalnam, hosted by Rachna Samakhya in Bobbili. His poem, "Gurusakshat Parabrahma," was prominently featured during the event.

7. In Bobbili town, under Rachnasamakhyas patronage, Raipur's poet, Sri Dabhiru Prabhakar, was presented with a certificate of appreciation by Bobbili Raja on October 15 at Kalabharati Auditorium for his poem "Kavitha Na Guruvante" in the National Teacher Poem Collection GuruBrahma.



8. Poet Sri Karakavalasa Upendra Rao received the Best Guru's GuruBrahma Book Award in Bobbili.



9. 2023 Sri Dabhiru Venkata Ramana Murthy (Saratkavi) was felicitated for his poetry at



Thyagaraya Ganasabha Kalakshetra Hyderabad as a part of Dussehra literature celebrations. On that occasion, the chief guest Saraswati Devotee Sri Daivajnasharma graced the occasion.

10. Spiritual Wave Book 'Bhagavatam-Bhaktitvatam' by Sekharamantri Prabhakar featured speeches at Lalita Peetham, inaugurated on 28-9-23 by Pujyashri Siddeswarananda Bharati Mahaswami.



11. In Visakhapatnam, on 25-9-2023, Shekharamantri Prabhakar received recognition from the Andhra Pradesh Department of Hindi Sahitya Bharati. National President Ravindra Jain and others were pictured.



Entrepreneurs Frontier

RVR Convention centre – A premier Venue in Visakhapatnam



Nestled in the heart of Visakhapatnam is the RVR Convention Centre, the ideal venue for traditional weddings and corporate events. Known for its splendor and charm, RVR Convention Centre has become a hallmark of elegance, remarkable decor, magical moments and extraordinary wedding celebrations. With a commitment to making every event truly exceptional and unforgettable, the centre prides itself on offering top-quality traditional cuisine that adds to the delight of every guest.

A Central Oasis in Visakhapatnam:

The Centre is surrounded by key landmarks: to the east- the RK Beach

Road and Novotel; to the west- Hotel Green Park; to the south- Jagdamba Junction; and to the north- Siripuram and the Waltair Club. This strategic location ensures easy accessibility for all guests and provides 7-star hotel facilities. Its central location, 12 kilometers from Visakhapatnam Airport, makes it easily accessible via various transportation options. The venue serves as the ideal location for a wide range of events and various corporate and social occasions. With top notch infrastructure, stringent security measures, ample parking facilities, and a commitment to guest satisfaction, RVR Convention Centre stands as the ultimate choice for those hosting events in Visakhapatnam. Dr RV Ramana Murthy, Chairman & Managing Director of the Lakshmi Narayana Group, and Mr. R Akhil, Executive Director, are the visionary minds behind this remarkable convention centre. Mr. Akhil received the National Achievers Award for Young Entrepreneur 2022. Their dedicated team ensures that every detail is flawlessly executed, resulting in unforgettable events. What sets the centre apart is its commitment to affordability. It caters to people from all walks of life, ensuring that world-class event experiences that is made accessible to everyone.

A bespoke experience: Guests can choose from indoor, outdoor, or combined settings, whether for a single day or several nights. The establishment boasts stunning banquets, beautiful gardens, flawless

event planning, culinary expertise and endless sophistication. "Whether you seek an indoor or outdoor venue, RVR provides the perfect setting. Our meticulous planning, culinary expertise, and dedicated team ensure every detail is flawlessly executed," says Dr RV Ramana Murthy, Chairman of the Lakshmi Narayana Group of Companies, whose vision brought this remarkable convention Center to life.

The visionary behind the success: Dr. R V Ramana Murthy, a native of Bobbili, Andhra Pradesh, embarked on his entrepreneurial journey in 1996. Born in Srikakulam, Andhra Pradesh, he has evolved into a multifaceted personality, excelling not only in business but also in sports and societal development. Armed with numerous degrees and accolades, including a Master's in business, Law and Commerce, his journey has been marked by resilience and innovation. Under his visionary leadership, the Lakshmi Narayana Group of Companies has flourished. The conglomerate encompasses diverse ventures, including construction, real estate, IT solutions, agriculture, and luxury car services.

Awards & Accolades: Dr Murthy's relentless pursuit of excellence has earned him numerous accolades. Notable recognitions include the Indian Leadership Award for Industrial Development (2010), the Bharat Gaurav Award with Gold Medal (2011), and the International Intellectual Development Award (2011). Additionally, he was honoured with Doctors of Honors (Business Management) in 2013. He was also nominated for the Economic Times Leaders of Tomorrow Award (2013), received the International Achievers Award in New York (2016), and was awarded the Creative Entrepreneur of the Year by ET Excellence AP & Telangana 2020-2021.

Setting Industry with ISO Certifications: In a short span of time, RVR Convention Center has achieved industry recognition by being awarded two prestigious ISO certificates: ISO 9001: 2015 and ISO 22000:2018. These certifications underscore the centre's unwavering commitment to quality and food safety, further enhancing its reputation as a premier event venue in Visakhapatnam.

For more details contact Address:

1-12/ 1, D.NO. 11-84/ 3/ 1,2,3&14,

Nowroji Rd, Daspalla Hills,

Visakhapatnam, Andhra Pradesh 530002

Mobile: 089779 33192 Web: www.rvrconventions.com

Women's hostel opened

A women's hostel has been inaugurated in MVP Colony, Visakhapatnam. Working women, college and university students, and day scholars can stay in this hostel. This hostel is run by our Sistakaranam businessman Sri Rajam Venkatesh. It is managed under the supervision of his wife. AC and non-AC rooms are given on rent along with breakfast, lunch and dinner on a monthly basis. Call the phone numbers given here for details.

Contact: 99120 87899, 8072737627

Talent Corner

Sand sculpture with Lemons

Sand artist Sudarshan Patnaik created a sand sculpture of Goddess Durga using more than 5,000 lemons.



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	ASHA
Surname	REGULAVALSA
Father's Name	R.NAGESHWARAO
Gotram	BHARADWAJ
Date of Birth	8-Jun-1996
Nakshatram	PURVABHADRA
Height	5' 3"
Complexion	FAIR
Occupation	PVT. EMPLOYEE BROAD RIDGE FINANCIAL
Work Place	HYDERABAD
Education	BE / B.TECH
Preference	BTECH, HYDERABAD,

Name	SWATHI
Surname	KARAKAVALSA
Father's Name	K.GOVINDARAO
Gotram	
Date of Birth	29-Apr-1999
Nakshatram	SWATHI
Height	
Complexion	
Occupation	
Work Place	
Education	M.SC
Preference	

Name	SINDHUSHA
Surname	MEDAPALLI
Father's Name	M.RAVI MURALI MURTHY
Gotram	BHARADWAJ
Date of Birth	20-Jun-1995
Nakshatram	PURVABHADRA
Height	5' 5"
Complexion	TAN
Occupation	
Work Place	
Education	BBA, CMA COST
Preference	



Name	SRIKAR
Surname	POTHUMAHANTI
Father's Name	P.NARAYANA
Gotram	SRIVASTAVA
Date of Birth	15-Nov-1995
Nakshatram	ASHLESHA
Height	5' 9"
Complexion	
Occupation	PVT. EMPLOYEE
Work Place	PUNE
Education	BE / B.TECH
Preference	

Name	KEDARNATH
Surname	KARAKAVALSA
Father's Name	K.NAGESHWARAO
Gotram	GOUTHAMASHYA
Date of Birth	24-Jul-1987
Nakshatram	PUNARVASHU
Height	5' 8"
Complexion	FAIR
Occupation	PVT. EMPLOYEE ADIDAS
Work Place	VIZAG
Education	B.COM
Preference	NO DOWRY, 10TH ABOVE, DOB-"88-"93

Name	SHIBARMARAO PATNAIK
Surname	VENKUMAHANTHI
Father's Name	V.BHARMARAO PATNAIK
Gotram	NAGANGARESHWARA
Date of Birth	4-Feb-1987
Nakshatram	UTTARABHADRA
Height	5' 4"
Complexion	TAN
Occupation	PVT. EMPLOYEE VISHAL MEGA MART
Work Place	BERUMPUR, ORRISA
Education	BA
Preference	DOB- "89-"93 ; ABOVE 10CLASS; PAN-INDIA

Name	VIJAY SRINIVAS
Surname	BUDUMURU
Father's Name	B.SHIVAPRASAD
Gotram	KASYAPA
Date of Birth	22-Jun-1988
Nakshatram	UTTARABHADRA
Height	5' 3"
Complexion	FAIR
Occupation	PVT. EMPLOYEE MERCHANT NAVY
Work Place	
Education	
Preference	VIZAG, VIJAYNAGARAM, SRIKAKULAM

Name	PAVAN KUMAR
Surname	BAGGAM
Father's Name	B.V.R.MURTHY
Gotram	AATREYA
Date of Birth	9-Jan-1994
Nakshatram	JYESTA
Height	5' 9"
Complexion	FAIR
Occupation	PVT. EMPLOYEE SVR CO.
Work Place	
Education	
Preference	

GET MORE PROFILES ONLINE

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

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



SISTAKARANAM IKYAVEDIKA

ONE DIGITAL PLATFORM FOR ALL SISTAKARANAMS

Health Page

Awareness on World Diabetes Day (November 14)- Dr. Kuppli Suresh Babu

Diabetes is a persistent condition that stealthily infiltrates the body, lurking like hidden water beneath a carpet, eventually unleashing a cascade of ailments throughout. Once afflicted, individuals face a lifelong battle to manage it. The only recourse is to maintain stringent control over diabetes, because if blood sugar levels go awry, it can launch assaults on all organs, from head to toe. Diabetes itself is not a disease, but rather a gateway to numerous health issues, even compromising the body's immune defenses. From the eyes to the kidneys, vital organs suffer damage.

At its core, diabetes stems from inadequate insulin hormone production, emanating from the pancreas. This hormonal imbalance leads to insufficient insulin and unrelenting blood glucose elevation, culminating in dia-

betes. Globally, it's the most menacing chronic ailment, with distinctions such as Juvenile Diabetes in children and Gestational Diabetes in pregnant women.

Causes of diabetes include genetic predisposition within families, smoking, excessive alcohol consumption, obesity, sedentary lifestyles, and high-calorie diets. Symptoms encompass increased thirst, frequent urination (particularly at night), heightened hunger, fatigue, blurred vision, and an elevated risk of kidney diseases

Preventive measures against diabetes are challenging, but not impossible. Adhering to a well-balanced diet, regular exercise, and weight management can help reduce fat and calorie intake. Avoiding sugary foods, fried items, coffee, and tea while moderating salt intake is vital. Consultation with a doctor at

the early stages is essential, as medication or insulin may be recommended. Regular physical activity and lifestyle changes are integral to managing diabetes, and the avoidance of smoking and alcohol is crucial. Certain fruits like ripe mangoes, cantaloupe, and sapota should be consumed with caution. Controlling sugar levels is vital, and fatty meats should be limited.

Dr. Suresh Babu, the PMP Association of India's Visakha district convener, provided this valuable community service, raising awareness about diabetes prevention.



World Mental Health Day - 10th Oct

10 Principles that psychologists suggest:

1. Stay close to nature. Keep visiting places that give you pleasure.
2. Understand your emotions yourself and stay away from those things that make emotional.
3. We should talk kindly to ourselves.
4. Discuss with someone you trust.
5. Keep good relationship with your friends and relatives.
6. Exercise regularly.
7. Have sufficient sleep.
8. Develop the habits that you like.
9. Stay away from bad habits.
10. Path of service: Mental satisfaction increases when we help others even to a small extent. Mental stress decreases because of that.

- **AnantaPrasad Donkada, Hyderabad**



Self Help Tips for Heart Pain

It's essential to understand how to deal with a heartache, and Dr. Geetha Krishnaswamy offers valuable advice. Imagine a long, tiring workday, and it's 7:45 PM as you head home. Out of nowhere, excruciating heart pain grips you, even spreading to your shoulders and jaw. The nearest hospital is 5 kilometers away, heightening your anxiety.

In moments like these, not knowing how to help yourself can be a matter of life and death. Dr. Geetha Krishna Swamy provides simple yet invaluable guidance on what to do when you're alone and in need of first aid for a heartache. It's astonishingly straightforward!

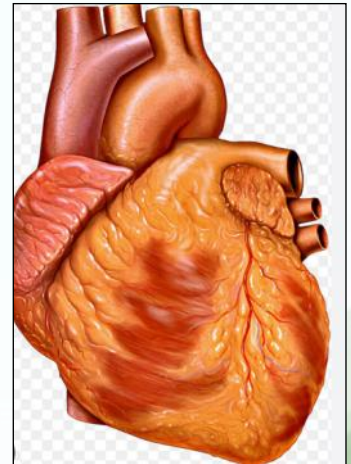
Here's what to do: If you sense an irregular heart rhythm, and there's no one nearby to assist you, and you're on the brink of losing consciousness, you have a crucial ten seconds to act. So, what's the key in these critical moments? Just cough!

This might sound surprising, but it's effective. First, take a deep breath, and as you exhale, dedicate two seconds to cough. If there's phlegm, cough vigorously to clear it. Keep coughing continuously until help arrives. This simple action can make all the difference and restore your heart's normal rhythm.

Coughing in those ten seconds is beneficial because it fills your air sacs with life-giving oxygen. This places pressure on the heart, prompting the blood vessels in your heart to respond. This, in turn, corrects the blood circulation and restores the normal rhythm of your heart, potentially saving your life while you wait for medical assistance.

Sharing this valuable information with others is crucial, as it can help them act in similar situations, effectively making you a life-saver. The reassuring part is that cardiologists endorse this approach.

-**Compiled by JV Chandrababu**



Save Planet Earth

'Elephants We Care'



From time immemorial humans and animals have been co-existing, even animals have been revered in various faiths. Gradually the human population has exploded, and human-animal conflicts have arisen. In India most of the animals like elephant (Ganesha), Snakes (Nag), monkey (Hanuman) are still worshipped.

Time has come for us to pledge our support for Wildlife, without which the ecological balance would be upset. The World Wildlife Day is celebrated on 03 March every year, why not we come together today to adopt, at least support them in some form or the other.

In the first of the series on wildlife, let's know about our revered and adorable Ganesha (Elephant). Across the globe there are three main species of elephants – Asian, African Savanna and the African Forest. Elephants are the largest living animals, and they are herbivorous, who spend almost 19 hours a day in feeding. The magnificent species are highly intelligent with emotions and feelings. They move in herds for protection and maintain a social structure. Though Botswana has largest numbers of elephants, yet India is also home to approx. thirty thousand elephants. Illegal encroachment into the forests or constructing roads through sanctuary is causing loss of habitat. Though poaching has reduced over a period of time in India, however elephants are still allowed to be held as domesticated under Wildlife Protection Act 1972 with certain conditions. In most cases they are over worked, underfed and ill-treated. Elephants are known and are rescued and cared by the forest department or NGOs like Wildlife SOS India. A generous contribution from those who care for our little 'Ganeshas' will go a long way in their health care and daily needs. If you really care for the elephants, let's help them! Those who



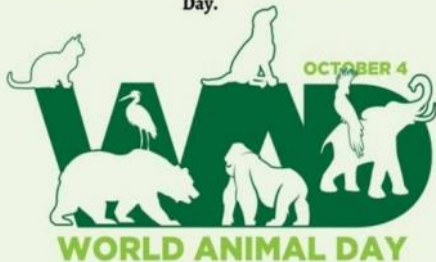
take care for, it is exorbitant to keep it as a pet by all yourselves. Pledge to support the wildlife and save these endangered species.

Visit the website - <https://wildlifesos.org/>

- From one of our SK family who periodically contributes towards Elephant Orphanage

'Great or Small- Love them all'- Animal Day 2023 Theme

God created us, God created animals too...we have no right to take their habitat away from them, let's save animals and forests.- Happy World Animals Day.



World Animal Welfare Day 2023 'Great or small, love them all'

Being an animal lover myself, who not only started observing and reading about 'Animals' at the age of 6, I know how important it is to encourage children to love animals. Be it taking care of a pet, reading books or simply enjoying watching animals from a young age. I firmly believe that a

child who grows up with a passion towards 'Animals' and who genuinely appreciates being close to nature will contribute to a better World.

In my opinion, the impact goes beyond conservation of Nature or Animal Welfare and expands to being empathetic, caring, tolerant, helping and the deep understanding of the intricate dependency and balance that each one of us have on others or one's act has on the other.

Notwithstanding all that I mentioned so far, just a picture of a happy child surrounded by playful animal mates, or excited to watch free range animals on the move - is a precious moment to behold. I wish to see our children spend more time on

Nature in general and Animals in particular rather than smartphones!

On the occasion of World Animal Day, I appeal to everyone to encourage the natural interest that every child has towards Animals and watch the Magic!

Save Animals and Save the World!

- Balaji Adivishnu



Our Treasures

Soup without flavoring - "Satapodiyambila"

The pot was used while making ambila. Koysag, kummudu, kojila, kanda, especially should be used. Mom used to say, *Sag na dile svaadh asunu*. Sata Podia Ambila means... there should be 7 varieties of vegetables and leafy vegetables. There must be spinach. A total of 7 types. You can add anything more than that. "Vatakali" must also be with it. Satapodiya Ambala goes well with flour, rice flour, vatakali, polaridi, papparidi, neellardi.

It must be done with jaggery. The soup is only boiled, but no flavouring or seasoning is added. Oil is a big no-no. A drop of ghee is added before finishing. As it is not a culinary fare without a touch of tulsu with ghee.

We eat seven types of vegetables along with leafy vegetables at a time. So, that many types of vitamins go. Especially cooking without any seasoning, oils, spices, and unsweetened vegetables are important for a healthy fare.



Therefore a multi vegetablesoup. Satapodiya Ambila, Vatakali combination is delightful. Also rice, dal, kakkaralu, boorelu, garelu whatever your choice.

Then at a corner of the kitchen floor use flour to make a rangoli with milk & ghee.. Kanda plants are chosen as the mother and child, and as the mother of the poleru, adored with yellow kuma, chalimidi, vada pappu, tamboolam, a new saree blouse, and a lamp is lit. So many dishes, so much search for vatakalis... and a turmeric must be tied to the pots without fail.

A string is made with garelu and boorelu, the parents stand on either side of a door holding it, the children have to pluck the garelu and boorelu while crossing the door from one side to another. Parents would urge girls to pluck garelu and boys, boorelu. It's fun.

Poleru Talli Mahalaya Amavasya is the day when goddess Durga is adorned with the third eye. Since our family deity was Durga, we definitely did that.

At our elder sister's house, Jogus used to live. "Jogu" means asking for rice from house to house. In July, they would bring the rice and soak it, crush it and then cook vatakali.

It is a festival celebrated for the health of life for young children. It is also known as Appatcharini Puja. It protects against dangers. For everyone, including the dhobi we would offer our dishes. Cows were required to be given vatakali and ambila.

Then comes the bhammono pottro. *Bhammunoku dakki kori pitru devata bhoojan dete.. din*. Bhammono pottro is given. Since this month is the month of worship of the paternal deities, the charity and good deeds that are made throughout this month belongs to the paternal deities. That is why it is called a darpanam.

- Rama Satya Devi, Kolkata

Tattvas

We know that the experimenter dwelling all the beings is paramatma and he alone is there and every thing else is maya. He is formless, nameless, placeless etc. Yet some yogic practitioners consider for convenience that he dwells in between the eyebrows, or in cave of brahman. In other words, the experimenter is all pervading and observing. However for the Jeeva he created maya. The maya is created in the form of tattvas. The tattvas are in hierarchy, leading all the way to shiva. The jeeva normally is unable to see the shiva and know that he is shiva, due to these tattvas creating the maya. As per kashmir shaivism there 36 tattvas(while mainstream hinduism considers 25 tattvas). At the gross level, the reality is obscured by the panchabhutas - Pridvi, Jala, Tejas, Vayu, and Akasa. Through these the material world is observed, in fact the material world is unreal.

Then there are the jnanendriyas (5) and karmendriyas (5). While the purpose of jeeva is to always observing and stay pointed towards shiva, the senses (Jnanendriyas), along with Karmendriyas are creating experiences with the panchabhutas (the unreal world) and make the jeeva seek more of these sensory (pleasure) experiences. There are also panchatanmatra (5) namely, Gandha, Rasa, Roopa, Sparsa, Sabda. These tattvas are the mediators of the experience. To add to these the mind creates yet another veil of maya. The mind in the form of manas, ahamkara and buddhi tends to engage the jeeva in the thoughts of worldly matters. Above this is the prakriti tattva, All these 24 tattvas are known as asuddha (impure) tattvas.

Then there are 7 tattvas called as suddha-asuddha tattvas, namely, maya tattva, kaala (time), Kala (power), vidhya (knowledge), raga (desire), niyati(causality), and purusha tattva. These tattvas that are subtle control the lower level tattvas. For example believing in (causality) cause and effect makes believe that he is the manifestor, or creator. It gives kartrutva bhava to jeeva, where as an adept knows that things happen by design, and the supreme is the source of all causes.

Sameway the impression of time is also a tattva, leading the jeeva to a limited reality or unreality.

Then, above them are 5 suddha tattvas. Lowest of them is Sudhavidhya tattva, which balances the self (aham) and the objectivity (idam). Then sadasiva tattva is responsible for aham and isvara tattva is responsible for concealment of all objectivity. Above them are siva tattva and shakti tattva. Shiva is the all pervasive consciousness itself and shakti is the awareness of that consciousness or light. The knowledge of tattvas offers the sadhak a way of ascension, to the highest reality.

One has to internally ponder and understand how the maya is playing and the pure (suddha) tattvas (the soul) itself is the source that the sadhak has to always point his attention to.



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

Speak Out

Speak Out is a page for readers to express opinions, suggestions, and expectations from our community in general, and from Lekha in particular.

Your content may be in English, Telugu, or both, whichever is convenient to you. You may send your letter to email: lekha@skiv.online or WhatsApp to 8712715448 or 8074800939.

Workshop coverage beautiful

The coverage on the workshop in Resin art was sooo beautiful!

Colours and font looked really good.

Thank u soo much for the opportunity and encouragement.

- Ajit Sai Krishna, Hyderabad

"The Expectations from Lekha"

This month's Lekha is nice.

I hope that everyone understands what has been said in "The Expectations from Lekha" in a way that is clear to everyone.

I congratulate you all for your hard work.

- Gauriprasad Karakavalasa, Gajuwaka

Revolutionary Technological Innovation Lekha

Not because there is strength, or following, or wealth, or power, or position, or reputation... we who are very backward in today's social system, we who are a social class with only the strength of will, trying to move forward by holding someone's hand, having spotted an opportunity today, embracing it and moving forward is our revolutionary technological innovation Sistakaranam digital Lekha...

Congratulations to the publishers on this occasion. This very nice Lekha, with precise information, which comes before us on the first Sunday of every month, solicits everyone to read it and give their opinions as well as our social group programs happening in their areas.

Once again my heartiest congratulations to the publishers of Lekha for their hard work...

- Balivada Haribabu

Running a magazine is a tight rope walk!

Sistakaranam Lekha Team... 🙏🙏🙏

I read the article written in October Lekha under the headline "Expectations from Lekha". As you mentioned at the outset, on completion of three years soon, greetings and best wishes to the members of the Sistakaranam Ikyavedika and the members of the entire Sistakaranam community.

In this article, Ikyavedika has spoken of the pressures coming from the members of our community without mentioning names. This is unquestionable...

There can be no doubt that a lot of members would have been demanding headlines, some for a mention in priority topics, some that their topics not covered, some for publishing in back pages even though their topic is of great importance, some for not covering details of their programme, and so on. I am very grateful that Ikyavedika has started a monthly magazine for the community, published in Telugu and English, giving Sistakaranams everywhere the wow factor of such programmes taking place in our community.

In general, we have no equal in media writing, journalism, document writing, and special topics with such talent for wielding the pen, curiosity, trouble mongering, tying in knots head-to-waist waist-to-head. In writing about such "great" personalities from our caste and

about their activities, running a magazine is indeed a tight rope walk! Even a sub-editor who works in the most popular daily has to think twice before doing it. Perhaps only chief editor-level people can do it. It is indeed a very courageous task for you to undertake such a mission. Hats off to you!

Even for small people like us, who once in a while write a couple of pieces on WhatsApp, when we write the occasional article, some of our elders – we don't need to write against them, we just need to praise their adversaries – they call and issue warnings and threaten to take away jobs. This is a sickness in our community. Whereas in other castes, they will immediately accept those who are in trouble and seek help, even taking them to someone else to get them the needed relief.

Like the female villains in a TV serial, we are villains to ourselves in our community. When we run into each other, we address as *bava-bava*, but others in the way get trampled.

There is no doubt that you have been collecting and publishing the events that have taken place, the honours and felicitations that have been given to our people, the awards received, the appreciations, the literary happenings, and the development programmes that are taking place here and there for the benefit of the community.

- VSRN Prasad, Santha Uriti, Tekkali

Other community news

Very unfortunate to see other community news in Sistakaranam Lekha. Better to be confined to our community.

The remaining is very good. Kudos to the entire team.

- Dilip Pakki, Delhi

Iky Vedika Column

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